

MARCH 1989

ISSUE NO. 145

# CALIFORNIA

## Track & Running News

Winning Isn't  
Everything--Just Tell  
Me How

by Mark Wintz

Sunkist & L.A. Times  
Indoors

by Doug Speck

1989 Northern &  
Central California  
Prep Preview

by Keith Conning

SoCal Collegiate  
Track & Field  
Preview

by Bill Minarik

What's New in Sports  
Medicine?

by Steven Subotnick

Nutrition...Training...

March, April & May  
Schedule



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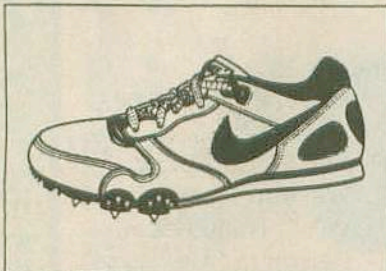
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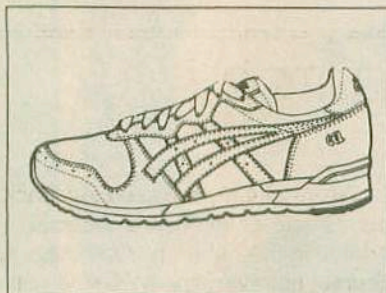


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# CALIFORNIA

Track & Running News



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## FROM THE EDITOR

The big news around Fresno track circles right now is the awarding of the 1990 TAC Junior Track & Field Championships to Fresno. The meet will be held at Fresno City College's Radcliffe Stadium and I can guarantee it will be a class act. The Fresno area track community knows how to put on a meet!

Other news I'm excited about is the low cost TAC Development video tapes. U.S. Olympic Trial event tapes with all rounds of competition and all participating athletes are available, as well as 1987 World Championships IAF biomechanical studies video tapes (with slow motion view of top performers in most events). All tapes are \$15 each. For further information and order forms write to: Lyle Knudson, Science Coordinator, TAC Development, 3625 S. Verbena St. #404, Denver, CO 80237. Also available at the preceeding address is a new scientific journal specifically for track and field that includes original research articles and abstracts of research articles published in other journals.

We've already received feedback on our Athlete of the Year selections printed in the February 1989 issue. Of course, not everyone will agree with all of our selections, but, once again, we've given it our best shot with the information we're able to pull together--I thought we did a pretty good job.

March is the real beginning of outdoor track season and I'm looking forward to getting the season in gear and seeing lots of you at the meets.

**ON THE COVER:** Prep 4x440 relay action at Sunkist with Hawthorne's Curtis Conway edging Oakland's Nate Wright to finish 3:24.7 to 3:24.8. See Sunkist story and results beginning on page 32.

# SCHEDULE

By JACK LEYDIG

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

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

## March 4 (Saturday):

**Chico:** Bidwell Classic Marathon & Road Races. (Marathon, half-marathon, 3 mile fun run) 9 a.m./3 mile 8 a.m. Bidwell Classic, P.O. Box 1182, Chico, 95927. Harold Carling (916) 893-5116.

**Sausalito:** Run for the Seals, 4 Mi., Ft. Cronkhite (Marin Headlands), 9 a.m. California Marine Mammal Center, Ft. Cronkhite 94965. (415) 331-SEAL.

**Palm Springs:** Palm Springs Invitational Senior Olympics III 10K Run, (55 years old or older). 7 a.m. Riverside Drive at Palm Canyon. Larry Kendell, Chairman. Bob Green, 550 N. Palm Canyon Dr., Palm Springs 92262.

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

**San Jose:** Mt. Hamilton 10K, Half-Marathon, Marathon & 50 Miles, Joseph Grant State Park, 7 a.m./50 MI & Mara., 8 a.m./H-M & 10K. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Bakersfield:** Hart Park Fun Run, Distance TBA, Time TBA. Bakersfield Track Club, P.O. Box 42123, Bakersfield 93384. (805) 399-2720.

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

**Manhattan Beach:** AM Good Morning 5K, American Martyrs School, 8 a.m. American Martyrs School, 1701 Laurel Ave., Manhattan Beach 90266. Barry Schweiger: (213) 322-6078.

**San Juan Capistrano:** San Juan Capistrano 10K Run, La Novia Park, 7:30 a.m.

Community Services, 31421 La Matanza, San Juan Capistrano 92675. (714) 493-5911.

**Irvine:** Run for Hungry Children, 1K, 5K & 10K, South Coast Community Church, 7:30 a.m./5K, 8:15 a.m./10K, 9:30 a.m. (Kids Only 1K). South Coast Community Church, 5120 Bonita Canyon Rd., Irvine 92715. (714) 760-7345.

**San Diego:** Smile San Diego 10K, & 2 Mi., Balboa Park, 7:30 a.m. Toni Deal: (619) 272-8316.

**Clovis:** Golden Valley 3 & 10 Mile Runs. Clovis West High School, 9 a.m. Don Trout, 17730 Road 36 1/2, Madera 93638. (209) 645-6015.

## March 5 (Sunday):

**Los Angeles:** Los Angeles Marathon, Time TBA. Los Angeles Marathon, P.O. Box 67750, Los Angeles 90067. (213) 879-1989.

**San Francisco:** DSE Double Lake Merced Run, 9.2 Mi., Sunset Blvd. Parking lot, 10 a.m. Fred Haber: (415) 668-2830.

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

**Stinson Beach:** John Muir Monumental, 7.2 Mi., Muir Beach Parking Lot, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190. California Coastal Challenge #2.

**Ferndale:** Foggy Bottoms Milk Run, 2 Mi. Fun Run, 4 & 10 Mi., downtown, 12:15 p.m./2 Mi., 1 p.m. Chuck Ehlers, Jogg'n Shoppe, 1090 G Street, Arcata 95521. (707) 822-3136.

**Bakersfield:** Bakersfield T.C. Handicapped 5K Run, Hart Park, 3 p.m. Steve Moehlman: (805) 831-7855.

**Los Osos:** South Bay 20K, Los Osos Junior High School, 8:30 a.m. Myron Hood, 2000 Doris St., Los Osos 93402. (805) 528-3425.

**Note:** This is listed as 10K in some publications.

**San Diego:** Sue Krenn 15K, South of Hilton, 7:30 a.m. Francisco Saiz: (619) 425-4579.

## March 11 (Saturday):

**San Francisco:** Irish Sprint & Stride 5 Miler, Sunset Blvd. Parking Lot (Lake Merced), 9:30 a.m./Stride, 10 a.m./Run. Jeff Benes, 347 Keeler Ct., San Jose 95139 (408) 972-4343.

**Palo Alto:** Monte Bello 1/3-Marathon & 5 Miler, Monte Bello Open Space Preserve (I-280 to Page Mill Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Palo Alto:** Girl Scout 5K Run/Stride or 1 Mile Run/Stride, Palo Alto Baylands, 9 a.m./1 Mi., 9:30 a.m. Palo Alto Recreation Dept. (415) 329-2380.

**Carmel:** Serra's Run 10K, Junipero Serra School (Carmel Mission), 9 a.m. Sharon Franke, 2992 Lasuen, Carmel 93923. (408) 375-2661.

**Stockton:** Stockton 4 Mile & Team Challenge, Grupe Park, 9 a.m. Tarahumara Running Club, P.O. Box 8422, Stockton 95208. (209) 951-8941.

**Lompoc:** LVDC Memorial Run, 5 & 15K, Ryon Park (Ocean & O St.), 9 a.m. Leo Aragon, c/o Lompoc Valley DC, Box 694, Lompoc 93438. (805) 736-6773.

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

**Riverside:** Green Belt 5 & 15K, Arlington High School, 8 a.m. Contact: (714) 781-7874.

**San Diego:** St. Patrick's Day 10K & 2 Mile, South of Hilton, 7:30 a.m. Info: Jim Cerveny: (619) 437-4556.

**Irwindale:** Masters & Munchkins Triathlon (Kids: 100 Yd. Swim, 4 Mi. Bike, 1 Mi. Run-13 & Under. Masters: 200 Yd. Swim, 8 Mi. Bike, 3 Mi. Run), Santa Fe Dam, 8 a.m. Info: Esco (714) 989-6512.

## March 12 (Sunday):

**Calistoga:** Napa Valley Marathon, 7 a.m. Napa Valley Marathon, 1325 Imola Ave., Napa 94559. (707) 255-2609.

**Daly City:** DSE Daly City Scenic Run, 6.8 Mi., Colma School (East Market & Hillside), 10 a.m. Fred Haber: (415) 668-2830.

**Fremont:** Fremont Hub's 10K Run for Recreation & 5K Stride, Fremont Blvd. & Mowry Ave., 8:30 a.m. Ginny Duffy, City of Fre-

## SCHEDULE

mont, 3375 Country Dr., Fremont 94537. (415) 791-4320.

**Santa Clara:** Loop the Loop 5K, Mission College (3000 Mission College Blvd.), 8:30 a.m. Phil Sienna, 1400 Bove, #310, Santa Clara 95051. (408) 241-7315.

**Hornitos:** Gold Trail Half-Marathon, Hornitos Park (check in is at Henderson Park Picnic Shelter, about 1 1/2 mile east of Snelling on Hiway 59), 10 a.m. Stu McElwain, 2855 E. Bellevue Rd., Merced 95340. (209) 722-5315.  
**San Luis Obispo:** Graphic Stampede 5K Community Run, Graphic Center, 8:30 a.m. Mimi Glaven, Graphic Center, 2222 Beebee St., San Luis Obispo 93401. Mike Framberger; (805) 544-4319.

**Calabasas:** Calabasas High School March Hare Sports 5 & 10K Runs & 2K Fun Run/Walk, Parkway Calabasas & Paseo Primario, 8 a.m. Kerry Schmidt, Kacey Management, Inc., 20968 Ventura Blvd., Suite 209, Woodland Hills 91364. (818) 887-2771.

**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.

**Irwindale:** L.A. Spring Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, 8 a.m. Info: Esco, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

**Tucson:** Tucson Sun Run. 3K & 15K. El Con Mall, 8:15 am 3K/9:00 am 15K. Hot Line (602) 744-6256 or Bruce Steenson (602) 882-4382.  
**Willits:** Willits Classic, 5K and 10 Mi., Recreation Grove, 11 p.m. Jim Gibbons. (707) 459-6142.

**Calabasas:** March Hare Sports Run, 2K, 5K and 10K, Calabasas Park, 8 a.m./5K, 8:45 a.m./10K, 9:15 a.m./2K. Race Central, P.O. Box 828, Rialto 92377. (818)887-2771.

### March 18 (Saturday):

**Modesto:** St. Patrick's Day Run/Stride, 5 & 10K and 1 Mi., at YMCA. YMCA, 2700 McHenry, Modesto 95350. Karen Servas: (209) 578-9622.

**Mountain View:** Lancer Fund Run, 5 & 10K, St. Francis High School, 8 a.m. Kathy Lincoln, c/o St. Francis High School, 1885 Miramonte Ave., Mt. View 94040. (415) 961-5758.

**Olema:** Bolinas Ridge Wild Board 9 & 18 Mile Runs, (9 Mi. starts in Bolinas at Fairfax & Ridgecrest Rds.; 18 Mi. starts at Five Brooks Stables), 9 a.m./18 Mi., 10 a.m./9 Mi. Tri Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Santa Rosa:** Redwood Empire 24 Hour Run, Santa Rosa Jr. College (tartan track), Time TBA. Carol Witwer, 5950 Erland Rd., Santa Rosa 95404.

**Clovis:** American Lung Association St. Paddy's Day Dash, 2 Mi. & 10K and 2 Mi. Walk, Letterman Park, 8 a.m. Robert Schumacher, 234 No. Broadway, Fresno 93701. (209) 266-5864.

**Arroyo Grande:** St. Patrick's 20K Great Race, Lopez Lake, 10 a.m. Contact: (805) 489-2680.

**Newhall:** Knights of Columbus 5 Mile Run, Camping World, 8:30 a.m. Mike McSkane, 23806 Daisetta Dr., Newhall 91321. (805) 259-4384.

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

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

**Playa del Rey:** Food & Fitness 5 & 10K, Dockweiler Beach, 8 a.m./5K, 8:15 a.m. Leticia Gonzalez, 510 So. Burnside, Apt. 9L, Los Angeles 90036.

**Agoura:** Malibu Trail 50 Mile Run, Para-

mount Ranch, 5 a.m. (100 runner limit). Phil Shattuck, 5819 Troost Ave., No. Hollywood 91601. (818) 985-0771.

**Irvine:** Orange County Stride, 6K Nature Walk or 8K cross country racewalk, Mason Regional Park, 7:50 a.m. OCFED, P.O. Box 9118, Fountain Valley 92708. (714) 963-1430.

**Santa Barbara:** Sri Chinmoy 3-Mile, Palm Park, 8 a.m. Contact Unknown.

**Placerville:** Lover's Run, 5 & 10K, Half-Marathon (1/2 Mi. & 1 Mi. for Kids), Mission Flat & Green Valley, 8:30 a.m. New Morning Youth Serv., 460 Main, Placerville 95667. (916) 622-5551.

### March 19 (Sunday):

**San Francisco:** DSE Fort Point Run, 3.8 Mi., Little Marina Green (Broderick & Marina), 10 a.m. Fred Haber: (415) 668-2830.

**Palo Alto:** Fifty-Plus Runners 8K Race, Stanford Univ. (Angell Field), 9 a.m. (50 & Over runners only). Maria Marsh, P.O. Box D, Stanford 94304. (415) 723-9790.

**San Jose:** San Jose Mercury News 10K, Time TBA. Mercury News 10K, 750 Ridder Park Dr., San Jose 95190. (408) 920-5755.

**Mill Valley:** Tennessee Valley Waltz & Half

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# SCHEDULE

Waltz, 9 Mi. & 6.3 Mi., Tennessee Valley (GGNRA), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Monterey:** Monterey Sprint Triathlon, 500 Yd. Swim, 12 Mi. Bike, 5K Run, Fort Ord Army Base, 9 a.m. (500 limit). Waddel Sports, 225 Lighthouse Ave., Monterey 93940. (408) 646-1487.

**Yountville:** Rotary 5 & 10K Races, Yountville Park, 3434 Ville Lane, Suite 110, Napa 94558. (707) 255-0555.

**Fort Bragg:** Whale Festival Run/Walk, 10K & 2 Mi., 8 a.m. Whale Festival Run/Walk, c/o Ro Peterson, City of Fort Bragg, 416 No. Franklin St., Ft. Bragg 95437. (707) 961-2825.

**Visalia:** End of the Trail 15K, Mooney Grove Park, 8:30 a.m. J.D. Fischer, 2306 Memory Ln., Visalia 93277. (209) 734-7546.

**Bakersfield:** Bakersfield T.C. Ultimate Fun Run, Time TBA. Randy Brown: (805) 834-9130.

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

**Ventura:** Run for the Music 5 & 10K Runs, San Buenaventura State Beach Park (Pierpoint Blvd. & San Pedro Ln.), 8 a.m. Ventura County Symphony Assoc., Box 1088, Ventura 93002. (805) 643-8646.

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

**Long Beach:** CSULB 16.2 Mile & 4.1 Mi. Runs, Cal-State Univ., 7 a.m. Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

**Santa Rosa:** IIsanjo 10 Mile Classic, Howarth Park (Summerfield Rd.), cross-country on trails and dirt roads, 9 a.m. Sandra Maurer (707) 576-0961. Raceday Registration Only.

## March 25 (Saturday):

**Fresno:** Fun Run 5K, 8 a.m., Woodward Park, Fresno Community Hospital, Debbie Dorer or Joe Watson, (209) 442-3946.

**Walnut Creek:** Mt. Diablo Ascension Marathon & Half-Marathon, Castle Rock County Park, 8 a.m. (Half-Marathon to top; Marathon round-trip). Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Marina:** Marina 5-Miler & Kids 1 Mile, Marina City Park (3200 Del Monte), 9 a.m./1 Mi., 9:30 a.m. Don Garl, Marina Parks & Recreation, 211 Hillcrest, Marina 93933. (408) 384-4636.

**Mountain View:** Shoreline Park 5 Miler, Shoreline Blvd. (Stierlin Rd. No. off 101), 9 a.m. Norman Shaskey, 600 Rainbow Dr., Suite 166, Mountain View 94041. (415) 964-6367.

**Crescent City:** Redwood Wild River Run, 15K (& 5K Fun Run/Walk), 11 a.m. (300 limit). Redwood Wild River Run, 180 Clyde, Crescent City 95531. (707) 464-3779, Ralph.

**Santa Barbara:** Santa Barbara Chardon-nay 10 Mile & 5K Winter Runs, Leadbetter Beach, 8 a.m. Chris Holmberg, 3836 Pemm Pl., Santa Barbara 93110. (805) 563-1108.

**Ventura:** Easter Egg Eight Mile Relay (2-person teams - each person runs two 2-mile legs), San Buenaventura State Beach, 9 a.m. Steve Blum, 505 Briarwood Terr., Ventura 93001. (805) 652-1744.

**Glendora:** Pride of the Foothills 2K, 5K, 10K and Half-Marathon, 250 S. Grand Ave., 8 a.m. Pride Run, c/o Glendora Jaycees, P.O. Box 221, Glendora 91740. (818) 963-8411, x476.

**Vandenberg AFB:** 5K Warrior Run, 8 a.m. (currently this race is only for runners who are eligible to use base facilities. . .if insurance questions are resolved, it will be open to the public). Contact: Robert Gingell (805) 866-6718.

## March 26 (Sunday):

**Oakland:** Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K 10K & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside Dr.), 9 a.m. Lake Merritt J & S, 3136 California St., Oakland 94602. (415) 530-9151.

**South El Monte:** San Gabriel River 3 Mile Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Malibu:** Bikesport Southern California Championship Biathlon Series, 5K Run, 15 Mi. Bike, Zuma Beach, 8 a.m. Michael Epstein, P.O. Box 9122, Calabasas 91302. (818) 880-4915.

**San Francisco:** DSE Easter Egg Sunday Run, 3 Mi., to top of Mt. Davidson & back (starts at Riordan H.S., 175 Phelan), 10 a.m. Phil Haber: (415) 668-2830.

## April 1 (Saturday):

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

**San Mateo:** April Showers Fun Run/Walk, 5K & 1 Mile, Coyote Point Park, 9 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

**Pt. Reyes:** California 49'er Double Marathon & Marathon, Limantour Beach (Double Marathon start), Pantoll Ranger Station (Marathon start), 6 a.m./Mara., 9 a.m./D-M. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Sacramento:** Dragon Run, 8K, Caroline Wenzel School (6370 Greenhaven Dr.), 9 a.m. Asian Pacific Community Counseling, 5495 Carlson Dr., Suite D, Sacramento 95819. (916) 452-7836.

**El Dorado Hills:** Run for the Hills 5 & 10K, and 1 Mi., Oak Ridge High School, 1120 Harvard Way, 8:30 a.m./1 Mi., 9 a.m./5K, 10 a.m. Harry Norris, P.O. Box 17, El Dorado Hills 95630. (916) 933-0835.

**Bakersfield:** Hart Park Fun Run, Distance & Time TBA. North Bakersfield Recreation & Park District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

**Lancaster:** Lancaster Community Hospital Mended Hearts 5 & 10K Run & 5K Walk, Apollo Park (4545 West Ave. G), 8 a.m./5K, 8:30 a.m./10K & Walk. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

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

**Camarillo:** Camarillo Kiwanis 10K Run, Camarillo Community Center, 7:30 a.m. Camarillo Kiwanis, P.O. Box 533, Camarillo 93011. John Muller: (805) 987-1381.

**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.

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

**San Diego:** Vintage 5 & 10K, Rancho California (Winchester at Ynez), 8 a.m. Dennis Kasischke (619) 280-7327.

**Solvang:** Valley Sports Club and Hope Recovery Center 8K and 5K Sportswalk, 2028 Village Ln, 9 a.m. Valley Sports Club, 2028 Village Lane, Solvang 93463. Glenn Grose (805) 688-1292.





# SCHEDULE

## April 2 (Sunday):

(Be sure to set clock one hour ahead Saturday evening! Daylight Savings!)

**Sausalito:** Houlihan's to Houlihan's 12K, East Fort Baker to San Francisco (Aquatic Park), 3 staggered starts, 8 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118. (415) 387-2178.

**Palo Alto:** Oak Creek Spring Forward Run, 5K, Oak Creek Apts. (1600 Sand Hill Rd.), 5 p.m. Palo Alto Recreation Dept. (415) 329-2380.

**El Dorado Hills:** Mother Lode Biathlon, 6 Mi. Run, 28 Mi. Bike, 9 a.m. Bicycle Works, Attn: Nancy or Bob, 2419 K Street, Sacramento 95816. (916) 447-2453.

**Modesto:** Modesto Marathon & Half-Marathon, Blue Gum & Carpenter Rds., 7:30 a.m. Shadowchase R.C., P.O. Box 3605, Modesto 95352. (209) 578-4575.

**Healdsburg:** Fitch Mountain Footrace, 3 & 10K, Healdsburg Plaza (downtown), 8 a.m. City of Healdsburg, P.O. Box 578, Healdsburg 95448. (707) 431-3301.

**Bakersfield:** Lemucchi's Pedal & Plod Biathlon, Time TBA. Tim Lemucchi (805) 872-2473.

**Saugus:** Sparky Canyon 40.5 Mile Ultra-Marathon, Santa Clarita Park, 6 a.m. Scott Butler, 31820 Mountain Shadow, Acton 91351. (805) 274-0400, 265-0555.

**Tustin:** MCAS Tustin 5 & 10K Runs, 8 a.m. Capt. John Walker, S-4 H+HS, MCAS, Tustin 92710. (714) 651-7336.

**Canoga Park:** Hunters Run, 2K, 5K & 10K, Fallbrook Square, 8:30 a.m. David Kahn, 7930 Vicky, West Hills 91304. (818) 703-6913.

**Redlands:** Run Thru Redlands, 5K, 10K & Half-Marathon and 5K Walk, Redlands Mall, 7:45 a.m. Ken Scofield, P.O. Box 1702, Redlands 92373. (714) 792-0258.

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

**Irvine:** Pacific Coast 12K & Centennial Stride, Irvine Hilton Towers, 8 a.m. Info: (714) 661-6062.

**Carlsbad:** Carlsbad 5,000, Grand Ave., 7:30 a.m./Women, 8:15 a.m./Men, 9:15 a.m./Invit. Elite Racing, Inc., 2431 Morena Blvd., Suite 2H, San Diego 92110. (619) 275-5440.

**San Francisco:** DSE Kennedy Drive Run, 4.7 Mi., Polo Fields (south parking lot), plus 1

Mi. kid's run, 9:30 a.m./1 Mi., 10 a.m. Phil Haber: (415) 668-2830.

## April 8 (Saturday):

**Morgan Hill:** AAUW Wildflower Run, 2K, 5K & 10K, Live Oak High School, 9 a.m. AAUW, P.O. Box 451, Morgan Hill 95037. Kathy (408) 779-7561 or Charlotte (408) 779-0830, eves.

**Sacramento:** American River 50, 50 Miles, 6 a.m. (Pre-reg. only, 500 limit). Nancy March, Suite D-3, Roseville 95661. (916) 783-4558.

**Medford, OR:** TAC National Masters 20K Championships (Pear Blossom Run) and 2K Fun Run, Time TBA (Register by Feb. 28). Pear Blossom Run, P.O. Box 146, Medford, OR 97501. Jerry Swartsley: (503) 535-1205.

**Manhattan Beach:** Manhattan Mile, 15th St. & Valley (21 races), 8 a.m./1st Race. Manhattan Mile, P.O. Box 3431, Manhattan Beach 90266. (213) 545-6437, Charlie Van Etten).

**Malibu:** "Day in the Park" 5K Road Run & Children's Track Meet, Malibu Community Center (6955 Fernhill Dr.), 8 a.m. Shari Latta, P.O. Box 4116, Malibu 90265. (213) 457-2937.

**Fallbrook:** Fallbrook Hospital 10K & 1 Mi., 463 No. Stagecoach, 7:30 a.m. Duff Stone (619) 728-1191.

**Richmond:** Dynamite Days 5K Fun Run, Pt. Pinole Regional Park, 10 a.m. Mark Ragatz, East Bay Regional Park District, 11500 Skyline Blvd., Oakland 94619. (415) 530-5616.

**Boulder Creek:** Big Basis Marathon & Half-Marathon, Big Basin State Park, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Eureka:** Masters Race, 10K (40 & over only), handicapped by age, Redwood Acres, Time TBA. Chuck Ehlers, The Joggin Shoppe, 1090 G Street, Arcata 95521. (707) 822-3136 or 443-6404.

**San Dimas:** Los Angeles Triathlon Championship Series #1, 1K Swim, 40K Bike, 8K Run, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

## April 9 (Sunday):

**San Francisco:** Bonne Bell 5 & 10K (women only), Golden Gate Park (near Bandshell), 8:30 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

**Oakland:** Misty Redwood Run, 7 Mi., Redwood Regional Park (Canyon Meadow), 9 a.m. American Lung Assoc., 295 - 27th St., Oak-

land 94612. (415) 530-5616.

**Livermore:** Livermore Fitness Day 5 & 10K and 5K Walk, The Barn (3000 Pacific Ave.), 8 a.m. Rich Lange, Livermore Recr. & Park District, 71 Trevarno Rd., Livermore 94550. (415) 447-7300.

**Napa:** Run to Literacy, 1 Mi. & 5K, Napa City/County Public Library, 9 a.m./1 Mi., 9:15 a.m./5K. Frances Williams, Napa City/County Library, Project Upgrade, 1150 Division St., Napa 94559. (707) 253-4283.

**Sebastopol:** Apple Juice Run, 10K & 2 Mi., 8 a.m. Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95473. (707) 823-3032.

**South Lake Tahoe:** Sierra Mountain Race. 10K XC Ski, 10K Run, 30K Bike, 10 a.m. Bill Jensen, P.O. Box 7045, Tahoe City 95730. (916) 583-2264.

**San Luis Obispo:** Cuesta-Spirit 50K Biathlon, 10K Run, 40K Bike, 8 a.m. Warren Hansen, Cuesta College, P.O. Box 8106, San Luis Obispo 93403. (805) 546-3207.

**San Bernardino:** Devil's Canyon 5 & 10K, 8 a.m. Aaron Katz, P.O. Box 2742, San Bernardino 92406. (714) 889-0095.

**Los Angeles:** Jimmy Stewart Marathon Relay, 5x5.2 Miles, Griffith Park, 9 a.m. (No race-day registration: \$500/Team). Jimmy Stewart Marathon Relay, St. John's Hospital, 1328 - 22nd St., Santa Monica 90404. (213) 829-8968.

**Orange:** Round Orange 5 & 10K and Kid's 1 Mile, 7:30 a.m./5K, 8:30 a.m./10K, 9:30 a.m./1 Mi. Orangewood Children's Foundation, 2 City Boulevard East, Suite 250, Orange 92668. (714) 385-8110.

**San Francisco:** DSE Potrero Hill Run, 4.5 Mi., 17th St. & Arkansas, 10 a.m. Phil Haber: (415) 668-2830.

**Greenbrae:** MGH Grand Five, 5 Mi., Marin General Hospital (250 Bon Air Rd.), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. Ed or Rowena de Mayo: (415) 459-5937.

**Hornitos:** Indian Gulch to Hornitos Runs, 5 & 10 Mi., 8:30 a.m. (check-in at Hornitos, the finish line, no later than 7:30). Indian Gulch Run, c/o 629 E. Portal Dr., Merced 95340. Jean Schwisow: (209) 722-8385.

**Upland:** Running for the Health of It, 5 & 10K, Upland Memorial Park, 7:30 a.m./5K, 8 a.m. San Antonio Community Hospital, Lynn Casella, 999 San Bernardino Rd., Upland 91786. (714) 985-2811, x2162, 24 hrs.

**San Diego:** Coronado Bay Bridge 5K, 10th & Glorietta, 7:30 a.m. Kathy Loper: (619) 437-4556.



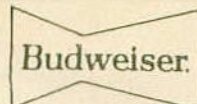


# Devil Mountain Run

Proceeds Benefit CHILDREN'S HOSPITAL OAKLAND

12th ANNUAL 10K and  
2.8 mile FAMILY STRIDE  
SUNDAY- MAY 7, 1989  
9 AM  
THE VILLAGE &  
TOWN & COUNTRY CENTER  
DANVILLE, CA

PA-TAC  
OPEN MEN'S CHAMPIONSHIP



SPECIAL CORPORATE SPONSOR -  
MIFACLE AUTO PAINTING



### REGISTRATION:

Entry fee is \$12 before April 21, 1989, after April 21, 1989 and on race day is \$15 (includes T-shirt). Make checks payable to Children's Hospital Branches Inc. (C.H.B. Inc.). Mail form, check and 4" x 10" self addressed stamped envelope (SASE) to: DMR, P.O. Box 93, Pleasanton, Ca. 94566. Only one entry per form, and include one SASE per entry.

May also register at the Athletic Attic, Alamo thru May 5. Late registration fees begin April 22, 1989.

### CONFIRMATION:

To receive race instructions and race number in the mail, include a 4" x 10" self-addressed stamped envelope (SASE) with each entry form. Entries postmarked by April 26, which include SASE, will have instruction and bib number mailed. All other entries may be picked up May 6 between 9AM-5PM at the Town & Country Shopping Center or race morning between 7:30-8:45 A.M.

### T-SHIRTS:

Can be redeemed with race number the day before race at race site and race day before 8:45. Shirts will be for sale after the race only while supply lasts.

### SOUVENIR:

Hanes heavyweight sweat shirt in this year's hottest color: "midnight black," with dynamic Devilish design printed big and bold in front. Order by April 21 (for only \$15) and we'll save your sweat shirt for event day pickup. See order form below.

### RESULTS:

Individual results will be mailed to all 10K finishers.

### INFORMATION

DMR Hotline (415) 846-1159

### \* Awards to first 3 finishers in each division

#### COURSE RECORDS

12.4 under	Paul Ward Karl Hoen	38:12 43:51	40-49	Sal Vasquez Shirley Matson	30:50 37:21
13-16	Kevin Holbrook Wanda Bailey	32:58 38:59	50-59	Ulrich Kaemph Vicki Bigelow	33:47 38:32
17-29	Ivan Huff Carol Keller	28:06 33:56	60 & over	Joe King Jaclyn Casselli	37:17 49:36
30-39	Derrick May Terry Puckett	29:34 34:21	Wheelchair	Troy Durham	31:07

### \* Get your costumes ready for Bay to Breakers!

Best centipede (13 runners)	\$750
Best minipede (6 runners)	\$500
Best individual costume	\$250



PA-TAC OPEN MEN'S IND. & TEAM CHAMPIONSHIP (15 runners)  
(All TAC Teams & competing athletes must pre-register. TAC Card required to qualify for championship prize money awarded to Pacific Association residents only.)

## CASH PRIZES DRAWINGS

(Must be present to win)

Tax Deductible entry fee. Entry fee is non-refundable.

Fee \$12 before April 21, 1989, \$15 after April 21, 1989 (includes T-shirt). Must include self-addressed 4" x 10" stamped envelope for EACH entrant. One name per application.

<p>"COMMEMORATIVE SWEATSHIRT" (Order now and save \$3) Sizes: S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> @ \$15 each Orders after 4/21 and on event day \$18</p>	<p>Registration \$12 (\$15 after 4/21) Sweatshirts \$ _____ Total \$ _____</p>
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### DEVIL MOUNTAIN RUN

SEX  M  F      DATE OF BIRTH      Month      Day      Year      AGE      ON RACE DAY

WHEELCHAIR       COSTUME

LAST NAME      FIRST

STREET

CITY      STATE      ZIP

T-SHIRT    S    M    L    X      TEAM      PHONE

WAIVER: In consideration of your accepting this entry, I, intending, to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all claims of damage I may accrue against Children's Hospital Medical Center of Northern California, members of Evergreen Branch, Total Race Systems, City of Danville, and all sponsors of the race for any and all injuries that may be suffered by me or enroute to or from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver I acknowledge that I have read and understand all the above.

ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if under 18)

Date

# SCHEDULE

## April 12 (Wednesday):

**Chico:** Humpday 5 & 10K, One Mile Park (in Bidwell Park), 6:30 p.m. A Change of Pace, 1260 Lake Blvd., Davis 95616. (916) 757-2012.

## April 15 (Saturday):

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

**Chico:** Chico Master's 4-Mile Run, Bidwell Park, 9 a.m. Deb Powers, Enloe Stress & Health Center, Fifth & Esplanade, Chico 95926. (916) 891-7411.

**Ojai:** Thacher Schools 10K Run Against Apartheid, Thacher School, 9 a.m. Robert Williams, Thacher School, 5025 Thacher Rd., Ojai 93023.

**Duarte:** City of Duarte 5 & 10K Runs for Fitness, Royal Oaks Elementary School (Royal Oaks Dr. & Mt Olive), 8:30 a.m. Lyndel Morgan, City of Duarte, Parks & Recreation, 1600 Huntington Dr., Duarte 91010. (818) 357-7931.

**Westlake Village:** "Reach Out and Care" 5 & 10K and 1 Mile, Hyatt Westlake Plaza Hotel, 7:30 a.m./10K, 8:40 a.m./5K, 9:45 a.m./1 Mile. Steve Polley, 376 Castilian Ave., Thousand Oaks 91360. (805) 499-4434.

**La Quinta:** Coachella Valley Red Cross Triathlon, 3/4-Mile Swim, 20K Bike, 5K Run, Lake Cahuilla, Time TBA. Bob Schneck, P.O. Box 9435, Palm Springs 92263. (619) 325-4114.

**Fontana:** Fontana Days Half-Marathon & 5K, Lytle Creek (San Gabriel Mtns.), 8 a.m. City of Fontana Recreation Dept., Attn: Caren Ware, 9460 Sierra Ave., Fontana 92335. (714) 350-7635.

**Mill Valley:** Mt. Tamalpais Marathon & 10 Miler, Bolinas-Fairfax & Ridgecrest Rd., 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Atascadero:** Park to Park Half-Marathon & 10 K, Time TBA. Paula Anton: (805) 466-8000 x153.

**Castaic:** True Sprint Triathlon, 1K Swim, 40K Bike, 10K Run, Castaic Lake, Time TBA. Sundance Sports, 14937 Dickens St., #203, Sherman Oaks 91403. (818) 990-8366 or (805) 257-4922.

## April 16 (Sunday):

**San Mateo:** Earthquake Day Events, 6 Mi. Stride, 3 Mi. Senior Walk, 10K Run, 12 Mile Bike, Sawyer Camp Rd., Time TBA. RhodyCo

Productions, 5141-A Geary Blvd., San Francisco 94118.

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

**Novato:** Indian Valley College Cross Country Run, 5 Mi., San Jose Middle School (Sunset Pkwy. & Ignacio Blvd.), 9 a.m. Novato Parks & Recreation Dept., 917 Sherman Ave., Novato 94945. (415) 897-4323.

**Monterey:** Monterey Sprint Triathlon, 500 Yd. Swim, 12 Mi. Bike, 5K Run, Ft. Ord Army base, 9 a.m. Waddell Sports Center, 225 Lighthouse Ave., Monterey 93940. (408) 646-1487.

**Placerville:** Silver Streak 10K, 5K Fun Run/Walk, 1/2-Mi. Kids Run, 8:30 a.m. Mother Lode Big Brothers/Big Sisters, Box 922, Placerville 95667. (916) 626-1222.

**Bakersfield:** Bakersfield T.C. Ultimate Fun Run, Time TBA. Randy Brown: (805) 834-9130.

**Woodland Hills:** Bikesport Southern California Biathlon Series, 5K Run, 15 Mi. Bike, Zuma Beach, 8 a.m. Michael Epstein, P.O. Box 9122, Calabasas 91302. (818) 880-4915.

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

**Pomona:** Michelob Cal Poly Pomona Triathlon, 1/2 Mi. Swim, 10 1/2 Mi. Bike, 4 Mi. Run, 7:30 a.m. Paul Gabriel, Cal Poly Athletic Dept., 3801 W. Temple Ave., Pomona 91768. (714) 869-2822.

**San Francisco:** DSE/U.S.S. San Francisco Monument to Baker Beach & back, 6.5 Mi., (start/finish at parking lot above Clement & El Camino Del Mar, 48th Ave.), 10 a.m. Phil Haber: (415) 668-2830.

**Arcata:** One Hour Run, Humboldt State Univ. (track), 1:30 p.m. Bill Daniel: (707) 822-8050.

**Woodland Hills:** Crespi Celt Fun Run, 5 & 10K, Pierce College, 8:30 a.m./5K, 9:30 a.m./10K. Jim Benkert, 5031 Alonzo Ave., Encino 91316. (818) 881-4578.

## April 17 (Monday):

**Hopkinton, MA:** Boston Marathon, noon. Boston Marathon, 17 Main St., Hopkinton, MA 01748. (508) 435-6905. **Note:** Entry Deadline is March 20!

## April 22 (Saturday):

**Stanford:** MBA Challenge for Charity 10K, Stanford Stadium, 8:30 a.m. MBA Challenge for Charity, 50 Haciendas Dr., Woodside 94062. (415) 851-1556.

**Sausalito:** Golden Gate Headlands Marathon & Half-Marathon, Rodeo Valley (Marin Headlands near stables), 8 & 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Fort Bragg:** Sunset Run, 5 & 10K, 5K Walk, Kids' Mile, MacKerricher State Park, 6 p.m. Mendocino Coast Recreation & Park District, 213 E. Laurel St., Ft. Bragg 95437. (707) 964-9446.

**Pozo:** Pine Mountain 50 Miler, Time TBA. (125 Limit, \$65 by 4/15). Susan Brannon, 5000 Carrizo Rd., Atascadero 93422. (805) 466-9078.

**Santa Maria:** Marian Medical Center 5 & 10K Runs, 9 a.m. Luis Escobar: (805) 928-0678.

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

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

## April 23 (Sunday):

**Carmel:** Big Sur International Marathon, 7 a.m. Big Sur Marathon, Box 222620, Carmel 93922-2620. (408) 625-6226.

**San Francisco:** DSE Golden Gate Park 10K, Middle Dr. & Transverse Dr., 10 a.m. Phil Haber: (415) 668-2830.

**Oakland:** Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside Dr.), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

**Palo Alto:** IAM's Dog's Best Friend 5K Fun Run, Baylands Athletic Center (Embarcadero & Geng Rds.), 9 a.m. (race for dogs & owners). Palo Alto Recreation Dept.: (415) 329-2380.

**Los Gatos:** The Tortoise & Hare 10K Run and 5K Run/Walk, "Bunny Hop" for children, 8:30 a.m. Libby Brost, Good Samaritan Hospital League, 2425 Samaritan Dr., San Jose 95124. (408) 559-2555.

**Lafayette:** Lafayette Loop 10K & 2 Mi., Mt. Diablo Blvd. & First St., 8:30 a.m. Center for Living Skills, P.O. Box 1145, Lafayette 94549. (415) 284-4871.

**Windsor:** Run & Bike for Sight Biathlon, 10K Run, 25 Mi. Bike, (Kids 14 & Under: 3K Run,

## SCHEDULE

6.5 Mi. Bike), Windsor Middle School (Starr Rd.), Time TBA. Coddington Lions Club, P.O. Box 6765, Santa Rosa 95406. (707) 829-9493.

**Fresno:** Volunteer Triathlon, 10K Run, 20 Mi. Bike, 400 Yd. Swim (Limit: 400 indiv., 100 teams), Clovis West H.S., Time TBA. Franz Weinschenk, P.O. Box 101, Prather 93651. (209) 299-3195.

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

### April 29 (Saturday):

**San Francisco:** Nimitz Run, 5 & 10K, Treasure Island Naval Base, 9:30 a.m. David

Goggins, Dept. of Naval Science (Nimitz Run), 25 Callaghan Hall, Univ. of California, Berkeley 94720. (415) 845-0951.

**Brisbane:** Brisbane Marine Run/Walk, 5K & 1 Mile, Sierra Point Marina (black Unisys Bldg.), 8 a.m. Jane Brown, Brisbane Recreation Dept., 44 Visitation Ave., Brisbane 94005. (415) 467-6330.

**Larkspur:** Larkspur Madrone Canyon Race, 3 Mile, Dolliver Park (Magnolia & Madrone), 9 a.m. Larkspur Recreation Dept., P.O. Box 585, Larkspur 94939. Ton Brown, Tri-Realtors: (415) 925-9555, x349.

**Palo Alto:** Gunn Paly 5 & 10K Runs, 8:30 a.m. Palo Alto Rec. Dept. (415) 329-2380.

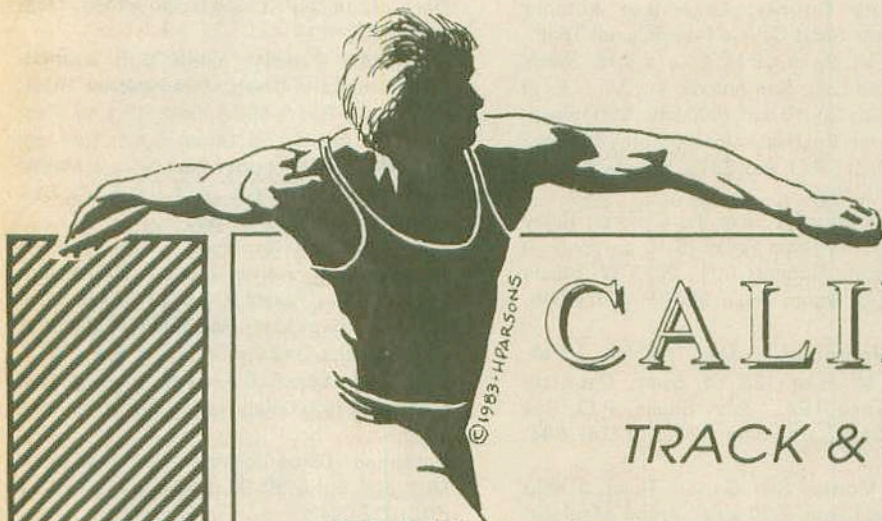
**Sacramento:** Dome to Delta 12K (PA/TAC Championships), Capitol Mall to Land Park

(also 1K, 2K & 4K for kids), 9 a.m. Milt Whaley, c/o Holy Spirit School, 3920 W. Land Park Dr., Sacramento 95822. (916) 448-5663.

**Atwater:** Airshow 10K Run, Castle Air Force Base (fitness center), 8:30 a.m. Marty Bannon, 2726 Peerless, Atwater 95301. (209) 358-6855.

**South Pasadena:** Road Runner Classic, 1K 5K & 10K, Oak & Garfield, 7:30 a.m. South Pasadena/San Marino YMCA, 1605 Garfield Ave., So. Pasadena 91030. (818) 799-9119.

**San Dimas:** Los Angeles Triathlon Championship Series #2, 1K Swim, 40K Bike, 8K Run, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.



# CALIFORNIA

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# SCHEDULE

## April 30 (Sunday):

**Pinole:** Pinole Marathon & Half-Marathon and High Five 5K, Pinole Valley High School, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Francisco:** DSE Ferry Building Run, 3.83 Mi., Dolphin Club, (also 0.6 Mi. Kid's Run), 9:30 a.m./0.6 Mi., 10 a.m. Phil Haber: (415) 668-2830.

**San Francisco:** May Day Run, 5 & 10K and 5K Walk, Golden Gate Park (south side of Polo Fields), 9 a.m. American Heart Ass'n., 120 Montgomery St., Suite 1650, San Francisco 94104. (415) 433-2273.

**Sausalito:** Breakers to Bay Run, 7 Mi., Rodeo Beach area to Marinship Park, 8:30 a.m. Breakers to Bay Run, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (Info: PPSI Hotline) (415) 332-4066.

**Los Gatos:** Advocare's Run Against Abuse 5 & 10K, Lake Vasona County Park (Blossom Hill Rd.), 9 a.m. Linda Brown, c/o 2881 Hemlock Ave., San Jose 95128. (408) 947-6194.

**Discovery Bay:** Rally Around the Lake 5K, Discovery Bay Swim & Racquet Club, 9 a.m. Phil Paulson, Lions Club, 5514 Marlin Ct., Byron 94514. (415) 634-6654.

**Lodi:** Crime Fair 5 & 10K Run and 5K Walk, Lockeford St. & Cherokee Ln., 9 a.m. Jerry Adams, Lodi Police Dept., 230 W. Elm St., Lodi 95240 (209) 333-6787.

**Placerville:** Marshall M.A.S.H. Run, 5 & 10K, Cameron Park (Cameron Park Dr. exit), 9 a.m. (8:30 a.m. for 1/2 Mi. Kid's Run). Marshall M.A.S.H. Run, P.O. Box 872, Placerville 95667. (916) 626-2675.

**Chico:** Butte Biathlon, Long Course (4 Mi. Run, 30 Mi. Bike, 4 Mi. Run), Short Course (1.5 Mi. Run, 15 Mi. Bike, 1.5 Mi. Run), Durham Park, 9 a.m. Fleet Feet, 222 W. Third St., Chico 95926. (916) 345-1000.

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

**La Jolla:** Golden Triangle 5 & 10K, JCC, 7:30 a.m. Michael Simmons: (619) 437-4556.

**Jersey City, NJ:** Jersey City Marathon (National TAC Sr. Men's Marathon Championships), Liberty State Park, Time TBA. Tim McLoone, 200 Plaza 3, Jersey City, NJ. 07311. (201) 432-5530.

## May 6 (Saturday):

**Redwood City:** Edgewood Wildflower Run, Distances TBA, Edgewood County Park

(Edgewood Rd. & Crestview - take Edgewood Rd. exit off I-280), 3rd event of Wildflower Series, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Angel Island:** Angel Island Run, 4.8 Mi., San Francisco Bay between Tiburon & S.F., Time TBA. The Guardsmen, 220 Sansome St., #590, San Francisco 94104. (415) 781-6785.

**San Pablo:** Stride with Pride Fun Run/Walk-a-thon, 12K, Brookside Hospital, 9 a.m. Joan Morris, Brookside Hospital Fndn., 2000 Vale Rd., San Pablo 94806. (415) 235-7006. x2828.

**Santa Rosa:** Mucky Moodoo Biathlon, 4.3 Mi. Run, 14 Mi. Bike, Annadel State Park (bike course is for mountain bikes), 8 a.m. (300 limit). Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

**lone:** Goldweb Gallop, 10K and Half-Marathon, Howard Park, 8 a.m./Half-Marathon, 8:30 a.m./10K (also Kids Fun Run at 7:45 a.m.). Goldweb Gallop, P.O. Box 606, lone 95640. Mike or Julie: (209) 274-2403.

**Monterey County:** Lake San Antonio Wildflower Short Course International Triathlon, 1/2 Mi. Swim, 20 Mi. Bike, 4.5 Mi. Swim, So. Shore Lake San Antonio (15 Mi. N.E. of Hearst Castle), 10 a.m. (900 limit, 200 relay). Wildflower Festival, c/o Monterey County Parks Dept., P.O. Box 5279, Salinas 93915. (408) 755-4899.

**Sonoma County:** Save the Children Relay '89, 12-Hour Team Relay (5-10 persons), 9 a.m. World Runners Int'l., 2050 W. Steele Ln., #E-2, Santa Rosa 95401. (707) 545-5548.

**San Bernardino:** Tin Man Triathlon, 3.1 Mi. Run, 9 Mi. Bike, 125 Yd. Swim, Cal-State Univ., Time TBA. John Shultz, P.O. Box 5884, San Bernardino 92412. (714) 884-6431.

**So. El Monte:** San Gabriel River 3 Mile Frog Legg Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Del Mar:** Torrey Pines 5K Run/Walk, Torrey Pines High School, 8 a.m. In Motion, 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

## May 7 (Sunday):

**Weott:** Avenue of the Giants Marathon, Dyerville Bridge (2.5 Mi. north of Weott), 9 a.m. Ave. of Giants Marathon, c/o 281 Hidden Valley Rd., Bayside 95524. (707) 443-1226.

**Long Beach:** Long Beach Marathon & 8K, Long Beach Convention Center, Time TBA. Joe Carlson, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

**Daly City:** DSE San Bruno Mountain Run, 5 & 10K, San Bruno Mtn. State Park (top of Guadalupe Canyon Parkway), 10 a.m. Phil Haber: (415) 668-2830.

