

MAY 1989

ISSUE NO. 147

CALIFORNIA

Track & Running News

RESULTS

HOULIHAN'S,
EKIDEN, MERCURY,
NEWS & MORE.

SCHEDULE

MAY
JUNE
JULY

PREP

✓ARCADIA
✓BEST MARKS

FEATURES

✓WINITZ REFLECTS
✓PASTA AS SUPERFOOD
✓HOMEOPATHY
✓SETTING GOALS

A.R.R.A. POINTS
UPDATE

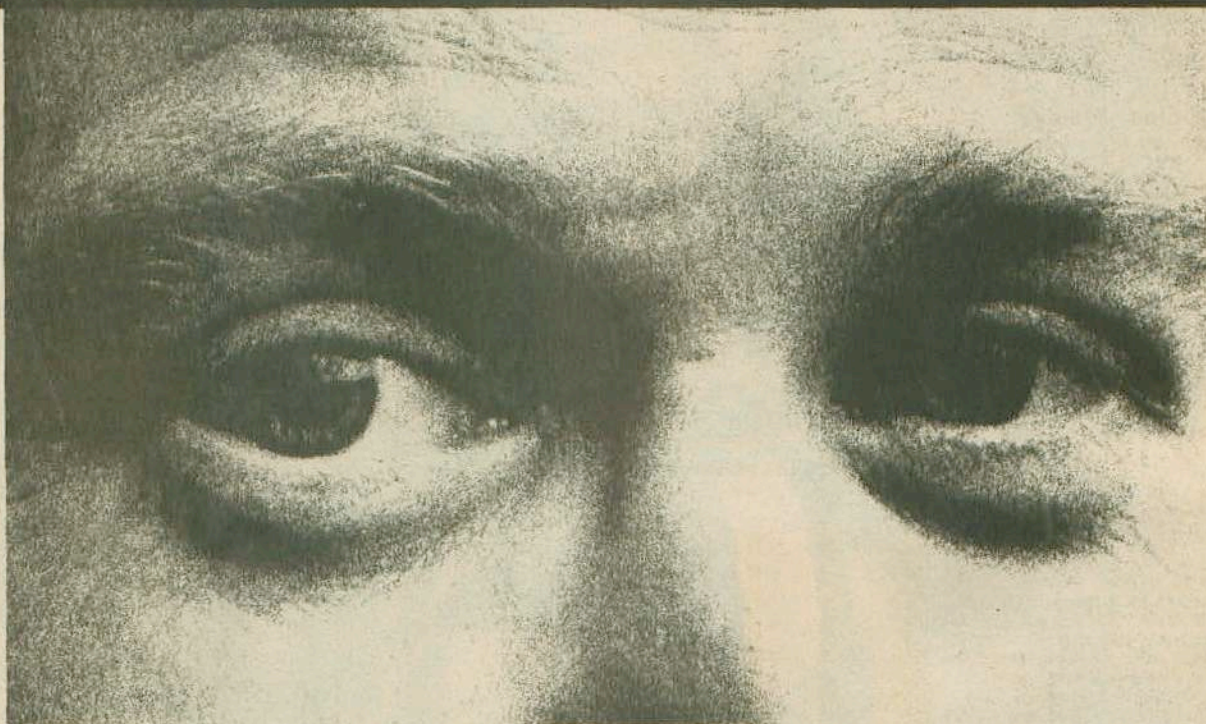
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CALIFORNIA

Track & Running News



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MEMBER OF RUNNING INTERNATIONAL

May 1989

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FROM THE EDITOR

The technology revolution has hit our sport, too! Just look around at the next meet. You'll see Accutrack timing equipment, computerized scoring, electronic digital conversion tables and coaches with hand-held printing stopwatches. Even our favorite regional track and running publication is produced on a computer--using "desktop publishing" technology.

From a coaching standpoint, one of the biggest boons to the sport is the video camera--how did we manage without it? We can film and subsequently analyze our athlete's performance, as well as study the technique of the champions. The marketplace is loaded with a variety of videos to aid athletes and coaches in the development and improvement of technique and training. Most coaches should be familiar with the tapes offered in the equipment catalogs. However, I've recently discovered several real good video tapes done by local coaches. John Oregonian at Yuba College in Marysville has a presentation to help teach beginning hurdlers and sprint relay passes--and it's only \$15. Tom Pagani, the Fresno State women's coach, did a great job filming the throwing events at the Olympics and has made those tapes available. See the information elsewhere in this issue.

Other new products we've recently seen

are: *Running to Rhythm* audio cassette program combining subliminal affirmations and stimulating music to provide motivation while running (available at your local bookstore); a 20-page book called *Children's Running: A Guide for Parents and Kids* by Don Kardong and Jim Ferstle is available for \$1 from the Road Runners Club of America; and finally, we've just discovered a great book to help coaches and athletes structure training programs--*Peak When It Counts* by William Freeman. It is all about "periodization" in training. It's available from *Track & Field News* for \$10.

There's plenty of help available to coaches and athletes. It just takes a little time and a willingness to learn.

See you at the big June meets!

ON THE COVER: Carmelo Rios (center) was the winner of the San Jose Mercury News 10K (photo by Judy Griesedieck).

MAILBAG

BOILEAU AND THE L.A. MARATHON

Dear Editor:

A couple of important corrections to Richard Lee Slotkin's story on the City of L.A. Marathon.

First, Bill Burke did make his initial approach for Art's [Boileau] participation in the race to me, through his associate Lynn Flanagan. An offer was also made for Ric Sayre's participation. Both athletes turned down the amounts, and I responded with counteroffers. Then Burke and Art dealt directly with each other, and the amount of the counteroffer was met.

Second, Gidamis Shahanga has run several fast marathons since his win at L.A. in 1984, one of them faster than his 2:10:19 at the aforementioned race. He ran 2:11 for 1st at Rotterdam in April 1984, 2:13:27 for 2nd at Los Angeles itself in 1986, 2:09:35 at Beijing later that year, and 2:13:50 (4th) at New York City last November.

Thanks for your attention.

Don Paul
San Francisco, CA

ARCADIA--CAL'S TRACK CAPITAL

Dear CT&RN:

Hats off to all the people who put the Arcadia Invitational meet together, and especially to the announcer at the meet [ie. Dwain Esper]. He is obviously very knowledgeable and gifted with a real flair for sharing that knowledge with the crowd.

The meet itself was run so efficiently that I could hardly catch my breath from one exciting race before the next one started. What a joy to have hurdles go up and down before you even realized they are being handled.

I used to think no place could run a meet as well as they could in my native Eugene, Oregon, but maybe Arcadia is one such place.

Jim Seven
Clayton, CA

WHERE'S THE COLLEGE CROSS COUNTRY??

I have appreciated your track magazine over the last 8 years and I know you can't make everybody happy. But can you please consider having better cross country (college) results as you have in the past? Maybe it's hard to get the results of the UCLA, Stanford, Pac-10, District 8, NCAA cross country meets. But in the past, up until this year, you have done very well and it seems strange all of a sudden -- no Pac-10, District 8 college cross country results or NCAA championships Division I results.

Due to lack of results, recruiting even if you had a little, the magazine is losing interest. I don't know who cares about all the road racing results etc., but apparently enough do.

Thank you for your time.

John Magee
Palmdale

MASTERS RANKING ADDITIONS

To: Percy Knox

I was pleased to find myself listed in the top 1988 California Masters as second in both the 800 meters and 1500 meters.

I was puzzled to find no one listed in my age bracket (70-79) in the 3000 meters and 5000 meters, as I ran both those races with a 13:39.6 in 3000m at Berkeley and 23:00.45 in 5000m at Eugene (a course record) and those runs were from the same day and place as those listed.

Do you have qualifying times for those to get listed or was this omission just an oversight? If it was an oversight, I would appreciate a listing in a future issue.

I appreciate your effort in putting this record together.

Is anyone doing this for long distance running in California?

Bill Van Fleet
Eureka

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PA-TAC NOTES

by JOHN MANSOOR

Pacific Association Track & Field News

If you are a track and field athlete or fan this month and next you should get all you are looking for with the following meets coming up:

May:

- | | | |
|-----|---|---------------|
| 5,6 | Johnny Mathis Invit. | San Francisco |
| 6 | S&W Invitational | Modesto |
| 27 | Jenner Bud Light Classic
(PA Men's 400m and Women's
3000m Grand Prix Event) | San Jose |

June:

- | | | |
|-------|---|-----------------------|
| 2,3 | Pacific Assoc. Open
Championships
(Also serving as: Western
Regional Champs. (PA Grand
Prix Finals)). | Diablo Vly
College |
| 10 | PA Masters Champs. | Los Gatos
H.S. |
| 15-17 | USA/Mobil Outdoor | Houston, TX |

July:

- | | | |
|----------|---|------------|
| 8 | Western Regional
Masters Championships | Sacramento |
| 20-23 | TAC/USA National
Masters Championships | San Diego |
| 27-Aug.6 | VIII World
Veteran's Champs. | Eugene, OR |

Pacific Open Championship to Serve as Western Regional.

Due to funding from TAC's National Men's Development Committee, the winner of each event in the June 2-3 Pacific Association Open Championship will receive a free trip to Chicago for the finals of the Regional Championships on July 22nd. The meet in Chicago, and the feeder meets to it, are an effort to develop our U.S. athletes here at home, rather than just in Europe. It is hoped in the future, that this regional concept will work so well that the final meet will become the Olympic Sports Festival. It is also part of the plan to add funds for next year to fly athletes from Washington, Oregon, Southern California and Arizona to the meet in the Pacific Associa-

tion, creating a well represented region. This year all athletes from the West are invited to the Pacific Association, but at their own expense. All winners will receive funding for Chicago. (If a winner declines to go to the meet in Chicago, the next finisher will be chosen). It should be noted that this program is for the men only this year, and it is hoped that the women's development committee will join the party soon.

Due to the increased competition from this regional concept, and with the culmination of the Pacific Association Grand Prix at this meet also, the Championships on June 2nd and 3rd at Diablo Valley College should be quite a show. If that weren't enough, the Pacific Association Open Track & Field Committee has also added TEAM PRIZE MONEY to this meet for extra incentive! A flyer is available in this issue of Cal Track & Running News.

Pacific Association Masters Championships to Include Open and Submaster Athletes.

One week after the Open Championships are held will be the Masters Championships in Los Gatos. This meet will be held on June 10th and will include events for Open and Submaster athletes as well. Meet director Willie Harmatz can be contacted at 408/354-5660 for more information. The meet is sponsored by the Los Gatos Athletic Association.

Masters Western Regional Meet to Include Mile Greats.

Meet official Randall Sturgeon in Sacramento has reported that some of the world's best milers will be present at this tuneup meet for the World Championships to be held later in July. At press time this included Jim Ryun and possibly Ron Bell, not to mention our own, Steve Ferraz! The meet is being held at American River College on July 8th.

Pacific Association Travel Fund Expanded.

In addition to Junior and Open athletes, Master's Chair, Bruce Springbett has added funding for athletes who will be attending either the National Masters Championships in San Diego or the World Meet in Eugene. To be eligible, athletes must be PA/TAC members, must be eligible for the meet, must have achieved the sixth place mark of the previous meet, and must be the top Pacific Association athlete (regardless of age) in that event. Age graded tables will be used to compare marks. To request funding for either the Junior, Open or Master meets, please submit your mark at least ten days prior to the meet to the Pacific Association office at 800 Bonita Dr., Folsom, CA 95630. Funding will occur after the meet.

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SCHEDULE

lege Stadium. Parks & Leisure Office. (209) 782-7536.

San Francisco: Razathon Run, 3.8 Mi., Rolph Park (Army & Potrero), 9 a.m. Razathon, 3007 - 24th St., San Francisco 94110. (415) 826-1401.

Los Gatos: Los Gatos Scholastic Classic, 2 Mi. & 10K, Los Gatos H.S. (track) (New York Ave.), 8:30 a.m./10K, 10 a.m. Martin Robinson, Los Gatos Education Fndn., 346 Johnson Ave., Los Gatos 95032. (408) 354-2252.

May 9 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, 6 p.m., Oxnard State Beach. Lorraine Mercado, Oxnard Parks & Recr., 325 South A St., Oxnard 93030. (805) 984-4643.

May 12 (Friday):

San Diego: SDSU Night Moves Fun Run, 5K, Peterson Gym, 6:30 p.m. Contact: Eric Huth (619) 594-6424.

May 13 (Saturday):

San Francisco: The Human Race, 8K, Ft. Mason (Great Meadow, Marina Blvd. & Laguna), 8 a.m. Volunteer Center of San Francisco, 1090 Sansome St., San Francisco 94111. (415) 982-8999.

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

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

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

San Jose: Quicksilver 50K & 50 Mile Endurance Runs, Almaden Quicksilver County

Park, 6 a.m. (150 limit per race). Bill Maida, 1490 Hicks Ave., San Jose 95125. (408) 293-5738.

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

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

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

Bakersfield: Bakersfield Bud Light Triathlon, 8 a.m., 2K Swim, 40K Bike, 15K Run, Lake Ming, Time TBA. Paul Mackie, 405 Galaxy Ave., Bakersfield 93308. (805) 399-2720.

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

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

Arcata: Atalanta's Victory Run, 2 & 5 Mi., Women Only, Arcata Co-op Parking Lot, 10 a.m. Karen Kelley-Day (707) 443-1226.

San Luis Obispo: Alcohol Services 5 & 10K Dry Runs, Time TBA. Elisa Baranski, 994 Mill St., #201, San Luis Obispo 93401. (805) 549-4275.

Hawthorne: HCMG Mother's Day 3K & 10K, Hawthorne Plaza Mall, 8 a.m./10K, 8:05 a.m. Hawthorne Family YMCA, 12500 S. Ramona Ave., Hawthorne 90250. (213) 679-1146.

Orange: 5K Tribute Run, 8 a.m., Orange Coast College. Tribute Run, 2701 Fairview Rd., P.O. Box 5005, Costa Mesa 92628-0120. (714) 432-5507 or 432-5730.

Newport Beach: Ford Aerospace Tune Up 1K, 5K & 10K, 7:30 a.m., Ford Aerospace at Ford and Jamboree. Spring Tune Up Run, Box

A, Ford Rd., Newport Beach 92660. Sam Johnson: (714) 720-7787 or John Blair: (714) 966-0556.

Rancho Cordova: The Human Race, 5 & 10K Run/Walk, Prospect Park (Kilgore & White Rock Rd.), 8:30 a.m. Volunteer Center, 331 J Street, Suite 203, Sacramento 95814. (916) 441-4357.

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

San Diego: Cherry Blossom 8K & 8K Relay and 1 Mi., Fiesta Island, 7:30 a.m. Helen Pain: (619) 437-4556.

Modesto: The Human Race, 3 & 10K, Modesto Jr. College West Campus (Student Center/Cabaret West), 8 a.m. Volunteer Center, 2125 Wylie Dr., #4, Modesto 95355. (209) 524-1307.

Colfax: Colfax Record Run, 5 & 10K, 9 a.m. The Colfax Record, P.O. Box 755, Colfax 95713. Janis Quinn: (916) 637-4878.

Bass Lake: Smokey Bear 10K & 2 Mi., and 1K (10 & Under), 8 a.m. Wes McNally, 41969 Hwy. 41, Oakhurst 93644. (209) 683-4665.

May 14 (Sunday):

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

Fresno: Mother's Day Love Run. 10K & 2 Mile. 8 am/2 mile. 8:05 am/10K. Woodward Park. Love Run, 4720 West Jennifer #105, Fresno, CA 93722.

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

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

MEET DIRECTORS--T-SHIRTS: 3 for \$5

Here's an idea if you're putting on a low-budget race and weren't planning on giving out "custom" shirts with the name of your event on them. We will ship you (on consignment) a good selection (probably 1-3-5-3 sizescale, S thru XL) of shirts from various events that are 'overruns' or very minor misprints. You can roll them up and put them in barrels (so people can't see design...only size and color). This way you can give a shirt and still keep your entry fee way down. Call for more information.

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RaceTalk '89

Spring, 1989

Info 619/438-8080

The Bud Light US Triathlon Series presents 11 races in 1989, its eighth season. ESPN will televise 3 races. USTS 1.5K-40K-10K distances are the Olympic standards.



The Elite Masters division debuts in '89, for over 40's who are top 10 in their age group. Age group, relay and pro competition as exciting as ever. Several two-day expos with sweepstakes, Friday night roundtables, and Exceed "Performance Seminars."

Phoenix opens the season with a new course on May 14. "Phoenix is like a moonscape," says one triathlete. I wouldn't miss it" Miami on May 21 means a once-a-year swim and skyline bike course straight out of a "Miami Vice" TV scene. Atlanta will have an all-new (one transition) course, stadium triathlon, \$5 million in exotic Ferraris



on display. A classic in the making (June 4).

The Bud Light USTS 3-race California tour begins June 11 in San Jose. Outstanding organization and the "Metcaff Mauler" are unforgettable. One of the world's best races: Baltimore (June 25), runs through the birthplace of "The Star Spangled Banner" (sung at all our race starts), to the colorful Inner Harbour downtown. In Chicago on July 9, the Bud Light USTS promises the world's largest race, plenty of extra water, Lake Shore Drive, and a true extravaganza for national TV.



Picturesque northern Vermont, a summer paradise, again hosts the Bud Light USTS New England race on July 16. Mike Pigg says, "It's the most beautiful course I've raced" Houston moves to July 23, with a new course (one expert calls it a "hum-dinger") and true Texas hoedown-style hospitality in mid-summer. San Clemente (August 6) brings back Southern California beach town fun with a sunny new course, and a gala finish line block party. San Diego's sunny setting and traditional post-race



beach bash are the fitting finales to a great regular season (Sept. 10).

Talented triathletes will qualify year-long for invitations to the Bud Light USTS National Championship and the American Fitness Festival on Hilton Head Island, SC. The September 30 date and a planned north-to-south swim will make this race more inviting than ever. Coke Grand Prix champs Mike Pigg and Paula Newby-Fraser head top pro fields competing for over \$250,000 in prize money and Coke Red Jersey bonus cash.

For the best airfares, rental cars and hotel packages, call Premier PasSports, toll-free 800/777-3643. Your race entries and USTS apparel orders may be taken via telephone with credit card. Call 619/438-8080.

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PLEASE INDICATE WHICH EVENT(S) YOU ARE ENTERING:

- Phoenix Atlanta Baltimore New England San Clemente
 Miami San Jose Chicago Houston San Diego

CHECK ONE: Individual Relay Team
 Relay Team: submit one form for each member with \$75 total fee.

ATHLETE'S NAME (Last name then first name): _____

SEX (Circle one) _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

COUNTRY: _____

PHONE (Daytime): _____

BIRTHDATE: _____

EMERGENCY PHONE: _____

T-SHIRT SIZE: _____

S M L XL

AGE: _____

DIVISION (check one)

RELAY (check one)

Relay Team Name: _____

Age group \$50

Men's \$75

Swimmer: _____

Elite/pro \$60

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Cyclist: _____

Elite/masters \$60

Mixed \$75

Runner: _____

Tri-Fed USA # _____

(Available at Registration)

IMPORTANT NOTE FOR ALL ENTRANTS:

All athletes will be required to sign an Acknowledgement, Waiver and Release From Liability form at Registration. Parents will be required to sign if athlete is under age 18. Tri-Fed USA membership or license will be required.

TO ENTER

\$ _____ For entry into how many races? _____

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MEDICAL ALERT! I have special medical problems or needs. (Please attach an explanation.)

SCHEDULE

Pleasanton: Soccer City Run, 5 & 10K and 1 Mi. Walk, Hacienda Business Park (off Hopyard Rd.), 9 a.m. Mike Milton, 3586 Whitehall Ct., Pleasanton 94566. (415) 846-5512.

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

Walnut Grove: Catfish Jubilee 5 Miler, 8 a.m. Roger Martin: (916) 776-1627.

Palo Alto: The Page Mill Mile (uphill race), Time TBA. Palo Alto Recreation Dept. (415) 329-2380.

Eureka: Redwoods Run, 8.5 Mi. & 3.5 Mi. Fun Run, College of the Redwoods, 9:30 a.m./8.5 Mi, 11 a.m. College of the Redwoods, Attn: A.S.C.R. Run, 7351 Tompkins Hill Rd., Eureka 95501. Mark Sampson: (707) 443-8411.

Santa Barbara: Stagecoach Run, 4 Mi., Cold Springs Tavern, 8 a.m. Info: (805) 964-1211.

May 16 (Tuesday):

Oxnard: 5 Mile Evening Fun Run, 6 p.m., Oxnard State Beach. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

May 20 (Saturday):

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

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

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

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

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

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

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

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

San Ysidro: U.S./Mexico International 10K Run/Walk, 8 a.m. In Motion, 2204 Garnet Ave., #303, San Diego 92109. (619) 483-9501.

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

Ontario: American Cancer Society 5K Run, 15K Bike, 200m Swim Triathlon, 8 a.m. Besie Clark, A.C.S., 2060 Chicago Ave., Suite A-17, Riverside 92507. (714) 683-6415.

Burbank: Burbank Run for the Hungry, 8 a.m., Buena Vista Park at Catalina & Parkside. Burbank Park & Rec. Dept., P.O. Box 6459, Burbank 91510. (818) 953-9506 or 955-8312.

Reno, NV: Silver State 50K & 50 Mi., Viewcrest Shopping Ctr. (McCarren & Kingsrow), 6 a.m. Ken McKim, 1460 Prospect Ave., Sparks, NV 89431. (702) 566-2024.

Santa Barbara: Sri Chinmoy 3 Mile, Palm Park (across from Red Lion Resort), 8 a.m. Info: Aditi (805) 968-5881.

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

Hanford: Knudson Scholarship 3K & 10K. 8:30 a.m. Lacey Park. Contact Bill or Rachel Hazen (209) 582-4628 or Syd Bowie (209) 584-4149.

May 21 (Sunday):

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

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

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

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

Fremont: Ohlone Wilderness Trail 50K Run,

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

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

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

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

Newport Beach: Ocean of Life Run for Life, 2K & 8K, Fashion Island, Time TBA. Run for Life, 1548-D Adams, Costa Mesa 92626. (714) 675-1670.

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

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

Reno, NV: Silver State 50K & 50 Mile, Time TBA. Silver State Striders, c/o Judy & Roland Martin, 4840 Cool Springs, Reno, NV 89509. (707) 825-4616.

San Luis Obispo: Electric City Challenge Series 10K, South Bay Community Park, 8:30 a.m. San Luis Distance Club, Attn: Stan Rosenfield, P.O. Box 1134, San Luis Obispo 93406. (805) 528-5450 or 544-9320.

Channel Islands: California Strawberry Festival 10K, Channel Islands Marina, 8 a.m. Pro Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

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

Westlake Village: Westlake Florist 5K & 10K Flower Runs, 8 a.m./10K, 9:00 a.m., Westlake Elementary School. Harry Panteias, 31,800 Langspur Ct., Westlake Village 91361. (818) 889-6408 evens., (818) 889-7636 or (805) 497-9777 days.

Sacramento: Old Sac Triathlon, 400 Yd. Swim, 12 Mi. Bike, 5K Run, Front Street in Old Sacramento, 9 a.m. Bill Kelly, c/o 2408 "J" St., Sacramento 95816. (916) 442-3338.

San Diego: Valley Center Run for Youth, 10K & 2 Mi., Bates Nut Farm, 7:30 a.m. Garry Farmer: (619) 749-3290.

San Diego: UCSD 5K Run/Walk, Revelle

SCHEDULE

Plaza, 7:30 a.m. Lorna Hiraé: (619) 437-4667.

Ridgewood, NJ: National TAC Masters Mile Championship, 11 a.m. (Pre-Entry Only). No. Jersey Masters, P.O. Box 56, Ridgewood, NJ 07451.

May 23 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, 6 p.m., Oxnard State Beach. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

May 24 (Wednesday):

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

May 27 (Saturday):

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

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

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

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

San Diego: Bonita Road Runners 5 & 10K, Rohr Park, 7:30 a.m./5K, 8 a.m. Dave Brandland: (619) 421-3424.

Sierra Madre: Mount Wilson 8.6 Mile Trail Run, 7:30 a.m., limited to 250 entrants. Mount Wilson Trail Run, City of Sierra Madre, 232 W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7135.

May 28 (Sunday):

San Francisco: DSE Golden Gate Promenade Run, 7.13 Mi. (& 0.6 Mi. Kid's Run), Dolphin Club; 9:30 a.m./Kid's Run, 10 a.m. Phil Haber: (415) 668-2830.

Pinole: Pinole Spring Festival 4 Mi. & 2 Mi. Stride, Fernandez Park (Pinole Valley Rd. No. off I-80), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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

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

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

Incline Village, NV: I-CAN Run for Drug-Free Youth, 10K, 2 Mi. Fun Run & 1/2 Mi. Kids' Run, Aspen Grove Comm. Center (960 Lakeshore Blvd.), 10 a.m. Contact: Steve Baker (702) 831-0668.

Redding: Redding Bud Light Triathlon, 2K Swim, 65K Bike, 15K Run, Time TBA. Terry Rust, 2315 N. Bechelli Ln., Redding 96002. (916) 223-1813.

Aptos: Krazy 10K Run, Nisene Marks Park (Aptos Station), 9 a.m. Attn: Don, c/o Krazy's Restaurant, 7941 Soquel Dr., Aptos 95003. (408) 688-3303.

May 29 (Monday):

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

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

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

May 30 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, 6 p.m., Oxnard State Beach. Lorraine Mercado, Ox-

nard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

June 2 (Friday):

Clovis: Exercise for Health 24-Hour Run or Team Relay (dirt track), Clark School, 7 p.m. American Cancer Society, 2940 N. Fresno St., Fresno 93703. (209) 225-9202.

June 3 (Saturday):

Vacaville: The Goldman Biathlon, 2 Mi. Run, 3/4 Mi. Swim, 3.7 Mi. Run, Lagoon Valley County Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sonoma: Hit the Road Jack 10K, Time TBA. Sonoma Cheese Factory, 2 Spain St., Sonoma 95476. (707) 938-5225.

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

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

Los Angeles: Sri Chinmoy Peace Mile Race, 4 Mi. Run or 2 Mi. Walk, Willowbrook Park (936 E. El Segundo Blvd.), 7 a.m. Sri Chinmoy Marathon Team, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

Rosario Beach, Baja, Cal./Mexico: Festival de Primavera, 5K, 10K, 10 Mi. & 1 Mi. Fun Run/Walk, 8 a.m./5K, 8:05 a.m./10K, 8:10 a.m./10 Mi., 7:45 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417, (213) 634-3027.

Escondido: Escondido 5K Run & Relays and 1 Mi., Escondido Civic Center, 5:30 p.m.

Contact: Tim Murphy: (619) 275-5440.

Boulder City, NV: Southern Nevada Roadrunner Classic Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, Lake Mead, Time TBA. Kay Carlson, 4583 W. Flamingo Rd., Las Vegas, NV. 89103. (702) 367-3338.

Albany, NY: Freihofer's Run for Women, 5 & 10K (Nat'l. TAC Women's 5K Championships), Time TBA (5/27 Entry deadline). Freihofer's Run for Women, 233 Fourth St., Troy, NY 12180. (518) 273-0267.

Idyllwild: Idyllwild 5K & 10K Runs, 8 a.m., Idyllwild Town Center. Dave Pelham, P.O. Box 3185, Idyllwild 92345. (714) 659-5672 or Kerry Campbell (714) 659-4549.

So. El Monte: Menudo 5K & 10K Runs, 8 a.m., Legg Lake Park. Lt. Dan Alvarez, P.O. Box 2353, Irwindale 91706. (818) 331-4272 mornings.

Antloch: Tri-for-Fun Triathlon, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Contra Loma Regional Park, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

Sacramento: Motherlod Minithon 5 & 10K, William Land Park, 9 a.m. Donn Sullivan, 3001 E Street, Sacramento 95816. (916) 441-0400.

Minden, NV: Carson Valley 10K, Carson Valley Inn Hotel/Casino, 10 a.m. Bill Henderson, P.O. Box 2560, Minden, NV 89423. (800) 321-6983 outside Nevada; (702) 782-9711 inside Nevada.

Clovis: Exercise for Health 10K & 2 Mi., Clark School (track), 7:20 a.m. American Cancer Society, 2940 N. Fresno St., Fresno 93703. (209) 225-9202.

June 4 (Sunday):

San Leandro: San Leandro Shoreline 10K & 3K, San Leandro Marina, 8:45 a.m. Ted Swenson, c/o 835 E. 14th St., San Leandro 94577. (415) 577-3469.

Palo Alto: Robert Krohn Baylands 5 & 10K Stride, 8 a.m. Palo Alto Rec. Dept.: (415) 329-2380.

Mill Valley: DSE Practice Dipsea, 7.1 Mi., start in park (2 blocks from Lytton Square), 8 a.m. Fred Haber: (415) 668-2830.

Salinas: Heart & Sole 5 & 10K, Salinas Valley Memorial Hospital, 9:30 a.m. Salinas Valley Memorial Hospital, Attn: Mike Hutchinson, 450 E. Romie Ln., Salinas 93901. (408) 755-4333.

Los Angeles: Bob Seagren 5 & 10K Run for Children with Special Needs, UCLA Campus, 8 a.m./5K, 8:30 a.m. Bruin Classic, Attn: Kit Kehr, c/o UCLA Intervention Pro-

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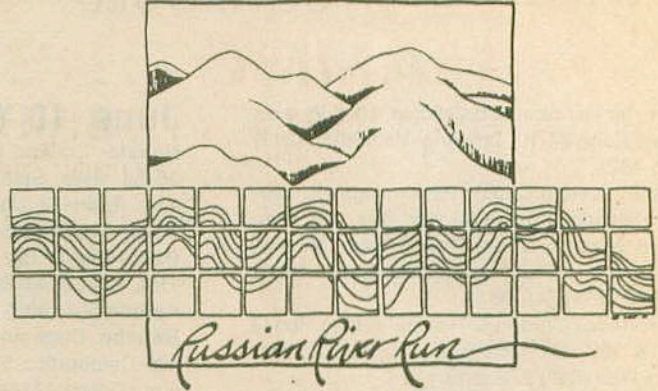
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This year the Russian River 8K Run is the Championship for the Pacific Association/TAC.
ONLY TAC MEMBERS are eligible for prize money awards.
PA/TAC 8K Team Championship: Teams must be registered TAC teams to be eligible for prize money awards.

For information about non-TAC team competitions (community teams, families) call or write the Race Headquarters (see below).

the 11th Annual



R U N N E R D A T A	LAST NAME																FIRST NAME																M.I.	
	ADDRESS																																	
	CITY																STATE			ZIP														
	SEX			BIRTHDATE							AGE RACE DAY			TELEPHONE																				
	T-SHIRT SIZE	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL																													

R A C E	FULL MARATHON			HALF MARATHON			8K RUN			8K WALK						
	JR/13	<input type="checkbox"/>	14-19	<input type="checkbox"/>	20-29	<input type="checkbox"/>	30-39	<input type="checkbox"/>	40-49	<input type="checkbox"/>	50-59	<input type="checkbox"/>	60-69	<input type="checkbox"/>	70+	<input type="checkbox"/>
	WHEELCHAIR	<input type="checkbox"/>		SPECIAL DISABILITIES												

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	TAC #																									

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Signature of Runner or Parent or Guardian _____ Date _____

CTRM

SCHEDULE

gram for Handicapped Children, 1000 Veteran Ave., Suite 23-10, Los Angeles 90023. (213) 825-4821.

Irvine: Orange County Performing Arts Center Triathlon, 1.5K Swim, 40K Bike, 10K Run, Lake Mission Viejo, Time TBA. Michael Braunstein, P.O. Box 2218, Costa Mesa 92626. (714) 846-0813.

Coronado: Coronado Hospital Bridge Run, 3 Mi. & 10K, Glorietta Blvd., 7 a.m. Contact: Toni Deal (619) 272-8316.

El Segundo: Heart Club 5K Run/Walk, 8 a.m., Hughes Aircraft at 2000 El Segundo Blvd. Steve Morgan, 20841 Denkey, Torrance 90501. (213) 615-7622 days.

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

Cupertino: DeAnza Day 5K Run/Family Walk, De Anza College parking lot D, 8 a.m. Jeff Anderson (408) 996-4886.

Corte Madera: The Nature's Company Run for Life on Earth, 5 Mi., Village Shopping Center (Nature Co. store), 9 a.m. Mike Modzelewski (415) 644-1337, x421.

McKinleyville: Jack Moore Race, 2 & 5.7 Mi., 1713 Balboa Rd., 1 p.m./2 Mi., 1:45 p.m. Barbara Ehlers: (707) 822-4290.

Fresno: KNXT Channel 49 4 Mile. Guadalupe Park (E. Carmen & N. Angus Street). 6:50 a.m. Fred Pereira, 4048 N. Angus, Fresno, CA 93726 (209) 224-7857 or (209) 485-3200, or (209) 488-7440.

June 6 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, 6 p.m., Oxnard State Beach, Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

June 7 (Wednesday):

Los Angeles: Heart of the City 5K Run, 7 p.m., Union Bank Plaza. Union Bank Special Events, 445 South Figueroa St., Los Angeles 90071. (213) 236-5716.

San Diego Area: Peace Run '89. Olympic-style torch relay. 7 p.m. Western Region Headquarters, 3351 Adams Ave., San Diego 92116. (619) 282-2762.

June 9 (Friday):

Los Angeles Area: Peace Run '89. 9 a.m. See contact information above (June 7).

June 10 (Saturday):

Novato: Stafford Lake Biathlon, 5 Mi. Run, 25 Mi. Bike, Stafford Lake County Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Bakersfield: Big Brothers Run, Distance TBA, Al Russell Ranch, Time TBA. Contact: Kenyon Sills (805) 325-8841.

Rancho Cucamonga: The Susquicentennial Celebration 5 & 10K, Heritage Park, 8 a.m. Contact: (714) 944-6950, 980-3145.

Point Loma: Point Loma Handicap, 10K, NOSC Bldg. 33, 7:30 a.m. Contact: Chuck Pennell. (619) 460-3110. Note: SDTC & DRR members only.

San Jose: Grape Run, 3.5 Mi., Mirassou Vineyards (Aborn Rd.), 9 a.m. Ron Wayne, Mirassou Grape Run, 25930 Kay Ave., #206, Hayward 94545. Jan Reeder: (408) 274-4000.

So. Lake Tahoe: Robert DeCelle, Jr. Memorial Tahoe Relays, 72-Mile, 7-person relay around Lake Tahoe (25th Annual), 7 a.m. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264, days.

Rosarito Beach, Baja, CA/Mexico: Rosarito Beach Triathlon, 1/4 Mi. Ocean Swim, 12 Mi. Bike, 3 Mi. Run, 9 a.m. Armando Productions, P.O. Box 120089, Chula Vista 92012. (706) 612-1323.

Corona Del Mar: Corona Del Mar Scenic 5K, 8 a.m., Corona Del Mar State Beach. City of Newport Beach, Parks & Rec., P.O. Box 1768, Newport Beach 92658-8915. (714) 644-3151.

Palos Verdes: Palos Verdes Marathon, 7 a.m., Indian Peak and Hawthorne. George Owens, Box 153, Palos Verdes 90274. (213) 548-6865 or 541-5033.

Corona: Run For The Crown 5K & 10K, 8 a.m. Judy Flynn, City of Corona, 815 W. 6th St., Room 150, Corona 91720. (714) 736-2241.

La Verne: La Verne Heritage 2K, 5K & 10K Runs, 2K/7:45 a.m., 8:15 a.m. Wayne Michalak, City of La Verne, 3660 D Street, La Verne 91750. (714) 596-8700.

Stockton: YMCA Twilight Spring Out Run 5 & 10K, Micke Grove Park, 6:30 p.m. Gary Vangen, c/o YMCA, 640 N. Center St., Stockton 95202. (209) 466-9603.

June 11 (Sunday):

San Jose: Bud Light USTS Triathlon, 1.5K Swim, 46K Bike, 10K Run, Time TBA. Barbara Coates, Leininger Center, 1300 Senter Rd., San Jose 95112. (408) 286-3626.

