

MARCH 1988

ISSUE NO. 134

CALIFORNIA

Track & Running News



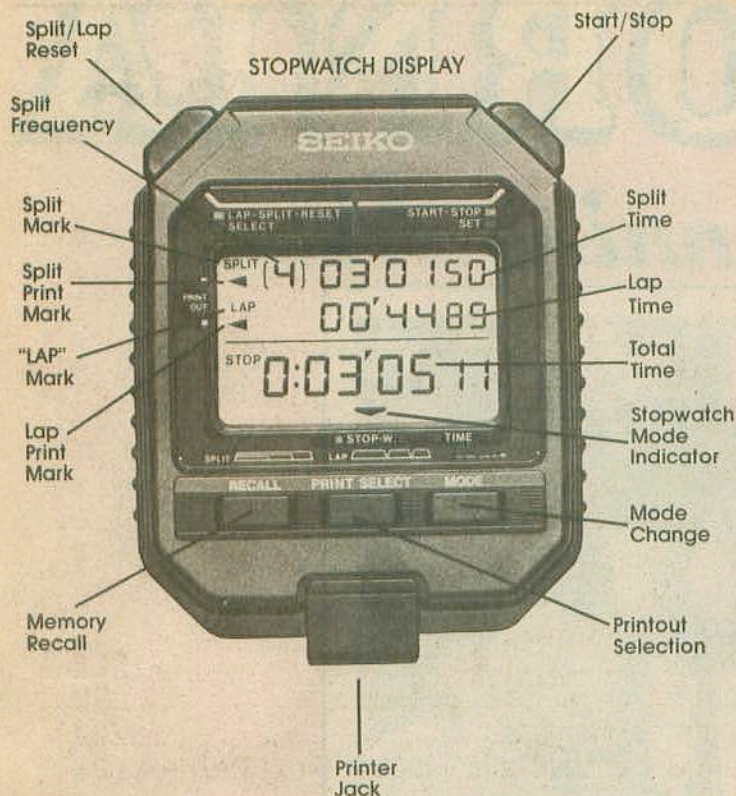
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14th Year

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Digital Quartz Stopwatch With Printer, SP11

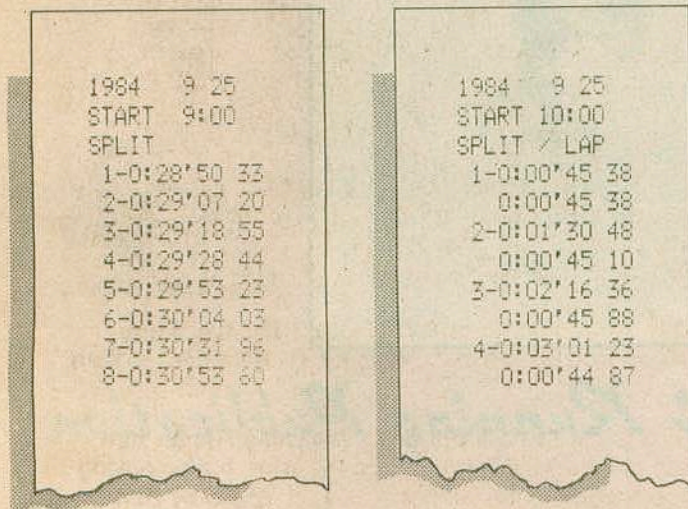


System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99," then start again at "0"
4. Printed Data: printed out immediately as measured, or printed later from the memory function of the stopwatch

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP



Applications

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

Specifications

Time Base & Accuracy:

Quartz oscillator, ± 0.5 seconds (24 hours/70°F)

Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

Time Measurement:

1/100 of a second

LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

Modes:

Split Time and Split/Lap Time; time of day and calendar.

Temperature:

Accuracy guaranteed range 23°F to 104°F; operational range 5°F to 131°F.

Dimensions:

Stopwatch: 2.25"W x 2.85"L x 0.7"D

Printer: 3"W x 5"L x 1.0"D

Weight: 12 ounces with batteries, paper and cord

Batteries:

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

Construction:

Both Stopwatch and Printer cases are high impact plastic with Hardlex stopwatch display crystal.

Standard Accessories:

- Multifunction stopwatch with battery and lanyard
- System printer
- 3 AA batteries for printer
- Connecting cable (SC11)
- Deluxe carrying case with belt
- Printer carrying strap
- 2 rolls of thermal paper (S-950)
- Instruction manual
- One year warranty

Optional Accessories:

- S-950 Seiko thermal paper in 5-roll boxes

\$269

Available From:

Jack's Athletic Supply
P.O. Box 459
San Carlos, CA 94070
(415) 595-2249

CALIFORNIA

Track & Running News



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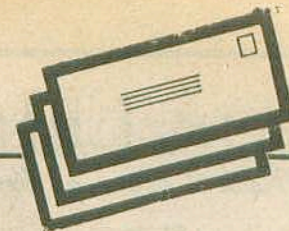
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Super Bowl Sunday 10K action (from left): Rusty Knowles, Terry Cotton, Mark Conover, Bob Leetch: photo by Richard Lee Slotkin

ON THE COVER: Sunkist Invitational Boys Two Mile Race - Ian Alsen (#7) and Rob Kennedy (#5) go right to the wire, both clocking 9:16.6, with Kennedy declared the winner. photo by Burt Davis

Mailbag



Enclosed are the results from Willy's Road Race. The race went very well. We had an extremely fast crowd as usual. Danny Gonzalez set a course record of 23:30.6. Next year we plan to keep the same low entry fee of \$5 for 5 miles, \$2 for 1 mile -- for pre-registration, optional t-shirt and the cookies, etc. However, we will be adding a high school division in the one miler.

Also wanted you to know my son, Willie, who is a freshman at St. Francis H.S. thoroughly enjoyed the state cross country meet format. The divisions based on school size gave a lot of incentive to everyone. St. Francis' success will encourage more participation at our school, and I see the sport of cross country growing.

Ellen Clark
Meet Director/Willy's Road Race
Los Altos

On Saturday morning, January 23, 1988, I toed up to the starting line (or at least close to the starting line, since I was a seeded runner) of a race in Southern California. It was to be my first race since having turned 60, and I felt

quite fit and ready for the strong masters' competition. There was one runner in front of me at the start. About 10-20 yards into the race this runner fell down. I was not able to stop and went over him, hitting the pavement hard. I ended up with a multiple fracture of the femur. Probably the accident was unavoidable.

What happened afterwards, however, was inexcusable. Bystanders, not race officials, called for paramedics, who in turn called an ambulance for me. The race officials must have disappeared, for they were quite unaware of my plight. They lost an injured runner within yards of the start!

I was x-rayed, fitted with a removable cast, advised to call an orthopedist on Monday, and sent back to my motel, alone and in pain. I couldn't find anyone to get me something to eat, or bring ice to reduce the swelling. Late in the afternoon, I finally reached the race director by phone. He was unable to help me or arrange for any help when I really needed. (About ten days later he phoned me in Reno to inquire about my status.) It was Sunday afternoon before

my family was able to arrange to get me to an airplane headed home.

Could not the race people have kept track of me and lent a hand to make my forced stay in the Los Angeles area more bearable?

Ross W. Smith
Reno, Nevada

I received my copy of *California Track & Running News* for January today February 9, 1988. I attended the National T&F Cross Country Coaches Clinic in Anaheim on January 16 & 17 where I received a copy of this same January issue. That was three and a half weeks ago. What takes so long to receive a copy that is mailed "about the first of the month?" That was about 40 days ago.

You have a super magazine that I look forward to reading every month. But it's not news by now -- it's HISTORY.

Hope you can do something to speed up the process.

Dick Kampmann
Santa Monica

From the Editor

By BILL COCKERHAM

I would like to use this space this month to speak to the issues raised by the three letters above.

First of all, the letter from Ellen Clark was very encouraging. I like to see there are still some home town races, where the runners go away feeling like they really got their money's worth. This race, sponsored by St. William's School, goes all out to give the participants something besides a measured course, accurate time and good competition. They give more drawing prizes than there are fleas on a dog - the most popular of which are the homebaked goods, which hungry runners eagerly use to replenish carbohydrate stores.

The best news at this event is the entry fee -- only \$2 and \$5.

You can find the results of the

January 23 event in next month's issue. You might also find interesting the feature on Ellen's husband Bill in last month's *California Track & Running News*.

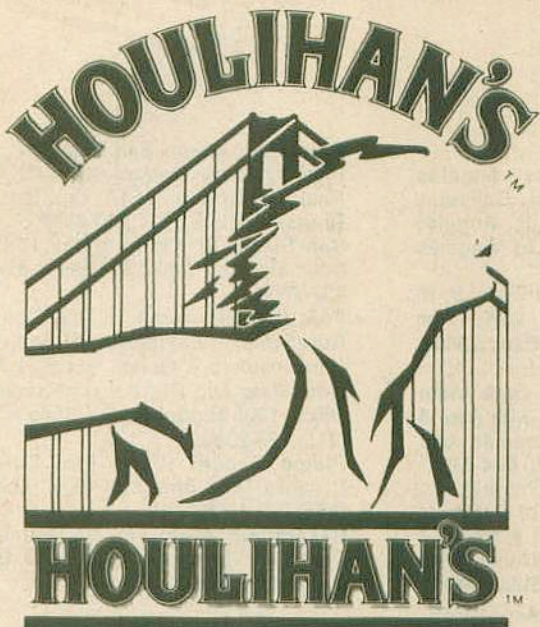
The letter from Ross Smith is of particular concern to me as a runner and race director. As a runner, I expect to be safe in the races I run. Sure, accidents will happen, but when they do, race directors and/or officials should do everything within their power to be of help and service to the victim of a mishap in their race.

As a race director I know it is hard to plan for all possible situations than can develop unexpectedly. I'm scared each time I draw that chalk line across the road. It's not something we can take

lightly. That's where experience, training, planning and preparation come into the picture. We can't take our responsibility too lightly. We owe the runners an accurate course and time, but most of all our best to provide for their safety.

The final letter this month really hits home. Our biggest problem with *California Track & Running News* is the lateness of most issues. I'll have to take most of the blame here. Certain times of the year are busier than others and once we get behind it's tough to get caught up. With track season now in full bloom, we are in one of those times. We are going to do our best to get each issue out as best we can and then hope to get caught up again during the slower summer months. I can't take all of the blame, however, as we did mail the January issue the end of the first week of January. After it leaves us it's out of our hands. Hang with us, though, and we'll continue to give you a magazine packed with the kind of track & field and running information you can't find in any other publication, and we'll do our best to get it to you as quick as we can.

A CELEBRATION OF RUNNING V



Sausalito to San Francisco

7.5 MILE BAY RACE (12K certified)

PA/TAC 12K Championships

START: Edge of Sausalito: off Alexander Ave., East Road/Fort Baker. 8:00 AM, Sunday April 10th, 1988

PRE-RACE SHUTTLE*: Buses leaving from Aquatic Park, Fisherman's Wharf to Ft. Baker beginning at: 6:30 AM. *MUST CHECK BOX ON ENTRY FOR SHUTTLE! Price: \$1/runner.

FINISH: Fisherman's Wharf, San Francisco, on Jefferson Street.

Special Parking Rate for Houlihan's Runners: Anchorage Shopping Center Garage, on Beach St., at Leavenworth, \$2.50 parking 6:00 AM - 2:00 PM. Pre-registered runners only; look for coupon & directions w/ bib# in race packet.

COURSE: Along the edge of the bay, the course includes the Ft. Baker, Golden Gate Bridge, the Presidio, Marina Green, Ft. Mason, Aquatic Park and Fisherman's Wharf.

Seagram's COOLERS

This is where the fun starts

KFOG 104.5 FM HOME OF QUALITY ROCK & ROLL



HONEY HILL FARMS

Sunday April 10, 1988



evian



Kashi



COOKIES



"Wave" Start Requirements*: A staggered start will be used in order to avoid a "runners" bottleneck at the narrow passage on the Golden Gate Bridge:

- 3 waves will start 10 minutes apart.
- Computer Timers will adjust times to produce accurate results for all runners!
- Waves will be established by P.R.'s., date of entry, and by group requests (waves 2 & 3 only!)
- Runners who run in the wrong wave will be disqualified!! (Waves will be assigned by Bib # Color.)
- Official qualifier for ceded start at Examiner Bay to Breakers!

POST-RACE CELEBRATION: At Fisherman's Wharf's Aquatic Park ... Live Music, Beer and Free Refreshments.

TO ALL FINISHERS: Long Sleeve t-shirt, a variety of runner refreshments and computerized race results (mailed-out). Timing by Total Race Systems. Random Prize Drawings: Five "Dinners for Two" on Hornblower Yacht dinner cruises.

AWARDS AND PRIZES: Cash awards, Open Division, men & women: 1st \$500, 2nd \$300, 3rd \$200. Plus: \$2,100 in cash awards divided among: Top 3 M & W, in Masters and Seniors division, and Open, Masters and Senior Teams (TAC clubs). Merchandise & Medals 3 deep in each division for men and women. Divisions: 11 & under, 12-16, 17-20, 21-29, 30-39, 40-49, 50-59, 60 & up - includes magnums of Domaine Chandon Champagne.

Race proceeds benefit the running program of The EDGEWOOD CHILDREN'S CENTER

EARLY REGISTRATION INCENTIVE: All runners registered on or before St. Patrick's Day receive free Houlihan's coupon w/race packet.

RACE MANAGEMENT: RhodyCo Productions
RACE HOTLINE: (415) 387-2178

HOULIHAN'S

Registration: \$15 entry*. Entries must be Postmarked by April 5th. *Add \$1 for pre-race shuttle. Complete, sign and mail to:

Please include a self-addressed, stamped envelope

Houlihan's to Houlihan's
c/o Bonnie Hill
2000 Lucas Valley Road
San Rafael, CA. 94903

SEX
 Month Day Year - -
 AGE
 For Official Use Only

LAST NAME

FIRST NAME

STREET ADDRESS

CITY

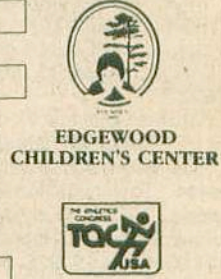
Pre-Race SHUTTLE
 (add \$1 to entry fee)
 STATE

BEST 10K (in '87):

T-SHIRT S M L X
 Group Wave Request: MUST send entries together with note - All requests will be placed in wave #2 or #3.

TELEPHONE

TAC CLUB:



In consideration of my entry, and of my own free will, I for myself, my heirs, executors and administrators, forever waive, release and give up any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever (including personal injuries to me or my wrongful death) against the Golden Gate Bridge, Highway and Transportation District, its Officers, Directors, employees, representatives, agents, contractors and subcontractors, the National Park Service GGNRA, City & County of San Francisco, U.S. Government Dept. of Army U.S. Army Presidio, Gilbert Robinson, Inc., RhodyCo Productions, Total Race Systems, Edgewood Children's Center, sub-contractors, sponsors, and volunteers which may arise from my participation in the event on Sunday April 10, 1988 or while traveling to or from the event, even if caused in whole or in part by the negligence or other fault of the parties or persons I am hereby releasing, by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and or because of their liability without fault. I FULLY UNDERSTAND I AM FOREVER GIVING UP IN ADVANCE ANY RIGHT TO SUE OR MAKE ANY CLAIM AGAINST THE PARTIES I AM RELEASING IF I SUFFER SUCH INJURIES AND DAMAGES, EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MIGHT BE, AND AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES AND DAMAGES.

Signature of Participant (A by parent if under 18) _____ Date _____

Schedule

By JACK LEYDIG

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

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

Road Racing

March 5 (Saturday)

Sausalito: Run for the Seals, 4 Mi., Ft. Cronkhite (Marin Headlands), 9 a.m. (Pre-registration only!). California Marine Mammal Center, Fort Cronkhite 94965.

Chico: Bidwell Classic Marathon & Road Races (Half-Marathon & 3 Mi. Fun Run), Bidwell Park, 8 a.m./3 Mi., 9 a.m. Bidwell Classic, P.O. Box 1182, Chico 95927. (916) 893-5116. (Harold Carling).

San Juan Capistrano: San Juan Capistrano 10K Run, La Novia Park (La Novia & Calle Arroyo), 7:30 a.m. Community Services, 31421 La Matanza, San Juan Capistrano 92675. (714) 493-5911.

Manhattan Beach: AM Good Morning 5K, American Martyrs School, 8 a.m. American Martyrs School, 1701 Laurel Ave., Manhattan Beach 90266. (213) 322-2914 days; (213) 376-8424, eves. (Barry Schweiger).

Irvine: Runs for Hungry Children, 1K, 5K & 10K, South Coast Community Church, 7:30 a.m./5K, 8:15 a.m./10K, 9:30 a.m. Run Secretary, South Coast Community Church, 5120 Bonita Canyon Rd., Irvine 92715. (714) 854-7600.

So. El Monte: 099'ers 5K Run, Legg Lake, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Gonzales: Taylor California Cellars Grape Stampede, 10K, 800 S. Alta St., 10 a.m. Carla Pew, Gonzales Recreation Dept., P.O. Box 647, Gonzales 93926. (408) 675-2321.

Bakersfield: Bakersfield T.C. Fun Run, Hart Park, 8 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Bakersfield: Capherd Run, Distance TBA, Beach Park, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

March 6 (Sunday)

Los Angeles: City of Los Angeles Marathon III, L.A. Memorial Coliseum (Exposition Park), 9 a.m. Los Angeles Marathon, P.O. Box 67750, Los Angeles 90067. (213) 879-1988.

Los Osos: South Bay 20K, Los Osos Jr. Hi. track, 8:30 a.m. South Bay 20K, Tom Hampson, 347 Garden St., Los Osos 93402. (805) 528-0872.

San Francisco: DSE Golden Gate Vista Run, 5.04 Mi., Legion of Honor, 34th Ave. & Clement, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Muir Beach: John Muir Monumental, 7.2 Mi., very hilly trail run (2nd leg of California Coastal Challenge), Muir Beach & Hiway 1 (Marin County, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Vallejo: Vallejo Channel to Lake 10 Mi., Florida & Mare Island Way, 9 a.m. Vallejo Chamber of Commerce, Attn: Tricia, #2 Florida St., Vallejo 94590. (707) 644-5551.

Ferndale: Foggy Bottoms Milk Run, 2 Mi. Fun Run, 4 & 10 Mi., downtown, Time TBA. Katherine Queen, Route 1, Box 110, Ferndale 95536. (707) 725-2514, eves.

Hornitos: Gold Trail Half-Marathon, Hornitos Park, 10 a.m. (check-in at Henderson Park Picnic Shelter, 1 1/2 Mi. east of Snelling on Hiway 59). Stu McElwain, 2855 E. Bellevue Rd., Merced 95340. (209) 722-5315.

San Diego: Gold Rush 8K, plus 2 Mi., South of Hilton, 7:30 a.m. Kathy Loper: (619) 437-4556.

Santa Rosa: Mucky Moodoo Biathlon, 4 Mi. Run, 10 Mi. Bike, Spring Lake Park (course goes through Annadel State Park), 9 a.m. (individual & team divisions). Mucky Moodoo, c/o Poppy Creek School, 2000 Humboldt St., Santa Rosa 95404. (707) 576-1212.

Santa Maria: Santa Maria Triathlon, 1/2 Mi. Swim, 15 Mi. Bike, 3 Mi. Run, Paul Nelson Pool, Time TBA. Info: (805) 925-0951.

Richie Canyon: Canyon Cottage Fun Run, Distance TBA, Canyon Cottage, 9 a.m. Info: (714) 824-2190.

March 12 (Saturday)

Pine Valley: Pacific Crest Trail 50 Miler, 5 a.m. Mac Williamson (619) 224-0049.

San Francisco: Irish Sprint 5-Miler, Sunset Blvd. Parking Lot @ Lake Merced, 10 a.m. Jeff Benes, 347 Keeler Ct., San Jose 95139. (408) 972-4343.

Newhall: Knights of Columbus 5 Mile Run, Camping World, 9 a.m. Mike McSkane, 23806 Daisetta Dr., Newhall 91321. (805) 259-4384.

South El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Riverside: Green Belt 5 & 15K, Arlington High School on Jackson, 8 a.m./5K, 8:30 a.m. Paul Sutherland, 1215 Crestspring Rd., Riverside 92506. (714) 780-6532.

San Diego: St. Patrick's Day 10K & 2 Mi., Southof Hilton, 7:30 a.m. Jim Cerveny (619) 437-4556.

Palo Alto: Girl Scout 5K Run/Stride & 1 Mi. Run/Stride, Baylands Athletic Center (Embarcadero & Geng), 9 a.m./1 Mi., 9:30 a.m. Palo Alto Recreation, Special Events Office, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Pismo Beach: Pismo Pier Beach Run, Distance TBA, Time TBA. Infor: Lucy Lepley (805) 773-4656.

Bakersfield Area: Round Mountain 50K, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

March 13 (Sunday)

Callstoga: Napa Valley Marathon, Rosedale & Silverado Trail, 7 a.m. Silverado Striders, Napa Valley Marathon, 1325 Imola Ave. West, Napa 94559. (707) 257-4768.

San Francisco: DSE Golden Gate Promenade Run, 7.13 Mi., Dolphin Club (502 Jefferson at foot of Hyde St.), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Fremont: Fremont Hub's 10K Run for Recreation & Stride (2-3 Mi.), Fremont Hub (Fremont Blvd. & Mowry Ave.), 8:30 a.m. Ginny Duffy or Doug Ward, P.O. Box 5006, Fremont 94537. (415) 791-4320.

Stanford: Food & Fitness 10K, Stanford University, Time 8:30 a.m. Patsy Obayashi, c/o Dept. of Dietetics, Stanford University Hospital, Stanford 94305. (415) 723-6904.

La Quinta: Gem of the Desert 5 & 10K, Location TBA, 8 a.m. La Quinta Chamber of Commerce, P.O. Box 255, La Quinta 92253. (619) 564-3199.

Westlake Village: Dick Durand 8K Trail Run, Westlake Elem. School, 9 a.m. (Mostly on tough, steep fire trails) (No Pre-Entry). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

Torrance: Tom Sullivan 10K Run & 5K Walk, Del Amo Shopping Center, 8 a.m. VISTAS, P.O. Box 7000-251, Redondo Beach 90277. (213) 373-7538, (714) 548-4897.

San Diego: Sri Chinmoy Chollas Lake 10K, off College Grove, 8 a.m. Info: (619) 282-4116.

Tucson, AZ: National TAC Masters 15K Championships, El Con Mall, 9 a.m. Bruce Steenson, 2628 N. Tyndal, Tucson, AZ 85719. (602) 882-4382.

□ Schedule

March 19 (Saturday)

Agoura: Malibu Trail 50 Mile Run, Paramount Ranch, 5 a.m. Phil Shattuck or Nina Bomar, 1321 E. Hillcrest Dr., Thousand Oaks 91360. (805) 373-0566.

Camarillo: Camarillo Kiwanis 10K Run, Camarillo Community Center, 7:30 a.m. Camarillo Kiwanis, P.O. Box 533, Camarillo 93011. (805) 482-9385 (Jim Graf).

South El Monte: San Gabriel River 10 Mile Run, Legg Lake, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Fresno: Women's Woodward Park Run, 8 a.m. Mt. View Picnic Shelter, Woodward Park, Ron Gates 3720 E. Huntington Blvd., Fresno 93702. (209) 237-3572.

Porterville: St. Patrick's Day Half Marathon & 5K, 8 a.m. City of Porterville, c/o Porterville Parks & Leisure Services, P.O. Box 432, Porterville 93258.

Arroyo Grande: St. Patrick's Great Race, 20K & 3 Mi. Walk, Lopez Lake (20K), Strother Park (3 Mi.), 8:30 a.m./Walk, 10 a.m./20K, 10:30 a.m./3 Mi. Ron Henn, c/o St. Patrick's Church, P.O. Box 860, Arroyo Grande 93420. (805) 489-4841.

Atascadero: Shamrock Sprint 5K, Time TBA. Info: Atascadero Rec.r. Dept. (805) 466-8000, ext. 124.

Bakersfield: NBRPD St. Patrick's Run, Distance and Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Alta Loma: Master & Munchkins Triathlon, Masters: 200 yd. swim, 8 mi. Bike, 3 mi. Run; Kids: 100 yd. Swim, 4 mi. Bike, 1 mi. Run, Santa Fe Dam, 8 a.m. ESCO, 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

San Dimas: St. Patrick's Sports Challenge, 8K Run, 16 Mi. Bike, 3 Mi. Paddle, Bonelli Park, Time TBA. Diane M. Camp, 1024 W. Brooks St., Ontario 91762. (714) 983-5871.

Las Vegas, NV: Las Vegas Sandpiper Triathlon, 1/2 Mi. Swim, 20 Mi. Bike, 5 Mi. Run, Time TBA. Tim Powers, 1101 DuMont Blvd., #165, Las Vegas, NV 89109. (702) 735-9515.

Fresno: Golden Valley 10 & 3 Mile Runs, Clovis West High School, 8 a.m. Rich Gardner, 3254 E. Sample, Fresno 93710. (209) 298-6514.

March 20 (Sunday)

San Jose: San Jose Mercury News 10K, downtown, 9 a.m. Mercury News Race, 750 Ridder Park Dr., San Jose 95190. (408) 920-5755.

San Francisco: DSE Golden Gate Bridge Run, 3.53 Mi., Lower Parking Lot, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Francisco: Solidarity Run, 5 & 10K and 1K Kids Run, Golden Gate Park (Palo Fields), 9 a.m. Cosandes, AFT-2121, 2940 - 16th St., #305, San Francisco 94103. (415) 861-2121.

Mill Valley: Tennessee Valley Waltz or Half-Waltz, 10 Mi. & 5.7 Mi., 9 a.m. (Very hilly trail run.....3rd & final leg of California Coastal Challenge). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Visalia: End of the Trail 15K, Monney Grove Park, 8:30 a.m. J.D. Fischer, 2306 Memory Lane, Visalia 93277. (209) 734-7546 or 625-1347.

So. El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Montebello: Run for the Golden Bear 5K & 1 Mi. Run, Grant Rea Park, 8 a.m./1 Mi., 8:30 a.m. Bob Arellanes, 312 No. 7th St., Montebello 90640. (213) 263-0150. (213) 776-3660 (Laura Kronfeld).

Long Beach: CSULB 16.2 & 4.1 Mi. Runs, Campus Parking Lot, 7 a.m. Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

Riverside: Tri-County Dental Society 5 & 10K Runs & 5K Walk, Fairmount Park, 8 a.m./5K, 8:45 a.m./10K, 7:45 a.m./Walk. Tri-County Dental Society, 952 S. Mount Vernon, Suite A, Colton 92324. (714) 370-2112.

San Diego: Lookin' Sharp 5 & 10 Mile Runs, Sharp Memorial Hospital Cardiac Rehabilitation Track (Meadowlark Dr.), 7:30 a.m. Lookin' Sharp Runs, Sharp Hospital Foundation, 3131 Berger Ave., Suite 200, San Diego 92123. (619) 541-3000.

Oakland: Warrior Run, 10K, Time TBA. Roland Smith, 415 20th St., 4th Floor, Oakland 94612.

Napa: Yountville 5 & 10K, Yountville Park, 8:30 a.m. Chuck DeLorimier, 3434 Ville Lane, Suite 110, Napa 94558. (707) 255-0555.

San Luis Obispo: Graphic Center Stampede 5K, Beebee St., 8:30 a.m. Vicki Sacksteder (805) 544-6444.

Canoga Park: Hunters 2 & 5K, Fallbrook Mall, 8 a.m./2K, 8:30 a.m. Canoga Park Hunters Booster Assoc., P.O. Box 638, Newhall 91322. (818) 340-5158.

Alta Loma: La Spring Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, Santa Fe Dam, 8 a.m. ESCO, 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

Las Vegas, NV: Las Vegas Sandpiper Triathlon, 0.8K Swim, 20 Mi. Bike, 5 Mi. Run, UNLV Campus, Time TBA. Tim Powers, 1101 DuMont Blvd., #165, Las Vegas, NV 89109. (702) 735-9515.

March 26 (Saturday)

Crescent City: Redwood Wild River Run, 5K Fun Run and 15K, Howland Hill Rd. (10 Mi. north of Crescent City), 1 p.m. Stu Scholl, 180 Clyde St., Crescent City 95531. (707) 458-3210, eves.

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

Lompoc: LVDC Memorial Runs, 5 & 15K, Ryon Park (Ocean & O St.), 9 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 736-6773 (Leo Aragon).

Glendora: Pride of the Foothills Spring Run, 2 K, 5K, 10K and Half-Marathon, Foothill Presbyterian Hospital, 8 a.m./2K, 8:20 a.m./All other races. Paul Palsa, c/o Foothill Presbyterian Hospital, 250 S. Grand Ave., Glendora 91740. (213) 963-8411.

South El Monte: San Gabriel River Run, 10K, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.



Firebaugh-Mendota Rotary River Run

March 26, 1988

6 Mile • 3 Mile
• 1 Mile •

CONTACT: Ron Sani
2107 N. Harrison • Fresno, CA 93704
(209) 233-0009

San Marino: San Marino Rotary 5 & 10K Run for Fun, 8 a.m./5K, 8:15 a.m. John Harris, 2324 Huntington Dr., San Marino 91108. (818) 285-9715.

Santa Rosa: Redwood Empire 24-Hour Run, 440 Yd. tartan track, 9 a.m. (35 runner limit). Carol Witwer, 5950 Erland Rd., Santa Rosa 95404. (707) 538-4650.

Santa Barbara: Sri Chinmoy 5 Mile, Palm Park, 8 a.m. Aditi Carnahan (805) 685-3325.

Lakeside: 4-H Fair 10K & 2 Mi., Main & Maplevue, 7:30 a.m. Gloria Chadwick (619) 437-4667.

Firebaugh: Rotary River Run, 6, 3 and 1 mile. Ron Sani, 2107 N. Harrison, Fresno 93704. (209) 233-0009.

March 27 (Sunday)

San Francisco: Bonne Bell 5 & 10K, Golden Gate Park (Bandshell), 9 a.m. *Women Only*. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

San Francisco: DSE U.S.S. San Francisco Monument to Baker Beach and Back, 6.5 Mi., parking lot above Clement & El Camino del Mar (48th Ave.), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

□ Schedule

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (old boathouse, 14th & Lakeside Dr.), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Fort Bragg: Whale Festival Run/Walk, 2 Mi., 10K and Half-Marathon, 8 a.m. Ro Peterson, c/o Ft. Bragg-Mendocino Coast Chamber of Commerce, P.O. Box 1141, Ft. Bragg 95437. (707) 964-3153.

Playa del Rey: Food & Fitness 5 & 10K, Dockweiler Beach, 8 a.m./5K, 8:15 a.m. Barbara Waters, 3111 Fourth St., Suite 406, Santa Monica 90405. (213) 392-3329.

Carlsbad: Carlsbad 5K (includes Invitational Race), Grand & Madison, 7:45 a.m., 9 a.m./Invit. In Motion: (619) 483-9501. (No race-day registration for Invitational).

Stanford: Fifty-Plus Runners Assoc. 5-Miler, Stanford Univ., Angell Field, 9 a.m. Don Carpenter, 2485 Bryant, Palo Alto 94301. (415) 327-8043. **Note:** For runners 50 years and over only.

Redlands: A Run Through Redlands 5K & 10K, Redlands Mall, 7:45 a.m./5K, 10K/8 a.m. Run Through Redlands, P.O. Box 1702, Redlands 92373. (714) 792-6258.

March 31 (Thursday)

South El Monte: Legg Lake 5K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

April 2 (Saturday)

Mountain View: Shoreline Park 5 Miler, Shoreline Park (Stierlin Rd. North off 101), 9 a.m. Norman Shaskey, 600 Rainbow Dr., Suite 166, Mt. View 94041. (415) 964-6367.

Brisbane: San Bruno Mountain Wildflower 5 & 10K, Guadalupe Canyon Pkwy., 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Pt. Reyes National Park: California Forty-Niner Double Marathon (52.4 Mi.) and Marathon; Double--Limantour Beach to GG Bridge, Marathon--Bollinas Fairfax Rd. to GG Bridge, 6 a.m./Double, 9 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Bakersfield Track Club Fun Run, Distance TBA, Hart Park, 8 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

El Cajon: El Cajon 20K, Madison & 4th, 8 a.m. Judi Richardson (619) 444-3785.

Las Vegas: Las Vegas Easter Run, 10K & Half-Marathon and 2 Mi. Fun Run, Tropicana Hotel, 7 a.m./2 Mi., 7:30 a.m./10K, 7:45 a.m. Thomas Sports Enterprises, 2940 S. Tioga Way, Las Vegas, NV 89117. (702) 368-2885.

Seal Beach: Seal Beach 10K, Marina Community Center (211 Marina Dr.) 8 a.m. A Running Experience, P.O. Box 3209, Long Beach 90803. (213) 439-6875.

April 3 (Sunday)

Modesto: Modesto Marathon, **Date Changed to Apr. 10. See Below.**

San Francisco: DSE Easter Sunday Egg Run, 3 Mi., Riordan High School (up Mt. Davidson), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

So. El Monte: San Gabriel 5K River Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Westlake Village: Conejo Four Mile Run, Westlake Elementary School, 9 a.m. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

Fresno: Easter Sunrise Celebration Jog. 1 mile walk, 2 mile jog, 3 mile fun run. No entry fee, no awards. Woodward Park, sunrise. Harry Harder (209) 638-5007.

April 5 (Tuesday)

Oxnard: Evening Fun Run, 3 Mi., 6 p.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

April 6 (Wednesday)

So. El Monte: Legg Lake 5K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

April 7 (Thursday)

So. El Monte: Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

April 9 (Saturday)

Fresno: Run for Relief, 10K race and 2 mile prediction. Fresno Pacific College, 6:30 a.m. Steve Penner, 1010 G Street, Reedley 93654. (209) 638-6911.

Stanford: MBA Challenge for Charity, 10K, Stanford Stadium, 8:30 a.m. Challenge 10K, c/o 22 Bishop Lane, Menlo Park 94025. (415) 854-0224.

Morgan Hill: AAUW Wildflower Runs, (2 & 5K for 12 & Under), 10K, Live Oak High School, 9 a.m. AAUW Wildflower Run, P.O. Box 451, Morgan Hill 95037. (408) 779-7561, Kathy.

Martinez: Packrat Triathlon, Fullpack: 10K Run, 20 Mi. Bike, 5.5 Mi. Backpacking, Halfpack: 5K Run, 10 Mi. Bike, 4 Mi. Backpacking (Note: Backpacks are 20-lbs. for men & 15-lbs. for women), Briones Regional Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sacramento: Dragon Run, 8K & 2 Mi. Walk, Caroline Wenzel School (6870 Greenhaven Dr.), 9 a.m. Asian Community Counseling, 5495 Carlson Dr., Sacramento 95819. (916) 452-7836.

Santa Barbara: Santa Barbara 5K & 10 Mi. Road Runs, Cabrillo Arts Pavilion, 8:30 a.m./5K, 8:40 a.m. Irwin Sorkin, 2024 Anacapa St., #2, Santa Barbara 93105. (805) 687-7473.

Pozo: Pine Mountain Endurance Runs, 30 & 50 Mi., American Canyon Campgrounds (8 Mi. southeast of Pozo), 7 a.m./50 Mi., 8:30 a.m. Trail Blazer Magazine, 3534-A Empleo St., San Luis Obispo 93401. (805) 544-4913, Susan.

Bakersfield: Cal-State Bakersfield Mighty Mini-Triathlon, Distance TBA, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Manhattan Beach: Manhattan Mile, separate races for different age-groups, 8 a.m. Charlie Van Etten, P.O. Box 3431, Manhattan Beach 90266. (213) 545-6437.

So. El Monte: San Gabriel River 10K Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Awareness Runs, 2 Mi. & 10K, South of Hilton, 7:30 a.m. Toni Deal: (619) 272-8316.

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□ Schedule

April 10 (Sunday)

Los Angeles: Jimmy Stewart Marathon Relay, 5-person teams, Griffith Park (Riverside/Los Feliz entrance near Merry-Go-Round), 9 a.m. Jimmy Stewart Marathon Relay, c/o St. John's Hospital, 1328 - 22nd St., Santa Monica 90404. (213) 829-8968.

Seattle, WA: Emerald City Marathon, Time TBA. PNB/ECM, 101 Elliott Ave., #430, Seattle, WA 98119.

San Francisco: DSE Lake Merced Runs, 4.6 & 9.2 Mi., Sunset Blvd. Parking Lot, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

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

Sausalito: Houlihan's to Houlihan's 12K (PA/TAC Championships), 8 a.m. RhodyCo Productions, 805 Lake St., #3, San Francisco 94118, (415) 387-2178.

Modesto: Modesto Marathon & Half-Marathon, 7:30 a.m. (Note date change). Joann Amundson, P.O. Box 3605, Modesto 95352. (209) 524-6887.

Oakland: Misty Redwoods Run, 7 Mi., Redwood Regional Park (Canyon Pkg. Lot), 9 a.m. American Lung Assoc., 295 27th St., Oakland 94612. (415) 893-5474.

Palo Alto: Oak Creek Spring Forward Run, 5K, 1600 Sand Hill Rd., 5 p.m. Palo Alto Recr., Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Sacramento: American River 50, 50 Mi., 6 a.m. Fleet Feet, Nancy March, 107 So. Harding Blvd., Roseville 95678. (916) 783-4558.

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

Bakersfield: Bakersfield T.C. Rio Bravo 10 Miler, Time TBA. Bakersfield TC, P.O. Box 6154, Bakersfield 93386.

San Luis Obispo: Cuesta-Spirit 50K Biathlon, 10K Run, 40K Bike, Cuesta College, 8 a.m. Warren Hansen, Cuesta College Athletics, P.O. Box 8106, San Luis Obispo 93403. (805) 544-2943, x289.

So. El Monte: Legg Lake 5K Morning Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Orange: 'Round Orange 5 & 10K & 1 Mi. Fun Run, 7:30 a.m. Info: (714) 756-8935.

Upland: Community Health Connection 5 & 10K Run & 5K Walk, Upland High School, 7:30 a.m. Lynn Casella, Sant Antonio Community Hospital, 999 San Bernardino Rd., Upland 91786. (714) 985-2811, x2168.

San Diego: Frank Shorter Invitational, 1, 2 & 5 Mi., Scripps Memorial Hospital, 7 a.m. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

San Luis Obispo: Cuesta-Spirit 50K Biathlon. Cuesta College, 8 a.m. Warren Hansen, P.O. Box 8106, San Luis Obispo 93403. (805) 544-2943, ext. 289.

