

MAY 1987

ISSUE NO. 125

CALIFORNIA

Track & Running News

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Fresno CA 98727

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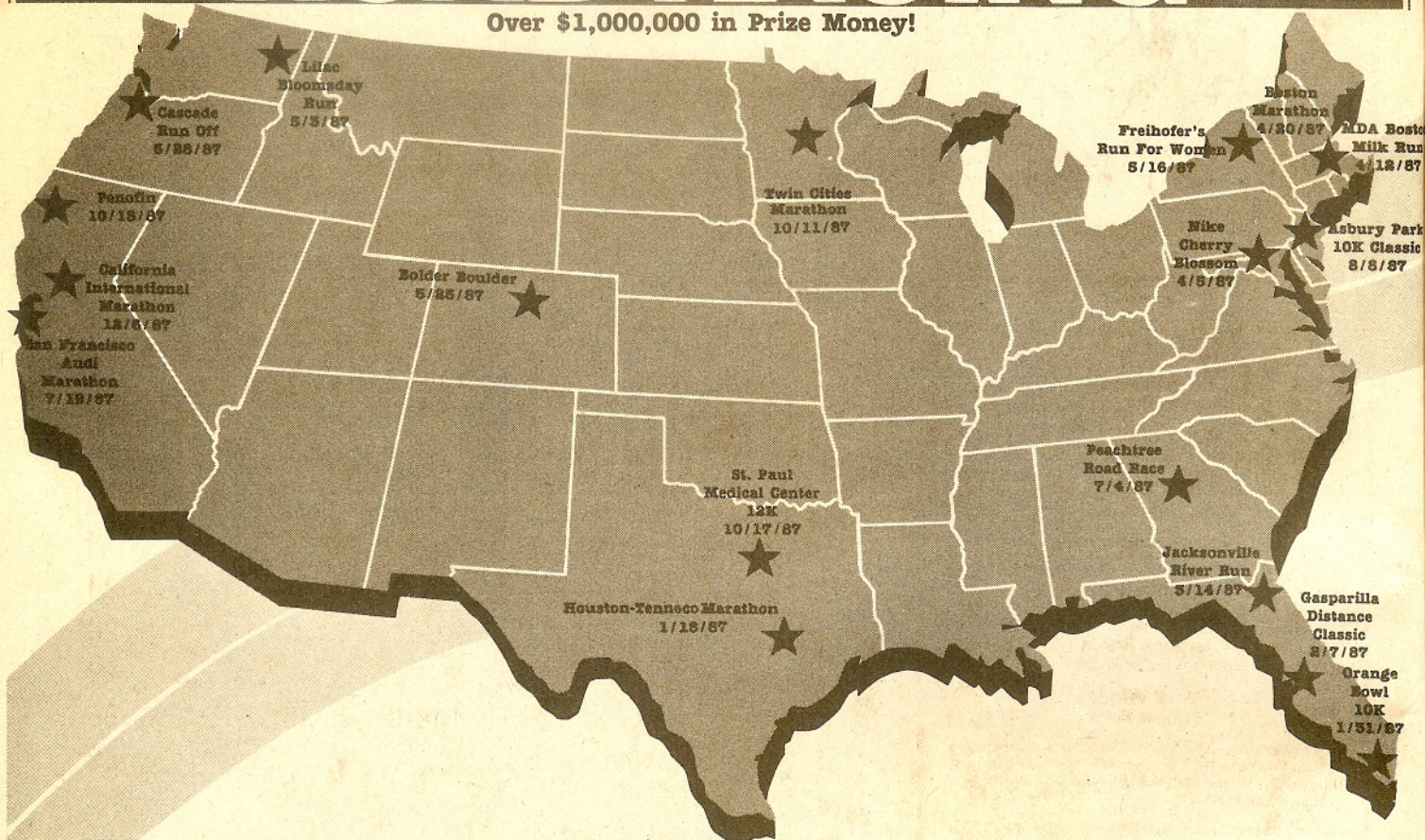
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The Association of Road Racing Athletes (ARRA) has worked since 1980 to promote prize money competition on the roads. The ARRA organization of top competitive runners, in cooperation with major road racing events in the U.S., has established a year-round series like that found in other professional sports.

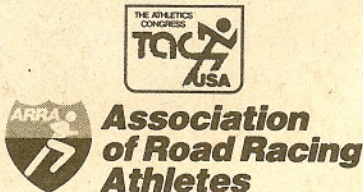
JANUARY Houston-Tenneco Marathon (Houston, TX) 713/757-3165
Orange Bowl 10K (Miami, FL) 305/255-1521

FEBRUARY Gasparilla Distance Classic 15K (Tampa, FL) 813/229-7866

MARCH Jacksonville River Run 15K (Jacksonville, FL) 904/739-1917

APRIL Nike Cherry Blossom 10 mile (Washington, D.C.) 301/445-4177
MDA-Boston Milk Run 10K (Boston, MA) 617/396-3001
Boston Marathon (Boston, MA) 617/338-5709

MAY Lilac Bloomsday Run 12K (Spokane, WA) 509/838-1579
Freihofer's Run For Women 10K (Albany, NY) 518/465-5210
Boulder Boulder 10K (Boulder, CO) 303/444-7223



For more information on ARRA membership and the 1987 ARRA Circuit, contact:

Association of Road Racing Athletes
1081 Paulsen Building
Spokane, WA 99201
509/838-8784

JUNE Cascade Run Off 15K (Portland, OR) 503/226-0717

JULY Peachtree Road Race 10K (Atlanta, GA) 404/231-9064
San Francisco/Audi Marathon (San Francisco, CA) 415/681-2323

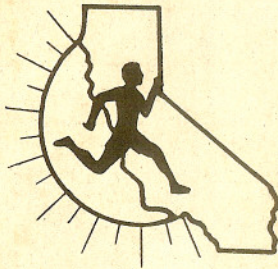
AUGUST Asbury Park 10K Classic (Ocean Twp. NJ) 201/531-4156

OCTOBER Penofin (Ukiah, CA) 707/462-7413
Twin Cities Marathon (Minneapolis-St. Paul, MN) 612/929-8646
St. Paul Medical Center 12K (Dallas, TX) 214/879-3966

DECEMBER Calif. International Marathon (Sacramento, CA) 916/447-2786

CALIFORNIA

Track & Running News



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MEMBER OF RUNNING USA

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ON THE COVER: Former UCLA weightman, John Brenner, is out early in the track season with several 70-plus shot put performances, including the American Record.
photo by Bill Leung, Jr.

Schedule

By JACK LEYDIG

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

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

Road Racing

■ May 2 (Saturday):

Ione: Goldweb Gallop, 10K & Half-Marathon & Kid's 1 Mile, Howard Park, 9 am/10K & Half Marathon, 9:30 am/1 mile. Mike Bohl, P.O. Box 606 (Goldweb Publications), Ione 95640. (209) 274-2403.

Sacramento: Maranatha Marathon, Half Marathon and 10K, Goethe Park, 8:15 am/marathon & 1/2, 8:30 am/10K. Arthur Baudendistel, 104 Winchester Ct., Folsom 95630. (916) 351-1190.

Gilroy: Walk-a-thon/Run For Health, 10K, So. Valley Intercommunity Hospital to Wheeler Hospital (Cohansey & No Name Uno off US-101), 9 am. Wheeler Hospital Foundation, 651 W. Sixth St., Gilroy 95020. (208) 842-5621, x452.

Hercules: Hercules Dynamite Run, 4 mile, Refugio Park, 10 am. The "Hulk," 100 Iris Ct., Hercules 94547. (415) 799-2502.

Fresno: Run for Life, 10K & 2 Mile, Woodward Park (Mtn. View Shelter), 7 am/2 mile, 7:30 am. Genny Berry, American Heart Assoc., 3835 N. West Ave., Fresno 93705. (209) 224-8215 or (800) 523-2164.

Avenal: Oasis in the Sun Fun Run, 2 & 4 mile, Avenal High School, 8 am. Avenal Chamber of Commerce, P.O. Box 488, Avenal 93204.

Lake Castaic: Grand Prix Series Biathlon, bike 30K, run 5K, Lake Castaic Recr. Area, time TBA. Tom Redfern, 22946 Lyons Ave., Newhall 92321. (805) 254-1833.

Fountain Valley: Run for the Roses 6K, Mile Square Park, 9:30 am. Silky Sullivans, 10201 Slater Ave., Fountain Valley 92708. Mary Parsons (714) 964-3272.

Long Beach: Long Beach Plaza 8K Run, Aquatic Park, 8 am. Ron Markillie, c/o Los Altos YMCA, 1720 Bellflower Blvd., Long Beach 90815. (213) 596-3394.

South El Monte: Run With The Nurses 5 & 10K, Legg Lake Park, 8 am. Marian Lucas, RN, 1200 N. State St., Box 2071, Los Angeles 90033. (213) 226-4664.

Newport Beach: Ford Aerospace Spring Tune-Up, 1K, 5K & 10K, (Ford & Jamboree), 7:30 am/5K, 8:15 am/10K, 9:15 am/1K. Spring Tune-Up Run, Box A, Ford Rd., Newport Beach 92660. Sam Johnson (714) 720-7787.

Riverside: Diabetes Treatment Center 5 & 10K and 1 Mile, Fairmont Park, 7:45 am/1 mile, 8 am/5 & 10K. Candis Adams, Diabetes Treatment Center, 4445 Magnolia Ave., Riverside 92501. (714) 788-3491.

Monrovia: Monrovia Centennial 5 & 10K and 2K Fun Run, YMCA (Mountain & Lemon), 7:15 am/2K, 8 am/5 & 10K. Monrovia YMCA, 501 S. Mountain, Monrovia 91016. (818) 359-9244.

Canoga Park: Great Rockwell Reservoir 5 & 10K & 1 Mile Fun Run, Chatsworth Reservoir (8500 Fallbrook Ave. start), 7:30 am/10K, 9:15 am/5K, 10:30 am/mile. Steve Polley, Rockwell Reservoir Run, 8500 Fallbrook Ave., Canoga Park 91304. (818) 710-2145.

San Diego: La Jolla Marathon Relay (5x5.2 mile), UCSD, 4 pm. In Motion (619) 483-9501.

Baja, California: Festival de Primavera 5 & 10K and 10 Mile, Rosarito Beach, 8 am/10 mile, 8:15 am/5 & 10K. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (213) 634-3027 or (714) 841-5417.

San Jose Area (?): Good Earth Classic 100K, location & time TBA. Info: (408) 978-8510.

Santa Fe Springs: Firefighters 5K Run. Lake Center Athletic Park, 8 am. Tim Lynch, 11300 Greenstone Ave., Santa Fe Springs 90670. (213) 944-9715.

Petaluma: Petaluma Scramble, 3K & 8K, 9 am. Petaluma Parks and Recr. Dept., P.O. Box 61, Petaluma 94953. (707) 778-4380.

Stockton: Cinco de Mayo Race, 5K & 1 Mi. Fun Run, 445 W. Weber Ave., 9 am/1 Mi., 9:30 am. Tarahumara R.C., Box 8422, Stockton 95208. (209) 948-0938, eves.

Salinas: Wildflower Festival Triathlon, 1/2 Mi. Swim, 10.8 Mi. Bike, 4.3 Mi. Run, Lake San Antonio, Time TBA. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-3533.

Nipomo: NCMC Cinco de Mayo 5 & 10K, Nipomo Regional Park (Tefft St. & Pomeroy Rd.), 9 am. Bill Denneen: (805) 929-3647.

Las Vegas, NV: LVTC 10K & 2 Mi., Sunset Park, 8 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV. 89101. (702) 382-3496.



■ May 3 (Sunday):

Danville: Devil Mountain Run (PA/TAC Sr. Men's Championships), 10K & 2.8 mile fun run, The Village at Town & Country Center, 9 am. Devil Mountain Run, Lynne Harr, P.O. box 727, Alamo 94507. (415) 820-0993.

Weott: Avenue of the Giants Marathon, Dyerville Bridge (2.5 miles north of Weott), 9 am. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 443-1226.

Long Beach: Long Beach Marathon, Terrace Theatre (300 E. Ocean Blvd.), 7:30 am. Joe Carlson, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

Spokane, WA: Lilac Bloomsday Run, 12K, 9 am. Lilac Bloomsday, P.O. Box 1511, Spokane, WA 99210. (509) 838-1579.

Sausalito: Scenic Bay Run, 3.95 mile, Ft. Cronkhite Tunnel, 9 am. Sausalito Recreation Dept., 420 Litho St., Sausalito 94965. (415) 332-4520.

San Jose: Berryessa Alum Rock Fun Run (B.A.R.F.), 10K, Noble Park, 9 am B.A.R.F., 1275 Piedmont Rd., San Jose 95132. (408) 251-6310 or (415) 493-4478.

San Jose: Run for the Valley, 8K, Valley Medical Center (751 So. Bascom), 7:30 am. Bea Grause/Enid Malkin, c/o R.N.P.A., 2444 Moorpark, #102, San Jose 95128. (408) 292-6061.

Palo Alto: Riconada Triathlon, 3.7 mile run, 7.6 mile bike, 0.75 swim, Sand Hill Rd. & I-280, 8 am. *Pre-Registration Only.* Barbara Greider, 3466 Kenneth Dr., Palo Alto 94303. (415) 326-6630.

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

Schedule

Angwin: Angwin to Angwish 5 & 10K, Pacific Union College (Gym), 9 am/10K, 9:15 am/5K. Alice Brayshaw, Pacific Union College, Angwin 94508. (707) 965-6344 or 965-9169/eves.

Alameda: Beethoven Run, 5K, South Shore Shopping Center (McDonald's), 9 am. Foundation for Educational Excellence, Gateway Center, 2900 Main St., Suite 100, Alameda 94501. (415) 522-2207.

Martinez: Young Life's-Dr. Noid Memorial 10K, Martinez Marina, 9 am. Dave Bekowies, P.O. Box 27456, Concord 94527. (415) 680-7209.

San Jose: Japan Town Banner Run, 10K & 1 mile fun run, Bering St. & Brokaw (P. Burnett Middle School), 8:30 am. Au-Ai-Kai, 565 No. Fifth St., San Jose 95112. (408) 294-2505.

So. San Francisco: Eagle Run II, 5K, Oyster Point Marina, 9 am. Eric Engflish, 2260 Oakmont Dr., San Bruno 94066. (415) 873-1552.

Novato: Fleet Feet Nice-Tri Series #1, 0.5 mile swim, 12 mile bike, 3 mile run, Indian Valley College, 8:30 am. Fleet Feet, 1320 Fourth St., San Rafael 94901. (415) 456-1095.

Sacramento: Friends of the River, 5 & 10K, 3636 American River Dr, 8:30 am. (And half mile kid's run at 8:10 am). Ingrid Wallin (916) 443-8887.

Lone Pine: Wild Wild West Cross-Country Marathon, Tuttle Creek Campground, 6 am. Lone Pine Chamber of Commerce, P.O. Box 749, Lone Pine 93545. (619) 876-4444.

Ventura: Harbortown Fun & Fitness Fair 5K & 1 Mile, Harbortown Hotel (Harbor Blvd.), 8 am/5K, 8:45 am/1 mile. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

San Diego: San Diego Downtown Festival 10K & 2 Mile, San Diego City College, 7:30 am. Kathy Loper (619) 437-4556.

Merced: (Date Tentative) MTC Pancake Runs, 10K & 2 Mi., Lake Yosemite, 8 am. Contact: (209) 723-8080.

Ridgecrest: Inyokern Road Run, 9.75 Mi., 8 am. Scotty Broyles, 1243 Wayne St., Ridgecrest 93555. (619) 446-2941, eves.

Salinas: Wildflower Festival Triathlon, 1.2 Mi. Swim, 49 Mi. Bike, 11 Mi. Run, Lake San Antonio, Time TBA. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-3533.

Riverside: UC Riverside Biathlon, 10K Run, 40K Bike, UC Riverside, 8:30 am. ProMotion Events, P.O. Box 7000, Redondo Beach 90277. (714) 787-5438.

San Francisco: Cinco de Mayo Razathon, 3.5 Mi., RAZA Park (Potrero & 25th St.), 9 am. Instituto Familiar de la Raza, 2515 24th St., #2, San Francisco 94110. (415) 647-4141.

■ May 9 (Saturday):

Grand Rapids, MI: National TAC Masters 25K Championships, time TBA. Jean Fichtel, Old Kent Bank & Trust Co., #1 Vandenberg Center, Grand Rapids, MI 49503. (616) 774-5261.

San Jose: Quicksilver 50K & 50 Mile, Almaden Quicksilver Park, 6 am. Bill Maida, Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 923-7223.



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University of California

Ed Miller, Asst. Coach, Cal
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Ray Burton, Throws & Strength Coach
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 Female
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\$265 Resident _____ Please check one.

□ Schedule

Los Gatos: Run for the Son, 10K & 1 Mile, Los Gatos Christian Church (16845 Hicks Rd.), 8 am/1 mile, 8:30 am/10K. Bill Meinhardt, 120 Carlton Ave., #5, Los Gatos 95030. (408) 358-1158.

Mill Valley: The Human Race-Marin, 10K, Mill Valley Middle School, 8:30 am. Volunteer Center, 70 Skyview Terr., #3, San Rafael 94903. (415) 479-5660.

Santa Rosa: The Human Race-Santa Rosa, 3 & 10K, Herbert Slater Jr. High (3500 Sonoma Ave.), 8 am. Nancy Fedder, 1041 Fourth St., Santa Rosa 95404. (707) 544-9480.

Petaluma: Happy Day Fun Run, 5 & 10K, Presbyterian Church (929 "B" St.), 9 am. Happy Day School, P.O. Box 1038, Petaluma 94952. (707) 762-8671.

Angel Island: The Guardsmen Angel Island Run, 4.8 mile, 12:45 pm. The Guardsmen, 220 Sansome St., #590, San Francisco 94104. (415) 781-6785.

Lafayette: Run the Rim, 5K (around Lafayette Reservoir) or 7 mile (around Reservoir and upper rim, very hilly trail), 9 am. Team Challenge, P.O. Box 963, El Sobrante 94803-0963. (415) 841-1190.

Arcata: Atalanta's Victory Run, 2 & 5 miles (Women Only), Co-op Parking Lot, 10 am. Karen Kelley-Day, Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 443-2652.

Turlock: Turlock Rotary Biathlon, 10K Run, 50K Bike, Turlock High School, 8 am. Darryl Crow, 2100 Geer Rd., Suite H, Turlock 95380. (209) 2667-9224.

Colfax: Colfax Record Run, 5 & 10K, downtown, 9 am. Lisa Demorest, P.O. Box 755, Colfax 95713.

Fresno: Golden Valley Masters 3 & 10 Mile Runs, Clovis West High School, 8 am. Don Trout, 1595 E. Magill, Fresno 93710. (209) 435-9993.

Bass Lake: Smokey Bear 10K & 2 Mile Fun Run, 8:00 am. Smokey Bear 10K, P.O. Box 243, Oakhurst 93644. (209) 683-4665.

Bakersfield: Bakersfield Bud Light Triathlon, 2K swim, 40K bike, 15K run. Lake Ming, time TBA. Kris Moran, 7304 Saddleback Dr., Bakersfield 93309. (805) 831-7733.

Encino: Human Race, 2 & 10K, Woodley Park, 8 am. Volunteer Center, 6931 Van Nuys Blvd., #309, Van Nuys 91405. (818) 908-5066.

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

South El Monte: Garritsons' Smokebuster Legg Lake 5K (Legg Lake Park, Whittier Narrows), 6 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

Saugus: LARC 5 & 10K, Los Angeles Retarded Citizens Ranch, 8:30 am. Bud Shearer, 26455 N. Rockwell Canyon Rd., Valencia 91355. (805) 259-7800.

Los Angeles: Five & Dime Classic, 5 & 10K, Griffith Park, 8 am. Info: (818) 502-2375.

Escondido: Heart of Escondido 10K (& 2 mile), 2300 N. Broadway, 8 am. Info: Kathy Loper (619) 437-4556.

Chula Vista: Scripps Memorial Hospital 10K (& 2 mile), 8 am. Info: (619) 483-9501.

Georgetown: Sunkist Gold Rush 100K (2 days/50K). 1st day: *Georgetown to Coloma*, 2nd day: *Ione to Foresthill*, 9 am. 50 Runner Limit. Paul Reese, Box 585, Auburn 95603. (916) 823-0276.

San Francisco: The Human Race, 8K, Marina Green, 8 am. Volunteer Center, 1090 Sansome St., San Francisco 94111. (415) 982-8999.

San Mateo: The Human Race, 8K, Central Park, 8 am. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328 evs.

Shell Beach: Windmark 10K, Time TBA. Sharon Gudgel, Windmark Hotel, 2757 Shell Beach Rd., Shell Beach 93449.

Pomona: The Human Race 10K, Cal-Poly Pomona, 7:30 am. Volunteer Center, 375 So. Main St., Suite 109, Pomona 91766. (714) 623-1284.

Las Vegas, NV: Paradise Valley Lion's Club Journey for Sight 10K & 2 Mi., Lion's Park (Las Vegas Blvd. No. & Washington Ave.), 8 am. Jerry McDonald: (702) 735-2255.

■ May 10 (Sunday):

Pinole: Triple Crown III — Pinole Marathon & Half Marathon, Pinole Valley High School, 8 am. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190. See April 18 for Triple Crown Info. Marathon only qualifies here.

San Francisco: May Day Run, 5 & 10K (& 1K Fun Run for Children), Golden Gate Park (South Side Polo Fields), 9 am. Linda Bine, American Heart Assoc., 421 Powell St., San Francisco 94102. (415) 433-2273.

Millbrae: John's Run, 10K & 1 Mile Fun Run, Mills High School, 8 am. John's Run, P.O. Box 578, Millbrae 94030. (415) 994-2665.

San Francisco: DSE Practice Bay to Breakers, 7.46 mile, Howard & Spear Sts., 8 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Fair Oaks: Fiesta Sun Run, 5 mile, California & Temescal Sts., time TBA. Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Sacramento: Old Sacramento Triathlon, 500 yd. swim, 13 mile bike, 2 mile run. Tiscornia Park (American River), 10 am. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223.

Irvine: Mother's Day NHSRA 5 & 10K, William Mason Park, 8 am/5K, 8:45 am/10K. Bob Sheridan, 18102 Irvine Blvd., Suite 205, Irvine 92680. (714) 838-4351.

Westlake Village: "Carrera de Cabras" 7.2 Mile, Westlake Elem. School, 8 am. No Pre-Entry. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

San Diego: Alpine Mother's Day 10K, Alpine Creek S.C. (Tavern Rd.), 8 am. Dr. Gary Jacobs (619) 445-0204.

■ May 14 (Thursday):

San Luis Obispo: Night Moves Fun Run, 5K, Cal-Poly campus, 6:15 pm. Kathleen Whalen, c/o Recreational Sports, 118 University Union, Cal Poly State Univ., San Luis Obispo 93407. (805) 546-1366.

■ May 16 (Saturday):

Albany, NY: National TAC Sr. Women's 10K Championships (Freihofer's Run), 10 am. George Regan, 382 Broadway, Albany, NY 12207. (518) 465-5210.

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☐ Schedule

New Bedford, MA: National TAC Sr. Men's (& Women's ?) Half Marathon Championships, time TBA. Paul Foster, 69 Forest St., New Bedford, MA 92740. (617) 997-8031.

Santa Cruz: March of the Monarchs, 10 & 15K, Natural Bridges State Park & Beach (trail run), 9 am. Team Challenge, P.O. Box 963, El Sobrante 94803-0963. (415) 841-1190.

Geyserville: Redwood Coast Triathlon Series I — Icebreaker Triathlon, ½-mile swim, 5K run, 14 mile bike, 8 am. *Entry Deadline May 2 - Limit 350.* Redwood Coast USLA, P.O. Box 337, Healdsburg 95448. (707) 575-7144.

Redding: Redding Rotary Stampede, 2 & 6 mile, Shasta High School (track), 8:30 am. Tony Johnson, 1524 East St., Redding 96001. (916) 244-4980.

Kingsburg: Dala Horse Trot VI, 2 mile & 10K, Kingsburg Memorial Park, 7 am. Janice Graves, P.O. Box 103, Kingsburg 93631. (209) 897-3193.

Lompoc: Mission Fiesta 5 & 10K, La Purisima Mission, 8:45 am./5K, 9:30 am. Lou Rizzoli, Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 736-4151.

Atascadero: May Flowers 2 & 5K, time TBA. Atascadero Recr. Dept., P.O. Box 747, Atascadero 93423. (805) 466-8000, x123.

South El Monte: San Gabriel River Run, 10K, South of Legg Lake, 6 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

Bonelli Park: Los Angeles Triathlon Series #2, 1K swim, 40K bike, 8K run, time TBA. L.A. Triathlon Organizing Comm., 2564 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Fillmore: Youth Employment Service 10K & 2.7 mile, Central & Sespe Sts., 8 am. Y.E.S., 455 Sespe Ave., Fillmore 93015. (805) 524-2424.

Torrance: Armed Forces Day 5 & 10K, Civic Center (3031 Torrance Blvd.), 8 am. Allan Shall, Parks & Recr. Dept., 3031 Torrance Blvd., Torrance 90503. (213) 618-2945.

Culver City: SCA/TAC 10K District Championships (La Ballona Fiesta Days 5/10K Runs), Veterans Memorial Park, 7:45 am./5K, 8:30 am./10K. Fiesta 10K Run, Dept. of Human Services, 4117 Overland Ave., Culver City 90230. (213) 202-5689.

King City: Salinas Valley Fair 10K, 625 Division St. (Fairgrounds), 9 am. Sandy, 625 Division St., King City 93930. (408) 385-3243.

Hanford: Knudson Scholarship Run, 3 & 10K, Lacey Park (Douty & Florinda), 8:30 am. Bill Hazen, P.O. Box 841, Hanford 93232-0841. (209) 582-4628.

Calimesa: Yucaipa Valley Mini-Triathlon, 4 Mi. Run, 13 Mi. Bike, 150 Yd. Swim, Yucaipa Regional Park, 8 am. Yucaipa Valley Kiwanis, P.O. Box 439, Calimesa 92320. (714) 790-7841.

Las Vegas, NV: LVTC 2 & 5 Mile, Tule Springs (Floyd Lamb State Park), 8 am. The Running Store, 602 So. Maryland Pkwy, Las Vegas, NV. 89101. (702) 382-3496.

Santa Rosa: Run For The Roses, 3 & 10K, Vets Memorial Bldg., 1351 Maple Ave., 8 am. Sharon Wright, 520 Mendocino, #200, Santa Rosa 95401. (707) 575-3677.

■ May 17 (Sunday):

San Francisco: Examiner Bay to Breakers, 7.51 mile (12K), Howard & Spear Sts., 8 am. Terri Robbins, EXBB, 110 Fifth St., San Francisco 94103. (415) 777-7770.

Oxnard: California Strawberry Festival 12K Run, 8 am. Rob Fukutomi, c/o Parks & Recreation Dept., 241 W. Second St., Oxnard 93030. (805) 984-4639.

Arcadia: Santa Anita Lite Spring Classic, 5 & 10K and 1K Fun Run/Walk, Santa Anita Race Track, 7:30 am./10K, 8:30 am./5K, 9:30 am./1K. Trophy Case, 8 No. First Ave., Arcadia 91006. (818) 574-1582.

Santa Barbara: Santa Barbara Savings 10K (& 5K Walk), 8 am. Felicia Sutherland, Santa Barbara Savings, 3908 State St., Santa Barbara 93110.

Westlake Village: Westlake Florist 5 & 10K Flower Runs, Westlake Elem. School, 8 am./10K, 9 am./5K. Harry Pantelas, 31800 Langspur Ct., Westlake Village 91361. (818) 889-6408, eves.

Newport Beach: Newport Beach 5K, 1467 Avocado, 7:30 am. Tom Bazacas, Newport Beach A.C., 1367 Avocado, Newport Beach 92660. (714) 644-8910.

Eureka/Arcata Area: Run for the Sun, 5K, 10 am. Bob Ornelas: (707) 822-8512.

Pismo Beach: Pismo Pier Beach Run, 10K, 8:30 am. Pismo Beach Parks & Recreation Comm., 1000 Bello St., Pismo Beach 93449. (805) 773-4657.

Tustin: MCAS Tustin Armed Forces Day Run, 5 & 10K, 8:15 am. Armed Forces Day Run, S-4 MCAS Tustin, Tustin 92710-5000. (714) 651-7336, Capt. Ed Gilhooley.

Alta Loma: Run for the Eagles, 5 & 10K, Etiwanda High School, 8 am. Pete Johnson, c/o Run for the Eagles, 6749 Treeline, Alta Loma 91701.

Rialto: Kaiser Permanente 5/10K, Kaiser Hospital, 7:45 am./5K, 8:30 am. Race Central, P.O. Box 828, Rialto 92376. (714) 829-5189.

■ May 20 (Wednesday):

Point Loma: Point Loma 10K Handicap, NOSC Bldg. 33, 5:45 pm (SDTC and DRR members only). Chuck Pennell (619) 460-3110.

■ May 21 (Thursday):

Tulare: Sun Downer 3K Series, Bob Mathias Stadium, 6 pm. Greg Coleman, 830 So. Blackstone St., Tulare 93274. (209) 688-2001, x575.

■ May 23 (Saturday):

Berkeley: Strawberry Canyon Run, 5.5 mile, Edwards Stadium (Bancroft & Oxnard), 9 am. (1100 Ft. Elev. gain). Lawrence Hall of Science, Sue Pratley, Univ. of California, Berkeley 94720. (415) 642-5133.

Wheeling, WV: National TAC Sr. Men's 20K Championships (Elby's Distance Classic), time TBA. Bill Bryson, c/o Elby's, 1233 Main St., Wheeling, WV 26003. (304) 233-5000.

Sierra Madre: Mt. Wilson Trail Race. 8.6 miles, 7:30 am. *Enter by May 11, 250 limit.* Donna Harriman, Recreation Dept., 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7735.

South El Monte: San Gabriel River Bike Trail 15K, South of Legg Lake, 6 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

Encinitas: San Dieguito 8 to 80 10K (& 2 mile), 7:30 am. Kathy Loper (619) 437-4667.

Santa Barbara: Sri Chinmoy 3 Mile, Palm Park (across from Red Lion Inn), 8 am. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 685-3325.

■ May 24 (Sunday):

San Francisco: DSE Polo Field Run, 6.2 mile (& 7/8 mile kid's run), Golden Gate Park (south side of Polo Fields), 9:30 am/kids, 10 am/6.2 mile. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 am. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Foster City: Run Your Plaque Off, 10K & 1 mile, Sea Cloud Park, 8:30 am./1 Mi., 9 am. San Mateo County Dental Society, 1941 O'Farrell St., San Mateo 94403. (415) 345-5714.

Rohnert Park: Cougar Classic, 3 & 10K (tent.), Sonoma State Univ., 8 am. Wine Country Race Service, P.O. Box 237, Occidental 95465. Fleet Feet Triathlete (707) 546-3338.

Fremont: Ohlone Wilderness Trail 50K, 7 am. East Bay Ultrarunners (415) 797-8169.

San Luis Obispo: Alcohol Services 5 & 10K, Meadow Park, 8 am./5K, 8:30 am./10K. Jean De Costa, 3220 So. Higuera St., #201, San Luis Obispo 93401. (805) 544-3307.

Brentwood: Brentwood 5 & 10K, San Vicente & Barrington, 8 am./5K, 8:45 am./10K. Brentwood 10K, Box 49913, Los Angeles 90049. (213) 820-7585, days.

Bonita: Bonita 5 & 10K, Rohr Park, 7:30 am. Linda Copp (619) 422-3194.

Santa Cruz: UCSC Banana Slug Classic, 7 Mi., East Fieldhouse (Hagar Dr.), 10 am. Mike Lotter, UCSC X-C Team, Santa Cruz 95064. (408) 429-2531.

San Francisco: ARC Legion of Honor Fun Run, 4.3 Mi., 9 am. Asian Runners Club, P.O. Box 24817, Oakland 94623. (415) 587-4725, 343-5101.

□ Schedule

Incline Village, NV: I-CAN Run for Drug-Free Youth, 10K, 2 Mi. & 0.5 Mi. Kids' Run, Aspen Cove Community Center, 10 am./0.5 Mi., 10:45 am. Sandra Schmidt, P.O. Box 6339, Incline Village, NV. 89450. (702) 831-2545. No Raceday Reg.

Hoopa: Coyote Run, 2 & 9 Mi., & Children's Run, plus 2-Mi Team Run (5-member teams), 9 am. Coyote Run, P.O. Box 463, Hoopa 95546. (916) 625-4647, Becky Ferris.

Merced: MTC Scholarship Run, 5.3 Mi., Aplegate Park, 8:30 am. Contact: (209) 723-8080.

■ May 25 (Monday):

Kentfield: Pacific Sun 10K, College of Marin, 8 am. Total Race Systems, 627 Galerita Way, San Rafael 94903. (415) 479-3839.

La Canada: Fiesta Days 5 & 10K and 1 mile, Descanso Gardens, 7:30 am. Andy Clifford, YMCA, 1930 Foothill Blvd., La Canada 91011. (818) 790-0123.

Coronado: Coronado Memorial Day 10K & 2 Mile, 7th. & "G" Sts., 7:30 am. Kathy Loper (619) 437-4667.

Redding: Skyway's Redding Centennial Triathlon, 2K Swim, 40K Bike, 10K Run, Time TBA. Dr. Terry Rust, 2315 N. Bechelli Ln., Redding 96002. (209) 243-4277.

Las Vegas, NV: Run to the Sun 6 Mile, El Dorado High School (Christy Ln. & Washington Ave.), 7 am. Johnny Clark: (702) 382-3496.

■ May 28 (Thursday):

South El Monte: Legg Lake 8K, Whittier Narrows, 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

■ May 29 (Friday):

Los Angeles: Aztlan Sunset Indian 5K Cross Country, Elysian Park Dr. & Stadium Way, 6 pm/women, 6:30 pm/men under 30, 7 pm/men 30-and-over. Carlos Alfaro, 529 El Centro, So. Pasadena 91030. Frank Meza (213) 255-1234.

Orange: Orange 24 Hour Relay. Friday, 6 pm., Saturday, 6 pm., Fred Kelly Stadium, 3920 Spring Avenue, Orange. Canyon High School, 200 So. Imperial Hwy, Anaheim 92807. (Don Pycior, (714) 974-4587, 538-8338, 997-4369).

■ May 30 (Saturday):

San Bruno: Memorial Run, 4 mile, San Bruno City Park, 8 am. Mike Sullivan, 2471 Princeton Dr., San Bruno 94066. (415) 872-2252.

Sonoma: Wine Country Run for Hospice, 4 & 10K, Depot Park (1st St. West), 7:30 am/4K, 8:30 am. Carole Peccorini, Valley of the Moon Hospice, P.O. Box 600, Sonoma 95476. (707) 938-4545, x397.

Fresno: Memorial Run, 2 mile & 9K, Woodward Park, 8 am. Jim Kellas, P.O. Box 843, Fresno 93712. (209) 298-4547.

Ventura: Law Day 5K, Victoria & Thille, 9 am. Donna de Paola, Ventura County Bar Assoc., 4478 Market St., Suite 704, Ventura 93003.

Baja, California: Rosarito Beach Triathlon, .3 mile swim, 12 mile bike, 3 mile run, 9 am. 1000 limit. Bicycling West, P.O. Box 15128, San Diego 92115-0128. (619) 583-3001.

Sanger: Memorial Run, 3 mile (time prediction) and 6 mile, Madison School (Cherry & Bethel), 8 am. Sanger Striders T.C., 10518 E. California Ave., Sanger 93657. Dave Dodson (209) 875-4072.

Richmond: The "High Five" 5K PA/TAC Championships, Pt. Pinole Regional Park, 9 am. Team Challenge, P.O. Box 963, El Sobrante 94803-0963. (415) 841-1190.

Guerneville: Stump Town Daze Run Thru the Redwoods, 10K, Armstrong Woods Rd., 9 am. Russian River Chamber of Commerce, 14034 Armstrong Woods, P.O. Box 331, Guerneville 95446. (707) 869-9009.

Las Vegas, NV: LVTC 2 & 5 Mile, Sunset Park, 7 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

■ May 31 (Sunday):

San Francisco: DSE Legion of Honor Run, 4.3 mile, 34th Ave. & Clement, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

San Francisco: Ocean Beach 10K & 1 mile, Great Highway & Balboa, 8 am/1 mile, 8:30 am/10K. Bill Duke, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

Redwood City: Boardwalk Baylands 10K, #1 Bair Island Rd., 9 am. Bob Kissick, Boardwalk VW, 350 Convention Way, Redwood City 94063. (415) 364-0100.

San Francisco: Statuto Races, 4.0 & 8.1 miles, 1630 Stockton St., 9 am. Roger Boschetti, S.F.I.A.C., 1630 Stockton St., San Francisco 94133. (415) 781-0165.

Cupertino: Tandem Computers "Up & Running" Race, 10K, 2 mile & trike and trot, 19333 Valco Pkwy., 9 am(?). Beck DeAnda, Tandem Computers, 10300 No. Tantau, Cupertino 95014. (408) 973-7169.

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A Day Camp for All Coaches...

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☐ Schedule

Palo Alto: IAM's Dog's Best Friend 5K, Anne Cribbs, Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2429.

San Luis Obispo: Descente Star Test 10K, South Bay Community Center (Los Osos Valley Rd. near 9th St.), 8:30 am. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406-1134.

Newport Beach: "Round the Bay in May, 10 Mile & 5K, Newport Dunes Aquatic Park, 7:30 am. Orange County Mental Health Assoc., 2110 E. First St., #101, Santa Ana 92705. (714) 547-7559.

Saugus: Dave Parker 40.5 Mile Canyon Relay & Ultra-Marathon, Santa Clarita Park (relay composed of 4 persons), 6 am/ind., 7 am/relays. Fast Lane Finish Systems, P.O. Box 638, Newhall 91322. Sue Simms: (805) 251-5562.

Quartz Hill: Running Promotions 5 & 10K (& Kiddie K), Lane Park, 7:45 am. Running Promotions Unltd., Box 128, Lancaster 93534. (805) 942-3820.

Redondo Beach: Love Your Heart 10K, 7 am. Barry Pearce, Heart 10K, 1142 Manhattan Ave., Suite CP6, Manhattan Beach 90266. Village Runner: (213) 375-2626.

Moorpark: Moorpark College 5 & 10K Stadium Runs, 7:30 am/5K, 8:15 am/10K. Moorpark College Athletic Dept., 7075 Campus Rd., Moorpark 93021. (805) 529-2321, x220.

Cerritos: SCCAA Runs, 2 mile & 5K, Gahr High School (track), 8 am/5K, (2 mile part of track meet which starts at 9 am). Kevin Browning, 20839 Marshall Way, Saugus 91350. (805) 251-7572, eves.

San Diego: Buick 10K, 5th & "G" Sts., (also 2 mile), 7:45 am. In Motion (619) 483-9501.

Mission Viejo: Orange County Performing Arts Center Triathlon, 1.5K swim, 35K bike, 10K run. Lake Mission Viejo, time TBA. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 433-4557.

San Carlos: Home Town Days Footrace, 5 Mi., Burton Park, 9 am. Ruth Waters, 1950 Brittan Ave., San Carlos 94070. (415) 594-1577.

Yucaipa: Crafton Hills 5 & 10K, Crafton Hills College, 7:30 am./5K, 8 am. Crafton Hills College, 11711 Sand Canyon Rd., Yucaipa 92399. (714) 794-2161, x329.

■ June 4 (Thursday):

Tulare: Sundowner 3K Series, Bob Mathias Stadium, 6 pm. Greg Coleman, Parks & Recreation Dept., 830 So. Blackstone St., Tulare 93274. (209) 688-2001, x575.

South El Monte: Legg Lake 8K Evening Run, Legg Lake Park (Whittier Narrows), 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.



Dry Creek Inn • The City of Healdsburg Recreation Dept. and the Healdsburg Tribune



presents the
13th Annual

Fitch Mountain Footrace

Saturday, June 26, 1987
8:00 a.m. Start

3K Fun Run • 10K Footrace

FEE: \$11 (with t-shirt) or \$7. After 6/26/87 fee increases to \$13 (with t-shirt) or \$9. **START LOCATION:** Plaza Park. Matheson Street and Healdsburg Avenue. **TYPE OF COURSE:** Semi-hilly around Fitch Mountain, along the Russian River.

FOR MORE INFORMATION CONTACT: Fitch Mountain Footrace, P.O. Box 578, Healdsburg, CA 95448 (707) 431-3301.

■ June 6 (Saturday):

Vacaville: Gold Medal Triathlon, 0.75 Mi. Swim, 5.4 Mi. Run, 8.4 Mi. Bike, Lagoon Valley Pk., 8 am. Rick Gebers, 2525 Martin Rd., Fairfield 94533. (707) 425-9564.

Menlo Park: Celebrate Education Run, 5 Mi. (& 2 Mi. Stride), Hillview School (Santa Cruz & Elder), 9 am. Nancy Davidson, 6 White Oak Ct., Menlo Park 94025. (415) 326-6615, eves.

San Jose: Mirassou Grape Run, 5K, Aborn Rd., 9 am. Ron Wayne, 25930 Kay Ave., #206, Hayward 94545. (408) 274-4000, Susan Peterson. 1000 limit.

Folsom Lake: Tri For Fun Triathlon Series, 1K Swim, 20K Bike, 5K Run, Beals Point, 8 am. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

McKinleyville: Totem Pole V, 2 & 5 Mi., McKinleyville Shopping Center, Time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. (non-SRRRC Race, send SASE for info).

Reedley: The Luke Trimble Triathlon, Swim 8 Lengths, 4 Mi. Bike, 1 Mi. Run; or Swim 24 Lengths, 12 Mi. Bike, 3 Mi. Run, 8 am. Dianne Dixon, 100 N. East Ave., Reedley 93654. (209) 638-6881, x267.

Lake Castaic: Grand Prix Series Biathlon, 30K Bike, 8K Run, Lake Castaic Recreation Area, Time TBA. Tom Redfern, 22946 Lyons Ave., Newhall 92321. (805) 254-1833.

South El Monte: Menudo Run 5 & 10K, Legg Lake Park, 8 am. Lt. David Gomez, P.O. Box 2353, Irwindale 91706. (714) 547-7559.

Long Beach: Diabetes Treatment Center 5 & 10K Benefit Runs, El Dorado Park, 8:30 am. Steve McGovern, 3700 E. South St., Lakewood 90712. (213) 408-0454.

Corona Del Mar: Corona Del Mar 5K, Corona Del Mar State Beach, 8 am. (1500 limit). Nancy Beard, City of Newport Beach, Box 1768, Newport Beach 92658. (714) 644-3151.

Rosarito Beach, BC (Mexico): Festival de Primavera 5 & 10K, 8 am. Finish Line International, 7486 Connie Dr., Huntington Beach 92648. (213) 634-3027.

Las Vegas, NV: Mike's 9 Mile Deer Creek Run & Picnic, 8 am. Mike Naylor: (702) 383-1276.

San Mateo: The Nun Run, 10K, College of San Mateo, 6 pm. Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

■ June 7 (Sunday):

Napa: Napa Old Town 2 & 5 Mile, St. John's Church, 9 am. Dave Alvarado, 481 Seminary St., Napa 94558. (707) 253-7609.

Mill Valley: DSE Practice Dipsea, 7.1 Mi., Lytton Square (start 2 blocks away in Park), 8 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Palo Alto: Duck to Ducks 10K, Palo Alto Baylands Athletic Center, 9 am. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2429.

Cupertino: DeAnza Day 5K Fun Run, DeAnza College (near tennis courts at south entrance), 8 am. Bruce Fremd, DeAnza College, 21250 Stevens Creek, Blvd., Cupertino 95014. (408) 996-4377.

Talmage: Russian River Marathon, Half-Marathon & 8K (8K is PA/TAC Championships), 2600 East Side Rd., 6 am./Marathon & Half Marathon, 8 am./8K. Anne Veno, Russian River Marathon, P.O. Box 204, Ukiah 95482. (707) 463-1880.

San Leandro: City of San Leandro Shoreline 10K & 3K Fun Run, San Leandro Marina (Neptune Dr.), 9 am. Dr. Fred Framsted, San Leandro Rec. Dept., 835 E. 14th St., San Leandro 94577. (415) 577-3466.

Salinas: Heart & Sole '87, 5 & 10K, Salinas Valley Memorial Hospital (450 E. Romie Ln.), 9:30 am. Clark Grant, KSBW-TV, 238 John St., Salinas 93901. (408) 758-8888.

Sonoma: "Hit the Road Jack" Run for Hospice, 4 & 10K, Depot Park, 7:30 am./4K, 8:30 am. Sonoma Cheese Factory, 2 Spain St., Sonoma 95476. (707) 996-1000.

KNXT-CHANNEL 49

Visalia/Fresno, CA

BENEFIT RUN



4 MILE, 1 MILE & 1 MILE WALK

TIME: Registration - 6:00 to 7:00 am—San Joaquin Memorial High School—Ryan's Pastoral Center
 1 mile run - 7:15 am
 1 mile walk - 7:15 am
 4 mile run - 7:30 am

PLACE: San Joaquin Memorial High School
 1406 N. Fresno Street, Fresno, CA

ENTRY FEE: \$7.00 Pre-Registration
 \$8.00 Day of Race

ENTRIES NOT CONSIDERED RECEIVED UNLESS ACCOMPANIED BY FEE (NON-REFUNDABLE)

Race Director: Fred Pereira (209) 224-7857
 or 486-4949

Prizes-Trophies

WHEN: June 7, 1987

Dutch Warmerdam Official Race Starter

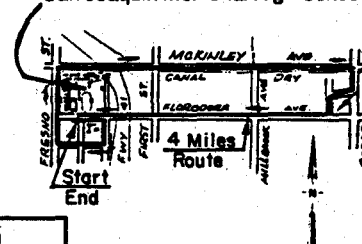
**** T-Shirts to ALL Entrants ****



Divisions and Number of Trophies

4 Mile Run		1 Mile Run	1 Mile Walk
Men	Women	Men & Women	Men & Women
Under 18 3	Under 18 3	Under 6 3	20-29 2
19-24 3	19-29 3	7-8 3	30-39 2
25-29 3	30-39 5	9-10 3	40-49 2
30-34 3	40-49 5	11-13 3	50-59 2
35-39 3	50-59 3	14-18 3	60 over 2
40-44 3	over 60 1	19-29 3	
45-49 3		30-39 3	
50-59 3		40-49 3	
60-69 2		50-59 3	
over 70 1		over 60 1	
	Heavyweight 195 & Over 3 (Men Division)		

San Joaquin Memorial High School



Men & Women
 4 Mile & 1 Mile Wheelchair 1

Full sized map on back

I whole-heartedly recommend the benefit run to raise funds for the KNXT, Channel 49. May the lord bless the efforts of all of those who participate in this event.