**San Francisco:** Windmill to Windmill Run, 10K, Kennedy Dr. & Great Hwy. (Golden Gate Park), 10 a.m. Walden House, 205 13th St., Suite 3300, San Francisco 94103. (415) 554-1100.

**Danville:** Devil Mountain 10K and 2.8 Mi., (Men's Open PA/TAC Championships), Village Town & Country Center, 9 a.m. Devil Mountain Run, P.O. Box 93, Pleasanton 94566. (415) 846-1159.

**San Jose:** Banner Run IV, 10K, Brokaw & Bering, 8:30 a.m. Gregory Yee, 1239 Valerian Ct., Sunnyvale 94086. (408) 245-4218.

**Sausalito:** Scenic Bay Run, 3.95 Mi., Ft. Cronkhite (at tunnel entrance), 9 a.m. Carol Behr-Buckholz, c/o Sausalito Recreation Dept., 420 Litho St., Sausalito 94965. (415) 332-4520.

**Monterey County:** Lake San Antonio Wildflower Long Course-International Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, Lake San Antonio So. Shore, 9 a.m. (pre-reg. only by 4/1). Wildflower Festival, c/o Monterey County Parks Dept., P.O. Box 5279, Salinas 93915. (408) 755-4899.

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

**Malibu:** Bikesport Southern California Championship Biathlon Series, 5K Run, 15 Mi. Bike, Zuma Beach, 8 a.m. Michael Epstein, P.O. Box 9122, Calabasas 91302. (818) 880-4915.

**Encinitas:** Cinco de Mayo Run & Walk, 2 Mi. & 10K, 3rd & "B" St., 7:30 a.m. Lyn Lacey (619) 236-0842.

**San Diego:** Scripps Memorial CV 10K & 2 Mi., 8 a.m. Tim Murphy: (619) 275-5440.

**Porterville:** City of Porterville Inaugural Corporate 10K Relay and 2 Mile. Porterville College Stadium. 8:15 am/2 mile - 8:45 am/10K. Thevi Pather, 41 W. Thurman, Porterville 93257 (209) 782-7461.

## May 13 (Saturday):

**San Francisco:** The Human Race, 8K, Ft. Mason (Great Meadow, Marina Blvd. & Laguna), 8 a.m. Volunteer Center of San Francisco, 1090 Sansome St., San Francisco 94111.

# To Indicate What Kind Of Runner You Are, Check One Of These Boxes.



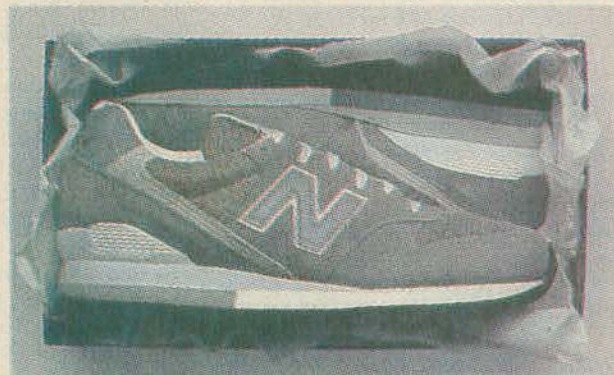
1. (M676) You either over-pronate or over-supinate. So you need exceptional stability.



2. (M576) You break down shoes quickly due to over-pronation/supination, above-average size or off-road use.



3. (M595) You're a mid- to high-mileage runner who requires an equal blend of cushioning and stability.



4. (M996) You're nearly a twin of Runner 3, but have a greater need for motion control.



5. (M830) You train at a faster pace. While you want superior cushioning, your basic motto is "less is more."



6. (M495) You love hitting the road, but not "feeling" it. To minimize jarring, you want superior cushioning.

You're looking at the backbone of the New Balance running shoe system. A system designed to match specific features and benefits to your unique style of running. Maybe it's time you checked into a pair.



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# SCHEDULE

(415) 982-8999.

**San Mateo:** The Human Race, 5 & 10K, Central Park (El Camino Real & Fifth Ave.), 8:30 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

**San Rafael:** The Human Race, 10K, Terra Linda H.S. (320 Nova Albion Way), 8:30 a.m. Volunteer Center, 70 Skyview Terr., San Rafael 94903. (415) 479-5660.

**Martinez:** Young Life Dr. Noid 10K, Martinez Marina Park, 9 a.m. Larry Brassea, 2655 Appian Way, Pinole 94564. (314) 223-4664.

**San Jose:** Quicksilver 50K & 50 Mile Endurance Runs, Almaden Quicksilver County Park, 6 a.m. (150 limit per race). Bill Maida, 1490 Hicks Ave., San Jose 95125. (408) 293-5738.

**Santa Cruz:** March of the Monarchs 10K & 15K, Natural Bridges State Beach & Park (Westcliff Dr.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Tracy:** Tracy 5 & 10K and 1 Mi. Run/Walk, Lincoln Park (East & Eaton), 8 a.m. Against the Wind Tracy R.R., Bob Milliorn, 7759 W. Cabe Rd., Tracy 95376. (209) 832-1054.

**Guerneville:** Stumptown Daze Run Through the Redwoods 3 & 10K, downtown, 9 a.m. Russian River Chamber of Commerce, P.O. Box 331, Guerneville 95446. (707) 869-9009.

**Bakersfield:** Bakersfield Bud Light Triathlon, 2K Swim, 40K Bike, 15K Run, Lake Ming, Time TBA. Paul Mackie, 405 Galaxy Ave., Bakersfield 93308. (805) 399-2720.

**Pomona:** The Human Race, 10K Run/Walk, Cal Poly Univ., 7 a.m./Run, 8 a.m./Walk. Ronette Warren, Volunteer Center, 375 So. Main St., Suite 109, Pomona 91766. (714) 623-1284.

**Del Mar:** Torrey Pines Bank Classic, 10K Run/5 Mi. Walk, 8 a.m. Tim Murphy: (619) 275-5440.

## May 14 (Sunday):

**Fresno:** Millerton Biathlon, 1 mile swim, 7-9 mile run, Lake Millerton Recreation area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**San Francisco:** DSE Mystery Run, 6 Mi., start/finish Howard & Spear Sts., 10 a.m. Phil Haber: (415) 668-2830.

**Fremont:** Ergo's Run for Serra 10K Run & 3 Mi. Stride, Stevenson Blvd. & Paseo Padre Pkwy., 8:30 a.m. Serra Residential Center, P.O. Box 3296, Fremont 94539. (415) 657-2002.

**Pleasanton:** Soccer City Run, 5 & 10K and

1 Mi. Walk, Hacienda Business Park (off Hopyard Rd.), 9 a.m. Mike Milton, 3586 Whitehall Ct., Pleasanton 94566. (415) 846-5512.

**Sacramento:** Old Sac Triathlon, 500 Yd. Swim, 13 Mi. Bike, 5K Run, Old Sacramento, Time TBA. Bill Kelly, c/o 2408 J Street, Sacramento 95816. (916) 442-3338.

## May 20 (Saturday):

**Walnut Grove:** Walnut Grove Catfish Jubilee 5 Miler, 8 a.m. Roger Morgan, P.O. Box 1825, Walnut Grove 95960. (916) 776-1627.

**Redding:** Rotary Stampede, 2 & 6 Mi., Shasta High School, 8:30 a.m. Dennis Paterson, 1842 Keystone Ct., Redding 96003. (800) 553-2466.

**El Dorado Hills:** Pony Express 50 Miler, 100% Trail (flat & fast), Western States qualifier (1.25 Mi. loop), 8:30 a.m. (\$36/Pre-entry only). Delmar Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 965-8326, days.

**Lompoc:** Mission Fiesta 5 & 10K, La Purisima Mission, 8 a.m. Peggy Good, Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 733-3644.

**So. El Monte:** San Gabriel River 15K Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Torrance:** Armed Forces Day 5 & 10K, 8 a.m. Allen Shall, Parks & Recreation Dept., 3031 Torrance Blvd., Torrance 90503. (213) 618-2945.

**San Dimas:** Los Angeles Triathlon Championship Series #3, 1K Swim, 40K Bike, 8K Run, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**Descanso:** Cuyamaca 50K Trail Race, Green Valley Falls, 6 a.m. Jerry Mitchell: (619) 789-7443.

## May 21 (Sunday):

**San Carlos:** San Carlos Home Town Days Race, 5 Mi., Burton Park (Arroyo & Cedar), 9 a.m. Suzanne, c/o Davey Properties, 100 El Camino Real, San Carlos 94070. (415) 592-2211.

**San Francisco:** Examiner Bay to Breakers, 12K, Howard & Spear Sts., 8 a.m. (entry blanks will be in Examiner). Examiner Bay to Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7773.

**Berkeley:** Tilden Tough Ten, 10 Miles, Tilden Park (Inspiration Point), 8:30 a.m. Elvyn Blair, LMJS, 3136 California St., Oakland 94602. (415) 530-9151 or 526-0711.

**Monterey:** Monterey Sprint Triathlon, 500 Yd. Swim, 12 Mi. Bike, 5K Run, Fort Ord base,

9 a.m. (500 limit). Waddell Sports, 225 Lighthouse Ave., Monterey 93940. (408) 646-1487.

**Fremont:** Ohlone Wilderness Trail 50K Run, very hilly on trails & fire roads from Fremont to Livermore, 6:30 a.m. John Vonhof, East Bay UltraRunners, 4438 Gibraltar Dr., Fremont 94536. (415) 797-8169, eves.

**Bakersfield:** Bakersfield T.C. Ultimate Fun Run, Distance TBA, Time TBA. Randy Brown (805) 834-9130.

**Arcadia:** Santa Anita Lite Spring Classic, 5 & 10K and 1K Fun Run, Santa Anita race-track (285 W. Huntington Dr.), 7:30 a.m. Jim O'Brien, 303 Mayflower Ave., Monrovia 91016. (818) 303-6080.

**So. El Monte:** Legg Lake 5K Great Western Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Newport Beach:** Ocean of Life Run for Life, 2K & 8K, Fashion Island, Time TBA. Matt Jones: (714) 723-1536.

**San Diego:** Nissan San Diego 10K, Fifth & G Sts., 7:45 a.m. In Motion, 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

**San Marcos:** Run for the Fund, 5 & 10K, Woodland Park, 7:30 a.m. Contact: (619) 744-4776.

## May 24 (Wednesday):

**San Diego:** One Hour Run, Balboa Stadium, 5:30 p.m./Slow (6:30/Mile or more), 6:35 p.m./Fast (6:30/Mile or less). Graeme Shirley: (619) 452-9562 or 455-4440.

## May 27 (Saturday):

**San Bruno:** Memorial Cross Country Run, 4 Mi., San Bruno City Park (Memorial Gym area), 8:30 a.m. Mike Sullivan, Runners Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

**El Sobrante:** Wildcat Ramble Half-Marathon & 10K, Hillview Community Center (San Pablo Dam Rd. & Clark Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Morgan Hill:** Mushroom Mardigras 10K Fun Run, Live Oak H.S. (1505 E. Main St.), 8:30 a.m. Steve Tate, 2940 Holiday Ct., Morgan Hill 95037. (408) 779-6992.

**So. El Monte:** Legg Lake Purple Tree Run, 5K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## May 28 (Sunday):

**San Francisco:** DSE Golden Gate Prome-

# SCHEDULE

nade Run, 7.13 Mi. (& 0.6 Mi. Kid's Run), Dolphin Club, 9:30 a.m./Kid's Run, 10 a.m. Phil Haber: (415) 668-2830.

**Pinole:** Pinole Spring Festival 4 Mi. & 3 Mi. Stride, Fernandez Park (Pinole Valley Rd. No. off I-80), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Oakland:** Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse at 14th & Lakeside Dr.), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

**Brentwood:** Brentwood 5 & 10K, San Vicente & Barrington (Part of TAC Grand Prix Series), 8 a.m./5K, 8:45 a.m. Brentwood 10K Run, Box 49913, Los Angeles 90040. (213) 820-7585.

**So. El Monte:** San Gabriel River 3 Mile Memorial Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

## May 29 (Monday):

**Kentfield:** Pacific Sun 10K, College of Marin, 8 a.m. Total Race Systems, 627 Galerita Way, San Rafael 94903. (Note: PA/TAC Masters 10K Championships).

**La Canada:** Fiesta Days 5 & 10K and 1 Mi., Descanso Gardens, 7:30 a.m./1 Mi., 8 a.m. Mike Blackmore, YMCA, 1930 Foothill Blvd., La Canada 91011. (818) 790-0123.

**So. El Monte:** Legg Lake Memorial Day 8K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## Looking Ahead

(Marathons, Relays & Important Deadlines, Major Events, Etc.)

**Jun. 4 (Sunday): Ukiah:** Russian River Runs & Marathon & PA/TAC 8K Championships, Talmage, 6 a.m./Marathon & H-M, 8 a.m./8K. Dennis Huey, P.O. Box 204, Ukiah 95482. (707) 462-8879.

**Jun. 11 (Sunday): Mill Valley:** 79th Annual Dipsea Race, handicapped start, to Stinson Beach, Time TBA. All entry forms mailed out April 1 only (send S.A.S.E. now for entry form). . . entry deadline when race is filled! Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

**Jun. 24 (Sat.): Squaw Valley:** Western States 100 Mile Endurance Run, 5 a.m. (Race is closed for 1989). For 1990 send

S.A.S.E. to: Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916) 638-1161.

## TRACK SCHEDULE

**March 4 (Sat.): San Diego.** Aztec Track Classic. San Diego State. Jim Cerveny (619) 594-5536.

**March 5 (Sun.): Palm Springs.** Palm Springs Invitational Senior Olympics III. (55 years or older). Palm Springs High School. David Adams, Chairman. Entry deadline 2/15/89. Contact Ben Green (619) 323-5689 or (619) 320-1296, home.

**March 11 (Sat.): Los Angeles.** Los Angeles Relays. Cal State L.A. John Tansley (213) 343-3095.

**March 11 (Sat.): Irvine.** Irvine HS Invit. Multi-Event Meet. Irvine HS. Herb Stockman (714) 857-9394.

**March 11-12 (Sat./Sun.): Tucson.** U of Arizona Decathlon. Univ. of Arizona. Mike Maynard (602) 621-2124.

**March 17-18 (Fri./Sat.): Berkeley.** Golden Bear Heptathlon. Cal Berkeley. Tony Sandoval (415) 642-9447.

**March 18 (Sat.): Pomona.** Bronco Invitational. Cal Poly Pomona. Jim Sackett (714) 869-2831.

**March 18 (Sat.): Berkeley.** Golden Bear Meet of Champions (women). Cal Berkeley. Tony Sandoval (415) 642-9447.

**March 18-19 (Sat./Sun.): Eagle Rock.** Oxy Heptathlon/Decathlon. Occidental College. Bill Harvey (213) 259-2608.

**March 21-22 (Tues/Wed): Fresno.** Cal State Fresno Heptathlon/Decathlon. Cal State Fresno. Red Estes (209) 294-4097.

**March 24-25 (Fri./Sat.): Stanford.** Stanford Invitational. Brooks Johnson, Track Coach, Stanford Univ., Stanford, CA 94305 (415) 723-2736.

**March 24-25 (Fri./Sat.): Tucson.** Univ. of Arizona Heptathlon. Univ. of Arizona. Bob Myers (602) 621-4082.

**March 25 (Sat.): Pomona.** SCA/TAC Open Grand Prix. Pomona-Pitzer. Skip Stolley (213) 453-7655.

**March 31/April 1 (Fri./Sat.): San Francisco.** San Francisco State Decath-

lon. San Francisco State. Harry Marra (415) 338-1561.

**April 1 (Sat.): Norco.** Chet Nicholson Relays. Norco High School. Ben Gonzalez, 2065 Temescal Ave., Norco, CA 91760 (714) 736-3283 or home (714) 734-4768.

**April 1 (Sat.): Fresno.** Fresno Relays. Radcliffe Stadium. Bob Fraley (209) 294-4097.

**April 1 (Sat.): Tempe.** Sun Angel Classic. Arizona State. Herman Frazier (602) 965-3856.

**April 1-2 (Sat./Sun.): Santa Barbara.** UCSB Decathlon. UC Santa Barbara. Sam Adams (805) 961-7133.

**April 7-8 (Fri./Sat.): Northridge.** Cal State Northridge Heptathlon/Decathlon. CSU Northridge. Don Strametz (818-885-3608 x 3242).

**April 8 (Sat.): Northridge.** Northridge Invitational (women). Cal State Northridge. Don Strametz (818) 885-3608.

**April 9 (Sun.): Northridge.** Northridge Invitational (men). Cal State Northridge. Don Strametz (818) 885-3608.

**April 14 (Fri.): Los Angeles.** USC Twilight Meet. USC. Mike Bailey (213) 743-7770.

**April 14-15 (Fri./Sat.): Los Angeles.** USC Heptathlon. Univ. of Southern California. Mike Bailey (213) 743-7770.

**April 15 (Sat.): Santa Rosa.** 21st Annual Santa Rosa Relays. Santa Rosa JC. (HIGH SCHOOL--Varsity Boys & Girls). Ken Goetzel, Meet Director, Santa Rosa HS, 1235 Mendocino Ave., Santa Rosa, CA 95401. (707) 433-5335, home or (707) 528-5377, work.

**April 15 (Sat.): Azusa.** Azusa Pacific Meet of Champions. Azusa Pacific. Terry Franson (818) 969-3434.

**April 15 (Sat.): Stanford.** Stanford Track Classic. Stanford University. Brooks Johnson (415) 723-2736.

**April 15 (Sat.): San Jose.** Bruce Jenner Open Invitational. San Jose City College. Bert Bonanno (408) 288-3730.

**April 20-21 (Thurs/Fri.): Azusa.** California Heptathlon/Decathlon. Azusa Pacific University. Terry Franson (818) 969-3434.

**April 20-21 (Thurs/Fri.): Walnut.** Mt. SAC Heptathlon/Decathlon. Mt. San Antonio College. Dan Shrumm (714) 594-5611.

**April 21 (Fri.): Pomona.** Pomona-Pitzer Invitational. Pomona-Pitzer. Anne Phillips (714) 621-8016.

**April 21 (Fri.): Chico.** Chico Track Invitational (High School) 1:30 p.m. Scott Fairley, West Valley H.S., 3805 Happy Valley Rd. Cot-



# RaceTalk '89

Spring, 1989

Info 619/438-8080

## Bud Light US Triathlon Series Plans Include 11 Events, 2-Day Expos, 3 ESPN Shows

**T**he Bud Light US Triathlon Series presents 11 races in 1989, its eighth season. Since 1982: 78 events, 120,000 participants. ESPN will televise 3 races. USTS 1.5K-40K-10K

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**T**he Elite Masters division debuts in '89, for over 40's who are top 10 in their age group. Age group, relay and pro competition as exciting as ever. Several two-day expos with sweepstakes, Friday night roundtables, and

**P**hoenix opens the season with a new course on May 14. "Phoenix is like a moonscape," says one triathlete. I wouldn't miss it." . . . . Miami on May 21 means a once-a-year swim and skyline bike course straight out of a "Miami Vice" TV scene . . . . Don Johnson or Tom Selleck may be the official starter of the new Road Atlanta race on June 4.



Atlanta will have an all-new (one transition) course, stadium triathlon, \$5 million in exotic Ferraris on display. A classic in the making.

**T**he Bud Light USTS 3-race California tour begins June 11 in San Jose. Outstanding

organization and the "Metcalf Mauler" are unforgettable. . . . . One of the world's best races: Baltimore (June 25), runs through the birthplace of "The Star Spangled Banner" (sung at all our race starts), to the colorful Inner Harbour downtown . . . . In Chicago on July 9, the Bud Light USTS promises the world's largest race, plenty of extra water, Lake Shore Drive, and a true extravaganza for national TV.



**P**icturesque northern Vermont, a summer paradise, again hosts the Bud Light USTS New England race on July 16. Mike Pigg says, "It's the most beautiful course I've raced" . . . . Houston moves to July 23, with a new course (one expert calls it a "humdinger") and true Texas hoedown-style hospitality in mid-summer . . . . San Clemente (August 6) brings back Southern California beach town fun with a new



course, and a gala finish line block party . . . . San Diego's sunny setting and traditional post-race beach bash are the fitting finales to a great regular season.

**T**alented triathletes will qualify year-long for invitations to the Bud Light USTS National Championship and the American Fitness Festival on Hilton

Head Island, SC. The September 30 date and a planned north-to-south swim will make this race more inviting than ever . . . . Coke Grand Prix champs Mike Pigg and Paula Newby-Fraser head top pro fields competing for over \$250,000 in prize money and Coke Red Jersey bonus cash.

**T**he Bud Light USTS welcomes several new national sponsors in 1989: Giro helmets, Bike Buddy travel cases, FreeStyle sports watches, Kashi breakfast pilaf, and more to follow . . . . For the best airfares, rental cars and hotel packages, call Premier PasSports, toll-free 800/777-3643 . . . . Your race entries and USTS apparel orders may be taken via telephone with credit card . . . . Call 619/438-8080.

### 1989 BUD LIGHT USTS SCHEDULE

PHOENIX	May 14
MIAMI	May 21
ATLANTA	June 4
SAN JOSE	June 11
BALTIMORE	June 25
CHICAGO	July 9
NEW ENGLAND	July 16
HOUSTON	July 23
SAN CLEMENTE	Aug. 6
SAN DIEGO	Sept. 10
HILTON HEAD ISLAND	Sept. 30

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 None. City \_\_\_\_\_ Year \_\_\_\_\_  
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# SCHEDULE

tonwood 96022. (916) 347-7171.

**April 22 (Sat.): San Luis Obispo.** Poly Royale Invitational. Cal Poly SLO. Tom Henderson (805) 546-7235.

**April 22 (Sat.): Stanford.** Stanford Twilight Meet. Stanford University. Brooks Johnson (415) 723-2736.

**April 22 (Sat.): Walnut. Mt. SAC Relays** (Univ./Open Division). Mt. San Antonio College. Dan Shrum (714) 594-5611.

**April 23 (Sun.): Walnut. Mt. SAC Relays** (Invitational Division). San Antonio College. Dan Shrum (714) 594-5611.

**April 29 (Sat.): Irvine.** Irvine Invitational (women). UC Irvine. Danny Williams (714) 856-6342.

**April 29 (Sat.): Claremont.** Claremont HS Pentathlon. Claremont HS. Rich Ede (714) 624-1484.

**April 30 (Sun.): Irvine.** Irvine Invitational (men). UC Irvine. Vince O'Boyle (714) 856-6080.

**May 5 (Fri.): San Francisco.** Johnny Mathis Invitational (women). San Francisco State. Harry Marra (415) 338-1561.

**May 6 (Sat.): San Francisco.** Johnny Mathis Invitational (men). San Francisco State. Harry Marra (415) 338-1561.

**May 6 (Sat.): Northridge.** Northridge Open. Cal State Northridge. Don Strametz (818) 885-3608.

**May 6 (Sat.): Santa Barbara.** Nick Carter Invitational (men). UC Santa Barbara. Sam Adams (805) 961-7133.

**May 6 (Sat.): Modesto.** S&W Modesto Invitational. Modesto Junior College. Tom Moore (209) 537-0411.

**May 6 (Sat.): Tucson.** Wildcat Last Chance Meet. Univ. of Arizona. Dave Murray (602) 621-4829.

**May 13 (Sat.): Westwood.** UCLA Invitational (formerly Pepsi). UCLA. Al Franken (213) 278-2030.

**May 13 (Sat.): Eagle Rock.** Occidental Invitational. Occidental College. Bill Harvey (213) 259-2608.

**May 13 (Sat.): Flagstaff.** Flagstaff Invitational. Northern Arizona University. Ron Mann (602) 523-5646.

**May 14 (Sun.): Los Angeles.** Los Angeles Invitational. Cal State LA. John Tansley, Track Coach, CSLA, Los Angeles, CA 90032 (213) 224-3692.

**May 17-18 (Wed./Thurs.) Berkeley U** of California Heptathlon. Cal Berkeley. Tony Sandoval (415) 642-9447.

**May 19 (Fri.): Santa Monica.** Santa Monica Sprint/Hurdle Classic. Santa Monica

College. Skip Stolley (213) 453-7655.

**May 20 (Sat.): Santa Monica.** Santa Monica Distance Classic. Santa Monica College. Skip Stolley (213) 453-7655.

**May 20-21 (Sat./Sun.): Santa Barbara.** Late Afternoon Decathlon (SCA-TAC Championship) UC Santa Barbara. Sam Adams (805) 961-7133.

**May 20-21 (Sat./Sun.): Long Beach.** SCA-TAC Heptathlon Championship. CS Long Beach. Ralph Lindemann (213) 985-4666.

**May 21 (Sun.): Los Angeles.** Los Angeles Invitational. Cal State LA. John Tansley (213) 343-3095.

**May 25 (Thurs.): Fresno.** Taco Bell Last Chance Meet. Fresno State. Bob Fraley (209) 294-4097.

**May 26 (Fri.): San Diego.** San Diego/Imperial TAC Open Meet. Balboa Stadium. Dixon Farmer (619) 469-1010.

**May 27 (Sat.): San Jose.** Bruce Jenner Bud Light Classic. San Jose City College. Bert Bonanno (408) 288-3730.

**May 27-28 (Sat./Sun.): Walnut. Mt. SAC HS Heptathlon/Decathlon** (SCA-TAC Champs.) Mt. SAC. Dan Shrum (714) 594-5611.

**May 28 (Sun.): Walnut. Mt. SAC TAC** Qualifying Meet Mt. San Antonio College. Dan Shrum (714) 594-5611.

**June 4 (Sun.): Irvine.** Irvine Elite Classic. UC Irvine. Danny Williams (714) 856-6342.

**Jun 10: Sacramento.** Golden West Invitational. CS Sacramento. Ernie Gomez, 101 Simmons Way, Folsom, CA 95630 (916) 988-8852.

**June 11: Tucson.** Tucson Elite Classic. Rincon Vista Track Stadium. Troy Hanson, U of Arizona Sports Info. Office, McKale Center, Tucson, AZ 85721 (602) 621-2124.

**June 28-July 2: Berkeley:** National Age Group Team Championships. U.C. Berkeley. James Carter Wynn, 1568 Clear Lake Ave., Milpitas 95035 (408) 263-1607.

**July 16-20: San Luis Obispo:** Sky Jumpers Vaulting Camp. Jan Johnson, 3000 Colima, Atascadero 93422. (805) 466-8119.

**August 5: Santa Monica.** Southern California TAC. Santa Monica Community College. Skip Stolley, 825 16th #B, Santa Monica, CA 90403 (213) 432-7655.

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Name of Event \_\_\_\_\_

Type of Event:  long distance run  track meet  
 cross country  other

Starting time: \_\_\_\_\_ Distance, if running event \_\_\_\_\_

Other important info: \_\_\_\_\_

Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

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

# KEEPING PACE

By MARK WINITZ



## Winning Isn't Everything--Just Tell Me How

IT'S COMMON KNOWLEDGE that runners, regardless of ability or experience, are always looking for good advice on the subject of training and racing. And there is plenty of advice available from fellow athletes, magazines, and books. Coaches, especially, are hungry for technical information on running technique, training regimes, motivating methods, and the like. The problem is that you have to be careful about whose advice you take. Sometimes it's hard to know whether the information that you're getting is sound.

When Olympic athletes and their coaches share their formulas for success, it's time to listen. I did just that, along with many of the West's high school, college, and club coaches, as I attended the Jostens West Coast Clinics at Rickey's Hyatt in Palo Alto, CA last January.

The two-day clinic, organized by Stanford University's Director of Track & Field, Brooks Johnson, and other members of Stanford's staff, offered coaches and athletes a chance to hear and talk with their peers who have achieved the highest successes in various sports. The annual clinic, which got its start in the late 1970s, hosted a variety of clinicians this year—experts like Dusty Baker (baseball) and Kim Oden (captain of the 1988 U.S. women's volleyball team). However, given limited time, and simultaneous speakers, I focussed my attention on the excellent presentations centered on running and track.

Echoed in all of the talks I listened to, and in the questions asked by the audience, I identified a major theme: *What makes a winner? How can I and/or my athletes become winners?*

Jackie Joyner-Kersey and her husband and coach Bob Kersey teamed up to give lively and interesting talks on the athlete-coach relationship and "The Mentality of a Champion."

Bobby points out that patience on both the part of the one doing the coaching and the one being coached, and taking the time to communicate, are extremely important in the emergence of a winner. "The clock inside a gifted athlete is one that no one can understand," he says. "They control this clock. Unless you (the coach) take the time to communicate with the athlete and wait for the peak

period to come about, then you're not going to get anything done."

Even for us average runners, many who coach themselves, the lesson of patience is a good one. We're not going to reach our full potential overnight, although we'd like to.

Multi-talented Jackie touches upon the important tool of visualization in her success, no matter what event she's working on. "I concentrate on visualizing specific movements," she reveals. "I visualize myself being successful, (for example) what I should be doing at the start of the race, going over the hurdles, coming off the hurdles, between the hurdles, and how I should run through the finish line. I see myself finishing first."

This positive approach is a key element within the psyche of a winner, according to the Kerseys. "It's important to get athletes to believe in themselves, in what they *can* do," Bobby stresses. "You have to get rid of the negatives." To do that, he structures workouts that focus on the athlete's present ability level. If Jackie has demonstrated that, say, she can throw the javelin 150 feet consistently at a certain point in the season, then he keeps her focussed on that. He doesn't plug into the mechanics or effort of throwing 165 feet until she is superbly confident in consistently reaching the shorter distance.

"It's important to change the vocabulary of the athlete who lacks confidence," adds the women's heptathlon world record holder. "You must get to the point where you can change that 'I can't' to at least 'I'm trying' to 'I'm going to do it.' Bobby always tells me 'Don't try it; I want you to do it.'"

Similarly, both Jackie and Bob also emphasize the need for realistic goal-setting as a starting point on the road (or track) to success. It's a fact, in order to measure your success, it's imperative to set some standards. And the standards should be challenging, but objectively within reason. In other words, short-term goals should be achievable. Just as important as the goals themselves, is the chart or course for reaching the goals. That takes careful and realistic planning of every step, stride, leap, and bound.

During her talk Jackie outlined some of her goals. She wanted to do well indoors in the hurdles. Indeed, a week later, she equalled

the world record indoors in the 55-meter hurdles at the Panasonic Millrose Games. The same weekend, she broke her own American record in the 60-meter hurdles. "I'm also going to take up the 400-meter hurdles outdoors and go after a personal record, then the American record, and then go for the world record. That's all for *this* year."

The audience burst into laughter at Joyner-Kersey's confidence in attaining these high goals. But it wasn't a shake-your-head-in-dismay kind of doubting laughter. It was a knowing, believing response. Both athlete and coach, in describing their approach to winning, had reinforced our sense of confidence in their ability to reach their goals. We needed no further convincing.

Brooks Johnson has coached a fair share of top Olympians (including the two speakers I'll mention shortly). In his 30 years as a track and field coach, including a stint coaching the 1984 U.S. women's Olympic track and field team, Johnson has built a reputation for his no-nonsense, *avante garde* approach to winning. According to Johnson, winners simulate during training the stressful conditions required to win a race. His formula relies on low mileage, much of it fast sprinting, and concentration on the segment of the race where, he believes, the race is invariably won: in the *last quarter of the race*.

"Anybody can run the first part of a race," observes Johnson. "The real question is, 'What can I do under stress?' The biggest problem that we have in athletics is stress adaptation. Training should gradually increase mental and physical stress in loads that the body and mind can digest and recover from."

Like the younger Bobby Kersey of UCLA, who credits Johnson for more than a few of his coaching philosophies, the Stanford coach points out the requirement for a coach to be closely familiar with the athlete. But rather than stressing communication as Kersey does—everyone's heard about Johnson's unique brand of communication—he centers

*continued next page...*

## KEEPING PACE

on the athlete's basic competitive tendencies, or psyche. He makes the distinction between goal-oriented athletes and task-oriented athletes.

Athletes like Joyner-Kersey are task oriented. To them, the task, and how to carry it out correctly and most efficiently, is the utmost concern. These athletes de-personalize the task of competing, according to Johnson. You rarely hear them talk about their competitors—only about the technical aspects of their task (event) and how they execute it. They visualize the task.

On the other hand, The goal-oriented athlete doesn't give a hoot about the task. They simply say, "If you can do it, I can do it better." It's important for these athletes to perform better than their peers. They just want to beat their competitors.

Johnson coaches these two types of athletes very differently. The task-oriented athlete is constantly encouraged to perform as

smoothly, efficiently, and relaxed as possible. In training, this athlete gains confidence from performing the task well—running 70-second quarters, or whatever the workout calls for. Competition is approached on the same objective and impersonal basis.

However, with the goal-oriented athlete, Johnson always concentrates on how to beat their rivals. What is it going to take to beat so-and-so? This kind of athlete constantly must be fed carrots (or "raw meat" in Johnson's jargon). They have to run down people in practice every single day.

What type of runner are you? Knowing your own tendencies in this respect could offer some food for thought. While this kind of pigeon-holing is at least one way of approaching the complicated formula for winning, it isn't an undisputed method for success. Mistyping always is a possibility, as Johnson himself attests. While describing his unqualified successes, he also mentions athletes

like 1,500-meter U.S. Olympian Regina Jacobs (an ex-Stanford runner who is no longer coached by Johnson) whose up-and-down collegiate running career didn't particularly benefit from his mis-casting. "The problem was that I was coaching her as a goal-orientated person, when in fact she was a task person."

Even the most experienced, avid, and successful coach can't assist an athlete when the personality mix isn't right. Top triathlete Joanne Ernst was once under Johnson's tutelage at Stanford, but decided to quit the program when it just wasn't working for her. Today Ernst is at the top of her sport—and she is largely self-coached, receiving occasional advice from her husband Jim Collins.

No doubt, Johnson's success with many Stanford runners stems partly from his emphasis on the cerebral as well the physical aspects of training and competition "You

*continued next page...*

# CHEAP

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Mark Winitz is a columnist and feature writer for California Track and Running News. His articles have appeared in national running publications.

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## KEEPING PACE

can't separate the mind from the body," he insists. "You have to look at them as a single unit."

If you want to break 3 hours in the marathon, you don't do it by simply blindly pushing your body through 60 miles a week of training. Most of us know that at least some thought and planning is involved, even if it is simply rudimentary planning on how to break up your mileage to balance hard and easy efforts.

However, Johnson demands more. He insists on creativity and a pioneering spirit. According to this man, you don't reach a goal through conventional wisdom. "What's commonly known, and what is commonly held, is information used by people who seek to be mediocre," he says. Johnson particularly applies this quest for new methods to training volume and the actual time spent in training.

How can you achieve more with less? That's a burning question that Johnson continuously asks himself and his athletes. For this man, less is best. "If you want to get ahead you must be able to telescope time down." That's a pretty good trick for most of us sub-elite athletes who can't afford (and perhaps don't care) to spend most of our time concentrating on our particular sport. It's even a fancier puzzle for those world class competitors who might have other interests and goals besides setting world records.

The next day, PattiSue Plumer described how Johnson's method got her ready to compete in the 1988 Track & Field Trials, and make the Olympic team at 3,000 meters, despite only having two months to adequately prepare following a bout with pneumonia and then law exams at Stanford. They concentrated her training on the last part of the race—where, in Indianapolis, she successfully gained her ticket to Seoul.

Plumer prefaces her particular system for success by saying that winning isn't necessarily what makes a winner. "I think in society we overvalue winning and undervalue the winner. Too often, winning is synonymous with the winner, and that's often not the case."

Winning, according to Plumer, is doing the best that we possibly can on a particular day with the tools that we have available—which are our physical and mental capabilities.

Plumer equates success with the "three T's" (Talent, Training, and Tenacity). Although she believes talent is overrated as an indicator of success, the fundamentals of training are absolutely necessary to achieve it. Patti Sue reminds us that there are many different approaches and methods of training, none of

which are necessarily "correct."

"There are a lot of ways to get from point A to point B," she says.

The most important element, tenacity, means sticking to it even during periods of self-doubt and low confidence. "You have to possess a vision of success," she insists, "You must have a goal that you believe in. If you don't believe in yourself, it's unlikely that anyone else will."

In the Olympics, PattiSue's goal was to make the finals in the women's 3,000—in probably the toughest field in all the women's distance events. She did, running the final after a sleepless night and severe intestinal problems (a common malady among the



"I visualize myself being successful."

JACKIE JOYNER-KERSEE

photo by Bill Leung, Jr.

Olympic athletes).

One of the most entertaining speakers at the clinic was another Stanford/Johnson product: 1,500-meter Olympian Jeff Atkinson. He began by showing the packed audience a videotape of a nationally-aired television segment on life in the Olympic Village which he had produced himself for the program "USA Today" just before his Olympic races. Then Jeff revealed the major trait that makes him a winner. That is: "competing in the biggest meet of your life and making it seem like it's no big deal."

Jeff, quite evidently, is a master at adaptation—adapting to the highly stressful environment of world-class competition, making himself at home in a foreign environment, and not letting his nerves interfere with performing at his best. Atkinson uses a technique called "making the stadium your own," no matter if the stadium happens to be in Modesto or in Seoul, Korea.

"When I first walked into the Seoul stadium, the first thing I did was tell myself that it looked a lot like Stanford stadium. Whether it

did or not, that's what I was telling myself."

The budding star extends the same philosophy to any race or workout he runs. On his training runs, he envisions himself competing in championship races. Conversely, when competing in championship races, he tells himself that it's no different than the workouts he's been doing for months in preparation. "One of the biggest challenges in success," says Atkinson "is convincing people that they're going to be OK when they step up to the line. You have to know in your heart that it's really no big deal. The race isn't the end of the world. It's not brain surgery."

Somehow, it's comforting to know that these winners are subject to the same pangs



"The race isn't the end of the world. It's not brain surgery."

JEFF ATKINSON

photo by Bill Leung, Jr.

of anxiety and self-doubt, the same challenges in training, the same yearnings for immediate success, that we everyday runners struggle with. As Atkinson pointed out in his video segment—where he captured the Olympic athletes in the middle of water balloon fights and playing arcade games—there are more similarities between these athletes and you and I than we might think.

Getting a chance to meet and hear these folks in forums such as the West Coast Clinics brings that fact home. It also shows us how we can become our own personal winners.

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Features 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.

# PA-TAC NOTES



By JOHN MANSOOR

## Drug Testing and the Grand Prix

As many of you who follow the sport of Athletics (Track & Field, Road Running and Race Walking) know, The Athletics Congress in conjunction with the world body, the IAAF and IOC have been testing athletes randomly throughout the world for performance enhancement drugs. The purpose of this program is to conduct fair competition for all concerned. This program included some events in the Pacific Association, and many Pacific Association athletes. Many substances have been found to be an aid to an athlete's performance. Many of these substances are found in "over the counter" medications, particularly, cold medications. The USOC (United States Olympic Committee) established a hot line number (1-800-233-0393) to assist athlete's in recognizing which drugs are on the list of banned substances and which drugs are "legal". Many athletes have taken advantage of this number while other have taken their chances. At this time, I want to urge **ALL ATHLETES TO USE THE HOTLINE NUMBER**, and find out which substances are on the banned list. If you do not, you may end up in the same situation as some athletes who recently took part in the California International Marathon. Although the entire procedure for testing which includes appeals hearings has not been completed, and this is preventing the results from that event from being final (and likewise the Grand Prix results as the Cal International was the final event of the Grand Prix), it may result in some disqualifications and suspensions for not taking the time to know which drugs were on the list. I urge you all not to take this program lightly.

## Athletes and Coaches Suspended for Their Participation Athletic Tour of the Republic of South Africa.

Another program that should not be taken lightly is the ban on competing in suspended countries. Listed below are the athletes and

coaches who have been suspended for participating in an Athletic Tour of the Republic of South Africa. Their suspensions range from 2 years to 12 years.

Ted Banks	12 years
Dick Tomlinson	12 years
Tom Petranoff	6 years
John Powell	6 years
Carol Cady	4 years
James Robinson	4 years
Ruth Wysocki	4 years
Tyrus Jefferson	4 years
Milan Stewart	4 years
Tomas Hintnaus	4 years
Dave Laut	4 years
Ray Wicksell	4 years
Kevin Adkins	2 years
James Andrews	2 years

## Elite Athlete Training Grants Available

The Glendale Federal Savings and Loan Company has established a Training Grant Fund through the Amateur Athletic Foundation of Los Angeles to recognize and reward athletes training for the 1992 Olympic Games. Approximately 25 awards will be made. Each training grant will range from \$3,000 to \$4,000 payable over a four year period. The athletes selected **MUST BE RESIDENTS OF CALIFORNIA OR FLORIDA**. Athletes who wish to apply may write or call National TAC Office at Box 120, Indianapolis, IN 46206, 317/261-0500 for application forms.

## Pacific Association Track & Field Grand Prix.

Below are listed the events and meets that have been selected for the first ever Pacific Association Grand Prix. Each event will count half towards the total purse of \$800 per event, with the other half to come at the Pacific Association Championship meet, tentatively scheduled for June 3. The exception is the men's 10,000 scheduled for March 11 at Humboldt which will be a final event. Next to each event/meet are the standards for entry into the competition. For more information please contact either Karen Locke, the Track & Field Chair at 415/658-4033 or the Pacific Association office at 916/933-4913. Good Luck!

March 11-- Men's 10,000m / Humboldt / 30:50

May 6 -- Men's 1500m / S&W Modesto / 3:51.1

May 27--Women's 3000m / Bruce Jenner/ 9:53.5

May 27--Men's 400m / Bruce Jenner / 47.2

## Pacific Association Travel Fund Requests

Those athletes that are planning on attending the National Track and Field meets should submit their requests for travel funds as soon as you have achieved the qualifying mark. Athletes must be registered and reside in the Pacific Association to qualify for the fund. Please send your requests to the Pacific Association office at 800 Bonita Dr., Folsom, CA 95630.

## BACK ISSUES

Back issues of CT&RN are available at the current cover price of \$2.25 plus \$.75 each for postage and handling. Please send your check with a total of \$3.00 for each magazine ordered; please specify month and year of the issue you wish to order.

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# SoCAL DIARY

By BILL MINARIK

## SoCal Track & Field Preview

### PAC-10 Men:

UCLA lost some big points with the departure of Olympians Kevin Young and Danny Everett, however, the return of some key red shirts should keep the Bruins on top one more year. USC has a potent freshman crop, but is still one year away from being a contender.

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

### PAC-10 Women:

Without Gail Devers, UCLA can be had this year and Oregon appears to have guns to have them.

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

### Big West Men:

After their success in cross country to go along with their usual strength in track, the Fresno State Bulldogs may be the most probable winners of any sport in the State. I'll go with UC Irvine as the best of the rest, although a few key injuries could change things.

- |                     |                   |
|---------------------|-------------------|
| 1. Fresno St.       | 5. Utah St.       |
| 2. UC Irvine        | 6. New Mexico St. |
| 3. C/S Long Beach   | 7. C/S Fullerton  |
| 4. UC Santa Barbara |                   |

### Big West Women:

The Lady Bulldogs also appear to be in a class by themselves this year, but will see some very talented teams at both San Diego St. and UNLV.

- |                  |                   |
|------------------|-------------------|
| 1. Fresno St.    | 6. C/S Fullerton  |
| 2. San Diego St. | 7. Utah St.       |
| 3. UNLV          | 8. New Mexico St. |

- |                     |             |
|---------------------|-------------|
| 4. UC Santa Barbara | 9. Hawaii   |
| 5. C/S Long Beach   | 10. Pacific |

### CCAA Men:

Cal State L.A. will return some potent front line performers, but will be extremely thin which leads me to pick Cal Poly SLO to win it all on depth with Cal State Northridge moving up to the second place position.

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

### CCAA Women:

CPSLO's tremendous distance strength gives it the edge here with Cal Poly Pomona edging Cal State Northridge for second.

- |                    |                    |
|--------------------|--------------------|
| 1. CPSLO           | 4. C/S Bakersfield |
| 2. Cal Poly Pomona | 5. U.C. Riverside  |
| 3. C/S Northridge  | 6. Chapman         |

### SCIAC Men:

Everything points to another Oxy-Claremont battle with Oxy again coming out on top. Pomona-Pitzer appears ready to reclaim the 3rd spot.

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

### SCIAC Women:

Oxy appears stronger than last year when they surprised Claremont-Mudd for the title and should be able to easily defend their crown.

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

### SoCal Community College Men:

Long Beach CC as usual will be the team to beat in SoCal, although Riverside with Ted Banks at the controls should soon be a title threat.

- |                  |                   |
|------------------|-------------------|
| 1. Long Beach CC | 4. Mt. SAC        |
| 2. Riverside CC  | 5. San Diego Mesa |
| 3. Pasadena CC   |                   |

### SoCal Community College Women:

On paper, Mt. SAC will be the team to beat this year, although El Camino has a lot of big point people. Nobody else appears to be strong enough to be considered a contender.

- |                   |               |
|-------------------|---------------|
| 1. Mt. SAC        | 4. Cuesta     |
| 2. El Camino      | 5. Mira Costa |
| 3. San Diego Mesa |               |

### GSAC Men:

Azusa is a solid shoe-in based on its past six years as NAIA Champs. Cal Lutheran, after winning GSAC's cross country title, will want to make a good impression here as well.

- |                   |                          |
|-------------------|--------------------------|
| 1. Azusa Pacific  | 5. Westmont              |
| 2. Cal Lutheran   | 6. Christ College-Irvine |
| 3. Pt. Loma       | 7. Cal Baptist           |
| 4. Fresno Pacific |                          |

### GSAC Women:

The Azusa women are trying to duplicate the men's record, and after placing 6th at the NAIA Indoor Nationals, they should surely better their 1988 third place performance.

- |                   |                          |
|-------------------|--------------------------|
| 1. Azusa Pacific  | 5. Westmont              |
| 2. Pt. Loma       | 6. Christ College-Irvine |
| 3. Cal Lutheran   | 7. Cal Baptist           |
| 4. Fresno Pacific |                          |

# MEDICAL NOTES FOR RUNNERS

## What's New in Sports Medicine?

I AM WRITING A NEW BOOK for Rodale Press - the new owners of *Runner's World* magazine. They also publish *Prevention* magazine. We are going to have one chapter in the book entitled, "The Aging Athlete", which is going to be about people who are about my age, give or take five years, myself being 46 years old, who have been competitive runners in the past, marathoners, ultramarathoners or 10K runners, and are still running today. What I would like to know from all of you readers out there in *California Track and Running News* is, are you still running; what injuries have you had that have sidelined you; is your mileage the same as it was five years ago, ten years ago, and fifteen years ago? What advice do you have for younger runners who are just starting their careers; and do you modify your running now with walking, biking, or swimming? In other words, I would like to have as many case histories as I can of competitive runners who are still either competitive or are now recreational runners. Your help would be greatly appreciated, and you will be fully credited in the new book. I would also like to have a picture of you to put in the book, along with this article. Of course, I will be contacting some of my old time favorites, such as Ruth Anderson, Joe Henderson, Peter Stein, Dennis Tracy, Bill Clark, Jack Leydig, Daryl Zapata, Ron Wayne, and many other patients whose names don't come to mind immediately.

It has been some time since I have written an article for *California Track and Running News*; quite frankly, because not much new has happened. It appears as though the new shoes on the market have made a major difference in reducing injuries. I can honestly tell you that I have been very impressed with Nike's line of shoes, and there is clinical, as well as research evidence, to show that the air midsole at the heel and under the ball of the foot does improve the longevity of the midsole of the shoe and, likewise, decrease injury. Also, the last of the shoe and the materials Nike is using in their shoes are superb. I have found, in the overpronator, that the straighter last Nike shoes certainly do help decrease pronation. Another big advance in shoes has been the anatomical heel, which was introduced by Turntec. This is a rounded

heel, which helps hold the heel in place into the counter of the shoe and, likewise, decreases pronation.

What else is new? There is still evidence which supports that the viscoelastic inserts do help reduce vibrational aftershocks which occur after the initial heel strike. Such products as Viscolas therefore appear to be helpful in reducing stress fractures, heel pain, and heel spur syndrome.