Swedish Festival DALA HORSE TROT VII

Sponsored by
Kingsburg Junior Women's Club
and Zeltzer Seltzer

WHAT: 10K (6.2 mile) and 2-mile run over semi-flat pavement (few small hills)

WHEN: Saturday, May 21, 1988
Registration: 6:00 a.m.--Run: 7:00 a.m. START

WHERE: Downtown Park, Kingsburg

AID STATION: 3-mile mark. Refreshments following event.

ENTRY FEE: Pre-registration (until May 13): \$8.00
Day of run: \$9.00--Make checks to: K.J.W.C.
T-shirts to first 225 entrants

FOR AN ENTRY BLANK SEND A S.A.S.E. TO:
Dala Horse Trot, P.O. Box 103, Kingsburg, CA 93631

April 12 (Tuesday)

Oxnard: Evening Fun Run, 5 Mi., 6 p.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

April 13 (Wednesday)

So. El Monte: Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

April 14 (Thursday)

So. El Monte: Legg Lake 8K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

April 16 (Saturday)

San Mateo: April Showers Fu Run/Stride, 5K & 1 Mi., Coyote Point Park, 9:30 a.m. Lois Loenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

Pinole: Conestoga 5 & 10K Poker Runs, Ellerhorst School, Pinole Valley Rd., 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sausalito: Golden Gate Headlands Marathon & Half-Marathon, Marin Headlands area (just north of GG Bridge), 8 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Cancer Society Run, Distance TBA, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Oxnard: 5K Morning Fun Run, 8 a.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

Fontana: Fontana Days Half-Marathon & 5K Roadraces, Fontana City Hall, 8:15 a.m./H-M, 8:30 a.m. Fontana Races, Kit Ledbetter, P.O. Box 518, Fontana 92334. (714) 350-7635.

Cerritos: Cerritos Park East, 8:30 a.m./Amateur, 11 a.m./Pro. Calif. Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 433-4557.

So. El Monte: San Gabriel River 5K Evening Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Fresno: Easter Seals Five Mile Sprint. Fresno State University, 7:30 a.m. Jack Voice, P.O. Box 12464, Fresno 93778. (209) 485-1521.

April 17 (Sunday)

Saugus: Dave Parker 40.5 Mi. Canyon Relay & Ultra-Marathon, Santa Clarita Park, 6 a.m. Fast Lane Finish Systems, Box 638, Newhall 91322. (805) 944-2511 (Sue Simms).

Carmel: Big Sur International Marathon, Pfeiffer Park (Big Sur) to Carmel, 7 a.m. William B. Burleigh, Box 222620, Carmel 93922. (408) 625-6226.

Saugus: Dave Parker Canyon Relay & Ultra Marathon, 6 a.m./Ultras, 7 a.m./Teams. Santa Clarita Park (27285 Seco Canyon Rd), 4 runners per team/8 legs. Limited to the first 100 paid team entries. Fast Lane Finish Systems, P.O. Box 638, Newhall 91322. (805) 944-2511, Sue Simms; (805) 269-5268, Scott Butler.

San Francisco: DSE "Where the Hell is Brisbane?" Run, 5 Mi., Brisbane Yacht Harbor (also 0.6 Mi. Kids' Run), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Francisco: Kimochi Cherry Blossom Run, 5 Mi., Golden Gate Park (41st Ave.; & South Dr.), 9 a.m. Kimochi Sr. Citizen's Center, 1581 Webster St., #10, San Francisco 94115. (415) 931-2294.

San Mateo: Earthquake Day 10K, 10K Run, 5K Stride or 10 Mi. Bike, Sawyer Camp Trail, Time TBA. RhodyCo Productions, 805 Lake St., #3, San Francisco 94118.

Lafayette: Lafayette Loop 10K & 2 Mi. Run. **CANCELLED due to police costs.**

□ Schedule

Novato: Indian Valley Cross Country Run, 5 Mi., San Jose Middle School (Ignacio Blvd.), 9 a.m. Kevin Conklin, City of Novato, 917 Sherman Ave., Novato 94947.

Napa: Run to Literacy, 5K & 1 Mi., Napa City/County Library, 9 a.m. Project Upgrade, c/o 1150 Division St., Napa 94559. (707) 253-4283.

Bakersfield: Challenge Run, Distance TBA, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

So. El Monte: Legg Lake 8K Morning Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Del Mar: La Jolla Half-Marathon (Del Mar to La Jolla), & 2 Mi., 7:30 a.m. Toni Deal (619) 272-8316.

April 18 (Monday)

Hopkinton, MA: Boston Marathon, Time TBA. Boston Marathon, c/o Boston A.A., 20 Park Plaza, Boston, MA 02116. (617) 338-5709. (Qualifying Times Req'd...set between Jan. 1, 1987 & Mar. 21, 1988).

April 19 (Tuesday)

Oxnard: 3 Mi. Evening Fun Run, 6 p.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

April 23 (Saturday)

Pacifica: San Pedro Valley Wildflower Run, 10K & 2 Mi., San Pedro Valley Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Fort Bragg: Sunset Run 5 & 10K and 5K Walk, MacKerricher St. Park logging road, 6 p.m. Mendocino Coast Recreation & Park District, 213 E. Laurel St., Fort Bragg 95437. (707) 964-9446.

So. El Monte: Legg Lake 5K Morning Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Thousand Oaks: Conejo Valley Days 2K, 5K & 10K Runs, California Lutheran College, 7:30 a.m. Don Green, 3663 Consuelo Ave., Thousand Oaks 91360. (805) 492-3136 or 493-3412, days.

April 24 (Sunday)

Stockton: Asparagus Festival Fun Run, 3 Mi., Oak Grove Regional Park, 10 a.m. Stockton Asparagus Festival, 4203 Coronado, Suite 1, Stockton 95204. (209) 943-7684.

Santa Rosa: California 50-Mile Endurance Run, 6 a.m. (fireroads: narrow horse trail w/6500 foot climb). Tom Crawford, 2818 Rollow Rd., Santa Rosa 95404.

Riverside: Cancer Buster, 5K, 10K & 15K, 7 a.m. American Cancer Society's Inland Empire Unit, 2060 Chicago Ave., Suite A-17, Riverside 92507.

San Jose: The Tortoise & Hare 10K Run & Fun Walk, Good Samaritan Hospital, 8:30 a.m. Good Samaritan Hospital League, 2425 Samaritan Dr., San Jose 95124. (408) 559-2555.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10, & 15K, Lake Merritt Old Boathouse (14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 530-9151.

Santa Rosa: Coddington Lions Biathlon, 10K Run & 40K Bike, San Miguel Elem. School, 7:30 a.m. Bob Foo, 2655 Cleveland Ave., Santa Rosa 95403. (707) 539-1064, evenings.

San Francisco: DSE Diamond Heights Run, 2.99 Mi., McAteer High School (Portola & O'Shaughnessy), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Magalia: Ridge Run, 3 & 6 Mi., Paradise Lake, 9 a.m./3 Mi., 9:15 a.m. Paradise R.C., P.O. Box 1465, Paradise 95967. (916) 877-2711 or 872-4111.

Fresno: Volunteer Triathlon, 10K Run, 20 Mi. Bike, 400 Yd. Swim, Clovis West High School, Time TBA. Franz Weinschen, P.O. Box 101, Prather 93651. (209) 299-3195.

Lompoc: Laura Stegman Memorial Women's 5K, Rive4r Park, 9:30 a.m. Bill Graham, 1309 E. Palmetto, Lompoc 93436. (805) 736-4696.

Portland, OR: National TAC 8K Championships (Open Men), Time TBA. Craig Parker, 220 N.W. Second Ave., Portland, OR 97209. (503) 220-2575.

San Diego: Fastest Masters 10K, E. Fiesta Island, 7:30 a.m. Dale Larabee (619) 234-3054.

April 26 (Tuesday)

Oxnard: 5 Mi. Evening Fun Run, 6 p.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

April 28 (Thursday)

So. El Monte: Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

April 30 (Saturday)

Redwood City: Edgewood Wildflower Run, 3.5 & 7.5 Mi., Edgewood County Park (Crestview & Edgewood Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Salinas: Wildflower 25K Triathlon, 0.8K Swim, 17.3 Mi. Bike, 6.9K Run, Lake San Antonio, Time TBA. Terry Davis, P.O. Box 367, Salinas 93902. (408) 424-1971.

Oxnard: 5K Morning Fun Run, 8 a.m. Oxnard Parks & Recreation, 325 So. "A" St., Oxnard 93030. (805) 984-4643.

So. El Monte: Run With the Nurses 5 & 10K, 8 a.m. Randy Omuhundro, 4444 Long Beach Blvd., Long Beach 90807. (213) 422-9469.

South Pasadena: Road Runner Classic, 1K, 5K & 10K, Oak & Garfield, 7 a.m. South Pasadena/San Marino YMCA, 1605 Garfield Ave., So. Pasadena 91030. (818) 799-9119.

San Diego: Gold Rush 10K & 2 Mi. Fun Run, East Mission Bay (So. of Hilton), 7:30 a.m. In Motion, 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

Encinitas: Family 5K and kid's 1 mile. North Coast Health Center, 8 a.m./5K, 9 a.m./1 mile. In Motion, Inc., 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

May 1 (Sunday)

Weott: Avenue of the Giants Marathon, Dyerville Bridge, 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-5809.

Long Beach: Long Beach Marathon, 7:30 a.m. Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

Los Altos: Big Basin Redwoods Run, 6.5 Mi and 1.7 Mi. Fun Run/Walk, 9a.m. Big Basin Redwoods State Park Headquarters. Sempervirens Fund, Drawer BE, Los Altos 94023. (415) 962-0720 Tom Matthews.

San Francisco: DSE South Embarcadero Run, 6.25 Mi., Dolphin Club (Jefferson at Hyde), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Millbrae: John's Run, 5 & 10K and 1 Mi. Fun Run, Mills High School, 9 a.m. John's Run, P.O. Box 578, Millbrae 94030. (415) 994-2665.

Danville: Devil Mountain Run, 10K & 2.8 Mi. Fun Run/Walk (PA/TAC Men's Open 10K Championships), Town & Country Center, 9 a.m. Devil Mountain Run, P.O. Box 727, Alamo 94507. (415) 837-8545.

Salinas: Wildflower 100K Triathlon, 2K Swim, 80K Bike, 18K Run, Lake San Antonio, Time TBA. Terry Davis, P.O. Box 367, Salinas 93902. (408) 424-1971.

Looking Ahead

Marathons, Relays, Important Deadlines, Major Events, Etc.:

May 7 (Sat.): San Jose: Quicksilver 50K/50M Endurance Runs, Alamaden Quicksilver County Park, trail-course with over 7,000 Ft. climb(s), 6 a.m. (200 limit). Bill Maida, 1490 Hicks Ave., San Jose 95125-3821. (408) 293-5738.

May 7 (Sat.): Walnut Creek: Mt. Diablo Marathon & 50 Miler, loop trail course with 3800 ft. elevation change, Time TBA. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

May 8 (Sun.): Pinole: Pinole Marathon & Half-Marathon, Pinole Valley High School, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

May 14 (Sat.): Tecate: Tecate-Ensenada Relay, 75 Miles (5-person teams), Town Square, 7 a.m. Info: (619) 275-1384.

May 14-15 (Sat/Sun): Sutter Creek/Jackson: Slice 100K Run, 50K/Day, Time TBA. Paul Reese, 308 Forest Ct., Auburn 95603.

May 15 (Sun.): San Francisco: Examiner Bay to Breakers 12K, Howard & Spear Sts., 8 a.m. Terri Robbins, Examiner Bay to Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7770. (Entry blanks will be in S.F. Examiner).



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Track & Field

Mar. 5: Kingsmen Relays. Cal Lutheran. Don Green (805) 492-2411.

Mar. 9 - 13: Senior Olympics. Masters 55 and over. Palm Springs. Ben Green (619) 3238274.

Mar. 12: Los Angeles Relays. Cal State Los Angeles. John Tansley (213) 224-3692.

Mar. 19: Bronco Invitational. Cal Poly Pomona. (714) 598-4611.

Mar. 19: Golden State Athletic Conference Championships. Azusa Pacific University.

Mar. 24-25: Lady Bronco Heptathlon. Cal Poly Pomona. (714) 598-4611.

Mar. 26: Lady Bronco Invitational. Cal Poly Pomona. (714) 598-4611.

Mar. 26: Stanford Invitational?

Mar. 26: Easter Relays. Santa Barbara City College. John Luralde (805) 965-0581.

Mar. 29-30: Fresno Decathlon/Heptathlon. Fresno State University. Red Estes (209) 294-4097.

Apr. 2: Northridge Invitational. Cal State Northridge. Don Strametz (818) 885-3208.

Apr. 9: Fresno Relays. Ratcliffe Stadium. Red Estes (209) 294-4097.

Apr. 9: Arcadia HS Invitational. Doug Speck (818) 963-7709.

Apr. 15-16: Bakersfield College J.C. Relays. Bob Covey (805) 395-4340.

Apr. 16: Bruce Jenner Classic. San Jose City College. Bert Bonanno (408) 288-3730.

Apr. 22: Pomona Invitational. Pomona-Pitzer College. Tentative.

Apr. 22: Mt. SAC Relays. Community Colleges. Mt. San Antonio College, Walnut. Don Ruh (714) 594-5611.

Apr. 23: Mt. SAC Relays. High School Invitational, University/Open, Distance Carnival. See contact above.

Apr. 24: Mt. SAC Relays. International Day of Champions. See contact above.

Apr. 29: Johnny Mathis Invitational. Women's events. San Francisco State University. Harry Marra (415) 338-2218.

Apr. 30: Johnny Mathis Invitational. Men's events. San Francisco State University. Harry Marra (415) 338-2218.

Apr. 30: Ken Carnine Classic. Cal State Sacramento. Michael Holzgang (916) 482-7881.

Apr. 30: Irvine Invitational. Women. U.C. Irvine. Danny Williams (714) 856-6931.

Apr. 30: Long Beach Invitational.

May 1: Irvine Invitational. Men. U.C. Irvine. Vince O'Boyle (714) 856-6931.

May 1: Mt. SAC Relays. Masters Division. Mt. San Antonio College, Walnut. Don Ruh (714) 594-5611.

May 4-7: N.C.A.C. Championships. Humboldt State Univ., Arcata.

May 7: S&W Modesto Invitational. Modesto Community College. Tom Moore, P.O. Box 152, Modesto 95353. (209) 537-0411, home.

May 7: Nick Carter Invitational. Men only. U.C. Santa Barbara. Sam Adams (805) 961-2133.

May 7-8: C.C.A.A. Championships. Cal State Los Angeles.

May 13-14: P.C.A.A. Championships. Logan, Utah.

May 13-14: N.A.I.A. District 3 Championships. Santa Barbara.

May 14: Oxy Invitational. Occidental College, Eagle Rock. Bill Harvey (213) 259-2608.

May 14: Los Angeles State Invitational. Cal State L.A. John Tansley (213) 224-3692.

May 14: Flagstaff Invitational. Northern Arizona Univ. Wayne Norton (602) 523-6797.

May 18-21: N.C.A.A. Div. II Championships. San Angelo, Texas.

May 20-21: California J.C. State Championships. Bakersfield College. Bob Covey (805) 395-4340.

May 20-21: P.A.C. 10 Championships. Drake Stadium, UCLA.

May 20-21: Point Loma Invitational Decathlon. San Diego. Jim Crakes (619) 222-6474.

May 21-22: Late Afternoon Decathlon. U.C. Santa Barbara. Sam Adams (805) 961-2133.

May 25-28: N.C.A.A. Div. III Championships. Northfield, Minnesota.

May 26-28: N.A.I.A. National Championships. Azusa Pacific University.

May 28: Bruce Jenner Grand Prix. San Jose City College.

May 28-29: Mt. SAC Relays High School Decathlon/Heptathlon. See contact May 1.

May 29: TAC Last Chance Qualifying Meet. Mt. San Antonio College, Walnut. Don Ruh (714) 594-5611.

June 1-4: NCAA Div. I Championships. Eugene, Oregon.

June 5: UCLA/Pepsi Invitational. Al Franken (213) 278-2030.

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June 16-18: USA/Mobil Outdoor Championships. Tampa, Florida. Jose Rodriguez (904) 377-0134.

June 23-25: TAC Junior Nationals. Tallahassee, Florida. Jose Rodriguez (904) 377-0134.

June 25: Michelob Invitational. Balboa Stadium, San Diego. Al Franken (213) 278-2030.

July 15-23: U.S. Olympic Trials. Indianapolis, Indiana. James Perkins, Jr. (317) 636-1988.

July 28-31: TAC Junior Olympics. Fainesville, Florida. Jose Rodriguez (904) 377-0134.

Aug. 4-7: TAC Masters Championships. Orlando, Florida. Jose Rodriguez (904) 377-0134.

Aug. 13: U.S. National Team Pre-Olympic Meet. Santa Barbara.

Aug. 20: U.S. National Team Pre-Olympic Meet. Irvine.

Aug. 27: U.S. National Team Pre-Olympic Meet. Sacramento.

Sept. 3: U.S. National Team Pre-Olympic Meet. Los Angeles.

Sept. 17-Oct. 2: XXIV Olympic Games. Seoul, Korea. (track dates: Sept. 23-Oct. 2).

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The Athlete's Kitchen

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



Eating, Exercise and Abdominal Aches

"If I eat anything within four hours of training, I have horrible problems with stomach cramps."

Mary Ellen Smith, Rugby Player

"I like to eat two slices of plain bread before a marathon. They seem to absorb the digestive juices and settle my stomach."

Herbert Stephens, Runner

"One reason I prefer biking to running is that I love to eat! As a biker, I can enjoy a reasonable meal before and during a ride. As a runner, I exercise better with an empty stomach."

Tim Watkins, Triathlete

"I don't want to eat anything before a competition. I get so nervous that I can't keep anything down. That's why I eat well the day before."

Tracy Dunlop, Skater

Competitive athletes often wonder about eating prior to exercise: What foods provide adequate energy but avoid abdominal disturbances? As a sports nutritionist, I only wish that I had clear-cut advice and a fool-proof formula that worked for every athlete in every sport. My experience has shown that:

1. Each athlete is metabolically unique with unpredictable abdominal reactions to pre-exercise meals. Some people prefer to eat; others have to abstain and take special care to eat heartily the day prior to an event.

2. The type of activity affects pre-exercise eating preferences. In sports where the body is relatively stable, such as cycling, swimming, cross-country skiing and speed-skating, the number of abdominal complaints is far less than in events that involve running, where the body is jostled up and down.

3. The level of training affects gastrointestinal (GI) comfort. Well-trained, experienced athletes tend to have fewer complaints than beginners.

Although sport-specific research is sparse regarding food, exercise and abdominal distress, running has received a little attention. In one survey of 57 runners, 30% reported they occasionally or frequently had the urge to take a "pit stop" while running; 25% reported abdominal cramps or diarrhea during or immediately after competition. The runners more commonly complained of lower abdominal problems than upper GI discomfort.

In his article "Abdominal Complaints and Gastrointestinal Function During Long-Lasting Exercise" (Int'l J. Sports Medicine, July 1987), Dr. Fred Brouns of the University of Limburg in The Netherlands reviewed the various factors that might affect GI comfort. The following are some considerations that may help you to most appropriately choose the best pre-exercise meal for varied sports and training activities.

1. *Intense exercise elicits GI problems more frequently than low-level activity.* Whereas you might be able to comfortably eat a small bowl of cereal for breakfast 30 minutes before an easy training run, you might feel distressed if you ate the same food 30 minutes prior to a race. The rule-of-thumb is to allow 3-4 hours between eating a meal and performing intense exercise, if you're concerned about abdominal discomfort.

During all-out exercise, your muscles require more blood than at rest. Your stomach may get only 20% of its normal blood flow -- thereby slowing the digestive process. Any food in the stomach simply gets jostled along for the ride -- and may feel uncomfortable or be distastefully regurgitated. During moderate intensity exercise (70% VO₂ max), blood flow is 60-70% of normal (even higher in well-trained athletes). Hence, trained skiers, cyclists, triathletes and even ultra-runners can digest some food during long-term exercise. Hence, they should practice eating/drinking during long training sessions

to determine which fluids/snacks settle most comfortably.

2. *Liquid foods leave the stomach faster than solid meals.* When research subjects ate a 450 calorie meal of steak, bread/butter and pears, the food remained in the stomach for six hours. When they drank a blenderized version of the same food, the meal emptied from stomach two hours faster.

Before converting to a blenderized pre-game meal, keep in mind that some athletes report that too much liquid "sloshes" in the stomach and contributes to a nauseous feeling. They prefer some bread or cereal to absorb some of the fluid. As always, experiment during training to determine what feels best for you!

3. *High Calorie meals take longer to leave the stomach than lighter snacks.* The caloric density of a snack/meal affects the rate that a food leaves the stomach. Hence, many athletes can comfortably exercise soon after snacking on a few crackers or a piece of fruit, but generally prefer to wait 3-4 hours after eating a hefty meal.

To summarize: Since each person varies in his/her ability to comfortably exercise after eating, you have to experiment (during training) to determine the magic formula that works best for your body. Whereas one person might thrive on hot cereal 2-3 hours before an event, another person might want nothing, a third person a heftier meal. Most importantly, remember that pre-competition food primarily keeps you from feeling hungry. It also absorbs excess stomach juices, maintains a normal blood sugar level and perhaps pleases you psychologically. For muscle-fuel, you should pay special attention to eating carbohydrate-rich meals the day before. That food is thoroughly digested, stored in the muscles and ready for action!

Nancy Clark, MS, RD is nutritionist at Boston-area's Sports Medicine Brookline. Her popular book *The Athlete's Kitchen* (Simon & Schuster; Bantam Paperback) is available by asking at Dalton Bookstores.



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■ Keeping Pace

by MARK WINITZ

The Avenue North:

No Glitter, Just Natural Sparkle



Publishers Note: You've probably noticed that the scope and title of this column have changed this month. No longer limited to "Around (San Francisco) Bay," Mark Winitz will now "Keep pace" with topics and items of interest to all of our readers, throughout California and beyond. Mark is already in the lead pack, covering running all over California--so we decided the extra territory was right up his alley. . .uh, avenue.

Bill Cockerham

California is a big state. It's been said before by individuals as disparate and unique as the variegated landscapes of this geographical area that we call home. Politicians have said it while rubbing their ambitious hands together. So did some of the West's early pioneers. The weather forecasters say it every day, the census takers not quite so often. Business executives must deal with the fact of California's vastness just as surely as their marketing representatives and sales people.

Writers haven't neglected themes that touch upon the West's expanse. In *Two Years Before the Mast*, Richard Henry Dana wrote about long sea journeys up and down the California coast as a sea trader in the 19th century. Today, an ultrarunner, Bob Holtel, is writing about his journey largely through California as he became the first person to cross the U.S. by trail--negotiating the entire length of the Pacific Crest Trail from Mexico to Canada. (You'll find more on Bob in the March issue of My RunCal Newsletter.)

As a running journalist who concentrates on the roads, trails, and tracks of California, I'm constantly reminded of the difficulties in keeping up with the runners, events, and newsworthy stories that emerge from such a huge region. (If you ran a marathon distance every day, it would take you over a month to travel the length of California.)

So, out of necessity, I move around a lot. As I'm writing this column, for example, I'm looking ahead to three successive weekends traversing California: From my Bay Area home to the flat interior valley of the California 10; to the big city hype of the Los Angeles Marathon, to the tranquil Napa Valley for a marathon that I rarely miss.

One race, however, that I've missed too often in recent years takes place in a part of

California that is largely forgotten by most Californians. Both the race and the entire region are relatively unpopulated and undeniably beautiful. That's why I have a soft spot for them. I'm referring to the Humboldt redwoods region and the Avenue of the Giants Marathon.

Most Northern Californians know Humboldt County from, perhaps, a quick summer camping trip. Many drive straight through, stopping only for a glimpse of a redwood grove off of Highway 101. Most Southern Californians haven't been up that way at all. A significant number of runners, however, know Humboldt for its two races: May's "Avenue" and October's Humboldt Redwoods Marathon and Half Marathon. Veteran runners, especially, know these courses--as among the most beautiful and most spectacular in the country. However, the emergence of several newer Spring marathons in California have made it easy for many novice marathoners to overlook Avenue, and miss out on this spectacular running region in general.

I ran Avenue for the first time in 1980. It was my second marathon, I was a fledgling runner then, but this particular race was already nine years old. It had grown from a cosy 37 runners in its first year into a race which received 10,000 entries annually in the boom years less than a decade later. It became an accomplishment just getting into the race, as a 2,000 runner limit was imposed. The course and accommodations in the area just couldn't handle more than that.

In 1981, I came back to complete in both Avenue, and five months later in the sister Humboldt Redwoods 26.2 miler--running identical 2:58's on the two different courses. In years to come I'd seek out marathons with more speed, more media coverage, and more raw running hype. I found faster times on courses where there wasn't much to see even if I was in a position to look. In 1986 I relented from my "PR mentality," took a short several-day vacation in the redwoods, and Humboldt Half as a workout. It was one of my most enjoyable races, and a return to a California locale that I often miss.

Actually, my love of Humboldt County was initially stirred in the early 70's when I attended Humboldt State College. For several semesters I spent more time exploring the lush forests, hiking in the Trinity Alps, and ruminating on long walks along the foggy shoreline than I did studying to become

a Forest Ranger. I hadn't discovered running yet. If I had, my studies probably would have suffered even more.

About the same time that I was dwelling on my future, and living the frugal and undisciplined life of a college student in Eureka, two longtime runners--both teachers at Humboldt State--decided to start a running club in the area. Rich Gilchrist and Dick Meyer founded the Six Rivers Running Club, naming it after the six rivers that snake and sometimes roar through the region--mainly through what is still today unspoiled wilderness.

The inaugural Avenue of the Giants Marathon immediately became one of the first major projects of the founders. What more natural locale for a marathon than along the Eel River and through the cool shade provided by towering redwoods along the route that gave the race its name.?

In 1972, before the first Avenue, Gilchrist and Meyer announced in the club's infant newsletter, "One week remains before (the marathon) . . . So far, 14 entries have been received . . . 13 of them from the Bay Area and LA."

The 54 first-year members of the Six-Rivers Running Club hardly imagined the heights their 26.2-miler would reach in a relatively short time. Compared to the humbling redwoods, centuries old, the growth period was infinitesimal, a small speck on nature's calendar. However, those few years made for some exciting times.

"The marathon quickly got to be a funny farm," says Gilchrist, who at 53 is nearing his fourth decade as a runner. "It was one of those things where the second year we got 100 runners, the following 400, the next 1,000. We never knew how many people were going to show. In those days we didn't have a limit, nor did we discourage on-site entries. Buses of runners would drive up at the last minute and we'd be making up numbers for them right there on the spot."

Word got around. Before long runners from all over the country were filling out entry forms and waiting hopefully for the blessed return letter announcing they'd gotten in the race. The national running magazines rated Avenue as the most beautiful marathon in the country. The runners came, and weren't disappointed.

Most first-timers on the Avenue are, in fact, awed beyond words. For a running journalist who spends much of the day working with

□ Keeping Pace

silent, unspoken words, the quietude of these Humboldt races hold special meaning. The audible grandeur during races through the Giants rivals, and often eclipses, the visual. You don't hear the harsh chopping of helicopters or the roar of motorcycles here. At few spots do the shouts from spectators break the woosh of wind through trees and the rush of river. Yet, somewhere, the groves contain and amplify the strident rhythm of hundreds of soles, the exhilarating beat of inspiration. Concentrate on these cues. Let the sounds of the rushing river spate the surge of adrenaline, and you'll run a good race.

Although Avenue has had its share of gifted runners and fine performances over the years, the winning times are never particularly superhuman. Bill Scobey set the course record on Avenue's double out-and-back course—a 2:17:43 that has stood since 1973. Marilyn Taylor-Allen holds the women's CR—2:45:40 set in 1983.

It's not that Avenue is particularly slow. It has a gentle uphill climb of 100 feet over 7 miles going out on the first leg along Bull Creek Flats Road. But then you come back down on the return. And there's a little

goosebump over the highway which you definitely notice at 25.5 miles. People don't seem to get speed crazy here. You come to enjoy the wilderness, camp out, enjoy a stay in a cabin at the Hartsook Inn, or the luxury of the elegant Inn at Benbow.

The runners of Humboldt and Del Norte counties are lucky. They step out their front doors and immediately are in the type of running environment that most urban and suburban runners can get to only on weekends or vacations. The variety of extraordinary running spots makes for a runner's haven. And there is a remarkable number of dedicated runners here—a majority of whom either belong to the Six Rivers Running Club or participate in the club-sponsored races.

Currently the club organizes about 35 races a year. They take place everywhere from the "Avenue" down south to the steep wilderness climbs up into the Trinity Alps around Weaverville. An oceanside race along the spectacular coastline of Patrick's Point has been a tradition since the inception of the club. Then, there are the runs along what locals refer to as the "bottoms"—the flat coastal plain that is dotted by dairy farms and lumber mills. The most popular of these is the annual Foggy Bottoms Milk Run (2-4, and 10 milers) which attracts 2,000 runners to the Victorian town of Ferndale every March. It has been noted by local runners that

longitudinally the turnaround point on the Foggy Bottoms 10-miler makes it the most "Western" foot race in the continental 48 states.

Gilchrist, who now presides over a club that has grown to 450 members, is involved in races or fun runs almost every weekend. "People don't travel out of the area too much around here," he explains. "I guess that's why we organize so many runs close by."

Many Californians who have never ventured into the northern regions of the state don't realize that Arcata and Eureka—the hubs of operation for the club—are a 6 to 7 1/2 hour drive from the San Francisco Bay Area. And Humboldt County is as far away from, say, Los Angeles in distance and environment as one can imagine.

Even though beatific, Humboldt is an economically depressed region. It relies mainly on its lumber, fishing and tourist industries for sustenance—and the first tow have been "down" for some time.


Humboldt State University at Arcata is a major financial as well as intellectual center. It is widely known for its programs in Forestry and Wildlife Management—and just a little less so for the runners coming out of its track and

continued on next page...

MARK WINITZ'S

RUNCAL

RUNNING CALIFORNIA NEWSLETTER LOS ANGELES, CALIFORNIA



Winitz is a columnist and feature writer for California Track and Running News and has been the Bay Area Editor for Running Scene Magazine.

"Mark Winitz's RunCal is my kind of publication. It uses my favorite format, the no-nonsense newsletter, to cover running in one of my favorite states. I look forward to each issue."
—Joe Henderson, Acclaimed Running Writer

"I love training in California and the way Mark Winitz covers our sport. Luckily, California—particularly the Bay Area—can benefit from Mark's unusual talent as a writer and devoted runner."
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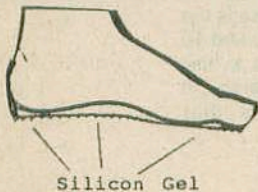
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THE MOST ABSORBING EXPERIENCE YOUR FEET HAVE EVER ENJOYED

In articles in national publications like *RUNNER'S WORLD*, *RUNNER*, and also at clinics and conferences I have advocated the idea that most running injuries come from improper footwear. Having twice been a U.S. Olympic coach and many times U.S. national team coach, I've had the opportunity to discuss running injuries with athletes, coaches, and medical people from all over the world. They too, generally agree that most running injuries originate from problems that begin in the foot. If the foot lacks proper support and/or cushioning, then the impact of the foot strike coupled with the lack of support causes stress that ultimately results in injury. There have been many attempts to address this problem by various methods and shoe designs. However to date, none have proven successful on a comprehensive basis. In fact, in most instances, the "innovations" have caused as much damage as they have cured. Further, shoe companies disturbingly tend to discontinue the one shoe model that may provide some support.

However, thanks to a San Jose podiatrist's ingenious solution, we no longer have to endure the frustration of trying to find a shoe that works, and then worrying about its discontinuation. Silicon changed the data processing industry, and now it is about to change the face of the running and exercise industry. This podiatrist has come up with a patented soft er called ULTRASORB of silicon that is formed easily and comfortably has a viscosity that is foot and acts the very offering you the maximum cushioning. The way simple and effective that it is almost unbelievable. At present, Olympians (including one Olympic gold medalist), along with a world record holder, and athletes at Stanford, University of Texas, and the University of California at Berkeley are successfully using the device. Some are running and training pain free for the first time in years.



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Keeping Pace

cross country programs. All-American Chuck Smead attended Humboldt State (and won Avenue in '74 in 2:20:05). More recent Humboldt standouts include Mark Conover and Dan Grimes.

The northern reaches of our state certainly don't lack a significant core of devoted runners. The members of the Six Rivers Club include teachers, doctors, "green chain" pullers (lumber operators), secretaries, and small business owners. Yet the running boom has shifted way south, to one big city race in particular: the Los Angeles Marathon. Tranquility doesn't seem to hold the same attraction as glitter and Hollywood hype these days.

Amazingly, SRRC still produces two marathons each year. October's Humboldt Redwoods Marathon, originally started to take pressure off the overfilled May Avenue, still attracts marathon participants. But, by far, the more popular event these days is the accompanying half marathon.

As for Avenue, about 600 runners are expected this year, approximately the same number as last. Not a spectacular number, but from a practical standpoint, very manageable, and big enough to justify continuing the race's tradition. After 16 years as race director, Gilchrist is content with the present status of the race. Perhaps the abatement in numbers has been an antidote for the infamous race administrator's malady: burnout.

In typical backwoods fashion, Gilchrist sees no advantage or fun in a mega-race. "The Avenue is healthy, but we never expect to be huge again," he admits. "And that's fine. We love it. Everybody gets a good free road, and we don't have to worry about people stompin' on each other."

For most traditionalist road runners, this kind of "good old days" philosophy holds a lot of weight: Some friends to run with, a clear road or trail distinguished by peaceful landscape, small to pitin' nearby races and fun runs in ample supply. The runners up North like it, and so do I. Call me a traditionalist, I guess. And although not a Forest Ranger, still a naturalist at heart.

Thanks to the Six Rivers Running Club, runners from all over have experienced the grandeur of the centuries-old great redwoods and California in its most handsome attire. I hope they'll continue to do so for centuries to come.

(This year's Avenue of the Giants Marathon is on Sunday, May 1, 1988. For more information on the Six Rivers Running Club, any of the club's activities or races, or places to run in Humboldt and Del Norte counties, contact Six Rivers Running Club, P.O. Box 214, Arcata, CA 95521, (707) 443-1226).

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Bay Area Editor for California Track and Running News and publishes the RunCal Newsletter on California running. He also announces, publicizes and helps promote running events. Please direct any correspondence on California running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

SoCal Diary

By BILL MINARIK

Track Preview



UCLA's collegiate, NCAA and school record-setting 1600m relay team. Left to right: Kevin Young, Henry Thomas, Anthony Washington and Danny Everett. They are all back, plus a few surprises that should all add up to a sub-3:00 mark in 1988.

CCAA Men:

Cal State L.A. has strengthened its distance program which should give the Golden Eagles the insurance it needs to repeat as titlist. C/S Northridge should again battle it out with CPSLO for 2nd.

- | | |
|-------------------|--------------------|
| 1. CSLA | 5. Cal Poly Pomona |
| 2. CS Northridge | 6. UC Riverside |
| 3. CPSLO | 7. Chapman |
| 4. CS Bakersfield | |

CCAA Women:

After 6 consecutive National Championships it would be impossible to pick anyone except CPSLO. Cal State Northridge appears to be clearly the best of the rest.

- | | |
|-------------------|--------------------|
| 1. CPSLO | 4. Cal Poly Pomona |
| 2. CS Northridge | 5. UC Riverside |
| 3. CS Bakersfield | 6. Chapman |

PCAA Men:

Fresno State has continued its all around strength which should propel it to another title. UC Irvine looks good for another solid second.

- | | |
|---------------------|---------------------|
| 1. Fresno State | 5. CS Long Beach |
| 2. UC Irvine | 6. Utah State |
| 3. San Jose State | 7. New Mexico State |
| 4. UC Santa Barbara | |

PCAA Women:

The Fresno State women also have good all around strength which should let them continue as champs. UNLV's front line strength should keep them in 2nd. However, a few key injuries to the Rebels, and San Diego State or UC Irvine could move into the place position.

- | | |
|--------------------|---------------------|
| 1. Fresno State | 5. CS Long Beach |
| 2. UNLV | 6. UC Santa Barbara |
| 3. San Diego State | 7. CS Fullerton |
| 4. UC Irvine | |

SCIAC Men:

This shapes up as another Pomona-Occidental battle with the Sagehens having an edge based on front line strength.

- | | |
|------------------|-------------|
| 1. Pomona-Pitzer | 5. Cal Tech |
| 2. Occidental | 6. Whittier |
| 3. Claremont | 7. La Verne |
| 4. Redlands | |

SCIAC Women:

I'll give Oxy a slight edge here, however Claremont could surprise in an evenly balanced Conference.

- | | |
|-------------------|-------------|
| 1. Occidental | 5. CalTech |
| 2. Claremont-Mudd | 6. Whittier |
| 3. Pomona-Pitzer | 7. La Verne |
| 4. Redlands | |

Pac-10 Men:

UCLA should repeat here and comfortably with Oregon as the best of the rest.

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

Pac-10 Women:

With both Gail Devers and Janeene Vickers healthy, UCLA should repeat here with potent squads from both USC and Oregon fighting it out for second.

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

SoCal Community College Women:

Not much change from last year with Long Beach as usual leading the way followed by a well balanced Mt. SAC squad and a sprint laden El Camino team.

- | | |
|---------------|---------------|
| 1. Long Beach | 4. Pasadena |
| 2. Mt. SAC | 5. Mira Costa |
| 3. El Camino | |

SoCal Community College Women:

Mt. SAC should be able to find those extra points to propel it into the #1 position with Santa Monica and El Camino close behind.