Sincerely in Christ

Joseph J. Madera, M.Sp.S.

Joseph J. Madera, M.Sp.S., D.D.
 Bishop of Fresno

Please enter me in the KNXT, Channel 49 Benefit Run. In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive forever and release any and all rights and claims for damages I may have against Race Director, Fred Pereira, KNXT Channel 49, The City of Fresno, Roman Catholic Bishop of Fresno, A Corporation sole their representative, successors, supporters, and assigns for any and all injuries suffered by me traveling to or participating in said event. I also give my permission for the free use of my name and/or picture in any broadcast, telecast or other account of this event. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event, and my physical condition has been verified by a licensed medical doctor.

T-Shirt Size: Small Medium
 Large Extra Large

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____ Age: _____

Signature in full: _____

Signature of parent required if entrant is under 18 years of age. Please make check payable to KNXT, Channel 49

C/O Fred Pereira, 4048 N. Angus, Fresno, CA 93726

CHECK ONE: 1 Mile Run _____ 4 Mile Run _____

1 Mile Walk _____ Wheelchair _____

Heavyweight _____

□ Schedule

Nevada City: Gold Country Lions Road Races, 5, 10, 20 & 30K, Pioneer Park, 8 am. Joe Tennyson, Gold Country Lions, P.O. Box 236, Grass Valley 95945. (916) 272-7902, eves.

McKinleyville: Jack Moore Race, 2 & 5.7 Mi., 1 pm./2 Mi., 1:45 pm. Six Rivers R.C., P.O. Box 214, Arcata 95521.

Santa Barbara: Santa Barbara Savings 10K, 8 am. Felicia Sutherland, 3908 State St., Santa Barbara 93110.

El Segundo: HEART Club 5K Run, 2000 E. El Segundo, 8 am. Dietmar Oberhoessel, 7916 Denrock Ave., Los Angeles 90045. (213) 305-2251, days.

Westlake Village: Conejo 8K Run, Westlake Elem. School, 8 am. (No pre-entry). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

Fresno: Benefit Run, 1 & 4 Mi., San Joaquin Memorial High School, 7:30 am. Fred Pereira, 4048 N. Angus, Fresno 93726. (209) 485-8310.

Aptos: Aptos Creek Marathon, Nisene Marks State Park, 8 am. Contact: (213) 374-9940.

Bay Area: (Location TBA) Sri Chinmoy Marathon, one-mile loop, Time TBA. Contact: (415) 731-RACE.

Burbank: Run For The Hungry, 8K, Warner Records Parking Lot (3300 Warner Blvd.), 8 am. (1K "Munchkin Mile" at 9 am.). Runners Sole, 1602 W. Olive Ave., Burbank 91506. (818) 846-2915.

Bonelli Park: Los Angeles Triathlon Series #3, 1K Swim, 40K Bike, 8K Run, or 0.5K Swim, 20K Bike, 5K Run, Time TBA. Los Angeles Triathlon Organizing Comm., 2564 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Rancho Bernardo: Rancho Bernardo 10K & 2 Mi., Town Center, 7 am. Ed Coverley: (619) 485-7763.

Coronado: Coronado Hospital 10K Bridge Run, 7:30 am. Mary Kay Forsy: (619) 437-4556.

■ June 11 (Thursday):

San Francisco: Corporate Jazz 5K, Golden Gate Park (Polo Field, South Side), 7 pm. Rhodyco Productions, 805 Lake St., #3, San Francisco 94118. (415) 668-2243.

South El Monte: Legg Lake 5 Mile Evening Run, Legg Lake Park (Whittier Narrows), 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

■ June 13 (Saturday):

Mariposa: Butterfly Days Run, 1 & 4 Mi., Mariposa High School, 8 am. Butterfly Days Run, c/o Bill Yaley, Yosemite Bank, P.O. Box 5000, Mariposa 95338. (209) 966-3777.

Santa Barbara: Sansum Clinic 8K, Stow Grove Park, 8 am. Mike Tripiett, P.O. Drawer LL, Santa Barbara 93102-1239. (805) 682-2621, x351.

Yorba Linda: Anne Kiyasu Memorial 5 & 10K and 1 Mi., Yorba Linda Regional Park, 8 am./5K, 8:45 am. Cynthia Winner, M.L. King Medical Center, 1830 W. Romneya, Anaheim 92803. (714) 491-5571.

City of Industry: Run For The Hill, Azusa Ave. & Industry Hills Pkwy., 7:30 am. Moses Gonzales, 540 N. Rosemead Blvd., Pasadena 91107. (818) 351-8815.

Las Vegas, NV: Las Vegas T.C. 5K, Sunset Park, 7 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV. 89101. (702) 382-3496.

South Lake Tahoe: Robert DeCelle, Jr. Lake Tahoe Memorial Relays, 72-Mile, 7-person teams, 7 am. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

Palos Verdes: Palos Verdes Marathon, Indian Peak & Hawthorne, 7 am. George Owens, Box 153, Palos Verdes 90274. (213) 377-3419.

■ June 14 (Sunday):

Windsor: Empire of America Great Grape Stampede 10K & Fun Run, Windsor River Rd., (dntn.), 8 am. Paul Jensen, P.O. Box 755, Windsor 95492. (707) 838-2904.

San Francisco: DSE Golden Gate Bridge Run, 3.53 Mi., Toll Gate Parking Lot, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

San Francisco: Great San Francisco Police Chase, 10K, Time TBA. Len Wallach, P.O. Box 416, Belmont 94002.

San Jose: Quicksilver Challenge Half-Marathon, Castellero School (Leland Park Dr.), 8 am. Fleet Feet R.C., Jan Barclay, P.O. Box 41474, San Jose 95160. (408) 997-1917.

Aptos: Aptos Women's 5-Miler, Aptos Village Park (10 Mi. South of Santa Cruz on Hiway 1), 9 am. (Women Only). Gail Goet-telmann, 866 Burns Ave., Aptos 95003. (408) 688-1624.

Napa: Camp Coombs Cross-Country Run, 6.2, 1.5 & 0.5 Mi., Napa State Hospital, 8:30 am. Bill Hoy, c/o Volunteer Center, Napa State Hospital, 2100 Napa/Vallejo Hwy., Napa 94558. (707) 253-5415.

Fresno: Father's Day Run, 2 & 6 Mile, Tulare and Van Ness Avenues, 6:30 am. Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

San Luis Obispo: Corbett Canyon 10K Grape Run, 900 Industrial Way, 8:30 am. Special Olympics, 1428 Phillips Ln., San Luis Obispo 93406-1134.

Santa Barbara: Santa Barbara Savings 10K, 8 am. Felicia Sutherland, 3908 State St., Santa Barbara 93110.

Riverside: Riverside Medical Clinic 5 & 10K Fitness Classic, Arlington High School (Lincoln & Jackson), 8 am. Race Central, P.O. Box 828, Rialto 92376. Desta Stoner: (714) 782-3837, Riverside M.C.

Orange County: Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Dana Point at Doheny Beach State Park, 7 am. (2000 limit). Bud Light USTS, P.O. Box 1389, Solana Beach 92075. (619) 943-7500.

San Diego: June Jubilation 10K & 2 Mile, Balboa Park, 7:30 am. Bob Palmatier: (619) 437-4556.

Mill Valley: Dipsea Race, 7.1 Mile, Time TBA. Dipsea Race, c/o Mill Valley Jaycees, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC. (Entries Closed).

Lassen Park: Mike High Ultra, 28 & 48 Mile, Turner Mountain, Time TBA, (5200 to 6200 feet altitude). Contact: (916) 597-2944.

■ June 17 (Wednesday):

Los Angeles: Heart of the City 5K Run, Union Bank Plaza (445 So. Figueroa), 6:45 pm. Heart of the City Run, P.O. Box 30509, Los Angeles 90030. (213) 236-5716.

■ June 18 (Thursday):

Tulare: Tulare Sun Downer 3K Series, Bob Mathias Stadium, 6 pm. Greg Coleman, 830 So. Blackstone St., Tulare 93274. (209) 688-2001, x 575.

South El Monte: Legg Lake 5K Evening Run, Legg Lake Park (Whittier Narrows), 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

■ June 20 (Saturday):

Santee Lakes: Santee Lakes 10K & 2 Mile, 7:30 am. Ross Nightingale: (619) 437-4556.

Las Vegas, NV: Lydia's 5 Mile Shoe-In & Picnic, Tule Springs (Floyd Lamb State Park), 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Duluth, Minn: National TAC Sr. Women's Marathon Championships (Grandma's Marathon), time TBA. Scott Keenan, P.O. Box 6234, Duluth, MN 55806. (218) 727-0947 or 525-6460.

■ June 21 (Sunday):

Oakland: Bacardi Rum Run, 5 & 10K, Lake Merritt (New Boathouse), 9 am. Melody Broome, S.C.A.R.E., 330-41st St., Oakland 94609. (415) 547-6965.

Oakland: Dick Houston Memorial Wood-minster Run, 8.1 Mi., Joaquin Miller Park, 9 am. (X-Country, Handicapped). Gail Wet-zork, 3452 Capella Ln., Alameda 94501. (415) 522-3724.

San Francisco: DSE Low Tide Run, 6 Mi. & 0.6 Mi. Kid's Run, Great Hwy. & Balboa, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Palo Alto: Palo Alto Baylands 5 & 10K Stride, Bayland's Athletic Center (Embarcadero & Geng Rd.), 9 am. Anne Cribbs, Palo Alto Rec. Dept., 1305 Middlefield Rd. Palo Alto 94301. (415) 329-2429.

Lompoc: Valley of the Flowrs Marathon & Half Marathon, Lompoc High School, 7:30 am./Half. Valley of the Flowrs Marathon, P.O. Box 694, Lompoc 93438. Lee Heinz (805) 733-4495, before 9 pm.

Monte Rio: Moscow Road Race, 5 & 10K, Time TBA. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 874-2830.

Hollister: Run For The Health Of It, 5 Mi., H. Hawkins Memorial Hospital, 8:30 am. Roy Cramblit, 911 Sunset Dr., Hollister 95023. (408) 637-5711, days.

☐ Schedule

Monterey: Monterey Bay Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13 Mi. Run, Monterey State Beach, 7 am. Friends Outside, 116 E. San Luis St., Salinas 93901. (408) 758-2733.

Long Beach: SCA/TAC 8K District Championships, El Dorado Park, 6 pm. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 439-6875.

Oxnard: Centerpoint Mall Father's Day 2 & 10K Classic, Saviers & Channel Islands Blvd., 8 am. Pat Farrell, Centerpoint Mall, Management Office, 2655 Saviers Rd., Oxnard 93033. (805) 487-1142.

San Diego: San Diego International Triathlon, 1K Swim, 30K Bike, 10K Run, Spanish Landing Park, Time TBA. Rick Kozlowski, 1550 Martin Luther King Way, San Diego 92101. (619) 233-8797.

■ June 23 (Tuesday):

San Diego: One-Hour Run, Grossmont College, 5:30 pm. (6:30/Mile or slower), 6:35 pm. (6:30/Mile or faster). Joni Pendleton: (619) 287-8694.

■ June 25 (Thursday):

South El Monte: Harolene Walters Anti-Drugs 8K, Legg Lake, 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

■ June 27 (Saturday):

San Francisco: Great Cable Car Chase, Distance & Time TBA. Dave Horning, Tri-Sport, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Benicia: Benicia Historical Run, 5 & 10K, Foot of First St., 9 am. Liz McMahon, 1883 Lindo St., Benicia 94510. (707) 642-3555.

Stinson Beach: DSE Double Dipsea, Stinson Beach to Mill Valley & return, 14.2 Mi., 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Lompoc: Flower Festival Parade Route 5K, Time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

Santa Barbara: Sri Chinmoy 5 Miler, Palm Park (across from Red Lion Inn), 8 am. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 685-3325.

Camarillo: Gold Coast Triathlon Series, 0.5-Mi. Swim, 15 Mi. Bike, 3 Mi. Run, Time TBA. Tri-Club Ventura Co., P.O. Box 28, Camarillo 90311.

So. El Monte: Run For Glory 2 & 8K (2K Partners Run), Legg Lake, 8 am. Contact: (818) 814-2302.

Watts: Celebrity Walk for Health, 5 & 10K and 3K, Watts Health Center (103rd & Compton), 8 am. Watts Health Foundation, 3405 W. Imperial Hwy., #401, Inglewood 90303. (213) 671-3465, x360.

Century City: Century City 5 & 10K, Century City Shopping Center (10250 Santa Monica Blvd.), 7:30 am. Randy Lewis, Beverly Hills YMCA, 9930 Santa Monica Blvd., Beverly Hills 90212. (213) 553-0731.

Squaw Valley: Western States 100 Mile, 5 am. Entries Closed. Helen & Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

■ June 28 (Sunday):

San Francisco: S.F. Dime 10K, Golden Gate Park (JFK Drive & 36th Ave.), 9:30 am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

San Francisco: Freedom Mile, 1 Mile, Golden Gate Park (Rainbow Falls, JFK Drive), 9 am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

Castro Valley: Run to the Lake 5 & 10K, Eden Hospital, 8 am. Ellen Kushner, Eden Hospital, 20103 Lake Chabot Rd., Castro Valley 94546. (415) 889-5061.

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5, 10 & 15K, Old Boathouse (Lake Merritt), 14th & Lakeside Dr., 9 am. Elynn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Santa Rosa: Redwood Coast Triathlon Series II, Spring Lake Tin Man, 1 Mi. Swim, 6.2 Mi. Run, 20 Mi. Bike, Spring Lake Park, 8 am. (Individuals Only, Pre-Entry by 6/14, 350 Limit). Redwood Coast USLA, P.O. Box 337, Healdsburg 95448. (707) 575-7144.

Ventura: Sea Breeze 10 & 20K Races, 8 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

Big Bear Lake: Big Bear Triathlon Series, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. GO Sports, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

Oceanside: Oceanside Firecracker 10K & 2 Mi., 5:30 pm. Contact: (Toni) (619) 272-8316.

Olympia, WA: National TAC Masters (Men & Women) 1 Mile Road Championships, Time TBA. Walt Jorgensen, 823 North St., Tumwater, WA 98501. (206) 786-1649.

Portland, OR: Cascade Run Off, 15K. Cascade Run Off, P.O. Box 40228, Portland, OR 97240. (May 15 entry deadline).

LOOKING AHEAD

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

JULY 4. Coronado: Coronado Half-Marathon & 2 Mile, 7th & G Sts., 6:30 am. Kathy Loper: (619) 437-4667.

JULY 18. Sacramento: Eppie's Great Race, 6.1 Mi. Run, 13.5 Mi. Bike, 6.35 Mi. Paddle, William Pond Recr. Area (Arden Way), 8 am. Shirley Wild-Wagner, (916) 366-2940.

JULY 19. San Francisco: San Francisco-Audi Marathon, Time TBA. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2322.

BUY THE NEW BALANCE 675 AND OTHER NEW BALANCE SHOES AT THE FOLLOWING DEALERS:

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(in Ralph's Center)
Mission Viejo, CA
714-770-4691

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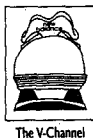
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By KEITH CONNING

Erin Keogh

February 21. High School Women's Regional, Fairfax, Virginia—the Kinney National Cross Country champion, set a new high school indoor record of 9:57.83 for the 3200. The old high school indoor record of 10:05.15 for two miles was set by Suzie Tuffey (Bergan, Peoria, Illinois) at Sterling, Illinois on March 2, 1985.

The mark is also superior to the outdoor high school record for two miles of 10:03.5 set by Mary Shea (Cardinal Gibbons, Raleigh, North Carolina) at Fort Lauderdale, Florida on April 7, 1979.

Keogh also set a high school record of 9:21.41 for 3,000 meters during the race. The old record of 9:27.4 was set by Laura Craven (Beechcroft, Columbus, Ohio) at Aliston, Ma. on January 31, 1982.

Effie Daetz

March 6. Junior Effie Daetz (Leigh, San Jose) ran the 100 meter hurdles in 13.7 against Saratoga.

Brian Abshire

March 13. Cosford, England—Brian Abshire (Nike B), a graduate of DeAnza High School in El Sobrante, placed second out of a field of ten in a 3000m race that featured Gold Medalist Sebastian Coe. Coe won the race in 7:54.88, while Brian was second in 7:55.33!

March 15. Dairy Crest Invitational, Cosford, England—Abshire placed 3rd in a 2000m race that was won by Frank O'Mara of Ireland, the world indoor 3000m champion. O'Mara who ran the fastest indoor mile of the year (3:53.3) won in 5:04.5, while Brian ran 5:07.3. Both nights Brian defeated Brian Diemer, the Olympic Bronze medalist in the steeple. (Source: Auburn Newsletter).

March 28. Florida/Sunkist Relays, Gainesville, Florida—Abshire won the 3000m steeplechase in 8:29.66.

NCAA Indoor Championships

March 14. Oklahoma City, Oklahoma—Yvette Bates (USC), a graduate of Berkeley High School, set an American and collegiate indoor record of 45-3 in the triple jump. The old record of 44-8 was set by Wendy Brown (USC), a graduate of Woodside High School, earlier in the meet. The mark is superior to the outdoor American record of 44-9 1/4 set by Turner (Texas) in 1986 and the outdoor collegiate record of 44-10 1/4 by Garcia (Florida State) in 1986. Bates' series: 44-1 1/2, foul, 44-0 1/2, 44-1 1/2, 44-6, 45-3. Brown's series: foul, foul, 42-7, foul, 44-8 American and collegiate record, 44-0 1/4. The old American indoor record was 44-3 1/4 by Brown twice in 1986. The old collegiate indoor record was 44-4 by Garcia in 1985.

Linetta Wilson (Nebraska), a graduate of Muir High School in Pasadena, set an American and collegiate indoor record of 1:08.89 in the 500. The old American record 1:09.75 was set by Clark (Athletics West) in 1985. The old collegiate record of 1:09.38 was set by Rattray (Tennessee) in 1984.

Pathmark

March 15. New Haven, Connecticut—Senior Steve Lewis (American, Fremont), the 1986 State Meet 400 champion, set a new California indoor record of 48.60 in the 440 yards, while finishing second. Lewis is now the seventh best indoor quarter miler of all-time. Junior

William Reed (Central, Philadelphia, Pennsylvania) won in 47.69, the fourth fastest performance of all-time indoors.

Senior Paul Thomas (Jesuit, Sacto) placed second in the mile in 4:12.24 (1500 in 3:56.64). Thomas ran the 1600 in 4:12.9 in 1986.

Senior Marc Davis (San Diego) placed second in the two mile in 8:58.34 (3000 in 8:24.14). Paul Thomas was fourth in 9:01.76. Davis' best 3200 in 1986 was 8:58.92.

Hawthorne set a new California indoor record of 3:19.44 in the 4x440 yards. The old California record of 3:20.8 was set by Hawthorne in 1985. Hawthorne becomes the fifth fastest indoor mile relay team of all-time. Junior Travis Hanna anchored in 48.9. Hanna was able to barely hold off William Reed's 46.1 anchor which gave Central of Philadelphia second place in 3:19.82.

Senior Pat Alduenda (Ramona) placed second in the pole vault at 15-6 to become the #2 all-time Californian indoors. Alduenda vaulted 15-0 in 1986.

Senior MacArthur Anderson (Bakersfield) placed fifth in the triple jump at 49-0 1/4. His best mark in 1986 was 48-6.

Women: Stacey Leach (Thousand Oaks) placed second in the 300 in 40.12.

Senior Janeene Vickers (Pomona) won the 440 in 54.95, to become the #2 Californian of all-time indoors.

Senior Madette Smith (Quartz Hill) placed fourth in the long jump at 19-7, to become the #4 Californian all-time indoors.

Senior Jackie Anderson (Mt. Miguel, San Diego) placed third in the triple jump at 38-10 1/4.

Bellarmino-Kiwanis Invitational

March 21. Los Gatos—Junior Tony Miller (Riordan, San Francisco) won the 100 meters in 10.59.

Alfonso Davis (Fairfield) was the meet's outstanding male athlete. Davis leaped 49-3 1/4 in the triple jump.

Senior Ronda Brooks (Oakland) ran the 100 meters in 12.01.

Junior Effie Daetz (Leigh, San Jose) was the top female athlete. She won the 100 meter low hurdles in 13.99.

Senior Kim Lassair (Northgate, Walnut Creek) triple jumped 38-3.

There were 18 meet records set. The meet drew 1,400 athletes from 77 schools.

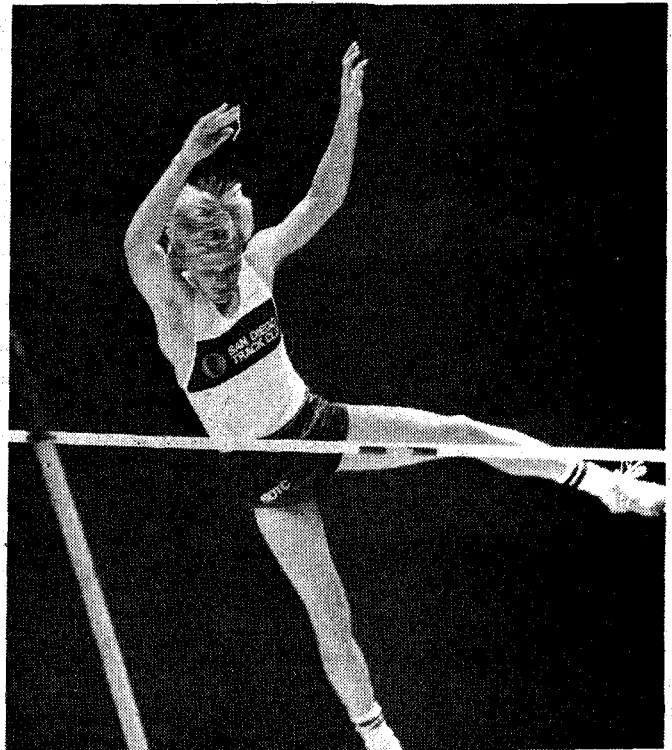
Golden Bear Meet of Champions

March 21. Berkeley—Senior Steve Lewis (American, Fremont) the 1986 State 400 champion, started where he left off last year outdoors. He anchored his team to a medley relay (200, 100, 100, 400) victory with a come from behind 47.5 leg.

IAAF World Cross Country Championships

March 22. Warsaw, Poland—Senior Marc Davis (San Diego), 17, the Kinney National Cross Country champion, placed 40th in 23:47 over the 7050 meter (4.38 miles) course for Junior Men. Mark Mastalir (Stanford/Jesuit HS, Sacramento), 19, placed 62nd in 24:15. His twin brother Eric was 100th in 24:47. Kirochi (Kenya) won in 22:19.

The other United States finishers were: Todd Williams (Monroe, Michigan) 18,



PAT ALDUENDA

23:30 in 23rd, Tim Gargiulo (Plano, Texas) 19, 23:24 in 28th, and Bob Henes (Raleigh, North Carolina) 18, 23:35 in 29th.

Ethiopia won the junior title with 19. Kenya was second with 20, Japan third at 73 and U.S. fourth at 120.

Stanford Holiday Inn Invitational

March 27-28. Stanford Stadium—On Friday senior Effie Daetz (Leigh, San Jose) won the 400 low hurdles in 62.85.

Junior Katy McCandless (Castilleja, Palo Alto), the Kinney Western Regional Cross Country champion last fall, won the 3,000 meters in 10:14.1. She ran the first mile in 5:23.1. Last year she ran 10:22.9 in this meet. "I got out there by myself and I kind of got a little bored," said McCandless to Tim Menicutch of the *Times Tribune*. "When someone is right next to you, you get into the race a little more. I haven't raced against her (Mary Mendoza of Presentation in San Jose) yet this track season. I was hoping she'd be here. I thought all week about meeting her and I was getting really psyched up. But when she didn't show up, it was kind of a letdown." Mendoza could not be dismissed from school on Friday. "I have never beaten her in the mile or the two-mile," McCandless said. "This year I'm hoping to beat her, especially in the two-mile. She can have the mile, but I really want to beat her in the two-mile. But I wouldn't mind beating her in the mile.

Once you get out there you always want to win."

Davis High won the girls sprint medley (880, 220, 220, 440) in 4:14.10.

On Saturday senior Kamy Keshmiri (Reno, NV) set a new national high school and Nevada State discus record of 214-11 measured with a steel tape by TAC officials. The old national record of 213-6 was set by Clint Johnson (Shawnee Mission South, Overland Park, Kansas) at Overland Park, Kansas on July 19, 1980. The old Nevada record of 203-5 was set by Keshmiri last year, despite the fact his discus struck a chair.

"I felt it this week," Keshmiri said to Menicutch. "But I didn't know exactly how well I'd do. In practice this week I hit a couple of throws 222 feet. After I got 207, I knew I still had one more throw. I knew I still had a chance to hit something big. I could feel the power as soon as I let it fly."

Keshmiri also won the shot put with a toss of 62.5.

Sophomore Russell White (Crespi, Encino), who had a 1986 season best of 46-0 1/2 as a freshman at the Arcadia Invitational, won the triple jump at 48-11 1/2. The national sophomore record of 50-2 1/2 was set by Ken Frazier (Mission, San Francisco) in 1980.

Senior Brent Burns (Acalanes, Lafayette), the leading prep vaulter in the country last year at 17-6, won by 1-8 at 16-8.

photo by Burt Davis

□ Prep Notes

The Bellarmine distance medley team ran 10:22.22.

Senior Mary Mendoza (Presentation, San Jose), who had a 1986 season best of 4:58.8c in the CCS final, defeated junior Katy McCandless in the mile 4:56.90 to 5:04.3. Mendoza's splits were: 1:09.8, 2:24.9 (1:15.1), 3:40.4 (1:15.5), 4:56.90 (1:16.5).

□ Fritz Sparks

March 29, Oakland—Dave Newhouse, a columnist for the *Oakland Tribune*, wrote a column about the 1980s high-school coach. "Drugs are everywhere, there are more broken homes, Proposition 13 has taken its toll, the educational system is cracking, guns have been taken away on campus—sometimes after killings—and teenage suicides have increased," wrote Newhouse. "Only a special breed of coach could survive in this difficult age. One such man is Fritz Sparks, the varsity track and field coach at Castlemont of Oakland. Sparks, 44, is an independent broker in paper products. He formerly taught and coached at Oakland High and Skyline.

□ Bill Hotchkiss

April 1, Ocala, Florida—The National High School Athletic Coaches Association Executive Director, Carey E. McDonald, has announced that Bill Hotchkiss of Leigh High School in San Jose has been selected as 1987 cross country Coach of the Year for NHSACA Region 8. Mr. Hotchkiss was nominated by coaches in the state for "National High School Coach of the Year". Outstanding coaches were nominated from other states in the

Region but Mr. Hotchkiss was selected by the National Awards Committee to be one of the eight NHSACA Regional nominees for the 1987 National Award. Evaluative criteria included tenure, championship years, win-loss percentages, to the profession, the community, and to high school athletics.

Mr. Hotchkiss will be honored with a beautiful plaque at the 22nd annual NHSACA National Convention-Clinic National Awards Banquet on June 26th, 1987 at the Louisiana Superdome in New Orleans, LA.

Congratulations Bill! Bill has been one of my most regular correspondents. Bill kept me posted on Rebecca Chamberlain's accomplishments throughout her years at Leigh. Bill continues to keep me up to date on his latest sensation Effie Daetz, the hurdler.

While Bill is taking in the atmosphere in Louisiana, the TAC National Track and Field Championships will be taking place in Bill's back yard.

□ Fresno Relays

April 3, Ratcliffe Stadium, Fresno—Oh what a beautiful all-weather track! The news from Fresno is that track has returned to Ratcliffe Stadium. We drove down from Berkeley early Friday morning because I had a girl running at 1:00 p.m. Chuck Skow showed us the new facility with great pride.

Senior MacArthur Anderson (Bakersfield) won the triple jump at 49.4.

Junior Katy McCandless (Castilleja, Palo Alto) won the 3200 meters in 10:47.0.

She ran the first 1600 in 5:19.5 and the second in 5:27.5.

Outstanding freshman Dawn Dumble (Bakersfield) threw the discus 139-7 and the shot put 44-11½.

Junior Celia Willis (Clovis West) high jumped 5-8.

Junior Ronda Brooks (Oakland) defeated senior Stacey Rogers (Johnson, Sacto) in the 100--11.79w to 12.03w—with a +9mps wind at their backs.

□ James Logan Relays

April 4, Judson E. Taylor Field, Union City—Senior Sam Cavallaro (Logan, Union City) threw the shot put 60-0 to lead his team to the three man shot put relay title.

"I threw 60 feet in warm-ups, and I knew something was going to happen," said Cavallaro to Marvin Wamble, a graduate of El Cerrito, of the *Mercury News*. "When I hit that one (on his first throw) I was up in the clouds."

Anthony Terrell (Mission San Jose, Fremont) was the top individual in the triple jump at 49-8½ wind-aided.

Tim Prince (Logan, Union City) led his team to the triple jump relay title with a 49-1½ wind-aided performance.

Kim Lassair (Northgate, Walnut Creek) triple jumped 39-7½. She entered six events for Northgate. Several coaches complained, but none filed an official protest. According to the Official High School Track and Field Rules: "a contestant shall not be entered in more than four events." (Rule 4, Section 2, Article 1) "A contestant shall not complete in more than four events. If a contestant exceeds participation limitations, all individual and team points earned by that com-

petitor shall be forfeited. If a contestant participated in a relay event, all relay points earned by the team shall be forfeited." (Rule 4, Section 2, Article 2) Northgate won the girls' team championship by three points over Antioch.

□ King City Relays

April 4, King City—John Bruce (Atascadero) won the pole vault at 15-5¼.

□ Foothill-St. Francis Invitational

April 4, Foothill College—Junior Andreen Alvarenga (Mitty, San Jose) defeated sophomore Roslyn Mack (St. Francis, Mountain View) in the 400--55.5 to 56.2.

Senior Angela Stearns (Santa Teresa, San Jose) defeated Mary Mendoza (Presentation, San Jose) in the 1500m--4:39.7 to 4:41.4.

Mendoza, a senior, won the 3000 in 10:04.8.

Junior Effie Daetz (Leigh, San Jose) ran the 330 low hurdles in 4:00.

□ Oakland Invitational

April 11, Laney College, Oakland—Ronda Brooks (Oakland) anchored with a sub-56 second quarter to give her school the 880 medley (110, 110, 220, 440) victory in 1:48.59.

The Vallejo girl's 4x220 relay team won in 1:46.08.

continued on next page...

USA Jr./Intermediate Track and Field Championships

Rincon Vista Track Complex
University of Arizona
Tucson, Arizona

- **June 16 & 17, 1987:**
Men & Women Jr./Intermediate Multi Events
- **June 18 & 19, 1987:**
Men & Women Intermediate Competition
- **June 19 & 20, 1987:**
Men & Women Jr. Competition

See TAC Competition Rules for exact details on ages for eligible competitors.

Specific information about the championships can be requested by sending a self-addressed stamped envelope to:

USA Jr./Intermediate Championships
P.O. Box 30674
Tucson, Arizona 85751

MARK WINITZ'S

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

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Prep Notes

Top Miller Gives 'em a Thrill in Sonoma April 11. Sonoma—About 38 Sonoma Valley High track boosters from kids to adults pledged at least \$100 a piece for the privilege of crossing the finish line ahead of Steve Scott, the number one ranked miler in America.

Five time national champion and two-time Olympian Steve Scott, pulling in the reins for charity, came up a "loser" five times and in the process raised \$5,000 toward the purchase of a new rubberized racing surface for Sonoma Valley High's aging track.

Kathy Dalton (Sonoma Valley), 17, the number one female high school distance runner in the North Bay, nursing a sciatic nerve injury, had promised her "hero" that she would take it easy by keeping her time under 5:30.0.

Said Dalton, who has pictures of Scott and Mary Decker Slaney tacked on her bedroom wall: "I never experienced anything like this. He's so nice. I just thought it would be neat to be able to run with him."

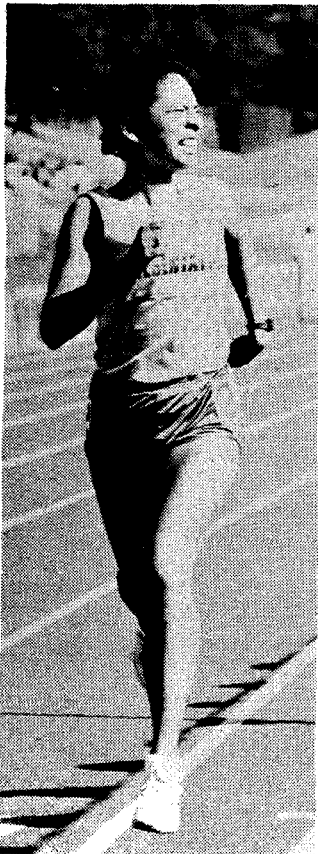
"Steve is a pretty unusual guy," said Sonoma Valley assistant track coach Tom Stubbs, whose parents live next door to Scott in the small beach town of Leucadia.

(Source: Santa Rosa Press Democrat, April 12, by Meg McConahey)

National High School Sports Record Book 1987 Edition

The 1987 National High School Sports Record Book, a compilation of all-time record performances by high school coaches and athletes, has been completed and is available from the National

Fine Flicks by Don Gosney



MARY MENDOZA

Federation of State High School Associations, 11724 Plaza Circle, P.O. Box 20626, Kansas City, MO 64195. The book costs \$3.95. Include \$3.00 for shipping and handling for orders up to \$10; \$5 for orders over \$10.

Following are teams and individuals that became national record holders this year:

Girls Cross Country—Most State Championships: Huntsville (Ala.), Grissom, and Uncasville (Conn.). St. Bernard, 8 (ties record); Four-Time State Champions, Suzy Favor, Stevens Point, Wisc.; Kathy Jarvis, Havre, Mont., who competed in the Kinney Western Regional Cross Country Championships in Fresno and Cathy Schiro, Dover, N.H. (ties record).

Boys Cross Country—Most Consecutive Dual Meet Victories: State College, Pa., 189.

Girls Track and Field—No new national record-holders for 1987 edition.

Boys Track and Field—100m dash, Derrick Florence, Galveston, TX., Ball, 10.1 (Manual).

New State Meet Order of Events

Here is the schedule for the Saturday finals in the State Meet at Sacramento. 6:00 p.m. G400R, 6:08 B400R, 6:15 G1600, 6:25 B1600, 6:35 G100H, 6:45 B110H, 6:50 G400, 6:55 B400, 7:00 G100, 7:05 B100, 7:10 G800, 7:20 B800, 7:30 G300LH, 7:40 B300IH, 7:47 G200, 7:53 B200, 8:00 G3200, 8:18 B3200, 8:35 G1600R, 8:43 B1600R.

The new order allows runners to double in the 400 and 200. In the old order those two events were run back-to-back. The 200 now shapes up as a great match between short sprinter Quincy Watts (Taft, Woodland Hills) against long sprinter Steve Lewis (American, Fremont).

It will be more difficult for a 3200 meter runner to try for a distance double. He or she will now have to run the 1600 trials on Friday and finals on Saturday before running the 3200. Paul Thomas (Jesusit, Sacramento) will be affected by this change. In the old order the 3200 final came before the 1600 final on Saturday.

Attention Cross Country Coaches and Athletes

Plan now for the 11th annual Reebok-Cal Women's Cross Country Invitational. New Sponsor: Reebok International. New Awards: By Reebok. New Course: Golden Gate Park, San Francisco. Site of the 1986 TAC Cross Country National Championships. New Date: Saturday, September 26, 1987. Tentative Schedule: 9:00 a.m. College Men 5 Miles, 9:45 a.m. High School Boys 5,000m, 10:30 a.m. High School Girls 5,000m, 11:15 a.m. College Women's 5,000m.

William Reed

William Reed from Philadelphia, who holds national age-group records in the 400 meters for 14-(47.7), 15-(46.55), 16-(45.4), has been added to the field for the open 400 at the Pepsi Invitational May 16 at UCLA. Now a 17-year-old junior, he ran a 44.52 anchor last July at the World Junior Championships in Athens as the United States set a world junior record in the 1,600 relay of 3:01.90.

Mustang Relays

March 28. San Diego—In the first major outdoor invitational of the season, Ramona High's Pat Alduenda set a San Diego Section record of 16-0 1/4 in the Pole Vault for an all-time County record. This broke the old Section record of 15-3 set 2 years ago by Fallbrook's Sean Hickey.

Alduenda's mark was the top one on a day in which 4 other meet records were set. Lincoln High's Patrick Rowe ran 49.8

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KAMI KESHMIRI

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SAM CAVALLARO

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STEVE LEWIS

to break the old record of 50.7. Kristina Hand of Fallbrook ran 2:16.6 to set a new standard in the girls 880.

Two Monte Vista athletes shared record setting performances. Two-miler Carter Yarborough established a new record at the distance with his 9:32.1. Teammate James Fraser later erased the boys 880 mark with a 1:56.3.

Boys Results

100m: 1. Reyes, OG, 10.1, 2. Burton, MiM, 10.3, 3. Rylaarsdam, CV, 10.4.

440: 1. Rowe, L, 49.8MR, 2. Fraser, MOV, 50.5, 3. Forehand, MC, 51.1.

880: 1. Fraser, MoV, 1:56.3MR, 2. Lehmann, TP, 1:59.4, 3. Hyldahl, P, 2:00.5.
1-Mile: 1. J. Martin, F, 4:23.7, 2. Higuera, MiM, 4:24.6, 3. Davis, PH, 4:28.0.

2-Mile: 1. Yarborough, MoV, 9:32.1MR; 2. Drummond, He, 9:38.5, 3. Sandknapp, SDT, 9:47.1.

1200H: 1. Patterson, L, 15.1, 2. Saria, MiM, 15.3, 3. Burton, MC, 15.4.

440 Relay: 1. Mira Mesa, 44.0, 2. Henry, 44.2, 3. Poway, 44.5.

1-Mile Relay: 1. Monte Vista 3:31.6, 2. Poway 3:32.1, 3. La Jolla 3:32.3.

Shuttle Hurdles: 1. Granite Hills, 1:00.5, **Sprint Medley:** 1. Henry 3:40.6.

880 Relay: 1. Henry, 1:32.6.
High Jump: 1. Farmer, MoV, 6-6, 2. Conley, R, 6-5 1/2, 3. Campbell, MC, 6-4.

Pole Vault: 1. Alduenda, R, 16-0 1/4 Sec.Rec., 2. (tie) Rapp, PH, and Brooks, E.Cap, 14-0.

Long Jump: 1. Reyes, OG, 23-5, 2. Ashworth, Po, 22-9, 3. Farmer, MoV, 22-8.

Triple Jump: 1. Farmer, MoV, 45-7, 2. Jones, E.Cm Soph, 45-4, 3. Ashworth, P, 43-9.

Shot Put: 1. Noon, F, 51-6, 2. Rowe, MiM, 48-11 1/2, 3. Mintz, F, 48-3.

Discus: 1. Rowe, MiM, 144-6, 2. Manning, LJ, 142-6, 3. Rozenko, Es, 139-6.

Girls Results

100: 1. Isles, E.Cm, 11.7, 2. Vaughn, MiM, 11.8, 3. Epps, PH, 11.9.

880: 1. Hand, F, 2:16.6MR, 2. Mann, MtM, 2:19.5, 3. Hamilton, E.Cap, 2:22.8.

1-Mile: 1. Haiseth, E.Cm, 5:21.3, 2. Karcher, R, 5:23.0, 3. Bradley, E.Cap, 5:26.2.

2-Mile: 1. Lubinsky, PL, 11:40.9, 2. Gigstad, P, 11:55.2, 3. Kniffing, E.Cap, 11:58.6.

110 Low Hurdles: 1. Vaughn, MiM, 14.8MR, 2. Harrison, PH, 16.2, 3. Pengraff, SoW, 16.4.

440 Relay: 1. Serra, 51.4, 2. Mt. Miguel, 51.7, 3. Capitan 51.8.

1-Mile Relay: 1. Mt. Miguel, 4:11.2, 2. El Capitan 4:11.4, 3. San Pasqual 4:14.7.

Sprint Medley Relay: 1. San Pasqual 1:54.1.

High Jump: 1. L. Stowe, TP, 5-3, 2. Ringhand, TP, 5-2, 3. Carlson, OG, 5-2.

Long Jump: 1. Poole, PH, 18-0 1/2, 2. Anderson, MtM, 17-7, 3. Stowe, TP, 17-4 1/2.

Shot Put: 1. Holly, PH, 35-3, 2. Standring, E.Cap, 34-0, 3. Beers, P, 32-8 1/2.

Discus: 1. Mann, PL, 134-8, 2. Standring, E.Cap, 109-5, 3. Mueller, Es, 108-11.

High School Men's Ranking

Through April 5

By KEITH CONNING



BRENT BURNS

100 Meters (10.25)

- 10.59 Miller (Riordan, CCS)
- 10.70 Watts (Taft, LAS)
- 10.5 Knox (Antelope Valley, SS)
- 10.5 Holmes (Carson, LAS)
- 10.5w Stringer (Vacaville, SJS) 10.7
- 10.5w Levingston (Skyline, OS)
- 10.5w Orwat (Paraclete, SS)
- 10.5w Harris (Simi Valley, SS)
- 10.80 Ethridge (Crawford, SDS)
- 10.80 Carroll (Hawthorne, SS)

200 Meters (20.68)

- 21.62 Ealy (Muir, SS)
- 21.71 S. Provenzano (Arcadia, SS)
- 21.6 Conway (Hawthorne, SS)
- 21.6c Bridgewater (Washington, LAS)
- 21.7 Reyes (Escondido, SDS)
- 21.7w Vallery (Hawthorne, SS)

400 Meters (45.09)

- 47.56 Watts (Taft, LAS)
- 47.8 Hanna (Hawthorne, SS)
- 48.32c Lewis (American, NCS)
- 48.45 S. Provenzano (Arcadia, SS)
- 48.53 Johnson (Compton, SS)
- 48.55 Blanks (Royal, SS)
- 49.01 Peters (Santa Ana Valley, SS)

800 Meters (1:47.31)

- 1:54.55 Serratos (Moreno Valley, SS)
- 1:54.77 Breckenridge (Immanuel, CS)
- 1:54.79 Olson (El Dorado, SS)
- 1:55.2 Wallace (Hawthorne, SS)
- 1:55.4 Lienau (Clovis, CS)
- 1:55.44 Houston (Locke, LAS)
- 1:55.7c Fraser (Monte Vista, SDS)
- 1:56.0 Lagos (Kennedy, LAS)
- 1:56.13 Dirkse (South, CS)
- 1:56.44 Meade (Arroyo, SS)

Mile (3:59.4)

- 4:12.24i Thomas (Jesuit, SJS)
- 4:15.54c Sabra (Ocean View, SS)
- 4:16.29c Fairman (Thousand Oaks, SS)
- 4:16.83c Primera (Burroughs, SS)
- 4:17.48 Robinson (Bellarmine, CCS)
- 4:17.8c Lienau (Clovis, CS)
- 4:19.49c Kelly (Serra, CCS)
- 4:20.1i Serratos (Moreno Valley, SS)
- 4:21.04c Haug (Birmingham, LAS)

Two Mile (8:36.3)

- 8:58.34i Davis (San Diego, SDS)
- 9:01.76i Thomas (Jesuit, SJS)
- 9:11.4i Mascorro (Rosemead, SS)
- 9:15.2 Hernandez (Miss. San Jose, NCS)
- 9:15.8i Myers (Vacaville, SJS)
- 9:18.7 Meinhardt (Bellarmine, CCS)

110m Hurdles (13.41)

- 13.7 Hall (Ganeshia, SS)
- 14.34 Montgomery (Independence, CCS)
- 14.3w Boykin (San Fernando, LAS)
- 14.4 Copeland (Dorsey, LAS)
- 14.4 Perry (Lemoore, CS)

- 14.4 Conner (St. Mary's, NCS)
- 14.4w Cannady (Duarte, SS) 14.8
- 14.68w Crear (Rowland, SS) 15.0
- 14.71 Smith (Oakland, OS)
- 14.5 Pride (Grant, SJS)

300 Int. Hurdles (35.32)

- 37.3c Cannady (Duarte, SS)
- 37.6c Hall (Ganeshia, SS)
- 38.2 Lockett (Dorsey, LAS)
- 38.33 Jamison (Redlands, SS)
- 38.38 Malden (South, CS)
- 38.3 Vallery (Hawthorne, SS)
- 38.84 D'Ambrá (Granada, NCS)
- 38.7c Nelson (Santa Monica, SS)

400 Relay (40.64)

- 40.91 Hawthorne, SS (#6 All-Time CA)
- 41.62 Muir, SS
- 41.64 Taft, LAS
- 42.2c Crawford, SDS
- 42.35 Manual Arts, LAS
- 42.42 Duarte, SS
- 42.46 Simi Valley, SS
- 42.4 Carson, LAS
- 42.55 Skyline, OS
- 42.58 Diamond Bar, SS

1600 Relay (3:07.40)

- 3:12.35 Hawthorne, SS
- 3:17.21 Simi Valley, SS
- 3:17.84 Taft, LAS
- 3:18.49 Muir, SS
- 3:19.2c Independence, CCS
- 3:19.65 Thousand Oaks, SS
- 3:20.28 Duarte, SS

High Jump (7-4½)

- 6-10¼ LeQuay (Vacaville, SJS)
- 6-10¼ Krumviede (Saratoga, CCS)
- 6-10 Arneus (Foothill, SS)
- 6-10 Pickett (Clovis, CS)
- 6-10 Barney (Livermore, NCS)
- 6-10 Young (Oakland, OS)

Pole Vault (18-2)

- 16-8 Burns (Acalanes, NCS)
- 16-0¼ Alduenda (Ramona, SDS)
- 15-7 Parker (Notre Dame, SS)
- 15-6 Summerville (San Ramon, NCS)
- 15-1 Rafal (Vista, SDS)
- 15-0 Bruce (Atascadero, SS)
- 15-0 Slocum (Foothill, SS)
- 14-11 Patrick (Arroyo Grande, SS)
- 14-10 Warwick (Hesperia, SS)

Long Jump (26-2¼)

- 26-0½w Knox (Antelope Valley, SS) 24-0½ (#5 all-time US wind-aided)
- 24-2 Reyes (Orange Glen, SDS)
- 23-5½w Davis (Fairfield, SJS) 22-6¼
- 23-5 Anderson (Bakersfield, CS)
- 23-4½w Chambers (Oxnard, SS) 23-1
- 23-4 Wright (Edison, CS)
- 23-3 Vallery (Hawthorne, SS)
- 23-3w Jones (Edison, CS)

Triple Jump (53-6½)

- 49-11½w Davis (Fairfield, SJS) 49-3¼
- 49-4 Anderson (Bakersfield, CS)
- 49-3½w McCullough (Edgewood, SS) 48-3
- 48-11½ White (Crespi, SS)
- 48-8 Smith (Cordova, SJS)
- 48-5½ Miller (Palmdale, SS)
- 47-1½w Conrad (Mater Dei, SS) 45-9¼
- 46-9½ Ellis (Mater Dei, SS)

Shot Put (69-6½)

- 61-6 Bultman (Edison, SS)
- 60-10¼ Carter (Edison, SS)
- 58-8 Fuller (Arroyo, SS)
- 57-10 Cox (San Ramon, NCS)
- 57-4 Johnson (Lynwood, SS)
- 56-9½ Stubblefield (South, CS)
- 56-6½ Alan Smith (Madera, CS)
- 56-6½ Noon (Fallbrook, SDS)
- 56-2 Blanchard (Edison, SS)

Discus Throw (210-8)

- 189-10 Bain (Corona del Mar, SS)
- 187-3 Cox (San Ramon, NCS)
- 176-6 Stubblefield (South, CS)
- 174-7 Bultman (Royal, SS)
- 172-0 Ullom (Orange, SS)
- 169-10 Alex Smith (Madera, CS)
- 167-1 Winkler (St. Francis, CCS)
- 165-3 Fuller (Arroyo, SS)
- 164-10 Tozzi (Palo Robles, SS)

Number of Individual & Relay Team Entries Per Section

1. Southern Section, 64
2. Central Section, 15
3. Los Angeles Section, 14
4. North Coast Section, 9
5. San Diego Section, 9
6. Sac-Joaquin Section, 9
7. Central Coast Section, 8
8. Oakland Section, 4
9. Northern Section, 0
10. San Francisco Section, 0

Key

- CCS - Central Coast Section
- CS - Central Section
- LAS - Los Angeles Section
- NCS - North Coast Section
- OS - Oakland Section
- SDS - San Diego Section
- SJS - Sac-Joaquin Section
- SS - Southern Section
- w - Wind-aided
- c - Converted
- i - Indoors

The California record is in parenthesis after the event.

