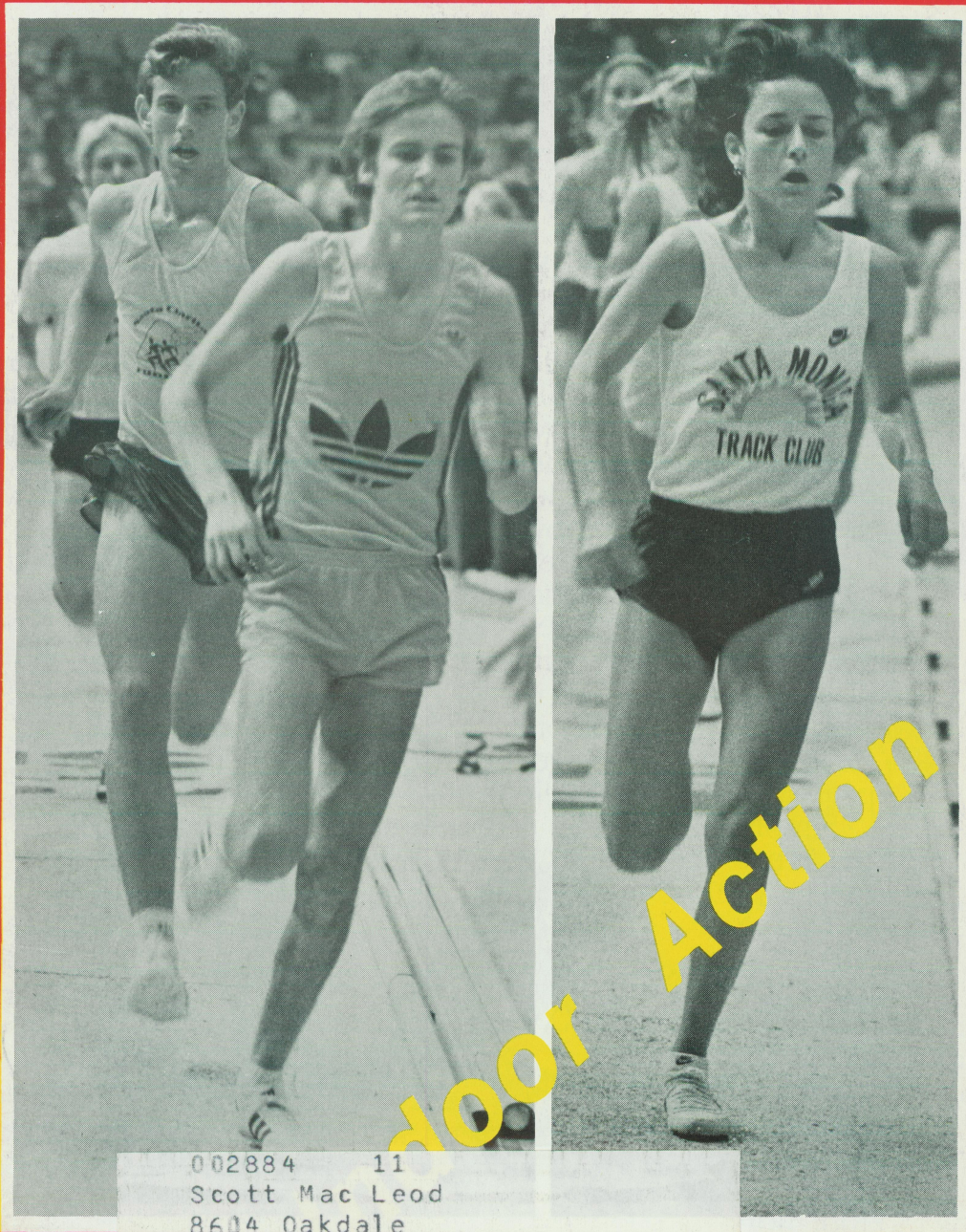


\$1.50

CALIFORNIA TRACK & RUNNING NEWS

MARCH 1983

ISSUE NO. 77



Door Action

BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629

002884 11
Scott MacLeod
8604 Oakdale
Ft. Washington, MD 20744

California's Only Track & Running Publication

GOOD NEWS FOR BAD KNEES.

At Converse®, we've developed two new shoes to help reduce the risk of a problem that has become painfully evident to many runners: knee injuries.

The shoes are called Phaeton™ and Selena™. And they're based upon an exclusive design philosophy which no other running shoe

Our Stabilizer Bar gently helps "brake" your foot as it pronates, with the result that it helps lessen the twisting motion. So less of it reaches your ankle, less

reaches your leg and obviously, less reaches your knee.

The Stabilizer Bar is not the only advantage the Phaeton and Selena enjoy over conventional running shoes.



The Converse Stabilizer Bar. It acts as a brake during pronation.

The shoes also have Scotch Lite® Reflective Fabric* for night running safety which, under normal circumstances, allows you to be seen in all directions from over 200 yards away.

And they weigh a mere 270 grams in Size 9.

But superlatives aside, there really is only one way to determine what the

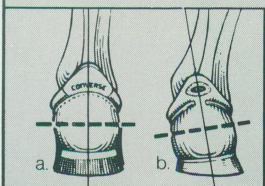
Phaeton and Selena can do for you: run, *very carefully*, down to your nearest Converse dealer and try a pair on.



Scotch Lite fabric can be seen from over 200 yds. at night.

has adopted. We call it the Stabilizer Bar—a design concept we consider so innovative we've applied

for a patent. Simply put, what this new Converse



a. Normal pronation.
b. Excessive pronation.

Stabilizer Bar does is help control pronation, the brutal side-to-side motion that occurs with every step you take as your foot rolls inward at heelstrike.

A twisting motion, more to the point, that your ankle and leg telegraph directly to your knee.



* A TRADEMARK OF 3M COMPANY.

©1982, CONVERSE, INC. THE OFFICIAL ATHLETIC SHOE OF THE 1984 OLYMPIC GAMES.



**SUNDAY, APRIL 17
9 a.m.**

**★ Awards ★ Prizes ★ Refreshments
Flat, Scenic Course**

SPONSORED BY: BAY ALARM • DUFFEL FINANCIAL & CONSTRUCTION CO. • REYNOLDS & BROWN • ROUND TABLE PIZZAS at: 2609 Pleasant Hill Rd., Pleasant Hill; 88 Chilpancingo Pkwy., Concord; 361 Rheem Blvd., Rheem; 1512 North Main St., Walnut Creek.

- DISTANCE:** 10K (6.2 miles) and 2 Mile
- LOCATION:** PLAZA CENTER, Corner Mt. Diablo Blvd. & First St., Lafayette
Central Lafayette exits off Hwy. 24
- PARKING:** Lafayette BART
- PRE-REGISTRATION:** \$6 Adults / \$5 17 & under, tax deductible
Please include self-addressed, stamped (4" x 9") envelope with each entry form. The envelope will be used to mail race packet to you beginning March 15. **Without envelope, packet will not be mailed.** The packet will include your race number, tag and instruction sheet.
FIRST 500 PRE-REGISTERED RUNNERS ELIGIBLE FOR A SPECIAL DRAWING.
- LATE REGISTRATION:** \$7 Adults / \$6 17 & under, tax deductible, on race day 7:00-8:30 a.m.
- 10K TEAM RACE:** Minimum of 3 members—Scoring is on lowest total combined places of first 3 members (each team to score themselves). **SPECIAL PRIZES**
- 10K FAMILY RACE:** One parent with minimum of 3 members—Scoring is on lowest total combined places of first 3 members (each team to score themselves). **SPECIAL PRIZES.**
- 10K CENTIPEDE RACE:** Minimum of 3 members connected by costume during race. **SPECIAL PRIZES.**
- OPTIONAL RUNATHON:** Participants sponsored by individuals to benefit the Center for Living Skills. Participants present sponsor list on race day for verification at finish and collect tax deductible contributions. (For example \$1.00/mile)
- INFORMATION:** Call Center for Living Skills (415) 284-4871

- ✓ AWARDS
- ✓ PRIZES
- ✓ REFRESHMENTS
- ✓ RIBBONS FOR ALL FINISHERS



NIKE merchandise awarded to top finishers in all categories



ENTRY FORM: Pre-registration ends April 11, 1983. After this date, please enter at the race 7:00-8:30 am.
(Please Print) Make non-refundable checks payable to Center for Living Skills.

Name _____ Age on Race Day _____ Sex _____

Address _____ City _____ Zip _____

Phone _____ Name of Team _____

Distance (Check One): 10K 2 Mile

Division (Check One): 13 & Under 14-17 18-39 40-49 50-59 60 +

Special Categories: 10K Team Race 10K Family Race Centipede Runathon

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and/or administrators, waive and release forever any and all rights and claims of damage I may accrue against Center for Living Skills, the City of Lafayette, any and all sponsors, contributors, volunteers, and any persons connected with this running event, or representatives, successors and assigns, for any and all injuries to me or my property while traveling to or from or arising out of or in connection with my participation in the Lafayette Loop on April 17, 1983. I further attest that I am physically fit and have trained for competition in this event.

SIGNATURE (Parent or Guardian if under 18)

DATE

Send check and self-addressed, stamped envelope to: P.O. Box 1145, Lafayette, CA 94549

California's Running Experts

These fine running stores will not only meet all of your equipment and apparel needs, but their staff of experienced runners can provide expert advice and information. You can also buy the latest copy of *California Track & Running News* at these locations.

Northern California

Fleet Feet
222 West 3rd St.
CHICO

Fleet Feet
1582 Fitzgerald Drive
PINOLE

Fleet Feet
1642 Market Street
REDDING

Jogg'n Shoppe
708 9th Street
ARCATA

Jogg'n Shoppe
410 2nd Street
EUREKA

Jog-In
444 Gray Avenue
YUBA CITY

Fleet Feet
4709 Quail Lakes Drive
STOCKTON

Fleet Feet
2555 Geer Road
TURLOCK

Fleet Feet
100 Peabody
VACAVILLE

Phidippides
420 Del Monte Center
MONTEREY

Bay Area

Fleet Feet
333 San Anselmo Avenue
SAN ANSELMO

Fleet Feet
Princeton Plaza
SAN JOSE

Fleet Feet
2088 Chestnut Street
SAN FRANCISCO

Fleet Feet
1528 Bonanza
WALNUT CREEK

Lyon Enterprises
2444 Durant Avenue
BERKELEY

Nike Berkeley
2114 Addison
BERKELEY

Runners Feet
1004 Oak Grove Avenue
BURLINGAME

Runners Feet
875 D Street
HAYWARD

Runners Feet
3008 Lakeshore
OAKLAND

Runners Feet
9 Sutter Street
SAN FRANCISCO

Runners Feet
Broadmor Shopping Center
WALNUT CREEK

The Running Shop II
806 Sycamore Valley West
DANVILLE

The Running Shop
151 Towne & Country
PALO ALTO

Ryan's Sports Shop
1000 Lafayette
SANTA CLARA

Southern California

Beach Running & Sports
5059 Newport Avenue
OCEAN BEACH

The Complete Runner
2658 E. Garvey Avenue
WEST COVINA

Fleet Feet
9931 Hamilton
HUNTINGTON BEACH

Fleet Feet
18232 Imperial Hwy.
YORBA LINDA

Inside Track
1410 E. Main
VENTURA

Loeschhorn's
10810 Warner Avenue
FOUNTAIN VALLEY

Marathons
1434 W. 25th
SAN PEDRO

Nature's Image
(213) 434-7015
LONG BEACH

Phidippides
16545 Ventura Blvd.
ENCINO

Runners High
5519 E. Del Amo
LAKEWOOD

Runners Up
22939 1/2 Lyons Avenue
NEWHALL

The Running Center
249 S. Riverside
RIALTO

A Running Experience
5304 E. 2nd Street
LONG BEACH

Second Sole
950 Aviation Blvd.
HERMOSA BEACH

Central California

Bronzan Sports World
28 N. Tower Square
TULARE

City Sports Works
5114 Madison Avenue
SACRAMENTO

Fleet Afoot
First & Ashlan Center
FRESNO

Fleet Feet
132 E Street
DAVIS

Fleet Feet
8128 Madison Avenue
FAIR OAKS

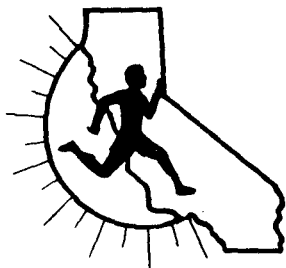
Fleet Feet
107 S. Harding Blvd.
ROSEVILLE

Fleet Feet
2408 J Street
SACRAMENTO

Fleet Feet
364 Main Street
SALINAS

Fleet Feet
Swiss Chalet Village
SO. LAKE TAHOE

**California
Track & Running News**



Bill Cockerham
Editor & Publisher

Judy Cockerham
Production Manager

Keith Conning
High School Editor

Richard Slotkin
So. Cal. LDR Editor

Jack Leydig
No. Cal. LDR Editor

Steve Subotnick
Medical Editor

Len Wallach
Special Features

Ken Young/NRDC
LDR Statistics

Barbara Smith
Production Assistant

Christine Certain
Production Assistant

Photographers: G. David Brown/Innersports, Michael Chickey, Gene Cohn, Ross Gentry, Don Gosney, Louis Hirsch, Marty Higginbotham, Bill Leung, Jr., Richard Slotkin, Ken Takeuchi, Maurice Wilson.

Senior Editors: Tony Baker (Corporate Track); Calvin Brown (Girls and Women Track & Field); Steve Fagundes (Sac-Joaquin High School); Percy Knox (Masters Men Track & Field); Bill Minarik (Southern California); Doug Speck (Southern California High School); Gary Tuttle (LDR Column); Bob Womack (High School All Time Lists).

Correspondents: Fred Baer, G. David Brown, Ken Dose, Louis Hirsch, Dennis McClanahan, Rich Romine, Chuck Skow, John Surge, Howard Willman.

California Track & Running News is published 12 times per year - one issue per month. Each issue is mailed about the first of the month.

California Track & Running News has a monthly circulation of between 6,000 and 10,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

California Track & Running News is mailed third class bulk rate and is not forwardable. When you move please let us know at least 4 weeks in advance.

SUBSCRIPTION RATES: 1 year (12 issues) \$12; 2 years (24 issues) \$22; 3 years (36 issues) \$30. Add \$6 per year for first class. Foreign rates on request.

ADVERTISERS: Closing date the first of the month previous to cover date. Send for current rate card. Special rates for meet/trace ads.

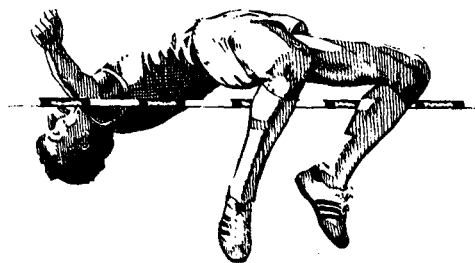
**P.O. Box 6103
Fresno, CA 93703
(209) 264-5847**

Table of Contents

March 1983

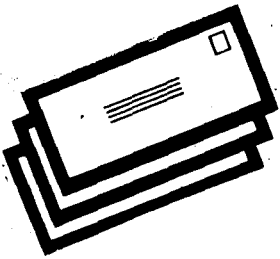
Issue No. 77

Mailbag	4
Editorial	5
Schedule	
Road Racing Schedule	6
Track & Field Schedule	10
Masters Track & Field Schedule	14
Southern California Diary	16
Tuttle's Track Topics	17
Medical Notes	18-19
Ironman Insights	21
Indoor Action	
Sunkist	22
L.A. Times	24
Foot Locker	26
Club News	28
Prep Notes	32
Section T&F Previews	35
Indoor Action	39
Indoor Ranking	42
Results	
Track & Field	43
Road Running	44
PR's	46



ON THE COVER: Ted Goodlake of Fallbrook leads the High School Two Mile Race at the Sunkist Indoor Meet. See coverage of Sunkist, L.A. Times and Foot Locker indoor meets in this issue.

photo by Burt Davis



Mailbag

RACE OMISSION

A brief perusal of my recent February 1983 issue indicated a small omission in the results of the 1983 Resolution Run held January 2nd in Redwood Valley. Unfortunately the men's 20-29 division was missing and thus a fine performance by former Arcata High standout Mike Williams in winning the race was lost. Mike travelled down from the North Coast to post a fast time, just missing Dan Aldridge's course record over the deceptively difficult course. He might even have nailed the old record had he not sampled some of the local aid at 10 kilos and paid the price with stomach cramps with about 1 kilo to go.

You have an excellent magazine with interesting articles, especially Tuttle's column and the results.

Bob Clay
Kelseyville

RACE FLACK

I am 13 years old and have been running for 2 years. I would like to inform you about a race I participated in on December 12, 1982: the Newark Recreation-Coyote Hills to the Bay Run (6.8 miles). I have run in over 10 runs in the past year and this one was by far the worst.

It started out badly. The mayor of Newark started us off: "On your marks..." and off they went. I found out it had started when I was trampled by the speeding swarm of runners.

After about 15 minutes of uphill running, the sun came out. By that time I was already hot. There were no water or aid stations along the course, so I figured I would have to wait until the half way point where the race had begun. When I got to that point I looked around but there were no water tables, only spectators and runners who had finished the shorter distance run. I then followed the runners in front of me, since there was nobody directing traffic. I then started on the second loop and the sun was even hotter and I was growing tired. When I reached the Bay for the second time, the putrid fumes from the oil slicks began to nauseate me. About 2 miles from the finish I caught up to another runner and picked up my pace. With this sudden increase in speed, I longed for a cool bottle of Callistoga water. We talked for a while and it sort of took my mind off my problems.

About 100 yards from the finish line I sprinted ahead. As I turned a corner, I caught the finish line out the side of my eye. As I approached the chute there was a man sitting on a chair mumbling out numbers.

Then out of the blue, a woman grabbed me, tugged at my entry tag, and ripped my shirt in the process. I was fairly dehydrated by this point, not to mention disgusted I looked around for the water. To my dismay, there was none.

For some stupid reason, I wanted to stick around for the award ceremony. I glanced over the awards table. There were about 50 very elaborate trophies sitting on it. It was then that I realized I was "ripped off": the \$6 entry fee (not including a T-shirt, which was \$5) went for fancy trophies for winners, instead of for course monitors, refreshments (especially water), or results for everyone. They handed out the first awards to the "Best Male Newark Runner" and "Best Female Newark Runner." That's when I threw up my hands and got in the car to drive home.

I hope you print this letter, not only for my satisfaction, but to encourage race directors to be more thoughtful, safe, and responsible in conducting their races.

Noah Kanter
Berkeley

MORE FLACK

I ran in Miller Lite's Half Marathon on February 20 in Campbell. I wonder what I got for my money?

I wasn't furnished a bathroom before the race. The race flyer says aide stations provided by sponsoring group. There wasn't one water stop on the course. I couldn't believe that a track club couldn't supply water on a half marathon run. There were course monitors few and far between. Some people were so confused they went the wrong way at the wrong time. Follow which arrow at which lap? The tee shirt is a walking ad for the sponsors.

It seems the race was thrown together for the benefit of everyone but the runners. This was my 69th race so I've been in some pretty poorly planned runs... but this takes first prize.

I can only hope there is no next year for this run and if there is... no one show up.

Margaret Hillier
San Jose

ATHLETE OF THE YEAR SELECTIONS

Now that CRTN has once again published the California Athlete of the Year selections be prepared for the wrath of the unmentioned and unselected, mine included.

I am in the Masters Men 65-69 category and I take no exception to your selection of Ed Lewin. He is a great runner and a very fine person. (You do, however, qualify his selection as an "outstanding 10K runner.")

Does that in itself qualify him as the California Athlete of the Year? My major gripe is with your reckless use of the comment under "Others" wherein you state, "... and again was the *only challenger* in his new age group."

I do not know how or what results your panel of experts use in making their selections but I would most certainly like some comments from them regarding points assigned to me for some of the 1982 races I ran. These include:

- Feb. 6 - Santa Barbara Winter Run 10 Mile - 68:13 - First 60+.
- Mar. 21 - Easter Seal ½ Marathon - Carpinteria - 1:28:22 - First 60+.
- RRCA Western Regional & CA State Championship South Bay - 20K - 1:26:00 - First 60+.
- Apr. 18 - CAAN/HEART 10K - Ventura - 40:08 - First 60+.
- Jun. 6 - Ocean to Creek - Carpinteria - 7.2 mile - 49:50 - First 60+.
- Jun. 20 - Lompoc Valley ½ Marathon - 1:27:00 - First 60+.
- Jul. - Santa Barbara 15K Masters - 61:45 - Second 65-69.
- Jul. 17 - Jim Ryun 10K - Goleta - 39:38 - First 60+.
- Aug. 7 - TAC Postal 1 Hour - UCSB - 9 miles, 59 yards - First 65+.
- Sep. 19 - SPA 25K - Ventura - 1:49:34 - First 60+.
- Oct. 2 - Club West 800m - UCSB - 2:35 - First 65+.

You will note that the distances run were anywhere from 800 meters to 25K including an outstanding 10K time in the 39-minute range. While I did not run any marathons this year I ran the 1980 Santa Barbara Marathon in 3:14:09. May I please hear from you.

John J. Holoubek
Lompoc Valley DC

John: Your marks certainly are worthy of the recognition you are seeking. Sorry you were overlooked this year. From looking at your list of races it seems you stay pretty close to home. Maybe more visibility by running in Los Angeles and San Francisco areas would help you get some respect. Better yet, maybe a grudge match with Lewin - winner take all. Good luck and best wishes for continued success.

Editor

MORE ATHLETE OF YEAR

Once again, my heartfelt thanks for including me in your Runners of the Year in Masters Women 60-64 X-C/Roads, and as "also-ran" in Track & Field. It is a tremendous thrill to still be able to accomplish something like this when one is at an age considered to be "over the hill."

I am very grateful to all the people who have supported and encouraged me! Running has certainly opened a whole new world for me.

I like your magazine very much, and read every issue cover-to-cover. You do a marvelous job. Your dedication to superb quality really shows.

Jaclyn Caselli
San Jose

RACE CRASHERS

I'm sure you have heard it before, but I must add another voice expressing distaste at the inconsideration of the great majority of race crashers. There are some who do not take aid on the course, give the right-of-way to registered runners and turn off the course short of the finish line. Those folks are considerate. The slob who do not abide by the above are just that, in my opinion.

The biggest problem with crashers is possible overloading of the finish system (for how many runners do you design your finish?), and crossing the finish line, being recorded on the timer, then ducking out of the chute. Race administrators (I am a professional race consultant) have devised systems to account for crashers, but only if they stay in the chute and go out properly as though they were legally entered. In that way we can assign times to the proper finishers, legally entered.

Recently I have noted several race results in your fine publication listing place number, "crasher" and a finish time. I realize that is the way the results are received, so I direct my comments to race directors: Hey, folks, don't give the crashers more than they pay for... delete them from results and move legal runners up a notch. Any idiot can get his own time on his own watch at the finish, but he'll normally not have a "place" unless you give it to him.

A recent finish line I did had a real winner... a young lady crasher staggered across the line (10K) and folded up her tent. She required medical aid and transport, costing the race sponsors much more than a little E.R.G. and results juggling.

I find it very interesting in talking to crashers in that it is never their fault that they did not enter. The race director did or did not do something, the price was too high, not enough goodies afterwards, or the moon was not full.

You have a good paper, keep up the good work... and keep Dick Slotkin going on those newsy race reports, as they are much more interesting than the usual few droll paragraphs.

Bill Stock
La Mesa

CLUBS vs CITIES

I would like to see race results list a competitor's affiliation (club) instead of their hometown. I'm not very concerned with where one lives, but I do feel that clubs are very important for the post-collegiate athlete. Therefore I would like to see the runner's club get some recognition as well. This will help nurture the club system and competitive racing.

Peter G. Sweeney
Aggie Running Club

Editorial

GUEST EDITORIAL

By DENNIS CALDWELL
President

Running And Competitive Enterprises
Westminster, California

Our sport (running) has come through a series of major changes in just the past few years. The once "pure" and amateur sport of running has made a gallant charge to break into the world of professional sports. With over six years of road race management experience and more than 300 races observed by myself, I respectfully submit my personal viewpoint of where our sport isn't going.

Last year's victory on the recent trust fund issue is an example of our athletes endeavors and the T.A.C. and I.A.A.F. have adopted this trust fund program just recently. Our top class runners are as professional in their efforts put forth and commitment to their sport, in how they compete and train, as any professional sportsman. The professional sports recognized today, as viewed everyday on national television, are not only professional in the athletic performances put forth, but are as well, professionally produced events. If our athletes, like Mark Scrutton (who recently set a new world 8K mark of 22:28), Nick Rose, Bill Rodgers and every runner who competes in our races, are not supported by the professional management and execution of their

competitive events, their dreams, hard work and world records will die.

As races continue to fall short of the professional standards needed to properly support our athletes, the angrier I become. 1983 is already shaping up to be a critical year in the advancement of professional road race management and this sport can no longer tolerate sub-standard amateur management in the production levels of its showcase events. The shortcomings of many events is often traced to the lack of dollars willing to be spent to support our "professionals." We seem happy to spend millions on providing our runners with food, housing, clothing, special shoes, travel expenses, training facilities and coaching. But our support has stopped short of giving our runners what they need most—a professional level of exhibiting their professional talents and skills. Road racing has no center court as Wimbledon and we have no Super Dome or Astro Dome. We have no Forum or Coliseum or Pebble Beach. Our runners have been asked to compete in the alleys, side streets and back bay roads. As long as we continue to hide our athletes from public and spectator view, we will never achieve the exposure, recognition and respect that other professional sports hold. These athletes are becoming recognized as the pioneer professionals in this rapidly changing sport and I personally challenge the Director's of every race, big or small, to try their best to keep pace with the world records being set every year.

Peter: I agree, it would be good for the clubs to get at least some minimal recognition from race results. Two problems: (1) we don't get many race results in with clubs listed for each runner. (2) Not all clubs operate with the same principles as the Aggies, whose members at least live close to each other. Some clubs are merely travel agents for athletes living all around the country. Our "Club News" section is one way of getting some recognition for clubs.

Editor

MORE DIVISIONS

Catching up on my reading I see, in your December Mailbag, where a race director says he has not had a runner in the 60+ division the past two years. Neither does his race have a 60+ division.

Why he's had no 60+ entries is understandable. Somewhat analogous to the guy who fished all day, absolutely refused to use any bait, caught no fish, and then complained, "Damn, I fished all day and didn't catch a single fish. Can't understand why I didn't."

I'm 60+ and these days more a follower of the running scene than a competitor. If I were competing, I'd abstain from any race where the race director disregards 60+ runners.

John Keith
Sacramento

HERE COMES SKYLINE

I was reading your article about the 1982 High School All-California Cross Country Team and I want to congratulate you on a job well done. You have the only magazine that I have seen that shows anything about high school cross country.

At our school we had a good team. Good enough to take first place in Oakland, but not too hot in Northern California. On the other hand, our sophomore team is really good! So, look out California for the next two years - here comes Skyline.

Anyway, you're probably getting bored of me telling you about our school. I wrote to you because I was wondering how a team or runner is eligible for the Kinney Western Regional Finals and Nationals.

Jeff Dewitt - '85
Skyline High School
Oakland

Jeff: The Kinney Western Regional is open to all high school cross country runners. It will be held December 3rd, 1983 in Fresno. The top 8 boys and top 8 girls will be sent to the Kinney Nationals the following weekend in San Diego. Western Regional entry blanks will be available in September.

Editor

Schedule

by Jack Leydig
Scheduling Director

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

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

MARCH

MAR 12: Year By Year Handicap Race. 10K, San Martin, time TBA *March 1 Deadline.* Bill Flodberg, 12925 Foothill, San Martin 95046. (408) 683-2453.

MAR 12: Irish Sprint. 5 miles, San Francisco (Lake Merced), 10 am. Don Reid, 567 Golden Gate Ave., San Francisco 94102. (415) 236-8664.

MAR 12: KVEN 10K. Ventura, 9 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

MAR 12: Offshore 5/10K. Fountain Valley (Mile Square Park), 7:30 am/5K, 8 am/10K. Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

MAR 12: Victoria Avenue 5/10K Run. Riverside (Arlington H.S.), Time TBA. Race Central, Box 828, Rialto 92376. (714) 874-5480.

MAR 12: St. Patrick's Day 10K & 2 Mile Fun Run. San Diego (Mission Bay), 7:30 am. John Hall, c/o E.O.L., P.O. Box 1049, Coronado 92118. (619) 231-1941.

MAR 12: Jug to the Club 10K. Visalia, time TBA. Rob Stephenson, 1527 Vassar Dr., Visalia 93277. (209) 733-1655.

MAR 13: Cone Ranger Run. 4 miles, San Luis Obispo, 8:30 am. 239-A Madonna Rd., Madonna Rd. Plaza, San Luis Obispo 93401.

MAR 13: Napa Valley Marathon. Calistoga to Napa, 7 am. Chuck Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0683. *Limit 1200 Runners.*

MAR 13: Winter Green Runs. 5 & 10K, Pierce College, Woodland Hills, 8 am. Jerry Kalman, c/o Informatics General Corp., 21031 Ventura Blvd., Woodland Hills 91364. (213) 887-9040.

MAR 13: DSE Lake Merced Run. 4.46 miles, San Francisco (Sunset Blvd. Pkg. Lot), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

MAR 13: St. Patrick's 20K Great Race. Lopez Lake to Arroyo Grande, time TBA. Ron Henn, 163 Aspen St., Arroyo Grande 93420. (805) 489-4841.

MAR 13: Tom Sullivan St. Patrick's Day 10K. Torrance (Court House), 8 am. St. Patrick's Run, c/o Vistas, P.O. Box 7000-251, Redondo Beach 90277. (213) 375-2813, Cheryl.

MAR 13: St. Patrick's Day 10K. Oakland (Sailboat House, Bellevue Ave.), 9 am. Terry Mann, 391 Valley Run, Hercules 94547. (415) 799-1094, eves.

MAR 13: Burlingame Fun Run. 2.85 miles, Coyote Point Park, 8 am. Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame 94010. (415) 344-8386.

MAR 13: T.R.E.A.T.-ATHON. 10K, Redwood City (Wellesley Crescent Park), 9 am. TREAT-ATHON, 345 Fuller St., Redwood City 94063. (415) 365-0882.

MAR 13: Dick Durand 8K Trail Run. Westlake Village, 9 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705. *No Pre Entry.*

MAR 13: Kentucky Fried Chicken 2K & 10K. Las Vegas, Nev. (MGM Grand Hotel), 2K/7:30 am, 10K/8:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

MAR 19: Marathon Relay. 5-person teams, Univ. of Nevada, Las Vegas (track), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

MAR 19: Feet Meet. 5 & 10K, Piedmont (Community Center), 9 am. Piedmont Middle School Parents' Club, 51 Somerset Rd., Piedmont 94611. (415) 428-1248.

MAR 19: Fitness Fair 2 Mile Fun Run. Visalia, Time TBA. Rob Stephenson, 1527 Vassar Dr., Visalia 93277. (209) 733-1655.

MAR 19: Karrot 10K. San Diego (Mission Bay), 7:30 am. Mark Shipman (619) 277-9550.

MAR 19: IIsanjo Cross-Country Classic. 10 miles, Santa Rosa (Howarth Park, upper parking lot), 10 am. Lem Chaney, 740 Charles St., Santa Rosa 95404. (707) 527-0513.

MAR 19: Indian Valley Cross-Country. 5.01 miles, Novato (San Jose Jr. High School), 10 am. Novato Park & Rec., 917 Sherman Ave., Novato 94947. (415) 897-8792, Jim Platt.

MAR 19: Anteater Run. 5 & 10K, Irvine (UC Campus), 5K/8 am, 10K/9 am. Anteater Run, c/o Dept. of P.E., Crawford Hall, UC Irvine, Irvine 92717. (714) 833-5814.

MAR 19: Corporate Cup Ass'n Road Test 8K. San Diego, time TBA. *Corporate Teams Only.* Corporate Cup Ass'n., 1400 Stierlin Rd., Mtn. View 94043. Bob Day (619) 222-7161.

MAR 19: Catalina Island Marathon. Non-certified. Santa Catalina Island, 7 am. Also a 10K after the marathon. Hans Albrecht, Nike, 3900 S.W. Murray Blvd., Beaverton, OR 97005. (503) 641-6453. *Limit 250, No Raceday Entry.*

MAR 19: St. Patrick's Day Marathon & Half-Marathon. Porterville, 9 am. Mill Stowe, Parks & Leisure Services Dept., P.O. Box 432, Porterville 93258. (209) 784-1400, ext. 461.

MAR 20: Red Cross Marathon & 10K. San Luis Obispo (Meadow Park), marathon/7:30 am, 10K/8:30 am. Christopher Connors, American Red Cross, 1216 Morro St., San Luis Obispo 93401. (805) 543-0696.

MAR 20: Redlands Daily Facts 5 & 10K. Redlands (Cope Jr. High School), 8 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

MAR 20: Long Beach Grand Prix 10K. Queen Mary, 8 am. Benevolent Ass'n., 110 W. Ocean Ave., No. A, Long Beach 90802.

MAR 20: Save the Wales 5K. Laguna Beach, Time TBA. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

MAR 20: ARC Berkeley Marina Run. 3.6 miles, Berkeley (Univ. & W. Frontage Rd.), 9 am. Irving Chew (415) 953-7643 or 587-4725 eves.

MAR 20: CRRC 5-Person Relay Marathon. Griffith Park, Los Angeles, 8 am. CRRC, Box 891, Tarzana 91356. (213) 888-5526.

MAR 20: Sharp Hospital 10 Mile. Clairemont Mesa, 7 am. Edwina Samples, c/o E.O.L., P.O. Box 1049, Coronado 92118. (619) 292-2148.

MAR 20: Santa Barbara Easter Seals Half-Marathon. *Tentative.* Santa Barbara, 8 am. Race Central (714) 874-5480.

MAR 20: Mercury News 10K. San Jose, time TBA. Karen Storey, Mercury News, 750 Ridder Park Dr., San Jose 95190. (408) 920-5533.

MAR 20: Vichy Springs Ribbon Runs. 2, 4 & 8 miles. Atlas Peak Rd. (near Hwy 121, NE of Napa at south end of Silverado Country Club), 9 am *Raceday Registration Only.* Jim Potter, 3151 Los Altos, American Canyon 95490.

MAR 20: Shamrock Run. 5 & 10K, Santa Rosa (Howarth Park Boathouse), 10 am. Santa Rosa Parks & Rec. Dept., 415 Steele Ln., Santa Rosa 95401. (707) 576-5115.

MAR 20: Marin Youth Symphony Run. 8 miles, Tiburon (Blackie's Pasture), 8:30 am. Marin Youth Orchestra, 4172 Redwood Hwy, San Rafael 94903. (415) 479-8100.

MAR 20: Golden State Women's Runs. 5 & 10K, Stockton (Fleet Feet), 9 am. Golden State Women's Run, 2410 "J" St., Sacramento 95816. (916) 442-3962.

MAR 20: Santa Cruz County Cross-Country Championships. 5.8K, Henry Cowell State Park (Felton), noon/men, 12:45 pm/women. Marty Kruger (408) 335-5906.

MAR 25: (Fri) Run For the Seals. 3.5 miles, Ft. Cronkhite (Rodeo Beach), Marin Headlands, 9 am. Cal Marine Center, Marin Hldgs., GGNRA, Ft. Cronkhite 94965. (415) 331-SEAL.

MAR 26: Ten-K Fun Run. Monterey Fairgrounds, 9 am. Celebration for Health, P.O. Box 208, Monterey 93940. (408) 373-0453.

MAR 26: CANCELLED! Bulletin 10,000 (6 & 2 mile). Manteca. (Lindberg Education Center), 9 am. Larry Hall, P.O. Box 125, Manteca 95336. (209) 823-0605.

MAR 26: Mockingbird Canyon 5 & 10K. Riverside (Calif. Baptist College), 8/8:30 am. Jon Rainbow, 8432 Magnolia Ave., Riverside 92504. (714) 689-5771.

MAR 26: Run Into Spring. 5 & 10K, Irvine (Mason Park), 5K/8:15 am, 10K/9:00 am. The South Coast Runners Ass'n, 3657 Birch, No. 442, Newport Beach 92660. (714) 641-1708.

MAR 26: One Hour Track Run. (For distance), Santa Rosa J.C. track (Bailey Field), 9 am. John Anderson (707) 523-4810. *Runners must provide lap counter.*

MAR 26: Delano Fools Runs. 5 & 10K, Delano, Time TBA. Jim Nagatani, 1319 Main St., Delano 93215. (209) 725-9105.

MAR 26: Camellia Capitol 5 & 10K. Sacramento, time TBA. Brian Smith (916) 635-8631.

MAR 26: Run for Energy. 5 & 10K, Wasco (Veterans Memorial Bldg.), 8 am. Wasco Energy & Water Conservation Advisory Comm., P.O. Box 250, Wasco 93280. (805) 758-5324, Gerald Johnson.

MAR 26: Clipper's 10K & 2 Mile Fun Run. San Diego (Mission Bay), 7 am. Carl Lahr (619) 226-1275.

MAR 26: Almond Blossom Run. 3 mile, Paso Robles, 10 am. Jon Root, Creston Star Route, Paso Robles 93446. (805) 239-2251.

MAR 26: Waller Park 10-Mile Relay. 4x2 1/2 mile, Santa Maria (Waller Park), 9 am. Jim Batterson, 412 W. Orchard St., Santa Maria 93454. (805) 922-0856.

MAR 26: City of Las Vegas 2 & 5 Mile. Lions Park (Las Vegas), Nev., 9 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

MAR 26-27: Pacific Crest Trail Del Sur 100-Mile. East of San Diego (Hwy 8, La Posta Cafe), time TBA. Tom Jackson, P.O. Box 178414, San Diego 92117. (619) 276-4417.

MAR 27: Los Angeles Lite Marathon. City Hall, 7:30 am. Jim Gilbert, Recreation & Parks Dept., 200 N. Main St., Los Angeles 90012. (213) 485-4871.

MAR 27: CANCELLED! Pinole Marathon. Pinole Valley HS, 8 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

MAR 27: Race for Kicks. 3 & 10K, Santa Rosa, 9 am. Race for Kicks, P.O. Box 6208, Santa Rosa 95406. (707) 525-0973.

MAR 27: Couples Relay. 2x5K, Oakland (Lake Merritt, Old Boathouse), 9 am. Lake Merritt Joggers & Striders, c/o Ernest Issacs, 745 Arimo, Oakland 94610. (415) 834-3607.

MAR 27: National Nutrition Month "Over & Under" Runs. 5 & 10K, San Francisco (Golden Gate Bridge), 8:30 am. M. Fujikawa, 233 Orange St., No. 304, Oakland 94610. (415) 893-2724.

MAR 27: Cotati Co-op Benefit Run. 10K & 3.3 mile, Cotati, 10 am. *Tentative.* Dr. Anu de Montecre, 65 W. Cotati Ave., Cotati 94928. (707) 795-8584 or 795-6819 home.

MAR 27: DSE Diamond Heights Run. 4 miles, San Francisco (McAteer High School), 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

MAR 27: Runner's World Quarter-of-a-Day Relay. 6-person teams alternate miles for 6 hours, Foothill College, Los Altos Hills, time TBA. Runner's World, Attn: David Hans, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

MAR 27: American Diabetes Ass'n 8K. Ventura County Center, 9 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

MAR 27: King Games Half-Marathon. Stanford Univ., 8 am. Janet Napier, YM-CA, 755 Page Mill Rd., Palo Alto 94304. (415) 858-0661.

MAR 27: Roeding Park 6 Mile Run. Fresno (Roeding Park), 9 am. Frank Delgado, 1560 N. Durant Way, Fresno 93728. (209) 233-3631.

MAR 27: TAC National Masters Men Marathon Championships. Emerald City Marathon, Seattle, Washington, 8 am. *March 10 Entry Deadline.* c/o 1815 7th Ave., Seattle 98101. (206) 447-7290.

MAR 27: Las Trampas Orienteering Races. 1.5 & 6K, Las Trampas Regional Pk., Danville, 10 am. Steve Thurin, 35721 Ballantine Ct., Fremont 94536. (415) 794-4578.

MAR 27: Bonne Bell 10K Women's Race. San Diego (Mission Bay), 7:30 am. Lynda Gregg, SDTC, 1969 Gotham St., Chula Vista 92010.

MAR 27: Gifted Children's Ass'n 10K. Sepulveda Basin, 8 am. Gail Alcorn, c/o GCA-SFV, 17915 Ventura Blvd., Encino 91316.

MAR 27: Crenshaw Y 5/10K. Baldwin Hills, Los Angeles, 8 am. Oscar Edwards, YM-CA, 3820 Santa Rosalia Dr., Los Angeles 90008. (213) 292-9195.

APRIL

APR 1: April Fool's Day Fun Run. Distance TBA, Fresno (CSUF track), 5 am. Fresno Joggers, James Plus, 1325 Adler Dr., Clovis 93612. (209) 299-8592.

APR 2: Lydia's 5 Mile Shoe-In. Las Vegas, Nev. (Sunset Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

APR 2: Foothill Gold Rush 10K. Pleasanton (Foothill H.S.), 10 am. Judy Damoulos, P.O. Box 1103, Pleasanton 94566. (415) 423-1314.

APR 2: Laura Stegman Memorial 5K. Lompoc (River Park), 9 am (*Women Only*). Bill Graham, 1309 E. Palmetto, Lompoc 93436. (805) 736-4896, eves. *Raceday Registration Only*.

APR 2: Taco Bell 5-Miler. Marina (Marina Village Shopping Ctr.), 10 am. Rollie Wright, Marina Parks & Recreation Dept., 211 Hillcrest Ave., Marina 93933. (408) 384-3715.

APR 2: (Originally listed as 3/27) Willy Mays Foundation 10K Run. Menlo College track, Atherton, 9 am. Sunrise Run, Willie Mays "Say Hey" Foundation, 652 Bair Island Rd., Suite 110, Redwood City 94063. (415) 389-MAYS, Mike Ipsen.

APR 2: March of Dimes Foot's Run 5 & 10K. Arcata (Old Arcata Rd. & Jacoby Creek), 9:30 am. Peter Nagel, 1010 Bayside Rd., Arcata 95521. (707) 822-4294.

APR 2: Magical Musical Marathon & Half Marathon. Folsom (Marathon), Rancho Cordova (Goethe Park/Half-Marathon), 7 am/Full, 7:30 am/Half. Jo Sumner, Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-3338.

APR 2: Annadel X-Country Runs & Egg Scramble. 3 & 8K, Santa Rosa (S.E. side of Lake Ilsanjo, Annadel State Pk.), 9:30 am. Fred Kenyon, P.O. Box 879, Forestville 95436.

APR 2: April Fools' 5 & 10K. (and 1 mile). Bayside (Bayside Grange), 1 mile/9 am, 5K/9:30 am, 10K/10:30. March of Dimes, P.O. Box 6, Eureka 95502.

APR 3: Corporate Cup Ass'n Road Test 8K. Mountain View, 10 am. Runner's World, Corporate Cup Ass'n, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777. *Corporate Teams Only*.

APR 3: DSE Ocean Beach Low Tide Run. 6 miles, San Francisco (Balboa & Great Hwy), 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

APR 3: 4 & 8K Runs. Yorba Linda Regional Park, 4K/8:15 am, 8K/9:00 am. Jacky Wolfe, 3857 Birch, Room 442, Newport Beach 92660. (714) 641-1708.

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

APR 3: Tahoe Triathlon. 6 mile cross country ski, 12 mile bike, 5 mile kayak. Tahoe City, time TBA. Skip Reedy, P.O. Box 1832, Tahoe City 95730. (916) 583-0484, days.

APR 3: Sun Days Rabbit Run 10K & 2 Mile. San Diego (Balboa Park), 7 am. Gloria Major, c/o E.O.L., P.O. Box 1049, Coronado 92118. (619) 566-0540.

APR 8: St. Christopher's 2 Mile & 10K. No. Las Vegas, Nev., 7:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

APR 9: Hot Pursuit Race. 5K, San Francisco Internat'l Airport (between Police HQ & Hilton Hotel on frontage road), 9 am. S.F. Airport Police Officers Ass'n., P.O. Box 8097, San Francisco 94128. (415) 876-2480, Jim Janakes.

APR 9: Visalia Spring Run. 10K, Visalia, Time TBA. Rob Stephenson, 1527 Vassar, Visalia 93277. (209) 733-1655.

APR 9: L.A. Triathlon Championship Series. 1K swim, 38K bike, 8K run. Bonelli Park, San Dimas, Time TBA. Bill Fulton, The Complete Runner, 2658 E. Garvey Ave., So., West Covina 91791. (213) 331-0169.

APR 9: CRRC 10K & Free 5K Runs. Griffith Park, Los Angeles, 8 am. CRRC, Box 891, Tarzana 91356. (213) 888-5526.

APR 9: Pear Blossom Run. 20K, Medford, Ore., Time TBA. *Entries closed Feb. 28.* Pear Blossom Run, P.O. Box 146, Medford, OR 97501. (503) 535-1205, eves.

APR 9: Spartan Breakaway 10K. San Jose (10th & Humboldt Sts.), 9 am. Marshall Clark, Men's Athletic Dept., San Jose State Univ., San Jose 95192. (408) 277-2195, Jerry Cashman - days.

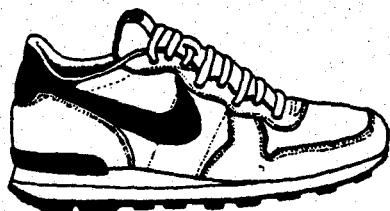
APR 9: Bodega Bay Fisherman's Festival Runs. 1, 3 & 6 miles, Bodega Bay, time TBA. Bob Brown, Coleman Valley Rd., Bodega Bay 94923. (707) 875-2115.

APR 9: Eclipse Sun Run V. 5 & 10K. Irvine, 5K/7:30 am, 10K/8:00 am. Newport Beach Runners Assoc., 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

APR 10: Pigeon Pass Marathon (Half Marathon & Quarter Marathon). Loma Linda (Gentry Gym), 7 am. Jim Perry, P.O. Box 495, Loma Linda 92534. (714) 824-1779.

Race Clocks

SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS — We have several customers that are interested in selling their digital display clocks for \$895 (the original retail price was \$1295), so they can purchase the newer CC-601 (1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're interested in finding out more, please contact Jack Leydig at (415) 595-2249. These will probably go very fast at this price, so we suggest you respond immediately if you're at all interested. Prices are "negotiable." We also have an indoor display clock on sale for \$500.



NEW EQUATOR



PEGASUS



NEW INTERNATIONALIST

Wear a Winner! Wear a Nike!

For serious runner, and anybody on the road to becoming one, Nike offers a complete line of high-performance shoes.

Models that incorporate the most advanced designs in light weight, supportive uppers; durable, road hugging outsoles; and revolutionary midsoles like Nike Air,TM Phylon,TM and now the Air Wedge.TM

We have it all at:

**NIKE
BERKELEY**

2114 Addison St., Berkeley, CA
843-7767

Schedule

APR 10: Run for the Sun. 2.8 & 7.1 miles. Arcata Plaza, 10 am. Redwood Alliance, Box 293, Arcata 95521. (707) 822-7884.

APR 10: Jimmy Stewart National Relay Marathon. Los Angeles (Griffith Park), 5-Person Teams. St. John's Hospital & Health Center, Special Events Office, 1328 - 22nd St., Santa Monica 90404. (213) 829-8968.

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

APR 10: The Streets of Palo Alto 10K Run. Palo Alto (El Camino Park... across from Stanford Shopping Ctr.), 8 am. Palo Alto Jaycees, 10K Run, P.O. Box 1321, Palo Alto 94302. (415) 323-PAJC.

APR 10: Apple Juice Runs. 2.2 & 6.2 miles, Sebastopol (Analy High School), 9 am. Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95472. (707) 823-3032.

APR 10: Christian Brothers Classic 10K. Moraga (St. Mary's College), 10 am. Christian Bros. Classic, 618 Lucas Dr., Lafayette 94549. (415) 837-2858, Mike.

APR 10: Herc Dynamite Run. 4 miles, Hercules (Refugio Park), 10 am. Fleet Feet Pinole, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188, Steve Justice.

APR 10: Avon 15K Women's Race. San Francisco (Golden Gate Park, Polo Fields So. Parking Lot), 9 am. Avon Running -YMCA, P.O. Box 62196, San Francisco 94162. (415) 668-2060. *Entries Close April 5.*

APR 10: Union City Run. 5 miles, Burlingame, 9 am. R.C. Masters, L.L. 1781, 1511 Rollins Rd., Burlingame 94010. (415) 595-3774, eves.

APR 10: Carmel Run by the Sea. 4 miles, Carmel, 9:30 am. Jim Langley, P.O. Box 296, Carmel 93921. (408) 624-2269 or 625-3093.

APR 10: Santa Clara Central Park Run. 3.4 miles, Santa Clara (Community Recreation Center), 9 am. Bea Lichtenstein, 726 Woodhams Rd., Santa Clara 95051. (408) 241-6596.

APR 10: DSE Kennedy Drive Run. 4 miles, San Francisco (Golden Gate Park, Polo Fields), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

APR 10: Fitness Run. 5 & 10K, Livermore (The Barn Pacific), 9 am. Bev Hamlin, 3529 Wind Cave Ct., Pleasanton 94566. (415) 846-1455.

APR 10: Run For Life. 10K, Stanford (Stanford Stadium), 9 am. Suzanne Allayard, American Heart Ass'n, 3003 Moorpark Ave., San Jose 95128. (408) 247-8555.

APR 10: Mother Lode Biathlon. 40 mile bike, 10 mile run. El Dorado Hills, time TBA. City Sport Works, 5114 Madison Ave., Sacramento 95841. (916) 332-6453, days.

APR 10: Volunteer Triathlon. 10K run, 20 mile bike, 400 yd. swim. Clovis High School, time TBA (200 limit). Franz Weinschank, 304 Crocker Bank Bldg., Fresno 93721. (209) 237-3101.

APR 10: Finnsport 10K. Granada Hills (Cal State Northridge), 9 am. Mike Ahola, 11505 Swinton Ave., Granada Hills 91344. (213) 360-5563.

APR 10: International Friendship Marathon & Half Marathon. *Date change from 4/23 in last issue.* Chula Vista to Rosarito Beach (Mexico), 7 am. Bill Stock, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 286-RUNR.

APR 10: Playa Vista 10K Run. near Marina del Rey, 8 am. Summa Corp., P.O. Box 9000, Marina del Rey 90291. (213) 671-7531. **2000 Limit.**

APR 10: National 10K Women's Road Champs. Albany, NY. Sandy Jacon, 726 Columbia Turnpike, East Greenbush, NY 12061. (518) 477-5945.

APR 10: Livermore 8.56 Mile Race. Livermore (Lawrence Livermore Nat'l Lab), 10 am. Jean Shuler, P.O. Box 121, Livermore 94550. (415) 423-1909.

APR 10: Jack London Wolf Run. 3K & 10K, Jack London State Park, Glen Eilen (Sonoma County), 9:30 am. Butch Alexander, P.O. Box 632, Sonoma 95476. (707) 996-3899.

APR 10: Son of the Ditch Run. 5 "tough" Miles, Weaverville, noon. Pete Siligo, P.O. Box 929, Weaverville 96093. (916) 623-5406.

APR 10: Jackass Mail Run 10K. Springville, 8 am. Carol Lapham, 36183 Hwy 190, Springville 93265. (209) 539-2521.

APR 10: City of Health 5/10K Run for Fitness. Duarte, (Royal Oaks School), 8:30 am. Duarte Parks & Recr. Dept., Run for Fitness, 1600 Huntington Dr., Duarte 91010.

APR 10: San Marino Rotary Run for Fun. 5 & 10K, San Marino HS, 8 am. Norman Arce, c/o San Marino Rotary, Box 8301, San Marino 91108. (213) 285-8844.

APR 10: Let's Get Together 5-Miler. Mt. View (Downtown), 9 am. Mark Reynolds, 1400 Stierlin Rd., Mtn. View 94042. (415) 965-8777, x232.

APR 10: Sierra Mountain Race V. Squaw Valley Nordic Center, 10K XC-Ski, 10K Run, 30K Bike, 10 am. Bill Jensen, P.O. Box 7045, Tahoe City 95730. (916) 583-2264, eves.

APR 10: Tierrasanta Kiwanis Spring Run. 10K & 3 Mile Fun Run, San Diego (Serra Jr./Sr. High School), 7 am. Kiwanis Club of Tierrasanta, 10K Run, P.O. Box 24009, San Diego 92124. (619) 279-5237.

APR 10: April in Yorba 5/10K. Yorba Regional Park, Yorba Linda, 8:15 am/5K, 9 am/10K. South Coast Runners Ass'n, 3857 Birch, Room 442, Newport Beach 92660. (714) 646-3452.

APR 10: RPU 5 & 10K Runs. Lancaster, 8:30 am. Running Promotions Unltd., P.O. Box 121, Lancaster 93534. (805) 942-3820.

APR 10: Roseburg TC 50K. Roseburg, Oregon (Hoffman Center, Stewart Park), 8 am. Fred Pietrzak, 1317 S.E. Main, Roseburg, OR 97470. (503) 673-7359.

APR 10: Run for Playmates 10K. (& 60yd. dash for children), San Francisco (Golden Gate Park, Polo Field Stadium), 8:30 am/10K, 10 am/60yd. Run for Playmates, c/o Raye Byrne, 1648 - 21st. Ave., San Francisco 94122. (415) 661-8869.

APR 10: Overton 2 Mile & 10K. Overton, Nevada (High School)(north of Las Vegas on I-15), 10 am/2 mile, 10:30 am/10K. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

APR 10: American River 50-Mile. Sacramento to Auburn (Cal State Sacramento start), 8 am. PA/TAC Championships. Fleet Feet, 107 S. Harding Blvd., Roseville 95678. (916) 783-4558.

APR 10: Nowhere to Run 10K. Livermore (Robertson Park), 10 am. David Randolph, P.O. Box 9947, Berkeley 94709. (415) 549-0361. **1000 Limit.**

APR 10: Kimochi Cherry Blossom 5 Mile. San Francisco (Golden State Pk. to Japan Town), 9 am. Steve Nakajo, 1581 Webster St., No. 10, San Francisco 94115. (415) 931-2294.