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San Francisco: DSE Legion of Honor Run, 4.3 Mi., 34th & Clement, 10 a.m. Fred Haber: (415) 668-2830.

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

Palo Alto: Duck to Ducks 10K, Baylands Interpretive Center, 9 a.m. Palo Alto Recreation Dept. (415) 329-2380.

Rosarito Beach, Baja, CA/Mexico: Rosarito Beach Biathlon, 3 Mi. Run, 20 Mi. Bike, 3 Mi. Run, 9 a.m. (individuals only). Armando Productions, P.O. Box 120089, Chula Vista 92012. (706) 612-1323.

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

Half Moon Bay: Knights of Columbus Chili Cookoff 10K Fun Run, Pillar Point Harbor, 8:30 a.m. Chili Cook Off Run, c/o Rick Fambriani, 623 Maple St., San Mateo 94402. (415) 344-5819, eves.

SCHEDULE

Bayside: Jacoby Creek Streak, 1.8 & 4.8 Mi., Bayside Grange, 1 p.m. Contact: Bill Morris (707) 822-8565.

June 13 (Tuesday):

San Francisco Area: Peace Run '89. 4:45 p.m. See contact information above (June 7).

Bakersfield: Summer Triathlon #1, 10 Mi. Bike, 5K Run, 400m Swim, Time TBA. North Bakersfield Recr. & Park District. Paul Press: (805) 392-2000.

Oxnard: 5 Mile Evening Fun Run, 6 p.m., Oxnard State Beach, Lorraine Mercado, Oxnard Parks & Recr., 325 South A St., Oxnard 93030. (805) 984-4643.

June 14 (Wednesday):

Sacramento Area: Peace Run '89. A 30,000 Mile world-wide torch relay for Peace; started in New York on April 21 and comes through Sacramento area on June 14, early a.m. to late p.m. Ceremony at Capitol West Lawn at 12:45 p.m. Everyone welcome to run with the Torch any distance. Contact: Sri Chinmoy Marathon Team, 1819 G St., #F, Sacramento 95814. Dharmaja: (916) 448-2360 or 448-2125.

June 17 (Saturday):

San Jose: Fujitsu 5 Mile Classic, 8:30 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (408) 922-9115.

Hope Valley: Alpine Wilderness Run, 11 & 22 Mi., Sorensen's Resort (near Kirkwood), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Chula Vista: Scripps Memorial Chula Vista 10K & 2 Mi., 8 a.m. Contact: Tim Murphy (619) 275-5440.

St. Clairsville, OH: National TAC Masters 15K Championships. Pete League, P.O. Box 681, St. Clairsville, OH 43950. (614) 942-2186.

Camarillo: Gold Coast Triathlon Series, 0.5 Mi. Swim, 10 Mi. Bike, 3 Mi. Swin, Ventura State Beach, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

June 18 (Sunday):

Brisbane: DSE "Where the Hell is Brisbane?" 5 Mile, Brisbane Yacht Harbor, 10 a.m. Fred Haber: (415) 668-2830.

San Francisco: Pacific Rim Marathon,

10K Run/Walk, 8 a.m. Pacific Rim Marathon, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (415) 696-4950.

Oakland: Houston Memorial Woodminster Race, 8.3 Mi., Joaquin Miller Park (Woodminster Meadow), 9 a.m. (Handicapped cross-country hilly trail course). G.A. Wetzork, 3452 Capella Ln., Alameda 94501. (415) 522-3724.

Monte Rio: Moscow Road Race, 5 & 10K and 5K Walk, Fire Station (Main St.), 8 a.m. Monte Rio Chamber of Commerce, P.O. Box 268, Monte Rio 95462. (707) 865-1533.

Isleton: Isleton Crawdad Festival 5 Mile Classic, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95690.

Lompoc: Valley of the Flowers Marathon & Half-Marathon, Lompoc H.S. (stadium) (College Ave. & L St.), 7 a.m./Mara. 7:30 a.m. Lee Heinz, c/o LVDC, P.O. Box 694, Lompoc 93438. (805) 737-0025 before 9 p.m.

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

Griffith Park, Los Angeles: Gay Pride 5K & 10K Runs, 8 a.m.. RFGP, Box 5038, Santa Monica 90405.

Oxnard: Centerpoint Mall Father's Day 2K & 10K Classic, 8 a.m., Centerpoint Mall. Centerpoint Mall Management Office, 2655 Saviers Rd., Oxnard 93033. (805) 487-1142.

Hermosa Beach: Dad's Day Dash 10K Run, 8 a.m., Hermosa Beach Pier. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Napa: Sierra Cup 10K & 2 Mi., Mt. George School (1019 Second Ave.), 8:30 a.m. Contact: (707) 255-0775.

Santa Rosa: Spring Lake Tinman Triathlon, 1 Mi. Swim, 10K Run, 20 Mi. Bike, Spring Lake, 8 a.m. (Deadline Jun. 5) Redwood Coast USLA, P.O. Box 337, Healdsburg 95448. (707) 575-7144, Sports-A-Foot.

Modesto: Modesto 'a la Carte Fun Run, 5 & 1 Mi., 10th & "I" Sts., 8 a.m./5 Mi., 8:05 a.m. Modesto 'a la Carte Fun Run, 1114 "J" St., P.O. Box 844, Modesto 95353. (209) 579-SHOE or 522-6226.

June 20 (Tuesday):

Oxnard: 3 Mile Evening Run, 6 p.m., Oxnard State Beach. Lorraine Mercado, Oxnard Parks & Recr., 325 South A St., Oxnard 93030. (805) 984-4643.

June 21 (Wednesday):

Long Beach: Solstice Five Mile Run, 6

SCHEDULE

p.m., El Dorado Park. California Athletic Productions, P.O. Box 30306, Long Beach 90853. A Running Experience (213) 439-6875.

San Francisco: Longest Day Run & Stride, 7K (4.34 Mi.), Lake Merced (Sunset Circle Parking Lot), 7 p.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

June 22 (Thursday):

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

June 24 (Saturday):

Stinson Beach: Double Dipsea, 14.2 Mi. (to Mill Valley & back), 9 a.m. Fred Haber: (415) 668-2830.

Century City: Century City 5 & 10K, 7:30 a.m. Chris Castner: (213) 553-0731.

Huntington Beach: Huntington Beach Triathlon, 1K Swim, 30K Bike, 8K Run, Time TBA. Matt O'Day/Jack Caress, 3001 Redhill, Bldg. 2, #106, Costa Mesa 92626. (714) 546-9041.

San Diego: YMCA/Breakers 10 Mile, Mission Beach, 7 a.m. Contact: Roger Martin, (619) 232-7451.

Rosemead: City of Rosemead 5K & 10K, 8 a.m., Rosemead Park (4343 Encinita Ave.). Jean Sherwood Scott, City of Rosemead, 8838 E. Valley Blvd., Rosemead 91770. (818) 288-6671.

Lomita: Lomita Founders' Day 5K & 10K, 8 a.m., Lomita City Hall. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Squaw Valley: Western States 100 Mile Endurance Run, 5 a.m. (Race is closed for 1989). For 1990 send S.A.S.E. to: Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916) 638-1161.

Benicia: Benicia Historical Run, 5 & 10K, 9 a.m. Benicia Blue Dolphins, c/o Mike Biro, 498 Mills, Benicia 94510. (707) 745-5094.

San Francisco: Potrero 8K Scenic Scamper, Potrero Hill Neighborhood House, 9 a.m. Potrero Hill Neighborhood House, 953 De Haro St., San Francisco 94107. (415) 826-8080.

Pleasanton: 4-H Fair Run, 5K, Alameda County Fair Grounds, 8:30 a.m. Barbara Costella (415) 447-6109.

Los Altos Hills: Bay Area Corporate 5K Team Championships, Foothill College (separ-

ate men's & women's races for large & small companies), Time TBA. BACAA, P.O. Box 898, Menlo Park 94025. (415) 823-6762.

June 25 (Sunday):

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

Cupertino: Tandem Computers "Up & Running" 10K & 2 Mi., 9 a.m. RhoodyCo Productions, 3929 California St., San Francisco 94118.

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

Markleeville: Markleeville 10K, 9 a.m. Robert Mantynen, c/o Alpine Chamber of Commerce, 353 Crystal Springs Rd., Markleeville 96120. (916) 694-2475.

Monterey: Monterey Bay Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, Time TBA. Chris Parent, c/o Friends Outside, 546 E. Market St., Salinas 93905. (408) 754-8817.

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

Big Bear Lake: Big Bear Triathlon Series #1, Meadow Park, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. Mark Fulton, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

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

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

San Rafael: China Camp Challenge, 7 Mi. & 4.2 Mi., China Camp State Park (Miwok picnic area), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Bruno: The Champagne Shuffle, 5K Run, 2 Mi. Walk, 1 Mi. Stroller, San Bruno Ave. at Elm, 9 a.m. The Runns Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

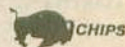
Yreka: The Chili Runs, 5 & 10K, Siskiyou Golden Fairgrounds, 8:30 a.m. Gary Hauke, 316 Lawrence Ln., Yreka 96097. (916) 842-4158.

June 27 (Tuesday):

Bakersfield: Summer Triathlon #2, 10 Mi. Bike, 5K Run, 400m Swim, Time TBA. Paul Press, No. Bakersfield Recr. & Park District,

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SCHEDULE

Mitchell Park Community Center, Time TBA.
Contact: (415) 329-2380.

Kenwood: Kenwood Footrace, 10K & 3K
Fun Run, White Church (off Warm Springs
Rd.), 7:30 a.m. Kenwood Footrace, P.O. Box
237, Occidental 95465. (707) 829-9493.

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

Willits: Family Footrace, 2 Mi., 10 a.m. Jim
Gibbons, P.O. Box 1262, Willits 95490. (707)
459-6142.

Atwater: Run for Independence, 2 & 5 Mi.,
Ralston Park, Time TBA. Run for Indepen-
dence, 292 Bellevue Rd., Atwater 95301. Ed-
win Valla: (209) 384-8640.

Mt. Shasta: Mt. Shasta 4th of July Run,
Distance TBA, Time TBA. Dr. Jim Parker, 828
Pine St., Mt. Shasta 96067.

Newhall: Independence Day Classic, 5000
Meters, Newhall Park, 9 a.m. Greg Michaud
(805) 296-6115, or SCR Hotline (805) 274-
0400.

Oxnard: 3 Mile Evening Fun Run, Oxnard
State Beach Park (2101 Mandalay Beach
Rd.), 6 p.m. Lorraine Mercade, Oxnard Parks
& Rec., 325 South A St., Oxnard 93030.
(805) 984-4643.

La Palma: La Palma ADP 5 & 10K Run/Walk
Celebration, Central Park, 7:30 a.m. La Pal-
ma Rec. & Community Services, 7821 Walk-
er St., La Palma 90623. (714) 522-6740.

Torrance: Spirit of America 5K and Kiddy K
Run, Wilson Park at Jefferson, 8 a.m. Ex-
change Club of Torrance, P.O. Box 5102, Tor-
rance 90510. (213) 214-1797.

Laguna Niguel: Taylor Woodrow 5 & 10K
and 3K Walk in the Parks, Crown Valley Com-
munity Park, 7 a.m. Tom Ashen, South Coast
YMCA, 29831 Crown Valley Pkwy., Laguna
Niguel 92677. (714) 495-0453 or 831-9622.

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

Coronado: Coronado Half-Marathon, and 2
Mi., 7th & G Sts., 6:30 a.m. Contact: Kathy
Loper (619) 437-4667.

July 6 (Thursday):

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

July 7 (Friday):

Los Angeles: Aztlan Sunset Indian Run,

405 Galaxy Ave., Bakersfield 93308. (805)
392-2000.

Oxnard: 5 Mile Evening Fun Run, 6 p.m.,
Oxnard State Beach, Lorraine Mercado, Ox-
nard Parks & Rec., 325 South A St., Oxnard
93030. (805) 984-4643.

June 29 (Thursday):

So. El Monte: Legg Lake 5K Evening Run,
6:45 p.m. Arthur Martinez, 9502 Reichling
Ln., 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.

July 1 (Saturday):

Walnut Creek: Station to Station 4.1 & 7.3
Mi., Sugarloaf Recreation area, 9 a.m. Team
Challenge, P.O. Box 963, El Sobrante 94803.
(415) 841-1190.

Antioch: Tri-For-Fun, 0.5 Mi. Swim, 12 Mi.
Bike, 3 Mi. Run, 8 a.m. Fleet Feet, 1528 Bo-
nanza St., Walnut Creek 94596. (415) 943-
6453.

San Rafael: Marin County Fair 10K & Kids'
Mile, Marin County Civic Center, 8 a.m./1 Mi.,
8:30 a.m. Lindsay Browne: (707) 792-1097.

Folsom: Tri-For-Fun, 1K Swim, 20K Bike, 5K
Run, Folsom Lake, 8 a.m. Will Roxburgh, c/o
8128 Madison Ave., Fair Oaks 95628. (916)
965-8326.

Los Angeles: Sri Chinmoy Peace Mile
Race (a 4-Mile Run and 2-Mile Walk), Willow-

brook Park (936 E. El Segundo Blvd.), 7 a.m.
Sri Chinmoy Centre, 1921 S. Sherbourne Dr.,
Los Angeles 90034. (213) 838-4746.

July 2 (Sunday):

Hayward: Sertoma Classic 10K & Fun Run,
Hayward Air Terminal (Golf Course & Hesperian),
9 a.m. Contact TBA (see next issue).

So. El Monte: Legg Lake 5K Indepen-
dence Run, 8 a.m. Arthur Martinez, 9502 Re-
ichling Ln., Pico Rivera 90660. (213) 949-
0394.

July 4 (Tuesday):

San Francisco: DSE Peak Busters Bene-
fit, 4.6 Mi., Lake Merced (Sunset Blvd. Park-
ing Lot), 10 a.m. Phil Haber: (415) 668-2830.

Redwood City: Fourth of July Parade Run,
5K, downtown, Time TBA. Bill Wooten, Red-
wood City Parks & Recreation Dept., 1400
Roosevelt Ave., Redwood City 94061. (415)
780-7256.

Milpitas: Firecracker 10,000 (10K), 8:30
a.m. Milpitas Parks & Leisure Services, 457
E. Calaveras Blvd., Milpitas 95035. (408)
942-2470.

San Ramon: Run San Ramon Indepen-
dence Classic, 5 & 10K, Central Park (Bolling-
er & Alcosta), 8 a.m./5K, 8:30 a.m. Rick
Reed, Parks & Community Services, 2220
Camino Ramon, San Ramon 94583. (415)
866-1410.

Palo Alto: Great Palo Alto Chili Chase 5K,

SCHEDULE

5K, Elysian Park, 6 p.m. Aztlan Track Club, 1703 Laurel St., So. Pasadena 91030. (818) 799-5079.

July 8 (Saturday):

Rio Vista: Brannan Island "Out-Back" Triathlon, 900 Yd. Swim, 3.8 Mi. Run, 14 Mi. Bike, Brannan Island State Recr. area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Folsom: Tri For Fun Triathlon, 1K Swim, 20K Bike, 5K Run, Folsom Lake, 8 a.m. Will Roxbrugh, c/o 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Camarillo: High-Tech Trek, 5 & 10K and 1 1/4 Mi. Fun Run/Walk, Santa Rosa Rd. & Adolfo, 7:30 a.m. Rulo Quemuel, Hightech Development, 150 Camino Ruiz, Camarillo 93010. Gary Tuttle (805) 643-1104.

July 9 (Sunday):

San Francisco: San Francisco Marathon, 7 a.m. City of San Francisco, Box 27557, San Francisco 94127. (415) 681-2323.

Castro Valley: Lake Chabot Trail Challenge, 13.1 Mi., Lake Chabot Marina, 8 a.m. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255, before 6 p.m..

Oakland: Oakland Double 10K Classic & 5K Express, 14th St. & Broadway, (PA-TAC 20K Championships), 9 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Benicia: Benicia Swamp Run/Stride, 5 Mi., Benicia State Park (I-780, Columbus Pkwy. exit), 10 a.m. Team Challenge, P.O. Box 963 El Sobrante 94803. (415) 841-1190.

Rancho Cordova: American River Parkway Foundation Run, 5 & 10K, Kilgore Rd., 7:30 a.m. Rick Summers, P.O. Box 2501, Rancho Cordova 95741. (916) 635-8131.

Sacramento: Buffalo Chips Running Series. 5 & 10K. Information: (916) 488-6580.

Bakersfield: Bakersfield Track Club Ultimate Fun Run, Distance TBA, Time TBA. Randy Brown (805) 834-9130.

Carlsbad: Carlsbad Triathlon, 1 Mi. Swim, 16 Mi. Bike, 10K Run, Tamarack State Beach (Tamarack & Pacific Coast Hwy.), 7 a.m. Sara Drapkin, city of Carlsbad, 1200 Elm St., Carlsbad 92008. (619) 434-2856.

San Diego: Great Earth Run & Walk, 10K & 2 Mi., Balboa Park, 7:30 a.m. Contact: Lyn Lacey (619) 236-0842.

July 11 (Tuesday):

Bakersfield: NBRPD Summer Triathlon #3, 10 Mi. Bike, 5K Run, 400 Meter Swim, Time TBA. No. Bakersfield Recr. & Parks District, 405 Galaxy Ave., Bakersfield 93308. Paul Press or Melinda Duplantis: (805) 392-2000.

San Diego: Three Mile Race, Hospitality Point, 6:15 p.m. Contact: Travis Burleson (619) 259-9442.

July 14 (Friday):

Ashford, WA: Washington Centennial Relay Marathon. Mt. Ranier to the Pacific. 163 miles, 11 person teams, 6-10 p.m. staggered starts. Jack Lawson, Box 17086, Seattle WA. 98107. (206) 782-6547.

July 15 (Saturday)

Sacramento: Eppie's Great Race, 5.8 mi. run, 12.5 mi. bike, 6.3 mi. paddle. William Pond Recreation Area, 8 a.m. Kathleen Barber, Parks & Recr., 3711 Branch Center Rd., Sacramento 95827. (916) 366-2940.

Santa Rosa: Wildman Biathlon, 10K Run, 800 Yd. Swim, 3.3 Mi. Run, Annadel State Park (Hiway 12), 9 a.m. Team Challenge,

P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Luis Obispo: RRCA Women's Distance Festival 5K, Laguna Lake Park (Madonna Rd. between Hwy. 101 & Los Osos Valley Rd.), 8:30 a.m. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

Camarillo: Gold Coast Triathlon Series, 0.5 Mi. Swim, 10 Mi. Bike, 3 Mi. Run, Ventura State Beach, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

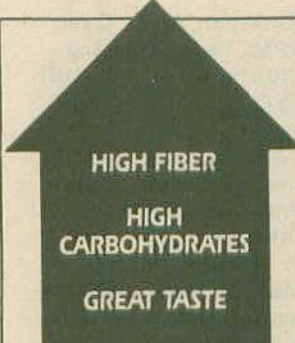
San Diego: Spirit of San Diego 8K & 1 Mi., Balboa Park, 7:30 a.m. Contact: Kathy Loper (619) 437-4556.

Fountain Valley: 2nd Annual Run for the Hills, 7K Nature Run/Racewalk & Stride, 7:50 a.m./Walk & Stride, 8 a.m. Mile Square Park. OCFED, P.O. Box 9118, Fountain Valley 92708. (714) 963-1430.

July 16 (Sunday):

Palo Alto: Bay to Breakfast 5 & 10K, Time TBA. Contact: (415) 329-2380.

Occidental: Occidental Country Run 10K and 3K Run/Walk, Harmony Union School (Bohemian Hwy & Graton Rd.), 8 a.m. Wine




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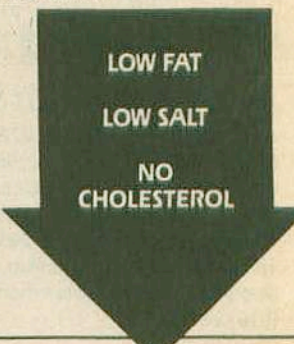
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Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

July 22 (Saturday):

San Francisco: Ocean Beach 5K, Balboa & Great Hwy., 8:30 a.m. A Change of Pace, 1260 Lake Blvd., Davis 95616. (916) 757-2012.

July 23 (Sunday):

Seattle: U.S. West Marathon. University of Washington, Husky Stadium. U.S. West Marathon, 101 Elliott Ave. West, Suite 430, Seattle, WA. 98119. (206) 285-0316.

Santa Cruz: Wharf to Wharf Run, 6 Mi., 8:30 a.m. (Limited to first 12,000 pre-reg.). Wharf to Wharf Run, Box 307, Capitola 95010.

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

Oxnard: Oxnard Bud Light Triathlon, 1.5K Swim, 40K Bike, 8K Run, Time TBA. Teresa Peters, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

Big Bear Lake: Big Bear Triathlon Series #2, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Meadow Park, Time TBA. Mark Fulton, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

July 25 (Tuesday):

Bakersfield: NBRPD Summer Triathlon #4, 10 Mi. Bike, 5K Run, 400 Meter Swim, Time TBA. No. Bakersfield Rec. & Parks District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000, Paul Press.

July 27 (Thursday):

Los Angeles: Manufacturers Hanover Corporate Challenge, 3.5 Mi., Griffith Park, 7 p.m. Race Central, 245 S. Riverside Ave., P.O. Box 828, Rialto 92376. (714) 874-5870.

July 29 (Saturday):

Johnsville: Gold Rush Ultra-Marathon, 50K (PA-TAC Championships), Plumas Eureka State Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Mammoth: Mammoth Snowcreek Triathlon, 1K Swim, 40K Bike, 10K Run, Time TBA. Rick Davis, P.O. Box 12, Mammoth Lakes 93546. (619) 934-8511.

July 30 (Sunday):

San Francisco: Takara Cable Car Chase, 5 Mi., Aquatic Park (Fisherman's Wharf), 8 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Courtland: Pear Fair 5 & 10 Mile, Elementary School, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95960. (916) 776-1627.

Sparks, NV: Striders Fun Relay, 20K (3-person teams), Cottonwood Park, 7:30 a.m. Ski Pisarski, P.O. Box 21171, Reno, NV 89515. (702) 849-0419.

San Luis Obispo: San Luis Obispo Recreation Dept. Triathlon, 0.5 Mi. Swim, 15.3 Mi. Bike, 3.7 Mi. Run, Sinsheimer Park, Time TBA. John Rogers, c/o SLO Recreation Dept., 860 Pacific St., San Luis Obispo 93401. (805) 549-7300.

San Diego: Lions-Padres 10K & 2 Mi., Jc Stadium, 7 a.m. Contact: Jim Reed (619) 239-7264.

LOOKING AHEAD

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

Aug. 6 (Sun.): Larkspur: Asher Clinic Couples Relay, 2x2 Mi., Larkspur Landing Shopping Center, 10 a.m. Asher Clinic, 1601-A Larkspur Landing Circle, Larkspur 94939. (415) 461-8233.

Aug. 12 (Sat.): Asbury Park, NJ: National TAC Sr. Women's 10K Championships, Time TBA. Phil Benson, Box 2287, Ocean, NJ 07712. (201) 531-4156.

Aug. 20 (Sun.): Manitou Springs, CO: Pikes Peak Marathon, 7 a.m. (1000 Limit) Note: Ascent Only race on Aug. 19. Nancy Hobbs, Box 38335, Colorado Springs, CO 80937. (303) 473-2625.

TRACK & FIELD

May 5 (Fri.): San Francisco. Johnny Mathis Invitational (women). San Francisco

State. Harry Marra (415) 338-1561.

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

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

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

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

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

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

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

May 13 (Sat.): Eugene. Oregon Twilight. Univ. of Oregon. John Gillespie, Athletic Dept., Univ. of Oregon, McArthur Ct., Eugene, OR 97403 (503) 686-5438.

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

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

May 19 (Fri.): Santa Monica. Santa Monica Sprint/Hurdle Classic. Santa Monica College. Skip Stolley (213) 453-7655.

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

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

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

May 20-21 (Sat./Sun.): Stanford. Pac-10 Meet. Stanford Stadium. For tickets call: (415) 723-1021.

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

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

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

SCHEDULE

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

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

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

June 3 (Sat.): Eugene. Prefontaine Classic. Univ. of Oregon. Tom Jordan, 850 East 43rd, Eugene, OR 97405 (503) 683-5635.

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

June 10 (Sat.): Sacramento. Golden West Invitational. Cal State Sacramento. Ernie Gomez, 101 Simmons Way, Folsom, CA 95630 (916) 988-8852.

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

June 18 (Sun.): Los Angeles: SCA/TAC Masters Championships. Occidental College. Christel Miller, 1740 Grandview Ave., Glendale, CA 91201 (818) 843-2139 until 9 p.m.

June 24 (Sat.): Los Altos Hills: Bay Area Corporate Relays, Foothill College. Track relays & field events for men, women,

coed, open, masters and submasters. Team competition for large & small companies. BAA-CAA, P.O. Box 898, Menlo Park 94025. (415) 823-6762.

June 24: San Diego: SDIAC Championships (Masters). Balboa Stadium. Ed Oleata, 2870 Glenbrook Way, La Jolla 92037. (619) 453-4570.

July 8: Sacramento: Western Regional Masters Championships. American River College. Michael Holzang, P.O. Box 255131, Sacramento, CA 95865 (916) 482-7881.

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

July 20-23: San Diego. TAC/USA National Masters Championships. San Diego State. Dave Pain (619) 582-3316.

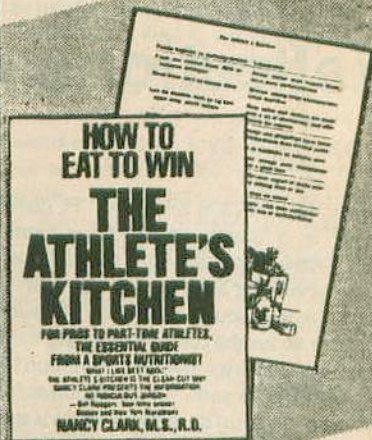
July 27 - August 6: Eugene, OR: VIII World Veterans Championships (Masters) World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Tom Jordan (503) 687-1989.

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

August 6: Westwood. Jack-in-the-Box Invitational (replaces Pepsi Invitational). Drake Stadium at UCLA. 3:30 p.m. Call for ticket information (213) 825-5368. Also available at all Ticketron locations.

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KEEPING PACE

ously apparent to me: Some typical stereotypes about men and women, particularly when they are competing among themselves, are way off the mark.

Stereotype number one: Women are not as competitive as men when it comes to outperforming their rivals. They compete more socially than men and aren't as interested in time or place.

Stereotype number two: Men's competitive egos ("killer" instincts) make them especially intense competitors. They have difficulty relaxing and must win at all costs. Nothing else matters.

Don't believe a word of these fallacies. The perpetrators of such myths have never watched a women's road race up close, or taken the time to know male distance runners. At Bonne Bell there were as many determined expressions at the starting line, mid-race battles between individuals, expressions of all-out effort, and last ditch sprints for the finishing line, as I have seen among men. And the comments I received when talking to the men on our California winning Ekiden team revealed a group of relaxed, mutually-supportive individuals who wanted to win, but also had fun while doing it.

After Bonne Bell, I polled a number of the ladies to get some insights on all-women's racing.

"You know exactly who your competition is and where they are," commented 45-year-old Joan Colman who topped the master women in the 10K race. "You can concentrate on that. You're not getting bumped and jostled by all the guys. You are standing right there at the start and you're looking around to see exactly who's there and not there," she observed.

Yes, masters women *are* competitive. And in mixed fields they have, perhaps, the largest handicap in being able to pick out their rivals.

"Every person ahead of you counts (in all-women's races)," adds San Francisco's well-known master Joan Ulyot who has competed in all-women's Olympic marathon trials as well as the Avon International Women's Marathon (which no longer exists). "Usually, you don't know how many women are ahead of you, and you can barely see them," she says. "Here, you can see every one of them."

Not only that. They *know* that the people ahead of them, or those breathing down their necks, are competing in the same division as they are. Several ladies said that sometimes they can't tell whether it's a man or woman

ahead of them.

"You're really special in an all-women's race," says April Powers, who won the 5K race at Bonne Bell. "It's great to have the men on the sidelines spectating and encouraging you, rather than competing against you. I definitely feel more elite in an all-women's race."

And whether the men admit it or not, it's true. There are a number of our brood who get their kicks by trying to outsprint the woman in front of them merely because she's a woman. A very unclassy and despicable tendency. The same kind of guys who try to enter all-women's events because they feel that they are discriminatory.

"Real men don't run women's races," insists Gail Goettelmann, who has competed in all twelve of San Francisco's Bonne Bells, and who directs an all-women's 5-mile race in Soquel, CA. That's what she tells the men who inevitably inquire about—and insist upon—entry into the women's race that she organizes every year.

If women appear to be uncompetitive in mixed races, than intimidation may have something to do with it. That can especially be true for novice female long distance runners.

"A beginning woman runner would rather run in an all-women's race because they don't feel so intimidated," Goettelmann points out. "When I ran the first Bonne Bell, it was the first time that I ever felt really competitive. All the women around helped me to find a competitive spirit in me that I really didn't know. Also, being closer to the front makes you try harder. The most important thing is that all-women's races give you a safe and secure feeling."

Top senior runner Jackie Caselli, 68, had comments along the same lines. "I like women's races," she says. "It's great to compete against other women. I think it's wonderful because you get so many women out who wouldn't run if men were there too."

As evidence, Jackie introduced two daughters and some granddaughters who jogged, walked, and strolled along with her to capture the Grandmother-Daughter-Granddaughter title.

One woman, who is a veteran of many races of all kinds, including the 1984 Olympic Marathon Trials when she was 54 years old—Sister Marion Irvine—had a lot to say on the subject. She, too, feels more comfortable in all-women's events.

"In a mixed race I always feel that I want to start up front because I want the advantage

of getting out," she says. "But I always feel that I'm going to be tripped or something by the guys who are really rugged and fast runners. In a ladies race, my body mass is such that I can hold my own out there."

Marion—who has balked dated attitudes against women runners, middle age athletes, and Dominican sisters shedding their habits for running shorts—perhaps, makes the most significant point. "Being a woman, and something of a feminist, I think it's great to celebrate women's running when it's been so long that there was no such thing as a respectable female athlete," she says with conviction.

Maybe that's why the interplay of Bonne Bell and America's Ekiden on the same day held such special significance for me. At Ekiden, the long-respected male distance runner a' la the traditional Japanese mold was getting the attention. And there were many highly competitive men present, representing 8 countries, 50 states plus New York City and Washington, D.C. You'd expect cutthroat, kamikaze efforts from all men involved. Dead-serious. Annihilate the enemy at all costs. Samurai warriors. Not so, Joe. More stereotypes washed out the window.

Although intense competition was certainly apparent, and doing it for the homeland (or home state) was definitely a factor, there was a pervading universal comradeship in evidence. Nothing like the Athenians going against the Spartans kind of thing.

"It's a lot of fun to get a chance to run with athletes from other countries," is how Danny Gonzalez puts it. Gonzalez was one of five California team members who not only defended our state's title, but also had a, seemingly, super time doing it. "Also, it's really nice because you know many of the better runners from the other states," he says. "You go there and you see a lot of the friends that you haven't seen for a long time. So, there's a lot of unity too. It's not like you're competing against them as individuals; you're competing against their team. It's not a personal thing anymore. It's more of a fun team spirit."

Ivan Huff, who along with Jay Marden, ran the best legs for the California team, agreed. "It was a blast," says Huff, who sprinted along the sidelines with several other teammates as Danny Grimes was nearing the finish of the anchor leg, imploring Grimes to maintain the lead.

Grimes did, in a fine effort on a day where he wasn't as sharp as he would have liked. But, heck, there was a lot more involved than personal glory.

continued next page...

KEEPING PACE

"We went back there (to New York), representing more than the five of us there," Grimes admitted. "At least I was feeling this in my heart: We (California) could have had at least two teams there and did just as well. We were thinking about some of the guys that we left behind in California. We had a lot of people in our hearts when we ran that race."

Danny clicked off a list of names of California guys who were in their prime a few years ago, but who never had the opportunity to compete in something as special as Ekiden.

What more positive light can be shed on road racing today—whether it is among men, among women, or both together? Call it brotherhood, sisterhood, sexual equality, or whatever you like. From elite young men racing the streets of New York to grandmothers and

grand children jogging together through San Francisco's Golden Gate Park, there is a strong common link here that means a lot more than fleeting split times or final places. And there's a whole lot more going on in our sport today than you'll read about in the papers.

I'm looking forward to more Sundays of the kind I've just described. Even if the results, according to some, are predictable. Even if I'm not competing myself, and there doesn't seem much to write about except the tedious details. Even if our sport is boring and stuck at a standstill as a lot of unenlightened onlookers insist.

See reports on America's Ekiden and San Francisco's Bonne Bell races elsewhere in this issue. My report on drugs and drug testing, which I began in the last issue, will continue in the next issue.

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

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MEDICAL NOTES FOR RUNNERS

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

From Cortisone to Homeopathy

SOME TIME AGO, I wrote an article about the utilization of homeopathy in sports medicine. I suggested then that, within four to five years, the popularity of homeopathy would grow considerably. This prediction is coming true as the public demand for well trained homeopathic physicians seems to be greater than the supply.

When I first started sports medicine - treating runners and other athletes, about eighteen years ago, we used Cortisone injections, pain killers, and noncortisone anti-inflammatory medications. Very soon, it became apparent that although these strong drugs could drastically reduce inflammation and stop pain, they did not, in themselves, produce healing. Physical therapy was added, along with rehabilitative medicine, to complete the picture. The picture, however, wasn't totally complete until we started looking at the athletes biomechanically to find out the biomechanics behind the pathomechanics of the injury. Was the way the runner was functioning, i.e. excessive pronation or supination, long leg-short leg, causing the problem? Soon it became fashionable for runners and other athletes to have biodynamic, custom made foot orthoses. At first, we used rigid type material, which most athletes complained about as being too rigid, difficult to get used to, but otherwise an essential part of their running gear. These hard, unyielding orthotics eventually became comfortable for most athletes and controlled abnormal foot motion, usually abnormal pronation, to allow runners to about double their mileage before they had the same injuries that they had prior to getting orthotics in the first place. In the early days of the running revolution, running was an obsession with most people. They were, quite frankly, addicted to the highs of running and the excitement that was present with the beginning of this fitness revolution.

Now, some fifteen years later, as we enter a new century, running has matured and leveled off. It is part of a well balanced life style, which includes eating appropriately, clear thinking, emotional growth, appropriate diet,

and an attempt to be of service to yourself and others. The runners who started the running revolution have matured. I am now 46. I still run three to four days a week but also do race walking, and a new form of exercise, called exerstriding, utilizing ski poles, mimicking the actions of cross country skiing. This is a wonderful exercise, especially going up hill. I can get my pulse up to 160 on a good uphill grade and find it difficult to get my pulse to this high level with simply running. I have learned, over the years, how to run slowly and efficiently, and it is difficult to encourage me to do other than this. Thus my heart rate stays relatively low during my long slow runs. As I get older, I realize that running fast or too much causes stiffness, aches and pains, and discomfort that I am unwilling to put up with. Thus I mix up my running with other sports.

Since I began the study of homeopathy, some three to four years ago, it always disturbed me to have to use Cortisone on my patients to eliminate pain; yet Cortisone quickly took care of problems such as plantar fasciitis, heel spur syndrome, and neuromas, allowing my athletic patients to return to running and other activities without much delay. The gnawing question was, "Was I really helping them fully recover or only masking symptoms which allowed them to recover despite the fact they were running?"

I doubt as though Cortisone has done any harm when used judiciously for appropriate conditions. Certainly Cortisone injections in and around the tendo Achilles can cause harm and may preclude to degeneration or rupture. The same may be true for Cortisone injections around other tendons.

So, What Is The Answer?