These lists contain the best outdoor and indoor marks reported to our High School Editor by April 5. Please send all men's high school results to Keith Conning, 2235 Browning Street, Berkeley, CA. 94702.

photo by Burt Davis



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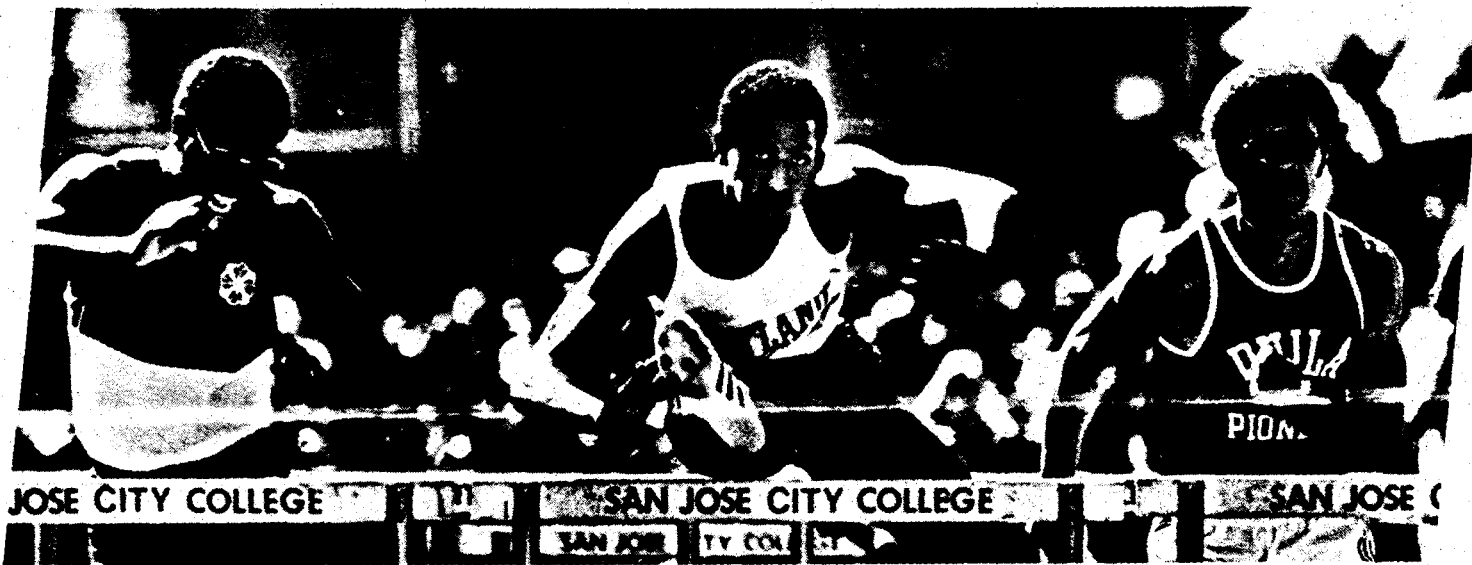
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Arcadia Invitational Track & Field Meet

By DOUG SPECK

April 11. Arcadia.

In what could arguably be called the best ever in-season High School Invitational Meet in the state of California, the 20th Annual Arcadia Invitational celebrated the entry into the third decade of the meet's existence with the dedication of the school's new nine lane all-weather facility and a series of stunning performances. Topped by a total destruction of the prep men's discus record by Kamy Keshmiri (Reno, NV) in the evening's opening event, the show did not slow much, as 14 of the evening's 31 events featured the best mark in the entire nation for the 1987 outdoor season, and with the state leader in every event represented in the meet, eighteen new Golden State leading event performances came from the affair. The level of competition and quality of performers had always been at Arcadia, which has developed into a preview of June's State Championship affair with the best from Arizona, Nevada, and Oregon tossed in for good measure. The new "INTRAC" nine-lane track surfacing from the Intracor Corporation proved to be a very, very fast one with the marks from this year's meet en masse of the truly stupendous nature.

Kamy Keshmiri (Reno, NV) typically wins his competitions by 50-70 feet, and has had his 1987 early season topped with a new National Record 214-11 at the Stanford Invitational (taking down the 213-6 by Clint Johnson of Kansas in 1980). Here, vastly improved Dwight Johnson (Tempe, AZ), out to 204-9 the previous weekend, would offer Kamy's first competitive prep test in a while. The whole scene became quite interesting early on, as Dwight nearly missed the 4:00 p.m. event as he took a Phoenix area ACT test Saturday morning, was bumped from a 12:30 flight, and finally sailed into Ontario at 3:45. Luckily he arrived in time for the last flight that he was a part of and after a first attempt foul he line-driven a 186-11 to qualify for the finals. Meanwhile Kamy blasted a 214-6 third effort to show this could be a very, very special day. Johnson loosened up and cranked his first effort in the finals out to 212-11, the third best prep toss ever, and definitely out near "Kamy-land." Dave Bultman (Royal, Simi) continued his fine improvement with a 191-3 on his fifth toss, enough to dominate any other prep discus competition. Johnson added a 208-1 on his 5th toss to keep the pressure on, while Keshmiri fouled on numbers four and five. Dwight was not able to surpass the Nevadan on his final throw, and there was the sense of something very electric as the son of the former Iranian national record holder in the event and California State Junior College Champion at Hancock College in the mid-60's stepped into the ring for the event's final effort. The competition was over, a pressure so far unknown had been very real, and the time was right to let it all out. Describing it

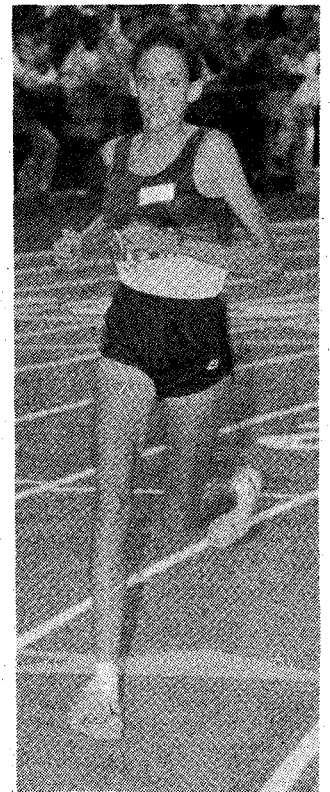
later as a "good pull" it was obvious to all in attendance (500 had gathered around the event) that the throw was very, very, very special. Sailing out and landing a good distance beyond all of the throw markers Kamy started jumping as soon as it was released and his father joined in the celebration by leaping over the perimeter fence and giving his son a big hug. With the steel tape stretched out Official Lloyd Higgins relayed the information to all that the throw was 224-2 (later remeasured out to 224-3 when a slow careful effort was made)! The banner at the end of the stadium says, "Arcadia Invitational-Home of National Records." Add number six, and probably the most impressive, of those set in the last eleven years. Interscholastic bests are getting to the point where a 5% addition to any record, such as Keshmiri's today, is truly remarkable. Keshmiri's discus passed inspection on Arcadia's "Trackmaster" equipment and the next day the landing site was surveyed and found to be well within landing area limits. The same men's weight group later wandered over to the Shot Put, where Keshmiri capped his evening as Male "Athlete of the Meet" with a three foot personal improvement out to 65-2 1/4 to win over Bultman (61-0) and Johnson (60-6). Johnson had a very narrow foot foul at over 66 feet and seems like one heck of a raw talent for any of the throwing events.

The Female Athlete of Meet honors went to a young lady who is separating herself from an outstanding group of distance runners in California. In the most competitive area of the nation against the strongest field of 1600 and 3200 runners that will be gathered anywhere in the country this spring sophomore Kira Jorgensen (Vista) was totally dominant. Early in the evening she rocketed away from a top group of 1600m runners during the second and third laps and virtually cruised untested to a 1987 Nation Leading 4:51.03 clocking. Rayna Cervantes (Montebello) was closest at 4:55.42, as the San Diegan cruised along some thirty yards ahead of the pack for the final two circuits. The 3200m was a classic. Frosh Tanya Thayer (Serrano, Phelan) improved to 10:43.54, with Jamie Park (Santa Barbara) racing a 10:45.7, but the duo was rewarded with only ninth and tenth places! Up front in the deepest ever "in-season" American prep long distance race it was Jorgensen once again simply stepping on the accelerator after a couple of laps and cruising along some eighty yards ahead of an outstanding group to eventually sail in and looking ridiculously under control. Her time, a 10:24.23 National Leader.

Party regulars Mary Mendoza (Presentation, San Jose) 10:35.79, Christy Farrell (Thousand Oaks) 10:37.17, Nicole Nugent (Torrey Pines) 10:40.66, Brigid Freyne (Riverside Poly) 10:42.82 and Nicole Houle (Hesperia) 10:42.98, were joined by South Hills, Covina frosh Karen Hecox,



PAUL THOMAS



KIRA JORGENSEN

who improved about a minute in finishing 5th in 10:40.86.

Other headliners abounded! Brent Burns (Acatanes, Lafayette), who cleared 17-6 last summer in the Pole Vault, appears to be rounding back into that form. Here, facing a field that included five with bests of between 15-6 and 16-0, he felt perhaps his first pressure competitively in a while. Well, maybe not really, as he nodded off while the others battled among themselves, with a fine competitive struggle having five others clear heights between 14-9 and 15-9 before arriving at the 16-0 height that Brent indicated he would start at. Tom Parker (Notre Dame, Sherman Oaks) emerged to Juel Brent at his starting height, with Pat Alduenda (Ramona), Steve Slocum (Toothill, Santa Ana), and junior Matt Warwick (Hesperia) clearing 15-3 for places 3-4-5. At 16-0 Burns wowed the sell-out crowd with a clearance of at least a foot and a half, while Parker missed three times. Anthony Curran's Meet Record of 16-5 from 1978 was next to go, as the Bay area star sailed over 16-7. At 17-3 it was close, but Burns continued the competition unscathed by a miss. Finally Brent was forced to deal with the setbacks the rest of us face all of the time in three misses at a lofty 17-10 height. Brent is a super young man and a good leader of an event that is really on the comeback trail as a number of fine California prep vaulters have emerged of late. When done correctly it is the most exciting event in the sport.

Taft of Woodland Hills junior Quincy Watts was super in the sprints. After rocketing a big anchor 400m relay leg that had his team (41.45) pull close to winner Muir (41.28), Quincy started even with everyone in the Invitational 100. Much like Henry Thomas, when Watts is out even, look out! Here he went into overdrive at

70 meters and rocketed away from the state's best to win by two meters in 10.51. This is the nation's best 1987 clocking for preps, and is made more impressive by the fact that it was run into a 3.0 meter per second headwind. Calvin Holmes (Carson) was second at 10.73 with Tony Miller (Riordan, San Francisco) third at 10.73 in a showdown of all the state's top sprinters. The men's 200m field was a classic. Watts is the world Age-15 year old record holder in the event off his 20.97 1986 best, Corey Ealy (Muir) has run 21.19, Martin Cannady (Duarte) 21.31, Michael Bates (Amphitheater, Tucson, AZ) 21.26 last year as a ninth grader, Alonzo McKay (Mesa, AZ) 21.48, and Tony Miller (Riordan, S.F.) 21.57. A better California gathering outside of the State Finals? We would like to hear about it. Anyway, these guys are all winners, and they all ran the turn like it, as the field was nine abreast as they came out of the turn. Things stayed close until the final 50 meters, where Watts went into the gear he gets from a seemingly exaggerated, but technically very efficient, arm drive to power away from the field, winning in 20.89 to 21.35 over Ealy, with the soph Bates 21.40 in third. Watts later returned in the Invitational 4x400m relay. Blasting a 45.7 anchor Quincy could not quite help his Taft squad (3:18.79) catch a young Independence of San Jose squad that won at 3:18.30 (and had a 46.5 anchor from John Montgomery). An improving Morning-side of Inglewood group took a Seeded 4x400m relay in exactly the same time as Independence. Steve Lewis (American, Fremont), the defending State 400m champion at 46.50, had started his running career at Banning High before moving north after his tenth grade year. This was a homecoming of sorts, with Arizonan Alonzo McKay (Mesa) hoping to spoil the show. McKay had raised some eyebrows

photo by Burt Davis

photo by Burt Davis

□ Prep Notes

early in the season in the neighboring state with a solo 47.2 open 400m run. The showdown here between the two was a classic. McKay was in lane 5, with Lewis in 6. Both are tremendously powerful looking runners, and for 200m the duo raced stride for stride, seemingly effortless as they sailed along at near 10 second flat pace for each 100 yards. In an obviously predetermined move, Lewis definitely changed gears as he passed the numbers on the track marking the 200m start, accelerating quickly away during the second turn that marked the third 100m before the final stretch run on the Olympic Turn style facility finish. Gaining a four meter advantage during this third 100m segment, McKay could never rein in the Californian, as Lewis crossed the finish line first, in a meet record and nation leading 46.70 time. McKay raced his best ever, finishing in 47.26.

Paul Thomas (Jesuit, Sacramento) continued his school's tradition over 3200m here. Marc Davis (San Diego) has not lost to an American prep in a high school event this school year, with huge Kinney Western Regional and National Cross Country wins the high-points of his senior year. Thomas had a good Fall harrier season, qualifying for the Kinney National Finals before running poorly due to injury. At the mid-March Pathmark National Indoor High School Championships Paul shocked with a 4:12-9:01 distance double. Davis likes to go to the front early and power away from the field. Here, he did not look quite as sharp as in previous months, and Thomas sat right behind the San Diegan through the early laps, while the rest of the runners struggled to maintain contact. Just before the end of seven laps, covered in a 67 second average, Thomas raced the final lap in 61.6 seconds. During the final turn it appeared Davis was trying to mount the effort for a big final sprint, but he could not do so and cruised comfortably down the stretch as Thomas finished in a Nation-leading 8:53.92 (Davis was 8:56.38). Rumor has it of an injury to Davis lately, and he seemed legitimately in real pain as he clutched an upper leg area immediately after finishing. This race had that Arcadia distance-depth quality, with soph Scott Hempel (Walnut) leading the flood with 9:07.04 for third, and the field sailing on in until the top fifteen had all finished under 9:27.0. The men's 1600m was another top field as thirteen showed up with bests of under 4:20 for a mile. It turned out pretty interesting at the finish as last place was 4:18.5. Tefre Gebre (Belmont, LA) towed the group through 59 and 2:03 lap segments up to the half-way point. During the third lap it was 4:17 runner Scott Robinson (Bellarmine, San Jose) who edged up, and controlled things from the front as the field came through 1200 under 3:10. It was all Robinson during the final circuit, as the bandanaed runner powered away and was never really threatened in winning by 10

meters in 4:10.80. Raul Serratos (Moreno Valley) closed best down the final stretch to finish at 4:12.00 for second, with the next eleven between 4:13.03 and 4:18.5. Scott's winning time is the #2 time nationally this spring. Marcus Robertson (Muir, Pasadena) helped his squad's potential to score in big meets with a fine 1:54.06 800m win in his first really serious effort of the year. Marcus edged four others who finished under 1:54.72.

Both Distance Medley Relays featured the quickest clockings in the national this spring. Rio Mesa (Oxnard) has a very talented men's distance group between 400 and 3200 meters, and they won the Sunskit Indoor 2 mile relay in January

Fine Flicks by Don Gosney



SCOTT ROBINSON

without a 1:56.4 800m runner. Here, they kept everyone fresh and popped one of the better Distance Medley Relay times in California history with a 10:15.70 win over

defending champion Corona del Mar (10:17.88). Palos Verdes, possibly the top prep women's distance group in the nation, was victorious on the women's side, as the Sea Kings talented distance group edged in ahead of Hawthorne 12:23.01-12:25.59. The Hawthorne women's 400m and 1600m relay groups were big winners, with the short relay totaling 46.75 (over Locke's 47.52), with Morse (San Diego) looking good in taking a Seeded race in 48.04. In the long relay Kee-Sha Adams anchored in the high 53 second range as the cougars totaled a fine 3:48.94. Debra Hamilton off of the Locke squads took the Open 400m in a state-leading outdoor clocking of 55.09.

Jackie Anderson (Mt. Miguel, San Diego) marked a re-emergence to form, as the talented female Triple Jumper finally put something out at the 41 foot distance she established as a National Prep Indoor Record over a year ago, with a 1987 Outdoor Nation-Leading 41-0¼ win here. Althia Moses (Morningside, Inglewood) pr'd in second at 38-10½.

The women's hurdles also featured National Leading efforts from the winner. Effie Daetz (Leigh, San Jose) had run 13.7 and 13.99 up north, and she would be facing LaShawn Simmons (El Monte), last year's state runner-up (13.94) here. In a super race where the two battled even most of the way it was the shorter Simmons who edged ahead over the last hurdle and on the run-in to emerge victorious 13.78-13.96. After a scholastic career frustrated by self-destructive tendencies, the talented Daetz finally took home a winner's watch from Arcadia in the 300 meter lows, winning by almost a second from Sharon Manship (Thousand Oaks) 42-72-43.61. The men's hurdles also featured a performance that rated the best in the nation so far, as Dana Hall (Ganesha, Pomona) edged away from a top group of 300m Intermediate Hurdles down the long stretch to win 37.53-37.79 over John Montgomery (Independence, San Jose). Earlier Hall and amazing Arizonan sophomore Michael Bates (Amphitheater, Tucson, AZ) had a showdown in the high hurdles. Bates has to be one of the most amazing athletes ever, shockingly powerful for someone his age. He raced 21.26 for 200m, under 14.30 electronically in the highs, and 37.59 for the 300m Intermediates last year as a ninth grader! In the high hurdles race here he had a couple of yard lead after a super start. At mid-point Dana Hall really started his running, and after pulling even over the final barrier the Ganesha star leaned in ahead of Bates to win 14.09-14.12.

There was some fine action in the field events. Bakersfield frosh weight star Dawn Dumble continued her fine Shot Putting, winning at 44-10½, and improving her Discus best out to a state-leading 146-10. In the Shot Jennifer Whelchel (Agoura) improved to 42-2¼ for 2nd, while Melissa Weis (Bakersfield) (140-11) and Melissa White (Thurston, Springfield, OR) (140-8) were next in a strong Discus field. Maddette Smith (Quartz Hill) took the long jump at 19-0 over Michelle Outlaw (Lincoln, San Diego) 18-10¼, LaShawn Simmons (El Monte) 18-7, and Karen Lawso (St. Francis, Mt. View) 18-7. In the women's high jump, Karol Damon

(Westlake, Westlake Village) at 5-6, then won in a jump-off at 5-7 to settle the matter.

Angela Burnham (Rio Mesa, Oxnard) emerged in this meet last spring, went on to win the State Meet 100m as a frosh, and seems interested in continuing at the head of the class with a fine sprint double here. In the 100m it was LaShawn Simmons that the taller Burnham ran down in a 12.07-12.08 win, then Angela handled her hair apparent in Hawthorne frosh Kee-Sha Adams in the 200 24.47-24.68, with Maddette Smith (Quartz Hill) 24.74 also close. In a surprising women's 800 result, Kristina Hand (Fallbrook) emerged victorious down the stretch (2:12.61) over Kim McAllister (Locke, LA) 2:13.10 with 9 in the race under 2:17.5.

Percy Knox (Antelope Valley, Lancaster), 25-5 legally and 26-0½ windy in the long jump this outdoor season appeared with a thigh wrap here, and won on a better second jump after tying with MacArthur Anderson (Bakersfield) at 23-10¼. Reggie Jackson (Riordan, SF) was 3rd at 23-5. Dave Swanson (Alemany) took the high jump in a fine 6-10 in a strong competition which featured five over 6-8. Anthony Terrell (Mission San Jose, Fremont) won the battle of the state's five best Triple Jumpers (all over 48-11) at a fine 49-2, as MacArthur Anderson (Bakersfield) was again in the bridesmaid position at 48-6½.

Open Meet-As a chance for some of the local schools and those outside schools who have supported the Arcadia Invitational consistently in the past an "Arcadia/Rotary Open Track & Field Meet" was held on the new All-Weather facility during the morning between 9:00 and 2:00. Many of these were athletes who were just short of qualifying for the evening Invitational portion. There were some very fine results in this portion of the affair. Mike Orwat (Paraclete, Lancaster) had a 10.86 100m, with Brian Bridgewater (Washington, LA) 21.61 and Robert Carroll (Hawthorne) 21.72 for 200m. Darren Bernard (Thousand Oaks) raced 48.25 for 400m, with Al Allen (Gahr, Cerritos) 1:55.53 in the 800m. John Soto led five under 4:25 with a 4:19.84 1600 win, and surprising Jack Osborne (Burrroughs, Ridgecrest) 9:20.85 in leading seven at 9:32 or better for 3200m. Pat Orr (Loyola, LA) had the best 300m Intermediate Hurdle time at 38.75. Fremont took the men's 1600m relay at 3:20.22. Sean Rapp (Patrick Henry, SD) and Scott Edwards (Clovis) cleared 14-6 in the Pole Vault. Tony Scanlon (Burrroughs, Ridgecrest) (162-5) edged James Nevelle (Palmdale) 162-0 and Allen Smith (Madera) 160-6 in the Discus. Amazing ninth grader, Brent Noon (Fallbrook) won the Shot at 143-10½ from Ken Haeflinger (1000 Oaks) 53-4.

On the women's side Bernithia Whitmire (Compton) raced a 57.69 400m, Erika Lovett (Savanna, Anaheim) 2:17.06 for 800m, Diane Pettit (San Marino) 11:11.3 for 3200m, Laurie Smith (Valley, Sacramento) 14.49 for the 100m LH, Sharon Swift (Eisenhower, Rialto) 45.68 in the 300m LH, and Clovis edged Valley (Sacramento) 3:58.74-3:59.15 in the 1600m

continued on next page...

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Prep Notes

Arcadia, continued

relay. Susan Callahan (Westlake, Westlake Village) High Jumped 5-4. Linda Standing (El Capitan, Lakeside) 128-9 in the Discus, and Carlene Turner (Muir, Pasadena) 35-3½ in the Triple Jump were the top field event efforts.

Arcadia Invitational Official Results April 11.
(Times in hundredths are fully accu-track, wind readings determined by three gauges at facility)

WOMEN'S RESULTS

100m: 1. Burnham (Rio Mesa, Oxnard) 12.07, 2. Simmons (El Monte) 12.09, 3. Thomas (Hawthorne) 12.26, 4. Rogers (Johnson, Sacto) 12.27, 5. Smith (Quartz Hill) 12.29, 6. Adams (Hawthorne) 12.40, 7. Cain (Hueneme, Oxnard) 12.44, 8. Tinkshell (Locke, LA) 12.53, 9. Wheeler (Hawthorne) 12.94.

200m: 1. Burnham (Rio Mesa) 24.47, 2. Adams (Hawthorne) 24.68, 3. Smith (Quartz Hill) 24.74, 4. Rogers (Johnson) 24.98, 5. Tinkshell (Locke) 25.19, 6. Williams (East Nickolous, Trowbridge) 25.29.

400m: 1. Hamilton (Locke, LA) 55.09 (State Outdoor Leader), 2. R. Mack (St. Francis, Mt. View) 56.04, 3. Moore (Muir, Pasadena) 57.04, 4. Stewart (Duarte) 57.81, 5. Handy (Piedmont Hills, San Jose) 58.09, 6. J. Mack (St. Francis) 58.33, 7. Fitch (Morse, San Diego) 58.47.

800m: 1. Hand (Fallbrook) 2:12.61, 2. McAllister (Locke) 2:13.10, 3. Smith (Upland) 2:14.10, 4. MacKenzie (Dixon) 2:15.77, 5. S. Karpel (Ocean View, Huntington Bch) 2:16.22, 6. Sansom (Glendora) 2:16.54, 7. Arnold (Palo Alto) 2:16.92, 8. Vanderburg (Walnut) 2:17.2, 9. Bache (Univ. of San Diego) 2:17.5.

1600m: 1. Jorgensen (Vista) 4:51.03 (National Leader), 2. Cervantes (Montebello) 4:55.42, 3. K. Karpel (Ocean View) 4:56.93, 4. Bryant (Hesperia) 4:57.38, 5. Williams (Mt. View, El Monte) 5:01.34, 6. Olson (San Pedro) 5:02.06, 7. Black (Palos Verdes) 5:02.07, 8. Hiatt (Davis) 5:02.13, 9. Freyne (Riverside Poly) 5:04.00, 10. Brennan (Amphitheater, Tucson, AZ) 5:04.20, 11. Gunn (Walnut) 5:06.22, 12. Barrett (Pleasant Valley, Chico) 5:07.1, 13. Lewis (Buena, Ventura) 5:08.2, 14. Watson (Upland) 5:09.6, 15. Lieder (Clovis) 5:11.2, 16. Foley (Mission San Jose, Fremont) 5:12.8.

3200m: 1. Jorgensen (Vista) 10:24.23 (National Leader), 2. Mendoza (Presentation, San Jose) 10:35.79, 3. Farrell

(ThousOaks) 10:37.17, 4. Nugent (Torrey Pines, Encinitas) 10:40.66, 5. Hecox (So.Hills, Covina) 10:40.86, 6. Freyne (Riverside Poly) 10:42.82, 7. Houle (Hesperia) 10:42.98, 8. Thayer (Serrano) 10:43.54, 9. Park (Santa Barbara) 10:45.7, 10. Williams (Mt.View) 10:58.7, 11. Preheim (Verdugo Hills, Sunland) 11:12.0, 12. Eisenman (Calistoga) 11:13.0, 13. Leichter (Palos Verdes) 11:25.5.

100m Low Hurdles: 1. Simmons (El Monte) 13.78 (National Leader), 2. Daetz (Leigh, San Jose) 13.96, 3. Leach (ThousOaks) 14.25, 4. Williams (Riverside Poly) 14.37, 5. Davenport (Locke) 14.56, 6. Hale (Riverside Poly) 14.63, 7. Edwards (So. Padsadena) 14.88.

300m Low Hurdles: 1. Daetz (Leigh) 42.72 (National Leader), 2. Manship (ThousOaks) 43.61, 3. Smith (Valley, Sacto) 43.78, 4. Ainsworth (Fremont, LA) 43.90, 5. Edmonds (Hawthorne) 44.86, 6. Alger (Redwood, Sequoia City) 46.49, 7. Reynolds (Churchill, Eugene, OR) 46.74.

400m Relay: (Invitational) 1. Hawthorne 46.75, 2. Locke 47.52, 3. St. Francis (Mt.View) 48.49, 4. Dorsey (LA) 49.26, 5. Rio Mesa (Oxnard) 49.37, 6. Riverside Poly 49.45.

(Seeded) 1. Morse (San Diego) 48.04, 2. Poly (Long Beach) 49.99, 3. Patrick Henry (San Diego) 50.03, 4. Alemany (Mission Hills) 51.00.

1600m Relay: (Invitational) 1. Hawthorne 3:48.94, 2. Locke 3:52.98, 3. Muir 3:53.42, 4. St. Francis 3:56.95, 5. Thousand Oaks 3:58.03, 6. Dorsey 4:01.97, 7. Wilson (Long Beach) 4:06.82. **(Seeded)** 1. Morse (San Diego) 3:59.06, 2. Woodbridge (Irvine) 3:59.63, 3. Edison (Huntington Beach) 4:02.18, 4. Corona del Mar 4:03.17, 5. Huenerrie (Oxnard) 4:05.45, 6. Palo Alto 4:07.64.

Distance Medley Relay: 1. Palos Verdes 12:23.01 (National Leader), 2. Hawthorne 12:25.59, 3. La Quinta (Garden Grove) 12:30.40, 4. Montebello 12:33.42, 5. Corona del Mar 12:39.24, 6. Thousand Oaks 12:41.41, 7. Wilson (LA) 12:43.03, 8. El Modena (Orange) 12:46.02, 9. Laguna Beach 12:48.46, 10. Newbury Park 12:53.6, 11. Poway 12:55.3.

High Jump: 1. Damon (Redlands) 5-6 (5-7 in jump-off), 2. Pollock (Westlake, Westlake Village) 5-6, 3. Coleman (Marina, Huntington Bch) 5-4, 4. Miller (Crenshaw, LA) 5-4, 5. Mitchell (Arroyo Grande) 5-4, 6. Wilson (Charter Oak) and Mills (Campbell Hall, North Hollywood) 5-2, 8. Svoboda (El Dorado, Placentia) and Holmes (Muir) 5-2.

Long Jump: 1. Smith (Quartz Hill) 19-0, 2. Outlaw (Lincoln, San Diego) 18-10½, 3. Simmons (El Monte) 18-7, 4. Lawson (St. Francis, Mt. View) 18-7, 5. Edwards (So. Pasadena) 18-0, 6. Toomey (Capistrano

Valley) 18-0, 7. Christian (Dorsey) 17-11w, 8. Broussard (Royal, Simi) 17-9½, 9. Poole (Patrick Henry) 17-2¾, 10. Bittner (Rio Mesa) 17-2¼.

Shot Put: 1. Dumble (Bakersfield) 44-10½, 2. Whelchel (Agoura) 42-2¾, 3. Hill (Riverside Poly) 41-10¼, 4. Ruiz (Los Gatos) 41-7½, 5. Wannamaker (Pleasant Valley, Chico) 40-6½, 6. McKinney (Reedley) 40-4¼, 7. Brown (Bonita, LaVerne) 39-3, 8. Phillips (Walnut) 39-1, 9. Faafeu (Ventura) 39-0¼, 10. Ahu (Vista) 38-11¼, 11. Benioff (Arcadia) 38-5, 12. Simmons (Vacaville) 37-7¾, 13. White (Thurston, Springfield, OR) 37-3¼, 14. Sims (Brawley) 37-1, 15. Campbell (Crawford, San Diego) 36-10¼, 16. Gurney (El Camino Real, Woodland Hills) 36-6½, 17. Hueth (West Torrance) 36-5½.

Discus: 1. Dumble (Bakersfield) 146-10 (State Leader), 2. Weis (Bakersfield) 140-11, 3. White (Thurston, Springfield, OR) 140-8, 4. Ruff (Sequoia, Redwood City) 136-4, 5. Simpson (Vacaville) 134-1, 6. Taylor (Grant, Sacto) 130-10, 7. Warr (Rubidoux, Riverside) 129-10, 8. Frey (Yreka) 128-2, 9. Meyer (Wilson, Hacienda Heights) 128-0, 10. Allen (Capistrano Valley) 120-8, 11. Witt (Amphitheater, Tucson, AZ) 120-5, 12. Ortega (Irvine) 118-2.

Triple Jump: 1. Anderson (Mt. Miguel, San Diego) 41-0¼ (National Leader), 2. Moses (Morningside, Inglewood) 38-10½, 3. Gilles (Burbank) 37-6¼, 4. Poole (Patrick Henry) 37-6¼, 5. Conner (Barstow) 36-9, 6. Manship (ThousOaks) 36-9, 7. Rosemond (Ventura) 35-7, 8. Bass (Vacaville) 35-4, 9. Darbonne (Sequoia, Redwood City) 35-1½, 10. Lloyd (Mt. Miguel) 34-11¼.

Female Athlete of the Meet: Kira Jorgensen (Vista).

MEN'S RESULTS

100m: (Invitational) 1. Watts (Taft, Woodland Hills) 10.51 (National Leader), 2. Holmes (Carson) 10.73, 3. Miller (Riordan, San Francisco) 10.75, 4. Ealy (Muir, Pasadena) 10.87, 5. Bridgewater (Washington, LA) 10.89, 6. Ervins (Muir) 10.92, 7. Rowe (Lincoln, San Diego) 10.93, 8. Cannady (Duarte) 10.99. **(Seeded)** 1. Provenzano (Arcadia) 10.90, 2. Burroughs (Independence, San Jose) 11.05, 3. W.C. Morrison (Pasadena) 11.11, 4. Knox (Antelope Valley, Lancaster) 11.16, 5. Walton (Dorsey) 11.23, 6. Robinson (Vista) 11.31.

200m: 1. Watts (Taft, WH) 20.89 (National Leader), 2. Ealy (Muir, Pasadena) 21.35, 3. Bates (Amphitheater, Tucson, AZ) 21.40, 4. Miller (Riordan, SF) 21.71, 5. Provenzano (Arcadia) 21.75, 6. McKay (Mesa, AZ) 21.87, 7. Cannady (Duarte) 22.04, 8. Burroughs (Independence, SJ) 22.36.

400m: 1. Lewis (American, Fremont) 46.70 (Meet Record and National Leader), 2. McKay (Mesa, AZ) 47.26, 3. Johnson (Compton) 48.10, 4. Retterer (Sparks, NV) 48.41, 5. Coleman (Manual Arts, LA) 48.45,

6. Rowe (Lincoln, SD) 48.52, 7. Stephenson (Morse, SD) 48.85.

800m: 1. Robertson (Muir, Pasadena) 1:54.06 (State Leader), 2. Olson (El Dorado, Placentia) 1:54.30, 3. Houston (Locke, LA) 1:54.32, 4. Fraser (Monte Vista, Spring Valley) 1:54.33, 5. Salas (Clovis) 1:54, 6. Dirke (So. Bakersfield) 1:55.45, 7. Gonzales (St. Mary's, Stockton) 1:56.08, 8. Howard (University, LA) 1:56.37, 9. Meade (Arroyo, El Monte) 1:56.8, 10. Wallace (Hawthorne) 1:57.3.

1600m: 1. Robinson (Bellarmine, San Jose) 4:10.80 (State Leader), 2. Serratos (Moreno Valley, Sunnymead) 4:12.00, 3. Sabra (Ocean View, Huntington Beach) 4:13.03, 4. Lienau (Clovis) 4:13.28, 5. Martin (Fallbrook) 4:13.48, 6. Haug (Birmingham, Van Nuys) 4:15.97, 7. Davis (Patrick Henry) 4:16.57, 8. Depyffer (Laguna Beach) 4:16.67, 9. Primera (Burrroughs, Burb) 4:17.11, 10. Blazona (Casa Roble, Orangevale) 4:17.5, 11. Robbins (Corona del Mar) 4:18.0, 12. Gebre (Belmont, LA) 4:18.3, 13. Bennett (Reno, NV) 4:18.5.

3200m: 1. Thomas (Jesusit, Sacto) 8:53.92 (National Leader), 2. Davis (San Diego) 8:56.38, 3. Hempel (Walnut) 9:07.04, 4. Erbes (Glendale) 9:07.66, 5. Cole (Yosemite, Oakhurst) 9:07.99, 6. Masorro (Rosemead) 9:09.40, 7. Williams (Hueneme, Oxnard) 9:14.05, 8. Korn (Birmingham, Van Nuys) 9:16.81, 9. Powers (Arroyo, El Monte) 9:17.41, 10. Warren (Reno, NV) 9:20.9, 11. Lopez (Hill, San Jose) 9:21.9, 12. Lugo (Valencia, Palacentia) 9:22.8, 13. Meinhardt (Bellarmine, San Jose) 9:22.14, 14. Yarborough (Monte Vista, San Diego) 9:24.9, 15. Winkelman (Marina, Huntington Beach) 9:27.0.

110m High Hurdles: 1. Hall (Ganessa, Pomona) 14.09, 2. Bates (Amphitheater, Tucson, AZ) 14.12, 3. Copeland (Dorsey, LA) 14.35, 4. Boykin (San Fernando) 14.49, 5. Connor (St. Mary's, Berkeley) 14.55, 6. Pride (Grant, Sacto) 14.70, 7. Montgomery (Independence, San Jose) 14.77.

300m Intermediate Hurdles: 1. Hall (Ganessa, Pomona) 37.53 (National Leader), 2. Montgomery (Independence, San Jose) 37.79, 3. Jamison (Redlands) 38.06, 4. Maiden (So. Bakersfield) 38.07, 5. Lockett (Dorsey, LA) 38.44, 6. Shin (Tempe, AZ) 39.38.

400m Relay: (Invitational) 1. Muir (Pasadena) 41.28, 2. Taft (Woodland Hills) 41.45, 3. Carson 41.94, 4. Crawford (San Diego) 42.03, 5. Duarte 42.23, 6. Compton 42.32, 7. Independence (San Jose) 42.34, 8. Manual Arts (LA) 42.37. **(Seeded)** 1. Dorsey (LA) 41.89, 2. Lincoln (San Diego) 42.10, 3. Morningside (Inglewood) 42.21, 4. Diamond Bar 42.68, 5. Riordan (San Francisco) 42.77, 6. Washington (LA) 43.20.

1600m Relay: (Invitational) 1. Independence (San Jose) 3:18.30, 2. Taft (WH) 3:18.79, 3. Muir (Pasadena) 3:20.65, 4. Thousand Oaks 3:22.34, 5. Duarte 3:22.70, 6. Millikan (Long Beach) 3:24.52. **(Seeded)** 1. Morningside (Inglewood) 3:18.30, 2. Poly (LB) 3:20.47, 3. Royal (Simi) 3:21.09, 4. Compton 3:21.10, 5. Dorsey (LA) 3:21.12, 6. Redlands 3:24.09, 7. Carson 3:25.08, 8. South Bakersfield 3:25.20.

Distance Medley Relay: 1. Rio Mesa (Oxnard) 10:15.70 (National Leader), 2. Corona del Mar 10:17.88, 3. Bellarmine (San Jose) 10:20.47, 4. Poway 10:24.60, 5. Beverly Hills 10:26.56, 6. Arroyo (El Monte) 10:27.87, 7. Belmont (LA) 10:28.11, 8. Palos Verdes 10:29.58, 9. Arcadia 10:31.56, 10. Nevada Union (Grass Valley) 10:33.4.

High Jump: 1. Swanson (Alemany) 6-10, 2. Arentz (Valley, Sacto) 6-8, 3. Juico (Piedmont Hills, San Jose) 6-8, 4. Amneus (Foothill, Santa Ana) 6-8, 5. Young (Fremont, Oakland) 6-8, 6. LaQuay (Vacaville) 6-6, 7. Hendrix (So. Bakersfield) 6-6, 8. Watson (Washington, LA) 6-6, 9. Batham (Burbank and Farmer (Monte Vista, Spring Valley) and Donofrio (Alta Loma) and Pippert (Damien, LaVerne) and Conroy (St. Ignatius, S.F.) and Pickett (Clovis) 6-4.

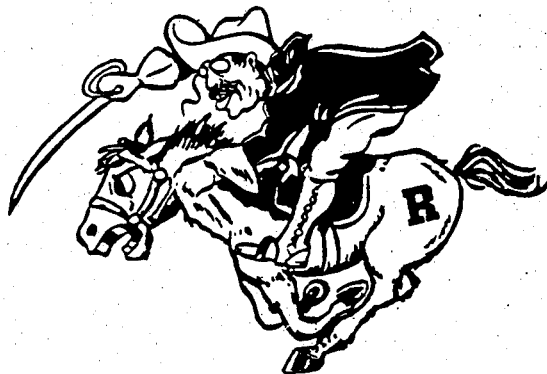
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Rough Rider INVITATIONAL

Friday, Oct. 23, 1987
Fresno, California
Woodward Park

STATE MEET COURSE

CONTACT: Jim Fletcher
Roosevelt High School
4250 E. Tulare
Fresno, CA 93710
(209) 435-8780 (home)



A Dream Season

By Jack Farrell
Cross Country Coach
Thousand Oaks High School

I have been coaching cross country off and on since the Fall of 1967 and continuously since 1975 at Thousand Oaks High School, located in powerful Ventura County, a 4-A division school in the C.I.F. Southern Section. I have had a lot of experience taking teams to the Sectional finals in Cross Country, 8 of the last 9 years in boys and the last 6 years in a row for girls. We had a miracle finish this season with the boys upsetting Palos Verdes High School by 4 points in the final, the only time we beat them all year, and the girls finishing an expected second, but with probably the best team performance of the day. That kind of a finish would be gratifying for any coach, but it was especially exciting because my senior daughter ran #1 girl and my sophomore son ran #5 man, both contributing significantly to the success of their teams. I plan to continue coaching the sport of cross country, but doubt any set of circumstances could equal the thrill of this particular season.



COACH JACK FARRELL

The fact that my own children are even involved in the sport still amazes me. I was not a great runner myself, a struggling 2:01 high school half-miler who didn't even give

the possibility of running in college a thought. I fell into my first coaching job at St. Monica High School in Santa Monica, having started teaching at Thousand Oaks High School the same year my daughter entered kindergarten and I took over the distance coaching duties at the school a year later. My daughter Christy's own sports interests were varied and definitely had nothing to do with running. She got involved in tumbling and tap dance and became a fiercely competitive gymnast, working out 7 hours a day during the summer of her 11th year. A knee injury requiring arthroscopic surgery in the 6th grade ended her gymnastics career, but I have always credited her gymnastics training for the focus and concentration she brings to competition. I have enormous respect for the concentration it takes to perform a routine on a 4" balance beam. After that, running is a piece of cake.

My son, Tim, two years younger than Christy, was caught up in the usual youth sports, soccer and little league baseball. He was typically the smallest and slowest member of his teams and showed no interest in, nor aptitude for, running.

Meanwhile the distance program I was working with at the high school was becoming stronger every year. We had the top ranked team in the C.I.F.SS in '79 but were upset by Foothill in the finals. We were 5th rated in '80 and surprised everyone by upsetting Costa Mesa and winning our first championship. We were the last seed into the finals in '81 and surprised again by capturing the runner-up spot behind Crescenta Valley. We had some great runners come

continued on next page...

Arcadia, continued

Long Jump: 1. Knox (Antelope Valley, Lancaster) 23-10¼, 2. Anderson (Bakersfield) 23-10¼, 3. Jackson (Riordan, S.F.) 23-5, 4. Tyler (Edison, Huntington Beach) 23-1, 5. Prida (Grant, Sacto) 23-0½, 6. Gibson (Royal, Simi) 22-11¼w, 7. Allen (Saugus) 22-2w, 8. Zabel (Damien, LaVerne) 21-11¼w, 9. Moseley (Santa Ana) 21-8¼, 10. Rogers (Johnson, Sacto) 21-4½w, 11. Jones (Hoover, Fresno) 21-3½, 12. Proctor (University, LA) 21-1¼w, 13. Davis (Fairfield) 21-1¼.

