

# CALIFORNIA

## Track & Running News

MARCH / APRIL 1997

ISSUE NO. 227



97/10  
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with Steve Rubin, Jumps Coach at the Univ. of Miami, FL.

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# CALIFORNIA

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## FROM THE EDITOR

Whoa! This is issue number 227. That's a lot of magazines with a lot of pages (around 10,000 pages, actually) that Judy and I have cranked out over the years of puttering on this hobby. We've been cranking them out for over 23 years (technically 26 years if you count the forerunner to CTRN, *Valley Track and Field*). It is a great hobby and a good way to give something back to the sport that has meant so much to me. It has also provided a way to stay in touch with the people who have meant so much to me. We plan to continue to serve and be around the sport and the people for at least another 26 years!

The magazine has changed, or evolved, over these 26 years so as to better meet the needs of the sport and take advantage of new technologies and to make ends meet. We continue to undergo changes as we strive to best serve the needs of the sport and those in it with our limited expertise and resources. It is a constant juggling act, trying to decide how much time to put into it as well as trying to decide what to leave out of each bulging issue produced with limited funds.

In our continuing quest to provide better service and keep costs down we are in the process of undergoing further changes. Some of which are outlined below. We hope these changes will enable us to better meet the needs of our friends in the sport. As always, we welcome and rely upon your feedback.

The first change has to do with the focus of the magazine. We have been trying to be too much to too many — too broad. We have decided to gradually begin to narrow our focus. Over the years, several regional running magazines have popped up. I know of four others in California. These other pubs have been doing a good job of covering the road racing scene. At one time, we were the only one doing

it, but times have changed and there really isn't a need to us to spend time and expense duplicating what others are already doing. There isn't, however, another state-wide track & field, cross country magazine. So that is the area we will be specializing in, in particular the high school level.

The other change will give comfort to those who have been with us for the road racing stuff. We will be continuing to put all of our road racing material (schedule, results, articles, etc.) on our Internet web pages (<http://www.runningnetwork.com/CTRN/>). So you won't have to do without. In fact the entire contents of CTRN will be posted to the web, so those with access can get the information, and more of it, in a more timely fashion.

So, here is what the changes boil down to: We will be continuing to give you all the coverage we have given in the past and more. Some of it will only be available on the Internet (for free, by-the-way). The print version will come out six times a year for those who do not have access to the Internet or who still prefer hard copy. The print version will focus on high school track and cross country and will be primarily news and articles that are not of a timely nature.

We hope that between the electronic and print versions we will be able to continue to give you what you want in a state-wide publication. We want to use what resources we have to put out as much as we can of what you want. If resources were unlimited we could put out a 60-pager every week!

# SCHEDULE

## ROAD RACING

By Jack Leydig

### April 5 (Sat.)

**Ft. Cronkhite:** Golden Gate Headlands Marathon, Half-Marathon & 7M, Rodeo Beach (Ft. Cronkhite), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Pescadero:** Artichoke Half Marathon & 10K, Duarte's Tavern (Stage Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Corralitos:** Corralitos Duathlon (10K/45K), Corralitos Community Ctr., 8 a.m. Diane Delucchi/Rick Ferrell, 350 Village Creek Rd., Aptos 95003 (408/648-0867).

**Gilroy:** Run for the Diamonds, 5K/10K, Gavilan Collège, 8:30 a.m. Dave Fronckowiak, 1200 Ayer Dr., Gilroy 95020 (408/848-3117).

**Vacaville:** Run the Lagoon 5K/10K, Three Oaks Community Center (1100 Alamo Dr.), 9 a.m. Rock Solid Events/City of Vacaville, 800 Owl Circle, Vacaville 95687 (707/452-8044).

**Sacramento:** American River 50M, Cal-State Univ. (to Auburn), 6 a.m. Delmar Franlick/Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/491-1939).

**Sacramento:** Run for Their Lives 8K/1M Fun Run (& Kids events), State Capitol, 9 a.m./8K, 9:05 a.m./1M, 10 a.m./Kids. Doug Thurston, DeBencik & Hershey, P.O. Box 388, Sacramento 95812 (916/443-6223).

**Fresno:** Run for Relief, 10K & 2 Mile Fun Run, Fresno Pacific Univ., 7 a.m. West Coast MCC, 1010 "G" St., Reedley 93654 (209/638-6911, 638-5007).

**Bakersfield:** Baker Street 5K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Bakersfield:** Hart Park Fun Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Santa Barbara:** Santa Barbara Marathon, San Marcos Pass (General Store), 8 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

**Los Angeles:** The L.A. Philharmonic Run, 5K/10K & Kiddle-K, Griffith Park, 8 a.m. Info: W2 Promotions (310/828-4123).

**Arcadia:** Santa Anita Derby Day 5K Run/Walk & Kids' Mile, 8 a.m./5K, 9:15 a.m./1M. Elite Racing, 19671 Beach Blvd., #204, Huntington Beach 92627 (714/374-3200).

**El Cajon:** El Cajon 20K, 7:30 a.m. Info: Judi Richardson (619/444-3785).

### April 6 (Sun.)

**San Francisco:** DSE South Embarcadero Run, 6.25 Mi., Dolphin Club (Jefferson/Hyde Sts.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Palo Alto:** Fifty-Plus Generation Celebration 8K Run/5K Walk (50 and over only, 5-year age groups), 9 a.m. Fifty-Plus Fitness Assoc., Box D, Stanford 94309 (415/323-6160).

**Los Gatos:** Mutt Strutt 5K Run/Walk, Vasona Park, 8:30 a.m. J&A Productions, 1032 Hacienda Av., Campbell 95008 (408/866-8848).

**Pinole:** Three Valleys Half Marathon/10K/5K Hansel & Gretel Fun Run/Walk, Pinole Valley H.S., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Fresno:** Hispanic Health Day Run. 1.8 Mile, 3.3 Mile, 1.8 Mile Walk. Manchester Center. KMSG TV 59, 706 W. Herndon Ave., Fresno 93650, Attn: Hispanic Health Day Run. (209) 435-5900.

**Valencia:** Santa Clarita Runners Women's 5K, Huntington & Stanford (Rye Canyon Rd.), 8 a.m. Info: Santa Clarita Runners (805/259-5441).

**West Los Angeles:** Hands Across Mulholland Plus Run With a View 3K/5K, Mulholland Dr., 8 a.m. Info: W2 Promotions (310/828-4123).

**Upland:** (listed as Apr. 13 in some sources) San Antonio Community Hospital 5K/10K, Memorial Park, 7:30 a.m./5K, 8:30 a.m./10K. Vicki Mosby, 999 San Bernardino Rd., Upland 91786 (909/920-4964).

**El Cajon:** El Cajon 20K, Granite Hills H.S., 7 a.m. Judi Richardson, 2215 Crest Dr., El Cajon 92021 (619/444-3785, 800/450-SDTC).

**San Diego:** Rainforest Run, 5K, Tecolote Shores (Mission Bay), 7:30 a.m. Info: Margaret Gregory or Bill Sweetman (619/455-3259, 551-0874).

### April 12 (Sat.)

**Redding:** Mountainside Ride & Tie. 15/25 miles. Gayle Snow (916) 473-3439.

**Calistoga:** Napa Valley Trail Half-Marathon, Marathon & 10K, Bothe-Napa Valley State Park (Hwy. 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Yountville:** Rotary Run to Literacy 5K/10K/1M, Yountville Library (6548 Yount St.), 8 a.m./1M, 8:30 a.m. Carol Stein/Frances Houser, Napa City County Library, 580 Coombs St., Napa 94559 (707/253-4283).

**Half Moon Bay:** Coastside Blufftop 10K/5K, Ted Adcock Community Ctr., 8 a.m. Carter Schwonke, 535 Kelly Av., Half Moon Bay 94019 (415/726-9056).  
**Davis:** AMSA HeartBeat 10K Run/5K Walk, UC Davis School of Medicine, 9 a.m. Barbara Napoletano, UC Davis School of Medicine, Davis 95616 (916/752-3170).

**Sacramento:** McGeorge Run for the Children 5K/10K, McGeorge School of Law Campus (3200 Fifth Av.), 10 a.m. Melinda Wong, c/o McGeorge School of Law, 3200 Fifth Av., Sacramento 95817 (916/428-0268).

**Fresno:** Blue Ribbon Run, 4 Mile, 2 Mile Run/Walk, Kid's Runs, Woodward Park. 7:15 a.m. — 1/2 mile Kid's, 7:30

*Jack Leydig serves California Track & Running News as editor/compiler of the largest, most complete schedule of road racing events in the State of California. As owner of Jack's Athletic Supply, Jack has served the running community since 1977 by providing a complete line of race supplies. Jack lives and works in San Mateo, CA.*



## SCHEDULE

a.m.—1 mile Kid's, 7:45 a.m. 2 mile run/walk, 8:00 a.m.—4 mile run. Foster Children's Benefit Committee, 2037 W. Bullard, #341, Fresno 93711-1200.

**Visalia:** End of the Trail 15K & 2 Mile, Location & Time TBA. Dan Maxey, 3126 E. Sycamore, Visalia 93292 (209/627-2385, eves).

**Bakersfield:** Rio Bravo Valley 10 Mile X-C Race, Lake Ming Rd./Ruidal Rd., 8 a.m. Bakersfield T.C., 3300 LaCosta, Bakersfield 93306 (Grady Buck: 805/871-9074).

**Santa Barbara:** Santa Barbara Winery Chardonney 5K/10M, Leadbetter Beach (across from La Playa Stadium & SBCC), 8 a.m. Adventours Outdoor Excursions, P.O. Box 215, Santa Barbara 93102 (805/963-2248).

**Los Angeles:** L.A. Philharmonic Run, 5K/10K & Kiddie-K, Griffith Park, 8 a.m. L.A. Philharmonic Run, c/o Race Central, P.O. Box 828, Rialto 92377 (W2 Promotions: 310/828-4123).

**Carlsbad:** Junior Carlsbad (12 & Under), 25Y to 1M (9 age groups), 7:30 a.m. Elite Racing, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510).

**Hemet:** Ramona Days 5K Run/Walk, Ramona Bowl, 9 a.m. Info: Leonard Celaya (909/652-8551).

**Temecula:** Callaway's Run Through the Vineyards 5K/10K, Bell Vineyards (Callaway, 10M east of I-15 on Rancho California Rd.), 7:45 a.m. Info: Brian McNamara (909/684-5700, x231).

**Medford, OR:** Pear Blossom Run 10M/5K (also Mayors Cup 1M/2M/3M), Medford City Hall, 7:25 a.m. Jerry & Zillah Swartsley, P.O. Box 146, Medford 97501 (503/535-1205, eves; 503/772-6293, days).

### April 13 (Sun.)

**San Francisco:** DSE Kennedy Drive Run, 4.7 Mi., Golden Gate Park (south side of Polo Fields), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Los Gatos:** Tortoise & Hare 10K/5K (also kids' race), Los Gatos H.S., 8:30 a.m. Good Samaritan Charitable Trust, 1701-A So. Bascom Av., Campbell 95008 (408/559-9385).

**Morgan Hill:** Wildflower 10K Run/5K Fun Run/2K Kids' Run, Live Oak H.S. (1505 E. Main), 9 a.m. AAUW Run, P.O. Box 451, Morgan Hill 95038 (408/778-3924).

**Martinez:** Brickyard Run, 4M/8M, Municipal Park (Talbart/Buckley Sts.), 8:30 a.m. Diablo R.R., P.O. Box 31236, Walnut Creek

94598 (510/672-2478, 906-8880).

**Benicia:** Benicia Yacht Club 10K/3M Fun Run/Walk, Yacht Club (2nd/B Ssts.), 9 a.m. Sky High Events, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Stockton:** Dave's 4M & Team Challenge, Grupe Park (Benjamin Holt exit off I-5), 9:30 a.m. Lloyd Medlin, Tarahumà R.C., P.O. Box 8422, Stockton 95208 (209/239-9347, 948-0938).

**Chico:** Chico Duathlon (4mR-30mB-4mR or 1.5mR-15mB-1.5mR), Durham Park (4.5M south of Chico), 9 a.m. John Whitehead, Exchange Center, 2592 Notre Dome Blvd., Suite B, Chico 95928 (916/894-8920).

**San Luis Obispo:** Cuesta Biathlon (10kR-40kR), Cuesta College Gym 8 a.m. Cuesta Biathlon, P.O. Box 8106, San Luis Obispo 93403 (805/546-3207).

**Lompoc:** Laura Stegman Memorial Women's 5K Run/Walk, River Park, 8:30 a.m. (women only). Bill Graham, 1309 E. Palmetto St., Lompoc 93436 (805/736-4696).

**San Dimas:** Los Angeles Triathlon Championship Series #1 (500yS-24kR-4kR), Bonelli Park (north shore), Time TBA. Info: TriEvents (818/331-0169).

**Upland:** (listed as Apr. 6 in some sources) San Antonio Community Hospital 5K/10K, Memorial Park, 7:30 a.m./5K, 8:30 a.m./10K. Vickie Mosby, 999 San Bernardino Rd., Upland 91786 (909/920-4964).

**Carlsbad:** Carlsbad 5000 (6 events w/ Masters (USATF National Masters Championships), Women's, Men's Invit. & Wheelchair), Time TBA. Elite Racing, 10509 Via Sorrento Pkwy., #102, San Diego 92129 (619/450-6510).

### April 18 (Fri.)

**Twentynine Palms:** Earth Day Desert Challenge 5K/10K & 1 Mi. Fun Run, Marine Corps Air Ground Combat Center, 8:30 a.m. Info: Maj. W. Cunningham (619/830-5586).

### April 19 (Sat.)

**San Francisco:** Ruth Anderson 100K (Ultra Brand Prix event), Lake Merced (Sunset Blvd. Parking Lot), 6:30 a.m. Dick Collins, 1015 Hollywood Av., Oakland 94602 (510/530-6634).

**San Mateo:** April Showers Fun Run & Walk, 5K/10K, Coyote Point Park, 10 a.m. Lois Koenig, P.O. Box 626, Belmont 94002 (415/342-9328).

**Walnut Creek:** Ginder Grinder 10K/5K, Borges Ranch Ranger Station, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Columbia:** Old Mill Run 10K/2M, Columbia State Park, 8 a.m./2M, 9 a.m./10K. Dan Ryan, P.O. Box 323, Jamestown 95327 (209/984-4308).

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# SCHEDULE

**Fresno:** March for Parks Run. 10K, 2 Mile, 2 Mile Walk, 1K Kid's Race. Fresno High School (Echo at McKinley). 7:15 a.m./Kid's Run, 7:30 a.m./2 Mile, 7:45 a.m./10K. Tree Fresno, PO Box 544, Clovis 93613-0544. (209) 278-4378.

**Reedley:** "Ready for Anything" 10K & 2 Mile Fun Run. 7 a.m. Pioneer Park (843 G St.). Kings View AOD Prevention Services, 1243 "G" Street, Reedley 93654 (209) 638-0046.  
**Arvin:** Arvin Wildflower Festival 5K/10 Runs, DiGiorgio Park (Franklin & Hill Sts.), 8 a.m. Bear Mountain Recr. & Park District, P.O. Box 658, Lamont 93241 (805/854-4471, 805/845-0757).

**Bakersfield:** Action Sports Tri 5K, Location TBA, 9:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Los Angeles:** LMU Run for the Bay, 5K/10K, Loyola Marymount Univ. (7900 Loyola Blvd.), 8 a.m. LMU Run for the Bay, Center for Business Ethics, Loyola Marymount Univ., 7900 Loyola Blvd., Los Angeles 90045 (Peter Mosinskis: 310/338-7596).

**Rolling Hills Estates:** Rolling Hills Estates 5K/10K X-Country Run, Ernie Howlett Park (25851 Hawthorne Blvd.), 8 a.m. Info: Annie Giltner (310/377-1577).

**Seal Beach:** Seal Beach 10K/5K Runs & Kids' 1K Fun Run, Marina Dr., 8 a.m. Seal Beach 10K, P.O. Box 561, Seal Beach 90740 (Linda McDonald: 310/430-1271).

**Irvine:** Zot Trot 5K & 1K (12/Under), UCI Campus, 7:30 a.m./5K, 8:30 a.m./1K. UCI Alumni Assoc., Zot Trot, Phineas Banning House, Irvine 92697 (714/824-2586, 824-3460).

**Orange County:** "Workout for Hope" Step Aerobics, 5K Run/Walk & 25K Bike Ride, 30-40 clubs (call for nearest location), 9 a.m.-noon. Info: Robyn Moore (800/235-0579, 714/622-1900).

## April 20 (Sun.)

**San Francisco:** DSE Beach Esplanade Run, 5.6 Mi. & Kids' Run, Sloat Blvd. (parking lot), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Cupertino:** Tandem's Up & Running 10K/2M & 1M Kids' Race (7-12 Yrs.) & Trike-&-Trot (3-6 Yrs.), Tandem Computer (19333 Vallico Pkwy.), 9 a.m./10K-2M, 10 a.m./1M, 10:30 a.m./Trike.

**Callistoga:** Napa Valley Duathlon (5kR-15mB-1mR), 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Pinole:** "Bit of the Bears" Biathlon (5kR-

15mB-5kR), Ellerhorst Grammar School (Pinole Valley Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Clayton:** Diablo View/Mt. Diablo Elementary Books to Binder 5K/10K, Diablo View Middle School (300 Diablo View Ln.), 8:30 a.m. Dorine Mazzel, P.O. Box 680, Clayton 94517 (510/672-6077).

**Los Osos:** Montana De Oro Earth Day Bluffs Run. 3.6 Mile. Spooner's Grove, Montana de Oro State Park. 9 a.m. Los Osos Community Organization, PO Box 6397, Los Osos 93412 (805) 528-5801.

**Discovery Bay:** Rally Around the Lake 5K, Athletic Club/Discover Bay Blvd., 9:30 a.m. Lions Club, c/o Phil Paulson, 5514 Marlin Ct., Discovery Bay 94514 (510/634-6654).

**Los Angeles:** Jimmy Stewart Relay Marathon (5-Person Teams) (also kids' races), Griffith Park (near Merry Go Round), 8 a.m. Rosa Hernandez, 1328 - 22nd St., Santa Monica 90404 (310/829-8968).

## April 21 (Mon.)

**Hopkinton, MA:** Boston Marathon (101st), noon (qualifying times req'd.). BAA, Box 1997, Hopkinton, MA 01748 (508/435-6905; Marathon Tours: 800/444-4097).

## April 26 (Sat.)

**Santa Rosa:** California 50 Mile Endurance Run, dirt trails/fireroads, 6 a.m. (150 Limit). Tom & Nancy Crawford, 2828 Rollo Rd., Santa Rosa 95404 (707/526-0661).

**Lake Berryessa:** Lake Berryessa Quadrathlon (0.5mS-16mB-4mR-4mB). Putah Creek Resort (north end of Lake), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Davis:** Earth Day Run, 5K/10K, Families First Complex (2100 Fifth St.), 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

**Nevada City:** Nevada City Spring Run 5K/10K, Mill/Spring Sts. (behind Church), 8:30 a.m. Nevada City United Methodist Church, 433 Broad Sst., Nevada City 95959 (916/265-2797).

**Fresno:** The Tortoise and The Hare. 10K & 2 Mile Run, 10K & 2 Mile Walk, 1K Kid's Run. Roeding Park (Palm Point). 7 a.m./10K walk, 7:05 a.m./1K Kid's, 7:15 a.m./2 mile walk & run, 7:30 a.m./10K runners. Drawing for prizes. The Tortoise & the Hare, 1005 N. Vagedes, Fresno 93728. (209) 486-5906.

**Santa Barbara:** Law Day USA 15K/3x5

Relay & Kids' 1K Fun Run, Palm Park, 8:30 a.m. Joe Howell, c/o Santa Barbara Bar Assoc., 1111 Garden St., #106, Santa Barbara 93101 (805/962-3443).

**So. Pasadena:** YMCA Roadrunner Classic 5K/10K, 1605 Garfield Av., 7 a.m. Info: May Pang (818/799-9119, 213/682-2147).

## April 27 (Sun.)

**Pt. Reyes:** Drake's Beach Low Tide 10K Run/4K Walk, Drakes Beach/Pt. Reyes National Seashore, 9 a.m. Paper Mill Creek Children's Corner, P.O. Box 996, Pt. Reyes Station 94956 (415/663-9114).

**San Francisco:** S.F. Ocean Beach 5K/10K, Sloat at Great Hwy. (on beach at low tide), 8:45 a.m. Bill Dake, People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

**San Francisco:** DSE Roller Coaster Run, 2.92M, Mountain Lake Park (west end), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Info: LMJS Hotline (510/601-7887).

**Milpitas:** LSI Logic 5K/10K, McCarthy/Cottonwood, 9 a.m. Nathan Keyes, LSI Logic, 1551 McCarthy Blvd., M/S D-263, Milpitas 95035 (408/466-8848).

**Livermore:** Livermore Fitness Days 11M/20M Bike, 5K/10K Walk/Run, The Barn (3131 Pacific Av.), 8 a.m./Bike, 8:30 a.m./Runs. Livermore Recr. & Park District, Sheryl Hardin/Brian Tibbetts, 71 Trevarno Rd., Livermore 94550 (510/373-5723).

**Big Sur:** Big Sur International Marathon / KCCN 5K & 5-Person Marathon Relay, 7 a.m./Mara., 7:30 a.m./5K. Joe Sweeney, P.O. Box 222620, Carmel 93922 (408/625-6226).

**Truckee:** Summit to Shore Race Pentathlon (downhill ski 1K, nordic ski 5K, 5K run, 12K bike, 3K paddle), Donner Ski Ranch, 9:30 a.m. Jeff Schloss, Far West Ski Assoc., P.O. Box 10046, Truckee 96162 (916/582-5397).

**Hornitos:** Indian Gulch to Hornitos Run, 5M/10M, Hornitos Community Park (downtown), 8:30 a.m. Kevin Olds, 3139 Kingsland, Merced 95340 (209/723-0972).

**Fresno:** Armenian Relief Society—"Show Me the Finish Line" Fun Run. 4 mile, 2 mile, 2 mile walk, 1K Kid's run. Woodward Park (Mountain View Shelter). 7:30 a.m./1K, 8:00 a.m./2 mile, 8:30 a.m./4 mile. Armenian Relief Society, PO Box 327, Fresno 93708.

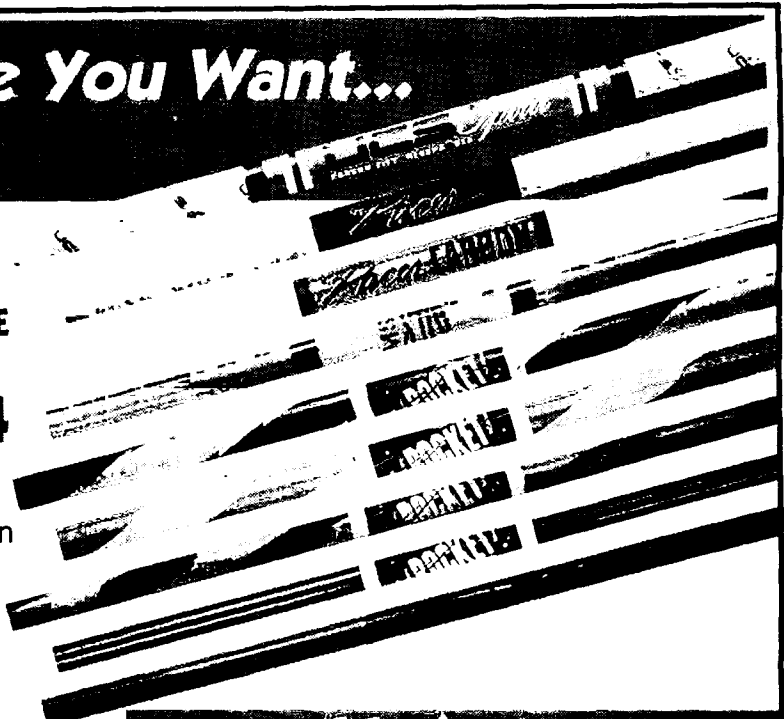
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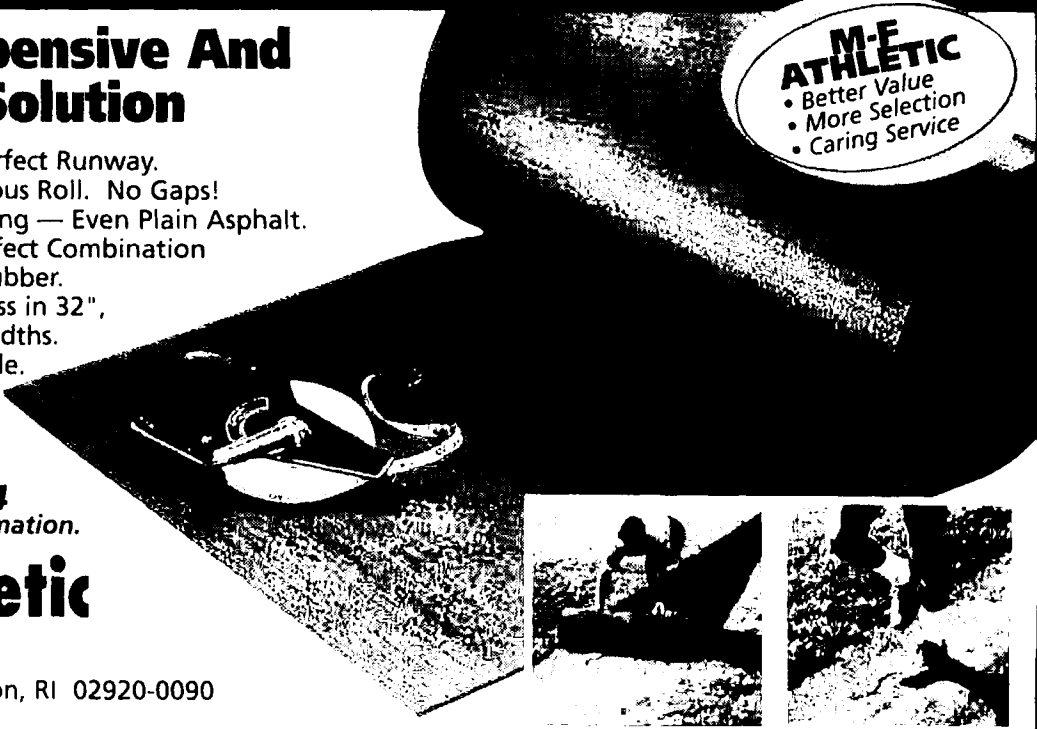
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# SCHEDULE

**Chino Hills:** Boys Republic Off-Road Classic 5K Trail Run, 10 a.m. Personal Best, 2587-J Chino Hills Pkwy., Chino Hills 91710 (Jerry Marcotte: 909/628-1217).

**Laguna Beach:** BMW Laguna Beach Classic 5K/10K & Kids' 1K, Sawdust Festival, 7:45 a.m./5K, 8:15 a.m./10K, 9:15 a.m./1K. Kinane Events, 2987 Highland Dr., Carlsbad 92008 (619/434-7706).

**Del Mar:** La Jolla Half Marathon/5K, 7:30 a.m. Info: La Jolla Sports Group (619/454-1262).

**La Jolla:** La Jolla Shores 5K Run, La Jolla Cove Park (above La Jolla Shores), 7:30 a.m. Info: La Jolla Sports Group (619/454-1262).

## May 3 (Sat.)

**Marin Headlands:** What-Mi-Wok Trail 100K, Rodeo Lagoon, 5 a.m. (16 Hr. Time Limit). Kellie Sheehan, 6 Gerke Alley, San Francisco 94133 (415/291-8772).

**Angel Island:** Guardsmen Angel Island Fun Run/Stride, 4.5 Mi. (ferry service from S.F., Tiburon & Vallejo), 12:30 p.m. The Guardsmen, 120 Montgomery St., #225, San Francisco 94104 (415/781-6785).

**San Jose:** Quicksilver Ride & Tie, 11/23 miles. Contact Skip Lightfoot (408) 226-0745.

**Santa Cruz:** Berry Creek Falls Half Marathon/10K, Hwy. 1 & Waddell Creek (10M north of Santa Cruz), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Monterey County:** Wildflower Long Course Triathlon (1.2mS-56mB-13.1mR), Lake San Antonio, 8 a.m. Tri-California Events, 1105 David Av., Pacific Grove 93950 (408/373-0678).

**Colfax:** Colfax Record Run, 5K/10K, downtown, 9 a.m. Janis Quinn, P.O. Box 1036, Colfax 95713 (916/637-4878).

**Fresno:** CHP El Protector 10K & 2 Mile Run/Walk, Shaw Avenue between Golden State & Hwy. 99 (1 mile west of Costco), 1K/7:15 a.m., 2 mile/7:15 a.m., 7:45 a.m./10K. El Protector Run, 5179 N. Gates, Fresno 93722. (209) 277-7250.

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

**Santa Barbara:** UCSB Spring "Run in the Sun" 5K/10K Runs, University Center/UCSB Campus Lagoon, 9 a.m./5K, 10:15 a.m./10K. Info: Autumn Edgar (805/893-3253).

**Monterey Park:** Run for the FUN(D), 5K & Kiddy 1K, McCaslin Business Park, 8 a.m. Info: Sue Moore (213/890-7300).

**Manhattan Beach:** Manhattan Mile/5K/21M, Live Oak Park, 7:30 a.m./5K & 21M, 8:30

a.m./Mile (every 15 minutes, 23 races). Erika Stevens, M.B. Track Club, P.O. Box 3431, Manhattan Beach 90266 (310/376-8460).

**La Mesa:** AWA Scholarship 4 Mi., Lake Murray (5540 Kiowa Drd.), 8 a.m. Info: April Stammerjohn (619/594-5289).

**San Diego:** American Parkinson Disease Assoc., 5 Mile Run/Walk, DeAnza Cove/Mission Bay Park, 9 a.m. Info: Mary Mowry/Diane Sharp (619/273-6763).

**North Las Vegas, NV:** 10K Menudo & 2 Mi. Fun Run, Fiesta Hotel & Casino (Rancho & Lake Mead), 7 a.m./10K, 7:15 a.m. Latino Peace Officers Assoc., P.O. Box 15322, Las Vegas, NV 89114 (Doloy Martinez: 702/645-9618).

## May 4 (Sun.)

**Napa:** Vichy Spring Run, 5 Mi., William Hill Winery (1761 Atlas Peak Rd.), 9 a.m. Vichy Spring Run, 1540 'I' St., Napa 94559 (707/252-6702).

**San Francisco:** May Day Run & Walk, 5K/10K & 1K Kids' Run, Golden Gate Park (Music Concourse), 8:30 a.m./1K, 8:45 a.m. American Heart Assoc., 120 Montgomery St., #1650, San Francisco 94104 (415/433-2273).

