

MARCH 1986

ISSUE NO. 112

CALIFORNIA

Track & Running News



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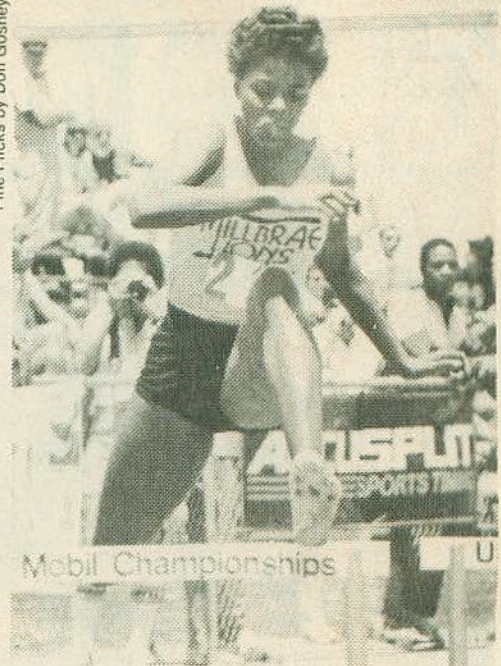
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CALIFORNIA

Track & Running News



Bill Cockerham
Editor & Publisher

Judy Cockerham
Production Manager

Keith Conning
High School Editor

Richard Slotkin
Long Distance Editor

Jack Leydig
Scheduling Editor

Steve Subotnick
Medical Editor

Ken & Jen Young/NRDC
LDR Statistics

Elaine Fraley
Production Assistant

Holly McCreedy
Production Assistant

Photographers: Gene Cohn, Burt Davis, Barbara De Groot, Don Gosney, Louis Hirsch, Bill Leung, Jr., Jim Reynolds, Richard Slotkin, Maurice Wilson.

Senior Editors: Calvin Brown (Girls and Women Track & Field); Nancy Clark (Athlete's Kitchen); Steve Fagundes (Sac-Joaquin High School); Percy Knox (Masters Men Track & Field); Bill Minarik (Southern California); Doug Speck (Southern California High School); Roy Stevenson (Technique & Training); Steve Ward (Central Section High School); Bob Womack (High School All Time Lists).

Correspondents: Louis Hirsch, Dennis McClanahan, Otto Pauls, Howard Willman.

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MEMBER OF RUNNING USA

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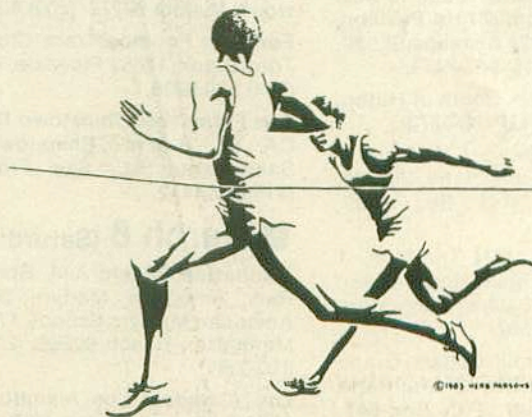
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ON THE COVER: Santa Monica Track Club's Johnny Gray broke his own 880 meter record at the Sunkist Invitational, lowering the mark to 1:46.8. See Doug Speck's story on this year's Sunkist Invitational on page 28 (page 26 for the high school division). *photo by Burt Davis*

Schedule

CALIFORNIA

By JACK LEYDIG

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

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

Road Racing

■ March 1 (Saturday):

Ft. Cronkhite: Run for the Seals, 4 mile. Rodeo Beach (GGNRA, Marin Headlands area), 9 am. California Marine Mammal Center, Ft. Cronkhite 94965. (415) 331-SEAL.

Chico: Bidwell Classic Marathon & Half Marathon & 3 Mile Fun Run, 8 am/3 mile, 9 am/half & marathon. Walt Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857.

Lancaster: Antelope Valley Hospital Benefit 5 & 10K Runs. 1600 W. Avenue J, 9 am. Running Promotions Unltd., Box 128, Lancaster 93534. (805) 942-3820.

Santa Barbara: Santa Barbara 6 & 10 Mile Winter Road Runs. Cabrillo Arts Pavilion, 8:30 am. Irwin Sorkin, 2024 Anacapa St., #2, Santa Barbara 93105. (805) 687-7473.

San Diego: Sue Krenn 15K. South of Hilton, 7:30 am. Laurie Olson (619) 483-0772.

Modesto: Run for Hunger. 5 & 10K and 1 mile. Centipede race, 8 am. Harry Gualco, 310 World Outreach, P.O. Box 4309, Modesto 95350.

Huntington Beach: CALMAN Triathlon. 1 your surf, 65 mile bike, 3 hours downhill ski. 7 a.m. Curt Eury, 16152 Ballad, Huntington Beach 92649. (714) 846-1562.

Gonzales: Taylor California Cellars Grape Stamped, 10K, So. Alta St., 10 a.m. Carla Jew, Gonzales Recr. Dept., P.O. Box 647, Gonzales 93926 (408)675-2321.

■ March 2 (Sunday):

Los Osos: South Bay 20K (RRCA Western Regional & Calif. State Championship), Time TBA. Tom Hampson, 347 Garden St., Los Osos 93402. (805) 528-0872.

Arcata: Foggy Bottoms Race, 2 mile, 4 mile & 10 mile. 12:30 pm/2 mile, 1 pm/4 & 10 mile. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616.

Long Beach: American Spirit of Leadership 5 & 10K Runs. Cal State Long Beach (Parking Lot B), 8 am. AMA, CSULB Run Committee, 1250 Bellflower, Long Beach 90840. (213) 498-5370.

Playa Del Rey: Food & Fitness 10K & 1 Mile Fun Run. 7:45 am/10K, 8 am/1 mile. Richard Cota, P.O. Box 3506, Santa Monica 90403.

San Dimas: Winter Heat Series Ride, Bike & Paddle. 5 mile run, 25 mile bike, 1 mile paddleboard. Bonelli Park, 9:30 am. The Complete Runner, Attn: Bill Fulton, 2654 E. Garvey, West Covina 91791. (818) 331-0169.

Hornitos: Gold Trail Half Marathon. In the foothills, from Hornitos to Snelling, 10 am. Merced Track Club, P.O. Box 3275, Merced 95344. (209) 723-6579.

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

San Francisco: DSE Kennedy Dr. Run, 4.7 mile (& 0.875 mile kids' run at 9:30 am). Golden Gate Park (So. side of Polo Fields), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (408) 980-2323.

Vallejo: Vallejo Channel to Lake Run. 10 mile, Florida & Mare Island Blvd., 9 am. Vallejo Chamber of Commerce, 2 Florida St., Vallejo 94590. (707) 644-5551.

Visalia: End of the Trail 15K. Mooney Grove Park, 8 am. Richard Rodriguez, 444 No. Lincoln, Visalia 93277. (209) 625-1347.

Fontana: Fontana Track Club 5K. 8:30 am. Tony Black, 17062 Pinedale, Fontana 92335. (714) 829-8735.

San Francisco: Chinatown Run for the YMCA, 8K, 8 a.m.. Chinatown YMCA, 855 Sacramento St., San Francisco 94108 (415)982-4412.

■ March 8 (Saturday)

Manhattan Beach: A.M. Good Morning 5K Run. American Martyrs School, 8 am. American Martyrs School, 1701 Laurel Ave., Manhattan Beach 90266. (213) 545-7107 or 316-0941.

Los Alamitos: Los Alamitos Marathon & 10K, 7:30 a.m., 8 a.m./10K. Los Alamitos Marathon, P.O. Box 3147, Los Alamitos 90720 (714)827-9010.

■ March 9 (Sunday)

San Francisco: DSE South Embarcadero Run. 6.25 mile, Dolphin Club, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Pt. Reyes: Linantour Split. 10K & 10 mile, Limantour Beach Parking Lot, 9 am. *Trail runs, hilly.* Handicaps. Team Challenge, 4967 Santa Rita Rd., Richmond 94803. (415) 841-1190.

Stanford: Foot & Fitness Run. 10K, Stanford Univ. Stadium, 8:30 am. Stanford University Hospital, Dept. of Dietetics, C-108, Stanford 94305. (415) 497-6904.

Pleasanton: Soccer City Run. 5 & 10K, Hacienda Business Park, 10 am. Mike Milton, 3586 Whitehall Ct., Pleasanton 94566. (415) 846-5512, evs.

Alameda: Sri Chinmoy 4 Mile Run. 8 am. Giribar DeAngelo, 2438 - 16th Ave., San Francisco 94116. (408) 996-8036.

Fresno: Easter Seals Telethon 10K. 8 am. Jack Voice, P.O. Box 12464, Fresno 93778. (209) 485-1521.

Fullerton: Titan Road Classic. 2K, 5K & 10K, Cal-State Fullerton, 8:15 am/2K, 8:30 am/5K, 9 am/10K. CSUF Athletic Dept., Cal-State Fullerton, Fullerton 92134. (714) 773-3490.

Redlands: Run Through Redlands. 5 & 10K and Half-Marathon, time TBA. Susie Whiteman, P.O. Box 391, Redlands 92373.

San Diego: Buick 10K, 4th & G Sts., 7:45 am (also 2 mile fun run). Lynn Flanagan (619) 275-0996.

Davis: Blue Devil Classic 5K & 10K. Davis High School, 9 am. Don Winters, Davis High School, 14th & Oak Sts., Davis 95616. (916) 756-3131.

Alameda: Beethoven Run, 5K, McDonald's South Shore Shopping Center, 8 a.m. Ann Golemack, 2900 Main St., #200, Alameda 94501. Jackie Slabaugh (415)522-2207.

Sacramento: Crime Alert Run, 5 Mi., Glenn Hall Park, 8:30 a.m./Kid's Race, 9 a.m. Rich Overton, Sacramento Police Dept.

Los Angeles: Los Angeles Marathon. Coliseum, 9 am. Mike Patrick, 5985 W. Century Blvd. #322, Los Angeles 90045. (800) 562-411 in Calif. or (800) 826-2984 outside Calif.

Los Alamitos: Los Alamitos Marathon & 10K. 7:30 am. Michael Karuch, Box 3147, Los Alamitos 90720. (714) 827-9010.

Napa Valley: Napa Valley Marathon. Calistoga, 7 am. Chuck Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0608.

■ March 15 (Saturday)

Piedmont: Piedmont Middle School Feet Meet. 5 & 10K, Piedmont Comm. Center, 711 Highland Ave., 9 am. Kate Hogan, 1416 Grand Ave., Piedmont 94611. (415) 547-2266.

Modesto: YMCA of Stanislaus County St. Patrick's Day Run. 1 mile, 5 & 10K, 2700 McHenry Ave., 8 am/1 mile 8:30 am/5 & 10K.

☐ Schedule

Maureen Robello-Boynton, c/o YMCA, 2700 McHenry Ave., Modesto 95350. (209) 578-9622.

Fresno: St. Patrick's Day Dash. Downtown Fresno, 3K & 10K, 8:30 am. Bob Schumacher, American Lung Association, P.O. Box 11187, Fresno 93772. (209) 233-6125.

Arroyo Grande: St. Patrick's 20 Kilometer Great Race. time TBA. Father Michael O'Sullivan, P.O. Box 860, Arroyo Grande 93420.

Porterville: St. Patrick's Day Marathon & Half Marathon. Porterville, time TBA. Milt Stowe, Box 432, Porterville 93258. (209) 784-1400, x461. *Listed last issue on March 9 in error.*

Riverside: Green Belt 5 & 10K. Arlington High School (Lincoln & Jackson), 8 am. Athletic Express T.C., 8938 Driftwood Dr., Riverside 92503. (714) 788-4425, eves.

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

Barstow: Barstow to Calico 30K Run. Time TBA. Wade Himmelrick, c/o Barstow Park & Recreation District, 841 S. Barstow Rd., Barstow 92311. (619) 256-5617.

San Dimas: Snow Summit Southern California Biathlon Championship Series. 10K run, 31 mile bike. Bonelli Park, 10 am. Dave Spangler, 1009 W. Brooks St., Ontario 91764. (714) 983-5871.

San Diego: St. Patrick's Day 10K and 2 Mile Fun Run. South of Hilton Hotel, 7:30 am. Ernie Dickerson (619) 437-4556.

Palo Alto: Girl Scout Fun Run '74 Years Old & Still Running', 1 mi. & 5K, Palo Alto Baylands, Time TBA. Palo Alto Rec. Dept., Anne Cribbs, 1305 Middlefield Rd., Palo Alto, 94301. (415) 329-2429.

■ March 16 (Sunday)

San Francisco: DSE Twin Peaks Run, 3.36 mile, Portola & Twin Peaks Blvd., 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Santa Maria: Santa Maria Triathlon. ½ mile swim, 15 mile bike, 3 mile run. Ellis Field, 7:30 am. City Parks & Recreation Dept., Minami Community Center, 600 W. Enos Dr., Santa Maria 93454. (805) 925-0951, x208. *Enter by March 10.*

Fremont: City of Fremont 10K. Central Park Swim Lagoon, 9 am. Sarah Cole, P.O. Box 5006, Fremont 94537. (415) 791-4324.

Mill Valley: Tennessee Valley Waltz. 8.2 mile, Tennessee Valley Rd. Parking Lot, time TBA. Team Challenge, 4967 Santa Rita Rd., Richmond 94803. (415) 841-1190.

Napa: Napa Rotary Run, 5 & 10K, Yountville Park, 7 am. Chuck de Lorimier, 3434 Villa Ln., Suite 110, Napa 94558. (707) 255-0555.

San Francisco: Bonne Bell 10K. *Women Only.* Golden Gate Park (Band Shell), 9 am. Pamakid Runners, P.O. Box 16276, San Francisco 94116. (415) 681-2322.

Torrance: Tom Sullivan St. Patrick's Day 10K. Del Amo Shopping Center, 8 am. Linda Youngs, c/o Vistas, Box 7000-251, Redondo Beach 90277. (213) 375-2626.

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

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

■ March 22 (Saturday)

Castaic Lake: Cycle World Biathlon Series. 4 mile run, 27 mile bike. Castaic Lake Recreation Area, 8 am. Ron Sande, 16161 Ventura Blvd., #C-784, Encino 91436. (818) 366-7828.

Irwindale: Masters & Munchkins Triathlon. (13 & under -- 100 yd. swim, bike 4 mile, run 1 mile; Masters -- 200 yd. swim, bike 8 miles, run 3 miles), Santa Fe Dam Recreational Area, 8 am. Robert Hogan, Events Services, 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

San Marino: San Marino Rotary 5 & 10K Runfor Fun. 8 am. Jim Thompson, 1480 Avonrea Rd., San Marino 91108. (818) 441-4343.

Westlake Village: Calvary's Reach Out & Care 5 & 10K and 1 Mile. Calvary Church (31293 Via Colinas), 7:30 am. Steve Polley, 2609 La Paloma Cir., Thousand Oaks 91360. (805) 492-8264.

Santa Catalina Island: Catalina Island 10K. Time TBA. Hans Albrecht, 25108-B Marguerite Pkwy., Suite 209, Mission Viejo 92692. (714) 858-9808.

Manteca: Great Valley Race. 10K and 2 mile, time TBA. Lindbergh Center (311 E. North St.). Bob Belz, P.O. Box 125, Manteca 95336. (209) 823-5209 or 465-2800.

Santa Maria: 4 Person 10 Mile Relay. Santa Maria, Waller Park. Jim Batterson, 412 West Orchard St., Santa Maria 93454.

Crescent City: Redwood Wild River Run, 15K & 5K Fun Run, 10 Mi. North of Crescent City off Hwy 199, 11 a.m., RWRR, Stu Scholl, 180 Clyde, Crescent City, 95531. (707) 458-3210.

Santa Rosa: Redwood Empire 24-Hour Race, Limit 35 (no raceday registration), Time TBA. Carol Witwer, 5950 Erland Rd., Santa Rosa, 95404. (707) 538-4560.

■ March 23 (Sunday)

San Francisco: DSE Golden Gate Vista Run. 5.04 mile. Legion of Honor (34th Ave. & Clement). 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415) 585-7772.

San Jose: San Jose Mercury News 10K. Civic Center. 9 a.m. San Jose Mercury News, Public Relations Dept., 750 Ridder Park Dr., San Jose 95190 (408) 920-5755.

Fort Bragg: Whale Festival Run. Half marathon, 10K & 2 mile. 10 a.m. Ft. Bragg-Mendocino Coast Chamber of Commerce, P.O. Box 1141, Ft. Bragg 95437 (707) 964-3153.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Run. 5, 10 & 15K. Lake Merritt (Old Boathouse). 9 a.m. LMJS, 745 Arimo Ave., Oakland 94610 (415) 834-3110.

Oakland: Couple's Relay. 10K (2 legs of 5K). Lake Merritt (Old Boathouse). 9 a.m. Len Goldman, 745 Arimo Ave., Oakland 94610.

Stanford: Fifty-Plus 5-Miler. Time TBA (for runners 50 and over only). Fifty-Plus Runs Ass'n, P.O. Box D, Stanford 94305 (415) 497-6254, x46.

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

Los Osos: Three Mile Island Run. Time 10:30 a.m. Tom Hampson, 347 Garden St., Los Osos 93402.

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□ Schedule

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

Valencia: SPA-TAC District 20K Championship. Near Magic Mountain Pkwy. 8 a.m. Santa Clarita Runners, Box 298, Saugus 91350 (805) 252-9476.

Riverside: Tri-County Dental Society Sugarless 5 & 10K. 8 a.m. Tri-County Dental Ass'n, 6860 Brockton Ave., Riverside 92506 (714) 686-3368.

Santa Catalina Island: Catalina Island Marathon. Time TBA. Hans Albrecht, 25108-B Marguerite Pkwy., Suite 209, Mission Viejo 92692 (714) 858-9808.

Irwindale: L.A. Spring Triathlon. 3 mile run/9 mile bike/200 yard swim. Santa Fe Dam. 8 a.m. Robert Hogan 7211 Ramona Ave., Alta Loma 91701 (714) 989-6512.

Oakland: Cancel - Lake Merritt Joggers & Striders Fourth Sunday Run (replace by Couples Relay, listed last issue).

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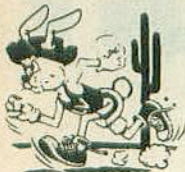
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■ March 27 (Thursday):

Las Vegas, Nevada: Tropicana/Las Vegas Eastern Run. (March 27-28-29) Half marathon, 10K, 2 mile. \$5000 prize money. Thomas Sports Enterprises, 6765 Grandola Dr., Las Vegas, NV 89103 (702) 368-2885.

■ March 29 (Saturday):

Marina: Marina 5-Miler. City Park (3200 Del Monte). 9:30 a.m. Parks & Recreation Dept., 211 Hillcrest, Marina 93933 (408) 384-3715.

Delano: Delano Fools Run. 5 & 10K. Senior Citizens Center. 8 a.m. Jim Nagatani, 1319 Main St., Delano 93215 (805) 725-9105.

Lompoc: Bud Robinson Memorial 5 & 10K Runs. Time TBA. Leo Aragon, Lompoc Valley Distance Club, P.O. Box 694, Lompoc 93438.

Morro Bay: The Embarcadero Mile. 9 a.m. Doug Moon, Morro Bay Recreation Dept., 535 Harbor St, Morro Bay 93442.

Glendora: Pride Eight 2K, 5K, 10K and Half Marathon. Foothill Presbyterian Hospital (250 S. Grand). 8 a.m. Pride 8, Box 221, Glendora 91740 (818) 331-0169.

Camarillo: Camarillo Kiwanis 10K. 8 a.m. Contact Steven Michel (805) 482-0711 or James Hardman (805) 482-6488. Camarillo Kiwanis, P.O. Box 533, Camarillo 93011.

Gilroy: Veterans of Foreign Wars 10K Race. Christmas Hill Park (Miller Ave.). 9 a.m. Toby Solorzano, 445 Burke Dr., Gilroy 95020 (408) 842-4098.

Mountain View: Shoreline Park 5-Miler, 9 a.m. Norman Shaskey, 600 Rainbow Dr., #166, Mountain View, 94041. (415) 964-6367.

Santa Rosa: Annadel Cross Country Runs, 3K & 8K, Annadel State Park, 9:30 a.m. Patsy Young, 9559 Occidental Rd., Sebastopol, 95472 (707) 823-2636, or 546-6802.

San Mateo: Peninsula Easter Week Classic With Jim Ryun, 5, 10 & 15K (1K Kid's Run), College of San Mateo, 8 a.m./1K. Steve Williams, Western Hills Baptist Church, 3399 CSM Dr., San Mateo, 94402. (415) 574-1228 or 574-4881.

■ March 30 (Sunday):

San Francisco: DSE Easter Sunday Egg Run. Mt. Davidson (Riordan High School, 175 Phelan Ave.). 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415) 585-7772.

Foster City: Sri Chinmoy 10 Mile Run. Recreation Bldg. (Shell Blvd. near Hillsdale). 8 a.m. Sri Chinmoy Marathon Team, Attn: Giribar DeAngelo, 2438 16th Ave., San Francisco 94116 (408) 996-8036.

Fresno: Easter Celebration Jog. 3 mile/2 mile jog/1 mile walk. Woodward Park. Sunrise. Bill Cockerham, PO Box 6103, Fresno 93703 or Harry Harder (209) 638-5007, eves.

Westlake Village: Conejo 5 & 10K. 7:30 a.m. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361 (805) 496-0088.

■ April 5 (Saturday)

Morgan Hill: Wildflower Run, 10K (Women Only), Live Oak High School, 9 a.m. AAUW Wildflower Run, Carolyn, P.O. Box 451, Morgan Hill, 95037. (408) 779-2296.

San Francisco: St. Ignatius Run, Location TBA, Distance TBA, Time TBA. Al Clifford, 1965 Market St., San Francisco 94103. (415) 552-1006.

Menlo Park: Menlo Players Guild Theater Trot, 1 Mi. & 5K. Laurel & Mielke Sts., 9 a.m. Sharon Hom, Menlo Players Guild, P.O. Box 301, Menlo Park 94026. (415) 322-3261.

Novato: Indian Valley Cross Country Run, 5 Mi., Indian Valley College (Sunset Pkwy. at Ignacio Blvd.) 9 a.m. Rob Pine, Novato Parks & Recr. Dept. 917 Sherman, Novato 94947 (415) 897-4323.

San Jose: Human Performance Club Run, 3 & 10K, Hellyer Park (Cottonwood Lake), 9 a.m., 9:05 a.m./3K. Human Performance Club, San Jose State Univ., San Jose 95192 (408) 277-3134.

San Francisco: Message to Garcia 8K & 1 Mi., Presidio (Parade Ground), 9 a.m. Ed Gonyea, Army Days HQ, 6th Army, Presidio of S.F. 94129 (415) 561-5257.

Eureka: Masters 10K (40 & Over Only), handicapped by age, Redwood Acres, 12 noon. Chuck Ehlers, Six Rivers RC, P.O. Box 214, Arcata 95521 (707) 822-4290.

Fresno: Women's Woodward Park Run, 3 & 6 Mi. (3 Mile Prediction Run), 8 a.m. Ron Gates, 3220 E. Huntington Blvd., Fresno 93702 (209) 237-3572.

Long Beach: Long Beach Grand Prix Charity 10K, Queen Mark, 8 a.m. Grand Prix Benevolent Assoc., 110 W. Ocean Blvd., Suite A, Long Beach 90802 (213) 436-7727.

Thousand Oaks: Conejo Valley Days 5 & 10K Rabbit Runs, 7:30 a.m. Jim Gilmore, 2909 Raleigh Pl., Thousand Oaks 91360 (805) 492-4592 or 496-2463.

Riverside: Mockingbird Canyon 5 & 10K Runs, California Baptist College, 8 a.m./5K, 8:30 a.m. Randy Galloway, California Baptist College, 8432 Magnolia, Riverside 92504 (714) 689-5711, x229.

Pt. Reyes: California '49er to Ft. Baker (Sausalito) (Hilly, dirt terrain). Time TBA. Dave Horning, 21 Live Oak, Berkeley 94705 (415) 540-7008.

■ April 6 (Sunday)

San Francisco: Houlihan's to Houlihan's 8-Mile Bay Race, Jefferson & Leavenworth to Sausalito, 8 a.m. RhodyCo Productions, 805 Lake St., #3, San Francisco 94118 (415) 668-2243.

Oakland: Misty Redwood Run, 7.6 Mi., Redwood Regional Park (Canyon Pkg. Lot), 9 a.m. American Lung Assoc., 295 - 27th St., Oakland 94612 (415) 893-5474.

San Francisco: DSE Polo Field Run, 5 & 10K, Golden Gate Park (South side of Polo Fields), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415) 585-7772.

Pleasant Hill: Pleasant Hill Community Challenge Run, 5 & 10K, College Park H.S. (201 Viking Dr.), 8:30 a.m. Pleasant Hill Recr. & Park District, 320 Civic Dr., Pleasant Hill 94523 (415) 676-5200.

El Dorado Hills: Mother Lode Biathlon, 10K Run, 37 Mi. Bike, Oakridge H.S., 8:30 a.m. City Bike Works, 2409 J Street, Sacramento 95816 (916) 447-2453.

☐ Schedule

San Luis Obispo: Cuesta College Spirit & Body Biathlon, 10K Run, 40K Bike, 8 a.m. Jeff Sloane, Spirit Cycle Works, 399 Foothill Blvd., San Luis Obispo 93406.

Modesto: Modesto Marathon & Half Marathon, Carpenter & Blue Gum Rds. 8 a.m. David Dennis, 1529 Swarthmore Dr., Modesto 95351 (209) 578-6608.

Los Angeles: Jimmy Stewart Marathon Relay, Griffith Park (5 x 5.2 miles) 9 a.m. Jimmy Stewart Marathon Relay, St. John's Hospital, 1328 22nd St., Santa Monica 90404 (213) 829-8969.

Visalia: Sequoia Athletic Club 10K, 3254 S. Mooney Blvd., 8:30 a.m. Sequoia A.C., 3254 S. Mooney Blvd., Visalia 93277 (209) 627-1446.

Newport Beach: April Fools 10K, Teller & Birch, 8 a.m. Leslie Davis, Newport Beach Sporting House, Box 8172, Newport Beach 92660 (714)752-0565.

Agoura: Paramount Ranch 5K X-Country, 8 a.m. Bill Duley, 818 No. Cold Canyon Rd., Calabasas 91302 (818)992-6219.

San Diego: Run for the Health of It, 2 & 10 Mi., Sharp Hospital, 7:30 a.m. Lynn Flanagan (619) 275-0996.

■ April 12 (Saturday)

Soquel: Stroke Center Run, 3K & 10 Mi., Valencia Elem. School, 9 a.m. Cabrillo College Stroke Center Aux., P.O. Box 686, Soquel 95073 (408)688-2618.

San Francisco: Nimitz Runs, 5 & 10K, Treasure Island, 8:30 a.m. John Birkle, NROTC, 25 Callaghan Hall, Univ. of California, Berkeley 94720 (415)642-3551.

Fresno: Run for Relief, 2 Mi. (prediction) & 10K, 6:30 a.m. Run for Relief, 1010 "G" St. Reedley 93654 (209)638-6847.

San Bernardino: Devil's Canyon 5 & 10K, 7 a.m. Marilyn Cobb, Heart Association, 575 Birch Ct., Colton 92324.