Pole Vault: 1. Burns (Acalanes, Lafayette) 17-3 (Meet Record and National Leader), 2. Parker (Notre Dame, SO) 15-9, 3. Alduenda (Ramona, SD Section) 15-3, 4. Slocum (Foothill, Santa Ana) 15-3, 5. Warwick (Hesperia) 15-3, 6. McKee (Downey) 14-9, 7. (tie) Bruce (Atascadero), LaMonica (Poly, Sun Valley) and Bray (Van Nuys) 14-3, 10. Raffal (Vista) 14-3, 11. Patrick (Arroyo Grande) 14-3, 12. Dietch (Arroyo, El Monte) 13-9.

Shot Put: 1. Keshmiri (Reno, NV) 65-2¼, 2. Bultman (Royal, Simi) 61-0, 3. Johnson (Tempe, AZ) 60-6, 4. Carter (Edison, Huntington Beach) 59-7½, 5. Blanchard (Edison, HB) 57-3¼, 6. Allen Smith (Madera) 55-2, 7. Tozzi (Paso Robles) 55-0¼, 8. Fuller (Arroyo) 55-0, 9. Alex Smith (Madera) 54-5, 10. Fairman (Edison) 54-2¼, 11. Leoncini (Valhalla) 51-8, 12. Bryan (Damien, LaVerne) 51-7¼, 13. Marks (Nevada Union, Grass Valley) 51-6, 14. Barnett (Hart, Newhall) 51-1.

Discus: 1. Keshmiri (Reno, NV) 224-3 (National Record), 2. Johnson (Tempe, AZ) 212-11 (#3 thrower in HS History), 3. Bultman (Royal, Simi) 191-3, 4. Bain (Corona del Mar) 186-10, 5. Alex Smith (Madera) 175-6, 6. Wirtz (Leland, San Jose) 174-2, 7. Tozzi (Paso Robles) 171-8, 8. White (Bellarmine, San Jose) 168-9, 9. Ashmore (Katella, Anaheim) 165-7, 10. Schaffer (Acalanes, Lafayette) 164-1, 11. Winters (Valencia, Placentia) 158-8, 12. Winkler (St. Francis, Mt. View) 157-4, 13. Jenkins (Saugus) 154-11, 14. Fuller (Arroyo, El Monte) 151-10.

Triple Jump: 1. Terrell (Mission San Jose, Fremont) 49-2, 2. Anderson (Bakersfield) 48-6½w, 3. White (Crespi, Encino) 47-8¼, 4. Jackson (Riordan, S.F.) 47-0w, 5. Bugay (Artesia) 46-6, 6. Miller (Palmdale) 46-2¼, 7. Davis (Fairfield) 46-0½w, 8. Conrad (Mater Dei, Santa Ana) 46-0¼, 9. Pitts (Muir) 45-2½, 10. Murry (Yreka) 45-1, 11. Farmer (Monte Vista) 44-5½w, 12. Hatcher (St. Mary's, Berkeley) 44-2¼.

Male Athlete of the Meet: Kamy Keshmiri (Reno, Nevada).

Open Track & Field Highlights (Combined Race Results)

WOMEN'S RESULTS

100m: 1. Vines (San Marcos, S.B.) 12.64, 2. Gray (Compton) 12.65. **200m:** 1. Stewart (Duarte) 25.89, 2. Epps (Henry, SD) 26.10. **400m:** 1. Whitmire (Compton) 57.69, 2. Flynn (Clovis) 58.68, 3. Marvin (Banning, Wilms) 59.01. **800m:** 1. Lovett (Savanna, Anaheim) 2:17.06, 2. Edwards (ThousOaks) 2:18.51, 3. Silvas (Arcadia) 2:19.41. **1600m:** 1. J. Feller (Westlake, WV) 5:13.25, 2. Lovell (ThousOaks) 5:17.85. **3200m:** 1. Pettit (San Marino) 11:11.3, 2.

Hamilton (So. Torrance) 11:13.56, 3. Rosipajia (El Dorado, Placentia) 11:22.76, 4. Acosta (Walnut) 11:31.34, 5. Rossbach (Ventura) 11:34.91, 6. Haggemiller (ThousOaks) 11:36.13, 7. Schuster (Irvine) 11:38.76. **100m LH:** 1. Smith (Valley, Sacto) 14.49, 2. Outlaw (Lincoln, SD) 14.62, 3. Broussard (Royal, Simi) 14.79, 4. Young (Madera) 14.84. **300m LH:** 1. Swift (Eisenhower) 45.68, 2. Outlaw (Lincoln, SD) 45.76. **400m Relay:** 1. Muir 49.49, 2. Loara 50:09, 3. Lincoln (SD) 50.30, 4. Eisenhower 50.56. **1600m Relay:** 1. Clovis 3:58.74, 2. Valley (Sacto) 3:59.15, 3. Buena (Ventura) 4:05.64. **HJ:** 1. Callahan (Westlake, WV) 5-4, 2. Howard (Arcadia) 5-2, 3. Stewart (Notre Dame) 5-2. **LJ:** 1. Grant (Muir) 16-11, 2. Nelson (El Dorado) 16-8. **SP:** 1. Thompson (Beverly Hills) 37-0¼, 2. Wagoner (Ventura) 36-3¼. **DT:** 1. Standing (El Capitan) 128-9, 2. Benioff (Arcadia) 116-10. **TJ:** 1. Turner (Muir) 35-3¼, 2. Allen (Muir) 35-1.

MEN'S RESULTS

100m: 1. Orwat (Paraclete, Lancaster) 10.86, 2. Burns (Monrovia) 11.00, 3. Thomas (Hawthorne) 11.13. **200m:** 1. Lawyer (S.B.) 21.90, 2. Barnes (Monrovia) 22.23, 3. Wilford (Diamond Bar) 22.24, 4. Orwat (Paraclete) 22.30. **400m:** 1. Bernard (ThousOaks) 48.25, 2. Hunter (Gahr, Cerritos) 48.89, 3. Hibbitt (Beverly Hills) 49.69. **800m:** 1. Allen (Gahr) 1:55.53, 2. Miller (Alhambra) 1:55.74, 3. Bateman (Crescenta Valley) 1:55.90, 4. Lehmann (Torrey Pines, Encinitas) 1:56.31. **1600m:** 1. Soto (Huntington Beach) 4:19.84, 2. Glaze (Notre Dame, SO) 4:21.80, 3. Baker (Loyola, LA) 4:21.96, 4. Shanks (Covina) 4:22.34, 5. Smith (Downey) 4:24.64, 6. Walker (Walnut) 4:27.51. **3200m:** 1. Osborne (Burroughs, Ridgecrest) 9:20.85, 2. Vujack (Burroughs, Burbank) 9:22.62, 3.

Parrott (Jesuit, Sacto) 9:24.35, 4. Rogers (ThousOaks) 9:25.09, 5. Gibby (ThousOaks) 9:28.27, 6. Reyes (Santa Monica) 9:32.04, 7. Penn (San Marino) 9:32.05, 8. Esparza (Newbury Park) 9:32.4, 9. Bittinger (Chatsworth) 9:32.9. **110m HH:** 1. Kallick (Marina, HB) 15.10, 2. Nelson (Santa Monica) 15.19, 3. Cornejo (Lincoln, LA) 15.21, 4. Barnes (Washington, LA) 15.24.

300m IH: 1. Orr (Loyola, LA) 38.75, 2. Crutchfield (Burroughs, R) 38.93, 3. Nelson (Santa Monica) 39.50, 4. Gibson (Royal) 39.65, 5. Fraley (Bishop Amat) 39.65. **400m Relay:** 1. Hawthorne B, 42.94, 2. Muir B, 43.51, 3. Patrick Henry 43.73, 4. Paraclete & Arcadia 43.80, 6. Thousand Oaks 43.81. **1600m Relay:** 1. Fremont (LA) 3:20.22, 2. Beverly Hills 3:21.03, 3. Diamond Bar 3:22.75, 4. Santa Monica 3:23.13, 5. Verbum Dei, LA, 3:23.16, 6. Muir 3:24.0, 7. Valley (Sacto) 3:25.22. **HJ:** 1. Mitre (Redlands) 6-4 (6-6 in jump-off), 2. Anderson (Verbum Dei) 6-4, 3. Avritt (Quartz Hill) 6-4. **LJ:** 1. Perry (Muir) 21-0, 2. Mann (Westlake) 20-11, 3. Patterson (Clovis) 20-10¼, 4. L. Hudson (Pomona) 20-10¼. **Pole Vault:** 1. Rapp (Patrick Henry) 14-6, 2. Edwards (Clovis) 14-6, 3. Gomez (Whittier) 14-0, 4. Block (San Pasqual) 13-6, 5. Richards (San Marcos) 13-6, 6. Brooks (El Capitan) 13-6. **SP:** 1. Noon (Fallbrook) 53-10¼, 2. Haefinger (ThousOaks) 53-4, 3. Mintz (Fallbrook) 50-9, 4. McDaniel (Jordan, LA) 50-4. **DT:** 1. Scanlon (Burroughs, R) 162-5, 2. Nevelle (Palmdale) 162-0, 3. Allen Smith (Madera) 160-6. **TJ:** 1. Perry (Muir) 44-9½, 2. Grimes (Cabrillo, Lompoc) 44-5.

■ The Athlete's Kitchen

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



Ticker Tips

You've just finished a hard workout. You're famished and are fantasizing about your favorite recovery food - gourmet ice cream! Although you know "The Rules" when it comes to heart-healthy eating, you somehow rationalize that you "deserve" this tasty treat. After all, you've just burned off at least 900 calories, are feeling physically fit and are in seemingly good health. Plus, you're athletic -- that protects you from heart disease, right?

Wrong! The sudden death of marathoner Jim Fixx is just one testimonial that sports-active folks can succumb to heart disease. Even athletes need to monitor their intake

of saturated fats and cloggage. However, when it comes to eating for heart-health, many well-intentioned athletes get confused by the steady diet of changing health information. For example:

★ One day medical experts tell us that eating eggs is bad because a single egg has 270 milligrams of cholesterol -- that just about "blows" the American Heart Association's recommended 300 mg/day limit. The next day, researchers report that egg cholesterol may have little effect upon the blood cholesterol level in many people.

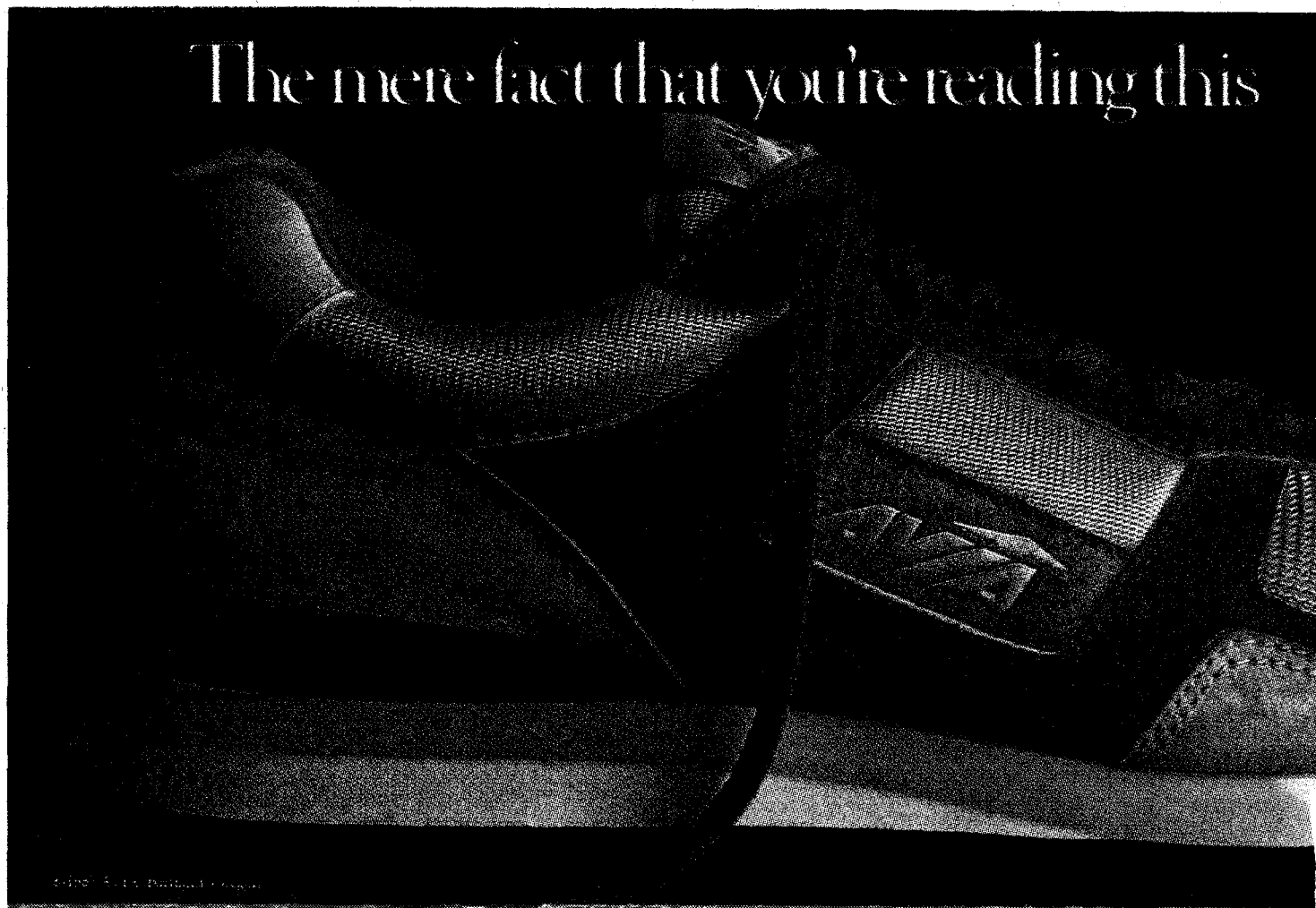
★ We used to hear that corn and safflower oils are among the "lesser of the evils"

when it comes to fats. Now, olive oil seems to be the "hero" and the better choice.

★ Attitudes about beef are also changing. A few years ago, everyone shunned the stuff, believing that it to be a culprit for clogging the arteries. Today, health experts tell us that small portions of lean beef perhaps aren't so bad after all. Plus, lean red meats offer iron, zinc and other nutrients particularly important for athletes.

If you, like many Americans, are lost in the current confusion of "what can I eat to keep my heart ticking for a long and healthy lifetime", you might be interested in the following three "ticker tips".

The mere fact that you're reading this



Prep Notes

Dream Season, continued

through the program during this period, including 4:10 1600m runner Steve Fairman and 4:13 1600m runner Hector Romero. We also put together a 10:12.2 distance medley team in 1980 that upset a highly regarded Santa Barbara team, with Eric Sappenfield and Barasa Thomas on it, at the Mt. SAC Relays.

Although I had coached the girls distance runners in track ever since the girls track program started in the middle 70's, it was not until 1981 that I started coaching the girls in cross country. Christy chose youth track after her knee surgery and was not an instant success. She tried the sprints and the quarter, but her basic lack of sprint speed left her far behind the youth leaders in these events. She moved up to longer events and tried youth cross country, but still entered high school only having broken 6 minutes in the mile once and achieving only a 2:45 half-mile. When Christy arrived in high school in the Fall of 1983, the program was a little down. I was really excited to have my own child now running in the program, but felt that she had missed the glory years when I had so many talented runners competing. The boys team only finished fourth in league, the first and only time we did not qualify for CIF since 1978. The girls team did much better, qualifying for CIF Finals but finishing only 11th.

1984 represented a rags to riches situation for us. The boys team pulled together and became the best team in the southern section and the best team I had had since 1979, winning 6 invitationals, including Mt. SAC Sweepstakes, taking CIF for the 2nd time and qualifying one runner, Jim Harvath, for the Kinney Nationals. The girls team, trying not to be outdone, placed 3rd in CIF Finals behind Newport Harbor and Buena, the highest finish ever to that point. Christy took 2nd to Melissa Sutton of Newbury Park and then ran 17:51 at Woodward Park in Fresno in the Kinney Western Regional to qualify for the Nationals as well.

My son entered high school in 1985 with the determination not to try any sport. I almost had him convinced to be a basketball manager, but he really wanted to just go home after school, watch T.V., and hang around with his friends. It was tough growing up behind Christy and her accomplishments, both in the classroom and on the athletic field. He wasn't interested in anything she was doing, looking on running as a very difficult activity for which he possessed no special talent. I had only one incoming Freshmen boy signed up for cross country and, in an act of desperation, virtually ordered him and his best friend to try

it. His friend lasted only a week and then transferred to water polo, but Tim stuck it out. At first, with absolutely no background and not even a mile of training over the summer, he could jog only about a half-mile. His first 5K was 24 minutes plus. He showed steady improvement, but leveled off at about 19:00, not a terrible freshmen time, but not a distinguished one either. During track season, he showed some development, dropping to 4:53 in the mile and 10:29 in the two mile, but we had such a loaded varsity returning, it didn't look like he would make it past the Frosh-Soph level. He trained hard and managed to drop to 16:18 on the Mt. SAC course, holding down our #6 position most of the season, and when our #3 runner was sick in C.I.F. Finals, he filled in well in the #5 spot, finishing 26th in the team race. Our goal was 5 in the top 25 and we almost made it. We won narrowly anyway, 63-67 over Palos Verdes.

The boys final preceded the girls final and, even before the girls raced, we knew that we had upset P.V. in the boys and won our third championship. However, the girls themselves didn't know the boys had won and they were prepared in their own way to really give P.V. a run for it. There seemed no way for anyone, anywhere in the country for that matter, to overcome 5 runners in a 10 second gap, who could run with virtually any other team's #1 runner. I knew we had a good one going when we still had 3 runners in the top 5 at the mile and a half mark, having already raced through the dreaded switchbacks. The P.V. pack was trailing my 2nd and 3rd girls by about 5 yards. I had told the girls that the place to go was from the bottom of poop-out hill until the top of reservoir hill, from approximately the 1 1/2 to the 2 1/2 mile mark on the course. I have to admit that it is a surprise when athletes are actually able to do exactly what you plan in a race, but by the time we turned onto the airstrip with about 600 yards to go, my 3rd girl was over 15 seconds up on the P.V. pack, and Christy, running 3rd over-all in the race, was nearly 50 seconds ahead. It would seem obvious that our 4th and 5th runners must have been well back to lose with this kind of a lead. But, actually, there were no other runners in that 15 second gap to displace Palos Verdes, and, though we took 2-4-5 in the team race, P.V. took 5 of the next 6 places to clinch a convincing 20 point win. Our 4th and 5th girls ran 19:25 and 19:31, good times for a freshman and a sophomore, and 25th and 26th place over-all. Ironically, our girls scored 1 less point in losing than our boys had scored in winning. We did hold on to edge Palos Verdes in team time, 93:22 to 93:32. The main difference in the races was that the boys was fairly undistinguished, slower team times than in the prelims and nowhere near the all-time list. On the other hand, Thousand Oaks and Palos Verdes moved to #2 and #3 on the all-time team performance list at Mt. SAC for girls. The boys' finals all day long seemed fairly routine, given the excellent racing conditions. On the other hand, the girls races, especially in the 4-A and 2-A, saw superior performances.

Joe Kelly of Palos Verdes and I are very

good friends and there is a friendly rivalry between the two squads, both boys and girls, and so it was only fitting that we have a combined team picture taken after the awards ceremony with all four plaques and all the individual awards. If you are interested in unusual statistics, if you combine the team times of the Palos Verdes' runners, both boys and girls, and our two teams, the difference is only 14 seconds, 173:58 for Thousand Oaks to 174:12 for Palos Verdes. And so, after an entire season of competing against each other (4 invitationals and C.I.F. Finals), and nearly 3 hours of running on the day of finals by 20 athletes, only 14 seconds separated the two schools. What a singular season this was for both schools.

Thousand Oaks fared well in the running publications as a result of this fine finish. *California Track and Running News* rated our boys team 4th in the final state poll. They also rated our girls team 2nd behind Palos Verdes, and speculated that we must be one of the top five teams in the nation. They felt that Palos Verdes was perhaps the top squad in the nation this season, and I have absolutely no argument with that.

Harrier Magazine named both Thousand Oaks' teams All-American, one of only three schools nationally to have both boys and girls teams named simultaneously. This was definitely a dream season for me as a coach. But how much more gratifying it was to be able to share it with two of my own children. I hope I get another chance someday to compete for a championship, but, regardless of the outcome, there will always be something special about the Fall of '86.

For the Record: CIF 4-A Finals at Mt. SAC. November 15, 1986 GIRLS VARSITY

PALOS VERDES	
6. Julie Crooks (Fr)	18:37
7. Ashley Black (So)	18:39
8. Tracy Leichter (So)	18:42
10. Dana Sublett (So)	18:47
11. Traci Goodrich (So)	18:47
Totals: 42 individual, 93:32 team	

THOUSAND OAKS	
2. Christy Farrell (Sr)	17:51
4. Jena Haggenmiller (Jr)	18:11
5. Angie Lovell (So)	18:21
25. Aimee Edwards (Fr)	19:26
26. Mandy Kossoris (So)	19:33
Totals: 62 individual, 93:22 team	

BOYS VARSITY

THOUSAND OAKS	
3. Bryan Gibby (Sr)	15:51
8. John Rogers (Sr)	16:00
12. Dave Helsdon (Sr)	16:08
14. Doug Fairman (Sr)	16:11
26. Tim Farrell (So)	16:26
Totals: 63 individual, 80:36 team	

PALOS VERDES	
2. Dave Scudamore (Jr)	15:40
11. Victor Furer (Sr)	16:05
16. Bennie Cravatt (Jr)	16:15
17. Blake Bogess (So)	16:17
21. Sky Piper (Sr)	16:23
Totals: 67 individual, 80:40 team	

□ Athlete's Kitchen

Ticker Tip #1: Know where you stand when it comes to heart disease. Make an appointment with your doctor to get your blood tested for total cholesterol (a waxy substance that contributes to hardening of the arteries), HDL cholesterol (the "good guy" that carries cholesterol out of the arteries), LDL cholesterol (the "bad guy" that deposits cloggage) and the ratio between HDL and LDL. Since genetics play a large role in health, you may find that, despite a current low fat, high carbohydrate, supposedly healthful diet, you have a risky cholesterol profile -- particularly if your parents or grandparents have had a heart attack or stroke.

Once you know your cholesterol rating, you'll be better able to determine how strict you need to be with your diet. For example, if you have a desirable cholesterol level that's less than 180 mg% and your 90 year old parents are alive and thriving, you can perhaps be a bit more lenient than your buddy who's cholesterol is a risky 250 mg% and who's father suddenly died of a heart attack at age 54.

Ticker Tip #2: Based on data which indicates that a 1% drop in blood cholesterol corresponds with a 2% drop in your risk of heart disease, you can start a "Cholesterol Challenge" and see how your blood values change over the course of the year by making some simple dietary changes. The trick is to eat foods low in both saturated fats and cholesterol. To help you make these choices easily and accurately, you might want to get a "Cholesterol Index Clock". This colorful poster rank-orders commonly eaten foods and helps you judge their heart-healthfulness. For example, sunflower oil, which is highest in polyunsaturated fats and has no cholesterol, ranks (-14), 1 slice of pizza (+10), and 3 ounces of chicken (+18). A quarter-pound cheeseburger, on the other extreme, is a whopping (+99) and a piece of cheesecake (+100)! *By keeping your cholesterol index lower than 120 points per day, you'll be better able to keep your heart ticking in good health.*

To get this clever guide, send \$1 and a self-addressed, stamped business-size envelope to *Cholesterol Clock*, 500 Com-

pany Store Road, LaCrosse, WI 54601. Keep it posted on your refrigerator, to help you healthfully balance the foods you like to eat.

Ticker Tip #3: Eat more oatmeal or oat bran. Like wheat, oats have a fiber-rich outer bran layer. Research is showing that the fiber in oat bran, when combined with a sensible diet, can effectively lower blood cholesterol. Oat bran (such as made by Quaker) is available in the hot cereal section of many supermarkets and health food stores. You can enjoy it either as a hot cereal (yummy with raisins and nuts) or bake it up into muffins.

Kris Clark, RD at the LaCrosse Cardiac Fitness Program in Wisconsin, recommends eating "an oat bran muffin a day to keep the doctor away". After experimenting with banana-oat bran, raisin-cinnamon oat bran, peanut butter-oat bran, and numerous other concoctions, I've found that my favorite is apple-almond oat bran muffins. (See page 31 for recipe) This tasty carbohydrate will not only fuel your muscles but also protect your health. Enjoy!

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

magazine proves you're ready for this shoe.

Today's runners have come a long way. So has the technology of their shoes.

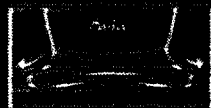
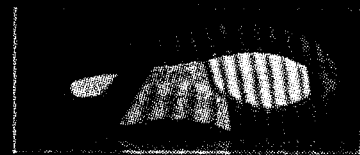
Consider the Avia 225.

We began with our patented cantilever sole, designed to absorb shock while increasing stability. We combined this with a four density midsole to center your heel on impact and provide excellent motion control.

We composed the four density outsole with high abrasion carbon rubber in the rearfoot, and three densities of blown rubber in the forefoot. The result is superior cushioning.

Finally, we added a thermo plastic heel counter and stabilizer to enhance rearfoot control.

Lightweight, protective, durable. The Avia 225. Designed for those who have a lot farther to go.



Four density midsole



AVIA Built for your body.

CTRN Around the Bay

By MARK WINITZ



BAY TO BREAKERS: Bonkers to Business

In case you haven't noticed, it's that Bay to Breakers time of year again. Early Spring, when the bold and brazen couch potatoes of yore lace up their barely-bruised Hayes Street Stompers to make a run, or stroll, or waddle of San Francisco's most famous 7.5 miles. And when 200,000-plus soles ply their way toward Ocean Beach this May 17th in the 76th annual Examiner Bay to Breakers, they'll be just as loud, slapstick, and "carbon" loaded as ever.

Yet, for some runners and race officials, the emphasis of the biggest running event in the world has been slowly shifting from less bonkers to more business. Last year, San Francisco runner and agent Don Paul led a small group of elite local runners in a public outcry against what they felt was an unfair oversight of local elites by race officials in favor of invited world-classers.

If there was an oversight, it has been seriously addressed this time around. This year B to B Race Director Terri Robbins (of the *San Francisco Examiner*) worked with PA-TAC (the regional branch of the national governing body for amateur athletics) in order to formally invite the top ten men and top ten women in last year's PA-TAC Grand Prix Long Distance Running standings to the 1987 race. Complimentary entry and seeded spots were offered to those top locals. Ten additional Californians were also sent letters of invitation—based on merit and excellence in the local running community.

In the larger sphere, the race sponsor (*Examiner Charities, Inc.*) always invites the top three men and women from the previous year to return. These runners are offered appearance fees. The fees are for showing up, promoting the event, and running. This is not prize money, or money based on the current year's raceday performance. It is more like a celebrity contract.

Beyond the top three, the race organizers invite, and pay appearance fees to "name" world-class runners who they feel are excellent PR investments. These several runners are carefully selected, since drawing power vs. budgetary constraints are prime considerations. Invited (elite) runners "must offer speed, interest to the public and press, and they should characterize the spirit of Bay to Breakers," according to race management.

As of late April (the deadline for this column) the following had been confirmed by B

to B in respect to the elite field: Ed Eyestone, Paul Cummings, and Mark Curp (last year's top three) are returning this year. Former winners Ibrahim Hussein and Rod Dixon will compete, as well as Geoff Smith (7th last year, 2nd in '85), Arizona's Ken Martin, and Australian Andrew Lloyd (5th in '86).

On the women's side: Of the 1986 top three, Joan Benoit Samuelson and Lisa Martin will make a go of it again. (1986 winner Grete Waitz is not returning this May 17th). Benoit Samuelson will be three months pregnant at the starting line. Nancy Ditz (a well-known Bay Area resident and B to B regular; 1st in '84) and Lorraine Moller (5th in '86) will be back. Tani Ruckle, Australia's 2nd-ranked 10,000 meter runner behind Martin, is also listed as an elite entrant.

Although not yet confirmed by B to B, San Francisco's talented Janine Aiello (3rd, 3rd, and 4th in recent years; 2:34 marathoner) has expressed the intention to return. My peripheral sources relayed that New Zealander Allison Roe (a former world-recordholder in the marathon) will fund her own B to B entry, as she'll be in the U.S. to run three races during a comeback with the ultimate goal of making her country's Olympic team.

In B to B, prizes are offered to the overall winners, although they don't compare with the big cash funds doled out by the larger prize money races. Men's and women's overall winners each receive a BMW. This is a genuine ownership of the auto, as opposed to a 1-year lease that 1986 winners received. Top three men and women receive roundtrip airfares for two to Hong Kong. Additionally, the first California man and woman each receive roundtrip airfare for two to Sydney, Australia. This is the first year that a special prize has been arranged for top Californians.

Of course, the issue of prize money vs. appearance money has become a hot item in many running circles. It was due to come around to B to B sooner or later, and it has. We'll get to that shortly.

Realistically, the majority of us don't even dream about appearance arrangements or where to park the new wheels. We look for a good race, a good time (figuratively and joyfully), and any personal glory that we can muster in-route.

Seeded positions are important for the more serious general-participant runners, especially when there are about 100K com-

rades who are about to negotiate the same 7.5 miles that you are. B to B has a large seeded category (500-plus) available to those with specific proven 10K time credentials (32:20 men; 37:30 women). In fact, everyone was given the opportunity to qualify for a seeded spot via San Francisco's Houlihan's to Houlihan's 12K race, six weeks before the big one. If you ran sub 42:20 (men) or 48:40 (women) there, you're seeded when you enter.

B to B works hard to make a great event for the masses. For runners intent on getting that coveted T-shirt, it will be easier this year. If you're one of the first 30,000 to enter, you can forget the post-race scramble. You can pick up your "T" at the Hyatt Regency before the big day.

The *Examiner* has arranged for a lot of other extras for the running masses. Free seminars (sponsored by *Runner's World*), a concert, an Expo, post race Footstock Festival, and the like. In this writer's opinion, they're doing a great job. If you don't think so, why don't you try to muster a wild and crazy crowd that is five times bigger than the turnout for the New York Marathon into something that vaguely resembles organization. The general commitment by the *Examiner* to local running goes above and beyond—especially considering their recent donation to TAC to underwrite (and keep alive) the region's Cross Country Championships in November.

However, the Bay to Breakers horizon is not quite so unclouded for a group of local runners who refuse to get lost in a crowd. For them, running is more than a Sunday outing, or a ploy to keep the waistline in line. For many who make a living at running (or attempt to) our sport is necessarily colored by the fact of economics.

I talked to more than a few individuals who have significant opinions about Bay to Breakers—in order to clarify, in my own mind, some of the politics and economics surrounding the race. Who are those people and what do they have to say?

Don Paul, as mentioned, has proven credentials as a runner—even if his running style is a bit unconventional. His San Francisco-based agency, Crossing Lines, represents a dozen sub-2:12 marathon men, four sub-2:30 women, and several dozen other elite runners. Paul has been the main local voice in criticizing the B to B. I knew that (from last year), so at my request, we talked.

□ Around the Bay

"The race is a closed party" he says. "We now have some of the top distance runners in the world in the Bay Area, yet the bulk of the appearance money goes to celebrity runners from out of state.

"Although the *Examiner* is giving free entry to some top locals, and has put some money into the cross country championships, I think it's a cheap means to purchase silence from the local running community.

"The Bay to Breakers is viewed around the world as a mass circus, a festival. There's nothing wrong with that. But we have the potential to combine the world's best road race with its largest party."

Paul believes that appearance fees paid for top athletes at B to B are sufficient to lure top athletes if converted to prize money. He quoted me a figure based on what his sources have gleaned, and on his knowledge of what top runners command. (Robbins said that the figure Paul stated to me is "way out of line with what we've offered in the past.")

Paul continues: "Because of the amount of exposure received, every shoe company would push its top athletes to be part of Bay to Breakers (if prize money were offered). The race organization has yet to see the public value of having a first class athletic event."

But what exactly is the value of prize money as far as the masses are concerned? "I think everyone is more excited by a race where they see (lead) runners battling down Kennedy Drive, going for a \$10,000 (first) versus \$2,000 (second) prize," this runner's agent states. "Sporting interest in the U.S. is largely determined by the money at stake."

Granted, Don Paul is a runner's agent. He makes his living or part of it by representing athletes. I have no problem with this, although others sometimes use it as the primary fuel in battling his and his associates' views. In the writing profession, some writers handle their own economic and other business affairs; some have agents. Some individuals pay accountants, investment counselors and the like, to handle their financial opportunities.

But let's not get too far afield. Back to Bay to Breakers. Paul and his supporters would ideally like to see a prize structure corresponding to the anniversary, in years of the race. That would be \$76K for this year's 76th annual B to B. They recommend that about \$10K be reserved for the winners living within 300 miles of San Francisco.

Several prominent prize money races already offer cash to local winners. (B to B offers the trip to Australia. Additionally, if a local tops all males or females, they also get the car.)

Since I anticipated this month's article back in January, I spoke with race director Terri Robbins of the *Examiner* at that time. It's no secret that Robbins works hard at making one of the world's most renowned

road races better every year. We spoke at length about how she consulted with PA-TAC Long Distance Chairperson John Mansoor in order to arrange a fair system for inviting top local runners to the race. (I believe it is a good system, a big step in the right direction.)

When I re-contacted Robbins in mid-April, she was on the brink of giving birth. She referred me to Laura Dudell, who is the Promotions Coordinator for B to B. "*Examiner* Charities, Inc. is a charity organization," Dudell stresses. "The race raises funds for Bay Area youth charities and special programs—all non-profit programs."

Indeed, organizations like the Red Cross, the Friends of Recreation and Parks, San Francisco Conservation Corps, the Guardsmen, and the San Francisco Opera benefited last year.

"One of the main efforts this year is to set a positive relationship with the top local runners," Dudell continues. "We think they're terrific. If they weren't invited last year, it's probably due to an assumption on some level that we're right here and everyone is going to come.

"Every race director sets up their own criteria for what they want of their race," Dudell observes. "Bay to Breakers is a mass, wonderful, participant event. I don't believe there's a lot of appearance money involved to start with. You bring in a few people from around the country. It builds the credibility and interest in the race. All the appearance money comes out of the charity, so it's handled very carefully. It's a very limited budget."

Next, I contacted John Mansoor of the Pacific Association TAC, to get his views. Mansoor has been instrumental in organizing a competitive Grand Prix series of races for runners in our region. Prize money is offered to top PA-TAC registered individuals and teams at each race, as well as to top performers in the overall standings at the end of the racing year. As mentioned, he also devised the system for getting the top locals invited to B to B this year.

"Appearance fees are a highly subjective item for race directors," Mansoor began. "Race directors all have their different reasons for inviting specific athletes, depending on the kind of field and general race that they want to build.

"I'm sure Terri (Robbins) bases her decision...I'm sure she does; if she doesn't she should, in my opinion...She should get athletes who are media attractive. They not only have to be fast enough to place well in the race—they have to come across well on camera, because it is a party, and they need to excite everybody. Obviously, she's done a good job. She has the biggest race in the world."

Mansoor has a clear opinion on Don Paul and the group he represents: "Don Paul is an agent. He has specific athletes who he is an agent for. He makes his living through

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those athletes getting prize money—he makes 10 to 20 percent of it—or making appearance money.

"Whatever Don Paul's (critiques) are at this moment, it's because of his business and his athletes. They do *not* represent the opinion of the athletes in the Pacific Association. The PA-TAC's LDR Committee is that group that represents the athletes in the Pacific Association. Terri has taken our recommendations (for local invited athletes—ed.) and has done everything that we've asked, and more. She's invited more local athletes than she had to, and she added trips to Australia for the first Pacific finishers. This benefits all the athletes in the Pacific Association—not just Don Paul's athletes."

This TAC representative, who is also a race director, believes that prize money is a way that gives the athletes all an even chance at the starting line. "But prize money may not be the best possible way to spend your money," he says. "In Terri's case, because of the nature of her event, this may be the reality."

If Bay to Breakers is more of an event than a competitive race, Mansoor has no objections. "There's room for that in the running world. Every event that takes place doesn't have to be a race. But it's obvious that Terri cares about the race, too. There's been fast 12K times every year there. It is a race, but it may not have the depth of field that some runners are looking for, due to the lack of prize money." (No prize money, but, as mentioned, BMW autos for top male and female and trips—ed.)

continued on next page...

□ Around the Bay

Race director Robbins got back to me amidst her new infant-care duties at home. She re-emphasized that B to B's reason for existing under the *Examiner's* proprietorship (for 21 of its 76 years) is to raise money for Bay Area charities.

"We pay very little appearance money," she stresses, "much less than most races. What attracts elite runners isn't the cash that we offer them up front, but it's the warm hospitality and the time that we take to hand pick the few runners that we do issue elite invitations to. That's why we see so many runners calling to ask to be invited back again. This year we received a whole slew of requests for invitations from top runners."

Terri walked me through her criteria for selecting an elite field. It matched what Dudell and Mansoor had expressed to me.

"Six years ago nobody criticized the Bay to Breakers," she adds. "Because everyone thought it was a big joke. All of a sudden, we're subject to more criticism. I think that may be a sign of our success."

"We're really concerned about all the 100,000 people who show up. Our race is really for them. We primarily issue elite invitations for publicity, to get more entrants and raise more money for charity."

Robbins added that Don Paul hadn't contacted her to request elite invitations for any of his clients. "Generally, agents or the athletes themselves contact me, and send me their resume," she explained.

OK, what do the runners say? First, I spoke with some top locals. I expected some differences of opinion, and I got it.

John Moreno of Pacifica, who is represented by Paul, and who finished a close third in the 1979 B to B:

"Six years ago nobody criticized the Bay to Breakers, because everyone thought it was a big joke. All of a sudden we're subject to more criticism. I think that may be a sign of our success."

***-Terri Robbins,
Race Director***

"This is the time of year when there are a lot of good races, prize-money and otherwise. Bay to Breakers is a great San Francisco event. There is no question. It's one of the most colorful fitness events in the world. But, in terms of celebrating fitness, I do that every day.

"Since it's marathon season for me, and with other good races like Bolder Boulder, Cascade Runoff, Lilac Bloomsday...you can go on...you can find a lot of reasons to run a lot of other races besides Bay to Breakers.

"They put together a reasonably good field every year," Moreno concedes, "but if I have to go out there and bang heads with

those guys, you have to feel like maybe you'll get a chance of getting something out of it. I work just as hard at this sport as they do.

"I want to feel that if I go out and run a great race, I can be rewarded in some way. If some guy is going to get a check before the race starts, and he has a bad day and I blow his doors off, I don't feel too good if I don't get nothin'.

"I did get an invitation this year, which I thought was great. If I didn't have anything else in the works this spring, I'd definitely do it."

Moreno adds that he does plan to run as part of Brian Maxwell's new Power Bars Centipede "to be part of the party and have some fun. I kind of miss the race," he admits.

Janine Aiello of San Francisco, a top-flight 2:34 marathoner has been a consistent top performer at B to B over the last few years, placing either two or three several times. She has commanded an elite fee at the race in the past as an elite returnee. She is also one of Paul's clients.

"The spring marathons are too soon for me (after placing first in the San Diego Marathon last December)," she told me. "I'll do Trivera, Bay to Breakers, Bloomsday, Buick 10K or L'Eggs, and maybe Grandma's Marathon in June." Aiello said that she's again approaching Bay to Breakers as a very competitive race. She was the runaway women's winner at Houlihan's to Houlihan's (Bay to Breakers seeded qualifying race) last April 5.

Nancy Ditz, who is perhaps the most visible of several Northern California world-class runners, was not available (due to a busy schedule) the week I called. But we've talked in the past about this subject. Ditz will be at Bay to Breakers, as in recent years past. She is no stranger to appearance fees.

"Some runners are invited to races solely because of their running ability. That's

fine," commented Ditz. "But if you're paid an appearance fee, I think the runner has an obligation to do some promotion for the race. You can call us amateurs or professionals, but really we're professionals and we should act as such."

On the subject of invitations, this 1984 B to B winner, and 2-time L.A. Marathon champ, has definite views, whether appearance fees are involved or not: "It doesn't matter who you are. No runner should expect an invitation to any race. If you think you are deserving and you want consideration, it's appropriate to contact the race and express your qualifications. I never assume anything."

Nancy's husband, Bruce Mosbacher, is a little more adamant: "I thought this was a democracy," he observed. "There are lots of races. If a runner doesn't agree with what's going on here, they can go somewhere else.

"Why waste time talking to the people who criticize a great race like Bay to Breakers?" he asked me. "Talk to Grete Waitz or Joan Benoit and see what they have to say. Go to the top."

The democrat that I am, I contacted Utah's Ed Eyestone—winner of last year's B to B, *Runner's World's* top American male runner of 1986, 12th at the World Cross Country Championships. Ed was packing for the Boston Marathon when I called. I inquired how he approached Bay to Breakers.

"Since it's such a big event with so much exposure, you have to look at it as a very serious race," Eyestone contends. "If you win Bay to Breakers, it can do some very important things for you just publicity-wise. The quality of the runners they get is just as good as you'll find in a lot of major road races. So, I don't think you can look at it too lightly.

"Obviously, there's a lot of fun and games that go along with the race, but when it comes time to toe the line, all the elite runners look at it pretty seriously. It was a great event last year. I was honored to be invited."

Eyestone is returning this year to defend his title—just four weeks after competing at a super-competitive Boston.

Two-time winner Ibrahim Hussein had comments along the same lines: "It doesn't matter if there's a car or no car. I'm coming to the race to prove myself. It's a challenge to me. It's a great race."

So, we have varying opinions from a cross-section of individuals. If it weren't for time and deadline constraints, I would have liked to talk to a few more. However, my homework wasn't complete yet. What about the Bay to Breakers general participants? How about the running masses, without whom Bay to Breakers would merely be just another 7.5 mile jaunt across town? I talked to more than a few runners and revelers of varying abilities, inclinations, and backgrounds.

Renato Martinez of Los Altos, an occasional 10K runner in the one-hour range, regrets having to miss B to B this year, after running it once before. "A bad foot limits my running now," he explains, "but I love Bay to Breakers. It's really exhilarating with all the different people and costumes."

Eric Goethals, 33-minute 10K runner, who qualified for a seeded spot at Houlihan's: "I'm look at it as a serious race this year, since I'm starting near the front. I want to do well; but my time won't be an accurate reflection. There's a lot of people. Running at my level, I don't have to worry about what the winners get."

I asked several of the runners what their opinion of prize money vs. appearance money was. A common response was, "Is there prize money? I don't even know." Most comments focused on the sheer number of participants and the festive atmosphere.

Of course. For most of us, that's what Bay to Breakers is all about.

SoCal Diary

By BILL MINARIK

March 9

Two major dual meets dominated the week-end's track activity. At UCLA, the Bruin men, sweeping all the sprints and field events, easily outscored distance laden Arizona 102-55. Best marks included Henry Thomas at 10.3 and 20.7 and Arizona's Matt Giusto at 3:45.3.

At Fresno, Fresno State's men put on an awesome field event performance en route to 126-38 and 120-41 victories over San Jose State and UCSB with SJS topping UCSB 93-69. The Fresno State women ran away from the Berkeley Bears 108-36 in a companion meet.

A number of teams headed south for the San Diego State invitational with Mt. SAC's men coming away with the day's top effort; a 9:51.9 distance medley relay time which a few years ago would have been a national record.

March 14

Only one dual meet of note in SoCal and that was out at Westwood where the UCLA men easily outran C/S Northridge, Azusa-Pacific and C/S Long Beach 110-39-25-19; while the UCLA women did likewise to CSN, CSULB and A/P by a 90-38-29-16 count. John Banich at 191-9 in the discus had the top mark for the Bruin men while Gail Devers tallied 5 first for the Bruin gals including an 11.2 100 meters.

At the NCAA Indoor Championships, Trojan triple jumpers Yvette Bates and Wendy Brown went 1-2 with world class efforts of 45-3 and 44-8 while shot puter Tambi Wenj flipped the shot 58-10¼ good for 4th ahead of Fresno State's John Bender at 58-8½. The Bulldog's Doug Fraley also won the pole vault at 18-2¾.

March 23

Dual meets were the order of the day on the SoCal College scene with both the USC men and women running their records to 4-0. The Trojan men beat San Diego State and Iowa by scores of 99-64 and 123-21, while the Women of Troy did likewise by scores of 102-33 and 106-24. SDS topped the Hawkeyes in both divisions by counts of 128-24 and 80-51. The rain and wind kept the marks down, however Trojan's Yvette Bates with a triple, and Tambi Wenj, Mel Hedgepeth, Diana Clements, and Myra Mayberry all with double wins were towers of strength for the Trojans. In addition USCs Julie Seleine set a new school record in the 5000 with a time of 17:18.8.

Elsewhere, UC Irvine's men and women were both victorious in 4-way meets over Northern Arizona, C/S Long Beach, and Brown University by scores of 93-65-30-14 and 75-67-37-5. In a preview of the CCAA men's conference meet Cal State L.A. was a

surprisingly comfortable 119-81-0 winner over Cal Poly SLO as Tony Young notched a 1:50.9-3:51.7 double win over a potent CPSLO distance crew.

In some community college duals of note, Mt. SAC's men and women warmed up for their April 9th showdown with Long Beach CC and El Camino with impressive wins over Pasadena and Compton. In the men's duals, the Mounty 800 meter runners must have set an all time record for combined time of 4 finishers, as they were clocked in 1:47.9, 1:48.7, 1:49.5 and 1:51.8. I'm not sure what the national 2 mile relay record is, but I would guess those times combined would better it. And when you think how early in the season it is, those times are mind-boggling. The Mt. SAC ladies lead by former high school state champ Tammy Stiles were equally impressive as Tammy notched an 11.8-24.1 sprint double. However the female Mounties are going to have their hands full with Coach Terry McFate's El Camino thinclads who won all 5 relays as well as 4 individual events at the recent Long Beach Invitational while setting no less than 8 meet records.