**San Francisco:** DSE Wait Stack Trail 25K State Championship & 5K, Dolphin Club (Jefferson & Hyde Sts.), 8 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**San Jose:** Summer Breakaway 5K, Alum Rock Park, 8:30 a.m. Hewitt Joyner, 3200 Millbrook Ddr., San Jose 95148 (408/274-1398).

**Danville:** Devil Mountain Run, 5K/10K/Kids' Fun Runs (3-8 Yrs.), Town & Country Village S.C., 8 a.m./5K & 10K, 9:30 a.m./Kids. RhodyCo Productions, 1417 Irving St., San Francisco 94122 (415/564-0532).

**Monterey County:** Wildflower Olympic Distance Triathlon (0.93mS-24mB-6.2mR), Lake San Antonio, 9 a.m. Tri-California, 1105 David Av., Pacific Grove 93950 (408/373-0678).

**Weott:** Avenue of the Giants Marathon & 10K, Dyerville Bridge, 9 a.m. Ave. of Giants Marathon, 281 Hidden Valley Rd., Bayside 95524 (707/443-1226).

**Reedley:** First Annual Street Faire 10K & 2 Mile, Pioneer Park, 8 a.m. San Joaquin Valley Track Club, PO Box 1460, Reedley 93654.

**Ventura:** Ventura County Bar Assoc. Law Day 5K, 9 a.m. Courthouse, Ventura County Bar Assoc., 4475 Market St., #B, Ventura 93003 (805) 963-6667.

**Lone Pine:** Wild Wild West Marathon, 10M/

3M, 6 a.m./Mara, early bird start, 7 a.m./Mara. & 10M, 7:10 a.m./3M. Lone Pine Chamber of Commerce, P.O. Box 749, Lone Pine 93545 (619/876-4444).

**San Dimas:** Los Angeles Triathlon Championship Series #2 (500yS-24kB-4kR), Bonelli Park (south shore), Time TBA. Info: TriEvents (818/331-0169).

**Fountain Valley:** Silky Sullivan's Run for the Roses 5K & 1K Jr. Fun Run, Mile Square Park (Brookhurst/Heil Entrance), 8:30 a.m. Info: Penny (714/841-2132), Linda (714/963-1112).

**Chino Hills:** Kiwanis of Chino Hills "Run for the Hills" 5K/10K, Alterra Park, 8 a.m. Info: Katrina Hamilton (818/966-2199).

**Escondido:** San Dieguito River Park Trail Run, 6 Mi., Kit Carson Park, 8 a.m. Info: 619/235-5445.

**San Diego:** DowntownYMCA Breakers 10 Mi. Run, 5K Run/Stride & Relay, Mission Beach (Belmont Center near roller coaster), 7 a.m. Info: Breaking 40 (619/272-8316).

## May 10 (Sat.)

**Stinson Beach:** Muir Woods Marathon, 25K & 7M, Stinson Beach Park, 9 a.m. EnviroSports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**Larkspur:** The Human Race 5M, Larkspur Ferry Terminal, 8 a.m. Dianne Faw, Volunteer Center, 650 Las Gallinas, San Rafael 94903 (415/479-5860).

**Burlingame:** All About Science 5K, Burlingame H.S., 9 a.m. Shaun Larsen, c/o Magic Sports, 1024 Oak Grove Av., Burlingame 94010 (415/343-42242).

**San Mateo:** Human Race 10K/5K Run/Walk, Coyote Point Park, 8:30 a.m. Lois Koenig, P.O. Box 626, Belmont 94002 (415/342-9328).

**Stanford:** Stanford Powwow Run, 5K & 1 Mi. Youth Run, Stanford Univ. (Angell Field), 8:30 a.m. Stanford Powwow Committee, P.O. Box 2990, Stanford 94309 (415/725-6944).

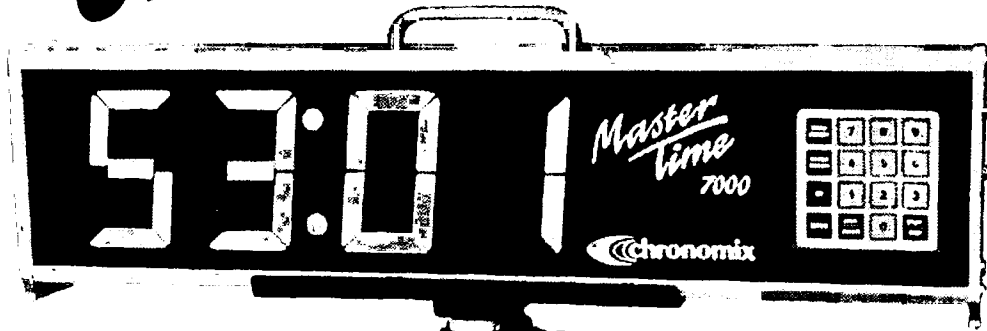
**San Jose:** The Human Race 10K/5K Run/Walk, Cadence Design Systems (2655 Seely Rd.), 8:30 a.m. Katie Gough, Volunteer Exchange, 1922 The Alameda, #211, San Jose 95126 (408/247-1126).

**San Jose:** Mike Popolizio Quicksilver 50K/50M, Quicksilver County Park (Mockingbird Hill Ln.), 6 a.m. Gene Weddle, 6007 Paxton Ct., San Jose 95123 (408/225-6527).

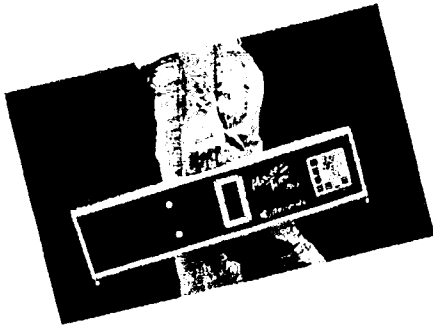
**Pleasanton:** Human Race 10K/5K Run/Walk, 4400 Rosewood Dr., 8:30 a.m. Volunteer Center, 333 Division St., Pleasanton 94566 (510/462-3570).



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# SCHEDULE

**Antloch:** Skip to Skips 10 Mile Challenge Run or Mtn. Bike, Skipolini's Pizza, 7 a.m./Bike, 8 a.m./Run. Darryll Whaley, P.O. Box 824, Clayton 94517 (510/672-5286).

**Sacramento:** The Race for the Cure 5K & 1 Mi., 8 a.m./Men, 8:25 a.m./Women, 9:30 a.m./Coed 1M. Doug Thurston, DeBencik & Hensley, 918 Second St., #200, Sacramento 95814 (916/443-6223).

**Truckee:** Donner Lake 7M/14M, Donner Lake State Park (east end of Lake), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

**Santa Barbara:** Are-U-Tough Enough 63.3 Mile, 5-Person Relay, finishes at Solvang, 7 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

**Los Angeles:** Revlon 5K for Women (men's & women's races), UCLA (Drake Stadium), 9 a.m. Revlon Run, c/o Race Central, P.O. Box 828, Rialto 92376 (818/759-9522).

**Huntington Beach:** Southern California Hillsea, 7.57 Mi., Central Park west (between Goldenwest & Edwards, Ellis & Slater Sts.), 8 a.m. (handicap start based on sex & age). The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

**Camp Pendleton:** Camp Pendleton Duathlon (5kR-30kB-5kR), Del Mar Beach, 8:30 a.m. ACS MWR, Attn: Recr. Div. (Intramural Dept.), Box 555020, Camp Pendleton 92055 (619/725-6806).

**Corona:** Run for the Crown 5K/10K Fun Run & 5K Family Team Run, Corona H.S., 7:45 a.m. Corona Parks, Recr. & Community Services, 815 W. Sixth St., Corona 91720 (Rick Thompson: 909/736-2241).

**San Diego:** Native Americans Running the Red Road 10K Run, 5K Run/Walk, 1K Children's Run, Balboa Park (President's Way & Park Blvd.), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

## May 11 (Sun.)

**San Francisco:** DSE The Right to Assemble Run, 7.46 Mi., Howard & Spear Sts., 8 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

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

**Fresno:** Mother's Day Run. 4 Mile, 1K Kid's Run, 2 Mile. Lewis Eaton Trail, Southeast at Woodward Park. 7:30 a.m./Kid's Run, 7:45 a.m./2 Mile, 8:00 a.m./4 mile. Info: Marie Huffman (209) 251-3184. SJV HIV Care Consortium, PO Box 8278, Fresno 93747.

## May 17 (Sat.)

**San Francisco:** Escape to Land's End 5M/10M, Crissy Field (Presidio of S.F.), 9 a.m. Enviro-Sports, P.O. box 1040, Stinson Beach 94970 (415/868-1829).

**Pleasanton:** Outdoor Adventure Expo 5K, Shadow Cliffs Lake, 10 a.m. Reservations Dept., 2950 Peralta Oaks Ct., Oakland 94605 (510/636-1684).

**Oakdale:** Oakdale Chocolate Festival 5K Fun Run, "I" Sst./Yosemite Blvd., 7 a.m. Oakdale Chamber of Commerce, 590 N. Yosemite Av., Oakdale 95361 (209/847-2244).

**Davis:** Mutt Strut 5K, UCD Vete School, 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

**Bass Lake:** Smokey Bear 10K, Time TBA. Contact unknown.

**Roseville:** Annual Fun Run 5K/Kids' Mile & 0.5 Mile, Woodcreek H.S., 8:30 a.m. Karen Darst, 7501 Foothills Blvd., Roseville 95747 (916/789-4652).

**Paso Robles:** Wine Country Half-Marathon & 5K, Martin Bros. Winery (Hwy. 46 East & Buena Vista Rd.), 8 a.m. Wine Country Half-Marathon, St. Rose School, 900 Tucker Av., Paso Robles 93446 (805/238-4110).

**Santa Cruz:** Big Creek Ride & Tie. 30 miles. Contact Lillen McCrary (408) 423-5089.

**Los Angeles:** Human Race 5K/10K & Munchkin Mile (9/Under), Griffith Park, 8 a.m. Info: Hank Castillo (213/484-2849).

**Solana Beach:** Fiesta Del Sol Triathlon (500yS-15kB-5kR), Fletcher Cove, Time TBA. Koz Enterprises, P.O. Box 421052, Solana Beach 92142 (619/528-8111).

**San Diego:** Celebrate Summer FitFest 5K Beach Run/Walk, 8K Timed Beach Run, Torrey Pines State Beach, 3 p.m. Info: 619/736-1001.

**Cabo San Lucas, Mexico:** Los Cabos Int'l. Half Marathon/5K, Hard Rock Cafe (downtown), 7:30 a.m. Lee Denham, P.O. Box 6581, Bakersfield 93386 (805/871-4288).

## May 18 (Sun.)

**San Francisco:** Examiner Bay to Breakers 12K, Howard/Spear Sts. to Ocean Beach (Elite quality by 4/15), 8 a.m. EXBB, P.O. Box 429200, San Francisco 94142 (415/510/408/808-5000, x2222).

**Morgan Hill:** PowerBar Triathlon V (0.75mS-16mB-5mR), Uvas Reservoir, 8 a.m. J&A Prods., 1032 Hacienda Av., Campbell 95008 (408/866-8848).

**Berkeley:** Tilden Tough Ten 10M, Tilden Park (Inspiration Point, parking lot off Wildcat Canyon), 9 a.m. LMJ&S, 12001 Broadway Terr., Oakland 94611 (510/601-7887).

**Auburn:** Bill Francis Memorial 5K/10K Run/Walk, Auburn Dam Overlook, 9 a.m. Steve Stephenson, 6270 Ralph Ct., Auburn 956021 (916/878-0450).

**Los Banos:** Los Banos PAL Big Dam Run, 10K/5K, San Luis Reservoir Dam, 9 a.m. Karen Matsen, P.O. Box 931, Los Banos 93635 (Los Banos PAL: 209/827-0603).

**Lompoc:** La Purisima Mission 10K/5K, 8:30 a.m./5K, 9 a.m./10K. Info: Ray Gil (805/736-4233).

**Newport Beach:** Bach Bay Classic 8K/Half-Marathon/2K Minuet, Back Bay, 8 a.m./H-M, 8:10 a.m./BK. Bach Bay Classic, c/o Race Pace, P.O. Box 795, Dana Point 92629 Race Pace (714/776-7490).

**Santa Cruz Island:** Santa Cruz Island 8 Mi. Run (20 Mi. west of Ventura), 10 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

**Moreno Valley:** Tour de Moreno Valley 5K, Pedorena Park (16009 Rancho Del Lago), 8 a.m. City of Moreno Valley Parks & Recr., P.O. Box 88005, Moreno Valley 92552 (909/413-3280).

**West Los Angeles:** L. A. Dog Jog. VA. 1 mile walk/2 mile run. W2 Promotions (310) 828-4123.

**San Pedro:** Run for the Good Times, 5K/10K, Fort MacArthur, 8 a.m. Mark Baird, 1536 W. 25th St., #253, San Pedro 90732 (310/336-4321).

**San Diego:** Over the Bay Bridge 4 Mi., Gaslamp Quarter (over Coronado Bridge to Tidelands Park), 8 a.m. Info: Breaking 40 (619/272-8316).

**San Diego:** "Touching Lives" Mental Health & Wellness 4 Mi., County Administration Bldg. (Harbor Dr.), 8:30 a.m. Info: Steven Haynes (619/583-4955, 279-4586).

## May 24 (Sat.)

**Pleasanton:** Chevy's Fresh Mex 5K/10K, Chevy's Mexican Restaurant, 8 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

**Sierra Madre:** Mt. Wilson Trail Race. 7:30 a.m. Kersting court, Northwest corner of Baldwin Ave. and Sierra Madre Blvd. City of Sierra Madre, Dept. of Parks & Recreation, 232 W. Sierra Madre Blvd., Sierra Madre 91024 (818) 355-7135, ext 255.

**San Dimas:** Los Angeles Triathlon Championship Series #3 (1kS-40kB-8kR and 250yS-12kB-4kR), Bonelli Park (north shore), Time TBA. Info: TriEvents (818/331-0169).

**Bonita:** Bonita Road Runners 5K/10K, Rohr Park, 7:30 a.m. Info: Ken Velasquez (619/421-5473).

# SCHEDULE

## May 25 (Sun.)

**San Francisco:** DSE Polo Field 5K "Lotto" Run & Kids' Run, Golden Gate Park (south side of Polo Fields), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

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

**San Ramon:** Wind Breaker 5K Run, Bishop Dr./Camino Ramon, 8:45 a.m. City of San Ramon, 12501 Alcosta Blvd., San Ramon 94583 (510/275-2311).

**Arroyo Grande:** Strawberry Stampede 5K/10K, Gazebo in Village, 8 a.m. Ben Horner, Greater Pismo Beach Kiwanis, P.O. Box 456, Arroyo Grande 93421 (800/439-6878).

**Brentwood:** Brentwood 5K/10K, San Vicente Blvd. near Barrington, 8 p.m./5K, 8:45 p.m./10K. Brentwood 5K/10K, P.O. Box 49452, Los Angeles 90049 (310/440-7963).

## May 26 (Mon.)

**Kentfield:** Pacific Sun Races, 10K/2.5M/YMCA Youth Track Races, College of Marin, 8 a.m. Total Race Systems, 80 Mitchell Blvd., San Ramon 94903 (415/472-7223).

**Clayton:** Clayton Memorial Day Challenge 5K/10K/Half-Marathon, Mitchell Canyon Park, 8 a.m. Hank Stratford, P.O. Box 30, Clayton 94517.

**Vacaville:** Fiesta Days 8K/1M, Texas Jacks (Orange Tree Cir.), 8 a.m./1M, 8:30 a.m./8K. Track Central, 878 Tulare Dr., Vacaville 95687 (707/446-7388).

**La Canada/Flintridge:** Fiesta Days Runs, 5K/10K & 1 Mi. Fun Run, Descanso Gardens (1418 Descanso Dr.), 7:30 a.m. Info: Sheree Violon/YMCA (818/790-0123) or Denise (213/669-5614).

## May 31 (Sat.)

**San Francisco:** San Francisco Triathlon (800yS-13mB-5kR), Crissy Field (Presidio of S.F.), 8 a.m. (Limited entries). Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

**San Mateo:** Sawyer Camp Trail Day 10K Run/5K Walk/12M Bike/Kids events, Crystal Springs Rd. & Skyline Blvd. (south gate to Sawyer Camp Trail), 8 a.m. Lois Koenig, P.O. Box 626, Belmont 94002 (415/342-9328).

**Gridley:** Coot Scott 5K/10K/1M, Gray Lodge Wildlife Area, 8:30 a.m. Bruce Forman, Calif. Dept. of Fish & Game, 1701 Nimbus Rd., Rancho Cordova 95670 (916/358-2885).

**San Luis Obispo:** Helen Baumberger Memorial Ironman Triathlon, 6:30 a.m. SLO Swim Center, 2.4 mile S, 112 mile B, 26.2 mile R. Mike Baumberger, 106 Santa Rosa St., San Luis Obispo 93405 (805) 543-8439.

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

**Fontana:** Fontana days Run, Half-Marathon, 5K & Children's Run (1/2 Mi.), 7:45 a.m./H-M & Children's Run, 8 a.m./5K. City of Fontana Days Run, Don Day Community Ctr., Attn: Barbara Smith, 14501 Live Oak Av., Fontana 92337 (909/350-6678, 350-6661).

**Anaheim:** Anaheim Downtown Discovery 5K & 1K Kids' Fun Run, Center Street Promenade (downtown), 2:30 p.m. City of Anaheim, Commuter Services Office, 200 S. Anaheim Blvd., Anaheim 92805 (714/254-5277).

**Tecate, B.C., Mexico:** Tecate-Ensenada 45-Person, 73 Mile Relay, Town Square, Time TBA. Info: Koz Enterprises (619/689-8930).

## June 1 (Sun.)

**Talmage:** Russian River Run Half-Marathon/8K & Kids' 2K (12/Under), East Side Rd./Talmage, 6 a.m./H-M, 8 a.m./8K, 9:30 a.m./2K. North Coast Striders, P.O. Box 518, Ukiah 95482 (707/462-3329, 468-8024).

**Sonoma:** Hit the Road Jack 10K/2.3M, Sonoma Cheese Factory (downtown square), 8 a.m. Hit the Road Jack, P.O. Box 1857, Sonoma 95476 (707/938-8544, 935-7504).

**Mill Valley:** DSE Practice Dipsea, 6.8 Mi., Old Mill Park (to Stinson Beach), 8 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**San Francisco:** San Francisco Italian A.C.'s Statuto Race, 4.2 Mi., S.F.A.C., 9 a.m. Ray Piva, San Francisco Italian A.C., 1630 Stockton St., San Francisco 94133 (415/781-0165).

**Hillsborough:** Hillsborough Concours Family Fun Run, 5K/10K, North School, 8 a.m. Hillsborough Concours Fun Run Office, 2600 Ralston Av., Hillsborough 94010 (415/344-2272).

**San Jose:** Alum Rock Run 10K/0.5M Kids' Run, Alum Rock Park (Visitor's Center), 8:30 a.m./10K, 10 a.m./Kids. Gary Hafley, 1671 The Alameda, Suite 100, San Jose 95126 (408/295-0320).

**Pleasanton:** Pleasanton Spirit Run, 5K/10K, downtown, 8 a.m./10K, 8:30 a.m./5K. Brian Gentry, 6654 Koll Center Pkwy., #345, Pleasanton 94566 (Larry Lindsey: 510/417-7672).

**Stockton:** The Bagel Chase 5K Run/Walk,

Temple Israel (March Ln. & El Dorado Blvd.), 9:30 a.m. Lauri Merrill, 1116 Edgewood Dr., Lodi 95240 (209/367-1787).

**Modesto:** Modesto Downtown Classic, 8K/1M, 11th & "I" Sts., 7:45 a.m./1M, 8:15 a.m./8K. Dale Ghaner, Shadow Chase R.C., P.O. Box 3605, Modesto 95352 (209/521-9582).

**Nevada City:** Gold Country Trail Marathon & Road Races, Half-Marathon/10K/5K, Pioneer Park, 6:30 a.m./Mara., 7:30 a.m./HM & 5K. Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

**Reno, NV:** Reno Air Championship 15K/5K & 3x5K Relay, Reno Air (220 Edison Way), 8 a.m. Bill Meister, 13235 Fellowship Way, Reno, NV 89511 (702/852-5037).

**Gardena:** Gardena 5000 (5K Run) & Kids' 1/2K, 8 a.m. Info: Dan Ashimine (310/324-7085).

## June 3 (Tue.)

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

## June 7 (Sat.)

**Los Altos:** Bay Area Corporate Relays & 5K, Foothill College track, 8 a.m./5K, 10 a.m./T&F. Kaye Donnelly/BACAA, P.O. Box 898, Menlo Park 94026 (415/573-4703).

**Aptos:** Forest of Nisene Marks Marathon/Half-Marathon/5K, Park HQ, 8 a.m. Harry Taub, Lions Club, P.O. Box 1676, Soquel 95073 (408/479-5485).

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

**Pollock Pines:** Run of the Pines 5K/10K/13M, Sierra Ridge Middle School, 8 a.m. Bruce Boom, 6126 Dolly Varden, Pollock Pines 95726 (916/644-5908).

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

**Calif./Nevada Border:** Mojave 250 Mile Death Race (2-Day Event), run & bike various distances (12 teams, 21 legs), 6 a.m. Ron Cooke, 1000 N. Parton St., #E, Santa Ana 92701 (714/953-4440).

**San Pedro:** Palos Verdes Marathon, Half-Marathon & 5K, Pt. Fermin Park, 7 a.m. Palos Verdes Marathon, c/o Race Central, P.O. Box 828, Rialto 92377 (W2 Promotions: 310/828-4123).

**San Diego:** Union Tribune Dr. Seuss Kid's Magic Mile, Front & Island (Children's Museum), 8 a.m. Info: In Motion (619/792-2900).

# SCHEDULE

**Rosarito Beach, B.C.:** Festival de Primavera "On the Beach Run", 5K/10K & 1 Mi. Fun Run, 20 Mi. south of San Diego, 7:45 a.m./1M, 8 a.m./5K, 8:10 a.m./10K. Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

## June 8 (Sun.)

**Healdsburg:** Fitch Mountain Foot Race, 3K/10K, Downtown Plaza, 8 a.m. Jerry Strong, 14685 Grove St., Healdsburg 95448 (707/433-1856).

**Mill Valley:** Dipsea Race, 7.1 Mi. (to Stinson Beach), 8:30 a.m. (handicapped). Dipsea, Box 30, Mill Valley 94942 (415/331-3550) (send S.A.S.E. for entry; all forms mailed out on Apr. 1 only; fills in one week).

**San Francisco:** DSE Ferry Building Run, 3.83 Mi. & Kids' Run, Dolphin Club (Jefferson & Hyde), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Menlo Park:** Otter Run 5K/1.5M Kids' Run, Oak Knoll Elem. School, 8:30 a.m. Info: Cici St. Geme (415/323-4161).

**Aptos:** Aptos Women's 5-Miler, Aptos Village Park (entrance to Forest of Nisene Marks), 9 a.m. Carol Cuminale, Santa Cruz T.C., P.O. Box 358, Santa Cruz 95063 (408/458-9028).

**Lompoc:** Valley of the Flowers Marathon/Half-Marathon, 5K/1 Mi. Kids' Run, Lompoc H.S. stadium (College Av. & L St.), 7 a.m./Mara., 7:30 a.m./H-M. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

**Santa Barbara:** State Street Mile (heats), Time TBA. Info: Lori Cappello (805/687-1508).

**Big Bear Lake:** Holcomb Valley Trail Half-Marathon & 50K, Pacific Crest Trail & fire roads in San Bernardino National Forest, 7 a.m. (8 Hr. Limit; Limited Entries). Info: Norman Haines (909/585-5850) or Gary Kalina (909/584-7925).

**Laguna Niguel:** Maximum 5K/10K & 1K Kids' Fun Run, Plaza de la Paz S.C., 7:30 a.m. Info: Vicki Carabini (714/443-5016).

**San Diego:** Union Tribune Dr. Seuss 8K Run for Literacy, Balboa Park, 7 a.m. Info: In Motion (619/792-2900).

## June 14 (Sat.)

**San Jose:** Fujitsu KNTV "Run for the Kids" 8K/2M and Kids' Youth Races (200m, 400m, Mile), near No. First & Rio Robles, 8:30 a.m./8K & 2M, 9:30 a.m./Kids. Jackson Ross, 3545 N. First St., San Jose 95134 (800/866-8608).

**Sloughhouse:** Sloughhouse Country Run, 5K/10K & Kids' 0.5 Mi., 12700 Meiss Rd.

(near Sloughhouse Inn), 8 a.m./Kids, 8:30 a.m. Lou Edgar, P.O. Box 160488, Sacramento 95816 (916/424-2624).

**Bakersfield:** BTC Good Ole Runs, Distances & Location TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

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

**Brea:** The Road Less Traveled 10 Mi. Trail Run, Carbon Canyon, 7:30 a.m. Info: Steve or Sandi (714/848-4797).

**Poway:** Chaparral School 5K Run & 1 Mi. Fun Run, Chaparral Elem. School, 8 a.m. Info: 619/487-9221.

## June 15 (Sun.)

**San Francisco:** DSE North Embarcadero Run, 6.25 Mi. & Kids' Run, Embarcadero & Townsend (Java Cafe), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Oakland:** Dick Houston Memorial Woodminster X-C Race, 9 Mi., Joaquin Miller Park (Pinewood Area), 9 a.m. Gareth Fong, c/o Island City Runners, P.O. Box 1493, Alameda 94501 (510/655-8228).

**Fresno:** Fresno Father's Day Run, 6 Mi., downtown, Time TBA. Contact unknown.

## June 17 (Tue.)

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

## June 19 (Thur.)

**San Diego:** Lawyers Have Heart 5K Twilight Run, downtown (waterfront), 6:30 p.m. Info: American Heart Assoc. (619/291-7454).

## June 20 (Fri.)

**Los Gatos:** Festival for Life, 18 Hour Relay (10-18 Runners), Los Gatos H.S. track, 7 p.m. Peggy Miller, American Cancer Society, 1715 So. Bascom Av., #100, Campbell 95008 (408/287-5973, x160).

## June 21 (Sat.)

**Stinson Beach:** DSE Double Dipsea, 13.7 Mi. (to Mill Valley & return), 9 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Fort Bragg:** 1997 Easyboot Ride & Tie, 40 miles. (916) 268-8474.

**Los Gatos:** Skyland Mountain Run, 10K/5K/1K Kids' Run, Radonich Farms (Highland

Way), 8:30 a.m./10K & 5K, 9:45 a.m./1K. Karen Izzo, 25059 Skyland Rd., Los Gatos 95030 (408/353-5945).

**Pleasanton:** Tri For Fun #1 (400yS-11mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

**Camp Pendleton:** Marine Corps 10K Mud Run, Lake O'Neill, 8:30 a.m. Info: 619/725-1836.

**San Diego:** Run for the Gold 10K/5K/1K Kids' Run, Mission Bay (Sea World), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

**San Diego:** Cystic Fibrosis Stairclimb (20 flights), The Koll Center (downtown), 9 a.m. to noon. Info: CF Foundation (619/234-5880).

**Ashford, WA:** Mt. Rainier to the Pacific Relay, 155 Mi. (11-person teams), Mt. Rainier (Overland Lodge), Time TBA. Mt. Rainier to the Pacific Relay, P.O. Box 17086, Seattle, WA 98107 (206/782-6547).

## June 22 (Sun.)

**San Francisco:** Perry's to Perry's 10K, Perry's Restaurant (Union Sst.), 9 a.m. Info: RhodyCo Prods. (415/564-0532).

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

**Truckee:** Donner Lake Triathlon (1.5kS-40kB-10kR), West End Beach, 7 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

**Playa del Rey:** Keep L.A. Running 5K/10K, Dockweiler Beach, 8 a.m. Info: W2 Promotions (310/828-4123).

**Newport Beach:** Newport 5000 & Kids' 1K, Birch & Jamboree, 7:30 a.m. Newport 5000, 8001 Irvine Center Dr., #1200, Irvine 92618 (714/476-7076).

**San Diego:** Sri Chinmoy Pacific Beach Splash 'n Dash (0.5mS-5mR), Crystal Pier, 7:30 a.m. Info: SCMT (619/687-5859).

## June 28 (Sat.)

**San Francisco:** Alcatraz Triathlon (1.5mS-2mR-18mB-10mR) (600 Limit, fills early), 7:15 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

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

**Arnold:** Two Rivers Trail Run, 7.9M/2.9M, Cedar Center (Hwy. 4), 9 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

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PHOTOS (starting top left) Brian Blutrreich  
(photo by Barbara DeGroot) Louie Quintana  
(photo by Kirby Lee), Eric Reynolds  
leading Carter & Junkermann (photo by  
Burt Davis), Leslie Deniz (photo by Dave  
Stöck), Becky Spies (photo by Bill Leung,  
Jr.), Chuck Assuna (left) & Jeff Nelson  
(photo by Dave Stöck), Joe Richardson  
(Fine Flicks by Don Gosney) and Manon  
Jones (Photo by Bill Leung, Jr.)

<http://www.runningnetwork.com/CTN/>

# SCHEDULE

**Squaw Valley:** Western States 100 Mile Endurance Run (finishes in Auburn) (entries closed), 5 a.m. (30 Hour Limit). Helen & Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916/638-1161).

**Gustine:** Freedom Run. 10K run/5K run or walk. 8 a.m. Henry Miller Park (Second & West Avenues). Freedom Run, 1065 Lee Avenue, Gustine 95322 (209) 854-1739.

## Jun. 29 (Sun.)

**San Francisco:** DSE Twin Peaks Run, 3.36 Mi., Portola Dr./Twin Peaks Blvd., 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

**Burlingame:** Run for Youth 5K, Burlingame Av./Lorton, 12:15 a.m. John Martin, Peninsula Family YMCA, 1877 So. Grant St., San Mateo 94402 (415/759-9632, x344).

**San Jose:** San Jose International Triathlon (1kS-40kB-10kR), Lake Almaden, 8 a.m. J&A Prods., 1032 Hacienda Av., Campbell 95008 (408/866-8848).

**Sacramento:** Fleet Feet Capitol Mile (10 heats), Capitol Mall, 8:30-11:30 a.m. Doug Thurston, P.O. Box 388, Sacramento 95812 (916/443-6223).

**Lomita:** Lomita 5000, 24200 Narbonne Av., 8 a.m. Info: Lomita City Hall (310/325-7110).

**San Diego:** Port of San Diego International Triathlon (1kS-30kB-10kR & 500mS-20kB-6kR), Spanish Landing Park, 7 a.m. Koz Enterprises, P.O. Box 421052, San Diego 92142 (619/689-8930).

