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ISSUE NO. 79



Masters On Track

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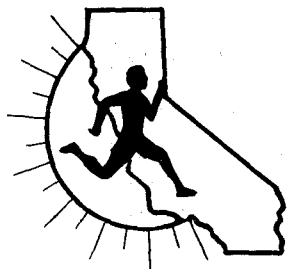
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ON THE COVER:

Masters Track & Field is big in California and continues to grow. There's a masters meet nearly every week during the season with several hundred participants, lots of enthusiasm and good track & field action. Pictured here is 43-year-old Bill Knocke, California record holder in age 40-44 400 meters at 50.5. Knocke also plays a key roll in the many Southern California Striders record setting relay teams. The second half of the California Masters All-Time Ranking begins on page 14.

photo by Bill Cockerham

THE SAN FRANCISCO POLICE OFFICERS' ASSOCIATION



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2ND ANNUAL TWILIGHT SFPD Run for Youth 5PM ON SATURDAY, JUNE 11

RACE DIRECTORS: LEN WALLACH, RON MARKILLE, TOM BENJAMIN & LORNA KOLLMEYER

4.5 MILES AROUND LAKE MERCED

START / FINISH: Sunset Blvd. parking lot

REGISTRATION: Registrations must be received in the mail by June 3rd. With your entry form include a check for \$5.00 (tax deductible) made out to "Friends of the SFPD Youth Program". Mail should be addressed to:

SFPD Run for Youth
850 Bryant St., Rm 553
SF, CA 94103

You will receive your race packet on race day. For race results send stamped self-addressed envelope with the registration form.

RACE DAY REGISTRATION: Bring check or \$7.00 cash to registration table between 3:00 and 4:30 PM.

AWARDS: Beautiful custom medals will be given to the top 5 finishers in each division by President of the Board of Supervisors, Wendy Nelder.

T-SHIRTS: Free to every registered runner — all new color and design. Pick up with your race packet.

NOTE: THE RACE IS LIMITED TO 2500 RUNNERS

100% of FEE BENEFITS SFPD YOUTH PROGRAM:

A unique program starting its third successful year which provides challenging and cooperative outdoor experiences for SF Youth and their Police Officers. These experiences build strong bonds of trust and friendship between youth and their police officers, and give young people a new view of themselves and society.

MUSIC: Before and after the race performed by *SAN FRANCISCO'S OWN ABEL*.

PRIZES: There will be a drawing (must be present) for dinners for two at the following fine restaurants:

- | | |
|-------------------------------------|--|
| The Shore Bird - El Granada | The Sansome Street Brasserie - S.F. |
| Celia's Restaurant - S.F. | Chez Michel - S.F. |
| Greek Taverna - S.F. | La Pantera Cafe - S.F. |
| Houlihan's Old Place - S.F. | Le Petit Cafe - S.F. |
| Scom's - S.F. | Pacific Cafe Ghirardelli Square - S.F. |
| Gaylord (India) Restaurant - S.F. | Luigi's - S.F. |
| Joe's of Westlake - Daly City | Little Joe's - S.F. |
| Knight's Restaurant - S.F. | 622 Ristorante Italiano - S.F. |
| Des Alpes Restaurant - S.F. | Liverpool Lil's - S.F. |
| San Remo Restaurant - S.F. | Pano's - S.F. |
| The Cookbook Restaurant - Concord | Chez Madeleine - Pt. Reyes Station |
| Charley Coupe & Conservatory - S.F. | The Valley Inn - San Geronimo |
| Carlos Murphy's - Pleasant Hill | The Shadows - S.F. |
| Peppermill Restaurant - Daly City | The Monks Inn - San Rafael |
| El Torito Restaurant - Daly City | Rose's Oyster Depot - San Anselmo |
| Sirlain & Brew Restaurant - Belmont | Sears Fine Foods - S.F. |
| The Blue Fox - S.F. | New Pisa - S.F. |
| Kee Joon's Restaurant - Burlingame | Fisherman's Grotto #9 - S.F. |
| Pacific Cafe - S.F. | La Mer Duquesne - S.F. |
| Pepe's on the Pier - Pier 39 S.F. | The Olema Inn - Olema |
| Borel Restaurant - San Mateo | Taj of India - S.F. |
| The Cliff House - S.F. | Alfred's - S.F. |
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The Smile Center, Dr. S. Gutter - S.F. and many other unique and interesting prizes.

REFRESHMENTS: Provided after the race.



REGISTRATION FORM

Mail completed registration form by June 3rd to: SFPD Run for Youth, 850 Bryant St., Rm 553, San Francisco, CA 94103
Make checks payable to "Friends of the SFPD Youth Program." Your cancelled check is your receipt.

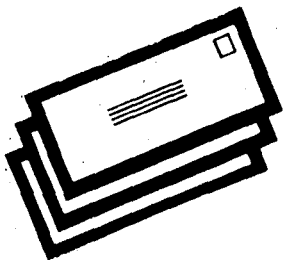
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 Phone - Runner Non-Running Supporter
 Age Sex M F
 T-Shirt size S M L XL

DIVISIONS:

- MALE
- FEMALE
- 12 & under
- 13-16
- 17-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-59
- 60 & over
- Law Enforcement under 35
- Law Enforcement 35 & over

In consideration of your acceptance of this entry I hereby for myself, my administrators, my heirs and assigns waive and release any and all rights and claims for damages I have against the City and County of San Francisco, the San Francisco Police Department, the Recreation and Parks Department, the Community Workshop and their associates and representatives, the Race Directors and their representatives, volunteers, or any other sponsors for all claims, demands, and costs arising out of my participation in or traveling to this event. I certify that I have been examined by a licensed medical doctor during the last six months and am physically fit enough to participate in this strenuous event.

OFFICIAL USE ONLY NUMBER ASSIGNED: DIVISION: Signature _____ (PARENT/GUARDIAN IF UNDER 18)



Mailbag

RESPONSE TO SKYLINE FROSH TEAM

To the person who wrote about the up and coming Skyline sophomore team for the next two years, I'm sure your team will be a pretty good one. But, as a person who follows the high school cross country scene closely, I'm just as sure that the James Lick team from San Jose will argue the fact that they are the second best sophomore team in the Bay Area. From the top seven varsity runners on the team, four were sophomores and they finished a close second in league competition, but went on to take first at league finals. If there is still an argument about this, you are invited to run in the Alum Rock Invitational in early September to see if these two teams are as good as they say they are.

Joe Salazar
San Jose

RESPONSE TO TUTTLE'S COLUMN

I read your article on the Olympic Marathon Course in the March '83 issue with great interest.

I have been writing letters for over a year to the LAOOC and to anyone who would listen regarding the running of an All Comers Marathon on the actual Olympic Course prior to the actual event.

What a tremendous P.R. coupe that would be for LAOOC or for anyone willing to sponsor such an event for the general running community.

Is there any interest in the running community for such an event and is there any sponsorship interest?

Is there any hope at all for the thousands of runners like me in the middle of the pack to run such a course so we could follow along on our T.V.'s with some sense of immediacy?

Patrick J. Stoycheff
Modesto

MORE ON MORE DIVISIONS

I would like to up the ante on race divisions from 60+ to 65+ that John Keith of Sacramento wrote about. I have noticed that many runs throughout the State only go to 50+ and over, only a few to 60+ and hardly any to 65+.

As a 68 year old runner I find this favors the younger runner to an unfair degree. It is more difficult for a 65 year old to compete with a 60 year old than it is for a 40 year old to compete with a 34 year old. Bob Martin, Executive Director of the National Running Data Center, has said, "The slow up in times is about four times as great from 64 to 69 as it is from age 34-39." He recommends five year groups going as high as necessary.

To dramatize the inequity let us examine the results of the 20K PA/TAC Champion-

ships I ran in Sacramento on January 22, 1983. In the 60 and over age group Wilgus placed 1st with 1:45:51, a fine time for a stormy day. This would place him about 30th nationally based on 1982 Masters Road Rankings. I placed 2nd with 1:47:57 which would have placed me 6th nationally in the 65-69 group. If I had been 70 this would put me 2nd nationally.

I belong to the Six Rivers Running Club an active group in Northern California. We have four of our main runs during the year that have the 65+ category including our famous Ave. of the Giants Marathon in the Humboldt Redwoods.

I realize that the main reason for stopping with the 50+ or 60+ categories is that there aren't many runners in that group. This is changing rapidly with the formation of the Fifty-Plus Runners Association at Stanford. Its membership is growing fast! Regardless of the number of entries in each group, however, it doesn't alter the unfairness of a 65+ runner having to compete with a youngster of 50 or 60.

For the above reasons I would ask your running groups and particularly the PA/TAC to consider breaking your age qualification groups into five year increments in the later years as well as the younger years. We need all the help we can get!

Bill Van Fleet (65+)
Eureka

RESPONSES TO MARCH EDITORIAL

Who is Dennis Caldwell trying to kid (Guest Editorial/March, 1983). He knows darn well that professionals have developed their own programs. I know of no other sport that expects amateurs to supply the funds or help to conduct a professional sport.

The American road running program was developed for the amateur (both serious and fun runners), not for the professionals. If the professionals (less than 1/10th of 1% of all road runners) want the professionalism he speaks about, they must package their own programs. They must have professional management, sponsorship and technicians. The program should not be at the expense of the amateur.

As for the amateurs (the other 99.9%), we do need well conceived and conducted events. But we are also very fortunate to have an unlimited choice of events. Almost every weekend there is a meet somewhere that will satisfy an individual's need; 5K's to ultra-marathons; courses on city streets, trails, dirt roads, on the beach; locations in the city, mountains, deserts and beaches.

Road running, I am happy to say, is truly a participant sport and the spectators basically are incidental. At least for us amateurs, I hope it stays this way.

I have been running for 43 years, I have conducted well over 350 road runs, and I can't even count how many runs I have run in. I have served on long distance commit-

tees (both locally and nationally) for 20 years and for the most part I like what I see. Over 15 million people are jogging and running on the roads in the USA today. It's kind of hard to argue against that kind of success.

I do, however, fully support the professionals and hope they can get the professional programs they need.

Stan Stafford
Yucaipa

That Dennis Caldwell should have the audacity to proclaim the need for road racers to be supported by the professional management and execution of their competitive events strikes me as the utmost in hypocrisy.

Right off the bat, he comes up with an inaccuracy when he says Mark Scrutton recently set a new world 8K mark of 22:28. The real 8K — or rather 5 mile — world best is actually 22:04 by Alberto Salazar in the *Runner's World* Invitational in January, 1981 and Mr. Caldwell should know this. After all, he was paid good money to put on the race, part of which was to insure that the course is measured accurately and all necessary paperwork processed so that it is nationally certified and acceptable for record purposes. It was not done so at the time and despite repeated requests was never done by Mr. Caldwell. Most fortunately, Tom Knight, a local course measurement expert, had gone over the course prior to the race and has subsequently re-verified its length — which incidentally came up about 25 yards short (an acceptable amount for 1981 races) — but it has been necessary to reimburse Mr. Knight for his efforts. This is money which should never have been spent were it not for Mr. Caldwell's negligence.

Of course, this might just have been a matter of consistency. A month prior in the Sub-4 Invitational in Anaheim, Steve Scott (28:31), Jim Schankel (28:32) and Mark Scrutton (28:33) posted three of the fastest 10K times of the year, times which never appeared on any National Running Data Center rankings. If you suspect the reason was because that Caldwell organized race course wasn't certified either, you're right.

Okay, let's try another Caldwell production: the Sub-4 race in 1981. Nick Rose ran so fast (27:44) that local TAC officials had to remeasure the still uncertified route. They confirmed a shortage of at least 166 feet. It cost Rose a world best.

I suspect the real reason Mr. Caldwell wrote his editorial is self promotion for his Running And Competitive Enterprises. But when he personally challenges race directors to give runners "a professional level of exhibiting their professional talents and skills" all I can say is: Dennis, you had better start with yourself.

Marty Post
Runner's World Magazine
Mountain View

- MAY 14: San Fernando Fiesta Days 10K.** San Fernando, 9 am. Runner's Sole, 17820-A Chatsworth St., Granada Hills 91344. (213) 368-7889.
- MAY 14: Realtors Spring Classic Runs. 5 & 10K.** Santa Rosa (Spring Lake), 9 am. John Davis, Sonoma County Board of Realtors, P.O. Box 3758, Santa Rosa 95402. (707) 526-2253, Janice Adams.
- MAY 14: Feet of Accomplishment Run for Special Olympics.** 2, 5 & 10 miles, Pasadena (Rose Bowl), 8 am. Tri-Valley Special Olympics, 4448-B Lubbock Dr., Simi Valley 93063.
- MAY 14: Strawberry Fun Runs - Spring Series.** 5 & 10K, Mill Valley (Lutheran Church, Tennessee Valley), 9 am. Marin A.C., P.O. Box 371, Larkspur 94939. (415) 381-3786.
- MAY 14: Martinez Historical Run.** 1 mile & 10K, Martinez (Court & Warren Sts.), 9 am. Rhoda Latting, 4702 Tahoe Cir., Martinez 94553. (415) 229-1584.
- MAY 14: 50th Anniversary of the Third Street Bridge to Bridge Run.** 5K, San Francisco (Third & Channel, China Basin Bldg.), noon to dusk (several races from 3rd to 4th Street Bridge). Mission Creek Conservancy, 300 Channel St., San Francisco 94107. (415) 431-6923.
- MAY 14: Horny Toad 5K.** Keck Park, Coal-ling, 8 am. Bob Semple, c/o City Hall Bldg., 6th & Elm Sts., Coalinga 93210. (209) 935-1531.
- MAY 14: Chino Community Hospital's Burst Into Health 5/10K.** Chino (Prado Regional Pk.), 8:15 am. Burst Into Health, c/o Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.
- MAY 14: Around the Bay in May 10-Mile.** Newport Beach, 8 am. Newport Beach Runners Ass'n, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.
- MAY 14: Two-Person 8-Mile Relay.** (each run 2x2 mile), Fresno (Roeding Park, Cedar Grove), 9 am. Evan Orme, 3804 W. Locust, Fresno 93711.
- MAY 14: Boogie for Bonilla.** 5K & 10K, Claremont (Cahuilla Park), 5K/8 am, 10K/9 am. C.A.R.E., 976 W. Foothill, No. 197, Claremont 91711. (714) 669-8160, Kevin Lee.
- MAY 15: Bay to Breakers.** 12K, San Francisco (Howard & Spear Sts.), 8 am. Examiner Bay to Breakers, P.O. Box 42000, San Francisco 94142. **Entry Deadline is April 15.**
- MAY 15: Los Angeles International Marathon.** **Postponed until late 1983 or early 1984.** Los Angeles, 8 am. Dennis McCauley, P.O. Box 3249, Torrance 90150. **5000 Limit.**
- MAY 15: Browns Valley Ribbon Runs.** 2, 4 & 8 miles, west of Napa (Browns Valley School, Browns Valley Rd. at Buhman), 8:30 am. George Grammens, P.O. Box 2121, Napa 94558. **Raceday Registration Only.**
- MAY 15: Forty-Niner Biathlon.** 6 mile run, 27 mile bike, Cool (at Firehouse), 7 am. Dan Olmstead, 1440 Canal St., Auburn 95603. (916) 885-3861 or 783-4558.
- MAY 15: Pepsi 10K.** Samoa (near Eureka), 1 pm. Jan Ford, Pepsi-Cola Bottling Co., Second & Y Sts., Eureka 95501. (707) 443-4856.
- MAY 15: McDonald's Run for Summer Fun.** 5 & 10K, Encino (Woody Park), 8 am/5K, 8:30/10K, California Road Runners Club, Box 891, Tarzana 91356. (213) 888-5526.
- MAY 15: Santa Anita Lite Spring Classic 5 & 10K.** Santa Anita Race Track, 8:30 am. Spring Classic, P.O. Box 522, Arcadia 91006. (213) 445-8364.
- MAY 15: SPA/TAC 5K District Championships.** Westlake Village (Elem. School), 8 am/women, 9 am/men. Mike Forman, 6599 Tamarind, Agoura 91301. (213) 991-0140.
- MAY 15: Have a Heart 10K.** Santa Barbara (Goleta Beach Park), 8:30 am. Alpha Phi Sorority. (805) 968-3919.
- MAY 15: Around the Bay in May.** 6.2 miles, South Bay Community Park, Los Osos, 9 am. Bear Foot Shoes, 2011 10th St., Los Osos 93402.
- MAY 15: Kaiser Permanente Hospital 5/10K Run.** Fontana, 8 am. Kaiser Run, c/o Race Central, Box 828, Rialto 92376. (714) 874-5480.
- MAY 15: Charlots of Fire 5 & 10K.** (SPA/AAU Jr. Olympic 10K Spring Championships also), West Los Angeles (Rancho Pk.), 9 am. Maccabi Union USA, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.
- MAY 21: Good Health Run 5/10K.** Upland (Memorial Park), 8 am. Race Central, Box 828, Rialto 92376. (714) 874-5480.
- MAY 21: Health Run.** East Los Angeles College, 7:45 am (separate men's and women's races). Frank Gutierrez, ELA College, 1301 Brooklyn Ave., Monterey Park 91754. (213) 265-8751.
- MAY 21: Burton Drive Ass'n's Cambria 10K.** Cambria, time TBA. SLDC, Box 1134, San Luis Obispo 93406.
- MAY 21: National 50K Race Walking Champs.** Senior and Masters Men. Carmel, California. Giulio dePetra, P.O. Box 2927, Carmel 93921. (408) 624-7211.
- MAY 21: Leatherneck Marathon.** MCAS El Toro (Santa Ana), 7 am. Marathon, c/o Training Dept., (1GA), MCAS El Toro, Santa Ana 92709. (714) 651-3121.
- MAY 21: Run for the Roses 10K.** Santa Rosa (Veterans Memorial Bldg.), 8 am. Sharon Wright, Exec. Director (DDA), 306 Mendocino Ave., No. 515, Santa Rosa 95404. (707) 545-3534.
- MAY 21: Cardiac Pacer 5-Mile Run.** Santa Cruz (UCSC E. Fieldhouse), 10 am. Terry Warner, c/o UCSC, E. Field House, Santa Cruz 95064. (408) 429-4220.
- MAY 21: The Bayonet 7.7 miles.** Ft. Ord (Stillwell Recreation Ctr.), 10 am (also Children's 1 mile, 9:30 am). Morale Support Activities, Attn: Sports Branch Bldg., Ft. Ord 93941. (408) 242-4305.
- MAY 21: Nimitz Runs.** 5 & 10K, Treasure Is. (S.F. Bay), 8:30 am. Greg Vernon, NROT, Callaghan Hall, Univ. of California, Berkeley 94720. (415) 642-9626, days.
- MAY 21: Volunteer Fire Dept. Run.** 5 & 2 mile, Lushmeadows (near Mariposa), 9 am. John Carter, 5707 Ahwahnee St., Mariposa 95338. (209) 742-6121.
- MAY 21: BAOO Orienteering Meet.** Morgan Territory, time TBA. Bob Cooley (415) 443-9519. **2 days.**
- MAY 21: Dale Horse Trot II.** 10K & 2 mile, Kingsburg (Memorial Park), 7:30 am. Jane Martin, Kingsburg Joint Community Recreation Commission, P.O. Box 73, Kingsburg 93631. (209) 897-4684.
- MAY 21: Monterey Park Play Days/MERC 5/10K Runs.** Monterey Park (Barnes Park), 5K/7:30 am, 10K/8 am. MERC, P.O. Box 463, Monterey Park 91754. (213) 289-8817.
- MAY 21: Heritage Days 5 & 10K.** Lancaster, 8 am. Running Promotions, Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.
- MAY 21: The Body Run.** 10K, Moraga (Campolindo High School), 9 am. **Limit 1,000 runners.** Cam King, 300 Moraga Rd., Moraga 94556. (415) 376-1193.
- MAY 21: Budweiser Light California Classic 8K.** Visalia, 8 am. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.
- MAY 21: Torrance Armed Forces Day 10K.** Torrance, 8 am. Allen Shall, 3031 Torrance Blvd., Torrance 90503. (213) 328-5310.
- MAY 21: Castaic Classic Triathlon.** 2K swim, 30K bike, 10K run, Castaic Recreation Facilities (2 miles north of Magic Mtn.), 7:30 am. I. Martin Imports (213) 342-4626.
- MAY 21: L.A. Triathlon Championship Series.** 1K swim, 38K bike, 8K run, San Dimas (Bonelli Pk.), time TBA. Bill Fulton, Complete Runner, 2659 E. Garvey Ave. So., West Covina 91791. (213) 331-0169.
- MAY 21: Hawaii-Las Vegas Regal 10K.** Las Vegas Racquet Club, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.
- MAY 21: Jerry Stowe Birthday BIRTHATHLON.** San Diego (Mission Bay Info. Center), time TBA. 8 mile run, 35 mile bike, .6 mile swim. Jerry Stowe, 10595 Montego Dr., San Diego 92124. (619) 560-5984, eves.
- MAY 21: Fresno Running Clinic.** Community Hospital, 8 am. Physical Therapy, FCH, P.O. Box 1232, Fresno 93715. (209) 442-6000, ext. 5080.
- MAY 21: Heighten Your Awareness 10K & 2 Mile.** San Diego (Balboa Park), 7 am. Cindy Ryan, c/o EOL, Box 1049, Coronado 92218. (619) 297-3927.
- MAY 21: Bay General Hospital 10K & 2 Mile Run Run.** Chula Vista, 7 am. Jennifer Fiske, c/o EOL, Box 1049, Coronado 92218. (619) 691-7000, ext. 7423.
- MAY 22: Aptos Creek Marathon & Aptos Creek 6-Mile Trail Run.** Aptos Village Pk, 8 am/marathon, 9 am/6 mile. Aptos Creek Marathon, P.O. Box 1120, Aptos 95083.
- MAY 22: BART-to-BART 10K Run.** Concord (BART Station), 8 am. BART-to-BART, c/o Mt. Diablo Health Care Foundation, 2625 Park Ave., Concord 94520. (415) 957-9405.
- MAY 22: Lake Tahoe Marathon.** Incline Village, Nevada, time TBA. Reg Beddel, P.O. Box 7546, Incline Village, NV 89450. (702) 831-4388.
- MAY 22: We Care Benefit Run.** 10K, Concord (Clayton Valley S.C.), 9 am. We Care Center, 2191 Kirker Pass Rd., Concord 94521. (415) 671-0777.
- MAY 22: How the Point West Was Run 5 & 15K (PA/TAC 15K Championships).** Sacramento, 8:30 am. (Children's 1/2-mile at 8 am) TAC Developmental money to top finishers. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-FEET.
- MAY 22: Run Your Plaque Off 10K.** Foster City (1295 E. Hillsdale Blvd.), 9 am. San Mateo County Dental Society, 1941 O'Farrell, San Mateo 94403. (415) 345-5714.
- MAY 22: Bakersfield Lite 5 & 10K Runs.** Bakersfield (Hart Park), 8 am. Ray Maranda, 1801 Panorama Dr., Bakersfield 93305.
- MAY 22: Golden State Women's 5 & 10K Runs.** Yorba Linda (Yorba Regional Pk.), 9 am. Fleet Feet, 2410 "J" St., Sacramento 95816. (916) 442-3962.
- MAY 22: LA's the Place 10K.** Los Angeles (5th & Flower Sts.), 8 am. Greater Los Angeles Visitors & Convention Bureau, 505 S. Flower St., Los Angeles 90071. (213) 488-9100.
- MAY 22: CRRG Women's Half-Marathon & 10K.** Los Angeles (Griffith Park), 8 am. CRRG, P.O. Box 891, Tarzana 91356. (213) 888-5526.
- MAY 22: Olympic Torch 10K.** Newport Beach (Newport Fashion Island), 8 am. US Olympic Committee, Box 7132, Newport Beach 92660. (714) 897-2227.
- MAY 22: Run for Pete's Sake.** 10K 8.2 mile. Eureka area, 10 am. Big Bros. & Sisters (707) 443-9161. **May 16 deadline.**
- MAY 22: Fourth Sunday Run.** 5, 10 & 15K, Oakland (Lake Merritt, Old Boathouse), 9 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 525-6140.
- MAY 22: ARC Coyote Hills Regional Park Fun Runs.** 3.3 or 4.5 mile, Newark, 9 am. Wynn Wong, Asian Runners Club, P.O. Box 31459, San Francisco 94131. (415) 530-8590.
- MAY 22: Kappa Classic 8K.** Palo Alto (Town & Country Village), 8 am. Kappa Classic 8K, 31 Town & Country Village S.C., Palo Alto 94301.
- MAY 22: Sertma Classic 8-Mile.** Hayward (Kennedy Park), 9 am. Sertma Classic, 22594 Mission Blvd., Suite 210, Hayward 94541. (408) 735-2432, Edwin Pabst, days.
- MAY 22: Red Bluff Racquet & Athletic Club Spring Relays.** 3-person relays (2, 3 & 5 miles), Red Bluff (Ridgeway Park), 9 am. **200 team limit.** RBRAC, P.O. Box 310, Red Bluff 96080. (916) 529-1221.
- MAY 22: Bear Valley Triathlon.** 5K Run, 15K Bike, 10K X-C Ski, (high altitude), time TBA. Phil Davis, Box 2, Bear Valley 95223. (209) 753-2136.

continued on next page...

ARE YOU HOSTING A RUN OR MEET?

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

Date of Event _____ Location of Event _____

Name of Event _____

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

Starting Time _____ Distance if a running event _____

Other Important info _____

Contact Person _____ Phone _____

Address _____

 Street City State Zip

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

JUN 12: Sacramento Triathlon. Swim 2K, bike 45K, run 10K, or swim 4K, bike 90K, run 20K, Rancho Seco (25 miles SE of Sac'to), 8 am. Ginny McConnell, 2408 "J" St., Sacramento 95816. (916) 442-3962.

JUN 12: Rancho Bernardo 10K & 2 Mile Fun Run. Town Center, 7 am. Ed Coverly, 11827 Bernardo Terr., San Diego 92128. (619) 485-7763.

JUN 12: Lake Tahoe Series 10K. North Tahoe H.S. (Tahoe City), 9 am. Stephanie Atwood, P.O. Box 97, Carnelian Bay 95711. (916) 583-8475.

JUN 12: Dannon RRCA 10 Mile. Hansen Dam (LA area), time TBA. Dick Weeks, 7741 Wish Ave., Van Nuys 91406. (213) 343-5416.

JUN 12: Johnny's 10-Mile. Aptos (Valencia Elementary School), 9 am. Johnny's Sports Shops (408) 476-7675 or 423-5443.

JUN 12: Century City 10K. 8 am. Ed Glass, c/o Century City C of C, 2020 Ave. of the Stars, Plaza Level, Los Angeles 90067. (213) 553-4062.

JUN 12: Run for the Children. 5K Fun Run & 10K, San Ramon (Bishop Ranch Business Pk.), 9 am. Laurie McGinnis, 100 Laredo Ct., San Ramon 94583. (415) 829-5083.

JUN 12: Round the Runway Races. 5 & 10K, Moffett Field, 9 am. Special Services, Bldg. 25, NAS Moffett Field 94035. (415) 966-5206.

JUN 12: Clean Air Run. 8K, San Francisco (Pier 39), 9 am. Amer. Lung Ass'n (415) 543-4410.

JUN 15: National Time Trial Challenge. ¼-mile, 1 mile & 3 mile. Foothill College (Los Altos Hills), 5:30 pm. NTTC, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

JUN 16: Tulare Sundowner 3K. Tulare (Bob Mathias Stadium), 7:45 pm. Norm Takeuchi, Parks & Rec. Dept., 411 E. Kern Ave., Tulare 93274. (209) 688-2001, x575.

JUN 18: Tennant Station's 10K Express. Morgan Hill (Tennant & Monterey Rd.), 8:30 am. Kathi Nicklaus, c/o Jody's Junction, 328 Tennant Station, Morgan Hill 95037. (408) 778-2060.

JUN 18: The Potrero Run. 5.5 mile, San Francisco (Potrero Hills), 9 am. Ruth Cassen, 953 Dehara St., San Francisco 94107. (415) 626-8080.

JUN 18: Reseda Kiwanis 10K. Reseda Park, 8 am. California Road Runners Club, P.O. Box 891, Tarzana 91366. (213) 888-5526.

JUN 18: "Race Ipsa Loquitur" 10K. Monterey, 10 am. Sally Jo Workman, c/o Monterey College of Law, 498 Pearl, Monterey 93940. (408) 373-3301.

JUN 18: LaMirada 2-Person 14-Mile Relay. LaMirada, 8 am. Steve Broten, 2240 S. Yates, Los Angeles 90040. (213) 693-4183. *No pre-entry.*

JUN 18: Greenpeace 5 & 10K To Save The Whales. LaHabra (Beach & Imperial), 8 am/5K, 8:30 am/10K. Michael McCreary, P.O. Box 982, Anaheim 92805. (714) 991-7268.

JUN 18: Foster Freedman 5-Mile Age-Handicap. Las Vegas, Nev., 7 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

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

JUN 19: The Converse-Father's Day 10K. Westwood Village, West Los Angeles, 8 am. CRRR, P.O. Box 891, Tarzana 91356. (213) 888-5526.

JUN 19: Valley of the Flowers Marathon & Half-Marathon. Lompoc (River Park), 7:30 am/marathon, 8 am/half-marathon. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

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

JUN 19: PA/TAC 25K Championships. San Francisco (Golden Gate Park, 1st 15 miles of old S.F. Marathon), 8 am. Kees Tuinzling, 627 Galerita Way, San Rafael 94903. (415) 472-7917.

JUN 19: Holy City Race. 9.08 miles, Holy City (Old Santa Cruz Hwy., near Hiway 17 summit), 7:30 am. (Informal race this year... no fees or awards, but accurate timing). Ken Napier, 1612 Bearden Dr., Los Gatos 95030. (408) 379-1420.

JUN 19: Bacardi Run Run. 5 & 10K, Oakland (Lake Merritt), time TBA. Barry Spitz, The Good Sport, Larkspur Landing Cir., Larkspur 94939. (415) 461-1930.

JUN 19: DSE So. Embarcadero Run. 6 miles, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

JUN 19: Moscow Road Run. 10K, Monte Rio (Post Office, Moscow Rd.), 8:30 am. *Date change from June 12.* Fred Kenyon, P.O. Box 879, Forestville 95436. (707) 829-2888. Also National Postal Event.

JUN 19: Father's Day Run. 5 & 10K, St. Helena (Crane Park), 9 am. Art Martin, 1733 Hillview Pl., St. Helena 95474.

JUN 19: Foster City Triathlon. 4 mile run, 10 mile bike, 1 mile swim, Foster City, time TBA. Challenge Sports, P.O. Box 390246, Mtn. View 94039. (415) 697-1300, days.

JUN 19: The Slide. 2 mile swim, 13 mile bike & 5 mile run, Rio Dell, time TBA. Deana Toole, 2024 Shamrock, Fortuna 95540. (707) 725-4605.

JUN 19: Father's Day 6 Mile & 2 Mile. Fresno (Courthouse Park), 6:30 am. *June 15 Deadline.* Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

JUN 19: Five Miles in Style. Fountain Valley (Mile Square Park), 8 am. South Coast Runners Ass'n, 3857 Birch, No. 442, Newport Beach 92660. (714) 646-3452.

JUN 19: Father's Day 10K. Thousand Oaks, time TBA. Robert Radnot, 577 Artisan Rd., Thousand Oaks 91320. (805) 499-2220, eves.

JUN 19: Dad's Day Dash to Benefit Fatherless Boys 5 Mile. Hermosa Beach, time TBA. Big Brothers of Greater Los Angeles, 1486 Colorado Blvd., Los Angeles 90041. (213) 258-3333.

JUN 19: Run for Gay Pride 5 & 10K. Los Angeles, 8 am. Joan Coogan, P.O. Box 42923, Los Angeles 90042. (213) 221-4651.

JUN 19: O.B. Pier 5 & 3K Runs. San Diego Area, 8 am. Connie Fritchel, c/o E.O.L., Box 1049, Coronado 92118. (619) 224-8843.

JUN 19: Lamorinda Lions Run. Distance TBA, Lafayette area, time TBA. Paul Van Noord, c/o Lamorinda Nat'l Bank, 3684 Mt. Diablo Blvd., Lafayette 94549. (415) 283-1500.

JUN 19: San Francisco Ballet School Fund Run 10K. 10 am. Contact: Mrs. David L. Pratt, SF Ballet School Fund Run, 378 18th Ave., San Francisco 94121. (415) 751-4632.

JUN 22: Fiesta Island Triathlon. San Diego (Mission Bay), time TBA. Dick Russell, P.O. Box 9351, San Diego 92109.

JUN 23: Burlingame 2.85 Mile Fun Run. Burlingame (Coyote Point Park), 6 pm. Brock Riddle, Parks & Recreation Dept., 850 Burlingame Ave., Burlingame 94010. (415) 344-6386.

JUN 23: Sepulveda Dam Evening 10K. Sepulveda, 6:30 pm. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

JUN 25: Western States 100-Mile Endurance Run. Squaw Valley to Auburn, 5 am. *Entries closed but a waiting list is being compiled.* Curt Sproul, 1000 "G" St., Suite 300, Sacramento 95814. (916) 443-8161.

JUN 25: Double Dipsea. 14.2 miles, Stinson Beach to Mill Valley and return, 9 am. Marsha Manit, 771 Fifth Ave., No. 3, San Francisco 94118. (415) 668-1696.

JUN 25: US Triathlon Series. 2K swim, 40K bike, 15K run. Los Angeles, time TBA. USTS, P.O. Box 1438, Davis 95617. *Entries close 2 weeks prior.*

JUN 25: Fresno Bunlon Derby 3K. Roeding Park, 8 am. Larry Lung, 1503 Claire, Corcoran 93212. (209) 992-5501.

JUN 25: "Sweet Don't Fret" 20K, 10K & 5K. Irvine (William Mason Park), 8 am. R.A.C.E., Box BC, Westminster 92683. (714) 897-2227.

JUN 25: Outstanding Athletes 10K. Los Angeles (Griffith Park), 8 am. California RRC, P.O. Box 891, Tarzana 91356. (213) 888-5526.

JUN 26: Michelob Lite Weight a Minute for MDA. 4 mile, Larkspur Landing, 9 am. (Handicapped by weight for men and women). Barry Spitz, c/o The Good Sport, 2011 Larkspur Landing Cir., Larkspur 94939. (415) 461-1930.

JUN 26: International 25K for Veterans. Brugge, Belgium, 10:15 am. *Entries close June 1.* FIT VETERAAN, Jacques Serruys, Postbus 7, B-8000 Brugge 1, Belgium. *Open to women 35 & over, men 40 & over.*

JUN 26: Cascade Run Off 15K. Portland, Oregon, time TBA. Cascade Run Off, P.O. Box 40228, Portland, OR 97240. (503) 223-9016. *Entry Forms to be mailed out April 1. First 3600 returned applications, postmarked Apr. 16 or later will be automatically accepted. The next 2400 spots will be selected by lottery from applications received on or before May 6. Confirmations (or non-acceptance) will be mailed by June 1.*

JUN 26: RRCA Meet of Miles - Postal Championship. 1 mile, Santa Rosa (Jr. College track), 8 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

JUN 26: Carrera de Locos Half-Marathon. Westlake Village, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088. *No Pre-Entry.*

JUN 26: Retina Pigmentosas 10K. Woodland Hills (Warner Center), 8 am. California Road Runners Club, P.O. Box 891, Tarzana 91356. (213) 888-5526.

JUN 26: Trudgers Women's 8K. San Pedro (Pt. Fermin Park), 8 am. Bill Grant, 520 Avenue G, No. 1, Redondo Beach 90277.

JUN 26: Polaroid "600 Series" 10K. Irvine (Mason Regional Park), 8 am. South Coast Runners Ass'n., 3857 Birch, No. 442, Newport Beach 92660. (714) 646-3452.

JUN 26: Soledad Mission 10K. Soledad (Mission), 9 am. Mission Run, Almond Acres, Space No. 2, Soledad 93980. (408) 678-3093.

JUN 26: Jacoby Freak Streak. Eureka area, 1.8 and 4.8 mile, 1:00 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

JUN 30: Burlingame 2.85 Mile Fun Run. Coyote Point Park (Burlingame), 6 pm. Brock Riddle, 850 Burlingame Ave., Burlingame 94010. (415) 344-6386.

JUN 30: Tulare Sundowner 3K. (Bob Mathias Stadium), 7:45 pm. Norm Takeuchi, Parks & Recreation, 411 E. Kern Ave., Tulare 93274. (209) 688-2001, x575.

Late JUN or early JUL: Tug's Run-Swim-Run. ½ mile swim, 5½ mile run, ½ mile swim, San Diego (Tug's Tavern), time TBA. Tom Warren, 2393 LaMarque, San Diego 92109. (714) 483-2498.

continued on next page...

BAY AREA

THE SCHEDULE

THE ROAD RACER'S REFERENCE

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

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Schedule

JULY

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

JUL 2: Downey 5 & 10K. Downey (Wilderness Park), 9 am, Mr. Myers, Downey High School, 11040 Brookshire, Downey 90241. (213) 869-7301, x554.

JUL 2: 5-Mile Biathlon. 4 mile run, 1 mile swim, Santa Barbara (East Beach), time TBA. Paul Hodgert, Recreation Dept., Aquatic Div., Drawer P-P, Santa Barbara 93102. (805) 965-0500.

JUL 3: Great Callistoga Footrace. 8K, Callistoga (Napa County Fair), 8:30 am. Reg Harris, 1267 Walnut, No. C-66, Napa 94559. (707) 255-8705.

JUL 3: Dos Equis 8K (& 2 mile). San Francisco (The Canary), 8 am/2 mile, 8:30 am/8K. Peanut Harms, 675-A Chiquita, Mtn. View 94040.

JUL 3: 5-Mile Run. Tule Springs (Floyd Lamb State Park), Nev., 7 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

JUL 4: Coronado/Second Sole Half-Marathon. Coronado, 7 am. EOL, 628 Fifth St., Coronado 92118. (619) 437-4556.

JUL 4: Kenwood Footrace XII. Kenwood (Warm Springs Rd. - Town Square), 8 am. Wine Country Race Service, P.O. Box 879, Forestville 95436. (707) 829-2888.

JUL 4: Firecracker 10K. Santa Cruz (Harvey West Park), 9 am. Santa Cruz Recreation Dept. (408) 429-3663.

JUL 4: Spreckels 4th of July Celebration Race. 10K, Spreckels (Near Salinas), 9 am. Louis Davidson (408) 455-1139.

JUL 4: Embarcadero Five-Mile Optimist Run for Youth. Oakland, 9 am. Run For Youth, c/o YMCA, 2101 Telegraph Ave., Oakland 94612. (415) 451-8033.

JUL 4: Milpitas Firecracker 10,000 Meters. Milpitas (City Hall), 9 am. Karen McNamara, Milpitas Leisure Services Office, 160 N. Main St., Milpitas 95035. (408) 942-2470.

JUL 4: Santa Clara Central Park Independence Day Run. Distance TBA, Santa Clara, 8:30 am. Bea Lichtenstein, 726 Woodhams Rd., Santa Clara 95051. (408) 241-6596.

JUL 4: Independence Day 4-Mile. Visalia, time TBA. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

JUL 4: Fresno Joggers Independence Day Run. Distance TBA, Fresno (Woodward Park), 7 am. James Plus, 1325 Adler Dr., Clovis 93612. (209) 299-8592.

JUL 4: La Palma ADP Running Celebration 5 & 10K. La Palma, 8 am. Kitty Dudometkin, 7821 Walker St., La Palma 90623. (714) 522-6740.

JUL 4: SPATAC District 15K Championships. Santa Barbara (San Marcus H.S.), time TBA. Santa Barbara AA, 4476 Meadowlark Ln., Santa Barbara 93105. (805) 964-2591.

JUL 4: Timber Ridge Run. 6 mile, Weaver-ville, 9 am. Jeff Huntley, 90 Weaverville Parks Dist., Weaverville 96093. (916) 623-5925.

JUL 4: Monarch Bank 5 & 10K Run in the Parks. Laguna Niguel (Crown Valley Comm. Park), 8 am & 7 am. Bill Pascual, 24372 Las Naranjas, Laguna Niguel 92677. (714) 831-6618.

JUL 4: San Francisco Triathlon. Approx. 4 mile run, 10 mile bike, 1 mile swim, time TBA. Challenge Sports, P.O. Box 390246, Mtn. View 94039.

JUL 4: NorCal 4th of July Jubilee Run. 3K & 10K, Eureka area, 9:30 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

JUL 4-20: Great California Footrace. 500 miles, Los Angeles to San Francisco, 6 am. (run 15 miles each day at 6 am and 15 miles each day at 6 pm). California Road Runners Club, P.O. Box 891, Tarzana 91356. (213) 888-5526.

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

JUL 9: Fresno Bunion Derby 5K. Fresno, time TBA. Larry Lung, 1503 Claire, Corcoran 93212. (209) 992-5501.

JUL 9: Sunset Park 5-Miler. Las Vegas, Nev., 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUL 9: National TAC Sr. Women's 5K Championships. Denver, Colorado, time TBA. Creigh Kelley, c/o BKB, 8101 E. Bellevue, Denver, CO 80237. (303) 741-3587.

JUL 10: Mark West Challenge 10K. Santa Rosa (Middle Rincon Valley Jr. High), 8 am. Jerry Montgomery (707) 527-0150 or Dan Evans (707) 545-8380 - 510 Larkfield Center, Santa Rosa 95401.

JUL 10: Marin Headlands 7-Miler. Ft. Cronkhite (Bunker Rd.), 10 am. Tamalpa Runners, Betsy McGee, 41 Prospect Ave., San Anselmo 94960. (415) 457-6544.

JUL 10: Felton Race to the Redwoods. 6.9 mile, Felton (Vista Market, Hwy 9), 9 am. Marty Kruger (408) 355-5906. *Cash Prizes to be given.*

JUL 10: Padres-Lions 10K & 2 Mile. San Diego Stadium, 7 am. Bob Goggins, c/o EOL, Box 1049, Coronado 92118. (619) 291-3253.

LOOKING AHEAD

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

JUL 16: Apple's Great Race. 6.5 mile run, 6.5 mile paddle, 13.5 mile bike. Sacramento (Goethe Park), time TBA. Shirley Wild, 3701 Branch Center Rd., Room 106, Sacramento 95827. (916) 266-2063, days.