Elsewhere, the Glendale CC men ran their remarkable dual meet winning streak to 114 with an easy 103-37-30 win over Santa Monica and Cuesta. However the Santa Monica women showed they were in a class by themselves with a 106-20-15 runaway over Glendale and Cuesta.

March 30

There was a full week-end of track at all levels in SoCal over the week-end. Of the many Prep Invitationals taking place, the Pasadena Games at Occidental College received top billing with Quincy Watts defeating Muir High's Corey Early in the 100 with a 10.74 electronic timing. Hawthorne's boys 400m relay team smoked to a 40.93 clocking which is second fastest in the nation this year. Antelope Valley's Percy Knox won the long jump at 23-9 after recording a mark in excess of 26 feet during a dual meet earlier in the week. That mark was aided by a 30mph wind. The Hawthorne girls, not to be out done by the boys, recorded the fastest 400m relay in the nation at 46.31.

In Relay Meets which were scored, the Edison and Capistrano Valley boys tied 46 all at the Tustin Relays, while the Edison girls were easy 95-58 winners over what was probably a Hawthorne "B" team.

At the Rolling Hills Invitational, the Narbonne boys topped San Pedro 36-31, while the Torrance girls were 49-31 winners over Gahr.

Top Community College meets included the Long Beach CC-Pasadena CC dual meet which as usual went to the Long Beach men easily 114-30. At the Santa Barbara Relays,

the Glendale College men out ran conference rival Moorpark 65-57; while the Moorpark women were comfortable 57-38 winners over L.A. Valley.

In 4-Year College meets, the UCLA men cruised to a 100½-62½ dual meet win over UC Berkeley. Highlights included the Bruin's Michael Marsh nipping teammate Henry Thomas in the 100, with both timed at 10.42; both 400m relay teams in a dead heat at 39.50; a UCB sweep of the triple jump; and Jim Connolly's javelin throw of 243-7.

Elsewhere the men from Cornell, defeated UCSB and Cal Lutheran 90-75-37, while at Fresno State, PAC-10 power Oregon overran the Fresno State Bulldogs and Boise State's mens teams 98-64-38. FSU's Doug Fraley with an 18-7¼ pole vault provided the days top mark. Down at San Diego State, the Aztecs were 96-46 and 104-27 winners over Iowa and Cal State Fullerton, with the Hawkeyes topping CSF 85-34.

At an invitational meet at USC, Trojan George Porter made his debut an impressive one with a 51.06 intermediate hurdle victory; while at an invitational at Azusa-Pacific, A-P Alum Innocent Egbunike had impressive winning times of 10.24 and 32.05 in the 100 and 300, while Tony Campbell raced to a 13.51 high hurdle clocking and Lee Balkin soared over the high jump bar at 7-5¼.

April 6

Relays again were the order of the day at all institutional levels this past week-end beginning with the prep version of the Northridge Invitational. At that one, Quincy Watts of Taft High continued to show his brilliance with a 10.70-47.56 individual double and then anchored his 400m relay team to victory. In a dual meet this past week, Quincy mis-judged the finish line in a 100 meter race, easing up at 75 meters and finishing 3rd. A strong wind at this meet kept most of the times down.

At the Ventura Relays, Rio Mesa won both the boys and girls divisions with scores of 72 and 68 points respectively; while at the Valencia Invitational, the host school with 86 points took boys honors, while Woodbridge was the girls winner with 89. At the Texas Relays, the Hawthorne girls team won both the 400 and 1600m relays with times of 46.96 and 3:47.58 while the boys took two seconds with clockings of 40.91 and 3:12.35.

All of the Community Colleges which weren't involved in dual meets made their way to Fresno for the Fresno Relays. In the men's division, as expected, Taft, El Camino, and Mt. SAC dominated the day's

continued on page 31

Medical Notes for Runners

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



Walking Back

I just finished speaking to Sal Vasquez, who most of you know is a World Class Master's runner. He was here in my office and injured his right heel, three weeks ago, while running. He has a clicking mass at the bottom of the heel and notes that, after rest, when he gets up, there is a considerable amount of pain and pulling at the bottom of his right heel.

His history strongly suggests a heel spur syndrome with plantar fasciitis. I explained to him that, at rest, the plantar fascia, which is a broad band of tissue, contracts and coils upon itself. Upon standing up, one stretches out this coiled tissue, and there is pain.

An x-ray was taken, which showed no stress fracture or arthritis of the bone. There is, however, a heel spur present. I explained to Sal that the size of the spur has nothing to do with the severity of the problem or the amount of pain and that many people have heel spurs, which never have hurt or will hurt. In any event, we elected upon an injection into a bursa. A bursa is a sack between all the tissue on the bottom of the heel and the bone. The injection was from the side so that there would be no degeneration of the fat pad on the heel, which is necessary for absorbing shock and protecting the heel bone. The injection was a combination of local anesthetic, a very small amount of Cortisone, and some injectable medicine - Wydase, to help dissolve the walls of the palpable bursa. Sal is most cooperative and volunteered to not run for the next three weeks, which delighted me, since this will certainly aid in the healing. Impact obviously aggravates the heel spur syndrome as does excessive motion and/or pulling of the tough plantar fascia as it attaches to the bottom of the heel. In addition, he is given Viscolas heels to use while walking around at work and when he starts running again to help attenuate shock. Viscolas is a new polymer made out of polyurethane, which helps the calcaneal fat pad in absorbing and attenuating and slowing down shock. Sal is put on physical therapy, twice a week, with ultrasound and EGS; and, statistics show that there is a greater than 80% chance that he will have the complete resolution of his problem and no recurrence. He may need one or two more shots.

I suggested to Sal that a review of about 15,000 runners with various injuries shows

that those who had heel spur syndrome or plantar fasciitis almost invariably respond to conservative treatment. Only 10 per cent ever needed to have surgical intervention, such as removing the spur or releasing the fascia.

Sal actually gave me a compliment. He stated that he liked my articles in *California Track and Running News* and, in particular, liked the articles about when I talked about myself or my running. I felt somewhat uneasy about my last article, "How Can I Run So Slow and Why" and "Listen to the Whispers" since this is more personal, rather than medical. He, however, agreed with me, especially on "Listen to the Whispers", that many runners do feel "no pain, no gain" and that, if they listened to their bodies and took care of themselves and were willing to take time off when injured, such as he is, they would have fewer problems. Certainly, we should listen to Sal, who is a 47 year old World Class runner, still going at it strong with 70 miles per week.

Last week, Bill Seaver came into the office with an injury, and he is willing to take it easy while he heals too. His problem hurts only when he is doing speed work, but he can do mileage without any problems. He is making quite a come back, and we both agreed that he should build up a base with distance before doing more speed work until his current problem goes away.

around. One met actually stands for utilization of 3.5 milliliters of oxygen per kilogram of weight per minute. As a comparison, somebody running five minute miles might be utilizing 20 mets; running eight minute miles is utilizing about 10 to 12 mets; running a six mile is utilizing 15 to 20 mets, depending upon the weight of the runner and the effort of the work out. Walking six miles per hour utilizing three pounds of weight in each arm uses about 14 mets. It takes quite a workout, running, to utilize 14 mets. Thus, one can race walk anywhere from between fifteen minutes to twelve minutes per mile with three pounds in each arm, pumping the arms, and get quite a work out without near the stress of running. As we know, the ground reactive force in running is three times body weight on level surfaces, four times body weight down hill, and two times body weight up hill. The ground reactive force for race walking with weights is about one and one-half times body weight or at least half that of running; and, in some people who have heavy running form, it is one-third that of running when race walking or exercise walking.

"I have been utilizing exercise walking and race walking for many of my patients who have running injuries. This is especially good for knee injuries . . ."

Sal asked me what I am doing in regard to my running, and I stated that I am mixing race walking and walking with three pound heavy hands into my running program. I explained to him that recent research has shown that you can get an excellent work out with race walking and, especially utilizing heavy hands. What I didn't explain to Sal is what I will explain to you as follows:

Exercise physiologists measure the intensity of exercise by utilizing the term, mets. One met is a unit of exercise. We are exercising at one met when at rest, sitting

With exercise or race walking, it is important to exercise at about 75% of your maximum exercise capability. A way to figure out your vital oxygen capacity or maximum capacity is to take 220, subtract your age, and multiply by 70 or 75%. Thus you will know that you are exercising at 70 to 75% of your maximum. This is also helpful to evaluate the intensity of your running work outs. Most runners should be exercising at 75% of their maximum except when preparing for races when they should have some work outs at 80 to 85% of their max. You, of

□ Medical Notes for Runners

course, should use your pulse to monitor this.

Well, I am currently running about 35 miles per week and race walking for an hour and one-half to two hours on the off days. I run about 4 to 5 days per week. I am even horse back riding a couple of days a week and find this to be extremely enjoyable although, admittedly, I am not burning many calories.

I have been utilizing exercise walking and race walking for many of my patients who have running injuries. This is especially good for knee injuries associated with excessive flexion. Iliotibial band syndrome and patellar femoral compression syndrome or runner's knee usually is made worse by bending of the knees at contact. With race walking, the knee is straight or extended at contact, and there is almost no incident of knee pain or pathology. Interestingly enough, race walking, however, causes tightness and soreness in the muscles in the front of my leg, which aren't used much for running and therefore need to be strengthened if I am going to race walk.

Along with my race walking, I also walk backwards and run backwards to strengthen the muscles that normally aren't being strengthened and/or stretched properly with my running. I also, of course, mix in some swimming whenever it is hot enough to go into the water and use fins since I can't float well without them and because I find that I get a better work out.

I have differentiated three phases in regard to fitness. The first is no fitness at all; the second is being fit and active; and the third is being fit, active, and trained. The importance is to be fit and active for your whole life and to be trained when you are getting ready for competition. To be trained for one's entire life would be extremely difficult since it means being in readiness for competition at all times and, usually, one gets injured when they are at this state of training. What is important is to be active and fit at all times so that, from that level, you can become trained for specific events. Statistics have shown that an active fit 60 year old is actually in better shape than an inactive unfit 20 year old. The VO₂ of this active fit 60 year old might be 55 whereas the VO₂ of a 20 year old inactive person might be 45 to 50.

So the good news is that we athletes, especially those, like myself, who are approaching 45 are actually in better shape than inactive 20 year olds. Let's keep up the good work and, remember, walking is exercise too. So if you are hurt running, slow down and take a walk. Also remember that, for every pound you carry in your hands, you add one met of exercise; thus three pounds in each hand adds six mets or unit of exercise to your work out.

Keep those cards and letters coming, and let me know what you think of my out on a limb articles.

Nancy Clark's

Apple-Almond Oat Bran Muffins

2½ cups oat bran cereal
⅓ cup brown sugar
1 Tbsp. baking powder
1 tsp. salt
½ tsp. cinnamon
½ tsp. vanilla
1 cup milk
2 eggs (preferably only one yolk)
2 Tbsp. oil
⅓ cup chopped almonds
1 large apple, diced

Mix the dry ingredients, add the milk, vanilla, beaten eggs, oil, nuts and apples. Bake in oiled muffin tins (or a small baking pan) at 425° for about 15 minutes. Yield: 12 muffins.

130 calories each, 60% carbohydrate, 20% fat—perfect for the target dietary goals of at least 60% carbohydrate and at most 25% fat.

By keeping a supply in your freezer, you can conveniently enjoy a freshly toasted muffin at breakfast, take one to work for a snack or lunchtime treat, or enjoy one with jam in place of dessert.

□ SoCal Diary

continued from page 29:

activity with Taft recording sprint relay times of 40.25 and 3:09.91 while Mt. SAC's 2-mile relay team clocked 7:23.37. In the women's competition, again, it was Mt. SAC and El Camino with both squads equally impressive and both probably looking forward to their dual meet showdown this Thursday at Long Beach.

Almost all of the 4-Year Colleges were up at the Fresno Relays. Highlights there included Tony Campbell at 13.34 in the Highs, Doug Fraley at 18-8¼ in the vault and some tough hammer throw competition between Jud Logan 255-6, Ken Flax 251-8 and Bill Green at 250-11. The women's competition was highlighted by Gail Devers 11.33-52.66 sprint double.

In some other duals, the UCSB men topped Cal Lutheran 99-54, while Chapman, which had been shut out this year, beat UCSD, Christ College, and the Masters College 68-38-36-18 in the men's meet and 101-64-30-16 over Cal Lutheran, UCSD and Christ College in the women's competition.

Last but not least, Cal State Long Beach is dropping the sports of Track and Cross Country effective next Fall to save money for their football program.

April 13

The Arcadia Invitational highlighted the SoCal Track and Field scene last Saturday; while christening its new all-weather track with a host of meet records and one national record. Taft High's Quincy Watts demonstrated he is in a class by himself with a pair of easy sprint wins at 10.51 and 20.89 run into a wind; the former being a national best and the latter a PR. In the 400 relay he just missed catching Muir High with both teams being given identical times of 41.28. In the weights, Kamy Keshmiri of Reno destroyed the field, first in the shot with a 65-2¼ effort and then in the discus with a national record setting heave of 224-3 which betters the old mark by better than 10 feet. In the vault, Brett Burns skyed to 17-3 which probably makes him the national leader. In the girls section, Hawthorne drew first blood in its first encounter with State Meet contender Locke by winning both the 400 and 1600 relays in times of 46.75 and 3:48.94.

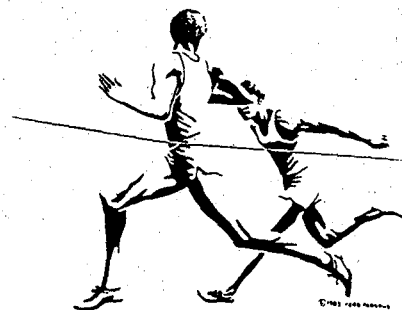
At the SMU Invitational at Dallas, USC's Luis Morales turned in excellent sprint times of 10.1 and 20.4; while George Porter grabbed a 2nd in the 400 meter hurdles at 50.82.

The Community Colleges were up at Bakersfield where the Long Beach CC men showed why they are now odds-on favorites for the State Championship as they dominated the day's top marks including a 39.5 400 relay.

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You'll be glad you did.

**See page 44 for
a subscription form.**





By JOHN MANSOOR

1987 LDR Grand Prix

Presented below are the rules for the 1987 LDR Grand Prix. As you may note, there are few changes from 1986. The major changes are in the bonus points for winning a championship, and the new team category that has been added. Please keep in mind that Open Championships count for open points, master for master. There has been some confusion surrounding this point as well as men's championships counting only for men, and women for women. As an example, in the upcoming Devil Mtn. 10K Championships, this is for open men only. If a master male scores in the top twenty five, those points will count towards the open category, not the masters. The women cannot score any points. Likewise, in the open women's 10K championship scheduled for Sept. 13th in Auburn, points can only be acquired for the open women's title. If you have any questions regarding the Grand Prix, or questions on any programs in the Pacific Association, please feel free to contact the Association office at 916-966-6185. Best of luck to all!

Grand Prix Rules

- All scorers must be TAC members prior to any championship in which they are scoring.
- All scorers must be residents of the Pacific Association at least ninety (90) days prior to scoring in any championships.
- All Championships are included in the Grand Prix, though some Championships may count for only a single category.
- Distances 25K and under will be scored according to the point system listed below.
- Distances over 25K will have double value, based on the point system below.
- The top 25 open men & women, top 15 master men & women, top 5 senior men & women, and top 1 super senior man & woman will receive free entry into the 1988 LDR Championships.
- An "open" runner can be of any age. A "master" runner must be 40 years of age or older. A "senior" runner must be 50 years of age or older. A "super senior" must be 60 years of age or older.
- The top 10 open men & women, the top 5 master men & women, the top 3 senior men & women, and the top 1 super senior man & woman will receive the following money awards:

	Open Men & Women	Master Men & Women	Senior Men & Women
1st-	\$1500	\$750	\$250
2nd-	1000	500	100
3rd-	500	250	50
4th-	400	150	
5th-	300	100	Super Seniors
6th-	250		1st- \$100
7th-	200		
8th-	150		
9th-	100		
10th-	50		

- An athlete will be scored in more than one category (e.g. open master, senior, etc.) if they score in more than one category, however, they may only accept one money award.

- The top teams will receive the following money awards:

	Open Men & Women	Master Men & Women	Senior Men & Women
1st-	\$1000	\$500	\$250

- Individual athletes will be scored based on the following point system:

	Open Men & Women	Master Men & Women	Senior Men & Women
1st-	30 points	20 Points	10 points
2nd-	24	14	6
3rd-	23	13	4
4th-	22	12	2
5th-	21	11	1
6th-	20	10	
7th-	19	9	
8th-	18	8	
9th-	17	7	Super Seniors
10th-	16	6	1st- 1 point
11th-	15	5	
12th-	14	4	
13th-	13	3	
14th-	12	2	
15th-	11	1	
16th-	10		
17th-	9		
18th-	8		
19th-	7		
20th-	6		
21st-	5		
22nd-	4		
23rd-	3		
24th-	2		
25th-	1		

Note: Distances over 25K will count double.

- Teams will be scored as follows:

	Open Men & Women	Master Men & Women	Senior Men & Women
1st-	3 points	3 points	1 point
2nd-	2	2	
3rd-	1	1	

- The following events will comprise the Grand Prix:

1m Combined	TBA	
5K Combined	High Five 5K	May 30, 1987
8K Combined	Russian River 8K	June 7, 1987
10K Open Men	Devil Mountain 10K	May 3, 1987
10K Open Women	Park to Park 10K	Sept. 13, 1987
10K Masters	Monterey 10K	Sept. 30, 1987
15K Combined	Reno 15K	Oct. 11, 1987
10m Combined	Waterfront 10	Oct. 25, 1987
Half Marathon	TBA	
30K Combined	Clarksburg 30K	Nov. 15, 1987
Marathon	Cal International	Dec. 6, 1987
50K Open	Pacific Crest Trail 50K	Sept. 20, 1987
10K XC	Examiner PA Championships	Nov. 8, 1987

Junior National Travel Fund

As reported in the last issue of CT&RN, presented below are the standards for eligibility for the Pacific Association Junior National travel fund. In addition to meeting the standards below, an athlete

continued opposite

Results

Masters Track & Field

Orange Spring Games

February 21, Orange.

Men's Results

1500m: (40-49) 1. Mike Lalum 6:29.6, 2. Cliff Zielke 8:57.2. **(50-59)** 1. Robert Culling 5:10.0. **(60-69)** 1. Tom Michael 9:33.4. **(70-79)** 1. Conrad Schuck 6:38.3.

60 Meter Hurdles: (30-39) 1. Andrew Hecker 10.5. **(40-49)** 1. John Dobroth 8.9, 2. Al Henry 9.0, 3. Bill Knocky 9.6. **(50-59)** 1. Dave Douglass 10.5. **(60-69)** 1. Tom Patsalis 9.6, 2. Bob Hunt 10.4, 3. George Simon 11.3, 4. Burl Giss 11.5, 5. Chuck McPhate 11.7. **(70-79)** 1. Burt Moore 12.0.

400m: (30-39) 1. Winton Foster 54.3, 2. Ron Beetle 55.0, 3. Bill Deyser 60.3. **(40-49)** 1. Mike Lalum 76.6. **(50-59)** 1. Jesse Carrington 59.1, 2. Stan King 59.8, 3. Tony

Nazralla 61.4. **(60-69)** 1. Robert Watanabe 63.8, 2. Bob Hunt 68.9. **(70-79)** 1. MacMunn 1:44.6.

100m: (40-49) 1. Walt Butler, 2. Ken Dennis. **(50-59)** 1. Nick Newton 12.3, 2. T. Suda 12.5, 3. Tony Nazralla 12.8, 4. Frank Kishi 13.8, 5. Joe Pedevilla 14.3, 6. Jack Smith 18.1. **(60-69)** 1. Gene Hart 12.8, 2. Robert Watanabe 12.9, 3. Tom Patsalis 13.1, 4. Bob Hunt 14.3, 5. Byron Walls 14.9, 6. George Simon 15.8. **(70-79)** 1. Conrad Schuck 14.2, 2. Burt Morrow 15.1, 3. Chia Tsung 16.4.

800m: (30-39) 1. Wayne Douglas 2:12.2, 2. Ron Rook 2:26.7. **(40-49)** 1. John Cosgrove 2:25.2, 2. Mike Lalum 3:08.4. **(50-59)** 1. Jesse Carrington 2:25.7, 3. Dunton 2:28.7, 3. Robert Culling 2:29.7, 4. Lloyd McGuire 2:30.9.

200m Hurdles: (30-39) 1. Andrew Hecker 30.3, 2. Mark Thompson 34.5. **(40-49)** 1. Bill Knocky 27.3, 2. Walt Butler 27.5, 3. Gary Barie 33.4. **(50-59)** 1. Dave Douglass 34.5. **(60-69)** 1. Bob Hunt 36.9. **(70-79)** 1. C.T. Pao 47.6.

200m: (30-39) 1. Eugene Driver 22.3, 2. Warren Spikes 22.4, 3. Ron Beetle 23.5, 4. Glenn Johnson 23.6, 5. Keyser 27.2, 6. Andrew Hecker 29.8. **(40-49)** 1. Ken Dennis 24.8, 2. Robert Jones 26.9, 3. Juan Bustamonte 28.8. **(50-59)** 1. Nick Newton

25.6, 2. Stan King 25.7, 3. Teuta 26.1, 4. Tony Nazralla 27.3, 5. Frank Kiska 28.4, 6. Martin 29.7, 7. Joe Pedevilla 30.3. **(60-69)** 1. Gene Hart 26.3, 2. Robert Watanabe 26.5, 3. Bob Hunt 29.8, 4. Byron Walls 30.6, 5. George Simon 37.5. **(70-79)** 1. Conrad Schuck 30.6, 2. Burt Morrow 33.4.

3000m: (30-39) 1. Gary Faults 9:20.3, 2. Ron Gillis 11:11.0. **(40-49)** 1. Mike Figuera 9:25.4, 2. Mike Lalum 13:35.5, 3. Cliff Ziekle 14:34.3. **(50-59)** 1. Dunton 12:42.0.

Pole Vault: (20-29) 1. Brian Fisher 13-6. **(30-39)** 1. Leon Roach 13-6. **(40-49)** 1. Mar-don Connelly 14-0, 2. Bob Bly 11-6, 3. Gary Bane 10-6. **(70-79)** 1. Jim Vernon 9-8, 2. Carol Johnston 9-0.

Triple Jump: (30-39) 1. Trujillo 44-3, 2. Ron Rook 34-1, 3. Andrew Hecker 33-6. **(40-49)** 1. John Lawson 34-5, 2. Robert Jones 32-8, 3. Jack Kistler 26-10. **(50-59)** 1. Tony Nasralla 29-1. **(60-69)** 1. Tom Patsalis 35-1, 2. Ken Mitchell 28-5.

Discus: (30-39) 1. Frank Relly 158-8, 2. Andrew Hecker 84-6. **(40-49)** 1. Lloyd Hig-gins 157-3, 2. Jess Elbert 119-2, 3. G. Kuhnke 114-1, 4. Al Brown 112-0. **(50-59)** 1. Ed Martin 108-8, 2. Dick Kennerly 102-9, 3. Dave Douglass 101-5. **(60-69)** 1. Mike Castaneda 122-6, 2. Bob Hunt 109-8, 3. Ken Mitchell 103-5, 4. L. Seymour 100-5. **(70-79)** 1. Ross Carter 127-7. **(80-89)** 1. Bert

DeGroot 78-7.

High Jump: (30-39) 1. Charlie Rader 6-4, 2. Roger Trujillo 5-0, 3. Andrew Hecker 5-0, 4. Ron Rook 4-0. **(40-49)** 1. John Dobroth 5-4, 2. Gary Bane 5-0, 3. Bob Bly 4-8, 4. John Lawson 4-8, 5. Bill Sevilla 4-4. **(50-59)** 1. Nick Newton 5-8, 2. Dave Douglass 4-8, 3. Jack Smith 4-8. **(60-69)** 1. Burl Gist 4-10, 2. Chuck McFate 4-2. **(70-79)** 1. Carol Johnston 4-0, 2. Jim Ver-non 3-10.

Javelin: (30-39) 1. Andrew Hecker 68-4. **(40-49)** 1. Lloyd Higgins 160-9, 2. Robert Jones 115-5, 3. Bill Sevilla 77-2. **(50-59)** 1. Del Pickarts 155-10, 2. Ed Martin 129-4, 3. Chuck Courts 115-2. **(60-69)** 1. Ken Mitchell 105-8. **(70-79)** 1. Bill Morales 141-10, 2. Bob MacConaghy 73-2.

Shot Put: (40-49) 1. G. Kihnke 40-0, 2. Mac MacCormick 38-10, 3. Steve Chaton 37-9, 4. Bill Sevilla 29-11, 5. Gery Ibert 27-11. **(50-59)** 1. Tom Hake 38-5, 2. Dave Douglass 35-7, 3. Dewey Wade 32-11, 4. Dick Kennerly 32-3. **(60-69)** 1. Dick Castaneda 44-0, 2. Bangert 43-4, 3. Lampert 38-7, 4. Ken Mitchell 37-6. **(70-79)** 1. Ross Carter 44-7, 2. Bob MacConaghy 30-1. **(80-89)** 1. Bert DeGroot 27-5.

Long Jump: (30-39) 1. Roger Trujillo 21-3, 2. John Kuehlie 20-4, 3. Andrew Hecker 17-3. **(40-49)** 1. Walt Brown 19-3, 2. Robert Jones 17-7, 3. John Lawson 16-7, 4. Jack Kistler 14-9. **(50-59)** 1. Schmidt 18-10, 2. Roger Tsuda 17-6, 3. Smith 16-3, 4. Ed Martin 14-8. **(60-69)** 1. Tom Patsalis 16-6, 2. Ken Mitchell 13-7. **(70-79)** 1. Bill Morales 13-7.

Women's Results

1500m: (30-39) 1. Tina Stough 5:15.0. **80m Hurdles: (50-59)** 1. Shirley Kinsey 13.8.

400m: (30-39) 1. Tina Stough 64.8. **100m: (50-59)** 1. Magdalena Kuhne 16.3. **(60-69)** 1. Marge Hunt 24.1, 2. Diana Smith 27.0.

Triple Jump: (50-59) 1. M. Kuehne 26-0. **Discus: (50-59)** 1. M. Kiehne 51-0. **(70-79)** 1. Edith Mendyka 58-7.

High Jump: (50-59) 1. Shirley Kinsey 3-4. **Javelin: (50-59)** 1. M. Kuehne 55-5. **(70-79)** 1. D. Mendyka 57-7.

Shot Put: (70-79) 1. E. Mendyka 23-11. **Long Jump: (50-59)** 1. M. Kuehne 12-5, 2. Shirley Kinsey 12-3. **(70-79)** 1. E. Mendyka 7-0.

PA-TAC Notes

must also be registered in the Pacific Association, reside in the Pacific Association at least ninety (90) days prior to the meet, and be the top qualifier in their event. Marks must be submitted to the Pacific Association office prior to the deadline to enter the meet (June 15, 1987). Awards will be given out after the meet has taken place and the athlete has taken part in the competition. Please submit your marks to the office at P.O. Box 1495, Fair Oaks, CA 95628. Address it to the Junior Travel Fund. Good Luck!

	Junior Men	Junior Women
100m	10.3	11.6
200m	21.4	24.1
400m	46.6	54.2
800m	1:50.6	2:08.4
1500m	3:50.7	4:37.0
3000m		9:57.3
2000SC	5:53.8	
5000m	14:40.8	
10,000m	31:37.8	
110m Hurdle	14.1	
100m Hurdle		13.8
400m Hurdle	51.9	61.0
3km R.W.		15:47.3
5km R.W.		27:22.9
10k R.W.	51:23.6	
High Jump	7-0 $\frac{3}{4}$	5-8 $\frac{1}{4}$
Long Jump	24-10 $\frac{3}{4}$	19-4
Triple Jump	49-9	35-10
Shot Put	51-4 $\frac{1}{2}$	43-6
Discus	157-2	143-2
Javelin	209-3	141-9
Pole Vault	16-4	
Decathlon	6617	
Heptathlon		4728

Note: A junior male cannot become 20 years of age in 1987.
A junior female cannot become 19 years of age in 1987.

Track & Field

Four-Way Women's Track Meet

Fresno State, CSU Sacto, UC Davis, Humboldt State.

February 21, Hornet Field, Sacto.

100m: 1. April Freow, FSU, 12.26, 2. Tamara Compton, FSU, 12.44, 3. Carter, UCD, 13.33.

200m: 1. April Freow, FSU, 26.40, 2. Michelle Ponsetto, FSU, 26.68, 3. Wendy Nelson, FSU, 27.03.

400m: 1. Cathy Jones, FSU, 59.09, 2. Michelle Ponsetto, FSU, 59.81, 3. Wendy Nelson, FSU, 1:00.64.

800m: 1. Magda Saravia, FSU, 2:19.31, 2. Paige Tully, UCD, 2:20.03, 3. Moss, UCD, 2:22.17.

continued on next page...

Results

1500m: 1. Kelly Buzza, FSU, 4:42.36, 2. Paige Tully, UCD, 4:44.97, 3. Linda Hooke, FSU, 4:48.67.

3000m: 1. Sally Carlson, UCD, 10:04.1, 2. Dianne Fairman, FSU, 10:25.2, 3. Eileen Dyer, FSU, 10:29.8.

5000m: 1. Jen Thatcher, UCD, 17:18.96, 2. Janine Ogas, FSU, 17:26.70, 3. Stacey McAfee, FSU, 17:34.95.

100m Hurdles: 1. Debbie Budwig, FSU, 15.31, 2. Pfister, Unat., 15.32, 3. Dwyer, UCD, 16.16.

400m Hurdles: 1. Chris Standley, FSU, 1:07.25, 2. Renee Cunningham, FSU, 1:07.56, 3. Hanold, UCD, 1:07.79.

400m Relay: 1. Fresno State 48.59, 2. UC Davis 50.93, 3. CSU Sacramento 53.19.

1600m Relay: 1. Fresno State 4:12.00, 2. UC Davis 4:29.65, 3. UC Davis B 4:35.32.

Long Jump: 1. Tamara Compton, FSU, 17-10 1/4, 2. Harper, HSU, 16-6 1/2, 3. Rouse, UCD, 16.3.

Triple Jump: 1. Tamara Compton, FSU, 40-5 1/2, 2. Wilson, UCD, 34-11 1/2, 3. Olsen, CSUS, 33-5 1/2.

High Jump: 1. Tonya Mendonca, FSU, 5-8, 2. Pfister, Unat., 5-8, 3. Beger, UCD, 5-4.

Shot Put: 1. China Blockton, FSU, 42-5 1/2, 2. Cheryl Villaran, FSU, 36-8 1/2, 3. Helena Mosley, FSU, 35-10 1/2.

Javelin: 1. Chris Healy, FSU, 149-8, 2. Miller, Sac TC, 138-2, 3. Harrington, HSU, 119-2.

Discus: 1. Mary Dentinger, Sac TC, 163-9, 2. Robinson, Sac TC, 162-2, 3. China Blockton, FSU, 152-0.

Team Scores:
FSU 131, USU Sacto 11, FSU 112, UCD 33, FSU 128, Humboldt St. 9, UCD 108, Humboldt St. 30

Peabody Coal Invitation

February 21. Northern Arizona Univ.

Men's Results

55m: 1. Kenny Robinson, SSTC, 6.32, 2. Jeremiah Wheeler, SSTC, 6.38, 3. Dwayne Evans, AWTC, 6.39.

300m: 1. Mark Sander, ASU, 32.97, 2. Will Jones, ASU, 34.19, 3. Ed Lovelace, ASU, 34.25.

500m: 1. Dwayne Hall, NAU, 1:00.14, 2. Jeff Roberson, Fresno, 1:01.35, 3. Dan White, Louisiana, 1:01.61.

1000m: 1. Jack Armour, Puma, 2:25.68, 2. Chris Currie, NAU, 2:26.61, 3. Jeff Smith, ASU, 2:29.87.

1500m: 1. Chris Caldwell, NAU, 3:54.90, 2. Erie Smedberg, NAU, 4:00.71, 3. Tim Moore, NAU, 4:02.03.

55m Hurdles: 1. Peter Daniel, NAU, 7.56, 2. Robert Rucker, SU, 7.73, 3. Bush, NAU, 7.92.

4x400m Relay: 1. NAU 3:08.26, 2. Oklahoma Univ., 3:08.37, 3. Stars & Stripes TC, 3:15.83.

Shot Put: 1. Hubbard, Mesa, 61-10 1/4, 2. Kent Larsson, Ngu, 58.10, 3. Mike Bell, Flad St., 55-4 1/4.

Long Jump: 1. Frans Maas, UCP, 25-7 1/2, 2. Danny Jackson, SSTC, 25-2 1/4, 3. Clyde Darcas, ASU, 23-10.

Pole Vault: 1. Doug Wicks, SSTC, and Kelly Rodriguez, Unat., 17-0 1/4, 3. Bill Thilken, Unat, 16-8.

High Jump: 1. Lee Balkin, SSTC, 7-3 1/4, 2. Hollis Conway, SW Louisiana, 6-11 1/2, 3. Tom Stitt, Fla. St., 6-11 1/2.

Triple Jump: 1. Norbert Elliott, Fresno TC, 16.50, 2. Robert Hucker, ASU, 7.73, 3. Randall Bush, NAU, 7.92.

Invitational Triple Jump: 1. Norbert Elliott, Mazda TC, 52-11 1/4, 2. Ken Frazier, Fresno St., 51-8, 3. Cornell Archie, Fresno St., 51-3 1/2.

Women's Results

4x800m Relay: 1. UNM 9:43.28, 2. UNM B, 9:51.66.

300m: 1. Maureen Bookstrum, UA, 39.69, 2. Brenda Johnson, Unat., 40.78, 3. Kristi Jenkins, NAU, 40.90.

1000m: 1. Laura McCracken, NAU, 2:52.26, 2. Nikki Toms, NAU, 2:53.11, 3. Lisa Anetsberger, NAU, 3:02.06.

500m: 1. Rosxy Edeh, FSU, 1:11.68, 2. Deanie Broussard, 1:12.45, 3. Toniette Holmes, ASU, 1:12.98.

55m: 1. Kim Newton, FSU, 6.95, 2. Pam Posey, UNM, 7.02, 3. Megalyn Thomas, ASU, 7.19.

55mH: 1. Shirley Walker, ASU, 7.92, 2. Erin Dougherty, UA, 8.04, 3. Susan Phillips, NAU, 8.11.

1500m: 1. Rhonda Sterkenberg, NAU, 4:44.75, 2. Brenda Payton, NAU, 4:53.17, 3. Maurie Wood, NAU, 5:01.32.

4x400m Relay: 1. FSU, 3:47.90, 2. NAU, 3:51.46, 3. UNM, 3:54.83.

Long Jump: 1. Carole Jones, UA, 19-11 1/4, 2. Lyda Tolbert, ASU, 19-2, 3. Rachel Davis, NAU, 18-10.

Shot Put: 1. Pam Dukes, Stanford, 55-5 1/4, 2. Patty Purpur, Stanford, 50-6, 3. Mary Beth Weaver, Arizona, 42-9.

High Jump: 1. Lisa Bernhagen, Stanford, 6-5 1/2, 2. Paula Feuerbach, NAU, 6-0, 3. Kim Werner, UNM, 5-9 1/4.

Triple Jump: 1. Carole Jones, UA, 41-6 1/4, 2. Debbie Orr, NAU, 37-0 1/2, 3. Tonia Thompson, UNM, 35-4 1/2.

Cal vs. Fresno State

March 7. Warmerdam Field, Fresno.

Women's Results

100m: 1. April Freow, FSU, 12.15, 2. Asia Boulware, FSU, 12.34, 3. Josie Alexander, Cal, 12.73.

200m: 1. Kim Newton, FSU, 24.22, 2. April Freow, FSU, 25.11, 3. Rose Blake, FSU, 25.38.

400m: 1. Rosey Edeh, FSU, 55.65, 2. Rose Blake, FSU, 56.92, 3. Michelle Ponsetto, FSU, 57.71.

800m: 1. Magda Saravia, FSU, 2:16.30, 2. Cathy Jones, FSU, 2:17.21, 3. Deanne Thomasson, Cal, 2:17.87.

1500m: 1. Deanne Thomasson, Cal, 4:36.97, 2. Kelly Buzza, FSU, 4:37.91, 3. Linda Hooke, FSU, 4:48.80.

3000m: 1. Nina Liahjell, Cal, 10:10.36, 2. Dianne Fairman, FSU, 10:11.77, 3. Mary Kuphaldt, FSU, 10:14.05.

5000m: 1. Janine Ogas, FSU, 17:25.31, 2. Stacey McAfee, FSU, 17:42.80, 3. Cynthia Jeong, FSU, 18:31.00.

100m Hurdles: 1. Debbie Budwig, FSU, 15.28, 2. Angela Driller, Cal, 16.68, 3. Renee Cunningham, FSU, 17.55.

400m Hurdles: 1. Teresa Stavrianoudakis, FSU, 1:01.12, 2. Chris Standley, FSU, 1:06.86, 3. Renee Cunningham, FSU, 1:08.09.

400m Relay: 1. FSU (Freow, Edeh, Newton, Boulware), 46.39, 2. FSU B, 48.03, 3. California, 48.65.

1600m Relay: 1. FSU (Blake, Newton, Stavrianoudakis, Edeh), 3:47.65, 2. California, 3:49.28, 3. Fresno State B, 3:52.07.

Shot Put: 1. China Blockton, FSU, 41-11 1/4, 2. Kim Kesler-Brohaugh, Cal, 41-10 1/2, 3. Allison Eades, Cal, 40-4 1/4.

Javelin: 1. Chris Healy, FSU, 131-5, 2. Allison Eades, Cal, 126-2, 3. Cindy Barros, FSU, 113-6.

Long Jump: 1. Sheila Hudson, Cal, 18-10 1/2, 2. Tamara Compton, FSU, 18-4, 3. Rosalyn Mitchell, Cal, 17-7.

High Jump: 1. Tonya Mendonca, FSU, 5-10, 2. Beth Vidakovits, Cal, 5-10, 3. Christie Olson, FSU, 5-4.

Discus: 1. China Blockton, FSU, 158-2, 2. Helena Mosley, FSU, 144-10, 3. Cheryl Villaran, FSU, 126-6.

Triple Jump: 1. Sheila Hudson, Cal, 43-1 1/4, 2. Tamara Compton, FSU 41-1.



PAM DUKES

Triangular Meet

FSU, SJS, UCSB
March 7. Warmerdam Field, Fresno.
Men's Results

200—1. Combs (UC Santa Barbara), 21.54; 2. Walker (Fresno St.), 21.56
400—Walker (FS), 47.85. **STEEPLECHASE—**1. Hardimon (FS), 9:12.10; 2. King (FS), 9:14.59. **400 IH—**Daves (FS), 52.42. **400 RELAY—**1. Fresno St., 41.16; 2. San Jose St., 41.68; 3. UC Santa Barbara, 41.74. **1,600 RELAY—**1. Fresno St., 3:13.65; 2. San Jose St., 3:14.49. UC San Barbara, 3:15.05.

SP—Bender (FS), 59-5 1/4. **HT—**Ostrom (Fresno St.), 201-6. **JT—**Seidmeyer (FS), 222-3. **Ostrom (FS), 208-2. DT—**Katches (SJSU), 173-7. **HJ—**Dreibelbis (UCSB), 6-10. **LJ—**Nelson (FS), 24-11 1/4. **TJ—**1. Frazier (FS), 53-5 1/4; 2. Archie (FS), 50-3 1/4. **PV—**1. Fraley (FS), 18-4 1/2, 2. Krupitski (FS), 17-0.

TEAM SCORES—1. Fresno St. 126, San Jose St. 38, Fresno St. 120 1/2, UC Santa Barbara 41 1/2; San Jose St. 93, UC Santa Barbara 69.

Dual Meet

Arizona (55) at UCLA (102)

100 (hand timed)—1. Thomas (UCLA), 10.3. **200—**1. Thomas (UCLA), 20.78; 2. Bixler (UCLA), 21.60.

400—1. Washington (UCLA), 46.56; 2. Strachan (Arizona), 47.64; 3. Davidson (A), 47.69.

800—1. Herron (A), 1:49.39; 2. Phillips (UCLA), 1:49.54.

1,500—1. Guisto (A), 3:45.38; 2. Quade (A), 3:45.84; 3. Ortiz (UCLA), 3:46.95.

5,000—1. Cannada (A), 14:06.43; 2. Gaffield (UCLA), 14:07.05; 3. Junkermann (UCLA), 14:11.46.

100 HH—1. K. Young (UCLA), 14.29; 2. R. Young (UCLA), 14.41; 3. Blade (A), 14.54; 4. Nicholson (UCLA), 14.71.

400 HURDLES—1. K. Young (UCLA), 51.06; 2. R. Young (UCLA), 52.60.

400 RELAY—1. UCLA (R. Young, Everett, Bixler, Thomas), 40.25. **1,600 RELAY—**1. UCLA (Everett, Carls, Wisnovsky, Washington), 3:12.47.

TJ—1. Washington (UCLA), 51-0 1/4. **SP—**1. Banich (UCLA), 59-10 1/4; 2. Wilson (UCLA), 56-9 1/2.

DT—1. Banich (UCLA), 179-6; 2. Birtreich (UCLA), 178-8. **HT—**1. Wilson (UCLA), 202-1; 2. Ansberry (UCLA), 185-3.

JT—1. Connolly (UCLA), 234-8; 2. Gelfound (Arizona), 223-7.

Cal Lutheran Univ. Kiwanis Kingsmen Relays

March 8. Cal Lutheran University.

Hammer: 1. PPC, 403-11 1/2. **Javelin:** 1. CLU, 444-10 1/2. **Discus:** 1. PPC, 428-0. **Shot Put:** 1. PPC, 133-9 1/2. **Long Jump:** 1. CLU, 59-11 5/8. **High Jump:** 1. CLU 16-6. **Triple Jump:** 1. CLU, 120-2 1/2. **Pole Vault:** 1. CLU, 34-6. **4x110m Hurdles:** 1. CLU, 101.5MR. **4x100m:** 1. CLU, 42.1MR. **Distance Medley:** 1. PPC, 10.36. **4x200m:** 1. CLU, 1:29.5FR. **4x800m:** 1. PPC, 8:22.91. **Sprint Medley:** 1. CLU, 3:34.8. **4x1600m:** 1. BU, 18:57.8. **4x400m:** 1. PPC, 3:25.4FR.

Arizona Decathlon

March 14-15. Rincon Vista Stadium, U of A. Overall Results

1. Shannon Sulliver, USAF, 7744, 2. Derek Huff, Unat, 7414, 3. H. R. McAdams, NM, 6710, 4. Scott Steffan, NM, 6313, 5. Matt Zuber, Unat, 6275, 6. Gary Lee, Unat, 5700, 7. Bill Jones, Unat, 5570, 8. Scott Derrick, Scottsdale, 5472, 9. Jeff Julian, Arizona, 5431, 10. Paul Gatone, Unat, 4790, 11. Chris Warner, NM, 1995.

4-Way Meet

Arizona-San Diego-Purdue-UTEP

March 14. Tucson, Az.

Men's Results

100m: 1. Darrell Hudson, SDSU, 10.78, 2. Rex Brown, SDSU, 10.90, 3. Willie Bell, UA, 11.01.

200m: 1. Harvey McSwain, Unat, 21.4, 2. Joe Boyd, UTEP, 21.7, 3. Darrell Hudson, SDSU, 22.0.

400m: 1. Mike Lawson, UTEP, 47.28, 2. Mike Robinson, SDSU, 47.89, 3. Mike Davidson, UA, 48.23.

800m: 1. Doug Herron, UA, 1:50.05, 2. Roderick Clarke, UN, 1:50.36, 3. Bob Ingram, Unat, 1:50.42.

Results

1500m: 1. John Quade, UA, 3:51.3, 2. Jeff Cannada, UA, 3:52.8, 3. Tim Kamilli, UTEP, 3:53.6.

Steeplechase: 1. Aaron Ramirez, UA, 8:42.3, 2. Matt Giusto, UA, 9:00.7, 3. Simon Gutierrez, 9:18.4.

5000m: 1. James Maxwell, UA, 14:37.0, 2. Jeff Cannada, UA, 14:51.0, 3. Bob Stoiz, Purdue, 15:07.8.

110m Hurdles: 1. Greg Turner, Purdue, 14.36, 2. Dale Laverty, Unat, 14.39, 3. Carl Blade, UA, 14.54.

400m Hurdles: 1. Mark Willman, Purdue, 53.42, 2. Karl Blade, UA, 53.59, 3. Greg Doud, SDSU, 54.69.

4x100m Relay: 1. San Diego State, 41.1, 2. Purdue 42.6, 3. Arizona (DNF).

4x400m Relay: 1. Arizona 3:13.51, 2. UTEP, 3:16.80, 3. SDSU, 3:19.24.

Long Jump: 1. Rodney Van, SDSU, 24-5, 2. Willie Bell, UA, 23-10 $\frac{1}{4}$, 3. Lyle Dunbar, UA, 23-2 $\frac{1}{4}$.

Triple Jump: 1. Mark Triplett, UA, 49-1 $\frac{1}{2}$, 2. Rob Staples, UA, 44-2 $\frac{3}{4}$, 3. Ed Van Lien, SDSU, 43-3 $\frac{1}{4}$.

High Jump: 1. Rob Staples, UA, 6-10 $\frac{3}{4}$, 2. Bill Bleuthman, Purdue, 6-10 $\frac{3}{4}$, 3. Alan Hodgert, 6-8 $\frac{3}{4}$.

Pole Vault: 1. Andy Sythe, SDSU, 15-9, 2. Sean Hickey, SDSU, 15-3, 3. Dave Pendell, SDSU, 15-3.