Most of my athletes were unwilling to rest for the two, three, or four months necessary for them to recover from tendinitis, heel spur syndrome, neuromas, or other aches and pains that they knew would quickly respond to a Cortisone injection. I knew Cortisone

worked but I also knew that Cortisone weakened the body, especially the body's immune system if abused or used too much.

What To Do?

The answer has come recently as I have discovered homeopathy. Homeopathic remedies taken orally are safe, gentle, and provide for relief, as well as cure of many maladies, injuries, or diseases. Cortisone has a tendency to antidote the effects of homeopathic medicines. Despite the effectiveness of homeopathy, it still isn't as dramatic a relief of most athletic symptoms as was seen in Cortisone. So the athletes got better slowly but still weren't satisfied. They couldn't return to their high level of activity with the homeopathic medicines alone. The answer came when I discovered injectable homeopathic medicines. These are produced mostly in Germany but there is a company in New Mexico, which also produces them. It is now possible to inject, say, the plantar fascia around a heel spur with various homeopathic remedies in conjunction with local anesthetic and an enzyme, called WYDASE, which spreads the remedy and medicine into the tissue. No Cortisone is used. The results have been amazing. I have athletes who are getting complete resolution of their injuries and problems within a day or two or after one or two injections. These are completely safe and, when used in conjunction with oral homeopathic medicines, provide for a complete resolution or cure of the problem. Of course, if there is a mechanical problem, a mechanical solution will also be necessary, such as the utilization of orthotics, different shoes, physical therapy, or appropriate stretching, combined with appropriate training methods. There is even some evidence that the injection of homeopathic medicines into a joint can reduce inflammation, help restore the cartilage, and, perhaps, improve function. This, of course, is unheard of with injectable Cortisone, which has a tendency to reduce inflammation but also softens or damages the cartilage.

Continued on page 27

SoCAL DIARY

By BILL MINARIK

📅 March 13.

At the NCAA Indoor Championships won by Arkansas and LSU, the UCLA men grabbed 9 points in the weights while Monica Taylor accounted for USC's total of 6 points with a 3rd place finish in the 400.

Locally outdoors, the UCLA men and women had relatively easy times of it as the men out-classed California, C/S Northridge and Azusa Pacific by a 96-38-34-32 count while the women breezed by A-P & CSUN 98-50-43.

The top marks of the day, however, were posted by members of the losing teams as Azusa's Ade Olokoju went 200-9 in the discus while CSUN's Darcy Arreola notched a 1500-3000 distance double over the Bruins Laura Chapel and Laurie Chapman.

Elsewhere, at Cal Poly Pomona, the Army marched into town and ran away from both the Air Force and Cal Poly Pomona men and women by scores of 70-43-37 and 100-62-43.

At Tucson, former Antelope Valley prep star Percy Knox notched a 100-Long Jump double to pace Arizona to a 100-60 win over San Diego State.

📅 March 20.

USC played host to a number of teams last Saturday with the men apparently non-scoring while the Women of Troy turned back San Diego State and Cal State L.A. by scores of 79-46 & 78-46. Top male effort came from the Trojan's Robert Reading who ran a 13.76 high hurdles into a stiff wind. Top lady was Troy's Monica Taylor who posted a 2:08.09 800m.

At Westwood, the Bruins men breezed to a 111-38-27 victory over Iowa and Kansas St. while the Lady Bruins notched a 63-46 win over K-State in a meet that appeared to be short on points. The Bruin men discus throwers took the spotlight here with 3 over 187 feet.

Over at Azusa-Pacific, Coach Terry Fran-son's thinclads took the measure of both the men and women from Pt. Loma, Cal Lutheran, Fresno Pacific and Westmont by scores of 174-108-71-46-17 and 129-78-63-45-40. A-P's Ade Olokoju with a 60-3, 186-9 weight double highlighted individual performances.

In a couple of big Community College duals Long Beach ripped Pasadena 98-42 in their annual biggiee while Riverside out-classed Orange Coast 87-52, both in men's competition.

In Prep action, the Northridge Relays was the site of a major upset in girl's competition as Inger Miller, the daughter of former USC great Lennox Miller, and now a junior at Muir High School, upset Rio Mesa's Angela Burnham in the 100 meters 11.70 to 11.74.

In scoring meets, in the boys division of the Beach City Invitational, Capistrano Valley with 104 points took home the gold ahead of runner-up Edison with 74. At the 29 Palms Invitational, it was the boys of Palm Desert ahead of Trona 136-79 while the girls from the host school finished first ahead of Aquinas 93-73.

With respect to the steroid investigation that is going on in Canada, there has been so much mention of Chuck DeBus's name that the TAC now says it will investigate his alleged involvement with drugs.

📅 March 27.

There was very little track the past week-end with the only meet of any real significance being the Pasadena Games at Occidental College. At that one, the Hawthorne boys proved they have another powerhouse as they smoked to a 40.66 400 relay. Another runner who has been smoking as of late is Inger Miller of Muir who backed up her upset win over Angela Burnham with an 11.81-23.62 sprint double win.

📅 April 3.

At the 4-year College level, most of the So-Cal schools sent all or part of their teams to the Fresno Relays for their annual extravaganza. The host Bulldogs gave the hometown fans a thrill as their men's team ran away from runner-up USC 69 1/2-32. The Trojan's left their mark, however, as their freshman dominated 1600 relay easily outdistanced the field in 3:07.3. On the distaff side, UNLV showed that it was a force to be reckoned with in the Big West as it had a surprisingly comfortable 64-46 margin over runner-up

CPSLO.

Two men's teams which were not at Fresno were UCLA and Cal who were dueling with each other. The result was predictable as the Bruins used their awesome field event strength to breeze to a 114-47 win.

At the Community College version of the Fresno Relays, the Taft CC men's team was clearly dominant and now must be considered a state title threat along with Long Beach and Riverside.

There were some big high school invitations in the area with the Bishop Amat Invitational being the featured attraction. At that one, the Hawthorne boys team posted winning relay times of 40.8, 1:26.0, & 3:16.6 en route to a winning team total of 82 points verses 53 for runner-up Long Beach Wilson. The Hawthorne girls were also victorious as they swept all 3 sprint relays to run up a 75 point total which was well ahead of runner-up Mt. Carmel with 51.

At the Mission Viejo girls invitational, the host team really ran away with the meet by scoring a whopping 153 points to 68 for runner-up Edison.

MEDICAL NOTES FOR RUNNERS ... continued

In future columns, I will be describing the characteristics of various homeopathic medicines and what they can be used for for your athletic injuries. If you collect these, you will have a nice reference for what to do when you have your injuries safely, effectively, and with very little cost.

Well, that's it for now. Keep those cards and letters going; get your application in for the Dipsea; and, if you have any problems, let me know. Perhaps I can help you.

P.S. My new book for Rodale Press is coming along just fine. It is going to be called Cures for Common Walking and Running Injuries - A Whole Body Approach. It will have a complete glossary, including twenty different homeopathic medicines. Of course, it goes over the most modern treatment for various injuries, and there will be a special section on the aging-senior athlete. There will also be a section of the middle aged athlete.



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ARRA POINTS UPDATE

as of March 22, 1989

Rank/Name/Citizenship/Pts

Men

- 1 Sam Ngatia Kenya 110
- 2 Keith Brantly USA 100
- 3 Don Janicki USA 89
- 4 Gerardo Alcalá Mexico 83
- 4 William Musyoki Kenya 83
- 6 Pablo Ceron Mexico 80
- 7 Steve Jones England 77
- 8 Richard C. Kaitany Kenya 75
- 9 Kenny Stewart England 70
- 10 Steve Spence USA 69
- 11 Salvador Garcia Mexico 64
- 12 Jim Cooper USA 63
- 13 Paul Gompers USA 60
- 13 Ivan Huff USA 60
- 13 Allan Zachariassen Denmark 60
- 16 Geir Kvernmo Norway 55
- 17 Mauricio Gonzalez Mexico 52
- 17 Bill Reifsnnyder USA 52
- 17 Rafael Zepeda Mexico 52

- 20 John Halvorsen Norway 50
- 21 Jose Luis Chuela Mexico 47
- 21 Danny Grimes USA 47
- 23 Derek Froude New Zealand 43
- 24 Jesus Herrera Mexico 42
- 25 Fraser Clyne Scotland 39
- 25 Dave Edge Canada 39
- 27 John Gregorek USA 36
- 28 Isaias Roman Mexico 35
- 29 John Treacy Ireland 33

Women

- 1 Kim Jones USA 145
- 2 Ingrid Kristiansen Norway 144
- 3 Diane Brewer USA 111
- 4 Kellie Cathey USA 99
- 5 Maria Trujillo USA 98
- 6 Cathy O'Brien USA 80
- 6 Lisa Weidenbach USA 80
- 8 Sylvia Ruegger Canada 76
- 9 Veronique Marot England 75
- 10 Ruth Partridge England 69

- 11 Sissel Grottenberg Norway 60
- 12 Gail Kingma USA 57
- 13 Ellen Rochefort Canada 55
- 14 Liz McColgan Scotland 50
- 15 Francoise Bonnet France 48
- 16 Magda Ilands Belgium 47
- 17 Priscilla Welch England 46
- 18 Aurora Cunha Portugal 44
- 19 Charlotte Thomas 43
- 20 Mary Level-Menton USA 41
- 21 Janice Eittle USA 40
- 21 Carole Rouillard Canada 40
- 23 Nancy Tinari Canada 39
- 23 Lynn Williams Canada 39
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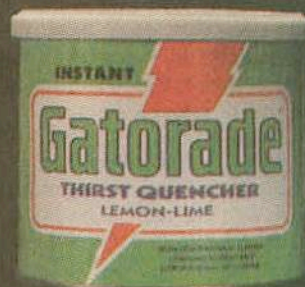
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2. "Accumulation of deuterium oxide in body fluids after ingestion of D₂O-labeled beverages." *Journal of Applied Physiology*, 63: 2060-2066, 1987.
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THE ATHLETE'S KITCHEN

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

Pasta: A Superfood??

GIVEN THAT MANY ATHLETES eat pasta at least five nights of the week, you might think it's a Superfood. Granted, pasta is carbohydrate-rich, quick and easy to cook, heart-healthy, economical, fun to eat and enjoyed by just about every member of the family. But how does pasta rank nutritionally? Is it as great as we're lead to believe? Here's one perspective to help you design a pasta-perfect diet.

Pasta for Muscle Fuel: The traditional high-protein steak'n eggs sports diet has appropriately been traded in for carbohydrate-rich pasta, since only carbohydrates get stored in the muscles for fuel. A 1-pound box of spaghetti contains 340 grams of carbohydrates. Given that a recovery dinner after a hard training session should include about 1 gram carbohydrate/pound body weight within four hours post-exercise, a generous serving of pasta fills the need! For example, 1/3 lb. pasta (uncooked weight) with 113 grams carbohydrate, topped with 1 cup tomato sauce with 40 gms CHO (information on the label) would be a fine recovery meal for a 150 pound runner.

Nutritional value: Although carbohydrate-rich pasta is excellent for muscle fuel (the equivalent of "gas" for your engine), it's a marginal source of vitamins and minerals (the "spark plugs" needed for top performance). Plain pasta is nutritionally inferior to it's popular competitor, the potato. Pasta is simply made from refined white flour -- the same stuff you get in "wonder breads" -- with a few vitamins added back to replace those lost during processing. Whole wheat pastas offer little nutritional superiority either, because wheat (and other grains in general) are better respected for their carbohydrate-value than their nutrient density. Even spinach and tomato pastas are often over-rated since they contain relatively little spinach or tomato in comparison to having a serving of that vegetable along with the meal. If given the choice between plain pasta or potato for dinner, the

potato offers far more vitamin C, potassium, fiber and over-all health value. Here's the line-up for some popular dinner starches:

	Amount	Calories	Vit. C	Potassium	Thiamin	Fiber
Spaghetti, plain cooked	2 C cooked; 1/4 lb. dry	420	0	230	.5	.2
Spaghetti, 100% whole wheat	2 C cooked; 1/4 lb. dry	420	0	440	.7	3.0
Brown rice, cooked	2 C cooked; 1/2 C dry	420	2	240	.3	1.0
Potato, plain baked	2 large; 15 oz. total wt.	420	90	2,270	.5	3.0

Pasta becomes a nutritional power-house when it's topped with tomato sauce or spinach/garlic sauce (vitamins A and C; potassium) or clam sauce (protein, zinc, iron). It can also be an artery-clogging nutritional nightmare if smothered with butter or cream-sauces as in Fettuccini Alfredo or greasy sausage/tomato sauces. To evaluate pasta's true nutritional value, you have to view it in context of the whole meal. Athletes who eat pasta straight-up or buttered are missing out on nutrients in comparison to those who choose pasta with lowfat tomato sauce. Those who opt for a large baked potato oozing with butter have negated the potato's nutritional benefits.

	% Fat	Amounts
Pasta/tomato sauce	10%	2 oz. uncooked pasta, 1/2 cup Ragu sauce
Pasta/olive oil & cheese	30%	2 oz. uncooked pasta, 1 Tbsp. oil, 3 Tbsp. Parmesan
Baked potato/butter	40%	1 large potato, 1 Tbsp. butter

Heart Health: Pasta is popular for not only carbohydrates but also for being a heart-health alternative to meat-based meals. However, many health-conscious athletes live on too much pasta and neglect their protein needs. I commonly talk with athletes who brag about the high-carbo/lowfat diet (i.e. pasta and tomato sauce 5+ nights per week). They come to me wondering why they feel chronically tired and are not improving despite training. Oftentimes, they're protein-deficient. Pasta is a source of poor-quality protein --

even the Superoni-types of pasta. Be sure to supplement a pasta meal with at least 2 oz. extra-lean ground beef in the tomato

sauce, 2 oz. grated lowfat cheese, 1/2 cake tofu, 23 cup kidney beans, or simply two glasses of lowfat milk with the meal. DO NOT bury the pasta in parmesan; you'll boost the fat and cholesterol content, and negate the heart-healthfulness.

Pasta-perfect toppings: Here are two quick and easy, heart-healthy suggestions for a pasta-perfect dinner. **Clam sauce:** Saute 1-2 cloves minced garlic in 2 Tbsp. olive or Puritan oil. Add a 7 oz. can minced clams plus liquid. Pour over 1/2 lb. pasta, cooked; sprinkle with parsley and mix well. Serve with salad or vegetables. **Peanutbutter Pasta:** (also known as Chinese Spicy Noodles): Heat together 1/3 cup peanut butter, 3 Tbsp.

soy sauce, 3 Tbsp. vinegar, 1 Tbsp. sugar as desired, 1-2 dashes cheyenne pepper. Mix into 1/2 lb. pasta, cooked. Add water if the pasta is too dry. Optional: add steamed green pepper strips, snow peas, chopped scallions, garlic.

Nancy Clark, M.S., R.D., nutritionist at Boston-area's SportsMedicine Brookline designs sports diets for active people who want to be successful with food. Her popular book THE ATHLETE'S KITCHEN, is available by sending \$7 to New England Sports Publications, P.O. Box 252, Boston, MA 02113.

ATHLETE'S IN ACTION

Setting Goals

SOMEONE ONCE SAID, "If you don't have a goal, you'll reach it every time!" On the other hand, "If you shoot for the moon, you'll either reach it, or at least you'll make it as high as the clouds!" Every runner who has competed, I'm sure, has had some hopes or visions of grandeur at one time or another. We all want to win a race, or get a personal best time, no matter what our goals have been. But have you reached your full potential?

There are many facets involved in reaching your potential, and the foundation is laid when you establish a goal. At Athletes in Action, we help many athletes learn how to set proper goals; goals which can help you improve steadily until you have accomplished all you really set your mind to do.

Here are 5 steps to help you set your goals, whatever they may be. These steps will work, not only in track & field or cross-country, but also in almost any area of life you want to set a goal in: Academic, Personal, Business, Social, Spiritual, Family.

1. Make your goal specific. A vague goal is as bad as no goal at all. A vague goal shows half-hearted effort by you, and it shows a lack of self-confidence. You have to believe that your goal is at least possible, and that with proper training and time, you can achieve it. For example, a vague goal is: To run at the National Championships.

But to run at Nationals, a time qualification is required, so make your goal specific. Put down your event, the time you need, and the last day to qualify. The specific goal then becomes, for example: To run the 800 meters in the TAC National Championships, qualifying by June 1st with 1:47.97 FAT.

2. Set your own long-range goal. If you are old enough to read this, you should be fully able to begin making your own goals. I hope your parents don't "make" you run or compete in track & field, but instead you enjoy it and want to continue for many years. There will always be people telling you what you can and can't do. It may be your parents, your coaches, your peers, your opponents, and even the press. Although these people usually mean well, my experience is that they will almost invariably **underestimate** your potential and suggest a goal that is too low for

you. So get serious for awhile, take the time to think it out, and set a long-range goal for yourself.

One way to set a long-range goal is to look at where you are now, and increase it ten percent. This 10% may take several years, but this is the great thing about our sport; not just anyone has the dedication or determination to train until he/she can accomplish such a goal.

In today's world of track & field, many Olympians have been competing up to ten years or more. Ben Johnson's best mark in 1978 was 10.79, and in 1988 he ran 9.79 (even though the mark was disallowed and Ben was disqualified for having a performance enhancing steroid, stanazolol, in his system). I would never advocate the use of banned substances in training to reach a goal, but Johnson's progression shows almost exactly 10% improvement, or one tenth of a second each year for ten years. (10% of 10.79 would be 9.72).

Two things about this system are:

a) With longer distances, the time needed to improve 10% should shorten. For example, 10% of a 22 second 200 is 2.2 seconds or 19.8, almost a world record! The 2 minute 800 meter runner takes off 12 seconds for a 1:48, a world-class time, and a 16 minute 5000 meter runner (equivalent to the two minute 800) need 96 seconds improvement for a 14:24, a quality time. And a 2:36 marathoner (also equivalent to the above) needs 936 seconds or 15:36 to run a 2:20:24 marathon. Think of runners you know who achieved these marks and I'm sure you'll see that, as a general rule, it takes less time to improve at longer distances.

b) Novices can improve 10% very quickly. At the world-class level, improvement become increasingly difficult. For example, a 6:00 mile is 360 seconds, 10% of which is 36 seconds or 5:24, and people often improve this much in one or two years, especially high schoolers. But a 4:20 miler needs to take off 26 seconds, or go to a 3:54 mile, and the few who do this often take 5 or 6 years to get there.

3. From your long-range goal, set short-range goals. Break down your goal into seasonal goals, monthly goals, and even specific meet goals. This way you can better

plan your "peak" when it is important to be your sharpest, and you can keep your focus on the bigger picture, not letting one defeat or mistake upset your future success. There is much more to track & field than just going out every meet and running as hard as you can or jumping all out. Your coach can help you plan to "train through" certain meets, or practice different tactics so that you will be able to accomplish those goals at the end of the season, when the championships are on the line.

4. Do things to begin believing in yourself. The best way to believe in yourself is to make sure your spiritual life is in order. When I asked Jesus Christ to forgive my sins and to give me eternal life with God, I felt a big burden lift from me and I had a newfound peace of mind. This allowed me to begin believing in myself, often in spite of what others said or told me. If you don't understand how to do this or want to discuss it further, write us at Athletes in Action, and we'll gladly do what we can to help.

The subconscious also plays a large part in reaching any goal you have set, so help it out by stimulating it. Be creative in putting signs around your room or apartment. For example, cut out 4 x 4 squares of paper, and with markers or colored pencils spell out your goal so it is interesting and easy to read. Then put it on the ceiling above your bed, the bathroom mirror, in front of your desk; wherever you will see it often. Tell yourself you can accomplish this goal. The more often you remind yourself this, the more likely it will become a reality for you.

5. Be persistent, but don't be afraid to experiment. If you fail once, be persistent and try again. If you fail ten times, be persistent, but try experimenting with your methods. Examine reasons that caused you to fail through all available sources: books, friends, coaches, videotape. Try to determine a new way to correct some small thing that will turn the failure around in the future. Thomas Edison failed hundreds, perhaps thousands of times before he made a light bulb that would work. But each time he failed, he would change one small thing, and his self-confidence, combined with his persistence and experimentation, finally paid off. Yours will too!

George Mason was an NCAA All-American in track in 1977, a TFA/USA All-American in cross-country in 1980, and is currently director and coach of the Southwest Region of Athletes in Action Track & Field Team.

Athletes in Action is a college and post-college track and field team, whose purposes include developing the "total" athlete - physically, mentally, and spiritually. For further information about the team and its programs, write: George Mason, AIA Track Southwest, 4790 Irvine Blvd., #105-325, Irvine, CA 92720.

By GEORGE MASON

PREP NOTES

By KEITH CONNING

California Track & Field Results Wanted:

Northern and Central California high school coaches and meet directors should send their track and field results to Keith Conning, 2235 Browning Street, Berkeley, Calif. 94702.

Southern California results should be sent to Doug Speck, 563 North Willowgrove, Glendora, Calif. 91740.

Minimum Reporting Standards:

Boys: 100-10.8, 11.13; 200-22.2, 22.53; 400-50.2, 50.43; 800-1:58.4; 880y-1:59.0; 1500-4:06; 1600-4:25; Mile-4:27.0; 3000-9:10; 3200-9:46.5; 2 Mile-9:50; 110H-15.0, 15.33; 300IH-39.8, 40.13; 400R-43.5, 43.73; 1600R-3:27.0; Mile R-3:28.2; HJ-6-4; PV-13-6; LJ-21-10; TJ-44-6; SP-51-0; DT-151.

Girls: 100-12.4, 12.73; 200-26.0, 26.33; 400-59.7, 59.93; 800-2:23.0; 880y-2:23.8; 1500-5:04; 1600-5:21.2; Mile-5:24.0; 3000-11:00; 3200-11:45.9; 2 Mile-11:50; 100H-15.5, 15.83; 300H-47.2, 47.53; 400R-50.5, 50.73; 1600R-4:09; Mile R-4:10.4; HJ-5-2; LJ-16-9; TJ-35-3; SP-35-6; DT-112.

Track Coaches Try to Pull a Fast One.

January 16. New York Post, by Mark Mooney--Several Brooklyn high school track teams have been accused of illegally recruiting runners from Trinidad and other Caribbean Islands--including one teenager who ran in the Olympics--The Post has learned.

In addition, the Immigration and Naturalization Service has been alerted to the influx of student athletes and is trying to determine whether an investigation is warranted. INS sources said.

The Public School Athletic League strictly forbids any form of recruiting, even from other city schools. It also bans students from competing if they have completed four years of school.

But, in recent years, there has been an influx of top-flight runners from the Caribbean, including some who have already completed four years in the islands.

They are willing to spend another year in New York City classrooms for a shot at a college track scholarship.

Among the findings in the Post probe of the dog-eat-dog PSAL track circuit:

✓ Michael Williams, who ran in the Seoul Olympics for St. Vincent Island, now runs for Wingate HS, despite having finished four years of school at home.

✓ As many as two dozen runners may have arrived from Trinidad this year to race for several Brooklyn high schools.

✓ Tilden High School coach Ken Simon traveled to Trinidad two years ago and one runner currently lives in his home.

✓ The principal of Boys and Girls HS is threatening to sue a coach who filed a protest against six of his school's runners.

✓ During the summer, island runners flock to the Big Apple Games--designed as races for neighborhood kids--where they are showcased and then frequently enroll in one of several Brooklyn schools with powerhouse track teams.

John Tobin, principal of Brooklyn Technical HS and a former PSAL official, said the Trinidad Connection began about three years ago.

"It's being refined and perfected in recent years," he said.

South Shore HS coach Martin Lewis, former PSAL director, said cheating has always been a part of high school sports.

"But this is the first time in my knowledge that it has happened on a wholesale level. It's on a grand scale. The kids are making jokes about it all the time," Lewis said.

Leonard Schroeder, assistant principal at Franklin Roosevelt HS in Brooklyn is head of the PSAL's Eligibility Committee.

Schroeder says he has not received a single complaint about ineligible athletes.

"There certainly are allegations, but

have I received a specific complaint? No," he said.

But one complaint was filed.

In November, Brooklyn Tech coach Leonard Malech claimed that six runners from the Boys and Girls team were ineligible.

PSAL Director Ron King refused to accept the protest, claiming it was too vague.

And Boys and Girls Principal Frank Mickens threatened to sue Malech over the accusation.

"I am hot and I am contemplating legal action. It is character assassination of the kids, the school and the coaches," he said. "We're not going to stand for it."

King ordered an audit of several schools, but refused to say which ones.

"If you get a show cause order, we will tell you," King told The Post.

The Post has learned that Boys and Girls HS and Tilden HS were targeted for the audit.

"We swept through the audit," Mickens said.

Ken Simon, coach of Tilden HS's female track team, said: "When you're on top, people will always point the finger at you."

Simon's runners set a national high school record for the mile relay last year, and they have posted the fastest time of any school in the country this year.

One of the runners on this year's team, Susan Francis, arrived from Trinidad in time for the beginning of the school year.

No one has challenged her legal status or eligibility to run.

Simon said he traveled to Trinidad with seven of his runners during Easter vacation two years ago, but denies it was a recruiting trip.

One member of Simon's team lives in his home, but he says that is because his sister is the girl's legal guardian.

Having a place to stay and a legal guardian are hurdles Caribbean runners face here.

Lewis said the links with Trinidad are "very, very obvious."

He said many Caribbean runners appear here during the Big Apple

Games in the summer.

Lewis and other school officials said Caribbean athletes have approached them during the Big Apple Games, asking for admittance to their schools.

"Some stay and run for schools while others go home if they can't get someone to live with," he said. (Editor's Note: The Tilden HS girl's team of Brooklyn, New York competed in the 1988 Arcadia Invitational. They placed second in the Invitational 1,600 meter relay.)

Five Years of High School and Other End-Runs.

January 16. New York Post, by Mark Mooney--Michael Williams, 17, began running for Wingate HS this fall-right after he competed in the Olympics for St. Vincent Island.

"After the Olympics I came straight to New York," Williams told The Post.

Williams, a junior at Wingate, told The Post he completed four years of high school in St. Vincent.

"This would be my fifth year back home," he said.

Student athletes are banned from competing in New York City if they have completed four years of high school anywhere.

Wingate coach Ed Richen said that runner Junior Charles, 19, is even faster than Williams and is expected to run for his country Trinidad, in the next Olympics.

Charles arrived at Wingate along with fellow Trinidadian David Loubie last fall.

Both were initially declared ineligible to run because they lacked transcripts from their schools back home.

Loubie promptly transferred to Boys and girls HS, where he was allowed to run--until Wingate protested.

He was then ruled ineligible because he was enrolled in two schools.

Since then, Charles has been permitted to compete for Wingate and

continued next page....

PREP NOTES

the school has one of the fastest mile relay teams in the country.

Wingate's athletic director, Lorraine Barbarash, said, "The kids are eligible to run according to the records we have."

When asked about Williams, she replied, "That's a question I'm not going to answer. We go by the records we have."

U.S. World Cross Country Trials

February 4. Tyege Gold Course, Seattle, WA--Rachel Lewis (Unattached, Santa Catalina High School, Monterey) placed eleventh in the Junior Women 4 kilometer race in 16:13. Tin Hall (Texas) won in 14:26.

Davis Stampede 10K.

February 5. Davis--Kevin Holbrook (Vacaville HS) placed second in 32:14. David Ottaway (Univ. of Calif, Berkeley) won in 31:40.

Simplot Games.

February 18. Idaho St. Univ., Holt Arena, Pocatello, Idaho--Junior Brent Noon (Fallbrook) registered the best prep shot put performance of the last two years--indoors or outdoors--a 66-2 1/2. The Southern California native broke the old mark by nearly two feet.

Noon's record-setting effort came despite a slightly injured shoulder. "I hurt my shoulder a few days ago," Noon said to Martin Renzhofer of the Idaho State Journal. "I had trouble staying in (the circle). But it wasn't bad for my first meet of the season. By the outdoor season I hope to throw 73 feet, or as far as I can."

Golden Bear Meet of Champions.

March 18. Berkeley--Sophomore Becky Spies (Livermore) set a new meet record of 2:12.5 in the 800 meters. The old meet record of 2:21.59 was set by Courtney Clark (Las Lomas, Walnut Creek) in 1987. Her splits were: 15.6, 15.0 (30.6), 15.9, 16.9 (32.8) (1:03.4), 16.8, 16.5 (33.3), 17.2, 18.6 (35.8) (1:09.1).

Brent Noon (Fallbrook H.S.)

March 29. Vista--Jim Noon, the father and coach of Brent Noon, wrote to report that Brent, a sophomore in 1988, placed second in the 1988 State Meet with a throw of 62-3.

Margaret R. Davis, Associate Commissioner of Athletics of the California Interscholastic Federation wrote to Jim Noon on June 22, 1988: "In reviewing the official (1988 State) meet results, we have determined that a clerical error did take place, and that Brent Noon did, in fact, place second in the competition, with a throw of 62-3, while Joe Hicks of San Benito High School placed third, with a best throw of 62-0 3/4. We will change the official meet results on our permanent records."

Brent Noon is 6-2, weighs 260 lbs. and is still growing. For a sixteen year old he has enormous strength. He can bench press 500 lbs. and squat 620 lbs.

He is maintaining a 3.5 GPA in a college-preparatory curriculum.

That you Jim Noon for your contribution.

Flo-Jo International Track Club.

April 8--Florence Griffith-Joyner (Jordan High School, Los Angeles, 1978), who became a millionaire with the help of three Olympic Gold Medals and two world records, then retired from track and field this year, is putting some of her finances back into the sport. The sensational sprinter has formed the Flo-Jo International Track Club, with the main purpose of "creating a winning U.S. Olympic team and developing more gold medalists," financial adviser Gordon Baskin said. The members of the team are Andre Phillips (Silver Creek HS, San Jose, 1977), the 1988 Olympic 400-meter intermediate hurdles gold medalist; Alice Brown (John Muir HS, Pasadena, 1978), a 400-meter relay gold medalist and 100-meter silver medalist at the 1984 Games; intermediate hurdles Sandra Farmer-Patrick (Cal St. LA, 1985) and David Patrick (Centralia HS, Illinois, 1978); and long jumper Gordon Laine (Woodford Co HS, Versailles, KY, 1976). Each of the five, "who has Olympic potential,"

was given \$10,000 by Griffith-Joyner, Baskin said, "so they can concentrate on Olympic training."



FLORENCE GRIFFITH-JOYNER poses with the 1988 AAU Sullivan Award photo by Herb Hillenmeyer

Prep Anti-Steroid Bill Gets Support.

Harrisburg, PA. (AP)--Swayed by the possible medical risks of using anabolic steroids, the Senate Education Committee on Tuesday endorsed legislation that would prohibit high school athletes from taking the muscle-building drugs.

The committee's action comes less than a week after a Pennsylvania State University researcher released a study estimating that as many as 500,000 adolescents are using steroids nationwide.

"There are all types of difficulties that result" from using steroids, said Sen. Stewart Greenleaf, a Montgomery County Republican who sponsored the bill.

"It's a situation that's not good, especially for schoolchildren," Greenleaf said. "Right now, there is no prohibition against it."

Steroids, which enhance the body's ability to build muscle and trail at a high level, are available by prescription but are often obtained illegally. In some individuals, the use of steroids have caused elevated blood pressure and cholesterol and abnormal liver function.

Concern over the use of steroids has intensified since Canadian sprinter Ben Johnson was stripped of an Olympic gold medal last year after testing revealed he has used the drugs.

Last month, track superstar Carl Lewis told a congressional subcommittee that he suspected as many as 10 Olympic medals, including some golds, were won by steroid-using athletes.

The Committee approved the steroid ban unanimously. It now moves to the full Senate for consideration. A similar proposal was endorsed by the Senate last year but was not considered in the House.

Sen. James Rhoades, R-Schuylkill, recommended the proposal include penalties, a suggestion Greenleaf said he would not oppose as long as it wouldn't inhibit the bill's chances of passage. A specific amendment was not offered.

"Many young athletes who get into this don't realize the problem they create for themselves," said Rhoades, adding that medical damage from steroids can be "irreversible."

The Pennsylvania Osteopathic Medical Association has written to the committee in support of the bill. Dr. Kieren Knapp, a spokesman for the group, said steroids are readily available to young athletes in the state despite the medical risks. He said only a few states have made steroids illegal.

"There are a number of nasty side effects," Knapp said. "They do cause . . . organ damage, long-term damage."



PREP TRACK RESULTS

Chino Relays

Girls' Results
Team Scores: (Small Schools) 1. Etiwanda 90, 2. Ganesh 79, 3. Glendora 55. (Large Schools) 1. Upland 104, 2. Claremont 60, 3. Alta Loma 65.

Small Schools
4x1 Mile: 1. Glendora 24:24. **Shuttle Hurdles:** 1. Ganesh 1:14.1. **4x220:** 1. Ganesh 1:49.9. **Distance Medley:** 1. Etiwanda 14:24.3. **4x110:** 1. Ganesh 52.3. **Sprint Medley:** 1. Pomona 4:43.1. **4x440:** 1. Ganesh 4:15.9. **HJ:** 1. Etiwanda 13-10. **LJ:** 1. Etiwanda 42-4. **TJ:** 1. Etiwanda 87-1 3/4. **SP:** 1. Etiwanda 89-2 1/4. **DT:** 1. Etiwanda 219-9.

Large Schools
4x1 Mile: 1. Upland 24:33.8. **Shuttle Hurdles:** 1. Upland 1:09.1. **4x220:** 1. Alta Loma 1:48.9. **Distance Medley:** 1. Claremont 14:03. **4x110:** 1. Alta Loma 51.3. **Sprint Medley:** 1. Upland 4:35.1. **4x440:** 1. Upland 4:24.4. **HJ:** 1. Claremont 14-0. **LJ:** 1. Alta Loma 40-11 1/2. **TJ:** 1. Alta Loma 87-0 1/4. **SP:** 1. Upland 85-9 3/4. **DT:** 1. Upland 246-5.

Boys' Results
Team Scores: (Small School) 1. Etiwanda 126, 2. Ganesh 71, 3. La Puente 69. (Large Schools) 1. Upland 105, 2. Nogales 87, 3. Fontana 72.

Small Schools
4x1 Mile: 1. La Puente 19:12. **Shuttle Hurdles:** 1. San Dimas 1:10.1. **4x220:** 1. Ganesh 1:16.8. **4x880:** 1. La Puente 8:49.0. **4x110:** 1. Etiwanda 44.6. **Sprint Medley:** 1. Pomona 3:57.7. **4x110:** 1. Etiwanda 1:34.2. **4x220:** 1. Ganesh 1:36.9. **Distance Medley:** 1. La Puente 11:20.4. **4x440:** 1. Ganesh 3:43.1. **PV:** 1. Etiwanda 31-6. **HJ:** 1. Etiwanda 17-8. **LJ:** 1. Etiwanda 51-4 1/2. **TJ:** 1. Charter Oak 116-0 1/4. **SP:** 1. Baldwin Park 122-5 3/4. **DT:** 1. Etiwanda 349-6.

Large Schools
4x1 Mile: 1. Nogales 18:59. **2. Upland 19:07. Shuttle Hurdles:** 1. Fontana 1:06.9. **4x220:** 1. Upland 3:08.9. **4x880:** 1. Upland 8:32.6. **4x110:** 1. Nogales 44.6. **Sprint Medley:** 1. Ontario 3:45.7. **4x110:** 1. Nogales 1:32.6. **4x220:** 1. Fontana 1:33.3. **Distance Medley:** 1. Nogales 11:13.6. **4x440:** 1. Upland 3:32.7. **PV:** 1. Damien 37-6. **HJ:** 1. Upland 17-6. **LJ:** 1. Nogales 58-3. **TJ:** 1. Upland 114-0. **SP:** 1. Claremont 132-10. **DT:** 1. Damien 403-5.

Chabot College-Moreau High School Invite

March 11, Hayward.