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

N.A.I.A. Dist. 3 Men:

- | | |
|-----------------|--------------------|
| 1. Azusa | 5. Fresno Pacific |
| 2. Pt. Loma | 6. Biola |
| 3. Cal Lutheran | 7. So. Cal College |
| 4. Westmont | |

N.A.I.A. Dist. 3 Women:

- | | |
|-------------------|-------------------|
| 1. Azusa | 5. Cal Lutheran |
| 2. Fresno Pacific | 6. Biola |
| 3. Westmont | 7. So Cal College |
| 4. Pt. Loma | |

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1987 LDR Champions

OPEN DIVISION:

Event	Men	Women	Men's Team	Women's Team
High Five 5K	Daniel Terry Grimes	Terry Puckett	Peppermill Racing Team	Pacific Flyers
Russian River 8K	Daniel Grimes	Terry Puckett	Peppermill Racing Team	Pacific Flyers
Devil Mt. 10K	Jay Marden		Reebok Aggies	
Park-To Park 10K		Robyn Root		Pacific Flyers
Cross Country	Marc Olesen	Patti Gray	Reebok Aggies	Pacific Flyers
Pepper-mill 15K	Domingo Tibaduiza	Johanna Raneka	Peppermill Racing Team	Pacific Flyers
Water-front 10M	Jay Marden	Patti Gray	Reebok Aggies	Pacific Flyers
Nike 1/2 Marathon	Charlkes Alexander Gray	Patti Gray		Impalas
Founda-tion 30K	Mark Conover	Sharlet Gilbert	Reebok Aggies	Pacific Flyers
CIM Marathon	Mark Conover	Patti Gray	Reebok Aggies	Impalas
PCT 50K	Denis O'Halloran	Peggy Smyth	Buffalo Chips	Buffalo Chips

MASTER'S DIVISION:

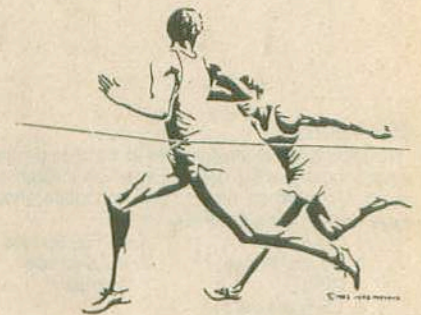
High Five 5K	Bill Sevald	Joan Colman	WVTC	WVTC
Russian River 8K	Bill Sevald	Joan Colman	Pacific Flyers	WVTC
Monterey 10K	Bill Sevald	Juana Stavronone	West Valley J & S	WVTC
Cross-Country	Jerry Jobek	Hilary Naylor	WVTC	Impalas
Pepper-mill 15K	Jerry Jobek	Margie Timberlake	Pacific Flyers	Silver State
Water-front 10M	Bill Sevald	Laurie Binder	West Valley J & S	WVTC
Nike 1/2 Marathon	Steve Ferraz	Margie Timberlake	Tamalpa	WVTC
Founda-tion 30K	Bill Sevald	Nelly Wright	Pacific Flyers	WVTC
CIM Marathon	Bill Sevald	Margie Timberlake	Pacific Flyers	

SENIORS DIVISION:

High Five 5K	John Finch	Vicki Bigelow	NorCal Seniors	NorCal Seniors
Russian River 8K	John Finch	Ruth Anderson	LMJS	
Monterey 10K	Glynn Wood	Heidi Skaden	West Valley J & S	NorCal Seniors
Cross Country	Roger Daniels	Heidi Skaden		
Pepper-mill 15K	Fred Mattos	Heidi Skaden	Silver State Striders	
Water-front 10M	John Finch	Heidi Skaden	West Valley J & S	NorCal Seniors
Nike 1/2 Marathon	Bob Barber	Heidi Skaden		NorCal Seniors
Founda-tion 30K	Darryl Beardall	Heidi Skaden	LMJS	NorCal Seniors
CIM Marathon	Roger Daniels	Heidi Skaden	Tamalpa	

SUPER SENIORS DIVISION:

High Five 5K	Bob Malain			
Russian River 8K	Paul Reese	Kit Pickles		
Monterey 10K	Joe King	Kit Pickles		
Cross-Country	Bob Malain	Kit Pickles		
Pepper-mill 15K	Bob Malain			
Water-front 10M	Bob Malain	Jaclyn Caselli		
Nike 1/2 Marathon	Bob Malain	Jaclyn Caselli		
Founda-tion 30K	Alan Bellon	Mary Storey		
CIM Marathon	Ray Piva	Kit Pickles		



TRACK & FIELD ATHLETES TRAVEL FUND:

The Pacific Association Track & Field Committee is once again offering assistance to athletes who qualify for the Junior, Inter-mediate or Senior National Track & Field Meet(s). This assistance is in the form of travel funds to help defray some of the expenses of the meet. The rules for obtaining some of this money are listed below. If you have any questions, please contact the Association office also listed below. The dates of the meets are as follows:

Junior Meet:	June 23-25	Tallahassee, FL
Interm. Meet:	June 9-11	
Senior Meet:	June 16-18	Tampa, FL

*Standards for these meets are available from the Association office.

- All athletes must be Pacific TAC members by May 1, 1988.
- All athletes must be Pacific Association residents.
- The fund is available for men and women, Junior, Intermediate and Senior National meets only.
- Athletes will be selected for one competition only.
- The top applicant for each event will receive the award.
- The maximum award will be \$150 per person. The award may be less than \$150 based on the number of eligible athletes.
- The athlete must not have another complete source of funding.
- In addition to qualifying for the meet, athletes must also achieve the 6th place performance (or better) from the previous year's meet, in order to be eligible for the funds.
- Athletes must apply to the Pacific Association no later than the deadline for qualifying to the meet. The Association office number is 916-966-6185. The address is: 1619 Bonita Dr., El Dorado Hills, CA 95630.

GOOD LUCK

Renew to PA-TAC Today!

SUNKIST I N O O R M E E T



#4, George Kersh (Taft) nips Stanley Redwine (#3) at the "tape" in the open 880, 1:50.63 to 1:50.73.

by DOUG SPECK

January 22. Los Angeles. Prep Division

The High School portion of the Sunkist Meet had some very solid performances to start off the 1988 season. Athletes from around the State mixed with some good "out of state" stars to make up some very strong fields and competitive events. Standing out during the evening were Tony Miller (Riordan, San Francisco) in the 60 meter dash, fine vaulting by Todd Lehman (North Phoenix) and Tom Parker (Notre Dame, Sherman Oaks), a good Men's Triple Jump competition, the usual fine relaying by the Hawthorne Cougars, and the fine distance fields that annually grace this competition each year.

Tony Miller (Riordan, San Francisco) had excellent 10.41 and 21.10 sprint bests in 1987. Against a fine 60 meter field he raced to a narrow, very quick Meet Record win over Brian Bridgewater (Washington, LA) and Travis Hanna (Hawthorne) 6.79-6.80-6.81, easily the fastest in the couple of years the event has been run here. Tony's time extrapolates out to the low 6.20's electronically for 60 yards, a very, very good time. With Quincy Watts (Taft, Woodland Hills), the nation's top prep sprinter and others, it will be a great year for the State's speedsters. Santa Monica's star running back, Glyn Milburn, looked quick in winning the Football 60 at 6.9 hand timed.

There are some fine Vaulters back in the West, and they eased into the season in fine style here. Tom Richards (San Marcos, Santa Barbara), the latest of Bob Richard's vaulting family, PR'd with a 15-6 clearance, with Todd Lehman (North Phoenix, Arizona) and Tom Parker (Notre Dame, Sherman Oaks) also successful there. The latter duo both were successful at 16-0, with Lehman the winner on misses in improving his 15-10 personal best. In the Triple Jump Morris Dinges (Brighton, Colorado) was the winner in a fine 48-10 3/4, with Curtis Perry (Muir, Pasadena) improving his best to 48-6 1/4 in second.

The Sunkist Meet is usually a show for athletes competing unattached from Hawthorne High School. This year was no different, as the Cougar relay squads were all over the place. The Women's Mile Relay team of Sharon Edmonds, Kesha Marvin, Deanna Amy, and Kee Sha Adams started the evening with one of the nation's better indoor Mile Relay clockings with a heat win at 3:59.9. The Men's team, which had run a 3:12.9 in the 4x400 event the previous weekend at an All-Comers, pulled out stars Travis Hanna and Curtis Conway and replaced them with sophs Ishmael Delpino and Chris Alexander. This second group still had the evening's top clocking of 3:30.9. Delpino (52.2) and Alexander

(52.3 here) both looked very good on the last two legs, as it does not seem the Cougar talent factory is going dry. Simi Valley's Danny Cross anchored impressively in his squad's 3:32.9 Heat 2 win, with soph Kent Richter (Oak Park) finishing off his team's Race 3 victory at 3:32.2. Hawthorne took the Men's Seeded 8x160 event by half a lap at 2:10.8, with the splits of lead-off Leroy Thomas (17.0), Travis Hanna (15.6), Dean Dunbar (16.3), and Curtis Conway (15.6) adding up to 1:04.5 for the 4x160, among the faster times ever there. Notre Dame (Sherman Oaks) took the Rated race at 2:19.8. Ending the evening was the Hawthorne Women's Two Mile Relay team of Kyndall Stovall (2:30.6), Christina Ross (2:29.4), Kesha Marvin (2:33.6), and Rhonda Kennerson (2:24.6), posting the fastest time of the two heats run, 9:58.1.

The distance races are always interesting here. A showdown between Kinney National Cross Country Champion bob Kennedy (North Westerville, Ohio) and Ian Alsen (Granada Hills) was looked forward to over two miles. Alsen had won the Kinney Western Regional, but competed for his school's team in the LA City Finals instead of go onto the National Finals. This would be the first meeting between the duo. Alsen assumed the pace after the first of the 22 laps, covering the quarter marks in 68.7-2:17.2-3:29.2-4:41.2-5:53.2-

7:05.4-8:17.0 with Kennedy and those in the pack who were capable, tagging along closely. During a torrid final two laps Kennedy edged by, then had Alsen rocket off the final turn and edge close at the tape, with the Ohio athlete the winner by the narrowest of margins with both at 9:16.6 (the final 440 at 59.6). Mike Esparza (Newbury Park) looked strong in a solo 9:25.1 Rated level win earlier in the evening. Katy McCandless (Castilleja, Palo Alto) dropped down to the Seeded Mile here, and with frosh Becky Spies (Livermore) tagging along, pushed the pace through 70.8-2:29.6-3:48.9 quarter posts. The bouncy Spies and low-knee action stride of McCandless are an interesting contrast in styles, but Katy dug down and kept her younger counterpart in her place this evening, winning in a fine 5:04.4 to Spies 5:06.7, with Janet Bowie (Woodside) 3rd at 5:09.3. Arcelia Gomez (LA Wilson) took a Rated run at 5:21.1. Chip Smith (Sandia, Albuquerque, NM), a 3:51.40 1500m runner outdoors, trailed impressive looking Chris Childs (Interlake, Bellevue, Washington) through the 1320. At that point Smith rocketed by, with Eddie LaVelle (Corona del Mar) keeping Chip honest to the end, with the New Mexico athlete winning 4:23.0-4:24.1. Edgar Montes

Continued on next page . . .

□ Sunkist

(Nogales, La Puente) showed real potential for the coming season, cruising a solo 4:29.4 Rated win. Joe Amendt (Lick, San Jose) raced a near perfect race to win his heat of the 880 at 1:57.2 against a talented group, with Jim Robbins (Corona del Mar) looking good in second at 1:58.8. Antonio Carreno (Fremont, LA) took Heat 2 at 2:00.1. A super Women's Two Mile field followed the designated Sunkist pace setter Tracey Williams (Mountain View, El Monte) through the Mile at 5:29 (last year she went out in 5:02). By 1 and 3/4 miles (in 9:49.9) Deena Drossin (Agoura) and Karen Hecox (South Hills, Covina) were the only ones still with Williams. Hecox, only a tenth grader, really took off during the final 160 yard loop (covered at 61.0 440 pace) to finally decide the issue, winning 11:01.2 to 11:04.3 for Williams and 11:11.2 for Drossin.

Fine all-around Jumper Tim Prince (Logan, Union City) was a close second in two events, the High Jump, where Ricky Pickett (Clovis) won on misses at 6-8, and in the Long Jump, where Frank Jones (Hoover, Fresno) was the winner 23-3 1/2 to 23-1 3/4. Dorsey's 13.88 hurdler, Ron Copeland, was the 55 meter High

Hurdles victor at 7.73 over Logan's Ed Carbin (7.78).

Former State sprint champ Angela Burnham (Rio Mesa, Oxnard) showed her level of conditioning is high, closing very strongly in her Heat of the 500 yard event to win 1:08.2-1:08.3 over Roslyn Mack (St. Francis, Mt. View), and adding a super leadoff leg (17.8) on a 4x160 (17.8 adjusts to 24.5 pace for a 220). Debra Hamilton (Locke, LA) had a night of many races, taking the second heat at 1:09.0. Michael Stevenson (Morse, San Diego) leaned one-half lap too early in the Men's 500, but recovered to still win his Heat in the evening's fastest 60.1 over Kevin Pratt (Crenshaw, LA) 60.2. Kim McAllister (Locke, LA) failed in her attempt to be the first prep athlete ever to win an event three times here when she became entangled with Althea Moses (Morningside, Inglewood) around the final turn of the 880 and fell to the infield. Moses was disqualified for the infraction after she edged Courtney Clark (Las Lomas, Walnut Creek) at the tape 2:22.2-2:22.3. Kim Toney (Atascadero) took the other heat at 2:20.0.

Muir (Pasadena) graduated all of its top Men's sprinters, but brought a

crew of Kasem McCullough, Chris Perry, Marquette Ennis, and Sean Brown with no Varsity experience to the 4x160 and was pleasantly surprised with their 1:06.8 Heat win that was the fastest of the evening. In the Women's 4x160 Hawthorne had the evening's quickest clocking of 1:14.3, but were out of the zone on the last pass between Sharon Edmonds and Kee Sha Adams and were disqualified. Muir, featuring a rocket 17.7 anchor by Kathy Butler was a Heat winner at 1:14.7, as was Locke in the same time. Santa Ynez took a Women's Small School 8x160 yard Relay at 2:45.1.

Villa Park took a Heat of the Women's Two Mile Relay at 10:22.1, while Thousand Oaks (8:21.3) and Palos Verdes (8:28.3) survived the traffic best to each take a win in the Men's Heats.

Invitational Results

On Friday evening, the 29th Annual Sunkist Indoor Track and Field Meet once again provided the start in the sport for another Olympic Year in the Golden State. A number of exciting events headlined an evening of good action at the LA Sports Arena. Greg

Foster came out charging against what he felt was the top group of High Hurdlers ever gathered in one spot, and amazing John Walker thrilled the crowd with yet another sub-4:00 mile (as Steve Scott sat home with a 102 degree temperature and the latest exotic brand of the flu going around). Doug Nordquist and Mike Tully opened nicely in the High Jump and Pole Vault, respectively, with Diane Dixon looking very strong in the 440 to headline the Women's portion of the Meet. A crowd of 12,003 enjoyed the evening.

A quick glance at the World All-Time 110m High Hurdle list would show four of the top five in history here on the line for the 55 meter Highs. Renaldo Nehemiah (12.93), Greg Foster (13.03), Roger Kingdom (13.14), and Tonie Campbell (13.19) are only broken up by non-participant here, Sam Turner (13.17), in the history of the event. The obvious intense competition between the athletes here was the focus of the evening. In slow motion replays Campbell, starting to Foster's left, had amazing reaction to the gun, but by the second hurdle Greg was even, and steadily pulled away to a 7.00 win. Surprisingly, Nehemiah (to Foster's right on the track) moved up to finish second at 7.11. They can talk down the rivalries, but Foster's joyous reaction as he headed back down the hurdle straightaway to the blocks showed the deep level of meaning to each race involving the main actors in this event. Nehemiah later commented that he was very pleased with his race after a poor start, that he was trying to be patient during the building process to the Olympic Trials and all, and generally related a level of optimism that should make for a very, very interesting year in the Hurdles. Campbell later indicated that he had suffered a slight knee injury of late and had a hard time getting back into the race this evening after really whacking the second hurdle. A 1-2-3 sweep anywhere in the modern Olympics is nearly inconceivable, but the good that should come from the competition of this group could make that a possibility.

The locals love Steve Scott, but no one would argue with a 102 degree temperature and the flu that was going around, so he sat at home while a good Mile field battled. Arizona's John Quade set the pace through 61.6-1:59.8 quarter splits, with Jay Woods closest. By the 1320 Woods led at 3:01.9 with John Walker a couple of yards back. The crowd was definitely behind the 36 year old New Zealander who had run 120 sub 4:00 miles, and he responded to their cheers by sprinting by Woods with 1 1/2 laps to go, racing the final two 160 yard circuits at close to 57 second 440 pace in moving to a 10 yard victory at 3:59.99. Mark it number 121 by the narrowest of margins.

photo by Bill Leung, Jr.



Joe Amendt/880 winner

photo by Bill Leung, Jr.



Katy McCandless/mile winner

Continued on next page . . .

□ Sunkist

Doug Nordquist left the High Jump field far behind, as Brian Stanton was the only one to join him over 7-2 1/2. At 7-4 1/2 Doug cleared on his second attempt, while Stanton missed three times. The Santa Fe High School (Santa Fe Springs) music teacher then had the bar moved to 7-6 1/2 and shocked with a good first attempt clearance. At 7-7 3/4 he was not successful, but still marked a very fine start to the road to Seoul. Mike Tully had the same type of competition in the Vault, with the same pleasing personal results. With Joe Dial, Doug Fraley, Anthony Curran, and Dave Kenworthy clearing 17-8 1/2, Tully was the only one to clear anything higher. At 18-0 1/2 Mike cleared on his first attempt, and required three trials to succeed at 18-6 1/2. Later, Tully indicated real optimism for his 88 season as he continues in the sport past the age of 30.

Diane Dixon really came to run in the Women's 440. Blasting the first 160 yard lap in 17.9 (that's 49.3 440 pace), she never really had anyone close, winning at 53.41 to the 55.66 of LaWanda Cabell. Interestingly, Dixon later commented that she kind of likes indoors more than outdoors, feeling the spurts required on the boards on and off the turns are easier for her than the sustained efforts down the 100 meter straights and turns outdoors during the event. A good field, led by Roddie Haley and Antonio McKay hooked up in the Men's 500. Haley rocketed the first lap here in 16.8 (46.2 440 pace), with Antonio in closest tow as they started the final 160 yard loop. Haley fought McKay off as the Georgian attacked with a half a lap to go, but McKay was to not be denied as he mounted a slingshot charge off the final turn that had him just edge ahead 56.43-56.45 at the tape. In the triple jump Charlie Simpkins figured out the runway the best (as about 1/3 of the jumps in the event were fouls) with four fair jumps with improving first three efforts of 53-10 1/2, 55-2 3/4, and 55-7 to take the early lead. Kenny Harrison (Kansas State) only had one fair jump during the entire evening, but his fine 55-7 3/4 third effort was enough to edge Simpkins for the win.

A Canadian group of Angela Chalmers, Brit Lind-Peterson (former McRoberts), and Lynn Williams, along with American Alisa Harvey, separated themselves from the pack early in the Women's Mile. Even-paced splits of 71.6-2:22.9-3:33.8 by Lind-Peterson left the foursome intact. With two 160 yard circuits to go it was Williams who blasted by, with Harvey following the closest during a torrid run-in. Covering the final two indoor loops at 60.0 440 pace Williams was the winner at 4:36.18, with Harvey next at 4:37.42.

Billy Konchallah was a "no-show" for the Men's 880, but a new star continued his "coming-out" in the event. Johnny Gray took a good field out and narrowly trailed Stanley Redwine at the 440 (55.0) before

fading to last. George Kersh, the National Prep Record setting half-miler from Mississippi who put in a good Cross Country Fall campaign for nearby Taft College, moved up to ease in behind Redwine as the tough running began with a couple of laps to go. The Athletics West star put the accelerator to the floor with 320 yards left, and Kersh hung in there. Amazingly, the fresh star showed no respect for his elders, powering off the final turn to edge by Redwine at the tape 1:50.63-1:50.73.

In the Women's 60 meters Diane Williams and Jamaican Juliet Cuthbert were out quickly, with Cuthbert finishing strongest to win at 7.31-7.34. Later, Cuthbert indicated surprise at her win, as she had only recently started working out. Kim Gallagher relaxed behind the opening 65.5 quarter by Bynthia Bayles in the Women's half, then, Kim, the Olympic silver medalist opened it up, covering the next indoor loop at sub-2:00 pace, and finishing with a 2:07.99 win.

In the Men's 3000 Meters, UCLA's Mark Junkerman decided to make things a bit livelier after a 4:24.4 first mile, pushing the next quarter splits in 63.0 and 63.2. Brian Diemer and Doug Padilla then moved past at 1 1/2 miles, with Diemer leading at 1 3/4 miles at 7:35.1. At the bell Padilla rocketed by, with Brian challenging on the final turn before the former Bay Area prep and BYU star edged away to win 8:00.98-8:01.54. Padilla's final 160 loop was at 56.1 440 pace.

Sunkist Indoor Track & Field Meet

January 22, Los Angeles.

Men's Results

55m: 1. Greg Foeter 7.00, 2. Renaldo Nehemiah 7.11, 3. Tonie Campbell 7.13, 4. Roger Kingdom 7.14, 5. Al Joyner 7.23.
500y: 1. Antonio McKay 56.43, 2. Roddie Haley 56.45, 3. Sunday UI 57.25, 4. Mark Rowe 57.26.
880y: 1. George Kersh 1:50.63, 2. Stanley Redwine 1:50.73, 3. Mark Belger 1:51.87, 4. David Mack 1:52.58, 5. Brian Theriot 1:53.0, 6. Johnny Gray 2:03.7.

Mile: 1. John Walker 3:59.99, 2. Jay Woods 4:01.24, 3. Jeff Atkinson 4:02.33, 4. Kip Cherujit 4:03.32, 5. Chuck Aragon 4:03.3, 6. Gawnin Guy 4:04.6, 7. Dave Campbell 4:09.4, 8. Ray Griffin 4:16.9, 9. John Quade 4:25.8.

3000m: 1. Doug Padilla 9:00.98, 2. Brian Diemer 8:01.54, 3. Julius Kariuki 8:02.81, 4. Wes Ashford 8:03.0, 5. Mark Junkerman 8:04.0, 6. Bob Verbaek N.T., 7. David Frank N.T., 8. Adam McAvoy N.T.
High Jump: 1. Doug Nordquist 7-6 1/2, 2. Brian Stanton 7-2 1/2, 3. James Lott 7-0 1/2, 4. Lee Balkin 7-0 1/2.

Pole Vault: 1. Mike Tully 18-6 1/2, 2. (tie) Joe Dial and Doug Fraley 17-8 1/2, 4. Anthony Curran 17-8 1/2, 5. Dave Kenworthy 17-8 1/2.
Triple Jump: 1. Kenny Harrison 55-7 3/4, 2. Charlie Simpkins 55-7, 3. Ray Kimble 54-5 1/4, 4. Joseph Taiwo 53-9 1/4, 5. Al Joyner 53-1 1/2, 6. Greg Harper 52-6 1/2, 7. Marcus Hooks 51-6 1/4, 8. Darryl Taylor 49-0 3/4.

Women's Results

60m: 1. Juliet Cuthbert 7.31, 2. Diane Williams 7.34, 3. Pam Marshall 7.38, 4. Jennifer Inniss 7.39, 5. Carrie Franklin 7.82, 6. Carol Lewis 7.86.

440y: 1. Diane Dixon 53.41, 2. LaWanda Cabell 55.66, 3. Alair Bakare 56.01, 4. Cheryl Cheeks 57.03, 5. Kathy Roberts N.T.

880y: 1. Kim Gallagher 2:07.99, 2. Cynthia Bayles 2:09.84, 3. Roswitha Gerdas 2:13.24, 4. Regina

Jacobs 2:16.44, 5. Denise Bullocks 2:19.35, 6. Erin Erber 2:20.9, 7. Donna Chadwick 2:33.2.

Mile: 1. Lynn Williams 4:36.18, 2. Alisa Harvey 4:37.42, 3. Brit Lind-Peterson 4:40.66, 4. Angela Chalmers 4:47.4, 5. Cathy Kanes N.T., 6. Janise Seilon N.T., 7. Carrie Garriston N.T.

Boy's Results

60m: 1. Tony Miller 6.79, 2. Brian Bridgewater 6.80, 3. Travis Hanna 6.81, 4. Marlon Singleton 7.03, 5. Dave Reedun 7.15.

Football 60m: 1. Glyn Milburn 6.9, 2. Dave Nottoli 6.9, 3. Larry Billoups 6.9, 4. Jason Simpson 7.0, 5. Eric Thomas 7.1, 6. Doug Dragomer N.T.

500y: Race One: 1. Michael Stevenson 1:00.1, 2. Kevin Pratt 1:00.2, 3. Shannon Haas 1:01.5, 4. Danny Cross 1:02.5. Race Two: 1. H. Morgan 1:01.1, 2. Damon Garrett 1:02.2, 3. Eric Henderson 1:02.2, 4. Adam Maki 1:05.7, 5. Bruce Luzzi 1:08.6.

880y: Race One: 1. Joe Amendt 1:57.2, 2. Jim Robbins 1:58.8, 3. Travis Cooksey 1:59.8, 4. Derrick Miller 2:00.5, 5. Robert Mata 2:01.4, 6. Rick Provenzano 2:02.9, 7. Al Allen 2:03.3, 8. Steve Dirks 2:03.9, 9. Jim Crovotta 2:06.2. Race Two: 1. Antonio Carreno 2:00.1, 2. Dave Sanford 2:00.4, 3. Craig Magnus 2:00.5, 4. Jorge Cabral 2:01.1, 5. Keith Gullery 2:01.1, 6. Gary Annirod 2:02.5, 7. Joseph Besand 2:04.2, 8. Eric Smith 2:06.5, 9. Carlos Alvarez 2:18.2.

Rated Mile: 1. Edgar Montes 4:29.4, 2. Jerardo Vaca 4:30.9, 3. Rickie Zeller 4:31.0, 4. David Frelex 4:31.2, 5. Jimmy Rodriguez 4:31.8, 6. Sergio Trujillo 4:34.1, 7. Greg Lamb 4:36.7, 8. Jason Salber 4:37.4, 9. Darren Walker 4:41.8.

Seeded Mile: 1. Chip Smith 4:23.0, 2. Eddy Lavelle 4:24.1, 3. Chris Childs 4:24.6, 4. Greg Shyrock 4:24.9, 5. Goshu Tadese 4:25.0, 6. Joe Devine 4:27.2, 7. Fil Arizmendi 4:31.4, 8. Todd Lewis 4:34.0, 9. Gerardo Puentes 4:37.1.

Rated Two-Mile: 1. Mike Esparza 9:25.1, 2. Craig Lawson 9:30.7, 3. Jeff Gilkey 9:43.2, 4. Sabino Miranda 9:57.5, 5. Derrick Powers 9:58.1, 6. Jack Gomez 10:04.5, 7. Roger Nava 10:04.7, 8. Gus Arce 10:08.3, 9. Sasha Vujic 10:50.9, 10. Mike Glaze 11:14.2.

Seeded Two-Mile: 1. Rob Kennedy 9:16.6, 2. Ian Olson 9:16.6, 3. Shannon Winkleman 9:23.8, 4. Dave Scudamore 9:23.8, 5. Bryan Dameworth 9:24.7, 6. Chip Smith N.T., 7. Scott Hempel 9:32.9, 8. Jaime Ortega N.T., 9. Terrence Mahon N.T.

60m Hurdles: 1. Ron Copeland 7.73, 2. Ed Carbin 7.78, 3. George Lynch 7.96.

4x160y Relay: Race One: 1. Taft 1:09.1, 2. San Pedro 1:12.2, 3. Palmdale 1:13.6. Race Two: 1. Washington 1:07.2, 2. Westchester 1:07.8, 3. Fremont 1:09.4, 4. Dominguez 1:09.8. Race Three: 1. Muir 1:06.8, 2. Cerritos 1:07.7, 3. Dorsey 1:07.9, 4. Long Beach Poly 1:08.6.

Seeded 8x160y Relay: 1. Hawthorne 2:10.8, 2. Eisenhower 2:17.6, 3. Santa Ana Valley 2:18.3, 4. Los Angeles Poly 2:22.7, 5. Fontana 2:22.7.

Rated 8x160y Relay: 1. Sherman Oaks Notre Dame 2:19.8, 2. Royal 2:19.8.

4x400y Relay: Race One: 1. Hawthorne 3:30.9, 2. Long Beach Poly 3:31.0, 3. Dominguez 3:31.1, 4. Millikan 3:38.9, 5. Upland 3:39.0. Race Two: 1. Simi Valley 3:32.9, 2. Verbum Dei 3:35.8, 3. Mission Viejo 3:35.8, 4. Trabuco Hills 3:48.9. (Locke finished second in 3:34.6, but was disqualified). Race Three: 1. Oak Park 3:32.2, 2. Thousand Oaks 3:33.2, 3. Irvine University 3:37.5, 4. Palos Verdes 3:38.3, 5. Oakland St. Elizabeth 4:06.1.

4x800y Relay: Race One: 1. Thousand Oaks 8:21.3, 2. Belmont 8:25.8, 3. Walnut 8:26.3, 4. Buena 8:28.8, 5. El Modena 8:29.2, 6. Esperanza 8:29.9, 7. Upland 8:30.4, 8. Mission Viejo 8:34.0, 9. Camarillo 8:40.1, 10. Dos Pueblos N.T. Race Two: 1. Palos Verdes 8:28.3, 2. Redlands 8:29.4, 3. Hawthorne 8:35.1, 4. Garfield 8:40.5, 5. Hamilton 8:40.5, 6. Fountain Valley 8:40.7, 7. Hart 8:40.9, 8. Granada Hills 8:42.9, 9. Arroyo 8:51.1. High Jump: 1. Ricky Pickett 6-8, 2. Tim Prince 6-8, 3. Kevin Keane 6-6, 4. Mark Wilson 6-6, 5. Craig Short 6-4, 6. Griff Joyce 6-4, 7. Sam Watson 6-2.

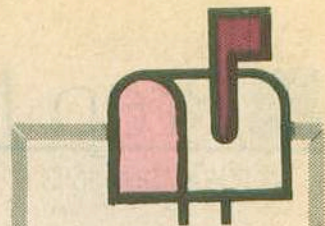
Long Jump: 1. Frank Jones 23-3 1/2, 2. Tim Prince 23-1 3/4, 3. Vince Whitney 22-3 1/2, 4. Charlie Tyler 21-6 1/4, 5. Eric Thomas 20-9 1/4.

Pole Vault: 1. Todd Lemon 16-0, 2. Tom Parker 16-0, 3. Tom Richards 15-6, 4. (tie) Jay Bettinger and Mike Deitz 14-6, 6. R.W. Henson 14-0.

Triple Jump: 1. Morris Dinges 48-10 3/4, 2. Curtis Perry 48-6 1/2, 3. Billy Ivey 46-6, 4. Charles Rogers 46-1 1/2, 5. Tony Rogers 45-11 3/4, 6. Tyrone Vickers 45-1 1/2.

Girl's Results

500y: Race One: 1. Angela Burnham 1:08.2, 2. Rosalyn Mack 1:08.3, 3. Tarsh Handy 1:08.6, 4. Bernitha Whitmire N.T., 5. Stacy Klein N.T. Race Two: 1. Debra Hamilton 1:09.0, 2. Simon Cain 1:10.0, 3. Andrea Albargana 1:10.1, 3. Andrea Albargana



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

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1:10.1, 4. Crystal Irving 1:11.6, 5. Shelli Tochlak 880y: Race One: 1. Courtney Clark 2:22.3, 2. Erika Lovett 2:23.9, 3. Andrea DeLaMonica 2:25.0, 4. Laurinda Mulhaupt 2:25.5, 5. Joshin Mack 2:28.3, 6. Persephone Lowery 2:29.2. Race Two: 1. Kim Toney 2:20.0, 2. Desiree Joubert 2:22.4, 3. Caryn Sivas 2:22.4, 4. Amy Nesbitt 2:23.4, 5. Gabby McKenzie 2:25.3, 6. Lamonica Smith 2:27.4.

Rated Mile: 1. Aroalia Gomez 5:00.9, 2. Leslie Cashion 5:02.4, 3. Maria Mendoza 5:05.5, 4. Jennifer Feller 5:06.1, 5. Jennie Higbee 5:07.9, 6. April Beaver 5:33.2, 7. Nicole Jimenez 5:40.4, 8. Evelyn Martino 5:41.9, 9. Michele Kim 5:43.5, 10. Sherri Lawson 5:58.6.

Seeded Mile: 1. Katy McCandless 4:45.3, 2. Becky Spiess 4:46.9, 3. Janet Bowie 4:48.9, 4. Jessica Craven 4:59.2, 5. Mary Martinez 5:30.6, 6. Jamie Gunn 5:31.3, 7. Teresa Sandoval 5:44.0.
Seeded Two-Mile: 1. Karan Hoxon 11:01.2, 2. Tracey Williams 11:04.3, 3. Deena Drossin 11:11.2, 4. Rayna Cervantes 11:28.4, 5. Sandra Acosta 11:28.7, 6. Ashley Black 11:30.4, 7. Jana Haggenmiller 11:44.6, 8. Tanya Thayer 11:54.4.

4x160y Relay: Race One: 1. Upland 1:18.0, 2. Esperanza 1:18.6, 3. Loara 1:19.8, 4. Glendora 1:24.2, 5. Oakland St. Elizabeth 1:24.3. Race Two: 1. Locke 1:14.7, 2. Mission Viejo 1:18.4, 3. Long Beach Wilson 1:19.6, 4. Long Beach Poly 1:26.1. Race Three: 1. Muir 1:14.7, 2. Hueneme 1:16.9, 3. Nogales 1:22.5, 4. Fountain Valley 1:23.1. Race Four: 1. Rio Mesa 1:16.0, 2. Eisenhower 1:18.3, 3. Compton 1:12.9.

Small School 8x160y Relay: 1. Santa Ynez 2:45.1, 2. Regina Caeli 2:45.4, 3. Bell-Jeff 2:48.4, 4. Yucaipa 2:49.2, 5. Northolt 1:56.4, 6. Louisville 3:00.4.

4x400y Relay: Race One: 1. Hawthorne 3:59.9, 2. Rio Mesa 4:09.3, 3. Woodbridge 4:11.4, 4. Compton 4:15.0, 5. Palos Verdes N.T. Race Two: 1. Locks 4:03.9, 2. Corona del Mar 4:15.6, 3. Upland 4:18.9, 4. Long Beach Wilson 4:37.3. Race Three: 1. Muir 4:06.2, 2. Buena 4:15.0, 3. Oakland St. Elizabeth 4:16.4, 4. Thousand Oaks 4:24.8, 5. Long Beach Poly 4:35.8.

4x800y Relay: Race One: 1. Hawthorne 9:58.1, 2. Locke 10:08.9, 3. Palos Verdes 10:11.5, 4. Los Angeles Wilson 10:13.2, 5. Santa Ana Valley 10:16.2, 6. Hasperia 10:20.2, 7. Buena 10:21.2, 8. Anaheim Canyon 10:22.4, 9. Long Beach Wilson 10:39.0, 10. Altadena N.T. Race Two: 1. Villa Park 10:22.1, 2. Notre Dame (SO) 10:28.6, 3. Newbury Park 10:28.7, 4. Thousand Oaks 10:41.2, 5. Arroyo Grande 10:49.1, 6. Upland 10:49.2, 7. Schurr 10:52.9, 8. Montebello 10:59.4, 9. Los Alamitos 11:04.4, 10. Redlands 11:12.1, 11. Yucaipa 11:23.9.

By KEITH CONNING

NORTHERN AND CENTRAL CALIFORNIA TRACK MEET SCHEDULES, RESULTS, AND NEWSPAPER CLIPPINGS WANTED.

Please send Northern and Central California track meet schedules, results, and newspaper clippings, to Keith Conning, 2235 Browning Street, Berkeley, CA 94702, or to Keith Conning, Assistant Track Coach, Berkeley High School, 2246 Milvia Street, Berkeley, CA 94704.

On all results please include the following: meet, site, date, wind readings (if available). On all newspaper clippings please indicate the name and date of the paper. Please see the minimum reporting standards below.

I would like to thank George Gilbert of San Jose for sending results of the All-Comers Track Meets at Los Gatos High School, and news clippings concerning freshman Becky Spies of Livermore High School.

MINIMUM REPORTING STANDARDS

MEN:

100: 10.8, 11.13; 200: 22.1, 22.43; 220: 22.2, 22.63; 400: 49.8, 50.03; 440: 50.0, 50.23; 800: 1:57.0; 880: 1:57.6; 1500: 4:06.0; 1600: 4:25.5; Mile: 4:26.5; 3000: 9:00.0; 3200: 9:36.5; Two-Mile: 9:40.0; 110m HH: 14.8, 15.13; 300m IH: 39.4, 39.73; 4x100: 43.2, 43.43; 4x110: 43.4, 43.63; 4x400: 3:28.0; 4x440: 3:29.1; High Jump: 6-4 1/4; Pole Vault: 13-6; Long Jump: 22-0; Triple Jump: 44-6; Shot Put: 52-0. Discus: 152-0.

WOMEN:

100: 12.4, 12.73; 200: 25.8, 26.13; 220: 25.9, 26.23; 400: 59.0, 59.23; 440: 59.2, 59.43; 800: 2:20.0; 880: 2:20.8; 1500: 5:00.0; 1600: 5:23.0; Mile: 5:25.0; 3000: 10:55.0; 3200: 11:41.0; Two-Mile: 11:45.0; 100m LH: 15.2, 15.53; 300m LH: 47.0, 47.33; 4x100: 50.2, 50.43; 4x110: 50.4, 50.63; 4x400: 4:08.0; 4x440: 4:09.6; High Jump: 5-2 1/4; Long Jump: 17-0; Triple Jump: 35-6; Shot Put: 36-0; Discus: 110-0.

BRIAN ABSHIRE BREAKS AMERICAN INDOOR 3000 RECORD

February 13. East Rutherford, New Jersey--**BRIAN ABSHIRE** (De Anza High School, Richmond 1982; Clackamas Community College, Portland, Oregon 1984; Auburn University, Auburn, Alabama 1986; Nike) more renowned as a steeplechaser, smashed the American indoor record in the 3000 meters, clocking 7:41.57.

His time was the second-fastest ever, behind the world record of 7:39.2 set by Emiel Puttemans of Belgium in 1973 and more than three seconds faster than the old American mark of 7:44.9, which Doug Padilla (Marina High School, San Leandro 1974; Chabot Community College 1975; Brigham Young University 1981; Athletics West) set on February 18, 1983 and equaled on February 10, 1985.

Others in the race included the following: 2. Yobes Ondieki (Kenya) 7:45.87, 3. Terry Brahm (Athletics West), the eighth fastest 1500m runner in the U.S. in 1987, 7:45.55, 4. Frank O'Mara (Ireland), the fifth fastest

5000 runner in the world in 1987, 7:47.65, 5. Doug Padilla (Athletics West), ranked second in the U.S. in the 5000, 7:51.82, 6. Joe Falcon (Arkansas), the NCAA cross country champion, 7:51.90, 7. Jim Spivey (Athletics West), the TAC 1500 champion, 7:53.10, 8. Bill Krohn (Team Etonic) 7:53.39, 9. Eric Carter (Penn. St.) 8:17.14, and 10. Jim Casey (Westchester Puma) 8:19.91.