**San Diego:** Qualcomm Cross Country 10M Extreme Run/5K Trail Run/Hike, Mission Trails Regional Park, Time TBA. Info: Elite Racing (619/450-6510).

## LOOKING AHEAD

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

## July 13 (Sun.)

**San Francisco:** San Francisco Marathon/5K, PA/USATF Road Relay Champs, Golden Gate Bridge (mandatory shuttle to start), 8 a.m. S.F. Marathon, c/o USATF, 120 Ponderosa Ct., Folsom 95630 (800/722-

## TRACK & FIELD

### Youth

#### Track & Field

##### April 11-12

**Walnut:** AAF Youth Days. Elementary and Junior High Divisions. Mt. SAC Relays, Walnut 91789. (909) 594-5611 ext. 4840.

##### July 28-29

**Walt Disney World, FL:** AAU National Multi-Events Club Championship. Info: (407) 363-6170.

##### July 30-August 2

**Walt Disney World, FL:** AAU National Track & Field Club Championship. Info: (407) 363-6170.

##### August 3-4

**Charlotte, NC:** AAU National Multi-Event Championships (AAU Junior Olympic Games). Info: (407) 363-6170.

##### August 6-9

**Charlotte, NC:** AAU National Track & Field Championships (AAU Junior Olympic Games). Info: (407) 363-6170.

#### Cross Country

##### December 7

**Walt Disney World, FL:** AAU National Cross Country Championships. (407) 363-6170.

## High School

#### Track & Field

##### April 5

**San Diego:** San Diego Invitational. Balboa Stadium. 3 p.m. / twilight meet. Open/College, Junior College, High School. Featuring the "Break the Barrier Mile." Contact: Paul Locher, 1405 Park Blvd., San Diego 92101 (619) 525-7455 school, (619) 231-0973 FAX, (619) 448-8922 home.

**Oakland:** Oakland Relays Invitational. Edwards Field, Cal Berkeley. 9 a.m.

**Wasco:** Wasco Relays. Wasco HS.

##### April 11

**Coalinga:** George Olson Invitational.

##### April 12

**Arcadia:** Arcadia Invitational. Arcadia Invitational, 180 Campus Drive, Arcadia 91007 (818) 446-0131, dougspeck@aol.com

**Corcoran:** Corcoran Invitational.

**Tulare:** Tulare Elks Meet.

##### April 18

**Davis:** Woody Wilson Invitational. UC Davis. 3 p.m.

**Lemoore:** Lemoore Kiwanis Meet. 4 p.m.

##### April 19

**San Jose:** Hampton/Phillips Invitational. San Jose CC. 9 a.m.

**Walnut:** Mt. SAC High School Relay Carnival. 8 a.m.-7 p.m. Mt. SAC Relays, Walnut 91789. (909) 594-5611 ext. 4840.

**Chowchilla:** Chowchilla Invitational.

**McFarland:** McFarland Invitational.

##### April 25

**Los Gatos:** Top 8. Los Gatos HS. 2 p.m.

**Sanger:** Sanger Metric Classic. Sanger HS. 4 p.m.

**Porterville:** Tulare County Championships.

##### April 26 (Saturday)

**Union City:** Bay Area Top 8 Track & Field Invitational. Logan High School. Divisions: frosh/soph, girls, boys. Contact Lee Webb, Meet Director (510) 505-9557 or (510) 471-2520 ext. 5113.

**Sacramento:** Bronco Invitational.

**American River College:** 9 a.m.

**Bakersfield:** Kern Relays.

##### May 1

**Sanger:** NYL Frosh/Soph County Championships. 3 p.m.

##### May 2

**Lafayette:** Bob Warren Relays (F/S).

**Acalanes HS.**

**Stanislaus:** Don Gilbert Invitational. CS

**Stanislaus.** 1 p.m.

**Shafter:** Shafter Invitational.

**Reedley:** Reedley Invitational. Reedley

**HS.** 4 p.m. (Check date).

**Hanford:** San Joaquin Valley Relays.

##### May 6

**Sanger:** T.R.A.C. Trials 3 p.m. Sanger HS.

**Fresno:** NYL Trials. Roosevelt HS.

##### May 9

**Sanger:** T.R.A.C. Finals. Sanger HS. 5:15

p.m.

**Fresno:** NYL Meet. Ratcliffe Stadium.

##### May 10

**Sacramento:** Sacramento Meet of

Champions. Hughes Stadium 11 a.m.

##### May 14

**Sacramento:** Metro League Champion-

ships. Hughes Stadium. 4 p.m.

**Pittsburg:** BVAL Championship Trials.

**Pittsburg HS.**

##### May 15

**C.I.F. Central Area:** 4:30 p.m. North/

Ratcliffe Stadium, Fresno. Central/Sunkist

in Visalia. South/Bakersfield.

##### May 16

**Pittsburg:** BVAL Championships/Finals.

##### May 17

**Los Gatos:** CCS Sub Section. Los Gatos.

9 a.m.

**Long Beach:** Southern Section CIF

Prelims. Long Beach CC. 12 noon.

##### May 21

**Davis:** Sac-Joaquin Sub-Section/Trials.

Toomey Field, UC Davis. 2 p.m.

##### May 22

**Sanger:** CIF Central Section. Sanger HS.

4 p.m.

# SCHEDULE

**Union City:** North Coast Championships Trials.

## May 23

**Davis:** Sac-Joaquin Sub-Section/Finals. Toomey Field, UC Davis. 2 p.m.

## May 24

**San Jose:** Central Coast Section Trials. San Jose CC. 1 p.m.

**Union City:** North Coast Championships Finals.

**Long Beach:** Southern Section CIF Finals. Long Beach CC. 12 noon.

## May 28 & 30

**Davis:** CIF Sac-Joaquin Section Championships. Toomey Field, UC Davis 2 p.m.

## May 29

**San Jose:** Central Coast Section Finals. San Jose CC. 4 p.m.

## May 30

**Cerritos:** Southern Section Masters Meet. Cerritos CC. 5 p.m.

## May 30-31

**Berkeley:** Meet of Champions. Trials & Finals. UC Berkeley.

## June 6-7

**Sacramento:** CIF State Track & Field Championships.

## June 14

**Sacramento:** Golden West Invitational. Info: (916) 989-2411.

## June 20-21

**Columbus, OH:** USATF Junior Nationals.

## Cross Country

### December 6 (Sat.)

**Fresno:** 19th Annual Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 13 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535. E-mail: CTRN@ix.netcom.com.

### December 13 (Sat.)

**San Diego:** Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships. 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

## College & Open

### Track & Field

#### April 4-5

**Fresno:** Bob Mathias Relays. Ratcliffe Stadium.

#### April 5

**San Francisco:** Johnny Mathis Invitational. Contact Matt Lydum (415) 338-1561.

**San Diego:** San Diego Invitational. Balboa Stadium. 3 p.m. / twilight meet. Open/College. Junior College, High School. Featuring the "Break the Barrier Mile." Contact: Paul Locher, 1405 Park Blvd., San Diego 92101

(619) 525-7455 school, (619) 231-0973 FAX, (619) 448-8922 home.

## April 12

**Berkeley:** Pierce Golden Bear Challenge. UC Berkeley. (510) 642-3158.

**Turlock:** Stanislaus Invitational. CS Stanislaus. Contact: Kim Duyst (209) 667-3312.

**Azusa:** BFI Meet of Champions. Info: Kevin Reid (818) 815-3856.

**San Diego:** UCSD Spring Break Open T&F Invitational. UC San Diego. 10 a.m. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

## April 17

**Claremont:** SCIAC Championships. Info: (909) 621-8429.

## April 17-18

**Azusa:** Azusa Pacific Decathlon/Heptathlon.

## April 18-20

**Walnut:** Mt. SAC Relays. Friday, April 18—Community College, Small College and Open Distance Carnival. 9 a.m.-9 p.m. Saturday, April 19—High School Relay Carnival. 8 a.m.-7 p.m. International Distance Carnival 7 p.m. Sunday, April 20—University Open Division 9 a.m.-12 noon. Day of Champions 12 noon to 6:30 p.m. Mt. SAC Relays, Walnut 91789. (909) 594-5611 ext. 4840.

## April 19

**Davis:** Woody Wilson Invitational. UC Davis.

**Long Beach:** Long Beach Invitational. CS Long Beach. Contact Andy Sythe (310) 985-1700.

## April 23-26

**Philadelphia, PA:** Penn Relays.

## April 25-26

**Santa Barbara:** GSAC Championship.

## April 26

**Turlock:** Warrior Invitational. CS Stanislaus. Contact Kim Duyst (209) 667-3312.

**Northridge:** Cal-Nevada State Championships. CS Northridge. Contact Don Strametz (818) 885-3608.

## May 2

**San Francisco:** NorCal JC Trials.

**Stanford:** Stanford vs. Cal.

## May 3

**Stanford:** Stanford vs Berkeley.

**Chico:** Chico Invitational. Contact Kirk Freitas (916) 898-5150.

**Santa Barbara:** Nick Carter Invitational. Info: (805) 893-8276.

**Irvine:** Steve Scott Invitational.

## May 9

**Stanford:** Cardinal Invitational. Contact Michael Reilly (415) 723-2736.

**Turlock:** NCAC Championship. Contact Kim Duyst (209) 667-3312.

## May 10

**Stockton:** NorCal JC Finals. Info: (209) 474-5191.

**Modesto:** Modesto Relays. Contact Tom Moore (209) 537-0411.

**Eagle Rock:** Occidental Invitational. Contact Bill Harvey (213) 259-2715.

## May 16

**Santa Monica:** Asics Santa Monica Distance Classic. Santa Monica College. (310) 483-7655.

## May 17

**Davis:** Davis Open Invitational.

**Irvine:** Big West Championships.

**Fresno:** California JC State Championships.

## May 17-18

**Seattle, WA:** PAC-10 Decathlon & Heptathlon.

## May 18

**San Jose:** Bruce Jenner Classic. Contact Bert Bonanno (408) 288-3730.

## May 19

**Santa Barbara:** Armed Forces Championships. Contact John Register (703) 325-1837.

## May 21-23

**Marletta, GA:** NAIA National Championships.

## May 24

**Hayward:** Pacific Association Open Championships. Contact Ken Grace (510) 786-6930.

**Los Angeles:** Patriots Invitational. Contact: Marv Thompson (213) 257-1285.

## May 24-25

**Seattle, WA:** PAC-10 Championships.

## June 4-7

**Bloomington, IN:** NCAA Championships.

## June 7

**Long Beach:** USATF Championship Tune-up (SCA Grand Prix). CS Long Beach. Contact: Andy Sythe (310) 985-1700.

**San Diego:** San Diego-Imperial Assoc. USA Track & Field Championships. UC San Diego. 12 noon. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

## June 11-15

**Indianapolis, IN:** USATF Nationals.

## August 1

**Los Angeles:** SCA Summer Grand Prix.

## Masters

### Track & Field

#### May 3

**Visalia:** Visalia Classic Masters Trak & Field Meet. Sunkist Stadium. Contact Bob Higginbotham, 1026 w. Princeton, Visalia 93277 (209) 732-8030.

#### May 4

**Eagle Rock:** Crown Valley Spring Games/Pasadena Senior Olympics (50+). Occidental College. Info: Cynthia Vaughn (818) 397-4064.

#### May 10

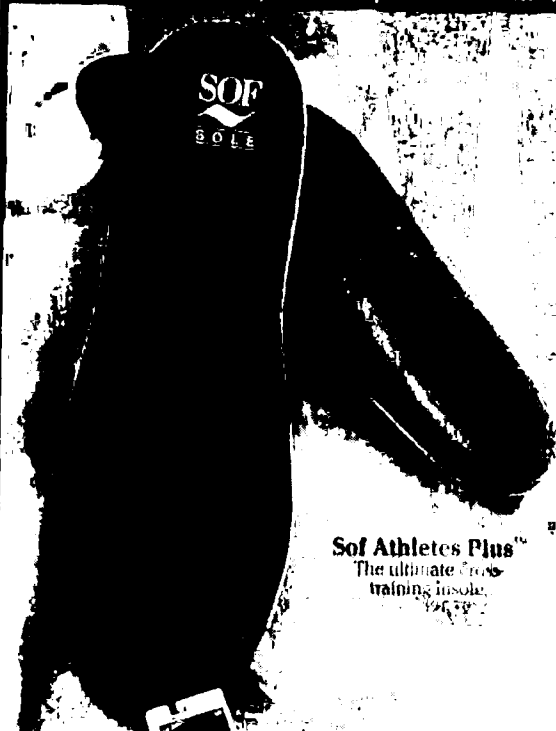
**Long Beach:** Southern California Striders Meet of Champions. CS Long Beach. Info: Hugh Cobb (619) 436-7696.

#### May 21-28

**Tucson, AZ:** US National Senior Sports Classic VI. TLOC, 4 East Congress, 2nd

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## June 29

Los Angeles: Trojan Master's Meet. USC.  
Contact Russ Reabold (818) 917-6289.

## July 12-13

San Jose: USATF Western Regional Championships. Location TBA. Info: Rick Millen (408) 241-6578.

## July 17-27

Durban, South Africa: WAVA World Championships. Contact Barbara Kousky, USATF National Master's Chairman (541) 687-1989.

## August 7-10

San Jose: 30th Annual USATF National Masters Championships. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose 95113. Contact: Steve Hess (408) 288-2935.

## August 16

Seattle, WA: USATF National Masters Weight & Superweight Championships. Contact: George Mathews, 5701 6th Ave. South, Seattle, WA 98108. (206) 764-7000 w.

## September 20-21

Thomasville, NC: USATF National Masters Decathlon & Heptathlon. Contact: Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. (910) 476-1228 h. 475-8141 w.

Floor, Bank One Annex Bldg., Tucson, AZ 85701 (520) 791-5555.

## May 25

Irvine: Dan Aldridge Memorial Meet. UC Irvine. Info: Mac McCormick (714) 586-9942.

## May 29-June 1

Rancho Cordova: Senior Games. Cordova High School. (916) 277-6094.

## June 8

Eagle Rock: USATF Southern California District Championships. Occidental College. Info: Christel Miller (818) 843-2139 (before 9 p.m.).

## June 14

Los Gatos: Los Gatos Open & Masters Classic. Various locations. Monica Townsend, 138 Johnson, Los Gatos (408) 395-9486.



## CALIFORNIA TRACK & CROSS COUNTRY COACHES ALLIANCE

The ALLIANCE is dedicated to assist coaches with their continued growth in the sport and provides the only unified voice for concerns within our sport. The COACHES ALLIANCE directly represents you on the State Track & Cross Country Advisory Board. To join, please send your name, address (home or school), high school name and phone(s)# to:

Denis McClanahan, Treasurer -- COACHES ALLIANCE  
c/o 4957 E. Heaton Ave. -- Fresno, CA 93727

Yearly dues are \$25.00 (full membership) or \$12.00 (without the official publication, *California Track News*). Make your check payable to "Coaches Alliance." JOIN TODAY!

### October 4

**Santa Barbara:** Club West Masters Meet. Santa Barbara City College. Contact Beverly Lewis (805) 969-5851 or Gordon McClenathen (805) 964-3005.

### October 27

**Long Beach:** Sri Chinmoy Masters Games. (40+). CS Long Beach. Contact Bigalita Egger (310) 645-0271.

### November 15

**Long Beach:** Long Beach Senior Games (50+). Long Beach City College. Contact Karla Yuki (310) 570-1776.

## All-Comers

**Wednesday, April 9, 16, 30**

**Saturday, May 17; Tues., May 20;**

**Tuesday, June 10**

**Stanford:** All-Comers Meet. 5:15 p.m. (A limited number of events.) Information (415) 723-2736.

### June 28, July 12

**Long Beach:** All-Comers. Contact Andy Sythe (310) 985-1700.

## Camps/Clinics

### July 20-25

**Carpinteria:** Gary Tuttle's Distance Running Camp. Cate School. Gary Tuttle, 1410 E. Main Street, Ventura, 93001 (805) 643-1104.

### June 29-July 3

**Stanford:** Stanford Camp of Champions. Stanford University. Track & Field. Contact Vin Lananna, SU Athletics, Stanford 94305-6150 (415) 723-2736.

### July 27-August 1

**Arcata:** Humboldt State Long Distance and Steeple Workshop. Contact David Wells, Humboldt State Athletics, Arcata 95521 (707) 828-5955.

**Lake Tahoe:** Runner's Workshop Cross Country Clinic. Ages 12 & older. Contact: Mark & Rene Celestin, Coordinators (310) 493-7545. Write to: Runner's Workshop Inc., P.O. Box 5028, Los Alamitos 90720.

### August 3-8

**Sugar Bowl Ski Resort** (approx. 80 miles east of Sacramento): Sierra "High" Distance Running Camp. Information: Jim Hunt (916) 791-8165.

### August 4-8

**Grouse Ridge:** High Altitude Running Camp & Clinic. Contact Nick Vogt, Christian Runner's Association, 1025 Grange Road, Meadow Vista 95722. (916) 878-0697.

### August 9-13

**Stanford:** Stanford Camp of Champions. Stanford University. Cross Country. Contact Vin Lananna, SU Athletics, Stanford 94305-6150 (415) 723-2736.

### August 18-23 or 23-28

**Catalina Island:** Runner's Workshop Cross Country Clinic. Ages 12 & older. Contact: Mark & Rene Celestin, Coordinators (310) 493-7545. Write to: Runner's Workshop Inc., P.O. Box 5028, Los Alamitos 90720.

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# COACHES EDUCATION

## Getting It Done In the Zone

By Tony Veney



Your palms are sweating, your heart is pounding and you feel as if you're going to jump out of your skin.

No, your lotto numbers didn't come in. Ed McMahon and Dick Clark have not driven up to your house to give you the 10 million.

The information submitted for the Coaches Alliance section is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. **George Payan** (Head Cross Country and Track Coach at Santa Ana Valley High School in Santa Ana) serves the Coaches Alliance and *CT&RN* as column editor.

California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact

George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677, FAX (714) 831-7443.

In addition, please send any information you have on California coaching clinics. Thank you!



And, no, this is not an IRS audit. It's mere moments before a track and field starter sends off the 4x100 meter relay. This one event has caused more collective anxiety than all the individual sprint races combined, because of the fine line between a great race, a slow race or a DNF (did not finish). The sprint relay gives the coach the "Penthouse to the Outhouse" (and vice versa) experience because no matter how hard you've practiced, the unexpected seems to be the order of the day.

The purpose of this article is to cover ways to prepare and practice for the relays, so that the event becomes one the athletes, as well as the coach, can have great confidence in. There are two types of bad passes:

1. The bad pass that's caused by "going for it."

2. The bad pass that's caused by indecision. Now you may feel that bad is bad and that's the end of the discussion. But indecision is an area of coaching that's the proverbial "no-man's land." If your athletes make a mistake going after the home run exchange, you, as the coach, can make adjustments to the zone and perhaps make a personnel change that will put the correct people on the right legs. Indecision cannot be adjusted to because it rears its head in dozens of different ways, but these are the most common:

1. The outgoing runner leaves too early.
2. The outgoing runner leaves too late.
3. The outgoing runner uses the wrong checkmark.
4. The outgoing runner runs on the wrong side of the lane.
5. The outgoing runner leaves well, then looks back to make sure.
6. The outgoing runner puts his hand back before it's called for.
7. The incoming runner slows down because he "thinks he will run up the back" of the outgoing runner, and then the outgoing runner leaves him.
8. The incoming runner runs on the wrong side of the lane.
9. The incoming runner says "stick" too soon or too late.

10. The incoming runner anticipates where the hand is going to be and misses.

11. The incoming runner does not finish the pass and lets go of the baton before the outgoing runner has had the chance to close her finger on the stick.

There are just a few of the things that go wrong when trying to effectively construct the best possible relay unit.

In this article, I would like to cover some areas that are critical to the development of a relay team that will give the coach more highs than lows (hopefully).

Most coaches have read articles on how to get the baton through the zone, so I will only say that the time the baton takes to move through each zone is a coordinated effort of the right people at the right location. This, coupled with a training regimen that allows for quality relay work to take place, is very important. I have had a hand in the running of relay teams that have run as fast as 41.97 for women and 39.35 for men on the elite level. Also, I have worked with high school boy's and girl's relay teams that have run 43.1 and 50.7 respectively without one truly big-time 100-200 or 400 meter runner.

I constructed a quartet of young girls who ran 51.1 without a single sprinter who could run faster than 13.00 (electric) or 28.0 for the 100 or 200 meters. But I was blessed with the "zone talent" to put together a relay that ran very well in their division at C.I.F. Zone talent is having the people who can run as pistons in a very powerful engine rather than as just someone who gets the other person the stick.

Just getting them the stick doesn't cut it. Let's take a look at who should run where. Everyone should have the ability to give and take the stick. I am not really concerned about the up-sweep, the push-pass, or the tomahawk, because the free distance talk and the superiority of the underhand pass is all moot in the face of superior sprint talent, so let's put that on the shelf. But if you don't have the right people running the zones and if your preparation hasn't

## COACHES EDUCATION

been what is *really* needed to put a well-honed team on the track, then be ready with a large supply of Pepcid AC, because every relay race will be a crap shoot.

The two turn legs need to be sprinters who cannot only start well, but who have the ability to maintain good leg turnover. Stride frequency is critical on the turns to maintain high velocities coming out of the turns. Look to your hurdlers for these legs, because they have a higher focus on the earliest stages of their races. This is due largely to their pinhole focus for the first hurdle, and every hurdle thereafter. Shorter sprinters have run very good turns because they are running where they are the best (where frequency is a premium). Also, hurdlers are better here because of the rhythm from hurdling that they have ingrained in their legs.

Sometimes putting your best 100 meter person on the anchor can be your biggest mistake because you can burn out your best sprinter by putting them in the "go catch'em" position each time out. No matter how slow the others on the relay run, it ultimately comes down to the anchor runner. That's a lot of pressure, and week after week of this can burn out a kid's passion to relay race. Also, if your top sprinter lacks the speed endurance to run the 200, they lack the strength to run the longer straightaways, so putting them on the turn would be more advantageous. And running your top person on a leg other than the anchor keeps them fired up to bust a big leg.

With this in mind, the longer sprinters are more suitable for the straight legs because they have the speed endurance. Evelyn Ashford, who is arguably the greatest anchor in history, was also one of the most dependable lead off women as well. As Evelyn reached the twilight of her career, she was able to take advantage of her remaining speed by moving to the lead off spot. Dennis Mitchell, who has been one of this country's best straightaway 100 men, has run the turn better than any sprinter on record. So, it is very important that you establish a philosophy that everyone gives and takes the stick. You do a disservice to the development of the sprinter by not making them versatile enough to run any position that they are capable of running (as long as their talents fit that spot). In two of the last three Olympic Games, the United States had women who were among the top sprinters in the world, and they did not run on the relay (it was a certain gold medal for

them) because they could not take and give. They were "trained" to be anchor girls only and they missed out on major opportunities to contribute to this country's success.

Once you have set your personnel, it's now time to decide how you will go about organizing your workouts. The one area of relay development must take place as soon as you get your kids. Find out who your best straight runners are and who are your best turn runners. Running flying 30's and 60's on both the turn and the straight so as to determine where these people will best serve the relay. Also, if you do not know the stride length and rates of your sprinters, you can put a great turn runner in the wrong position because you have little knowledge of the turnover or length of their strides (which is critical).

As early as possible, you need to start running relay workouts to familiarize your personnel with the stick and procedures. They need to learn at an early "relay age" that certain responsibilities lie with certain members of the relay team.

First, it is always the responsibility of the passer to make the pass! From a blind position, the outgoer cannot gauge whether or not the pass is complete, so the passer must make sure the baton is firmly in the grasp of the outgoer. This is accomplished when the outgoer "takes the baton" from the passer. Dropped batons are the sole responsibility of the passer. Make that clear to each of the three passers. The gravest error is made when the passer assumes that, merely because the baton touches the hand of the outgoer, their job is done. On the contrary, this is the most critical moment and when the baton has the greatest chance to hit the track. The passer must not deliver the baton until the outgoer has heard the stick command and has delivered their hand to the appropriate spot. Many times the passer will deliver to a spot the two have worked on in practice. It's cool and slick looking but does not move the stick any faster than if both runners are blasting through the zones and keeping the baton moving. By waiting until the receiver's hand has reached its spot will prevent bouncing or wavering of the hand, and gives the passer a steady target to hit. While the passer is passing the stick, he must stay on his side of the lane and keep the opposite arm pumping (this is another of those critical areas that can affect

the successful movement of the baton). The tendency is for both arms to stop moving as the passer passes the stick. But a significant loss of speed can result from the passer not using the opposite arm to keep sprinting. All of your sprinters should practice sprints of up to 30-40 meters pumping their opposite arm as they pass a stick (holding the arm with the baton extended while they vigorously pump the opposite hand) and pumping the opposite arm vigorously as they hold their arm back awaiting the stick to be placed in their hand. This must be practiced early and often before your season begins so that all of your relay practices can be used to sharpen the zones rather than in developing them.

Secondly, the role of the outgoing runner is to get out hard and stay on their side of the lane, present a stable target for the passer, and take the baton decisively from the passer.

Relay practice should be held with a definite plan to run legs 1-2 and 3-4 on one day and 2-3 on a separate day. This is so 2-3 don't have to do double work after making countless runs and passes to their teammates. The relay workout should be all that they do for the day and should not be followed up with a hard sprint just because you think they haven't run enough. Every time the outgoer does their job right, they are developing good acceleration skills and every time the passer does their job right, they are getting in quality top end speed work. So why mess it all up by throwing in a 300 or an all-out longer sprint just because you think it was an easy day? If they did it right, it was a great sprint day, and the only thing you should do is some short jump work (standing long and triple jumps, 3 and 5 bound work for the acceleration work, or speed bounds, 10 bounds or 30-40 and even 50 meter bounds to work the top end speed power).

Setting your zones will go back to the beginning when you can determine who has the best top speed and who your long, short, and quick turn sprinters are. You can start with a 20 step zone and work to shorten or lengthen it but you should always use the following rule of thumb:

Relay studies have shown that most passes must be made after the outgoer has taken 10-13 steps once they have taken off. Running blind, they have a tendency to become quite anxious if they have not gotten the stick and will slow down, or look back for the stick. Passes in the middle of the passing zone and a few

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# Can an Athlete Improve His/Her Speed?

by Kevin O'Donnell



Kevin O'Donnell is President of Speed Dynamics, a sport consultation firm. He serves as lead instructor for coaching education for the IAAF, the international governing body for track & field. He

consults with professional sports teams, University programs and Olympic athletes on the science of performance optimization.

BASKETBALL COACHES have been known to say, "You can't coach height, so you better recruit it." Similarly coaches and athletes in all sports have surrendered to the belief that speed, like height, is a trait pre-determined by genetics, and rarely influenced by training. The truth is that speed, like any performance capacity, can be significantly improved through

disciplined training and an awareness of the essential techniques common to the fastest performers. Enhancing speed is not a matter of luck, a question of fate or even a gift of genetics.

*Speed is a skill*, and it can be learned and developed by performers on every level of competition.

The process of improving speed begins by recognizing the factors which distinguish the fastest athletes in sports from their peers. Many physiological capacities contribute to faster finishing times. Strength and power, dynamic mobility, energy systems and, of course, the ratio of fast to slow twitch muscle fibers, all influence speed. But of all the performance capacities which allow athletes to be fast, the most important component is also the one most ignored in training. The nervous system is the single most important contributor to speed. Working as the body's control network, the nervous system is responsible for every subtle and obvious movement that the athlete makes. It is the nervous system that

carries the intricate commands to each muscle that determine when and in what order they work. If you have a huge, powerful engine, you still won't get anywhere if the ignition wires don't send the right signal to the cylinders at the right time. Therefore, training the neuro-muscular system is foundational to high level performance.

Since the nervous system cannot distinguish between the results you desire and what you actually rehearse, it will simply master the movements you do most often. So what you do in training, *whatever you do*, becomes permanently etched into the neuro-muscular system. Therefore, athletes must be careful to avoid doing mindless drills, lackluster exercise routines or general training that strays too far from what is specific to your chosen sport.

The neuro-muscular system can be programmed much like a computer. With training, we can create an auto-pilot in the athlete which will guide them to their highest performance goals. *The body is an amazingly*  
*continued next page...*

## Zone, continued

meters beyond is considered the optimum pass area. Ideally you would like to go as deep as possible to allow the outgoer more time to reach top speed. This would be fine if there was no DQ for going out of the zone. And that is what makes the relays so sensitive and exciting. Get the baton in to the zone and out as quickly as you can is the whole idea, but you sometimes must decide whether or not pushing that zone for that extra speed won't put extra pressure on the outgoer causing them to go out slower in a big pressure meet, or get out hard and shut down because they've run out of patience waiting for the stick to get there. You might have to get the stick to the outgoer in the first 5 meters of the passing zone because your passer does not have the speed endurance to run 110

meters without losing too much speed. Or you will want to get the baton to the outgoer early because it takes them a long time to get up to top speed *and* the passer can't run very far.

The second exchange is a tough pass because the passer is diving into the curve as the outgoer runs close to the inside of her lane. This will require that the passer shoot for the middle of the lane rather than the outside of her lane to offset the outward forces of running into the turn. This pass requires extra concentration to detail than the other passes for another reason. On this exchange, the passer is coming at the outgoer dead-on, and this is very difficult to manage as far as depth perception is concerned. This sea of sprinters is coming at you and it's harder to visually manage the zone when you are looking straight at it, as opposed to looking at it from an angle like the other legs can (visually, this is much easier to gauge).

Finally, to make your relay team a family, give them responsibilities that have a bearing on the success of the run.

Lead off	Lane assignments
2nd leg	Tape for the zones, protests for DQ's, inquire, then tell coach
3rd leg	The sweats of the relay runners
Anchor	The baton and getting the time.

The whole team should walk the track together (alternates too) to familiarize themselves with the different sizes of the track, the lane size, position of the zones, and how the weather (have a wind, rain or injury plan to allow for the sprinters to manage the unexpected) might change how they will set their zones. This is a lot to digest, but the relays are arguably the most exciting events on the track.

Another time I will detail the 4x400 and 4x200 meter relays.

## COACHES EDUCATION

*adaptable mechanism and it will do whatever you ask of it, providing that you speak a language that it understands.* The only programming language that the nervous systems understands is repeated rehearsal. As you move through any activity, the body works to make most efficient the muscles sequencing and firing rate for the activity you have chosen. As you repeat an action or movement, the body *locks in* the intricate muscle commands responsible for the task.

Our focus in training our speed capacity is to simply reduce the time necessary to cover a designated distance. Whether it be the 40 yard dash or the marathon, reducing the time you spend on the ground or the time you spend in the air is how gains in speed are made. For instance, in the 40 yard dash, 20 strides are typically required to cover the distance. If we reduce the time spent on the ground or in the air for each stride taken by just .01 of a second per stride, the improvement at the finish is a dramatic two tenths of a second. Such a gain is the difference between being a free agent or a first round pick.