APR 10: Lafayette Loop. 2 Mile & 10K, Lafayette Plaza (Lafayette), 9 am. Marcia Robbins, Center for Living Skills, P.O. Box 1145, Lafayette 94549. (415) 284-4871.

APR 10: DSE Golden Gate Vista Run. 5 miles, San Francisco (Legion of Honor), 10 am. Walt Stack, 741 Kansas St., No. 2 San Francisco 94107.

APR 10: Fairfield Osborn Preserve Benefit Run. 5 mile, Cotati, 9:30 am. Larry Serpa, 6543 Lichau Rd., Penngrove 94951. (707) 795-5069.

APR 10: Angwin to Angwish Run. 7.6 mile, Angwin (Pacific Union College), 10 am. Dr. Daryl Stewart, P.E. Dept., Pacific Union College, Angwin 94508. (707) 965-6245.

APR 10: Vineyard Run. 3, 10 & 30K. Geyserville (Geysers Peak Winery), 9 am. Mary Harrington, P.O. Box 11546, Santa Rosa 95406. (707) 542-5045.

APR 10: Kaweah River 8 Miller. Visalia area, time TBA. Dave Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

APR 10: Run Your Art Out/Newport Museum 10K. Newport Beach (by Newport Inn), 9 am. Mitch Harmatz, Cal-State Dominguez Hills. (213) 516-3513.

APR 10: Save Your Vision Week 5/10K Run. Pierce College, Woodland Hills, 5K/8 am, 10K/8:45 am. Los Angeles County Optometric Society, 4055 Wilshire Blvd., Suite 407, Los Angeles 90010. (213) 381-1357.

APR 10: The HEART/CAAN Run Marathon & 10K. Ventura (Mission Park), time TBA. Fred Turner, 5554 Lafayette St., Ventura 93003. (805) 642-5296.

APR 10: MDA 10K & 1 Mile Fun Run. Del Mar, 7:30 am. Joan Roegno, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 584-2484.

APR 10: El Camino College Classic 5/10K. Torrance, 8 am. R.A.C.E., Box BC, Westminster 92683. (213) 532-3670, x219.

APR 10: Sunset Park 5 Mile & 15K. Las Vegas, Nevada (Sunset Park), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

APR 10: Rio Bravo 10 Mile X-C. Bakersfield, 8 am. Mike O'Haver, P.O. Box 10371, Bakersfield 93389. (805) 832-0749.

APR 10: J.C. Penney's Fun Runs. 2 & 5 miles, Fresno (5111 E. McKinley), 7 am. Zeta Williams, KMPH TV, 5111 E. McKinley, Fresno 93727. (209) 255-2600.

APR 10: Open Space Race. 10K, Santa Cruz, 9 am. Rick Jahn, P.O. Box 847, Ben Lomond 95005. (408) 336-2261, weekdays.

APR 10: Boston Marathon. Hopkinton to Boston, noon. B.A.A. Marathon, P.O. Box 223, Boston, MA 02199. *Entry Deadline probably March 9th.*

APR 10: El Molino 10K Vineyard Run. Mark West Vineyards (No. of Santa Rosa), 11 am. Nancy Estes, El Molino High School, 7050 Covey Rd., Forestville 95436. (707) 887-2271, days.

APR 10: Baylands 10K Run. Sunnyvale (Casplan & Geneva), 9 am. Mark Grazan, c/o P.O. Box 60607, Sunnyvale 94088. (408) 738-5521.

APR 10: Synanon 25th Anniversary 10K. Exeter (20934 Hwy. 198), 10 am/2 mile, 10:30 am/10K. Steve Diamant, Synanon R.C., P.O. Box 42, Badger 93603. (209) 337-2885.

APR 10: Fontana Days Half-Marathon & 5K Run. Fontana (Miller Park), time TBA. Kit Ledbetter, Parks & Recr. Dept., 8353 Sierra Ave., Fontana 92335. (714) 823-3411, x37.

APR 10: Oxnard College 10K. Oxnard College, 8:30 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

APR 10: Tustin Community Hospital Run for Sobriety 5 & 10K. Tustin (Utt School), 8 am. Rob Jorgenson, Tustin Community Hospital, 14662 Newport Ave., Tustin 92680 (714) 838-9600, x426.

BAY AREA



THE ROAD RACER'S REFERENCE

This monthly magazine is the official PA-TAC LDR Schedule for 1983. It contains a complete race calendar for a full year as well as entry blanks for many up-coming races.

DIRECT MAIL TO 16,000 RUNNERS!!

Race Directors: Send us your race announcement and \$25. It will be included in every issue until race day.

Runners: Send us your name and address and \$4, and we'll send you 12 monthly issues.

Yes, I'd like to subscribe to **The Schedule**. Enclosed is my check for \$4.

Name _____

Address _____

City/State/Zip _____

Total Race Systems • 627 Galerita Way • San Rafael, CA 94903

APR 23: Broadway Southwest 5 Mile. Las Vegas (Boulevard Mall), Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy. Las Vegas, NV 89101. (702) 382-3496.

APR 23: International Friendship Marathon & Half-Marathon. Date Changed to April 10.

APR 23: High Desert Escapades Marathon. Desert Empire Fairgrounds, Ridgecrest, time TBA. Ridgecrest Chamber of Commerce, P.O. Box 771, Ridgecrest 93555. (619) 375-8331. **Entries Must Be Postmarked by April 9.**

APR 24: SPA/TAC 20K, 50K & 100K Championships. East of Camarillo (Adohr Dairy), 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

APR 24: Boothe Park Ribbon Runs. 2 mile, 5 & 10K, Napa Valley (between St. Helena & Callistoga), 9 am. Therman Gibson, P.O. Box 519, Angwin 94508.

APR 24: March of Dimes Walk America 30K Walk or Run. San Jose (City College), 7:30 to 9:30. Marie Lagattuta, 1171 Lincoln Ave., San Jose 95125. (408) 295-WALK.

APR 24: Charge of the Lite Brigade. Half-Marathon (13.1 miles), Hayward to Foster City (meet at Mervyn's Pkg. Lot, 1 block off Hwy 92), 7:30 am. *Daylight Savings Time.* San Mateo County Historical Ass'n, 1700 W. Hillsdale Blvd., San Mateo 94402. (415) 574-6441.

APR 24: DSE Mt. Davidson Run. 3 miles, San Francisco (Riordan H.S., 175 Phelan), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

APR 24: Terra Linda Ridge & Valley Runs. 5 & 10K, San Rafael (Terra Linda H.S.), 9 am. Carl Flynn, 61 Ranchitos Rd., San Rafael 94903. (415) 499-1506.

APR 24: Run to Daylight. 10K, Santa Rosa (Spring Lake Park, Spring Lake Lagoon), 10 am. Ron Wareham, P.O. Box 6238, Santa Rosa 95406. (707) 544-8414.

APR 24: Orienteering Meet (Tentative). Tilden Regional Park (Oakland), time TBA. Carlo Alessandrini (415) 525-4725.

APR 24: Golden State Women's Run 5 & 10K. San Jose (Fleet Feet), 9 am. Golden State Women's Run, 2410 "J" St., Sacramento 95816. (916) 442-3962.

APR 24: Run in the Park 10K & 1 Mile. Long Beach (El Dorado Park), 8 am. R.A.C.E., Box BC, Westminster 92683. (714) 897-2227.

APR 24: Lakewood 10K & 2 Mile Fun Run. Lakewood (Center Park), 8:30 am. Runner's High, 5519 Del Amo Blvd., Lakewood 90713. (213) 920-3580.

APR 24: Pico Canyon Classic 8K. Newhall, 8 am. Camping World, 24901 Pico Canyon Dr., Newhall 91321.

APR 24: Coca-Cola Ultra Marathons. 30K, 50K, 50 mile, 100K. Yakima, Washington (Randall Park), 6 am/100K (and various other starting times for other events). Dick Goodman, Route 4, Box 4186, Selah, WA 98942. (509) 697-8100. **April 22 Deadline.**

APR 24: Santa Monica Pier 5 & 10K Runs. Santa Monica City Hall, 9 am. Pier Race, Santa Monica Recreation Dept., 1685 Main St., Room 210, Santa Monica 90401.

APR 30: Deadline for Bay to Breakers entries. See May 15.

APR 30: Dispatch Road Run. 3 & 10K, Gilroy (Christmas Hill Park), 8:30 am. Steve Owen, 8855 Murray Ave., Gilroy 95020. (408) 842-2327.

APR 30: Hill & Dale Run. 10K, Healdsburg (Field Stone Winery), 8:30 am. Suzie Buchignani, 10075 Hwy 128, Healdsburg 95448. (707) 433-7266.

APR 30: Original Foothill Footrace. 10K & 2 Mile Fun Run. Coarsegold (Yosemite Lakes Park), time TBA. Stan Cooper, P.O. Box 2178, Coarsegold 93614. (209) 683-2110.

APR 30: Our Lady of Victory Carnival Run. 8K & 1 Mile, Fresno, 8:30 am. Carnival Run, c/o OLV, 1626 W. Princeton Ave., Fresno 93705. (209) 298-6148, Rod Olsen.

APR 30: Rotary River Run. 3 & 6 Mile (& children's 1 mile), Firebaugh, 8:30 am. Ron Sani, 2107 N. Harrison, Fresno 93704. (209) 233-0009.

APR 30: Bed Bug Challenge 10K. lone (near Jackson), 8 am. Lucie Gray or Joy Jackman, P.O. Box 362, Jackson 95642. (209) 267-0105 or 223-1464.

APR 30: Pena Adobe Runs. 5 & 10K, Vacaville Gliderport (btwn. Fairfield & Vacaville on Hwy 80), 9 am. Mark Waters, P.O. Box 525, Suisun 94585. (707) 447-1252.

APR 30: L.A. Triathlon Championship Series. Bonelli Park, San Dimas (swim 1K, bike 38K, run 8K), time TBA. Bill Fulton, The Complete Runner, 2658 E. Garvey Ave. So., West Covina 91791. (213) 331-0169.

APR 30: Van Nuys Kiwanis 5/10K Runs. Van Nuys (Woodley Park), 5K/8 am, 10K/8:15 am. Don Turner, Valley State Bank, P.O. Box 8347, Van Nuys 91409. (213) 994-9200.

APR 30: Breakers YMCA 10 Mile Run. Mission Beach, 7 am. Roger Martin, c/o E.O.L., P.O. Box 1049, Coronado 92118. (619) 232-7451.

APR 30: Boulder City 2 & 6 Mile. Boulder City, Nevada (Recreational Center), 8:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

MAY

MAY 1: Wild, Wild West X-Country Marathon. Lone Pine (Tuttle Creek Campground), 7 am. Robert Frickel, P.O. Box 352, Lone Pine 93545. (714) 876-5671.

MAY 1: Avenue of the Giants Marathon. Weott (Humboldt Redwoods State Pk.), 9 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435. **NOTE: 2000 limit on entries... if 2000 limit is reached by Feb. 15, then a lottery will be used to select 2000. No "transfers" this year!**

MAY 1: Lillac Bloomsday Run. 7.5 miles, Spokane, Washington. Box 1551, Spokane, WA 99210.

MAY 1: Widney Athletic Ass'n Run/Wheel/Walk. Los Angeles (Griffith Park), 8 am. Widney, 2302 S. Gramercy Pl., Los Angeles 90018. (213) 731-8633 or 389-9714.

MAY 1: Devil Mountain Run. (PATAC Men's Championship), 10K, Danville (Town & Country Center), 9 am. Devil Mtn. Run, P.O. Box 727, Alamo 94507. (415) 837-9187, 820-6038, or 932-0494.

MAY 1: Santa Clara Police 10K Pursuit. Mission College (Santa Clara), 9 am. SCPOA, P.O. Box 223, Santa Clara 95051.

MAY 1: Hub to Campus 5000 Meters. Hob of Cotati, 11 am. Bob Sorani, Phys. Educ. Dept., Sonoma State Univ., Rohnert Park 94928. (707) 664-2521.

MAY 1: Marin YMCA May Day Run. 10K & 1 mile, 8:30 am. Barbara Baird, 241 N. San Pedro Rd. (YMCA), San Rafael 94903. (415) 472-1301.

MAY 1: Boardwalk 8K Race. Redwood City (Boardwalk VW), 9 am. Bob Klasick, 350 Convention Way, Redwood City 94063. (415) 484-0100.

MAY 1: Stockton Race for Exceptional Children. 13.1 mile, 10K, 1 & 2 mile. Stockton, time TBA. Ward Downs, 6841 Vicksburg Pl., Stockton 95207. (209) 477-8405.

MAY 1: DSE Pike's Peak 'Peak Busters' Benefit Race. 7.5 miles, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

MAY 1: Lemoore NAS Air Show Half-Marathon. Lemoore NAS, time TBA. Air Show Half-Marathon, NAS Lemoore 93245.



Fresh start!

Cascade Run Off Sunday, June 26, 9 am

Enter the sixth annual Portland, Oregon world-class 15 kilometer.

New entry procedure.

Revised course.

Fresh start.

For entry and complete details, send self-addressed, stamped business envelope to:

**Cascade Run Off, PO Box 40228,
Portland, Oregon 97240.**

Entries available April 1;

entries accepted April 16 - May 6 only. Field limited.

Schedule

MAY 1: Reedley 10 Mile. Reedley, time TBA. Dave Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

MAY 1: Ojai 10K. Sarazott Park, Ojai, 9 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 843-1104.

MAY 1: Rotary Club 5 & 12K Runs. Olivehurst(?), time TBA. Jim Buchan, P.O. Box 1062, Marysville 95901.

MAY 1: Los Angeles Ironman Championship. Swim 2 miles, bike 100 miles, run 20 miles. Los Angeles area, time TBA. Triathlon Productions, 853 Camino Del Mar, Del Mar 92014.

MAY 1: Carmel Valley Golf & CC-MPC Benefit 8K Race. Carvel Valley Golf & CC, 4 pm. Skip Marquard, 312 W. Carmel Valley Rd., Carmel Valley 93924. (408) 659-4268. 700 entry limit.

MAY 7: Meranatha Marathon, Half-Marathon & 10K. Sacramento, 8 am. Art Baudendistel, 8505 Junesau Way, No. Highlands 95660. (916) 332-3391.

MAY 7: Golden State Women's Run. 5 & 10K, Salinas (Toro Park), 9 am. Golden State Women's Run, 2410 "J" St., Sacramento 95816. (916) 442-3962.

MAY 7: Golden State Women's Run. 5 & 10K, Chico (Bidwell Park), 9 am. Golden State Women's Run, 2410 "J" St., Sacramento 95816. (916) 442-3962.

MAY 7: Angel Island Run. 4.8 mile (Angel Is., S.F. Bay), 12:30 pm. The Guardsmen, 12 Geary St., Room 201, San Francisco 94108. (415) 989-6403.

MAY 7: Camino Del Diablo. 7 mile, Mt. Diablo State Park (Turtle Rock Ranch), 8:30 am. Mary Skinner Mt. Diablo State Pk., P.O. Box 250, Diablo 94528. (415) 837-2525.

MAY 7: Corporate Cup Relays. Foothill College, Los Altos Hills, time TBA. David Hans, Runner's World, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

MAY 7: The Human Race. 10K, Napa (Robert Mondavi Vineyards), 9 am. Nancy Sellers, 2310 Laurel, Napa 94559. (707) 257-3870.

MAY 7: Bakersfield Triathlon. Bakersfield (Coesterian Lake, Buena Vista Rd.), 8 am. Swim 1/2 mile, bike 20 miles, run 6 miles. Bill Easton, 7604 Calle Corta, Bakersfield 93309. 300 entry limit.

MAY 7: The Human Race. 3 & 10K. Santa Rosa (Rincon Valley Jr. High), 9 am. Volunteer Center, 741 Fifth St., Santa Rosa 95404. (707) 544-9480.

MAY 7: The Human Race. (other various locations throughout state) - contact: Loyce Haran, c/o Volunteer Bureau, 450-B Peninsula Ave., San Mateo 94401. (415) 342-0801.

MAY 7: California Road Runners 10 Mile & 5 Mile Runs. Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (213) 888-5526.

MAY 7: Ford Aerospace Spring Tune Up III. 1.8, 5 & 10K, Newport Beach (Ford Aerospace), 7:45 am. S.T. Johnson, Ford Aerospace, P.O. Box 4, Ford Rd., Newport Beach 92660. (714) 720-4113.

MAY 7: Desert Foxes 10K. Las Vegas (Racquet Club, 9001 S. Industrial), Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

MAY 7: Run for Life. 20K & 5K, Fresno. American Heart Assoc., Jean Berry, 3835 N. West Ave., Fresno 93705. (209) 224-8215.

MAY 8: May Day Run. 5 & 10K (Plus 9 & Under 5/8 Mile Fun Run). San Francisco (Golden Gate Park, Polo Fields, So. Parking Lot), 9 am. (5/8-mile/8:30 am). San Francisco Heart Ass'n., 421 Powell St., San Francisco 94102. (415) 433-2273.

MAY 8: New Novato Ridge Run. 5.5K & 5.2 mile, Novato High School, 10 am. Jim Platt, 4 Monroe Ct., Novato 94947. (415) 897-8792.

MAY 8: Run for the Dogs. 5 miles, Santa Rosa (1215 Sebastopol Rd.), 10 am. Canine Companion Facility, 1215 Sebastopol Rd., Santa Rosa 95401. (707) 528-0830.

MAY 8: Keelhaul Classic 10K. Calif. Maritime Academy, Vallejo, 9 am. **May 5 Entry Deadline.** Harry Diavatis, P.O. Box 1392, Vallejo 94590. (707) 644-5801.

MAY 8: DSE Bay to Breakers Practice Run. 7.6 miles, San Francisco (Howard & Spear Sts.), 8 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

MAY 8: Mother's Day 4 Mile. Visalia, time TBA. Rob Stephenson, 1527 Vassar, Visalia 93277. (209) 733-1655.

MAY 8: Kiwanis Share the Good Health Run. 10K, Atherton (Menlo School & College), 8 am. Kiwanis Run, P.O. Box 2745, Redwood City 94064. (415) 365-0796 or 368-6968.

MAY 8: The Stanford Challenge. Unique 8-event competition, Stanford Univ. (Angel Field), 10 am. Jack Martin, Stanford Univ. Athletics, Roble Gym, Stanford 94305.

MAY 8: Burlingame Fun Run. 2.85 mile, San Mateo (Coyote Point Park), Beach Parking Area, 8 am. Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame 94010. (415) 344-8386.

MAY 8: Mother's Day Run. Distance not known, Fresno (Woodward Park), 7 am. Fresno Joggers, c/o James Plus, 1325 Adler Dr., Clovis 93612. (209) 299-8542.

MAY 8: Los Angeles "Rock-N-Run" Distance unknown, exact location & time unknown. Envoys USA, 48 Worthington Dr., Maryland Hts., MO 63043. (314) 862-9111.

LOOKING AHEAD

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

MAY 15: Bay to Breakers. 7.51 miles, San Francisco (Howard & Spear Sts.), 8 am. Examiner Bay to Breakers, P.O. Box 42000, San Francisco 94142. **Entry Deadline is April 15.**

MAY 15: Los Angeles International Marathon. Date changed from March 5. Los Angeles, 8 am. Dennis McCarbery, P.O. Box 3249, Torrance 90150. 5000 Limit.

MAY 21: Aptos Creek Marathon. Aptos, 8 am. Hans Albrecht, Nike, 3900 S.W. Murray Blvd., Beaverton 97005. (503) 641-6453. Rugged Mtn. Trails. **Limit 300, No Post Entry.**

MAY 21: National 50K Race Walking Champs. Senior and Masters Men. Carmel, California. Giulio dePetra, P.O. Box 2927, Carmel 93921. (408) 624-7211.

MAY 21: Leatherneck Marathon. MCAS El Toro (Santa Ana), 7 am. Marathon, c/o Training Dept., (1GA), MCAS El Toro, Santa Ana 92709. (714) 651-3121.

MAY 29: TAC National Masters 20K Championship. Washington D.C. Chuck DesJardens, 5428 S. Portlane, Fairfax, VA 22032. (703) 250-7955.

MAY 29: Bonne Bell Women Only Triathlon. 1K swim, 30K bike, 10K run. Redwood Shores (Marine World-Africa USA), 10 am. Cathy Crabtree, 2086 Chestnut St., San Francisco 94123.

JUN TBA: National 25K Women's Champs. Sudbury, Mass. Cindy Hastings, c/o GBTC, 90 Hampshire St., Cambridge, MA 02138. (617) 876-0727.

JUN 5: Gold Country Marathon, Half-Marathon & 10K. Nevada City, 7 am. Gold Country Lions Club, P.O. Box 531, Grass Valley 95945. (916) 273-4682.

JUN 5: Avon Women's International Marathon. (Open & Masters Women's National TAC Championships), Los Angeles (on 1984 Olympic Marathon course), time TBA. Avon International Running Circuit, 9 West 77th St., New York, NY 10019.

JUN 5: Sri Chinmoy Marathon. Foster City, 7 am. Michael Lindemann, 2438 - 16th Ave., San Francisco 94116. (415) 665-2994. **May 25 Deadline, must be 18 or older.**

JUN 5: Russian River Run. Marathon & Half-Marathon (also 4.9 mile). Ukiah, 6 am. Ukiah Community Center, 516 So. State St., Ukiah 95482. (707) 462-8879. 800 Limit.

JUN 11: Palos Verdes Marathon. Palos Verdes Estates, 7 am. Kiwanis Club of Palos Verdes, Box 153, Palos Verdes Estates 90274. (213) 437-6774.

JUN 11: DeCelle Memorial Tahoe Relay. 7-Person teams (approx. 10 miles per leg). So. Lake Tahoe (Hiway 50 & 89, Safeway Pkg. lot), 7 am. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

JUN 18: TAC National 100 Mile. Men, Women, Masters. Shea Stadium, Queens, NY. Vince Chiappetta, 3400 Corlear Ave., Bronx, NY 10463. (212) 796-5189.

JUN 18: The Converse-Father's Day 10K. Westwood Village, West Los Angeles, 8 am. CRRC, P.O. Box 891, Tarzana 91356. (213) 888-5526.

JUN 18: Valley of the Flowers Marathon & Half-Marathon. Tentative Date. Lompoc (River Park), 7:30 am. Lompoc Valley D.C., P.O. Box 684, Lompoc 93438.

JUN 19: Levi's Ride & Tie Race. 40 miles ride & run (2 people, 1 horse), Eureka, time TBA. Bud Johns/Joyce Bustinduy, Levi Strauss & Co., Levi's Plaza, 1155 Battery St., San Francisco 94106. (415) 544-8973.

JUN 25: Western States 100-Mile Endurance Run. Squaw Valley to Auburn, 5 am. **Entries closed but a waiting list is being compiled.** Curt Sproul, 1000 "G" St., Suite 300, Sacramento 95814. (916) 443-8181.

JUN 28: Cascade Run Off 15K. Portland, Oregon, time TBA. Cascade Run Off, P.O. Box 40228, Portland, OR 97240. (503) 223-9016. **Entry Forms to be mailed out April 1. First 3600 returned applications, postmarked Apr. 16 or later will be automatically accepted. The next 2400 spots will be selected by lottery from applications received on or before May 6. Confirmations (or non-acceptance) will be mailed by June 1.**

JUL 2-4: The Ultimate Endurance Triathlon. 6K swim, 300K bike, 50K run...one event each day, Sacramento to San Francisco. Time TBA. Tri-Triathlon, 2410 "J" St., Sacramento 95816. (916) 442-8326. **Limited Entries.** \$100 fee or \$225 per 3-person team.

JUL 8: Couples Relay. 2x2 mile, Larkspur Landing, 9 am. Barry Spitz, The Good Sport, Larkspur Landing, Larkspur 94939. (415) 461-1930.

JUL 24: San Francisco Marathon. Golden Gate Park, time TBA. Scott Thomason, P.O. Box 27385, San Francisco 94127. (415) 681-2322. **10,000 Limit.**

AUG 7: Summer Relays. 5-person teams, 4.484 miles each, Lake Merced, San Francisco (Sunset Circle Pkg. Lot), 9 am. Karen Lanterman, P.O. Box 652, Burlingame 94010. (415) 348-5387.

AUG 7: Skyline 50K. El Sobrante (Clark Gate, Wilcat Canyon Regional Pk. to Lake Chabot Marina), 7 am. Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188. **350 limit.**

COLLEGE/OPEN TRACK & FIELD

MAR 5-8: Long Beach Relays. (Univ., College, JC, men and women). Cal State Long Beach. John Tanstey, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

MAR 5: Aztec Invitational. San Diego State. Dixon Farmer, Track Coach, San Diego State, 5402 College Ave., San Diego 92812. (714) 265-6569.

MAR 5: SPA Women's Olympic Development Meet. UC Irvine, 12 noon. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

MAR 12: Kingmen Relays. California Lutheran College, Thousand Oaks, 9 am. Small college meet.

MAR 12: Northridge Relays. Cal State Northridge. Bill Webb, Track Coach, California State University, 18111 Northhoff St., Northridge 91330. (213) 885-3608.

MAR 19: Cal State L.A. Open Meet. Dick Purcell (213) 224-3243.

MAR 19: Warrior Relays. Westmont College, Santa Barbara, 11 am. Small college meet.

MAR 25: West Hills College All Comers. Coalinga.

MAR 25-26: Golden Bear Meet of Champions. UC Berkeley. Tony Sandoval, Hearst Gym., Room 177, Berkeley 94720. (415) 642-9447.

MAR 26: Bronco Invitational. Cal Poly Pomona. (714) 598-4600.

MAR 26-27: UCSB Decathlon. Santa Barbara. Sam Adams, Track Coach, UCSB Athletics, Santa Barbara 93106. (805) 961-3400.

MAR 27-28: USC Women's Invitational & Heptathlon. Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-7693.

MAR 29: Santa Rosa Invitational. Junior College.

MAR 29-30: Fresno State Heptathlon/Decathlon. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 1-2: Martin Luther King Games. Stanford University. Brooks Johnson, Track Coach, Stanford University, Stanford 94305. (415) 497-4591.

APR 2: SPA Women's Olympic Development Meet. Cal Poly Pomona, 1 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

APR 7: Porterville College All Comers.

APR 9: California Christian College Athletic Conference. Citrus College, hosted by Azusa Pacific, 12 noon.

APR 9: Lady Bronco Invitational. Cal Poly Pomona, 3 pm. John Turek, CPP Women's Athletics, 3101 Temple Ave., Pomona 91768. (714) 598-4611.

APR 9: Fresno Invitational. Fresno State University. Tom Pagani, Athletic Dept., Fresno State University, Fresno 93740. (209) 294-4098.

APR 9: Bruce Jenner Junior College. San Jose City College. Bert Bonanno, Athletic Dept., San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 16: Ed Adams Invitational. Junior College.

APR 16: Bruce Jenner High School, Open, University, Club. San Jose City College. Bert Bonanno, see above.

APR 16: SPA Women's Olympic Development Meet. UCLA. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

APR 16-17: Sacramento Decathlon. Track Coach, CSUS Athletics, 6000 J St., Sacramento 95819. (916) 454-7008.

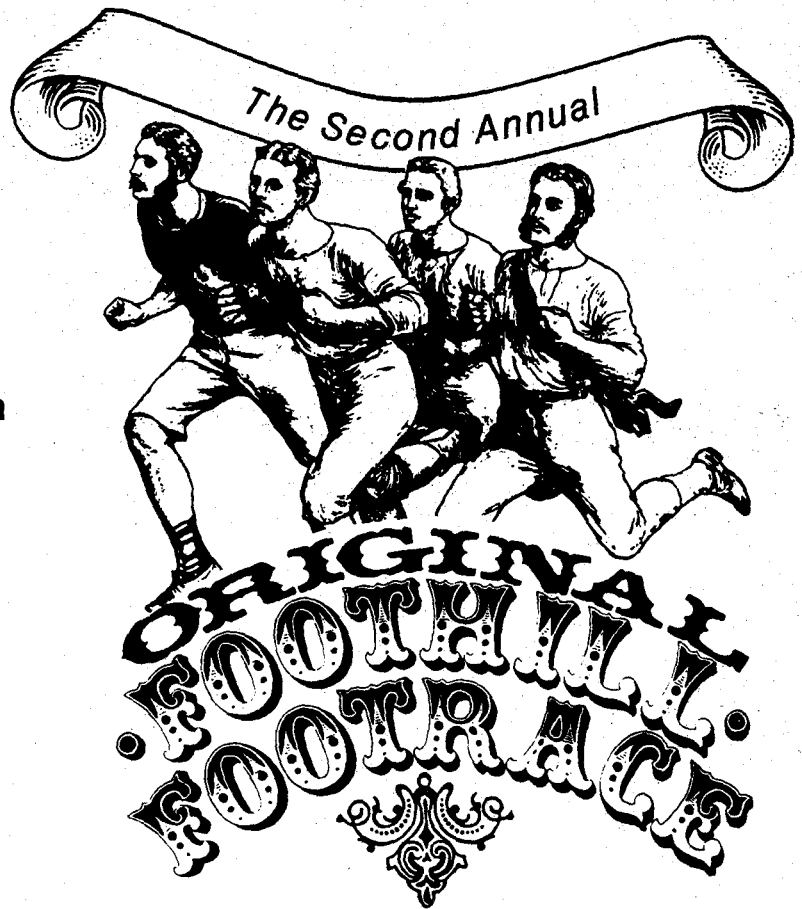
APR 16: Woody Wilson Relays. (College men and women). UC Davis. John Pappa, Track Coach, UC Davis Athletics, Davis 95616. (916) 752-0511.

Saturday
April 30, 1983

10K Run • 2 Mile Fun Run
In beautiful Yosemite Lakes
Park, Coarsegold (Elev. 1500')



Sponsored by
The Madera Roadrunners



A Benefit for the
American Cancer Society

- Description:** Paved roads, many gently rolling hills, wildflowers, streams, lakes, etc. Very scenic.
- Starting Time:** 8:00 a.m. SHARP!
- Check-In Time:** 6:30-7:30 a.m.
- Entry Fee:** \$6.00 for pre-registration in *both* races.
\$7.50 for day of race registration in *both* races.
- Pre-entry Deadline:** Monday, April 25, 1983.
- Awards:** Gorgeous Tee-shirts to all *finishers* in *both* races.
Special Awards to top 3 finishers in each 10K division.
(No divisions in the 2 mile)
- Refreshments:** Yes!
Also, a buffet breakfast will be available at the Yosemite Lakes Clubhouse for \$3.99 from 9:00 a.m. to 11:30 a.m.
- Checks Payable To:** The American Cancer Society
- For Further Information, call or write:**

Stan Cooper
(209) 683-2110
P.O. Box 2178
Coarsegold, CA 93614



BRUCE Jenner
MICHELOB
Light
CLASSIC I

Co-Sponsored by the *San Jose Mercury News*

**WORLD RECORD
 HOLDERS ARE
 COMING TO
 SAN JOSE**

April 9
 • Junior College •

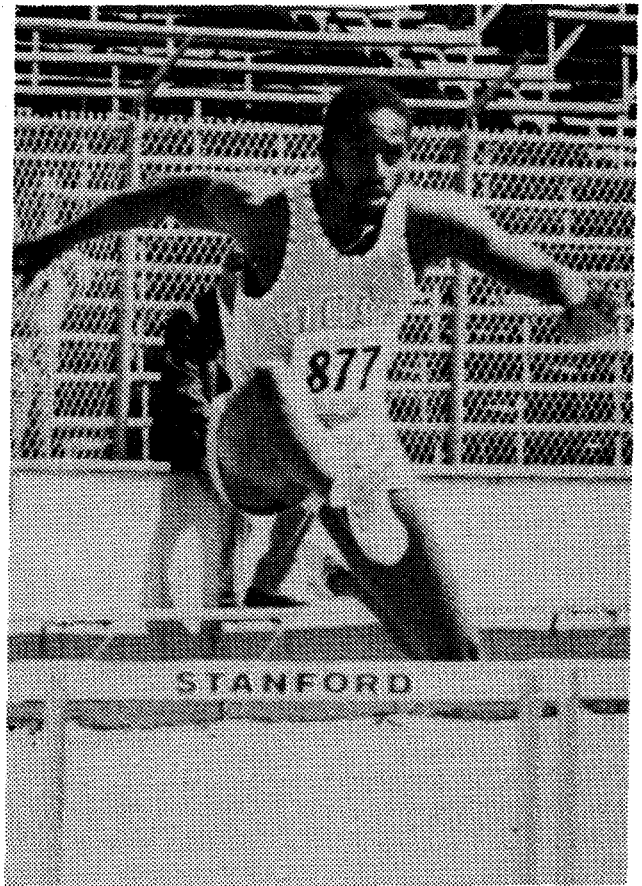
★ California's top junior college athletes ★
 Tickets available at the gate

For more information, contact:

Steve Haas
 San Jose City College
 2100 Moorpark
 San Jose, CA 95128
 (408) 288-3730

**FINNISH NATIONAL TEAM
 TO COMPETE APRIL 16**

- Arto Bryggare
- Tiina Lillak
- Jorma Harkonen
- Martti Vainio
- Ilkka Ayravainen
- Antti Kalliomaki
- Timo Kuusisto
- Markku Rokala
- Juha Tiainen
- Arto Harkonen
- Minna Vehmasto



ANDRE PHILLIPS

photo by Don Gosney

April 16

• High School • Open • University •
 • College • Club Division •

★ Featuring top world and national class athletes ★
 Tickets available at the gate

For more information, contact:

Bert Bonnano, Meet Director
 Bruce Jenner Classic
 2100 Moorpark
 San Jose, CA 95128
 (408) 288-3730

For high school information, contact:

Ken Johnson, Meet Director
 Willow Glen High School
 2001 Cottle
 San Jose, CA 95124
 (408) 998-6330

**Jenner Invitational
 May 28, 1983**

Featuring...

★ Carl Lewis ★ Bob Roggy ★
 ★ Steve Scott ★

APR 16: Northridge Invitational. Cal State Northridge. Bill Webb, Track Coach, CSUN Athletics, 18111 Nordhoff, Northridge 91330. (213) 885-3205.

APR 17: Women's All Comers Meet. Cal State Northridge, 12 noon. Don Strametz (213) 885-3242.

APR 17: Open Meet. Cal State Dominguez Hills, 11:30 am. Harris Williams (213) 836-8525.

APR 21: Mt. SAC Relays. Community College events.

APR 22: Mt. SAC Relays. High school relay carnival.

APR 23: Merced Invitational. Junior College.

APR 23: Cal Tech Invitational. Cal Tech University, Pasadena, 10 am. Small college meet.

APR 23: Mt. San Antonio Invitational. Walnut. Don Ruh, MSAC Athletics, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

APR 23: Poly Royal Invitational. Cal Poly San Luis Obispo.

APR 23: Women's Multi Events Invitational. Claremont High School, 9 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 824-1484.

APR 23: Cal State Dominguez Hills Invitational. 9:30 am. Susan Carberry (213) 578-3893.

APR 24: Mt. SAC Relays. International "Day of Champions."

APR 29: San Diego State Twilight Meet. Dixon Farmer, Track Coach, San Diego State University, San Diego 92182. (714) 265-8589.

APR 30: USC Women's National Qualifying Meet. Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-7693.

APR 30: Nick Carter Invitational. UC Santa Barbara. Sam Adams, Track Coach, UCSB Athletics, Santa Barbara 93106. (805) 961-3400.

MAY 1: Los Angeles Relays. Cal State L.A., 9:30 am. Frank Reilly (213) 716-7280.

MAY 5-7: Western Athletic Conference. Brigham Young University, Provo, Utah. Clarence Robison, Track Coach, BYU, Provo, UT 84602.

MAY 6-7: Cal Invitational. UC Berkeley. Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 842-9447.

MAY 7: Southwest Club & Collegiate Invitational. UC Irvine. Vince O'Boyle, Crawford Hall, UC Irvine, Irvine 92717. (714) 833-6342.

MAY 7: Johnny Mathis Tune-Up Meet. San Francisco State University, 10 am. Harry Marra, Track Coach, SFS Athletics, San Francisco 94132. (415) 489-1561.

MAY 11-14: Northern Calif. Athletic Conference. San Francisco State University. Harry Marra, SFS Athletics, San Francisco 94132. (415) 489-1561.

MAY 13: Northern California Community College Championships. Sacramento. George Larsen, Track Coach, Sacramento City College, 3835 Freepoint Blvd., Sacramento 95822. (916) 449-7305.

MAY 13-14: NAIA District III. San Diego.

MAY 13-14: West Coast Athletic Conf. Tucson, Arizona. Chris Murray, Track Coach, Univ. of Arizona, McKale Center, Tucson, AZ 85721.

MAY 13-14: PCAA Championships. UC Santa Barbara, 11:00 am. Sam Adams, Track Coach, UCSB Athletics, Santa Barbara 93106. (805) 961-3400.

MAY 13-14: CCAA Collegiate Championships. Cal State Los Angeles.

MAY 14: Southern California Community College Championships. Mt. SAC. Don Ruh, Athletic Dept., Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611, x882.

MAY 14: California Relays. Modesto, 1 pm. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.

MAY 15: UCLA Pepsi Invitational. UCLA. Jim Bush, UCLA Athletics, Los Angeles 90024.

MAY 20-21: NorPac Championships. Eugene, Oregon. Chris Voelz, Women's Athletics, Univ. of Oregon, McArthur Ct., Eugene, OR 97403. (503) 686-4433.

MAY 20-21: PAC 10 Championships. Tucson, Arizona. Dave Murray, Track Coach, Univ. of Arizona, Tucson, AZ 85720. (602) 626-1440.

MAY 21: Long Beach Invitational. Cal State Long Beach, 11:00 am. John Tansley, Track Coach, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

MAY 21: California Community College State Championships. Modesto.

MAY 21-22: Late Afternoon Decathlon. UC Santa Barbara. Sam Adams (805) 961-2133.

MAY 22: San Diego TAC Championships. San Diego State, 11 am.

Seventh Annual SAN FRANCISCO MARATHON July 24, 1983



**It's flat. It's fast. It's fun.
But it's limited....**

For an entry write:

**San Francisco Marathon '83
P.O. Box 27385
S.F., CA 94127**

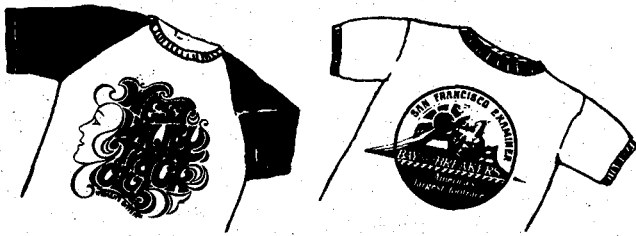
Sponsored by Paul Masson Vineyards

**to the first 10,000 runners*

Jack's Athletic Supply

Screened T-Shirts as Low as \$1.85
(\$1.50 in Kid's Sizes)

Embroidered Patches — Ribbons
CHRONOMIX Timers & Clocks
Race Supply Warehouse (Buy-Rent)



Also--We offer free or discounted race-equipment rentals, advertising, prizes, etc., with large volume purchases...call & see what we can offer!

Jack Leydig: Box 459, San Carlos, CA 94070
Phone (415) 595-2249

CONCEPTUAL RACE MAPS



Custom drawn for your event.
For promotions, Tee-Shirts, Race Forms, etc.
Erin O'Toole • P.O. Box 8255 • Sacramento, CA 95818

Schedule

MAY 22: SPA Jr/Sr Women & Sr Men Championships. UCLA, 11 am. Bob Seaman, 12127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

MAY 23-28: NCAA II Championships. Cape Girardeau, MO. Joey Haines, Track Coach, Southeast Missouri State, Cape Girardeau, MO 63701.

MAY 25-28: NCAA III Championships. Naperville, Illinois. Al Carius, Track Coach, North Central College, 30 N. Brainard, Naperville, IL 60540.

MAY 25: Hartnell College Throwers Invitational. Salinas. Gary Shaw, Track Coach, Hartnell College, 156 Homestead Ave., Salinas 93901. (408) 758-8211, x351.

MAY 26-28: NAIA Championships. West Virginia. Wally Schwartz, 1221 Baltimore, Kansas City, MO 64105.

MAY 28: Bruce Jenner Invitational, Open, University. San Jose City College. Bert Bonanno, SJCC Athletics, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

MAY 29: San Diego Cougar Invitational. San Diego State. Lenwood Williams, 2426 56th St., San Diego 92105. (714) 263-7834.

MAY 30: Memorial Day Open Meet. Mt. San Antonio College, Walnut. 9 am.

MAY 30-JUN 4: NCAA Division I Championships. Houston, TX. Tom Tellez, Houston Univ., 3801 Cullen Blvd., Houston, TX 77004. (713) 749-1352.

JUN 4: Compton Cup. Compton High School, 10 am. Harris Williams (213) 636-8525.

JUN 4-5: SPA Heptathlon & All Corners. Fullerton College. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

JUN 9-10: All American Decathlon. Cal Poly Pomona. Frank Reilly (213) 716-7280.

JUN 11: Kinney Invitational. U.C. Berkeley. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

JUN 11: All American Invitational & All Corners. Cal Poly Pomona. Frank Reilly (213) 716-7280.

JUN 12: SPA Olympic Development Meet. U.C. Irvine, 12 noon. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

JUN 17-20: TAC Sr. Men & Women Championships. Indianapolis, Indiana. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

JUN 23-24: TAC National Decathlon & Heptathlon. UCLA. Dave Hostetter, Track Office, Mt. San Antonio College, 1100 N. Grant, Walnut 91789. (714) 594-5611, x287.

JUN 23-28: Coliseum International T&F Competitions. Los Angeles Coliseum. Special invitation to all IAAF member nations.

JUN 25: Los Gatos Open Twilight Meet. Willie Harmatz (408) 395-5825.

JUN 25-26: USA-GDR Dual Meet. Los Angeles.

JUN 25-26: TAC Jr. Men & Women Championships. Penn State. Harry Groves, Penn State U., University Park, PA 16802. (814) 863-0237.

JUL 1-3: TAC Youth Athletics Nationals. Dayton, Ohio. Harold Martin, 7521 Arundel Dr., Trotwood, OH 45428. (513) 854-3261.

JUL 29-31: TAC Junior Olympics. Duke University, North Carolina. Bob Baxter, 800 Purdue St., Raleigh, NC 27609. (919) 876-5874.

APR 2: Central Cal TAC Championships. Fresno State University. Hugh Adams, 7904 S. McCall, Selma 93862.

APR 23: Sacramento Relays. Bob Roemer, 3808 Yellowstone Ct., Folsom 95630.

APR 23-24: Mt. SAC Relays. Walnut, CA
MAY 1-2: Mt. SAC Relays. Walnut, CA

MAY 7: West Coast Masters. Visalia. Marty Higginbotham, 1026 W. Princeton, Visalia 93277.

MAY 6-8: South Eugene Eastern Classic. Raleigh, N.C. P.O. Box 590, Raleigh, NC 27602.

MAY 14: Redlands Masters Meet. Buz Wagner, 1522 Margarita Dr., Redlands 92373. (714) 793-2638.

MAY 21: Antesters Masters T&F Classic. Formerly Grandfather Games. Dave Lewis, 505 Begoma Ave., Corona Del Mar.

MAY 21 & 22: Pacific Association Masters Champs. Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

MAY 28: Golden State Masters Meet. Porterville. Allen Nelson, 181 N. Carmelita, Porterville 93257.

JUN 4-5: Las Vegas Masters Classic.

JUN 11-12: Southeast Regional & TAC National Team Champs. Atlanta, GA. Ken Kirk, 3800 Stonewall Terrace, Atlanta, GA 30339.

JUN 18: Senior Sports Festival. Seattle, Washington. King County Rec. Dept., 425 S.W. 144th, Seattle, WA 98166.

JUN 18: Challenge of the Ages. Cerritos College, Los Angeles. Lewis Smith, 8306 Wilshire Blvd., No. 316, Beverly Hills 90211.

JUN 25-28: Hayward Classic. Eugene, Oregon. Bill McChesney, 1755 Coburg Rd., Eugene, OR 97401.

JUL 2-3: National TAC Decathlon Champs. Merced. A.J. Puglitzovich, 720 E. 2nd St., Merced 95340.

JUL 9: Southern Pacific Association Champs. Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale 91201.

JUL 18: Striders Relays. Ann Smith, 22736 Mulholland Dr., Woodland Hills 91384. (213) 348-6352 res., (213) 342-1174 bus.

JUL 23-24: West Valley Masters. Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

JUL 30: Northwest Regional. Gresham, Oregon. Jim Puckett, 85 NE 19th., Gresham, OR 97030.

JUL 30: CDM Relays. CDMTC, c/o Al Henry, 19019 S. Andmark Ave., Carson 90748. (213) 774-1635.

JUL 29-30: National Masters Sports Festival. Philadelphia, PA. Fred Mannis, c/o National Masters Sports Festival, Philadelphia Civic Ctr., 34th & Civic Ctr. Blvd., Philadelphia, PA 19104.

AUG 6: CDM, Striders & San Diego Tri-Masters Meet. Southwestern College, Chula Vista. Joe Horn, 1147 Agate St., San Diego 92109.

AUG 20-21: Western TAC Regional. Los Gatos. Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

AUG 27: Southern Calif. Masters Championships. Southwestern College, Chula Vista. Joe Horn, 1147 Agate St., San Diego 92109.

SEP 3-4: Rocky Mountain Games. Denver, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010.

SEP 10-11: New Senior Olympics. Los Angeles. Bob Watanabe, 11645 Wilshire Blvd., Suite 701, Los Angeles 90025. (213) 478-0805.

SEP 16-18: National TAC Championships. Houston, TX. Jim McLatchie, P.O. Box 740728, Houston, TX 77274.

SEP 24-31: World W.A.V.A. Championships. V World Veterans Games. G.P.O. Box 336, San Juan, Puerto Rico 00936.

OCT 1 or 8: Club West Masters. Santa Barbara. George Adams. P.O. Drawer K, Goleta 93107.

MASTERS T&F SCHEDULE

APR 1-2: King Games. Stanford. Stanford Athletic Dept., Stanford 94305.

WHERE THE WORLD'S GREATEST ATHLETES COMPETE



**25th ANNUAL
MT. SAC RELAYS**

APRIL 21, 22, 23, 24, 1983

**MT. SAC — MORE THAN
JUST ANOTHER "MEET"**

There's not another meet west of Philadelphia that'll bring as many teams together as the Mt. SAC Relays. Along with the hundreds of high school and community college teams competing, you can expect to see teams from Arizona, Arizona State, Abilene Christian, B.Y.U., Boise State, University of California, California State Universities (almost all of them), University of Houston, Indiana, Kentucky, Montana, University of Mexico, New Mexico, Nevada (L.V. and Reno), Oregon State, S.M.U., Stanford, San Jose State, Tennessee, Texas El Paso (UTEP), U.S.C., U.C.L.A., and Utah to name just a few. Add to this such club teams as Athletic Attic, Athletics West, Naturite T.C., Santa Monica Track Club, NIKE, N.B.T.C., Stars & Stripes, Pacific Coast Club, Sub-4 T.C., Wilt's A.C., Maccabi, Striders, Oregon T.C., and Tiger International and you begin to see the picture of the action ahead.

Mt. SAC is more than just another meet. It's a world class invitational with exciting relay competition adding to the thrills. It's a major international meet. It's the showplace of California's top prep and collegiate athletes. It's the greatest distance carnival in the U.S.A. It's a clinic for distance runners and joggers. It's a big "fun run" 10K for everyone. It's something special — there's only one MT. SAC RELAYS!

**OPEN 10K WILL KICK-OFF
"INTERNATIONAL DAY OF CHAMPIONS"**

Enter the big MT. SAC RELAYS 10K road race and share the rewards. Entry includes the race, tee shirt, refreshments, a shower and admission to Sunday's invitational — "International Day of Champions." You may be one of hundreds winning awards and valuable drawing prizes. Call or write to address below for entry blanks. Race time: 9:00 a.m. — April 24.

Join us in celebrating our Silver Anniversary. Sunday afternoon, April 24, is the International "Day of Champions" at the world-famous Mt. San Antonio Relays. The 50-event Sunday schedule is expected to run off like "clockwork" between noon and 4:30 p.m., and like all others, it's expected to be another dandy! It's one of those amateur athletic events that doesn't seem to get the advance publicity it deserves in the professionally-oriented Southern California area, but when the track "cools down," it's always a story of outstanding athletes and performances. Last year's event produced world and national best outdoor performances by Carl Lewis, Bert Cameron, Sam Turner, Tony Rambo, Larry Myricks, Dan Ripley, Jeff Phillips, Adrian Royle, Sam Koskei, Gabriel Kamau, Kellie Cathey, Mary Shea, Ria Stalman and Carol Lewis. Their performances, and others, were so exceptional, such greats as Mike Boit, Greg Foster, Andre Phillips, Suleiman Nyambui, Cliff Wiley, Mark Nenow, Billy Olsen, Dave Volz, Earl Bell and Dwight Stones all had to settle for positions other than "first" in last year's Relays. The Philadelphia Pioneers, Santa Monica Track Club, Wilt's A.C., U.S.C., and the University of Houston, led the multitude of Relay races with world class performances. There were other records set, but this gives you the idea. Add to this the top university, college, junior college, and prep athletes in the West and you have a meet second to none in quality.



Dan Ripley after clearing 18'4½" at MT. SAC RELAYS last year.

SPECIAL TICKET ORDER FORM

**MT. SAC RELAYS
TRACK & FIELD AT ITS BEST**

**\$6.00 BUYS IT ALL — BUT ONLY IN ADVANCE
(ADVANCE TICKETS GOOD FOR ALL 5 DAYS)**

Thurs. - Fri., Apr. 21-22	Inv. Heptathlon, Decathlon
Thurs., Apr. 21	Community Colleges
Fri., Apr. 22	Intermediate & H.S. Relay Carnival
Sat., Apr. 23 (a.m.)	H.S. Invitational
(p.m.)	College - University - Open Division & Invitational Distance Carnival

— AND ALSO INCLUDES —

Sun., Apr. 24	"The International Day of Champions" Noon - 4:30 p.m.
Sun., May 1 at (1 p.m.)	Masters Championships

Return this form with check, cash, or money order to:

MT. SAC RELAYS — WALNUT, CA 91789

This is your only chance to purchase the special \$6.00 ticket — Your pass to all the track and field action the world-famous MT. SAC Relays has to offer — A savings of \$17.00 over regular meet day ticket prices. (April 21-23: \$5.00 per day; April 24: \$8.00). Don't miss this ANNIVERSARY SPECIAL! ALL FOR \$6.00.

NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____

PHONE: _____

SEATS AT \$6.00 EACH = \$ _____

**MAKE CHECKS PAYABLE TO:
MT. SAC RELAYS**

Prices include mailing, free parking, and choice seating in the spacious and comfortable Mt. San Antonio Memorial stadium. (Offer ends April 15, 1983.)

SoCal Diary

By BILL MINARIK

□ February 14

So far this has been a very quiet year on the institutional Track & Field scene. Its almost as if it was the lull before the storm with the storm being next year's Olympics.

As a number of athletes have found out the hard way, indoor track can be dangerous to your health. The latest person to make this discovery was Milt Ottey, the Canadian high jumper rated No. 1 in the world last year. It seems Milt caught his spikes in the wood as he approached the bar in the Sunkist Meet and broke his right foot putting him out for the season.

While on the subject of bars, it seems that there is quite a controversy brewing in the pole vault world as many of this country's top vaulters freely admit pushing the bar back on the pegs after they have knocked it off going over the top. It seems there is nothing in the rules which say you can't do it.

The U.S. No. 1 distance runner Alberto Salazar has alleged that the TAC had offered to pay him a \$50,000 bribe to run in the Los Angeles Marathon last May 14. It's

refreshing to find someone who calls a spade a spade. Had it been Bill Rodgers, it probably would have been called expense money.

Speaking of expense money, it was nice to see Jim Thorpe get his Olympic Medals returned to his family. Jim got less for his alleged improprieties than many institutional athletes get before they even enroll at a prospective school.

A sad note to report on is the death of Tim Cammack, a star distance runner for South Hills High in Covina. Tim, who was the CIF 2A 3200M champ as a Junior succumbed to a congenital heart defect shortly before the Sunkist Meet in January.

It seems that another prep star will be flying different colors this year. Gail Wadsworth who was part of that all-frosh relay team last year at Hawthorne High has jumped over to nearby Crenshaw High. According to rumors on the streets, Gail's former coach at Hawthorne was requiring her to compete in the maximum number of events every meet, while her new coach is apparently letting her call her own shots.

However there appears to be no need to shed any tears for Hawthorne as Gail's place on the relay team has apparently been filled by a super freshman. And, over on the boys team, super soph Henry Thomas has already run a 10.2 100 meters in pre-season. Henry had run a sub 49 440 as a freshman last year.

It appears the USC-UCLA Meet will be a scoring affair this year, however New Mexico has been added as part of a tri-meet. I guess the Trojans thinking here was that NM would break up the Bruins depth while Troy's big point men would prevail. It appears that the Bruin weight wizard, Art Venegas, may be on the verge of an extraordinary achievement: That is having 4 shot putters over 60 feet. His 4th man is already at 57'5". I've heard of teams with 3 putters over 60, but never 4. It's especially unusual when you consider that with only 14 scholarships to give, the Bruins could recruit 4 weightmen of any caliber, let alone 4 potential 60 footers.

PAC-10

UCLA lost a lot of talent to graduation but picked up enough to where it must be considered a narrow choice to repeat as PAC-10 titlist. However, the Bruin's lack of strength in the sprints may make them vulnerable in dual meets. Look for USC to start moving back up, but a lack of depth will still deprive the Trojans of a title.

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

PCAA

San Jose State will have too much sprint power for the rest of the conference and the other conference members will probably help the Spartan cause by breaking each other up in the other events.

- 1 San Jose St.
- 2 UC Irvine
- 3 Fresno St.
- 4 CS Long Beach
- 5 Utah St.
- 6 UC Santa Barbara
- 7 CS Fullerton

So. Calif. Track & Field Preview

CCAA

This race cannot possibly be any closer than last year, but picking a winner will be just as tough. I'll go with CS Bakersfield just on the basis of rumors I've heard and nothing more.