Orangewood: Run for Orangewood 5 & 10K, Fluor Recreational Park, 7:30 a.m./5K, 8 a.m. (1 Mi. Kids Run at 9 a.m.). (714)552-4402.

Long Beach: Run for the Hearing Impaired, Distance TBA, El Dorado Park, Time TBA. Susie Spidell (213)439-5732.

San Diego: Fastest Masters 10K Road Race. Mission Bay, 7:30 a.m. Tom Morrow, 5132 Canterbury Dr., San Diego 92116 (619)477-4447.

■ April 13 (Sunday)

San Francisco: DSE Ferry Building Run, 3.83 Mi., Dolphin Club, 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415)585-7772.

Palo Alto: Palo Alto 10 Mile at Stanford (& 2 Mi. Fun Run), 8 a.m./2 Mi., 8:30 a.m. Doug Nakashima, Palo Alto YMCA, 755 Page Mill Rd., Bldg. B, Palo Alto 94304 (415)858-0661.

Sebastopol: Apple Juice Run, 2 Mi. & 10K, Analy H.S., 9 a.m. Ken Silveira, 7765 Healdsburg Ave., Sebastopol 95472 (415)829-1894.

San Jose: Tortoise & The Hare 10K, The Good Samaritan Hospital, 9 a.m. The Good Samaritan League, Carol Johnson, 2425 Samaritan Dr., San Jose 95124 (408)354-4252.

San Francisco: Jog Your Mind 10K & 1 Mi. Fun Run, Marina Branch Library, 9 a.m. Shirley Lowes, Friends of the S.F. Public Library, Main Library, Civic Center, San Francisco 94102 (415)558-3857.

Arcata: Hunt Loop Runs, 1.6 & 7.2 Mi., Redwood Park, 1 p.m./1.6 Mi., 1:45 p.m. Rich Gilchrist (707)443-1226.

Clovis: Volunteer Triathlon, 10K Run, 20 Mi. Bike, 400m Swim, Clovis H.S., Time TBA. Franz Weinschenk, c/o Volunteer Bureau, 304 Crocker Bank Bldg., Fresno 93721 (209)237-3101.

Squaw Valley: Sierra Mountain Race & Relay, 10K X-C Ski, 10K Run, 30K Bike, Time TBA. Bill Jensen, P.O. Box 7045, Tahoe City 95730 (916)583-2264.

Medford, OR: Pear Blossom 20K (& 2K Fun Run), 8:45 a.m. Pear Blossom Run, P.O. Box 146, Medford, OR 97501.

Merced: Indian Gulch 5 & 10 Mi., 8 a.m. Merced T.C., P.O. Box 3275, Merced 95344 (209)723-6579.

Sacramento: American River 50 Mile. Finishes in Auburn. Time TBA. Nancy Marsh, Fleet Feet, 107 S. Harding, Roseville 95678 (916)783-4558.

San Luis Obispo: SLO Red Cross Marathon & Marathon Relay (legs of 8.1, 13.1 and 5.0 Mi. - 3/Team) 7:30 a.m. Chris Connors, American Red Cross, 1216 Morro St., San Luis Obispo 93401.

Livermore: Livermore Fitness Day 5 & 10K, The "Barn" (Pacific Ave.), 9 a.m. Livermore Area Recr. & Parks Dept., 71 Trevarno, Livermore 94550 (415)447-7300 or 846-1455 eves.

Santa Monica: Santa Monica Pier 5 & 10K, Civic Auditorium to Pier, 8 a.m. Santa Monica Parks & Recr., 1685 Main St., Room 210, Santa Monica 90401 (213)458-8311.

■ April 19 (Saturday)

Lompoc: Laura Stegman Memorial Women's 5K Run, River Park, 9 a.m. Bill Graham, c/o LVDC, P.O. Box 694, Lompoc 93438 (905)736-4696.

CALIFORNIA

Track & Running News

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□ Schedule

San Francisco: Ruth Anderson 100K Run Lake Merced. (Sunset Blvd. Parking Lot), 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602.

Coarsegold: The Original Foothill Footrace, 2 Mi. & 10K, Yosemite Lakes Park, 8 a.m. Stan Cooper, 44565 Savage Rd., Coarsegold 93614 (209)683-2110.

Fontana: Fontana Days Half-Marathon & 5K, 7 a.m. Kit Ledbetter, City of Fontana, 8353 Sierra, Fontana 92335 (714)350-7635.

Duarte: City of Duarte/Bud Light 2K, 5K & 10K Runs for Fitness, Royal Oaks Elem. School, 8 a.m./2K, 8:30 a.m. Lyndel Morgan, 1800 Huntington Dr., Duarte 91010 (618)357-7931 x201.

Holy Jim Canyon: Holy Jim 100 Mile Run, 8 a.m. (2 days) Orange County (Santa Ana Mountains, dirt trails). Dave Niederhaus, 25632 Heatherow Cir., El Toro 92630.

Castaic Lake: Steam Roller Ultra 100K, Time TBA. Hans Albrecht, 25108-B Marguerite Pkwy, Ste. 209, Mission Viejo 92692 (714)858-9808.

Alhambra: Super 10K Run II - America's Race. The Mayor's Rockport Fitness 1 Mile Walk. Downtown Alhambra. 8 a.m. Walk, 8:30 a.m. 10K. Entry Fee: \$5.00. (618)570-5044.



Amateur Sports Development U.S.A. TRACK & FIELD TOUR to HONG KONG and CANTON, CHINA July 20-30, 1986

- ★ Departs/arrives San Francisco
- ★ Two to three track meets
- ★ Cost of \$1450 includes flight, hotel, 3 meals per day, sweatsuit, running vest, running trunks, and hand carry bag.

For information contact:

Jack Cook, Head Track Coach
University of Nevada, Reno
Reno, NV 89557
(702) 784-6081 (office)
(702) 359-1872 (home)

Sacramento: American River Relays 20K (3-person teams, iron-man). Discovery Park. 9 a.m. American River Relays, c/o Balfrey & Abbott, 1210 G Street, Suite 2, Sacramento 95814 (916)447-8899.

Castaic Lake: Steamroller Ultra 100K. Time TBA. Hans Albrecht, 25108-B Marguerite Pkwy., Suite 209, Mission Viejo 92692 (714)858-9808.

■ April 20 (Sunday)

Oakland: Run for Friends, 5 & 10K, Lake Merritt, 9 a.m. Katherine Culligan, 150 Woodland Way, Piedmont 94611 (415)853-4474.

San Francisco: Peak Buster Benefit Run, 4.6 Mi., Lake Merced (Sunset Parking Lot), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415)585-7772.

San Francisco: Kimochi Cherry Blossom 5-Miler, Golden Gate Park to Japan Center, 9 a.m. Kimochi, Inc., 1581 Webster St., #10, San Francisco 94115 (415)931-2294.

Lafayette: Lafayette Loop, 2 Mi. & 10K, Plaza Center, 9 a.m. Center for Living Skills, P.O. Box 1145, Lafayette 94549 (415)284-4871.

Morro Bay: Morro Bay State Park Relay, Distances TBA, 9 a.m. Doug Moon, Morro Bay Recr. Dept., 595 Harbor, Morro Bay 93442.

Encino: McDonald's Annual Run for Summer Fun, 1K, 5K & 10K, Woodley Park, 8 a.m. Susan Lopaty, 18753 Sherman Way, Reseda 91335 (818)881-6801.

Castaic: Cycle World Biathlon Series, 4 Mi. Run, 27 Mi. Bike, Castaic Lake Recreation Area, Time TBA. RJS Events, 16161 Ventura Blvd., #C-784, Encino 91436.

Oxnard: California Strawberry Festival/St John's Medical Center Runs, 2 Mi. Fun Run, 10K, 8 a.m. Strawberry Festival Runs, 800 Hobson Way (Parks & Recr. Dept), Oxnard 93030 (805)984-4643.

La Jolla: La Jolla Half-Marathon & 2 Mi. Fun Run, Del Mar Race Track, 7:30 a.m. Toni Deal, Breaking Forty Race Consultants, 3381 Yucca Ave., San Diego 92117.

■ April 21 (Monday)

Boston: Boston Marathon. Hopkinton. Noon. B.A.A., Boston Marathon, 17 Main St., Hopkinton, MA 01748.

■ April 26. (Saturday)

Sunnyvale: Baylands Run, 10K, (Mathilda & 2nd Ave.), 9 a.m. Mark Grzan, P.O. Box 60607, Sunnyvale 94088 (408)730-7350.

Martinez: Briones Biathlon, 6.5 Mi. Run, 20 Mi. Bike, Briones Regional Park (Bear Creek Entrance), 8 a.m. Fleet Feet, 1528 Bonanza, Walnut Creek 94596 (415)943-6453.

Vacaville: Pena Adobe Run, 2 & 5 Mi., Lagoon Valley Park (1 Mi. west of Vacaville), 9 a.m. Paul Thompson, c/o Solano Striders, P.O. Box 525, Suisun 94585 (707)422-1306.

Stockton: Asparagus Run, 3 Mi., Oak Grove Regional Park, 11 a.m. Stockton Asparagus Festival, 4203 Coronado, Suite One, Stockton 95204 (209)943-7684.

Eureka: Rhododendron Festival Runs, 5 & 10K, Eureka Mall, Time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. Frank Jager: (707)443-2051 or Bill Honsal: (707)442-8686.

Paso Robles: Silver Bullet Triathlon, Distance TBA, Time TBA. Jon Root, Creston Star Route, Paso Robles 93446 (805)239-2251.

San Luis Obispo: (Tentative) Royal Runaround 5K, Time TBA. A.F.B., c/o Physical Education Dept., Cal Poly State Univ., San Luis Obispo 93407.

Fresno: Vintage Days 5 & 10K, FSU Campus, 8 a.m. David McDevitt, College Union, Room 306, California State Univ.-Fresno, Fresno 93740 (209)435-0166 home.

Hemet: Bess James Ramonaland 10K & 2 Mi Fun Run, Hemet Valley Mall (220 W. Florida at Hwy 74), 8 a.m./2 Mi., 8:30 a.m. John Chambers, Mt. San Jacinto College, 1499 No. State St., San Jacinto 92383-2399 (714)654-8011 or 672-1981.

South Pasadena: Road Runner Classic, 1K, 5K & 10K, YMCA (Oak & Garfield), 8 a.m./1K, 8:30 a.m. South Pasadena/San Marino YMCA, 1605 Garfield Ave., So. Pasadena 91030 (818)799-9119.

Rosarito Beach: Rosarito Beach Spring Festival Half-Marathon & 10K, 8:30 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714)841-5417.

Palos Verdes: Palos Verdes Library 10K/3K Run. 8 a.m. Courtyard Mall in Palos Verdes Peninsula. Carriage Realty, Inc., 430 Silver Spur Road, Suite 202, Palos Verdes Peninsula 90274 (213)377-7225.

■ April 27 (Sunday)

San Francisco: Bay Pacific 15K CANCELLED.

San Francisco: DSE Diamond Heights Run, 2.99 Mi., McAteer H.S. (Portola and O'Shaughnessy), 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415)585-7772.

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse, 1520 Lakeside Dr.) 9 a.m. LMJS, 745 Arimo Ave., Oakland 94610 (415)834-3110.

Gilroy: Gilroy Road Run, 3 & 10K, Christmas Hill Park, 9 a.m. Bill Flodberg, P.O. Box 152, Gilroy 95020.

Cotati: Cotati Co-op Runs, 5 & 10K, Veteran's Memorial Bldg., 9 a.m. Anu de Monterice, 85 W. Cotati Ave., Cotati 94928 (707)795-6819 or 795-2141.

Hayward: Run for Excellence, 5 & 10K, Southgate Park, 9 a.m. Ann Flinn, Hayward Education Fund, 1290 "B" St., Suite 314, Hayward 94541 (415)582-0608.

San Francisco: Sri Chinmoy 10K Run, Location TBA, 8 a.m. Sri Chinmoy Marathon Team, c/o Giribar DeAngelo, 2438 - 16th Ave., San Francisco 94116 (408)996-8036.

Berkeley: Zonta 5-Mile Run, Aquatic Park, Time TBA. Zonta Run, P.O. Box 5093, Berkeley 94705 (415)843-5800, Robin Herman.

☐ Schedule

Placerville: Silver Streak Run, (& 1/2 Mi. Kids' Run), Cosumnes River College, 8:30 a.m. 1/2-Mi., 9 a.m. Silver Streak Run, c/o Cosumnes River College, 106 Placerville Dr., Placerville 95667 (916) 622-7575 days; 626-5760 eves.

Walnut: Mt. SAC Relays In-N-Out 5 & 10K (& Munchkin Mile), 8:30 a.m. Don Ruh, Mt. San Antonio College, Athletic Dept., 1100 No. Grand Ave., Walnut 91789 (714)594-5611.

Laguna Beach: Schoolpower 10K Run, Time TBA. Richard Graham, c/o Laguna Beach Education Foundation, P.O. Box 19, Laguna Beach 92652 (714)494-6811.

Big Sur: Big Sur International Marathon, Pfeiffer Big Sur State Park. 8 a.m. William Burleigh, Box 222620, Carmel 93922.

Looking Ahead

MAY 4. Danville: Devil Mountain Run, 10K & 2.8 Mi., Town & Country Center, 9 a.m. Anita Bowers, P.O. Box 727, Alamo 94507 (415)934-2028.

MAY 4. Weott: Avenue of the Giants Marathon, Dyerville Bridge, 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Apr. 30 deadline or 2500 limit), (707)826-0616.

MAY 4. Lone Pine: Wild Wild West Cross-Country Marathon, Time TBA. Robert Frickel, P.O. Box 749, Lone Pine 93545 (619)876-4444.

MAY 4. Camarillo: Ventura Heart/CAAN Marathon, 10K & 2.1 Mi. 7 a.m. American Heart-Assoc., 1367 Del Norte Rd. Camarillo 93010.

MAY 4. Coronado: Chula Vista International Spring Festival Marathon. 7:15 a.m. Al Bateman, Box 1049, Coronado 92118 (619)437-4667.

MAY 4. Spokane, WA: Lilac Bloomsday, 12K. Convention Center, 9 a.m. P.O. Box 1511, Spokane, WA 99210.

MAY 11. San Rafael: Mom's-A-10 10K, Civic Center, 8 a.m. Total Race Systems, 627 Galerita Way, San Rafael 94903 (415)897-3904, Mary Yearsley.

MAY 17-18. Nevada City: Sunkist Gold Rush 100K (50K per day) 7:30 a.m. 50 limit. Paul Reese, P.O. Box 585, Auburn 95604.

MAY 18. San Francisco: Examiner Bay to Breakers 12K. Howard Spear. 8 a.m., Examiner Bay to Breakers, 110 5th St., San Francisco 94103 (415)777-7770.

JUNE 1. Foster City: Sri Chinmoy Marathon. 7 a.m. Sri Chinmoy Marathon Team, 2438 16th Ave., San Francisco 94116 (408)996-8036.

JUNE 1. Ukiah: Russian River Run and Marathon, 1/2 Marathon & 8K, (PA-TAC Marathon Championships). 6 a.m., 7:45 a.m.

ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event _____ Location of Event _____
Name of Event _____
Type of Event: long distance run track meet cross country other _____
Starting Time _____ Distance if a running event _____
Other Important Info _____
Contact Person _____ Phone _____
Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070

and 8:00 a.m. Tim Morrison, Box 204, Ukiah 95482.

JUNE 1. Aptos: Aptos Creek Marathon & 10k. (Nisene Marks State Park). Time TBA. Aptos Creek Marathon, Box 870, Trabuco Canyon 92678.

College/Open Track & Field

MAR 1: Bud Lite Invitational. San Diego State University, 10 am. Dixon Farmer, SDSU Athletic Dept., San Diego 92185. (619) 265-5536.

MAR 1: Los Gatos All Comers. Los Gatos High School, 1 pm. Willie Harmatz, Los Gatos High School, 20 High School Ct., Los Gatos 95030. (408) 354-5660.

MAR 1-2: Long Beach Relays. Cal State Univ., Long Beach, 10 am. Ralph Lindeman, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

MAR 8: SCA TAC Olympic Development. Women Only. University of California, Irvine, 11 am. Bob Seaman, 1217 Lakme Ave., Wilmington 90744. (213) 835-8177.

MAR 8: Santa Monica Relays. Community College. Santa Monica College.

MAR 14-15: Sacramento Invitational. Cal State Univ., Sacramento. Joe Neff, 6000 J St., Sacramento 95819. (916) 454-6208.

MAR 15: Los Angeles Relays. Cal State Univ., Los Angeles, 1 pm. John Tansley, CSLA Track & Field, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

MAR 15: Oregon Women's Open. Women Only. University of Oregon, 12 noon. Tom Heinonen, McArthur Court, Eugene, OR 97401. (503) 686-3395.

MAR 21-22: SFS Invitational Decathlon. San Francisco State Univ., 10 am. Harry Marra, Head Coach, Track & Field, Athletic Dept.,

San Francisco State University, San Francisco 94132. (415) 469-1561.

MAR 22: Sacramento Relays. Sacramento.

MAR 22: Bronco Invitational. Cal Poly, Pomona, 10 am. Jim Sackett, CPP Track & Field, 3101 Temple Ave., Pomona 91768. (714) 598-4600.

MAR 22: Oregon Men's Open. Men Only. University of Oregon, 12 noon. Bill Dellinger, McArthur Court, Eugene, OR 97401. (503) 686-5465.

MAR 22: Santa Barbara Relays. Community College. Santa Barbara City College, 9 am.

MAR 22-23: Oxy Decathlon/Heptathlon. Occidental College, 8 am. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

MAR 22-23: Golden Bear Meet of Champions. Includes Heptathlon. Women Only. Univ. of California, Berkeley, 11 am. Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 842-9447.

MAR 27: Southern California Relays. Community College. Fullerton/Cerritos, 8 am.

MAR 28-29: Stanford Invitational. Stanford University, 8 am. Brooks Johnson, Dept. of Athletics, Stanford 94305. (415) 597-1051.

MAR 29: USC Relays. USC Cromwell Field. Men Only. Ernie Bullard, USC Heritage Hall, Los Angeles 90007. (213) 743-2754.

MAR 29: SCA TAC Olympic Development. Santa Monica College, 12 noon. Bob Seaman, 1217 Lakme Ave., Wilmington 90744. (213) 835-8177.

APR 4: UCLA All Comers. Women Only. University of California, Los Angeles, 11 am. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.

APR 5: Hall of Fame Invitational. Hughes Stadium, Sacramento, 9 am. Jerry Colman, 5292 N. River Way, Sacramento 95864. (916) 485-2137.

□ Schedule

- APR 5: Fresno Bee Games.** Fresno State University, 8 am. Red Estes, FSU Track & Field, Fresno 93740. (209) 294-4098.
- APR 5: Sun Angel Classic.** Includes multi-event. Arizona State University, 5 pm. Clyde Duncan, ASU Track, Tempe, AZ 85281. (602) 965-2406.
- APR 8-9: Community College State Decathlon & Heptathlon Championships.** Mt. San Antonio College, Walnut.
- APR 11-12: Bakersfield Relays.** Community College. Memorial Stadium, Bakersfield College.
- APR 12: Woody Wilson Relays.** University of California, Davis.
- APR 12: UC Riverside Invitational.** Univ. of California, Riverside, 9 am. Chris Renne, Athletic Dept., 900 University Ave., Riverside 92521. (714) 787-5432.
- APR 12-13: Northridge Invitational.** Cal State Univ., Northridge, 10 am. Don Strametz, CSUN Track & Field, Northridge 91324. (818) 885-3242.
- APR 13: 200 Track Classic.** Open/College/Masters men & women. 200M Hurdles, 200m, 4x200 relay. 12 p.m. Cal State Northridge. Frank Reilly (818) 716-7280.
- APR 18: USC Women's Twilight Invitational.** Women Only. USC Cromwell Field, 5 pm. Fred La Plante, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.
- APR 18-19: Lady Bronco Invitational.** Women Only. Includes heptathlon. Cal Poly, Pomona, 10 am. 3101 Temple Ave., Pomona 91768. (714) 598-4611.
- APR 19: Jenner Classic.** San Jose City College, 11 am. Bert Bonanno, San Jose CC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.
- APR 20: All American Throws Meet.** Open/H.S./College/Masters men & women. Cal State Northridge, 12 noon. Frank Reilly (818) 716-7280.
- APR 24-25: Mt. SAC Relays Decathlon & Heptathlon.** Mt. San Antonio College, 8 am. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.
- APR 24-27: Mt. SAC Relays.** Mt. San Antonio College. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.
- APR 26: Poly Royale Invitational.** Cal Poly San Luis Obispo, 10 am. Lance Harter, Cal Poly, SLO Track, San Luis Obispo 93402. (805) 546-1130.
- MAY 2-3: Johnny Mathis Tune-Up Meet.** Women on Friday, Men on Saturday. San Francisco State University. Harry Marra, Track & Field Director, San Francisco State Univ., San Francisco 94132. (415) 469-1561.
- May 3: New Balance Women's Invitational.** Women Only. University of California, Irvine, 12 noon. Vince O'Boyle, Crawford Hall, Irvine 92717. (714) 856-6342.
- MAY 3: Long Beach Twilight Invitational.** Men Only. Cal State Long Beach, 4 pm. Ralph Lindeman, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.
- MAY 3: Nick Carter Invitational.** Men Only. Univ. of California, Santa Barbara, 11 am. Sam Adams, UCSB Intercollegiate Athletics, Goleta 93017. (805) 961-2133.
- MAY 3: Oregon Pepsi Relays.** University of Oregon, 10 am. Bill Dellinger, McArthur Court, Eugene, OR 97401. (503) 686-5465.
- May 3: Arizona Last Chance Meet.** Univ. of Arizona, Tucson, 4 pm. Dave Murray, McKale Ctr., Tucson, AZ 85721. (602) 621-4984.
- MAY 3: UCLA vs. USC Dual.** L.A. Coliseum.
- MAY 9-10: PAC-West Championships.** Women Only. Arizona State University. Clyde Duncan, ASU Track, Tempe, AZ 85281. (602) 965-2406.
- MAY 9-10: PCAA Championships.** Fresno State Univ. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 294-4098.
- MAY 9-10: N.A.I.A. District 3 Championships.** Azusa Pacific College.
- MAY 10: Oxy Invitational.** Occidental College, 4 pm. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.
- MAY 10: Southern California Community College Championships.** Mt. San Antonio College.
- MAY 10: California Relays.** Modesto City College, 12 noon. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.
- MAY 16: Long Beach Last Chance Open.** Cal State Univ. Long Beach, 4 pm. Ralph Lindeman, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.
- MAY 16-17: California Community College State Championships.** Mt. San Antonio College. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.
- MAY 17: UCLA Pepsi Invitational.** Univ. of California, Los Angeles, 11 am. Al Franken/Bob Kersee, UCLA Ath., Los Angeles 90024. (213) 655-9326.
- MAY 17: Oregon Twilight Meet.** Men Only. University of Oregon, 5 pm. Bill Dellinger, McArthur Court, Eugene, OR 97401. (503) 686-5465.
- MAY 18: Los Angeles Invitational.** Cal State Los Angeles, 12 noon. John Tansley, CSLA Track & Field, 5151 University Dr., Los Angeles 90032. (213) 224-3319.
- MAY 21-24: NCAA Div. II Championships.** Cal State Univ., Los Angeles, 10 am. John Tansley, CSLA Track & Field, 5151 University Dr., Los Angeles 90032. (213) 224-3319.
- MAY 23: San Diego-Imperial TAC Championships.** San Diego State University, 4 pm. Jim Cervenev, SDSU Athletic Dept., San Diego 92185. (619) 265-5536.
- MAY 23-24: PAC 10 Championships.** USC, Los Angeles Coliseum. Men Only. Ernie Bullard, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.
- MAY 24: Oregon Twilight Meet.** Women Only. University of Oregon, 5 pm. Tom Heinonen, McArthur Court, Eugene, OR 97401. (503) 686-3395.
- MAY 24: SCA TAC Middle & Long Distance Classic.** Santa Monica College. Skip Stolley (818) 787-4377.
- MAY 25: Pacific Coast Invitational.** Women Only. Univ. of California, Berkeley, 12 noon. Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 642-9447.
- MAY 29: Oregon State Twilight Meet.** Oregon State University, Corvallis, 5 pm. Chuck McNell, Gill coliseum, Room 103, Corvallis, OR 97331. (503) 754-2611.
- MAY 30-31: West Coast Decathlon.** Fri. H.S./Jr. College. Sat. Open/Masters. Cal State Northridge. Frank Reilly (818) 716-7280.
- MAY 31: Jenner International (Grand Prix).** San Jose City College, 12 noon. Bert Bonanno, San Jose CC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.
- JUN 1: All Comers TAC Tuneup.** Mt. San Antonio College, 5 pm. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.
- JUN 3-7: NCAA Div. I Championships.** Univ. of Indiana, Indianapolis. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.
- JUN 7: Southern California Open & Masters Meet.** Point Loma Nazarene College. 9 a.m. Joe Horn, 1147 Agate St., San Diego 92109 (619) 488-8885.
- JUN 7: Prefontaine Classic.** University of Oregon, 7 pm. Tom Jordan, 850 E. 43rd., Eugene, OR 97405. (503) 683-5635.
- JUN 8: SCA TAC Olympic Development.** Univ. of California, Irvine, 2 pm. Bob Seaman, 1217 Lakme Ave., Wilmington 90744. (213) 835-8177.
- JUN 14: SCA TAC Sr. Men & Jr./Sr. Women's Championships.** UCLA, 10 am. Bob Seaman, 1217 Lakme Ave., Wilmington 90744. (213) 835-8177.
- JUN 14: All American Invitational.** Masters. Cal State Univ., Northridge. Frank Reilly (818) 716-7280.
- JUN 15: All American Invitational.** Open. Cal State Univ., Northridge. Frank Reilly (818) 716-7280.
- JUN 18-19: TAC Sr. Men/Women Decathlon & Heptathlon Championships.** University of Oregon, Eugene. Gary Triguero, P.O. Box 1107, Eugene, OR 97440. (503) 343-7247.
- JUN 19-21: TAC Sr. Men/Women Championships.** University of Oregon, Eugene. Gary Triguero, P.O. Box 1107, Eugene, OR 97440. (503) 343-7247.
- JUN 27-28: TAC Jr. Men/Women Championships.** Towson State, Towson, Maryland. Bob Rothenberg, T&FDA, Box 22683, Baltimore, MD 21203. (401) 863-2054.
- JUN 28: Long Beach All Comers.** Cal State Univ., Long Beach, 10 am. Ralph Lindeman, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

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SoCal Diary

By BILL MINARIK

□ January 20.

The Sunkist Invitational officially opened the 1986 track season in SoCal; and what an opening it was. No less than 4 world records were set and all were by U.S. athletes.

Greg Foster started it off by achieving one of his personal goals which was to break all Renaldo Nehemiah's world marks and he accomplished phase I with a 50 yard timing of 5.88 against Nehemiah's old mark of 5.92. However, his attempt to duplicate that feat in the 60 was frustrated by a shaky starter who lulled the

field into numerous false starts including a questionable 2nd one against Foster which gave him the old D.Q.