JUL 16: US Triathlon Series. 2K swim, 40K bike, 15K run, San Francisco, time TBA. USTS, P.O. Box 1438, Davis 95617. *Entries close 2 weeks prior.*

JUL 17: Lake Merritt Summer Relays. 4x5K, Oakland (Lake Merritt Boathouse), 9 am. Summer Relays, 5715 Florence Terr., Oakland 94611. (415) 654-9292.

JUL 20-25: John Muir Trail 220-Mile Run. Lone Pine, time TBA. Don Douglas, 3891 No. Ventura Ave., Ventura 93001.

JUL 24: Wharf-to-Wharf Race. 5.816 miles, Santa Cruz Wharf to Capitola Wharf, 8:30 am. Wharf-to-Wharf, c/o P.O. Box 307, Capitola 95010. (408) 475-2196.

JUL 24: San Francisco Marathon (and National TAC Sr. Men's Championships). Golden Gate Park, time TBA. Scott Thomason, P.O. Box 27385, San Francisco 94127. (415) 681-2322. **10,000 Limit.**

JUL 25-31: New Astley Belt Six-Day Race. San Diego, time TBA. Jerry Dietrich, P.O. Box 2684, Spring Valley 92077.

JUL 31: Haleakala Run to the Sun 37 1/2 Miler. Haleakala, Maui (Hawaii), time TBA. Eileen Hallee, Valley Isle Road Runners, P.O. Box 888, Kihei, HI 96753.

AUG 6: Sierra Pines Marathon Relay. 4-person, 26 mile total, Bass Lake, time TBA. Jim Hartig, 1457 Keats, Clovis 93612. (209) 299-3747.

AUG 6: California 50-Mile Endurance Run. (hilly) Santa Rosa (Spring Lake & Annadel State Park), 6 am. *Must pre-enter by July 7.* Nancy Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 526-0661.

AUG 7: Summer Relays. 5-person teams, 4.464 miles each, Lake Merced, San Francisco (Sunset Circle Pkg. Lot), 9 am. Karen Lanterman, P.O. Box 652, Burlingame 94010. (415) 348-5387.

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

COLLEGE/OPEN TRACK & FIELD

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

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

MAY 6-7: Cal Invitational. UC Berkeley. Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 642-9447.

MAY 7: Stanford All Comers. Esther Stroy (415) 497-1940.

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

MAY 7: Johnny Mathis Tune-Up Meet. San Francisco State University, 10 am. Harry Marra, Track Coach, SFS Athletics, San Francisco 94132. (415) 469-1561.

MAY 11-14: Northern Calif. Athletic Conference. San Francisco State University. Harry Marra, SFS Athletics, San Francisco 94132. (415) 469-1561.

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

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

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

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

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

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

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

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

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

MAY 20-21: PAC 10 Championships. Berkeley. John McCassey, Sports Information, Harmon Gym, University of California, Berkeley 94720.

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

MAY 21: California Community College State Championships. Modesto.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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JUN 11-12: San Diego Decathlon Championships. Serra High School. Open and High School Divisions. Steve Kleinstuber, Serra High School, 5156 Santo Rd., San Diego 92124. (619) 283-5715.

JUN 12: Kinney Invitational. U.C. Berkeley. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

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

JUN 16: Tulare All Comers Track Meet. Bob Mathias Stadium, 6 pm. Norm Takeuchi, Tulare Pks. & Rec., 411 E. Kern Ave., Tulare 93274. (209) 688-2001, x575.

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

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

JUN 23-26: Coliseum International T&F Competitions. Los Angeles Coliseum. Special Invitation to all IAAF member nations.

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

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

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

JUN 30: Tulare All Comers Track Meet. Bob Mathias Stadium, 6 pm. Norm Takeuchi, Tulare Pks. & Rec., 411 E. Kern Ave., Tulare 93274. (209) 688-2001, x575.

JUL 1-3: TAC Youth Athletics Nationals. Dayton, Ohio. Harold Martin, 7521 Arundel Dr., Trotwood, OH 45426. (513) 854-3261.

JUL 10-15: Jan Johnson/Converse Vaulting Camp. Cal Poly San Luis Obispo. Contact: Tom Henderson, Track Office, Athletic Dept., Cal Poly, San Luis Obispo 93401.

JUL 14: Tulare All Comers Track Meet. Bob Mathias Stadium, 6 pm. Norm Takeuchi, Tulare Pks. & Rec., 411 E. Kern Ave., Tulare 93274. (209) 688-2001, x575.

JUL 29-31: TAC Junior Olympics. Duke University, North Carolina. Bob Baxter, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.

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

JUN 4-5: Las Vegas Masters Classic.

JUN 11: Compton Invitational. Some masters events. Wally Williams, 5242 Pendleton, No. 26, South Gate. (213) 631-3416.

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

JUN 18: Senior Sports Festival. Seattle, Washington. King County Rec. Dept., 425 S.W. 1424, Seattle, WA 98166.

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

JUN 25-26: Hayward Classic. Eugene, Oregon. Bill McChesney, 1755 Coburg Rd., Eugene, OR 97401.

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

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

JUL 16: Striders Relays. Ann Smith, 22736 Mulholland Dr., Woodland Hills 91364. (213) 348-8352 res., (213) 342-1174 bus.

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

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

JUL 30: CDM Relays. CDMTC, c/o Al Henry, 19019 S. Andmark Ave., Carson 90746. (213) 774-1635.

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

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

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

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

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

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

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

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

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

JUN 3-4: J.O. Preliminary Meet. Diablo Valley Track and Field Club, site TBA. Mrs. Becky G. Givson, P.O. Box 23645, Pleasant Hill.

JUN 4: J.O. Preliminary Meet. Stockton, St. Mary High School. Mr. Frank T. Quelantang, 237 West 6th St., Stockton 95206. (209) 465-3509.

JUN 4-5: J.O. Preliminary Meet. Sacramento. Mr. Norris Head, 2628 Zruider Zee Circle, Elverta 95626.

JUN 5: J.O. Preliminary Meet. Santa Rosa Jr. College, 8 am. Mr. John Gash, 971 Estes Rd., Santa Rosa 95405.

JUN 10-11: J.O. Preliminary Meet. Daly City, Westmoor High School. Mr. Charles Smithson, 111 Lake Merced Blvd., Daly City 94015. (415) 991-8000.

JUN 11-12: J.O. Preliminary Meet. Oakland, Laney College, 8 am. Mr. Warren Chew, 1520 Lakeside Dr., Oakland 94612.

JUN 11-12: J.O. Preliminary Meet. San Francisco, McAtear High School, 9 am. Mr. Stephen B. Spelman, 2475 Greenwich St., San Francisco 94123.

JUL 8-10: J.O. Pacific Association Championships. Cal State Univ. Hayward, 8 am. Mr. Richard Wheeler, 225 Alto Loma, Millbrae 94030.

JUL 16-17: J.O. Region XIII Championships. Merritt College, Oakland, 8 am. Mr. Leonard Knowles, 8200 East 14th St., Oakland 94621.

JUL 29-31: J.O. National Championships. Duke University, Durham, North Carolina.

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MASTERS T&F SCHEDULE

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

APR 2: Central Cal TAC Championships. Fresno State University. Hugh Adams, 7904 S. McCall, Selma 93662.

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

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

MAY 1-2: Mt. SAC Relays. Walnut, CA
MAY 7: West Coast Masters. Visalia. Marty Higginbotham, 1026 W. Princeton, Visalia 93277.

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

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

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

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

TAC Jr. Olympics

Below are listed the 1983 Junior Olympic Meets as received from Dick Connors, the Pacific Association Track & Field Coordinator. We'd be happy to list other Junior Olympic dates, if and when we know about them.

MAY 15: J.O. Preliminary Meet. Crescent City, Del Norte High School, 9 am. Ms. Dee Sullivan, 784 C St., Crescent City 95531. (707) 464-5329.

MAY 21-22: J.O. Preliminary Meet. Reno, Nevada, Hug High School, 9 am. Mr. Don E. Meier, 4495 Gibraltar Dr., Reno, NV 89509. (702) 789-6692.

CC721 Nine Lane Printing Timer (Top Photo)
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CC707 Economy Printing Timer (Middle Photo)
Prints place and time for an unlimited number of runners. Prints splits and gives total, also prints sequential and cumulative times. CC707 times to 1/100 second and operates on rechargeable batteries (charger included).

CC601 Run Time Clock (Bottom Photo)
This new Run Time Clock has 6" Day-Glo digits that can be seen up to 400' distant. Shows hours, minutes, seconds (or 1/100's in split mode). It operates 75 hours on an internal set of D-size batteries. An easy-to-use keyboard sets all functions and preset times.

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SoCal Diary

By BILL MINARIK

□ March 28

The Santa Barbara Relays highlighted this week's prep action as distance phenom Eric Reynolds cruised to a 9:04 clocking while outdistancing a class field in the open two mile.

In the community college ranks, the Santa Barbara Relays also were the focal point of action with Bakersfield edging out Mt. Sac and Glendale 50-48-45 in the men's division while Mira Costa was a runaway women's winner. Saddleback's Jim Doehring posted the best mark of the day with a nifty 58'5" shot put.

While most of the CC's were at Santa Barbara, two which were not, probably put on the dual meet of the year down at USC. It seems the Long Beach CC-Pasadena CC dual meet is now so big it has outgrown the track facilities of both schools and must be held on a major school track. The fans who came out to watch this one were not disappointed as the score was dead even going into the mile relay. It appeared that PCC would be getting its first ever win over Ron Allice's crew as going into the final leg of the relay, PCC's Leonard Graham, who was 1st in the open 400, held a 2 yard lead over the Viking's Blair McMurray, who had run 4th. However, when McMurray went by Graham on the backstretch, Graham folded and the Vikes had a 75-70 win and the dual meet championship. Prior to that mile relay, PCC had held a 31-1 edge over LBCC in the sprints.

In major college actions, USC finished its multi-team meet schedule as Dave Kenworthy with an 18 foot vault and guest John Powell with a 212 foot discus throw highlighted the afternoon's activity.

Up at San Jose, the San Jose State Spartans used their superior sprint strength to get by the CS Long Beach men 92-70.

Down at the Redlands Invitational, the Air Force flew in, but was unable to fly by Innocent Egbunike and his Azusa Pacific men's team as A-P held off the AF 97-88. However, in the women's competition, it was the A-F over AP 131-43 as the lady aviators outscored all the rest of the teams put together. I didn't think there were enough women in the military academies to make them competitive in inter-collegiate sports. Maybe, it takes a woman with an athletic background to be able to handle the tough physical training required of all cadets.

□ April 3

It was quite a record-breaking weekend so let's start with the preps. The big news was up at the Martin Luther King Games where Balboa High's Maurice Crumby broke Gail Olson's prep high jump record with a 7'4½" effort. In the open 100, Hamilton's Antonio Manning outran the best of Norcal into a stiff breeze with an 11-1 clocking.

All of the community colleges were at the So. Calif. Relays with Div. I and II at Cerritos

and Div. III and IV at College of the Desert.

In Div. I, Mt. Sac. edged out Cerritos and Long Beach 62-60-56, while in Division II Fullerton was a comfortable winner over Santa Monica 88-65 in the men's competition, while Cerritos was a winner over El Camino 52-38 in a combined women's competition. In Division III Bakersfield edged out Glendale 87-83 while in Division IV host COD won its first championship ever 82-80 over Citrus. In a combined women's Div. III and IV Mira Costa was an easy 73-51 winner over West L.A.

In major college duals, UCSB was an easy 84-35-33 winner over UC Riverside at CSLA, however up at Berkeley, UCLA had to scramble to come out with an 80-74 win over a well balanced UC Berkeley team. In fact, to accomplish this feat, the Bruins had to shut out Cal's Dave Porath (64 feet) in the shot. It appears that it may be only a matter of time before the Bruin's lack of strength is going to cost them a dual meet.

In the major invitationals — first at the Martin Luther King Games at Stanford, Azusa Pacific's Mike Barnett continued on the road to the Olympics with a solid 286'10" javelin throw while in the women's division, Colleen Sommers continued her high altitude high jumping with a winning leap of 6'5¼" which was 7 inches higher than the 2nd place finisher. Meanwhile down south at the Sun Devil Invitational, the running track must have been smoking after some of the relay events were run. Some examples were the 400 relay won by the Stars & Stripes TC in 38.9, 1600 relay won by Tiger International in 3:03.1, the sprint medley won by Athletic Attic in 3:11.08 and the 6400 relay won by the Santa Monica TC in 7:12.6. Things were also poppin in the field where Leslie Deniz upped her own American discus record to 212'0" and Michael Carter popped the shot out 88'0".

□ April 10

Beginning with prep action, Hawthorne High as expected easily took both boy's and girl's divisions in its own invitational as Henry Thomas moved up to the 400 and cruised home a winner in 48.5. Over at the Bishop Amat Invitational held at Mt. Sac, George Brown of the host school really smoked the 400 in a sizzling 47.2 after winning the open 100 against a class field.

In a survey of community college conference activity, we find that, based on dual meets, the following teams appear to have clinched the men's title:

In the **Metro Conference**, Long Beach City appears to have locked things up with another undefeated season.

In the **South Coast Conference**, Mt Sac virtually destroyed the field, however we understand they had to forfeit all their meets because of using an ineligible athlete.

In the **Inland Valley Conference**, Glendale picked up where it left off in the Western

States Conference by easily beating 7 IVC foes.

In the **Pacific Coast Conference**, Grossmont outran Saddleback to take that crown.

In the **Mountain Valley Conference**, it looks like L.A. Valley is enjoying their new competition as they have outrun all of their foes.

In what's left of the **Western States Conference**, Taft has been able to make good use of the 14 full scholarships it now has and appears to be the class of the field.

In 4-year college action, first-in the big women's meet UCLA with Jackie Joyner winning the 200, 100 hurdles and long jump reversed last year's loss to Oregon with a 71-56 decision. However, the Bruin men were not so fortunate. There is an old saying that says when you live by the sword, you die by the sword, and that saying fell true for coach Jim Bush's crew as the weight events, which had been the Bruins margin of victory all year, turned against them as a two-edged sword by the name of the Crouser brothers helped the Oregon Ducks to a 29-7 edge in the weight events and an 85-78 overall victory to end the Bruin hopes of being national dual meet champs. The Ducks, who won 7 of 8 field events as well as the 100, 200 800 and 1500, were assisted by some typical Oregon weather which is wet, cold and windy.

In some other big duals, USC eased past Stanford 91-53 with Hank Kraychir's 203'8" discus throw, the highlight of the day. CS Long Beach enjoyed a surprisingly easy 103-54 win over New Mexico, while San Diego State outran tough San Jose State 93-70. Down at Irvine, UC Irvine used its awesome field event strength to get by track rich CPSLO 94-67.

In the CCAC Invitational, it was strictly no contest as Azusa Pacific lead by Innocent Egbunike's 10.2-20.9 sprint double and Mike Barnett's 286'4" javelin throw outscored all the other teams put together.

In other news, Jim Bush has announced he will retire as UCLA track coach at the end of the 1984 season. Jim, who has won just about everything there is to win in his career which has gone from Fullerton CC to Oxy to UCLA, will in all probability, turn the helm of the Bruin ship over to distance coach Bob Larsen with weight coach Art Venegas becoming the first mate.

In a good example of getting a lot out of a very little, CSULB coach John Tansley has somehow been able to take the 4 scholarships the school has given him and split them among 64 team members. I can't recall so many being taken care of with so little since Jesus fed the multitudes with 2 fish and 5 loaves of bread.

One coach who is still coaching but has moved cross town is Tom Lionvale who has left UCSB and moved over to SBCC replacing John Goldhammer.

Tuttle's Track Topics

By GARY TUTTLE

Running On Instinct

I first started running in 1962, and immediately got an irresistible urge to join others in a race.

After only three weeks of running I joined a small crowd and ran my first race. In the 20 years since, I've run in hundreds of races, and have watched the sport grow. Those first races had two dozen runners at the starting line; today's races have hundreds, even thousands.

Road racing was America's fastest growing sport in the 70's and, for some reason continues to grow in popularity through the 80's.

Running experts give all sorts of reasons for the sport's continued growth. Some people believe it's the increased leisure time; others say it's our greater health awareness. Some say it's "obsessive-neurotic behavior," and many simply dismiss it as a fad.

Perhaps the road racing phenomenon is strictly an instinctive response. Maybe some long dormant gene is now forcing us to respond to some ancient animal instinct, and nature is forcing us to blindly, irrationally, and often in great haste, run in large packs, chasing and following a leader to an all important rendezvous with some distant, illusive goal.

Last May, for some unexplained reason, 65,000 runners began the San Francisco Bay to Breakers together, then rushed through the city and down to the sea. Perhaps they were no more rational, or in control, than the lemmings are when they begin their own traditional headlong rush to their sea graves.

When we race in mass, we may be also acting out the unexplained urges of the whales when they beach themselves in groups.

To a visitor from another planet our weekend runs might be looked upon with the same wonderment as the migrating geese, or the steady march forward of the army ants.

We humans, of course, like to think we are in control of our own destinies and, unlike the lower animals, function only rationally and reasonably. Many valid, reasonable theories are given for the huge masses at road races, but upon close examination they closely parallel the actions of the migrating animals.

When we don our racing shoes, many of us state we are racing in hopes of receiving the awards and prizes that are offered at the end of our journey. Actually, maybe we are being controlled by the same instincts that drive the herds of caribou on their circular, winter migration. By making the journey, each caribou makes his life a little pleasanter, and the leaders reap the most rewards by reaching the plentiful harvest first.

Every December, runners from all over the cold climates of the world come to warm Hawaii for the Hawaii Marathon. This runner's migration can be explained away rationally as an intelligent "search for warmth." Perhaps the "warm weather seekers" are really only emulating the humpback whales which yearly migrate from the cold Bering Sea down to the coast of Mexico.

Each year, nature draws the Alaskan fur seal, in mass, to the island of St. Paul. The seals spend most of their time socializing and mate hunting. Perhaps the runner is being controlled by the same biological urges when he/she group in mass on race day.

Recently, many "women only" races — with thousands of runners — are gaining strength. Even these unisexual migrations have connections with "nature's mysterious ways." For thousands of years the hoary bat of North America has migrated in large groups of males or females only.

Over the last two years, nature has tugged at both the swimmer and land



dweller equally, and created the new sport, the triathlon.

These triathletes are the red newts of the athletic world. For centuries, nature has made the red newt spend three or four years on land while attaining maturity. After adulthood it begins to migrate back to the water to breed and spend the rest of its life in the water. Perhaps some deeply buried instinct is now pulling at us, making us begin to behave as the newt.

Maybe the triathletes are reliving the centuries-old tradition of the female American eel which begins her migration from the lakes and ponds of Central America, heading for the sea. If the eel finds the outlets dried up, it is able to travel several miles over dry land while breathing through its skin.

Many species of fish begin and end migrations in large schools of thousands of fish. The fish travel in large groups for protection; there is safety in numbers, and some irresistible force pulls them together for the long trip. This ancient instinct for safety in numbers perhaps best explains the runner's fascination and need to mass on the outskirts of New York City (the world's most dangerous city) and begin a migration through the "shark-infested" city.

Just as road racing isn't common to all humans, migrating isn't common to all animals. Many animals are pulled by an ancient tug that is every bit as strong as migration. When the cold weather strikes, and many animals are migrating in mass, many other animals and most humans can't fight the urge to curl up in the den and hibernate.

Medical Notes for Runners

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

Surgical Treatment For Resistant Shin Splint Syndrome

Although most shin splint problems will resolve with rest and physical therapy, occasionally anti-inflammatory medications or, even, an injection is necessary. Physical therapy such as ultrasound, three times a week, followed by electrogalvanic stimulation is oftentimes helpful. One must always rule out stress fracture of bone which can mimic shin splint syndrome. A special x-ray, such as a bone scan or a coned down standard x-ray view, may show the stress fracture. The problem is, of course, that stress fractures oftentimes take three to six weeks to show up on a standard x-ray whereas they are immediately visible upon a bone scan. Bone scans can be relatively expensive, \$200.00! Standard x-rays can cost anywhere from \$30.00 to \$60.00. If you are not a world class runner or running is not your whole life; if you think you have a stress fracture or, possibly, shin splint syndrome, it is probably best to ride an exercise bike or swim for six weeks, rest and see what happens. If it's terribly important for you to find out exactly what is wrong, whether or not you have shin splint syndrome, soft tissue damage, inflammation of the covering of the bone, or stress fracture, then a bone scan and proper diagnosis and treatment may be indicated.

Let me give you an example. Sister Pat Binkert is a middle aged woman, a nun, who enjoys running. She teaches physical education. She had been suffering from pain at the front and inside of her legs for the past two years. When she came to see me, I diagnosed anterior tibial shin splint syndrome. She actually had what is called a chronic compartment syndrome meaning that, whenever she ran, the muscles at the front and inside of her leg became very tight and began cramping. These are the muscles which are called the antigavity muscles and help stop the forefoot from slapping on the ground when you run. If you land heavy on your heel or overstride, you have a tendency to stretch these muscles and may get anterior shin splints. This is the old fashioned shin splint syndrome that we used to get when we ran track on hard surfaces. This type of shin splint is more common in sprinters or in those runners who overstride than in the average everyday

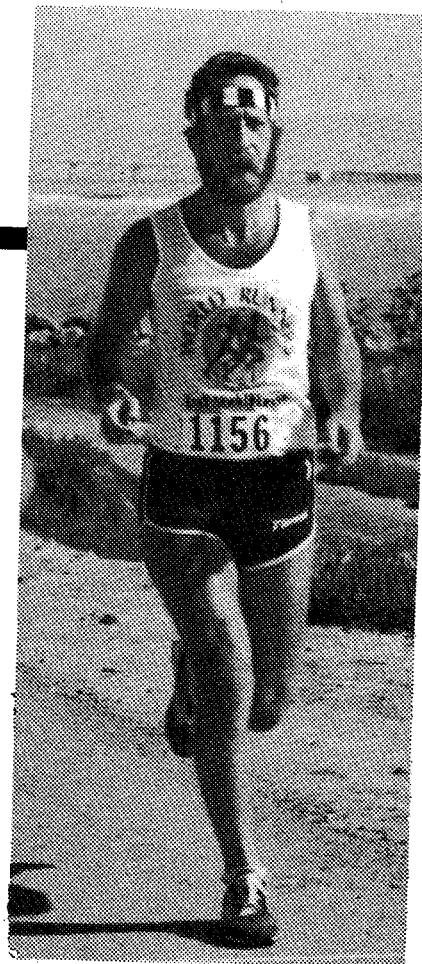
runner who pronates excessively. Excessive pronation, however, can cause a shin splint syndrome at the anterior tibial muscle due to the fact that, when the foot flattens, it causes a relative elongation of this muscle group. The muscle group inserts in the arch and runs along the inner aspect of the shin. Thus, as the arch lowers, the muscle is pulled away from the bone. There is some microscopic bleeding at the attachment of muscle and tendon to bone and, sooner or later, this may cause chronic scar tissue which will not resolve with rest, physical therapy, or any other rational form of nonsurgical treatment. In this case, the only treatment we have found that works is surgery.

The surgical procedure is that of a very small incision at the front of the leg and a release of the tight fascia or covering of the muscle surgically. We, then, move the muscle away from the bone. These procedures are done in conjunction with our group orthopedist.

Well, in regards to Pat, after two years of utilizing physical therapy, orthotics, and witchcraft, nothing worked. She had the surgery as described above and, three weeks later, was running one to two miles a day. Three months later, she was running three to four miles per day and notes that she has had no return of pain.

The actual surgical procedure is relatively simple and the patient only spent one and one-half days in the hospital. She went into the hospital in the morning, had surgery done in the afternoon, and went home the next day. The reason she spent the evening in the hospital was that our orthopedist and I felt that it was best for her to have her legs elevated to make sure that there would not be excessive bleeding in the immediate postoperative course. She, then, was allowed to walk for three weeks before we placed her on a five minute walk, fifteen minute jog program. Her surgery was successful.

We have also found that chronic shin splint syndrome of the muscles on the inside of the leg may likewise need surgery. These are the flexor muscles. These are the muscles that hold up the arch when you run and also are the muscles you will use when you run faster. At times, there is chronic



scar tissue formed which only surgery can release. As with the example in the antigavity muscles, these gravity muscles should have extensive physical therapy before one entertains the thought of surgery. Oftentimes, orthotics are more successful for this type of problem than they are for the antigavity muscles.

I mention this form of surgery for chronic shin splint syndrome because many of you have heard of this as the Mary Decker or John Walker surgery. The only problem is that, if you keep training hard without stretching enough, there can be a recurrence of the tightness of the fascia, or tough tissue that surrounds the muscle. When this happens, you have a closed compartment and, when you run, your muscles swell and there's no place for the swelling to go. This causes the cramping and what we call the chronic compartment syndrome. When your foot pronates excessively or you train too hard, you also form scar tissue when you pull the muscle away from the bone. We call this enthesitis.

So what does this mean? It means that we now have a surgical procedure that works but we cannot guarantee you that it will last forever.

I have found that surgery, at best, is about 80 percent successful. Perhaps, this type of surgery is even more successful if one trains rationally following the surgical procedures.

In the future, I'll talk more about this type of surgery with other patients who have had compartment syndrome or shin splint syndrome of all of the muscle groups.



TAC NOTES

By ALAN T. KOLLING

National Championship Schedules: The **TAC Outdoor** Senior Men's and Women's Track and Field Championships will be held at Indianapolis, from June 17-19, under the Meet Directorship of Sam Bell, c/o Assembly Hall, Indiana University, Bloomington, Indiana 47401, (812) 335-8583. Outdoor qualifying marks listed below must be made from June 18, 1982 to June 12, 1983. Unlike the **TAC Indoors**, the qualified athlete is responsible for paying his or her own way to the meet, although the Pacific Association administers a Travel fund specifically for this purpose.

The **TAC Outdoor** Junior Men's and Women's Championships will be held at **Penn State**, Pennsylvania, from June 25-26, with the period for establishing qualifying marks extended to June 19, 1983. Additionally, both the **Boys and Girls** Youth Athletics Championships (age groups for boys and girls born 1973 or later, and as early as 1966) will be held at Welcome Stadium, Dayton, Ohio, with the period for qualifying marks extended to June 26, 1983. Qualifying marks may be submitted to Harold Martin, 7521 Arundel Road, Trotwood, OH 45426, (513) 837-5069.

Next year's **TAC Outdoor** Senior Men's and Women's Championships will be held at San Jose City College, site of the **Bruce Jenner Meet**, the weekend after the NCAA championships in Eugene and just before the Olympic Trials in Los Angeles. Appears that Eugene wanted to host all three meets, but only got the NCAA's. Oh well, one out of three ain't bad. (And what did you say was the track capital of the States?)

The Pacific Association offers travel funds (minimum guaranteed for 1983 travel of \$150) to P.A. registered athletes who, in addition to qualifying for the National outdoors, also meet a P.A. travel standard. In order to be eligible for P.A. travel funds, athletes must have established their qualifying marks *after* they have registered with the association. Please submit marks no later than June 12, 1983, to me, at 1237 Glen Ave, Berkeley, CA 94708.

Listed below are the **TAC Outdoor** qualifying marks for senior men and women, with the P.A. travel standard in parenthesis where different. Marks for junior men and women will be included in next month's issue. (All distances in meters unless indicated otherwise).

Senior Men

100	10.1/10.38
200	20.5/20.76
400	46.1/46.40 (45.97)
800	1:48.4/1:48.70 (1:47.25)
1500	3:42.5/3:42.80 (3:39.44)
Mile	4:00.3/4:00.60 (3:39.44m)
3000SC	8:46.7/8:47.00 (8:39.00)
5000	13:49.7/13:50.00 (13:43.56)
10,000	29:14.7/29:15.00 (29:11.84)
HH	13.6/13.90
IH	50.5/50.80 (50.02)
HJ	7'3½"
LJ	25' 7" (25' 8½")
TJ	52' 11¾" (54' 1¼")
PV	17' 6½" (17' 7")
JT	247'10" (254'4")
HT	207'0" (223'6¼")
SP	63'3" (65'11")
DT	195'10" (207'9")
DEC	7600/7500 (7626)

Senior Women

100	11.5/11.74 (11.53)
200	23.8/24.04 (23.75)
400	53.8/53.94 (53.17)
800	2:10.5/2:10.50 (2:04.62)
1500	4:20.00 (4:18.25)
Mile	4:40.00 (4:18.25m)
3000	9:25.00 (9:18.37)
5000	16:30.00
HH	13.9/14.14 (13.83)
IH	60.5/60.64 (59.15)
HJ	5' 11½"
LJ	20' 4¼" (20' 10¾")
JT	160'9" (167'4")
SP	48' 6¾" (51'0")
DT	165'0" (172'3")
HEPT	5350/5300 (5736)

Association Championships: Still no word from the folks down in Southern P.A. about their SPA Championships, but Bob Seaman is hosting a "Developmental" meet at U.C. Irvine on June 12. Since this is being

held a week before the Outdoor Nationals, one can safely assume that all the quality opposition will be there. Bob Seaman can be contacted c/o 19127 Wiersma Ave, Ceritos 90701, (213) 924-0075. San Diego TAC Association is hosting its championships May 22 at San Diego State beginning at 11 a.m. No other information available at this time.

The Pacific Association is hosting its championships over two consecutive weekends. The *Field* Championships will be hosted by Dan Cruz of Pacific West Track Club at West Valley College, Saratoga, on Sunday June 6. Besides having all field events contested as Association championships, the meet will include most track events from 100 through 5000, with only the Steeplechase and Women's 3000 counting as championship events. For entry blanks, write to Dan Cruz, c/o West Valley College Track Office, 14000 Fruitvale Avenue, Saratoga 95070. The *Track* Championships will be held on Saturday June 11 at Los Gatos High School, hosted by Willie Harmatz, and beginning approximately 1:00 p.m. (heats first, finals start after 4:30 p.m.) Besides having all track events contested as association championships, the meet will include several field events as well. *The meets offer prize money totalling \$1500 to registered athletes only on a point basis.* For entry blanks, write to Willie Harmatz, c/o Los Gatos High School, P.O. Box 248, Los Gatos 95031.

This dual meet format provides athletes with a double opportunity to compete and qualify for the Outdoor Nationals and is open only to athletes who register with the Pacific Association. When requesting entry blanks, please include a self-addressed, stamped envelope.

HIGH SCHOOL TRACK 1983

Now available from (and make checks payable to):
Jack Shepard, 14551 Southfield Dr., Westminster, CA 92683

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Contains statistical wrap-up of the 1982 season for high school men and women, indoors and outdoors. In depth lists of 1982 performers, all-time lists and national, class and age records. Prepared and published by Jack Shepard, T&FN's High School Editor. 25th edition.

California Masters All-Time Ranking

Compiled by PERCY KNOX

Please send additions and corrections to:
447 E. Lingard St., Lancaster, CA 93534

The first half of the ranking appeared in last month's issue.



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1500 METERS

30-34		
3:55.8	Phil Camp (30)	1977
4:00.2	Don Chapin (30)	1977
4:00.5	Jim Masher (3-)	1980
4:02.4	Mike Eck (31)	1977
4:02.5	Reynaldo Corona (31)	1981
4:02.8	Daniel Cruz (30)	1981
4:03.3	Nate White (3-)	1975
4:04.8	Steve Waggner (34) CDM	1978
4:04.9	Earl Downing (32)	1981
4:06.9	C. Dowling (32)	1981
4:08.1	Dennis Tracy (33)	1980
4:08.8	Greenie Shirley (3-)	1982
35-39		
3:52.7	Ramsey Thomas (35) WV	1979
4:00.8	Dennis Tracy (35)	1981
4:02.6	Ralph Lee (37)	1979
4:02.8	Jack Kuebel (38)	1977
4:03.6	James Backus (35)	1979
4:05.5	Larry Wray (36)	1972
4:05.9	Dave Hummelberger (35)	1981
4:08.3	Tom Richards (35) CDM	1978
4:08.8	Norm Rustad (35)	1975
4:07.0	Bill Gookin (39) SD	1972
4:07.2	John Kennedy (38)	1982
4:08.0	L. Bridges (36)	1978
4:09.3	Jim Murphy (36)	1977
4:10.0	Jim Howell (36)	1974
40-44		
4:01.9	George Cohen (41) SCS	1981
4:02.9	Tom Laris (41)	1981
4:05.9	Wilbur Williams (41) STC	1973
4:06.3	Richard Schupback (40)	1981
4:08.0	Tom Cathcart (47) WV	1980
4:10.4	Pete Mandle (43) SM	1972
4:10.5	Jim Vantatenhove (41) STC	1972
4:10.6	Norm Llyod (41)	1973
4:11.0	Ed Gookin (40)	1975
4:11.11	Jack Knebel (41)	1980
4:11.3	Ken Napier (40) WV	1973
45-49		
4:10.4	Bill Fitzgerald (47) STC	1972
4:17.8	J. McFadden (48)	1981
4:18.1	Ken Napier (46) WV	1978
4:18.3	Pete Mandle (45) SM	1974
4:18.3	Glynn Wood (47)	1981
50-59		
4:18.5	Bill Fitzgerald (50) STC	1975
4:26.0	Pete Mandle (51) SMAA	1979
4:27.9	Avery Bryant (50) STC	1975
4:29.7	Mauro Hernandez (55) SMAA	1977
4:29.9	Dave Stevenson (51)	1980
4:33.8	Bob Malain (50)	1977
4:34.8	Tom Sturak (57) SCS	1982
4:36.5	Jim Correll (50) STC	1972

4:37.8	Bill Phillips (5?)	1980
4:38.4	Augie Escamilla (50) SD	1973
4:39.4	Walt Atchison (53) SCS	1980
4:39.8	Jerry Withers (52)	1982
60-69		
4:55.4	Ray Mahannah(61)	1977
5:03.6	Ed Preston(60)	1977
5:05.96	Ed Stotsenberg(67)	1981
5:11.8	Paul Reese (60)	1977
5:16.6	C. Dohsten (66)	1977
5:17.8	Joe Carey (65)	1980
5:19.3	W. Zook (60)	1977
5:19.8	D. Lehrman (60)	1979
5:21.8	Alan Waterman (66)	1979
5:24.0	Sid Madden (68) SFV	1976
5:24.7	George Poloyins (62) CDM	1980
5:31.6	Ed Lorvell (60) STC	1976
5:31.8	Frank Rems	1980

1 MILE RUN

30-39		
4:12.9	Ramsey Thomas (35) WV	1979
4:24.0	Bill Gookin (39) SD	1969
4:27.0	Bill Melley (30)	1977
4:27.5	Jim Murphy (30)	1975
4:27.9	Lou Cummings (37)	1982
40-49		
4:23.7	Tom Laris (41)	1981
4:24.3	Wilbur Williams (40) STC	1973
4:26.3	Pete Mundle(40)SMAA	1968
4:27.5	Bill Fitzgerald(47)STC	1972
4:27.9	Jim Vantatenhove (42) STC	1972
4:32.0	Jerry Smartt (41) SCS	1972
50-59		
4:32.2	Bill Fitzgerald (50) STC	1975
4:53.8	Bob Malain (50)	1977
4:54.21	Mauro Hernandez (54) SMAA	1977
60-69		
5:17.3	Roy Mahannah (61)	1977
5:22.0	Monty Montgomery (65)	1972
5:24.0	Sid Madden (68)	1976

2 MILE RUN

30-39		
9:24.0	Pete Mundle (37)	1965
9:41.6	Jim Murphy (38) CDM	1978
10:15.8	John Rapp (37)	1977
10:16.0	Tom Richards (35) CDM	1977
40-49		
9:08.3	Tom Laris (41)	1981
9:28.0	Pete Mundle (42) SMAA	1970
9:43.3	Jerry Smartt (40) SCS	1972
9:49.9	Graham Parnell (4?) SD	1972
9:58.2	Jim O'Neill (46)	1973
10:01.8	Jim Vantatenhove (40) STC	1970
10:07.9	Tom Sturak (40) SCS	1972
10:11.8	Lew Roberts (43)	1973
10:19.0	Ball (40)	1972
10:25.1	Don Pickett (44)	1972
10:25.4	Roy Gill (47)	1972
50-59		
10:19.2	David Stevenson (52)	1980
10:26.0	Pete Mundle (50) SMAA	1978
10:31.2	Mauro Hernandez (54) SMAA	1977
10:37.0	Jim O'Neill (50)	1975
10:47.0	John Lafferty (50)	1968
10:54.0	Augie Escamilla (50) SD	1973
11:00.0	Jim Gorrell (51)	1973
11:07.4	James Oleson (53)	1975
11:10.0	Keysar (51)	1973
11:12.2	Avery Bryant (50) STC	1975
11:17.0	Ed Preston (57)	1974
60 Plus		
12:12.0	John Montoya (60)	1972
12:31.4	Ray Williams (65)	1973
14:41.0	Paul Spangler (77)	1976
15:47.2	Paul Spangler (80)	1979

3 MILE RUN

30-39		
14:38.4	Pete Mundle (37)	1966
15:01.0	Jim Murphy (38)	1978
15:15.0	Davis (35) SCS	1973
15:29.0	Clark (35) SCS	1977
40-49		
14:51.8	Pete Mundle (41)	1969
15:35.2	Graham Parnell	1970
15:51.2	Owen Gorman	1970
15:57.7	P. Wood	1970
15:58.8	Don Pickett	1969
16:01.0	Lew Roberts (40)	1970
50-54		
16:48.0	Charles Carter	1975
17:07.0	Avery Bryant (50) STC	1975
17:14.0	Llyod Miller	1977
17:16.5	Augie Escamilla	1973
17:22.0	John Lafferty (50)	1968

5000 METERS

30-39		
14:22.0	Phil Camp (30) SD	1977
14:51.8	Gary Goettlerman (35) WV	1979
14:58.36	Reynaldo Corona (31)	1981
14:58.7	Athol Barton	1982
14:59.49	Adam Ferna	1981
15:04.0	Pete Mundle (35)	1963
15:09.0	Harvey Franklin (37) WV	1979
15:12.7	Bill Clark (37)	1981
15:21.8	John Clary (33) WV	1979
15:22.2	Jerry Smartt (39) SCS	1971
15:25.5	Ronald Jensen	1982
15:26.3	Frank Duarte (39)	1981
40-49		
14:40.1	Tom Laris (41)	1981
15:12.6	Pete Mundle (44) SMAA	1972
15:20.0	Glynn Wood (40)	1974
15:20.43	Dick Speckelmeir (40)	1981
15:29.5	Bill Meinhardt (40)	1981
15:34.83	Kent Guthrie	1981
15:44.4	Jerry Smartt (40)	1972
15:46.3	John Brennand(42)	1978
15:54.3	Darryl Beardall	1978
15:56.3	Bob Wellick (40)	1978
15:56.6	E. Romppannen (40)	1980
50-59		
16:14.0	Jim O'Neill (51)	1976
16:27.0	Pete Mundle (50) SMAA	1978
16:57.8	Mauro Hernandez (51) SMAA	1974
17:12.8	J. Fekkes	1980
17:12.8	Dave Stevenson (51)	1982
17:20.3	S. Nicholson STC	1979
17:36.3	Avery Bryant (55) STC	1979
17:37.0	Sidney Toabe (51)	1975
17:38.0	Ed Preston (51) NCS	1973
17:39.0	Ray Gil	1975
17:46.4	Tracy Brown	1980
17:50.2	Pat Devine (53)	1982
60-69		
17:05.7	Ed Preston (60) NCS	1971
18:41.1	Jim Oleson (60)	1978
18:44.3	Ed Stotsenberg(65)	1979
18:48.0	Jim McCown	1982
18:51.1	Paul Reese (60)	1978
19:05.0	John Montoya (62)	1974
19:28.2	C. Seekins (60)	1977
19:48.4	Joe Carey (65)	1980
70 Plus		
19:43.9	Sid Madden (71) SFV	1979
22:16.0	Paul Spangler (78)	1978
23:35.04	Nole Johnson (71)	1981
24:57.4	Paul Spangler (81)	1980

6 MILE RUN

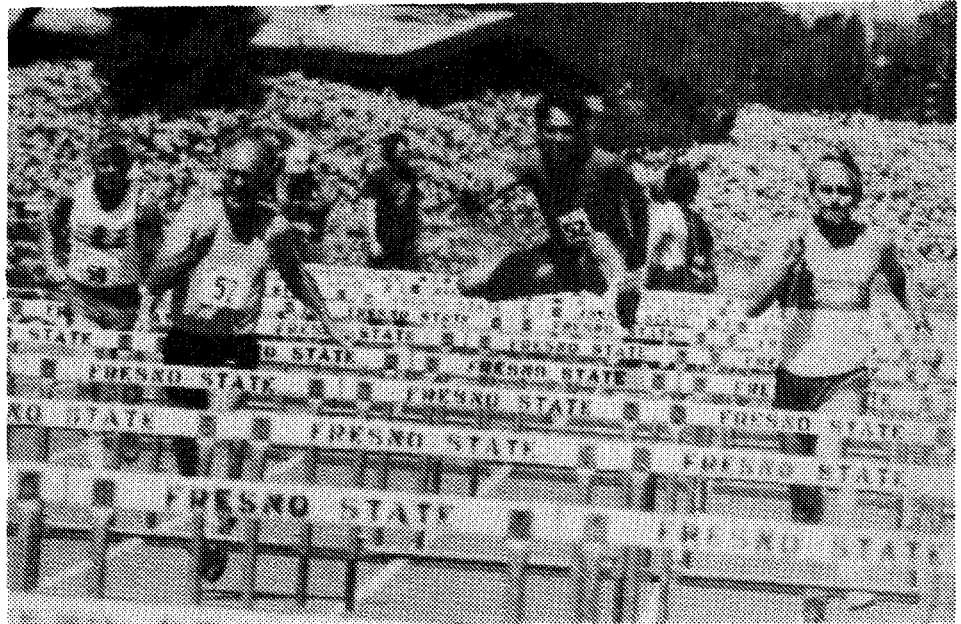
30-39		
30:07.0	Phil Ryan (35)	1975
31:23.8	M. Rowley (37)	1977
32:34.0	Jim Davis (38)	1973
32:34.0	C. Foote (38)	1978
33:16.0	Jim Murphy (38)	1978
40-49		
31:01.0	Jerry Smartt (41) SCS	1972
31:25.4	Pete Mundle (40)	1968
31:52.0	John Brennard (42)	1978
31:55.3	Graham Parnell	1970
32:10.6	Truman Clark (42) SCS	1976
32:48.0	Owen Gorman (43)	1972
33:15.0	Joe Livisay (42)	1977
33:17.0	P. Wood	1970
33:17.0	Lew Roberts	1972
50-59		
32:40.0	Pete Mundle (50) SMAA	1978
34:34.0	Ray Gil	1975
34:56.0	Mauro Hernandez (52) SMAA	1975
35:48.0	Jim Oleson	1974