- 1 CS Bakersfield
- 2 CS Los Angeles
- 3 CS Northridge
- 4 CPSLO
- 5 UC Riverside
- 6 Cal Poly-Pomona
- 7 CS Dominguez Hills
- 8 Chapman

SCIAC

Pomona-Pitzer should run its win streak here to 2 as Oxy continues its rebuilding program, but look for the Tigers to be a little closer than last year.

- 1 Pomona-Pitzer
- 2 Oxy
- 3 Claremont-Mudd
- 4 Redlands
- 5 Cal Tech
- 6 Whittier
- 7 La Verne

WCAA

This one should belong to UCLA if they send a full team with San Diego State right behind.

- 1 UCLA
- 2 San Diego St.
- 3 Arizona
- 4 Arizona St.
- 5 CS Long Beach
- 6 USC
- 7 CS Fullerton

Community College Men

You can look for some familiar order of finish here with powerhouse Long Beach City bolstered by most of the Venezuelan national team leading the pack.

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

Community College Women

There is an old saying that women are unpredictable; with CC female trackstars probably being the best example. The top 5 here are a good bet, but the order is up for grabs.

- 1 Cerritos
- 2 El Camino
- 3 Santa Monica
- 4 Orange Coast
- 5 Grossmont

Tuttle's Track Topics

By GARY TUTTLE

Olympic Marathon Trail... From Freeway to Rodeo

Last week I became one of less than a dozen people who are privy to the official course route of the Olympic Marathon in Los Angeles. To this point, the course has been kept "strictly secret" by the Los Angeles Olympic Organizing Committee.

I was asked by the marathon committee to examine the course, and critique it with a runner's eye. Looking at the course that day were myself; course measurer John Brennan; head of Outside of Stadium Olympic Track Events Bob Bradford; and a Los Angeles police officer in charge of traffic enforcement.

We met at the northeast corner of the track at Santa Monica City College. It's at this spot where the 1984 Olympic Marathon, for men and women, will start.

When the gun goes off in August of 1984, 80 to 120 of the world's best runners will circle the track once and leave the stadium. The leaders will sprint across Pico Boulevard and race down 17th Street. After approximately a half-mile, the runners turn right on Olympic Boulevard.

Olympic Boulevard, like nearly all the streets on the 26-mile route, will be closed to traffic on both sides of the street. The closure is to provide for safer security arrangements, cut down on air pollution, and provide room for the thousands of spectators.

When the runners hit 26th Street they make a left turn at the Paper Mate plant. From there the runners continue on until they reach Wilshire Street. At Wilshire, they turn right and begin a climb of 160 feet. The runners begin to spread out as they run along the wide Wilshire Street.

At Sy's Deli, on the corner of Bundy, they will turn left and continue their climb through the winding residential area. A left turn on San Vicente takes them past the 5K mark. At the 5K, and every subsequent 5K after, the runners find an aid station and a digital display clock.

The race will begin to take shape on the downhill stretch of San Vicente. During the 4-mile stretch the leaders start to break away, and many runners accept the realization that the gold, silver or bronze will not be theirs. Fortunately for television viewers, this is also one of the points where ABC will be heaviest with cameras.

At the bottom of San Vicente the runners will turn left onto Ocean Boulevard. Along Ocean, the leaders concentrate on running, and the losers check out the scenic view of the Pacific Ocean.

Near the Santa Monica Pier the runners will bear right and hit Nielson Way and then Pacific Avenue. The leaders reach the city of Venice about 50 minutes after the start (56 minutes for women), and then take a left onto Washington Street, a quick right on Via Dolce, a left onto Marquesas Way, and finally a right on Via Marina.

The leaders, now in Marina Del Rey, will run about a half-mile down Via Marina, reach the 13-mile mark and then make a 360 degree turn and head back towards Marquesas Way. This turnaround allows the spectators a chance to see all the competitors twice, and more importantly, allows the runners to see how their competitors are faring.

After a brief look at each other, the runners will take a right turn onto Admiralty Way, and then a left at Mindanao Way. Mindanao Way takes them up the on-ramp of the Marina Freeway East (Highway 90).

Incredibly, or typically L.A., the next 2½ miles will be run on a freeway: The runners race far above the tops of the buildings below, out of sight from all but the helicopters overhead.

The runners will leave the freeway in Culver City with a left turn at Slausen. Back down in the city streets again they take a right turn onto Hannum and then another right on Playa Street, which becomes Overland Street.

The lead runners will cross the 20-mile mark at West Los Angeles College, and then make a right at Jefferson Street. Probably the hardest part of the course is a long uphill, up Jefferson, which eventually blends into Rodeo Drive.

On Rodeo, the runners will run a 2-mile straightaway, and then Rodeo becomes Exposition. The leaders, now in sight of the Coliseum, turn right on Menlo, and run the 600 yards to the entrance of the tunnel which leads into the Coliseum track. Once on the track, the leader finishes his last one lap plus a straight-away in front of thousands of screaming fans.

This Olympic Marathon course

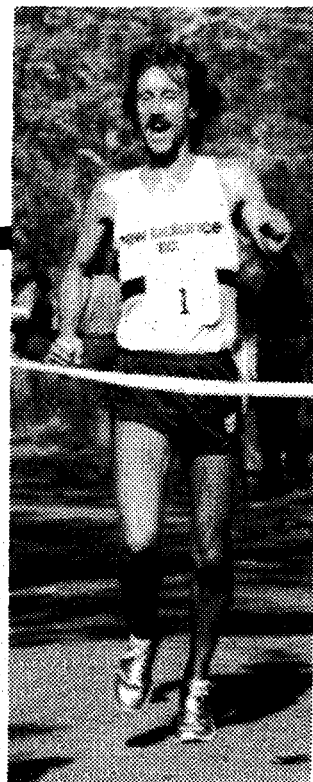


photo by Richard Lee Siskin

(estimated cost for police and barricades—\$50,000 a race) actually will be run on three different times. The first time is this June 5 during the Avon Women's Open & International Marathon. The second race is the women's Olympic Marathon on Aug. 4, 1984, and the third race will be the men's Olympic Marathon a week later.

Unfortunately, neither the men's nor women's U.S. Olympic Trials will be held on the Olympic course. Instead of Los Angeles, the women's race will be held in Olympia, Wash., and the men's in Buffalo, N.Y. Therefore, even though every woman runner, will have an opportunity to run the Olympic course, only three American men—the eventual qualifiers—will ever officially step foot on the "Freeway Marathon."

Printed T-Shirts CHEAP

Factory "Seconds"
Minor "Misprints"
Production Overruns

Specify size(s) and preferred color(s)... various running events, etc. If not satisfied, return for refund, less shipping charges.

2 for \$6, 4 for \$10, 10 for \$20
Shipping Included

Make check payable and send to:
Jack Leydig
P.O. Box 459
San Carlos, CA 94070
(415) 595-2249

Medical Notes for Runners

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

Slow Down & Live

A friend of mine, Hal Higdon, just wrote an article in which he mentioned a new group he is forming. It is called Jogger's Anonymous. It's for old runners who used to be good and are wearing out with age.

I'm forming a new group called the Walt Stack Society. It's for people who want to still be running when they are Walt Stack's age. It may not be necessary to have all of the life style characteristics that the legendary Walt Stack has, but there is one thing for sure. If you drop Walt Stack from an airplane, he'll fall at 8 minutes and 15 seconds per mile and, if you put him in a marathon, he'll run at 8 minutes and 15 seconds per mile. When I started running eleven years ago, Walt was running under 8 minutes per mile, and my only goal was to beat him in a 10 Kilometer race. But the fact remains, Walt uses moderation and is still alive, still thinking well, and still running.

What's The Problem?

The Problem is that people are taking the problems they have in everyday life and in their jobs, along with the intensity of everyday life, and bringing it to their running. Joe Henderson, for years, has preached against this and now I'm preaching against it. Running should be relaxing and for fun. Competitive running is for competitors, but most of us are not competitors. Most of us should not read about competitors or even

"... people are taking the problems they have in everyday life and in their jobs. ... and bringing it to their running."

mimic the habits of competitors. By doing this, we simply tear down our bodies and get hurt. Time after time, I see patients who have been running twenty to thirty miles a week without ever having any pain who increase their mileage to forty to sixty miles a week in preparation for a big race and have total body pain or serious injury. What these patients fail to realize is that it takes the same amount of time to get well as it did to get injured. What they fail to realize is that there is a pyramid system in increasing

your mileage. By this, I mean that, if you are running twenty miles a week for three weeks; then you run twenty-five miles a week for the next three weeks; then thirty miles a week for the next three weeks. If at any time, you have pain or symptoms, you should decrease your mileage or seek the help of a professional to find out if you are running improperly or if you are doing something wrong.

There can be no doubt about the fact that the surfaces we are running on are really no good for us despite the best shoes, orthotics, and even the best training. Artificial surfaces are artificial and cause our bodies to do the same thing over and over again. This causes chronic repetitive stress and can tear our bodies down. When our soft tissues fatigue, muscles and bones are at risk. Some recent research done by Professor Maurice Hiles, from England, who is now at the University of Akron, reveals that, when electrodes are placed in different portions of the leg, as much as 22 times body weight can be seen in the leg during running. Where you place the electrode is very important. If you place the electrode in an area where there is fat and muscle, there is far less shock monitored or measured than if you have placed the electrode over a portion of bone that is not protected by fat, skin, and muscle. What does this mean? It means that our soft tissue (our fat, our muscles, and all the other soft tissue that

protect our bones) is extremely important and has a vital function to play in protecting our skeletal structures. When our muscles fatigue, we get injured. When we get too skinny and lose too much body fat, we get injured, and when we run too much or too competitively, we get injured.

What About The Aging Process?

As we age, it takes longer to heal from our injuries. This is a simple fact of life that must be realized by all runners, be they



veterans or youngsters. Some of these injuries can be irreversible if we neglect the warning signs of injuries. The first warning sign of injury is stiffness; the second warning sign of injury is pain after running; and the third stage of injury is pain during running. It is totally irresponsible to proceed to the second or, even, third stage of injury. Once you have stiffness; start stretching, evaluate your running form, and find out what you are doing wrong. You may have the wrong shoes, the wrong running style, or may be on the wrong surfaces. If you must run on artificial surfaces, as most of us must do, than most of you will need to have excellent shoes, and many of you may need to have some form of foot control device. This may be a soft temporary orthotic, an in-sole that comes with the shoes, a sorbothane orthosis, or a functional biodynamic device made from a cast of your foot. Despite this, even with the best training, the best shoes, and the best orthopedic devices, you still can only about triple your mileage before you have the same injuries. All of us have our limits.

What Should You Do?

I feel that the older we get, the more we should consider running every other day or utilizing an exercise bike along with our running program. Many of my patients run seven to eight miles every other day and are in their fifties and sixties and never have any complaints. Those patients who run every day with the same intensity and overzealousness that they have in their every day business life are often times injured more than not.

My message is simple. Slow down and live. Many of us were never meant to be runners; many of us were never meant to do intervals; and many of us were never meant to do more than simply run slow and easy and relaxed.

My patients often ask me how many miles per week I'm running or what my training schedule is like. My answer is simple. I do what I feel like. I listen to my body. If I'm tired, I may not run. If I'm feeling good, I may run for two hours. I run for fun and only as much as I need to for sanity, physical

"Most of us should not read about competitors or even mimic the habits of competitors."

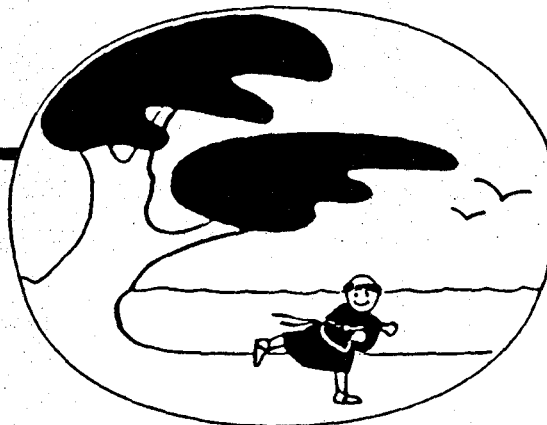
fitness, and happiness. I don't run because I have to. I run because I like to. There's a major distinction to be made here.

And There's Even More

Many of you know that I used to be a competitive downhill skier. I skied many, many years ago when there were few skiers on the hills and when skiing and racing was fun. Skiing now has grown to such an extent that the same people, with all of their anxieties and concerns of everyday life, seem to be on the ski slopes. This is the exact atmosphere and environment that I wish to avoid. That being the case, I ski far less and try to go to resorts with few people. I have no intention of spending my life with a group of hyper, high anxiety people. My running is for relaxation and psychological self preservation. It certainly isn't to make me nervous or to add more tension to my life.

What's The Bottom Line?

The bottom line is to slow down and live; to relax and live. To utilize the old Greek maxim, "Moderation is the key to a successful life." We have nothing to prove. We have no races to win. The only thing we have to do is survive with a minimal amount of trauma and a maximum amount of enjoyment and happiness.



4th Annual Run for Fun(d)\$

**Carmel
RUN-BY-THE-SEA**

Sunday, April 10, 1983 • 9:30 a.m.

A four-mile foot race and a one-mile Fun Run, through scenic Carmel to raise funds for Carmel High School scholarship, athletic and educational projects

START: Carmel High School

FINISH: Carmel Beach

COURSE: Fun Course—Ocean Avenue to Carmel Beach. (1.1 miles downhill). Four-mile Foot Race—Ocean Avenue to Scenic Drive, and around Carmel Point, returning to Carmel Beach. (Last 3 miles nearly level)

REGISTRATION: \$4.00 adult pre-registration (by April 5th). \$5.00 race day. \$2.00 special registration fee for students and senior citizens.

SHIRTS: New 1983 Official Model Tee Shirts will be sold on race day and may be purchased in advance with pre-registration. \$5.00 each.

AWARDS: Awards will be presented during the post-race festivities on the Beach.

REFRESHMENTS: Free refreshments will be provided runners at the finish line. A community barbeque for all will be held at the finish. Bring your food and drinks and join in.

FEE: YOUR ENTRY FEE IS TAX DEDUCTIBLE!! Make your donation check payable to "Carmel Run-By-The-Sea". Mail your entry to: Run-By-The-Sea, 25555 Canada Drive, Carmel, CA 93923.

SPONSOR: A special thanks to the *National Bank of Carmel* who sponsors this event.

Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

ENTRY FORM

CTRN

Category: 1.1 mile fun race
4 mile foot race

Enclosed: Entry Fee \$ _____
Tee Shirt \$ _____

Name _____ Age _____ Address _____ Telephone _____

Class: Male Female Division: 13 & under 14-18 19-29 30-39 40-49 50-59 60+

T-Shirts: If you wish to pre-order your T-shirt and pick it up on Race Day, please enclose \$5.00 per shirt and indicate size below:
Adult or Children size: (check) Small Medium Large X-large

WAIVER

In consideration of the acceptance of my entry, I do hereby, for myself, my heirs, executors and administrators waive, release, and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Carmel, Carmel High School, County of Monterey, State of California, Bank of Carmel or their respective officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained and suffered by me in connection with my said association with or entry in and/or arising out of my traveling to, participating in, and returning from said athletic event.

Signature of Entrant

Date

Signature of Parent or Guardian if under 18

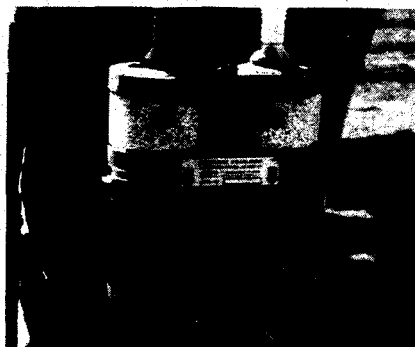
Why are so many serious runners shelling out \$219 for the PO₂™ Aerobic Exerciser?

Runner Magazine called it "A new invention that could have a profound effect on training." And *Runner's World* described it as "...a device so revolutionary, it may well expand every runner's horizons. Eventually, it may prove to be as meaningful to the runner as his first good pair of running shoes."

No wonder there's been so much excitement over InspirAir's PO₂ Aerobic Exerciser, a portable altitude simulator which allows the serious athlete to combine both sea level training for strength and speed with altitude training for endurance without ever leaving home.

How it works.

The patented unit is a product of eight years of development and testing by a practicing anesthesiologist and engineer. The PO₂ Aerobic Exerciser duplicates conditions that would be found at moderate altitudes, with the basic unit pre-set to simulate 7,500 feet. As elevation increases, the partial pressure of oxygen decreases. As an example, the ambient or outside air at sea level contains 20.95% oxygen. At 7,500 feet, it's 15.87%.



The PO₂ Aerobic Exerciser accomplishes this without the need to travel to the mountains or to invest in your own altitude chamber. When you inhale ambient air, a portion of the oxygen is absorbed by your lungs, and the rest is expired or exhaled. This expired breath contains approximately 15% oxygen, and is circulated through a breathing hose to the device. A special PO₂ absorbent removes the carbon dioxide from the expired air, and the recycled oxygen is stored in the reservoir tanks until your next breath.

With subsequent breaths, the user is breathing a combination of ambient air and recycled air. This new combination simulates conditions which would be found at 7,500 feet. The size of the orifice or hole in the face mask determines the altitude to be simulated.

Of course you don't use the device all the time. *The objective is to develop a training schedule which combines altitude training and sea level training.* Simply by putting on the face mask, the user experiences an altitude of 3,500 feet. With mild to moderate exercise, the simulation increases to the pre-set 7,500 foot elevation. To return to sea level, slip off the face mask!

Advantages of altitude.

Lots of folks seem to be confused about altitude training. But it's no secret that some of the best distance runners in history have been those who have trained at moderate altitudes. When the 1968 Olympics were held in Mexico City (7,300 feet elevation), many of the world's top runners were handicapped at altitude for simple lack of endurance. A special medical symposium following the 1968 Games concluded that future world class runners would be those who could combine sea level training for strength and speed along with altitude training for endurance.

With the PO₂ Aerobic Exerciser, this is now possible for the first time. Studies show altitude training will greatly enhance sea level performance.

According to physiologists, altitude training stresses the cardiovascular system so that the body can squeeze more and more energy from the available oxygen. Tests have shown that there is a very real physiological change, as the oxygen transport system is improved. *More energy means more endurance, and more endurance means better performance.* This is particularly important for any endurance activity where the difference between winning and losing is that extra burst of power when everyone else is hitting the wall.

It is no coincidence that so many running physicians have been among the first to order PO₂ Aerobic Exercisers, because they understand the benefits of altitude training. And in a ten week test at the University of Oregon, head track coach Bill Dellinger monitored eight top runners using the PO₂ Aerobic Exerciser. After only the third week of use, there were measurable increases in both red blood cell count and hemoglobin. Extrapolating this data, Coach Dellinger projected that use of the device could turn a 2:12 marathoner into a 2:10:30 winner.

Given the extreme conditioning of these world-classers to start with, this is a dramatic improvement. *As far as the "average" runner is concerned, the potential for increased performance is outstanding.*

Not just for runners.

The PO₂ Aerobic Exerciser has a direct application for any athlete involved in endurance sports—bicycling, skiing, weightlifting, swimming, mountain climbing, etc.

A key point is that the athlete can obtain maximum benefit with less effort. This differs from sport to sport, but translates to more intense training over a shorter period of time. For runners, for instance, the same or greater benefits can be realized with less total mileage, since the runner's system is stressed so much more when running at altitude. And by training less, but with greater intensity, there is an added advantage in that the risk of injury to the muscular-skeletal system is reduced. Injury is often a direct result from over-training—trying to do too much and over-reaching physical limits. The PO₂ Aerobic Exerciser is the answer.

This is also important for the injured athlete, who may not be able to maintain a full training schedule while recovering. During this recovery period, the athlete can nonetheless maintain endurance conditioning using the PO₂ Aerobic Exerciser. There are also increasing numbers of athletes using the device with a stationary bicycle, as the principles of endurance conditioning using the PO₂ Aerobic Exerciser are the same.

Is it worth it?

The PO₂ Aerobic Exerciser is not an inexpensive training device, but no matter what the sport, the true enthusiast will gladly pay the price if he or she is convinced of its value. In other words, if you get what you pay for—and if it delivers the promised benefits—it's worthwhile. For the runner, the cost of the PO₂ Aerobic Exerciser is roughly equivalent to a year's worth of top-grade running shoes. The shoes continue to wear out, of course, but the PO₂ Aerobic Exerciser will become a vital part of your training regimen for years to come. The only operating expense of the system is the special PO₂ absorbent, which removes the carbon dioxide. Each canister is good for about three and a half hours.

And like anything else in the "better mousetrap" category, it does take a while getting used

to, simply because there is nothing else quite like it. The PO₂ Aerobic Exerciser is as lightweight as possible, and mounted on an orthopedically-designed backpack, it weighs only four pounds. It feels strange at first, but you quickly adapt to it.

Wearing the face mask is also a strange feeling, particularly as you feel your system working harder and harder with less oxygen. But then again, that's all part of endurance training. You're supposed to feel the stress.

And some runners have reported initially feeling self-conscious running with the PO₂ Aerobic Exerciser. It does draw a lot of attention, for sure. Everyone wants to know what it is, what it does and where to get one.

But when race day comes—when you're out there running head to head for either trophies or your own PR—you're running without the unit, but with a maximal level of endurance for a peak performance. The benefits of altitude training with the PO₂ Aerobic Exerciser make true believers.

Safety and testing.

The PO₂ Aerobic Exerciser has been tested by more than a dozen universities, research facilities and government agencies over the past year, and these tests are continuing. Interestingly, the U.S. Army's Altitude Research Division is now testing specially-modified units pre-set to simulate 13,000 feet. It's also been the subject of considerable interest in a host of publications including *Sports Illustrated*, *Runner's World*, *The Runner*, the *Los Angeles Times* and others.

The PO₂ Aerobic Exerciser is a significant training device designed for the conditioned athlete. It is not for the out-of-shape armchair athlete, or anyone with a history of heart disease, high blood pressure or related problems.

Order yours today.

JACK'S ATHLETIC SUPPLY is offering the basic 7,500 foot PO₂ Aerobic Exerciser complete and ready for use for \$219 plus \$5 handling and shipping. And we'll also include Coach Dellinger's special "PO₂ Aerobic Exerciser Training Manual"! We guarantee shipment within five days from the time you place your order.

DEALER INQUIRIES INVITED!

JACK'S ATHLETIC SUPPLY
P.O. BOX 459
SAN CARLOS, CA 94070
(415) 341-3119

Please send me the PO₂ Aerobic Exerciser at \$219.00 plus \$5.00 handling and shipping. California residents add \$13.14 sales tax.

Name _____
Address _____

ZIP _____
Phone () _____ Age _____

Please send Money Order or Cashier's Check or a valid purchase order for organizations & schools.

Ironman Insights

By DEAN HARPER

Selecting the races that are right for you: The 1983 Triathlon Season

The 1983 triathlon season is fast approaching. Most triathletes or potential triathletes are asking: What triathlons will I participate in this season?

Two years ago, as a budding Northern California triathlete, my answer was simple: I would compete in every triathlon I knew of—Lodi in August, Sierra Nevada in September, Davis in October, and the Escape from Alcatraz in November.

This year there are triathlons scheduled for nearly every weekend from April through October. Indeed, the season offers a multi-sport potpourri ranging from the "sprint" triathlon (e.g., the 3 mile run, 5 mile bike, 1000 yard swim at Lodi in August), to the "middle distance" triathlon (e.g., the 2km swim, 40km bike, 15km run United States Triathlon Series), to the "ultra" distance triathlon (e.g., the 2.4 mile swim, 112 mile bike, and 26.2 mile run Ironman in Hawaii), to the "stage" triathlon (e.g., the Ultimate Endurance Triathlon which is a 6km swim on day one, a 300km bike on day two, and a 50km run on day three). It would be impossible to adhere to my outdated triathlon racing philosophy of two years ago. Obviously, one must be selective this season.

Thus, in order to have a successful and rewarding season, I believe the following basic considerations will help in the race selection process:

1. Training Time—How much time can I devote to training in light of family, business, school, etc.? One hour a day devoted to triathlon training can get you into fine physical shape. And with the proper balance among the three disciplines, one hour a day is adequate to finish respectively in a "sprint" triathlon. However, if the Ironman is your goal, one hour a day is far from adequate. Most Ironman "contenders" do mega-mileage, and the "average" Ironperson spends over 20 training hours a week in the 3 months preceding the event.

Realistically assess how much time you will have to devote to training this season. Keep this in mind when selecting your races.

2. Distance—If you want to maximize performance you should select distances that best suit your strengths. If you have a lot of speed, the "sprint" triathlon (winning times of under 2 hours) may be your forte. And if you're a stronger runner than you are a cyclist or swimmer, find triathlons that are "runner's triathlons"—that have proportionately longer and/or tougher runs compared to the swim and bike portions of the race.

Also, certain types of injuries may limit the type of triathlon you will do best in. For example, one very successful "sprint" triathlete is unable, due to previous leg injuries, to run more than 20-25 miles a week. He runs well for a few miles, but that's it. Thus, he concentrates on "sprint" triathlons and won 3 last season.

3. Order of events—Although most triathlons are in the swim-bike-run order, there are an increasing number of run-bike-swim and swim-run-bike combinations. Something to consider when selecting the combination: weak runners rarely win triathlons in which the run is last, and weak swimmers rarely win triathlons in which the swim is last. Fatigue sets in geometrically.

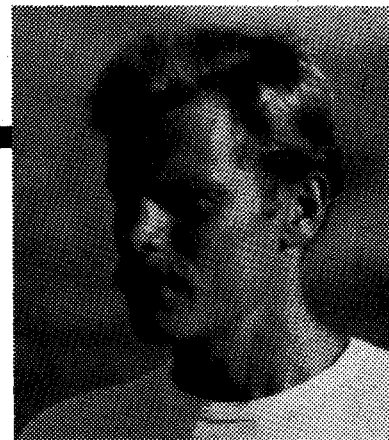
Also, many triathletes cramp up when the swim is last, particularly if the water is chilly. I would advise practicing the run-bike-swim combination in workout before participating in a race with that combination. Find out how your body handles it.

4. Water Temperature—After twice suffering hypothermia (Scott Molina calls it "Harper-thermia") I have learned my lesson. If the water temperature is below 65 degrees and the swim is over a mile I have no business being in that event. Hypothermia is serious business. Although I managed to finish second in the Escape from Alcatraz in 1981 (water temperature was 55 degrees), I fell off my bike twice in a semi-conscious/totally disoriented state before eventually warming up. It was scary . . .

And don't make the mistake of thinking that because you are a strong fast swimmer you won't have problems. Top triathlete Mark Allen, former All-American swimmer and second out of the water in October's Ironman, was pulled out of the chilly October 30 waters in the Malibu triathlon.

I've heard through the grapevine that a company is working on manufacturing a light-weight wet-suit that will keep you warm but not slow you down too much. If the design effectively keeps hypothermia sufferers adequately insulated, it could certainly help minimize this problem.

5. Competition—If you want to know how you match up against Dave Scott, the Tinleys, Mark Allen or Scott Molina, you have to race against them. Times in triathlons are not comparable to the same extent that they are in road racing. The winning time in the U.S.T.S. races varied greatly even though each race was the same distance. Molina's winning time in Long Beach was 2:14 and at San Francisco, though disqualified, he was "unofficially" first in a time of 2:26.



6. Organization—I've competed in fifteen triathlons over the last two years and only three were poorly organized or hazardous in some respect. Considering the logistical nightmares a triathlon race director faces in putting on a quality triathlon, three out of fifteen isn't bad. One race director simply did not have enough staff support. However, two of those three I would never again participate in unless the courses were changed. My mistake was that I didn't find out more about the courses before I entered.

So find out as much about the course as possible before you enter. Ask "seasoned" triathletes about triathlons they've participated in. And consider the reputation of the clubs, organization, and race directors involved. Finally, after competing in a triathlon, a letter to the race director pointing out the positives and negatives of the race will help improve the quality of that triathlon and the sport in general.

There are other considerations that may enter into your race selection, such as entry fees, traveling expenses, prize money, and location. But the above six are fundamentals to keep in mind when selecting the races that are right for you. Have a good season.



GENE COHN PRODUCTIONS

Official photographers for marathons, road races, cross country, track and field meets, schools, camps, and special events. Large stock of running photos available for advertising and publicity.

370 Molino
Mill Valley, CA 94941
(415) 388-4611

Indoor Action

24th Annual Sunkist Invitational Track and Field Meet

by RICHARD LEE SLOTKIN

January 21.

Which is more exciting? To see a world record, right before your very eyes, or to see an old "has-been" score the big upset win?

You got them both at the Sunkist this year, and I don't know how you can ... or even should ... pick between them. Billy Olson got his second indoor pole vault WR in a one week period, clearing 18'11, and sending the Sports Arena into a frenzy. Olson jumped, danced, cavorted around the track in a victory lap, reaching up and shaking hands with the ringsiders ... oooh! was he stoked.

So was Houston McTear. Nearly two hours earlier, the former great, and we really do mean former, sprinter uncorked a good one. Blowing off the ilkes of Hershel Walker, the Univ. of Georgia Heisman Trophy winner, and world record holder, Stanley Floyd, of Houston, McTear was a convincing winner in the open 50 yard dash. The most remarkable thing about it was that this wasn't the vintage McTear of the cannon ball start. Floyd got the good start in this one and McTear caught him at the 30 yard point, over halfway through the sprint. At the end, Walker was the one moving like a cannon ball, but by that time, McTear had finished his shift and punched out for the night. The time was 5.28.

Now, lest you think that this was just one of those fluke things where the hungry old-timer catches the hot studs on an off night, be advised that McTear's time was a 3rd performance, all-time world! And McTear is still 2nd all-time performer.

Can the kid really come back? He thinks so. "I expect to be there." "There," in case you didn't know, means the Coliseum next year.

Evelyn Ashford got herself a double in the 50 and 60 yard dashes. In the 50, she set a new WR with a time of 5.77, which broke Brit Andrea Lynch's record of 5.80. Can anyone run with Ashford? It doesn't look like it. Two weeks later, at the Times Meet, she socked it to Marlies Gohr.

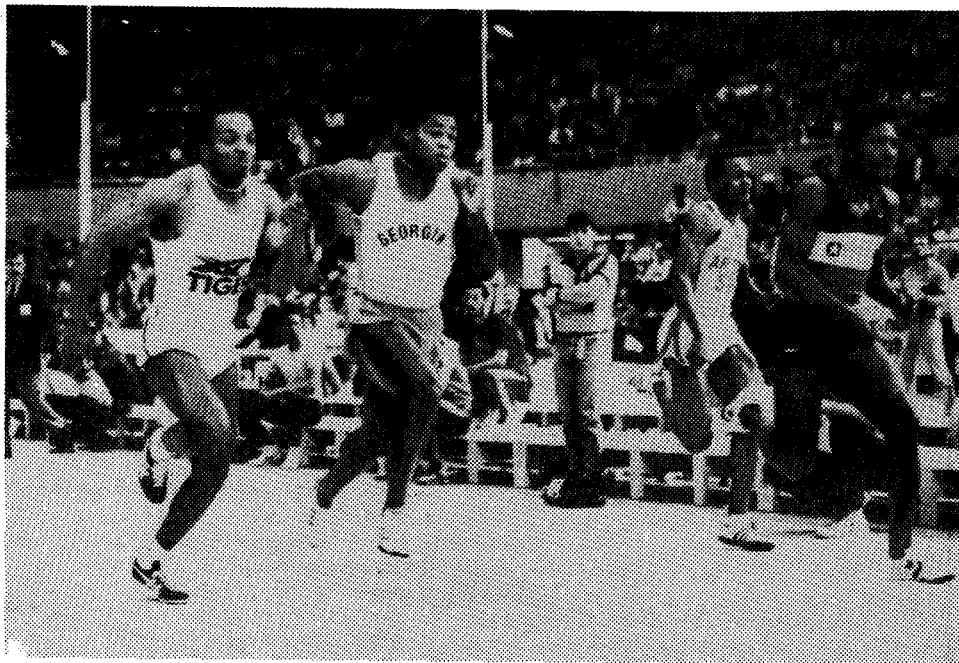
Greg Foster set a meet record in the 60 yard hurdles. He had to come from behind

bit of shock, that we learned that she is now out for the season with injury again.

But Eamonn's back! Yes sir! He sure is. It was not vintage Coghlan time, but it was the same old finish: that big kick in the last two laps.

With the world's tallest Aggie, Joe Fabris, doing his job as designated rabbit by taking the pack through the 880 in 1:57 ... actually, Fabris did go through in 1:57.8, but the head of the pack, at that point being Richard Tuwei and Mark Fricker, were timed at 1:58.4 ... a sub-four finish was all guaranteed. Coghlan made the usual move as he started the penultimate lap and West Germany's Thomas Wessinghage went with him. But you can't catch Coghlan indoors and Wessinghage didn't. Coghlan an easy

photo by Bill Leung, Jr.



(L to R): Stanley Floyd, Herschel Walker, R. Brown & Houston McTear.

to catch Milan Stewart, but by the 4th hurdles, he had the lead and knocking down just one hurdle ... Is that a PR? ... he made the rest look easy.

Mary Decker-Tabb showed yet again that she's in a class by herself. Running in the Sunkist's first women's two-miler, she knocked almost 7 seconds off Joan Hansen's WB, winning all alone in 9:31.7. Monica Joyce went out with her the only one to do so. She paid the price, too. Hanging in pretty well for the first half mile, maybe a step back, she began to fade. By the 1320, Joyce was close to 10 yards behind and at the mile, she was 9 seconds behind and in danger of losing second place. By a mile and a quarter, she faded far back into the back and Margaret Groos had moved into second, which she held for the rest of the race. Joyce, looking very tired, wound up in 5th. Decker-Tabb? Well, as usual, she lapped the field.

It looked as though Decker-Tabb was on her way to another record setting indoor ... and outdoor ... season, so it was with considerable disappointment, and just a little

winner in 3:55.4, Wessinghage over 15 yards behind in 3:58.3. Kentucky's Jim Spivey was 3rd, the last of the sub-fours with a 3:59.2.

If Coghlan owns the indoor mile, then the indoor 2-mile has become Doug Padilla's Turf. Padilla got off pretty fast, and he and Peter Koeh took turns leading for the first quarter mile. Then, Steve Ortiz took over and led through the mile. Judging by the way Ortiz faded after that ... he finished last ... you have to wonder if he hadn't agreed previously to get things moving. Anyway, a lap after they went through the mile, Padilla moved back into the lead. That seemed kind of early to be making a move, but Padilla admitted later that he was coming off the flu and wanted to slow the pace down a bit. The others, many of whom were also recovering from one thing or another, let him lead until, with two laps to go, Jay Barrie, a la Coghlan, jumped into the lead. At the 3000 meters mark, he still had the lead, but then Padilla kicked and really made it look easy. His time was 8:35.6, while Barrie was second in 8:36.9. Koeh dropped all the way back to 8th,

some 9 seconds behind Padilla. Graeme Fell, of Great Britain, and running down in San Diego for SDSU, though he was in the colors of Phoenix Vitamin for this one, was 3rd in 8:39.1.

Outside of Deann Gutowski's bright green body suit, the women's 880 was no big deal, except for two things. One, they were only 1.6 seconds off the meet record. the other thing was Gutowski's finish. I have seen Deann go out fast in so many races, hold the lead for most of the way and then get badly outkicked by almost every-body.

Lately, though, she is running much better, and this time the pattern was a little different. Oh, she got off to the early lead as per usual, holding it through the 400. But, then California's Louise Romo asserted herself and took over first. Gutowski would have none of this, though, and with 2 laps to go, she wrenched the lead right out of Romo's hands. Talk about determination. Gutowski looked as though she'd rather lose the farm than give up that lead. Romo was thinking the same thing, so we had a dog fight right to the tape. In the last half of the last lap, Romo got ahead of her, but by just a step, and when they crossed the finish line, it was so close that they were given the identical time of 2:09.9, Romo by a ... uh, nose.

A very good race.

I've always liked Deby LaPlante, so it was a bit sad to see her meet record in the 60 yard hurdles erased, especially by Stephanie Hightower. Hightower's coach, you may remember, was the one who called LaPlante a choker when she lost her lead in the 1980 Trials after tripping over a hurdle. That fall also cost her a place on the team. Anyway, time does pass, and things must go on, and Hightower lowered LaPlante's 7.70 and 7.48. And, to rub a little more salt

photos by James Reynolds



Sunkist Two Mile

into the wound, in case nobody noticed, second placer, Kim Turner of UTEP, was also under the meet record with a time of 7:69.

Actually, I don't suppose LaPlante really cares that much.

Most unusual event of the night was the men's 1000 yards. After almost one lap, they called a false start. Too many elbows, they said. It looked more like Roller Derby. Santa Monica Track Club's Johnny Gray had gotten off to a good start, but the recall upset him. So did the shoving. In fact, it ticked him off royally. In the retake, he again took off fast, holding the lead through the quarter, with Mark Belger right on his shoulder. Then, still steaming mad, rather than steaming fast, Gray dropped to the rear. As they started the bell lap, Sam Koskei jumped past Belger and took over the lead. Belger went after him, but couldn't get in front. Koskei held on for a 2:08.8 win, Belger 4 tenths or a second behind.

THEY SAID IT:

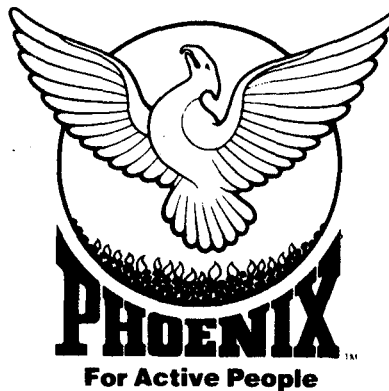
Mark Belger: I'm still the shortest, fattest half-miler on the circuit ... I have 13 competitions in 6 weeks. I think my chances of winning the Mobil Grand Prix are very good ... I'm looking to the Olympic Games in 1984 and 1988; that's why I moved to the West Coast. You can't argue with the weather in San Diego.

Doug Padilla: I caught the flu about 2 weeks ago and had a relapse this week, so I was scared about what I could do. I took the lead and shoved the pace down to where I



Louise Romo(left) & Deann Gutowski

continued on next page...



On October 9, Kailua-Kona, Hawaii, some of the best athletes from California made their way to victory in the 1982 Ironman Triathlon. Of the top ten finishers, five were using Phoenix vitamin supplements during their training. These athletes depend on our packets to provide them with 100% natural supplements of vitamins, minerals and digestive enzymes needed to help build, repair or strengthen their muscles and organs.

Join Scott Tinley, Jeff Tinley, Mark Allen, Scott Molina, Dean Harper, and Kurt Madden and order Phoenix Vitamins.

Please Send the Following:

- || _____ 30 Day Multi-Vites @ \$13.99 each _____
- || _____ 60 Day Multi-Vites @ \$24.99 each _____

Please make check or money order payable to: Phoenix Vitamins

Name _____
 Address _____
 City _____ State _____ Zip _____

PHOENIX VITAMINS
 3264 A Withers Ave. • Lafayette, CA 94549

Sunkist, continued:

could handle it. If Jay (Barrie) had moved sooner, I'd have been in trouble. Fortunately, everybody (else) was coming back from something (too).

Greg Foster: ... I think I'm in excellent shape ... and I'm looking forward to every meet. It's fun for the first time ... I don't think about Nehemiah. He's no concern to me. If he wants to become an amateur, let him do what Dwight Stones did: pay the money back. If any of us run in a meet against him, our eligibility could be forfeit ... I am working on my master's degree in child psychology. I love children and anything I do with children is great ...

Houston McTear: ... I stretch a lot in practice and try to avoid muscle pulls. You might say that I'm experimenting; everything is caution. I'm looking forward for '84 and this time I'm going to take it all the way. I was most aware of Stanley Floyd in this field, although Herschel Walker would be a great sprinter, too, if he'd drop 15-20 pounds. He'd be dangerous on the track ... my laziness has been a factor in the past, but I won't let it get in my way again ... haven't been invited to New York, or any place else, but I'll be waiting and working.

Evelyn Ashford: I'm waiting for them (the officials) to say the track is mismeasured, like San Diego last year. I'm surprised and happy that I got the world record.

Herschel Walker: ... I love track most of all ... I think I would love to run in the '84 Olympics and would put off that football season if I have the chance ... my studies are not suffering from all this travelling. I got A's in high school, A's and B's in college. You have to be a great student before you can be a great athlete. It's difficult for some athletes to understand that. Getting a 2.0 (referring to the L.A. City high school requirement) is not too easy, but it can be done and you have to be good at both.

Mary Decker-Tabb: I didn't push myself tonight because I want to peak for the world championships ... last this year. My left achilles is good now, though I am being careful.

Eamonn Coghlan: I feel GREAT! ... I guess the injury may have been a blessing in disguise; I love training now, whereas I had to push myself to go out and work before ... I'm hoping to run a 3:53 (in the Wanamaker Mile at the Millrose Games); then I will race Alberto Salazar in a 5000 in Toronto ...

500—1. McTear (Converse TC) 5:28-meet record (old mark, 5.1 hand timed.-McTear, Baker HS, Fla., 1976, third fastest time ever run; 2. Floyd (Tiger TC), 5:31; 3. Walker (Georgia) 5:35; 4. Morales (USC) 5:41; 5. Egbunike (Azusa Pac./Nigeria) 5:41.

60—1. R. Brown (Arizona State) 6:11; 2. Walker (Georgia) 6:20; 3. Floyd (Tiger TC) 6:22; 4. Cook (USC) 6:29; 5. Shimizu (Japan) 6:32; 6. Edwards (UNA) 6:34.

80 Hurdles—1. G. Foster (Wilt's AC) 6:33-meet record, old mark 6:38, Ronaldo Nehemiah, DC International, 1981 (second performer all-time world); 2. Stewart (USC) 7:09; 3. Campbell (USC) 7:10; 4. Lehnstrom (Arizona St.) 7:26; 5. Turner (UNA) 7:34.

Legends 60—1. Darrell Newman 6:77; 2. Dean Smith 7:09; 3. George Rhoden 7:28; 4. Mike Larrabee 7:47.

500—1. Darden (UNA) 55.4-meet record (old mark 56.2, Edwin Moses, Morehouse College, 1977); 2. M. Turner (UNA) 55.6; 3. Nix (Indiana) 56.8; 4. D. Robinson (Tiger TC) 57.1.

1,000—1. Koskei (Kenya) 2:08.8; 2. Belger (Pacific Coast Club) 2:09.2; 3. Theriot (UNA) 2:11.7; 4. Davis (Arizona St.) 2:12.6.

Mile—1. Coghlan (Ireland) 3:55.4; 2. Wessinghage (W. Germany) 3:58.3; 3. Spivey (Indiana) 3:59.2; 4. Barie (UTEF) 8:39.2; 5. F. Assumma (Rialto Roadrunners) 4:01.1.

Two Mile—1. Padilla (Athletics West) 8:35.6; 2. Woods (UNA) 8:36.9; 3. Fell (Britain) 8:39.4; 4. Barie (UTEF) 8:39.2; 5. Cummings (New Balance TC) 8:41.2.

Junior College Mile Relay—1. Long Beach, 3:23.5; All other teams ran the incorrect distance on the second leg.

Pole Vault—1. Olson (Pacific Coast Club) 18-11 (world, American and meet record, old world and American mark, 18-10½, Olson, 1983; old meet mark, 18-1, Dan Ripley, PCC, 1975); 2. Pursley (Abilene Christian) 18-1½; 3. Bell (Pacific Coast Club) 18-1½; 4. Hintnaus (SoCal Striders) 17-6½; 5. Kenworthy (USC) 17-6½; 6. Woepse (UNA) 17-6½; 7. Ripley (Pacific Coast Club) 17-6½.

High Jump—1. Ottey (UTEF) 7-5; 2. Stanton (Houston) 7-5; 3. Stones (Pacific Coast Club) 7-4; 4. Davis (UCLA) 7-2; 5. Stapleton (BYU) 7-0; 6. Caire (USC) 7-0.

Long Jump—1. Myricks (Athletics West) 26-0¼, 2. Grimes (Athletics Attic) 25-5½, 3. Haywood (Arizona St.) 24-8½; 4. Agbebaku (UTEF) 24-5.

Women

50—1. Ashford (Medalist TC) 5:77 (world and meet record, old world mark, 5:80, Andrea Lynch, Britain, 1978 and Jeannette Bolden, Wilt's AC, 1982; old meet mark 5:80, Bolden 1982); 2. A. Brown (Wilt's AC) 5:80; 3. Williams (LA Naturite) 5:91; 4. Sandra Howard (UNA) 5:99; 5. Johnson (Mt. San Antonio) 6:01.

60—1. Ashford (Medalist TC) 6:70; 2. A. Brown (Wilt's AC) 6:78; 3. Inniss (CS Los Angeles) 6:80; 4. Williams (LA Naturite) 6:91; 5. Carley (CS Sacramento) 7:10; 6. Dennis (Washington) 7:11.

80 Hurdles—1. Hightower (LA Naturite) 7:48 (meet record, old mark 7:70, Debbie LaPlante, KCBQ TC, 1980); W. Turner (UTEF) 7:89; 3. Page (LA Naturite) 7:91; 4. Yarrow (Cal Poly SLO) 8:00.

500—1. Gardner (LA Mercurettes) 1:05.7; 2. Peterson (UCLA) 1:06.3; 3. McCraw (SoCal Cheestahs) 1:07.1; 4. Sheffield (San Diego St.) 1:07.2.

880—1. Romo (California) 2:09.2; 2. Gutowski (LA Mercurettes) 2:09.9; 3. Lib Jian Lal (SoCal Roadrunners) 2:11.8; 4. Warner (LA Mercurettes) 2:12.2.

Two Mile—1. Decker Tabb (Athletics West) 9:31.7 (world and meet record, old world mark, 9:37.03 Joan Hansen, Athletics West 1982; old meet mark, new event); 2. Groos (UNA) 9:53.5; 4. A. Wiley (Stanford) 10:02.7; 5. M. Joyce (Phoenix Vitamins) 10:17.1. Note: Decker Tabb's splits at 1,000 meters, 2:52.8; 2,000 meters, 5:52.2; 3,000 meters, 8:54.8 (fifth performance all-time world).

Corporate Cup Relay—1. TRW No. 1 4:11.9 (meet record, old mark 4:16.3, TRW, 1982); 2. Exxon 4:17.8; 3. Rockwell International 4:18.2.

Long Jump—1. Inniss (CS Los Angeles) 20-9¾; 2. Loud (Hawaii) 20-3; 3. Thomas (North Texas St.) 19-11; 4. Bell (SoCal Cheestahs) 19-7½.

L.A. Times Games

By Richard Lee Slotkin

February 4, The Forum, Inglewood.

Maybe I'm a bit prejudiced, but I think most people would agree that the feature of any indoor meet ... and most outdoor meets, for that matter ... is the mile run. Second place could go to the two mile run, or some metric equivalent, or possibly the pole vault or the high jump, and in some cases, the 880.

Certainly not the sprints.

And the reason is pretty basic: People aren't going to spend their money on something that lasts less than 8 seconds. The other events last longer and give the fans a chance to savor them ... get their money's worth.

Yet, in this edition of the L.A. Times Indoor Games, I couldn't help feeling that the high point would be the women's 60 yard dash.

Why?

Because you were going to see a showdown between our own Evelyn Ashford, the world record holder for the event, and Marleis Gohr, the world record holder for the outdoor 100 meters. And, with Gohr representing the "bad guys", that is, the communist block country of the Ger-

man Democratic Republic, it was not only a foot race, it was our whole politico-economic system versus that of the Communists. I doubt that either Ashford or Gohr had any of that on their minds, but deep down, I'll bet most of the spectators did.

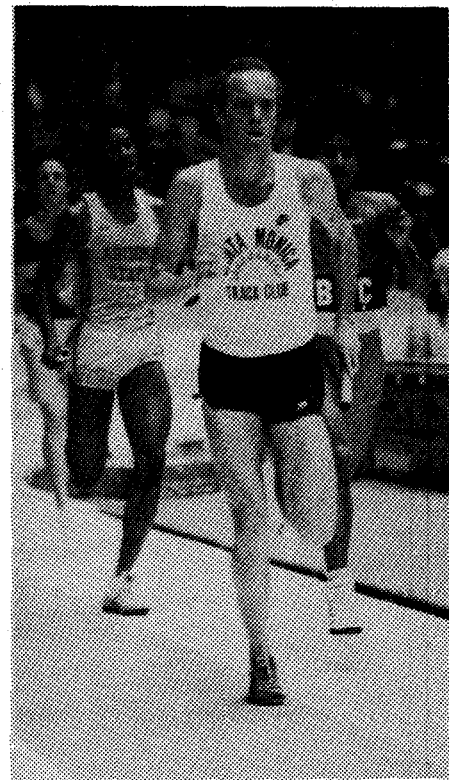
Anyway, Ashford, for sure, considered it a showdown. She wanted to beat Gohr more than anything. She'd have traded the farm for that win.

It was probably no accident that Ashford and Gohr were in separate qualifying heats, although it would have been interesting to have put them in the same one. With the top 2 in each of the 2 heats qualifying for the final, it is highly unlikely that they wouldn't have been one-two in their heat.

Now, wouldn't that have made for a final? Anyway, meet management didn't want to take any chances, I'm sure, so we saw each win her heat quite handily.

As it happened, though, the final was truly anticlimactic. Despite a great start by UCLA's Jeannette Bolden, Ashford had the race sewed up by 25 yards and won so easily that she may have cost herself a chance

photo by Richard Lee Slotkin



Mark Rafferty get the early lead in the 4x880 Relay.

to break her own record. As it was, she was only one hundredth of a second shy of it, in 6.55. It didn't look as though Gohr would even make second. She was trailing Bolden, and it took a big move at about 40 yards to get by her. Gohr later remarked that she wasn't used to the wooden tracks used at these meets, preferring the tartan covered ones that she runs on in Europe. She also claimed to have had a bad start. She did, but who cares? I have always maintained that no one, especially the great ones, needs to make an excuse for a performance that may have been less than expected.

Ashford, on the other hand, was elated. She was all smiles ... something of a PR for

her . . . and she danced and leaped her way back into the arena's infield. I'm sure that Gohr was thinking, "Wait til I get you out-doors in Helsinki."

I'm also sure that Ashford can't wait . . . and neither can I.

It wasn't a shutout for the GDR, though. In the women's 60 yard hurdles, Gohr's teammate, Kerstin Knabe, overcame a good start by UTEP's Kim Turner, got the lead by the 4th hurdle and went on to win in meet record time of 7:57.

One feature of the Times Meet is the Devil-Take-the-Hindmost Mile. This year's Devil, completely attired, including pitchfork and tail, was Bob Gerlach. Gerlach very nearly gave Old Scratch a bad name. Chasing the trailer after the first lap, he was unable to catch him, and was so spent by his effort, that he had to pass on the second lap, thus giving all those sinners a temporary reprieve.

However, showing that Beelzebub didn't get his reputation by being slow-witted, if slow-footed, our man in red found some shortcuts, and soon was nabbing the slow of foot, one per lap. Almost forgotten in the frenzy of back of the pack activity at the start of each lap was the fact that Peter Mogg was the winner in 4:19.5, closely followed by Gary Borbon in 4:19.8. Third was Hector Perez in 4:20.0.

Adrian Royle once told me that he didn't like indoors because there was no place to hide, a real consideration if you're having a bad night. Despite his record on the road, the outdoor track and the cross country courses, Royle has not been at home indoors. In fact, a couple of weeks earlier, at the Sunkist Two Mile, he was a distant 7th in a field of 10, with a time of 8:42.7, some 7 seconds behind the winner, Doug Padilla.

This time it was different. Very much so. It was still the two-mile, Doug Padilla was still there, and he won again . . . and in a much faster time: 8:24.68. But Royle was in this race, finishing second in 8:25.13, a 17 second improvement. Also, a 5 place improvement.

Sub-four miler Joe Fabris, who seems to have a lock on the rabbit business this season, took the guys through the mile in 4:14.9. Royle and Padilla were hanging pretty close to him and the rest of the pack was stringing out more each lap. Fabris, having done his job, checked out and Royle took the lead, a dangerous place for him to be, especially when you're behind him.

Even if you are Doug Padilla.

However, it turned out to be vintage Padilla. Taking the lead with around 3½ laps remaining . . . which means he was on the other side of the track when he did it, the side us photographers usually aren't on, that is . . . Padilla showed why he's the man to beat in the two mile. Royle made a good try to catch him in the last lap, but he had gotten too far behind and Padilla had too much left.

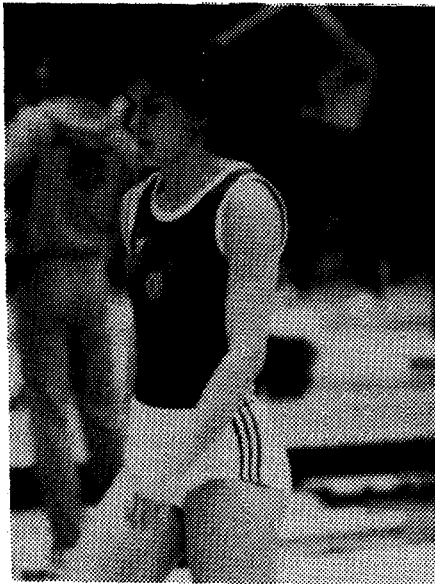
It was Royle's best indoor showing around here, though, and, if the Times stars are right, it was a meet record for Padilla.

Holder of the old one?

Who else? Padilla.

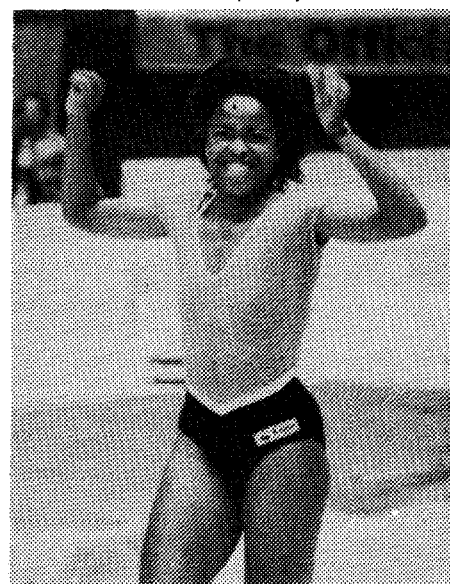
The mile, of course, was the one everyone was waiting for . . . especially now that the Ashford-Gohr thing was history. Steve Scott was back in town, though just barely. He had been flying in from Australia all night,

photo by Richard Lee Slotkin



Marlies Gohr

photo by Richard Lee Slotkin



Evelyn Ashford after beating Gohr.

the previous evening. He was hoping for a slow pace so that he could sort of take things easy and kick the last lap.