What else is new? There is evidence from studies with the military, as well as sport centers throughout the world, that the body can take hard training for only three weeks, following which a week of lighter or varied training is necessary. This is true with recruits in the special forces from Israel, New Zealand, Australia, and the United States. It is also true from Clinical experience in my office. That being the case, if you are increasing your mileage, make sure that, every three weeks, you take it easy with swimming, bik-

some fantastic research, showing that running surfaces make a major difference.

Running on grass decreases impact shock and vibrational aftershocks by at least 50% and thus reduces injury significantly. There can be no substitute for natural surfaces for us runners. Varied terrain and hill running or mountain running on trails likewise reduces injuries when compared to chronic repetitive stress involved with road running. So the same old secrets are still true. It is better to run on grass or trails and save the roads for when you have to or for competitive events.

I wish you all a healthy and happy New Year. May your running be injury free and enjoyable at all times. Please do me a favor for those of you who are between the ages of 35 and 55 and older and send me some histories about yourselves, your injuries, and personal advice for other runners so that I can have information for my new book and so that I can

**"...Adequate evidence shows, for those of us over 40 years of age, that running more than five days a week or more than 30 miles per week increases our injury rate by 50%."**

ing, or reduced mileage and intensity to allow your bones and soft tissue to recover from the previous weeks of hard work outs. There is also adequate evidence that shows, for those of us who are over 40 years of age, that running more than 5 days a week or more than 30 miles per week increases our injury rate by 50%. I quote George Sheehan, who told me recently, that "anybody who runs more than 30 miles per week without getting paid for it is crazy." I must admit that I agree with George on this one.

And, furthermore, what else is new? I just returned from a conference in Israel, where Dr. Benno Nigg from the Biomechanics Department of the University of Calgary gave

also include the information in my column for *California Track and Running News*. If you have any injuries, questions, advice, or comments, let me know.

*Steven Subotnick has just written a new textbook, called Sports Medicine of the Lower Extremity, which is about 700 pages long and is probably too technical for most of you but is good for those of you who are involved in sports medicine in some way. If you are interested, let him know.*

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

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# THE ATHLETE'S KITCHEN

## Weight Control Trivia

**MOST RUNNERS ARE LOOKING** for any possible way (other than eating less) to be lean and mean. We all want to be able to eat and be thin! I'm constantly barraged with nit-picky questions regarding way to effortlessly burn off a few additional calories, entitling us to a few extra bites of food, guilt-free. The following weight-control trivia quiz may dispel a few myths and help you better attain your calorie goals.

**True or False: You'll burn off more calories if you exercise after having eaten, as compared to exercising on an empty stomach?**

**False.** According to recent research, there is no advantage, from a caloric expenditure standpoint, for trained individuals to exercise shortly after a meal. In this Kansas State University study, eight physically fit college women completed four exercise trials during which they ran either on an empty stomach (after having eaten nothing since the night before) or 30, 60 or 90 minutes after having eaten three breakfast bars and two cups of lowfat chocolate milk (940 calories; 47% carbohydrate). In all the trials, they burned between 215-219 calories during the 30 minutes of moderate exercise, regardless of whether they'd eaten or fasted. This study agrees with the conclusions of other studies: exercising after having eaten offers no weight-control advantage. (Int'l J Sports Med., Fall, 1988).

**True or False: Athletes will lose more body fat if they do low-intensity, fat-burning exercise as compared to harder workouts that rely upon carbohydrates for fuel?**

**False.** When you do low-intensity exercise, you do burn a greater percentage of fat than carbohydrate for energy. For example, during walking, the majority of energy comes from fat. As the exercise becomes more intense, the muscles rely more upon carbohydrates for energy. During sprint-type exercise, the majority of energy comes from carbohydrates and fat is a minimal source of fuel.

Rumors suggest that you'll lose more body fat if you do low-intensity, fat-burning

exercise. Not the case. Weight loss is determined by the total amount of calories you expend in the whole day as compared to the total amount of calories you consume in that day. If you expend 2,000 calories and consume 2,000 calories, your weight will remain constant. If you consume only 1,700, you'll lose some body fat (weight).

**True or False: Being gluttonous on pure carbohydrates such as jelly beans and soft drinks is less fattening than overeating the same number of calories of fattier foods such as peanuts and chips?**

**True.** If you're destined to overeat, you'll suffer the least weight gain if you're gluttonous on carbohydrates such as jelly beans, raisins, juice, soft drinks, pretzels and fruits, as compared to over-indulging on peanuts, ice cream, cookies, chips and other greasy treats. Excess carbohydrates are less fattening than excess fats because the cost of converting excess carbohydrates into body fat is 23% of the excess calories, in comparison to only 3% for converting excess dietary fat into body fat. The fat you eat very easily turns in to the fat you wear!

**" Excess carbohydrates are less fattening than excess fats."**

In one study, twelve subjects were monitored for a 14-hour period during which they were fed only 2,000 calories of carbohydrates. The investigators measured the subjects' metabolic responses and found that only 40 of the excess carbohydrate-calories were converted into body fat because the subjects' metabolic pathways had shifted to burn off most of the carbohydrates. (Acheson et al, Am. J. Physiol 246: E62, 1984)

**True or False: Sugar stimulates the appetite and can contribute to over-eating?**

**True.** In a Yale University study where normal-weight subjects were given either a 200-calorie sugar solution (Glucose) or plain water two hours before a large buffet lunch, the ones who consumed the glucose ate about 250 calories more than those who had only water. The researchers theorize that a large dose of sugar can enhance your appetite because the consequent increase in blood sugar stimulates the body to secrete large amounts of insulin. The insulin both 1) transports glucose out of the blood and 2) encourages the body to burn more glucose. The end result leads to low blood sugar which, in turn, stimulates the appetite so you'll eat again and regain a normal blood sugar level. (Dr. J. Rodin, Am J Clin Nutr., 47:683, 1988)

**True or False: The best way to lose weight is to prevent yourself from getting too hungry by eating adequately at breakfast and lunch; at night you'll have the energy to remind yourself that you'd rather be thinner than over-eat?**

**True.** There are no weight-loss shortcuts; only sensible nutrition, regular exercise and stable eating patterns!

Nancy Clark, MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, teaches calorie-conscious athletes how to lose weight healthfully. Her book, *The Athlete's Kitchen* offers additional tips. It is available only by mail-order; send \$6 to New England Sports Publications, P.O. Box 252, Boston, MA 02113.



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

# Training Young Women in Track & Field

By CATHIE WILSON-HARRIS

SINCE THE BEGINNING of time women have been thought of and labeled the weaker sex. What is it that makes us weaker? No, I can't lift as much weight as the men I know. Is that what they mean? Then again, I have known several women that few men would tangle with. I realize the fact that I view several things differently than men do, but I don't think that makes me a weaker person than any man. I have known a few real wimps. One thing I don't view any differently than my male counterpart is my athletics. Women athletes have the same capabilities to excel in sport and to train intensely as men do. So why are women not taken as seriously as men? The answer to that may be in the training of young women athletes.

The topics I would like to cover are: views of women in sport, levels of development, goals to a coach, all in training female athletes.

Through the years, women have come a long way in athletics. I have been involved in track programs at all levels, elementary school through University. I have competed in countless competitions. One thing I have noticed through the years is that female athletes are much less dynamic than male ath-

letes. Large numbers of male athletes participate in all types of sports, while many women's teams are sparse.

I believe that is due to the traditional ideals that somewhat still exist. Men are supposed to be athletic. Years ago it was much less accepted for women to be aggressive and competitive. Thankfully that view is changing, but not completely. I find that more people question my choice to be in the sport

now than when I was in school. It is more acceptable to compete in sports while in school, but once those years are over society has roles that it tries to fit you into, like get a job, get married, have kids, things like that. Athletics doesn't fit into the picture. Women still aren't totally thought of as tough competitors. As more women excel in the sport society will accept them more. Having positive role models such as Florence Griffith-Joyner and Mary Slaney certainly helps. Young girls see these women as tough competitors and their achievements encourage them to stay with the sport. They will be the next generation to take their place. Until the negative views of women in sport change, many young women will be reluctant to participate.

There are several levels of development in a young woman's track career. For many young girls their first experience comes in Elementary School or in Junior High. Once these young girls come out for the team it is important to keep them interested so they have a chance to develop. Depending on what this first experience is determines if they stay in the sport.

I feel that a coach has three primary responsibilities at this beginning level:

1. To teach the athletes the basic principles of technique. It is important to learn correct technique at an early age. The girls may be young but they can still handle basic principles. The sooner they begin to learn the basics, the better off they will be in progressing.
2. Keep the athletes from getting injured. No coach wants to injure their athletes, but at this age overtraining means a quick burnout.

3. Make the program fun. I will discuss this in more detail later on. I believe that having fun is most important at these early levels. That is what keeps them coming back.

After junior high we move on to high school. This is where the whole program really begins. Somewhat more mature, young women can handle a more disciplined and structured program.

It is very important to develop a structured program. This is where the young athletes get their first taste of discipline. The program should not be haphazard. Practice should always start on time, there should be a plan and goals for the day, the week and the season in general. In these early stages of development it is important to introduce discipline. A structured, disciplined program will teach the young athletes how to be responsible athletes and not just flakes. An unstructured, undisciplined program breeds irresponsible athletes. If they don't have to make it to practice on time, they won't be on time. What I learned in high school has helped me to be a disciplined athlete today. Practice always started as scheduled, there was always a game plan for the workout, goals were established for the workouts as well as the season in general, little time was wasted in talking or unnecessary things, the coach always expected us to give our best. Without that early structure and discipline I would not be able to maintain a regular training program and have the tenacity to stay with it. What we are taught at early ages stays with us throughout our lives.

The high school years are also the beginning of learning more specific technique and basics. Learning field event techniques, relay handoffs, and hurdle technique. Coaches can not be lax in teaching proper technique to these athletes it will leave them uneducated and unknowledgeable about their events. This makes it difficult to develop properly.

One thing I strongly believe in is the weight room. I don't think high school is too early to start, in fact, I think this is the right time to start. The lifting program doesn't have to be rigid to be effective. A weight room is very foreign to most young women. This is the time to introduce a light weight program. Primarily to familiarize the young female to

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***"Women athletes have the same capabilities to excel in sport and to train intensely, as men do."***

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lifting in general. This would include squats, bench press, pullover, pull-downs, circuit training, and even olympic lifts. Basic lifts and lifting to teach the young woman lifting movements and technique. They will also acquire a more comfortable feeling about being in the weight room. A more structured schedule should be developed as the athlete progresses. A little more encouragement and persuasion may be necessary to get the girls in the weight room. Maybe they can lift at a separate time than the boys do, or, you can take a few bars out onto the field and do Olympic lifts or lunges outside, this may help.

These young women generally have an inadequate feeling about lifting weights, but if properly handled, this can be overcome. The primary goals are to develop a strength base and to familiarize the women with lifting so a more intense lifting program can be accomplished in later years. A basic knowledge of lifting is essential, and this should be stressed to all female athletes. This will help the young woman in the next level of development, college. If lifting is taught in high school the young athlete can begin a more intense lifting program. If not, time will be wasted in learning what was missed. In my high school program lifting was somewhat optional. The room was open, but there was no specific plan. I lifted during a PE class at an earlier time. Lifting should not be optional. The coach should go into the weight room and supervise the workouts. There should be a designated lifting time.

From high school hopefully the athlete will go on to Junior College or to a University. Coaches can help advise their athletes as to where to go. A University program may be too much for some young women with Junior College being the right transition.

Junior College programs are less intense than University programs. This can be an important step in keeping the young woman interested in the sport. An overwhelming university program can be just enough to make a young girls quit. This is why coaches have the responsibility of teaching and training their athletes to be able to handle the structure.

Junior College programs are excellent in setting up the next level of development. A more intense schedule can be developed and implemented than the program in high school. The weight room now begins to take a more serious role in training, the women are more mature and can handle a more physical workout. The lifting schedule should be as impor-

tant as the running workouts. Supervision may be necessary to insure the athletes are completing their lifting, but this needs to be done. A young woman will not develop into a quality athlete unless the strength aspect is stressed. This is definitely a coaches responsibility.

Junior College women are beginning to mature much more, and may have their own ideas about their training. It is very important to allow the athlete to participate in the planning of the workouts and the training in general. There needs to be a positive interaction between the athlete and the coach. The athlete knows her body better than the coach ever will and they will tell you when things aren't right. Positive interaction will also help reduce injuries, the athletes won't be afraid to speak up when something isn't right. They will come to you with their problems. Don't just tell your athletes what to do all the time, allow them the freedom to add their own input into the program. They may never have anything to say, but it is important to keep the channels open in case they do. This will give them a better feeling about what they are doing and will also keep the interest level up.

On the other hand, there are increasingly more women in the junior college programs that have never participated in track before. This is where you start from scratch. Some of these women don't have a single clue as to what they are doing at all. That is OK, they can be molded into good athletes and even encouraged to stay with the sport. Some, of course are just killing time, or only came out because their boyfriend is on the team. It is important to find these things out. You can waste a lot of effort on an individual who couldn't care less.

With a growing number of young women going straight to University programs it is important to develop as many of these junior college athletes as possible. Right now I think many junior college programs are in real trouble; they have hard times filling teams and having quality athletes. Recruiting plays

a major role in filling those teams. There are countless numbers of decent young women who, for whatever reason, never continue after high school. All it takes is a phone call or a letter. Visits to the local schools can help. Coaches have a responsibility to promote the sport, active recruiting fills teams and promotes the sport.

Junior College has a lot to offer, more travel, more intense competitions, more responsibility and hopefully better performances. It may take only a small effort and a little nudge to get high school athletes to continue their track careers. This is so important because I think this is where we lose so many athletes. These women may think they aren't good enough for college so they just quit without trying. An athlete doesn't have to be a star in high school to develop into a good athlete later. Many of the number 2 and number 3 runners on a team are overlooked. This is too bad; they could develop in the years to come. The best assets that a junior college program has is the fact that it offers less intensity than a university program. There are no performance requirements to be on the team. So get out and actively recruit young women from the local high schools. A few phone calls can make all the difference in the world. Junior College is an important intermediary between high school and University. It can mean that an athlete stays with the sport or doesn't.

After Junior College or straight from high school hopefully the young female is entering a University program. This is where it all come together.

Most University programs, no matter what division, are rigidly structured. There is a designated practice time. A formal plan and goals for the season are established. This level is much more intense than before, coaches expect their athletes to have a working knowledge of their events. Athletes should be disciplined and responsible. Workouts get done without coaches always checking up on the athletes.



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# PREP NOTES

By KEITH CONNING

## Northern and Central California Track Results Wanted:

Please send all Northern and Central California track and field results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

## FloJo AP Athlete of Year:

January 26. The Associated Press, New York--Florence Griffith Joyner (Jordan High School, Los Angeles 1978-ed.), the Queen of Seoul, who orchestrated three golden hits and one silver at the Summer Olympics and authored two record-smashing performances during 1988, yesterday was named The Associated Press Female Athlete of the Year.

Griffith-Joyner kept the award in the family. Her sister-in-law, Jackie Joyner-Kersey, was the 1987 winner.

"FloJo" brought attention to herself not only with sensational accomplishments on the track, but also with her dazzling racing attire, her Mandarin-like fingernails, her flashy rings, her flowing hair and her radiant smile.

Still, it was her track performances that were most influential in helping Griffith-Joyner win the award over such outstanding candidates as West German Steffi Graf, only the third women's tennis player to win the Grand Slam; Joyner-Kersey, a double Olympic gold medalist; American Olympic swimming star Janet Evans; East German Katarina Witt, the Olympic figure skating gold medalist, and East German Kristin Otto, winner of six Olympic swimming gold medals.

Griffith-Joyner, who won Olympic gold medals in the 100-meters and 200-meter dashes and the 400-meter relay, along with a silver in the 1,600-meter relay and set world records in the 100 and 200 during 1988, collected 549 points in balloting by a national panel of 155 sports writers and broadcasters. She received 78 first-place votes, 48 seconds and 15 thirds. Points were allotted on a 5-3-1 basis.

Graf, winner of the U.S., French and Australian Opens and Wimbeldon, along with the

Olympic gold medal, completing a "Golden Slam," finished second with 420 points. She had 49 firsts, 46 seconds and 37 thirds.

"It's a great honor," Griffith-Joyner, 29, said, "especially when you go up against competition like that."

"It's amazing that success has come so late in life. But maybe it was fortunate, because it's possible I wouldn't have been able to handle it, if I were younger."

Griffith-Joyner, the first sprinter to win the women's award since Chi Cheng in 1970, and Los Angeles Dodgers pitcher Orel Hershiser, the AP's Male Athlete of the Year for 1988, will be presented their awards by the Tampa, FL., Sports Club on Feb. 24.

## Lewis Claims Women on Steroids:

February 2--Six-time Olympic gold medalist Carl Lewis claimed yesterday that steroid use by women in track and field has been on the rise and questioned the ethics of American track and field performers. "I believe the performance-enhancing drug usage among women is higher than among men, this year," Lewis said. "Last year, I wouldn't agree with that. I think the men declined in 1988. Lewis, who won four gold medals in the 1984 Olympics and two in the Games at Seoul, South Korea, last summer, refused to name names, saying, "We're trying to create awareness. When we focus on the individuals, it takes away from the problem."

## Becky Spies (Livermore):

Sophomore Becky Spies (Livermore) won the 800 meters in 2:12.3, a personal record, at the Los Gatos All-Comers Meet on Saturday, February 11, 1989.



## 1989 Northern & Central California TRACK & FIELD PREVIEW

By KEITH CONNING

### Men

The top ten performers in each event from the 1987-88 school year are listed in order of performance. Symbols: - = senior 88-89; \* = junior 88-89; \*\* = sophomore 88-89; \*\*\* = freshman 88-89.

State Meet finalists from 1988 are listed at the end of each event.

#### 100 meters:

10.49	-Barry Smith (Mission, S.F.)
10.64	-Jeff Laynes (Oakland)
10.91	-Aaron Turner (Pittsburg)
10.94	*Mike Filute (Madera)
10.96	IRaoul Candaa (Clovis West, Fresno)
10.96	-Brent Lowe (Kennedy, Fremont)
11.04	*James Robinson (Clear Lake)
11.08	-Eric Fulton (Mt. Pleasant, San Jose)
11.08	-Percy Gault (Oceana, Pacifica)
11.09	-James Allison (Bakersfield)

#### Wind-Aided:

10.53	-Anthony Crofts (Yerba Buena, SJ)
10.71	-Percy Gault
10.77	-Leslie Haymon (Edison, Fresno)
10.86	-Aaron Turner
11.03	*Dingane Newson (Albany)
11.04	-Robert Haynes (Grant, Sacto)
11.09	*Charles Harris (Armiijo, Fairfield)

1988 State Meet Final: 3. Barry Smith 10.86, 4. Jeff Laynes 10.86.

#### 200 Meters:

21.10	-Barry Smith (Mission, S.F.)
21.48	-Jeff Laynes (Oakland)
21.75	-Aaron Turner (Pittsburg)
21.95	-Scott Bryan (Placer, Auburn)
21.95	-Eric Fulton (Mt. Pleasant, S.J.)
21.96A	-Robert Haynes (Grant, Sacto)
21.98	-Tommy Griffith (Los Altos)
22.02	-Leslie Haymon (Edison, Fresno)
22.02	-Murvin Kenion (St. Patricks, Vallejo)
22.02	-Marvin Samuels (Livermore)

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# PREP NOTES

## Wind-Aided:

- 20.78 -Barry Smith
  - 21.69 -Eric Fulton
  - 21.85 -Lestlie Haymon
  - 21.96 -Anthony Croats (YerbaBuena, S.J.)
- State Meet: 5. Barry Smith 21.59, 7. Jeff Laynes 21.69.

## 400 Meters:

- 48.05 -Nate Wright (Oakland)
  - 48.51 \*Dingane Newson (Albany)
  - 48.63 -Scott Bryan (Placer, Auburn)
  - 48.9 -Eric Fulton (Mt.Pleasant, San Jose)
  - 49.49 -Damien Semien (Riordan, S.F.)
  - 49.5 -Alphonzo Lomax (Valley, Sacto)
  - 49.5 -Marcus Jackson (Valley, Sacto)
  - 49.6 -Ryan Katri (Fortuna)
  - 50.09 -Chris Dodge (Redwood, Larspur)
- State Meet: 7. Dingane Newson 48.61.

## 800 Meters:

- 1:51.69 -Gordon Johnson (Piedmont)
  - 1:53.56 \*Craig Magness (SantaTeresa, S.J.)
  - 1:54.4 -Jeff Holland (Justin-Siena, Napa)
  - 1:54.83 \*Scott Sutch (Acalanes, Lafayette)
  - 1:55.0 \*Gary Martin (Oroville)
  - 1:55.70 -Leon Roundtree (BishopO'Dowd,Oakl)
  - 1:55.9 -Ed Engler (Bellarmine, S.J.)
  - 1:56.19 -Albert Morales (Santa Teresa, SJ)
  - 1:56.99 -Roger Woolsey (Bella Vista, Fair Oaks)
  - 1:57.1 -John Murphy (Las Lomas, Walnut Ck)
- State Meet: 2. Gordon Johnson 1:51.69.

## 1,600 meters:

- 4:19.19 -Gordon Johnson (Piedmont)
- 4:19.60 -Richard Woosley (Bella Vista, FairOks)
- 4:20.5 -Chris Flanders (Casa Roble, Orangevl)
- 4:20.7 -Kevin Holbrook (Vacaville)
- 4:21.11 -Max Guardiola (Tulare)
- 4:21.58 \*Jason Atwood (Castro Valley)
- 4:22.0 -Steve Eitelgeorge (Beyer, Modesto)
- 4:22.2 \*Scott Sutch (Acalanes, Lafayette)
- 4:22.4 -John Mumm (Nevada Union, GrassVly)
- 4:22.56 \*Titus Egan (Clovis)

## 3200 meters:

- 9:10.11 -Kevin Holbrook (Vacaville)
  - 9:23.44 -Rob Scott (San Ramon, Danville)
  - 9:24.08 \*Kevin Berkowitz (Hayward)
  - 9:24.15 -Mike Brown (Gunn, Palo Alto)
  - 9:28.88 -Juan Romero (Arvin)
  - 9:31.9 -Eli Ricca (Arcata)
  - 9:33.65 -Donnie Nelson (Foothill, Pleasanton)
  - 9:34.4 -John Leder (Bella Vista, Fair Oaks)
  - 9:34.8 \*\*Robert Cardenas (Sanger)
  - 9:35.3 -Neil Haggard (Paradise)
- State Meet: 11. Kevin Holbrook 9:21.01, 15. Juan Romero 9:28, 16. Rob Scott 9:29.10.

## Cross Country:

Best time at State Meet or Kinney Western:

- 15:18 -David Welsh (Jesusit, Carmichael)
- 15:31 -Jeremy Seven (DeLaSalle, Concord)
- 15:35.2 \*Andy Bupp (Woodside)
- 15:39 -Kevin Holbrook (Vacaville)
- 15:41.5 -Cory Davis (Vacaville)
- 15:45 -Rob Scott (San Ramon, Danville)
- 15:46 -Eli Ricca (Arcata)
- 15:46.6 -Juan Romero (Arvin)

- 15:53 \*Kevin Berkowitz (Hayward)
  - 15:56 -John Fugler (Del Campo, Fair Oaks)
- State Meet Division I: 12. Jeremy Seven 15:31, 15. Kevin Holbrook 15:39, 19. Rob Scott 15:45, 23. Cory Davis 15:50, 30. John Fugler 15:56.
- State Meet Division II: 2. David Welsh 15:20, 9. Eli Ricca 15:46, 10. Andy Bupp 15:46, 11. Kevin Berkowitz 15:53, 12. Juan Romero 15:57.
- Kinney Western: 11. David Welsh 15:18, 27. Andy Bupp 15:35, 35. Cory Davis 15:41, 43. Jeremy Seven 15:45.7, 45. Juan Romero 15:46.6.

## 110 meter High Hurdles:

- 14.49 -John Prudenti (Justin-Kiena, Napa)
  - 14.64 -Jim Farmer (Clovis West, Fresno)
  - 14.82 -Matt Wachowicz (DeLaSalle, Concord)
  - 14.83 -Darrell Johnson (Bella Vista, FairOaks)
  - 14.83 \*Robert Premo (Ygnacio Vly, Concord)
  - 15.02 -Mike Pollard (Clovis West, Fresno)
  - 15.11 \*Ken Jett (St.Mary's, Berkeley)
  - 15.23 -Steve Warren (Clayton Vly, Concord)
  - 15.31 -Randy Parker (Johnson, Sacto)
- Wind-Aided:
- 14.74 -Jim Zapfen (Gilroy)
  - 14.82 -Greg Rojas (Gilroy)
  - 14.85 -Mike Pollard
- State Meet: 5. John Prudenti 14.49.

## 300 meter Intermediate Hurdles:

- 37.08 -Nate Wright (Oakland)
  - 38.05 -Jim Farmer (Clovis West, Fresno)
  - 38.2 -Henry Stuckey (Davis)
  - 38.58 \*Rocky Morris (Hill, San Jose)
  - 38.82 -Tom McGuirk (St Ignatius, S.F.)
  - 38.84 -John Prudenti (Justin-Siena, Napa)
  - 39.1 -Ray Johnson (Armijo, Fairfield)
  - 39.4 -Greg Rojas (Gilroy)
  - 39.73 -Mike Pollard (Clovis West, Fresno)
- State Meet: 3. Nate Wright 37.08, 8. Jim Farmer 38.27.

## High Jump:

- 6-10 \*Ruben Hendrix (South, Bakersfield)
- 6-10 -Ricky Pickett (Clovis)
- 6-10 -Kevin Keane (DeLaSalle, Concord)
- 6-8 -Matt Beasley (Clovis West, Fresno)
- 6-8 -James Barrowman (North, Bakersfield)
- 6-8 -Jim O'Sullivan (Drake, SanAnselmo)
- 6-8 -Gabe Manville (Santa Rosa)
- 6-7 -Jim Moshier (Immanuel, Reedley)
- 6-6 -Simon Felix (Bella Vista, Fair Oaks)
- 6-6 -Kevin Brogan (CasaGrande,Petaluma)
- 6-6 -Eric Berkness (Piner, Santa Rosa)
- 6-6 -Paul Maloney (St.Vincent, Petaluma)
- 6-6 -Dave Svec (Bellarmine, SanJose)



GORDON JOHNSON  
Fine Flicks by Don Gosney



KEVIN HOLBROOK  
Fine Flicks by Don Gosney

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# PREP NOTES

- 6-6 \*Jeff Brown (Fairfield)  
 6-6 -Chris Curry (St.Mary's, Berkeley)  
 6-6 -Mike Gabriel (MontaVista, Cupertino)  
 6-6 -Kamami Haazig (LasPlumas, Oroville)  
 State Meet: 2. Kevin Keane 6-10, 5. Ricky Pickett 6-8, 9. James Barrowman 6-4.

## Pole Vault:

- 15-0 -Dan Wheeler (NevadaUnion, GrassVly)  
 14-8 1/2 -Jeremy Moore (Yreka)  
 14-8 -Scott Estes (Clovis West, Fresno)  
 14-2 -Paul Snyder (Hollister)  
 13-10 \*Paul Freidenbach (St.Francis,Mt.View)  
 13-9 -Koke Connors (Jesuit, Sacto)  
 13-9 \*Chris Dailey (Ygnacio Vly, Concord)  
 13-6 -Scott Betes (Fortuna)  
 13-6 -Mike Layne (Acaianes, Lafayette)  
 13-6 -Scott Crawford (Saratoga)

## Long Jump:

- 23-10 1/2 -James Stallworth (Tulare)  
 23-10 -Eddie Stewart (Oroville)  
 22-9 1/2 -Rich Laccay (Moreau, Hayward)  
 22-7 1/4 -Tony Rogers (Johnson, Sacto)  
 22-5 1/2 -Erin Bailey (Foothill, Bakersfield)  
 22-3 \*Scott Hill (Riordan, S.F.)  
 22-2 -Chris Dodge (Redwood, Larkspur)

### Wind-Aided:

- 23-5 1/2 \*Channing Berry (Cent.Catholic,Mod)  
 23-4 -Rich Laccay  
 23-2 -Charles Satcher (Hogan, Vallejo)  
 22-11 1/2 \*Scott Hill  
 22-9 1/2 -Phu Nguyen (Fremont, Sunnyvale)  
 22-7 -Jimmy Jackson (Overfelt, San Jose)  
 22-5 -Jamaal Elmidge (Mt. Pleasant, SanJose)  
 22-2 3/4 -Keith Duplessis (St.Mary's, Berkeley)

State Meet: 6. Eddie Stewart 22-10 3/4.

## Triple Jump:

- 48-9 -Tony Rogers (Johnson, Sacto)  
 48-0 3/4 -DeAndre Robinson (West, Bakersfield)  
 48-0 -Chad Thomas (Riordan, S.F.)  
 46-7 1/2 -Phu Nguyen (Fremont, Sunnyvale)  
 46-2 3/4 \*Dee Evans (Independence, San Jose)  
 46-1 -Jermaine Brown (Ran.Cotate,RohnPk)  
 45-11 -Charles Satcher (Hogan, Vallejo)  
 45-8 -Kevin Keane (DeLaSalle, Concord)  
 45-7 3/4 \*Channing Berry (Cent.Catho,Modesto)  
 45-6 -Rich Laccay (Moreau, Hayward)

### Wind-Aided:

- 50-0 1/4 -Tony Rogers  
 47-10 -Charles Satcher  
 47-9 \*Dee Evans  
 47-0 3/4 -Khalidun Rucker (Riordan, S.F.)

State Meet: 6. Tony Rogers 48-6 1/4.

## Shot Put:

- 62-3 1/4 -Joe Hicks (San Benito, Hollister)  
 56-2 1/2 -Roger Johnson (Atwater)  
 55-6 1/2 -Jason Ford (Casa Roble, Orangevale)  
 55-5 -Lenny Gomes (Montgomery, S.Rosa)  
 54-7 -John Fowler (Los Altos)  
 53-9 -Derik Stevens (Bakersfield)  
 53-9 -Robbie Smith (Clovis West, Fresno)  
 52-9 -Doug Byrkit (Monte Vista, Danville)  
 52-8 1/2 -Keith Jones (Hoover, Fresno)  
 52-7 -Brian Remington (Antioch)

State Meet: 2. Joe Hicks 62-3 1/4, 9. Roger Johnson 55-7 1/2.

## Discus:

- 176-2 -Jamie Presser (Cupertino)  
 175-4 -John Fowler (Los Altos)  
 173-4 \*Matt Karsavar (Clovis)  
 172-10 -Derik Stevens (Bakersfield)  
 169-9 -Jason Ford (CasaRoble, Orangev)  
 167-0 -David Hawley (ElCamino, Sacto)  
 166-4 \*Jason Cisneros (Logan, Union City)  
 165-0 -Mike Gonzales (Gunderson, San Jose)  
 163-5 -Rich Nclette (Napa)  
 163-3 -Steve Garrett (Hoover, Fresno)

State Meet: 6. Derik Stevens 172-10, 7. Jason Ford 169-9.



**TINA GORBET**

*Fine Flicks by Don Gosney*

## Women

### 100 meters:

- 12.13 -Annette Coleman (Carmont, Belmont)  
 12.20 \*Felicia Jones (St.Elizabeth,Oakland)  
 12.22 -Chris Williams (Vallejo)  
 12.28 -Angela Davidson (Wasco)  
 12.31 \*Sabrina Lee (Washington, Fresno)  
 12.44 \*\*Keshia Criswell (Fresno)  
 12.48 \*Angie Nurisso (St.Francis,Mt.View)  
 12.49 -LaNia Brice (Tokay, Lodi)  
 12.55 \*\*Nitra Young (Tulare)  
 12.56 -Abiola Davis (Berkeley)

### Wind-Aided:

- 11.95 -Annette Coleman  
 12.13 \*Octavia Dumas (Mt.Pleasant, SJ)  
 12.16 \*\*Keshia Criswell  
 12.21 -Joslyn Mack (St.Francis, Mt.View)  
 12.21 \*\*Lanecia Strom (Silver Ck, SanJose)  
 12.30 -Fatima Grisby (Edison, Fresno)  
 12.34 \*Angie Nurisso  
 12.45 -Sheri Brown (Chowchilla)  
 12.46 -Abiola Davis  
 12.48 \*Sheri Packard (Edison, Fresno)

1988 State Meet Final: 5. Chris Williams 12.22, 6. Sabrina Lee 12.33, 8 Annette Coleman 12.40.

### 200 meters:

- 24.25 -Roslyn Mack (St.Francis,Mt.View)  
 24.41 -Chris Williams (Vallejo)  
 24.54 -Tarsha Handy (Mitty, San Jose)  
 24.63 -Annette Coleman (Carmont, Belmont)  
 25.13 Joslyn Mack (St.Francis, Mt. View)  
 25.23 \*Tanya Dooley (Bret Harte, Altaville)  
 25.31 \*Sabrina Lee (Washington, Fresno)  
 25.43 \*\*Lanecia Storm (Silver Creek, SJ)  
 25.48 -Michelle Barga (Fremont, Sunnyvale)  
 25.55 \*\*Liz Williams (Madera)

### Wind-aided:

- 25.39 -Michelle Barga  
 State Meet: 4. Chris Williams 24.48, 7. Sabrina Lee 25.31.

### 400 meters:

- 53.95 \*Tanya Dooley (BretHarte,Altaville)  
 54.73 -Roslyn Mack (St.Francis, Mt.View)  
 55.9 -Tarsha Handy (Mitty, San Jose)  
 56.7 -Shirley Terrell (Vallejo)  
 57.0 \*\*Nicole Teter (West Vly, Cottonwood)  
 57.75 -Karen Tiner (Bella Vista, Fair Oaks)  
 57.77 -Michelle Morgan (Hoover, Fresno)  
 57.8 -Kathi Roldan (Mt. Whitney, Visalia)  
 58.01 \*Dina Moore (Harbor, SantaCruz)  
 58.02 -Michelle Barga (Fremont, Sunnyvale)

State Meet: 2. Tanya Dooley 54.72, 4. Roslyn Mack 55.68, Nicole Teter finalist.

### 800 meters:

- 2:11.89 -Tarsha Handy (Mitty, San Jose)  
 2:12.11 -Kathi Roldan (Mt.Whitney, Visalia)  
 2:13.31 \*\*Becky Spies (Livermore)  
 2:15.6 \*Beth Bartholomew (Fremont, Sunnyvt)  
 2:17.06 -Denise Walker (Golden Sierra, Gar.Vly)  
 2:17.09 \*\*Alisa Jones (Redwood, Larkspur)  
 2:17.2 \*Genevieve Farnady (Los Gatos)  
 2:17.37 -Whitney Wyatt (Bakersfield)  
 2:17.4 \*\*Suzie Jones (Carmont, Belmont)  
 2:18.6 -Shirley Terrell (Vallejo)

continued next page...

# PREP NOTES

State Meet: 1. Kathi Roldan 2:12.11, 2. Tarsha Handy 2:12.60.

## 1600 meters:

4:58.8 \*Beth Bartholomew (Fremont, Sunnyvl)  
 5:00.8 \*\*Becky Spies (Livermore)  
 5:01.5 \*Alva Dancel (Mills, Millbrae)  
 5:02.42 \*Mary Martinez (Foothill, Bakersfld)  
 5:03.8 \*Becky Kopchik (Northgate, WalnCk)  
 5:07.24 \*Michelle Ferguson (Piner, S.Rosa)  
 5:08.23 -Evie Barry (Santa Teresa, SJ)  
 5:08.92 \*Jennifer Homan (Nevada Union, GrVly)  
 5:11.05 -Noel Crockett (Leland, San Jose)  
 5:11.29 -Sheila Burke (Marin Catholic, Kentfld)

State Meet: 5. Beth Bartholomew 4:59.84, 9. Mary Martinez 5:13.72.

## 3200 meters:

10:52.88 \*\*Becky Spies (Livermore)  
 11:01.96 -Rachel Lewis (Santa Catalina, S.Cruz)  
 11:07.92 \*Tina Gorbet (Lassen, Susanville)  
 11:07.93 \*Michelle Ferguson (Piner, Santa Rosa)  
 11:10.2 \*\*Suzie Jones (Carlmont, Belmont)  
 11:12.3 \*\*Tiki Wilcox (Santa Clara)  
 11:15.7 -Eva Belt (El Dorado, Placerville)  
 11:17.52 \*Mary Martinez (Foothill, Bakersfld)  
 11:20.3 \*Sarah Riley (Campolindo, Moraga)  
 11:20.5 -Phoung Sites (Fremont, Sunnyvale)

State Meet: 10. Rachel Lewis 11:01.96, 13. Tina Gorbet 11:07.92, 14. Michelle Ferguson 11:07.93.

## Cross Country:

(Best time at State Meet or Kinney Western)

17:38 \*Tina Gorbet (Lassen, Susanville)  
 18:17 \*Beth Bartholomew (Fremont, Sunnyvl)  
 18:37 \*\*\*Chrissy Look (Nova, Redding)  
 18:37 \*\*Becky Spies (Livermore)  
 18:48 \*Becky Kopchik (Northgate, WalnCk)  
 18:50 -Rachel Lewis (Santa Catalina, Mont)  
 18:50 \*Brooke Prichard (Vacaville)  
 18:58 ?Barbie Sittman (Placer, Auburn)  
 19:00 -Evie Barry (Santa Teresa, San Jose)  
 19:00 ?Jennie Dempsey (Analy, Sebastopol)

State Meet Division I: 5. Beth Bartholomew 18:18, 99. Chrissy Look 18:37, 18. Evie Barry 19:00, 21. Brooke Prichard 19:07.

State Meet Division II: 2. Tina Gorbet 18:01, 4. Becky Kopchik 18:48, 6. Barbie Sittman 18:58, 7. Jennie Dempsey 19:00.

Kinney Western: 4. Tina Gorbet 17:38, 11. Beth Bartholomew 18:17, 22. Becky Spies 18:37, 28. Brooke Prichard 18:50.1, 36. Rachel Lewis 18:58.

## 100 meter Low Hurdles:

13.99 \*\*Keri Sanchez (Santa Teresa, SJ)  
 14.42 -Kim Young (Madera)  
 14.42 -Andrea Swift (Benecia)  
 14.59 \*Kwani Stewart (Yuba City)  
 14.68 -Keya Allen (Logan, Union City)  
 14.86 -Kathi Roldan (Mt. Whitney, Visalia)  
 14.88 -Julita Patil (Ygnacio Vly, Concord)  
 14.91 \*\*Tanya Smith (Mills Jr. HS, Cordova)  
 15.00 -LeTasha Pierce (Oakland)  
 15.07 -Shelly Duttarar (Clovis)

### Wind-aided:

14.39 -Andrea Swift  
 14.70 -Julita Patil  
 15.00 -Nicole Redmond (Hogan, Vallejo)  
 15.03 -Kristi Gabrielson (Monta Vista, Cupt)

State Meet: 2. Keri Sanchez 13.99, 8. Andrea Swift 14.82.

## 300 meter Low Hurdles:

42.96 \*\*Keri Sanchez (S. Teresa, San Jose)  
 43.75 -Kim Young (Madera)  
 44.1 -Kathi Roldan (Mt. Whitney, Visalia)  
 45.34 -Amanda Diaz (Manteca)  
 45.37 -Andrea Swift (Benecia)  
 45.39 -Rene Santibanes (Leigh, San Jose)  
 45.46 \*Stacy Mikelson (Placer, Auburn)  
 45.64 \*\*Christy Boyd (Foothill, Pleasanton)  
 45.76 \*Jennifer Spering (Clovis West, Fresno)  
 45.88 -Michelle Silva (Valley, Sacto)

State Meet: 2. Keri Sanchez 43.15, 3. Kim Young 43.75.

## High Jump:

5-11 1/4 -J.C. Broughton (Woodland)  
 5-8 -Edwina Ammonds (Roosevelt, Fresno)  
 5-6 -Lainie Lakata (El Camino, Sacto)  
 5-6 \*\*Karis Garner (Sierra, Tollhouse)  
 5-6 -Cozette Lowndes (Hoover, Fresno)  
 5-6 -Natalie Barker (Colfax)  
 5-5 -Tina Cox (Granada, Livermore)  
 5-4 -Marshalla Harriston (Wasco)  
 5-4 -Rene Sandberg (Amador Vly, Pleas)  
 5-4 \*Robin Campana (Mt. View)  
 5-4 \*\*Tanya Smith (Mills Jr. HS, Cordova)  
 5-4 \*Chi Johnson (Palo Alto)  
 5-4 \*Jackie Hurt (Analy, Sebastopol)

State Meet: 6. Natalie Barker 5-6.

## Long Jump:

18-8 3/4 -Annette Coleman (Carlmont, Belmont)  
 18-8 1/2 -Marieke Veltman (Leland, San Jose)  
 18-5 3/4 -Yolanda Burton (McAteer, S.F.)  
 18-3 1/2 -Kim Young (Madera)  
 18-1 -Debbie Allen (Anderson)  
 17-11 3/4 -Kristi Paaso (Los Altos)  
 17-10 1/4 -Monica Johnston (Rancho Cordova, Cor)  
 17-9 1/4 \*Keri Sanchez (Santa Teresa, SJ)  
 17-8 1/2 \*\*Tannel House (Hoover, Fresno)  
 17-7 1/4 \*\*Stephanie Harif (Ygnacio Vly, Conc)

### Wind-aided:

19-4 1/2 -Annette Coleman  
 18-5 1/2 -Rene Santibanes (Leigh, San Jose)  
 18-4 -Kim Young  
 18-2 1/2 \*\*Tannel House  
 17-7 1/2 -Mercedes Blair (Santa Cruz)

State Meet: 5. Annette Coleman 18-1 3/4.

## Triple Jump:

39-9 1/2 \*\*Keri Sanchez (S. Teresa, San Jose)  
 38-6 1/2 -Ally Kolb (Monte Vista, Danville)  
 38-1 -Kathy Baird (Monta Vista, Cupertino)  
 38-0 -Kim Young (Madera)  
 37-5 1/2 -Yolanda Burton (McAteer, S.F.)  
 37-3 -Robin Campana (Mt. View)  
 37-1 1/2 \*\*Stephanie Harif (Ygnacio Vly, Conc)  
 36-11 -J.C. Broughton (Woodland)  
 36-10 \*Lynette Parker (Logan, Union City)  
 36-9 -Tara Raquinio (King City)

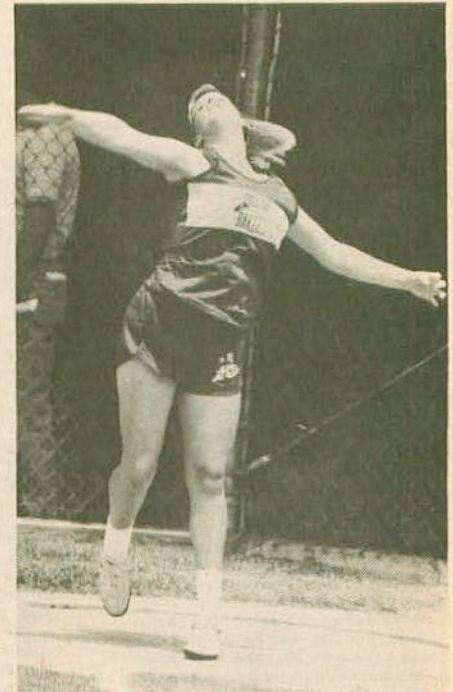
### Wind-aided:

40-4 1/2 \*\*Keri Sanchez  
 37-4 3/4 \*Lynette Parker  
 37-4 3/4 -Rene Sandberg (Amador Vly, Pleas)

State Meet: 3. Keri Sanchez 39-9 1/2.

## Shot Put:

48-2 1/2 \*Dawn Dumble (Bakersfield)  
 42-3 3/4 \*Melissa Weis (Bakersfield)  
 41-3 1/2 -LaTasia Taylor (Burbank, Sacto)



MELISSA WEIS

Fine Flicks by Don Gosney

40-11 1/4 \*\*Tanisha Huddleston (Merced)  
 39-8 1/2 -Shannon Parker (St. Francis, Mt. View)  
 38-9 -Jessica Fluker (Selma)  
 38-8 3/4 -Maria Gaucin (Clovis)  
 38-8 -Julie DeJarlais (Las Lomas, WalnCk)  
 38-7 1/4 \*Agnos Laiu (San Mateo)  
 38-7 \*Elena Carmona (McFarland)  
 State Meet: 1. Dawn Dumble 48-2 1/2, 8. Tanisha Huddleston 40-11 1/4.

## Discus:

163-0 \*Melissa Weis (Bakersfield)  
 156-0 \*Dawn Dumble (Bakersfield)  
 154-8 -Jennifer Peters (Gunn, Palo Alto)  
 141-4 -Debbie Cembellin (Amador Vly, Pleas)  
 138-3 -Connie Spessert (Vintage, Napa)  
 135-7 -Katie McCandless (Watsonville)  
 132-8 -Julie DeJarlais (Las Lomas, WalnCk)  
 127-5 -Gre Larson (St. Francis, Mt. View)  
 126-0 -Debbie Leatham (Logan, Union City)  
 125-7 -Jessica Fluker (Selma)

State Meet: 1. Melissa Weis 159-7, 2. Dawn Dumble 156-0, 3. Jenny Peters 154-8, 8. Debbie Cembellin 139-6.

# California's Indoor Action

By DOUG SPECK

## Sunkist Invitational

January 20, Los Angeles.

The magical touch of Mr. Al Franken once again resulted in a very successful Sunkist Invitational Indoor Track and Field Meet. A series of very competitive events were topped by an amazing World Record performance in the Shot Put by Randy Barnes, who may turn out to be America's next great hero in the sport. An interesting break in the schedule, caused by the holding of the Shot Put event with its obvious liability factors, focused everyone in the arena on Barnes' final effort in the event, and with global bests tough to come by in anyone's viewing experience, everyone left the arena shaking their heads at Barnes' amazing 74-4 1/4 that broke the old undercover best by over a foot! Randy's effort was not the only exciting highlight of an evening of good activity in the sport.

Another great Greg Foster-Roger Kingdom hurdle race, a rare sprint effort from Jackie Joyner-Kersey was interesting, and a series of close and exciting oval events left one with a good feeling from the affair and the sport in a post-Olympic season.

A small Shot Put field of Jim Doehring, Greg Trafalis, and Olympic silver medalist Randy Barnes came together in one of the Meet's headlined events. The event has kind of been a sorry sister recently in local indoor action, with the last attempt at a competition ending with the event called off at a recent LA Times Meet when the spinners started chewing up the sprint straightaway at the Forum. Here, it was set up for the time when the track was being put back together at the end of the sprint events, with not much else going on to detract from the efforts of the throwers. Barnes, coming off a 71-10 at Dallas last weekend, sent his early throws out to 70-1 1/2, 70-3 1/4, 69-4 3/4, a foul, and 70-3 3/4. All of those were very fine efforts, but you could tell from his demeanor and a sense of timing as you observed that he had not really caught one yet. Read into that yet, because on the last throw of the entire competition announcer Scott Davis called attention to Randy and a good percentage of the crowd put their hands together and offered Barnes some verbal encouragement. That cosmic blend of crowd attention, support, and a bit of frustration with the competition thus far came together on Randy's last effort. There was a lift off the final part of his turn on this final throw that gave you the feeling that this was something special. The ball just hung up a bit longer than his other efforts and came down way past the line marking the old World Best of 73-0 1/2 by Werner Gunthor of the Soviet Union. The ball nearly went out of the Shot Put landing area, landing at 74-4 1/4, as the throwers were given about a 78 foot landing space. Barnes immediately let everyone know it was a very special toss, jumping high in the air, and joining in a joyous celebration with everyone in the event area. The mark makes Barnes the #5 thrower ever, indoors or out, with his toss the #9 performance in the event's history. Barnes seems to be a very special person who is very, very impressive physically. He will keep America near the top end of the world in this event for some time to come.

