

MAY 1988

ISSUE NO. 136

# CALIFORNIA

## *Track & Running News*

08/88

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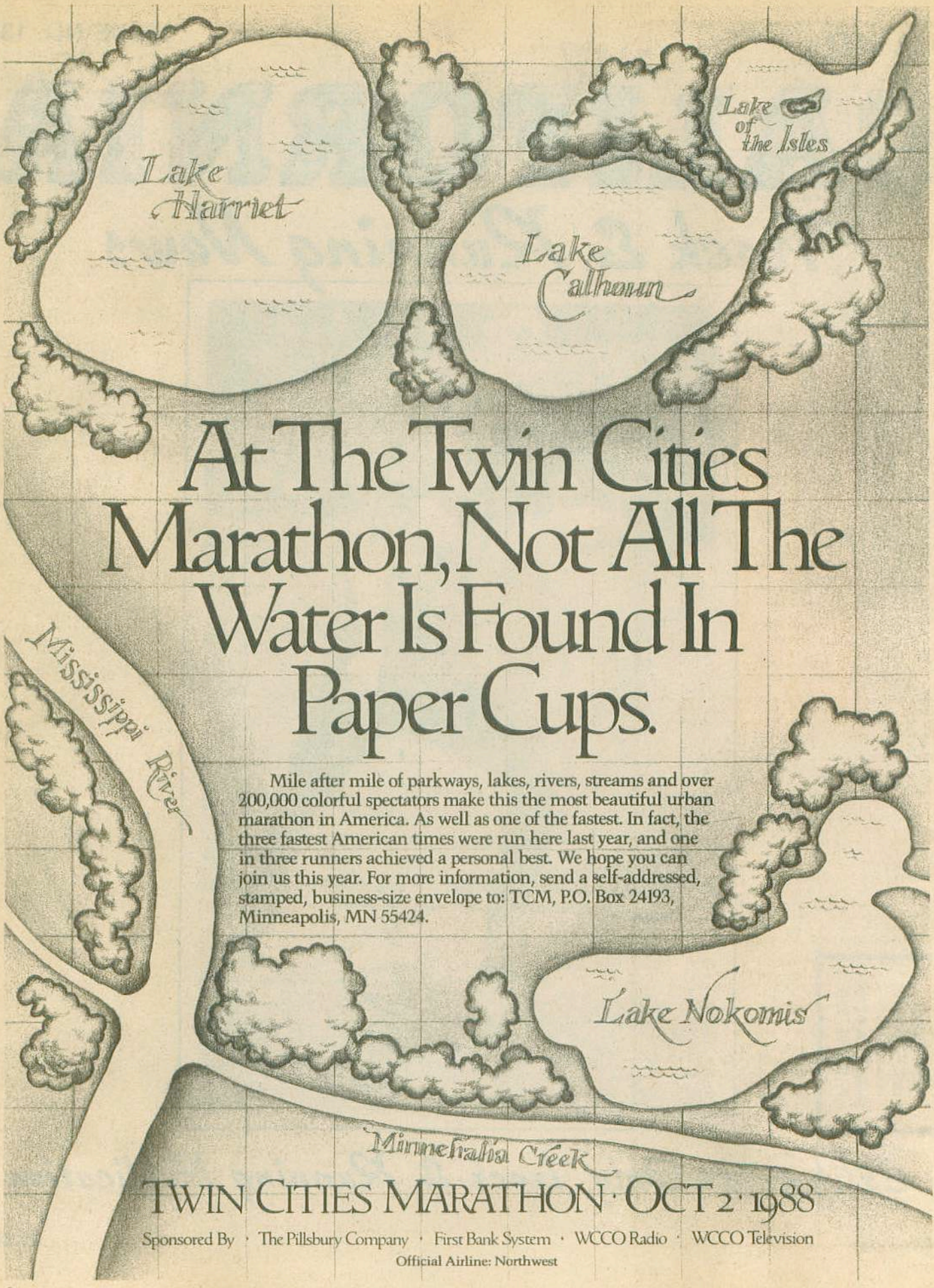


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# At The Twin Cities Marathon, Not All The Water Is Found In Paper Cups.

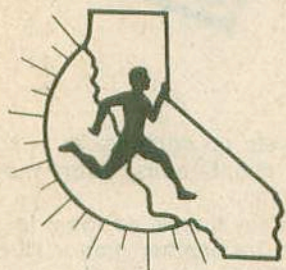
Mile after mile of parkways, lakes, rivers, streams and over 200,000 colorful spectators make this the most beautiful urban marathon in America. As well as one of the fastest. In fact, the three fastest American times were run here last year, and one in three runners achieved a personal best. We hope you can join us this year. For more information, send a self-addressed, stamped, business-size envelope to: TCM, P.O. Box 24193, Minneapolis, MN 55424.

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# CALIFORNIA

*Track & Running News*



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MEMBER OF RUNNING USA

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## Results Section

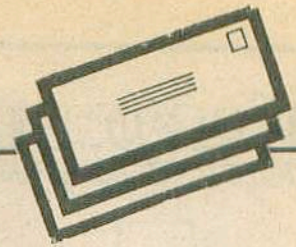
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**ON THE COVER:** John Wirtz of Leland High School in San Jose is the current state discus leader at 190-5.

photo by Burt Davis

# Mailbag



Dear Editor Cockerham:

Thank you for your coverage of road racing in your publication.

We would like to call your attention to your coverage in the March 1988 edition (issue No. 134) of **California Track and Running News** on Page 33 titled "Super Bowl Sunday 10K."

As you correctly noted in the article, Race Director Hans Albrecht did hold the Long Beach Centennial Super Bowl Sunday 10K Run on January 31 on a bold, fast new course in Long Beach.

We would like to correct a statement which you or your writer had regarding Race Director Hans Albrecht and his "dispute" with the host of the Redondo Beach race, the Redondo Beach Chamber of Commerce. Your article erroneously stated: "So, he left, set up another race on the same day in Long Beach and called it the Super Bowl Sunday 10K. Redondo said he couldn't do that, went to court on it and won..."

The Chamber did not "win". In fact, you will find the court records indicate that the Redondo Beach Chamber of Commerce took Hans Albrecht to court seeking an injunction to prevent him from conducting a Super Bowl Sunday 10K road race, from using the Super Bowl Sunday 10K name, and from using the 10K logo. The Redondo Chamber failed to support its contentions and the judge ruled against their claims and rejected the Chamber's request for the injunction, in essence allowing Albrecht to conduct a 10K race on Super Bowl Sunday at any location he so desired, to call it what he wanted to call it, and to utilize the 10K logo he had had developed nine years prior.

We hope you will correct the record on this matter.

Thank you again, for your continuing coverage of road running. We are looking forward with interest to your coverage of road running on January 22, 1989 -- pro football's championship day.

Yours in running,

Hans Albrecht and Dennis McCarbery

Bill:

Just read your Editor's Reply on page 4 of the April 1988 issue of CT&RN. It seems if I spend an hour at my word processor crafting a letter, that's the last I hear of it. But if I take a minute to scratch something on a post-card, it gets published.

Let me clarify my comments on Paul Reese, the northern California bias, and respond to what you wrote on the matter while taking a few more shots from the hip.

I believe anyone who knows the record of Lewin and Reese during 1987 would pick Lewin over Reese (Lewin is a member of my club, The Seniors Track Club; Reese is a former member.)

I believe your selectors are predominantly from northern California, so they may not know of Lewin's performances. Another of our members, Ray Gil, got votes in the 65-69 division. Ray is only 63. Was this due, also, to the ignorance of the northern California selectors? I wish you would tell us the hometowns of your selectors and why they are qualified to be selectors. Then the bias in the balance of selectors can be judged. By the way, if Paul Reese has a vote, then Eddie Lewin should, too.

You say there is no bias because more than half of those chosen are from southern California. What kind of logic is this? For instance: if 75% of those selected SHOULD have been from southern California, but, only 60% of them were, then there is an unfair northern California bias. Perhaps my original comment did not make this clear.

Don't get me wrong on this. Over the years, many of your selections have been members of the Seniors Track Club -- probably more than for any club still extant. Yet, there were times when some of our people were overlooked or displaced by a northern California runner of less merit, who, if I recall correctly, also had a vote in some instances.

I suggest that in the future you publish the details of the balloting. Who voted for whom, the hometown of the selectors, why they are qualified to be selectors, etc., so the reader can judge and better analyze the results. This certainly would create interest, and

even stir up controversy -- something that might help your magazine's circulation.

You say there's no room for it? This brings up another matter I'll comment on. Also on page 4, you say: "We will continue to give you... hardcore track and running news you can't find anywhere else."

Those endless details of southern California and national track meets are published in the **Los Angeles Times** and other southern California publications. Anyone who's interested in the sport has read them there the day after the event, not two months later when your publication appears. I'm sure anyone who had interest in the LA Times indoor meet has long ago read, and forgotten, about it. Yet you wasted an entire page on it. So here's a place you can free up some space for some real NEWS.

On the same note. Why devote so much time to this high school stuff? How many of your SUBSCRIBERS are high school students? Those of us who pay the bill have little or no interest in this material. Take a poll of your subscribers and verify this statement. Also, I suggest you reject any road race results that do not include the award winners for the runners in the mature age groups for the reason.

And please, no more of "The Athlete's Kitchen" by Nancy Clark. Let her pay for an ad in a legitimate commercial publication. Seems to me she's a front for the cattle and egg-growing conglomerates, if her last column is typical.

Your schedule of up-and-coming events is pretty good -- if the reader lives in northern California. If the reader lives in the Los Angeles area, then other publications are of greater value. The worse thing about your Schedule is the lack of the information on the cost of entry. Some of our members (median age 55) are retired, or semi-retired, people living on modest incomes. The cost of an event is no trivial matter to them, nor is the cost of the phone call(s) they have to make to get this information.

Al Hromjak  
Editor & Publisher,  
*Seniors Track Club Newsletter*

# 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 1 (Sunday)

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

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

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

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

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

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

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

**Sausalito:** Scenic Bay Run, 3.95 Mi., Entrance to tunnel at Fort Cronkhite, 9 a.m. Sausalito Recr. Dept., P.O. Box 127, Sausalito 94966. (415) 332-4520.

**Belmont:** Bay View Federal Savings Belmont Biathlon, 10K Run, 20K Bike, also 5K Run, 10K Bike and "Trike & Trot", 8 a.m./Long, 11 a.m./Short, noon/Kids. Belmont Chamber of Commerce, P.O. Box 645, Belmont 94002. (415) 595-8696.

**Santa Cruz:** "Discovering Our Common Ground"/Peace Day 5 & 10K, Delaware & Natural Bridges Dr., 8:30 a.m. Vinnie Apicella, 101 Grand Ave., #4, Capitola 95010. (408) 462-5319 or 427-0834.

**Angwin:** Angwin to Angwish 5 & 10K, Pacific Union College Gym, 9 a.m. Alice Brayshaw, Dept. of HPER, Pacific Union College, Angwin 94508. (707) 965-6344.

**Ridgecrest:** Inyokern 10 Mile Run, Hwy 395 & So. China Lake Blvd. (7 1/2 Mi. So. of Ridgecrest), 8 a.m. OTHTC 10 Mile, c/o Scott Broyles, 1243 Wayne St., Ridgecrest 93555.

**Oxnard:** California Strawberry Festival 10K, Channel Island Harbor, 8 a.m. Chris Holmbey, 3836 Pemm Pl., Santa Barbara 93105. (805) 563-1008.

**Lone Pine:** Wild, Wild West Cross-Country Marathon (& 3 and 5 Mi.), Tuttle Creek Campground, 7 a.m./Marathon & 5 Mi., 7:10 a.m. Lone Pine Chamber of Commerce, P.O. Box 749, Lone Pine 93545. (619) 876-4444. Note: 5 Mi. may be 10 Mi.

**Altadena:** Old Fashioned Days 5 & 10K Runs & Family FunWalk, Altadena Town & Country Club (2290 Country Club Dr.), 9 a.m. Rancho Pub & Grill, 2485 North Lake Ave., Altadena 91001. (818) 798-7634 (Lynette Larson).

**Glendale:** Heart & Sole Classic, Distance(s) TBA, Verdugo Park (1621 Canada Blvd.) Employee Relations, Glendale Federal Savings, Hoest Center, 201 W. Lexington, Glendale 91203. (818) 409-5207 (Mark Goldstein).

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

**San Diego:** Cinco de Mayo Run & Walk, 10K & 2 Mi., Balboa Park, 7:30 a.m. Lyn Lacey (619) 236-0842.

**Spokane, WA:** Lilac Bloomsday Run, 12K, Time TBA. Lilac Bloomsday Run, Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. (509) 838-1579.

**Modesto:** Godzilla Gasp 10 Mile Run, 8 a.m. Carl Peterson, 3908 Trillium Ave., Modesto 95356. (209) 523-6206 Leroy Light.

**Merced:** May Day Health Race, 5 Mi. & 1.5 Mi. Run/Walk, Lake Yosemite (Veteran's Cove), 9 a.m. MCMC Admitting Office, Attn: Greg Spurgeon, P.O. Box 231, Merced 95341. (209) 385-7028.

### May 3 (Tuesday)

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

### May 5 (Thursday)

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

### May 7 (Saturday)

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

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

**Corcoran:** Coconos, 3 & 10K, 8 a.m. John Maroot Park (corner of Van Dorsten & Hanna). Ron Garcia 5605 Niles Ave., Corcoran 93212. (209) 627-2806.

## □ Schedule

**Fresno:** American Heart Association Run For Life, 2 Mi & 10K, 7:00 a.m./2 Mi, 7:30 a.m. Mt. View Shelter, Woodward Park. American Heart Association, 3835 N. West Avenue, Fresno 93705. (209) 224-8215.

**San Francisco:** Message to Garcia 10K & 1 Mi. Fun Run, Presidio of S.F., 8 a.m./1 Mi, 8:30 a.m. John Costigan, HQ Sixth Army, Attn: AFKC-RM, Presidio of San Francisco 94129. (415) 561-6020.

**San Francisco:** St. Ignatius Alumni Run, 2 & 4.5 Mi., Lake Merced (Boathouse Restaurant), 9 a.m. Al Clifford, 1965 Market St., San Francisco 94103. (415) 552-1006.

**San Francisco:** Human Race 8K, Marina Green, 8 a.m. Miriam Gimpel, Volunteer Center of S.F., 1090 Sansome St., San Francisco 94111. (415) 982-8999.

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

**Gilroy:** Walk-a-thon/Run For Health, 10K, (Cohansey & Noname Uno off 101 Frwy), 8 a.m. Gail Bridwell, So. Valley Hospital Foundation, 650 Fifth St., Gilroy 95020. (408) 842-5621, x452.

**San Mateo:** Human Race 8K, Central Park, 8:30 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

**San Rafael:** Human Race 10K Run/Walk, Terra Linda High School (320 Nova Albion), 8:30 a.m. Volunteer Center of Marin, 70 Skyview Terr., San Rafael 94903. (415) 479-5660.

**Stockton:** Cinco de Mayo Race, 5K & 1 Mi. Fitness Run, The Warehouse (445 W. Weber), 9:30 a.m./5K, 9 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208. (209) 951-8941.

**Tracy:** Run Against the Wind 10K & 2 Mi., Dr. Powers Park (Tracy Blvd. & Lowell), 7 a.m. Bob Milliorn, 7759 W. Cabe, Tracy 95376. (209) 832-1054.

**Sacramento:** Maranatha Half-Marathon & 10K, Goethe Park, 8 a.m./Kids' 1/2-Mile, 8:20 a.m./H-M, 8:30 a.m. Christian Runner's Assoc., Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Sacramento:** Lloyd Connelly/Friends of the River 5 & 10K, (3636 American River Dr.), Time TBA. Sharon Sims (916) 443-8887.

**lone:** Goldweb Gallop, 10K, Half-Marathon & Kids 1 Mi., 7:45 a.m./1 Mi., 8 a.m./H-M, 8:30 a.m. Mike or Julie Bohl, Goldweb Publications, P.O. Box 606, lone 95640. (209) 274-2403.

**Arcata:** Atlanta's Victory Run, 2 & 5 Mi. (Women Only), Arcata Co-op, Time TBA. Karen Kelley-Day (707) 443-2652.

**Solvang:** Run for Justice, Distance TBA, Christian Anderson Park (Atterdag Rd.), 9:30 a.m. Muriel Sumpter: (805) 736-0965.

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

**So. El Monte:** Born to Run 1.2 Mi. Cross Country Race, Legg Lake Park, 7:45 a.m. Attn: Jim, 13413 Melody Rd., Chino Hills 91710.

**San Luis Obispo:** Alcohol Services 5 & 10K Dry Run, Meadow Park, 8 a.m. Jean da Costa, Alcohol Services, 3220 S. Higuera St., #201, San Luis Obispo 93403.

**Newport Beach:** Ford Aerospace Tune Up Runs, 1K, 5K & 10K, (Ford Rd. & Jamboree), 7:30 a.m. Spring Tune Up Run, Box A, Ford Rd., Newport Beach 92660. (714) 720-7787 (Sam Johnson).

**Ventura:** Law Day 5K (Victoria & Thille), 9 a.m. Donna de Paola, Ventura Co. Bar Assoc., 4478 Market St., #704, Ventura 93003.

**Santa Barbara:** Law Day USA 15K Run & 3x5K Relay, Palm Park (Cabrillo Blvd.), 8:30 a.m./15K, 9 a.m./Relay. Santa Barbara Co. Bar Assoc., P.O. Box 6616, Santa Barbara 93160. (805) 962-3443.

**Fountain Valley:** Run for the Roses 6K and Fun Run, Mile Square Park, 9 a.m. Silky Sullivans, 10201 Slater Ave., Fountain Valley 92708. (714) 963-5967 (Bill Madden).

**Torrance:** Make a Wish 5 & 10K, (2800 Skypark Dr.), 7:30 a.m. Debra Leathers, Southwestern School of Law, 675 S. Westmoreland Ave., Los Angeles 90005. (213) 738-6814.

**Van Nuys:** Human Race 2K, 5K & 10K, Woodley Park, 8 a.m. Volunteer Center of SFV, 6931 Van Nuys Blvd., #309, Van Nuys 91405.

**Hawthorne:** Hawthorne YMCA Mother's Day 3K & 10K, Hawthorne Plaza Mall, 8 a.m. Quin Gustason, Hawthorne YMCA, 12500 S. Ramona, Hawthorne 90250. (213) 679-1146.

**Pomona:** Human Race 10K Run & Walk, Cal-Poly Univ. (football field), 7 a.m./Run, 8 a.m./Walk. Volunteer Center, 375 S. Main St., #109, Pomona 91766.

**Downey:** Downey Optimist Club 10K Run, Rancho Los Amigos Hospital (Imperial & River School Rd.), 8 a.m. Downey Optimist Club, P.O. Box 831, Downey 90241. (213) 927-7764.

**Lake Hughes:** Steamroller 100K Run, Angeles National Forest, 5 a.m. CMFA, 16 Peppertree, Rancho Palos Verdes 90274. (213) 544-1817.

**Monrovia:** Monrovia Centennial 5 & 10K and 2K Fun Run, YMCA (Mountain & Lemon), 7:30 a.m./2K, 8 a.m. Santa Anita YMCA, 501 S. Mountain, Monrovia 91016. (818) 359-9244.

**San Diego:** YMCA/Breakers 5K & 10 Mi., Mission Beach, 7 a.m. Roger Martin: (619) 232-7451.

**San Diego:** BMW La Jolla Marathon Relay, 5x5.2 Mi., UC San Diego, 2 p.m. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

**Las Vegas:** Bud Light Road Runner Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Jim Reitz, UNLV Athletics, 4505 S. Maryland Pkwy., Las Vegas, NV 89154. (702) 739-3636.

**Merced:** Merced Track Club Scholarship Run, 5.3 Mi. time-prediction fun run, Applegate Park (at the Bell), 26th & "O" Sts., 8 a.m. MTC Scholarship Run, P.O. Box 3275, Merced 95344. (209) 722-8385 Ken Schwisow.

**Santa Rosa:** The Human Race, 3 & 10K, Herbert Slater Jr. High School, 8 a.m. Volunteer Center, 1041 Fourth St., Santa Rosa 95404. (707) 544-9480 Karen Christensen.

**Arcata:** Atlanta's Victory Run, 2 & 5 Mi., Arcata Co-op (811 "I" St.), 10 a.m. (Women Only). Six Rivers R.C., P.O. Box 214, Arcata 95521.

## May 8 (Sunday)

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

**San Francisco:** May Day Run, 5 & 10K, So. Side of Polo Fields (Golden Gate Park), 9 a.m. Carole Dears, American Heart Assoc., 421 Powell St., San Francisco 94102. (415) 433-2273.



## □ Schedule

**San Francisco:** Cinco de Mayo Razathon, 3.5 Mi., Rolph Park (Potrero & Army Sts.), 9 a.m. Dave Perlin, c/o MECA, 3007 - 24th St., San Francisco 94110. (415) 826-1401.

**San Francisco:** DSE Low Tide Run, 6.0 Mi., Ocean Beach at Great Hwy & Balboa, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

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

**Boonville:** Boontling Classic, 5K, Anderson Valley School, 10 a.m. Vickie Stone, P.O. Box 308, Boonville 95415. (707) 895-2990.

**Zuma Beach:** Ultra Energy Malibu Sprint Triathlon, 1/4 Mi. Swim, 15 Mi. Bike, 3 Mi. Run, Time TBA. Michael Epstein, 26048 Farmfield Rd., Calabasas 91302. (818) 880-4915.

### May 10 (Tuesday)

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

**San Luis Obispo:** Night Moves 5K, 6:15 p.m. Rick Van Horn, Recreational Sports Office, University Union 118A, Cal Poly State Univ., San Luis Obispo 93407. (805) 756-1366.

### May 12 (Thursday)

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

**San Luis Obispo:** Night Moves 5K, Cal-Poly, main gym, 6:15 p.m. Rick van Horn: (805) 756-1366.

### May 14 (Saturday)

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

**Sutter Creek/Jackson:** Slice 100K Run, 50K/Day, Time TBA. Paul Reese, 308 Forest Ct., Auburn 95603.

**Menlo Park:** Celebrate Education Run for Fun, 5 Mi., Hillview School (Elder & Santa Cruz Ave.), 9 a.m. Charlot Singleton, 138 Isabella Ave., Atherton 94025. (415) 328-1942.

**San Jose:** "Stroller-Thon" 8K (strollers encouraged but not req'd.), 9 a.m. Mothers' Milk Bank, 2260 Clove Dr., San Jose 95128. (408) 998-4550.

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

**Corralitos:** Sole Savers Run, 10K, Holy Eucharist Church (Corralitos Rd. near Watsonville), 8:30 a.m. Michael Jordan, 14 Eileen St., Watsonville 95076. (408) 724-2962.

**Guerneville:** Stumptown Daze Run Through The Redwoods 5 & 10K, Armstrong Woods Rd., 9 a.m. Russian River Chamber of Commerce, P.O. Box 331, Guerneville 95446. (707) 869-9000.

**Bass Lake:** Smokey Bear 10K, 2 Mi. & Kids 1K, Pines Resort, 8 a.m. Wes McNally, USDA Forest Service, 41969 Highway 41, Oakhurst 93644. (209) 683-4665.

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

**Bakersfield:** Bud Light Triathlon, 2K Swim, 40K Bike, 15K X-C Run, Lake Ming off Hiway 178, 8 a.m. North Bakersfield Recreational Park District, 405 Galaxy, Bakersfield 93308. (805) 399-2720.

**Newport Beach:** Back Bay Community Walk/Jog, Distance TBA, 55-years-and-over only, Newporter Inn (Jamboree Blvd.), 8 a.m. Roseann Bora, 800 Marguerita, Corona del Mar 92625. (714) 644-3244.

**Chula Vista:** Scripps Memorial Health Beat 10K, 2 Mi., 8 a.m. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

**San Diego:** Nordstrom's Stride, 5K, Hospitality Point, Time TBA. In Motion, 3456 Ingraham St., San Deigo 92109. (619) 483-9501.

**Visalia:** Sequoia Athletic Club 10K, Time TBA. Joe Luis: (209) 627-1446.

**Los Angeles:** Five & Dime Classic, 5 & 10K, Griffith Park, 8 a.m. Race Central, P.O. Box 828, Rialto 92376. (818) 502-2375.

### May 15 (Sunday)

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

**Berkeley:** Tilden Tuff 10 Mile, Inspiration Point, 8:30 a.m. (350 Limit). Lake Merritt J&S, 3136 California, Oakland 94602. (415) 530-9151.

**Santa Cruz:** Banana Slug Classic, 7 Mi., UC Santa Cruz (East Field House), 10 a.m. Torin Rofstein, 512-B Second St., Santa Cruz 95060. (408) 426-2849.

**Sacramento:** Old Sac Triathlon, 600 Yd. Swim, 13 Mi. Bike, 3 Mi. Run, South Natomas area, 8 a.m. Bill Kelly, Fleet Feet, 2408 J Street, Sacramento 95816. (916) 442-7223.

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

**Arroyo Grande:** Team Challenge/Arroyo Grande Triathlon, 1/2 Mi. Swim, 5K Run, 18 Mi. Bike, Mallard Cove area (Lopez Lake), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Arcadia:** Santa Anita Lite Spring Classic, 1K, 5K & 10K, Santa Anita Race Track, 7:30 a.m./10K. Irene Mew, The Trophy Case, 16 No. First Ave., Arcadia 91006. (818) 574-1582.

**San Diego:** Palomar Pentathlon XXII (5 events on track), Balboa Stadium, 9 a.m. Graeme Shirley (619) 455-4440.

**Eureka:** Redwoods Run, 8 Mi. & 3.5 Mi., College of the Redwoods, 8 a.m. College of the Redwoods, Attn: A.S.C.R. Run, 7351 Tompkins Hill Rd., Eureka 95501.

### May 17 (Tuesday)

**Oxnard:** 3 Mile Evening Run, 6 p.m. Oxnard Parks & Rec., 325 So. A Street, Oxnard 93030. (805) 984-4643.

### May 19 (Thursday)

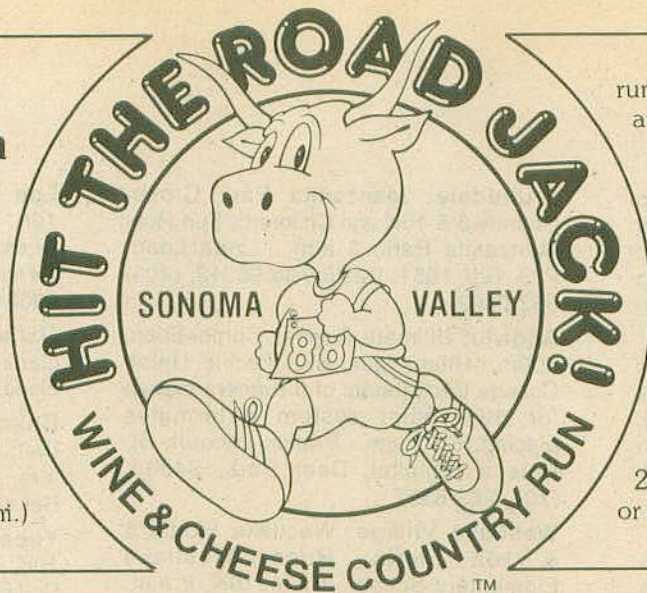
**So. El Monte:** Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.



## A morning run and a day of fun in Sonoma!

The Sonoma Cheese Factory, home of Sonoma Jack® Cheese, announces the second annual "Hit The Road Jack" Wine and Cheese Country Run, a benefit for Hospice.

Basically flat and scenic 10K and almost 4K (2.6 mi.)



runs. Also walk and wheelchairs.

Six color, heavy cotton T-shirt with registration. Pre-register by May 20 for \$10, or run day, \$12.

Plan now to enjoy a morning run in springtime Sonoma.

For registration info write: Sonoma Cheese Factory, 2 Spain St. Sonoma, CA 95476 or call 707-938-JACK.

**JUNE 4**

### May 21 (Saturday)

**San Francisco:** Golden Gait Walkathon, 6K & 12K, Washington Square (Columbus at Union), 9 a.m. Forrest Gok, Self-Help for the Elderly, 640 Pine St., San Francisco 94108. (415) 982-9171, x48.

**Fresno:** Exercise for Health Day 1988, 8 a.m. The American Cancer Society, 2940 North Fresno St., Fresno 93703. (209) 225-9202.

**Richmond:** "High Five" 5K, Pt. Pinole Regional Shoreline, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Palo Alto:** Gunn Paly 5 & 10K, 8:30 a.m. Palo Alto Recr. Dept., Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2342.

**Geyserville:** Icebreaker Triathlon (Redwood Coast Triathlon Series), 1/2 Mi. Swim, 5K Run, 14 Mi. Bike, Lake Sonoma Park, 8 a.m. (350 limit). Redwood Coast/USLA, P.O. Box 337, Healdsburg 95448. (707) 575-7144.

**Ukiah:** 24-Hour Relay, Ukiah High School (track), Pre-Reg. Only (until 5/7), noon (\$350/10-person team). Liz Black, Redwood Health Club, 3101 So. State St., Ukiah 95482. (707) 468-0441.

**Fresno:** Mind Over Matter 2 Mi. & 10K, Cedar Vista Hospital (Cedar & Herndon Aves.), 7:30 a.m. Nancy Lucinian, 7171 No. Cedar, Fresno 93710. (209) 449-8011.

**Kingsburg:** Dala Horse Trot VII, 10K and 2 Mi., Downtown Park (Lewis & Marion Sts.), 7 a.m. Dala Horse Trot, P.O. Box 103, Kingsburg 93631. (209) 897-5909 or 897-5764 (Cheryl Smith).

**Lompoc:** Mission Fiesta 10K Run and 5K Run/Walk, La Purisima Mission, 8:30 a.m./Walk, 8:45 a.m./5K, 9:30 a.m. Peggy Good: (805) 733-3644.

**Santa Barbara:** Delta Ypsilon Delta Delta Delta 5 & 10K, Leadbetter Beach, 9 a.m. Brooks Beard, 6556 El Nido, #15, Goleta 93117. (805) 685-1596.

**Canoga Park:** Great Rockwell Reservoir 5 & 10K and 1 Mi. Fun Run, Canoga Park (8500 Fallbrook Ave.), 7:30 a.m./10K, 9:15 a.m./5K, 10:30 a.m. Steve Polley, Rockwell Reservoir Run, 8500 Fallbrook Ave., West Hills 91304. (818) 710-2145.

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

**San Bernardino:** Coyote Classic 5 & 10K, CSU San Bernardino, 8 a.m./5K, 8:30 a.m. Brian Sommerfield, Associated Students Office, Cal-State Univ., 5500 University Pkwy., San Bernardino 92407. (714) 887-7494.

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

**Fillmore:** Youth Employment Service 10K & 2.7 Mi., Central & Sespe, 8 a.m. Youth Employment Service, 455 Sespe Ave., Fillmore 93015. (805) 524-2424.

**Dana Point:** Dana Point Scholarship 5 & 10K & Kids Track Run, Dana Hills High School, 8 a.m. Dana Point Scholarship Run, P.O. Box DF, Dana Point 92629. (714) 661-0317.

**San Diego Area:** Bradley/Sapporo Run, 4K & 0.8 Mi., Chollas Lake, 9 a.m. Hal Bradley. (619) 281-9632.

**San Diego:** Valley Center Optimists 10K & 2 Mi., Off Cole Grade Rd., 7 a.m. Garry Farmer (619) 749-3290.

**Fresno:** Mind Over Matter 10K & 2 Mi., Cedar Vista Hospital, 7 a.m. Cedar Vista Hospital (Attn: Mind Over Matter), 7171 No. Cedar Ave., Fresno 93710.

**Riverside:** American Cancer Society, 2060 Chicago Ave., Suite A-17, Riverside 92507. (714) 983-2784 Bessie Clark.

**Bakersfield:** Heart & Sole Classic, 5 & 10K, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

### May 22 (Sunday)

**San Diego:** The San Diego 10K, 10K & 5 Mi. Walk, 7:30 a.m./5 Mi. Walk, 7:45 a.m., Downtown San Diego-Gaslamp. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

**San Francisco:** DSE Twin Peaks Run, 3.36 Mi., Portola & Twin Peaks Blvd., 9 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

**San Carlos:** Hometown Days Foot Race, 5 Mi., Burton Park (Arroyo & Cedar), 9 a.m. Elizabeth Pololard, Davey Properties, 3201 Jefferson Ave., Redwood City 94062. (415) 369-0081.

**Palo Alto:** IAM's Dogs Best Friend 5K Run, Baylands Athletic Center (Embarcadero & Geng Rds.), 9 a.m. (Only for runners with dogs on leash). Palo Alto Recreation Dept., Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2342.

## □ Schedule

**Cupertino:** Tandem Computers "Up and Running" Race, 10K, 2 Mi. & Trike & Trot, 19333 Valco Pkwy., 9 a.m. Tandem Computers, 19333 Valco Pkwy., Cupertino 95014. (408) 725-2302.

**Los Gatos:** Los Gatos Scholastic Classic 10K & 2 Mi. Fun Run, Los Gatos High School (track) (off New York Ave.), 9 a.m./10K, 10:30 a.m. Martin Robinson, Los Gatos Elementary Education Fndn., 346 Johnson Ave., Los Gatos 95032. (408) 354-2252.

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

**Pleasanton:** Soccer City Run, 5 & 10K, Hacienda Business Park (5341 Owen's Ct.), 10 a.m. Mike Milton, 3586 Whitehall Ct., Pleasanton 94566. (415) 846-5512.

**Prunedale:** Manzanita Park Cross-Country 5 & 10K and Children's Fun Run, Manzanita Park, 9 a.m. Linda Long, P.O. Box 1051, Castroville 95012. (408) 663-6462.

**Angwin:** Ultimate Runner Competition, 100m, 400m, Mile, 5K, Pacific Union College track (heats of 5 runners except for 5K), point system determines placing, 8:30 a.m. Patrick Lecourt, St. Helena Hospital, Deer Park, 94508. (707) 963-6357.

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

**Newport Beach:** Round the Bay in May 5 & 15K, Newport Dunes Aquatic Park, 7:30 a.m. Orange County Mental Health Assoc., 2110 E. First St., Suite 110, Santa Ana 92705. (714) 547-7559.

**Los Angeles:** Run Like a Bruin 5 & 10K, UCLA, 7:45 a.m. Mike Casillas, Student Alumni Assoc., James West Center, 405 Hilgard Ave., Los Angeles 90024. (213) 206-0524.

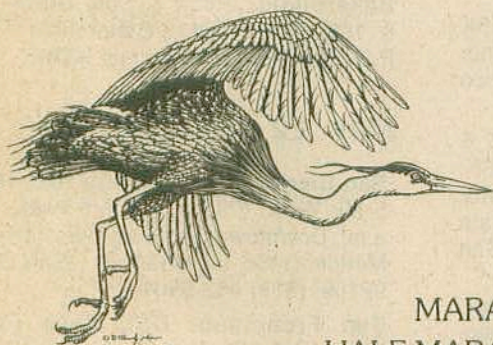
**Oxnard:** 5 Mile Evening Run, 6 p.m. Oxnard Parks & Recr., 325 So. A Street, Oxnard 93030. (805) 984-4643.

**Bakersfield:** Ultimate Fun Run, Distance TBA, Bakersfield College, 8 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

**Yucaipa:** Crafton Hills College 5 & 10K, 7:30 a.m./5K, 8 a.m. Crafton Hills College, Attn: 5 & 10K Run, 11711 Sand Canyon Rd., Yucaipa 92399. (714) 794-2161, x351.

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

### Tenth Annual **RUSSIAN RIVER RUN**



MARATHON  
HALF-MARATHON  
8K (LDR Pacific TAC Masters Championship)  
8 K Walk

Sunday, June 5, 1988

Along the Russian River between Ukiah  
& Hopland in beautiful Mendocino County.

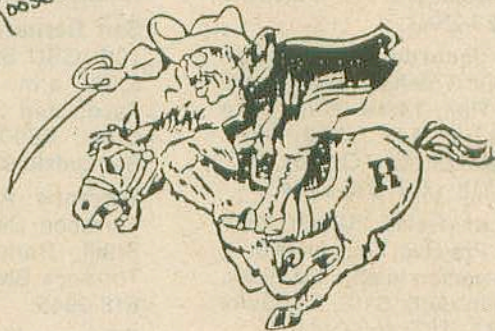
For application or info call  
(707) 462-8879 or write to  
505 South State Street,  
Ukiah 95482

**Savings Bank**  
OF MENDOCINO COUNTY



State Meet Course!

Roosevelt H.S. Rough Rider Invitational  
C.C.



DATE: October 21, 1988 ● TIME: 3:00 p.m.  
LOCATION: Woodward Park - Fresno

#### INFORMATION:

Jim Fletcher ● CC Coach ● Roosevelt High School  
4250 E. Tulare St., Fresno, CA 93702  
School (209) 441-3777 ● Home (209) 435-8780

## □ Schedule

### May 25 (Wednesday)

**San Diego:** One-Hour Run, Balboa Stadium (3 heats), 5:30 p.m. Graeme Shirley (619) 455-4440.

### May 26 (Thursday)

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

### May 28 (Saturday)

**Berkeley:** The Strawberry Canyon Run, 5.5 Mi (Uphill), 9 a.m., Edwards Stadium, Berkeley Campus. Marilyn Smith, Lawrence Hall of Science, University of California, Berkeley 94720. (415) 642-5133.

**San Bruno:** Memorial Cross-Country Run, 4 Mi., City Park (By War Memorial Gym), 8 a.m. Mike Sullivan, c/o Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 964-2172, 872-3805.

**San Jose:** Big Foot Run to the Lake 8K & 2 Mi., East Ridge Mall (Tully Rd. off US 101), 8:30 a.m. Wes Chan, 2905 Stutz Way, San Jose 95148. (408) 238-6474.

**El Sobrante:** Wildcat Ramble Half-Marathon, 13.1 Mi., Hilview School (Clark Rd. to Inspiration Point & back), individual or Relay (2-person), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sanger:** Memorial Run, 6 Mi. & 3 Mi. (time prediction), Madison School (Cherry and Bethel), 7:30 a.m. Sanger Striders T.C., c/o 10518 E. California Ave., Sanger 93657. (209) 875-4072.

**Coalinga:** Derby Days Fun Run, 5 & 10K and 1 Mi., Keck Park, 8 a.m./1 Mi., 8:30 a.m. Mike Ross, Coalinga-Huron Rec. & Park District, P.O. Box 386, Coalinga 93210. (209) 935-0727.

**Santa Barbara:** Sri Chinmoy 3 Mile, Palm Park (across from Red Lion Restaurant), 8 a.m. Aditi Carnahan (805) 685-3325.

**Oxnard:** 5K Morning Run, 8 a.m. Oxnard Parks & Rec., 325 So. A Street, Oxnard 93030. (805) 984-4643.

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

**Sierra Madre:** Mount Wilson 8.6 Mile Trail Run, Baldwin Ave. & Sierra Madre Blvd., 7:30 a.m. (250 limit, no raceday reg., entries close May 13). Donna Harriman, c/o Parks & Rec., 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7135, x227.

**San Diego:** Bonita 5 & 10K, Rohr Park, 7:30 a.m. Don Garsh (619) 420-3311.

**San Diego:** Coronado Memorial Day 10K & 2 Mi., 7th & G Streets, 7:30 a.m. Kathy Loper: (619) 437-4667.

**Wheeling, WV:** Elby's 20K (Nat'l TAC Sr. Men's Championships), Time TBA. Hugh Stobbs, c/o Elby's, 1233 Main St., Wheeling, WV 26003. (304) 233-5000.

### May 29 (Sunday)

**San Francisco:** DSE Legion of Honor Run, 4.3 Mi., 34th Ave. & Clement, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

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

**Incline Village, NV:** I-CAN Run for Drug-Free Youth 10K & 2 Mi., 1/2-Mile, Aspen Grove Comm. Center (960 Lakeshore Blvd.), 10 a.m./1/2 Mi., 10:30 a.m./2 Mi., 11 a.m. S. Baker, Box 5792, Incline Village, NV. 89450. (702) 831-0668.

**Montebello:** Montebello 5K Run, Grant Rea Park, 8:30 a.m. Bill Kirby, 237 N. Montebello Blvd., Montebello 90640. (213) 949-0394 (Arthur Martinez).

**Brentwood:** Brentwood 5 & 10K, San Vicente & Barrington, 8 a.m. Brentwood 10K, Box 49913, Los Angeles 90049. (213) 820-7585.

**Irvine:** Memorial Day 8K, Zee Medical (7 Holland Ave.), 8 a.m. NHSRA, 18102 Irvine Blvd., Suite 205, Tustin 92680. (714) 838-4531.

**Lake Shasta:** Skyway Redding Triathlon, 2K Swim, 50K Bike, 10K Run, Time TBA. Terry Rust, 811 Northridge Dr., Redding 96001. (916) 243-7736.