Boys' Results
Team Scores: 1. Ballarmino 85, 2. Oakland 58, 3. San Ramon 43, 4. Oak Grove 41, 5. Ygnacio Valley 38, 6. Berkeley 32, 7. Bishop O'Dowd 18.5, 8. Tennyson 18, 9. Newark Memorial 17, 10. Hayward and St. Mary's (Berkeley) 16.

100: 1. Jeff Laynes (Oakland) 10.76, 2. Brent Lowe (Kennedy-F) 11.13. **3000:** 1. Sean Lewis (Berkeley) 8:58.7, 2. Donnie Nelson (Foothill) 9:01.9, 3. Rob Scott (San Ramon) 9:08.8, 4. Paul Mankin (Branson) 9:09.6, 5. Blair Venables (Encinal) 9:09.8. **400R:** 1. Oakland 42.04. **1600R:** 1. Oakland 3:19.5. **HJ:** 1. Svec (Ballarmino) 6-4. **LJ:** 1. Lacey (Moreau) 23-1 1/4, 2. Tarrant (Newark Mem) 22-1 1/2. **SP:** 1. McMahon (Ballarmino) 52-9 1/2. **DT:** 1. Stafford (Oak Grove) 152-4.

Girls' Results
Team Scores: 1. Vallejo 58, 2. Oakland 51, 3. Ygnacio Valley 45, 4. Amador Valley, Bishop O'Dowd 34, 6. Santa Teresa 29, 7. Mt. Eden 20, Washington-F 14, 9. Kennedy (Richmond), San Leandro, Watsonville 12.

100: 1. Chris Williams (Vallejo) 12.56, 2. Abiola Davis (Berkeley) 12.63. **3000:** 1. Wedum (San Leandro) 11:00.0. **400R:** 1. Vallejo 50.14. **1600R:** 1. Vallejo 4:07.8, 2. O'Dowd 4:08.5. **SP:** 1. Mitchell (Vallejo) 35-8 1/4, 2. McCandless (Watsonville) 35-6. **DT:** 1. Cembellin (Amador Vly) 134-9, 2. McCandless (Watsonville) 131-8, 3. Lualemag (Mt. Eden) 112-11.

Golden Bear Meet of Champions

March 17, 18, Edwards Stadium, Berkeley.
Boys: (Field Events were cancelled on Saturday due to rain).
HJ: 1. O'Sullivan (Drake) 6-6.
Girls: **800:** 1. Spies (Livermore) 2:12.5MR. **3200:** 1. Gorbel (Lasson) 11:32.8.

Lowery Sparkles for Norco

No Date Available. Norco-Norco's Persephone Lowery won top female athlete honors at the 15th Annual Chet Nicholson Relays at the Cougars' track.



PERSEPHONE LOWERY

Fine Flicks by Don Cooney

The Cougar senior was honored for running legs on teams which captured the 4x880 yard relay, the distance medley and the mile relay.

The Cougars took second in their division with 78 points as Etiwanda ran away with the girls small school trophy with 110.

Etiwanda won the small schools boys with 100 to Norco's 57.

Rubidoux took the large schools boys with 69 points. Corona had 31.

Marina, of Huntington Beach, took the large school girls while Corona had 44.

Boys' Large School
Teams: 1. Rubidoux 69, 2. Canyon Springs 53, 3. Perris 51, 4. Hemet 49, 5. Cajon 44, 6. Marina 42,

7. Apple Valley 38, 8. Moreno Valley 35, 9. Corona 31, 10. San Bernardino 28, 11. Palmdale 27, 12. Ontario 14, 13. Palm Springs 11, 14. San Geronio 2.
4x120 yd Shuttle HH: 1. Cajon 1:04.32, 2. Perris 1:07.76, 3. Corona 1:06.70. **8x220 Relay:** 1. Cajon 3:11.12, 2. Marina 3:12.07, 3. Rubidoux 2:12.10. **4x880 Relay:** 1. Canyon Springs 8:27.80, 2. Rubidoux 8:36.59, 3. Apple Valley 8:40.62. **440 Relay:** 1. Perris 43.79, 2. San Bernardino 43.82, 3. Moreno Valley 44.01. **Sprint Medley:** 1. Palmdale 3:37.8, 2. Hemet 3:41.17, 3. Canyon Springs 3:43.74. **4x1 mile Relay:** 1. Rubidoux 19:18.2, 2. Canyon Springs 19:30.10, 3. Apple Valley 19:38.93. **8x110 Relay:** 1. Corona 1:32.59, 2. Moreno Valley 1:32.59, 3. Moreno Valley 1:32.96. **4x220 Relay:** 1. San Bernardino 1:31.46, 2. Moreno Valley 1:32.50, 3. Perris 1:32.40. **Distance Medley:** 1. Hemet 11:07.15, 2. Canyon Springs 11:12.48, 3. Rubidoux 11:16.65. **4x440 Relay:** 1. San Bernardino 3:27.18, 2. Perris 3:28.59, 3. Moreno Valley 3:29.60. **Weightman's 440 Relay:** 1. San Bernardino 49.31, 2. Palm Springs 49.42, 3. Corona 52.64. **Shot Put:** 1. Apple Valley 145-6, 2. Hemet 143-3 1/2, 3. Rubidoux 142-4 3/4. **Discus:** 1. Hemet 403-3, 2. Palmdale 398-3, 3. Perris 393-0 1/2. **High Jump:** 1. Rubidoux 18-3, 2. Cajon 17-6, 3. Canyon Springs 17-4. **Long Jump:** 1. Rubidoux 62-5, 2. Corona 60-3, 3. Marina 59-8. **Triple Jump:** 1. Rubidoux 125-5, 2. Marina 122-8 1/2, 3. Cajon 119-2. **Pole Vault:** 1. Hemet 35-6, 2. Apple Valley 31-6, 3. Marina 24-0.

Boys' Small School
Teams: 1. Etiwanda 100, 2. Norco 57, 3. Ramona 56, 4. North 55, 5. Indio 49, 6. Yucaipa 45, 6. Poly 45, 8. Barstow 33, 9. Buena Park 24, 10. Victor Valley 20, 11. Sonora 8, 12. Colton 6, 13. Montclair 0

4x120 yd Shuttle HH: 1. Norco 1:06.69, 2. North 1:06.81, 3. Sonora 1:06.98. **8x220 Relay:** 1. Ramona 3:12.59, 2. Etiwanda 3:16.58, 3. Indio 3:16.83. **4x880 Relay:** 1. North 8:35.96, 2. Etiwanda 8:44.29, 3. Yucaipa 8:47.74. **440 Relay:** 1. Ramona 45.31, 2. Indio 45.59, 3. Barstow 46.06. **Sprint Medley:** 1. Buena Park 3:48.05, 2. Etiwanda 3:50.00, 3. Poly 3:55.39. **4x1 Mile Relay:** 1. Yucaipa 19:27.64, 2. Norco 19:35.03, 3. North 19:50.58. **8x110 Relay:** 1. Poly 1:33.57, 2. Ramona 1:35.79, 3. Norco 1:35.81. **4x220 Relay:** 1. Indio 1:34.07, 2. Ramona 1:36.14, 3. Poly 1:36.56. **Distance Medley:** 1. Etiwanda 11:24.42, 2. North 11:25.65, 3. Buena Park 11:30.74. **4x440 Relay:** 1. Etiwanda 3:36.73, 2. Norco 3:37.64, 3. Indio 3:37.85. **Weightman's 440 Relay:** 1. Poly 48.76, 2. Colton 50.00, 3. Norco 51.84. **Discus:** 1. Victor Valley 401-11, 2. Yucaipa 400-0 1/2, 3. Norco 397-5. **Shot Put:** 1. Norco 132-8 1/2, 2. Yucaipa 126-5 1/2. **High Jump:** 1. North 17-10, 2. Etiwanda 17-6, 3. Indio 17-0. **Long Jump:** 1. Barstow 60-2, 2. Etiwanda 59-1 1/2, 3. Ramona 56-3. **Triple Jump:** 1. Etiwanda 120-4, 2. Barstow 113-2, 3. Colton 106-2. **Pole Vault:** 1. Etiwanda 32-0, 2. Yucaipa 23-6, 3. Poly 22-6.

Girls' Large School
Teams: 1. Marina 82, 2. Rubidoux 54, 3. Hemet 53, 4. Corona 44, 5. Apple Valley 44, 6. San Bernardino 43, 7. Canyon Springs 36, 8. Ontario 28, 9. Cajon 22, 10. Palmdale 21, 11. Moreno Valley 20, 12. Palm Springs 15, 13. Perris 7, 14. San Geronio 4.
4x110 yd Shuttle H: 1. Moreno Valley 1:11.57, 2. Marina 1:13.66, 3. Corona 1:14.80. **8x220 Relay:** 1. Ontario 3:47.06, 2. San Bernardino 3:53.95, 3. Corona 3:59.71. **4x880 Relay:** 1. Apple Valley 10:21.84, 2. Canyon Springs 10:37.08, 3. Corona 10:59.92. **4x110 Relay:** 1. Canyon Springs 51.69, 2. San Bernardino 52.26, 3. Hemet 52.36. **Sprint Medley:** 1. Rubidoux 4:34.79, 2. Corona 4:39.66, 3. Ontario 4:42.85. **4x1 Mile Relay:** 1. Apple Valley 24:08.96, 2. Rubidoux 24:24.78, 3. Marina 24:43.94. **8x110 Relay:** 1. Ontario 1:48.85, 2. San Bernardino 1:50.71, 3. Canyon Springs 1:52.06. **4x220 Relay:** 1. Cajon 1:50.16, 2. Hemet 1:50.88, 3. Canyon Springs 1:52.06. **Distance Medley:** 1. Marina 14:00.35, 2. Corona 14:00.51. **Mile Relay:** 1. Cajon 4:24.32, 2. San Bernardino 4:24.67, 3. Apple Valley 4:25.58. **Shot Put:** 1. Palmdale 101-4 1/2, 2. Rubidoux 99-0 3/4, 3. Canyon Springs 96-6. **Long Jump:** 1. Marina 44-0, 2. Hemet 43-10 1/2, 3. Perris 43-9. **Discus:** 1. Palmdale 261-2, 2. Indio 160-10 1/2, 3. Ru-

bidoux 243-7 3/4. **Triple Jump:** 1. Marina 96-8 3/4, 2. Hemet 94-11, 3. Moreno Valley 80-3 1/4.

Girls' Small Schools
Teams: 1. Etiwanda 100, 2. Norco 78, 3. Yucaipa 55, 3. North 55, 5. Sonora 36, 6. Colton 35, 7. Ramona 31, 8. Indio 31, 9. Victor Valley 18, 10. Barstow 16, 11. Poly 4.

4x110 yd Shuttle H: 1. Yucaipa 1:08.96, 2. North 1:09.36, 3. Norco 1:09.54. **8x220 Relay:** 1. North 3:53.83, 2. Etiwanda 3:53.97, 3. Victory Valley 3:59.31. **4x880 Relay:** 1. Norco 10:29.53, 2. Etiwanda 10:43.70, 3. Colton 10:48.75.

4x110 Relay: 1. Sonora 53.21, 2. Etiwanda 53.26, 3. Barstow 53.73. **Sprint Medley:** 1. Colton 4:39.21, 2. Ramona 4:39.71, 3. Etiwanda 4:40.85. **4x1 Mile Relay:** 1. Yucaipa 25:29.06, 2. Etiwanda 25:58.78, 3. Colton 26:50.66. **8x110 Relay:** 1. North 1:49.92, 2. Etiwanda 1:52.83, 3. Indio 1:54.18. **4x220 Relay:** 1. Etiwanda 1:53.46, 2. North 1:53.72, 3. Barstow 1:54.95. **Distance Medley:** 1. Norco 13:37.10, 2. Colton 13:58.65, 3. Etiwanda 14:18.54. **Mile Relay:** 1. Norco 4:16.22, 2. Etiwanda 4:25.55, 3. Sonora 4:28.14. **Shot Put:** 1. Norco 85-11 1/2, 2. Etiwanda 85-7, 3. Yucaipa 80-6 3/4. **High Jump:** 1. Norco 14-4, 2. Sonora 13-0. **Long Jump:** 1. Etiwanda 46-8 3/4, 2. Norco 43-5 1/2, 3. Indio 42-3 1/2. **Discus:** 1. Indio 250-10 1/2, 2. Norco 250-1 1/2, 3. Yucaipa 245-4. **Triple Jump:** 1. Yucaipa 94-6, 2. Etiwanda 93-10 1/2, 3. Indio 89-7 3/4.

Titan Track Festival

April 1, Poway High School

Boys' Results
100m: 1. Moody (Castle Park) 10.95, 2. Nelson (Mira Mesa) 10.99, 3. Faust (Poway) 11.38. **400:** 1. Gross (Hoover) 48.97, 2. Ross (Poway) 49.89, 3. McKair (Morse) 50.52. **1500:** 1. Rodriguez (Fall) 4:00.04, 2. Kndreikh (E.Cap) 4:00.55, 3. Hrd (Esperanza) 4:03.30. **110 HJ:** 1. Haines (Poway) 15.10, 2. O'Connor (Escondido) 15.16, 3. Stevens (MM) 15.18. **300m HJ:** 1. Haines (Poway) 39.50, 2. Dunn (Oceanside) 39.70, 3. O'Connor (Escondido) 39.73. **400 R:** 1. Mira Mesa 42.98, 2. Poway 43.14, 3. Lincoln 43.51. **1600 R:** 1. Morse 3:23.37, 2. Poway 3:23.82, 3. Mira Mesa 3:26.56. **High Jump:** 1. Hamilton (PH) 6-6, 2. Buchanan (SM) 6-4, 3. DiGiacomo (Parker) 6-4. **Pole Vault:** 1. Bowles (Esc) 12-6. **Long Jump:** 1. Brown (JC) 22-2 1/4, 2. Taylor (Lin City) 21-6 3/4, 3. Jordan (UC) 21-2 1/4. **Triple Jump:** 1. McGill (OG) 48-0 3/4, 2. McHenry (PH) 45-3 1/2, 3. Harrington (Esper) 45-0 1/2. **Discus:** 1. Hopkins (Brawley) 144-1, 2. Winn (SDigo) 143-11, 3. Cagagnan (MM) 140-4.

Girls' Results
100: 1. Kimmey (UC) 12.42, 2. Routs (Aust) 12.49, 3. Sullivan (Serra) 12.72. **400:** 1. Freeman (Crawford) 59.03, 2. Story (Ramona) 59.86, 3. Murray (Esper) 59.96. **1500:** 1. Jorgensen (RBV) 4:41.0, 2. Ridder (Aust) 4:50.2, 3. Hornbacher (RBV) 4:52.0. **110 LH:** 1. Dill (Pow) 15.22, 2. Cordy (Australia) 15.52, 3. Ames (Bell Gardens) 15.69. **300 LH:** 1. Cordy (Aust) 46.66, 2. Chadwick (E.Cap) 47.31, 3. Rojas (Esper) 48.22. **400R:** 1. Morse 49.20, 2. Australia 49.29, 3. Henry 50.21. **1600 R:** 1. Esperanza 4:08.21, 2. Hoover 4:10.08, 3. Helix 4:11.08. **High Jump:** 1. Armstrong (TP) 5-6 1/4, 2. Ames (BG) 5-2, 3. Sullivan (Serra) 5-0. **Long Jump:** 1. Maguyar (Aust) 18-5, 2. Johnson (PH) 17-4, 3. Kurras (Pow) 16-1 1/4. **Triple Jump:** 1. Johnson (PH) 39-3, 2. Sims (Osido) 35-7 1/2, 3. Conston (Osido) 34-5 3/4. **Shot Put:** 1. Schuessler (OG) 36-0 1/4. **Discus:** 1. Tumanjago (BG) 128-2, 2. Tois (Morse) 121-4, 3. Fawkes (Osido) 120-11.

Coca-Cola Lancer Relays

April 8, Chula Vista—The heat wave that has delighted thousands of San Diego beachgoers struck fear in the hearts of dozens of high school distance runners.

Participants in the Coca-Cola Lancers Relays track meet altered their pre-race warm-up routines in an effort to avoid the late-afternoon sun at Hill-

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ARCADIA INVITATIONAL

By DOUG SPECK

top High. All except Russell Reid, that is.

Reid, a Santana High junior, looked very much at ease in winning the boys' mile run in 4:32.5.

"I love the heat," Reid said. "That might be a mental advantage. I love working up a nice sweat. I've gotten all my best times in hot weather."

Much more traditional than April heat waves are strong performances by the Morse 440 relay teams. Both the boys' and girls' teams dominated the event.

The Morse girls ran a 50.4 to win their heat over Santana (53.0). San Diego had the second-best mark overall at 52.0. The Morse boys won the event with a 43.5, followed by Mira Mesa in 44.3.

Boy's Results

330 IH: 1. Arrington (SW) 40.8, 2. Sarnar (Santana) 41.0, 3. Klaser (Hilltop) 41.6. Triple Jump: 1. O'Fallon (Valhalla) 43-4, 2. Brannon (Morse) 42-4 1/2, 3. Klaser (Hilltop) 42-4. Pole Vault: 1. Hafon (Castle Pk) 14-0, 2. Deleo (Mar Vista) 13-0, 3. Farver (Montgomery) 13-0. Mile Relay: 1. Morse 3:32.00, 2. Castle Park 3:37.40, 3. Montgomery 3:37.60. 440 Relay: 1. Morse 43.50, 2. Mira Mesa 44.30, 3. San Diego 45.10. Discus: 1. Andrews (Castle Pk) 150-9 3/4, 2. Martinez (Hilltop) 150-9, 3. Pabellco (Mira Mesa) 138-9 1/2. Mile: 1. Reid (Valhalla) 4:32.50. SP: 1. Troxler (MM) 50-9, 2. Martz (Orange Glen) 48-3, 3. Calvin (Morse) 47-11. Long Jump: 1. Lawrence (Morse) 21-6, 2. Niable (Montgomery) 21-2, 3. Nixon (MM) 20-10. HJ: 1. Leath (Morse) 6-4, 2. Thral (Santana) 6-0, 3. Jones (Morse) 6-0.

Girl's Results

330 LH: 1. Buehner (Bonita Vista) 48.2, 2. Hilbert (San Diego) 50.1, 3. Tiffany (Orange Glen) 50.5. TJ: 1. Wright (Santana) 34-3, 2. Gavaldon (Bonita Vista) 31-0, 3. Back (San Diego) 30-11. Mile Relay: 1. Morse 4:24.80, 2. Orange Glen 4:26.10, 3. Hilltop 4:27.10. 440 Relay: 1. Morse 50.4, 2. San Diego 52.0, 3. Santana 53.0. Discus: 1. Schuessler (Orange Glen) 115-6, 2. Panton (Hilltop) 100-5, 3. Malmgren (MM) 94-6. SP: 1. Schuessler (Orange Glen) 39-3, 2. Quintos (MM) 35-5, 3. Czakowski (Chula Vista) 32-11. LJ: 1. Evans (MM) 15-9, 2. Slason (MM) 15-0, 3. Wright (Santana) 14-10. HJ: 1. Buehner (Bonita Vista) N.H., 2. Boord (MM) 4-10, 3. Maas (San Diego) 4-10.

April 8. Arcadia H.S.

The Twenty-Second Annual Arcadia Invitational, annually one of the highlights of the Spring Track & Field season in the Nation, featured another super show on April 8th. With the best of over three hundred schools from fourteen different states in attendance on a perfect spring evening, the athletes in the field and on the track performed in their usual magnificent style, recording fourteen new national leading efforts and twenty new California state leading marks out of the thirty-one events contested during the evening of action.

In a competition where near national record level must be achieved to set a Meet Record, the surprising number of five fell during the hot night of action. A huge crowd once again viewed the Meet held on what continues to be one of the sport's quicker facilities.

The Meet headliner was **Dion Bentley** (Penn Hills HS, Pittsburgh, Pennsylvania), who had long-jumped 26-6 1/2 during the indoor season to take down Jerry Procter's twenty-two year old undercover record of 26-2. In Bentley's three winter affairs he had jumped 26-6 1/2, 26-0 3/4, and 25-11 1/2. Dion and Coach Chuck Hemphill are super people and they came west with a mission in mind. Californians do not realize how lucky they are to have the Track weather we have. Bentley has only been able to practice outdoors one day this spring so far. Here, he was meeting a good field with eight who had jumped 23-6 or better. With some of the field events beginning an hour before the running, the Men's Long Jump among them, Announcer Dwain Esper made sure all eyes were on Bentley on each of his efforts this evening. Some fine jumping took place in the flights before Dion's final group. **Jason Duff** (Etiwanda) improved to 24-1 1/2, **Patrick Scott** (Wilson, Long Beach) was out to 23-10 1/4, and junior

Jerome Price (University City, San Diego) improved to a new outdoor national leader 24-4 3/4. The biggest impression one gets in watching Bentley is that of real grace and power off of the board, as he is nearly 6-5 in height and does not possess truly lightning speed. On his first effort Dion powered high after not even touching the board at takeoff and came down at 24-10, equalling the oldest Arcadia Meet Record (by Jim Spillane of Palos Verdes in 1972). During a very impressive series, 24-7 1/2, 24-8, 24-11, and 25-3 1/4 through five jumps you just had the feeling that he had not fully put it together. On his final jump Bentley came down a foot farther than any of the other leaps thus far, a measured 26-4 from take-off, but he had fouled narrowly. His 25-3 1/4 is a 1989 National Outdoor leader and it was truly a highlight of the meet for Southern California fans to see a young man who will most likely be an international star in the event.

Jayson Lavender (Wichita Falls, Texas) is an amazing Pole Vaulter. He has established national frosh (16-3 1/4) and an amazing soph class record of 17-0 3/4 last spring. Anyone who can perform like that will create some interest. **Greg Sheets** (Taft, Woodland Hills) finished best among the mortals in this field at 15-0, with Jayson starting at and clearing 15-6 on his first attempt by about a foot and a half while Sheets went out at that level. From there on in it was the Texan's show, skying 16-0 and 16-6, with a move to a new Meet Record height of 17-3 1/4 next in order. **Brent Burns** (Acalanes, Lafayette) cleared 17-3 in 1987 here. Maintaining perfection in this competition on his first attempt Lavender touched the bar but had it remain on with that 17-3 1/4 clearance that had him become the #12 prep vaulter ever. Jayson is a real dynamo on the runway. The Vault pit sits right in front of the main stands at Arcadia, with the Texan gaining a spot in the heart of local track fans with his spirit-

ed performance this event. Jayson was awarded the Male Athlete of the Meet award for his fine effort.

Another exciting outside entry in the 1989 competition was a Women's team from **John Marshall High School** in Oklahoma City, Oklahoma. Coach Clyde Ellis and his crew have won thirteen (yes that's 13!) straight State Championships in the sport, and have an outstanding group back in 1989. **Leah Kirklín** is the outstanding all-around jumper in the nation with 5-8 (High Jump), 20-3 1/2 (Long Jump), and 40-8 3/4 (Triple Jump) bests, and was the U.S. Junior National Champion in the T.J. **Jamie Gray** is a sub 12-second and 25-second 100 and 200 meter sprinter, with **Thelma Franks** a 14.36 100 Meter High (33") Hurdler. The first event of involvement for the group this evening would be the Triple Jump with Kirklín. This event featured the strongest prep group ever gathered for the event. Seven in the field had bests of 38-6 or better. Sitting aside while early flight athlete **Roshanda Glenn** (West Covina) soared to 39-10, Kirklín and an awesome final flight battled back and forth. Kirklín soared 40-6 1/2 on her first effort to take the lead, with **Keri Sanchez** (Santa Teresa, San Jose) establishing a new California state soph best with 40-1 1/2 on her 2nd effort. **Juliana Yendork** (Walnut) moved out to 39-6 1/2 on her third leap, with **Jennifer McDermott** (Ridgewood, New Jersey) joining the fun at 39-5 on her final effort in the prelims. Kirklín effectively ended the competition with 40-8 3/4 second and 41-8 third efforts. One had the real sense of power that you see in few female athletes in watching Kirklín. She does not seem tremendously fast or particularly springy in style, but just powers through the three portions of this event at a level few preps have ever been able to achieve. Yendork sailed one close foul out in the low 41 foot range, with the event a super one for spectators with thirteen jumps over 39 feet in the competition! Kirklín next joined her

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PREP NOTES

ARCADIA...

teammates for a showdown against the best California could offer in the 400 meter relay. **Muir** (Pasadena), anchored by **Inger Miller**, was turning out to be the top one lap relay squad in the state this year, with **Locke** (L.A.), **Hawthorne**, and **St. Francis** (Mt. View) along to make it interesting. The Oklahoma squad generated such a sense of determination in all of their events this evening, and it was personified here. Lead-off runner **Jamie Gray** blazed the first leg, with the stick work to second runner **Thelma Franks** a thing of beauty that put the blue and red clad Midwesterners far in front of the competition. **Duani Hall** raced a fine third leg, with the Midwesterners having a ten meter lead as **Kirklin** started her anchor straightaway. **Inger Miller** was anchoring for the Muir squad that was running second, and she was able to close down about half that margin through the tape, but John Marshall was a comfortable winner at 46.79-47.06. **Kirklin** raised the baton triumphantly in the air past the finish in a symbolic sign for the Sooner State squad this evening. The winning time is the second fastest in the nation this spring. **Thelma Franks** would face a super group in the 100 Meter Low Hurdles, led by 1989 State Leader, **Falco Lipscomb** (13.91), returning national event leader **LaTonya Davenport** (13.81) and outstanding all-arounder **Keri Sanchez** (13.99). **Lipscomb** has been especially hot. Halfway through the actual event here it was **Lipscomb** and **Franks** battling for the lead a couple of meters ahead of the pack. In a repetition of each event the Oklahomans competed in so far this evening, **Franks** surged ahead over the final three flights, rocketing in ahead of **Lipscomb** 13.77-13.84. Later in the evening **Kirklin** added a Long Jump win to the Oklahoma stockpile of winner's watches, taking a field with nine entered at 18-9 or better with a Nation Leading effort of 19-2 1/2 over **Marijka Veltman** (Leland, San Jose) and her 1989 California State Best 19-0 3/4. **Jamie Gray** fared well for Marshall in the 100 Meters, placing third at 12.04. Last year it was **Tilden** of Brooklyn, New York in the Women's division and **South Oak Cliff** of Dallas in the Men's that created interesting geographic match-ups as teams. This

year Marshall continued that tradition here. Needless to say the Marshall crew was more than up to defending the Midwest's honor this particular evening. **Kirklin** was named Female Athlete of the Meet for her efforts.

The Women's weight events here featured fields that may have been better than any ever gathered at the prep level in any event. The Women's Discus simply featured the top six throwers in the nation. **Dawn Dumble** (170-11) and **Melisa Weis** (165-4), **Julie Victor** (Austintown-Fitch, Youngstown, Ohio) (159-2), **Candy Roberts** (Don Lugo, Chino) 157-9, **Jenny Peters** (Gunn, Palo Alto) 154-8 (1988), and **Amy Paulsen** (Ralston, Nebraska) 150-4 (1988) would be an event worth watching. Seventeen 150 foot or better throws marked the competition! **Amy Paulsen** (146-10) and **Debbie Cembellin** (Amador Valley, Pleasanton) (144-2) were pushed into the first flight and were the leaders through the first three rounds there. **Peters** started the action in Flight #2 with a personal best 156-1 effort, with **Weis** bombing out to 163-1, and **Dumble** unloading her first effort to 160-6. **Roberts** threw a personal best 160-7 on her third prelim toss to move into second. The Finalists were **Cembellin**, **Paulsen**, **Victor** (151-3) in the prelims, **Peters**, **Dumble**, **Roberts**, and **Weis**. **Roberts** shocked with a big PR on her #4 toss out to 166-4, and added a 165-1 on her fifth effort. **Paulsen** improved to 157-6 on her 5th toss, and **Victor** was 156-7 on her second to last mark of the competition. **Weis** threw 162-3 during the final three rounds with **Dumble** 160-5 and 161-6, but the Central California duo could not reach the best efforts of the State's latest Weight star. Most of the same group wandered over to the Shot Putter ring after the Discus. **Dumble** leads the nation in the Shot at 48-5 1/2, **Paulsen** threw 47-3 last year, **Weis** has a 1989 best of 45-4, with **Victor** a best of 43-6 1/4 this winter indoors, and **Angie Arrington** (Palmdale) 43-5. **Arrington** opened up the Shot competition at 42-0 3/4, with **Dumble** cranking prelim efforts of 45-5 1/2, 47-2 3/4, and 46-3. **Weis** was 43-6 1/2, **Victor** 41-11, **Paulsen** 41-2, and surprising **Shannon Parker** (St. Francis, Mt. View) 40-3 3/4 after the Prelims. **Dumble** improved into 2nd

at 43-8 on her final throw, with **Paulsen** improving to 42-3 1/2 and **Parker** 41-10 3/4 in another splendid competition among this group. The Men's Discus was an interesting gathering of throwers from all around the state. **Derrek Stevens** (Bakersfield) led the state so far at 183-8, but you had the feeling something would give here with all the top throwers gathered. **John Gallagher** (Palm Desert) (188-1) and **Stevens** (189-7) livened up the action during the very first round, with **Gallagher** improving to 189-8 and **Stevens** 189-10 on their third efforts, marks neither could better for the rest of the competition. **Stevens'** mark is #2 nationally, with **Gallagher** #3. **Robert Clarke** (Walnut) improved to 178-2 for 3rd with **Greg Hodel** (Don Lugo, Chino) 176-8 4th. **Brent Noon** (Fallbrook), the 66-foot Shot Putter, was ill and could not make the Meet. In his absence **Joe Bailey** (Wilson, Long Beach) 58-7 and improved **Keith Jones** (Hoover,

Fresno) 58-4 3/4 went 1-2.

Speed is the name of the game and there was no shortage with the geographic diversity of this Meet. The nation's three best female sprinters, **Angela Burnham** (Rio Mesa, Oxnard), **Inger Miller** (Muir, Pasadena), and **Andrea Lee** (Riverside, Milwaukee, Wisconsin) would battle at 100 and 200 meters. **Burnham** was named the National High School Female Athlete of the Year by *Track & Field News* for a season that featured 11.28 (#3 prep mark of all-time) and 23.45 sprint bests, and included an Olympic Trials Semi-Finalist appearance and a sixth place effort in last summer's World Junior Championships. **Inger Miller** (Muir, Pasadena) returned with the second best sprint times in the nation at 11.64 and 23.59, with a win over **Burnham** a month previous to this affair over 100 meters. **Lee** is the top sprinter from the Midwest, with 11.92 and 24.02 bests in an area where the weather rarely ever



ANGELA BURNHAM (left) is nipped by **INGER MILLER** photo by Burt Davis

gets right for the sport. **Burnham** had only run **Lee** down in the last 30 meters of the National Interscholastic

continued next page...

tic Indoor 200 meters final a month previous to win 24.80-24.85. Last year Burnham was successful in running down the quicker-starting Miller in all the big meets, with Miller racing super thus far this season. Their races here were classics. Over 100 Meters Miller had a touch better start, with both athletes quickly pulling away from the field to battle meter for meter during the last two-thirds of the race. Burnham edged up, but could never power past the daughter of Olympic sprint medalist Dr. Lennox Miller like she could last year, and the Muir athlete was the winner in a nation-leading 11.59-11.64. Over 200 Meters the script was the same as last year here, with Miller burning the turn and entering the straightaway with a two meter lead (at 12.0 for the first 100 meters run around the turn). During the final 100 a tantalizing struggle took place where Burnham moved up to and finally past Miller, winning 23.63-23.91. The winning time took down Valerie Brisco's Meet Record of 23.77 from way back in 1977. Miller has been bothered with a cramping condition over the last couple of weekends, and she noticeably limped after the 200 finish. The Men's dashes were just as classic. Outstanding entrants included **Albert Ransom** (Montbello, Denver, CO) 10.43 (#2 returnee in nation) and 46.2 for 400 meters, **Barry Smith** (Mission, San Francisco) 10.49 (#3 back in country) and 21.10 (20.68w) (#4 nationally), **Jeff Laynes** (Oakland), the 1989 outdoor national leader at 10.52-21.40, **Curtis Conway** (Hawthorne) 21.22 (#6 nationally), and the best two soph sprinters in the nation in 1988, **Donovan Burks** (Washington, L.A.) 10.58-21.37 and **Andre Green** (Poly, Long Beach) 10.62-21.62. It would be the out of the greater L.A. area stars who would take all the Men's events up through the 400. In the 100 Laynes parlayed a rocket start and fine acceleration throughout into a solid one meter win over Ransom 10.56 (National leader)-10.66. Over 200 meters the race was a classic struggle. Laynes rocketed the turn, entering the straightaway at 10.9 at the 100 meter starting line with a one meter lead over the field. One lane outside Jeff in the middle of the track Barry Smith (Mission, San Francisco) was gathering

for a big finish. Halfway down the straightaway Smith caught Laynes and the two fought each other every single inch of the race that was left before Smith leaned into the tape a narrow winner. Surprisingly, the quickest finisher, way on the outside of the track, was **Erik Mitchell** (Mayfair, Lakewood), who almost caught Smith, finishing only .01 behind 21.34-21.35 with Laynes 3rd at 21.38. Smith's win was another new National Leader. **Albert Ransom** (Montbello, Denver, CO) is a very powerful looking quarter miler with a lifetime best of 46.2 from last year. Here he would meet the best California could offer, but it would take much more than that group to challenge the Denver athlete this evening. Rocketing out at 21.6 through 200 meters Ransom had a ten meter lead as the field entered the straightaway at 300 meters (in 33.0). **Beno Bryant** (Dorsey, L.A.) closed the margin down a bit in the final 100 meters, with Ransom slowing some right at the end to win 46.57-47.35. Albert's time is a new Meet Record. And indication of his ability is the last two holders of the Meet Record. Danny Everett, the Olympic Gold Medalist, raced 46.71 here while a prep, with Steve Lewis, an Olympic Medalist in the event last year as a frosh at UCLA, the most recent holder of the Meet standard here as a prep at 46.70. **David Stone** (Arroyo Grande) looked super in winning the Seeded race in this event at 47.90. The Women's 400 was another classic field, with six of the top nine returnees in the nation on the track. Defending State Champion **Angela Rolfe** (Dorsey, L.A.) was a late scratch, as she has had some health problems this season. **Tanya Doolley** (Bret Harte, Altaville) raced 53.95 last year as a soph and is the nation's #2 returnee. **Roslyn Mack** (St. Francis, Mt. View) 54.73 and **Barbara Silkridge** (Randolph, New York City) 55.15 would be the other main actors. By 200 meters in the actual event Mack and Silkridge had separated themselves from the pack with Roslyn having the most strength during the final run-in to record a Nation Leading 55.79 win. **Hawthorne** proved once again superior in the Sprint Relay events not discussed above. In the Men's 400 Meter event the Cougars have already run 40.66. Here, with (once again) not spectac-

ular passes Coach Kye Courtney's crew took down the old Meet Record of 41.18 with a fine 40.78 effort. Anchor runner **Curtis Conway** had been very ill with no workouts in the last week. Oakland was never really close, but did record a fine 41.31 for 2nd in the short relay. Over the 1600 meter distance it was again not very close, with 49.3-49.1 and 49.2 legs giving Conway a comfortable lead going into the anchor. Curtis cruised a 47.3 as the Cougars raced the country's second fastest time of 3:14.95. **Beno Bryant** anchored Dorsey in 47.5 to take the Seeded race at 3:16.62. In the Women's 1600 Meter Relay event **Kee Sha Adams** rolled 56.0 on leg #2 and **Kesha Marvin** anchored in 56.0 as the Cougars rolled to a 3:51.33 #2 time nationally there.