10,000 METER

30-39		
30:44.0	Ray Hughes (35)	1974
31:28.0	Gary Goettleman	1977
31:30.0	Darryl Zapata	1977
31:36.2	Bill Clark	1981
31:36.4	Ernie Rivas (32)	1982
31:39.0	Ron Kurrle	1980
31:47.8	Bill Sevald (36)	1982
32:04.5	G. Conefrey	1979
32:06.3	Frank Duarte (38)	1981
32:11.3	Pete Day (37)	1982
32:14.0	John Bernnard	1975
32:23.3	Fred Forsbury	1980
32:23.8	Dennis Fridley	1979
40-49		
31:09.0	Tom Laris (41)	1981
32:08.4	Pete Mundle (44) SMAA	1972
33:23.4	Bill Melnhardt (41)	1982
33:25.0	R. Bowles (41)	1977
33:32.5	Jake White (40)	1980
33:35.6	Owen Gorman (41) STC	1971
33:39.0	Bob Welick (41) NCS	1979
33:50.2	Tim Rostege (40)	1981
33:52.1	Truman Clark (45) SCS	1979
33:55.8	Ken Guthrie WV	1979
34:00.4	Andre Tocco (45)	1981
34:04.0	Graham Parnell (46) SD	1976
34:07.2	Jerry Lewis (45)	1980
34:08.3	J. Burgasser	1979
34:09.0	Dave Stevenson (47)	1976



AL GUIDET

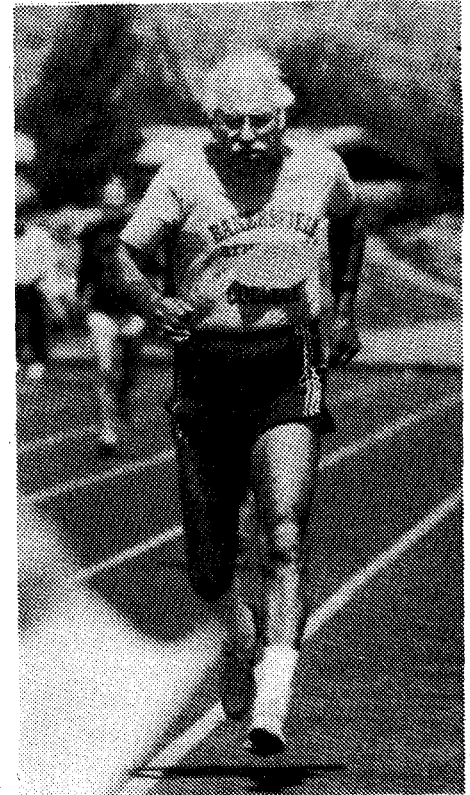


Left to Right: JOCK JACOY, BOB HIGGINBOTHAM, TONY NASRALLA, DAVE DOUGLAS

50-59		
33:05.5	U. Kaempf (50)	1981
33:32.0	Jim O'Neil (51)	1976
33:53.0	Pete Mundle (50) SMAA	1978
36:14.0	Avery Bryant STC	1974
36:20.8	Ross Smith (53)	1981
36:39.0	Ed Preston (57)	1974
36:41.0	Tracy Brown (51)	1981
36:43.0	Dave Stevenson (53)	1982
36:43.6	Mauro Hernandez (52)	1974
36:46.0	Pat Devine (52)	1981
60-69		
37:54.7	James Oleson (61)	1974
38:08.7	Ed Preston (60)	1977
38:57.0	Al Clark (61)	1975
39:02.8	Paul Reese (60)	1977
39:14.9	Harold Daughters	1982
39:20.0	John Montoya	1977
39:43.6	Ed Stotsenberg (65)	1979
70 Plus		
42:31.2	J. Poppler (70)	1980
42:38.06	Fred Graer (73)	1971
49:22.7	Paul Spangler (80)	1979

110 METER HH — 120 YD.

30-34 (39")		
14.1	Cornelius McCormick (32) SCS	1976
14.1	Larry Sallinger (33) CDM	1977
14.4	Leon Coleman	1982
14.6	Dave Kurrle (31) SCS	1978
14.7	Larry Livers (30) BAS	1973
14.8	John Jones	1982
15.0	Ted Cain (31)	1974
15.0	Charles Gustafson (31)	1976
15.1	Fred Johnston (33) SCS	1979
15.1	Frank Reilly (32)	1980
35-39 (39")		
13.6	Walt Butler (38) SCS	1979
14.4	Theo Veltz (35) CDM	1979
14.4	George Carty (36)	1982
14.5	Larry Sallinger (35) CDM	1978
14.6	Al Henry (39) CDM	1977
14.8	Hugh Adams (38) CDM	1975
14.7	John Dobroth (36) SCS	1977
15.1	Cornelius McCormick (36) SCS	1979
15.2	Fred Johnston (35) SCS	1982
15.3y	Mal Andrews (39) BAS	1973
15.4y	Al Feola (39) SCS	1972
(42")		
14.4y	Dave Jackson (38) SCS	1970
40-49 (39")		
14.2	Walt Butler (40) SCS	1981
15.0	Dave Jackson (40) CDM	1972
15.1	Art Bernard (41) SD	1970
15.4	Ted Rademaker (45) NCS	1970
15.4	Al Feola (41) SCS	1974
40-44 (36")		
14.2	Walt Butler (41) SCS	1982
14.6	Al Henry (40) CDM	1978
14.7	Hugh Adams (42) CDM	1982
14.7	John Dobroth (41) SCS	1982
14.9	Al Feola (43) SCS	1975
14.9	Dennis DeWitt (41)	1979
15.0	Dick Hickman (40) NCS	1978
15.4	Dave Jackson (43) CDM	1975



GEORGE POLOYNIS

15.4	Mal Andrews (41) BAS	1975
15.4	Hal Smith (41) SCS	1977
15.8	Charles Fuller (40) NCS	1979
15.9	James Thomas (41) NCS	1980
45-46 (36")		
15.5	Dave Jackson (45) CDM	1977
15.8	Mal Andrews (45) BAS	1979
16.1	Van Parish (45) NCS	1979
16.1	Ed Oleata (45) SD	1982
16.5	Marion Sanchez (46) NCS	1979
17.1	Bruce Hescocock (45)	1979
17.2	Bill Adler (46) SCS	1979
40-49 (42")		
15.8y	Al Feola (43) SCS	1975

continued on next page...

MASTERS RANKING

50-59 (39")		
18.7	Jon Sharp (51) CDM	1973
(36")		
17.7	Tom Patsalis (54) CDM	1976
18.0	Bob Roemer (50) NCS	1975
18.1	Al Guidet (56) CDM	1974
18.5	Orv Gillett (54) CDM	1973
18.8	Wayne Ambrose (50) CDM	1975
(33")		
16.0	Tom Patsalis (58) CDM	1979
16.7	Bob Hunt (56) SCS	1977
17.3	Al Brenda (51)	1979
17.4	Bob Higgenbotham (55) NCS	1982
17.5	Steve Peck (54)	1978
17.6	Burl Gist (57) CDM	1977
17.6	Fred Gallardo (51)	1982
18.1	Joe Murphy	1980
18.3	Roy Wiggington (54) NCS	1980
18.4	Tony Nasaralla (50) SCS	1982
18.5	Orv Gillett (53) CDM	1973
18.5	Al Guidet (58) CDM	1977
18.6	Bob Roemer (50) NCS	1976
18.6	Wayne Ambrose (51) CDM	1976
18.8	Jon Sharp (51) CDM	1972
19.0	Bill Morales (57) CDM	1974
(42")		
19.2	Orv Gillett (53) CDM	1972
60-69 (30")		
16.2	Tom Patsalis (60) CDM	1982
17.1	Bob Hunt (62) SCS	1982
17.2	Burl Gist (61) CDM	1981
17.3	Al Guidet (61) CDM	1979
18.4	Herb Miller (65) CDM	1982
18.9	Vince Goelfrey (62) SD	1976
18.9	Chester Beach (66) CDM	1978

400 METER INTERM. HURDLES

30-39 (36")		
52.5	Ron Whitney (36) SCS	1978
55.3	Ted Cain (32)	1975
55.6	Matt Pruitt (33) WV	1979
55.9	Hugh Adams (35) CDM	1975
56.3	Cornelius McCormick (32) SCS	1976

56.5	Jim McAbee	1973
57.0	Ron Houser	1973
57.3	Bob Brown	1973
57.8	Don Roberts (31)	1981
58.0	Larry Sallinger (34) CDM	1977
40-49 (36")		
56.0	Gary Miller (40) CDM	1978
60.5	Ted Rademaker (47) NCS	1973
60.6	Ed Dowell (44) NCS	1972
60.7	Van Parish (41) NCS	1977
61.6	Tony Nasaralla (44) STC	1977
61.7	Al Sheahan (42) SFV	1975
61.8	Mal Andrews (43) BAS	1977
(36") automatic		
56.15	Gary Miller	1978
(33")		
56.9	Ed Oleata (43) SD	1980
57.2	Mike DeStefano (42) CDM	1981
57.2	Hugh Adams (42) CDM	1982
57.6	Gary Miller (41) CDM	1979
58.7	James Thomas (40) NCS	1979
58.8	Dick Hickman (40) NCS	1978
50-59 (30")		
63.1	Al Guidet (55) NCS	1973
64.1	Bob Holmes	1982
64.7	Ed Dowell (52) NCS	1979
64.8	Bob Hunt (56) SCS	1976
65.2	Bob Roemer (51) NCS	1976
65.5	Tom Clayton (50) CDM	1975
65.8	Bob Sieben (51) SD	1978
66.0	Wayne Ambrose (50) CDM	1975
60-69 (30")		
69.1	Bob Hunt (60) SCS	1980
73.6	Al Guidet (61) CDM	1979
74.6	Alan Waterman (60)	1979
75.5	John Sattle (65) NCS	1979
75.9	P. Gunaki (63)	1979

400 METER — 440 YD RELAY

30-39 (a = automatic time)		
41.60ma	All American TC	1982
42.04ma Southern Cal Striders		
G. Johnson, W. Spikes, R. Davis, E. Driver		
42.04ma	Southern Cal Striders	1980
M. Jackson, H. Franklin, R. Ferguson, H. Sumner		
41.9m	Southern Cal Striders	1980
M. Jackson, H. Franklin, R. Ferguson, H. Sumner		

42.15ma	Southern Cal Striders	1979
W. Butler, H. Franklin, R. Ferguson, H. Sumner		
42.0m	Southern Cal Striders	1980
M. Jackson, H. Franklin, R. Ferguson, H. Sumner		
42.0m	Southern Cal Striders	1980
M. Jackson, H. Franklin, R. Ferguson, H. Sumner		
42.23ma	Southern Cal Striders	1980
M. Jackson, H. Franklin, R. Ferguson, H. Sumner		
42.2m	Southern Cal Striders	1977
D. Karrie, W. Butler, R. Ferguson, H. Sumner		
42.2m	Southern Cal Striders	1979
W. Butler, R. Ferguson, M. Jackson, H. Sumner		
42.35ma	Southern Cal Striders	1979
W. Butler, R. Ferguson, M. Jackson, H. Sumner		
42.3m	Southern Cal Striders	1978
B. Simmons, W. Butler, D. Newton, H. Sumner		
40-49 (a = automatic time)		
43.5y	Corona Del Mar	1978
K. Dennis, G. Miller, D. Segal, P. Knox		
43.5m	Corona Del Mar	1977
K. Dennis, G. Waterman, D. Segal, P. Knox		
43.8y	Corona Del Mar	1980
K. Dennis, D. Smith, D. Segal, G. Miller		
43.9y	Corona Del Mar	1980
K. Dennis, D. Smith, D. Segal, G. Miller		
43.7m	Corona Del Mar	1978
K. Dennis, G. Miller, A. Henry, P. Knox		
43.8m	Corona Del Mar	1978
K. Dennis, G. Miller, A. Henry, P. Knox		
43.8m	Corona Del Mar	1978
K. Dennis, G. Miller, A. Henry, P. Knox		
43.8m	Southern Cal Striders	1981
B. Knocke, L. Smith, N. Newton, W. Butler		
43.98ma	Corona Del Mar	1980
K. Dennis, D. Smith, D. Segal, G. Miller		
44.03ma	Corona Del Mar	1981
K. Dennis, D. Smith, D. Segal, G. Miller		
44.04ma	Corona Del Mar	1978
K. Dennis, G. Miller, A. Henry, P. Knox		
44.17ma	Corona Del Mar	1980
K. Dennis, A. Henry, D. Segal, D. Smith		
44.18ma	Corona Del Mar	1981
K. Dennis, D. Smith, D. Segal, G. Miller		

800 METER — 800 YARD RELAY

(30-39)		
1:29.19ya	Southern Cal Striders	1979
R. Ferguson, W. Butler, H. Franklin, H. Sumner		
1:28.9m	Southern Cal Striders	1980
M. Jackson, D. Kurrle, H. Franklin, H. Sumner		
1:29.2m	Corona Del Mar	1980
W. Spikes, R. Davis, W. Roberson, G. Johnson		
1:29.5m	Southern Cal Striders	1980
R. Ferguson, H. Franklin, M. Jackson, H. Sumner		
1:29.6m	Southern Cal Striders	1980
R. Ferguson, H. Franklin, M. Jackson, H. Sumner		
1:29.6m	Corona Del Mar	1982
W. Roberson, W. Spikes, R. Davis, G. Johnson		
1:30.1y	Southern Cal Striders	1978
W. Butler, R. Ferguson, B. Saunions, H. Sumner		
1:30.0m	Southern Cal Striders	1980
D. Kurrle, H. Franklin, R. Ferguson, H. Sumner		
1:30.2m	Southern Cal Striders	1980
D. Kurrle, H. Franklin, R. Ferguson, H. Sumner		
1:30.3m	Corona Del Mar	1981
J. Harvey, R. Davis, G. Johnson, E. Driver		
1:30.5m	Corona Del Mar	1979
W. Roberson, D. Smith, G. Johnson, R. Beadle		
(40-49)		
1:31.7m	Southern Cal Striders	1981
N. Newton, G. Cohen, B. Knocke, W. Butler		
1:31.8m	Corona Del Mar	1981
K. Dennis, D. Smith, G. Miller, D. Segal		
1:32.3	Corona Del Mar	1977
K. Dennis, P. Knox, G. Waterman, D. Segal		
1:32.9y	Corona Del Mar	1977
K. Dennis, P. Knox, G. Waterman, D. Segal		
1:32.9y	Corona Del Mar	1978
K. Dennis, P. Knox, G. Miller, D. Segal		
1:33.1y	Corona Del Mar	1978
K. Dennis, P. Knox, G. Miller, D. Segal		
1:33.2m	Southern Cal Striders	1982
P. Evans, N. Newton, B. Knocke, W. Butler		
1:33.8y	Corona Del Mar	1980
G. Miller, P. Knox, A. Henry, D. Smith		
1:34.3y	Corona Del Mar	1979
K. Dennis, A. Henry, G. Miller, D. Segal		
1:33.9m	Southern Cal Striders	1981
1:34.9y	Corona Del Mar	1974
D. Jackson, K. Webb, D. Cheek, P. Knox		
1:34.5m	Corona Del Mar	1981
G. Miller, P. Knox, D. Smith, H. Johnson		
1:34.6m	Corona Del Mar	1978
G. Miller, P. Knox, A. Henry, K. Dennis		

SPRINT MED. (220, 220, 440, 880)

30-34		
3:38.9	Southern Cal Striders	1976
3:39.1	Southern Cal Striders	1977
3:39.2a	West Valley TC	1981
M. Pruitt, G. Marshall, G. Mason, B. Miller		



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3:39.5	Corona Del Mar	1976
3:39.5	Southern Cal Striders	1979
(40-49)		
3:36.1	Southern Cal Striders	1982
B. Knocke, P. Edins, L. Smith, G. Cohen		
3:42.0	Corona Del Mar	1978
P. Knox, K. Dennis, D. Segal, G. Miller		
3:42.5	Southern Cal Striders	1982
B. Knocke, P. Edins, G. Cohen, R. Jones		
3:42.9	Corona Del Mar	1979
G. Miller, K. Dennis, D. Segal, B. Mayer		



AL BRENDA

1600 Meter — MILE RELAY

(30-39)		
3:20.0m	Corona Del Mar	1981
J. Harvey, W. Spikes, G. Johnson, E. Driver		
3:20.4m	Corona Del Mar	1980
G. Johnson, G. Miller, L. Evans, R. Davis		
3:20.7m	Southern Cal Striders	1981
R. Lee, K. Stuart, W. Bogan, H. Sumner		
3:21.1m	West Valley TC	1980
M. Pruitt, D. Romain, G. Marshall		
3:21.87ma	Southern Cal Striders	1980
M. Jackson, W. Bogan, K. Stuart, H. Sumner		
3:22.7y	West Valley TC	1981
M. Pruitt, B. Simpson, D. Romain, G. Mason		
3:22.5m	Southern Cal Striders	1979
W. Butler, J. Perry, R. Lee, H. Sumner		
3:22.7m	Southern Cal Striders	1979
W. Butler, J. Perry, R. Lee, H. Sumner		
3:22.7m	Southern Cal Striders	1981
W. Butler, J. Perry, R. Lee, H. Sumner		
3:23.0	Southern Cal Striders	1979
W. Butler, J. Perry, R. Lee, H. Sumner		
3:23.1m	Southern Cal Striders	1980
H. Franklin, R. Lee, J. Perry, H. Sumner		
3:23.9	Southern Cal Striders	1980
(40-49)		
3:29.5y	Southern Cal Striders	1981
N. Newton, G. Cohen, R. Lee, B. Knocke		
3:30.6m	Corona Del Mar	1972
D. Jackson, C. Tetrault, D. Palmer, D. Stolpe		
3:31.9m	Seniors TC	1972
O. Dawkins, G. Kamrass, B. Fitzgerald, J. VanTatenhove		
3:32.3m	Corona Del Mar	1980
K. Dennis, A. Henry, D. Smith, G. Miller		

3:33.6y	Corona Del Mar	1973
3:33.6y	Corona Del Mar	1973
D. Jackson, C. Tetrault, D. Palmer, D. Cheek		
3:33.7y	Seniors TC	1971
3:33.1m	Seniors TC	1974
3:34.2y	Corona Del Mar	1978
K. Dennis, P. Knox, A. Henry, G. Miller		

DISTANCE MEDLEY

(40-49)		
11:03.7	Southern Cal Striders	1982
B. Knocke, R. Lee, M. Elliott, G. Cohen		

400 METER — 440 YARD RELAY

(50-59)		
47.0m	Corona Del Mar	1977
W. Ambrose, P. Fetter, D. Stolpe, P. Jordan		
47.67ma	Corona Del Mar	1981
S. Davisson, T. Vick, P. Schlegel, D. Cheek		
48.0y	Corona Del Mar	1975
W. Ambrose, A. Guidet, P. Fetter, P. Jordan		
48.0m	Corona Del Mar	1976
W. Ambrose, A. Guidet, P. Fetter, P. Jordan		
48.0m	Corona Del Mar	1977
W. Ambrose, P. Fetter, D. Stolpe, P. Jordan		
48.1m	Corona Del Mar	1976
W. Ambrose, A. Guidet, P. Fetter, P. Jordan		
48.1m	Northern Cal Seniors	1981
48.1m	Northern Cal Seniors	1981
48.3m	Corona Del Mar	1975
W. Ambrose, A. Guidet, T. Clayton, D. Stolpe		
48.6m	Seniors TC	1978
O. Dawkins, D. Wagner, H. Wallace, J. Greenwood		
48.7m	Corona Del Mar	1975
A. Guidet, P. Jordan, B. Crouch, B. Fontz		
48.7m	Corona Del Mar	1980
S. Davisson, G. Harte, P. Schliege, D. Cheek		
48.85ma	Northern Cal Seniors	1981
48.94ma	Northern Cal Seniors	1981
V. Regier, D. Zumwalt, D. Marlin, E. Mahony		
(60 +)		
51.8m	Corona Del Mar	1974
A. Guidet, C. Killian, N. Heard, P. Jordan		
55.6	Corona Del Mar	1981
P. Fetter, G. Poloyinis, Parkinson, B. Gist		
55.6	Corona Del Mar	1981
55.5	Corona Del Mar	1980

800 METER — 800 YARD RELAY

(50-59)		
1:42.44ya	Corona Del Mar	1979
T. Vick, T. Clayton, L. Beadle, D. Stolpe		
1:43.35ya	Seniors TC	1979
O. Dawkins, B. Watanabe, D. Wagner, B. Fitzgerald		
1:42.9m	Seniors TC	1978
1:43.4m	Corona Del Mar	1980
D. Stolpe, L. Beadle, G. Harte, D. Cheek		
1:45.4y	Corona Del Mar	1978
G. Harte, D. Carrico, P. Fetter, T. Clayton		
1:46.1y	Seniors TC	1979
1:46.3y	Corona Del Mar	1979
P. Fetter, T. Clayton, D. Matt, A. Guidet		
1:46.6y	Corona Del Mar	1976
A. Guidet, W. Ambrose, P. Fetter, T. Clayton		
1:46.6y	Corona Del Mar	1975
1:46.8y	Seniors TC	1976

1600 METERS — MILE RELAY

(50-59)		
3:52.39ma	Corona Del Mar	1980
L. Beadle, D. Stolpe, G. Harte, D. Cheek		
3:55.1m	Seniors TC	1979
O. Dawkins, B. Fitzgerald, D. Wagner, D. Smith		
3:55.29ma	Seniors TC	1979
O. Dawkins, B. Fitzgerald, D. Wagner, D. Smith		
3:58.89ma	Seniors TC	1978
O. Dawkins, A. Bryant, D. Wagner, W. Kleinsasser		
3:59.86ma	Northern Cal Seniors	1978
D. Jackson, R. Wiggington, B. Jordan, G. Grimes		
4:02.7m	San Diego TC	1972
B. Bowers, J. Boyle, M. Hermitton, B. Knappel		
4:03.8m	Southern Cal Striders	1981
4:04.4y	Corona Del Mar	1977
W. Ambrose, D. Watt, G. Harte, T. Clayton		
4:05.1m	Seniors TC	1980
4:06.3m	Corona Del Mar	1980
4:09.0y	Seniors TC	1976
4:09.7m	San Diego TC	1973
Christian, H. Elrich, D. Pain, M. Perry		
4:09.8m	Corona Del Mar	1972
R. Walton, B. Morales, O. Gillett, J. Sharp		
4:10.6m	Seniors TC	1972
E. Halpin, F. Sjostraud, E. Mahannah, D. Sharp		

SPRINT MEDLEY

(50-59)		
4:09.7	Southern Cal Striders	1982
4:23.4	Seniors TC	1979

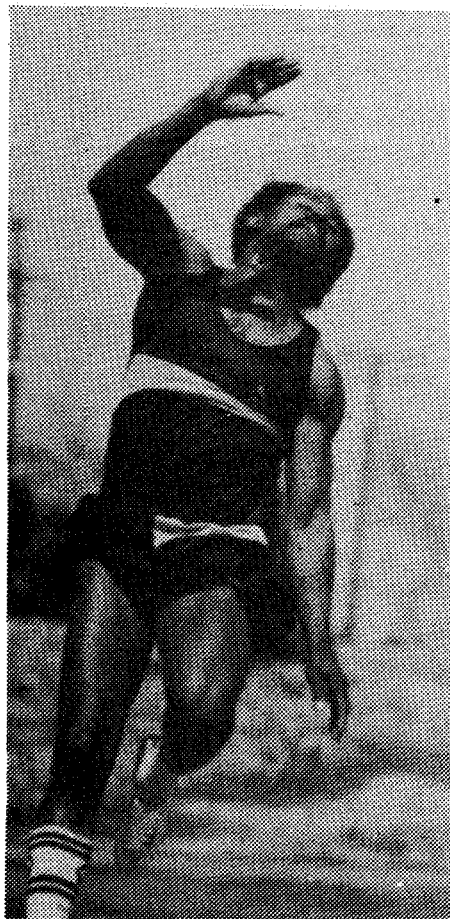
1600 METER — MILE RELAY

(60 +)		
4:46.85	Corona Del Mar	1982
G. Poloyinis, C. Mercurio, J. Ganahl, D. Lewis		
4:59.4	Corona Del Mar	1980
G. Poloyinis, D. Lewis, Longadala, Parks		
4:16.8	Corona Del Mar	1981
Rici, Killian, Alexander		

HIGH JUMP

(30-34)		
6-10¼	John Dobroth (33) SCS	1974
6-8	Charles Rader (33)	1981
6-7¾	Steve Lang (32)	1981
6-4	Jim McGuinity (3-)	1980
6-4	Ed Baskauskas (31)	1982
6-4	Thomas Dozell (3-)	1982
6-2	Bob Gonzales (3-)	1976
6-2	Llyod Higgins (32)	1975
6-2	Tom Knappen (30)	1980
6-0	Rex Harvey (31) USAF	1977
6-0	Herman Franklin (32) SCS	1980
6-0	Gary Dilley (33)	1981
(35-39)		
6-8¾	John Dobroth (38) SCS	1979
6-4½	James Brown (39)	1979
6-2	Llyod Higgins (38)	1980
6-0	Ted Ackley (35)	1982
5-10	George Loughridge (39)	1975
5-10	Rufus Morris (37) SCS	1982
40-44		
6-8	John Dobroth (40) SCS	1981
6-4	James Brown (41)	1981
6-3¼	Dave Thorison (40)	1981
6-2	Gene Zubrenski (4-)	1982
6-0	Jack Razetto (40) SD	1970
5-11½	Nick Newton (43) SCS	1977
5-11	Ed Austin (40) SCS	1970
5-11	Wolfgang Linkman (40)	1981
5-10	Joi Page (40)	1970
5-10	Bob Billings (41) SCS	1974
5-10	Don Rose (40)	1975
5-9	M. Perry (40)	1976
5-8	Bill Evans (42) SCS	1978
5-8	Kermit Walker (42)	1978
5-8	Dick Hatchkies (4-)	1980
5-7¼	Dennis DeWitt (41)	1979
(45-49)		
6-2¾	Herman Wyatt (48)	1980
5-11¼	Nick Newton (45) SCS	1979
5-10	Ed Austin (45)	1975
5-8	Orv Gillett (47)	1980
5-8	Marion Sanchez (46) NCS	1978
5-6	Shirley Davison (45) CDM	1975
5-6	Don Rose (46) NCS	1981
5-5	Bruce Hescock (45)	1979
(50-54)		
5-11¼	Herman Wyatt (50)	1982
5-8 1/8	Orv Gillett (52) CDM	1971
5-7	Ed Austin (50) CDM	1980
5-4	Burl Gist (54) CDM	1974
5-4	Shirley Davison (50) CDM	1980
5-3	Bob Richards (51)	1977
5-2	Spotswood Hall (51)	1982
5-0	Dave Brown (50) CDM	1973
(55-59)		
5-6	Burl Gist (55)	1975
5-4	Orv Gillett (55)	1974
5-4	Bob Ogle (55)	1974
4-10¾	Dave Brown (57)	1980
4-10	Bill Morales (55) CDM	1972
4-10	Jim Vernon (57) STC	1974
4-10	Harold Hunter (55)	1982
(60-64)		
5-2½	Burl Gist (60) CDM	1980
5-0	Dutch Warmerdam (60)	1975
4-10½	Orv Gillett (61) CDM	1981
4-10	Jim Vernon (60) STC	1976
4-10	Bob Ogle (60) CDM	1974
4-10	Mark Henderson (60)	1981
4-8	John Damski (60)	1975
4-8	Ted Wilson (61)	1976
4-8	Fritz Meyers (60)	1982
(65-69)		
4-8	Jim Vernon (65) CDM	1982
4-7¼	Jim McCarthy (65)	1980
4-5½	John Dick (65)	1977
4-4	Ted Hatten (65) NCS	1976
4-4	Stan Thompson (67)	1978
4-4	Chet Beach (66)	1978
4-4	John Damski (65)	1980
70-79		
4-2¼	Homer Van Gelder (72)	1977
4-½	W. Bigelow (70)	1981
4-½	Ted Hatlen (70)	1981
4-0	Gaell Craue (76)	1976
4-0	Winfield McFadden (72)	1976
4-0	Percy Stephens (72)	1976
3-11½	K. Drummond (70)	1977

MASTERS RANKING



RUFUS MORRIS

LONG JUMP

(30-34)		
24-2	Dave Jackson (32) SCS	1964
23-4½	Herman Franklin (32) SCS	1980
23-3½	Joe Silva (31)	1977
23-1	Leo Bonds (34)	1978
23-½	Carl Flowers (32) CDM	
22-11½	Craig Vaughn (30)	1977
22-7	Richard Lewis (32)	1981
22-6½	Silvester Johnson (3-)	1978
22-6	Norbert Payton (3-) BAS	1981
22-3	Mike Herman (34)	1978
22-3	Greg Marshall (30) WV	1978
21-10½	Othello Carr (3-)	1973
21-9½	Harvey Johnson (34) CDM	1976
21-8½	Bob Gonzales (30) CFD	1975
21-8	James Harvey (31)	1981
(35-39)		
23-4½	Rufus Morris (37) SCS	1982
23-4	Dave Jackson (36) SCS	1968
22-1	Les Bonds (36)	1982
21-10	Mal Andrews (39) BAS	1973
21-10	Hugh Adams (35) CDM	1975
21-4½	Al Henry (39) CDM	1977
21-3½	Dick Van Kirk (35)	1972
21-1½	Harvey Johnson (35)	1976
21-1	Alves Andrews (38) CDM	1973
21-½	Larry Sallinger (36) CDM	1979
20-9	John Dobroth (38) SCS	1977
20-7	Dave Thoreson (36)	1977
(40-44)		
23-4½	Dave Jackson (40) CDM	1972
21-11½	Shirley Davisson (42) CDM	1972
21-9	Kermit Walker (4-)	1978
21-7½	Al Henry (41) CDM	1979
21-2½	John Dobroth (41) SCS	1982
21-2½	Dave Thoreson (40)	1981
21-1	Mal Andrews (41)	1975
21-½	Wolfgang Linkman (40)	1981
20-10½	Phil Schlegel (42)	1977
20-8½	Mike Herman (4-)	1977

20-7¾	Phil Presber (40)	1974
20-7½	Jake Cass (40)	1974
20-6½	Hugh Cobb (4-)	1975
20-6½	Gary Miller (44)	1982
20-3¼	Brayton Norton (42)	1972
20-1¾	Hugh Adams (42)	1982
20-1½	Nick Newton (42)	1976
20-1	M. Perry (40)	1978
(fouls)		
21-2	Dave Jackson (40) CDM	1972
22-11½	Al Henry (43) CDM	1980
22-½	Shirley Davisson (42) CDM	1972
(45-49)		
21-11½	Shirley Davisson (45) CDM	1975
21-9	Dave Jackson (45) CDM	1977
20-5¾	Phil Schlegel (45) CDM	1975
19-7	Phil Presber (45)	1979
19-5¾	Tony Nasaralla (45) STC	1972
19-3	Ted Eussior (45) CDM	1972
19-2¾	Toni Kuhlman (45)	1974
19-1¾	Roger Tauda (45)	1981
19-1½	Bruce Hescocock (45)	1979
19-½	Huel Washington (45) BAS	1974
(50-54)		
21-1	Shirley Davisson (50) CDM	1980
20-3½	Tom Patsallis (54) CDM	1976
19-7	Dave Jackson (50) CDM	1982
18-10	Gordon Farrell (54) CDM	1975
18-5	George King (5-)	1975
18-4½	Phil Schlegel (52) CDM	1982
18-1½	Jon Sharp (51) CDM	1972
17-11½	Ray Spencer (53) SD	1977
17-10	Orv Gillett (51)	1971
17-½	Al Brouda (51)	1979
(55-59)		
20-8¾	Tom Patsallis (55) CDM	1977
18-2½	Gordon Farrell (55) CDM	1973
17-8	James Johnson (55) NCS	1981
17-7½	Ray Spencer (56) SD	1978
17-6½	Pete Fetter (55) CDM	1977
17-4½	Dave Brown (57) CDM	1981
17-2	Bill Morales (57) CDM	1974
16-10¾	Burl Gist (55) CDM	1975
16-8¾	Bob Roemer (55) NCS	1980
(60-69)		
19-11½	Tom Patsallis (66) CDM	1982
17-4½	Gordon Farrell (62) CDM	1980
17-4	John Satti (61) NCS	1975
17-0	Jim Vernon (63) STC	1979
16-7¾	Bill Morales (60) CDM	1977
16-6½	Mike Andors (61)	1973
16-3¾	Burl Gist (61) CDM	1981
15-8½	Bill Burke (61) CDM	1980
15-3	Al Guidet (60) CDM	1978
15-2½	John Damski (65)	1980
15-0	Joe Caruso (66) STC	1976
(70 +)		
13-10½	Winfield McFadden (70) SD	1975
13-8½	Joe Caruso (71) STC	1981
13-3¼	Mike Andors (71)	1982
13-3	Homer Van Gelder (73)	1978
12-2	Walt Wesbrook (77)	1975
12-½	Walt Wesbrook (80)	1978
11-7	Walt Wesbrook (80)	1978

TRIPLE JUMP

(30-39)		
51-11¼	Milan Tiff (32)	1981
50-3	Alvis Andrews (31) SCS	1965
49-11½	Dave Jackson (36) SCS	1968
46-16	Joe Silva (31)	1977
46-3	Mike Clark (3-)	1978
46-2	Ken Preston (3-)	1978
45-8¾	Bill Meadows (3-)	1978
45-7	Dave Jackson Jr. (30)	1982
45-5	Silvester Johnson (3-)	1978
45-1	Larry Loweridge (3-)	1977
45-0	Doug Ford (31) CDM	1977
44-8¾	Rufus Morris (37) SCS	1982
44-5	Al Henry (38) CDM	1976
(40-43)		
46-11	Dave Jackson (41) CDM	1973
45-1½	Alves Andrews (42) CDM	1976
44-9	Al Henry (43) CDM	1981
42-9	Kermit Walker (42)	1978
42-9	M. Ramsay (4-)	1979
42-9	Bob Mason (4-)	1978
42-2½	Mal Andrews (43) BAS	1977
42-2	Shirley Davisson (45) CDM	1975
41	Phil Conley (41) WV	1974
40-4	Phil Presler (40)	1974
40-3¾	Huel Washington (45) BAS	1974
40	Phil Schlegel (45) CDM	1975
39-7		
(50-59)		
43-3¾	Dave Jackson (50) CDM	1982
41-5	Gordon Farrell (53) CDM	1975
40-9	Tom Patsallis (53) SM	1975
39-9	Ray Spencer (58) SD	1981
38-11zi	Shirley Davisson (50) CDM	1980
37-3	Al Brenda (51)	1979
35-10¼	Dave Brown (56) CDM	1975

(60-69)		
39-3	Tom Patsallis (61) CDM	1982
36-5¾	Gordon Farrell (62) CDM	1980
32-8	Mike Andors (62)	1974
32-3¾	G. Elias (6-)	1982
32-0	C. Huang (6-)	1982
31-10½	John Tatti (66)	1980
31-2½	Bob Ogle (60)	1979
30-11	Charles Mercurio (62) CDM	1982
30-6	John Dawski (67)	1982
(70 +)		
29-5	Winfield McFadden (70) SD	1975
26-6½	Homer Van Gelder (74)	1979
25-9¾	Joe Caruso (71) STC	1981
22-7	Walt Wesbrook (80)	1978

POLE VAULT

(30-39)		
16-6	Jim Williams (30)	1982
16	Bob Pollard (30)	1981
15-7	Charles Wiley (36)	1977
15-5	Rex Harvey (31) USAF	1977
15-1	Tom Knappen (30)	1980
15	Warren Wilke (30)	1978
15	W. Lambert (33)	1979
14-8	Ken Helb (37)	1968
14-6	Warren Cummings (30) SCS	1979
14-6	Steve Schwartz (33)	1981
13-7½	Dennis Stumpel (3-)	1980
13-6	Marion Connelly (38)	1980
13-6	Skip Peterson (3-)	1981
13-6	Mike Davis (31)	1981
13-6	Carl Brazelton (3-)	1982
(40-44)		
15-¾	Ken Helb (42)	1972
14-6	Bob Richards (40)	1966
14-2	Marion Connelly (40)	1982
13-6	Dave Thorison (40)	1981
13	Jeff Chase (40)	1981
12-9½	Wolfgang Luskmann (40)	1981
12-6	Robert Smith	1971
12-6	Carlos Cota (40)	1978
12-6	Dennis DeWitt (43) SCS	1982
12-5¾	R.C. Keffer (42) CDM	1976
12-2½	Ed Oleata (43) SD	1980
12-1	Gary Bane (42) SCS	1980
(45-49)		
13-9	Vic Cook (47)	1979
12-6	Tom Woodring (45)	1982
12-0	Terry Donley (46)	1976
12-0	R.C. Keffer (45) CDM	1979
12-0	B. Eller (46)	1981
12-0	Hal Smith (45) SCS	1981
11-8	Orv Gillett (47)	1966
11-6	Hal Wallace (45) STC	1973
11-6	Al Brenda (49)	1978
11-6	Dave Douglass (49) SCS	1981
11-6	John Billmeyers (49)	1981
(50-59)		
14-4	Vic Cook (50) SCS	1982
11-7	Jim Vernon (58) STC	1975
11-6	Orv Gillett (52) CDM	1972
11-2	Dave Brown (57) CDM	1974
11	Don Gosh (56) CDM	1974
11	Carl Richards (57)	1977
11	Al Brenda (53)	1981
11	Fred Gallardo (51)	1982
10-9	Hal Wallace (57) STC	1979
10-6	Vern Wolf (54)	1977
(60-69)		
12	Jim Vernon (60) STC	1977
10-6	Dutch Warmerdam (60)	1975
10	Orv Gillett (60) CDM	1979
10	Ralph Bresmeyer (6-)	1982
9-6	Bob MacConaghy (66) CDM	1976
(70 +)		
9-6	Bob MacConaghy (71) CDM	1979

SHOT PUT

(30-34) 16 lbs.		
54-6¼	Doug Lane (30)	1980
54-½	Doug Wells (33) CDM	1977
51-7½	Gary Kilmenson (31)	1981
50-11	J. Roehr (3-)	1977
50-8	Frank Reilly (33) SCS	1979
46-8	E. Hill (3-)	1979
46-8½	Mike Diller (3-)	1980
46-1½	D. Rich (3-)	1976
45-5	R. Foggy (3-)	1982
45-½	Rex Harvey (31) USAF	1977
(35-39) 16 lbs.		
54-2½	Dave Maggard (37)	1977
53-6	Dave Davies (36)	1974
53-2	Doug Wells (35) CDM	1979
52-6	Frank Reilly (36)	1982
51-9½	Ed Kohler (38)	1979
47-2	Hal Smith (39)	1975
46-9¾	Steve Thompson (38)	1971

44-9½	George Loughridge (39)	1975
44-8	Llyod Higgins (36)	1978
43	Charles Russell (35) CDM	1978
(40-49) 16 lbs.		
52-9¾	Parry O'Brien (43)	1975
49-4½	Ed Kohler (40)	1981
49-1½	George Ker (49) CDM	1972
49-½	Sam Adams (41) CDM	1972
48-6	Hal Smith (40) SCS	1975
47-1¾	Wolfgang Linkmann (40)	1981
46-7¾	Otis Chandler (40) CDM	1970
46-2½	Tony Conkle (40) SCS	1975
46-1¾	James Hart (45)	1982
46	Hanley	1974
45-7	Ted Wassam (44) SCS	1974
45-6	Bob Humphrey (40) CDM	1976
45-1½	Steve Thompson (40)	1973
(50-59) 12 lbs.		
54-6½	George Ker (51) CDM	1974
51-6½	Carl Merritt (51) SD	1973
49-4	Jim Delaney (50)	1971
46-10½	H. Habegger (56)	1977
46-2¾	Charles Rufus (50)	1981
45-7	Dick Preciado (57)	1980
45-¾	Bob Richards (51)	1977
44-11	Harry Hawke (53) SD	1982
44-7	James Minale (56)	1976
44-2	Cole Farland (5-)	1980
44-0	Ted Wassam (50)	1982
(50-59) 16 lbs.		
44-8½	George Ker (54) CDM	1977
(60-69) 8 lbs.		
50	Jack Thatcher (61) CDM	1977
48-1¾	Tom Montgomery (61) CDM	1976
48-1¾	Hugo De Groot (61)	1976
47-11¼	Al Hershey (60)	1971
47-4½	C. Scagle (61)	1978
47-1½	Dan Aldrich (60)	1979
46-9¾	Mike Castaneda (62)	1981
45-3¾	James York (62)	1975
45-3½	Ross Winton (60) CDM	1979
45-1	Ralph York (6-)	1980
44-8½	James York (67)	1980
44-8	Bob Stone (60)	1980
44-3½	Vernon Cheadle (65)	1975

(70+) 8 lbs.		
42-3½	Vernon Cheadle (71)	1981
42-¼	Ron Drummond (70)	1977
40-9	Steve Hermann (71) CW	1976
39-7½	Ned Dones (70) CDM	1978
38-9	Bob Mac Conaghy (70) CDM	1978
38-4½	A.J. Pulizevich (70) WCS	1978
37-5½	Lou Persenyi (70)	1978
36-8	Don Pieratti (70)	1981
36-7¼	Emery Cartice (73)	1981
36-6	Gene Hanson (70)	1981

DISCUS

(30-39) 2k		
189-9	Bob Humphrey (39) CDM	1975
178-2	Lloyd Higgins (38)	1980
177-11¼	Frank Reilly (35)	1980
175	Tom Fahey (33)	1982
171-4	D. Webber (37)	1978
168-8	M. Lister (33)	1976
167-2	Ed Kohler (38)	1979
167	Doug Wells (33) CDM	1977
155-10	Dave Maggard (37)	1977
155-9	Steve Thompson (38)	1971
152-3	Mike Diller (3-)	1982
(40-49) 2k		
179-2	Bob Humphrey (40) CDM	1976
170	Ed Kohler (40)	1980
167	Lloyd Higgins (40) AM	1982
155-2	Steve Thompson (44) SCS	1977
154-3	Harry Hawke (48) SD	1975
152-6	Sam Adams (43) CW	1974
148-3	Fortune Gordien (47) CDM	1969
146	George Ker (49) CDM	1972
145-4	Bob Richard (44)	1970
145-1	Wolfgang Linkmann (40)	1981
141-6	Ed Van Pelt (43) CDM	1977
1.6k		
182-8	Bob Humphrey (40) CDM	1976
182-2	Fortune Gordien (48) CDM	1970
176-4	Sam Adams (40) CW	1972
159-6	Don Maurer (41)	1971
152-3	George Ker (49) CDM	1971
147-2	Bob Richards (45)	1971
(50-59) 1.6k		
177-9	Fortune Gordien (50) CDM	1973
154-10	George Ker (51) CDM	1974
153-10¾	Charles Kenfro (51)	1982
146-7	Jack Thatcher (59) CDM	1970
145	Dan Aldrich (52) CDM	1972
143-1	Harry Hawke (52) SD	1981
142-7	Don Maurer (52)	1982
2k		
138-5	George Ker (54) CDM	1977
(60-69) 1k		
173-2	Dan Aldrich (60) CDM	1979
150-5½	Jack Thatcher (63) CDM	1979
149-10	Bob Stone (62)	1982
144	Mike Castaneda (62)	1981
143-10	Ken Carnine (64) NCS	1972
141-2	Hugo De Groot (61) STC	1977
136-1	Ed Both (62)	1872
131-¼	Neil Buell (62)	1977
130-10	Earl Archer (63) NCS	1976
130-10	Don Winton (60) CDM	1979
130-3	Charles McMahon (60)	1978
130-2	Mark Henderson (6-)	1981
70+ 1k		
132-2	Vernon Cheadle (70)	1980
127-8	Ken Carnine (72) NCS	1980
121-7	Ned Dones (70) SCS	1977
121-5	Stan Hermann (72) CDM	1977
120-6	B. De Groot (71)	1978

JAVELIN

(30-39) 800g		
243-9	John Barud (30)	1972
227	Phil Conley (39)	1974
212	Dick Shelby (3-)	1978
207-¼	C. Foreman	1980
206-9	Sam West (3-)	1977
201-6	Doug Wells (35) CDM	1979
198-7	Warren Wilke (30)	1978
194-2	Tony Greswald (3-)	1980
190-7	Lou Christenson (3-)	1978
188-6	B. Gale (3-) WV	1979
186-9	Frank Reilly (36)	1982
184-11	Clyde Foreman (3-)	1980
179-2	Lloyd Higgins (37) AM	1979
178-11	Fred Johnston (33) SCS	1979
171-11	Dick Shelton (3-)	1978
(40-49) 800g		
242-9	Larry Stuart (41) SCS	1979
229-3	Bud Held (42) SW	1970
227-7	Phil Conley (42)	1975
199-6	S. West (4-)	1979
148-8	R. Higgins (4-)	1977
191-3	Spencer Letchen (47)	1978
188	Dick Bergenback	1969
178-3	Sam Adams (42)	1973
176-3	Ralph Sutton (4-) NCS	1979
175-9	Charles Wilkinson (4-)	1977
175-7	Barton Gale (40) WV	1980
175-4	Steve Seymour (48)	1969
175-1½	Bill Toomey (40)	1980
172-3	Brayton Norton (43) CDM	1973
169-9	R. Millis (4-)	1979
168-8	Gary Miller (44) CDM	1982
(50-59) 800g		
180-9	Bill Morales (56) CDM	1973
169-11	Steve Seymour (51)	1973
167-11	Ralph Sutton (5-)	1982
165-5	Pete Fitter (54) CDM	1976
159-4	Dan Aldrich (56) CDM	1976
154-8	Ed Chymaweth (58)	1982
151-9¼	Jack Shield	1980
146-16	Dick Straub (5-) SD	1979
146-1	Charles McMahon (56)	1972
145	Harry Hawke (5-)	1980
(60-69) 800g		
177-5	Bill Morales (60) CDM	1977
157	Dan Aldrich (60) CDM	1979
153-8½	Pete Fitter (61) CDM	1982
143-11	Hugo De Groot (61) STC	1977
141-9	Charles McMahon (60)	1975
140-3	Jerry Siefert (60)	1978
70+ 1 800g		
132	Bob MacConaghy (70) CDM	1978
123-6	Emery Cartis (70)	1977
120-5	Ken Carnine (71) NCS	1979



JIM VERNON

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Masters Results

TAC Central Calif. Masters

April 2, Fresno.