Our training will break down the skills of speed into 4 different categories: Maximum Speed, Acceleration, First Step Quickness and Movement Skills. Maximum Speed training is the place to begin.

Try this exercise. Raise your arms as if to flex your bicep, but keep the muscle relaxed.

Place your free hand on the bicep. Now turn your wrist in (the walk like an Egyptian pose). What happens to the muscle? It seems to disappear. Now turn your wrist back into its original position. The bicep comes back to life! This exercise illustrates how our *joint position will determine muscle recruitment*. If your wrist is in the wrong position, your bicep simply turns off and is useless to you.

In the same way, ankle position determines which muscles are active as you sprint. When the ankle is *dorsiflexed*, so that the toe is pulled up, you can feel the gastrocnemius muscle go to work. When functioning, it allows the athlete to recover their leg in less time during the running stride. The result is less time wasted in the air. So as you run, at any speed. **KEEP THE TOE UP!** When that same leg is fully recovered then lands during the next stride, once again keep the ankle dorsiflexed. With the toe up at landing, your ankle will work like a springboard and elastically move you off the ground in less time. Less time on the ground or in the air gets you to the finish line faster.

The next cue to utilize when working to improve maximum speed is **STEP OVER THE OPPOSITE KNEE**. As your foot comes off the ground, bring the *toe up, the heel up and knee up* all at once. Now *step over or above* the level of the opposite knee. This movement puts the performer in the optimal position to

drive down and back into the running surface. "High Knee" drills are often used to achieve this position. But getting the knee high, isn't enough. The toe must stay up, heel must come up to the glute, then step over the knee. Performing the high knee drill "like a drum major" may help your audition for the marching band, but won't make you faster.

Once this simple action is mastered, you are ready for a neuro-muscular drill called "fast leg." Begin with a slow jog. Now follow the cues of toe up, heel up, knee up, and step over the opposite knee. In doing so, you should attempt to pick your foot up off the ground as fast as you can, then put it back down as quickly as possible. Return to the jog for a few steps and repeat the fast leg action. Initially, you should perform the drill with just one leg, then switch to the other and finally alternate legs as you progress. Be certain to never compromise the precise sprint mechanics we have discussed.

Any athlete with an open mind, a willingness to learn and an appreciation for the body's limitless potential can achieve great gains in performance. For your destiny is not among the stars, it is within yourself.

The complete speed development program, including all drills described in this article, are contained in the 40 minute video *Drills for Speed*, available through Speed Dynamics at (800) 732-5503. ♦

## 10 WAYS WE CAN BRING COACHES BACK TO TRACK & FIELD

*Skip Stolley wrote an article "Where Have All the Coaches Gone?" which detailed a dramatic decline in the number of coaches at the youth, high school, collegiate and senior club levels of track and field in the United States. Regrettably, that trend continues.*

*Here are some steps we track coaches can take to bring more coaches into our sport, and keep the coaches we have:*

- 1.** Do all you can personally to improve our image as professionals. Look the part, walk the walk, and talk the talk of a coach. Remember, we coaches are never "off duty" from being role models. As such, everything we say and do is subject to public scrutiny.
- 2.** Make track and field the largest team sport at your school. Every student has a right to coaching and there is strength in numbers. Educate your athletic director and principal that it takes a staff of

coaches to provide that right to athletes in the seven broad event areas of track & field.

- 3.** Work with your school's P.E. department to have a track & field P.E. unit every semester. If yours doesn't have one, it's probably because they don't know how to teach it! Historically, most high school students have had their first exposure to track & field in a physical education class.

continued next page...

## DEVELOPING HIGH SCHOOL 800/1600 METER RUNNERS

By Skip Stolley, Coordinator,  
AAF/CIF Coaching Programs



The following is a capsule of my philosophy for coaching distance runners:

- There are no **MAGIC MILEAGE FIGURES** that will guarantee success in distance running.
- We need to train

our runners for **RACING**, not for mileage or speed.

- In distance running, there is an enormous difference between running fast in **TRAINING**, and running fast in a **RACE**.
- **REST** and **RECOVERY** are critical aspects of training for the distance races.
- Distance running is a **MOVEMENT SKILL**, not just aerobic exercise.
- Distance runners do not **PEAK** with speed work.
- Distance runners need to be able to run fast — like **DISTANCE RUNNERS** — not like sprinters.
- Every race is a **TEST OF COURAGE**. For

runners to achieve their goals and realize their full potential, we must encourage them to take that test.

● The most important time we spend as coaches is **NOT** the time we spend with our athletes on the track, but the time we spend **PLANNING WHAT TO DO** with our athletes on the track.

### 10 QUESTIONS FOR US TO CONSIDER

- 1) The 800 and 1600m races are speed/endurance events. Do we give our athletes **WITH SPEED** a chance to run these races?
- 2) What does the 800-METER RACE demand you be able to do to be successful?
  - You have to bring *good basic speed* (if not sprint speed) to the event.
  - You have to be able to run the last 45-50% (350-400 meters) of the race *anaerobically*.
  - You have to be able to race and maneuver *in traffic*.
- 3) What does the 1600-METER RACE demand you be able to do to be successful?
  - You have to bring *good basic speed* to this event.
  - You have to be able to run the last 35-40% (550-650 meters) of the race *anaerobically*.
  - You have to be able to execute and

respond to *tactics*.

4) What does that tell us about how 800-meter and 1600-meter runners **SHOULD TRAIN**?

--Both 800 and 1600-meter runners need to train to develop *good speed*.

--Both 800 and 1600-meter runners need to do a good deal of *anaerobic training* to develop a high-lactate tolerance.

--Both 800 and 1600-meter runners need to train to execute and respond to *tactics* in their races.

5) How do **SPRINT MECHANICS** apply to running the middle distance races?

*THEY DON'T!* There is no place in an 800 or 1600-meter race where you can run like a sprinter, high on the balls of the feet with exaggerated arm-action. 800/1600-meter runners have to be able to run fast using middle distance running mechanics.

6) Do we prepare our athletes to go into their races **WITH A PLAN** for racing their opponents, or do they usually just run to hit splits?

7) Is a **PACE PLAN** a race plan?

*NO!* Athletes have little or no control over the pace of their races unless they can front-run start to finish. Our athletes need to be prepared to compete well in races of all descriptions: fast-paced at the start, then slow-paced in the middle . . . slow-paced at the start, progressively faster thereafter . . . and fast-paced throughout.

*continued next page...*

4. Make your track & field program a revenue-producing sport. Host some night meets so you can get parents, students and fans into the stands. Charge admission! Sell a simple meet program at the gate with your event schedule, entries, records and season best marks, and set up a booth to sell concessions.

5. Demand equal coaching pay and program funding practices for track & field from your school district. It's the law and administrators know it! National surveys show the typical high school spends 85% of its total athletic budget on football and boy's basket-

ball . . . a practice that is indefensible.

6. If you are a head coach, don't isolate inexperienced assistants by turning them loose with an event group: Script their workouts or review their training plans every day. Be a mentor coach and help your assistants tap into the coaching education network. Share publications such as *California Track & Running News*, *American Track & Field* and *Track Coach* with them. Encourage them to accompany you to coaching clinics.

7. Help develop a career track for track coaches by helping your assistants move on to head coaching positions.

8. Network with your fellow coaches to

help match-up good candidates to track coaching vacancies in your area.

9. Push for mandatory certification requirements for track coaches. This is a requirement for every teacher, counselor, administrator, nurse, and food-service employee at your school, and every other professional. Coaches will never become highly-valued, well-paid professionals in our society without the same requirements.

10. Take some time every season to promote coaching as a profession to your senior athletes.

# COACHES EDUCATION

8) What kinds of RACING WEAPONS can we train our athletes to take with them to the starting line?

--The ability to run fast from the start of the race.

--The ability to initiate or respond to changes in pace in the middle of the race.

--The ability to run fast at the end of the race.

9) In an 800-meter race, do TACTICAL CONSIDERATIONS differ for 400/800 and 800/1600 type runners?

YES! 800/1600 runners have to develop exceptional speed-stamina to sustain the basic speed they have over 800-meters.

400/800 runners have to have the endurance to use their speed over the last 200/300 meters of the race.

10) In a 1600-meter race, do TACTICAL CONSIDERATIONS differ for 800/1600 and 1600/3200 type runners?

YES! 1600/3200 runners have to force the pace in the middle stages of the race to strip the 800/1600 types of their superior speed at the end of the race.

--800/1600 runners have to be able to maintain contact with the front-runners in the middle of the race so they can utilize their speed to catch and overtake them at the end.

## APPLYING STRATEGY TO THE 800-METERS

In a race proceeding at 6-7 meters per second, tactical errors can be irreversible. 800-meter runners have to make decisions and respond to events in their race in a split second. A moment's hesitation can be the difference between winning and losing in a race that lasts about two minutes.

● RUNNING IN LANES OR ALLEYS AROUND THE FIRST CURVE

Runners behind at the break-line are at a disadvantage because they will have to run wide for much of the remainder of the race in order to move up and gain position on the leaders. They should make the most of the situation by not breaking for lane 1 or 2 immediately from the outside lanes, and run a diagonal straight line to the next curve to minimize the extra distance they have to run and avoid the congestion in the inside lanes.

● A FAST, EARLY PACE

Tactically, a fast first 400-meters punishes an 800/1600-type runner more than a 400/800-type runner because it is closer to their maximum 400-meter speed.

● PASSING

Remember that half of this race is run on the curve! (More than half on wide-radius tracks.) When passing, position on the outside shoulder of the runner ahead must be gained on the curve in order to move past on the straight and into the inside lane before the curve.

● STAYING OUT OF BOXES

The 800 is almost always a tightly-bunched race, so 800-meter runners have to be able to run in traffic. When positioned in lane 1 behind the leaders, runners have to be wary of others coming up from behind on their outside shoulder and becoming "boxed-in". In most cases, they are far better off running a few extra meters in lane 2 or 3 through the first 300-400 meters until the field strings-out to avoid all the contact and boxing-in that tends to occur in the inside lanes.

● INTERRUPTIONS IN PACE

The biggest challenge facing an 800-meter runner is avoiding interruptions in pace. A basic rule in the middle distance races (800 and 1600-meters) is that a runner can only make TWO aggressive accelerations in a fast-paced race. Runners who have to spend those two accelerations to recover from being tripped, pushed, cut-off or getting out of a box will find themselves stripped of the ability to accelerate once more at the end of the race.

## APPLYING STRATEGY TO THE 1600-METERS

Since the 1930's when the world record stood at 4:06, the "Magic of the Mile" lies in the opportunity it gives a front-runner to break away from the field. But since the middle stage of the race is relatively short, position runners who stay relatively close to the leaders can use superior speed to overtake them at the end.

● FRONT RUNNERS WIN BY BREAKING AWAY

The leaders of the race usually assume front-running positions and force the pace because they believe they are vulnerable to being beaten by faster finishers in a slow-paced race. They want a fast-pace from the start so their opponents will fall behind or tire to the point of being unable to increase the pace at the end of the race. If they have not been successful in gapping the field after 800-meters, they can employ some short bursts of faster running to initiate a break. This tactic is called surging.

● POSITION RUNNERS WIN BY MAINTAINING CONTACT WITH THE

## LEADERS

The first rule of position-running is, "Never lose contact with the leaders!" If successful, they can often use superior speed to overtake them at the finish. This simple strategy is often complicated, however, by the fact that there are other runners in the race with the same plan. In this case, another position-running strategy called a long finish can be effective. The object of this tactic is to surprise the field by dramatically increasing the pace well before the finish . . . usually after about 1000 meters . . . and is based on the premise that the front-runners will be demoralized by losing the lead, and that other position runners will lack the confidence (or toughness) to respond with so much distance remaining to the finish.

● FINAL THOUGHTS

Some athletes are natural front-runners. Over the course of their entire careers, most coaches are fortunate to find 5 or 6 such runners who can dictate the pace of their races. Despite the advantages we may attach to position-running tactics, we should not make the mistake of discouraging our runners from taking the lead and forcing the pace if that is where they feel most comfortable and in control in a race.

## ANAEROBIC TRAINING FOR MIDDLE DISTANCE RUNNERS

Emphasis is on creating a high-lactate state with repeated bouts of fast running . . . separated with an incomplete recovery period.

### A) INTERVAL TRAINING

6 Examples of Interval Workouts (For a 2:00 HS 800m runner)

- 1) Increasing speed/decreasing recovery reps  
5x (4x200m) @ 33-32-31-30-29 w/50-45-40-35-30 sec interval by set (no additional recovery between sets!!)
- 2) Russian intervals  
5x (3x300m @ 48 w/jog 100m at 30-sec) Jog 800m between sets
- 3) Tempo Intervals  
2x 1000m @ 2:55 (70-pace) w/60-sec int — 4:00 — 4x500m @ 1:21+ (65-pace) w/60-sec int — 4:00 — 2x 1000m @ 2:55 w/60-sec int
- 4) Pick-up reps  
8x 400m @ 70 w/90-sec int and #s 2,5,8 @ 63
- 5) Neg-split reps  
2x (300m-500-400 w/neg-split last 100m) @ :32+14 (=46 300m) . . . 66+14 (=1:20 500m) . . . 48+14 (=62 400m)  
2-min btw reps/jog 1200 btw sets

## COACHES EDUCATION

### Saving the AAF/CIF Track & Field Coaching Program

I'm writing to ask for continued funding from the Amateur Athletic Foundation for the AAF Track & Field Coaching Program. The AAF plans to sunset the Track & Field Coaching Program in 1998, so it can reallocate funding to develop and offer new AAF/CIF Coaching Programs. We cannot let this occur without a collective effort to keep track and field alive.

As a group of professionals, if we work together, we may have an impact on the final decision on funding. We need to let our opinions be heard loud and clear to the AAF individuals who approve the funding. The loss of the track & field special funding would be a grave mistake.

Attached is a petition outlining our concerns to the Amateur Athletic Foundation. Please take a few minutes to review, sign and forward the petition showing your support for the continued funding of our sport.

#### Who can I contact for additional information?

Skip Stolley, Coordinator  
AAF/CIF Coaching Programs  
Amateur Athletic Foundation  
2141 West Adams Boulevard  
Los Angeles, CA 90018  
(213) 730-9637  
FAX (213) 730-9637

George Payan  
Coaches Education Editor

#### 800/1600, continued

- 6) Sit 'n Kick Reps  
5x (400m @ 64 . . . rest 30-sec . . . 200m @  
28) jog 1200m btw sets

#### B) SURGING TRAINING

2 Examples of surging workouts (For a 2:20  
HS 800m runner)

##### 1) Oregon surges

2x (600-1000-600) surging 200s @ 37-47-  
37-etc. Jog 600m between sets.

##### 2) Cone surges (place cones at 133m intervals around the track)

5-4-3 laps striding to one cone and surging  
to the next. Jog 800 btw sets.

### PETITION

To: Amateur Athletic Foundation  
AAF/CIF Coaching Education Program  
2141 West Adams Boulevard  
Los Angeles, CA 90018

Re: Continued Funding for Track & Field Coaching Education  
Program

I would like to thank the Amateur Athletic Foundation for giving us such a great program. Coaches from high schools and youth clubs have learned a lot from both the lectures and the field sessions. The instructors and demonstrators were exceptional. The clinics were so good that coaches didn't mind spending 3-4 days. Many head coaches came back again with their assistants.

The education program helped to guide young athletes from Santa Barbara to San Diego from over 600 Southern California high schools. These areas are "hot beds" full of young, eager and talented athletes seeking guidance, instruction and direction from well-trained coaches.

The Track & Field Coaching Education Program, made available by the special funding provided by the Amateur Athletic Foundation, has assisted in the continuing education of coaches by state-of-the-art training and teaching techniques. In addition, special clinics made available through the funding have provided a means by which a network of coaching talent has extended their individual skills and experience to new and inexperienced coaches.

The great tragedy that would befall Track & Field cannot be over-emphasized should this resource of training and education be closed to coaches. Ultimately, this would affect our young athletes and would be a grave mistake.

The AAF funding benefits young athletes as they grow and develop their talents and to become successful, healthy and injury-free athletes.

Please hear our voice and continue your fine support of funding the Track & Field Coaching Education Program. They'll come . . . if you fund it!!

Name: \_\_\_\_\_ Signature \_\_\_\_\_

Program Affiliation \_\_\_\_\_ Date \_\_\_\_\_

Look for these articles and more on CTRN's site on the worldwide web

<http://www.runningnetwork.com/CTRN>



# REVIEW: 1997 Spring Running Shoes

by Cregg  
Weinmann

presented by  
California Track & Running News  
and  
The Running Network

The 1997 spring running shoe review is brought to you by California Track and Running News and the Running Network.

Our hope was to include two models from 12 shoe brands, but we ended up with a Baker's dozen. Thirteen brands sent us shoes to review, which are brand new for spring, or retooled to incorporate improvements. After photographing the shoes, analyzing them closely, and interviewing the technical experts for hidden details, the shoes were put to the test. When time permitted, we attempted to put in 100 miles on the shoes to get a good idea about performance and durability.

Here's what we found.

Cregg Weinmann is the Editor and Publisher of Running ShoesLetter, a monthly publication about running shoes, runners, and the shoe business. He



is a competitive runner, currently in his 32nd year of active participation. Cregg's interest in shoes goes back to 1968, and his first pair of kangaroo leather, Dreske training flats. He has closely followed shoe development for more than 25 years.

You can reach Cregg with comments or questions at his e-mail address -- shuz2run@lightspeed.net, or his fax number: (805) 872-1233.

If you are interested in a three month trial subscription to Cregg's newsletter, send your check for \$5, and the name of this publication to:

Running ShoesLetter  
2416 Kayoming Way  
Bakersfield, CA 93306

If you would prefer, you may choose to subscribe to volume 2 (January-December 1997) for \$15.

post and New Torsion System in the arch. Visible adiPRENE insert between the outsole and midsole in heel. Microflex rubber forefoot, carbon rubber heel.

**Road Test:** The Response is aptly named. The ride is nicely cushioned, with the soft adiPRENE pad incorporated between the outsole and the midsole. The slip lasting allows good flexibility, and the fabric

 **adidas**

## Response

**Price:** \$75

**Color:** White/Navy/Black

**Weight:** 12.5 oz. Men, 9.7 oz. Women

**Last:** Slightly curved, light combination lasted

**Outstanding Features:** Lightweight mesh and synthetic leather upper with supportive loop lacing (flat laces) and reflective heel. Duo-density CM-EVA midsole with medial



## Response

"board" in the heel adds a bit of stability with the assistance of the Torsion device in the midfoot. The well padded tongue and ankle collar allow the laces to snug the foot securely, with a comfortable feel. The outsole provides a good balance between traction and durability.

## REVIEW: 1997 Spring Running Shoes



Galaxy

### Galaxy

**Price:** \$65

**Color:** Navy/White/Bordeaux

**Weight:** 11 oz. Men - 9.2 oz. Women

**Last:** Slightly curved, Strobal stitched last

**Outstanding Features:** Nylon mesh and synthetic leather upper with reflective trim. CM-EVA with adiPrene insert in heel, New Torsion System and carbon rubber outersole.

**Road Test:** The Galaxy is an update, and well improved. The bulky feel of the original is gone, along with the annoying trim. They have retained the durability, and cushioning of the original while lightening the shoe overall. There's a lot to like with the Galaxy, well cushioned, durable, attractive and affordable.

**Honorable Mention:** adidas is introducing several new shoes in late spring which will be welcome additions. Among those is the Salvation, the new Feet You Wear shoe scheduled for unveiling at the Boston Marathon.

## ■ ASICS

### Kayano

**Price:** \$125

**Color:** White/Yellow/Blue/Orange

**Weight:** 13 oz. Men - 11 oz. Women

**Last:** Slightly curved, combination lasted



Kayano

**Outstanding Features:** ASICS has made a number of adjustments to their flagship. The orthotic-like sockliner in the previous model has been replaced by a traditional EVA sockliner in favor of stabilizing features of the midsole. The upper is redesigned in cool mesh with a well padded tongue, snug securing lace loops, and plenty of reflectivity. The midsole is CM-EVA, with strategically placed shock absorbing GEL in the heel and forefoot with stabilizing DuoMax medial post. The Trusstic system allows the natural torsional movement of the foot. The AHAR heel and DuoSole forefoot provide excellent durability, lightened by blown rubber encircling the DuoSole.

**Road Test:** The ride that is associated with ASICS shoes is best demonstrated by the Kayano. The well cushioned ride offered by the springy new CM-EVA is very welcome. The secure fit and feel of the shoe allows you to focus on the run. If you are looking for a stable, well cushioned, durable shoe, check out the Kayano.

### 2020

**Price:** \$85

**Color:** White/Navy/Gold

**Weight:** 12.5 oz. Men - 9.7 oz.

Women

**Last:** Slightly curved slip lasted

**Outstanding Features:** The upper is unchanged from the 2010. The midsole is CM-EVA, with GEL in the heel and forefoot and a stabilizing DuoMax medial post. The Trusstic system, AHAR heel and blown rubber forefoot, round out the package.



2020

**Road Test:** The ride that made the 2001 and 2010 best sellers has been improved. The 2020 is a better cushioned ride than its predecessors, thanks to the springy new CM-EVA. The fit and flexibility of the shoe worked well for us. If you are looking for a stable, well cushioned, mid-priced, durable shoe, the 2020 may be for you.

**Honorable Mention:** The 126 is the successor to the 125, and is a nice improvement. The features which were preferred by 125 lovers have been preserved, and improved; stable, well cushioned, durable, and affordable - with no increase in price.

## ■ Brooks

### Radius SC

**Price:** \$80

**Color:** White/Green/Black/Orange

**Weight:** 11.3 oz. Men - 9.6 oz.

Women

**Last:** Semi-curved, Strobal stitched last



Radius SC

## REVIEW: 1997 Spring Running Shoes

**Outstanding Features:** Lightweight mesh upper with synthetic leather and reflective trim. Hydroflow ST for cushioned stability in heel, Hydroflow in forefoot. Blown rubber forefoot with HPR heel.

**Road Test:** Brooks best cushioned shoe has gotten better. The flexible, well cushioned ride has been improved by the addition of more podular divisions in the forefoot. Designed for high mileage runners, the Radius SC performs very well day in and day out.



Mythos 300



Eon

### Addiction II

**Price:** \$75

**Color:** White/Green/Gold

**Weight:** 13 oz. Men - 11 oz. Women

**Last:** Straight, combination lasted

**Outstanding Features:** Breathable mesh upper with synthetic trim and high reflectivity. Hydroflow ST, diagonal rollbar, crumple zone for improved cushioning at



### Addiction II

touchdown, stability, and motion control. HPR heel and carbon rubber outersole.

**Road Test:** Brooks has shown an ability to produce "bullet-proof" motion control shoes. The Addiction II has moved into that category. Very well cushioned in both heel and forefoot, it provides a stable, comfortable ride, with highly effective motion control. The interior is well finished, providing a high performance feel, with excellent toe room. An outstanding addition to the Brooks lineup.

### Diadora

#### Mythos 300

**Price:** \$60

**Color:** Corsair/White/Gray

**Weight:** 11 oz.

**Last:** Semi-curved, light board lasted

**Outstanding Features:** Lightweight mesh and synthetic leather upper with reflective trademark stripes and trim, and special lacing system. Removable footbed with Hitrel, for arch support and added stability. Two-density CM-EVA with Competition Comfort Bridge offers substantial support and stability. Double action elastomer pads provide shock absorption in midsole of heel and forefoot, with Duratech 5000 outsole for durability.

**Road Test:** The Mythos 300 is shoe number two of the Mythos series, along with last year's Mythos 230 lightweight trainer/racer, and the soon to be released Mythos 280. Diadora has packed many admirable features into this performance model, and it pays off with a comfortable, supportive, cushioned ride, which is still flexible. 1988 Olympic Marathon champion Gelindo Bordin is credited with the design of the Mythos series, and deserves praise for a product which really performs. Unexpected quality and features for this price range.

### Etonic

#### Eon

**Price:** \$90

**Color:** Navy/White/Black

**Weight:** 12.3 oz. Men - 10.7 oz.

Women

**Last:** Semi-curved, slip lasted

**Outstanding Features:** New look Eon logo, mesh and synthetic leather upper with PVC heel counter. CM-EVA midsole with medial TPU post. Carbon and fiberglass Dynamic Reaction Plate, and Eon Air units in heel and forefoot. Everdure heel and blown rubber forefoot outersole. Men's and women's models available in wide widths.

**Road Test:** Etonic has made a name for itself with quality motion control shoes. The Eon leads the latest wave. Its roomy toebox provides a comfortable ride with noticeable forefoot cushioning, augmented by the stabilizing effect of the motion control device in the heel. The impression is one of stability and a lightweight feel, combined with forefoot flexibility on a durable sole.

### Pro4ormance

**Price:** \$85

**Color:** White/Navy/Green/Red

**Weight:** 12.7 oz. Men - 11 oz. Women

**Last:** Semi-straight slip lasted

## REVIEW: 1997 Spring Running Shoes



**Pro4ormance**

**Outstanding Features:** New look Eon logo, mesh and synthetic leather upper with PVC heel counter. Full-length, Polyurethane midsole with medial TPU post. Carbon and fiberglass Dynamic Reaction Plate, and Eon Air units in heel and forefoot, Everdure outersole.

**Road Test:** Etonic's number two new shoe delivers a stable, supportive, firm ride. The durability associated with the PU midsole and carbon rubber outersole promise to provide many miles in an effective, protective, high performing shoe. The name indicates the eventual succession of the Pro III.

## ■ Fila

### Silva Trainer

**Price:** \$85

**Color:** White/Blue/Red

**Weight:** 11.5 oz. Men - 10.3 oz.

Women

**Last:** Slightly curved, combination lasted



**Silva Trainer**

**Outstanding Features:** Ripstop nylon and synthetic leather upper with reflective trim. CM-EVA with 2A cushioning pads in heel and forefoot. Solid rubber outersole.

**Road Test:** The Silva Trainer has a futuristic appearance which raises eyebrows when first seen. The performance is surprising. The 2A cushioning system is more effective than might be predicted, providing a very comfortable and stable ride, thanks to the combination last. The forefoot is equally cushioned, but due to the articulated design of the midsole/outsole, amazingly flexible. The sensation is one of lightness and security. The sole has a good combination of durability and traction, and the upper is snug and secure. The Silva Trainer deserves a serious look.

### Replicate

**Price:** \$65

**Color:** Navy/White

**Weight:** 10.2 oz. Men - 8.5 oz.

Women

**Last:** Slightly curved, slip lasted

**Outstanding Features:** Nylon and synthetic leather upper. CM-EVA midsole with 2A cushioning in heel, and carbon rubber outersole.

**Road Test:** The most noticeable aspect of the Replicate, when first trying it on, is how light it feels. It looks as though the thick slab of EVA would make it feel heavier, instead it gives it a very cushioned feeling. The slip lasting makes it extremely flexible, perhaps sacrificing a bit of stability, but providing plenty of bounce. After a few



**Replicate**

preliminary footplants, the ride is quite predictable; well cushioned feel, especially in the heel, coupled with unhindered toe-off.

## ■ Mizuno

### Stratus

**Price:** \$80

**Color:** White/Blue

**Weight:** 11 oz. Men

**Last:** Slightly curved, combination lasted.

**Outstanding Features:** Mesh with synthetic leather trim, and optional lacing loops. CM-EVA with modified DFC in heel, and multi surface traction, hard carbon rubber outersole.

**Road Test:** The Stratus has a light well cushioned ride, it is named for a cloud, after all. The DFC device effectively curbs motion, without adding bulk, or getting in the way. This is an ideal shoe for someone seeking a little control in a lightweight package.

### Discovery

**Price:** \$85

**Color:** White/Navy/Aqua

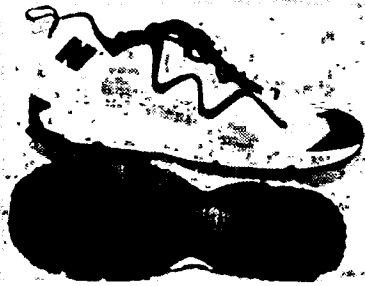
**Weight:** 11.5 oz. Men

**Last:** Slightly curved, slip lasted.

**Outstanding Features:** Mesh with synthetic leather trim, optional lacing loops, and F3 foam. CM-EVA with DFC and multi surface tread, hard, carbon rubber outersole.

**Road Test:** Designed as a stable well cushioned shoe, the Discovery is just that. A pleasant discovery. The customized fit of the F3 foam enhances the comfort of the ride. The sole is very durable, and the ride is well cushioned. You may discover it to be very easy on the joints, muscles, and connective tissue.

## REVIEW: 1997 Spring Running Shoes



800AT



851



Air Max Lite III

## ■ New Balance

### 800 AT

**Price:** \$80

**Color:** Buckskin/Black/Red

**Weight:** 13 oz. Men - 11 oz. Women

**Last:** Semi-straight, slip lasted

**Outstanding Features:** Mesh and synthetic leather upper with plastic lace grommets. CM-EVA with Abzorb pad in heel, trail lugged carbon rubber outersole.

**Road Test:** The 800 AT is an all terrain model which will take you from roads to trails and back. The ride is well cushioned, stable and comfortable. The shoe has good flexibility, a snug fit, and a secure feel. The 800 AT will allow you to hit the trail with confidence.

### 851

**Price:** \$85

**Color:** White/Black/Royal/Green

**Weight:** 12.3 oz. Men - 9.7 oz.

Women

**Last:** Semi-straight, combination lasted

**Outstanding Features:** Mesh and synthetic leather upper with optional, securing, lace loops. CM-EVA with Rollbar and Abzorb in midsole and XAR-3000 outersole.

**Road Test:** The update to the 850 keeps the benefits of the old with some improvements. The ride of the 850 - good cushioning, stable motion control, and secure fit are all maintained. The Abzorb pad has been enhanced in the forefoot to provide better cushioning up front. The 851, durable, comfortable, effective motion control.

**Honorable Mention:** The 502 fills the niche of a mid-priced lightweight trainer. The styling of the upper coincides with a shift to more dynamic looking New Balance shoes, to go along with the performance and durability they were already known for.

## ■ Nike

### Air Max Lite III

**Price:** \$125

**Color:** Gray/Black/Teal/Blue

**Weight:** 12.2 oz. Men - 10.3 oz.

Women

**Last:** Semi-curved, slip lasted.

**Outstanding Features:** Mesh and synthetic leather upper with reflective, supportive webbing straps, and round core, covered laces. Air Max dual pressure air sole heel, and Zoom Air forefoot, with Sculpted Phylon. Duralon forefoot outersole and carbon rubber heel.