Not to be outdone, Johnny Gray set a blistering pace in the 880 (51 second first lap) and then hung on for a 1:46.8 which just beat his old world mark of 1:46.9.

One of the most unlikely athletes to set a world mark this night would have been triple jumper Charlie Simpkins of Baptist College. Not only was Simpkins quite a ways down on the U.S. list, but the jump pit was so close to the edge of the

oval track, that officials piled sand about 2 feet high at the 57' mark as a barrier for jumpers to slide into to keep from hitting the boards. However as Simpkins' jumps approached the barrier, officials reluctantly knocked down the sand pile. So low-and-behold Charlie extended himself on his final jump to a world mark 57-5. Its fortunate Charlie's jump didn't go any further or he may have broken more than a world record.

Last but certainly not least, those fans who stuck around for the end of the pole vault

were not disappointed as Billy Olson eclipsed Sergei Bubka's world mark of 19-3¼ by skying to 19-3½. This will set up a showdown between the two at the Times Meet on February 21.

In another item of note, those of you who thought Hawthorne's boys team, hard hit by graduation, would be rebuilding this year, should be advised that Hawthorne has rebuilt. A 4 X 160 relay team consisting of a freshman, two sophomores and a junior came from behind to beat the best in the west with a 1:07.5 clocking.

Mailbag

Learning Lydiard

Dear Editor:

I'm writing with respect to Roy Stevenson's article "The Kiwi Kick" in your otherwise excellent November/December issue.

In that article, Roy states that trying to follow the Lydiard system from just reading Lydiard's book "is like an American claiming that he knows all about the communist system without going to China or Russia. To truly train the Lydiard way, one must actually have experienced the system in New Zealand, being coached by a Lydiard athlete." In my opinion, such a statement is 1) incorrect, 2) logically inconsistent with writing an article on how to train, and 3) surprisingly provincial.

The statement is incorrect, in my opinion, because where or how you learn to do something properly might make it easier to complete that learning, but it shouldn't make it impossible if you're in the wrong place. Do I really have to shoot someone to know it is bad? Must I go to Russia to understand Marx? (After all, Marx wrote in England!) To me, learning can take place from reading alone, although it might be more effective in some settings than others.

But okay, suppose that you can't learn about the Lydiard system from reading about it... then why should we read his article? That is, if I'm wrong and Roy is right that "Lydiardness" must be taught in New Zealand by a Lydiard athlete, then doesn't that mean his article is not worth reading? Why did he write it if the reader won't be able to benefit? In essence, the underlying premise of the statement is logically inconsistent with writing the article.

In my opinion, Lydiard's book is excellent, but it isn't always right. For example, he makes the statement that running in dry air is more dangerous than humid air, etc. If what Roy meant to say was that

we should read Lydiard for the general thrust and not take each specific point as gospel, then I agree with him. Of course, since Roy and I aren't in the same place, we can't communicate with each other, but then again, if that's true, ...

Woody Studenmund
Pasadena

Junior Meet

The item in last month's issue on the Juniors meet in June had several errors I want to clear up.

In the schedule on page 9, the dates should in fact be June 28-29. The contact name, mailing address and phone number should read as follows: Juniors Championships, P.O. Box 22683, Baltimore, MD 21203. Jack Pfeifer, (301)522-0811.

In the list of entry standards on page 55, several have been changed. You had no way of knowing this, because they came about after conclusion of the TAC convention, but I would appreciate it if you could run a little correction saying that the Juniors decathlon standards will in fact be 5950 with international implements and 6250 with high school implements, regardless of the system of timing. In the women's standards which you plan to run soon, the same alteration needs to be made. The heptathlon standard is 4100.

We want to be sure Californians know about this year's Juniors meet. We are a long way away, but air fare is cheap between the coasts. This year, as you know, the inaugural World Juniors Championships will be held (Athens, July) and we hope to send the best possible National Team.

Jack Pfeifer
Juniors Championships
Chairman

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Survey of College Track Conferences

By BOB WOMACK

The Southwest Conference has replaced the Pac-10 as the strongest men's track and field conference in the country.

After years of No. 1 conference ranking, the Pac-10 had been edged out of the top spot in 1984 by the SWC upstarts. This year, it wasn't even close; the SWC ranked first in all of four indices and, to add insult to injury, the Pac-10 was nosed out for second by the Southeastern Conference.

The annual rankings are based on four criteria:

1. Scoring (average points per school) in the NCAA Division I championships.
2. The NCAA meet scored as a dual

meet between conferences.

3. Winning marks in the conference meet.

4. Third-place marks in the conference meet.

The Southwest Conference derived a large share of its 1985 luster from conference (and NCAA champion) Arkansas and its brilliant star, Mike Conley. But the SWC wasn't just a one-man or even one-team show; no fewer than five of the nine schools scored 25 points or better at Austin and the conference had an unheard-of 14-7 edge over the Pac-10 in first-place marks.

On the distaff side, the No. 1 women's

ranking changed hands for the third time in as many years with the Southeastern Conference succeeding the Big Eight, which in turn had ousted the Western Collegiate Athletic Association at the top. The WCAA salvaged a little pride for the Pacific Coast by recovering from its third-place 1984 finish to second in 1985.

The full Pacific Coast recovery in women's track will come in 1987 when most of the teams in the WCAA and Norpac conferences will be combined into the women's Pac-10. That combination would have been a clear No. 1 in 1985.

The Men's Rankings:

Conference	NCAA Points	Per School	NCAA Rank	Marks Dual	Marks (1st)	1985 (3rd)	1984 Rank	1983 Rank	1982 Rank	1981 Rank	Rank
Southwest	200	22.2	1	1	1	1	1	1	3	2	4
Southeastern	88	9.8	3	2	3	2	2	3	4	3	2
Pac-10	116	11.6	2	3	2	3	3	2	1	1	1
Big Eight	75	9.6	4	4	5	4	4	4	2	4	5
Big Ten	47	4.7	6	5	4	5	5	5	8	6	2
Western (WAC)	49	6.1	5	7	11	6	6	6	5	5	5
Atlantic Coast	22	2.8	11	6	7	7	7	8	7	7	8
Southland	20	2.9	10	9	6	8	8	7	-	-	-
Pacific Coast	21	3.0	9	11	10	9	10	9	6	8	7
Mid-America	28	3.1	T7	13	12	12	11	14	-	-	-
Big Sky	3	0.4	16	12	8	10	12	12	-	-	-
Heptagonal	11	1.1	13	10	14	15	13	16	9	10	9
Metro	7	0.9	14	14	15	14	14	15	-	-	-
Southwestern	2	0.3	17	16	13	11	15	13	10	9	10
Missouri Valley	5	0.6	15	15	16	17	16	10	-	-	-
Southern	9	1.1	12	17	18	18	17	17	-	-	-
Ohio Valley	0	0.0	18	18	17	16	18	-	-	-	-

The Women's Rankings:

Conference	NCAA Points	Per School	NCAA Rank	NCAA Dual	Marks (1st)	Marks (3rd)	1985 Rank	1984 Rank	1983 Rank
Southeastern	135.5	19.4	1	1	1	1	1	2	2
Western (WCAA)	142	17.8	2	2	2	2	2	3	1
Southwest	81	11.6	4	3	5	5	3	5	6
Big Ten	45	4.5	6	4	4	3	4	4	5
Big Eight	52.5	6.6	5	5	3	4	5	1	3
Norpac	81	13.5	3	6	6	6	6	6	4
Southwestern	31	3.9	7	7	8	7	7	7	-
High Country	13	1.9	T9	8	7	-	8	9	-
Pacific Coast	9	2.3	8	11	11	-	9	-	-
Atlantic Coast	13	1.9	T9	9	12	-	10	10	-
Big East	12	1.3	11	10	10	-	11	8	-
Mid-America	0	0.0	T12	12	9	-	12	-	-
Ohio Valley	0	0.0	T12	14	13	-	13	-	-
Heptagonal	0	0.0	T12	13	14	-	14	-	-

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Medical Notes for Runners

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



Energy Field Balancing

I recently spoke to a physician who returned from Russia and visited some of their Olympic training camps. He indicated that the Russians are using energy balancing techniques on their top athletes. I asked him to explain what he meant by this. He stated that the Russians and East Germans feel that the physical body has an energy field around it, which is an electromagnetic field. He states that, when there are injuries, the electromagnetic field becomes imbalanced and that this causes subtle changes in the energy flow between the cells of the physical body. When this happens, performance is decreased and, oftentimes, injuries are more prevalent and slower to heal. Well, this whetted my appetite. If indeed there is an electromagnetic field about the body, then interacting with this field may make a difference to the various physical parts of the body.

Later on that month, I attended a medical conference on the various electrical and magnetic modalities available for healing. I personally had had experience in utilizing electrical stimulation to aid the healing of fractures. When there is a fracture that is slow to heal or which doesn't heal at all, we utilize electrical coils on either side of the fracture and put an electric current through the bone. It is well known that bone conducts electricity. It is also known that, when there has been injury to bone, the electrical charge on the cells in the bone become stagnated or reversed and that the flow of energy is decreased or altered. By stimulating a normal electrical energy flow between damaged bone ends, healing of a fracture can take place.

We then explored the field of acupuncture, talking about various subtle energy fields throughout the body with various meridians. The acupuncturists feel that every cell is connected to every other cell and that, in fact, every cell has its own consciousness, which is related to the consciousness of every other cell and the consciousness of the body. This holistic view point appears to be healthy from a physiological, as well as psychological aspect.

Some evidence was then presented about biofeedback, utilizing a galvanic response measurer. One can use a galvanic meter to measure various responses of the skin electrical system when different words or suggestions are given to a person.

We then spoke about the work being done with the electroacroscope,[®] dynawave,[®] and neuroprobe. All of these techniques can measure and change electrical charges in the cells and enhance healing. The philosophy is, when damage to tissue has taken place, there is a reversal or change in the normal electrical balance between various cations and anions on the cell walls. This causes increased swelling and stagnation and decreased circulation in healing. Once this is reversed, the healing process increases.

Topics on esoteric healing were presented, and it was shown that, by using various sensing devices, the electromagnetic field around the body could be measured, changed, and balanced.

We then spoke about the connection between the mind and body. It is becoming more evident all the time that there can be no separation between the mind and the body and almost all injuries are preconceived on some level and then manifest; that, truly, healing does not take place until there is a balance between the body, mind, and higher self. An example of this is having a pattern of always getting hurt before the big race. This pattern may be secondary to learning through experience when you are a young child, that winning means you must perform even better the next time around. Thus, there is a fear of success or a fear of winning.

Evidence was presented at the seminar that homeopathic remedies work on the energy systems within the body to help nudge or push the body into doing its own healing. These natural substances, on a clinical level, have been most effective in remedying many various forms of injury or illness.

What this all boils down to is that there are subtle energy systems around and throughout the body that are as important as the more obvious physiological systems. These systems can be interacted with, and change can be the end result. This change is often long lasting and dramatic, whereas the changes on merely the physical level may be of short duration and followed by another illness of injury. Oftentimes, when we are short sighted in our healing approaches, we solve one problem to create another. Thus the drug we give to take care of a sore throat wipes out the bacteria in the gut and causes the patient to have

yeast infection. We trade one problem for another. A more holistic approach, looking at the cause of injury with the emotional, psychological, and physiological reasons, would give a more long lasting and complete cure.

What can be done to balance the electromagnetic field? Using various forms of crystal transducers, electromagnetic energy field can be measured and then, very subtly, balanced and changed. Visualization and suggestion are used during the sessions. Patients are literally programmed to do their own healing and rehabilitation. They can sense the changes in their subtle energy systems during therapy.

Does this work for everybody? It works for those who want to effect a change. It works for those who are ready. Certainly, if there is resistance to change, it won't work. It could, in fact, be unethical for any physician or person involved in the healing arts to force change on anyone if it is against their will.

I'm offering the above information to bring you up to date as to what is happening on the threshold of sports medicine. Oftentimes the injuries we have are simply the tip of the ice berg. Certainly, it would be wise to explore the whole ice berg when searching for permanent solutions for various physiological, emotional, and psychological problems.

On another note, we are accepting personal questions for various injuries or problems that any of the readers of *California Track & Running News* may have. If this applies to you, feel free to write me a letter in care of the magazine.

[®] Electroacroscope - Current Medical Instruments, Pt. Reyes, CA.

[®] Dynawave - Dynawave Corporation, Batavia, Illinois.

The Athlete's Kitchen

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



Sports Nutrition News

New England is a mecca not only for athletes, but also for researchers interested in improving athletic performance. Every year, exercise physiologists, cardiologists, nutritionists and other health professionals share the latest information at the fall meeting of The American College of Sports Medicine, New England Chapter. The following report, from their recent mini-convention, highlights some of the "hot of the press" sports nutrition topics.

TRIATHALON FUEL: When it comes to fueling themselves for ultra-performance, some athletes vary from the classic pattern of burning first carbohydrates (glycogen) and then switching to primarily fats. According to Nutrition PhD. Long Crosby at the University of Pennsylvania and his partners in LABMAN (a group of scientists dedicated to the study of endurance athletes), some triathletes burn almost all fat, whereas others burn primarily carbohydrates.

Crosby collected data on 15 Ironman triathletes during eight hours of exercise (five hours stationary cycling; three hours treadmill running) and calculated the type of fuel (fat or carbohydrate) the subjects burned. Much to Crosby's surprise, the athletes divided themselves into three categories: "fat burners", "carbohydrate burners" and "traditionalists" who burned the classic mixture of carbs and fats.

Crosby estimates that the triathletes expended between 4000 and 8000 calories, depending on their body size. Although they were allowed to eat whatever they wanted during the experiment, most opted for only water; a few consumed at most 500 calories of a fluid replacement. The "fat burners" did fine existing off their body fat stores. However, Crosby is baffled by the "carbohydrate burners" - Where did they get 4000-8000 calories of stored carbohydrates? According to the literature, an athlete can store an estimated 2000 calories (more or less) as carbohydrate (ie, glycogen). This group burned more than that!

Obviously, Crosby's findings need further research. However, they have opened up a whole new door when it comes to fuel for endurance events. For example, Crosby suspects that if fat burners eat carbohydrate snacks during endurance exercise, they may be more likely to "crash" and impair their performance. He also suspects that most fat burners have intuitively learned this during their training. They tend to exercise best in a fasting condition and eat

little or nothing during endurance exercise. Carbohydrate burners, on the other hand, may tend to eat more, both before and during exercise.

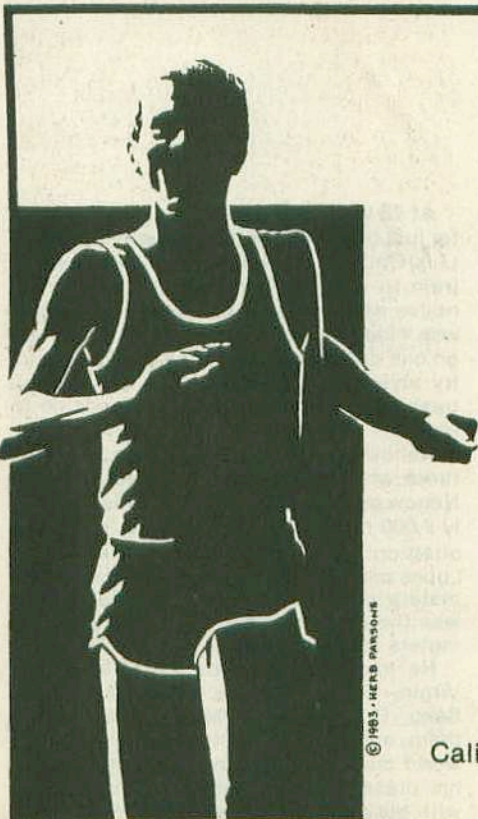
This preliminary study may, once again, document what athletes have sensed for years and helps explain why some triathletes eat very little during the Ironman, whereas other fuel themselves along the way. Several questions remain unanswered, including one Biggie: Does the fat burner, with thousands of calories stockpiled in body fat, have a natural advantage over the carbohydrate burner with a limited glycogen supply? Crosby hopes to have some answers for next year's N.E. A.C.S.M. Meeting!

AMMENORHEA and ATHLETES: Sports medicine specialists are still unclear as to the causes of exercise-induced amenorrhea (cessation of regular menstrual periods). Is it related to the stress of exer-

cise? low percentage of body fat?, hormonal changes caused by strenuous activity? poor dietary habits? a combination of the above? No one knows for sure. Exercise scientists are certain however, that amenorrheic athletes tend to have a higher risk of developing osteoporosis.

Mim Nelson, nutritionist and Betsy Fisher, exercise physiologist at Tufts Nutrition Center on Aging, reported that in their research with 28 female runners, spinal bone in the women who had been amenorrheic for two years was 15% below normal. They emphasized the importance of calcium-rich diets to help maintain strong bones. Drink that milk!!!

Nancy Clark, MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, is a member of The American College of Sports Medicine. She is also author of *The Athlete's Kitchen*.



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An Interview With...

MARK NENOW

By GREGOR ROBIN



The first thing one observes when introduced to Mark Nenow is his quiet self confidence. The next thing one notices are his long muscular legs.

At 5-8 and 130 pounds Nenow looks strong and mighty even in blue jeans and a bulky corduroy shirt.

Nenow is the third fastest American ever for 10,000 meters on the track (27:36.7) and he holds the world record for the 10,000 meter point-to-point course on the road (27:22.69). He improved his American record for the 10,000 meter loop course to 27:48.0 in 1985.

In 1985 he ran 28:12.6, 27:40.85 and 28:05.92 on the track. With those three times he earned a third place world ranking in the 10,000 meter run for 1985 behind fellow American Bruce Bickford and Olympic gold medalist Alberto Cova, of Italy.

Nenow's third place American time (which he set in 1982 in the Mt. San Antonio Relays) was tested by Bickford in 1985. Nenow and Bickford battled on the track in Europe on July 2 and Bickford won, running 27:37.17, a scant .47 seconds off Nenow's 1982 time. Bickford's and Nenow's times in that race, (Nenow ran 27:40.85) were the fastest in the world in 1985.

At 28 years old Nenow has been running for just over 10 years. He was staying in San Luis Obispo with a friend for six weeks to train in January and early February. The house where he stayed in San Luis Obispo was hidden away at the top of a long road on one of the hills that jut up near the country style town. Nenow was in the kitchen fresh off a run when the reporter came to visit.

Nenow is a gracious, concerned host. At times while talking to him one forgets that Nenow ran with Fernando Mamede for nearly 7,000 meters before Mamede, Portugal's often criticized runner, set off after Carlos Lopes and broke the world record for 10,000 meters in 1984. And one forgets that Nenow was the best American at 5,000 and 10,000 meters for all of 1984.

He raced against de Castella, Rose, Virgin, Salazar, Barie, Musyoki, Kigen, Seko, Cova, Kamau, Manede, you name them, and he's beaten them all. Why these world class feats seem to slip by while in his presence must have something to do with his nature. He doesn't act like an ego maniac. He just runs hard and fast and knows how to relax when he's idle.

On this day Nenow's housemate Leo Len-

ting (a 29:53 10,000 meter runner who went to the University of Kentucky with Nenow) is hurrying to get to work. Nenow suggests to the reporter that they go to a restaurant for a snack and the interview.

They go, leaving Lenting to go to work. At the restaurant Nenow has chili and the reporter has soup, but considers having chili thinking it might have world record powers.

Nenow was born on November 16, 1957 in Fargo, North Dakota. He lived all over the midwest during his childhood, but Anoka, Minnesota was where he lived the most.

At Anoka High School he ran 4:21 and 9:17 as a senior. He got to those times in a roundabout way. He wrestled until his senior year. Then he went out for cross country and after only two months... well let's let him tell you about that later.

He graduated high school in 1976 and chose the University of Kentucky for college.

"I went to Kentucky for two reasons," he said. "Mainly I was impressed with Lexington, the recruiting visit and the team. And it was the only Division I school to offer me a scholarship."

Nenow got a one-third scholarship his

first two years and got a full ride his last three. He graduated in 1980 with a bachelor's degree in accounting. He earned a master's degree in business administration in 1982.

He says there is no history of athletics in his family. "None," he said. "Not even much history of participation."

He is now an athletic consultant for Puma Sporting Goods and a member of Lexington's Todds Road Stumblers Running Club.

Nenow's PR for 5,000 meters is 13:18.5. He said his best times for 3,000 meters down to 800 meters have been set on the way to 5,000 meters. His only race over 15,000 meters (PR 43:42.0) was the Virginia 10 Miler, which he ran as a college freshman in over 50 minutes, he said.

He trains twice a day, usually 11 miles in the early afternoon and five to seven miles at night. On Sundays he goes long, up to 22 miles. After the European track season he usually trains once a day for several months to rest.

He eats normally and really is a human being like the rest of us. He just runs fast. Very, very fast.

For the last 10 years, he has lived in Lexington, Kentucky, and he began by talking about his hometown.

Nenow: Lexington fits my training lifestyle and it fits my lifestyle period. It's a nice little town. Lexington is somewhere between 250,000 and 300,000 people. It's about the right size. I like it a lot.

Robin: What brings you out to California?

Nenow: Mostly just getting away from inclement weather for training.

Robin: You seem to have a really nice lifestyle for a runner where all you have to do is concentrate on running.

Nenow: We're lucky that running's gotten to the point now where the top people are able to support themselves through the sport - make a living at it. So you're right. I am able to just train and run and support myself without having any outside job to make money. And the sport's just matured to that level in the last 10 years or so.

Robin: Do you ever get giddy happy about it? Where you just sit back and say, 'My lord! This is the best thing I could imagine.'

Nenow: No, no, no. It's not like that. I'm not real secure in it. Obviously as long as you're running well and doing well you're going to make enough and do well enough to support yourself. But hard luck can fall on anybody. Especially on athletes. Injuries are so severe, especially in distance running and they can take you from the top to right out of the sport in no time.

Robin: Let's go back a little bit. In high school what was your first experience with running?

Nenow: I started wrestling when I was in eighth grade, and I don't remember running then. Cutting weight didn't really become a part of my wrestling until my junior year. And that must have been when I first remember running a little bit.

Robin: So when was the first time you realized you had talent running. Did you go out for the track team you junior year?

Nenow: No. My senior year I went out for cross country running. I was wrestling

mostly to be involved in sports.

A job I had all through high school at a Burger King restaurant happened to be the kind of turning point for me because all the cross country runners at my high school, all of my best buddies now, all got jobs there the summer between my junior and senior year. They started working late that spring and I got to know them all and I felt that I had a lot in common with them - not athletically, but I enjoyed doing the stuff they did. And so I started hanging out with them.

They used to tell me that they had a great time in cross country both running and when they weren't running and they just said, 'Look, just quit wrestling and come out for cross country. You know, be a part of the team.'

So I did. That fall I went out for cross country not because I thought I could run. Not because I thought I was going to be able to run. But just 'cause these were my buddies and I wanted to be with them.

Now everytime I go eat at a Burger King I think, "Thank God for Burger King," because if it wasn't for that I probably would never have started running.

Robin: And so when was the first time you saw you had talent?

Nenow: Boy, I don't know. I remember school started Tuesday after Labor Day, which was probably September 7th or 8th and that was the first day I started running, really running.

Robin: With the team?

Nenow: Well period. I never ran all summer. On the first day of school I remember running, oh, I don't know how many miles that day, but I'm sure we ran five to seven miles that day and I ran all those miles, you know. I remember our first meet I was our No. 1 man at the meet. It was a little invitational meet around Minneapolis. I really looked at it as a fluke.

Robin: Your real breakthrough was when?

Nenow: Well, I continued to be number

one man and pretty soon everyone accepted that fact that, hey, I could run! I told you in early September we started training, well two months later on the first Saturday in November in 1975 was the state meet in Minnesota. Well I won the state meet my senior year after actually training for two months. And I came out of nowhere to win the state meet and the college coaches wanted to know my PR's in track, "What have you run in the mile?," you know. And I had never run track before. I had just run cross country and that was intriguing to

some coaches and to a lot of other coaches it was a turnoff. They thought, 'I can't take a chance on this guy.'

Being number one man on the cross country team didn't impress me, but when I pulled that off in November, I didn't have a cocky sort of feeling, but I remember really thinking to myself, "Golly! I'm really good at this." And I loved it. I loved to run. And after I'd been in wrestling four or five years absolutely hating every minute that I spent practicing, it was really a great feeling.

Robin: You train so well on the long runs.

Nenow: It's funny there because it's a contradicting sort of thing. Earlier we talked about my racing and my best times and I don't have any times beyond 15-K. So here I am telling you that the training I seem to be most adept at is the long stuff, but then on the other hand I also tell you that the longest I ever raced is 15-K and only twice and everything else is 10-K and under so it's kind of a contradiction.

Robin: There are plenty of marathons out there. Why not? What is the thing that has held you back from going for the marathon?

Nenow: The timing I think. I think I'm content to wait. I'm not young. I'm 28. But I'm not old either. I'll definitely do it. I'm not afraid of the distance physically or mentally. I feel like I can run it, but I tend to think a lot and I'm real careful with the planning of my career.

Robin: You had some breakthroughs at Kentucky.

Nenow: I have this thing about even number years. This is silly, really, and I'm not a superstitious person, but in 1976 I started running and I won the state meet. I graduated from high school. '77 was the pits. That's the year I was just horrible at SCC's. I remember being second to last in our conference meet.

Robin: What about 1978?

Nenow: '78 out of nowhere - the year before I'd run 33 minutes - '78 I ran 28:46 at Dogwood (Relays). Out of nowhere. I had done nothing.

"The fastest races are the least painful...all systems are go, you're not getting any negative feedback from your body."

one man and pretty soon everyone accepted that fact that, hey, I could run! I told you in early September we started training, well two months later on the first Saturday in November in 1975 was the state meet in Minnesota. Well I won the state meet my senior year after actually training for two months. And I came out of nowhere to win the state meet and the college coaches wanted to know my PR's in track, "What have you run in the mile?," you know. And I had never run track before. I had just run cross country and that was intriguing to

Robin: What did you think afterwards?

Nenow: See, because I was so ignorant and so new at the sport I wasn't afraid to run that fast, and also consequently, after the fact I didn't realize what I'd done. I've never been a student of the sport. I never really studied up on it.

'79 was a downer year. I just didn't seem to get anything together. We had a coaching change at Kentucky. Things

continued on next page...

NENOW, continued

weren't going real well. 1980 I bounced right back. I ran 28:32 at Penn Relays. I qualified for the Olympic trials which was really a goal for me in '80 to make it to the trials. I did that. I was an all-America in cross country. Finished 17th in the cross country championships.

Robin: 1981 was good, but 1982 was a big breakthrough for you.

Nenow: Obviously. I ran 27:36 at Mt. SAC. The third fastest American ever.

Robin: You were running with the Africans in that race. What do you remember from that race?

Nenow: Very little. I just remember feeling so good. I remember the Africans, it was Mike Musyoki, Zack Barie, Gabriel Kamau, and I think one more person and I remember them ganging up on me. I remember them boxing me out. And they'd get one guy boxing me in and then a couple of them would surge ahead and then they'd try and leave me behind. And I don't think they knew who I was. But I felt so good that night. That's really all I remember is that it was easy, sort of an easy, easy effort. I was second to Kamau. I ran 27:36.7. And that was really something for me. That was really something.

Robin: 1984 and the Olympic trials. The final was your second race in three days. Do you think that was a factor in what happened where you finished 11th like in 1980. In 1984 you were picked as a possible favorite.