Hammer: 1. Scott Hoth, SDSU, 187-2, 2. Olaf Jenssen, Unat, 187-1, 3. Skip Sisneros, UTEP, 173-9.

Javelin: 1. Craig Gelfound, UA, 229-9, 2. Ed Van Lien, SDSU, 199-2, 3. Frank Moskowitz, UA, 177-1.

Shot Put: 1. Olaf Jenssen, Unat, 57-0 $\frac{3}{4}$, 2. Carl Chancellor, UTEP, 53-0, 3. Tony Dougherty, UA, 51-1 $\frac{1}{4}$.

Discus: 1. Carlos Scott, Unat, 200-9, 2. Olaf Jenssen, Unat, 192-4, 3. Carl Chancellor, UTEP, 183-8.

Westmont Warrior Relays

March 14. Westmont.

Men's Results

1500m: 1. Dave McKissick, W, 4:08.5, 2. Rob Hellyer, C, 4:09.5, 3. Eric Studenicka, SS, 4:11.6.

110m High Hurdles: 1. Rob Ring, W, 15.9, 2. Doug Birkel, C, 16.1, 3. Pat Tom, ND, 17.6.

Steeplechase: 1. Rico Aparicio, ND, 8:13.5, 2. Steve Friebus, W, 8:39.5, 3. Tom Davis, W, 8:53.6.

4x100m Relay: 1. Claremont College, 43.8, 2. Southern Utah, 44.1, 3. Sonoma State, 46.9.

Distance Medley: 1. Westmont, 10:21.4, 2. Sonoma State, 10:53.9, 3. Claremont, 10:56.2.

Sprint Medley: 1. Westmont, 3:36.0, 2. Claremont, 3:41.0, 3. Sonoma State, 3:51.4.

4x800m Relay: 1. Westmont, 8:12.0, 2. Claremont, 8:24.3, 3. Notre Dame, 8:46.3.

5000m: 1. Jim Mattson, W, 15:25.7, 2. Jim Knox, W, 15:30.1, 3. Rico Aparicio, ND, 15:43.0.

4x400m Relay: 1. Claremont, 3:28.1, 2. Westmont, 3:29.0, 3. Southern Utah, 3:38.8.

Hammer: 1. Mike Henry, SS, 170-7, 2. Frank Monumoto, C, 135-6, 3. Jason Rockhill, C, 128-8.

Long Jump: 1. Eric Hughes, SU, 22-3, 2. Rob Ring, W, 20-11 $\frac{1}{4}$, 3. Vince Bradley, SS, 20-9 $\frac{1}{2}$.

Shot Put: 1. Mike Henry, SS, 49-5 $\frac{1}{2}$, 2. Dan O'Keefe, C, 41-0, 3. Lionel Lewis, SS, 40-7.

Pole Vault: 1. Chris Lum, C, 12-6, 2. Mike Hevrin, SS, 12-6, 3. Rob Brizuela, USF, 9-9.

High Jump: 1. Vince Bradley, SS, 6-8, 2. Dave Heidebrecht, FP, 6-6, 3. Dean Vasquez, W, 6-0.

Javelin: 1. Leo Grand, SU, 163-7, 2. Sean Laughlin, USF, 158-7, 3. Dan Silkhart, W, 158-2.

Triple Jump: 1. Doug Birkel, C, 44-8, 2. Derek Riley, FP, 42-7, 3. Dean Vasquez, W, 41-6 $\frac{1}{2}$.

Discus: 1. Mike Karn, W, 134-2, 2. Tim Catcatorie, C, 129-9, 3. Jason Rickhill, C, 128-9.

Team Scores:
1. Claremont 84 $\frac{1}{2}$, 2. Westmont 78, 3. Sonoma State 41 $\frac{1}{2}$, 4. Southern Utah 33, 5. Notre Dame 22, 6. Fresno Pacific 10, 7. University of San Francisco 9, 8. Christ-Irvine 2.

Women's Results

100m: 1. Carol Toorop, SS, 12.8, 2. Andrea Watson, ND, 13.1, 3. Michelle Stewart, SU, 13.2.

100m Hurdles: 1. Anna Butz, FP, 16.3, 2. Tobi Palombi, SS, 16.5, 3. Megan Fuller, W, 17.5.

1500m: 1. Lori Zackula, CL, 4:50.6, 2. Sandrine de Marvel, ND, 4:57.6, 3. Jill Hatfield, W, 5:06.0.

3000m: 1. Lorena Ferreira, ND, 11:03.0, 2. Sandrine de Marvel, ND, 11:04.6, 3. Lisa Bennett, FP, 11:13.0.

4x100m Relay: 1. Sonoma State, 51.6, 2. Claremont, 53.3, 3. Westmont, 54.7.

Distance Medley: 1. Claremont, 12:33.9, 2. Westmont, 13:08.6, 3. Notre Dame, 13:11.9.

Sprint Medley: 1. Sonoma State, 1:55.8, 2. Cal Lutheran, 1:57.9, 3. Westmont, 2:01.0.

4x800m Relay: 1. Westmont, 10:28.2, 2. Notre Dame, 10:39.5, 3. Claremont, 10:55.9.

4x400m Relay: 1. Claremont, 4:19.9, 2. Sonoma State, 4:20.0, 3. Westmont, 4:20.2.

Shot Put: 1. Anna Butz, FP, 37-11 $\frac{1}{2}$, 2. Jill Porter, SU, 37-11 $\frac{1}{4}$, 3. Jeanette Kelder, FP, 33-9 $\frac{1}{2}$.

High Jump: 1. Alana Orton, SU, 5-5, 2. Anna Butz, FP, 5-3, 3. Katrina Polasky, C, 5-1.

Javelin: 1. Jill Porter, SU, 133-5, 2. Anna Butz, FP, 100-4, 3. Jeanette Kelder, FP, 92-9.

Long Jump: 1. Katy Dennington, C, 16-5, 2. Dolores Odogwu, C, 15-4 $\frac{1}{2}$, 3. Megan Fuller, W, 15-3.

Triple Jump: 1. Katie Dennington, C, 33-4 $\frac{1}{4}$, 2. Katrina Polasky, C, 31-9 $\frac{1}{4}$, 3. Sara Klein, CI, 30-0.

Discus: 1. Aubry, SS, 109-4, 2. J. Porter, SU, 104-5, 3. N. Pfaffenger, SU, 104-2.

Team Scores:
1. Claremont 49, 2. Sonoma State 35, 3. Westmont 34, 4. Southern Utah State 32, 5. Notre Dame 31, 6. Fresno Pacific 27, 7. Cal Lutheran 21, 8. Christ Irvine 8.

Multi-Team Meets

March 14. UCLA.

Men's Results

Men

100—Frost (CSLB), 10.74. 200—Eg-bunike (unat), 20.5 (wind 1.52 m.p.s. aiding); 2. A. Washington (UCLA), 21.1; 3. Ford (CSLB), 21.2. 400—Thomas (UCLA), 46.65. 800—1. D. Biggers (Santa Monica TC), 1:50.49; 2. Cushing-Murray (UCLA), 1:50.81; 3. Wishouski (UCLA), 1:51.85. MILE—Gaffield (UCLA), 4:08.52. TWO-MILE—1. J. Ortiz (UCLA), 8:49.84; 2. Parkinson (UCLA), 8:56.16; 3. Shumacher (CSLB), 8:59.85.

110 HH—1. R. Young (UCLA), 14.35; 2. K. Young (UCLA), 14.55; 3. Mbadughs (Azusa Pacific), 14.56. 400 IH—R. Young (UCLA), 52.54. 400 RELAY—UCLA, 40.30. 1,600 RELAY—UCLA (A. Washington, R. Carls, K. Young, D. Everett), 3:07.81. HJ—Stewart (CS Northridge), 6-10 $\frac{3}{4}$. PV—Richards (UCLA), 17-0 $\frac{3}{4}$. LJ—K. Young (UCLA), 23-10 $\frac{3}{4}$. TJ—Hannon (CSN), 47-3 $\frac{3}{4}$. SP—1. Frazier (Stars & Stripes), 64-3 $\frac{3}{4}$; 2. Banich (UCLA), 63-9; 3. Wilson (UCLA), 56-8; 4. Olukoju (AP), 56-1 $\frac{1}{4}$. DT—1. Banich (UCLA), 191-9; 2. Olukoju (AP), 174-10.

HT—1. Wilson (UCLA), 202-0; 2. Ansberry (UCLA), 181-7; 3. Lange (CSN), 179-0. FINAL TEAM SCORES—UCLA 110, CS Northridge 39, Azusa Pacific 25, CS Long Beach 19.

Women

100—Devers (UCLA), 11.2 (wind 1.57 m.p.s. aiding). 200—1. Devers (UCLA), 23.3, 2. Roberts (CSLB), 23.8. 400—1. Bakare (AP), 53.66; 2. Knighten (UCLA), 55.40. 800—1. Chapel (UCLA), 2:09.58; 2. Arreola (CSN), 2:09.74; 3. Zaleski (CSLB), 2:09.90. 1,500—1. Arreola (CSN), 4:22.79, 2. Cheney (CSN), 4:30.39; 3. Ball (UCLA), 4:30.39. 3,000—1. Chapman (UCLA), 9:37.8; 2. Bowman (CSN), 9:47.5.

100 HURDLES—Thompson (UCLA), 13.89 (wind 12 m.p.s. aiding). 400 HURDLES—Kellon (UCLA), 61.36. 400 RELAY—1. UCLA (Church, Knighten, Phillips, Devers), 45.4 (hand time); 2. CS Northridge, 47.51. 1,600 RELAY—1. UCLA, 3:47.6 (ht); 2. Azusa Pacific, 3:54.88; 3. CS Long Beach, 3:55.57. HJ—Flynn (CSN), 5-4 $\frac{1}{4}$. LJ—Devers (UCLA), 20-5. TJ—Devers (UCLA), 40-8 $\frac{1}{4}$; 2. Roberts (CSLB), 39-1, 3. Pile (CSN), 38-9 $\frac{1}{2}$. SP—1. Lutjens (UCLA), 46-11 $\frac{1}{4}$; 2. Norton (CSLB), 46-5 $\frac{1}{4}$. DT—1. Lutjens (UCLA), 178-6; 2. Norton (CSLB), 166-4. JT—Norton (CSLB), 145-6.

FINAL TEAM SCORES—UCLA 90, CS Northridge 38 $\frac{1}{2}$, CS Long Beach 29, Azusa Pacific 16 $\frac{1}{2}$.

photo by Burt Davis



GAIL DEVERS

G.S.A.C. Championships

March 20. Pt. Loma College.

Women's Result

10,000: 1. Bennett, FP, 43:59, 2. Rocker, FP, 44:41, 3. Thomas, CL, 45:38.

100mH: 1. Butz, FP, 15.79, 2. Cockrell, AP, 16.44, 3. Petway, AP, 16.86.

100m: 1. Bakare, AP, 12.44, 2. Taplac, FP, 12.81, 3. Pozil, AP, 12.91.

HJ: 1. Butz, FP, 1.55m, 2. Carmen, AP, 1.50m, 3. Navarro, PL, 1.45m.

4x800: 1. Westmont, 9:57.96, 2. Cal Lu, CL, 9:59.26, 3. Fresno Pac, 10:40.

4x100m: 1. Azusa Pac, 48.84, 2. Cal Lu, 52.59, 3. Fresno Pac, 52.73.

400m H: 1. Fuller, W, 1:06.23, 2. Petway, AP, 1:06.36, 3. Baker, PL, 1:09.94.

3000m: 1. Zackula, CL, 10:57.89, 2. Myers, PL, 11:06.36, 3. Peters, W, 11:08.24.

Sprint Medley: 1. Azusa Pac, 1:47.86, 2. Cal Lu, 1:55.24, 3. Westmont, 2:00.13.

Distance Medley: 1. Westmont, 13:35.22, 2. Fresno Pac, 14:30.34, 3. Azusa Pac, 14:53.4.

4x400m: 1. Azusa Pac, 4:01.73, 2. Cal Lu, 4:11.16, 3. Westmont, 4:14.42.

Javelin: 1. Sacker, W, 39.74, 2. Butz, FP, 36.54, 3. Moreland, PL, 30.40.

Triple Jump: 1. Carmen, AP, 9.99, 2. Moreland, PL, 9.73, 3. Buybaum, FP, 8.18.

Discus: 1. Classen, AP, 42.18, 2. Williamson, AP, 39.80, 3. Sudul, FP, 34.60.

Team Scores:
1. Azusa Pacific 76, 2. Fresno Pacific 67, 3. Westmont 35, 4. Pt. Loma 34, 5. Cal Lutheran 26.

Men's Results

10,000m: 1. Castle, CLU, 32:15.93, 2. Carswell, PL, 32:56.89, 3. Gonsales, FP, 33:41.09.

HJ: 1. Williams, PL, 14.23, 2. Fnbadugha, AP, 14.47, 3. House, AP, 14.63.

100m: 1. Kuretech, CL, 10.81, 2. Watson, PL, 10.91, 3. Chesnut, CL, 11.01.

2 Mile Relay: 1. Westmont 7:44.60, 2. Azusa 7:45.93, 3. Cal Lutheran 8:17.09.

400mH: 1. Anderson, PL, 54.39, 2. Dodd, AP, 54.91, 3. Riveros, AP, 56.03.

Sprint Medley Relay: 1. Azusa Pacific 3:26.13, 2. Pt. Loma 3:26.36, 3. Cal Lutheran 3:26.53.

Distance Medley: 1. Azusa Pacific 10:30.51, 2. Westmont 10:43.01, 3. Cal Lutheran 10:44.10.

400m Relay: 1. Azusa Pacific 40.84, 2. Cal Lutheran 41.30, 3. Pt. Loma 41.56.

1600m Relay: 1. Azusa Pacific 3:19.60, 2. Cal Lutheran 3:21.83, 3. Westmont 3:26.57.

Hammer: 1. Song, PL, 191-2, 2. Gonzales, AP, 147-5, 3. Simmons, CL, 146-1.

Javelin: 1. Anderberg, PL, 64.26m, 2. Fredjev, CL, 58.80m, 3. Clelland, PL, 51.80m.

Pole Vault: 1. Lomheim, AP, 16-1, 2. Korthis, AP, 15-1, 3. Kutches, AP, 13-9 $\frac{1}{4}$.

Shot Put: 1. Olukoju, AP, 55-10 $\frac{1}{4}$, 2. Baze, AP, 45-11 $\frac{1}{4}$, 3. Anderberg, PL, 44-5 $\frac{1}{4}$.


High Jump: 1. Nance, AP, 6-7 $\frac{1}{2}$, 2. Anders, W, 6-6 $\frac{1}{4}$, 3. Moore, PL, 6-2 $\frac{1}{4}$.

Long Jump: 1. Akpom, AP, 7.03, 2. Price 6.88, 3. Kurench, CL, 6.78.

Discus: 1. Olukoju, AP, 51.94, 2. Anderberg, PL, 45.33, 3. Lehr, CL, 45.17.

Triple Jump: 1. Price, CL, 13.78, 2. Dodd, AP, 13.11, 3. Vasquez, W, 12.88.

Team Scores:
1. Azusa Pacific 88, 2. Cal Lutheran 65, 3. Pt. Loma 51, 4. Westmont 26, 5. Fresno Pacific 5.



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Results

Sun Angel Track Classic

April 4. Sun Angel Stadium, Tempe, Az.
Men's Results

Hammer: 1. Clifford Felkins, ACU, 208-4, 2. Horacio Garcia, FSU, 204-11, 3. Scott Hoth, SDSU, 201-7, 4. Andrew Tolpitt, USC, 201-6, 5. Don Kralovetz, GCC, 173-8.

Pole Vault: 1. Cam Miller, ACU, 17-4½, 2. Steve Thaxton, ACU, 17-5½, 3. Doug Wicks, SSTC, 17-0¾, 4. Eric White, USC, 17-0¾, 5. Steve Klassen, USC, 17-0¾.

Javelin: 1. Jason Bender, SSTC, 223-10, 2. Scott Shill, ASU, 212-10, 3. Jim Lothrop, Unat., 212-0, 4. Allan Collatz, SSTC, 211-5, 5. Dave DeWesse, Unat, 194-3.

Shot Put: 1. Greg Tafralis, SSTC, 66-0, 2. John Frazier, SSTC, 63-5, 3. Roar Hoff, SMU, 59-3, 4. Mike Bell, FSU, 58-6, 5. Kent Larsson, NAU, 55-4.

Long Jump: 1. Jesus Oliván, USC, 25-6¾, 2. Ralph Spry, Elite, 25-0¾, 3. Rodney Van, SDSU, 24-8¼, 4. Dannie Jackson, SSTC, 24-7¾.

Distance Medley Relay: 1. WCP (Colas, Lewis, Roche, Casey) 9:54.66, 2. SMU (Cheligo, Spells, Kerr, Gargiulo) 10:05.37, 3. ASU (Kein, Woods, Frick, Harberson) 10:35.65.

110m High Hurdles: 1. Andrew Parker, ASU, 13.51, 2. Jack Pierce, KF, 13.70, 3. Arthur Blake, FSU, 13.73, 4. Albert Lane, KF, 13.87, 5. Robert Reading, USC, 14.06.

3000m Steeplechase: 1. Mark Souza, FTC, 8:57.6, 2. Jason Flamm, CAL, 9:06.70, 3. Sam Skinner, CAL, 9:07.20, 4. Tom Glass, Unat., 9:17.00, 5. Mitch Eddy, SDSU, 9:19.40.

4x100m Relay: 1. USA All-Stars (Moore, Evans, C.Smith, Glance) 39.85, 2. CAC (Bucknor, Williams, Hill, Davis) 39.93, 3. SSTC (Holmes, Jones, McSwain, K.Robinson) 40.30, 4. ASU (Lovelace, Parker, Duncan, Senior) 40.46, 5. SPA/All-Stars, 40.58.

Discus: 1. Karl Nisula, CAL, 189-4, 2. Gary Williky, Maccabi, 189-1, 3. Clifford Felkins, ACU, 188-5, 4. Carl Chancellor, UTEP, 183-0, 5. Henrik Wennberg, NAW, 156-1.

Triple Jump: 1. Robert Cannon, CHET, 52-8¼, 2. Vernon Samuels, SMU, 51-6¼, 3. Mike Harris, CAL, 51-2¾, 4. Rick Collette, ACU, 51-0¼, 5. Dmitry Pterman, CAL, 50-5¼.

400m Int. Hurdles: 1. Danny Harris, AW, 48.73, 2. Bart Williams, SSTC, 49.58, 3. Gordon Bugg, ASU, 50.66, 4. Richard Bucknor, CAC, 50.74, 5. Nat Page, Unat., 51.46.

Sprint Medley Relay: 1. ACU (Knapper, Meshoo, Clay, F.Williams) 3:18.11, 2. USC (Reading, Morales, Hedgepatch, Schermerhorn) 3:19.19, 3. AC (Harrell, Ford, Stevenson, Marshall) 3:19.30, 4. FSU, 3:23.05, 5. SDTC, 3:26.60.

High Jump: 1. Lee Balkin, SSTC, 7-4½, 2. John Morris, CAL, 7-4½, 3. Mike Harris, CAL, 7-2½, 4. Bill Jasinski, AC, 7-0½, 5. Kevin Pullen, ACU, 6-10¼.

Shuttle Hurdle Relay: 1. SSTC (Ashford, Lindstrom, Jackson, McCraney) 55.58, 2. Karamu (Washington, Ross, Pierce, Lane) 55.60, 3. ASU (Boyd, Rucker, Burnett, Parker) 57.13, 4. CAC, 58.00.

4x200m Relay: 1. SSTC (Krullee, Jones, Holmes, McSwain) 1:21.36, 2. SMU (Spells, Morton, Jones, Robinzine) 1:21.95, 3. SDTC (Thigpen, Freeman, Milner, Bell) 1:24.20, 4. SDSU, 1:24.33.

1500m: 1. Dave Ottaway, CAL, 3:48.85, 2. Paul Greer, SDTC, 3:49.20, 3. Pete Dinger, Unat., 3:49.46, 4. Jeff Smith, ASU, 3:49.47, 5. Ray Griffin, USC, 3:51.19.

100m: 1. Ray Hill, CAC, 10.21, 2. Stanley Floyd, Unat., 10.30, 3. Greg Megawho, ACU, 10.50, 4. Michael Morris, Karamu, 10.52, 5. (tie) Harvey McSwain, SSTC, and Luis Morales, USC, 10.53.

5000m: 1. Ray Wicksell, Unat., 13:52.92, 2. Mark Roberts, CAC, 13:56.75, 3. Spencer Peterson, Flagstaff TC, 14:10.58, 4. Ron Becht, NMTC, 14:13.31, 5. Mick Schlacter, Etonic, 14:14.07.

4x400m Relay: 1. Accusplit (Smith, Rish, Rowe, Armstead) 3:05.43, 2. CAC (Bucknor, Hill, Moss, Davi) 3:05.61, 3. AC (Stiverson, Forde, Marshall, Harrell) 3:06.60, 4. NAU, 3:07.45, 5. ASU (Woods, Greene, Bugg, Senior) 3:07.71.

Women's Results

Long Jump: 1. Sabrina Williams, CA, 21-3¼, 2. Cynthia Henry, MTC, 20-10, 3. Jacinta Bartholomew, Unat., 20-6½, 4. Mazel Thomas, ACU, 20-5¼, 5. Veronica Bell, CHET, 20-4¼.

Distance Medley Relay: 1. NAU (Thomas, Feuerbach, Payton, Chalmers) 11:26.22, 2. USC (Noll, Taylor, Seline, Lyon) 11:44.67, 3. LATC (Romo, Gallagher, Jacobs, Vivian) 11:49.33, 4. ASU (Berger, Foster, Zacoara, Pierantozzi) 12:15.15.

Shot Put: 1. Bonnie Dasse, CA, 59-2¼, 2. Diana Clements, USC, 54-10¼, 3. Carla Garrett, UA, 51-11, 4. Marlene Lewis, ACU, 46-10¼, 5. Gea Johnson, ASU, 39-1¼.

photo by Burt Davis



DAVE OTTAWAY

Javelin: 1. Liz Mueller, CA, 171-7, 2. Diana Clements, USC, 155-2, 3. Chris Johnson, NAU, 147-8, 4. Michelle Olivera, CSLA, 147-3, 5. Jennifer McEldowney, UA, 145-3.

100m High Hurdles: 1. Latonya Sheffield, SDTC, 13.84, 2. Shirley Walker, ASU, 13.89, 3. Maureen McGee, LAM, 13.96, 4. Gayle Watkins, CHET, 13.97, 5. Sonja Smith, SDSU, 14.19.

High Jump: 1. Mazel Thomas, ACU, 6-0¾, 2. Volanda Henry, ACU, 6-0¾, 3. Katrena Johnson, Ariz, 5-10¾, 4. Beth Vidakavits, CAL, 5-8¾, 5. Lori Clark, CA, 5-8¾.

4x100m Relay: 1. FSU (Levy, Thompson, Davis, Finn) 44.38, 2. ACU (Coates, Straughn, Carter, Mayfield) 44.63, 3. Morgan St. (Verren, Stevens, Pulliam, Tate) 45.45, 4. LATC, 45.45, 5. USC, 45.48.

400m Int. Hurdles: 1. Nawal El Moutawakel, Unat., 56.66, 2. LaTanya Sheffield, SDTC, 57.10, 3. Arnita Epps, CHET, 1:00.27, 4. Margaret Hummans, SDSU, 1:01.30, 5. Annie King, SDTC, 1:01.90.

5000m: 1. Sylvia Mosqueda, CSLA, 16:04.26, 2. Tina Ljungsborg, UTEP, 16:22.03, 3. Marilyn Davis, CAL, 16:33.93, 4. Laura LeMena, ASU, 16:34.85, 5. Camilla Harron, Ariz., 16:36.23.

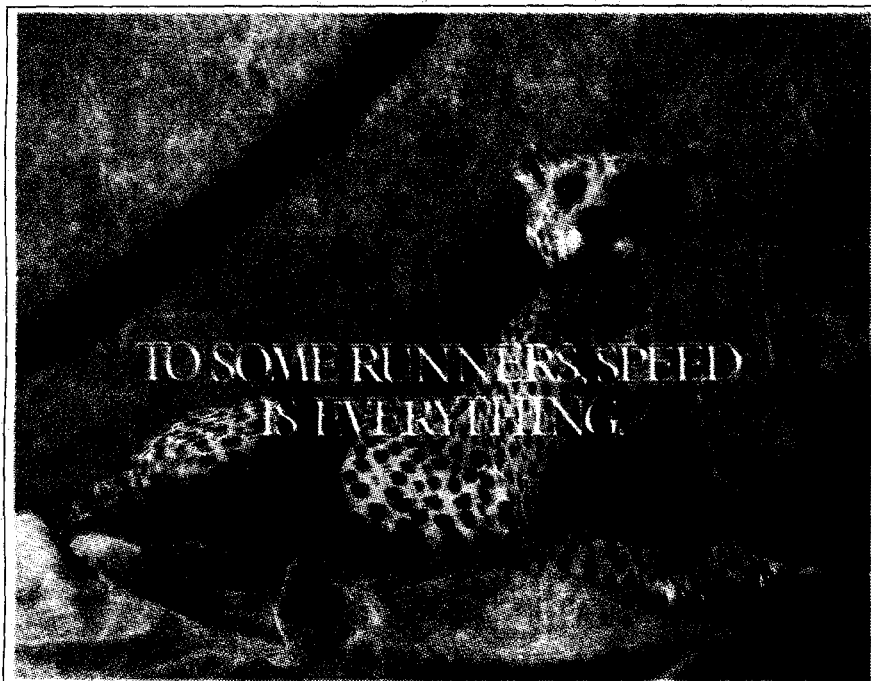
Discus: 1. Becky Levy, Unat., 188-8, 2. Bonnie Dasse, CA, 57-14, 3. Carla Garrett, Ariz., 177-0, 4. Claudia Paris, USC, 158-9, 5. Kim Kessler, CAL, 156-8.

1500m: 1. Angela Chalmers, NAU, 4:16.81, 2. Michelle Harper, ASU, 4:27.83, 3. Shannon Clark, USC, 4:28.39, 4. Carole Roybal, NM, 4:29.99, 5. Rita Delnoya, UTEP, 4:30.91.

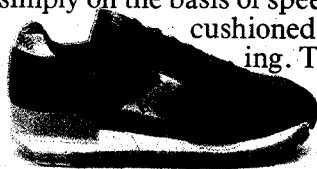
100m: 1. Camille Coates, ACU, 11.25, 2. Michelle Finn, FSU, 11.53, 3. Lynda Tolbert, ASU, 11.81, 4. Inger Peterson, Mercurettes, 11.95, 5. Myra Mayberry, USC, 11.97.

4x400m Relay: 1. SDTC (Moble, Ross, Sheffield, Davis-Knowles) 3:34.58, 2. LATC (Jacobs, Gallagher, Bryant, Belle) 3:39.74, 3. AC (Straughn, Coates, Mayfield, Henry) 3:40.26, 4. FSU, 3:42.96, 5. SDSU, 3:34.41.

Abbreviations: ACU-Abilene Christian; FSU-Florida State; SDSU-San Diego State; GCC-Glendale CC; SSTC-Stars and Stripes; CHET-SoCal Cheetahs; CA-Coast Athletics; KF-Karamu Flyers.



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FRESNO RELAYS

APRIL 8 & 9, 1988

Fresno Relays

Friday

HIGH SCHOOL BOYS

Open division

Shot Put — Stubblefield, So. Bakersfield, 56-9½; All. Smith, Madera, 56-6½; Rowe, Sanger, 53-11; Miller, Clovis West, 53-9; Ale. Smith, Madera, 52-7¾; Thornton, Bullard, 49-8

3,200 relay — Hiram Johnson (De. Miller, Joshua, Da. Miller, Bryan), 8:01.82; So. Bakersfield, 8:06.01; Bakersfield, 8:09.52; Madera, 8:16.79; Golden West, 8:21.44; Clovis, 8:23.44

Discus — Ale. Smith, Madera, 169-10; Stubblefield, S. Bakersfield, 166-6; Glick, Mount Whitney, 162-3; Rowe, Sanger, 152-11; Ale. Smith, Madera, 151-4; Riddlespringer, Hoover, 149-8

800 — Breckenridge, Immanuel, 1:55.11; So. las, Clovis, 1:56.63; Dirkse, S. Bakersfield, 1:57.45; Guillery, McLane, 1:58.83; Jungwirth, Redwood, 1:59.46; Spring, Christian Brothers, 1:59.95

3,200 — Cole, Yosemite, 9:18.25; Meyers, Vacaville, 9:23.17; Mack, Carmont, 9:32.55; Ayers, Christian Brothers, 9:34.40; Donson, McLane, 9:36.75; Nunez, Golden West, 9:37.12

Long Jump — Wright, Edison, 23-4; Anderson, Bakersfield, 23-3½; Jones, Hoover, 22-8¾; Van Bibber, Downey, 21-11¼; George, Bakersfield, 21-11; Ryan, Tulare, 21-9½; 1,600 — Lienau, Clovis, 4:16.57; Kelley, Serra, 4:17.98; Burger, Berkeley, 4:19.99; Rachael, Golden West, 4:25.20; Olsen, Kennedy, 4:26.08; Cole, Yosemite, 4:26.76; Pole Vault — Guevara, Clovis West, 14-6;

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Quidda, Rio Vista, 14-6; (tie) Gordon, Rio Vista, and Edwards, Clovis, 14-0; Estes, Clovis West, 13-0

Triple Jump — Anderson, Bakersfield, 49-4; Woolter, Serra, 45-9; Benjamin, Tulare, 45-2¾; Kimbrough, S. Bakersfield, 44-5½; Martin, S. Bakersfield, 43-3¾; Hill, Edison, 43-3¾; High Jump — Pickett, Clovis, 6-8; Arentz, Valley, 6-6; Hendrix, S. Bakersfield, 6-6; Bessley, Clovis West, 6-4; (tie) Borrowman, N. Bakersfield and LaQuay, Vacaville, 6-4

400 relay — Bakersfield (George, Anderson, Elofson, Edwards), 42.82; Oakland, 42.94; Hiram Johnson, 43.15; Vallejo, 43.43; Highlands, 43.76; Edison, 43.88
100 — Stringer, Vacaville, 10.85; Wright, Edison, 10.87; Edwards, Bakersfield, 11.02; Fullerton, Mount Pleasant, 11.11; Haymon, Bullard, 11.12; Johnson, Kennedy, 11.22
1,600 relay — Merced (Jines, Eager, McCabe, McLendon), 3:23.23; Edison, 3:23.57; Oakland, 3:25.93; S. Bakersfield, 3:26.47; Hiram Johnson, 3:27.61; Hoover, 3:30.75

Section II

400 relay — Sacramento Valley (Norwood, McLean, Williams, Lomax), 43.38; Bullard, 43.47; S. Bakersfield, 43.76; Roosevelt, 43.78; Vacaville, 43.79; Fresno, 44.14

110 hurdles — D'Ambr, Granada, 14.73; Broschat, N. Bakersfield, 14.78; Perryman, Lemoore, 14.99; Pollard, Clovis West, 15.86; Tone, Clovis, 16.2; Edmond, Roosevelt, 16.27
100 — Laynes, Oakland, 11.84; Wright, Oakland, 11.19; Armwood, Lemoore, 11.28; Simpson, Merced, 11.31; Jones, Roosevelt, 11.36; Coleman, Mount Pleasant, 11.40;

300 hurdles — Maiden, S. Bakersfield, 38.8; D'Ambr, Granada, 38.84; Horton, Edison, 39.35; Johnson, Kennedy, 40.26; McFarland, Castlemont, 41:08; Beverly, Oakland, 41.14
1,600 relay — Valley, Gindrat, Williams, Lomax, McLane), 3:28.95; Vacaville, 3:30.33; E. Bakersfield, 3:30.60; Roosevelt, 3:30.64; Bakersfield, 3:32.0; Fresno, 3:33.91

Section I

400 relay — McLane (Parks, Vaughn, Guillery, Dedman), 43.00; Clovis West, 43.37; Tulare, 43.74; Foothill, 45.28; Clovis, 45.50; N. Bakersfield, Shasta, 45.91

110 hurdles — Ghuyts, Kingsburg, 14.95; Pitaubersingh, Bakersfield, 15.54; Perryman, Lemoore, 15.74; Pollard, Clovis West, 15.86; Tone, Clovis, Edmond, Roosevelt, 16.27

100 — King, Hiram Johnson, 11.00; Brown, Highlands, 11.16; Jones, Hoover, 11.2; Person, Lemoore, 11.2; McLain, Washington Union, 11.23; Poe, Hiram Johnson, 11.25
300 hurdles — Broschat, N. Bakersfield, 39.59; Quintana, Selma, 39.86; Lemmons, Wasco, 40.68; Parry, Lemoore, 42.22; Hoagland, Clovis West, 43.26; Edmunds, Roosevelt, 43.55
1,600 relay — Tracy (Singleton, Lewis, Romero, McCall), 3:30.14; Tulare, 3:31.51; Foothill, 3:33.0; Madera, 3:34.64; Shasta, 3:41.17; Washington Union, 3:42.64

Division II

400 relay — Castlemont (Holmes, McFarland, Paden, Sisco), 43.19; Lemoore, 43.71; Sierra, 46.35; Tranquillity, 46.55

1,600 relay — Immanuel (Wall, Friesen, Williams, Breckenridge), 3:29.33; Lemoore,

3:30.28; Castlemont, 3:31.61; Sierra, 3:32.65; Christian Brothers, 3:34.36; Aptos, 3:40.46

Division I

400 relay — Wasco (Miller, N. Soltan, Callahan, J. Soltan), 44.95; Immanuel, 45.08; Fowler, 46.39; Caruthers, 46.87; Memorial, 54.3
1,600 relay — Wasco (Pierson, Sutton, Lemmons, Miller), 3:38.43; Fowler, 3:51.16; Memorial, 4:12.7

GIRLS

Open

3,200 relay — McCandless, Castilleja, 10:47.0; Eisenman, Calistoga, 11:16.17; Martinez, Foothill, 11:31.3; Mahaffey, Carmont, 11:47.0; Mehrten, Mount Whitney, 11:50.7; Prather, Sierra, 11:51.6

Discus — Dumble, Bakersfield, 139-7; Simpson, Vacaville, 130-4; Mattox, Bullard, 129-2; Weis, Bakersfield, 126-5; Morgan, Madera, 118-10; Moran, Downey, 118-6

3,200 relay — Madera (Bartolomy, Bruner, Henderson, Barrentos), 10:03.5; N. Bakersfield, 10:06.06; Sierra, 10:19.27; Shasta, 10:21.72; Immanuel, 10:22.51; Valley, 10:33.03

High Jump — Willis, Clovis West, 5-8; Warkentin, Immanuel, 5-4; Ammonds, Roosevelt, 5-4; (tie) Cozett—Lowdnes, Hoover, and Balch, Redwood, 5-2; Arentz, Valley, 5-0

Long Jump — Willis, Clovis West, 17-5; Coolery, Roosevelt, 16-6¾; Bryant, Bakersfield, 16-3¾; Affentranger, N. Bakersfield, 15-8¾; Poe, Roosevelt, 15-7¾; Stephens, Bakersfield, 15-5

800 — Lieder, Clovis, 2:17.75; Wyatt, Bakersfield, 2:19.06; Coate, Vacaville, 2:22.69; Flynn, Clovis, 2:22.9; Thomas, Highlands, 2:25.19; Holtermann, Yosemite, 2:25.36

Shot Put — Dumble, Bakersfield, 44-11¼; McKinney, Reedley, 39-6; Lopez, Vacaville, 38-11½; Simpson, Vacaville, 37-8¾; Mattox, Bullard, 36-11¾; Gaucin, Clovis, 36-11¾

1,600 — Eisenmann, Calistoga, 5:20.59; Martinez, Foothill, 5:22.77; Coate, Vacaville, 5:23.85; Cauffield, E. Bakersfield, 5:30.29; Lopez, Madera, 5:30.55; Barrientos, Madera, 5:31.75

Triple Jump — Willis, Clovis West, 36-1; Colbert, E. Bakersfield, 35-9¾; Moseby, E. Bakersfield, 35-9; Taylor, Central, 34-6; Krause, Clovis, 34-1¾; Hodges, N. Bakersfield, 33-10½

Section III

1,600 relay — Clovis (Richardson, Lieder, Pergason, Flynn), 4:05.46; Hiram Johnson, 4:07.58; Vallejo, 4:12.59; Bakersfield, 4:12.56; Madera, 4:14.32; Roosevelt, 4:15.53

Section II

400 relay — Edison (Fel. Grisby, Fet. Grisby, Packer, Chisom), 50.15; Kennedy, 50.38; Hoover, 50.74; Vallejo, 50.90; Roosevelt, 51.01; Washington Union, 51.02

100 hurdles — Moseby, E. Bakersfield, 14.71; Young, Madera, 14.88; Smith, Valley, 14.89; Roedan, Mount Whitney, 15.29; Taylor, Central, 15.76; Orange, Bakersfield, 15.93

100 — Brooks, Oakland, 11.79; Rodgers, Hiram Johnson, 12.03; Mitchem, McLane, 12.41; Williams, Vallejo, 12.49; Henry, Vallejo, 12.51; Davidson, Wasco, 12.54

300 hurdles — Smith, Valley, 44.69; Young, Madera, 46.24; Spering, Clovis West, 46.57; Crockett, Beyer, 47.56; McGruder, Roosevelt, 48.24; Takahashi, Hoover, 48.41

1,600 relay — Redwood (Moore, Van Winkle, Cuellar, Balch), 4:10.06; Hoover, 4:13.15; Clovis West, 4:16.64; N. Bakersfield, 4:17.50; W. Bakersfield, 4:20.0; E. Bakersfield, 4:24.2

Section I

400 relay — Madera (Windshiemer, Bishel, Bruner, Young), 50.98; McLane, 51.11; Mt. Whitney, 51.85; W. Bakersfield, 51.94; Foothill, 52.56; N. Bakersfield, 52.65

100 hurdles — McGruder, Roosevelt, 15.47; Moshier, Immanuel, 15.78; Jackson, 16.2; Dutterer, Clovis, 16.38; Gereke, Sierra, 16.7; Takahashi, Hoover, 16.78

100 — Lee, Washington Union, 12.55; Ammonds, Roosevelt, 12.96; Rowden, Caruthers, 13.08; Kreese, Merced, 13.28; Kendrick, Clovis, 13.3; Yárber, Castlemont, 13.39

300 hurdles — Jackson, Berkeley, 48.46; Cogley, N. Bakersfield, 48.62; Dutterer, Clovis, 49.2; Dixon, Clovis, 49.35; Ireland, Yosemite, 49.66; Twist, N. Bakersfield, 49.69

1,600 relay — Beyer (Needham, Letterman, Crockett, McRivette), 4:15.58; Fresno, 4:22.0; Sanger, 4:28.38; Foothill, 4:34.3

Division II

400 relay — Castlemont (Price, Yárber, Woods, Murphy), 51.66; Carmont, 51.96; Lemoore, 52.45; Sierra, 53.46

1,600 relay — Immanuel (Willems, Fast, Stephens, Breckenridge), 4:11.63; Sierra, 4:18.01; Highlands, 4:18.08; Castlemont, 4:18.80

Division I

400 relay — Immanuel (Meiray, Breckenridge, Peters, Williams), 52.87; Coalinga, 54.16; Yosemite, 54.35; Memorial, 54.46; Caruthers, 55.25

1,600 relay — Yosemite (Tharp, Hillyard, Ireland, Holtermann), 4:22.8; Caruthers, 4:35.49; Memorial, 4:36.16; Fowler, 4:52.00

SMALL COLLEGE MEN

400 relay — Humboldt State (Tatum, Dorsett, Harper, Polite), 42.68; Stanislaus State, 44.16

3,200 relay — College of Notre Dame (McFadden, Bachelor, Meere, Aparicio), 8:15.60; Stanislaus State, 8:12.97

Distance medley — College of Notre Dame (Bachelor, Street, Fisher, Aparicio), 10:46.75; Stanislaus, 10:52.30

190 — Tatum, Humboldt State, 11.15; Polite, Humboldt state, 11.32; Erickson, Stanislaus State, 11.43; Harper, Humboldt State, 11.45; Ward, Stanislaus state, 11.65; Street, College of Notre Dame, 11.81

1,600 relay — Humboldt State (Holl, Dorsett, Harper, tatum), 3:30.44; Stanislaus State (3:37.17; College of Notre Dame, 3:44.2

WOMEN

400 relay — Azusa Pacific (Pozi, Parker, Petway, Bakare), 48.88; Sonoma State, 51.7; College of Notre Dame, 53.78; Stanislaus State, 55.54

Distance medley — College of Notre Dame (Horstmyer, Watson, De Marvel, Van Housen), 12:08.11; College of Notre Dame "B", 13:10.8; Fresno Pacific, 13:26.98

1,600 relay — Azusa Pacific (Pozi, Cocorini, Petway, Bakare), 3:56.22; Sonoma State, 4:08.29; College of Notre Dame, 4:11.64; Humboldt State, 4:13.37; Stanislaus State, 4:27.8

JUNIOR COLLEGE MEN

400 relay — Sequoias (Bruce, Cooper, Brown, Ray), 42.46; Cosumnes river, 42.85; Kings River, 43.10; Siskiyou, 43.24; Moorpark, 44.07; Oxnard, 43.3

Distance medley — Siskiyou (Flenoid, Harding, Van Wormer, Cook), 10:21.42; Moorpark, 10:27.14; Sequoias, 10:40.6; Citrus, 10:49.21; Porterville, 11:16.01

3,200 relay — Moorpark (Holcomb, White, Myers, Pressman), 8:00.99; Siskiyou, 8:08.96; Porterville, 8:11.3; Citrus, 8:11.31; Sequoias, 8:49.7

1,600 relay — Sequoias (Cooper, Malby, Rhoads, Ray), 3:27.75; Citrus, 3:28.81; Moorpark, 3:29; Oxnard, 3:29.71; Kings river, 3:29.73; West Hills, 3:31.37

OPEN COLLEGE MEN

Hammer — Ostrom, FSU, 203-5; Prokop, AIA, 188-11; Crass, FSU, 188-5

Pole Vault — Dobosy, AIA, 15-6; Richmond, UC Davis, 15-6; Cramer, Cal Poly-SLO, 15-0
5000 — Livingston, Cal Poly-SLO, 14:38.44; Charanduk, FSU, 14:40.02; Cibrian, 14:43.28; Anderson, UC Davis, 14:45.65; Naranjo, San Diego St., 14:51.96; Haase, 14:56.5

TEAM SCORES COLLEGE MEN

Fresno state 12½, Cal Poly—SLO 12½, UC Davis 10, UC Irvine 4, Azusa Pacific 3, San Diego State 3, Hayward State 3, Los Angeles State 2, Cal Poly Pomona 2, Northridge State 1

SMALL COLLEGE MEN

College of Notre Dame 37, Humboldt State 34, Stanislaus State 30, Fresno Pacific 8

WOMEN

College of Notre Dame 28, Sonoma State 20, Azusa Pacific 20, Stanislaus State 14, Humboldt State 14, Fresno Pacific 8

SMALL JUNIOR COLLEGE MEN

Sequoias 28, Moorpark 26, Siskiyou 22, Citrus 16, Cosumnes River 8, Kings River 8, Porterville 8, Oxnard 5, West Hills 1

Results

Road Racing

Houston-Tenneco Marathon

January 18, Houston, Texas.

It was a difficult day for distance running, but not everyone seemed to suffer from the inclement weather, as Derrick May and Bente Moe ran personal bests in winning their respective divisions of the Houston-Tenneco Marathon, the opening event of the 1987 ARRA Championship Circuit.

With sub-40 degree temperatures and winds gusting at 20-25 miles per hour, the leaders got off to a tentative start, huddling in a pack whenever possible. After passing six miles in 30:33, Henrik Jorgensen of Denmark and Geir Kvernmo of Norway surged into the lead, followed by Alfredo Shahanga of Tanzania, younger brother of Gidamis. The breakaway was short-lived, though, as the field soon broke into two distinct packs as the runners wound their way through Houston's Rice University District.

In most marathons a lead pack moves out front early and gradually diminishes in number, but in Houston the opposite occurred. At eleven miles, Alan Zachariassen of Denmark and Derrick May, a South African who is applying for U.S. citizenship, moved into the first group, forming a pack of seven. Then Ric Sayre joined the pack, followed a mile later by fellow Americans Larry Barthlow and Greg Orman, who were all competing in the 1987 TAC/USA Men's National Marathon Championship division. Finally, four more runners caught up, and by halfway there were 14 contenders in front.

That large group lasted for two more miles before it began dwindling, and by 22 miles only May, Kvernmo, Shahanga and Kenyan Sam Ngatia remained in contention. Finally, at 24 miles May surged, broke away, and headed for home.

"I don't have very good eyesight," said May later, "but I looked around at 25 miles and didn't see anyone."

May raced to a 2:11:51 victory, a personal best by just over a minute, while Kvernmo, Ngatia and Shahanga finished close behind, in that order. Ric Sayre and Steve Benson, in 7th and 12th place, were to top finishers in the TAC/USA Championship division, and were thus selected to represent the U.S. in this summer's Pan-American Games.

In the women's race, the expected battle between Norway's Bente Moe and British record holder Veronique Marot, last year's Houston-Tenneco winner, was settled well before the halfway mark, as the Norwegian broke away and sped to a 2:32:37 victory. That performance, which was over a minute better than her previous best of 2:33:39, seemed especially impressive in light of the weather. Moe, though, seemed undaunted.

"It was hard wind," said the winner, "but I knew it was the same for everyone. And of course if I'd been back in Norway I'd have really been in trouble. It's really cold there."