**Road Test:** Nike's aim with the Air Max Lite III was to not only make a shoe which

had the Air Max ride, though lighter than the Air Max, but to make a truly lightweight trainer with the ride of the Air Max. They have succeeded. The cushioning is superior, the weight - truly light. You will feel fast in this shoe, and avoid the beating you might otherwise take on the roads. Speedwork and tempo runs will be "just the ticket", as will longer races in the Air Max Lite III.

### Air Terra Humara

**Price:** \$95

**Color:** Gray/Black/Blue/Orange

**Weight:** 14 oz. Men - 11.2 oz. Women

**Last:** Slightly curved, Strobal stitched last.

**Outstanding Features:** Mesh and synthetic leather upper with high abrasion materials front and rear, as well as the foxing. Wrapped Phylon midsole with large volume Air unit in heel, Zoom Air in forefoot. Fabric web to prevent stone bruises. Aggressive multi directional studded outersole for durability and traction.



Air Terra Humara

## REVIEW: 1997 Spring Running Shoes

**Road Test:** The trail bug has bitten more and more runners each season. Nike has thrown its efforts into producing a shoe which will bite back. The ride, traction, fit and performance, are impressive. The aggressive grip and cushioning protect the runner from the trail, with an upper which fits snugly, while allowing breathability and rapid drying. The emphasis on a running shoe which can handle trails is apparent, as the Humara has a comfortable ride on pavement as well. You'll be on your way off-road when the trail bug bites.

**Honorable Mention:** The Triax series shoes are metamorphosed for spring. The features have been preserved, and improved where better materials have become available. Most notable? The fit and ride of the Structure and Skydon.

### ■ Puma

#### Cell Speed

**Price:** \$100

**Color:** White/Blue

**Weight:** 15 oz. Men - 12.5 oz. Women

**Last:** Slightly curved Strobal stitched last.

**Outstanding Features:** Mesh and synthetic leather upper with abundant reflective trim, and supportive, orthotic-like sockliner. Minimal sculpted polyurethane midsole with exposed Cell technology



Cell Speed

predominating the midsole. Solid carbon rubber heel with perforated carbon rubber in the forefoot, exposing the underlying Cells.

**Road Test:** The Cell speed is aimed at the runner seeking a stable, well cushioned ride. It is not coincidental that this is the way the shoe performs. The orthotic-like support of the insole combines nicely with the cushioning of the exposed Cells to provide a supportive, cushioned ride.

#### Control II

**Price:** \$75

**Color:** White/Patriot Blue/Lime

**Weight:** 11.7 oz. Men

**Last:** Straight, combination lasted

**Outstanding Features:** Mesh and synthetic leather upper with reflective trim and stabilizing strap under arch. Removable, pre-molded, firm heel/arch cradle sockliner. Dual density CM-EVA with Trinomic cushioning in the heel. EverTrack carbon rubber outersole.

**Road Test:** What is better than a truly new and improved product? The Control II builds on the strengths and successes of the Control. The well cushioned ride is maintained from the original, as is the control of the straight, combination last. The extra support of the strap under the arch allows a snug fit. Good performance, lightweight, attractive price. What are you waiting for?



Control II

**Honorable Mention:** The Horizon is a new stability shoe from Puma which looks like a good bargain. The features which many prefer; stability (large medial post), cushioning (Trinomic cells), durability, and affordability (\$85) are all there. What more do you need?

### ■ Reebok

#### Run DMX

**Price:** \$110

**Color:** Gray/Green/White

**Weight:** 13 oz. Men - 11 oz. Women

**Last:** Slightly curved, Strobal stitched last.

**Outstanding Features:** Spandex tongue and vamp with synthetic and mesh upper trimmed with reflective piping. CM-EVA with DMX active air transfer cushioning system and high sidewall EVA to cup heel. High traction crystal rubber outersole for visible DMX.

**Road Test:** The designers at Reebok have created a shoe to turn heads. Let me describe the ride in three words; cushion, cushion, cushion. The Run DMX utilizes an improved version of the cushioning technology they have used the past several seasons in their walking shoes, for running. The snug fit and good traction enhance the ride and allow a feeling of security on the run.



Run DMX

## REVIEW: 1997 Spring Running Shoes



### Virago ST

**Price:** \$85

**Color:** Blue/White/Red/Black

**Weight:** 12.5 oz. Men - 9.7 oz.

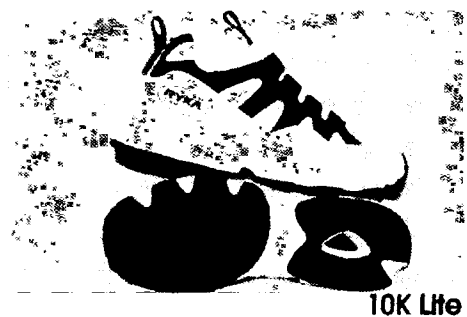
Women

**Last:** Slightly curved, slip lasted

**Outstanding Features:** Triple mesh upper with synthetic leather, Gilley lacing and reflective trim. Ultra Hexalite in dual density CM-EVA with medial TPU and carbon rubber outersole.

**Road Test:** The Virago ST provides a well cushioned ride for the runner who needs the stability of a motion control shoe. The TPU device and medial post are effective motion controllers. The ride is well cushioned by the soft EVA, and good flexibility of the slip lasting.

**Honorable Mention:** The Interval II is replacing the Interval. Reebok is listening. This seems obvious because the best



features of the Interval are still there, while new improvements have been incorporated to the midsole, both lightening and improving cushioning in the shoe. When you take a good shoe and make it better ... well, that's what it's all about, isn't it?

## ■ Rykă

### 10K Lite

**Price:** \$70

**Color:** White/Black/Yellow

**Weight:** 11 oz. Women

**Last:** Slightly curved, Strobal stitched last.

**Outstanding Features:** Mesh and synthetic leather upper with Gilley lacing system, and well padded Nitrocel sockliner. CM-EVA midsole with Nitrogen cushioning system in heel. Two part outersole, Indy 500 heel, blown rubber forefoot.

**Road Test:** The Nitrogen system really gives a smooth ride. The nicely curved shape of the shoe gives a fast feel to this good little lightweight model. Good cushioning, good flexibility. If you are a neutral runner looking for a shoe with understated extras, lady, take a close look at the 10K Lite.

## 10K Stability

**Price:** \$75

**Color:** Navy/White/Gold

**Weight:** 12.5 oz. Men - 9.7 oz.

Women

**Last:** Semi-straight, Strobal stitched last.

**Outstanding Features:** Mesh and synthetic leather upper with reflective trim and Gilley lacing system. Double density CM-EVA with Nitrogen cushioning and medial stability bridge. Indy 500 Plus outersole.

**Road Test:** The 10k Stability is reinforced like a tank. This shoe is a legitimate MOTION CONTROL shoe. The CM-EVA on the lateral side is nicely cushioned, but the medial side is designed to prevent over-pronation before it can even think about getting started. The limited choices of good motion control shoes for women make this entry from Rykă all the more appealing.

**Honorable Mention:** The third shoe in the line is the 10K Fit. It fills the bill for women looking for a stable, well cushioned, durable, daily trainer. Rykă has arrived with a nice trio of shoes. They really look good, and perform well. How about a women's size 13 D?

## ■ Saucony

### GRID Procyon

**Price:** \$85

**Color:** White/Blue/Black/Orange

**Weight:** 13 oz. Men - 11 oz. Women

**Last:** Slightly curved, slip lasted

**Outstanding Features:** Mesh upper with synthetic leather and reflective trim. Full length sculpted PU midsole with GRID matrix in the heel. Carbon rubber outersole.





**GRID Procyon**

**Road Test:** The Procyon is newly updated for '97, and the ride is stellar. I suppose that is to be expected from a shoe named after a constellation. The midsole gives a stable, firm, cushioned ride. The upper provides a secure, nicely padded fit, with multiple lacing options to choose from. The polyurethane midsole is durable and

responsive, especially for those runners not possessing ectomorphic characteristics or proportions. Looking for a long lasting, firm, stable, durable trainer? Include the Procyon in your search.

## GRID Jazz

**Price:** \$85

**Color:** White/Teal/Royal

**Weight:** 12.5 oz. Men - 9.7 oz.

Women

**Last:** Slightly curved, slip lasted.

**Outstanding Features:** Mesh upper with synthetic leather and reflective trim. CM-EVA midsole with GRID matrix in the heel. Carbon rubber, triangular lugged, outersole.

**Road Test:** Then Jazz has carried over



**GRID Jazz**

from last year with new colors which seem to perform just like the 1996 GRID Jazz. It still has the stable, well cushioned ride which gained it favor as a preferred mid priced trainer. This is good news to Jazz fans, as the fit and features they have come to love are still available.

## Glossary

**Abzorb:** Visco-elastic (elastomer) polymer pads to absorb shock (New Balance).

**adIPRENE:** Special process, compressed EVA foam insert (adidas).

**AHAR:** ASICS High Abrasion Rubber.

**Air:** Pressurized air pads (some with varied air pressure) to absorb shock of impact (Nike).

**COB:** Device which causes the shoe to return to a stable base, after allowing the foot to twist in its natural movement, during the gait cycle (Diadora).

**CM-EVA:** Compression molded ethylene vinyl acetate foam.

**Cell:** Hexagonal polyurethane cells of varying size with various amounts of CM-EVA or PU foam for support, with a slower rate of compression or breakdown than foam (Puma).

**DFC:** Dynamic Foot Contour. Device to support foot while preventing over-pronation (Mizuno).

**DMX:** Connected air bladders which exchange air from one end of the system to the other, and back, on impact (Reebok).

**Diagonal Rollbar:** TPU device to prevent over-pronation (Brooks).

**Double Action:** Visco-elastic (elastomer) polymer pads which absorb shock and return energy (Diadora).

**DuoMax:** Denser CM-EVA, for pronation control (ASICS).

**DuoSole:** High traction and durability, segmented outsole for forefoot (ASICS).

**Duralon:** Durable rubber compound (Nike).

**Duratech:** High durability rubber (Diadora).

**Everdure:** High abrasion rubber (Etonic).

**EverTrack:** High abrasion rubber (Puma).

**F1 foam:** Resilient cushioning foam, used in heel of sockliners (Mizuno).

**F3 foam:** Form fitting foam used to improve fit of heel and tongue (Mizuno).

**GEL:** Encapsulated, semi-solid silicon gel (ASICS).

**GRID:** Matrix of synthetic strands to absorb shock, like a tennis racquet absorbs and releases shock from a ball (Saucony).

**Groove Technology:** Incorporation of a full length groove in the sole, which causes the shoe to return to a stable base, after allowing the foot to twist in its natural movement, during the gait cycle (Mizuno).

**HPR:** High performance rubber (Brooks).

**Hexalite:** Lightweight hexagonal cells encapsulated within the CM-EVA which absorb shock, with a slower rate of breakdown than foam (Reebok).

**Hitral:** Stabilizing thermoplastic, used to reinforce sockliner (Diadora).

**Hydroflow:** Divided chamber filled with liquid silicon to flow from chamber to chamber under pressure of impact (Brooks).

**Indy 500:** High abrasion rubber (Ryka).

**Medial Post:** Denser CM-EVA foam on the inside edge of the shoe to curb pronation.

**Microflex:** High traction rubber (adidas).

**Nitrogen Cushioning System:** Use of nitrogen impregnated rubber foam above the CM-EVA to absorb shock (Ryka).

**PU:** Polyurethane foam.

**Phylon:** Lightweight CM-EVA (Nike).

**Rollbar:** TPU device to prevent over-pronation (New Balance).

**Stable Air:** Air filled pads which absorb and deflect the shock of impact (Etonic).

**TPU:** Thermoplastic Urethane device to prevent over-pronation.

**Torsion:** Device which causes the shoe to return to a stable base, after allowing the foot to twist in its natural movement, during the gait cycle (adidas).

**Trusstic System:** Device which causes the shoe to return to a stable base, after allowing the foot to twist in its natural movement, during the gait cycle (ASICS).

**2A:** Visco-elastic (elastomer) polymer units which absorb shock (Fila).

**XAR-3000:** High abrasion rubber (New Balance).

**Zoom Air:** Very thin air filled cushions for forefoot or thin soled uses (Nike).



# 1997 Disney World Marathon

## January 5, 1997: Orlando, FL

QUALITY VS. QUANTITY is a balancing act that many events have to juggle. At the **Walt Disney World Marathon** in Orlando, Florida, there is no question about what is emphasized. Quality is emphasized and the quantity follows.

"If you build it, they will come."

Disney certainly has built the quality into their annual event and, as a result, it is one of the larger marathons in the country.

"Quantity" is a word that is easy to define. It's size. It's numbers. It's easily measured. Disney measures up with 6,500 runners toiling the line this cloudy morning of January 5, 1997.

"Quality," on the other hand, isn't so easy to assess. It depends on how you define "quality." It means different things to different people. For some, "quality" has to do with running fast times and setting records. This being the first race in the **New Balance Million Dollar Challenge** demonstrates Disney's commitment to fast times and records. However, at Disney, it is obvious the term "quality" has a meaning that

is more concerned with the overall experience for each and every runner.

Disney produces a people's race, and yet, it is more than a race. The Disney Marathon is an event, a happening, a "must do" experience. Runners nationwide recognize the "must do" events of Boston and New York; and now — Disney. What besides being run in the Magic Kingdom makes it such a quality experience?

- Unlimited entries.
- Seven hour time-limit.
- Historical theme mile-mark performers.
- 20 water stations.
- 15 medical stations.
- Flat course.
- Unique medals to all finishers.
- Pre-race pasta party.
- Health and fitness expo.
- Family fun run 5K.
- Celebrity speakers and legends runners.
- Computer chip timing and scoring.

Even though the men's and women's winner's times were not world class perfor-

mances this year, the drama of the day was played out to the excitement of participants and spectators alike.

In the men's race, former University of Arkansas track star **Teddy Mitchell** broke away from the pack and developed a lead of up to one minute before dropping out at mile 17. With the lead up for grabs, it was Florida's own **Paul Marmaro** (DelRay Beach) who did the grabbing for the next eight miles, extending his lead to over two minutes by mile 24. However, by mile 25 it had become obvious that the 32-year old Marmaro, who was now walking some, was in serious trouble.

Somewhere in the 26th mile Marmaro, a former All-American steeplechaser at Louisiana State, was passed by an also struggling 40-year old Irishman named **Dick Hooper**. The "Luck o' the Irish" would have Hooper's wobbly legs pull ahead of Marmaro's wobbly legs for the win in 2:31:19 to 2:32:28.

It was both a heartbreak and a breakthrough continued next page...

## Top 50 California Finishers

Calif. Pl-Name-Age-Gender-Home-Time-Overall Pl-Gender Pl-Div. Pl

1", Marina Jones", 44, F", "Margarita, CA", "2:56:13", 67, 8, 1  
 2", John Kennedy", 43, M", "Sacramento, CA", "3:05:01", 139, 128, 11  
 3", Walter Radloff", 51, M", "San Jose, CA", "3:22:11", 414, 383, 12  
 4", Michael Delgado", 39, M", "Manhattan Bch, CA", "3:24:19", 464, 428, 123  
 5", Frank Ruona", 51, M", "Novato, CA", "3:29:14", 575, 522, 17  
 6", Robert Docill", 51, M", "Concord, CA", "3:29:56", 596, 542, 18  
 7", Tom Kalsersatt", 56, M", "San Jose, CA", "3:30:45", 621, 565, 12  
 8", David Ingram", 30, M", "San Francisco CA", "3:31:29", 636, 575, 109  
 9", Craig Johnson", 33, M", "Palos Verdes Es CA", "3:36:38", 787, 695, 124  
 10", Maureen Bono", 23, F", "Sacramento, CA", "3:41:54", 948, 128, 8  
 11", Laurie Thornton", 39, F", "Sacramento, CA", "3:44:04", 1029, 149, 40  
 12", Lisa Bertalna", 31, F", "Corona, CA", "3:44:35", 1047, 154, 47  
 13", Terry Milby", 35, M", "Sst, CA", "3:44:57", 1061, 905, 240  
 14", Steve Omstein", 34, M", "Los Angeles CA", "3:45:48", 1085, 925, 165  
 15", Randall Corson", 38, M", "San Francisco CA", "3:45:54", 1091, 928, 245  
 16", Jan Crooke", 44, F", "Hollywood, CA", "3:46:17", 1106, 168, 18  
 17", Edith Cuevas", 29, F", "S El Monte CA", "3:49:22", 1209, 191, 32  
 18", Tracy Achells", 43, F", "Alamo, CA", "3:49:29", 1215, 193, 28  
 19", Alan Baumgardner", 38, M", "RanStiMarg, CA", "3:51:14", 1280, 1080, 273  
 20", Terry Heintz", 44, F", "San Bernardino CA", "3:51:20", 1284, 201, 29  
 21", Dave Franklin", 27, M", "San Francisco CA", "3:51:50", 1304, 1099, 128  
 22", Susan Chavez", 41, F", "Riverside, CA", "3:53:42", 1383, 225, 30  
 23", J Barnes", 43, M", "Yorba Linda, CA", "3:55:44", 1463, 1220, 230

24", John Willy", 53, M", "Redlands, CA", "3:56:19", 1489, 1239, 72  
 25", Nancy Stover", 42, F", "El Sobrante CA", "3:58:53", 1513, 256, 35  
 26", Leonard Crisafulli", 45, M", "Moreno Vly, CA", "4:05:24", 1855, 1502, 168  
 27", Gary Hiltunen", 51, M", "Alta Loma CA", "4:06:50", 1905, 1537, 93  
 28", Susan Reinhardt", 50, F", "Ran Palos Vd CA", "4:07:33", 1932, 376, 10  
 29", Charlie Gonzales", 52, M", "So Pasadena CA", "4:07:34", 1933, 1557, 95  
 30", Jeffrey Tishler", 34, M", "San Ramon CA", "4:08:15", 1950, 1571, 275  
 31", Debra Wells", 40, F", "Harbor, City CA", "4:09:36", 1978, 388, 60  
 32", Robert Greb", 54, M", "El Segundo, CA", "4:09:37", 1979, 1591, 99  
 33", Phillip Mound", 39, M", "Santa Monica CA", "4:11:37", 2074, 1651, 398  
 34", Mike Moeller", 41, M", "Oceanside, CA", "4:17:38", 2283, 1775, 336  
 35", Dianne Becker", 37, F", "Wilton, CA", "4:17:38", 2284, 509, 107  
 36", Alicia Delgado", 35, F", "Manhattan Bch, CA", "4:19:48", 2374, 535, 115  
 37", Michael Kawasaki", 44, M", "Manh Bch, CA", "4:22:29", 2483, 1919, 370  
 38", Charles Cutting", 59, M", "Grand Terrace CA", "4:24:21", 2571, 1981, 59  
 39", Yvonne Fuller", 39, F", "Piacentia, CA", "4:25:48", 2652, 622, 133  
 40", Cara D'arpino", 27, F", "San Jose, CA", "4:25:51", 2658, 624, 122  
 41", Ann McIadden", 32, F", "Marina Del Rey CA", "4:30:38", 2833, 688, 160  
 42", James Harvey", 64, M", "Lancaster, CA", "4:30:41", 2836, 2148, 22  
 43", Doris Brandstatter", 41, F", "Santa Barb, CA", "4:32:37", 2913, 725, 111  
 44", Judy Sohl", 51, F", "Sacramento, CA", "4:32:41", 2917, 726, 26  
 45", Duane Schlaman", 63, M", "Riverside, CA", "4:33:33", 2964, 2216, 25  
 46", Linda Higuera", 42, F", "Mountainview, CA", "4:36:04", 3066, 790, 124  
 47", Sarah Silk", 28, F", "Pasadena, CA", "4:36:17", 3073, 795, 157  
 48", Albert Kirkman", 63, M", "El Sobrante CA", "4:39:48", 3209, 2367, 31  
 49", Karen Stockton", 39, F", "San Rafael CA", "4:43:17", 3320, 877, 187  
 50", Michael Moore", 62, M", "Palos Verdes Es CA", "4:45:26", 3399, 2496, 35

finish for Paul Marmaro. Just five days earlier, doctors ordered him not to run the marathon at all as he had just suffered a broken jaw in a New Year's Eve rollerblading accident.

Marmaro put off having his jaw wired shut until after the marathon. "I realize now how it affected me," noted Marmaro after the race. "I've had trouble eating, drinking, sleeping and have been in some pain. Everything has been messed up. But I am pretty stubborn. I didn't want to give it away. I was physically ready to race."

He gave it his best shot and almost became the first U.S. citizen to win the men's title. He did become the USATF

Florida State Champion in the concurrently run event. Marmaro did run faster than he did in the '95 Disney (2:34:48), but slower than his 2:24:58 PR at the '94 Disney.

Dick Hooper's winning time was the slowest winning time in the four year old event. It wasn't even a master's record. But for Hooper, the win was a pleasant surprise.

"I came here just hoping to win the Master's Division," he stated after cooling down. "I haven't been racing seriously the past three years, but having turned masters in August, I renewed my interest."

Hooper's win wasn't a fluke as he has been on three Irish Olympic Teams and has run sub 2:20 on 21 occasions.

The women's race wasn't as volatile as the men's. The eventual winner, 26-year old Larisa Zyuzko of Russia, took to the lead with fellow countrywoman Alla Doudaeva at two miles. At 20-miles Zyuzko put the pedal down and broke away to win by two minutes in 2:41:13.

Just as the overall men's race for first place provided spectators with plenty of suspense, excitement and surprises; so did the men's wheelchair race. In this case it was wheel-to-wheel right down to the wire, with Mexico's Saul Mendoza beating defending champion, Scot Hollobeck of Georgia, by a mere one second. Mendoza's 1:39:53 shattered Hollonbeck's meet record by almost seven minutes. Not to be outdone, the women's wheelchair race also produced a big new meet record. Chantal Petitclerc of France raced to a 2:09:28, destroying the old 2:22:16 mark in the process.

Not everyone who participated at Disney came home a first place champion. However, the nice thing about Disney is that everyone does go home a winner in that everyone should absolutely, positively have an enjoyable time.

Twenty-one year old Catharine Ryun of Lawrence, Kansas, ran with her 26-year old sister, Heather. They each ran 4:28 in this their first marathon.

"It was a wonderful experience," beamed Catharine. "The people and attractions got us through."

Disney Marathon Race Director, John Hughes, agrees with the Ryun sisters, "We have worked to create an event for enthusiasts of many levels of ability. A marathon is about taking on a challenge and completing it — that's the goal for a large percentage of participants. It's about setting out to do something that is maybe beyond you . . . and doing it. With this marathon, it's also about having some fun along the way. . . ."

Next year the Disney Marathon will celebrate it's 5th anniversary and promises to be full of even more runner-pleasing delights. Look for lots of exciting surprises and, as always, expect to have a very good time.

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# 1997 California High School Preview

By Keith Conning

The California high school record is in parenthesis after the event. Key: \* = junior, \*\* = sophomore, \*\*\* = freshman, \*\*\*\* = 8th grade, ? = grade unknown

## Boys

### 100 Meters (10.25)

10.46 **Tierre Sams** (Edison, Fresno)  
10.47 **Miguel Fletcher** (Alem, Mission Hills)  
10.77 **Steward-Holmes** (Muir, Pasadena)

Wind-aided:

10.59 **Kris Richard** (Serra, Gardena)  
10.63 **David Currie** (Pittsburg)  
10.64 **Steward-Holmes** (Muir, Pasadena)  
10.65 **?Donnie Jackson** (Elk Grove)  
10.66 **?Shaw** (El Camino, Sacramento)  
10.75 **\*Aaron Bryant** (Wilcox, Santa Clara)

### 200 Meters (20.50A)

20.77 **Obea Moore** (Muir, Pasadena)  
21.06 **Miguel Fletcher** (Alem, Mission Hills)  
21.45 **Tierre Sams** (Edison, Fresno)

Wind-aided:

21.21 **Igme Evero** (Alta Loma)

Hand-timed:

20.8 **Obea Moore** (Muir, Pasadena)  
21.2 **Igme Evero** (Alta Loma)

### 400 Meters (45.09)

45.27 **Obea Moore** (Muir, Pasadena)  
47.36 **Jucorie Tryon** (Muir, Pasadena)  
**Eddie Levine** (Golden Vly, Merced)  
**Tim Brown** (McClymonds, Oakland)

47.40 **Tony Berrian** (Atwater)  
47.89 **?Rico** (Serra, Gardena)

48.04 **?Roderick Crow** (El CamRl, WdHls)

48.32 **Carleton Davis** (Kennedy, Sacra)

48.42 **Marques Anderson** (Poly, Long Bch)

48.65 **?Reed** (Poly, Riverside)

48.74 **?Chris Forde** (Notre Dame, ? SS)

48.81 **?Cruel** (Poly, Long Beach)

48.86 **?Young** (North, Riverside)

48.89 **?Kashus Perona** (Eisen, Rialto)

48.96 **Jelani Hogg** (Riordan, San Francisco)

### 800 Meters (1:46.45)

1:50.05 **Obea Moore** (Muir, Pasadena)

1:51.93 **James Levine** (Golden Vly, Merced)

1:53.53 **Mark Hassell** (Barstow)

1:54.2 **Ryan Carroll** (Merced)

1:54.31 **Andrew Wulf** (Bellarmine, San Jose)  
1:54.60 **Kevin Elliott** (Mira Costa, ManBeach)  
1:54.83 **?Brendan Fitzgibbon** (St. Ign, SF)  
1:55.05 **?Victor Gonzalez** (West Covina)  
1:55.20 **?Ryan Meuse** (Simi Valley)

### 1,600 Meters (3:59.4 mile)

4:13.1 **Brad Hansen** (St. Ign, San Fran)  
4:14.2 **Andrew Wulf** (Bellarmine, San Jose)  
4:14.69 **\*Jon Stevens** (MissSJ, Fremont)  
4:16.39 **\*Juan Chavira** (Hanford)  
4:17.12 **Alex Sanchez** (De La Salle, Concord)

### 3,200 Meters (8:36.3 two miles)

9:10.51 **\*Juan Chavira** (Hanford)  
9:15.75 **David Lopez** (Hoover, Glendale)  
9:15.81 **Michael Kasahun** (Fresno)  
9:16.6 **Dave Rodriguez** (MissSJ, Fremont)  
9:17.22 **Brad Hansen** (St. Ignatius, SF)  
9:18.29 **\*Isalah Festa** (Morro Bay)

### 110 Hurdles (39") (13.41)

13.77 **Sharif Paxton** (Crenshaw, LA)  
13.87 **Dominique Degrammont** (Tustin)  
13.92 **Kenyon Rambo** (Poly, Long Beach)  
14.11 **Reggie DePass** (Montgomery, ChV)  
14.55 **Mike Sturgeon** (Elsie Allen, SR)

Wind-aided:

13.76 **Dominique Degrammont** (Tustin)  
13.89 **Kenyon Rambo** (Poly, Long Beach)  
14.54 **John Knowles** (Fairfield)  
14.62 **Mike Sturgeon** (Elsie Allen, SR)

### 300 Hurdles (35.32)

36.99 **Kenyon Rambo** (Poly, Long Beach)  
37.22 **Reggie De Pass** (Montgomery, ChV)  
37.80 **Dominique Degrammont** (Tustin)  
38.52 **?Oh** (Irvine)  
38.62 **?Hunsacker** (Ganessa, Pomona)  
38.80 **?Swanson** (Esperanza, Anaheim)  
38.82 **Sadat Piggee** (Castle Park, ChV)  
38.90 **\*Guy McGowan** (Leigh, San Jose)

### High Jump (7-4 1/2)

6-10 **Elliott Parks** (El Toro)  
\*\***Gabriel Zarate** (Selma)  
i **Henry Jenkins** (Paso Robles)

6-9 **Darryl Felbach** (Bear Creek, Stock)  
6-8 **?Ron Nelson** (La Mirada)  
**Gabe Cottle** (Upland)  
**?Josh Hill** (Camarillo)  
6-7 **?Clinte Motley** (Alta Loma)

### Pole Vault (18-2)

16-0 **Steve Harris** (Del Mar, San Jose)  
15-6 **David Gritz** (Bear Creek, Stockton)  
15-4 **Chad Salisbury** (Stockdale, Bkid)  
15-3 **\*Mark Unzueta** (Lemoore)  
15-1 **?Merlin DeMartinis** (HarvWestNoHol)  
**Erik Rasmussen** (Johansen, Modes)  
**Joel Kriwinski** (Arroyo Grande)  
**Willie Deitchman** (Pond, Sh Springs)  
**?Updyke** (Temecula Vly, Temecula)  
14-8 **\*Mark Lee** (Granite Hills, El Cajon)

### Long Jump (26-4 3/4)

24-7 1/2 **Patrick McCall** (Carson)  
23-6 1/2 **Mike Nealy** (Yerba Buena, San Jose)  
23-0 1/2 **?Dajuan Hawkins** (Newbury Park)  
Wind-aided:  
25-1 1/2 **Patrick McCall** (Carson)  
23-6 **Erik Vann** (Cyn Springs, Mor Valley)  
23-3 **?Brian Merchain** (RanCucomonga)  
23-1 1/2 **?B.J. Stewart** (Norco)  
22-11 1/2 **Robert Nero** (Chino)  
22-10 1/2 **\*Kenny Pearson** (Franklin, Stockton)  
22-10 **?Cater** (Foothill, Santa Ana)  
22-9 3/4 **?Hawkins** (Newbury Park)  
22-9 1/2 **?Alex Tinsley** (Gilroy)

### Triple Jump (53-6 1/2)

47-5 3/4 **Tyrriff Rudder** (Mt. Miguel, Spr Valley)  
47-4 **Erik Vann** (Cyn Springs, Mor Valley)  
47-3 1/2 **?Tim Brown** (Montclair)  
46-9 1/4 **Joe Augustine** (Yuba City)  
46-3 **?Castiglione** (Clovis)  
Wind-aided:  
46-9 1/2 **?West** (Center, Elverta)

### Shot (76-2)

63-11 3/4 **\*Van Mounts** (Bakersfield)  
61-8 **Brian Chase** (CardNewm, S Rosa)  
60-7 1/2 **John Badnovic** (Jesuit, Carmichael)  
56-3 1/4 **Brodie Reiderich** (Edison, Hunt Bch)  
55-6 **\*Roy Rivas** (Carlsbad)

## Discus (210-8)

185-7 **Scott Mocer** (Huntington Beach)  
183-7 **John Bello** (Rancho Cucamonga)  
177-11 **John Badnovic** (Jesuit, Carmichael)  
171-11 **?Jeff Beade** (Highland, Bakersfield)  
169-11 **Brian Chase** (CardNewman, S Rosa)  
165-6 **?Derek Baxter** (Ayala, Chino Hills)  
163-11 **Rood Dorla** (AmadVly, Pleasanton)  
163-8 **\*\*Luke Mackay** (CeniCath, Modesto)  
163-6 **Tooram Gilliam** (San Diego)