The Distance events are always a Meet highlight here. Fields and results were strong once again. **Lisa Dressel** (Rogers, Spokane, WA) came for a tough 1600-3200 double against a good California crew. **Karen Hecox** (South Hills, West Covina), **Rayna Cervantes** (Montebello), and **Kira Jorgensen** (Rancho Buena Vista, Vista) led a strong four lap field. Jorgensen and Dressel ran along at the front for two laps, covered in 72.3 and 2:27.5. Lisa edged by after two and a half laps, and passed the 1200 split at 3:40.3 with a 12 meter lead over Jorgensen, and a surprising four and a half second margin over Hecox, who had looked great recently. With a half a lap to go Dressel still held the lead, but Jorgensen had crept closer, with Hecox now right up on Kira's shoulder. With 180 meters to go Hecox launched a frightening sprint that had her come up to Dressel partway down the homestretch and scream past on her way to a Nation Leading 4:53.94-4:56.01 win. Karen had covered the last 400 meters in 69.1 seconds with her last 200 in a blazing 33.2. Over 3200 meters Dressel had **Jamie Park** (Santa Barbara) along for most of the race as company. The duo raced together through a 5:20.2 opening 1600 meters with the Washington athlete able to gain a very narrow lead with a single circuit to go. Racing a 76.4 final 400 Dressel won at 10:41.23 (1989 National Outdoor Leader) over Park's 10:44.26. **Tanya Brix** (University, Irvine) marked this as her coming out in

fourth at 10:54.64 behind **Deena Drossin's** 10:51.60 for third. Dressel's double was very impressive and brought to mind the efforts of Laurie Gomez (Boardman, Youngstown, Ohio) who fared nicely against California's best here last year at the same distances. Over 800 Meters defending State Champion **Kathi Roldan** (Mt. Whitney, Visalia) showed her superiority over a fine field that included the nation's leading indoor miler, **Sarah Schwald** (Mead, Spokane, WA) (4:49.94) and the 1987 California State Champion, **Kim McAllister** (Locke, L.A.). Roldan took the lead right at the start as the field cut in off the one turn stagger, rolling through 200 meters at 30.9 and 400 at 66.9. A 34.4 third 200 still had Roldan leading by a couple of meters over Schwald at 1:41.3 at 600 meters. A large group finished strongly over the final half lap, with the Mt. Whitney star still holding off the pack at 2:13.28 with **Kim Toney** (Atascadero) 2:14.57 in 2nd and **Kim McAllister** 3rd at 2:14.74. The Women's Distance Medley Relay was entertaining. On the 1200 Meter leg fine ninth grader **Mira Hornbacher** had Rancho Buena Vista (Vista) ahead with a 3:49.3 effort. Legs of 59.7 and 2:31.4 had RBV about four seconds down on Santa Teresa (San Jose) as **Kira Jorgensen** (RBV) started the anchor leg against **Eva Berry** (Santa Teresa). **Karen Hecox** was anchoring for South Hills (West Covina) a ways further back. After two laps Jorgensen had caught Berry, and the duo ran stride for stride. During a torrid last lap the San Diego area star edged away from Berry to complete her fine 4:57.2 leg (Berry clocked 5:02.8) as Rancho Buena Vista recorded a Nation Leading 12:17.98 in winning. Santa Teresa recorded a 12:19.11 with Hecox anchoring South Hills in 4:57.7 in 12:23.16 in third.

The Men's Distance events were also very solid. In the 800 Meters there were five athletes with bests of 1:53.5 or better. **Scott Peters** (Gainesville, Florida) was the 1989 National leader off his 1:52.99 in March in winning the Florida Relays. Scott is a tall smooth strider who moved right to the front here as the pack cut for the pole after the one turn stagger. Through 13.0 and 26.9 first two 100 meter splits Peters led,

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PREP NOTES

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with Palmdale's **Eric McBride** leading briefly on the first homestretch before the Floridan moved back in front at 56.4 at the 400. Scott stepped on the accelerator during the third 200, covered in 27.3 (1:23.7 600) to lead by eight meters with a half lap to go. **Doug Nichols** (Edison, Huntington Beach) was closest there, with **Troy Collins** (Hemet) really charging the final 100 to come within three meters of Peters' Nation Leading 1:52.51 at the finish with a fine 1:52.97. At 1600 Meters another good group would meet. Eyes were on **Colay Candaale** (Carpinteria) who had run 4:11.04 last year as a 10th grader and 1:52.9 already this spring for 800 meters. The pack was together through a 62.6 400, with powerful smooth-striding **Mike Williamson** (Thousand Oaks) setting up a quick race by leading just prior to the 800 (2:06.7) and pressing lap three in 62.8 (3:09.5 at 1200). **Todd Lewis** led the closely following pack at that point, with the latest Burbank HS star moving aggressively ahead at the 1200. A 30.6 200 put Lewis five meters ahead with a half a lap to go, an advantage he was able to hold all the way to the tape in his 4:11.20 win. **Eddie Lavelle** (Corona del Mar) was second in a fine 4:11.94 with sophomore **Luis Quintana** (Arroyo Grande) improving to 4:12.24 in third. Great Arcadia depth was featured by the rest of the field, with thirteen finishing under 4:18.6. **Bryan Dame-worth** (Agoura) earned his win in the 3200, leading all the way. After a 63.9 opening 400 Bryan still had fifteen others within three seconds at a 4:31.5 1600. **Martin Morales** (Wilson, L.A.) remained closest, with a 69.1 seventh lap earning Dame-worth a three meter lead at the start of the final go-round. Bryan accelerated through a 64.2 last lap (8:31.5 3000 meters) to win in the #2 mark in the nation this spring at 9:03.62 over Morales' improved 9:06.65. **David Welsh** (Jesuit, Sacto) shocked with his 9:07.77 in third. The Men's Distance Medley featured the best distance running of the entire evening. Corona del Mar had already had **Eddie Lavelle** run 4:11.94 and **Greg Shryock** 4:18.57 earlier in the evening in the invite 1600. They would add **Mark Barnum** and **Jay Lightburn** to make up a smoking Distance Medley

group. Fine half miler **Egan Titus** opened up for Clovis with a 3:05.1 1200 leg, with **Shryock** putting Cdm



KEVIN KEANE

photo by Burt Davis

in good shape with a 3:08.5 lead off. Barnum's 50.2 and Lightburn's 1:57.8 put the Beach school and Eddie Lavelle within four meters of Clovis as the final leg started. Lavelle screamed through 58.2 and 2:03.5 opening laps to move into the lead and never looked back on his way to a 4:12.9 four lap effort. Corona del Mar finished in an amazing 10:09.71, one of the top ten times ever run by a California squad in the event. There were some other screamers on the anchor. **Scott Hempel** anchored Walnut to 2nd in 10:15.15 with a 4:15.0 split, **Francis O'Neill** finished San Pasqual (Escondido) in 3rd at 10:17.62 with a 4:17.1 leg, with **Todd Lewis** (Burbank) closing with a 4:16.4 for his team's 10:21.41 in fourth. Eleventh place in the event was a very fine 10:27.20.

The Men's High Hurdles featured another super field. Heisman Trophy winner **Barry Sanders'** cousin, **Rod**, a senior at Ardmore, Oklaho-

ma, had run 13.92 to lead the nation outdoors thus far this year. **William Henry** (Arroyo Grande), **John Prudenti** (Justin-Siena, Napa), and **Joaquin Webb** (Eisenhower, Rialto) were Californians who had run well this spring. In the center of the track Sanders and Prudenti were out ahead of the field halfway through the event, with the pressing Oklahoman tipping the sixth hurdle and slightly losing his balance from there on in, eventually finishing 5th at 14.53. Prudenti did not hesitate a bit over the final half of the race, sailing in to win by three meters in a fine 14.09, the #2 time run thus far in the country this spring. This was to be Prudenti's night in the barrier events, as he added a smooth 300 meter Intermediate Hurdles triumph to his honors, recording a 37.47 clocking to William Henry's 37.93 in second. Prudenti's time there also ranking as the second fastest run in the nation thus far this year. In the Women's 300 Meter Low Hurdles, **Karen Wiedmann** (Kent-Meridian HS, Kent, WA.), a fine all-around athlete who has long jumped 19-4 and run at 45 seconds in the long lows, started out like she really wanted a winner's watch. The Northwesterner had a three meter lead over **Karl Sanchez** (Santa Teresa, San Jose) at the 200 meter mark (in 28.7) as the field started their homestretch run. Sanchez edged up and past with a very consistent stride pattern, surviving a hop over the final barrier on the way to a fine 43.76-44.22 win.

The Men's Triple Jump was another amazing field gathered here. Thirteen in the field had lifetime bets of over 48-0. **Daandre Roberson** (West Bakersfield) emerged victorious, leaping to the #2 effort nationally for the year with a 50-2 1/2 best. Eastern visitor **Craig Halyard** (Ridgewood, NJ) was 2nd at 48-2. The Women's High Jump group was very strong. Eleven of the twelve entrants had bests of 5-8 or over. Three of the state's hottest leapers, defending State Champion **Crissy Mills** (Campbell Hall, North Hollywood), **Lori Svoboda** (El Dorado, Placentia), and defending TAC U.S. Junior National Champion **J.C. Broughton** (Woodland) all jumped 5-8 in the competition, finishing in that order on misses. **Teddy Williams** (Cactus, Glendale, AZ) won over a fine Men's High Jump field at

6-10 on misses over **Kevin Keane** (DeLaSalle, Concord) and a come-backing **Mark Wilson** (Charter Oak, Covina).

Once again the Arcadia Meet Management put on an "Open" Meet for those athletes who were just short of qualifying for the evening "Invitational" affair. The athletes in this division continue to perform at an amazingly high level, showing that there are a lot of athletes out there who just need some competition under some good conditions to perform at a very, very high level. **Twila Sims** (Lompoc) recorded the nation's #3 300 meter Low Hurdles clocking with a 44.03 win here, with Meet Records on the Women's side also falling to **Shanequa Campbell** (Alta Loma) in the 200 (25.05), **Bernice Santoyo** (Mt. View, El Monte) 1600 meters 5:08.1, **Melissa McDonald** (Mater Dei, Santa Ana) 5-7 in the High Jump, **Rochelle Johnson** (Patrick Henry, San Diego) 17-9 3/4 in the Long Jump, and **Jennifer Peters** (Gunn, Palo Alto) 37-8 1/4 in the Shot. **Shallie Tochluk** (Westminster) raced a fine 56.96 for 400 meters with Shanequa Campbell (Alta Loma) adding a 44.77 300 meter Low Hurdle Heat win. On the Men's side **Robin Kim** (Canoga Park) raced 21.7 for 200 meters, with other fine performances from **Chris Manley** (Banning, Wilmington) 1:55.2 in the 800, **Paul Goodrich** (Dos Pueblos, Goleta) 4:19.07 1600, **Bill Aranson** (Po-way) 9:29.33 in the 3200, and **Rene Bustamonte** (Schurr, Montebello) 162-8 in the Discus.

Women's Results

100m: 1. Miller (Muir, Pasaj) 11.59 (National Leader), 2. Burnham (Rio Mesa, Oxnard) 11.64 (#2 in Nation), 3. Gray (Marshall, OK) 12.04. 200m: 1. Burnham (Oxnard) 23.63 (Meet Record and #2 Time Nationally), 2. Miller (Muir) 23.91, 3. Nichols (Bakersf) 24.43. 400m: 1. R. Mack (St. Francis, Mt. View) 55.79 (National Leader), 2. Selkridge (A.P. Randolph, N.Y. York City, NY) 55.98, 3. Dohley (Bret Harle, Altaville) 56.21. 800m: 1. Roldan (Mt. Whitney, Visalia) 2:13.28 (#2 mark Nation), 2. Toney (Atascadero) 2:14.57, 3. McAllister (Locke, LA) 2:14.74. 1600m: 1. Hecox (So. Hills, W. Covina) 4:53.94 (National Leader), 2. Dressel (Rogers, Spokane, WA) 4:56.01 (#2 mark Nation), 3. Cervantes (Montebello) 4:58.60. 3200m: 1. Dressel (Rogers, WA) 10:41.23 (National Leader), 2. Park (S. Barbara) 10:44.26, 3. Drossin (Agoura) 10:51.60. 100m LH: 1. Franks (Marshall, OK) 13.77 (National Leader), 2. Lipscomb (Santa Monica) 13.84, 3. Davenport (Lodoo, LA) 14.43. 300m LH: 1. Sanchez (S. Teresa, San Jose) 43.76 (#2 Time Nation), 2. Wiedmann (Kent, Meridian, Kent, WA) 44.22, 3. Mazingo (Hawthorne) 44.87. 400m Relay (Invitational): 1. Marshall, (Ok City) 46.79 (#2 Time Nation), 2. Muir (Pasadena) 47.06, 3. Rio Mesa (Oxnard) 47.77. (Seeded): 1. St. Bernard

continued next page...

ARCADIA...

PREP NOTES

(Playa del Rey) 48.53, 2. Duarte 48.82, 3. Dorsey (LA) 49.03. **1600m Relay (Seeded):** 1. Mission Viejo 3:56.07, 2. Fio Mesa 3:56.62, 3. Bakersfield 3:57.18. **(Invitational):** 1. Hawthorne 3:51.33 (State Leader, #2 Time Nation), 2. St. Francis (Mt. View) 3:57.40, 3. Clovis 3:59.39. **Distance Medley Relay:** 1. Rancho Buena Vista (Vista) 12:17.98 (National Leader), 2. Santa Teresa (San Jose) 12:19.11, 3. South Hills (West Covina) 12:23.16. **High Jump:** 1. Mills (Campbell Hall, No. Hollywood) 5-8, 2. Svoboda (El Dorado, Placentia) 5-8, 3. Broughton (Woodland) 5-8. **Long Jump:** 1. Kirklin (Marshall OK) 19-2 1/2 (National Leader), 2. Veltman (Leland, San Jose) 19-0 3/4 (State Leader), 3. Sanchez (Santa Teresa, San Jose) 18-11. **Triple Jump:** 1. Kirklin (Marshall, OK) 41-8 (National Leader, #6 HS Performer ever), 2. Sanchez (Santa Teresa, San Jose) 40-1 1/2, 3. Glenn (West Covina) 39-10. **Shot Put:** 1. Dumble (Bakersfield) 48-9 (National Leader), 2. Victor (Austintown Fitch, Youngstown, OH) 43-8, 3. Weis (Bakersfield) 43-6 1/2. **Discus:** 1. Roberts (Don Lugo, Chino) 166-4 (#2 Mark Nation), 2. Weis (Bakersfield) 163-1, 3. Dumble (Bakersfield) 161-6. **Women's Athlete of the Meet:** Leah Kirklin (John Marshall, Oklahoma City, Oklahoma).

Men's Results

100m: (Invitational) 1. Laynes (Oakland) 10.56 (National Leader), 2. Ransom (Montbello, Denver, CO) 10.66, 3. Smith (Mission, S.F.) 10.75. **(Seeded):** 1. Smith (Hawthorne) 10.86, 2. Allen (Hawthorne) 10.92, 3. Washington (Central, Philadelphia, PA) 10.93. **200m (Invitational):** 1. Smith (Mission, San Francisco) 21.34 (National Leader), 2. Mitchell (Mayfair, Lakewood) 21.35 (#2 Time Nation), 3. Laynes (Oakland) 21.38 (#3 Time Nation). **(Seeded):** 1. Borquez (Alemany, Mission Hills) 22.03, 2. Washington (Central, Phil., PA) 22.19, 3. Goss (Washington, LA) 22.32. **400m (Invitational):** 1. Ransom (Montbello, Denver, CO) 46.57 (Meet Record, #2 Time Nation), 2. Bryant (Dorsey, LA) 47.35 (State Leader), 3. Borquez (Alemany, Mission Hills) 47.96. **(Seeded):** 1. Stone (Arroyo Grande) 47.90, 2. Semien (Floridan, S.F.) 48.21, 3. Burt (Birmingham, Van Nuys) 48.36. **800m:** 1. Peters (Gainesville, FL) 1:52.51 (National Leader), 2. Collins (Hemet) 1:52.97 (State Leader), 3. Holland (Justin-Siena, Napa) 1:53.89. **1600m:** 1. Lewis (Burbank) 4:11.20 (National Leader), 2. Lavelle (Corona del Mar) 4:11.94, 3. Quintana (Arroyo Grande) 4:12.24. **3200m:** 1. Damesworth (Agoura) 9:03.62 (#2 Time Nation, State Leader), 2. Morales (Wilson, LA) 9:06.65, 3. Welsh (Jesuit, Sacto) 9:07.77. **110m High Hurdles:** 1. Prudenti (Justin-Siena, Napa) 14.09 (State Leader, #2 Time Nation), 2. Inman (Mills Godwin, Richmond, VA) 14.35, 3. Henry (Arroyo Grande) 14.45. **300m Intermediate Hurdles:** 1. Prudenti (Justin-Siena, Napa) 37.47 (#2 Time Nation, State Leader), 2. Henry (Arroyo Grande) 37.93, 3. Morris (A. Hill, San Jose) 38.13. **400m Relay (Invitational):** 1. Hawthorne 40.79 (#2 Time Nation), 2. Oakland 41.31, 3. Washington (L.A.) 41.42. **(Seeded):** 1. Carson 42.30, 2. Lynwood 42.58, 3. Dominguez (Compton) 42.61. **1600m Relay (Seeded):** 1. Dorsey (L.A.) 3:16.62, 2. Fioridan (San Francisco) 3:18.28, 3. San Bernardino 3:18.35. **(Invitational):** 1. Hawthorne 3:14.95 (State Leader, #2 Time Nation), 2. Arroyo Grande 3:17.47, 3. Eisenhower (Rialto) 3:18.18. **Distance Medley Relay:** 1. Corona del Mar 10:09.71 (Meet Record, National Leader), 2. Walnut 10:15.15 (#2 Mark Nation), 3. San Pasqual (Escondido) 10:17.62 (#3 Mark Nation). **High Jump:** 1. Williams (Cactus, Grandale, AZ) 6-10, 2. Keane (DeLaSalle, Concord) 6-10, 3. Wilson (Charter Oak, Covina) 6-10. **Pole Vault:** 1. Lavender (Wichita Falls, TX) 17-3 1/4 (Meet Record, National Leader), 2. Sheets (Taft, Woodland Hills) 15-0, 3. Lewis (Crescenta Valley, La Crescenta) 14-6. **Long Jump:** 1. Bentley (Penn Hills, Pittsburgh, PA) 25-3 1/4 (Meet Record, National Outdoor leader), 2. Price (University City, San Diego) 24-4 3/4 (State Leader), 3. Duff (Escondido) 24-1 1/2. **Triple Jump:** 1. Roberson (West Bakersfield) 50-2 1/2 (#2 Mark Nation), 2. Halyard

(Ridgewood, NJ) 48-2, 3. Perry (Muir, Pasadena) 48-1. **Shot Put:** 1. Bailey (Wilson, Long Beach) 58-7, 2. Jones (Hoover, Fresno) 58-4 3/4, 3. Wiley (Hemet) 57-0. **Discus:** 1. Stevens (Bakersfield) 189-10

(#2 Mark Nation, State Leader), 2. Gallagher (Palm Desert) 189-8 (#3 Mark Nation), 3. Clarke (Walnut) 178-2.

Men's Athlete of the Meet: Jayson Lavender (Wichita Falls, Texas).

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Best Indoor and Outdoor Prep Marks

Compiled By Keith Conning

These lists contain the best indoor and outdoor marks reported to the High School Editor by April 8. Please send all high school results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

Current California High School Records are listed at the head of each event. Classes: *=junior, **=sophomore, ***= freshman, ?=class unknown (all others are seniors). Symbols: +=converted time; (A)=mark made at altitude over 1000m (in affected events only). Sections: CS=Central, CCS=Central Coast, LAS=Los Angeles, NCS=North Coast, NS=Northern, OS=Oakland, SJS=Sac-Joaquin, SDS=San Diego, SFS=San Francisco, SS=Southern.

Boys

100 Meters (10.25)

- 10.56 Jeff Laynes (Oakland, OS)
- 10.4 James Stallworth (Tulare, CS)
- 10.5 Derick Loftis (Hanford, CS)
- 10.5 **Tim Martin (San Clemente, SS)
- 10.5 *Erik Mitchell (Mayfair, SS)
- 10.75 Barry Smith (Mission, SFS)
- 10.77 *Donovan Burks (Washington, LAS)
- 10.79 ?Chris Alexander (Hawthorne, SS)

United States Leader:

- 10.56 ?Anthony Phillips (Ball, Galves, TX)

Wind-aided:

- 10.45 Curtis Conway (Hawthorne, SS)
- 10.46 James Stallworth (Tulare, CS)
- 10.57 *Chris Alexander (Hawthorne, SS)
- 10.61 Jeff Laynes (Oakland, OS)
- 10.67 Leslie Haymon (Edison, CS)
- 10.72 Derick Loftis (Hanford, CS)
- 10.75 Whaylin Bratton (Upland, SS)

United States Leader:

- 10.28 *Doyle Jones (Carter, Dallas, TX)

200 Meters (20.50A)

- 21.34 Barry Smith (Mission, SFS)
- 21.35 *Erik Mitchell (Mayfair, SS)
- 21.38 Jeff Laynes (Oakland, OS)
- 21.78 Curtis Conway (Hawthorne, SS)
- 21.81 *Jonathon DeVeaux (Narb, LAS)
- 21.83 *Annthony Smith (Hawthorne, SS)
- 21.7 *Chris Alexander (Hawthorne, SS)

21.7 ?Robin Kim (Canoga Park, LAS)

United State Leader (Outside Calif):

- 21.55 ?Frazier (Winter Garden, FL)

Wind-aided:

- 21.48 **Eric Allen (Hawthorne, SS)
- 21.63 *Andre Green (Long Beach Poly, SS)
- 21.66 *Anthony Smith (Hawthorne, SS)
- 21.77 ?Tony Borquez (Alemany, SS)

United States Leader:

- 20.79 *Doyle Jones (Carter, Dallas, TX)

400 Meters (45.09)

- 47.35 Beno Bryant (Dorsey, LAS)
- 47.54 Curtis Conway (Hawthorne, SS)
- 47.90 ?David Stone (Arroyo Grande, SS)
- 47.96 ?Tony Borquez (Alemany, SS)
- 48.21 Damien Semien (Riordan, CCS)
- 48.36 Rodney Burt (Birmingham, LAS)
- 48.53 Scott Bryan (Placer, SJS)
- 48.66 Jeff Ingalls (Agoura, SS)
- 48.79 Roosevelt Langston (Domngz, SS)
- 48.80 *Curtis Shearer (Silver Creek, CCS)

United States Leader:

- 45.98 Marlin Cannon (S.OakCliff,Dallas,Tx)

800 Meters (1:47.31)

- 1:52.9 *Coley Candaele (Carpinteria, SS)
- 1:52.97 Troy Collins (Hemet, SS)
- 1:53.89 Jeff Holland (Justin Siena, SJS)
- 1:53.93 ?Doug Nichols (Edison, SS)
- 1:54.09 *Craig Magness (S. Teresa, CCS)
- 1:54.46 *Rick Provenzano (Arcadia, SS)
- 1:54.47 ?Eric McBride (Palmdale, SS)
- 1:54.72 Danny Fitzpatrick (St. Anthy, SS)
- 1:54.81 *Titus Egan (Clovis, CS)
- 1:54.87 Morgan Bateman (Cresc Vly, SS)

United State Leader:

- 1:52.51 Scott Peters (Gainesville, FL)

1500 Meters (3:46.4)

- 3:58.22 ?Blake Boggess (PalVerdes, SS)
- 3:59.00 *Bryan Dameworth (Agoura, SS)
- 4:00.04 *Jorge Rodriguez (Fallbrook SDS)
- 4:00.21 Francis O'Neill (San Pasqual, SDS)
- 4:00.35 Eddie Lavelle (Corona del Mar, SS)
- 4:00.4 Mike Williamson (ThOaks, SS)
- 4:00.55 Constantine Kindreich (ECap,SDS)
- 4:01.38 Morgan Bateman (Cresc Vly, SS)

United State Leader:

- 3:54.4i J.T. Burke (Xavier, Middleton, CT)

1600 Meters (3:58.0+)

- 4:11.20 Todd Lewis (Burbank, SS)
- 4:11.94 Eddie LaVelle (Cor del Mar, SS)
- 4:12.24 **Luis Quintana (ArroyoGr, SS)
- 4:12.89 Francis O'Neill (San Pasqual, SDS)
- 4:14.07 ?Blake Boggess (Pal Verdes, SS)
- 4:14.96 *Jorge Rodriguez (Fallbrook, SDS)
- 4:15.07 *Coley Candaele (Carpinteria, SS)
- 4:15.65 Mike Williamson (Thous.Oaks, SS)
- 4:16.01 Steve Frisone (Laguna Hills, SS)
- 4:16.84 *Danny Jordan (Venice, LAS)

United State Leader:

- 4:10.47+ J.T. Burke (Xavier, Middleton, CT)

3000 Meters (8:07.60+)

- 8:37.43 *Bryan Dameworth (Agoura, SS)
- 8:42.35 Mike Williamson (Thous.Oaks, SS)
- 8:43.26 Robert Nelson (Muir, SS)
- 8:43.8 ?Blake Boggess (PalVerdes, SS)
- 8:44.0 Eddie Lavelle (Corona del Mar, SS)
- 8:44.0 ?Martin Morales (Wilson, LAS)

United States Leader:

- 8:21.8 Jason DiJoseph (Haddon, NJ)

3200 Meters (8:33.7+)

- 9:03.62 *Bryan Dameworth (Agoura, SS)
- 9:06.65 ?Martin Morales (Wilson, LAS)
- 9:07.77 David Welsh (Jesuit, SJS)
- 9:10.11 Mike Tansley (Dana Hills, SS)
- 9:11.61 ?Abe Valdez (Camarillo, SS)
- 9:12.7 **Luis Quintana (ArroyoGr, SS)
- 9:13.95 ?Ernie Delgado (Rowland, SS)
- 9:14.05 Don Lefevre (Nogales, SS)
- 9:14.69 *Gary Stolz (Miraleste, SS)
- 9:16.17 Robert Nelson (Muir, SS)

United State Leader:

- 9:00.26+ Brian Grosso (Walled Lake, MI)

110 m High Hurdles (13.41)

- 14.09 John Prudenti (Justin-Siena, SJS)
- 13.9 William Henry (Arroyo, SS)
- 14.51 Dean Dunbar (Hawthorne, SS)
- 14.3 ?Campbell (Banning, LAS)

United States Leader:

- 14.02 ?Michael Cheney (Houston, TX)
- 14.02 Brent Collier (Jones, Houston, TX)

Wind-aided:

- 14.08 ?Joaquin Webb (Eisenhower, SS)
- 14.39 ?Jennings (Claremont, SS)
- 14.41 ?Ed Cabs (Long Beach Poly, SS)
- 14.62 Jomol Bush (Wilson, LB, SS)

continued next page...



Best Prep Marks...

300m Interm. Hurdles (35.32)

- 37.47 John Prudenti (Justin-Siena, SJS)
- 37.93 William Henry (Arroyo Grande, SS)
- 38.13 *Rocky Morris (Hill, CCS)
- 38.43 Tom McGuirk (St. Ignatius, CCS)
- 38.84 ?Ed Cabs (Long Beach Poly, SS)
- 38.87 Aaron Lacy (Gardena, LAS)
- 38.88 Jomol Bush (Wilson, LB, SS)
- 39.31 ?Cook (Merced, SJS)
- 39.33 Charles Brown (Channel Islands, SS)
- 39.35 ?Arnett (Lynwood, SS)

United States Leader:

- 37.1 ?Steve Logsdon (McCullough, TX)

400 Meter Relay (40.64)

- 40.66 Hawthorne, SS
- 41.82 Long Beach Poly, SS
- 41.99 Oakland, OS
- 42.04 Dorsey, LAS
- 41.9 Bakersfield, CS
- 42.16 Muir, SS
- 42.1 Tulare, CS
- 42.32 Notre Dame (Sherman Oaks), SS
- 42.47 Carson, LAS
- 42.4 Lemoore, CS

United States Leader:

- 40.54 Longview, Texas

1600 Meter Relay (3:07.40)

- 3:16.6 Hawthorne, SS
- 3:18.70 Dorsey, LAS
- 3:19.3 Eisenhower, SS
- 3:19.5 Oakland, OS
- 3:20.60c Muir, SS
- 3:20.88c Long Beach Poly, SS
- 3:21.31 Carson, LAS
- 3:21.41 Lynwood, SS

United States Leader:

- 3:13.15 South Oak Cliff, Dallas, TX

High Jump (7-4 1/2)

- 6-10 James Barrowman (North, CS)
- 6-10 Kevin Keane (DeLaSalle, NCS)
- 6-10 Jim Masuga (Redlands, SS)
- 6-10 Jim O'Sullivan (Drake, NCS)
- 6-10 Mark Wilson (Charter Oak, SS)
- 6-9 Gabe Manville (Santa Rosa, NCS)
- 6-8 1/4 Joe Buchanan (San Marcos, SS)
- 6-8i Eddie Bowling (Canoga Park, LAS)
- 6-8 *Brett Dew (Lemoore, CS)
- 6-8 Mike Gabriel (Monta Vista, CCS)
- 6-8 *Ruben Hendrix (South, CS)
- 6-8 ?Krebs (Santa Fe, SS)

United States Leader:

- 7-2 James Shelton (Palestine, TX)

Pole Vault (18-2)

- 15-1 Greg Sheets (Taft, LAS)
- 15-0i David Hazen (Glendale, SS)
- 14-9 Greg Wyler (Rolling Hills, SS)
- 14-6 ?Rameson (Dos Pueblos, SS)
- 14-6 Brent Lewis (Crescenta Vly, SS)
- 14-6 Jeremy Moore (Yreka, NS)
- 14-4 Koke Conners (Del Campo, SJS)
- 14-1 ?Hafen (Castle Park, SDS)
- 14-1 ?John Sommers (Agoura, SS)

United States Leader:

- 17-3 1/4 *Jayson Lavender (W Falls, TX)



DERRICK STEVENS

photo by Burt Davis

Long Jump (26-2 1/4)

- 24-4 3/4 *Jerome Price (Univ. City, SDS)
- 24-4 *Anthony Smith (Hawthorne, SS)
- 24-1 1/2 **Kaufman (Lompoc, SS)
- 24-1 1/2 *Jason Duff (Etiwanda, SS)
- 24-0 1/2 James Stallworth (Tulare, CS)
- 23-10 1/2 Patrick Scott (Wilson, SS)
- 23-7 1/4 Chris Perry (Muir, SS)
- 23-6 John Prudenti (Justin-Siena, SJS)
- 23-6 Glen Reyes (Orange Glen, SDS)
- 23-2 1/2 *Billy Ivey (Nogales, SS)
- 23-2 1/2 Russell White (Crespi, SS)

United States Leader:

- 26-6 1/2i Dion Bentley (Penn Hills, PA)

Wind-aided:

- 23-10 1/2 Rich Laccay (Moreau, NCS)
- 23-5 1/2 ?Jones (Lemoore, CS)

Triple Jump (53-6 1/2)

- 50-2 1/2 Deandre Roberson (West, CS)
- 49-4 1/2i Tony Rogers (Johnson, SJS)
- 48-8 Lenny McGill (Orange Glen, SDS)
- 48-1 3/4 ?Mario Fisher (Bakersfield, CS)
- 48-1 Chris Perry (Muir, SS)
- 47-8 1/2 Jomal Bush (Wilson, SS)
- 47-7 *James Paschal (Lynwood, SS)
- 47-6 Chad Thomas (Morningside, SS)
- 47-5 3/4 *Gabe Higa (Quartz Hill, SS)
- 47-4 ?Ty Bowden (Bakersfield, CS)

United States Leader:

- 50-5 1/2i ?Brian Tabor (Clark Central, GA)

Wind-aided:

- 49-6 Patrick Scott (Wilson, SS)
- 48-2 Jomal Bush (Wilson, SS)

Shot Put (69-6 1/2)

- 66-2 1/2i *Brent Noon (Fallbrook, SDS)
- 59-10 1/2 Joe Bailey (Wilson, SS)
- 58-4 3/4 Keith Jones (Hoover, CS)
- 58-0 1/4 ?Fua (Lodi, SJS)
- 57-11 Matt Wiley (Hemet, SS)
- 57-2 Joe Hicks (San Benito, CCS)
- 56-9 1/2 ?Chris Elias (Apple Valley, SS)
- 56-2 Terry Sherman (Fallbrook, SDS)
- 55-9 *Rene Bustamonte (Schurr, SS)

United States Leader:

- 66-7 1/2 ?Kenneth Marshall (Franklin, LA)

Discus (210-8)

- 189-10 Derrek Stevens (Bakersfield, CS)
- 189-8 John Gallagher (Palm Desert, SS)
- 181-2 *Matt Karsevar (Clovis, CS)
- 178-2 Robert Clarke (Walnut, SS)
- 175-1 ?Chris Elias (Apple Valley, SS)
- 176-0 ?Greg Hodel (Don Lugo, SS)
- 174-6 Jamie Presser (Cupertino, CCS)
- 173-6 John Fowler (Los Altos, CCS)
- 172-10 *Brent Noon (Fallbrook, SDS)
- 167-2 James Nevelle (Palmdale, SS)

United States Leader:

- 203-6 *Gregg Hart (Hmesid, Ft. Wyne, In)

Girls

100 Meters (11.28)

- 11.59 *Inger Miller (Muir, Pasadena, SS)
- 11.64 Angela Burnham (Rio Mesa, SS)
- 12.24 Charlotte Vines (San Marcos, SS)
- 12.26 **Phetima Woods (Duarte, SS)
- 12.27 Annette Coleman (Carlmont, CCS)
- 12.27 Joslyn Mack (St. Francis, CCS)
- 12.33 **Taminika Terry (Muir, SS)

United States Leader:

- 11.84 Stacey Clack (Anderson, Astn, TX)

continued next page...



Best Prep Marks...