Men's Divisions

High Jump: 3B—1. Jim Vernon (69) 4-4, 2. Herbert Miller (66) 4-0. 3A—1. Bill Burke (64) 4-2. 2B—1. Hal Wallace (56) 4-6, 2. Jock Jocoy (57) 4-4. 2A—1. Dave Douglass (51) 4-6. 1B—1. Jerry Stanners (48) 5-2. 1A—1. Dee Dewitt (44) 5-2, 2. Donald Dvorack (41) 5-0. SA—1. Ed Baskauskas (32) 6-0, 2. Jerry Hougan (30) 5-6.

110-110m Hurdles: 3B—1. Herbert Miller (66) 19.16, 2. Alfred Guidet (65) 19.32. 3A—1. Bill Burke (64) 23.23. 2B—1. Bob Higginbotham (56) 18.32, 2. Jock Jocoy (57) 21.96. 2A—1. Dave Douglass (51) 18.16, 2. Tony Nasralla (50) 19.97. 1B—1. Albert Brenda (54) 19.52, 2. Jerry Stanners (48) 20.21. 1A—1. Walt Butler (42) 14.90. SB—1. Thomas Craig (30) 14.75. SA—1. Ed Baskauskas (32) 16.02.

800m: 3B—1. George Poloynis (65) 3:26. 3A—1. Don Wilgus (61) 3:10. 2B—1. Walt Atcheson (56) 2:35. 2A—1. Enver Mehmedbasich (51) 2:39. 1B—1. Pete Richardson (47) 2:31, 2. Jesse Carrington (47) 2:16, 3. Lou Mayers (45) 2:24. SB—1. George Mason (39) 2:02. SA—1. Phillip Kay (30) 2:02, 2. Glenn Switzer (34) 2:07, 3. Thomas Craig (30) 2:12.

Triple Jump: 3B—1. Herbert Miller (66) 29-1. 3A—1. Charles Mercurio (63) 29-5½. 2A—1. Albert Brenda (54) 34-8, 2. Stanwers (48) 32-2¼, 3. Tony Nasralla (50) 31-4. 1B—1. Sam Workman (41) 32-11½. 1A—1. Joe Herzog (41) 36-1½, 2. Donald Dvorack (41) 35-1½. SA—1. Ed Baskauskas (32) 42-3¼, 2. Ron Rook (34) 31-9¼. O—1. Rufus Morris (38) 41-1.

Hammer: 3B—1. James York (69) 27.64. 3A—1. Bob Stone (62) 36.60. 2B—1. Emson Grimm (57) 18.34. 2A—1. Dave Douglass (51) 34.72. 1B—1. Stewart Thomason (49) 46.96, 2. James Hart (46) 36.17. SA—1. Gary Kalmenson (32) 39.51.

Long Jump: 3B—1. Herbert Miller (66) 14-4. 3A—1. Charles Mercurio (63) 15-2¼. 2A—1. Albert Brenda (54) 16-8, 2. Tony Nasralla (50) 15-2¼. 1B—1. Jerry Stanners (48) 14-7½. 1A—1. Sam Workman (41) 18-2½, 2. Dee DeWitt (44) 18-1, 3. Donald Dvorack (41) 17-7¼. SB—1. Rufus Morris (38) 20-7.

Javelin: 3A—1. Bob Stone (62) 33-91. 2B—1. Ed Chynoweth (59) 42.13, 2. Jock Jocoy (57) 25.49. 2A—1. Hal Wallace (52) 32.74. 1B—1. James Hart (46) 39.45, 2. Jerry Stanners (48) 28.68. SA—1. Gary Kalmenson (32) 34.79, 2. Ron Rook (34) 33.04.

Pentathlon (1/2, Jav., 200, discus, 1500): 1B—1. Gary Miller 28.46. SA—1. Jerry Hougan 2411. O—1. Don Dwight 2330, 2. Mark Robinson 1592.

200m: 4B—1. Sing Lum (78) 36.43. 3B—1. Clarence Killion (65) 28.28, 2. Alfred Guidet (65) 30-05, 3. Andy Collins (65) 31.53. 3A—1. Charles Mercurio (63) 29.46, 2. Bowen Smith (63) 37.69. 2B—1. Louis Beadle (56) 27.30, 2. Jock Jocoy (57) 28.23, 3. Bob Higginbotham (55) 28.63, 4. Charlie Powers (56) 29.51. 2A—1. Tony Nasralla (50) 28-03, 2. Enver Mehmedbasich (51) 29.46. 1A—1. Bill Knocke (44) 24.11, 2. Dennis Duffy (40) 24.32, 3. Fred Niedermeyer (42) 24.34, 4. Robin Winstone (44) 24.70, 5. Anthony Craddock (40) 25.14. SB—1. Willie Roberson (38) 24.11, 2. George Mason (39) 24.74. SA—1. Ronald Beadle (34) 24.11, 2. Phillip Kay 25.12, 3. Gerald Koop (30) 25.86, 4. Luis Pannarale (34) NT. O—1. Steve Campbell 22.56, 2. Robert Yallen (26) 23.13.

Shotput: 3B—1. James York (69) 39-1½. 3A—1. Bob Stone (62) 42-2, 2. Quinto Merlo (63) 39-2, 3. Bill Burke (64) 35-6. 2B—1. Hal Wallace (56) 35-1¼, 2. Jock Jocoy (57) 30-4¼, 3. Emson Grimm (57) 20-5½. 2A—1. Dave Douglass (51) 34-10½. 1B—1. James Hart (46) 42-8, 2. Ray Martin (47) 41-3¼, 3. Jerry Stanners (48) 25-8. SA—1. Gary Kalmenson (32) 34-4¼.

4x400 relay: 3A—1. Poloynis, Burke, Mercurio, Miller 5:45.86. SB—1. Mason, Swietzer, Craig, Kay 3:49.88.

400m Hurdles: 3B—1. Herbert Miller (66) 1:38. 2A—1. Dave Douglass (51) 1:12, 2. Tony Nasralla (51) 1:17. 1A—1. Bud Noether (41) 1:06, 2. Joseph Herzog (41) 1:08.

Steeplechase: O—1. Dwight Smith 10:23, 2. Greg Steinhauer 11:13.

5000m: 1A—1. Don Trout (43) 18:08, 2. Fred Pereira (49) 20:43. SB—1. John Kennedy (39) 16:03, 2. Steve Waggner (38) 16:56. SA—1. Gary Campbell (34) 16:20, 2. Ron Rook (34) 18:41. O—1. Bryan Patterson 15:57, 2. Robert Taylor 16:12, 3. Joe Chaparro 20:50.

Pole Vault: 3B—1. Jim Vernon (69) 10-6½. 3A—1. Ralph Blesmeyer 9-0. 3A—1. Bill Burke (61) 7-6. 2B—1. Hal Wallace (52) 10-6. 2A—1. Albert Brenda 11-0. 2A—1. Dave Douglas (51) 10-0. 1B—1. Jerry Stannon (46) 10-6. 1A—1. Dee Witt (44) 11-0.

4x100 relay: 3A—1. Poloynis, Burke, Miller, Mercurio 1:02. 1A—1. Knocke, Edens, Weedamyer, DeWitt 46.3. SA—1. Duffy, Noether, Pannarale, Roberson 48.8.

Discus: 3B—1. James York (69) 32.88. 3A—1. Bob Stone (62) 39.92, 2. Quinto Merlo (63) 35.99. 2B—1. Emson Grimm (57) 15.10. 2A—1. Hal Wallace (55) 34.65, 2. Dave Douglas (51) 32.10, 3. Albert Brenda (54) 30.30. 1B—1. Stewart Thomason (48) 43.21, 2. James Hart (46) 42.32, 3. Jerry Stanners (48) 24.80. SS—1. Gary Kalmenson (32) 35.42. O—1. Mark Lubash 37.73, 2. Allen Sauck 36.48.



ENVER MEHMEDBASICH



JOSEPHINE KOLDA



HERB MILLER

1500 (Chronomix): 3B—1. Ray Mahannah (67) 6:02. 3A—1. Don Wilgus (61) 6:20. 2B—1. Walt Atcheson (56) 5:20. 1B—1. Pete Richardson (47) 4:58. SB—1. John Kennedy (39) 4:25, 2. Don Chapin (36) 4:30. SA—1. Curt Duff (32) 4:13, 2. Thomas Craig (30) 4:14. O—1. Bryan Patterson 4:12.

400m: 3B—1. Clarence Killion 1:09. 2. George Poloynis 1:20, 3. Herbert Miller 1:25. 3A—1. Bowen Smith (63) 1:32. 2B—1. Louis Beadle (55) 1:01, 2. Walt Atcheson (56) 1:11. 1B—1. Robin Winstone (44) 58.1, 1A—1. Fred Niedermeyer (42) 57.1. SA—1. Ronald Beadle (34) 54.2, 2. Gerald Koop (30) 56.7, 3. Luis Pannarale (34) 59.2. SB—1. Hugh Adams (43) 1:01.

Women's Divisions

Discus: 2A—1. Shirley Kinsey (53) 25.15, 2. Katie Jocoy (53) 11.61. 1B—1. Crystal Miller (45) 23.71, 2. Catie Burke (43)

16.50.

200m: 3B—1. Josephine Kolda (65) 37.37. 3A—1. Diana Smith (60) 46.17. 2A—1. Shirley Kinsey (60) 34.12. 1A—1. Jeanne Carter (43) 30.34. SA—1. Maria Magana (33) 34.12. O—1. Andrea Cullen (21) 34.12.

2A—1. Katie Jocoy (54) 22-10. 1A—1. Catie Burke (44) 20-10½.

100m: 3B—1. Josephine Kolda (65) 16.74. 3A—1. Diana Smith (60) 19.60. 2A—1. Shirley Kinsey (53) 15.83. 1A—1. Jeanne Carter (43) 14.32. SA—1. Maria Magana (33) 15.51.

400m: 1A—1. Jeanne Carter (43) 1:09. 3A—1. Diana Smith (60) 1:54.



NINTH ANNUAL

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DIRECTOR—STAFF

Founder and director is Coach Jim Hunt who is now in his 17th year as mentor of the HSU track and field and cross-country teams. Jim recently led his 1980 cross-country team to the NCAA Division II National Championship.

Gary Tuttle, while attending HSU, was named five-time NCAA All American. A former NCAA and AAU national record holder, Gary is an internationally acclaimed distance runner and is owner and operator of a running shoe store "Inside Track" in Ventura, California.

Bill Scobey, also an HSU Alumnus, will round out the fine staff. Bill was a four-time NCAA All American and has held both American and World records. He has a vast coaching experience in track and cross country for both men and women.

Additional counseling from other former HSU All Americans and nationally ranked men and women distance runners will be provided.



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Prep Notes

By KEITH CONNING

★ KINNEY MEET JUNE 12

The Kinney Meet at Berkeley is definitely June 12th a Sunday. They changed the date because they'll have live CBS TV coverage.

That means that prep fans can go see the Golden West Invitational on Saturday, June 11th and then return to Berkeley for the Kinney Meet on Sunday. In the past, a few hardy fans watched the Kinney Meet then drove the 85 miles to Sacramento.

★ RUNNERS WORLD FEATURES BERKELEY HIGH

If you would like to read about the Berkeley High track program under Coach Willie White, then pick up the June issue of *Runners World* magazine. Senior editor Bob Wischnia has been attending practices at 7:30 in the morning, and also took in one of two track meets they had before the Easter vacation. Berkeley currently holds seven national and twelve state records.

★ AZTEC INVITATIONAL

Choc Sportsman Track, San Diego State, April 5—Natalie Kaaiawahia, the State champion, placed second in the shot put with a toss of 49-9/4. She also won the discus with a throw of 173-11. Kaaiawahia is in her senior season at Fullerton HS.

Gayle Kellon (Unattached/Walnut HS) set a meet record in the 400 hurdles of 60.01. Kellon is the defending State champion in the 300 hurdles.

Lisa Winston (Unattached/Jordan, Long Beach), fifth in the State 100, placed second in 11.88.

Kerry Zaleski (Unattached/Millikan, Long Beach) placed third in the 800 in 2:07.32.

★ CRAIG MCMILLAN (CLOVERDALE)

Cloverdale, the State Division 3 basketball champion, has been coached by John McMillan for 22 years. They only have 315 students.

Craig McMillan, a 6-4½ guard who averaged 22.2 points per game in his sophomore season and went to the State Track Meet by high jumping 6-7¼, is the son of coach McMillan.

Craig scored 33 points as Cloverdale won the NorCal Division 3 basketball championships. He was named to the all-NorCal Tournament team. He was also named to USA Today's Prep All-America honorable mention team.

★ SAN LEANDRO'S PACIFIC HIGH GETS THE AX

San Leandro, March 15—On a 5-2 vote, school trustees Tuesday approved the June closing of Pacific High.

The decision will make San Leandro High School the only comprehensive high school in the district serving students in grades 10 through 12.

Pacific is 13 years newer, but smaller than San Leandro High School.

Two Pacific graduates are still on the East Bay all-time list published by the *Oakland Tribune*. Mike Robinson vaulted 14-6¾ in 1964. Jon Gledhill threw the discus 189-1 in 1969.

San Leandro High has produced Doug Padilla, ranked 5th in the U.S. in the 5,000 meters last year, and Vernon Sallaz, a 1:52.0 half miler in high school.

★ MULTI TEAM MEET AT USC

Los Angeles, March 19—Mike Kibort (Unattached/Saratoga High) vaulted 16-6 and placed second.

★ LESLIE DENIZ (ARIZONA STATE) SETS AMERICAN RECORD

Tempe, Arizona, March 19—Leslie Deniz (Arizona State), the California State Meet discus champion from Gridley High School in 1979 and 1980, set a new American record of 211-1. The old record of 207-5 was set by Lorna Griffin (Athletics West) in 1981.

Deniz also holds the American Junior and high school records of 183-11 set at Lancaster on July 3, 1980.

★ PITTSBURG RELAYS

Pirate Stadium, Pittsburg High School, March 26—Maurice Crumby (Balboa, San Francisco), the State high jump champion, tied his meet record of 7-1. He then missed three attempts at a new national high school record of 7-4½.

Mark Boyd (St. Mary's, Berkeley), fifth in the State high hurdles, won in 13.8. Boyd's team set a 440 LH shuttle relay meet record of 53.7. The old record of 55.3 was set by St. Mary's in 1981, when Boyd was a sophomore.

Leon Porter (Castlemont, Oakland) won the 100 yard dash in 9.8. "Leon is an extremely good kid," said Coach Arnold Miller to Marshall Santos of the *Oakland Tribune*. "He's easy to work with and gives 100 percent everytime he runs. His goal this year is not to lose a race and to take State."

Porter ran the second leg on Castlemont's victorious 440 relay team—42.9.

The Pittsburg mile relay team of Tommy Jordan, Sean Beals, Jackie Davis, and Jay Butler clocked 3:26.1 to help the Pirates win the team title.

Kimmie James, 3rd in the State 800, led Richmond to a sprint medley victory in 3:34.6.

In girls action, Burbank of Sacramento won the 440 relay in 49.4 and the team title.

Skyline of Oakland took the mile relay in 4:07.3.

★ GEORGE GAFFNEY (FRESNO STATE) JUMPS 26-10 INDOORS

Northern Arizona Invitational Indoor Meet, Flagstaff Arizona, February

5—George Gaffney, the California State high school champion in the long jump at 24-1¼ in 1979, sailed 26-10. It was the longest long jump indoors or out ever for a Fresno State Bulldog.

Gaffney, a junior from Lemoore High and the College of the Sequoias produced a remarkable series — 25-0, 25-5¼, 25-5 and 25-5¼ in the preliminaries, and 26-2, 26-4 and 26-10 in the finals.

His previous best was 25-7, set while winning the event in the West Coast Relays last year.

The 26-10 is the fifth-best ever by an American indoors. It is the third best by a collegian and the eighth best in the world indoors.

★ CLINTON DAVIS TO ATTEND THE UNIVERSITY OF PITTSBURGH

Pittsburgh, March 14—Clinton Davis (Steel Valley High School, Munhall, Pa.), the TAC indoor 440 yard champion and national high school record holder, will take the advice of his New Image Track Club coach rather than a college scholarship, according to a story in the *Pittsburgh Press*.

Elbert Kennedy, who coaches New Image as well as women's track at Pitt, recommended that Davis attend Pitt, but not compete for the Panthers until after the 1984 Olympics.

Davis, a national scholastic indoor record-holder in the 300 meter, 400 meter, and 440 yard races, plans to train individually under Kennedy and pick his meets while gearing himself toward the Olympics. In doing so, he will reject scholarship offers from such national collegiate powers as UCLA and Georgia, which he considered his most likely choices only two weeks ago.

★ OWENS AWARD TO DECKER

New York, March 17—Distance running star Mary Decker Tabb added to her huge cache of trophies yesterday, winning the coveted Jesse Owens International Award, designating her as the world's premier amateur athlete.

The first woman so honored, she previously had captured the Sullivan Award as the United States' top amateur athlete for 1982 and the Babe Didrikson Zaharias Trophy as The Associated Press' Female Athlete of the Year.

"This makes me extremely happy and proud because I feel I have done it for women everywhere," the 5 foot 6, 107-pound Decker said, as she held aloft the hugh trophy named for the great athlete who won four gold medals in the 1936 Olympics.

"With all these accomplishments, I won't be happy until I win an Olympic gold medal in Los Angeles in 1984," Decker said.

Previous winners include Eric Heiden, speed skater in the 1980 Winter Games, and

Sebastian Coe, Britain's distance running star.

Tabb scored 131 points in the worldwide balloting, edging British decathlon ace Daley Thompson, 118 points, and sprinter-long jumper Carl Lewis, 94 points.

Tabb attended Orange High School.

★ BAY AREA PENTATHLON

Mills High School, Millbrae, March 29—For the third year in a row, the Millbrae Lions Track Club sponsored the Bay Area Pentathlon for Girls. The meet is designed for the all around track athlete and is one of the few meets held in the area of its kind, according to Jim Hume and Ed Parker.

This year's meet drew a large field of 21.

The meet was won by Heidi Waterfield of Los Altos with 2919 points. Her performances included 17.1 for the 100 hurdles, 5-2 in the high jump, and 6.79 meters in the shot.

Laura Lee Sullivan (Mills HS, Millbrae) was the leader throughout the event with strong scores in the high jump and long jump. She ended up second with 2911 points. If she had run one second faster in the 800, the last event of the day, she would have won the title.

Third place was taken by Carla Halford, a talented distance runner from San Jose. Halford led the way in the 800 with a fine time of 2:21.2. Her point total was 2873.

Fourth place was captured by B.J. Bagby (Aragon HS, San Mateo) with 2507. Bagby is listed on the current CCS list in the shot and discus.

I would like to thank G. David Brown of Innersport for this report.

★ OAKLAND INVITATIONAL

Laney College, Oakland, April 2—Mark Boyd (St. Mary's, Berkeley) won the 300 low hurdles in 36.89, the top mark in the state. He also won the 110 hurdles in 14.28, the long jump 21-9¼, and ran a leg on the winning 1600 relay. Boyd was awarded the "Best Overall Performance" trophy for his efforts.

The Berkeley boys' 400 relay won in 42.81.

Mission of San Francisco won the girls' 400 relay in 49.28.

Jackie Baker (Berkeley) won the 400 in 58.36.

Ann Ratto (Alameda) won the 3200 in 11:14.3.

★ KING GAMES

Stanford, April 1-2—Cory Schubert (Del Mar, San Jose), the Kinney Western Regional Cross Country champion, won the 3,000 in 9:31.0, 18th all-time in the U.S. and 4th all-time in California. Katie Dunsmuir (Santa Monica TC) was second in 9:38.2. Tanja Fischer (Chaminade, Canoga Park) was third in 9:40.1. Gladees Prieur (Santa Monica TC) was fourth in 9:41.2. Schubert's splits were: 1:13.5, 2:30.7, 3:49.1, 5:06.5, 6:26.1, 7:43.8, 8:18.3 (1 lap to go), and 8:57.9.

Danny Valdez (Merced) won the 3,000 steeplechase in 9:41.6. Orlando Biggs (Willow Glen, San Jose) was second in 9:48.3 and Jim Bloomer (El Cerrito) was third in 9:51.5.

Barry Estes (Clovis West) threw the discus 185-9, to become the state leader. Curt Sisco (Vacaville) was second at 180-11.



The Athletics Congress Women's Development Committee Western Regional Long Distance/Cross Country Camp & Clinic

DATE: August 14-20, 1983

LOCATION: Camp Green Meadow (near Yosemite Park)

**FOR
INFORMATION
CONTACT:**

Mr. Jerry Colman
4292 North River Way
Sacramento, CA 95825
916-487-3175

Instruction, lectures and training sessions for women athletes and their coaches. Coaches will receive credit toward the National Coach-Certification program.

John Morse (Las Lomas, Walnut Creek), the North Coast Section Cross Country champion, won the 5,000 in 14:42.3. Jesus Gutierrez (Pasadena) was second in 14:48.0 and Calvin Gaziano (Castro Valley) was third in 14:48.5.

Mike Kibort (Saratoga) vaulted 16-6.

The Del Mar distance medley team of Christine Lo Franco, Tina Bartos, Lanette Davis, and Cory Schubert 4:55.9 set a new Central Coast Section record of 12:14.2. The old record of 12:21.7 was set by Lynbrook in 1981. Leland of San Jose, with Carla Halford running 5:05.0, placed second in 12:34.9.

I feel he can go even higher this year. He reached 7-3 last summer and he still has a long time to improve on his new record.

Crumby wants to attend the University of Arizona and compete in track and football.

Crumby narrowly missed the stadium record of 7-5 set by Valery Brumel (USSR) in 1962.

★ SANTA ROSA RELAYS

Santa Rosa Junior College, April 9—Mark Boyd (St. Mary's, Berkeley) set new meet records in the 110 high hurdles at 13.7 and 300 lows in 37.3. The old records of 13.8 and 37.9 were set by Don Ward (St. Mary's) and Steve Pittman (De Anza, Richmond), respectively.

Michael Lee (St. Mary's) placed second in the highs in 14.3.

St. Mary's also won the mile relay in 3:24.2 with Boyd running one of the legs.

★ FRESNO STATE UNIVERSITY INVITATIONAL

Fleet Afoot, Clovis High School and Fresno State will sponsor a cross country invitational meet on Saturday, September 24.

It will be held at Woodward Park in Fresno. Seventy percent of the course will be the same as used at the Kinney Western Regionals. The surface will be a mixture of soft and hard dirt, grass, some asphalt and hills.

★ PREPS TO PROS

Mel Gray (Montgomery, Santa Rosa) ran 20.7 for the 220 in 1967. He now plays for the St. Louis Cardinals.

Charles White (San Fernando), who ran the 330 lows in 36.0, in 1976, played tailback at USC, and now plays for the Cleveland Browns.

Johnny "Lam" Jones (Lampasas, Texas), who ran 20.7 in the 220 in 1976, now plays for the New York Jets.

Art Monk (White Plains, New York), who ran the high hurdles in 13.5 in 1976, plays for the Washington Redskins as a wide receiver.

I would like to thank my son Andrew, age 11, for providing this information.

continued on next page...



DANNY VALDEZ

★ MAURICE CRUMBY SETS NATIONAL RECORD.

King Games, Stanford, April 2—Maurice Crumby set a new national high jump record of 7-4½. The old record of 7-4¼ was set by Gail Olson (Sycamore, Ill.) on May 15, 1978 in Geneva, Illinois.

I've watched Crumby since he was a sophomore at Balboa of San Francisco jumping at the All-Comers Meet at Edwards Stadium in Berkeley. Unfortunately, I missed his record as I was attending the Oakland Invitational and the Cal-UCLA dual meet.

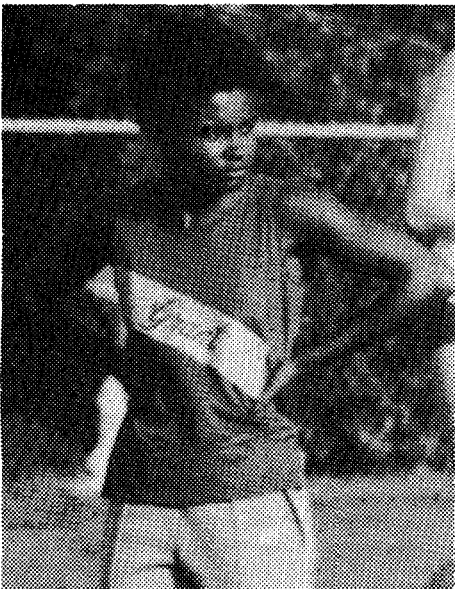
Prep Notes

★ FRESNO BEE GAMES

Fresno State University, April 8—This turned out to be an excellent early season meet. After all the rain this season, the track and field athletes were eager to turn in some good performances.

Cory Schubert (Del Mar, San Jose) and junior Keenan Jones (Grant, Sacramento) were selected as the outstanding athletes of the meet. Doug Fraley (Clovis West) received the Cornelius Warmerdam award.

Schubert ran the 10th fastest 3200 of all-time in the U.S. Her time of 10:14.07 smashed the meet record of 11:19.3 set by Marcia White (Miramonte, Orinda) in 1979. Schubert's splits were: 70.9, 2:26.8, 3:45.2, 5:03.4, 6:22.0, 7:40.8, 8:59.8, and 9:38.5 (3,000). She becomes the third fastest Californian of all-time. Joni Mooney (Vacaville) also broke the old meet record with her 11:03.92 second place finish. Schubert also set a new meet record in the 1600 of 4:53.34. The old meet record of 5:13.72 was set by Heather Watkins (Berkeley) in 1981. Watkins, now a senior, was a second in 5:06.16.



MONICA TAYLOR

Jones won the triple jump at 50-4¼, placed 4th in both the high jump at 6-6 and long jump at 22-2.

Fraley set a new meet record in the pole vault at 15-½. The old meet record of 15-0 was set by Doug Wicks (South Bakersfield) in 1981.

Barry Estes (Clovis West) set a new meet record in the discus of 183-10½. The old record of 175-0 was set by Jeff Budwig (McLane, Fresno) in 1980.

Torrey Barr (McLane, Fresno) placed second in the triple jump behind Keenan Jones with an excellent jump of 49-6.

Tonya Mendonca (Mt. Whitney, Visalia) set a new meet record in the girls' high jump of 5-8¼. The old meet record of 5-6 was set by Cheryl Bishop (Berkeley) in 1981.

Nedrea Rodgers (Berkeley) set a new meet record in the girls' 400 in 55:09. The old meet record of 56.85 was set by Lana Rice (Berkeley) in 1981.

Monica Taylor (Grant, Sacramento) won the girls' 200, a new event, in 24.36.

The Berkeley girls' 400 relay team won in 46.96.

Other meet records were set by Shaun Chambers (Highlands, North Highlands) and Bryan Barton (South Tahoe) in the high jump, and Lanette Davis (Del Mar, San Jose) in the girls' 800.

★ RECORD FOR GAZIANO

San Jose, March 20—Castro Valley High sophomore Calvin Gaziano set a new national age-group record in a San Jose 10,000-meter race sponsored by the *Mercury News*.

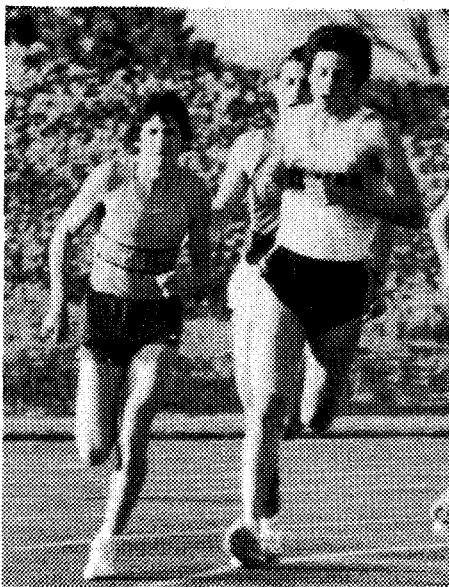
Gaziano, competing in the 16-29 year old division, was timed in 30:46. That broke the old 16 and under national mark of 31:25. Gaziano was 13th overall in his division.

★ ASU WOMAN BREAKS U.S. DISCUS RECORD

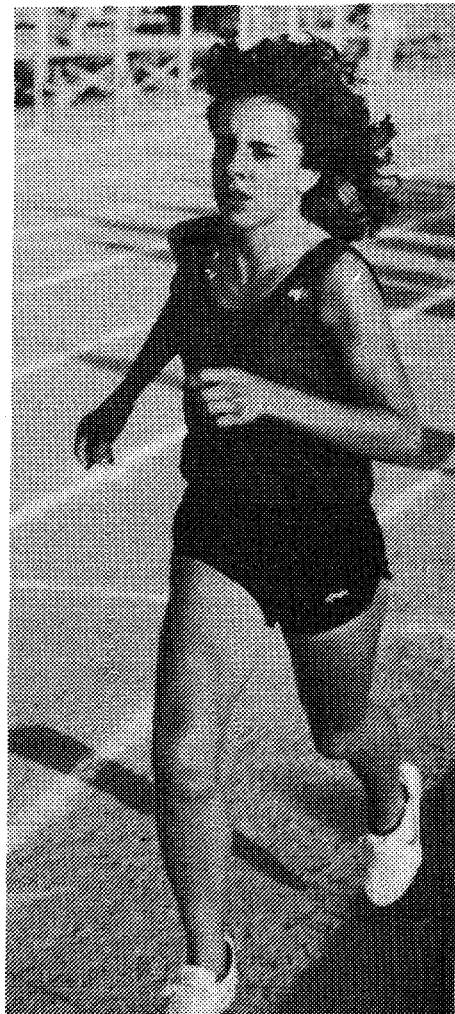
Tempe, Arizona, April 2—Arizona State's Leslie Deniz, who broke the U.S. record in the discus last week, set an American standard for women in the discus here Saturday night with a throw of 212 feet in the fourth annual Sun Angel Track and Field Classic.

★ CHRIS WHITLOCK FROM 50.9 AS A PREP TO 45.60

Chris Whitlock (Washington State University) set a new meet record of 45.60 in the California-WSU dual meet on April 9. He attended Cardinal Newman High in Santa Rosa, where he ran one year of organized track for coach Tom Bonfeli. In the North Bay League championships he won the 400m and ran on his team's mile and 400m relay units. His best time as a prep was 50.9. In high school he was 6-1 and 165 pounds. Now as a senior in college he is 6-2 and 185 pounds. He attended Santa Rosa JC, where he was coached by John Ryan. In his freshman year he set a school record of 46.6 in the 400m. He was the Northern California champion at 400m. In his sophomore year he won the conference 200m and 400m titles and ran on the winning mile relay team. He also set a school record of 20.9 in 200m.



CALVIN GAZIANO(left) & TOM LEGAN



LISA RIZZO

Fantastic Freshman:

Lisa Rizzo

Lisa Rizzo, Hart High School (Newhall) freshman, entered the past cross country season as a novice. After only one pre-season meet, she won the Royal Invitational in a time of 18:34. At the Bell-Jeff Invitational, she came in second clocking a time of 18:29. But this newcomer wasn't finished. She turned around and took the Northridge Invitational for 3A schools in 19:42. At the prestigious Mt. SAC Invitational, rather than be entered in the freshman race where she would have broken the course record by two and one half minutes, she ran in the sweepstakes race coming in 6th in 18:21. As Hart High switched leagues in 1982, Hart faced the stiffer competition of the Foothill League rather than the prior year's Golden League. The powerful Sylvia Mosquados (a junior from San Gabriel) handed Lisa her only league defeat.

Lisa's post season efforts leading up to the Kinney Invitational (where she was tripped at the start and still finished 32nd in 18:47) were also exceptional. At the Mt. SAC CIF prelims, she continued her steady racing taking second place (18:28) in her heat. In the CIF finals, after being boxed in in the first section (20th through the 1st mile) she exploded, overtaking all but the front runners and passing Clare Feit to take 5th

place in 18:38. She was the only freshman among the 300 girls entered in the finals to medal.

This softspoken, yet outgoing girl has significantly influenced the entire Hart girls track team and is now leading a young aggressive track team that should become a power to be reckoned with in the next several years. Her track credentials are thus far as impressive as her X-C feats, commencing with the Sunkist Indoor Meet (the only freshman invited) where she clocked a respectable 5:17 mile (7th place). She has already broken the school records in the 1500, 3000 and 1 mile, has taken 1st at the Ventura Relays in the two mile event and remains undefeated in league competition. At the recent prestigious Northridge Invitational Relays, she came in 3rd in the 1500 (4:53) behind Tania Fischer and only 2 seconds slower than Paula Bresnan.

This 98 pound, 5 foot-3 inch dynamite runner seems to improve on a weekly basis. This brief look into the background of a new and exciting running sensation will bear witness to the fact that Lisa Rizzo is a thin-clad trackster to be watched.

Prep Mailbag . . .

March 31, 1983

Mr. Conning:

We were delighted to see members of the Burbank Titan track team highlighted in various 1982 CTRN publications. Therefore I am enclosing a newspaper copy of the 8th Pittsburg Relays.

Also, I am enclosing the names of those individuals who were members of the relay

teams. Luther Burbank women won the meet and junior Pam Qualls was voted the outstanding woman athlete.

The 440 relay team was composed of sophomore Shilon Reese, juniors Tina and Trina Broadway, and Qualls.

Thank you for all the good news.

Coach John Copeland
Luther Burbank HS, Sacramento

To Prep Editor:

I really enjoy the rankings that are given about high schoolers and where they stand. I am upset about this year's cross country rankings. I feel that the rankings are not correct. In the state rankings I was ranked 18th, but there were people ranked ahead of me who had never beaten me. One person (name unmentioned) did well in his section but I dislocated my leg a little before and jogged easy at my league finals and at my section meet just to qualify and that hurt my record. But when I raced this person I beat him at about 5 races and even at Kinney Western Regionals I beat him by over a minute.

Then there were some people that were ranked ahead of me that I have never raced and just because I started out my season a little slow and placed 4th., etc. and this boy only had two races for his ranking which he did well. He is from Los Angeles Section and from what I heard this section is not all that tough when I ran some tough meets like Stanford and lost my winning streak and just because this boy did well in a few meets he gets ranked ahead of me. I feel that you might have gone by track times. I did not run especially well last year but that

was last year's times and this is this year and it is cross country not track. Plus some courses are easier than others.

I thought rankings were by how good you are and not by how bad you did at the beginning of the season or when you were hurt. I also can't understand why I was not in the top 5 in Northern California in the so called rankings when I finished 3rd. I know why, because I didn't win every race at the beginning of the season. Well, it is more important how you do at the end. So, next time I hope the rankings are correct. Remember some races have more competition than others and if I take 20th at Western Regionals and some kid takes 1st in his league meet and we never race does that mean that he is better, I guess it does.

I wish rankings were done by how good you really are and not by some pee-wee races. I am not saying that it was all off like mine, but I wish before you would put down us slower runners in the state you would really think about these things I said.

Calvin Gaziano-soph.
Castro Valley High

From the High School Editor:

Thank you for taking the time to express your viewpoint on the high school cross country rankings. I'm glad you enjoy our feature.

Preparing the rankings takes many hours of work and is complicated by the fact that California does not have a state championship in cross country.

Although I look at the entire season of a runner, I put more weight on the meets at the end of the season starting with the section meet. For many athletes and teams the section meet is the most important meet of the year.

I'll try to explain why you were not ranked in the top five in Northern California. In the case of Matthew Giusto (San Mateo), the Central Coast Section champion, I took his section performance and estimated that he would have run 15:15.8 at Fresno. I found an average difference of eleven seconds from the Crystal Springs course to the Woodward Park course. I don't feel he should be penalized for peaking for his section meet.

Although you defeated Rene Perez (Woodland) at Nor Cal, he beat you at the even more important Kinney meet. John Morse (Las Lomas, Walnut Creek) defeated you three times out of four including the Kinney meet.

The Los Angeles Section has their championship on the same day as the Kinney Western, so it is impossible for these athletes to compete in Fresno. What I do in this case is to estimate what they would have run at Fresno. It is very difficult, because both Jose Luis Garcia (Lincoln, Los Angeles) and sophomore Ramon Garcia (Belmont, Los Angeles) did not run at Mt. SAC against Southern Section athletes. In the case of Garcia, I did have to go back to his State Meet track performance (11th in 9:14.6), to see how he compares with athletes from other sections. I also looked at how other LA Section athletes did at Mt. SAC. For example, Katie Dunsuir (Palisades, Pacific Palisades), who placed second in the LA Section, set a new course record at Mt. SAC, running faster than all the Southern Section athletes.

As you can see ranking is not as easy as it appears on the surface.

High School Schedule:

May 7:	Quicksilver Classic, San Jose City College.
May 20:	Central Section.
May 20:	Central Coast Section, San Jose City College.
May 20:	Los Angeles City Section, East Los Angeles College, Monterey Pk.
May 20:	Northern Section.
May 20:	Oakland/San Francisco, Laney College, Oakland.
May 20:	Sac-Joaquin Section, Hughes Stadium, Sacramento.
May 21:	Southern Section, Cerritos College, Norwalk.
May 20-21:	North Coast Section, Diablo Valley College, Pleasant Hill.
May 21:	San Diego Section.
May 27-28:	Northern California CIF Championships, Edwards Stadium, Berkly.
May 27-28:	Southern California CIF Championships, Cerritos College, Norwalk.
May 30:	Frosh/Soph Classic, College of San Mateo.
June 4:	CIF State Track Meet, Memorial Stadium, Bakersfield.
June 11:	Golden West Invitational, Hughes Stadium, Sacramento.
June 12:	Kinney Invitational, Edwards Stadium, Berkeley.
June 17-19:	USA/TAC Championships, University of Indiana, Indianapolis, Ind.
June 18:	International Prep Invitational, Naperville, Illinois.
June 18:	ARCO Jesse Owens Regional Championships, Edwards St. Berk.
June 25:	Women's Prep Classic, Beaverton, Oregon.
June 25-26:	TAC Junior Championships, Penn State, State College, PA.
June 28-29:	TAC Age-Group Multi-Event Championships, TBA, Ohio.
July 1-3:	Pacific Association TAC Junior Olympics, Cal State Univer. Haywd.
July 1-3:	USA/TAC Youth Athletics Championships, Welcome Stad., Ohio.
July 16:	TAC Region 13 Junior Olympics, Merritt College, Oakland.
July 26-27:	US v. Canada Juniors, Sherbrooke, Canada.
July 26-28:	TAC Junior Olympics Multi-Events, Durham, North Carolina.
July 26-27:	AAU Junior Olympics Multi-Events, South Bend, Indiana.
July 29-31:	AAU Junior Olympics, South Bend, Indiana.
July 29-31:	TAC Junior Olympics, Durham, North Carolina.
July 30-31:	US v. Canada v. Italy Juniors, New Britain, Connecticut.