**Hoopa:** Coyote Run, 2 & 9 Mi., & 1/2 Mi Fun Run, Neighborhood Facilities Bldg., Hoopa Valley Indian Reservation, 9 a.m./2 Mi., 10 a.m./1/2 Mi., 10:30 a.m. K.I.D.S. of Hoopa, P.O. Box 1129, Hoopa 95546. (916) 625-4278.

**Redding:** Bud Light Redding Triathlon, 2.5K Swim, 65K Bike, 15K Run, Shasta Lake, Time TBA. Terry Rust, 2315 N. Bechelli Ln., Redding 96002. (916) 223-1813.

### May 30 (Monday)

**Kentfield:** Pacific Sun 10K, College of Marin, 8 a.m. Total Race Systems, 627 Galerita Way, San Rafael 94903.

**Palmdale Area:** Grass Mountain 6-Miler, Santa Clarita Park, 1000-Ft. elevation gain in 3 Mi. (then back), trail run, 8:30 a.m. Bob Kimmerly: (805) 270-1378.

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

**Boulder, CO:** Bolder Boulder, 10K (National TAC Sr. Men's Championships), Time TBA. Steve Bosley, Box 9032, Boulder, CO 80301. (303) 444-7223.

### May 31 (Tuesday)

**Oxnard:** 3 Mile Evening Fun Run, 6 p.m. Oxnard Parks & Rec., 325 So. A Street, Oxnard 93030. (805) 984-4643.

### June 2 (Thursday)

**Tulare:** Sundowner 3K Road Run, Bob Mathias Stadium, 6 p.m. Barrie Lee Perry, c/o Recreation & Parks Dept., 830 So. Blackstone St., Tulare 93274. (209) 688-2001.

**South El Monte:** 099'ers Legg Lake 5K Challenge, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

### June 4 (Saturday)

**New York, N.Y.:** L'Eggs Mini-Marathon, 10K, (Women Only), Central Park, Time TBA. New York RRC, 9 East 89th St., Dept. C, New York, NY 10128.

**Fairfield:** Gold Medal Triathlon, 3/4M Swim, 5.4M Run, 9.5M Bike, Lagoon Valley Park, 8:30 a.m. Rick Gabers, 2525 Martin Rd., Fairfield 94533. (707) 425-9564.

**Patterson:** Run for Apricots, Distance TBA, Patterson High track, 7 a.m. Tom Klein, P.O. Box 442, Patterson 95363. (209) 892-2454.

## □ Schedule

**Folsom:** Tri for Fun Triathlon, 1K Swim, 20K Bike, 5K Run, Folsom Lake (Beals Point), 8 a.m. Fleet Feet, Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Sonoma:** "Hit the Road Jack II" Wine & Cheese Country Run 10K, Time TBA. Sonoma Cheese Factory, 2 Spain St., Sonoma 95476.

**Squaw Valley:** Squaw Valley Sports Day 5-Miler, Squaw Valley Theatre, 9 a.m. Rick Sylvester, Box 2483, Olympic Valley 95730. (916) 583-6402.

**Bakersfield:** Bakersfield T.C. Fun Run, Hart Park, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

**Burbank:** Burbank "Run for the Hungry", 8K, Warner Blvd. & Riverside Dr., 8 a.m. Tom Moriarty, P.O. Box 906, Montrose 91020. (818) 957-2807.

**Long Beach:** MADD Pig 10K Run, El Dorado Park, 8 a.m. Larry Chowen, 1850 Snowden, Long Beach 90815. (213) 594-6307.

**Corona:** Run for the Crown 5 & 10K, Corona High School, 8 a.m. Dale Hahlbeck, 815 W. 6th Street, Room 150, Corona 91720. (714) 736-2241.

**Rosarita Beach, BC (Mexico):** Festival de Primavera 5K, 10K & 10 Mi., 8 a.m./5K, 8:05 a.m./10K, 8:10 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (213) 634-3027.

### June 5 (Sunday)

**Foster City:** Sri Chinmoy Marathon, Sea Cloud Park, 7 a.m. Giribar DeAngelo, 951 W. Dana St., Mt. View 94041. (415) 964-6372.

**Mill Valley:** DSE Practice Dipsea, Lytton Square to Stinson Beach, 7.1 Mi., 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

**San Mateo:** Friends of Sawyer Camp Trail 5 & 10K, 9 a.m. Computer Results, P.O. Box 758, Millbrae 94030.

**Ukiah:** Russian River Run, Marathon, Half-Marathon & 8K (PA/TAC 8K Masters Championships), Time TBA. Russian River Run, 505 S. State St., Ukiah 95482. (707) 462-8879.

**Palo Alto:** Shore to Shore Optimist 10K Run, Time TBA. Optimist Club, P.O. Box 505, Palo Alto 94302. (415) 321-3522 Dan Morris.

**Santa Clara:** The Race for Time 3 & 1CK, Mission College Campus (Mission College Blvd. & US-101), 9 a.m. Rod Lajoie, MMI FCU, 2175 Mission College Blvd., Santa Clara 95054. (408) 970-9700, x463.

**San Leandro:** San Leandro Shoreline Run, 3 & 10K, San Leandro Marina, Fairway & Neptune Dr., 8:45 a.m./3K, 9 a.m. Melinda Chinn, 835 E. 14th St., San Leandro 94577. (415) 577-3467.

**Nevada City:** Gold Country Lions Road Races & Fun Walk, 5K, 10K, 20K, 30K and 5K Walk, 7:30 a.m. Gold Country Lions, P.O. Box 236, Grass Valley 95945. (916) 265-5005 Tom.

**Sacramento:** Bike America Biathlon, 3 Mi. Run, 20 Mi. Bike, 6531 Bruceville Rd., 8 a.m. CCT, 6531 Bruceville Rd., Sacramento 95823. (916) 423-3035, 924-8311.

**Modesto:** SOS Triathlon, 8:30 a.m. Mark Boese: (209) 521-6005.

**Fresno:** KNXT-Channel 49 Benefit Run, 4 Mi., 1 Mi. & 1 Mi. Walk, Guadalupe Park (E. Carmen Ave. & N Angus St.), 6:45 a.m. Fred Periera, 4048 N. Angus, Fresno 93726. (209) 224-7857, 485-3200, 486-4949.

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

**Redondo Beach:** Love Your Heart 10K, South end of The Esplanade (to Live Oak Park in Manhattan Beach), 7 a.m. Larry Chowen, 1850 Snowden, Long Beach 90815. (213) 594-6307.

**San Luis Obispo:** Grape Race 10K, 8:30 a.m. Vicki Sacksteder, P.O. Box 1164, San Luis Obispo 93406. (805) 544-6444.

**Westlake Village:** Conejo 8K Run, Westlake Elementary School, 8 a.m. (No Pre-Entry). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

**Los Angeles:** Bob Seagren 5 & 10K Runs, UCLA, 8 a.m./5K, 8:30 a.m. UCLA Intervention Program, 1000 Veteran Ave., #23-10, Los Angeles 90024. (213) 825-2405 Kit Kehr.

**Orange County:** Orange County Performing Arts Center Triathlon, 1.5K Swim, 35K Bike, 10K Run, Lake Mission Viejo, 7 a.m. Orange County Performing Arts Center, P.O. Box 2218, Costa Mesa 92626. (714) 846-0813.

**La Jolla:** Golden Triangle 10K and 2 Mi., Jewish Comm. Center, 7:30 a.m. Gary Levitt. (619) 437-4556.

### June 7 (Tuesday)

**Bakersfield:** Summer Triathlon #1, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

**Oxnard:** Oxnard 3 Mile Evening Run, 6 p.m. Lorraine Mercado, Parks & Recreation Dept., 325 South A Street, Oxnard 93030. (805) 984-4643.

### June 9 (Thursday)

**South El Monte:** 099'ers Legg Lake 5 Mile, 6:45 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

### June 10 (Friday)

**Los Angeles:** Aztlan Sunset Indian 5K x-Country, Elysian Park, 6 p.m. (1st race). Aztlan T.C., 1703 Laurel St., So. Pasadena 91030. (213) 255-1234 Frank Meza.

### June 11 (Saturday)

**So. Lake Tahoe:** DeCelle Jr. Memorial Tahoe Relays, 72-Mile 7-Person Relay around Lake Tahoe, 8 a.m. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264, days.

**San Francisco:** 5K Run to Home Plate, Candlestick Park, Lot C, 11 a.m. Valerie Moyes, Candlestick Park, San Francisco 94124. (415) 468-3700.

**Novato:** Stafford Lake Biathlon, Stafford Lake County Park (Marin County), distances TBA, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Mariposa:** Butterfly Days Run, 1 & 4 Mi., 8 a.m. Yosemite Bank, P.O. Box 5000, Mariposa 95338. (209) 966-3777.

**Oxnard:** Oxnard 5K Morning Run, 8 a.m. Oxnard Parks & Recreation Dept., Attn: Lorraine Mercado, 325 So. A Street, Oxnard 93030. (805) 984-4643.

**Ventura:** Harbortown Expo 5K, Harbortown Hotel (Harbor Blvd.), 8:30 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

**Idyllwild:** Idyllwild 5 & 10K Runs, Idyllwild Town Center, 8 a.m. Dave Pelham, P.O. Box 3185, Idyllwild 92349. (714) 659-4045.



Pontiac presents

11th Annual Pacific Sun 10K RACE

PA/TAC Masters 10K Championships

Monday, Memorial Day, May 30, 1988

Co-sponsored by Pacific Sun, Sausalito Cyclery, Kaiser Permanente. Nationally certified & PA/TAC Sanctioned. \$2,000 PA/TAC MASTERS FUNDS

TIME & PLACE: 8 a.m. College of Marin, Kentfield. Take Sir Francis Drake exit off Hwy 101 in Marin County. Proceed East to Kentfield and turn left onto College Ave. After another 1/4 mile turn left into stadium parking lot.

COURSE: A fast scenic 10K loop on roads and bike path, with two water aid stations at 5K and 5 miles. Finish on stadium track in front of spectators.

DIVISIONS: Men and women: 18 & under, 19-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70 & over.

AWARDS: Awards 3-deep. All runners receive: T-shirts, food, refreshments, full results, eligibility for drawings. "Sub-40" 10K quality headbands. Open and incentive prize money

INFORMATION: Fee: \$12. Call Pacific Sun for more information: 383-4500. Manpower provided by Tamalpa Runners.

HOTLINE: (415) 479-3839



Kashi



We Build Excitement



REGISTRATION PROCEDURE

- 1. Fill out form COMPLETELY.
2. Sign Waiver. (Unsigned forms will not be accepted.)
3. Make check or money order, in the amount of \$12.00, payable to: PACIFIC SUN 10K
4. Enclose a self-addressed stamped envelope, (SASE), for return of race number and instructions.

NOTICE: Unsigned waivers, forms postmarked after (5/23/88), and forms that do not include a check or SASE MAY NOT BE PROCESSED. (Go to trouble desk on raceday.)

Registration form with fields for SEX, DATE OF BIRTH, AGE, LAST NAME, FIRST, STREET, CITY, STATE, ZIP, T-SHIRT, TEAM, and Best 1987/88 10K Time.

WAIVER: In consideration of your accepting this entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me or enroute to or from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver I acknowledge that I have read and understand all of the above. ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if under 18) Date

## □ Schedule

**South El Monte:** Menudo 5 & 10K Runs, Legg Lake Park, 8 a.m. Lt. Dan Alvarez, P.O. Box 2353, Irwindale 91706. (714) 547-7559.

**Corona del Mar:** Corona del Mar Scenic 5K, Corona del Mar State Beach, 8 a.m./men, 8:30 a.m./women (pre-registration only). Nancy Beard, City of Newport Beach, Box 1768, Newport Beach 92658. (714) 644-3151.

**Santa Ana:** Run for Life 5 & 10K, Centennial Park, 7:30 a.m./10K, 8 a.m. Christian Action Council for Southern California, P.O. Box 6114, Fullerton 92631. (714) 526-8200 Mary Ann.

**Rosarito Beach, BC (Mexico):** Rosarito Beach Triathlon, 0.3 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, 9 a.m. Bicycling West, P.O. Box 15128, San Diego 92115. (619) 583-3001.

**Kerman:** 3 & 10K Kerman Run for the Son. Kerman Covenant Church, 9 am. Kerman Covenant Church, 15459 Whitesbridge Rd., Kerman 93630. (209) 846-5307.

### June 12 (Sunday)

**Mill Valley:** Dipsea Race, 7.1 Mi. Trail Race (to Stinson Beach over Mt. Tamalpais), Time TBA. Note: Apr. 1 was deadline for entry requests. Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

**San Francisco:** DSE Polo to Breakers, 5.5 Mi., Golden Gate Park (Polo Fields, South side), 9:30 a.m. (0.6 Mi. Kid's run), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

**Aptos:** Aptos Women's 5 Miler, Aptos Village Park (entrance to Niesene Marks State Park), 9 a.m. (Women Only). Gail Goettelmann, 866 Burns Ave., Aptos 95003. (408) 688-1624.

**San Jose:** Quicksilver Challenge Half-Marathon, Quicksilver Park, 8 a.m. Bill Barclay, P.O. Box 41474, San Jose 95160.

**Mountain View:** Round the Runway Footrace, 5 & 10K, NAS Moffett Field (North end of large hangar), 8:30 a.m./5K, 9:15 a.m. Bob Kelly, P.O. Box 197, Moffett Field 94035. (415) 966-5793, 966-5875.

**Redwood City:** Boardwalk "10" Race, 10K, Boardwalk Auto Center, 9 a.m. Bob Kissick, Boardwalk VW, 1 Bair Island Rd., Redwood City 94062. (415) 364-0100.

**Palo Alto:** Duck to Ducks 10K, Bayland Interpretive Center, 9 a.m. Palo Alto Recreation Dept., Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2342.

**Napa:** Sierra Cup 10K, Mt. George School (Coombsville Rd. at 2nd Ave.), 8:30 a.m. George Grammens, 500 Kent St., Napa 94558. (707) 255-0775.

**Baywood Park:** South Bay Advocates Junefest 4 Mile, Time TBA. Ron Roundy: (805) 528-0775.

**Palmdale:** Punchbowl 10 Miler, Devil's Punchbowl Parking Lot (above Pearblossom, east of Palmdale), Time TBA. Bob Kimmerly: (805) 270-1378.

**Camarillo:** Gold Coast Triathlon Series #1, 1.5K Swim, 40K Bike, 10K Run, Ventura State Beach, Time TBA. Ron O'Keefe, P.O. Box 28, Camarillo 93011. (805) 388-3912.

**Riverside:** Riverside Medical Clinic 5 & 10K Fitness Classic, Arlington High School (Lincoln & Jackson), 8 a.m. Race Central, P.O. Box #828, Rialto 92376.

**Encino:** Run for Fun, 5 & 10K and 1 Mi. Kid's Run, Woodley Park (Sepulveda Dam Basin), 7:45 a.m./1 Mi., 8 a.m./5K, 8:30 a.m. L.A. City Dept. of Recr. & Parks, 6335 Woodley Ave., Van Nuys 91406. (818) 989-8616.

**Coronado:** Coronado Hospital Bridge Run, 10K & 3 Mi., Glorietta Blvd., 7 a.m. Kathy Loper: (619) 437-4667.

### June 14 (Tuesday)

**Oxnard:** Oxnard 5 Mile Evening Run, 6 p.m. Lorraine Mercade, Parks & Recr. Dept., 325 South A Street, Oxnard 93030. (805) 984-4643.

### June 15 (Wednesday)

**Point Loma:** Point Loma Handicap, 10K, NOSC Bldg. 33, 5:45 p.m. Chuck Pennell (619) 460-3110. Note: SDTC & DRR Members Only!

### June 16 (Thursday)

**South El Monte:** Legg Lake 5K Carrera de los Venanos, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

### June 18 (Saturday)

**San Francisco:** Potrero Scenic Scamper 8K, 953 DeHaro St., 9 a.m. Potrero Hill Neighborhood House, Attn: Ruth Passen, 953 DeHaro St., San Francisco 94107. (415) 826-8080.

**Reno, NV:** Port of Subs Captain's Cup, 5K (PA/TAC Championships), Downtown (Reno Arch), 8 a.m. David Minter, 1950 Brisbane, Reno, NV. 89503. (702) 747-4781.

**South El Monte:** 5 & 10K Running for Glory, Legg Lake, 8 a.m. Running for Glory, 1432 W. Puente Ave., West Covina 91790. (818) 814-2302.

**El Segundo:** El Segundo 5 & 10K and 1 Mi. Kids Run, El Segundo & Main St., 8 a.m. El Segundo Chamber of Commerce, P.O. Box 545, El Segundo 90245. (213) 322-1210.

**San Dimas:** (Verify Date) Los Angeles Triathlon Championship Series, 1K Swim, 40K Bike, 8K Run, Bonelli Park, Time TBA. LATOC, 2564 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**San Diego:** Tug's Tavern Memorial Biathlon, 1/2 Mi. Swim, 5 1/2 Mi. Run, 1/2 Mi. Swim, Mission Beach, 8:30 a.m. Tom Warren, 2393 La Marque St., San Diego 92109.

**San Diego:** Tierrasanta-Kiwanis 10K, Serra High School, 7 a.m. Hani Shatila (619) 268-4184.

### June 19 (Sunday)

**Lompoc:** Valley of the Flowers Marathon and Half-Marathon, Lompoc High School, 7 a.m. Valley of the Flowers Marathon, P.O. Box 694, Lompoc 93438. Lee Heinz: (805) 733-4495, before 9 p.m.

**San Francisco:** DSE Fort Point Run, 3.8 Mi., Little Marina Green, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

**San Jose:** Fujitsu 5 Mile Classic, North San Jose (Fujitsu Hqtrs.), Time TBA. Rhodyco Productions, 805 Lake St., #3, San Francisco 94118.

**Oakland:** Dick Houston/Memorial Woodminster 8 Mi., Joaquin Miller Park (Meadow), 9 a.m. (handicapped starts). Gail Wetzork, 3452 Capella Lane, Alameda 94501. (415) 522-3724.

## Schedule

**Palo Alto:** Robert Krohn Baylands 5 & 10K Stride, Palo Alto Baylands (Embarcadero & Geng), 9 a.m. Palo Alto Rec. Dept., Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2342.

**Moscow:** Moscow Road Race, 5 & 10K, Main St. at Moscow Rd., 8 a.m. Dan Northern, P.O. Box 268, Monte Rio 95462. (707) 865-2487.

**Merced:** Fathers Day Run, Time TBA. Merced T.C., P.O. Box 3275, Merced 95344.

**Bakersfield:** Ultimate Fun Run, Distance TBA, Bakersfield College, 7 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

**Oxnard:** Fathers Day Classic, 10K, Time TBA. Centerpoint Mall Management Office, 2655 Saviers Rd., Oxnard 93033. (805) 483-3849.

**Camarillo:** Gold Coast Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Ventura State Beach, Time TBA. Ron O'Keefe, P.O. Box 28, Camarillo 93011. (805) 388-3912.

**Los Angeles:** Gay Pride 5 & 10K Runs, Griffith Park, Merry-go-Round (Near Riverside/Los Feliz entrance), 8 a.m. RFGP, Box 5038, Santa Monica 90405.

**Hermosa Beach:** Dad's Day Dash, 8K, Hermosa Beach Pier, 8 a.m. Pro-Motion Events, P.O. Box 7000-470, Redondo Beach 90277. (213) 374-8990.

**San Diego:** Pepsi San Diego Triathlon, 1K Swim, 30K Bike, 10K Run, San Diego Harbor, Time TBA. R.A. Kozlowski, P.O. Box 5031, San Diego 92105. (619) 222-7595.

### June 21 (Tuesday)

**Oxnard:** Oxnard 3 Mile Evening Fun Run, 6 p.m. Lorraine Mercado, Parks & Recreation Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

**Long Beach:** Summer Solstice 5 Mile Run, El Dorado Park, 6 p.m. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 439-6875, A Running Experience.

### June 23 (Thursday)

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

### June 24 (Friday)

**Oxnard:** (Verify Date) Oxnard Budlight Triathlon (Gold Coast Triathlon Series), 1.5K Swim, 40K Bike, 10K Run, Time TBA. Oxnard Rec. Dept., 325 So. A Street, Oxnard 93030. (805) 984-4641.

### June 25 (Saturday)

**Squaw Valley:** Western States 100 Mile Endurance Run, to Auburn over rugged trails, 5 a.m. (Entries closed Dec. 12, 1987). Helen & Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

**San Francisco:** The Embarcadero Challenge (40 flights of stairs), Embarcadero Center #4, 9 a.m. (heats by division). Art Hoffman, Leukemia Society, 323 Geary St., #711, San Francisco 94102. (415) 781-4270.

# CALIFORNIA

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## □ Schedule

**Palo Alto:** Bay Area Corporate 5K Team Championship, Stanford Univ., Time TBA. BACAA, P.O. Box 898, Menlo Park 94025. (408) 446-9060.

**Benicia:** Benicia Historical Run, 5K & 10K, 9 a.m. B.T. Smith, 347 Goldenslopes Ct., Benicia 94510. (707) 745-4675.

**Stinson Beach (Marin County):** Double Dipsea, 14.2 Mi., (to Mill Valley and back), 9 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

**Carson City, NV:** Celebrate Summer 8K, Mills Park, 8:30 a.m. Butch Cattanch, Fleet Feet, 3771 So. Carson St., Carson City, NV 89701. (702) 883-3361.

**Santa Barbara:** State Street Mile, State & Pedragoza, 8 a.m. Second Sole, 3969 State St., Santa Barbara 93105. (805) 964-0296.

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

**Oxnard:** Oxnard 5K Morning Fun Run, 8 a.m. Lorraine Mercade, Parks & Recr. Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

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

**Fresno:** Millerton Lake Triathlon, 1/2 Mi. Swim, 23 Mi. Bike, 6 Mi. Run, Time TBA. Race Director, 735 N. Fulton, Fresno 93728. (209) 266-9831.

### June 26 (Sunday)

**Portland, OR:** Cascade Run Off, 15K, Time TBA. Chuck Galford, P.O. Box 40228, Portland, OR 97240. (503) 287-7689.

**Oakland:** Oakland Double 10K Classic (20K - PA/TAC Championship), & 5K Run, 14th St. & Broadway, 9 a.m. RhodyCo Productions, 805 Lake St., #3, San Francisco 94118.

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

**Castro Valley:** Run to the Lake 10K Run & 5K Stride, 8 a.m. Eden Hospital Medical Center, 20103 Lake Chabot Rd., Castro Valley 94546. (415) 889-5061.

**San Francisco:** Bill Ring Players 10K Race Golden Gate Park, Time TBA. CID, 875 O'Neil Ave., Belmont 94002. (415) 595-0783.

**San Rafael:** China Camp Challenge, 7 Mi., China Camp State Park (Miwok Picnic Area), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Palo Alto:** Bay Area Corporate 10K Team Championship, Stanford Univ., Time TBA. BACAA, P.O. Box 898, Menlo Park 94025. (408) 446-9060.

**Santa Rosa:** Spring Lake Tinman Triathlon, 1 Mi. Swim, 10K Run, 20 Mi. Bike, Spring Lake Park, 8 a.m. USLA, P.O. Box 337, Healdsburg 95448. (707) 575-7144.

**Ventura:** Sea Breeze 10K & 20K, Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

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

**Merced:** Castle Airshow 10K Run, & 3K, Castle AFB (gym), 8 a.m. Castle Airshow 88, 93 AREFS, Castle AFB 95342. (209) 358-6855, Marty Bannon.

**Placentia:** A Summer's Evening 5 & 10K Run & Walk, Kraemer & Chapman, 5 p.m. VIP, 1237 Caracas Dr., Placentia 92670. (714) 996-4596.

**Yreka:** The Chili Runs, 5 & 10K, 8:30 a.m. Gary Hawke, 316 Lawrence Ln., Yreka 96097. (916) 842-4158.

**Big Bear Lake:** Big Bear Triathlon Series, 1/2 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. Mark Fulton, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

**Huntington Beach:** Huntington Beach Host Lions Triathlon State Championships, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Jack Caress, 4255 Campus Dr., #A-100, Irvine 92715. (714) 854-0364.

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

**Monterey:** Monterey Bay Triathlon, 1.2 Mi. Swim, 52 Mi. Bike, 13 Mile Run, Time TBA. Ken Bradford, 546 E. Market St., Salinas 93905. (408) 424-3603.

**Oceanside:** Oceanside Firecracker 10K & 2 Mi., Oceanside Harbor, 5:30 p.m. Toni Deal. (619) 272-8316.

### June 28 (Tuesday)

**Oxnard:** Oxnard 3 Mile Evening Fun Run, 6 p.m. Lorraine Mercado, Parks & Recr. Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

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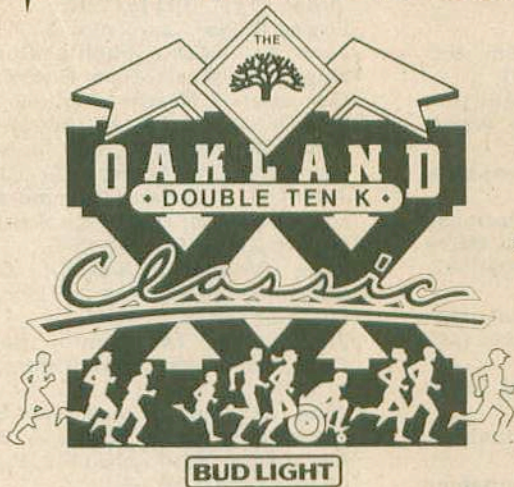


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**City-Wide Race Loop Courses**  
**20K PATAC Championships**  
**Sunday, June 26, 1988 9:00 A.M.**

**OAKLAND DOUBLE 10K CLASSIC & 5K EXPRESS**



**BUD LIGHT**

**Bramalea Pacific**



*Ride Pontiac Ride!*



**PARKING:** Ample street parking and parking garages available.

**POST-RACE CELEBRATION:** Music, Free Refreshments and Raffle Prize Drawings for all Registered Finishers of the 5K & 20K.

**TO ALL REGISTERED FINISHERS:** Athletic Grey T-shirt and a variety of runner refreshments – please take only one of each item to guarantee that all runners may receive refreshments.

**RESULTS:** Postcard computerized results will be mailed to all 20K Finishers. In the 5K those finishing under 30 minutes will be timed and receive results. Timing by Total Race Systems.

**AWARDS AND PRIZES:**

**5K Merchandise & Medals** 3 deep in each division Men & Women, Youth 17 & Under, Open 18-39, Master 40 & up, Wheelchair.

**20K Cash Awards:** \$3,000 split among top men & women; (details in June ad). Merchandise & Medals 3 deep in each division of Men and Women.

**Divisions:** 11 & under, 12-16, 17-20, 21-29, 30-39, 40-49, 50-59, 60 & up, Wheelchair.

**VOLUNTEERS:** Volunteers are needed to help out with the race. If you and your family or friends are interested – call Oakland Human Resources Dept.: (415) 273-3831.

**RACE PROCEEDS BENEFIT:** OAKLAND PUBLIC SCHOOLS AND PARKS & RECREATION YOUTH SPORTS PROGRAM.

**RACE MANAGEMENT:** RhodyCo Productions

**RACE HOTLINE:** (415) 387-2178

**START:** 9:00 A.M. 5K & 20K Downtown Oakland at 14th Street & Broadway.

**COURSE – 20K CLASSIC:** This nationally certified course will begin and end in downtown Oakland at 14th and Broadway looping its way through the city showcasing Oakland's Central District Urban Renewal Area. 12.4mi.

**COURSE – 5K EXPRESS:** Run, walk or stride the loop within the loop – also a nationally certified course – the 5K starts and ends with the 20K at 14th and Broadway.

**ENTRY FEE:** \$12. pre-registration/\$15. race day.

**REGISTRATION:** Send the attached completed entry form along with a check or money order (payable to Oakland Double 10K Classic) and a self-addressed stamped envelope to Bonnie Hill, 2000 Lucas Valley Rd., San Rafael, CA 94903.

Entries received by June 17, 1988 with a self-addressed stamped envelope will receive their race numbers and instructions in the mail. All others must pick up their numbers on race morning.



**KAISER PERMANENTE**

**HYATT REGENCY OAKLAND**



Registration at "Oakland XXK" Booth:  
FESTIVAL AT THE LAKE  
June 3rd-5th/ Lakeside Park-Oakland

**ENTRY FORM**

Registration: \$12.00 Pre-registration entries must be postmarked by June 17, 1988. \$15.00 race day. NO REFUNDS. Include self-addressed stamped-envelope; mail entry and make checks payable to:

Oakland XXK Classic  
c/o Bonnie Hill  
2000 Lucas Valley Road  
San Rafael, CA 94903

Month  - Day  - Year

SEX  DATE OF BIRTH  AGE   For Official Use Only

LAST NAME  FIRST NAME

STREET ADDRESS

CITY  STATE  ZIP

T-SHIRT  S  M  L  X

TELEPHONE

WAIVER: In consideration of my entry, and of my own free will, I for myself, my heirs, executors, and administrators, forever waive, and release and give up any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever (including personal injuries to me or my wrongful death) against the City of Oakland, its Officers, agencies, departments, employees, representatives, agents, contractors and subcontractors, the County of Alameda, the Oakland Redevelopment Agency, Oakland Public Schools, RhodyCo Productions, Total Race Systems, sub-contractors, sponsors and volunteers which may arise from my participation in the Oakland Double 10K Classic & 5K Express race event on Sunday June 26, 1988, or while traveling to or from the event, even if caused in whole or part by the negligence or other fault of the parties or person I am hereby releasing, by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of their liability without fault. I FULLY UNDERSTAND I AM FOREVER GIVING UP IN ADVANCE ANY RIGHT TO SUE OR MAKE ANY CLAIM AGAINST THE PARTIES I AM RELEASING IF I SUFFER SUCH INJURIES AND DAMAGES, EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MIGHT BE, AND AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES AND DAMAGES.

Signature of Participant (& by parent if under 18)

Date

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## □ Schedule

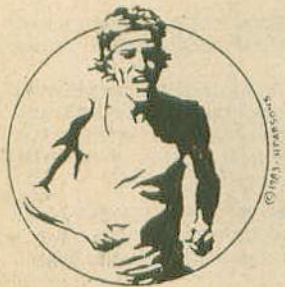
### June 29 (Wednesday)

**Los Angeles:** Heart of the City 5K Run, Union Bank Plaza (445 S. Figueroa), 6:45 p.m. Dave Sims, Union Bank/Special Events, 445 S. Figueroa St., Los Angeles 90071. (213) 236-5716.

### June 30 (Thursday)

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

**Agoura:** Paramount Ranch Cross-Country 2 Mi. & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Bill Duley: (818) 992-6219.



### Looking Ahead

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

**July 1 (Fri.) Orange:** Orange County 12 & 24 Hour Solo (or relay), Orange Canyon High School (440 Yd. track), teams up to 10 persons, 6 p.m. Don Pycior, 17352 Grovemont, Santa Ana 92705. (714) 538-8338.

**July 4 (Mon.) Atlanta, GA:** Peachtree Road Race, 10K, Time TBA. Atlanta Track Club, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. (404) 231-9064.

**July 17 (Sun.) San Francisco:** San Francisco Marathon, Time TBA. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

**July 24 (Sun.) Santa Cruz:** Wharf to Wharf Run, 6 Mi. (to Capitola), 8:30 a.m. (limited to 12,000 entrants). Wharf to Wharf run, P. O. Box 307, Capitola 95010. (408) 475-2196.

## Track & Field

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

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

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

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

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

**May 7: Oregon Twilight Meet.** John Gillespie (503) 686-5438.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**June 2: Tulare All-Comers.** Bob Mathias Stadium, Tulare High School. Barrie Lee Perry (209) 688-2001, x575.

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

**June 8: Empire Runners Summer Track Series.** Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

**June 11: Prefontaine Classic:** Eugene, Oregon. Tom Jordan (503) 683-5635.

**June 11: TAC / Pacific Championships.** Los Gatos High School. Open, Submasters & Masters. Men and Women. Entry Deadline June 8. (408) 354-5660.

**June 11: Golden West Invitational.** Sacramento. Ernie Gomez (916) 483-2018.

**June 16: Tulare All-Comers.** Bob Mathias Stadium, Tulare High School. Barrie Lee Perry (209) 688-2001, x575.

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

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

**June 22: Empire Runners Summer Track Series.** Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

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

**June 25-26: Bay Area Corporate Relays.** Stanford University. Kaye Donnelly (415) 859-2687.

**July 6: Empire Runners Summer Track Series.** Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

**July 2-3: Southern California TAC.** UCLA, Bob Seaman (213) 835-8177. Tentative.

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

**July 20: Empire Runners Summer Track Series.** Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

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

**Aug. 3: Empire Runners Summer Track Series.** Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

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

**Aug. 6-7: National Corporate Championships.** Stanford University. Hank Lawson (408) 446-9060.

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

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

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

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

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

# PA-TAC Notes

By JOHN MANSOOR



## TAC Report

Listed below is the prize purse for the 1988 Pacific Association LDR Grand Prix. The total comes to more than \$28,000 which represents an increase of \$10,000 over last year's purse. We at the Pacific Association are honored to be able to offer this amount to our regional development program. Last month I listed the qualifiers to the Olympic Marathon trials. It is not an accident that not only does California lead the rest of the states in numbers of qualifiers by almost double, but the Pacific Association probably has the most qualifiers in the country!

I would like to thank the over 300 road races that sanction with the Pacific

Association every year, as it is through their efforts that our program is so strong.

Also listed below are the Grand Prix scorers from our first event, the Houlihan's to Houlihan's 12K. The event was a smashing success and we would like to express our thanks to Dave Rhody and his crew for a job well done!

Finally, our final two events have been firmed up with the 10 mile Championship now set for September 18, in Sacramento at the Buffalo Stampede. Also, the Masters 10K will be at the Pacific Sun 10K on May 30th. See you at the races!

### Upcoming Championships:

May 30	Pacific Sun 10K	Masters Men & Women
June 5	Russian River 8K	Masters Men & Women
June 18	Captain's Cup 5K	All Divisions
June 26	Oakland Double 10K	All Divisions
July 30	Gold Rush 50K	All Divisions

### Grand Prix Prize Purse:

Open Men & Women Individuals	Open Teams	
1st	\$2000	\$1000
2nd	\$1500	\$500
3rd	\$1000	\$250
4th	\$750	
5th	\$500	
6th	\$400	
7th	\$300	
8th	\$200	
9th	\$100	
10th	\$50	
Master Men & Women Individuals	Master Teams	
1st	\$1000	\$750
2nd	\$750	\$250
3rd	\$500	
4th	\$400	
5th	\$300	
6th	\$200	
7th	\$100	
8th	\$75	
9th	\$50	
10th	\$25	
Senior Men & Women Individuals	Senior Teams	
1st	\$500	\$250
2nd	\$250	
3rd	\$100	
Super Senior Men & Women Individuals		
1st	\$250	

## Houlihan's to Houlihan's 12K Championship

### Individual Grand Prix Scorers

Open	Men	Points	Women	Points	
1	Domingo Tibaduiza	30	24	Susan Putney	8
2	Jeffrey Adkins	24	31	Juana Stavolone	7
3	Thomas Wood	23	*32	Karen Nachbar	
4	Kevin Osterberg	22	33	Nelly Wright	6
5	Miguel Tibaduiza	21	Master	Patti Moggi	5
6	Mark Patterson	20	1	Bev Marx	4
*7	Dan Aldridge		2	Melanie Gilberston	3
8	Joe Rubio	19	3	Margaret Lang	2
9	Dan Stefanisko	18	4	Susan Nehse	1
10	John Barrett	17	5	Men	Points
11	Craig Steinmaus	16	6	Steve Ferraz	20
12	Alan Dehlinger	15	7	Sal Vasquez	14
13	Jeff Stein	14	8	Bill Sevald	13
14	Randy Accetta	13	9	David Furst	12
15	Mark Hoeffer	12	*10	Greg Brock	11
*16	Campos Palmireno		11	Bob Lindsey	10
17	Jose Aispuro	11	12	Jim Gibbons	9
*18	Scott Buttinghausen	13	13	Frank Ruona	8
*19	Thomas Schmitt	14	14	Jon MacPherson	7
20	Ray Cook	10	15	Tom Bennett	
21	Craig Moore	9	16	Doug Butt	6
22	Tom Borschel	8	Master	Tom Wright	5
23	Charles Alexander	7	1	Darryl Beardall	4
24	Jeff Shaver	6	2	Bill Dunn	3
25	Jon Klinkman	5	3	Perry Hayden	2
26	Larry Guinee	4	4	Searcy Barnett	1
&27	Peter O'Reilly	5	5	Women	Points
*28	Pete Carpenter	6	6	Joyce Rankin	20
29	David Minter	3	7	Hilary Naylor	14
30	Louival Sampaid	2	8	Juana Stavolone	13
*31	Greg Gonzales	9	9	Nelly Wright	12
32	Steve Ferraz	1	10	Margie Timberlake	11
Open	Women	Points	11	Joan Ullyot	10
1	Barbara Acosta	30	12	Gail Rodd	9
*2	Jani Johnson		13	Heidi Skaden	8
3	Terry Puckett	24	14	Marion Irvine	7
4	April Powers	23	*15	Alice Rose	6
5	Eileen Bickard	22	*16	Kay Willoughby	5
*6	Janine Aiello		17	Lauri Fisher	4
7	Peggy Smyth	21	Senior	Barbara Zolldan	3
8	Johanna Reneke	20	1	Ginny Olson	2
**9	Kimball Dryden		2	Marilyn Hayden	
10	Alison Orofino	19	3	Danielle Cane	
11	Pat English	18	4	Pam Deweerd	1
12	Karen Scholte	17	5	Men	Points
13	Kathy D'Onofrio	16	Senior	Darryl Beardall	10
14	Chris Iwahashi	15	1	Roger Bryan	6
*15	Cathy Kroll		2	Russ Kiemann	4
16	Joyce Rankin	14	3	Morton Gray	2
17	Sue Brusher	13	4	Peter Leal	1
18	Hilary Naylor	12	*5	Women	Points
19	Suzette Moore	11	6	Heidi Skaden	10
20	Heike Skaden	10	Super Sr	Marion Irvine	6
*21	Sharon Swann		*1	Alice Rose	4
22	Laura Schmitt	9	2	Kay Willoughby	2
*23	Meighan McGee		Super Sr	Marilyn Hayden	
			1	Marty Maricle	1
				Men	Points
				Ray Piva	
				Roy Stewart	1
				Women	Points
				Jaclyn Casselli	1

\* = No TAC cards on file

\*\* = Not a Pacific Association resident

# SoCal Diary

By BILL MINARIK

## March 5

Virtually every running enthusiast in SoCal had their eyes on the streets of Los Angeles Sunday as the 3rd annual Los Angeles Marathon played host to over 17,000 runners including those representing 9 countries which were using the race as their Olympic qualifying trials. Conspicuously absent from the field, however, were the American Olympic hopefuls who were sitting this one out because of its closeness to the U.S. Trials. However, this situation put 2-time women's winner, Nancy Ditz, into channel 13's broadcast booth, which in turn turned out to be one of the highlights of the race.

Competitively, the race was dominated by unknowns. In the men's competition, Gian Poli of Italy was the early leader, but faded at the 20 mile mark and finished 7th. Mark Plaatjes, the refugee from South Africa who was granted asylum in the U.S., appeared to be the strongest in the remaining pack, but faded with 2 miles to go, as Martin Mondragon of Mexico won in 2:10.19 to better his PR by better than 10 minutes. All told Mexican runners took 5 of the top 6 places.

The women's race turned into musical chairs as initially 11-year old Carrie Garritson of Fullerton lead at the 10 mile mark on a course record pace. Carrie then faded to be replaced by former world record holder Christa Vahlensieck. The usually strong-finishing Vahlensieck then faded to be replaced by the struggling Magdo Illands of Belgium. Illands managed to hang on until the last 2 miles when she also died and was passed by an unknown secretary from Mexico City, Blanca Jaime who won going away in 2:36.10.

This race continues to grow as over 17,000 runners took off under ideal overcast skies to the applause of over 1,000,000 people who lined the streets.

Elsewhere in Track & Field, Cal State Northridge scored 4-way meet men and women's victories 87-64-35-16 over C/S Bakersfield, Cal Poly Pomona, and U.C. Riverside and 80-53-44-4 over CPP, CSB, and UCR. Tyrone Jeffries highlighted the CSN effort with a 10.4-21.4-41.6R triple.

## March 14

At the NCAA Indoor Championships, UCLA & USC had limited entries, however all entrants distinguished themselves. The Bruins Mark Junkerman placed 3rd in the 3000, while Troy's Monica Taylor grabbed 3rd in the 400 and the Trojan's dynamic duo of Evette Bates and Wendy Brown repeated one of their typical 1-2 finishes in the Triple Jump. Despite their few entrants, the women of Troy earned 4th place overall with 32 points just one point out of 3rd.

Outdoors, UCLA hosted men and womens multi-team meets which they won easily by scores of 108-47-27-11 over the men of Azusa-Pacific, C/S Northridge and C/S Long Beach and 115-50-45-31-11 over the ladies from C/S Northridge, Berkeley, CSULB, and A-P. Highlights of the meet included a 10.31 100 meters by the Bruins Henry Thomas and a 13.04 100 meter hurdles effort by UCLA Gail Devers.