Wind-aided:

- 12.00 Charlotte Vines (San Marcos, SS)
- 12.20 Annette Coleman (Carlmont, CCS)
- 12.24 *Sabrina Lee (Easton, CS)
- 12.26 Chris Williams (Vallejo, SJS)

United States Leader:

- 11.51 Stacey Clack (Anderson, Astin, TX)

200 Meters (23.08)

- 23.62 *Inger Miller (Muir, SS)
- 23.63 Angela Burnham (Rio Mesa, SS)
- 24.43 ***Janice Nichols (Bakersfield, CS)
- 24.63 ?Santisha Arnold (Morningside, SS)
- 24.69 *Kee-sha Adams (Hawthorne, SS)
- 24.80 Annette Coleman (Carlmont, CCS)
- 25.05 ?Campbell (Alta Loma, SS)

United States Leader:

- 24.3 Stacey Clack (Anderson, Austin, TX)



ROSLYN MACK

photo by Burt Davis

Wind-aided:

- 24.66 *Kee-sha Adams (Hawthorne, SS)

400 Meters (50.87)

- 55.79 Roslyn Mack (St. Francis, CCS)
- 56.21 *Tanya Dooley (Bret Harte, SJS)
- 56.71 Debra Hamilton (Locke, LAS)
- 56.84 Jeanine Stewart (Duarte, SS)
- 56.96 ?Tochluk (Westminster, SS)
- 57.34 Keshia Marvin (Hawthorne, SS)
- 57.75 *Kaci Keefer (Woodbridge, SS)
- 57.8 Angela Burnham (Rio Mesa, SS)
- 57.8 Angela Rolfe (Dorsey, LAS)
- 58.03 *Stacie Moore (Muir, SS)

United States Leader:

- 55.82 Nichole Ates (Clements, TX)

800 Meters (2:02.29)

- 2:11.7 **Becky Spies (Livermore, NCS)
- 2:13.28 Kathy Roldan (Mt. Whitney, CS)
- 2:14.57 *Kim Toney (Atascadero, SS)
- 2:14.59 *Karen Hecox (South Hills, SS)
- 2:14.74 Kim McAllister (Locke, LAS)
- 2:16.30 *Gina Westby (Torrey Pines, SDS)
- 2:16.56 Rayna Cervantes (Montebello, SS)
- 2:16.57 Rhonda Kennerson (Hawth, SS)
- 2:16.64 Zita Hillinger (Serrano, SS)
- 2:18.98 ?Amy Nesbitt (Newbury Park, SS)

United States Leader:

- 2:13.31i **Sarah Schwald (Spokane, WA)

1500 Meters (4:16.8)

- 4:33.0 **Becky Spies (Livermore, NCS)
- 4:37.1 *Karen Hecox (South Hills, SS)
- 4:39.9 Kira Jorgensen (Ran BuenaV, SDS)
- 4:41.4 Rayna Cervantes (Montebello, SS)
- 4:46.23 Evie Berry (Santa Teresa, CCS)
- 4:47.1 *Nichole Robbins (Hesperia, SS)
- 4:47.7 **Deena Drossin (Agoura, SS)
- 4:48.08 Mugsie Kosek (Gunn, CCS)
- 4:50.4 ?Shelley Taylor (Edison, SS)

United States Leader:

- 4:29.55 Nnenna Lynchg (Hunter Coll, NYC)

1600 Meters (4:33.65+)

- 4:53.94 *Karen Hecox (South Hills, SS)
- 4:58.60 Rayna Cervantes (Montebello, SS)
- 4:58.85 Ashley Black (Palos Verdes, SS)
- 4:59.52 Kira Jorgensen (Ran Buen V, SDS)
- 5:04.8 **Becky Spies (Livermore, NCS)
- 5:08.1 ?Santoyo (Mountain View, SS)
- 5:09.17 *Nichole Robbins (Hesperia, SS)
- 5:09.53 ?Shelley Taylor (Edison, HB, SS)
- 5:10.54 ?Arcelia Gomez (Wilson, LAS)
- 5:14.12 ?Sandy Belding (Quartz Hill, SS)

United States Leader:

- 4:48.23ic **Sarah Schwald (Spokane, WA)

3000 Meters (9:11.80)

- 10:04.2 Jamie Park (Santa Barbara, SS)

- 10:10.6 **Deena Drossin (Agoura, SS)
- 10:16.5 ***Tanya Brix (University, SS)
- 10:20.28 Mugsie Kosek (Gunn, CCS)
- 10:22.43 Rachel Lewis (Santa Catal, CCS)
- 10:24.3 **Tiffany York (Agoura, SS)
- 10:33.5 Lori Lucas (Palos Verdes, SS)
- 10:33.58 Noel Crockett (Leland, CCS)

United States Leader:

- 9:54.1i Cheri Goddard (SaratSprings, NY)

3200 Meters (10:04.3)

- 10:44.26 Jamie Park (Santa Barbara, SS)
- 10:51.60 **Deena Drossin (Agoura, SS)
- 10:54.64 ***Tanya Brix (University, SS)
- 11:03.90 Rachel Lewis (Santa Catal, CCS)
- 11:07.19 **Tiffany York (Agoura, SS)
- 11:17.88 Karen Talamantes (W.Christ, SS)

United States Leaders:

- 10:28.5i Cheri Goddard (Sarat Sprgs, NY)

100 m Low Hurdles (13.34)

- 13.84 *Felice Lipscomb (S Monica, SS)
- 14.19 LaTanya Davenport (Locke, LAS)
- 14.45 Nicole Redmon (Hogan, SJS)
- 14.48 **Keri Sanchez (Santa Teresa, CCS)
- 14.54 ?Erin Morris (Santa Monica, SS)
- 14.3 Aldora George (Upland, SS)
- 14.3 **Tanya Smith (Cordova, SJS)
- 14.62 Ilana Mazingo (Hawthorne, SS)
- 14.64 **Akua Sutherland (Muir, SS)
- 14.4 Tasha Turner (Narbonne, LAS)
- 14.4 Kim Young (Madera, CS)

United States Leader:

- 13.77 ?Thelma Franks (Marshall, Ok. City)

Wind-aided:

- 14.1 Kim Young (Madera, CS)

300 m Low Hurdles (40.18)

- 43.61 ***Janice Nichols (Bakersfield, CS)
- 43.76 **Keri Sanchez (Santa Teresa, CCS)
- 44.03 ?Sims (Lompoc, SS)
- 44.77 ?Campbell (Alta Loma, SS)
- 44.87 Ilana Mazingo (Hawthorne, SS)
- 44.8 Kathi Roldan (Mt. Whitney, CS)
- 44.8 Kim Young (Madera, CS)
- 45.62 Shannon Wiebelhaus (Rio Mesa, SS)
- 45.4 Cindy Byrne (Canyon, SS)

United States Leader:

- 42.6 *Christine Gray (Sterling, Houst, Tx)

400 Meter Relay (45.11)

- 46.91 Muir, SS
- 47.71 Rio Mesa, SS
- 47.6 Hawthorne, SS
- 47.85 Bakersfield, CS
- 47.90 St. Francis, CCS
- 48.43 Locke, LAS

continued next page...



Best Prep Marks...

48.53 St. Bernard, SS
 48.82 Duarte, SS
United States Leader:
 46.39 Sterling, Houston, Tx

1600 Meter Relay (3:37.69)

3:50.07c Hawthorne, SS
 3:51.44c Muir, SS
 3:56.07 Mission Viejo, SS
 3:56.62 Rio Mesa, SS
 3:57.0 Locke, LAS
 3:57.18 Bakersfield, CS
 3:58.67 St. Francis, CCS
 3:59.39 Clovis, CS
 3:59.74 Buena, SS
United States Leader:
 3:47.77 Sterling, Houston, Tx

High Jump (6-2 3/4)

5-10 3/4 Lori Svoboda (El Dorado, SS)
 5-8 1/4 **Karyn Armstrong (TorPines, SDS)
 5-8 J.C. Broughton (Woodland, SJS)
 5-8 *Crissy Mills (Campbell Hall, SS)
 5-7 1/2 ?Graton (Loara, SS)
 5-7 ?McDonald (Mater Dei, SS)
 5-6 Bonnie Mathews (Dos Pueblos, SS)
 5-6 *Clarissa Moulton (Trona, SS)
 5-6 *Lisa Fager (Mission Viejo, SS)
 5-6 Marilyn Cragin (Miraleste, SS)
United States Leader:
 6-0 Shenell Searcy (Ennis, TX)

Long Jump (20-11 1/4)

19-4 1/2 ?Juliana Yendork (Walnut, SS)
 19-0 3/4 Marieka Veltman (Leland, CCS)

18-11 *Keri Sanchez (Santa Teresa, CCS)
 18-6 1/2 Roshanda Glenn (West Covina, SS)
 18-4 1/2 **Amy Mitchell (Ran Cotate, NCS)
 18-4 1/2 Annette Coleman (Carlmont, CCS)
 18-1 ?Castillo (Hollywood, LAS)
 17-8 1/2 Lynette Christian (Dorsey, LAS)
 17-7 **Aisha Tanner (Holy Names, NCS)
 17-6 1/2 ?Rubye Jones (Chino, SS)
United States Leader:
 19-7 1/4 Starlie Graves (Brenham, TX)
Wind-aided:
 18-0 1/2 ?Rubye Jones (Chino, SS)
 17-9 1/2 *Allison Axtell (Mission Viejo, SS)
 17-6 Allison Franke (Canyon, SS)

Triple Jump (42-10 1/2)

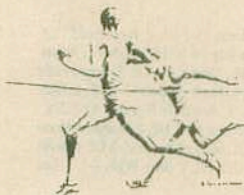
40-1 1/2 **Keri Sanchez (S Teresa, CCS)
 39-10 Roshanda Glenn (West Covina, SS)
 39-9 ?Juliana Yendork (Walnut, SS)
 39-3 Rochelle Johnson (Pat Henry, SDS)
 38-11 1/4 i LaFrancia West (Grssmnt, SDS)
 38-6 ?Angel Carver (Washington, SFS)
 38-1 *Lisa Fager (Mission Viejo, SS)
 37-9 3/4 **Stephanie Hanf (Ygn Vly, NCS)
 37-9 1/2 **Akua Sutherland (Muir, SS)
 37-5 ?Krystal Kirkland (Hesperia, SS)
United States Leader:
 41-8 Leah Kirkin (Marshall, Ok. City, OK)



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Shot Put (53-7 3/4)

48-9 *Dawn Dumble (Bakersfield, CS)
 45-7 1/2 *Melisa Weis (Bakersfield, CS)
 42-8 1/2 *Angie Arrington (Palmdale, SS)
 42-5 Latesia Taylor (Burbank, SJS)
 41-10 3/4 Shannon Parker (St. Franc, CCS)
 40-5 3/4 ?Tosi (Morse, SDS)
 39-10 3/4 Kimya Phillips (Walnut, SS)
 39-10 **Annette Noel (Agoura, SS)
 39-2 1/2 *Joanna Alo (Santa Ana Vly, SS)
 38-11 Queen Tumanuova (Bell Gard SS)
U. S. Leader (Outside Calif):
 46-2 1/4 ?Stefanie Wadsworth (Hurst, TX)

Discus (183-11)

170-11 *Dawn Dumble (Bakersfield, CS)
 166-4 *Candy Roberts (Don Lugo, SS)
 165-4 *Melissa Weis (Bakersfield, CS)
 156-1 Jenny Peters (Gunn, CCS)
 154-8 Allison Franke (Cyn, Anaheim, SS)
 146-4 Debbie Cembellin (Amador Vly, NCS)
 136-2 Katie McCandless (Wtsnville, CCS)
 134-7 Queen Tumanuova (Bell Gard, SS)
 131-6 Kimya Phillips (Walnut, SS)
 131-4 ?Oden (Irvine, SS)
U. S. Leader (Outside Calif):
 159-2 Julie Victor (Austintown-Fitch, OH)

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RESULTS

TRACK & FIELD

Palm Springs Invitational Senior Olympics

March 5, Palm Springs.

Men's Results

100m:

(55-59) 1. Don Benton 12.87, 2. Bob Feaster 13.29, 3. Milton Newton 13.36. (60-64) 1. Gene Harte 12.93, 2. Bob Watanabe 13.06, 3. Walter DeBruyn 13.47. (65-69) 1. Rich Herzer 13.30, 2. Bob Hunt 14.20, 3. Charles Mercurio 14.47. (70-74) 1. Al Guidet 14.83, 2. Bill Morales 14.64, 3. Clarence Kilvorn 15.23. (75-79) 1. Joe Caruso 16.90, 2. Jerry Wible 17.28, 3. Les Holmquist 18.21.

200m:

(55-59) 1. Milton Newton 25.78, 2. Don Benton 25.98, 3. Bob Feaster 26.65. (60-64) 1. Gene Harte 26.54, 2. Bob Watanabe 27.13, 3. Erling Krosby 28.54. (65-69) 1. Rich Herzer 28.22, 2. Bob Hunt 29.26, 3. Charles Mercurio 30.54. (70-74) 1. Al Guidet 30.17, 2. Clarence Kilvorn 31.35, 3. John Irwin 38.42. (75-79) 1. Jerry Wible 37.31.

400m:

(55-59) 1. Don Benton 1:00.52, 2. Bob Feaster 1:02.36, 3. Charles Rice 1:04.95. (60-64) 1. Gene Harte 1:00.43, 2. Bob Watanabe 1:03.03, 3. Alan Cohen 1:09.23. (65-69) 1. Bob Hunt 1:07.31, 2. Rich Herzer 1:10.90, 3. Bob White 1:19.20. (70-74) 1. Andy Collins 1:25.11, 2. John Irwin 1:26.28, 3. Harold MacDonald 2:18.73. (75-79) 1. Ed Stotsberg 1:23.95, 2. Jerry Wible 1:34.06.

800m:

(55-59) 1. Robert Cuffing 2:29.57, 2. Joe Harper 2:36.68, 3. Lloyd McGuire 2:43.38. (60-64) 1. Gunts Linde 2:35.85, 2. Alan Cohen 2:56.66, 3. Harold Willis 2:59.12. (70-74) 1. John Irwin 3:41.43. (75-79) 1. Ed Stotsberg 3:22.17, 2. Jerry Wible 3:42.08.

1500m:

(55-59) 1. Robert Cuffing 4:54.97, 2. Jerry Withers 5:10.00, 3. Jim Franklin 5:45.00. (60-64) 1. Orlo Kaniston 5:11.83, 2. Gunts Linde 5:12.03, 3. Alan Cohen 5:49.00. (65-69) 1. Delmar Gourley 5:59.73, 2. Ira Samuels 7:22.45. (75-79) 1. Ed Stotsberg 6:26.01, 2. Jerry Wible 7:34.97. (80-84) 1. Lagrand Nielson 6:32.00.

5K Walk:

(55-59) 1. Wally Ingram 19:06.00, 2. Jerry Withers 21:09.00, 3. Jim Franklin 21:54.00. (60-64) 1. Orlo Kaniston 19:41.00, 2. Alan Cohen 23:28.00, 3. Bob Blakely 28:01.00. (65-69) 1. Delmar Gourley 22:58.00, 2. Ira Samuels 26:23.00. (70-74) 1. Omer Rudrud 26:52.00. (75-79) 1. Ed Stotsberg 24:06.00. (80-84) 1. Lagrand Nielson 29:57.00.

10K:

(55-59) 1. Wally Ingram 37:43.00, 2. Tom Gent 42:45.00, 3. Max Vandenberg 45:49.00. (60-64) 1. Orlo Kaniston 37:57.00, 2. Gerry Hopkins 41:02.00. (65-69) 1. Bob White 49:43.00, 2. Ira Samuels 54:07.00. (70-74) 1. Omer Rudrud 54:14.00. (80-84) 1. Lagrand Nielson 1:03.32.

Softball Throw:

(55-59) 1. Ed Marín 197, 2. Andrew Turpin 187, 3. Bill Vaughan 146. (60-64) 1. Ulrich Grigsby 149, 2. Howard Dalton 122, 3. Joe Beninides 66. (65-69) 1. Hugh Hackett 178, 2. Max Greenburg 173, 3. Armando Ricciardi 167. (70-74) 1. Bill Morales 183, 2.

Al Guidet 140, 3. Frank Sylfert 125. (75-79) 1. Les Holmquist 89, 2. Jerry Wible 68. (85 & Over) 1. Earl Salisbury 60.

Shot Put:

(55-59) 1. Bob Feaster 38-3 1/4, 2. Jim Franklin 21-4 1/2. (60-64) 1. Mike Orlich 41-10, 2. Arnie Gaynor 41-5 3/4, 3. Artemi Jaago 40-7. (65-69) 1. Bill Bangert 42-2, 2. Seymour Olampert 33-2 1/2, 3. Armando Ricciardi 30-9. (70-74) 1. Mike Castaneda 39-2 1/2, 2. Dan Aldrich 38-3 1/4, 3. Hamilton Morningstar 36-7 1/2. (75-79) 1. Ross Carter 38-9 1/2, 2. John Baker 25-7 3/4. (80-84) 1. Burt DeGroot 24-1 1/2. (85 & O) 1. Earl Salisbury 24-7 1/2.

High Jump:

(55-59) 1. Milton Newton 5-4, 2. Bill Adler 4-4, 3. Ted Overnell 4-2. (60-64) 1. Artemi Jaago 4-0, 2. Bobby Hall 4-0, 3. Urlo Grigsby 3-10. (65-69) 1. Rich Herzer 4-4, 2. Armando Ricciardi 3-10, 3. Phil Deltmer 3-8. (70-74) 1. Hamilton Morningstar 4-4, 2. Bill Morales 4-2, 3. Richard Weires 3-8. (75-79) 1. Les Holmquist 3-6.

Long Jump:

(55-59) 1. Ed Marín 15-7 3/4, 2. Ray Arnold 15-1 3/4, 3. Robert Meador 14-10 1/2. (60-64) 1. Artemi Jaago 12-9, 2. Mike Orlich 12-4 1/2, 3. Bobby Hall 12-4 1/2. (65-69) 1. Hugh Hackett 13-4 1/2, 2. Rich Herzer 13-3 3/4, 3. Armando Ricciardi 12-7 3/4. (70-74) 1. Bill Morales 14-2 1/2, 2. Hamilton Morningstar 11-4 1/2, 3. Richard Weires 6-5 1/2. (75-79) 1. Joe Caruso 11-11 1/2, 2. Jerry Wible 9-1, 3. Les Holmquist 8-4 3/4.

Discus:

(55-59) 1. Ed Marín 99-35 1/2. (60-64) 1. Walter DeBruyn 129-5, 2. Mike Orlich 126-6, 3. Artemi Jaago 124-8. (65-69) 1. Bill Bangert 132-7 1/2, 2. Rich Herzer 125-10, 3. Seymour Lampert 109-4 1/2. (70-74) 1. Dan Aldrich 142-6 3/4, 2. Mike Castaneda 128-3, 3. Hamilton Morningstar 101-3. (75-79) 1. Ross Carter 122-11 3/4. (80-84) 1. Burt DeGroot 85-0 1/2. (85 & O) 1. Earl Salisbury 62-1.

Women's Results

100m:

(55-59) 1. Jeaster Feaster 24.71. (60-64) 1. E. Sheppard 19:36, 2. June Wahl 20:45, 3. Roberta Henning 21.14. (65-69) 1. Wilma Davenport 21.44. (70-74) 1. Helen Robinson 24.72, 2. Natalie Gammey 33.62. (80 & 0) 1. Rose Monda 25.37, 2. Marilla Salisbury 28.89.

200m:

(55-59) 1. Elenor Wallis 42.47. (60-64) 1. E. Sheppard 46.94. (65-69) 1. Wilma Davenport 52.13. (70-74) 1. Helen Robinson 1:02.58. (75-79) 1. Rose Monda 58.61, 2. Marilla Salisbury 1:22.79.

400m:

(55-59) 1. Eleanor Wallis 1:31.09. (60-64) 1. E. Sheppard 1:55.19. (65-69) 1. Eunice Miller 1:48.59, 2. Wilma Davenport 2:17.45. (70-74) 1. Dorothy Stotsberg 1:58.38. (80 & 0) 1. Rose Monda 2:28.86, 2. Marilla Salisbury 3:13.57.

800m:

(60-64) 1. Joyce Lambie 3:50.22. (65-69) 1. Wilma Davenport 5:33.17. (80 & 0) 1. Rose Monda 7:14.03.

1500m:
(60-64) 1. Joyce Lambie 7:38.38. (80 & 0) 1. Marilla Salisbury 13:12.00.

10K:

(55-59) 1. Jeaster Feaster 58:10.00. (60-64) 1. Virginia Terry 55:14.00, 2. Roberta Henning 59:57.00.

Softball Throw:

(55-59) 1. Barbara Brandt 123. (60-64) 1. Dorothy Barnes 117. (70-74) 1. Ivy Browne 64, 2. Natalie Gammey 47. (75-79) 1. Gertrude Wilhelmson 56, 2. Jackie Bridewater 50. (80 & 0) 1. Rose Monda 43.

Shot Put:

(55-59) 1. Barbara Brandt 22-2 3/4. (60-64) 1. Shirley Kinsey 24-2 3/4, 2. Gloria Bauman 23-2 3/4. (65-69) 1. Wilma Davenport 20-6. (70-74) 1. Ivy Browne 21-1 3/4. (75-79) 1. Gertrude Wilhelmson 19-9. (80 & 0) 1. Rose Monda 16-6 3/4, 2. Marilla Salisbury 11-0 3/4.

High Jump:

(55-59) 1. Barbara Brandt 3-2. (60-64) 1. June Wahl 3-2.

Long Jump:

(60-64) 1. Gloria Baumann 10-2 1/2, 2. June Wahl 9-1. (65-69) 1. Wilma Davenport 6-5 3/4. (80 & 0) 1. Rose Monda 6-3 3/4.

Discus:

(60-64) 1. Shirley Kinsey 69-4. (65-69) 1. Wilma Davenport 41-2 1/2. (70-74) 1. Ivy Browne 46-6 1/2. (75-79) 1. Gertrude Wilhelmson 47-0. (80 & 0) 1. Marilla Salisbury 19-2.

Central Valley Conference Mini Meet

March 10, Fresno City College.

Men's Results

100m:

1. Allred (AHC) 10.7, 2. Addison (TC) 10.7, 3. Vann (AHC) 10.8, 4. Benjamin (COS) 11.1, 5. Bacon (TC) 11.2, 6. Harris (FCC) 11.3.

200m:

1. Dodson (TC) 21.51, 2. Cox (TC) 21.58, 3. Copland (COS) 21.76, 4. Allred (AHC) 22.21, 5. Bacon (TC) 22.27, 6. Samuels (TC) 22.39.

400m:

1. Morrison (TC) 47.60, 2. Kersh (TC) 47.79, 3. Shack (TC) 48.06, 4. Jones (FCC) 48.93, 5. Jones (TC) 49.20, 6. Grant (FCC) 49.83.

800m:

1. Wilson (AHC) 1:57.38, 2. Jewell (COS) 1:59.40, 3. Crandal (PC) 2:01.79, 4. Maldonado (COS) 2:04.19, 5. Bear (COS) 2:06.22, 6. Ounkham (FCC) 2:06.91.

1500m:

1. Gallin (TC) 3:59.32, 2. Jewell (COS) 4:00.03, 3. Fumeaux (AHC) 4:01.20, 4. McKenzie (AHC) 4:01.51, 5. Leons (AHC) 4:02.73, 6. Donson (FCC) 4:08.15.

5000m:

1. White (AHC) 14:57.29, 2. Nunez (COS) 15:40.44, 3. Larway (TC) 15:44.83, 4. Mooney (TC) 15:52.11, 5. Prado (FCC) 16:01.16, 6. Ayon (COS) 16:23.34.

110m Hurdles:

1. Sanders (TC) 15.10, 2. Cox (TC) 15.66, 3. Bush (FCC) 16.63, 4. Stuber (COS) 17.28, 5. Meyers (FCC) and Campbell (KRCC) 17.99.

400m Hurdles:

1. Smith (COS) 55.31, 2. Guevara (FCC) 56.41, 3. Bush (FCC) 56.84, 4. McFarland (TC) 58.03, 5. Sanders (TC) 58.17, 6. Stuber (COS) 59.52.

3000m Steeplechase:

1. Rodriguez (FCC) 9:49.16, 2. Cuellar (COS) 9:51.31, 3. Vales (COS) 10:15.76.

4x100m Relay:

1. Taft College 40.53, 2. Allan Hancock 41.97, 3. Fresno City 42.08, 4. College of Sequoias 42.33.

4x400m Relay:

1. Fresno City 3:19.88, 2. Allan Hancock 3:26.69, 3. College of Sequoias 3:35.6, 4. COS 3:35.8, 5. COS 3:48.25.

Hammer:

1. Codner (COS) 136-6, 2. Blanken (COS) 130-10, 3. Sheldon (FCC) 120-2, 4. Bustamante (FCC) 111-

5, 5. Kawai (KRCC) 102-0, 6. Wikar (FCC) 88-11.

Javelin:

1. Kassebaum (AHC) 183-10, 2. Thompson (COS) 149-9, 3. Rockhold (COS) 148-7, 4. Powers (KRCC) 148-6, 5. Benjamin (COS) 147-0, 6. Coker (COS) 142-8.

Discus:

1. Gick (COS) 142-2, 2. Coker (COS) 131-10, 3. Hickey (COS) 131-3, 4. Szoka (AHC) 125-8, 5. Mattox (FCC) 11508, 6. Sheldon (FCC) 115-7.

Shot Put:

1. Glick (COS) 43-4 1/2, 2. Griffin (AHC) 42-9, 3. Bustamante (FCC) 39-9, 4. Hickey (COS) 38-8 1/4, 5. Felemer (KRCC) 36-10 1/2, 6. Wikar (FCC) 36-9.

Pole Vault:

1. Edwards (FCC) 15-0, 2. Guevara (FCC) 14-6, 3. Lewis (AHC) 14-0, 4. Webb (FCC) 13-1.

High Jump:

1. Pickett (FCC) 6-5 3/4, 2. Grant (FCC) 6-3 3/4, 3. McKinney (TC) 6-3 3/4, 4. Venable (FCC) 6-1 3/4, 5. West (FCC) 6-1 3/4, 6. Krander (COS) 5-11 3/4.

Long Jump:

1. McFarland (TC) 23-1, 2. McKinney (TC) 23-0, 3. Sherron (COS) 21-8, 4. Benjamin (COS) 21-5 3/4, 5. Grey (COS) 20-11 1/2, 6. McMorris (AHC) 20-10 3/4.

Triple Jump:

1. Grey (COS) 44-9 3/4, 2. Sherron (COS) 44-8 1/2, 3. Grant (FCC) 44-6 3/4, 4. McMorris (AHC) 44-0 1/4, 5. Campbell (KRCC) 42-9, 6. Nutt (KRCC) 42-1 1/2.

Women's Results

100m:

1. Grisy (KRCC) 13.11, 2. Adams (COS) 13.57, 3. Cole (FCC) 14.65, 4. Banks (KRCC) 14.84, 5. Warty (AHC) 15.18.

200m:

1. Grisy (KRCC) 26.90, 2. Manda (AHC) 28.55, 3. Pearson (PC) 28.85, 4. Rubalaba (KRCC) 29.78, 5. Banks (KRCC) 30.55.

400m:

1. Manda (AHC) 63.08, 2. Pearson (PC) 63.96, 3. Garcia (KRCC) 68.75, 4. Delgadillo (COS) 1:14.85.

800m:

1. Hanson (AHC) 2:21.09, 2. McNilly (AHC) 2:23.50, 3. Hartman (COS) 2:28.52, 4. Evans (PC) 2:30.62, 5. Castaneda (FCC) 2:30.63, 6. Chambers (COS) 2:54.53.

1500m:

1. Castaneda (FCC) 4:56.77, 2. Loveall (AHC) 4:56.94, 3. Evans (PC) 5:05.82, 4. Mehrtens (COS) 5:21.55, 5. Chambers (FCC) 5:51.26, 6. Johnstone (COS) 5:58.98.

3000m:

1. Hanson (AHC) 10:24.96, 2. Loveall (AHC) 10:40.18, 3. Cruz (COS) 11:02.29.

100m Hurdles:

1. Nelson (AHC) 17.26, 2. Bishel (KRCC) 18.61, 3. Geroche (FCC) 19.00, 4. Edinger (PC) 19.89, 5. Gortalez (KRCC) 20.12, 6. Nunez (COS) 20.37.

400m Hurdles:

1. Geroche (FCC) 1:13.66, 2. Gonzalez (KRCC) 1:22.02, 3. Edinger (PC) 1:25.66.

4x100m Relay:

1. King River City College 53.5, 2. Allan Hancock College 53.8.

4x400m Relay:

1. Allan Hancock College 4:17.99, 2. College of Sequoias 4:32.40, 3. Kings River City College 4:33.35.

Javelin:

1. Bishel (KRCC) 135-3, 2. Felemer (COS) 122-0.

continued next page.

RESULTS

3. Cole (FCC) 104-10, 4. Mattox (FCC) 98-2 1/2, 5. Allen (KRCC) 84-5 1/2, 6. O'Reilly (AHC) 81-1.

Discus

1. Mattox (FCC) 127-8, 2. Gusin (KRCC) 123-0, 3. Feloni (COS) 112-9, 4. Sherman (KRCC) 93-4, 5. Cole (FCC) 32-11, 6. Nunez (COS) 76-9.

Shot Put

1. Mattox (FCC) 37-11, 2. Gusin (KRCC) 37-0, 3. Feloni (COS) 36-7, 4. Sherman (KRCC) 33-8, 5. Cole (FCC) 32-11, 6. Nunez (COS) 29-8.

High Jump

1. Bishel (KRCC) 4-8, 2. O'Reilly (AHC) 4-6, 3. Nunez (COS) 4-2, 4. Edinger (PC) 4-2.

Long Jump

1. Adams (COS) 15-10 1/2, 2. O'Reilly (AHC) 14-10 1/2, 3. Kilday (COS) 13-10, 4. Gonzalez (KRCC) 13-4, 5. Jacques (AHC) 12-9 1/2, 6. Nunez (COS) 12-6 1/2.

Triple Jump

1. Gonzalez (KRCC) 31-4, 2. Warley (AHC) 27-0 1/2.

Arizona Decathlon

March 11, Tucson, AZ

Overall Results

1. Derek Huff (UA) 7929, 2. Simon Shirley (WSU) 7759, 3. Thomas Stevens (UA) 7493, 4. Thad Trimble (Wich. St.) 6872, 5. Muhammad Olivier (GCC) 6840, 6. Scott Steffan (UNM) 6363, 7. Cory Johnson (Montana) 6150, 8. Keith Honchell (Wich. St.) 6042, 9. Jeff Julian (UA) 5743.

Arizona/San Diego

State/Western New

Mexico

March 11, University of Arizona, Tucson.

Men's Results

100m: 1. Percy Knox (UA) 10.40w, 2. Kirk Dyer (UA) 10.61w, 3. David Lockhart (UA) 10.65w, 200m: 1. Marc Olivier (UA) 20.95MR, 2. Kirk Dyer (UA) 21.57, 3. Shawn Johnson (UA) 21.95, 400m: 1. Chance Foreman (UA) 48.31, 2. Arron Rietler (UA) 48.35, 3. Mike Robinson (SDSU) 49.85, 800m: 1. Matt Large (SDSU) 1:53.05, 2. John Quade (UA) 1:53.08, 3. Mark Senior (UA) 1:53.83, 1500m: 1. Doug Herron (UA) 3:54.44, 2. Kevin Cahill (SDSU) 3:56.65, 3. Jeff Boyce (UA) 3:57.05, 3000m Steeplechase: 1. Lennie Clark (UA) 9:14.71, 2. Kenny Flint (SDSU) 9:36.21, 5000m: 1. Marc Davis (UA) 15:08.45, 2. Chris Morgan (UA) 15:11.56, 3. Jeff Currier (UA) 15:42.89, 100m H: 1. Cary Evans (SDSU) 15.61, 2. Frank Burzell (SDSU) 15.85, 400m H: 1. Kevin Jones (SDSU) 52.35, 2. Osmond Swaneagan (SDSU) 52.69, 3. Keith Davis (SDSU) 54.69, 4x100m Relay: 1. Arizona 40.52, SDSU disqualified, 4x400m Relay: 1. Arizona 3:16.05, 2. San Diego State 3:18.15, Long Jump: 1. Percy Knox (UA) 25-3 1/2MR, 2. Wil Foster (SDSU) 22-4 1/4, 3. Tony Rossi (SDSU) 21-10 1/4, High Jump: 1. Wil Foster (SDSU) 6-8 3/4, 2. Derek Nations (UA) 6-8 3/4, 3. Kelly Young (UA) 6-8 3/4, Triple Jump: 1. Wil Foster (SDSU) 49-0 3/4, 2. Tony Rossi (SDSU) 44-4 1/4, 3. Herman Andrews (WNMU) 43-3 1/4, Pole Vault: 1. Jeff Hold (SDSU) 15-1, 2. Curt Brown (UA) 14-7 1/4, 3. Wellington Pendell (SDSU) 14-1 1/4, Javelin: 1. Frank Moskowitz (UA) 200-1, 2. Fred Morgan (SDSU) 199-5, 3. Jesse Vallegos (WNMU) 193-0, Discus: 1. Karl Von Mohr (SDSU) 172-5, 2. Mark Price (UA) 158-2, 3. Doug Huff (UA) 146-8, Hammer: 1. Scott Biberthaler (UA) 194-2MR, 2. Pat Thiss (SDSU) 193-3, 3. Rick Engbretson (SDSU) 156-6, Shot Put: 1. Jack Trahan (UA) 60-3 3/4MR, 2. Dave Wargula (UA) 54-1, 3. Mike Turner (SDSU) 51-7, Team Scores: 1. Arizona 100, 2. San Diego State 60.

Women's Results

100m: 1. Joyce Randolph (UA) 12.11, 2. Racita Ro-

berson (SDSU) 12.74, 3. Julie Corsiglia (SDSU) 12.83.

UC Davis/Notre Dame/ Humboldt State

March 11, Redwood Bowl, Humboldt State.

Men's Results

100m: 1. Eric Williams (HSU) 10.8, 2. Freeman Baysinger (HSU) 10.9, 3. Bob Masajo (HSU) 10.9, 200m: 1. Walter Cranford (UCD) 21.3, 2. Freeman Baysinger (HSU) 22.6, 3. Bob Masajo (HSU) 23.0, 400m: 1. Paul Owen (HSU) 49.8, 2. Tauri Senn (UCD) 50.9, 3. Moussa Konare (HSU) 51.4, 800m: 1. Craig Olson (HSU) 1:54.4, 2. Nolan (ND) 1:56.1, 3. Matt Smith (HSU) 1:56.7, 1500m: 1. Chuck Mullane (HSU) 3:57.8, 2. Kelly (UCD) 4:01.0, 3. Brett Kimple (UCD) 4:02.7, 5000m: 1. Dennis Pfeifer (HSU) 14:34.6, 2. Mark Beauchiman (UCD) 14:54.7, 3. Brandon Smith (UCD) 15:09.0, 100m H: 1. Kevin Mattias (HSU) 15.3, 2. Reggie Dunn (UCD) 15.4, 3. Derek Hester (HSU) 15.6, 400m H: 1. Kevin Mattias (HSU) 57.5, 2. Derek Hester (HSU) 59.5, 3. Rick Martinez (HSU) 60.3, 4x100m Relay: 1. Humboldt State (Masajo Baysinger, Hammer, Bell) 42.2, 2. UC Davis 42.4, 3. UC Davis #2 43.7, 4x400m Relay: 1. Humboldt State (Konare, Olson, Owen, Baysinger) 3:24.1, 2. UC Davis 3:24.1, 3. UC Davis #2 3:36.1, 4. Notre Dame 3:42.3, Shot Put: 1. Tarn Vieira (UCD) 47-10, 2. Bill Turini (UCD) 45-8, 3. Charles Novascone (HSU) 43-2, Discus: 1. Joey Taylor (UCD) 137-1, 2. Bill Turini (UCD) 127-4, 3. Stephens (UCD) 125-2, Javelin: 1. Russ Stearns (HSU) 173-2 1/4, 2. Brian Blackburn (HSU) 168-8 1/2, 3. Sindair (HSU) 158-1 1/2, Hammer: 1. Tarn Vieira (UCD) 164-9, 2. Brian Blackburn (HSU) 136-6, 3. Stephens (UCD) 135-8, High Jump: 1. Mark Montgomerie (HSU) 6-10, 2. Mike Moran (UCD) 6-8, 3. Brian Benham (HSU) 6-2, Long Jump: 1. William Primbs (UCD) 22-1 3/4, 2. Kozel (UCD) 21-3 1/2, 3. Quinn (UCD) 21-0 1/2, Triple Jump: 1. Chip Pollock (UCD) 47-8 3/4, 2. William Primbs (UCD) 44-3 1/2, 3. Kozel (UCD) 43-2 3/4, Pole Vault: 1. Sandrine (UCD) 15-0, 2. Pelayo (UCD) 14-0, 3. Rick Martinez (HSU) 12-6, Team Scores: 1. Humboldt 111, 2. UC Davis 87, 3. Notre Dame 3.