Note: I would like to thank Howard Willman for his assistance in preparing this schedule.

Prep Notes

Pittsburg Relays

From Keith Conning

March 26. Pirate Stadium.

BOYS

100 Yards: 1. Leon Porter (Castlemont) 9.8, 2. Reynolds (Burbank) 10.1, 3. Jones (Burbank) 10.2.

120 Yard High Hurdles: 1. Mark Boyd (St. Mary's) 13.8, 2. Chris Grimbale (Kennedy-Sac) 14.8, 3. Dion Nelson (Skyline) 14.8.

440 Relay: 1. Castlemont 42.9, 2. Skyline 43.3, 3. Richmond 43.7.

880 Relay: 1. Castlemont 1:31.4, 2. Skyline 1:31.5, 3. Pittsburg 1:32.5.

Mile Relay: 1. Pittsburg (Jordan, Beals, Davis, Butler) 3:26.1, 2. St. Mary's 3:27.5, 3. Richmond 3:28.3.

2 Mile Relay: 1. DeLaSalle (Fawler, Fitzsimmons, Williamson, Stocking) 8:03.0, 2. Richmond 8:16.7, 3. Pittsburg 8:17.7.

Sprint Medley: 1. Richmond 3:34.6, 2. Pittsburg 3:37.1, 3. El Cerrito 3:38.8.

Distance Medley: 1. Northgate (Pollock, Hartman, Wilhelm, Howard) 10:59.7, 2. El Cerrito 11:08.5, 3. Hiram Johnson 11:11.4.

440 LH Shuttle: 1. St. Mary's 53.7 (meet record), 2. Kennedy-Sac 55.2, 3. Skyline 56.4.

2 Mile: 1. Dave Basinger (Granada) 9:36.1, 2. Jim Howard (Northgate) 9:37.5, 3. Jim Chaney (College Park) 9:39.1.

High Jump: 1. Antioch (Snodgrass, Lagousis, Kines) 17-4, 2. Edison-Stockton 17-4, 3. Pittsburg 17-2. (Maurice Crumby (Balboa, San Francisco) 7-1, ties meet record by Crumby in 1982).

Pole Vault: 1. Antioch (Bacher 13-6, Mikula 12-6) 25-6. No second or third.

Long Jump: 1. Pittsburg (Beals 21-2½, Stingily 20-1½, Chatman 19-8½) 62-5, 2. Stagg 57-8½, 3. DeLaSalle 56-5½.

Triple Jump: 1. St. Mary's 134-0, 2. Logan 126-0, 3. Stagg 125-5½.

Shot Put: 1. Antioch (Snelson 48-6, Shure 46-5½, Gamble 44-4) 139-3½, 2. Kennedy-Sac 132-11¼, 3. DeLaSalle 127-4¼.

Discus Throw: 1. Antioch (Gamble 153-10, Young 128-½, Snelson 127-6½) 409-5, 2. Tracy 379-5½, 3. St. Mary's 352-8½.

GIRLS

100 Yards: 1. Pam Qualls (Burbank) 11.3, 2. Dana Faulkner (Skyline) 11.7, 3. Warrick (Richmond) 11.7.

Mile: 1. Noreen DeBettencourt (Carondelet) 5:16.1, 2. Julie Rasmussen (Lincoln, Stockton) 5:25.9, 3. Carolyn Covione (Northgate) 5:40.2.

110 Low Hurdles: 1. Tamara Predes (Antioch) 16.1, 2. Wicks (Edison, Stockton) 16.2, 3. Parramore (Logan) 16.4.

440 Relay: 1. Burbank 49.4, 2. Logan 49.8, 3. Skyline 50.3.

880 Relay: 1. Burbank 1:46.7, 2. El Cerrito 1:47.0, 3. Skyline 1:51.9.

Mile Relay: 1. Skyline 4:07.3, 2. El Cerrito 4:07.7, 3. McClymonds 4:16.4.

Sprint Medley: 1. Pittsburg (Bennett, Russell, Butler, Currie) 1:53.1, 2. El Cerrito 1:53.7, 3. Burbank 1:53.8.

Distance Medley: 1. Edison 13:12.9, 2. Carondelet 13:56.3, 3. El Cerrito 14:09.9.

Long Jump: 1. Logan 43-8, 2. Carondelet 41-1, 3. El Cerrito 39-3.

Discus: 1. Carondelet (Cheshareck 88-9, Ruiz 85-11, Stocking 76-4) 251-0, 2. Granada 248-6, 3. College Park 245-10.

Fresno Bee Games

April 8. High School Boys and Girls.

BOYS

400 Relay—Small School: 1. Washington Union 43.84, 2. Serra (Gardena) 44.17, 3. Salesian 44.63, 4. Grant 44.61, 5. Serra (San Mateo) 45.09.

400 Relay—Large School: 1. Berkeley 41.94, 2. Edison 42.17, 3. McLane 42.20, 4. Merced 42.94, 5. Bakersfield 42.07.

800: 1. Nunez, (Golden West) 1:55.37, 2. Scholz, (Serra S.M.) 1:56.51, 3. Walker (Berkeley) 1:56.55, 4. Valdez (Merced) 1:56.97, 5. Langer (Bakersfield) 1:57.45.

100 High Hurdles: 1. Cherf (Merced) 15.37, 2. Newsome (McLane) 15.42, 3. Fredrickson (Clovis) 15.47, 4. Ribera (Carlmont) 15.50, 5. McDaniel (Merced) 15.52.

Discus: 1. Estes (Clovis West) 182-10 (Meet record. Old record 175-0, Budwig, McLane, 1980), 2. Richardson (Shafter) 173-2, 3. Nagengast (Del Mar) 167-3, 4. Barnritter (Del Mar) 163-10, 5. Bender (Shafter) 156-10.

1,600—Large School: 1. Berkeley 3:25.29, 2. McLane 3:25.59, 3. Bakersfield 3:26.23, 4. Carlmont 3:26.54, 5. Tulare 3:28.63.

High Jump: 1. Chambers (Highlands) 6-8¾ (Meet record. Old record 6-8, Harvey, Skyline, 1979; Richardson, Clovis, and John Reich, Memorial, 1980; Swenson, Clovis and Doug Wells, San Leandro, 1981); 2. Barton (South Tahoe) 6-8¾, 3. Branstrom (Half Moon Bay) 6-6, 4. Jones (Grant) 6-6, 5. Mitchell (Tulare) 6-6.

800: 1. Davis (Del Mar) 2:16.0 (Meet record. Old record 2:17.32, Van Wageningen, Clovis West, 1981) 2. Donaldson (Merced) 2:21.1, 3. Martinez (Redwood) 2:22.7, 4. Lewis (Edison) 2:29.3, 5. Vokerts (Madera) 2:31.9.

100: 1. Taylor (Grant) 11.63 (Meet record. Old record 11.86, Ware, Berkeley 1981) 2. Rice (Berkeley) 12.18, 3. Riley (Mt. Pleasant) 12.32, 4. Pannell (Merced) 12.42, 5. Roberts (Washington Union) 12.65.

100 Low Hurdles: 1. Budwig (Clovis West) 14.54, 2. Bates (Berkeley) 14.56, 3. Knox (Vacaville) 15.40, 4. Phillips (Edison) 15.41, 5. Orlove (Leigh) 15.59.

3,200: 1. Schubert (Del Mar) 10:14.07, (Meet record. Old record 11:19.3, White, Miramonte, 1979) 2. Mooney (Vacaville) 11:03.92, 3. Guajardo (Clovis) 11:44.40, 4. Ash (North) 11:58.35, 5. Duggins (Merced) 12:00.50.

High Jump: 1. Mendonca (Mt. Whitney) 5-8¾, (Meet record. Old record 5-6, Bishop Berkeley, 1980) 2. Key (West) 5-4, 3. Brewer (Madera) 5-2, 4. Boyd (Mt. Pleasant) 5-2, 5. Rhinesmith (West) 5-0.

400: 1. Rodgers (Berkeley) 55.09 (Meet record. Old record 56.85, Rice Berkeley, 1981) 2. White (Grant) 58.62, 3. Rhonda (Clovis) 59.14, 4. Steens (Madera) 60.94, 5. Nelson (Merced) 61.66.

Triple Jump: 1. Bates (Berkeley) 37-9 (Meet record, new event) 2. Miller (Clovis) 36-6½, 3. Randolph (Bakersfield) 36-1½, 4. Atencio (Del Mar) 36-0, 5. Wright (Dinuba) 35-10.

200: 1. Taylor (Grant) 24.36 (Meet record, new event) 2. Rice (Berkeley) 25.01, 3. Baker (Berkeley) 25.05, 4. Riley (Mt. Pleasant) 25.70, 5. Watson (McLane) 25.90.

300 Low Hurdles: 1. Bates (Berkeley) 45.91, 2. Pinkel (Arcadia) 46.77, 3. Saravia (Madera) 47.46, 4. Lyons (West) 48.31, 5. Neider (Carlmont) 50.29.

1,600: 1. Schubert (Del Mar) 4:53.34 (Meet record. Old record 5:13.72, Watkins, Berkeley, 1981) 2. Watkins (Berkeley) 5:06.16, 3. Davis (Del Mar) 5:09.79, 4. Mooney (Vacaville) 5:11.97, 5. Hooke (Bullard) 5:14.86.

Discus: 1. McMurty (Roosevelt) 127-10, 2. Classen (Clovis) 126-5, 3. Vanoverbeck (Presentation) 120-3, 4. White (Edison) 119-2, 5. Brown (Vacaville) 109-8.

1,800 Relay—Small School: 1. Washington Union 4:17.94, 2. Redwood 4:26.45, 3. San Joaquin Memorial 4:29.14, 4. East Bakersfield 4:33.82, 5. Bullard 4:33.85.

1,600 Relay—Large School: 1. Berkeley 3:55.5 (Meet record. Old record 3:56.39, Carlmont, 1982) 2. El Cerrito 3:58.2, 3. Madera 4:04.8, 4. Tulare 4:08.2, 5. Clovis 4:13.0.

Shot Put: 1. Bowers (Mt. Pleasant) 37-10¼, 2. Jones (Tulare) 36-1, 3. Classen (Clovis) 35-6, 4. Williams (Edison) 35-2½, 5. Brown (Vacaville) 35-1¼.

Bruce Jenner Classic

From Keith Conning

April 16, San Jose City College: Bruce Jenner Michelob Light Classic. High School Division.

BOYS:

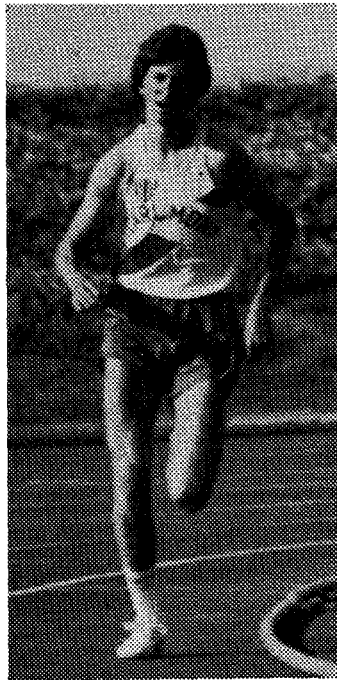
100: 1. Ric Reynolds (Luther Burbank) 11.29 (10.98 in heat); 2. Steve Jones (Luther Burbank) 11.42 (11.10 in heat); 3. Andre Hunter (Berkeley) 11.45 (11.32 in heat); 4. Kevin House (Kennedy) 11.54 (11.40 in heat); 5. Ray Butler (Kennedy) 11.57 (11.40 in heat); 6. Mike Kibort (Saratoga) 11.60 (11.33 in heat).

400: 1. Mike Davidson (St. Francis) 48.59; 2. Kerry Threats (Westmoore) 49.67; 3. Jack Davis (Pittsburg) 49.73; 4. T.Y. Morgan (Richmond) 49.78; 5. Steve Watkins (Skyline) 50.21; 6. Rex Harper (Oakland) 50.22.

800: 1. Kimmie James (Richmond) 1:52.5; 2. Joe Awender (St. Francis) 1:55.7; 3. Matt Najarian (Homestead) 1:56.0; 4. Jay Butler (Pittsburg) 1:57.1; 5. Chris Lerruda (Reno) 1:57.9; 6. Lawrence Hagins (Menlo Atherton) 1:57.9.



DOUG FRALEY



MIKE ANDERSON

Long Jump: 1. Smith (Serra Gar.) 22-5, 2. Gray (Hoover) 22-4½, 3. Barr (McLane) 22-3, 4. Jones (Grant) 22-2, 5. Overton (Belmont) 22-0.

Pole Vault: 1. Fraley (Clovis West) 15½ (Meet record. Old record 15-0, Wicks, South 1981) 2. Shepard (Clovis) 14-6, 3. Decker (Clovis) 14-6, 4. Keating (N. Salinas) 14-6, 5. Wicks (Bakersfield) 13-6.

3,200: 1. Anderson (Carlmont) 9:26.92, 2. LaFuente (Mt. Pleasant) 9:31.16, 3. Higginbotham (Berkeley) 9:33.14, 4. Bell (Leigh) 9:35.14, 5. Spencer (Castro Vly) 9:39.99.

400: 1. Walker (Edison) 49:14, 2. Walker (Berkeley) 50.02, 3. Tinsley (Merced) 50.11, 4. Topps (Carlmont) 50.40, 5. Ellis (Highland, Sac.) 51:18.

200: 1. Hunter (Berkeley) 21.92 (Record, new event) 2. Scruggs (McLane) 21.93, 3. Porter (Castlemont) 22.0, 4. Austin (Castlemont) 22.55, 5. Kindie (Serra, G.) 22.65.

Shot Put: 1. Bender (Shafter) 58¼, 2. Sisco (Vacaville) 55-1¼, 3. Miller (Berkeley) 53-6¾, 4. Moore (Bakersfield) 53-1¼, 5. Richardson (Shafter) 52-8.

300 Low Hurdles: 1. Recendez (Tulare) 38.25, 2. Branson (Serra S.M.) 39.10, 3. Fredrickson (Clovis) 39.15, 4. Rogers (South) 39:94, 5. McDaniel (Merced) 40:58.

1,600: 1. Gaziano (Castro Vly) 4:15.26, 2. Legan (Del Mar) 4:17.12, 3. Bloomer (El Cerrito) 4:17.75, 4. Thompson (Hoover) 4:21.67, 5. Craig (Leigh) 4:22.21.

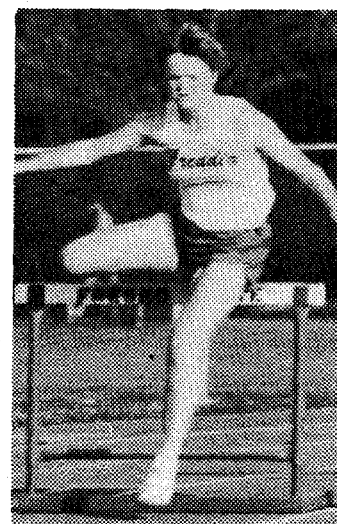
Triple Jump: 1. Jones (Grant) 50-4½, 2. Barr (McLane) 49-6, 3. Mooring (Mt. Pleasant) 47-1½, 4. Mosley (Selma) 47-0, 5. Strong (Bakersfield) 46-6.

1,600—Small School: 1. Edison 3:25.29, 2. Serra (Gardena) 3:26.75, 3. Washington Union 3:28.96, 4. Serra (San Mateo) 3:28.77, 5. Golden West 3:31.20.

GIRLS
Long Jump: 1. Wright (Dinuba) 17-5¾, 2. Sims (Edison) 17-1½, 3. Braggs (Roosevelt) 17-1, 4. Roberts (Washington) 16-10¼, 5. Fullum (Highlands) 16-9.

400 Relay—Small School: 1. Edison 50.30, 2. East Bakersfield 50-86, 3. Washington Union 51.49, 4. Redwood 54.20, 5. Bullard 56.02.

400 Relay—Large School: 1. Berkeley 46.96, 2. Grant 48.62, 3. Roosevelt 49.64, 4. Merced 50.0, 5. McLane 50.01.



RUTH PINKEL

1500: 1. Dan Valdez (Merced) 3:59.3; 2. Orlando Biggs (Willow Glen) 4:00.3; 3. Kimmie James (Richmond) 4:02.8; 4. Doug Gollisher (Saratoga) 4:03.5; 5. Craig Porter (Clovis) 4:08.5; 6. A. Britton (Redwood) 4:09.2.

5000: 1. Dave Livingston (Willow Glen) 15:05.1; 2. Grant Foster (Monta Vista) 15:06.0; 3. Mike Livingston (Willow Glen) 15:06.6; 4. Ted Goodlake (Fallbrook) 15:10.9; 5. S. Hill (Mission San Jose) 15:11.2; 6. Robert Gomez (St. Elizabeth) 15:12.0.

110 High Hurdles: 1. Mark Boyd (St. Mary's) 13.92; 2. Erick Montgomery (Independence) 14.27 (14.05 in heat); 3. Mike Lee (St. Mary's) 14.46; 4. Damon Jackson (Oakland) 14.57; 5. Dion Nelson (Skyline) 15.7; 6. Eric Fredrickson (Clovis) 15.9.

400 Intermediates: 1. Drew Monaghan (San Ramon Valley) 55.18; 2. Pat Duffy (Shasta) 55.30; 3. Jim Kruger (Amador Valley) 57.93; 4. Vince Azzra (Ukiah) 58.26; 5. Pete Contini (Saratoga) 59.1; 6. Steve Bays (Saratoga) 60.2.

400 Relay: 1. Independence 42.27; 2. Luther Burbank 42.94.

800 Relay: 1. Independence 1:29.3; 2. Luther Burbank 1:30.9; 3. Pittsburgh 1:32.0; 4. Richmond 1:38.0.

Mile Relay (combined): 1. Berkeley 3:22.96; 2. St. Mary's 3:24.05; 3. Woodland 3:24.11; 4. Pittsburgh 3:24.58; 5. Richmond 3:24.63; 6. Independence 3:25.18.

High Jump: 1. Mike Haeflinger (Grace Davis) 6-10; 2. Craig Branstrom (Half Moon Bay) 6-8; 3. M. Grant (Woodland) 6-4; 4. John Grinseil (Reno) 6-4; 5. Tom Caple (Terra Linda) 6-4; 6. Ron Winters (Castro Valley) 6-4.

Pole Vault: 1. Mike Kibort (Saratoga) 16-0; 2. Doug Fraley (Clovis-West) 15-6; 3. Bill Sheppard (Clovis) 15-0; 4. Dan Larson (Monta Vista) 14-6; 5. Brian Filippini (Reno) 14-6; 6. Guy Richmond (Mira Loma) 14-0.

Long Jump: 1. Mark Boyd (St. Mary's) 22-3 1/4; 2. Ramon Tistdala (Westmoor) 22-2 1/4; 3. La Vance Northington (Independence) 22-0 1/4; 4. Steve Fisher (Saratoga) 21-10 1/2; 5. Andrew Parker (Monta Vista) 21-9 1/4; 6. Jeff Rossman (St. Francis) 21-6 1/4.

Triple Jump: 1. Byron Patterson (St. Mary's) 46-2 1/4; 2. Mike Bostic (Menlo Atherton) 44-6 1/4; 3. Dexter Poe (Hiram Johnson) 44-5 1/4; 4. Kevin McDonald (Clovis) 43-6; 5. John Scheck (San Ramon Valley) 42-1 1/4; 6. Junior Orteza (Independence) 42-0 1/2.

Shot Put: 1. Curt Siscoel (Vacaville) 59-2; 2. Rob Shenk (Menlo Atherton) 55-0 1/4; 3. C. Miller (Berkeley) 52-11 1/4; 4. Carlos Horncliff (St. Mary's) 52-10 1/2; 5. Mike Reynolds (Clovis) 50-11 1/4; 6. Darin Maggard (Acalanes) 50-8 1/2.

Discus: 1. Curt Siscoel (Vacaville) 169-5; 2. Rob Shenk (Menlo Atherton) 165-2; 3. Darin Maggard (Acalanes) 153-10; 4. Jeff Steward (Berkeley) 143-7; 5. Jim Turner (Menlo Atherton) 140-11; 6. Mike Reynolds (Clovis) 137-2.

GIRLS:

100: 1. Nedra Rodgers (Berkeley) 12.11; 2. Pam Qualls (Luther Burbank) 12.19; 3. Brenda Parnell (Merced) 12.57; 4. Shiela Compton (Albany) 12.59 (12.40 in heat); 5. Lisa Curry (Mission) 12.70 (12.57 in heat); 6. Wendy Von Fries (Tamalpais) 12.73 (12.54 in heat).

400 (combined): 1. Kate Brew (Los Altos) 56.16; 2. Lana Rice (Berkeley) 56.81; 3. Wendy Von Fries (Tamalpais) 58.20; 4. Pam Turriff (Saratoga) 59.44; 5. D. Thomasson (Mission San Jose) 59.46; 6. Jackie Bakers (Berkeley) 59.59.

800: 1. Nanette Garcia (Silver Creek) 2:12.0; 2. Nora Williams (Menlo Atherton) 2:13.1; 3. Suzanna Lehmkuhl (Acalanes) 2:14.1; 4. Angela Cook (Reno) 2:14.2; 5. Sharon Yanineck (Presentation) 2:14.4; 6. Alix Tibman (Grace Davis) 2:14.8.

1500: 1. Cory Schubert (Del Mar) 4:30.2; 2. Nanette Garcia (Silver Creek) 4:38.8; 3. Heather Watkins (Berkeley) 4:44.2; 4. Kelly Donaldson (Merced) 4:48.2; 5. Lisa Lewis (Clovis) 4:51.9; 6. Karen Himenes (St. Francis) 4:52.8.

3000: 1. Cory Schubert (Del Mar) 9:30.2; 2. Joni Mooney (Vacaville) 10:14.2; 3. Rebecca Chamberlain (Leigh) 10:28.9; 4. Jocelyn Whitehead (Reno) 10:30.9; 5. Kim

Himenes (St. Francis) 10:33.2; 6. T. Martin (Redwood) 10:47.5.

100 Hurdles: 1. Yvette Bates (Berkeley) 14.30; 2. Debbie Budwig (Clovis West) 14.36; 3. Kristine Babenco (Tamalpais) 14.97; 4. Dianne Robinson (Amador Valley) 15.12; 5. Rachael Bray (Los Altos) 15.63; 6. Beth Orlove (Leigh) 15.91.

400 Hurdles: 1. Heidi Waterfield (Homestead) 64.06; 2. Kristine Babenco (Tamalpais) 64.92; 3. Margaret Ryden (Homestead) 65.13; 4. Diane Robinson (Amador Valley) 67.12; 5. Angie Dreiller (St. Francis Drake) 67.30; 6. Joelle Heckmann (Acalanes) 69.66.

400 Relay: 1. Mission 48.45; 2. Luther Burbank 48.92; 3. Skyline 49.22; 4. Tamalpais 49.8.

800 Relay: 1. Berkeley 1:39.6; 2. Luther Burbank 1:43.2; 3. Skyline 1:44.3; 4. Los Altos 1:48.8; 5. San Ramon Valley 1:52.3.

Mile Relay: 1. Berkeley 3:56.65; 2. Lowell 4:07.25; 3. Clovis 4:10.04; 4. Skyline 4:11.01; 5. Pittsburg 4:17.4; 6. Richmond 4:25.4.

High Jump: 1. Lisa Byrd (Reno) 5-6 1/4; 2. Rachael Bray (Los Altos) 5-4 1/4; 3. Beth Vidakouits (St. Francis) 5-4 1/4; 4. Amy Brewer (Skyline) 5-2 1/4; 5. Amy Walters (Garces Mem.) 5-2 1/4.

Long Jump: 1. Yvette Bates (Berkeley) 18-0; 2. Evette Peterson (Mission) 17-0; 3. Rachael Bray (Los Altos) 16-10 1/4; 4. C. Cerkel (Redwood) 16-7 1/4; 5. Rhonda Lockhart (Skyline) 16-2 1/4; 6. Robin Woods (Berkeley) 15-10 1/4.

Triple Jump: 1. Yvette Bates (Berkeley) 39-10 1/4; 2. Debbie Sanchez (Castro Valley) 35-2 1/4; 3. Beth Orlove (Leigh) 33-4 1/4; 4. Karlyn McNall (Acalanes) 32-10 1/4; 5. Linette Robinson (Berkeley) 32-9 1/4; 6. Debbie Miller (Clovis) 32-1.

Shot Put: 1. Latonya Floyd (Oak Grove) 41-9 1/4; 2. Anna Shaffer (Oak Grove) 40-8 1/4; 3. Kim Kesler (Vintage) 40-6 1/4; 4. Jena Wince (Pioneer) 39-4 1/4; 5. Danete Vercher (Gunn) 39-1; 6. Mary Lawanson (Clovis West) 38-10 1/4.

Discus: 1. Kim Kesler (Vintage) 150-1; 2. Joyce Van Overbeer (Presentation) 124-9; 3. Ann Petree (St. Francis) 122-8; 4. Daphanie Adams (Garces Mem.) 122-3; 5. Joey Classen (Clovis) 121-0; 6. Lisa Airheart (Clovis) 109-8.

Arcadia Invitational

By Doug Speck

With a majority of the Prep stars from the Western United States in attendance under a clear sky on a warm evening, the sixteenth annual Arcadia Invitational featured its usual fine competition on Saturday, April 16th. Talented and deep fields in each event provided a packed stadium of fans with super competition and a series of performances that seemed to celebrate the arrival of some good weather to Southern California. Eight events featured efforts that were the best so far in the state of California for 1983, while two event results had winners that moved to the top of National lists for 1983. Six Meet Records fell.

Selected as Athletes of the Meet, but by no means the only stars with super efforts, were multiple event victors Danny Harris (Perris) and Natalie Kaaiwahia (Fullerton). Danny brought his school's 400 Meter Relay team from the pack to a state-leading 41.72 win in the evening's first running event. In the Hurdles he first bested Palo Alto's Rod Green (13.7 pr) in the Highs with a 14.38, and later in the 300 Lows he raced to one of the fastest times ever in the event with a 36.07 (National Leader) win that left the pack over a second behind. A dropped baton at the end of the third leg of the 1600 Meter Relay made it such that Danny could not take home four winner's watches. Danny stepped off the track onto the grass to get the baton, banged into another team's athlete before getting going, but still had the baton timed in 47.7 from line

continued on next page...

The California State Track Meet

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WOMEN'S PREP CLASSIC INTERNATIONAL TRACK & FIELD CHAMPIONSHIP June 25, 1983



Co-sponsored by Nike of Beaverton and the Greenwood Inn Corp., the City of Beaverton invites the top women in the United States, Canada, Korea and Mexico to compete in the First Annual Women's Prep Classic. The Classic is to feature the finest of the nations' graduating senior track athletes. The event will include a special Olympic dash and the "Nike Challenge." Accommodations, meals and entertainment are provided at no cost to participants, their only expense being transportation to and from Portland. Athletes will participate in a tour and luncheon at the Nike home office, a Bar-B-Que and a banquet at our meet headquarters, the Greenwood Inn.

Qualifying Standards: 12.3, 25.2, 57.0, 2:14, 4:40, 10:00, 14.7, 45.0 (300m), 5'2", 17'0", 40'0", 130'0", 140'0"

If you qualify, contact:

BILL WHITE, Meet Director
Beaverton High School
P.O. Box 200
Beaverton, Oregon 97005
Telephone: (PST)

WES COOK, Invitations Chairman
P.O. Box 165
Gladstone, Oregon 97027
Gladstone High School

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For Ticket Information, write: 9800 SW 135th, Beaverton, OR 97005

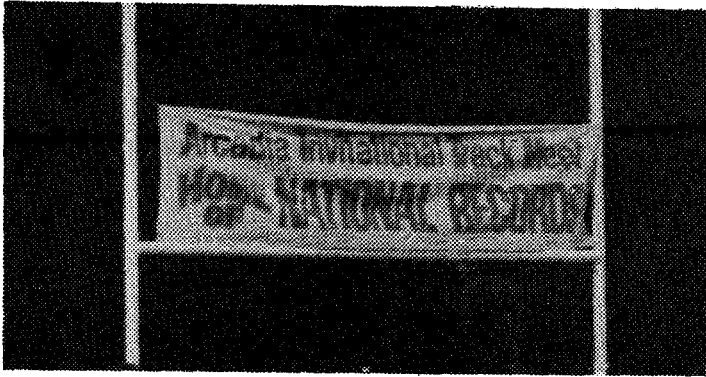
Beaverton Stadium
All-Weather Track
Beaverton, Oregon



GREENWOOD

Prep Notes

photo by James Reynolds



to line in his team's 3:21.27 4th place effort. Has a prep team ever run faster despite dropping the baton? Before the season is over Mr. Harris will pop a fast electronic Highs time, as at top speed he is comparable to the best in area recent prep history. Natalie Kaaliawahia, the Women's Athlete of the Meet, seemed ready for something big, and came through with 17'10" Discus and 50'6 3/4" Shot Put wins. Natalie is another who is consistently performing at a superb level, with the big pop in one or the other event assuredly near in the future.

A number of other events rated real headlines. The distance races, always a strong area at Arcadia, featured real burners. Eric Reynolds (Camarillo) and Jeff Cannada (Greenway, Phoenix, Arizona) renewed their rivalry from the indoor season, where Jeff was victorious at 8:54.4 over Two Miles. With a dozen in the field with sub-9:20 bests over 3200 Meters, Lincoln of LA's Jose Luis Garcia took off through a 2:12 first 800 that assured a quality pace. Reynolds and Cannada turned it into a two-man duel over the final mile, with the script the same as it was under-cover—the race decided over the last quarter mile. Here the results were reversed, as Reynolds pulled away decisively over the final half lap to record a super 8:49.06-8:53.68 win. Fifteenth place was right at 9:20 as the pack was really sucked along. The 1600 featured the same script, as John Trewhick (La Canada) churned through a 2:04.5 first 800 with a huge pack in tow. Another duo, Paul Greer (St. Augustine, San Diego) and Ruben Esparza (El Modena, Orange), sprinted through the final lap with the fast-rising San Diego star nipping the Orange County athlete 4:10.75-4:10.84. Depth here was quite sufficient too, tenth place was 4:15.

Tania Fischer (Chaminade, Canoga Park) really came to run the whole way in the 1600, as she turned her consistent 72 lap pace into a run-away win over indoor star Gladees Prieur (Le Lycee Francais) 4:50.74-4:55.20. Another rising star, Jill Herrington (Rolling Hills) squeezed past Gladees during the final sprint for second at 4:53.21. Laura Cattivera (Mira Costa, Manhattan Beach) edged past and away from early pace-setter Katie Dunsuir (Palisades, Pacific Palisades) in the 3200 after a 5:08 1600 split to record a fine 10:31.90-10:41.63 win. The Women's 800 featured a super group, with Michelle Taylor (Ganessa, Pomona) squeezing past Trecia Palmer (Westchester) and early pace-setter Julie Seleine (University, Irvine) 2:10.33-2:11.49-2:13.21.

Men's Field events featured fine performances also. Shafter's John Bender, a junior, put the Shot out to a fine 61' 1/4" to take Arizona's 60-footer Chris Tsosie (Page). Maurice Crumby (Balboa, San Francisco) sailed over 7' in the High Jump, then had the bar raised to a new National Record 7'5". Holding the crowd's attention during his three attempts, the Arizona-bound senior could not arch over that height. Charles Smith,

the deaf Las Vegas High junior, took the Long Jump at 24'2 1/4", with a fine series that included five leaps past 23'5". Pasadena's Joe Richardson was second at 23'3 1/2" which may be noteworthy in that, as he relayed to the Pasadena Star News' Glen Parsons, due to tendinitis in his take-off leg he used the other one to push off the board to-night. Is there some record kept for the best off each leg totaled up? Sacramento's (Valley HS) Melvin "Skyking" Hempstead lived up to his nickname as he thrilled the crowd with a 15'6" Pole Vault clearance. Kurt Holden (Hart, Newhall) tossed the Discus out to a personal best 183'8", as four others were over 171' in the event. Sandy Combs (Dos Pueblos, Goleta) won the Triple Jump at 47'9".

Gayle Kellon (Walnut) here showed how totally she dominates the event she holds the National Record in, the 300 Meter Low Hurdles, as she fluidly rolled to a three-second win at 42.32. The extra 100 Meters does not seem like it should offer too much of a challenge to Miss Kellon next year in College over 400 Meters, as she seems hardly fatigued at



photo by James Reynolds

TANIA FISCHER

the end of the shorter prep race. Lisa Winston (Jordan, Long Beach) continues to dominate local preps over 100 Meters, here rocketing to an 11:82-12.10 win over Robin Simmons (Crenshaw, LA). Simmons returned in the 200 to rocket the turn, hold off a mid-straightaway charge

by Winston and return the favor over that distance at 24.42-24.44. Chino's Carole Jones put the Meet Triple Jump mark out to some respectability with her 39'2" win here.

The Men's sprints featured the match-up of state 200 champ, Antonio Manning (Hamilton, LA) and super-soph, Henry Thomas (Hawthorne). In the 100 Manning put on a super move over the last 40 meters, as the powerful Hami star moved to a decisive 10.6-10.7 win over Thomas. Manning came back in the deuce to crank as fast a 160 meters as have ever been seen in Southern California prep circles. At that point, with a 4-5 meter lead, the Hami star reacted as if he had pulled a hamstring (it was later claimed to be an ankle injury) and he limped on in the last 40. Thomas moved on to take that race in a fine 21.36, as one can only speculate what Antonio would have run should he have been able to run on through (20.8-20.9 most likely on the Accutrack). Hawthorne dropped the stick before they got to Thomas's anchor 400 Meter Relay leg, but the Cougars returned to take the longer 1600 Relay in 3:18.05. National 400 leader, Gary Brown (Bishop Amat, La Puente) showed real power down the stretch in moving to a 47.80 win over Mark Howard (Poly, Long Beach) 48.19 and three others under 48.95.

The other Women's events were also top-flight ones. Foothill (Santa Ana) raced the fourteenth fastest Distance Medley in prep history with a 12:09.54 win. Hawthorne's 400 Meter Relay won at 47.17 as a fast-closing Dorsey, LA squad (anchored by Muir transfer Diane Pullins) was second at 47.30. Dorsey caught the Cougars over 1600 Meters, as the "body suit" team raced 3:54.13 for that relay distance. Andrea Rolfe (Dorsey) edged Locke's "Choo-Choo" Knighten 55:45-55:71 in the other running events, the 400. Denise Yamada (Dos Pueblos, Goleta) topped a fine high-jump field with a 5'8" clearance (5th place 5'6"). Jill Humphries (Beverly Hills) suprised with a Long Jump win at 18'5 3/4".

Manual Arts' Ed Dailey finished fastest in the Men's 800 win at 1:54.77, and Mater Dei (Santa Ana) raced a state-leading 10:21.87 to take the Distance Medley Relay.

WOMEN

100 Meters—L. Winston (Jordan, Long Beach) 11.82, R. Simmons (Crenshaw, LA) 12.10, K. Grant (Hawthorne) 12.21, A. Boulware (Millikan, Long Beach) 12.50, V. Harris (Morse, San Diego) 12.51, M. Phillips (Kennedy, Granada Hills) 12.52.

200 Meters—R. Simmons (Crenshaw, LA) 24.42, L. Winston (Jordan, LB) 24.44, K. Grant (Hawthorne) 25.06, D. Pullins (Dorsey, LA) 25.13, A. Rogers (University, Irvine) 25.25, T. Allen (Hawthorne) 25.32, C. Knighten (Locke, LA) 25.36, M. Phillips (Kennedy, Granada Hills) 25.63, V. Harris (Morse, San Diego) 25.65.

400 Meters—A. Rolfe (Dorsey, LA) 55.45, C. Knighten (Locke, LA) 55.71, F. Robinson (La Puente) 56.81, B. Rainey (Edison, Huntington Beach) 57.66, T. Ransom (El Toro) 57.68, J. Hall (Hawthorne) 57.75, J. Hillard (Millikan, LB) 58.33, J. Hensel (Valencia) 58.62, T. Hall (Poly, Long Beach) 58.67.

800 Meters—M. Taylor (Ganessa, Pomona) 2:10.33 (Meet Record), T. Palmer (Westchester) 2:11.49, J. Seleine (University, Irvine) 2:13.21, D. Brown (Crenshaw, LA) 2:15.08, C. Quezada (St. Lucys, Glendora) 2:15.58, M. Lowe (Manual Arts, LA) 2:16.14, B. Gottlieb (Beverly Hills) 2:16.86.

1600 Meters—T. Fischer (Chaminade, Canoga Park) 4:50.74 (Meet Record), J. Herrington (Rolling Hills) 4:53.21, G. Prieur (Le Lycee Francais, LA) 4:55.20, P. Bresnan (Kennedy, GH) 4:55.34, S. Blakeslee (Vista) 4:59.13, J. Walther (Chatsworth) 5:00.74, B. McGrann (Upland) 5:10.60, S. Mosqueda (San Gabriel) 5:12.6, A. Beman (San Marino) 5:12.9, J. Shello (Poway) 5:15.8.

3200 Meters—L. Cattivera (Mira Costa, Manhattan Beach) 10:31.90, K. Dunsuir (Palisades) 10:41.63, D. Fleagle (Tustin) 10:58.81, J. Blistinghoff (Clark, Las Vegas, NV) 10:59.67, J. Scott (Tustin) 11:07.26, K.

O'Hara (Palos Verdes) 11:07.88, J. Liu (Monroe, Sepulveda) 11:08.56, T. Brazel (Chino) 11:09.05, T. Barrios (University, Irv) 11:14.46, S. Armentrout (University, Irv) 11:16.6.

100 LH—C. Knighten (Locke, LA) 14.54, F. Price (Hawthorne) 14.71, J. White (Dorsey, LA) 14.71, C. Jones (Chino) 14.91, J. Lee (Irvine) 15.03, G. Kellon (Walnut) 15.04, P. Williams (Westchester) 15.12.

300 LH—G. Kellon (Walnut) 42.32 (Meet Record), C. Jones (Chino) 45.37, F. Price (Hawthorne) 45.69, J. Lee (Irvine) 45.85, M. Johnson (Monroe, Sepulveda) 46.30, L. Pew (San Marcos, San Diego) 47.31, D. McCray (Locke, LA) 47.45.

400 Relay—(Open)—Pasadena 49.13, Dos Pueblos (Goleta) 49.66, Walnut 49.89, Gardena 50.01, Blair (Pasadena) 50.11, Morse (San Diego) 50.48, Fremont (LA) 50.63. (Invitational)—Hawthorne 47.17, Dorsey (LA) 47.30, Crenshaw (LA) 47.68, Compton 48.42, Kennedy (Granada Hills) 48.78, Jordan (Long Beach) 48.78, Beverly Hills 49.23.

1600 Relay—(Open)—Valhalla (El Cajon) 4:04.27, Beverly Hills 4:04.41, Irvine 4:05.15, El Toro 4:06.31, Crescenta Valley (La Crescenta) 4:07.16, San Marcos (Santa Barbara) 4:08.08, Ontario 4:09.79. (Invitational)—Dorsey (LA) 3:54.13, Compton 3:54.68, Hawthorne 3:56.89, Crenshaw (LA) 3:59.77, Dos Pueblos (Goleta) 4:00.0.

High Jump—Yamada (Dos Pueblos, Goleta) 5'8", (tie) Cooks (Wilson, Hacienda Heights) and Wiegman (Crescenta Valley, La Crescenta) 5'6", Moore (Loara, Anaheim) 5'6", Mendonca (Mt. Whitney, Visalia) 5'6", Clarette (Poly, Long Beach) 5'4".

Long Jump—Humphries (Beverly Hills) 18'5 3/4", Roberts (Cerritos) 18'2", Robinson (Manual Arts, LA) 17'2 3/4", Compton (Rosemead) 17'2", Jones (Chino) 17'0", Wadsworth (Crenshaw, LA) 16'11 1/4", Seilers (Ganessa, Pomona) 16'9 3/4", Motley (Wilson, Long Beach) 16'7 1/2".

Shot Put—Kaaiawahia (Fullerton) 50'6 3/4", Alexander (Arlington) 42'10 1/4", Faami (Kennedy, GH) 39'4 1/2", Saylor (Quartz Hill) 39'2", Matos (Capistrano Valley) 38'2 3/4", Day (Beverly Hills) 37'11 1/4", Bowers (Mt. Pleasant, San Jose) 36'3", Standing (El Capitan, Lakeside) 35'11 3/4".

Discus—Kaaiawahia (Fullerton) 171'0", Barnes (Burroughs, Ridgecrest) 140'5", Saylor (Quartz Hill) 138'2", Thobe (Edison, Huntington Beach) 121'4", Standing (El Capitan, Lakeside) 117'4".

Triple Jump—Jones (Chino) 39'2" (Meet Record), Taylor (Valencia, Placentia) 38'1 3/4", Compton (Rosemead) 37'11 1/2", Roberts (Cerritos) 37'2 1/2", Gulliford (Walnut) 37'1 1/4", Bassard (Poly, Long Beach) 35'6 3/4", McKinney (Hawthorne) 35'5 1/2", Smith (Moreno Valley) 35'4 3/4".