Sometimes that's charitably referred to as a strategic race.

Sam Ngatia of UTEP took the early lead and held it through the 1320. With splits of 58.9, 1:59.6 and 3:02.2, it didn't look very exciting, but it was just what Scott wanted. At the 1320, Scott had moved right behind Ngatia, and the rest of the field was still in there. Ireland's Ray Flynn being the closest. Scott made his move with 2½ laps to go and Flynn, who had flown with him from Australia, went with him again tonight. But Scott ran a 55 second quarter to Flynn's 56 seconds.

So, it was Scott the winner in 3:57.44 and Flynn second in 3:58.48. In a season of generally slow indoor mile times, they were the only ones under 4 minutes. Closest was Andy Di Conti of BYU and Marcus O'Sullivan for 3rd place. Last year's "winner" . . . actually Padilla was given the win in a photo finish, but everyone, including Padilla thought that he was second . . . John Walker was 5th in a really slow 4:03.0. I mean this is the first guy who ever went below 3:50. Walker still has a few good races left in him, but he is definitely slowing. After all, who doesn't?

Greg Foster has the high hurdles all to himself now that Renaldo Nehemiah isn't on the scene. For the seventh straight time he went under 7 seconds in the 60 yard hurdles. He won this time in 6.97, with Larry Cowling a distant second in 7.09. Foster also set a meet record, breaking the old one by . . . and this must have felt good . . . Nehemiah. The odd thing about it was that the record came in the qualifying heat in which he ran 6.94. Trivia buffs: Save that one. It'll be a winner for you some day.

Women

60 Yard Dash — (H-1)Ashford (Medalist TC) 6.85 (meet record), Innis (So Cal Cheetahs) 6.79, Williams (LATIC) 6.93, Howard (CSLA) 6.96. (H-2)Gohr (E.Ger) 6.81, Bolden (UCLA) 6.87, Glover (Houston) 6.94, Loud (U.Hawaii) 6.99. **Final**—Ashford 6.55 (No. 2 performance All-Time), Gohr 6.69, Bolden 6.73, Innis 6.80.

500 Yard Run — Gardner (LA Mercures) 1:04.85, Dabney (CSLA) 1:05.46, Arbogast (nee Ballinger) (Athletics West) 1:05.48, Sheffield (SD St) 1:06.4.

880 Yard Run — Addison (Athl West) 2:08.4, McClive (Atoms TC) 2:09.5, M. Joyce (Converse TC) 2:11.0, Warner (LA Merc) 2:11.8, Stormo (LA Merc) 2:11.8, Lai (So Cal Roadrunners) 2:13.4, Palmer (LA Merc) 2:16.9.

Mile Run — Molloy (BYU) 4:42.79, Harper (CPSLO) 4:43.30, Hopper (Medalist TC) 4:50.84, Prieuer (SMTC) 4:52.51, Schubert (Unat. Del Mar HS, San Jose) 4:53.5, Martel (UCSB) 4:54.7, Lopez (CPSLO) 5:00.1, Sote (So Cal Cheetahs) 5:01.8, Pedroza (EAST LAC) 5:04.0.

60 Yard Hurdles — Knabe (E. Ger) 7.57 (meet record), Turner (UTEP) 7.62, Watkins (Unat, LA) 7.80, Spoof (Finland) 8.14.

High Jump — Costa (Cuba) 6-4, Ritter (PCC) 6-2½, Fukumitsu (Japan) 6-¾, Sato (Japan) 5-10¾, McNeal (CPSLO) 5-10¼, Montes (Mex) 5-7.

Long Jump — Loud (U. Hawaii) 21-1½ (meet record), Innis (So Cal Cheetahs) 21-0½, Echevarria (Cuba) 20-5¼, Bell (So Cal Cheetahs) 19-9½, Crabtree (Coast Athl) 18-10¼, Kyllonen (Finland) 18-6½, Yarborough (CPSLO) 18-5¼.

Men

60 Yard Dash — (H-1)Egubunike (Azusa Pac Coll) 6.25, Smith (Uni Ala) 6.29, McTear (Converse TC) 6.29, Morales (USC) 6.35. (H-2)King (Uni Alab) 6.17, Cook (USC) 6.21, Whymns (UTEP) 6.24, Penalver (Cuba) 6.32. **Final**: King 6.17, Cook 6.21, Egubunike 6.22, Smith 6.36.

500 Yard Run — Cameron (Jamaica) 56.39, Maylor (UTEP) 56.59, Turner (Fleet City Express) 56.61, Wiley (Accusplit Sports Club) 56.66.

600 Yard Run — Marshall (Villanova) 1:10.6, Cook (Kangaroo West) 1:11.4, Zackery (Colo St) 1:13.9.

1000 Yard Run — Rider (Athl in Action) 2:09.7, England (Villan) 2:10.0, Wilson (Athl West) 2:10.4, Morton (BYU) 2:10.5, White (Unat.) 2:10.6, Bahara (SFVTC) 2:11.3, Lemashon (UTEP) 2:11.8.

Mile Run — Scott (Sub 4 TC) 3:57.44, Flynn (New Bal TC) 3:58.48, DiConti (BYU) 4:01.84, O'Sullivan (Villanova) 4:01.84, Walker (Sub 4) 4:03.0, Ngatia (UTEP) 4:06.9, Aragon (Athl West) 4:07.9.

3000 Meter Run — Chappins (Tiger TC) 8:17.4, Rios (CPSLO) 8:17.9, Ruelas (UC Irv) 8:23.4, Jennes (UCF) 8:25.0, Cook (UCR) 8:26.6, Reyes (Kang West) 8:30.1, Croft (Westmont) 8:34.3, Olson (CS Doming Hills) 8:44.6, Madrid (Cerritos Coll) 8:47.9, Deminter (LBC) 8:48.2.

Two Mile Run — Padilla (Athl West) 8:24.68, Royle (4 Corners TC) 8:25.13, Waigwa (Utopian TC) 8:29.81, Aldridge (Athl West) 8:33.20, Woods (BYU) 8:33.22, Castro (Mexico) 8:33.25, Nyambuli (Tanzania) 8:33.29, Eyestone (BYU) 8:34.9, Cuzzort (Sub 4) 8:38.1.

60 Yard Hurdles — (H-1)Foster (Willt's AC) 6.94 (meet record), Campbell (USC) 7.12, Turner (Stars & Stripes TC) 7.21, Wilson (Villan) 7.23. (H-2)Cowling (UCB) 7.16, Stewart (USC) 7.18, Lehnstrom (Ariz St) 7.24, Casanas (Cuba) 7.32. **Final**: Foster 6.97, Cowling 7.09, Campbell 7.11, Stewart 7.14.

Mile Relay — Cal St Long Beach 3:22.35 (Washington 51.1, Thompson 49.9, Caesar 49.8, Young 51.4), Cal Poly SLO

continued on next page . . .

L.A. Times, continued...

3:24.77 (Underwood 52.3, Lalicker 50.6, Wyatt 50.3, Richard 51.3), Azusa Pacific 3:26.05 (Egbunike 49.6), Cal Lutheran 3:30.34.

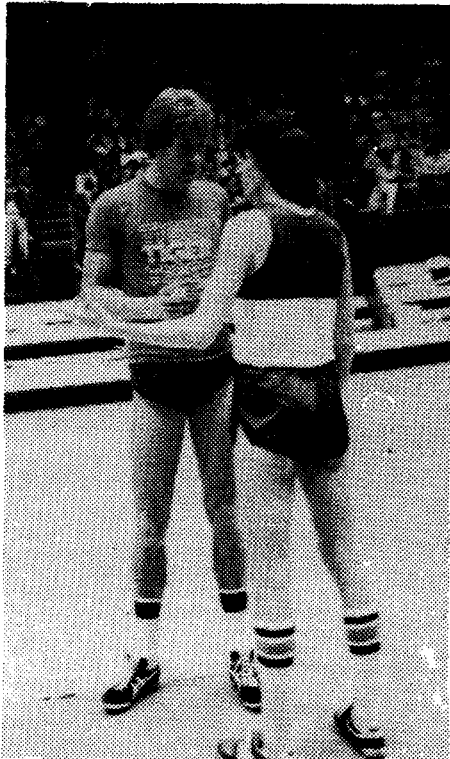
Two Mile Relay — Santa Monica TC 7:36.57 (Rafferty 1:53.2-Mack 2:00.7-Masterson 1:50.1-West 1:52.3), Arizona State 7:41.42 (Osborne 1:57.8-Richardson 1:55.5-Davis 1:55.2-Schwarz 1:52.6), UC Irvine (Carrazza 1:55.8-Hand 1:55.3-Zaragoza 1:54.7-Nuecke 1:55.8) 7:41.85, Long Beach CC DNF.

High Jump — Stones (Pac CC) 7-3, Centelles (Cuba) 7-3 (more misses), Woodard (Jugar TC) 7-1, Radan (Unat. Sacramento) 6-11, (tie) Calre (USC) & Mayfield (Ariz St) 6-11, Page (SoCal Strid) & Puvogel (El Paso TC) no height (6-11).

Long Jump — Agbebaku (El Paso TC) 25-10 $\frac{1}{4}$, Grimes (Athi West) 25-8 $\frac{1}{4}$, Tava (USC) 24-10 $\frac{1}{4}$, Turner (Jugar TC) 23-11, Hanna (UTEP) 23-0, Frazier (Ariz St) 22-10 $\frac{1}{2}$.

Pole Vault — Ripley (Pac CC) 18-2 $\frac{1}{4}$ (meet record), Dial (Okla St) 17-6 $\frac{1}{2}$, (tie) Woepse (Unat. Santa Maria) & Kenworthy (USC) 17-6 $\frac{1}{2}$, (tie) Takahashi (Japan), Pudas (Finland) & Hintnaus (So Cal Strid) 17-6 $\frac{1}{2}$, Forney (Okla St) 17-0 $\frac{3}{4}$, Peltoniemi (Finland) 17-0 $\frac{3}{4}$.

photo by Richard Lee Slotkin



Dwight Stones giving Louise Ritter some advice.

Community College Sprint Medley Relay — LA Southwest College 2:29.00 (Ransom-Spann-Johnson-Armour), LBCC 2:29.74, Saddleback 2:30.52, Compton College 2:35.12.
Community College Mile Relay — LBCC (McMurray 51.4-Washington 50.8-Riley 52.1-Richie 49.8) 3:24.08, LACC 3:27.21, LA Valley Coll 3:27.38, El Camino Coll 3:29.85.

High School Women's 8 X 160 Relay — Hawthorne 2:32.27, Dorsey 2:37.83, Ganesha 2:43.48.
HS Men's 8 X 160 Relay — San Fernando 2:19.5, Newport Harbor 2:23.8, Redlands 2:25.8, Lincoln 2:26.1.
HS Two Mile — Canada (Greenway, Phoenix) 8:54.5, Reynolds (Camarillo) 8:57.8, Junkermann (Los Alamitos) 9:07.9, Gomez (Belmont soph) 9:18.2, Quinonez (Huntington Beach) 9:18.4, Ortiz (Barstow) 9:21.3.

Devil-Take-the-Hindmost Mile — Mogg (Stars & Stripes TC) 4:19.5, Borbon (Cal Poly Pom) 4:19.8, Perez (CPSLO) 4:20.0, Trujillo (CSN) 4:23.9, Dietch (UCR) 4:25.2.
Men's One Mile Walk — Sharp (Team Kangaroo) 8:08.1, O'Connor (S&S TC) 8:10.5, Edwards (SUNY) 8:11.8, Morgan (Wolverine Pacers) 8:13.0, Scully (Island TC).

Women's One Mile Walk — Brodock (So Cal RR) 7:11.9, Vaill (Island TC) 7:30.3, Jones (Unat.) 7:35.1, Steigerwald (Van's Nat'l Walkers) 7:42.8, Gambrell (Coast Athl) 7:55.2, Ramirez (So Cal RR) 8:03.8, Pugh (So Cal RR) 8:23.4, Kemp (Van's) 8:26.8, Hughes (Van's) 9:02.5.



Foot Locker Classic

By Keith Conning

February 11. Cow Palace, Daly City.

Cameron I. Anderson, the President of the Kinney Shoe Corporation, welcomed the track fans to the Cow Palace for the Foot Locker Track Classic with a letter in the official program.

Foot Locker, a division of the Kinney Shoe Corporation, has 450 stores throughout the United States and Canada. This was the first world-class track and field event it has sponsored.

They also sponsored the Foot Locker Forum, a clinic for coaches and athletes, and the Foot Locker Track Festival, a day of competition for age-group through masters athletes.

The meet was celebrating its 20th year of indoor track at the Cow Palace. Many Olympians and world record holders have competed in this meet and this year was no exception.

Every effort was made to provide the right conditions for a world record attempt by pole vaulter Billy Olson of the Pacific Coast Club.

Jim Terrill, the meet director, had a larger landing pit brought in from U.C. Berkeley, and moved the vault over to the triple jump runway, so that Olson could have a longer run.

Tom Jennings, the director of the Pacific Coast Club, told me just before the event began that he thought Olson would set a new world record. By that time New York was snowed in, so he thought that Billy would probably not be vaulting the next night in the U.S. Olympic Invitational at the Meadowlands in New Jersey.

Olson started vaulting at 18-1. He missed his first attempt, but cleared it on his second. He then had the bar elevated to a new meet record height of 18-6 $\frac{1}{2}$, which he cleared on his third attempt. He tried three times at 19-0 $\frac{3}{4}$, but, unfortunately, missed each time.

Olson was named the meet's most valuable athlete.

Steve Scott, the American record holder in the mile and the 2nd fastest miler of all-time, won the Jim Ryun mile in 3:57.5, his 69th sub-four minute mile.

Jay Woods (Unattached/ex-BYU) was second in 3:58.2, his first sub-four minute mile.

Thomas Wessinghage of West Germany, ranked 5th in the 1500, was third in 4:02.1.

Peter Churney of the Aggie Running Club, the designated rabbit, set the pace for the first two quarters in 59.8 and 2:01.6. Then Scott took the lead and passed the $\frac{1}{4}$ mile mark in 3:01.8 and the 1500 meters in 3:42.3.

"It surprised me to see Jay Woods behind me," said Scott. "I have a good finishing last lap, but I don't know if I have a good start and race. I am not confident to be out there pushing the pace hard. I'll be able to follow any pace. I am not emotionally confident to go out in the front against Eamonn Coghlan."

"Outdoors is more important to me," said

Scott, "but indoors is not a dog to me. Eamonn is challenging to me. I'll respond to the challenge."

Doug Padilla of Athletics West, the second fastest American ever in the 3000 meters to Steve Scott, won in 7:49.1, the fastest time in the world this year.

Suleiman Nyambui of Tanzania, 2nd in the 1980 Olympics, was a distant second in 7:56.7.

Padilla was asked how he felt about his running of the race. "Not very good," said Padilla. "I was over conservative. I tended to be too tired. I have been really tired. I did not want to kill myself. I was a little scared."

How do you regard Suleiman Nyambui? "You never know when he was going to come. When he comes out you had better be ready," said Padilla.

How did you like the standing ovation? "It was great," said Padilla. "It was fun. The crowd really helped."

Greg Foster, ranked first in the world in 1982, edged Larry Cowling, the ex-Cal hurdler ranked 7th, and Alejandro Casanas (Cuba), ranked second. Foster set a new meet and Cow Palace record of 6.50. The old meet record of 6.62 was set by Dedy Cooper of the Bay Area Striders in 1980. Cowling at 6.54 and Casanas at 6.58 were both under the old meet record. Even Milan Stewart of the Stars and Stripes TC, ranked 6th, came close with 6.64. Stewart had been critical of Foster in a pre-meet press luncheon, but Foster continues to win against all the top ranked hurdlers. Stewart said that the 1984 Olympic high hurdle team would consist of Tonie Campbell, Sam Turner and himself.

"If I don't get behind, I'll win," said Foster. "I don't get tired at the end of a race. I don't train for the indoor season. I have set a goal for myself to go undefeated through the 1984 Olympic Games. I feel good, although I have a slight injury, but I'm in good shape. I talk and think track and field in practice, but during a meet I don't talk. I enjoy outdoor track more, but I am enjoying it more now since I am more consistent, and I am enjoying winning."

Louise Ritter of the Pacific Coast Club, ranked second in the U.S., set a new meet and Cow Palace record of 6-4. The old meet record of 6-0 was set by Phyllis Blunston of Cal St. Bakersfield in 1981 and tied by Debbie Brill of the Pacific Coast Club in 1982. Silvia Acosta of Cuba, the 11th best performer in the world last year, was second at 6-0.

"I don't really get going until the bar reaches 6-5, 6-6," said Ritter. "I felt that I could clear 6-6, but I started thinking to myself. I started letting my mind take over instead of letting my body take its natural course. That's a bad habit that I have to get out of."

Why are the Texans having a real good indoor season? "That's right," said Ritter. "It's really ironic. because here we are, we are people with no indoor facilities. It is surprising because we do not really have any indoor facilities. I'm not even in real good shape. My workouts have been real limited, because of the rain and the weather. I'm real surprised by the big jumps."

Evelyn Ashford, ranked number two in the world in the 100 meters, did not run because of an injury she sustained last week in the

Dallas Times Herald meet. In her absence Alice Brown of Wilts AC, ranked fifth in the U.S., won the 50 meter dash in 6.28.

Jim Hines, the 1968 Olympic Games 100 meter champion and still the world record holder, false-started twice in his comeback attempt at 50 meters. He disagreed with Tom Moore, the dean of Bay Area starters and the meet director of the S&W Modesto Invitational in May, but to no avail. Hines, who now lives in Oakland again, is currently working on his autobiography, "The World's Fastest Human."

Houston McTear of the Converse TC, the world indoor record holder and Converse shoes salesman, won in 5.77.

Lee Evans, the 35-year-old world record holder for the 400 meters, who along with Jim Hines was making a comeback, finished fourth and last in his section of the 600 meters in 1:23.3. As a professional in 1973, Evans ran 1:16.7. Mark Belger of the Pacific Coast Club, ranked 8th in the U.S. 800, equaled the meet record of 1:18.7 set by Scott Poehling (Pacific Coast Club) last year.

Dave Laut of Athletics West, the co-holder of the American record in the shot put at 72-3, defeated Brian Oldfield of the University of Chicago TC by six inches—67-8 3/4 to 67-2 3/4.

Mike Marlow of the Bay Area Striders, ranked 7th in the U.S., won the triple jump at 54-2 3/4. Deon Mayfield of Arizona State placed second at 53-7 1/2. Robert Cannon of the Athletic Attic, ranked 8th in the world, was third at 53-2 1/4.

Dwight Stones (PCC), 3rd ranked in the world, won the high jump at 7-3. Tyke Peacock (Fresno State TC), 6th in the world, and Francisco Centelles (Cuba), the national record holder at 7-5 3/4, tied for second at 7-1 1/2.

Maurice Crumby (Balboa, San Francisco), the State Meet champion, was ninth at 7-0.

Payton Jordan, the former Stanford and Olympic Games coach, won the 50 meters for men over 60 in 7.09. Senator Alan Cranston (Democrat, California), a recently announced Presidential candidate, also competed.

Sue Brodock of the Southern California Road Runners set a new meet record in the mile walk at 7:13.0. The old meet record of 7:16.5 was set by Susan Liers-Westerfield (Island TC) last year.

Henry Ellard (Fresno State), the 13th best American triple jumper at 54-10 last year, won the Football 40 yards in 4.6.

Men's 50 Meters — 1. Houston McTear (Converse TC) 5.77, 2. Roy Mosley (unattached) 5.83, 3. Leandro Penaiver (Cuba) 5.88, 4. Yoshiro Shimuzu (Japan) 5.90, 5. Fred Williams (Stanford) 5.92, 6. George Ervin (Fresno State) 5.94, 7. Wendie McNeal (Cal State Hayward) NT. False State-Jim Hines (unatt.).

Lee Evans Men's 600 Meters — Section 1: 1. Mark Belger (Pacific Coast Club) 1:18.7 (equals meet record), 2. Ian Newhouse (Canada) 1:19.6, 3. David Timmons (Cal) 1:21.3, 4. Lee Evans (Bay Area Striders) 1:23.3. Section II: 1. Pete Richardson (Arizona State) 1:21.8, 2. Lloyd Guss (Canada) 1:22.2, 3. Michael Chukes (San Jose State) 1:22.7.

Men's 1000 Meters — 1. Gary Morton (Brigham Young) 2:26.2, 2. Mike White (unatt.) 2:26.8, 3. Ron Bahara (San Fernando TC) 2:27.4, 4. Vernon Sallaz (unatt.) 2:27.8, 5. Andrew Boyd (Cal) 2:32.4.

Jim Ryan Mile — 1. Steve Scott (Sub 4 TC) 3:57.5, 2. Jay Woods (unatt.) 3:58.2, 3. Thomas Wessinghage (West Germany/unatt.) 4:02.1, 4. Andy DiConti (Brigham Young) 4:02.1, 5. Blaine Anderson (Brigham Young) 4:03.0, 6. Joe Fabris (Aggie Running Club) 4:14.2, 7. Fred Behrmann (Brigham Young) 4:17.6.

Men's 3000 Meters — 1. Doug Padilla (Athletics West) 7:49.1, 2. Suleiman Nyambui (Tanzania/4 Corners TC) 7:56.7, 3. Ed Eyestone (Brigham Young) 7:57.1, 4. Dan

Aldridge (Athletics West) 7:57.8, 5. Adrian Royle (Great Britain/4 Corners TC) 7:58.0, 6. Graeme Fell (Great Britain/unatt.) 8:00.0, 7. Dan Harvey (Pacific West TC) 8:03.9, 8. Adrian Ymeret (Brigham Young) 8:12.3, 9. Mike McCollum (Cal) 8:29.3.

Men's 50 Meters Hurdles — 1. Greg Foster (Will's AC) 6.50 (Meet Record), 2. Larry Cowling (Accusplit TC) 6.54, 3. Alejandro Casanas (Cuba) 6.58, 4. Milan Stewart (Stars & Stripes TC) 6.64, 5. John Lenstrophm (Arizona State) 6.69, 6. Mike Hawthorne (San Jose State) 6.95.

Men's Mile Walk — 1. Ray Sharp (Kangaroos TC) 6:11.1, 2. Dan O'Connor 8:17.0, 3. Todd Scully (Shore AC) 6:20.3, 4. Walt Jaquith (unatt., Truckee) 6:51.2, 5. Rob Campbell (unatt., Reno) 7:11.4, 6. Bill Penner (unatt., Stockton) 7:25.8.

Men's High Jump — 1. Dwight Stones (Pacific Coast Club) 7-3, 2. Tyke Peacock (Fresno State TC) 7-1 1/2, 3. (tie) Francisco Centelles (Cuba) 7-1 1/2, 4. Dave Stapleton (Brigham Young) 7-1 1/2, 5. (tie) Joe Radan (Sacramento State TC) 7-0, 5. Jim Moran (Cal State Hayward) 7-0, 5. John Morris (Cal) 7-0, 5. Greg Gonsalves (Puma TC) 7-0, 9. Maurice Crumby (Balboa HS, San Francisco) 7-0.

Dutch Warmerdam Pole Vault — 1. Billy Olson (Pacific Coast Club) 18-6 1/2, 2. Dave Kenworthy (USC) 17-6, 3. Tomoni Takahashi (Japan) 17-6, 4. Tim Bright (Abilene Christian) 17-6.

Men's Long Jump — 1. Paul Bates (unatt.) 24-0, 2. Eric Wright (Cal) 23-1 3/4.

Men's Triple Jump — 1. Mike Marlow (Bay Area Striders) 54-2 3/4, 2. Deon Mayfield (Arizona State) 53-7 1/2, 3. Robert Cannon (Athletic Attic) 53-2 1/4, 4. Ray Kimble (Bay Area Striders) 52-9 1/2, 5. Byron Criddle (Houston) 52-7 1/2, 6. Ken Frazier (Arizona State) 50-0, 7. Norbert Elliott (Bahamas/UTEPA) 48-8 1/4, 8. Coy Justice (Cal State Hayward) 46-9.

Men's Shot — 1. Dave Laut (Athletics West) 67-8 3/4, 2. Brian Oldfield (University of Chicago TC) 67-2 3/4, 3. Gregg Tafrales (Weight City TC) 63-2 3/4.

Women's 50 Meters — 1. Alice Brown (Will's AC) 6.28, 2. Jennifer Inniss (Guyana/SoCal Cheetahs/CSLA) 6.31, 3. Ada Hay (LA Mercures) 6.51, 4. Donna Carley (Cal State Sacramento) 6.54, 5. Gwen Ward (Cal State Hayward) 6.75, 6. Eloina Echevarria (Cuba) 6.76, 7. Karen Elmore (Millbrae Lions) 6.97, 8. Suzette Johnson (Fresno State) NT.

Women's 850 Meters — 1. Kay Stormo (LA Mercures) 2:20.6, 2. Trescia Palmer (LA Mercures/Westchester HS) 2:22.1, 3. Frannie Castro (Hayward State TC) 2:22.9, 4. Cynthia Warner (LA Mercures) 2:23.1, 5. Cathy Pedroza (East LA JC) 2:24.2.

Women's Mile Walk — 1. Sue Brodock (Southern California Road Runners) 7:13.0 (Meet Record), 2. Louise Gambrel 7:46.0, 3. Kerry Bratton 8:00.8, 4. K. Curtis 8:43.0, 5. L. Perry 9:10.0, 6. E. Pike 9:37.5.

Women's High Jump — 1. Louise Ritter (Pacific Coast Club) 6-4, 2. Silva Acosta (Cuba) 6-0, 3. Hisayo Fukumitsu (Japan) 5-8, 4. Tonya Mendonca (Mt. Whitney HS) 5-8, 5. Karen Lysaght (Stanford) 5-8, 6. Denise Gaztambide (Stanford) 5-6, 7. Julia Philyaw (Cal State Sacramento) 5-4, 8. Leslie Maxie (Mills HS) 5-2, 9. Milo McCall (Cal State Hayward) 5-2.

Community College Men's 4 X 450 Relay — 1. Merritt 4:02.8, 2. Merced 4:06.2, 3. Chabot 4:06.6.

Community College 50 Meters — 1. Neal Gadison (Merritt) 5.96, 2. Emil Armstrong (San Francisco) 6.03, 3. Charles Allen (Yuba) 6.06, 4. Tony Shelton (Merced) 6.07, 5. Stony McCree (Merritt) 6.09, 6. James Howard (Alameda) 6.10, 7. Robert Giles (Merced) 6.17, 8. Joe Cerny (DeAnza) 6.20.

Community College Pole Vault — 1. Greg Hassapakis (Modesto) 15-0, 2. Mark Anderson (West Valley) 14-6, 3. George French (Alameda) 13-6, 4. Brian Roth (American River) 13-0.

Community College Women's 4 X 450 Relay — 1. American River 5:18.1, 2. Butte 5:26.1.

College Men's 50 Meters — 1. Wiley Watson (San Jose State) 5.7 (hand), 2. Tony Sanders (Fresno State) 5.8, 3. Rick Jones (Fresno State) 5.8, 4. Terry Neely (Fresno State) 5.9, 5. Paul Jones (unatt) NT, also ran: Frank Robinson (San Jose State), Eric Decatur (San Jose State), Keith Moore (Fresno State).

College Men's 4 X 450 Relay — 1. San Jose State 3:52.2, 2. Cal State Hayward 4:04.5.

College Women's 4 X 450 Relay — 1. Cal State Hayward 4:44.3, 2. Fresno State 4:52.9, 3. Sacramento State 5:00.2.

Master's Men's 50 Meters (60 & over) — 1. Payton Jordan 7.09, 2. Jim Johnson 7.56, 3. John Sati 7.67, 4. Harry Huseny 8.4 (hand), 5. Bill Garreto NT, also ran: Bill Fairbanks, Alan Cranston, Sam Hoover.

Master's Men's Mile — 1. Mike Holbrook 4:35.1, 2. Tom Cathcart 4:37.3, 3. Chuck Downey 4:37.7, 4. Hylke Van Der Wal 4:39.7, 5. Harold Knutson 4:40.8, 6. Jack Knebel 4:42.3, 7. George Chen 4:49.9, 8. Walt Lange (coach Jesuit HS) 4:50.9, 9. Frank Hunt NT, 10. Pete Richardson NT.

Master's Women's Mile — 1. Barbara Pike (unatt.) 5:21.6, 2. Marilyn Harbin (West Valley TC) 5:34.5, 3. Heidi Skaden (unatt.) 5:48.8, 4. Agatha Sue-Lee (West Valley TC) 5:49.8, 5. Sue Johnston (Impala) 5:59.1, 6. Miriam St. Clair (Nor Cal

Seniors) 6:03.1, 7. Arlenil Cammara (Bank of America) 6:07.5, 8. Ruth Anderson (Nor Cal Seniors) 6:07.8, 9. Maureen Wittman (Tampa) NT.

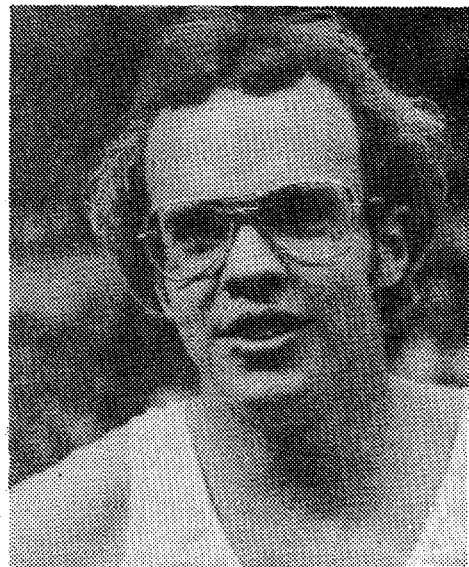
Devil-take-the-hindmost Mile — 1. John Sup (Golden Bear TC) 4:16.2, 2. Mike McQueeney (Pacific West TC) 4:19.9.

Foot Locker Employees Mile — 1. Rich McCandless (San Mateo, CA) 4:17.4, 2. Gordy Cookehaw (Metairie, LA) 4:22.4, 3. Dan Bourn (Arlington, TX) 4:32.9, 4. Kevin Kitz (Pontiac, MI) 4:35.3, 5. Mike Reed (Charleston, SC) 4:41.7.

Football 40 Yards — 1. Henry Ellard (Fresno State) 4.6, 2. Steve Brown (Stanford) 4.7, 3. Lionel Manuel (U. of Pacific) 4.8, 4. John Sullivan (Cal) 4.8, 5. Chris Lundy (Santa Clara) 4.9, 6. Tom LaRouge (St. Mary's) 5.0.

Special Olympics 50 Meters — 1. Brock Terrell 7.8, 2. Chuck Tracy 8.2, 3. John Gutren 8.7, 4. Pat O'Dell 9.1, also ran: Victo Giosso, Rudy Cudo, Janis Kattenhorn, Deana Nutt.

photo by Richard Lee Slotkin



Billy Olson

High School Boy's 50 Meters — 1. Jim Lubbe (Westwood, Daly City) 6.06, 2. Steve Watkins (Skyline, Oakland) 6.14, 3. Kevin House (Kennedy, Richmond) 6.17, 4. Kenneth Henderson (Berkeley) 6.18, 5. Kerry Threats (Westwood, Daly City) 6.22, 6. Chris Belcher (Kennedy, Richmond) 6.26, 7. Troy Hilario (Mills, Millbrae) 6.28, 8. Kevin Tolliver (Vallejo) 6.40.

Harry Papazian HS Boy's 3000 Meters — 1. Mike Livingston (Willow Glen, San Jose) 8:39.9, 2. Jim Frey (Yreka) 8:43.2, 3. John Morse (Las Lomas, Walnut Creek) 8:43.2, 4. Rene Perez (Woodland) 8:45.9, 5. Paul Ghidossi (Capuchino, San Bruno) 8:46.7, 6. Chris Craig (Leigh, San Jose) 8:48.2, 7. Calvin Gaziano (Castro Valley) 8:48.6, 8. James Green (Gunderson, San Jose) 8:57.4, 9. Dave Bell (Leigh, San Jose) 8:57.9, 10. Marty Higginbotham (Berkeley) 8:58.2, 11. Danny Valdez (Merced) 8:59.6, 12. Tom Legan (Del Mar, San Jose) NT, 13. Rich Dunn (Sonoma) NT, 14. Mark Turner, NT.

High School Boy's 4 X 450 Relay — 1. Oakland 4:03.9, 2. Berkeley 4:07.8, 3. Woodland 4:14.8, 4. Oakland Tech 4:21.6.

High School Boy's 8 X 150 Relay — 1. Berkeley 2:22.6, 2. Merced 2:23.9, 3. Grant, Sacramento 2:27.3, 4. Terra Linda, San Rafael 2:30.0.

High School Boy's Long Jump — 1. Larry Forrester (Ceres) 22-7 1/2, 2. Don Harwell (Sonoma) 21-8 1/4, 3. Tom Simpson (Merced) 20-3 3/4, 4. Mike Sweeney (Clayton Valley) 20-2 1/4, 5. Eric Hawkins (Wilcox) 19-10 1/4, 6. Chad Nightingale (Moreau) 19-10, 7. Hilton Hong (Wilcox) 18-11 1/4.

High School Girl's 50 Meters — 1. LaShun Peters (Woodside) 6.68, 2. Monica Taylor (Grant, Sacramento) 6.72, 3. Lisa Curry (Mission, San Francisco) 6.94, 4. Dana Faulkner (Skyline, Oakland) 6.95, 5. Wendy Nelson (Merced) 7.15, 6. Michelle Seo (Moreau, Hayward) 7.26, 7. Patti McDermott (Moreau, Hayward) 7.35.

High School Girl's 3000 Meters — 1. Nanette Garcia (Silver Creek, San Jose) 10:37.1, 2. Becky Chamberlain (Leigh, San Jose) 10:42.2, 3. Lisa Swift (Head, Reno, Nevada) 10:43.5, 4. Jocelyn Whitehead (Reno, Nevada) 10:45.1, 5. Carla Halford (Leland, San Jose) 10:47.2, 6. Claudy Wilde (Logan, Union City) 10:48.5, 7. Amy Cathcart (Amador Valley, Pleasanton) 10:48.6, 8. Alice Vasquez 10:49.0.

High School Girl's 4 X 450 Relay — 1. Grant, Sacramento 4:53.4, 2. Skyline, Oakland 5:00.6, 3. Drake, San Anselmo 5:06.2, 4. Merced 5:14.4. Meet Record: old record 4:57.7 Casa Robles '82.

Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Also clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

Empire Runners

4700 Foulger Drive, Santa Rosa 95405

Jim Bowers is back on the roads again after suffering from sciatica for the last two months. Prior to this "enforced vacation" Jim set another masters national record for the 20 mile distance at the Clarksburg Classic... Don Timmerman, at the young age of 66, is setting new P.R.'s every time out. He says he feels better now than he did 20 years ago.

The Empire Runners Marathon Clinic is in full swing. The first meeting had 50 people in attendance and there have been at least 20 at each of the Saturday morning runs. The clinic consists of a wide variety of runners—some who have yet to run their first 10K up to those close to a three hour marathon. Others are welcome to join in the Saturday runs of the remaining clinic meetings. This is a group of people who want to make running long distances fun and easier, while bettering their times. For more information, call 546-7892.

photo by Gene Cohn



Jim Bowers - Empire Runners

Berkeley Runners

5623 Oakgrove Ave., Oakland 94618

This has been a fairly quiet month, but Hilary Naylor managed to run another PR. This time she ran the 4th Sunday Run at Lake Merritt - a 15K in a fast 60:03.

28

Weight City A.C.

P.O. Box 7507, Stanford 94305

A MAGNIFICENT FIRST TRY! We usually hear this when a thrower achieves a PR on an initial throw. In this case, however, it is used to describe the efforts of WCAC's Bill Shissler in organizing the First Annual Weight City Invitational. This invitational, held on June 9th at Bud Winter Field, San Jose State University was formulated and conducted by Bill within 48 hours. The events were subsequently held for the next six weeks.

The top of the 1982 Club Best Marks List looks like this:

Discus:	
Scott Overton	202-9
Bishop Dolegiewicz	197-11
Paul Bishop	197-0
Gregg Tafralis	194-10
Kevin Brady	184-04
Javelin:	
Jim Lothrop	255-5
Kevin Goode	249-6
Steve Roller	238-6
Shot Put:	
Bishop Dolegiewicz	67-6¼
Greg Tafralis	66-0¼
Ron Semkiw	65-10
Mike Smith	65-8¼
Rob Suelflohn	64-9¼
Hammer:	
Jan DeSoto	206-0
Mike Maynard	197-10
Doug Silcox	170-02

San Luis Distance Club

P.O. Box 1134, San Luis Obispo 93406

Pam Morris won the women's division of the Mission Viejo/7 Up 10K in 35:26 to win a trip to Boston. Last year's winner at this race who also received a trip to Boston was Robyn Dubach who had trouble with the heat once she got back there and ran a 3:10 (her current best is 2:49).

It's not as popular as it used to be when the course ran along Highway 1 from Santa Cruz to Half Moon Bay but the S.L.O. team kept alive the local tradition by participating in the Christmas Relays on December 19. The course is now one lap for each of five team members around San Francisco's Lake Merced, 22½ miles in all. They ran about 2½ hours to place in the middle of the 400+ team field.

NorCal Seniors T.C.

2766 Summit Dr., Hillsborough 94010

Eileen Klatsky added an individual honor to the team on January 9. Working against a pronounced wind, she ran the Avenue of the Olives Half Marathon in 1:43:56, taking first place in the 50+ division.

Final results for the Stockton 10 Mile show Nor Cal Master's women took second, a mere 59 seconds behind the Buffalo Chips team.

James York, now 69, broke a world record for his 69 age division at the Hawaii Track Meet on December 26, 1982 in the 12 pound and the 16 pound shot put, and he tied the 35 weight throw record.

The club was ably represented in the Oakland Half-Marathon on February 6 by Elvyn Blair (1:35), Ruth Anderson (1:36), and Ruth Waters (1:38), backed by Karen Gudiksen and Sherry Gaskin. Ruth Anderson took first place in the 50-59 division for this race. Four Nor Cal women braved the elements to run the full marathon. Sister Marion led team members with a 3:00:11, taking first place in the 50-59 division. Kathy Brieger took 4th in that division with a 4:01 time and Ruth Anne Bortz took 5th with a 4:01. In the 40-49 division, Mimi St. Clair took 5th with a 3:32.

Dolphin So. End Runners

741 Kansas No. 2, San Francisco 94107

The big event in January was the Annual Awards Gala which had over 1000 in attendance and was what many called, "The best one we've ever had."

Festivities were led by Master of Ceremonies, Dick Collins and Mistress of Ceremonies, Sandy Vernon, who fittingly presented the first award to club president Walt Stack and his wife Marcie - to Walt for his contribution to runners and running, and to Marcie for keeping Walt going. Gifts included a framed art work by LeRoy Neiman called "The Race," a warm-up suit for Marcie and a card table.

Recognition of the top five men and women point earners for 1982 was one of the highlights of the evening. The women are Vivian Rodriguez, Colleen Fox, Mary Cantini-Norkin, Valerie Gnesdiloff and Caroline Merrill. The men are Dick Collins, Paul DeLoria, Sherman Welpton, Andy Finn, and Tony Stratta.

Impalas Running Club

Linda Christ, Vicky Evangelo, Jean Gutsche, Sue Johnston and Hilary Naylor ran as the Impala team at the Cal-10 in Stockton on January 9, 1983. Everyone broke 70 to receive the famed Cal-10 tee and Linda and Jeannie paced each other the last three miles of the race to finish in 61:49 and 61:50.

Hilary Naylor, Kathy Cooke, Birthe Kirsch and Sue Johnston won the team title at the Pinole Golden State Women's 10K on January 30th. Hilary was 2nd overall, Birthe was the 1st master and Kathy was the first 18 and under.

Sue Johnston qualified for the San Francisco Games February 11th with a 6:01 mile (4th overall) in the masters division at the Berkeley Qualifier. Hilary Naylor set a PR in the 15K with a 60:03 at a recent Lake Merritt Joggers and Striders event.

Despite windy, rainy conditions, six Impalas ran the February 6th Oakland Marathon and Half Marathon. Moira Casey, Birthe Kirsch and Eileen Brennan ran the half and Leslie McMullin, Bridget Goodwin and Linda Christ ran the full. Leslie added to her string of recent PR's with a 2:49:51 and was the fourth woman overall.

West Valley Joggers and Striders

1124 Kensington, Sunnyvale 94087

Masters teams from West Valley Joggers and Striders won team victories in the first three PA/TAC championship races of the year: the 10-mile at Stockton, January 9; the 20K in Sacramento, January 22; and the Half Marathon at Oakland, February 6.

Tim Rostege and Jerry Lynch played key roles in the victories. Rostege led the WVJS masters at Stockton's California 10 with a 52:57, placing second in his division to Sal Vasquez of Alameda. Other team scoring finishers were Bert Johnson (54:34), Jake White (54:50), Jerry Lewis (57:20), and Mike Hicks (58:52).

Rostege ran a 1:12:39 under unsavory conditions in the Oakland race, but was topped by Jerry Lynch for the team leadership. Lynch ran 1:10:40 in blowing rain, but was also beaten by the unstoppable Vasquez. Lynch and Rostege were followed by Bill Jenny (1:14:06), Tom Mota (1:15), and Jake White (1:15:16). Lynch also led the team in its 20K victory.

The club's top masters runners broke their own course record at the Lake Merced Christmas Relays, taking two minutes and 40 seconds off the old mark and averaging 5:14 per mile as a team, for the 4.464 loop. Rostege again led team members with a 23:05, followed close by Bill Meinhardt and Lynch both at 23:10. Jake White and Tom Lais completed the scoring in the record-setting performance. The club's No. 2 masters team finished fourth in the competition, led by Bert Johnson's 23:59. The WVJS No. 1 submasters team was third in its division in this highly competitive event, led by Don Dugdale (23:30), Ron Nelson (23:43), John Clary, Ken Drew and Dave Garcia.

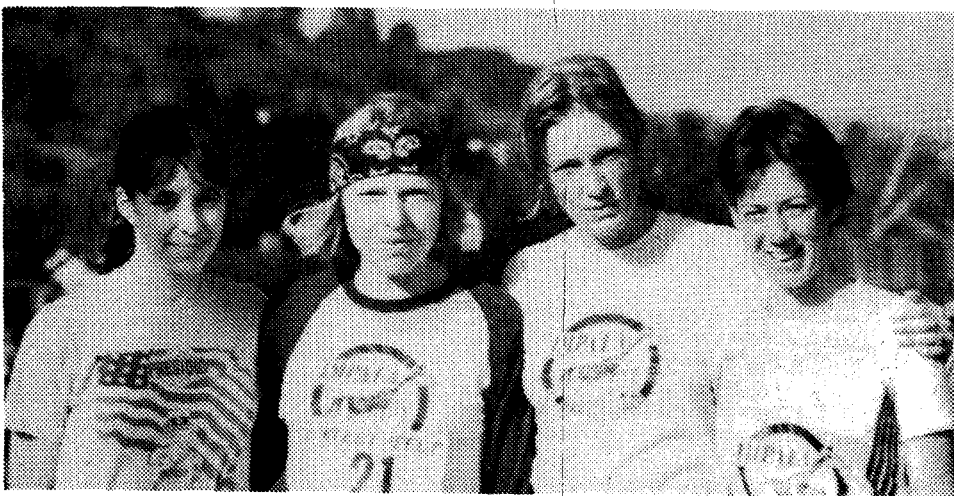


photo by Gene Cohn

Impalas Running Club(L-R): Kathy Cooke, Birthe Kirsch, Sue Johnson, Hilary Naylor

Tulare Runners

P.O. Box 1995, Tulare 93275

A.R. Souza, Esther Henson and Shellie Battles led club finishers at the Max Chaboian Memorial Road Race Six Mile held February 13th. A.R. captured the 50-59 division in 41:36, Esther won the 30-34 in 47:59 and Shellie timed 48:59 to win the 17-18 division and set an age division record for her efforts. Shannon Battles finished second in the 15-16 division in 42:36 and Robby Morris placed second in the 12 & Under division with a 44:20. John Wallace, running in the 17-18 division was the top club finisher timing 36:16.

Running successful first marathons at the Bakersfield Marathon were A.R. Souza in 3:24 and Jim Murray with a 3:25. Don Chorley completed the marathon at Bakersfield with a 3:55.

Don Chorley recently received confirmation that he has been accepted for the Western States 100 Mile Endurance Run on June 25th. This is the second year that he has been selected for the Squaw Valley to Auburn trail run.

Sierra Slowpokes

116 High St., Grass Valley 95945

The club had one of their most successful running seminars yet on Friday, Jan. 7th. The crowd was the biggest and the feedback on both Jim Walker's talk and Mike Simpson's demonstration of flexibility training was very positive.

Jim talked about how he got into running in the first place... how his life has made a radical change to the good, from extreme overweight and total out-of-shape physical being and basically a near 'mental' wreck. He smoked and was into drugs and managed to overcome all these handicaps and now seems to have a zest for life which was missing before. He works at Dave's Shoes and his expertise with regard to running shoes is probably second to none.

RACE DIRECTORS & COACHES

WE OFFER CUSTOM WORK: ILLUSTRATED CERTIFICATES, SPECIAL AWARDS, NOTECARDS, POSTERS, LOGOS FOR YOUR RACES, MEETS, & CLUBS AT REASONABLE RATES.

FREE INFORMATION

WRITE TO: WING & WING,
496 C WEST SHORE ROAD,
GUEMES ISLAND, WA 98221
(206) 293-9730



Running Times



ALL DESIGNS © 1983 · W. PARSONS

Club News

Fleet Feet Running Club of San Jose

1618 Montrose Way, San Jose 95124

The club carbo-loading party, prior to the Oakland Marathon was a success with approximately 25 members participating. It may have helped Judi Sahde (3:11:56) and Kathy Hughes (3:17:58) realize PR's and also qualify for the Boston Marathon.

Ephraim Romesberg won his division in Oakland with a 2:49:51. Bill Barclay improved his marathon time by 35 minutes, finishing with a 3:23:03. Completing their first marathons were Fleet Feeters Diane Dufur and Pete Frisch. Steve Lorenz continues to run well and finished with a 2:37:00.

In the Oakland Half Marathon, Bob Farrington placed 2nd in his division with an impressive 1:19:52 and Cathy Casey placed with a PR of 1:33:49. Club President Rick Paul turned in a PR of 1:26:14, with ex-President Ron Griswold turning in a PR of 1:23:55. These two are good friends and competitors and battled all the way. Mel Zimowski, a newcomer to the club, ran his first half marathon in 1:32:58.

Twenty club members are participating in the club sponsored marathon training clinic given by Ted Schmidt. Runners who have participated in these clinics in the past have achieved their marathon goals and have been pleased.

Fleet Feet Running Club of San Jose welcomes new runners and members. The purpose of the club is to promote running and fitness and to provide companionship and support to all runners. There are no compulsory races. There are training runs at many levels and distances. For more information contact Ted at (408) 723-7223 or Judy at (408) 269-9492.

So. California Striders

8306 Wilshire, #316, Beverly Hills 90211

The Southern California Striders TC has elected new officers for 1983. They are H. Lewis Smith, President; George Cohen, Vice-President; Ann Smith, Acting Secretary; Red Doms, Treasurer. Team Captains are Ken Stuart 30-39, Dave Douglass 50-59, Bob Hunt 60-69, Red Doms 70+ and Byron Potts, Long Distance.

Club members Ralph Lee, Ken Stuart and Hilliard Sumner who all saw limited action last year due to major injuries are now alive and kicking and are ready to do some serious running during this 1983 track and field season.

Club member Mike Jackson, who in his own words feels that he had a lackluster season last year, took advantage of the off season and went into some serious training. He has trimmed down considerably and feels that he is in much better shape. Needless to say, he is ready for the 1983 track season.

Santa Clarita Runners

P.O. Box 481, Newhall 91321

1983 is off to a successful start for the SCR's with several outstanding races and many individual PR's — check out the PR section. Wins of note: Steve Durand won the Arroyo Seco 10K (his father Dick took 1st in the 50+), and the Rudolph 10K. Rich Burns won the Plum Canyon Run and the Valentines 10K. Sue Simms was first woman at the Brahma Bull Run 10K and the Rudolph 10K. Lisa Rizzo was first in the SCR's Women's 8K, first in the Valentines 10K, and 7th in the Sunkist Indoor Rated Mile (5:17). Tim Watson was 3rd in the Sunkist seeded 2-mile event (9:22). Bob Gerlach once again qualified as the devil in the Devil-Take-The-Hindmost event at the Times Indoor Meet.

Races put on by the SCR's already this year include: the Plum Canyon Run (a gruelling 7 mile X-C event), the SCR's Women's 8K (the first women-only race in this area), the Wells Fargo (Sylmar) 10K, and the Valentines 10K (with couple divisions). Please see results section for write-ups.

On February 13, General Elections and Awards were held. Sally Brollier and Don McGeorge were re-elected as President and V.P. respectively. New board members elected were: Glenda Kimmerly, Bob Gerlach, and Ron Smith. The competition was very tough for the outstanding performances in 1982. Best male runner went to Tim Watson and best female runner to Lisa Rizzo. Best master male to Gene Blankenship, best female master to Emma Williams. Most improved male to Earl Beverly and most improved female to Chris Sidles. Member-of-the-Year went to Sue Simms, and Special Service to Don McGeorge.

Fresno Track Club

P.O. Box 6103, Fresno 93703

Jim Hartig continues his domination of the annual Max Chaboian Memorial Road Race at Tulare's Live Oak Park, as he became a three time winner. The Cole Elementary School teacher and coach won this popular event in 1981, 1982, and on February 13 won the six mile race held to honor the memory of the former Denver Bronco Quarterback in a record breaking 29:50. This broke his old course record of 30:21, set in 1981. The race was a classic event with Hartig, Tony Ramirez of the Adidas Running Club and Marty Higginbotham also of the Adidas team putting on a great show for an excellent turnout of spectators. At race's end it was Hartig, also running for Team Adidas and the Fresno Track Club edging Ramirez who timed in at 30:20, and Higginbotham at 30:58. FTC's Larry Lung was first in the 30-34 class with a fine 32:40 and was good for seventh overall for the Corcoran High School cross country coach.

The annual High Sierra TC 10K held on January 15 at Woodward Park saw Jim Hartig top a field of 85 runners taking overall honors with a superb 30:15 clocking over the hilly course. Sanger High star David Naranjo won the 16-18 class with a 32:15 and was third overall. New FTC member Dan Vega won the 14-15 division with a 32:48 and placed seventh overall. Other top finishers carrying the blue and white club colors included Larry Lung (2 30-34, 33:21), Al Lomeli (3 30-34, 33:26), Gordon Keller (2 35-39, 33:50), Dick Cain won the 50-54 category with a 35:21 and Bill was 2nd in 40-44 at 35:50. In the women's division, Pat Hurst won the 50-59 class with her 43:26 and Erin Valdez was 1st Under 15 at 47:53.



Southern California Striders sub-masters record 4x100 record relay team (41:60): Glenn Johnson, Warren Spikes, Reggie Davis and Eugene Driver.



Bill Gail & Doug Avrit - Aggie R.C.

Aggie Running Club

2455 Elka Ave., Mt. View 94043

The baboons screamed, the hippopotomi guffawed, the elephants snorted, and the sheep ran for their lives when the Ags arrived for the 7th annual Zoo Run in San Francisco on January 16th. The field of 4,000 ran two by two under threat of rain along a new 4-mile course through the zoo grounds and past the critter cages. In a virtual carbon copy of the Biblical story, Aggies led all 4,000 participants in the race back to the Ark. Just shows you what 6,000 years of progress can do. Rich "Feeding Time" Langford was quick to attribute the Aggies' success to the abundance of feeding holes. Rich was second to Bill Gail - both with times in the low 19:00's. Joe Mangan was third, Jim Van Dine was 4th and Stacey Geiken 6th.

If Florida is the sunshine state then California is the mudslide state. Several Ags and Aglets witnessed the "get in your hot tub and go" syndrome at the PA-TAC 20K championships in Sacramento on January 22nd. Fifty runners went through the first mile in 5:20 before Mark Proteau took off shouting "Walk it off, cry babies!" Mark subsequently dropped out and, you guessed it, walked it off with a hot shower and some hot pizza and cold beer. After mile two in something around five minutes, Danny "This isn't so bad" Grimes put the screws on the leaders and slogged his way to a 61 minute win. Lodgehead Denis "Is it raining?" O'Halloran finished first among the Ags that decided to finish. Rich Langdog tried to run the entire race in a set of Converse scuba gear that Jim Howell had given him the night before. Rich was forced to drop out after one of his oxygen tanks

ran out. "What was I supposed to do ... Breathe?" Rich said.

7 Denis O'Halloran	64:45
12 Tim Gruber	65:47
17 Peanut Harms	67:08
19 Stacey Geiken	67:35
25 Tom Laythe	69:20
30 Matt Yeo	71:14
Women:	
4 Kathy Ways	78:49
10 Karey Robinson	83:14
17 Theresa Jackson	88:44
21 Denise Bigelow	90:44

Las Vegas Track Club

4224 Claymont St., No. 3, Las Vegas 89109

The First of the Year Half-Marathon, held Jan. 2, was run on one of the most perfect days imaginable—just a slight breeze (as compared to last year's gale storm!), the temperature in the 40's and the air clear. There were 122 finishers (16 ladies only) with Frank Plasso winning with a 1:07:02 (having just run a 29:44 10K the previous day). Jeanne Lasee was first woman in 1:18:16. Bill Callanan and Tommy Hodges were the race organizers. Robin and Sam Scavalli hosted a pot-luck for LVTC members after the race.

On Dec. 19, several LVTC members participated with 500+ runners in the Venice-Marina Christmas 10K in Venice, Calif. The course was flat (next to the ocean) and weather was perfect. Jeanne Lasee was first woman finisher in 35:15 (PR) and 12th overall. Bill Schaefer was 14th overall (2nd in 30-39 division) in 35:18 (PR). Art Johnson had a PR with a 40:10 and Jess Foster ran 47:08. Out of town member Bob Gerlach was 2nd in the 50-59 division with a 37:55.