Nenow: I'm a real strong runner. I think I approached the track from a strength standpoint. So I don't believe that two races in three days was a problem for me. Maybe it just wasn't meant for me to make the Olympic team. There are so many ways to look back and "if" yourself to death in every aspect, not just running.

I think with me if anything, my approach was a little unique, a little bit of a mistake. I hadn't raced on the track in '84 at all. I'd run a world record 10,000 meter road race three months before and hadn't raced between the two. So if anything it wasn't a strength problem. I just wasn't ready to get on the track and go yet. I should have raced some. You know that's all hindsight stuff. I've really looked back and thought a lot about this.

Robin: After the trials you had a lot of positive things happen in Europe, in 1984.

Nenow: I went over in early July. I ran a 15 second PR in the 5,000 in Oslo, Norway. Ran 13:18. Really felt good in that race. Two days later ran 27:40 in the world record race where Mamede ran 27:13. Had some really good races. Ran under 13:30 several times. Came back home and won the 10,000 in the Prefontaine Olympic warmup meet against Salazar, and several people who were going to be in the games. Of course Alberto didn't run on the track (in the Olympics). There was no doubt I was in shape in '84. I was strong and in shape at the Olympic trials. If anything I just wasn't tuned up. Shortly after the trials I was tuned up, but of course it was too late.

Robin: In Europe, as far as running so quickly in another country in a different lifestyle, eating different food, what is it that inspires you there?

Nenow: Track and field, they call it "Athletics." The people love the sport over there. They love it like people here love baseball and basketball. So they come out for it. It's just run of the mill to see 20,000 to 40,000 people in the stands to check out a track meet. The track meets are really competitive. They're not your run of the mill American track meet that takes three days and has all kinds of high school events and college sections and the open sections and the invitational sections. It's a two hour track and field top of the line show.

Photo by Gregor Robin



Robin: Are you confident in your future in running? Strike the injuries away.

Nenow: Strike the injuries, well, monetarily in road racing the big money's in the marathon. That's not a revelation of any sort. There are many marathons now spring and fall that have incredible amounts of appearance money, and prize money, incentives to run fast. So if the factor of all the miles I do, my strength over the long distance, my ability to cover the long miles, if that carries over into the marathon, then monetarily there's a lot of money to be made in the marathon. Not a lot of money by pro football or pro basketball standards, but by road racing standards. \$35,000 to \$50,000 for a first prize in a marathon along with an appearance fees on top of that or whatever bonuses you come up with running different times.

Time wise on the track I think everyone feels they can run faster. You feel like you mature physically, mentally and you feel like you can run faster if everything falls into place. But you never know. I've already

run real well on the track at 5,000 and 10,000. I've run well on the roads at 10,000. I would think if everything would go right, get in the right place at the right time, I could run faster, but you never know. I'll have to wait and see.

Monetarily I think the marathon is bound to pay off. It's like another thing. Now I'm doing the track and 10,000 meter road racing and the marathon is out there maybe this year or five years from now. It's the big deal in terms of money in this sport.

Robin: What kind of pain do you go through in your races, say your world record race or your 27:36.17?

Nenow: The fastest races are the least painful. It's the good races where all systems are go, you're not getting any negative feedback from your body. These are always your best races. It's always the mediocre races than hurt the most. The Olympic trials, the 28:50 races, those are the ones that kill me. Man they hurt.

Robin: What are you thinking at the starting line of a 10K on the track?

Nenow: I think at this level of the sport people are nervous, but it's a positive nervousness. I'm confident in my ability. I'm usually well trained. I've done my homework most of the time when I'm in the big races. So in a way when you're finally at the starting line and it's just seconds away from going underway it's a relief. It's kind of like saving up to buy something you've always wanted. You saved up for six months and you've finally got enough to buy the car or whatever.

Robin: That sounds like real confidence because a lot of people can do the work and line up at that starting line and still feel like they have not done enough.

Nenow: And fall apart. Yeah. And I'm not so confident where I stand at the starting line and think, "I'm gonna win the race", or, "I'm gonna beat these guys." When you're talking about getting on the line with Mamede and those guys, I think you stand there and you say, "Hey I've done well in the past. I've got good credentials. I belong in this crowd. I've done the work it takes to get here and I'm gonna test myself today. I'm gonna get in this thing. I'm gonna go with it. If someone goes out hard I'm gonna try and go with them. If I feel good I'm gonna push the pace. I'm gonna react and I'm gonna make them react."

Robin: I'm going to say some names and just off the top of your head you can tell me what you think of these guys.

Said Aouita.

Nenow: He was amazing last year, the times he ran, the ways he ran them. The way he carried on from early summer through to the fall to run the times. I don't know that I have a lot of insight into Aouita except he's an incredibly talented athlete.

Robin: Bruce Bickford.

Nenow: Bruce is one of the top American distance runners right now. I think he will be for a number of years. I think Bruce and I have a lot in common in that we both are very selective about how many road races we run. I think we both really like the track now. We both have a lot of opportunities to make money on the road that we're passing up to do the track.

I know Bruce real well. He's a good friend of mine. We look at the (road race) rankings and look where we stand in comparison to other people and it makes us think, "Gosh, maybe we should get away from the track and pursue the roads and be more a part of this." But we enjoy the track. It's the real meat and potatoes of running.

Robin: Carlos Lopes.

Nenow: Lopes I don't know that well. He's just another incredibly talented man. One unique thing about him is his age. I probably am more like Lopes than Aouita. Aouita is the world record holder in the 1,500 meters. That's something I can't imagine. But Lopes is a 10,000 meter-to-marathon person which is probably what I'll be in a few years when I start to move into the marathon. But Carlos is a tough cookie. He trains hard from what I read.

Robin: Fernando Mamede. What's his problem?

Nenow: No, I don't know that he has any problems. I'm not the type to criticize the guy who holds the world record in 10,000 meters.

Mamede to me is the guy who I really think is talented in the 10,000-5,000 and marathon people. Just watching him run and the way he can move and his speed. You know he's had some hard luck in the big ones. The world championships, the Olympic Games, for whatever reasons. They say all kinds of things. He really is exciting to me with his talent. He really is a talented man.

Robin: So his body is great, but his mind is the factor?

Nenow: No, I don't know. To me, Lopes and some of these people are tremendous athletes. But I feel like I'm part of their group. But to me, Mamede, the way he can run, he's one more step up the ladder, in my mind. And it's not because he's the Olympic champion. He's not. He's had a lot of problems in the big ones. There is something that I can't describe. He's an amazing athlete.

Robin: Alberto Salazar.

Nenow: Alberto really changed things for American runners. He gave us credibility as a distance force. He finally showed people that, "Hey, these Africans are tremendous athletes, these Europeans are good, but we can run with them. We can do what they do."

I know Alberto but I think I never got to really race against Alberto. Alberto was hot at the time I was developing, but at the time I got to be a force in the sport Alberto began to have some problems. And he's still having some problems. He's having some injury problems and some other things I don't really know about. So I don't think I ever raced him when he was 100 percent.

But he sure has done a lot for American distance runners. He is a household word.

Robin: Steve Jones.

Nenow: Jones I know pretty well. He has a carefree approach to racing like I do. He gets in shape and doesn't worry about it. He gets in there and lets it all hang out. If it works out - and it has for him twice in Chicago - that's great, and if it doesn't the sun still comes up tomorrow. The guy can hammer a marathon. Man!

Robin: The 1988 Olympics.

Nenow: They'll be like round three for me.

Robin: Who do you see in them?

Nenow: I don't know. It's too far ahead. It could be anybody, the way names come and go and people burst on the scene. I'm just going to worry about myself. I don't even know what event I'll be running. Who knows? Maybe I'll be running the marathon. But I'm going to be more relaxed about it.

I think I was more nervous at the Olympic trials than I've been in a long time. I'm not a nervous person before races. I like to race. It's challenging. I don't train for the fun of it or for the health of it. I train to race.

That's what I want to do. Race. I'm not nervous to race. I'm anxious to race. So, to be that uptight and worried was really uncharacteristic of me.

It was just a pressure situation. I'd always been the person nobody knew about. Because of Crescent City, the world record in early '84 I felt like I was thrown to the front. All of a sudden it was, "Here's the guy to beat now. Alberto's in the marathon." Whether that's the way it was or whether it was perceived like that in my head, I don't know. That, combined with several other things came together to screw me up.

In 1988 I'll be totally different. I'll be in shape, I'll be ready to race but won't be as concerned.

Robin: Are you taking any steps to avoid what Salazar's going through now?

Nenow: Yeah. I'm not running any marathons, and I have not run any and certainly won't run any in close proximity to each other. I do a lot of mileage as I think Alberto did. And I really don't know if the marathons were Alberto's thing or not. It might be totally other problems. But in my mind the marathon seems awfully destructive. And there are some people who have had a lot of trouble coming off a few, not just one, but a few.

Robin: As far as the Mamede world record. You were on Fernando Mamede's shoulder in the last couple of miles of the race. Lopes had made a move and got ahead. The fans were going wild. And what were you thinking at the time.

Nenow: Well, the 10,000 was billed a legitimate, "Go for the record," for Mamede. And Mamede had run right on Rono's world record several times. And Lopes obviously had the talent, everyone knew. And it was billed as a world record attempt.

Late in the race Lopes had gotten quite a lead on Mamede and I was running with Mamede. I'm thinking Lopes had somewhere over a straightaway lead on us. It was getting quite late in the race, maybe 7,000 meters, maybe farther. And I can just consciously remember Mamede just seeming to all of a sudden decide in a matter of two or three steps that he was going to get Lopes. He was going to catch him. And he took off and left me. I had been running with him at that point and Lopes was way ahead of us. And he took off and ended up catching him with a lap to go and tearing him up the last 400 and running 27:13. Incredible race. Lopes ran a great race too.

Robin: What about the crowd?

Nenow: The crowd was going crazy. I don't know how many the Stockholm Stadium holds, but there were a few thousand more than that there. And they were all going nuts. And it really was exciting to be in that race. Be a part of it and just see the crowd.

Robin: What were you thinking before the race? It was billed as a world record.

Nenow: Yeah. I was thinking I'd be in there. There again it was my basic approach to racing. I'm going to get in there with these guys. They're tremendous athletes. They're the best in the sport right now. I'm going to try to run with them. Try to stay with them and see what happens.

I had raced two days earlier, my best time in the 5,000. I was pleased with that, but I think I was a little tired from that race and hadn't recovered from it totally to really be a factor or competitive in that race.

Robin: The year before in your road world record. In that race you must have been feeling pretty awesome.

Nenow: Pretty awesome. I felt like a million bucks in that race. I don't remember... It's funny, I think it's true with most runners. You don't have a vivid recollection of the races that you really feel good in. And that's one of them. I can kind of remember how it went. My general impression of the race was that I really felt tremendous. No matter how fast we went, no matter how fast the first mile was or what our split was at 5,000 meters, I just couldn't run hard enough to feel uncomfortable or tired or fatigued or anything.

Robin: What was your immediate reaction when you crossed the line at 27:22?

Nenow: I didn't really know how fast we were going. The one thing I do remember coming into the home stretch was I was out a ways and I looked up ahead and I could see the finish line and I saw the clock change from 26:59 to 27:00. I don't really know why I was looking at the clock over the finish line at that point but I was. I remember seeing it change to 27 minutes and thinking, "27 minutes! It doesn't look that far away." I was thinking, "Well, maybe I have a minute to go," but then I thought, "No, I'm not that far from the finish line." And I ended up running 27:22. I was real surprised.

Robin: Training. What works best for you?

Nenow: I do a lot of mileage. You know that. I'm a little overtrained maybe mileage-wise.

Robin: What's the highest week you've ever done?

Nenow: I don't keep track. It'd be 120 or 125 plus. That would be a pretty good guess on my part for my highest ever.

Robin: What have you been doing recently?

Nenow: I came home in early September after the European summer and did a light relaxed sustained fall of training, running about once a day most of the time, 10 to 12 miles a day. I ran one road race all fall in Chicago over Thanksgiving. I had a real solid fall and gathered myself in January to start the real push into the summer which is what I'm doing now. Twice a day, some pretty hard running, some long miles, just kind of strength buildup things.

By KEITH CONNING

1986 C.I.F. State Meet Preview

By Keith Conning

The following athletes are returning from the 1985 C.I.F. State Meet or were listed in *High School Track 1986* by Jack Shepard. State Meet finalists are listed first, according to their place in the final. State Meet qualifiers are listed second, according to their performance in the heats or trials. If there is a tie in the heats or trials, the section performance is used to break the tie. For example, Martin Cannady (Duarte) and Ron Young (Mt. Miguel, Spring Valley) both ran 10.76w in separate State Meet heats. Cannady is listed ahead of Young, because he had a faster section time. Athletes who didn't qualify for the State Meet, but were listed in *High School Track 1986*, are included at the end of each event.

The best performance is in bold type.

Key: * = junior, ** = sophomore, *** = freshman, w = wind-aided

Fine Flicks by Don Gosney



VINCENT THOMPSON



RON McCREE



JASON LIENAU (left) & DAVID NARANJO

BOYS 100 METERS

STATE MEET FINALISTS

RONALD McCREE (Madera)

First Central Section 10.83, first State Heat 3 **10.49w**, first State 10.49w, best 10.64.

MICHAEL FORD (San Pedro)

Third Los Angeles Section 11.06, third State Heat 3 **10.55w**, sixth State 10.62w, best 10.94. Signed with California.

GARY WELLMAN (Westlake, Westlake Village)

Fifth Southern Section 10.81, fourth State Heat 3 10.56w, seventh State 10.71w, best 10.4. Signed with USC.

STATE MEET HEATS

***SAM SIMMONS (Compton)**

Third Southern Section 10.77, third State Heat 1 **10.65w**.

***MARTIN CANNADY (Duarte)**

Fourth Southern Section 10.79, seventh State Heat 2 10.76w, best 10.70.

RON YOUNG (Mt. Miguel, Spring Valley)

Second San Diego Section 10.93, seventh State Heat 3 10.76w.

JEFF SUNDQUIST (Bellarmine, San Jose)

Third Central Coast Section 11.03, sixth State Heat 1 11.03w.

200 METERS

STATE MEET HEATS

BRIAN BROWN (Gardena)

Second Los Angeles Section 21.63, second State Heat 1 21.27w, third State **21.12w**, best 21.50. Signed with UCLA.

RONALD McCREE (Madera)

First Central Section 22.1, second State Heat 3 21.28w, fourth State **21.14w** best 21.44.

RON YOUNG (Mt. Miguel, Spring Valley)

First San Diego Section 21.72, second State Heat 1 **21.45w**, eighth State 21.73w.

STATE MEET HEATS

***MARTIN CANNADY (Duarte)**

Fourth Southern Section 21.81, third State Heat 3 21.80w.

TERRY ROGERS (Sweetwater, National City)

Third San Diego Section 22.36, seventh State Heat 1 22.19w.

PAT GORDON (Marin Catholic, Kentfield)

Fourth North Coast Section 22.22, sixth State Heat 3 22.48w, best 21.9.

PALENTE HENRY (Merced)

Third Sac-Joaquin Section 22.10, seventh State Heat 2 22.53w.

RICHARD MEDINA (Dinuba)

Third Central Section 22.54, ninth State Heat 1 22.81w.

TERRY JOHNSON (Katella, Anaheim)

Fifth Southern Section 21.82, did not start State, bests 21.67 and 21.26w.

LISTED IN HIGH SCHOOL TRACK 1986

MICHAEL FORD (San Pedro)

Best 21.40.

400 METERS

STATE MEET FINALISTS

JOSEPH HART (Locke, Los Angeles)

Second Los Angeles Section **48.23**, second State Heat 2 48.30, fifth State 48.29.

DARREN HUTSON (Salinas)

Third Central Coast Section 48.56, sixth State Heat 2 48.64, ninth State 49.34.

STATE MEET HEATS

***STEVEN LEWIS (Banning, Wilmington)**

Fourth Los Angeles Section 48.61, seventh State Heat 2 49.14.

DEMETRIAS CARTER (American, Fremont)

Fourth North Coast Section 49.70, eighth State Heat 2 49.20.

WILLIE GIVENS (Hoover, Fresno)

Second Central Section 48.85, seventh State Heat 3 50.29.

BRYAN MARKUM (Ceres)

Third Sac-Joaquin Section 48.76, sixth State Heat 1 50.39.

Prep Notes

800 METERS

STATE MEET FINALISTS

VINCENT THOMPSON (Ganessa, Pomona)

Second Southern Section 1:52.84, first State Heat 2 1:55.66, second State 1:52.63. Now running for Locke, Los Angeles.

CARLOS MOYA (Narbonne, Harbor City)

Second Los Angeles Section 1:55.44, third State Heat 2 1:56.67, sixth State 1:55.43, best 1:54.60.

***KEVIN BLAZONA (Casa Roble, Orangevale)**

Third Sac-Joaquin Section 1:57.24, fifth State Heat 1 1:57.65, ninth State 1:57.34.

STATE MEET HEATS

NEIL FITZGERALD (St. Ignatius, San Francisco)

First Central coast Section 1:54.3, second State Heat 3 1:57.81, best 1:52.66.

CHRISTOPHER STILES (Marshall, Los Angeles)

Fourth Los Angeles Section 1:56.81, fourth State Heat 2 1:57.86, best 1:55.30. Now running for Verdugo Hills.

JIM REED (Gilroy)

Second Central Coast Section 1:54.7, sixth State Heat 1 1:58.09.

AARON CUTHBERTSON (Piedmont)

Third North Coast Section 1:54.73, seventh State Heat 2 1:58.90.

OSCAR PINEDA (Belmont, Los Angeles)

Fifth Los Angeles Section 1:57.49, seventh State Heat 1 1:59.14.

PETER CROSSE (McAteer, San Francisco)

First San Francisco/Oakland 1:58.7, sixth State Heat 3 1:59.42.

***DAN CAHILL (Jesuit, Sacramento)**

Second Sac-Joaquin Section 1:56.1, seventh State Heat 3 2:00.44.

***CHANO SALAS (Clovis)**

Second Central Section 1:55.34, eighth State Heat 3 2:01.30.

?JOE AMENDT (Lick, San Jose)

Third Central Coast Section 1:54.8, eighth State Heat 2 2:02.24.

GEORGE PURYEAR (Henry, San Diego)

Second San Diego Section 1:55.71, ninth State Heat 1 2:03.26.

TONY PEREZ (Manteca)

First Sac-Joaquin Section 1:54.1, did not start State.

1600 METERS

STATE MEET FINALISTS

MARK MASTALIR (Jesuit, Sacramento)

First Sac-Joaquin Section 4:12.5, first State Heat 1 4:17.43, second State 4:16.72, bests 3:54.8 (1500) and 4:14.0+ (mile).

JIM ZIMMER (Simi Valley)

Second Southern Section 4:15.55, second State Heat 2 4:17.97, third State 4:18.71, bests 4:13.48 (1600) and 4:14.97+ (mile).

***JEFF RACHAL (Golden West, Visalia)**

Second Central Section 4:17.59, third State Heat 2 4:18.55, sixth State 4:19.49.

ERIC MASTALIR (Jesuit, Sacramento)

Second Sac-Joaquin Section 4:13.1, third State Heat 2 4:18.13, seventh State 4:20.15, best 4:14.6+ (mile).

STATE MEET HEATS

***JASON LIENAU (Clovis)**

Third Central Section 4:17.72, sixth State Heat 2 4:19.88, best 4:15.95.

TONY PEREZ (Manteca)

Third Sac-Joaquin Section 4:17.2, seventh State Heat 2 4:20.28, best 4:14.72.

RUSSELL HILL (Silver Creek, San Jose)

Third Central Coast Section 4:20.8, eighth State Heat 2 4:22.99. Now running for Hill, San Jose.

***RAUL SERRATOS (Moreno Valley, Sunnymead)**

First Southern Section 4:14.66, eighth State Heat 1 4:23.59.

MARK DANI (Valhalla, El Cajon)

First San Diego Section 4:16.98, ninth State Heat 1 4:24.84, bests 4:15.78, 4:15.6 indoor mile.

ADAM McABOY (Miramonte, Orinda)

Fourth North Coast Section 4:18.73, disqualified State, best 4:15.0 (mile).

JIM OLSON (Irvine)

Third Southern Section 4:15.55, did not start State, best 4:15.28+ (mile).

MANUEL GOMEZ (Belmont, Los Angeles)

Third Los Angeles Section 4:17.33, did not start State.

TOM MACKEN (Santa Rosa)

Third North Coast Section 4:18.53, did not start State.

SCOTT LaFORCE (Los Gatos)

Fourth Central Coast Section 4:25.1, did not start State.

3200 METERS

STATE MEET FINALISTS

ERIC MASTALIR (Jesuit, Sacramento)

First Sac-Joaquin Section 9:13.7, third State 9:03.31, bests 8:32.2* (3000) and 9:06.49+ (2 mile).

DAVID NARANJO (Sanger)

First Central Section 9:14.29, fourth State 9:03.83, best 8:33.6* (3000) and 9:06.61+ (2 mile).

JOHN DOMINGUE (Leigh, San Jose)

First Central Coast Section 9:18.4, fifth State 9:10.06, bests 8:36.7* (3000) and 9:13.28+ (2 mile).

DAREN STONEROCK (Saugus)

First Southern Section 9:11.38, sixth State 9:12.39, bests 8:30.20 (3000), 9:08.65 (3200), and 9:11.86+ (2 mile).

***ROBERT ROBERTS (Casa Roble, Orangevale)**

Third Sac-Joaquin Section 9:20.2, seventh State 9:17.05.

CHRIS HOEPKER (Encinal, Alameda)

Third North Coast Section 9:12.85, eighth State 9:18.74.

***MARC DAVIS (San Diego)**

Third San Diego Section 9:20.89, ninth State no mark.

STEVE IMLAY (Temple City)

Third Southern Section 9:15.62, eleventh State 9:19.84.

KIRK STONEROCK (Saugus)

Fourth Southern Section 9:16.40, no place or mark at State.

JOSE MEDINA (Wasco)

Third Central Section 9:30.13, no place or mark State.

ADAM McABOY (Miramonte, Orinda)

First North Coast Section 9:07.78, did not start State, best 9:07.9 (2 mile).

110 METER HH

STATE MEET FINALIST

TERRY JOHNSON (Katella, Anaheim)

Second Southern Section 14.00, second State Heat 2 13.95w, fourth State 14.22.

STATE MEET HEATS

IVAN GRAVES (Balboa, San Francisco)

First San Francisco/Oakland 14.7, sixth State Heat 1 14.56w.

MIKE ENGLEHART (DeLaSalle, Concord)

Fourth North Coast Section 15.39, seventh State Heat 3 15.32, best 14.7.

BERNARD ELLISON (Vallejo)

Third Sac-Joaquin Section 14.51, seventh State Heat 2 15.47w, best 14.5.

BILL GOMES (Madera)

Second Central Section 14.6, disqualified State Heat 2.

GEORGE SMITH (Clovis West, Fresno)

Third Central Section 14.6, disqualified State Heat 3.

300 METER IH

STATE MEET HEATS

ANDY SHABEN (Lincoln, Stockton)

Second Sac-Joaquin Section 38.1, sixth State Heat 1 38.41.

WALTER HARRIS (Banning, Wilmington)

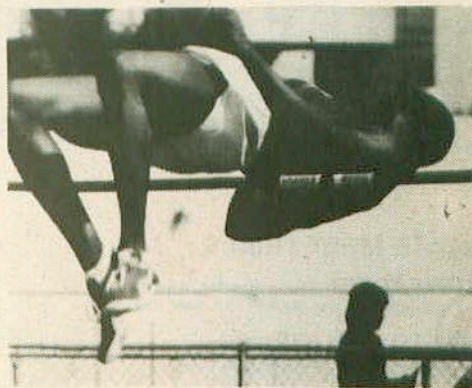
First Los Angeles Section 37.75, fourth State Heat 3 39.08.

MIKE ENGLEHART (DeLaSalle, Concord)

Second North Coast Section 38.7, fifth State Heat 3 39.18, best 38.5.

MYRON COLBY (Lemoore)

Third Central Section 39.2, did not start State Heat 2.



GEORGE SMITH

HIGH JUMP

STATE MEET FINALIST

GEORGE SMITH (Clovis West, Fresno)

First Central Section 6-6, fourth State 6-8, best 6-10 1/4.

STATE MEET TRIALS

***LUIS JUICO (Piedmont Hills, San Jose)**

Second Central Coast Section 6-10.

TIM BAKER (Oakdale)

Second Sac-Joaquin Section 6-8.

***ERIC YOUNG (Fremont, Oakland)**

First San Francisco/Oakland 6-4.

POLE VAULT

STATE MEET FINALISTS

***BRENT BURNS (Acalanes, Lafayette)**

First North Coast Section 15-8 1/4, first State 16-2.

DAN COVARUBIAS (Jordan, Long Beach)

Fifth Southern Section 14-4, fifth State 14-8.

STEVE WILLIAMS (Servite, Anaheim)

Third Southern Section 14-4, ninth State 14-2.

***RETT SUMMERVILLE (San Ramon, Danville)**

Fourth North Coast Section 13-9, eleventh State no height, best 14-6.

continued on next page...

□ Prep Notes

photo by Burt Davis



BRENT BURNS

STATE MEET TRIALS

STEVE TONEY (Menlo-Atherton, Atherton)

First Central Coast Section 15-4, best 15-7.

MANUEL BALLARD (Cypress)

Second Southern Section 14-8.

ERIC PIEARCY (Enterprise, Redding)

Northern Section 14-6.

KARL INGEMAN (Bayer, Modesto)

Third Sac-Joaquin Section 14-3.

*PAT ALDUENDA (Ramona)

Third San Diego Section 14-3.

LONG JUMP

STATE MEET FINALIST

ERIC DORN (Estancia, Costa Mesa)

Third Southern Section 23-4w, State trials 23-3¼w, eighth State 23-0w, best 22-7.

STATE MEET TRIALS

BEN WHITE (Carlmont, Belmont)

Third Central Coast Section 22-5, State 22-5¼w.

*GUY SMITH (Vista)

Second San Diego Section 22-4½, State 21-1¼w.

JERRY GILMORE (Poly, Los Angeles)

Fourth Los Angeles Section 20-8¼, State 20-2¼w, best 22-8¼.

TRIPLE JUMP

STATE MEET FINALIST

MARCUS HOOKS (Lakewood)

First Southern Section 49-11¼, fourth State 49-10¼w.

STATE MEET TRIALS

TERRENCE WILLIAMS (Muir, Pasadena)

Fourth Southern Section 48-2¼, State 44-10¼, best 49-10¼.

JOE RIVERA (Oakdale)

Third Sac-Joaquin Section 47-1½, State 43-7½, best 47-5½.

HAROLD RUCKER (Silver Creek, San Jose)

Third Central Coast Section 46-8¼, State 42-10½, best 47-7.

DELANO DOSS (Salesian, Richmond)

Fourth North Coast Section 45-4¼, State 42-8¼, best 47-7½.

PAUL FRANKLIN (Crawford, San Diego)

Second San Diego Section 45-5, State 42-2¼.

LISTED IN HIGH SCHOOL TRACK 1986

RICKY BARFIELD (Lynwood)

Eighth Southern Section 44-7¼, best 48-5.