## Women

### 100 Meters (11.14)

11.72 **\*Miesha Withers** (Morn, Inglewood)  
11.73 **Malika Edmonson** (St. Bern, PDR)  
**\*Angela Williams** (Chino)  
11.74 **Damesha Craig** (Menlo, Atherton)  
11.89 **Akiba McKinney** (MVista, Spr Valley)  
11.90 **Carla Estes** (Logan, Union City)  
**Zhauntel Holman** (Valley, Sacra)  
11.98 **\*Brianna Glenn** (La Mirada)  
12.05 **\*\*Latrice Borders** (Wilson, L Beach)  
12.06 **Michelle Perry** (Quartz Hill)  
12.08 **Sunny Butler** (Morn, Inglewood)  
12.10 **\*\*Natasha Neal** (Logan, Union City)  
12.15 **\*Zahalea Showe** (Poly, Long Beach)  
**\*Tiffany Freew** (Morse, San Diego)  
12.16 **\*\*DeCola Groce** (Morse, San Diego)

Wind-aided:

11.54 **Zhauntel Holman** (Valley, Sacra)  
11.59 **Malika Edmonson** (St. Bern, PDR)  
11.66 **\*Miesha Withers** (Morn, Inglewood)  
11.81 **\*Zahalea Showe** (Poly, Long Beach)  
11.84 **\*\*Latrice Borders** (Wilson, L Beach)  
11.87 **Sunny Butler** (Morn, Inglewood)  
11.88 **\*Brianna Glenn** (La Mirada)  
11.94 **Michelle Perry** (Quartz Hill)  
12.10 **\*Natasha Neal** (Logan, Union City)

Hand-timed:

11.3 **Damesha Craig** (Menlo, Atherton)

Wind-aided:

11.4 **\*Angela Williams** (Chino)  
11.7 **Tammy Wallace** (Pomona)

### 200 Meters (22.58)

23.47 **Malika Edmonson** (St. Bern, PDR)  
23.49 **\*Angela Williams** (Chino)  
23.60 **Kinshasa Davis** (Wilson, L Beach)

23.72 \*Miesha Withers (Morn, Inglewood)  
 23.87 Damesha Craig (Menlo, Atherton)  
 24.18 \*Theodoesha Rivers (RVerd, MorVly)  
 24.27 \*\*Latrice Borders (Wilson, LBeach)  
 Regine Caruthers (St. Bern, PDR)  
 \*\*Joni Smith (Wilson, Long Beach)  
 24.36 \*\*\*\*Monique Henderson (Bell Jr. SD)  
 24.38 Carla Estes (Logan, Union City)  
 24.43 \*\*Shakerah Merritt (Jr HS, LA)  
 24.47 Tammy Wallace (Pomona)  
 24.48 Zhauntel Holman (Valley, Sacra)  
 24.51 Sunny Butler (Morn, Inglewood)  
 24.60 ?Sharika Higgins (Ch Islds, Oxnard)  
 24.61 \*Brianna Glenn (La Mirada)  
 24.72 \*Casey Loveland (GrnHls, El Cajon)  
 24.80 \*Bo Alade (Foothill, Bakersfield)  
 24.93 ?Atrina Higgins (Chino)  
 24.94 \*\*Kerry Blaschke (St. Fran, Mt. View)  
 Michelle Perry (Quartz Hill)  
 25.01 ?Tiffany Thompson (Alem, MissHills)  
 25.02 Enjoli Smith (Gilroy)  
 25.03 ?Kela Walker (Mulr, Pasadena)  
 25.06 \*Shaunle Williams (Armljo, Fairfield)  
 25.07 ?Wallace (Pomona)  
 25.11 ?Thomas (Dorsey, Los Angeles)  
 Wind-aided:  
 23.33 \*Angela Williams (Chino)  
 23.73 Damesha Craig (Menlo, Atherton)  
 24.01 \*\*Theodoesha Rivers (RVerd, MorVly)  
 24.20 Zhauntel Holman (Valley, Sacra)  
 24.68 \*Shaunle Williams (Armljo, Fairfield)  
 24.73 Regine Caruthers (St. Bern, PDR)  
 Hand-timed wind-aided:  
 24.1 Tammy Wallace (Pomona)

### 400 Meters (50.87)

52.67 Kinshasa Davis (Wilson, LBeach)  
 52.95 Malika Edmonson (St. Bern, PDR)  
 53.39 \*Theodoesha Rivers (RVerde, MVly)  
 53.64 \*\*Joni Smith (Wilson, Long Beach)  
 53.81 Carla Estes (Logan, Union City)  
 54.65 \*Julia Gray (North, Riverside)  
 54.79 \*\*\*\*Monique Henderson (Bell Jr. SD)  
 55.01 \*\*\*Lashinda Dennis (Jr HS, Palmd)  
 55.12 \*\*\*Angelika Green (Jr HS, LA)  
 55.23 Regine Caruthers (St. Bern, PDR)  
 55.26 \*Kadrina Coffee (Palmdale)  
 55.61 \*Angela Williams (Chino)  
 55.84 Saneik Saaveetra (El Cerrito)  
 55.94 \*Lacretia McKinney (Hanford)  
 56.06 Nikelola Balogun (Westch, LA)  
 56.22 \*\*LaToya Thomas (Poly, Long Beach)  
 56.44 ?Funn (Eisenhower, Rialto)  
 ?Aisha Washington (Poly, LBeach)  
 \*Kamafia Williams (Sacred Heart, ?)  
 56.45 Rose Sczawinski (Los Galos)  
 56.77 ?Shavonne Jennings (Woodside)  
 56.77 Angie Milner (Modesto)

### 800 Meters (2:02.29)

2:11.24 \*Lindsay Hyatt (Placer, Auburn)  
 2:11.75 Jennifer Bridgeman (Logan, UnCity)  
 2:11.89 \*Kelly Piatanesi (Carond, Concord)  
 2:12.1 Julia Stamps (Santa Rosa)

2:12.17 \*\*\*Lashinda Demus (Jr HS, LA)  
 2:12.30 Kerri Bock-Willmes (Caron, Concord)  
 2:14.24 \*Tara Gregory (CrescVly, LaCres)  
 2:14.47 ?Monica Van Wegen (AmadVly, Pis)  
 2:15.39 \*Lina Biber-Ferro (Los Galos)  
 2:15.55 \*Christa Fitzgerald (Dana Hills, DPI)  
 2:15.59 ?Maribel Delgado (Santa Ana Vly)  
 2:15.77 Ally Lombardi (Los Galos)  
 2:15.83 Kelly Howsey (Clayton Vly, Concord)  
 2:15.94 Drisana Carey (University, SDiego)

### 1,600 Meters (4:35.24 mile)

4:46.30+ Julia Stamps (Santa Rosa)  
 4:49.16 Kristen Gordon (Carond, Concord)  
 4:53.02 \*\*Lindsay Hyatt (Placer, Auburn)  
 4:54.0 \*Jennifer Burris (Ayala, Chino Hills)  
 4:57.8 \*\*Allyson Marquand (Univ, Irvine)  
 4:58.71 Claire Tillotson (Red, Redondo Bch)  
 4:59.13 \*Jennifer Akana (Lowell, San Fran)  
 4:59.37 \*Anne Gunnison (McClatchy, Sacra)  
 5:00.57 Kelly Howsey (Clayton Vly, Concord)  
 5:01.04 \*Kimi Welsh (Yucalpa)  
 5:01.36 Katie Nuanes (SMarg, RSMargarita)  
 5:01.54 Tracy Cohn (Stockdale, Bakersfield)  
 5:02.8 Julie Ott (University, San Diego)  
 5:04.90 Tiffany Hansen (Redwood, Larkspur)  
 5:04.9 Julie Harris (Canyon, Santa Clarita)  
 5:05.30 ?Julia Roysdon (Valhalla, El Cajon)  
 5:06.02 \*\*Sarah Wilkins (R Bernardo, SD)  
 Shelby Horgan (TemesCyn, Elsinore)

### 3,200 Meters (9:48.59)

10:12.20 Julia Stamps (Santa Rosa)  
 10:29.43 Kristen Gordon (Caron, Concord)  
 10:36.57 \*Kimi Welsh (Yucalpa)  
 10:40.03 \*\*Allyson Marquand (Univ, Irvine)  
 10:44.00 \*Heather Garrison (Buena Park)  
 10:45.20 \*Danielle Day (Quartz Hill)  
 10:46.48 Julie Harris (Canyon, Santa Clarita)  
 10:51.14 \*Anne Gunnison (McClatchy, Sacra)  
 10:52.1 \*\*Trina Cox (Santa Rosa)  
 10:56.02 Jen Schindler (Ponderosa, ShSpr)  
 10:58.26 ?Lauren Flesman (Canyon, ?)  
 10:58.82 ?Andrea Neipp (Highland, Palmdale)  
 11:01.4 \*Jennifer Akana (Lowell, SFransisco)  
 11:04.55 Emill Lawson (Clovis)  
 11:05.31 Jaymie Harper (Santana, Santee)  
 11:06.53 ?Deborah Osteen (ClayVly, Conc)  
 11:06.81 ?Lisa Gillis (Moreau, Hayward)  
 11:07.7 Lori Giandini (University, San Diego)  
 11:07.72 ?Zhang (Rowland, Rowland Heights)

### 100 Hurdles (33") (13.38)

13.79 Nicole Hoxie (North, Riverside)  
 13.98 \*Ashley Bethel (Mission Viejo)  
 14.07 \*Daveetta Shephard (De Anza, Rich)  
 14.37 Michelle Perry (Quartz Hill)  
 14.46 Lisa O'Reilly (St. Mary's, Stockton)  
 14.59 Khameel Fleming (Dorsey, LA)  
 14.64 Tanisha Allen (NSalinas, Salinas)  
 14.67 Angie Polk (Cerritos)  
 14.81 Katie Schucke (Santa Rosa)  
 14.85 \*Janae Mitchell (El Cerrito)

14.88 Michelle Steingart (St. Fran, MtView)  
 14.89 Hannah Cooper (Hawthorne)  
 Wind-aided:  
 13.61 Nicole Hoxie (North, Riverside)  
 14.19 Michelle Perry (Quartz Hill)  
 14.57 Katie Schucke (Santa Rosa)  
 14.58 Angie Polk (Cerritos)  
 14.59 Hannah Cooper (Hawthorne)  
 :4.86 Khameel Fleming (Dorsey, LA)  
 Hand-timed wind-aided:  
 14.0 Lisa O'Reilly (St. Mary's, Stockton)

### 300 Hurdles (40.18)

41.78 Nicole Hoxie (North, Riverside)  
 42.2 Hannah Cooper (Hawthorne)  
 42.68 Michelle Perry (Quartz Hill)  
 43.24 \*Francis Santin (Taft, Woodland Hills)  
 43.40 Katie Schucke (Santa Rosa)  
 43.70 Lisa O'Reilly (St. Mary's, Stockton)  
 43.80 \*Davetta Shephard (De Anza, Rich)  
 43.88 Michelle Steingart (St. Fran, MtView)  
 44.11 \*\*Deetra King (Poly, Long Beach)  
 44.27 ?Bridie Hatch (Nordhoff, Ojai)  
 44.51 ?King (Poly, Long Beach)  
 44.73 Myesha Kirtman (Lowell, SFransisco)  
 44.75 \*Myvett (Wilson, Long Beach)  
 44.80 Khameel Fleming (Dorsey, LA)  
 44.92 ?Heaven (Woodbridge, Irvine)  
 45.04+ \*Carlie McGraw (MissSJ, Fremont)  
 45.13 ?Robin Leafblad (Arlington, Riversd)  
 45.43 ?Katrina Brooks (Etiwanda)  
 45.50 \*\*Tiara Anderson (WVly, Cottonwood)

### High Jump (6-2 3/4)

5-10 Tayibba Haneef (Laguna Hills)  
 Liz Giltner (Chaminade, CanogPark)  
 Lisa Underhill (RBUena Vista, Vista)  
 \*Lacretia McKinney (Hanford)  
 5-6 ?Michelle Mahlke (Marymount, LA)  
 \*Yolanda McGrif (Lincoln, San Diego)  
 \*Brittany Roberts (Bullard, Fresno)  
 \*Tia Hanson (Cajon, San Bernardino)  
 Jennifer Thomas (Centen, Corona)  
 Jessica Saltzman (Big Vly, Bieber)  
 ?Kristi Johnson (Ygn Vly, Concord)  
 ?Jenn Detmer (Thousand Oaks)

### Pole Vault (13-1 3/4)

11-8 \*\*Bridget Pearson (Hoover, Glendale)  
 11-6 1/2 \*Brooke Lankard (Golden W, Visalia)  
 11-4 \*Allison Knode (Kingsburg)  
 11-3 Christa Epperly (NevUn, Grass Vly)  
 Kylene Nixon (Poway)  
 11-1 Maggie O'Malley (Atascadero)  
 11-0 Maria Lopez (Newark Mem, Newark)  
 Hannah Johnson (Atascadero)  
 \*Katie Rorem (Marina, HuntBeach)  
 10-8 Kyla Pavlina (Kingsburg)  
 Kylene Nixon (Poway)  
 10-6 \*Kim Trout (Escondido)  
 Laura Eckley (West Vly, Cottonwood)  
 Julie Sanders (Arroyo Grande)

### Long Jump (22-0 1/2)

19-9 3/4 Carla Estes (Logan, Union City)  
 19-2 3/4 Kenya Corley (AntefVly, Lancaster)  
 19-2 1/4 \*Monique Harris (Cerritos)  
 18-11 1/2 Akiba McKinney (MVista, SpValley)  
 18-9 1/2 ?Jameka Taylor (Little Rock, Lanc)  
 18-6 1/4 Michelle Perry (Quartz Hill)  
 Wind-aided:  
 19-3 3/4 \*Monique Harris (Cerritos)  
 19-3 Pia McAllister (Clayton Vly, Concord)  
 19-1 1/2 Akiba McKinney (MVista, SpValley)  
 19-0 \*Bunmi Ongunye (Poly, LBeach)  
 Reynda King (St. Mary's, Inglewood)  
 18-8 Michelle Perry (Quartz Hill)  
 18-7 \*Ashley Bethel (Mission Viejo)  
 18-6 1/2 Danielle Martin (Valley, Sacram)

### Triple Jump (44-0 1/2)

39-5 1/4 \*Andrea Booker (El Cam, Oceanside)  
 38-2 3/4 Ebony Poe (Cerritos)  
 38-1 1/2 Nici Peyton (Santa Monica)  
 37-11 Shirley Anku (R Buena Vista, Vista)  
 Wind-aided:  
 38-7 1/2 Nici Peyton (Santa Monica)  
 37-10 1/2 Pia McAllister (Clayton Vly, Concord)  
 37-7 3/4 ?Griffith (Trabuco Hills, MissViejo)

### Shot (53-7 3/4)

46-0 1/2 \*Chaniqua Ross (LagCrk, Elk Grove)  
 44-9 Cynthia Ademiluyi (Poly, Long Beach)  
 43-0 3/4 ?Bryant (Marina, Huntington Beach)  
 43-0 1/4 \*Stephanie Brown (Arroyo Grande)  
 42-9 Kristin Bryden (AndUnion, Anderson)  
 42-0 1/4 ?Togagae (Los Amigos, Fountain Vly)  
 41-6 1/4 \*Bell Jordan (Lincoln, Stockton)  
 40-7 ?Susan Hatchett (Arroyo Grande)

### Discus (188-4)

159-10 \*Chaniqua Ross (Lag Crk, Elk Grove)  
 155-3 \*\*April Burton (Bakersfield)  
 154-11 \*Cec. Barnes-Mileham (CFW, Fresno)  
 150-0 Carrie Axton (Los Amigos, Fin Valley)  
 142-2 Katrina Crouch (El Cap, Lakeside)  
 141-2 \*Amy Thiel (FremChristian, Fremont)  
 140-8 Kristin Bryden (And Union, Anderson)  
 140-4 ?Susan Hatchett (Arroyo Grande)  
 137-1 ?Jennifer Vall (Palm Springs)

from Keith Conning  
 E-mail: Conning@aol.com

COMPLETE results of  
 the California Track &  
 Field Championships  
 coming in the  
 July/August issue  
 of CTN

# ALL-CALIFORNIA HIGH SCHOOL CROSS COUNTRY TEAM

These runners are listed by their best time during the California State Meet  
and the Foot Locker West Regional at Woodward Park.

## TOP 25

## BOYS

### 1. (tie) Michael Kasahun

SR Fresno

15:30 1) CS GM  
15:16 1) State D1  
15:24 7) West  
15:30.9 4) National

### 1. (tie) David Lopez

SR Hoover, Glendale

14:15 1) SS D1  
15:20 2) State D1  
15:16 3) West  
15:57.6 13) National

### 3. David Rodriguez

SR Mission San Jose, Fremont

15:30 1) NCS D2  
15:21 1) State D2  
15:19 5) West  
16:05.7 20) National

### 4. Geoffrey Fleming

SR Roseville

15:23 2) State D2  
15:22 6) West  
16:08.5 22) National

### 5. Noel Nelson

SR Redwood, Visalia

Residence: Three Rivers  
15:38 3) CS GM  
15:29 3) State D2  
15:35 12) West

### 6. (tie) Isaiah Festa

JR Morro Bay

Residence: Los Osos  
14:13 1) SS D4  
15:33 1) State D4  
15:48 25) West

### 6. (tie) Juan Pablo Miramontes

SR Merced

15:32 2) SJS D2  
15:59 18) State D2  
15:33 10) West

### 8. Mark Gleason

JR Mission Viejo

14:20 1) SS D2  
15:36 4) State D2  
15:39 14) West

### 9. Juan Chavira

JR Hanford

Residence: Armona  
15:33 2) CS GM  
15:38 3) State D1  
16:01 46) West

### 10. (tie) Steve Barrus

SR Clovis

15:40 4) State D1  
16:05 55) West

### 10. (tie) Jason Hart

SR Sonora

15:57 1) SJS D3  
15:40 1) State D3  
15:58 40) West

### 12. Ron Buchanan

JR Santa Maria

14:33 5) SS D2  
16:00 19) State D2  
15:41 16) West

### 13. Jon Stevens

JR Mission San Jose, Fremont

15:38 3) NCS D2  
15:43 5) State D2  
16:04 51) West

### 14. (tie) Ryan Deane

SR Peninsula, Rolling Hills Estates

Residence: Palos Verdes  
14:38 7) SS D1  
15:44 5) State D1  
15:50 28) West

### 14. (tie) Michael Murray

SR Santa Margarita

14:41 9) SS D2  
15:44 6) State D2  
15:47 22) West

### 14. (tie) Tom Prindiville

SR De La Salle, Concord

Residence: Antioch  
15:40 4) NCS D2  
15:44 7) State D2  
15:56 37) West

### 14. (tie) Craig Farley

SR Lompoc

14:38 3) SS D4  
15:44 2) State D4

### 18. Dusty Herman

JR Nordhoff, Ojai

14:21 2) SS D4  
15:49 4) State D4  
15:45 19) West

### 19. Chris Farley

JR Del Campo, Fair Oaks

Residence: Citrus Heights  
15:52.5 2) SJS D1  
15:46 6) State D1  
16:05 54) West

### 20. (tie) Alfonso Leon

SO Santa Ana

14:40 7) SS D2  
15:47 8) State D2

### 20. (tie) Tony Trueba

SR Huntington Beach

14:35 6) SS D2  
15:47 9) State D2

### 20. (tie) Louie White

JR Half Moon Bay

Residence: Montara  
15:40 2) CCS D4  
15:47 3) State D4  
15:54 35) West

### 23. (tie) Manuel Lopez

SR Belmont

15:42 2) LAS D1  
15:48 7) State D1

23. (tie) Justin Nyberg

SR Irvine  
14:26 2) SS D1  
15:48 8) State D1  
16:02 47) West

23. (tie) Mike Baskin

JR Mt. Carmel, San Diego  
15:50 10) State D1  
15:48 24) West

Top 25  
Girls

1. Julia Stamps

SR Santa Rosa  
16:43 1) State D1  
17:15 3) West  
DNF) National

2. Kristen Gordon

SR Carondelet, Concord  
Residence: Alamo  
17:17 1) State D3  
17:01 1) West  
17:34.7 1) National

3. Jen Schindler

SR Ponderosa, Shingle Springs  
Residence: Cameron Park  
17:32 2) State D1  
17:47 4) West  
18:16.6 8) National

4. Andrea Neipp

SR Highland  
17:33 1) State D2

5. Allyson Marquand

SO University  
17:53 2) State D2

6. Katie Nuanes

SR Santa Ana  
17:55 5) West  
18:55.4 24) National

7. Sarah Ellis

SR La Canada  
18:01 1) State D4

8. (tie) Trina Cox

SO Santa Rosa  
18:04 3) State D1  
19:09 44) West

8. (tie) Kimi Welsh

JR Yucaipa  
Residence: Calimesa  
18:04 4) State D2  
18:11 10) West

10. Sydney Leonard

SR Dana Hills, Dana Point  
18:10 5) State D2

11. (tie) Jennifer Burris

JR Ayala, Chino Hills  
18:13 4) State D1  
18:36 23) West

11. (tie) Emili Lawson

SR Clovis West, Fresno  
18:20 5) State D1  
18:13 11) West

13. Lauren Fleshman

SO Canyon Country  
18:18 6) State D2  
18:31 19) West

14. (tie) Mary Moore

JR Woodbridge, Irvine  
18:24 7) State D2

14. (tie) Heather Garritson

JR Buena Park  
Residence: Fullerton  
18:24 2) State D3



Michael Kasahun



Julia Stamps



David Lopez

Photos by Bill Cockerham

14. (tie) Elaine Canchola

JR Nordhoff, Ojai  
18:24 2) State D4

14. (tie) Yvonne Liebig

JR Kennedy, Sacramento  
18:28 9) State D2  
18:24 17) West

18. Nicole Portley

JR Aragon, San Mateo  
18:25 3) State D3  
18:54 32) West

19. (tie) Danielle Day

JR Quartz Hill  
18:27 6) State D1

19. (tie) Jennifer Ewing

SR Castro Valley  
18:27 8) State D2  
19:15 49) West

21. Michelle Leinfelde

SR Escalon  
18:30 3) State D4

22. Latesha Jones

FR Rialto  
18:31 7) State D1

23. (tie) Chrisie Gregory

SO Clovis  
18:33 8) State D1

23. (tie) Susan Chou

SR Lowell, San Francisco  
18:33 9) State D1  
19:30 76) West

23. (tie) Kim Garnic

SO La Canada  
Residence: Flintridge  
18:33 4) State D4  
19:15 48) West

# NATIONAL SCHOLASTIC INDOOR CHAMPIONSHIPS

By **JEFF SULLIVAN**  
Correspondent  
for the Boston Globe

The weekend of March 8 and 9 will long be remembered by track and field fans everywhere for the performance displayed at the 1997 National Scholastic Indoor Track and field Championships that were held at the Reggie Lewis Track Facility in Roxbury, Massachusetts. Over 10,000 spectators, coaches, officials and athletes took part in the two day event, but the performances of the distance runners stole the show.

Carondelet High School of Concord, CA, had the floor to themselves on Saturday as the quartet of seniors Kristen Gordon, Kerry Bock-Willmes, junior Katie Nash and sophomore Meghan Andrade took first place honors in the girls' sprint medley relay with the sixth fastest time ever recorded in the event's history, with an 12:00.7, that outdistanced the field by almost 3 full seconds.

Gordon's anchor leg of 4:48.5 in the 1600 meter portion, helped the team pull away for good. The girls did not expect to run such a fast time, due to the fact that they have never run together in the event.

"We've only been training for about three weeks and this was our first time running as a team, so we were very happy with the results," said Bock-Willmes.

This was the team's first trip to the Boston area, where they encountered a new pre-race experience.

"This morning we went for a run in the snow to warm up, which was fun for us since we don't see snow that much back home," Gordon said.

The next morning Gordon, the reigning national cross country champion, decided to try her hand in the mile. She finished second with a 4:58.0 to state rival Julia Stamps. Gordon did break 5 minutes, which is impressive considering her performance the evening before, but on this day no one would be able to compete with Stamps, who was in a class of her own.

Stamps' time of 4:46.31 was the second fastest ever in this meet—Steven's Point, WI's Suzy Favor ran a 4:45.18 in 1988—and the fastest mile on record since Favor's. Stamps, also holds the national record for the fastest sophomore mile when she ran a 4:46.73 in 1995. She would later say that she expected to win race, although she only decided to come to Boston the previous Thursday.

"It was a last minute decision, but I was confident that I'd win although I wasn't concerned with a time," said Stamps, who will attend Stanford in the fall.

John Muir High School (Pasadena, CA) senior Obea Moore anchored three relay teams to victory, setting three national records in the process. His sprint medley team, 4x400 along with his 4x200 squad's 1:27.34, all were the record-breaking performances. Moore, as usual, was not at a loss for words following the sprint medley.

"We needed to be hungry for this, and we came out like lions. We stayed relaxed and ran our race," Moore said.

When asked about comparisons to current gold medal holder Michael Johnson, Moore spoke of his confidence in himself that one needs to reach such a level.

"I have the utmost respect for Michael, as well as Jesse Owens and Carl Lewis, and Lord willing, if I stay healthy, I want to be the next great one. I don't want to be compared to them, however, as I want to make my own name," said Moore.

Local boy Jonathan Riley was the story Sunday, winning the boys' mile in meet record form. Riley, a senior at Brookline High School, ran the fourth best mile ever with a 4:07.12. After the race, he announced that he would run the two mile, attempting to become the first ever double winner in the two events. Not only has no one ever accomplished the feat, but no one has ever even attempted it at Nationals.

Riley was not the only one re-writing history in the mile, as Oliver Amos (North Eastern, MA) sophomore Andy Powell ran the fastest sophomore mile ever with a 4:09.82. Powell finished third with Kentwood, LA, senior Ryan Travis coming in second.

Before his startling announcement, Riley said that he wanted to break 4:10, and was happy with the outcome. After two and a half hours of rest, the crowd waited in anticipation for the historic race.

Riley fell behind early, and continued to disappear from the leaders as they approached the half-way point. He crept his way up to third with 2 laps remaining but 30 meters separated Riley from the leader, which seemed impossible to make up.

Christopher Dugan, a senior from Alverton, PA, was the leader heading for the bell lap. After the race, he said that when he saw everyone yelling and cheering around the final turn, he knew it was not for him.

"I thought the lead was large enough so I'd be all right, but when I looked up and saw the whole place going crazy, I knew he (Riley) was on his way," Dugan said.

Riley was "on his way" as he passed Dugan down the backstretch and held on in 9:03.32 for the historic double win. Riley, who earlier said the two mile was for fun, did not fully comprehend what he had just accomplished.

"I think it will set in later, but I had nothing to lose, so I just went for it," said Riley, who will attend either Stanford or Michigan in the fall.

Next year and in years to come, more records will fall and more great athletes will make a name for themselves

at the National Scholastic Track and field Championships. In the 14-year existence of the event, it has already produced 86 Olympians who have accounted for 27 medals. But they will be hard pressed to top the 1997 version, which was a truly historic event.

(Jeff Sullivan can be reached at the Boston Globe newspaper at (617) 929-3235.

## Results—California Highlights

**BOYS** – Tucker (Glasboro, NJ) 7.73, 3. Kenyon Rambo (Cerritos, CA) 7.89. 4x200m Relay: 1. John Muir, (CA) 1:27.34 (high school record), 2. Montebello 1:29.35, 3. Camden Elite 1:29.57. 1600m Relay: 1. John Muir, (CA) 3:24.68, 3. Hayfield, VA 3:29.73, 3. Trenton, NJ 3:31.79.

**GIRLS** – 60: 1. Angela Williams (Chino, CA) 7.34, 2. Keyon Soley (Wantagh, NY) 7.34, 3. Aleah Williams (Montclair, NJ) 7.45. 60 Hkt: 1. Charmaine Walker (Plainfield, NJ) 8.33, 2. Nicole Hoxie (Riverside, CA) 8.35, 3. Roxanne Woodley (Can Ajax) 8.65. 200: 1. Kinshasa Davis (Yorba Linda, CA) 23.83, 2. Crystal Cox (Fayetteville, NC) 24.43, 3. Angela Williams (Chino, CA) 24.51. 400: 1. Theodoesha Rivers (Moreno Valley, CA) 54.40, 2. Mikele Barber (Montclair, NJ) 55.32, 3. Promise Mose (Richmond, VA) 55.69. Mile: 1. Julie Stamps (Santa Rosa, CA) 4:46.31, 2. Kristen Gordon (Alamo, CA) 4:58.00, 3. Mary Unsworth (Burlington, Can) 5:00.00. 4x200m Relay: 1. Long Beach Wilson 1:37.17, 2. St. Bernard 1:37.50, 3. William Penn 1:39.44. 4x400m Relay: 1. Long Beach Wilson 3:42.47 (high school record), 2. William Penn 3:45.07, 3. Oxon Hill 3:48.77. 1600 Medley: 1. William Penn 3:56.67, 2. Speed City (Long Beach, CA) 3:57.53, 3. St. Bernard, NJ 4:02.90. Distance Medley: 1. Carondelet (CA) 12:00.70, 2. Thomas Jefferson (VA) 12:03.31, 3. Columbia 12:06.79. ♦

From Mike Eisesser John Muir High School Boys Team Relay Splits (Manual timing splits courtesy of Doug Speck and Muir coach Clyde Turner)	
<b>Sprint Medley Relay</b>	
Marquis Thomas (Jr)	22.2+
Sulton McCullough (Jr)	21.2+
Jucorie Tryon (Sr)	49.6+
Obea Moore (Sr)	<u>1:51.9+</u>
HS Indoor Record	3:24.68
<b>4x200 Relay</b>	
Tryon	22.3+
McCullough	21.7+
Thomas	22.2+
Moore	<u>20.9+</u>
HS Indoor Record	1:27.34
<b>4x400 Relay</b>	
Tryon	48.80
McCullough	49.5
Shaheed McCullough (Sr)	48.89
Moore	<u>46.6</u>
	3:13.68



# PREP RESULTS

## First Chance Meet

March 14, 1997, Ratcliffe Stadium, Fresno.