Overall Results - Men

- | | | |
|---|---------------------------------|---------|
| 1 | Derrick May, Reno, \$22,000 | 2:11:51 |
| 2 | Geir Kvernmo, Norway, \$13,000 | 2:12:08 |
| 3 | Sam Ngatia, Kenya, \$8,000 | 2:12:23 |
| 4 | Alfredo Shahanga, Tanz, \$4,000 | 2:12:27 |

- | | | |
|----|---------------------------------|---------|
| 5 | Alan Zachariassen, Den, \$3,000 | 2:12:43 |
| 6 | Brian Sheriff, Zimb, \$2,000 | 2:13:40 |
| 7 | Ric Sayre, Oregon, \$7,000 | 2:13:54 |
| 8 | Guillermo Yrizar, Mex, \$1,800 | 2:14:25 |
| 9 | Errol Green, GB, \$1,600 | 2:14:32 |
| 10 | Leodgard Martin, Tanz, \$1,400 | 2:14:39 |
| 21 | Don Paul, S.F., \$550 | 2:18:27 |

Overall Results - Women

- | | | |
|----|----------------------------------|---------|
| 1 | Bente Moe, Nor, \$22,000 | 2:32:37 |
| 2 | Veronique Marot, GB, \$13,000 | 2:35:37 |
| 3 | Sylvie Bornet, France, \$8,000 | 2:37:48 |
| 4 | Evy Palm, Sweden, \$4,000 | 2:38:39 |
| 5 | Janis Klecker, MN, \$3,000 | 2:39:11 |
| 6 | Sissel Grottenberg, Nor, \$2,000 | 2:40:52 |
| 7 | Bernardette Duffy, Can, \$1,800 | 2:43:36 |
| 8 | Debbi Warner, Tx, \$1,600 | 2:44:29 |
| 9 | Ann Peisch, MA, \$1,400 | 2:44:44 |
| 10 | Kathy Molitor, \$1,150 | 2:45:37 |

Orange Bowl 10K

January 31, Miami, FL.

Mauricio Gonzalez and Marcos Barreto were the swiftest of the swift, as the two led a Mexican contingent that took five of the top eleven places in this year's Orange Bowl 10K, while Grete Waitz showed she will be a force to be reckoned with again in 1987, as the Norwegian easily outdistanced her competition in the second event of the 1987 ARRA Championship Circuit.

The temperature was moderate but winds were a hindrance, as a large group of runners led by Tanzanian Alfredo Shahanga passed the first mile in 4:31. Shahanga continued to lead through the second mile, when he was passed by Ed Eyestone who, though knowing his height to be a disadvantage in the wind, led the crowd for much of the race.

"Nice course, but too windy," said the Orem, Utah runner would note later. "It wasn't an ideal situation for front runners like myself."

Wind or not, Eyestone stayed in front through six miles, at which point the pack had shrunk to three, the other two being Gonzalez and Barreto. As the three neared the finish, the Mexicans sprinted convincingly, leaving Eyestone three seconds behind at the end, with Gonzalez managing a slight margin of victory over his countryman and training partner.

"One wins today, the other wins tomorrow," said Gonzalez, "It's always close."

The powerful women's field anticipated for the event suffered from last minute dropouts, as injuries and flu sidelined several top contenders, making Waitz' task much simpler. After running through the first two miles with Dorothe Rasmussen of Denmark, Waitz left the Dane and everyone else behind, as she ran to a 32:10 victory, over 30 seconds ahead of Rasmussen. Nan Doak Davis was the first American woman in the race, finishing third overall in 33:17.

Overall Results - Men

- | | | |
|----|-----------------------------------|-------|
| 1 | Mauricio Gonzalez, Mex, \$6,000 | 28:30 |
| 2 | Marcos Barreto, Mex, \$4,000 | 28:31 |
| 3 | Ed Eyestone, Utah, \$2,200 | 28:35 |
| 4 | J.P. Ndayisenga, Burundi, \$1,600 | 28:40 |
| 5 | Hans Koeleman, Netherlnd, \$1,000 | 28:54 |
| 6 | Gerardo Alcala, Mex, \$800 | 28:59 |
| 7 | Don Janicki, Tucson, \$500 | 29:01 |
| 8 | Alfredo Shahanga, Tanz, \$400 | 29:01 |
| 9 | Guillermo Serrano, Mex, \$400 | 29:02 |
| 10 | Paul Rugut, Kenya, \$400 | 29:10 |

Overall Results - Women

- | | | |
|----|----------------------------------|-------|
| 1 | Grete Waitz, Norway, \$6,000 | 32:10 |
| 2 | Dorothe Rasmussen, Den, \$4,000 | 32:45 |
| 3 | Nan Davis, Iowa City, \$2,200 | 33:17 |
| 4 | Middle Hamrin, Sweden, \$1,600 | 33:27 |
| 5 | Margaret Thomas, Tenn, \$1,100 | 33:43 |
| 6 | Charlotte Teske, WG, \$800 | 33:52 |
| 7 | Lisa Welch, Brookline, \$500 | 34:43 |
| 8 | Mary Alicia, Arlington, \$400 | 35:12 |
| 9 | Cyndie Welte, Lorain, \$400 | 35:18 |
| 10 | Gabriele Andersen, Swit, \$1,400 | 35:54 |

Gasparilla Distance Classic

February 7, Tampa, FL.

The sprint from Tampa's Platt Street Bridge to the finish proved interesting in both men's and women's races, as Marcos Barreto managed a last gasp victory over Britain's Jon Solly, and Grete Waitz survived a bad spill coming off the bridge to hang on for her sixth win in the Gasparilla Distance Classic, the third event of the 1987 ARRA Championship Circuit.

Canadian Paul McCloy ran a 4:30 mile pace to lead the pack through the first two miles, but it was past Gasparilla champion Greg Meyer who first broke from the crowd, as the Grand Rapids, Michigan, resident took a forty meter lead during the second mile. Meyer led briefly before the group caught him again, at which point the lead began to change repeatedly.

As the group made the turn at the end of Bayshore Boulevard and headed back toward downtown Tampa, seven runners were still in contention, but the warm, humid conditions gradually whittled that pack to a final four—Marcos Barreto, Commonwealth 10,000 meter champion Jon Solly, and Brits Paul Davies Hale and Mike McLeod, who won this race in 1984 and 1985—with two miles to go. After dropping Davies-Hale and McLeod, Solly made what appeared to be a decisive move at the top of the Platt Street Bridge, as Barreto slipped off the pace and Solly raced for the finish. But the leader had misjudged both the distance to the line and Barreto's determination.

"I could hear the crowd," said Solly, "So I knew he was coming. I was giving as much as I possibly could. I was throwing it all in."

As the two neared the finish with Solly five meters in front, Barreto reached deep inside and pulled out a final sprint, catching the tiring Solly and taking the victory.

"I wasn't sure I could catch him," said Barreto, "I tensed up when he went ahead. Then I made myself think of Mexico and training there, and I relaxed."

Davies-Hale, meanwhile, managed to survive yet another Mexican sprint, this one by Orange Bowl winner Gonzalez, in the battle for third, while McLeod finished behind those two in fifth.

In the women's race, Grete Waitz moved out to a comfortable early lead and ran largely unchallenged through the race, but as the Norwegian turned off the Platt Street Bridge her feet suddenly slipped out from under her, and she fell to the pavement. Waitz struggled to her feet, then hobbled badly for about a hundred meters before regaining her rhythm and running to a 22 second victory over Nancy Rooks.

"I don't know how to swear in American," joked Waitz later, "But I did in Norwegian." Waitz appeared to sustain no serious injury from the fall.

Overall Results - Men

- | | | |
|----|---------------------------------|-------|
| 1 | Marcos Barreto, Mex, \$10,000 | 43:17 |
| 2 | Jon Solly, GB, \$5,500 | 43:18 |
| 3 | Paul Davies-Hale, GB, \$3,500 | 43:27 |
| 4 | Mauricio Gonzalez, Mex, \$2,500 | 43:27 |
| 5 | Mike McLeod, GB, \$2,000 | 43:44 |
| 6 | John Treacy, Ireland, \$1,200 | 43:55 |
| 7 | Don Janicki, Tucson, \$1,000 | 43:58 |
| 8 | Jesus Herrera, Mex, \$700 | 43:58 |
| 9 | Guillermo Serrano, Mex, \$500 | 44:02 |
| 10 | Mark Curp, MO, \$300 | 44:04 |

Overall Results - Women

- | | | |
|----|------------------------------------|-------|
| 1 | Grete Waitz, Norway, \$10,000 | 48:10 |
| 2 | Nancy Rooks, Can, \$5,500 | 48:52 |
| 3 | Theresa Ornduff, Abington, \$3,500 | 50:12 |
| 4 | Wendy Sly, GB, \$2,000 | 50:57 |
| 5 | Charly Haversat, MA, \$1,400 | 51:16 |
| 6 | Diane Brewer, Louisville, \$700 | 52:05 |
| 7 | Jan Ettle, St. Cloud, \$500 | 52:07 |
| 8 | Charlotte Teske, WG, \$500 | 52:14 |
| 9 | Cindi Girard-Klein, NY, \$250 | 52:22 |
| 10 | Cyndie Welte, Lorain, OH, \$200 | 52:25 |

Las Vegas Marathon

February 7, Las Vegas.

Division Results - Men

19 & Under: 1. Richard Hernandez, \$100, 2:44:45, 2. Troy Nuttall, 3:12:50, 20-24: 1. David Schmauder, \$250, 2:23:43, 2. Eric Mader, \$150, 2:24:08, 3. Jeff Olson, \$75, 2:26:18, 25-29: 1. Alan Dehlinger, \$350, 2:21:15, 2. Chris Rupe, \$250, 2:25:03, 3. Joseph Young, \$150, 2:26:27, 30-34: 1. Brad Hawthorne, \$4,000, 2:14:04, 2. Norberto Segura, \$3,000, 2:18:07, 3. Demetrio Cabanillas, \$1,500, 2:18:31, 35-39: 1. Ron Gee, \$675, 2:22:17, 2. Doug Saker, \$500, 2:24:47, 3. Ben Wilson, \$350, 2:25:56, 40-44: 1. Stephen Lester, \$2,000, 2:23:12, 2. Bruce Mortenson, \$1,000, 2:24:37, 3. David Oropeza, \$500, 2:26:50, 45-49: 1. Joe Fodor, \$500, 2:35:52, 2. David Schaffner, \$350, 2:41:22, 3. Glenn Frick, \$250, 2:44:23, 50-54: 1. Bill Purcell, \$350, 2:53:08, 2. Frederick Mattos, \$250, 2:54:52, 3. Ted Alarcon, \$150, 2:58:20, 55-59: 1. Gaylon Jorgensen, \$1,000, 2:37:48, 2. Al Becken, \$250, 2:56:50, 3. Mike Mikkelsen, \$150, 2:59:22, 60 & Over: 1. John Keston, \$100, 2:54:33, 2. Ray Piva, 3:03:19, 3. Paul Reese 3:22:48, **Wheelchair:** 1. John Dunn, \$100, 2:29:50, 2. John Wiley, 2:40:13.

Division Results - Women

19 & Under: 1. Colleen Salmon, \$100, 4:05:52, 2. Tamara Albertson, \$75, 3:22:30, 25-29: 1. Lori Veal, \$1,000, 2:45:29, 2. Pat Wassik-Hinson, \$500, 2:47:39, 3. Sheron Chrysler, \$150, 2:50:08, 30-34: 1. Sue Marchiano, \$3,000, 2:41:06, 2. Nancy Kubasek, \$250, 2:48:15, 3. Cylinda Engelman, \$150, 2:50:31, 35-39: 1. Judy Fellhauer, \$150, 2:54:55, 2. Marge Rosasco, \$75, 2:56:21, 3. Louise Weschler 3:11:14, 40-44: 1. Gail Scott, \$1,000, 2:49:48, 2. Sue Petersen, \$500, 2:59:39, 3. Elizabeth Sonne, \$150, 3:00:44, 45-49: 1. Gina Faust, \$150, 3:06:33, 2. Joyce Momita, \$75, 3:31:34, 50-59: 1. Judith Tucker, \$100, 3:49:19, 2. Maeann Garty, 4:03:18, 60 & Over: 1. Helen Dick, \$500, 3:32:06, 2. Mary Storey, \$100, 4:07:37.

Lompoc Valley Distance Club Winter Run

February 7, Lompoc, 5K & 10K.

Division Results - Men's 5K

19 & Under: 1. Mike Callahan 17:39, 2. John Zemanovic 19:01, 3. Paul Lawver 19:25, 20-29: 1. Sam Pavelas 17:29, 2. Pete Dulan 17:30, 3. Michael Smith 17:31, 30-39: 1. Dennis Grossini 17:52, 2. Kenny Doss 18:26, 3. Steve Bushey 18:50, 40-49: 1. Jim Brown 19:19, 2. Bob Swell 21:33, 3. Paul Ohaver 21:34, 50-59: 1. Don Cousins 20:46, 2. Jack Aaron 23:35.

Division Results - Women's 5K

19 & Under: 1. Susan Carey 22:04, 2. Karlie Graham 23:08, 3. Amy Carter 23:44, 20-29: 1. K. Schmidt 22:48, 2. Lyn Maticas 32:03, 30-39: 1. K. Buckley 26:32, 2. Tarlene Schmidt 27:53, 3. Peggy Good 29:47, 40-49: 1. Patti Landis 27:11, 2. Nancy Perry 30:07, 50-59: 1. Lisa Norcutt 27:44.

Division Results - Men's 10K

19 & Under: 1. John Pease 36:43, 2. Robert Ortiz 36:56, 20-29: 1. R. Misner 38:52, 2. David Christiansen 39:08, 3. G. Koval 40:42, 30-39: 1. John Trettin 35:36, 2. Mike Gile 37:11, 3. Rich Boyle 39:57, 40-49: 1. Mike Lynch 39:22, 2. Jim Brown 40:30, 3. Robert Clemens 43:23, 50-59: 1. Buck Crosby 43:32, 2. Bob Carman 47:01, 3. D. Jenkins 51:08.

Division Results - Women's 10K

19 & Under: 1. Heather Mills 46:48, 20-29: 1. Genny Clavier 43:54, 2. Kelli Rudy 44:30, 3. K. Marshall 46:23, 30-39: 1. Laura Albert 44:09, 2. Stephanie Welch 48:04, 40-49: 1. Betty Jory 46:24, 2. Patty Landis 58:57.

Results

Max Choboian Road Race

February 8, Tulare, 6 Mile.

Overall Results - Men	
1 Alfred Lara	29:18
2 Pat Moss	30:38
3 Hugo Cibrían	30:40
4 Isaias Luna	32:08
5 Adrian Huerta	32:23
Overall Results - Women	
1 Loretta Cruz	38:16
2 Renee Ortiz	38:41
3 Deanna McDaniel	40:01
4 Kathy Rouze	42:54

Firecracker 10K

February 8, Los Angeles.
Overall Results

1 Chris Schallert (27)	30:52
2 Eugene Cruz (21)	30:55
3 Eugene Muslar (27)	32:05
4 Robin DeSota (20)	32:27
5 Bob Macias (37)	32:45
6 Joaquin Rojas (31)	33:21
7 Bill Lind (18)	33:22
8 Michael Hunt (28)	33:22
9 Tom Curtin (23)	33:33
10 Steve Brumwell (28)	33:42
11 Hector Ruiz (18)	33:48
12 James Treidler (22)	33:53
13 Denis Bauke (28)	34:15
14 James Garrington (11)	34:20
15 Charles Hubbard (25)	34:34
16 Salvador Torres (43)	34:41
17 Mark Hemphill (37)	34:44
18 Johnny Duran (29)	34:45
19 Catarino Gonzalez (45)	34:48
20 Johnny Ledesma (18)	34:51
21 Andre Tocco (51)	34:55
22 Dale Vinski (17)	35:00
23 John Doe	35:17
24 Gabe Sanchez (15)	35:27
25 Berman Alonzo (36)	35:33
26 James Edmonson (44)	35:34
27 Lawrence Peter (45)	35:40
28 Ed Lopez (27)	35:45
29 Wai Ki Tang (23)	35:49
30 Carrie Garrington (10)	35:50
31 Michelle Hopper (29)	35:54
32 Henry Hayes (19)	35:59
33 Thomas Duckett (44)	36:10
34 James Murphy (47)	36:16
35 Gretchen Lohr (26)	36:18
36 Beth Milewski (28)	36:23
37 David Graham (26)	36:30
38 George Yee (32)	36:32
39 Guillermo Roman (20)	36:34
40 Martin Torres (18)	36:35
41 Frank Meza (38)	36:36
42 Alex Meade (42)	36:39
43 John Turner (38)	36:40
44 Ignacio Fonseca (21)	36:41
45 Bob Kessler (31)	36:43
46 Charlie Pondella (45)	36:44
47 Irwin Merin (36)	36:45
48 Mike Sheehan (24)	36:46
49 Michael Pate (30)	36:50
50 Bobbie Schipper (27)	36:53

Valentines' Partners' Fun Run

February 11, San Luis Obispo.
(2.3 mile, 2 person teams)

Division Results	
Mixed Division: 1. Ed Butrovich/Joanie Carew, 2. Stan Rosenfield/Diane Dixon, 3. Michael Hernandez/Sheryl Fisher. Men's Division: 1. Bob Francis/Peter Bachieri. Women's Division: 1. Jodi Rameriz/Stacy Korsgaden.	

Pacific Crest Trail 50 Mile Endurance

February 14, Pine Valley.

The Pacific Crest Trail 50 Mile Endurance Race seems to typify ultrarunning, i.e. it is extremely unpredictable. The 1986 version saw the field of 75 runners decimated to 35 finishers by a monsoon-like rainstorm of 7 inches in 24 hours accompanied with an air temperature of 34 degrees. The 1987 race experienced almost ideal mountain running conditions. 40 degrees at the 5 a.m. start, warming to 60 degrees with beautiful clear skies all day.

Unpredictability continued as the race unfolded. The author expected the race to boil down to two tough, experienced ultrarunners. Both Jim (W.S.) Pellon and Buffalo Bill McDermott had won previous versions of this race. However, several runners were not thinking quite like the author. Masters runner Tom Sneddon, although suffering a nasty spill early on, ran stride for stride with Mac Williamson at a blistering pace up to the mid-point of the race. The youthful Williamson (21 years old) then gradually opened a 3 minute lead on Sneddon and a 12 minute lead on the lurking Pellon up to the 41 mile mark. Sneddon then turned on the afterburners to nip Williamson by 4 minutes at the finish to set a course record of 6:45:56.

The ladies race was once again dominated by Kathy D'Onofrio who also set a course record of 7:46:17 while taking seventh place overall.

The only non-Californians to crack the top 25 places were a pair of Duluth, Minnesota runners, Harry Sloan (5th) and Brian Patterson (13th).

Overall Results

1 Tom Sneddon (40)	6:45:56
2 Mac Williamson (21)	6:49:43
3 Jim Pellon (36)	7:17:40
4 Richard Provost (40)	7:30:43
5 Harry Sloan (38)	7:33:39
6 Dave Park (30)	7:44:08
7 Kathy D'Onofrio (22)	7:46:17
8 Dan Storza (26)	7:52:51
9 Pat Shaugnessy (35)	8:04:58
10 Dan Barger (21)	8:12:57

Division Results - Men

29 & Under: 1. Williamson, 2. Storza, 3. Barger. **30-39:** 1. Pellon, 2. Sloan, 3. Park. **40-49:** 1. Provost, 2. Duket, 3. Long. **50-59:** 1. Resh, 2. Kidd, 3. Baker. **60 & Over:** 1. Brotherton.

Division Results - Women

29 & Under: 1. Steinbeck, 2. Harman. **30-39:** 1. Schwam, 2. Tinker. **40-49:** 1. Spahr, 2. Alvarez, 3. Casteneda. **50-59:** 1. Maricle, 2. Dean.

Love Your Heart Run

February 14, San Luis Obispo. 5K & 10K.

Overall Results - 10K	
1 Peter Brookes (32 W) SLO	29:26
2 Mike Lansdon (26) SLO	31:18
3 Bob Gibson (26 W) SLO	31:58
4 Elmer McPhail (31) PB	35:49
5 Tom Jefferis (39) PR	37:03
6 Steve Neale (35) Newhall	37:41
7 Kenny Doss (30) Lompoc	37:43
8 Larry Jamison (44) SLO	37:51
9 Keith Handley (45) AG	37:58
10 Leonard Thornton (56) Fresno	38:29
11 Kevin Ochs (17) SLO	39:03
12 Ron Roundy (43) LO	39:30
13 Bob Uren (31) Atas	39:38
14 Garry Brown (50) LO	39:53
15 Brian Connors (23) SLO	40:18
Overall Results - 5K	
1 Jon Root (32) Davis	16:04
2 Kevin Ochs (17) SLO	16:11
3 Elmer McPhail (31) PB	16:37
4 Kenny Doss (30) Lompoc	17:43
5 Les Beck (42) SLO	17:50
6 Steve Sharp (17) SLO	18:15

7 Stan Rosenfield (39) SLO	18:17
8 Brett Blatter (17) SLO	18:26
9 Bob Perry (46) Tulare	18:28
10 John Ensz (26) SLO	18:44
11 Jimmy Vedrin (13) LO	18:47
12 Joanie Careo (23) SLO	18:52
13 Dale Anderson (37) SLO	19:00
14 Kyle Morris (13) SLO	19:01
15 Mark Hinson (26) S Bch	19:30

Love Your Heart

February 14, Meadow Park, SLO. 5K/10K.

Overall Results - 10K	
1 Peter Brookes (32) SLO	29:26
2 Mike Lansdon (26) SLO	31:18
3 Bob Gibson (26) SLO	31:58
4 Elmer McPhail (31) PB	35:49
5 Tom Jefferis (39) PR	37:03
6 Steve Neale (35) Newhall	37:41
7 Kenny Doss (30) Lompoc	37:43
8 Larry Jamison (44) SLO	37:51
9 Keith Handley (45) AG	37:58
10 Leonard Thornton (56) Fresno	38:29
11 Kevin Ochs (17) SLO	39:03
12 Ron Roundy (43) LO	39:30
13 Bob Uren (31) Atas	39:38
14 Garry Brown (50) LO	39:53
15 Brian Connors (23) SLO	40:18
Overall Results - 5K	
1 Jon Root (32) Davis	16:04
2 Kevin Ochs (17) SLO	16:11
3 Elmer McPhail (31) PB	16:37
4 Kenny Doss (30) Lompoc	17:43
5 Les Beck (42) SLO	17:50
6 Steve Sharp (17) SLO	18:15
7 Stan Rosenfield (39) SLO	18:17
8 Brett Blatter (17) SLO	18:26
9 Bob Perry (46) Tulare	18:28
10 John Ensz (26) SLO	18:44
11 Jimmy Vedrin (13) LO	18:47
12 Joanie Careo (23) SLO	18:52
13 Dale Anderson (37) SLO	19:00
14 Kyle Morris (13) SLO	19:01
15 Mark Hinson (26) S.Bch	19:30

Lovers Run

February 14, El Dorado. 1/2 Mara/10K.

Division Results - Men's 10K	
19 & Under: 1. Ty Nickel 32:26, 2. Kenny Brown 34:41, 3. Chris Thornley 37:17.	
20-29: 1. Neill Stahl 39:03, 2. Richard Falat 39:44, 3. Rusy Reid 43:59.	
30-39: 1. Craig Moore 31:31, 2. Brad Vacknair 36:52, 3. Mike Hotton 37:26.	
40-49: 1. Frank Krebs 34:49, 2. Phil Murphy 35:02, 3. Hugh Hayden 38:13.	
50-59: 1. Don Martin 39:47, 2. Ron Hall 39:57, 3. Gary Hollinger 42:21.	
60 & Over: 1. William English N.T.	

Division Results - Women's 10K	
19 & Under: 1. Joell Berry 44:18, 2. Eva Belt 44:19, 3. Julie Taylor 47:33.	
20-29: 1. Theresa McCourt 37:17, 2. Teresa Allender 43:06, 3. Cindy Smith 43:18.	
30-39: 1. Lisa Vonderhaar 39:40, 2. Gwen Gallanty 39:47, 3. Kathy Siebenmann 39:54.	
40-49: 1. Georgette Lacey 45:11, 2. Dawn Schurman 49:00, 3. Carol Bolton 51:25.	

Division Results - Men's Half Marathon	
19 & Under: 1. Paul Arechiga 1:25:31, 2. Louis Moreno 2:04:02.	
20-29: 1. Robert Anex 1:09:14, 2. David Crawford 1:20:55, 3. David Calderon 1:23:56.	
30-39: 1. Wayne Miles 1:18:02, 2. Chris Enfante 1:21:33, 3. Mark Lane 1:22:29.	
40-49: 1. Bruce Von Borstel 1:18:56, 2. John O'Neill 1:27:49, 3. Piotr Skiba 1:29:28.	
50-59: 1. Al Kirkman 1:31:15, 2. James Lacey 1:31:56, 3. Thomas Marshall 1:37:17.	
60 & Over: 1. Michael O'Neill 1:54:11.	

Division Results - Women's Half Mara.	
20-29: 1. Karen Koslow 1:29:28, 2. Suzette Moore 1:29:45, 3. Lori Partlow 1:47:38.	
30-39: 1. Jan Levett 1:37:06, 2. Nancy Stover 1:41:47, 3. Mari Christensen 1:53:12.	
40-49: 1. Susan Paris 1:48:05, 2. Joan McClintock 2:13:39.	

U. S. Cross Country Trials 5K

February 14, Dallas, Texas.

Overall Results - Senior Women's 5K	
1 Lesley Welch, Brookline, MA	16:30
2 Mary Knisely, Dallas, TX	16:40
3 Lynn Jennings, Durham, NH	16:48
4 Sabrina Dornhoefer, Col.MO	17:00
5 Janet Smith, Raleigh, NC	17:04
6 Margaret Thomas, Nashville, TN	17:11
7 Leslie Seymour, Minneapolis, MN	17:15
8 Nan Davis, St. Harpswell, ME	17:17
9 Susan Schroeder, Ann Arbor, MI	17:30
10 Carla Borovicka, Tall, FL	17:37
11 Lisa Welch, Brookline, MA	17:44
12 Carhen Ayala-Troncoso, TX	17:53
Overall Results - Senior Men's 12K	
1 John Easker, Birmamwood, WI	36:54
2 Pat Porter, Alamosa, CO	37:02
3 Steve Plasencia, Eugene, OR	37:10
4 Ed Eyestone, Orem, UT	37:27
5 David Barney, Scottsdale, AZ	37:34
6 Bob Hodge, Hopkinton, MA	37:37
7 Douglas Tolson, Austin, TX	37:47
8 Randy Reina, San Antonio, TX	37:50
9 George Nicholas, Chapel Hill, NC	37:51
10 Tom Ansberry, Burnsville, MN	38:03
11 John Esquibel, Alamosa, CO	38:09
12 Marty Froelick, Colorado Springs	38:28
13 Charles Degarmo, Boulder, CO	38:53
14 Daniel Dillon, Natick, MA	38:59
15 Kenneth Halla, Waban, MA	39:00
16 Matt Ebner, W. Covina	39:12
17 Troy Billings, Lakewood, CO	39:19
18 Dennis Leck, Gunnison, CO	39:22
19 Robert Luder, Kansas City, KS	39:26
20 Paul Larkins, Stillwater, OK	39:47
Overall Results - Junior Men's 8K	
1 Tim Gargiulo, Plano, TX	25:28
2 Todd Williams, Monroe, MI	25:33
3 Robert Henes, Cayahoga Fall, Oh	25:35
4 Marc Davis, San Diego	25:45
5 Glenn Morgan, Albuquerque, NM	25:48
6 Mark Mastalir, Stanford	25:52
7 Eric Mastalir, Stanford	26:00
9 Philip Byrne, Independence, MO	26:46
10 David Angell, Plano, TX	26:55
11 Brian Boehm, Evergreen, CO	27:02
12 Richard Bostwick, Glassboro, NJ	27:05
13 Joe Kirby, Lincoln, NE	27:06
14 Edgar Hallcock, Fayetteville, AR	27:21
15 Jorge Castro, Romona	27:25

San Gabriel River

February 14, San Gabriel. 12K.

Division Results - Men	
15-18: 1. Tosh Tipton 52:59, 30-34: 1. Shaun Rogers 56:01, 35-39: 1. Manny Alvarez 55:07, 40-44: 1. Robert McGeough 44:19, 45-49: 1. Robert Ahreys 59:31, 50-54: 1. Cliff Stolba 49:57, 55-59: 1. Emilio Chavez 53:18.	
Division Results - Women	
19-24: 1. Juliet Carter 57:58, 30-34: 1. Ilka Gillette 49:37, 45-49: 1. Cecily Parke 54:52, 60 & Over: 1. Alice Goldberg 1:07:53.	

Senior Masters Old Fashion Four Mile Run

February 15, Calimesa Park, Yucaipa.

Division Results - Men	
55-59: 1. Jim Brownfield 22:55, 2. Robert Culling 25:03, 3. Tracy Brown 25:15.	
60-64: 1. Robert Day 28:43, 2. Joe Fleishmann 28:45, 3. Bob Anderson 30:09.	
65-69: 1. Steve Chiplis 28:29, 2. Earle Rippee 29:12, 3. Steven White 32:15.	
70-79: 1. John Moen 33:03, 2. John Montoya 37:09, 3. Walter Kalinski 60:07.	

Results

Make Miracles Happen

February 15. Bloomington. 10K & 5K.
Overall Results - 10K

1 Alex Miranda (27)	34:50
2 Armando Huizar (15)	35:37
3 James Marquez (26)	35:55
4 Michael Cook (28)	37:56
5 Gregory Greiner (22)	38:11
6 Dave Cook (29)	38:26
7 John Mills (31)	39:49
8 Jose Aguilar (17)	40:51
9 Wally Ingram (54)	41:33
10 Kristopher Hillsabeck (12)	42:06
11 Ray Alvarado (79)	42:11
12 Jerry Hillsabeck (11)	42:23
13 Matthew Rosaasen (14)	43:08
14 Ken Ogden (50)	43:19
15 Pete Rodriguez (38)	43:43

Overall Results - 5K Walk/Run

1 Douglas Goebel (31)	16:52
2 Melecio Huizar (17)	17:23
3 Javier Chavez (13)	17:59
4 Dan Burton (26)	18:23
5 Mark Hair (15)	18:28
6 Jay Rubino (30)	18:38
7 Moses Hernandez (15)	18:53
8 Chris Bain (14)	18:56
9 Ted Heaton (46)	18:58
10 Bill Crum (51)	19:10

Heart of Palm Springs 10K

February 15. Palm Desert.

Division Results - Men

12 & Under: 1. Frankie Reller 41:44, 2. Jimmy Snedaker 43:11, 3. Andrew Rogers 50:25. 13-15: 1. Brian Eckert 43:30, 2. Victor Davila Jr. 44:59, 3. Justin Lockhart 45:25. 16-18: 1. Ben Cravatt 33:42, 2. Josh Pauley 35:06, 3. Jeff Pauley 35:36. 19-24: 1. Luis Pinon Jr. 31:52, 2. Mark Young 37:56, 3. Peter Reuther 39:48. 25-29: 1. Gilbert Mataq 31:53, 2. Louie Terrones 31:56, 3. Henry Nunez 33:21. 30-34: 1. Dave Parsell 31:28, 2. David Smith 32:04, 3. Danny Young 34:12. 35-39: 1. Richard Kenworthy 34:33, 2. Chuck McCann 35:03, 3. Wayne Stanfield 35:24. 40-44: 1. Robert Pratte 33:19, 2. Les Christian 34:35, 3. John Brown 35:48. 45-49: 1. Manuel Rojas 36:42, 2. Anthony Gomez 37:20, 3. Ron Walters 38:45. 50-59: 1. Fred Kiddy 36:07, 2. Orlo

Keniston 36:57, 3. Frank Ogawa 38:29. 60 & Over: 1. Harold Daughters 40:58, 2. Gerry Hopkins 41:14, 3. Delmar Gourley 43:35.

Division Results - Women

12 & Under: 1. Jennifer Marlin 50:30, 2. Jennifer Perry 55:03, 3. Jennifer Selfert 1:12:59. 13-15: 1. Regena Schudlich 47:20, 2. Renee Rogers 49:57, 3. Alicia Palomares 59:01. 16-18: 1. Brigid Freyne 35:36, 2. Kellie Hourigan 40:25, 3. Jamie Kopsho 53:40. 19-24: 1. Cathy King 44:34, 2. Jodi Margolin 47:00, 3. Celeste Ames 47:33. 25-29: 1. Patricia Contreras 39:55, 2. Edell Shelly 43:11, 3. Norma Peru 44:48. 30-34: 1. Ellen Coleman 40:11, 2. Mary Ann Mera 40:57, 3. Rebecca Hovde-Baker 43:47. 35-39: 1. Denni Barrios 41:26, 2. Carol Alexander 45:40, 3. Linda Savitz 46:11. 40-44: 1. Harolene Walters 36:49, 2. Wendy O'Donnell 39:14, 3. Judy Esbitz 45:02. 45-49: 1. Sigrid McAllister 42:12, 2. Valerie McCook 49:25, 3. Cate Senelly 58:36. 50-59: 1. Shirley Cain 59:51, 2. Ronnie Richardson 1:01:29, 3. Sonya Neuberg 1:01:33. 60 & Over: 1. Kit Pickles 53:13, 2. Betty First 1:00:58.

Noelle Waddel 44:28, 2. Barbara Zoldan 44:50, 3. Pat Oden 45:15. 40-44: 1. Gail Bernardi 42:30, 2. Carol Jewell 51:16, 3. Candace Smith 52:49. 45-49: 1. Cindy Hutcherson 45:58, 2. Louise Anderson 55:07, 3. Isabel Rivas 55:19. 50-54: 1. Jan Holloway 51:48, 2. Kathryn Walters 53:52, 3. Jan Linkenbach 1:02:18. 55-59: 1. Lucille Eggerman 1:06:00. 60 & Over: 1. Jeanne Leffers 1:02:16.

President's Day 5K

February 21. Atascadero.

Overall Results

1 Robin DeSota, SLO	15:35
2 Ramon DeSota, SLO	15:52
3 Coulter Rose, SLO	16:12
4 Lesley White, SLO	16:43
5 John Blair, Atas.	17:19
6 Kevin Byrne, Atas.	17:22
7 Bob Perry, Tulare	18:15
8 Mark Anderson, Atas.	18:22
9 Ken Trapp, Atas.	18:28
10 Louie Escobar, S.Maria	19:07

Great American Adventure Run

February 21. Huntington Beach.

Division Results - Men's 2.8 Mile

13 & Under: 1. Mathew Holmes 19:17, 2. Ian Adam 19:55, 3. Philip Adam 20:39. 14-17: 1. Brad Brann 15:57, 2. Chris Pohl 16:19, 3. J. D. Tenuta 16:37. 18-23: 1. Gunny Anderson 15:32, 2. Stephen Roth 17:27, 3. Robert Wittkamm 17:59. 24-29: 1. Brian Bloom 16:46, 2. David Perry 17:24, 3. Rick Orta 18:44. 30-34: 1. Rob McNair 16:16, 2. Russell Pablano 17:19, 3. David Mott 17:45. 35-39: 1. Larry Price 17:50, 2. Mark Gerson 19:08, 3. Samuel Cortez 21:01. 40-44: 1. Harry Hunt 16:54, 2. Dave Reynolds 17:54, 3. Joe Merchant 18:04. 45-49: 1. Ted Heaton 17:12, 2. Bob Norton 18:04, 3. Dan Laitiner 20:21. 50-54: 1. Cliff Larkins 19:03, 2. Manuel Copes 19:25, 3. Jim Gould 19:25. 55-59: 1. Jerry Withers 18:03, 2. Mel Elliott 19:10, 3. Robert Perry 20:19. 60 & Over: 1. Delmar Gourley 19:58, 2. Wiley Nelson 27:01, 3. J.E. Sauer 28:54.

Division Results - Women's 2.8 Mile

13 & Under: 1. Tara Holmes 18:54, 2. Kirsten McFarland 20:24, 3. Mindi Adams 23:04. 14-17: 1. Kat Prince 17:30, 2. Kathy Carron 19:17, 3. Julie Robles 20:16. 18-23: 1. Laurie White 19:08, 2. Mary Anne Mejia 19:12, 3. Carolyn Shimizu 23:21. 24-29: 1. Diana Duncan 22:51, 2. Donna Savignano 22:59, 3. Debbie Watson 23:55. 30-34: 1. Lori Belshe 19:44, 2. Melinda Webb 22:05,

3. Cheryl Bergeron 23:06. 35-39: 1. Mary Cortez 21:00, 2. Pitoebe Leigh 22:47, 3. Wendy Borack 25:06. 40-44: 1. Karen Briggs 25:17, 2. Susan Provencal 44:58, 3. Kathleen Driscoll 47:43. 45-49: 1. Joan Jeter 21:24, 2. Carole Franco 27:16, 3. Christi Perry 27:18. 50-54: 1. Louis Okey 30:24, 2. June MacArthur 31:03. 55-59: 1. Mary Jank 27:31. 60 & Over: 1. Jean Bradshaw 27:49.

Division Results - Men's 4.8 Mile

13 & Under: 1. Erik Dostal 32:05. 18-23: 1. Dale Capewell 27:32, 2. Sean Steenson 28:29, 3. Timothy Warriner 30:49. 24-29: 1. Dean West 26:21, 2. Ernest Garcia 28:23, 3. Ron Wadsworth 30:58. 30-34: 1. Peter Jansson 25:13, 2. Javier Lares 26:15, 3. David Bower 26:49. 35-39: 1. John Casares 32:23, 2. Manuel Mendivil 33:07, 3. Larry Hodgson 34:36. 40-44: 1. Ben Jackson 28:34, 2. Bill Elam 28:39, 3. John Haas 31:46. 45-49: 1. J. Bushman 28:56, 2. Paul Jeffers 34:23, 3. Tom O'Hara 35:54. 50-54: 1. Andre Tocco 27:39, 2. Buddy Belshe 32:31, 3. Manuel Banuelos 33:55. 55-59: 1. Joseph Carrier 32:32, 2. Russ Peltz 32:53, 3. Jack Wallace 36:26. 60 & Over: 1. Delmar Gourley 35:24, 2. Roger Averbach 38:55.

Division Results - Women's 4.8 Mile

13 & Under: 1. Jessica Reifer 34:32. 14-17: 1. Leslie Cashion 31:55. 18-23: 1. Stacy Jacobson 34:16, 2. Lisa Allen 41:25, 3. Michelle Lopez 44:48. 24-29: 1. Virginia Armstrong 35:10, 2. Bari Rochette 35:47, 3. Ciiva Powell 35:54. 30-34: 1. Jerri Edwards 34:20, 2. Julie Strickler 38:54, 3. Maura McEveety 39:31. 35-39: 1. Donna Morin 35:55, 2. Vicki Bugbee-Reed 38:14, 3. Linette Kent 38:55. 40-44: 1. Claudia Benke 37:18, 2. Rose Marie Semington 40:01, 3. Dianne Glassner 40:11. 45-49: 1. Janice Lentz 42:59, 2. Ruth Carter 47:20, 3. Kathleen Emory 48:47. 50-54: 1. Beverly Queen 36:34, 2. Jeanne Carrier 42:07, 3. Corinne Imlay 42:59. 55-59: 1. Patricia Pruitt 40:23.

Antelope Valley Hospital Benefit Runs

February 21. Lancaster. 5K & 10K.

Division Results - Men's 10K

12 & Under: 1. Brian Wood 50:35. 13-18: 1. Frank Sakelarios 36:16, 2. Mike Quinn 38:55. 19-29: 1. Jim Misener 34:40, 2. Gary Maytum 36:10, 3. Jerry Maytum 38:37. 30-39: 1. Tom Waller 35:33, 2. Mark Rosen 37:48, 3. Stan Johnson 39:06. 40-49: 1. Bob McGeough 37:07, 2. Ted Riley 40:16, 3. Eric Zorawowicz 40:38. 50 & Over: 1. Wally Ingram 39:45, 2. Ollie Biederman 43:25.

Division Results - Women's 10K

18 & Under: 1. Tanya Russell 47:06. 19-29: 1. Tracy Wood 45:59, 2. Laurie McCurdy 49:20. 30-39: 1. Kathy White 51:13, 2. Carol Schmiel 54:45. 40 & Over: 1. Janice Hightower 56:51, 2. Carol Bird 68:29.

Division Results - Men's 5K

12 & Under: 1. Chad Cieslik 19:36, 2. Charlie Cooper 24:16, 3. John Bailey 26:45. 13-15: 1. Mark Hair 18:15, 2. Roy Richards 23:50. 16-18: 1. John Hair 16:17, 2. Todd Kerzie 16:56, 3. Ted Kerzie 17:16. 19-29: 1. Casey Jones 16:51, 2. Richard Crowder 17:04, 3. Mark Perry 18:17. 30-39: 1. Gilbert Stieglitz 20:56, 2. Bill Lucas 21:35, 3. James Nichols 22:25. 40-49: 1. Gary Everson 16:25, 2. Bob McGeough 17:23, 3. Ken Hamrick 19:22. 50 & Over: 1. Wally Ingram 19:00, 2. Bob Decker 21:54.

Division Results - Women's 5K

12 & Under: 1. Heidi Richards 24:09, 2. Rebekah Rudy 30:29. 13-15: 1. Jean Harvey 21:09, 2. Kim Washburn 23:54. 16-18: 1. Mary Alcuran 24:12, 2. Lori Brooks 26:37. 19-29: 1. Kelly Wells 20:42, 2. Kelly Humm 22:06, 3. Laurie McCurdy 22:10. 30-39: 1. Janice Kawamura 21:53, 2. Elizabeth Bigg 24:22, 3. Terry Kessler 25:12. 40-49: 1. Jeanette Wells 23:15, 2. Marsha Madsen 26:01. 50 & Over: 1. Dorothy Schoepner 34:52.

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Results

Run Against Crime

February 15. Pasadena. 5K & 10K.

The sunny, southern California skies were not present on Feb. 15 as more than 1200 runners took to the streets in the Wilshire Community Police Council's seventh annual Run Against Crime. The weather, however, refused to dampen the rain-soaked spirits of Eugene Muslar, Carrie Garritson, and all of the other participants.

Muslar, who moved to Los Angeles from Bellie, led from wire to wire and finished in 31:10, defeating second place Gianni Carpani by more than two minutes. "I wanted to run under 32 minutes today," said Muslar, "but for awhile I wasn't certain that I could. The course was a little slippery and I had to ease off on my pace on the turns."

Photo by David Hoffman



CARRIE GARRITSON

The margin of victory was even larger for ten year old Carrie Garritson of Fullerton. Carrie finished 13th overall in a time of 35:23, more than three minutes in front of Karon Carpani. The time was a PR for Garritson, and will be submitted for recognition as a national record for 10 year old females. Carrie was not the only member of her family to place. Sister Heather finished second to Carrie in their age division, while Brother Jarrod won the male 10 and under division in 39:04.

The Police were well represented with the leading male, James Stepan, finishing eleventh overall in 34:59. The first female officer across the finish was Carolyn Wagstaff, who came in third behind Garritson and Carpani.

The wheelchair division was won by Paul Manocchio in 33:13, and Art Cortez was the first walker to finish. His time was 45:31. George Marquez led all 5K runners in a time of 15:41 and Chris Galbreath topped the women in 19:06.

Division Results - Men's 10K

10 & Under: 1. Jarrod Garritson 39:04. **11-14:** 1. Marco Orellana 49:03. **15-18:** 1. Miguel Gomez 40:24. 2. Joe Shuck 43:12. 3. Alfonsa Espinosa 44:04. **19-24:** 1. Mike Sheehan 34:56. 2. Joe Gostin 35:05. 3. Lauren Rauch 35:44. **25-29:** 1. Eugene Muslar 31:10. 2. Yanni Davila 34:54. 3. Marc Cobb 35:30. **30-34:** 1. Jose Rodriguez 34:09. 2. Dale Frank 34:09. 3. James Stepan 34:59. **35-39:** 1. Gianni Carpani 33:13. 2. Chuck Foote 33:29. 3. Larry Andrews 34:48. **40-44:** 1. James Edmondson

34:35. 2. Lee Baca 34:57. 3. John Mossbacher 36:07. **45-49:** 1. Jim Rascher 38:27. 2. Tommy Lee Loveless 38:45. 3. Art Melendres 39:06. **50-59:** 1. Carlos Valle 36:27. 2. Antonio Gonzalez 38:55. 3. Cornelius Lino 39:30. **60 & Over:** 1. Stanley Kleinman 44:42. 2. Paul Jernstrom 47:49. 3. Jim Franks 51:17.

Division Results - Women's 10K

10 & Under: 1. Carrie Garritson 35:23. 2. Heather Garritson 41:22. **11-14:** 1. Jessica Reifer 43:13. 2. Christina Ticking 44:14. 3. A. Gellopez 1:13:42. **15-18:** 1. Tonette Holman 41:08. 2. Alice Koh 54:45. 3. Janice Kim 55:15. **19-24:** 1. Peggy Tusing 43:45. 2. Maria Cafaro 44:57. 3. Lisa Moore 48:25. **25-29:** 1. Audrey Hook 41:30. 2. Caprice Settles 43:07. 3. Laurie Ward 43:18. **30-34:** 1. Karon Carpani 38:40. 2. Carolyn Wagstaff 39:50. 3. Diane Hattori 44:23. **35-39:** 1. Gloria Santillan 42:17. 2. Laurel Lipkin 43:28. 3. Sally Kurtz 43:50. **40-44:** 1. Cecile Chang 47:46. 2. Shirley Stephenson 50:28. 3. Susan McKinley 51:06. **45-49:** 1. Olivia Coria 46:50. 2. Jeri Byrne 51:18. 3. Sarah Jones 54:41. **50-59:** 1. Atsuko Fujimoto 46:26. 2. Connie Abang 56:28. 3. Ozzie Muduryan 57:09. **60 & Over:** 1. Vila Hancock 57:28.