Abshire was ranked third in the United States in the 3000 meter steeplechase last year behind Brian Diemer (Athletics West) and Henry Marsh (Athletics West).

Abshire had the 20th fastest time in the world of 8:20.83 in the 3000 steeplechase, which he recorded while placing second in the TAC outdoor championships at San Jose City College.

Southern Cal Prep Notes

By Doug Speck

An interesting study was undertaken this winter on the sport of Cross Country for Preps in California. Interest after the first ever California State Prep Cross Country Championship was in figuring actually where the State's schools that have the sport fell in enrollment divisions and where an equitable division of the school's prep institutions (that offer the sport) would fall if changes were made in the number of divisions for the Championship affair. Erik Bell, Mark Mullerin, Tim O'Rourke, Jim Polite, Don Earle Turball, Jerry Whittaker, Mike Butler, Ron Buchheim, Tim Butler, Mike Sayward, and Tom Coffey assisted with research on a project that showed that this year the State's schools fell as follows within (1987 State Championship) divisions: Division III (0-800 students in 4 grades) 203 schools, Division II (801-1600 students in 4 grades) 227 schools, and Division I (1601+ students in 4 grades) 405 schools.

Dividing the State's High Schools with Cross Country teams into four fairly equitable groups would have enrollment breakdowns as follows: Division IV (0-800 students) 203 schools, Division III (801-1500 students) 200 schools, Division II (1501-2100 students) 228 schools, and Division I (2101+ students) 204 schools. A five equitable division scheme would be as follows: Division V (0-800 students) 203 schools, Division IV (801-1400 students) 165 schools, Division III (1401-1800 students) 154 schools, Division II (1801-2200 students) 143 schools, and Division I (2201+ students) 170 schools.

It should be an exciting Spring for Track and Field in the Southern half of the state. As reported earlier in this publication, Hawthorne

Northern & Central California Track Schedule

If you would like your meet listed, please send meet information to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

March 10: Moreau High School-Chabot College Invitational. Chabot Community College, Hayward. Phil Wilder, Moreau High School, 27170 Mission Blvd., Hayward, CA 94544, (415) 582-5851.

March 18-19: Reebok-Golden Bear Meet of Champions. Edwards Stadium, University of California, Berkeley. Keith Conning, Assistant Track Coach, Berkeley High School, 2246 Milvia Street, Berkeley, CA 94704, (415) 644-6120, 644-6855.

March 19: Kiwanis Bellarmine Track Classic. Los Gatos High School. Terry Ward, Bellarmine Prep, 850 Elm St., San Jose, CA 95126. (408) 294-9224.

March 25-26: Stanford Invitational. Stanford Stadium, Stanford. Brooks Johnson, Track Office, Athletic Department, Stanford University, Stanford, CA 94305-6150.

April 2: Oakland Invitational. Edwards Stadium, University of California, Berkeley. Ralph Belany or Paul Cotton, McClymonds High School, 2607 Myrtle Street, Oakland, CA 94607, (415) 893-6569.

April 8: Fresno Relays. Ratcliffe Stadium, Fresno. Carlo Prandini, Clovis High School, 1055 Fowler Avenue, Clovis, CA 93612, (209) 299-7211.

April 16: Santa Rosa Relays. Santa Rosa Junior College. Ken Goetzel, 12212 Brooks Rd., Windsor, CA 95492. (707) 433-5335.

April 16: Bruce Jenner II. San Jose City College.

April 18: Stapleton Relays. Antioch High School. Willis Ball, (415) 757-7110.

April 22: De Klotz Relays. Las Lomas High School.

April 22: Chico Invitational. Chico State Univ. Scott Fairley, West Valley H.S., 3805 Happy Valley Rd., Cottonwood, CA 96022. (916) 347-7171.

April 23: Leigh/West Valley Relays. West Valley College, Saratoga. Bill Hotchkiss, Leigh High School, San Jose.

April 23: Granada Games. Granada High School. Jerry Mahin-Ayers, (415) 424-6750 day.

April 23: Foothill Invitational. Foothill High School. Carl Marsh, Foothill High School, 4375 Foothill Road, Pleasanton, CA 94566, (415) 462-1615.

April 29: Top 8 Invitational. Logan High School. (North Coast Section only). Jim Guscatte, Logan High School, 1800 H Street, Union City, CA 94587, (415) 471-2520 ext. 466.

April 29: Charlie Eaton Relays. Acalanes High School, Lafayette.

April 30: Ceres Invitational. Ceres High School. Glenn Driskell, Ceres High School, P.O. Box 307, Ceres, CA 95307, (209) 538-0871.

May 19: North Coast Section 3A Trials.

May 20: North Coast Section 2A Trials.

May 21: North Coast Section 3A/2A Finals.

May 27: Central Coast Section. San Jose City College.

May 27-28: North Coast Section Meet of Champions. Edwards Stadium, University of California, Berkeley.

June 3-4: California State Meet. Cerritos College, Norwalk.

June 11: Golden West Invitational. Sacramento.

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continued on next page...

Prep Notes

photo by Bill Leung, Jr.



TRAVIS HANNAH

L.A. Area Prep Winter

All-Comer Best Marks

by DOUG SPECK

Prep Winter All-Comers Best Marks List (the following are the best marks recorded by prep athletes in LA-area All-Comers Meets through February 6th). - = Sr, * = Jr, ** = Soph.

Men

100 Meters:	
*Curtis Conway (Hawthorne)	10.4
-Travis Hanna (Hawthorne)	10.7
**Anthony Smith (Hawthorne)	10.8
*Bryant Wilson (Dorsey, LA)	10.8
-Ron Copeland (Dorsey, LA)	10.8
200 Meters:	
*Curtis Conway (Hawthorne)	21.1
-Travis Hanna (Hawthorne)	21.3
Moore (Centennial, Compton)	21.8
**Anthony Smith (Hawthorne)	22.0
-Leroy Thomas (Hawthorne)	22.1
-Aaron Echols (Hamilton, LA)	22.1
400 Meters:	
-Travis Hanna (Hawthorne)	47.1
*Curtis Conway (Hawthorne)	48.1
*Bryant Wilson (Dorsey, LA)	48.9
-Harold Morgan (Locke, LA)	49.7
-Leroy Thomas (Hawthorne)	50.0
Council (Fremont, LA)	50.0
Lawrence (Fremont, LA)	50.1
600 Meters:	
-Antonio Carreno (Fremont, LA)	1:55.6
Chavez (Hawthorne)	1:56.3
1500 Meters:	
**Bryan Dameworth (Agoura)	4:04.0
-Mike Glaze (Notre Dame, Sherman Oaks)	4:06.0
-Antonio Carreno (Fremont, LA)	4:07.0

400 Meter Relay:	
Dorsey, LA	4:25
Hawthorne	4:35
Locke, LA	4:36
Crenshaw, LA	4:37
1600 Meter Relay:	
Hawthorne	3:12.9
Eisenhower, Rialto	3:22.5
Dorsey, LA	3:24.0
Fremont, LA	3:27.1
Hawthorne "B"	3:29.3
110 Meter High Hurdles:	
Ron Copeland (Dorsey, LA)	14.1
Pouncy (Hawthorne)	14.8
*Dean Dunbar (Hawthorne)	15.0
110 Meter High Hurdles (42"):	
-Ron Copeland (Dorsey, LA)	14.4
High Jump:	
*George Garcia (St. Anthony, Long Beach)	6'6"
*Mark Wilson (Charter Oak, Covina)	6'6"
-Chris Hamner (Beverly Hills)	6'-4"
Long Jump:	
Anderson (Crenshaw, LAA)	22-8 1/2"
**Anthony Smith (Hawthorne)	22-3 3/4"
-Madon Singleton (Westchester)	22-0 3/4"
Pole Vault:	
-Tom Parker (Notre Dame, Sherman Oaks)	14'-6"
David Noel (Edison, Huntington Beach)	14'-0"
Triple Jump:	
Anderson (Crenshaw, LA)	47-2"
**Billy Ivey (Edgewood, West Covina)	45-5"
-Tim Young (Gahr, Cerritos)	44-11"
Shot Put:	
Kaleaph Carter (Edison, Huntington Bch)	60-2 1/2"
-Rick Fuller (Arroyo, El Monte)	55-9"

Women

100 Meters:	
-Deandra Wheeler (Hawthorne)	12.2
*Debra Hamilton (Locke, LA)	12.4
-Deanna Amy (Hawthorne)	12.4
200 Meters:	
*Debra Hamilton (Locke, LA)	25.1
*Kee Sha Adams (Hawthorne)	25.5
-Deanna Amy (Hawthorne)	25.7
400 Meters:	
*Debra Hamilton (Locke, LA)	57.4
*Kim McAllister (Locke, LA)	58.1
*Keisha Marvin (Hawthorne)	58.6
800 Meters:	
-Erika Lovett (Savanna, Anaheim)	2:18.2
*Rhonda Kennerson (Hawthorne)	2:18.5
*Kim McAllister (Locke, LA)	2:21.0
1500 Meters:	
-Tracey Williams (Mt. View, El Monte)	4:42.4
400 Meter Relay:	
Locke, LA	49.4
Hawthorne	49.7
1600 Meter Relay:	
Hawthorne	3:55.9
Locke, LA	4:02.1
Triple Jump:	
-Marj Giles (Burbank)	36-7"
Shot Put:	
-Jennifer Wheelchel (Agoura)	39-8"

High plans a big trip back east for the Penn Relays the last weekend in April. The Relays committee back east had welcomed Caribbean Prep teams for a number of years, but shunned those from the Western U.S. who desired to travel back to compete. Finally joining the Twentieth century, the committee this year decided it would be nice to have the best of the U.S. in attendance, extending an official invitation to Hawthorne to enter the affair. With a super group of young men and women athletes, Hawthorne will try to break up a recent Jamaican domination of the big relays at Penn and prove U.S. supremacy over groups like Central High in Philadelphia, achieved by 45.17 400m runner William Reed.

The Arcadia Invitational continues to grow bigger and better. Using the motto for 1988 of "you have seen the best in the West so you may as well see the best of the rest," the April 9th affair is planning on the attendance of top athletes from throughout the nation in an attempt to bring the best of competition in for California Preps. Athletes from a dozen of the big Track states nationwide were committed to attending the Meet through early February. Amazing matchups abound.

Quincy Watts, the nation's best prep sprinter (10.30-20.50), will match up at 200 meters with Williams Reed (120.2-20.5-45.17), national prep soph sprint record holder Michael Bates (Tucson, Arizona) 10:34-20.90, and the best sprinters from Texas and the rest of California. Tilden High of Brooklyn, New York, the Eastern U.S.'s top female middle distance relay group, will head west to battle with Hawthorne, TAC junior 3000 Meter Champion Laurie Gomez (Boardman, Youngstown, Ohio) and the nation's fastest male middle distance runner, Chip Smith (Sandia, Albuquerque, New Mexico) (3:51.40 1500m), will battle with California's prep distance stars, with the list going on and on, every event featuring California's best against the top competition from around the U.S. Interest through early February has left the Meet management feeling that 1988 will be by far their best affair ever. The 1967 Meet featured Kamy Keshmiri's destruction of the National Prep discus record, fourteen nation-leading performances up to that point in the year, and was felt by many to be California's best ever "in-season" Prep Invitational.

10TH ANNUAL SUNDEVIL/COCA-COLA INVITATIONAL SATURDAY APRIL 16, 1988 1:00 TO 7:00 PM

BOYS MEET RECORDS-10.76, 21.22, 48.42, 1:52.72, 4:16.02, 9:22.01, 14.21, 37.77, 41.7, 3:18.41, 10:33.1DM, 6'8", 15'6", 23'10 1/2", 49'5", 66'1 1/2", 223'5".

GIRLS MEET RECORDS-12.04, 23.9, 55.6, 2:14.3, 4:58.61, 11:25 14.19, 44.01, 47.36, 3:49.4, 12:21DM, 5'10", 18'53/4", 40'7", 47'5", 164'5".

Open to all California, Arizona, New Mexico, and Nevada high schools. This year's meet will be held on the new all-weather track at Poway High School.

FOR MORE INFORMATION CONTACT DENNIS MCCLANAHAN, MT, CARMEL HIGH SCHOOL, SAN DIEGO, (619)-484-1180

NORTHERN AND CENTRAL CALIFORNIA TRACK & FIELD PREVIEW 1988

by KEITH CONNING

MEN

The top ten performers in each event from the 1986-87 school year are listed in order of performance. Symbols: * = junior, ** = sophomore, I = indoor. The year of birth is indicated for some athletes after their school and city.

• 100 METERS

Date	Place	Meet	Time
5/29	1	Central Coast Section	10.41
6/5	1	State Meet Heat 3	10.5
6/6	5	State Meet	10.71
7/7	5	TAC JO Young Men 17-18	10.65
1/22	1	Sunkist Invitational 60m (CR)	6.73

Miller was the second best junior class performer in California and the nation for 1987 behind the 10.30 at altitude by Quincy Watts (Taft, Woodland Hills). Miller was also the fourth best performer with the seventh best performance in the United States for 1987.

Date	Place	Meet	Time
5/29	2	Central Coast Section	10.73
6/5	7	State Meet Heat 1	11.06

The best sophomore class performer in California for 1987.

Date	Place	Meet	Time
5/23	1	Sac-Joaquin Section SF	10.57w
5/29	1	Sac-Joaquin Section	10.57w
6/5	4	State Meet Heat 3	10.5
6/6	7	State Meet	10.78

photo by Bill Leung, Jr.



DERRICK MILLER

photo by Bill Leung, Jr.



TRAVIS COOKSEY

Date	Place	Meet	Time
5/21	3	Central Section	10.80

Selected by *California Football* magazine as an All-State first team wide receiver at 5-10 and 170.

Date	Place	Meet	Time
5/21	4	Central Section	10.82

Date	Place	Meet	Time
5/29	4	Central Coast Section	10.82

Date	Place	Meet	Time
5/30	1	San Francisco/Oakland Sec.	10.84
6/5	7	State Meet Heat 3	10.9
7/23	2	TAC JO Int.Men Ht.5	10.79Aw
7/7	3	TAC JO Int.Men 15-16	10.85

Date	Place	Meet	Time
5/15	1	Mount Hamilton League	10.5w
5/29	6	Central Coast Section	10.88

Williams set a new California freshman class record. The old record of 10.94 was set by two-time State Meet champion Ronald McCree (Madera) in 1983.

Date	Place	Meet	Time
4/18	2	Bruce Jenner Heat 2	10.83

Date	Place	Meet	Time
5/23	1	North Coast Section 2A	10.94w
5/30	1	North Coast Section	10.7
6/5	5	State Meet Heat 2	11.02

• 200 METERS

Date	Place	Meet	Time
5/29	1	Central Coast Section	21.08w
6/5	2	State Meet Heat 2	21.10
6/6	4	State Meet	21.54
7/7	5	TAC JO Young Men 17-18	21.19

Miller was the second best junior class performer in California for 1987 behind the 20.50 at altitude by Quincy Watts (Taft, Woodland Hills). Miller was also the sixth best junior class performer in the United States for 1987.

Date	Place	Meet	Time
5/30	1	San Francisco/Oakland Sec.	21.72
6/5	6	State Meet Heat 2	22.06
7/7	3	TAC JO Int.Men 15-16	21.51
		High School Track 1988	21.22

The best sophomore class performer in California and the second best in the United States for 1987.

Date	Place	Meet	Time
5/30	3	North Coast Section	22.39
6/5	5	State Meet Heat 2	21.77

Speedy receiver on the football team that went 11-1 and was a semifinalist in the 3A Division.

Date	Place	Meet	Time
5/29	1	Northern Section	22.1
6/5	6	State Meet Heat 1	21.6

Date	Place	Meet	Time
4/18	2	Bruce Jenner Heat 2	21.96
4/18	3	Bruce Jenner	21.69w

Selected by *California Football* magazine as an All-State honorable mention defensive back. Signed national letter of intent to attend Washington State. Height 5-10. Weight 165.

Date	Place	Meet	Time
3/30	1	Triangular	21.8
5/21	2	Central Section	21.75w
6/5	8	State Meet Heat 2	22.29

Date	Place	Meet	Time
5/15	2	West Valley Athletic League	22.24
5/29	5	Central Coast Section	22.15w

Selected by *California Football* magazine as an All-State honorable mention running back. He rushed for more than 1,000 yards and was the co-MVP in league. Kale is the son of former head coach Chaile Wedemeyer, the 1985 State Coach of the Year, who is stricken with Lou Gehrig's disease. Height 5-10. Weight 175. Signed national letter of intent to attend California.

Date	Place	Meet	Time
5/7	dual		21.4w
5/21	3	Central Coast Sec. Region 3	22.0

Date	Place	Meet	Time
5/1	4	Los Gatos Invitational	22.27
5/29	4	Central Coast Section	22.15w

Date	Place	Meet	Time
5/15	3	West Vly Athletic League	22.28

• 400 METERS

Date	Place	Meet	Time
5/21	2	Central Section	48.26
6/5	3	State Meet Heat 1	48.43

Date	Place	Meet	Time
5/13	1	Eastshore Athletic League	48.5
5/29	2	North Coast Section Heat 1	49.16

Newsome set a new California freshman class hand-timed record. The California freshman class automatic time record of 48.56 was set by Henry Thomas (Hawthorne) in 1982. The United States freshman class record of 46.55 was set by William Reed (Central, Philadelphia, Pa.) in 1985.

Date	Place	Meet	Time
4/18	3	Bruce Jenner	49.08
5/6		Oakland Tribune list	48.6

Date	Place	Meet	Time
5/15	1	Sierra Foothill League	48.7

Date	Place	Meet	Time
5/30	4	North Coast Section	49.53
6/5	5	State Meet Heat 2	48.7

Date	Place	Meet	Time
5/21	2	Central Coast Sec. Region 3	48.2

Date	Place	Meet	Time
4/18	4	Bruce Jenner Section 1	48.40

Date	Place	Meet	Time
5/29	5	Central Coast Section	48.4

Date	Place	Meet	Time
5/30	1	San Francisco/Oakland Sec.	48.58

Date	Place	Meet	Time
4/25	3	Sacramento Invitational	48.5

• 800 METERS

Date	Place	Meet	Time
5/27		Sac-Joaquin Sec. Trials	1:53.9
1/22	4	Sunkist Invit. 880 Race 1	2:00.5y

Quarterback of the football team, that was a quarterfinalist in Division I of the section. Height 6-2. Weight 175. Signed national letter of intent with Utah State as a defensive back.

continued on next page...

Prep Notes

• 1600 METERS

Date	Place	Meet	Time
5/23	4	North Coast Section 3A	4:19.6
5/29	4	North Coast Section Heat 1	4:26.5

5/1	2	Los Gatos Invitational	4:19.8c
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5/1	4	Los Gatos Invitational	4:20.5c
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Date	Place	Meet	Time
5/23	7	North Coast Section 3A	4:21.0
5/29	5	North Coast Section Heat 1	4:27.5

3/28	2	Fresno Invitational	4:21.1
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5/21	3	Central Section	4:21.44
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3/21	2	Los Gatos Invitational	4:22.76
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1/30	1	Los Gatos All-Corners Mile	4:24.4y
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5/15	1	Central Section South Area	4:24.35
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5/15	2	Central Section North Area	4:24.38
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• 3200 METERS

Date	Place	Meet	Time
4/11	5	Arcadia Invitational	9:07.99
5/23	2	Central Section	9:19.55

The best junior class performer in California and the third best in the United States for 1987.

11/186	1	Two-Mile Postal	9:12.0c
10/24	8	Two-Mile Postal	9:32.6c

10/24	1	Two-Mile Postal	9:18.7c
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5/8	2	Sacramento Invitational	9:20.6
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5/1	1	Sacramento Invitational	9:21.2
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10/24	2	Two-Mile Postal	9:21.3c
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5/1	3	Sacramento Invitational	9:25.8
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5/29	1	Central Coast Section	9:30.1
10/24	3	Two-Mile Postal	9:26.9c

5/8	6	Sacramento Invitational	9:27.1
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5/23	3	Sac-Joaquin Sec. Sub 3	9:27.99
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• CROSS COUNTRY

Date	Place	Meet	Time
11/05	1	Sac-Joaquin Section Div. II	15:11
11/13	2	Sac-Joaquin Section	15:02
11/28	2	State Meet Div. II	15:29
12/05	7	Kinney Western Regional	15:18.6
12/12	17	Kinney National	15:32

11/06	1	Sac-Joaquin Sec. Div. III	15:03
11/13	1	Sac-Joaquin Section	15:01
11/28	1	State Meet Division III	15:29

11/20	1	Central Section Div. I	15:17
11/28	9	State Meet Div. I	15:31
12/05	40	Kinney Western Regional	15:52.9

11/06	2	Sac-Joaquin Sec. Div. I	15:36
11/13	4	Sac-Joaquin Section	15:21
11/28	49	State Meet Division I	16:13
12/05	17	Kinney Western Regional	15:35.3

11/06	2	Sac-Joaquin Sec. Div. I	15:36
11/13	4	Sac-Joaquin Section	15:21
11/28	49	State Meet Division I	16:13
12/05	17	Kinney Western Regional	15:35.3

11/06	2	Sac-Joaquin Sec. Div. I	15:36
11/13	4	Sac-Joaquin Section	15:21
11/28	49	State Meet Division I	16:13
12/05	17	Kinney Western Regional	15:35.3

11/12	1	Central Coast Sec. Div. II H2	15:12
11/21	1	Central Coast Sec. Div. II	15:09
11/28	5	State Meet Division II	15:37
12/05	20	Kinney Western Regional	15:36.0
01/25	3	San Francisco Zoo Run 3 MI.	15:46

11/12	2	Central Coast Sec. Div. II H2	15:29
11/21	13	Central Coast Sec. Div. II	15:57
12/05	24	Kinney Western Regional	15:38.6

• 110m HIGH HURDLES

Date	Place	Meet	Time
3/21	1	Los Gatos Invitational	14:34
5/29	1	Central Coast Section	14:09w
6/5	3	State Meet Heat 2	14:40
6/6	7	State Meet	14:47
		High School Track 1989	14:05

5/15	3	Mt. Hamilton Athletic League	14:5w
5/21	3	Central Coast Sec. Region 3	14.4
5/29	5	Central Coast Section	14:97w

5/16	2	Oakland Section	14.5
5/30	2	San Francisco/Oakland Sec.	14.99

5/27		Sac-Joaquin Section heat	14:61w
5/29	3	Sac-Joaquin Section	14.7
6/5	4	State Meet Heat 1	14.77

5/21	3	Central Coast Sec. Region 3	14.7
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7/5	3	TAC Age Group 15-16	14.85
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The best sophomore class performer in California for 1987.

CALIFORNIA

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Prep Notes

***Steve Ruffin (St. Francis, Mountain View)**
 5/21 Central Coast Sec. Region 1
 14.8
 5/29 4 Central Coast Section 14.52w
 Running back on the football team, that was a semifinalist in the 4A Division at 8-3.

Daryl Johnson (Bella Vista, Fair Oaks)
 5/27 h Sac-Joaquin Section 14.77w

Time Estes (Fort Bragg)
 5/19 Santa Rosa Press Democrat list
 14.90w
 5/30 4 North Coast Section 15.03w
 6/5 9 State Meet Heat 3 15.23

Herbie Berry (Elk Grove)
 5/23 1 Sac-Joaquin Sec. Sub 3 14.96w
 Height 6-3. Weight 190. Football positions DB/WR.
 Signed national letter of intent to attend Stanford.

300m INTERMEDIATE HURDLES

Date	Place	Meet	Time
5/29	1	Central Coast Section	37.6
6/5	2	State Meet Heat 2	37.38

The best junior class performer in California and the third best in the United States for 1987.

John Berry (Ygnacio Valley, Concord)
 5/30 1 North Coast Section 38.10
 6/5 4 State Meet Heat 3 38.31

Marcus McFarland (Castlemont, Oakland)
 5/16 1 Oakland Section 38.1
 5/30 1 San Francisco/Oakland Sec. 38.56

Diatori Gildersleeve (Grant, Sacramento)
 5/8 2 Sacramento Invitational 38.6

***John Prudenti (Justin-Siena, Napa)**
 5/8 2 Sacramento Invitational 39.13

***Tom McGuirk (St. Ignatius, San Francisco)**
 5/21 3 Central Coast Sec. Region 1
 39.1

***Jim Farmer (Clovis West, Fresno)**
 5/21 3 Central Section 39.38
 6/5 7 State Meet Heat 1 40.00

Andy Sample (Antioch)
 5/30 4 North Coast Section 39.54
 6/5 6 State Meet Heat 1 39.63

Richard Navies (Berkeley)
 5/16 2 Golden Bay Athletic League
 39.3

HIGH JUMP

Date	Place	Meet	Time
5/23	1	North Coast Section 3A	70
5/30	1	North Coast Section	6-10
6/6	4	State Meet	6-11
1/22	2	Sunkist Invitational	6-8

The best junior class performer in California and tied for fourth best in the United States for 1987.

***Nicky Pickett (Clovis)**
 4/14 1 Lemoore Invitational 6-10 1/2
 5/21 1 Central Section 6-8
 6/6 7 State Meet 6-10
 1/22 1 Sunkist Invitational 6-8

***Kevin Keane (De La Salle, Concord)**
 4/30 1 vs. Berkeley 6-10
 5/30 6 North Coast Section 6-4
 1/22 3 Sunkist Invitational 6-8

Griff Joyce (De La Salle, Concord)
 4/28 Oakland Tribune list 6-0
 1/22 6 Sunkist Invitational 6-4

***Ruben Hendrix (South, Bakersfield)**
 5/21 2 Central Section 6-6
 7/1 1 TAC JO Int. Men 15-16 6-8 3/4
 The top freshman class performer in California for 1987.

Kevin Asch (Clayton Valley, Concord)
 5/14 1 Diablo Valley Athletic League 6-8
 5/30 1 North Coast Section 6-8

***Tim Channels (Del Mar, San Jose)**
 5/15 West Valley Athletic League 6-7

Dennis Azevedo (Davis)
 3/27 list 6-6

***James Barrowman (North, Bakersfield)**
 4/18 2 San Diego Invitational 6-6

***Matt Beasley (Clovis West, Fresno)**
 5/8 3 North Yosemite League 6-6

Seth Venable (Fresno)
 1/8 4 North Yosemite League 6-6

***Brett Dew (Lemoore)**
 5/15 1 Central Section Central Area 6-6

***Jim Sullivan (Drake, San Anselmo)**
 5/23 2 North Coast Section 2A 6-6

POLE VAULT

Date	Place	Meet	Time
5/29	3	Sac-Joaquin Section	14-9
6/5	q	State Meet Qualifying	15-0
6/6	4	State Meet	15-2

Mike Guevara (Clovis West, Clovis)
 5/2 1 Visalia Invitational 15-0
 5/21 1 Central Section 15-0
 6/5 q State Meet Qualifying 15-0
 6/6 8 State Meet 14-8
 Behind running back Michael Guevara, the Golden Eagles won their second section crown in three years.

Howie Dooley (Anderson)
 5/12 list (Doug Speck) 15-0
 5/22 1 Northern Section 14-0

***Scott Estes (Clovis West, Fresno)**
 5/21 4 Central Section 14-3
 The top sophomore class performer in California for 1987.

Paul Lewis (Coalinga)
 3/27 Invitational 14-1

Steve Bryant (Lemoore)
 3/18 Triway Meet 14-0

Shamill Goodloe (Castlemont, Oakland)
 5/30 1 San Francisco/Oakland Sec. 13-10

Ben Miner (Drake, San Anselmo)
 5/23 4 North Coast Section 2A 13-6
 5/30 5 North Coast Section 13-9

Chris Miceli (Leland, San Jose)
 4/2 dual 13-6

Lou Phillips (Antioch)
 5/1 Contra Costa Times list 13-6

Jason Wilbourn (Redwood, Visalia)
 list 13-6

LONG JUMP

Date	Place	Meet	Time
4/25	1	Chico	23-0 3/4
5/27	5	Sac-Joaquin Section	23-1 1/2w
7/1	TAC Region 14	24-0	
7/1	8	TAC JO Young Men 17-1822-	

Tied for the best junior class performer in California and the 12th best in the United States for 1987.

Tim Prince (Logan, Union City) 70
 7/1 Los Gatos All-Corners 24-0
 1/22 2 Sunkist Invitational 23-1 3/4
 Tied for the best junior class performer in California and the 12th best in the United States for 1987.

Billy Wright (Edison, Fresno)
 5/21 1 Central Section 23-4 1/2
 6/5 4 State Meet Qualifying 23-0 1/4

6/6 5 State Meet 23-0
 All-Northern California football wide receiver at 5-10 and 170.

Frank Jones (Hoover, Fresno)
 6/5 3 Central Section 23-0 3/4
 6/5 5 State Meet Qualifying 23-8

3/4
 6/6 6 State Meet 22-8 1/4
 1/22 1 Sunkist Invitational 23-3 1/2

Marty Beck (Clayton Valley, Concord)
 5/14 1 Diablo Valley Athletic League 23-0 1/4
 5/30 2 North Coast Section 22-4

Ryan Benjamin (Tulare)
 5/21 5 Central Section 22-11

Ray Robinson (Washington, Fresno)
 5/15 5 Central Sec. Central Area 22-10 1/4

Dean Martin (South, Bakersfield)
 5/8 1 South Yosemite League 22-8

James Stallworth (Tulare)
 5/21 6 Central Section 22-11w
 5/25 list 22-7 3/4

Tyrone Scott (Mesa Verde, Citrus Heights)
 5/15 Sierra Foothill League 22-3

TRIPLE JUMP

Date	Place	Meet	Time
5/1	Sacramento Invitational	47-6	
5/29	Sac-Joaquin Section	48-9 1/4w	
7/1	7 TAC JO Young Men 17-1846-		

4 1/2
Ryan Benjamin (Tulare)
 4/14 2 Lemoore Invitational 47-2
 5/21 3 Central Section 46-4 1/4
 5/25 list 47-2 1/2w
 5/25 9 State Meet Qualifying 46-10
 6/6 9 State Meet 46-2 1/2

Selected by *California Football* magazine as an All-State honorable mention running back. All-Northern California football running back at 5-9 and 165. He sparked Tulare to the East Yosemite League title by rushing for 219 yards in a crucial 47-15 win over Tulare Western and wound up with over 1,500 yards.

Frank Jones (Hoover, Fresno)
 5/15 4 Central Section North Area 46-10

Charles Satcher (Hogan, Vallejo)
 5/12 list 46-6

Terry Duke (Washington, Fresno)
 5/15 3 Central Sec. Central Area 46-7w

5/25 list 46-4 3/4

Tim Prince (Logan, Union City) 70
 4/14 2 Logan Invitational 49-1 1/2w
 4/11 1 Santa Rosa Relays 46-3

***Tony Rogers (Johnson, Sacramento)**
 4/25 2 Sacramento Invitational 46-1
 1/22 5 Sunkist Invitational 45-11 3/4

Dean Martin (South, Bakersfield)
 5/7 2 South Yosemite League 45-2
 1/2

***DeAndre Robertson (West, Bakersfield)**
 4/14 4 Lemoore Invitational 45-2

***Mario Fisher (Bakersfield)**
 list 45-2

SHOT PUT

Date	Place	Meet	Time
5/21	1	Central Section	58-7 1/2
6/5	2	State Meet Qualifying	59-6
6/6	4	State Meet	58-10 3/4

Selected by *California Football* magazine as an All-State first team defensive lineman at 6-1 and 250. Signed national letter of intent with Pacific.

Mike Stubbiefield (South, Bakersfield)
 3/4 1 Fresno Relays 56-9 1/2

Ro James (Enterprise, Redding)
 5/22 2 Doug Speck's List 56-8 3/4
 Northern Section AAAA54-10

1/2
 6/5 1 Northern Section 55-10
 State Meet Qualifying 52-10

John Wirtz (Leland, San Jose)
 5/14 1 Santa Teresa Athletic 55-5
 7/1 6 TAC JO Young Men 17-1855-11 1/4

Chris Robinette (San Ramon, Danville)
 5/14 1 East Bay Athletic League 55-1
 1/2

5/30 4 North Coast Section 52-7 1/4

Greg Winkler (St. Francis, Mt. View)
 5/21 2 Central Coast Sec. Reg. 152-9
 1/2

Joe Caspers (Pittsburg)
 5/22 3 North Coast Sec. 3A trial 52-0
 1/4

DISCUS

Date	Place	Meet	Time
5/29	1	Central Coast Section	183-5
6/5	2	State Meet Qualifying	180-11
6/6	3	State Meet	178-5
7/1	3	TAC JO Young Men 17-18175-	

5
 Ranked as the 34th best football prospect in the Far West by Super Prep magazine. Selected by *California Football* magazine as an All-State honorable mention tight end. All-Northern California football tight end at 6-3 and 225. Signed national letter of intent to attend California. The best junior class performer in California and the third best in the United States for 1987.

Mike Stubbiefield (South, Bakersfield)
 4/14 1 Tulare Invitational 176-6
 5/21 2 Central Section 175-6

Greg Winkler (St. Francis, Mt. View)
 5/29 3 Central Coast Section 174-3
 6/5 4 State Meet Qualifying 173-2
 6/6 5 State Meet 164-2

Tim Bierum (Redwood, Larkspur)
 5/30 3 North Coast Section 162-0
 6/5 7 State Meet Qualifying 167-6
 6/6 8 State Meet 158-3

RoShawn James (Enterprise, Redding)
 5/22 1 Northern Section AAAA 166-2

***Derik Stevens (Bakersfield)**
 4/18 5 San Diego Invitational 165-7
 The best sophomore class performer in California for 1987.

Joe Caspers (Pittsburg)
 5/29 2 North Coast Sec. trials 163-4

Selected by *California Football* magazine as an All-State honorable mention offensive lineman. The 6-7, 275-pound defensive tackle, second-team All-Diablo Valley Athletic League, has accepted a scholarship bid from Nevada-Reno.

Chris Robinette (California, San Ramon)
 5/30 2 North Coast Section 163-2

Dan Deigar (Beyer, Modesto)
 5/27 Sac-Joaquin Sec. Trials 162-8

Kam Pizdel (Washington, Fresno)
 4/14 list 157-7

1987 California Submasters & Masters Listing

by PERCY KNOX

Open Competition

30-39:
60 Meters: 1. Greg Holmes 6.74, 2. Marty Krulee 6.87.
100 Meters: 1. Larry Myricks 10.26, 2. Marty Krulee 10.33, 3. Greg Holmes 10.44, 4. Marion McCoy 10.60, 5. Eugene Driver 10.80. Hand: 1. Greg Holmes 10.2, 2. Colin Bradford 10.3, 3. Keith Taylor 10.5, 4. Norbert Payton 10.7.
200 Meters: 1. Marty Krulee 20.89, 2. Greg Holmes 21.31. Wind-aided: 1. Mary Krulee 20.56. Hand: 1. Greg Holmes 20.6, 2. Larry Myricks 20.7, 3. Eugene Driver 21.4, 4. Colin Bradford 21.5, 5. Marion McCoy 21.7.
400 Meter: 1. Benny Brown 46.9, 2. Eugene Driver 48.63a, 3. Greg Holmes 48.6, 4. James Robinson 48.8.
800 Meter: 1. James Robinson 1:47.14a, 2. Benny Brown 1:50.55a, 3. Pete Mogg 1:52.09.
1500 Meter: 1. Steve Scott 3:35.91a, 2. Pete Mogg 3:55.00.
Mile Run: 1. Steve Scott 3:52.36a, 2. Pete Mogg 4:15.00.
5000 Meter: 1. Steve Scott 13:30.29.
110 Meter High Hurdles: 1. James McCarney 13.70, 2. Michael Simmons 14.33.
400 Meter IH: 1. Edwin Moses 47.46a, 2. James McCarney 55.8.
High Jump: 1. Dwight Stone 7-4 1/2.
Long Jump: 1. Larry Myricks 28-5, 2. Mike McRae 26-10, 3. Keith Taylor 25-6, 4. Randy Williams 23-10. Wind-aided: 1. Larry Myricks 28-3 3/4.
Triple Jump: 1. Willie Banks 57-4 3/4, 2. Ray Kimble 56-11 1/2, 3. Raymond Dupress 50-4 3/4. Wind-Aided: 1. Willie Banks 57-9, 2. Ray Kimble 57-0 3/4, 3. Raymond Dupress 53-0.
Pole Vault: 1. Mike Tully 19-1 1/2, 2. Robert Pullard 16-6.
Shot Put: 1. Brian Oldfield 66-8 1/2, 2. Dave Laut 64-9, 3. Ben Plucknett 63-1 1/2.
Discus: 1. John Powell 236-6, 2. Art Burns 219-6, 3. Mac Wilkins 199-10, 4. Brian Oldfield 192-9.

photo by Bill Leung, Jr.