In the Community College ranks, there were some big dual meets with the men from Long Beach City topping Mt. SAC 88-57, Saddleback over Rancho Santiago 78-66, Riverside outrunning Orange Coast 92-55 and Glendale continuing it's winning streak to 122 with a 98-61-23 tri-meet victory over Moorpark and Ventura. The women's duals saw Mt. SAC over Long Beach 82-43, Saddleback over Rancho Santiago 117-11, El Camino 85-40 over Fullerton, Orange Coast 75-59 over Riverside, and Moorpark 80-63-25 over Ventura and Glendale.

If you're wondering about Riverside CC's meteoric rise to the top in men's track, it turns out that the key to that success is none other than Ted Banks former head coach at UTEP where he won numerous NCAA Championships but was usually surrounded by controversy. Ted reportedly took over the Riverside CC program in the Fall and got things going by bringing in a van load full of the top out-of-state and foreign athletes. In addition, Ted brought with him the controversy as the community college season was no sooner under way than his program was brought under investigation by the State Community College Commission.



photo by Jim Reynolds

**UCLA vs. CAL 100 meters:**  
Marsh (UCLA) 10.36 meet record  
over Mahorn's 10.45.

## March 21

USC was the site of the top track meet on last Saturdays schedule as the Trojan men hosted San Diego State, Cal State Long Beach and Iowa in a non-scoring affair while the women of Troy were besting San Diego State and CSULB in a double dual 89-46 & 98-34 while SDS topped CSULB 83-46. The highlight of this meet was USC's Leslie Noll who won the 1500 in a school record 4:20.31 doubled back to win the 800 in 2:11.42 and for good measure ran the anchor leg on the winning USC 1600 relay team.

In the Golden State Athletic Conference Championship at Azusa-Pacific, it was A-P as expected winning the men's title 193-76 1/2 over Cal Lutheran, while the women's meet went down to the final event with Point-Loma pulling it out 95-94-92 over Fresno Pacific & A-P.

In the Community College scene, the big news was that Glendale's dual meet win streak had finally come to an end as Coach Bob Covey's Renegades stopped the Vaqueros and Santa Monica 91-72-18 at Bakersfield. Bakersfield which had a 65 meet Metro Conference win streak snapped by Pasadena about 10 years ago came within a point of beating Glendale in an Easter vacation dual meet about 6 years ago. Thus, the winning streak which has been going since 1974 and included such former state champs as Pasadena CC, Taft, and Bakersfield ends at 123 in a row.

Other Community College duals saw Mt. SAC over the men of El Camino and Golden West 77-66 and 110-25, while Mira Costa stopped Grossmont 94 1/2-50 1/2. In women's competition, it was El Camino over Mt. SAC 91-44, Mt. SAC

## □ SoCal Diary

over Golden West 99-5 and Mira Costa over Grossmont 72-40.

In a late reported score, Long Beach used its distance and field event strength to easily defeat Pasadena CC's men's team 94-50 in their annual extravaganza held at USC.

At the high school level there were a number of invitationals highlighted by the Alemany Invitational at C/S Northridge. There the sprint relay teams were the main attraction, with boys teams from Muir and Hawthorne and girls team from Locke, Dorsey, Muir, and Hawthorne leading the way.

Elsewhere, the Beach Cities Invitational saw Mission Viejo easily outdistance Edison 94 1/2-67 while at the Ketella Relays, Katella, Canyon, and Savanna High Schools won boys championships and Mission Viejo, Tustin and Katella took the girls titles.

At the San Luis Obispo County Meet, it was Arroyo Grande taking both the boys and girls titles. The Downey Relays saw the boys from L.B. Wilson and Loyola tie at 58 while the L.B. Wilson girls were outright winners with 86 points.

### March 28

UCLA's men's dual meet with the Cal Bears was the main course on this week's SoCal track menu. The Bruins' strength in the weights which generated a 30 point differential was the difference as the final score of 96-67 will attest to. Top marks on the track included Michael Marsh 10.36, Danny Everett 45.65, Kevin Young 49.92, and Cal's Altee Mahorn at 20.62.

Up at the Stanford Invitational the UCLA women were making some noise of their own as they posted relay times of 44.71 and 3:36.93. As well as Gail Devers running 13.18 in the 100m Hurdles.

At the Meet of Champions at Azusa-Pacific Mike Krulac running unattached ran an excellent 10.21 100 meters.

In the College Division of the Santa Barbara Relays Cal State L.A. took the men's championship 99-73-34 over UCSB and Westmont, while the UCSB women took first ahead of Fresno-Pacific and Westmont 79-64 1/2-39 1/2. In the Community College Division, Mt. SAC just edged out Merced and Mira Costa 39-38-32 for the men's title, while Santa Monica outdistanced Saddleback and Mt. SAC 49-45-40 for women's honors.

At the Pasadena High School Games at Occidental, Ian Alsen of Granada Hills continued his starring role with a 4:15.01-

9:02.06 distance double, good for Athlete of the Meet honors. Quincy Watts was another double winner in 10.66 and 21.18.

### April 4

Most institutions enjoyed Easter vacation last week, and for the Community Colleges the SoCal Relays at Cerritos brought together all the top schools. While Relays were the order of the day, John Kariuki of Riverside went out and destroyed the National Record in the 3000 meter steeplechase with an 8:31.75 clocking while the Pasadena Lancers dominated the sprint relays in the men's division. Top female effort of the afternoon belonged to Santa Monica's Kim Gallagher, as the former Olympian ran away from the 3000 meter field in 10:04.31.

In 4-Year College action, most schools sent some athletes to either the Northridge Invitational, or Sun Angel Invitational at Tempe, Arizona. The most significant local efforts at Tempe came from the UCLA 1600 relay team which ran a winning 3:02.8 without Henry Thomas and CSLA's Sylvia Mosqueda who took the open 5000 in 16:09.38.

In multi-team meets, the UC Irvine men were easy 96-57-51 winners over Cal Poly SLO and C/S Long Beach, while the CPSLO women squeezed out a 61 1/2-59 1/2-32-30 win over Arizona, UCI, and C/S Long Beach. Elsewhere, the Occidental men and women defeated Claremont-Mudd by scores of 89-69, and 68 1/2-67 1/2 while C-M was defeating LaVerne 137-26 and 110-15.

It seemed that track season had just got under way when we had our first coaching casualty. It seems that the PAC-10 has charged Arizona State Coach Clyde Duncan with making illegal payments to athletes, falsifying eligibility forms, and asking an athlete to lie. Accordingly, ASU has terminated Duncan. Over the years, the rumors coming out of ASU and Arizona were that inner-city athletes and their families were frequently flown back and forth between the campus and their homes at school expense in order to keep the athletes happy.

### April 11

The Arcadia Invitational brought together many of the nation's finest prep tracksters for a full day of competition Saturday, however when it was all over, it was the performances of SoCal athletes which highlighted the day. The

top individual performance came from Granada Hills' Ian Alsen who posted an extremely difficult 1600-3200 double in winning times of 4:09.67 and 8:59.54. Hawthorne's Travis Hannah also was impressive with a 46.84 winning effort in the 400. On the distaff side, Rio Mesa's Angela Burnham flashed to an 11.65-23.94 sprint double.

On the Community College front, while most of the SoCal schools were going North to the Fresno Relays, 4 schools, Long Beach City, Pasadena CC, Taft and Riverside were not invited because of their extensive out-of-state recruiting. Accordingly, the four stayed home and held their own "Clipper Invitational" at C/S Long Beach. Riverside's John Kariuki broke another National CC Record, this time in the 5000 with a winning effort of 13:41.5.

In major College action, the Women-of-Troy started things off with their Twilight Meet, where Leslie Noll broke Troy's school record in the 800 with a 2:03.30 clocking. Monica Taylor also turned in a strong 52.91 400 for USC. The Trojans are going to need performances like these to defeat UCLA in their big dual meet. Up at the Fresno Relays, the Bruin's Gail Devers showed that she was ready for USC as she set an American Record in the 100 meter hurdles at 12.71.

Down at Westwood, the UCLA men's team had no trouble in taking a 120-37-14 tri-meet victory over Kansas and Iowa. Dave Wilson, one of the Bruins strongmen pulled a 61-2, 186-7, 215-3 weight triple for the highlight of the day. Mike Tully competing as a guest competitor cleared 18-10 1/4 in the vault.

A former Bruin, Willie Banks has gone on record recently as stating that he feels the TAC may be planning to rig his drug tests at this year's Olympic Trials in an effort to keep him off this year's team. This allegation apparently stems from a feud between Banks and the TAC over Banks not getting some TAC allocated training money.

Defending women's Community College State Champions, Santa Monica was dealt what is probably a fatal blow to any chances of repeating this year, when it was announced that star distance runner, Kim Gallagher, has been declared ineligible for the rest of the season, and that head Coach Ann Biller, who is one of the finest female coaches in the sport, has been fired as both coach and women's A/D over her role in certifying Gallagher eligible.

# Medical Notes for Runners

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



## Homeopathy: Medicine for the 21st Century

Sometime ago, I wrote an article on homeopathy suggesting that it would become more and more popular in the future. That prediction has come to pass and, to date, there are not enough qualified homeopaths to treat all of the patients waiting in line to see them. Why is this? Because homeopathy is a way to effect a complete resolution or cure of a particular problem whereas traditional medical treatment suppresses symptoms and, at times, creates problems worse than the original malady. This is not to say that allopathic medicine is wrong or bad; truly allopathic medicine - traditional medicine - saves lives, prolongs life, and creates miracles, but there needs to be a blend of allopathic medicine with homeopathic or natural approaches.

Homeopathy utilizes very dilute natural substances to help stimulate the body's immune and defense systems to effect a more complete deeper healing. Utilizing traditional medications, such as Cortisone, anti-inflammatory pills, or other drugs, even antibiotics, suppresses symptoms, and the immune system never has a chance to develop its full vitality. This means that the next time something happens to you, the immune system is weakened, and the disease may be more serious. Also, the homeopaths believe that suppressing symptoms drives diseases deeper.

An example of this is a patient I treated, who had a simple problem. That was athlete's feet. I treated the athlete's feet with a preparation that suppressed the problem. It suppressed the inflammation and athlete's feet disease. This then drove the disease deeper, and the patient started manifesting migraine headaches. I quite treating the athlete's feet, which then returned, and the migraine headaches went away. I then treated the athlete's feet with a homeopathic preparation. The homeopathic preparation beefed up

the patient's immune system; the athlete's feet went away; and the headaches did not reappear.

Acute diseases, such as athletic overuse injury, strains, tendinitis, etc. can be treated very effectively with homeopathic natural remedies. More chronic problems take a long time to treat by a very skilled, well trained homeopath. When taking homeopathic remedies, there may be an aggravation of the original symptoms or new symptoms may occur. This aggravation means that it is time to stop taking the remedy you are taking and wait awhile until the body's immune system readjusts. When you are taking homeopathic remedies, it is imperative that you do not drink any coffee whatsoever. This includes decaffeinated coffee. You may, however, drink herbal teas or black China tea.

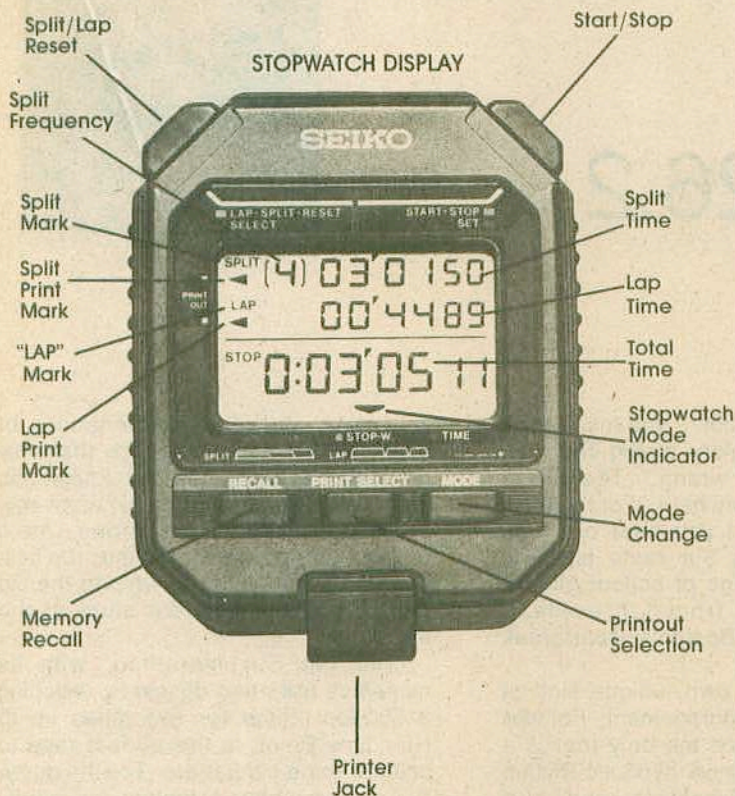
"... Homeopaths believe that suppressing symptoms drives diseases deeper."

Since athletes spend so much time taking care of their bodies, they should also be equally concerned with what they put in their bodies and how they treat the aches, pains, and maladies that develop throughout their lives. That is why I am writing another article on homeopathy. There is a new book out, called *Homeopathy, Medicine for the*

*Twenty-First Century*, which is available at your book stores or from The Homeopathic Educational Service, 2124 Kittredge St., Berkeley, CA 94704, Phone number: (415) 653-9270. If you write to them, they will send you a complete catalog of various books and educational material, as well as information on how to do your own self treatment for common problems.

There is a seminar, called "Homeopathy, Medicine for the Twenty-First Century", which will be presented by the National Center for Homeopathy. It will take place in San Mateo at the Dunfry Hotel from April 29th to May 1st. There will be two tracts or sessions, one - an introductory conference, and the other - an advanced conference. Sports medicine will be discussed, and I will be giving a presentation. More important however, there will be discussions on how to treat common ailments like colds, flu, etc., which are traditionally treated by symptom suppressive medicines. Those of you with children are urged to find out more about homeopathy because prescription drugs are not always appropriate for the various problems children have. At times, of course, they are. What is important is for you to have an idea of the type of remedies and modalities that are available for the various aches, pains, and illnesses that you or your family may have. For more information on this seminar, which you may wish to attend, contact the National Center for Homeopathy, 1500 Massachusetts Avenue N.W., Suite 411, Washington, D.C. 20005. Phone: (202) 223-6182. They will send you a brochure. If you have any questions or comments on any of your running problems, please let me know.

# Digital Quartz Stopwatch With Printer, SP11



## Applications

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

## Specifications

### Time Base & Accuracy:

Quartz oscillator,  $\pm 0.5$  seconds (24 hours/70°F)

### Printout:

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

### Time Measurement: 1/100 of a second

### LCD Stopwatch Display:

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

### Modes:

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

### Temperature:

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

### Dimensions:

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

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

Weight: 12 ounces with batteries, paper and cord

### Batteries:

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

### Construction:

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

### Standard Accessories:

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

### Optional Accessories:

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

## System Printer

The following data is printed permanently on tape:

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

### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```
1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
```