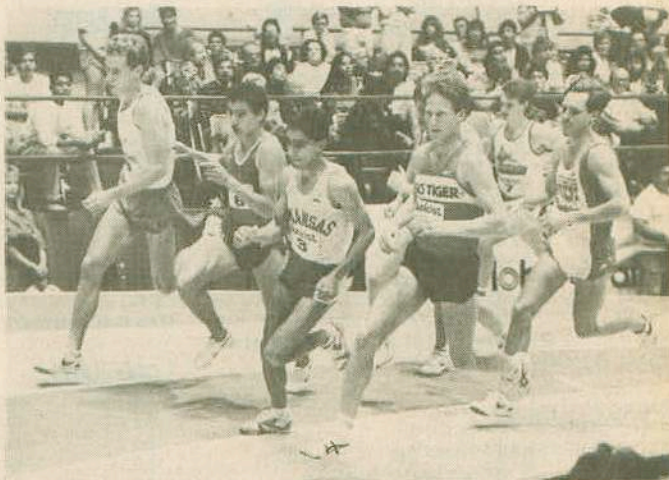
Another great hurdle dual between Roger Kingdom and Greg Foster came together here in the 55 meter event. In the previous weekend at Dallas, Foster had taken the Olympic Champion 7.06-7.06. With Andre Phillips and Torie Campbell in the field it was a special group. All eyes were on the two great rivals in the center lanes on the track, though. Foster, later admitting that he is very impatient with his obvious lack of racing in the last six months, jumped out to one false start. When the event did get off the line the talented duo was dead even. It appeared that Foster had a lead of inches over the first couple of barriers, with Kingdom gaining slightly more momentum over the final hurdles. Foster's lead foot banged directly through the final hurdle crossbar, probably costing him the .04 that Kingdom edged him by on the run-in. The Olympic gold medalist raced 6.98 with Foster 7.02, with Kingdom's win the #5 time ever run in the event. It was one of those races that you would have liked to see again and again in instant replay, so close were the two athletes the entire race. '04 with the changes in momentum that occur at the end of a sprint race of this distance is the kind of margin that only the electric eye of the Accutrack can pick out.

Jackie Joyner-Kersey gave in to her husband Bob's wishes earlier in the week, and agreed to tackle the 60 yard sprint event. A neat showdown was missed when Evelyn Ashford became involved in inaugural ceremonies in Washington DC, became ill, and could not run here. Gail Devers was in the field to keep Jackie honest. In the event itself Jackie showed her amazing all-around athletic ability, using a good start and then steadily accelerating away from some good people on her way to a solid 6.68 time. Showing the graceful power she has exhibited in recent years Jackie showed her amazing versatility again here. Emmitt King showed superiority to the Men's 60 yard field, powering away to a meter triumph over Brian Bridgewater 6.15-6.27. Bridgewater, the nation's quickest prep 200m runner last spring at Washington HS in LA has turned up at Long Beach City College this spring where he should do some real damage on the JC circuit.

Strong distance fields are always a Sunkist highlight. The Men's Mile featured Steve Scott and Southern California's latest international star, Jeff Atkinson. Atkinson followed a tenure at Stanford with a surprising Olympic Trials 1500m win and making the Olympic Finals in the event. Jeff prepped at Mira Costa HS in Manhattan Beach and gives Coach Dave Holland from that beach school a great deal of credit for his enjoyment of the sport. Joe Falcon and Terry Brahm were among others in the strong field. The pack basically ignored the rabbit, Steve Schadler, running along 10 yards behind his 62.6 first 440 and 12 yards back of his 2:04.8 880 split. Scott took over the lead at the 1320 mark, and the veteran started the real racing. You could sense that Scott's experience on the boards was definitely in his favor this evening, as he continued to up the pace just enough so that Jeff could never really edge close enough to establish true contact. Scott rocketed the final couple of 160 yard laps at 53 second 440 pace, with Atkinson mounting a big charge over the final half lap, but never catching the San Diego county resident 4:00.80-4:01.09. Scott's Final 440 took 55.0 seconds. It is certainly hoped that Atkinson can gain the support that will allow him to continue the sport. For sure, a Stanford grad does not have to make the economic sacrifices that Jeff related he made in the year before the Seoul games.

The Women's Mile featured a strong group headlined by PattiSue Plumer, held in awe by all track fans after her Olympic Trials effort to qualify for the team over 3000 meters, Canadian Lynn Williams, Sue Addison, and Linda Sheskey. Southern Tara Arnold has moved west and is represent-

ly taking the event for the awards after a jump-off that had the bar moving up and down through the 7-3 to 7-1 range. Billy Olson took three attempts in the Vault to clear 17-8 1/2, then passed at 18-0 1/2. The Texan surprised with a good first effort clearance at 18-4 1/2, as did Joe Dial. Dial went



### START OF SUNKIST MILE

photo by Bill Leung, Jr.

ing the San Diego Track Club. Plumer handled the pace-setting through 70.0-2:20.5-3:31.8 quarter post splits, with PattiSue accelerating right at that point to try to lose the field. Sheskey, a member of the U.S. World Championship squad in 1987, and Addison, moved up to battle Plumer over the last two 160 yard laps, with Sheskey sprinting ahead on the last backstretch, then narrowly holding off a hard-charging Addison at the tape 4:38.24-4:38.25, with Plumer third at 4:38.54.

The Men's 3000 Meters included such notables as Olympic Steeple Champ Julius Kariuki, former 5000 meter World Record Holder David Moorcroft, Brian Abshire, and Doug Padilla. The Britisher Moorcroft handled the early pace-setting, rolling through a 2:09.1 880, 4:20.1 mile and 5 quarter split of 5:26.5. It was at this point that Matt Guisto, the NCAA 5000 meter champion from Arizona last spring, jumped up the pace to 63.3 for the next 440. Guisto, Padilla, and Abshire edged away from the pack with this move, with Brian Diemer joining them with three laps to go. Padilla sat on Guisto until there was one and three-quarter laps to go, rocketing by with a last 160 yard lap covered at 53.7 440 pace that had him win at 7:57.02, with Abshire ripping Guisto for 2nd 7:57.88-7:57.89. Guisto is another former California prep, a Kinney National Cross Country Champion for Coach Don Dooley at San Mateo HS before his successful college career at Arizona. His ability to run with the big boys here is exciting and points to good things should he afford to stay in the sport.

The Men's High Jump and Pole Vault were other good field events. Four of America's best, Hollis Conway, Brian Stanton, Jimmy Howard, and Jake Jacoby all cleared 7-5 in the HJ, with Conway final-

on to clear 18-8 1/4, with Olson missing there twice, then going out after a third attempt at 19-0 1/4, a height that Dial could not negotiate successfully either.

Valerie Brisco and Diane Dixon mixed it up in another of their fine long sprint duels, here over 440 yards. Brisco burned out at the start, covering the first 160 yard lap in 17.5 seconds (which is 48.2 second pace for a full 440). Dixon did not wait around, flying by the Southern Californian on the very next straightaway on the way to a 53.64 win, with Lillie Leatherwood coming from fourth in the last 30 yards to take second in 54.06. Roddie Haley and Antonio McKay hooked up in the Men's 500 yard event. Haley went out quickly, 47.6 through the 440, with McKay close. Antonio powered off the final turn and edged ahead to a meter win at the tape 56.09-56.32.

In the Men's 880 yard event, George Kerah has become kind of a local favorite. The youngster who is in his second year at Taft JC just missed out on an Olympic berth and obviously has tons of talent. Stanley Redwine took the event out through a 53.0 440 with Kerah sitting on his shoulder. The younger athlete mounted a furious sprint over the final lap to edge by Redwine and win in a fine 1:49.03.

### High School Portion

A fine Women's Triple Jump competition between Kerri Sanchez (Santa Teresa, San Jose) and LaFrancia West (Grossmont, La Mesa), exciting relay races involving the women from Locke and the men from Oakland against the Cougars competing unattached from Hawthorne, and fine performances by out of staters Brian Grosso (Walled Lake Western, Michigan) in the 2 mile and Jayson Lavender (Wichita Falls, Texas) in the pole vault, were the highlights of another strong Sunkist Invitational Prep field.

Kerri Sanchez (Santa Teresa, San Jose), the

continued next page...



# INDOORS

amazing soph, and LaRiana West (Grossmont, La Mesa) hooked up in a spirited Triple Jump dual in the Meet's strongest individual event. Trading the lead back and forth a number of times during the competition, Sanchez threw out her final challenge with a 39-4 1/2 jump on her last effort, the #6 prep mark ever in the event indoors. West rose to the occasion, but her 38-11 1/2 on the final effort of the evening fell just short.

Kinney National Cross Country champion Brian Grosso (Walled Lake Western HS, Walled Lake, Michigan) is a slight, very economical strider with great strength. Here, racing against California's finest, Brian was patient through a 440 (in 68.7 with Gary Stolz of Miraleste HS in Palos Verdes leading), then decided if a good time was to be had he would have to do the work. The Midwesterner put the field away by 40 yards during the next 440, rolling through a 2:15.0 880, maintaining a huge margin through a 4:32.5 mile and covered the final 440 in 66.3 on the way to a fine 9:09.0. This young man has fine potential with a stride and style that would seem to be better suited to longer than two or three mile distances. Mike Williamson (1000 Oaks) pulled away from the rest of the California pack early, and raced a fine 9:25.2 in second, with Bryan Dameworth (Agoura) 9:27.4 finishing strongly and Scott Hempel (Walnut) 9:30.9 in third. The official results here were messed up and most likely the first four places and times listed here are accurate. Matt Hempel, listed second on the results, did not beat his brother Scott.

Texas Jayson Lavender (Wichita Falls) visited in the Pole Vault. The Lone Star athlete was the national co-leader outdoors last year at 17-0 3/4 as a sophomore and was very special here. David Hazen (Glendale) showed he obviously has done some work since last spring, sailing over 14-6 and 15-0 and narrowly missing at 15-6 in the competition. But it was Lavender who was the event star as he sailed far over the heights on his way to a 16-0 clearance. His attempts at a Meet Record 16-7 were very close.

The Relay action is always exciting at the Sun-kist Meet. Coach Jimmy Lee's Locke High Women's crew looked very sharp, sweeping the relays from the 4x100 through the 4x880 with the best times of all the heats throughout the evening. The Locke group is a super one, with LeeAnn Tinkshell, Kim McAllister, LaTonya Davenport, Rosetta Hunter, and Debra Hamilton as strong a sprint, middle distance, and hurdle crew as you will find on one team in the prep ranks. In the 4x160 event flawless baton work put Locke out to a fine 1:14.0 win, with Inger Miller (Muir, Pasadena) rocketing the anchor leg for her squad to make it a little interesting. Hawthorne took Heat 2 with Kee Sha Adams recovering from a dead stop at the baton pass to record a fine 17.8 anchor leg (24.5 220 pace around these turns). Angela Burnham (Rio Mesa, Oxnard) started her team's 4x160 group off in Heat 3 with an 18.3 leg to provide an insurmountable lead in its 1:16.8 win. In the 4x440 event Locke and Hawthorne raced in the same heat. Kim McAllister's second leg of 58.1 for Locke kind of put the race away, as Debra Hamilton anchored in 59.5 to hold off KeeSha Adams' 58.7 in the Locke 4:03.4-4:05.5 victory over the Cougars. In the 4x880 event Locke completed its evening's sweep, taking Heat 2 in 9:56.4, with McAllister cutting loose during her second leg with a 2:17.9 leg and Rosetta Hunter anchoring in 2:27.5. Persephone Lowery (Norco) brought her team from a ways back on the anchor leg to take Heat 1 in the 4x880 event 10:24.3-10:24.4 over San Pasqual (Escondido).

The Men's 60 Yard Dash featured an interesting crew. Marcel Carter (Shawnee Heights HS, Tecumseh, Kansas), 5th in the Junior TAC Nationals 100 meters at 10.52 last June traveled in to face California's top returnees. Barry Smith (Mission, San Francisco), who had raced 10.49 and 20.78w in summer action was here, along with Donovan Burks (Washington, LA) 10.58-21.37. Carter

showed his experience with the indoor distances in a picture perfect, low start that had him well ahead over the first 30 yards, after which Burks and Smith closed well. The Kansas was the winner 6.35-6.38 (Smith) 6.42 (Burks). Short, good starting Beno Bryant (Dorsey, LA), took Russel White (Crespi, Encino) 6.49-6.50 in the Prep Football 60 event.

In Relay action on the Men's side the unattached Hawthorne group shined. In the 8x160 event Anthony Smith weaved the team in and out of trouble during an amazing 16.6 second lap leg in which he took the squad from last to second. Super soph Eric Allen, the top area junior high dashman last year, has showed up at Hawthorne, and the National TAC Youth 100-200m Champion rocketed the third leg to further assist the team's cause. Curtis Conway anchored in an unpressed 16.1, which is right at 10.0 pace for 100 yards around these eight turns. With Conway (10.61-21.22), Smith 10.84w-21.74w, Allen 22.14w, and Chris Alexander (49.12) the Hawthorne crew should run a pretty fair 4x200 relay outdoors. In the 4x440 relay some great contests for later in the season were set up with a race between Hawthorne and Oakland. Oakland returns Nate Wright and David Laynes, both outstanding up through the quarter, with Laynes particularly impressive, the kind you wonder how anybody can possibly bring down on the football field. Anyway, Hawthorne cruised through 51.8-51.7 and 52.2 first three legs, with Laynes putting his squad into the lead with his 49.7 effort on the third position for Oakland. Superman Curtis Conway started the anchor leg six yards down on Nate Wright. During a furious two and three quarter lap struggle Conway edged up to and finally past the northerner around the last turn. Conway's anchor split was 48.7, with Wright 49.7 as the teams recorded 3:24.7-3:24.8. Washington took Heat 2 in with Simon Jones anchoring in a smooth 50.9. Oakland, the defending State 400m Relay Champions, did handle a very good Washington group in the 4x160 event 1:06.6-1:07.9, with Laynes charging a 15.9 anchor lap. Dorsey, with Beno Bryant anchoring, took Heat 2 in the same time. There will be some exciting Golden State relay action as the year goes on. Oakland appears to have the individual and relay strength to challenge Hawthorne or anyone for the State Team Championship on the Men's side.

San Diegans Jerome Price (University City), at 23-4 in the Long Jump, and Lenny McGill (Orange Glen, Escondido), with a 47-7 3/4 Triple Jump win over Coloradan Matt Rice (47-7 1/2), took the Horizontal Jumps. The Women's Long Jump was taken by Nicole Smith (Montclair Prep, Van Nuys), at 16-10. Jim Masuga (Redlands) took Kevin Keane (DeLaSalle, Concord) and Eddie Bowling (Canoga Park) at 6-8 on misses in the High Jump.

Craig Magness (Santa Teresa, San Jose) took the quicker of the Men's 880 heats, following Troy Collins (Hemet) through a 59.7 440, then charging by during a furious last half-lap sprint. Rick Provenzano (Arcadia), who missed the Fall Cross Country season with mono, bounced back nicely with a 2:02.5 Heat win that had him hold off Scott Guerrero (Rio Mesa, Oxnard). Visitor from Colorado, 4:14.19 miler Andy Samuelson (Rampart, Colorado Springs, CO), running with a short piston-like style, exploded past Eddie Lavelle (Corona del Mar) during a last lap spring in the Seeded Men's Mile to win at 4:23.1. Greg Shryock took the Rated Mile for Coach Bill Sumner's Corona del Mar crew with a steady 4:29.1 effort.

Heat 1 of the Women's 500 yard event had some quality competitors, with Angela Burnham (Rio Mesa) moving up in distance and meeting a top group. Keshia Marvin (Hawthorne), the nation's #9 returnee in the 400m at 55.24, took the event out, with Debra Hamilton (Locke, LA), at 55.79 one lapper, and 54.73 performer Roslyn Mack (St. Francis, Mt. View), (#4 returnee nationally), along for the ride. Angela had some tactical difficulties in the

race, with tight traffic holding her back until the race emerged onto the final straightaway, where the Track & Field News High School Athlete of the Year finally raced by, narrowly winning at 1:09.3 with Hamilton and Marvin having the same time in



**RACHEL LEWIS (left) and DEENA DROSSIN**

photo by Bill Leung, Jr.

the next two places. Kacy Kaffer (Woodbridge, Irvine) was able to squeeze by the two athletes ahead of her on the inside down the backstretch of the last lap during her 1:11.9 win in Heat 2. A strong 800m field had an interesting race. Tarsha Handy (Mitty, San Jose) handled the early pace-setting, leading through a 65.2 440. Rhonda Kennerson (Hawthorne) tried to pull away from the pack with two 160 yard circuits to go, but Kathi Roldan (Mt. Whitney, Visalia), the defending State Champion, rocketed the last half lap to win by .1 in 2:19.3. Laurina Muhlaupt (Capistrano Valley) took Heat 2 easily, leading by 12 yards through a 67.8 440 and cruising in at 2:26.9. Becky Spies (Livermore), claiming a 4:39 mile on the roads recently, came to town looking for competition over a mile. She did not find it. Karen Hecox (South Hills, West Covina) is playing basketball and hung back from Becky's 69.0 early pace, with the Northerner having a 10 second lead through a 3:47.3 1320 split. The 10 second gap became about just over a second by the finish, as Hecox mounted a big last lap sprint that pulled her to within eight yards at the finish 5:10.3-5:11.5. Deena Drossin (Agoura) eventually pulled away from Rachel Lewis (Santa Catalina, Montclair) in the Two Mile, winning at 11:31.0-11:39.4.

Bill Gould (Capistrano Valley) moved his squad from out of the pack to the lead during a fine third leg in Heat 1 of the Men's 4x880 relay, a lead that group held through an 8:25.3 win. Chris McCallery did the same for Upland in the middle of the Heat 2 run, as the Highlanders edged in ahead on Dan Galindo's anchor leg 8:34.2-8:34.6 with Royal (Simi Valley) second.

## Boys Results

### 4x880 Relay:

Race One: 1. Capistrano Valley 8:25.3, 2. Eisenhower 8:27.9, 3. Camarillo 8:30.4. Race Two: 1. Upland 8:34.2, 2. Royal 8:34.6, 3. Buena 8:35.1.

### 500 Yard:

Race One: 1. Alex Byrne (Palo Alto Gunn) 60.4, 2. Nate Wright (Oakland) 60.4, 3. Ron Redell (Crespi) 62.9. Race Two: 1. Simon Jones (Washington) 60.3, 2. David Stone (Arroyo Grande) 60.5, 3. Wallace Henry (Union City Logan) 61.1. Race Three: 1. Tony Borquez (Alemany) 60.1, 2. Joe White (Capistrano Valley) 60.2, 3. Chris Amos (Glendale, AZ) 60.6.

### Rated Mile:

1. Greg Shryock (Corona del Mar) 4:29.1, 2. Jamie Lugo (Valencia) 4:29.2, 3. Abel DeLuna (South Gate) 4:30.6.

### 4x160 Relay:

Race One: 1. Oakland 1:06.6, 2. Washington 1:07.9, 3. Birmingham 1:09.8. Race Two: 1. Dorsey 1:06.6, 2. Muir 1:07.0, 3. Pasadena 1:10.0.

### Pole Vault:

1. Jayson Lavender (Wichita Falls, TX) 16-0, 2. David Hazen (Glendale) 15-0, 3. Jamie Marek (Kankakee, IL) 14-6.

### High Jump:

1. Jim Masuga (Redlands) 6-8, 2. Kevin Keane (Concord DeLaSalle) 6-8, 3. Eddie Bowling (Canoga Park) 6-8.

### 600:

Race One: 1. Craig Magness (San Jose Santa Teresa) 2:00.3, 2. Troy Collins (Hemet) 2:00.4, 3. Eric Smith (Redland) 2:00.9. Race Two: 1. Rick Provenzano (Arcadia) 2:02.5, 2. Scott Guerrero (Rio Mesa) 2:02.6, 3. Brian Sax (San Marino) 2:03.2.

### Rated 8x160 Relay:

Race One: 1. Santa Ana Valley 2:20.1, 2. Eisenhower 2:20.9, 3. Long Beach Wilson 2:21.9. Race Two: 1. Artesia 2:20.0, 2. Burbank Burroughs 2:21.3, 3. Westchester 2:21.7.

### Triple Jump:

1. Lenny McGill (Orange Glen) 47-7 3/4, 2. Matt Rice (Brighton, CO) 47-7 1/2, 3. Charles Satcher (Vallejo Hogan) 45-8 1/4.

### Seeded Two-Mile:

1. Brian Grosso (Walled Lake, MI) 9:09.0, 2. Mike Williamson (Thous.Oaks) 9:25.2, 3. Brian Dameworth (Agoura) 9:27.4.

### 4x440 Relay:

Race One: 1. Hawthorne 3:24.7, 2. Oakland 3:24.8, 3. Upland 3:37.4. Race Two: 1. Washington 3:33.5, 2. Oak Park 3:37.0, 3. Woodbridge 3:39.0.

### Small Schools 8x160 Relay:

1. Alemany 2:45.8, 2. Yucaipa 2:48.5, 3. Bell-Jeff 2:51.1.

### Football 60 Yd.

1. Beno Bryant (Dorsey) 6.49, 2. Russel White (Crespi) 6.50, 3. Derek Sparks (Banning) 6.53.

### Long Jump:

1. Jerome Price (San Diego University) 23-4, 2. William Dancy (Santa Ana Valley) 22-8, 3. Glen Reyes (Escondido Orange Glen) 21-11 1/2.

### Seeded Mile:

1. Andy Samuelson (Colorado Springs, CO) 4:23.1, 2. Eddie Lavelle (Corona del Mar) 4:23.2, 3. Jimmy Rodriguez (Santa Ana Valley) 4:25.8.

### Seeded 8x160 Relay:

1. Hawthorne 2:14.5, 2. Long Beach Poly 2:16.7, 3. Muir 2:17.0.

### 60 Yards:

1. Marcel Carter (Shawnee Heights, KS) 6.35, 2. Barry Smith (Unat.) 6.38, 3. Donovan Burks (Washington) 6.42.

### Long Jump:

1. Nicole Smith (Montclair Prep) 16-10, 2. Claire Whelan (Anaheim Canyon) 15-7 1/4, 3. Lori Smith (Anaheim Canyon) 14-5 1/2.

### 500 Yards:

Race One: 1. Angela Burnham (Rio Mesa) 1:09.3, 2. Debra Hamilton (Locke) 1:09.3, 3. Keshia Marvin (Hawthorne) 1:09.3. Race Two: 1. Kaci Keeler

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(Woodbridge) 1:11.9, 2. Shanequa Campbell (Alta Loma) 1:13.7, 3. Stacy Klein (Yuccaipa) 1:13.8.

#### 660 Yards:

Race One: 1. Kathi Riddan (Visalia) 2:19.3, 2. Rhonda Kennerson (Hawthorne) 2:19.4, 3. Kim Toney (Atascadero) 2:20.5. Race Two: 1. Laurina Malhaupt (Capistrano Valley) 2:26.9, 2. Ramona Caro (San Gabriel) 2:28.0, 3. Zita Hiliinger (Serrano) 2:28.4.

#### 4x440 Yard Relay:

Race One: 1. Locke 4:03.4, 2. Hawthorne 4:05.5, 3. Corona del Mar 4:16.0. Race Two: 1. Muir 4:18.7, 2. Thousand Oaks 4:18.8, 3. Morningside 4:19.9.

#### Seeded Mile:

1. Becky Spies (Livermore) 5:10.3, 2. Karen Hecox (South Hills) 5:11.5, 3. Evie Barry (San Jose Santa Teresa) 5:16.8.

#### 60 Yards:

1. Charlotte Vines (SB, San Marcos) 7.25, 2. Chris Williams (Vallejo) 7.37, 3. Taminika Terry (Muir) 7.53.

#### Triple Jump:

1. Ken Sanchez (San Jose Santa Teresa) 39-3 3/4, 2. LaFrancia West (La Mesa Grossmont) 38-11 1/4, 3. Lisa Fager (Mission Viejo) 37-4 1/4.

#### Seeded Two-Mile:

1. Deena Drossin (Agoura) 11:31.0, 2. Rachel Lewis (Santa Catalina) 11:39.4, 3. Sandra Acosta (Walnut) 12:14.4.

#### 4x160 Yard Relay:

Race One: 1. Locke 1:14.0, 2. Muir 1:14.6, 3. Upland 1:19.8. Race Two: 1. Hawthorne 1:15.0, 2. Mission Viejo 1:18.4, 3. Pius X 1:20.7. Race Three: 1. Rio Mesa 1:16.8, 2. Long Beach Poly 1:17.9, 3. Esperanza 1:19.9.

### Men's Results

#### 60 Yards:

1. Emmitt King (Unat.) 6.15, 2. Brian Bridgewater (Unat.) 6.27, 3. Chidi Inoh (Nigeria) 6.34.

#### 55m Hurdles:

1. Roger Kingdom (Unat.) 6.98, 2. Greg Foster (World Class TC) 7.02, 3. Tonie Campbell (Bell Flit TC) 7.13.

#### 880 Yards:

1. George Kersh (Tall CC) 1:49.08, 2. Stanley Redwine (Athletics West) 1:50.27, 3. Thomas Johnson (Unat.) 1:50.76.

#### Shot Put:

1. Randy Barnes (Mazda TC) 74-4 1/4WC, 2. Jim Doehring (S&S TC) 64-10, 3. Gregg Taffralis (S&S TC) 63-9 1/2.

#### Pole Vault:

1. Joe Dial (New York AC) 18-8 1/4, 2. Billy Olson (Mazda TC) 18-4 1/2, 3. (tie) Doug Fraley (Pacific Coast Club) and Mike Tully (Pacific Coast Club) 17-8 1/2.

#### Two-Mile:

1. Doug Padilla (Athletics West) 7:57.02, 2. Brian Abshire (Athletics West) 7:57.88, 3. Matt Guisto (Arizona) 7:57.89.

#### 500 Yards:

1. Antonio McKay (Coca-Cola TC) 56.09, 2. Roddie Haley (Athletics West) 56.32, 3. Innocent Egbunike (Nigeria) 56.68.

#### Sprint Mile:

1. Steve Scott (Asics Tiger) 4:00.80, 2. Jeff Atkinson (Nike) 4:01.09, 3. Joe Falcon (Arkansas) 4:04.77.

#### High Jump:

1. Hollis Conway (Unat.) 7-5, 2. Brian Stanton (S&S TC) 7-5, 3. Jimmy Howard (Mazda) 7-5.

### Women's Results

#### 60 Yards:

1. Jackie Joyner-Kersey (World Class TC) 6.68, 2. Gail Devers-Roberts (World Class TC) 6.76, 3. Juliet Cuthbert (Jamaica) 6.81.

#### 440 Yards:

1. Diane Dixon (Unat.) 53.64, 2. Lillie Leatherwood (Reebok) 54.06, 3. Sandra Farmer (S&S TC) 54.19.

#### Mile:

1. Linda Sheskey (Athletics West) 4:38.24, 2. Sue Addison (Reebok) 4:38.25, 3. Patti Sue Plummer

(Athletics West) 4:38.54.

#### 800 Yards:

1. Essie Washington (Houston TC) 2:07.98, 2. Susan Shurr (San Diego TC) 2:08.25, 3. Jane Brooker (AIA) 2:10.04.

## Los Angeles Times/Eagle Indoor Games

### February 17, Great Western Forum.

The thirtieth Annual Los Angeles Times/Jepc Eagle Games once again brought together a fine group of athletes a week prior to the TAC/USA Indoor Championships in the sport. There were some very interesting matchups and results during the evening of action viewed by 10,434 and a nationwide TV audience the next day as a part of the greatly expanded coverage of the sport in the nation this year. Fine Women's sprint and hurdle events, featuring Gwen Torrence and Jackie Joyner-Kersey were the highlights of the evening's early action, with very good distance races, featuring a switch in events by Said Acuita and Marcus O'Sullivan, top races later in the Meet. There were some very good field event groups during the evening.

Gwen Torrence had a streak of forty-eight straight indoor sprint wins before tonight (49 after a heat win here). A streak of that length does not come from luck, with the Southerner featuring powerful acceleration over the last half of her races at the indoor distances. The race here was over 60 meters, with Gwen a narrow winner over Dawn Sowell (LSU) 7:23-7:27 in her heat. Sowell is an interesting talent (with fair genes as the daughter of former middle distance great, Arnie), who showed special talent from way back in her days as a Virginia prep through a community college career in Oklahoma. Last year representing Nike she raced 11.19 for 100m (the twelfth fastest American in the event). This year under very successful Women's sprint coach Loren Seagrave at LSU Dawn claims to have finally become serious about the sport, and based on the results here we believe her. The Finals run was a classic, with Sowell and Torrence very close through the first half of the run. Everyone knew that Gwen would shift gears and rocket away from the field over the final 20 meters, but that did not happen. Sowell hung in there stride for stride, and with my seat right on the finish line, edged ahead by inches at the tape. Torrence challenged the official results that had her placing second to Sowell's new American record of 7:15 at 7:16. The Accutrack sat on the east side of the sprint straight, with Sowell in Lane 1 and Torrence in 2. The picture had it impossible to separate the two sprinters, as Torrence was behind Sowell in the photo, with Dawn blocking Gwen out of view. Anyway, it was read with Sowell as the winner. The 5-7 Sowell rolled stride for stride with Torrence throughout the whole race and should turn out to be very solid when the season moves outdoors. Dawn will have some people to work out with, as in third place here was LSU soph Esther Jones, the U.S. National Junior Champion and fourth in both the 100 and 200m at the World Championships at that level last summer.

Jackie Joyner-Kersey continues to roll in the Hurdles, with the distance here 60 meters. Against a respectable field Jackie exploded off the first barrier and moved away by a meter over each flight of hurdles, winning at 7:87 (#2 in U.S. history behind her own 8.81) over the 8.42 of Coloradan Donna Waller. The World's Greatest Female athlete rated

her performance here a C+, with a slight balance problem as she landed on her right leg on the first step off the last hurdle the only visible blemish on her race.

Tonie Campbell used a very good start in the Men's 60 Meter Hurdles to move to a two meter lead which Cletus Clark could only dent slightly on the way to a 7.63-7.69 win. Dennis Mitchell, fourth in the Seoul 100 meters, had his hands full in the 60 Meter sprint. Brian Bridgewater (Long Beach City College) showed some real flashes of brilliance last year as the country's fastest prep at 200m, racing 20.53 (and 10.28w for 100m). Under the direction of Coach Ron Allioe at Long Beach, Brian has continued to improve, as he used a fine start to get out ahead of Mitchell and Emmitt King, then responded near the end when Mitchell did work his way by, losing by only .02, 6.72-6.74, to the Olympian who raced 10.03 outdoors last year for 100 meters. Brian lifted when the veteran went by in a manner that led you to believe the margin at 100 meters would not have been too much different.

Russian Rodion Gataulin, who set World Indoor Pole Vault records of 19-8 1/4 and 19-9 a couple of weeks ago before Sergey Bubka upped it to 19-9 1/4 would meet a top American field here. Rodion waited patiently while Americans battled with the crossbar as it moved up from 17-4 1/2 to 18-8 1/4, and only Joe Dial could join Rodion in clearing that last height. Dial was ahead on misses after his first height clearance (Gataulin took two tries there), so the Russian passed at 19-0 1/4, while Dial missed two times. At 19-2 1/4 Gataulin missed once, with Dial taking his final attempt of the evening and failing. The Olympic silver medalist then had the bar moved to 19-4 1/4, and also finished his evening with two unsuccessful efforts. The number five high jumper in history, Rudolf Povarnitsin (Soviet Union), at 7-10 1/2, would meet a top American group. Like most of the folks from behind the Iron Curtain here, Rudolf seemed far from a peak in his event, clearing 7-4 1/2 to place third, behind Jake Jacoby (Reebok), who cleared the same height, and Jimmy Howard, who squirmed over 7-6 1/2 on his third effort. In the Long Jump, Larry Myricks, now almost 33 years old, overcame three fouls during the competition and put two jumps past Mike Powell's best of 26-1 3/4 in winning at 26-4 1/2. Louise Ritter took the High Jump at 6-4 1/4. Randy Barnes was in town, throwing the Shot in a special competition held at UCLA earlier in the afternoon. Randy tossed his first put out to 69-2 3/4, then had three fouls interspersed with lesser throws. Jim Doehring had five fouls and a 67-0 final throw for second. Jennifer Inniss took the Women's Long Jump at 20-6 1/2.

The Mile and 3000 Meter events on the Men's side were to feature Marcus O'Sullivan and Said Acuita, respectively. The two hottest distance runners on the indoor circuit had not met thus far this year indoors, with the situation continuing here with an interesting twist. Acuita made the decision to change to the Mile competition, with O'Sullivan then opting for the 3000. There were good people in either field, despite the obvious dodge. The Mile came first, even though it was scheduled after the 3000, with the latter part of the Meet featuring a number of last minute race changes (to suit TV). Tony Young, former Cal State LA star, was a good rabbit for the milers, taking it out at 57.0 through the 440, with Moroccan steeplechaser Aziz Sahar slightly ahead of Acuita through the first 880, with Young still pacing it nicely at 1:56.0. Tony dropped out at that point, with Sahar not able to push the pace during the third 440 segment. Acuita took the lead with four and a half laps to go, passing through the 1320 at 2:56.7 with five yards on the pack. The Moroccan continued to pull away, winning by nearly three full seconds over Frank O'Mara 3:54.99-3:57.97. It was a very impressive effort, with no one really close during the final half mile. O'Sullivan, on the other hand, would have his hands full in the 3000 meter event. Wes Ashford

did a fine job of early pace setting here, rolling through 61.3-2:05.3-3:09.8 quarter post splits, with O'Sullivan taking the lead over the small five man field at the mile in 4:12.3. Doug Padilla and Brian Abshire trailed closely. The next two quarters took 65.1 each (5:18.4 for five quarter posts and 6:23.5 for six). Padilla looked particularly snappy, moving out to lane two with four laps to go like he was ready to go by right at that point. Doug sat patiently while O'Sullivan gradually accelerated over the next two 160 yard laps, then the Athletic West star blasted by at the start of the backstretch of the next to last lap. Blasted by are the words to use, as Padilla flew the entire last lap and a half at a searing pace to come in ahead, 7:51.33 to 7:51.65, of O'Sullivan. Padilla's pace for the final 160 yard circuit (it took him 18.8 seconds) comes out to 51.7 pace for a 440. That is so fast I had to time it again the next day on the TV to make sure I had it close. 51.7 has to be right at the fastest pace ever achieved at the end of an indoor distance event!

George Kersh continues to look very sharp over 800 meters, following pace setter Gordon Bugg through a 54.1 440, then pulling away over the final two 160 yard laps to win by over two seconds with a fine 1:48.98. Lynn Williams steadily pulled away from Pat/Sue Plummer and the pack over the final 440 in the Women's Mile to win in a Meet Record 4:31.25 over Plummer's 4:34.78. With Mary Stanley scratched from the 1000 Meter event, Diana Richburg edged by Joetta Clark over the final lap to win in a Meet Record 2:40.54. Teena Colebrook (Cal Poly SLO) set a collegiate Record 2:41.56 in third. Russian Olympic gold medalist at 400 meters, Olga Bryzgina, looked anything but that here in her event. Janeene Vickers (UCLA) raced away at the start, with Olga lagging far behind, showing none of the spark that had her hold off Flo-Jo Griffith at the end of the 4x400 meter event in Seoul. Vickers took the event in 54.99 with Olga still trying to get under the 60 second barrier in 1989, finishing third in 60.49.

An interesting set of Olympic Development events allowed a number of locals to compete on the same track as the stars during the evening. Azusa Pacific's African connection took all the Men's events up through the 400, with Patrick Nkwankwo (60m-6:2), Ike Mbadugha (55m HH-7:3), and Felix Sandy (400m-48:85), winning for the local NAIA power. Prep Andre Green (junior at Long Beach Poly), competing unattached here, was 3rd in the flat 60 in a fine 6.2. Tall College, featuring Michael Cox (by way of Meridian HS, Mississippi), Gabriel Shack (also a Meridian grad), Antonius Dotson (Cleveland HS, Mississippi), and Ian Jones (Nazareth HS, Brooklyn, NY), took the 4x440 yard event in 3:18.2, with Cox leading off at 49.1 and Jones anchoring at 48.4. Maurice Horton anchored Long Beach City College in second at 3:20.1 with a 48.5 split.

### Men's Results

#### 60 meters:

1. Dennis Mitchell (Unat.) 6.72, 2. Brian Bridgewater (LBCC) 6.74, 3. Emmitt King (Unat.) 6.76.

#### Special Olympics 60 meters:

1. Bill Hamm (Greater LaPuente) 7.5, 2. Jason Owens (Chaffey-Ontario) 8.6, 3. Steven Casselman (Antelope Valley) 10.0.

#### Olympic Development 55 meter:

1. Patrick Nkwankwo (Azusa Pacific) 6.2, 2. Bryant Gloston (Riverside CC) 6.2, 3. Andre Green (Unat.) 6.2.

#### Olympic Development 55 meter Hurdles:

1. Ike Mbadugha (Azusa Pacific) 7.3, 2. Herbie Akpom (Azusa Pacific) 7.3, 3. Anthony House (Azusa Pacific) 7.3.

#### 60 meter Hurdles:

1. Tonie Campbell (Bee Flit TC) 7.63, 2. Cletus Clark (Santa Monica TC) 7.69, 3. Robert Reading (USC) 7.75.

#### Olympic Development 400 meters:

1. Felix Sandy (Azusa Pacific) 48.85, 2. Ian Jones

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# INDOORS

(Taft College) 49.09, 3. Edward O'Neal (CSLA) 50.02.

### Olympic Development 800 meters:

1. Matt Large (San Diego State) 1:56.03, 2. James Wheatfield (Nike TC) 1:56.80, 3. Peter Hurley (San Diego State) 1:57.20.

### Mobil 800 meters:

1. George Kersh (Taft College) 1:48.98, 2. Stobodan Popovic (Yugoslavia) 1:51.05, 3. William Wuyke (Venezuela) 1:51.45.

### LA Times Mile:

1. Said Aouita (Morocco) 3:54.99, 2. Frank O'Mara (Ireland/Reebok) 3:57.97, 3. Sydney Maree (Puma TC) 3:59.95.

### Olympic Development Mile:

1. Paul Greer (San Diego TC) 4:12.76, 2. Jim Mattson (Westmont College) 4:13.27, 3. Chris Craig (Cal Poly SLO) 4:14.67.

### Mile Walk:

1. Gary Morgan (NYAC) 6:02.1, 2. Jim Mann (Nike) 6:08.0, 3. Dave Doherty (Unat) 6:13.7.

### Olympic Development Two Mile:

1. Tyrus Daminter (Gardena Valley TC) 9:00.6, 2. Dave Schumacher (CSLB) 9:01.4, 3. Tim Watson (Unat) 9:01.8.

### Eagle 3000 meters:

1. Doug Padilla (Athletics West) 7:51.33, 2. Marcus O'Sullivan (Ireland/New Balance TC) 7:51.65, 3. Brian Abshire (Athletics West) 7:51.93.

### Olympic Development 4x160 yd. Relay:

1. Cal Lutheran (Bernard, Hatcher, Brown, Atkins) 1:07.67, 2. Long Beach City College (Plattenburg, Terrell, Brown, Love) 1:07.70, 3. Santa Monica College (Davis, Besozzi, Byron, Echols) 1:11.67.

### Law Enforcement 4x160 yd. Relay:

1. Los Angeles Police Dept. (Miller, Bacon, Burroughs, Williams) 1:10.1, 2. California Highway Patrol (Brown, Jenkins, Turner, Miller) 1:10.9, 3. Los Angeles County Marshalls (Jones, Brown, Simmons, Yancy) 1:11.9.

### Olympic Development 4x440 yd. Relay:

1. Taft College (Cox, Shack, Dotson, Jones) 3:18.2, 2. Long Beach City College (Cannady, Williams, Harris, Horton) 3:20.1, 3. Azusa Pacific (Dannis, Carbin, Chapman, Sandy) 3:23.2.

### Long Jump:

1. Larry Myricks (SoCal Cheetah) 26-4 1/2, 2. Mike Powell (S & S TC) 26-1 3/4, 3. Keith Talley (Unat) 25-0 1/2.

### High Jump:

1. Jimmy Howard (Pacific Coast Club) 7-6 1/2, 2. Jake Jacoby (Reebok) 7-4 1/2, 3. Rudolf Povarnitan (USSR) 7-4 1/2.

### Pole Vault:

1. Joe Dial (NYAC) 18-8 1/4, 2. Rodion Gataulin (USSR) 18-8 1/4, 3. (tie) Dave Kenworthy (S&S TC) and Kory Tarpenning (Pacific Coast Club) 18-0 1/2.

### Shot Put:

1. Randy Barnes (Mazda TC) 69-2 3/4, 2. Jim Doehring (Unat) 67-0, 3. Brian Blutreich (UCLA) 60-8.

### 35 lb. Weight:

1. John Knight (UCLA) 63-4 1/4, 2. David Wilson (UCLA) 61-9, 3. Steve Prokop (Unat) 60-1 3/4.

### Boys Youth Group 4x440 yd. Relay:

1. Los Angeles Jets (Baker, Lobue, Thieray, French) 4:16.5, 2. Southern California Roadrunners (Williams, Allen, Tests, Dukart) 4:31.1, 3. South Bay Panthers (Anderson, Jones, Cary, Austin) 4:35.4.

### Women's Results

#### Olympic Development 55 meters:

1. Myra Mayberry (Nike Coast) 6-9, 2. Kerri Pegues (Unat) 7-1, 3. Taine Gibson (West Coast Express) 7-3.

#### Olympic Development 55 meter Hurdles:

1. Maureen McGee-Hamilton (Unat) 8.2, 2. Kathy Johnson (LBCC) 8.7, 3. Sharon Folley (CPSLO) 9.4.

#### 60 meters:

1. Dawn Sowell (LSU) 7.15, 2. Gwen Torrence (Athletics West) 7.16, 3. Esther Jones (LSR) 7.27.

#### 60 meter Hurdles:

1. Jackie Joyner-Kersey (World Class TC) 7.87, 2. Donna Waller (Goldwin TC) 8.42, 3. Gayle Watkins (SoCal Cheetahs) 8.44.

#### 400 meters:

1. Janeene Vickers (UCLA) 54.99, 2. Airat Bakara (Nigeria/Azusa Pacific) 57.15, 3. Olga Bryszyna (USSR) 60.49.

#### Olympic Development 400 meters:

1. Crystal Irving (LBCC) 58.39, 2. Gina Albanese (CPSLO) 58.72, 3. Dabra Hamilton (Unat) 60.63.

#### Olympic Development 800 meters:

1. Aaron Arlin (CPSLO) 2:12.73, 2. Kris Kochel (CPSLO) 2:17.66, 3. KaBe Cunningham (Track

West) 2:19.68.

#### 1000 meters:

1. Diana Richburg (Gazelle Int'l) 2:40.54, 2. Joetta

Clark (Athletic West) 2:41.35, 3. Teena Colebrook (CPSLO) 2:41.56.

#### Mile:

1. Lynn Williams (Canada/Athletics West) 4:31.25, 2. PattieSue Plumer (Athletics West) 4:34.78, 3. Tara Arnold (San Diego TC) 4:37.67.

#### Mile Walk:

1. Victoria Harazo (Valley Walkers) 6:53.3, 2. Susan Liers (Walk USA) 7:07.3, 3. Kerry Bratton (Woodside Striders) 7:08.8.

#### Long Jump:

1. Jennifer Inness (Atoms TC) 20-6 1/2, 2. Sheila Hudson (Unat) 20-1 3/4, 3. Yvette Bates (SoCal Cheetahs) 19-8 1/2.

#### High Jump:

1. Louise Ritter (Mazda TC) 6-4 1/4, 2. Jan Wohlschlag (Nike Coast) 6-2 3/4, 3. Trish King (Reebok) 6-0 3/4.

#### Youth Group 4x440 yd. Relay:

1. Los Angeles Jets (Pace, Avary, Mayberry, Jackson) 4:26.5, 2. Time Machine (Axtell, Root, Nekota, Markle) 4:36.3, 3. Pasadena Running Roses (Motan, Johnson, McKay, Knowles) 4:38.2.

## Other Track Results

~Outdoor~

### Long Beach Winter Decathlon/Heptathlon

December 10, 11, Long Beach.

#### Division Results - Decathlon

##### Open:

1. Chris Wilcox (Long Bch) 7159, 2. Tom Richards (Texas) 6823, 3. Brent Burns (Cal Berkeley) 6706, 4. Mark Spitzer (Ohio) 6686, 5. Chris Shelton (LBCC) 5770, 6. Steve Heffran (Golden West CC) 5664, 7. Craig Malaker (LB State) 5454, 8. Mark Kallick (UC-Irvine) 5326, 9. Jonas Koolsbergen (S.B.) 5180, 10. Mike Hagerstrand (Pima CC) 4916.

11. Jon Vaughn (Pima CC) 4844, 12. Brent Grizzle (Pima CC) 4086, 13. Darren Patton (LBCC) 3965, 14. Darrold Skarvedt (Unat) 2561.

##### Masters:

1. Lee Webb (30) Mission Val., 6219, 2. Dennis Stempel (45) Unat., 6125, 3. Bob Richards (61) Dallas, 5619, 4. Jock Jocy (62) San Diego, 5482, 5. Dr. A.U. Rocard ( Tahoe-Reno) 4316, 6. Donald Grey (61) Tidewater, VA) 4315, 7. Scott Somers (41) Unat., 4170, 8. Ham Morningstar (71) Michigan, 2960, 9. John Arbogast (31) Trojan M., 2558, 10. David Bruant (32) Unat., 2142.

(Note: All masters' athletes used implements specified for their respective age groups and were scored using the most recent WAVA age factors).

##### Heptathlon

1. Ami Ice (LB State) 4690, 2. Kristi Kaufman (UC Irvine) 3974, 3. Trindi Fearnley (UC Irvine) 3635, 4. Glenda Mitchell (Oxy) 3461, 5. Jenny Lawrence (Oxy) 3389, 6. Sue Eggleston (UC Irvine) 3386, 7. Debbie Meyer (Oakland) 3287, 8. Noelle Karrer (Golden West C) 2827, 9. Donna Lee (LBCC) 2675, 10. Michelle Barisdale (Gahr HS) 2046, 11. Colleen MacCotter (LBCC) 1560.

## Northern Arizona vs Fresno State & Long Beach St.

February 4, Walkup Skydome, Flagstaff, AZ.