STEVE SCOTT

Masters

60 yard: (40-49) 1. Stan Whitley 6.45i.
100 Meter: (30-39) 1. Greg Holmes 10.44, 2. Marion McCoy 10.60, 3. Norbert Payton 10.73, 4. Keith Taylor 10.74, 5. Eugene Driver 10.80, 6. Randy Williams 10.84. Hand: 1. Greg Holmes 10.2, 2. Marion McCoy 10.4, 3. Norbert Payton 10.5, 4. Keith Taylor 10.5, 5. Eugene Driver 10.6, 6. Randy Williams 10.6, 7. Eric Grow 11.0, 8. James McCarney 11.0, 9. R. Benson 11.1, 10. Ken Cook 11.1, 11. Glenn Johnson 11.1. (40-49) 1. Stan Whitley 10.84, 2. Ken Dennis 11.24, 3. Dan Fitzsimmons 11.34, 4. M.G. Adamson 11.44, 5. Steve Robbins 11.44, 6. Frank Little 11.48, 7. Walt Butler 11.64, 8. Gary Miller 11.74, 9. Emert 11.74, 10. Rufus Morris 11.80. Hand: 1. Stan Whitley 10.6, 2. Ken Dennis 11.0, 3. Dan Fitzsimmons 11.1, 4. M.G. Adamson 11.2, 5. Steve Robbins 11.2, 6. Frank Little 11.3, 7. Walt Butler 11.4, 8. Gary Miller 11.5, 9. Emert 11.5, 10. Rufus

Morris 11.6. (50-59) 1. Ken Dennis 11.24, 2. Nick Newton 11.64, 3. Bruce Springbett 11.71, 4. Gil LaTorre 11.74. Wind-aided: 1. Ken Dennis 11.03, 2. Bruce Springbett 11.76. Hand: 1. Ken Dennis 11.0, 2. Nick Newton 11.4, 3. Bruce Springbett 11.5, 4. Gil LaTorre 11.5. (60-69) 1. Robert Watanabe 12.50, 2. Vernon Rigier 12.60, 3. Gene Harte 12.85, 4. Bob Roemer 13.17, 5. David Lawyer 13.30, 6. Tom Patsalis 13.31, 7. Richard Zumwalt 13.44, 8. John Alexander 13.54. Hand: 1. Robert Watanabe 12.3, 2. Vernon Regier 12.4, 3. Gene Harte 12.6, 4. Bob Roemer 13.0, 5. David Lawyer 13.1, 6. Tom Patsalis 13.1, 7. Richard Zumwalt 13.2, 7. John Alexander 13.3. (70-79) 1. Payton Jordan 12.72, 2. Herb Miller 13.67, 3. Harry Koppel 13.84, 4. Bill Morales 14.44, 5. Conrad Schuck 14.44, 6. Tony Castro 14.47, 7. Bert Morrow 15.06. Hand: 1. Payton Jordan 12.5, 2. Herb Miller 13.5, 3. Harry Koppel 13.6, 4. Bill Morales 14.2, 5. Conrad Schuck 14.2, 6. Tony Castro 14.3, 7. Bert Morrow 14.8. (80 & Over) 1. John Rust 17.6, 2. Sing Lum 18.5. (Auto) 1. Sing Lum 18.73.
200 Meter: (30-39) 1. Greg Holmes 20.84, 2. Eugene Driver 21.64, 3. Marion McCoy 21.94, 4. Keith Taylor 21.94, 5. Steve Hardison 22.43, 6. Benny Brown 22.48, 7. Glenn Johnson 22.61, 8. Warren Spikes 22.64, 9. Tom Harris 22.65, 10. Randy Williams 22.75, 11. Caegle 22.75, 12. G. Canfield 22.77. Hand: 1. Greg Holmes 20.6, 2. Eugene Driver 21.4, 3. Marion McCoy 21.7, 4. Keith Taylor 21.7, 5. Steve Hardison 22.2, 6. Benny Brown 22.3, 7. Glenn Johnson 22.4, 8. Warren Spikes 22.4, 9. Tom Harris 22.4, 10. Randy Williams 22.5, 11. G. Canfield 22.5, 12. Caegle 22.5. (40-49) 1. Stan Whitley 21.98, 2. Frank Little 22.78, 3. Matt Pruitt 23.09, 4. Steve Robbins 23.14, 5. M. G. Adamson 23.34, 6. Elliott Mason 23.49, 7. Dan Fitzsimmons 23.54, 8. Dennis Duffy 23.54, 9. Emert 23.85, 10. Fred Niedermeyer 23.91, 11. Ted Cain 23.94, 12. Bill Knocke 24.10, 13. Gil LaTorre 24.30, 14. Gary Miller 24.32, 15. Tommie Smith 24.34, 16. Walt Butler 24.44, 16. Carl Flower 24.44, 17. Bobby Simpson 24.44. Hand: 1. Stan Whitley 21.8, 2. Frank Little 22.5, 3. Matt Pruitt 22.7, 4. Steve Robbins 22.9, 5. M.G. Adamson 23.1, 6. Elliott Mason 23.3, 7. Dan Fitzsimmons 23.3, 8. Dennis Duffy 23.3, 9. Emert 23.6, 10. Fred Niedermeyer 23.7, 11. Ted Cain 23.7, 12. Bill Knocke 23.9, 13. Gil LaTorre 24.1, 14. Gary Miller 24.1, 15. Tommie Smith 24.1, 16. Walt Butler 24.2, 17. Carl Flower 24.2, 18. Bobby Simpson 24.2. (50-59) 1. Ken Dennis 23.14, 2. Nick Newton 23.64, 3. Bruce Springbett 24.54, 4. Gil LaTorre 24.29, 5. Stan King 24.74, 6. Gary Miller 24.87, 7. Phil Presber 25.50, 8. Ed Oleata 25.73, 9. Richard Hanson 25.72, 10. Don Benton 25.83, 11. Roger Tsuda 26.04, 12. Huel Washington 26.24, 13. Will Robinson 26.25. Hand: 1. Ken Dennis 22.9, 2. Nick Newton 23.4, 3. Gil LaTorre 24.1, 4. Bruce Springbett 24.3, 5. Stan King 24.5, 6. Gary Miller 24.7, 7. Phil Presber 25.3, 8. Ed Oleata 25.9, 9. Richard Hansen 25.5, 10. Don Benton 25.6, 11. Roger Tsuda 25.8, 12. Huel Washington 26.0, 13. Will Robinson 26.0. (60-69) 1. Robert Watanabe 25.84, 2. Gene Harte 26.54, 3. Bob Roemer 27.69, 4. David Lawyer 28.11, 5. Richard Zumwalt 28.64, 6. Bob Hunt 29.04, 7. Clarence Killion 29.21, 8. Claude Taggart 29.74, 9. Jack Jocy 30.04, 10. Charles

Mercutio 30.24, 11. Al Guidet 30.34, 12. Byron Walls 30.84. Hand: 1. Robert Watanabe 25.6, 2. Gene Harte 26.3, 3. Bob Roemer 27.5, 4. David Lawyer 27.9, 5. Richard Zumwalt 28.4, 6. Bob Hunt 28.8, 7. Clarence Killion 29.0, 8. Jack Jocy 29.0, 9. Claude Taggart 29.5, 10. Charles Mercutio 30.0, 11. Al Guidet 30.1, 12. Byron Walls 30.6. (70-79) 1. Payton Jordan 27.04, 2. Harry Koppel 27.97, 3. Tony Castro 30.24, 4. Bill Morales 30.34, 5. Conrad Schuck 30.64, 6. Herb Miller 31.74. Hand: 1. Payton Jordan 26.8, 2. Harry Koppel 27.7, 3. Tony Castro 30.0, 4. Bill Morales 30.1, 5. Conrad Schuck 30.4, 6. Herb Miller 31.5. (80 & Over) 1. Sing Lum 40.72.
400 Meter: (30-39) 1. Benny Brown 47.04, 2. Eugene Driver 48.63, 3. Greg Holmes 48.74, 4. Pete Mogg 49.84, 5. James Harvey 51.05, 6. Steve Hardison 50.18, 7. George McHale 50.50, 8. Ben Jamun 51.79, 9. Glenn Johnson 51.83. Hand: 1. Benny Brown 46.9, 2. Eugene Driver 48.5, 3. Greg Holmes 48.6, 4. Peter Mogg 49.7, 5. Steve Hardison 50.1, 6. George McHale 50.4, 7. James Harvey 50.9, 8. Ben Jamun 51.7, 9. Glenn Johnson 51.7. (40-49) 1. Stan Whitley 49.58, 2. Matt Pruitt 50.34, 3. Frank Little 52.06, 4. Dennis Duffy 52.24, 5. M.G. Adamson 52.44, 6. Don Parker 52.88, 7. Ted Cain 53.00, 8. Ron Martin 53.11, 9. R. Jensen 53.94, 10. Woody Studenmund 54.24, 11. Elliott Mason 54.47, 12. Russ Rutledge 54.47, 13. Bob Spies 54.84. Hand: 1. Stan Whitley 49.5, 2. Matt Pruitt 50.2, 3. Frank Little 51.9, 4. Dennis Duffy 52.1, 5. M.G. Adamson 52.3, 6. Don Parker 52.8, 7. Ted Cain 52.9, 8. Ron Martin 53.0, 9. R. Jensen 53.8, 10. Woody Studenmund 54.1, 11. Elliott Mason 54.4, 12. Russ Rutledge 54.4, 13. Bob Spies 54.7. (50-59) 1. Stan King 56.44, 2. Bill Green 57.10, 3. Bruce Springbett 57.64, 4. Gil LaTorre 57.70, 5. Ken Napier 58.64, 6. Roger Tsuda 58.84, 7. Gordon Seifert 59.14, 8. Don Benton 59.17, 9. Will Robinson 59.38, 10. Jesse Carrington 59.24. Hand: 1. Stan King 56.3, 2. Bill Green 57.0, 3. Bruce Springbett 57.5, 4. Gil LaTorre 57.7, 5. Ken Napier 58.5, 6. Roger Tsuda 58.7, 7. Gordon Seifert 59.0, 8. Don Benton 59.0, 9. Will Robinson 59.3. (60-69) 1. Robert Watanabe 61.12, 2. Gene Harte 61.64, 3. Bob Hunt 64.84. (70-79) 1. Harry Koppel 65.74, 2. Bill Fairbanks 72.22, 3. Jerome Lopes 75.24, 4. Pete Ganahl 76.44. (80 & Over) 1. Paul Spangler 1:59.62.
800 Meter: (30-39) 1. Benny Brown 1:50.55a, 2. Pete Mogg 1:52.9, 3. George Cagle 1:56.8, 4. Nolan Smith 1:58.1, 5. Ben Jamun 1:58.36a, 6. Daniel Barry 1:58.3, 7. D. Schultz 1:58.6, 8. Howard Keeley 1:58.7, 9. R. Jensen 1:59.30a, 10. Jim Gelsomini 1:59.7, 11. J. Garcia 2:00.2, 12. John Kilroy 2:00.82a, 13. Jim Bordonio 2:01.9, 14. R. Leslie 2:02.0, 15. Rex Hall 2:03.3, 16. D. Moon 2:03.5, 17. Paul McClelland 2:04.0, 18. Parks 2:04.4, 19. Wayne Johnson 2:04.6, 20. Vince Campos 2:04.82a, 21. R. Hall 2:05.2, 22. S. Jones 2:05.3, 23. Jerry Williams 2:05.70a, 24. Wayne Douglas 2:06.0, 25. Frank Reilly 2:06.1. (40-49) 1. Ron Jensen 1:59.0, 2. Searcy Barnett 1:59.3, 3. George Mason 1:59.6, 4. Harvey Franklin 2:00:05a, 5. David Romain 2:01.34a, 6. Graeme

Continued on Next Page . . .

Ranking

Shirley 2:02.01a, 7. George Cohen 2:02.07a, 8. Steve Ferraz 2:03.14a, 9. Dennis Duffy 2:03.40a, 10. David Himmelberger 2:03.75a, 11. Jim Hampton 2:04.0, 12. Mel Elliott 2:05.6, 13. Mike Phillips 2:06.61a, 14. Willie Clarke 2:06.88a, 15. W. Betts 2:06.89a, 16. Cliff Bedell 2:07.93a, 17. M. Profit 2:08.2, 18. Don Parker 2:08.53a, 19. B. Belancourt 2:08.75a. (50-59) 1. J. Comer 2:09.04, 2. Pete Richardson 2:09.85, 3. Ken Napier 2:14.2, 4. Fred Karlen 2:19.9, 5. L. Walts 2:22.02a, 6. Robert Culling 2:22.8, 7. Ross Dunton 2:25.03a, 8. B. Holmes 2:25.33a, 9. D. Bauer 2:25.3, 10. Jerry Withers 2:25.6, 11. Tom Sturak 2:25.84a, 12. Jesse Carrington 2:25.7. (60-69) 1. J. King 2:28.72a, 2. Louis Beadle 2:33.35a, 3. Larry Banuelos 2:39.8, 4. W. Cole 2:40.3, 5. Ray Gil 2:42.6. (70-79) 1. Pete Ganahl 2:48.55a, 2. Ray Mahannah 2:56.2, 3. Bill Fairbanks 2:58.84, 4. Ed Stotsenberg 3:02.30a, 5. Jerome Lopes 3:20.0, 6. Sid Madden 3:37.75, 7. Ken Carnine 3:37.75. (80 & Over) 1. Paul Spangler 4:25.5.

1500 Meter: (30-39) 1. Peter Mogg 3:55.0, 2. Ben Jamun 3:59.51a, 3. Glyn Reynolds 4:01.73a, 4. Roger DePrist 4:02.24a, 5. P. Harnus 4:02.4, 6. Ian Cumming 4:05.14a, 7. Nolan Smith 4:05.5, 8. J. Garcia 4:06.3, 9. Dave Parcel 4:07.1, 10. Stan Goodell 4:07.6, 11. Jim Gelsomini 4:07.6, 12. R. Goui 4:07.7, 13. Dennis Schultz 4:08.2, 14. R. Sturgeon 4:10.05a, 15. Paul McClelland 4:10.0, 16. Michael German 4:11.5, 17. Vince Campos 4:11.80a. (40-49) 1. Steve Ferraz 4:05.51a, 2. Ron Jensen 4:05.35a, 3. Harvey Franklin 4:08.62a, 4. Jim Hampton 4:10.37a, 5. Graeme Shirley 4:10.6, 6. George Cohen 4:11.46a, 7. Dennis Tracey 4:11.4, 8. M. Holbrook 4:12.68a, 9. Bill Sevald 4:14.5, 10. Mike Phillips 4:16.91a, 11. George Mason 4:17.9, 12. J. Hackett 4:18.08a. (50-59) 1. Glynn Woods 4:28.13a, 2. J. Lewis 4:43.5, 3. R. Rodriguez 4:52.6, 4. Gunnar Linde 4:54.0, 5. Jerry Withers 4:58.0, 6. Robert Culling 4:58.4. (60-69) 1. Joe King 4:54.7, 2. Larry Banuelos 5:11.6, 3. Avery Bryant 5:29.1, 4. Troy Grove 5:48.8. (70-79) 1. Ed Stotsenberg 5:58.9, 2. B. VanFleet 6:13.8, 3. Ray Mahannah 6:22.3, 4. Conrad Schuck 6:38.3. (80 & Over) 1. Willard Benton 8:04.23a, 2. Paul Spangler 8:40.4.

Mile Run: (30-39) 1. Peter Mogg 4:15.0. (40-49) 1. Tracy Smith 4:18.65i.

3000 Meter: (30-39) 1. Steve Ferraz 8:48.0, 2. Ron Jensen 9:04.3, 3. Ernie Rivas 9:07.4, 4. Bob Heierle 9:11.3, 5. D. Smith 9:11.7, 6. T. Hackley 9:17.6, 7. Gary Fauth 9:20.3, 8. Phil Bhrends 9:28.6, 9. G. Carlin 9:31.9, 10. S. Harney 9:47.0, 11. P. Torres 9:47.8. (40-49) 1. Bill Sivald 8:52.0, 2. Mike Figueroa 9:25.4, 3. Searcy Barnett 9:28.0, 4. Al Stanbridge 9:30.6, 5. Darryl Zapata 9:38.6. (50-59) 1. Pat Devine 10:25.5.

2 Mile Run: (40-49) 1. Harvey Franklin 9:53.97a.

3000 Meter Steeplechase: (30-39) 1. Ron Gee 8:57.44a, 2. Bill Sumner 9:17.35a, 3. Ed Aval 9:18.91a, 4. Ian Cummings 9:31.4, 5. David Hunter 10:31.4. (40-49) 1. Bruce Geddes

10:02.74a, 2. Eric Meredith 10:18.64a, 3. Don Thomas 10:23.99a, 4. Michael Grun 10:55.10a. (50-59) 1. Pat Devine 10:23.94a.

5000 Meter: (30-39) 1. Glyn Reynolds 15:14.99a, 2. Steve Hall 15:24.00a, 3. Barry Weaver 15:26.2, 4. N. Yray 15:44.1, 5. A. Neal 15:49.2, 6. J. Huberkern 15:57.43a, 7. C. Duff 15:57.6, 8. J. Carza 16:00.0, 9. Steve Rhode 16:09.00a, 10. Juan Garza 16:20.98, 11. D. Jedlovec 16:28.3, 12. M. Cour 16:29.35a. (40-49) 1. Bill Sevald 15:26.4, 2. Thomas Ramsey 15:52.76a, 3. Frank Duarte 15:54.7, 4. Bill Clark 15:57.36a, 5. Gary Goettelman 16:01.2, 6. S. Myhro 16:02.9, 7. Jim Hampton 16:04.38a, 8. Michael Figueroa 16:15.4, 9. D. Taylor 16:35.7, 10. C. Foote 16:38.01a, 11. R. Whitewater 16:52.8, 12. Frank Krebs 16:55.95a, 13. Allan Stanbridge 16:58.52a. (50-59) 1. Glynn Wood 16:40.51a, 2. L. Gilbert 16:50.0, 3. P. DesRochers 17:32.0, 4. Ron Pattinson 17:34.34a, 5. Pat Devine 17:55.87a, 6. Richard Rodriguez 18:07.22a, 7. C. Bourke 18:14.00a, 8. K. Allen 18:27.0, 9. Gunnar Lunde 18:38.1. (60-69) 1. Jim O'Neil 18:02.16a, 2. Robert Malain 18:36.48a, 3. Ray Gil 19:56.00a, 4. Phil Jones 20:37.26a. (70-79) 1. Paul Reese 20:41.97a, 2. Sid Madden 26:30.80a. (80 & Over) 1. Paul Spangler 30:34.8, 2. Willard Benton 30:26.83a.

1000 Meter: (30-39) 1. C. Thomson 31:59.9, 2. Juan Garza 33:16.74a, 3. G. Skiles 33:53.2. (40-49) 1. Bill Sevald 32:16.92a, 2. Bill Clark 33:25.33a, 3. Allan Stanbridge 34:36.00a, 4. G. Sides 36:05.5, 5. G. Chamberlin 36:20.1. (50-59) 1. Ron Pattinson 36:24.32a, 2. Pat Devine 36:48.55a, 3. T. Oviatt 38:14.0. (60-69) 1. Jim O'Neil 36:40.60a, 2. Larry Banuelos 38:26.0. (70-79) 1. Paul Reese 42:52.13a.

110 Meter High Hurdles: (30-39) 1. James McCarney 13.54, 2. Michael Simmons 14.05, 3. Delario Robinson 15.34, 4. Michael Saafir 15.40, 5. Kevin Speaks 15.49, 6. Roosevelt Wells 15.53, 7. Ginseng Ross 15.64, 8. Ed Loughridge 15.74, 9. Ken Satterfield 15.84. Hand: 1. James McCarney 13.3, 2. Michael Simmons 13.8, 3. Delario Robinson 15.1, 4. Michael Saafir 15.2, 5. Kevin Speaks 15.3, 6. Roosevelt Wells 15.3, 7. Ginseng Ross 15.4, 8. Ed Loughridge 15.5, 9. Ken Satterfield 15.6. (40-49) 1. Theo Viltz 15.06, 2. Walt Butler 15.34, 3. Larry Sallinger 15.64, 4. John Dobroth 15.94, 5. Al Henry 16.14, 6. Fred Johnston 16.17, 7. Jim Hollister 16.24, 8. Cornelius McCormick 16.26, 9. Hugh Adams 16.61, 10. Ted Cain 16.84, 11. J. Watkins 16.84, 12. Gary Miller 16.94, 13. Gary Bane 17:07. Hand: 1. Theo Viltz 14.8, 2. Walt Butler 15.1, 3. Larry Sallinger 15.4, 4. John Dobroth 15.7, 5. Al Henry 15.9, 6. Fred Johnston 15.9, 7. Jim Hollister 16.0, 8. Cornelius McCormick 16.0, 9. Hugh Adams 16.4, 10. Ted Cain 16.6, 11. J. Watkins 16.6, 12. Gary Miller 16.7, 13. Gary Bane 16.9. (50-59) 1. Dave Jackson 15.4, 2. Al Henry 15.7, 3. Jerry Stanner 18.0, 4. Dave Douglass 19.5, 5. Ray Fitzhugh 19.7. (60-69) (100 m) 1. Tom Patsalis 16.30, 2. Burl Gist 16.40, 3. Bob Hunt 17.54, 4. Bob Roemer 18.36, 5. Ted Ennslin 18.99. (70-79) (80m) 1. Herb Miller 14.4, 2. Chia-Tsung Pas 15.5, 3. Bert Morrow 15.5.

400 Meter IH: (30-39) 1. James McCarney 55.95, 2. Michael Simmons 56.11, 3. David Hoover 57.81, 4. J.



Left to Right: T.J. Bell, D. Duffy, B. Stanford, K. Brinker.



NICK NEWTON



SHIRLEY DAVISSON

Kirkpatrick 58.71, 5. M. Overn 58.94. (40-49) 1. Ted Cain 57.74, 2. Bill Knocke 58.04, 3. Hugh Adams 59.66, 4. Frank Little 60.00. (50-59) 1. Gary Miller 59.89, 2. Will Robinson 67.41, 3. Jerry Reiserer 68.04. (60-69) 1. Bob Hunt 77.9. (60-69) (300m) 1. Bob Hunt 51.33. (70-79) (300m) 1. Herb Miller 58.28, 2. John Satti 74.82, 3. Bert Morrow 75.85.

400 Meter Relay: (30-39) 1. Maccabi (Whitley, Johnson, McCoy, McCarney) 42.25a, 2. Tall Guy TC 43.1, 3. Maccabi (G. Johnson, D. Taggart, M. McCoy, J. Williams) 44.0. (40-49) 1. West Valley TC (Barnett, Cain, Duffy, Pruitt) 45.25a, 2. Corona del Mar (Dennis, Henry, Jackson, Flowers) 46.43a, 3. West Valley (Cain, Ciery, Knocke, Duffy) 46.49a. (50-59) 1. West Valley (Marlin, Sanford, Springbett, La Torre) 47.32a, 2. Los Angeles Valley (Stanners, Benton, King, Newton) 48.32a. (60-69) 1. Los Angeles Valley (Simon, Goto, Harte, Watanabe) 56.5, 2. Los Angeles Valley 56.9. (70-79) 1. West Valley (Satti, Fitzgerald, Koppel, Jordan) 58.91.

800 Meter Relay: (40-49) 1. West Valley 1:38.6, 2. West Valley 1:38.8.

1600 Meter Relay: (30-39) 1. All American (Harvey, Reilly, Brown, Driver) 3:24.90a, 2. Maccabi (Williams, Johnson, McCraney, Whitley) 3:30.10a. (40-49) 1. West Valley (Cain, Barnett, Pruitt, Duffy) 3:36.10a. (50-59) 1. Southern Cal Striders (Culling, Withers, Washington, Denton) 3:36.10a. (60-69) 1. Los Angeles Valley (Harte, Simon, Patsalis, Watanabe) 3:44.10. **4x800 Yard Relay: (40-49)** 1. West Valley (Thomas, Mason, Romain, Franklin) 8:10.9.

High Jump: (30-39) 1. Reynaldo Brown 6-8, 2. Jason Meisler 6-8, 3. Charles Rader 6-7, 4. Mel Embree 6-6, 5. Tom Harris 6-6, 6. Mike Saafir 6-4 3/4, 7. Jerry Coleman 6-4, 8. Dennis DeLoach 6-2, 9. Ron Shields 6-0 1/2. (40-49) 1. John Dobroth 6-1 1/4, 2. Richard Hotchkiss 5-6, 3. Dee DeWitt 5-4, 4. T. Qusey 5-4, 5. Don Dvorak 5-4, 6. Carldon Collins 5-2, 7. Gary Bane 5-2, 8. Bill Benson 5-2. (50-59) 1. Nick Newton 5-9 3/4, 2. Don Rose 5-4, 3. Jerry Stanner 5-2, 4. Gordon Seifert 5-2, 5.

Continued on Next Page . . .

Ranking

Harvey Schellenberg 5-2, 6. Jack Smith 5-0, 7. Ray Fitzhugh 5-0. (60-69) 1. Burl Gist 5-1, 2. Joe King 4-10, 3. Walt Dahlin 4-6, 4. Carl Orndoff 4-4, 5. Chuck McFate 4-2 1/4, 6. Jim Johnson 4-2, 7. Don Grey 4-2, 8. Dave Brown 4-0 1/4, 9. Carl Porter 4-0 1/4. (70-79) 1. Pete Ganahl 4-2 1/4, 2. Claude Taggart 4-2, 3. Carol Johnston 4-0, 4. John Damski 4-0, 5. Herb Miller 4-0, 6. Jim Vernon 3-10, 7. Ted Hatlin 3-8, 8. L. Liebenberg 3-8, 9. Jack Appleton 3-7, 10. A.B. Vesco 3-6. (80 & Over) 1. Winfield McFadden 3-8.

Long Jump: (30-39) 1. Randy Williams 23-10, 2. Tom Harris 22-7 1/2, 3. Randy Kruse 21-10 3/4, 4. Roger Trujillo 21-8 1/4, 5. John Kuechle 21-4, 6. Bobby Jackson 20-10 3/4. (40-49) 1. Rufus Morris 22-0, 2. Darrell Horn 20-10 1/2, 3. Carl Flowers 20-8 1/4, 4. Gary Miller 20-2, 5. Al Henry 20-0, 6. Les Bonds 19-9 1/2, 7. Ted Cain 19-7 1/4, 8. Jim Hollister 19-6 3/4, 9. Don Dvorak 19-4, 10. Walt Brown 19-3, 11. John Norton 18-10, 12. W. Betts 18-10, 13. Bob Bly 18-9 1/2, 14. J. Steffes 18-9 1/2, 15. Dee DeWitt 18-8 1/4, 16. John Lawson 18-7 1/2, 17. Rick Schmidt 18-6, 18. J. Watkins 18-4 1/2. (50-59) 1. Dave Jackson 19-2, 2. Rick Schmidt 19-1 1/2, 3. Harvey Schellenberg 18-5 1/2, 4. Phil Presber 18-2 3/4, 5. Roger Tsuda 17-11 3/4, 6. J. Isevi 16-10 1/2, 7. M. McLead 16-10, 8. Shirley Davisson 16-4 1/2, 9. S. Richmond 16-2 1/2, 10. Ed Oleata 16-0. (60-69) 1. Tom Patsalis 17-4 1/4, 2. Jim Johnson 16-7, 3. Bob Roemer 15-3, 4. Ted Ensslin 15-1 1/2. (70-79) 1. Bill Morales 14-10 1/4, 2. John Satti 13-0. (80 & Over) 1. Winfield McFadden 9-0 3/4.

Triple Jump: (30-39) 1. Roger Trujillo 45-11 1/4, 2. Tony Rotella 42-1 1/2. (40-49) 1. Darrell Horn 41-10 3/4, 2. Rufus Morris 40-9 1/4, 3. Al Henry 40-7, 4. Jim Hollister 38-0 3/4, 5. Carl Flowers 37-11, 6. David Romain 37-7 3/4, 7. Don Dvorak 37-5. (50-59) 1. Al Henry 40-9 1/4, 2. Dave Jackson 40-6. (60-69) 1. Tom Patsalis 35-7 3/4, 2. Jim Johnson 31-8 1/2, 3. Ted Ensslin 30-9, 4. Baruch Elias 29-7 1/4, 5. Charles Mercurio 29-1. (70-79) 1. John Damski 28-5, 2. Herb Miller 25-7 3/4, 3. L. Liebenberg 24-0, 4. Joe Caruso 23-6. (80 & Over) 1. Winfield McFadden 22-10 1/2.

Pole Vault: (30-39) 1. Robert Pullard 16-6, 2. Doug Backmiller 16-6, 3. Steve Hardison 16-6, 4. Steve Smith 16-0, 5. Robert Olssen 16-0, 6. Mike Hogan 16-0, 7. Carl Brazelton 15-6, 8. Craig Boyak 15-0, 9. Wilson Soo Hoo 14-6, 10. J. Williams 14-0, 11. Leon Roach 14-0, 12. T. Wilson 13-6, 13. Ed Seese 13-0. (40-49) 1. Mardon Connelly 14-0, 2. Mike Morris 13-8, 3. Bruce Hotaling 13-8, 4. Gary Miller 13-0, 5. Dave Johnston 12-0, 6. G. Lemen 12-0, 7. Dee DeWitt 11-6, 8. Bob Bly 11-6, 9. Richard Stepp 11-6, 10. Roger Werne 11-0, 11. Gary Bane 10-6, 12. Harold Sansbury 10-0, 13. John Fielder 10-0. (50-59) 1. Gary Miller 12-0 3/4, 2. T. Woodring 11-6, 3. Ed Oleata 11-0, 4. C. Dumas 11-0, 5. Jerry Stanners 10-8, 6. Dave Douglass 10-0. (60-69) 1. Dave Brown 9-8, 2. Ralph Biesmeyer 9-0, 3. Ted Ensslin 9-0. (70-79) 1. Jim Vernon 9-6, 2. Carol Johnston 9-0.

Shot Put: (30-39) 1. William Pendelton 53-9, 2. Richard Garbet 51-3, 3. Mike Diller 49-4, 4. Frank Reilly 49-2, 5. Alan Stephens 49-0 1/2, 6. T. Ciavilli 48-8 1/2, 7. E. Grow 47-4, 8. Russ Reabold 44-6, 9. Mike Moore 44-2. (40-49) 1. Richard Brown 49-7 1/2, 2. Lloyd Higgins 48-11, 3. Gerd Kuhnke 46-10, 4. G. McGaugh 42-4, 5. John White 42-4, 6. Dick Hotchkiss 41-1, 7. James Hart 40-8 1/2. (50-59) 1. James Hart 50-7, 2. Ray Martin 47-6, 3. Hal Smith 47-0, 4. Stew Thomson 47-4, 5. Ted Wassam 42-6, 6. Ed Oleata 42-1 1/2, 7. Harry Hawks 40-8 3/4, 8. Bob Frahm 40-3. (60-69) 1. Bill Bangert 49-2, 2. M. Orlich 47-6 1/4, 3. Mike Castanada 44-0, 4. Ed Chynoweth 41-3, 5. Seymour Lampert 39-5, 6. K. Mitchell 39-3. (70-79) 1. Jack Thatcher 38-3 1/4, 2. James York 35-1.

Discus: (30-39) 1. John Powell 202-6, 2. Frank Reilly 170-7, 3. Dennis Umshler 160-11, 4. Glen Klien 157-0, 5. Mike Diller 152-11, 6. Mike Moore 139-11, 7. Russ Reabold 134-0, 8. Richard Garbet 130-4 1/2. (40-49) 1. Ron Michael 146-3 3/4, 2. Mike Woodward 141-8, 3. Cornelius McCormick 129-0. (50-59) 1. Bob Humphrey 168-6, 2. Stew Thomson 168-1, 3. James Hart 152-7, 4. Allan Brown 145-11, 5. Ed Van Pelt 145-0, 6. Harry Hawke 136-10, 7. Ed Oleata 128-7 1/4, 8. Hal Smith 126-6, 9. Gary Miller 121-1, 10. D. Reitz 120-3. (60-69) 1. Dan Aldrich 146-5 1/4, 2. Mike Castanada 145-0, 3. Del Pickarts 144-6, 4. E.J. Castaneda 141-4, 5. Bill Bangert 141-1, 6. Hy Booth 136-7, 7. Bob Stone 127-7. (70-79) 1. Bill Morales 121-1, 2. James York 120-4.

Javelin: (30-39) 1. J. Carter 200-1, 2. Mike Moore 198-10, 3. Joe Greenberg 198-2, 4. Rich Ugate 185-4, 5. Steve Jarvis 184-11, 6. Frank Reilly 183-6, 7. Drew Stevick 182-0, 8. Gary Schmidt 161-10, 9. Michael Holzgang 151-6, 10. Frank Rock 146-11. (40-49) 1. Larry Stuart 221-5, 2. Lloyd Higgins 185-8, 3. Dick Shelby 177-7, 4. Mickey Murray 169-9, 5. Eric Westin 162-5, 6. Richard Hotchkiss 159-6, 7. Doug Shaw 157-7, 8. Dennis Neufeld 149-7, 9. Gary Miller 149-3, 10. Richard Stepp 147-6, 11. Mike Woodward 142-2, 12. Mike Cunan 141-11, 13. Joe Walker 137-11, 14. Richard Rook 135-6, 15. J. Wallek 133-11, 16. Michael Holzgang 129-8. (50-59) 1. Phil Conley 175-10, 2. R.S. Hudson 162-5, 3. Del Pickart 155-10, 4. J. Shields 154-8, 5. Don Rose 152-6, 6. Gary Miller 151-9 1/4, 7. M. Rose 149-5, 8. Hal Smith 148-7, 9. Ed Martin 124-5.



BILL MORALES



JOHN DOBROTH

(60-69) 1. Del Pickart 183-8, 2. Frank Held 173-2 1/2, 3. Bill Morales 155-4, 4. Ed Chynoweth 151-2, 5. Ken Mitchell 120-0. (70-79) 1. Bill Morales 157-9. **Hammer: (30-39)** 1. Matt Mileham 231-1, 2. Casey Ballevel 194-1, 3. Ed Arcaro 189-11, 4. Mike Diller 164-8, 5. Gary Kelmenson 148-10, 6. Frank Reilly 140-7. (40-49) 1. Ed Burke 180-0, 2. Lloyd Higgins 159-11, 3. Gordon Bobell 132-9. (50-59) 1. Gordon Bobell 161-3 1/4, 2. Stew Thomson 159-7, 3. Bob Humphrey 153-6, 4. Dave Douglass 134-3, 5. James Hart 133-5. (60-69) 1. Bill

Bangert 129-8 1/2, 2. Jim Minah 120-9, 3. Dan Aldrich 118-9 3/4, 4. Bob Stone 5. Tom DeVaughn 106-8. (70-79) 1. James York 112-5. **Pentathlon: (30-39)** 1. Frank Reilly 3377. (40-49) 1. Gary Miller 2847, 2. Jim Hollister 2786. (50-59) 1. Gary Miller 2781, 2. Ed Oleata 2492. (60-69) 1. Bob Roemer 3775, 2. Jack Jocy 3187. **Decathlon: (40-49)** 1. Gary Miller 5229, 2. Gary Bane 4190. (50-59) 1. Ed Oleata 5061, 2. Dave Douglass 3252. (60-69) 1. Ted Ensslin 6305, 2. Jack Jocy 6212.



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Racing Report

By RICHARD LEE SLOTKIN

THE LASSE VIREN 20K

November 15. Pt. Mugu State Park, Malibu.

A press release issued a couple of weeks before this race promised "one of the strongest fields ever assembled on the West Coast." Unfortunately, the field was badly depleted by no-shows, many of whom almost had to have been "iffy" to the extreme all along. So, we didn't see Frank Shorter, or Art Boileau; nor could we find Agapius Masong, Kirk Pfeffer and Mark Anderson; even with our brand new contact lenses firmly in place we saw no sign of Nancy Ditz, Lorraine Moller or Bente Moe. Gary Tuttle was there, but, being injured, he was a spectator like the rest of us. And though Team Reebok was represented, it wasn't by the likes of Arturo Barrios or Steve Jones. No "A" Team here.

Well, that's the bad news.

The good news is that, despite the no-shows, the probably-wouldn't-have-come-anyways and the never-intended-to-come-in-the-first-places, good old boy Eino still put together a very good little group of runners for the invitational part of this 10th running of the Lasse Viren 20K.

For starters, there was the eponymous (Don't look at me like that! Look it up!) Mr. Viren; not in the kind of shape that won all those Olympic gold medals, but not chopped liver either. And fellow Finn, the infamous-but-reformed Martti Vainio, who was in pretty decent shape, but also rather fresh from a fast race in Europe, which meant he might not be so fresh. One guy who did look pretty fresh was Jon Sinclair, wearing weird shorts as usual, and, also as usual, a pre-race favorite. Then there were guys like Kenyan Wilson Waigwa, Twin Cities Marathon champ Marty Froelick, the pride of Granada Hills Farron Fields, Chuck Trujillo, who was the cross-country champ of the Big Eight twice, another Finn, a former winner here, Martti Kilhoma and another dozen or so guys who, on a good day, could run in this kind of company.

The women's field was the weakest they've ever had; it barely deserves to be called a field. But, Priscilla Welch was in it. Now PW was still recovering from the New York Marathon, which, in case you were in the mines and hadn't heard, she won, so she had not intention of running hard. With the competition she was facing, she wouldn't have to but unless Ingrid or Greta showed up it was not likely that she would have let any lesser mortal of female persuasion to get to the tape ahead of her. When you're that good, you can be that way, you know.

For a change, the weather in Sycamore Canyon at ten o'clock was pretty nice: sunny, just a bit warm, but a bit windy too. More often than not you get a choice between a rainstorm or a windstorm, or sometimes, both of the above. The later than you'd expect start time was to allow an earlier race for the common folk. Details on that later.

Anyway, the small group of about 50 or 60 which made up the invited field took off and as they disappeared around the bend, yeah, they really did, Reebok's Dennis Leck took the lead. Farron Field was with him, though, watching and waiting. And watching and waiting behind Field was Jon Sinclair. For all practical purposes, that was it. Marty Froelick couldn't have much left after his great win at Twin Cities and a more recent hard 8K in the Foot Locker Partners Championship. The eponymous Mr. Viren wasn't in serious shape, nor was Vainio. Kilhoma has seen better days as probably has Waigwa.

Any of these fellows are capable of cracking off a good one on a given day, but today wasn't the one, and for the reasons given.

So, Leck is leading, followed by Field and joined by Jon. At 3 miles, Leck seemed to find himself in a bit too deep and he fell back. Field took the lead and Sinclair glued himself to Field's shoulder and except for two short breaks that's how they ran the rest of the race. To understand what those two breaks were about you have to have an idea of what the course is like.

Sycamore Canyon is in the mountains of Malibu and starts just a matter of yards from the beach. The course starts about a half mile inland and is a combination loop and out-and-back: out about 2 miles, a big 8 mile loop and then back over the original 2 miles. It's mostly flat going through woods via hiking trails until about the 6 mile mark. There, you come on to a paved road which almost immediately goes up a steep, quad-busting half mile or so hill which then levels off to a slightly rolling effect for about a mile. Then, you get a nice fast downhill, a hairpin right turn and back onto the trails and flat ground again. So, it's not a typical cross country course. No streams to cross, no boulders or fences to leap and no mud spattered all over you, unless it rains. And it does rain quite often.

photo by Richard Lee Slotkin



JOHN SINCLAIR

photo by Richard Lee Slotkin



BARRY ALEXIA

But, it didn't rain this time. However, the hill is always there and some interesting things happen on it sometimes. For instance, Field had been leading Sinclair

for about 3 miles when they reached the hill. Sinclair claimed later that he didn't think he had the strength to take the lead, and while Field didn't like someone breathing down his neck as Sinclair was doing, he was even more loathe to "... slow down to a 5:10 or 5:20 pace just to let him take the lead." Yet, going up the hill, Sinclair made a move. It wasn't a real blaster so Field was content to sit on Sinclair's shoulder for a while. Then, when they reached the top, Sinclair backed off. That, too, was OK with Field because he was feeling pretty good so far. So, he took over the lead again, but Sinclair resumed his role as Field's shadow.