ANTHONY BURNETT (Lynwood)

Best 48-2¼. Signed with UCLA.

SHOT PUT

STATE MEET FINALIST

SCOTT BUNNELL (Gunn, Palo Alto)

Second Central Coast Section 59-0, State trials 57-5¼, ninth State 56-5¼, best 59-1½.

STATE MEET TRIALS

JOHN MURPHY (Antloch)

Second North Coast Section 51-8½, State 53-10½, best 55-0. Signed with California.

BRIAN BOGGESS (El Capitan, Lakeside)

Second San Diego Section 53-8½, State 52-½.

*ALLEN SMITH (Madera)

Second Central Section 54-4¼, State 51-10.

RAY EAST (Sanger)

Third Central Section 52-1, State 51-8½.

TRENT BARNES (Clovis West, Fresno)

First Central Section 56-10½, did not start State.

DISCUS THROW

STATE MEET FINALISTS

JEFF HOOPER (Del Campo, Fair Oaks)

First Sac-Joaquin Section 182-8, State trials 187-5, sixth State 179-1.

MIKE COFFINO (Tamalpais, Mill Valley)

First North Coast Section 178-1, State trials 172-8, eighth State 171-8.

STATE MEET TRIALS

BRIAN BOGGESS (El Capitan, Lakeside)

First San Diego Section 167-3, State 158-6, best 170-9.

MARK LAMBERT (Palisades, Pacific Palisades)

Los Angeles Section 155-6, State 131-3.

ANTHONY BOONE (Sequoia, Redwood City)

Third Central Coast Section 162-4, did not start State.



RAY EAST

LISTED IN HIGH SCHOOL TRACK 1986

GIRLS

100 METERS

STATE MEET FINALISTS

**DEAUDRA WHEELER (Hawthorne)

Third Southern Section 11.83, first State Heat 3 11.77w, fourth State 11.72w, best 11.58w.

TAMI STILES (Hawthorne)

Second Southern Section 11.70, first State Heat 2 11.68w, fifth State 11.74w, best 11.53w.

STATE MEET HEATS

*STACY ROGERS (Johnson, Sacramento)

Second Sac-Joaquin Section 12.08, fourth State Heat 3 12.09w.

LATRICE WATSON (Edison, Fresno)

First Central Section 12.23, fifth State Heat 2 12.13w.

LASHUN PETERS (Woodside)

First Central Coast Section 12.01, fifth State Heat 3 12.17w.

SONCIA DAVENPORT (Vacaville)

Third Sac-Joaquin Section 12.17w, sixth State Heat 1 12.20w, best 12.26.

Prep Notes

KIERSTEN CHURCH (Granada Hills)
Third Los Angeles Section 12.84, sixth State Heat 2
12.21w.

TONJA FLANIGAN (Roosevelt, Fresno)
Third Central Section 12.6, sixth State Heat 3 12.47w.

***MARTINA ROLAND** (Galileo, San Francisco)
First San Francisco/Oakland 12.3, seventh State Heat 3
12.51w.

***YOLANDA FITCH** (Morse, San Diego)
Third San Diego Section 12.36, ninth State Heat 2
12.73w.

JENNIFER GIRDNER (Yreka)
Northern Section 12.84, eighth State Heat 3 12.78w.

LISTED IN HIGH SCHOOL TRACK 1986

***RONDA BROOKS** (Oakland)
Best 11.92.

*****ANGELA ROLFE** (Los Angeles)
Best 12.00.

200 METERS

STATE MEET FINALISTS

TAMI STILES (Hawthorne)
First Southern Section 23.56, first State Heat 1 23.68w,
first State 23.45w, best 23.37w.

****DEAUNDR A WHEELER** (Hawthorne)
Third Southern Section 24.43, first State Heat 3 24.50w,
third State 24.29w, best 24.06w.

LATRICE WATSON (Edison, Fresno)
First Central Section 25.32, first State Heat 2 24.55,
seventh State 24.80w.

***STACY ROGERS** (Johnson, Sacramento)
First Sac-Joaquin Section 25.30, fourth State Heat 1
24.91w, ninth State 25.11w, best 24.88.

STATE MEET HEATS

***KIM SEALS** (Armiijo, Fairfield)
Second Sac-Joaquin Section 25.31, fifth State Heat 1
25.15w.

LASHUN PETERS (Woodside)
Third Central Coast Section 25.03, fourth State Heat 3
25.31w.

***MARTINA ROLAND** (Galileo, San Francisco)
First San Francisco/Oakland 25.5, fifth State Heat 2
25.43.

****TEMECA RICHARDSON** (TulareWest, Tulare)
Third Central Section 25.56, fifth State Heat 3 25.55w.

***KIM MATHEWS** (Morse, San Diego)
First San Diego Section 25.57, seventh State Heat 2
26.12.

****MELINDA MARSHALL** (CollegePk, PleasantHl)
Fourth North Coast Section 26.23, eighth State Heat 2
26.25.

***ROSIE WILLIAMS** (East Nicholas, Trowbridge)
Northern Section 25.34, eighth State Heat 3 26.51w, best
24.8.

LISTED IN HIGH SCHOOL TRACK 1986

***RONDA BROOKS** (Oakland)
Best 24.34.

***JANEENE VICKERS** (Pomona)
Bests 24.50, 23.99w, and 23.8 hand-timed.

*****ANGELA ROLFE** (Los Angeles)
Best 24.51.

***MADETTE SMITH** (Quartz Hill)
Sixth Southern Section 25.20, best 23.96w.

PRINCESS BENNETT (Compton)
Best 24.17

400 METERS

STATE MEET FINALISTS

PRINCESS BENNETT (Compton)
Third Southern Section 53.86, first State Heat 3 54.48,
third State 54.66.

***JANEENE VICKERS** (Pomona)
Second Southern Section 53.83, first State Heat 2 55.85,
fourth State 55.09.

****DEANNA AMY** (Hawthorne)
Fourth Southern Section 54.37, third State Heat 3 56.25,
fifth State 55.51.

***DEANGELA SMITH** (Valley, Sacramento)
Second Sac-Joaquin Section 57.03, third State Heat 2
56.88, eighth State 57.74.

****ANDREEN ALVARENGA** (Mitty, San Jose)
First Central Coast Section 56.66, fourth State Heat 3
57.80, ninth State 57.64.

STATE MEET HEATS

DEE DEE BANKS (Oakland)
First San Francisco/Oakland 56.1, third State Heat 1
57.83.

***LAURIE SMITH** (Valley, Sacramento)
First Sac-Joaquin Section 57.01, fourth State Heat 1
58.05.

***WENDI SIMMONS** (Santa Rosa)
Second North Coast Section 56.83, fifth State Heat 1
58.25.

CAROLINE WINDELL (Aragon, San Mateo)
Second Central Coast Section 57.41, sixth State Heat 3
58.52.

***MARY SPROWL** (Pioneer, San Jose)
Third Central Coast Section 57.56, fifth State Heat 2
59.26.

JULIE RAMIREZ (Corning)
Northern Section 59.04, seventh State Heat 2 1:00.57.

PAULA PIERSON (Edison, Fresno)
Second Central Section 58.91, seventh State Heat 1
1:00.92.

NICHELLE ADAMS (Reseda)
Fourth Los Angeles Section 58.16, eighth State Heat 2
1:01.15.

***LISA GARRETT** (Roosevelt, Fresno)
Third Central Section 59.78, ninth State Heat 3 1:06.97.

LISTED IN HIGH SCHOOL TRACK 1986

*****ANGELA ROLFE** (Los Angeles)
Best 55.1.

KIM TURNER (Beverly Hills)
Best 55.46.

***MADETTE SMITH** (Quartz Hill)
Best 55.73.

800 METERS

STATE MEET FINALISTS

DARCY ARREOLA (Grossmont, La Mesa)
Second San Diego Section 2:09.06, first State Heat 2
2:17.64, second State 2:11.07.

LAURA CHAPEL (University City, San Diego)
Third San Diego Section 2:09.17, second State Heat 3
2:12.29, third State 2:11.97.

SHERRIE SMITH (Woodbridge)
First Southern Section 2:13.94, third State Heat 1
2:18.42, fifth State 2:13.14.

KIM MILLIGAN (Compton)
Third Southern Section 2:15.04, third State Heat 3
2:16.20, sixth State 2:13.93, best 2:13.28.

***SHARON MANSHIP** (Thousand Oaks)
Second Southern Section 2:14.86, fourth State Heat 3
2:16.45, seventh State 2:14.59.

ELENA SPIGHT (Miramonte, Orinda)
Second North Coast Section 2:13.74, second State Heat
1 2:17.08, ninth State 2:15.45.

STATE MEET HEATS

BUFFY RABBIT (Newport Harbor, Newport Bch)
Fifth Southern Section 2:15.10, fourth State Heat 1
2:18.67.

MOLLY BURKE (Marin Catholic, Kentfield)
Fourth North Coast Section 2:15.29, third State Heat 2
2:19.47.

LORI LAMMLE (Leland, San Jose)
Third Central Coast Section 2:14.5, fourth State Heat 2
2:20.27.

photo by Maurice Wilson



KIM MILLIGAN

LISA SHIELDS (Golden West, Visalia)
First Central Section 2:20.34, eighth State Heat 3
2:23.54.

TRACY HUNTER (Jefferson, Los Angeles)
Second Los Angeles Section 2:21.06, eighth State Heat
1 2:32.44.

***LATONYA CUNNINGHAM** (Washington, L.A.)
Third Los Angeles Section 2:22.26, ninth State Heat 2
2:40.94.

LISTED IN HIGH SCHOOL TRACK 1986

ROBIN EAGER (Vista)
Fourth San Diego Section 2:12.03. Fastest non-qualifier
for State Meet.

1600 METERS

STATE MEET FINALISTS

SHANNON CLARK (Mountain View)
Second Central Coast Section 4:56.0, fourth State Heat
2 5:00.47, first State 4:49.14, bests 4:31.7" (1500) and
4:50.83+ (mile).

DARCY ARREOLA (Grossmont, La Mesa)
First San Diego Section 4:59.82, third State Heat 1
5:04.49, third State 4:56.35, bests 4:38.6" (1500), 4:58.09+
(mile), 4:58.0 (indoor mile).

continued on next page...

Prep Notes



SHANNON CLARK (left) & SIDNEY THATCHER

SYDNEY THATCHER (Encinal, Alameda)

First North Coast Section 5:00.21, first State Heat 2 4:59.53, fourth State 4:57.83, bests 4:38.5* (1500) and 4:59.57+ (mile).

NIKKI RICHOT (Edison, Huntington Bch)

First Southern Section 4:56.58, second State Heat 2 5:00.35, fifth State 4:58.01, bests 4:39.3* (1500), 4:55.0 (1600) and 4:56.73+ (mile).

*ANGELA STEARNS (Silver Creek, San Jose)

Third Central Coast Section 4:58.4, fourth State Heat 1 5:04.71, sixth State 4:58.10, best 4:39.3* (1500) and 4:56.3 (mile).

ROBIN EAGER (Vista)

Third San Diego Section 5:01.85, fifth State Heat 2 5:01.60, tenth State 5:21.34.

STATE MEET HEATS

**ANN KUPHALDT (Bella Vista, Fair Oaks)

Second Sac-Joaquin Section 5:08.1, seventh State Heat 2 5:07.50.

*MELANIE HIATT (Davis)

Third Sac-Joaquin Section 5:08.2, sixth State Heat 1 5:08.81.

**HEATHER WATSON (Upland)

Second Southern Section 5:01.84, seventh State Heat 1 5:10.94, best 5:01.55.

**SHARON PLANTE (Arroyo Grande)

Fifth Southern Section 5:08.77, ninth State Heat 2 5:16.85, best 5:07.00.

MAGGIE HENSON (Newport Harbor, Newport Bch)
Third Southern Section 5:02.72, did not start State.

LISTED IN HIGH SCHOOL TRACK 1986

LAURIE CHAPMAN (Gunderson, San Jose)

Fourth Central Coast Section 5:00.0, best 4:55.0 (mile).

SABRINA HAN (Westmoor, Daly City)

Best 5:00.0 (mile).

3200 METERS

STATE MEET FINALISTS

REBECCA CHAMBERLAIN (Leigh, San Jose)

Second Central Coast Section 10:33.9, first State 10:23.85, bests 9:43.9* (3000) and 10:27.50+ (two-mile).

LAURIE CHAPMAN (Gunderson, San Jose)

First Central Coast Section 10:29.9, third State 10:31.77, bests 9:48.2* (3000) and 10:29.9 (two-mile).

*MARY MENDOZA (Presentation, San Jose)

Third Central Coast Section 10:42.8, first State 10:40.54, bests 10:02.7* (3000) and 10:42.8 (two-mile).

AMY DABUL (Temple City)

Fourth Southern Section 10:50.98, seventh State 10:42.64, bests 10:06.1 (3000) and 10:46.40+ (two-mile).

*CHRISTY FARRELL (Thousand Oaks)

Second Southern Section 10:45.49, eighth State 10:43.36, bests 10:08.0* (3000) and 10:47.12+ (two-mile).

*MELISSA SUTTON (Newbury Park)

First Southern Section 10:44.74, ninth State no mark, bests 10:09.3* (3000) and 10:48.51+ (two-mile).

TRACY WRIGHT (Irvine)

Third Southern Section 10:48.98, tenth State no mark, best 10:52.77+ (two-mile).

KERRY PANNO (San Pasqual, Escondido)

First San Diego Section 11:07.7, fourteenth State no mark.

*LISA LECHNER (Valhall, El Cajon)

Second San Diego Section 11:08.7, fifteenth State no mark.

LAURA CARTER (San Ramon, Danville)

Fifth North Coast Section 11:00.07, seventeenth State 11:16.5.

**CHRISTINE BOYD (Turlock)

Second Sac-Joaquin Section 11:08.1, no place or mark State.

*JULIE PRICE (San Pasqual, Escondido)

Third San Diego Section 11:08.8, no place or mark State.

AMANDA MARKS (University, Los Angeles)

Second Los Angeles Section 11:19.7, no place or mark State.

*JESSIE ESPINOZA (Central Union, Fresno)

Third Central Section 11:21.89, no place or mark State.

MARTHA FLORES (Lincoln, Los Angeles)

Third Los Angeles Section 11:31.8, eighteenth State no mark.

*GEORGIA McLEAN (Belmont, Los Angeles)

Fourth Los Angeles Section 11:38.4, no place or mark State.

CHELSEA HERNANDEZ (Lowell, San Francisco)

First San Francisco/Oakland 12:25, no place or mark State.

LISTED IN HIGH SCHOOL TRACK 1986

**TRACEY WILLIAMS (Mt. View, El Monte)

Sixth Southern Section 10:56.55, bests 9:51.4 (3000) and 10:43.33+ (two-mile).

DARCY ARREOLA (Grossmont, La Mesa)

Best 10:05.0 (3000) and 10:43.54 (two-mile).

SABRINA HAN (Westmoor, Daly City)

Fourth Central Coast Section 10:42.9. Fastest non-qualifier for State Meet.

SHANNON CLARK (Mountain View)

Best 10:49.2 (two-mile).

100 METER LH

STATE MEET FINALISTS

KELLY PEACOCK (Van Nuys, Los Angeles)

Second Los Angeles Section 14.41, second State Heat 3 13.87, fourth State 13.87w.

*JANEENE VICKERS (Pomona)

Fifth Southern Section 14.16w, second State Heat 1 13.90w, fifth State 13.91w, best 14.06.

*LaSHAWN McBRIDE (Poly, Long Beach)

Third Southern Section 13.95w, third State Heat 3 14.01, sixth State 13.91w, best 13.99.

*DORIS WILLIAMS (Poly, Riverside)

Fourth Southern Section 13.98w, second State Heat 2 14.01w, seventh State 14.03w, best 14.28.

STATE MEET HEATS

MICHELLE WOOTTON (Bella Vista, Fair Oaks)

First Sac-Joaquin Section 14.11w, fourth State Heat 1 14.30w, best 14.6.

*GINA ALBANESE (Branham, San Jose)

Second Central Coast Section 14.61, fourth State Heat 2 14.45w.

*DARLA VAUGHN (Mira Mesa, San Diego)

Third San Diego Section 14.78, fifth State Heat 1 14.47w.

CYNTHIA SALERY (Roosevelt, Fresno)

Second Central Section 14.89, sixth State Heat 3 14.58.

KELLY DIAS (Clayton Valley, Concord)

Third North Coast Section 14.86, fifth State Heat 2 14.60w, best 14.68.

*SHIANA MOSBY (East, Bakersfield)

First Central Section 14.85, sixth State Heat 1 14.75w.

STACY KUEHNIS (Los Gatos)

First Central Coast Section 14.43, ninth State Heat 2 14.81w.

JULIE MOSHIER (Immanuel, Reedley)

Third Central Section 15.1, eighth State Heat 1 14.82w.

*MICHELLE OUTLAW (Lincoln, San Diego)

First San Diego Section 14.43, ninth State Heat 1 15.16.

LISTED IN HIGH SCHOOL TRACK 1986

*EFFIE DAETZ (Leigh, San Jose)

Best 13.95.

300 METER LH

STATE MEET FINALISTS

*RONDA BROOKS (Oakland)

First San Francisco/Oakland 41.6, second State Heat 1 41.78, second State 42.25.

MICHELLE WOOTTON (Bella Vista, Fair Oaks)

Second Sac-Joaquin Section 43.4, second State Heat 2 43.92, fifth State 43.20.

*CHRISHELLE JOHNSON (Stagg, Stockton)

First Sac-Joaquin Section 43.3, third State Heat 3 44.65, seventh State 44.57.

SHARON EDMONDS (Hawthorne)

Fifth Southern Section 44.31, fourth State Heat 2 45.23, ninth State 44.56, best 44.29.

STATE MEET HEATS

MARCIE BRAGGS (Roosevelt, Fresno)

First Central Section 45.1, fifth State Heat 3 45.50.

*GINA ALBANESE (Branham, San Jose)

Second Central Coast Section 45.43, third State Heat 1 45.54, best 43.8+.

AMY ICE (Cajon)

Fourth Southern Section 44.12, sixth State Heat 3 45.90, best 44.00.

*CHRISTINA GANGNUSS (Foothill, Pleasanton)

Second North Coast Section 45.3, seventh State Heat 3 46.36, best 45.17.

*MICHELLE OUTLAW (Lincoln, San Diego)

First San Diego Section 45.16, sixth State Heat 2 46.94.

RENEE CUNNINGHAM (Central Valley)

Northern Section 46.04, seventh State Heat 2 47.09.

JODY SHANAHAN (Monroe, Los Angeles)

Third Los Angeles Section 46.27, eighth State Heat 3 47.80.

Prep Notes

LISTED IN HIGH SCHOOL TRACK 1986

STACY KUEHNIS (Los Gatos)
Best 43.7+.

SHOT PUT

STATE MEET FINALISTS

***BRANDI GAIL** (Rowland, Rowland Heights)
Second Southern Section 42-1 $\frac{1}{4}$, third State 44-11 $\frac{1}{2}$.

TRACY CRAWFORD (Southwest, San Diego)
Third San Diego Section 42-1, fourth State 44- $\frac{1}{2}$.

MARQUETTE DAVIS (Johnson, Sacramento)
First Sac-Joaquin Section 39-10 $\frac{1}{2}$, seventh State 41-7 $\frac{1}{2}$.

STATE MEET TRIALS

BUFFY SEXTON (Mills, Millbrae)
Second Central Coast Section 41-5, State 40-0, best 41-8.

***MAUREEN McKINNEY** (Reedley)
First Central Section 39-11 $\frac{1}{4}$, State 39-11 $\frac{1}{4}$, best 41-2.

DURELLE SCHIMEK (Nevada Union, Grass Valley)
Third Sac-Joaquin Section 38-8 $\frac{1}{2}$, State 39-7 $\frac{1}{2}$.

KAROLIINA LEPPALUOTO (Madison, San Diego)
First San Diego Section 41-1 $\frac{1}{4}$, State 39-5 $\frac{1}{4}$, best 43-3.

***STARLA AHU** (Vista)
Fourth San Diego Section 39-3 $\frac{3}{4}$, State 39-2 $\frac{1}{4}$.

LATRICE HAGAN (Fremont, Los Angeles)
Second Los Angeles Section 40-5 $\frac{1}{4}$, State 38-7.

****HEIDEE RUIZ** (Los Gatos)
Third Central Coast Section 39-7, State 37-10.

FELYCIA KING (Selma)
Second Central Section 39-2 $\frac{1}{2}$, State 37-8 $\frac{1}{4}$.

JENNIFER WATSON (Moreau, Hayward)
Second North Coast Section 40-7 $\frac{3}{4}$, State 37-4 $\frac{1}{2}$.

LAUREN HALLIWELL (Chatsworth)
Third Los Angeles Section 36-4 $\frac{1}{4}$, State 33-10, best 40- $\frac{1}{2}$.

DISCUS

STATE MEET FINALISTS

LIL ILI (Nogales)
First Southern Section 154-9, first State 162-2.

TRACY CRAWFORD (Southwest, San Diego)
First San Diego Section 141-11, State trials 140-6 $\frac{1}{2}$, ninth State 137-3.

STATE MEET TRIALS

KAROLIINA LEPPALUOTO (Madison, San Diego)
Second San Diego Section 137-1, State 134-10.

LORI PARKER (Ramona)
Third San Diego Section 129-11, State 127-1 $\frac{1}{4}$.

BUFFY SEXTON (Mills, Millbrae)
First Central Coast Section 134-4, State 126-4.

MARGARET GEORGEN (Antioch)
Third North Coast Section 130-7, State 125-9.

MONIE McMURTRY (Roosevelt, Fresno)
Second Central Section 129-10, State 124-7 $\frac{1}{2}$.

***JENNIFER RUFF** (Sequoia, Redwood City)
Second Central Coast Section 126-10, State 119-7 $\frac{1}{2}$.

***CHANEY CASIMIR** (Lowell, San Francisco)
First San Francisco Section 109-9, State 105-0.

LATRICE HAGAN (Fremont, Los Angeles)
Los Angeles Section 100-0, no mark State.

HIGH JUMP

STATE MEET FINALISTS

YLEANA CARRASCO (Anaheim)
First Southern Section 5-10, third State 5-10, best 6-0.

***LaSHAWN McBRIDE** (Poly, Long Beach)
Second Southern Section 5-8, fourth State 5-10.

MICHELLE WOOTTON (Bella Vista, Fair Oaks)
Third Sac-Joaquin Section 5-6, fifth State 5-7, best 5-9.

***URSULA LOVELY** (Kennedy, LaPalma)
Third Southern Section 5-7, State trials 5-6, sixth State 5-4, best 5-11.

STATE MEET TRIALS

DURELLE SCHIMEK (Nevada Union, Grass Valley)
First Sac-Joaquin Section 5-6, State 5-5.

***SAMANTHA SHAVER** (Los Altos)
Third Central Coast Section 5-6, State 5-4.

photo by Maurice Wilson



ROSALYN MITCHELL

****CELIA WILLIS** (Clovis West, Fresno)
Second Central Section 5-4, State 5-4, best 5-9.

BRICKEL QUARLES (University, Los Angeles)
Tie for second Los Angeles Section 5-3, State 5-4.

***CHRISTY LEE** (Rolling Hills)
Fourth Southern Section 5-7, State 5-2.

***LISA JACKSON** (Laton)
Third Central Section 5-4, State 5-2.

MICHELE WILKES (Bonita Vista, Chula Vista)
First San Diego Section 5-4, State 5-2.

LUCIE VON SCHELIHA (Skyline, Oakland)
First San Francisco/Oakland 5-4, State 5-0.

****MARILYN McCURLEY** (Portola)
Northern Section 5-4, State 5-0.

MICHELE MALCOLM (Birmingham, Los Angeles)
Tie for second Los Angeles Section 5-3, State 5-0.

HOLLY COLE (Campolindo, Moraga)
Fourth North Coast Section 5-1, State 5-0.

LONG JUMP

STATE MEET FINALISTS

ROSALYN MITCHELL (Diamond Bar)
Second Southern Section 19-7 $\frac{1}{2}$, first State trials 20-1 $\frac{1}{2}$, second State 18-9, best 19-5 $\frac{1}{2}$.

***KAREN LAWSON** (St. Francis, Mt. View)
First Central Coast Section 19-6 $\frac{1}{2}$, State trials 18-10 $\frac{3}{4}$ w, third State 19-5 $\frac{1}{2}$.

***STACEY ROGERS** (Johnson, Sacramento)
Second Sac-Joaquin Section 19-1 $\frac{1}{4}$ w, State trials 18-6 $\frac{1}{2}$, sixth State 17-9 $\frac{1}{4}$, best 18-8 $\frac{1}{2}$.

***MADETTE SMITH** (Quartz Hill)
First Southern Section 19-8 $\frac{1}{4}$ w, State trials 19-8 $\frac{1}{2}$ w, eighth State 17-2 $\frac{3}{4}$, best 18-7.

CYNTHIA SALERY (Roosevelt, Fresno)
Second Central Section 18-3, State trials 18-5 $\frac{1}{2}$ w, ninth State 17-2 $\frac{1}{4}$, best 18-10.

***ANGIE EVANS** (Fairfield)
Third Sac-Joaquin Section 18-11 $\frac{1}{4}$, State trials 18-5 $\frac{1}{2}$ w, tenth State 16-1 $\frac{1}{2}$.

STATE MEET TRIALS

***WENDI SIMMONS** (Santa Rosa)
Second North Coast Section 18-6, State 18-4 $\frac{3}{4}$, best 18-11 $\frac{1}{4}$.

***SERINA STRANGE** (Indio)
Third Southern Section 18-4w (17-8 $\frac{3}{4}$ legal), State 17-10 $\frac{1}{4}$ w, best 17-9.

DANIELE SMITH (Elsinore)
Fourth Southern Section 18-1 $\frac{1}{4}$ w, State 17-8w, best 17-7 $\frac{3}{4}$.

****HEIDEE RUIZ** (Los Gatos)
Second Central Coast Section 17-11, State 17-3 $\frac{3}{4}$ w.

MARCIE BRAGGS (Roosevelt, Fresno)
Third Central Section 17-9, State 16-8 $\frac{3}{4}$.

MICHELLE WHITE (Dorsey, Los Angeles)
Fourth Los Angeles Section 16-9 $\frac{1}{2}$ w, State 16-5 $\frac{1}{2}$ w, best 17-11 $\frac{1}{2}$.

****HEIDI GALVEZ** (Menlo-Atherton, Atherton)
Third Central Coast Section 17-9, State 16-2w.

CINDY BARROS (Arroyo, San Lorenzo)
Fourth North Coast Section 17-3 $\frac{3}{4}$, State 16-1 $\frac{3}{4}$ w.

****DANIELLA GRIFFIN** (Tatt, Los Angeles)
Third Los Angeles Section 16-10w, State 15-5w.

TRIPLE JUMP

STATE MEET FINALISTS

***JACKIE ANDERSON** (Mt. Miguel, Spring Valley)
First San Diego Section 39-11 $\frac{1}{4}$, first State trials 41-5 $\frac{1}{2}$ w, second State 41-3 $\frac{3}{4}$ w, best 39-11 $\frac{1}{2}$.