```
1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
0:00'45 38
2-0:01'30 48
0:00'45 10
3-0:02'16 36
0:00'45 88
4-0:03'01 23
0:00'44 87
```

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# ■ Keeping Pace

by MARK WINITZ



## Big Sur: Perfect 26.2

I've heard more than a few runners say that in races like the marathon you never stop learning. Generally, I think that's accurate. The only problem is that between races it's so easy to forget what you've learned.

The Big Sur International Marathon offers a spectacular course that you have to run a few times to get the hang of. I ran it for the first time last month.

Big Sur Race Chairman, Bill Burleigh (who happens to be a judge), advises runners that if they negotiate the first mile of this course faster than a nine minute mile, they are committing a municipal offense subject to substantial penalty and grief. Of course, Burleigh, who is known for this conservatism on the bench, gives this tongue-in-cheek warning only to protect the innocent. The nine-minute maximum is a limit that can be stretched a bit. But only if

first hand. . . well, foot. . . you might think that there is no glory at Big Sur. Of course, you'd be wrong. There is a *different kind* of glory here. For the most part, the roar that you hear over the entire rugged Big Sur route isn't the clamor from throngs of school girls at Wellesley, or from three-deep spectators lining Boston's Heartbreak Hill.

Big Sur has its own, unique kind of inspiration and encouragement. For well near the whole race the only roar is a distant one: the almost hypnotic rhythm of waves surging against sand, surf muscling against rock. The view at Big Sur is, invariably, majestic coastline. It is a setting created for contemplation, even while on the run. It is a race where it is more natural to reflect on the road that brought you to where you are, rather than to capitalize on the many

with that curious combination of expectation-dread-confidence that only a veteran marathoner can know. In short, it is hard to undo what twenty previous all-out marathons have programmed you to do. That is, run hell-bent-for-leather with the whip to the old behind and the blinders snug at the temple.

The Big Sur Marathon, with its numerous rises and descents, including a 500-foot climb for two miles up to Hurricane Point, is the perfect race to unlearn some old habits. For the guilty, like me, who have forgotten (or merely outrun) that early, innocent exultation of simply conquering 26.2 miles, this race serves a sort of a glorious penance. It is rehabilitation for the race weary, a break for the diehards who have peered for too long into the depths of the asphalt sea and who long to once again fancy the blue horizon.

Those who know me are familiar with my obsession about a certain marathon course that starts in Hopkinton and ends in downtown Beantown. Every year I qualify for and enter Boston whether I end up going or not. April doesn't mean taxes, or showers, or fools to me--even if I am one. It means, quite simply, Boston.

More recently, April has come to include Big Sur. In 1986, I'd just returned from running Boston a few days earlier when I covered the inaugural Big Sur Marathon from the press truck. Last Spring, citing lack of funds and hay fever, I skipped Boston and again covered Big Sur purely from a journalistic vantage point. In fact, I enjoyed watching Brad Hawthorne win the race in an unfathomable 2:16--on a course which I instinctively knew was probably six minutes "slow" for guys like him, more like ten for my pace.

---

"It is rehabilitation for the race weary . . . diehards who have peered for too long into the depths of the asphalt sea. . ."

---

you've run the challenging Big Sur route before--in under 3 hours. Understandably, not many runners do.

You see, Big Sur is the antithesis of, say, the Boston Marathon, where males under forty must have already run sub-3:00:00 just to get in. (As you probably know, comparable standards apply at Boston for women and various age groups.) Unless you've experienced it

miles that allowed you to get here in the first place. And, quite coincidentally, the finest views at Big Sur are when you hesitate a moment and look back behind you.

Admittedly, it is hard for a truly competitive marathoner to set aside the competitive spirit and run nine minute pace when you're accustomed to six. It is hard not to anticipate each split time



## □ Keeping Pace

From those initial two years observing Big Sur, several aspects stood out in my mind: the attention lavished on every single runner, the good humor and skill of the volunteers, and the overall exemplary organization of the event. On a scale of 1 to 26.2, Big Sur definitely rates a 26.2 by my bookkeeping--and this from someone who has been around long enough to remember the Bostons of yore, practically mile-marker-less and aid-scarce.

Last month, I again held an entry into Boston in one hand, but no airplane ticket in the other. What to do? I was in marathon shape (although far from PR-expectant). My training was there, in bulk and effort, but I was working 60-hour weeks to match the 60-plus mile weeks--with no end in sight and burning the candle short. My inflexible

commitments to my running and non-running endeavors were wearing on me heavily.

Scrap Boston. I could not afford to leave my desk for four or five days, the requisite for Boston marathoners who reside on the West Coast. Instead after some hard thought, I sent in an entry to Big Sur, complete with "2:50" handwritten in for my expected finishing time.

Let me append this act with a few facts: (1) My PR in the marathon is 2:48:12, (2) That was five years and many marathons ago, (3) I am perilously close to becoming eligible for the new Master's evolution we're seeing this year, (4) I'd seen the Big Sur Course, and had expounded on its majestic--and (with one exception) slow--reputation. I was no innocent. I thought I knew what to expect.

"I'm running it for a good time," I ambiguously told my friends. Even if they knew what I meant, I probably didn't. What was the folly of penciling in "2:50", anyway? The guilty diehard was, again, rubbing his nose in the asphalt.

Please forgive the poor soles that are besmudged with the litter of old PR's. We are a pitiful lot that utter a nonchalance in our words, but harbor a hard core stubbornness between our hips and our plantar fasciia. In these grim cases, the muscle mass above the neck is definitely out of it.

Even if 2:50 was in the bod or in the cards at Big Sur's starting line, it wasn't for long. The first gently rolling 8 or 10 miles went well enough. But at 10.5 the Big Sur course begins to distinguish

*continued next page...*

# CHEAP

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MARK WINITZ'S

# RUNCAL

RUNNING CALIFORNIA NEWSLETTER

LOS ALTOS, CALIFORNIA



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

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

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## □ Keeping Pace

itself. That's where I did some quick-and-serious self examination and tossed plans to the waves. I watched both eventual women's winner Nelly Wright (2:55:45) and runnerup Pat English (2:57:29) effortlessly pull away on the climb up to the picturesque point. Of course the last time I'd seen soon-to-be men's winner Mike Lundblad (2:33:18) was at the starting line.

What to do? There were a multitude of hills and seascapes to come. The thought crossed my mind to simply drop out and hop on the press truck that I knew would be taking a breather at the top of the point. Heck, forget that. I'd seen the scenery from the truck before.

I'd been tried and convicted. In my ears, floating up from the murmuring surf, I heard the words of the judge who presided over this court: "You're about to run the worst time of your life, but you'll have the best time."

What kind of parable is that for a sentenced man? Judge Burleigh knew, indeed, that I didn't have a ghost of a chance of winning. It slowly sunk in that I no longer knew about this "good time" thing--despite what I'd been telling my friends.

Well, maybe it was time to rediscover some of that. I had 1,400 runners for company, about 1,000 volunteers, and the grace of the gods in this blessed stretch of Pacific coastline. At 1:29:32 and halfway I clicked off my watch and played deaf ears to those double-edged split times. Save the mathematics for another day, for another race where mathematics have the right to be applied.

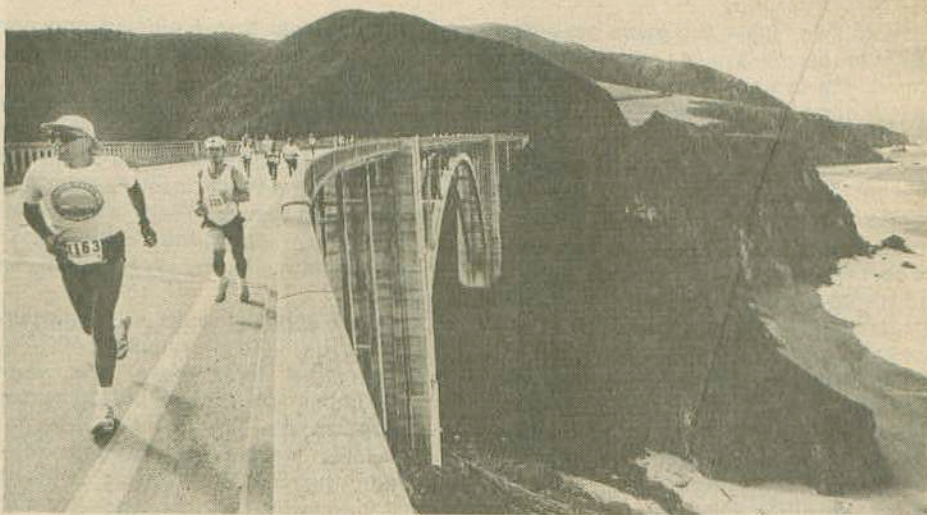
After all, there is order here, even in the absence of numerics.

"This is the most beautiful and best organized marathon in the world," points out Bill Burleigh in that matter-of-fact, casual manner that punctuates all of his conversations. "You won't find more enthusiasm or better support from the local community anywhere."

Perhaps, true. A "26.2," anyhow in my book.

I ran on, taking in the salt air and the scenery too good for words.

Easing through the Carmel Highlands (my quads had gotten a pretty good workout by then and a blister on my big toe was complaining), three miles to go, I hesitated a moment near the grand pianist who traditionally plays before this unlikely audience of stalwarts. I glanced back at the long expanse of mountainous coastline just traversed. I



thought of the old times, when 26 miles at 7-minute pace was as easy as dolphins gliding through surf. Hawthorne's 2:16 flitted again across the landscape, and I thought how he had run that so easily, smiling, almost unintentionally.

And then, seemingly an instant later, Judge Burleigh standing at the finish line (greeting every finisher), extending a big high five for this tired runner. No jail, after all, unless I decided to put myself there. Incredibly, applause. Did I deserve it?

And my wife, Fran, who has seen me through dozens of these kinds of things, this one from the press truck. "You did great," she was saying. "You did just fine." I looked wearily into her eyes for a hint of dishonesty, a little lie to fuel my doubts. I found none. Instead, I thought I saw a question.

Later, pulling myself stiffly out of the car after the drive home, facing another 60-hour week and an absence from Boston the next day, I quietly voiced my answer to that inquiry. The old familiar satisfying ache had already set into the legs.

"Yeh, you did all right," I said to no one in particular. You didn't do bad at all."

**Notes on the Race:** Nelly Wright's 2:54:45 was a new course record, bettering Leslie McMullin's 3:00:44 set in 1986. Wright is 42 years old and competed in the 1984 Olympic Marathon as a member of the Bolivian Olympic Team . . . Men's winner Mike Lundblad's 2:33:18, incredibly, is a PR. He is a Lake Tahoe resident who trains at 5,000

feet . . . Both winners received \$1,000 and a pair of United Airlines tickets to anywhere they fly. Wright received an additional \$500 for the course record . . . Race Consultant Frank Shorter once again ran a good part of the course as a workout. This time he ran the last 20 miles, even with a painful bunion . . . The ascent up to Hurricane Point was posted with signs this year, containing names from last year's contest to name the hill. Postings like "Big Sur-render" and "Pain in the Ascent" provided some humorous "Burma Shave"-type billboard reading on the way to the top . . . New major co-sponsor California Fresh Artichokes provided ample supplies of the healthy vegetables for nourishment, as well as major funding. I was surprised at how many native and longtime California runners were dipping leaves in the mayo for the first time . . . Big Sur is investigating a possible move to an October date next year, to ease the competition from a heavy West Coast Spring marathon calendar.

### See page 47 for Results of Big Sur Marathon

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

By KEITH CONNING

## Editorial

### Coaches Let's be Honest

One of my pet peeves is the practice of some coaches, who submit false times for their athletes and teams, in order to get them into Invitationals.

When the entries were returned from the Stanford Invitational, I found that my runner had not been selected for the mile run. Yet he had defeated a number of the runners, who had been selected. On closer examination I found that a number of athletes were listed with times that they had never run.

What are we teaching our athletes by not being honest ourselves?

Now it is true that this practice of falsifying marks will improve your chances of being selected for the meet, but at what cost. How about all the athletes that are cheated out of a chance to run, because their coaches were honest. I know of at least once coach, who didn't enter the Stanford Invitational this year, because his athlete was cheated last year.

Let's clean up our act coaches and thereby set a good example for our athletes.

### Results Wanted from Northern and Central California

Coaches please send results of track meets in Northern and Central California to Keith Conning, 2235 Browning Street, Berkeley, CA 94702. Please indicate the wind readings, the name of the meet, the site, and the date.

#### Minimum Reporting Standards

Boys: 100 10.8, 11.13; 200 22.2, 22.53; 400 50.0, 50.23; 800 1:57.4; 1500 4:06; 1600 4:25.4; Mile 4:27; 3000 9:05; 3200 9:39.7; 110 HH 15.0, 15.33; 300 IH 39.5, 39.83; 400R 43.4, 43.63; 1600R 3:27; Mile R 3:28.1; HJ 6-4 1/4; PV 13-6; LJ 21-10; TJ 44-6; SP 51-0; D 151-0.

Girls: 100 12.4, 12.73; 200 26.0, 26.33; 400 59.5, 59.73; 800 2:23, 1500 5:03.0; 1600 5:21.1; Mile 5:23.0; 3000 10:55; 3200 11:41.0; 100 LH 15.5, 15.83; 300 LH 47.2, 47.53; 400R 50.3, 50.53; 1600R 4:08; Mile R 4:09.6; HJ 5-2; LJ 17-0; TJ 35-3; SP 35-6; DT 110-0.

### Stanford Indoor High School Track Champs

March 25. Stanford--(Editor's Note: The following announcement was contained in the high school packets at the Stanford Invitational.)

Coming next year ... 1989

Stanford Indoor HS Track Championships

Plus limited collegiate events Saturday or Sunday, Feb. 18 or 19, 1989

Maple Pavilion, Stanford University

Yes, finally a true high school indoor track meet, to be held on Stanford's campus on the best 11 lap per mile indoor track. (We understand that it is the same track used at the old Cow Palace Indoor Meet.) Patterned after the successful Stanford Invitational outdoor meet, every attempt will be made to let as many athletes participate as the all day meet will allow.

... reasonable entry fees  
... low ticket prices for the 4,000 Maple seats

... a great opportunity for all high school athletes

Your support for the outdoor meet has been fantastic--would now like to help you again by providing the best indoor meet we can.

Look for more information next fall. We are looking forward to next year's: Stanford Cross Country Invitational, Stanford Indoor & Outdoor Track Meets.

### Stanford/Holiday Inn Track & Field Festival

March 25-26. Stanford Stadium--The Independence (San Jose) boys' sprint medley relay (800-220-220-440) team won in 3:33.30. Acalanes (Lafayette) placed second in 3:33.5. McClymonds (Oakland) and Bishop O'Dowd (Oakland) tied for third in 3:33.9. St. Francis (Mt. 3:33.9. St. Francis (Mt. View) finished fifth in 3:34.2.

The Oregon City (Oregon) boys' distance medley relay (1320-440-880-Mile) team won in 10:32.0.

John Wirtz (Leland, San Jose), who placed third in the State Meet and signed a national letter of intent to play football at California, threw the discus 183-8.

Katy McCandless (Castilleja, Palo Alto), who placed fifth in the State Meet 3200, won the 3000 in 10:07.05. Her splits were: 1:13.7, 2:33.2, (1:19.5), 3:54.3 (1:21.1), 5:18.0 (1:23.7), 6:42.2 (1:24.2), 8:07.1 (1:24.9), 9:30.5 (1:23.4), 10:07.05 (:36.6).

"It was a good race from the standpoint that it was 10 seconds faster than my winning time a year ago," McCandless said to Fran Errota of the *Times Tribune*. "This is such an enjoyable meet because it is so relaxing and it is awesome to run in such a big stadium (90,000+ seats). But it was boring after a while because there was no one pushing and it was so warm.

"My mind started wandering. I got to thinking about the mile race (Saturday)."

The Saint Francis (Mt. View) girls' sprint medley relay team of Kelly Donnell, Angie Nurisso, Joslyn Mack and Roslyn Mack won in 4:11.45.

The Leland (San Jose) girls' distance medley relay team won in 12:42.51.

Celia Willis (Clovis West, Fresno), who placed ninth in the State Meet, high jumped 6-0.

Keri Sanchez (Santa Teresa, San Jose) triple jumped 39-3.

Heidi Ruiz (Los Gatos), who placed third in the State Meet, put the shot 44-4.

### Oregon State Dropping Track and Field Program

March 30. Corvallis, Oregon--Oregon State announced it will drop its men's and women's intercollegiate track and field program in the 1988-1989 school year because of a budget deficit in the school's athletic department.

photo by Jim Engle



Darrin Stringer

### Oakland Invitational

April 2. Edwards Stadium, Univ. of Cal, Berkeley--The Oakland boys' 4x200 relay team anchored by Jeff Laynes won in 1:27.14.

The Hiram Johnson boys' sprint medley relay team anchored by half-miler Derrick Miller ran 3:31.70.

Tony Rogers, (Hiram Johnson, Sacramento) triple jumped 48-9. Hi

series: 48-2 1/4, 47-6, 48-9.

Melissa Weis (Bakersfield) threw the discus 142-3. Her series: 133-8, foul, foul, 142-3, 122-5.

### Bruce Jenner Classic

April 16. San Jose City College--Darin Stringer (Vacaville) won the 100 meter final in 10.52 with a +4.35 meters per second aiding wind.

Jeff Laynes (Oakland) captured the 200 meter final in 21.48 with a +0.63 meters per second aiding wind. His time was the 4th best in California this season.

Scott Smoot (Vacaville) prevailed in the 1500 meters with a 3:57.4, the second best time in California this season.

Andy Kashuba (Casa Roble, Orangevale) defeated Kevin Holbrook (Vacaville) in the 5000 meters--15:01.8 to 15:06.3.

The Oakland 4x400 relay team of Wesley Dawan 50.6, Rich Grant 50.6, Jeff Laynes 47.8, and Nate Wright 46.9 defeated the Independence team of Kenny McKelvey 51.2, Hector Siqueiros 49.1, Benara Burroughs 48.1, and John Montgomery 47.6--3:15.9 to 3:16.1.

John Wirtz (Leland, San Jose) threw the discus 185-5 to win by more than 20 feet.

Tanya Dooley (Bret Harte, Angels Camp) defeated Roslyn Mack (St. Francis, Mt. View) in the 400 meters--55.32 to 55.69. Dooley's time was the third best in the United States in 1988.

Freshman Becky Spies (Livermore) won the 1500 in 4:39.3, the fastest time in California this season. "I was really looking forward to running against Katy (McCandless)," said Spies to Dennis Miller of *The Herald*, who has lost twice this year to McCandless. "I was thinking how hard it is to run pace alone. I was looking for someone to run with me."

"The first two laps are easy," explained Spies. "I really lost it on the "If someone is there with me, I think I can cut seven seconds," said Spies. "But I doubt if I'll get to run it again." Spies plans to run the 800 in the State Meet.

"I'm hoping for a 2:10," explained Spies. "When I ran a 2:14, I wasn't tired at all."

Katy McCandless (Castilleja, Palo Alto), who passed up the high school division to run in the faster women's 3000 meters, placed second in 9:51.5. It was the third fastest high school time in the United States this season, and the best time in California. "It's my personal best by six seconds. Anytime I do that I have to be happy," said McCandless to Fran Errota of the *Times Tribune*. "I ran in the Open Division because I thought I'd be in a pack, so that someone would break the wind, and I also thought I could pull on the pack.

"But when we got into the race, it was

continued on next page ...

# Prep Notes

photo by Cory Noonan



**Becky Spies**

apparent it was only April (winner April Powers, who clocked 9:29.9) and myself."

Meanwhile, Jennifer Ashe (Leland, San Jose) won the high school 3000 meters in 10:09.5.

Michelle DeCoux (Bishop O'Dowd, Oakland) prevailed in the 400 meter low hurdles in 62.69.

## Northern & Central California Track and Field Schedule

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

- May 6 (Friday): Meet of Champions. American River College.
- May 7 (Saturday): Woodland Invitational. Woodland High School.

May 7 (Saturday): Sacramento County Meet. American River College.

May 17 (Tuesday): Central Coast Section Region I Trials. College of San Mateo, 2 p.m.

May 18 (Wednesday): Sac-Joaquin Sub Section Trials. American River College.

May 18 (Wednesday): San Francisco AAA Trials. McAteer High School, 3 p.m.

May 19 (Thursday): North Coast Section 3A Trials. To be announced.

May 19 (Thursday): Central Coast Section Region I Finals. College of San Mateo, 2 p.m.

May 20 (Friday): Central Coast Section Region II Finals. San Jose City College, 4 p.m.

May 20 (Friday): Sac-Joaquin Sub Section Finals. American River College.

May 20 (Friday): North Coast Section 2A Trials. Edwards Stadium, University of California, Berkeley.

May 20 (Friday): Oakland Athletic League Trials. Laney College, Oakland.

May 21 (Saturday): North Coast Section 3A/2A Finals. Edwards Stadium, Univ. of Calif., Berkeley.

May 21 (Saturday): Oakland Athletic League Finals. Laney College, Oakland.

May 21 (Saturday): San Francisco AAA Finals. McAteer High School, 10 a.m.

May 21 (Saturday): Central Coast Section Region IV Finals. Soquel High School, 10 a.m.

May 25 (Wednesday): Sac-Joaquin Section Trials. American River College.

May 27 (Friday): Sac-Joaquin Section Finals. American River College.

May 27 (Friday): Central Coast Section Finals. Independence High School, 3 p.m.

May 27-28 (Friday & Saturday): North Coast Section Meet of Champions. Edwards Stadium, Univ. of Cal., Berkeley.

June 3-4 (Friday-Saturday): Reebok/California Interscholastic Federation State Meet. Cerritos College, Norwalk.

June 11 (Saturday): Golden West Invitational. California State University Sacramento. Ernie Gomez (916) 483-2018.

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

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

# Prep Results

## Moreau-Chabot Invitational

From Phil Wilder

March 12. Chabot College, Hayward.

### Boys Teams

1. St. Mary's (Berkeley) 81 1/2, 2. Bellarmine 76, 3. Oakland 55, 4. Moreau 47 1/2, 5. Independence 43.

### Boys Individuals

100m: 1. Jeff Laynes (Oakland) 10.64, 2.

Benari Burroughs (Independence) 10.91. Steeplechase: 1. Paul Butler (Mt. Eden) 5:14.4. 3000m: 1. Steve Zirkelbach (Concord) 8:58.4. 300m IH: 1. Nate Wright (Oakland) 38.8. Shuttles: 1. Bellarmine 39.1. 400R: 1. Independence 42.28. 800R: 1. Oakland 1:29.4. 1600R: 1. Oakland 3:22.8. 3200R: 1. Bellarmine 8:03.4. Distance Medley: 1. El Cerrito 10:38.2. HJ: 1. Thompson (St. Mary's) 6-4. PV: 1. Tinston (Encinal) 12-6. LJ: 1. R. Laccay (Moreau) 21-11. TJ: 1. Laccay (Moreau) 44-6. SP: 1. Gomes (Montgomery) 52-11 1/2. DT: 1. Pazdel (Washington-F) 155-7.

### Girls Teams

1. Oakland 53, 2. Moreau 45, 3. Granada 44, 4. Oak Grove 39, 5. Ygnacio Valley 38.

### Girls Individuals

100m: 1. Abiola Davis (Berkeley) 12.71. 3000m: 1. Felix (Oak Grove) 11:16. 300m LH: 1. Patil (Ygnacio Valley) 49.1. Shuttles: 1. Ygnacio Valley 40.2. 400R: 1. Oakland 50.06. Sprint Medley: 1. Oakland 1:48.7. 1600R: 1. Kennedy-R 4:11.2. 3200R: 1. Campolindo 10:14.2. Distance Medley: 1. Santa Teresa 13:04.4. HJ: 1. Cox (Granada) 5-4. LJ: 1. S. Hans (Ygnacio Valley) 16-0. TJ: 1. Murray (Presentation) 33-5. SP: 1. Ruiz (Los Gatos) 41-7 3/4. 2. Fir (Newark-Memorial) 39-5. DT: 1. Ruiz (Los Gatos) 129-3, 2. Cembellin (Amador Valley) 112-7 1/2, 3. Fir (Newark-Memorial) 112-7 1/2.

## Reebok-Golden Bear Meet of Champions

March 18-19. Edwards Stadium, Berkeley.

### Boys Results

100m: (Hand Timed) 1. Darrell King (Ygnacio Valley) 11.4. 800m: 1. Ben Turman (Berkeley) 2:03.1. 1500m: 1. Steve Zirkelbach (Concord) 4:01.4, 2. Ben Turman (Berkeley) 4:02.1, 3. Steve Turmpseed (El Cerrito) 4:05.7. 3200m: 1. Steve Zirkelbach (Concord) 9:33.7. 110m HH: 1. Tony Kinney (Vallejo) 15.52. 4x100: 1. Ygnacio Valley 43.3. 4x200: 1. Oakland 1:28.3. 4x400: 1. Ygnacio Valley 3:26.1, 2. Berkeley 3:26.8. High Jump: 1. Kevin Kean (DeLaSalle) 6-9, 2. Kevin Ashe (Clayton Valley) 6-7, 3. Jim O'Sullivan (Drake) 6-5, 4. Griff Joyce (DeLaSalle) 6-5. Shot Put: 1. James Evans (Berkeley) 47-10. Discus: 1. Mike Kampten (DeLaSalle) 142-8.

### Girls Results

100m Heat 1: 1. Chris Williams (Vallejo) 12.71. 100m Finals: 1. Chris Williams (Vallejo) 12.67. 800m: 1. Shirley Terrell (Vallejo) 2:25.6. 1500m: 1. Becky Spies (Livermore) 4:43.1. 3200m: 1. Robin Constantinides (Clayton Valley) 11:57.5. 100m LH Heat 1: 1. Julita Patil (Ygnacio Valley) 15.38. 100m LH: 1. Julita Patil (Ygnacio Valley) 15.68. 4x100: 1. Vallejo 49.6. 4x200: 1. Vallejo 1:46.5. 4x400: 1. Vallejo 4:05.2. High Jump: 1. Kim Cox (Granada) 5-2. Shot Put: 1. Nancy Wanamaker (Pleasant Valley) 40-6 3/4, 2. Charon Pfeifer (Clayton Valley) 35-8 1/4. Discus: 1. Sabrina Miles (Vallejo) 129-6, 2. Nancy Wanamaker (Pleasant Valley) 120-6, 3. Connie Spesert (Vintage) 110-0.



**Steve Zirkelbach**

(Concord) 4:18.0, 2. Louis Rivera (Tokay) 4:18.7, 3. Jim Geerlings (Newport Harbor) 4:19.3, 4. Joe Amendt (Lick) 4:20.0, 5. Mike Thomas (Alemany) 4:26.3, 6. Christian Lowe (Los Altos) 4:26.6. 5000m: 1. Andy Zoldak (Bellarmine) 15:34.4, 2. Mike Brown (Gunn) 15:38.7, 3. Mike Dixon (Newport Harbor) 15:41.7. 110m HH: Section 1: 1. John Prudenti (Justin Siena) 14.7, 2. Steve Ruffin (St. Francis) 15.0. Section 2: 1. Eddie Carbin (Washington, F) 15.01. Section 3: 1. Ernie Billing (Davis) 15.0, 2. Jason Rucker (Skyline) 15.27. 400m IH: 1. Jim Farmer (Clovis West) 55.8. Section 2: 1. John Prudenti (Justin Siena) 55.6. Section 3: 1. Zack Uribe (Capuchino) 55.8. 4x100 (top six times advance to final): Heat 1: 1. Riordan 42.39, 2. Independence 42.46. Heat 2: 1. Pittsburg 43.0, 2. Skyline 43.1. Final: 1. Independence 42.55, 2. Pittsburg 43.11, 3. Clovis West 43.15, 4. Skyline 43.45. 4x440 (top six times advance to final): Heat 1: 1. Riordan 3:22.85 (Miller 49.2), 2. Independence 3:22.97, 3. McClymonds 3:23.00, 4. Ygnacio Valley 3:28.01. Heat 2: 1. Skyline 3:26.66, 2. Bellarmine 3:26.85. Heat 3: 1. Acalanes 3:25.39, 2. Pittsburg 3:27.13. Final: 1. Independence 3:22.47, 2. McClymonds 3:24.88, 3. Acalanes 3:25.24, 4. Riordan 3:25.69, 5. Bellarmine 3:27.01. 4x880: Section 1: 1. Oregon City 7:59.0, 2. Bellarmine 8:00.2, 3. Bella Vista 8:03.2. Sprint Medley: Section 1: 1. Independence 3:33.30, 2. Acalanes 3:33.5, 3. (tie) McClymonds and Bishop O'Dowd 3:33.9, 4. St. Francis 3:34.2. Distance Medley: Section 1: 1. Oregon City 10:32.0, 2. Beyer 10:41.7, 3. El Cerrito 10:42.6. 4x110m HH: Section 1: 1. Gilroy 62.35. Section 3: 1. Castlemont 64.56. Section 4: 1. Davis 64.13. High Jump: 1. Kevin Keane (DeLaSalle) 6-9, 2. Colman Conroy 6-

## Stanford/Holiday Inn Track & Field Festival

March 25-26. Stanford Stadium.

98 High Schools entered. These results include the top three performers in each event plus anyone who equaled or surpassed the California minimum reporting standards.

### Boys Results

100m: Section 1: 1. Benari Burroughs (Independence) 10.7, 2. Ronnie Harris (Valley Christian) 10.8. Section 2: 1. Aaron Turner (Pittsburg) 11.11. Mile: 1. Steve Zirkelbach





Ian Alsen wins boys 3200.

# Arcadia Invitational

photo by Cory Noonan



Girls 3200 (left to right): Jamie Park, Laurie Gomez, Deena Drossin, Jeanie Craven, Kira Jorgensen.

By Doug Speck

On April 9th the best from over three hundred and fifty schools from nearly a dozen states gathered for the Twenty-First Annual Arcadia Invitational Track and Field Meet. The affair was described by visiting New Yorker Jim Spier, a former Track and Field News High School Editor and one of the Meet Directors of the National Scholastic Indoor Championships at Yale in Mid-March, as the best outdoor High School meet he had ever seen. The diverse geographical gathering of talent resulted in another stupendous show before a sell-out crowd, with the action in the evening's thirty-three events resulting in 17 new National Leaders, and 23 athletes recording the best mark in California during the current season in their event. The match-ups and level of competition on the school's lightning fast all-weather facility brought responses from the packed house that have not been seen in the sport in this area since the 1984 Olympic Games. A perfect 75 degree evening was topped only by the blazing action on the track.

With the smashing success of the 1987 Arcadia affair on the school's new track, the decision was made to seek the entry of top athletes from other than the immediate Western States for the 1988 Meet. Some obvious match-ups were pursued with very, very exciting results. The top sprinters from Texas have never traveled to California to compete in an interscholastic competition, as they did this year at Arcadia. The Women's team from Tilden HS in Brooklyn, New York that had yanked a five minute old National Record (1:41.57) set by the Hawthorne Cougars in a previous heat in the 4x200m relay in the National Scholastic Indoor

Championships in mid-March with a 1:41.15 new High School standard would be in attendance at Arcadia for a same race match up with the Cougars. Laurie Gomez (Boardman, Youngstown, Ohio) had raced a surprising 10:22.82 for two miles in the Indoor National affair, and would match up with Kira Jorgensen (Rancho Buena Vista, Vista), the Kinney National Cross Country Champion, over 1600 and 3200 meters. The nation's finest female prep Shot Putter, Christy Ward (North Valley, Grants Pass, Oregon) was coming in, and with the best of Arizona, Nevada, and all of California in attendance it was one of those competitions you knew was going to be great.

South Oak Cliff High School of Dallas, Texas has one of those sprint crews you dream about. Junior Marlin Cannon had run 46.51 for 400m out of the blocks as a soph, soph Terrance Wesley had a 10.4 best this spring for 100m, and Rayford Ross had 13.9 already in the Highs. The very first outing of the year for the Texas crew had them run 40.51 for the 400m relay (the national record is 40.31)! In other runs they had 40.54 and 40.58 bests, and added a 3:11.55 in 28 degree weather for the 1600m baton event along the way. A match-up between the Texans and Hawthorne, led by Curtis Conway (10.61 and 21.1 already this year) and Travis Hanna (21.3 and 46.7), would be one made in heaven. Coach Leonard Grant of the Texas school made up his mind it was going to come off, and bulled through the flak, financial and otherwise, that frequently throws a monkey-wrench in a match-up such as this. Wow! Something like this had never happened. The first match-up of the teams would be in the

400 Meter Relay, and it was exciting. Unfortunately, it was marred by controversy, as SOC anchor runner Marlin Cannon headed back to the staging area after taking his position on the track to find his lost Accutrack number, and claimed he was not ready when the gun went off. One can believe those Texas relay times after seeing the SOC handoffs. They were picture-perfect, with Cannon having two meters over Curtis Conway as the final leg started. Amazingly, the Hawthorne junior blew right by the Texan on the way to a 41.22-41.60 win. To put it mildly the crowd went nuts, with this amazing match-up as competitive and exciting as one could imagine! The Texas athletes shied away from the individual events, with Hanna equalling his Nation Leading 400 meter time in a controlled 46.84 win, and Conway 3rd (21.22) over 200 meters to Brian Bridgewater (LA Washington) and his Nation-Leading 21.03. If the Men's relay action was super over 400 meters it was undecipherable over 1600 meters because it lasted a lot longer. In the four lap event Hawthorne and SOC toyed with the pack for the first leg, then alternated the lead for the next three with blazing individual efforts. Curtis Conway took Hawthorne from in the pack to the lead with a leg in the mid 46's on leg two, with Marlin Cannon attempting to put SOC far out in front with a big third leg (46.7). As the anchor leg started the Texas had about eight meters on Travis Hanna and Hawthorne. Allowing the lead to stretch to twelve meters by the 200 meter mark (reached in 22.2) of his lap, Hanna seemed to be out of it, but those who follow prep track locally knew not to give up on Coach Kye Courtney's latest star. Seeming

to explode about 10 meters before the long final straight, Hanna sailed by the South Oak Cliff anchor runner and screamed on into the tape during a 45.5 leg that had his team finish in a Meet Record and Nation-Leading 3:11.33. The homestretch run was as exciting as anything ever seen locally in Prep Track, and coming in the final race of the evening the event put a perfect cap on a great evening.

The Tilden High Women's group was in town for most of the week, adding to the publicity build up to the competition. Unfortunately, they had injury problems on their 1600 relay, fell far behind on the first leg, and had a difficult time working their way up into the action. Up front Hawthorne and Locke battled for the lead, with Hawthorne finally emerging victorious 3:48.44 to 3:50.13 over the New Yorkers. The Hawthorne Women's group also took the 400 Meter baton event in an excellent 46.87 to make a clean sweep of all the evening's Men's and Women's regular relay events. The Texan Men and Tilden Women's groups added an element of interest in the Arcadia Meet this year that was unequalled in the past, with the curiosity in seeing how local stars would do against the best in the entire rest of the nation attracting a huge following here. Both visiting groups were very gracious despite the somewhat disappointing results, and they left the locals with the impression they will be heard from in a big way in the future. The test of a true champion goes when the results do not quite suit you, and the visiting groups were really class acts.

The distance match-up of Laurie Gomez (Ohio) and Kira Jorgensen (Rancho Buena