Terry Drake - Athletes in Action



NEW BALANCE
BROOKS
ETONIC
DOLFIN TRACKWEAR
PUMA
TIGER
STARTING LINE
SPORTS PUBLICATIONS
SOCCER SUPPLIES

**Keep Pace with
Your Running Needs**

GARY TUTTLE - Owner

1410 E. Main St.
Ventura, CA 93003
(805) 643-1104

Athletes in Action

17102 Newhope St., Fountain Valley 92708

The Athletes in Action Track Team is alive and well in Southern California, although the team headquarters is moved to Eugene, Oregon. The AIA National Team is run from that office now, though members can live anywhere in the country. The "Regional" teams are named and centered at 1) Northwest - Eugene, OR, 2) Southwest - Fountain Valley, CA, and 3) South-Central - Waco, TX. All regional members live in that area of several states. The Southwest region includes members from California, Arizona, Nevada, Utah, and Hawaii.

Recent performances have been limited to the roads, but with March now here the team will open the t&f season at the Aztec Invitational.

Joel Hope, a recent newcomer to AIA has been improving rapidly since joining. With December times of 24:04 at 8K and 24:09 at 5 miles, he proceeded to destroy the field and set a PR of 2:18:48 at the World Masters Marathon in Chapman, California, January 30th. Terry Drake showed he is ready for the outdoor season as he won the Feb. 12th Run for the Heart 5K in a PR of 14:30 (certified course).

Prep Notes

By KEITH CONNING

★ THE AMAZING STATE MEET HURDLERS OF 1978

Three hurdlers, who competed in the 1978 State Meet in Bakersfield, are ranked among the top ten 110 meter hurdlers in the world by *Track & Field News*. Two others made the World List of the top 50 performers.

State and NCAA champion Milan Stewart (West Covina HS/USC) is ranked 6th.

Larry Cowling (Sacramento HS/Cal), the runnerup in the State Meet 330 yard low hurdles, is ranked 7th in both the 110 and the 400 hurdles.

Tonie Campbell (Banning HS, Los Angeles/USC), 3rd in the State Meet 120 yard high hurdles, was ranked 8th in the world.

In addition, sophomore Henry Andrade (Johnson HS, Sacramento/SMU), 8th in the State Meet, was ranked 10th in the U.S. He was 21st on the World List at 13.66A.

John Johnson (Stagg HS, Stockton/San Joaquin Delta CC), 9th in the State, was tied for 39th on the World List at 13.77.

Phil Johnson (Gardena HS/USC), the 1977 State champion and runnerup in 1978, was 27th on the U.S. List at 13.85.

★ TAC NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Meadowlands, New Jersey, November 28—Patty Matava, the Washington state high school cross country champion, placed 25th in the Senior Women's 5,000 meters in 16:45. Unfortunately, she did not compete in the Kinney National Cross Country Championship competition.

Katie Dunsmuir (Palisades HS, Pacific Palisades/Santa Monica TC), ranked No. 2 in our California high school cross country rankings (see the February issue), placed second in the Junior Women's 5,000 meters in 17:50. This performance strengthens her credentials for the No. 2 ranking. As John Ortega pointed out in the January issue, "Dunsmuir was feeling tired and drained due to a bout with bronchitis," when she was upset in the Los Angeles Section by Paula Bresnan (Kennedy). Kim Ryan (New Paltz HS, New York) won the Junior race in the same time as Dunsmuir.

Gladees Prieur (Le Lycee Francais, Los Angeles), 16th in the Kinney Western Regional, placed 15th in 18:48.

★ PERRIER 10K ROAD RACE

Beverly Hills, December 5—Gladees Prieur (Le Lycee Francais, Los Angeles) won the 16-18 division in 37:23, the sixth best female time.

★ SAN RAMON COACH BOB VINCENT HONORED

Danville, January 26—Retired Bob Vincent, for 31 years a coach at San Ramon

High, has been elected to the California Coaches Association Hall of Fame.

Vincent led San Ramon teams to eight East Bay Athletic League track titles over a 10-season span along with six cross country crowns. He also coached other sports over the years.

★ 76TH ANNUAL WANAMAKER MILLROSE GAMES

Madison Square Garden, New York City, January 28—The high school mile was one of the featured attractions in America's oldest invitational indoor meet. It had received a pre-meet story in *Sports Illustrated* and was shown on nation wide television (NBC, January 29).

Mike Stahr (Carmel HS, Carmel, New York) set the pace with splits of 58.6, 2:05.5, 3:10.3 and 4:10.98. John Carlotti (Bernards, Bernardsville, New Jersey) was second in 4:11.41. Miles Irish (Burnt Hills-Ballston Lake, Burnt Hills, New York) placed third in 4:11.84.

Hopefully, Bob Jarvis can arrange for some of these milers to come to the Golden West Invitational in Sacramento this June.

The top returning milers in the country are Stahr 4:07.0, Brian Jaeger (Winter Park, Florida) 4:09.1, Carlotti 4:09.89, Jim Frey (Yreka) 4:11.79 converted, Joe Manual (Kearny, San Diego) 4:11.80 converted, and Keith Tanin (Crespi Carmelite, Encino) 4:11.98 converted.

Clinton Davis (Steel Valley HS, Munhall, Pa) lowered his 400 meter national high school indoor record from 48:23 to 47:46.

★ MASON—DIXON GAMES

Louisville, Kentucky, January 29—The Tennessee team of Kathy Rattray, Kelia Bolton, Joetta Clark, and Delisa Walton Floyd won the women's mile relay in 3:43.6.

Kelia Bolton (Hill HS, San Jose) won the 100 in 10:92 and 220 in 23.99 at the 1978 California State Meet in Bakersfield. She was selected as co-athlete of the State Meet that year by Donn Kirk, the author of the *State Meet History*.

The February issue of *Track & Field News* reports that Bolton with bests of 23.50 and 53.08 is a newly eligible transfer at Tennessee from another 4-year school (Cal).

★ TABB NAMED BEST WOMAN ATHLETE

New York, January 14—Mary Decker Tabb, the best woman's distance runner in American history, was named winner of the Associated Press' Female Athlete of the Year Award for 1982.

Tabb, 24, who shattered various records in 1982, is the first woman track and field athlete to win the honor since Chi Cheng in 1970.

"Wow!" the surprised Tabb exclaimed after learning of the award. "That's great. It's a great honor. I like for people to know what I'm doing."

"It also means that people are beginning to recognize women's track and field athletes. Since I've been running (since she was 11 years old), it doesn't seem we have been recognized as we should."

Mary Decker ran the 800 meters in 2:02.29 as a sophomore at Orange HS in 1974. She still holds the United States sophomore class record for 800 meters.

As a freshman at Portola Junior High in Orange in 1973 she ran the mile in 4:42.0. She holds the U.S. freshman class record for the mile.

★ ZOO RUN

San Francisco Zoo, January 16—Sophomore Calvin Gaziano (Castro Valley HS), who placed second in the North Coast Section Cross Country Meet of Champions, finished fifth in 19:59 over the four mile course.

Bill Gail of Palo Alto won in 19:14.6.

★ DALLAS TIMES HERALD INVITATIONAL

Dallas, Texas, February 5—Clinton Davis (Steel Valley HS, Munhall, Pa) set a new national high school indoor record in the 500 yards with a time of 55.65.

The old record of 57.3 was set by Tony Darden (Norristown, Pa) on January 9, 1976 in College Park, Maryland.

Sherifa Sanders (Oklahoma), who won the 1981 State Meet 100 hurdles while running for Berkeley High, placed fourth in the women's 60-yard hurdles. Kerstin Knabe (East Germany), ranked 3rd in the world, won in 7.45. Stephanie Hightower (Los Angeles Naturite), ranked 6th in the world, was second in 7.47. Kim Turner (Texas-El Paso), ranked 4th in the U.S., was third in 7.65. I timed Sanders in 7.8 over ESPN.

Last year as a freshman Sanders was the 24th best performer in the U.S. with a time of 13.84.

★ OAKLAND MARATHON

Oakland, February 6—Roberto Gomez (St. Elizabeth, Oakland) placed 36th in 2:37:41.

Sophomore Brian Vaughan (Berkeley), a 15-year-old, placed 41st in the half marathon in 1:13:08.0.

Paul Ghidossi (Capuchino, San Bruno) was 51st in 1:13:56.7.

★ PAY FOR PLAY

I would like to respond to M. Carmen Ramirez's letter to the Mailbag (February issue).

I agree that a "higher priority should be placed on adequate funding of our public schools, rather than by 'user fees' for students."

However, I don't think it is too likely with the present leadership in Sacramento.

Under Governor Deukmejian's proposed educational budget, the Berkeley Unified School District, which I work for, will lose over two million dollars next year. That is nearly 1/10 of our entire budget. This will have a very negative effect on all school programs.

If the state legislature won't provide adequate funding of the public schools, who can we turn to?

★ FOOT LOCKER TRACK CLASSIC

Cow Palace, Daly City, February 11—There were four high school athletes, who competed against the open men and women.

Maurice Crumby (Balboa, San Francisco), the State Meet champion, finished ninth in the high jump at 7-0. That mark ties the California high school indoor record that Dennis Smith (Santa Monica) set in 1977. Crumby also jumped 7-0 indoors last year as a junior.

Trescia Palmer (Los Angeles Mercurettes/Westchester HS), third in the State Meet 800, placed second in the Women's 850 meters in 2:22.1. The race was supposed to have been 800 meters. She led the first quarter in 60.0. Her 2:21.1 for 850 meters is equal to at least a 2:13.7 at 800 meters.

Tonya Mendonca (Mt. Whitney, Visalia), second in the State Meet, placed fourth at 5-8. Sophomore Leslie Maxie (Mills, Millbrae) took eighth at 5-2.

In the high school events, Grant of Sacramento set a new meet record in the girl's 4 X 450 relay in 4:53.4. The old meet record of 4:57.7 was set by Casa Roble (Orangevale) last year. The Grant team was led off by sprinter Monica Taylor in 1:13.0, followed by splits of 1:19.7, 1:12.3, and 1:08.6.

Freshman LaShun Peters (Woodside) upset Monica Taylor (Grant, Sacramento), 3rd in the State Meet 100 meters, in the 50 meters-6.68 to 6.72.

Mike Livingston (Willow Glen, San Jose) upset Jim Frey (Yreka), second in the State Meet 1600 meters, in the boy's 3000 meters-8:39.9 to 8:43.2. John Morse (Las Lomas, Walnut Creek), the North Coast Section cross country champion, took third in 8:43.2. Rene Perez (Woodland), the leading qualifier at 8:45.1, finished fourth in 8:45.9.

Frey led the first quarter in 1:08.4. Livingston was ahead at the half in 2:18.6, reached the 1500 in 4:18.8, and the 2000 in 5:47.7.

Sophomore Nanette Garcia (Silver Creek, San Jose), 5th in the State Meet 3200, won the girl's 3000 meters in 10:37.1. Freshman Becky Chamberlain (Leigh, San Jose), the leading qualifier at 10:38.6, was second in 10:42.2.

Larry Farriester (Ceres) won the long jump at 22-7½ to become the California indoor leader.

Jim Lubbe (Westmoor, Daly City), with 1982 bests of 9.9wy, 10.0y, and 22.12m, surprised everyone by winning the 50 meters in 6.06. His best in the qualifying meet at Berkeley on January 29th was only 6.2. His teammate Kerry Threats, the Central Coast Section 400 champion and fastest qualifier at 6.0, finished fifth in 6.22. Steve Watkins (Skyline, Oakland), the other semifinal winner at 6.1, placed second in 6.14.

HIGH SCHOOL TRACK SCHEDULE

- March 28-29: Northern California Men's Octathlon and Women's Pentathlon, Enterprise High School, Redding.
- March 29: San Joaquin Valley Relays, Lemoore, CA.
- April 1-2: Martin Luther King Games, Stanford University.
- April 8: Fresno Bee Games, Fresno State University.
- April 16: Bruce Jenner High School Classic, San Jose City College.
- April 22-23: Mt. SAC, Walnut
- April 23: Claremont High School Invitational Pentathlon
- April 23: Sundevil/Coca Cola Invitational, San Diego
- April 23: Leigh-West Valley College Relays, West Valley College, San Jose.
- May 27-28: Northern California CIF Championships, Edwards Stadium, University of California, Berkeley.
- May 27-28: Southern California CIF Championships, Cerritos Junior College, Norwalk.
- June 4: California Interscholastic Federation State Track Meet, Memorial Stadium, Bakersfield.
- June 11: Kinney Invitational, University of California, Edwards Stadium, Berkeley.

photo by Burt Davis



Doug Fraley - prep vault sensation

The Berkeley boy's 8 X 150 team showed their characteristic sprinting depth with a 2:22.6 victory. The relay consisting of one senior (Mike Bingham), two sophomores (Leonard Spikes and Anthony Usher) and five juniors (Don Davis, Andre Hunter, Bill Stanberry, Kenneth Herderson and William Usher), defeated Merced by 1.3.

A father and daughter combination competed back-to-back in events 42 and 43 the final two running events on the program. First Amy Cathcart (Amador Valley, Pleasanton) placed 7th in the high school girl's 3000 meters in 10:48.6. Then, her father Tom Cathcart, the defending champion in the masters mile, finished second in 4:37.3.

★ FOOT LOCKER FESTIVAL

Cow Palace, Daly City, February 12—Jim Bloomer (El Cerrito) won the 1500 in 4:09.2.

Mark Boyd (St. Mary's, Berkeley), fifth in the State Meet highs and lows, won the 40 meter hurdles in 5.5 seconds. He was followed by teammate Mike Lee, a very promising hurdler. It is interesting how one good athlete in an event can attract others and help them to reach their full potential.

Maurice Crumby (Balboa, San Francisco) came back for the second day to win the high jump at 6-10.

Doug Fraley (Clovis West, Clovis), 2nd in the State Meet pole vault, set a new meet record of 15-9½.

continued on next page...

HIGH SCHOOL TRACK 1983

Now available from (and make checks payable to):
Jack Shepard, 14551 Southfield Dr., Westminster, CA 92683
\$3.50 postage paid • 68 pages

Contains statistical wrap-up of the 1982 season for high school men and women, indoors and outdoors. In depth lists of 1982 performers, all-time lists and national, class and age records. Prepared and published by Jack Shepard, T&FN's High School Editor. 25th edition.

Prep Notes

Carla Halford (Leland, San Jose), who likes to run with a cap turned backwards on her head, easily won the 1500 in 4:53.2.

Blond-haired Debbie Budwig (Clovis West, Clovis), the sister of Robert Budwig, the National AAU Junior Olympic decathlon champion, won the 40 meter hurdles in 6.3.

Tonya Mendonca (Mt. Whitney, Visalia), also returned successfully for a second day, with a 5-6 triumph in the high jump.

Junior Wendy Brown (Woodside), the State Meet long and triple jump champion, won the long jump with a leap of 18-½.

★ NON-SANCTIONED MEET

Before the Foot Locker Track Festival took place on February 12th, Paul Gaddini, the Commissioner of Athletics for the North Coast Section, sent the following letter to North Coast Section League Commissioners, CIF Section Commissioners, and the State CIF Office:

"North Coast Section schools may NOT participate in this meet. It is NOT CIF competition! It is not sponsored by a CIF school. Athletes may NOT be under the direction of the coach of the school. School uniforms may NOT be worn. The information sheet indicates (on page 2) '...however, that the athletes will be under the direction of their high school's coaches.' They must not be under the direction of their high school's coach. Students MAY participate as unattached athletes, but not as a representative of their school."

"Please notify all Principals and track coaches."

A copy of this letter was sent to Allan Kolling, Pacific Association of The Athletics Congress Track Chairman. I read his copy at the meet.

I think that this is one rule that should be changed. It is unreasonable to keep the high school coaches from directing their athletes. It is confusing at best for the athletes to be instructed to come to the meet with their high school coach, and then be told that they may not do this.

What harm would it do for the CIF to sanction this indoor meet? That way the athletes could compete for their high school and wear the high school uniform. In fact I think it would do a lot of good for our high school sports programs to receive more publicity.

★ HIGH SCHOOL CONTRIBUTIONS NEEDED

Please send stories, results, athlete profiles, and photos about track in your area.

Doug Speck (583 North Willow Grove Ave., Glendora, CA 91740) covers the Southern Section and Los Angeles Section.

Steve Fagundes (4738 Espana Ct., Carmichael, CA 95608) covers the Sac-Joaquin Section.

Keith Conning (2235 Browning Street, Berkeley, CA 94702) covers the remainder of the state.

Send your photographs directly to Bill Cockerham (P.O. Box 6103, Fresno, CA 93703).

If you would like your invitational meet listed in our High School Schedule, please send details to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

Prep Mailbag . . .

Dear Keith,

I thought some mention of the achievements of one of our runners here at Woodland High School is deserving. Rene Perez, a senior, finished 12th at the Kinney Western Regional Cross Country meet. At the California 10 Mile on January 9th in Stockton he ran a 49:57, which broke Harold Kuphaldt's old record by about 1:30. I would think this time must rank high in State and perhaps the US.

Thanks so much,

Rob Laxson

Woodland HS Track & CC Coach

From the High School Editor:

On Saturday January 29th Rene won the high school boys 3,000 meters at the Foot Locker Track Classic Qualifying Meet in Edwards Stadium, Berkeley in 8:45.1. Rene was ranked number 11 in the State in cross country last fall (see the February issue).

Keith:

We are tentatively planning to move our cross country invitational to September 24th a Saturday and take over the high school division of the Fresno State University Invitational. Fresno State will still host their outstanding college division races. We hope to attract a larger field by moving our race one week later. We may change our format to the following: 3 mile Varsity Boys (7 member teams maximum and individuals not on teams), 3 mile Varsity Girls (if our section will approve) (7 member teams maximum and individuals not on teams), 2 mile Junior Varsity Boys and Girls (open to any age, but must enter 7 person varsity first), 2 mile Fresh-Soph Boys and Girls, and 2 mile Fresh-Boys.

Please let me know if you have any suggestions as to what might attract some teams from your area.

Thanks,

Steve Ward

Clovis High School Coach

From the High School Editor:

I like the format for several reasons. First, you are running the girls at the 3 mile distance. Second, you are using the traditional cross country meet format of 7 member teams. Third, every team must enter the varsity race first before they can field a Junior Varsity team.

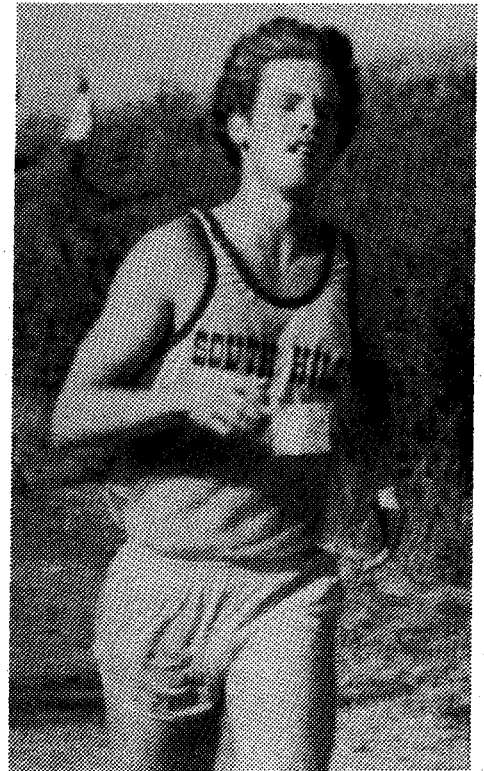
I think the way to attract teams and individuals would be to run at Woodward Park over the course used in the Kinney Western Regional. I would change to 5,000 meters and use the Kinney course. Failing that I would use as much of the Kinney course as possible. Some of the top athletes in the state would like a chance to run on the Kinney course early in the season. I would also send out invitations to the top teams in each section and to the top returning individuals.

Southern California Prep Notes

From Doug Speck

★ TIM CAMMACK DEATH SHOCKS LOS ANGELES AREA

photo by Burt Davis



Tim Cammack

Cross-Country and Track and Field fans in the southland were shocked when South Hills (Covina) distance star, Tim Cammack, died Tuesday evening, January 11th. The senior athlete had been a top runner in both sports since his sophomore year, racing the 3200 meter distance last spring in 9:09.16 in placing seventh in the Southern Section Masters Meet, and placing 4th, 7th and 5th in his Division over the last three years in the Sectional Cross-Country Championships. At the time of his death Tim was in serious preparation for competition in the Seeded Section of the Sunkist Indoor Prep Two Mile.

An autopsy turned up a congenital heart defect which probably would have caused serious problems earlier if Tim had not been involved in the activity of distance running. Tim had been dieting to try to lose a few pounds and had come down with a virus and taken the day off from school the Monday prior to his collapse at home on Tuesday the 11th. Tim had the privilege of running during his prep career in the very successful, yet pleausurably low key, program of Coach Bert Rapp at South Hills High. It will probably be a long time before the Green and Gold of the Huskies pounding over the hills at Mt. SAC will not bring to mind the very special young man that Tim Cammack was.

C.I.F. Section T&F Previews

CCS Track Preview

By Howard Willman

A noticeable lack of depth seems to be the best way to describe the 1982 CCS season, but a number of athletes return from last year, and hopefully with better weather arrangements, 1983 will be kinder. A quick glance at the CCS invitational circuit: Wildcat Relays (Watsonville), March 26; King Games (Stanford), April 1-2; King City Invitational (King City), April 9; Bruce Jenner Classic (San Jose CC) and Gilroy Invitational (Gilroy), both April 16; Leigh-West Valley Relays (West Valley College), April 23; CCS Top 8 Invitational (Los Gatos), April 30; Quicksilver Classic (San Jose CC), May 7. The CCS Championships are scheduled Friday, May 20, at San Jose CC.

BOYS

Definite events to keep the eyes on are the hurdles, where Erick Montgomery and Rod Green should duke it out again. And the national leader returns in the pole vault.

Sprints: A bevy of good ones are back here, especially the 400, which has 6 of the first 8 CCS finishers back. That group includes 2-time champ Kerry Threats (Westmoor, Daly City), who sports a 48.21 PR and has indicated a fancy to step down to the shorter sprints. Also back are James Cooper (Piedmont Hills, San Jose), who was 2nd last year (48.80 best), and Sheldon Griffith (Santa Clara), 4th last year with a 48.90 PR.

In the shorter races, a teammate of Threats, Jim Lubbe, could be the man to contend with. He sports a 22.12 200 best (he was 4th in CCS), but only seriously came on in the last couple of weeks last year. Already this year, he won the Foot Locker Classic high school 50 meters. Other top threats are Jim Reyes (Independence, San Jose), who was 3rd in the 200 last year (PRs of 10.7 and 21.9) and Paul Patton (Aragon, San Mateo), 6th in the 200 but has shown a nice wide range of talent (11.04, 21.94, 48.5).

Middle Distances: A nice, deep bunch return. Indicative of how much better the events should be is that in the 2-mile postals this fall, 7 runners ran faster than last year's winning time. Though not quite as fast as the 1981 group, this could be a similarly exceptional year. Easiest event to sort out seems to be the 800, where veteran Rodney Sellard (Bellarmine, San Jose) again is back — he was 3rd last year and 4th the year before. Only 4 runners can claim times within 2 seconds of Sellard's 1:54.6 best: Matt Najarian (Homestead, Cupertino), 6th in CCS with 1:55.8, Gregg Skarmas (Westmont, Campbell), 8th in CCS with 1:56.4; Lawrence Haggins (Menlo-Atherton, Atherton) at 1:55.1; and Jay Avenberg (San Lorenzo Valley, Felton) with 1:56.2.

Historically, however, this is the event most difficult to predict as new names become commonplace.

Last year, the mile produced a runner (Gary Lewis of Gunderson) so much better than the rest that he could rely on his kick to win. Two runners appear to be possible duplicators. One is Sellard (the 800 runner), who has a 4:25.8 PR and has run under 9:35 for 2 miles. The other is Orlando Biggs (Willow Glen, San Jose), a disappointing 25th in the CCS cross country meet, but 5th (and top CCS'r) at NorCal. He's also the fastest returner at 4:22.8. Many, many others are able to contend.

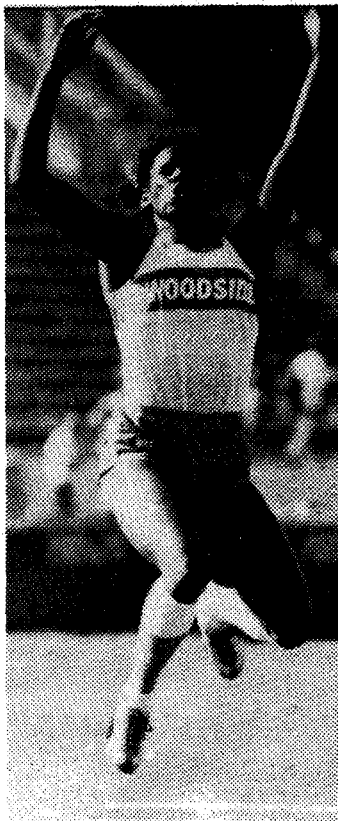
The 2-mile is loaded. Six out of last year's top 9 return, including 2nd-placer Mike Livingston (Willow Glen, San Jose), whose best is 9:18.4. Also back: Junior Paul Ghidossi (Capuchino, San Bruno),

3rd last year in 9:29.6; Chris Craig (Leigh, San Jose), 6th last year with a 9:22.8 best; Jim LaFuente (Mt. Pleasant, San Jose), 9:13.9 in the postals; Roy Garcia (Leigh, San Jose), 9:22.6; Grant Foster (Monta Vista, Cupertino), CCS cross country champ as a junior who ran 9:12.3 this fall; Mike Anderson (Carlmont, Belmont), 2nd in CCS cross country with a 9:14.4 PR; Shawn Ayers (Bellarmine, San Jose), 9:21.3; and 3 notable cross country runners: Junior Matt Giusto (San Mateo), CCS champ; sophomore Chris Richards (Homestead, Cupertino), 3rd in CCS; and Doug Gollher (Saratoga), 4th. The mile and 2-mile are so deep many good runners won't place in the events this year.

Hurdles: Erick Montgomery (Independence, San Jose) won both the highs and the lows last year (PRs of 13.96 and 36.22), but his highs win came over Rod Green (Palo Alto), who had run 13.7. Montgomery ended up 4th in both disciplines in the state meet, while Green was 6th in the highs. Their closest competitors in the CCS seemingly are far behind.

Vertical Jumps: Pole vaulter Mike Kibort (Saratoga) is in a similar position to Montgomery and Green, only in Kibort's case, he led the nation. The TAC Junior Olympic champ cleared 17-0 last summer. Juniors George Bassett (Saratoga) and Todd Keating (North Salinas, Salinas) cleared 14-6 and 14-2 last year, and Dan Larson (Monta Vista, Cupertino) at 14-0 is the only other returning 14-footer. Bassett is Kibort's step-brother.

Craig Branstrom (Half Moon Bay) cleared 6-10½ last year in the high jump, and he is 5 inches ahead of any other returner, though next in line, David Mosley of Monta Vista, cleared 6-5 last year as a freshman.



Wendy Brown

Horizontal Jumps: Chris Mooring (Mt. Pleasant, San Jose) triple jumped 49-5½ in last year's state meet, and that effort earned him 3rd place. Other leading returners are Hilton Hong (Willcox, Santa Clara) at 46-7½ and Jeff Rossman (St. Francis, Mountain View) at 46-5.

Rossman, in fact, is the leading long jumper returning at 22-8½, although he was only 8th at the CCS meet last year. Two others back who beat him last year are Cameron Comick (Del Mar, San Jose), who was 2nd with a best of 22-3¼, and junior Steve Fisher (Saratoga), who was 3rd and has a best of 22-4. In addition, Hong has jumped 22-5, and Bruce Furukawa (Serra, San Mateo) has a wind-aided 23-0 to his credit.

Throws: No where was the depth more disappointing last year than here. Paul Finau (San Mateo) is the top returner in the shot at 54-5. Ako Pott (Jefferson, Daly City) was 6th in CCS last year and has thrown 53-5. Also back: Nate Barnreiter (Del Mar, San Jose) at 54-0 and John Gatrousis (Bellarmine, San Jose) at 53-8.

The discus outlook doesn't appear to be as bleak. Rob Shenk (Menlo-Atherton, Atherton) was 5th last year and has a 172-2 to his name. Andy Nagengast (Del Mar, San Jose) has thrown 167-0 and was 7th last year. Barnreiter has flung 169-7, Pott 160-5.

GIRLS

Three super talents should lead efforts on the distaff side. Wendy Brown won the state long and triple jumps last year as a soph, Leslie Maxie placed in 3 events at the state meet last year as a freshman, and new distance find Cory Schubert was 3rd in the Kinney National cross country championships.

Sprints: A large group graduated in the short sprints, but a newcomer should fill the void. La Shun Peters (Woodside) will be a freshman, but she already has credentials. She was the TAC National age 12-13 200 champ last year, and was 2nd in the 100. Her PRs: 12.0 and 25.42. Top returners are Vivian Riley (Mt. Pleasant, San Jose) at 12.12 and 25.24, and sophomore Tia Williams (Silver Creek, San Jose) at 12.46 (4th in the 100 last year).

Not much room in the 400, as 6 of last year's top 8 return, including Leslie Maxie (Mills, Millbrae), CCS champ and 3rd in state with a 53.76 PR. Also back are juniors Nora Williams (Menlo-Atherton, Atherton) at 55.37 and Lanette Davis (Del Mar, San Jose) at 56.9y and soph Kristen Dowell (Santa Teresa, San Jose) at 57.01.

Middle Distances: Could be the best year ever in these events, and not necessarily because of a good number of top talents. In the past, all the top runners have seemingly come from the San Jose Cindergals program, and thus the runners weren't keen on competing against each other. Now, each of the top runners has a different coach.

Without a doubt the success story of the year is Cory Schubert (Del Mar, San Jose). Just a 5:12.9/11:22.9 runner last year, she improved her 2-mile time over 50 seconds to 10:31.0 (breaking Roxanne Bier's all-time CCS best) in the fall. She won the NorCal and Kinney West cross country competitions, and was 3rd in the Kinney Nationals. And this winter she has already clocked a 4:50.5 mile.

As dominant as she was in the fall, she didn't win the CCS cross country title. Freshman Shannon Clark of Mountain View did. A consistent high-placer in national age-group races, Clark has a 3000 PR of 10:06.3 (about a 10:45 2-mile). And there's also the CCS defending 2-mile champ, Nanette Garcia (Silver Creek, San Jose), who was 16th in the Kinney National cross country race, 5th in the state 3200 last year, and has PRs of 5:05.9 and 10:34.09. Not to be left out in the mile/2-

mile events are freshman Becky Chamberlain (Leigh, San Jose), 5th in NorCal cross country and has also run an 11:06.8 2-mile; Carla Halford (Leland, San Jose), 2nd in the CCS mile with a 5:02.8 PR; sophomore Therese Fisher (Los Gatos) with 5:07.82 and 11:14.2 PRs; and Susan Brodie (St. Francis, Mountain View) with an 11:07.0 2-mile.

Defending 800 champ Sharon Yaninek (Presentation, San Jose) returns with a 2:10.39 PR and a 4th place from the state meet. Top returning competitor is soph Karen Dowell (Santa Teresa, San Jose) at 2:14.7.

Hurdles: Loaded. Four of the top five from last year's CCS finish return in both the 100 and 300. Leslie Maxie, who was 2nd in state 100 hurdles, returns with a 14.24 PR. Her challengers should be Roberta Eccles (Gunderson, San Jose) at 14.45 and Wendy Brown (Woodside) at 14.3.

Eccles is the one to beat in the 300, though. She won it last year and was 6th in the state meet. Her best is 43.85m. Also back are the 2nd and 4th placers from last year, both of whom are from Homestead of Cupertino: Junior Margaret Ruden and Heidi Waterfield, with respective PRs of 44.8m and 46.12y.

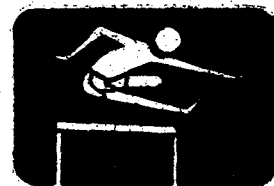
Jumps: Wendy Brown was the story here last year. She won the high, long and triple jumps at the CCS meet, and took the long and triple at the state (with a 7th in the high jump). Her PRs: 5-8¼ in HJ, 20-8 in the LJ and 40-1 in the TJ. Her toughest win came in the high jump, and this year should be no different for her. No less than 7 jumpers return with bests of 5-6 or higher, including Leslie Maxie (Mills, Millbrae), 2nd to Brown at CCS but 4th at state with a 5-9 jump. Also: Junior Yvonne Kendall (Mills, Millbrae) at 5-8¼, Michal Miller (Santa Clara) at 5-8¼, junior Rachael Bray (Los Altos) at 5-8, Carolyn Martínez (Live Oak, Morgan Hill) at 5-6, and soph Beth Vidakovits (St. Francis, Mountain View) at 5-6.

In the long jump, Brown must again contend with the 2-3-4 finishers from last year, Vivian Riley (Mt. Pleasant, San Jose) the most prominent among them at 19-6¼. Hilary Bray (Los Altos) has jumped 18-5 and Rachael Bray (Los Altos) has gone 17-6½.

The triple jump field will also look familiar to Brown, as all 6 placers from last year return. Maxie was second last year (37-4½), and soph Janis Diggs (Salinas) was 3rd at 37-0.

Throws: Many graduated, but a couple notables return, including the defending shot champ, junior Latonia Floyd (Oak Grove, San Jose) who has thrown 43-5. Junior Carol Manaea (Seaside) was 4th in both the shot and discus last year, but has good PRs of 44-8 and 140-8. Three other 40-footers return in the shot: Marlene Coulter (Yerba Buena, San Jose) at 42-6, Jena Wince (Pioneer, San Jose) at 40-10½ and Anna Shaffer (Oak Grove, San Jose) at 40-4. Only Anne Petree (St. Francis, Mountain View) is within 20 feet of Manaea in the disc, having flung 121-5.

continued on next page...



Prep Notes

1983 North Coast Section Preview

by KEITH CONNING

The athletes are listed according to their performance in the North Coast Section Meet of Champions, which serves as the qualifying meet for the State Meet.

Boys

100 Meters: (Only three athletes are returning from the 1982 Meet of Champions)

Theo Tisby (El Cerrito). 4JA 11.4. 3)MOC H1 10.9. 5)MOC 11.16
Frank Selto (Rancho Cotate, Rohnert Park). 5)3A 11.3. 6)MOC H2 11.5.
Noel Miller (Kennedy, Richmond). 3)4A 11.1. 7)MOC H2 11.5. Best 10.6.

200 Meters:

Theo Tisby (El Cerrito). 4JA 22.9. 2)MOC H1 22.4. 2)MOC 22.67.
David Garrison (Granada, Livermore). 5)4A 22.9. 4)MOC H1 22.7. 6)MOC 22.95.
Frank Selto (Rancho Cotate, Rohnert Park). 3)3A 22.8. 5)MOC H1 22.8.
*Jerry Zieff (Drake, San Anselmo). 2)3A 22.6. 6)MOC H1 22.8.

400 Meters:

Kimmie James (Richmond). 2)4A 48.9. 1)MOC H2 49.8. 2)MOC H1 49.9. 3)State H1 48.94
Jeff Gardner (Irvington, Fremont). 4)4A 49.3. 2)MOC H1 49.9. 4)MOC 49.15. 9)State H2 49.99
Alfred Burkes (Mt. Eden, Hayward). 3)2A 49.9. 5)MOC H2 50.3. 5)MOC 49.61.
Robert Spodobalski (Moreau, Hayward). 3)2A 49.9. 5)MOC H2 51.0.

800 Meters:

Kimmie James (Richmond). 1)4A 1:53.5. 2)MOC H1 1:58.7. 1)MOC 1:53.1. 1)State H2 1:51.5. 3)State 1:50.49. Selected as a 1982 High School All-American by *Track & Field News*. He was ranked #2 800 runner in the United States. 1)TAC Junior Olympics 1:51.40.
*Ken Green (Bishop O'Dowd, Oakland). 3)2A 1:58.6. 2)MOC H1 1:57.0. 7)MOC 1:57.4.
Steve Schram (Piner, Santa Rosa). 5)3A 1:58.1. 8)MOC H2 1:59.7. 27)MOC XC 17:35.9.
Glen MacEachern (Las Lomas, Walnut Creek). 4)2A 1:58.6. 7)MOC H1 2:00.6.

1600 Meters

Steve Sparks (Terra Linda, San Rafael). 2)3A 4:28.0. 4)MOC H1 4:23.9. 6)MOC 4:27.4. 10)MOC XC 16:48.3.
Jim Bloomer (El Cerrito). 6)4A 4:25.7. 3)MOC H2 4:22.2. 7)MOC 4:31.6.
Dave Hansell (Acalanes, Lafayette). 2)2A 4:28.3. 7)MOC H2 4:27.5. 19)MOC XC 17:21.9.
John Fitzsimmons (DeLaSalle, Concord). 4)2A 4:28.5. 7)MOC H1 4:29.0.

3200 Meters: (Listed by best two mile time.)

John Morse (Las Lomas, Walnut Creek). 2)2A 9:22.9. 13)MOC 9:42.0. 5)Postal 2mile 9:16.7. 1)MOC XC 16:15.3. 6)Foot Locker Trials 3000 meters 8:58.0.
*Tom Legan (Foothill, Pleasanton). 4)CCS Top 8 2mile 9:26.1. 4)CCS Region III 3200 9:24.0. 4)CCS 2mile 9:29.7. 7)Postal 2mile 9:19.2. 8)CCS XC 15:24.6. 10)Foot Locker Trials 3000 meters 9:02.4. Legan transferred from independence, San Jose to Del Mar, San Jose during the cross country season. He is now attending Foothill in Pleasanton.
**Calvin Gaziano (Castro Valley). 8)Postal 2mile 9:20.8. 2)MOC XC 16:28.7. 3)Foot Locker Trials 3000 meters 8:51.7.

Mike Spencer (Castro Valley). 17)Postal 2mile 9:32.0. 2)MOC XC 16:37.1.

Cross Country

John Morse (Las Lomas, Walnut Creek). 1)2A South 14:41.9. 1)MOC 16:15.3. 4)Nor Cal 15:08.1. 13)Kinney W 15:15.0.
**Calvin Gaziano (Castro Valley). 7)2A South 15:21.3. 2)MOC 16:28.7. 3)Nor Cal 15:06.3. 20)Kinney W 15:19.5.
Dave Basinger (Granada, Livermore). 1)3A 15:02.7. 3)MOC 16:33.1. 21)Nor Cal 15:35.6. 67)Kinney W 15:51.4.
**John Bass (Castro Valley). 2)2A South 14:46.7. 4)MOC 16:36.1. 7)Nor Cal 15:16.5.
*Tom Legan (Foothill, Pleasanton). Cross Country results while competing for Del Mar, San Jose. 3)CCS Region III 15:25. 6)CCS 15:24. 14)Nor Cal 15:29.1. 52)Kinney W 15:43.4.

110 Meter High Hurdles

Mark Boyd (St. Mary's, Berkeley). 1)1981 MOC 14.6. 1)2A 14.1. 1)MOC H1 14.0. 1)MOC 14.23. 3)State H2 14.05. 5)State 14.12. 1)Sunkist 60yH 7.43.
Mike Lee (St. Mary's, Berkeley). 2)2A 14.8. 2)MOC H2 14.6. 4)MOC 15.03. Best 14.5.
Drew Monaghan (San Ramon, Danville). 2)4A 15.0. 3)MOC H2 14.9. 5)MOC 15.15.
*Terry Vance (Del Norte, Crescent City). 5)3A 15.4. 8)MOC H2 15.7.

300 Meter Low Hurdles

Mark Boyd (St. Mary's Berkeley). 1)2A 37.0. 1)MOC H1 36.7. 1)MOC 38.2. 1)State H3 36.59. 5)State 36.59.
Drew Monaghan (San Ramon, Danville). 2)4A 38.6. 2)MOC H2 38.2. 3)MOC 38.2. 5)State H2 38.64.
Eric Crapo (Berkeley). 5)4A 40.0. 4)MOC H1 39.2. 6)MOC 38.9. Best 38.5.
Kevin Hart (Casa Grande, Petaluma). 1)3A 38.9. 3)MOC H2 38.9.

High Jump

*Ron Winters (Castro Valley). 1)2A 6-8. 2)MOC 6-8. NQ)State 6-6.
Tom Caple (Terra Linda, San Rafael). 5)MOC 1981 6-5. 4)3A 6-2. 2)MOC 6-8. NQ)State 6-4.
Craig McMillan (Cloverdale). 1)1A 6-7 1/4. 4)MOC 6-7. NQ)State 6-4.
John Maciejewski (Dublin). 1)4A 6-5. NQ)MOC Trials 6-2.

Pole Vault

Tom Arthur (Amador Valley, Pleasanton). 1)4A 13-9. 3)MOC 14.3. 7)State 13-8.
Todd Cramer (Irvington, Fremont). 5)4A 13-0. 4)MOC 13-6. NQ)State 13-8.
*John Gash (Santa Rosa). 1)3A 13-3. 6)MOC 13-0.
Pat Bacher (Antioch). 4)4A 13-0. 7)MOC 13-0.
Anthony Harris (Encinal, Alameda). 3)2A 12-6. 7)MOC 13-0. Best 13-8.

Long Jump

Mike Packer (Miramonte, Orinda). 5)2A 20-8. NQ)MOC 20-1/4.
Jim Navone (St. Helena). 2)1A 20-4 1/2. NQ)MOC 17-7.
Only two athletes are returning from the Meet of Champions.

Triple Jump

Mark Boyd (St. Mary's, Berkeley). 1)2A 47.9. 1)MOC Trials 47-1 1/4 w. 1)MOC 47-1 1/4. 24)State Trials 44-5 1/4.
Adrian Justice (Logan, Union City). 2)4A 46-2 1/4. 4)MOC Trials 45-1 1/2. 3)MOC 46-1/2. 22)State Trials 44-7 1/4.
Byron Patterson (St. Mary's, Berkeley). 2)2A 45-4 1/2. 8)MOC Trials 44-1 1/2. 6)MOC 45-2 1/4. Best 45-10 1/4.
Walid Abdul-Hamid (Northgate, Walnut Creek). 3)4A 46-0. 11)MOC Trials 43-7.

Shot Put

Carlos Hornclyff (St. Mary's, Berkeley). 1)2A 54-9. 2)MOC Trials 53-10 1/2. 1)MOC 56-2. 16)State Trials 52-8 1/4.
David Goodrich (Eureka). 2)3A 50-4 1/2. 7)MOC Trials 50-6 1/4. 3)MOC 52-5 1/2. 18)State Trials 52-7 1/2.



Fine Flicks by Don Gosney

Leslie Maxie & Ruth Whitehead

Jeff Steward (Berkeley). 2)4A 50-2 1/4. 3)MOC Trials 51-7. 6)MOC 50-6. Best 52-0.
Mike Ostrom (Los Lomas, Walnut Creek). 3)2A 50-2. 4)MOC Trials 51-3. 8)MOC 49-7. Best 52-2.

Discus Throw

Pat Rose (Encinal, Alameda). 1)2A 163-11. 1)MOC Trials 171-5. 2)MOC 173-6. 10)State Trials 171-11.
Mike Ostrom (Las Lomas, Walnut Creek). 3)1981 MOC 166-10. 1981 best 172-9. 2)2A 159-10. 3)MOC Trials 164.3. 3)MOC 172-1. 15)State Trials 155-8.
David Miles (Montgomery, Santa Rosa). 5)3A 148-11. 5)MOC Trials 152-2. 6)MOC 152-4.
Mark Shuey (St. Helena). 2)1A 139-9 1/2. 10)MOC Trials 134-0.

Girls 100 Meters

Nedrea Rodgers (Berkeley). 2)1981 MOC 12.1. 5)1981 State 12.04. 1)4A 11.8. 1)MOC H1 11.9. 1)MOC 11.93. 3)State H1 11.76w. 6)State 11.97.
Lana Rice (Berkeley). 2)4A 12.3. 1)MOC H2 11.9w. 2)MOC 12.29. 6)State H1 12.13w. Best 11.8.
*Shella Compton (Albany). 1)2A 12.2. 2)MOC H1 12.2. 3)MOC 12.32.
Wendy Von Fries (Tamalpais, Mill Valley). 1)3A 12.2. 3)MOC H2 12.3w. 4)MOC 12.60.

200 Meters

Nedrea Rodgers (Berkeley). 1)1981 TAC JO 23.88. 1)4A 24.3. 1)MOC H1 24.1. 1)MOC 24.23. 2)State H1 23.91w. 4)State 24.19w. 2)Sunkist 500y R3 1:08.3.
**Lanee Barber (Bishop, O'Dowd, Oakland). 1)2A 24.7. 2)MOC H1 25.4. 2)MOC 25.32. 5)State H2 25.21w.
*Shella Compton (Albany). 2)2A 24.9. 1)MOC H2 25.3. 3)MOC 25.40.
Wendy Von Fries (Tamalpais, Mill Valley). 1)3A 25.5. 2)MOC H2 25.3. 4)MOC 25.70.

400 Meters

Lana Rice (Berkeley). 2)1981 MOC 55.5. 1)4A 55.7. 1)MOC H1 55.2. 1)MOC 55.2. 2)State H2 54.9. 6)State 55.06. 3)Sunkist 500y R2 1:10.5.
Kim Noyd (Newark/Memorial). 2)4A 57.1. 1)MOC H2 56.8. 2)MOC 56.3.
*Jackie Baker (Berkeley). 4)4A 58.8. 2)MOC H1 57.8. 4)MOC 58.1.

*Beverly Dukes (Mt. Eden, Hayward). 4)2A 59.4. 3)MOC H1 58.1. 5)MOC 59.9. Best 57.0.

800 Meters

Missy Moore (Piedmont). 4)1981 MOC 2:15.6. 1)2A 2:12.0. 1)MOC H1 2:15.3. 2)MOC 2:10.7. 2)State H3 2:13.10. 5)State 2:10.44.
*Doniece Johnson (Berkeley). 3)1981 MOC 2:15.2. 2)4A 2:13.1. 1)MOC H2 2:19.1. 3)MOC 2:13.7. 3)State H3 2:13.29. DQ)State.
**Tresa Currie (Pittsburg). 3)4A 2:15.6. 3)MOC H2 2:20.2. 5)MOC 2:17.0.
Tracy Keye (Logan, Union City). 4)4A 2:16.2. 5)MOC H1 2:16.9. Best 2:16.0.

1600 Meters

*Noreen de Bettencourt (Carondelet, Concord). 2)2A 5:01.9. 3)MOC H2 5:22.0. 1)MOC 4:53.56. 7)State H1 5:05.84.
Paige Tully (Alhambra, Martinez). 5)2A 5:08.0. 1)MOC H1 5:07.2. 3)MOC 4:58.87. 2)MOC XC 19:26.
*Suzanne Lehmkuhl (Acalanes, Lafayette). 4)2A 5:06.8. 3)MOC H1 5:09.3. 5)MOC 5:01.46.
Heather Watkins (Berkeley). 1)4A 5:07.1. 4)MOC H1 5:10.8. 6)MOC 5:03.26.

3200 Meters

Wendy Sihner (Miramonte, Orinda). 1)1981 MOC XC. 7)1981 MOC 11:12.2. 1)2A 10:47.8. 1)MOC 10:34.7. 7)State 10:43.53.
Jeni Sholes (San Ramon, Danville). 1)4A 11:06.9. 4)MOC 11:01.8.
Dana Whitney (Mission San Jose, Fremont). 4)4A 11:36.3. 7)MOC 11:23.9. 1)MOC XC 20:09.
Jennifer Thatcher (Encinal, Alameda). 3)2A 11:32.1. 8)MOC 11:23.9. 3)MOC XC 19:43.

Cross Country

Wendy Sihner (Miramonte, Orinda). 2)2A South 17:22.5. 1)MOC 19:10. 8)NorCal 17:59.8.
Paige Tully (Alhambra, Martinez). 1)2A South 17:08.5. 2)MOC 19:26. 4)NorCal 17:47.7.
Jennifer Thatcher (Encinal, Alameda). 7)2A South 18:19.5. 3)MOC 19:43. 22)NorCal 18:59.4.
*Jennifer Bocca (Analy, Sebastopol). 1)2A North 18:54.7. 4)MOC 19:45. 13)NorCal 18:30.5.

100 Meter Low Hurdles

Ruth Whitehead (Berkeley). 3)1981 MOC 14.6. 7)1981 State 14.43. 1)4A 14.0. 1)MOC H1 14.2. 1)MOC 14.14. 1)State H3 13.89w. 3)State 14.01. Best 13.95.

*Yvette Bates (Berkeley). 2)4A 14.2. 1)MOC H2 14.3. 2)MOC 14.19. 2)State H2 14.04w. 5)State 14.14. Best 13.74.
**Kristine Babenco (Tamalpais, Mill Valley). 1)3A 15.2. 3)MOC H2 15.5. 6)MOC 15.08.

*Suzanne Roberts (Arroyo, San Lorenzo). 1)2A 15.3. 4)MOC H1 15.4. 7)MOC 15.56.

300 Meter Low Hurdles

Ruth Whitehead (Berkeley). 1)4A 44.5. 1)MOC H1 45.5. 1)MOC 43.8. 1)State H3 43.2. 4)State 43.65.

*Kristine Babenco (Tamalpais, Mill Valley). 1)3A 46.9. 3)MOC H2 46.6. 4)MOC 45.4.

Karen Plomgren (Miramonte, Orinda). 3)2A 46.8. 4)MOC H2 46.6. 7)MOC 46.2.
Dorah Dphrepaulezz (Albany). 2)2A 45.8. 5)MOC H2 47.0.

400 Meter Relay

Berkeley (Ruth Whitehead, Lana Rice, *Yvette Bates, Nedrea Rodgers). 1)4A 46.7. 1)MOC H1 46.5. 1)MOC 46.58. 1)State H3 46.31. 2)State 46.18.

1600 Meter Relay (4X400)

Berkeley (Ruth Whitehead, Jackie Baker, Lana Rice, Nedrea Rodgers). 1)4A 3:49.8. 1)MOC H1 3:51.4. 1)MOC 3:49.31. 3)State H2 3:50.89. 3)State 3:46.64. 2)Sunkist Mile Relay Race 14:05.0. (Yvette Bates ran in place of Ruth Whitehead, who is playing forward on the No. 3 ranked basketball team in the East Bay.)

High Jump

Jennifer Bateman (San Ramon, Danville). 2)4A 5-4. 5)MOC 5-4. Best 5-5.

*Tara Griesor (Rancho Cotate, Rohnert Park). 2)3A 5-2. 6)Tie)MOC 5-2.

*Tami Ruth (Washington, Fremont). 4)4A 5-4. 6)Tie)MOC 5-2.

Cynthia Wong (Monte Vista, Danville). 1)4A 5-5. 8)MOC 5-2.

Long Jump

*Yvette Bates (Berkeley). 3)1981 MOC 18-6. 5)1981 State 18-4. 1)4A 18-6½. 1)MOC Trials 18-4½. 1)MOC 18-7¾w. 5)State Trials 19-½. 2)State 19-7¼.

*Debbie Dimino (California, San Ramon). 3)4A 17-1½. 3)MOC Trials 17-2. 3)MOC 17-9¾w. 16)State Trials 17-7½.

*Sydney Sims (Mt. Eden, Hayward). 3)2A 16-5. 5)MOC Trials 16-11¾. 4)MOC 17-6¾. 23)State Trials 16-8¾.

*Beverly Dukes (Mt. Eden, Hayward). 1)2A 16-8. 8)MOC Trials 16-4¾. 6)MOC 17-¾.

Triple Jump

*Yvette Bates (Berkeley). 1)4A 39-2½. 1)MOC Trials 37-6¾. 1)MOC 38-9. 3)State Trials 37-7¾. 2)State 38-¾.

Susie Briscoe (South Fork, Miranda). 1)1A 36-2. 7)MOC Trials 34-5¾. 2)MOC 37-3¾. 25)State Trials 33-4¾.

Shannon Hartnett (San Rafael). 1)3A 36-3. 3)MOC Trials 34-10¾. 4)MOC 35-¾. 12)State Trials 36-1¾.

Andora McDonald (Logan, Union City). 5)4A 34-5½. 5)MOC Trials 34-8¾. 5)MOC 35-0.

Shot Put

Cindy Niko (Mt. Eden, Hayward). 1)2A 34-1½. 1)MOC Trials 39-7½. 1)MOC 40-7¾. 17)State Trials 38-1¾. Best 42-0.

Kim Elam (Arcata). 1)3A 36-11¼. 2)MOC Trials 37-9. 2)MOC 38-2¾. 12)State Trials 40-6¾.

Stacey Hughes (Las Lomas, Walnut Creek). 2)2A 34-1. 6)MOC Trials 34-3¾. 5)MOC 35-1½. Best 35-10.

Marybeth James (Ursuline, Santa Rosa). 2)3A 35-11¼. 5)MOC Trials 34-9¾. 7)MOC 33-11.

Discus

**Gina Niko (Mt. Eden, Hayward). 1)2A 119-0. 2)MOC Trials 119-4. 4)MOC 108-4. 22)State Trials 115-9. Best 119-11.

Shannon Hartnett (San Rafael). 3)3A 116-10. 1)MOC Trials 121-9. 5)MOC 104-10. Kim Elam (Arcata). 5)3A 110-5½. 9)MOC Trials 112-8.

Joan Ryan (St. Vincent, Magnolia). 2)1A 108-8. 13)MOC Trials 107-7.

Key to Abbreviations: CCC-Central Coast Section, DQ-disqualified, H-heat, JO-Junior Olympics, Kinney W-Kinney Western Regional, MOC-Meet of Champions, NQ-non-qualifier, R-race, TAC-The Athletic Congress, w-wind-aided, XC-cross country, *-junior, **-sophomore.

San Diego Section Track & Field Previews

By Dennis McClanahan

As the 1983 track season quickly approaches the San Diego Section, with its seventy-two member schools, it is eagerly looking forward to competition. A section that is traditionally strong in the distances, a pre-season look also shows an excellent young group of female sprinters and hurdlers, good depth in the pole vault, and the return of every top female triple jumper from last year. It is probably in these areas that San Diego's brightest prospects appear. State meet hopefuls who must first qualify through the tough Southern Regional.