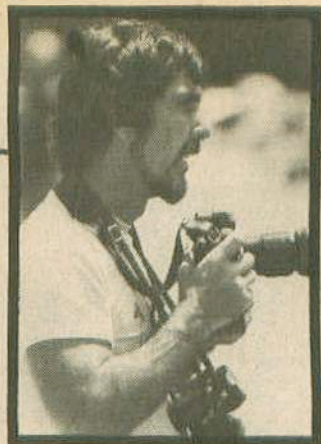
By now, both men knew that neither could lose the other so it was going to come down to a kick. Field's strategy was to hold the lead and then explode with about 400 yards to go. Sinclair had the identical idea and, in anticipation of it, had noted a spot on the course about 150 meters, he said, from the finish. Well, I've had some calculus and linear algebra but I still haven't figured out how they came to Sinclair's 150 meter mark before Field's 400 yard spot. Apparently, though, they did and Sinclair caught Field sleeping. "I figured that I'm just going to wait until the last 400 yards and just power before he gets a chance, which (is what) he did to me... even if you're faster than they are... if they just go boom! and they take off on you... before you know it they've got 10 yards, and I've never seen anybody accelerate like him."

Well, it was more like 15 yards and it held. Over the last 100 yards, Sinclair was going for all he was worth, which was quite a lot, and Field was hanging right there with him, digging just as hard. But, as Field said, you just don't get back the other guy's surge so easily, especially with the finish line already in sight.

Interestingly, Sinclair and Field are both graduates of Colorado State, and in 1980, when Sinclair was a senior and Field a freshman, they were both on the CSU track team. Sinclair didn't know Field back then so he didn't recognize him here. Field had no such problem.

So, Sinclair with a 3 second wirt in 1:01:30. Almost a minute behind Field was 3rd. Remember Leck? Well, that was he. He didn't fade away and die as early leaders so often do. Finishing in 1:02:27, he had a 12 second lead over Waigwa, who took 4th. Froelick was 6th and Vainio was 11th. Viren was way back in 17th, more or less enjoying himself when he found Chuck Trujillo making a big surge to try to pick off the great Olympian in that last 100 yards. Now, in past showings here, Viren has let guys have their little thrill, and it seemed that he was going to do so again today. But, glancing behind and seeing Trujillo's determined rush, something made the juices flow and Viren seemed to say to himself, "Not this time, buddy!" From where I was, it looked as though Viren held him off by a step, but no more. Trujillo, however, said that he got him. Unfortunately, the results, the official results, disappeared sometime after the awards were determined and the partials that I managed to obtain are incomplete. Positions 12 through 16 are missing, among others. Oh well, I'll take his word. Viren has his medals and Trujillo has his memory: I beat the great Lasse Viren one day!

As expected, Priscilla Welch ran unchallenged, didn't do any damage to her New York Marathon-worn self and cruised to a 5 1/2 minute win. Lisa Mills of Aurora, Colorado, running for Team Reebok was second, 2



□ Racing Report

minutes ahead of 3rd placing Toby Jacobs.

In the open race, just one second separated winner Barry Alexia from runner-up Peter Oviatt. The 18 year old Oviatt led most of the way, after the first 3 miles which were led by Hans VanKoppen. At about 11 miles Alexia caught up with him and they fought it out the rest of the way, Alexia fighting off Oviatt's surges. However, the older Alexia, 32, suckered his youthful opponent. At the 12 mile mark, which is only about 200 yards from the finish, but you can't see it yet because of the trees and the curves, Alexia asked Oviatt how far they had to go. Oviatt started to answer, "About 4 miles..." when Alexia took off without even waiting to hear the answer. They both had a good long laugh about it afterwards. Alexia's time was 1:11:41 and Oviatt's 1:11:42. In a carbon copy of the Invitational, or was it vice versa?, the initial leader ended up 3rd. That was VanKoppen and his time was 1:13:26.

Finishing 25th overall, out of 219, Kim Currie was the first female. The time was 1:21:57. That put her just over 4 minutes ahead of Janet Mamon who was 2nd F with a time of 1:26:02.

Overall Results - Invitational Men

1	Jon Sinclair	1:01:30
2	Farron Fields	1:01:33
3	Dennis Leck	1:02:27

4	Wilson Waigwa	1:02:39
5	Marti Fiihoma	1:03:15
6	Marty Froelick	1:03:25
7	Ken Misner	1:04:33
8	Steve Benson	1:05:00
9	Todd Wrenke	1:05:41
10	Mike Sandrock	1:05:49
17	Lasse Viren	1:07:50

Overall Results - Invitational Women

1	Priscilla Welch	1:11:48
2	Lisa Mills	1:17:12
3	Toby Jacobs	1:19:13

Overall Results - Open

1	Barry Alexia (32)	1:11:41
2	Peter Oviatt (18)	1:11:42
3	Hans VanKoppen (32)	1:13:62
4	Mark Sisson (34)	1:14:08
5	William Little (35)	1:14:37
6	Chris Butze (24)	1:14:53
7	Jeff Press (32)	1:15:08
8	Jack McDowell (40)	1:15:40
9	Richard Holly (41)	1:15:48
10	Robert Pena (19)	1:16:16
25	Kim Currie (23)	1:21:57

WESTERN HEMISPHERE MARATHON

December 6, Culver City.

As courses go, Western Hemisphere's is not a bad one. Although it isn't as flat as it looks, it doesn't have much in the way of hills. One steep but short one and a couple of rises caused by bridges are about it. The rest of the course is almost-but-not-quite flat. Yet, almost everyone who gets to the 20 mile mark feels as though they've climbed the Matterhorn. And that, in turn, makes for some pretty exciting finishes. The guy who looks as though he's got the race in his pocket suddenly gets swallowed up somewhere along Jefferson Boulevard and that's when the winner pops out of Barman Avenue onto Overland, just a block from the finish, you wonder where he came from and what happened to the other guy. Or, this year, the other guys.

The excitement makes up somewhat for the lack of high level talent and numbers that a race with the age and credentials of this one ought to have. There were no big names and not very many people only 179 finishers out of maybe 250 entered.

On the other hand, it's a comfortable affair, if you can ignore those last 6 miles. Many of the faces are familiar and while the competition can be pretty intense, it never gets bloody. And this year they had some nice packages of merchandise for the winners, overall and age group alike.

Still, the race is the thing so let's get on with that. About 20 or 30 yards south of the intersection of Overland Avenue and Culver Boulevard there is a strip imbedded in the asphalt across Overland. On the north side of the strip yellow lettering informs you that this is the start of the Western Hemisphere Marathon and on the south side of it similar lettering tells you that you have reached the finish. Looks pretty simple doesn't it? Well, when you look at it that way, there is only the width of the strip, about a foot, separating the start from the finish. As we all know, however, that's not the way it goes. The way it really goes there are several feet between the start and finish. Twenty-six and a quarter miles worth of feet, in fact. And in the process of covering those 138,336 feet a lot of things can happen. Now, for 3 years here, not much did. Steve Flynn came

down from San Luis Obispo and Steve Flynn won. Ho, hum, another marathon trophy. Last year there was a change. Flynn came down for what would have been an unprecedented 4th win in a row, found himself not fully recovered from previous recent races and checked out at the 10 mile mark. At that point, Harold Ketting had a nice lead over Chris Weston and it held up for another 10 or 11 miles. Then, as happened so often before the Flynn era, Jefferson Boulevard swallowed Ketting up and the guy we saw swing out around the corner at Barman was Weston. Ketting, who was second to Flynn the previous year, wound up 3rd. No one knew where the other guy had come from.

So, this year Ketting is back, but he's running strictly for a workout, he says. Weston is not back; he ran New York, and if you were watching on TV, you saw Priscilla Welch pass him at about, what was it? 12? 15? miles. Alfredo Rosas, a trials qualifier and therefore the entrant with the fastest, by far, time is there but he too is only running for a workout. Well, he did run a hard 5K the day before; even took second place. Ken Moffitt is signed up and ready to go; the same Ken Moffitt who won this race 5 or 6 years ago, the same Ken Moffitt who set an American record in the 50 miles in 1978. The Ken Moffitt we're seeing today isn't the same one who did those things, though. But he used to be.

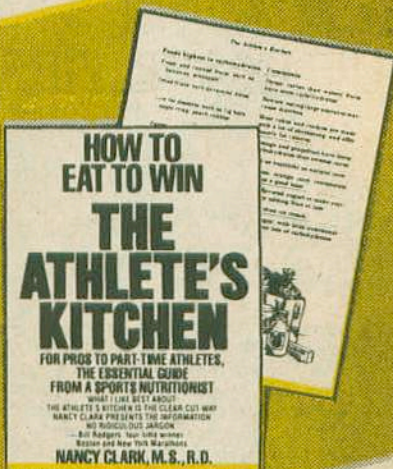
I don't see any women that I recognize so I'm not looking for much there. Actually, I'm not looking for much anywhere, unless Rosas gets hot, but he's only running for a workout; even his coach says so, although, if he's doing ok at 20 miles then he has the green light to go ahead and see what happens. Well, he was doing ok at 20 miles, but the light that came on wasn't green. We get ahead of ourselves, though.

They got the gang off, just a few minutes late, not enough to matter. I took off on my bike in a different direction to head them off near the 2 mile mark, which happens to be in front of the condo complex where I live,

Continued on Next Page . . .

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□ Racing Report

photo by Richard Lee Slotkin



HAROLD KETTING

on Jefferson Boulevard. The first guy that came by was James Edmondson and he was followed by one of the regulars, Ed Chaidez, who not so long ago, was terrorizing folks on these streets with his blistering early paces. Right behind Chaidez came Chip Netzel, son of a Culver City city councilman. I didn't recognize any of the next several runners until Rosas came along, a little too far back this early in the race to look as though he would be challenging for the lead later on. At 16:10 the first 2 Fs came by and I still didn't recognize either of them; just in case either of them held her spot I fired off a frame or 2 on my trusty Nikon. Then I went back the way I came so as to intercept the gang at the 6 mile mark, which is just across the street from the When the leaders appeared, it was Chaidez in front and then Netzel. There's a water stop at that point and Netzel missed his grab, so he stopped, turned around and went back, and, in the process, was passed by the next 3 runners. When the first F came by, I checked my watch and it read a very respectable 39:32. The second F was not far back; her 6 mile time was 40:16. I wondered who they were.

Well, there wasn't any need to stay there any longer so I hopped on the bike and took off after the leaders. When I caught up to the leading female, she had gathered a lot of male company as an escort, one of whom was the famous? notorious? strange? ultra runner, Craig Chambers. Craig is a co-owner of the Encino Phidippides and his colleague, Charlie Hoover, was also in the race, somewhat further ahead.

Anyway, as I passed this group I asked the center of attraction what her name was. Normally, I won't intrude like that, especially when someone is in contention for a win, but this lady was chatting with her companions so I didn't think I would hurt her concentration much. She said her name was Teri Gerber, "You know, like the baby food," she added, and I realized that I was no better off

than before I asked. My memory's retrieval system had let me down or I would have remembered that this gal was a Western States 100 winner.

So, I continued pedalling and soon came upon Patrick Devine who in 59 years old and was heading for a 2:56 today. At this point, about 9 miles, he didn't look, or sound, as though he would make it to the next water stop, about a mile away. He wasn't breathing heavily as much as he was gasping; and he looked as though he felt the way he sounded. But, 2 hours later he didn't look, or sound any differently and he was crossing the finish line.

Continuing on, I passed everyone else and stopped at the 10 mile check point so I could take some more photographs. Chaidez was still leading, and big now. He came through 10 miles in 56:08. Edmondson was still 2nd, but 44 seconds back and now in 3rd was Dan Mitchell, followed closely by Brian Nelson. At 65:05 Gerber went by, minus most of that escort. Now I was really impressed but my core retrieval refused to let loose with any information as to who she was. Meanwhile, the next F appeared and the time was 68:20, also impressive. I didn't know her either but, she stopped right there; probably only intended to go 10 miles. Next F turned out to be Karen Carponi and she too was under 70 minutes: 69:10. Carponi at least looked familiar, but I couldn't put a name with the face. Am I on the ball, or what?

Rather than go after the leaders again and mess with the traffic in Playa del Rey, I took the easy way out: I crossed the street and waited for them to come back. That put me near the 16 mile mark, so I had a bit of a wait.

First to appear was Chaidez. Wow! What a win that would be. He's only 35 but Ed isn't the same runner that he was 6 or 7 years ago when I first met him, and even though this isn't Boston or New York, the competition is good enough for you to want to put your money on someone else. Right now, though, Chaidez is sitting on a 30 second lead and the guy chasing him is still Edmondson and Edmondson is 45 years old! This could be some one-two finish. And where the hell is Rosas? Or Ketting? Workout! Who are they kidding? But why are they letting these guys run away with it? And while we're at it, who is this guy in 4th. An oriental and he's not running for Gardena Valley. He's over a minute behind Chaidez but he's ahead of a lot of guys who should be ahead of Chaidez. To tell you the truth, at this point I wouldn't be surprised to see Gerber come on and win the whole thing.

I get my pictures and hop on the bike again. My you-know-what is getting pretty sore by now so I'd kind of like to see this thing take the shape it's going to end with.

No such luck.

At 17 miles, Chaidez is not only still leading but he looks pretty good too. Edmondson has lost only a few seconds but he's starting to show some pain. The oriental is now in 3rd, only 20 yards behind and gaining, not only on Edmondson but on Chaidez too. At 18 miles Chaidez's lead is down to 14 seconds and the oriental, whose name I learned later is Virtue Ishihara-oh, my! this is getting better every minute-is coming on pretty fast. About a quarter mile later, Ishihara moves into first and now Chaidez looks very tired. Ishihara opens a big lead rather quickly. I'm riding with him now and every time we go through an intersection he says thank you to the traffic control people. Geez! I didn't thin anyone raised kids like that anymore.

Well, we come to the 20 mile mark in 1:56:37. In a few blocks we go past the start/finish point and I had intended to park there and wait for the leaders to finish the last 10K. Unfortunately, I didn't think I had a good shot of Ishihara so I stayed on the course with him a while longer. And that's when everything began to happen.

At 21 miles, where I had gone ahead and stopped to get my shot of what I figured was this year's winner, I noticed that Ishihara had about a two blocks lead over 2nd. And who's in 2nd? Why it's Alfredo Rosas. And he looks good! Behind Rosas I can now see 3rd. Can you guess who it is? I won't tell you his name but his initials are Harold Ketting. And he looks good.

I should have followed these guys, but, as I said before, my tuchis was getting very sore and it was less than a mile to the finish line if I went back the way I had just

come compared to about 5 miles if I followed the course.

This is what I missed:

At 22 miles, Rosas, the trials qualifier, took the lead from a tiring Ishihara. At 24 1/2 miles Ketting took the lead from a tiring Rosas. (See what I mean about people getting swallowed up on Jefferson?) He thought that Rosas was going to go with him. "I thought he was just waiting for me." In fact, Ketting added, "I wasn't planning on winning it. I still thought he was going to beat me. He's in a lot better shape than I am." But Rosas saw things differently. "I had to let him go. I was tired."

Rosas really was tired. How tired? Tired enough so that at 26 miles, the apparently not quite as tired Virtue Ishihara passed him to take second place. You couldn't surge, I asked incredulously, for the last quarter mile? "No. My legs gave out." Hey, folks. That's the marathon. She's one mean mamma.

So, Ketting, who coaches track at Redondo High School, moved up from two years of being a bridesmaid to putting his name on the permanent placque which stands in front of the Culver City Veterans Memorial Building, just yards from the start/finish line.

The winning time, 2:32:27, wasn't New York or Boston but it was a PR for Ketting. Not bad for a workout. For Ishihara, he of the polite manner and interesting first name, "...I never expected to come out that far...I was surprised I was in first...I kept waiting and waiting and waiting and for about 4 miles nobody passed me and I was shocked." When he was passed, first by Rosas and then Ketting, he was feeling pretty tired, but still happy to be as far up as he was. When he saw Rosas coming back to him he thought, "My gosh! I might even get second!"

He sure did.

And what about the guys who did all the work for the first 17 miles? Well, they finished the same way, Chaidez chased by Edmondson. Chaidez was 10th in 2:47:38 and Edmondson was 11th, 21 seconds later.

photo by Richard Lee Slotkin



TERI GERBER

Fourteenth was Terry Gerber, just seconds away from being Culver City's 1st trials qualifier in how many years? Let me tell you: Many. Her time was 2:50:56. She said she really wasn't going for it; she merely wanted to see how close she could come without killing herself. She was pleased with her time and figures that she'll qualify next time out. She certainly has the speed: running for Ventura Community College, she took 6th overall in the state cross country meet this past season.

Karen Carponi held her place and was runner up in 3:09:18. She and husband Gianni, who was 6th overall, 2:40:06, had run very well in the recent Foot Locker Partners 8K. In fact, as they ran over some of the same ground, by Dockweiler Beach, near the turnaround point, there must have been a slight feeling of deja vu.

Continued on Next Page . . .

Racing Report

Ken Moffitt finished one place and almost one minute behind Gerber, while Charlie Hoover was 8th overall in 2:44:02. Partner Chambers eased back to a 3:24:09. Netzel, the councilman's son, DNFed. Almost all of the women, if not all, received an award. There were 3 awards for each age group and the women seemed to be spread appropriately. I mean, finishing in over 4 hours was no barrier to success. Connie Corson's 4:31:30 happened to be the 2nd best time in the 35-39 group. If Terry Gerber had not been there, Corson would have won the division! And Susan McMaster found, to her surprise-shock would be more like it—that her 4:43:05 was good enough for the 3rd place medal in the W40-44 division.

Listen, if some guy can win 23 million bucks in the lottery, what's wrong with taking home a medal for a 4 1/2 hour marathon? You pays your money and...you know the rest.

Culver City, it's my home town. The world's 2nd oldest

marathon. You want to run it? C'mon down. Se habla marathon.

Overall Results

1	Harold Ketting (33)	2:32:27
2	Virtue Ishihara (30)	2:33:17
3	Alfredo Rosas (27)	2:34:53
4	Takashi Yagisawa (33)	2:38:15
5	Ed Mora (31)	2:39:28
6	Gianni Carpani (40)	2:40:06
7	Kirby Lee (23)	2:40:29
8	Charlie Hoover (39)	2:44:02
9	Dan Mitchell (29)	2:47:21
10	Ed Chaidze (35)	2:47:38
11	James Edmondson (45)	2:47:59
12	Jorge Monroy (25)	2:48:46
13	Todd Andrew Nott (23)	2:50:12
14	Teri Gerber (38F)	2:50:56
15	Ken Moffitt (35)	2:51:51
16	Enrique Serratos (35)	2:54:22
17	Patrick Devine (59)	2:56:26
18	Richard Hillestad (45)	2:59:16
19	Roland August (32)	2:59:25
20	Nicolas Gamboa (34)	2:59:58

Pizzolato was back in the pack and San Diego's pride and joy, Terry Cotton, was in front, followed closely by Bob Leetch, Dave Daniels, Rusty Knowles, Samson Obwocha, who is an NCAA division II distance champion, Mark Conover, Martti Kiihola, a former winner here and Gus Quinonez, to list the more prominent folks up front.

After a 4:35 mile, it was Cotton with a step lead on Leetch. For the next few minutes, nothing much happened except for the usual jockeying in the front pack and the inevitable, and inexorable, stringing out of the whole sweaty mass of the Ten Thousand.

At about 7 minutes, like the plagues Moses brought down on Pharaoh, another stroke of bad luck occurred. A bike crowded the photo truck causing it to swerve into the leaders and Cotton had to throw his arms out to avoid serious contact. Contact was made but, fortunately, no harm, no foul. No blood!

"It just scared me," Cotton recalled. "I thought the wheel was going to take off my shoe... (but) that's kind of normal up in the front."

Then, with things apparently back to normal, it was 2 miles in 9:16 and the lead pack was down to 5: Cotton, followed by Knowles, Obwocha, Daniels and Quinonez.

From there on, all the juggling was for second place as Cotton built up a 40 yard lead, mostly on the downhill. Cotton, at first, said that he was using the downhills to recover. When pressed on this point, rather incredulously I might add because we actually timed his leads after uphill and downhill, Cotton admitted to a theory he held that you can't pick up much more than 5 yards on someone by pressing up a hill, and you knock yourself out doing it. But, he added, the same effort going downhill can get you 30 yards. The theory worked well enough today and Cotton cruised on from there to a 29:12 win.

Daniels, a former great Steepler from UCLA trying to work his way back into shape following a long layoff, outlasted the rest of the field for second place in 29:32.

Samson Obwocha, nursing an ailing back, a souvenir from an auto accident, outlasted Rusty Knowles for 3rd. Obwocha said that the downhills were where he felt it the most and that slowed him just a bit. Gus Quinonez was 5th and the last one to break 30 minutes, which he did by 15 seconds. On the other hand, Mark Conover, who was next, missed it by one second. Pizzolato, nursing an ankle injured 3 days earlier, was 13th in 30:47.

The women's race also had a decisive winner. Sylvia Mosqueda claims that she followed her coach's advice, which would be an all-time first, which was for her to hang on to whoever took the lead and at 5 miles make a break. So, she hung on to Cahill for 5 miles and "...then I surged away." That surge got her a 19 second win over Cahill and a sub-34 minute clocking.

Joyce, the Irish Olympian who lives just steps away from the course, was 5th, out of shape and looking tired, and failed to crack 35 minutes. Don't worry about her, though because one week later in Phoenix she would lower that time by over a minute and get herself the win. Meanwhile, back to this week, Wysocki was next, looking just as tired, 19 seconds later in 35:32.

El Camino College's centipede ran a strong race and finished in 33:40 to beat out Club Hack for first place. They even nipped Mosqueda by a second. Maybe she should have hung on to them for 5 miles. Now, that would have been a very interesting centipede.

Overall Results - Men

1	Terry Cotton (Lakeside)	29:12
2	David Daniels (Venice)	29:32
3	Samson Obwocha (Kenya)	29:36
4	Rusty Knowles (Irvine)	29:40
5	Gus Quinonez (Huntington Beach)	29:45
6	Mark Conover (San Luis Obispo)	30:01
7	Ralph Garibaldi (San Bernardino)	30:16
8	Matt Ebner (West Covina)	30:17
9	Alfredo Rosas (Torrance)	30:19
10	Marti Kiihola (Redondo Beach)	30:23

Overall Results - Women

1	Sylvia Mosqueda (L.A.)	33:41
2	Christina Cahill (England)	34:06
3	Nancy Bowman (Northridge)	34:57
4	Marie Rollins (Santa Monica)	35:12
5	Monica Joyce (Hermosa Beach)	35:13
6	Ruth Wysocki (Canyon Lake)	35:32
7	Annie Seawright (Hermosa Beach)	35:48
8	Jill Harrington (Irvine)	36:05
9	Gladees Prieur (San Luis Obispo)	36:06
10	Toby Jacober (Boulder, CO)	36:44

Division Results - Men

14 & Under: 1. Alexander Raima 40:25, 2. Chip English 41:38, 3. Alex Diederer 41:47, 15-18: 1. Marcial Beltron 32:11, 2. Aaron Atsye 33:23, 3. Gary Stolz 33:34, 19-24: 1. Rusty Knowles 29:40, 2. Gus Quinonez 29:45, 3. Ralph Garibaldi 30:16, 25-29: 1. David Daniels 29:32, 2. Samson Obwocha 29:36, 3. Mark Conover 30:01, 30-34: 1. Terry Cotton 29:12, 2. Mark Muggleton 30:58, 3. Stann Vernon 30:59, 35-39: 1. Marti Kiihola 30:23, 2. Ron Gee 31:17, 3. Derek McIver 32:46, 40-44: 1. Jussi Hamalainen 33:30, 2. Fred Ortega 33:46, 3. Mickey DePalo 35:21, 45-49: 1. Catarino Gonzalez 34:07, 2. James Edmondson 34:43, 3. Jim Chenoweth 36:30, 50-54: 1. Andre Tocco 35:41, 2. Aldo Mora 38:23, 3. Frank Greene 39:37, 55-59: 1. Patrick Devine 38:26, 2. Richard Leslie 41:20, 3. Clarence Wingate 41:48, 60-64: 1. Larry Banuelos 39:58, 2. Milo Sather 43:53, 3. Bill Stowell 44:09, 65-69: 1. Chuck Ruth 48:24, 2. Robert Case 53:27, 3. Edward Johnstone 54:33, 70-74: 1. Eddie Lewin 44:42, 2. John Baldwin 52:32, 3. Fraser MacMinn 52:32, 75-79: 1. Walt Kuetzing 55:18, 2. Kevin Arthur 59:42, 3. Dean Scofield 1:02:57, 80 & Over: 1. Jacob Bishin 1:25:16.

Division Results - Women

14 & Under: 1. Jennifer Garcia 42:11, 2. Jennifer Egan 53:46, 3. Katy Donahue 55:46, 15-18: 1. Kim Ojeda 37:01, 2. Chris Hamilton 38:34, 3. Tracy Leichter 39:21, 19-24: 1. Sylvia Mosqueda 33:41, 2. Nancy Bowman 34:57, 3. Annie Seawright 35:48, 25-29: 1. Marie Rollins 35:12, 2. Monica Joyce 35:13, 3. Toby Jacober 36:44, 30-34: 1. Christina Cahill 34:06, 2. Ruth Wysocki 35:32, 3. Katie Cunningham 39:29, 35-39: 1. Claudia Morales 38:49, 2. Debby Flynn 40:59, 3. Leslie King 41:00, 40-44: 1. Molly Thayer 39:00, 2. Judy Kewley 41:26, 3. Sue Reinhardt 42:18, 45-49: 1. Sheila Hasham 43:16, 2. Bonnie Robinson 43:33, 3. Roberta Lamping 44:38, 50-54: 1. Mariana McMullen 45:39, 2. Marjorie Gilmore 46:01, 3. Atsuko Fujimoto 46:13, 55-59: 1. Esther Milich 50:32, 2. Jeanne Carrier 54:35, 3. Connie Abang 57:27, 60-64: 1. Helen Dick 47:03, 2. Helen Palmer 54:38, 3. Dorris Gordon 55:32, 65-69: 1. Mem Howe 59:27, 2. Babs Woodcock 1:03:58, 3. Amy Coury 1:05:00, 75-79: 1. Bess James 1:30:01, Baby Buggy Joggers (Men): 1. Steve Harris 35:55, 2. Fernando Ramirez 37:51, 3. Richard Bradshaw 42:36. (Women): 1. Diane Tracy 42:51, 2. Britani Breese N-T., 3. Allison Sterrett N.T. Centipedes: 1. El Camino College 33:40, 2. Club Hot 34:31, 3. Hughes Aircraft 46:17. Wheelchair: 1. Paul Mannoia 37:45, 2. Richard Radford 41:27, 3. Jim

SUPER BOWL SUNDAY 10K

January 31, Redondo Beach.

This was the 10th anniversary of Southern California's biggest 10K. Instead of this being a milestone it very nearly became a millstone. Things ranged from ill-starred to downright disastrous. First, there was a long running dispute between former and current race management over use of the name Super Bowl Sunday 10K. Hans Albrecht, the former promoter, had a dispute with the Redondo Beach Chamber of Commerce, which puts on the race. So, he left, set up another race on the same day in Long Beach and called it the Super Bowl Sunday 10K. Redondo said he couldn't do that, went to court on it and won and hired Deke Houlgate to take over promotion. Albrecht went ahead with his race anyway, under a modified name, and drew around 2,000. Not bad, actually, and some of that 2 grand had to have come at the expense of the Redondo Beach run. But, there's enough business to go around if you've got a good product and the real Super Bowl Sunday drew somewhere between 8 and 10 thousand runners, including the usual costumes, centipedes and assorted zanies.

The second item, however, was truly tragic. There was an accident, occurring after most of those 10,000 or so runners had finished. Because of extensive damage to the Redondo Beach Pier and the area surrounding it in a heavy storm 12 days earlier, the finish line and awards ceremony area had to be relocated. In the new awards ceremony area, several runners and their friends were standing on an air vent grate alongside the parking structure atop which the awards ceremony was being held. The grate gave way under the weight and collapsed. Nine people fell about 20 feet to the garage floor. Eight were injured, one quite seriously and the ninth, who was on the bottom of the pile, received injuries which proved fatal. Because the race's medical facility was within 50 yards of the accident and medical personnel reacted almost instantly, the incident was, though horrendous, far less tragic than it could have been.

All this notwithstanding, the race was its usual "happening" self, complete with costumes, centipedes and a field of about 40 baby stroller pushers. And, as usual, the field was laced with a few top level runners. Orlando Pizzolato of Italy and Christina Cahill of England represented an international element. The local talent was headed by such good stuff as Terry Cotton, Dave Daniels, Bob Leetch, Monica Joyce, Sylvia Mosqueda and Ruth Wysocki.

Pizzolato took things out pretty quickly, strutting to a 10 yard lead ahead of that massive crowd, which began serpentine over the streets of Redondo like some monstrous python uncoiling from its lair. Pizzolato's position in this oversized game of Follow The Leader didn't last long, though. Within a mere 2 1/2 minutes

Results

Cross Country

SCATAC 5K Cross Country Championships

December 27. Paramount Ranch, Agoura.

Overall Results

1	Richard Erbes (18) Glendale	16:17
2	Ted Cotti (25) Long Beach	17:02
3	Scott Thomas (19) Ventura	17:44
4	Bob Gorman (16) Agoura Hills	17:47
5	Jussi Hamalainen (41) Agoura Hills	17:53
6	Steve Blum (32) Ventura	18:02
7	Tom Lowry (35) Westlake Village	18:05
8	Mark Ellis (20) Ventura	18:12
9	Steve Crouch (42) Canyon Co.	18:14
10	Jack McDowell (40) Redondo Beach	18:22
11	William Little (35) Camarillo	18:46
12	Mike Person (22) Sacramento	18:54
13	Al Sanchez (36) Channel Islands	18:56
14	Jim Flanagan (38) Pac. Palisades	19:00
15	Gene Ball (42) Oxnard	19:02
16	Byrle Smalen (40) Agoura Hills	19:03
17	Dan Rodriguez (31) Reseda	19:14
18	Joe Ramirez (29) Carlsbad	19:19
19	Herb Von Winckelmann (30) New. Pk.	19:23

20	T.J. McGreevy (26) Thousand Oaks	19:26
21	Don Van Dyke (52) Wrightwood	19:29
22	Ruth Vomund (29F) Ventura	19:36
23	Martin Person (33) Sacramento	19:43
24	Steven Hipsman (33) Granada Hills	19:56
25	Harry Pantelas (50) Westlake Village	20:13

Team Results

29 & Under: 1. Team Inside Track (Ellis, Scott Thomas, William Little) 54:42, 2. Basin Blues (Couch, Rodriguez, Von Winckelmann) 56:40, 3. St. Elmo's (Cotti, Madeline Rodriguez, Joe Ramirez) 57:20. **40-49:** 1. Seniors Track Club (Gomez, Lowy, Jesse Cook) 62:13. **50-59:** 1. Senior Track Club (Ogawa, Ingram, Don Van Dyke) 61:32, 2. Conejo Track Club (Harry Pantelas, Steele, Skiersz) 62:24. **30-39:** 1. Basin Blues (Blasetti, Hattori, Comtois) 62:30, 2. Team Inside Track (Ball, Mangham, Guy Thomas) 64:16. **29 & Under Women:** 1. Team Inside Track (Vomund, Maureen Little, Teri Ingram) 6y:32, 2. Valley Striders (Geanna Zeno, Read, Tompkins) 75:44. **40-49 Women:** 1. Team Inside Track (Luyties, Pattinson, Cushman) 76:26. **60-69 Women:** 1. Seniors Track Club (Howard, Gil, Lawrence) 86:32.

Starla Ahu (MCC) 129-11, 2. Jennifer Ward (CSULB) 124-3. **JT:** 1. Annette Noel (Unat.) 37:10m.

Girls H.S. Division

(All athletes competed unattached)

60y: 1. Kaci Keffler (Woodbridge) 7.8. **200m:** 1. Keisha Marvin (Hawthorne) 26.3. **800m:** 1. Rhonda Kenderson (Hawthorne) 2:23.0, 2. Kendall Stovall (Hawthorne) 2:25.0. **1500m:** 1. T.Yracey Williams (Mt. View) 4:57.8.

Chatman 21.8. **400:** 1. Bernard Chatman 48.4. **800:** 1. Larry Guinee 1:53.7. **1500:** 1. Larry Guinee 3:52.9. **5000:** 1. Alan Dehlinger (Etonic) 14:25.4, 2. Derrick May (Tiger) 14:45.5, 3. Ivan Ramirez (Reebok) 15:01.9. **55 HH:** 1. Tony Amerson 7.4. **300 IH:** 1. Albert Pride 38.1. **1600 R:** 1. Merritt College 3:19.2. **PV:** 1. Scott Elkins (Nevada-Reno) 14-0. **LJ:** 1. Eric Duckering (CAL) 21-0 1/2. **TJ:** 1. Joel Smith 50-4. **DT:** 1. Rob Sherk (CAL) 162-11. **JT:** 1. Tom Silva 202-8.

Open Women Results

200: 1. Natalie Day 26.4. **400:** 1. Rhonda Green 60.0. **800:** 1. Becky Spies (Livermore HS) 2:18.5. **1500:** 1. Molly Burke 4:45.4. **5000:** 1. Laurie Binder 17:24.8. **400R:** 1. Nevada-Reno 52.7. **TJ:** 1. Angela Sorani (Nevada-Reno) 31-6 3/4. **SP:** 1. Tosha White (Nv-Reno) 35-1. **DT:** 1. Pam Dearing (CSU Hayward) 124-1.

High School Boys

55 Heat 1: 1. Barry Smith (Mission, S.F.) 6.3. **Heat 2:** 1. Jeff Laynes (Oakland) 6.3. **200:** 1. Barry Smith (Mission) 22.2. **400:** 1. Nate Wright (Oakland) 49.7. **800:** 1. Steve Zirkebach (Concord) 2:00.8. **1500:** 1. Steve Turnipseed (El Cerrito) 4:11.4. **3200:** 1. Ed Randolph (St. Ignatius, S.F.) 10:32.8. **55 HH:** 1. Eddie Corbin (St. Ignatius, S.F.) 7.4. **300 IH:** **Heat 1:** 1. Mark Foehr 41.2. **Heat 2:** 1. Nate Wright (Oakland) 41.2. **400R:** 1. Castlemont (Oakland) 43.1. **1600R:** 1. Grant (Sacto) 3:37.9. **PV:** 1. Jeff Watson (St. Ignatius, S.F.) 12-6. **LJ:** 1. Diatori Gildersleeve (Grant) 22-6 1/2. **TJ:** 1. Diatori Gildersleeve (Grant) 49-3. **SP:** 1. Demian Luper (Justin-Siena, Napa) 48-6 1/2. **DT:** 1. Demian Luper (Justin-Siena, Napa) 153-2. **JT:** 1. Demian Luper (Justin-Siena, Napa) 148-2.

High School Girls

200: 1. Gabby McKenzie (Dixon) 27.5. **800:** 1. Courtney Clark (Las Lomas, Walnut Ck) 2:19.7. **LJ:** 1. Erin Main (Redwood, Larkspur) 12-6 3/4. **TJ:** 1. Sondja Godfrey (Fremont) 34-5 1/2. **SP:** 1. Samira Taylor (Grant, Sacto) 34-7 1/2. **DT:** 1. Samira Taylor (Grant, Sacto) 124-1.

Northern Arizona Univ. vs Arizona State Univ.

January 30. Flagstaff, AZ

Men's Results

55m: **Heat 1:** 1. Micahel Haynes (NAU) 6.24, 2. Chip Rish (ASU) 6.41, 3. David Lang (NAU) 6.45, 4. Herb Duncan (NAU) 6.53, 5. Ed Lovelace (ASU) 6.55. **Heat 2:** 1. Greg Rice (ASU) 6.55, 2. Shawn Flood (ASU) 6.60, 3. Fernando (ASU) 6.62, 4. James Liddell (ASU) 6.63, 5. Kent Larsson (NAU) 6.80. **200m:** **Heat 1:** 1. Chip Rish (ASU) 21.42, 2. John Koon (NAU) 21.47, 3. Curtis Mass (ASU) 21.64, 4. Ed Lovelace (ASU) 21.75. **Heat 2:** 1. Shawn Flood (ASU) 22.03, 2. Greg Rice (ASU) 22.36, 3. Fernando Arce (ASU) 22.36, 4. Sean Roundtree (NAU) 22.73. **400m:** 1. Jordan Bugg (ASU) 47.57, 2. Dwayne Hall (NAU) 47.66, 3. Tim Woods (ASU) 48.28, 4. Mark Phillips (ASU) 48.59, 5. Andy Reinhardt (NAU) 50.26.

Track & Field

West Coast Weight Pentathlon

December 12. Cal State Los Angeles.

Division Results

30-39: 1. Mike Deller 3495, 2. Ray Sebert 2682. **40-49:** 1. John White 2312. **50-59:** 1. Stewart Thomson 3229, 2. Jim Hart 2628, 3. Dennis Rietz 2161. **60-69:** 1. Bob Richards 2595. **JC:** 1. Scott Biberhaler 3533, 2. Tim Espinosa 2908, 3. Cam Mickey 679. **Open:** 1. Adam Pilchman 3238, 2. Mike Layton 2314, 3. Art Esparza 709. **University:** 1. Greg Reitzer 3719, 2. Andrew Harris 3572, 3. Darrin Buckner 3548, 4. Kenneth Putnam 3413, 5. Pete Smith 3150, 6. Tom Rowa 2685.

All-Comers Meet

January 2. Long Beach State.

Men's Open Division

60y: 1. Robert Carroll (El Camino Col) 6.3. **200m:** 1. Robert Carroll (ECC) 21.6. **400m:** 1. Marvin Douglas (ECC) 48.8, 2. Kent Johnson (ECC) 49.8, 3. Maurice Horton (LBCC) 49.9. **1500m:** 1. David Schumacher (CSULB) 4:03.1, 2. Sky Piper (CSULB) 4:05.0. **3000m:** 1. Neff McGhie (FSU) 9:07.0. **60y HH:** 1. David Ashford (Downtown YMCA) 7.2. **PV:** 1.

Simon Arkell (Australia) 17-0, 2. Mark Gersten (ASU) 16-6, 3. Bill Thiiken (Reebok) 16-6. **LJ:** 1. Yki Vallier (Central AZ Col) 21-10 1/2. **TJ:** 1. Darryl Taylor (Unat.) 48-6 1/4. **DT:** 1. Ron Harrer (Unat.) 171-5, 2. John Sayre (Unat.) 154-6. **JT:** 1. Tony Cianelli (Unat.) 61.24m.