Distance Medley Relay—Foothill (Santa Ana) 12:09.54, Edison (Huntington Beach) 12:16.36, Millikan (Long Beach) 12:26.36, Costa Mesa 12:41.10, Bishop Amat (La Puente) 12:41.27, Saugus 12:47.27, Kennedy (GH) 12:52.77, Lincoln (LA) 12:54.34.

Women Athlete of the Meet—Natalie Kaaliawahia (Fullerton).

MEN

100 Meters—Manning (Hamilton, LA) 10.6, Thomas (Hawthorne) 10.7, Brown (Muir, Pasadena) 10.8, G. Brown (Bishop Amat, La Puente) 10.9, Thomas (Indio) 10.9, McGee (Hawthorne) 11.0.

200 Meters—Thomas (Hawthorne) 21.36 (Meet Record), Rosette (Morse, San Diego) 22.08, Manning (Hamilton, LA) 22.19, McGee (Hawthorne) 22.23, Combs (Dos Pueblos, Goleta) 22.27, Brown (Bonanza, Las Vegas) 22.41, Chappel (Fremont, LA) 22.43.

400 Meters—G. Brown (Bishop Amat, La Puente) 47.80, M. Howard (Poly, Long Beach) 48.19, James (Eisenhower, Rialto) 48.31, Henderson (Las Vegas, Nev.) 48.36, Rivera (Savanna, Anaheim) 48.95, Roach (Laguna Hills) 49.58, Boles (Dorsey) 49.78.

800 Meters—Daily (Manual Arts, LA) 1:54.77, Morton (Westminster) 1:55.28, McCullouch (Poly, Long Beach) 1:55.34, Ellsworth (Pt. Loma, San Diego) 1:55.37, Kelly (Hawthorne) 1:55.63, Saggau (Royal Oak, Covina) 1:55.99, Tucker (Pasadena) 1:56.25, Burrell (Nogales, La Puente)

1:57.37, Woods (Poly, Long Beach) 1:58.17.

1600 Meters—Greer (St. Augustine, San Diego) 4:10.75, Esparza (El Modena, Orange) 4:10.84, Frey (Yreka) 4:12.43, Anderson (Corona Del Mar) 4:12.73, Green (Villa Park) 4:13.06, Harris (Eisenhower, Rialto) 4:13.59, Ortiz (Barstow) 4:13.70, Storms (Torrey Pines) 4:15.07, Trevithick (La Canada) 4:15.17, Peoples (Manual Arts, LA) 4:15.87, Martineau (Canyon Del Oro, Tucson, AZ) 4:18.80.

3200 Meters—Reynolds (Camarillo) 8:49.06, Cannada (Greenway, Phoenix AZ) 8:53.68, Gutierrez (Pasadena) 8:58.21, Yuster (Brentwood) 9:05.40, Garcia (Lincoln, LA) 9:10.63, Courter (Bonita Vista, Chula Vista) 9:11.09, Hakeman (El Dorado, Piacental) 9:16.41, Gomez (Belmont, LA) 9:16.45, Junkermann (Los Alamitos) 9:17.37, Palma (Glendale) 9:18.65.

110 HH—Harris (Perris) 14.38, Phillips (Dorsey, LA) 14.57, Green (Palo Alto) 14.60, R. Young (Hawthorne) 14.82, Germain (Dana Hills) 14.83, Reynolds (Fremont, LA) 14.86, M. Young (Hawthorne) 14.88.

300 LH—Harris (Perris) 36.07 (Meet Record), R. Young (Hawthorne) 37.25, Torrente (Hawthorne) 37.65, M. Young (Hawthorne) 37.84, Green (Palo Alto) 38.35, Blades (Muir, Pasadena) 38.54.

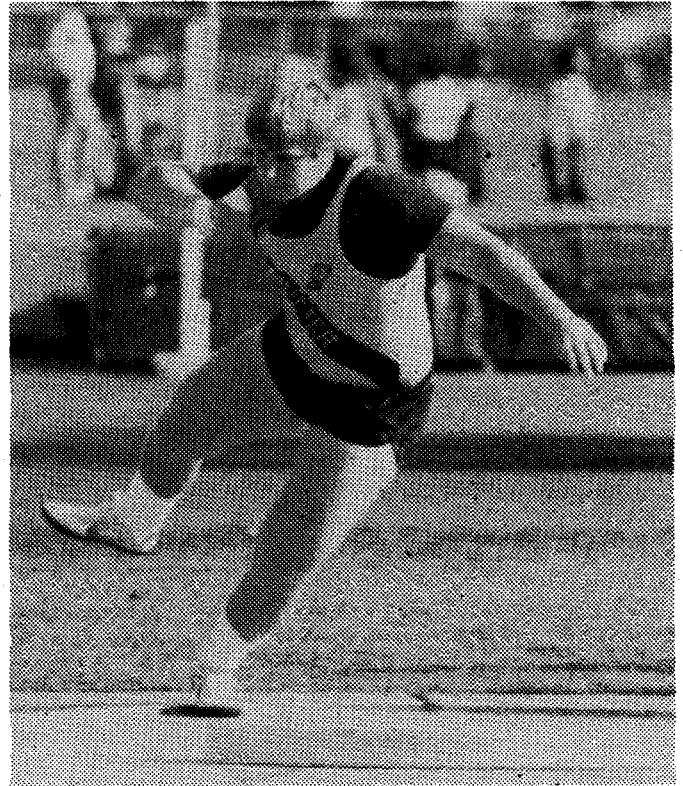
High Jump—Crumby (Balboa, San Francisco) 7'0", Dreibelbis (Foothill, Santa Ana) 6'10", Bareford (Millikan, Long Beach) 6'8", Burke (Westlake) 6'8", Anderson (Burroughs, Burbank) 6'6", Hood (Crescenta Valley, La Crescenta) 6'6", (tie) Bailous (Canoga Park) and Patchett (Arcadia) and Hodgert (Redondo) 6'4", Dorough (Mt. Miguel, Spring Valley) 6'4", Syrjanian (Glendale) 6'4" (tie) Nichols (West Torrance) and Roger (El Toro) 6'4".

Long Jump—Smith (Las Vegas) 24'2 1/4", Richardson (Pasadena) 23'3 1/2", Hale (Monrovia) 23'3", Moody (Walnut) 22'11 1/2", Schettler (Moon Valley, Phoenix, AZ) 22'10 1/2", Miller (Muir, Pasadena) 22'7", Green (Inglewood) 22'6 1/4", Williams (Carson) 22'5", Coulson (Millikan, Long Beach) 22'3 1/4", Johnson (Blair, Pasadena) 22'2 1/2", Alarcon (Mt. Carmel, San Diego) 22'2", Van (Millikan, Long Beach) 22'0".

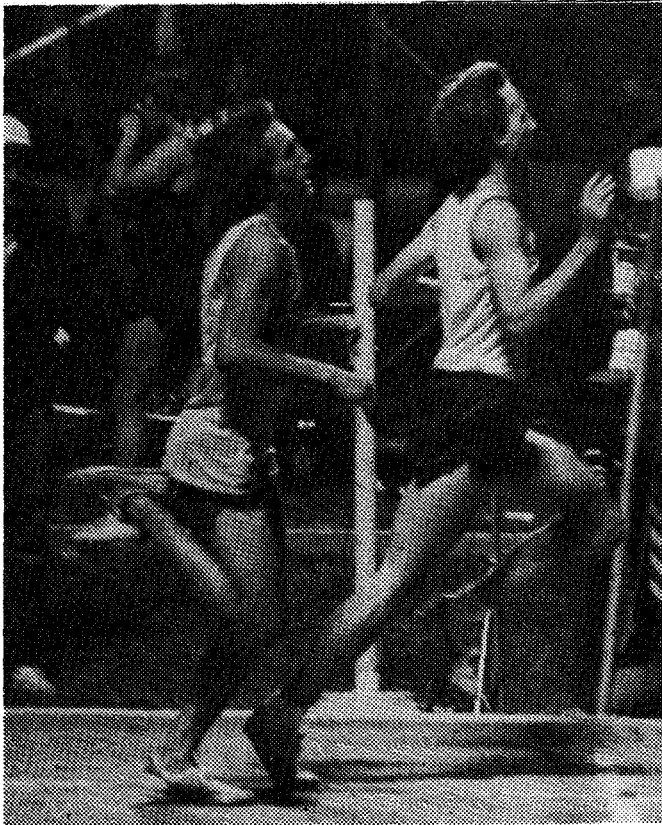
Pole Vault—Hempstead (Valley, Sacramento) 15'6", Hill (Sunny Hills, Fullerton) 14'6", Betson (Newport Harbor) 14'6", Thorpe (Valhalla, El Cajon) 14'0", O'Connor (Crespi, Encino) 14'0", Foss (Santa Ynez) 13'6".

Shot Put—Bender (Shafter) 61' 1/4", Moye (Desert, Edwards) 58'11 1/4", Tsosie (Page, AZ) 58'2 1/4", Aitkenhead (Mission Viejo) 58' 1/4", Lord (South Pasadena) 56'11".

photo by James Reynolds



JOHN BENDER



RUBEN ESPARZA(left) & PAUL GREER

400 Relay—(Open)—Morningside (Inglewood) 42.19, Poly (Sun Valley) 42.62, Millikan (Long Beach) 42.78, Poly (Long Beach) 42.79, Banning (Wilmington) 42.99, Canoga Park, 43.02, Carson 43.05. (Invitational)—Perris 41.72, Compton 42.00, Hamilton (LA) 42.05, Eisenhower (Rialto) 42.06, Muir (Pasadena) 42.16, Crenshaw (LA) 42.93, Dorsey (LA) 42.95, Locke (LA) 43.20.

1600 Relay—(Open)—Locke (LA) 3:21.68, Alta Loma 3:22.54, Beverly Hills 3:23.86, Corona Del Mar 3:24.41, Dorsey (LA) 3:24.55, Crenshaw (LA) 3:24.73, Banning (Wilmington) 3:27.51. (Invitational)—Hawthorne 3:18.05, Poly (Long Beach) 3:19.33, Muir (Pasadena) 3:20.44, Perris 3:21.27, Compton 3:21.63, Eisenhower (Rialto) 3:22.79, Millikan (Long Beach) 3:23.88.

Kidder (Crespi, Encino) 56'11", Holden (Hart, Newhall) 55'6 1/4", Flores (Kennedy, La Palma) 55'4 1/2", Blutreich (Capistrano Valley) 54'9 1/2", Peko (Lynwood) 54'5", Ownes (Nogales, La Puente) 54'2", Walshe (Foothill, Santa Ana) 54'1".

Discus—Holden (Hart, Newhall) 183'8", Richardson (Shafter) 179'11", Ostrom (Las Lomas) 174'4", Lord (South Pasadena) 171'11", Peterson (Shafter) 169'9", Sergeant (El Toro) 168'3", Moye (Desert, Edwards) 165'6", Caneneta (Bakersfield) 164'4", Tsosie (Page, AZ) 161'0", Bender (Shafter) 159'5", Aitkenhead (Mission Viejo) 158'11".

Triple Jump—Combs (Dos Pueblos, Goleta) 47'9", Strong (Bakersfield) 47'5 1/4", Mooring (Mt. Pleasant, San Jose) 47' 1/2", Cotten (Indio) 46'7 1/2", Williams (Carson) 46'1 1/4", Countryman (Beverly Hills) 46'0", Barlia (Newbury Park) 45'7 1/4", Blockburger (Newport Harbor) 45'3 1/4", McGovney (El Modena, Orange) 45' 1/4".

Distance Medley—Mater Dei (Santa Ana) 10:21.87, Barstow 10:27.49, Loyola (LA) 10:28.31, Manual Arts (LA) 10:30.37, Santa Monica 10:33.07, Lakewood 10:36.85, Poly (Sun Valley) 10:39.79, Palos Verdes 10:42.06.

Men's Athlete of the Meet—Danny Harris (Perris).



Fine Flicks by Don Gorney

DANNY HARRIS

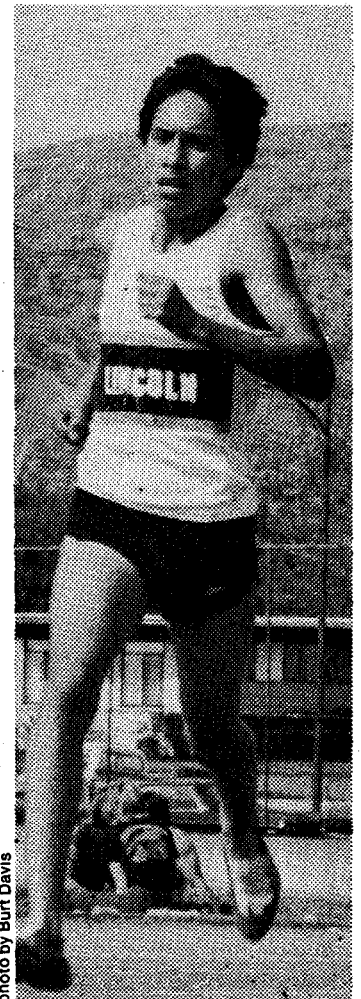


photo by Burt Davis

JOSE LUIS GARCIA

Club News

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

Santa Clarita Runners

P.O. Box 481, Newhall 91321

The Santa Clarita Runners are starting to get their teams together. At the Bakersfield 1/2-Marathon the men finished 2nd, 6th and 7th out of 11 teams. And the women finished 2nd. Then the 50-year-old team of Don Hosek, Bill Winstanley, and Dick Durand were 2nd in the masters team competition at the Great Rockwell Reservoir Run (they let some 40-year-olds beat them). Then Pam and Steve Bardwil were 2nd in a corporate team at the Wintergreen 10K. We hope to field at least 8 teams for the TAC 5K championships in May.

At the Knights of Columbus 5 Miler, 7 of the top 10 finishers were SCRs (Tim Hampton, Rich Burns, Steve Durand, Ron Smith, Dave Winter, Rick Keller, and Roy Pellerin. The SCRs also too 10 first places in age-group competition.

The club had several first timers at the Long Beach Marathon including Paul Woods (3:23), Mike Wallen (3:30) and Frank Pascoe (3:52). Marcelo Guiscardo won first place in the 200 lb. category in 3:09.

The Santa Clarita Runners will be putting on the PICO 8K on June 12th. It features a scenic, rural course and free beer. Write to the above address for entry.

Pamakid Runners

185 Stanford Ave., Mill Valley 94941

At the February 23 business meeting Dave Smith was elected club president for 1983. Eddie Rodriguez was selected VP, Scott Thomason marathon director, and John Medinger newsletter editor. Also at this meeting plans were set in motion for the establishment of a new event, the San Francisco Half-Marathon. The concept was developed from ideas by Tom Benjamin and Harry Cordellos and would basically call for a 13.1 mile course that would be very similar to the first half of the old San Francisco Marathon course. Scott Thomason has agreed to take on the duty of being race director.

In recent racing news, Pamakids won three different divisions at the Avenue of the Olives Marathon in Davis on January 9. Running under terrible weather conditions (headwinds of 30 mph with gusts to 50 mph). Vicki Blankenship won the women's race in a very strong 3:18:26. Mike Coke won the men's masters division with a fine 2:46:53 clocking, and Bob Farrington won the men's 50-59 age group with a 2:56:14.

Modesto Footracing

1600 Sunrise, No. 4, Modesto 95350

The Modesto Footracing Association has recently been formed to carry on the premier quality and fine tradition of one of Central and Northern California's greatest running events, the former Sportsmen of Stanislaus (SOS) - Natural Light Footrace.

Although SOS is no longer involved, the same qualities that go into making a successful footrace will still remain with the present organization. The new racename will be Modesto's Natural Light Footrace 10K Championships and 2 Mile Run and will be held Sunday, Oct. 23, 1983 at the MJC West Campus. The course records and nationally certified course will remain with the new group, and over 1500 runners are expected this year with a host of world and national class runners.

The Modesto Footracing Association has formally applied to the RRCA to host in conjunction with their race the 1984 RRCA Cal State and Western Region 10K Championships. The association will be notified of their request at the RRCA annual convention in San Francisco on Bay-to-Breakers weekend May 14-15.

Entry forms may be obtained at the above address.

Las Vegas Track Club

3357 China Dr., Las Vegas, NV 89121

Joel Lobel and Dick Walsh ferried to Catalina Island Saturday night, March 19, joining others for an overnight campout. The next morning, the pair arose early to run one of America's toughest races. The Catalina Marathon course winds through the island on muddy trails (after California's recent storms) and has several treacherous hills. It's definitely not designed to encourage PRs. Lobel finished somewhat muddled in 4:30 and Dick Walsh recorded approx. 4:50. Over 300 runners participated in the event, which was won in 2:38.

Bill Hemphill bested a field of 206 to win the inaugural St. Christopher Run in the Sun, Saturday, April 9. Hemphill's 32:49 led the way thru the streets of North Las Vegas. Kathy Felts paced the women with a 44:53 clocking. Eldorado High School senior Ralph Berrelleza held off submaster champion Dave Albright as both recorded 33:37 to win their respective divisions. Newcomer Ken Schei (from Denver) ran 34:38 to win the masters age group. Robin Savalli won submaster women as did B.J. Empey for masters women.

Loeschorns R.C.

10810 Warner Ave., Fountain Valley 92708

Marcia Martyn ran the Catalina Marathon in 4:50 after 5 months of her longest runs being 12 miles due to iliotibial band strain of her knee. Richard Quick and Jim Kenworthy also ran the Catalina Marathon.

Finishing first overall, John Loeschhorn ran a 2:29 in the Los Alamitos Marathon.

Tom Burns was pleased with a comeback-run of 26:37 in the Fast Five Miler. He was also 4th overall (1st master) in the Offshore 5K (15:56). Roy White was 9th and Pete Ganulin was 51st. Marcia Martyn won her division. In the Offshore 10K Bob Herman was the top club finisher in 53rd with 36:39.

Pete Ganulin had a busy first half of March with the Los Alamitos 10K on the 5th (38:44), Laguna Beach 10K on the 6th (39:11), Offshore 5K & 10K on the 12th (18:30 & 40:51), and the Tom & Jerry 10K on the 13th (40:07). Pete just turned 40 and is trying to make the most of it.

Roy White placed 8th overall at the Tom & Jerry 10K with a 35:30. He was 3rd in the 19 & Under at the Gymbag 50K Royal Bricker in 4:25.

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Peregrine Athletic Club

340 Silvervale Ct., Visalia 93291

The Peregrine Athletic Club won the Central California TAC 15K men's team title at the End of the Trail 15K. Club members Juan Garcia, Robert Taylor and Ed Taylor finished first, second and third respectively. Tanis Leyendekker of Peregrine AC as the women's overall winner.

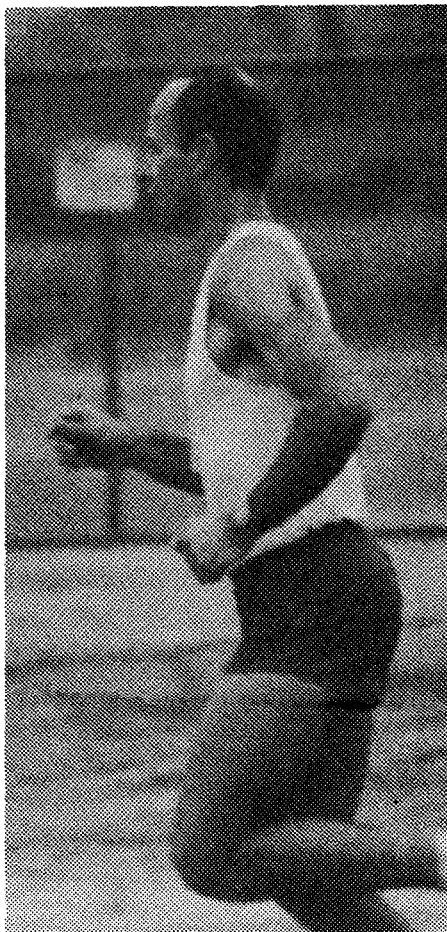
At the Visalia Spring Run 10K CCA/TAC championship club members Robert Taylor (32:28) and Tanis Leyendekker (39:46) were the men's and women's overall winners. Club members Gary Campbell (34:10) won the men's 30-39 division and Shirley Johnson (40:03) finished second woman overall.

Club members took the first four places at the Crime Crusher Four Miler. Marty Higginbotham (19:44) was first, Robert Taylor and Ed Taylor finished second in 20:33 and Gary Campbell was fourth in 20:55.

Marty Higginbotham ran 63:51 to finish fifth in the Pear Blossom 20K in Oregon.

Robert Taylor won the Kaweah River Eight Mile run in 44:32. Ed Taylor finished second in 45:24. Ozzie Osgood ran 46:40 to finish third in the 30-39 division.

Tanis Leyendekker won the women's open division of the 1982 CCA/TAC long distance standings and Shirley Johnson was second. Gary Campbell finished first in the 30-39 division. In the open men's division Ed Taylor was second, Marty Higginbotham was third and Robert Taylor finished fifth.



OZZIE OSGOOD

Sierra Slowpokes

116 High St., Grass Valley 95945

At the Awards Banquet the new officers for the newly-created fiscal year (July 1, 1983 to June 30, 1984) were elected and are the same as for 1982: President- Gary Loucks, Vice-President- Kathy Slouber, Secretary-Treasurer- Annabelle R. Loucks. The awards were (the following won engraved plaques): Mileage Champions: Male 18-39- George Hagel, Jr.; Female 40-55-Dorothy Peavy; Male 40-55- George A. Peavy; Male 56 & Up-Glen Cooley; Female 56 & Up- Nathalie Cooley. The "Runners of the Year" for 1982 were: Male- George A. Peavy and Female- Dorothy Peavy. T-shirts were awarded.

Three local runners went down and ran the Bonne Bell 10K in San Francisco on February 27. Marti Bennett ran the 6.2 miles in 60:24, Lauren Drutz finished in 54:40 and Colleen Sabatino finished in good time.

Tamalpa Runners

528 Oakdale, Corte Madera 94925

Tamalpa Runners, based in Marin County, has been growing by leaps and bounds both in overall membership and in competitive talent — especially in the women's division. With over 1200 members they are probably one of the largest running clubs in the area. Two of the racing teams: masters men and open women, placed in the Cal 10 (both were 2nd). Then, with the help of some new recruits and with the assistance of the women's coach, former Olympic race-walker Bill Ranney, the women swept first place in the team division of the largest all-women race ever held in the West Coast - the Bonne Bell 10K. The team was composed of: 4. Pat English 34:29; 9. Vicki Randall 35:51; 11. Sharon Powers 36:00; 14. Peggy Smythe 36:13; 35. Christie Patterson 38:10. In addition, at least six other Tamalpa women broke 40:00. The team prize was \$300. Tamalpa also won the prize for the organization with the greatest total number of entrants - 69.

Northern Calif. Seniors

2766 Summit Dr., Hillsborough 94010

Ruth Waters and Ruth Anderson represented the club at the March 20, Catalina Marathon. Ruth W. reported that everything you may have heard about the course is true. People plead for entrance into the limited (250) field for the privilege of three 900-foot gains and losses in elevation and the certainty of *not* achieving a PR. Waters ran 4:10 to place fourth among the masters women; Anderson was close behind in 4:15.

At the Piedmont "Feet Meet" on March 19, Karen Gudiksen took first place masters woman in the 10K in 48:00, while Elvyn Blair was first masters woman in the 5K in 22:17.

Elvyn Blair added her second victory in two days at the Golden State Women's Run Series in Stockton on March 20. She was the first masters woman (and third overall) in the 10K in 44:58.

Fresno Track Club

P.O. Box 6103, Fresno 93703

Club member Jim Hartig was joined by fellow Team Adidas' members Tony Ramirez, Rob Anex, Dave Roby and Cleveland Whalen in winning the annual Jimmy Stewart National Marathon Relay at Griffith Park in Los Angeles on April 10. Hartig ran the 10K leg in 28:50 with the other runners each running a five mile leg. The winning time for the team was 2:11:46. 642 teams took part with second going to the Converse Aggies Team followed by the Santa Monica Track Club.

Pat Hurst ran her first American River 50 on April 17 and placed third in the women's 50-plus division with a time of 11 hours, 8 minutes.

Bob Lindsey paced the FTC Boston Marathon contingent with a 2:42 followed by Al Lomeli 2:58, Steve Levy 2:59, Bingo Orme 3:03, Dick Rozler 3:14, and Margie Timberlake 3:39.

Jim Hartig won the tenth annual Roeding Park Six Mile on March 27 with an excellent 30:02. The Frank Delgado directed meet drew over two hundred runners and ran off in quick fashion under ideal conditions. Club division winners besides Hartig were: Bob Lindsey 1 30-39 (32:51), Don Trout 1 40-49 (35:14), Dick Cain 1 50-59 (36:57), Rosa Medina 1 30-39w (41:22), and Margie Timberlake 1 40-49w (41:39).

The third annual Fresno Volunteer Bureau Triathlon held at Clovis West High School on April 10 drew over two hundred fifty competitors with veteran Les Waddell of Seaside successfully defending his 1982 title. Waddell, a veteran Ironman participant did it in the water as he passed leader after two legs - running and biking - Gordon Keller of the FTC in the Pool and went on to set a course record of 1:36:46. Noelle Waddell, the other half of a super strong team won the overall women's crown with a 1:57:31. Keller competing despite a recent back injury timed in for a good 1:39:34. Leon Valley 1:48:05 and Bob Rainwater 1:48:21 also fared well. Margie Timberlake won the women's 40-49 class with a 2:07:17.

Next club sponsored race will be the Saturday, May 14, Two Person Eight Mile Relay at Roeding Park directed by Bingo Orme.

Zephyr A.C.

2192 Owens Ct., Pinole 94564

Dennis Rinde won the Herc-Dynamite Run on April 3 in a course record of 19:39. The old record for the hilly 4-miler was 20:17.

Zephyr set a world record (of sorts) at Runner's World 6-Man, 6-Hour Relay, March 26 at Foothill College track. They covered 73 miles, 219 yards or 4:55 per mile for six hours. Team consisted of the following runners: Mike Warr (also won Napa Marathon in 2:22:56), Allan Smith (averaged 4:46 per mile), Leroy Kotchevar (also won Martinez-Port Costa 8.4 mile Brickyard Run), Rey Corona, Kent Thompson and Pat Shaughnessy. The fastest mile was 4:36 by Kotchevar (also a 4:38 and 4:39). Slowest mile 5:22 by Corona.

continued on next page...

Club News

Synanon Running Club

P.O. Box 42, Badger 93603

Robert Taylor of Visalia ran a 33:22 to win the Synanon 25th Anniversary 10K Run held on April 23 at their Distribution Warehouse in Exeter for over 100 runners. The rain held off as sunny skies beamed down on the 2-mile and 10K races held to celebrate Synanon's ¼-Century of dedication to providing a place for people who need help. Two days earlier over 80,000 lbs. of food products had been distributed here to local non-profit groups. In the same spirit Race Director Steve Diamant included gifts of Synanon's fresh home-baked loaves of bread to participants at the award ceremony.

Mountain runners can now look forward to the annual, rugged ½-marathon "Wheels and Heels" which will be presented on Sept. 10 at Badger.

Bakersfield Track Club

P.O. Box 10371, Bakersfield 93389

THE MAKING OF A RUNNING CLUB PRESIDENT: On February 18, 1983, the obstetrician emerged from the labor and delivery room, in hand the name of Dave Brewer — announced as the new Club President. He is quoted as saying, "the delivery was difficult, followed by denials until the inevitable event." He weighs in at 140 lbs., 5'9", a dental technician by trade. He comes complete with wife Terrie, and children Katie and Joel. A short running career, but intense, he has evolved from his first 10K at 50:10, in Tehachapi in August '81 — "I thought I was gonna die!" through intense training, to his current sub-forty 10Ks. Since November '82, he has completed four consecutive sub-40's. He ran his first half-marathon in Bakersfield this year in 1:29, and his first marathon in Porterville this year in 3:45. His new objectives on the horizon include a 3:30 marathon and continued injury-free running.

Southern Calif. Striders

8306 Wilshire, No. 316, Beverly Hills 90211

At the March 5th Philadelphia Masters Indoor Club Championships, club member Ken Stuart (sub-master) blazed the snow and blizzard to serve early notice to the East by winning the 1,000 yd. in a fine time of 2:21.5.

Whenever you feel like throwing your weight around, the Weightman's Pentathlon offers you all kinds of opportunities. Lloyd Higgins, Dave Douglass and Red Doms all emerged victorious in their respective age divisions on February 12th at the 5th Annual Gill Weightman's Pentathlon at Cal State Northridge.

Team Captains for this coming season are Ken Stuart 30-39, Co-Captains George Cohen and Lewis Smith 40-49, Dave Douglass 50-59, Bob Hunt 60-69 and Red Doms 70-79.



JEAN CARTER

Corona Del Mar TC

19019 S. Andmark Ave., Carson 90746

On March 19 at CSULA all comers meet, Gary Miller long jumped 19-10 and then jogged over to the start of the 400m. His season opener in the 400 was a fine 52.47. At the April 2, Central California TAC Masters Championships, Gary improved his American Record in the pentathlon with a score of 2846 points. This was especially good considering the wind. Gary's wife Christel, who also competes regularly in the masters division, is presently competing for Glendale Community College. On February 18, Christel won the Inland Valley Conference Invitational Championship javelin throw with 100-8. On March 23, against the College of the Desert she improved her American age record in the javelin to 102-2. Against Citrus and Riverside on March 8, she long jumped 14-3 for a new age mark.



GARY MILLER



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THE Xerox Connection

By Alan T. Kolling

Its theme was one of "stamina, endurance and reliability" and it involved a cast of thousands, athletes, cameramen, race monitors. A remake of PERSONAL BEST? No, but not a bad guess. If you had watched the NCAA Basketball playoffs, you'll know that I'm referring to the \$250,000 television commercial made



Fine Films by Don Gosney

BRIAN MAXWELL

by XEROX recently involving a dozen long distance runners and touting the latest line of Xerox copying machines: the XEROX MARATHON copiers.

When Golden Bear Track Club President Brian Maxwell was first contacted by a Chicago-based sports agency looking for a few runners to audition for the commercial, he could hardly believe his ears. Xerox would pay the lucky ones a "couple of thousand bucks" for a few days work, all hotel

bills, per diem, transportation, plus residuals every time the commercial was shown. All of this just to run a few miles in front of the cameras!

Two weeks later, Brian and a dozen Golden Bears plus their friends showed up at the San Francisco audition, only to find that they were not alone. Under Screen Actors Guild rules, Xerox was obligated to let union actors audition for the commercial spots too, and so the whole thing boiled down to a comical two-way battle: between actors with their designer running clothes, all trying to look like runners, and runners, some with new haircuts and newly shaven, trying to look like professional models. In the end the runners won out, the producers wisely concluding that mere models lacked the stamina that would be required over the days of shooting.

Following up on a suggestion by Brian, the producers also decided to tie their commercial in with the Oakland Marathon, since shooting was scheduled to begin in northern California the day after the marathon. After securing permission to shoot some footage during the race, and after shelling out a reported \$25,000, Xerox found itself "an official sponsor" of the Oakland race.

The evening after the marathon, the athletes gathered at the Timber Cove Inn, near Jenner on Hwy 1, to receive their instructions and sign their contracts. Over a dinner of steak and lobster, or scallops, rack of lamb, escargot and truffle ice cream, all on Xerox, of course, the twelve listened intently: those chosen were, Brian Maxwell, Mark LaBonte, Mike O'Reilly, Mike Dyer, Peter Churney (all from the Golden Bear TC), Laurie Binder, Suzanne Richter, Nancy Ditz (who had earlier won the women's marathon in a PR 2:37.19), Al Hernandez, Dan Harvey, George Mason and Odis Sanders.

Each morning, the athletes and filmcrew would embark after a light "breakfast" of coffee, juice and Danish, in a Winnebago up one of the scenic northern California country roads near Fort Ross, and run endless repetitions towards the TV cameras until the producers were satisfied that they had what they wanted. After each take, the athletes got to see themselves in an instant replay on the ultramodern video equipment that proved to be an integral part of the whole project. It rained incessantly the week of shooting, but it went according to plan. Stamina, endurance, reliability. The runners had to look as if they were running a marathon, to feel pain as they performed. During the occasional lull in precipitation, the "costume person" would spray the athletes with —yes— tap water and the roads would be hosed down in order to preserve the integrity of the finished product. During the boring interludes in bet-

ween takes, the athletes watched old movies on a videorecorder (Harold and Maude, the Blues Brothers, the Stuntman) and huddled between each other with blankets draped over their shoulders and steaming hot chocolate cupped in their overexposed hands.

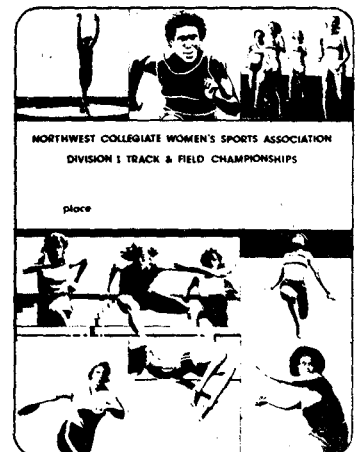
By the week's end, the athletes were clamoring to get home, and the camera crew had begun to jog with a newfound enthusiasm. It had been a fascinating opportunity to observe firsthand the making of a television commercial, and to make good money besides! For the athlete concerned with protecting their amateur status, involvement of TAC (The Athletics Congress) in the negotiation of the contract with Xerox meant the athletes could earn money legitimately although employed exclusively for their athletic abilities. Now all they have to do is sit back and watch the residuals roll in . . .

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Long Distance Log

By RICHARD LEE SLOTKIN

Bonne Bell 10K — San Francisco

They really came out for it at the San Francisco Bonne Bell 10K. There were 5,000 of them. You wouldn't get that many females in L.A. in five Bonne Bells and an Avon. Unfortunately, for this writer, there were 4,990 husbands and boyfriends. The other 10 had weightlifter brothers for chaperones.

Anyway, after living on a diet of 400 to 600 sized crowds at women-only races down here, it was a pleasant change to see a REAL crowd. And in spite of the fact that the weather not only promised rain, but kept its promise. I mean, like halfway into the race, it started. Lightly at first. Then, like a series of Salazar surges, it came down so hard that you couldn't see 10 yards ahead of you at times. It would ease off, and come right back and drop another load on you. Fortunately, my Mother Karen Gortex jacket, with the seams lined, by me, with tent seal, never let a single drop through. My levis and boots were somewhat less effective, however. Me and my three Nikons were a bit anxious about things, though.

Eileen Lyons solved one mystery and created another. The one she solved was who was going to win this thing. Everybody good had something wrong with them, from Laurie Binder, who had a bad case of flu, but was there, to Eileen Claugus and Nancy Ditz, who were bedridden and weren't even there. So, everybody thought that if Binder didn't come through, then Katy Schilly probably would.

Lyons took care of that right away. Before they had gone a mile, she had moved out in front and stayed there, despite a valiant try by Binder to overhaul her in the last mile. A healthy Binder might have done it. Probably, she wouldn't have gotten so far back in the first place. It was even worse for Suzanne Richter. She got to feeling so poorly that at one point she shifted to a walk, and I don't mean a race walk. She did recover, though, and was seen passing runners as though she had been shot from a cannon. She managed to finish 5th.

Lyons had looked to me as though she were wearing glasses, but somewhere around 3 miles, I noticed she wasn't wearing them. I wasn't really that sure that she had been wearing them, so I didn't think too much about it, although I notice after the race when I talked to her that she was wearing them. Days later, looking at my proof sheet of photos at the race, I looked and . . . sure enough . . . at the beginning she is wearing glasses. So, fess up Lyons. Where'd you put 'em?

What probably happened is that once the rain started coming down, it covered the lenses and she couldn't see, so she might have handed them off to one of the bikers who were riding up front with her.

It's a good thing there were some bikers with her. For a different reason. Going down Kennedy drive the first of two times, there, heading right for the runners, were two cars . . . despite the elaborate course control preparations. Race Director Scott Thomason frantically tried to wave them off, even threatening to ram them head on. That was a brave thing to do, except for one thing. I WAS IN THE BACK SEAT!!! I had been taking pictures through the rear hatch. Anyway, the bikers, at considerable risk, also threatened to ram these bozos, who finally got the hint and pulled over. With 5,000 girls stampeding right at them.

Well, what this did was cause Thomason to shoot way ahead of the race to see where that traffic leak had come from. No one at the control points had seen anyone come through, so we figured they must have been there before the road was closed off and just didn't know what was going on.

So, we went back, picked up the race again, having lost most of the middle. Not that we missed much. Lyons was still way out in front, maybe 150 to 200 yards. Binder and Patti Gray following. Coming back onto Kennedy Drive, we began picking up the tail end of the mob, still working its way through the first loop. Outside of that, everything was the same. Even those two cars were there again, coming head on at Lyons, again.

Can you believe that?

I thought Thomason was going to have an apoplectic fit right on the spot. Those same two knuckleheads. They must have thought that the ghost of Alfred Hitchcock had cast a spell upon them. They didn't know what was going on at that point. Seems though, that even a low grade moron, let alone a high grade one, would have figured it would be best to just pull over and stay there until something better happened.

Anyway, the bikers went into their act again, and, so far as we know, there were no casualties . . . except for 116 hairs on Thomason's head.

They turned gray.

Well, Lyons got the win in 33:38, only 12 seconds ahead of a fast finishing Binder. Binder was clearly the sentimental favorite. Most of the girls I talked to hoped that she would win it, or, afterwards, were disappointed that she didn't. Pattie Gray, who had not been able to stay with Binder when Binder made her final move to try to catch Lyons, hung in for third, but, just barely. Pat English, who says she never seems to be able to beat Gray, put on a furious kick and almost got her this time. Not quite. It was so close, though, that they both have the same time: 34:29. That, incidentally, may give you an idea of how hard Binder came on, because with less than a mile to go, they were together, Gray and Binder.

By this time, it was raining so hard that I started looking around to see if anyone was building an ark and collecting animals. It rained so hard that they didn't even have an awards ceremony. Lyons got her giant bell in front of the crowd, but everyone else split. Despite the downpour, 76 runners broke 40 minutes, Teresa Tuckson being the last in 39:59. The results that I have only go to 105 and the last one on that list is well under 41:00, 40:49 to be exact. So, you can see that this was a pretty good quality field all the way. First in the 45-49 division was Marilyn Harbin in 38:52. Buffalo Chippette Joan Reis was second in that division in 39:06. They kind of socked it to the kids in the 40-44 age group. Each of the first three in that group was behind her counterpart in the 45-49 group.

All things considered, it was a very good event, and what makes it most impressive to me is that it was truly a local race. As near as I can tell, all the top finishers are not only Californians, but are from the Bay Area or nearby.

St. Patrick's Day Race — San Diego

After all that rain, it was nice to get down to San Diego, about two weeks later for a Saint Patrick's Day race, one of about a thousand on the schedule for that week. This one was pushed by the Irish Ministry of Tourism, the same outfit that Eamonn Coghlan works for. It was sponsored by San Diego's Globe Theater, and many of the performers from that organization were out there at 5:30 a.m. manning the registration tables. "10K or 2 mile fun run, that is the question." Or something like that. Anyway, they were there.

So was Graeme Fell. The Englishman attends SDSU and he was the narrow favorite. Narrow because Jan Haggbrand of USIU via Sweden was also there, and so was, but just barely, Thomas Wessinghage or West Germany. Talk about an international flavor! That wasn't the half of it. Desmond O'Conner, from the Ould Sod itself, was there, as was Kevin McCarey. Now McCarey wasn't born there, but, begorra, the lad has a right fine Oirish monicker as ever there was. And let us not fergit, me buys, that fairest of colleens, Monica Joyce from County Kerry . . . or someplace around there. I mean, like, I expected to see a couple of leprechauns at the finish line.

When I said that Wessinghage was just barely there, I was referring to the fact that he had been travelling all night from an indoor meet in Europe the night before. He got into town just about in time to pin on his number. The other Wessinghage, Ellen, was also there, and she too ran the 10K.

Well, they were a few minutes late getting started, partly

because of tricky San Diego law enforcement. The race was in Mission Bay Park, and the law says you can't block the streets until something like a few seconds before the actual start. That means that a staging area off the street must be set up and the runners must be confined to that area. Then, they are marched to the start line. This is all a royal pain in the keester . . . that same keester immortalized by our president . . . but the race promoters have this constant threat of a heavy fine hanging over their heads right up until the gun goes off. How do you keep 2500 individualists like distance runners that organized?

You don't. The street was blocked.

The race did start, though and quickly Fell, Haggbrand, O'Conner, Wessinghage and a flock of others formed the lead pack. Right on their tail for at least half a mile was Monica Joyce. However, by the mile mark, the lead pack had shrunk to five. That was Fell, Haggbrand, Wessinghage, O'Conner and Kevin McCarey. Fell was a step or so ahead with Haggbrand moving from a step ahead to a step behind, and sometimes running side by side. They hit the mile in about 4:30 and already were over 50 yards ahead of the rest of the field. These five held together separated by no more than five yards. They went through 2 miles in 9:16. At that point, Fell moved out with Haggbrand keeping the pace and soon they were about 20 yards ahead of the other three. O'Conner's thinking was that Wessinghage knew what he was doing, so he was going to hang with him. That's what he did. Unfortunately, Wessinghage's track meets and the airplane flight were catching up with him and he was as far into things as he was going to be. And that left O'Conner right there with him . . . out of the money.

About 14 minutes at the 5K and it was just a two man race, Fell and Haggbrand. Three minutes later, it was a one man race as Fell moved out and quickly put 10 yards between himself and Haggbrand. Four miles in 18:39 and the 10 yards was beginning to widen. Haggbrand was looking as though he was struggling a bit. Fell looked a bit pained himself, but his stride was smooth and he continued to build on his lead little by little. He finished in

29:07, with Haggbrand respectable but way back in 29:25. Wessinghage, tired and all, still finished well, but just edged out McCarey 29:41 to 29:42. Those were the official times. It seemed as though Wessinghage had him by a little more than that . . . enough time for me to get separate shots of each as they went by me. I didn't think I was fast enough to get shots of two different people only one second apart. Oh well! . . .

O'Conner, whose strategy totally backfired, would up 5th, well behind McCarey and Wessinghage, but still under 30 minutes. His time was 29:55. He was the last one to break the half hour mark.

Meanwhile, Monica Joyce was the only female on that side of the bay when she finished in 33:16. She had gone through her first mile in 5:02! Why so fast? She wanted to get away from the crowd. She sure did. There weren't even many guys around when she finished.