Vista) was very much anticipated. Jorgensen had smashed the nation's best during the Fall, easily winning the Kinney National Cross Country Championships in San Diego. Gomez has done the same kind of job this winter, racing away from the country's best indoors in the National Scholastic Indoor Meet over two miles in running 10:22.82 (#7 prep time ever) in winning by nine seconds. Jorgensen fell during the Indoor Championship affair while running the Mile, and was interested in redeeming herself here. There were a half dozen other Southern and Northern Californians ranked among the top ten in the country in their event in the Women's distance fields here. In the 1600 Meters at 7:00 p.m. Tracey Williams (Mt. View, El Monte) set the early pace through a quick 66.6 opening lap. At 2:21 for 800m Jorgensen and Gomez led the pack, with the pace slowing just slightly during the third circuit. It was just before the bell, at 3:37.8 that Gomez put in a determined move that dropped everyone, including Kira. Flying down the backstretch, Gomez showed that she was in another league this evening, leaving everyone 15 meters back with a half a lap to go. Shutting it down in the final 50 meters, perhaps thinking ahead to her 3200 an hour later, Gomez still recorded a Nation-Leading 4:48.59 (Meet Record). Soph Karen Hecox (South Hills, West Covina) amazed with a 4:50.93 for 2nd, and Reyna Cervantes (Montevello) (4:52.41) also edged in ahead of Jorgensen (4:53.41). Seven ran under 5:00.0 in the event, as the top three finishers recorded the top times in the nation thus far this spring. A bit over an hour later (8:10), Gomez, Jorgensen, and another super group returned for the 3200. Through a quick 5:13 opening 1600 it was Gomez, Jorgensen, and Nicole Houle (Hesperia) far ahead of the other competitors. After that point Gomez showed the strength that she matches with a long and bouncy stride and she began to edge away from the field, stretching her lead to ten seconds by the end in winning at 10:31.40 (another National Leader) to Jorgensen's 10:41.25. The large crowd was very appreciative of the Ohioan's efforts, cheering her in over the last lap or two as she showed a domination of top distance groups like few have in the history of this affair. Laurie was awarded the Female Athlete of the Meet for her efforts.

Christy Ward (North Valley, Grants Pass, Oregon), the nation's leading returning female Shot Putter, at 48-3, dropped in to challenge a super group of California returnees. The Oregonian opened up at 45-10, a mark no one from the Golden State could challenge, and then edged out to 48-3, then 46-7 3/4 to handily take down Tracy Wilson (Taft, Woodland Hills) 44-3 3/4 (2nd) and the rest of the "down-South" upstarts. Melissa Weis (Bakersfield) was great in the Women's Discus with a 160-11 win (#10 All-Time California performance), and a series with five throws over 151-11 in dominating a top field.

The Men's distance fields also featured super Southern California groups plus stars from other areas. In the Men's 1600 meters (7:10 p.m.) Dennis Hernandez (Mission San Jose, Fremont) took the pace out through 60.3-2:05.8 lap posts, with a large pack in attendance through the 1200 meter mark in 3:11.5. Ian Alsen (Granada Hills), who had run 4:12.52 in the National Scholastic Indoor

affair for third, looked strong down the backstretch, with surprising Cajh (say it "Cage") Hafferty (Blanchet, Seattle, Washington), a 9:12.5 two miler, forcing Alsen through the gears in maintaining his lead. At 1400 meters (3:41.0) Alsen started to edge away, rocketing the final 200m in 28.7, winning in a shocking 4:09.67. Ian's final 400m took 58.2 in yet another Nation Leading effort here. As Gomez had on the Women's side, Alsen planned on a double win, coming back to face a very strong 3200 field at 9:20 p.m. A dozen were not intimidated a bit by Jeff Gilkey (Arroyo, El Monte) and his early pace setting, as they were all within ten yards of the pace through a 4:29 first four laps. After the fifth circuit in 70 it was David Scudamore (Palos Verdes) who pushed the pace first, taking over on the backstretch of the sixth lap, racing the next 400m in 69, and being one of a foursome (Scott Hempel, Walnut), Alsen, and Reggie Williams (River City, West Sacramento) stretched across the track at the gun at 7:57.8. During a wicked final 400 Williams pressed Alsen once again to the hilt, with the LA City star again not resorting to all his strength until the final half lap (covered in 28.5) to win (8:59.54) over the Sac Joaquin section star (9:00.66). This was a distance race in the true Arcadia tradition-tenth place 9:09.8, with seventeenth at 9:20.2. Alsen's 3200 was a National Leader this spring, with the press awarding him the Male Athlete of the Meet for his efforts. Adding up the fastest eight 200 meter segments for Alsen this evening would give him a 1600 of about 4:05. It will be interesting to see if he tries to double in the State Meet. He can probably run very close to 4:00.0 in the right situation, and appears capable of running with most of the nation's top juniors that he will be competing against for a spot on the U.S. National team to the World Junior Championships this summer in Canada.

Picking the Athlete of the Meet here is difficult. Other top efforts made every event a story. Argela Burnham (Rio Mesa, Oxnard) had felt a slight hamstring problem a week previous and was questionable up until a day or two before this Meet. Her efforts here were amazing with this as background. In the Seeded Women's 400 Meter Relay Mission Viejo had a huge lead as the race started the anchor leg. Sheri Bertell (12:0-24.9) is no slouch for MV, as were the other anchor runners. Burnham started for her Rio Mesa squad in sixth during the final leg, with her screaming effort having her team emerge just short at the finish in second 48.51 (Mission Viejo)-48.61. With everyone starting even in the 100 Meter event Burnham was even with recently blooming star, Inger Miller (Muir, Pasadena) (the daughter of Dr. Lennox Miller the former USC star and Caribbean Olympian) through 50 meters. Over the final half of the run Burnham eased away, recording a fine 11.65-11.79 win over the Muir sophomore. Burnham's time is the best in the State and #2 countrywide. It was over 200 meters where Burnham had to let it all hang out, ignoring whatever hesitancy there might be due to the recent injury fears. Miller raced the turn just as her father did, having three full meters on Burnham as the duo passed the 100 meter start line. From there on in it was a long desperate spring by the Rio Mesa star to first rain Miller in, then move away to a

23.94-24.18 win. These are two class sprinters, with Burnham's winning 200 time another National Best for the year.

Michael Bates (Amphitheater, Tucson, Arizona) was awesome. In the Men's 110 Meter High Hurdles, as the nation's top returnee at 13.70 (National soph record) he would face the #2 returnee nationally. Ron Copeland (Dorsey, LA) 13.88, Texan Rayford Ross (South Oak Cliff) 13.9. After an even start the Arizonian rocketed away from the field over the second barrier, racing away to a three meter victory over Copeland and the field, recording a 13.70 Meet Record (National Leader) win over Copeland's fine 13.95 California Leader. Twenty five minutes later Bates faced a top 100 meter group. Quincy Watts (Taft, Woodland Hills) suffered a slight injury the day previous and had to scratch, and Tony Miller (Riordan, S.F.) had a stress fracture of the foot, and was also out. It was still a great event. Soph Andre Green of Long Beach Poly had a rocket start, with Brian Bridgewater (LA Washington), Jeff Laynes (Oakland), and Bates closing over the final half of the race. It was a classic race, with five athletes within a half a meter at the finish. After a close study of the Accutrack photo Bates was declared the winner at 10.61, with Bridgewater .01 back and Laynes .05. Bates' only loss of the evening was over 200 meters when he could not catch Bridgewater, 21.03-21.17, in the Washington star's National Leading effort.

The Field Events also featured a series of stunning performances. Reggie Belton (Antelope Valley, Lancaster), a top basketball player, decided to give track a try this spring, and in his first four meets had a 6-11 best. Three seven footers, Andre LaCoste (Lakewood) 7-1, Mark Wilson (Charter Oak, Covina) 7-0 1/4, and Tim Prince (Logan, Union City) 7-0, would spice the action. Ten in the field had bests of 6-9 or over, but it was only Reggie who could clear 6-10 after four others joined him over 6-8. At 7-0 Reggie shocked with a first effort clearance, then blew everyone away with at least a couple of inch clearance at 7-2 (National Leader). This young man has some springs, with his hips way over most of his heights, and the timing of the rest of his clearance his only problem due to inexperience. Meet Records here are tough to take down, but Greg Denby's old 7-1 standard (1980) went by the wayside here. A super group of Vaulters from Arizona came to town, and Todd Lehman (North Phoenix) 16-6, Lance White (Tolleson) 16-6, would combine with David Noel (Edison, Huntington Beach) 16-4 1/2, Tommy Parker (Notre Dame, Sherman Oaks) 16-2 3/4, and Matt Warwick (Hesperia) 16-1 1/2, and others to make for the strongest ever "in-season" vault field in California history. When the dust had settled this evening tenth place was 15-0! The Arizonians were pretty true to form, with Lehman (16-6), Lance White (16-0), and Lane White (Lance's twin) (15-6) sweeping the first three places, and Rick Lotterer (San Pasqual, Escondido) 15-6 surprising as the first Californian in fourth. Diatori Gildersleeve (Grant, Sacramento) started the evening off in one of the early field events with a Nation-Leading 24-5 1/4 Long Jump victory, with Frank Jones (Hoover, Fresno) 23-11 1/4w, Glen Reyes (Orange Glen, Escondido) 23-10 3/4, and Derrick Baker (Cerritos) 23-8 also jumping far. Keleaph Carter (Edison,

Huntington Beach) won the battle of the Nation's three best in the Shot Put, recording a PR and country-leading 63-2 3/4 to turn back amazing soph, Brent Noon (Fallbrook), who took down Carter's 61-11 California 10th grade record with his 62-0 in 2nd. Rick Fuller (Arroyo, El Monte) had a fine 60-9 1/2 in third. Russell White (Crespi, Encino) won over a fine Triple Jump group, with his 49-0 1/2 handling over five that leaped past 47-11 1/2. John Wirtz (Leland, San Jose) showed his superiority over this year's crop of California Discus Throwers, winning by 16 feet at 187-8.

Athletes came a ways to win the 800 Meter races. The Women's event featured six of last year's California State Finalists, and Washington State champion, Helen Bajocich (Blanchet, Seattle), with a dozen having bests of 2:15 or better. Kim Toney (Atascadero) took the pack out through a 61.2 400m, with Erika Lovett (Savanna, Anaheim) taking a spill that slowed the back half of the pack at the 450 meter point.

photo by Burt Davis



Brian Bridgewater

Gabby McKenzie (Dixon) and Kim McAllister (Locke, LA), the defending State Champion, battled down the backstretch, with everyone expecting Kim to burst by on the homestretch. Shockingly it was the Seattle visitor, Bajocich who showed a hard-driving style down the homestretch to romp away from the field and win by ten meters at 2:11.88 (the #2 time in the nation this spring). On the Men's side a top group was led at 400 meters at 54.8 by Travis Cooksey (Rio Mesa,

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Oxnard) and Derrick Miller (Johnson, Sacramento). Miller had moved ahead at 600 meters in 1:22.8, with comfortable striding Joe Amendt (Lick, San Jose) bursting past with 150 meters to go and racing away to a 1:52.66 win. Amendt had won the Sunkist Meet the last two years and his comfortable win here makes him the favorite for the State title in June.

The Women's 400 Meters was a monumental struggle between two of the nation's best. Angela Rolfe (Dorsey, LA) is the defending State Champion and the #2 returnee nationally in the event at 53.55. Crystal Irving (Long Beach Poly) was 2nd in State and is the #3 athlete back in the country at 53.96. Here, Irving had lane six with Rolfe in seven. It was clear early on that Irving intended to destroy the pecking order this evening, as she blasted out past everyone during the first 200, covered in under 25.0, and had a four meter lead through 300 (at 38.9). During a furious homestretch struggle Irving would not submit to fatigue and Rolfe's charge, crossing the tape in a Nation Leading 54.6 with Rolfe two meters back in 54.9. The two Distance Medley Relay races featured fine depth, with Palos Verdes riding the momentum of Andrea Black's sub-3:40 lead off 1200 to a fine 12:17.04 National Leader Women's win. On the Men's side seventh place was 10:21.66, with amazing stick carries abounding. Coach Jack Farrell's Thousand Oaks Men's group parlaying 3:06.2-49.5-1:58.7-4:22.9 legs to a 10:17.25 Nation Leading performance.

The other Women's Field Events featured top groups. The High Jump had seven with bests of over 5-8. Five cleared exactly that height, with Karol Damon (Redlands) receiving the win on fewer misses. Marilyn Cragin (Mirafeste, Palos Verdes) PR's at that height in a tie for second with Chrissy Mills (Campbell Hall, North Hollywood), Kelly Blair (Prosser, Washington), and J.C. Broughton (Woodland). Amazingly strong ninth grader, Keri Sanchez (Santa Teresa, San Jose) came in and won in the Triple Jump at 38-11 1/2w over the nation's #2 returnee, Althea Moses (Morningside, Inglewood) (40-0 3/4 PR) 38-8w here, and 1988 Outdoor National Leader, Carlene Turner (Muir, Pasadena) (39-6 earlier this spring). Yolanda Burton (McAteer, S.F.) was the Long Jump winner (18-5 3/4) over early season State Leader Marlo Aubert (Milpitas).

Locke athletes split the Women's Hurdle wins. Latanya Davenport won the 100 meter barrier event at 14.34 over teammate Regina Wetherford (14.35), with Regina taking home her winner's watch at the 300 meter distance with a 43.22 run. The other Men's running event, the 300 meter Intermediates was interesting, with step and barrier problems resulting in a lead change at every one of the final five flights. Charles Brown (Channel Islands, Oxnard) exploded over the final three hurdles, racing from sixth to first in the final 100 meters as others encountered problems, winning at 37.93.

Once again, the Arcadia Meet management ran a Morning "Open" Meet to allow more deserving athletes a chance to step on the school's fine facility. The performances once again by those athletes just below the Evening's "Invitational" quality was very good. Two State Leading marks (both by athletes from Mt. Miguel HS in Sping Valley) emerged

from the Morning competition this year. Mark Senior rocketed a 1:53.09 800 meter during the session, with teammate Kevin Jones bettering anything run thus far in 1988 in California in the 300 meter Intermediates with a 37.88 effort. Joe Devine (Saugus) ran 4:15.9 in the 1600 meters, as five ran under 4:20.0. Kerry Tate (Upland) raced 10.84 (100 meters) and 48.69 (400 meters) and looked very impressive. Jaime Galindo (Oxnard) ran 9:28.72 over 3200 meters, with Craig Short (Santa Fe, Santa Fe Springs) High Jumping 6-8.

On the Women's side Muir sprinter Taminika Terry blazed a 12.95 100 meters, Shanequa Campbell (Pomona) ran 25.30 (200 meters), and Jaki Henderson (Alhambra) went 56.38 (400 meters) to all establish Meet Records. Felice Lipscomb (Santa Monica) ran 14.73 in the 100 meter Low Hurdles. Foreign exchange student Maria Marelius (Alhambra) Long Jumped 17-2 1/2, Tanya Conner (Barstow) Triple Jumped 36-6 1/4, Queen Tumanuvao (Bell Gardens) took the Shot Put at 37-1 3/4, and Kelsey Allen (Capistrano Valley) led three over 130 feet in the Discus at 132-2, as those young ladies all established Field Event Meet Records.

photo by Cory Noonan



Reggie Betton

### Invitational Men's Results

**100m: (Seeded) (wind +.45 mps)** 1. Milburn (Santa Monica) 10.88, 2. Nottoli (Paracleto, Lancaster) 10.93, 3. A. Smith (Hawthorne) 11.05, 4. R. Smith (Ramona, Riverside) 11.06, 5. Pratt (Crenshaw, LA) 11.09, 6. Haas (Poly, Sun Valley) 11.09. (Invitational) (wind -.01 mps) 1. Bates (Amphitheater, Tucson, AZ) 10.61, 2. Bridgewater (Washington, LA) 10.62, 3. Laynes (Oakland) 10.66, 4. Green (Poly, Long Beach) 10.68, 5. Stringer (Vacaville) 10.69, 6. Bryant (Dorsey, LA) 10.91.

**200m: (Seeded) (wind -.01 mps)** 1. Milburn (Santa Monica) 21.82, 2. Nottoli (Paracleto, Lancaster) 22.09, 3. R. Smith (Ramona, Riverside) 22.19, 4. McGee (Duarte) 22.32, 5. Luizzi (Burrhoughs, Burbank) 22.39. (Invitational) (wind -.01 mps) 1. Bridgewater (Washington, LA) 21.03 National Leader, 2. Bates (Amphitheater, Tucson) 21.17, 3.

Conway (Hawthorne) 21.22, 4. Green (Poly, Long Beach) 22.05, 5. Lomax (Valley, Sacto) 22.1.

**400m:** 1. Hanna (Hawthorne) 46.84 Equal National Leader, 2. Stevenson (Morse, San Diego) 47.24, 3. Jones (Hoover, Fresno) 47.87, 4. Wright (Oakland) 48.05, 5. Burt (Birmingham, Van Nuys) 48.28, 6. Pratt (Crenshaw, LA) 48.29, 7. Retterer (Sparks, Nevada) 48.80.

**800m:** 1. Amendt (Lick, San Jose) 1:52.66 State Leader, 2. Cabral (Belmont, LA) 1:53.60, 3. Cooksey (Rio Mesa, Oxnard) 1:53.72, 4. Smith (Redlands) 1:53.74, 5. Derrick Miller (Johnson, Sacto) 1:53.88, 6. Bateman (Crescenta Vly, La Crescenta) 1:54.32, 7. McNeal (Point Loma, San Diego) 1:54.61, 8. Guerrero (Rio Mesa, Oxnard) 1:55.2, 9. Vera (St. Francis, Mt. View) 1:55.4, 10. Frelix (Washington) 1:55.7, 11. Luna (Vacaville) 1:56.0, 12. Sanford (Los Alamitos) 1:56.2, 13. Sharpe (Eisenhower, Rialto) 1:56.4.

**1600m:** 1. Alsen (Granada Hills) 4:09.67 National Leader, 2. Halferty (Blachet, Seattle, Washington) 4:11.72, 3. Robbins (Corona del Mar) 4:13.12, 4. Lewis (Burbank) 4:14.5, 5. Hernandez (Mission San Jose, Fremont) 4:15.3, 6. Geerlings (Newport Harbor) 4:15.3, 7. Smoot (Vacaville) 4:16.0, 8. Tadese (Crawford, San Diego) 4:16.7, 9. Puentes (Arroyo, El Monte) 4:17.5, 10. Montes (Nogales, LA Puente) 4:19.6, 11. Turman (Berkeley) 4:19.8, 12. Bellamy (Moreau, Hayward) 4:20.9, 13. McCarter (Thous.Oaks) 4:22.8, 14. Chavez (Hawthorne) 4:24.3.

**3200m:** 1. Alsen (Granada Hills) 8:59.54 (8:31.1 3000 meters) National Leader, 2. Williams (River City, West Sacto) 9:00.66 (8:30.8), 3. Hempel (Walnut) 9:01.56 (8:31.5), 4. Gilkey (Arroyo, El Monte) 9:03.39 (8:32.0), 5. Winkelman (Marina, Huntington Beach) 9:03.79 (8:32.4), 6. Scudamore (Palos Verdes) 9:06.10 (8:34.1), 7. Dameworth (Agoura) 9:06.46 (8:32.8), 8. Hubbard (Basic, Henderson, NV) 9:07.2 (8:34.9), 9. Ortega (Arroyo, El Monte) 9:07.8 (8:34.5), 10. LaVelle (Corona del Mar) 9:09.8, 11. Powers (Arroyo, El Monte) 9:13.0, 12. Berko (Covina) 9:14.2, 13. Esparza (Newbury Park) 9:15.6, 14. Dodge (Carson City) 9:16.2, 15. Vujic (Burrhoughs, Burbank) 9:16.9, 16. Salberg (University City, San Diego) 9:19.3, 17. Ayers (Christian Brothers, Sacto) 9:20.2, 18. Miranda (Birmingham, Van Nuys) 9:24.1, 19. Naranjo (Wilson, LA) 110m High Hurdles: (wind -.01 mps) 1. Bates (Amphitheater, Tucson, AZ) 13.70 National Leader, 2. Copeland (Dorsey, LA) 13.95, 3. Ross (So. Oak Cliff, Dallas, TX) 14.30, 4. Dunbar (Hawthorne) 14.57, 5. Thompson (Cerritos) 14.57, 6. Carbin (Washington, Fremont) 14.71, 7. Prudenti (Justin Siena, Napa) 14.73, 8. Lynch (Mater Dei, Santa Ana) 14.75.

**300m Intermediate Hurdles:** 1. Brown (Channel Island, Inard) 37.93, 2. Copeland (Dorsey, LA) 38.00, 3. McFarland (Castlemont, Oakland) 38.36, 4. Barrene (Crenshaw, LA) 38.63, 5. Prudenti (Justin Siena, Napa) 38.84, 6. Dallas (Pasadena) 39.08, 7. McGuirk (St. Ignatius, S.F.) 39.24.

**400m Relay (Seeded):** 1. Morningside (Inglewood) 42.16, 2. Castlemont (Oakland) 42.42, 3. Crenshaw (LA) 42.45, 4. Pasadena 42.56, 5. Morse (San Diego) 42.67, 6. Bakersfield 43.09, 7. Riordan (San Francisco)

43.22, 8. Burrhoughs (Burbank) 43.38. (Invitational) 1. Hawthorne 41.22 State Leader, 2. South Oak Cliff (Dallas, TX) 41.60, 3. Dorsey (LA) 41.69, 4. Washington (LA) 41.97, 5. Muir (Pasadena) 42.26, 6. Cerritos 42.34, 7. Oakland 42.37, 8. Poly (Long Beach) 42.74.

**1600m Relay: (Seeded)** 1. Washington (LA) 3:17.9, 2. Johnson (Sacto) 3:21.1, 3. Riordan (S.F.) 3:22.5, 4. Redlands 3:23.1, 5. Thousand Oaks 3:23.7, 6. Oak Park (Agoura) 3:24.5, 7. Morningside (Inglewood) 3:25.7 (dropped baton). (Invitational) 1. Hawthorne 3:11.33MR & National Leader, 2. South Oak Cliff (Dallas, TX) 3:12.17, 3. Dorsey (LA) 3:13.68, 4. Oakland 3:17.37, 5. Poly (Long Beach) 3:19.40 (dropped baton), 6. Muir (Pasadena) 3:19.6, 7. Crenshaw (LA) 3:20.2, 8. Eisenhower (Rialto) 3:20.5.

**Distance Medley Relay:** 1. Thousand Oaks 10:17.25 National Leader, 2. Palos Verdes 10:18.42, 3. McLane (Fresno) 10:18.86, 4. Nogales (La Puente) 10:20.13, 5. Mt. Carmel (San Diego) 10:20.52, 6. Rubidoux (Riverside) 10:21.36, 7. Santa Ana Valley 10:21.66, 8. Walnut 10:25.7, 9. Belmont (LA) 10:26.6, 10. Corona del Mar 10:33.9, 11. Hemet 10:34.3, 12. Hamilton (LA) 10:35.5.

**High Jump:** 1. Betton (Antelope Valley, Lancaster) 7-2MR & National Leader, 2. LaCoste (Lakewood) 6-8, 3. Joyce (De La Salle, Concord) 6-8, 4. Hendrix (So. Bakersfield) 6-8, 5. Keane (De La Salle, Concord) 6-8, 6. Conroy (St. Ignatius, S.F.) 6-6, 7. Wilson (Charter Oak, Covina) 6-6, 8. Lobpreis (Western, Anaheim) 6-6, 9. Prince (Logan, Union City) 6-6.

**Pole Vault:** 1. Todd Lehman (North, Phoenix, AZ) 16-6 equal National Leader, 2. Lance White (Tolleson, AZ) 16-0, 3. Lane White (Tolleson, AZ) 15-6, 4. Lotterer (San Pasqual, Escondido) 15-6, 5. Parker (Notre Dame, Sherman Oaks) 15-6, 6. Noel (Edison, Huntington Beach) 15-0, 7. Matt Lehman (San Dieguito, Encinitas) 15-0, 8. Henson (Newport Harbor 15-0, 9. Deitch (Arroyo, El Monte) 15-0, 10. Warwick (Hesperia) 15-0, 11. Bettinger (Chatsworth) 14-6, 12. Watson (St. Ignatius, S.F.) 14-0, 13. (tie) Dubberly (Redondo Beach) and Sheets (Taft, Woodland Hills) 14-0.

**Long Jump:** 1. Gildersleeve (Grant, Sacto) 24-5 1/4 (1.35 mps) National Leader, 2. Jones (Hoover, Fresno) 23-11 1/4w (2.15 mps) (22-9 1/4 legal), 3. Reyes (Orange Glen, Escondido) 23-10 3/4 (2.00 mps), 3. Baker (Cerritos) 23-8 (2.00 mps), 4. Prince (Logan, Union City) 22-11 (1.45 mps), 5. Scott (Wilson, Long Beach) 22-10 3/4 (0 wind), 6. Tyler (Edison, Huntington Beach) 22-7 1/2 (1.10 mps), 7. Gabbreath (Maryvale, Phoenix, AZ) 22-1 1/4 (1.65 mps), 8. Young (Aahr, Cerritos) 22-0 1/2 (.50 mps).

**Triple Jump: (All jumps 0 wind)** 1. White (Crespi, Encino) 49-0 1/2, 2. Huff (La Jolla) 48-7, 3. Baker (Cerritos) 48-5, 4. Hosey (Pasadena) 48-4 3/4, 5. Ivey (Edgewood, West Covina) 47-11 1/2, 6. Rogers (Johnson, Sacto) 46-11, 7. Prince (Logan, Union City) 46-10, 8. McGill (Orange Glen, Escondido) 46-6, 9. Rogers (Baldwin Park) 46-5 1/2, 10. Gildersleeve (Grant, Sacto) 46-4, 11. Young (Cahr, Cerritos) 46-0.

**Shot Put:** 1. Carter (Edison, Huntington Beach) 63-2 3/4 National Leader, 2. Noon (Fallbrook) 62-0, 3. Fuller (Arroyo, El Monte) 60-9 1/2, 4. Wirtz (Leland, San Jose) 56-11 1/2, 5. Bailey (Wilson, Long Beach) 56-5 1/4,





6. Johnson (Atwater) 56-2 1/2, 7. Bryan (Damien, La Verne) 55-8, 8. James (Enterprise, Redding) 54-7 3/4, 9. Armstrong (Villa Park) 54-0, 10. Woods (Diamond Bar) 53-2 1/2, 11. Lee (Ventura) 53-8, 12. Gottlieb (Beverly Hills) 53-1, 13. Rodriguez (Nogales, La Puente) 52-2.  
**Discus:** 1. Wirtz (Leland, San Jose) 187-8, 2. Winkler (St. Francis, Mt. View) 171-9, 3. Nevelle (Palmdale) 169-3, 4. Noon (Fairbrook) 168-11, 5. Jenkins (Saugus) 165-6, 6. Luper (Justin Siena, Napa) 162-11, 7. James (Enterprise, Redding) 160-11, 8. Carter (Edison, Huntington Beach) 158-7, 9. Hirschler (Lompoc) 158-0, 10. Fuller (Arroyo, El Monte) 156-6, 11. Bryan (Damien, La Verne) 155-3, 12. Hunein (Arroyo, El Monte) 153-11, 13. Camarena (Woodland) 153-8.

### Invitational Women's Results

**100m:** (wind -.01 mps) 1. Angela Burnham (Rio Mesa, Oxnard) 11.65 State Leader, 2. Miller (Muir, Pasadena) 11.79, 3. Wheeler (Hawthorne) 12.16, 4. Adams (Hawthorne) 12.25, 5. Davidson (Wasco) 12.43.  
**200m:** (0 wind) 1. Angela Burnham (Rio Mesa, Oxnard) 23.94 National Leader, 2. Miller (Muir, Pasadena) 24.18, 3. Cain (Hueneme, Oxnard) 24.99, 4. Amy (Hawthorne) 25.31, 5. Davidson (Wasco) 25.86, 6. V. Johnson (Wilson, Long Beach) 25.95.  
**400m:** 1. Irving (Poly, Long Beach) 54.6 National Leader, 2. Rolfe (Dorsey, LA) 54.9, 3. R. Mack (St. Francis, Mt. View) 55.8, 4. Whitmire (Compton) 55.8, 5. Agard (Tilden, Brooklyn, NY) 56.1, 6. Hamilton (Locke, LA) 57.1, 7. Keffer (Woodbridge, Irvine) 57.9, 8. Codrington (Tilden, Brooklyn) 58.1.  
**800m:** 1. Bajocich (Blanchet, Seattle, WA) 2:11.88, 2. McAllister (Locke, LA) 2:13.13 state Leader, 3. Bache (University, San Diego) 2:13.41, 4. Toney (Atascadero) 2:14.53, 5. McKenzie (Dixon) 2:14.77, 6. Clark (Las Lomas, Walnut Creek) 2:14.94, 7. Hand (Fairbrook) 2:15.1, 8. Spies (Livermore) 2:18.3.  
**1600m:** 1. Gomez (Boardman, Youngstown, Ohio) 4:48.59 National Leader and Meet Record, 2. Hecox (So. Hills, West Covina) 4:50.93, 3. Cervantes (Montebello) 4:52.31, 4. Jorgensen (Rancho Buena Vista, Vista) 4:53.41, 5. McCandless (Castilleja, Palo Alto) 4:55.08, 6. Bryant (Hesperia) 4:55.29, 7. Bowie (Woodside) 4:59.12, 8. Ashley Black (Palos Verdes) 5:03.26, 9. Williams (Mt. View, El Monte) 5:05.5, 10. Brennan (Amphitheater, Tucson, AZ) 5:08.9, 11. Hagen (Mater Dei, Santa Ana) 5:09.6, 12. Cashion (Corona del Mar) 5:10.8, 13. Lopez (Madera) 5:12.6.  
**3200m:** 1. Gomez (Boardman, Youngstown, Ohio) 10:31.40 (9:50.9 3000 meters) National Leader, 2. Jorgensen (Rancho Buena Vista) 10:41.25 (10:05.1), 3. Houle (Hesperia) 10:41.87 (10:02.8), 4. Drossin (Agoura) 10:48.03 (10:09.7), 5. Park (Santa Barbara) 10:48.93 (10:10.0), 6. Craven (Camarillo) 10:58.52 (10:20.4), 7. Jarman (Shadow Mountain, Phoenix, AZ) 10:59.18 (10:18.0), 8. Jones (La Habra) 11:03.4, 9. Freyne (Riverside Poly) 11:04.5, 10. Kozlowski (Irvine) 11:10.8, 11. Leichter (Palos Verdes) 11:11.5, 12. Goodrich (Palos Verdes) 11:18.4, 13. York (Agoura) 11:19.3.  
**100m Low Hurdles:** (wind +.01 mps) 1. Davenport (Locke, LA) 14.34, 2. Weatherford (Locke, LA) 14.35, 3. Swift (Eisenhower, Rialto) 14.47, 4. Edmunds (Hawthorne) 14.65,

5. Young (Madera) 14.66, 6. Sanchez (Santa Teresa, San Jose) 14.74, 7. Hale (Riverside Poly) 14.95, 8. Mazingo (Hawthorne) 14.98.  
**300m Low Hurdles:** 1. Weatherford (Locke, LA) 43.22, 2. Swift (Eisenhower, Rialto) 44.55, 3. Young (Madera) 44.98, 4. Prodanovich (Mission Bay, San Diego) 45.05, 5. Edmunds (Hawthorne) 45.23, 6. Allen (Muir, Pasadena) 45.87.  
**400m Relay:** (Seeded) 1. Mission Viejo 48.51, 2. Rio Mesa (Oxnard) 48.61, 3. Eisenhower (Rialto) 49.08, 4. Morse (San Diego) 49.24, 5. Hueneme (Oxnard) 49.31, 6. Bakersfield 49.36, 7. Compton 50.06, 8. Woodbridge (Irvine) 50.09, 9. Corona del Mar 50.16.  
**(Invitational)** 1. Hawthorne 46.87 State Leader, 2. St. Francis (Mt. View) 47.44, 3. Muir (Pasadena) 47.57, 4. Locke (LA) 47.86, 5. Poly (Long Beach) 48.01, 6. Dorsey (LA) 48.07, 7. Pomona 48.74.  
**1600m Relay:** (Seeded) 1. Wilson (Long Beach) 3:59.48, 2. Compton 4:01.41, 3. Eisenhower (Rialto) 4:02.27, 4. Poly (Long Beach) 4:02.62, 5. Pomona 4:03.60, 6. La Canada 4:05.12. **(Invitational)** 1. Hawthorne 3:48.44, 2. Tilden (Brooklyn, NY) 3:50.13, 3. Muir (Pasadena) 3:51.36, 4. St. Francis (Mt. View) 3:53.72, 5. Corona del Mar 3:54.53, 6. Dorsey (LA) 3:54.7, 7. Woodbridge (Irvine) 3:56.1.  
**Distance Medley Relay:** 1. Palos Verdes 12:17.04 National Leader, 2. South Hills (West Covina) 12:21.02, 3. Leland (San Jose) 12:22.76, 4. Santa Barbara 12:27.64, 5. Santa Teresa (San Jose) 12:30.24, 6. Thousand Oaks 12:34.1, 7. Hesperia 12:34.9, 8. Norco 12:34.9, 9. Villa Park 12:38.2, 10. San Dieguito (Encinitas) 12:40.8, 11. Fairbrook 12:45.2, 12. Locke (LA) 12:53.8.  
**High Jump:** Damon (Redland) 5-8, 2. (tie) Mills (Campbell Hall, No. Hollywood), Blair (Prosser, WA), Cragin (Miraleste, Palos Verdes) and Broughton (Woodland) 5-8, 6. Svoboda (El Dorado, Placentia) 5-6, 7. Mertes (Chatsworth) 5-6, 8. (tie) Clarke (El Camino Real, Woodland Hills) and Patrick (Serra, San Diego) 5-6, 10. Holmes (Muir, Pasadena) 5-4.  
**Long Jump:** (all jumps 0 wind) 1. Burton (McAteer, S.F.) 18-5 3/4, 2. Aubert (Milpitas) 18-5, 3. Veltman (Leland, San Jose) 17-11, 4. Christian (Dorsey, LA) 17-10 3/4, 5. Blair (Prosser, WA) 17-8 1/2, 6. Rhodes (Woodland) 17-6 1/2, 7. Griffin (Taft, Woodland Hills) 17-5, 8. Alycia Burnham (Rio Mesa, Oxnard) 17-1 3/4.  
**Triple Jump:** 1. Sanchez (Santa Teresa, San Jose) 38-11 1/2w (2.20 mps) (38-3 1/2 legal), 2. Moses (Morningside, Inglewood) 38-8w (2.3 mps) (38-5 legal), 3. Kolb (Monte Vista, Danville) 38-6 1/2, 4. Thompson (Morse, San Diego) 38-2 (1.60 mps), 5. Gill (Alemany, Mission Hills) 37-10 1/2w (2.3 mps) (37-9 1/2 legal), 6. Gilles (Burbank) 37-8 (0 wind), 7. Yolanda Burton (McAteer, San Francisco) 37-3 (0 wind), 8. Turner (Muir, Pasadena) 36-9 1/2 (1.1 mps) (better 2nd jump), 9. Fager (Mission Viejo) 36-9 1/2w (2.65 mps) (36-2 3/4 legal), 10. Bass (Vacaville) 36-2 (1.45 mps), 11. Rhodes (Woodland) 36-0 3/4 (0 wind).  
**Shot Put:** 1. Ward (North Valley, Grants Pass, Oregon) 46-7 3/4 national leader, 2. Wilson (Taft, Woodland Hills) 44-3 3/4, 3. Whelchel (Agoura) 44-1 1/2, 4. Jones (Poly, Long Beach) 42-2, 5. Ruiz (Los Gatos) 40-6, 6. Weis (Bakersfield) 40-4 3/4, 7. Moore (Ramona, Riverside) 40-1 1/2, 8. Hake

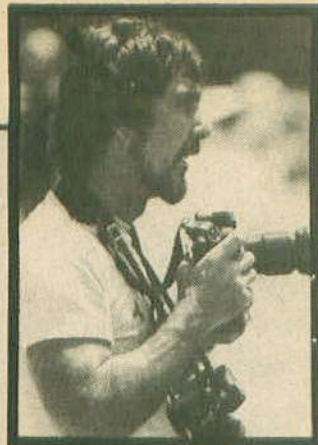
(Wilson, LA) 39-7 1/4, 9. Noel (Agoura) 38-5 1/2 (Better second jump), 10. Arrington (Palmdale) 38-5 1/2, 11. Lopez (Vacaville) 38-1 1/2, 12. Witt (Amphitheater, Tucson, AZ) 38-3 1/4.  
**Discus:** 1. Weis (Bakersfield) 160-11 (State Leader), 2. Allison Franke (Canyon, Anaheim) 149-6, 3. Schaeffer (Carpinteria) 142-0, 4. McKinnon (Yreka) 140-6, 5. Taylor (Grant, Sacto) 140-1, 6. Williams (Nogales, La Puente) 140-0, 7. Tumanuvao (Bell Gardens) 136-11, 8. Peters (Gunn, Palo Alto) 134-8, 9. Cochran (Nordhoff, Ojai) 131-11, 10. Hunt (Burroughs, Ridgecrest) 128-0, 11. McCandless (Watsonville) 124-8, 12. Moore (Ramona, Riverside) 123-1.  
**Open Meet Men's Results**  
**100m:** 1. Tate (Upland) 10.84MR, 2. Burks (Washington, LA) 10.90, 3. Toro (So. Pasadena) 10.93, 4. Burns (Castlemont, Oakland) 11.02, 5. Wilson (Gardena) 10.9 (ht).  
**200m:** 1. Laws (Berbun Dej) 22.04, 2. Wilson (Gardena) 22.06, 3. Reedus (Westminster) 22.14, 4. Toro (So. Pasadena) 22.29.  
**400m:** 1. Tate (Upland) 48.69, 2. Brown (Palm Springs) 49.06, 3. Delpino (Hawthorne) 49.68, 4. File (Barstow) 49.80.  
**800m:** 1. Senior (Mt. Miguel, Spring Valley) 1:53.09 MR, 2. Mata (Roosevelt, LA) 1:55.88, 3. Belcher (Loyola, LA) 1:56.29, 4. Burton (Santa Monica) 1:56.32, 5. Thomas (Dominguez) 1:56.38.  
**1600m:** 1. Devine (Saugus) 4:15.9MR, 2. Shanks (Covina) 4:16.40, 3. Carreno (Fremont) 4:18.93, 4. Schultz (Canyon, Anaheim) 4:18.95, 5. Parmer (Edison, HB) 4:19.44.  
**3200m:** 1. Galindo (Oxnard) 9:28.72, 2. Hesselhine (Upland) 9:30.11, 3. M. Hempel (Walnut) 9:30.96, 4. Herrera (Hoover) 9:31.23.  
**110m High Hurdles:** 1. Dallas (Pasadena) 14.81 MR, 2. Steb (Damien) 14.84, 3. Kallick (Marina, HB) 14.88, 4. Addison (Chatsworth) 14.97.  
**300m Intermediate Hurdles:** 1. Jones (Mt. Miguel, Spring Valley) 37.88MR & State Leader, 2. Addison (Chatsworth) 38.15, 3. Hale (Garden Grove) 38.30, 4. Ureno (Bonita) 39.13.  
**400m Relay:** 1. Upland 43.47, 2. Dominguez (Compton) 43.58, 3. Gardena 43.80, 4. Banning (Wilmington) 43.89.  
**1600m Relay:** 1. Hawthorne "B" 3:22.82, 2. Santa Monica 3:23.29, 3. Dominguez 3:23.53, 4. Upland 3:25.45.  
**Distance Medley Relay:** 1. Rowland 10:41.19, 2. Palm Springs 10:43.67, 3. Upland 10:46.75, 4. Santa Monica 10:54.14.  
**High Jump:** 1. Short (Santa Fe, SF Springs) 6-8MR, 2. Masuga (Redlands) 6-6, 3. Bowling (Canoga Park) 6-4, 4. Jones (Loyola, LA) 6-2.  
**Pole Vault:** 1. Steward (Burroughs, Burbank) 14-0, 2. Charnov (Beverly Hills) 13-6, 3. Woolsey (Corona del Mar) 13-0, 4. Rebosa (Bell Gardens) 13-0.  
**Long Jump:** 1. Cisneros (Los Alamitos) 22-7MR, 2. Adarstek (Bishop Amat) 22-5, 3. Figueras (Serra, Gardena) 22-4 1/2, 3. Hudson (Pomona) 22-3.  
**Triple Jump:** 1. Payne (Rosemead) 46-3 1/2w (45-4 1/4 ok), 2. Martin (Chatsworth) 46-0 3/4MR, 3. Stokes (Banning, Wilm) 46-0 1/2, 4. Mitchell (Verbum Dei) 45-10 1/2.  
**Shot Put:** 1. Flynn (Edison) 52-8, 2. Shaw

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(Chatsworth) 51-4 1/4, 3. Engen (Westminster) 51-2, 4. Shelton (Duarte) 50-3 1/2.  
**Discus:** 1. Clark (Walnut) 163-6MR, 2. Noelle (Napa) 148-5, 3. Mendez (Palmdale) 147-9, 4. Sellers (Alta Loma) 147-7.  
**Open Women's Results**  
**100m:** 1. Terry (Muir) 12.35MR, 2. Marelius (Alhambra) 12.47, 3. Griffith (El Toro) 12.50, 4. King (Pomona) 12.56.  
**200m:** 1. Campbell (Pomona) 25.30MR, 2. Marelius (Alhambra) 25.50, 3. Plovman (La Canada) 25.74, 4. Henderson (Alhambra) 25.5 (ht).  
**400m:** 1. Henderson (Alhambra) 56.38MR, 2. Lee (Irvine) 57.84, 3. Stewart (Duarte) 57.95, 4. Shenae Mills (Regina Caell, Compton) 58.05.  
**800m:** 1. Caro (San Gabriel) 2:18.30, 2. Mulhaupt (Capistrano Valley) 2:18.34, 3. Pousson (West Torrance) 2:20.21, 4. Cuevas (Burroughs, Burbank) 2:20.48.  
**1600m:** 1. Smith (Diamond Bar) 5:16.92, 2. Lucas (Palos Verdes) 5:17.94, 3. Wallin (Corona del Mar) 5:18.7, 4. Edwards (Crescenta Valley) 5:19.3.  
**3200m:** 1. Boras (Temple City) 11:44.99, 2. Kosek (Gunn, Palo Alto) 11:49.94, 3. Bennett (Norco) 11:51.89, 4. Harvey (Paraclete, Lancaster) 11:52.25.  
**100m Low Hurdles:** 1. Lipscomb (Santa Monica) 14.73, 2. George (Upland) 14.79, 3. Allen (Muir) 15.12, 4. Burnside (Westchester) 15.31.  
**300m Low Hurdles:** 1. Sutherland (Muir) 46.18, 2. George (Upland) 46.42, 3. Crawford (Muir) 46.52, 4. Cheney (Thous.Oaks) 47.32.  
**400m Relay:** 1. San Fernando 49.57, 2. Hawthorne "B" 49.97, 3. Upland 50.16, 4. Irvine 50.16.  
**1600m Relay:** 1. West Torrance 4:05.1, 2. Arcadia 4:05.7, 3. Muir "B" 4:06.2, 4. Upland 4:06.4.  
**Distance Medley Relay:** 1. Palos Verdes "B" 12:52.2, 2. Diamond Bar 13:05.7, 3. Claremont 13:08.2, 4. Tustin 13:09.90.  
**High Jump:** 1. Steward (Notre Dame, Sherman Oaks) 5-4 equal MR, 2. Harris (Hoover) 5-2, 3. Shiffert (Wilson, LB) 5-0, 4. Sprowl (Thous.Oaks) 5-0.  
**Long Jump:** 1. Marelius (Alhambra) 17-2 1/2MR, 2. Toomey (Capistrano Valley) 17-1 1/2, 3. Conner (Barstow) 16-10 1/2, 4. Taylor (Lutheran, La Verne) 16-8.  
**Triple Jump:** 1. Conner (Barstow) 36-6 1/4MR, 2. Sutherland (Muir) 35-8, 3. Benevacz (Paraclete) 35-2, 4. Widen (Irvine) 35-1 1/2.  
**Shot Put:** 1. Tumanuvao (Bell Gardens) 37-1 3/4MR, 2. Nichols (Red Bluff) 35-11 3/4, 3. Roberts (Don Lugo, Chino) 35-7 3/4, 4. Kuhnert (Diamond Bar) 35-2 3/4.  
**Discus:** 1. Allen (Capistrano Valley) 132-2MR, 2. Roberts (Don Lugo, Chino) 130-9, 3. Phillips (Walnut) 130-7, 4. Perez (Duarte) 116-10.

# Racing Report

By RICHARD LEE SLOTKIN



## Los Angeles Marathon

March 6. Los Angeles.