#### Men's Results

##### 55m Dash:

1. Anthony Barnes (FSU) 6.25, 2. Byron Stovall (LBS) 6.31, 3. Andrew Reinhardt (NAU) 6.37.

##### 200m:

1. Andrew Reinhardt (NAU) 21.70, 2. Terrance Riley (LBS) 21.8, 3. Lawrence Nelson (FSU) 22.24.

##### 400m:

1. John Koon (NAU) 47.97, 2. Harlan South (FSU) 48.75, 3. Sam Morgan (FSU) 49.4.

##### 600m:

1. Keith Guillory (FSU) 1:57.96, 2. Adi Haili (NAU) 1:58.68, 3. Keith Videtto (FSU) 1:59.05.

##### Mile:

1. Emie Freer (FSU) 4:19.26, 2. Jason Lienau (FSU) 4:19.80, 3. Eric Grubbs (NAU) 4:24.13.

##### 3000m:

1. David Schumacher (LBS) 9:03.90, 2. Darren Stonerock (NAU) 9:08.5, 3. Scott Pestka (NAU) 9:25.6.

##### 5000m:

1. Scott Pestka (NAU) 16:13.54, 2. Eric Lee (LBS) 16:29.44, 3. Vince Fiolotte (NAU) 16:42.88.

##### 55m Hurdles:

1. Richard Holmes (FSU) 7.55, 2. John Kennedy (NAU) 7.61, 3. Jay Burke (FSU) 7.69.

##### 4x400m Relay:

1. FSU (South, Baker, Morgan, Green) 3:14.62, 2. NAU (Reinhardt, Jamison, Duncan, Roundtree) 3:15.11, 3. FSU "B" 3:25.7.

##### 4x800m Relay:

1. FSU (Guillory, Lienau, Freer, Videtto) 8:01.22, 3. NAU (Mitchell, Grubbs, Kennedy, Haili) 8:05.9.

##### Long Jump:

1. Billy Coleman (FSU) 24-7 3/4, 2. Van Aldridge (NAU) 24-4 1/2, 3. Mark Joseph (NAU) 23-6 1/4.

##### Triple Jump:

1. Reggie Jackson (FSU) 52-3 1/2, 2. Mark Joseph (NAU) 49-11 3/4, 3. Damon Carson (NAU) 47-9 3/4.

##### High Jump:

1. Billy Hepworth (FSU) 7-2, 2. Derrick Moore (FSU) 7-2, 3. Phil Adams (NAU) 6-10.

##### Pole Vault:

1. Bump Novacek (FSU) 17-0 3/4, 2. Todd Sprague (FSU) 16-7 1/2, 3. Jeff Mulligan (LBS) 16-0 3/4.

##### 35 lb. Weight:

1. Ken Putnam (FSU) 57-9 1/2, 2. Ron Rowe (FSU) 54-8 3/4, 3. Andy Harris (FSU) 50-9 1/2.

##### Shot Put:

1. Kent Larsson (NAU) 57-6 1/2, 2. Henrik Wennberg (NAU) 53-3, 3. Andy Harris (FSU) 48-6 3/4.

##### Final Scores:

1. Northern Arizona University 94, 2. Cal State Long Beach 24.

1. Fresno State University 82, 2. Northern Arizona University 54.

1. Fresno State University 108, Cal State Long Beach 22.

#### Women's Results

##### 55m Dash:

1. Brenda Johnson (NAU) 7.11, 2. April Freow (FSU) 7.12, 3. Kristi Jenkins (NAU) 7.21.

##### 200m:

1. Amy Ice (LBS) 25.27, 2. Kim Matthews (FSU) 25.46, 3. April Freow (FSU) 25.95.

##### 400m:

1. Rose Blake (FSU) 55.10, 2. Christine Balfour (NAU) 56.71, 3. Monica Stevens (NAU) 57.0.

##### 600m:

1. Nikki Toms (NAU) 2:20.11, 2. Kerri Zaleski (LBS) 2:21.40, 3. Caron Reycraft (NAU) 2:22.7.

##### Mile:

1. Brenda Payton (NAU) 5:13.75, 2. Chris Marga (LBS) 5:24.7, 3. Grace White (NAU) 5:27.4.

##### 3000m:

1. Maurie Wood (NAU) 10:13.93, 2. Tracey Jarman (NAU) 10:32.5, 3. Jenny Bessel (LBS) 11:03.4.

##### 5000m:

1. Beth Ellickson (NAU) 18:48.39, 2. Patrice Hageman (NAU) 19:10.34, 3. Mary Yost (LBS) 22:44.99.

##### 55m Hurdles:

1. Amy Ice (LBS) 8.01, 2. Kim McRae (FSU) 8.47, 3. Ann Schaefer (NAU) 8.48.

##### 4x400m Relay:

1. NAU (Smith, Jenkins, Game, Johnson) 3:51.65, 2. FSU (Green, McRae, Cesh, Blake) 3:55.4.

##### 4x800m Relay:

1. NAU (Payton, Toms, Reycraft, Treadwell) 10:19.8, 2. FSU (Connolly, Cunningham, Gangnuss, Holterman) 11:16.0.

##### Long Jump:

1. Amy Ice (LBS) 18-7 1/4, 2. Brenda Johnson (NAU) 18-4 1/2, 3. Simone Cesh (FSU) 18-1 3/4.

##### Triple Jump:

1. Kim McRae (FSU) 35-6, 2. Tina Gangnuss (FSU) 35-5 1/4, 3. Ann Schroeder (NAU) 35-4 1/2.

##### High Jump:

1. Tanya Mondonca (Unat) 6-0, 2. Chris Olson (FSU) 5-6, 3. Jody Barnes (FSU) 5-4.

##### Shot Put:

1. Victoria Trask (FSU) 42-9 1/2, 2. Nnacy Johnson (NAU) 42-3 1/2, 3. Joyce Fremstead (FSU) 41-6.

##### Final Scores:

1. NAU 67, 2. FSU 51.

1. NAU 92, 2. Long Beach 28.

1. FSU 74, 2. Long Beach 41.

# RESULTS

## Legg Lake Runs

October 1. So. El Monte. 5K.

### Overall Results

1. George Marquez (23) 16:23, 2. Ron Jensen (41) 16:30, 3. Kim Reedy (31) 17:07, 4. Josue Ruvalcaba (40) 18:24, 5. George Ragan (39) 18:30, 6. Charles Dabony (36) 18:41, 7. Manouch Lankarani (46) 18:49, 8. Joe Cuevas (41) 19:15, 9. Anthony Gomez (50) 19:41, 10. Frank Ogawa (52) 19:43.

## San Gabriel River 10 Mile

October 2. So. El Monte.

### Overall Results

1. George Marquez (23) 55:00, 2. Jorge Monroy (26) 55:15, 3. John Araujo (30) 55:48, 4. Leonard Aguilera (35) 55:53, 5. Jose Rodriguez (34) 56:26, 6. Marco Chavarria (35) 1:00:00, 7. Vicente Rivera (29) 1:01:16, 8. Joe Cuevas (48) 1:04:36, 9. Gustavo Bedoy (39) 1:05:20, 10. Andrew Zepeda (34) 1:06:25.

11. Kevin Bennett (40) 1:06:18, 12. Dave Scharafin (32) 1:06:44, 13. Michael Lidman (35) 1:06:50, 14. David Nunez (26) 1:08:35, 15. Lyle Deem (55) 1:08:49, 16. John Racy (60) 1:09:27, 17. Frank Vasquez (53) 1:10:11, 18. Louis Simms Jr., (55) 1:10:46, 19. William Wall (55) 1:11:04, 20. David Nuttall (46) 1:11:32.

## Legg Lake Run

October 8. So. El Monte. 5K.

### Overall Results

1. Miguel Carrete (19) 18:31, 2. Nati Carrasco (29) 18:37, 3. Josue Ruvalcaba (40) 18:43, 4. Gustavo Bedoy (39) 18:47, 5. Wally Ingram (55) 19:18, 6. John Chavez (34) 19:22, 7. Leonard Walts (59) 20:23, 8. Avery Bryant (64) 20:24, 9. Kurt Hooker (22) 21:06, 10. Geoffrey Boten (11) 21:19.

## Legg Lake Morning Dew Run

October 16. So. El Monte. 5K.

### Overall Results

1. Joel Sanchez (29) 16:52, 2. Josue Ruvalcaba (40) 18:56, 3. Lyle Deem (55) 20:00, 4. Avery Bryant (64) 20:27, 5. Gregory Gomez (41) 21:02, 6. Leonard Walts (59) 21:02, 7. Ruben Esqueda (58) 21:32, 8. Mike LaLum (44) 22:29, 9. Jose Becerra (28) 22:34, 10. Daniel Duron (32) 22:52.

## San Gabriel River Morning Mist

October 22. So. El Monte. 3 Mile.

### Overall Results

1. Gary Greenberg (29) 16:23, 2. Jim Perez (25) 17:30, 3. Josue Ruvalcaba (40) 17:48, 4. Wally Ingram (55) 18:21, 5. Jarrett Williams (41) 18:31, 6. Frank Ogawa (53) 18:35, 7. Leonard Walts (59) 19:09, 8. Ruben Esqueda (58) 19:43, 9. Joe Tyler (56) 19:47, 10. Mike LaLum (44) 19:58.

## Daylight Savings Run

October 23. So. El Monte. 5K.

### Overall Results

1. Alex Miranda (28) 16:18, 2. Jim Perez (25) 18:37, 3. Mike Mendez (43) 19:21, 4. Martin Dominguez (22) 19:50, 5. Avery Bryant (64) 20:15, 6. Joe Tyler (56) 20:36, 7. John Twining (36) 20:51, 8. Wally Taylor (62) 21:17, 9. Mike LaLum (44) 21:26, 10. Juan Rivera (24) 22:21.

## San Gabriel River 3 Mile

November 5. El Monte.

### Overall Results

1. George Marquez (23) 15:05, 2. Mitch Musgrove (28) 16:31, 3. Gustavo Bedoy (39) 17:16, 4. Jim Perez (25) 17:37, 5. Luis Bedoy (41) 18:16, 6. Robert Culling (56) 18:25, 7. Victor Chavez (37) 18:27, 8. Joseph Tyler (56) 19:23, 9. Leonard Walts (59) 19:55, 10. Ramiro DeLaTorre (39) 19:59.

## Catfish Run

November 6. So. El Monte. 5K.

### Overall Results

1. George Marquez (23) 16:14, 2. Oivind Systad 16:16, 3. Gustavo Lopez (23) 17:57, 4. Jim Perez (25) 18:16, 5. Tiburcio Conteras (33) 18:35, 6. Luis Bedoy (41) 18:50, 7. Peter Barnes (32) 18:53, 8. Edward Padilla (34) 18:59, 9. Wally Adams (35) 19:13, 10. Leigh Adams (35) 19:27.

## High Desert Classic

October 14. Victorville. 5K & 10K.

Derrick May, a 33-year old internationally-ranked marathon runner from Newport Beach, won the second annual Inco Homes High Desert Classic 10K run, held recently in Victorville, setting a new course record of 30:57 in the process.

May, currently ranked 32 in the world among marathon runners, bettered the 1987 record of 32:59, set by Keith Withauer. Withauer, 32, a special education teacher from Apple Valley, took first place in the 5K event in a time of 15:45, also setting a new course record.

South African native May ran the High Desert Classic, which attracted a record 1,000 entrants, as a warm-up to competing in the Chicago Old Style Marathon, to be televised nationally on Oct. 30.

Two women finishers were Carol Carrigan, 27, of Hemet, with a 10K time of 40:37, and Michele Burchicchio, 33, in the 5K in 17:33, a new course record.

First place male and female finishers in the 5K and 10K each received remote control color TV's as prizes.

### Division Results - Men's 10K

12 & Under: 1. Juan Jimenez 49:21, 13-18: 1. Adrian Rodriguez 36:27, 2. Greg Goudeau 26:43, 3. Kris Hilsabeck 38:23, 19-29: 1. Frank Ebiner 32:07, 2. Alex Miranda 33:27, 3. Chris Nutting 34:31, 30-39: 1. Derrick May 30:57, 2. Bill Gregory 33:58, 3. Brent Backus 34:58, 40-49: 1. Steven Cornish 36:57, 2. John Rodriguez 38:45, 3. David Warnock 39:05, 50-59: 1. Don Van Dyke 38:17, 2. Don Moore 43:42, 3. Ed Foat 47:22, 60-69: 1. Chuck Kern 48:11, 2. Bob Mahlstedt 49:13, 3. Robert Edmonson 49:38, 70 & Over: 1. Eddie Lewin 45:49.

### Division Results - Women's 10K

13-18: 1. Rosmary Johnson 49:38, 2. Frances Cervantes 52:38, 19-29: 1. Carol Carrigan 40:37, 2. Jennifer Henderson 41:14, 3. Vicky Lucking 46:23, 30-39: 1. Doreen Fay 44:22, 2. Susan Addington 46:36, 3. Toni Stermolle 47:30, 40-49: 1. Linda Kevin 45:00, 2. Ransdell Gabrielle 47:48, 3. Anne Coy 50:54, 50-59: 1. Carole Pinkner 55:06, 2. Penny Cochran 1:02:54.

### Division Results - Men's 5K

12 & Under: 1. Anthony Fontanez 20:46, 2. Shawn Webb 21:25, 3. Jay Williams 22:40, 13-18: 1. David Melkonian 17:41, 2. Shaun Carter 17:43, 3. Jerry Hilsabeck 18:25, 19-29: 1. Paul Quintanar 16:07, 2.

Steve Ortiz 16:31, 3. Robert Rodriguez 17:13, 30-39: 1. Keith Withauer 15:45, 2. Carey Simons 16:21, 3. Dave Cook 17:06, 40-49: 1. Mike Fuller 17:53, 2. Robert Williams 17:59, 3. Travis Estes 18:13, 50-59: 1. Angelo Alvarez 21:30, 2. John Ingro 22:26, 3. Stan Bellamy 22:29, 60-69: 1. Harold Willis 24:05, 2. Carl Mathews 26:26, 3. Richard Scrimshire 32:45, 70 & Over: 1. Jr. Smith 29:12, 2. Otis Fosmo 43:50, 3. Gordon Adams 48:38.

### Division Results - Women's 5K

12 & Under: 1. Jennifer Wilkerson 22:53, 2. Kendra Hilsabeck 22:57, 3. Nicole Hackney 23:16, 13-18: 1. Sasha Cooper 20:54, 2. Heather Storer 21:58, 3. Jennifer Wisman 22:21, 19-29: 1. Jennifer Henderson 18:17, 2. Shelly Bancroft 20:47, 3. Susan Smith 21:48, 30-39: 1. Michele Burchicchio 17:33, 2. Lorraine Ordaz 18:31, 3. Sandy Robbins 20:48, 40-49: 1. Myra Lauder 22:23, 2. Theresa Riley 23:27, 3. Virginia Lara 23:57, 50-59: 1. Wendy Harp 27:07, 2. Judy Glasgow 30:47, 3. Lorraine Johnson 30:58, 60-69: 1. Nyia Cook 35:59, 2. Joyce Gehris 42:36, 3. Vergie Williams 44:33, 70 & Over: 1. Wilma Simmering 48:41, 2. Pat Adams 1:08:27.

## Bear Valley Biathlon

October 15. Pinole.

(Bear-athon: 15K Run, 24 Mi. Bike)

(Hare-athon: 5K Run, 10 Mi. Bike)

### Overall Results - Bear-athon

1. Scardina/Sandoval (Tm) 1:58:38, 2. Lucio Perez (27) So. San Francisco 2:00:29, 3. Scott Strait (33) Palo Alto 2:01:59, 4. Larry Nolan (30) Fremont 2:02:01, 5. Charles Locke (35) Stockton 2:05:55, 6. Nathan Smith III (32) Oakland 2:07:03, 7. Jon Root (34) Davis 2:07:17, 8. Tom Eller (29) Sunnyvale 2:07:46, 9. Walter Radloff (43) San Jose 2:07:47, 10. Cris Schoon (25) Pleasanton 2:08:05.

11. Doug Woods (38) Castro Valley 2:08:33, 12. Scott Leahy (26) Campbell 2:09:10, 13. Michael Sosnawski (40) Carmel 2:09:27, 14. Marco Martin (47) San Francisco 2:10:05, 15. Michel McCoy (40) Berkeley 2:10:11, 16. Stephen Thurston (30) Concord 2:11:25, 17. James Delacy (42) Hayward 2:12:50, 18. Jerry Brendel (30) San Jose 2:15:04, 19. David Nosrat (26) San Francisco 2:17:19, 20. Rinney/Morgan (Tm) 2:18:29.

### Overall Results - Men's Hare-athon

1. Michael Lotter (35) Santa Rosa 45:24, 2. Howard Worell (33) Oakland 46:26, 3. Fred Boos (22) Mt. View 48:31, 4. John Demers (45) Petaluma 48:50, 5. Yurik Riegel (18) San Jose 49:30, 6. Eric Bohren (19) Berkeley 49:50, 7. Kyle Brutschy (26) Daily City 49:54, 8. Jack Sorenson (46) San Ramon 50:25, 9. Alphonzo Jackson (43) Oakland 50:36, 10. George Rehmet (21) San Francisco 51:25.

### Overall Results - Women's Hare-athon

1. Teri Reilly (30) Martinez, 2. Nicola Cranmer (22) Mill Valley, 3. Valerie Lance (27) Lafayette, 4. Donna Little (39) Pleasanton, 5. Kyle Laconsay (28) San Francisco.

## Festival 88

October 15. West Covina. 5K & 10K.

### Division Results - Men's 5K

16 & Under: 1. Konrad Shandler 19:50, 2. Steve De Vore 20:39, 3. Paul Wilson 22:04, 17-24: 1. Jeff Peterson 16:29, 2. Andrew Gonzalez 16:34, 3. Stephen Beebe 17:05, 25-29: 1. David Dennis 16:57, 2. Carl Fabian 18:35, 3. Chris Gibbs 19:48, 30-34: 1. John Lemar 18:14, 2. Kent Hamlin 20:45, 3. Fred Con 21:33, 35-39: 1. Lenza Williams 17:57, 2. Cipriano Placencio 18:11, 3. Gustavo Redoy 18:45, 40-49: 1.

Terry Toles 18:54, 2. Art De Tomaso 19:10, 3. Robert Nafie 32:24, 50 & Over: 1. Robert Culling 18:58, 2. Booker Washington 19:28, 3. Dave Amston 19:52.

### Division Results - Women's 5K

16 & Under: 1. Cynthia Condon 23:45, 2. Myrna Macias 25:57, 3. Elvia Macias 27:39, 17-24: 1. Carol Wawrukiewicz 19:45, 2. Rhoda Roberts 19:58, 3. Sarah Snyder 20:30, 25-29: 1. Tracy Rose 19:07, 2. Sholley Burke 21:07, 3. Linda Shadler 28:17, 30-34: 1. Wend Bracamonte 22:07, 2. Carole Corella 22:58, 3. Kathy Hamlin 24:01, 35-39: 1. Diane Kennedy 25:39, 2. Maria Rodriguez 26:47, 3. Tawny Stange 27:07, 40-49: 1. Lois Franke 25:31, 2. Linda Rossman 27:39, 3. LaVerne Kopp 27:39.

### Division Results - Men's 10K

17-24: 1. Melissa Slay 50:31, 2. Denise Soverioh 50:50, 25-29: 1. Heather Schick 54:02, 30-34: 1. Sandy Kimber 42:41, 2. Diana Henchey 42:58, 3. Linda Didier 55:16, 35-39: 1. LoAnne Harden 44:29, 2. Lena Cortez 46:05, 3. Linda Goulston 52:05, 40-49: 1. Elizabeth Blair 44:49, 2. Sandy Cammack 49:30, 3. Barbara Camp 50:46, 50 & Over: 1. Shirley O'Can 39:17, 2. Judith Amston 1:04:01.

### Division Results - Women's 10K

16 & Under: 1. Genaro Escobedo 36:47, 2. Brent Parker 37:55, 3. Brian Fremmen 41:47, 17-24: 1. Dan Vigil 36:58, 2. D.J. Chan 37:38, 3. Mark Whitbesey 38:01, 25-29: 1. Joseph Wasiak 37:00, 2. Brian Thommes 38:58, 3. Joseph Amrault 39:52, 30-34: 1. Nicholas Hernandez 35:10, 2. Terry Jaggors 36:56, 3. Mario Vega 39:51, 35-39: 1. Fred Doubel 39:22, 2. Michael Lidman 40:11, 3. John Brettrager 41:36, 40-49: 1. Phil Ryan 34:58, 2. Wayne Mitchell 37:19, 3. Terry Cammack 37:27, 50 & Over: 1. Elgin Edwards 41:21, 2. Dutch Benodetti 48:04, 3. Ken Hobbes 51:06.

## Harris Ranch Run

October 15. Harris Ranch. 10K.

### Overall Results

1. Miguel Tibaduiza (30-39) 30:53, 2. Sal Rodriguez (19-29) 31:06, 3. Alfred Lara (30-39) 31:31, 4. David Naranjo (19-29) 31:45, 5. Bryan Foley (30-39) 32:23, 6. Elmer Maphai (30-39) 32:52, 7. Baldeemar Belancourt (30-39) 32:57, 8. Juan Garcia (30-39) 33:04, 9. Bob Loux (30-39) 33:13, 10. Bobby Rodriguez (19-29) 33:15.

11. Fred Villegas (30-39) 33:27, 12. Joe Carnegie (19-29) 33:33, 13. Al Lomefi (30-39) 33:36, 14. Jim Hartig (30-39) 34:04, 15. Hermie Guerrero (30-39) 34:18, 16. Bill Lyboer (30-39) 34:34, 17. Max Guardola (15-18) 34:38, 18. Jesus Pinerio (19-29) 34:46, 19. Luke Merrill (19-29) 34:55, 20. Jim Healy (30-39) 35:15.

21. Don Chapin (40-49) 35:42, 22. Will Seymore (19-29) 35:58, 23. Jim Ewing (40-49) 36:04, 24. Terry Nephew (30-39) 36:09, 25. Frank Padilla (50-59) 36:36, 26. Kim Debban (30-39) 36:41, 27. Robert Garcia (30-39) 36:41, 28. Connie Hester (19-29) 36:42, 29. Don Trout (40-49) 36:58, 30. Bill Stainbrook (30-39) 37:11.

31. Marvin Ashcroft (19-29) 37:15, 32. Lisa Braun (19-29) 37:24, 33. Wayne Van Dellen (50-59) 37:28, 34. Jeff Murrill (30-39) 37:32, 35. Clyde Bilg (30-39) 38:00, 36. Bill Woody (40-49) 38:11, 37. Tony Rangli (19-29) 38:24, 38. Pat Phillips (30-39) 38:30, 39. Mark Raymond (40-49) 38:31, 40. Doug Hurt (30-39) 38:33.

41. Gary Campbell (30-39) 38:39, 42. Karl Fike (19-29) 38:45, 43. Randy Drace (15-18) 38:47, 44. Nathan Trout (15-18) 38:50, 45. Victor Paranes (19-29) 38:57, 46. Herry Ovalle (40-49) 38:59, 47.

# RESULTS

Tommy Upton (50-59) 39:09, 48. Michael Roybol (30-39) 39:17, 49. Craig Wheaton (30-39) 39:18, 50. Michael Earley (30-39) 39:24.

## Long Beach State Homecoming Run

October 15, Long Beach, 5K

Division Results - Men's 5K

13 & Under: 1. Ira Strain-Bey, 2. Michael Okita, 14-19: 1. Nelson Molina, 2. Clarence Allums, 20-25: 1. Rick Centalan, 2. David Vida, 26-36: 1. Sid Castenholz, 2. Ralph Rozeneil, 37-45: 1. Richard Miller, 2. George Ragan, 46-55: 1. Lee Vanleuwen, 2. Gerald Tynar, 56 & Over: 1. Dean Sprau, 2. Larry Banuelos.

Division Results - Women's 5K

13 & Under: 1. Nikki Zimmerman, 2. Casandra Higgins, 3. Amanda Resch, 14-19: 1. Heide Fanslau, 2. Andrea Carter, 20-25: 1. Elvira Beday, 2. Patty Kent, 26-36: 1. Debbie Robertson, 2. Betty Schultz, 37-45: 1. Chris Purkiss, 2. Reiko Duba, 46-55: 1. Barbara Marshall.

Division Results - Men's Race Walk

39 & Under: 1. Richard Nestor, 40-49: 1. Ed Bouckin, 2. Don Richmond, 50 & Over: 1. Richard Chara, 2. Arnold Unger, 3. Arthur Fitzpatrick.

Division Results - Women's Race Walk

39 & Under: 1. Rita Costello, 2. Rebecca Peel, 40-49: 1. Lynn Marsh, 2. Sid Yohn, 50 & Over: 1. Jo Ann Beere, 2. Carmen Lanther.

## Xerox Golden Bear Challenge

October 15, Berkeley, 5K & 10K

Overall Results - Men's 5K

1. Toby Knepler 15:46, 2. Bill Zachary 17:27, 3. Jose Camberos 17:48, 4. Steven Raman 17:51, 5. Timothy MacLean 18:00, 6. Edward Creighton 18:07, 7. David Dagusta 18:12, 8. George Pianika 18:16, 9. Tim Welsh 18:57, 10. Brian Cano 19:26.

Overall Results - Women's 5K

1. Katherine Barnes 20:37, 2. Loree Lee 21:55, 3. Marcia Welch 22:31, 4. Paula Eisenberg 25:00, 5. Adrienne Yank 25:21, 6. Pat Jennings 26:01, 7. Davette Gregg 26:05, 8. Toby Gidal 28:59, 9. Heather Jones 29:05, 10. Julia Hontz 29:11.

Division Results - Men's 10K

19 & Under: 1. Timothy MacLean, 2. David Degusta, 3. Brian Cano, 20-29: 1. Toby Knepler, 2. Jose Camberos, 3. Steven Raman, 30-39: 1. Edward Creighton, 2. Thomas Fischer, 3. Gamal Abdalla, 40-49: 1. Bill Zachary, 2. Mark Paissin, 3. Gino Verza, 50 & Over: 1. Robert Haro, 2. Jack Finney, 3. Michael Callahan.

Division Results - Women's 10K

19 & Under: 1. Jennifer Chavez, 2. Tanya Haglen, 3. Camia Feldman, 20-29: 1. Katherine Barnes, 2. Marcia Welch, 3. Paula Eisenberg, 30-39: 1. Loree Lee, 2. Kathy Lomas, 3. Caroline Constantz, 40-49: 1. Adrienne Yank, 2. Pat Jennings, 3. Davette Gregg, 50 & Over: 1. Toby Gidal, 2. Chalice Fong, 3. Minam Webber.

Overall Results - Men's 10K

1. Jay Johannesen 32:08, 2. Jim Beuseinck 33:31, 3. Tony Chan 36:07, 4. Barry Blue 37:28, 5. Jim Chin 37:50, 6. Randy Shingai 38:13, 7. Ron Yank 38:14, 8. Ric Sorbo 39:14, 9. Dennis Robinson 39:31, 10. Dante Boutell 39:39.

Overall Results - Women's 10K

1. Marcia Gillman 39:48, 2. Tara Weber 43:40, 3. Lisa Boughton 44:41, 4. Patricia Falsone 45:22, 5. Kimberly Blue 45:43, 6. Annette Souza 46:10, 7. Catherine Mahoney 46:12, 8. Barbara Robben 49:39, 9. Caroline Viger 50:18, 10. Mary Jo Reliford 50:26.

Division Results - Men's 10K

19 & Under: 1. Paul Delgado, 2. Robert Morris, 3. Blake Fadem, 20-29: 1. Jay Johannesen, 2. Tony

Chan, 3. Jim Chin, 30-39: 1. Jim Beuseinck, 2. Barry Blue, 3. Randy Shingai, 40-49: 1. Ron Yank, 2. Dennis Robinson, 3. Alex Vago, 50 & Over: 1. Carl Neidert, 2. Robert Davis, 3. Paul Ong.

Division Results - Women's 10K

19 & Under: 1. Annette Souza, 2. Catherine Mahoney, 3. Karyn Krause, 20-29: 1. Marcia Gillman, 2. Tara Weber, 3. Caroline Viger, 30-39: 1. Lisa Boughton, 2. Kimberly Blue, 3. Chrisann Constantz, 40-49: 1. Patricia Falsone, 2. Mary Jo Reliford, 3. Jeri Wright, 50 & Over: 1. Barbara Robben.

## Hayward Half Marathon

October 16, Hayward.

Overall Results

1. Taylor Carey 1:01:15, 2. Ziv Bar-Shira 1:02:12, 3. Troy Durham 1:07:05, 4. Gilbert Munoz 1:09:17, 5. Ulfes Fernandez 1:13:21, 6. David Garcia 1:14:08, 7. Frank Ruona 1:14:15, 8. Phil Jensen 1:14:54, 9. Dennis Utsaga 1:15:22, 10. Richard Hunter 1:15:54, 11. Doug Butt 1:16:31, 12. Robby Withereil 1:16:43, 13. Mike Gama 1:17:07, 14. Mike Deatherage 1:17:12, 15. Jim Reitz 1:17:16, 16. Julios Ratti 1:17:44, 17. Jim Wisener 1:17:47, 18. Lloyd George 1:17:51, 19. Noah Rollins 1:17:59, 20. Prebon Prebon 1:18:12, 21. Daniel Garcia 1:18:19, 22. Gabriel Sandoval 1:18:25, 23. Waheed Karim 1:18:31, 24. John Foran 1:18:36, 25. Alex Green 1:18:59, 26. Roberto Mendez 1:19:02, 27. Shirley Matson 1:19:23, 28. Jim Minami 1:19:33, 29. Andy Cross 1:19:48, 30. Bill Meinhardt 1:20:03, 31. Michael Ashworth 1:20:23, 32. Roland Lohoff 1:20:30, 33. Jose Luis Bravo 1:20:51, 34. Javier Mendila 1:20:57, 35. Don Hickman 1:21:02, 36. David Combs 1:21:11, 37. Tom Rose 1:21:19, 38. Bernard Malfroy 1:21:45, 39. Robert Weatherwax 1:21:58, 40. Robert Ferguson 1:22:11.

## Joseph M. Long Marine Laboratory Half-Marathon

October 16, Santa Cruz.

Division Results - Men

19-29: 1. Jose Aspuro 1:08:39, 2. Albert DeLaTorre 1:11:35, 3. Javier Naranjo 1:11:41, 30-39: 1. Tom Adams 1:13:04, 2. Francisco Avila 1:13:42, 3. Torin Rolston 1:14:19, 40-49: 1. Bill Clark 1:16:20, 2. Gary Goettelmann 1:18:04, 3. Richard Lautzinger 1:20:39, 50-59: 1. Samuel Vandenburg 1:22:51, 2. Jerry Jones 1:27:43, 3. Jim Belcher 1:28:46, 60-69: 1. Howard Powers, 2. G. Leavitt 1:59:10, 70 & Over: 1. Lester Liebenberg 2:12:12.

Division Results - Women

19-29: 1. Rosa Guierrez 1:18:03, 2. Karen Scholte 1:24:41, 3. Denise Murphy 1:27:38, 30-39: 1. Barb Myers-Acosta 1:18:03, 2. Patty Howell 1:21:46, 3. Donna Troyna 1:27:04, 40-49: 1. Carol Bianconi 1:35:02, 2. Barbara Zoldan 1:38:46, 3. Reta Austin 1:42:15, 50-59: 1. Marche Booth 1:46:58, 2. Gloria Dake 1:51:02, 3. Katherine Beirs 1:51:29.

## Angora Ridge Run

October 16, So. Lake Tahoe, 6.2 Mile.

Overall Results

1. Bill Devine 35:22, 2. Mark Hofer 39:26, 3. Ellen Lucas (F) 43:06, 4. Pat Horne 43:26, 5. Pat Meday 43:39, 6. Don Altman 44:06, 7. Jim Galkanty 44:27, 8. Debbie Devine (F) 45:59, 9. Mark Treiber 46:36, 10. Sean Rudesal 46:41, 11. Neil Hubberth 47:21, 12. Debbi Treiber 47:31, 13. Fred Roberts 47:36, 14. Bill Crawford 48:27, 15. Jim Fluharty 49:49, 16. Mike Scheller 52:06, 17. Jim Boyd 52:07, 18. Al Simmons 53:00, 19. Mindy Dillon (F) 53:24, 20. Pam Ambrosio (F) 53:25.

## Fleet Week Challenge

October 16, San Francisco, 5 Mile.

Officers, civilians, and the enlisted joined in friendly competition for the annual Fleet Week Challenge, a five-mile footrace from Crissy Field to Pier 32. Individual and team prizes were awarded, as well as a random drawing for a year's free rent at the neighboring Bayside Village at South Beach.

Two new names were engraved on the perpetual Blue Angels "Gershan Trophy": that of first place male and female finishers, Dave Ottaway, 27, (25:14) and Sharon Swann, 37, (29:37). Sharing second place in men's overall with a 25:16 were David Monroe, 25, and Michael Healer, 34. Ronald Harris, a 23-year-old stationed on the USS Gray,



SHARON SWANN

photo by Gene Cohn Productions

placed third with 25:40. Following Swann were Leslie McMullin, 37, (30:12) and Presidio San Francisco's Meighan McGee, 29, (30:40).

The Coast Guard men took the team trophy with Dean Hill, Lee Jones, Todd Seaman, Darvin Bennett, and Tim Rolston finishing with a team sum of 2:28:16. Presidio San Francisco's Men's team grabbed second (2:29:35), with two women on its five member team. UC Berkeley's Navy ROTC were close behind with a total of 2:32:50. The women's team trophy was captured by Kathleen King, Karen Fede, Nancy Wallace, Andrea Pollard, and Robin Rose from Moffitt Field (3:14:24). U.S. Leasing's top two teams finished second (3:41:27) and third (4:53:06).

Career Navy officer, Lieutenant Richard Smith, won the Grand Prize in the random drawing, a free apartment in Bayside Village at South Beach for a full year! Twenty-five-year-old Smith, a navigator on the USS Gray which is home ported at Treas-

ure Island, expects that the Bayside apartment will be ideal.

Division Results - Men

13 & Under: 1. Esteban Garcia 33:57, 2. John Megria 39:57, 3. James Wilson 45:51, 14-18: 1. Jim Morril 29:16, 2. Sylvester Coons 29:26, 3. Shawn Weiker 31:46, 20-29: 1. Dave Ottaway 25:14, 2. David Monroe 25:16, 3. Ronald Harris 25:40, 30-39: 1. Michael Healer 25:16, 2. Esteban Martinez-Cortes 26:00, 3. Eddie Lanzarin 26:18, 40-49: 1. Tom Robinson 27:28, 2. Dimitris Sklavopoulos 30:04, 3. Robert Kelly 30:11, 50-59: 1. Tony McDonagh 31:50, 2. Paul Resnick 33:09, 3. John Lemke 33:40, 60 & Over: 1. Tom McGee 42:14, 2. Ted Flagg 42:16, 3. Roy Villalor 42:42.

Division Results - Women

13 & Under: 1. Diana Weesdunk 48:17, 2. Jodie Horn 49:58, 3. Elyse Weesdunk 51:06, 14-19: 1. Nika Horn 32:53, 2. Christine Casper 41:01, 3. Nohemi Cortes 41:07, 20-29: 1. Meighan McGee 30:32, 2. Marcia White 30:39, 3. Carolyn Hollingsworth 31:35, 30-39: 1. Sharon Swann 29:37, 2. Leslie McMullin 30:12, 3. Maureen Luca 31:10, 40-49: 1. Gloria Jansen 36:46, 2. Kate Thornton 37:24, 3. Gail Walls 37:53, 50-59: 1. Barbara Robben 39:27, 2. Margaret Johnson 42:52, 3. Lorelle Ray 45:47, 60 & Over: 1. Liese Rapozo 49:01, 2. Olga Peters 1:12:24.

Team Results

1. Coast Guard #1 (Hill, Jones, Seaman, Bennett, Rolston) 2:28:16, 2. Presidio San Francisco (Darling, Hacker, McGee, Fitzgerald, Shackleton) 2:29:35, 3. Navy ROTC UC Berkeley (Reynolds, Stephens, Chavez, Goggins, Gemmingen) 2:32:50.

Women

1. Moffitt Women (King, Fede, Wallace, Pollard, Rose) 3:14:24, 2. U.S. Leasing #1 (White, Wieder, Foley, Quigley, Halsted) 3:41:27, 3. U.S. Leasing #2 (Roweald, Fruehling, Brillhart, Sheridan, Milligan) 4:53:06.

## Gay Run '88

October 16, San Francisco, 5K & 10K

Overall Results - Men's 10K

1. Bernie Piotrowski 36:32, 2. Gary Bauschel 36:56, 3. Ken Johnson 37:39.

Overall Results - Women's 10K

Darcy Phymre 40:54, 2. Diane Swick 41:18, 3. Deborah Erdy 41:47.

Overall Results - Men's 5K

1. Larry Costello 17:58, 2. Francisco Diaz 18:19, 3. Eric Keith 18:22.

Overall Results - Women's 5K

1. Gwynn Ingram 25:21, 2. Carol Christiansen 25:27, 3. Meg Whitread 25:34.

## Leatherneck Runs

October 16, El Toro, 5K, 10K & Half Marathon.

Division Results - Men's 5K

17 & Under: 1. Lasca Florin 16:55, 2. Brett Mickael 18:15, 3. Jason Schulze 22:39, 18-24: 1. Joseph Lombard 16:00, 2. Mark Pickard 16:01, 3. Edward Arias 16:19, 25-29: 1. Jesse Clemente 14:08, 2. Joseph Nevroski 14:44, 3. Brad Gray 16:10, 30-34: 1. Kevin Chara 14:09, 2. Thomas Morse 14:46, 3. Brad McReynolds 18:10, 35-39: 1. Plo Godoy 15:41, 2. Roland Ramirez 18:28, 3. Jim Dane 18:51, 40-44: 1. Bill Sumner 14:32, 2. Greg Mimm 17:26, 3. M. Madica 17:44, 45-49: 1. Dean Anderson 17:11, 2. J. Bushman 17:15, 3. Doug Farrell 20:23, 50-54: 1. Mike Runyan 18:41, 2. Joseph Ellis 19:54, 3. Norm Landsman 20:42, 55-59: 1. Allen Warren 19:11, 2. Pat Backus 21:11, 60 & Over: 1. Tom Mathews 19:20, 2. Ollie Harker 19:41.

Division Results - Women's 5K

17 & Under: 1. Renee Swayze 20:07, 2. Allison Frommelt 27:23, 3. Rhea Armas 30:02, 18-24: 1. Irene Lewis 18:44, 2. Michelle Anderson 19:42, 3. Paula Chavez 21:52, 25-29: 1. Becky Gonzalez 17:16, 2. Sharon Holzborth 20:40, 3. Linda Leaver 21:28, 30-34: 1. Diana Babb 21:12, 2. Maddy Scherf-

# RESULTS

ly 21:48, 3. Linda Hammsler 23:59, 35-30: 1. Linda Korea 22:38, 2. Connie Satsbury 41:51, 40-44: 1. Anne Cohen 18:51, 2. Delouis Johnson 23:44, 3. Carol Tubbs 24:10, 45-49: 1. Dorothy Strand 31:35, 60 & Over: 1. Anna Griffith 35:38.

**Division Results - Men's 10K**  
 17 & Under: 1. Tyler Rosen 40:08, 18-24: 1. Mark Reilly 30:23, 2. Jerry Khrulak 31:51, 3. Samuel Patterson 39:21, 25-29: 1. Jeff Dettmer 29:11, 2. Dan Sullivan 34:27, 3. John Snider 34:35, 30-34: 1. Joseph Bugbee 34:08, 2. Devan der Schueren 35:12, 3. Errol Ovid 37:31, 35-39: 1. Herman Castillo 34:02, 2. Ernest Lawrence 35:14, 3. Danny Marinaz 35:20, 40-44: 1. Carl Brown 34:25, 2. Richard Rahe 38:19, 3. Kawabe Takeaki 38:45, 45-49: 1. David Raspet 37:26, 2. Shel Narkim 39:03, 3. Peter Connolly 42:18, 50-54: 1. Ed Mitchell 42:15, 2. Tom Wakelids 45:23, 55-59: 1. Thomas Steele 47:18, 2. Ray Simpson 49:53, 3. Arthur Karma 56:56, 60 & Over: 1. William Dietrich 45:41, 2. Joe Thornburg 48:18.

**Division Results - Women's 10K**  
 17 & Under: 1. Kriste Gorny 43:14, 18-24: 1. Sherona Baker 36:19, 2. Yolanda Torres 39:47, 3. Kim Clinton 41:05, 25-29: 1. Dawn Petrovich 46:10, 2. Carolyn Lutz 49:33, 3. Michele Karma 54:01, 35-39: 1. Anna Knowles 41:18, 2. Marcia Myers 43:54, 3. Patricia Newland 47:24, 40-44: 1. Ellen Clinton 43:25, 2. Carol Jones 47:33, 3. Judy Young 52:51, 45-49: 1. Carmen Connolly 41:38, 2. Dennis Mock 45:17, 3. June Toohay 48:53, 50-54: 1. Mickie Claxton 55:51.

**Division Results - Men's Half Marathon**  
 18-24: 1. S. Slinn 1:21:58, 2. Patrick Ratzlaff 1:22:43, 3. Eugene Jones 1:25:28, 25-29: 1. Steve Schmidt 1:10:21, 2. Frank Saucedo 1:22:18, 3. Jeffrey Nowak 1:23:16, 30-34: 1. E. Alvarez 1:09:02, 2. Jeff Wong 1:18:20, 3. Steven Healy 1:18:46, 35-39: 1. Mario Chavarria 1:17:36, 2. Buck Wagner 1:18:30, 3. Tom Raskin 1:23:40, 40-44: 1. Gene Martin 1:20:13, 2. Michael Lawrence 1:21:10, 3. Danny Morales 1:22:00, 45-49: 1. Harry Hunt 1:18:45, 2. Daniel Henderson 1:21:31, 3. Donald Fox 1:25:47, 50-54: 1. Frank Russo 1:24:55, 2. Frank Vasquez 1:27:08, 3. John Gilfil 1:28:45, 55-59: 1. William Wall 1:29:35, 2. Cyril Jones 1:35:57, 3. Chuck Smith 1:40:42, 60 & Over: 1. Wally Taylor 1:43:12, 2. Angelo Ruggiero 1:58:31, 3. Roberto Rocha 2:08:20.

**Division Results - Women's Half Marathon**  
 17 & Under: 1. Cynthia Condon 2:03:32, 18-24: 1. Le-Valley Patterson 1:51:38, 25-29: 1. Sandra Dettmann 1:33:29, 2. Marie Deary 1:37:27, 3. Darlene Pelford 1:40:54, 30-34: 1. Eve Somjen 1:27:17, 2. Larua Anthony 1:37:15, 3. April MacNair 1:42:04, 35-39: 1. Culiene Murphy 1:35:48, 2. Lena Cortez 1:38:31, 3. Nancy Davis 1:38:56, 40-44: 1. Barbara Reutema 1:37:28, 2. Carla Nelson 1:38:08, 3. Mickey Cruz 1:46:34, 45-49: 1. Dianna Pales 1:48:30.

## Station to Station

### Wilderness Run

October 16. Walnut Creek, 10K & 4 MI.  
**Overall Results - 4 Mile**  
 1. Gary Troppel (34) Vacaville 42:23, 2. Edward Russell (29) Pleasant Hill 46:06, 3. Alex Wilhelm (24) San Jose 50:20, 4. Tom Callender (36) Walnut Creek 50:54, 5. Doug Drewes (35) San Ramon 56:13.

**Overall Results - 10K**  
 1. Dean Harper (35) Walnut Creek 49:59, 2. Nikos Mourtos (30) San Jose 50:24, 3. George Hall (37) Davis 50:56, 4. Andrew Mcreal (21) Walnut Creek 53:02, 5. Phillip Murphy (44) Oakley 53:50, 6. Lowell Day (33) Danville 56:08, 7. Kurt Fielder (28) Berkeley 56:38, 8. Brad Christie (31) Hayward 57:18, 9. Alisdair McGregor (35) Walnut Creek 57:48, 10. Steve Ranston (31) Mt. View 58:07.

## Valley View Run

October 16. St. Helena, 5 Miles.  
**Division Results - Men**  
 14 & Under: 1. Jason Apau 40:40, 2. Chris Cotrell 46:41, 15-19: 1. Jeff Sorkness 27:42, 2. Fred Christensen 31:49, 3. Luis Ibarra 32:44, 20-29: 1. Chris Schallert 25:00, 2. Don Nauman 27:14, 3. Tim Carroll 30:57, 30-39: 1. Dennis Krovsky 27:24, 2. Dan Butterfield 29:09, 3. Eric Lindblad 29:29, 40-49: 1. Ed Tamson 30:02, 2. Michael Powell 31:33, 3. Vic Franco 31:39, 50-59: 1. Roy Crane 34:06, 2. Daniel Wolter 34:51, 3. William Silva 38:17, 60 & Over: 1. Henry Fugua 42:13, 2. Lawrence Vigliozzo 56:24.

**Division Results - Women**  
 14 & Under: 1. Siri Cohlmeier 43:13, 20-29: 1. Susan Waugh 36:57, 2. Carol Carroll 38:01, 3. Michelle Welch 39:53, 30-39: 1. Patricia Pickett 33:23, 2. Terri Drake-Tamson 36:43, 3. Sherrilyn Roth 40:23, 40-49: 1. Caron Schaumburg 34:05, 2. Nouria Harris 36:09, 3. Katie Martin 37:54, 50-59: 1. Marion Irvine 33:08, 2. Marion Jacob 55:21.

## Annadel Trail Runs

October 22. Santa Rosa, 9.1 MI. & 6.8 MI.  
**Overall Results - 9.1 Miles**  
 1. Alec Isabeau (27) Santa Rosa 47:51, 2. Jim Noonan (27) Santa Rosa 47:56, 3. Keith Maurer (31) Santa Rosa 50:34, 4. Ted Gorn (27) Santa Rosa 50:44, 5. Doug Schroll (36) Kenwood 51:51, 6. Brendan Hutchinson (45) Santa Rosa 51:57, 7. Edward Domning (26) Livermore 52:00, 8. Michael Weddington (27) Santa Rosa 52:18, 9. Peter Franks (42) Sausalito 53:44, 10. John Oakley (35) Santa Rosa 57:30.

**Overall Results - 6.8 Mile**  
 1. Larry Meredith (31) Occidental 42:07, 2. Eric Downing (17) Santa Rosa 52:50, 3. George Murch (28) Clearlake 59:12, 4. Peter Keith (15) Santa Rosa 59:23, 5. Roger Price (50) Santa Rosa 59:25.

## Run Crime Out of Town

October 22. San Diego, 10K.  
**Division Results - Men**  
 8 & Under: 1. Josh Berry 1:01:23, 2. Randy Blackwood 1:02:01, 3. Brett Flynn 1:04:50, 9-13: 1. Eric Watson 40:38, 2. Daniel O'Connor 40:39, 3. Joseph Meisla 42:04, 14-17: 1. Shawne Harvey 35:55, 2. Jeff Hernandez 36:14, 3. Aaron Vargas 37:17, 18-24: 1. Matt Clayton 29:23, 2. Paul Roden 30:39, 3. Rikie Martinez 31:20, 25-29: 1. Steve McCormack 29:26, 2. Mac Williamson 31:16, 3. Josef Thompson 31:19, 30-34: 1. Kevin McCarey 30:50, 2. Dee Carey 32:10, 3. Greg Mareino 32:27, 35-39: 1. Paul Cook 32:10, 2. Jon Haberkm 33:14, 3. Richard Numlich 34:26, 40-44: 1. Steve Myhro 32:51, 2. Armando Valencia 33:20, 3. Bruce Wise 34:13, 45-49: 1. Jim Duran 38:03, 2. Federico Novoa 39:05, 3. Tom Morrow 39:09, 50-59: 1. Jerry Albert 37:11, 2. Oscar Lumpkin 38:18, 3. Bob Collins 39:06, 60-69: 1. Jim O'Neil 38:15, 2. Mac Elliot 43:02, 3. Ted Homer 44:15, 70 & Over: 1. Michael Cerda 1:28:11.

**Division Results - Women**  
 8 & Under: 1. Shanbron O'Connor 1:08:28, 2. Lauren Swenson 1:47:24, 3. Amanda Mullenrith 1:49:38, 9-13: 1. Angie Hansen 44:48, 2. Ashleigh Armstrong 48:24, 3. Niki Adkins 52:32, 14-17: 1. Cheryl Bates 44:36, 2. Devon Lingley 53:29, 3. Tricia Young 57:26, 18-24: 1. Cathy Smith 34:08, 2. Tammy Ripley 37:59, 3. Kim Graber 37:51, 25-29: 1. Susan Brendera 34:05, 2. Alma Cabrera Macy 35:51, 3. Angela Remillard 37:16, 30-34: 1. Kathleen Kinane 37:01, 2. Kaye Rowan 40:35, 3. Janet Morgan 42:21, 35-39: 1. Kerry Tabler 39:45, 2. Kay Harpold 40:49, 3. Gail Zuckor 43:14, 40-44: 1. Patti Hurl 38:36, 2. Julie Karsmeyer 42:06, 3. Carnall Carnall 43:48, 45-49: 1. Ursula Rains 43:34, 2. Sylvia Rasael 44:20, 3. Bunky Stage 47:41, 50-59: 1. Sylvia Crise 49:36, 2. Pat Matteson 56:17, 3. Sheila Pickwell 58:36, 60-69: 1. Terri Lisicotte 1:16:31, 2. Martha Eastham 1:17:47, 3. Ethel Spahn 1:28:00, 70 &

Over: 1. Judy Simon 56:12, 2. Vida Fix 1:36:08.