WENDY MARTIN (Turlock)
Second Sac-Joaquin Section 38-2 $\frac{1}{4}$ w, State trials 39-1 $\frac{1}{2}$ w, third State 38-7 $\frac{3}{4}$ w, best 36-8 $\frac{1}{2}$.

***CHRISTINA GANGNUSS** (Foothill, Pleasanton)
Second North Coast Section 36-7, State trials 37-10 $\frac{1}{2}$ w, ninth State 36-5, best 37-6 $\frac{1}{4}$.

STATE MEET TRIALS

DAWN BENT (Logan, Union City)
First North Coast Section 36-10 $\frac{1}{4}$, State 37-6w, best 38-5.

LOLITA PILE (Highlands, North Highlands)
Third Sac-Joaquin Section 37-6 $\frac{3}{4}$, State 37- $\frac{1}{4}$ w.

****TONYA COLEMAN** (Morse, San Diego)
Third San Diego Section 36-9, State 36-9w.

HEATHER BEACH (Gunn, Palo Alto)
Second Central Coast Section 37-2, State 36-8w.

***LISA JACKSON** (Laton)
Fourth Central Section 34-9 $\frac{1}{2}$, State 34-11w.

"One of the Nation's Elite Meets."
—Howard Willman (*Track & Field News*)

19th Arcadia Invitational

Track and Field Meet for
High School Men & Women

Saturday Evening
APRIL 12, 1986

"Come Run With the Best in the West"

- ★ 1985 Meet featured entries from every State Male Champion individual and relay team (seven state champs did not win their event in the 1985 Arcadia Meet).
- ★ 1985 Meet featured entries from 13 of the 15 eventual California State Female individual and relay champions.
- ★ Five National Records set in last nine years at Arcadia.
- ★ Sanctions applied for all California Sections, Arizona, Oregon and Nevada schools.

MEET RECORDS:

Men: 10.40 - 20.79 - 46.79 - 1:49.9 - 4:06.7 - 8:45.2 - 14.04 - 36.42 - 41.18 - 3:13.1 - 10:13.6(DMR) - 7'1" - 24'10" - 16'5" - 66'10 1/4" - 204'11" - 50'11 1/4".

Women: 11.57 - 23.77 - 52.90 - 2:10.33 - 4:50.74 - 10:18.44 - 13.71 - 42.32 - 45.80 - 3:46.3 - 11:59.11(DMR) - 6'0" - 20'4 3/4" - 50'10" - 172'4" - 41'9 1/4"(TJ).

Metric Distances
Accutrack Timing

For Meet Information:
Greg Jones • Doug Speck
Arcadia High School
180 Campus Dr. • Arcadia, CA 91006
(818) 446-0131

Prep Notes

photo by Burt Davis



DAREN STONEROCK (left) & RICHARD ERBES (right) lead the opening lap of the Boy's 2 Mile.

Sunkist Invitational High School Division

By DOUG SPECK

Some fine distance running by both the young ladies and men, fine field event marks by Brent Burns (Acalanes, Lafayette) in the Vault and Marcus Hooks (Lakewood) in the Triple Jump, a super 8 x 160 relay by the Muir men, and unattached athletes from Hawthorne High all over the place in relays were the highlights of the prep portion of the 1986 Sunkist invite.

There are some fine middle and long distance runners back from around the Western U.S. and a number showed up here. The Women's Seeded mile featured probably as strong a field as anyone could conjure up from any section of the country. Led by Laurie Chapman (Gundersen, San Jose), who only met defeat this past Cross Country season in the Kinney Nationals, Rebecca Chamberlain (Leigh, San Jose), the nation's fastest returning two miler, and a flock of others, a good race was a certainty. Tracey Williams (Mountain View, El Monte) took the race out through 68-2:24 quarter splits, and had a group of Chapman, Melissa Sutton (Newbury Park), and Darcy Arreola join her by the 1320 in 3:43. There was a steady build-up from that point on in to the finish. Over the final lap it was the young lady who has shown she has probably more basic ability than any prep distance runner in the state, Arreola, who rocketed away to win 4:58.0-4:59.3 over

Williams. Chapman joined the duo under 5:00 at 4:59.5.

The Men's Seeded Mile featured a number of high placers from a recent Kinney National Cross Country meet, plus others with good track credentials. After a 2:08 first 880 with most of the group in close attendance, Mark Dani (Valhalla, El Cajon), who had improved vastly of recent to end up 3rd in the Kinney Finals race, decided to do some real running. The San Diegan covered the 3rd 440 in 65 seconds to be by himself through a 3:13 1320. Only Mark Mastair (Jesuit, Sacto), who had far too much left himself during a last lap sprint, could even begin to come close as Dani was the victor in a fine 4:15.6 with Mark 4:18.0. A big Men's 880 match-up featured a couple of the nation's best in Vincent Thompson (Locke, LA--last year Ganesha of Pomona 2nd in state 1:52.63) and Neil Fitzgerald (St. Ignatius, San Francisco) 1:52.66. Thompson has clocked 1:54.1 and 48.8 this winter already, while Fitzgerald has run in the 1:55's. Thompson led the entire race, with Mike O'Boyle (Hemet) mounting the best challenge until the last half a lap, when Fitzgerald came on strong and pushed Vince to a 1:55.9 and .3 victory.

Brent Burns (Acalanes, Lafayette), the defending state champ in the vault at 16-2, looked very good here. After clearing

□ Prep Notes

a fine 15-6 the junior went after Doug Fraley's 16-2¼ Meet Record with attempts at 16-3. Doug Williams (Servite, Anaheim) joined the 15-0 club in 2nd, with Steve Toney (Menlo-Atherton, Atherton) 3rd at 14-6. Tony has a 15-7 best, and with some other good returnees it looks as if this event is making a bit of a comeback in the Golden State. Marcus Hooks (Lakewood) started off his senior year with a fine 49-10¼ Triple Jump win here. This is the equal #12 All-Time U.S. prep performance indoors in the event, and the #4 All-Time California TJ mark. Terrence Williams (Muir) was 2nd at 48-2¼, with Anthony Burnett (Lynwood) 48-2 and Trini Woods (Hawthorne) 47-2½ significantly improving their PR's from last year's outdoor season this early.

Muir High has a super group of sprinters back—they won the State Men's 400m relay with three underclass runners on the team. They have people to back them up. In one of the more impressive sprint relay performances ever seen, inside or out, the Muir team featured some quick running and very good handoffs on the way to a 2:10.1 Meet Record for the 8 x 160 yard relay. The old record was 2:13.5. The Muir time averages out to a 22.4 pace for 220 yards by eight athletes, seven of whom feature a flying start. Bring back the old 8 x 220 outdoor relay they used to run in the LA City for this group!

Athletes competing unattached from Hawthorne were off to their usual fine start in the year here in Sunkist. The Women's 4 x 440 relay group had the evening's best mark. Aidenna Thomas (60.1), Sharon Edmunds (59.1), Michelle Poole (61.6), and Tami Stiles (57.9) raced 3:58.5 to win easily (and come very close to the 3:58.2 Meet Record). With three of four back from its 45.11 National Record Setting 400m relay team the Cougars will be loaded in 1986. Kim Grant graduated, but Long Beach Poly transfer Aidenna Thomas (12.07w-12.32-24.28w-25.70) is developing nicely. The prep 400m Relay record should dip below 45.00 this spring. Deanna Amy (when healthy), Deaudra Wheeler, and Tami Stiles will make up a super foursome along with Thomas. This evening the short relay crew raced a 4 x 160 yards. Thomas led off in 18.9. Wheeler cranked 18.1, Sharon Edmunds ran 19.0, and Stiles anchored in 17.6 for a 1:13.2 win. This is the #2 Prep All-Time mark ever behind Hawthorne's 1:11.6 National Record from Michelob last winter. The Cougar Women also took the Two Mile Relay in 10:01.5. The Hawthorne Men's speed demons are young. In the 4 x 160 relay a frosh-soph trio help to make up the all underclass squad. They easily had the fastest time of the evening in the event with soph Leroy Thomas (no relation to Henry) 17.2, junior Ika Valerie (17.1), ninth grader Curtis Conway (16.5)—this guy will be a super, and soph Travis Hannah (16.5) running 1:07.5. Who said the Cougars were dead with 1985's graduation?

Pomona's J. J. Flanigan ran down quick-starting Gary Wellman (Westlake, Westlake Village) in a good Football Star 60y dash. Flanigan clocked 6.41, with Calvin Holmes (Carson) also edging in ahead of Wellman at 6.43 with the Westlake flash 3rd at 6.45. The Men's Open 60 was won at 6.3 by Jacques Bowyer (Crenshaw, LA).

In the Women's 880 a star was born as Kim McAllister (Locke, LA), a ninth grader, was welcomed to the high school ranks. One of the nation's top age-groupers, Kim has already run 2:14.8 outdoors this winter. Here, she dominated a respectable field with a wire to wire 2:16.1 win. The tall, long-striding LA Section star will go much, much faster this spring. In the Women's Rated Mile frosh Heather Scobie (Saugus) took the pack out

through a 2:27 880. A pack that included Maggie Henson, Sharon Plante (Arroyo Grande), and Lisa Rizzo (Hart) joined Scobie by 1320 yards at 3:51. Henson rocketed a big final 160 yard lap to win at 5:09.0 over Plante's fine 5:10.4 Rizzo's 5:12.4. The other Women's race, a 500 yarder marked more by dropouts than anything else, was won by Janeene Vickers (Pomona), who held off Kim Turner (Beverly Hills), with both at 1:08.0.

The Men's Seeded Two Mile was dominated when the going got tough by Brad Barquist (Interlake, Bellevue, Washington). A 9:15.2 two miler last spring, Barquist enjoyed everyone's company through a 4:35 mile and 5:48 mile and a quarter. That 73 second fifth quarter was a bit too slow, and the Washington flash effortlessly edged away from the others on the way to a 9:19.9 win. Marc Davis (San Diego) was closest at 9:21.9, with Richard Erbes (Glendale) 9:22.8 and Chris Hoepker (Encinal, Alameda) 9:22.9 next in order.

The Men's Rated Mile was quick. Charlie Van Wye (St. Paul, Whittier), a tall very smooth strider, took a good quality group out through a 2:04.2 880. At the 1320 mark (in a quick 3:14.5), Villa Park's Bill Meyer rocketed past and put together a 67.0 final quarter to win in a fine 4:21.5. Torrance's Richard Hirschman was 2nd in 4:23.3, with David Moore (Orange) 4:23.6.

Joseph Hart (Locke, LA), who has run 48.8 outdoors already this winter for 400m (and 48.23 last spring) barely held off smooth striding junior Kirk Ayers (Western, Anaheim) in the fastest 500 yard heat, with 58.9 times for both. Mike Holcomb (Westlake, Westlake Village) moved with a lap to go and held off Marvin Douglas (Fremont, LA), who has run 48.5 this winter for 400m, 1:00.9-1:00.9, with Crenshaw's James Wilson coming fast too in an exciting finish at 1:01.0.

In the 60 Yard Highs, Anthony Burnett (Lynwood), a fine football player, handled some others who had more headlines on the track. Terry Johnson (Katella, Anaheim) is the nation's #3 returnee in the event at 14.00 outdoors, Rodney Bradshaw (Saugus) clocked 13.99w last spring, and Hawthorne's Robert Morris had already stepped 14.4 outdoors this year. Burnett edged ahead during the last part of the going here in a 7.3-7.4 win over Morris (with Johnson and Bradshaw 3rd and 4th at the 7.4 time).

In the Two Mile Relay Saugus Coach Steve Spraker obeyed the maxim of run your best athlete first in an indoor distance relay to get the lead and get others to go out too hard to catch you. Here it worked, as Mike MacLeand, a 1:57.5 runner last spring, led the Saugus group off at 1:59.4. A good Rio Mesa of Oxnard group challenged the Centurions, but Mike Fretz handled the lapped traffic on the anchor to bring the Saugus group home victorious in 8:13.6.

Arcadia marked a return to power in the One Mile Relay, as they had the evening's top time of 3:32.3 in winning Heat 3.

Derrick Moore (Millikan, Long Beach) High Jumped 6-8 to hand defending Sunkist Champ George Smith (Clovis West) a defeat. Smith jumped 6-6 in second. Mike Carnes (Simi Valley) jumped 22-6 in the Long Jump to win and edge Eric Dorn (Estancia, Costa Mesa) at 22-5 and talented soph, Richard Fanti (Santa Ana) 22-2.

H.S. Women's Results

500y: 1. Vickers (Pomona) 1:08.0, 2. Turner (Beverly Hills) 1:08.0, 3. Leach (Thousand Oaks) 1:10.3, 4. Amy (Hawthorne) 1:13.2.
880: 1. McAllister (Locke, LA) 2:16.1, 2. Harkins (La Quinta, Garden Grove) 2:19.6, 3. Barcelona (Arroyo Grande) 2:19.7, 4. Nance (Capistrano Valley) 2:21.2, 5. Rabbitt (Newport Harbor) 2:22.3.
Mile (Rated): 1. Henson (Newport) 5:09.0, 2. Plante (Arroyo Grande) 5:10.4, 3. Rizzo (Hart, Newhall) 5:12.4, 4. Scobie (Saugus) 5:17.4, 5. Smith (Woodbridge, Irvine) 5:19.6, 6. Morgan (Bell-Jeff, Burbank)

5:24.6, 7. Lewis (Buena, Ventura) 5:29.8, 8. Marks (University, LA) 5:36.4.

Seeded: 1. Arreola (Groosmont, La Mesa) 4:58.0, 2. T. Williams (Mt. View, El Monte) 4:59.3, 3. Chapman (Gunderson, San Jose) 4:59.6, 4. Sutton (Newbury Park) 5:01.3, 5. Ritchot (Edison, Huntington Beach) 5:06.9, 6. Chapel (University City, San Diego) 5:07.5, 7. Clark (Mt. View) 5:07.8.

4 x 160 Relay (R-1): 1. Hawthorne 1:13.2MR, 2. Hueneme 1:18.0, 3. Compton 1:18.8, 4. Centennial 1:23.4. (R-2) 1. Lock, LA 1:15.3, 2. Wilson (Long Beach) 1:17.3, 3. Edison (Huntington Beach) 1:19.6, 4. West Torrance 1:20.7.

4 x 160 Relay (Small Schools): 1. Bell-Jeff (Burbank) 2:46.5, 2. Yucaipa 2:47.5, 3. Louisville (Woodland Hills) 2:49.0.

One Mile Relay (R-1): 1. Hawthorne 3:58.5, 2. Locke, LA 4:07.8, 3. Beverly Hills 4:14.2, 4. Corona Del Mar 4:18.4. (R-2) 1. Thousand Oaks 4:12.7, 2. Muir (Pasadena) 4:17.7, 3. Wilson (Long Beach) 4:17.9, 4. Crenshaw (LA) 4:17.9, 5. Upland 4:29.5.

Two Mile Relay (R-1): 1. Hawthorne 10:01.5, 2. Esperanza (Anaheim) 10:10.9, 3. Dos Pueblos (Goleta) 10:11.2, 4. Thousand Oaks 10:25.5, 5. Montebello 10:29.5, 6. Newport Harbor 10:30.4. (R-2) 1. Canyon (Anaheim) 10:08.5, 2. Edison (Huntington Beach) 10:17.0, 3. Newbury Park 10:18.9, 4. Buena (Ventura) 10:25.2, 5. Saugus 10:32.4, 6. University (LA) 10:34.6, 7. Palos Verdes 10:37.1, 8. Marina (Huntington Beach) 10:50.6.

H.S. Men's Results

Football 60y: 1. Flanigan (Pomona) 6.41MR, 2. Holmes (Carson) 6.43, 3. Wellman (Westlake Village) 6.45, 4. Ervins (Muir, Pasadena) 6.45, 5. Ford (San Pedro) 6.49, 6. Bradford (Santa Ana Valley) 6.61.
60y: 1. Bowyer (Crenshaw, LA) 6.3, 2. Canady (Duarte) 6.4, 3. Brooks (Woodbridge, Irvine) 6.4, 4. Gray (Muir) 6.4.

500y (R-1): 1. Hart (Locke, LA) 58.9, 2. Ayers (Western, Anaheim) 58.9, 3. Johnson (Westchester) 1:01.4. (R-2) 1. Holcomb (Westlake, WV) 1:00.9, 2. Douglas (Fremont, LA) 1:00.9, 3. Wilson (Crenshaw, LA) 1:01.0, 4. Gill (Upland) 1:01.8, 5. Santos (Arroyo Grande) 1:02.1, 6. Augustus (Alemany, Mission Hills) 1:03.0.
880y: 1. Thompson (Locke, LA) 1:55.9, 2. Fitzgerald (St. Ignatius, S.F.) 1:56.2, 3. O'Boyle (Hemet) 1:57.4, 4. Stiles (Verdugo Hills) 1:59.4, 5. Sorensen (Villa Park) 1:59.9, 6. Moya (Narbonne, Harbor City) 2:00.5, 7. McMillen (Irvine) 2:01.8.

Mile (Rated): 1. Meyer (Villa Park) 4:21.5, 2. Hirschmann (Torrance) 4:23.2, 3. Moore (Orange) 4:23.6, 4. Kramer (Cajon, San Bernardino) 4:24.2, 5. McCracken (Loyola, LA) 4:24.7, 6. Sabra (Ocean View, Huntington Beach) 4:24.9, 7. Towle (Valencia,

Placentia) 4:26.7, 8. Fairman (Thousand Oaks) 4:31.2, 9. Van Wye (St. Paul, Whittier) 4:32.5.

(Seeded): 1. Dani (Valhalla, El Cajon) 4:15.6, 2. M. Mastalir (Jesusit, Sacto) 4:18.0, 3. McAboy (Miramonte, Orinda) 4:20.7, 4. Perez (Manteca) 4:21.3, 5. Gomez (Belmont, LA) 4:21.8, 6. Serratos (Moreno Valley) 4:24.0, 7. Domingue (Leigh, San Jose) 4:27.3.

Two Mile: 1. Barquist (Interlake, Bellevue, Wash.) 9:19.9, 2. Davis (San Diego) 9:21.9, 3. Erbes (Glendale) 9:22.8, 4. Hoepker (Encinal, Alameda) 9:22.9, 5. Thomas (Jesusit, Sacto) 9:24.6, 6. Mascorro (Rosemead) 9:24.9, 7. Lopes (Monte Vista, San Diego) 9:27.7.

60y HH: 1. Burnett (Lynwood) 7.3, 2. Morris (Hawthorne) 7.4, 3. Johnson (Katella, Anaheim) 7.4, 4. Bradshaw (Saugus) 7.4.

4 x 160 Relay (R-1): 1. Hawthorne 1:07.5, 2. Katella (Ana) 1:08.2, 3. Pasadena 1:08.3. (R-2) 1. Jordan (Long Beach) 1:09.8, 2. Pomona 1:10.6, 3. Marina (Huntington Beach) 1:11.2.

8 x 160 Relay (Rated): 1. Eisenhower 2:16.5, 2. Duarte 2:19.6, 3. Poly (Sun Valley) 2:22.5, 4. Fontana 2:24.6.

(Seeded): 1. Muir (Pasadena) 2:10.1MR, 2. Simi Valley 2:16.4, 3. Crenshaw (LA) 2:19.8.

One Mile Relay (R-1): 1. Millikan (Long Beach) 3:35.1, 2. Narbonne (Harbor City) 3:39.9, 3. Poly (Sun Valley) 3:40.1, 4. Hawthorne 3:43.0 (dropped baton). (R-2) 1. Fremont 3:33.1, 2. Crenshaw (LA) 3:35.5, 3. Banning (Wilmington) 3:36.2, 4. Centennial (Compton) 3:39.0. (R-3) 1. Arcadia 3:32.3, 2. Locke (LA) 3:33.6, 3. Dorsey (LA) 3:37.5, 4. Alemany (Mission Hills) 3:45.8.

Two Mile Relay: 1. Saugus 8:13.6, 2. Rio Mesa (Oxnard) 8:16.2, 3. Palisades 8:26.1, 4. Mission Viejo 8:33.0, 5. University (LA) 8:33.0, 6. Belmont (LA) 8:36.2.

High Jump: 1. Moore (Millikan, Long Beach) 6-8, 2. Smith (Clovis West, Fresno) 6-6, 3. (tie) Martin (Arcadia) and Dorn (Estancia, Costa Mesa) 6-4, 5. Kielling (Crespi, Encino) 6-4, 6. Collins (Los Gatos) 6-2.

Long Jump: 1. Carnes (Simi Valley) 22-6, 2. Dorn (Estancia) 22-5, 3. Fanti (Santa Ana) 22-2, 4. Carpenter (Simi Valley) 20-10½, 5. Gilmore (Poly, Sun Valley) 19-9.

Pole Vault: 1. Burns (Acalanes, Lafayette) 15-6, 2. Williams (Servite, Anaheim) 15-0, 3. Toney (Menlo-Atherton, Atherton) 14-6, 4. Collins (Los Gatos) 14-0.

Triple Jump: 1. Hooks (Lakewood) 49-10¼, 2. Williams (Muir) 48-2½, 3. Burnett (Lynwood) 48-2, 4. Woods (Hawthorne) 47-2½, 5. Douglas (Fremont, LA) 44-8¼.

photo by Jim Reynolds



MARK DANI

photo by Maurice Wilson



KIM McALLISTER

Results

Track & Field

Long Beach State All Comers Meet

January 25. Long Beach.

Open Mens Results

100m: 1. James Hilliard, USIU 10.6, 2. Jim Spotville, APU 10.6, 3. Afron Herbie, APU 10.7.

400m: 1. Gordon Bugg, CSLA 47.9.
800m: 1. Benny Brown 1:51.9, 2. Mike Parkinson 1:54.9.

60y HH: 1. Tony Campbell 6.9.
HJ: 1. Brent Harken 7-2, 2. Reynaldo Brown 6-10.

LJ: 1. Rodney Van 24-1½.
TJ: 1. Mike Pullins, USC 49-7, 2. Ralph Mitton 49-5.

SP: 1. John Frazier, UCLA 58-5, 2. Chris Sweeney 55-1, 3. Tambi Wenj, LBCC 52-6½.

Discus: 1. Brian Blutreich, UCLA 182-1, 2. Jim Bamich, UCLA 181-2.

Javelin: 1. Dave Rlder 199-5, 2. Don Babbitt 193-7.

Hammer: 1. Bill Green 237-0, 2. Jim Thiss 210-4, 3. Ed Aracro, All Amer.TC 190-8, 4. John Frazier, UCLA 185-5, 5. Casey Ballway, All-Amer.TC 182-6.

Boys Novice

400m: 1. Vincent Thompson, Locke 48.4.
60y HH: 1. Robert Morris, Hawthorne 7.4, 2. Derrick Davis, Fairfax 7.5.

PV: 1. Mike Charles, S.Torrance 14-6, 2. Alan Cammack, S. Hills 14-6.
SP: 1. Kaleaph Carter, Edison 55-8.

Open Women

60y H(33"): 1. Gayle Watkins 7.6, 2. Janeen Vickers, Cheetahs 8.1.

Discus: 1. Toni Jutjens, UCLA 173-8, 2. Jacque Norton, LBSU 159-11, 3. Stacey Hom, LA St. 151-8.

LJ: 1. Sabrina Williams, Coast Ath. 20-9¼, 2. Karen Cannon, Coast Ath. 19-5½, 3. Debbie Clark, Cheetahs 18-5¼, 4. Kerry Bell, Coast Ath. 18-0.

Girls Novice

200m: 1. Ena Sanders, Locke 25.6.
60y H(30"): 1. Sharon Edmonds, Hawthorne 8.1.

400m H(30"): 1. Janeene Vickers, Pomona 64.5, 2. Sharon Edmonds, Hawthorne 65.0.
SP: 1. Ciarelli, Edison 43-3.

All-Comers

January 26.

MEN: 55 Meters—Mayes and Payton, 6.5. **200**—Armstrong, San Jose State, 21.8. **400**—Compton, SJS, 48.7. **800**—Rigsby 1:56.7. **1500**—Heese, Tiger TC, 3:56.7. **5000**—Darling, Excelsior TC, 15:38.7. **55 HH**—Duffy, Cal, 7.4. **300 HH**—Johnson 39.5. **HJ**—Goode 6-10. **LJ**—Pitman, Cal, 23-9. **TJ**—Trammell 50-11. **SP**—DeSoto, SJS, 58-9. **DT**—Eddings 184-3. **JT**—Silva 213-8.

WOMEN: 55—Day 7.3. **200**—Clayton, Hayward State, 25.3. **400**—Vidakovitz, Cal, 58.7. **800**—Halidorsdottir, Cal, 2:18.2. **1500**—Roach, Sacramento State, 4:54.8. **55 LH**—Day 8.2. **300 LH**—Szato 47.6. **LJ**—Cerkel, Cal, 17-8½. **8P**—Trask, Skyline Coll., 40-6¼. **DT**—Durchslag, Cal, 157-8. **JT**—Sundby, Athletes in Action, 157-7.

PREP BOYS: 55—Goods, Skyline, 6.8. **200**—Broussard 23.0. **400**—Pickettay, Encinal, 51.4. **800**—DaSilva, El Cerrito, 2:01.0. **1500**—McAboy, Miramonte, 3:59.3. **3200**—Rivers, Moreau, 10:19.5. **55 HH**—Sanchez 7.9. **300 HH**—Pickettay 42.2. **HJ**—Schill, Justin, 6-2. **PV**—Juhala, Antioch, 14-6¼. **LJ**—Smith, McAteer, 20-7¼. **TJ**—Smith 42-8¼. **SP**—Tarver, Logan, 47-7. **DT**—Henderson, Mt. Eden, 139-0.

PREP GIRLS: 800—Phipps, Drake, 2:41.1. **1500**—Burke, Marin Catholic, 4:56.7. **3200**—Eisenman, Calistoga, 12:09.5. **55 LH**—Weir 10.7. **300 LH**—Weir 54.5. **LJ**—Dortano, Skyline, 14-¾. **8P**—Arvizu, Carondelet, 18-8¼.

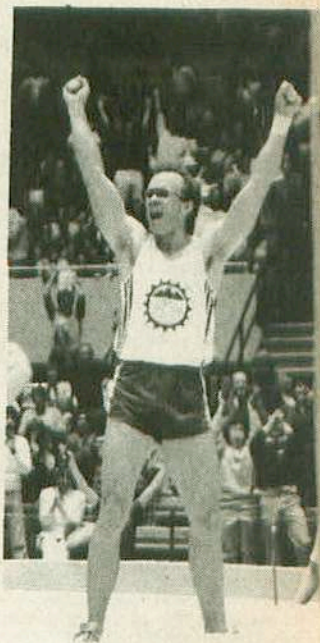
Sunkist Invite.

by Doug Speck

A World Record—with as many talented athletes as there are in the world working as hard and as scientifically as they do today an All-Time best in an event is a real rarity to see. Late in an indoor or outdoor season top athletes aim for peak, and if the situation is right you may see one during a series of top competitions. To see four World Bests in the first meet of the season of any real significance is even more unheard of. This very occurrence made the 1986 Sunkist Indoor Meet a super treat for those in attendance! Greg Foster, Johnny Gray, Billy Olson, and Charlie Simpkins were the athletes who provided 12,000 plus fans in the LA Sports Arena with an evening full of excitement. Al Franken continues to be the individual who can stir the pot of Track and Field and come up with the right recipe for keeping the sport solvent in the eyes of all the competition that there is for the sports dollar.