### Boys Events

#### 100 Meters

1. Sams (Edison) 10.63
2. Holland (Edison) 10.82
3. Armstrong (McLane) 11.11

#### 200 Meters

1. Holland (Edison) 22.09
2. Estes (Roosevelt) 22.32
3. Alexander (Edison) 22.51

#### 400 Meters

1. Harris (Edison) 50.41
2. Domenid (Buchanan) 52.20
3. Wells (McLane) 52.46

#### 800 Meters

1. Smithart (Buchanan) 2:02.35
2. Harrison (Hoover) 2:05.22
3. Robinson (Fresno) 2:06.11

#### 1,600 Meters

1. Kasahun (Fresno) 4:25.09
2. Gill (Madera) 4:29.30
3. Pestorich (Clovis West) 4:33.04

#### 3,200 Meters

1. Kasahun (Fresno) 9:18.80
2. Mendoza (McLane) 10:02.80
3. Alcom (Clovis West) 10:08.70

#### High Meter Hurdles

1. Bodganof (Buchanan) 14.86
2. Ratzlaff (Clovis West) 16.02
3. Morales (Sierra) 17.78

#### 300 Meter Hurdles

1. Bodganof (Buchanan) 39.90
2. Ratzlaff (Clovis West) 42.20
3. Wells (McLane) 43.19

#### 4x100 Meter Relay

1. Edison 41.30
2. McLane 44.00
3. Bullard 44.41

#### 4x400 Meter Relay

1. Edison 3:29.51
2. Buchanan 3:36.80
3. McLane 3:39.26

#### High Jump

1. Alfara (Buchanan) 6-02.5
2. Van Allen (Madera) 6-01
3. Halford (Edison) 5-08.5

#### Pole Vault

1. Macedo (Reedley) 12-06
2. Schneider (Bullard) 12-00
3. Largent (Buchanan) 11-06

#### Long Jump

1. Armstrong (McLane) 21-00
2. Bader (Clovis West) 19-10
3. Bou (McLane) 19-08.5

#### Triple Jump

1. Bou (McLane) 42-08.5
2. Manning (Reedley) 42-00.5
3. Yee (Bullard) 40-07

#### Shot Put

1. Rangles (Buchanan) 47-09.75
2. Cusak (Buchanan) 46-04.5
3. Robinson (Sierra) 45-08.25

#### Discus

1. Johnson (Fresno) 157-06
2. Guidry (Clovis West) 143-10
3. Robinson (Sierra) 142-02

#### Girls Events

##### 100 Meters

1. D. Marshall (Edison) 12.87
2. P. Marshall (Edison) 12.94
3. Sharp (Edison) 13.15

##### 200 Meters

1. Cameron (Edison) 26.45
2. D. Marshall (Edison) 26.87
3. P. Marshall (Edison) 27.07

##### 400 Meters

1. Cameron (Edison) 60.10
2. Woods (Bullard) 61.00
3. Atkins (Buchanan) 61.79

##### 800 Meters

1. Russler (Clovis West) 2:29.49
2. Robles (Bullard) 2:30.81
3. Palacios (Clovis West) 2:30.99

##### 1,600 Meters

1. Lasson (Clovis West) 5:10.54
2. Kinder (Bullard) 5:17.32
3. Loftus (Buchanan) 5:33.70

##### 3,200 Meters

1. Ruiz (Reedley) 11:39.97
2. Toler (Clovis West) 11:40.30
3. Keller (Buchanan) 11:47.20

##### Hurdles

1. Bauer (Buchanan) 17.92
2. Hall (Clovis West) 18.04
3. Barth (Sierra) 18.10

##### 300 Meter Hurdles

1. Bauer (Buchanan) 47.86
2. Parish (Bullard) 52.20
3. West (Madera) 50.40

##### 4x400 Meter Relay

1. Edison 50.45
2. Clovis West 51.01
3. Bullard 52.18

##### 4x400 Meter Relay

1. Clovis West 4:04.48
2. Buchanan 4:12.06
3. Edison 4:14.85

##### High Jump

1. Roberts (Bullard) 5-04
2. Fossen (Reedley) 5-00.5
3. Boothe (Buchanan) 4-11

##### Pole Vault

1. Mosely (Buchanan) 9-00
2. Coutreras (Roosevelt) 8-06
3. Martin (Reedley) 7-06

##### Long Jump

1. Home (Clovis West) 17-01.5
2. Barsoon (Reedley) 16-08.75
3. Roberts (Bullard) 16-03.75

#### Triple Jump

1. Home (Clovis West) 34-10
2. Roberts (Bullard) 34-06.5
3. Bass (Clovis West) 33-06.5

#### Shot Put

1. Smith (Madera) 38-00.5
2. Canfield (Edison) 36-10
3. J. Bryant (Bullard) 35-11.5

#### Discus

1. Scheller (Sierra) 137-02
2. Barnes (Clovis West) 133-00
3. Parks (Buchanan) 112-11

## Wildcat Invitational

March 15, 1997, Taft, California

From: ddennis@lightspeed.net

#### Girls Events

##### 100m Low Hurdles

1. Dee Scott (South Bakersfield HS) 15.79; 2. Jenna Plumley (Stockdale HS) 17.83; 3. Danna Judd (Centennial HS) 17.84;

##### 400m Dash

1. Bo Elade (Foothill HS) 12.26; 2. Halima Ducree (Foothill HS) 12.29; 3. Tiffany Bennett (Centennial HS) 12.87;

##### 1600m Run

1. Tracy Cohn (Stockdale HS) 5:06.23; 2. Veronica Sanchez (Wasco HS) 5:22.28; 3. Briane Barber (Centennial HS) 5:23.23;

##### 400m Dash

1. Michelle Boughton (Centennial HS) 59.55; 2. Amber Newstone (Stockdale HS) 1:01.54; 3. Charlotte Magsby (West Bakersfield HS) 1:03.23; 3. Jeanine Banner (Foothill HS) 1:03.23;

##### 800m Run

1. Tracy Cohn (Stockdale HS) 2:20.64; 2. Nikk Salcido (Taft Union HS) 2:26.22; 3. Veronica Sanchez (Wasco HS) 2:26.42;

##### 300m Low Hurdles

1. Danna Judd (Centennial HS) 50.44; 2. Rochelle Cockerel (South Bakersfield HS) 50.97; 3. Nikk Miller (North Bakersfield HS) 51.82;

##### 200m Dash

1. Bo Elade (Foothill HS) 25.18; 2. Tiffany Bennett (Centennial HS) 26.04; 3. Misty Coston (South Bakersfield HS) 26.47;

##### 3200m Run

1. Tracy Bowling (Taft Union HS) 12:06.47; 2. Jessica Hacker (Taft Union HS) 12:25.48; 3. Veronica Morgado (Wasco HS) 12:27.85;

##### 1600m Relay

1. (Foothill HS) 4:07.99; 2. (Stockdale HS) 4:09.97; 3. (South Bakersfield HS) 4:18.40;

##### Shot Put

1. April Burton (Bakersfield HS) 41-03.25; 2. Danni Lara (North Bakersfield HS) 35-08.5; 3. Mandy Clark (Bakersfield HS) 34-08.75;

##### Discus

1. April Burton (Bakersfield HS) 122-02.5; 2.

- Danni Lara (North Bakersfield HS) 113-04.75;
3. Aubri Preslar (Ridgeview HS) 112-05.75;

##### Long Jump

1. Tosha Thomas (Bakersfield HS) 16-07.0; 2. Dee Scott (South Bakersfield HS) 16-02.0; 3. Dashmeire Ward (Ridgeview HS) 16-00.0;

##### Triple Jump

1. Tosha Thomas (Bakersfield HS) 35-00.0; 2. Dashmeire Ward (Ridgeview HS) 34-06.0; 3. Tisha Gonzalez (South Bakersfield HS) 33-00.0;

##### Pole Vault

1. Jenna Lazerini (Garces Memorial HS) 5-04.0; 2. Lydia Brown (Shafter HS) 4-09.0; 3. Sara Powell (North Bakersfield HS) 4-06.0

##### Boy's Events

1. Joy Hess (Taft Union HS) 8-00.0; 2.

- Stephanie Emerson (Stockdale HS) 7-00.0; 2. Melissa Powers (North Bakersfield HS) 7-00.0; 3. Holly Caprio (North Bakersfield HS) 7-00.0;

##### 3000m Steeplechase

1. Nathan Lewis (Shafter HS) 10:44.12; 2. Alex Gomez (Shafter HS) 10:47.73; 3. Jose Tamayo (South Bakersfield HS) 10:54.37;

##### 110m High Hurdles

1. Kevin Carter (South Bakersfield HS) 14.86; 2. Rashaad Jennings (Bakersfield HS) 15.49; 3. Scott Uhler (Garces Memorial HS) 16.29;

##### 100m Dash

1. Sean Taylor (Centennial HS) 11.09; 2. D.J. McCoy (Bakersfield HS) 11.11; 3. Shawn Jones (Tulare Western) 11.21;

##### 400m Relay

1. (Tulare Western) 43.55; 2. (Centennial HS) 43.59; 3. (Bakersfield HS) 44.38;

##### 1600m Run

1. James Sabin (North Bakersfield HS) 4:40.63; 2. Matt Newfeld (Shafter HS) 4:40.86; 3. Omar Garcia (Wasco HS) 4:43.69;

##### 400m Dash

1. Jason Howard (Ridgeview HS) 50.26; 2. Nate Huggins (Bakersfield HS) 50.45; 3. Glenn Jennings (Taft Union HS) 51.07;

##### 800m Run

1. Robert Green (South Bakersfield HS) 2:02.00; 2. Luis Olivares (Centennial HS) 2:03.02; 3. Reggie Gridron (Ridgeview HS) 2:05.93;

##### 300m Int. Hurdles

1. Kevin Carter (South Bakersfield HS) 40.15; 2. Travis Kinney (Taft Union HS) 42.29; 3. Del Boyer (South Bakersfield HS) 42.78;

##### 200m Dash

1. Brian Grant (Ridgeview HS) 22.43; 2. D.J. McCoy (Bakersfield HS) 22.73; 3. Chuck Jackson (Centennial HS) 22.83;

##### 3200m Run

1. James Manderson (Stockdale HS) 10:17.80; 2. Ryan Suburu (Ridgeview HS) 10:23.68; 3. Josh Farley (North Bakersfield HS) 10:31.90;



# PREP RESULTS

## Discus Throw

- Nancy Root (Santa Rosa) 111-4 1/2
- Jennifer Santos (Los Altos) 111-1

## Golden West HS Invitational

March 22, 1997: Sunkist Stadium, Visalia, CA  
from Larry Lung

### Girl's Events

#### Team Scores

- Mt. Whitney 112, 2. Golden West 95, 3. Lemoore 78.5, 4. Reedley 57, 5. Porterville 46, 6. Golden Valley 35, 7. Hanford 30, 8. Shafter 24, 9. Monache 22, 10. Redwood 19, 10. Wasco 19, 12. Corcoran 13.5, 13. Delano 13, 14. CVC 12, 15. Tulare 8, 100 Meters.

- M. Jones (Lemoore) 12.5
- N. Avery (Lemoore) 12.8
- K. Green (Mt. Whitney) 13.0

#### 400 Meters

- L. Harris (Wasco) 60.2
- A. Esquivel (Mt. Whitney) 61.5
- C. Driscoll (Golden West) 61.7
- A. Cochran (Porterville) 61.7

#### 800 Meters

- J. Navarrete (Mt. Whitney) 2:26.3
- S. Esquivel (Mt. Whitney) 2:26.7
- J. Mathews (Golden West) 2:29.0

#### 1,600 Meters

- A. Ruiz (Reedley) 5:36.7
- M. Morgudo (Wasco) 5:42.6
- Hannah Sellers (CVC) 5:43.7

#### 3,200 Meters

- A. Ruiz (Reedley) 11:50.3
- M. Brambila (Monache) 12:11.2
- H. Sellers (CVC) 12:25.6

#### 100 Meter Hurdles

- A. Karlea (Mt. Whitney) 16.4
- B. Lankard (Golden West) 16.5
- R. Coker (Golden West) 17.7

#### 300 Meter Hurdles

- C. Wong (Mt. Whitney) 48.5
- R. Schafer (Delano) 51.6
- A. Karlea (Mt. Whitney) 51.6

#### 4x100 Meter Relay

- Lemoore 49.4 MEET RECORD
- Porterville 51.3
- Mt. Whitney 51.5

#### 4x400 Meter Relay

- Lemoore 4:07.1 MEET RECORD
- Mt. Whitney 4:12.0
- Porterville 4:14.3

#### High Jump

- L. McGinney (Hanford) 5-02
- N. Avery (Lemoore) 5-02
- K. Dunn (Golden Valley) 4-10

#### Pole Vault

- B. Lankard (Golden West) 12-00

#### MEET RECORD

- C. Williamson (Lemoore) 9-0
- S. Goshell (Golden Valley) 8-6
- Long Jump
- J. Ramos (Mt. Whitney) 16-04.75

- A. Fossen (Reedley) 15-02.25
- C. Driscoll (Golden West) 14-11.25

#### Triple Jump

- L. Taylor (Lemoore) 34-04.75
- J. Ramos (Mt. Whitney) 34-02.5
- A. Cochran (Porterville) 32-09.75

#### Shot Put

- J. Burley (Golden Valley) 36-03.25
- M. Perry (Porterville) 34-05
- O. Vasquez (Redwood) 32-09

#### Discus

- K. Powell (Mt. Whitney) 126-05
- C. Burgin (Reedley) 115-05
- J. Edwards (Lemoore) 101-07

#### Boy's Events

##### Team Scores

- Golden Valley 120, 2. Golden West 80.5, 3. Redwood 67, 4. Lemoore 59.5, 5. Porterville 54, 6. Hanford 36.5, 7. Mt. Whitney 33, 8. Monache 26, 9. Wasco 25, 10. Delano 22, 11. Reedley 19.5, 12. Tulare 13, 13. Corcoran 12, 14. Shafter 10, 100 Meters

- S. Turner (Lemoore) 10.6
- M. Parades (Corcoran) 11.0
- D. Marshall (Lemoore) 11.1

#### 400 Meters

- Eddie Levine (Golden Valley) 46.8
- K. Sengone (Porterville) 53.6
- D. Hayes (Wasco) 53.7

#### 800 Meters

- James Levine (Golden Valley) 1:53.7

#### MEET & STADIUM RECORD

- K. Sengone (Porterville) 53.6
- D. Hayes (Wasco) 53.7
- James Levine (Golden Valley) 1:53.7

#### MEET RECORD

- M. Taniaka (Golden West) 1:58.2
- J. Miramontes (Golden Valley) 1:58.7
- 1,600 Meters
- J. Miramontes (Golden Valley) 4:20.5

#### MEET RECORD

- J. Chavira (Hanford) 4:21.9
- M. Duma (Mt. Whitney) 4:22.6
- 3,200 Meters
- N. Nelson (Redwood) 9:23.6

#### MEET RECORD

- J. Chavira (Hanford) 9:38.0
- E. Aguilar (Porterville) 9:58.1
- 110 Meter Hurdles
- C. McClure (Golden West) 15.2

- S. Zschan (Mt. Whitney) 15.4
- J. Starling (Mt. Whitney) 15.5
- 300 Meter Hurdles
- James Levine (Golden Valley) 39.4

- C. McClure (Golden West) 40.5
- M. Rosales (Golden West) 42.1
- 4x100 Meter Relay
- Golden Valley 42.8

- Lemoore 43.6
- Redwood 45.0
- 4x400 Meter Relay
- Golden Valley 3:23.6

- Golden West 3:32.7
- Delano 3:36.3

#### High Jump

- M. Bacon (Reedley) 6-06.25
- M. Unzueta (Lemoore) 6-0
- J. Starling (Mt. Whitney) 5-10

#### Pole Vault

- M. Unzueta (Lemoore) 15-07
- MEET RECORD
- S. Benson (Golden West) 14-00
- A. Giovanetti (Lemoore) 13-06

#### Long Jump

- B. Kyle (Golden Valley) 20-00
- F. Armstrong (Golden Valley) 19-11.5
- N. Williams (Redwood) 19-08

#### Triple Jump

- R. Hightower (Wasco) 42-07
- R. Wooley (Redwood) 41-03
- J. Broussard (Wasco) 40-07

#### Shot Put

- S. Gunnin (Golden Valley) 48-09.5
- R. Jobe (Porterville) 47-07
- T. Jack (Golden West) 45-05.5

#### Discus

- M. Crisp (Redwood) 147-01
- J. Murdock (Golden Valley) 137-07
- C. Banuelos (Monache) 133-06

## Easter TF Classic

March 26, 1997: Sanger, CA. From Dave Dodson

### Boys Events

#### 100 Meters

##### (no wind info.)

- Tierre Sams (Edison) 10.75
- DJ McCoy (Bakersfield) 11.18
- Kim Johnson (Hoover) 11.30

#### 3,200 Meter Run

- Noel Nelson (Redwood) 9:21.65
- Jose Perezchica (McFarland) 9:30.35
- Erik Aguilar (Porterville) 9:31.30

#### 110 Meter Hurdles

##### (no wind info.)

- Kevin Carter (South) 14.38
- Tim Bodganof (Buchanan) 14.65
- Rashad Jennings (Bakersfield) 15.06

#### 300 Meter Hurdles

- Nick Ray (Ridgeview) 37.95
- Kevin Carter (South) 38.84
- Tim Bodganof (Buchanan) 38.95

#### 400 Meter Relay

- Edison 41.56
- South Bakersfield 43.32
- Tulare Western 43.95

#### 800 Meter Relay

- Bakersfield 1:31.42
- South Bakersfield 1:31.76
- Sanger 1:32.26

#### 1,600 Meter Relay

- Ridgeview 3:17.48
- South Bakersfield 3:21.62
- Clovis 3:23.65

#### 3,200 Meter Relay

- Tulare Union 8:13.22
- Centennial 8:13.80
- Golden West 8:20.52

#### 6,400 Meter Relay

- McFarland 18:17.05
- Madera 18:20.64
- MCLane 18:49.90

#### High Jump

- Jason Howard (Ridgeview) 6-08
- Myles Bacon (Reedley) 6-06
- Mike Garner (Tulare Western) 6-04

#### Pole Vault

- Mark Unzueta (Lemoore) 15-00
- Matt Besmer (Clovis) 13-09
- Adam Giovanetti (Lemoore) 13-00

#### Long Jump

- Marcel Armstrong (MCLane) 22-04
- CJ Nakayama (Clovis) 22-02
- Jerry Wells (South) 21-06.5

#### Triple Jump

- Rashaad Jennings (Bakersfield) 44-04.25
- Ryan Hightower (Wasco) 43-10.75
- Joseph Mealy (Selma) 42-11.25

#### Shot Put

- Van Mounts (Bakersfield) 62-03
- Joe Cisneros (Highland) 51-11.5
- Rodney Leslie (Ridgeview) 51-08.25

#### Discus

- Van Mounts (Bakersfield) 179-00
- Jeff Boadie (Highland) 171-01
- Freddie Johnson (Highland) 162-07

### Girls Events

#### 100 Meters

- Tiffany Bennett (Centennial) 12.78
- Desma Marshall (Edison) 12.93
- Renisha Sharp (Edison) 13.17

#### 3,200 Meters

- Kristin Fairley (Clovis) 11:38.17
- Laura Davis (McFarland) 11:43.62
- Angela Ruiz (Reedley) 11:43.65

#### 100 Meter Hurdles

- Dee Scott (South) 15.68
- Arris Burrell (Clovis) 16.19
- Cindy Wong (Mt. Whitney) 16.54

#### 300 Meter Hurdles

- Dee Scott (South) 46.25
- Cyndy Wong (Mt. Whitney) 48.02
- Krissy Prandni (Clovis) 48.47

#### 400 Meter Relay

- Edison 49.47
- South Bakersfield 50.16
- Clovis West 50.89

#### 800 Meter Relay

- Edison 1:44.83
- Clovis West 1:47.56
- South Bakersfield 1:48.48

#### 1,600 Meter Relay

- Edison 4:04.38
- Clovis 4:07.78
- Porterville 4:08.65

#### 3,200 Meter Relay

- Clovis West 10:02.3
- Mt. Whitney 10:05.4
- Clovis 10:05.9

#### High Jump

- Jenna Lazerini (Garces) 5-04

# PREP RESULTS

2. Joy Nelson (Clovis) 5-02  
3. Erin Booth (Buchanan) 4-10
- Pole Vault**
- Brooke Lankard (Golden West) 11-09
  - Kyla Pavlina (Kingsburg) 10-00
  - Stacy Dodson (Sanger) 9-06
- Long Jump**
- Janay Rames (Mt. Whitney) 19-09.75
  - Tosha Thomas (Bakersfield) 16-06.75
  - Suzanne Fagundes (Tulare W) 16-02.5
- Triple Jump**
- April Horne (Clovis West) 35-07.5
  - Stad Gorubec (Clovis) 35-07
  - Joy Nelson (Clovis) 34-11.25
- Shot Put**
- April Burton (Bakersfield) 40-04
  - Robin Schwamb (Selma) 39-02
  - Mandy Clark (Bakersfield) 36-06.5
- Discus**
- April Burton (Bakersfield) 152-07
  - Cecilia Barnes-Mileham (CIW) 129-10
  - Allison Parks (Buchanan) 126-02

## Pasadena Games High School Track and Field

March 28, 1997: Occidental College, Los Angeles, CA

From Doug Speck

Weather mild (started in 70's, dropped to low 60's by end of evening). No wind gauge for sprints, wind gauges used in long/triple jump areas that went same direction as sprints. All sprint and hurdle events judged wind legal.

**Meet Highlights**—Andrea Neipp (Highland, Palmdale) exploded nationally after 4:55 (1600m) and 10:45.9 (3200m) solo efforts in a dual and small invite. Here she blazed out in 5:07 and finished in 10:19.55 and then took a good 1600 at under 5:00. Always showing sparks of brilliance, Neipp obviously has put it together the spring portion of her senior year.

Kinshasa Davis (Wilson, Long Beach) spill athlete of meet award with Neipp for 11.67 (100m), 23.63 (200m), leg on winning 4x100 group, and busting open 4x400 with 52.9 second leg. Obea Moore led Muir (Pasadena) with 9.6 flying 100m anchor in the 40.68 400m relay group, came back with a 1:50.65 800m, then blazed 45.4 on the end of the 3:10.35 4x400 group. Muir's second relay group ran 41.24 behind the 40.68, undoubtedly the fastest two teams from the same school in the same meet in U.S. prep history. Scott Moser (Huntington Beach) who lofted a 206-2 DT on Thursday (Coach Tony Clarelli who developed the Newport Harbor weight teams the last few years is the new Huntington Beach FB and weight event coach) threw 192-02 here, a windless site. Dominique DeGrammant (Tustin) was impressive 13.74 (110mHH) and 36.79 (300mIH).

- Boys:**
- 100 Meters**  
(Inv)
- Sultan McCullough (Muir, Pasadena) 10.63
  - Justin Fargas (Notre Dame, Sherman Oaks) 10.89.
- (Open-1)**
- DeAngelo Steward-Holmes (Muir) 11.00. (Fr/So)
  - Marshall Johnson (Santa Ana Valley) 11.11.
- 200 Meters**  
(Inv)
- Douglas (University City, San Diego) 22.33.
- 400 Meters**  
(Inv)
- Chris Forde (Notre Dame, SO) 48.85
  - Jones (Taft, Woodland Hills) 49.18
  - M. Appel (Ventura) 49.48
  - R. Whitson (Victor Valley) 49.54
  - T. Walton (Chino) 50.48.
- (Open)**
- C. Carlyle (Dorsey, LA) 49.18
  - L. Jones (Taft, WH) 49.89.
- 800 Meters**  
(Inv)
- Obea Moore (Muir, Pas) 1:50.65 (Meet Record)
  - Savant (Muir) 1:56.20
  - Cadogan (Rancho Cucamonga) 1:57.18
  - Singer (Santana, Santee) 1:57.50
  - Fleming (Fremont, LA) 1:57.52
  - Multe (North Hollywood) 1:59.04.
- 1600 Meters**
- Doug Hall (Flintridge Prep, La Canada) 4:22.85
  - P. Young (La Canada) 4:23.77
  - A. Benmohamed (Monroe, Van Nuys) 4:27.09
  - Jacob Geyer (Palmdale) 4:27.63
  - J. Manderson (Stockdale, Bakersf) 4:28.89
  - P. Multe (North Hollywood) 4:28.64
  - Ponce (Canyon, Canyon Country) 4:28.72
  - Castellon (West Covina) 4:29.20.
- 3200 Meters**
- Kasahun (Fresno) 9:17.59
  - Geyer (Palmdale) 9:29.26
  - Hipekind (Buena, Ventura) 9:33.07
  - Lopez (Belmont, LA) 9:34.30
  - Russell (Orange) 9:35.70
  - Murray (Santa Margarita, Rancho SM) 9:40.20
  - Leahy (Burbank) 9:42.91
  - Allén (El Modena, Orange) 9:44.52.
- 110 Meter Hurdles**
- DeGrammant (Tustin) 13.74
  - Thomas (Muir, Pas) 14.34
  - Ellis (Dorsey) 14.62
  - Dicus (El Modena, Or) 15.01
  - Miller (Scripps Ranch, SD) 15.06.
- (Open)**
- Reggie DePass (Mont San Diego) 14.44 (probably got to clerk to late to be in correct Inv race)
  - Kelly (Muir, Pas) 14.98.

- 300 Meters Hurdles**
- DeGrammant 37.69
  - DePass 38.07
  - J. Love (Rancho Cucamonga) 39.29
  - Dicus 39.85
  - Thomas (Muir) 40.56.
- (Open)**
- Coleman (Rancho Cucamonga) 39.70.
- 400 Meter Relay**  
(Inv)
- Muir (A) (Marquis Thomas (11), Sultan McCullough (11), Ricky Crockett (11), Obea Moore (12) 40.68
  - Muir (B) (DeAngelo Steward-Holmes, Devin Myrick, Jucorie Tryon, Shaheed McCullough) 41.24 (World High School Record for B team in same race))
  - Tustin 41.48
  - Notre Dame (SO) 41.70
  - Chino 42.07
  - University City (SD) 42.66
  - Taft (WH) 42.75.
- (Open)**
- Morningside (Inglewood) 43.82.
- 4x400 Meter Relay**  
(Inv)
- Muir (Pas) 3:10.35 (Moore 45.4 anchor)
  - Taft (WH) 3:17.35
  - Dorsey (LA) 3:18.82
  - Notre Dame (SO) 3:22.80
  - University City (SD) 3:27.48.
- (Open-1)**
- Rancho Cucamonga 3:23.44
  - Santa Margarita (RSM) 3:24.88
  - Covina 3:25.41.
- (Open-2)**
- Marshall (Pas) 3:28.92.
- (Fr/So)**
- Morningside (Inglew) 3:26.66.
- Distance Medley Relay**
- Poly (Long Beach) 10:32.51
  - Santa Ana Valley 10:42.67.
- High Jump**
- Clinte Motley (Alta Loma) 6-6
  - Dellaad (Tustin) 6-4.
- Pole Vault**
- Luke Stokes (Edison, Hunt Bch) 14-07
  - Matt Sumner (Marina, HB) 14-00
  - Deone Whitaker (Rancho Cucamonga) 13-6.
- Long Jump**
- Jairus Ellis (Blair, Pasad) 23-10.5 (wind 0)
  - Clinte Motley (Alta Loma) 21-9.5 (+0.4).
- Triple Jump**  
(all wind legal)
- Motley 47-02
  - Marcus Carr (Palmdale) 45-04.75
  - Thomas Carter (Muir, Pas) 44-06.25.
- Shot Put**
- Jon O'Neil (Santa Margarita, RSM) 54-05.25
  - John Bello (Rancho Cucam) 54-01
  - Scott Moser (Hunt Bch) 50-07
  - Scott Wiegande (Arcadia) 49-09.75.

- Discus**
- Scott Moser (Hunt Bch) 192-02 (Meet Record)
  - John Bello (Rancho Cucam) 172-08
  - Ed Clarke (Newport Harbor) 158-01
  - Justin Johnson (Fresno) 156-07.
- Girls:**
- 100 Meters**  
(Inv)
- Kinshasa Davis (Wilson, LB) 11.79 (wind legal)
  - Latrice Borders (Wils, LB) 12.16
  - Tiffany Thompson (Notre Dame, SO) 12.25
  - Eboni Grayson (Taft, WH) 12.30
  - Regina Young (Muir, Pas) 12.47. (Open-1)
  - Janice Thomas (Dorsey, LA) 12.20
  - Michaun Irby (Marshall, Pas) 12.38
  - Marlene Perry-Bates (Victor Valley) 12.44
  - Bo Alade (Foothill, Bakersf) 12.55.
- (Open-2)**
- Deanna Saryn (Notre Dame Academy, LA) 12.45
  - R. Payne (Carson) 12.57.
- 200 Meters**  
(Inv)
- Davis 23.63
  - Borders 24.48
  - Thompson 24.75
  - Thomas 25.05
  - Alade 25.35
  - Irby 25.61
  - T. Holmes (Palmdale) 25.80. (Open)
  - J. Dix (Woodbridge, Inv) 25.28.
- 400 Meters**
- A.W. Dickson (Chino) 57.28
  - T. Smith (Taft, WH) 57.57
  - Bauonwu (Wilson, LB) 57.78
  - Allén (El Modena, Or) 59.88. (Open)
  - Hebritt (Santa Ana Valley) 58.83
  - Burton (Muir, Pas) 58.87.
- 800 Meters**  
(Inv)
- Gilderleeve (Wilson, LB) 2:15.40
  - Coffee (St. Bernard, PDR) 2:15.91
  - Lee Brazier (Wilson, LB) 2:18.45
  - Kim (Arcadia) 2:22.35. (Open)
  - Chan (Taft) 2:22.98.
- 1600 Meters**  
(Inv)
- A. Neipp (Highland, Palmdale) 4:56.78
  - T. Cohn (Stockdale, Bakers) 4:47.88
  - S. Ellis (La Canada) 4:58.95
  - K. Nuanes (Santa Margarita, Rancho SM) 5:03.18
  - J. Ott (University of San Diego) 5:08.32
  - J. Dahlberg (El Modena, Or) 5:13.49
  - S. Maude (La Canada) 5:14.53
  - S. Teymourli (Crescenta Valley, La Cres) 5:16.57.