A special note of thanks goes to Don Roberson and Steve Brand for their help in obtaining information for this article.

MEN'S EVENTS

SPRINTS:

With the graduation of Kearny's Paul Day the sprints are headed by Morse Junior, Darryl Rosette (10.6), Serra's versatile Mike Martin (10.7-22.3-39.8-23'0"), and up and coming Robert Deavers of Helix (10.8mc-22.1).

Graduation also depleted heavily the ranks of the 400m with Lincoln's Vincent Adams 49.99, the top returnee. This event is wide open with nine athletes in the 50's and no clear cut favorite.

DISTANCES:

Probably the strongest area on the boys side this year, a list of fine returnees with varied talents, promise an abundance of good races in the future. Among them are...

Joe Manual—Bonita Vista, 4:10.32, 3rd in last years State Meet 1600.

Paul Greer—St. Augustine, 1:54.8-4:19.0 in both the 800 and 1600 finals in last years section meet. 3rd in 800.

Aaron Rudd—Valhalla, 4:22.9-22, section champion and fastest time in Cross Country.

Martin Sandoval—Monte Vista, 9:28, Junior who can stay with all of the above, Team Sweepstakes winner at Mt. Sac.

Shawn Gillis—San Dieguito, 1:56.7-4:19.8, 2nd in section finals last year.

Others... Pat Green, La Jolla, 9:24, Jr., Ted Goodlake, Fallbrook, 9:33, Jr., Ari Schauder, Monte Vista, 4:22.9, Jr., Chris Courter, Bonita Vista, 4:22.

HURDLES:

While offering no clear cut favorite as in previous years, competition should be keen in the high's. While Kearny's Charlie Gilmore is the top returnee at 14.7, San Dieguito's sophomore Travis Knox, Montgomery's Art Ramsey, and Mt. Miguel's all-around athlete Dewey Dorrough, are just a tenth behind.

In the 300's San Pasqual's John Oates (38.41-Jr.) is the top time, but again Dorrough (38.9) and Helix's Mark Allen (39.05) are close behind.

Look for the races in the finals to be tight. Again, with no clear favorites the

section race in both these events could be anyone's.

JUMPS:

Last years section meet was highlighted in the field events by excellent long jumping and upsets in the pole vault. This could possibly repeat itself.

One year ago, Orange Glen's Rich Heskin (13'6"), shocked everyone with his victory in the county finals. However, Heskin will be hard pressed this year with the return of Valhalla's vault twosome of Tracy Thorpe (14'6" last year at Mt. Miguel) and Jay Vavra (15'0"). Both of these athletes are threats to break the San Diego County record of 15'1".

While not offering the quality of a 24 footer as in previous years a multitude of good long jumpers between 22'6" and 23' return. Serra's Mike Martin (23'0"), Mt. Carmel's, Chris Alarcon (22'11"), and San Pasqual's Paul Willeman (22' 8") are the top three, but at least six other jumpers could move up should anyone falter.

With a school history showing such former athletes as Dokie Williams (51'¾") and Craig Montgomery (49'3"), El Camino has produced its share of 3 step-pers. Junior Tyrone Pope (22'6"-47'5") shows great promise of following in this tradition and should be the section leader. San Diego's Keith Holmes (22'7"-44'11") also should be a force in this event.

The high jump is headed by the multi-talented athlete from Mt. Miguel, Dewey Dorrough (6'6"-14.8hh-38.9ih). Already this season he had a second place at the Sunkist Indoor (6'5") and appears capable of going much higher. Behind him is Ken Hill of Valhalla and Branch McNeal (brother of former prep standout Sue McNeal) of Cairnsbad, both at 6'5".

photo by Erin Noll



Leslie Noll

da Devers of Sweetwater (25.1-56.27-2:11.07, 3rd in State Meet), Monte Vista's Tracey Baker (25.3-55.9-2:11.4) and soph Leslie Noll of Mt. Carmel (25.4-56.72), offer the hope of a great future in the event.

DISTANCES:

Baker and Devers aren't the only good two lappers in San Diego, however, La Jolla's Dorit Fehrensén (2:14.1), Fallbrook's Heidi Gartner (57.4-2:16.9-17'2"LJ) and the multi-talented Juli Cartere of Southwest (58.2-2:14.6-44.9LH) all could move up if the leaders falter.

In the longer distances Vista's Sandy Blakeslee is the dominant. A Kinney National finalist in Cross Country, her 1600 mark (5:06.1) highlights the returnee's. Mt. Carmel's Kim Sterton (5:10.8-11:18), Orange Glenn's Paulene Stehly (11:23.2Jr) and Torrey Pines' Maureen Winner (5:15) are other challengers in this event.

HURDLES:

Two time state qualifier Liz Pew of San Marcos is the top returner at 14.68 and again looks solid in this event. Mt. Carmel's Janet Duffy (15.31 Jr) and Lisa Edler (15.37) are solid but not yet ready to challenge Pew.

Southwest Julie Cartere (44.9) has a slight edge over Torrey Pines' Kathy McGroarty and Pew at 45.2. Returning state qualifier Duffy (45.7 Jr) could also be a factor here.

JUMPS:

The return of all of the 1982 area leaders in the triple jump headlines the San Diego female jumpers. Returning CIFSD champion Tasha Irving of Crawford (37'6) starts off but is followed closely by Mt. Miguel's Margaret Warren (37'6½"). Granite Hills' Jenny Crocker



Mike Martin

WEIGHTS:

A look at the shot and discus reveals a drop in quality when compared to previous years. Scott Hibsom of Granite Hills (55'1") is the only putter back over 50'. Hopefully someone will appear as the season goes on.

The picture brightens somewhat in the discus. Fallbrook's Robert Dakovch (155'1"), David Quezon of Sweetwater (153'10"), and Gibson (150'9") all have the size and ability to improve. Kevin Herder (148'2") is also very capable of moving up to better distances.

WOMEN'S EVENTS

SPRINTS:

Outstanding returnees and a promising newcomer highlight an excellent group of sprinters in San Diego. Velisa Harris of Morse (11.8-24.89) is the defending section champion, and appears ready to defend her title. Junior Karen Nilson (12.2-25.3) improved dramatically last year and should continue to improve. The newcomer is El Cajon's Brenda Owens, a transfer from Santa Ana Valley in the Southern Section. She was the Century League Champion there at 100 and 200 meters and also a Masters Meet finalist. But it is in the 400 that the promise lies. A trio of underclass runners, juniors Yolana

(37'8"soph), and Mt. Carmel's Natalie Tuzkiewicz (36'8½"Jr.). Add to this six other local jumpers over 36' and this year looks very promising for the 3 step-pers.

While the triple jump offers plenty of depth and competition, Miguel's Warren (5'5½") is way ahead of El Capitan's Mary Sheehan (5'4"). With most of the other area jumpers at the 5' to 5'2" range it is difficult to predict other possibilities here.

A close contest is also expected in the long jump. Tina Watkins (17'6") of Pt. Loma heads the list but is followed closely by San Pasqual's Michele Greaves (17'4") and a pair of good all-around jumpers in Morse's Toye Brownlee (17'4½"-35'10") and Mt. Carmel's Varanda Williams (17'2½"-35'8"). Hopefully some good competition will push these jumpers into the 18' range.

WEIGHTS:

El Capitan is a dominant force here. While El Camino's Carmalita Stewart is the top discus thrower at 129'11", El Capitan follows with a one-two of Laura Standing (120'10") and Mickey Bryant (119").

continued on next page...

Prep Notes

Standing comes back to lead the shot returnees at 38'6". Yolanda Tyson of Mt. Carmel (35'8 1/2") follows in the second spot. With six other area putters in the 34' range, look for competition in this event to improve throughout the season.

LEADING TEAMS-BOYS

With only one team championship available in this section at least five teams appear to have enough quality to contend for the title. Traditional powers Helix, Serra, and Morse will be joined by newly emerging powers Valhalla and Sweetwater. A light team battle promises to rival the individual championships for excitement at this years meet to be held at Mt. Carmel.

LEADING TEAMS-GIRLS

While perennial powers Crawford and Morse are again stocked in the sprints, hurdles, and jumps; the early season favorite appears to be defending champion Mt. Carmel. With ten girls returning who scored points in last years section finals, the Sundevil girls help lead the way to one of the best arrays of talent ever for San Diego females.

Southern Section & Los Angeles City T & F Preview

By Doug Speck

As we turn the corner into 1983, athletes in the Los Angeles-Southern California area look to another fine Spring of Track and Field. A number of top returnees lead what will be a productive group when Sectional, State, and National honors are dished out later in the year. Two young ladies will head into their senior year with the goal of placing their National Records further out of reach of other mortals. Natalie Kaaiawahia (Fullerton HS) will go after her 4 kilo Shot Put National Record of 52'4 1/2" this campaign, while Walnut's Gayle Kellon will try to drop her 41.09 300 Meter Low Hurdle National Record closer to or under the magic 40 second barrier. The half mile will be a hot event. National Junior TAC champion Trescia Palmer (Westchester), at 2:06.07, will be challenged by Kerri Zaleski (Milliken, Long Beach) 2:07.00, and Michelle Taylor (Ganesha, Pomona) 2:08.18, among others. Tyrone McCullouch (Poly, Long Beach) at 1:51.97 leads six in the Southern Section who return at better than 1:53.97. The Nation's best Cross-Country runner, National Kinney's Champion Eric Reynolds (Camarillo) will face a top group of distance returnees. Antonio Manning (Hamilton, LA), the State 200 champ, will be challenged by Hawthorne soph, George Thomas (10.2w-21.1f already this winter). A number of others covered in the following article should make it a solid season.

In the following event summaries the following abbreviations are used: ("m" refers to a metric mark, "y" refers to a yard distance, "+" means a metric time was adjusted upwards to get the yard equivalent for that distance, "i" refers to a mark made indoors. A number preceding "S" "SS" or "LA" indicates that athlete's place in the State, Southern Section, or Los Angeles Section Finals in 1982. A thanks to Mike Kennedy for his help on this research.

Women's Events Sprints:

A very solid group returns here. Lisa Winston (Jordan, Long Beach) charged 11.3mw-11.63m-23.93m beats on the way to a 5th in State over the shorter distance.

She will be challenged in the SS by Kim Grant (Hawthorne) 11.96m-24.48m, Diane Pullins (Muir, Pasadena) 23.80m, and Paula Ready (Poly, Long Beach) 12.07mw 12.09 (6th SS). The top LA City sprinter appears to be Robin Simmons (Crenshaw) at 11.84-24.23, who last year did most of her running for a club.

Others who return with credentials are Cathy Young (Muir) 10.8yw-11.2y, Monique Burrell (Hawthorne) 11.3y-12.1m 12.32mw-24.9, Gayle Wadsworth (Hawthorne—now Crenshaw) 11.0y-11.9m-25.5m, Carol Jones (Chino) 11.1y, Marina Laymon (La Habra) 11.2y, Joyce Hillard (Jordan, LB) 11.2y, Michelle Banks (El Dorado, Placentia) 12.2-25.74, Monica Phillips (Kennedy, Granada Hills) 12.33-24.7, Adrienne Purnell (Westchester) 12.1m, Karen Purnell (Westchester) 25.3m, and Stephanie Fletcher (Crenshaw) 12.36m-24.70mw-24.82m.

400 Meters:

Absolutely a super group is back in this event. Gayle Kellon (Walnut) has run 53.76m here, and she will be challenged by a large group. Diane Pullins (Muir) was 7th in State with a 54.63m best, Barbara Rainey (Edison, Huntington Beach) ran 55.48m, Andrea Rolfe (Dorsey, LA) at 54.70m was 4th in State, Melissa Jordan (Camarillo) the Southern Section Champ off a 55.84, Michelle Taylor (Ganesha) ran 55.7m, and Tanya Ransom (El Toro) was 8th in State off a 55.7m best.

Others who will threaten are Judy Hall (Hawthorne) 58.09m best (8th SS), Linetta Wilson (Muir) 58.27m (8th SS), Suzy Hensei (Valencia, Placentia) 56.28 (4th SS), Joyce Hillard (Jordan) 56.39m (7th SS), Trescia Palmer (Westchester) 56.43m, Tippi Hall (Poly, LB) 56.70m, Paulette Willis (Dorsey) 56.92m, and Natalie Crawford (Leuzinger) 57.07m.

800 Meters:

A frightening trio headlines this top event. Trescia Palmer (Westchester) went from 3rd in the State Meet to improve to TAC Junior champion at 2:06.07m later in the Summer. Second in the Jr. TAC race was a soph at Millikan and hopefully she will run the better prep meets, as her competition has been limited to Coast Athletics so far. Michelle Taylor (Ganesha) was disqualified for a lane violation in Sectional competition, but came back for a 4th in the Jr. TAC meet at 2:08.18m. A number of good runners will press this group. Amy Cox (Foothill, Santa Ana) was 2nd SS at 2:11.73m, Lis Garnett (Marymount, LA) 2:12.51m and 8th St., Michelle Lowe (Manuel Arts, LA) 2:13.8m, and Crystal Young (Apple Valley) 2:14.91m.

Others who could move up to the top group are Sonja Cooper (Eisenhower, Rialto) 2:16.10m, Leslie Pratt (Edison, Huntington Beach) 2:17.2m, Kateri Amy (Hawthorne) 2:17.8m, and Mary Jo Bogovich (Corona) 2:17.96m.

Distances:

The usual top flight group of Southern Californians will return to keep this area quite interesting. Tania Fischer (Chaminade, Canoga Park), Laura Cattivera (Mira Costa, Manhattan Beach), and Teresa Barrios (University, Irvine) return as medal winners from the State Meet. Fischer was 3rd in State over 3200 m at 10:28.04+, and she recorded a 4:54.33 mile during the year. Cattivera, still a soph, was 4th in State over 1600m with a 4:54.66+, best (also 10:41.11+, for two miles). Barrios was 4th at the 3200 distance in 10:32.71+, and had a 4:59.3yi mile. Others with top credentials include Sarah Allaback (Cate, Carpinteria) 4:58.85m (4th SS) -10:51.42+, Tammy Brazel (Chino) 10:39.14+ (8th SS), Kathy Ebner (Bishop Amat, La Puente) 5:04.8y-10:42.13+ (7th SS), Gladees Prieur (Le Lycee Francais) 4:59.0y-10:45.0y (the Sunnikst Indoor Seeded Mile Winner), and Katie Dunsmuir (Palisades) 5:04.2y, 10:54.0y. Depth is, as usual, abundant here. Paula Bresnan (Kennedy, GH) 5:00.99+, Jennifer Liu (Monroe,

Sepulveda) 10:45.60+, Janine Walther (Chatworth) 5:01.17+ -11:03.87+, Sylvia Mosqueda (San Gabriel) 10:59.34+, Claire Feit (Mater Dei, Santa Ana) 5:11.14+ -10:52.08+, Laura Sauerwein (University, Irvine) 5:04.51+, DeAnna Morfoot (Millikan) 5:08.66+, Raven Johnson (Moreno Valley) 4:48.86 (1500m), Sonja Cooper (Eisenhower) 4:50.15 (1500m), Marcia Escobosa (El Dorado) 4:51.60 (1500m), Kristin O'Hara (Palos Verdes) 5:09.0y, Val McVicar (Canyon, Saugus) 5:09.98+, Laura McCracken (Westminster) 11:00.04+, Katie Manning (Louisville, Woodland Hills) 5:11.16+, Kelli Miller (Tustin) 11:10.03+, Val Lisciwicz (Hoover, Glendale) 11:10.39+, Lis fourmier (Saugus) 11:11.95+, and Susan Armentrout (University, Irvine) 11:13.10+ have all shown ability as underclass runners.

HURDLES:

National Record Holder at the longer 300 meter distance, Gayle Kellon (Walnut) at 14.58-41.09, heads this area. Buena of Ventura's Sharon Hanson was the SS champion at 14.09 over 100 meters and raced 44.11m over the longer hurdles. Jeannette Mayes (Ventura) at 14.3-14.46w will face Hanson numerous times during the Channel League season. Marjorie Johnson (Monroe) was the City's best in 1982 at 14.49w-14.67-44.89m, and she should be challenged by Penny Williams (Westchester) 45.0y this season. Stacy Noton (Sunny Hills, Fullerton) 44.12m and

best. Two over 5'8" back are Lisa Fograus (Laguna Beach) (4th SS) and Gretchen DeWitte (Indio). 5'6" leapers include Julie Weigmann (Crescenta Valley, La Crescenta), Jean Faust (Santa Barbara), Elisa Cook (Wilson, Hacienda Heights), Cheri Slater (Moreno Valley), and Tracy Claussen (Sunny Hills).

LONG & TRIPLE JUMP:

This area is kind of wide open for 1983, with a number of good athletes at about the same level returning. We should see our first Southern California 40' triple jump from someone among this crew. Gayle Wadsworth (Hawthorne—now Crenshaw, LA) had 18'7 1/2"-39'7" bests in 1982, with a 3rd in State in the TJ (6th longest mark in the country in 82 as a frosh). Kim Taylor (Valencia) was the SS champ in the TJ at 38'7 1/2" (6th SS). Tammy Bryant (Ventura) was out to 18'8 1/2" (6th SS) and 37'2" last year. Paula Ready (Poly, LB) long jumped 18'8", while cross-town rival, Michelle Motley (Wilson, Long Beach) had 18'7 1/4"-36'8" bests. Kim Walulik (Edison) at 18'2 1/4", Carla Gasman (Glendale) 36'11", Denise Yamada (Dos Pueblos) 36'11 1/4", and Cheri Slater (Moreno Valley) 36'10" were other fine leapers returning. Multi-talented Carol Jones (Chino) shows up here too, with a 38'1 1/2" TJ for 4th SS.

WEIGHT EVENTS:

Natalie Kaaiawahia (Fullerton) has photo by Doug Speck



(L to R): Tania Fischer, Katie Dunsmuir, Tammy Brazel & Gladys Prieur.

Mary Anne Bullard (Esperanza) 44.8m were among the top 1982 long hurdlers. Others who could be a threat in 1983 are Jocelyn Lee (Irvine) 14.63w-46.2m, Denise Yamada (Dos Pueblos) 14.79w, Felicia Price (Hawthorne) 45.21m, Laurie Hagen (Dana Hills) 45.42m, Beth Landy (Agoura) 45.53m, and Carol Jones (Chino) 45.66m.

HIGH JUMP:

Denise Yamada (Dos Pueblos, Goleta) was 6th in State last year and had a 5'10"

finally arrived at her senior year after providing Southern Californians with a lot of record action ever since her frosh State Championship way back when. The National Junior and Prep record holder at 52'4 1/2", and the number 4 All-Time prep off her 173'3" Discus best, we are sure Natalie had bigger and better plans for 1983. As usual, though, she will probably have to motivate herself, as the competition will be quite a ways behind. Basketball star, Toni Lutjens (Righetti, Santa

Marla) came on strong near the end of the year to toss the discus out 154'11" (2nd SS, 3rd St). Rose Faamai (Kennedy, Granada Hills) at 42'3" is the best returning shot putter around.

Men's Events

SPRINTS:

A young man who has firmly established himself as among the country's best since his soph exploits two years ago, Antonio Manning (Hamilton, LA), will be challenged by the Southern Section's newest "up and comer" Henry Thomas (Hawthorne). Manning was State 200 Champ in 1982 and had 10.54m-21.16m bests, while Thomas has followed up his National Age 14 400 Meter Record (48.57) as a ninth grader last year with 10.2m-21.1m marks already this winter in outdoor all-comers action. Others with credentials close to the top duo are Brian Hawkins (Hamilton, LA-transfer from Dorsey) 9.7y-22.0y, Gary Brown (Bishop Amat) 9.9-10.89-21.53mw, George Thomas (Indio) 9.7y-10.7m-22.1m, and Sunkist Indoor 60 winner Vaughn Simmons (Pasadena) 6.46 (indoor 60y)-10.8m. Thomas and Simmons are also punishing running backs on the gridiron. Others who return with good marks are Darryl Harris (Garey, Pomona) 10.98m (another all-world footballer), John Schmidt (Torrance) 10.7m, Michael Wooten (Eisenhower, Rialto) junior 10.8m (10.6mw)-22.2m, Sandy Combs (Dos Pueblos, Goleta) 10.8m, Ray Brown (Muir, Pasadena) junior 10.5m-10.91, Maurice Sibley (Morningside, Inglewood) 10.7m (10.88mw), Jerry Coulson (Millikan, Long Beach) 22.03m, James Ferreira (North Torrance) 21.9m, and Maurice Cheeks (Nogales, La Puente) 10.7-10.89m.

400 METERS:

Another solid duo on top returns here. Mark Howard (Poly, Long Beach) is another who received many honors for his football talents. Mark cruised 47.9y last year before false-starting out of Sectional competition. Hawthorne soph Henry Thomas raced a before mentioned amazing 48.57m as just a ninth grader last spring, and based upon his early sprint times he appears to be able to go faster in 1983. His teammates have joined him for a 3:17.3y relay already this winter.

A number of others have run in the mid 49 second range or lower. Junior Steve Roach (Laguna Hills) 48.80m, Maurice Cheeks (Nogales, La Puente) 48.84m, Jim Flanders (South Pasadena) 49.08, Marvin Burrell (Nogales, La Puente) 49.14m, Gerald Boles (Dorsey, LA) 49.0m (fastest Sunkist 500 at 59.4), David Boyd (Esperanza, Anaheim) 49.44m, Danny Harris (Perris) 49.5m, James Ferreira (No Torrance) 49.7m, and Benjamin Green (Kennedy, Granada Hills) 49.7m make up this group.

800 METERS:

The Southern Section could have a group comparable to that of two years ago, with a couple under the magic 1:50 barrier, based upon the super group coming back here. Five of the top seven from a quality Sectional race last year return. Tyrone McCullough (Poly, Long Beach) an all-sectional receiver in football and the son of the World Record Holder in the High Hurdles, Earl, was the section runner-up last year with a 1:51.62m best. Tyrone just took the event up in his team's second to last dual in 1982. Brian Casey (Righetti, Santa Maria) 1:52.53m is a pretty strider who was strong enough to take Section Cross-Country honors-he looked effortless in running away from a top Sunkist 880 yard field at 1:57.11. Ruben Esparza (El Modena, Orange) 1:52.66m was a state meet competitor in 1982. Marvin Burrell (Nogales, La Puente) 1:53.76m was 6th SS 82, Kevin Green (Villa Park) 1:53.04m 7th SS 82, and Walter Tilque (Compton) 1:53.97m is another top returnee.

Others back who should make this a top event are Kyle Morton (Westminster) 1:55.37m, Darryl Martin (Victor Valley) 1:55.81m, Ed Tucker (Pasadena) 1:56.10m, Jim Gallivan (Mater Dei, Santa Ana)

1:56.34m, Anthony Hackett (Canoga Park) 1:56.7m, Robert Diaz (Cerritos) 1:56.8m, Ed Dalley (Manual Arts, LA) 1:57.2m, Ricky Martinez (Mater Dei) 1:57.38m, Jim Smith (Garden Grove) 1:57.4, John Larson (La Canada) 1:57.9m, and Tony Hosch (Kennedy, Granada Hills) 1:57.9m.

DISTANCES:

A usually very good area, and 1983 will be no different. Start with the country's number one cross-country athlete, national champ Eric Reynolds (Camarillo) 4:18.2yi-8:56.04+. Eric could be the country's top distance runner this spring. Many others will press should the Camarillo falter. Keith Tannin (Crespi, Encino) was 5th State 82 4:11.96+, Jesus Gutierrez (Pasadena) 9:05.26+ 4th State 3200m, 7th in Kinney's National Cross Country. Jim Ortiz (Barstow) was 6th State 3200m 9:02.46+ best. Millers Dave Anderson (Corona Del Mar) 4:14.64+ and Ron Harris (Eisenhower, Rialto) 4:16.39m will improve. Mark Junkermann (Los Alamitos) has improved to 9:07.9yi (10th Kinney's National Cross Country). George Yuster (Brentwood) 9:14.0yi, Gus Quinonez (Huntington Beach) 9:14.55+ (Sunkist Indoor 2 Mile Seeded winner), Tim Watson (Canyon, Saugus) 9:19.62+, and Jose Luis Garcia (Lincoln, LA) 9:17.9+ have the ability to join the top group. Soph Ramon Gomez (Belmont, LA) improved lately to 9:18.2yi at the LA Times meet. La Canada's John Trevithick ran 4:16.57+ last year.

HURDLES:

James Ferreira (North Torrance) and Danny Harris (Perris) return with excellent times and big meet experience. James ran 13.9 and 36.58 last year. He stumbled in Sectional Highs competition, but was 7th in State at 300 LH. Harris raced 14.24 and 36.15 for 3rd in state 300 LH. Other top High Hurdles include Marlon Young (Hawthorne) 14.45-37.19m, Rich Martinez (Claremont) 14.56-37.92m, Darnell Christman (Locke, LA) 37.4m, Raymond Young (Hawthorne) 38.0y, and Richard Barber (Oxnard) 37.94m.

HIGH JUMP:

Foreign exchange student, Jari Syranen (Glendale) had a 6'11" best as a prep in Finland. Doug Dreibeis (Foothill, Santa Ana) at 6'8 1/2", Larry Roger (El Toro) 6'8", and footballer Darrin Willis (Santa Monica) 6'8" are top returnees from 1982. Kenny Burke (Westlake, Westlake Village) cleared 6'7" as a frosh in 1982, and Crescenta Valley's Fred Hood was over 6'6 1/2".

LONG & TRIPLE JUMP:

Joe Richardson (Pasadena) raced 2:00 for a half as a freshman. Last year after getting down to 1:59 as a soph he gave the jumps a try. By the end of the year he worked out to 23'9" (3rd SS) and 47'4" bests. Other super sophs in 1982 were Jamie Williams (Carson) 22'6 1/2" w and 46'11 1/2" and Monrovia's Chris Hale 23'1 1/2". Jerry Coulson (Millikan) at 23'6 1/2" w (22'6"), Tony Williams (Indio) 22'8 1/2", and Ricky Franklin (Santa Ana) 22'9 1/2" are other top long jumpers. Robert Countryman (Beverly Hills) 48'2", Sandy Combs (Dos Pueblos, Goleta) 48'3/4", Mark McGovney (El Modena, Orange) 46'4", and Azusa junior David Dangleis 45'11 1/4" are the top three leapers back.

POLE VAULT

Lance Betson (Newport Harbor) and Chuck Griffith (Sonora, La Habra) return at 14.6. Jeff Foss (Santa Ynez) was over 14-3 as a soph in 1982. 14 footers include Roger Heldoom (Perris), Chris O'Connor (Crespi) and Curtis Hildt (Irvine).

SHOT PUT-DISCUS

Mike Moya (Desert) at 57-1 1/2 and 160'9 was a sectional finalist in 1982. Kurt Holden (Hart, Newhall) was 3rd SS in the discus at 171-2. Dan Laut, the sophomore brother of world-ranked thrower David, tossed 54-7 1/2 as a frosh with a 12 pound in 1982. Darren Lord (South Pasadena) had a 166-3 discus best in 1982.

Indoor Action

Foot Locker Classic Qualifying

From Keith Conning

January 29, Edwards Stadium, Berkeley. HIGH SCHOOL BOYS

50 Meters Heat 1: 1. Steve Watkins (Skyline, Oakland) 6.1, 2. Dion Nelson (Skyline, Oakland) 6.4, 3. Troy Hilario (Mills, Millbrae) 6.4. **Heat 2:** 1. Chris Belcher (Kennedy, Richmond) 6.3. **Heat 3:** 1. Kerry Threats (Westmoor, Daly City) 6.0. **Heat 4:** 1. Kevin House (Kennedy, Richmond) 6.1. **Heat 5:** 1. Jim Lubbe (Westmoor, Daly City) 6.2. **Heat 6:** 1. Kenneth Henderson (Berkeley) 6.2, 2. Charles Johnson (Grant, Sacramento) 6.3, 3. Hong Hilton (Wilcox, Santa Clara) 6.4, 4. Tino Carrier (Vallejo) 6.4. **Heat 7:** 1. Donnie Haley (Kennedy, Richmond) 6.2, 2. Ray Butler (Kennedy, Richmond) 6.3, 3. Henry Barba (Lick, San Jose) 6.3, 4. Michael Profit (Kennedy, Richmond) 6.3. **Heat 8:** 1. Arthur Harris (Merced) 6.3. **Heat 9:** 1. Greg Jones (Merced) 6.2, 2. Kevin Tolliver (Vallejo) 6.3, 3. Wayne Jones (Merced) 6.4.

50 Meters Semifinal 1: (4 qualify) 1. Kerry Threats (Westmoor, Daly City) 6.1, 2. Kevin House (Kennedy, Richmond) 6.2, 3. Kenneth Henderson (Berkeley) 6.3, 4. Chris Belcher (Kennedy, Richmond) 6.3, 5. Charles Johnson (Grant, Sacramento) 6.3, 6. Arthur Harris (Merced) 6.4. **Semifinal 2:** (4 qualify) 1. Steve Watkins (Skyline) 6.1, 2. Jim Lubbe (Westmoor, Daly City) 6.2, 3. Kevin Tolliver (Vallejo) 6.2, 4. Troy Hilario (Mills, Millbrae) 6.2, 5. Henry Barba (Lick, San Jose) 6.3, 6. Donnie Haley (Kennedy, Richmond) 6.3, 7. Greg Jones (Merced) 6.4, 8. Michael Profit (Kennedy, Richmond) 6.4.

3,000 Meters: (12 qualify) 1. Rene Perez (Woodland) 8:45.1, 2. Mike Livingston (Willow Glen) 8:48.7, 3. Calvin Gaziano (Castro Valley) 8:51.7, 4. Chris Craig (Leigh, San Jose) 8:52.3, 5. James Green (Gunderson, San Jose) 8:56.6, 6. John Morse (Las Lomas, Walnut Creek) 8:58.0, 7. Danny Valdez (Merced) 9:00.2, 8. Rich Dunn (Sonoma) 9:01.0, 9. Paul Ghidossi (Capuchino, San Bruno) 9:01.2, 10. Tom Legan (Del Mar, San Jose) 9:02.4, 11. Dave Bell (Leigh, San Jose) 9:03.5, 12. Martin Higginbotham (Berkeley) 9:05.9, 13. Todd Owens (Leland, San Jose) NT, 14. M. Kelly (Oakland) NT, 15. Ken Oelrich (Unatt.) NT, 16. Brian Weidmer (El Dorado, Placerville) NT, 17. Ron Spencer (Leland, San Jose) NT.

800 Meter Relay (8 X 100)
1. Berkeley 1:29.8, 2. Merced 1:32.2, 3. Grant, Sacramento 1:33.5, 4. Terra Linda, San Rafael 1:34.1, 5. Westmoor, Daly City 1:44.5.

1600 Meter Relay (4 X 400)
1. Oakland 3:26.7, 2. Oakland Tech 3:32.2, 3. Berkeley 3:34.0, 4. Merced 3:37.4, 5. Woodland 3:39.2.

HIGH SCHOOL GIRLS

50 Meters Heat 1: 1. Lisa Curry (Mission, San Francisco) 7.0, 2. Brenda Pinnell (Merced) 7.2, 3. Wendy Nelson (Skyline, Oakland) 7.2, 4. Minnie Murray (Skyline, Oakland) 7.3, 5. Rhonda Lockhart (Skyline, Oakland) 7.6. **Heat 2:** 1. Vicky Galvert (Reed, Reno, Nevada) 7.0, 2. Dana Faulkner (Skyline, Oakland) 7.1, 3. Patti

McDermott (Moreau, Hayward) 7.3, 4. Michelle Seto (Moreau, Hayward) 7.4, 5. Nicole Ray (Skyline, Oakland) 7.7. **Heat 3:** 1. Lashun Peters (Woodside) 6.6, 2. Monica Taylor (Grant, Sacramento) 6.7, 3. Jane Morgan (Acalanes, Lafayette) 7.5.

50 Meters Semifinals 1: (4 qualify) 1. Monica Taylor (Grant, Sacramento) 6.6, 2. Lashun Peters (Woodside) 6.7, 3. Brenda Pinnell (Merced) 7.1, 4. Wendy Nelson (Merced) 7.1, 5. Minnie Murray (Skyline, Oakland) 7.1, 6. Rhonda Lockhart (Skyline, Oakland) 7.2. **Semifinals 2:** (4 qualify) 1. Lisa Curry (Mission, San Francisco) 6.9, 2. Dana Faulkner (Skyline, Oakland) 7.2, 3. Patti McDermott (Moreau, Hayward) 7.2, 4. Michelle Seto (Moreau, Hayward) 7.2.

3,000 Meters: (12 qualify) 1. Becky Chamberlain (Leigh, San Jose) 10:38.6, 2. Carla Halford (Leland, San Jose) 10:45.0, 3. Jocelyn Whitehead (Reno, Nevada) 10:46.0, 4. Amy Cathcart (Amador Valley, Pleasanton) 10:48.0, 5. Maura Diglesi (McAteer, San Francisco) 10:49.1, 6. Lisa Swift (Reed, Reno, Nevada) 10:51.0, 7. Kelly Donaldson (Merced) 10:52.8, 8. Lori Wilson (Terra Nova, Pacifica) 10:58.4, 9. Claudy Wilde (Logan, Union City) 10:58.4, 10. Sabrina Han (Westmoor, Daly City) 11:00.0, 11. Frances Cole (Willows) 11:08.2, 12. Kim Reinking (Santa Rosa) 11:10.1.

1600 Meter Relay (4 X 400)
1. Grant, Sacramento 4:14.1, 2. Skyline, Oakland 4:15.2, 3. Drake, San Anselmo 4:18.2, 4. Merced 4:19.1, 5. Silver State Striders (Reno, Nev.) 4:20.2.

continued on next page...



FOR RUNNERS RACE NUMBERS

\$11.95 per Box
10 gross
1440 pins

10 boxes/\$9.00 each

Also:
RACE SUPPLIES
Traffic Cones
Safety Vests
Banners, etc.

Jack's Athletic Supply
P.O. Box 459
San Carlos, CA 94070
(415) 595-2249

Prep Notes

Sunkist Indoor Meet High School Events

By Doug Speck

A California prep record indoor pole vault of 16' 2 3/4" by Doug Fraley (Clovis West), some impressive middle distance running by newcomer Chewuakii Knighton (Locke, LA) and Trescia Palmer (Westchester), and a Hawthorne guys and girls group which looks ready to do to the southern half of the state what Berkeley has done to the northern half of California in the past few years highlighted action in the Sunkist Indoor Meet, Friday, January 21st, at the LA Sports Arena. LA Times expert Mike Kennedy again presented us with a preview of the June State Meet with his ability to gather the best from up and down California (and even a few from Nevada and Arizona).

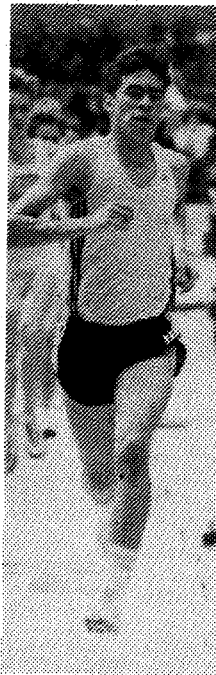
The Pole Vault featured a fine group, headed by Saratoga's 17'0" star, Mike Kibbort. But the star proved to be Doug Fraley, as the Central Valley star sailed far over his career best of 15'9" by topping the bar at a lofty 16' 2 3/4". Doug moves to ninth on the All-Time prep list with this mark. Newport Harbor's Lance Betson was the only other vaulter to clear a height (14'0"), as most of the rest of the field seemed to have timing problems.

Age-group phenom Chewuakii Knighton, 24.34m as a frosh in 1982 at Emerson JHS in LA, surfaced this year as a soph at Locke. Here "Choo-Choo" went out hard in her 500 yard race, was passed briefly in the middle by Berkeley's Nedrea Rodgers, and came back in the last lap to record the evening's best prep time of 1:07.3. The number nine mark All-Time in the event for preps, Kinghorn has already raced 54.9m in one lap action this winter. Smooth-striding Junior TAC outdoor half-mile champion, Trescia Palmer (Westchester), blasted out through a 60.4 opening quarter in her 880 yard race here. She was able to hang on as Ganesha's Michelle Taylor eased close in a 2:12.0-2:14.0 race. Taylor took a day away from the Basketball court, where she is a Ganesha star. Other 500 yard heats were taken by Gayle Kellon (Walnut) at 1:07.8, and smooth-striding Leslie Maxie (Mills, Millbrae) at 1:08.1. St. Lucy's (Glendora) Carina Quesada outlasted the pack in the other half-mile race at 2:19.7.

Hawthorne was all over the place here. They have a number of fast people who seem to be in very good shape, and the Cougar's Red and Gold was prominent in a lot of races. The Girls 640 Relay team of Monica Burrell, Kim Grant, Tami Allen, and Judy Hall narrowly missed Manual Arts' National Record 1:13.4 only because Hall stepped off the track after losing her balance on the backstretch as the team raced to a 1:13.5-1:15.0 win over Dorsey. In the Girls Mile Relay it was Hawthorne again. Davida Freeman (60.8), Kateri Ami (60.1), Price (61.5), Judy Hall (58.6) at 4:01.0 allowed Berkeley a hint of the lead at the end of the

second leg before pulling away to a four second win in the second fastest ever California prep time in the event. The Hawthorne guys' group had the fastest of the three 640 yard relay heats at 1:05.4. By comparison, the Cougars raced 42.0m for a relay the previous weekend—they are anchored by soph Henry Thomas, who has run 10.2w (100 meters) and 21.2t (200 m) clockings outdoors already. Hawthorne picked up another win in its Mile Relay heat, in 3:28.6, off Miguel Torrente's 50.9 leg and Henry Thomas' 51.6 anchor. The boys Two Mile Relay had things going fine for three legs (2:02.1-2:03.1-2:04.1), and with Sean Kelly rolling along in the anchor leg with a lead a victory seemed assured. But this was not to be as Kelly clipped a lapped runner with a couple of circuits to go and dropped the stick. Mater Dei's Jim Gallivan cruised in for his team's 8:14.9 win, as Hawthorne ended up in third. Hawthorne has already blasted 3:17.3 for a mile relay in all-comers action outdoors, and with rumors of one hundred Cougar athletes showing up for all-comers meets it appears there is more than a little interest in the sport at the school.

photo by Burt Davis



Gus Quinonez

photo by Burt Davis



Gladys Prieur

An interesting Seeded Girls Mile highlighted the other events for that group. Le Lycee Francais's (and Santa Monica Track Club) Gladys Prieur steadily moved up to a lead pack by the three-quarters mile mark in that event (split leaders Tania Fischer 2:31.3-880, Teresa Barrios 3:48.1-1320). Gladys made an obviously planned move with two laps to go, and looking very sharp she rocketed away to a 4:59.2-5:02.6 win over Laura Cattivera (Mira Costa) and the pack. Monroe's Jennifer Liu showed the most spirit in the last lap sprint of the Rated Mile race to win this hotly contested event (first five within two seconds) at 5:09.0. 2:12 half-miler Amy Cox anchored her Foothill (Santa Ana) squad to a Meet Record 9:37.3 Two Mile Relay win.

Charles Smith, a junior at Las Vegas High, headlined the other Boys events. A victim of spinal meningitis at the age of fourteen months, Charles was a 24' 1/4" leaper as a soph in 1982. Here, he spanned in the LJ 23' 2 3/4" to win easily. Maurice Crumby (Balboa, San Francisco) took Carson junior, Jamie Williams, sailed out to a narrow victory in the Triple Jump, at 47' 10 1/2"-47'9", over San Jose's (Mt. Pleasant) Chris Mooring.

St. Mary's (Berkeley) Mark Boyd powered away from a 60 Yard High Hurdles field after three barriers to win by a yard and one-half in 7.43 seconds. Dorsey's Gerald Boles had the evening's best 500 Yard time, at 59.4 in his race win over Esperanza's David Boyd. Brian Casey (Righetti, Santa Maria) used just enough to win easily over a top half-mile group in 1:57.1. La Canada's John Trevithick, who has run 4:00 for 1500 meters this winter, was no surprise as he led through 61.6-2:09.1-3:18.8 quarter splits on the way to holding off Santa Monica High's (and SMTC) Greg Hauser at the finish in a 4:21.7-4:22.0 Rated Mile win. Arizona's Jeff Canada led the entire way in the Seeded Mile, racing the final three-quarters in an impressive 3:09.6, but the only problem was that the first 440 took 68.0 seconds. Mark Junkermann (Los Alamitos) trailed Canada's 4:17.6 at 4:18.1, while Eric Reynolds (Camarillo), the nation's top prep Cross-Country runner, looked not quite as sharp as usual in a 4:18.2 for third. In the Rated Two-Mile a huge pack went through the mile at 4:45.0 and the mile and a half at 7:06.3. At that point San Clemente's Brett Clifford stepped on the gas and charged the final 880 in 2:17.0 to win easily in 9:23.3. Underclassers filled spots 2-3-4 in this event. In the Seeded Two Mile, after Jason Flamm (La Sierra, Carmichael) did most of the pace work (4:42.6 mile) a young man held back most of the Cross-Country season with a knee injury, Gus Quinonez (Huntington Beach) moved during the final half-mile to a big win. A final quarter of 65.4 separated Quinonez (who ran 9:11.35 3200m last spring) from the group in his 9:20.0 win.

In other Relay action, North Torrance raced to the fastest Boys Mile Relay time of 3:28.0 off 51.7-51.0-54.2-51.1 legs. A third Boys Mile Relay was strange. The Perris anchorman, Danny Harris, for some reason while leading the race stopped with a half a lap to go, as if he had broken the tape. The second place Locke anchorman also stopped there. The other three teams in the race kept on going to the finish, but when they got there the officials waved them on for another (extra) lap. Pasadena High football star, Vaughn Simmons, edged San Gabriel Valley rival, Gary Brown (Bishop Amat), with both at 6.46 in the 60 Yard Dash. Long Beach Millikan won the evening's other event, a 8 x 160 yard relay, with a 2:13.5 Meet Record.

Sunkist Invitational High School Results BOYS

60y — 1. Vaughn Simmons (Pasadena) 6.46. 2. Gary Brown (Bishop Amat) 6.46. 3. Ray Brown (Muir) 6.50. 4. Brian Hawkins (Hamilton) 6.55.
60y hurdles — 1. Mark Boyd (St. Mary's, Berkeley) 7.43. 2. James Ferreira (North Torrance) 7.57. 3. Danny Harris (Perris) 7.74. 4. Marion Young (Hawthorne) 7.77. 5. Derrick Amos (Muir) 7.81.
500y — Race 1: 1. Gerald Boles (Dorsey) 59.4. 2. David Boyd (Esperanza) 59.8. 3. Jeff Roach (Laguna Hills) 59.9. 4. Benjamin Green (Kennedy, Granada Hills) 1:01.7. Race 2: 1. Daymon Lee (Southgate) 1:00.6. 2. Jim Flanders (South

Pasadena 1:01.0, 3. Victor Myles (Dominguez) 1:01.4, 4. James Wood (Monroe) 1:04.5. **(440y splits:** Boyles 51.4, Lee 53.2).

880y — Race 1: 1. Brian Casey (Righetti) 1:57.1, 2. Ruben Esperanza (El Modena) 1:57.6, 3. Ed Daily (Manual Arts) 1:57.9, 4. Paul Greer (St. Augustine, S.D.) 2:00.3, 5. Nick Sparks (Bella Vista, Sac.) 2:01.4. Race 2: 1. Kyle Morton (Westminster) 1:58.9, 2. Kevin Green (Villa Park) 1:59.7, 3. Anthony Hackett (Canoga Park) 2:01.9, 4. John Larson (La Canada) 2:02.1, 5. Eric Schermerhorn (Woodbridge) 2:02.2.

Seeded mile — 1. Jeff Cannada (Greenway, Arizona) 4:17.6, 2. Mark Junkermann (Los Alamitos) 4:18.1, 3. Eric Reynolds (Camarillo) 4:18.2, 4. Jim Frey (Yreka) 4:25.8, 5. Joe Manuel (Bonita Vista) 4:30.7, 6. Keith Tanin (Crespi) 4:39.2.

Rated mile — 1. John Trevithick (La Canada) 4:21.7, 2. Greg Hauser (Santa Monica) 4:22.0, 3. Ron Harris (Eisenhower) 4:23.3, 4. Victor Valen (El Modena) 4:23.7, 5. Paul Mora (Garfield) 4:27.0, 6. Richard Graves (Lakewood) 4:28.7, 7. Mike Coe (Edison) 4:34.6, 8. Phillip Flores (Oxnard) 4:39.2.

Seeded two mile — 1. Gus Quinonez (Huntington Beach) 9:20.0, 2. Jason Fiamm (La Sierra, Sac) 9:21.7, 3. Tim Watson (Canyon, Saugus) 9:22.2, 4. Ted Goodfate (Fallbrook) 9:25.0, 5. Jim Ortiz (Barstow) 9:27.4, 6. Rick Battenfield (Millikan) 9:28.6, 7. Aaron Rudd (Valhalla, E.C.) 9:36.8, 8. Eugenio Cruz (Burbank) 9:37.6, 9. Phil Wallinger (Lewiston, Idaho) 9:39.4, 10. Martin Sandoval (Monte Vista) 9:41.6, 11. Darren Near (Monrovia) 10:12.5.

Rated two mile — 1. Brett Clifford (San Clemente) 9:23.3, 2. Ramon Gomez (Belmont) 9:25.5, 3. Danny Palma (Glendale) 9:26.1, 4. J.P. Hall (La Salle) 9:26.1, 5. Scott Hakeman (El Dorado) 9:29.4, 6. Alex Carmona (Belmont) 9:41.1, 7. Pat Watson (Palos Verdes) 9:41.5, 8. Manuel Brazley (Montebello) 9:49.2, 9. Greg Houlgate (Bishop Montgomery) 9:59.8, 10. Mitch Eddy (Mater Del) 10:00.8.

8x160 relay — Millikan 2:13.5 (meet record, old record of 2:16.0 held by Monrovia), 2. Eisenhower 2:14.1, 3. Santa Ana 2:19.3, 4. West Torrance 2:19.8.

640y relay — Race 1: 1. Claremont 1:07.7, 2. Rolling Hills 1:07.7, 3. Oxnard 1:11.8, 4. Hamilton 1:12.5. Race 2: 1. Peris 1:06.4, 2. Millikan 1:06.4, 3. Pasadena 1:07.6, 4. Dorsey DNF. Race 3: 1. Hawthorne 1:05.4, 2. Muir 1:07.6, 3. Ganesha 1:09.0, 4. Long Beach Poly DQ.

Two-mile relay — 1. Mater Dei 8:14.9, 2. St. John Bosco 8:22.1, 3. Hawthorne 8:22.2.

Pole vault — 1. Doug Fraley (Clovis West) 16-2 1/4, 2. Lance Betson (Newport Harbor), five others failed to clear a height.

Long jump — 1. Charles Smith (Las Vegas) 23-2 1/4, 2. Tony Williams (Indio) 22-4 1/4, 3. Ricky Franklin (Santa Ana) 21-9, 4. Jerry Coulson (Millikan) 21-3 1/4, 5. Kenny Butler (Fremont) 20-1 1/2.

photo by Bert Davis



(L to R): Jim Frey, Joe Manuel, Eric Reynolds (hidden), Jeff Cannada, Keith Tanin and Mark Junkermann.



(L to R): Nanette Garcia, Laura Cattivera, Tania Fischer, Gladys Prieur (hidden) and Kathleen Ebner.

Triple jump — 1. Jamie Williams (Carson) 47-10 1/2, 2. Chris Mooring (Mt. Pleasant, S.J.) 47-9, 3. Sandy Combs (Dos Pueblos) 47-4 1/4.

High jump — 1. Maurice Crumby (Balboa, SF) 6-7, 2. (tie) Dewey Dorough (Mt. Miguel) and Ted Glatke (Beyer, Modesto) 6-5, 4. (tie) Leary Roger (El Toro) and Jari Syrianen (Glendale) 6-5.

Mile relay — Race 1: 1. Hawthorne 3:28.6, 2. Orange 3:33.0, 3. Pomona 3:33.2, 4. Kennedy (Granada Hills) 3:34.5. Race 2: 1. North Torrance 3:28.0, 2. Los Alamitos 3:31.7, 3. LA Banning 3:31.9, 4. El Modena 3:34.4, 5. Manual Arts 3:37.6.

GIRLS

500y — Race 1: 1. Gayle Kellon (Walnut) 1:07.8, 2. Suzy Hensel (Valencia) 1:08.7, 3. Barbara Rainey (Edison) 1:09.3. Race 2: 1. Leslie Maxie (Mills) 1:08.1, 2. Tanya Ransom (El Toro) 1:08.5, 3. Lana Rice (Berkeley), 4. Melissa Jordan (Camarillo) 1:11.9. Race 3: 1. Chewakii Knighton (Locke) 1:07.3, 2. Nedrea Rodgers (Berkeley) 1:08.3, 3. Trudy Palmer (Unatt.) 1:08.5, 4. Annette Rodgers (University, Irvine) 1:10.8. **(440 splits:** Kellon 58.2, Maxie 58.8, Knighton and Rodgers 58.5.)

880y — Race 1: 1. Trescia Palmer (Westchester) 2:12.0, 2. Michelle Taylor (Ganesha) 2:14.0, 3. Dawna Brown (Crenshaw) 2:19.9, 4. Michelle Lowe (Manual Arts) 2:21.5, 5. Sharon Yaninek (Presentation) 2:24.3, 6. Lisa Garnett (Marymount) 2:25.8. Race 2: 1. Carina Quesada (St. Lucy) 2:19.7, 2. Leslie Pratt (Edison) 2:20.3, 3. Nicole Biggers (El Toro) 2:20.4, 4. Jill Harrington (Rolling Hills) 2:21.3, 5.

Crystal Young (Apple Valley) 2:25.6, 6. Barb Gottlieb (Beverly Hills) 2:26.0.

Seeded mile — 1. Gladys Prieur (Le Lycee Francois) 4:59.2, 2. Laura Cattivera (Mira Costa) 5:02.6, 3. Tania Fisher (Chaminade) 5:03.3, 4. Katie Dunsmuir (Palisades) 5:04.2, 5. Paula Bresnan (Kennedy, Granada Hills) 5:04.5, 6. Kathy Ebner (Bishop Amat) 5:04.8, 7. Nanette Garcia (Silver Creek, SJ) 5:5.9, 8. Sylvia Mosqueda (San Gabriel) 5:12.6, 9. Teresa Barrios (University, Irvine) 5:12.8, 10. Jovita Guerrero (Mexico) 5:13.3.

Rated mile — 1. Jennifer Liu (Monroe) 5:09.0, 2. Kristen O'Hara (Palos Verdes) 5:09.0, 3. Clare Feit (Mater Dei) 5:10.2, 4. Jamie Nourse (University) 5:10.9, 5. Valerie McVicar (Canyon) 5:11.2, 6. Tammy Brazel (Chino) 5:16.6, 7. Lisa Rizzo (Hart) 5:17.9, 8. Julie Morris (Costa Mesa) 5:19.5, 9. Katy Manning (Louisville) 5:19.6, 10. Lynda Fairman (Thousand Oaks) 5:29.9, 11. Karen Lucy (Venice) 5:32.2.

640y relay — Race 1: 1. Hawthorne 1:13.5, 2. Dorsey 1:15.0, 3. Gardena 1:19.6, 4. Ventura 1:21.7. Race 2: 1. Long Beach Poly 1:16.2, 2. Fremont 1:19.4, 3. Westchester 1:19.5, 4. Saddleback 1:19.6.

Mile relay — Race 1: 1. Hawthorne 4:01.0, 2. Berkeley 4:05.0, 3. Manual Arts 4:05.6, 4. Edison 4:12.5, 5. Beverly Hills 4:26.9. Race 2: 1. Dorsey 4:07.5, 2. Glendale 4:13.7, 3. Crescenta Valley 4:30.1, 4. Thousand Oaks 4:30.1, 5. Pacifica 4:37.7.

Two-mile relay — 1. Foothill 9:37.3, 2. Millikan 9:42.7, 3. University, Irvine 9:44.0, 4. Tustin 9:58.5, 5. Hoover 10:03.9, 6. Palos Verdes 10:17.5, 7. Upland 10:26.8.

Prep Notes

California High School Indoor List

Compiled by Keith Conning

This list includes marks from the Sunkist Invitational on January 21 and the Los Angeles Times Meet on February 4, 1983.