Early in the open portion of the meet, after the prep lap races and the track had been split for the sprint straight-away Greg Foster met a top field in the 50 Yard Highs. Greg said later that he learned a lesson in the Olympic Final to never hesitate when he was unsure of a false start, as his hesitant reaction there was in his mind the only reason he never caught Roger Kingdom for the gold medal. Here, over the 50 Yard distance Greg caught a start that bordered on a flyer, but with his vow of never slowing down he just kept on running, emerging with a 5.88 clocking that lowered Renaldo Nehemiah's old World Best of 5.92. Mark McKoy was 2nd at 5.96. A few minutes later over the 60 Yard Hurdle distance Greg did get caught for a false start, and sat out the race while Milan Stewart raced to a 7.09 win.

Two exciting Field Event records by Billy Olson, in the Pole Vault, and Charlie



BILLY OLSON

Simpkins, in the Triple Jump, obviously topped the action inside the oval. Olson seemed to be over the hill during the last couple of seasons. Injuries and no heights seemed to be the best Billy could do, but it is obvious that when healthy the Texan is the equal of anyone in the world in the Vault. He had shocked everyone with a 19-2¼ World Indoor Record in Canada early this indoor season. Russian Sergei Bubka took it back with a 19-3 clearance last week in Japan. Here Billy

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Results

looked super at heights through 18-8, clearing some by what seemed like a foot and a half. At a new World Record height of 19-3½ Olson missed his first attempt, then jiggled the bar and had it stay on in his second jump to return vault supremacy to the U.S. for the moment. Bubka will come to LA for the Times

nip his old record. Along the way he was timed at 1:46.1 for 800 meters, which is a new American Record. It was Johnny against the clock near the end and the crowd really got behind the former LA Crenshaw prep star as he pushed himself into record-land in a determined style.

There were many other fine events in this 1986 Sunkist affair. The Men's High Jump featured Jimmy Howard and four others still in the event as the bar moved to 7-5¼, from 7-4. Mill Ottey, Dennis

photo by Richard Lee Slotkin



EAMONN COGHLAN (left) & MARCUS O'SULLIVAN

Meet, so there will be more fireworks this indoor season. Bubka's high hand-hold and huge size make him one of the more fun athletes to watch in their event in the entire sport.

Charlie Simpkins emerged from Baptist College in South Carolina last year to sail out to 58-7¼ in the Triple Jump. This would be his first L.A. exposure and many were interested to see the 6-1 158 pound star in action. He let no one down in a super competition with Mike Conley. Simpkins is a slim, bouncy athlete with legs like pogo-sticks. He had jumped 56-1 two days before in Japan so fans were ready for fireworks. There was a problem with the pit part way through the competition, as the sand was not smoothed out enough in the 56-58 foot range. This was done and the real jumping started. The shortest of Charlie's four legal jumps was 54-5¼. On his final jump the southerner, who attended the same high school as William "Refrigerator" Perry, sailed out to a new World Indoor Record of 57-5. He took down Willie Banks' 57-1½. Mike Conley leaped an excellent 56-6 for 2nd.

Earl Jones, now running for the Santa Monica Track Club, will keep anyone honest over the half mile distance. Here, Johnny Gray (also SMTc), took things right out from the gun with no intention of giving up any ground to the Olympic 800m medalist. Announcer Scott Davis let the crowd know of record possibilities (Gray's 1:46.9 from Michelob last year) when Gray passed 440 yards at 52.2 (with Jones right on his shoulder). Continuing his long, powerful stride despite the obvious stress of such an early-season effort Gray steadily edged away from Jones and kept the pressure on himself all the way into the tape to record a 1:46.8 and

Lewis, Brian Stanton, and Howard all cleared that 7-5¼ height, with only Doug Nordquist falling by the wayside. Howard was the only one who could clear the bar as it went up from there, sailing over 7-7¼ and missing at a new American record 7-8¼.

Canada's Lynn Williams was the most impressive of the Women performers. Running with a very quick tempo, the world's seventh fastest 1500m runner (4:00.27) from 1985, blasted away from a good group here. Lynn's 67.7 first quarter was her slowest on the way to 2:14.4-3:21.7 splits and a 4:27.77 win that left Leann Warren far back in 2nd at 4:40.24. Ruth Wysocki was back a bit in 5th at 4:49.66.

Valerie Brisco-Hooks obviously had records in mind at an odd 300 yard distance included in this meet. Valerie rocketed out from the gun with Florence Griffith putting pressure on over the final lap in this race which is not even two laps. Valerie's 34.21 winning time was just short of the University of Nebraska duo of Merlene Ottey-Page's World Record of 33.62 and Angie Thacker's 33.82 American Record. Jarmila Kratochvilova of Czechoslovakia put in an appearance at 880 yards again this year. The European star bided her time until the final couple of laps, then actually had to work some to edge away from Kim Gallagher (Mazda TC) 2:06.08-2:06.97. In the other Women's events, 50 and 60 yard sprints, Pam Marshall (Mazda TC) was the short winner at 5.83-5.84 over Nellie Cooman (Netherlands), with Cooman returning to take the 60 at 6.71-6.81 over Gail Devers of UCLA. Cooman is a black European who is an

Alice Brown look-alike in body make-up and running style.

The Sunkist Men's Mile was tarnished a bit when Steve Scott came down with the flu and a 100 degree temperature. Eamon Coghlan was on hand, and it did turn out to be a really exciting race, with a real surprise ending. Andre Woods played rabbit through 60.7-1:59.8 quarter splits, with the pack ignoring him—Coghlan was 2:01.4 in 3rd at the 880. Marcus O'Sullivan of Ireland (and of Villanova of course) led by .2 at the 1320 in 3:02.9, with everyone just waiting for Coghlan to make his usual rocket last lap move and win the indoor mile as he has everytime he has raced undercover since 1981. The only problem was that O'Sullivan had other plans. Coghlan moved up to, but could never get past his fellow Irishman. The final two laps were covered at 54.5 440 yard pace, so Marcus's strong finish may have had something to do with the situation. O'Sullivan maintained a slight margin right into the tape to win 3:58.37-3:58.55. It was a very exciting final lap with the order of finish in doubt up until the final stride. O'Sullivan ran 3:52.64 outdoors last summer for a Mile.

At 500 yards Stanley Redwine (Athletics West) timed a good last lap move to steadily move away from early leader Mark Rowe (Accusplit TC), and win over Innocent Egbunike 56.57-57.57 (Rowe was 58.16 in 3rd). Last year's prep 400m star, Danny Everett (UCLA), was welcomed to the boards with a back stretch spill part way through the event, but showed heart in bouncing up and finishing as best he could. The two mile run settled down to a duel between former BYU stars Ed Eyestone and Doug Padilla. Doug's 2:04.2 final 880, 58.7 final 440 (and 53.9 440 yard pace for the final 160 yard lap) were too much for Eyestone, and Padilla recorded an 8:28.59-8:29.74 win.

Women's Results

50y: 1. Marshall (Mazda TC) 5.83, 2. Cooman (Netherlands) 5.84, 3. Devers (UCLA) 5.86, 4. Bailey (Puma TC) 5.90, 5. Williams (Puma TC) 5.96, 6. Mayberry (USC) 6.14.

60y: 1. Cooman 6.71, 2. Devers 6.81, 3. Williams 6.87, 4. Bailey 6.89, 5. Mayberry 7.14.

300y: 1. Brisco-Hooks (World Class TC) 34.21, 2. Griffith (WCTC) 34.70, 3. Crooks

(Canada) 35.20, 4. Bukare (Azusa Pacific) 35.57.

880y: 1. Kratochvilova (Czech) 2:06.08, 2. Gallagher (Puma TC) 2:06.97, 3. Jenkins (Unat) 2:08.76, 4. Monday (Puma TC) 2:10.15, 5. Harmon (Unat) 2:11.92, 6. Dabney (CSLA) 2:12.72, 7. Stevenson (SD St) 2:18.2.

Mile: 1. Williams (Canada) 4:27.77, 2. Warren (Nike) 4:40.24, 3. Odom (Houston Harriers) 4:45.33, 4. Molloy (BYU) 4:48.24, 5. Wysocki (Brooks TC) 4:49.66.

Men's Results

500y: 1. Redine (Athletics West) 56.74, 2. Egbunike (Nigeria) 57.57, 3. Rowe (Accusplit TC) 58.16, 4. Biggars (UCLA) 58.43, 5. Mack (SMTc) 58.62.

880y: 1. Gray (SMTc) 1:46.8WR, 2. Jones (SMTc) 1:49.1, 3. Wilson (Drake Track) 1:49.9 (Gray 1:46.1 800m American Record)

Mile: 1. O'Sullivan (Ireland) 3:58.37, 2. Coghlan (Ireland) 3:58.55, 3. Harbour (SMTc) 3:59.80, 4. Smith (Nike) 3:59.83, 5. Fricker (Accusplit TC) 4:04.15, 6. Deleze (Switzerland) 4:04.51.

2 Mile: 1. Padilla (Athletics West) 8:28.59, 2. Eyestone 8:29.74, 3. Nyambul (Tanzania) 8:36.79, 4. Williams (Canada) 8:36.81, 5. Buckner (GB) 8:39.01, 6. Wessinghage (W Ger) 8:39.87.

50y HH: 1. Foster (WCTC) 5.88WR, 2. McKoy (Canada) 5.96, 3. Stewart (SC Cheetahs) 6.01, 4. Campbell (Diadora) 6.11.

60y HH: 1. Stewart (SC Cheetahs) 7.09, 2. Campbell (Diadora) 7.13, 3. Phillips (WCTC) 7.16, 4. McKoy (Canada) 7.37.

HJ: 1. Howard (PCC) 7-7¼, 2. Stanton (S&S) 7-5¼, 3. Lewis (New Balance TC) 7-5¼, 4. Ottey (PCC) 7-5¼, 5. Nordquist 7-4, 6. Jacoby (Houston TC) 7-2, 7. Brent Harken (Hawk USA) 7-2, 8. Crumby (U Ariz) 7-2.

PV: 1. Olson (PCC) 19-3½WR, 2. Kozakiewicz 18-4½, 3. Kenworthy (S&S) 18-0½, 4. Fraley (Fresno State) 17-6½, 5. Bell (PCC) 17-6½.

TJ: 1. Simpkins (Baptist College) 57-5WR, 2. Conley 56-6, 3. Cannon 52-7½, 4. Washington (UCLA) 52-4, 5. Agbgbaku (Nigeria) 52-0, 6. Richardson (LBCC) 51-6½, 7. von Stoker (Netherlands) 50-4¼, 8. Frazier (Fresno State) 49-1½.

Com Col Mi Re: 1. Long Beach City College 3:25.6, 2. Rancho Santiago 3:25.7, 3. LA Valley 3:29.5.

photo by Jim Reynolds



FLORENCE GRIFFITH (left) & VALERIE BRISCO-HOOKS

photo by Jim Reynolds



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MEN

100 M	Carl Lewis (SMTC)	9.90
200 M	Kirk Baptiste (U.Houston)	20.04
400 M	Ray Armstead (Accusplit)	45.33
800 M	James Robinson (Innercity)	1:47.41
5,000 M	Mauricio Gonzales (Mexico)	13:22.37
10,000 M	Ed Eyestone (BYU)	27:41.05
Shuttle Hurdles	Stars & Stripes TC	55.06
Decathlon	Mike Ramos (U.Wash.)	8,295 pts.
Hammer	Declan Hagerty (Ireland)	255'3"
Javelin	Tom Petranoff (Ath.West)	295'1"
Shot Put	Greg Tafrales (SSTC)	69'2 1/4"
Discus	Greg McSeveney (SSTC)	217'4"
Pole Vault	Mike Tully (NYAC)	18'10 3/4"
Triple Jump	Willie Banks (LATIC)	56'1 1/4"

WOMEN

100 M	Merlene Ottey-Page (LATIC)	10.92
400 M	Renee Ross (San Diego St.)	52.24
3,000 M	Ruth Wysocki (Brooks RT)	8:59.75
10,000 M	Lisa Martin (Australia)	32:34.15
Long Jump	Carol Lewis (U.Houston)	22'8 1/2"
Javelin	Tuula Laaksalo (Finland)	201'4"
Shot Put	Ramona Pagel (Unat.)	61'4 1/4"
Discus	Carol Cady (Unat.)	203'11"
10K Walk	Ester Lopez (SCRR)	49:48.8

NOTE: Wind readings are not considered in the tabulation of marks from any of the major U.S. Track and Field Relay Carnivals compared.

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Road Racing

Stroh's Run For Liberty II

October 12, San Francisco. 8K.
Overall Winners:
Anthony Colon 24:54
Shirley Johnson 29:31
Wheelchair:
Allen Gravelle 37:37
Division Results - Men
19 & Under: 1. Jim Flori 28:48. 20-24: 1. Sam Lopez 27:56. 25-29: 1. Jim West 26:43. 30-34: 1. Anthony Colon 24:54. 35-39: 1. Bill Sevald 25:57. 40-44: 1. Dennis Gustafson 28:41. 45-49: 1. Steve Lyons 28:54. 50-54: 1. John Lemke 30:07. 60 & Over: 1. Frank Rodriguez 36:31.
Division Results - Women
19 & Under: 1. Nika Horn 32:19. 20-24: 1. Shirley Johnson 29:31. 25-29: 1. Toni More 35:59. 30-34: 1. Honor Fetherston 31:00. 35-39: 1. Marilyn Acquistapaser 30:58. 40-44: 1. Karen Lanterman 31:03. 45-49: 1. Mary Hauck 33:59. 50-54: 1. Marty Maricle 35:50. 60 & Over: 1. Kathleen Walsh 59:05.

PA-TAC Cross Country Championships

November 9, San Francisco.
Division Results - Men
19 & Under: 1. Jake Niebaum 36:54. 2. Saechao Seng Sing 56:35. 20-24: 1. Jeff Adkins 31:29. 2. Dan Gonzalez 31:37. 3. Eugene Cruz 31:44. 25-29: 1. Ivan Huff 30:58. 2. Dan Grimes 31:21. 3. Brad Hawthorne 31:25. 30-34: 1. Dennis Kurtis 32:19. 2. Pete Sweeney 32:25. 3. Matt Yeo 32:39. 35-39: 1. Bill Knapp 34:14. 2. Jim Tracy 34:30. 3. Charles Thompson 34:57. 40-44: 1. Bill Clark 34:55. 2. Joe Cavanaugh 36:30. 3. Jim Gibbons 37:04. 45-49: 1. Sai Vasquez 33:26. 2. Tim Rostage 35:47. 3. Bill Meinhardt 36:39. 50-59: 1. Morton Gray 38:37. 2. Bill Mossie 38:59. 3. Bob Farrington 39:44. 60-69: 1. Carl Bollinger 48:42. 2. Nick Aspradites 50:10. 70 & Over: 1. Steve Cole 60:00.
Division Results - Women
20-24: 1. Eileen Brennan 41:20. 2. Jennifer Biddulph 42:14. 3. Jackie Chen 44:54. 25-29: 1. Janine Aiello 36:49. 2. Terry Puckett 36:59. 3. Sarah Tabbutt 37:19. 30-34: 1. Bev Marx 39:20. 2. Sue Vinella-Brusher 39:56. 3. Patricia Pickett 43:28. 35-39: 1. Laurie Binder 37:26. 2. Jane Sowersby 40:38. 3. Hillary Naylor 41:06. 40-44: 1. Karen Lanterman 42:18. 2. Barbara Magid 45:01. 3. Ann Hardman 46:30. 45-49: 1. Joan Ulyot 46:39. 2. Joan Don 49:16. 3. Elvyn R. Blair 50:28. 50-59: 1. Vicki Bigelow 41:59. 2. Marty Maricle 45:38. 3. Marion Irvine 45:46. 60-69: 1. Els Tuinzing 60:11.

Honolulu Marathon

December 6, Honolulu, Hawaii.
Overall Results - Men
1 Ibrahim Hussein (27) 2:12:08
2 William Reifanyder (25) 2:14:39
3 Jorge Gonzales (32) 2:16:24
4 Rich McCandless (30) 2:19:27
5 Simeon Kigen (24) 2:20:32
6 Takehiko Kikuchi (30) 2:20:44
7 Doug Kurtis (33) 2:21:02
8 Steve Sobaje (30) 2:21:16
9 Dean Matthews (30) 2:21:46
10 Norio Goto (32) 2:23:57

Overall Results - Women
1 Carla Beurskens (32) 2:35:51
2 Rachel Portner (31) 2:53:08
3 Noelle Stenger (21) 2:55:43
4 Luanne park (25) 2:56:12
5 Susan Gregg (25) 2:57:08

Division Results - Men
40-49: 1. Katsutoshi Nakata 2:35:06. 2. Robert Hillier 2:38:07. 3. Thomas Iredale 2:40:42. 50-59: 1. James Gallup 2:35:51. 60 & Over: 1. Frank Grey 2:52:18.

Division Results - Women
40-49: 1. Arlene Kasper 3:02:16. 2. Merri Mack 3:24:04. 3. Gail Rodd 3:25:01. 60-69: 1. Patti Buholm 3:24:20. 80 & Over: 1. Kikue Murakami 4:32:28.

Nike- San Francisco Half Marathon

December 8, San Francisco.
Overall Results - Men
1 Gerry Donakowski (25) OR 1:04:31
2 Gerald Vanasse (24) CT 1:04:58
3 Danny Grimes (26) Addidas 1:05:16
4 Peter Fitch (26) Portland 1:05:26
5 Mike Pinocci (31) CCFlyers 1:05:40
6 Dick Hooper (29) Ireland 1:06:33
7 Dave Gordon (26) OR 1:08:54
8 Jeff Shaver (25) Con.Ag 1:07:12
9 Mike Cook (26) OR 1:08:00
10 Kevin Ostenberg (25) 1:08:25

Division Results - Men
19 & Under: 1. Steve Lopez 1:09:50. 2. Bob McLaughlin Jr. 1:11:37. 3. Eric Hayes 1:14:52. 20-24: 1. Gerald Vanasse 1:04:58. 2. Jose Pilar Aspuro 1:10:07. 3. Steven Lewis 1:11:58. 25-29: 1. Gerry Donakowski 1:04:31. 2. Danny Grimes 1:05:16. 3. Peter Fitch 1:05:26. 30-34: 1. Mike Pinocci 1:05:40. 2. Jim Price 1:10:46. 3. James Moyles 1:10:58. 35-39: 1. Bob Darling 1:10:21. 2. Steve Ferraz 1:12:41. 3. Syl Pascale 1:12:56. 40-44: 1. Joachim Bechtie 1:12:25. 2. Bill Clark 1:13:20. 3. Doug Butt 1:14:41. 45-49: 1. Sal Vasquez 1:12:23. 2. Tim Rostage 1:14:58. 3. Bill Cantanese 1:17:34. 50-59: 1. Santiago Ojeda 1:25:19. 2. Geoff Bardsley 1:26:52. 3. Don Lucero 1:28:23. 60-69: 1. Karl Bollinger 1:32:43. 2. John Gilkey 1:32:48. 3. Robert De Chens 1:39:13. 70 & Over: 1. Abe Wasserman 1:58:41. Racewalkers: 1. Mario Excobedo 1:49:29.

Overall Results - Women
1 Sarah Tabbutt (26) Berkeley 1:17:10
2 Laurie Binder (38) Oakland 1:19:01
3 Shirley Matson (45) SolanaBch 1:20:26
4 Johanna Reneke (23) 1:20:36
5 Sue Gyorey (27) 1:21:29
6 Kathy Kennedy(36)SanLeandro 1:32:34
7 Sue Vinella-Brusher (31) 1:22:59
8 Christine McGee (18) SanAnsel 1:23:54
9 Yoshie Shimizu (22) Redding 1:24:40
10 Ingrid Hemenway (29) Oakland 1:25:54

Division Results - Women
19 & Under: 1. Christine McGee 1:23:54. 2. Kathleen Hopkins 1:32:38. 3. Catherine Zinn 1:36:03. 20-24: 1. Johanna Reneke 1:20:36. 2. Yoshie Shimizu 1:24:40. 3. Kathleen Woehrie 1:26:25. 25-29: 1. Sarah Tabbutt 1:17:01. 2. Sue Gyorey 1:21:29. 3. Ingrid Hemenway 1:25:54. 30-34: 1. Sue Vinella-Brusher 1:22:59. 2. Abigail Jeung 1:28:53. 3. Elizabeth Fennie 1:28:53. 35-39: 1. Laurie Binder 1:19:01. 2. Kathy Kennedy 1:22:34. 3. Hilary Naylor 1:26:15. 40-44: 1. Karen Lanterman 1:27:32. 2. Susan Horr 1:33:41. 3. Christine Cohen 1:33:43. 45-49: 1. Shirley Matson 1:20:26. 2. Birthe Kirsch 1:38:47. 3. Margaret Cook 1:41:33. 50-59: 1. Janet Buckendahl 1:30:42. 2. Roberta Ratcliff 1:48:41. 3. Jeanie Kayser-Jones 1:47:02. 60-69: 1. Mary Storey 1:45:19. 2. Jaclyn Caselli 1:48:12. 3. Mary Ellen Lentz 2:12:22. Racewalkers: 1. Aileen Sullivan 2:09:22. Wheelchair: 1. Helen Atwell 2:13:44.

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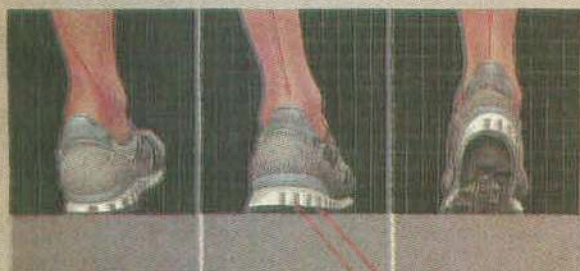
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Women's Revenge

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Results

Centennial Run

January 25, Oakland.

Division Results - Men

13 & Under: 1. Jordan Jarosz 33:12, 2. Josh Carroll, 3. Ryan Rogers. **14-19:** 1. Noah Hill 27:29, 2. Christopher Mullin, 3. Frankie May. **20-29:** 1. Christopher Ryalis 20:42, 2. Alan Dehlinger, 3. Alex Morales. **30-39:** 1. Nicolas Martinez 23:23, 2. Arturo Ramirez, 3. Jacques Pittet. **40-49:** 1. John Calletta 24:58, 2. Ron Hudson, 3. Lee Groyon. **50-59:** 1. Bill Bugler 25:55, 2. Tom Walsh, 3. Thomas Cooke. **60 & Over:** 1. Robert Dehene 30:25, 2. Theodore Martin, 3. Ulysses Ratti.

Division Results - Women

13 & Under: 1. Jill Jarosz 32:57, 2. Celeste Buchanan, 3. LaShawn Buchanan. **14-19:** 1. Kristie McCall 28:30, 2. Alexandra Bury, 3. Wendy Greig. **20-29:** 1. Terri Varhoeff 33:32, 2. Judith Gonsalves, 3. Joy Haartig. **30-39:** 1. Terri Ann Peri 31:05, 2. Bobbie Harris, 3. Audrey Barrall. **40-49:** 1. Evelyn Blair 29:33, 2. Margaret Cooke, 3. Rosemary Vasquez-Hobler. **50-59:** 1. Alice Rose 29:14, 2. Theresa Burger, 3. Marilyn Tucker. **60 & Over:** 1. Kay Yamamoto 40:43, 2. Irma Johnson, 3. Jane Duclos.

Central Coast Lite 10K Road Race

January 25, Arroyo Grande.

Overall Results

1 Rory Cooper (Wheelchair), SLO 28:34
2 Mark Conover, SLO 29:00
3 Carmello Rios, SLO 29:27
4 Gordon Christie, Los Olivos 29:49
5 Leo J. Lenting, SLO 29:52
6 James Triplett, S.B. 30:04
7 Hector Perez, SLO 30:28
8 Tim Minor, Carpinteria 30:29
9 Chuck Fanter, SLO 30:37
10 Unknown 30:48
11 Hollis Reed, SLO 31:05
12 Jose Iniguez, Solvang 31:14
13 Jerry Hernandez, SLO 31:21
14 Bruce Storms, SLO 31:22
15 Steve Flynn, Pismo Bch 31:24
16 Adolfo Lopez, Santa Maria 31:29
17 Glen Harvey, Oceano 31:31
18 Keith Golding, SLO 31:38
19 Joe Mangan, Sunnyvale 31:40
20 Pete VanHaug, S.B. 31:54
21 Mike Lansdon, SLO 31:55
22 Steve Strangio, Fremont 32:04
23 Jon Root, Paso Robles 32:06
24 Rodney Gelene, SLO 32:35
25 Ted Brown, Lompoc 32:42
26 Frank Hutchinson, Shell Bch 32:44
27 Issalis Luna, Tulare 32:47
28 Thierry Ross 33:10
29 Dirk Rolloff, Sunnyvale 33:20
30 Danny Valdez, Merced 33:20
31 Mark ? 33:37
32 Robyn Root, (1F) Paso Robles 33:37
33 Sam Grisalva, Paso Robles 34:01
34 No. 303, SLO 34:09
35 Frank Padilla, Visalia 34:11
36 No. 401 34:33
37 Felix Maxitilia, Santa Maria 34:40
38 Marcello Aiello, Arroyo Grande 34:56
39 Jim Harley, Los Osos 35:13
40 Elmer McPhail, SLO 35:17
41 Noreen DeBettencourt, (2F) SLO 35:24
42 Maggie Keyes-Kraft, (3F) SLO 36:03
43 Jim Brown, Lompoc 36:14
44 Elaine Triplett (4F) S.B. 36:42
45 Sharon Plante (5F) PismoBch 37:02
63 Jani Johnson (F) SLO 37:03
70 Kris Katterhagen (F) SLO 37:39
71 Jennifer Dunn (F) SLO 37:40
72 Kelly Donaldson (F) SLO 37:40

77 Mary Ryznez, S.B. 37:58
84 Jeanie Carew, SLO 38:32
87 Juliette Christie, Los Olivos 38:38
89 Shannon Dial, SLO 38:42
90 Katie Dunsmuir, SLO 38:44
93 Barbara Barcellara, Grover City 39:11
94 Carrie Walters, SLO 39:14

Solidarity Run for Salvadoran Teachers

January 26, San Francisco.

Early on Super Bowl Sunday, over 300 turned out at Golden Gate Park's Polo Fields to enjoy the unseasonably warm weather with temperatures in the mid 50's. In the 5K race, defending winner Don Paul repeated his overall victory and Darcy Plymire was the women's winner. In the 10K Eileen Brennan took first and Stephan Adams was the men's winner. In spite of a slightly longer course due to re-certification by TAC under the new regulations, the times were comparable to previous years.

Over 1500 was raised for the sponsors, COSANDES, a committee of the SF Community College District Federation of Teachers, AFT 2121 - money which will go to the teachers' union of El Salvador to aid in their support of the families of the hundreds of teachers who have been murdered, arrested, exiled or disappeared. The organizers also welcomed guests for Athletes for Peace, led by football player Guy Benjamin, who received a warm response for the crowd. As in previous years, a special 1K for kids under 12 was run, a custom the organizers hope will spread to other runs, both a child-care aid for parents and to encourage running among youth.