# PREP RESULTS

- (Open)  
 1. Fleshman (Canyon, CC) 5:11.44  
 2. M. Peralta (South Gate) 5:14.67  
**3200 Meters**  
 1. Andrea Neipp (Highland, Palmdale) 10:19.55  
**(Meet Record)**  
 2. Lori Cladinto (University San Diego) 10:52.56  
 3. Jaymie Harper (Santana, Santee) 10:57.90  
 4. Kim Garnic (La Canada) 11:08.54  
 5. Mary Moore (Woodbridge, Irvine) 11:19.82  
 6. Kelly Grimes (Scripps Ranch, SD) 11:24.71  
 7. Sonia Teymour (Crescenta Valley, LC) 11:26.00  
 8. Rebecca Guerrero (Highland, Palmd) 11:27.05  
 9. Dani Rope (Santa Marg, RSM) 11:32.16  
 10. Emily McFarland (Scr Ranch, SD) 11:50.15  
**100 Meter Hurdles**  
 (Inv)

1. Amanda Shankin (Santa Marg, RSM) 14.62  
 2. Mia Davis (W Covina) 14.87  
 3. Khameil Fleming (Dorsey, LA) 14.93  
 4. Hunt (Westchester, LA) 15.06.  
**300 Meter Hurdles**  
 (Inv)  
 1. Francis Santin (Taft, WH) 44.04  
 2. Mia Davis (W Covina) 46.28  
 3. R. Dawkins (Muir, Pas) 46.50.  
 (open)

1. J. Wooton (Marina, HB) 47.34.  
**400 Meter Relay**  
 (Inv)  
 1. Wilson (LB) 46.76  
 2. Taft (WH) 47.66  
 3. Palmdale 47.77  
 4. Dorsey (LA) 47.78  
 5. Woodbridge (Inv) 48.39  
 6. Muir (Pas) 49.82  
 7. Chino 50.77.  
**4x400 Meter Relay**  
 (Open-1)

1. Santa Margarita (Rancho SM) 3:55.78  
 2. Hamilton (LA) 4:02.78  
 3. Wilson (LB) (C) 4:04.67.  
 (Open-2)

1. Wilson (B) 3:55.78  
 2. Stockdale (Bakersf) 4:02.78  
 3. Notre Dame (SO) 4:04.67.  
 (Inv)

1. Wilson (LB) 3:43.79 (Davis 52.9 second leg)  
 2. Taft (WH) 3:54.77  
 3. Dorsey (LA) 3:54.99  
 4. Muir (Pas) 3:59.02  
 5. Woodbridge (Inv) 4:03.66.  
**Distance Medley Relay**

1. University of San Diego HS 12:23.48  
 2. Poly (LB) 12:29.24  
 3. Woodbridge (Inv) 13:02.36.  
**High Jump**

1. Malke (Marymount, LA) 5-03  
 2. Crystal Givens (Wilson, LB) 5-02  
 3. Mia Jones (Dorsey, LA) 5-02.  
**Pole Vault**

1. Bridgette Pearson (Hoover, Glend) 11-04

2. Katie Florem (Marina, HB) 10-06  
 3. Serina Bevins (Rancho Cucamonga) 9-06.  
**Long Jump**  
 1. Chakwan Turner (Wilson, LB) 17-10 (+0.3)  
 2. Angela Williams (Chino) 17-01.75 (0)  
 3. Natalie Shorter (Dorsey, LA) 16-08 (+0.6).  
**Triple Jump**  
 1. Amanda Shankin (Santa Margarita, RSM) 36-04.75 (0 wind)  
 2. Jennifer Wooton (Marina, HB) 35-06 (0)  
 3. Ednisha Curry (Palmdale) 34-06.25 (0).  
**Shot Put**  
 1. Danni Lara (North Bakersfield) 36-04.75  
 2. Megan Kessler (Arcadia) 36-03.75  
 3. Angela Foeter (Ventura) 35-06.5.  
**Discus**  
 1. Danni Lara (North Bakersfield) 115-02  
 2. Megan Kessler (Arcadia) 113-02  
 3. Nalyna Vidato (Alhambra) 112-06.

## Stanford Invitational High School

**Boys' Results**  
 March 22, 1997, Stanford, CA. From Peter G. Guerrini, Track-on-a-Mac, MacCross Country, MacCathlon  
 Meet Management for the Macintosh since 1987. E-mail: pete@netdex.com  
 R=Meet record mark. All marks subject to verification.

- Boys**  
**100 Meter Dash**  
 1. Andre Ammons Skyline HS 10.77  
 2. Aaron Bryant Wilcox HS 10.84  
 3. Cornell Coleman Logan HS 10.89  
 4. Darin Carter Santa Rosa HS 11.18  
 5. Chris Vivit N. Monterey County 11.22  
 6. Kam Jones Napa HS 11.24  
 7. Kyle Murrell Menlo-Atherton 11.29  
 8. JW Smith Skyline HS 11.29

- 110 Meter Hurdles**  
 1. Arend Watkins Silver Creek HS 14.36  
 2. Rich Nero St. Mary's Berkeley 14.96  
 3. Derek Seymour San Lor Vly HS 15.12  
 4. Tony Galaviz Gunderson HS 15.16  
 5. Tino Raliff McAteer HS 15.19  
 6. Thomas Hooker Silver Creek HS 15.28  
 7. Ryan Travaille Carmel HS 15.35  
 8. Jason Andrews Ran Cotate HS 15.37

- 400 Meter Dash**  
 1. Tim Brown McClymnds HS 0:47.31 R  
 2. Tony Berrian Atwater HS 0:47.33 R  
 3. Jelani Hogg Flordan HS 0:48.43  
 4. Jason White Milpitas HS 0:49.77  
 5. Jason Andrews Ran Cotate HS 0:49.87  
 6. Kwamin Taylor St. Mary's B 0:49.98  
 7. Brian Carson Gunn HS 0:50.09  
 8. Shaun Ross Logan HS 0:50.61

- 400 Meter Hurdles**  
 1. Jason Andrews RanCotate 0:54.48  
 2. Guy McGowan Leigh HS 0:58.02  
 3. Ryan Travaille Carmel HS 0:58.31  
 4. Andy Ratzlaff Clovis West HS 0:58.43

- 5 Unknown 0:59.41  
 5 Arnold Tedrow Mission SJ 0:59.41  
**One Mile Run**  
 1. Jon Stevens Mission SJ 4:20.43  
 2. Peter Carter Los Gatos HS 4:21.67  
 3. Mike Altieri Jesuit HS 4:25.44  
 4. Ryan Wade Central Vly HS 4:27.19  
 5. Jake Bouey Bishop O'Dowd 4:27.75  
 6. Steve Dundas Tracy HS 4:28.03  
 7. Eric Rastler Gunderson HS 4:30.05  
 8. Geoff Fleming Roseville HS 4:32.10  
 9. Mike Arp St. Mary's Berk 4:33.07  
 10. Gary Passanisi Aptos HS 4:33.56

- 3000 Meter Run**  
 1. Rhy Reynolds Newport HS 8:34.50 R  
 2. Dave Rodriguez Mission SJ 8:38.51  
 3. Brendan Fitzgibbon St Ig 8:40.32  
 4. Gary Passanisi Aptos HS 8:42.78  
 5. Geoff Fleming Roseville HS 8:42.93  
 6. Brian Cooke Burlingame HS 8:45.53  
 7. Brad Hansen St Ignatius 8:47.22  
 8. Jon Welsh Jesuit HS 8:57.76  
 9. Brian Henstorf Amador Vly HS 8:58.46  
 10. Andrew Hill Los Altos HS 8:59.51

- 4x100 Meter Relay**  
 1 Logan HS 43.18  
 2 Menlo HS 43.36  
 3 A. A. Stagg HS 43.61  
 4 Del Mar HS 43.64  
 5 Archbishop Riordan HS 43.79  
 6 N. Monterey County 44.01

- 4x400 Meter Relay**  
 1 St. Mary's Berkeley 3:20.83  
 2 Skyline HS 3:26.21  
 3 A. A. Stagg HS 3:29.24  
 4 Gunderson HS 3:29.64  
 5 Atwater HS 3:29.86  
 6 St Francis 3:29.95  
 7 Florin HS 3:30.46  
 8 N. Monterey County 3:31.09

- Distance Medley Relay**  
 1 Mission San Jose HS 10:26.50 R  
 2 Nevada Union HS 10:31.15  
 3 Logan HS 10:43.96  
 4 Florin HS 10:45.76  
 5 Silver Creek HS 10:46.87  
 6 Granada HS 10:49.65  
 7 St Francis 10:51.60  
 8 Skyline HS 10:59.30

- Discus**  
 1 John Badovinac Jesuit 178'08" (54.46m)  
 2 Rocco Doria AmVly HS 155'04" (47.35m)  
 3 Brent Bower Gunn HS 50'06" (45.87m)  
 4 Adam Sanborn SLorVly HS 150'00" (45.72m)  
 5 Mike Foulth Del Mar HS 145'07" (44.37m)  
 6 Greg Dickey Atwater HS 145'00" (44.20m)  
 7 Steve Parker McAteer HS 144'05" (44.02m)  
 8 Rusty Price Atwater HS 143'00" (43.59m)

- High Jump**  
 1 Darren Marble Los Altos 6'04.00" (1.93m)  
 2 Ben Cook Carmel HS 6'02.00" (1.88m)  
 3 John Darcy Serra HS 6'02.00" (1.88m)  
 4 Nic Munroe Sheldon HS 6'02.00" (1.88m)

- 5 David Esparza S Rosa HS 6'02.00" (1.88m)  
 6 Brian Auch Cupertino HS6'00.00" (1.83m)  
 6 Cisco Narewski King City 6'00.00" (1.83m)  
 6 Jerriod Mack St. MBerk 6'00.00" (1.83m)  
 6 Tim Kelly St. Mary's HS 6'00.00" (1.83m)  
 10 Thos Messier King City 6'00.00" (1.83m)  
 10 Chris Smith St. M 6'00.00" (1.83m)

- Long Jump**  
 1 William Nero Menlo-Ath 22'04.50" (6.82m)  
 Kenny Pearson Stagg HS 22'01.50" (6.74m)  
 3 Card Foreman Eurka 21'02.50" (6.46m)  
 4 Steve Barkin Gunn HS 21'02.00" (6.45m)  
 5 Greg Fisher N. MontCo 20'10.50" (6.36m)  
 6 Mike Whitaker Cuper HS 20'09.75" (6.34m)  
 7 Thos Hendicks Log HS 20'09.25" (6.33m)  
 8 Jason Humphrey O'Dowd 20'09.00" (6.32m)

- Pole Vault**  
 1 Steve Harris Del Mar HS 16'00.25" R (4.88m)  
 2 Conor Riley St Fran, Mt V13'06.00" (4.11m)  
 3 Joe Forbes Stagg HS 13'00.00" (3.96m)  
 3 Rick Lechleitner Serra HS 13'00.00" (3.96m)  
 3 Forrest Wells King City 13'00.00" (3.96m)  
 6 Ben Foster AmadVly HS 12'00.25" (3.66m)  
 6 Bran. Braunstein NewMem 12'00.25" (3.66m)  
 8 David Getchel BurlHS 11'06.25" (3.51m)

- Shot Put**  
 1 Greg Dickey Atwater HS 55'11.00" (17.04m)  
 2 Steve Parke McAteer HS51'06.25" (15.70m)  
 3 John Badovinac Jesuit 51'03.00" (15.62m)  
 4 Rocco Doria AmadVly HS 50'09.25" (15.47m)  
 5 Rusty Price Atwater HS 50'02.75" (15.31m)  
 6 David Hukusic Drake HS 48'11.75" (14.93m)  
 7 Pete Bjorklund Los Altos 48'10.00" (14.88m)  
 8 Tim Snyder Gunn HS 4 48'02.75" (14.70m)

- Triple Jump**  
 1 William Nero Menlo-Ath 47'11.25" (14.61m)  
 2 Jerriod Mack St. M Berk 46'03.25" (14.10m)  
 3 Jason Humphrey O'Dowd44'01.25" (13.44m)  
 4 Greg Fisher N. Mont Co 43'10.50" (13.37m)  
 5 Fiston Bakumbu Logan 43'01.00" (13.13m)  
 6 Alex Shye Los Altos 42'11.50" (13.09m)  
 7 Jerry Preciado Stagg HS 42'11.00" (13.08m)  
 8 Mark Flowers Serra HS 42'06.75" (12.97m)

- Girls' Results**  
**100 Meter Dash**  
 1 Adrena Berry Logan HS 12.18  
 2 Enjoli Smith Gilroy HS 12.52  
 3 Shaka Taylor Logan HS 12.72  
 4 Nicole Sims Atwater HS 12.73  
 5 Tanesha Webb Wilcox HS 12.75  
 6 Cindy McGowan Leigh HS 12.97  
 7 Unknown 13.03  
 8 Shea Dahlberg HI Prep Acad 13.05

- 100 Meter Hurdles**  
 1 Nalasha Neal Logan 14.19 R  
 2 Lisa O'Reilly St. Mary's HS 14.81  
 3 Ebony White Tracy HS 15.41  
 4 Manoy Mazik Capuchino HS 15.45  
 5 Carrie McGraw Miss SJ HS 15.64  
 6 Rene Warner McAteer HS 15.68  
 7 Tiara Anderson West Valley 15.94  
 8 Kelly Watson Milpitas HS 16.02

# PREP RESULTS

## 400 Meter Dash

- 1 Senek Saavedra Encinal 0:55.96 R
- 2 Carla Estes Logan HS 0:55.71
- 3 Ryan Peters Skyline HS 0:57.23
- 4 Deanna Stratton Silver Creek HS 0:57.51
- 5 Damesha Craig Menlo HS 0:58.20
- 6 Stephanie Chavez Los Gatos HS 0:58.34
- 7 Monica VanWegen Amador Vly HS 0:58.48
- 8 Colleen Wrenn Palo Alto HS 0:59.18

## 400 Meter Hurdles

- 1 Carrie McGraw Miss SJ HS 1:02.52
- 2 Lisa O'Reilly St. Mary's HS 1:03.82
- 3 Unknown 1:06.56
- 4 Melissa Guanella Santa Rosa HS 1:06.63
- 5 Amber Martin West Hills 1:08.96
- 6 Lisa O'Conner Miss SJ HS 1:09.38
- 7 April Khara Palo Alto HS 1:09.39
- 8 BriAnne Cuncan Davis HS 1:09.84

## One Mile Run

- 1 Lindsay Hyatt Placer HS 5:02.22
- 2 Victoria Chang Kailua A.A. 5:06.15
- 3 Trina Cox Santa Rosa HS 5:07.33
- 4 Jenée Erickson West Valley 5:21.02
- 5 Randi Fee Placer HS 5:21.36
- 6 Katie Bernarding Drake HS 5:21.52
- 7 Serena Delaplace Westmont 5:22.41
- 8 Jeanne Fishback Los Gatos HS 5:23.88

## 3000 Meter Run

- 1 Julia Stamps S Rosa HS 09:40.03 R
- 2 Andrea Neipp Highland HS 09:46.20 R
- 3 Trina Cox Santa Rosa HS 10:04.35
- 4 Emill Lawson Clovis West HS 10:11.54
- 5 Anallia Martinez King City HS 10:38.12
- 6 Katie Martin Irvington HS 10:38.76
- 7 Tracy Bowling Taft Union HS 10:40.23
- 8 Rachel Guerrero Highland HS 10:51.44

## 4x100 Meter Relay Finals

- 1 Logan HS 46.63, 2 Encinal HS 49.30, 3 Skyline HS 49.54, 4 Gunn HS 50.48, 5 Silver Creek HS 50.69, 6 Logan HS 50.73, 7 Clovis West HS 50.99, 8 Eureka HS 51.60.

## 4x100 Meter Relay Trials

- 1 Logan HS 46.84, 2 Gunn HS 50.60, 3 Clovis West HS 51.20, 4 Alwater HS 51.84, 5 Palo Alto HS 51.95.

## Heal 2

- 1 Encinal HS 49.55, 2 Logan HS 50.76, 3 Milpitas HS 51.43, 4 Gilroy HS 51.99, 5 Capuchino HS 52.63.

## 4x400 Meter Relay

- 1 Logan HS 3:50.51 R, 2 Skyline HS 4:00.19, 3 Encinal HS 4:01.70, 4 Gunn HS 4:02.05, 5 Logan HS 4:05.63, 6 Los Gatos HS 4:06.55, 7 West Valley 4:11.00, 8 Gilroy HS 4:11.38, 9 Hawaii Prep Academy 4:11.89.

## Distance Medley Relay

- 1 Logan HS 12:29.79 R, 2 Mission San Jose HS 12:51.61 R, 3 Amador Valley HS 12:53.59, 4 West Hills 12:53.70, 5 Clovis West HS 12:56.12, 6 University HS 13:08.45, 7 Granada HS 13:10.34, 8 Taft Union HS

## Discus

- 1 Chaniqua Ross Lag Ck HS 159'04" R (48.56m)  
2 Amy Thiel Fremont Chri 146'02" R (44.55m)

- 3 Melissa Reis Logan HS 142'08" (43.48m)  
4 Cec Barnes-Mileham CIW 126'02" (38.46m)  
5 Kristin Bryden And HS 125'02" (38.15m)  
6 Nancy Root S Rosa HS 115'11" (36.33m)  
7 Sarah Lilly Johansen HS 107'08" (32.82m)  
8 Cinn Rackley Lag Crk 106'08" (32.51m)

## High Jump

- 1 Kim Stone York School 1.73'  
2 Nichole Hawkins Tracy HS 1.63'  
3 April Jackson WVly, Redding 1.63'  
4 Jenna Moscovic St. Mary's HS 1.57'  
5 Kibbi Bodden Logan HS 1.57'  
6 Amanda Townsend Logan HS 1.52'  
6 Cynthia Mahory Milpitas HS 1.52'  
8 Sandra Butler Gunderson HS 1.52'  
8 Susan Peck Gunn HS 1.52'

## Long Jump

- 1 Dominique Green Log HS 17'06.00" (5.38m)  
2 Beth Johnson Logan HS 17'07.50" (5.37m)  
3 Christine Chan Mt. View 17'06.00" (5.33m)  
4 Montigua Sargent Logan 17'00.00" (5.18m)  
5 Cheryl Williams St. Mary's 16'03.00" (4.95m)  
6 Elane Maes O'Dowd 16'02.50" (4.94m)  
7 Clara Johnson McAteer HS 6'01.75" (4.92m)  
8 April Home C West HS 16'00.50" (4.89m)

## Pole Vault

- 1 Maria Lopez New Mem 10'06.00" R (3.20m)  
2 Christa Epperly Nev Un 10'00.25" R (3.05m)  
3 Lindsay Sam Milty HS 08'00.00" (2.74m)  
4 Illea Erickson Logan HS 08'00.00" (2.74m)  
5 Lisa Hearne King City HS 08'06.00" (2.59m)  
5 Joy Hess Taft Union HS 08'06.00" (2.59m)  
7 Annie Grow Logan HS 08'06.00" (2.59m)  
8 Shall Pec-Crouse S Rosa 08'06.00" (2.59m)

## Shot Put

- 1 Chaniqua Ross LagCk 44'06.75" R (13.58m)  
2 Kristin Bryden Ander HS 41'00.50" (12.51m)  
3 Amy Thiel Frem Christ 37'01.00" (11.30m)  
4 Melissa Reis Logan HS 35'00.25" (10.67m)  
5 Shanah Keyes Gilroy 34'05.75" (10.51m)  
6 Theresa Hahn Granada 33'11.25" (10.34m)  
7 Roiya Farahbakhsh Aptos 3'03.25" (10.14m)  
8 Raquel Nardin Logan 33'01.75" (10.10m)
- Triple Jump**  
1 Beth Johnson Logan 35'03.00" (10.74m)  
2 Nikki Gillott N. Mont Co 35'01.00" (10.69m)  
3 Jenna Moscovic St. M 34'08.50" (10.58m)  
4 Jenipher Bass CI West 34'04.00" (10.46m)  
5 April Home CI West 34'02.75" (10.43m)

## 21st Annual West Valley College Relays

Saratoga, March 29, 1997.

By Keith Conning (Conning@aol.com)

The St. Ignatius (San Francisco) boys'

4x1600 team won in 17:56.33. The Carondelet (Concord) girls' 4x1600 team of senior Kerri Bock-Williams 5:35.8, junior Kelly Platanesi 5:35.6, sophomore Meghan Andrade 5:11.3, and senior Kristen Gordon 4:50.9, won in 21:13.54, the 26th all-time U.S., 6th all-time California, and 2nd all-time Northern California and North Coast Section.

The Lowell (San Francisco) 4x1600 team of senior Nydia Rivers 5:36.3, senior Susan Chou 5:12.2, sophomore Sopagna Eap 5:31.8, and junior Jenny Akana 4:56.6, placed second in 21:16.88, the 27th all-time U.S., 10th all-time California, 3rd all-time Northern California, and a San Francisco Section record.

The St. Ignatius (San Francisco) 4x1600 team of junior Katie Appenrodt 5:15.7, senior Eileen Grove 5:31.0, senior Stephanie Libien 5:23.0, and senior Marielle Schlueter 5:20.3, who was sick, placed third in 21:29.83. The Carondelet sprint medley team of junior Carolyn King, Katie Nash, Margaret Ewers, and senior Kristen Gordon (2:18+) won in 4:13.50.

## Boys

### Teams

1. Bellarmine 24, 2. North Monterey County and Mission San Jose 23, 4. Del Mar and Milpitas 20, 6. Oak Grove 19, 7. St. Ignatius 18, 8. King City 17, 9. Silver Creek and Menlo-Atherton 14, 100 Meters (Combined heats)  
1. Steve Harris 12 (Del Mar)10.85  
2. Aaron Bryant 11 (Wilcox)10.87  
3. Kenny Slaton 12 (Oak Grove)10.93  
4. Casey LeBlanc 11 (Bellarmine)11.08  
5. Chris Vinik 12 (NMontCo)11.18  
1500  
1. Jon Stevens 11 (Mission San Jose)4:04.38  
2. Leo Balderas 11 (Silver Creek)4:07.15  
3. Gary Passanisi 11 (Aptos)4:08.17  
4. Cuco Chavez 11 (Hollister)4:09.25

- 110 Meter High Hurdles  
1. Arend Watkins 12 (Silver Creek)14.28  
2. Guy McGowan 11 (Leigh)14.58  
3. Maitua Mauga 12 (Independence)14.74  
4. Derek Seymour 12 (San Lorenzo Valley)15.17  
5. Thomas Hocker 11 (SilvCr)15.21

- 4x100  
1. Oak Grove (Eric Nikish 11, Chris Lacy 12, Kenny Slaton 12, Ross Martin 12) 42.81  
2. St. Francis (Ronald Nunn 9, Jeff Endaya 10, Spencer Elliott 12) 42.87  
3. Milpitas 43.52  
4. Menlo-Atherton 43.54  
5. North Monterey County 43.56

### 4x1600

1. St. Ignatius 17:56.33

### High Jump

1. Narewicz (King City) 6-6  
2. Marble (Los Altos) 6-6

### Long Jump

1. William Nero 12 (Menlo-Atherton) 23-1 1/2  
2. Nealy (Yerba Buena) 22-10 1/2

### Girls

### Teams

1. Carondelet 48, 2. St. Ignatius 26.40, 3. Lowell 26, 4. Mission San Jose 17, 5. Milpitas 15, 6. Los Gatos 14, 7. Los Altos 13.20, 8. North Salinas 11.50, 9. San Lorenzo 11, 10. Fremont Christian 10, 100 Meters

1. Anita McCullum 10 (San Lorenzo) 12.25  
2. Enjol Smith 12 (Gilroy) 12.32  
3. Sah-nee Roseby 08 (North Salinas) 12.34  
4. Aisha Margain 09 (San Lorenzo) 12.37  
5. Jasmine Washington 10 (St. Ignatius) 12.49  
1500  
1. Susan Chou 12 (Lowell) 4:50.36  
2. Hotchkiss (Mission San Jose) 4:53.40  
3. Katie Martin 10 (Irvington) 4:54.90  
4. Portley 11 (Aragon) 4:57.43  
5. Ana Lilia Martinez 11 (King City) 4:58.47

- 100 Meter High Hurdles  
1. Kelly Watson (Milpitas) 15.61  
2. Rometra Craig (Menlo) 15.74  
3. Stephanie Downey 12 (Los Altos) 15.82  
4. Carolyn King 11 (Carondelet) 15.84  
5. Nikki Gillott 11 (North Monterey County)

- 4x100  
1. Carondelet (Brienne Dawson, Katie Nash, Carolyn King, Margaret Ewers)50.40  
2. (tie) Leigh, Milty, San Lorenzo 60.49  
5. (tie) Wilcox and Gilroy 50.78  
4x400  
1. St. Ignatius 4:04.9  
2. Silver Creek 4:05.3  
3. Carondelet 4:05.6  
4x1600  
1. Carondelet 21:13.54  
2. Lowell 21:16.88  
3. St. Ignatius 21:29.83

- Sprint Medley  
1. Carondelet (King, Nash, Ewers, Gordon) 4:13.50  
2. Lowell 4:18.13  
3. St. Ignatius 4:28.73

- Long Jump  
1. Dawson (Carondelet) 17-10 1/2  
2. Roseby (North Salinas) 17-6 1/4  
3. Downey (Los Altos) 16-11 1/2

- Triple Jump  
1. Dawson (Carondelet) 36-0 1/4  
2. Gillott (North Monterey County) 34-11  
3. Shih (Gunn) 34-9 1/2

- Shot Put  
1. Amy Thiel (Fremont Christian) 38-8  
2. Santos (Los Altos) 35-11  
3. Roberts (Live Oak) 35-3  
4. Presberry (Milpitas) 34-1 1/2

- California Women's All-Time Outdoor List  
4x1600 Relay  
20:29.15 Agoura, Agoura Hills 92  
20:35.05 Agoura, Agoura Hills 91  
20:42.6+ Miramonte, Orinda 81  
20:47.92 Yuclapa 96  
20:55.3 Palos Verdes, PV 88  
21:06.9+ Alemany, Mission Hills 80  
21:12.74 Canyon, Santa Clarita 96  
21:13.54 Carondelet, Concord 97  
21:15.5 Thousand Oaks 87  
21:16.88 Lowell, San Francisco 97

# SoCAL DIARY

By Bill Minarik

## Pac-10 Men

With UCLA graduating 70 points from last year, I look for USC to move into the title position, thanks to a big recruiting year. However, if injuries or ineligibilities befall the Trojans, Oregon's superior depth will decide it.

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

## Pac-10 Women

UCLA has enough potential points to win here, but the key appears to be multi-talented thrower, Rachel Noble. If Art Venegas can keep her healthy and eligible, her points will become the difference in an extremely tight battle between USC and Oregon

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

## Big West Men (Western Division)

Cal State Long Beach has the front line strength to be the best here, however, newcomer Cal Poly SLO should make things close with its traditional depth.

- |                  |                        |
|------------------|------------------------|
| 1. CS Long Beach | 4. UC Irvine           |
| 2. Cal Poly SLO  | 5. Cal State Fullerton |
| 3. UCSB          |                        |

## Big West Women (Western Division)

The CPSLO women should make their first competition in this conference a winning one. However, UC Irvine could spoil all of that. UNLV appears third best but, as always, could surprise.

- |              |                        |
|--------------|------------------------|
| 1. CPSLO     | 4. UCSB                |
| 2. UC Irvine | 5. CS Long Beach       |
| 3. UNLV      | 6. Cal State Fullerton |

## CCAA Men

The first three teams appear to be almost dead even here, although, I'll go with Cal State Los Angeles based on tradition. However, if the Golden Eagles come up with some of their traditional ineligibilities, then the Cal Poly

Pomona men appear all ready to make the title theirs. To complicate matters, Cal State Bakersfield could beat both on a hot day.

- |                          |                 |
|--------------------------|-----------------|
| 1. Cal State Los Angeles | 4. UCSD         |
| 2. Cal Poly Pomona       | 5. UC Riverside |
| 3. Cal State Bakersfield | 6. Grand Cyn    |

## CCAA Women

Cal State L.A. has too much muscle for the rest of the schools this year, although UCSD might make it close.

- |                   |                   |
|-------------------|-------------------|
| 1. CS Los Angeles | 4. CS Bakersfield |
| 2. UCSD           | 5. Grand Canyon   |
| 3. CPPomona       | 6. UC Riverside   |

## SCIAC Men

Claremont-Mudd will be hard to dislodge from their position atop this conference. Pomona-Pitzer appears to be just a shade ahead of Redlands for second with Oxy 4th.

- |                   |                 |
|-------------------|-----------------|
| 1. Claremont-Mudd | 5. Caltech      |
| 2. Pomona-Pitzer  | 6. Whittier     |
| 3. Redlands       | 7. La Verne     |
| 4. Oxy            | 8. Cal Lutheran |

## SCIAC Women

Claremont again appears to be the team to beat here with Oxy a distant second, just ahead of Pomona-Pitzer and Redlands.

- |                   |                 |
|-------------------|-----------------|
| 1. Claremont-Mudd | 5. Whittier     |
| 2. Oxy            | 6. LaVerne      |
| 3. Pomona-Pitzer  | 7. Cal Tech     |
| 4. Redlands       | 8. Cal Lutheran |

## SoCal Community College Men

I look for Riverside to be slightly ahead of Long Beach CC for this year's SoCal title with Moorpark edging out Mt. SAC for third.

- |                  |                    |
|------------------|--------------------|
| 1. Riverside     | 4. Mt. SAC         |
| 2. Long Beach CC | 5. Antelope Valley |
| 3. Moorpark      |                    |

## SoCal Community College Women

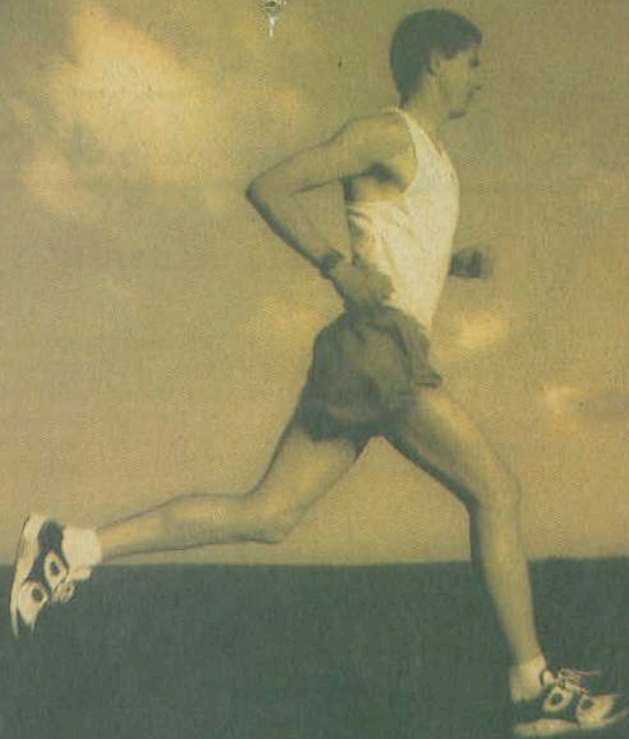
Long Beach City appears to have enough points here to repeat as champions. Riverside and El Camino should battle it out for second.

- |                    |                   |
|--------------------|-------------------|
| 1. Long Beach City | 4. San Diego Mesa |
| 2. Riverside       | 5. Bakersfield    |
| 3. El Camino       |                   |

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