Boys

60 Yards

American Record:
6.14A LaNoris Marshall(Dysart, Az) 78
 California Record:
6.33 Kerwin Bell(Edison, Hunt.Bch) 80
6.33 Troy Delemar(Pasadena) 82
6.46 Vaughn Simmons(Pasadena)
6.46 Gary Brown(Bishop Amat, LaPuente)
6.50 Ray Brown(Muir, Pasadena)
6.55 Brian Hawkins(Hamilton, LA)

500 Yards

American Record:
55.65 Clinton Davis(Steel Vly, Pa) 83
 California Record:
57.4 Milton Mitchell(Lincoln, SD) 70
59.4 Gerald Boles(Dorsey, LA)
59.8 David Boyd(Esperanza, Anaheim)
59.9 Jeff Roach(Laguna Hills)
1:00.6 Daymon Lee(South Gate)
1:01.0 Jim Flanders(South Pasadena)
1:01.4 Victor Myles(Dominguez, Compton)
1:01.7 Ben Green(Kennedy, Granada Hills)
1:04.5 James Wood(Monroe, Sepulveda)

800 Yards

American Record:
1:52.0 Larry Kelly(Maine South, Il) 65
1:50.7m John Marshall(Plainfld, NJ) 81
 California Record:
1:53.0 Jeff West(Crenshaw, LA) 79
1:57.1 Brian Casey(Righetti, San.Maria)
1:57.6 Ruben Esparza(EI Modena, Orange)
1:57.9 Ed Daily(Manual Arts, LA)
1:58.9 Kyle Morton(Westminster)
1:59.7 Kevin Green(Villa Park)
2:00.3 Paul Greer(St.Augustine, SD)
2:01.4 Nick Sparks(Bella Vista, Fair Oaks)
2:01.9 Anthony Hackett(Canoga Park)
2:02.1 John Larson(La Canada)
2:02.2 Eric Schermerhorn(Woodbridge)

1500 Meters

American Record:
3:46.8* Thom Hunt(Henry, S. Diego) 78
4:01.9* Mark Junkermann(Los Alamitos)
4:02.1* Eric Reynolds(Camarillo)
4:08.2* Jim Frey(Yreka)
4:12.2* Joe Manuel(Bonita Vista, Chula Vt)

Mile

American Record:
4:02.7 Thom Hunt(Henry, S.Diego) 76
4:18.1 Mark Junkermann(Los Alamitos)
4:18.2 Eric Reynolds(Camarillo)
4:21.7 John Trevithick(La Canada)
4:22.0 Greg Hauser(Santa Monica)
4:23.3 Ron Harris(Eisenhower, Rialto)
4:23.7 Victor Valen(EI Modena, Orange)
4:25.8 Jim Frey(Yreka)
4:27.0 Paul Mora(Garfield, LA)
4:28.7 Richard Graves(Lakewood)
4:30.7 Joe Manuel(Bonita Vista, Chula Vt)

3000 Meters

American Record:
8:06.4* Gerry Lindgren(Rogers, Spok.WA)64
 California Record:
8:07.8* Jeff Nelson(Burbank) 79
8:44.0* Gus Quinonez(Hunt.Bch)
8:46.2* Tim Watson(Canyon, Saugus)
8:46.3* Jason Flamm(La Sierra, Carmich.)
8:47.0* Ted Goodlake(Fallbrook)
8:50.1* Rick Battenfield(Millikan, L.Bch)
8:50.6* Jim Ortiz(Barstow)
8:58.5* Aaron Ruud(Valhalla, El Cajon)
9:00.6* Eugenio Cruz(Burbank)
9:02.0* Martin Sandoval(Mon.Vis., Spr.Vly)

Two Mile

American Record:
8:40.0 Gerry Lindgren(Rogers, Spok.WA)64
 California Record:
8:42.7 Jeff Nelson(Burbank) 79
8:57.3 Eric Reynolds(Camarillo)
9:07.9 Mark Junkermann(Los Alamitos)
9:18.2 **Roman Gomez(Belmont, LA)
9:18.4 Gus Quinonez(Hunt. Bch)
9:21.3 *Jim Ortiz(Barstow)
9:21.7 Jason Flamm(La Sierra, Carmich.)
9:22.2 Tim Watson(Canyon, Saugus)
9:23.3 Brett Clifford(San Clemente)
9:25.0 *Ted Goodlake(Fallbrook)
9:26.1 Danny Palma(Glendale)
9:26.1 J.P. Hall(La Salle, Pasadena)

80 Yard Hurdles

American Record:
7.10 Rod Wilson(Bartram, Philadel.PA)79
 California Record:
7.22 Henry Andrade(Johnson, Sacra.)80
7.43 Mark Boyd(St. Mary's, Berkeley)
7.57 James Ferreira(North, Torrance)
7.74 Danny Harris(Perris)
7.77 Marlon Young(Hawthorne)
7.81 Derrick Amos(Muir, Pasadena)

640 Yard Relay (4 X 160)

American Record:
1:04.2 Muir, Pasadena 75
1:05.4 Hawthorne
1:06.4 Perris
1:06.4 Millikan, Long Beach
1:07.6 Muir, Pasadena
1:07.6 Pasadena
1:07.7 Claremont
1:07.7 Rolling Hills
1:09.0 Ganesha, Pomona
1:11.8 Oxnard
1:12.5 Hamilton, Los Angeles

8 X 160 Yard Relay

California Record:
2:13.5 Millikan, Long Beach 83
2:13.5 Millikan, Long Beach
2:14.1 Eisenhower, Rialto
2:19.3 Santa Ana
2:19.8 West, Torrance
2:19.8 San Fernando
2:23.6 Newport Harbor, Newport Bch.
2:25.6 Redlands
2:26.1 Lincoln, Los Angeles

Mile Relay (4 X 440)

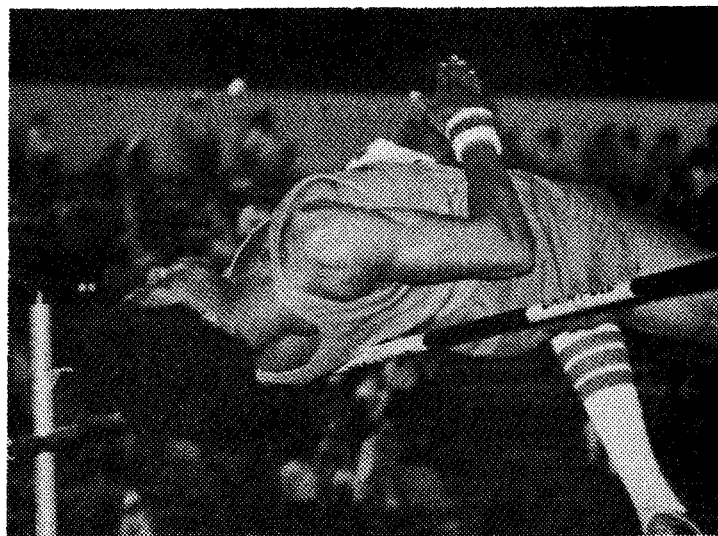
American Record:
3:17.8 Brockton, Ma 79
 California Record:
3:21.10 + Pasadena 80
3:28.0 North, Torrance
3:28.6 Hawthorne
3:31.7 Los Alamitos
3:31.9 Banning, Los Angeles
3:33.0 Orange
3:33.2 Pomona
3:34.4 El Modena, Orange
3:34.5 Kennedy, Granada Hills
3:37.6 Manual Arts, Los Angeles

Two Mile Relay

American Record:
7:47.3 Catholic, Roselle, NJ 69
 California Record:
8:00.8 University, Los Angeles 76
8:14.9 Mater Dei, Santa Ana
8:22.1 St. John Bosco, Bellflower
8:22.2 Hawthorne

High Jump

American Record:
7.5 Gail Olson(Sycamore, Il.) 78



Maurice Crumby

Fine Flicks by Don Gosney

California Record:

7-0 Dennis Smith(Santa Monica) 77
7-0 *Maurice Crumby(Balboa, San Fran)82
6-7 Maurice Crumby(Balboa, SF)
6-5 Dewey Dorrough(Mt. Miguel, Spr Vly)
6-5 Ted Glattke(Beyer, Modesto)
6-5 Larry Roger(EI Toro)
6-5 Jari Syrjanen(Glendale)

Pole Vault

American Record:
17-4 1/2 Joe Dial(Marlow, Ok) 81
 California Record:
16-2 1/4 Doug Fraley(Clovis W, Clovis)83
16-2 1/4 Doug Fraley(Clovis W, Clovis)
14-0 Lance Betson(Newport Beach)

Long Jump

American Record:
26-2A Jerry Proctor(Muir, Pasadena) 67
22-4 1/4 Tony Williams(Indio)
21-9 Ricky Franklin(Santa Ana)
21-3 1/4 Jerry Coulson(Millikan, LB)
20-1 1/2 Kenny Butler(Fremont, LA)

Triple Jump

American Record:
51-9 3/4A Ken McClendon(Denver, Co) 74
 California Record:
50-5 1/4 Freeman Miller(Fremont, LA) 80
47-10 1/2 Jamie Williams(Carson)
47-9 Chris Mooring(Mt. Pleasant, SJ)
47-4 1/4 Sandy Combs(Dos Pueb. Goleta)

Girls

500 Yards

American Record:
1:04.1 *Denean Howard(Kennedy, GH) 81
1:07.3 **Chewuakii Knighton(Locke, LA)
1:07.8 Gayle Keilon(Walnut)
1:08.1 **Leslie Maxie(Mills, Millbrae)
1:08.3 Nedrea Rodgers(Berkeley)
1:08.5 Tanya Ransom(EI Toro)
1:08.5 Trudy Palmer(Westchester, LA)
1:08.7 Suzy Hensel(Valencia, Placentia)
1:09.3 Barbara Rainey(Edison, Hunt.Bch)
1:10.5 Lana Rice(Berkeley)
1:10.8 Annette Rogers(Univer.Irvine)

800 Yards

American Record:
2:02.4 **Mary Decker(Orange) 74
2:12.0 Trescia Palmer(Westchester, LA)
2:14.0 **Michelle Taylor(Ganesha, Pom.)
2:19.7 Carina Quesada(St. Lucy, Glendora)
2:19.9 Dawna Brown(Crenshaw, LA)
2:20.3 Leslie Pratt(Edison, Hunt.Bch)
2:20.4 Nicole Biggers(EI Toro)
2:21.3 Jill Harrington(Rolling Hills)
2:21.5 Michelle Lowe(Manual Arts, LA)
2:24.3 Sharon Yaninek(Present., SJ)
2:25.6 Crystal Young(Apple Valley)

1500 Meters

American Record:
4:18.9 Lynn Jennings(Bromfield, Ma) 78
 California Record:
4:26.2 ***Paula Rose(Cor.delMar, NB)76
4:41.5* Gladees Prieur(LeLycee Fran.LA)
4:43.8* Tania Fischer(Chaminade, Can.Pk)

4:44.4* Laura Cattivera(Manhattan Bch)
4:45.1** Nanette Garcia(Silver Cr. SJ)
4:45.3* Katie Dunsmuir(Palis., Pac.Palis.)
4:45.3* Paula Bresnan(Kennedy, Gran.Hills)
4:49.7* Kristen O'Hara(Palos Verdes Est.)
4:49.9* Valerie McVicar(Canyon, Saugus)

Mile

American Record:
4:38.5 *Debbie Heald(Neff, La Mirada)72
4:52.51 Gladees Prieur(LeLycee Fran,LA)
4:53.5 Cory Schubert(DelMar, San Jose)
5:02.6 **Laura Cattivera(Manhattan Bch)
5:03.3 Tania Fischer(Canoga Park)
5:04.2 *Katie Dunsmuir(Palis., Pac.Palis)
5:04.5 Paula Bresnan(Kennedy, Gran. Hills)
5:04.8 Kathy Ebner(Bishop Amat, La Pue)
5:05.9 **Nanette Garcia(Sil.Cr., San Jose)
5:09.0 Jennifer Liu(Monroe, Sepulveda)
5:09.0 Kristen O'Hara(Palos Verdes Est.)

640 Yard Relay

1:13.5 Hawthorne
1:15.0 Dorsey, Los Angeles
1:16.2 Poly, Long Beach
1:19.4 Fremont, Los Angeles
1:19.5 Westchester, Los Angeles
1:19.6 Gardena

8 X 160 Yard Relay

2:31.27 Hawthorne
2:37.83 Dorsey, Los Angeles
2:43.48 Ganesha, Pomona

Mile Relay

American Record:
3:46.59 + Central, Seat Pleasant, Md. 82
 California Record:
3:52.35 Poly, Long Beach 80
4:01.0 Hawthorne
4:05.0 Berkeley
4:05.6 Manual Arts, Los Angeles
4:07.5 Dorsey, Los Angeles
4:12.5 Edison, Hunt. Beach
4:13.7 Glendale
4:26.9 Beverly Hills
4:30.1 Crescenta Valley, La Crescenta
4:37.7 Pacifica, Garden Grove

Two Mile Relay

American Record:
9:14.3 Perkiomen Valley, Graterford, PA 82
 California Record:
9:37.3 Foothill, Santa Ana 83
9:37.3 Foothill, Santa Ana
9:42.7 Millikan, Long Beach
9:44.0 University, Irvine
9:58.5 Tustin
10:03.9 Hoover, Glendale
10:17.5 Palos Verdes, Palos Verdes Est.
10:26.8 Upland

Abbreviations

A-mark made at Altitude (above 1000m)
 m-800 meters
 *mark made enroute to a longer distance
 **junior
 ***sophomore
 ****freshman
 + mark converted from meters

Results

Track & Field RESULTS

USA/TFA Winter Decathlon

From JOHN TANSLEY

December 4-5. Long Beach State Univ.

Open Division	
1 Brion Mondschchein (OR TC)	7621
2 Mauricio Bardores (Cradd.Eng)	7398
3 Chris Dave (UNA, Pasadena)	6140
Univ. Division	
1 Doug Loisel (Azusa Pac)	7231
2 Doug Porter (Occidental)	6868
3 Darren Hall (USC)	6856
4 Mike Gonzales (USC)	6668
5 John Knox (Long Beach St.)	6379
High School (All Olympic Wts-Hurdles)	
1 Lindy Lucas (Simi Villy HS)	5545
2 Miguel Torrente (Hawthorne HS)	5358
3 Ed Vilas (L.B. Jordan HS)	5144
Community College	
1 Doug Fernandez (LB CC-Velencz)	7470
2 Carl Johansson (Fresno CC)	6506
3 James Harden (Glendale Coll)	6070
Master Division (II)	
1 Allen Sauck (All-Americanc)	5604
2 Richard Watson (Aust. TX YMCA)	55704
40-49	
1 Ed Oleata (S.D. Ath. Assoc)	5537
50-59	
1 Dave Douglass (S.C. Striders)	3248
2 Jack Jocoy (S.D. TC)	2446
60-69	
1 Richard Parkinson (UNA, Indio)	3523

On-Track Decathlon

February 6. Los Angeles.

Top 20	
1 Grant Niederhaus (Macabi TC)	7435
2 Ken Terry (Una)	7416
3 Doug Porter (Occidental)	7123
4 Mark Sanders (Ventura Cllg)	6874
5 Ted Campbell (Azusa Pac.)	6566
6 Pat Nash (UCI)	6511
7 Al Irving (Una)	6243
8 Rick Martinez (Claremt HS)	5987
9 Bill Martinez (Claremt HS)	5882
10 Lindy Lucas (Simi Villy HS)	5865
11 Matt Carney (Cal Luth.)	5858
12 Mark Lubash (Una)	5856
13 David Barlia (NewburyPkHS)	5850
14 Brian Blouberg (Azusa Pac.)	5355
15 Harry Johnson (Blair HS)	5344
16 Larry Stuck (Una)	5247
17 Ed Vilas (L.B. Jordan HS)	5006
18 Allan Smith (Una)	4984
19 John Hollingshead (Occidental)	4691
20 Dennis Robbins (Cal Lutheran)	4674

Metropolitan Conference Relays

February 18. Bakersfield College.

Women's Long Jump: 1. Darlene Penie (Pasadena) 18-1¼, 2. Roxanne Mayes (LA Valley) 16-9½, 3. Sue Patterson (LA Valley) 16-2.

Women's Javelin: 1. Cathie Wilson (Bakersfield) 123-7, 2. Kevany (El Camino) 116-10, 3. Patterson (LA Valley) 110-7.

Women's High Jump: 1. Yvette Maufras (LA Valley) 5-4, 2. Sue Patterson (LA Valley) 5-4, 3. Simone Vanegmond (LA Valley) 5-4.

Women's Shot Put: 1. Lorna Gregory (Long Beach) 37-6¾, 2. Chris Johnson (Bakersfield) 36-11½, 3. Lashanda Williams (Bakersfield) 33-8.

Men's Long Jump: 1. Daniel Torres (Long Beach) 22-10½, 2. Terrell Jones (Santa Monica) 22-8, 3. Oscar Harris (Long Beach) 22-7½.

Men's Pole Vault: 1. Doug Wicks (Bakersfield) 16-2, 2. Paul Roache (Santa Monica) 14-0, 3. Coleman (LA Valley) 14-0.

Men's Javelin: 1. Mike Parker (Bakersfield) 198-7, 2. Myron Brooks (Bakersfield) 168-1, 3. Kevin Knight (Bakersfield) 163-4.

Men's High Jump: 1. Oscar Orta (Long Beach) 6-6, 2. Francel Jones (Pasadena) 6-4, 3. Dave Wicker (Long Beach) 6-4.

Men's Shot Put: 1. Eric Martin (Bakersfield) 52-8½, 2. Gerald Campbell (El Camino) 48-9¼, 3. Earl Gorman (El Camino) 46-4.

Women's Discus: 1. Lashanda Williams (Bakersfield) 115-10½, 2. Chris Johnson (Bakersfield) 111-8½, 3. Lorna Gregory (Long Beach) 106-7½.

Men's Triple Jump: 1. Harris (Long Beach) 49-2, 2. Ken Howard (El Camino) 45-3½, 3. John McDaniels (Bakersfield) 43-9½.

Men's Discus: 1. Douglas Fernandez (Long Beach) 151-1, 2. Francel Jones (Pasadena) 130-5, 3. Earl Gorman (El Camino) 130-5½.

Men's 3000 M SC.: 1. Osmond Escobar (Long Beach) 9:44.6, 2. Darren Masonheimer (Bakersfield) 10:20.3, 3. David Sanders (Santa Monica) 11:12.8.

Women's 400 Relay: 1. Pasadena 48.06, 2. Santa Monica 49.3, 3. El Camino 49.4.

Men's 400 Relay: 1. Long Beach 40.5, 2. LA City 41.4, 3. Pasadena 41.7.

Women's 2 Mile Relay: 1. LA Valley 9:41.8, 2. El Camino 9:59.8, 3. Pasadena 10:29.0.

Women's 100 Hurdles: 1. Ange Regis (Santa Monica) 15.2, 2. Mafusa (LA Valley) 16.8, 3. Hale (LA City) 17.3. (Heat 2): 1. Henson (LA City) 16.1, 2. Simmons (Bakersfield) 16.2, 3. Carter (LA City) 17.2.

Men's 110 Ht: (Heat 1): 1. Knight (Bakersfield) 14.8, 2. Herrera (Pasadena) 15.1, 3. Dawson (LA Valley) 15.5. (Heat 2): 1. Roy Jones (Pasadena) 15.6, 2. Al Raymond (Santa Monica) 15.9, 3. Collins (El Camino) 16.2.

Men's 2 Mile Relay: 1. Bakersfield 7:46.6, 2. Long Beach 7:55.8, 3. LA Valley 7:58.4.

Women's Sprint Medley: 1. El Camino 1:49.25, 2. Pasadena 1:50.60, 3. LA Valley 1:53.50.

800 Relay: 1. Long Beach 1:26.3, 2. Pasadena 1:26.7, 3. El Camino 1:27.0.

Men's 2 Mile Run: 1. Gonalo Huggins (Long Beach) 9:12.3, 2. Dodson (El Camino) 9:18.6, 3. Tabares (Santa Monica) 9:26.7.

Women's 400 Hurdles: 1. Patterson (LA Valley) 1:06.4, 2. Linda Bell (Santa Monica) 1:08.3, 3. Strong (El Camino) 1:09.5.

400 Hurdles (Heat 1): 1. Riley (Long Beach) 53.2, 2. Jahan Culbreath (Bakersfield) 54.7, 3. Knight (Bakersfield) 54.9. (Heat 2): 1. Davis (Long Beach) 53.4, 2. Zea (Long Beach) 53.5, 3. Jones (Pasadena) 53.9. (Heat 3): 1. Dawson (LA Valley) 57.3, 2. Bray (Santa Monica) 57.6, 3. Collins (El Camino) 59.8.

Women's 3000M: 1. Lynn Hill (Santa Monica) 10:21.6, 2. Elliott (Pasadena) 10:27.4, 3. Turner (Long Beach) 10:41.3.

Men's Distance Medley: 1. El Camino 10:21.1, 2. Long Beach 10:22.6, 3. Pasadena 10:54.9.

Women's Mile Relay: 1. El Camino 4:02.6, 2. Santa Monica 4:06.3, 3. LA Valley 4:07.6.

Men's Mile Relay: 1. Long Beach 3:17.4, 2. Bakersfield 3:19.5, 3. El Camino 3:20.3.

Women's Meet

February 19. CS Bakersfield, CS Los Angeles, CS Northridge and Cal Poly-Pomona. Non-scoring meet.

100 Meter (Heat 1): 1. Stephanie Brown (CSLA) 11.6, 2. Angelette Gill (CS Bakersfield) 12.3, 3. Cheryl Thompson (CS Northridge) 12.5. (Heat 2): 1. Constance Ward (CS Bakersfield) 12.35, 2. Kim Goodman (CS Northridge) 12.4, 3. Sharon Dabney (CSLA) 12.5.

200 Meter (Heat 1): 1. Sharon Dabney (CSLA) 24.4, 2. Fait Burlison (CS Bakersfield) 25.0, 3. Cheryl Thompson (CS Northridge) 25.95.

400 Meter: 1. Sharon Dabney (CSLA) 54.94, 2. Brenda Hallie (CSLA) 59.15, 3. Deborah Wilson (CS Bakersfield) 62.29.

800 Meter: 1. Denean Howard (CSLA) 2:11.92, 2. Marlene Harmon (CS Northridge) 2:12.63, 3. Mattina Howard (CSLA) 2:13.67.

1500 Meter: 1. Magdalena Manriquez (CS Northridge) 4:40.11, 2. Carol Keller (CS Northridge) 4:45.78, 3. Anne Aren (CSLA) 4:48.1.

3000 Meter: 1. Jeanette Allred (CS Northridge) 10:10.09, 2. Joanne Howard (CP-Pomona) 10:28.67, 3. Tracy Shoffield (CS Northridge) 10:34.91.

5000 Meter: 1. Beth Weber (CS Northridge) 18:07.25, 2. Tara Slatton (CS Northridge) 18:27.47, 3. Martha Garcia (CS Bakersfield) 20:41.11.

400 Meter Relay: 1. Jennifer Innis, Denean Howard, Mattina Howard and Stephanie Brown (CSLA) 46.26, 2. Cynthia Miller, Angelette Gill, Constance Ward and Fait Burlison (CS Bakersfield) 47.1, 3. Cheryl Thompson, Elsa Antunez, Toi Lark and Kim Goodman (CS Northridge) 47.90.

1600 Meter Relay: 1. Wanda Ashford, Denean Howard and Mattina Howard and Brenda Hallie (CSLA) 3:49.5, 2. Cheryl Thompson, Elaine McKenna, Elsa Antunez and Toi Lark (CS Northridge) 3:56.08, 3. Ethel Weaver, Deborah Wilson, Kathy Douglas and Fait Burlison (CS Bakersfield) 3:57.69.

Long Jump: 1. Stephanie Brown (CSLA) 18-1¼, 2. Angela Pfeifer (CS Bakersfield) 17-8, 3. Melvina Lay (CSLA) 18-¾.

High Jump: 1. Angela Pfeifer (CS Bakersfield) 5-6, 2. Wanda Ashford (CSLA) 5-6, (Tie for 3rd) 3. Ethel Weaver (CS Bakersfield) 5-4, 3. Dena Beatty (CP-Pomona) 5-4.

Javelin: 1. Patricia Schramm (CSLA) 40.50m, 2. Monica Wren (CP-Pomona) 40.25m, 3. June Wintermute (CP-Pomona) 39.50m.

Shot-Put: 1. Sharon Hamilton (CS Bakersfield) 14.25m, 2. Deborah Corley (CS Bakersfield) 12.10m, 3. Monica Wren (CP-Pomona) 12.20m.

UCI-USC-Stanford Women

February 19. UC Irvine, USC, Stanford.

Javelin: 1. Carol Cady (Stanford) 159-10, 2. Charm Bishop (USC) 126-2, 3. Sharon Hatfield (USC) 121-1.

Shot Put: 1. Carol Cady (Stanford) 51-3, 2. Pamela Dukes (Stanford) 45-9, 3. Cindy Johnson (USC) 42-11.

Long Jump: 1. Michelle Kelley (UCI) 19-11½, 2. Pam Donald (Stanford) 19¼, 3. Sabrina Williams (USC) 18-9.

4x100 Meter Relay: 1. USC (Williams, Larsen, Curtis, Hatfield) 48.6, 2. Stanford, 3. UCI Disqualified.

1500 Meter Run: 1. Alison Wiley (Stanford) 4:18.9, 2. Regina Jacobs (Stanford) 4:23.2, 3. Lisa Gonzales (UCI) 4:42.1.

100 Meter Hurdles: 1. Kerry Bell (USC) 14.5, 2. Sharon Hatfield (USC) 14.8, 3. Beth Griffin (UCI) 15.0.

400 Meter: 1. Mary Martin (Stanford) 55.5, 2. Donna Curtis (USC) 57.0, 3. Sarah Carpenter (Stanford) 60.5.

800 Meter: 1. Regina Jacobs (Stanford) 2:09.4, 2. Patti Sue Plumer (Stanford) 2:13.2, 3. Jessica Spies (Stanford) 2:13.6.

100 Meter: 1. Sabrina Williams (USC) 12.3, 2. Pam Donald (Stanford) 12.3, 3. Linda Kelley, (UCI) 13.0.

High Jump: 1. Kerry Bell (USC) 5-6, 2. Karen Lysaught (Stanford) 5-6, 3. Denise Gatzambide (Stanford) 5-6.

400 Meter Hurdles: 1. Margaret Demorest (Stanford) 63.0, 2. Beth Griffen (UCI) 64.0, 3. Susan Burrus (Stanford) 66.5.

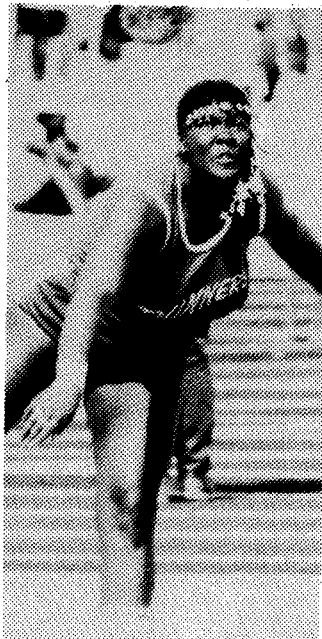
200 Meter: 1. Michelle Kelley (UCI) 24.6, 2. Maria Martin (Stanford) 24.8, 3. Sabrina Williams (USC) 25.0.

Discus: 1. Carol Cady (Stanford) 189-1, 2. Cindy Johnson (USC) 167-5, 3. Karen Nickerson (Stanford) 158.

3000 Meter: 1. Alison Wiley (Stanford) 9:16.2, 2. Ellen Lyons (Stanford) 9:40.9, 3. Anne Locke (Stanford) 10:03.5.

4x400 Meter Relay: 1. Stanford 3:53.5, 2. USC (Curtis, Durand, Neblett, Bell) 4:02.6, 3. UCI 4:07.5.

Final Team Scores: 1. Stanford 83, USC 75, 3. UCI 47, 4. USC 43.



Sharon Hamilton

100 Meter Hurdles: 1. Marlene Harmon (CS Northridge) 13.7, 2. Sandra Farmer (CSLA) 14.3, 3. Cynthia Miller (CS Bakersfield) 15.20.

400 Meter Hurdles: 1. Janet Nichols (CP-Pomona) 1:05.53, 2. Yvette Irons (CSLA) 1:07.23, 3. Jackie Williams (CS Northridge) 1:15.69.

Results

Orange Masters

February 19, Orange.

Men

High Jump — 25-29: 1. Eric Scott 6-2 1/4, 2. Mike Farrel 5-8, 3. Tim Diamond 5-8.
30-39: 1. Charlie Raider 6-8 1/2, 2. Walt Brown 5-4. **40-49:** 1. John Dobroth 6-4 1/2, 2. Nick Newton 5-6, 3. D. DeWitt 5-4. **50-59:** 1. Dave Douglas 4-6, 2. Burton Otzinger 4-4, 3. Hal Wallace 4-0. **60-69:** 1. Burl Gist 4-10, 2. Dave Brown 4-2, 3. Bill Burke 4-2. **70-79:** 1. Bert Borrow 4-2, 2. A.E. Vesco 3-6.

Shot Put — 25-29: 1. Ed Risko 37, 2. Michael Farrel 34-2, 3. Tom Maloney 33-8. **30-39:** 1. Frank Rilley 52-2, 2. Joe Klein 39-3, 3. L.R. McQuerry 35-1. **40-49:** 1. Ray Martin 40-8 1/2, 2. Ed Dahms 39-8, 3. Mike Farris 39-6. **50-59:** 1. Hal Wallace 38-7, 2. Dave Douglas 36-8 1/2, 3. Rich Kennedy 36-2 1/4. **60-69:** 1. Dan Aldrich 47-2, 2. Bill Burke 38-10 1/2, 3. Sy Lampert 36-3 1/2. **70-79:** 1. A. Red Doms 37 1/2, 2. Bob MacConaghy 31-10, 3. A.E. Vesco 27-9 1/2.

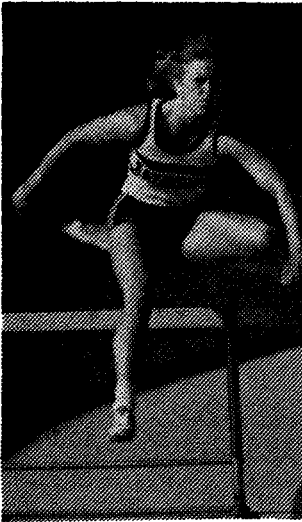


photo by Dave Stock

Marleen Harmon

Discus — 25-29: 1. Joe Venegas 106-8, 2. Jim Ball 91-9 1/2. **30-39:** 1. Frank Reilly 183-2, 2. Joe Klein 122-4 1/2, 3. Gary Kolmenson 114-6. **40-49:** 1. Bob Humphreys 161-9, 2. Carl Klein 106-5 1/2, 3. Ed Dohms 100-9. **50-59:** 1. Rich Kenerly 113-11 1/2, 2. Clark Devilbiss 88-5, 3. Dave Douglas 87-8 1/2. **60-69:** 1. Dan Aldrich 159-8 1/2, 2. Joe Sanz 112- 1/2, 3. Bob Hunt 111-8. **70-79:** 1. A. Red Doms 101, 2. Bob MacConaghy 76-7 1/2.

Pole Vault — 25-29: 1. Kevin Draft 12-6, 2. Dave Hamel 12-6, 3. Tom Maloney 11-6. **30-39:** 1. Jim Ball 10. **40-49:** 1. Mardon Connelly 13, 2. Tom Woodrings 12, 3. Gary Bane 12. **50-59:** 1. Vic Cook 13, 2. Hal Wallace 10-6, 3. Dave Douglas 10. **60-69:** 1. Jim Vernon 10, 2. Dave Brown 9, 3. Elmer Siegel 8. **70-79:** 1. Bob MacConaghy 7-6.

Long Jump — 25-29: 1. Eric Scott 19-11 1/4, 2. Tim Diamond 19-10, 3. Dave Hamel 19. **30-39:** 1. Morris Rufus 21-10 1/8, 2. Carl Flowers 21-3, 3. Walt Brown 18-7. **40-49:** 1. Gary Miller 19-1, 2. Robert Jones 18-4, 3. Gary Bane 18-1. **50-59:** 1. Tony Nasralla 16-6 1/2, 2. Don McClelland 15-4, 3. Burton Otzinger 15-3. **60-69:** 1. Tom Patsalis 18-8, 2. Bill Burke 15-5, 3. C.A. Mercurio 14-11 1/2. **70-79:** 1. H. Miller 13-10, 2. A.E. Vesco 9-6.

Javelin — 25-29: 1. Dave Hamel 197-11, 2. Joe Venegas 148-4 1/4, 3. Edward Risko 120-2. **30-39:** 1. Gary Kolmenson 120-11 1/2, 2. Ron Rook 116-1, 3. Rich Rook 101-5. **40-49:** 1. Gary Miller 154-5 1/2, 2. Gary Bane 128-10, 3. Ed Martin 121-10. **50-59:** 1. R.E. Hudson 161-10, 2. Hal Wallace 120-11, 3. Dave Douglas 111-2 1/2. **60-69:** 1. Dan Aldrich 153-9, 2. Bill Burke 109-6, 3. Joe Sanz 83-4. **70-79:** 1. Bob MacConaghy

94-3, 2. A. Red Doms 86-5, 3. A.E. Vesco 66-9 1/2.

Women

High Jump — 40-49: 1. Christel Miller 4-2. **50-59:** 1. Shirley Kinsey 3-4. **Shot Put — 30-39:** 1. Lathnya Glass 27-8. **40-49:** 1. Catie Burke 20-10 1/4. **50-59:** 1. Shirley Kinsey 32-6(?), 2. Magdaline Kuehne 25-11. **70-79:** 1. Edith Mendykia 29-8.

Discus — 40-49: 1. Christel Miller 80-2. **70-79:** 1. Edith Mendykia 55-7.

Long Jump — 40-49: 1. Myrna Sorensen 13-9 1/2. **50-59:** 1. Maggie Kuehne 10- 1/2. **70-79:** 1. Edith Mendykia 7-4 1/2.

Javelin — 40-49: 1. Christel Miller 92-5, 2. Catie Burke 46- 1/2. **50-59:** 1. Shirley Kinsey 120-11, 2. Maggie Kuehne 49-7, 3. Kathy Jacoby 47-2 1/2. **70-79:** 1. Edith Mendykia 63.

Track Events

Men

400 Meter Relay — 30-39: 1. Corona del Mar (Wong, Messersmith, Sallinger, Roberson) 46.84.

1500 Meters — 25-29: 1. Nick Oliveres 4:31.5. **30-39:** 1. Bill Summer 4:15.5, 2. Wayne Douglas 4:16.3, 3. Henry Lange 4:22.5. **40-49:** 1. James McDiarmid 4:33.6, 2. John Cheever 4:33.9, 3. John Smith 4:41.8. **50-59:** 1. Bob Johnson 5:45.7. **60-69:** 1. Don L. Mower 8:47.8.

60 Meter Hurdles — 25-29: 1. Fouts Williams 10.1. **30-39:** 1. Eddie Loughridge 8.22, 2. Ralph Tilley 8.36. **40-49:** 1. Walt Butler 7.5, 2. Larry Sallinger 8.28, 3. Al Henry 8.59. **50-59:** 1. Tony Nasralla 9.8, 2. Loren Noyes 12.55. **60-69:** 1. Tom Patsalis 9.0, 2. Bob Hunt 9.47, 3. Burl Gist 9.50. **70-79:** 1. Bert Morrow 11.7.

400 Meters — 25-29: 1. Fouts Williams 54, 2. Oscar Aguirre 54.5. **30-39:** 1. Ron Beadle 52.53, 2. Rick Williams 59.2, 3. Bill Kysor 60.4. **40-49:** 1. Joe Horn 55.95, 2. Robert Jones 57.0, 3. Tom Scheil 58.1. **50-59:** 1. Tony Nasralla 58.66, 2. Beadle 60-47, 3. Dave Douglas 63.5. **60-69:** 1. Bob Hunt 64.8.

100 Meters — 25-29: 1. Al Shorts 10-58, 2. Christopher Arnold 11.29, 3. Cary Hagan 11.5. **30-39:** 1. Ralph Tilley 10-62, 2. Jackson 10-65, 3. Gerald Robinson 11.5. **40-49:** 1. Walt Butler 11.12, 2. Kenny Dennis 11.19, 3. Baroud 11.9. **50-59:** 1. Tony Nasralla 12.8, 2. Charles Powers 13.31, 3. Jock Jocoy 13.5. **60-69:** 1. Tom Patsalis 12.89, 2. Bob Hunt 13.47, 3. Clarence Killion 14.0. **70-79:** 1. Al Morrow 14.7.

800 Meters — 25-29: 1. Shorts 1:55.42, 2. Oscar Aguirre 2:01.5, 3. Michael Hamilton 2:14.3. **30-39:** 1. Ken Stuart 1:55.86, 2. Mike Eck 2:00.1, 3. Woody Studemund 2:05.7. **40-49:** 1. Gary Miller 2:08.58, 2. Jesse Carrington 2:11.04, 3. John Smith 2:13.0. **50-59:** 1. Lloyd McGuire 2:26, 2. Bob Johnson 2:49. **60-69:** 1. Dave Lewis 2:37.06.

200 Meters — 25-29: 1. Christopher Arnold 24.5, 2. Fouts Williams 24.62, 3. Hamilton 25.2. **30-39:** 1. Eddie Loughridge 22.8, 2. Gerald Robinson 23.48, 3. Willie Roberson 24.5. **40-49:** 1. Walt Butler 22.89, 2. Ken Dennis 23.28, 3. Robin Winston 24.0. **50-59:** 1. Tony Nasralla 26.51, 2. Jock Jocoy 27.36, 3. Frank Kishni 27.8. **60-69:** 1. Tom Patsalis 27.9, 2. C.A. Mercurio 28.44, 3. Clarence Killion 28.9. **70-79:** 1. Bert Morrow 32.02.

Women

1500 Meters — 30-39: 1. Coty Miller 6:17.3. **40-49:** 1. Myrna Sorensen 7:49.8.

60 Meter Hurdles — 40-49: 1. Christel Miller (6 hurdles) 11.75.

400 Meters — 30-39: 1. Chestine Barnes 1:04.67, 2. Coty Miller 1:28.5. **40-49:** 1. Jeanne Carter 1:08.25, 2. Myrna Sorensen 1:26.

100 Meters — 30-39: 1. Chestine Barnes 13.81, 2. Carmen Nunez 14.9. **40-49:** 1. Jeanne Carter 14.15, 2. Myrna Sorensen 16.2. **50-59:** 1. Magdalena Kuehne 18.19. **60-69:** 1. Diana Smith 20.1, 2. Marg Hunt 21.1. **70-79:** 1. Edith Mendykia 19.5.

800 Meters — 30-39: 1. Chestine Barnes 2:34.6.

200 Meters — 30-39: 1. Latanya Glass 35.0, 2. Carmen Nunez 42.8. **40-49:** 1. Jeanne Carter 29.83. **50-59:** 1. Shirley Kinsey 33.34. **60-69:** 1. Diana Smith 44.79, 2. Marge Hunt 49.53.

Road Racing RESULTS

AMI French Hospital Love Your Heart Run

5 and 10K run.

Overall 5K	
1	Stephen Onaga (24) SLDC 16:00
2	Todd Robinson (26) SLDC-LVDC 16:27
3	Terry Barnes (31) SLDC 16:35
4	Eric Nelson (29) SLO 16:47
5	Dave Howell (41) SLDC 17:53
6	Mike Endert (13) SLDC 18:33
7	Mark Endert (11) St. Patr 18:34
8	Tim Long (34) SLO 18:34
9	Philip Shore (26) SLO 19:31
10	Danny Marriott (28) Taft 19:32
12	Edd McSorley (52) 1/50 SLDC 20:33
14	Sandle Cano (30) 1/F SLDC 21:46
16	Gayle Bowers (27) 2/F 22:23
18	Connie Shoff (34) 3/F SLDC 23:21
19	Sandy Osborn (34) 4/F LO 23:41
20	Mary Beth Phillips (31) 5/F LO 24:10
21	Jan Spierling (55) 6/F SLDC 24:29
22	Mauri Gavine (12) 7/F Paulding 25:03
23	Jane Frein (29) 8/F SLO 25:11

Overall 10K

1	Steve Dornish (38) SLO 34:42
2	Sam Grijalva (15) Atas. 35:55
3	Andrew Estrada (25) SLO 36:40
4	Craig Lowrie (27) SLO 37:08
5	Jeff Herten (38) SLDC 37:38
6	Tony Grijalva (15) Atas. 37:56
7	Steven Padugaman (31) DA Kine 38:19
8	Todd Everett (14) SLDC 38:22
9	Robert Wurster (29) SLO 38:31
10	Tom Mason (34) Baywood 39:21
11	Larry Jamison (40) SLO 39:30
12	Mike Rehorm (42) Mad Dog Rc 41:05
13	Dave Nord (44) SLDC 43:53
14	Russ Brown (48) SLO 44:15
15	Joe Kourakis (50) SLDC 45:00
16	A. Melnalknis (52) PasoRob. 46:28
17	Chuck Rodenberger (54) SLDC 46:42
18	Leslie Berghuis (25) 1/F SLO 48:10
19	Beth Stillman (26) 2/F SLO 48:57
20	Francis Sapman (28) 3/F SLO 50:32
21	Rita Rumrill (26) 4/F SLO 51:25
22	Claudia Ramug (35) 5/F SLDC 53:14

Milpitas Fun Run

3.89 Miles.

Top 10 Men

1	Rodolfo Vega	21:30
2	Eriek Studenicka (1/16-20)	21:54
3	Ron Tanaka	22:03
4	Phillip Sienna	22:04
5	Mike Licalsi (1/15-U)	22:03
6	Joe Rancadore	22:32
7	Eric Gammill	22:40
8	John Caserino	22:42
9	Mandy Mohoen	24:13
10	Bob Bedal	24:44
	Jack Licalsi (Master)	29:12

Top 5 Women

1	Annett Grubs	32:46
2	Dottie Novak	32:48
3	Karen Mitchell	40:45
4	Julie Onton	40:54
5	Judy Fulks	41:00
	Ann Louis Onton (Master)	37:47

Plum Canyon Run

6-7 miles.

Overall

1	Rich Burns 1st overall	41:12
2	Steve Durand 1/20-29	44:08
3	Dale Kroeger 1/18-U	44:46
4	Patrick Quinlan	45:11
5	Robert Curlew	47:10
6	Dick Durand 150-59	47:27
7	Chuck Pontius	48:18
8	Robin DeSota	48:18
9	Salvador Torres 1/30-39	48:26
10	Bob Gerlach	49:37
11	Chip Strange 1/40-49	50:44
12	Marcello Guiscardo	51:15
13	Lisa Rizzo 1F/overall	54:22
26	Gaggio Quinlan 2F overall	61:56
29	Glenda Kimmerly 1F/30-39	66:40

SRRC Fall 50

Howard Labrie proved something known by many runners for a long time, he is an ultramarathoner of national class. His unchallenged 5:27:38, 50 miler moved him to 21st place on the all-time top American (1981) list. While it wasn't as easy as his 5:47 run in his only other 50 ('80), the controlled manner of the run was impressive. His lap times on the approximately 1 1/4 (66 ft. short) loop were consistently under 8 minutes. His marathon split was 2:49:31, and per-mile pace stayed under 6:30 until 38 miles and hovered close to that mark through 42 miles. He dipped over 7:00 on the 37th and 39th laps but ran the last (40th) lap plus 2650 feet at a 6:28 pace.

Those who think spectating at a 50 miler is boring should have seen Bill "Dog-Bite Broken Arm" Daniel and "respected" Gerald Hoopes! Bill saw a mile and a quarter lead at 40 miles with two yards at 49 1/2 miles which is where the race began. The three second margin would have been closer if Bill hadn't hit the wall with two feet to go. Daniel who ran with a cast on his wrist has a better PR but Hoopes' 8:36 was a big 14 minute improvement over his 6:50 enroute to a 100K last year. Was the all-out effort at the end of 50 miles because of the taunts of unidentified spectators, the combative nature of the runners or fear of being the last runner to finish? We'll never know.

1	Howard Labrie	5:27:38
2	Gerald Hoopes	6:36:33
3	Bill Daniel	6:36:36
4	Sandra Stepp (DNF)	32 laps
5	Rich Stewart (DNF)	32 laps
6	Berit Meyer (DNF)	28 laps
7	Mike Addis (DNF)	25 laps
8	Forrest Williams (DNF)	20 laps

Rohr Jaycee 10K

December 4, Chula Vista.

Men's Divisions

19-U: 1. Andy Morabe (19) 31:35, 2. Randy Montesanto (19) 33:23, 3. Alexander Moran (19) 34:07, 4. Tim Stafford (17) 36:23. **20-29:** 1. D.J. Smalley (26) 32:29, 2. David Wold (24) 34:20, 3. Larry Curtis (29) 37:22, 4. Mario Escobedo (42) 39:10. **30-39:** 1. Chris Cortez (33) 32:56, 2. John Arce (38) 36:44, 3. Ross Webster (36) 37:02, 4. John Hagin (39) 38:17. **40-49:** 1. Steve Kimes (45) 37:15, 2. Fred Lehr (49) 37:21, 3. Mel Rich (44) 38:58, 4. Lefty Miller (49) 40:36. **50-59:** 1. Dick Robinson (50) 38:57, 2. Tom Zweirs (50) 39:55, 3. Larry Loomer (53) 41:08, 4. Mike Murray (54) 42:08. **60-Over:** 1. Hal Elrick (64) 44:26, 2. Gilbert Opdyck (64) 53:13, 3. John Chang (63) 57:05.

Women's Divisions

19-U: 1. Midina Quintanar (17) 45:04, 2. Bruni Rains (9) 50:14, 3. Audra Shearer (16) 55:47. **20-29:** 1. Rosie Fermil (28) 48:04, 2. Armilla Aldete (22) 51:43, 3. Karen Stokes (21) 52:08, 4. Carol Scott (28) 52:09. **30-39:** 1. Linda Bax (38) 46:56, 2. Monica Gilliam (32) 47:09, 3. Rosemarie Ballard (38) 52:29, 4. Jane Farlow (39) 54:45. **40-49:** 1. Judy Splitterger (42) 41:16, 2. Ursula Rains (41) 42:04, 3. Elaine Mills (44) 50:52, 4. Nancy Peterson (41) 55:12. **50-Over:** 1. Olga Finney (52) 63:15, 2. Mary Aubuchon (52) 65:28.



McFarland Christmas Parade 2 Mile 2 Mile Run

December 11. McFarland.

Overall

1 Bryan Patterson (27)	9:33
2 Martin Ramos (17)	9:57
3 Francisco Rizo (16)	10:31
4 Tito Abaquez (16)	10:31
5 Neil Wilcox (44)	10:50
6 Seth Nidever (10)	10:51
7 Ernie Colon (13)	10:58
8 Arnold Buchanan (44)	10:58
9 Randall Smith (30)	11:05
10 Thomas Valles (14)	11:05
11 Carlos Gutierrez (54)	11:18
12 Eric Moshier (15)	11:27
13 Richard Suniga (25)	11:29
14 Bill Plain (23)	11:33
15 Jose Gonzalez (23)	11:36

Men's Divisions

12-Under: 1. S. Niveder. **13-18:** 1. Martin Ramos. **19-29:** 1. B. Patterson. **30-39:** 1. R. Smith. **40-49:** 1. Neil Wilcox. **50-Over:** 1. C. Gutierrez.

Women's Divisions

19-Under: 1. C. Martinez. **20-29:** 1. M. This-tle. **40-Over:** 1. Carol Wilcox.

14 Ronald Bahara (22)	32:34
15 Anton Gonzales-A (27)	32:49
35-39	
1 Dick Weeks (39)	32:40
2 Chuck Foote (35)	33:23
3 Stanley Dutton (38)	33:51
4 Donald Bowman (35)	34:45
5 August Sirmien Jr. (35)	35:51
6 Robert Davison (38)	36:28
7 John Mossbacher (37)	36:31

40-49

1 James Murphy (43)	34:27
2 Neil Doherty-A (41)	35:00
3 George Cohen-A (42)	35:08
4 James McDiarmid-A (43)	35:18
5 Joe Gassmann (42)	35:30

Women's Divisions

10-Under

1 Lurema Ramirez (9)	44:36
11-12	
1 Roberta Moronez-A (12)	40:53

13-14

1 Sheri Lawson-A (13)	37:51
-----------------------	-------

15-16

1 Carol Irving (16)	40:23
---------------------	-------

17-18

1 Caroline Haro (17)	42:53
----------------------	-------

19-34

1 Janice Standlea (27)	36:54
2 Renee Pash (21)	38:35
3 Ann Gladue-A (20)	39:18
4 Sue Rudolph-A (30)	40:41
5 Teresa Horn-A (30)	40:42
6 Judith Beilke (34)	42:51
7 Becky Miller (33)	43:36
8 Heide Tittel (19)	44:23
9 Tilly Hwang-A (20)	44:48
10 Judy Legrande (30)	45:35

35-39

1 Wendy Watson-A (38)	41:53
2 Marie Stevenson (37)	43:33
3 Mary Campbell (36)	43:40

40-49

1 Susan Stevens-A (40)	43:35
2 Joyce Momita (45)	44:10
3 Mary Elwell-A (42)	45:26

50-59

1 Nelly Willimas (51)	49:00
2 Dolores Wagner (50)	54:02
3 Loudeam Reeves (54)	56:00

Crawford (62) 48:24, 4. Manuel Cano (61) 51:06, 5. Dick Breen (62) 51:44.

Women's Divisions

17-U: 1. Maureen Winner 40:22, 2. Jackie Frost 41:20, 3. Jeryl Frost 44:12, 4. Jacquie Huog 45:10, 5. Beth Warren 45:49.
18-29: 1. Mara Lazdans (18) 38:17, 2. Jo Dierdorff (25) 40:28, 3. Oonagh Broni (26) 41:07, 4. Mary Kobylinski (25) 42:56, 5. Kathy Phillips (25) 43:25. **30-39:** 1. Patti Hurl 37:43, 2. Rene Townsend 41:49, 3. Maryann Zounes 41:15, 4. Mary Gundersen 43:06, 5. Judy Sanders 43:33. **40-49:** 1. Shirley Matson 38:39, 2. Judy Spiltgerber 42:23, 3. Una Marie Pierce 43:33, 4. Caroline Murray 46:33, 5. Ginni Nordstrom 47:02. **50-59:** 1. Dorothy Stock 40:50, 2. Alice Leicht 48:33, 3. Elizabeth Hunt 54:37, 4. Marjorie Eddy 59:56, 5. Ruby Kuederis 60:46. **60-Over:** 1. Gerry Davidson (61) 50:37, 2. Judy Simon (67) 55:52, 3. Felicitas Salazar (73) 69:38.

Rudolph 5 & 10K

From SUE SIMMS

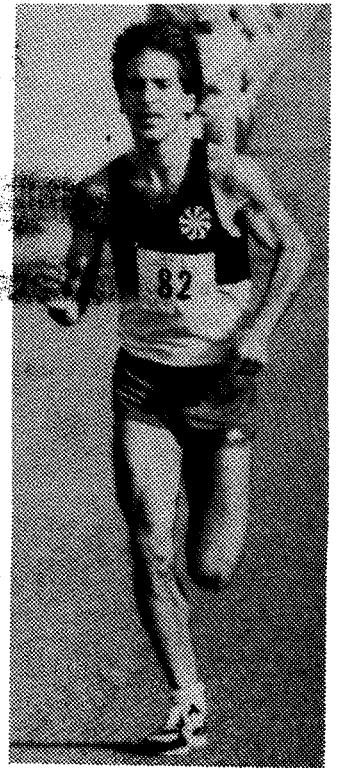
December 18. Lancaster.

5K Overall

1 Brent Allen	15:35
2 Rick Crowder	16:02
3 Keith Melvill	16:18
4 Robert Corlew	16:36
5 Charles Musgrave	16:46
6 Scot Duwall	16:54
7 Gary Miller	17:02
8 Sammy Culver (1/30-39)	17:07
9 Andy Avalos	17:07
10 Phil Horn	17:12
18 James Cleveland (1/40-49)	18:40
26 Craig Cieslik (1/9-13)	20:02
35 John Thompson (1/50+)	21:34
41 Lori Hier (1/19-29F)	22:15
46 Leandro Montoya (2/50+)	23:03
48 Lynda Lang (1/30-39F)	24:02
49 Clint Cieslik (1/8-U)	23:56
51 Kristie Cogswell (2/30-39F)	24:02
52 Debra Brand (1/14-18F)	24:04
53 Annie McKell (2/19-29F)	24:05
55 Karen Morris (1/40-49F)	24:11
70 Lee Robinson (1/9-13)	26:01
74 Christianna Hove (2/40-49F)	26:19

Overall 10K

1 Steve Durand	33:00
2 Andy Bermea	33:53
3 Mark LaPlant	34:07
4 Jim Powell	34:16
5 S. Whitmore	34:37
6 V. Fonsera	34:57
7 Fidel Martinez	35:25
8 Pedro Ponce (1/30-39)	35:30
9 E. Flores	36:34
10 H. Sundberg	36:36
11 Fred Perez (1/40-49)	36:49
12 Charlie Horn	37:14
13 Gary Dehlinger	37:21
14 Jess Perez (1/14-U)	37:30
15 Gary Stansauk	37:34
39 Sue Simms (1/30-39F)	41:16
49 Jeanette Wells (1/40-49F)	43:10
55 Sylvia Aceves (2/30-39F)	44:26
66 Patricia Johnson (1/19-29F)	47:34
67 Darlene Savage (2/19-29F)	47:40
71 Vito Canzoneri (2/50+)	47:56
74 Arlene Taylor (2/40-49F)	48:47
87 Judi Brand (3/40-49F)	56:30
88 Helen Husted (3/19-29F)	56:51
93 Cheryl Cieslik (1/14-U)	58:12
95 Shirley Horning (1/15-18F)	59:58



Bill Donakowski

30-39

1 Abby Waltz (30)	39:07
2 Judi Richardson (38)	39:46
3 Joni Pendleton (36)	40:15

18-29

1 Debbie Chaddock (21)	35:40
2 Ruthie Truscott (18)	36:42
3 Tracy Schofield (20)	37:35
4 Beth Taft (19)	37:37
5 Debbie Lewis (27)	38:10

17-Under

1 Catherine Guevarra (16)	39:40
2 Renee Krumwedde (15)	40:27
3 Dee Ann Lovell (17)	40:28

Men's Divisions

50+

1 Chuck Anderson (52)	37:58
2 C. Sprague (53)	40:30
3 Matt Gleason (57)	41:25

40-49

1 Will Rasmussen (42)	34:42
2 Jim Duncan (40)	35:34
3 Ray Sabian (43)	35:45

30-39

1 Ed Mendoza (30)	30:17
2 Jim Mosher (32)	32:09
3 Ron Paicic (31)	32:17

18-29

1 William Donakowski (26)	28:43
2 Steve Scott (26)	28:57
3 Steve McCormick (21)	29:37
4 Chris Sadler (24)	29:38
5 Tom Lux (29)	29:38

17-Under

1 Ted Goodlake (16)	31:03
2 Joe Manuel (17)	31:33
3 Pat Green (16)	31:34

Christmas 5 Miler

December 12. Sacramento.

Women

Divisions: 17 & Under: 1. Adina Ellis 42:47, 2. Jennifer Cooper 42:52, 3. Kimberly Adams NT. **18-29:** 1. Francie Negri 30:04, 2. Donna Meyer 35:03, 3. Gail Dowell 35:45. **30-39:** 1. Kathy Douglas 33:07, 2. Kay Johnson 34:33, 3. Debra Jeff 37:01. **40-49:** 1. May Belz 35:54, 2. Carol Egoroff 38:33, 3. Joann Souvigner 41:00. **50-59:** 1. Peggy Ewing 39:54.