They managed to convince 17,045 people to sign up for the 3rd running of the Los Angeles Marathon but it still promised to be a mediocre affair. Even more so than the first two. There was a strong element of irony in this because unlike the previous two, they had an excuse this year: Almost everyone who was any good was getting ready for Olympic Trials. But they had no excuse for the mediocre fields in the first two years. They had everything they needed: sponsors, money and good organization; what they did not have was a big league field because they had some strange ideas on the use of appearance money. For example, they refused anything to Ric Sayre who won the first year and still held the course record, and they offered so little to last year's winner, Canadian Olympian Art Boileau, that he refused them. Instead, the money they did offer went to the so-far-unnoteworthy Frank Shorter/Bill Rogers rivalry with predictable results. It's unfortunate that appearance money has become so crucial and even more unfortunate when it's misused. But, that's how it is. Usually.

This year some very good luck coupled with a decision so wise that, in retrospect it borders upon genius, brought about quite a different result. And here lies the irony: They got exactly the race they needed: a world class event.

First, they found a mixed-race South African with a PR of 2:08.58 who had fled South Africa so he could run as a free man; he had no trials to save himself for. That part was good luck. The genius showed up in their idea of talking some NOCs into using the LAM as their trails. Besides a few pretty good Africans showing up, there was also a team of Mexicans which proved to be very much for real.

In fact, looking over the list of so-called elite runners, the field looked pretty good on paper. Italy's Gianni Poli had won New York and could boast a sub 2:10. And a couple of the Mexicans and a couple of Africans had run better than 2:13. The women's field was a little more iffy. They did have, however, those perennially durable Europeans, Christa Vahlensiek, of West Germany and Magda Ilands of Belgium. These two friends were

making their 3rd appearance at the LAM. You could bet the rent money that whatever they did, they wouldn't embarrass themselves. They'd run well. Also, there were a couple of New Zealanders who might or might not turn out to show something. Otherwise, there wasn't a lot of promise.

Yet, when the battle stopped and the smoke cleared, it was a pair of inexperienced Mexicans, one each, male and female, who dropped 12 minutes from their previous bests to win, no, not all the marbles, but, even better, a Mercedes Benz and a \$25,000 jackpot, each.

Martin Mondragon, at 34, ran the race of his brief running life, all 4 years of it. Slowest man on the team with a previous best of 2:22.24, he hung in with a bunch of veterans, wore them out one by one and won the race in a remarkable 2:10:19. That's 12 minutes, folks.

And that, as we said, was only the half of it. The women's race was a carbon copy of the men's: Blanca Jaime is a secretary from Mexico City who has been running for only 3 years. She picked off her competition one by one while dropping those 12 minutes from her previous best to get the win.

They should have run this race on Cinco de Mayo.

Here's the details on how things went:

Positioning himself close to front of the horde of 17,000 right from the start, Gianni Poli quickly moved past the TV hogs and took the early lead. By 6 miles he had moved out to a 100 yard lead and looked great while doing it. But a pack including Plaatjes, Mondragon and 4 other Mexicans began to move up and by the 9 1/2 mile mark, the pack just gobbled Poli up. From there until 19 miles, in 1:34:03, it was a 7 man race at a sub-five pace. Besides Mondragon, Plaatjes and Poli, there were Filemon Gonzales, Jesus Herrera, Manuel Vera and Carlos Retiz, five tough corredores.

But, at 19 miles, things began to happen. Poli had been suffering from a chronic back pain since 20K and ever since the pack had caught him he had been running very sloppily. He was all over the road: first with the pack, then off to one side, sometimes in front, sometimes behind; just all over the place. But now he began to grimace and fall back. At the same time, Gonzales too started fading, though not quite as quickly. By 20 miles, still at a sub-five pace, the remaining 5 began to string out until, finally, it was just Mondragon and Plaatjes. Plaatjes surged a couple of times but couldn't shake Mondragon. Then Mondragon, now confident, returned the favor and Plaatjes began to slowly give ground. "He ran exactly the way I planned to run," Plaatjes said later. "He ran it superb."

And, at 25 1/2 miles, Plaatjes's legs gave out on him and he began to feel wobbly. So, Mondragon, who quite soccer 4 years ago because he wasn't cutting it-can you believe that?-moved away and met his destiny: Victory, riches and, probably, a place on the Mexican Olympic team.

Now, for you gamblers and fans of the occult, it happens that Mondragon is married to a woman whose first name is-ta da-Mercedes!

Parlay that into something.

Meanwhile, Plaatjes, thinking that he had 2nd wrapped up, had eased off in the last 100 yards. Just jogging, he said. A few miles back, when Herrera began to fade, Plaatjes knew he was still close because he could hear the crowds of spectators cheering Herrera behind him. After a while, though, he didn't hear that crowd noise so he knew that Herrera wasn't so close. When he reached the final half mile, the spectators were there in considerably greater numbers and there was enough confusion of spectator noise that Plaatjes was unable to distinguish the cheering for Herrera nor hear the warnings that someone was coming up behind him. Just 20 yards from the finish Herrera blew by him. A desperate try to catch Herrera came up a fraction of a second short, not to mention a thousand bucks and \$500 worth of camera equipment.

Checking further into the results, which wasn't easy because AT&T's computerized finish line system broke down early, we found that the latest chapter of the Frank and Bill Road Show produced another fizzle. Shorter finished way back in 2:44:15. Rogers did much better with a 2:20:29, but it didn't even win his age group. He wound up 2nd to Robert Schlaub by a minute and 2 seconds.

So, with three runners under 2:11 and one under 2:12, the race was on a par with New York and Boston. And, with 6 of her sons in the top 8, it was a great day for Mexico.

And, it wasn't over yet for el pais. There was still a daughter to be heard from. Blanca Jaime, 22, the secretary from Mexico City had a previous best of 2:48. However, she did it in the thin air of Mexico City, so maybe it really wasn't that big of a surprise when she pulled a Mondragon. After working her way past one female after another, she went into the lead between 24 and 25 miles, almost the same spot that Mondragon did, passing Magda Ilands, who found herself in the uncanny position of being ahead of Christa Vahlensiek. The two friends had run together for about 21 miles when Vahlensiek unexpectedly fell back. So, unchallenged the rest of the way, Jaime cruised to the tape and dropped her PR to 2:36:10.



From Left: Carlos Retiz, Manuel Vera, Jesus Herrera, Gianni Poli, Filemon Lopez, Carlos Mondragon, Mark Plaatjes.

# □ Racing Report

photo by Richard Lee Slotkin



**Blanca Jaime**

OK, you've heard the story of Mondragon and his Mercedes. Now here's one about Jaime:

No driver's license. She can't drive. Don't you just love it!

Fame, fortune, a trip to Seoul and the right to be forever called an Olympian. I guess you could say that Blanca Jaime also found her destiny on Figueroa Street.

Claiming almost as much attention as Mondragon and Jaime was 11 year old Carrie Garritson. In order to get around the age minimum of 18, Carrie's parents had to sign a waiver absolving the Marathon of liability. So, little Carrie ran and actually had the lead for most of the first 12 miles. Her father had planned to pull her at any of several check points if she showed any signs of having trouble. She didn't, although he did admit to some anxiety over her fast start. She finished in 2:49:21, her first time at a distance longer than a 1/2 marathon.

Shaking her head in disbelief after the race, all Magda Ilands could say was, "Just a child!"

But what a child. Eleven years old and she's a trials qualifier! And, at an even more tender age of 3, the Los Angeles Marathon has already come of age.

### Overall Results - Men

1	Martin Mondragon (34) Mexico	2:10:18
2	Jesus Herrera (25) Mexico	2:10:39
3	Mark Piazzajes (25) Los Angeles	2:10:40
4	Carlos Reitz (26) Mexico	2:11:29
5	Manuel Vera Canelo (36) Mexico	2:13:11
6	Alejandro Cruz (20) Mexico	2:13:13
7	Gianni Poli (30) Italy	2:13:54
8	Filemon Lopez (29) Mexico	2:14:59
9	Jorge Gonzalez (36) Pur	2:15:03
10	Pedro Oriz (27) Columbia	2:15:22
11	Eloi Schleder (36) Brazil	2:15:34
12	Rod Dixon (37) New Zealand	2:15:44
13	Michael Bonner (26) New Zealand	2:18:12
14	Graham Macky (34) New Zealand	2:18:22
15	Ake Eriksson (25) Sweden	2:18:26
16	Tosjombi Satp (25) Japan	2:18:39
17	David Olds (26) Culver City	2:19:23
18	Robert Schlaw (40) South Carolina	2:19:26
19	Paul Herlitz (30) New Zealand	2:19:56
20	Alfredo Rosas (28) Fresno	2:20:12
21	Bill Rodgers (40) Arizona	2:20:29
22	Rafael Farra (32) Los Angeles	2:20:54
23	Gregorio Lavandoski (30) Brazil	2:21:37

24	Francisco Avila-Rivera (30) Mexico	2:21:56
25	Murray James Hunt (40) New Zealand	2:22:01

### Overall Results - Women

1	Blanca Jaime (22) Mexico	2:36:10
2	Magda Ilands (38) Bel	2:37:02
3	Jillian Costley (27) New Zealand	2:37:11
4	Christa Vahlensieck (36) FRG	2:39:28
5	Sharon Higgins (28) New Zealand	2:41:50
6	Bernie Portenski (38) New Zealand	2:42:39
7	Gillian Horowitz (32) GBR	2:43:21
8	Margarita Galida (26) Mexico	2:43:23
9	Maria Elena Reyna (26) Mexico	2:43:36
10	Janis Kleckor (27) MN	2:43:37
11	Debra Sharp (54) Port Hueneme	2:43:53
12	Aracely Salas (23) Mexico	2:45:09
13	Michele Bush (26) New York	2:46:09
14	Carrie Garritson (11) Fullerton	2:46:18
15	Barbara McKerrow (29) New Zealand	2:49:49
16	Ashani White (31) Los Angeles	2:50:59
17	Beatriz Peralta (24) Mexico	2:53:08
18	Leslie Lewis (33) Torrance	2:53:38
19	Mary Campbell (41) Beverly Hills	2:54:15
20	Harolene Walters (45) Mission Viejo	2:54:17
21	Norma Fernandez (20) Argentina	2:54:20
22	Karen Scholte (21) Santa Clara	2:55:03
23	Ma Dolores Barragan Rodriguez (27) Mex	2:55:07
24	Maricela Hurtado (28) Mexico	2:55:08
25	Cindy Dairymple (46) Virginia	2:57:04

4:15 mile, the contenders were Matthews Motshwareteu, Gerardo Alcalá, and Ray Wickell. The others, including Scott, with his now familiar sunglasses, were tightly packed behind. Then, 2 miles in 8:40 and a surge by Barretto. Scott is only one close and he's hanging on. Alcalá and Eyestone are next, with Motshwareteu trailing them.

The rest are now also-rans, although there are still 2 prize money places left for them to fight over. From there on, Barretto pushed and Scott hung on a step behind waiting for just the right time for fire up the afterburners. The moment came shortly after the second of two rhythm-destroying 180 degree turns, this one about 400 meters from the finish. "I felt him starting to struggle a little...." Said Scott. It was a bit sooner than he really wanted to be making a move, but he decided it was worth a try. "I didn't know how much I was going to have left," Scott added. Fearing that Barretto might have let up to set himself up for kick of his own, Scott claimed to be very nervous. But when he made the final turn on to Elm Street, just 2 blocks to the finish, he saw the finish line clock. Spurred by the possibility of a new record and the rather large, exuberant crowd, Scott went for it.

And got it!  
Liz McColgan? Well, fresh from a big win 2 weeks earlier at the Tom Sullivan 10K, she showed her heels again to an elite group of roadettes. Lorraine Moeller and Mary Knisely chased her all the way and even managed to stay in sight, but it was only for second place because McColgan, following a 4:50 first mile was on her way to breaking Patti Sue Plumer's mark, also set in 1986 on this course. Her 15:29.7 was only 5 of a second better, but it was 10 seconds ahead of Moeller and 13 seconds ahead of Knisely.

And guess who else was there? That's right, and so were her brothers and sisters. The attention, of course, was on Carrie, who was the only Garritson to run the invitational. She placed only 16th out of 22. "Only." She was one second behind Eleanor Simonsik and her time was 17:01. Eleven years old, or, as Magda Ilands said after the L.A. Marathon, shaking her head in disbelief, "Just a child!"

How long can she hold up with a steady, and relentless, routine of this kind of competition? Stay tuned.

In addition to their \$5000 awards for 1st place, Scott and McColgan each received a \$1000 bonus for breaking the old records.

There was also a "People's Race," run about an hour prior to the invitational. A slightly bigger crowd, about 4,500, was on hand for this one. It turned out to be a preview of the invitational. In the men's race, triathlete Jay Larson and Mark Allen broke the competition in the 9th minute, and from there to the finish they ran 1-2, Larson a step in the lead until he broke away by 5 whole yards coming around the corner into the final 2 blocks.

The winning time was a pretty respectable 14:32 with Allen 6 seconds back. Dave Parsel was 3rd in 14:47.

Jim O'Neil took the 60-69 division in 17:49. O'Neil is 62 and he was clipping off 5.44 miles. Can you run just one that fast?

Surprising a lot of people, including herself, Jacqueline Hansen took the lead from Donna Chin and Anet Cooper just past 2 miles, and the former world marathon record holder not only held it but even managed to stretch it out to 12 seconds as she showed she can still cut it. She hadn't even planned to run. There to watch the race with husband Tom Sturak, who agents for some of the runners in the invitational, she signed up little more than moments before the start. Totally elated over her performance, Hansen admitted that she wasn't confident in her speed but, "...I'm strong. I know that." Strength has always been Hansen's strength-how's that you tautology lovers?-and it's still getting the job done for her.

Chin and Cooper were 2nd and 3rd respectively, but with identical times of 17:38, and Alma Macy was just 2 seconds behind them.

Continued on next page . . .

## The Carlsbad 5000

March 27, Carlsbad, CA.

This was a hot one, just like they said it would be, and they didn't mean the weather, and that was pretty warm too. There were only 60 runners entered, including the women, but what a 60. Steve Scott, Marcus Barretto, John Gregory, Ed Eyestone, Peter Koech, Liz Lynch McColgan, Lorraine Moeller, Mary Knisely, Lisa Wiedenbach and Angela Chalmers were just the tip of the talent-loaded iceberg.

Exaggeration? Hardly. New 3000 meters world road bests for both men and women came out of this pack.

Marcus Barretto wasted no time taking the lead. Maybe he wanted to show his Reebok teammate Arturo Barrios that he too could dominate, maybe he just wanted to break the kickers; whatever his reason, Barretto jumped out front and stayed there for all but about 60 seconds. Unfortunately, those 60 seconds were over the final 400 meters. That was where Steve Scott drew yet once more on that mile's kick and broke his own WB, made on this same course in 1986. The time was 13:30.2, almost 2 seconds faster than the old mark.

With Barretto leading the herd through a

photo by Richard Lee Slotkin



**Jay Larson leading Mark Allen**

# Racing Report

And what about those "other" Garritsons? Well, 7 year old Heather won the 12 & Under in 19:52, while James and Jarrod, 12 and 9, went 1-2 in the male 12 & under in 16:56 and 18:26. Mmm. What can you say?

Other than: How long can they go like this?

### Overall Results - Men

1	Steve Scott (Fallbrook) \$5000 + \$1000	13:30
2	Marcos Barreto (Mexico) \$3000	13:34
3	Matthews Molshwareteu (Botswana) \$2000	13:35
4	Ed Eyestone (Orem, UT) \$1000	13:39
5	Gerardo Alcala (Mexico) \$500	13:46
6	Peter Koehch (Kenya) \$300	13:48
7	Jay Marden (Fremont) \$200	13:48
8	Edison Wedderburn (Great Britain)	13:50
9	Terry Cotton (Lakeside)	13:52
10	Paul Rugut (Kenya)	13:53

### Overall Results - Women

1	Liz Lynch-McColgan (Scotland) \$5000 + \$1000	15:29
2	Lorraine Moller (New Zealand) \$2500	15:40
3	Mary Knisely (Dallas, TX) \$1000	15:43
4	Angela Chalmers (Flagstaff, AZ) \$500	15:54
5	Lisa Weidenbach (WA) \$300	15:57
6	Lynn Nelson (Phoenix, AZ) \$200	16:04
7	Monica Joyce (Ireland)	16:09
8	Glades Priour (SLO)	16:24
9	Lori Crisp (San Diego)	16:27
10	Ruth Wysocki (East Lake)	16:30

### Division Results - Men

12 & Under: 1. James Garritson 16:56, 2. Jarrod Garritson 18:26, 3. Ralph Mills 19:30, 13-17: 1. Dennis Bourland 15:18, 2. Mike Farrell 15:52, 3. Alex Zamora 16:12, 18-29: 1. Glenn

photo by Richard Lee Slotkin



photo by Richard Lee Slotkin



Jacqueline Hansen Marcos Barretto leads Steve Scott

Cook 14:58, 2. Alfredo Ugueres 14:58, 3. Vinny Lostetter 15:00. 30-39: 1. Jay Larson 14:32, 2. Mark Allen 14:38, 3. Dave Parsel Parsel 14:47. 40-49: 1. Web Loudat 14:59, 2. Steve Myhro 15:55, 3. Bob Betancourt 16:08. 50-59: 1. Patrick Devine 18:31, 2. Roger Wileman 18:32, 3. Peter Faust 18:32. 60-69: 1. Jim O'Neil 17:49, 2. Larry Banuelos 18:39, 3. Raymond Spencer 20:58. 70 & Over: 1. Tom Mason 21:14, 2. Wayne Zook 21:53, 3. Walt Kuetzing 25:29.

### Division Results - Women

12 & Under: 1. Heather Garritson 19:52, 2. Sheri Savel 21:55, 34. Jeanne Formosa 24:35. 13-17: 1. Justine Blum 18:57, 2. Lucinda Ayers 19:43, 3. Janine Miller 20:20. 18-29L 1. Donna Chin 17:38, 2. Anet Cooper 17:38, 3. Alma Macy 17:40. 30-39: 1. Jacqueline Hansen 17:26, 2. Mindy Ireland 18:16, 3. Terri Goodreau 19:07. 40-49: 1. Melody Daniel 18:20, 2. Patti Hurl 18:54, 3. Judy Kewley 19:39. 50-59: 1. Gina Faust 18:50, 2. Caroline Murray 20:27, 3. Dixie Madsen 22:29. 60-69: 1. Mary Storey 23:19, 2. Raye Johnson 24:28, 3. Gerry Davison 26:00. 70 & Over: 1. Judy Simon 26:57, 2. Bess James 35:41, 3. Helen Stoner 54:42.

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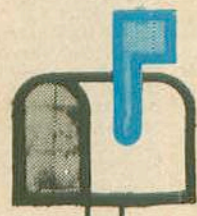
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# Results

## Track & Field

### Junior College

#### SoCal Relay Championships

##### At Cerritos College

**Men**  
**3,000 STEEPLECHASE**—1. Kariuki (Riverside), 8:31.75 (National junior college record, old mark, 8:38.8, Amos Korir, Allegheny, 1978); 2. Lind (Long Beach), 9:40.40.  
**400 RELAY**—1. Pasadena, 40.46; 2. El Camino, 41.00; 3. SD Mesa, 41.88; 4. Mt. San Antonio, 41.98; 5. Valley, 42.30.  
**800 RELAY**—1. Pasadena, 1:24.27; 2. El Camino, 1:25.75; 3. SD Mesa, 1:26.47.  
**1,600 RELAY**—1. MiraCosta, 3:15.61; 2. Long Beach, 3:15.91; 3. SD Mesa, 3:17.96; 4. Mt. San Antonio, 3:20.19; 5. Rancho Santiago, 3:21.07.  
**3,200 RELAY**—1. MiraCosta, 7:42.01; 2. Mt. San Antonio, 7:53.38; 3. Grossmont, 7:54.43.  
**6,400 RELAY**—1. El Camino, 17:17.0; 2. Grossmont, 17:30.2; 3. Long Beach, 17:37.5; 4. SD Mesa, 17:41.0.  
**SPRINT MEDLEY RELAY**—1. Pasadena, 3:22.19; 2. Rancho Santiago, 3:24.79; 3. SD Mesa, 3:26.07.  
**DISTANCE MEDLEY RELAY**—1. Grossmont, 10:12.05; 2. Mt. San Antonio, 10:12.62; 3. El Camino, 10:14.18; 4. Orange Coast, 10:18.34.  
**SHUTTLE HURDLES RELAY**—1. Long Beach, 1:00.0; 2. Pasadena, 60.5.  
**HJ**—1. Cox (Mt. San Antonio), 6-10.  
**PV**—Covarubias (Long Beach), 15-0.  
**LJ**—Johnson (Bakersfield), 23-1¼ TJ—Franklin (SD Mesa), 48-7¼.  
**SP**—Bowser (SD Mesa), 50-¾.  
**DT**—1. Frazier (Riverside), 152-2; 2. Navarro (Mt. San Antonio), 146-0. JT—Johnson (Grossmont), 204-4; 2. Meert (Bakersfield), 185-6.  
**Women**  
**3,000**—1. Gallagher (Santa Monica), 10:04.31; 2. Rossbach (Ventura), 10:40.24; 3. Silvie (Santa Monica), 10:49.48.  
**RELAY**—400—Mt. San Antonio, 46.70. 800—1. Santa Monica, 1:46.02; 2. Valley, 1:46.65. 1,600Y—Mt. San Antonio, 3:51.17. 3,200—El Camino, 9:49.81.

**800 MEDLEY**—1. El Camino, 1:45.41; 2. Mt. San Antonio, 1:51.32. **DISTANCE MEDLEY**—1. Santa Monica, 12:00.19; 2. El Camino, 12:16.68; 3. Mt. San Antonio, 12:31.76. **SHUTTLE HURDLES**—Santa Monica, 65.0.  
**HJ**—Valentino (Santa Monica), 5-4. **LJ**—Anderson (SD Mesa), 18-8¼. **TJ**—1. Anderson (SD Mesa), 41-3½; 2. Poole (SD Mesa), 38-3½; 3. Lloyd (SD Mesa), 36-5¼.  
**SP**—1. Sperling (El Camino), 43-3. **Costater** (SD Mesa), 42-3½; 3. Krecki (Santa Monica), 42-2½; 4. Aho (MiraCosta), 41-5¼; 5. Gill (Fullerton), 40-0½.  
**DT**—Wilson (Saddleback), 128-8. **JT**—1. Gill (Fullerton), 143-1; 2. Bresnick (San Bernardino), 142-4; 3. Jackson (El Camino), 136-9½; 4. Smith (Grossmont), 130-2½; 5. Abrenitti (SD Mesa), 128-0.

#### Clipper Invitational

##### At CS Long Beach

**100 (Race 1)**—McCree (Long Beach), 10.53; Tobin (Pasadena), 10.53; Gloster (Riverside), 10.5; Ealy (P), 10.5. (Race 2)—Ethridge (P), 10.78. **200 (Race 1)**—Tobin (P), 21.0; Davis (Taft), 21.1; McCree (LB), 21.7; Ealy (P), 21.8; Andrews (R), 21.8. (Race 2)—Townsend (T), 21.73; Goodlow (T), 21.73. **400**—Lezine (LB), 46.73; Prevost (T), 48.04; Scott (T), 48.29; Glass (LB), 48.75. (Race 2)—Wilcox (LB), 48.47; Goode (T), 48.93; Lott (T), 49.19.  
**800**—G. Kersh (T), 1:49.87; Horton (LB), 1:55.60. **1,500**—C. Kersh (T), 4:00.0; Rivera (LB), 4:00.4. **5,000**—J. Kariuki (T), 13:41.5 (national junior college record, old mark, 13:56.8, Malcolm East, Allegheny Pa., 1978); Lind (LB), 15:19.5. **110 (Race 1)**—Guiler (R), 14.23; Pye (LB), 14.28; Wilberley (P), 14.4; Amos (P), 14.8. **400H (Race 1)**—Tally (P), 51.89; Cox (T), 53.47; Pye (LB), 54.63. (Race 2)—Williams (LB), 51.96; Grant (LB), 54.96.  
**400 RELAY**—Pasadena (Morrison, Tobin, Ethridge, Ealy), 40.15; Long Beach, 40.2; Taft, 40.3. **HJ**—McCurdy (R), 6-10. **PV**—Frederick (T), 16-0; Covarubias (LB), 15-6. **LJ**—Tobin (P), 24-10; Tally (P), 24-7¼; Wilcox (LB), 23-0¾. **TJ**—Hooks (LB), 53-6. **SP**—Bivens (LB), 51-10¼; Bierie (LB), 51-3¾; Taylor (LB), 50-10. **DT**—Frazier (R), 156-3; Hausauer (P), 151-0; Absher (LB), 149-8; Bivens (LB), 146-0. **HJ**—Hausauer (P), 154-2.  
**NOTE**—All times in hundredths are FAT.

## College / Open

### Humboldt State University Track & Field

March 5, Arcata.  
 (Humboldt State, Cal State Stanislaus, San Francisco State)

#### Men's Results

**100m**: 1. Marcus Whitten (Stanislaus) 11.49. **200m**: 1. Paul Owen (HSU) 22.80. **400m**: 1. Paul Owen (HSU) 50.10. **800m**: 1. Craig Olsen (HSU) 1:56.2. **1500m**: 1. Dennis Pfeifer (HSU) 3:58.3. **Steeplechase**: 1. Mike Levangie (SFSU) 9:34.9. **5000m**: 1. Dennis Pfeifer (HSU) 15:19.7. **110m Hurdles**: 1. Henry Jordan (Stanislaus) 15.50. **400m Hurdles**: 1. Robert Prince (HSU) 54.70. **400m Relay**: 1. SFSU 44.00, 2. HSU 44.70. **1600m Relay**: 1. SFSU 3:28.5, 2. HSU 3:29.9. **Javelin**: 1. Keith Winokur (SFSU) 171-6 1/2. **Shot Put**: 1. Demy Movani (SFSU) 50-1 1/2. **Pole Vault**: 1. Jim Trujillo (Stanislaus) 15-6. **Hammer**: 1. Mark May (Stanislaus) 146-4. **Long Jump**: 1. Billy Coverson (SFSU) 6.49m. **Triple Jump**: 1. Henry Jordan (Stanislaus) 14.45m. **High Jump**: 1. Ron Herron (SFSU) 6-4. **Discus**: 1. May (Stanislaus) 136-0 1/2.

#### Division Results - Women

**100m**: 1. Kimbra Macauley (HSU) 13.50. **200m**: 1. Kimbra Macauley (HSU) 28.30. **400m**: 1. Trish Stone (SFSU) 1:04.0. **800m**: 1. Jackie Hardman (SFSU) 2:18.5. **1500m**: 1. Sally Hunt (HSU) 4:44.2. **3000m**: 1. Sally Hunt (HSU) 10:39.0. **100m Hurdles**: 1. Myrna Jackson (HSU) 16.20. **400m Hurdles**: 1. Kim Becker (Stanislaus) 1:11.8. **400m Relay**: 1. HSU 52.40. **1600m Relay**: HSU 4:20.1. **Long Jump**: 1. Suzi Farmer (HSU) 15-5. **Triple Jump**: 1. Tammi Ward (Stanislaus) 33-0. **High Jump**: 1. Kim Becker 5-0. **Discus**: 1. Cindy Hicks (HSU) 133-0. **Javelin**: 1. Amy Bublak (Stanislaus) 132-0. **Shot Put**: 1. Rochelle Seif (SFSU) 36-0.

### San Francisco State University vs Hayward State

March 18, San Francisco.

#### Men's Results

**100m**: 1. Jan Claes (SFSU) 11.1, 2. Keith Winokur (SFSU) 11.1, 3. Alonzo Carter (CSUH) 11.4. **200m**: 1. Randy Gilbert (CSUH) 21.8, 2. Keith Winokur (SFSU) 22.7, 3. Jan Claes (SFSU) 22.9. **400m**: 1. Randy Gilbert (CSUH) 49.8, 2. Brad Berglund (SFSU) 53.1, 3. Jon Becker (SFSU) 57.2. **800m**: 1. Mike LeVangie (SFSU) 1:56.2, 2. Ralfi Kevorkian (SFSU) 1:58.2, 3. Rocky Aiello (CSUH) 1:59.1. **1500m**: 1. Mike LeVangie (SFSU) 3:53.3, 2. Pedran Aram (CSUH) 3:54.2, 3. Dan Valdez (CSUH) 3:56.8. **3,000m Steeplechase**: 1. John Lego (CSUH) 9:26.3, 2. Jeff Verhoek (SFSU) 10:36.3, 3. Jason Higgins (CSUH) 10:12.1. **5000m**: 1. Scott Hill (CSUH) 14:55.4, 2. Mike McManus (SFSU) 14:57.7, 3. Mike Tapia (CSUH) 15:12.5. **110m HH**: 1. Earl Butler (CSUH) 15.0, 2. Rory Crain (SFSU) 15.6, 3. Ron Herron (SFSU) 15.8. **400m Hurdles**: 1. Rory Crain (SFSU) 55.7, 2. Steve Caldwell (CSUH) 56.3, 3. Earl Butler (CSUH) 58.0. **400m Relay**: 1. SFSU (Henry Thomas, Keith Winokur, Jan Claes, Maurice Chenier) 43.3, 2. CSUH 43.8. **1 Mile Relay**: 1. CSUH 3:26.2, 2. SFSU 3:30.6. **Long Jump**: 1. Billy Coverson (SFSU) 23-0 1/2, 2. Ty Blair (CSUH) 22-4, 3. Henry Thomas (SFSU) 20-10 1/2. **Triple Jump**: 1. Billy Voerson (SFSU) 44-9, 2. Henry Thomas (SFSU) 43-0 1/2, 3. George Cager (CSUH) 41-9. **High Jump**: 1. Ron Becker (SFSU) 6-6, 2. John White (CSUH) 6-6, 3. Brian Cobb (CSUH) 6-2. **Pole Vault**: 1. Steve Deluna (SFSU) 13-6, 2. John Becker (SFSU) 11-6, 3. Erik Stunes (SFSU) 10-0. **Javelin**: 1. Van Glandon (SFSU) 173-9, 2. Steve Rebattaro (SFSU) 171-9, 3. Dave Flinn (SFSU) 167-4. **Hammer**: 1. Demy Mourani (SFSU) 152-8, 2. Mark Ruberg (SFSU) 141-5, 3. Kelly Calabro (CSUH) 116-8. **Shot Put**: 1. Demy Mourani (SFSU) 50-1 1/2, 2. Erik Stunes (SFSU) 49-2 1/2, 3. Mark Ruberg (SFSU) 45-2. **Discus**: 1. Demy Mourani (SFSU) 141-4, 2. Erik Stunes (SFSU) 130-8, 3. Kelly Calabro (CSUH) 127-4.

#### Women's Results

**100m**: 1. Cherie Ford (CSUH) 12.5, 2. Lisa Littrell (CSUH) 12.7, 3. Caria Wynter (CSUH) 13.0. **200m**: 1. Cherie Ford (CSUH) 26.2, 2. Lisa Littrell (CSUH) 26.3, 3. Tara Edwards (SFSU) 28.2. **400m**: 1. Barb Henderson (CSUH) 60.2, 2. Michelle Cavellini (CSUH) 60.5. **800m**: 1. Lettie Villavicencio (SFSU) 2:20.4, 2. Leslie Mueller (CSUH)



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Continued on next page . . .

# Results

2:21.7, 3. Trish Stone (SFSU) 2:23.6. **1500m:** 1. Stephanie Fedorchak (CSUH) 4:54.6, 2. Kim Bowen (CSUH) 5:00.6, 3. Shirley Rodriguez (CSUH) 5:00.7. **3000m:** 1. Stephanie Fedorchak (CSUH) 10:35.7, 2. Shirley Rodriguez (CSUH) 10:58.1, 3. Jennifer Walsh (CSUH) 11:06.4. **100m Hurdles:** 1. Rhonda Volvin (CSUH) 15.6. **400m Relay:** 1. CSUH (Rhonda Colvin, Lisa Littrell, Jennifer Blunden, Carla Wynter) 51.1, 2. SFSU 53.5. **Long Jump:** 1. Barb Henderson (CSUH) 16-3, 2. Rhonda Colvin (CSUH) 16-3, 3. Felicia Nava (SFSU) 15-4. **Triple Jump:** 1. Felicia Nava (SFSU) 32-11, 2. Trish Stone (SFSU) 23-11, 3. Lettie Villavicencio (SFSU) 20-10. **Javelin:** 1. Sue Young (CSUH) 99-0, 2. Jackie Hardman (SFSU) 83-11, 3. Annette Boyd (SFSU) 62-0. **Shot Put:** 1. Rochelle Seff (SFSU) 41-10, 2. Annette Boyd (SFSU) 28-5, 3. Felicia Nava (SFSU) 27-10. **Discus:** 1. Sue Young (CSUH) 143-4 1/2, 2. Pam Dearing (CSUH) 119-10, 3. Annette Boyd (SFSU) 99-5.

## Bronco Invitational

March 19

### At Cal Poly Pomona

#### Men

100—D. Evans (unat), Bacon (Taft), 10.2. 200—D. Evans (unat), 21.0. Townsend (Taft), 21.39. 400—Jackson (Ujima), 46.36. Davis (Taft), 46.39. 800—Brower (UC Irvine), 1:50.80. 1,500—Fresella (Air Force), 3:53.1. 5,000—J. Gomez (unat), 14:44.0. 10,000—Kariuki (Riverside CC), 29:51.4. 110 HH (Inv.)—Ashford (Stars & Stripes), 13.96. McCraney (unat), 14.40. Profit (Air Force), 14.49. (Open)—Jefferson (Taft), 14.08. Davenport (South Bay) and Skinner (South Bay), 14.29. 400 IH—N. Page (unat), 50.40. Lumpkin (CS Los Angeles), 52.55. 400 RELAY—Taft College, 40.33. HJ—Barney (CS Bakersfield) and Haines (Sky), 7-0. PV—Fredricks (Taft), 17-2 1/2. TJ—Taylor (South Bay), 51-1. JT—Gibson (Air Force), 207-9. Doerr (CSLA), 201-5.

#### Women

100—D. Howard (unat) and A. Gill (unat), 11.7. Williams (San Diego TC), 12.09. 200—A. Gill (unat), 24.1. 400—D. Howard (unat), 51.9. 800—Rabbitt (UC Irvine), 2:10.68. Nicholson (SDTC), 2:10.81. 1,500—Wysocki (unat), 4:21.1. R. Gafsdottir (Iceland), 4:23.7. 3,000—Mosqueda (CS Los Angeles), 9:33.3. 100 HURDLES—Cartwright (CS Bakersfield), 14.47. HJ—P. Blunston (unat), 5-10. Fairfield (UCSB), 5-10. S. Patterson (unat), 5-8. JT—Gainsy (Compton TC), 155-8. B. Moro (unat), 153-9.

## Stanford Invitational

March 26

#### Men

100—Brown (Arizona), 10.56. 5,000—Guisto (Arizona), 14:13.07. 110 IH—Reading (USC), 14.04. 400 IH—Steele (Iowa), 52.0. McCullough (CSLB), 52.1. 3,000 STEEPLECHASE—Wakeland (Iowa St.), 8:51.06. 10,000—Livingston (CPSLO), 29:48.89. Sandoval (CSLA), 29:53.56. Morgan (Arizona), 30:00.06. Quinonez (UCI), 30:20.75. 3,200 RELAY—USC, 7:22.14. Stanford, 7:26.99. HJ—Volkovich (Minnesota), 7-2. PV—Betsan (USC), 15-5. TJ—Strong (CS Bakersfield), 50-4 1/4. DT—Schneider

(Stanford), 186-3. HT—Langé (CS Northridge), 186-3.

400 RELAY—CS Long Beach, 40.66. 1,600 RELAY—Iowa, 3:11.44, 2. Stanford A, 3:13.49, 3. CS Long Beach, 3:13.86. DISTANCE MEDLEY RELAY—1. Stanford, 9:32.85. 2. Arizona, 9:37.65. HJ—Vuckovich (Minnesota), 7-2 1/4, 2. Glassburn (Purdue), 7-2 1/4, 3. Barney (CS San Bernardino), 7-0 1/4. PV—1. Weller (Purdue), 17-0 1/4, 2. Wicks (San Jose St.), 17-0 1/4, 3. Gash (Stanford), 16-8 1/4. LJ—1. Delazaro (Iowa St.), 24-8 1/4, 2. Van (San Diego St.), 24-8 1/4, 3. Green (Stanford), 24-5 1/2. SP—1. Michaels (USC), 57-9 1/4, 2. Settell (South Oregon State), 57-9 1/4, 3. Paphanassiou (Stanford), 56-10. DT—Schneider (Stanford), 181-2. HT—1. Lange (CS Northridge), 191-8, 2. Morales (UCI), 180-9. JT—1. Schmidt (UC Davis), 221-1, 2. Pickett (Stanford), 210-7.

photo by Jim Reynolds



Smith of UCLA

#### Women

100—Smith (UCLA), 12.15. 3,000—Hand (Oregon), 9:21.43. McLaughlin (UCI), 9:24. Hollingsworth (Sonoma St.), 9:25.06. Rabbitt (UCI), 9:27.08. Arreola (CS Northridge), 9:27.0. 10,000—O'Hara (Palos Verdes), 33:42.0. Mosqueda (CSLA), 34:27.6. Lohr (CSLA), 35:29.0. White (CPSLO), 35:30.9. Marks (CPSLO), 36:06.9. 100 HURDLES—Davies (UCLA), 13.18. Bates (USC), 14.18. 400 HURDLES—Parker (Oklahoma), 58.70. Harlan (Montana), 59.42. Ice (CSLB), 59.59. 3,200 RELAY—USC, 8:44.43. Cal Poly SLO, 8:52.22. UCLA, 8:52.32. HJ—Welty (Idaho St.), 6-0. LJ—Gualdo (USC), 19-5. TJ—Hanlon (Stanford), 39-3. Sims (UCLA), 39-2 1/4. DT—Larson (UCLA), 185-11. Millett (UCLA), 184-6. Purpur (Stanford), 163-6. Paquette (CPSLO), 157-0. Paris (USC), 153-2.

400 RELAY—1. UCLA, 44.71. 2. USC, 45.82. 3. Oregon, 45.95. 1,600 RELAY—1. UCLA, 3:36.93. 2. USC, 3:38.20. 3. Montana, 3:47.87. DISTANCE MEDLEY RELAY—1. Cal Poly SLO, 11:39.32. 2. Northwestern, 11:45.74. 3. Iowa St., 11:45.90. HJ—1. Welty (Idaho St.), 6-1 1/2. 2. Jampolsky (Oregon), 5-10. 3. Vidakvita (Cal), 5-8. TJ—1. Hudson (Cal), 44-4. 2. Henlon (Stanford), 40-10 1/4. 3. Pyle (CSN), 40-1. SP—1. Purpur (Stanford), 49-3. 2. Adams (USC), 48-7. DT—1. Larson (UCLA), 179-7, 2. Millett (UCLA), 176-2. 3. Paris (USC), 168-1. JT—1. Wheeler (Stanford), 170-11; 2. Smith (Oregon), 161-10; 3. Berry (Oregon), 154-11.

## Meet of Champions

March 26

### At Azusa Pacific

#### Men

100 METERS—1. Krulee (unat), 10.21w, 2. Nwankwo (unat), 10.28w, 3. Miller (unat), 10.37w. 200—Miller (unat), 20.90. 300—Sandy (Azusa Pacific), 33.18. 500—Uti (unat), 60.24. 300 IH—House (unat), 37.68. HJ—Balkin (Stars & Stripes), 7-2. PV—Wicks (South Bay TC), 17-5. LJ—1. Browne (Abelene Christian), 25-3w, 2. Cannon (Cheetas), 24-9w. TJ—Kent (unat), 51-3. HT—1. Maynard (Athletes in Action), 226-10, 2. White (unat), 202-8; 3. Dickey (unat), 185-4. JT—1. Yoshida (unat), 248-9, 2. Barnett (AIA), 246-9; 3. Crouser (New York AC), 245-3.

#### Women

100—1. Iheagum (Cheetas), 11.58w, 2. Johnson (Cheetas), 11.83w. 200—1. Iheagum (Cheetas), 24.03, 2. Johnson (Cheetas), 24.47. 300—McCraw (Cheetas), 37.40. 100 HH—Watkins (Cheetas), 14.05.

## Multi-Team Meet

### At UC Irvine

#### Men

100—Simmons (UCI), 10.67. 200—Ford (CSLB), 20.99. Simmons (UCI), 21.13. 400—Ford (CSLB), 48.26. 800—Brower (UCI), 1:52.16. 1,500—Craig (CPSLO), 3:51.47. 5,000—Schumacher (CSLB), 14:45.73. 110 HH—Hill (UCI), 14.52. 400 IH—Sardi (UCI), 53.80. 3,000 STEEPLECHASE—Martinez (UCI), 9:13.60. 400 RELAY—CS Long Beach, 41:21. 1,600 RELAY—UC Irvine, 3:15.55. HJ—Gillette (UCI), 6-8 1/4. PV—Horvath (Cal Poly SLO), 17-7 1/4; Williams (Cal Poly SLO), 16-0 1/4; Kenyon (UCI), 16-0 1/4. LJ—Conrad (UCI), 23-10. TJ—Holback (CPSLO), 49-3. SP—Laut (UCI), 50-3 1/2. DT—Morales (UCI), 154-10. HT—Morales (UCI), 182-2. JT—Warren (Cal Poly SLO), 201-6. FINAL TEAM SCORES—UC Irvine, 96; Cal Poly SLO 57; CS Long Beach, 51.

#### Women

100—Randolph (A), 11.87. Roberts (CSLB), 11.89. 200—Zaleski (CSLB), 24.93. 400—Zaleski (CSLB), 56.52. 800—Colebrook (CPSLO), 2:09.70. McLaughlin (UCI), 2:11.30. 1,500—Colebrook (CPSLO), 4:23.8. Rabbitt (UCI), 4:16.09. 3,000—Minkler (CPSLO), 9:58.85. 5,000—McGrann (UCI), 17:11.24. 100 HURDLES—Frazier (A), 11.99. Johnson (Arizona), 14.20. Cooper (CPSLO), 14.49. 400 HURDLES—Albanese (CPSLO), 61.64.

HJ—Maddock (A), 5-5. LJ—Roberts (CPSLO), 19-3 1/4. TJ—Roberts (CSLB), 39-8 1/4. Lee (CPSLO), 39-5 1/4. SP—Dause (Nike Coast/guest), 62-6. Paquette

(CPSLO), 44-9 1/4. DT—Brotherton (A), 182-5. White (CPSLO), 154-1. Paquette (CPSLO), 151-8. JT—Perrault (A), 166-1. White (CPSLO), 151-4. FINAL TEAM SCORES—Cal Poly SLO, 61 1/2; Arizona, 59 1/2; UC Irvine, 32; CS Long Beach, 30.

photo by Jim Reynolds



Ammann of UCLA

### DUAL MEET

California (87) at UCLA (96)

#### Men

100—1. Marsh (UCLA), 10.36 (meet record, old mark, 10.40. Mike Farmer, UCLA, 1978); 2. Mahorn (C), 10.45. 200—1. Mahorn (C), 20.62 (meet record, old mark, 20.74. Reggie Robinson, UCLA, 1970); 2. Marsh (UCLA), 20.74. 400—1. Everett (UCLA), 45.65; 2. Lewis (UCLA), 45.68; 3. Washington (UCLA), 46.45. 800—Ottaway (C), 1:51.55. 1,500—1. Ottaway (C), 3:49.1; 2. Cushing-Murray (UCLA), 3:49.4; 5,000—Gaziano (C), 15:01.32. 110 HH—1. R. Young (UCLA), 14.06; 2. Knight (UCLA), 14.08; 3. K. Young (UCLA), 14.16. 400 IH—1. K. Young (UCLA), 49.92; 2. R. Young (UCLA), 51.93; 3. Torrente (C), 52.35. 3,000 SC—Ammann (UCLA), 9:27.5. 400 RELAY—Cal, 40.9. 1,600 RELAY—UCLA, 3:15.57. HJ—1. Harris (C), 7-2 1/4; 2. J. Rogers (C), 7-2 1/4. PV—Shepard (C), 16-6. LJ—1. K. Young (UCLA), 25-4; 2. C. Rogers (C), 25-1 1/4; 3. Anderson (UCLA), 25-1 1/4. TJ—1. Harris (C), 51-5; 2. Anderson (UCLA), 51-0 1/4. SP—1. Wilson (UCLA), 56-10 1/4; 2. Blutrreich (UCLA), 56-9 1/4; 3. Bergreen (UCLA), 56-6. HT—1. Wilson (UCLA), 206-1; 2. Knight (UCLA), 206-1. JT—Nieland (UCLA), 196-6.

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# Results

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Calvin Gaziano of Cal

## San Francisco State University Decathlon

March 30-31, Cox Stadium, S.F.S.U.