Women's Results

100m: 1. Krishna Fykes (UCD) 13.4, 2. Lisa Harper (HSU) 14.0, 3. Pucci (UCD) 14.4, 200m: 1. Courtney Harold (UCD) 26.6, 2. Heidi Grobey (HSU) 26.9, 3. Maria French (HSU) 27.1, 400m: 1. Heidi Grobey (HSU) 59.7, 2. Courtney Harold (UCD) 59.8, 3. Maria French (HSU) 60.7, 800m: 1. Phares (UCD) 2:20.6, 2. Jennifer Felzer (UCD) 2:26.0, 3. Eileen McCuskey (HSU) 2:38.0, 1500m: 1. Jennifer Felzer (UCD) 4:48.7, 2. Sally Carlson (UCD) 4:51.8, 3. Caroline Crawford (UCD) 4:52.6, 3000m: 1. Pam Bragg (UCD) 9:55.8, 2. Val Buett (UCD) 10:17.1, 3. Sally Carlson (UCD) 10:30.5, 5000m: 1. Val Buett (UCD) 17:49.6, 2. Kelly Berg (HSU) 19:21.0, 3. Jill Newman (UCD) 20:32.6, 100m H: 1. Trigg (ND) 15.1, 2. Dwyre (UCD) 15.1, 3. Susie Pucci (UCD) 17.6, 400m H: 1. Michele Dwyer 67.2, 2. Jody Egan (UCD) 69.5, 4x100m Relay: 1. UC Davis 1:50.8, 2. Humboldt State N.T., 4x400m Relay: 1. UC Davis 4:06.8, 2. Humboldt State 4:15.1, 3. UC Davis #2 4:26.7, Discus: 1. Terri Hunt (HSU) 122-7 1/2, 2. Murphy (UCD) 119-2 1/2, 3. Kaia Ward (UCD) 117-4 1/4, Shot Put: 1. Terri Hunt (HSU) 39-11 1/2, 2. Kathy Neuberger (UCD) 35-8, 3. Carin Sheehan (UCD) 35-4 1/2, Javelin: 1. Audra Blackledge (HSU) 129-1 1/2, 2. Jill Harrington (HSU) 109-9 1/2, 3. Jennifer Jackson (HSU) 97-11, High Jump: 1. Amy Gale (UCD) 4-8, 2. Diana Welsh (UCD) 4-8, 3. Lisa Harper (HSU) 4-6, Long Jump: 1. Lisa Harper (HSU) 16-11 3/4, 2. Laurie Lum (UCD) 15-8 3/4, 3. Audra Blackledge (HSU) 15-8 1/2, Triple Jump: 1. Lisa Harper (HSU) 34-4 1/2, 2. Audra Blackledge (HSU) 34-4, 3. Laurie Lum (UCD) 34-2 1/2.

Los Angeles Relays

March 11, Cal State L.A.

Men's Results

100m: (Open) 1. Jeff Williams (Team Patriots) 10.2, 2. Bryan Bridgewater (LBCC) 10.3, 3. Byron Stevall (CSLA) 10.4, (University) 1. Kevin Hatcher (Cal Luth) 10.4, 2. Oliver Daniels (Biola) 10.6, 3. Mark Messana (Claremont) & Stewart (AF Acad) 10.8, (Community College) 1. Ray Ethridge (Pasadena CC) 10.4, 2. Martin McKinney (Compton CC) 10.6, 3. Raymond G? (Not Available) 10.8, 200m: (Open) 1. Craig Malaer (CSLB) 22.2, 2. Stylianou Stelios (UCSD) 22.4, 3. Donald Pickney (Marines) 22.6, (University) 1. Mark Messana (Claremont) 21.4, 2. Oliver Daniels (Biola) 21.4, 3. Anthony Ford (LBS) 21.8, 400m: (Open) 1. Joey Pollard (Marines) 49.9, 2. Chris Coward (Unat) 50.2, 3. Eric McKendell (LBS) 50.8, (University) 1. Maurice Horton (LBCC) 47.1, 2. Darron Bernard (Cal Luth) 47.7, 3. Brian James (All-Amer) 47.9, (Comm College) 1. Chris Harris (LBCC) 48.9, 2. Greg Fisher (LA Vly) 49.2, 3. T. Lenoir (El Camino CC) 49.3, 1500: (Combined) 1. Jim Sorenson (Unat) 3:51.1, 2. Richard Diddy (Unat) 3:51.6, 3. Chris Jimenez (Biola) 3:51.8, 3000m Steeplechase: 1. Craig Ingram (Unat) 9:27.8, 2. Pat Byrne (Claremont) 9:35.1, 3. Lance Rankin (Unat) 9:40.3, 110m Hurdles: (Comm College) 1. Eddie McElroy (LBCC) 14.6, 2. Rod Wimberly (Pasadena CC) 14.8, 3. Dimitri Guays (LBCC) 15.0, (Open) 1. David Ashford (SSTC) 13.8, 2. Sherman Morris (LBCC) 14.4, 3. K. Broshat (CSLB) 14.7, 5000m: (Open) 1. Griffin (USC) 14:40.7, 2. Garcia (UCD) 14:54.5, 3. Tim Demme (Oxy) 14:58.2, 400x900m Relay: 1. Running Experience 7:40.5, 2. UC Riverside 7:54.7, 3. USC 7:55.6, Spring Medley Relay: 1. Air Force Academy #A 3:27.1, 2. UCSD 3:27.2, 3. Marine Corps 3:33.8, 400m Hurdles: (Open) 1. Von Doyce (Unat) 54.5, 2. Aaron Campbell (LA Vly) 54.9, 3. Chris Isaacson (Clarm) 56.4, (Univ) 1. Reed (Unat) 52.8, 2. Tony McCullough (LBCC) 53.4, 3. Johnny Watson (CS Bakersfield) 53.6, (Comm College) 1. Matthew Pizze (UCSD) 56.8, 2. Donell Walls (LBCC) 59.0, 3. Eric Berg (Cal Luth) 61.1, Hammer: (Open) 1. Al Collette (Unat) 185-6, 2. Dan dickey (All-Amer) 183-5, 3. Dan O'Keefe (Clarm) 183-3, Javelin: (Open) 1. Mike Doer (CSLA) 193-11, 2. Shafer (Marines) 187-7, 3. Gibson 180-0, (Comm College) 1. Rod Chronister (LBCC) 176-0, 2. Randy Mills (Pasa CC) 159-8, 3. Greg Watson (Pasa CC) 143-0, Long Jump: (Open) 1. Alon Howard (Marines) 22-10, 2. Rich Weston (AF Acad.) 21-8, 3. Leon Dockery (AF Acad.) 21-6 1/4, (Comm College) 1. Curtis Mitchell (El Camino) 21-9, 2. Charles Holland (El Camino) 21-0 3/4, 3. Lionel Hemmons (Valley) 20-3, Shot Put: (Open) 1. Kaleaph Carier (Westwood TC) 54-3 3/4, 2. Jantz Fitzgerald (CSLA) 52-9 1/2, 3. John Ross (Marines) 52-6 3/4, (Comm College) 1. Eddie Velarde (LB) 49-8 1/4, 2. Ed Vega (Santa Monica) 48-9 1/2, 3. Quincy Taylor (LB) 44-9, Pole Vault: (Open) 1. Shannon Sullivan (AF Acad) 16-0, 2. Jay Borick (Unat) 15-6, 3. Mike Hogan (SDTC) 15-6, (Comm College) 1. Olivier Perrin (LB) 16-0, 2. Vince Berestford (El Cam) 14-0, 3. Mark Griffiths (LB) 13-0, Discus: (Open) 1. Darrin Buckner (All-Amer) 175-11, 2. John Rose (Marines) 169-10, 3. James Bivens (CSLA) 160-7, (Comm College) 1. Eddie Velarde (LBCC) 157-6, 2. Shawn Absher (LBCC) 141-9, 3. Rod Chronister (LBCC) 134-6, Triple Jump: 1. Mingo Hosey (Pasa CC) 48-9, 2. L. Davenport (TJ) 48-2 1/2, 3. Eric Joseph (Muzik TC) 47-2 1/2, High Jump: (Open) 1. Joe Radan (SoCalCheats) 7-4, 2. Richard Wooten (Pasa CC) 6-11 3/4, 3. Joel

Mitre (Unat) 6-9 3/4, (Comm College) 1. Andre La-Coste (LBCC) 6-8, 2. Victor Elliott (LBCC) 6-6, 3. Greg Watson (PasaCC) 6-2.

Women's Results

100m: (Open) 1. Lori Shaw (CS Fullerton) 11.9, 2. Cathy Roberts (CSLB) 12.0, 3. Leslie Rhodes (Whittier Col) 12.5, (Univ.) 1. Monique Anthony (CS Bakers) 12.6, 2. Andrea Kouremets (UCSD) 12.8, 3. Laura Valeri (UC Rivers) 13.1, (Comm College) 1. C. Thomas (El Cam) 12.3, 2. Mikiya Freuost (LA Vly) 12.3, 3. Lisa Lagrana (LBCC) 12.8, 200m: (Open) 1. Lisa Harvey (Unat) 26.7, 2. Sheldona Allen (Marines) 26.7, 3. Lupe Gasillas (CSLA) 26.9, (Univ.) 1. Andrea Rofa (CSLA) 24.4, 2. Monique Anthony (CSBakers) 25.3, 3. Andrea Kouremets (UCSD) 25.8, (Comm College) 1. Nkywa Prevost (LA Vly) 24.7, 2. C. Thomas (El Cam) 24.9, 3. Shanae Mills (El Cam) 26.6, 400m: (Open) 1. Shange Mills (El Cam) 59.2, 2. Sareana Smith (Unat) 61.9, 3. G. Suthern (El Cam) 62.2, (Univ.) 1. Kari Zaleski (CSLB) 57.0, 2. Becky Valentine (AIA) 57.4, 3. Jaemie Ballesteros (CSLB) 61.0, (Comm College) 1. Crystal Irving (LBCC) 56.5, 2. Shana Mills (ElCam) 62.3, 3. Teresa Foy (Run Exp) 63.0, 1500m: 1. K. Kanos (Team Pio) 4:28.6, 2. Kaife Cunningham (Track West) 4:39.5, 3. Sorja Cooper (Sutherland, Unat) 4:40.3, 3000m: 1. Rosalinda Garcia (CSLB) 10:32.5, 2. Carla Figueroa (Unat) 10:33.1, 3. Michelle Conlay (UCSD) 10:33.3, 100m Hurdles: 1. Maureen McGee-Hamilton (Unat) 14.3, 2. Shana Jenner (Whittier) 16.3, 3. Jenny Hively (Biola) 16.6, 400m Hurdles: 1. Vicki Dunkley (UCSD) 70.1, 2. Annie Lunsman (CSLA) 71.1, 3. Hivery (Biola) 72.0, 4x100m Relay: 1. Long Beach CC 50.20, 2. UCSD 51.30, 3. Air Force Academy #A 53.10, Medley Relay: 1. AF Academy #A 12:45.0, 2. UC Riverside 13:28.2, 3. AF Academy #B 13:37.7, Shot Put: 1. Shannon Quigley (UCSD) 44-1 1/4, 2. Jennifer Wheelch (Westwood TC) 43-8, 3. Michele Olvera (Unat) 41-1, Long Jump: 1. Lavern Clarke (AOTC) 18-1 1/4, 2. Cheryl Porter (TriTech) 16-8 1/4, 3. Mona Wheeler (AF Acad) 16-6 1/2, High Jump: 1. Leslie Rhodes (Whittier) 5-6, 2. Monica Holzhauer (AF Acad) 5-4 1/2, 3. Katrina Polaski (Clarm) 5-0 1/4, Javelin: 1. Debbie Jackson (Unat) 155-8, 2. Michelle Olvera (Unat) 152-6, 3. Gretchen Geiger (Whittier) 132-8, Triple Jump: 1. Lavern Clarke (AOTC) 39-9 3/4, 2. Jewell Lovelady (Unat) 38-8 3/4, 3. Vicki Dunkley (UCSD) 32-10 1/4, Discus: 1. Peggy Polak (Nike Cst) 159-9, 2. Chris Barboza (CSLA) 148-7, 3. Louise Coulter (Oxy) 136-4.

Fresno State

3-Way Meet

March 18, Warmerdam Field, Fresno.

Men's Results

100m: 1. Anthony Barnes (FSU) 10.47w, 2. Robert Jefferson (EWU) 10.50w, 3. Doug Rich (EWU) 10.93w, 200m: 1. Anthony Barnes (FSU) 21.09, 2. Robert Jefferson (EWU) 21.16, 3. Harlan South (FSU) 21.29, 400m: 1. Mike Boehrke (EWU) 48.93, 2. Harvey Cobbs (EWU) 49.48, 3. Tim Frost (EWU) 49.62, 600m: 1. Ernie Freer (FSU) 1:52.45, 2. Brian Talbott (EWU) 1:52.53, 3. Keith Gullory (FSU) 1:52.67, 1500m: 1. Ernie Freer (FSU) 3:50.91, 2. Jason Lienau (FSU) 3:54.16, 3. Rod Heskett (FSU) 3:54.46, 3000m Steeplechase: 1. Gordon Birdsall (EWU) 9:43.27, 2. Kelly Dodge (FSU) 9:58.29, 3. Scott Cleveland (Redd) 10:11.44, continued next page.

RESULTS

5000m:

1. Brian Presson (UNR) 15:04.6, 2. Jim Zimmer (FSU) 15:13.9, 3. David Naranjo (FSU) 15:19.5.

110m Hh:

1. Rich Holmes (FSU) 14.50, 2. Jay Burke (FSU) 15.30, 3. Brian Kondell (FSU) 15.47.

400m H: 1. Ray Brooks (FSU) 53.38, 2. Rich Holmes (FSU) 54.33, 3. Dave Roberts (FSU) N.T.

4x100m Relay:

1. FSU "A" (Nelson, South, Coleman, Barnes) 40.72, 2. Eastern Washington Univ. (Corley, Rich, Cobbs, Jefferson) 41.24, 3. FSU "B" (Gidcumb, Morgan, Moore, Williams) 41.65.

1600m Relay:

1. FSU "A" (Baker, Brooks, Coleman, South) 3:15.19, 2. Eastern Washington Univ. (Frost, Cobbs, Boehnke, Talbott) 3:18.57, 3. Univ. of Nevada-Reno (Villaboe, Pierce, Clairborne, Freeman) 3:21.94.

Long Jump:

1. Lawrence Nelson (FSU) 24-2 1/4, 2. Todd Anderson (EWU) 23-3 1/2, 3. Greg Freeman (UNR) 22-3.

Triple Jump:

1. Greg Freeman (UNR) 47-5, 2. Todd Anderson (EWU) 44-11 1/4, 3. Paul Sjoberg (Red) 42-9 1/2.

High Jump:

1. Derrick Moore (FSU) 6-6, 2. Paul Sjoberg (Red) 6-4, 3. Robert Richardson (FSU) 6-4.

Pole Vault:

1. Derek Oliver (FSU) 16-8, 2. Jim Drath (FSU) 16-4, 3. Adam Straiton (FSU) 16-4.

Discus:

1. Ray East (UNR) 160-6, 2. Jeff Budwig (FSU) 158-9, 3. Andy Harris (FSU) 150-0.

Shot Put:

1. Mike Mesharian (UNR) 54-10, 2. Ray East (UNR) 51-11 3/4, 3. Tom Rowe (FSU) 46-3 1/2.

Hammer:

1. Ken Putnam (FSU) 188-4, 2. Daron Crass (FSU) 181-3, 3. Andy Harris (FSU) 180-2.

Javelin:

1. Roy Seidmeyer (FSU) 214-6, 2. Derrick Chahere (UNR) 206-2, 3. Don Lujan (Red) 201-3.

Team Scores:

1. Fresno State University 127, 2. Eastern Washington University 37.

1. Fresno State University 129, 2. Univ. of Nevada-Reno 30.

1. Eastern Washington University 102, 2. Univ. of Nevada-Reno 41.

Women's Results

100m:

1. April Freow (FSU) 11.87, 2. Dionne Garner (FSU) 11.88, 3. Dianna Richards (EWU) 12.96.

200m:

1. Dionne Garner (FSU) 24.45, 2. Kim McRae (FSU) 25.52, 3. Simone Cesh (FSU) 25.89.

400m:

1. Kim McRae (FSU) 56.88, 2. Ronda Green (FSU) 58.91, 3. Kirsti Threacraft (EWU) 1:00.39.

800m:

1. Deana Graves (EWU) 2:18.48, 2. Danna Hollermann (FSU) 2:16.96, 3. Shannon Lieder (FSU) 2:17.79.

1500m:

1. Heather Maple (EWU) 4:39.79, 2. Patty Young (UNR) 4:44.34, 3. Ann Kuphaldt (FSU) 4:46.41.

3000m:

1. Janine Ogas (FSU) 10:17.1, 2. Cindy Rookwood (FSU) 10:22.70, 3. Heather Maple (EWU) 10:32.7.

5000m:

1. Janine Ogas (FSU) 17:47.4, 2. Sissal Bernstein (FSU) 18:06.4, 3. Chantal Plante (FSU) 18:56.9.

100m:

1. Christina Gangruss (FSU) 15.70, 2. Renee Cunningham (FSU) 17.56.

4x100m Relay:

1. FSU "A" (McRae, Freow, Garner, Cesh) 48.4, 2. FSU "B" (Compton, Gangruss, Connolly, Lyles) 50.

1600m Relay:

1. FSU "B" (Garner, Freow, Green, Cunningham)

3:56.82, 2. FSU "A" (Cesh, Gangruss, Hallermann, McRae) 4:01.63.

Long Jump:

1. Simone Cesh (FSU) 18-8 1/4, 2. Diana Richard (EWU) 17-11 1/4, 3. Kim McRae (FSU) 17-11.

High Jump:

1. Liz Harris (EWU) 5-10, 2. Simone Srubek (FSU) 5-8, 3. Christie Olson (FSU) 5-8.

Triple Jump:

1. Christina Gangruss (FSU) 37-8 3/4, 2. Stacey Lyles (FSU) 37-0 1/4, 3. Erica Whitney (Red) 35-1 1/4.

Javelin:

1. Chris Harris (FSU) 150-2, 2. Kristi Vandell (EWU) 121-9, 3. Sue Schroeder (Red) 120-3.

Discus:

1. Donna McKinnon (FSU) 148-8, 2. Vickie Trask (FSU) 136-9, 3. Amanda Flamm (Red) 101-0.

Shot Put:

1. Vickie Trask (FSU) 43-3, 2. Kristi Vandell (EWU) 41-6 1/2, 3. Donna McKinnon (FSU) 39-9 1/4.

Team Scores: 1. Fresno State University 102, 2. Eastern Washington University 27.

GSAC Relays

March 18, Azusa Pacific University.

Men's Results

100m:

1. Patrick Nwankwo (Azusa Pacific) 10.45, 2. John Tero (Point Loma) 10.80, 3. Kwame Moore (PL Loma) 10.87, 4. Darren Bernard (Cal Lutheran) 10.99, 5. Kevin Halcher (Cal Lutheran) 11.00, 6. Peter Stahl (PL Loma) 11.18.

110m Hurdles:

1. Herby Akpom (Azusa Pacific) 14.31, 2. Kwame Moore (PL Loma) 14.55, 3. Eddie Carbin (Azusa Pacific) 14.81, 4. Robert Tamblin (Cal Lutheran) 16.11, 5. Tom Raper (Christ Irvine) 16.20, 6. Kirk Werner (Cal Lutheran) 16.38.

400m Hurdles:

1. Eddie Carbin (Azusa Pacific) 53.82, 2. Brian Chapman (Azusa Pacific) 54.54, 3. Chris Ramirez (FPC) 57.18, 4. Ezra Carbins (Azusa Pacific) 58.46, 5. Robert Tamblin (Cal Lutheran) 58.6, 6. Mark Gonzales (PL Loma) 1:03.4.

Steepchase:

1. Patrick Byrne (Cal Lutheran) 9:37.59, 2. Gus Arce (PL Loma) 9:59.08, 3. Todd Sabala (FPC) 10:28.9, 4. Mike Lao (Azusa Pacific) 10:42.02, 5. Josh Sheridan (FPC) 10:56.68.

10,000m:

1. Matt Griffin (Cal Lutheran) 32:46.97, 2. Rich Parris (FPC) 33:12.18, 3. Ken Hall (PL Loma) 33:24.70, 4. Rick Penman (PL Loma) 33:59.29, 5. Tim Delkeskamp (Cal Lutheran) 34:24.89, 6. Bert Storm (Azusa Pacific) 36:25.0.

4x100m Relay:

1. Azusa Pacific University 41.69, 2. Point Loma Nazarene 42.06, 3. Fresno Pacific College 43.24, 4. Cal Lutheran University 43.32, 5. Christ College Irvine 45.07.

4x400m Relay:

1. Azusa Pacific University 3:15.61, 2. Point Loma Nazarene 3:19.95, 3. Cal Lutheran University 3:20.29, 4. Fresno Pacific College 3:37.52, 5. Westmont College 3:41.40.

4x800m Relay:

1. Point Loma Nazarene 7:42.27, 2. Azusa Pacific University 7:43.61, 3. Cal Lutheran University 8:05.28, 4. Fresno Pacific College 8:06.38, 5. Westmont College 8:29.08.

Sprint Medley:

1. Point Loma Nazarene 3:30.61, 2. Azusa Pacific University 3:34.92, 3. Fresno Pacific College 3:36.75, 4. Cal Lutheran University 3:42.69, 5. Westmont College 3:49.18.

Distance Medley:

1. Point Loma Nazarene 10:30.13, 2. Westmont College 10:30.82, 3. Cal Lutheran University 10:48.87, 4. Azusa Pacific University 11:13.02, 5. Fresno Pacific College 11:23.32.

Long Jump:

1. Herby Akpom (Azusa Pacific) 24-5 1/4, 2. Eddie Carbin (Azusa Pacific) 23-1 1/2, 3. Ransford Samuda (PL Loma) 22-4, 4. Christian Andreasson (PL Loma) 22-1 1/2, 5. Jay Pankratz (FPC) 21-5, 6. Kevin Halcher (Cal Lutheran) 20-6 3/4.

High Jump:

1. Tommy Taylor (Azusa Pacific) 6-8, 2. Dan Raafes (PL Loma) 6-6, 3. Herby Akpom (Azusa Pacific) 6-6, 4. Mike Tapley (Cal Lutheran) 6-4, 5. Chris Andreasson (PL Loma) 6-4, 6. Brian Chapman (Azusa Pacific) 6-0.

Triple Jump:

1. Christian Andreasson (PL Loma) 48-7 1/2, 2. Ransford Samuda (PL Loma) 45-9 3/4, 3. Joey Ellis (FPC) 40-10, 4. Mike Tapley (Cal Lutheran) 40-3, 5. Ezra Carbins (Azusa Pacific) 39-8.

Pole Vault:

1. Tommy Taylor (Azusa Pacific) 14-0, 2. Brian Grant (PL Loma) 13-6, 3. Mike Tapley (Cal Lutheran) 12-6, 4. Rich Verbal (Azusa Pacific) 12-0, 5. Mark Gonzales (PL Loma) 12-0, 6. Greg Armburst (Azusa Pacific) 10-0.

Javelin:

1. Rich Verbal (Azusa Pacific) 193-10, 2. Tommy Taylor (Azusa Pacific) 187-9, 3. Clint Gartenrich (Azusa Pacific) 179-8, 4. Dan Svihart (Westmont) 174-0, 5. Steve Cannon (Cal Lutheran) 157-5, 6. Mark Gonzales (PL Loma) 147-10.

Hammer:

1. Ryan McCann (Azusa Pacific) 179-11, 2. Tommy Daniel (Azusa Pacific) 176-9, 3. Ade Okujoju (Azusa Pacific) 171-4, 4. Pat Mair (Azusa Pacific) 171-0, 5. Brad Bowden (Azusa Pacific) 168-0, 6. Steve Cannon (Cal Lutheran) 154-7.

Discus:

1. Ade Okujoju (Azusa Pacific) 186-9, 2. Ryan McCann (Azusa Pacific) 155-4, 3. Pat Mair (Azusa Pacific) 142-10, 4. Tommy Daniel (Azusa Pacific) 135-4, 5. Steve Cannon (Cal Lutheran) 134-7, 6. Sam Hunt (FPC) 134-2.

Shot Put:

1. Ade Okujoju (Azusa Pacific) 60-3, 2. Steve Cannon (Cal Lutheran) 48-2, 3. Ryan McCann (Azusa Pacific) 44-9, 4. Pat Mair (Azusa Pacific) 40-8, 5. Sam Hunt (FPC) 43-3, 6. Kwame Moore (PL Loma) 40-8.

Team Scores:

1. Azusa Pacific 174, 2. Point Loma 108, 3. Cal Lutheran 71, 4. Fresno Pacific 46, 5. Westmont 17, 6. Christ Irvine 4.

Women's Results

100m:

1. Teresa Hortelano (Azusa Pacific) 12.50, 2. Connie Navarro (Pt Loma) 12.53, 3. Kim Pelway (Azusa Pacific) 12.65, 4. Shannon Shaughnessy (Azusa Pacific) 13.19, 5. Aleda Harasty (Pt Loma) 13.31, 6. Stephanie Clement (Azusa Pacific) 13.47.

100m Hurdles:

1. Kristina Young (Pt Loma) 15.39, 2. Sonia Munoz (Azusa Pacific) 15.60, 3. Anna Butz (FPC) 15.97, 4. Kim Cockrell (Azusa Pacific) 16.04, 5. Aleda Harasty (Pt Loma) 16.69, 6. Beth Hoesley (Westmont) 18.92.

400m Hurdles:

1. Kim Pelway (Azusa Pacific) 1:06.23, 2. Julie Rosemond (Westmont) 1:06.57, 3. Kim Cockrell (Azusa Pacific) 1:09.37, 4. Anna Butz (FPC) 1:09.88, 5. Jne Furrow (Cal Lutheran) 1:11.76, 6. Joanna Strader (Pt Loma) 1:15.96.

10,000m:

1. Sonia Weir (Azusa Pacific) 42:53.76, 2. Elizabeth Dekker (Westmont) 43:03.09, 3. Francine Byrne (Cal Lutheran) 44:42.91, 4. Nichole Navarro (FPC) 45:23.0, 5. Jenny Lewis (Cal Lutheran) 48:22.0, 6. Lorraine Lewis (Cal Lutheran) 50:27.0.

4x100m Relay:

1. Azusa Pacific University 50.48, 2. Cal Lutheran 52.07, 3. Westmont 52.78, 4. Point Loma 55.21, 5. Fresno Pacific 59.53.

4x400m Relay:

1. Azusa Pacific 4:07.83, 2. Cal Lutheran 4:13.41, 3. Point Loma 4:15.54, 4. Westmont 4:34.47, 5. Fresno Pacific 4:58.65.

4x800m Relay:

1. Point Loma 9:43.9, 2. Azusa Pacific 9:44.48, 3. Westmont 10:01.96, 4. Cal Lutheran 10:32.66.

Sprint Medley:

1. Azusa Pacific 1:48.86, 2. Point Loma 1:54.09, 3. Cal Lutheran 1:57.69, 4. Westmont 1:58.96, 5. Fresno Pacific 2:05.56.

Distance Medley:

1. Azusa Pacific 13:12.9, 2. Point Loma 13:34.14, 3. Westmont 13:53.36, 4. Cal Lutheran 15:37.08.

Long Jump:

1. Kim Cockrell (Azusa Pacific) 16-11 3/4, 2. Jane Stokes (FPC) 16-11, 3. Sonia Munoz (Azusa Pacific) 16-8 3/4, 4. Kristina Young (Pt Loma) 15-7 3/4, 5. Anna Butz (FPC) 15-7 3/4, 6. Tracey Emberley (Azusa Pacific) 15-5 3/4.

Triple Jump:

1. Kristina Young (Pt Loma) 35-10 1/4, 2. Sonia Munoz (Azusa Pacific) 35-8 1/2, 3. Jane Stokes (FPC) 34-9, 4. Kim Moreland (Pt Loma) 32-8 1/2, 5. Jne Furrow (Cal Lutheran) 32-5 3/4, 6. Anna Butz (FPC) 31-2 1/2.

High Jump:

1. Latrese Johnson (Azusa Pacific) 5-10, 2. Anna Butz (FPC) 5-4, 3. Pam Beaver (Cal Lutheran) 5-0, 4. Jne Furrow (Cal Lutheran) 5-0, 5. Amy Sharp (FPC) 5-0, 6. Camille Armijo (Pt Loma) 5-0.

Javelin:

1. Connie Navarro (Pt Loma) 125-5, 2. Vicki Gurney (Cal Lutheran) 117-1, 3. Julie Daifern (Azusa Pacific) 112-0, 4. Anna Butz (FPC) 105-2, 5. Kristen Pinard (Pt Loma) 102-10, 6. Jaylene Johnson (Christ Irvine) 98-1.

Discus:

1. Joey Classen (Azusa Pacific) 127-7, 2. Diane Van Lewen (Azusa Pacific) 121-2, 3. Vicki Gurney (Cal Lutheran) 111-3, 4. Stacey Haines (Pt Loma) 109-2, 5. Brenda Haddock (Westmont) 105-4, 6. Nancy Burns (FPC) 105-2.

Shot Put:

1. Joey Classen (Azusa Pacific) 42-9 1/2, 2. Vicki Gurney (Cal Lutheran) 37-5 1/4, 3. Anna Butz (FPC) 36-4 3/4, 4. Stacey Haines (Pt Loma) 34-10 1/4, 5. Nancy Burns (FPC) 34-6 1/4, 6. Laura King (Westmont) 34-3 1/2.

Team Scores:

1. Azusa Pacific 129, 2. Point Loma 78 1/2, 3. Cal Lutheran 63, 4. Fresno Pacific 45 1/2, 5. Westmont 40, 6. Christ Irvine 1.

Willie Williams Classic

March 18, Tucson, AZ

Men's Results

100m: 1. Frank Fredericks (BYU) 10.40, 2. Marc Olivier (AZ) 10.52, 3. Eric Akogyrin (BYU) 10.75.

200m: 1. Frank Fredericks (BYU) 20.92, 2. Percy Knox (AZ) 21.03, 3. Marc Olivier (AZ) 21.11.

400m: 1. Omar Davidson (Mich) 47.25, 2. Aaron Retterer (AZ) 47.64, 3. Terrance Riley (LB St.) 47.90.

800m: 1. Doug Herron (AZ) 1:49.52, 2. Russ Mair (BYU) 1:49.75, 3. Dennis Webster (Darlington) 1:50.81.

1500m: 1. John Quade 3:45.12, 2. Dave O'Leary (Cal) 3:46.19, 3. Roland Pawels (Iowa St.) 3:47.24.

3000m Steeplechase: 1. Jeff Barnett (Mich) 9:03.7, 2. Terry Burwell (NM) 9:07.4, 3. Lennie Clark (AZ) 9:09.5.

5000m: 1. Chris Morgan (AZ) 14:41.05, 2. Dave Schumacher (LB St.) 14:55.70, 3. Stan Emery (Col. St.) 14:58.64.

110m Hh: 1. Kevin McPherson (Cal) 14.00, 2. Shawn McAlmont (BYU) 14.36, 3. Sowah Marley (BYU) 14.39.

400m Hh: 1. Shawn McAlmont (BYU) 51.28, 2. Michael Graham (Iowa St.) 51.80, 3. Brian Ballou (AZ) 52.15.

4x100m Relay: 1. Arizona (Olivier, Knox, Lockhart, Dyer) 40.06, 2. Long Beach State 41.05, 3. Michigan 41.34, 4. 4x400m Relay: 1. Iowa State 3:09.24, 2. Arizona 3:10.35, 3. Michigan 3:12.65.

Hammer: 1. Scott Berberer (AZ) 198-7, 2.

continued next page...

RESULTS

ROAD RACING

Rose Bowl Center Fun Run

November 20, Pasadena.

Division Results - Men's 5K

14 & Under: 1. Jason Semelsberger 24:07, 2. David Otterman 34:46, 3. Eric Otterman 34:47, 15-20: 1. Hector Sanchez 17:26, 2. Chris Longacre 21:12, 3. Brian Kom 22:27, 21-29: 1. Ignacio Fonseca 16:56, 2. Rob Dyer 17:31, 3. Miguel Mercado 18:25, 30-39: 1. Carl Allen 17:51, 2. Bob Dietrich 17:52, 3. Frank Mega 17:55, 40-49: 1. Agustin Medina 18:31, 2. Woody Stulenmund 19:36, 3. Manuel Vasquez 20:17, 50-59: 1. Michael Palco 24:03, 2. Luis Ojeda 31:33, 3. Jim Tasker N.T. 60 & Over: 1. Meredith Eick 20:13, 2. Phil Jones 21:54, 3. Jack Mehlman 26:22.

Division Results - Women's 5K

14 & Under: 1. Sarah Nestelhut 38:12, 21-29: 1. Joan Parnington 19:36, 2. Sonya Leavitt 25:09, 3. Tory Taft 25:22, 30-39: 1. Phyllis Paiko 22:15, 2. Gina DiGiovanni 25:22, 3. Elizabeth Walton 24:53, 40-49: 1. Barbara Reukena 22:47, 2. Lorraine Silver 26:17, 3. Ann Dargahi 27:28, 50-59: 1. Mary Salinas 28:40, 60 & Over: 1. Saima Mahman 31:54.

Division Results - Men's 10K

15-20: 1. Ernie Diaz 33:17, 2. Alex Plancarte 35:29, 21-29: 1. Ruben Ledesma 34:18, 2. Ed Lopez 35:07, 3. Eran Naveh 36:51, 30-39: 1. Juan Perez 35:30, 2. Jose Rodriguez 36:11, 3. Jeff Wong 36:20, 40-49: 1. Mike Neese 42:48, 2. John Galbraith 45:16, 3. Bob Dworkowski 45:34, 50-59: 1. Bob Nyman 39:32, 2. Ed Palletier 44:06, 3. George Gonzalez 47:41, 60 & Over: 1. Jack Mehlman 53:20.

Division Results - Women's 10K

21-29: 1. Elizabeth Kinsler 46:31, 2. Sue Hagen 55:53, 30-39: 1. Terri Goodreau 42:48, 2. Cheryl Galbraith 45:43, 3. Sherrin Semelsberger 47:18, 40-49: 1. Sharon Volcott 49:09, 2. Patty Whites 49:15, 3. Rosellen Roebuck 52:44.

Turkey Trot

November 20, Santa Cruz, 10K & 1-Mile.

Overall Results - 1-Mile Kid's Fun Run

1. Norm Bush 6:12, 2. Stephanie Peterson 6:16, 3. Joel Hickok 6:17, 4. Dallas Stein 6:24, 5. Matt Buckley 6:28, 6. Kimberly Morgan 6:40, 7. Jeffrey Wu 6:43, 8. Chauo Martinez 6:52, 9. Chris Rudden 7:01, 10. Kelly Morgan 7:05.

Division Results - Men's 10K

16 & Under: 1. Chris Zeman 34:37, 2. Aaron Kamp 35:28, 3. Jose Fernandez 36:58, 17-29: 1. Scott Peterson 31:28, 2. Javier Jorquiera 31:46, 3. Naranjo Javier 32:23, 30-39: 1. Tom Adams 32:52, 2. Marly Kruger 33:27, 3. Charlie Verutti 33:58, 40-49: 1. Rick Sproule 35:02, 2. Walter Radloff 35:19, 3. Michael Sosnowski 35:41, 50-59: 1. Glyn Wood 36:18, 2. Dennis Thomas 38:36, 3. Robert Russell 39:47, 60 & Over: 1. Bob Ross 43:57, 2. Geroge Carroll 45:23, 3. Kenneth Bailey 49:15, Wheelchair: 1. Robert Withersell 34:22, 2. Donald Bearden 34:47, 3. Jerry Deets 34:49.

Division Results - Women's 10K

16 & Under: 1. Gerogia Nye 47:31, 17-29: 1. Tina Ebrahimian 39:07, 2. Bridget Ward 40:23, 3. Antoinette Seiler 41:45, 30-39: 1. Jacquelyn Russum 36:59, 2. Janet Abwood 37:26, 3. Katie Scott 39:16, 40-49: 1. Vickie Lames 47:48, 2. Valerie Pilkington 48:04, 3. Pamela Whiting 48:11, 50-59: 1. Marion Irvine 42:22, 2. Diane Bromstead 48:44, 3. Gloria Duke 48:49.

Run to End World Hunger

November 28, San Luis Obispo, 10 Miles.

Overall Results

1. Candace Cable-Brooks (34) SLO 51:54, 2. Peter Brooks (34) SLO 51:55, 3. Louie Antonio (21) Boston 51:58, 4. Paul Lee (27) Santa Maria 56:11, 5. Steve Boaz (31) SLO 56:30, 6. John Trelin (34) Lompoc 57:42, 7. Brian Waterbury (40) SLO 58:38, 8. John Blair (34) Atascadero 59:32, 9. Earl Higbee (40) Atascadero 60:00, 10. Chris Connors (37) SLO 61:53, 11. Mike Garcia (37) Templeton 62:02, 12. Clement Michel (44) Los Osos 62:03, 13. Keith Kirkpatrick (42) SLO 62:30, 14. Les Beck (44) SLO 62:45, 15. Erick Ernstrom (17) SLO 63:40, 16. Mary Ryzner (34) Santa Barbara 64:03, 17. Kevin Byrne (26) Paso Robles 64:03, 18. Brad Cox (33) Santa Barbara 64:03, 19. Russ Raymond (41) SLO 64:44, 20. Will Jones (40) SLO 65:35.