## Hawthorne Rotary Runs

October 22. Hawthorne, 5K & 10K.  
**Overall Results - Men's 5K**  
 1. Bob Leech (26) 14:34, 2. Javier Lares (30) 15:26, 3. Donald Ciceri (22) 15:49, 4. Dean Ofgren (29) 15:53, 5. Alexis Sabio (18) 15:54, 6. Catinaro Gonzalez (46) 15:59, 7. Juan Cabeza (44) 16:03, 8. Marcelo Vizuela (16) 16:10, 9. Marty Horan (29) 16:18, 10. Daryl Johnson 16:28.

**Division Results - Men's 5K**  
 14 & Under: 1. Eleazar Mendoza 17:29, 2. Ricky Barba 18:32, 3. Donghi Lee 19:28, 15-19: 1. Alexis Sabio 15:54, 2. Marcelo Vizuela 16:10, 3. Mario Rocha 16:31, 20-24: 1. Donald Ciceri 15:49, 2. Jose Perez 16:29, 3. Javier Gutierrez 16:47, 25-29: 1. Bob Leech 14:34, 2. Dean Ofgren 15:53, 3. Marty Horan 16:18, 30-34: 1. Javier Lares 15:26, 2. Daryl Johnson 16:28, 3. Herminio Garcia 16:51, 35-39: 1. Chris Melvin 17:14, 2. Bob Streets 17:18, 3. Scott Minium 17:26, 40-44: 1. Juan Cabeza 16:03, 2. Bruce Wirt 17:25, 3. Salvador Gonzalez 17:28, 45-49: 1. Catinaro Gonzalez 15:59, 2. Robert Schratz 18:44, 3. Jon Leonard 20:03, 50-54: 1. Luis Varga 18:18, 2. Robert Lyons 18:22, 3. Booker Washington 18:33, 55-59: 1. George Burnett 20:14, 2. Ignacio Mariscal 21:48, 3. Edward Olson 22:01, 60-64: 1. Meredith Eker 19:31, 2. Gunnar Brinkner 20:14, 3. Solomon Jackson 21:38, 65-69: 1. Jack Kettler 21:13, 2. Stanley Neuland 21:58, 3. Reese Walton 24:46, 70 & Over: 1. John Hales 24:27, 2. Eddie Howard 25:15, 3. Fred Sharley 26:27.

**Overall Results - Women's 5K**  
 1. Carmen Sandoval (26) 17:36, 2. Donna Okino (28) 17:57, 3. Regina Schuetze (31) 18:08, 4. Donna Chadwick (26) 19:24, 5. Juana Valdez (25) 20:32, 6. Wendy Bracamonte (34) 20:39, 7. Deborah Ridding (26) 20:41, 8. Linda Feldman (29) 20:55, 9. Jennifer Getz (20) 21:05, 10. Diane Cook (31) 21:47.

**Division Results - Women's 5K**  
 14 & Under: 1. Joannop Iliq 21:49, 2. Cynthia Condon 21:50, 3. Alicia Neely 27:53, 15-19: 1. Carmen Cruz 21:48, 2. Kyndall Stovall 22:01, 3. Erin Nall 22:09, 20-24: 1. Jennifer Getz 21:05, 2. Beth Cord 22:27, 3. Elaine Coffelt 25:44, 25-29: 1. Carmen Sandoval 17:36, 2. Donna Okino 17:57, 3. Donna Chadwick 19:24, 30-34: 1. Regina Schuetze 18:08, 2. Wendy Bracamonte 20:39, 3. Diane Cook 21:47, 35-39: 1. Patricia McDonough 23:47, 2. Debbie DeLong 23:59, 3. Carlene Nightingale 25:33, 40-44: 1. Georgina Nuttall 22:25, 2. Eiko Miyasato 24:57, 3. Maradol 25:34, 45-49: 1. Bobbi Gold 21:57, 2. Marisela Olson 26:10, 3. Judy Stevens 28:21, 50-54: 1. Beverly Smith 25:27, 2. Dolores Vega 27:09, 3. Mildred Harrison 27:58, 55-59: 1. Jeri Phillips 28:17, 2. Charmion Burns 35:27, 60-64: 1. Shirley Williams 28:57, 2. Christine Gorman 29:14, 3. Betty Boyce 33:24, 65-69: 1. Katharine Welt 31:25.

**Overall Results - Men's 10K**  
 1. John Barrett (24) 30:19, 2. Tyrus Deminter (25) 30:38, 3. Ron Gee (37) 30:56, 4. Nicolas Hernandez (33) 34:01, 5. Jose Rodriguez (34) 34:19, 6. Jim Masterson (34) 34:21, 7. Rob Carter (25) 34:22, 8. Frank Womack (25) 34:49, 9. David Periman (27) 34:51, 10. Mark Gross (35) 35:13.

**Division Results - Men's 10K**  
 14 & Under: 1. Neftali Martinez 45:29, 2. Randall Abbe 46:45, 3. Adan Figueroa 46:55, 15-19: 1. Tazo Osawa 48:26, 2. Chris Longacre 53:54, 20-24: 1. John Barrett 30:19, 2. Deayne Williams 35:25, 3. Luis Sanchez 35:30, 25-29: 1. Tyrus Deminter 30:38, 2. Rob Carter 34:22, 3. Frank Womack 34:49, 30-34: 1. Nicolas Hernandez 34:01, 2. Jose Rodriguez 34:19, 3. Jim Masterson 34:21, 35-39: 1. Ron Gee 30:56, 2. Mark Gross 35:13, 3. Robert Goodwin 35:54, 40-44: 1. George Butler 36:53, 2. Steve Notaro 37:28, 3. John Walters 37:36, 45-49: 1. George Kingsley 35:47, 2. Ron Werner 37:01, 3. Robert Nell 39:54, 50-54: 1. Ronald Langley 35:29, 2. Frank Vasquez 38:25, 3. Pete Rato 40:56, 55-59: 1. Bob Vitale 43:12, 2. Joseph Bruney 43:36, 3. William Clark

48:28, 60-64: 1. Pat Devine 37:40, 2. Mike Sather 43:11, 3. Wally Taylor 44:24, 65-69: 1. John Nino 48:39, 70 & Over: 1. Eddie Lewin 43:31, 2. Fraser Madhinn 54:17.

**Overall Results - Women's 10K**  
 1. Jeanne Kawashima (31) 40:07, 2. Michele Frotette (31) 40:55, 3. Kathy Mausshardt (29) 41:15, 4. Carol Giel (24) 43:18, 5. Elizabeth Handsaker (40) 43:19, 6. Karin Handsaker (45) 44:35, 7. Nancy Cousineau (36) 44:49, 8. Kim Hufford (24) 45:43, 9. Cynthia Denuno (36) 45:43, 10. Carol Dougherty (46) 45:45.

**Division Results - Women's 10K**  
 14 & Under: 1. Martha Vo 55:26, 20-24: 1. Carol Giel 43:18, 2. Kim Hufford 45:43, 3. Nancy McCallum 52:24, 25-29: 1. Kathy Mausshardt 41:15, 2. Linda Salafia 46:14, 3. Anabela Jacobo 48:59, 30-34: 1. Jeanne Kawashima 40:07, 2. Michele Frotette 40:55, 3. Lolly Cerda 47:39, 35-39: 1. Barb Burg 41:58, 2. Nancy Cousineau 44:49, 3. Cynthia Denuno 45:43, 40-44: 1. Elizabeth Bai 43:19, 2. Corrine Schratz 47:37, 3. Kay Wilmont 47:41, 45-49: 1. Deanna Halem 43:38, 2. Karin Handsaker 44:35, 3. Carol Dougherty 45:45, 50-54: 1. Annie Burns 59:29, 55-59: 1. Beojay Koel 56:43.

**Overall Results - Wheelchair**  
 1. Ray Stewart (35) 26:06, 2. Paul Mandchid (29) 26:43, 3. Mark Steffan (31) 37:19, 4. Robert Thomson (26) 37:20.

**Overall Results - Men's Race Walkers**  
 1. Ed Boudin (41) 23:49, 2. Arichard Nester (39) 27:00, 3. Don Richmond (49) 28:01, 4. Ken Yoshihara (49) 28:03, 5. Stephen Starnas (41) 29:02.

**Overall Results - Women's Race Walkers**  
 1. Victoria Herazo (29) 23:51, 2. Helen Palomo (47) 32:02, 3. Lisa Borel (61) 34:05, 4. Noel Castle (41) 34:05, 5. Hats Sueishi (56) 34:08.

## Long Beach Low

### Tide Runs

October 22. Long Beach, 1, 2 & 4 Miles.  
**Division Results - Men's 1 Mile**  
 6 & Under: 1. Conor Fitzpatrick 10:31, 2. Sean McEwen 12:41, 3. Christopher Kujima 14:20, 7-8: 1. Chris Mitchell 13:43, 9-10: 1. Alfredo Escobar 7:24, 2. Kevin Riely 8:50, 3. Ian Robinson 10:43, 11-12: 1. Marko Coloni 7:07, 2. Paul Badica 7:31, 3. John DiLeva 7:36, 13-14: 1. Jeremy Prieto 6:20, 2. Aaron Forster 6:51, 3. Tony Gallati 6:55, 14-16: 1. Scott Janquardt 5:13, 2. Eric Johnson 5:37, 3. Allan Leight 5:51, 19-29: 1. Tony Burdigo 6:15, 2. Carl Kirmoin 5:55, 3. Jeff Anderson 6:04, 30-34: 1. Bob Wildin 5:13, 2. Chanel Jones 5:28, 3. Roland August 5:33, 40-49: 1. Randall Shelby 5:42, 2. Tom Fischer 5:50, 3. Dave Lanco 6:22, 50-56: 1. Matt Elliott 5:23, 2. Robert Culling 5:39, 3. Cliff Larkin 6:13, 60-69: 1. Steve Chipis 7:19.

**Division Results - Women's 1 Mile**  
 6 & Under: 1. Katelyn Bowers 11:49, 2. Crystal Higgins 11:49, 3. Esther Higgins 12:57, 7-8: 1. Priscilla Higgins 8:25, 2. Nanette Duarte 8:57, 3. Meghan Schmilten 8:58, 9-10: 1. Holly Schmilten 7:56, 2. April Duarte 8:45, 11-12: 1. Susan Escobar 7:24, 13-14: 1. Joanne Cox 6:28, 2. Roxana Nunez 8:48, 15-16: 1. Carrie Dennison 7:05, 2. Katy Donahue 7:11, 3. Latima Jones 7:36, 19-29: 1. Jamie Barcus 6:56, 2. Dana Travellotti 7:38, 3. Christine Manchester 8:22, 30-39: 1. Jan Barcus 8:41, 2. Barb O'Hara 9:50, 3. Cathy Fitzpatrick 10:49, 40-49: 1. Susan Newman 8:26, 70 & Over: 1. La Johnson 19:19.

**Division Results - Men's 2 Mile**  
 14 & Under: 1. Juan Romero 11:52, 2. Alfonso Rivera 14:14, 3. Joel Vilalpanto 14:41, 15-18: 1. Juan Parker 11:56, 2. Paul Mungo 12:26, 3. Eric Johnson 12:46, 19-24: 1. Randy Marks 10:34, 2. Mike Ruggies 11:45, 25-29: 1. Mike Filippow 11:02, 2. Bryan Murchison 11:05, 3. Steve Kane 11:34, 30-34: 1. Bob Wilder 11:36, 2. R. Martin 12:00, 3. Roland August 12:09, 35-39: 1. Bill Fitzpatrick 11:50, 40-44: 1. Tom Fischer 12:37, 2. Randy Berg 14:46, 3. Mervin Jan-

# RESULTS

quart 15:50. **45-49:** 1. Randall Shelley 13:01, 2. Stan Baker 13:11, 3. Pete Ganulin 13:44, 50-54: 1. Cliff Larkin 13:45, 2. Buzz Filts 15:04, 3. John Dricke 18:31, 55-59: 1. Robert Culling 12:32, 2. Tracy Brown 13:17, 60-64: 1. Jack Green 15:00, 2. Armin Fischer 16:08, 3. Bob Herman 16:15, 65-69: 1. Steve Chipis 16:42.

## Division Results - Women's 2 Mile

14 & Under: 1. Joanne Cox 14:02, 2. Sylvia Buray 14:27, 3. Cassandra Higgins 16:16, 15-18: 1. Veronica Navaro 19:20, 2. Kristen Smedley 24:01, 19-24: 1. Kendra Bandrup 15:01, 25-29: 1. Danaq Travell 16:37, 2. Emily Kittler 17:36, 3. Sharil McFarlane 18:17, 30-34: 1. Katie Cunningham 12:12, 2. Linda Carreon 17:37, 3. Sherie Collins 21:08, 35-39: 1. Lana Weiss 20:25, 40-44: 1. Judith Fischer 15:49, 2. Lorraine Silver 17:42, 3. Pegi Lopez 21:52, 45-49: 1. Sharon Kokaska 16:30, 2. Dee Dee Reese 18:32, 50-54: 1. Carol Forster 16:47, 2. Tess Bonner 24:05, 55-59: 1. Lois Persson 27:08.

## Division Results - Men's 4 Mile

14 & Under: 1. James Duckman 26:37, 2. Eduardo Arellano 28:17, 3. Ricky Camacho 28:49, 15-18: 1. David Hind 24:32, 2. Nelson Molina 25:17, 3. Alan Leghart 26:54, 19-24: 1. Bill Lind 22:09, 2. Nennie Arriola 22:55, 3. Tony Zamora 26:20, 25-29: 1. Alfredo Rosas 21:16, 2. David VanHouten 21:31, 3. Mike Kirk 21:44, 30-34: 1. Barry Welsh 22:25, 2. William Miller 23:28, 3. Terry Jaggors 23:58, 35-39: 1. Joe Carlson 22:53, 2. Jim Whitson 23:20, 3. Mike Morris 23:26, 40-44: 1. Paul Maier 23:45, 2. Wayne Mitchell 24:08, 3. Pablo Drobný 24:25, 45-49: 1. Jim Chenoweth 23:55, 2. Randall Shelley 24:27, 3. Dan Henderson 25:02, 50-54: 1. Paul Browne 25:46, 2. Bob Rice 26:27, 3. Jim Scarborough 28:44, 55-59: 1. Kendall Webb 29:19, 2. Jim Brownlow 32:01, 3. Renny Nelson 32:20, 60-64: 1. Larry Baruelos 29:33, 2. Bob Mahlstedt 31:43, 3. Irv Salatet 32:34, 65-69: 1. Reese Walton 35:13, 70 & Over: 1. Norm Ipe 34:42.

## Division Results - Women's 4 Mile

14 & Under: 1. Sara Reyes 29:45, 2. Jenny Fullbright 30:56, 3. Megan McGowan 32:57, 15-18: 1. Barbara Farran 30:38, 2. Peggy Farrell 34:33, 3. Bridget Fitzpatrick 38:20, 19-24: 1. Mary Price 31:52, 2. Jean Nagle 33:55, 3. Janet Syverson 40:35, 25-29: 1. Rose Monday 26:35, 2. Loretta Marietti 28:40, 3. Debbie Cobb 28:47, 30-34: 1. Julie Matteson 24:15, 2. Jade Sackett 27:30, 3. Sue Ann Buck 28:02, 35-39: 1. Linda Riddle 31:44, 2. Debby Silva 32:51, 3. Paula Bowers 33:50, 40-44: 1. Sue Ward 29:24, 2. Anne Cohen 30:39, 3. Varbie Spatz 31:34, 45-49: 1. Joe Ann Goira 31:04, 2. Sandy Pirkle 34:37, 3. Marsha Dales 38:38, 50-54: 1. Dixie Madsen 32:27, 2. Maruena Benice 33:49, 3. Ginie Mains 33:52, 55-59: 1. Pinkie Fisher 35:31, 2. Gloria Eldred 47:53, 3. Nyla Cook 50:45.

## Pioneer Relays

October 22, Cal State University of Hayward,  
11.5 Mi. Relay (4x2.9 Mi.)

### Men's "A" Team:

1. University of Nevada-Reno (Haffley, Batty, Presson, Silveria) 55:24, 2. Cal Poly SLO (Walsh, Peterson, Ackerman, Ghidossi) 57:19, 3. San Francisco State (Bailey, Johanson, MacKay, Hoff) 61:54.

### Men's "B" Team:

1. University of Nevada-Reno (Tuma, Pierce, Martin, King) 57:51, 2. UC Santa Cruz (Knight, Williamson, McWilliams, Garcia) 65:54.

### Women's "A" Team:

1. University of Nevada-Reno (Nelson, Cherulyot, Wood, Young) 43:11, 2. Cal State Hayward (Fedorchak, Jensen, Walsh, Rodriguez) 45:33, 3. Aggie Reebok Club (Thomas, Hawthorne, Rees, Romio) 46:36.

### Women's "B" Team:

1. University of Nevada-Reno (Howard, Uhart, Ash, McGee) 45:25, 2. Cal State Hayward (Mueiller, Bowen, D'Acoust, Vaughn) 47:23, 3. Mills College (Cobau, Burbon, Meadows, Jore) 58:01.

## Western Hemisphere Marathon

By Richard Lee Slotkin

### December 4, Culver City.

I think I've created a monster. Or, at least, identified one.

Because, by golly, the Jinx of Jefferson Boulevard has struck once again.

You think I'm making it all up, trying to jazz up a little backwater race that has long since seen its best days. Okay, then you explain how an Olympic marathoner can be cruising along to victory, on Jefferson Boulevard, holding over a one hundred yard lead, has only a few blocks left on old Jeff, is running very strongly and—

And gets a side stitch.

And finishes third!

I mean, look: from where you leave Jeff to the finish is only about a mile and a half. If you can just get to the sharp right turn on to Sepulveda, you're home free. But, as they say, there's many a slip betwixt cup and lip.

And Polin Belisle—rhymes with pole in the aisle—slipped. Or, fate slipped it to him. Belisle ran in Seoul last summer for his native Belize, the former British Honduras. He claims a sub-2:20 PR, so he's for real. And if you had seen the move he made at about 17 miles, you would know he's for real. He certainly convinced last year's surprise 3rd placer Virtue Ishihara. Ishihara had taken off conservatively and avoided wasting himself early by challenging the frontrunners. So, by mile 13, when the leaders had faltered, Ishihara was ready to take over. One of the guys he passed was Belisle, who then bided his time and followed the new leader. By mile 16, Ishihara had a 5 yard lead and was fighting off one Belisle surge after another until he told himself one more surge and he can have it. Belisle surged all right. Right out to a 300 yard lead by mile 18.

Yeah, he's for real.

And so is the Jefferson Jinx.

Actually, Ishihara had cut the lead to about 18 seconds, or a bit under 100 yards with less than a 1/2 mile remaining on Jefferson. But Belisle was really just cruising. It seemed that he had another surge or two left if he needed it. Then, call it what you will, I say it's "The Jinx," it caught the leader, who, this year was Belisle. When Ishihara passed him, Belisle was still running, but barely. Ish couldn't believe it. He was even more shocked when he saw Belisle finally finish five and a half minutes after he did. "Ohmygosh!" was his reaction when someone said, "There's your 2nd place!" That was Kirby Lee, 5 minutes after Ishihara had finished. When Belisle came through 30 seconds later, all Ish could do was gasp.

Ishihara's time was 2:29:40, pretty good for this race. Which is, all too often, won in the 2:30s.

Fourth place went to Bill Entz. Entz had been the early leader, through the first 6 or 7 miles, along with one or two others who DNFed. By mile 10, reached in 54:40 by Norman Steeg and Belisle, Entz was back in 4th and despite a painful last 10 miles—"I've been running only 60 miles a week"—he managed to hold that position, although he was challenged briefly just before mile 17 by Harold I'm-just-running-this-for-a-workout Ketting.

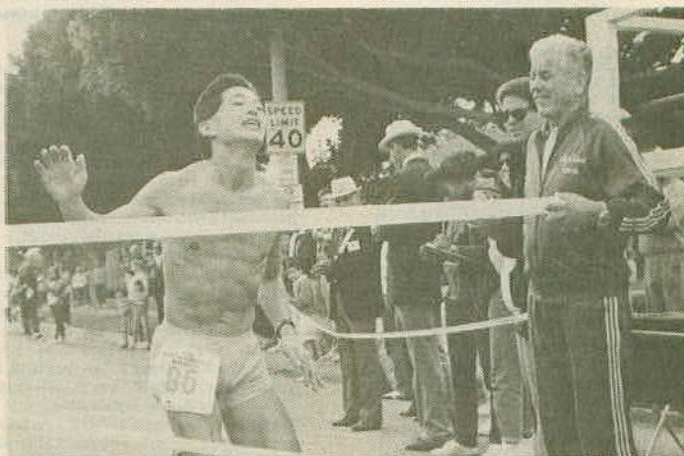
The women's race was a bit strange. There was no one in it that anyone knew

Mortier. "She said that she was having stomach problems and was going to quit at 20 (miles)."

That was a good place to stop because she would be only a few yards from the finish area.

Meanwhile, now in first place, Heimberg threw in a surge, covering miles 22 to 24 in a 7:08 pace. That got her a 3 minute PR of 3:12:59 and the honor of seeing her name engraved on the permanent winners' plaque near the start line; right alongside names like Julie Brown, Jacqueline Hanson and Miki Gorman. Mortier held on to second. Rather easily, actually.

Her 3:20:00 was 12 minutes ahead of the 3rd female.



As former great LASZLO TABORI holds the tape, VIRTUE ISHIHARA gets his first marathon win.

photo by Richard Lee Slotkin

anything of, so not much was expected. You can hope for a sub-3, but if there is anyone who can do it, you'll know about her.

Well, for a long time the first F was a pleasant looking young lady by the name of Christina Gold. She was leading from the start, coming through 6 miles in 42:20 and 10 miles in a very good 70:10. And, she appeared to be barely working up a sweat. For sure, she hadn't gone out too fast. At the turnaround, near the halfway mark, she had a 4 minute lead over Merle Heimberg, who was second. Carol Mortier, running 3rd at the time said Gold looked great, probably headed for a 3 hour clocking.

The Jeff Jinx didn't get Gold. She never got that far.

By 18 1/2 miles, Heimberg had caught her and, according to Dan Ashimine, Heimberg's coach and escort—I dare not say pacer—Gold looked pretty well out of it. At about 19 miles, Mortier, to her shock, also caught up with Gold.

"After cheering her on at the turnaround, I had to slow down and chat with her," said

Only 14 females finished. Not many more than that started. And only 152 males crossed the line.

It wasn't a big race.

But, it wasn't bad.

### Division Results - Men

18 & Under: 1. David Enwall 4:17:05, 2. Ryan Gallagher 4:54:02, 19-29: 1. Kirby Lee 2:34:36, 2. Polin Belisle 2:35:14, 3. Jaime Ortiz 2:42:33, 30-34: 1. Virtue Ishihara 2:29:40, 2. Bill Entz 2:39:01, 3. John Tuttle 2:42:10, 35-39: 1. Abel Ibarra 2:53:58, 2. Ken Moffitt 2:54:30, 3. Jeffrey Adams 2:57:47, 40-44: 1. Gianni Carpani 2:48:26, 2. Tom Perry 2:58:03, 3. Bill Mattson 3:06:30, 45-49: 1. Richard Hillestad 2:58:20, 2. Charles McClung 3:00:11, 3. Juan Cabeza 3:05:53, 50-54: 1. Wayne Fong 3:12:53, 2. Charlie Unger 3:23:49, 3. Phil Porretta 3:24:30, 55-59: 1. Louis Simms 3:28:28, 2. Stephen Bland 3:48:45, 3. Paul Straub 3:53:33, 60-64: 1. Raymond Penkert 3:31:54, 2. Jim Hayes 3:59:12, 3. Abran Alvarez 5:03:58, 65 & Over: 1. Tom Edwards 3:53:44, 2. Matthew Allen 3:58:49, 3. Eddie Lewin 4:07:50.

### Division Results - Women

19-29: 1. Karyn Krofje 3:43:14, 2. Janet Funke 3:59:07, 3. Laurie Bragg 5:02:14, 30-34: 1. Jill Weisman 3:31:56, 2. Virginia Bartlett 3:54:56, 3. Robin Martin 4:25:04, 35-39: 1. Merle Heimberg 3:12:59, 2. Carol Mortier 3:20:00, 3. Beth Kapper 4:15:39, 40-44: 1. Sue Reinhardt 3:37:09, 2. Barbara Reukema 3:52:11, 3. Angela Murano 4:51:43, 45-49: 1. Karen Aderson 4:15:58, 2. Sarah Jones 5:09:16.

# RESULTS

## Run for the Kids

October 22, Menlo Park.

### Men's Winners

1. Brock Hinzmann 31:14, 2. Andy Bupp 31:36.  
Women's Winners  
1. Julie L'Holreux 37:51, 2. Lynn Macy 38:10.

## Hart Park Relays

October 22, Bakersfield.

### Overall Results

1. Ron Ryan, Norman Wykoff, Brenda Vilanueva, 43:40, 2. Ray Maranda, Emma Williams, Bruce Deeter, 46:11, 3. Tricia Heredia, Jonathan Wykoff, Robert Barrera, 46:51, 4. David Powell, Vickie Rigby, Carl Hatley, 48:06, 5. Robert Scales, Janet Kutzner, Leo Marquez, 54:26, 6. Larry Megazzi, Kim Kutzner, Steve Moselman, 54:31, 7. Michael McQuerry, Michael McQuerry, Michael McQuerry, 55:27, 8. Aaron Easter, Jack Randolph, Laura Lowe, 55:35, 9. Juanita Ruiz, Jane McDonald, Susan James, 57:16.

## Firetrails Fifty 1988

October 22, San Leandro.

Traditional fine fall weather greeted the 45 runners who started the 6th annual Firetrails Fifty Trail Race. The overcast lifted and sunny skies and a cooling breeze made it a great day for running.

Tim Ball led from the start and was 10 minutes ahead of course record-holder Dan Williams' time at the mid-point turn-around.

As the day warmed up, Tim slowed down a little and was 10 minutes behind course record in 7:05:54, the second fastest time ever on the course.

Mike Fanelli, a fast marathon runner in his first trail 50 was second in 7:37:23, and George Hall improved on last year's time by 40 minutes for third. Bob Livingston was the masters winner in 8:08:33, right ahead of Lee Jobian who ran one hour and 13 minutes faster than 1987. Keith Henriquez was third in 8:15:17.

Dick Laine, in his 2nd trail 50, was first over fifty in 9:09:23, as Norm Klein, in his first long race since turning 50, was second in 9:11:20. Norm was very pleased with his run after battling injuries for over a year. Orin Dahl was third in that category in 9:16:29.

Mark Ricaud, who just turned 60, won his division in 9:32:51, as Frank Rodriguez persevered to finish in 12:26:02.

Mike Outgley and Johnny Furr, who usually run together, finished in 9:49:36. Why is this noted? Well, they ran together last year too, and finished in the same time, to the second!

The women's race was spirited as Darlene Wallace led from the start, chased by Carol LaPlant. Darlene's 8:27:03 is the third best time ever on the course behind Ann Trason and Melinda Creed, two superstars from 1987. Carol LaPlant finished 2nd woman overall and first masters in 8:48:46. Judy Milgrim, in heavy training for Western States was 2nd masters in 9:38:39. Linda Elam, the only woman to do the Death Valley to Mt. Whitney run twice was 3rd masters in 10:06:47, as she recovers from a knee injury suffered at Leadville.

Overall, the race was a great success as everyone ran well, finished in good condition and enjoyed the final fall weather.

### Overall Results

1. Tim Ball (30) 7:05:54, 2. Mike Fanelli (32) 7:37:23, 3. George Hall (37) 7:59:37, 4. Bob Livingston (42) 8:08:33, 5. Lee Jobian (47) 8:14:21, 6. Keith Henriquez (47) 8:15:17, 7. Bernd Leopold (46) 8:20:04, 8. Mark Samuelson (35) 8:23:20, 9. Darlene Wallace (37) 8:27:03, 10. Rudy Goldstein (40) 8:39:10.

## Deltathon & Biathlon

October 23, Antioch, 1 Mi., 6.2 Mi., Biathlon. (50K Bike, 10K Run)

### Division Results - Men's 1 Mile

12 & Under: 1. Robert Wittenberg 6:48, 2. Kevin Prindville 6:45, 3. Jozel Zygaczenco 6:45, 13-19: 1. Buddy Pohl 4:56, 2. Mathew Rios 5:47, 3. Yemi Collins 5:59, 20-29: 1. Kent Thompson 4:49, 2. Greg Ashby 12:39, 30-39: 1. Aleksandr Zygaczenco 5:08, 2. Richard Rodriguez 5:36, 3. Mike Collins 7:45, 40-49: 1. Gary Hack 7:00, 2. John Prindville 8:32, 3. Chris Wittenberg 9:34, 50-59: 1. Ponch Matamoros 6:02, 2. Tom Curtis 6:05, 3. George Ibarreta 8:36.

### Division Results - Women's 1 Mile

12 & Under: 1. Melanie Melara 6:24, 2. Erica Chernoh 6:30, 3. Monique Melara 6:51, 13-19: 1. Cindy Prindville 6:00, 2. Carla Pinkwart 6:20, 3. Erica Wittenberg 7:17, 20-29: 1. Nancy Wilson 9:37, 2. Linda Ashby 9:39, 3. Jeanne Madero 9:45, 30-39: 1. Catherine Hanson 7:38, 2. Rie Kimura 8:38, 3. Vivian Mata 12:41, 40-49: 1. Jackie Pinkwart 8:45, 2. Judi Flannery 9:55, 3. Judy Merrill 11:06, 60 & Over: 1. L. Isenberger 16:20.

### Division Results - Men's 10K

12 & Under: 1. Jason Maupin 58:19, 13-19: 1. Robert Bruno 34:35, 2. Ken Dempster 35:07, 3. Robert Norwood 38:25, 20-29: 1. Peter Foster 32:55, 2. Roland Bunz 35:54, 3. Ken Tilcock 35:14, 30-39: 1. Randy Moser 34:55, 2. Carlos Lopez 35:09, 3. Michael Zygaczenco 39:24, 40-49: 1. Phil Murphy 35:37, 2. Mike Bellanco 37:53, 3. Bob Van Vliet 38:03, 50-59: 1. John Hodge 40:38, 2. Saul Rodriguez 45:18, 3. Dave Stoeffler 46:19, 60 & Over: 1. John Nyser 46:49, 2. Adrian Verdusco 48:04, 3. James Baccio 50:22.

### Division Results - Women's 10K

13-19: 1. Carlene Dempster 46:41, 2. Joli Gordon 52:07, 3. Lisa Costanza 53:55, 20-29: 1. Cathy Patrick 41:10, 2. Jennifer Risley 46:10, 3. Susan Thruston 49:15, 30-39: 1. Linda Byrd 43:17, 2. Roberta Harris 47:55, 3. Susan Shaw-Raney 48:25, 40-49: 1. Chris Hodge 48:04, 2. Carol Baird 50:15, 3. Anna Collins 59:37, 50-59: 1. Sandy Gangwer 45:49.

### Division Results - Men's Biathlon

19 & Under: 1. Brett Greene 2:17:28, 2. John Salamones 2:23:50, 3. Rume Hoyer-Nielsen 2:27:44, 20-29: 1. Ron Callison 1:53:48, 2. Rick Dillon 1:56:31, 3. Emmett Miller 1:59:51, 30-39: 1. Larry Noron 2:00:47, 2. Rob Walters 2:04:00, 3. Charles Locke 2:01:09, 40-49: 1. Thomas Barthold 2:10:25, 2. Gary Chamberlain 2:15:09, 3. Jack Sorensen 2:16:04, 50-59: 1. Ken Davico 2:24:17, 2. Roy Whitaker 2:30:29, 3. Mill Luxemburg 2:54:00, 60 & Over: 1. Vic Lyons 3:01:02.

### Division Results - Women's Biathlon

20-29: 1. Sandra Langeman 2:26:56, 2. Bridget Ward 2:31:32, 3. Valerie Lance 2:39:58, 30-39: 1. Elyse Dunnahoo 2:25:00, 2. Brenda Lazzaroni 2:36:36, 3. Carol Powers 2:38:00, 40-49: 1. Ann Reynolds 2:30:34, 2. Janice Walley 2:37:47, 3. Dolly Ackerman 2:40:13.

## Barrows to Bear's Lair

October 23, Berkeley, 5K.

### Overall Results - Men

1. Stuart Wiseman 15:38, 2. Jim Williams 16:41, 3. Mike Carlton 16:47.

### Overall Results - Women

1. Shannon Day 20:11, 2. Kaycie Choate 20:29, 3. Elizabeth Kubis 20:42.

## Coyote Hills Race

October 23, Fremont, 3.5 Mile & 7 Miles.

### Division Results - Men's 3.5 Mile

13 & Under: 1. Quentin Lindh 22:56, 2. Dustin Littledale 24:59, 3. Blake Porter 25:59, 14-18: 1. Frank Hardesty 19:20, 2. Raymond Gonzales 19:52, 3. Shane Cerrato 21:52, 19-24: 1. Bobby Rivera 16:29, 2. Matt Bogdanowicz 17:22, 3. David Cardenas 17:48, 25-29: 1. Jack Marden 16:30, 2. John Trott 17:24, 3. Leon Shordon 17:29, 30-34: 1. Nate Harrison 20:06, 2. John Disaver 20:43, 3. Larry Wing

20:44, 35-39: 1. Julios Rati 18:46, 2. David Garcia 18:59, 3. Michael Niemoier 19:41, 40-44: 1. Ronald Highsmith 22:04, 2. John Harris 22:51, 3. Leon Heller 23:27, 45-49: 1. Alan Locher 24:38, 2. Walter Frazier 26:50, 3. Mike Eaton 27:41, 50-59: 1. William Flodberg 21:09, 2. Carl Tuck 23:56, 3. Fred Martinez 24:18, 60 & Over: 1. Ken Morgan 24:55, 2. Don Wilgus 25:30, 3. John Guinness 28:11.

### Division Results - Women's 3.5 Mile

13 & Under: 1. Elizabeth Lindsay 30:08, 2. Main Chu 34:35, 3. Jenny Lindsay 36:30, 14-18: 1. Tanya Corman 26:39, 2. Julie Haas 28:41, 19-24: 1. Vickie Souza 28:55, 2. Sheryl Raines 33:49, 25-29: 1. Patty Sharples 21:23, 2. Sonia Azevedo 29:17, 3. Polly Spofford 29:42, 30-34: 1. Joan Giampool 27:00, 2. Yvonne Murray 27:34, 3. Rhona Mahony 29:13, 35-39: 1. Sandra Lee 30:35, 2. Jill Kneib 32:24, 3. Pamela Robbins 33:30, 40-44: 1. Georgia Hutchinson 25:17, 2. Linda Johnson 30:15, 3. Carlene Skraier 41:52, 45-49: 1. Shiela Hess 28:50, 2. Gloria DeVal 31:58, 3. Carolyn Anderson 37:20.

### Division Results - Men's 7 Mile

14-18: 1. Greg Keeth 43:14, 2. Robbie Culp 45:48, 19-24: 1. Samuel Villegas 40:35, 2. Shawn Johns 49:30, 3. Timothy Hess 50:54, 25-29: 1. Chris Ward 37:45, 2. Pascal Chaudard 42:59, 3. Mitchell Lilly 44:52, 30-34: 1. M. Kaniideh Kan 45:04, 2. Manuel Campos 48:36, 3. Fidel Rodriguez 48:58, 35-39: 1. Dan Anderson 38:51, 2. Gary Silva 40:06, 3. Kendall Williams 47:54, 40-44: 1. Rich Fiquette 43:41, 2. Anthony Rodriguez 47:40, 3. Tim Riley 48:02, 45-49: 1. Roger Sharpe 42:08, 2. Rod Elliott 47:20, 3. Dennis Lem 48:23, 50-59: 1. Denton Muzzoco 48:40, 2. Lloyd Anderson 53:22, 3. Joe Decker 54:55, 60 & Over: 1. Bruce Oliver 47:28, 2. Frank Jancoski 1:00:07, 3. Tony Marshall 1:10:50.

### Division Results - Women's 7 Mile

13 & Under: 1. Lisa Miller 52:19, 14-18: 1. Laura Neville 53:32, 19-24: 1. Stacey O'Hara 43:49, 25-29: 1. Michaela Reed 55:32, 2. Pauline Jancoski 59:35, 3. Julie Christie 1:00:20, 30-34: 1. Mary Ryzner 41:59, 2. Janet Atwood 43:17, 3. Karen Chew 54:46, 35-39: 1. Ruth Grimes 49:44, 40-44: 1. Rhonda Dyer 52:16, 2. Beth Fancher 1:03:51, 3. Nan McDonnell 1:04:09, 45-49: 1. Karen Gudksen 55:14, 2. Rolona Wilcox N.T., 3. Dorothy Roof N.T., 50-59: 1. Diane Bromstead 54:21.

## Fay Hobbs Memorial

October 23, Santa Barbara, 10K & 5K.

### Overall Results - 10K

1. Diane Odion (32) S.B. 38:27, 2. Petra Kemper (32) S.B. 38:32, 3. Cheri Savage (33) S.B. 40:42, 4. Elaine Triplett (37) S.B. 42:25, 5. Betty Jory (44) Lompoc 42:55, 6. Kate Godar (26) S.B. 43:39, 7. Karen Karl (31) Santa Maria 44:35, 8. Laurie Singer (28) Oxnard 44:36, 9. Stephanie Welch (41) Santa Barbara 44:37, 10. Katherine Anderson (39) Oxnard 44:45.

### Division Results - 10K

18 & Under: 1. Alejandra Herman 56:53, 19-24: 1. Laura Haro 45:39, 2. Kathleen Gilton 49:00, 3. Dana Murphy 52:29, 25-29: 1. Kate Godar 43:39, 2. Laurie Singer 44:36, 3. Felicia Chavez 51:05, 30-34: 1. Diane Odion 38:27, 2. Petra Kemper 38:32, 3. Cheri Savage 40:42, 35-39: 1. Elaine Triplett 42:25, 2. Katherine Anderson 44:45, 3. Terry Thomas 45:30, 40-44: 1. Betty Jory 42:55, 2. Stephanie Welch 44:37, 3. Kathy Matthews 45:21, 45-49: 1. Joanne Barker 48:58, 2. Mary Doyle 49:40, 3. Patty Landis 52:49, 50-59: 1. Ruth Adams 56:37, 2. Micki Stern 1:13:01, 60 & Up: 1. Margaret Miller 45:48, 2. Margie Wilrow 54:08.

### Overall Results - 5K

1. Anne Hayden (35) S.B. 18:29, 2. Lori Jackson (28) Santa Maria 19:26, 3. Gae McClenahan (26) S.B. 20:04, 4. Heather Poehler (20) Goleta 21:02, 5. Jennifer Wilson (19) Goleta 21:08.

### Overall Results - 5K Sports Walk

1. Linda Lepper (45) S.B. 33:15, 2. Vanessa Goulden (30) Ventura 34:15, 3. Angel Smith (26) S.B. 36:27, 4. May Ward (48) S.B. 36:41, 5. Rebecca

Busby (12) Oxnard 39:07.

## Lake Merritt Joggers & Striders

## Fourth Sunday Run

October 23, Oakland, 5, 10, 15K.

### Overall Results - 5K

1. Tony Spozzilli (26) Lafayette 17:01, 2. Wayne Hope (32) San Francisco 17:07, 3. Paul Skokowski (32) Pleasanton 17:09, 4. Roland Lochhoff (33) Oakland 17:28, 5. Doug O'Hilly (28) Treasure Island 17:52, 6. Mark Farguharson (19) Berkeley 18:30, 7. Mike Noonan (37) El Cerrito 18:40, 8. Nancy Benson (22) San Francisco 18:45, 9. Brooks Geiker (34) Berkeley 18:52, 10. Peter Algert (26) Oakland 18:53.

### Overall Results - 10K

1. John Kirkpatrick (35) Oakland 37:09, 2. Jack Zakarian (36) Kensington 37:10, 3. Joe Hancock (50) Berkeley 37:56, 4. Anthony Ross (25) Austin, TX 38:51, 5. Martin O'Hilly (50) Novato 39:06, 6. Herb Childress (30) Oakland 39:25, 7. Tim Calhoun (32) Oakland 39:30, 8. Augustin Rodriguez (35) Oakland 39:40, 9. Not Available, 10. Miguel Vogel (38) Vallejo 42:34.

### Overall Results - 15K

1. Searcy Barnett (41) Oakland 56:34, 2. Scott Kennedy (19) San Leandro 59:52, 3. Kathy Kennedy (39) San Leandro 59:53, 4. Peter Madsen (28) Oakland 61:28, 5. Rich Bartke (50) El Cerrito 64:01, 6. Paula Andres (21) Berkeley 64:34, 7. Placido Perez (47) Pinole 64:44, 8. Gary Young (34) Oakland 71:00, 9. Lee Jones (58) San Francisco 71:57, 10. Fenton Kay (46) Nevada 71:58.

## Mulberry Grape Escape

October 23, Livermore, 5K & 10K.

What could be more pleasant than taking a run or stride through the vineyards and then relaxing with a "country french style" picnic and jazz music? Well the Mulberry Branch members, a group whose main function is to raise money for Children's Hospital Oakland, could not think of anything more pleasant and so became the components of the 1988 Mulberry Grape Escape 5K & 10K held at Wente Bros. Winery.

The weather was perfect. A light fog hung in until the last walker crossed the finish line and then the sun broke through as the jazz music which wove its way through the beautiful Wente Bros. vineyards. The "country french style" picnic was a huge success complete with french bread, Danish cheese, french cookies, fresh fruit, almonds, ice cream and of course, wine.

On the competitive side, twenty-six year old Larry Guinness won the 5K (14:48) maintaining a 4:50 pace. Steve Lopez of San Jose, age 18, came in second with a time of 15:14 and John Harrison, age 29, placed third (15:58). In the women's 5K Livermore's own Rebecca Spies, age 15, took first place with a time of 17:39. Susan Hawthorne of Castro Valley, age 24, grabbed second (18:46) and twenty-three year old Jamie Chabot-Rosenfeld from San Jose took third (22:19).

In the 10K, competition was stiff with Oakland's Randy Accetta, 25, and 26 year old Craig Steinmaus of Davis, finished within a half of a second of each other, each averaging a 4:58 pace per mile. Randy was awarded first place with 30:45 and Craig took second with a 30:46. Stephan Overgard, 24, finished third (32:11). Twenty-eight year old Laura Bressus of Castro Valley maintained a 6:20 pace to take first place in the women's 10K with a finishing time of 39:13. Karen Brockwell, 35, of Walnut Creek took second (40:12) with Jeanne Krall, 39, taking third (42:31).

### Division Results - Men's 5K

18 & Under: 1. Steven Lopez 15:14, 2. Jerry Back 17:37, 3. Michiel Jones 22:38, 19-29: 1. Larry Guinness



# RESULTS

14:58, 2. John Harrison 15:58, 3. Jay Littlepage 17:02. 30-39: 1. Todd Baker 16:16, 2. Brian Davis 16:26, 3. John Gaherty 17:07. 40-49: 1. Dan Murray 16:19, 2. Jim Reitz 16:37, 3. Gerald Armstrong



**LARRY GUINEE**

photo by Gene Cohn Productions

17:45. 50-59: 1. John O'Connor 20:42, 2. Mike Flint 22:21, 3. Warren Parry 23:09. 60 & Over: 1. Norman Thomas 28:02, 2. Benjamin Levitan 37:41, 3. Richard Connell 47:05.

#### Division Results - Women's 5K

18 & Under: 1. Rebecca Spies 17:39, 2. Kristen Drake 22:39, 3. Jill Everett 24:55. 19-29: 1. Norman Hawthorne 18:46, 2. Jamie Chabot-Rosenfeld 22:19, 3. Charlotte Walker 22:50. 30-39: 1. Colleen Kingsley 22:31, 2. Patricia O'Neill 22:34, 3. Sheila Donovan 23:09. 40-49: 1. Sharon Wilson 23:49, 2. Jan Ford 25:01, 3. Joni Schulz 26:00. 50-59: 1. Chiyo Shingu 24:42, 2. Lucy Wait 25:23, 3. Mary Ann Perry 25:48. 60 & Over: 1. Kay Yamamoto 38:28, 2. Marge Rodriguez 41:00, 3. Oliver Hanifen 46:49.

#### Division Results - Men's 10K

18 & Under: 1. Gregory Macauley 40:50, 2. Lance Morrison 41:14, 3. Ahmik Jones 42:03. 19-29: 1. Randy Accetta 30:45, 2. Craig Steinmaus 30:46, 3. Stephen Overgard 32:11. 30-39: 1. Bill Seavers 32:17, 2. Ronald Lund 34:18, 3. Les Ong 34:56. 40-49: 1. Neal Chappell 36:23, 2. Sandi Weamer 36:29, 3. John Talco 36:34. 50-59: 1. Terence Fix 38:12, 2. Ken Noel 38:52, 3. Dutch Nuyten 41:42. 60 & Over: 1. Leo Gries 45:49, 2. Don Hawkins 49:27, 3. Jesse Meadows 52:01.

#### Division Results - Women's 10K

19-29: 1. Laura Brees 39:13, 2. Heather Macleod 43:36, 3. Tessie Owen 44:46. 30-39: 1. Karen Brookwell 40:12, 2. Jeanne Krahl 42:31, 3. Melinda Morse 43:08. 40-49: 1. Jackie Marr 43:40, 2. Sandi Boher 48:09, 3. Patty Oliveira 48:10. 50-59: 1. Maurine Gerig 53:29, 2. Huddelle Newman 54:50, 3. Shirley Remaley 1:03:15.

## Willy's Road Race

by Mark Winitz

### January 21, Los Altos

It's one of the best little road races in Northern California according to those who know, and this 10th-annual 5 miler and 1 mile event proved it once again. The race—which is directed by Ellen Clark and her husband (and top master runner) Bill as a fund raiser for the local St. Williams school—is invariably an early year test of fitness for many serious road runners, and a friendly gathering and jog for those who would like to remember the days of block parties complete with raffles for an assortment of baked goodies.

With ideal, mild and cool conditions prevailing, Larry Guinee led off the first race by winning the 1-miler in 4:25.1 (5 seconds off his 1987 CR) and fellow Reebok Aggie Nancy Benson (returned to California after graduating from Tuft's University) easily topping the women in a CR 5:09.8.

At the 10K gun, Felton, CA's Tom Wood took off like a shot through the tranquil Los Altos suburban neighborhood that still shows remnants of sprawling apricot orchards. His opening mile of 4:40 quickly provided a 25-yard gap on the field. At 1-1/2 miles, on the

slightly-downhill backside of the basically double-loop course, Rob Anex joined the red-haired Wood and the two proceeded to spar over the remaining miles. About 15 seconds back, John Sup and Mike Spencer made their bid for third. With neither leader able to shake the other, the race for first unfolded as a sprint to the finish as Wood—who became locally prominent last year by winning at San Jose Mercury News—got a few steps on Anex and broke the tape in 23:51. Anex concluded in 23:53 with Sup taking third in 24:14.

The women, also, turned in a squeaker as 35-year old Marilyn Wallach (the fairer half of husband Len) fared better than she thought she would.

"I'm really pleased about this win because everybody kept saying, 'Oh, you're getting too old,'" commented Wallach, who also won this race in 1982 as Marilyn Taylor Allen. "I didn't expect to win. I just wanted to come out and run a good time."

She did, her 28:30 edging 2nd-placer Rosa Gutierrez (28:33) and Susan Putney (28:36).

Kathy Kennedy (31:03) and Steve Ferraz (25:24) topped all masters. Both Ray Stewart (31:04) and Jacqueline Caselli (38:59) scored excellent marks in the 60 and over group.

The course records, held by Danny Gonzalez (23:30) and Nancy Ditz (26:47) were not threatened this time around.