Boy's H.S. Division

(All Athletes Competed Unattached)

60y: 1. Kevin Pratt (Crenshaw) 6.5, 2. Brandon Lewis (Verbum dei) 6.5. **200m:** 1. Curtis Conway (Hawthorne) 21.5, 2. Anthony Smith (Hawthorne soph) 22.0, 3. Harold Morgan (Locke) 22.3. **400m:** 1. Travis Hanna (Hawthorne) 47.1, 2. Curtis Conway (Hawthorne) 48.1, 3. Lawrence Council (Fremont) 50.4, 4. Kevin Pratt (Crenshaw) 50.4. **800m:** 1. Marquez Pope (LB Poly) 2:03.4. **1500m:** 1. Peter Oviatt (Agoura) 4:13.2. **3000m:** 1. Peter Oviatt (Agoura) 9:07.5. **PV:** 1. David Noel (HB Edison) 14-0. **LJ:** 1. Anthony Smith (Hawthorne soph) 20-10 3/4. **SP:** 1. Kaleaph Carter (HB Edison) 56-4 3/4.

Women's Open Division

60y: 1. Rochelle Frazier (Arizona) 7.1. **400m:** 1. Felicia Price (CS Bakersfield) 59.6. **800m:** 1. Lawanda Cabell (Cst Ath.) 2:17.6. **3000m:** 1. Jenni Bessel (CSULB) 11:35.4. **60y H:** 1. Maureen McGee-Hamilton (LA Mercuerites) 7.9. **TJ:** 1. Kim Taylor (Fullerton Col) 38-4. **SP:** 1. Starla Ahu (Mira Costa) 41-7 3/4. **DT:** 1.

All-Comers Meet

January 16. Los Gatos High School

High School Boys

800m: 1. Joe Amendt (Lick) 1:59.6. **Mile:** 1. Amendt 4:42.1. **70m HH:** 1. Nale 9:56.

High School Girls

200m: 1. Hohmann 27.9. **400m:** 1. Tarsh Handy (Piedmont Hills) 56.01. **800m:** 1. Becky Spies (Livermore frosh) 2:18.4. **Mile:** 1. Furgerson 5:36.3.

Open

100m: 1. Holmes 11.4. **200m:** 1. Smith 23.3. **400m:** 1. O'Connell 53.9. **800m:** 1. Smith 2:00.3. **Mile:** 1. Larry Guinee 4:20. **2-Mile:** 1. Herndon 9:25. **70m HH:** 1. Holmes 8.7. **300m IH:** 1. Holmes 40.2. **HJ:** 1. Darrin 6-7. **SP:** 1. Lang 50-1. **DT:** 1. Zaire 161-2 1/2. **HT:** 1. Kalemenson 132-5.

Masters

100m: 1. Varty 13.3. **400m:** 1. Barnett 53.8. **800m:** 1. Rutledge 2:22. **2-Mile:** 1. Barnett 10:56.0.

All-Comers Meet

January 23. Los Gatos High School

High School Boys

60: 1. Johnson (Live Oak) 6.53. **100:** 1. Cole (Branham) 11.18. **200:** 1. McCoy 23.6. **400:** 1. Scherwenker (Pioneer) 52.7. **Mile:** 1. Carroll (Monte Vista) 4:34.2. **2-Mile:** 1. Pixa (Half Moon Bay) 10:24. **70 HH:** 1. Ayers (Gilroy) 9.50. **300 IH:** 1. Batrez (Gilroy) 42.7. **HJ:** 1. Pista (Saratoga) 6-0. **LJ:** 1. Holland (Carlmont) 21-4. **TJ:** 1. Nguyen (Fremont) 44-1 3/4. **SP:** 1. Wolford (Gunderson) 49-7. **DT:** 1. Schaffer (Blackford) 148-3.

High School Girls

60: 1. Pointer 7.6. **200:** 1. Pointer 28.3. **400:** 1. Kepner 69.8. **800:** 1. Nicholls 2:28.7. **Mile:** 1. Nicholls 5:45. **2-Mile:** 1. Buchanan 13:13. **400 Relay:** 1. Acorn Track Club 56.0. **SP:** 1. Fremstead (Artic TC) 40-11. **DT:** 1. Fremstead 145-0.

Open

60: 1. Hill 6.35. **100:** 1. Kibort (Converse) 10.7. **200:** 1. Kibort 22.1. **400:** 1. Cannon 49.9. **800:** 1. Carpenter (Menlo Park) 1:58.7. **2-Mile:** 1. Terry 9:51. **70 HH:** 1. Hall 8.8. **HJ:** 1. Smith 6-4. **LJ:** 1. Leberz 21-9 1/2. **SP:** 1. Buric 61-11. **DT:** 1. Wolf 179-8 1/2. **HT:** 1. Sarbight 160-2.

All-Comers Meet

January 30. Univ. of Calif., Berkeley.

Open Men Results

55: 1. Art Anderson 6.3. **200:** 1. Bernard

Results

800m: 1. Grant Hoffman (NAU) 1:54.26, 2. Shawn Gillis (NAU) 1:54.82, 3. Jeff Smith (ASU) 1:55.03, 4. Darren Viner (ASU) 1:56.08, 5. Richard Kerr (NAU) 2:03.44.
3000m: 1. Milfred Tewanina (NAU) 8:43.6, 2. Bo Reed (NAU) 8:46.2, 3. Darren Stonerock (NAU) 8:53.7, 4. Tim Moore (NAU) 8:54.5, 5. Steve Clarke (NAU) 9:14.91, 6. Jason Kaplan (ASU) 9:19.3.

1 Mile Run: 1. Jeff Smith (ASU) 4:15.72, 2. Chris Currie (NAU) 4:27.80, 3. Vince Firlotte (NAU) 4:31.27, 4. Eric Smedberg (NAU) 4:37.87, 5. Chris Bray (NAU) 4:38.97.

55m Hurdles: 1. James Liddell (ASU) 7:58, 2. Brett Rutherford (NAU) 7:60, 3. Robert Rucker (ASU) 7:60, 4. Matt Zuber (ASU) 7:80, 5. Andrew Wood (ASU) 7:82, 6. John Kennedy (NAU) 7:87.

4x400m Relay: 1. ASU, Team 1, 3:11.36, 2. NAU, Team 1, 3:13.64, 3. ASU, Team 2, 3:15.74.

Long Jump: 1. Andrew Wood (ASU) 7.12, 2. Mark Joseph (NAU) 7.08, 3. Dave Barlia (ASU) 7.05, 4. Matt Zuber (ASU) 7.04, 5. Glenn Carroll (NAU) 6.89, 6. Gordon Nasser (NAU) 6.31.

Pole Vault: 1. Mark Gersten (ASU) 5.18, 2. Craig Kadlecik (NAU) 4.66, 3. Matt Zuber (ASU) 4.36.

High Jump: 1. Phil Adams (NAU) 6-11 1/2, 2. Shawn Wright (NAU) 6-9 1/2, 3. Carl Johnson (ASU) 6-7 1/2, 4. Matt Zuber (ASU) 6-1 1/2.

Shot Put: 1. Kent Larsson (NAU) 17.38, 2. Shane Collins (ASU) 16.6, 3. Henrik Wennberg (NAU) 15.84, 4. Cory Cagle (ASU) 15.37, 5. Sammy Bryant (ASU) 13.14.

Triple Jump: 1. Mark Joseph (NAU) 15.22, 2. Matt Zuber (ASU) 14.51, 3. Glenn Carroll (NAU) 14.27, 4. Dave Barlia (ASU) 14.27, 5. Jeff Girard (ASU) 12.23.

Team Scores: 1. NAU 62, 2. Arizona State 51.

Women's Results

55m: 1. Lynda Tolbert (ASU) 6:87, 2. Brenda Johnson (NAU) 7:03, 3. Kristi Jenkins (NAU)

7:14, 4. Megalyn Thomas (ASU) 7:32.

200m: 1. Brenda Johnson (NAU) 24.5, 2. Shirley Walker (ASU) 24.8, 3. Kristi Jenkins (NAU) 25.00, 4. Caarmaine Williams (ASU) 25.9, 5. O'Megalyn Thomas (ASU) 26.00.

400m: 1. Toniette Holmes (ASU) 55.89, 2. Sonya Mitchell (NAU) 57.24, 3. Sandra Smith (NAU) 59.26, 4. Suzi Patoni (ASU) 1:04.88.

800m: 1. Nikki Toms (NAU) 2:11.58, 2. Diane Wiseman (NAU) 2:21.08, 3. Brenda Payton (NAU) 2:21.26, 4. Kathy Jarvis (ASU) 2:26.65.

3000m: 1. Maurie Wood (NAU) 10:18.56, 2. Laura Lamena (ASU) 10:28.13, 3. Teresa Barries (ASU) 10:39.00, 4. Jamie Blisplinghoff (NAU) 10:42.37, 5. Patrice Hageman (NAU) 11:15.15.

1 Mile Run: 1. Brenda Payton (NAU) 5:14.75, 2. Kathy Jarvis (ASU) 5:19.50, 3. Dawn Arrigani (ASU) 5:26.52, 4. Kathy Dalton (NAU) 5:34.50.

55m Hurdles: 1. Lynda Tolbert (ASU) 7:66, 2. Shirley Walker (ASU) 8:15, 3. Susan Phillips (NAU) 8:23, 4. Gea Johnson (ASU) 8:55, 5. Lennon Gardner (ASU) 8:75, 6. Cindra Mentzer (NAU) 9:1.

4x400m Relay: 1. ASU, Team 1, 3:41.54, 2. NAU, Team 1, 3:49.51, 3. ASU, Team 2, 3:55.15, 4. NAU, Team 2, 3:57.03.

Triple Jump: 1. Jackie Belzner (ASU) 11.33, 2. Debbie Orr (NAU) 11.32, 3. Lennon Gardner (ASU) 11.18.

Long Jump: 1. Jacinta Bartholomew (ASU) 6.02, 2. Gea Johnson (ASU) 5.44, 3. Lennon Gardner (ASU) 5.39.

High Jump: 1. Paula Feuerbach (NAU) 5-9 1/4, 2. Debbie Orr (NAU) 5-7 1/4, 3. Jackie Belzner (ASU) 5-7 1/4, 4. Lennon Gardner (ASU) 5-3 1/4, 5. Helen Geisler (ASU) 5-0.

Shot Put: 1. Donna Mirani (ASU) 12.25, 2. Gea Johnson (ASU) 12.10, 3. Lisa Engman (NAU) 12.05, 4. Lori Parker (NAU) 11.75, 5. Shirley Walker (ASU) 11.67.

Final Score: 1. ASU 58, 2. NAU 46.

Division Results - Women

12 & Under: 1. Melissa Parkinson 1:05:12, 13-19: 1. Monika Zech 1:04:23, 20-29: 1. April Powers 50:23, 30-39: 1. Susie Van Buskirk 54:03, 40-49: 1. Nancy Crowne 55:06, 50-59: 1. Rosemary Grow 1:06:21.

Pt. Pinole Skunk Run

November 27, Richmond, 5K & 10K

Overall Results - 10K		
1	Don Hicks (27) Rancho Cord	35:34
2	Eric Walker (19) Rohnert Pk	35:41
3	Mark Gregor (28) Orinda	35:41
4	Don Hickman (35) El Sobrante	35:50
5	Julius Rati (37) Oakland	38:00
6	Thom Pearson (25) Carmichael	38:05
7	Jim Otto (32) Sacto	38:11
8	Ken Wilson (30) Fairfax	38:24
9	Kevin Rickels (34) El Sobrante	39:45
10	Dan Sullivan (29) Richmond	39:51
11	Ronald Brown (33) MillVly	40:00

12	Carl Cull (41) Cupertino	40:06
13	Gerald Werner (41) Berkeley	40:07
14	Chris Larsen (41) WalnutCk	40:23
15	Sharlet Gilbert (36) Richmond	40:43
16	Hank Fragoza (57) Vallejo	41:00
17	Roger Sharpe (46) Berkeley	41:24
18	George Foreman (41) Nicasio	41:44
19	Dave Hudson (39) San Ramon	41:49
20	Don Hildebrand (55) Orinda	41:51

Overall Results - 5K

1	Kent Thompson (26) El Sobrante	16:13
2	Tom Mayhew (17) CastroVly	16:37
3	Robert Parks (36) Hercules	16:47
4	Carlos Lopez (28) Woodland	16:49
5	Francis Mason (23) Oakland	17:08
6	Nikos Mourtos (30) Sunnyvale	17:34
7	Paul Ward (14) Lafayette	17:36
8	Doug Crawford (25) Orinda	18:06
9	Tim Harris (19) Presidio Mont	18:20
10	Michael Harris (45) Bainbridgels	18:23

Quadruple Dipsea

November 28, San Francisco, 28.4 MI.

Overall Results		
1	Dan Williams (38) El Sobrante	4:00:02
2	Bob Bunnell (37) Kentfield	4:05:25
3	David Roth (33) Oakland	4:08:46
4	Doug Schrook (35) Kenwood	4:10:37
5	Bruce LaBelle (32) Oakland	4:18:38
6	Dave Stevenson (35) Los Altos	4:24:57
7	Robert Eichstaedt (41) San Francisco	4:30:46
8	Kathy D'Onofrio (23) Menlo Park	4:32:16
9	Jeff Wall (45) Daly City	4:33:13
10	Jim Butera (39) Belmont	4:37:14
11	Tomas Pastalka (41) Mill Valley	4:37:17
12	Jeff Poesar (37) San Anselmo	4:46:48
13	Stefan Schlett (25) Kleinostheim, Germ.	4:48:02
14	Milano Zeman (46) Mill Valley	4:50:44
15	Greg Wheatfill (31) Pleasant Hill	4:51:34

Legg Lake 5K Morning Run

Nov. 26, So El Monte.

Division Results - Men

10-14: 1. Mike Searle 18:45, 2. Justin Curley 18:49, 3. Elan Cohen 19:36, 15-18: 1. Brandon Oederich 17:07, 19-27: 1. Charlie Yu 16:07, 2. Steve Abernethy 15:42, 3. Francisco Ambris 18:49, 25-29: 1. Efrén Garcia 16:28, 2. Pete Cutrona 18:31, 3. Alberto Botello 18:55, 30-34: 1. Rikim Reedy 16:14, 2. Bill Cuccia 18:09, 3. Philip Guerrero 19:20, 35-39: 1. Larry Allen 17:48, 2. Luis Bedoy 19:06, 3. Bill Marks 19:48, 40-44: 1. Mike Mendez 18:17, 2. Jarrett Williams 18:41, 3. Steve Kennerley 19:46, 45-49: 1. Curtis Quick 23:35, 50-54: 1. Booker Washington 19:44, 2. Carlos Vega 20:51, 3. Ted Holland 22:57, 55-59: 1. Ruben Esqueda 20:20, 2. Bruce Odou 21:06, 3. Ignacio Mariscal 21:16, 60-64: 1. John Mooshagian 28:55, 65-69: 1. David Cohen 22:33, 70-74: 1. Dutch Benedetti 22:43, 75-79: 1. Jacob Bshin 39:43.

Division Results - Women

19-24: 1. Juana Valdez 22:42, 25-29: 1. Isabel Valdez 26:18, 2. Maryfrances Carrasco 37:09, 30-34: 1. Patricia Gordon 19:38, 2. Maria Rodriguez 28:02, 35-39: 1. Elizabeth Blair 22:44, 2. Georgia Martinez 29:15, 40-44: 1. Barbara Rukema 22:22, 2. Theresa Riley 22:44, 45-49: 1. Kelly McKay 30:29, 50-54: 1. Mary Czarapata 21:35, 2. Dolores Vega 28:27, 60 & Over: 1. Doris Gordon 26:49.

Villa Park Half Marathon

Nov. 29, Villa Park, 1/2 Mi/2 Mi/5 Mi.

Overall Results - Boy's 1/2 Mile		
1	Chris Lemaster (8) Anaheim	3:05
2	Grant Gottlieb (8) El Toro	3:13
3	Nathan Anderson (8) Plac.	3:14
4	Anthony Fontanez (8) AppleVly	3:15
5	Terrence Brunson (8) Apple Vly	3:19

Overall Results - Girl's 1/2 Mile

1	Ian Alloway (9) Villa Park	3:24
2	Stephanie Esparza (9) Santa Ana	3:32
3	Kristen Thompson (8) Anaheim	3:35
4	Emily Rouhas (6) Anaheim	4:06
5	Kari Thompson (5) Anaheim	4:25

Overall Results - Men's 2 Mile

1	Jose Alcaraz (20) Santa Ana	9:45
2	Stuart Calderwood (29) L.Bch	9:52
3	Charlie Yu (19) Westminster	10:02
4	Fred Cowles (24) Or.	10:11
5	Bill Sumner (39) Newport Bch	10:18

Overall Results - Women's 2 Mile

1	Delinda Patino (21) Anaheim	12:03
2	Julie Schuster (12) Irvine	12:13
3	Adrienne Trader (24) Inglewood	12:36
4	Kelly Flather (16) Hermosa Bch	12:58
5	Heather Fisher (15) CDM	13:17

Overall Results - Men's 5 Mile

1	Jim Sorensen (20) Orinda	25:33
2	Dave Parsel (32) Newport Bch	25:54
3	Eric Winkler (19) Fullerton	26:31
4	Jaka Lamatza (26) San Fran	26:37
5	Scott Schneider (20) Davis	26:49

Overall Results - Women's 5 Mile

1	Julie Doering (24) Hemosa Bch	31:30
2	Tracy Rose (26) Seal Bch	31:38
3	Tracy Ruble (15) Y.L.	33:38
4	Brenda Terry (17) Fullerton	34:31
5	Jerre Ross (40) Anaheim	36:55

Overall Results Men's Half Mar.

1	Tim Varley (27) La Costa	1:09:33
2	John Araujo (29) West Covina	1:11:49
3	Art Garza (22) Santa Ana	1:11:51
4	Bill McDermott (36) La Habra	1:11:54
5	John Horton (31) Fullerton	1:13:44

Overall Results - Women's Half Mar.

1	Harolene Walters (44) M.V.	1:26:33
2	Delinda Patino (21) Anaheim	1:30:45
3	Mary Horwath (31) Y.L.	1:31:13
4	Susan Gimbal (41) OPA	1:32:32
5	Trisha McAlmond (22) San Fran	1:35:06

Wheelchair:

2 Mike:		
1	Bud Harris (Long Beach)	10:15
1/2 Marathon:		
1	John Wiley (46) San Gabriel	1:27:20



Colombian Select Half Marathon

November 29, Pasadena.

Division Results - Men

18 & Under: 1. Michael Angioletti 1:23:04, 2. Victor Balderas 1:24:29, 3. Michael Cyger 1:28:18, 19-29: 1. Reginald Dechard 1:11:13, 2. Gregory Imlay 1:13:43, 3. Amauri Santana 1:14:47, 30-39: 1. Bradley Flon 1:15:01, 2. Jim O'Brian 1:15:27, 3. Keith Hill 1:15:49, 40-49: 1. Steve Crouch 1:17:54, 2. B. Harrington 1:18:20, 3. Wayne Mitchell 1:21:43, 50-59: 1. Antonio Gonzalez 1:28:46, 2. Ray Prizgintas 1:29:36, 3. Dusty Snyder 1:30:39, 60 & Over: 1. Eddie Lewin 1:36:54, 2. Robert Mahstedt 1:47:42, 3. Maury Kellher 1:48:32.

Division Results - Women

18 & Under: 1. Jana Frost 1:43:16, 2. Sriithip Sreethaphun 1:46:39, 19-29: 1. Doroan Assumma-Fay 1:25:27, 2. Lisa Kasparek 1:25:57, 3. Wendy Walker 1:26:55, 30-39: 1. Kim Ballentine 1:18:23, 2. Regina Schuetz 1:28:26, 3. Pamela Hathaway 1:30:01, 40-49: 1. Wendy Watson 1:37:23, 2. Cecily Parke 1:38:34, 3. Rita Gilmore 1:40:40, 50-59: 1. Virginia Taneja 1:48:54, 2. Jane Dods 1:53:52, 3. Diane Minasian 2:03:37.

Road Racing

Tiburon 8 Miler

November 11, Tiburon, 8 Miles.

Overall Results - Men

1	Stephan Adams (25)	41:56
2	Sieg Lindstrom (25)	42:02
3	Michael Fox (22)	43:00

Overall Results - Women

1	April Powers (29)	50:23
2	Trisha Arbogast (28)	50:45
3	Susie Van Buskirk (33)	54:03

Overall Results - Men's Master

1	Stephan Lyons (47)	47:30
2	Kenneth Sack (45)	47:32
3	Peter Franks (41)	47:53

Overall Results - Women's Master

1	Nancy Crown (42)	55:06
2	Barbara Magid (44)	57:43
3	Marilyn Hadon (49)	59:27

Division Results - Men

13-19: 1. Seth Davis 48:25, 20-29: 1. Stephan Adams 41:56, 30-39: 1. Esteban Martinez 43:01, 40-49: 1. Stephan Lyons 47:30, 50-59: 1. Gary McCuen 49:02, 60 & Over: 1. William Main 1:02:25.

Results

photo by Richard Lee Slotkin



FARRON FIELDS

5 Acres Doo Dah 5K

November 29, Pasadena.

Overall Results

1	Farron Fields (26)	14:24
2	Angel Hernandez (23)	14:26
3	Jim Ortiz (21)	14:30
4	John Koningh (30)	14:33
5	Alan Just (25)	14:45
6	Alfredo Rosas (27)	14:52
7	Ron Gee (36)	15:10
8	Bill Tokar (30)	15:14
9	Fernando Vasquez (24)	15:18
10	Steve Ortiz (27)	15:21
11	Dave Ortiz (26)	15:33
12	Brian Nelson (30)	15:37
13	Richard Grafinger (26)	15:49
14	Tom Cupp (26)	15:53
15	Clyde Matsumora (28)	16:01
16	Eric Waian (22)	16:01
17	Paul Cookdara (35)	16:01
18	Dennis Stavin (22)	16:01
19	Alex Espinoza (21)	16:01
20	Dan Davies (30)	16:01
21	Maestas Gary (24)	16:06
22	Jim Reish (24)	16:08
23	Tom Moriarty (32)	16:16
24	Eiren Garcia (26)	16:18
25	Monica Joyce (29)	16:19

Division Results - Men

10 & Under: 1. Kelly Thunderbuck 21:29, 2. William Cortes 21:46, 3. Baron Morledge 22:18, 11-14: 1. Mark Gonzales 17:57, 2. Kehinda January 20:00, 3. Jon Cohen 20:24, 15-19: 1. Brian Kavanaugh 16:51, 2. Jeremy Mildroft 16:55, 3. James Hastings 17:11, 20-24: 1. Angel Hernandez 14:26, 2. Jim Ortiz 14:30, 3. Fernando Vasquez 15:18, 25-29: 1. Farron Fields 14:24, 2. Alan Just 14:45, 3. Alfredo Rosas 14:52, 30-34: 1. John Koningh 14:33, 2. Bill Tokar 15:14, 3. Brian Nelson 15:37, 35-39: 1. Ron Gee 15:10, 2. Paul Cookdara 16:01, 3. German Alonso 16:31, 40-44: 1.

Phil Ryan 16:27, 2. Ron Ogilvie 16:34, 3. Juan Cabeza 16:56, 45-49: 1. Catarino Gonzalez 16:43, 2. Ken Price 17:55, 3. Aba Ramirez 17:58, 50-59: 1. Andre Tocco 17:01, 2. Peter Alexander 20:03, 3. Jack Eberly 20:18, 60 & Over: 1. Harold Willis 21:07, 2. Phil Jones 21:23, 3. W. Gang Von Walzer 21:57.

Division Results - Women

10 & Under: 1. Luon McKoy 20:56, 2. Vanessa Desrochers 26:24, 3. Amanda Grijalva 27:33, 11-14: 1. Carrie Adams 23:06, 2. Gina Pitale 24:04, 3. Kim Rakow 25:00, 15-19: 1. Stacey Delima 19:59, 2. Caroleanne Cordero 20:16, 3. Paul Fong 20:21, 20-24: 1. Salas Aracely 17:12, 2. Alexandra Aguirre 17:38, 3. Carolyn Richards 18:13, 25-29: 1. Monica Joyce 16:19, 2. Beth Milewski 17:54, 3. Heather Dbdin 19:28, 30-34: 1. Luisa Ronquillo 17:43, 2. Jaynie Studenmund 18:49, 3. Nancy Lovendosky 19:40, 35-39: 1. Marilyn Taylor 18:17, 2. Terri Goodreau 19:13, 3. Nancy Baird 19:33, 40-44: 1. Sue Reinhardt 19:56, 2. Judy Kewley 20:04, 3. Gloria Santillan 21:09, 45-49: 1. Joan Jeter 21:18, 2. Elaine Murphy 22:52, 3. Julie Harris 23:07, 50-59: 1. Joyce Momila 21:48, 2. Irene Oberz 23:39, 3. Ginie M. 25:17, 60 & Over: 1. Evelyn Johnstone 31:27, 2. Helen Gally 32:56, 3. Betty Elder 32:59.

Holiday Run

December 5, Antioch, 10K & 3 Mile.

Overall Results - 10K

1	Thom Trimble	32:55
2	Bill Seaver	33:14
3	Byron Choiniere	34:32
4	Ken Dempster	35:40
5	Daniel Garcia	36:03
6	John Kerner	36:47
7	Jeff Glick	37:15
8	Mike Bellanca	37:20
9	John Mercurio	37:48
10	Fred Peterson	38:37
11	Robert Hudson	39:25
12	Charles Martin	39:45
13	Tim Turner	40:20
14	Marty Schneider	40:47
15	Steven Kimball	40:53

Division Results - Men's 10K

14 & Under: 1. Alex Kreit 52:44, 2. Juan Reyes 53:14, 3. Jim Vigil 90:00, 15-18: 1. Ken Kempster 35:40, 2. Robert Hudson 39:25, 19-29: 1. Thom Trimble 32:55, 2. Armando Arias 42:11, 3. Stephen Louis 43:49, 30-39: 1. Bill Seaver 33:14, 2. Byron Choiniere 34:32, 3. Daniel Garcia 36:08, 40-49: 1. Mike Bellanca 37:20, 2. Fred Peterson 38:37, 3. Mike Sloan 41:50, 50 & Over: 1. Big Al Kirkman 41:16, 2. Mel Hatch 41:42, 3. Jack Byrd 42:49.

Division Results - Women's 10K

14 & Under: 1. Lisa Constanza 52:59, 15-18: 1. Yovita Kariwan 51:35, 2. Carlene Dempster 52:43, 19-29: 1. Teresa Martin 48:01, 2. Brigitte Ann Robbins 48:30, 3. Susan Locke 50:45, 30-39: 1. Sue Perry 46:51, 2. Rebecca Mullins 51:29, 3. Terri Atkinson 55:15, 40-49: 1. Linda Wimmer 45:09, 2. Christine Hodge 45:25, 3. Dolly Ackerman 50:41, 50 & Over: 1. Barbara Robben 49:12.

Division Results - 3 Mile

1	Leon Shordon	15:59
2	Eric Englad	16:01
3	Robert Parks	16:04
4	Mike Hotton	16:06
5	Donlooby Jr.	16:35
6	Armand Repulles	16:51
7	Douglas Doolin	16:59
8	Rob Norwood	17:00
9	Ron Tanaka	17:05
10	Mark St. James	17:09
11	Ron Klyono	17:13
12	Tom Torlakson	17:26
13	Walt Vennum	17:47
14	Jeff Annis	18:14
15	James Erbes	18:29

Division Results - Men's 3 Mile

10 & Under: 1. Luke Leininger 21:47, 2. Scott Vicknair 22:59, 3. Brian Whitford 23:42, 11-12:

1. Joaquin Franz 20:26, 2. Garrett Dugger 21:43, 3. Glen Vomacka 22:09, 13-14: 1. Chris Bernardi 19:00, 2. Austin Matulonis 19:01, 3. Mike Martinez 23:04, 15-18: 1. Eric Englad 16:01, 2. Douglas Doolin 16:59, 3. Rob Norwood 17:00, 19-29: 1. Leon Shordon 15:59, 2. Don Looby 16:35, 3. Mark St. James 17:09, 30-39: 1. Robert Parks 16:04, 2. Mike Hotton 16:06, 3. Armand Repulles 16:51, 40-49: 1. Ron Tanaka 17:05, 2. Walt Vennum 17:47, 3. Joe Eidem 22:30, 50 & Over: 1. James Erbes 18:29, 2. Curtis Tom 20:22, 3. Gilman Jung 20:33.

Division Results - Women's 3 Mile

10 & Under: 1. Julie Leininger 26:44, 2. Jessica Dorn 32:33, 3. Kristen Buccellato 33:21, 11-12: 1. Heather McDaniell 29:24, 2. Kris Jadoo 35:12, 3. Shirley Robinson 35:15, 13-14: 1. Kristyn Nelson 22:22, 2. Shaloma Pina 32:14, 3. Jenny Goehring 38:38, 15-18: 1. Cindy Prindiville 21:51, 2. Lisa Poe 26:55, 3. Leesa Walker 29:30, 19-29: 1. Laurie Cerf 23:02, 2. Peri Annall 24:11, 3. Tiffany Taylor 25:03, 30-39: 1. Barbara Ginos 20:27, 2. Cheng-er Mehmedbasich 20:29, 3. Linda Walter 26:12, 40-49: 1. Kitty Barnes 30:28, 2. Cheryl Nelson 32:54, 3. Jeanne Allison 35:36, 50 & Over: 1. Barbara Zaro 30:20, 2. Maria Gailey 35:37, 3. Lucille Isebnarger 49:03.

California International Marathon

December 6, Folsom, Marathon.

Overall Results

1	Peter Maher (27) Toronto, Can.	2:16:49
2	Geoffrey Koech (28) Albuquerque	2:17:55
3	Mark Conover (27) SLO	2:18:03
4	Moacir Marconi (29) Anaheim	2:18:27
5	Fraser Clyne (32) Aberdeen	2:18:58
6	John Barbour (33) Atlanta	2:19:25
7	Noel Harvey (26) Madison	2:21:20
8	Bob Hodge (32) Clinton	2:21:25
9	Joe Rubio (24) San Luis Obispo	2:23:38
10	Craig Moore (34) Placerville	2:23:49

Division Results - Men

18 & Under: 1. Tyrone Nickel 2:43:28, 2. John Gibson 3:08:46, 3. Jesper Eshildsen 3:27:36, 19-24: 1. Joe Rubio 2:23:38, 2. Mark Eisenmenger 2:29:53, 3. Raymond Whitlow 2:32:54, 25-29: 1. Peter Maher 2:16:49, 2. Geoffrey Koech 2:17:55, 3. Mark Conover 2:18:03, 30-34: 1. Fraser Clyne 2:18:58, 2. John Barbour 2:19:25, 3. Bob Hodge 2:21:25, 35-39: 1. Domingo Tibaduiza 2:24:10, 2. Joseph Schieller 2:34:03, 3. Herb Tanzer 2:37:03, 40-44: 1. Jussi Hamalainen 2:34:18, 2. Bill Sevald 2:34:53, 3. David Oropeza 2:36:18, 45-49: 1. Robert Nelson 2:34:27, 2. Sterling Foreman 2:47:12, 3. Denis Trafecanty 2:55:23, 50-54: 1. Roger Daniels 2:57:00, 2. Bernie Hollander 2:58:18, 3. Peter Todd 3:01:10, 55-59: 1. Robert Gehl 3:14:34, 2. Joe Segarra 3:29:12, 3. Bill Winstanley 3:29:40, 60-64: 1. Ray Piva 3:07:11, 2. Warrenner 3:36:00, 3. Morris Fraser 3:42:16, 65-69: 1. George Billingsley 3:27:58, 2. Stephen Woishnis 4:06:38, 3. Frank Barsalou 4:26:31. Wheelchair: 1. Gary Kerr 2:22:35, 2. Patrick Holly 2:23:30, 3. Peter Brookes 2:24:17.

Overall Results - Women

1	Patti Gray (24) Pleasanton	2:40:29
2	Njaira Drake (38) Wellington	2:41:17
3	Marguerite Buiet (24) Hamilton	2:43:57
4	Kay Rainey-Stolp (30) Bremern	2:47:52
5	Rosy Cardenas (25) Reno	2:49:40
6	Peggy Smyth (35) San Anselmo	2:50:11
7	Ann Trason (27) Berkeley	2:52:03
8	Jean Burrell (34) Vancouver	2:52:11
9	Sharlet Gilbert (36) Richmond	2:54:00
10	Eileen Bickard (29) Santa Cruz	2:54:28

Division Results - Women

18 & Under: 1. Shannon Reed 4:53:34, 19-24: 1. Patti Gray 2:40:29, 2. Marguerite Buiet 2:43:57, 3. Lucy Harrington 3:20:46, 25-29: 1. Rosy Cardenas 2:49:40, 2. Ann Trason 2:52:03, 3. Eileen Bickard 2:54:28, 30-34: 1. Kay Rainey-Stolp 2:47:52, 2. Jean Burrell 2:52:11, 3. Susie Patterson 2:55:05, 35-39: 1. Njaira Drake 2:41:17, 2. Peggy Smyth 2:50:11, 3. Sharlet Gilbert 2:54:00, 40-44: 1. Rebecca Baum 2:58:43, 2. Susan Henderson 3:00:23, 3. Missy Kahn 3:12:32, 45-49: 1. Patti Donley 2:59:45, 2. Charlotte Swanson 3:13:38, 3. Margie Timberlake 3:15:34, 50-54: 1. Heidi Skaden 3:22:02, 2. Wen-Shi Yu 3:23:22, 3. Joan Reiss 3:25:07, 55-59: 1. Lois Cook 4:45:30, 60-64: 1. Kit Pickles 4:26:06. Wheelchair: 1. Candace Cable-Brookes 2:32:55, 2. Ann Walters NT.

photo by Keith Conning



JASON FLAMM

Sleigh Bell Dash

December 6, San Leandro, 5K & 10K.

In a deluge of rain and wind approximately 700 runners took off with bells on their toes to compete either the 5K or 10K Sleigh Bells Dash presented by Life Chiropractic College-West in San Lorenzo. The storm was one of the worse seen in the Bay Area in the three years with winds up to 65 MPH and heavy, heavy rains. Yet the cheerful, holiday spirited runners still came, tying bells on their shoes to jingle their way to the finish at Life Chiropractic College-West for the post race party which included special guest star Santa Claus giving away dozens of gift wrapped prizes and a live band. At the awards ceremony runners became spectators of a "Very Special Event" "The Sugar Plum Prance" featured 25 children ages 3-7 on a "Santa Claus" obstacle course (complete with a snow barrier, a fireplace, gift wrapped packages a Christmas tree and "Santa" waiting at the end to give each finisher a full Christmas stocking. All proceeds of the events to the San Lorenzo Village Foundation.

Men's Results - 10K

Overall: 1. Jason Flamm 31:27.45, 2. Terry Perrault 31:48.93, 3. Adam McAboy 32:55.45, Masters: 1. Sal Vasquez 33:20.88, 2. Joe Hancock 38:24.72, 3. David Pogue 40:41.38.

Men's Results - 5K

Overall: 1. Steve Strangio 16:25.08, 2. Gree Ward 17:06.72, 3. Richard Lucas 17:50.22.

Women's Results - 10K

Overall: 1. Susan Putney 39:26.46, 2. Kathleen Kennedy 41:33.50, 3. Barbara Miller 41:55.80, Masters: 1. Barbara Miller 41:55.80, 2. Loretta Gutierrez 44:53.76, 3. Julia Yaflee 45:43.03.

Women's Results - 5K

Overall: 1. Jill Perry 18:58.49, 2. N.E. Tyme 19:47.92, 3. Vicki Bigelow 21:17.62.

Results

Arcata to Willow Creek 40 Miler

December 12, Arcata.

Clearing skies and crisp cool 42 degree weather greeted the 16 hopefuls at the start of the 16th Arcata to Willow Creek 40 miler.

Mike Holt making his first ultra debut ran away from the field at the start and never looked back, finishing 30 minutes ahead of Vic Harris from Grants Pass who took second.

The race of the day, had to be between Crandell, Hoopes and Karen Angel. At Lord Ellis (18 miles) there was less than 5 minutes separation with Angel in the lead. At Redwood Creek (23 miles) Hoopes was 1 minute back, with Crandell fading to 8 minutes, mumbering as he went by, "This is my farewell race." "Retiring, to old, etc. etc.", but at Berry Summit (30.0 miles) he had passed Hoopes and Angel and led 3 min. 10 sec. at the finish.

The best finish had to be Karen Angel running her first ultra, taking 4th over all and lowering the women's record by 38 minutes. This with her 3:03 marathon finish has to be one of her better years.

Overall Results

1	Mike Holt (38)	4:37:46
2	Vic Harris (30)	5:07:53
3	George Crandell (55)	5:13:20
4	Karen Angel (41)	5:16:30
5	Gerald Hoopes (46)	5:23:31
6	Chad Ravgewitz (19)	6:07:25
7	Sandra Stepp (38)	6:09:07
8	Chris Hart (35)	6:28:33
9	Mike Doolittle (48)	6:39:36
10	Dennis Doolittle (27)	6:39:36
11	Ray Althson (43)	7:05:15
12	Daphne Hodgson (37)	7:16:38
13	Tommy Pratt (18)	7:19:00
14	Tony Stratta (57)	9:40:00
15	Alan Veal (18)	10:12:00

I "Can" Run

December 12, Santa Rosa, 5K.

Division Results - Men

Under 12: 1. Joshua Fox 25:54, 2. Brian Wade 28:40, 3. Bobby Cilly 29:30, 12-40: 1. Joe Madson -3:45, 2. Ed Creighton 17:53, 3. Starr Stevenson 18:59. Over 40: 1. Peter Verbisca-Brown -22:21, 2. Tom Anderson 17:44, 3. Ron Brown 19:42. Teams: Schools: 1. Cloverdale High Heroes -3:45, 2. Santa Rosa Junior College 27:41. Family: 1. Three C's 20:35, 2. Cameros 24:11. Corporate: 1. Brown Bag Readers' Theater 1:00:38.

Division Results - Women

12-40: 1. Rachel Burgio - 3:45, Julie Livingston -3:45, 2. Kerry Campbell-Price 23:12, 3. Pamela Creighton 23:43. Over 40: 1. Pat Miltenberger 23:12, 2. Susan Baldi 24:18, 3. Suzy Clarke 27:57.

Sanger Striders Pre-Christmas Run

December 19, Sanger, 6 Mile & 3 Mile.