### Overall Results

1. Bart Goodell (Unat.)
2. Kris Szabadhegy (US Army)
3. Aaron Boren (Unat.)
4. Steve Degner (Golden Bear TC)
5. Billy Clapperton (Canada)
6. Rich Hesketh (Canada)
7. Mark Kibort (Converse West TC)
8. Erik Stunes (SFSU)
9. James Kostohryz (Stanford)
10. Jan Claus (SFSU)
11. Keith Winokur (SFSU)

## Sun Angel Classic

April 2 Sun Angel Stadium, Tempe, Arizona.

### Men's Results

- 100m: 1. Stanley Floyd (Unat.) 10.30, 2. Augustine Olobia (TSU) 10.36, 3. Dwayne Evans (STC) 10.37.
- 4x100m Relay: 1. Sports TC (Moore, Franks, Evans, Giance) 39.37, 2. Central Arizona 39.46, 3. Northern Arizona 39.70.
- 4x200m Relay: 1. Sports TC (Smith, Evans, Franks, Spearman) 1:21.79, 2. Central Arizona 1:22.12, 3. Team Elite 1:23.29.
- 4x400m Relay: 1. UCLA (Washington, Young, Lewis, Everett) 3:02.80, 2. STC 3:03.43, 3. Texas Southern 3:05.99.

**Sprint Medley Relay:** 1. Florida (Mitchell, Long, Johnso, Everett) 3:13.77, 2. Texas Southern 3:14.30, 3. Taft 3:16.7.

**Distance Medley Relay:** 1. Florida (Baynes, Frazier, Donovan, Nohill) 9:46.22, 2. SMTC #1 9:56.32, 3. Nosotros TC 9:59.78.

**110m Hurdles:** 1. Tony Dees (KAR) 13.70, 2. Richard Bucknor (SAC) 13.77, 3. Andrew Parker (STC) 13.79.

**400m Hurdles:** 1. Nate Page (Unat.) 50.11, 2. Bart Williams (SS) 50.63, 3. Jon Graham (OS) 50.88.

**Shuttle Hurdle Relay:** 1. Karama Flyers (Washington, Lane, Cooper, Deys) 56.35, 2. Unattached 57.11.

**1500m:** 1. Rich Martinez (NTC) 3:44.55, 2. Jeffrey Smith (Unat.) 3:45.83, 3. Treg Scott (Unat.) 3:45.94.

**3000m Steeplechase:** 1. Jason Flamm (GBTC) 8:42.44, 2. Mark Souza (Unat.) 8:47.26, 3. Millred Tewawina (NAU) 8:47.71.

**5000m:** 1. Mark Roberts (CAC) 13:55.39, 2. Tim Garyulo (SMU) 13:56.57, 3. Bo Reed (NAU) 13:59.42.

**Long Jump:** 1. Vernon George (TSU) 26-2 1/4, 2. Frans Mas (UTEP) 25-8 3/4, 3. Matthew Rose (LSU) 25-8 1/4.

**Triple Jump:** 1. Jose Salazar (Lay Witness) 52-10 1/4, 2. Brian Wellman (Taft) 52-2, 3. James Browne (ACU) 51-2 3/4.

**High Jump:** 1. Brian Stanton (SS) 7-5, 2. Benjamin Lucero (AIA) 7-2 1/2, 3. Phil Adams (NAU) 7-0 1/2.

**Javelin:** 1. Juan DeLaGarza (LSTC) 237-5, 2. Michael Olander (LSU) 234-7, 3. Jim Lothrop (Unat.) 226-11.

**Pole Vault:** 1. Cam Miller (ACU) 18-0 1/2, 2. Doug Wicks (Unat.) 17-8 1/2, 3. Mark Gertsen (ASU) 17-4 1/2.

**Hammer:** 1. David Wilson (UCLA) 210-6, 2. Andrew Tolpitt (USC) 202-6 1/2, 3. Steven Propok (AZP) 190-6.

**Shot Put:** 1. Jim Camp (Unat.) 62-7 3/4, 2. Kent Larsson (NAU) 57-6 1/4, 3. Frank Mazza (LSU) 57-1.

**Discus:** 1. John Nicholls (LSU) 195-11, 2. Olav Jenssen (Norway) 191-1, 3. Karl Nisula (CAL) 188-8.

### Women's Results

**100m:** 1. Sheila Echols (AW) 11.41, 2. Esther Jones (LSU) 11.49, 3. Rochelle Stevens (MSU) 11.71.

**4x100m Relay:** 1. Morgan State (Vereen, Stephens, Harris, Tate) 44.44, 2. Arizona State 44.50, 3. Florida State 44.58.

**4x400m Relay:** 1. Arizona State (Holmes, Malone, Bartholomew, Foster) 3:35.10, 2. San Diego TC 3:35.78, 3. Calgary Spartans 3:38.17.

**Sprint Medley Relay:** 1. Abilene Christian (Mayfield, Hudson, Titus, Strayhn) 1:39.38, 2. Louisiana State 1:39.55, 3. San Diego TC 1:40.69.

**Distance Medley Relay:** 1. LSU (Brydson, Bobian, Young, Reed) 11:38.34, 2. New Mexico 11:45.82, 3. California 12:21.17.

**100m Hurdles:** 1. Lynda Tolbert (ASU) 13.20, 2. Tananjalyan Stanley (LSU) 13.24, 3. Rhonda Blanford (SDTC) 13.46.

**400m Hurdles:** 1. Luisa Davis-Knowles (SDTC) 56.62, 2. Kathy Freeman (LSTC) 58.23, 3. Gwen Wall (CS) 59.31.

**1500m:** 1. Nikki Toms (NAU) 4:25.10, 2. Rita Delnoye (UTEP) 4:27.50, 3. Rut Olafsdottir (SDTC) 4:27.60.

**5000m:** 1. Sylvia Mosqueda (CSLA) 16:09.38, 2. Lisa Brax (UTEP) 16:15.49, 3. Tina Ljmyberg (UTEP) 16:16.66.

**Long Jump:** 1. Jacinta Bartholomew (ASU) 21-0 3/4, 2. Claire Connor (LSU) 20-10 3/4,

3. Cynthia Henry (Unat.) 20-9 3/4.

**Javelin:** 1. Cheryl Coker (LSU) 169-7, 2. Karyn Szarkowski (Unat.) 149-10, 3. Donna McDonough (AIA) 141-9.

**High Jump:** 1. Coleen Summer (AW) 6-1 1/2, 2. Yolanda Henry (Unat.) 6-0, 3. Shelley Fehrwan (NAU) 5-10 3/4.

**Discus:** 1. Penny Neer (NC) 187-11, 2. Carla Garrett (Unat.) 182-3, 3. Becky Levi (Unat.) 181-4.

## Northridge Invitational

April 2

### At CS Northridge

#### Men

100 —1. Tobin Pasadena (CU) 10.46w, 200—Jeffries (CS Northridge), 21.51, 400—Babers (U.S. Air. Forcel), 46.70, 1,500—1. Theriot (Unat.), 3:47.24, 2. Cole (Ameties in Action), 3:50.12, 3. Trujillo (St. Elmo's TC), 3:50.33, 110 HH—(Heat 1) 1. Gilliams (CSLA), 14.1, 2. Branham (Track West), 14.2 (Heat 4) 1. Ashford (SSTC), 14.14, 400 IH—(Heat 1)—Coulson (CSLA), 53.23 (Heat 3)—Talley (Pasadena CC), 52.63.

400 RELAY—1. El Camino, 40.2, 2. Pasadena, 40.5 MILE—1. CS Bakersfield, 3:13.4, 2. UC Santa Barbara, 3:13.7, 3. CS Los Angeles, 3:14.5, HJ—1. Barney (CS Bakersfield), 7-3, 2. Hames (Unat.), 7-0 1/4, PV—Mulligan (Unat.), 17-0, SP—McKen (All-American), 57-11, DT—Higgins (Striders), 176-8, HT—1. Reizer (CSLA), 195-4, 2. Lange (CSN), 186-0, 3. Dickey (AA TC), 184-0, JT—1. Gullatz (Unat.), 224-10, 2. Fernandez (Running Experience), 223-8, 3. Stuart (Trojan TC), 209-6, 4. Kaufman (AA TC), 207-6.

#### Women

100 —S. Howard (Unat.), 11.81, 200—Cabell (Nike Coast), 24.43, 400—Mayberry (NC), 53.80, Cabell (NC), 54.45, Brown (Unat.), 54.75, 800—Stewart (Australia), 2:04.8, Arreola (CS Northridge), 2:08.4, Taylor (USC), 2:10.8, Clark (USC), 2:12.0, 1,500—Arreola (CSN), 4:25.93, 3,000—Chapel (UCLA), 9:49.8, 5,000—Williams (UCLA), 17:06.3, 100 HURDLES (Heat 1)—Devers (UCLA), 13:33, Watkins (Social Cheats), 14:18.3, Smith (UCLA), 14:29, (Heat 2)—Hansen (NC), 14:3b, (Heat 3)—Page (Los Angeles TC), 14.1, 400 HURDLES—Koeltner (USC), 59.75.

400 RELAY—UCLA, 45.97, 2. USC, 46.06, MILE RELAY—CS Northridge, 3:55.7, HJ—Patterson (NC), 5-10, Peyton (World Class), 5-8, L.J. Bates (USC), 19.9%, TJ—Green (San Diego St.), 38-7 1/2, SP—Millett (UCLA), 47-8, Larson (UCLA), 46-11 1/2, Tarr (Track West), 45-3, DT—Mos (Pima), 145-7, JT—Jackson (El Camino College), 155-10.

## Triangular

April 9

### At UCLA

#### Men

100 METERS—Washington (UCLA), 10.67, 200—Washington (UCLA), 21.3, 400—Lewis (UCLA), 46.67, 800—1. Everett (UCLA), 1:49.55, 2. Murray (UCLA), 1:49.98, 3. Smiedala (Kansas), 1:50.50, 4. Winovsky (UCLA), 1:50.55, 1,500—Wartcho (K), 3:46.68, 2. Sheridan (K), 3:49.15, TWO-MILE—Wachte (K), 9:04.28, 110 HH—1. K. Young (UCLA), 13.8, R. Young (UCLA), 14.1, 400 IH—K. Young (UCLA), 50.27, 2. McGhee (Iowa), 50.62, 3. R. Young (UCLA), 51.94, 4. Steele (Iowa), 52.31, 400 RELAY—UCLA "A," 42.21, 1,600 RELAY—1. UCLA "A," 3:10.75, 2. Iowa, 3:10.80.

HJ—Juico (UCLA), 6-10 1/4, PV—1. Manson (K), 18-3/4, 2. Huffman (K), 17-0,

3. Bohanan (K), 16-6, 4. O'Connor (UCLA), 16-6, LJ—Brooks (UCLA), 24-11, TJ—Anderson (UCLA), 51-8 1/2, SP—1. Wilson (UCLA), 61-2 1/4, 2. Blutraich (UCLA), 56-9 1/4, 3. Bell (AACT), 58-2, 4. Bergreen (UCLA), 56-2, DT—1. Kosrubala (Unat.), 194-2, 2. Wilson (UCLA), 186-7, 3. Thompson (UCLA), 180-1, 4. Blutraich (UCLA), 180-0, HT—1. Wilson (UCLA), 215-3, 2. Knight (UCLA), 190-10, JT—Lobusky (K), 230-2.

TEAM SCORES—UCLA, 120, Kansas, 37, Iowa, 14.

photo by Jim Reynolds



Steve Lewis of UCLA

## Women's Twilight

### At USC

100 (Race 1)—Sh. Howard (Unat.), 11.66, Cabell (Nike Coast), 12.15, (Race 2)—Boothe (Los Angeles TC), 12.07, 400 (Race 1)—Taylor (USC), 52.91, Mayberry (NC), 54.72, Cabell (NC), 55.06, (Race 2)—Koeltner (USC), 55.02, 800 (Race 1)—Noll (USC), 2:03.30 (school record, old mark, 2:04.58, D. Curtis, 1985), Stewart (Australia), 2:06.55, Bailes (Unat.), 2:07.01, Hemmons (San Diego TC), 2:10.53, Sh. Howard (Unat.), 2:10.80, (Race 2)—Arlin (Cal Poly SLO), 2:10.63, 1,500—Monday (TW), 4:17.47, Pruler (Santa Monica TC), 4:20.88, Arreola (CS Northridge), 4:21.34, Chapel (UCLA), 4:21.75, Clark (USC), 4:28.25.

3,000—M. Joyce (Ireland), 9:15.69, Colebrook (Cal Poly SLO), 9:24.09, Gallagher (Unat.), 9:31.80, Seawright (World Class), 9:37.05, White (CPSSLO), 9:42.50, 100 HURDLES (Race 1)—Sheffield (SDTC), 13.5, Bates (USC), 13.6, Page (LATC), 13.6, Tarr (Track West), 14.2, (Race 2)—Daetz (USC), 14.13, HJ—Nichols (NC), 5-8, LJ—Bates (USC), 20-6 1/2, Williams (NC), 20-5, Lee (CPSSLO), 20-2 1/4, Sharp (Australia), 20-1 1/4, SP—Dasse (NC), 58-2 1/2, Brown (NC), 45-1, Tarr (TW), 45-0 1/2, JT—C. Johnson (Unat.), 155-5, Bernstein (NC), 155-2, Selman (Unat., Foothill HS), 154-0.



**3**  
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**JUNE 11, 1988**

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*The Course:* Mostly paved, some dirt, all flat, thru the town of Kerman.

*Starting Time:* Both races will be started at 9:00 a.m.

*Age Categories:* 13 and under, 14 to 19; 20 to 29; 30 to 39;  
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**CALIFORNIA**  
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Send for an entry blank to: Kerman Covenant Church, 15495  
Whitesbridge Rd., Kerman, CA 93630.



# Results

## Road Racing

### Zonta Fun Run

January 31. Goleta Beach Park 5K & 10K.

#### Overall Results - 5K

1	Paul Lee (27) Santa Maria	16:03
2	Randy Thwing (33) Santa Barbara	16:08
3	Russell Beste (26) Santa Barbara	16:19
4	Corey Welles (24) Santa Barbara	16:22
5	Quinn Rogers (16) Buellton	17:07
6	Jesse Mitchell (28) Santa Maria	17:22
7	Steve Bushey (37) Carpinteria	17:47
8	Shag Morrissey (39) Isla Vista	17:55
9	Ron Misner (30) Santa Barbara	18:03
10	Janine Jarris (22F) Goleta	18:24

#### Division Results - Men's 5K

14 & Under: 1. Patrick McMenamin 27:53. 15-18: 1. Quinn Rogers 17:07. 2. Matt McNeil 18:31. 19-34: 1. Paul Lee 16:03. 2. Randy Thwing 16:08. 3. Russell Beste 16:19. 35-39: 1. Steve Bushey 17:47. 2. Shag Morrissey 17:55. 3. Leo Schumaker 19:32. 40-49: 1. Kit Myers 18:54. 2. Al Perez 19:26. 3. Michale Desrochers 19:59. 50-59: 1. Leon Musil 20:40. 60 & Over: 1. Gene Welch 24:15.

#### Division Results - Women's 5K

15-18: 1. Kathy McNulty 21:23. 19-29: 1. Janine Jarris 18:24. 2. Toni Hartlaub 18:58. 3. Karen Courter 19:07. 30-39: 1. Lindsley Weissberg 26:27. 2. Eileen Doria 26:27. 3. Debra Keys-Thomas 27:20. 40-49: 1. Agate Lawson 24:57. 2. Janice Myers 26:32. 3. Patsy Simioni 27:31. 50-59: 1. Carol Forster 26:02.

#### Overall Results - 10K

1	Scott Ingraham (27) Buellton	31:48
2	Adolfo Lopez (28) Santa Maria	32:04
3	Michael Smith (23) Montecito	32:19
4	David Lawler (26) Goleta	32:35
5	Jim Kornell (36) Santa Barbara	32:51
6	Gregg Horner (33) Santa Barbara	33:55
7	Dennis Odion (28) Santa Barbara	34:33
8	Brian Flick (23) Camarillo	34:57
9	Joe Martinez (30) Fillmore	34:57
10	Brian Martin (30) Palo Alto	34:59

#### Division Results - Men's 10K

14 & Under: 1. Nate Kornell 51:44. 19-34: 1. Scott Ingraham 31:48. 2. Adolfo Lopez 32:04. 3. Michael Smith 32:19. 35-39: 1. Jim Kornell 32:51. 2. John Kinsella 37:40. 3. Edward Rodriguez 39:33. 40-49: 1. John Rupp 36:41. 2. Dennis Mihora 36:45. 3. Rick Snekvik 37:25. 50-59: 1. Richard Barteck 40:38. 60 & Over: 1. Tak Iwamoto 53:12.

#### Division Results - Women's 10K

19-29: 1. Jill Hill 42:28. 2. Teri Ingram 42:39. 3. Maureen Galvin 45:19. 30-39: 1. Mary Ryzner 37:53. 2. Dianna Hall 39:38. 3. Karen Kunz 41:42. 40-49: 1. Stephanie Welch 45:48. 2. Irene La Commare 54:54. 3. Patsy Simioni 59:33.

### Bess James Runs

February 27. Hemet. 10K, 5K & 2 MI.

#### Division Results - Men's 10K

12 & Under: 1. Lewis Young 40:11. 13-19: 1. Mark Prestwich 35:34. 20-29: 1. Samson

Obwocha 31:27. 30-39: 1. Bruce Fast 34:29. 40-49: 1. Ron Parks 32:44. 50-59: 1. Ron Pattison 37:11. 60-69: 1. Jack Goertzen 43:05. 70-79: 1. Robert Kroger 46:49. 80 & Over: 1. LaGrand Nielson 59:55. 2. Willard Benton 59:58.

#### Division Results - Women's 10K

12 & Under: 1. Jennifer Bailey 43:13. 13-19: 1. Korrin Weeks 48:44. 20-29: 1. Michelle Aubuchon 36:12. 30-39: 1. Rosanna Gillmore 43:32. 40-49: 1. Carol Ann Carter 48:05. 50-59: 1. Martha Walker 49:11. 60-69: 1. Dorothy Thomas 50:55.

#### Division Results - Men's 5K

12 & Under: 1. Joey Cordero 20:03. 13-19: 1. Vincent Hott 16:47. 20-29: 1. Mel Peterson 15:15. 30-39: 1. David Smith 15:53. 40-49: 1. Michael Figueroa 16:19. 50-59: 1. Dick Pallies 18:21. 60-69: 1. Harry Eaton 22:47.

#### Division Results - Women's 5K

12 & Under: 1. Danielle Pecar 19:08. 13-19: 1. Julie Robles 21:16. 20-29: 1. Brenda Lewis 20:23. 30-39: 1. Deborah Flores 19:22. 40-49: 1. Wendy Wolfe 23:08. 50-59: 1. Dorothy Stock 22:28. 60-69: 1. Norma Zasa 35:36. 70-79: 1. Bess James 34:50.

#### 2 Mile Overall Winners

Boys: 1. Jason Collins (13-19) 10:51.  
Girls: 1. Jenni McCollister (13-19) 14:12.

### Los Alamitos Runs

February 27. Los Alamitos. 5K & 10K.

#### Division Results - Men's 10K

14 & Under: 1. Robert Kyle 37:26. 2. Eric Reyes 43:01. 3. James Duckman 43:55. 15-18: 1. Martin Gonzalez 34:20. 2. Scott Green 35:05. 3. Manuel Diaz 36:30. 19-24: 1. Tom Curtin 33:41. 2. Gene Lyon 33:17. 3. Steve White 35:56. 25-29: 1. Mike Navock 32:23. 2. Jim Kelley 32:47. 3. Al Miranda 33:11. 30-34: 1. David Parsel 31:46. 2. David Diaz 33:38. 3. Kie Soohoo 34:44. 35-39: 1. Ben Martinez 33:07. 2. Jim Arquilla 33:13. 3. Richard Miller 34:51. 40-44: 1. Pablo Drobny 35:00. 2. Ray Wilson 35:57. 3. Dan Ashimine 36:16. 45-49: 1. Sterling Foreman 35:28. 2. Ben Jackson 35:45. 3. Frank Sumi 38:06. 50-54: 1. Raoul DeLaSoto 37:30. 2. Sam Mayo 37:49. 3. Truman Clark 38:36. 55-59: 1. Robert Matthews 40:58. 2. Hugh McHugh 41:33. 3. Tracy Brown 41:39. 60-64: 1. Larry Banuelos 40:31. 2. Robert Koch 43:38. 3. Jim Heltzman 47:01. 65-69: 1. John Nino 46:41. 2. Daniel Lujan 47:01. 3. Ed Hornung 47:23.

#### Division Results - Women's 10K

14 & Under: 1. Sonya Swann 45:25. 2. Nora Donahue 51:16. 3. Carrie Dolan 51:59. 15-18: 1. Debbie Brown 42:48. 2. Chrissy Asher 43:48. 3. Julie Erickson 46:12. 19-24: 1. Alejandra Aguirre 38:05. 2. Penny Miller 39:47. 3. Terrie West 42:17. 25-29: 1. Sherri Fox 37:43. 2. Debbie Chaddock 38:58. 3. Rhonda Davidson 41:16. 30-34: 1. Jade Sackett 39:49. 2. Chamella Secrest 40:31. 3. T. S. 40:34. 35-39: 1. Darda Harrison 44:53. 2. Joan Clergy 46:47. 3. Jan Delaney

47:53. 40-44: 1. Donna Stewart 46:09. 2. Cheryl West 47:22. 3. Marilyn Bates 47:37. 45-49: 1. Bobbi Gold 45:29. 2. Carolyn Watkins 51:32. 3. Carrie Mahoney 52:22. 50-54: 1. Karen Reynolds 50:59. 2. Audrey Hauth 54:20. 3. Myrna Syverson 55:07. 55-59: 1. Connie Abang 56:43. 2. Pauline Lessman 1:08:30. 3. Dee Roberts 1:08:46. 60-64: 1. Antoinette Hill 55:55. 65-69: 1. Ellen McCoy 51:02.

#### Division Results - Men's 5K

14 & Under: 1. Terrel Reyes 17:10. 2. Geoff Janquart 18:29. 3. Andre Faubert 18:55. 15-18: 1. Andy Dale 17:03. 2. Steve Weyand 17:08. 3. David Sanford 17:27. 19-24: 1. Brad Sigler 16:18. 2. Ronald Alvarez 16:45. 3. Mike Friedl 16:50. 25-29: 1. Alfredo Rosas 14:49. 2. Terry Petersen 16:16. 3. Steve Moreno 16:21. 30-34: 1. John Fujii 16:17. 2. Jesus Morales 16:22. 3. Bruce Vermaat 16:32. 35-39: 1. Greg Robertson 16:32. 2. Fred Doubell 17:12. 3. W. Fitzpatrick 17:43. 40-44: 1. Don McCarthy 16:26. 2. Danny Morales 16:51. 3. Ken Mazur 16:56. 45-49: 1. George Wright 17:35. 2. John Shelton 17:50. 3. J. Bushman 18:16. 50-54: 1. Juvenal Herrera 18:20. 2. Frank Greene 18:47. 3. Joe Iseri 18:56. 55-59: 1. Otto Hefner 19:44. 2. Remy Burkel 21:06. 3. Bernard Gleason 24:30. 60-64: 1. Gunnar Brickner 23:14. 2. Al Escobosa 21:37. 3. Meredith Eick 21:40. 65-69: 1. Bernie Hodowski 26:11. 70 & Over: 1. Dean Scofield 29:26.

#### Division Results - Women's 5K

14 & Under: 1. Sara Reyes 22:29. 2. Jennifer Macis 22:52. 3. Sheila Filsinger 24:32. 15-18: 1. Lucinda Reyes 19:56. 2. Tania Pollner 22:48. 3. Kathy Nyman 22:53. 19-24: 1. Dawn Staab 21:49. 2. Nancy Andrew 22:47. 3. Monica Fuerst 24:20. 25-29: 1. Lori Hoskins 19:53. 2. Karen Petrick 21:15. 3. Susan Petkovich 22:30. 30-34: 1. Kathryn Gemmill 22:38. 2. Robin Martin 22:51. 3. Carol Donnelly 23:16. 35-39: 1. Debby Silva 24:13. 2. Patricia Pollock 24:16. 3. Yolanda Zavala 24:18. 40-44: 1. Cheryl Allen 20:13. 2. Barbara Wright 22:43. 3. Georgina Nuttall 23:23. 45-49: 1. Harolene Walters 18:24. 2. Hwa Ja Andrade 23:15. 3. Mariyn Mathews 26:52. 50-54: 1. Beverly Smith 28:52. 2. Betty Tison 35:07. 3. Johanne Duffy 35:20. 55-59: 1. Sumiye Onodera 25:26. 2. Jean Windishar 30:14. 3. Gloria Eldred 34:00. 60-64: 1. Phyllis Becker 32:30.

### The Coliseum Runs

February 27. Los Angeles. 10K & 5K.

#### Division Results - Men's 10K

12 & Under: 1. Oakley Lehman 44:28. 2. Jordan Guerra 45:02. 3. Fabi Guerra 45:49. 13-18: 1. Natividad Gaona 33:10. 2. Andrew Boudreau 34:39. 3. Epifanio Roman 35:37. 19-24: 1. Fredson Mayiek 31:06. 2. Tommy Leon 32:43. 3. Jose Duarte 32:47. 25-29: 1. Ali Hulare 31:06. 2. Lin Whatcott 32:00. 3. Carl Maravilla 32:48. 30-34: 1. Joe Fabris 32:20. 2. Pete Kaplan 33:36. 3. Bradley Pilon 33:41. 35-39: 1. Paul Cook 33:45. 2. John Merhaut 34:33. 3. Leonard Aguilar 34:49. 40-44: 1. Bill Sumner 33:44. 2. Richard Kuegler 36:40. 3. Terry Cammack 36:56. 45-49: 1. Raymond Maranda 35:46. 2. Lee Baca 36:37. 3. George Kingsley 36:46. 50-54: 1. Robert Lyons 38:50. 2. Frank Vasquez 40:01. 3. John Ghini 40:17. 55-59: 1. Paul Saucedo 39:41. 2. Dwight Moberg 42:15. 3. Robert

Strobel 43:39. 60-64: 1. Bruce Odou 44:06. 2. Dewey McMickle 44:13. 3. Bob Mahstedt 45:16. 65 & Over: 1. Eddie Lewin 46:58. 2. Earl Rippee 47:34. 3. Jack Mahman 51:25.

#### Division Results - Women's 10K

13-18: 1. Perla Chavez 43:50. 2. Dena Dunlop 51:27. 3. Kim Cao 51:28. 19-24: 1. Mary Ann Beyster 45:06. 2. Lillian Ramos 47:54. 3. Joanne Martinez 49:13. 25-29: 1. Mary Tracey 35:46. 2. Laura Lowe 40:40. 3. Brenda Villanueva 40:58. 30-34: 1. Suzi Morris 35:53. 2. Gayle Olinekova 36:56. 3. Aine Lynam 39:41. 35-39: 1. Claudia Morales 39:23. 2. Leslie King 39:42. 3. Nancy Carter 48:00. 40-44: 1. Cherie Greenfield 42:22. 2. Jeane Ann Gerard 44:59. 3. Margaret Hourigan 47:21. 45-49: 1. Cecily Parke 42:21. 2. Elaine Murphy 46:20. 3. Kathryn Owen 47:09. 50-54: 1. Judith Miller 55:33. 2. Sharon Landau 58:07. 3. Joan Potter 1:01:31. 55-59: 1. Elaine Herliert 55:22. 2. Jane McMickle 1:01:45. 3. Claire Aukerman 1:06:12. 60-64: 1. Moedena MacFarlane 1:20:16.



#### Division Results - Men's 5K

12 & Under: 1. Eddie Uliasz 20:08. 2. William Cortes 21:21. 3. Julio Morales 21:34. 13-18: 1. Brian Gastelum 16:48. 2. Dave Hartman 16:56. 3. Nathan Minzey 17:02. 19-24: 1. George Marquez 15:19. 2. Rick Dodson 15:54. 3. Raul Carpintero 15:59. 25-29: 1. Clyde Matsumura 16:09. 2. Wayne Matsumura 16:34. 3. Efran Garcia 16:50. 30-34: 1. Harold Ketting 15:33. 2. Takashi Yagisawa 16:58. 3. Marc Cobb 17:29. 35-39: 1. Paul McClelland 16:41. 2. Geoff Guerrero 16:49. 3. Jerry Summers 17:33. 40-44: 1. Robert Davison 17:55. 2. Glenn Gorelick 18:53. 3. Blair Hawkins 18:55. 45-49: 1. Ray Hughes 18:12. 2. Steve Ryan 19:38. 3. Harvey Giss 19:43. 50-54: 1. Aldo Mora 18:33. 2. James Smith 20:48. 3. Darrell McGuire 24:27. 55-59: 1. Jerry Withers 19:36. 2. Leroy Carter 20:08. 3. Robert Perry 21:58. 60-64: 1. Jack Green 21:53. 2. Parker Tshako 21:53. 3. Stanley Neufeld 22:04. 65 & Over: 1. Robert Baird 36:44.

#### Division Results - Women's 5K

12 & Under: 1. Susie Mork 22:52. 2. Joanna Potillo 24:54. 3. Amanda Grijalva 25:17. 13-18: 1. Jennifer Cooke 20:34. 2. Jamie Clippard 22:07. 3. Monica Moore 22:48. 19-24: 1. Denise Nishimura 24:28. 2. Shelly Wilson 24:38. 3. Zanetta Simmons 26:40. 25-29: 1. Donna Chin 17:49. 2. Donna Chadwick 19:57. 3. Nancy Kuenitzer 21:17. 30-34: 1. Julie Matteson 18:28. 2. Jeanne Kawashima 19:18. 3. Juanita Petersen 22:25. 35-39: 1. Jamie Nichols 22:08. 2. Lea Thirkettle 25:01. 3. Shellah Conway 25:31. 40-44: 1. Carolyn Slade 21:56. 2. Jerrie Ross 22:36. 3. Mary Anderson 22:50. 45-49: 1. Ida Hendrick 22:45. 2. Jo Ellen Sanders 26:29. 3. Sue Bohn 30:31. 50-54: 1. Izaura Medeiros 24:13. 2. June Moberg 29:07. 3. Joanne Wilson 34:47. 55-59: 1. Betty Crosby 28:33. 60-64: 1. Selma Mehlman 32:44.

# Results

## Martinez to Port Costa Brick Yard Run

February 27. Martinez. 8.4 Mile.

### Overall Results

1	Bill Devine (26) Nevada	43:13
2	Dwight Hendrix (33) Berkeley	44:54
3	Pewie Foster (27) Antioch	45:56
4	Kevin Searls (30) Martinez	46:26
5	Dean Harper (34) W.C.	46:32
6	Carlos Lopez (28) Woodland	46:43
7	Edward Russell (29) Pleasant Hill	46:56
8	Daniel Rosenthal (22) Albany	47:01
9	Mark Lane (34) Pittsburg	47:16
10	Bill Auld (30) Alameda	47:24
11	Mark Smith (45) Napa	47:40
12	Michael Gama (28) Hayward	47:47
13	David Weamer (45) Clayton	47:52
14	Patrick Wiegand (32) San Mateo	48:04
15	Tony Chan (28) Oakland	48:09
16	Doug Hetzler (32) Pleasant Hill	48:27
17	John Gaherty (38) Livermore	48:35
18	Peter White (46) Moraga	48:45
19	Ken Dempster (17) Antioch	48:46
20	Wolfgang Hirt (30) W. Germany	48:57
21	Barry Hampshire (38) W.C.	49:05
22	Bruce Brinkerhoff (20) Concord	48:16
23	Shariet Gilbert (36) Richmond	49:29
24	Glen Lewis (34) Martinez	49:44
25	Nathan Wulf (19) Sacramento	49:57

## California Coastal Challenge

February 28. Pt. Reyes. 10 Mi & 6.2 Mi.

### Overall Results - 10 Mile

1	Rene Gaeili (31) Mt. View	57:08
2	Craig Steinmaus (25) Hayward	57:13
3	Russ Kiernan (50) Mill Valley	57:59
4	Wayne Miles (40) Diamond Springs	57:59
5	Mark Richtman (32) Novato	58:35
6	Floy Dawson (51) S.F.	58:46
7	Byron Choiniere (32) Walnut Creek	58:59
8	Bob Malain (60) Redding	59:14
9	Jim Moyle (36) Redwood City	59:55
10	James Maslach (40) Pt. Reyes Station	60:22
11	Dennis Tracy (41) Union City	60:22
12	Jonas Lamafery (15) San Rafael	60:25
13	Brendan Hutchinson (44) Santa Rosa	60:30
14	Dow Mattingly (36) Walnut Creek	61:05
15	Gary McCuen (51) San Anselmo	61:11
16	Larry Meredith (30) Occidental	61:21
17	Wm. Adams (40) Stanford	61:23
18	Michael Lopez (30) Fairfax	61:26
19	Nikos Mourtos (38) Sunnyvale	61:37
20	Ron Newstat (34) Mill Valley	62:50
21	Greg Nacco (28) Larkspur	62:56
22	Alec Isabeau (26) Santa Rosa	63:03
23	Tad Beach (29) Oakland	63:08
24	Steve Tietz (32) San Jose	63:25
25	Dan Preston (45) Santa Rosa	63:40

### Overall Results - 6.2 Mile

1	Carey Wilson (26) Aurora, CO	41:15
2	Todd Stevens (15) Santa Rosa	41:30
3	Brad Williamson (29) Dixon	42:22
4	Otto Zielke (31) San Carlos	42:26
5	Star Stevenson (15) Santa Rosa	42:35
6	Kimo Bailey (31) S.F.	42:50

7	Robert Annett (33) S.F.	42:59
8	Mark Kemp (24) San Anselmo	44:12
9	George Chappell (27) S.F.	44:12
10	Kelly Fullner (30) Berkeley	44:23

## Westwood Village 10K

February 28. Westwood Village.

### Division Results - Men

**14 & Under:** 1. James Garrison 35:46, 2. Ryan Caballero 45:26, 3. Jarrod Garrison 45:26. **15-19:** 1. Sven Haug 34:14, 2. Tommy Leon 34:16, 3. Jaime Galindo 34:29. **20-24:** 1. Jay Marden 30:40, 2. Jim Gaffield 32:08, 3. Theodore Russell 35:22. **25-29:** 1. Ray Knerr 32:16, 2. Bob Brennand 33:17, 3. Robert Rendon 34:51. **30-34:** 1. Derrick May 30:56, 2. Ron Tabb 31:17, 3. Virtue Ishihara 33:50. **35-39:** 1. Rick Delgado 35:33, 2. Walt Hitt 37:25, 3. John Turner 38:51. **40-44:** 1. Gianni Carpani 34:01, 2. Miguel Mendez 39:45, 3. Daniel Hay 40:06. **45-49:** 1. Tony Skveria 40:49, 2. Byron Melendy 40:56, 3. Gerald Forsman 42:54. **50-54:** 1. Skip Witt 40:45, 2. Jerry Van Meter 45:47, 3. Steve Elfron 46:35. **55-59:** 1. Jerry Soto 41:59, 2. Will Gartland 49:57, 3. Chuck Madary 50:00. **60-64:** 1. Milo Sather 46:05, 2. Fred Goldman 47:35, 3. Solomon Jamerson 48:50. **65-69:** 1. Jack Mehlman 55:37, 2. Jack Kohl 1:01:39. **70 & Over:** 1. Clyde Alling 50:38, 2. Alfred Schlesinger 59:30.

### Division Results - Women

**14 & Under:** 1. Carrie Garrison 37:01, 2. Heather Garrison 46:55. **15-19:** 1. Margaret Reilly 48:31, 2. Ann Tischler 50:42, 3. Crystal Thoms 50:55. **20-24:** 1. Kim Galjagher 38:55, 2. Laura McHale 41:52, 3. Ann Shepardon 43:26. **25-29:** 1. Monica Joyce 35:02, 2. Rita Stumps 45:26, 3. Kathy Pomeroy 46:34. **30-34:** 1. Karon Carpani 40:37, 2. Jaynie Studenmund 41:40, 3. Arlene Ucinski 41:54. **35-39:** 1. Liz Greenberger 44:16, 2. Terri Candelario 48:28, 3. Pamela Ahlgrim 53:16. **40-44:** 1. Jeffrey Jones 46:56, 2. Terry Koch 51:13, 3. Theresa Riley 53:19. **45-49:** 1. Carole Davis 50:31, 2. Lynne Anderson 52:38, 3. Sandy Pirkle 52:42. **50-54:** 1. Atsuko Fujimoto 48:27, 2. Jacq Parriaux 55:18, 3. Florence Wong 59:31. **55-59:** 1. Betty Crosby 1:01:34, 2. Claire Aukerman 1:11:35. **60-64:** 1. Helen Dick 48:00, 2. Alice Goldberg 54:38, 3. Selma Mehlman 1:08:08.

## California Ten

February 28. Stockton.

### Overall Results - Men

1	Dan Gonzales (25) Reebok Aggies	50:13
2	Steven Pradere (26) Reebok Aggies	50:48
3	Randy Accetta (24) Reebok Aggies	50:51
4	Don Paul (38) Reebok R.C.	51:11
5	Glyn Reynolds (32) Reebok Aggies	51:56
6	Jose Aispuro (26) Reebok Aggies	51:57
7	Petar O'Reilly (29) GSFTC	52:00
8	Jeff Shaver (27) Aggies	52:14
9	Thomas Borschel (30) Reebok R.C.	52:20

10	John Hancock (23) BOHO	52:38
11	John Sup (28) Pacific Flyers	52:47
12	John Barrett (24) BOHO	52:51
13	Kevin Osterberg (27) Aggies	52:57
14	Tim Williams (34) Pacific Flyers	53:25
15	Joseph Green (29) Reebok Aggies	53:32

16	David Stancliffe (37)	53:34
17	Brock Hinzman (34) Excelsior TC	53:44
18	Richard Hanna (23)	53:50
19	Sal Vasquez (48) WVJS	53:56
20	Charles Alexander (24)	54:05
21	Jeff Clark (32)	54:30
22	Kevin Holbrook (17)	54:30
23	Oliver Mills (24)	54:39
24	Robert Schug (34) Aggies	54:51
25	Carl Anderson (27)	54:52

### Overall Results - Women

1	Robyn Root (28)	55:24
2	Jani Johnson (32) Aggies	56:53
3	Laurie Blinder (40) American Rec.	57:48
4	Laura Sanchez (29)	60:12
5	Sandy Sup (29) Pacific Flyers	61:26
6	Ann Transon (27)	61:51
7	Christine Iwahashi (32) Buffalo Chips	62:26
8	Sally Edwards (40) Fleet Feet	62:37
9	Hilary Taylor (41) Impala	62:52
10	Laura Schmitt (24) Aggies	62:55

## Taylor California Cellars Grape Stampede 10K

March 5. Gonzales.

### Division Results - Men

**19 & Under:** 1. Ralphie Chavez 35:57, 2. Armando Pantoja 39:34, 3. Vincent Cabello 40:04. **20-29:** 1. Mark Hofer 30:49, 2. Robert Herndon 31:20, 3. Jim Scattini 31:33. **30-39:** 1. Julios Ratti 33:31, 2. Stephen Bradley 33:36, 3. Ron Parravano 34:05. **40-49:** 1. Dete Kraus 35:12, 2. Mike Hicks 35:46, 3. Roberto Pantoja 36:36. **50-59:** 1. Gordon Smith 38:27, 2. Richard Young 39:25, 3. Skip Marquard 39:37. **60 & Over:** 1. Ray Stewart 38:58, 2. Ed Foley 46:27, 3. Don Anhorn 47:41.

### Division Results - Women

**19 & Under:** 1. Laura Fradi 48:42, 2. Dawn Kaeseberg 49:50, 3. Alexis Waddel 50:43. **20-29:** 1. Susan Sine 39:59, 2. Ava Perwich 41:01, 3. Kathy Landers 42:07. **30-39:** 1. Barbara Frank 36:54, 2. Katie Scott 39:53, 3. Myrna Helikson 40:47. **40-49:** 1. Carol Crocker 42:38, 2. Barbara Zoldan 44:49, 3. Teri Bradley 49:27. **50-59:** 1. Gloria Dake 50:33, 2. LaVerna Engle 57:11, 3. Isabel Rivas 57:42. **60 & Over:** 1. Connie Pina 58:23.

## Bidwell Classic Half Marathon

March 5. Chico.

**Division Results - Men's Half Marathon**  
Wheelchair: 1. Michael McIntyre 1:20:11, 2. Richard Graham 1:34:41, 3. Frank Saver 1:38:08. **13 & Under:** 1. David Ball 2:13:01, 14-17: 1. Reggie Williams 1:10:21, 2. Ted

Worden 1:19:03, 3. Benjamin Barbre 1:24:56. **18-24:** 1. Alan Woolard 1:21:28, 2. John Clark 1:23:32, 3. Tim Berger 1:23:36. **25-29:** 1. Keith Maneval 1:11:33, 2. Patrick Wallace 1:15:08, 3. Mark Harlan 1:16:08. **30-34:** 1. Thomas Cushman 1:07:27, 2. Ben Dover 1:11:56, 3. Mike Deatherage 1:14:39. **35-39:** 1. Dale Magnin 1:13:13, 2. Terry Nephew 1:15:56, 3. Kenny Warde 1:18:57. **40-44:** 1. Perry Hayden 1:16:12, 2. Philip Storms 1:16:38, 3. Kenneth Benjamin 1:20:05. **45-49:** 1. James Ballantyne 1:17:18, 2. David Ragsdale 1:24:04, 3. Ray Navarro 1:24:49. **50-54:** 1. Don Van Dyke 1:23:08, 2. Dennis Hampton 1:32:26, 3. George Parker 1:33:17. **55-59:** 1. Cy Weagle 1:40:27, 2. George Peavy 1:40:40, 3. Richard Conner 1:45:38. **60-69:** 1. Claude Belcourt 1:40:08, 2. Marvin Metzler 1:41:05, 3. Mel Sullens 1:41:27. **70 & Over:** 1. Paul Reese 1:31:20, 2. Mac Osborn 1:43:23.

### Division Results - Women's Half Marathon

**14-17:** Kate Foster 1:42:07, 2. Terri Horton 1:47:34, 3. Janine Marelo 1:56:06. **18-24:** 1. Karen Bushey 1:34:00, 2. Michele Vandehoek 1:35:43, 3. Rachel Proctor 1:38:41. **25-29:** 1. Luanne Park 1:20:35, 2. Theresa McCourt 1:23:45, 3. Laura MacNeil 1:36:19. **30-34:** 1. Patty Howell 1:26:51, 2. Jeanne Landrum 1:26:52, 3. Judy Riggle 1:28:49. **35-39:** 1. Linda Mantynen 1:29:15, 2. Merri Dolister 1:35:44, 3. Janine Beinheimer 1:39:21. **40-44:** 1. Cynci Calvin 1:31:38, 2. Jessie Stratton 1:32:19, 3. Kate Sutherland 1:38:34. **45-49:** 1. Margie Timberlake 1:30:43, 2. Lucille Khan 1:41:07, 3. Tami Bemiller 1:47:08. **50-54:** 1. Theresa Henneman 1:43:51, 2. Joan Sullens 2:01:39, 3. Barbara Larrieu 2:06:04. **55-59:** 1. Dorothy Peavy 1:52:44, 2. Liz DeMonte 2:03:00, 3. Barbara Durham 2:10:06. **60-69:** 1. Marcia Worden 1:56:44, 2. Louise Barnes 2:57:58.

## Vallejo Channel to Lake

March 6. Vallejo. 10 Mile.

### Division Results - Men

**12 & Under:** 1. Matthew McGraw 1:42:08. **13-18:** 1. T.R. Buchanan 1:14:22, 2. Jeremy Guanin 1:14:51, 3. Dean Brown 1:15:0. **19-29:** 1. Thom Trimble, 2. Terry Jones, 3. Jim Misener. **30-39:** 1. Dan Williams 58:32, 2. Mike Deatheage 1:01:48, 3. Lynn Bobby 1:01:48. **40-49:** 1. Doug Butt 59:25, 2. Ed Webb 1:01:22, 3. Pete White 1:03:34. **50 & Over:** 1. Doug Lattimer 1:06:15, 2. Hank Fragoza 1:08:04, 3. Mick Weninger 1:08:28.

### Division Results - Women

**13-18:** 1. Mari Stainer 1:41:11, 2. Barbara Oxham 2:07:11. **19-29:** 1. Ann Trason 1:03:12, 2. Stephanie Danzig 1:12:18, 3. Joanna Schmelling 1:13:19. **30-39:** 1. Susan Lancaster 1:11:41, 2. Elissa Kinder 1:16:04, 3. Tracy Achells 1:16:29. **40-49:** 1. Eldritch Gosney 1:18:40, 2. Karen Houston 1:23:04, 3. Ann Grove 1:23:08. **50 & Over:** 1. Mayrene Bates 1:28:09, 2. Geri Psick 1:29:50, 3. Dorothy Story 1:33:43.

# Results

## South Bay 20K

March 6, Los Osos.

### Overall Results

1	Frank Hutchinson (35) SLDC	1:09.13
2	Paul Lee (27) SLDC	1:10.57
3	John Trettin (33) LVDC	1:12.13
4	Steve Dornish (43) SLDC	1:13.01
5	Jeff Sims (35)	1:15.49
6	Bradley Cox (33)	1:16.22
7	Jerry Burch (24)	1:16.46
8	Henry Hernandez (33) SLDC	1:17.27
9	John Rupp (41) SLDC	1:17.51
10	Michael Garcia (37)	1:18.15
11	Craig Lowrie (32) SLDC	1:18.15
12	Brent Hopkins (36) SLDC	1:18.21
13	Chris Connors (36) SLDC	1:19.35
14	Clem Michel (43) SLDC	1:19.54
15	Brian Waterbury (39) SLDC	1:20.47

## Mucky Moodoo Biathlon

March 6, Annadel State Park, Santa Rosa.

### Overall Results - Men

1	Gavin Chilcott (25) Santa Rosa	1:15:50
2	Brent VanNatta (26) Santa Rosa	1:18:19
3	Joe Murry (24) Fairfax	1:21:12
4	Rob Ward (20) San Jose	1:23:54
5	Jon Roschman (28) S.F.	1:25:00
6	Keith Maurer (32) Santa Rosa	1:25:32
7	Robert Parant (31) Guerneville	1:26:44
8	Gene Sandwina (24) Santa Rosa	1:26:57
9	Kyle Bratschy (25) Burlingame	1:27:17
10	Ken Eichstaedt (26) Sonoma	1:27:32

### Division Results - Men

12-18: 1. Jeff Juarez 1:27:40, 2. Bill Kostrikin 1:29:58, 3. David Chase 1:31:34. 19-29: 1. Gavin Chilcott 1:15:50, 2. Brent Van Natta 1:18:19, 3. Joe Murry 1:21:12. 30-39: 1. Keith Maurer 1:25:32, 2. Robert Parant 1:26:44, 3. Dave Parish 1:27:41. 40-49: 1. Rick Niles 1:30:28, 2. Will Uher 1:30:49, 3. Cliff Warner 1:41:03. 50-59: 1. Bob Shaw 1:43:57.

### Overall Results - Women

1	Carla Culberbon (23) Berkeley	1:43:07
2	Jennifer Bauer (35) Sacramento	1:56:47
3	Joan Varney (36) San Francisco	1:56:52
4	Nicola Cranmer (21) Tiburon	2:06:19
5	Hannah Rothlin (27) Santa Rosa	2:13:12
6	Nancy Molitor (52) Sacramento	2:15:29
7	Jan Shaw (51) Penngrove	2:15:30
8	Tom Cooke (27) Santa Rosa	2:25:20

### Division Results - Women

19-29: 1. Carla Culberbon 1:43:07, 2. Nicola Cranmer 2:06:19, 3. Hannah Rothlin 2:13:12. 30-39: 1. Jennifer Bauer 1:56:47, 2. Joan Varney 1:56:52. 50-59: 1. Nancy Molitor 2:15:29, 2. Jan Shaw 2:15:30.

### Overall Team Results

1	Robertson/Roach	1:15:49
2	Gray/Kestrikin	1:22:29
3	Scharmann/Desepte	1:24:03
4	Collins/Clark	1:26:05
5	Steele/Grayson	1:28:23

photo by Elaine Rosenfield



**Olympic Trials  
marathon qualifier Mary  
Ryzner**

6	Elliott/Barrette	1:30:00
7	Colgan/Stumbaugh	1:31:42
8	Vande Pol-Blain/Blain	1:32:42
9	Biala/Hendricks	1:36:16
10	Walsh/DuPriest	1:36:17

### Division Results - Female Teams

30-45: 1. Walsh/DuPriest 1:36:17.

### Division Results - Male Teams

12-29: 1. Robertson/Roach 1:15:49, 2. Gray/Kestrikin 1:22:29, 3. Collins/Clark 1:26:05. 30-45: 1. Scharmann/Desepte 1:24:03, 2. Steele/Grayson 1:28:23, 3. Biala/Hendricks 1:36:16.

### Division Results - Mixed Teams

12-19: 1. Vande Pol-Blain/Blain 1:32:42, 2. Hoffman/Slaughaupt 1:42:28. 30-45: 1. Kramer/Bartow 1:56:40. 46 & Over: 1. Thompson/Thompson 1:53:53.

## Gold Trail Half Marathon

March 6, Hornitos.

### Division Results - Men

18-29: 1. Dan Rusk 1:14:13, 2. Louis Schmidt 1:25:48, 3. Ken Engelhe 1:26:46. 30-39: 1. Michael Wetzel 1:19:16, 2. Daniel Garcia 1:20:09, 3. Frank Garcia 1:21:00. 40-49: 1. Ken Schwisow 1:26:15, 2. Bud Reed 1:26:57, 3. Bob Strack 1:30:50. 50-59: 1. David Mordawn 1:46:18, 2. Lou Hendricks 1:48:47, 3. Fred Pitchorn 1:55:38. 60 & Over: 1. Ralph

photo by Elaine Rosenfield



**Frank Hutchinson of  
Los Osos on his way to  
victory in the RRCA  
South Bay 20K**

Seely 1:49:55, 2. John Griffen 1:52:42, 3. Leon Casas 1:58:42.

### Division Results - Women

18-29: 1. Consuelo Garcia 1:31:48, 2. Doreen Brown 1:40:08, 3. Tracie Mann 1:54:19. 30-39: 1. Lisa Hunter 1:39:21, 2. Carol Arney 1:40:24, 3. Marie Areal 1:43:40. 40-49: 1. Jean Schwisow 1:42:50, 2. Mary Ann Barroso 1:47:53, 3. Muriel Olsen 1:49:32. 50-59: 1. Heidi Fialho 1:57:26, 2. Pat Kaufman 2:06:04, 3. Florence Seely 3:20:01.

## John Muir Monumental

March 6, Muir Beach, 7.2 Mi.

### Overall Results

1	Tad Beach (29) Oakland	41:14
2	Byron Choiniere (32) Walnut Creek	41:52
3	Greg Nacco (26) Larkspur	42:06
4	Mark Richman (32) Novato	58:35
5	Toby Knepler (22) Ross	N.T.
6	Mike Hoog (23) Novato	64:51
7	John Ingram (25) Redwood City	N.T.
8	Michael Lopez (30) Fairfax	61:26
9	Tom Lyons (22) San Francisco	63:52
10	Wayne Miles (40) Diamond Spring	N.T.
11	Nikos Mourtos (30) Sunnyvale	62:37
12	Aran Collier (28) Muir Beach	N.T.
13	Steve Tietz (32) San Jose	63:25
14	Russ Kiernan (50) Mill Valley	57:59
15	Chris Miller (30) Capitola	63:47

## Knights of Columbus

March 12, Newhall, 5 Mile.

### Overall Results

1	Tom Moriarty (30-34)	27:08
2	Jeff Locke (25-29)	27:48
3	Pat Quinlan (25-29)	28:58
4	Dudley Evan (30-34)	28:58
5	Mark Rosen (30-34)	29:02
6	Tony Whitmore (30-34)	29:13
7	Jack Butler (18-24)	29:30
8	Mike Mench (40-44)	29:41
9	John Mossbacher (40-44)	29:45
10	Russ Dragon (40-44)	30:07
11	Rich Cooper (40-44)	30:23
12	Steve Neal (35-39)	30:33
13	Pat Harlan (40-44)	30:35
14	Nick Trozzi (25-29)	30:39
15	Keith Hankins (35-39)	30:45
16	Carolyn Richards (18-24 F)	30:54
17	A. Warren (30-34)	31:20
18	Eric Zorawowicz (45-49)	31:25
19	Bill Read (40-44)	31:30
20	Herbert Kuntz (35-39)	31:32
26	Chip English (13-17)	31:55
29	Tony Keavy (50-54)	32:41