Second woman was the good doctor's wife, Ellen Wessinghage. This Wessinghage is a lawyer. Is that a combination? These days, if you don't know whether to be a doctor or a lawyer, it's easy. Choose either and marry the other. You can't lose. And, if that isn't enough, they are both Olympians.

Ellen Wessinghage's time was 36:05, not bad for the former 1500 meter star who says she has given up competition to concentrate on being a wife and mother (of two), and maybe practice a little law on the side.

As usual, Dan McCaskill was the first master in 33:36. 33:36! Doesn't that make you sick? Well, get even sicker. First senior was Bob Collins in 36:06. Maybe I should try the javelin.

Nancy Courter PR'd to win the first female master with a 40:35. Watch for her to go under 40 before the year is out. OOOHHH!!! Now I'm REALLY ill! At this point I'm too numb to even care that Dorothy Stock was first female senior in . . . I just can't say it . . . I'll try one more time. . . Dorothy Stock in 39:42.

AAAAAGGGHHH!!!

What chance has a guy got?

P.R.'s

By Richard Slotkin

Ray Bacon (SLDC) Central Coast Marathon	4:09:59
Pam Bardwill (SCR) Wintergreen 10K	45:13
Carey Belz (MQRC) Bonne Bell 10K	*71:15
Mary Belz (MQRC) Gold Trail Half-Marathon	1:44:10
Robert Belz (MQRC) Gold Trail Half-Marathon	1:50:44
Billy Bently - St. Patrick's 10K	57:16
Linda Boissier (SLDC) Atascadero Half-Marathon	1:55:29
Gwen Borschel (GBTC) Cherry Blossom 5 Mile	45:50
Nate Brady (SLDC) SLO Red Cross 10K	36:39
Nate Brady (SLDC) South Bay 20K	1:17:33
Gary Brown (SLDC) South Bay 20K	1:37:04
Jim Brown (SLDC) South Bay 20K	1:17:41
Jim Brown (SLDC) SLO Red Cross 10K - 1st 40-plus	35:56
Jim Brown (SLDC) Long Beach Marathon	2:58:34
John Brown (SLDC) SLO Red Cross 10K - 2nd junior	36:32
Ted Brown (SLDC) St. Patricks Great Race 20K - 1st 12-14M	1:21:51
Jerry Casada (SLDC) Atascadero Half-Marathon	1:21:15
Carolynne Clifton (MQRC) Oakland Marathon	3:50:15
Rory Cooper (SLDC) Central Coast Marathon - 1st wheelchair	3:19:27
Nancy Courter (SDTC) San Diego St. Patricks Day 10K - 1st 40-49	40:35
Glenn Deines (SCR) Winter Green 10K	37:48
Glenn Deines (SCR) SCR 5 Mile Fun Run	29:56
Diane Dixon (SLDC) St. Patrick's Great Race 20K - 2nd Female	1:23:15
Diane Dixon (SLDC) Central Coast Marathon	3:19:13
Steve Dornish (SLDC) SLO Red Cross Marathon	2:42:43
Steve Dornish (SLDC) South Bay 20K - 2nd place	1:13:00
Steve Dornish (SLDC) Atascadero Half-Marathon - 2nd place	1:16:53
Diane Gale (SCR) Valentines 10K	43:35
Christopher Garcia (NBRA) Off-Shore 5K	18:56
Bud Gertsman (MQRC) Oakland Half-Marathon	1:40:01
Bud Gertsman (MQRC) Gold Trail Half-Marathon	1:36:48
Joe Graham (SLDC) South Bay 20K	1:59:15
Joe Green - SLO Red Cross Marathon - 1st place	2:31:45
Jim Hanto (SLDC) Central Coast Marathon	3:31:04
Rick Harkless - Hangtown Charity 5K Run	*21:03
Bernie Heinze (SCR) Wintergreen 10K	49:37
Caroline Heinze (SCR) Wintergreen 10K	51:14
Tom Jefferis (SLDC) SLO Red Cross Marathon - 3rd place	2:39:29
Tom Jefferis (SLDC) Atascadero Half-Marathon	1:19:10
Darrell Johnson (MQRC) Gold Trail Half-Marathon	1:26:49
Sue Johnston (Impalas) indoor Mile - correction	5:51
Bob Kimmerly (SCR) Almond Blossom 5K	19:59
Lilli Kizlin (MQRC) Bonne Bell 10K	*61:50
Chuck Kokoska (SCR) San Fernando Valley 5K	*25:02
Chuck Kokoska (SCR) Rockwell Reservoir 5K	23:47
Jou Kourakis (SLDC) SLO Red Cross Marathon	3:17:37
Eddie Lavelle (12 years old) 800 meters - 1st place	*2:23.3

Paul Lee (SLDC) SLO Red Cross Marathon	2:42:31
Beci Lusk (MQRC) Bonne Bell 10K	61:15
Larry Lusk (MQRC) Oakland Marathon	4:01:25
Sally Mantua (MQRC) Bonne Bell 10K	52:55
John Mauck (MQRC) Oakland Half-Marathon	1:29:13
Clem Michel (SLDC) SLO Red Cross Marathon	2:48:41
Phyllis Neese (MQRC) Bonne Bell 10K	58:00
Tony Oliva (MQRC) Gold Trail Half-Marathon	1:51:16
Frank Pascoe (SCR) Long Beach Marathon	*3:52:14
Lynette Powers (MQRC) Bonne Bell 10K	*61:50
Sarah Quady (SLDC) South Bay 20K - 2nd female	1:29:52
Lisa Rizzo (SCR) Valentine 10K	39:51
Gail Rodd (WVTC) Avon 15K	62:46
Mario Romo (MQRC) Oakland Half Marathon	1:32:00
Rhonda Romo (MQRC) Bonne Bell 10K	*73:00
Peggy Scott - Bonne Bell 10K	50:13
Linda Snelling (MQRC) Bonne Bell 10K	55:59
Allen Stewart (MQRC) Gold Trail Half-Marathon	1:34:43
Mike Wallen (SCR) Long Beach Marathon	*3:30:30
Jeff West (SMTC) Sun Angel Classic 4x800 leg	1:45:5
Emma Williams (SCR) Wintergreen 5K	23:32
Paul Woods (SCR) Long Beach Marathon	*3:23:40

Sprints

Steve Kerho (UCLA) vs. CSULB and CSUB - 110 HH - 1st	13.98
Steve Kerho (UCLA) vs. CSULB and CSUB - 110 HH - 1st	51:15
Cari Lewis (SMTC) Mt. SAC Relays - 100m	9.93w

Field Events

Mike Barnett (Azusa Pacific) Northridge Relays - JT - 2nd all time US college	294-1
Mike Barnett (Azusa Pacific) Mt. SAC REIays - JT	296-5
Carol Cady (Stanford) Multi-Meet at Stanford - DT	189-4
Leslie Deniz (Arizona State) Sun Angel Classic - DT - American Record	212-0

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name _____

Event _____

Mark _____ Club/School _____

Check if first time

Results

Track & Field Results

Westmont Warrior Relays

from RUSSELL SMELLEY

March 19. Santa Barbara.

Men's Results

Hammer: 1. Ponciano (APU) 180-6, 2. Mann (APU) 171-0, 3. Hunt (APU) 164-9 1/2.
High Jump: 1. Greathouse (CLC) 6-6, 2. Lavender (West.) 6-4, 3. Jackson (CLC) 6-4.
Pole Vault: 1. Moberly (Clare.) 13-6, 2. Weinacht (CLC) 13-0, 3. Shallow (Chap.) 12-6.
Discus: 1. Okoye (APU) 182-1, 2. Benson (APU) 164-9 1/2, 3. Vanskeik (Chap.) 163- 1/2.
Long Jump: 1. Roosevelt (APU) 21-8 3/4, 2. Greathouse (CLC) 21-6, 3. Johnson (APU) 21-4 1/2.

Shot Put: 1. Okoye (APU) 50-6, 2. Jackson (APU) 50-4 1/2, 3. Hunt (APU) 47-0.
Javelin: 1. Paynter (APU) 209-10, 2. Vanski (Chap.) 185-11, 3. Hunt (APU) 172-2.
Triple Jump: 1. Roosevelt (APU) 47-4 3/4, 2. Joseph (Biola) 44-9 1/2, 3. Boyd (CMS) 44-2.

4x100 Relay: 1. APU 43.0, 2. CLC 43.8, 3. Biola 45.1, 4. Westmont 47.2, 5. La Verne 48.0.

Steeplechase: 1. Paul Croft (West.) 9:21, 2. Erdman (APU) 10:2, 3. Gama (West.) 10:20.

1500 Meter (Fro/Soph): 1. Nolan (West.) 4:16, 2. Gonzales (APU) 4:17, 3. Smith (APU) 4:20.

Sprint Medley: 1. APU 3:38, 2. CLC 3:30, 3. Westmont 3:40.

4x800 Relay: 1. APU 8:18, 2. CLC 8:23, 3. Westmont 8:30, 4. Biola 8:31, 5. LUM 9:28.

110 Hurdles: 1. Hoven (CLC) 15.1, 2. Paynter (APU) 15.2, 3. Code (CLC) 15.6.
Distance Medley: 1. Westmont 10:44, 2. APU 10:45, 3. Biola 10:47.

4x200 Relay: 1. APU 1:31, 2. CLC 1:31, 3. Biola 1:35, 4. LaVerne 1:41, 5. Westmont 1:47.

5000 Meters: 1. Cook (West.) 15:12, 2. Scott (West.) 15:53, 3. Wallen (West.) 16:01.

4x400 Relay: 1. APU 3:24, 2. CLC 3:31, 3. Westmont 3:34, 4. Biola 3:36, 5. Claremont 3:46.

100 Meters: 1. Harris (APU) 11.0, 2. Marti (CLC) 11.1, 3. Friese (Biola) 11.3.

Weight Men's Relay (4x200): 1. Westmont 1:42, 2. CLC 1:43, 3. Biola 1:43, 4. Chapman 1:44, 5. APU (No Time).

Final Score: 1. Azusa Pac. Univ. 151, 2. Calif. Luth. College 78, 3. Westmont College 62, 4. Biola Univ. 35, 5. Chapman College 14, 6. Claremont-Mudd-Scripps 12, 7. CS Fullerton 7, 8. St. Elmo's 5, 9. LaVerne College 3.

Women's Results

High Jump: 1. Owens (CLC) 5-2, 2. Robins (CMS) 5-0, 3. Schaffer (CLC) 4-10.

Discus (Meet Record): 1. DeJong (APU) 124-6, 2. McDonough (APU) 123-3, 3. Burke (LaVerne) 113-1.

Shot Put: 1. Sterns (APU) 36-1 1/2, 2. McDonough (APU) 36-2, 3. DeJong (APU) 35-5.

Long Jump: 1. Owens (CLC) 17-1, 2. Brown (CLC) 16-0, 3. Judd (CLC) 15-10 1/2.

Javelin: 1. Giacomazzi (APU) 139-7 1/2, 2. Owens (CLC) 132-10, 3. Carpenter (AIA) 124-2.

400 Relay: 1. CLC 52, 2. APU 52, 3. CMS 55.3, 4. Westmont 58.7.

Sprint Medley: 1. CLC 1:59, 2. CMS 2:00, 3. APU 2:02.

1500 Meters: 1. Bookout (APU) 4:58, 2. Garman (APU) 4:58, 3. Mallory (CLC) 5:11.

100 Hurdles (Meet Record): 1. Fricke (APU) 16, 2. Owens (CLC) 16.1, 3. Barnam (APU) 17.

3000 Meters: 1. Mallory (CLC) 11:07, 2. Martin (PLC) 11:32, 3. Armstrong (Chap.) 12:33.

Distance Medley: 1. APU 13:13, 2. CSF 13:38, 3. Westmont 14:16.

4x400 Relay: 1. APU 4:21, 2. Biola 4:36, 3. Westmont 4:43.

4x800 Relay: 1. LMU 10:41, 2. Westmont 10:57, 3. APU 11:26.

Final Score: 1. Azusa Pacific Univ. 97, 2. Calif. Luth. College 72, 3. Westmont College 21, 4. Clare.-Mudd-Scripps 19, 5. Loyola Marymount Univ. 16, 6. Biola Univ. 11, 7. Chapman College 9, 8. LaVerne College 9, 9. CS Fullerton 8, 10. Pt. Loma College 4.

Golden Bear Nike Meet Of Champions

From Keith Conning

March 26. Edwards Stadium, Berkeley.

Lisa Martin (Oregon) started off the meet with a bang in the 10,000 meters by setting new meet and stadium records of 33:12.1. The old records of 33:28.1 were set by Brenda Webb (Athletics West) in 1982. This is the fastest time in the world this year, according to *Track & Field News* statistician Dave Johnson, the meet announcer. It is almost two full minutes under the NCAA Division I qualifying time of 35:00.24. Martin, a senior from Gawler, South Australia, is married to Athletics West steeplechaser Ken Martin. Only sixteen women in the world ran faster times last year.

One of the best races of the day was the 5,000 meter battle between Kathy Hayes of Oregon and Amy Harper of Cal Poly SLO. Hayes led the first ten laps with the following splits: 400-1:15.1, 800-2:30.5,

1000-3:08.8, 1200-3:46.9, 1600-5:03.4, 2000-6:20.27, 2400-7:37.4, 2800-8:54.6, 3000-9:32.9, 3200-10:11.65, 3600-11:28.9, 4000-12:46.7. Harper took the lead with two laps remaining. Her splits were: 4400-14:02.9, 4600-14:40.5, 4800-15:16.2. She ran the last lap in 70 seconds. Harper set a new meet record of 15:50.4. The old record of 15:51.9 was set last year by Regina Jacobs of Washington. Hayes, who finished second in 15:51.2 was also under the old record. Both Harper and Hayes were well under the NCAA standard of 16:38.60. Harper is a junior from San Jose and Hayes is a sophomore from Newberg, Oregon. Only eight Americans ran faster times last year.

Carol Cady (Stanford) had an excellent weight double of 51-9 in the shot and 184-4 in the discus. Her shot put was only three inches short of her best last year (12th on the U.S. list), but her discus throw was five feet, four inches better (9th on U.S. list). Cady is a junior from Los Alamos, New Mexico. The discus competition was outstanding with five throwers over 160 feet. Julie Hansen, ranked 7th in the U.S. and the Assistant U.S. list, improved over five feet from last year with her 168-4 throw. Ford is a senior from Atwater, which is also the home of Cal's Dave Porath.

Robin Campbell (Stanford Track Club) improved her outdoor best of 2:04.47 in 1982 to 2:02.8. She led at the 400 in 59.2.

The best race of the day was the 1500 dual between Louise Romo (California), the AIAW 800 champion, and Regina Jacobs (Stanford). Jacobs led through laps of 68.0, 2:18.4 and 3:28.3. Romo passed Jacobs in the final stretch to set new school and meet records of 4:17.0. The old school record of 4:17.58 was set by Alice Trumbly in 1980. Romo ran her last lap in 65.2. The old meet record of 4:22.3 was set by Margaret Spotts (Cal) last year. Romo is a sophomore from Torrance and Jacobs is a sophomore from Los Angeles.

Deanna Carr (Washington), ranked 8th in the U.S., and Roz Rouse (Oregon) qualified for the NCAA in the javelin with throws of 172-11 and 165-9.

Sue McNeal (Cal Poly SLO) surpassed the NCAA high jump standard by 1/4 inch with a leap of 5-11 1/2. She is a junior from Carlsbad.

Freshman Donna Dennis (Washington), the fastest high school sprinter in the nation last year, won the 100 meters in 11.63.

Cal State Los Angeles with Denean Howard, the best prep athlete in 1982, won the 4 X 100 in 45.35 to defeat the University of Nevada at Las Vegas at 45.61.

Lisa Thompson (UNLV) set a new meet record in the 200 at 24.01 to defeat Denean Howard (CSULA) at 24.13 and Donna Dennis (Washington) at 24.16.

Events

10,000 meters: 1. Lisa Martin 33:12.1, 2. Kathy Way 35:51.5, 3. Robin Dubach 36:11.7, 4. Leann Buckley 36:17.2, 5. Heidi Ertl 36:47.6, 6. Kim Dryden 37:21.0, 7. Franck Negri 37:50.6, 8. Noreen Shea 38:11.8, 9. Kim Pierart 38:42.8, 10. Denise Biegelow 39:06.6.

High Jump: 1. Sue McNeal 5-11 1/2, 2. Shari Collins 5-9 3/4, 3. Candy Cashell 5-7 3/4, 4. Dianne Baumann 5-7 3/4, 5. Jeanne Borchart 5-5 3/4.

Shot Put: 1. Carol Cady 51-9, 2. Quenna Beasley 47-6 1/2, 3. Sue Springer 45-6 1/2, 4. Pam Dukas 45-1 3/4, 5. Jackie Henry 44-9 3/4.

5000 Meters: 1. Amy Harper 15:50.4, 2. Kathy Hayes 15:51.2, 3. Lesley White 16:42.5, 4. Patti Gray 16:42.7, 5. Kathy Koudela 17:01.2, 6. Inga Thompson 17:03.8, 7. Marilyn Taylor-Allen 17:07.4.

Javelin: 1. Deanna Carr 172-11, 2. Roz Rouse 165-9, 3. Karen Martin 155-3, 4.

Julie Vobora 153-2, 5. Danella Barnes 151-6, 6. Elaine Sunday 149-3.

4 X 100 Relay: 1. Cal State LA 45.35, 2. UNLV 45.61, 3. Cal Poly SLO 46.11, 4. Oregon 46.64.

1500 meters: 1. Louise Romo 4:17.0, 2. Regina Jacobs 4:19.4, 3. Sandra Gregg 4:23.13, 4. Kim Roth 4:27.0, 5. Jill Ellington 4:29.2, 6. Ranza Clark 4:29.7.

1500 meters (men's section): 1. Dan Buntman 3:47.9, 2. Brad Rowe 3:48.6, 3. Dan Harvey 3:49.6, 4. Vernon Sellaz 3:50.4, 5. John Sup 3:51.0, 6. Mark Schilling 3:51.7, 7. Rod Berry 3:52.2, 8. Chris Hood 3:52.8.

USC Women's Invitational

March 28.

10,000m: 1. Jenny Spangler (U of Iowa) 34:49, 2. Cindy Nagle (Claremont) 35:48, 3. Laura Crisp (SDSU) 36:01, 4. Karen Curtis (U of Hawaii) 36:14, 5. Beth Weber (CSUN) 36:24.

400m relay: 1. LA TC 44.86, 2. U of Hawaii 45.94, 3. U of Iowa 46.28, 4. Hawthorne High 47.03, 5. El Camino CC 47.66.

1500m: 1. Michelle Hopper (Med. TC) 4:29, 2. Sue Zika (OCC) 4:38, 3. Tara Slatton (CSUN) 4:38, 4. Diane Fairman (CSULB) 4:41, 5. Jenny Hayden (U of Iowa) 4:43, 6. Torie Elliott (Pasadena CC) 4:49, 7. Kelly Ringer (UCI) 4:50, 8. Alexander Aguirre (ELACC) 4:51, 9. Vicki Turner (LBCC) 4:54, 10. Val Eberly (CSUN) 4:59.

400m Hurdles: 1. Latanya Sheffield (SDSU) 59.68, 2. Roberta Belle (LAC) 62.25, 3. Angela Williams (Hawaii) 62.68, 4. Sherri Hull (Iowa) 63.59, 5. Julie Pickslay (SDSU) 64.56.

200m: 1. Elaine Jones (Iowa) 24.74; 2. Rosalyn Bryant (LAC) 24.85; 3. Kim Grant (UNLV) 25.19; 4. Sabrina Williams (USC) 25.29; 5. Monique Burrell (Unatt) 26.27.

3000m: 1. Eliana Garcia (SDSU) 9:56.88; 2. Kim Devetis (OCC) 9:57.06; 3. Torie Elliott (Pasadena CC) 10:45.48; 4. Tracey May (CSULB) 10:46.25; 5. Vicki Turner (LBCC) 10:52.74.

100m Hurdles: 1. Pam Page (LAC) 13.60; 2. Gayle Watkins (Unatt) 13.80; 3. Jackie Joyner (UCLA) 14.15; 4. Sandra Farmer (LAC) 14.21; 5. Natalie Spinks (Iowa) 14.51; 6. Runa Engel (Hawaii) 15.04.

400m: 1. Mary Knoblauch (Iowa) 56.08; 2. Patricia Dubox (Hawaii) 56.78; 3. Noreen Hoffman (Hawaii) 58.21; 4. Natalie Crawford (Unatt) 58.64; 5. Beth Griffin (UCI) 58.70.

100m: 1. Sandra Howard (LAC) 11.81; 2. Vivien McKenzie (Iowa) 12.00; 3. Karen Cannon (Coast Athletics) 12.30; 4. Pam Page (LAC) 12.37; 5. Gail Douglas (Coast Athletics) 12.43.

800m: 1. Cynthia Warner (LAM) 2:06.46; 2. Michelle Hopper (Medalist) 2:10.26; 3. Treccia Palmer (Unatt) 2:11.46; 4. Laurel Hacche (LAM) 2:12.14; 5. Cathy Pedroza (East LA CC) 2:12.34; 6. Jenny Stachura (Unatt) 2:12.83; 7. Andrea Ward (LAM) 2:13.39; 8. Cindy Cumbess (Wilts) 2:13.59.

5000m: 1. Debra Chaddock (SDSU) 17:03.96; 2. Lisa Gonzales (UCI) 17:15.64; 3. Anne Dobrowski (Iowa) 17:33.30; 4. Shelly Prochaska (CSULB) 18:22.19; 5. Wendy Simmons (UCI) 19:04.25.

Discus: 1. Lorna Griffin (Athletics West) 179-9; 2. Natalie Kaaiwahia (Unatt) 169-10; 3. Joan Gago (Hawaii) 165-10; 4. Ramona Pagel (Unatt) 153-8; 5. Laura Desnoo (SDSU) 148-8; 6. Gail Smith (Iowa) 146-9.

High Jump: 1. Phyllis Blunston (LAC) 5-9; 2. Chandra Roberts (CSULB) 5-9; 3. Mary Mol (Iowa) 5-9; 4. Patty Stafford (Coast Athletics) 5-7; 5. Debra Larsen (USC) 5-7.

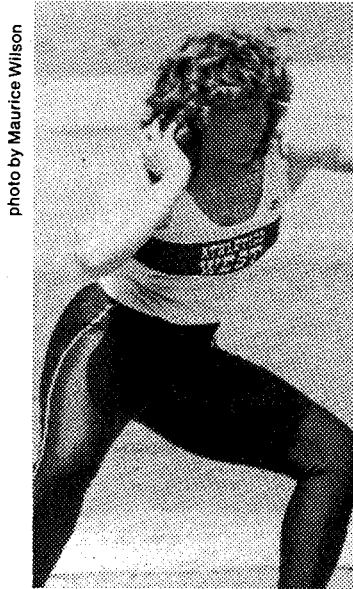


photo by Maurice Wilson

LORNA GRIFFEN

Javelin: 1. Liz Mueller (SDSU) 163-5; 2. Deena Bernstein (Coast Athletics) 160-10; 3. Bonnie Dasse (Coast Athletics) 158-7; 4. Debbie Dibb (SDSU) 145-10; 5. Michelle Oliver (Coast Athletics) 143-11; 6. Deseree Snelleman (SDSU) 142-9.

Long Jump: 1. Sandy Crabtree (Coast Athletics) 19-9½; 2. Chandra Roberts (CSULB) 19-2¾; 3. Sabrina Williams (USC) 19-2½; 4. Runa Engel (Hawaii) 18-2; 5. Diane Kawahara (Hawaii) 18-0½.

Shot Put: 1. Peggy Pollack (CSULB) 51-8½; 2. Ramona Pagel (Unatt) 51-1¾; 3. Natalie Kaalwahia (Unatt) 49-10; 4. Lorna Griffin (Athletics West) 47-5½; 5. Bonnie Dasse (Coast Athletics) 46-3½; 6. Cheryl Kennedy (Coast Athletics) 45-2½.

1600m Relay: 1. San Diego State 3:46.40; 2. Univ. of Hawaii 3:47.39; 3. Cal State Northridge 3:51.28; 4. El Camino CC 3:53.93; 5. Hawthorne High 3:57.51.

Heptathlon: 1. Cindy Greiner 5796; 2. Kathy Gillespie 5448; 3. Carrie McLaughlin 5397; 4. Kerry Bell 5348; 5. Janet Nicols 5020; 6. Sue Peterson 4757.

Martin Luther King Games

By Keith Conning

Friday, April 1.

Doug Brown (Athletics West), the former American record holder in the steeplechase at 8:19.3 in 1978, won in 8:36.0. He stopped training after the Olympic boycott. He is still the No. 2 American all-time behind Henry Marsh (Athletics West), 8:15.68 in 1980. Brown ran 8:42.2 in 1982 to rank No. 26 on the U.S. list. Dave Parrish (Nevada-Reno) placed second in 8:42.1. Barasa Thomas (Fresno State), the former Kinney cross country champion, placed third in 8:51.2.

photo by Bill Leung, Jr.



CARMELO RIOS

Carmelo Rios (Cal Poly-SLO) won the 10,000 in 28:51.9. Our columnist Gary Tuttle (New Balance TC) was second in 28:58.0. Roy Kissin (Sub-4 TC) third in 29:01.3, and Dr. Duncan MacDonald (Athletics West) fourth in 29:10.4. The first four finishers were under the TAC standard of 29:14.7. Rios also qualified for the NCAA Division I meet by surpassing the standard of 28:59.4.

MacDonald led the first three miles in 4:36.6, 9:13.0, and 13:53.2. Dan Grimes (Unatt/ex-Humboldt St.) led the 14th and 15th laps, then Rios took over at four miles in 18:35.9. He passed five miles in 23:14.5 and six miles in 27:57.8. He ran the last lap in 63.8.

Michelle Bush (UCLA) passed two Tennessee runners on the last lap of the 3,000 to win in 9:26.4. Liz Natale (Tennessee) was second in 9:30.0 and her teammate Monica O'Reilly third in 9:30.2. All three women surpassed the NCAA standard of 9:40.0.

Julie Brown (LATIC) outkicked Carey May (BYU) over the last lap to win the 5,000 in 16:01.1 to 16:03.4. Both surpassed the TAC standard of 16:30. May was also under the NCAA standard of 16:50.

Jill Molen (Utah) led the entire 10,000 to easily win in 33:40.9 and set a new stadium record. The old record of 33:57.2 was set by Michelle Bush (UCLA) last year. Patti Gray (UC-Davis) was second in 34:23.7, followed by Janelle Neeley (BYU) 34:23.7, Alison Quelch (Tennessee) 34:29.0, Marilyn Nichols (Cal Poly SLO) 34:31.3 and Debra Chaddock (San Diego) 34:56.0. All of these women surpassed the 35:00.0 TAC standard. In addition, Kathy Hadler (Tennessee) at 35:13.5, Linda Somers (UC-Davis) 35:15.0, and Kathy Koudela (Cal State Hayward) 35:36.3 were under the NCAA standard of 35:42.0.

The Villanova team of Ken Lucks, Chip Jenkins, Brian O'Keeffe and John Keyworth won the distance medley relay in 9:43.4. The Long Beach City College team of Chuch Franks, Louis Lizardi, Angel Roman and Gonzalo Huggins set a new national junior college record of 9:50.4. The old record of 9:50.7 was set by Citrus in 1982.

The first three women in the women's Olympic Development discus—Jackie Wallace (Tennessee) 164-7, Karen Nickerson (Stanford), and Glenda Ford (Hayward)—surpassed the NCAA standard of 158-0.

Saturday, April 2.

Craig Morris (Villanova) won the 400 hurdles in 50.73 to surpass the NCAA standard of 51.20.

High hurdler Tonie Campbell (Kappa TC) 13.60, ranked 8th in the world in 1982, defeated Arto Bryggare (Finland) 13.64, 15th on the world list, and Larry Cowling (Unatt.) 13.72, ranked 7th, in 13.60. All three were under the TAC standard of 13.90.

Mike Barnett (Azusa Pacific), ranked 9th in the U.S., set a new meet record of 286-10. The old record of 267-0 was set by Tom Petronoff, unattached, in 1980. Ray Hansen (Kansas St.), 10th on the U.S. list, placed second with a throw of 257-8. Both Barnett and Hansen made the NCAA standard of 245-4. It was a big improvement for Barnett who threw 265-3 last year.

Coleen Sommer (Club Adidas), ranked 7th in the world, set a new meet and stadium record of 6-5¼ in the high jump. The old record of 6-0 was set by Phyllis Blunston (Cal St. Bakersfield) and Sommer (Arizona St) in 1981.

Sharrieffa Barksdale (Tennessee), ranked sixth in the U.S., won the 400 hurdles in 58.9. She broke the meet and stadium records. The old meet record of 61.12 was set by Sandra Farmer (LA Naturites) in 1982. The old stadium record of 59.67 was set by Joetta Clark (Tennessee) in 1982.

Tennessee and UCLA women's 400 relay teams qualified for the NCAA with times of 44.81 and 45.11, respectively.

Meg Ritchie (Arizona/Scotland), 14th on the world list, won the discus with a throw of 207-3. Carol Cady (Stanford), ranked 9th in the U.S., took second at 197-8 to move to third on the U.S. all-time list. Lorna Griffin (Athletics West), ranked 2nd in the U.S., was third at 191-6½.

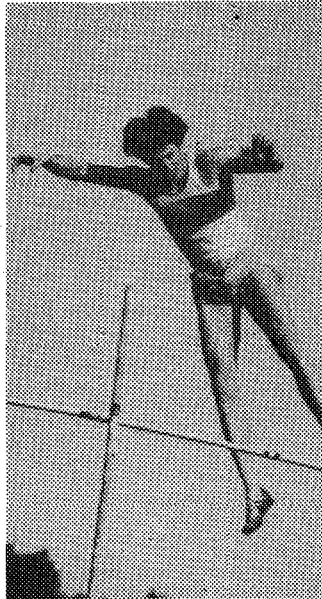
Gregg Traftis (Weight City), ranked 10th in the U.S., threw the shot 66-3¼. His best in 1982 was 66-¼. Mike Smith (Unatt.), 15th on the U.S. list, placed second at 65-3¼. Hank Kraychir (Southern Cal), 18th on U.S. list, was third at 64-2½.

Marita Walton (Maryland/Ireland) won the women's shot put at 55-9. Peggy Pollock (Cal Poly-SLO), ranked 10th in the U.S., moved to 6th all-time in the U.S. with 55-5. Lorna Griffin (Athletics West), ranked 1st in the U.S., placed third at 55-4¼.

Tiina Lillak (Finland), ranked 4th in the world, set new meet and stadium records

of 218-0 in the javelin. The old records of 193-6 were set by Kate Schmidt (Pacific Coast Club) in 1981. Liz Mueller (San Diego St.), ranked 10th in the U.S., was second at 171-9½. Barb More (Will's AC), ninth on the U.S. list, placed third at 167-5½.

photo by G. David Brown/Innersports



FELIX BOHNI

Juha Tiainen (Finland), 8th on the world list, threw the hammer 243-6. Giampaolo Urlando (Italy), 9th on the world list, was

second at 242-1. Ed Burke (Accusplit TC), ranked 2nd in U.S., placed third at 240-8.

Felix Bohni (San Jose State/Switzerland), the NCAA indoor pole vault champion, vaulted 17-6. Doug Lytle, the 1982 NCAA indoor champion and ranked 7th in the U.S., was second also at 17-4. They surpassed the NCAA standard of 17-4.

Robin Campbell (Stanford TC), 15th on the U.S. 800 list, set a new stadium record of 2:02.7. The old record of 2:03.2 was set by Campbell in 1980. Louise Romo (California), AIWA champion and ranked 7th in the U.S., placed second in 2:04.3. Joetta Clark (Tennessee), ranked 4th in the U.S., was third in 2:04.4.

Gwen Loud (Hawaii/Westchester HS, LA), the State high school champion in 1979 and ranked 5th in the U.S., leaped 21-2 to set new stadium and meet records. The old meet record of 19-10½ was set by Sandy Crabtree (USC) in 1982. The old stadium record of 20-11¾ was set by Tatyana Shekanove (USSR) in 1962.

Denean Howard (Los Angeles St.), ranked 1st in the U.S., won the 400 in 52.6. Kathy Rattray (Tennessee) was second in 53.0. Robin Campbell, the winner of the 800 earlier, came back to place third in 53.3.

Cliff Wiley (Accusplit TC), ranked 4th in the world, won the 400 in 45.81. John Powell, ranked 6th in the world, threw the discus 212-9. Art Swartz, ranked 9th in the U.S., placed second at 203-3.

Jose Salazar (Long Beach St./Venezuela), who threw 52-0 at Long Beach CC last year, improved at 54-0. Ray Kimble (Bay Area Striders) was second at 53-8½. Robert Cannon (Coast Athletics TC), ranked 8th in the world, was third at 53-¼.

continued on next page...

Jan Johnson - CONVERSE VAULTING CAMP

Cal Poly San Luis Obispo
July 10-15, 1983

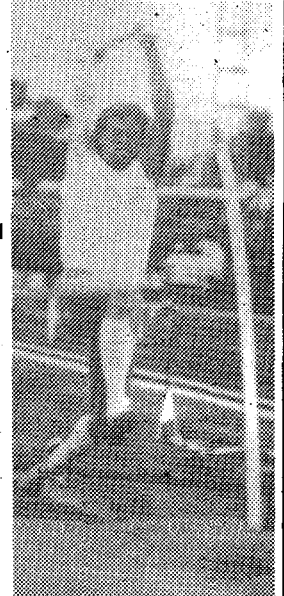
- * Designed by a championship vaulter and coach specifically for vaulters
- * Dedicated to the science, technique and training of pole vaulting
- * Previous camps have produced 64 State Champions, 20 H.S. and 10 NCAA All Americans
- * Imitative drills, gymnastics, speed and strength testing, T-shirt, biomechanical and body composition analysis, booklet, lots of vaulting
- * Individualized instruction, enrollment limited
- * **JAN JOHNSON**
1972 Olympic Bronze Medalist
Former World Record holder
M.S. Biomechanics Researcher

Other Locations & Dates

June 12-17 SIU, Carbondale, Ill.
June 19-24 LSU, Baton Rouge, La.

FOR INFORMATION:

Tom Henderson
Track Coach Cal Poly
Dept. of Athletics
San Luis Obispo, Ca. 93401
805-546-2923
805-543-3274/Jan Johnson



PACER III VAULTING POLES



Results

The Tennessee women's mile relay team of Kathy Rattray, Sharrieffa Barksdale, Kelia Bolton (the 1978 State high school sprint champion), and Joetta Clark set new stadium and meet records of 3:35.5. The old records of 3:37.5 were set by the Stanford TC in 1982.

Brooks Johnson, the Stanford head track coach and meet director, said that the King Games may die because of greedy athletes and corporations that won't give financial backing.

photo by Bill Leung, Jr.



COLEEN SOMMER

April 1. Stanford Stadium.

Men's 10,000 meters—Section "B"—1. Kevin Broady, Cal Poly SLO, 30:15.4; 2. Charles Alexander, Stanford, 30:34.0; 3. Joe Rubio, WVTC, 30:37.0; 4. Jesse Torres, San Jose City, 30:43.8; 5. Kurt Cook, Westmont, 30:48.3; 6. Jim Kaspari, Cal Davis, 30:50.9; 7. Mendez, Hayward State, 30:55.8; 8. Ken Ellingbee, Cal Poly SLO, 31:03.5; 9. Pete Dolan, Aggie Santa Barbara, 31:03.9.

Women's 3,000 meters—Section "B"—1. Kelly Ringer, UC Irvine, 9:58.6; 2. Sharon Powers, Santa Rosa, 10:03.6; 3. Sheila Rogers, BYU, 10:04.8; 4. Elise Jones, Cornell, 10:08.8.

Women's Olympic Development Long Jump—1. Chandra Roberts, Long Beach St., 19.0¼; 2. Myrtle Chester, Tenn., 18-8½; 3. Stephanie Brown, CSLA, 18-8; 4. Kerry Bell, USC, 18-5¼; 5. Yvonne Coleho, Cal, 18-1; 6. Darlene Pennie, Pasadena, 17-11 (5.46).

Women's 3,000 meters—Section "A"—1. Michele Bush, UCLA, 9:26.4; 2. Liz Natale, Tenn., 9:30.0; 3. Monica O'Reilly, Tenn., 9:30.2; 4. Laurie Bush, CS-Long Beach, 9:43.6; 5. Melissa Martell, UCSB, 9:47.0.

Women's Olympic Development 400 Meter Intermed. Hurdles—Heat 1: 1. Margaret Demorest, Stanford, 62.5; 2. Elizabeth Griffith, UC-Irvine, 63.3; 3. Joy Upshaw, Cal State Hayward, 64.4; 4. Susan Burrus, Stanford, 64.9; 5. Kathy Bower, CS-Long Beach, 65.9; 6. Beth Griffiths, Cal Poly-SLO, 66.8; 7. Chris Vigile, Cal, 68.5. Heat 2: 1. Yvette Irons, CSLA, 63.2; 2. Barbara Friedson, Sonoma St., 65.3; 3. Debbie Arthur, UCSB, 65.9; 4. Angela Paradise, Unn., 66.2; 5. Merika Reed, Fresno St., 68.1; 6. Lisha Triplett, Contra Costa, 69.1; Heat 3: 1. Mary

Sullivan, UC-Irvine, 65.4; 2. Kim Horn, CSLB, 67.0; 3. Kathleen Bortolussi, Cal, 69.1.

Men's Olympic Development Shot Put—1. Cam Baxter, 58-8; 2. Ron McKee, 56-4; 3. Don Crow, 55-7; 4. Todd Kaufman, 54-10; 5. Rick Weyers, 53-11; 6. Walter De-Jan, 52.5; 7. Allan Graves, 51-3; 8. Eric Hudson, 50-6; 9. Steve Calvin, 50-4.

Women's Olympic Development High Jump—1. Jackie Joyner, UCLA, 5-7¾; 2. Deanne Malvino, Sonoma St., 5-5¾; 3. Julia Philyaw, Sac St., 5-3¾; 4. Lynnda Kelley, UC-Irvine, 5-2; 5. Wanda Ashford, CSLA, 5-2.

Men's Olympic Development 400 Meter Intermed. Hurdles—Heat 1: 1. Bruce Mitchell, Pasadena, 53.16; 2. Jeff Norton, USC, 53.44; 3. Ron Seanez, Accusplit, 55.15; 4. Martin Booker, Villanova, 55.33.

Heat 2: 1. Craig Morris, Villanova, 51.94; 2. Tom Hoban, Chabot, 53.44; 3. Rodney Wilson, Villanova, 53.46; 4. Chris Crisman, USC, 53.47. Heat 3: 1. Brad Underwood, Cal Poly-SLO, 51.92; 2. James Knowles, USC, Disqualified (trailing leg); 3. Ed Riley, LBCC, 52.59; 4. Kevin Kellum, Unn., 52.82; 5. Frank Williamson, Fresno St., 53.98; 6. Eddie Laughridge, All Am., 54.05. Winner on Time.

Women's Olympic Development Discus—1. Jackie Wallace, Tenn., 164-7; 2. Karen Nickerson, Stanford, 164-1; 3. Glenda Ford (Hayward), 159-7; 4. Diane Oswald, Hayward, 156-1; 5. Sue Springer, Cal 154-3; 6. Lindy Toman, 153-10; 7. Wendy Robinson, 147-0; 8. Cindy Durschlag, Cal, 144-2.

Men's Olympic Development Javelin—1. Dave Stephens, Cal St.-North., 221-5; 2. Kevin Goode, Wt. City TC, 220-2; 3. Walker, CS-Hayward, 212-10; 4. Alan Colatz, CS Bakersfield, 212-5; 5. Ray Belvap, Cal Poly-SLO, 207-0; 6. Mark Richardson, Unatt., 205-10.

Men's Olympic Development 100 meters—1. Wiley Watson, San Jose St., 10.69; 2. Philip Attipoe, Nevada-Reno, 10.71; 3. Ron Waynes, Cal Poly-SLO, 10.78; 4. Mark Wyatt, Nevada-Reno, 10.87; 5. Darren Turner, LBCC, 10.97; 6. Tom Purvis, Contra Costa CC, 10.98; 7. James Idun, Nevada-Reno, 11.00; 8. Mark Wilson, San Jose St., 11.02.

Men's Olympic Development Long Jump—1. Paul Bates, Golden Bear, 24-5; 2. Terry Armitage, Unn., 24-3¼; 3. Eric Thomas, Pasadena, 23-7½; 4. Tim Pinnick, Army, 23-4; 5. Pomulus Briggs, San Jose St., 23-3½.

Men's Olympic Development Pole Vault—(for those under 15'6")—1. Kelly Rodriguez, Fresno St., 16-0; 2. Mark Hepner, Fresno St., 15-0; 3. Jim Williams, West Valley, 15-0.

High School Girls' 3000 meter run—1. Cory Schubert, Del Mar, 9:31.0; 2. Katie Dunsmuir, Santa Monica TC, 9:38.2; 3. Tania Fisher, Chaminade, 9:40.1; 4. Gladees Prieur, Santa Monica TC, 9:41.2; 5. Toni Mooney, Vacaville, 10:14.9; 6. Nanette Garcia, Silver Creek, 10:25.0; 7. Sally Pinkner, Davis, 10:29.4; 8. Lisa Swift, Reed, 10:33.0; 9. Karen Himenes, St. Francis, nt; 10. Kim Himenes, St. Francis, nt.

Men's Olympic Development Hammer Throw—1. Fred Schumacher, 203-3; 2. Rick Fritchmeier, 202-3; 3. Mike Walls, 200-3; 4. Steve Nickerson, 195-3; 5. Mike Fritchman, 193-0; 6. John Wolitarsky, 188-3; 7. Mike Barnett, 186-11; 8. Dave Debus 183-10.

High School Boys' 3000 meter steeplechase—1. Danny Valdez, Merced, 9:41.6; 2. Orlando Briggs, Willow Glen, 9:48.3; 3. Jim Bloomer, El Cerrito, 9:51.5; 4. Matt Wilkinson, Sir Francis Drake, 9:55.8; 5. Shane O'Flaherty, Bellarmine, 10:10.5; 6. Lawrence Higgins, Menlo-Atherton, 10:25.3.