Division Results - Men's 6 Mile

15 & Under: 1. Ed Gann 34:37, 19-29: 1. Vincent Marquez 38:39, 30-34: 1. Peter Larson 38:47, 35-39: 1. Steven Levy 34:19, 40-44: 1. Bill Schwartz 36:59, 45-49: 1. J.D. Fischer 38:50, 50-59: 1. Ric Zamarrpa 37:27, 60 & Over: 1. Chuck Freuler 43:10.

Division Results - Women's 6 Mile

19-29: 1. Darlene Larson 48:34, 30-34: 1. Connie Gonzalez 52:52, 35-39: 1. Margaret Gong 51:05, 50-59: 1. Heidi Fialho 49:42.

3 Mile Time Prediction

1	Fred Keenom	20:53.6 - Off 6.4 sec.
2	Norm Takeuchi	18:33.0 - Off 7.0 sec.
3	Bill Ramsey	21:47.7 - Off 9.3 sec.

Legg Lake 5K Morning Run

December 20, So. El Monte.

Division Results - Men

6-9: 1. Brian Corriveau 23:59, 2. Jason Reukema 29:07, 3. Camron Ferguson 36:22, 10-14: 1. Billy Seitz 24:31, 2. Richard Corriveau 25:38, 3. Glen Reukema 29:38, 15-18: 1. Phil Sutliff 22:29, 19-24: 1. David Alvarado 17:18, 2. R. Shearing 21:13, 25-29: 1. Dave Ortiz 15:56, 2. Ed Lopez 17:12, 3. Nati Carrasco 18:01, 30-34: 1. Robert Slick 16:21, 2. Carlos Orellana 20:28, 3. Lorenzo Antunez 23:02, 35-39: 1. Ruben Chappin 15:58, 2. Jose Garcia 20:46, 3. Bob Barrette 21:02, 40-44: 1. Jarrett Williams 17:58, 2. Mike St. Andre 18:07, 3. Mike Mendez 18:14, 45-49: 1. Richard Corriveau 19:28, 2. Jim Warren 22:17, 50-54: 1. David Keaberrin 24:21, 2. Ben Campos 31:42, 55-59: 1. Robert Patg 20:51, 2. Gene Doss 21:49, 3. Jim Maunard 22:23, 60-64: 1. Walley Taylor 21:59, 65-69: 1. David Cohen 22:45, 200 Pounds: 1. Leo Hoher 25:51.

Division Results - Girls

6-9: 1. Vanessa Verrochers 26:49, 15-18: 1. Brenda Terry 20:23, 19-24: 1. Cindy Lopez 31:11, 25-29: 1. Tracy Rose 18:16, 35-39: 1. Linda Savitz 22:30, 2. Dorinda Oliver 34:33, 40-44: 1. Barbara Reukema 23:18, 2. Hria Desrochen 26:02.

SCA/TAC 5K Road Championships

December 20, Westlake Village.

Overall Results

1	Mike Rogers (24) La Habra	14:40
2	Farron Fields (26)	14:44
3	Brian Russell (29) Studio City	15:09
4	George Mason (32) Irvine	15:11
5	Richard Erbes (18) Glendale	15:20
6	Luis Plon, Jr. (23) San Pedro	15:25
7	Bob Brennan (26) Santa Barbara	15:29
8	Jeff Jacobs (20) Tarzana	15:32
9	David Delgado (19) San Pedro	15:52
10	Salvatore Vargas (22) Culver City	15:57
11	Alfredo Perez (22) Venice	16:03
12	Peter Oviatt (18) Agoura	16:04
13	Don Cloari (21) Culver City	16:12
14	Richard Hirschman (19) Lomita	16:18
15	Bob Gorman (16) Agoura Hills	16:25
16	Steve Gordon (17) Granada Hills	16:48
17	Kirsten O'Hara (21F) Palos Verdes	16:51
18	Craig Mead (34) Northridge	16:55
19	Scott Baumann (22) Thousand Oaks	17:00
20	Dallas Jones (35) Santa Monica	17:02

Legg Lke 5K Morning Run

December 26, So. El Monte.

Division Results - Men

6-9: 1. Brian Corriveau 24:09, 2. Jason Reukema 28:35, 10-14: 1. Chip English 19:50, 2. Mario Gonzalez 19:58, 3. Richard Corriveau 23:15, 15-18: 1. Mark Clayman 35:25, 19-24: 1. Mike Mareel 15:52, 2. Greg Hill 18:00, 3. Francisco Ambris 18:44, 25-29: 1. Dave Ortiz 15:20, 2. Paul Sandoval 15:35, 3. Dragan Stankic 15:52, 30-34: 1. Michael Greenfield 16:00, 2. Rick Chorpennin 18:27, 3. Dan Martinez 32:30, 35-39: 1. Joe Englebrecht 18:11, 2. Ray Gonzales 24:11, 40-44: 1. Salvador Gonzalez 16:44, 2. Jarrett

Williams 17:44, 3. Mike Mendez 17:48, 45-49: 1. Catarino Gonzalez 16:42, 2. Richard Corriveau 19:21, 3. Gerald Tyner 21:15, 50-54: 1. Herbie Inglove 24:40, 55-59: 1. Robert Tate 21:07, 2. Gene Doss 21:19, 3. Bob Berg 26:23, 60-64: 1. Bruce Odou 20:54, 2. Wally Taylor 21:33, 3. Louis Deade 22:50, 65-69: 1. David Cohen 22:44, 2. Wiley Nelson 27:05, 70-79: 1. Dutch Benedetti 22:40, 80 & Over: 1. Jack Bishin 40:47, 200 pounds: 1. Charles Norman 31:50, 2. Hector Robles 31:51.

Division Results - Women

6-9: 1. Vanessa Desrochers 26:59, 25-29: 1. Nancy Coury 20:50, 35-39: 1. Elisabeth Blair 23:15, 2. Dorinda Oliver 28:49, 40-44: 1. Barbara Rurkema 22:35, 2. Cynthia Desrochers 25:15, 45-49: 1. Barbara Camp 25:05, 60 & Over: 1. Amy Coury 42:23.

First Night - First Run

January 1, San Francisco, 5K.

Division Results - Men

Open (39 & Under): 1. Chris Jagers 14:50, 2. Kelly Parker 15:23, 3. Randy Accetta 15:33, Masters (40+): 1. John Jordeth 15:45, 2. Alex Vago 18:36, 3. Ralph Hagler 19:31, Wheelchair: 1. David Eisner 38:49.

Division Results - Women

Open (39 & Under): 1. Maureen Luca 19:09, 2. Nano Visser 21:04, 3. Pamela Creighton 21:41, Masters (40+): 1. Georgia Annewell 20:16, 2. Jan Smith 23:23, 3. Diane Schmidt 24:18.

Legg Lake 5K Resolution Run

January 1, So. El Monte.

Division Results - Men

6-9: 1. Brian Corriveau 23:33, 10-14: 1. Richard Corriveau 24:38, 15-18: 1. Albert Paredes 17:11, 2. Patrick Thomas N.T. 25:29, 1. Dave Ortiz 15:21, 2. Torin Rostein 16:43, 3. Efen Garcia 16:55, 30-34: 1. Rick Chorpennin 18:14, 2. P. Epling 18:29, 3. James Wilson 18:53, 35-39: 1. Jim Flanagan 17:18, 2. Walt Witt 17:42, 3. Danny Martinez 17:57, 40-44: 1. Jarrett Williams 17:48, 2. Michael Desrochers 20:27, 3. Dwight Smith 21:13, 45-49: 1. Jim Crawford 18:30, 2. Richard Corriveau 19:51, 3. Gerardo Tyner 21:24, 50-54: 1. Jenny Thomas 23:57, 2. Bruce Martin 28:43, 55-59: 1. Wally Ingram 18:34, 2. Pat Devine 18:58, 3. Alex White 20:56, 60-64: 1. Bruce Odou 21:02, 2. John Mooshagian 29:47, 65-69: 1. D. Cohen 24:12, 70-79: 1. Dutch Benedetti 22:59, 80 & Over: 1. Jack Bishin 40:32, Race Walking: 1. Manny Alvarez 30:18.

Division Results - Women

6-9: 1. Vanessa Desrochers 25:42, 25-29: 1. Marta Campos 30:31, 2. Liz Diaz 31:45, 35-39: 1. Elizabeth Blair 21:39, 2. Dorinda Oliver 30:00, 40-44: 1. Anne Burke 23:28, 2. Cynthia Desrochers 25:22, 3. Mary Burne 31:18, 55-59: 1. Sumize Onodera 26:06.

New Year's Resolution

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

Overall Results - 10K

1	Mike Lansdon (26) SLO	31:40
2	David Lawler (25) Goleta	33:02
3	John Brazelton (19) Santa Barbara	33:11
4	Jim Kornell (36) Santa Barbara	33:47
5	Mike Donahue (19) Santa Barbara	34:10
6	James Jacobs (31) Santa Barbara	34:37
7	Donald Faith (33) Carpinteria	34:39

8 David Goodrich (20) Santa Barbara 34:44
9 AJ Sanchez (36) Channel Island 35:22
10 John Brennan (52) Santa Barbara 35:54
11 Bradley Cox (33) Santa Barbara 36:00
12 Debra Sharp (33F) Port Hueneme 36:02
13 Gene Sharp (35) Port Hueneme 36:02
14 Kevin O'Keefe (29) El Sugundo 36:15
15 Karl Rosh (27) Camarillo 36:23
16 Rick Snekvik (40) Santa Ynez 36:36
17 Paul Goodrich (16) Santa Barbara 36:42
18 Palmer Jackson Jr. (23) Santa Barbara 36:43

19 Brian Flick (23) Camarillo 36:47

20 Will Degen (37) Santa Barbara 36:48

Division Results - Men's 10K

15-18: 1. Paul Goodrich 36:42, 2. Joe Howarth 43:39, 3. Albert Little 44:51, 19-29: 1. Mike Lansdon 31:40, 2. David Lawler 33:02, 3. John Brazelton 33:11, 30-39: 1. Jim Kornell 33:47, 2. James Jacobs 34:37, 3. Donald Faith 34:39, 40-49: 1. Rick Snekvik 36:36, 2. James Hult 38:51, 3. Joe Green 39:21, 50-59: 1. John Brennan 35:54, 2. Jack Wilson 40:44, 3. Curtis Ridling 40:52, 60-69: 1. David Kille 45:10, 2. Jim Rowe 45:13, 3. Don Burnett 46:17, Wheelchair: 1. Stephen Miller 54:47.

Division Results - Women's 10K

15-18: 1. Colleen McNulty 46:24, 2. Michol Bauer 54:43, 19-29: 1. Stephanie Haynes 37:59, 2. Sharon Maley 39:58, 3. Erka Thuro 43:29, 30-39: 1. Debra Sharp 36:02, 2. Dianna Hall 38:25, 3. Mary Ryzner 39:09, 40-49: 1. Stephanie Welch 46:42, 2. Gretchen Folks 48:22, 3. Ute Luyties 48:57, 50-59: 1. Ruth Adams 56:41.

Overall Results - 5K

1	Derk Vett (20) Northridge	15:31
2	Mike Donahue (19) Santa Barb	15:40
3	Willy Rossow (24) Eugene	16:07
4	Brian Nelson (30) Ventura	16:14
5	Steve Blum (32) Ventura	16:24
6	Hans Van Koppen (32) Ventura	16:32
7	Mike Le Vangie (22) Westlake V	16:36
8	Terry Howell (32) Thousand Oaks	16:37
9	Gregor Robin (31) Santa Barbara	16:57
10	Corey Welles (24) Santa Barbara	17:00
11	Bradley Cox (33) Santa Barbara	17:06
12	Will Degen (37) Santa Barbara	17:20
13	Rick Hallblom (38) Santa Barbara	17:39
14	John Patterson (46) Santa Barb	17:55
15	Kemp Aaberg (47) Santa Barbara	18:08
16	Robert Cooney (31) Carpinteria	18:10
17	Anne Hayden (33F) Santa Barb	18:14
18	Josa Gonzales (26) Santa Barb	18:16
19	Mary Ryzner (34F) Santa Barbara	18:17
20	Steve Bushey (37) Carpinteria	18:33

Division Results - Men's 5K

14 & Under: 1. Evan McPeters 24:40, 2. Nate Kornell 24:40, 3. Mike Young 24:42, 15-18: 1. Ray Unzueta 19:33, 2. Mike Hodgson 20:00, 3. Erik Schiefen 21:09, 19-29: 1. Derik Vett 15:31, 2. Mike Donahue 15:40, 3. Willy Rossow 16:07, 30-39: 1. Brian Nelson 16:14, 2. Steve Blum 16:24, 3. Hans Van Koppen 16:32, 40-49: 1. John Patterson 17:55, 2. Kemp Aaberg 18:08, 3. Dick Kentro 20:05, 50-59: 1. Jerry Dietrich 20:22, 2. Paul Ellison 20:38, 3. Fred Vega 22:23, 60-69: 1. Ray Gil 20:44, 2. Jon De Champion 25:42, 3. Malcolm McCabe 27:23, 70 & Over: 1. William Reppy 36:41.

Division Results - Women's 5K

14 & Under: 1. Heather Eckberg 21:41, 2. Maria Hodgson 27:16, 3. Cristina Chapman 29:01, 15-18: 1. Patty McNulty 23:32, 2. Kathy McNulty 23:34, 3. Jennifer Tucker 27:25, 19-29: 1. Tammy Misner 19:37, 2. Thea Van Koppen 20:47, 3. Anke Lageschulte 21:53, 30-39: 1. Anne Hayden 18:14, 2. Mary Ryzner 18:17, 3. Sarah Zivich 20:32, 40-49: 1. Joyce Parkel 22:50, 2. Ruth Hemming 22:55, 3. Carleen Blanchette 24:23, 50-59: 1. Judith Bruckner 30:40, 2. Rosemary Beilschmidt 33:11.

Results

Resolution Relays

January 2. Berkeley Aquatic Park.

Overall Results

- Ramsay Thomas, Brook Thomas (Lafayette) 48:00
- Scott Kennedy, Kathy Kennedy (S.Leand) 52:19
- Glen Augustine, Warren Lee (Berkeley) 54:02
- Rich Barke, Sharlet Gilbert (ElCerrillo) 54:09
- Peter Johnson, Steve Arras (Walnut Creek) 56:45
- Lee Groyon, Roger Sharp (El Sobrante) 56:01
- Ed Willard, Jack Winter (S.F.) 57:56
- Brian Waddington, Judy Clark (S.F.) 58:15
- Don Hildebrand, Joe Hancock (Orinda) 58:27
- Walt Kohnert, Ray Rosa (Pacifica) 58:50
- Stan Buscovich, Mary Fox (Daly City) 59:58
- Doug Crawford, Jackie Lebrack (Orinda) 1:00:00
- Niels Povlsen, Dorian Rosa (Pt.Richmond) 1:00:32
- Richard Sextro, John Rasmussen (Albany) 1:02:11
- Ali Othman, Phil Davis (Antioch) 1:03:02
- Mark Lane, Lisa Marvin (Pittsburg) 1:03:25
- Robert Davis, Jack Byrd (Antioch) 1:03:47
- Nancy Troxa, Susan Klepac (Richmond) 1:07:00
- Barbara Robben, Mary McCraw (Berkeley) 1:07:46
- Forest Peter, Alex Peter (Oakland) 1:13:10

photo by Bill Leung, Jr.



VINCE DRADDY

Charlotte Observer Marathon

January 2. Charlotte, N.C.

Bill Rodgers and Frank Shorter showed they are still the men to beat in their age class, and that was one of the few unsurprising developments in the Charlotte Observer Marathon and its three 10K.

Nevertheless, masters fields for both the 10K and the marathon were the best ever in Charlotte. Highly enhanced prizes included a special \$5,000 challenge match prize, offered by Orthopaedic Hospital of Charlotte, for Rodgers or Shorter - whichever finished before the other. They ran in the Masters 10K, which for the first time was a separate race.

Rodgers took the race-within-a-race, finishing 21 seconds ahead of his long-time rival. And they finished 1-2 among masters thoroughbreds that included Larry Olson, Barry Brown and Bob Schlauf.

"I was thinking, what if one of us runs like a dog?" Shorter said. "Fortunately, though, we found out that for now, we're the top two guys in the bracket."

It was Rodgers' first race as a master-he turned 40 on Dec. 23; Shorter, on Oct. 31. And it was their first race against each other as masters.

Bobbi Rothman, now living in Gainesville, FL, won the women's masters 10K by almost three minutes.

In the women's marathon, Beth Dillinger became official first-place finisher after Stewart's disqualification. Dillinger had finished third in 1985, first in 1986 and second in 1987.

Canadian Jeff Martin ran away from the men's marathon field, leading the onslaught of New York/Ontario athletes. Ralph Zimmermann and Joanie Zirkelbach captured the masters divisions.

In the Women's 10K, friends Lynn Jennings and Margaret Groos battled fiercely until Jennings, the defending champion, pulled away to win by nine seconds.

Excluding the \$5,000 prize for the Rodgers/Shorter match, masters shared \$10,000 in the Observer races. Masters 10K men split \$4,150. The prize fund was \$1,950 for women in the Masters 10K, and for masters men and women each in the Marathon.

Overall Results - Men

Marathon:

- Jeff Martin (29) Ont., \$2,000 2:19:38
- Doug Kurtis (35) Mich., \$1,000 2:23:54
- George Walker (26) N.C., \$500 2:28:03
- Wayne Broadhead (30) \$400 2:29:02
- Barry Troutman (34) N.C., \$250 2:29:39

Masters Marathon:

- Ralph Zimmermann (46), \$1,000 2:34:18
- Mel Williams (50) VA., \$500 2:38:40
- Wayne Yarbrough (41) N.C., \$250 2:41:46
- Mick Stewart (41) VA., \$125 2:42:42
- David Vanderbrook (46) \$75 2:44:12

Open 10K:

- Vincent Draddy (26) CA., \$2,000 29:15
- Chris Fox (29) MD., \$1,000 29:15
- Marty Flynn (24) S.C., \$500 29:20
- Jim Cooper (30) N.C., \$400 29:26
- Gerard Donakowski (27) \$250 29:41

Masters 10K:

- Bill Rodgers (40) Mass., \$5,000 30:49
- Frank Shorter (40) Colo., \$2,000 31:10
- Larry Olson (41) Mass., \$1,000 31:19
- Barry Brown (43) FL., \$500 31:34
- Bob Schlauf (40) S.C., \$400 31:39
- Athol Barton (40) MD., \$250 32:29

Overall Results - Women

Marathon:

- Beth Dillinger (32) VA., \$2,000 2:57:01
- Charlene O'Brien (30) \$1,000 2:59:50
- Suzanne Crable (28) Ohio, \$500 3:00:43
- Janey Gordon (33) VA., \$400 3:06:17
- Joanie Zirkelbach (40) \$250 3:10:53

Masters:

- Joanie Zirkelbach (40) \$1,000 3:10:53
- Nina Bovlo (41) Mich., \$500 3:11:32
- Jeanne Kruger (40) VA., \$250 3:15:54
- Nancy Sigmon (40) N.C., \$125 3:23:06
- Linda Miesch (40) N.C., \$75 3:28:58

Open 10K:

- Lynn Jennings (27) N.H., \$2,000 33:08
- Margaret Groos (28) Tenn., \$1,000 33:17
- Joan Nesbit (25) N.C., \$500 34:00
- Lynn Nelson (25) AZ., \$400 34:22
- Megan Othersen (24) S.C., \$250 34:30

Masters 10K:

- Bobbi Rothman (42) FL., \$1,000 39:00
- Anna Moore (43) N.C., \$500 41:41
- Ondrea Simpson (41) GA., \$250 43:03
- Susie Kluttz (50) N.C., \$125 43:53
- Nancy Lowden (45) N.C., \$75 44:26



WALLY INGRAM (left)
BOB MCGEOUGH (right)

Legg Lake 5K Morning Run

January 3. So. El Monte.

Division Results - Men

- 5 & Under: 1. Isaiah Price 48:19. 6-9: 1. Chris Lemaster 22:48, 2. Brian Corriveau 24:06, 3. Mike Lemaster 28:42. 10-14: 1. Richard Corriveau 23:47, 2. Steven Monte 26:48, 3. Jimmy Martinez 28:42. 15-18: 1. Jeff Gilkey 16:16. 19-24: 1. Sal Rodriguez 15:46, 2. Pedro Seratin 18:35, 3. Khuu-H 23:42. 25-29: 1. Chris Larkin 26:07. 30-34: 1. Rob Slick 16:32, 2. David Mahan 17:13, 3. Jose Rodriguez 17:39. 35-39: 1. Nolan Smith 16:12, 2. David Ramirez 18:13, 3. Mike Larkin 22:35. 35-39: 1. Robert Sprung 25:57, 2. Solorzano 26:48, 3. Lawrence Price 37:38. 40-44: 1. Jarrett Williams 17:45, 2. Ray Gardman 18:51, 3. Allan Thomas 19:28. 45-49: 1. Bob McGough 17:14, 2. Bob Nyman 18:37, 3. Gerald Tyner 21:23. 50-54: 1. Cliff Stolba 20:51, 2. Chaz Haba 20:56, 3. David Heubertin 24:00. 55-59: 1. Wally Ingram 18:45, 2. William Wall 20:32, 3. Robert Pate 20:55, 60-64: 1. Bruce Odou 20:34, 2. Gunner Bricker 21:34. Racewalkers: 1. Ed Bouldin 22:42.

Division Results - Women

- Racewalker: 1. Linda Zamalin 1:00:34. 6-9: 1. Vanessa Desrochers 26:04, 2. Nicki Kennerley 21:48. 15-18: 1. Mimi Swenson 24:52, 2. Frances Smith 25:00. 19-24: 1. Cynthia Lopes 29:15. 25-29: 1. Nancy Coury 20:05, 2. Gena Elliott 21:09, 3. Sharon Patapope 30:40. 30-34: 1. Wendy Bracamonte 22:03. 35-39: 1. Elizabeth Blair 21:49, 2. Dorinda Oliver 32:18. 40-44: 1. Grace Thomas 37:36. 45-49: 1. P. Ingles 30:44.

Desert Princess Biathlon

January 9. Palm Springs.

(10K Run, 62K Bike, 10K Run)

Kenny Souza, hailed as the work's top biathlete, scored another decisive win in the second race of the \$30,000 Desert Princess World Championship Run/Bike/Run biathlon series.

Despite a lingering cold and not having trained for a month, Souza, 23, a Covina, CA speedster with an international reputation, finished the grueling event in a blistering 2:38:32.

Souza, who said he was tempted to quit several times, called it "the toughest course" he has encountered. "There's nothing harder than this."

The \$1,000 win made it three in a row for Souza, who took the first race in the series in November, and also won the final race in the previous season's series. He is now overall point leader heading into this year's final.

George Pierce, 28, of Thousand Oaks, was second at 2:40:28, and U.S. Triathlon Series National Champion Mike Pigg, 24, of Arcata, was third with 2:41:45 in the tough field that drew competitors from Maine to Hawaii.

Desert Princess overall defending champion Brad Kearns, 23, of Woodland Hills, was fourth at 2:44:36. Kearns lost the heel from one of his shoes near the finish and ran the last quarter mile in his stocking feet.

Top local runner was Mark Blaser, 30, of Palm Springs, who finished tenth, clocked at 2:48:45. Blaser finished thirteenth in this year's "Iron Man" in Hawaii.

In the women's professional division, Liz Downing, 29, of Portland, ran away with the race, clocked at 2:57:02. She also collected \$1,000. Sue Griesbach, 30, of Fullerton, was second at 3:01:06, and Kristen Frost, 31, of Hood River, Oregon, was third at 3:04:17.

This race in the Desert Princess run/bike/run biathlon series is set for February and will determine the first-ever world biathlon champions in both the men's and women's professional divisions. First prize purse is boosted to \$2,000. The Juvenile Diabetes Foundation will again be the beneficiary.

Overall Results - Long Course

- | | | |
|----|----------------------------------|---------|
| 1 | Ken Souza (23) Covina | 2:38:32 |
| 2 | George Pierce (28) Thousand Oaks | 2:40:28 |
| 3 | Mike Pigg (24) Arcata | 2:41:45 |
| 4 | Brad Kearns (23) Woodland Hills | 2:44:36 |
| 5 | Brian Clary (26) Redlands | 2:46:55 |
| 6 | Charles Hubbard (26) Burbank | 2:47:21 |
| 7 | Fred Kievan (26) Visanovia | 2:47:30 |
| 8 | Joel Thompson (28) Encinitas | 2:47:44 |
| 9 | Nicholas Martin (31) AZ | 2:47:52 |
| 10 | Mark Blaser (30) Palm Springs | 2:48:45 |

Overall Results - Short Course

- | | | |
|------------------------|-------------------------------------|-------|
| 3K Run/13K Bike/3K Run | | |
| 1 | Michael Lynch (27) Beverly Hills | 47:19 |
| 2 | Tom Moriarty (32) Montrose | 47:34 |
| 3 | Rick Kozlowski (35) San Diego | 49:01 |
| 4 | Ian Alson (19) Northridge | 49:03 |
| 5 | Jeff Jacobs (22) La Jolla | 49:08 |
| 6 | Randal Shalley (44) Centes | 49:12 |
| 7 | Joe Jacobsen (44) West Lake Village | 49:25 |
| 8 | Dave Caspino (22) Canoga Park | 49:28 |
| 9 | Kerry McKay (26) El Cajon | 49:36 |
| 10 | Mike Cockrell (39) Alta Loma | 49:59 |

Brian Sturgeon 10K Run

January 9. Madera.

Division Results - Men

- 19-29: 1. Brian Butler 35:41, 2. Gilbert Conzales 37:19, 3. David Diaz 40:47. 30-39: 1. Rick Gaffney 35:32, 2. Vincent Marguez 39:54, 3. Joseph Alioto 41:56. 40-49: 1. Earl Bradford 40:59, 2. Melvin Cline 42:54, 3. John Ortiz 44:20. 50-59: 1. Willie Leifal 45:16, 2. David Minier N.T.

Division Results - Women

- 14 & Under: 1. Heather Reid 46:35. 19-29: 1. Mary Norris 43:20, 2. Milissa Ortiz 44:19, 3. Vickig Ramirez 1:00:08. 30-39: 1. Donna Aldrick 44:52, 2. Margaret Gong 52:35.

Results

Buena 4 Mile Run

January 9, Ventura.

Division Results - Men

12 & Under: 1. Richard Falt 26:08, 2. Aaron Speer 34:00, 3. Aaron Hodgson 42:18. 13-16: 1. Anthony Topps 21:59, 2. Ramon Morales 22:36, 3. Scott Fickerson 23:09. 17-19: 1. Jamie Gallindo 21:26, 2. Scott Thomas 21:52, 3. Steve Gordon 21:59. 20-29: 1. Derk Vett 20:27, 2. Mark Ellis 21:57, 3. Anthony Brogna 22:34. 30-39: 1. Brian Nelson 20:42, 2. Bradley Cox 22:03, 3. Al Sanchez 22:28. 40-49: 1. Gary Tuttle 23:10, 2. Kemp Aaberg 23:14, 3. John Patterson 23:47. 50-59: 1. Ron Nisbet 25:35, 2. Paul Ellison 27:08, 3. Guy Thomas 27:49. 60-69: 1. Fred Nagelschmidt 25:30, 2. Ray Gil 27:04.

Division Results - Women

13-15: 1. Marissa Vandervalk 28:58, 2. Danielle Boyd 30:29, 3. Alisa Perren 31:03. 17-19: 1. Jena Haggemiller 24:00, 2. Chris Scircum 26:44, 3. Mary Dietz 26:47. 20-29: 1. Terri Stears 27:47, 2. Lupe Reyes 29:27, 3. Crista Clark 31:29. 30-39: 1. Mary Ryzner 24:03, 2. Anne Haydon 24:31, 3. Connie Mah 30:42. 40-49: 1. Hall Boyer 28:37, 2. Liz Cushman 29:07, 3. Nancy Daw 32:46. 50-59: 1. Lynda Gallup 34:56.

San Gabriel River 5K Run

January 9, So. El Monte.

Division Results - Men

6-9: 1. Brian Corriveau 23:46. 10-14: 1. Richard Corriveau 23:36, 2. Bobby Welt 23:44. 19-24: 1. Greg Hill 18:30. 25-29: 1. Frank Plasso 15:30, 2. Efrén Garcia 17:29, 3. Maurizio Piva 20:21. 30-34: 1. John Miller 18:53. 35-39: 1. Juan Garza 15:55, 2. Michel Greenfield 18:48, 3. Leslie Caldera 18:09. 40-44: 1. Jarrett Williams 18:18, 2. Steve Kennerley 19:09, 3. Mike Lalum 20:46. 45-49: 1. Richard Corriveau 20:12. 50-54: 1. Maury Weiss 25:32. 55-59: 1. R. Culling 19:27, 2. Robert Pate 20:57, 3. Robert Perry 21:10. 60-64: 1. Bruce Odou 21:36, 2. Louis Beadle 23:15. 65-69: 1. David Cohen 22:30, 2. Wiley Nelson 28:17. 70-79: 1. Ed Rumble 25:38. Racewalkers: 1. Charles English 40:21.

Division Results - Women

10-14: 1. Niki Kennerley 22:48, 2. Mary Wilson 24:36. 15-18: 1. Karen Talamantes 21:24. 25-29: 1. Maria Gerace 25:38. Racewalkers: 1. Marylin English 40:20, 2. Arlene Weiss 47:46, 3. Linda Zamalin 1:03:35.

Legg Lake 8K Morning Run

January 10, So. El Monte.

Division Results - Men

6-9: 1. Brian Corriveau 39:59. 10-14: 1. Richard Corriveau 42:45. 15-18: 1. Don LaFevre 27:34, 2. Froilan Santiago 30:16. 19-24: 1. Serafin Pedro 31:33, 2. R. Shearing 35:35, 3. Huns Khuu 36:16. 25-29: 1. David Nunez 28:18, 2. Mario Lara 28:54, 3. Jorge Alvarez 29:07. 30-34: 1. Rick Buyalos 27:12, 2. Jose Rodriguez 27:52, 3. Roger Linfield 28:45. 35-39: 1. Alan Kleinsasser 27:59, 2. David Ramirez 29:48, 3. David Diaz 30:19. 40-44: 1. John Rupp 30:11, 2. Mike Lalum 34:14, 3. Dwight Smith 37:11. 50-54: 1. Cliff Stolba 33:31, 2. Bill Sol 34:53, 3. David

Heaberlin 41:10. 55-59: 1. Pat Devine 30:22, 2. Robert Culling 35:56. 60-64: 1. Bruce Odou 34:39. 65-69: 1. Wiley Nelson 46:00. 70-79: 1. Dutch Benedetti 37:53.

Division Results - Women

30-34: 1. Ruth Wysocki 27:45. 35-39: 1. Stephnaie Nelson 39:43, 2. Harriet Bruskie 47:36, 3. Dorinda Oliver 53:23. 55-59: 1. Ethel Kleinsasser 43:17. Racewalker: 1. Arlene Weiss 1:22:07.



RUTH WYSOCKI

winning relay team. Tony Reyes of Rialto, Rick Sharks of Upland and Susie Keough from Rancho Cucamonga proved to be stiff competition for the eventual winner as they combined for a 39:15 clocking.

Finishing second to Hubbard among the men was Bruce Balch of Redondo Beach, who completed the course in 40:27. Defending champion Chris D'Antonio of Valencia was the eighth overall finisher in 41:44, but fourth



ETHEL KLEINSASSER

City of Fontana Triathlon

January 16, Fontana.

(5K Run, 15K Bike, 75y Swim)

Due to its rather short length, the annual City of Fontana Triathlon has earned a reputation as an all-out sprint in the sport of endurance. The sixth edition, was no exception.

Traditionally among the first of its kind in the new year, the Fontana mini-triathlon drew its usual large field to compete in 28 age classes for men and women, plus a first-ever relay division. In the end, Charles Hubbard and Nancy Baird won the gold and the cash.

Hubbard, a 26-year-old geologist from Burbank, was the first overall finisher as he completed the event in 39:13:19, the only individual under 40 minutes.

Baird, with eight appearances in the Ironman Triathlon in Hawaii to her credit, topped the women's division as she finished in 45:55:07, the 62nd overall finisher.

Just how tough was this mini-triathlon, sponsored by the city's Recreation Department?

"It's not a pace course," said Hubbard, a 37-year-old who works in a running wear store in her hometown of Costa Mesa. "It's heart attack all the way."

Hubbard, who earned \$100 for the victory as did Baird, agreed. "You have to go 100 percent the whole way. There's no holding back."

Hubbard, was two seconds faster than the

in his age group (25-29).

Taking second to Baird among the women was Wendy Griffith of Claremont, who posted a 46:58 time and won the 11-14 age class. Third among the women was Julie Finnegan of Phillips Ranch in 47:27, good enough for the 25-29 age victory.

Unlike the previous year when biting cold winds from the north put the wind chill factor under freezing, the starting field of 441 entrants was greeted by ideal weather conditions. The run started the event and provided a hint of what was to transpire in the competition.

Reyes was the first to complete the run, with Hubbard in close pursuit. Baird was also caught up by the fast pace, posting her fastest single mile time ever.

"In something this short, you've got to be a fast runner," said Baird after the race. "You've got to make your statement early."

But it was on the bikes that Hubbard put distance between himself and the field, the winning relay team included. Moving along an east-west course rather than the treacherous north-south course of the previous year, the competitors were able to reach speeds of only 30 miles per hour. In 1987, thanks to a steady wind, bikes were clocked as fast as 60 miles per hour on the downward portion back to the Fontana High School pool.

Following his dismount from the bike, Hubbard out-raced Keough to the pool for the required three laps.

"I nearly died when I got into the water," said Hubbard.

Those who finished the event were presented with specially-designed lapel pins and ushered to warm showers in the Fontana High School physical education complex.

Division Results - Men

10 & Under: 1. Jeremy Nicholls 59:21, 2. Brian Newsham 1:09:09, 3. Sean Faubert 1:15:30. 11-14: 1. Ryan Olson 44:23, 2. Mickey Fortie 44:36, 3. Michael Tomasulo 48:25. 15-19: 1. Michael Hargett 43:33, 2. Carlos Oliva 43:50, 3. Nestor Rodriguez 44:04. 20-24: 1. Drew Renick 40:38, 2. Michael Marckx 41:06, 3. Kirk Corsello 41:40. 25-29: 1. Charles Hubbard 39:13, 2. Bruce Balch 40:27, 3. Brian Stephens 40:48. 30-34: 1. Dave Stevens 40:31, 2. Richard Barron 41:59, 3. Steve Robde 42:10. 35-39: 1. Mike Cockrell 43:35, 2. Mike Kelley 43:58, 3. George Luther 44:35. 40-44: 1. Randall Shelley 43:37, 2. Kenneth Buras 44:45, 3. Alan Robertson 45:01. 45-49: 1. Arnold Gomez 47:38, 2. George Bowman 48:26, 3. Frank Bua 48:54. 50-54: 1. William Osborn 48:26, 2. Clifford Larkins 49:00, 3. Vince Egnozzi 54:54. 55-59: 1. Chris Denny 48:31, 2. Don W3eckstein 57:27, 3. Norte Oliver 57:40. 60-64: 1. Bill Ferrell 51:39, 2. Delmar Gourley 51:51, 3. Joseph Fleischmann 55:12. 65-69: 1. Roy Holder 55:37, 2. Jack Mehlman 1:06:30.

Division Results - Women

10 & Under: 1. Robyn Baker 1:07:36. 11-14: 1. Wendy Griffith 46:58, 2. Bunky York 1:07:25, 3. Camilla Nilsson 1:11:37. 15-19: 1. Tina Tamura 56:51, 2. Iona Falvy 1:02:21, 3. Michelle Thirlaway 1:21:39. 20-24: 1. Shelly Bowman 55:32, 2. Kathy Peterquin 1:00:33, 3. Elizabeth Gutrecht 1:07:18. 25-29: 1. Julie Finnegan 47:27, 2. Laura Lowe 48:36, 3. Laura Held 48:38. 30-34: 1. Margie Dana 48:32, 2. Laurie Land 49:58, 3. Laura Wells 54:35. 35-39: 1. Nancy Baird 45:55, 2. Mary Eipert 52:32, 3. Anne Serra 54:42. 40-44: 1. Jane Granskog 52:28, 2. Connie Gomes 53:13, 3. Carol Schmeil 55:34. 45-49: 1. Mardi Briggs 54:02, 2. Wanda Whitmire 1:07:49. 55-59: 1. Patty Perkins 1:06:12.

San Gabriel River Run

January 16, So. El Monte. 3 Mile.

Division Results - Men

6-7: 1. Brian Corriveau 24:22. 10-14: 1. Chip English 18:59, 2. Richard Corriveau 21:26, 3. Bobby Welt 24:03. 15-18: 1. Tony Winkler 16:03, 2. Jean Horako 21:22. 19-24: 1. Mel Petersen 14:34, 2. Erick Winkler 15:22. 25-29: 1. Efrén Garcia 16:03, 2. Nati Carrasco 17:07. 30-34: 1. Adollo Serrato 17:36, 2. Fran Delach 18:18, 3. Allen Posey 19:27. 35-39: 1. Nolan Smith 15:14, 2. Joe Alvarado 17:16, 3. Walt Hitt 18:18. 40-44: 1. Robert Staley 17:58, 2. Steve Kennerley 18:03, 3. Barry Hamilton 20:18. 45-49: 1. Bob McGeough 16:35, 2. Ted Heaton 17:30, 3. Richard Corriveau 18:52. 50-54: 1. Booker Washington 18:44, 2. Herb Inglove 24:04. 55-59: 1. Walley Ingram 17:34, 2. Patrick Devine 17:39. 60-64: 1. Gene Pumphrey 18:17, 2. Gunner Bricker 19:38, 3. Bruce Odou 20:16. 65-69: 1. David Cohen 21:47, 2. Ferdi Gonzales 23:13, 3. Wiley Nelson 28:54. 80 & Over: 1. Jacob Bishin 40:32. Racewalkers: 1. Charles English 35:58.

Division Results - Women

Racewalkers: 1. Marylin English 37:08, 2. Linda Zamali 56:07. 6-9: 1. Nancy Villanueva 28:51. 10-14: 1. Nini Kennerley 20:17. 15-18: 1. Denise Hanson 21:27, 2. Sunny Winkler 22:37. 35-39: 1. Donna Morin 20:37. 40-44: 1. Georgina Nuttall 22:12. 45-49: 1. Hwasa Andrade 21:54, 2. Marilyn Mathews 27:30, 3. Josephine Hamp 29:15.

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