40	Laurie Kulchin (25-29 F)	34:30
51	Wendy Watson (40-44 F)	35:59
52	Remy Burkel (55-59)	36:05
56	Robin Hale (35-39 F)	36:23
60	Gunnar Brickner (60-69)	36:44
65	Sheril Semelsberger (30-34 F)	37:02
68	Jordan Guerra (12 & U)	37:20
96	Elizabeth Padoska (13-17 F)	39:04
126	Amanda Grijalva (12 & U)	42:34
163	Alice Ramirez (50-59 F)	56:42
170	Nikki Vaughan (45-49 F)	1:07:00

## Fremont Hub's 10K Run for Recreation

March 13, Fremont.

### Division Results - Men

13 & Under: 1. Lance Morrison 45:22, 2. Zandy Inderbitzen 46:03, 3. Gary Cortez 49:35, 14-18: 1. David Cardenas 35:48, 2. John Seymour 38:02, 3. Michael Jensen 38:20. 19-29: 1. Dan Stefanisko 30:59, 2. John Barrett 31:01, 3. Thom Trimble 32:04. 30-39: 1. George Hernandez 31:51, 2. Rich Langford 33:51, 3. Julios Ratti 34:13. 40-49: 1. Craig Johnson 35:21, 2. Miguel Solario 36:21, 3. Tim Rostage 36:45. 50-59: 1. Myron Newraumont 38:29, 2. Ron Grabowski 39:18, 3. Dee Baltzer 39:24. 60 & Over: 1. John Rouse 43:14, 2. Leo Gries 45:09, 3. Roland Carrothers 48:52. Wheelchair: 1. Troy Durham 32:02, 2. Jeff Koch 45:05.

### Division Results - Women

13 & Under: 1. Celeste Buchanan 47:28, 2. Monica Torrez 52:55, 3. Francine Aquil 55:30. 14-18: 1. Kerri Winters 47:21, 2. Jennifer Cullen 48:39, 3. Kerry Dougery 49:00. 19-29: 1. Betsy Slizer 36:56, 2. Karen Nachbar 38:26, 3. Susan Hawthorne 38:52. 30-39: 1. Heidi Mooney 36:01, 2. Sharlet Gilbert 36:21, 3. Susan Nelson 39:06. 40-49: 1. Peggy Smith 41:34, 2. Barbara Zoldan 43:17, 3. Marian Lyons 44:47. 50-59: 1. Claire Hintergardt 49:29, 2. Diane Bromstead 49:31, 3. Shirley Costello 54:56.

## Results

### Camarillo Kiwanis 10K

March 19, Camarillo.

Rich McCandless and Cindie Wolfe were the open winners in the 10th annual Camarillo Kiwanis 10K Run at the Camarillo Community Center.

McCandless won the men's competition in a time of 31:40 while Wolfe took the women's race in 34:44, a division record.

#### Division Results - Men

11 & Under: 1. Jarod Garrison 37:45, 2. Brickin Garrison 50:32, 12-15: 1. James Garrison 35:55, 2. Bodie Minster 44:49, 3. Richard Falt 45:09, 16-19: 1. Tommy Leon 33:00, 20-29: 1. Jalberto O. 35:17, 2. Karl Rush 35:36, 3. Greg Banista 35:43, 30-39: 1. Larry Montag 33:06, 2. Paul Hough 33:40, 3. John Cassel 34:42, 40-49: 1. Charles McLung 36:48, 2. Bill Frick 38:19, 3. Ron Olson 41:56, 50-59: 1. Dave Wheeler 38:37, 2. H. Pantelas 39:45, 3. Nobby Orens 41:00, Oldest: 71: 1. Eddie Lewin 45:02.

#### Division Results - Women

11 & Under: 1. Carrie Garrison 35:38, 2. Heather Garrison 39:45, 16-19: 1. Trida Graf 49:27, 2. Shelley Flontsall 59:24, 20-29: 1. Laura Burns 41:40, 2. Erika Tauro 41:58, 3. Andrea Handevitd 45:33, 30-39: 1. Debra Sharp 36:55, 2. Maureen Little 43:59, 3. Terri Werber 47:16, 40-49: 1. Mimi Baranowski 41:31, 2. Patty Howell 42:44, 3. Marie Stevenson 45:56, 50-59: 1. B. House 1:08:00.

### San Gabriel River PSI 10 Miler

March 18, So. El Monte.

#### Division Results - Men

19-20: 1. Robert Corleu 55:48, 2. Don Falls 1:13:34, 25-29: 1. Doug Boring 1:02:14, 2. John Orman 1:10:16, 3. Antonio Antelope 1:17:14, 30-34: 1. Robert Slick 55:56, 2. Takashi Yagisawa 57:52, 3. Tom Moriarty 59:27, 35-39: 1. Tim Yamasaki 1:09:33, 2. Art Cruz 1:15:02, 3. Stan Preston 1:19:04, 40-44: 1. Mike Louie 1:06:01, 2. Frank Zaragoza 1:09:06, 3. Robert Sacripanti 1:10:27, 45-49: 1. Scott William 1:10:50, 2. John Branner 1:14:09, 3. Paul McAlter 1:24:52, 50-54: 1. Frank Vazquez 1:11:36, 2. Booker Washington 1:12:59, 3. Wally Clarke 1:15:14, 55-59: 1. Alfred Cruz 1:40:22, 60-64: 1. Bruce Odou 1:21:06, 70-79: 1. Dutch Benedetto 1:23:20.

#### Division Results - Women

19-24: 1. Laura Myers 1:32:39, 25-29: 1. Dorothy Gibbons 1:13:58, 35-39: 1. Donna Martin 1:23:07, 40-44: 1. Connie Corso 1:20:46, 2. Coni Triplett 1:22:58, 3. Sue Cooper 1:43:21, 45-49: 1. Cecily Park 1:15:17.

### Legg Lake 5K Morning Run

March 20, So. El Monte.

#### Division Results - Men

10-14: 1. Eddie Alarcon 21:49, 2. Geoff Boleu 24:24, 3. Bobby Welt 25:34, 15-18: 1. Augusto Leal 17:25, 2. Zidel Fueva 18:33, 3. Alfredo Gahan 25:09, 19-24: 1. George Masquez 16:55, 2. Francisco Ambris 19:55, 25-29: 1. Ed Lopez 17:00, 2. Naty Carrasco 17:50, 3. Daniel Gonzales 18:45, 30-34: 1. Jse Rodriguez 17:36, 2. Fran Delach 18:19, 3. Robert Kryozko 18:23, 35-39: 1. Walt Hitt 17:31, 2. Jerry Martinez 18:15, 3. Miguel Becerra 19:25, 40-44: 1. Juan Cabeza 17:47, 2. Jarrett Williams 17:59, 3. Miguel Mendez 18:25, 50-54: 1. Morris Weiss 25:40, 55-59: 1. Wally Ingram 18:49, 2. Les Prado 21:05, 3. Alfonso Castillo 29:14, 60-64: 1. Bruce Odou 21:43, 2. Wally Taylor 22:47.

#### Division Results - Women

6-9: 1. Sonja Mendez 34:35, 10-14: 1. Monica

Mendez 32:50, 15-18: 1. Diana Alarcon 35:56, 25-29: 1. Rom Happer 28:02, 2. Cynthia Broussalian 29:22, 35-39: 1. Dorinda Oliver 34:04, 40-44: 1. Rachel Martinez 27:10, 50-54: 1. May Salinas 32:58, Racewalker: 1. Lila Tevis 53:18.

### San Jose Mercury News 10K

March 20, San Jose.

Thomas Wood of Boulder Creek, CA., won the 11th annual Mercury News 10K race, held in downtown San Jose.

Wood covered the flat and fast TAC nationally certified course in 29:32, defeating about 7,200 other runners.

Wood, a recent transplant to Boulder Creek from Long Island, NY, said after the victory, "I'm fitter than I've ever been."

40 seconds faster than the second-place mark of 36:27 recorded by Allison Orofino. Sharon Given placed third at 36:30; shariet Gilbert was fourth at 36:40, and Kathy Donofrio was fifth at 36:51. All were entered in the 16-29 age division.

In the wheelchair competition, a husband-and-wife team took the men's and women's titles. Peter Brookes and Candace Cable-Brookes of San Luis Obispo won their respective divisions with time of 27:07 and 29:52, respectively.

#### Division Results - Men

15 & Under: 1. Phil Kilbridge 35:54, 2. Les Thundershield 36:30, 3. Ed McCormick 37:09, 16-39: 1. Thomas Wood 29:32, 2. Alan Dehlinger 29:35, 3. Ivan Huff 29:39, 40-49: 1. David Furst 33:35, 2. Bill Clark 34:03, 3. Dete Kraus 35:21, 50-59: 1. George Olivas 36:24, 2. Peter Leal 37:17, 3. Verne Carlson 37:28, 60 & Over: 1. Leo Gries 47:13, 2. John Young 47:21, 3. Donald Anhorn 48:55, Wheelchair: 1. Peter Brookes 27:07, 2. Taylor Carey 27:47, 3. Gary Kerr 28:24.

#### Division Results - Women

15 & Under: 1. Courtney Dominguez 42:06, 2. Thea Roberts 42:41, 3. Erin Ferguson 43:39, 16-39: 1. Patti Gray 35:47, 2. Allison Orofino 36:27, 3. Sharon Given 36:30, 40-49: 1. Juana Stavolone 38:32, 2. Susan Brown 41:14, 3. Judi Shade 42:49, 50-59: 1. Elizabeth

photo by Paul Kitagaki, Jr. of San Jose Mercury News



Mercury News 10K RACE from left: Thomas Wood, Daniel Gonzalez, Ivan Huff and Alan Dehlinger lead the pack.

The 25-year-old was happy to be standing in the brilliant California sunshine. "At least I'm not snowed in, which can happen back in Long Island. When that occurs, you can find yourself stuck inside watching television. But not out here. The weather is fantastic for training."

Wood, manager of a sporting goods store, said he is training about 90 miles a week in preparation for the Olympic marathon trials in April in New Jersey.

Alan Dehlinger finished second with a time of 29:35; and Ivan Huff was third at 29:39. Daniel Gonzalez, the 1987 champion, came in fourth at 29:43; and Charles Alexander was fifth at 30:50. All were entered in the 16-39 age division.

Patti Gray of Pleasanton won the women's division for the second consecutive year with a time of 35:47.

Ross 47:55, 2. Jean Teter 52:30, 3. Barbara Hinshaw 52:45, 60 & Over: 1. Jaclyn Caselli 51:13, 2. Joy Johnson 59:26, 3. Peggy Pidmore 72:18, Wheelchair: 1. Candace Cable-Brookes 29:52, 2. Emily Ball 39:57, 3. Kathryn Carlton 39:57.

### End of the Trail

March 20, Visalia, 15K.

#### Overall Results

1	Alfred Lara (30-39) Fresno	47:55
2	Baldamar Belancourt (30-39) Kingsburg	50:22
3	Adrian Huerta (19-29) Exeter	51:22
4	Ozzie Osgood (40-49) San Diego	54:07
5	Roger Sebert (40-49) Visalia	58:15
6	Mark Hahn (19-29) Hanford	58:46
7	Tommy Upton (50-59)	59:18
8	Hank Lengkeek (30-39) Visalia	1:00:21
9	David Bronzan (40-49) Visalia	1:01:06
10	Gary Gillen (30-39) Fresno	1:02:23

#### Division Results - Men

19 & Under: 1. Noah Dye 1:08:55, 20-29: 1. Adrian Huerta 51:22, 2. Mark Hahn 58:46, 3. Lino Flores 1:03:09, 30-39: 1. Alfred Lara 47:55, 2. Baldamar Belancourt 50:22, 2. Hank Lengkeek 1:00:21, 40-49: 1. Ozzie Osgood 54:07, 2. Roger Sebert 58:15, 3. David Bronzan 1:01:06, 50-59: 1. Tommy Upton 59:18, 2. Jack Aaron 1:06:19.



Alfred Lara

#### Division Results - Women

20-29: 1. Jane Vontz 1:19:57, 2. Joan Miller 1:27:16, 30-39: 1. Missy LeStrange 1:06:30, 2. Carlota Otero 1:10:08, 40-49: 1. Irma Hutton 1:19:18, 2. Jackie Ryle 1:21:48, 50 & Over: 1. Nena Guillen 1:22:52.

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# Results

## Tennessee Valley Waltz

**March 20. Mill Valley. 10 M. & 5.7 M.**  
**Overall Results - 10 Mile**

1	Michael Murphy (30) Tiburon	55:18
2	John Hodge (26) Novato	56:00
3	Patrick Wallace (29) Lafayette	57:05
4	Greg Nacco (28) Larkspur	57:34
5	John Ingram (25) Redwood City	58:19
6	Mark Richtman (32) Novato	58:27
7	Michael Lopez (30) Fairfax	59:05
8	Tad Beach (29) Oakland	59:28
9	Chris Miller (30) Capitola	60:09
10	Wayne Miles (40) Diamond Springs	60:15
11	Byron Choiniere (32) Walnut Creek	60:39
12	Robert Alexander (35) San Francisco	60:39
13	Russ Kiernan (50) Mill Valley	60:40
14	Robert Thompson (10) Shawnee	60:57
15	Trevor Thompson (16) Shawnee	61:05
16	Steve Tietz (32) San Jose	61:06
17	Mike Hoog (23) Novato	61:45
18	Tom Lyons (22) San Francisco	61:49
19	William Adams (40) San Francisco	62:21
20	George Chappell (27) San Francisco	62:25

**Overall Results - 5.7 Mile**

1	Chris McGrew (30) San Francisco	36:45
2	Robert Annett (33) San Francisco	36:55
3	Tom Mann (45) San Bruno	39:40
4	Robert Fiedler (31) Mill Valley	40:15
5	Bill Seaborg (42) Mill Valley	41:16
6	Jon Ashton (43) Alameda	41:54
7	Arnold Knepler (57) Ross	42:07
8	Rob Anderson (45) San Anselmo	42:15
9	Lisa Corbett (32) Greenbrae	42:21
10	William Rose (49) Moraga	43:33
11	Hazel Wood-Kuttin (37) Mill Valley	43:51
12	Lynn Paul (34) San Ramon	44:10
13	Jorgen Rindrup (41) Berkeley	45:35
14	Marty Lukaszewski (31) Chico	46:10
15	Mike Iker (37) Corte Madera	46:46
16	Holly Potter (29) Kentfield	46:51
17	Wayne Thompson (46) Shawnee	47:30
18	Cindy Leahy (37) San Rafael	47:44
19	Phillip Moffitt (41) Belyndere	48:26
20	Joseph Munton (23) San Anselmo	48:45

41:09, 2. Brian Blair 42:38, 3. Kevin Taylor 44:21. **20-29:** 1. David Swiderski 32:18, 2. Scott Wray 37:46, 3. Scott Henning 38:07. **30-39:** 1. Bob Dillman 34:06, 2. Bob Mitchell 34:23, 3. John Sarli 35:48. **40-49:** 1. Dean King 35:50, 2. Douglas Woodsmaik 35:54, 3. Byron McIntosh 41:11. **50-59:** 1. Juvenal Herrera 38:13, 2. Stan Bellamy 46:14, 3. Charles Cutting 47:33. **60 & Over:** 1. Harold Willes 47:10, 2. Karlis Smitens 57:44.

### Division Results - Women's 10K

**13-19:** 1. Angela Thiraway 58:22. **20-29:** 1. Leslie Maddock 1:00:20, 2. Elizabeth Wendell 1:11:98. **30-39:** 1. Christine Grundy 42:13, 2. Kathy Luciano 43:48, 3. Kathy Smith 48:04. **40-49:** 1. Anne Coy 48:41, 2. Donna Archer 50:15, 3. Theresa Riley 52:52.

### Team Results - 5K

1. Team Gordo (Jim Bobwe, Stray White, Martha Frmuhrns) 1:09:23.8.

### Team Results - 10K

1. Team Dental (Pat Schenk, Kathy Luciano, Bob Mitchell) 2:00:15.2.

## Redwood Empire 24 Hour Run

### March 26-27. Crescent City.

**Overall Results**

1	Bernad Leupold (45) CA	128 MI.
2	Silvia Androni (32) MEX	123 MI., 1080 Yd.
3	Jim Clover (46) CA	120 MI., 890 Yd.
4	Vince Pedraia (41) CA	120 MI., 244 Yd.
5	Johnny Furr (30) CA	114 MI., 1675 Yd.
6	Ephraim Romesberg (57) CA	114 MI., 992 Yd.
7	Michael Ougley (36) CA	109 MI., 455 Yd.
8	Norman Albert (30) CA	107 MI.
9	Marvin Skagerberg (50) NJ	107 MI.
10	Daniel Lindstrom (38) CA	105 MI., 840 Yd.

## Delano Fool's Run

### March 26. Delano. 5K & 10K.

**Division Results - Men's 10K**  
**14-20:** 1. Kevin Riley 36:43, 2. Jesus Hernandez 38:20, 3. Johnathan Wykoff 41:17. **21-29:** 1. Adrain Huerta 35:27, 2. Mark Hahn 36:43, 3. John Reed 47:21. **30-39:** 1. Ronald Lessley 35:46, 2. Jim Aguilar 37:22, 3. Jeff Lessley 37:27. **40-49:** 1. Edward Lujan 37:03, 2. Tom Whygley 37:27, 3. George Antenaros 38:33. **50-59:** 1. James Lipford 39:49, 2. Bert Beene 44:18, 3. Monte Marshall 54:53. **70 & Over:** 1. Harry Harder 50:28.

### Division Results - Women's 10K

**21-29:** 1. Paula Lambdin 44:52, 2. Kacey Ginsberg 44:52, 3. Jill Latham 47:29. **30-39:** 1. Lupe Eberly 41:28, 2. Carlota Ortega 43:42, 3. Alice Rodriguez 53:58. **50-59:** 1. Nena Guillen 53:33, 2. Theanne Woodruff 1:00:33.

### Division Results - Men's 5K

**13 & Under:** 1. Alvaro Ortiz 10:42, 2. Sergio Delgado 19:23, 3. Salvador Guzman 19:42. **14-20:** 1. Vincente Guerrero 17:05, 2. Adam Dorsey 19:57, 3. Paul Heredia 27:32. **21-29:** 1. Emmanuel Mensan 18:27, 2. Danny Escobar 18:47, 3. Horacio Ortiz 19:47. **30-39:** 1. Fernando Gomez 18:41, 2. John Alcalá 19:16, 3. Benny Alcalá 21:21. **40-49:** 1. Leo Marquez 19:05, 2. Juan Sanchez 19:46, 3.

Norman Wykoff 20:22. **50-59:** 1. George Medina 19:51, 2. Tom Alberg 23:27, 3. Gary Green 24:16. **60-69:** 1. Bill May 24:19, 2. Richard Mashburn 28:45.

### Division Results - Women's 5K

**13 & Under:** 1. Tanya Gonzales 24:41, 2. Stephanie Marines 29:23, 3. Jennifer Harkins 35:43. **14-20:** 1. Julie Bohm 40:25. **21-29:** 1. Brenda Villanueva 22:12, 2. Sally Twilord 26:00, 3. Cathy Norman 27:04. **30-39:** 1. Deanna McDaniel 20:22, 2. Andre MacDonald 22:11, 3. Jeanne Tirado 24:17. **40-49:** 1. Judy Fortenberry 25:42, 2. JoAnn Masten 26:12, 3. Ola Buchanan 28:09. **50-59:** 1. Carol Lophan 31:53. **70 & Over:** 1. Anita Foose 41:31.

## Rotary River Runs

### March 26. Firebaugh-Mendota. 1/3/6 Mile.

#### Division Results - Men

**One Mile:** 1. George Campos 6:16, 2. Sergio Campos 6:26, 3. Ricardo Masauea 6:27. **High School 3 Mile:** 1. Mike Magdaleno 19:54, 2. Cheo Gamino 20:10, 3. Nathan Freeand 23:42. **Open 3 Mile:** 1. David Cords 16:14, 2. Juan Huaracha 18:58, 3. Alfonso Gamino 19:33. **Open 6 Mile:** 1. Rey Garza, 2. Rick Smith, 3. Edwardo Puentes. **Senior 6 Mile:** 1. Louie Phillips 37:11, 2. John Minney 38:05, 3. Johnny Ray Neal 39:15. **Masters 6 Mile:** 1. Bill Swartz 38:37, 2. Jack Aaron 41:29, 3. Walter Brown 43:34.

#### Division Results - Women

**One Mile:** 1. Rosie Neal 6:55, 2. Riala Smith 8:16, 3. Kyla Pavlina 8:31. **3 Mile (Under 30):** 1. Martha Castillo 27:31, 2. Laura Campos 27:32. **3 Mile (Over 30):** 1. Josie Diaz 30:36, 2. Mart Jo Fitchhorn 37:07, 3. Angel Brown 37:56. **6 Mile Open:** 1. Barbara Duenes 47:22, 2. Jackie Ryle 49:14, 3. Monica Cantu 49:18.

## Mountain Wildflower Run

### April 2. San Bruno. 10K.

**Overall Results**

1	Paul Cummings (19) Davis	39:21
2	John Foley (22) Davis	39:21
3	Roy Hinneu (21) Davis	39:51
4	Tom Lyons (22) San Francisco	40:26
5	Roberto Mendez (34) Redwood City	40:37
6	Nikos Mourtos (30) Sunnyvale	41:52
7	Tony Chan (28) Oakland	42:43
8	Dan Clark (32) San Bruno	43:08
9	Nathan Wulf (19) Sacramento	44:07
10	Kevin Thompson (34) Redwood City	44:23
11	Herbert Bowlds (35) San Francisco	44:36
12	John Demens (44) Petaluma	44:47
13	Tomas Pastalka (41) Mill Valley	45:13
14	Crispin Hetherington (27) Berkeley	45:46
15	Stan Mawson (46) Woodside	45:52
16	Terrence Bauer (31) San Jose	47:00
17	Richard Daalstedt (32) Richmond	47:55
18	Keith Nowell (34) El Sobrante	47:57
19	John Eggiman (27) Milbrae	48:26
20	Jeff Keish (26) Sunnyvale	48:43

## Conejo Easter Four Mile Run

### April 3. Westlake Village.

**Overall Results**

1	Chris Spitz (24) Agoura	20:04
2	Paul Hough (30) Thousand Oaks	20:22
3	Brian Neilson (30) Ventura	20:24
4	Matthew Thomson (19) Agoura	20:36
5	Peter Oviatt (18) Agoura	20:42
6	Jim Ulvestad (32) Pasadena	21:07
7	Mike Smith (25) Oxnard	21:12
8	Byrle Smalton (40) Agoura	21:16
9	Joe Montanez (29) Fillmore	22:03
10	Richard Krevolin (23) Los Angeles	22:36
11	Troy Fortney (19) Reseda	22:42
12	Mike Striver (29) Simi Valley	22:57
13	Bob Bolton (19) Thousand Oaks	23:00
14	Nick Trozzi (27) Panorama City	23:24
15	Ian Jackson (21) Thousand Oaks	23:58

## Dragon Run

### April 9. Sacramento. 8K.

**Overall Results**

1	Michael Van Horn (30-39)	25:34
2	Bob Todja (20-29)	26:09
3	Scott Peterson (30-39)	27:15
4	Bruce Fujimoto (30-39)	27:54
5	Chuck Nichols (30-39)	28:01
6	Jim McElroy (30-39)	28:02
7	Thom Pearman (20-29)	28:19
8	Mike Ammon (40-49)	28:51
9	Glenn Bailey (40-49)	28:52
10	Don Spickelmier (40-49)	29:05
11	Ricky Bagwell (30-39)	29:07
12	Barry Larson (20-29)	29:17
13	Barry Turner (30-39)	29:21
14	Steve McNutt (30-39)	29:29
15	Bobby Lawrence (20-29)	29:30
16	Craig Tooley (30-39)	29:30
17	Dean Bowman (30-39)	30:02
18	Gary Lotspeich (30-39)	30:11
19	Ramon Raine (20-29)	30:15
20	Ken Takao (20-29)	30:17
21	Jeff Ceremony (20-29)	30:27
22	Karl Yamauchi (30-39)	30:46
23	David Gershon (30-39)	30:47
24	William Kane (30-39)	30:50
25	David Ragsdale (40-49)	30:50
26	Myron Dong (20-29)	30:55
27	Bob Sharman (30-39)	31:06
28	Ken Campbell (30-39)	31:11
29	Craig Nakashima (20-29)	31:24
30	Bill Staack (30-39)	31:25

## Pack Rat Triathlon

### April 9. Martinez.

**Full Pack: 10K Run, 18 Mile Bike, 5 1/2 Mile Backpack.**  
**Half Pack: 5K Run, 10 Mile Bike, 4 Mile Backpack.**

**Overall Results - Full Pack**

1	Lucio Perez (26) So. San Francisco	2:19:28
2	Dean Litchfield (26) San Francisco	2:30:00
3	Mark Giblin (25) Scotts Valley	2:32:51
4	George Staub (32) Novato	2:35:41
5	Team: Linford/Cotini	2:36:54
6	Daniel Hernandez (26) Healdsburg	2:40:39
7	Larry Nolan (29) Fremont	2:43:48
8	Bernhard Miller (31) Palo Alto	2:44:11
9	Roger Tiss (24) Fairfield	2:44:50
10	Will Uhr (42) San Leandro	2:46:40

**Overall Results - Half Pack**

1	Richard DeGlymes (36) Pleasant Hill	1:28:54
2	Jim Roberts (35) Martinez	1:32:23
3	Lance Dorion (22) Berkeley	1:51:21
4	Lawrence Wood (31) Concord	1:51:25
5	John Dura (29) San Jose	1:52:31
6	Barbara Robben (53) Berkeley	1:58:14
7	Bob Dowell (47) Castro Valley	2:02:05

## Tri-County Dental Society's Sugarless Runs

### March 20. Riverside. 5K & 10K.

**Division Results - Men's 5K**  
**12 & Under:** 1. Chris Christianson 21:30, 2. Kevin Schenk 27:52, 3. Adam Schenk 36:58. **13-19:** 1. Dwayne Lumpkin 24:15, 2. Erich Felmer 26:55, 20-29: 1. Mel Peterson 15:01, 2. David Swiderski 15:25, 3. Steve Kovisto 15:44. **30-39:** 1. Rick Garrison 16:35, 2. John Lamar 17:24, 3. Ray White 18:07. **40-49:** 1. Dean King 17:27, 2. Bill Stevenson 17:30, 3. James Smith 17:44. **50-59:** 1. Bill Crum 18:05, 2. Frank Ogawa 18:26, 3. Lyle Deem 20:09. **60 & Over:** 1. Harold Willis 21:04, 2. Irvine Basher (82 yrs.) 32:52.

### Division Results - Women's 5K

**13-19:** 1. Lori Winston 23:08, 2. Lisa Deterville 26:38. **20-29:** 1. Elaine Kirby 22:54, 2. Vicki Onorato 23:09, 3. Denise Farrar 25:29. **30-39:** 1. Patricia Contreras 19:13, 2. Gayle Langloris 20:35, 3. Kathy Smith 21:14. **40-49:** 1. Christine Lalley 28:34, 2. Ellen Mueller 31:39, 3. Aurora Hemminger 36:01. **50 & Over:** 1. Nyla Cook 34:03.

### Division Results - Men's 10K

**12 & Under:** 1. John McInroe 52:51, 2. Brian Bauer 1:02:45. **13-19:** 1. Chris Breitschwerdt

# Results

## Run For Relief

10K Race and 2 Mile Fun Run  
April 9, 1988

### Overall Results - 10K

1	Stephen Penner (39) Reedley	36:22
2	Robert Garcia (34) Clovis	36:26
3	Hernandez Gonzalo (33) Fresno	37:24
4	Bill Woody (45) Fresno	38:23
5	Gil Garcia (35) FPO San Francisco	38:42
6	Scott Hillman (30) Tulare	39:07
7	Roger Tsuruda (39) Fresno	39:07
8	Juan Carlos Urbina (30) Reedley	39:22
9	John Minney (38) Madera	39:24
10	Thomas Brisley (31) Fresno	39:30
24	Maurie Potts (33 F) Fresno	41:54
26	Bicky Gonzales (28 F) Tustin	42:32
27	Kathleen Gray (28 F) Clovis	43:10
28	Hally Schaffer (42 F) Fresno	43:16
31	Carolyn Campbell (46 F) Oakhurst	44:29
32	Sandra Nelson (28 F) Fresno	44:34
38	Ann Phillips (33 F) Sanger	46:04
40	Glenna Penner (37 F) Reedley	46:10
41	Kathy Hildebrand (27 F) Sanger	46:12
43	Ginny Seibert (42 F) Sonora	46:19

### Division Results - Men's 10K

18 & Under: 1. Ryan Claassen 46:16. 19-29: 1. Erin Woody 42:32, 2. Phil Bergen 52:26. 30-34: 1. Robert Garcia 36:26, 2. Hernandez Gonzalo 37:24, 3. Scott Hillman 39:07. 35-39: 1. Stephen Penner 36:22, 2. Gil Garcia 38:42, 3. Roger Tsuruda 39:07. 40-44: 1. Jose Guerra 40:09, 2. Bill Ramsey 47:54, 3. Mike Mohr 48:52. 45-49: 1. Bill Woody 38:23, 2. Roger Orazo 39:38, 3. Henry Ovalle 39:51. 50-54: 1. Dan Cunningham 40:37, 2. Richard Robinson 48:10, 3. David Minier 50:17. 55-59: 1. Chris Denny 44:00, 2. Richard Downs 60:64. 1. John Bergey 47:23. 65-69: 1. Lee Thomas 48:42, 2. George Leavitt 51:46. 70 & Over: 1. Harry Harder 48:42.

### Division Results - Women's 10K

18 & Under: 1. Kristina Adams. 19-29: 1. Bicky Gonzales 42:32, 2. Kathleen Gray 43:10, 3. Sandra Nelson 44:34. 30-34: 1. Maurie Potts 41:54, 2. Ann Phillips 46:04, 3. Carmen Monsibals 48:37. 35-39: 1. Glenna Penner 46:10, 2. Nikki Donaldson 48:15, 3. Carol Wilson 48:36. 40-44: 1. Hally Schaffer 43:16, 2. Ginny Seibert 46:19, 3. Diane Reimer 53:34. 45-49: 1. Carolyn Campbell 44:29, 2. Deborah Schwartz 50:55. 50-54: 1. Heidi Fiahlo 53:22. 60-64: 1. Dorothy Thomas 53:53.

### Overall Results - 2 Mile

1	Bill Schwartz, Fresno	11:46
2	Luis Naranjo, Sanger	12:17
3	Mike Lambert, Fresno	12:24
4	Ken Wenger (17) Fresno	12:49
5	Ron Thiesen, North Fork	12:51
6	Jim Barnes (38) Visalia	12:53
7	Jim Barnes (38) Visalia	12:53
8	Charlene Janzen (22 F) Fresno	12:55
9	Mary Bell Norris (39 F) Madera	13:02
10	Chrisan Evulch, Kingsburg	13:23

## Emerald City Marathon

April 10, Seattle, WA.

### Overall Results

1	Rob Ogle (24) Olympia, WA	2:12:15
2	Doug Kurtis (36) Northville, MI	2:19:07
3	Matt Rothmel (26) Bozeman, MT	2:20:48
4	Phuong Le (19) Redmond, WA	2:23:38
5	Sammy Rotich (30) Albuquerque, NM	2:26:10
6	Kevin Matthews (24) Bellevue, WA	2:26:55
7	Marty Boggs (29) Bellevue, WA	2:28:36
8	Jerry Martin (40) Cheney, WA	2:28:44

9 Luis Betts (16) Medical Lake, WA 2:30:18  
10 Leon Bombardier (36) Tacoma, WA 2:30:31  
23 Reichi Yamada (26) San Diego, CA 2:41:15

### Division Results - Men

19 & Under: 1. Fiore Pignataro 2:57:23, 2. Mark Johnson 3:03:56, 3. Ray Johnson 3:20:07. 20-24: 1. Kevin Matthew 2:26:55, 2. James Weeks 2:36:38, 3. Joe Patrick 2:49:56. 25-29: 1. Matt Rothmel 2:20:48, 2. Roger Dyksterhuis 2:32:04, 3. William Basta 2:40:09. 30-34: 1. Sammy Rotich 2:26:10, 2. David Castle 2:31:56, 3. David Roberts 2:34:39. 35-39: 1. Doug Kurtis 2:19:07, 2. Leon Bombardier 2:30:31, 3. Ken Hoerath 2:38:43. 40-44: 1. Larry Almbert 2:35:29, 2. Dav Cammer 2:36:25, 3. Robert Smith 2:40:49. 45-49: 1. David Terenteff 2:47:11, 2. Robert Hughes 2:49:01, 3. Ron Behrmann 2:51:27. 50-54: 1. Lary Webster 2:49:17, 2. Derek Mahaffey 2:56:28, 3. Bill Iffriq 2:57:57. 55-59: 1. Mei Preedy 2:56:57, 2. Bob Dolphin 3:00:13, 3. Leo Neu 3:13:16. 60-64: 1. John Smets 3:49:14, 2. Cas Kozak 3:52:23, 3. Bill Halm 4:10:53. 65-69: 1. Jack Kerr 3:35:31, 2. Harold Copeland 3:45:55, 3. Merle Crain 3:52:00. 70 & Over: 1. Jule Crabtree 5:06:56, 2. Cyril Tobias 5:12:02. Wheelchair: 1. Rob Ogle 2:12:15, 2. Phuong Le 2:23:38, 3. Marty Boggs 2:28:36.

### Division Results - Women

19 & Under: 1. Younsoo Song 4:26:16, 2. Mikel Cummings 4:27:56, 3. Shelley Ajax 4:28:30. 20-24: 1. Molly Tritle 3:09:41, 2. Kelly Watkins 3:14:02, 3. Susan Schlauch 3:42:38. 25-29: 1. Sally Balchin 2:50:05, 2. Jeannie John 2:51:02, 3. Andrea Dewey 2:56:36. 30-34: 1. Nancy Kubasek 2:46:49, 2. Kimberly Moody 2:50:41, 3. Patricia Richard 3:02:43. 35-39: 1. Jane Asimus 2:58:37, 2. Virginia Falkowski 3:10:01, 3. Cathy Fritchen 3:25:59. 40-44: 1. Gunhild Swanson 3:25:20, 2. Sue Harrington 3:30:21, 3. Sally Crawford 3:34:57. 45-49: 1. Rose Gardner 3:10:26, 2. Corky Keffe 3:15:38, 3. Carol Watkins 3:36:02. 50-54: 1. Christine Curtis 3:19:02, 2. Ann Whiting 3:44:28, 3. Inger Gilbert 3:57:08. 55-59: 1. Arty Brown 3:58:34, 2. Colleen Marston 4:17:36. 60-64: 1. Billie Murphy 3:59:09, 2. Paula Silas 5:40:16.

## Houlihan's-to-Houlihan's 12K Bay Race

April 10, San Francisco.

The 1988 Houlihan's-to-Houlihan's 12K Bay Race showcased Olympic qualifiers and hopefuls. Of the top 20 male finishers, 17 have qualified for the 1988 Olympic Trials. For other runners among the 5,000 entrants, the Houlihan's Race was a stepping stone to the 1988 Bay to Breakers to be held in San Francisco on May 15. Top finishers qualified for "elite" status for Bay to Breakers is expected to attract 100,000 competitors.

The top three overall male winners in the Houlihan's Race were Domingo Tbaduiza, 38, with a time of 37:13; Jeffrey Adkins, 27, with a time of 37:21; and third place finisher Thomas Wood, 25, with a time of 37:21. Tbaduiza and his brother, Miguel, finished first and second in the male 30-39 age group. The Tbaduizas have represented their native country of Columbia four times in the Olympics and are expected to qualify for the Olympics again this year. Adkins and Wood both have qualified for the Olympic trials.

In the women's category, top three overall finishers were Barbara Myers-Acosta, 30, finishing first with a time of 42:21 and breaking the previous Houlihan's Bay Race women's record of 42:45; Jani Johnson, 32, with a time of 42:29 also breaking the record and Terry Puckett, 32, finishing third with a time of 43:13. Johnson recently finished second in the Cal 10 race in Stockton. Johnson and Puckett have qualified for the 1988 Olympic Trials. Myers-Acosta has qualified for the TAC national meet where she could then qualify for the 10,000 meter Olympic trials.

In the Masters category, Steve Ferraz, 40, finished first with a time of 39:43. Ferraz holds the Master's world title as the fastest miler with an average speed of 4:15/mile.

The rivalry between former national champion Sal Vasquez, 48, and Bill Sevald,

42, renewed itself, with Vasquez defeating Sevald with a time of 39:59. Sevald, a local favorite, finished with a time of 40:44.

Sister Marion Irvine, 57, also known as "The Flying Nun," finished second in the 50-59 female age group with a time of 52:03. Sister Irvine is the subject of a documentary entitled "Silver into Gold" about her running success which was nominated for an Academy Award in the documentary short subject category. Irvine was the oldest qualifier for the 1984 Olympics, and is ranked first in the country in her age group.

The Houlihan's Bay Race is the largest footrace to cross the Golden Gate Bridge, with more than 5,000 runners competing. Proceeds from the race benefit Edgewood Children's Center in San Francisco.

### Overall Results - Men

1	Domingo Tbaduiza (38) Reno	37:13
2	Jeffrey Adkins (27) Martinez	37:18
3	Thomas Wood (25) Menlo Park	37:21
4	Kevin Osterberg (27) Walnut Creek	37:23
5	Miguel Tbaduiza (31) Reno	37:25
6	Mark Patterson (26) Palo Alto	37:51
7	Dan Aldridge (31) Santa Rosa	37:56
8	Joe Rubio (25) San Luis Obispo	37:56
9	Dan Stefanisko (25) San Jose	38:06
10	Not Available	38:08

### Overall Results - Women

1	Barbara Myers-Acosta (30) Santa Cruz	42:21
2	Jani Johnson (32) Atascadero	42:29
3	Terry Puckett (32) Reno	43:13
4	April Powers (30) Kentfield	43:36
5	Eileen Bickard (59) Santa Cruz	43:59
6	Janine Aiello (28) San Francisco	44:02
7	Peggy Smyth (36) San Anselmo	44:03
8	Johanna Rencke (25) Berkeley	44:18
9	Kimbal Dryden (30) Mountlake Terra, WA	44:32
10	Allison Orofino (26) Placerville	44:40

### Division Results - Men

12-16: 1. Todd Stevens 47:33, 2. Marc Woestheinrich 47:52, 3. John Seymour 48:11.  
17-20: 1. Brian Vaughan 41:39, 2. Jeffrey Belerra 46:32, 3. Douglas Stovolone 47:26.  
21-29: 1. Jeffrey Adkins 37:18, 2. Thomas

continued next page. . .

photo by Ken Lee



Start - Houlihan's to Houlihan's

# Results

photo by Gene Cohn



**Domingo Tibaduiza**

13	Patrick Shaushnessy (36) San Francisco	2:50:57
14	Douglas Peck (33) Santa Barbara	2:51:38
15	Peter Tortolani (25) Danville	2:53:40
16	Donald Booth (26) Stanford	2:54:11
17	Christopher Berka (33) San Jose	2:54:18
18	Douglas Davis (32) Oceanside	2:54:22
19	Steve Ahrens (26) Salinas	2:55:14
20	Syl Pascale (39) San Carlos	2:55:19
21	Larry Morales (23) Santa Cruz	2:55:38
22	Rick Edson (41) El Macero	2:56:19
23	Howard Brittain (32) Vethura	2:56:22
24	Philip Wright (47) Geildale	2:56:24
25	Charles Crompton (40) Santa Cruz	2:56:40
26	Horst Kayma (35) Marl	2:56:45
27	Standbridge Allan (41) Burlingame	2:56:31
28	Troy Overton (26) Monterey	2:57:16
29	Tim Egelhoff (30) Carmel	2:57:23
30	Miguel Herrera (38) Fort Ord	2:57:25
31	Philip Tracey (35) Los Gatos	2:57:28
32	Bruce Shearn (29) Coshocoton	2:57:34
33	Rudy Novolny (34) Del Mar	2:58:17
34	Daniel O'Donohue (28) Monterey	2:58:24
35	Anthony Kraft (26) Santa Cruz	2:58:30
36	Thomas Dickinson (38) Orem	2:58:53
37	Ralph Ward (27) Monterey	2:59:32
38	Marc Franklin (17) San Jose	3:00:19
39	Ramon Tello (22) Santa Barbara	3:00:23
40	William Daley (34) Monterey	3:00:33
41	Loif Ellison (25) Menlo Park	3:00:45
42	Dave Ion (38) Nipoma	3:01:20
43	Britton Chang (38) Walnut Creek	3:01:23
44	Kenneth Draw (38) San Jose	3:01:42
45	Carey Winker (30) Fairfield	3:02:32
46	Mark Newell (24) Fort Ord	3:02:55
47	Dean Horvath (30) Columbia	3:03:37
48	Keith Devlin (41) Palo Alto	3:03:45
49	Steve Christian (37) San Jose	3:04:18
50	C. Sammisingleto (41) Newport Beach	3:04:25

### Overall Results - Women

1	Nelly Wright (42) Pacific Grove	2:56:44
2	Pat English (35) San Anselmo	2:57:28
3	Katharin Gustafson (23) Oakland	2:59:41
4	Donna Troyna (33) Santa Cruz	3:10:47
5	Jean Herbert (31) Las Cruces	3:11:15
6	Ann Bower (30) San Francisco	3:12:13

photos courtesy of the Monterey Peninsula Herald



**Nelly Wright**

photo courtesy of the Monterey Peninsula Herald



**Mike Lundblad**

7	Cindy Bruckner (26) Salt Lake City	3:15:18
8	Gail Rodd (45) San Francisco	3:18:45
9	Nancy Stover (35) Berkeley	3:19:52
10	Mitsuko Yamaguchi (27) Hermosa Beach	3:21:16
11	Kathi Krause (26) San Francisco	3:22:15
12	Merrileth Midtlyng (28) Vacaville	3:22:47
13	Nancy Krovanka (35) San Francisco	3:23:09
14	Jane Lee (33) Redwood City	3:23:39
15	Mary Campbell (41) Beverly Hills	3:26:14
16	Rhonda Kolokol (30) Salinas	3:26:35
17	Octavio Soria (24) San Jose	3:26:39
18	Marypat George (32) Atascadero	3:29:00
19	Holly Prigerson (26) Stanford	3:29:36
20	Consuelo Underwood (38) Sacramento	3:30:37
21	Millie Guzman (34) Fort Ord	3:30:57
22	Sandi Hart (41) Sunnyvale	3:31:06
23	Paulette Scoville (26) Cambria	3:32:00
24	Mary Grady (25) Sacramento	3:32:56
25	Lenora Studt (23) Menlo Park	3:32:40
26	Carol Arney (38) Fresno	3:32:46
27	Mary Ann Molloy (34) Santa Cruz	3:33:38
28	Jennie Jorgensen (28) Napa	3:34:08
29	Jill Ireland (26) Carmel	3:34:25
30	Marja McKenzie (34) Long Beach	3:34:28
31	Marcia Smith (33) Davis	3:34:58
32	Anitra Seitamo (44) Mill Valley	3:36:39
33	Julie Sigourney (33) Pacific Grove	3:37:08
34	Mandy Gardner (35) Forest Ranch	3:37:25
35	Noelle Waddell (39) Seaside	3:38:20
36	Reva Colliver (47) El Portal	3:38:58
37	Laurel Strand (41) Oakland	3:39:47
38	Carolyn Blanckmeister (34) Hoboken	3:39:57
39	Corinne Crcich (25) Berkeley	3:40:54
40	Rachel Bates (26) Union City	3:40:57
41	Karen Hanson (25) San Juan Capis	3:41:55
42	Sandy Carpenter (33) Campbell	3:42:16
43	Margaret Chung (29) Monterey	3:44:16
44	Gaby McCultry (52) Santa Maria	3:44:33
45	Shirley Rubottom (44) Watsonville	3:44:56
46	Kimberly Johnson (29) Chicago	3:44:58
47	Jo Feeney (44) Los Altos	3:45:10
48	Julie Kimball (31) Ben Lomond	3:45:50
49	Lauren Loff (29) Aptos	3:46:41
50	Melinda Johnson (31) Scotts Valley	3:47:17

### Division Results - Men

14 & Under:	1. Dennis Robles 3:47:13
15-19:	1. Marc Franklin 3:00:19, 2. Jesper

Eskildsen 3:12:54, 3. Vance Star 3:18:48.	20-24:	1. Larry Morales 2:55:38, 2. Ramon Tello 3:00:23, 3. Mark Newell 3:02:55.
25-29:	1. Isaac Silva 2:38:32, 2. Mark Skreckengast 2:39:40, 3. Robert Erlich 2:45:55.	
30-34:	1. Gregg Homer (34) Santa Barbara 2:43:05, 2. Barry Aleila 2:44:31, 3. Douglas Peck 2:51:38.	
40-44:	1. Byrle Smallen 2:41:48, 2. Gabriel Sandoval 2:49:38, 3. Rick Edson 2:56:19.	
45-49:	1. Philip Wright 2:56:24, 2. Tony Nonan 3:06:32, 3. Bill Gardner 3:07:18.	
50-54:	1. Michael McGie 3:08:31, 2. Russell Buysse 3:22:25, 3. Gary Marcus 3:31:55.	
55-59L:	1. Al Kirkman 3:15:59, 2. Robert Bonanfant 3:41:39, 3. Homer Zugelder 3:42:00.	
60-64:	1. Claude Belcourt 3:43:49, 2. Ruben Vigil 3:44:41, 3. Warrenner Pat 3:48:54.	
65-69:	1. Jack Kirkpatrick 3:44:31, 2. Art Schneider 4:01:23, 3. Joseph Berry 4:14:27.	
70 & Over:	1. Pierre Delfausse 5:09:50, 2. Steve Cole 5:26:09.	

### Division Results - Women

20-24:	1. Katharin Gustafson 2:59:41, 2. Octavio Soria 3:26:39, 3. Lenora Studt 3:32:40.
25-29:	1. Cindy Bruckner 3:15:18, 2. Mitsuko Yamaguchi 3:21:16, 3. Kathi Krause 3:22:15.
30-34:	1. Donna Troyna 3:10:47, 2. Jean Herbert 3:11:15, 3. Ann Bower 3:12:13.
35-39:	1. Pat English 2:57:28, 2. Nancy Stover 3:19:52, 3. Nancy Krovanka 3:23:09.
40-44:	1. Nelly Wright 2:56:44, 2. Mary Campbell 3:26:14, 3. Sandi Hart 3:31:06.
45-49:	1. Gail Rodd 3:19:45, 2. Reva Colliver 3:38:58, 3. Jenn Foreman 3:57:09.
50-54:	1. Gaby McCultry 3:44:33, 2. Jane Dods 3:54:01, 3. Khatoon Tudhope 3:55:11.
55-59:	1. Lois Cook 5:01:70, 2. Virginia Laffer 5:10:06, 3. Etta Palmer 4:49:54, 2. Elizabeth Baker 5:25:05.
65-69:	1. Silvia Sweet 5:31:40.

Wood 37:21, 3. Kevin Ostenberg 37:23. 30-39: 1. Domingo Tibaduiza 37:13, 2. Miguel Tibaduiza 37:25, 3. Dan Aldridge 37:56. 40-49: 1. Steve Ferraz 39:43, 2. Sal Vasquez 39:59, 3. Bill Sevald 40:44. 50-59: 1. Brian Maxwell 41:39, 2. Darryl Beardall 43:05, 3. Roger Bryan 44:52. 60 & Over: 1. Ray Piva 48:20, 2. Roy Stewart 50:21, 3. Don Lucero 56:14.

### Division Results - Women

12-16: 1. Nika Horn 52:52, 2. Erin Ferguson 55:37. 17-20: 1. Caroline Brosius 57:08, 2. Susan Willis 1:03:19, 3. Melissa Cahanas 1:06:44. 21-29: 1. Janine Aiello 44:02, 2. Johanna Reneke 44:18, 3. Allison Orofino 44:40. 30-39: 1. Barbara Myers-Acosta 42:21, 2. Jani Johnson 42:29, 3. Terry Puckett 43:13. 40-49: 1. Joyce Rankin 46:19, 2. Hilary Naylor 46:39, 3. Juana Stalovone 47:15. 50-59: 1. Heidi Skaden 51:58, 2. Marion Irvine 52:03, 3. Alice Rose 53:05. 60 & Over: 1. Jaclyn Caselli 1:03:15, 2. Kit Pickles 1:06:39.

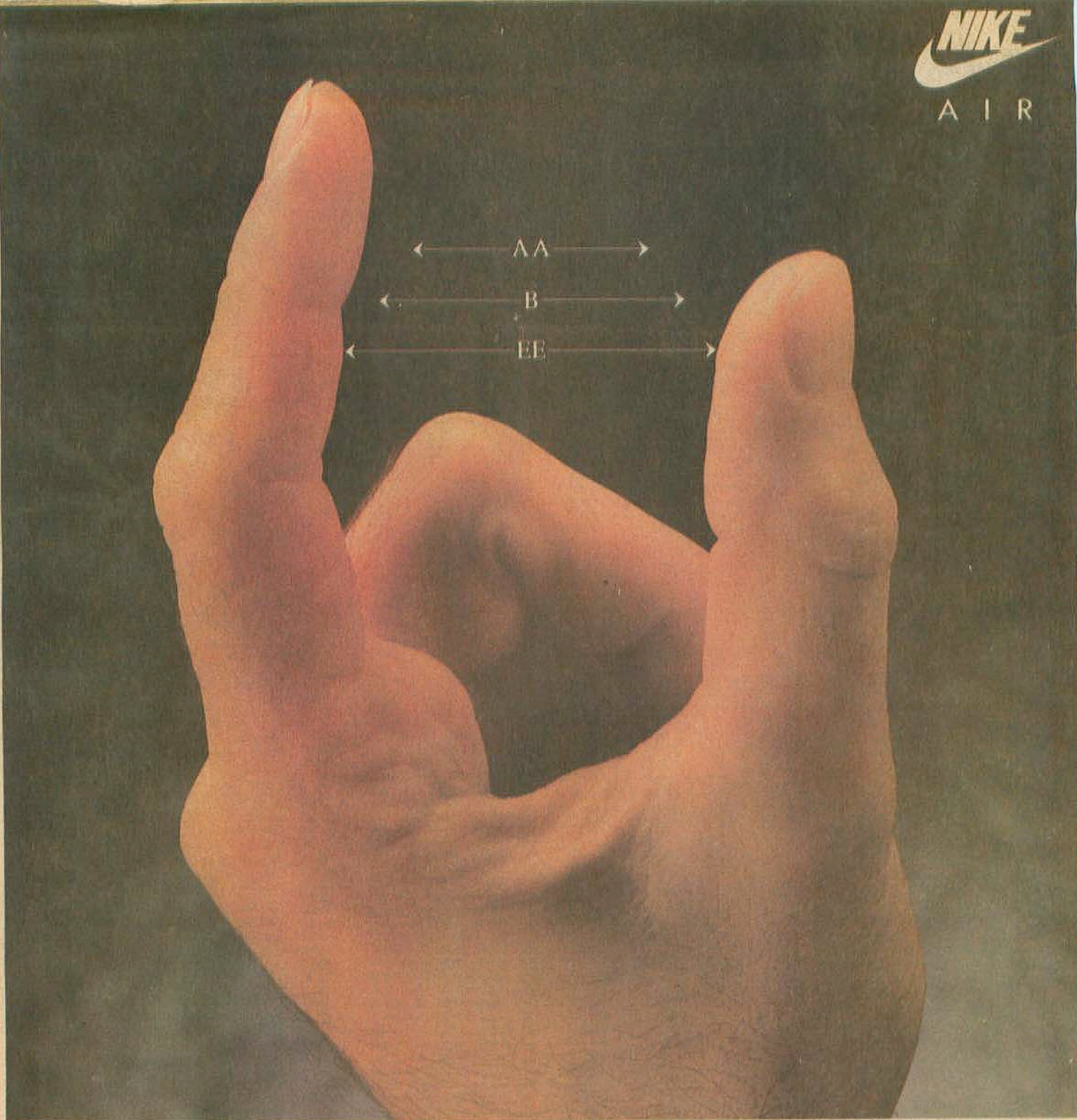
## Big Sur International Marathon

April 17, Carmel.

### Overall Results - Men

1	Mike Lundblad (35) Olympic Valley	2:33:18
2	Isaac Silva (28) Anaheim	2:38:32
3	Mark Skreckengast (26) Irvine	2:39:40
4	Byrle Smallen (40) Agoura Hills	2:41:48
5	Gregg Homer (34) Santa Barbara	2:43:05
6	Barry Alexia (32) Hermosa Beach	2:44:31
7	Robert Erlich (27) Fort Ord	2:45:55
8	Steve Ottaway (35) Mill Valley	2:48:26
9	Tom Downes (27) Palo Alto	2:48:29
10	Tim Cameron (37) Denver	2:49:06
11	Gabriel Sandoval (40) Redwood City	2:49:38
12	Ron Parravano (39) Carmel	2:50:13

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