Men

17 & Under: 1. Rod Coker 26:40, 2. Angelo Enriquez 26:41, 3. Darrell Pell 26:43. **18-29:** 1. Rusty Knowles 23:56, 2. Lee Young 25:30, 3. Brian Butterfield 25:37. **30-39:** 1. Peter Flores 24:42, 2. Rick Edson 27:36, 3. Dirk Armstrong 29:08. **40-49:** 1. Don Spickelmier 27:54, 2. Roy Butterfield 28:35, 3. David Ragsdale 28:54. **50-59:** 1. Everett Riggle 28:03, 2. Burney Lainsou 30:03, 3. Jimmy Low 33:08. **60-69:** 1. Vebasco Nester 42:00.

Christmas Carol Charity Run (10K)

From GARRETT J. ROPER

December 12. San Francisco.

Men

Overall: 1. Mark Graves 31:34, 2. Daniel Martinelli 31:44, 3. Rich Hornstra 32:01.

18-Under: 1. Adam McAbay(62nd)38:11.

17-32: 1. Mark Graves (1st) 31:34.

33-45: 1. John Montevendi (12th) 34:31.

46-59: 1. Norm McAbee (22nd) 35:48.

60-Over: 1. Emilio Icabaloeta (351st) 47:05

Women

Overall: 1. Marilyn Taylor-Allen (26th)35:58

2. Sarah Tabutt (31st) 36:17, 3. Levy (61st) 38:00.

18-Under: 1. Mimi Mowltrie (222nd) 44:12

17-32: 1. Marilyn Taylor-Allen (26th) 35:58

33-45: 1. Johann Frey (76th) 38:54

46-59: 1. Peggy Kane (206th) 43:45

Nat'l AAU Championship Fairfax 10K

December 12. Central L.A.

Men's Divisions

10-Under

1 Peter Griffiths-A (10)	39:07
--------------------------	-------

11-12

1 Eddie Lavelle-A (11)	37:11
------------------------	-------

13-14

1 Dan Howard (14)	36:42
-------------------	-------

15-16

1 Danny Palma-A (16)	32:03
----------------------	-------

17-18

1 Raul Serratos (17)	32:05
2 Roman Desota-A (18)	33:00
3 Ken Martinez (17)	34:18

19-24

1 Donald Janicki-A (23)	29:28
2 Michael Spoettel-A (26)	29:33
3 Scott Jenkins-A (19)	30:03
4 Dave Frickel-A (28)	30:18
5 Ronald Roberts-A (21)	20:23
6 Farron Fields-A (21)	30:26
7 Gregg Gawlik-A (30)	30:34
8 Jeff Dettmer (21)	30:48
9 Matt Ebner-A (21)	31:03
10 Steve Bishop-A (23)	31:50
11 Ruben Garcia (32)	32:20
12 Eric Faiz (24)	32:23
13 Carmelo Rios-A (23)	32:28

AMC 10K

December 18. Encinitas.

Men's Divisions

17-U: 1. Bruce Storms (17) 33:18, 2. A.J. Zampardo (17) 34:12, 3. Shawn Gillis (17) 35:17, 4. Geoff Folsom (17) 36:18, 5. Kenny Stumpf (17) 36:19. **18-29:** 1. Mike Lebold (25) 31:39, 2. Gilberto Alvarez (23) 32:06, 3. Mike Martin (21) 33:22, 4. Mike Oleata (19) 33:24, 5. Aaron Ard (20) 33:34. **30-39:** 1. Chris Cortez (33) 33:36, 2. Jim Legakis (34) 33:36, 3. Rick Haglin (33) 33:58, 4. Ken Holway (30) 34:31, 5. Gary Petersen (30) 35:06. **40-49:** 1. Dan McCaskill (41) 34:34, 2. Neville Clarke (41) 36:48, 3. Victor Copeland (40) 37:09, 4. Wally Johnson (40) 37:13, 5. Steve Kimes (45) 38:51. **50-59:** 1. Bob Collins (52) 36:34, 2. Dean Thackrey (51) 38:43, 3. Dick Robinson (52) 40:52, 4. Dennis Nichols (52) 40:52, 5. Frank Morris (51) 40:58. **60-Over:** 1. Wayne Zook (65) 42:36, 2. Don Bradley (66) 44:34, 3. Norman

Festival of Lights 10,000 Meter Run

From SAM COHEN

December 19. Balboa Park, San Diego.

Women's Divisions

50+

1 Anne Johnson (54)	41:37
2 Beatrice Lovell (53)	49:31
3 Ruth Mangrum (50)	50:20

40-49

1 Nancy Courter (40)	40:43
2 Judy Spiltgerber (42)	41:13
3 Dixie Bernard (45)	42:27

Fiesta Bowl 10K

December 31. Phoenix, Arizona.

Women's Divisions

12-Under: 1. Tammy Kniffing 38:50, 2. Barbara Palais 43:09, 3. Wendy Wasilshin 43:11, 4. Michelle Hillman 50:06. **13-19:** 1. Kathleen Hildebrand 37:28, 2. Diane McPeck 38:06, 3. Eileen Kopecky 39:06, 4. Miki Clark 39:10, 5. Heiki Thiem 39:50. **20-24:** 1. Marjorie Kaput 33:57, 2. Lynn Nelson 34:23, 3. Lisa Pfuhi 38:04, 4. Sheila Ridge-Durso 39:14, 5. Lourie King 39:35. **25-29:** 1. Karen Kuntz-Folkly 37:57, 2. Joyce McIntosh 40:06, 3. Kathy Newsome

continued on next page... 45

Results

41:08, 4. Jean Kurs 42:15, 5. Barb Sugden 42:25. **30-34:** 1. Linda Donkelaar 37:59, 2. Donna Roach 41:48, 3. Claudia Johnson 43:00, 4. Debra Daniel 44:15, 5. Kristi Kremmer 45:06. **35-39:** 1. Mary Verdugo 40:12, 2. Mary Orr 42:56, 3. Leslie Vilstrup 44:52, 4. Carol Sowers 45:50. **40-44:** 1. Josie Fox 43:25, 2. Claudia Fakoury 45:29, 3. Lynn Krigbaum 47:26, 4. Lucy Thielen 47:55, 5. Sue Chase 48:12. **45-49:** 1. Betty Ratley 45:15, 2. Margaret Black 46:49, 3. Barbara Kleimen 48:20, 4. Sandra Njaa 49:22. **50-54:** 1. Dorothy Stock 40:16, 2. Mary O'Connell 47:36, 3. Caroline Earl 49:46. **55-59:** 1. Adele Milicevic 47:11, 2. Jessie Lasinsky 50:40, 3. Grace Carimill 51:18, 4. Evelyn Arnold 53:24, 5. Dorothy Franklin 53:56. **60-Over:** 1. Edna Laffin 51:06, 2. Marion Gibbons 56:16, 3. Ann Snyder 58:43, 4. Semrau Milton 79:59, 5. Briggs Clark 111:00.

Men's Divisions

12-U: 1. Marlin Antone 39:48, 2. Aza Sales 42:11, 3. Shane McCarter 42:45, 4. Brandon Schultz 43:27, 5. Chris Gilbert 43:59. **13-19:** 1. Keith Morrison 30:34, 2. Art Castle 30:54, 3. Jeff Cannada 31:11, 4. Francis Nability 3:10, 5. Rance Meyers 33:29. **20-24:** 1. Thom Hunt 28:26, 2. Dan Dillon 28:54, 3. Don Janicki 29:34, 4. Frank Passo 29:47, 5. Mike Axinn 29:50. **25-29:** 1. Steve Scott 29:42, 2. John Koningh 29:51, 3. Lee Anderson 30:32, 4. Jim Walker 30:50, 5. Rob Waugh 31:02. **30-34:** 1. Ed Mendoza 29:47, 2. Dan Savers 30:47, 3. Fred Pederzozoli 32:14, 4. Scott Giddings 32:20, 5. David Garcia 33:25. **35-39:** 1. John Clary 33:27, 2. Larry Enos 33:52, 3. Dennis Cymbalski 34:41, 4. Larry Lorillard 35:36, 5. Edy DeCork 35:43. **40-44:** 1. Jake White 33:06, 2. Jim Gerace 34:08, 3. Nat White 34:15, 4. Kit Ruona 34:48, 5. Steve Servis 35:02. **45-49:** 1. John Weldy 33:02, 2. Emmitt Smith 35:54, 3. Joe Livesay 36:08, 4. Joe Palais 36:51, 5. Bob Hyde 37:04. **50-54:** 1. Mike Mikelson 37:14, 2. Larry Ruch 38:00, 3. Ron Oglivie 38:55, 4. Dom Feroloto 39:05, 5. Jim Williams 39:10. **55-59:** 1. Herb Williams 39:27, 2. Russel Sons 40:21, 3. Joe Hydo 41:53, 4. Cas Kozak 42:29, 5. Charles Heers 42:46. **60-Over:** 1. Al Clark 44:13, 2. Tom Miller 48:58, 3. Arnie Johnson 48:11, 4. Tom Lambie 49:47, 5. Albert Johnson 50:27, 6. Phil Cook 51:05.

Racey Lady 5K & 10K

January 8, Encinitas. (Ladies Only)

10K Divisions

10-U: 1. Rana Mundy (9) 51:09, 2. Bruni Rains (9) 51:11, 3. Debra Savel (9) 59:21, 4. Bianca Rains (7) 71:18, 11-17: 1. Jennifer Sheffo (15) 41:45, 2. Eileen Dyer (16) 41:49, 3. Lee Gilbert (17) 46:40, 4. Anne Eddy (12) 54:42. **18-29:** 1. Ruthie Truscott (19) 37:39, 2. Mara Lozdans (18) 38:01, 3. Debbie Porter (23) 38:35, 4. Jo Deerdorff 38:49. **30-39:** 1. Judy Richardson (38) (NTA), 2. Rene Townsen 41:41, 3. Darlene Burns 43:09, 4. Diana Dann 43:48. **40-49:** 1. Shirley Matson (42) 38:49, 2. Ursula Rains (41) 41:19, 3. Judy Splitgerber (42) 43:03, 5. Vetta Torris 44:00. **50-59:** 1. Anna B. Johnson (59) 43:21, 2. Alice Leight (50) 48:42, 3. Ruth Mangriem (50) 50:09, 4. Martha Beyeler (50) 55:25. **60-Over:** 1. Gerry Davidson (61) 48:48, 2. Judy Simon (67) 54:29, 3. Felicitas Salazar (60) 69:23.

5K Divisions

10-U: 1. Amy Calwell (10) 28:02, 2. Mary Eliz. Shakes (10) 29:10, 3. Carey Rapier (9) 28:37, 4. Shannon Sinclair (10) 28:59. **11-17:** 1. Darci Mathew (13) 20:07, 2. Jacquie Hoog (15) 20:41, 3. Rosanna Carello (16) 21:33, 4. Rita Patel (17) 23:42. **18-29:** 1. Katie Flanagan (20) 20:42, 2. Cindy Collins (22) 22:43, 3. Yvonne McMahon (26) 23:24, 4. Ariene Martinez (23) 23:25. **30-39:** 1. Lynda Gregg (35) 20:30, 2. Dian Smith (31) 21:11, 3. Betty Neptune (37) 22:27, 4. Susan Henwood (38) 22:58. **40-49:** 1. Nan-

cy Cawrter (40) 19:51, 2. Sylvia Crise (44) 21:50, 3. Anita Miller 22:57, 4. Lynn Flanagan (42) 23:02. **50-59:** 1. Dorothy Stock (50) 19:58, 2. Jo Fortune (50) 25:27, 3. Iris Sellers (52) 25:52, 4. Mary Isom (57) 28:32. **60-Over:** 1. Lois Hansen (61) 29:59, 2. Clementina Thomson (70) 34:33, 3. Elizabeth Poet 36:36.

Sacramento 20K/PA 20K Championships

January 22

Neither rain, nor sleet, nor howling winds are going to keep the athletes away... not to mention a little prize money on the side. This was the case at the recent Sacramento 20K/PA 20K Championships held on Jan. 22. One hundred and fifty brave souls and fast people showed up hoping that no other people had showed up so they wouldn't have to race on a day like this. But alas, the race would go on as scheduled and the money would be given out to the winners regardless.

Cal 10/PA 10 mile championships runner-up Joaquin Leano had come from Reno with the hopes of capturing this title, but he brought with him Derrick May, the South African runner who attends Nevada Reno, and S.F. Marathon winner Miguel Tibaдуiza. Danny Grimes was down from Humboldt with perhaps the most even chance of winning due not only to the fact that he is a very fast individual (28:47 10,000 on the track last year), but also because he lives in weather like this. The Aggies had their usual contingent including Dan Gruber, Denis O'Halloran, Tim Gruber also from Humboldt, and of course, Peanut. Pac West and the Flyers filled out the rest of the field as far as the open men were concerned.

photo by Gene Cohn



Danny Grimes

As for the women Marilyn Allen looked to be the odds on favorite with Sharlet Gilbert a close second. The team battle was to be between Greater San Francisco, the Cal 10 team champions, the Aggies and the Flyers. Who would have thought that a relative unknown with such an appropriate name, Rainey Stolp, would come sloshing through for the

PR's

The Runners Den-Koy 10K in Phoenix was a big day for 8-year old Richard Stolpe of San Diego. He was hoping for a PR, but even more, he wanted to get with a sub-one hour effort. Well, he got it...by two seconds! Richard's mom, Judy, owns the company that was doing the finish line, End of Line Race Consulting. Now, lest you think there was some hanky-panky, forget it. I was there. The kid really made it. Besides, the other Richard Stolpe, little Richard's dad, only got credit for a 42-something. And Richard, Sr., a Sub-40 10K-er had to help out at the finish line when he came in. So, if he didn't get a break from mom, no one did.

Karen Donahue of the Heart Club got herself a sub-40 in her first 10K. Wow! I notice that a Steve Donahue shows up with the same time in that race, the Superbowl Sunday 10K. Was this a case of husband Steve pacing his honey?

And speaking of first time 10K's, what about 14-year old Don Doering of the Southern California Road Runners? OK, so the Orange Masters course is flat as a pool table...but 33:58 for his first try?

But the topper has to be Don's 9-year old teammate Marion Sepulveda. First female at the San Bernardino Hospital YMCA 10K. Time: 38:52.

Pass the poison, please.

Patrick Devine is on a roll. The guy is around 55 and he gets a pair of back-to-back *marathon* PR's—first in Culver City and then a month later at Mission Bay.

Open letter to the San Luis Distance Club:

Thanks for putting me on the mailing list for your club newsletter.

It's a good one. But, won't someone please mark PR's on it. I know some of you guys get one once in a while. Let the rest of us know. When you got it, FLAUNT IT!

Thanks.

Karen Atkins (PFF) Fiesta Bowl Marathon	3:33:00
Tim Barnett (Hart HS) Wells Fargo 10K	37:25
John Beck (SCRR) Orange Masters 10K	34:54
Jamie Braun (SCRR) Orange County X-C Championships, 880y	3:31
Margaret Braun (SCRR) Southern California X-C Meet, 1 mile	6:23.0
Dave Brown (SCR) Wells Fargo 10K	41:15
Doug Brown (AW) Runner's Den-Koy 10K, 5th overall	28:35
Meredith Brown, Willy's Road Race, 1 mile	8:02
Dan Buntman (un) Runner's Den-Koy 10K	29:02
Steve Calderon (PFF) Superbowl Sunday 10K	37:28
Jim Carlisle (Heart Club) Fairfax 10K	41:44
Jean Carrier (Heart Club) Golden Empire Half Marathon	2:16:05
Sheldon Clark, Oakland Half Marathon	1:14:54.4
Jack Cochran (PFF) Superbowl Sunday 10K	33:27
Jack Cochran (PFF) Fiesta Bowl Marathon	2:41:50
Charles Coco (PFF) Las Vegas Half Marathon	1:39:32
Bob Cooper (GSFTC) California 10	53:30
John Cosgrove (Heart Club) Trudgers 10K	38:25
Melissa Cox (McKittrick Elem School) Taft College Trot 5K, 1st age group, 3F	*22:24
Casey Crockett, CROP Run 6 Mile	39:59.8
Bob Daniel (SDTC) Mission Bay 15K	57:18
Bob Daniel (SDTC) Team Trial 5000m	17:38
Bob Daniel (SDTC) 1500m All-Comer Meet	4:40:50
Glenn Daines (SCR) Wells Fargo 10K	38:39
Patrick Devine (Heart Club) Western Hemisphere Marathon, Culver City	2:52:26
Patrick Devine (Heart Club) Mission Bay Marathon, 1st age group	2:50:52
Dave Dieter (PFF) Fiesta Bowl Marathon	3:06:23
Don Doering (SCRR) UCLA All-Comers 1500m	4:12
Don Doering (SCRR) Long Beach All-Comers 3000m	*9:12
Don Doering (SCRR) Orange Masters 10K	*33:58
Karen Donahue (Heart Club) Superbowl Sunday 10K	*39:42
Bill Donakowski (Converse West) Runner's Den-Koy 10K, 4th overall	28:35
Ruth Ewell (SCR) Wells Fargo 10K	*53:55
Pat English (Tampa Runners) Runner's Den-Koy 10K, 3rd female	34:43.6
Bill Gail (Converse West) Runner's Den-Koy 10K	29:58
Christopher Garcia (NBRA) Run for Hoag 5K	19:35
Greg Gawlick (Heart Club) Fairfax 10K, 7th overall	30:34
Kevin Green (SCRR) Orange Masters 10K	33:00
Janet Guiscardo (SCRR) Wells Fargo 10K	45:10
Diane Harman (Heart Club) Rose Bowl Half Marathon	*1:51:10
Diane Harman (Heart Club) Air New Zealand 10K	47:12
Diane Harman (Heart Club) Trudgers 10K	47:10
Diane Harman (Heart Club) Perrier 10K, Beverly Hills	46:35
Ruben Haro (SMTG) Mt. SAC All-Comers 5000m	15:10
Nathan Hayden (SCRR) Orange Masters 10K	34:52
Steve Himberg (Tiger) Mission Bay Marathon (wheelchair)	4:13:00

Heidi Hogan (SCRR) Up the Estuary in Feb. 1/2 Marathon
 Holly Hogan (SCRR) Up the Estuary in Feb. 1/2 Marathon
 Rich Hornish (SMTC) Super Bowl Sunday 10K
 Rich Hornish (SMTC) Mt. SAC All-Comers 1500m
 Mei Huey (Heart Club) Wishbone Classic 5K
 Mindy Ireland, Heart of San Diego Marathon
 Patrick Jenkins (SLDC) Central Coast Marathon
 Ronald Jensen (ARE) Mercury 10K
 Ronald Jensen (ARE) Honolulu Marathon
 Noah Kanter, Runner's World Midnight 5K Run
 Marjorie Kaput, Runner's Den-Koy 10K, 1st female
 Amy King (SCRR) Paramount 10K
 Amy King (SCRR) McDonald's Cougar Classic
 Jim Kirner (Heart Club) Venice Christmas 10K
 Willard Krick (Heart Club) Wishbone Classic 10K
 Willard Krick (Heart Club) New York City Marathon
 Stephen Lacie (PFF) Pt. Fermin 5K
 Paul Lake (HDCRC) Las Vegas Marathon
 Rich Langford (Converse Aggies) Las Vegas Half Marathon
 Mike Leong (SCRR) Rancho Los Amigos Hospital 10K, 3rd 19-29
 Mike Leong (SCRR) Up the Estuary in Feb. 1/2 Marathon

*1:48:32
 *2:11:30
 31:05
 3:57.7
 *34:48
 2:41:38
 *3:09:19
 31:27
 2:35:13
 *21:15
 33:13
 43:38
 21:11.8
 37:40
 43:22
 3:31:40
 36:30
 2:47:58
 1:06:43
 32:59.22
 1:15:50

Mike Mench (SCR) Wells Fargo 10K 35:43
 Bill Meyer (SCRR) Run For Hoag 10K, 1st 14u 35:40
 Bill Meyer (SCRR) Rancho Los Amigos Hospital 10K, 1st 13-15 33:08.45
 Bill Meyer (SCRR) Up The Estuary in Feb. 1/2 Marathon, 1st 14u 1:20:16
 Sandy Meyers, Sea of Matrimony Ultramarathon *NT
 Rebecca Miller (Heart Club) Trudger's 10K 43:43
 Rebecca Miller (Heart Club) Fairfax 10K 43:37
 Rebecca Miller (Heart Club) Wishbone Classic 5K 20:23
 Rich Minnich (SCR) Wells Fargo 10K 39:07
 John Moreno (Converse Aggies) Runner's Den-KOY 10K 29:05
 Paula Moreno (SCRR) San Bernardino Hospital YMCA 5K, 2nd/19-under 20:20
 Paula Moren (SCRR) UCLA All-Comers 1500M 5:39
 Pam Morris (Tiger) Mission Bay Marathon 2nd/woman 2:45:21
 Carlene Nightengale (Heart Club) Trudger's 10K 46:12
 Carlene Nightengale (Heart Club) Fairfax 10K 45:12
 Loren Noyes Family (Burbank) YMCA Family 2K *6:16.8
 Dennis Ogren (PFF) Fiesta Bowl Marathon 3:00:49
 Dennis O'Halloran (Converse Aggies) Las Vegas Half-Marathon 1:06:45
 Kevin O'Keefe (Heart Club) Run For The Roses 10K 38:11
 Marie Pierce (San Diego TC) Holiday 1/2 Marathon 1:31:28
 Marie Pierce (San Diego TC) Mission Bay Marathon 3:17:24
 Marie Pierce (San Diego TC) 1500m All-Comers Meet *5:53.44
 Joe Posadas (Heart Club) Fairfax 10K *48:29
 Gladys Prieur (SMTC) L.A. Times Indoor Mile 4:52.51
 Shelly Prochaska, Super Bowl Sunday 10K 37:28
 Julios Ratti (Ratti Runner) LMJS 4th Sunday Run 15K 54:04
 Melissa Ratti (Ratti Runner) Willy's Road Race 1 Mile *9:45
 Melissa Ratti (Ratti Runner) Willy's Road Race 1 Mile 7:19
 Melissa Ratti (Ratti Runner) LMJS 4th Sunday Run 5K 25:48
 Carmelo Rios (Converse Aggies) Runner's Den-KOY 10K 29:02
 Lisa Rizzo (Hart HS/SCR) Sunkist Rated Mile 5:17
 Roberta Rodin (PFF) Pt. Fermin 10K 50:30
 Marion Sepulveda (SCRR) San Bernardino Hospital YMCA 10K, 1st Female 38:52
 Warren Shahian (PFF) Super Bowl Sunday 10K 42:13
 Mike Shriver (PFF) CSLA Twilight 2 Mile 10:13
 Mike Shriver (PFF) Rose Bowl Half-Marathon 1:14:23
 Sherry Simmons (JOVI) Super Bowl Sunday 10K 42:13
 Sherry Simmons (JOVI) 20K Run (Japan) 1:14:43
 Jon Smith (Heart Club) American Martyrs 5K, 1st/age group 16:36
 Karl Smith (SCR) Wells Fargo 10K 45:47
 Ron Smith (SCR) New Year's Eve 10K 33:19
 Ron Smith (SCR) Wells Fargo 10K 32:43
 Sheryl Snider (JOVI) Western Hemisphere Marathon (Culver City) *3:03
 Jack Steppes (Heart Club) Wishbone Classic 10K *5:17
 Richard Stolpe, Runner's Den-KOY 10K 59:58
 Howard Sundberg (HDCRC) Las Vegas Marathon 2:54:14
 Jim Talley (HDCRC) Las Vegas Marathon 1st/age group 3:37:12
 Diane Taubel (Heart Club) Golden Empire Half-Marathon 2:01:06
 Mary Tracey (JOVI) Mission Bay Marathon 3:08
 Henry Tushar (PFF) Fiesta Bowl Marathon 2:40:40
 Tim Upshaw (Heart Club) Run for Soviet Jewry 5K 17:38
 Dick Venne (PFF) Fiesta Bowl Marathon 3:02:01
 Jeanette Wells (HDCRC) Las Vegas Marathon 1st/age group 3:12:04
 Tony Whitmore (HDCRC) Las Vegas Marathon 2:39:00
 Scott Young (Second Sole) El Camino Joy Boy 5K Classic 15:32
 Sprints
 Carl Lewis (SMTC) Dallas Times-Herald invit. 60y, WR 6:02

photo by Richard Lee Slotkin

photo by Richard Lee Slotkin



Pat English - On a Roll?



Richard Stolpe Broke One Hour

Thomas Leong (SCRR) Paramount 10K 35:07
 Thomas Leong (SCRR) San Bernardino YMCA 1/2 Marathon *1:27:15
 Thomas Leong (SCRR) Run With The Stars 5K 18:24
 Thomas Leong (SCRR) Up the Estuary in Feb. 1/2 Marathon 1:15:50
 Bill Leung (PFF) Sea of Matrimony Ultramarathon *NT
 David Longyear (SCRR) Southern California X-C Meet 2 mile 10:59.7
 David Longyear (SCRR) McDonald's Cougar Classic 2K, 1st place *6:44.8
 Karen Longyear (SCRR) McDonald's Cougar Classic 5K 20:25.8
 Mike Louie (SPRC) Rancho Los Amigos 10K 39:33
 Bill Mandeville (PFF) Super Bowl Sunday 10K 40:49
 Ann Martin (Heart Club) Santa Ana 10K, 2nd age group 49:19
 John Martin (Heart Club) Santa Ana 10K 41:18

*First time at Distance

Sac'to 20K, continued...

overall victory? And in the master category the same occurred with two-time Western States Champion Bjorg Austrheim-Smith using all her strength advantage over Sister Marion Irvine for a five second victory. Sister Marion was rumored to have still set a National record over the 20K distance for her age group even under the adverse conditions! In the masters men category Sal Vasquez (who else?!!) was the only repeat winner from the 10 mile championship of two weeks ago as he finished well ahead of Jerry Lynch. Lynch, who runs for the West Valley Joggers and Striders, led his team to the title both here at the 20K and at Stockton.

The rest of the results are below for your perusal. Note that the addition of Derrick May to the Aggies allowed them to capture the open Men's title over Pac West and the Flyers in that order. The Greater San Francisco Gals made it two in a row by adding the 20K title to the Cal 10 title. As mentioned, WVJ&S captured the master's men while the NorCal Seniors captured the master's women's title.

1 Danny Grimes(PW) 1:02:47
 2 Derrick May(AGR) 1:03:16
 3 Joaquin Leano(Unatt) 1:03:42
 4 Dan Gruber(AGR) 1:03:51
 5 Rob Anex(CCF) 1:04:15
 6 Phil Hornig(Unatt) 1:04:18
 7 Denis O'Halloran(AGR) 1:04:45

8 Jesse Torres(PW) 1:05:11
 9 Rusty Knowles(PW) 1:05:11
 10 John Mansoor(CCF) 1:05:31
 11 M. Tibaduiza(WVTC) 1:05:35
 12 Tim Gruber(AGR) 1:05:47
 13 Jerry Draw(CCF) 1:06:01
 14 Dave Chairez(CCF) 1:06:09
 15 Sal Berumen(PW) 1:06:11
 16 M. McQueeney(PW) 1:06:29
 17 Peanut Harms(AGR) 1:07:08
 18 S. Marcondo(AGR) 1:07:30
 19 Stacy Geiken(AGR) 1:07:35
 20 Shawn Smallwood(CCF) 1:07:40
 21 Sal Vasquez(PAMA)1st Mast. 1:07:48
 22 Gary Whaler(CCF) 1:08:45
 23 Steve Kovisto(Unatt) 1:09:04
 24 Jerry Lynch(WVJS) 1:09:08
 25 Tom Laythe(AGR) 1:09:24
 26 Ray Taketa(GSF) 1:09:39
 27 Peter Day(GB) 1:10:10
 28 Bob Cooper(GSF) 1:10:39
 29 Unknown 1:10:39
 30 Matt Yeo(AGR) 1:11:14
 31 Bill Tippetts(CCF) 1:11:21
 32 Unknown 1:11:23
 33 Doug Butt(WVTC) 1:11:39
 34 Tim Rostegge(WVJS) 1:11:43
 35 Doug Rennie(CCF) 1:11:56
 90 Bjorg Austrheim(CCF)1/F-Mast 1:27:36
 Divisions: Men: 18 & Under: 1. Scott Marcondo 1:07:30. 19-24: 1. Dan Grimes 1:02:47, 2. Joaquin Leano 1:03:42, 3. Rob Anex 1:04:15. 25-29: 1. Derrick May 1:03:16, 2. Dan Gruber 1:03:51, 3. Phil Hornig 1:04:18. 30-34: 1. Denis O'Halloran 1:04:45, 2. Peanut Harms 1:07:08, 3. Bill Tippetts 1:11:21. 35-39: 1. Peter Day 1:10:10, 2. Doug Butt 1:11:39, 3. Tom Ben-

nett 1:13:26. 40-44: 1. Sal Vasquez 1:07:48, 2. Jerry Lynch 1:09:08, 3. Tim Rostegge 1:11:43. 45-49: 1. Darryl Beardall 1:12:19, 2. Phil Hager 1:17:20, 3. Ray Menzie 1:20:00. 50-54: 1. Bob Farrington 1:18:20, 2. Eph. Romesburg 1:20:24, 3. Bernie Laison 1:25:20. 55-59: 1. Robert Malain 1:24:32, 2. Gilbert Duran 1:33:45, 3. Art Waggoner 1:34:29. 60 & Over: 1. Don Wilgus 1:45:51, 2. Bill Van Fleet 1:47:57, 3. Bill Wallace 1:49:17.
 Women: 19-24: 1. Kathy Way 1:18:49, 2. Rosy Tibaduiza 1:19:13, 3. Heike Skaden 1:19:33. 25-29: 1. Rainey Stolp 1:14:41, 2. Bonnie Dwyer 1:22:24, 3. Theresa Jackson 1:28:44. 30-34: 1. Marilyn Allen 1:17:32, 2. Shariet Gilbert 1:17:52, 3. Jane Sowersby 1:22:02. 35-39: 1. Sally Edwards 1:23:28, 2. K. Sanguinetti 1:27:48, 3. Lois Kugelmass NT. 40-44: 1. B. Austrheim 1:27:36, 2. Miriam St. Clair 1:33:24, 3. Karen Frincke 1:44:38. 50-54: 1. Marion Irvine 1:27:42, 2. Ruth Anderson 1:38:31.

Team Results

Open Men
 1. Aggie R.C. 5:24:44
 May, Gruber, O'Halloran, Gruber, Harms
 2. Pacific West 5:25:50
 Grimes, Torres, Knowles, Berumen, McQueeney
 3. Capitol City Flyers 5:29:34
 Anex, Mansoor, Drew, Chairez, Smallwood
 Open Women
 1. Greater San Francisco 6:49:13
 Allen, Saraf, Sowersby, Dwyer, Scannell

2. Capitol City Flyers 7:13:51
 Skaden, Fagundes, Johnson, Menge, Geredes
 Master Men
 1. West Valley Jogger & Striders 6:10:21
 Lynch, Rostegge, Jenny, Mora, Hicks
 Master Women
 1. NorCal Seniors 4:39:37
 Irvine, St. Claire, Anderson

Willy's Road Race

January 22. Los Altos, 1 & 5 miles.

1 Steve Isham (17) 4:47.2
 2 Fred Huxham (20) 4:49
 3 Kenneth Drew (32) 4:51
 4 John Bowker (14) 4:58
 5 Gregory Hodson (26) 4:59
 6 Jason Carroll (13) 5:03
 7 Mike Licalsi (15) 5:05
 8 Doug Aikens (32) 5:36
 9 Kai Friedrich (12) 5:48
 10 Steve Markovich (12) 5:50
 11 Brita Friedrich (15)1/F 6:03
 18 Susan Wynn (14)2/F 6:23
 22 Erica Yeend (10)3/F 6:32
 30 Jenny Johnson (11)4/F 7:01
 5 Miles
 1 Ron Fritzsche (26) 23:50
 2 Glyn Reynolds (28) 24:37
 3 Brock Hinzmann (29) 24:50
 4 Terry Zerzan (29) 25:15

Results

5 Mark Graves (33)	25:19
6 Thom Trimble (23)	25:37
7 Skip Brown (33)	25:38
8 Andy McFarlane (21)	25:43
9 Bill Clark (39)	25:54
10 Paul Gorey (24)	25:56
11 Gilbert Brooks (27)	26:05
12 John Foster (25)	26:06
13 Dennis Tracy (36)	26:13
14 Ron Nelson (39)	26:16
15 William Dunn (35)	26:18
16 Don Dugdale (37)	26:20
17 Mike Gama (23)	26:27
18 Roberto Gomez (31)	26:32
19 Tim Killen (24)	26:38
20 Greg Jewett (36)	26:47
21 Gordon Pitt (22)	26:47
22 Paul French (25)	26:51
23 John Talco (36)	26:55
24 Ed Klotz (23)	26:56
25 Darin Banks (16)	27:00
26 David Garcia (31)	27:01
27 Alex Gomez (28)	27:15
28 Kerry Hickman (19)	27:20
29 Chris Richards (15)	27:20
30 Gilbert Uresti (27)	27:21
49 Sue Munday (24)1/F	28:48
70 Sue Vinella-Brusher(28)2/F	29:59
80 Charlene Gilroy (25)3/F	30:43
81 Pearl Anit (23)4/F	30:47
86 Karen Lanterman (38)5/F	30:58
91 Amanda Goldner (26)6/F	31:02
102Jacqueline Pla-Sequeira(24)7/F	31:31
Divisions: Boys 16&U: 1. Darin Banks 27:00. 19-24: 1. Ron Fritzsche 23:50. 30-39: 1. Mark Graves 25:19. 40-49: 1. Jerry Lewis 27:50. 50&O: 1. Don Carpenter 30:02.	
Girls 18&U: 1. Jacqui Lewis 33:13. 19-29: 1. Sue Munday 28:48. 30-39: 1. Karen Lanterman 30:56. 40-49: 1. Carol Stroud 31:52. 50 &O: 1. Reima Siirila 42:58.	

Mission Bay Marathon

From Judy Stolpe, End of Line

January 23. Mission Bay Park, San Diego.

At nineteen years, Mission Bay is a senior citizen in the marathon business, but, like the Western Hemisphere Marathon, a real senior at 35, Mission Bay has problems.

A problem. They don't award prize money. With Alberto Salazar getting \$30,000 for just a 10K, it is a fact of money-making life that you aren't going to get any real talent to run your marathons for free. It's getting to be that the talented amateur is a thing of the past. If there is any talent, it attracts, and demands, money. What's left can't give you those 2:09 marathons. In fact, you're lucky to break 2:20 these days with amateurs.

So, maybe you could say that Mission Bay was lucky. They got a sub-2:20 winner. Just barely, but Paul Schultz (Who???) came all the way from Lawrence, Kansas, to post a 2:19:56 win. Second place went to sometimes SMTC runner Gil Cortez, but he was way back with a 2:25:02. Respectable, but not the thing that great marathons are made of.

It's a shame that things are coming to this, but it appears that a lot of marathons are going to find themselves either priced right out of existence, or else find themselves with fields so weak, that no one but CTRN will even know about them. . . . If they are lucky enough to be run in California, that is.

Anyway, Mission Bay was run, nevertheless. The women's end of it was reasonably good, at least. You can still get some good women for free, once in a while . . . for a running event, that is. I am not guaranteeing anything else.

Gail Volk came down from Seattle and covered the course fast enough to set a course record. Her time was 2:43:36. It was her own record that she broke, so maybe it pays to come back to a race you had good luck in once before.

Although Volk, like Schultz, was a convincing winner, her runner-up was a lot closer. That was Pam Morris, from Pasadena. Morris, the China Cup Series winner and a member of Team Tiger ran 2:45:21, a PR. Three other women finished under 3 hours, Ann Morrison In 2:55:48, Debbie Lewis, of the Chart House team, in 2:58:24 and San Diego's Mary Burns, the last sub-3 hour finisher in 2:58:38.

First place overall San Diego was Chris Cortez, who actually lives in Carlsbad. But Carlsbad is San Diego County. This Cortez, no relation to the one who was second, was 5th overall and ran what seems to be a consistent time for him, 2:28:40.

Not bad for the 33 year old Marine Corps Major.

The race drew some complaints from runners. For one thing, several of the early leaders were not officially entered. That wouldn't have been such a big deal, but it wasn't realized at first, and these bandits went out very fast. . . . only to drop out later when they got tired. That left the real leaders in pretty sad shape during the late stages, because, not wanting to take the chance of letting the apparent leaders get too far ahead, then went with them. It turned out that 4 of the 6 early leaders were bandits.

Another problem was voiced by Gil Cortez. He said that a reporter riding in the back of a pickup was trying to interview runners . . . during the race! Hmmm. Wonder who that could be? One of these days, we'll have to do an editorial on some of the things that go on in the press trucks.

Anyway, Schultz took over the lead at 11 miles, overtaking official and unofficial alike.

With attendance down this year to 1200 compared to last year's 1,300, the prognosis for races such as Mission Bay is, at best, guarded. Maybe when the economy picks up, some sponsor money can be found to bring in enough top talent to a least spice the field a bit. Top runners usually bring out big crowds, so, often they can pay for themselves.

Women	
19-Under	
1 Katherine Riddle(Coronado)16	3:25:40
2 Julie Jaross(Claimnt)19	3:37:07
20-29	
1 Gail Volk (22)Seattle,WA	2:43:36
2 Pam Morris (24)Pasadena	2:45:21
3 Ann Morrison (25)Port Angeles	2:55:48
4 Debbie Lewis(28)CH/San Diego 2:58:24	
5 Mary Burns (25) San Diego	2:58:38
6 J. Studemund (28)La Canada	3:02:02
30-39	
1 Gloria Peschel (37)SanD.	3:12:26
2 Joke Schubert(30)Miss. Viejo	3:16:07
3 Susan Hurlburt(38)Poway	3:18:09
4 Jeannette Ronseca (36)Del Mar	3:21:45
40-Over	
1 Mary Zounes (40)San D.	3:06:13
2 Diane Dickerson (40)Escond.	3:14:48
Men	
19-Under	
1 Chris Spitz (19)Agoura	2:27:30
2 Scott Katzman (19)LaJolla	2:30:35
3 Benjamen Escobedo (19)	2:49:58
4 Kenny Stumpf (17)	2:55:43
5 Thomas Johnson (18)	2:59:08
20-29	
1 P. Schultz(22)St. Louis,MO	2:19:56
2 Gilbert Cortez (22)Alhambra	2:25:02
3 John Sheehan (29)Mt. View	2:28:26
4 Aaron Martinez (21)Azusa	2:29:03
5 Carey Simons (27)S. Pasadena	2:29:03
6 R. Lambert(25)Edmtn,Alberta	2:31:14
7 Ted Pawlak (26)	2:37:34
8 Clyde Matsura (23)	2:37:34
9 Mark Stevenson (25)	2:38:30
10 Richard Sieberm (23)	2:40:09
11 Charles Prokop (25)	2:42:55
12 Mike Pisanti (20)	2:43:31
13 John Lindblom (25)	2:45:19
14 Bryan Gunner (28)	2:45:44
15 Doug Davis (27)	2:48:30
16 Neal Wightman (25)	2:47:09
17 William Grave (29)	2:48:18
18 Richard Meade (28)	2:48:30
19 David Wold (24)	2:49:19
20 Guy Gadomski (26)	2:50:43
21 Robert Smith (25)	2:50:57
22 Kurt Madden (27)	2:53:15

30-39	
1 Chris Cortez(33)Carlsbad	2:28:41
2 Dick Jensen (35)San Diego	2:30:39
3 Barry Martin (30)Valencia	2:32:51
4 Peter Moore (35)Edmonton	2:33:06
5 Hal Goforth (38)EJ Cajon	2:36:30
6 Gary Novak (39)San Diego	2:36:49
7 Dennis Huffman (33)San Diego	2:37:34
8 John Metz (39)San Diego	2:37:57
9 John Naslund (32)Minneapolis	2:40:46
10 Allan Johnson(39)Harbor City	2:40:46
11 T. Lillibridge(35)Minneapolis	2:42:16
12 John Montgomery(36)Cardiff	2:43:25
13 Pat Whyte (34) Sanford, MN	2:46:02
14 Tony Goffredo (35) Escond.	2:46:05
40-49	
1 Jim Knerr (48) Sun Vily	2:33:16
2 Joe Grassman (42)	2:36:28
3 Andre Tocco (47)	2:40:59
4 Raif Latham (41)	2:44:59
5 Will Rasmussen (43)	2:47:05
6 Sidney Tip (46)	2:47:40
7 William Kaye (43)	2:48:00
8 Nelson Cunningham (40)	2:48:05
9 Frank Ferrone (49)	2:51:30
10 Delbert Pearce (49)	2:54:09
11 Glen Fisher (40)	2:55:45
12 Lee Sargent (40)	2:56:21
50-59	
1 Patrick Devine (54)	2:50:52
2 Dick Robinson (52)	2:55:52
3 Dean Thackrey (51)	3:00:36
4 Don Thackrey (54)	3:02:53
60-Over	
1 Jim McCowen (60)	3:03:07

This division was for Master Runners that met the qualifying time standards for their respective age division as set down by Paramount World Masters Committee. **Masters Division: 40-44 (Invt.):** 1 Frank Duarte 32:59, 2 Skip Shaffer 33:36, 3 Norm Towers 34:40. **50-54 (Invt.):** 1 Tracy Brown 37:41, 2 Samuel Moreno 38:57, 55 & Over (Invt.): 1 Armin Fischer 40:46, 2 Buz Solis 41:12, 3 Leonard Kulbacki 43:27.

Run For Hoag 10K and 5K

January 29. Newport Beach.
Overall 10K Men: 1. Tom Wysocki, 2. Ruben Chappins, 3. Lance Packer, 4. Robert Traba, 5. D. Wilson, 6. Art Cedejas, 7. Dave Jackson, 8. Steven Chasa, 9. Mark McKinzie, 10. Eric Bettesecco.
Overall 10K Women: 1. Teresa Barrios, 2. Roma Antoniewicz, 3. Jennifer Weiss, 4. Clare Feit, 5. Kim DiFilippo, 6. Joanie Eifler, 7. Tina Costantino, 8. Jenni Scott, 9. Cheryl Butchers, 10. Laura Sauerwein.
10K Men's Divisions
14-U: 1. Bill Meyer (35:42). **15-18:** 1. Eric Waian (33:24). **19-24:** 1. Lance Packer (30:50). 2. Robert Traba (31:09). 3. Art Cedejas (31:22). **25-29:** 1. Tom Wysocki (30:11). 2. D. Wilson (31:17). 3. Steven Chase (32:19). **30-34:** 1. Rubin Chappins (30:22). 2. Al Siddons (33:03). 3. John Rothrock (34:37). **35-39:** 1. Paul Maier (34:20). 2. P. Druyner (34:25). 3. Bill Sumner (34:43). **40-44:** 1. Jim Chenoweth (36:09). 2. Otto Reed (37:26). 3. Martin Austgen (37:54). **45-49:** 1. Bill Heffernan (36:48). 2. Fred Arnold (39:29). 3. Les Chapman (38:57). **50-59:** 1. John Warner (39:39). 2. Lee Francis (41:58). 3. Jim Demetriou (42:08). **60-Over:** 1. Casey Poole (44:00).
10K Women's Divisions
15-18: 1. Teresa Barrios (38:45). **19-24:** 1. Roma Antoniewicz (39:54). 2. Diane Archer (43:50). 3. Sue Corea (44:30). **25-29:** 1. Kim DiFilippo (40:26). 2. Joanie Eifler (40:55). 3. Tina Costantino (41:31). **30-34:** 1. Jennifer Weiss (39:58). 2. Lois Curi (42:49). 3. Dorothy Wymer (43:31). **35-39:** 1. Cheryl Butchers (42:36). 2. Lonnie Horn (48:35). 3. Hazel West (46:48). **40-44:** 1. Cherrie Lightburne (42:07). 2. Annie Quinonez (44:37). 3. Chris Thevarthen (45:07).
5K
Men's Divisions
14-Under: 1. Bill Bentz (17:53). **15-18:** 1. Gus Quinonez (15:44). **19-24:** 1. Joe Young (16:00). 2. James Dyer (16:29). 3. Valentino Nuntz (17:01). **25-29:** 1. Howard Keeley (16:56). 2. Nicklas Olivaras (17:19). 3. Brad Hay (17:20). **30-34:** 1. Henry Lang (16:22). 2. Tom Coffey (17:05). 3. Fred Pichay (17:33). **35-39:** 1. Bruce Geddes (17:28). 2. M. Burruila (17:37). 3. Barney Abbello (17:38). **40-44:** 1. Neil Donerty (17:21). 2. Pete Lugo (18:38). 3. Gary Smith (19:01). **45-49:** 1. Lee Miller (17:39). 2. Michael Lalum (20:21). 3. Jim Gould (20:31). **50-59:** 1. Allan Dugard (18:07). 2. Jerry Withers (18:42). 3. Bob Gerlach (18:58). **60-Over:** 1. David Lewis (22:06).
Women's Divisions
14-Under: 1. Dina Hallstrom (19:04). **15-18:** 1. Susan Armentrout (19:04). **19-24:** 1. Emily Schoenwald (19:06). 2. Kim Trainor (24:23). 3. Karen Trainor (24:34). **25-29:** 1. Jeanne Kawashima (20:49). 2. Ceilia Klein (22:48). 3. La Naum (22:50). **30-34:** 1. Sue Rudolph (20:56). 2. Nadine Falbo (22:26). 3. Lyndia Evans (22:55). **35-39:** 1. Jane Duelsk (25:13). 2. Lorraine Leavitt (25:32). 3. Georgina Nuhall (26:09). **40-49:** 1. Pat Johnson (26:42). 2. Martha Furst (26:59). 3. Betty McMicken (27:09). **50-59:** 1. Sunny Elliott (22:31). 2. Ardis Davis (32:11).

Snowball Run

January 29. Meyers, CA, 10K (6.2 miles)

This race was run in a heavy snow storm with 14" of new snow on a hilly course during all the storms that were hitting the coast with floods and after 6 days of snow in the Sierras.

1 Andy Takaha	40:35
2 Bruce Ziegler	41:15
3 Rick Gilmore	47:33
4 Dave Hall	49:56

Paramount 10K Run

January 29. Paramount.

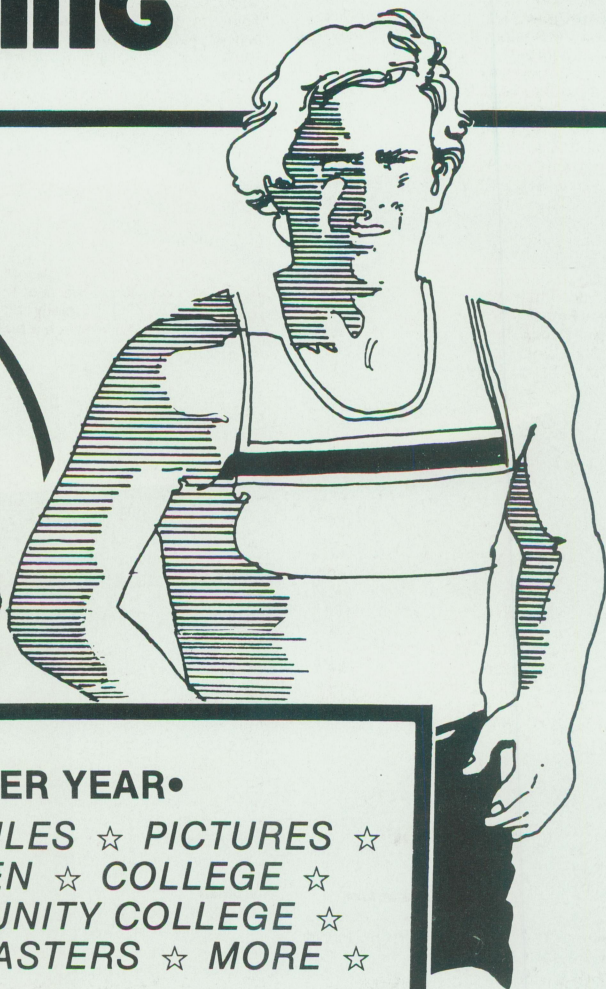
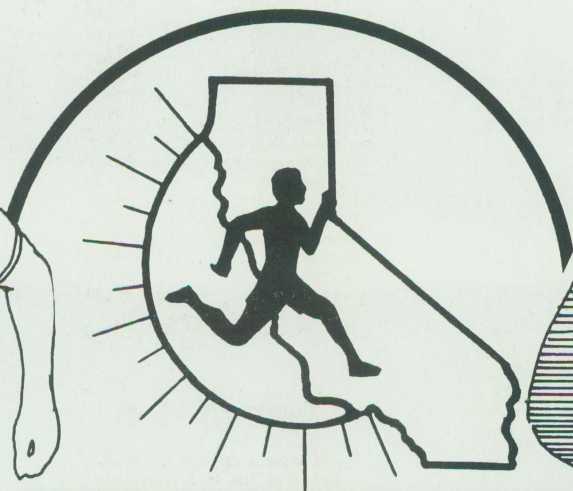
Men 13u: 1. John Soto 34:03, 2. Craig Lawson 35:01, 3. Chuck Braelock 37:30. **14-17:** 1. David Baca 33:58, 2. Gilbert Portillo 34:54, 3. Reggie Bernard 34:57. **18-23:** 1. Tyrus Deminter 31:53, 2. Clyde Matsumura 32:36, 3. George Luna 32:37. **24-29:** 1. Ralph Serna 31:21, 2. Barry Alexia 33:33, 3. Jose Garcia 33:36. **30-34:** 1. Ben Martinez 31:54, 2. Ron Kurrie 31:56, 3. Walt Hitt 33:50. **35-39:** 1. Gary Tuttle 29:52, 2. Ron Jensen 31:53, 3. Phil Ryan 33:07. **40-44:** 1. Joseph Bird 34:34, 2. Gary Riley 36:18, 3. Florenzio Vargas 36:48. **45-49:** 1. Richard Flores 36:27, 2. Pat Higgins 36:56, 3. Warren Moorman 37:50. **50-54:** 1. Raymond Wright 39:40, 2. Ernest Carrillo 40:23, 3. J. McIntyre 40:38. **55 & Over:** 1. Avery Bryant 38:04, 2. Richard Elizarraras 38:53, 3. Larry Banuelos 40:18. **Wheelchair:** 1. Paul Lawrence 34:49, 2. Joe Hardy 35:15, 3. Ray Stewart 39:12.
Women 13u: 1. Sheri Lawson 38:30, 2. Lauri Doering 40:50, 3. Karen Longyear 43:27. **14-17:** 1. Alice Vasquez 39:20, 2. Taew Vimuktanon 43:38, 3. Danica Lisiewicz 43:49. **18-23:** 1. Alexandra Aguirre 39:18, 2. Vicki Turner 40:43, 3. Susan Loo 41:26. **24-29:** 1. Tammy Sargeant 39:31, 2. Maria Zamudio 41:58, 3. Cindy Holcomb 42:14. **30-34:** 1. Kathy Pycior 40:56, 2. Toni Stermole 41:43, 3. Lisa Morgan 45:17. **35-39:** 1. Vicky Day 46:04, 2. Mitsuye Morrissey 46:10, 3. Chiye Horiguchi 48:04. **40-44:** 1. Joann Goltra 44:54, 2. Linda Bird 45:39, 3. Kathy Kusner 46:17. **45-49:** 1. Marlene Wathen 57:32, 2. Florence Morck 57:40, 3. Lenore Rodah 59:12. **50-54:** 1. Pinkie Fisher 44:50, 2. Evelyn Reiten 52:10. **55 & Over:** 1. Jane Burne 58:16, 2. Lucille Adney 1:09:59, 3. Bonnie Veening 1:11:56.

For the first year a Special World Masters Division was conducted in conjunction with the Paramount 10K Run.



ROAD RACE RESULTS:
 There are many, many more results to report. We'll try to get you caught up in the next issue. Stay tuned, please!

CALIFORNIA TRACK & RUNNING NEWS



•12 ISSUES PER YEAR•

- ☆ RESULTS ☆ SCHEDULES ☆ PICTURES ☆
- ☆ RANKINGS ☆ OPEN ☆ COLLEGE ☆
- ☆ WOMEN ☆ COMMUNITY COLLEGE ☆
- ☆ HIGH SCHOOL ☆ MASTERS ☆ MORE ☆

★ California's Track & Running Publication ★

Now in its eighth big year, **California Track & Running News** is THE track and running publication for the state of California. Keep up with all of the action in the hottest track and running state in the United States by ordering your subscription now.

Yes, I'd like to subscribe. Please start sending **California Track & Running News** to me at the address indicated below. My check is enclosed.

Name _____

Address _____

City/State/Zip _____

- \$12 for one year (12 issues)
- \$22 for two years (24 issues)
- \$30 for three years (36 issues)
- New Renewal

SEND TO: California Track & Running News
P.O. Box 6103
Fresno, CA 93703



NEVER WILL SO MANY OWN SO MUCH FOR SO LITTLE.

It was one of those victories that, frankly, took us by surprise.

All we were after was an Air shoe with a slightly more down-to-earth price tag.

The more runners who experience Air, we reasoned, the fewer will settle for anything less. That was the theory.

Pegasus. That was the name.

Then our R&D department proceeded to run amuck. First, they incorporated the Nike Air-Wedge.™ That was fine. Because it gives the kind of long-lasting cushion you just can't find in any other shoe.

But then they started looking around for other innovations from some of our more specialized models.

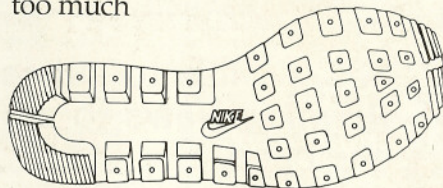
Next thing we knew, the Pegasus was sporting the Waffle™ Center-of-Pressure™ outsole. For even more cushion. And greater stability. It also made the Pegasus great for running over any number of different surfaces. From grass to asphalt, to gravel and mud.

Then, they flared the heel for a touch more stability. Notched the suede at the first metatarsal for flexibility. And even went to a lighter EVA formulation in the midsole.

As a result, the Pegasus is not only a great training shoe, but at

roughly 10 ounces in a size 9, it's more than light enough to race in.

We were stunned. And we told them—this is just too much



technology, too much versatility. The Pegasus is simply more shoe than we bargained for.

Then they reminded us. That's what a bargain is all about.