Women's Olympic Development 4 X 800 Relay—1. UCLA (Michelle Bush, Polly Plumer, Arlise Emerson, Brenda Peterson) 8:41.2; 2. Stanford (Jessica Spies, Alison Wiley, Patti Sue Plumer, Regina Jacobs) 8:44.2; 3. Cal Poly SLO, 8:55.0; 4. BYU, 9:00.4; 5. Cal State LA, 9:21.4; 6. Cal, 9:24.1; 7. UC-Irvine, 9:29.6; 8. Cal State-Bakersfield, 9:52.0.

Men's Olympic Development 4 X 800 Relay—1. Villanova (John Boogese, J.H.

Clark, Marcus O'Sullivan, John Marshall), 7:26.5; 2. Long Beach CC (Luis Lizardi, Darryl Richie, Gonzalo Huggins, Angel Roman), 7:29.1; 3. San Jose St., 7:33.4; 4. Aggie TC "A", 7:34.1; 5. Cal State Chico, 7:42.9; 6. Cornell, 7:43.0; 7. Cal State Sacramento, 7:46.0; 8. Cal Poly Pomona, 7:46.5; 9. Aggie TC "B", 7:47.2; 10. UC-Davis, 7:54.6.

Girls' High School 4 X 800 Relay—(Note: Race was not a full two miles; the first leg of each team ran only 800 meters) 1. Del Mar (Cory Schubert, Nora Baker, Christine LaFranco, Lanette Davis) 9:33.0; 2. LeLand 9:44.7; 3. Los Gatos 9:56.1; 4. Reno 9:59.0; 5. Mitty 10:01.1; 6. St. Francis 10:11.0; 7. Los Altos 10:11.0; 8. Reed 10:20.5; 9. San Ramon 10:24.2; 10. Alhambra 10:25.4; 11. San Teresa 10:32.3; 12. Menlo Atherton 10:32.6.

Boys' High School 4 X 800 Relay—1. LaCanada (Scott Nevilchick, Mark Johnson, John Larson, John Nevilchick) 7:53.7; 2. Pasadena 7:57.2; 3. Serra 8:06.3; 4. Richmond 8:12.2; 5. Bellarmine 8:12.5; 6. Los Gatos 8:14.6; 7. St. Francis 8:16.1; 8. Live Oak 8:16.7; 9. San Ramon 8:20.9; 10. Reno 8:21.0.

Women's Olympic Development Javelin—1. Joanne Davis 156-5; 2. Kim Marsh 149-11; 3. Casey Giacomazzi 142-5; 4. Jeannie Miller 141-5; 5. Brenda Trobaugh 140-9; 6. Janet Oberg 137-11.

Women's Junior Colleges 4 X 100 Relay—1. Pasadena City (Cheryl Brown, Michelle Hallie, Cynthia Newton, Darlene Pennie) 47.86; 2. San Jose City 48.45; 3. San Mateo 48.56; 4. Contra Costa 49.30.

photo by Bill Leung, Jr.



CLIFF WILEY

Women's Olympic Development 100 meter hurdles—1. Myrtle Chester, Tenn., 14.60; 2. Missy Jerald, UCLA, 14.61; 3. Roianne Byrd, CS-Hayward, 14.78; 4. Cynthia Miller, CS-Bakersfield, 15.30; 5. Hiedi Friese, UCLA, 15.90; 6. Kathleen Bortolussi, Cal, 16.05.

Men's Olympic Development High Jump—1. Jim Moran, Cal State-Hayward, 7-0½; 2. Bobby Lucas, Humboldt St., 6-10; 3. Ron Lee, Cal State-Chico, 6-8; 4. (tie) Francis Jones, Pasadena City and John Budge, Cal State-Hayward, 6-8; 6. Imad

Jamal, Cal State-Chico, 6-8.

Women's 5000 meters—1. Julie Brown, LA TC, 16:01.1; 2. Carey May, BYU, 16:03.4; 3. Laurie Crisp, San Diego, 17:03.3; 4. Suzanne Richter, Golden Bear TC, 17:04.6; 5. Lorie Lopez, Cal Poly-SLO, 17:25.6; 6. Sharon Powers, Santa Rosa, 17:25.9; 7. Renee Wycoff, Fresno St., 17:27.8; 8. Michelle Anderson, Sanana, nt; 9. Laura Starrett, Cal, 18:00.1; 10. Francie Negri, UC-Davis, 18:25.8.

Men's JC Olympic Development 4 X 100 meter relay—Heat 1: 1. Long Beach CC (Tim Brown, Greg Washington, Darren Turner, Blair McMurray), 40.71; 2. Merritt College, 41.30; 3. Santa Ana, 42.26; 4. Contra Costa, 42.2. Heat 2: 1. Foothill (Bryce Bell, Tim Redick, Bob Alexander, Steve Roberts) 42.57; 2. DeAnza 43.19; 3. Monterey Peninsula, 43.29; 4. College of San Mateo 43.49. Winner on Time.

Men's Olympic Development Discus—1. Randy Heister, ICU, 192-1; 2. Christian Okoye, Unn., 187-2; 3. Al Baginski, Maryland, 185-3; 4. Paul Bishop, Unn., 179-8; 5. Todd Kaufman, San Jose City, 178-8; 6. Greg Bartlett, Kansas St., 176-3; 7. John Garvey, Unn., 173-3; 8. Paul Bender, Fresno St., 167-9.

Men's Olympic Development 110 meter High Hurdles—1. Angelo Booker, 14.55; 2. Rod Dickerson, Ath. Exp., 14.85; 3. Hank Dixon, Cal State-Sacramento, 15.10; 4. Robert Thompson, West Valley TC, 15.31; 5. Omar Herrera, Pasadena, 15.59; Heat 2: 1. George Carty, Unn., 14.64; 2. Ed Riley, Long Beach CC, 14.74; 3. Landis Hansen, Nev.-Reno, 15.75; 4. Kevin Mouton, CCC, 15.97; 5. David Wilson, CCC, 16.01. Winner on Time.

Men's Olympic Development Pole Vault—(for those over 15-6)—1. Doug Backmiller, Golden Bear, 16-0; 2. Bob Babits, Golden Bear, 16-0; 3. Mark Kibort, Unn., 16-0; 4. Allen Sauch, All-Am., 16-0; 5. (tie) Lyle Esterkyn, USC and Mike Phipps, USC, 15-8; 7. Kelly Rodriguez, Fresno St., 15-6; 8. Doug Owens, USC, 15-0; 9. Greg Ellis, Cal State-Long Beach, 15-0.

Women's JC King Games 4 X 400 Relay—1. San Mateo (Brenda Brauer, Paula Fournir, Jeanie ?, Rhonda Robinson) 3:57.7; 2. San Jose City 3:59.7; 3. Chabot College 4:02.0; 4. Pasadena 4:02.2.

Men's King Games Distance Medley Relay (880-440-1320-Mile)—1. Villanova (Ken Lucks, Chip Jenkins, Brian O'Keefe, John Keyworth) 9:43.4; 2. Long Beach City (Chuck Franks, Luis Lizardi, Angel Roman, Gonzalo Huggins) 9:50.4 National Junior College Record (old record: 9:50.7, Citrus, 1982) 3. Golden Bear, 10:08.1; 4. Nevada-Reno, 10:09.7; 5. Pasadena City 10:09.7; 6. Cal St. Northridge 10:12.3; 7. Fresno St. 10:15.0; 8. Cal Poly-SLO, 10:15.0.

Men's King Games JC 4 X 440 Relay—1. Merritt College (Thomas, Horston, Rattison, McKinley) 3:14.21. 2. Long Beach City (Washington, Richey, Riley, GIMurray) 3:14.26; 3. San Jose City (Grimes, Riley, Oran, Stockdale) 3:14.57; 4. DeAnza 3:21.70; 5. Santa Ana 3:25.59.

Men's Olympic Development Triple Jump—1. Paul Bates, Golden Bear 50-5½; 2. Philip Roberts, Road Runner 49-3¼; 3. Antony Trammel, Cal State Hayward 48-9¾; 4. Roosevelt Kent, Azusa Pacific 48-4; 5. Jeff Thomas, Contra Costa CC 47-7¼; 6. Dan Viera, CS-Hayward 46-9¾; 7. Michael Grissett, Cal State Chico 47-4¼.

Women's Olympic Development 10,000 meters—1. Jill Molen, Utah, 33:40.9; 2. Patti Gray, Davis 34.23.7; 3. Janelle Neeley, BYU 34.23.7; 4. Alison Quelch, Tenn., 34:29.0; 5. Marilyn Nichols, Cal Poly 34:31.3; 6. Debra Chaddock, San Diego 34:56.0; 7. Kathy Hadler, Tenn., 35:13.5; 8. Linda Somers, UC Davis, 35:15.0; 9. Kathy Koudela, Cal State Hayward, 35:36.3; 10. Becky Larson, BYU 36:00.9; 11. Elaine Campo, Unn., 36:46.8; 12. Laura McHale, CSUS 36:51.2; 13. Liz Garman, Azusa Pacific nt; 14. Marta Barcia, CS Bakersfield nt; 15. Valeri Key, Redlands, nt.

Men's Olympic Development 10,000 meters—1. Carmelo Rios, Cal Poly-SLO, 28:51.9; 2. Gary Tuttle, New Balance 28:58.0; 3. Roy Kissin, Sub-4 29:01.3; 4. Duncan Macdonald, Athletics West, 29:10.4; 5. Dan Grimes, Unatt. 29:25.4; 6. Manny Bautista, Sub-4; 29:27.4; 7. Mark

- 38 Dave Barney 30:18
39 Dan Harvey 30:21
40 Alex Kasich 30:26
41 Bill McCullough 30:27
42 Ron Fritzk 30:31
43 David McDonald 30:37
44 Gary Romesser 30:38
45 Andrew Ferguson 30:42
46 Frank Nunene 30:49
47 Mark Olason 30:50
48 Bill Gail 30:53
49 James Kamau 30:58
50 Ed Arriola 31:07
51 Tom Fleming 31:07
52 Jim Peterson 31:10
53 Mike Porter 31:11
54 Scott Browning 31:12
55 Alan Scharus 31:13
56 Randy Espinoza 31:19
57 Jim Howard 31:34
58 Tim Barnes 31:54
59 Scott Giddings 31:54
60 Robert Waugh 32:04
61 Lance Packer 32:14
- Divisions**
12-Under: 1. Marlin Antone (12) 38:14, 2. Peter Sorenson (12) 39:53, 3. Anders Bergstrom (11) 40:28, 4. Aza Sales (12) 41:30, 4. Jody Estes (11) 41:44.
13-15: 1. Richey Green (15) 34:26, 2. Barry Manuel (14) 35:02, 3. Martin Weight (15) 35:24, 4. Mike Bernstein (14) 35:26, 5. Thomas Flores (15) 35:39.
16-19: 1. Eric Martineau (18) 31:35, 2. Murray Rondon (19) 31:48, 3. Dermot Bradshaw (19) 31:57, 4. Aaron Pierson (19) 32:36, 5. Martin Martinez (18) 32:56.
20-24: 1. Kevin Kelse (20) 31:16, 2. Carlos Ybarra (20) 31:23, 3. Charles Wycliffe (22) 31:26, 4. Espan Borge (20) 31:37, 5. Kurt Threinen (20) 31:39.
25-29: 1. Rick Bohl (25) 30:15, 2. Lee Anderson (25) 30:17, 3. Edward Gradowski (26) 30:47, 4. Jim Walker (27) 31:01, 5. David Bosley (29) 32:07.
30-34: 1. Sigmund Kruse (30) 32:34, 2. Fred Tillery (30) 33:07, 3. Dan Dierkin (33) 33:54, 4. Jack Gallagher (31) 33:58, 5. Fred Pederzoli (32) 34:03.
35-39: 1. Hayden Smith (35) 34:00, 2. Steve Bell (38) 34:57, 3. Bob Sevens (39) 34:57, 4. Tony Guillen (37) 35:01, 5. John Mericle (37) 35:08.
40-44: 1. Nat White (42) 35:59, 2. James Gerace (42) 35:07, 3. Don Brananman (44) 36:10, 4. Neal Chappell (43) 36:18, 5. Jim Blair (40) 36:22.
45-49: 1. Robert Packard (48) 32:45, 2. John Weldy (48) 34:12, 3. Allan Gibson (45) 36:42, 4. Joe Livesay (48) 36:49, 5. Art Sylvester (45) 37:15.
50-54: 1. Tom Sturak (51) 37:05, 2. John Sadlouskos (50) 37:57, 3. Mike Mikkelsen (51) 38:02, 4. James Flynn (50) 38:11, 5. Dom Feroletto (52) 39:50.
55-59: 1. Mac Elliott (57) 39:15, 2. Hubert Williams (57) 40:26, 3. Charles Heers (56) 42:22, 4. Randy Schachtill (56) 45:27, 5. Al Hoffman (55) 47:41.
60 & over: 1. Donald Longenecker (66) 39:10, 2. Nat Robbins (61) 44:53, 3. Casey Poole (60) 44:58, 4. Fred Schoeffler (60) 47:08, 5. Lorne Bartling (67) 47:13.

Women's Overall

- 1 Wendy Sly 32:05
2 Betty Springs 33:03
3 Ingrid Kristiansen 33:07
4 Ellen Hart 33:19
5 Lynn Kanuka 33:34
6 Eleanor Simonstik 33:44
7 Linda McLennon 33:51
8 Margaret Groos 33:52
9 Judi St. Hillaire 33:53
10 Kellie Cathey 34:40
11 Jeane Lasee 34:55
12 Mary Shea 35:07
13 Marjorie Kaput 35:21
14 Maria Trujillo 35:47
15 Sue Addison 36:13
16 Mindy Ireland 36:43
17 Jackie Hansen 37:01
18 Karen Pettley 38:55

Women's Divisions

- 12-Under: 1. Mindy Heywood (11) 41:13, 2. Shelly Brown (12) 43:40, 3. Tiffany Schultz (11) 44:53, 4. Barbara Palais (12) 45:10, 5. Georgette Howe (9) 48:32, 6. Michelle Hillman (12) 50:16, 7. Georlana Howe (12) 50:40, 8. Almee Anthony (11) 51:11, 9. Teresa Mayer (12) 52:20, 10. Ashley Edens (11) 52:58, 16-19: 1. Lupita Arzuldeiz (19) 39:30, 2. Eileen Kopeccky (19) 40:06, 3. Denise Zonca (19) 43:43, 4. Lisa Anetsberger (18) 43:44, 5. Nancy Bak (16)

- 45:03, 6. Elissa Kopeccky (18) 46:13, 7. Esther Valentin (17) 46:47, 8. Lisa Harville (19) 46:53, 9. Jodonna Hall (19) 47:24, 10. Karyn Bradshaw (17) 47:51.
20-24: 1. Celeste Cohorn (20) 41:12, 2. Kris Denny (20) 42:23, 3. Krista Holmes (22) 42:39, 4. Connie Baca (23) 43:28, 5. Yvonne Harkins (21) 43:32, 6. Desiree Rome (20) 44:08, 7. Lisa Bartels (23) 44:21, 8. Malbritt Skipper (20) 44:50, 9. Linda Linenkamp (22) 44:58, 10. Mary Ryan (22) 45:32, 25-29: 1. Margie Norem (39) 39:44, 2. Ann Nielsen (29) 40:24, 3. Susan Surber (27) 41:07, 4. Annette Sargent (25) 41:20, 5. Janet Smith (27) 41:35, 6. Joyce McIntosh (29) 41:36, 7. Pamela Jo Davies (26) 42:39, 8. Elyonne Carter (29) 43:41, 9. Monica Frederick (25) 44:20, 10. Jan Lewis (28) 44:29.
30-34: 1. Patricia Benninger (32) 37:22, 2. Susan Shafer (31) 41:52, 3. Patti Mericle (32) 41:55, 4. Claudia Johnson (31) 43:19, 5. Terry Ann Roach (30) 43:21, 6. Leal Howard (31) 43:27, 7. Jill Ewalt (32) 45:11, 8. Jackie Barnett (30) 45:35, 9. Christina Holmes (31) 46:06, 10. Melody Davis (33) 46:21, 35-39: 1. Mary Verdugo (37) 39:43, 2. Mary Orr (38) 42:19, 3. Suzanne Armstrong (36) 44:09, 4. Kathy Erickson (36) 44:09, 5. Leslie Ulstrup (39) 45:12, 6. Judy Pratt (39) 45:23, 7. Karin Constant (37) 45:32, 8. Carol Jean Kennedy (37) 45:48, 9. Thekla Long (35) 46:14, 10. Susan Cox (37) 47:58.
40-44: 1. Josie Fox (40) 40:41, 2. Judy Allard (44) 43:20, 3. Jeanette Rusk (42) 45:36, 4. Molly Carder (41) 46:50, 5. Claudia Fakoury (40) 47:39, 6. Maria Sigmon (42) 48:53, 7. Lyn Krigbaum (41) 48:57, 8. Gertrud Roberts (43) 49:49, 9. Sue Chase (43) 50:18, 10. Lucy Keller (40) 50:21, 45-49: 1. Evelyn Lundquist (47) 45:05, 2. Joan Del Vecchio (45) 45:10, 3. Betty Ratley (45) 45:35, 4. Lucy Thielen (45) 49:14, 5. Betty Wendle (46) 49:18, 6. Eva Hogan (48) 51:05, 7. Patty Weeks (45) 54:28, 8. Carrol Clancy (47) 56:06, 9. Beverly Graff (47) 58:59, 10. Lucy Adams (47) 57:08.
50-54: 1. Mary O'Connell (51) 47:25, 2. Caroline Earl (52) 50:27, 3. Mary Dasen (51) 53:27, 4. Dora Garcia (52) 54:23, 5. Mary Beth Willey (51) 54:34, 6. Myrna Harrison (51) 58:19, 7. Barbara Grier (52) 59:04, 8. Peg Keith (54) 1:06:31, 9. Patricia Carli (52) 1:08:08, 10. Pat Schulder (50) 1:10:20, 55-59: 1. Mary Storey (58) 45:09, 2. Adele Millicevic (56) 47:23, 3. Grace Gammill (56) 50:33, 4. Jessie Lasinsky (56) 52:50, 5. Dorothy Franklin (58) 54:09, 6. Lois Gundler (55) 56:18, 7. Aino Mayer (58) 56:52, 8. Emma Bowman (55) 58:09, 9. Vivian Young (55) 1:01:16, 60-Over: 1. Mem Howe (64) 52:17, 2. Marion Gibbons (60) 55:33, 3. Ann Snyder (66) 59:43, 4. Vasiliki Boukias (66) 1:10:48.

Bidwell Classic

March 5. Chico. Marathon

- 1 David Chairez (23) Sacramento 2:25:40
2 Richard Hanna (18) Sac. 2:31:02
3 Junior Rice (28) Whc., San.Rosa 2:31:04
4 Nick Yray (33) San Jose 2:32:08
5 Craig Moore (29) Placerville 2:33:01
6 Don Dugdale (37) San Jose 2:37:24
7 Arthur Webb (41) Santa Rosa 2:38:49
8 Richard Brantigan (39) Grnvieu 2:44:19
9 Frank Stotler (23) Concord 2:46:17
10 George Parrott (39) Sac. 2:47:02
11 Joseph O'Flaherty (36) La Mesa 2:47:09
12 Scott Brickard (30) Merced 2:48:14
13 Chip Lambert (17) Oroville 2:48:32
14 Tim Twietmeyer (24) Sac. 2:48:35
15 Chris Kalberg (21) Chico 2:48:48
16 Skip Lees (38) Chico 2:48:55
17 Stuart Corliss (26) San Fran 2:49:05
18 David Davis (27) Scotts Vy 2:49:41
19 Don Koerberlein (36) Sac. 2:50:21
20 Eric Ianacone (35) Rancho Cord 2:51:23
21 William Gardner (40) Chico 2:53:40
22 Ernest Takahashi (37) Sac. 2:55:03
23 Odin Christensen (35) Reno, NV 2:55:14
24 Larry Gomez (37) Cupertino 2:55:50
25 Fred Ryness (35) Burney 2:55:54
26 Michael Brown (27) Roseville 2:55:58
- Divisions—Men:** 14-17: 1. Chip Lambert 2:48:32, 2. Preston Knowlton 3:29:18, 18-29: 1. David Chairez 2:25:40, 2. Richard Hanna 2:31:02, 3. Craig Moore 2:33:01, 4. Frank Stotler 2:46:17, 5. Timothy Twietmeyer 2:48:35, 30-39: 1. Nick Yray

- 2:32:08, 2. Don Dugdale 2:37:24, 3. Richard Brantigan 2:44:19, 4. George Parrott 2:47:02, 5. Joseph O'Flaherty 2:47:09.
40-49: 1. Arthur Webb 2:38:49, 2. William Gardner 2:53:40, 3. Dan Wolke 2:58:34, 4. Robert Hanna 3:03:25, 5. Tim Whitright 3:04:03, 50-59: 1. William Casteel 3:14:33, 2. John Kalberg 3:23:39, 3. Robert Matheson 3:28:46, 4. Mike Murray 3:39:13, 5. Richard Waldo 3:56:54, Wheelchair: Junior Rice 2:31:04, Bill Bowness 3:00:57.
Women: 18-29: 1. Betty Minton 3:14:09, 2. Karen Noland 3:26:30, 3. Debbie Caminati 3:29:29, 4. Shirley DeLeon 3:40:25, 5. Sarah Gallagher 3:42:47, 30-39: 1. Shirley Shaw 3:14:16, 2. Sandi McGuire 3:20:59, 3. Cheryl Clanton 3:22:16, 4. Kathryn Kettler 3:36:46, 5. Nancy March 3:46:20, 40-49: 1. Rita Allen 4:15:49, 2. Caroline Merrill 4:54:49, 50-59: 1. Georgia Strausbaugh 4:27:46, 2. Annabel Marsh 4:46:10.

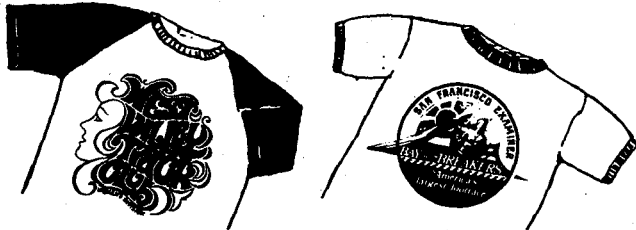
Half Marathon

- 1 Joaquin Leano (24) Reno, NV 1:05:41
2 John Mansoor (27) Fair Oaks 1:08:11
3 Adam Ferreira (32) North Highl 1:08:25
4 Thomas Cushman (29) Chico 1:08:39
5 Lynn Mentzer (23) Reno, NV 1:09:02
6 Thom Trimble (23) Lafayette 1:09:56
7 Mike Wheeler (34) Oakland 1:10:24
8 Jim Price (31) Redding 1:11:44
9 Monty Schafer (28) Sac. 1:11:46
10 Joe Becerra (40) Burlingame 1:11:47
11 Rob Trumbull (23) Chico 1:12:05
12 Ronald Richardson (26) Portola 1:12:49
13 Allen Masterson (25) Redding 1:13:01
14 Allan Stanbridge (36) Burling. 1:13:15
15 Doug Perez (34) San Fran. 1:13:26
16 Charles Griffin (29) Berkeley 1:13:31
17 Jim Walker (25) Chico 1:13:36
18 Don Merwin (19) Redding 1:13:38
19 Noel Lincicome (34) Sparks, NV 1:14:05
20 Douglas Stevens (39) Palo Alto 1:14:11
21 Paul Gossi (27) Reno, NV 1:15:00
22 Michael McGuire (38) San.Rosa 1:15:22
23 Jim Bevins (44) Susanville 1:15:33
24 Michael Daigle (34) Sac. 1:15:36
25 Michael Kelly (36) Loomis 1:15:49

continued on next page...

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Results

68 Ronald Prior (40) Redding 1:22:50
 69 Warren Coleman (35) Chico 1:22:53
 70 Jim Pentrack (31) Chico 1:22:58
 71 David Hanley (31) Chico 1:22:59
 72 M. Molling (29) Klam.Flls.OR 1:23:11
 73 Gary Lotspeich (34) Carmichael 1:23:31
 74 Brad Marshall (14) Sacramento 1:23:38
 75 Jim Faulkner (35) Davis 1:23:40
 76 Michael Oberth (27) Fair Oaks 1:23:41
 77 Mike Dinehart (26) Ukiah 1:23:52
 78 Bridget Goodwin (27) Oakland 1:23:56
 79 Thomas Hughes (23) Chico 1:24:06
 80 Craig Bain (26) Chico 1:24:20
 81 Mike Ercolini (24) Chico 1:24:25
 82 Jim Scott (23) Chico 1:24:32
 83 Gregory Durbin (25) Ukiah 1:24:58
 84 Scott Deihl (16) Anderson 1:25:01
 85 Dan Vermette (46) Magalia 1:25:04
 86 Steve Whitwill (34) Coalinga 1:25:16
 87 Michael Sechelski (32) S.F. 1:25:20
 88 Steve Drimmel (29) Tigard, OR 1:25:32
 89 Michael Boynton (35) Willows 1:25:37
 90 Marleen Haverty (21) SLO 1:25:42
 91 David Jang (27) Stockton 1:25:57
 92 Timothy Savae (30) S.F. 1:25:59
 93 Harry Daniel (54) Redding 1:26:38
 94 Bob Metzger (27) Orland 1:26:40
 95 Ron Kelley (19) Chico 1:26:41
 96 M. Brigham (27) Mahat.Bch 1:26:42
 97 Spencer Tacke (29) Palo Alto 1:26:43
 98 Phil Bosco (33) Mt. Shasta 1:26:57
 99 Andy Settle (44) Concord 1:26:59
 100 Peter Kruckwitt (29) Vaca. 1:27:03

Divisions—Men: 13-Under: 1. Michael Adreani 1:28:48, 2. Tom Claiborne 1:31:28, 3. Jason Orozco 1:41:53, 4. Jamie Payne 1:42:23, 5. Steve Allen 1:43:12, 14-17: 1. Vance Goss 1:17:21, 2. Steve Whitehead 1:19:24, 3. Tim Berger 1:21:08, 4. Brad Marshall 1:23:38, 5. Scott Deihl 1:25:01, 18-29: 1. Joaquin S. Leano 1:05:41, 2. John Mansoor 1:08:11, 3. Thomas Cushman 1:08:39, 4. Lynn Mentzer 1:09:02, 5. Thom Trimble 1:09:56, 30-39: 1. Adam Ferreira 1:08:25, 2. Mike Wheeler 1:10:24, 3. Jim Price 1:11:44, 4. Allan Stanbridge 1:13:15, 5. Doug Perez 1:13:26, 40-49: 1. Joe Becerra 1:11:47, 2. Jim Bevins 1:15:33, 3. Jim Moore 1:18:09, 4. Roy Butterfield 1:21:20, 5. Dan Vermett 1:25:04, 50-59: 1. Everett Riggle 1:17:22, 2. William Beckwith 1:20:58, 3. Harry Daniel 1:26:38, 4. Blaine Menning 1:29:26, 5. David Peterson 1:30:27, 60-Over: 1. Paul Reese 1:27:48, 2. Mac Osborn 1:41:35, 3. Grant Eldridge 1:52:57, 4. Bill Magnusson 1:55:39, 5. Harry Hendrick 1:58:56.

Women: 13-Under: 1. Aysla Head 1:49:06, 2. Carin Anderson 1:56:53, 3. Jeanine Ralph 2:51:28, 14-17: 1. Karen Bushey 1:34:50, 2. Nancy Bowman 1:35:13, 3. Kym Jones 1:45:47, 4. Colleen McNeilly 1:48:58, 18-29: 1. Eileen Claugus 1:18:49, 2. Bridgett Goodwin 1:23:56, 3. Marleen Haverty 1:25:42, 4. Diana Pappas 1:27:12, 5. Claudia Morlang 1:27:38, 30-39: 1. Kathleen Kaiser 1:21:05, 2. Gaylene Robison 1:27:27, 3. Leslie King 1:32:29, 4. Carol Truitt 1:36:00, 5. Missy LeStrange 1:36:06, 40-49: 1. Heidi Skaden 1:28:05, 2. Marge Dunlap 1:35:10, 3. Margie Timberlake 1:35:25, 4. Diane Bromstead 1:41:32, 5. Kitty Brown 1:42:23, 50-59: 1. Elizabeth Ross 1:40:38, 2. Barbara Durham 1:51:02, 3. Liz Demonte 1:52:23, 4. Velma Nile 1:55:45, 5. Dorothy Peavy 1:57:32, Wheelchair: 1. Dan Buchanan 1:19:25.

St. Patrick's Day 10K

March 12. Mission Bay Park, San Diego. Divisions
Men: 17-Under: 1. Ted Goodlake 31:00, 18-29: 1. Graeme Fell 29:07, 2. Jan Haggbrand 29:25, 3. Kevin McCarey 29:42, 4. Desmond O'Connor 29:55, 5. Gary Blume 30:18, 6. Steve Hall 30:25, 7. Chris Mollahan 30:32, 8. Phil Ninck 30:52, 30-39: 1. Thomas Wessinghage 29:41, 2. Wally Buckingham 31:10, 3. Jim Mosher 31:48, 4. Wayne Buckingham 32:10, 5. Bob Day 32:25, 40-49: 1. Dan McCaskill 33:36, 2. Jim Williams 33:55, 3. Bob McAndrews 35:17, 50-Over: 1. Bob Collins 36:06, 2. Chuck Anderson 36:35, 3. Dick Robinson 38:10.
Women: 17-Under: 1. Robin Eager 38:45, 18-29: 1. Monica Joyce 33:16, 2. Lorrie Dierdorff 37:28, 3. Debbie Lewis 38:22, 30-39: 1. Ellen Wessinghage 36:05, 2. Patti Hurl 36:46, 3. Judy Dodge 38:20, 40-49: 1. Nancy Courter 40:35, 2. Ursula Rains 40:50, 3. Dixie Barnhart 41:25, 50-Over: 1. Dorothy Stock 39:42, 2. Anne B. Johnson 41:45, 3. Nicki Hobson 46:46.



photo by Richard Lee Slotkin
St. Patrick's Day 10K (left to right): Graeme Fell, Kevin McCarey, Jan Haggbrand(65), Desmond O'Connor, Thomas Wessinghage(699).

5K Run Of The Year

March 13. Ontario.
Men: 40-49: 1. Gerry Cobbe 17:07, 2. Bob McGeough 17:21, 3. Don Cousins 17:39, 50 & Over: 1. Wally Ingram 16:56, 2. Charles Hanson 18:08, **Women:** 40-49: No Entries, 50 & Over: 1. Mary Storey 21:55.

Napa Valley Marathon

From Reg Harris

March 13. Calistoga to Napa.
 1 Mike Warr (21)Napa 2:22:52
 2 Gregg Gemmill (27)Canada 2:25:18
 3 Frank Hanley (30)Berkeley 2:29:39
 4 Peter Leach (29)Portland 2:30:53
 5 Ron Mellor (30)Loomis 2:33:39
 6 Dwight Hendrix (28)Berkeley 2:33:58
 7 Bill Koehler (38)Fairfield 2:35:26
 8 Ronald Kubokawa (30)El Cerrit 2:35:35
 9 Eric Ivary (36)Oakland 2:35:49
 10 Lloyd George (26)Castro V 2:36:28
 11 Martin Jones (39)Sonoma 2:38:05
 12 David Weamer (40)Walnut Ck 2:38:08
 13 Charles Griggs (28)Sunnyvale 2:39:06
 14 Guillermo Barron (30)Oakland 2:39:34
 15 Jasper Kirkby (35)Mt. View 2:40:32
 16 Jim Lawson (29)San Fran. 2:40:53
 17 John King (30)Santa Rosa 2:41:47
 18 Patrick Shaughnessy(31)Valejo 2:42:49
 19 Ken Gurley (35)Santa Rosa 2:43:04
 20 Benny Partee (26)San Rafael 2:43:11
 21 John Lawson (27)San Fran. 2:43:19
 22 Edward Condit (27)Lafayette 2:43:35
 23 Steve Lorenz (38)San Jose 2:43:36
 24 Kees Tuinzing (35)San Rafael 2:43:47
 25 Bill Stacy (41)San Jose 2:43:54
 26 David Stevenson (30)Palo Alto 2:44:04
 27 Eugene Silver (52)San Jose 2:45:24
 28 Ballan Campeau (30)San Jose 2:45:30
 29 Thomas Graves (36)S.Leandro 2:45:40
 30 Ken Grebenstein (29)San Fran. 2:45:48
Divisions: MEN: 19 & Under: 1. Paul Hoover 3:21:51, 20-29: 1. Mike Warr 2:22:52, 2. Gregg Gemmill 2:25:18, 3. Peter Leach 2:30:53, 30-39: 1. Frank Hanley 2:29:39, 2. Ron Mellor 2:33:39, 3. Bill Koehler 2:35:26, 40-49: 1. David Weamer 2:38:08, 2. Bill Stacy 2:43:54, 3. Siegrid Mattern 2:46:04, 50-59: 1. Eugene Silver 2:45:24, 2. Bob Farrington 2:46:26, 3. Stan Block 3:07:39, 60 Plus: 1. Bob Manly 3:44:27.
WOMEN: 19 & Under: 1. Kathy Donofrio 3:14:05, 20-29: 1. Melinda Creel 3:14:22, 2. Carolyn Conti 3:14:29, 3. Alice Gandelman 3:19:07, 30-39: 1. Peggy Smyth 2:51:01, 2. Nelly Wright 2:54:04, 3. Karen Rohrborg 3:02:01, 40-49: 1. Diane McEwen 2:58:33, 2. Yoka Zwetsloot

3:28:58, 3. Jeanie Kayser-Jones 3:30:39, 50-59: 1. Ruth Bortz 3:53:38, 2. Etta Palmer 4:17:23, 3. Katharine Brieger 4:26:32.

St. Patrick's Day Race

March 19. Lake Merritt, Oakland. 6.2 miles.

Overall
 1 Ernie Rivas 1/30-39 32:13
 2 Dave Dempsey 1/19-29 32:31
 3 George Green 33:14
 4 David Vigil 33:31
 5 Joe Shieffer 33:35
 6 Jet Talco 34:05
 7 Timothy Markey 35:18
 8 David Handsher 35:22
 9 Mike Bergstrom 35:34
 10 Dick Cordone 35:40
 11 Noah Rollins 35:41
 12 Mike Hotton 35:49
 13 Phillip Hager 1/40-49 36:11
 14 James Davis 36:37
 15 Fred Merciarri 1/13-Under 36:51
 16 Ross Dachauer 36:59
 17 Paul Keeping 37:29
 18 Anthony Ison 37:39
 19 Sharlet Gilbert 1F/30-39 37:50
 20 Ken Dennis 38:03
 29 Bruce Springsteen 1/14-18 39:56
 34 Mike Paul 2/40-49 40:50
 35 Peter Royce 3/40-49 40:55
 44 John Walsh 4/40-49 42:08
 47 Richard Sandell 1/50-Over 42:31
 49 Connie Sadler 1F/19-29 42:40
 54 Dawn Thomas 1F/14-18 43:00
 56 Jack Riley 2/50-Over 43:14
 58 Estelle Valkema 2F/19-29 43:26
 67 Mary McCraw 2F/30-39 44:34
 70 Gerry Mainer 2/14-18 45:16
 79 Paula Speidel 3F/30-39 46:14
 82 Mac Osborn 3/50-Over 47:06
 93 Noelle Shirley 1F/13-Under 48:36
 96 Molly Hynes 1F/40-49 49:14
 108 La Verne Riley 2F/40-49 51:12
 118 Marianne Hackett 3F/19-29 52:57
 129 Elaine Koga 3F/40-49 56:23

5K
 13 & Under: John Edgar 19:56, and Grant Darby 21:41 (overall female winner), 14-18: Sean Grant 18:56, and Rhonda Smith 22:10, 19-29: Zachary Mejia 16:49 (overall male winner), and Debra Hegbloom 23:18, 30-39: Jim Barnes 18:33 and Carolyn Boesch 25:50, 40-49: Sam Mayo 17:38, and Kathy Adams 23:39, **Men** 50-55: Howard Snyder 20:08, 56 Plus: Walter Atcheson 19:30.

Poppy Trot

from RAY MAYNARD

March 19. Antelope Valley. 12K x-country.
 The day broke cool, clear, and windy as eighty runners showed up to take on the challenge of the First Annual High Desert Poppy Trot. The race featured a scenic and rugged course. Rains from the previous day left the terrain waterlogged and muddy. The runners, however, were not deterred, as everyone who started the race finished it. Spirits were high as the gun fired and these hardy souls were sent on their way at precisely 10:30 a.m.
 The race for 1st place was essentially a one-man show as Antelope Valley College star Alan Dehlinger put the field away within the first two miles. Dehlinger's victory was, however, not an easy one. Along the route Alan had to brave fierce winds, muddy hillsides, dirt roads full of ruts, and an escaped herd of buffalo. Not to be denied, Alan finished the course in an almost unbelievable time (considering the terrain) of 41:41. Second place went to the duo of John McGover and Rick Crowder (both also of A.V. College) in a respectable 44:24. The women's race was a close duel between Jeanette Wells and Marta Bohn-Meyer, with Wells finally pulling away to win in an excellent 56:40. Bohn-Meyer's time was 57:13.

Overall
 1 Alan Dehlinger 41:41
 2 John McGover 44:24
 3 Rick Crowder 44:24
 4 Robert Corlew 45:17
 5 Scot Duvall 46:10
 6 Gary Miller 46:13
 7 Vern Biehl 47:26
 8 Chuck Greenhall (1/40-49) 47:43
 9 Sammie Culver 48:03
 10 Larry Burch 48:44
 11 Jim Worden 49:02
 12 Howard Sundberg 49:26
 13 Alan Warren 50:15
 14 Nick Riesz (2/40-49) 51:12
 15 Claudio Pagan 51:39
 30 Jeanette Wells (1F) 56:40
 32 Marv Powers (1/50-59) 56:52
 35 Marta Meyer (2F, 1/20-34F) 57:13
 39 Sylvia Aceves (3F, 2/20-34F) 58:04
 41 Jim Talley (1/60-Over) 58:30

Victoria Ave Run

March 12. Riverside.
5K
Men: 40-44: 1. Anthony Lopez 18:08, 45-49: 1. Bill Crum 17:12, 50-59: 1. Wally Ingram 17:41, 60 & Over: 1. Jack Britton 20:59.
Women: 40-49: 1. Nancy Tinenhofer 24:37, 50 & Over: 1. Connie Smith 29:42.
10K
Men: 40-44: 1. Frank Ogawa 36:02, 45-49: 1. Bill Crum 38:47, 50-59: 1. Wally Ingram 38:25, 60 & Over: 1. Bob Kroger 41:06.
Women: 40-49: 1. Chris Trevarthen 43:06, 50 & Over: No entries.

Time To Run For Special Olympics

March 19. Upland. 10K.
 13 & Under: Steve Cecil 38:31, 14-18: Ron Perez 33:36, and Lori Engle 49:18, 19-29: Tony Reyes 30:04 (overall male winner), Karen Schroeder 41:52 (overall female winner), 30-39: James Lucke 37:27, and Linda Mora 49:02, 40-49: Gerry Robb 35:40, and Rosa Linda Phillips 47:46, **Men** 50-55: Peter Morris 40:47, **Female:** 50 Plus: Mary Scott 48:58, **Men 58 Plus:** Harold Daughters 41:22.

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When Sunday, June 12, 1983; registration 5:00-6:30 a.m., Race 7:00 a.m.

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- 2 MILE
- 12 yrs & under
- 13-17 yrs
- 18-29 yrs
- 30-39 yrs
- 40-49 yrs
- 50-59 yrs
- 60 + yrs
- 6 MILE
- 17 yrs & under
- 18-29 yrs
- 30-39 yrs
- 40-49 yrs
- 50-59 yrs
- 60 + yrs
- Wheel Chair

- MALE
- FEMALE

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CHIHUAHUA ROAD RUN
c/o Victor Salazar
4387 N. Thorne Ave.
Fresno, CA 93704

1. NAME _____

2. ADDRESS _____

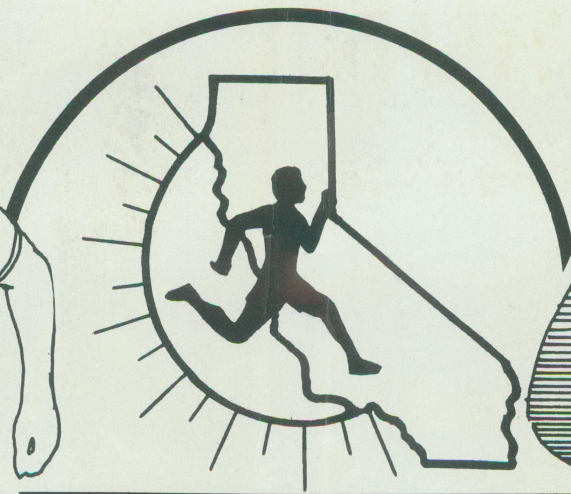
3. CITY _____ 4. STATE _____ 5. ZIP _____

6. PHONE _____

SIGNATURE IN FULL _____

Signature of parent required if entrant is under 18 years of age.

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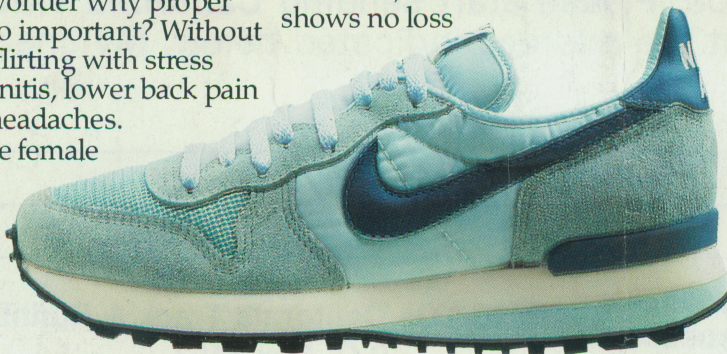
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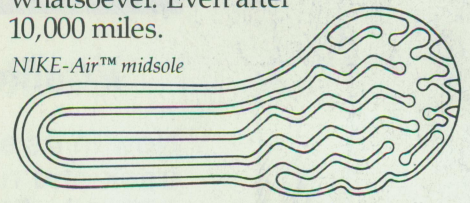
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