#### 5 Mile Overall Men

1. Tom Wood 23:51, 2. Rob Anex 23:52, 3. John Sup 24:14, 4. Mike Spencer 24:21, 5. Jeff Stein 24:39, 6.

## Pamakids Lake Merced Run

October 23, San Francisco, 10K

#### Overall Results

1. Don Paul (38) 31:13, 2. Brett Mack (18) 34:04, 3. Rubin Macedo (24) 34:22, 4. George Green (34) 34:37, 5. Javier Mendota (26) 36:19, 6. Brian Wadlington (31) 36:35, 7. Michael Danko (30) 37:44, 8. Alexander Shokrian (31) 38:06, 9. Donald Griggs (40) 38:17, 10. Raymond Coghino (30) 38:36.  
11. Bob Lilly (41) 38:55, 12. Clifton Johnson (22) 39:51, 13. Theo Jones (49) 39:57, 14. Joan Ulflyot (48) 40:04, 15. Richard Parker (43) 40:33, 16. Andrew Ratchford (26) 40:44, 17. Andrew Dudwick (32) 41:14, 18. Ed McDonnell (31) 41:26, 19. Mark Schauer (43) 41:26, 20. Ed Mooney (56) 41:39.

## Mission Bay Triathlon

October 23, San Diego, (500m Swim, 15K Bike, 5K Run)

#### Division Results - Men

19 & Under: 1. Sergio Monsalve 57:20, 2. Dustin Anselm 59:18, 3. Eric Meech 59:20. 20-24: 1. Eric Carlberg 54:59, 2. Ross Remback 55:42, 3. Drew Jeffrey 55:59. 25-29: 1. Corg Humphries 54:40, 2. Ted Cichowski 55:43, 3. Brett Heers 57:22. 30-34: 1. Mike Betancourt 56:13, 2. Gary Urbaga 56:16, 3. Chris Bomrose 56:44. 35-39: 1. Peter Pallag 1:00:27, 2. John McKnight 1:02:11, 3. Evan Rasmussen

1:03:12. 40-44: 1. Tom Lally 1:01:50, 2. Richard Johnson 1:06:12, 3. Chuck Coleman 1:06:20. 45-49: 1. Bud Chrisman 1:00:03, 2. George Toberman 1:00:10, 3. Frank Murphy 1:01:30. 50-59: 1. Donald Wright 1:06:41, 2. Edward Frapwell 1:11:57, 3. Anders Ljungwe 1:19:20.

#### Division Results - Women

19 & Under: 1. Tammy Norton 1:33:10. 20-24: 1. Laurie Cartwright 1:05:53, 2. Colleen Richery 1:15:09, 3. Ann Marie Happ 1:15:39. 25-29: 1. Rebecca Grill 1:06:46, 2. Darleen House 1:07:05, 3. Mary Jane Hayden 1:13:20. 30-34: 1. Mary Grace Barsaleau 1:08:06, 2. Jan Smucker 1:10:38, 3. Sharon Truitman 1:17:23. 35-39: 1. Alanna Davis 1:14:11, 2. Jan Takehara 1:19:13, 3. Beth Brandenburg 1:22:25. 40-44: 1. Denise Toberman 1:20:43, 2. Marsha Pleasant 1:21:30, 3. Linda Tatreau 1:22:08. 50-59: 1. Siv Ljungwe 1:25:40.

#### Relays

Men: 1. Jay Risberg, Prast, Welson 53:29, 2. Bellak, Collins, Brinkman 1:02:02, 3. Boutelle, Penner, Boone 1:03:08.

Women: 1. Andrea Seltsch 1:20:20.

Mixed: 1. Penny Burnstein 52:00, Scott Zornig 54:01, Susan Czerwicz 55:03.

Jose Ajupuro 24:46, 7. Dan Stefansko 24:53, 8. Charles Alexander 25:03, 9. Jim Flint 25:09, 10. Bert Egly (1st which) 25:15.

#### Division Winners - Men

18u: 1. Andy Bupp 25:31, 2. Douglas Donofrio 30:51, 3. Nicholas Rati 31:19. 19-29: 1. Tom Wood 23:51, 2. Rob Anex 23:52, 3. John Sup 24:14. 30-39: 1. Casey Reinking 25:23, 2. Brock Hinzman 25:32, 3. Dan Sowers 25:32. 40-49: 1. Steve Ferraz 25:24, 2. Dennis Tracy 26:45, 3. Syl Pascale 26:48. 50-59: 1. Ken Nuel 29:30, 2. Ken Napier 29:43, 3. Dave Bauer 31:00. 60 plus: 1. Ray Stewart 31:04, 2. Dennis Egly 33:13, 3. Fred Thomas 36:45.

#### Overall Women

1. Marilyn Wallach 28:30, 2. Rosa Gutierrez 28:32, 3. Susan Putney 28:36, 4. Karen Scholte 28:55, 5. Kathy D'Onofrio-Wood 28:59, 6. Allison Orofino 29:06, 7. Sandy Sup 29:07, 8. Becky Van Zant 29:23, 9. Terry Juri 29:41, 10. Sharon Swann 30:08.

#### Division Winners - Women

18u: 1. Christine Gibson 36:50, 2. Alicia Ferguson 40:26, 3. Ashleigh Hamilton 50:36. 19-29: 1. Rosa Gutierrez 28:32, 2. Susan Putney 28:36, 3. Karen Scholte 28:55. 30-39: 1. Marilyn Wallach 28:30, 2. Sandy Sup 29:07, 3. Sharon Swann 30:08. 40-49: 1. Kathy Kennedy 31:03, 2. Linda Mantynen 32:41, 3. Gail Rood 32:46. 50-59: 1. Karen Scannel 34:43, 2. Rita Kerr 41:17, 3. Gerni Asick 41:24. 60 plus: 1. Jady Caselli 39:04.

#### 1 Mile

Men: 1. Larry Guinee 4:25.1, 2. Jose Lizaraga 4:34, 3. John Hombrook 4:42. Women: 1. Nancy Benson 5:09.8, 2. Nancy Benson 5:09.8 (new record), 2. Susan Hawthorne 5:36, 3. Debbie Rocha 5:44.

## Monster Chase

October 28, San Francisco, 3 Mile.

Thousands of ghosts, goblins, and various other creatures were seen running through Crissy Field in the Presidio of San Francisco a little after 10:00 p.m. What brought out all these creatures... and why to Crissy Field? They came to kick off their Halloween weekend with the KMEL Monster Chase, an annual run which benefits Special Olympics of San Francisco.

The three mile race was won by Tim Wood with a time of 13:45, the first woman, who ran a 16:29, was Linda Racine. In the master's division Dennis Tracy (15:30) the first place men's honors with Jackie Mark winning the women's masters division with a 20:18.

After the race was over, participants were rewarded with a monstrous party which included; an "official" Monster Chase t-shirt, a plentiful supply of refreshments, the costume judging contest and live music by The Answer.

#### Men:

Open: 1. Tim Wood 13:45, 2. Chris Ryalls 14:01, 3. Sam Montoya 14:02.

Masters: 1. Dennis Tracy 15:30, 2. Bill Zachary 16:17, 3. Miguel Salorio 16:41.

#### Women:

Open: 1. Linda Racine 16:29, 2. K. Donofrio-Wood 16:32, 3. Leslie McMullen 17:12.

# RESULTS



**TIM WOOD**

photo by Gene Cohn Productions

**Master:**

1. Jackie Mark 20:19, 2. Linda Dodge 20:38, 3. Gail Wain 22:26.

## Miwok Marathon

October 29, Berkeley, Full & Half Marathon.

**Overall Results - Half Marathon**

1. Bill Lee (30) 1:45:00, 2. Dimitri Sklavopoulos (43) 1:53:58, 3. Doug Canepa (30) 1:58:07, 4. Betty Swan (23F) 2:01:07, 5. Forrest Kahle (42) 2:01:08, 6. Alan Swoopes (32) 2:05:10, 7. Jamie Wendell (36F) 2:07:00, 8. Mark Munsell (40) 2:14:30, 9. Bill Anderson (50) 2:19:05, 10. Troy Haynes (27) 2:19:13.

**Overall Results - Marathon (Approx. 29 Miles)**

1. John Liebeskind (27) 5:07:50, 2. Dick Malkin (48) 5:19:58, 3. Frederick Stout (38) 5:22:27, 4. Jane Parrish (41F) 5:24:40, 5. Wolfgang Polak (38) 5:24:40, 6. Richard Parker (43) 5:36:40, 7. Daniel Crosser (46) 5:39:50, 8. Eldrith Gosney (58F) 5:51:13, 9. Tracy Achelis (34F) 6:30:42, 10. Howard Daniel (55) 7:11:14.

**Ultra 50 Relay Teams (6 Member)**

1. Team Imsi 6:50:57, 2. Team Tegeler 9:12:24.

## Moonlight 8K

TAC/USA Women's National 8K Champs.

October 29, Alhambra.

Brenda Webb, 34, of Austin, Texas set a new American Record in Alhambra at Alhambra's 1988 Moonlight 8K which featured the TAC/USA Women's National 8K Championships. Webb's time was an impressive 25:32. The previous American Record was 25:34 set by Lynn Jennings.

Webb also holds American Records for the 5000 meters indoor track (15:25) and 5000 meters on the road (15:05, aided point to point). Her personal best road racing times include 5K-15:05, 5 miles-25:31 pt. to pt., 10K-31:08 and half marathon-1:16.

Coming in second in the TAC/USA Women's National 8K with a time of 25:48 was Olympian Lynn Nelson, 26, of Phoenix, Az. Alhambra's Sylvia Mosqueda, 22, NCAA 10,000 meter champion, came in third with a time of 25:56.

In addition to the TAC/USA Women's National 8K, four other athletic events took place on the 29th. These included an Open Moonlight 8K, 1K Youth Run (with 111 kids participating), Southern California Police and Fire Team 8K Championships, and an 8K Fun Walk. An enthusiastic crowd of 874 people participated in these events.

Bob Leitch came in first in the Open Moonlight 8K in a time of 23:47, followed by Matt Ebner and Dave Daniels.

The Los Angeles Police Department placed first in the Southern California Police Team 8K followed by the Anaheim Police Department, for departments with 300 or more sworn officers. In Category II, departments with 101-300 sworn officers, the Glendale Police Department claimed first place with the Downey Police Department claiming sec-

ond place. The Alhambra Police Department took first place in Category III, departments with 100 or less sworn police officers. The Alhambra Fire Department took first place in the Fire Team 8K.

**TAC Women's National 8K Champs. Results**

1. Brenda Webb (34) Austin, TX. 25:32AR, 2. Lynn Nelson (20) Phoenix, AZ. 25:48, 3. Sylvia Mosqueda (22) Alhambra 25:56, 4. Annie Schweitzer (22) Austin, TX. 26:17, 5. Cathie Twomey (32) Eugene, OR. 26:29, 6. Sue Addison (32) Louisville, CO. 26:31, 7. Linda Begley (29) Sulfield, CT. 26:41, 8. Judy Chamberlin (30) Golden, CO. 26:57, 9. J. Lasee-Johnson (30) Bonita 26:59, 10. Maureen Cogan (20) Dayton, OH. 27:04.

11. Gail Kingma (27) Seattle, WA. 27:07, 12. Carmen Troncoso (29) Austin, TX. 27:13.

**Overall Results - Men's Open**

17 & Under: 1. Juan Romero 29:57, 18-24: 1. Reggie Dechard 25:00, 25-29: 1. Bob Leitch 23:47, 30-34: 1. Dave Daniels 23:57, 35-39: 1. Ron Gee 24:44, 45-49: 1. Larry Main 30:35, 50-54: 1. Brian Femes 28:12, 55-59: 1. Robert Culling 30:22, 60 & Over: 1. Donald D'wirth 34:56.

**Overall Results - Women's Open**

17 & Under: 1. Barbara Farran 33:28, 18-24: 1. Karen Farley 30:18, 25-29: 1. Maricarmen Cardenas 28:59, 30-34: 1. Katy Laesch 29:26, 35-39: 1. Robin Pain 33:23, 40-44: 1. Judy Kewley 32:00, 45-49: 1. Julia Hart 37:18, 50-54: 1. Judith Arnston 45:16, 55-59: 1. Esther Milich 38:35, 60 & Over: 1. Suniye Onodera 41:57.

## Seal Beach Autumn Run

October 29, Seal Beach, 10K.

**Overall Results**

1. Jerry Marsh (24) Santa Monica 30:24, 2. Mike Navock (29) Long Beach 30:47, 3. Randy Hoyles (27) San Clemente 31:11, 4. Rick Csintalan (25) Stanton 31:32, 5. Sean Seley (24) Inglewood 32:19, 6. Barry Welsch (32) Long Beach 32:36, 7. David Dennis (28) La Habra 33:24, 8. Mark Backes (24) Long Beach 33:27, 9. Terry Petersen (28) Huntington Beach 33:29, 10. Catarina Gonzalez (46) Lennox 33:29.

## Shoes and Spokes

October 29, Roeding Park, Fresno, 2 Mile & 6 Mile.

**Division Results - Men's 2 Mile**

12 & Under: 1. Jacob Epp 14:04, 2. Matt Walker 14:59, 3. Ryan Walker 15:03, 13-18: 1. John Scott 10:24, 2. Brian Williams 12:00, 3. Russel Nakaguchi 12:26, 19-29: 1. Gus Prado 9:51, 2. Scott Thornton 10:09, 3. Daniel Vega 10:22, 30-39: 1. Michael Miles 11:30, 2. Rolf Rodriguez 12:02, 3. Darcy Jensen 12:05, 40-49: 1. Bob Perry 11:48, 2. Gary Hall 12:01, 3. Obed Fernandez 12:18, 50-59: 1. Graham Partlett 12:45, 2. Willie Leffall 13:06, 3. Doug Eudley 13:59, 60-69: 1. Bob Musso 13:32, 2. Leon Alonzo 13:45, 3. David Fung 13:57, Wheelchair: 1. Chris Velch 17:56, 2. Austin Snyder 20:41, 3. Winn Johnson 27:00.

**Division Results - Women's 2 Mile**

12 & Under: 1. Kathy Hurley 13:33, 2. Jenni Quammen 14:07, 3. Brittany Burns 15:00, 13-18: 1. Christina Aguirre 13:35, 2. Sundee Snyder 18:30, 19-29: 1. Diane Vartikian 11:57, 2. Tiffany Shaw 13:00, 3. Linda Houke 14:37, 30-39: 1. MaryBell Norris 12:18, 2. Cathy Chester 13:30, 3. Jan Acock 14:17, 40-49: 1. Cathy Boise 12:44, 2. Sharon Shaw 13:31, 3. Jeannette Locker 14:45, 50-59: 1. Tleanne Woodruff 17:07, 2. Louise Rhoan 18:55, 3. Mary Jo Fitchhom 21:08, 60-69: 1. Elaine Clark 21:56, 70 & Over: 1. Ruth Robinson N.T. Wheelchair: 1. Bocky Guerrero 24:17.

**Division Results - Men's 6 Mile**

13-18: 1. Narciso Quintana 37:55, 19-29: 1. Joe Carnegie 32:01, 2. Steve Garza 32:24, 3. Jeff Moffitt 37:15, 30-39: 1. Pat Phillips 37:02, 2. John Miney 38:10, 3. Thomas Briskey 39:05, 40-49: 1. Jim Montvedo 38:55, 2. Doug Sprinkle 40:34, 3. Gerald Baver 40:42, 50-59: 1. Tom Allard 38:22, 2. Juan Sobents 44:52, 3. Richard Robinson 46:26, 60-69: 1. John Bergey 46:21, 2. Tom Kirwin 47:29, 3. Charles

Small 49:29, 70 & Over: 1. Harry Harder 50:07, Wheelchair: 1. Alan Roper 53:18, 2. Humberto Siqueros 58:39, 3. Miguel Moya 1:04:15, Rowcycle: 1. Joel Bernal 51:37.

**Division Results - Women's 6 Mile**

13-18: 1. Tracy Torrijan 47:46, 19-29: 1. Nancy Garneau 39:57, 2. Katie Lowe 40:24, 3. MaryAnn Alvarez 43:17, 30-39: 1. Nellie Gonzales 39:56, 2. Ann Phillips 42:04, 3. Margaret Gong 47:08, 40-49: 1. Karen Lynch 43:00, 2. Barbara Duenas 48:12, 3. Jackie Ryle 47:58, 50-59: 1. Heidi Falho 51:42.

**Team Results**

1. Fresno Fire (Clark, Offenberger, Bell, McAlpine, Aguilor) 60:08, 2. Fresno Co. Sheriff (Kurtze, Robinson, Goolari, Lyman, Esqueda) 60:34, 3. PG & E (Lopez, Montanez, Bihila, Chavira, Traigo) 64:33.

## Sierra Nevada Endurance Run

October 29, Folsom, 52.4 Mile.

The 1988 race date for the Sierra Nevada Endurance Run would be a positive change since the 1987 race hosted 105 degree weather and only 8 of 19 starters finished.

The second assault of the S.N.E.R. started promptly at 7:30 a.m. from Granite Bay to Folsom Lake.

A lead pack formed early with Bill Finkbeiner, Bogdan Ambroiwicz and Jeff Darnell. Finkbeiner's experience would be the contributing factor to his victory this year. As all runners approached Cardiac Hill, Finkbeiner eased up, and then with equal motion began to surge past Darnell and Ambroiwicz. With a one minute lead at Auburn, Finkbeiner opened up a ravaging pace for the next 4 miles. On approach to No Hands he had already established a 10 minute lead. At this point Jack Klingman would move into second.

Suzi Clark of Colfax was a hometown favorite, but competition would be increased with three other tough competitors.

From start to finish, Suzi demonstrated the expertise that has helped her finish a number of 100 mile races this year.

Suzi clocked in to the Cool Aid State (1/2 way) 48 minutes ahead of last year's pace, after a brief stop she continued on to a course record in 11:24:15.

The Sierra Nevada Endurance Run is by far the toughest 50 mile in California. This years aid station were of the highest quality, a must ultra for runners in 1989.

**Overall Results**

1. Bill Finkbeiner 8:34:18, 2. Jack Klingman 8:42:38, 3. Don Duffly 9:10:28, 4. Mike Hernandez 9:18:56, 5. Bernd Leupold 9:25:45, 6. Bogdan Ambroiwicz 9:39:01, 7. Ray Nichol 9:58:16, 8. Jeffrey Darnell 10:05:45, 9. Adrian Crane 10:10:59, 10. Michael Murphy 10:25:03.

11. Chuck Mather 10:35:07, 12. Oren Fletcher 10:36:20, 13. Paul Alsop 11:10:00, 14. Dick Collins 11:14:43, 15. Larry Castano 11:18:30, 16. Suzi Clark 11:24:15, 17. John Utwinovich 11:43:48, 18. Ty Russell 11:55:28, 19. Lino Delgado 12:20:34, 20. Allen Reid 12:54:26.

21. Kathy Manard 12:55:29, 22. Beth Matteson 12:58:56, 23. Paul Braatz 13:12:21, 14. Russell Chisholm 13:13:46, 25. Thomas Ekstrom 13:37:57.

## Sugarloaf Trail Runs

October 29, Kenwood, 7 MI. & 13.5 MI.

**Overall Results - 7 Mile**

1. Larry Meredith (31) Occidental 55:44, 2. Alec Isabeau (27) Santa Rosa 55:45, 3. Scott Oujas (23) Pt. Richmond 58:02, 4. Michael Locati (37) Novato 58:06, 5. Lisa Homen (29) Novato 1:02:18, 6. Steve Coleman (39) San Rafael 1:04:38, 7. Bob Shaw (57) Pennridge 1:06:07, 8. Jess Orozco (36) Pinole 1:06:32, 9. Dave Crockett (52) San Francisco 1:08:30, 10. Vic Crosetti (63) Redwood Valley

1:11:12

**Overall Results - 13.5 Mile**

1. Ken Cox (32) Woodland 1:40:51, 2. Allen Gray (29) Reno 1:43:11, 3. Cliff Young (30) Reno 1:49:02, 4. Peter Franks (42) Sausalito 1:49:23, 5. Terry Pintane (37) Santa Rosa 1:54:15, 6. Tony Smyth (29) Vallejo 1:55:03, 7. Robert Groff (50) Larkspur 1:55:52, 8. Ron Yank (45) Oakland 2:01:20, 9. Mike Powell (46) Paradise 2:02:44, 10. Penny Dennis (38) Oakland 2:03:29.

## Twilight's Last Gleaming 4 Mile X-C

October 29, Arroyo Verde Park, Ventura.

When Santa Barbara's Robert Hollister crossed the finish line to the announcement of a new course record, some observers were heard to say his winning time was very good for a five mile race. Unfortunately Hollister had only run four miles in winning the third annual Twilight's Last Gleaming Cross Country Challenge. But these were four tough miles in and around Arroyo Verde Park in Ventura. The course features several tough hills, a constant variety of surfaces and the occasional obstacle. "Just as you catch your breath, there's another hill or something", a competitor remarked.

Hollister's time of 24:07 shaved one second off Mike Smith's 1986 record. After just missing the elusive 24 minute barrier (6 minute per mile pace), Hollister declared "Wait 'til next year."

This is the third year of this race that declares itself to be different from your average running race. Held the evening of the time change, the race features odd age divisions, a "thought provoking course" and even apologizes for not selling T-Shirts with a disease named on the front.

Practice does help on this course; not just the miles of training but the strategy to pace through the variety of challenges. Ken Gerry from Camarillo, who has run this race all three times, used his experience to move from as far back as ninth to capture second place at the finish. His 25:25 knocked 37 seconds off his own 36-41 age group record. Horst Lutz from Thousand Oaks, also a three timer improved for a second time 1:19 this time after improving 2:10 last year. This year he finally achieved the record in his 48-53 division at 30:31. But next year, when he advances into the 54-59 age group he'll have to improve another 19 seconds to challenge the new standard set by Goleta's Robert Remington at 30:13. Additional age group records were set by notorious dihard runners; Simi Valley's Dick Durrant improved the 60-65 mark by almost ten minutes to 35:34; Jussi Hamalainen from Agoura won his age group in the first of three races over a 15 hour period, improving the 42-47 standard by 24 seconds to 25:46; and last year's Fillmore High School track star Gerardo Vacca took 18 seconds off the 12-17 mark with a 28:10.

Not to be outdone, the small women's field featured the second and third best women's time on this course. Goleta's Diane Odion, running for the Reebok Aggies, won in 29:55, now the new record in the 30-35 age division. She was chased most of the way by Lorraine Mercado of Oxnard's Parks and Recreation Department. In third, Ventura's Lori Montoya set a new record in the 18-23 division.

**Overall Results**

1. Robert Hollister (29) Santa Barbara 24:07, 2. Ken Gerry (37) Camarillo 25:25, 3. Mark Dawson (34) Simi Valley 25:31, 4. Dennis Odion (29) Santa Barbara 25:37, 5. Jussi Hamalainen (42) Agoura 25:46, 6. Steve Durand (32) Simi Valley 26:11, 7. Mark Ellis (21) Ventura 26:40, 8. Luis Alamilia (18) Fillmore 26:49, 9. Greg Hart (32) Los Angeles 27:19, 10. T.J. McGreevy (27) Thousand Oaks 27:22.

# RESULTS

## Aztlán International Runs

October 30. East Los Angeles College, Monterey Park.

It was a warm beautiful day, ideal for a beautiful race. That's exactly what happened as the sixth annual Aztlán International 5K & 10K Run and Walk was held at ELA College Olympic Stadium.

More than 2,000 of the community arrived early to catch the colorful Azteca dancers greet the new day and warm-up the 600 runners with their exciting drumming and dancing.

Authentic Aztec plaques were presented to 144 individual winners as a Mariachi group entertained the large crowd. After the awards a mini-concert by KPFF-FM personality "Sancho" was held featuring Ruben and the Jets.

### Overall Results - Men's 10K

1. Luis Colín (22) 32:18, 2. Raul Hernandez (26) 32:49, 3. Martín Morales (17) 33:03, 4. Kirby Lee (24) 33:30, 5. Robert Mata (18) 34:26.

### Overall Results - Women's 10K

1. Sandra Rodriguez (19) 37:45, 2. Luisa Rongullo (30) 40:29, 3. Lillian Soliman (17) 42:30, 4. Isela Tobar (17) 45:08, 5. Adell Williams (40) 47:20.

### Overall Results - Men's 5K

1. Alejandro Cruz (29) 15:06, 2. Javier Lares (30) 15:38, 3. Nati Gaona (18) 15:47, 4. Joel Sanchez (29) 16:13, 5. Eken Garcia (27) 16:14.

### Overall Results - Women's 5K

1. Rosalinda Garcia (19) 18:35, 2. Monica Ceballos (19) 19:23, 3. Grace Sandoval (28) 19:54, 4. Theresa Falcon (14) 20:02, 5. Arcelia Gomez (17) 20:19.

### Overall Results - Men's 5K Walk

1. Ed Bouldin 23:36, 2. Jim Coots (47) 24:32, 3. Juan Izaquiere (27) 26:12, 4. Bob Meador (54) 26:26, 5. John Koffy (59) 27:00.

### Overall Results - Women's 5K Walk

1. Victoria Herazo (29) 23:55, 2. Virginia Scales (46) 28:20, 3. Jill Latham (53) 29:00, 4. Cathy Mesh (34) 29:17, 5. Joan Smith (31) 29:49.

## Monster Mash Dash

October 30. Santa Ana, 8K.

### Division Results - Men

14 & Under: 1. Rory Castro 32:55, 2. Jamie Brooks 34:38, 3. Mike Leahy 35:34, 15-18: 1. Fermin Segura 26:30, 2. Rene Gutierrez 27:17, 3. John Ehrke 28:04, 19-24: 1. Mark Laplant 24:57, 2. Jose Alcaraz 25:06, 3. Abel Mota 25:55, 25-29: 1. Joey Gomez 24:48, 2. Mike Serna 26:36, 3. Jorge Ortega 26:45, 30-34: 1. Rob Sick 27:12, 2. Raul Aguero 28:16, 3. Oscar Aguirre 29:41, 35-39: 1. Paul Cook 26:07, 2. Richard Nurnich 27:12, 3. Mark Gross 27:49, 40-44: 1. Gust Rouhas 31:23, 2. Michael Louie 31:28, 3. Dennis Schmitz 31:45, 45-49: 1. Gene Mote 28:43, 2. Ray Hughes 30:01, 3. Charles Burton 31:26, 50-54: 1. Bruce Lin 32:24, 2. Robert Lopez 37:22, 3. Greg Gutierrez 37:54, 55-59: 1. Wally Evertz 31:24, 2. Jim Rigney 33:49, 3. Bob Alloy 37:11, 60-69: 1. Patrick Devine 30:16, 2. Richard Hochschild 35:40, 3. Bob Mahlsiedt 38:13, 70 & Over: 1. Ed Rumble 45:48.

### Division Results - Women

14 & Under: 1. Tracy Fatone 34:11, 2. Lulu Johnson 37:29, 3. Carolyn Fitzgerald 37:50, 15-18: 1. Rosa Cazares 32:12, 2. Margarita Fernandez 35:51, 3. Christal Yunker 36:08, 19-24: 1. Mareva Hays 34:20, 2. Joanne Saxe 34:46, 3. Meg O'Neil 36:35, 25-29: 1. Gretchen Lohr 28:09, 2. Julie Groll 29:51, 3. Olivia Padilla 30:43, 30-34: 1. Georgina Ried 32:18, 2. Kim Maggion 33:55, 3. Joy Carney 36:30, 35-39: 1. Kathleen Roos 32:14, 2. Pam Goacher 32:23, 3. Lori Cuel 32:29, 40-44: 1. Sue Reinhardt 33:51, 2. Carolyn Stade 34:51, 3. Gloria Britton 36:57, 45-49: 1. Harolene Walters 30:58, 2. Karin Handsaker 36:12, 3. Kathryn Owen 37:05, 50-54: 1. Heidi Schroeder 43:04, 2. Carol Hochschild 48:40, 3. Lillian Corrivau 48:52, 55-59: 1. Jane Tolley 46:53, 2. Teresa Ramirez 1:02:25, 3. Alice Hernandez 1:17:12, 60-69: 1. Anna Griffith 58:07, 70 &

Over: 1. Judy Simon 44:19.

## Pumpkin Festival Runs

October 30. Westlake Village, 5K & 10K.

### Overall Results - 5K

1. Tom Lowry (36) 15:34, 2. Larry Montag (36) 15:38, 3. Jim Dunlap (26) 15:49, 4. Vaughn Kastor (23) 15:57, 5. Peter Mogg (34) 16:15, 6. Chuck Herrera (29) 16:24, 7. Jussi Hamalainen (42) 16:33, 8. Thomas Hall (38) 16:38, 9. James Stepan (35) 16:53, 10. Michael Mulek (37) 17:12.

### Overall Results - 10K

1. Paul Hough (31) 31:40, 2. Tom Lowry (35) 32:27, 3. Chris Spitz (25) 32:47, 4. Pete Kaplan (32) 33:14, 5. Larry Montag (36) 33:40, 6. Ruben Ledesma (27) 33:49, 7. Jussi Hamalainen (42) 34:00, 8. Terry Howell (32) 34:25, 9. Robert Radno (30) 34:26, 10. Jim Hughes (41) 34:54.

### Division Results - Men's 5K

10 & Under: 1. Adam Paules 21:25, 2. Billy Paules 22:08, 3. Devin Barshay 23:32, 11-14: 1. Scott Scheirmann 17:34, 2. Erik Rangno 17:52, 3. Kelly Thundeburk 20:08, 15-18: 1. Jeff Wells 17:15, 2. Chris Otey 17:30, 3. Gary Glass 18:43, 19-24: 1. Vaughn Kastor 15:57, 2. Robert McCall 18:59, 3. Ron Bowler 19:46, 25-29: 1. Jim Dunlap 15:49, 2. Chuck Herrera 16:24, 3. Mike Shriver 17:19, 30-34: 1. Peter Mogg 16:15, 2. H. Von Winkelmann 17:48, 3. Perry Perez 18:24, 35-39: 1. Tom Lowry 15:34, 2. Larry Montag 15:38, 3. Thomas Hall 16:38, 40-44: 1. Jussi Hamalainen 16:33, 2. Joe Jacobsen 17:21, 3. Donald Gilman 17:39, 45-49: 1. Geoffrey Glassner 18:14, 2. Dick Duccini 18:20, 3. Jack Kewley 18:44, 50-59: 1. Luis Varga 18:21, 2. Pete Newman 19:02, 3. Tom Steele 19:27, 60-69: 1. Milo Sather 20:52, 2. Frank Pinkerton 21:39, 3. Carroll St. Aubin 23:00, 70-79: 1. Ed Stotsenberg 22:47, 2. Phil Carey 33:03, 80 & Over: 1. Jack Bishin 37:11.

### Division Results - Women's 5K

10 & Under: 1. Alicia Whelan 20:30, 2. Sharon Fullove 20:50, 3. Heather Busby 21:10, 11-14: 1. Kerry McClosky 19:44, 2. Jennifer Krug 25:01, 3. Teresa Besudine 25:07, 15-18: 1. Jena Haggengmiller 18:30, 2. Alex Guidi 19:06, 3. Nicola Koeber 24:56, 19-24: 1. Debbie Ball 19:05, 2. Jamie Chabot 21:37, 3. Catherine Trapani 32:22, 25-29: 1. Elizabeth Kinster 21:12, 2. Gina Lamonica 21:56, 3. Loraine Wong 25:19, 30-34: 1. Corni McCarthy 17:28, 2. Tracy Jenkins 19:52, 3. Mary Burns 22:55, 35-39: 1. Jan Radno 20:16, 2. Mary Jo Del Campo 20:20, 3. Marilyn McGin 21:43, 40-44: 1. Judy Kewley 19:14, 2. Leslie Stepan 22:28, 3. Alice Cahill 23:16, 45-49: 1. Barbara Camp 23:15, 2. Judy Paine 24:11, 3. Patti Camp 24:34, 50-59: 1. Barbara Welch 25:11, 2. Shirley Spencer 23:59, 3. Ann Klingberg 24:01, 70 & Over: 1. Dot Stotsenberg 40:52.

### Division Results - Men's 10K

11-14: 1. Angel Topia 42:53, 2. Richard Acosta 43:08, 3. Guillermo Cervantes 44:12, 15-18: 1. Chris Miller 36:59, 2. Scott Hawkins 44:32, 3. Lars Koeber 47:03, 19-24: 1. Frank Segura 36:58, 2. Steven Sherman 37:28, 3. Scott Ulrik 40:44, 25-29: 1. Chris Spitz 32:47, 2. Ruben Ledesma 33:49, 3. Damon Lyman 35:11, 30-34: 1. Paul Hough 31:40, 2. Pete Kaplan 33:14, 3. Terry Howell 34:25, 35-39: 1. Tom Lowry 32:27, 2. Larry Montag 33:40, 3. James Stepan 35:09, 40-44: 1. Jussi Hamalainen 34:00, 2. Jim Hughes 34:54, 3. Steve Crouch 35:36, 45-49: 1. Sam Rugh 38:51, 2. Joe Wells 38:58, 3. Michael Froman 39:28, 50-59: 1. Bill Skiersz 37:25, 2. John Ghini 39:55, 3. Bob Meissner 42:03, 60-69: 1. Maury Kellner 47:56, 2. Philip Smith 51:01, 3. Robert Romanin 57:21, 70-79: 1. Robert Goodman 65:25.

### Division Results - Women's 10K

11-14: 1. Kim Williamson 46:55, 2. Angelica Ramirez 50:33, 3. Kimberly Gentry 53:22, 19-24: 1. Jill Hibbit 48:18, 2. Michelle Blais 48:18, 3. Kathy Harrity 51:39, 25-29: 1. Mary Olexa 42:11, 2. Toonie Hilda 42:19, 3. Liz Lech 43:15, 30-34: 1. Cynthia Brady 43:33, 2. Janet Knotts 45:40, 3. Roberta Burroughs 45:50, 35-39: 1. Sheryl Snyder 38:28, 2. Robin Hale 43:30, 3. Donita Williamson 47:11, 40-44: 1. Estrella

## Pepsi Cola California Mile

By Mark Winitz

### San Francisco, October 30th

The city built on seven hills offers its biggest to lactic lovers of all kinds one Sunday each October in the form of a mile race. Runners from elementary school age to veterans, as well as mountain bicyclists and tray-balancing waiters tackle a 300-foot ascent up San Francisco's historic Nob Hill in waves. The climb, it seems, gets steeper with every short, heavy stride. The oxygen-deprived gasps come quickly. Five to ten minutes of pain.

Last year, I ran the California Mile in 100°-plus temperatures on an afternoon following a 5-mile race in which I competed in the morning. I am not a miller by any means, and uphill is not my forte. My time on that day is better left buried in the results way back in the file cabinet. I don't even remember my exact time. I've blocked it out.

This year I grabbed the opportunity to co-announce the finish line and let others become hill slayers. I watched and called the play-by-play of more than a dozen divisional races over three hours for the local spectators that had come out to watch the races live. (Local TV and radio coverage had many yearning from their couches on this year's cool morning.) It was a memorable experience for a novice commentator, as I worked in live audience interviews with some of the featured runners: Rod Dixon, Mark Conover, and Jim Ryan among others. A running reporter's dream, especially the chance to talk with Ryan who had briefly left the flats of his Kansas home to race up a hill he'd never seen before.

For the racers, it was an occasion to rub elbows and test their anaerobic thresholds with a rare combination of legends and current Olympians. In the course of the morning:

- Dixon defended last year's title, as his 5:01.6 in the open male division bested some tough, talented competition, most of whom are more than a decade his junior. Cal-Berkeley's Dave Ottaway (5:06.6)—who holds the unofficial record for the downhill road mile—was second and Randy Accetta (5:07.6) third.

- Canadian Olympian Lynn Williams (5:39.5) booted up the hill unchallenged in the female open division as Canadian Olympic teammate Debbie Bowker (6:02.7) and San Luis Obispo's Gladees Prieur (6:16.8) followed. It was

Williams' third win here. "This is what you call the end of a long season," said Williams whose perky personality has TV personnel recruiters interested.

- Hometown master Steve Ferraz (5:40.6) topped the 40-49 division once again, as Ryon (5:49.8) held off West Valley TC's Ramsay Thomas' (5:51.7) challenge for second.

- Marilyn Wallach (Taylor) (6:32.2) topped the sub-masters women once again, and then watched as husband Len competed with the veterans while serving as the race's technical director.

- John Finch (6:47.3) and Vicki Bigelow (7:16.1) outran the other veterans (50-59) up the 20% grade.

- The Reebok Aggie Centipede, running in the open male division, pulled 26 legs up the hill in 5:59.

### Division Results - Boys

K-5: 1. Jarrod Garrison 6:54, 2. Brian Whitford 7:51, 3. Beebe Ruffedge 7:56, 6th-8th: 1. James Garrison 6:13, 2. Gregory Tademey 6:27, 3. Andrew Smith 6:28, High School: 1. Andy Bupp 5:24, 2. Kevin Berkowitz 5:32, 3. Donnie Nelson 5:34, Mountain Bike Men's Pro: 1. Ned Overend 3:35, 2. Max Jones 3:37, 3. Clark Natwick 3:38, Sub-Masters (30-39): 1. Bill Aragon 5:35, 2. Devon Flynn 5:43, 3. Nathan Smith 5:47, Mountain Bike Open: 1. J.P. Morgan 3:48, 2. Dan Mackey 4:11, 3. Jon Kowalski 4:13, Masters (40-49): 1. Steve Ferraz 5:40, 2. Jim Ryon 5:49, 3. Ramsay Thomas 5:51, Waiters: 1. Craig McClellan 3:06, 2. Anthony Soumany 3:13, 3. Charlie Sullivan 3:26, Open: 1. Rod Dixon 5:01, 2. David Ottaway 5:06, 3. Randy Accetta 5:07, Veterans (50-59): 1. John Finch 6:47, 2. William Flodberg 7:05, 3. Lee Groy 7:23, Super Veterans (60+): 1. Gunnar Brydner 7:58, 2. D.F. Wichelman 9:23, 3. Dave Burg 10:12, Heavyweights: 1. Noah Rollins 6:20, 2. Mark Huffman 6:40, 3. Michael Huhn 6:41.

### Division Results - Women

K-5: 1. Andrea Torres 7:43, 2. Molly Finn 8:37, High School: 1. Ramona Pena 8:04, 2. Bettina Brenner 8:13, 3. Lisa Lopez 8:31, Mountain Bike Women's Pro: 1. Susan Demattei 4:37, 2. Janis Coblentz 4:48, 3. Jacqueline Buratovich 4:53, Waiters: 1. Jill Cooper 4:13, 2. Darcy Provo 5:13, 3. Paula McCabe 5:27, Open: 1. Lynn Williams 5:39, 2. Debbie BNowker 6:02, 3. Gladees Prieur 6:16, Sub-Masters (30-39): 1. Marilyn Wallach 6:32, 2. Nan Hall 6:43, 3. Cindy Van Natta 7:04, Masters (40-49): 1. Marilyn Acquistodade 7:46, 2. Elaine Pierce 7:53, 3. Marsha McGovern 8:26, Veterans (50-59): 1. Vicki Bigelow 7:16, 2. Marty Martelle 8:18, 3. Betty Bickhart 10:50.

### Relays

Female Corporate: 1. Pacific Telesis 6:13, 2. Lockheed 6:20.

Male Corporate: 1. Pacific Telesis 4:10, 2. Not Available, 3. Lockheed 4:31.

Co-Ed: 1. Olympic Athletes 5:37, 2. SF Unified School District 7:04.

Celebrity Media: 1. Golden State Warriors 5:27, 2. KSOL-Radio 5:47, 3. San Francisco Examiner 5:52.

continued next page...

# RESULTS

Whaley 43:43, 2. Elizabeth Bell 46:14, 3. Leslie Stepan 50:22, 45-49: 1. Anni Johansen 50:22, 2. Ellen Frost 55:00, 3. Jeanne Johnson 55:56, 50-58: 1. Sue Caps 61:58, 60-69: 1. Bea House 65:33, Wheelchair: 1. Sherill Aistadt 42:03.

## St. Joseph's Medical Center

October 30, Los Angeles, 5K, 10K & 15K.  
Overall Results - 5K

1. Eugene Muslar (29) 16:01, 2. Belay Admassu (19) 16:13, 3. Dror Benami (18) 16:24, 4. Tony Gerbino (24) 16:27, 5. Robert Proctor (29) 16:29, 6. Catalino Machan (31) 17:02, 7. Dave McAlpin (30) 17:05, 8. David Melkonian (15) 17:29, 9. Jack Baldwin (33) 17:44, 10. Garry Gertmerian (20) 17:46.

### Division Results - Men's 5K

17 & Under: 1. David Melkonian 17:29, 2. Bradley Clare 18:16, 3. Jon Cohen 18:51, 18-29: 1. Eugene Muslar 16:01, 2. Belay Admassu 16:13, 3. Dror Benami 16:24, 30-39: 1. Catalino Machan 17:02, 2. Dave McAlpin 17:05, 3. Jack Baldwin 17:44, 40-49: 1. David Solie 18:42, 2. Woody Studenmund 19:14, 3. Pedro Ponce 19:23, 50-59: 1. Joe Alaniz 21:05, 2. Carlo Leone 21:37, 3. Doug Buckmaster 22:22, 60-69: 1. Phil Jones 21:58, 2. Harold Willis 22:58, 3. Leonard Rudolf 25:22, 70 & Over: 1. Eddie Lewin 25:32.

### Division Results - Women's 5K

17 & Under: 1. Kyndall Stovall 22:01, 2. Srihith Greshaphun 24:30, 3. Alice Koh 29:58, 18-29: 1. Kathy Gordt 21:58, 2. Graciela Carmon 22:29, 3. Theresse Pagano 24:40, 30-39: 1. Terri Goodready 20:03, 2. Dorothy Forbes 20:45, 3. Susan Schneider 23:42, 40-49: 1. Virginia Werbel 24:35, 2. Elizabeth Allen 24:38, 3. Fran Smith 25:11, 50-59: 1. Betty Crosby 28:04, 2. Phyllis Badger 31:39, 60-69: 1. Kelly Bos 46:26, 2. Berg Edred 46:38.

### Overall Results - 10K

1. Angel Hernandez (28) 31:23, 2. Jeff Dettmer (27) 31:53, 3. Robert Rendon (28) 31:58, 4. Yehuda Packer (29) 34:06, 5. Page Thibodeux (32) 34:17, 6. Ernst VanWagonsveld (29) 35:41, 7. David Snowhook (31) 36:01, 8. Pontus Chuck (24) 36:26, 9. Everardo Gomez (16) 37:23, 10. Carolyn Richards (23) 37:33.

### Division Results - Men's 10K

17 & Under: 1. Everardo Gomez 37:23, 2. Miguel China 46:41, 3. Ben Berman 51:29, 18-29: 1. Angel Hernandez 31:23, 2. Jeff Dettmer 31:53, 3. Robert Rendon 31:58, 30-39: 1. Page Thibodeux 34:17, 2. David Snowhook 36:01, 3. Pat Lennon 39:31, 40-49: 1. Charlie Pandella 37:45, 2. Juan Cueva 38:08, 3. Ken Jewell 38:50, 50-59: 1. Joost DeRuiter 44:12, 2. Chaz Haba 44:19, 3. Doug Hess 45:11, 60-69: 1. Steve Bahias 53:10, 2. John Rodriguez 56:14.

### Division Results - Women's 10K

17 & Under: 1. Mari Chernov 46:41, 18-29: 1. Carolyn Richards 37:33, 2. Gena Elliot 42:27, 3. Bryn DeVore 44:24, 30-39: 1. Jennifer Garrison 46:19, 2. April MacNair 46:41, 3. Kathy Rajani 53:55, 40-49: 1. Cindy Miller 48:13, 2. Suzanne Hambrecht 51:52, 3. Lynn Walton 52:49, 50-59: 1. Joan Maxwell 53:29.

### Overall Results - 15K

1. Ali Hulane (28) 49:51, 2. Victor Carrillo (25) 50:57, 3. Steve Greenspan (30) 52:18, 4. John Araujo (30) 54:20, 5. Ed Lopez (28) 54:59, 6. Rodolfo Arellano (22) 55:00, 7. Gary Greenberg (29) 55:09, 8. Phil Wright (48) 55:21, 9. Roland Lewin (31) 57:17, 10. Mario Ochoa (23) 57:50.

### Division Results - Men's 15K

17 & Under: 1. Raul Carmona 1:05:44, 18-29: 1. Ali Hulane 49:51, 2. Victor Carrillo 50:57, 3. Ed Lopez 54:59, 30-39: 1. Steve Greenspan 52:18, 2. John Araujo 54:20, 3. Roland Lewin 57:17, 40-49: 1. Phil Wright 55:21, 2. Russ Turner 1:00:03, 3. Dave Dittmann 1:00:31, 50-59: 1. Hal Rose 1:05:23, 2. Louis Simms Jr. 1:05:30, 3. Matteson David 1:06:22, 60-69: 1. Robert Van Decar 1:27:10, 2. George Butler 1:33:59, 70 & Over: 1. Scott Warwick 1:35:44.

### Division Results - Women's 15K

18-29: 1. Jennifer Henderson 1:00:29, 2. Mary Buton

1:02:58, 3. Lynn Martini 1:08:01, 30-39: 1. Maureen Marcolino 1:06:30, 2. Peg Regan 1:16:07, 3. Kathy Wilde 1:16:48, 40-49: 1. Ria Rugg 1:19:43, 2. Eloisa Casares 1:20:53, 3. Ruth Hernandez 1:22:59, 50-59: 1. Irene Oberz 1:12:23, 2. Jeanette Wells 1:18:56.

## The Great Stadium Dash

October 30, San Jose, 10K

### Overall Results

#### Men:

1. Jim LaFuenta 32:53.

#### Women:

1. Eileen Brennan 38:44.

#### Men's Race Walking:

1. Ron Daniel 57:50.

#### Women's Race Walking:

1. Andrea Ball 1:04:57.

#### Wheelchair:

1. Vic Escamilla 34:30.

#### Rowcycle:

1. James Sherman 32:54.

## Nevada Day Classic

October 31, Carson City, 8K & 2 Mile.

### Overall Results - 8K

1. Sean Crom (30-34) 25:42, 2. Bob Johnston (20-24) 25:50, 3. Jerry Jobski (40-44) 26:18, 4. Shad Warren (15-19) 26:30, 5. Ken Gibson (15-19) 27:44, 6. Cliff Young (30-34) 27:50, 7. Dave Carlson (35-39) 27:55, 8. Brian Buscay (15-19) 28:13, 9. James Henry (30-34) 28:28, 10. Gary Ceragioli (35-39) 28:30.

11. Michael Edling (35-39) 28:32, 12. Dennis Brinson (30-34) 29:25, 13. Robert Johnson (15-19) 29:51, 14. Richie Panelli (14 & U) 30:00, 15. Tim Sullivan (35-39) 30:24, 16. Gary Brooks (35-39) 30:24, 17. Linda Mantynen (40-44) 30:48, 18. Laurie Brantingham (25-29) 30:54, 19. Ellen Lucas (30-34) 31:06, 20. Frank Swisher (40-44) 31:07.

### Overall Results - 2 Mile

1. Colin Hawkes (15-19) 11:30, 2. David Wright (30-39) 12:11, 3. Dan Kimm (20-29) 12:50, 4. Jack Karbens (40-49) 12:53, 5. Jeremy Smith (12-14) 12:58, 6. Sarah Piccolo (12-14) 12:59, 7. Sean Martin (11 & U) 13:00, 8. April Marzell (12-14) 13:03, 9. Matt Plume (12-14) 13:13, 10. Bill Miller (30-34) 13:14.

## Olive View Biathlon and 5K Run

November 5, Sylmar.

Despite the birth of several babies that morning, the Michelob Light Olive View Biathlon and 5K Run flowed like a well-rehearsed show for the third year in a row. The icing on the cake was the clear Santa Ana conditions which prevailed and led to an unusual 95 degrees for the race. In previous years the race was plagued by bad weather. But this year, Race Director Gene Evans asked a local medicine man to perform weather rituals. "Now that's the only reliable way to affect the weather," he quipped. The shaman's blessing turned out to be a curse for many competitors who had competed at Olive View before and remembered the course as tough, but manageable. This time, however, competitors faced conditions never before encountered—they had done it in the rain and in 30 mile per hour winds, but could they do it in the heat? The answer...yes! But it wasn't easy.

The 5K Run was over in 16:04 with local Umberto Quintana finishing in first place. That's a fast time for Olive View's scenic, cross country-style course, and it set a new record. Quintana is the third Sylmar resident in a row to win the 5K. Coach Tansley at Cal State Northridge should be rightly proud of his young protégé. Second place went to Jim Stepan from Northridge, a full forty seconds behind. The fastest woman was Karen Carpani from Cul-

ver City who finished in 18:27. Behind her were Elizabeth Blair of Sunland and Joanne Saxe of Turjunga.