Overall Results - Men's 5K

1. George Marquez 15:41
2. German Alonso 16:23
3. Carlos Sillas 16:43

Overall Results - Women's 5K

1. Chris Gilbreath 19:06
2. Sheryl Fisher 19:48
3. Sue Reinhardt 21:29

Heart Run

February 15. Woodland Hills. 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. Gary Bluemel 20:12. 2. Alexander Raima 21:49. 3. Kenny Powell 22:28. **13-18:** 1. Matthew Thomson 16:24. 2. Steve Lunn 16:45. 3. Yom Bibbs 16:59. **19-24:** 1. Steve Gilbert 15:58. 2. Nils Miller 16:58. 3. Chris Jensen 18:45. **25-29:** 1. David Villagrana 17:30. 2. Nick Trozzi 17:34. 3. Scott Bell 17:53. **30-34:** 1. Colin Davies 17:23. 2. Anton Gonzales 17:46. 3. Gerald Lewis 17:55. **35-39:** 1. Robert Pertak 16:50. 2. Steve Mangum 18:35. 3. Robert Barker 20:16. **40-49:** 1. Ricx Golding 17:47. 2. Salvador Gonzalez 17:49. 3. Joe Jacobsen 17:52. **50-59:** 1. Jim Armantrouf 17:57. 2. Sonny Monioz 18:20. 3. Roger Wileman 18:21. **60 & Over:** 1. Robvert Emeth 19:59. 2. Phil Jones 21:56. 3. Ed Stotsenberg 22:32.

Division Results - Women's 5K

12 & Under: 1. Pat O'Reilly 22:50. 2. Ro-seanna Heagerty 24:21. 3. Wendy Cerrato 26:39. **13-18:** 1. Amanda Marks 19:13. 2. Siofhain O'Reilly 21:47. 3. Jennifer Ahlquist 24:08. **19-24:** 1. Maureen Murphy 21:22. 2. Kimberly Redden 22:43. 3. Noella Allan 23:06. **25-29:** 1. Colleen Spadoni 19:40. 2. Betty Fleming 20:47. 3. Mary Moore 22:15. **30-34:** 1. Rita Schnepf 20:51. 2. Liz Greenberger 21:50. 3. Nancy Anderson 23:23. **35-39:** 1. Jamie Dee Nichols 22:25. 2. Maureen Keeler 22:38. 3. Jan Olson 24:03. **40-49:** 1. Judy Kewley 19:03. 2. Neva Lequin 24:28. 3. Easy Delaney 24:57. **50-59:** 1. Roberta Groves 32:19. 2. Adalene Moothart 32:56. 3. Regina Taylor 33:30. **60 & Over:** 1. Dorothy Stotsenberg 33:21. 2. Claire Greene 56:17.

Division Results - Men's 10K

12 & Under: 1. Kevin MacLean 49:56. 2. Tyler Giardino 51:15. **13-18:** 1. Kevin Coren 39:23. 2. Ely Yaron 40:02. 3. Arlo Kurian 41:56. **19-24:** 1. Damon Lyman 34:44. 2. Ray Castro 35:42. 3. Bryan Porter 36:20. **25-29:** 1. Chris Schallert 31:10. 2. Pete Dolan 32:19. 3. Rich Brown 34:07. **30-34:** 1. Larry Montag 32:43. 2. Don Delaney 36:34. 3. David Madrigal 37:20. **35-39:** 1. Thomas Hall 34:17. 2. Roger Fluhr 35:54. 3. George Morse 36:24. **40-49:** 1. George Kingsley 35:42. 2. Lawrence Peter 35:47. 3. Charles McClung 36:26. **50-59:** 1. Fritz Goreham 37:23. 2. Martin Greenberger 42:02. 3. Louie Martinez 43:57. **60 & Over:** 1. David Hirschson 41:15. 2. Stanley Neufeld 47:02. 3. Bill Scott 48:08.

Division Results - Women's 10K

12 & Under: 1. Maria Sanchez 46:54. 2. Samantha Read 49:56. 3. Missy Belgrade 54:06. **13-18:** 1. Roberta Ploesser 38:05. 2. Jaime Hiney 45:11. 3. Melissa Gilbert 47:41. **19-24:** 1. Toonie Histia 45:16. 2. Monique Van Edmond 47:25. 3. Patt Murphy 47:32. **25-29:** 1. Beth Milewski 36:38. 2. Teri Ingram 42:38. 3. Julie Doderlein 45:55. **30-34:** 1. Teresa Rouse 44:09. 2. Diane Abato 47:05. 3. Cindy Glancy 48:12. **35-39:** 1. Terri Goodreau 39:35. 2. Nancy Baird 40:47. 3. Ramona Handelman 50:03. **40-49:** 1. Ana Schwartz 44:43. 2. Darryl Paul 45:37. 3. Joni Triplett 47:40. **50-59:** 1. Rosanna Borsay 58:38. 2. Theresa Ashe 59:46. 3. Laurie Davall 1:02:48. **60 & Over:** 1. Bea House 1:07:09.

Jose Cuervo Mardi Gras Run

February 15. San Diego. 10K.

Thousands of reveling runners and walkers celebrated Mardi Gras, Southern California style, in Mission Bay Park, Sunday, Feb. 15, 1987, for the Third Annual Jose Cuervo Mardi Gras Run and Walk.

The festivities included dixieland jazz, Sadie's Saloon Girls, clowns, belly dancers, and a cast of bizarre characters. An eight-foot tall wasp, 7 foot spiders, and a giant hermit crab were all part of the Mardi Gras parade which lined the course.

Participants joined in the zaniness by running or walking in costumes. Costumes included a troupe of men dressed as female ballet dancers, dalmatians, tacos, a giant tequila bottle and several shot glasses, and more.

For some entrants, the event turned out to be more than just a good time; it turned out to be a winning time. The best time belonged to Jeff Rigdon, who finished the 10K course in 31:41. The fastest female on the course was Joni Pendleton with a 37:31 time.

The Run/Walk was sponsored by Jose Cuervo Tequila, Heublein, Inc., Farmington, Connecticut, and was cosponsored by Pizza Hut. It benefited the educational programs of the San Diego Country Safety Council.

The event was billed as the "second most fun you'll ever have panting," and thousands of entrants tend to agree.

Overall Results - Men

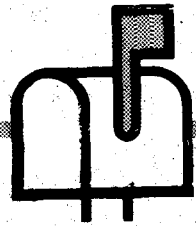
1. Jeff Rigdon 31:41
2. David Reuter 32:05
3. Gordon Haskett 32:28
4. Ralph Havens 32:54
5. Oscar Santana 33:03
6. Frank Reno 33:03
7. Ken Johns 33:04
8. Rick Etom 33:08
9. Robert Baird 33:18
10. John Verical 33:23

Overall Results - Women

1. Joni Pendleton 37:31
2. Marcia Benkes 38:52
3. Kathleen Parnell 39:18
4. A. Lium 39:35
5. Ursula Rains 41:53
6. Katherine Anderson 42:06
7. Kelly Howard 42:21
8. Linda Gentling 42:36
9. Lisa Seger 42:39
10. April Seger 42:41

Division Results - Men

17 & Under: 1. Ed Himeblamu 34:41. 2. Mike Rauner 37:44. 3. Evaristo Hernandez 37:51. **18-29:** 1. David Reuter 32:05. 2. Gordon Haskett 32:28. 3. Ralph Havens 32:54. **30-39:** 1. Jeff Rigdon 31:41. 2. Robert Baird 33:18. 3. Mark Montgomery 33:41. **40-49:** 1. Chris Chambers 33:36. 2. Richard Green 34:04. 3. Larry Lake 34:43. **50-59:** 1. A. Fox 38:57. 2. Richard Morra 41:24. 3. George Theilacker 41:43. **60 & Over:** 1. Art Holzman 42:35. 2. Ronald Jerman 45:24. 3. Don Bradley 45:37. **Military Men:** 1. Mark Blimling 33:57. 2. Michael Popovich 34:03. 3. Bennett Pafford 35:07. **Wheelchair Men:** 1. Doug Vann 31:11. 2. Dan Larson 35:31.



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3. Paul Herman 38:50. **Racewalker Men:** 1. Dale Sutton 54:11. 2. Paul Butkovich 54:22. 3. Ted Greiner 57:29.

Division Results - Women

17 & Under: 1. Kelly Howard 42:21. 2. Lisa Seger 42:39. 3. April Seger 42:41. **18-29:** 1. Marcia Benkes 38:57. 2. Kathleen Parnell 39:18. 3. A. Lium 39:35. **30-39:** 1. Katherine Anderson 42:06. 2. Linda Goentling 42:36. 3. A. Van Belle 43:21. **40-49:** 1. Joni Pendleton 37:31. 2. Ursula Rains 41:53. 3. Beverly Calloway 44:29. **50-59:** 1. Tami Graf 49:43. 2. Chris Cromer 52:11. 3. Sally Byram 52:17. **60 & Over:** 1. Marie Hammond 1:08:00. **Military Women:** 1. Marcia Benkes 38:57. 2. A. Van Bell 43:21. 3. Gerri Korri 53:47. **Wheelchair Women:** 1. Mary Thompson 41:00. **Racewalker Women:** 1. Carmen Kenreich 1:01:24. 2. Elizabeth Butkovich 1:07:39. 3. Anne Barrick 1:09:02.

Valentine Day Run

February 15. Oakland. 5K & 10K.

Overall Results - Men's 5K

1. Derrick May (31) Reno 14:32
2. David Ottaway (25) Berkeley 14:38
3. Don Paul (36) San Francisco 14:47
4. Steve Haase (28) Carmichael 14:56

Overall Results - Women's 5K

1. Melissa Martel (25) Oakland 16:41
2. April Powers (29) Mill Valley 17:06
3. Heidi Perham (23) San Francisco 17:23
4. Heather Sullivan (23) S.F. 17:57

Overall Results - Men's 10K

1. John Moreno (31) Pacifica 30:08
2. Jeff Adkins (26) Martinez 30:15
3. Mike McMaster (25) Berkeley 30:22
4. Robbie Wright (23) Stanford 31:18

Overall Results - Women's 10K

1. Linda Somers (25) Davis 36:17
2. Ingrid Hemmingway (31) MenloP 36:19
3. Sharlet Gilbert (35) Richmond 37:06
4. Sue Vinella-Brusher (32) Oakland 37:23

Results

Trail's End Marathon

February 28. Seaside. Marathon/8K.

Division Results - Men's Marathon
19 & Under: 1. Richard Berndt 2:42:26, 2. Joseph Alueta 2:52:44, 3. John Keating 2:53:53. **20-29:** 1. Phil Nicholls 2:35:09, 2. Jim Schultz 2:38:23, 3. Peat Sutherland 2:43:12. **30-34:** 1. John Coffey 2:35:45, 2. Steven Barr 2:37:52, 3. Jeffrey Morrell 2:39:15. **35-39:** 1. Philip Welch 2:38:13, 2. Thomas Brown 2:49:43, 3. Doug Anderson 2:50:47. **40-44:** 1. Frank Bozanich 2:43:45, 2. Robert Smith 2:45:49, 3. Terry Lofelmacher 2:48:49. **45-49:** 1. Jim Bowers 2:31:20, 2. Bob Steffan 3:09:07, 3. Tony Sagare 3:10:30. **50-59:** 1. Lary Webster 2:50:54, 2. Gayle Hess 3:04:23, 3. Larry Doering 3:12:25. **60 & Over:** 1. Jack Kerr 3:43:10, 2. Merle Crain 3:43:50, 3. Elijah Gallaway 3:59:06.

Division Results - Women's Marathon
19 & Under: 1. Tara Haskins 3:47:35, 2. Kali Haverstock 3:51:07, 3. Lynnae Stevens 3:59:07. **20-29:** 1. Dianne Johnson 2:51:44, 2. Wanda Howlett 3:03:52, 3. Rachel Heisler 3:21:44. **30-34:** 1. Joy Wolfe 2:50:27, 2. Jan Vernon 3:23:32, 3. Shelly White 3:27:06. **35-39:** 1. Linda Edgar 3:06:10, 2. Elaine Nickerson 3:14:19, 3. Connie Gilbert 3:38:57. **40-44:** 1. Elaine Delsman 3:07:17, 2. Levi Query 3:11:38, 3. Christina Olson 3:31:43. **45-49:** 1. Susan Bradley 3:37:19, 2. Teresa Schellenberg 3:51:29, 3. Ann Whiting 3:55:30. **50-59:** 1. Shirley Milliman 4:17:15, 2. Kathleen Walls 4:20:07.

Division Results - Men's 8K
14 & Under: 1. Chris Fallon 32:46, 2. Bryce Mercer 37:48, 3. Jason Karsten 38:49. **15-19:** 1. Mike Appleton 25:29, 2. Shad Kindle 29:08, 3. Jon Thompson 30:10. **20-29:** 1. Aaron DeLong 25:17, 2. Gregory Miller 26:20, 3. Robert Arkes, Jr. 26:30. **30-34:** 1. Greg Gustafson 25:10, 2. Bob Ray 25:27, 3. John Beseda 27:21. **35-39:** 1. John Hahn 28:04, 2. Thomas Clarke 28:30, 3. Mark Smith 28:55. **40-44:** 1. Allan Beck 27:11, 2. Larry Rankin 31:05, 3. Leonard Kunz 31:37. **45-49:** 1. Lew Johnston 28:41, 2. Bill Koehler 29:46, 3. Reed Miller 30:27. **50-59:** 1. Buz Masters 31:30, 2. Jim Swinder 31:53, 3. Bobby Beathard 32:00. **60 & Over:** 1. Stanley Baldry 34:17, 2. Joseph Mallon 36:13, 3. Mac Mounce 37:11.

Division Results - Women's 8K
14 & Under: 1. Cindy Gattin 39:30, 2. Jaya Lapham 51:00, 3. Ireen Lapham 51:17. **15-19:** 1. Christin Wherley 32:27, 2. Sandy Beason 33:10, 3. Colleen McCambridge 33:24. **20-29:** 1. Sandi Nevis 30:36, 2. Karen Buskey 31:37, 3. Matea Barinaga 32:51. **30-34:** 1. Regina Joyce 28:27, 2. Karen Hughes 34:54, 3. Carolyn Viles 35:33. **35-39:** 1. Marilyn Nippold 30:43, 2. Mary Peterson 31:27, 3. Carol Oxman 37:40. **40-44:** 1. Madeline Larson 33:52, 2. Norma Graves 34:45, 3. Carolyn Vernacchia 34:55. **45-49:** 1. Rose Gardner 32:08, 2. Sara Hoppin 37:26, 3. Norma Schultz 40:27. **50-59:** 1. Jeanne Baumgardner 37:04, 2. Elizabeth Lathrop 38:59, 3. Beryl Wilson 39:49. **60 & Over:** 1. Merri-Lynn Coleman 48:14, 2. Irene Crane 48:59, 3. Dorine Sawtelle 54:30.

Brickyard Run

February 28. Martinez to Port Costa.

Overall Results
 1. Jeff Adkins (26) Martinez 41:02
 2. Sal Vasquez (47) Alameda 42:33
 3. Michael Wheeler (38) Oakland 43:45
 4. Leroy Kotchevar (33) Crockett 43:55
 5. Byron Choiniere (31) FosterCity 44:34

6. Ted Pawlak (30) RohnertPk 44:47
 7. Gene Dangel (40) WalnutCk 44:57
 8. Dan Zavesky (26) WalnutCk 45:04
 9. Kevin Searle (29) Martinez 45:55
 10. Jay Kassabian (27) Martinez 46:07
 11. Sheldon Clark (39) Albany 46:16
 12. Kevin Cowley (28) Concord 46:31
 13. Dwight Hendrix (32) Berkeley 46:35
 14. Mike Zygaezenko (32) Antioch 46:40
 15. Mike Rowerdink (34) Stockton 47:00
 16. Julios Ratti (36) Oakland 47:14
 17. Bill Auld (29) Alameda 47:19
 18. Mark Lane (33) Pittsburg 47:25
 19. Nicholas Martinez (34) Oakland 47:31
 20. David Weamer (44) Clayton 47:34

Division Results - Men
13 & Under: 1. Paul Ward 52:22, 2. Dave Monk Jr. 54:23, 3. Mike Bak 66:46. **14-20:** 1. Michael Eyerly 49:19, 2. Vince Hudson 50:33, 3. Nicholas Ratti 58:32. **21-29:** 1. Jeff Adkins 41:02, 2. Dan Zavesky 45:04, 3. Kevin Searis 45:55. **30-34:** 1. Leroy Kotchevar 43:55, 2. Byron Choiniere 44:34, 3. Ted Pawlak 44:47. **35-39:** 1. Michael Wheeler 43:45, 2. Sheldon Clark 46:16, 3. Julius Ratti 47:14. **40-44:** 1. Gene Dangel 44:57, 2. David Weamer 47:34, 3. Mark Smith 47:37. **45-49:** 1. Sal Vasquez 42:33, 2. Joe Hancock 50:42, 3. Lee Grogan 51:52. **50-54:** 1. Peter Todd 50:04, 2. Philip Hager 51:20, 3. Ron Grabowski 52:15. **55-59:** 1. Bruce Oliver 56:24, 2. Don Hildebrand 56:50, 3. Art Rackwitz 61:21. **60 & Over:** 1. Karl Bollinger 58:15, 2. John Nyser 64:00, 3. Ulysses Ratti 64:48.

Division Results - Women
14-20: 1. Staci Brunton 60:04, 2. Shoni Brunton 65:46. **21-29:** 1. Suzanne Gorey 51:55, 2. Theresa McCourt 52:36, 3. Sara Gallagher 60:57. **30-34:** 1. Shirley DeLeon 60:53, 2. Kathy Kraham 63:14, 3. K. Kelly 64:16. **35-39:** 1. Shariet Gilbert 48:41, 2. Sally Edwards 52:30, 3. Barbara Zoldan 60:39. **40-44:** 1. Linda Wimmer 57:79, 2. Margaret Edwards 61:29, 3. Carol Norcutt 62:31. **45-49:** 1. Miriam St.Clair 68:24, 2. Karen Gudiksen 69:17, 3. Chris Johnsen 69:29. **50-54:** 1. Alice Rose N.T., 2. Diane Bromstead 65:31, 3. Barbara Robben 66:51. **55-59:** 1. Lola Houston 72:12. **60 & Over:** 1. Kit Pickles 74:53, 2. Annabel Marsh 83:08.

Sanger Striders Spring Run

February 28. Sanger. 6 Mile.

Division Results - Men's 6 Mile
19-29: 1. John Brown 33:38. **30-34:** 1. Rick Smith 38:52. **35-39:** 1. John Volkman 37:17. **40-44:** 1. Bill Woody 36:51. **45-49:** 1. Jerry Carr 46:19. **50-59:** 1. Ric Zamarripa 37:55.
Division Results - Women's 6 Mile
15 & Under: 1. Teresa Ruiz 46:23. **16-18:** 1. Lidia Ruiz 51:13. **19-29:** 1. Jane Greene 49:10. **45-49:** 1. Jackie Ryle 46:22.

Overall 3 Mile Time Prediction
 1. Fred Keenon (3.7 off) 21:13, 2. Mike Miles (14.5 off) 19:15, 3. Jim Hernandez (26.1 off) 24:56, 4. Jaime Hernandez (26.8 off) 24:56, 5. Ric Brown (35.5 off) 18:54.

Gold Trail Half Marathon

March 1. Hornitas.

Overall Results - Half Marathon
 1. Hermilo Guerrero (30-39) 1:12:43
 2. Greg McKinstry (18-29) 1:15:30
 3. David Williams (30-39) 1:16:26
 4. Rito Fuentes (30-39) 1:16:26
 5. Frank Garcia (30-39) 1:18:45
 6. Leon Casas (30-39) 1:20:42
 7. Dale Robinson (18-29) 1:20:45
 8. Len Thornton (50-59) 1:22:47
 9. Curt Royer (30-39) 1:22:57
 10. Scott Rilise (17&U) 1:23:26
 11. Don Steiner (30-39) 1:23:38
 12. Gary Davis (30-39) 1:23:58
 13. Mike Hotton (30-39) 1:24:31

14. Steve Wight (30-39) 1:25:01
 15. John Minney (30-39) 1:25:19
 16. Dick Domant (30-39) 1:26:13
 17. Tom Diehl (30-39) 1:26:39
 18. Michael Rench (30-39) 1:26:43
 19. Rig Robinette (30-39) 1:26:48
 20. Nancy Galarneau (18-29 F) 1:27:03

Overall Results - 2 Mile
 1. Tom Ring (18-29) 11:02
 2. Tim Stevens (18-29) 11:23
 3. Dan Valdez (18-29) 11:38

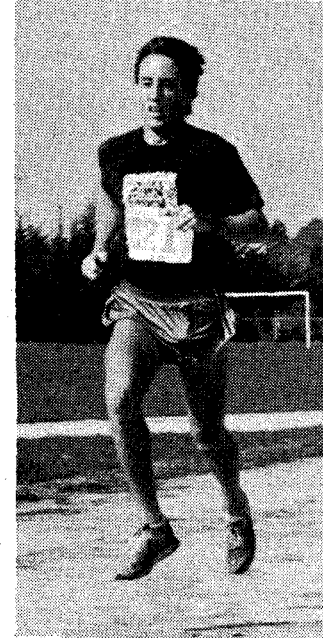
South Bay 20K

RRCA Western Regional and California State Championship

March 1. Valley of the Bears. Los Osos.

Overall Results
 1. Mike Lansdon (25) Reb.Aggies 1:05:56
 2. Frank Hutchinson(34)AggieRC 1:06:55
 3. Danny Kerecman(29)FrnFlyers 1:07:59
 4. Paul Lee (26) SLDC 1:14:33
 5. Brad Curry (29) 1:17:01
 6. Frank Padilla (50) 1:17:10
 7. Steve Flynn (31) Aggies 1:18:27
 8. Mary Ryzner (33) SLDC 1:21:25
 9. Stan Rosenfield(39)SLDC 1:22:06
 10. Bruce Cikowski (41) SLDC 1:22:30
 11. Earl Higbee (38) 1:22:33
 12. Norm Albert (29) LompocDC 1:24:15
 13. Les Beck (42) SLDC 1:24:41
 14. Ron Roundy (43) SLDC 1:24:54
 15. Jim Hurley (30) SLDC 1:25:47

photo by Elaine Rosenfield



MIKE LANSDON

Taylor California Cellars Grape Stampede 10K

March 7. Gonzales.

Division Results - Men
19 & Under: 1. Ralphie Chavez 37:25, 2. Earl Devore 37:26, 3. Lupe Garcia 38:29. **20-29:** 1. Mark Hoefler 31:32, 2. Michael Fox 31:37, 3. Steven Rigor 32:02. **30-39:** 1. Patrick Moss 31:21, 2. Ron Richardson 33:59, 3. Jim Poulos 34:06. **40-49:** 1. Roberto Pantoja 36:40, 2. Ron Tanaka 36:42, 3. Al Thacker 38:04. **50-59:** 1. Richard Young 39:47, 2. Bill Coogins 42:08, 3. Joe Russell 42:30. **60 & Over:** 1. Bob Wright 49:28, 2. Art Marquez 52:02, 3. Henry Villegas 53:37.

Division Results - Women

19 & Under: 1. Lan Chidester 46:32, 2. Yvette Ruybal 54:08, 3. Alexis Wayddel 57:47. **20-29:** 1. Barbara Frank 39:51, 2. Kathy Landers 40:57, 3. Billie Rorrer 41:41. **30-39:** 1. Katie Scott 41:28, 2. Eiko Kraynak 43:16, 3. Noelle Wadder 44:42. **40-49:** 1. Carol Crocker 42:36, 2. Teri Bradley 45:33, 3. Carole Francis 46:35. **50-59:** 1. Peggy Houston 47:14, 2. Jan Holloway 51:13, 3. Barbara Neyens 58:41.

Santa Barbara Winter Runs

March 7. Santa Barbara. 10 Mile/5K.

Overall Results - 10 Mile
 1. Mark Conover (26) SLO 50:54
 2. Tim Minor (28) Ventura 52:19
 3. James Triplett (29) S.Barb 53:13
 4. Mark Mesler (26) S.Barb 53:47
 5. Peter Lewandowski (30) S.F. 54:18
 6. Brian Nelson (29) Ventura 55:28
 7. Jim Kornell (35) S.Barb 56:04
 8. Keith Munson (40) Ventura 56:40
 9. Eric Kirkgaard (24) Ventura 57:09
 10. John Trettin (32) Lompoc 57:47
 11. Kenny Slaughter (29) S.Barb 58:22
 12. Hans Van Koppen (32) Ventura 58:23
 13. Greg Ruiz (34) S.Barb 58:24
 14. Bradley Cox (32) S.Barb 58:37
 15. Duncan Thomas (38) S.Barb 58:43
 16. Doug Peck (31) S.Barb 59:14
 17. Will Deegen (36) S.Barb 1:00:31
 18. Ron Misner (29) S.Barb 1:00:53
 19. Beth Milewski (28F) CanogaPk 1:00:54
 20. Kemp Aaberg (47) Goleta 1:01:06

Division Results - Men's 10 Mile
19-29: 1. Mark Conover 50:54, 2. Tim Minor 52:19, 3. James Triplett 53:13. **30-39:** 1. Peter Lewandowski 54:18, 2. Jim Kornell 56:04, 3. John Trettin 57:47. **40-44:** 1. Keith Munson 56:40, 2. Dennis Mihora 1:04:37, 3. Jay Romalis 1:06:02. **45-49:** 1. Kemp Aaberg 1:01:06, 2. Art Sylvester 1:03:53, 3. John Patterson 1:04:57. **50-59:** 1. Curtis Ridling 1:03:01, 2. Benjamin Sawyer 1:04:48. **60 & Over:** 1. Ray Gil 1:09:01.

Division Results - Women's 10 Mile
18 & Under: 1. Jennifer Terran 1:24:45. **19-29:** 1. Beth Milewski 1:00:54, 2. Dianna Hall 1:06:31, 3. Stephanie Ambrose 1:09:04. **30-39:** 1. Elaine Triplett 1:02:11, 2. Joann Dahlkoetter 1:03:31, 3. Mary Ryzner 1:04:00. **40-49:** 1. Betty Jory 1:15:24, 2. Carol Coffey 1:23:49. **50-59:** 1. Lynne Hurrell 1:23:55.

Overall Results - 5K
 1. Russ Beste (25) S.Barb 15:24
 2. Pete Dolan (27) Goleta 15:26
 3. Michael Smith (22) S.Barb 15:30
 4. Tom Bolt (22) S.Barb 15:40
 5. David Leipsic (22) UCSB 16:56
 6. Mike Sullivan (27) San Bruno 17:13
 7. Tarek Hamawi (18) S.Barb 17:15
 8. Dennis Storemen(30)SumInd 17:16
 9. Chris Kirkgaard(20) Ventura 17:31
 10. Bill Graham (46) Lompoc 17:35
 11. Jim Edmondson (41) S.Barb 17:38
 12. Bob Hoogendyk (39) Solvang 17:59
 13. Jim West (32) S.Barb 18:07
 14. Stephen Price (33) LosOlivos 18:09
 15. Michele Tiff (36F) L.A. 18:12

Division Results - Men's 5K
14 & Under: 1. Kurt Robbins 24:06. **15-18:** 1. Tarek Hamawi 17:15. **19-29:** 1. Russ Beste 15:24, 2. Pete Dolan 15:26, 3. Michael Smith 15:30. **30-39:** 1. Dennis Stormoen 17:16, 2. Bob Hoogendyk 17:59, 3. Jim West 18:07. **40-49:** 1. Bill Graham 17:35, 2. Jim Edmondson 17:38, 3. Jeff Saley 18:41. **50-59:** 1. Gerald Jacobs 20:16, 2. Sanford Dorbin 21:25, 3. Don Longanecker 23:42. **60 & Over:** 1. Robert Moore 26:03.

Division Results - Women's 5K
14 & Under: 1. Heather Eckberg 25:12. **15-18:** 1. Marau Knight 24:18. **19-29:** 1. Dianna Hall 18:38, 2. Gae McClenathen 19:49, 3. Susan Armentrout 20:42. **30-39:** 1. Michele Tiff 18:12, 2. Nancy Carney 21:59, 3. Linda Keep 22:19. **40-49:** 1. Kathy Matthews 24:15, 2. Christine Hughes 26:03. **50-59:** 1. Arlene Dougherty 30:12. **60 & Over:** 1. Margaret Miller 21:16.

Results

Tulong Sa Bayan 5K Victory Run

February 21. Griffith Park, L.A.

Overall Results - Men	
1 Adolfo Garcia, Pasadena	15:53
2 Skardon Baker, Woodland Hills	16:14
3 Victor Canel, L.A.	16:51
4 Martin Torres, L.A.	17:05
5 Henry Lange, Jr., Beverly Hills	17:09
6 Miguel Torres, Glendale	17:21
7 Frank Meza, S.P.	17:23
8 Nick Trozzi, Panorama	17:44
9 Fernando Fernandez, L.A.	18:02
10 Doug Reznick, Montreal	18:04

Overall Results - Women	
1 Jeanne Johnson, Las Vegas	16:58
2 Sue Simms, Newhall	20:50
3 Katie Michaelsen, Bell Canyon	22:41
4 Jackie Castillejo, L.A.	23:29
5 Jane Dods, No. Hollywood	23:32
6 Carol Dougherty, Simi Valley	23:53
7 Jackie Briggs, L.A.	26:44
8 Anselma Juan, Santa Barbara	26:57
9 Sandy Johnson, L.A.	26:58
10 Rose Ibanez	27:05

Division Results - Men	
12 & Under: 1. Mareo Lawson 28:14, 2. Bryan Felsher 31:52, 3. Brett Felsher 33:00. 13-18: 1. Skadron Baker 16:14, 2. Martin Torres 17:05, 3. Fernando Fernandez 18:02. 19-24: 1. Adolfo Garcia 15:53, 2. Miguel Torres 17:21, 3. Doug Reznick 18:04. 25-29: 1. Victor Canel 16:51, 2. Nick Trozzi 17:44, 3. John O'Hearn 18:11. 30-34: 1. Michael Tagudin 22:56, 2. Benjamin Guerrero 24:22, 3. D. Diaz 24:43. 35-39: 1. Henry Lange, Jr. 17:09, 2. Frank Meza 17:23, 3. Bob Helwig 19:28. 40-49: 1. Eugene Blankenship 18:38, 2. Tommy Loveless 19:02, 3. Pedraza Baldomero 19:09. 50-59: 1. Donald Woodrow 18:07, 2. Cornelius Lino 19:50, 3. Lloyd Marchand 25:04. 60 & Over: 1. Phil Jones 21:26, 2. Stanley Neufeld 22:15, 3. Ed Stotsenberg 22:22.	

Division Results - Women	
12 & Under: 1. Katie Michaelsen 22:41, 2. Rachel Morris 31:47, 3. Lorely Trinidad 37:05. 19-24: 1. Jackie Castillejo 23:29, 2. Jackie Briggs 26:44, 3. Erin O'Hara 27:31. 25-29: 1. Jeanne Johnson 16:58, 2. Asuncion Ojeda 29:28, 3. Denise Phillips 30:17. 30-34: 1. Anselma Juan 26:57, 2. Rose Ibanez 27:05, 3. Fahamisha Butler 27:32. 35-39: 1. Sue Simms 20:50, 2. Sandy Johnson 26:58, 3. Janet Coleman 27:50. 40-49: 1. Carol Dougherty 23:53, 2. Lily Garcia 29:08, 3. Fidelia Gutierrez 33:24. 50-59: 1. Jane Dods 23:32, 2. Nancy Tuey 27:57, 3. Katherine Hollingshead 34:20. 60 & Over: 1. Doris Gordon 27:53, 2. Dorothy Stotsenberg 30:22.	

Overall Results - Men's 5K Walk	
1 Jesus Orendain, L.A.	28:38
2 Leroy Hodge, L.A.	28:38
3 Richard Oliver, Studio City	29:07

Overall Results - Women's 5K Walk	
1 Caroline Underwood, L.A.	30:03
2 Nancy Alexander, Pasadena	31:55
3 Elena Vicente, San Pedro	35:47

Red Lobster 10K Classic

February 21. Orlando, FL.

Liz Lynch, a rising international track and road-running star from Dundee, Scotland, weathered rain-slicked pavement and gusty winds to set a new world record for women in the Red Lobster 10K Classic, a closed-loop 10K road race.

She crossed the finish line with a time of 31:07, smashing the previous record by

24 seconds and winning a \$25,000 world record bonus offered by Red Lobster in addition to the \$7,000 prize for taking first place in the women's division. The Red Lobster 10K Classic featured the largest prize purse for any U.S. 10K event in 1987, and drew a field of nearly 2,000 runners from 14 countries.

In the men's race, Marcos Barreto of Mexico crossed the finish line first with a time of 28:13.16, winning the \$7,000 first-place prize, but missing the \$25,000 Red Lobster world record bonus by 30 seconds. Barreto was followed to the finish by Paul Rugut of Kenya (28:14.46) and Paul McCloy of Canada (28:17.19).

The field included some of the world's top runners, including Zak Barie of Tanzania, the current men's 10K world record holder; Mark Curp, one of America's top-rated runners who set the world record for the half-marathon in 1985; and three-time Olympian Craig Virgin.

The first American to cross the finish line was Ed Eyestone of Utah, who placed fifth overall with a time of 28:19.13. The first American woman to finish was Lynn Jennings of New Hampshire, who took second place in the women's race with a time of 31:48.

Despite the adverse conditions-rain and gusty breezes-speculation was high among expert observers that the soft-spoken, 22-year-old Lynch would break the world record. She came to Orlando just two weeks after defeating the previous record holder, Ingrid Kristiansen of Norway, in Indonesia on the island of Bali in the Bali 10K. It was the first defeat for Kristiansen since October 1985, and Lynch beat her own personal-best time by 27 seconds in that event.

The masters field was also exceptionally competitive. In the female race, Gabriele Anderson of Sun Valley, Idaho, continued her winning streak in Florida road races by posting a time of 35:22 and defeating the second-place female masters runner, Jane Hutchison of Joplin, MO, by 53 seconds.

In the men's masters race, Larry Olson of Millis, MA, posted a time of 30:25 and pulled an upset victory over the pre-race favorite, Mick Hurd of Great Britain, who came in at 30:42.

The Red Lobster 10K Classic covered a mostly-flat course through downtown Orlando. It was the championship event of the five-race Red Lobster Running series. The other four events were held last fall in Washington, D.C., Chicago, Cincinnati and Dallas. The overall male and female winners, and the Masters division male and female winners from those events won expense-paid trips to Orlando to compete in the Red Lobster 10K Classic.

Overall Results - Women	
1 Liz Lynch, Scotlnd, \$32,000	31:07
2 Lynn Jennings, NH, \$4,000	31:48
3 Nancy Rooks, Canada, \$3,000	32:22
4 Jill Clarke, GB, \$2,000	32:41
5 Brenda Webb, Texas, \$1,000	32:46
6 Carla Beurskens, Netherlnd, \$800	32:46
7 Margaret Thomas, Tenn, \$700	32:49
8 Maureen Cogan, USA, \$600	33:20
9 Charlotte Teske, WG, \$500	33:20
10 Sabrina Stern, Az, \$400	33:21

Overall Masters - Women	
1 Gabriele Anderson, ID, \$1,500	35:22
2 Jane Hutchison, MO, \$1,000	36:29
3 Bobbi Rothman, FL, \$500	37:12

Overall Results - Men	
1 Marcos Barreto, Mex, \$7,000	28:13
2 Paul Rugut, Kenya, \$4,000	28:14
3 Paul McCloy, Can, \$3,000	28:17
4 Paul Davies-Hale, GB, \$2,000	28:17
5 Ed Eyestone, Utah, \$1,500	28:19
6 J.P. Ndayisenga, Africa, \$1,100	28:27
7 Vince Draddy, San Diego, \$1,000	28:33
8 Ashley Johnson, Kent, \$900	28:34
9 Rafael Martinez, Mex, \$800	28:38
10 Peter Butler, Can, \$700	28:42
11 Mauricio Gonzalez, Mex, \$600	28:43
12 Mark Curp, USA, \$500	28:48

13 John Tuttle, Georgia, \$400	28:51
14 Gabriel Kamau, Kenya, \$300	28:57
15 Don Janicki, Az, \$200	28:57

Overall Masters	
1 Larry Olson, MA, \$1,500	30:25
2 Mick Hurd, GB, \$1,000	30:42
3 Antonio Villanueva, Mex, \$500	30:45

Calif. Finishers	
Bill Kelley, El Toro, CA	45:26
Paul Weber, Oceanside	51:54

Almond Blossom Runs

February 21. Durham. 5K & 10K.

Overall Results - 5K	
1 Kelly Dodge (15-18)	15:37
2 Jeff Hildebrandt (25-29)	15:47
3 George Tedford (19-24)	16:09
4 David Amster (35-39)	16:12
5 Mike Hotton (30-34)	17:18
6 Les Fredrickson (50-54)	17:47
7 Jeff Ochs (15-18)	17:52
8 Rob Amster (15-18)	17:56
9 Tom Baer (15-18)	18:02
10 Jon Steele (11-14)	18:05

Division Results - Men's 5K	
10 & Under: 1. Tim Acosta 22:27, 2. Jeremy Rich 24:25, 3. Noah Brimhall 30:51. 11-14: 1. Jon Steele 18:05, 2. Scott Worden 19:17, 3. Bret Heintz 19:38. 15-18: 1. Kelly Dodge 15:37, 2. Jeff Ochs 17:52, 3. Rob Amster 17:56. 19-24: 1. George Tedford 16:09, 2. Tony Stefano 19:10, 3. Keith Power 19:29. 25-29: 1. Jeff Hildebrandt 15:47, 2. Joe Edwards 18:32, 3. David Carroll 21:04. 30-34: 1. Mike Hotton 17:18, 2. Michael Rivas 18:24, 3. Dave Brown 19:03. 35-39: 1. David Amster 16:12, 2. Gary Mount 20:05, 3. Mark Hauskens 20:19. 40-44: 1. Bob Wall 19:19, 2. Nick Pizzica 19:20, 3. Len Buchert 20:37. 45-49: 1. Carl Miguel 20:27, 2. Ernie Dalton 21:07, 3. James Thorup 21:17. 50-54: 1. Les Fredrickson 17:47, 2. Gary Hollinger 20:21, 3. Arvid Haas 20:29. 55-59: 1. Wallace Sparks 21:00, 2. Herman Romero 22:32, 3. Bob McGill 24:38. 60 & Over: 1. Larry Forero 24:27, 2. Charles Weis 24:36, 3. Ray Mahannah 24:38.	

Division Results - Women's 5K	
10 & Under: 1. Dee Dee Gorbet 22:03, 2. Sara Gates 23:03, 3. Amy Sipher 27:39. 11-14: 1. Tina Gorbet 18:48, 2. Daisy Stanhope 21:47, 3. Dina Vollandroff 22:23. 15-18: 1. Mary Flinchum 19:26, 2. Jenny Randolph 20:18, 3. Leslay Choy 20:43. 19-24: 1. Diana Waybright 19:46, 2. Julie Holmes 20:59, 3. Catarinas Arwidsson 22:22. 25-29: 1. Kristi Grissom 21:58, 2. Cindy Lohse 22:40, 3. Patti Hall 22:59. 30-34: 1. Elizabeth Moural 21:14, 2. Barbra Calhoun 21:50, 3. April Carter 21:59. 35-39: 1. Karen Choy 22:52, 2. Sandi Anderson 23:29, 3. Kathleen Gabriel 23:48. 40-44: 1. Joan Keeney 21:43, 2. Susan Condon 22:28, 3. Betsy Reid 25:16. 45-49: 1. Sharon Stefano 23:56, 2. Donna Dalton 25:36, 3. Jeanie Alvidrez 26:59. 50-54: 1. Laurene Feingold 24:45, 2. Barbara Klasson 29:25, 3. Nancy Felling 29:27. 55-59: 1. Beverly Forero 28:00, 2. Ginny Biggers 32:55, 3. Nona Searcy 38:47. 60 & Over: 1. Norma Kerhoulas 25:58, 2. June Bock 30:09, 3. Lori Lovett 57:11.	

Jackets Run

February 22. Louis Park, Stockton. 10K.

Overall Results - 10K	
1 Bill Seaver (37) Byron	33:51
2 Dave Sincicome (38) Sparks, NV	34:36
3 Mike Rowerdink (34) Stockton	35:02
4 Roger Zoldan (40) Fremont	35:36
5 Richard Whitewater (47) S.F.	35:47
6 Kevin Sage (37) Stockton	35:58
7 Frank Garcia (31) Tracy	36:01
8 Steve Treadway (31) Manteca	36:06
9 Jerry Martinez (34) Stockton	36:43
10 Brian Erbele (27) Stockton	37:56
16 Consuelo Garcia (27F) Stockton	39:52

Division Results - Men's 10K	
17 & Under: 1. Matt Kent 60:01. 18-29: 1.	

Brian Erbele 37:56, 2. Richard Weaver 49:47, 3. Ted Herman 52:46. 30-39: 1. Bill Seaver 33:51, 2. Dave Lincicome 34:36, 3. Mike Rowerdink 35:02. 40-49: 1. Roger Zoldan 35:36, 2. Richard Whitewater 35:47, 3. Thomas Morton 38:58. 50 & Over: 1. George Orello 43:29, 2. Bob Taylor 59:37.

Division Results - Women's 10K
18-29: 1. Consuelo Garcia 39:52. 30-39: 1. Karen Sanquinetti 41:17, 2. Jan Levat 42:56, 3. Barbara Zoldan 45:06. 40-49: 1. Chiyo Shingu 48:40. 50 & Over: 1. Tobin Clarke 60:00.

Overall Results - 2 Mile	
1 Richard Whitewater (47) S.F.	10:28
2 Alfredo Tong (16) Stockton	10:40
3 Richard Rodriguez (50) S.F.	10:42
4 Mike Hotton (32) Antioch	10:48
5 Randy Avellar (37) Acampo	11:10
6 Harry Tellman (48) WestPoint	11:33
7 Bill Schwartz (39) Fresno	11:38
8 David Valentine (42) Stockton	11:51
9 Kenneth Valentine (19) Stockton	12:16
10 Llewellyn Dukes (8) Stockton	12:24
11 Wanda Dukes (9F) Stockton	12:25

Division Results - Men's 2 Mile
17 & Under: 1. Alfredo Tong 10:40, 2. Llewellyn Dukes 12:24, 3. Gregory Dukes 12:45. 18-29: 1. Ken Valentine 12:16, 2. Tom Azevedo 14:03, 3. Carl Rhodes 15:27. 30-39: 1. Mike Hatton 10:48, 2. Randy Ovellar 11:10, 3. Bill Schwartz 11:38. 40-49: 1. Richard Whitewater 10:28, 2. Harry Tellman 11:33, 3. Dave Valentine 11:51. 50 & Over: 1. Richard Rodriguez 10:42, 2. Gary Hallings 13:08, 3. Curtis Tom 13:23.

Division Results - Women's 2 Mile
17 & Under: 1. Wanda Dukes 12:15, 2. Maria Munoz 13:06, 3. Letrice Dukes 13:16. 18-29: 1. Beckie Wright 20:50, 2. Lori Martinez 21:03, 3. Sherolyn Hulbert N.T. 30-39: 1. Soledad Solis 17:16, 2. Patt Segura 23:56, 3. Maria Rodriguez N.T. 40-49: 1. Jessie Nyoyla 14:12, 2. Sharon Miller 15:52, 3. Lea Landry 16:21. 50 & Over: 1. Dorothy Lang 21:25, 2. Joanne Pittel 25:23.

Desert Princess Run-Bike-Run

February 28. Palm Springs.

Overall Results - Men	
1 Ken Souza (21) Leucadia	2:36:27
2 Glen Cook (24) RanchoStaFe	2:39:54
3 Mike Pigg (23) Arcata	2:40:11
4 Brad Kearns (21) WoodlandHill	2:40:18
5 Greg Stewart, Merced	2:40:29
6 Thomas Becker (28) SLO	2:41:39
7 Scott Tinley, Encinitas	2:41:52
8 Andrew MacNaughton(24)C.P.	2:44:10
9 Scott Molina (26) Boulder	2:45:08
10 Mark Blaser (29) PalmSp	2:45:22
11 Duff Gordon(25)SealBch	2:45:55
12 Ken Kiss(26)Camarillo	2:46:24
13 Emilio DeSoto (26) SanDiego	2:47:09
14 Ray Webb (25) Bakersfield	2:47:25
15 Mike McManus (23) NewportB	2:48:12
16 Marc Surprenant (25) Encinitas	2:50:47
17 Rob Bistodeau (27) SanDiego	2:51:57
18 Rick Kiddle (24) LaJolla	2:52:00
19 Mark Montgomery(30)Encinitas	2:52:29
20 Duncan Thomas(38)SantaBarb	2:53:13
21 Mark Matias(23)HuntingtonB	2:53:38
22 Michael Smith(22)SantaBarb	2:56:06
23 Clay Sherman(22)G.H.	2:56:48
24 George Pierce(27)ThousOaks	2:58:15
25 Douglas Tomsen (36) Ramona	2:59:36
26 Jeff Bender (24) Rosemead	2:59:46
27 Gary Hooker (45) Leucadia	3:00:01
28 Kenny Slaughter(29)SantaBar	3:00:17
29 Henry Schnepf (30) Irvine	3:00:41
30 Michael Lotter (33) Aptos	3:00:57

Overall Results - Women	
1 Kirsten Hanssen (25) Denver	3:00:05
2 Sarah Coops (22) RanchoStaFe	3:03:39
3 Julie Richardson(29)Encinitas	3:15:44
4 Jill Brenning (26) Kirkland	3:16:39
5 Helen Knox (28) Encinitas	3:23:05
6 Pam Crockett(26)SaltLkCity	3:25:29
7 Stacie Kennedy(24)Brea	3:29:53
8 Sigrid McAllister(46)YuccaVly	3:29:57
9 Terry Thomas(37)SantaBarb	3:34:24
10 Nancy Baird(36)CostaMesa	3:35:44



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