Overall Results - Men's 5K

1. Don Paul 15:40, 2. Ramsay Thomas 16:13, 3. Hashim Bashiruddin 17:36.

Overall Results - Women's 5K

1. Darcy Plymire 19:47, 2. Tamara Teichgraber 21:37, 3. Flavia De Olivera 22:11.

Overall Results - Men's 10K

1. Stephen Adams 32:40, 2. Armando Cobos 32:57, 3. Mike Wheeler 33:07.

Overall Results - Women's 10K

Eileen Brennan 39:40, 2. Hillary Naylor 41:06, 3. Karen Vemura 33:07.

Sri Chinmoy Marathon

January 26, Santa Barbara.

Overall Results

1 Arpan DeAngelo 2:46:19
2 Wayne Nelson 2:52:54
3 Rick Sylvester 2:57:32
4 Waid Woodruff 3:13:41
5 Anugata Bach 3:17:15
6 Jim Washburn 3:19:25
7 Anna Roberts 3:20:15
8 Brian Abbott 3:26:14
9 Ed Graper 3:30:30
10 Bigalita Egger 3:36:42
11 Bob Carman 3:39:28
12 Lynn Mursinna 3:42:28
13 Carl Rausch 3:44:38
14 Cathy White 3:47:56
15 Francie Cowley 3:48:56
16 Craig Anton Chambers 3:48:56
17 John Leon 3:50:16
18 Dan Knowlton 3:55:47
19 Pujari Scheaffer 3:56:30
20 Marathon 3:57:59
21 Tom Carlyle 4:06:31
22 Jerry Kamisky 4:15:49
23 Kathy Kusner 4:39:32
24 Patsy Simioni 4:51:36
25 Lynn Scott 5:10:08
26 Virginia Brady 6:59:48

Division Results - Men

Under 50: 1. Arpan DeAngelo 2:46:19, 2. Rick Sylvester 2:57:32, 3. Waid Woodruff 3:13:41, 4. Anugata Bach 3:17:15, 5. Jim Washburn 3:19:25, 6. Brian Abbott 3:26:14, 7. Ed Graper 3:30:30. **50 & Over:** 1. Wayne Nelson 2:52:54, 2. Bob Carman 3:39:28, 3. Carl Rausch 3:44:38.

Division Results - Women

Under 50: 1. Anna Roberts 3:20:15, 2. Bigalita Egger 3:36:42, 3. Lynn Mursinna 3:42:28, 4. Cathy White 3:47:56, 5. Francie Cowley 3:48:56, 6. Kathy Kusner 4:39:32, 7. Patsy Simioni 4:51:36.

Overall Results - Women's 10K

1 Carrie Garrison 37:39
2 Amy Dabul 37:41
3 Narolene Walters 38:52
4 Debbie Wilkinson 40:30
5 Julie Doering 40:37

Division Results - Men's 10K

12 & Under: 1. James Garrison 35:38, 2. Mark Greysheck 49:07, 3. Neil Sands 50:10. **13-15:** 1. Roger Nava 33:06, 2. Ken Gibson 34:12, 3. Tony Gibrey 37:04. **16-18:** 1. Dean Palmer 32:45, 2. Carter Brown 32:51, 3. Greg Lamb 34:08. **19-24:** 1. Andy Gerken 30:34, 2. Kevin Broady 31:24, 3. Victor Carrillo 31:50. **25-29:** 1. Warren Doody 33:35, 2. Craig Dayton 33:58, 3. Andrew Miller 34:42. **30-34:** 1. J. Chavez 35:48, 2. Fred Bosley 37:06, 3. Barry Brooks 37:25. **35-39:** 1. Jim Ketter 38:31, 2. Mark Richardson 36:41, 3. Bill Rodgers 37:18. **40-44:** 1. Maurie Bausquet 35:01, 2. Bill Pascual 36:10, 3. Donald Gillman 37:25. **45-49:** 1. Gama Chavez 38:23, 2. David Hurlbort 38:28, 3. Frank Russa 38:46. **50-59:** 1. Paul Rutkowski 40:50, 2. Buddy Belshe 50:53, 3. Tom Milson 42:00. **60 & Over:** 1. Earl Rippee 44:59, 2. Albert Genovese 51:52. **Wheelchair:** 1. Buford Harris 31:53, 2. Bob Molinatti 33:05, 3. Mary Jones 51:10.

Division Results - Women's 10K

12 & Under: 1. Carrie Garrison 37:39, 2. Erin McCaskill 56:50, 3. Katrina Bohn 57:00. **13-15:** 1. L. Doering 41:10, 2. Bruyere Nefner 47:04, 3. H. K. Hall 53:20. **16-18:** 1. Amy Dabul 37:41, 2. Elizabeth Kubis 41:25, 3. Eva Calderon 41:46. **19-24:** 1. Julie Doering 40:37, 2. L. Gallagher 41:43, 3. Karen Kronquias 45:00. **25-29:** 1. Sherril Fox 41:23, 2. Joy Carney 44:59, 3. Diane Archer 45:34. **30-34:** 1. Jill Tapscott 46:01, 2. Janet Farrow 47:43, 3. Patricia Sisson 47:59. **35-39:** 1. Debbie Wilkinson 40:30, 2. Cheryl Svenson 45:01, 3. Debra Amberg 49:40. **40-44:** 1. Harolene Walters 38:52, 2. Barbara Ramet 44:22, 3. Lucille Harrison 45:18. **45-49:** 1. P. Kopcho 50:00, 2. Mary Dugan 51:25, 3. Melinda Arrand 52:10. **50-59:** 1. Doris North 58:40, 2. Jean Ready 1:13:17, 3. Ardis Davis 1:16:29.

Super Bowl Sunday 10K Run

January 26, Redondo Beach.

Steve Ortiz led a record field of 20,000 runners in the 8th Annual Redondo Beach Super Bowl Sunday 10K with a good 29:48, 55 seconds behind the course record. Susan Berenda of San Clemente set a new woman's course record with 33:04.

Under sunny skies, the field was sent off at 8 a.m. by Redondo Beach Mayor Barbara Doerr working with "Roboz," the little robot from KNBC's "Riptide," which films in Redondo Beach's King Harbor.

Ortiz, 26 of Barstow, fought a duel with Ron Roberts, 24 of Los Angeles, down to the head of the stretch, before pulling away to win by six seconds. (Ortiz also won the event in 1980 with 30:07). The course record, 28:53 was set by Tom Wysocki in 1985.

Christopher Shallert, 24 of Canoga Park, finished third with 30:01. The next seven finishers were all under 30:48.

Susan Berenda's 33:04 was her personal best and beat Monica Joyce's course record by 25 seconds. Kathy Kanes was second with 35:20 and Nancy Brown third, at 35:44.

The Redondo Beach Chamber of Commerce hosted the event, with Hans Albrecht as race director for the eighth year.

The Redondo Beach run is probably the nation's second largest 10K event, exceeded in numbers only by The Peachtree in Atlanta.

Top Ten Men

1 Steve Ortiz (26) Barstow 29:48
2 Ron Roberts (24) L.A. 29:54
3 Christopher Shallert (24) CanogaPk 30:01

Overall Results - Men's 10K

1 Andy Gerken 30:34
2 Kevin Broady 31:24
3 Victor Carrillo 31:50
4 Buford Narris 31:53
5 S. Cubillas 32:26

Division Results - Women's 5K

6 & Under: 1. Sarah Parker 26:06, 2. Debby Allen 35:53, 3. Samantha Pash 36:51. **7-8:** 1. Braunwyn Brown 23:49, 2. Proxy Olevsky 26:10, 3. Karris Cesarlo 29:28. **9-10:** 1. Heather Burton 22:57, 2. Mandy Salter 26:40, 3. Amber Bartlett 27:42. **11-12:** 1. Lynn Randall 23:08, 2. Kristen Shryock 24:09, 3. Linda Harrison 24:23. **13-15:** 1. Jennifer Frankot 20:46, 2. Monique Russo 21:34, 3. Anne Ordway 22:40. **16-18:** 1. Karl Rhum 20:04, 2. Yolanda Torres 20:38, 3. Elizabeth Holland 21:08. **19-24:** 1. Lori Gasteiger 20:44, 2. Elizabeth Terriquez 21:08, 3. Lori Reiniger 21:21. **25-29:** 1. Lisa D'Andrea 21:22, 2. Rosemary Flynn 21:27, 3. K. Freeman 22:11. **30-34:** 1. Jane Blair 21:31, 2. Connie Dodge 22:06, 3. Linda Summers 23:39. **35-39:** 1. Joy Belvins 22:20, 2. Norma Fruchborn 23:09, 3. Jean Leitner 23:37. **40-44:** 1. H. Walters 18:13, 2. Jan McKinnon 24:46, 3. Sharon Speights 24:50. **45-49:** 1. Sue Mailman 22:24, 2. Joan Jeter 22:43, 3. Diane Simpson 26:25. **50-59:** 1. Jane McMickle 25:27, 2. Lee Liddle 28:00, 3. Dionne Davis 35:23. **60 & Over:** 1. Jeanne Davison 38:04, 2. Dorothy Clark 48:06.

Results

4	Sean Evans (24) Irvine	30:06
5	Carey Simmons, Arcadia	30:13
6	Ron Gee, L.A.	30:17
7	Steve Bishop, West Covina	30:29
8	Thom Vernon, Long Beach	30:36
9	Rick Dodson, ManhattanBch	30:41
10	Ralph Garibaldi, ManhattanBch	30:47

Top Ten Women

1	Susan Berenda, SanClemente	33:03
2	Kathy Kanos	35:20
3	Nancy Brown, L.A.	35:44
4	Annie Seawright, HermosaBch	37:20
5	Patricia Almendariz	37:42
6	Katie Cunningham, HermosaBch	38:02
7	Annie Dandoy, ManhattanBch	38:06
8	Laurie Bright, Pac.Palisades	38:15
9	Renee Williams, HermosaBch	38:26
10	Dianna Tracy, ManhattanBch	38:48

March of Dimes Super Run

January 26. San Diego.

Division Results - Men

12 & Under: 1. Tony Tan 37:50. 13-17: 1. Cary Gregario 33:37. 18-29: 1. Gilbert Alvarez 31:06. 2. Mark Donahue 31:32. 3. Bill Cloeves 31:37. 30-39: 1. Jay Larson 32:20. 40-49: 1. Peter Stern 33:43. 50-59: 1. Bill Stock 41:23. 60-69: 1. Jack Smothers 45:16.

Division Results - Women

12 & Under: 1. Shari Woolsey 1:03:36. 13-17: 1. Jill Newman 39:01. 18-29: 1. Julie Moss 37:31. 2. Beverly Wasser 39:57. 3. Maria Cabrera 41:49. 30-39: 1. Oonagh Bruni 38:27. 2. Kim Campo 38:44. 40-49: 1. Ursula Rains 42:03. 50-59: 1. Mary Brown 49:03. 60-69: 1. Lucy Killea 53:09.

Koy-Runner's Den 10K

by Richard Lee Slotkin

January 26. Paradise Valley, AZ.

Most 10K race directors would be ecstatic to have the winner break 29 minutes and have 3 or 4 more come in under 30:00. At the Runner's Den 10K, 21 finishers cracked the half hour barrier and six of them were under 29:00. But, this was a comedown compared to previous years, especially last year when fifty-one guys broke 30 minutes.

The curse of high standards!

Despite the falloff, and some confusing splits caused by some clocks being in the wrong place, it was a great contest, as usual. Six runners were still in it with a mile to go and the winner was determined by a photo finish following an all-out quarter mile kick.

Dietmar Millonig, from Modling, Austria, went to his track roots and outlasted the other 5 survivors, just barely outkicking Kenya's Gabriel Kmau for a 28:32 win.

Before the smoke had cleared from the starter's gun, Kmau moved to the front. "... I was really feeling very good ... with this kind of weather (warm), there was no reason not to go ..." Maintaining a step or two lead through the first 2 miles, Kmau then tried a surge. All that netted him was 5 yards so he settled back and let others set the pace for a while. He never fell back more than a step or two, though.

Going into the final mile, fellow Kenyan Yobes Ondieki had taken over the lead and by then the pack had eroded down to 6: Ondieki, a step in front, followed by Millonig, Dave Barney, Thom Hunt, Kmau and Alan Scharsu, with some minor shif-

ting, but roughly holding that order. Following a confused shift to the inside curb of the road which circled the Paradise Valley Mall before it cut to the finish line, Scharsu moved up with Ondieki, and Hunt and Barney were dropped while running a sub-29:00 pace, yet! Now, it was Ondieki, Scharsu on his shoulder, Millonig just behind and Kmau trailing. The pace then seemed to slow just a bit as everyone gathered in their reserves for the dogfight they knew was about to begin. With just over a quarter mile to go, Ondieki picked up the pace noticeably. Millonig edged past Scharsu into second and then Kmau exploded. Pushing hard, head down in typical Kmau-style, he shot from 4th to the lead. Millonig went with him and Ondieki and Scharsu were now dropped.

Said Scharsu, "They went just like that! An all out sprint; no build up at all." With about 100 yards to go Millonig pulled even with Kmau and they slugged it out, side by side, all the way to the tape.

to see, I suppose, Bill Rodgers showing up as an age group winner instead of in the money overall. Still, don't shed too many tears. Ol' Billy isn't dead. He did run a rather brisk 4:42 per mile; good enough to get him 9th overall. And, breaking into the top ten in this race is not something to look one's nose down at him. At this time, tears for Bill Rodgers are definitely premature.

Overall Results - Men

1	Dietmar Millonig (Austria)	28:32
2	Gabriel Kmau (Kenya)	28:33
3	Yobes Ondieki (Kenya)	28:37
4	Alan Scharsu (AW)	28:38
5	David Barney (NewBal)	28:49
6	Thom Hunt (SDAC)	28:54
7	Christoph Herle (W.Germ)	29:11
8	Dave Gordon (AW)	29:12
9	Bill Rodgers (Unat.)	29:15
10	Ivan Huff (Conv.Ag)	29:17
11	Mark Anderson (Condors)	29:23
12	Mark Stickley	29:29
13	Tom Ansberry (Unat.)	29:31

Overall Results - Women

1	Lisa Martin	32:24
2	Lynn Nelson	33:32
3	Kelly Cathy	33:42
4	Judith Ann McCreery	34:18
5	Trina Leopold	34:49
6	Angela French Snyder	35:37
7	Annetta Weber	36:22
8	Sandy Sup	36:33
9	Mary Dore	36:54
10	Cathy Pearce	37:29
11	Lita Lux	37:42
12	Annette Bieber	39:04
13	Sheila Fairman	40:04
14	Jill Francis	40:13
15	Claudia Johnson	41:52
16	Barbara Meadows	41:52
17	Moe Worth	42:06
18	Kristin Owens	42:45
19	Judy Pratt	42:47
20	Stacey McWhorter	42:50

Division Results - Women

13 & Under: 1. A. Nash 52:31. 14-19: 1. Trina Leopold 34:49. 2. Jill Francis 40:13. 30-34: 1. Claudia Johnson 41:52. 2. Therese Reeve 42:58. 35-39: 1. Linda Rohmer 45:46. 40-44: 1. Judy Pratt 42:47. 2. Mary Orr 43:19. 45-49: 1. Grace Rome 43:13. 50-54: 1. C. Keeler 50:52. 55-59: 1. Barbara Meadows 41:52. 60 & Over: 1. S. Mayer 56:56.

photo by Richard Lee Slotkin



From left: THOM HUNT (2), YOBES ONDIEKI (72), DIETMAR MILLONIG (5), RON CORNELL, GABRIEL KMAU, ALAN SCHARSU (75), IVAN HUFF (67).

Millonig was awarded the eyelash close decision. Ondieki, Scharsu, Barney and Hunt followed in that order, all well under 29 minutes.

Though not as close and without the depth of the men's field, the women's race was also competitive. Led by Lisa Martin's 32:24 there were 5 women under 35 minutes. Martin, last year's winner and course record holder, had a fairly easy time of it, despite being challenged for the first 2 miles by Lynn Nelson. After that she was pretty much alone, looking for men to run with so she could maintain some sense of pace. Because of the mispositioned clocks, she too was confused by the splits she was hearing. There weren't too many men around, though, and some of them weren't much help. Catching up to one man ask him what he usually runs 10K's in. "I don't know. I haven't run one in a long time," was his reply. So, Martin moved up, continuing her quest until she heard what she wanted to hear. It couldn't have been too poor a strategy at that. She finish 57th overall!

Nelson held on to second, finishing in 33:32, followed by Kelly Cathie.

Fifty-five year old Barbara Meadows not only destroyed her age group, but her 41:52 was good for 16th place. That's averaging 6:44 a mile.

And speaking of age groupers, it's sad

14	John Koningh (Puma)	29:32
15	David Taylor (Ireland)	29:38
16	Ron Cornell (Marathon's)	29:43
17	Sergio Sanchez	29:44
18	Patrick Aris (NewBal)	29:47
19	Bill McChesney (Unat.)	29:50
20	Ken Martin (AW)	29:51
21	Rob Lonergan (Canada)	29:53
22	Phillip Coppess (NewBal)	30:00
23	Sam Sintonic (Tanzania)	30:05
24	Bill Donokowski	30:19
25	Daniel Gonzalez	30:23
26	Ed Mendoza	30:28
27	Keith Morrison	30:31
28	Brent Friesth	30:35
29	Vincent Sheehan	30:36
30	Franklin Morgan	30:37

Division Results - Men

13 & Under: 1. C. Holland 42:40. 14-19: 1. J. Seefeldt 31:54. 30-34: 1. Dietmar Millonig 28:32. 2. Gabriel Kmau 28:33. 3. Christopher Herle 29:11. 4. Phil Coppess 30:00. 5. Sam Sintonic 30:05. 35-39: 1. Bill Rodgers 29:15. 2. R. Glider 33:17. 3. N. Boudar 33:39. 40-44: 1. D. Surman 32:41. 2. M. Mittelstaedt 34:07. 3. Ken Young 35:24. 45-49: 1. E. Owers 34:02. 2. D. Mellady 34:42. 3. L. Worth 34:44. 50-54: 1. J. Waidy 33:42. 2. J. Ahlberg 36:16. 3. E. Black 37:55. 55-59: 1. B. Rawn 39:47. 2. T. Cooka 40:51. 60-69: 1. M. Elliot 39:55. 2. H. Williams 41:46. 70 & Over: 1. L. Niles 59:04.

Las Vegas Marathon

February 1. Las Vegas.

The 20th running of the Las Vegas Marathon made race director Al Boka's day. Flu-plagued Frank Plasso, crossed the finished line in 2 hours, 12 minutes, 37 seconds and caused enough excitement to guarantee the future of one of the western states oldest marathons.

"I went in with idea of running a 10 or 15 mile work out, but about five or six miles I decided to give it a shot," Plasso said. I had no training to speak of and I hadn't done any hard speed work for the past three weeks."

Plasso, a popular local runner was recovering from a recent bout with a flu bug that knocked him out of the January 18, running of the Houston Marathon. He planned at the last minute to run the race as a long workout.

"The day before, I ran the most miles I've done in the past three weeks," he said. I did no carbo loading and I didn't hydrate like I normally would. Maybe when your body is at a certain level of conditioning, your mind takes over."

For the first time in it's history, race organizers offered prize money to the leading finishers. Entries were lured by \$12,000 in TAC developmental funds, \$2,000 of which went to Plasso's course, race, and state, record-breaking effort.

Leading woman runner, Virginia Egger of Delta, CO, pocketed \$1,000 for her 2:50:15 finish, beating the previous record by four seconds set by Linda Hammann in 1983.

The number two runners in both men and women's division, Linn Whatcott, of Salt Lake, 2:14:09 and Australian Barbara Byrnes, 2:51:00, could have captured the course records with their finishing times had it not been for Plasso and Eggers.



13th Annual ROEDING PARK 6 MILE RUN

SUNDAY, MARCH 23, 1986

9:00 a.m. (Rain or Shine)

SPONSORED BY:

**FRESNO TRACK CLUB
FRESNO, CA**

RACE DIRECTOR: Frank Delgado 233-3631

FREE: Dr. Pepper drinks to all runners and guests. Special draw for merchandise after the run. Entry to 1987 run to overall male and female winner.

ENTRY FEE: \$4.00 if registered by March 21; \$5.00 on day of race (no refunds). 1986 FTC members \$2.00 pre-register; \$3.00 day of race.

PRE-ENTRIES PICK UP NAMETAG AT RACE SITE DAY OF RACE.

COURSE: Start 300 yards east of tennis courts, corner of Olive and West. Three loops in the Park—all paved and flat.

DIVISIONS, NUMBER of AWARDS and RECORDS:

MEN

19 & Under (3) Steve Moreno: 30:53 - 1980
20-29 (5) Tony Ramirez: 29:10 - 1979
30-39 (5) Tony Ramirez: 28:54 - 1985
40-49 (5) Bob Lindsay: 32:31 - 1985
50-59 (3) Len Thornton: 33:59 - 1981
60 Plus (2) Sid Toabe: 38:57 - 1984

WOMEN

19 & Under (2) Sandy McPherson: 37:40 - 1979
20-29 (3) Shirley Johnson: 37:08 - 1985
30-39 (3) Rosa Medina: 37:40 - 1984
40-49 (3) Carolyn Campbell: 40:14 - 1985
50-59 (2) Dorothy Thomas: 45:08 - 1978
60 Plus (1) Dorothy Thomas: 48:46 - 1985

**SPECIAL AWARDS: Oldest Finisher (Male and Female)
Recognition Award to record breakers in their respective Division**

ENTRY BLANK

Pre-register: Send with \$4.00 to:
FRANK DELGADO
1560 N. Durant Way, Fresno, CA 93728

Make check payable to:
Fresno Track Club (\$5.00 day of race)

WAIVER: In consideration of your accepting my entry, I intending to be legally bound do hereby for myself, my heirs, executor, and administrators, waive and release forever any and all rights and claims and damages I may accrue against the City of Fresno Parks and Recreation Department, the Fresno Track Club, and any and all sponsors of this race for any injuries suffered by me while traveling to and from, and competing in the Roeding Park 6 Mile Race on March 23, 1986.

Signature (Parent, if under 18 years) _____ Date: _____

Name: _____ Phone #: _____

Address: _____ City: _____ Zip: _____

Running Club: _____ Age on 3/23/86: _____

DIVISION:
(Circle One)

MEN
19 & UNDER
20-29
30-39
40-49
50-59
60 Plus

WOMEN
19 & UNDER
20-29
30-39
40-49
50-59
60 Plus



Run For Relief

10K Race and 2 Mile Fun Run

April 12, 1986 • 6:30 a.m.

Start and Finish at Fresno Pacific College

COURSE: Both the 10K and 2 Mile courses start and finish at the Fresno Pacific Soccer Field.

10K Course: One flat loop consisting of asphalt roads, gravel roads and canal bank.

2 Mile Course: One flat loop consisting of asphalt roads.

STARTING TIME: Both races start together at 6:30 a.m.

ENTRY REGISTRATION: The pre-registration deadline is April 5, 1986. Late registration will be the day of the race from 5:30 a.m. to 6:15 a.m.

ENTRY FEE: Must accompany entry blank. Make checks payable to West Coast Mennonite Relief Sale, Inc.

Pre-Registration: \$6.00 postmarked before April 5, 1986.

Late Registration: \$10.00 after April 5, 1986 - enter on day of race.

CHECK-IN: Pick-up running number at Fresno Pacific College Soccer Field from 5:30-6:15 a.m.

T-SHIRTS: T-shirts to all finishers.

DIVISIONS: 2 Mile Fun Run: Time prediction - no watches.

10K Race: The following age groups for both men and women: 18 & Under, 19-29, College Student(10 or more units), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 Plus.

AWARDS: 2 Mile Fun Run: Based on predicted time - 15 awards.

10K Race: Awards to first three in each division.

AID STATION: Water at approximately 3½ miles.

INDIVIDUAL SPONSORSHIP OPPORTUNITY: Include a self addressed stamped envelope with entry form if you would like a form sent to you to enlist sponsors to donate per mile contribution to West Coast Mennonite Relief Sale. All proceeds go to Mennonite Central Committee (MCC) for support of worldwide relief, development and service ministries.

PANCAKE BREAKFAST: Immediately following the race at Fresno Pacific College. Cost: approx. \$3.00.

SHOWERS: Available at the Fresno Pacific College gym - bring own locks and towels.

OTHER ACTIVITIES: West Coast Mennonite Relief Sale including quilt and antique auction. Fun for whole family.

FOR MORE INFORMATION: (209) 264-5847 or (209) 453-2045 or (209) 638-6847.

ENTRY FORM AND WAIVER (Please Print)

Mail entry blank and fee to: Run for Relief, P.O. Box 6103, Fresno, CA 93703

Name: _____ Age on Race Day _____

Street Address: _____ Male Female (circle)

City _____ State _____ Zip _____ T-shirt size: S M L XL (circle)

Circle Division: (circle only one)

2 Mile Fun Run: 2 Mile Predicted Time _____

10K Race: 18 & Under 19-29 College Student 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69

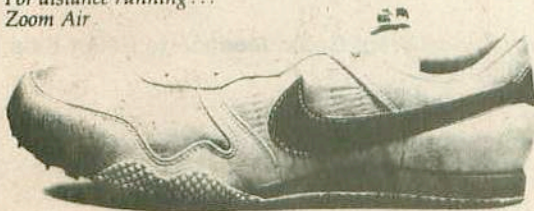
70 & Over

WAIVER (Must Be Signed): I, intending to be legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all rights I may have against the Run for Relief Race Committee, West Coast Mennonite Relief Sale, Inc., West Coast Mennonite Central Committee, Fresno Pacific College, the City and County of Fresno, and any and all sponsors and officials, their agents, representatives, successors, or assigns, for any and all injuries, ailments or other consequences, suffered by me in the Run for Relief on April 12, 1986

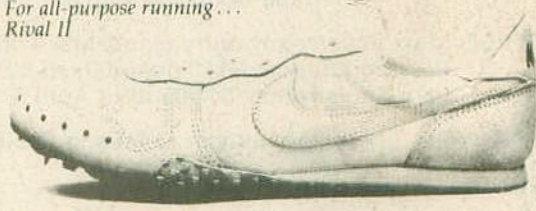
Signature (parent if under 18): _____ Date _____

JUST ADD ADRENALIN.

For distance running...
Zoom Air



For all-purpose running...
Rival II



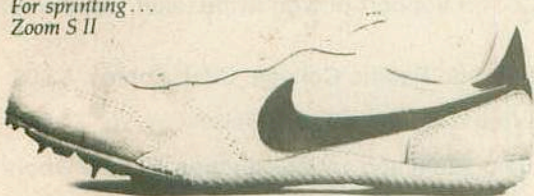
For cross country...
Zoom X II



For all-purpose running...
Flame-Tech



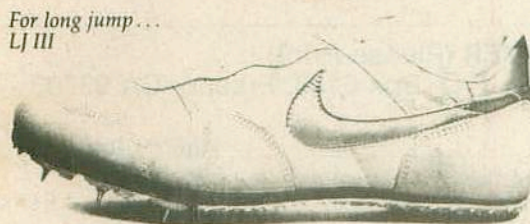
For sprinting...
Zoom S II



For high jump...
High Jump



For long jump...
LJ III



For triple jump...
TJ 60



For javelin throw...
Javelin 88



For shot and discus...
SD Glide



NIKE
Beaverton, Oregon