Starting the Biathlon wearing race number one was pro Bill Harmon, a former Navy triathlete from Sonora who's been tearing it up since his discharge. This was Harmon's second attempt at Olive View's course, finishing 5th overall last year. Race number two was San Diego's Dan Rock, who took second place in 1986 to Emilio De Soto. Number three was worn by Charles Hubbard, a pro and local favorite from the San Fernando Valley. The race ended up very much in the same order as the elite numbering system. Everyone was surprised though, when Charles Hubbard entered the transition area from the 10K run in a tie with veritable unknown, Martin Moreno of Carson at 33:33. Behind them were Todd McAllister of San Diego followed by Dan Rock, Bill Harmon and the first team competitor, Luis Castaneda of Van Nuys. Once they left the transition area on their bikes, Bill Harmon moved expertly from sixth to second place,

challenging Charles Hubbard who shot over the finish line just thirteen seconds short of the course record. The most amazing showing came when Bob Macy of San Diego pumped his way from seventeenth place to battle it out with Dan Rock for third place. Macy beat Rock in an exciting split second win. The first woman in from the 10K run was Mary Olexa at 41:09 with Yvette Casson hot on her tail. They too battled it out on what's considered one of the best and most challenging bike courses in Southern California multi-sport. Yvette Casson ultimately triumphed, beating Olexa by a mere eighteen seconds.

### Overall Results - Biathlon

#### Men:

1. Charles Hubbard 1:15:23, 2. Bill Harmon 1:17:28, 3. Bob Macy 1:19:12.

#### Women:

1. Yvette Casson 1:31:31, 2. Diane Ito 1:31:49, 3. Mary Olexa 1:33:04.

### Overall Results - 5K

#### Men:

1. Umberto Quintana 16:04, 2. Jim Stepan 16:42, 3. Craig Mead 16:59.

#### Women:

1. Karen Carpani 18:27, 2. Elizabeth Blair 20:40, 3. Joanne Saxe 21:00.

## Rosarito Beach Holiday Runs

November 5, Rosarito Beach, Baja, CA.

### Division Results - Men's 5K

13 & Under: 1. Carlos Alberto 18:51, 14-17: 1. Joel Mount 18:13, 2. Mariano Morina 24:00, 3. Rich Cola 26:40, 18-23: 1. Antonio Lopez 15:22, 2. Juan Soto 16:51, 3. Felipe Cueljar 17:00, 24-29: 1. Tom Seymour 16:39, 2. Demetrio Martinez 17:23, 3. Gerardo Sandoval 19:05, 30-34: 1. Bob Johnson 17:30, 2. Randy Thiolo 18:02, 3. Bobby Hedrick 18:10, 35-39: 1. Cruz Maumellio 17:55, 2. Salvador Martinez 18:01, 3. Fred Hill 19:16, 40-44: 1. Bob Giblin 17:35, 2. Murphy Rosker 19:45, 3. Robert Thompson 21:20, 45-49: 1. Rick Hardy 17:43, 2. William Absalone 20:44, 3. Rigo Contreras 20:53, 50-54: 1. Carlos Vega 19:39, 2. Will Manson 20:53, 3. Robert Aldrich 24:31, 55-59: 1. Martin Hicks 19:44, 2. Ed Montroy 20:50, 3. Stag Brown 24:17, 60 & Over: 1. Ted Homer 20:49, 2. Lloyd Williams 20:50, 3. Ludlow Gibbons 26:43.

### Division Results - Women's 5K

13 & Under: 1. Vanessa Gonzalez 26:05, 18-23: 1. Lisa Seymour 20:21, 2. Irene Saldana 26:10, 3. Teresa Huang 30:17, 24-29: 1. Donna Okino 17:27, 2. Kerry Bell 20:17, 3. Carol Freeland 23:40, 30-34: 1. Raquel Flores 20:38, 2. Carol Nielson 22:15, 3. Irene Rangel 24:27, 35-39: 1. Moremi Nzingu 23:12, 2. Jeri Martinez 24:12, 3. Marta Arbaugh 24:30, 40-44: 1.

Rosalia Mireles 24:35, 2. Ann Mota 26:31, 3. Sharon Sanny 28:18, 45-49: 1. Carol Hunter 25:46, 2. Linda Kurpasel 26:51, 3. Barbara Foman 27:16, 50-54: 1. Ailee Olson 24:33, 2. Dolores Vega 26:02, 3. Judy Demeno 26:14, 60 & Over: 1. Priscilla Libby 36:57.

### Division Results - Men's 10K

13 & Under: 1. Jorge Contreras 45:55, 2. Emilio Acovedo 47:18, 18-23: 1. Carlos Castelo 33:31, 2. Jose Balouzarme 37:20, 3. Max Estrada 41:02, 24-29: 1. Steve Seymour 33:50, 2. Vicente Rivera 36:15, 3. Edward Gordon 38:46, 30-34: 1. Nicholas Hernandez 34:24, 2. Jose Rodriguez 35:20, 3. John Harley 36:21, 35-39: 1. Ismael Rojas 34:06, 2. Gary Stang 34:20, 3. Tim Reynolds 38:58, 40-44: 1. Akira Shimabukuro 37:34, 2. Jose Torres 41:57, 3. Brent McClean 42:12, 45-49: 1. Gene Mole 36:50, 2. Tony Davis 39:38, 3. Dave LaBonte 40:34, 50-54: 1. Frank Vasquez 39:34, 2. Tony Davis 39:39, 3. Bill Chavez 41:21, 55-59: 1. Kendall Webb 43:24, 2. Eddie Perez 46:48, 3. Frank Quinn 47:27, 60 & Over: 1. Jose Palor 40:54, 2. Thomas Uenhard 51:06, 3. Richard Raufut 53:15.

### Division Results - Women's 10K

18-23: 1. Christine Whitten 44:48, 2. Tristy Shaw 50:21, 3. Ana Paula DeOca 53:07, 24-29: 1. Susan Castaneda 48:59, 2. Cheryl Chase 52:01, 3. Joni Marcoux 59:57, 30-34: 1. Luanne Stevenson 48:02, 2. Carolyn Rynda 50:07, 3. Sue Failing 52:34, 35-39: 1. Pat Phillips 41:29, 2. Irma Lopez 1:02:23, 40-44: 1. Lydia Romos 54:16, 2. Randi Beck 59:33, 3. Jewell Chapman 1:03:00, 45-49: 1. Sheri White 1:05:20, 50-54: 1. Dixie Madsen 46:58, 2. Gerry Martin 53:04, 60 & Over: 1. Jean McClean 1:03:08.

## Stuntmen's Runs

November 5, Los Angeles, 5K & 10K.

### Division Results - Men's 5K

14 & Under: 1. Chris Ray 17:18, 2. Miran Roberto 18:45, 3. Paul Garcia 20:07, 15-19: 1. David Beaudet 16:05, 2. Brian Barnes 16:05, 3. Jeff Peterson 16:40, 20-24: 1. David Miller 15:41, 2. Mike Scott 15:45, 3. Andrew Gonzalez 15:55, 25-29: 1. Tony Young 15:16, 2. Joel Sanchez 16:18, 3. Efron Garcia 16:30, 30-34: 1. Luis Alvarado 18:22, 2. David McAlpin 17:14, 3. Jack Baldwin 17:29, 35-39: 1. Stephen Kayes 16:29, 2. Jim Uren 16:54, 3. Ivry Ray 17:19, 40-44: 1. Steve Crouch 17:06, 2. Agustin Medina 17:41, 3. Josue Srufalcaba 18:35, 45-49: 1. Neal Chappell 17:26, 2. Leo Baca 17:30, 3. Gil Martinez 18:09, 50-54: 1. Luis Varga 18:47, 2. Michael Fenton 20:28, 3. Ron Tucker 20:44, 55-59: 1. Jerry Withers 20:52, 2. Jeff Thomas 21:16, 3. William Phillips 21:50, 60 & Over: 1. Meredith Eick 19:52, 2. Phil Jones 22:15, 3. Dutch Benedetti 22:49.

### Division Results - Women's 5K

14 & Under: 1. Joanna Poitlo 22:06, 2. Cynthia Condon 22:13, 3. Cian Lehman 26:51, 15-19: 1. Stacey Delima 21:21, 2. Kay Schmanski 21:25, 3. Sophia Hill 21:45, 20-24: 1. Rhoda Roberts 19:27, 2. Julie Johnson 19:50, 3. Lisa Harris 19:53, 25-29: 1. Joan Hammerstrom 19:18, 2. Mary Deschenes 19:25, 3. Krisann Keane 20:23, 30-34: 1. Marlene Falconi 21:59, 2. Corale Corella 22:21, 3. Gayle Langlois 22:25, 35-39: 1. Ann Boyd 20:47, 2. Eva Cervantes 21:08, 3. Tina Slough 22:02, 40-44: 1. Georgina Nuttall 22:28, 2. Joanelle Novak 24:13, 3. Fran Smith 24:51, 45-49: 1. Cookie Peble 24:04, 2. Barbara Camp 24:08, 3. Sandy Pirkle 24:43, 50-59: 1. Ann Priddy 24:50, 2. Liz Bennett 26:23, 3. Claire Mitchell 31:19, 60 & Over: 1. Sumiyi Onodera 25:54, 2. Joyce Fuller 32:06, 3. Merrit Bise 34:54.

### Division Results - Men's 10K

14 & Under: 1. Ricardo Kuybos, Jr. 36:49, 2. David Pierson 38:39, 3. David Cons 44:09, 15-19: 1. Victor Garcia 39:08, 2. Jonathan Cohen 39:47, 3. Ron Smith 41:34, 20-24: 1. Rob Arsenault 30:40, 2. Albin Miranda 32:05, 3. Poin Belisle 32:57, 25-29: 1. Jorge Monroy 33:33, 2. Mark Mitchell 34:30, 3. Eddie Edwards 34:45, 30-34: 1. Barrie Britzuela 34:05, 2. Takashi Yagisawa 35:14, 3. Kie SooHoo 35:36, 35-39: 1. Ron Gee 32:02, 2. Jim Berka 34:52, 3.

# RESULTS

Thomas Hall 35:35, 40-44: 1. Faustino Campos 36:34, 2. Terry Cammack 37:26, 3. Roger Weingartner 38:06, 45-48: 1. Tony Buchanan 38:17, 2. Ron Werner 38:34, 3. Eric Zorawowicz 38:35, 50-54: 1. Ahmed Abdulbari 44:46, 2. Emile Bareng 45:55, 3. Mike Sanson 46:10, 55-59: 1. Tracy Brown 46:44, 2. Stephen Bland 46:14, 3. Miguel China 46:55, 60 & Over: 1. David Hirschson 42:24, 2. Bob Mahlstedt 49:04, 3. Luis Marroquin 49:56.

**Division Results - Women's 10K**  
15-19: 1. Rosa Cazaras 42:51, 2. Lisa Davis 52:59, 3. Cecily Jacobsen 53:18, 20-24: 1. Ann Shepardson 40:03, 2. Amy Shepardson 41:25, 3. Maniko Jujina 47:41, 25-29: 1. Christi Bach 38:38, 2. Sherry Disandro 43:28, 3. Cyndi Hoffman 45:18, 30-34: 1. Danon Goodrum 42:28, 2. Maureen Marcellino 43:29, 3. Patty Brendedeck 43:45, 35-39: 1. Chris Ward 43:28, 2. Sue Smith 46:22, 3. Lynne Plambeck 47:42, 40-44: 1. Suzie Klein 43:17, 2. Estrella Whaley 44:13, 3. Loreta Bronk 46:54, 45-49: 1. Deanna Holleman 45:30, 2. Carol Dougherty 46:37, 3. Ruth Hernandez 51:52, 50-59: 1. Carole Davis 45:26, 2. Jean Windshar 1:04:39, 3. Joan Potter 1:05:34, 60 & Over: 1. Mary Ames 1:32:01.

## Santa Barbara Half Marathon

November 6, Santa Barbara.  
**Overall Results**  
1. Greg Hauser (23) Santa Monica 1:08:20, 2. Patrick Ewing (27) Santa Monica 1:09:45, 3. Robert Hollister (29) Carpinteria 1:10:15, 4. Gregg Horner (34) Santa Barbara 1:12:29, 5. Eric Osgard (21) Goleta 1:14:46, 6. Jim Masterson (34) Wilmington (34) 1:15:25, 7. Peter Park (23) Santa Barbara 1:15:27, 8. Steve Brumwell (30) San Pedro 1:15:55, 9. Rick Torres (30) Oxnard 1:15:56, 10. Duncan Thomas (39) Santa Barbara 1:16:23.  
11. Gary Silva (38) Santa Maria 1:17:14, 12. David Peterson (31) Santa Barbara 1:17:32, 13. Keny Slaughter (31) Santa Barbara 1:17:33, 14. Paul Maier (41) Rancho Palos Verdes 1:17:35, 15. Gregor Robin (31) Santa Barbara 1:18:06, 16. Terry Howell (33) Thousand Oaks 1:19:15, 17. Peter Schneekloth (32) Buellton 1:19:27, 18. James Knox (22) Santa Barbara 1:19:49, 19. Bradley Cox (33) Santa Barbara 1:20:00, 20. Jeff MacAluso (31) Santa Barbara 1:20:24.

**Division Results - Men**  
18 & Under: 1. James Sarmecanio 1:29:55, 19-29: 1. Greg Hauser 1:08:20, 2. Patrick Ewing 1:09:45, 3. Robert Hollister 1:10:15, 30-34: 1. Gregg Horner 1:12:29, 2. Jim Masterson 1:15:25, 3. Steve Brumwell 1:15:55, 35-39: 1. Duncan Thomas 1:16:23, 2. Gary Silva 1:17:14, 3. Jim Kornell 1:22:12, 40-44: 1. Paul Maier 1:17:35, 2. Jim Ducker 1:23:05, 3. John Rupp 1:23:47, 45-49: 1. Vic Birtalan 1:27:04, 2. John Patterson 1:29:26, 3. Larry Brooks 1:30:43, 50-54: 1. Paul Cooke 1:30:56, 2. George Holland 1:31:17, 3. Leon Musil 1:33:14, 55-59: 1. Neil Ziegler 1:37:38, 2. Jack Wilson 1:39:34, 60 & Over: 1. Yoshitaka Sakazaki 1:35:56. **Racewalkers:** 1. Jim Baltes 2:17:59.

**Division Results - Women**  
18 & Under: 1. Roz Emmett 1:51:48, 19-29: 1. Betsy Spaulding 1:25:29, 2. Laura Lowe 1:30:11, 3. Bonnie Powers 1:32:38, 30-34: 1. Mary Ryzner 1:23:30, 2. Petra Kemper 1:25:19, 3. Chen Savage 1:32:19, 35-39: 1. Leslie King 1:35:11, 2. Katherine Anderson 1:39:32, 40-44: 1. Jane Granskog 1:48:23, 2. Sherry Lafler 1:49:05, 45-49: 1. Denise Bonny 1:38:27, 2. Karin Handsaker 1:41:30, 50-59: 1. Becky Whitehead 1:58:29, 60 & Over: 1. Margie Wilfrow 2:01:44. **Walker:** 1. Linda Lepper 2:31:17.

## Apple Hill Harvest Run

November 6, Placerville. 1/2 MI, 3 MI, 5 MI.  
Can one ever be too popular? On Sunday, as one of the volunteers at the Apple Hill Harvest Run, I thought the event may have ripped out its

seams. We certainly are no Bay-to Breakers, but with 1217 pre-registered runners, and another 400-braving the drizzle, and mist on race day, it has become one of the two most popular races in all of the greater Sacramento area.

This year with Abigail Gessler, and Snowline Hospice at the helm, the success was phenomenal. Approximately \$7,000 was raised for this truly worthwhile charity.

**Overall Results - 1/2 Mile**  
1. Joshua Dwyer 3:14, 2. Matt Hoffman 3:16, 3. Kevin Hazard 3:22, 4. Jeff Boggess 3:25, 5. Michael Jessup 3:28, 6. Nicolas Braunstein 3:29, 7. Patrick Roseblade 3:30, 8. Zack Borges 3:32, 9. Jason Sangiuretti 3:34, 10. Andrew Bonner 3:36.  
**Overall Results - Men's 3 Mile**  
1. Randy Marx 16:44, 2. Andy Harris 17:09, 3. Nick Kerth 17:13, 4. Rich Melnicoff 17:16, 5. Brandon Rose 17:29, 6. Frankie Howren 17:56, 7. Ben Beechick 18:06, 8. Greg Sloan 18:18, 9. Steve Pass 18:19, 10. Jay Segal 18:20.

**Overall Results - Women's 3 Mile**  
1. Patty Smith 18:33, 2. Lisa Boyle 19:06, 3. Connie Konds 19:38, 4. Joan Lewis 20:43, 5. Christine Denn 22:05, 6. Gretchen Hoening 21:38, 7. Jodie Aas 22:39, 8. Pamela Hanis 22:41, 9. Jenny Gilbert 23:04, 10. Cristy Lynn Hamilton 23:05.  
**Overall Results - Men's 6.5 Mile**  
1. Jeffrey Edwards 35:01, 2. Ty Nichol 35:47, 3. Steve Gayer 36:24, 4. Mark Williams 36:41, 5. Keith Mauzer 37:03, 6. Ed Barnstall 37:11, 7. Terry Tubb 37:12, 8. Adam Ferreira 37:15, 9. Daniel Solo 37:22, 10. Gary Miller 38:07.

**Overall Results - Women's 6.5 Mile**  
1. Ellen Devlin 42:41, 2. Gwen Gallant 43:46, 3. Debbie Walker 44:56, 4. Betsy Gray Grant 45:23, 5. Asa Gahne 46:06, 6. Nancy Pfeiffer 46:08, 7. Suzanne Kowalski 47:01, 8. Sandra Johnson 47:26, 9. Theresa Walton 47:32, 10. Nancy Jessup 48:09.

## CCPM Waterfront 10

November 6, San Francisco.  
**Overall Results**  
1. Don Paul (35-39) 51:02, 2. Raymond Coutinhot (30-34) 51:36, 3. Brock Hinzman (35-39) 51:39, 4. Mike Fero (30-34) 53:54, 5. Rey Toro (30-34) 54:35, 6. Greg Thompson (25-29) 54:43, 7. David Furst (40-44) 54:47, 8. Nathan Smith, III (30-34) 55:36, 9. Christopher Vicencio (25-29) 55:36, 10. Kevin Cowley (30-34) 55:48.

**Division Results - Men**  
19 & Under: 1. Sylvester Coons 1:00:25, 2. David Cicolelli 1:05:05, 3. Alan Latta 1:05:10, 20-24: 1. James Franzen 56:26, 2. Ruben Macedo 56:55, 3. Elmer Watanabe 58:43, 25-29: 1. Greg Thompson 54:43, 2. Christopher Vicencio 55:36, 3. Mauricio Maia 56:09, 30-34: 1. Raymond Coutinhot 51:36, 2. Mike Fero 53:54, 3. Rey Toro 54:35, 35-39: 1. Don Paul 51:02, 2. Brock Hinzman 51:39, 3. Jim Lawson 57:25, 40-44: 1. David Furst 54:47, 2. Bill Allman 56:22, 3. Gabriel Sandoval 57:58, 45-49: 1. Jon MacPherson 56:39, 2. Stephens Lyons 58:32, 3. Michael Hoy 1:01:13, 50-54: 1. Joe Hancock 1:01:55, 2. Philip Hagar 1:03:18, 3. Bernard Hollander 1:03:40, 55-59: 1. John Lemke 1:08:10, 2. Tom Cooke 1:08:16, 3. Eddie Reyna 1:11:06, 60 & Over: 1. Mark Ricaud 1:12:30, 2. Neil Mahoney 1:14:52, 3. Flory Rodd 1:15:22.

**Division Results - Women**  
19 & Under: 1. Jennifer Cullen 1:14:15, 2. Lisa Miller 1:19:40, 3. Nahemi Contreras 1:21:59, 20-24: 1. Lisbet Engberg 1:02:34, 2. Denise Murphy 1:06:33, 3. Paula Andres 1:07:58, 25-29: 1. Catherine Isham 59:11, 2. Meighan McGee 1:02:38, 3. Janet Smith 1:05:16, 30-34: 1. Honor Fetherston 1:03:02, 2. Kim Rupert 1:03:03, 3. Carol Jacobson 1:08:22, 35-39: 1. Jacquelyn Russum 1:01:36, 2. Patty Shackleton 1:04:59, 3. Maureen Luca 1:06:01, 40-44: 1. Laurel Strand 1:09:35, 2. Julia Dederer 1:12:21, 3. Joan Johnston Smith 1:12:26, 45-49: 1. Margaret Cooke 1:17:17, 2. Nancy Pelayo 1:17:31, 3. Mary Kelley 1:28:10, 50-

54: 1. Margaret Johnson 1:26:00, 2. Ceis Wildin 1:26:58, 3. Marjorie Maris 1:30:09, 55-59: 1. Barbara Wein 1:43:17, 60 & Over: 1. Nina Gramowich 1:37:05, 2. Pat Hale 1:42:36.

## ESL Runaway

November 6, Sunnyvale. 5K & 10K.  
**Overall Results - 10K**  
1. Herb Pepper 32:19, 2. Rick Bruess 33:04, 3. Dan Martinez 33:24, 4. Scott Kennedy 33:44, 5. George Erving 34:40, 6. Stuart Lawrence 35:02, 7. Mike Clark 35:03, 8. Julius Rati 35:38, 9. Steve Alvarez 35:42, 10. Kevin Cowan 35:46.



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photo by Elaine Rosenfield

11. Graciano Majera 35:48, 12. Bill Meinhardt 35:50, 13. Nicholas Rati 35:51, 14. Linda Martinez 35:55, 15. Ed Klotz 36:04, 16. Kevin Vergho 36:11, 17. Peter Cromie 36:19, 18. Danny Moon 36:32, 19. Samuel Villegas 36:42, 20. Moo Cow 36:43.  
21. Tom Strand 37:03, 22. George Manriquez 37:19, 23. Robert Sakai 37:25, 24. Greg Burke 37:31, 25. Joanne Ernst 37:34, 26. Juana Stavolone 37:38, 27. Brad Merkel 37:40, 28. Malcolm Carruthers 37:44, 29. Michael Schuldes 37:58, 30. Michael Kovach 38:03.

**Overall Results - 5K**  
1. Steve Kovisto 15:29, 2. David Garcia 15:59, 3. Mike Krieger 16:03, 4. Greg Araujo 16:05, 5. Alex Gomez 16:16, 6. Bill Clark 16:24, 7. Jim Bordoni 16:26, 8. Gilbert Uresti 16:39, 9. Russ Kirsch 16:45, 10. Charles Lighty 16:48.  
11. Danny Moon 16:53, 12. Greg Kato 17:10, 13. Keith Grimes 17:18, 14. David Combs 17:23, 15. Jake White 17:33, 16. Thomas Warfel 17:35, 17. Marilyn Wallach 17:42, 18. Carlos Siqueros 17:53,

19. Myron Novraumont 18:04, 20. Richard Chiment 18:06.

21. Simon McFadden 18:12, 22. Bob Joplin 18:22, 23. Gary Vergho 18:24, 24. John Walford 18:28, 25. Scott Pellaton 18:29, 26. Jim Myers 18:30, 27. Malcolm Stewart 18:33, 28. Douglas Sheaffer 18:35, 29. Steve Lawton 18:38, 30. Scott McBride 18:40.

## Estrella Winery Harvest Run

November 6, Paso Robles. 10K.  
**Overall Results**  
1. Scott Peterson (SLO) 33:06, 2. Craig Godwin (SLO) 33:32, 3. Steve Boaz (SLO) 33:54, 4. Terry Gibson (Si Co) 34:21, 5. Paul Lee (Santa Maria) 34:29, 6. Frank Hutchinson (Los Osos) 35:05, 7. Pete Bottomley (Arroyo Grande) 35:31, 8. Adrian Huerta (Exeter) 36:22, 9. Gladees Prieur (SLO) 36:23, 10. Doug Sims (Santa Maria) 36:31.  
11. Mark Pupich (Los Osos) 36:56, 12. Neil Glensk (Templeton) 37:17, 13. John Blair (Atascadero) 37:39, 14. Garrett Essres (Los Osos) 38:06, 15. Kelly Tilley (P.R.) 38:16, 16. Earl Higbee (Atascadero) 38:19, 17. Frank Padilla (Visalia) 38:26, 18. Terry Uebelhart (King City) 38:58, 19. Teena Colebrook (SLO) 39:07, 20. Kevin Cooper (SLO) 39:12.

**Division Results - Men**  
20 & Under: 1. Jonathon Ziegler 40:55, 2. Mardy Philippian 42:01, 3. Michael Bauchamp 42:11, 21-29: 1. Scott Peterson 33:06, 2. Craig Godwin 33:32, 3. Terry Gibson 34:21, 4. Steve Boaz 33:54, 2. Frank Hutchinson 35:05, 3. Mark Pupich 36:56, 40-49: 1. Earl Higbee 38:19, 2. Terry Uebelhart 38:58, 3. Larry Jamison 39:16, 50 & Over: 1. Frank Padilla 38:26, 2. Tommy Upton 40:51, 3. Bill Van Wyngaarden 42:42.

**Division Results - Women**  
20 & Under: 1. Staci Belveal 49:03, 2. Jenny Tedford 52:56, 3. Julie Sias 1:21:16, 21-29: 1. Gladees Prieur 36:22, 2. Stephanie Haynes 40:59, 3. Laurie Kirkpatrick 41:48, 30-39: 1. Teena Colebrook 39:07, 2. Mary Cooper 39:31, 3. Jan Dunlap 42:48, 40-49: 1. Betty Jory 45:02, 2. Angie Fuhrmann 46:46, 3. Sharon May 48:07, 50 & Over: 1. Lisa Norcutt 59:43, 2. Loretta Betterton 1:07:31, 3. Joann Teegaarden 1:08:58.

## Pescadero Half Marathon & 5 Miler

November 12, Pescadero.  
**Overall Results - Half Marathon**  
1. Mason Myers (19) Vacaville 1:29:22, 2. Mike Fero (30) San Francisco 1:35:21, 3. Byron Chagniere (31) 1:35:42, 4. Michael Duncan (38) San Mateo 1:36:26, 5. Charles Verutti (37) Sequoia 1:42:50, 6. John Hornbrook (24) Mt. View 1:43:52, 7. Nikos Mourtos (31) San Jose 1:44:26, 8. Marc Frodyma (36) Palo Alto 1:47:18, 9. Gary Serrano (28) San Francisco 1:51:24, 10. John Kaplanis (28) San Francisco 1:51:25.

**Overall Results - 5 Miler**  
1. Doug Meier (29) Redwood City 36:12, 2. Richard Martinez (29) San Jose 39:14, 3. David Olivas (29) San Jose 41:45, 4. Frank Blum (45) Daly City 43:03, 5. James Mahon (40) San Bruno 45:58.

## San Juan Trail 50

By John Loachtham

November 12, San Juan Capistrano.  
Jussi Hamalainen, Chuck Jones and Fred Shuffebarger bailed for the lead during the first half of the race. Fred dropped out with muscle cramps

# RESULTS

and Chuck was forced to slow his pace to nurse a twisted ankle. This gave Jussi a fifteen minute lead by Bear Springs, about 27 miles into the race.

Brian Purcell, this year's winner and course record holder at the Western States Endurance Run moved into second briefly. "I won a 50 mile race in Arkansas on October 15th," confessed Brian, "and I developed the flu after that. This was a training run for me."

"Buffalo bill" McDermott assumed second before 30 miles and increased his pace. Bill told me later, "I haven't raced much this year and I lacked confidence. I knew I was in good shape, but I wasn't sure how fast I could go. My plan was to start conservatively and give it all I had in the second half. I caught Jussi at Sugar Loaf and managed to get in front of him. I thought he would drop off, because I was pushing very hard, but he stayed right on my heels. I finally got a few strides on him and that was the race. It was a perfect day for me, my legs were strong all the way and I never felt tired. It was one of those special days that remind us of what racing was like when we were younger."

In the women's race, New Jersey resident, Christine Gibbons, an Olympic Trials qualifier in the marathon, had an over-whelming advantage by 35 miles and went on to win by a comfortable margin. Local favorite, Susan Gimbel, finished second. "The heat got to me on the Holy Jim Trail and I just managed to survive after that," said Susan. "I PR'd at the Oregon Road Runners Club 50 Mile Ultra two weeks ago, in 7:00:12. Can you imagine coming so close to seven hours and not breaking it? Well I guess that race affected my race today."

The San Juan Trail 50 for 1988 was best summed up by first timer, Bob Kingery, when he said, "It was a tough course; I have a lot more respect for it now that I've completed it. But the best thing about the race is the people. Everyone I met was friendly and polite and not particularly competitive. A really great group of people to hang out with."

## Tustin Trek

November 12, Tustin 5K & 10K

### Overall Results - 5K

1. Bill Adams 15:46, 2. David Smith 15:54, 3. Kevin O'Hara 15:59, 4. Mitchell Gold 16:25, 5. Bryan Wilkins 16:52, 6. Geoff Goodson 16:59, 7. Winston Mote 17:06, 8. Mike Long 17:15, 9. Louie Gonzales 17:16, 10. Mike Cross 17:19.

### Overall Results - 10K

1. Philip Reyes 37:00, 2. Erik Waterman 37:24, 3. Keith Reynolds 37:39, 4. Craig Meadows 37:50, 5. Karl Roth 38:32, 6. Rex Lundquist 39:32, 7. Bob Oehlman 39:39, 8. Paul Horuchi 40:00, 9. Fred Bosley 40:14, 10. Gleason Podlaw 40:24.

## Columbus Marathon

November 13, Columbus, Ohio

In every race there's a wonderful moment when the winner realizes his or her soon-to-come victory. For Julie Isphording at the Ninth Annual Columbus Marathon, that realization hit her as she rounded Schiller Park and passed the 17-mile mark. She smiled her show-stopping grin and gave a thumbs up to the crowd after she was informed that she had pulled away from Françoise Larrieu Smith, who was running her second marathon just six weeks off her fine fifth-place performance in the Olympic 10,000.

Isphording, a Cincinnati native who has had nagging back problems since being a member of the 1984 U.S. Olympic marathon team, rode her 50-second buffer the remaining nine miles. As Isphording made the last turn and tucked her chin into her chest for the final-3 mile straightaway she only had to battle the whipping head wind (gusts topped out at 28 mph) that threatened to steal her establishment of a new course record.

Although Larrieu Smith closed the gap slightly and the wind tossed her brunette hair back more than her 5:45 per mile speed in the homestretch, Isphording crossed in 2:31:09, bettering the 2:32:09 women's mark. The record-breaking was worth a \$10,000 bonus on top of her \$20,000 winner's check. Larrieu Smith was timed at 2:32:30 and earned \$12,000 for second.

Last year's champion and course record-holder Maria Trujillo, of Scottsdale, Arizona, tried to take the race out quickly but fell off pace by the 5-mile mark. She finished fifth in 2:38:27.

Not only had Isphording defeated an adequate field of open women, she had taken the Ohioan only division, and its \$1000 first prize, by an astounding 20 minutes. Toledo's Debbie Wagner went 2:51:53 as the second Ohioan.

Mark Plaatjes, who lives in Lake Villa, Ill., had no time to gloat over his impending victory, which he snared with a powerful move at about 15.5 miles, for he also was chasing a course record. Fresh off training in Boulder, Colorado, with new New York Marathon champion Steve Jones, Plaatjes owned the only sub-2:10 PR in the field.

Bill Reitsnyder, the designated rabbit, had taken a crowd out and around the first loop of the triple-looped cloverleaf course. By his assigned 1:04 half-marathon time, only Plaatjes and Sam Gjelsbo were left to battle. Defending champ Ernest Tjela, Suleiman Nyambui, Jose Montiel and Tommy Ekblom had fallen off at various points after cruising the first six miles together in 29:45.

When Reitsnyder dropped upon exiting a bike path at 15 miles, Plaatjes took only the next two minutes to break Ngala. He left the former University of Texas-El Paso runner going across an overpass, the only "hill" of the course. The final cloverleaf of the course was left to Plaatjes as he chased Tommy Pierson's course mark of 2:11:02. Plaatjes seemed to be clipping off effortless 5:03 miles. By 22, he had slowed to 5:17 and had to make the turn onto Broad Street and its inherent westerlies. By 25, he was struggling through at almost 5:30 paces. The finish came in 2:12:17.

While Plaatjes had left the other front-runners far behind, those in his wake still had to decide the other top positions. Ngala slowed to a crawl and was passed by Ekblom, Tjela and Ashley Johnson, who had paced amazingly steady in his first marathon effort. Those three all set sights on the runner-up slot. Tjela could not check into the 26th-mile kick and crossed in fourth at 2:15:25. Ekblom, an 8:19 Finnish steeplechaser, and Johnson, a resident of Bowling Green, Ky., with a 3:56 mile in his credentials, shouldered up for a final 400-meter duel. Ekblom found an extra gear that Johnson could not match and stormed in, 2:15:11.4 to 2:15:12.0.

When the payroll was doled out, Plaatjes chalked up \$20,000; Ekblom, \$12,000; Johnson, \$9,000; Tjela, \$6,000; and Ngala, \$4,000.

Columbus offers a \$6000 purse for Ohio residents only. Last year's first Ohioan, Chris Prior, of Vandalia, also won the Buckeyes-only race this year. He was slowed, from 2:17:01 to 2:22:49, by pulled groin muscles and a pelvic stress fracture. He still took the \$1000 check, plus \$800 for 12th overall. Andy Herr, a Berea native and Ohio State University harrier, closed to within 18 seconds of Prior for second Ohioan and 13th overall.

While intense, the Johnson-Ekblom duel was not the closest of the 49-degree, overcast day. Michael Trujillo, of Huntington Beach, and Robert Courtney, of Birmingham, AL, disposed of a loaded wheelchair field, which included wheeling pioneer George Murray, by the midpoint. They pulled each other through the remainder of the course in sub-4:30 miles, talking about their families and recent experiences at the International Paralympics in South Korea. With 100 meters to go they went abreast for the sprint. Trujillo nipped Courtney, 1:57:03.0 to 1:57:03.4 and \$1500 to \$1000.

Candace Cable-Brooks of San Luis Obispo, CA (2:23:03), another Paralympics veteran and 1985

Columbus champ, rolled to an unchallenged women's wheelchair victory. She pocketed \$1500.

The 40-and-over crowd, riding their most visible year yet, had a heyday at Columbus. A Michigan-er and a West Virginian crossed the border into the Buckeye state in search of the men's masters crown: Ann Arbor's Wally Herral pulled away from Charleston's Fred Waybright at 18 miles. Herral went 2:33:27 and won \$1500; Waybright, 2:34:42 and \$750. The Ohioan master check of \$500 went to Roger Hart (2:38:54).

Gabriele Anderson (2:54:04), formerly of Switzerland, now of Sun Valley, ID, was able to keep the women's masters laurels despite quick closing miles by Smithville, Ohio's Jane Buch (2:54:37). Anderson collected \$1500; while Buch got \$1250, as she also took the Ohioan masters title.

The 4,000 starters of this year's event stood silent for a moment before the gun in memory of Sy Mah, the Toledo resident listed in the Guinness Book of World Records for his completion of 524 marathons. Columbus, Ohio's largest marathon, was the first 26.2-mile held in the state since Mah's death the previous Monday. He was 62 and died of hepatitis and lymphoma cancer.

Two weeks after the race, Columbus was awarded the 1992 Men's Olympic Marathon Trials by TAC's Men's Long Distance Running Committee. In addition to the April 1992 race, Columbus will also host the 1990 and 1991 TAC National Championships.

### Top Californians

1. Michael Trujillo (25) Huntington Beach 1:57:03, 3. Rafael Ibarra (33) San Jose 2:06:33, 7. Gordon Christie (27) Goleta 2:17:43, 8. Candace Cable-Brook (34) San Luis Obispo 2:23:04, 10. Lourival Sampaio (30) San Francisco 2:22:08, 148. Gretchen Lohr (29) Los Angeles 2:51:09, 151. Juliette Christie (26) Goleta 2:51:12.

## CRI Long Beach Shoreline Half Maraton

November 13, Long Beach

### Overall Results - Men

1. Jeff Detmer (27) 1:06:59, 2. Mike Navock (29) 1:07:48, 3. Alejandro Cruz (29) 1:08:01, 4. Alho Ane 1:08:05, 5. Tyrus Deminter 1:08:24.

### Division Results - Men

14 & Under: 1. Peter Hogman 1:31:43, 2. James Duckman 1:32:56, 3. Guillermo Cervantes 1:45:00, 15-18: 1. Jerry Kurlak 1:15:15, 2. Matt Capelouto 1:16:07, 3. David Lyon 1:18:48, 19-24: 1. Albino Miranda 1:09:48, 2. Mike Gottardi 1:12:34, 3. Ramon Vargas 1:14:19, 25-29: 1. Jeff Detmer 1:06:59, 2. Mike Navock 1:07:48, 3. Alejandro Cruz 1:08:01, 30-34: 1. Keith Withauer 1:09:07, 2. Larry Eckles 1:10:35, 3. Harold Kelling 1:11:34, 35-39: 1. Gary Foltz 1:13:01, 2. Mark Hemphill 1:14:30, 3. Stephen Keyes 1:14:55, 40-44: 1. Ronald Jensen 1:15:31, 2. Mickey Depalo 1:15:34, 3. Pablo Dobny 1:16:22, 45-49: 1. Philip Wright 1:17:02, 2. Ray Maaranda 1:18:55, 3. Harry Hunt 1:19:53, 50-54: 1. John Ghini 1:26:04, 2. Paul Brown 1:26:44, 3. Bob Rice 1:27:03, 55-59: 1. Tracy Brown 1:28:48, 2. Richard Leslie 1:29:47, 3. Robert Matthews 1:30:55, 60-64: 1. Ruben Vigil 1:28:36, 2. Larry Banuelos 1:32:07, 3. Mike Saher 1:41:07, 65-69: 1. Ed Hornung 1:44:13, 2. Ben McDonnell 1:55:50, 3. Sam Simon 1:58:37, 70 & Over: 1. Dutch Benedetti 1:43:48, 2. Norm Ida 1:57:06, 3. Jerry Ross 2:11:22.

### Overall Results - Women

1. Suzi Morris 1:17:17, 2. Anita Johnson 1:23:20, 3. Luisa Ronquillo 1:24:38, 4. Jade Sackett 1:24:46, 5. Jennifer Henderson 1:26:26.

### Division Results - Women

14 & Under: 1. Robin Gray 1:55:23, 15-18: 1. Heidi Peterson 1:40:52, 2. Lisa Askins 1:42:20, 3. Katy Donahue 1:47:55, 19-24: 1. Stephanie Gilchrist 1:30:19, 2. Elma Hernandez 1:34:29, 3. Paula Grayson 1:34:54, 25-29: 1. Anita Johnson 1:23:20, 2. Jennifer Henderson 1:26:26, 3. Mary Bolton 1:26:45, 30-34: 1. Suzi

Morris 1:17:17, 2. Luisa Ronquillo 1:24:38, 3. Jade Sackett 1:24:46, 35-39: 1. Merle Heimberg 1:29:41, 2. Jan Christie 1:31:33, 3. Jean Sarter 1:33:24, 40-44: 1. Mary Campbell 1:27:34, 2. Cherie Bruenfeld 1:33:30, 3. Karen Chettle 1:43:05, 45-49: 1. Karin Handsaker 1:39:32, 2. Bobbi Gold 1:41:10, 3. Teresa Ross 1:41:42, 50-54: 1. Irene Oberz 1:39:11, 2. Margaret Speer 1:40:57, 3. Valerie Palmer 1:46:30, 55-59: 1. Virginia Tanoja 1:53:24, 2. Audrey Hauth 1:53:54, 3. Pinkie Fisher 1:54:12, 60-64: 1. Loudeam Andrews 2:33:40, 65-69: 1. Nyla Cook 2:55:09, 2. Anna Griffith 3:01:50, 70 & Over: 1. Lucile Adney 2:57:42.

### Overall Results - Race Walkers/Wheelchair

1. Jim Knaub (30) 55:07, 2. Marty Vogel (23) 55:07, 3. Ray Stewart (37) 57:05, 4. William Fricke (27) 57:24, 5. Paul Manocchio (29) 1:00:11.

## Fresno Marathon and Half Marathon

November 13, Fresno

Race day dawned with strong gusting wind and black menacing clouds. Of the 174 half-marathon and 63 marathon entrants some were daunted by the conditions and did not start.

The winner of the mens half marathon was Raymond Garcia from Madera who ran an excellent time, in the conditions, of 1:12:43. The women's winner was Mary Ryzner of Santa Barbara, a member of the San Luis Distance Club, in a time of 1:24:02.

In the marathon, the men's winner was Isaac Silva of Anaheim with a time of 2:39:56 compared to a previous best of 2:34:13. Last year's winner of the women's marathon Betsy Frick was back to defend her title. However, she did not run well and had to settle for third place. The winner was Neife Gonzales of Fresno who ran a PR of 3:16:13 against her previous best time of 3:22:00. The race finally closed when the last runner crossed the line in 6:25:07 to the applause and encouragement of family, friends and race officials.

### Overall Results - Men's Half Marathon

1. Raymond Garcia 1:12:43, 2. Elmer McPhail 1:13:31, 3. Juan Garcia 1:14:05.

### Overall Results - Women's Half Marathon

1. Mary Ryzner 1:24:02, 2. Kari Fike 1:26:57, 3. Cheri Fike-Moses 1:30:10.

### Division Results - Men's Half Marathon

17 & Under: 1. Narciso Quintana 1:28:22, 18-29: 1. Steve Garza 1:16:49, 30-34: 1. Elmer McPhail 1:13:31, 35-39: 1. Gary Silva 1:17:10, 40-44: 1. David Meyer 1:35:50, 45-49: 1. Bob Perry 1:27:07, 50-59: 1. Tommy Upton 1:26:22, 60-69: 1. John Bergey 1:48:22.

### Division Results - Women's Half Marathon

18-29: 1. Kari Fike 1:26:57, 30-34: 1. Mary Norris 1:36:28, 35-39: 1. Carol Moses 1:40:20, 40-49: 1. Barbara Duenes 1:47:35, 50-59: 1. Heidi Fiahho 1:59:16.

### Overall Results - Men's Marathon

1. Isaac Silva 2:39:56, 2. Terry Nephew 1:43:58, 3. Francisco Garcia 2:48:13.

### Overall Results - Women's Marathon

1. Neife Gonzales 3:16:13, 2. Diane Flake 3:20:23, 3. Betsy Frick 3:25:27.

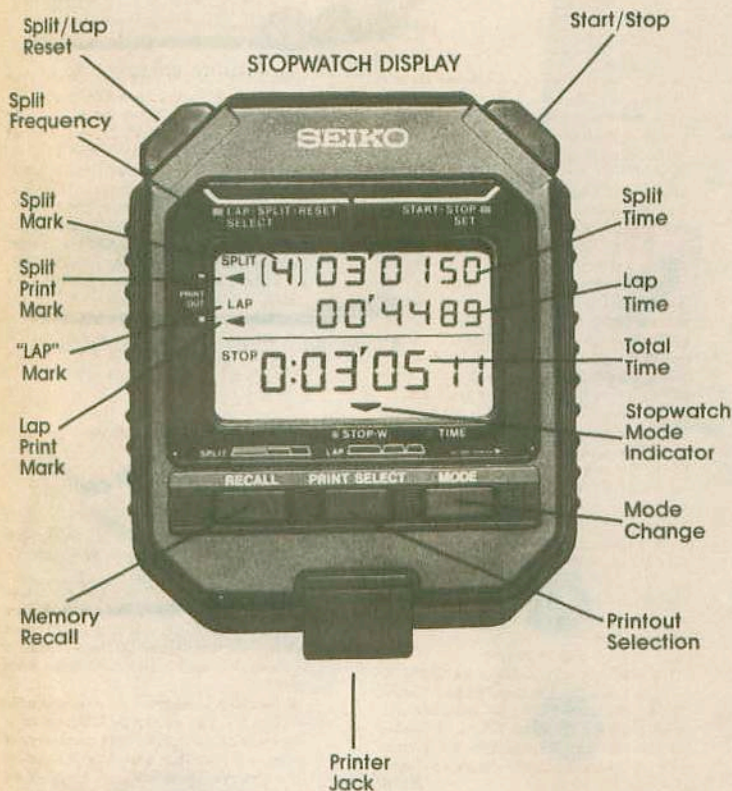
### Division Results - Men's Marathon

18-29: 1. Mark Hahn 2:49:51, 30-34: 1. Francisco Garcia 2:48:13, 35-39: 1. Terry Nephew 2:43:58, 40-44: 1. Jeff Butzlaff 3:26:13, 45-49: 1. Dorsh Sanders 3:10:38, 50-59: 1. James Lipford 3:23:02.

### Division Results - Women's Marathon

18-29: 1. Diane Flake 3:20:23, 30-34: 1. Jacqueline Buratovich 3:38:44, 35-39: 1. Beatrice Luna 3:45:30, 40-49: 1. Jackie Ryle 5:09:35, 50-59: 1. Sydney Loo 6:25:07.

# Digital Quartz Stopwatch With Printer, SP11



## 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,  $\pm 0.5$  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

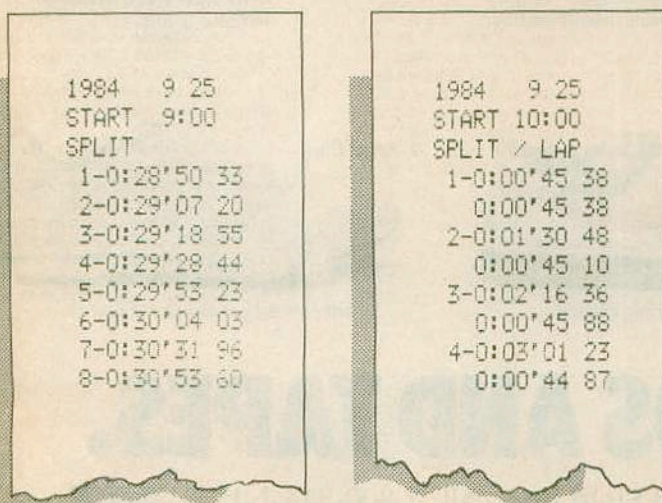
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## System Printer

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

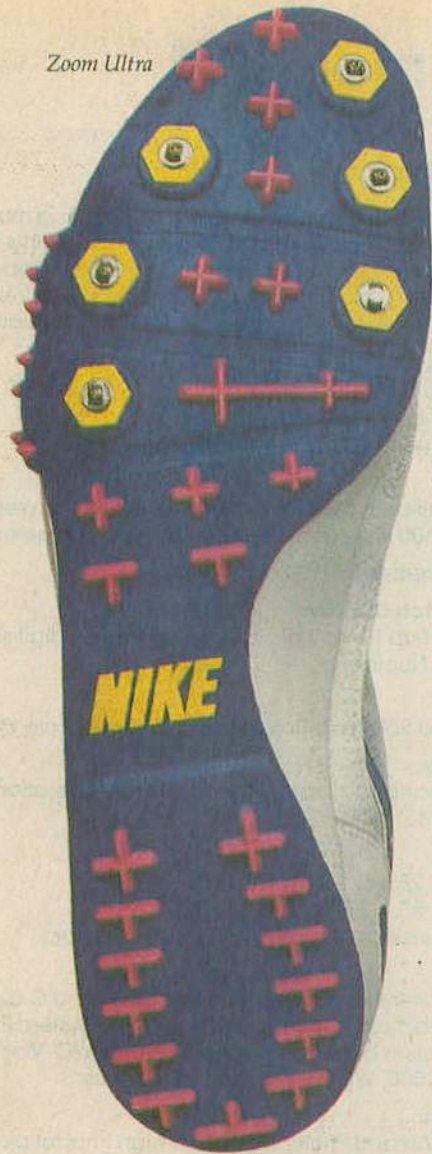


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