Sri Chinmoy 24 Hour & 12 Hour Runs

November 26, 27, San Francisco.

The Sri Chinmoy 24 Hour Run was held from 8 a.m. to 8 p.m. on a one-mile loop on Edgewater Drive in Oakland.

Awards were given to the top seven finishers in the Men's Open Division for men under 50 years of age and awards were also given to the top three men in the Men's Masters Division for men over 50. There were no women competitors.

Bernd Leopold of Novato, 46 years old, won first

26, from 8 a.m. to 8 p.m. on a one-mile loop on Edgewater Drive in Oakland.

Awards were given to the top four finishers in the Men's Open Division for men under 50 and an award was also given to the top man in the Men's Masters Division for men over 50. There were two women competitors and they both received awards.

Larry Butler was the overall winner and Men's Open Division winner in this year's Sri Chinmoy 12 Hour Run. Larry covered 77 miles in the allotted 12 hour time. Second place winner was Stephen Derenzo of Folsom who did 65 miles. Third place winner was Michael Gordon of Castro Valley who did 61 miles and fourth place went to Karl Laucher of San Jose who did 53 miles.

In the Women's Open Division, Cecilia Corona of San Francisco took first place with 37 miles and Julie Baron of San Francisco took second place with 33 miles.

Ralph McLaughlin of Kensington won the Men's Masters division for men over 50 years of age with a total mileage of 42 miles.

Run to the Far Side IV

November 27, San Francisco, 5K & 10K.

Syndicated cartoonist Gary Larson, standing in a saissor tilt 25 feet high, had a birds eye view of over 11,000 avid fans and runners at the starting line of the Run to the Far Side IV. Now the second largest footrace in San Francisco. "Run to the Far Side" underscores the vast popularity of cartoonist Gary Larson.

Each year age division winners in the 5K and 10K

Dan Ford (Dartmouth) 193-0, 3. Pat Kalarer (Dartmouth) 185-4. Shot Put: 1. Jack Trahan (Az) 61-4 1/4, 2. Darren Crawford (NM) 60-5, 3. Dave Wargula (Az) 54-2. Pole Vault: 1. Lane White (BYU) 16-6 3/4, 2. Lance White (BYU) 16-6 3/4, 3. Dave Irvine (Mich) 16-4 3/4. Triple Jump: 1. Mike Harris (Cal) 52-2 1/2, 2. Joe Frank (Cal) 49-0 1/4, 3. Fritz Knowles (Iowa St.) 48-5 1/4.

Women's Results

100m: 1. Lacie Anderson (Iowa St.) 12.03, 2. Terri Florence (NM) 12.15, 3. Natanya Jones (NM) 12.17. 200m: 1. Terri Florence (NM) 25.00, 2. Natanya Jones (NM) 25.10, 3. Jana Charleston (Az) 25.32. 400m: 1. Amy McNeil (Iowa) 57.15, 2. Nancy Goble (Iowa St.) 57.17, 3. Angela Chadwick (Iowa) 58.45. 800m: 1. Kerri Zaleski (LB St.) 2:14.00, 2. Sherri Smith (Az) 2:14.15, 3. Deb Betz (Iowa St.) 2:14.75. 1500m: 1. Chris Morgan (Long Bch St) 4:40.35, 2. Mimi Waltz (Iowa St.) 4:44.03, 3. Tracy Kennedy (Az) 4:44.05. 3000m: 1. Nicole Burke (BYU) 10:01.40, 2. Laura Goodwin (Az) 10:05.84, 3. Charlene Latzing (Iowa St) 10:31.20. 1000m H: 1. Ami Ice (LB St) 13.95, 2. Sabine Schwarz (Az) 14.66, 3. Kelli Riedesel (Iowa St.) 14.81. 400m H: 1. Ami Ice (LB St) 58.49, 2. Kelli Riedesel (Iowa St) 60.24, 3. Catherine McKinney (NM) 61.98. 4x100m Relay: 1. Iowa State 47.25, 2. Iowa 48.60, 3. Colorado State 49.20. 4x400m Relay: 1. Long Beach State 3:50.03, 2. Iowa "A" 3:53.91, 3. Brigham Young 3:55.54. Discus: 1. Michelle Brotherton (Az) 160-10, 2. Cathy James (BYU) 158-0, 3. Anna Mosdell (BYU) 153-4. Triple Jump: 1. Deb Shield (Iowa St.) 36-10 1/2, 2. Marianna Guiz (Iowa St) 36-7, 3. Missy Hanlan (Col St.) 35-8 3/4. High Jump: 1. Dahlia Lockhart (Az) 5-7, 2. Chris Coodige 5-7, 3. Nancy Tessmer (Iowa) 5-7. Hammer: 1. Mari Butler (Dartmouth) 142-7, 2. Sarah Beasley (Dartmouth) 136-8, 3. Ellen Doane (Dartmouth) 131-5.

FSU Easter Heptathlon/Decathlon

March 21, 22, Fresno State.

Overall Results - Decathlon

1. Tim Baker (FSU) 7315, 2. John Nisemara (Chico) 6961, 3. Rick Schieweger (Neb) 6812, 4. Bump Novacek (FSU) 6585, 5. Tony Tynan (FSU) 6399, 6. Kurt Loeprich (Unat.) 6313, 7. Jeff Williams (UCI) 6284, 8. Mark Perry (CS Stanislaus) 5007.

Overall Results - Heptathlon

1. Ami Ice (Long Beach State) 5151, 2. Lynne Frey (Neb) 4718, 3. Kristi Kaulman (UCI) 4452, 4. Tina Gangnuss (FSU) 4278, 5. Trindi Fearntley (UCI) 4251, 6. Kim Becker (CS Stanislaus) 4205, 7. Ginger Connolly (FSU) 4164, 8. Anna Butz (FPC) 4059, 9. Gina Crews (Chico St) 4007, 10. Kristi White (Chico St) 3998, 11. Sheri Caplan (CS Stanislaus) 3513, 12. Gina Mandozza (CS Stanislaus) 3212, 13. Jenny Schouten (CS Stanislaus) 2804.



LESLIE McMULLIN

photo by Gene Cohn Productions



LARRY GUINEE

photo by Gene Cohn Productions

place with a total mileage of 132 miles. Bernd set a national record for 1988 with the third farthest mileage. The farthest mileage record for 1988 is held by Al Howe of British Columbia with a total mileage of 142 miles for the 24 Hour event.

The other top six finishers were: Bill Bothe, Tahoe City, 110 miles; Mike Crono, Aptos, 109 Miles; Echo James Edmonson, L.A., 104 miles; Rick Spady, Orlando, MT, 102 miles; Dave Damas, Turlock, 90 miles; Jeff Collins, Vallejo, 86 miles.

The top three finishers in the Mens Master's division were: Frank Rodriguez, 63, from San Lorenzo, 86 miles; Tony Stratta, S.F., 77 miles; and Dick Collins of Oakland, with 60 miles.

The Sri Chinmoy 12 Hour Run was held on Nov.

received custom made "Larson-ish" award. This year's recipients won a customized life ring, similar to the one worn by Gary's famous cartoon lemming, and a 1988 "Run to the Far Side" sweatshirt. All runners who completed either the 5K or 10K course in Golden Gate Park, San Francisco, were rewarded with the much-sought-after "Far Side" t-shirt.

Gary Larson was on hand to personally present the awards to the first man and woman in both the 10K and 5K, as well as to the first place Race Walker and the "Fastest" and the "Tallest out" costumed runners. In the 10K Mike Spencer of Castro Valley, took first place with a time of 31:06. U.S. Olympic Team member Nancy Ditz ran

continued next page...

RESULTS

a time of 35:34 securing first place in the women's division of the 10K. Competitive race walking was scored as a division in the 10K for the first time this year, with 40 year old Ron Joseph taking 1st place with a 47:53 time. Larry Guinee, running along with some full-sized Larson characters in the 5K's costume division--was first to cross the 5K finish line, at 15:00. For the 2nd year in a row, Leslie McMullin was the first female 5K runner finishing in a time of 17:51.

Division Results - Men's 5K

11 & Under: 1. Michael Domingues 20:46, 2. Zachary Martinez 22:54, 3. John Pizzo 23:57, 12-39: 1. Larry Guinee 15:00, 2. Scott Buttinghausen 15:10, 3. Scott Brink 15:17, 40 & Over: 1. George Mason 16:53, 2. Searcy Barnett 17:23, 3. Garry Armstrong 17:27.

Division Results - Women's 5K

11 & Under: 1. Francine Aquí 21:20, 2. Michelle Kyono 23:03, 12-39: 1. Leslie McMullin 17:51, 2. Robyn MacSwain 17:59, 3. Irene McLoughlin 18:13, 40 & Over: 1. Joan Colman 18:13, 2. Vicki Bigelow 19:13, 3. Dorrna Johnson 20:39.

Division Results - Men's 10K

13 & Under: 1. Paul Burgess 38:55, 2. Raj Jayadev 39:35, 3. David Kikenny 39:37, 14-19: 1. Steven Lopez 31:11, 2. Kevin Holbrook 31:50, 3. Scott Kennedy 33:07, 20-26: 1. Mike Spencer 31:06, 2. Jeff Stein 31:22, 3. Charles Lewis 31:32, 30-39: 1. Peter Churney 32:09, 2. Peter O'Reilly 32:37, 3. Charles Thompson 33:01, 40-49: 1. David Furst 32:57, 2. Syl Pascoe 33:39, 3. Tom Robinson 34:06, 50-59: 1. Sieghrid Mattern 37:51, 2. Tom Walsh 38:38, 3. Peter Todd 39:25, 60-69: 1. Joe Tremi 42:51, 2. Link Lindquist 43:31, 3. Patrick Griffin 45:41. Wheelchair: 1. Louis Antonio 29:59, 2. Peter Brookes 30:40, 3. Bruce Cornell 31:52. Walkers: 1. Ron Joseph 47:53, 2. Bob Honeycutt 52:20, 3. Rafael Trujillo 54:36. Masters Race Walker: 1. Jack Bray 53:03, 2. John Murphy 55:13.

Division Results - Women's 10K

13 & Under: 1. Julie Schuster 42:43, 2. Kate Conkling 48:41, 3. Gina Pasquini 48:54, 14-19: 1. Laurie Schuster 42:04, 2. Aimee Tolan 43:15, 3. Becky Rozumowicz 43:38, 20-29: 1. Linda Martinez 36:06, 2. Susan Putney 36:17, 3. Heidi Teachout 37:35, 30-39: 1. Nancy Ditz 35:34, 2. Christine Iwahashi 37:17, 3. Sharon Swann 37:27, 40-49: 1. Cymel Calvin 42:03, 2. Melody Anne Schultz 43:56, 3. Elen Green 44:15, 50-59: 1. Betsy Frasersmith 43:16, 2. Margaret Ghaige 48:29, 3. K. Lee Goering 49:44, 60 & Over: 1. Elsie Randall 48:05, 2. Jadyin Caselli 49:20. Wheelchair: 1. Candace Cable-Brook 29:44. Open Race Walker: 1. Jo Ann Nedelco 54:50, 2. Cindy Pafumi 57:14.

Hacienda 10K

November 27. Ventura. 5K & 10K.

Overall Results - 10K

1. Larry Montag (30-39) 33:16, 2. Mike Abrams (19-29) 33:16, 3. Rick Torres (30-39) 34:01, 4. Canobio Obispo (30-39) 35:07, 5. John Casso 35:20, 6. Paul Carr 35:35, 7. Jesus Herrera 35:38, 8. Johnny Rodgers (19-29) 37:20, 9. Dave Wheeler (50 & O) 38:31, 10. Dave Whiting (40-49) 39:48, 15. Pat Blunt (13 & U) 42:44, 22. Lissa Scobey (129-29) 43:40, 27. Loretta Bronk (40-49) 44:18, 41. Terri Weber (30-39) 47:49.

Overall Results - 5K

1. Larry Montag (30-39) 15:45, 2. Steve Blum (30-39) 16:10, 3. David Kelly (14-18) 16:15, 4. Richard Moreno (19-29) 16:29, 5. Todd Castor (19-29) 16:30, 6. Brian Finnerty (14-18) 16:41, 7. Karl Rush (19-29) 16:42, 8. Chuck Herrera 16:49, 9. Jay Fayloga 17:09, 10. Gene Ball (40-49) 17:25, 11. Ruth Vomund (30-39) 17:48, 14. Dave Wheeler (50+) 18:23, 21. Lara Donelan (19-29) 19:25, 36. Rich Fast (13 & U) 20:53, 39. Kimberly Williamson (13 & U) 21:06, 49. Julia Deacon (14-18) 22:22, 59. Barbara Camp (40-49) 23:34, 73. Carol Forster (50+) 25:20.

New York City Marathon

November 30. New York City.

Overall Results - Men

1. Steve Jones (33) Wales 2:06:20, 2. Salvatore Bettiol (26) Italy 2:11:41, 3. John Treacy (31) Ireland 2:13:18, 4. Gidamis Shahanga (27) Tanzania 2:13:50, 5. Juan Montero (27) Spain 2:14:00, 6. Nikolai Tabak (30) USSR 2:14:06, 7. Kazuyoshi Kidoh (27) Japan 2:14:14, 8. Marc Nenow (30) USA 2:14:21, 9. Derege Nedi (33) Ethiopia 2:14:27, 10. Rustam Chaguiyev (25) USSR 2:14:34.

11. Pierre Levisse (36) France 2:14:38, 12. Wodajo Bulé (31) Ethiopia 2:14:43, 13. Salvatore Nicosia (25) Italy 2:14:58, 14. Geoffrey Wightman (27) England 2:15:40, 15. John Vermeule (26) Netherlands 2:15:52, 16. Ryszard Marczak (42) Poland 2:15:54, 17. Antoni Niemczak (32) Poland 2:15:54, 18. Juri Porolov (37) USSR 2:15:56, 19. Zeieke Metelaria (18) Ethiopia 2:16:14, 20. Carlo Terze (33) Italy 2:17:40.

Overall Results - Women

1. Grete Waitz (35) Norway 2:28:07, 2. Laura Fogli (29) Italy 2:31:26, 3. Joan Smauelson (31) USA 2:32:40, 4. Karolina Szabo (26) Hungary 2:36:40, 5. Kerstin Pressler (26) FR Germany 2:37:35, 6. Alevina Chasova (27) USSR 2:37:59, 7. Graziella Sbrilli (39) Italy 2:39:32, 8. Hazel Stewart (34) New Zealand 2:40:26, 9. Bente Mos (27) Norway 2:40:41, 10. Tove Lorentzen (28) Denmark 2:41:07. 11. Ludmila Melicherova (24) Czech. 2:41:43, 12. Agnes Sipka (34) 2:42:03, 13. Gillian Horowitz (33) England 2:42:18, 14. Ritva Lemetinen (28) Finland 2:42:19, 15. Irina Petrova (26) USSR 2:42:20, 16. Czeslawa Mentewicz (32) Poland 2:42:38, 17. Gillian Beschloss (29) England 2:43:10, 18. Ewa Szajdowska (28) Poland 2:44:47, 19. Marie Boyd (28) USA 2:45:20, 20. Gail LaDage Scott (42) USA 2:47:33.

Top California Runners

55. Brian Russell (29) Studio City 2:27:46, 235. Charlie Hoover (40) Sepulveda 2:43:13, 311. Mark Sobota (29) Palmdale 2:46:31, 333. Michael Rodriguez (29) San Francisco 2:47:25, 438. Joe Schlereth (38) Fresno 2:51:11, 454. Miguel Mendez (44) Wilmington 2:51:37, 696. Denis Trafecant (46) Moorpark 2:56:52, 726. William Auld (31) Alameda 2:57:21, 770. Daniel St. Clair (32) Vacaville 2:58:06, 805. Kevin Cimarusti (29) Sierra Madre 2:58:35, 830. Scott Isdaner (35) Los Angeles 2:58:57, 873. Audie Chason (38) Mission Viejo 2:59:40, 895. Gibson Cooper (24) Los Angeles 2:59:59, 913. Peter Gray (46) Cardiff 3:00:19, 917. Ralph Tashjian (22) San Francisco 3:00:22, 911. Thomas McGrath (29) Dana Point 3:01:30, 987. Edward Marsh (30) San Diego 3:01:39, 1042. William Pratt (26) Menlo Park 3:02:47, 1047. David Kettel (28) Hermosa Beach 3:02:49, 1135. Kevin Steele (29) Malibu 3:04:13.

Redondo Beach Pro Bowl 88

December 3. Redondo Beach. 5K.

Division Results - Men

12 & Under: 1. Joey Hernandez 17:48, 2. Eddie Alarcon 19:04, 3. Matthew Davis 23:19, 13-18: 1. Alexis Sabio 16:09, 2. Scott Ordway 18:19, 3. Joel Mayorga 16:31, 19-24: 1. Michael Bucknoff 15:14, 2. Mike Ward 15:39, 3. Michael Marck 15:40, 25-29: 1. Bob Leelch 14:43, 2. Larry Guinee 14:53, 3. Mike Kirk 15:03, 30-34: 1. David Fleming 15:07, 2. Lars Carlsson 15:57, 3. Bill Baker 15:59, 35-39: 1. Paul Marcol 16:17, 2. Mark Gross 17:04, 3. Steve Cole 18:34, 40-44: 1. Salvador Gonzalez 17:12, 2. Wayne Mitchell 17:21, 3. Steve Mangum 18:44, 45-49: 1. Don McCarthy 16:14, 2. Catarino Gonzalez 18:26, 3. Harry Hunt 17:33, 50-54: 1. Jim Scarbrough 20:19, 2. Jim Anders 20:26, 3. Bud Soto 20:42, 55-59: 1. Jeff Thomas 20:24, 2. Don McIgaard 22:16, 3. Tom Flannigan 23:51, 60-64: 1. Meredith Eick 19:23, 2. Urbano

Aburio 20:54, 3. Jack Green 21:26, 65 & Over: 1. Sam Simon 24:20, 2. John Hales 24:25, 3. Ed Rumble 26:12. Walker: 1. Bill Lippert, 2. William Jackson, 3. Sheldon Rosansky, 4. Jon Kuroyama, 5. Mike Brown.



SUSAN PUTNEY

photo by Gene Cohn Productions

Division Results - Women

12 & Under: 1. Cynthia Condon 21:44, 2. Jennifer Gilbert 29:52, 3. Vivian Cryder 34:17, 13-18: 1. Jamie Clippard 20:21, 2. Claire Clark 22:28, 3. Sandy Cohen 28:07, 19-24: 1. Annie Seawright 17:11, 2. Mica Ballera 20:33, 3. Michele Quinn 23:34, 25-29: 1. Helen Lopez 17:45, 2. Jennifer Henderson 18:13, 3. Carol Peters 19:19, 30-34: 1. Lasé Lewis 18:04, 2. Regina Schuetze 18:24, 3. Michèle Frodette 19:50, 35-39: 1. Teresa Hom 19:36, 2. Barbara Varon 19:50, 3. Cathiona McVical 23:46, 40-44: 1. Corine Schratz 22:24, 2. Moira Hughes 23:51, 3. Jeannette Shelly 24:45, 45-49: 1. Jileen Jackson 28:16, 2. June Tsujimoto 28:20, 3. Nancy Halpin 30:55, 50-54: 1. Gene Johnson 28:43, 2. Barbara Larsh 28:58, 3. Mary Golb 30:00, 55-59: 1. Betty Crosby 27:45, 2. Jean Windshar 28:59, 3. Charmion Burns 33:26, 60-64: 1. Arlene Simon 35:59, 2. Helen Carter 51:28. Walker: 1. Anna Britton 34:07, 2. Melissa Nienburger 36:00, 3. Mary Brown 37:49, 4. Bill Lippert 38:49, 5. Hannah Rosinsky 36:56.

Nike-San Francisco Half Marathon

December 4. San Francisco.

Overall Results - Men

1. Bob Stolz (24) Eugene 1:05:09, 2. Lourival Sampaio (30) San Francisco 1:05:29, 3. Thomas Ranis (29) Bozeman 1:05:57, 4. Ken Hunter (36) 1:06:25, 5. Derrick May (34) Ballboa 1:06:39, 6. David Frank (22) Los Altos 1:07:18, 7. Mike Spencer (23) Castro Valley 1:07:37, 8. Steven Lopez (19) San Jose 1:08:04, 9. Jeff Shaver (28) Sunnyvale 1:08:16, 10. Dan Stefanisko (26) San Jose 1:09:27.

Overall Results - Women

1. Gail Kingma (27) Seattle 1:13:13, 2. Debra Raunig (33) Missoula 1:14:34, 3. Robyn Root (30) Davis 1:16:16, 4. Dee Ann Dougherty (30) Lake Oswego 1:21:08, 5. Valerie Jensen (20) Hayward 1:22:47, 6. Kim Rupert (33) Hillsborough 1:23:12, 7. Eileen Brennan (27) San Francisco 1:23:33, 8. Irene McLoughlin (43) San Francisco 1:23:43, 9. Honor Featherstone (34) Mill Valley 1:24:23, 10. Janet At-

wood (31) Palo Alto 1:24:37.

Division Results - Men

19 & Under: 1. Steven Lopez 1:08:04, 2. Brian Thorsen 1:16:38, 3. Kenny Brown 1:17:11, 20-24: 1. Bob



KEVIN KOCH

photo by Gene Cohn Productions

Stolz 1:05:09, 2. Mike Spencer 1:07:37, 3. Herbie Pepper 1:11:01, 25-29: 1. Thomas Ranis 1:05:57, 2. David Frank 1:07:18, 3. Jeff Shaver 1:08:16, 30-34: 1. Lourival Sampaio 1:05:29, 2. Derrick May 1:06:39, 3. Joseph Green 1:09:54, 35-39: 1. Ken Hunter 1:06:25, 2. Ed Lanzanin 1:10:15, 3. David Garcia 1:11:20, 40-44: 1. Jim Gibbons 1:14:11, 2. Doug Bull 1:15:20, 3. John Kim 1:18:12, 45-49: 1. Peter White 1:16:53, 2. Martin Jones 1:18:19, 3. Stephen Lyons 1:18:27, 50-59: 1. Anthony Pflighard 1:19:03, 2. Joe Hancock 1:21:24, 3. Tom Baruch 1:21:55, 60-69: 1. Neil Mahoney 1:39:12, 2. Warren Pat 1:41:24, 3. Gary Toji 1:41:43, 70 & Over: 1. Bill Van Fleet 1:46:41, 2. Otto Sommerauer 2:05:48, 3. Don Iwahashi 2:09:27. Racewalking: 1. Jack Bray Jr., 1:58:25.

Division Results - Women

19 & Under: 1. Lisa Mildred 1:39:25, 2. Melissa Freeberg 1:39:27, 3. Jennifer Cullen 1:40:55, 20-24: 1. Valerie Jensen 1:22:47, 2. Betsy Swan 1:25:34, 3. Linda Schirmer 1:32:52, 25-29: 1. Gail Kingma 1:13:13, 2. Eileen Brennan 1:23:33, 3. Irene McLoughlin 1:23:43, 30-34: 1. Debra Raunig 1:14:34, 2. Robyn Root 1:16:16, 3. Dee Ann Dougherty 1:21:08, 35-39: 1. Maureen Luca 1:26:50, 2. Katie Scott 1:27:27, 3. Janet Caimels 1:29:52, 40-44: 1. Sandra Sanchez 1:35:51, 2. Jane McClure 1:37:26, 3. Nouria Harris 1:37:39, 45-49: 1. Mary Jo Feeney 1:33:01, 2. Nancy Pelayo 1:40:27, 3. Beth Eisenman 1:48:20, 50-59: 1. Alice Rose 1:37:13, 2. Margaret Ghaige 1:42:57, 3. Kiko Baptista 1:48:29, 60-69: 1. Jadyin Caselli 1:54:00, 2. Carmen Maddock 2:04:56, 3. Bernice Carter 2:07:18. Racewalking: 1. Jo Ann Nedelco 2:00:17, 2. Briely Raybette 2:10:57, 3. Annmarie Roache 2:45:20. Mark Chun 17:00.

Sleigh Bells Dash

December 4. San Francisco. 5K & 10K.

Santa used his sleigh bells, instead of a gun, to start the 1988 Sleigh Bells Dash 5K & 10K. Close to 1000 runners ran through the streets of San Lorenzo, literally with bells on their toes. The annual

continued next page...

RESULTS

SAN JOSE MERCURY NEWS 10K

By Mark Winitz

March 19. San Jose.

A new, faster course with a minimum of turns and a start/finish area amidst San Jose's reconstructed, modern downtown area attracted 6,000 runners on a mid-60°s humid morning that dampened nothing but the overall times.

Last year's winner, Tom Wood, led Tim Gruber and 1986 Merc winner Carmelo Rios through the first mile in 4:41. As Wood had run L.A. just two weeks before, his expectations weren't high. His participation was largely ceremonial as defending champion. Gruber took the lead and led the threesome though 5K in 14:30. At 3-1/2 Rios upped the ante, his pre-race plan being to run easily, then press the last two miles.

"I figured if I could run 4:35 or 4:40 over the last few miles I could break them," said the 29-year-old Puerto Rican Reebok Aggie who resides in Castro Valley, CA. He did, opening up 40 yards by 4-1/2, and motored in at 29:45. Gruber (2nd, 29:50) gained ground in the last mile, while Wood (3rd, 30:11) was happy to place on short recovery.

Barb Myers-Acosta has gained attention more than a few times for her fast starts that not always have been successful. "I took it out a little fast to see who would go with me, and nobody did," she said factually. So, the lady who competed at 10K in the Olympic trials led from gun to tape, making it what she called "a good workout."

Still, she wasn't exactly bragging. "It's pretty hard to come back from a marathon and run a good 10K," said Myers-Acosta, who placed second at last December's California Inter-



BARB MYERS-ACOSTA
photo by Joseph P. Jolly

national Marathon. She'll have to wait for a true indicator, as her solo 35:01 here in humidity only hints at the Spring season, where she'll also run some "threes" on the track.

Another Ryan's RT woman, Rosa Gutierrez (35:11) followed Myers-Acosta home for second, with teammate Karen Scholte (35:58) running a PR for third. Nike triathlete Joanne Ernst (36:26) was fourth; Eastar RT's Noreen Kelly (36:32) fifth.

David Furst (32:43) and Juana Stavolone (37:54) topped their respective 40-49 age groups. Jim Bevin's 36:52 was notable in topping the 50-59 men.

Division Results - Men

15 & Under: 1. Juan Sotelo 34:47, 2. Vic Baglio 36:52, 3. Armando Perez 37:02, 16-19: 1. Steven Lopez 32:28, 2. Brian Robinson 33:15, 3. Ed McCormick 34:15, 20-29: 1. Carmelo Rios 29:45, 2. Tim Gruber 29:50, 3. Tom Wood 30:11, 30-39: 1. Robert Tapia 30:48, 2. Paul Franch 32:42, 3. Lupe Vargas 32:47, 40-49: 1. David Furst 32:43, 2. Gary Goettlmann 34:01, 3. Gabriel Sandoval 34:13, 50-59: 1. Jim Bevins 36:52, 2. Paul Kane 37:36, 3. George Olivas 37:57, 60 & Over: 1. Marcel Diraison 44:26, 2. Don Lucero 45:03, 3. Joe Hornbrook 47:34, Wheelchair: 1. Zv Barshira 28:13, 2. Rory Cooper 28:19, 3. Bert Egley 32:17.

Division Results - Women

15 & Under: 1. Maria Solorio 41:06, 2. Courtney Dominguez 41:54, 3. Alexandra Moreno 45:45, 16-19: 1. Aimee Tolan 43:10, 2. Tracey Mader 45:43, 3. Syda Koslosky 45:51, 20-29: 1. Rosa Gutierrez 35:11, 2. Karen Scholte 35:58, 3. Becki VanZant 36:56, 30-39: 1. Barb Myers-Acosta 35:01, 2. Joanne Ernst 36:26, 3. Noreen Kelly 36:32, 40-49: 1. Juana Stavolone 37:54, 2. Kathy Kennedy 39:17, 3. Stephanie Welch 45:19, 50-59: 1. Barbara Hinshaw 49:38, 2. Marjorie Mikael 50:49, 3. Joan Teter 52:41, 60 & Over: 1. Joy Johnson 53:10, 2. Marty Ivagaki 1:04:37, 3. Annie Sivert 1:05:00, Wheelchair: 1. Lynne Carlton 39:54, 2. Karen LaGrange 41:42, 3. Elyse Weesdunk 58:49.

jingling of bells on runners shoes kicks off the holiday season for Life Chioprac College West, the host of this event.

The 10K was won by 18 year old Kevin Koch of Oakland, with a time of 33:17. In the women's 10K division, a 35:51 time put Berkley's 25 year old Susan Putney in first place. Wheelchair racer, 29 year old, Bert Egley of Oakland placed first in the 10K wheelchair division with a time of 32:04. In the 5K race, 33 year old Greg Araujo of San Jose grabbed first with a 16:03 and Diana Ellingboe of Kensington, age 25, won the women's division with a time of 20:06.

After the grown ups were finished jingling their way through the 5K and 10K courses, it's was the time for children. Knowing full well that the Christmas season is mainly for children, Life Chioprac College West offered a very special children's event called the Sugar Plum Prance, for ages 3-7. All entrants in the Sugar Plum Prance completed the non-competitive Santa Claus obstacle course (giving Santa a hand at this busy time of the year). Each child, at the ring of Santa's sleigh bells, had his/her turn at carrying Santa's pack through the 'North Pole' snow barrier (styrofoam peanuts), then through the ever popular chimney on to empty their presents under the Christmas tree.

Division Results - Men's 10K

12 & Under: 1. Alexander Shredoff 53:55, 13-15: 1. Dino Daniels 39:01, 2. Lance Morrison 44:42, 3. Sean Mick 45:55, 16-19: 1. Kevin Koch 33:17, 2. Ted Cribari 33:37, 3. Clive Lobo 36:52, 20-29: 1. Gilbert Maldonado 33:45, 2. Philip Jensen 35:49, 3. Robert Harris 36:53, 30-39: 1. Dan Anderson 33:46, 2. Julie Rali 34:42, 3. Dennis Kurosky 34:47, 40-49: 1. John Talco 36:42, 2. Mike Scholte 36:46, 3. Chris Larsen 38:12, 50-59: 1. Lee Groyon 39:42, 2. Paul Ligda 41:35, 3. uluara Mwinikwria 45:50, 60 & Over: 1. Roland Carrothers 50:03, 2. Mel Shine 50:32, 3. Frank Janoski 52:21, Wheelchair: 1. Bert Egley 32:04, 2. Robert Withereil 34:41, 3. Brian Guan 38:03.

Division Results - Women's 10K

12 & Under: 1. Michelle Kyono 49:20, 2. Monique Thiry-Zaragoza 1:01:47, 13-15: 1. Rebecca Olsen 54:09, 16-19: 1. Aimee Tolan 41:39, 2. Kristin Stracner 58:20, 3. Lesley Banovich 58:58, 20-29: 1. Susan Putney 35:51, 2. Libby Muller 40:53, 3. Suzie Ames 42:17, 30-39: 1. Janet McCann 42:03, 2. Jeanne Krahl 42:56, 3. Connie Miks 43:24, 40-49: 1. Karen Oudksen 49:50, 2. Sandra Bertero 50:04, 3. Suzanne Klein 53:37, 50-59: 1. Marjorie Mikael 51:29, 2. Kathryn Midgley 53:14, 3. Rosalie Barron 53:43, 60 & Over: 1. Beverly Wallace 1:28:05.

5K Results

Open Men:
1. Greg Araujo 16:03, 2. John Gaherty 16:59, 3. Mark Chun 17:00.

Open Women:
1. Diana Ellingboe 20:06, 2. Jami Andrews 20:38, 3. Crystal Miks 21:49.

Masters Men:
1. Ed Campbell 19:26, 2. Larry Dorsey 20:27, 3. Steve Nell 20:46.

Masters Women:
1. Sherry Gaskin 23:59, 2. Susan Kingsbury 25:21, 3. Barbara Muller 25:33.

Hunter S. Thompson

Fear & Loathing 50

December 10, San Francisco, 50 Mi. & 50K.

Overall Results - 50 Miles

1. Mike Farrell 6:26:58, 2. Bernd Leupold 7:20:49, 3. Claire Sullivan 7:30:11, 4. Ray Nicholl 7:40:05, 5. Hollis Londarking 7:55:05, 6. Wayne Peterson 7:57:12, 7. Darlene Wallach 8:13:36, 8. Gordon Johnson 8:27:30, 9. Stanley Miklose 8:41:32, 10. Roger Thompson 9:18:18.

11. Don Chorley 9:29:38, 12. Gary Zaker 9:36:22, 13. Jim Pommier 9:38:34, 14. Jim Miller 9:45:56, 15.

Tony Stratta 13:01:07.

Overall Results - 50K

1. Adrian Crane 4:39:30, 2. Chris Batteale 4:43:20, 3. Dean Litchfield 4:46:10, 4. Janet Bealy 5:47:22, 5. Hank Newell 5:50, 6. Joe Stadium 6:00, 7. Ann Yergin 6:35, 8. Gracielita Castellero 6:56, 9. Robert Ukens 6:59, 10. Gerry Anderson 7:29, 11. Larry England 7:29.

Sun Maid Mile

December 10, Kingsburg.

Overall Results

1. Joe Carnegie (22) 4:44, 2. Baldamar Botten-court 4:46, 3. Tim Cowdrey (27) 4:57, 4. Roy Garza (28) 4:58, 5. Robert Deatherage (26) 5:09, 6. Mark Vargas (14) 5:12, 7. Randy Drace (19) 5:13, 8. Dennis Duffy (45) 5:16, 9. Gerry Mulligan 5:24, 10. Gary Hall (42) 5:26.

11. Lorin Sutton (25) 5:29, 12. Adam Hard (13)

5:30, 13. Lawrence Palomo (27) 5:31, 14. Tommy Upton (54) 5:34, 15. Rick Pasalakis 5:40, 16. John Diepersboot (25) 5:40, 17. Chuck Cadoret (43) 5:42, 18. Eric Zenther 5:45, 19. Ron Hard (42) 5:45, 20. Eric Hess (19) 5:47.

Overall Results - Girls

1. Sherri Ramirez (8) 7:45, 2. Elizabeth Ramirez (8) 7:48, 3. Sondra Davis (10) 8:08, 4. Jackie Palomo (10) 8:25, 5. Marie Crass (9) 9:06, 6. Leslie Lindsey (8) 9:32, 7. Molly Bishop (9) 11:54, 8. Heather Lindman (11) 6:28, 9. Miriam Winslow (11) 7:39, 10. Amy Redfern (11) 8:41.

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RESULTS

Overall Results - Boys

1. Brian Roth (8) 6:37, 2. Robert Brett (10) 6:53, 3. Kris Ramirez (9) 7:41, 4. Scott Redfern (8) 8:02, 5. Kevin Kandarian (10) 8:11, 6. Garret Fukuda (10) 8:39, 7. Derek Fukuda (8) 11:11, 8. Jared Nakashima (9) 11:21, 9. Mark Vargas (14) 5:12, 10. Adam Hard (13) 5:30.

San Diego International Marathon

December 11, San Diego

Overall Results

1. Carlos Rivas (26) 2:12:08, 2. Malcolm East (32) 2:18:21, 3. Sam Sironik (33) 2:19:04, 4. Walter Sergent (30) 2:20:01, 5. Joel Hernandez (24) 2:21:42, 6. Jerry Marsh (25) 2:22:27, 7. Ian Corin (35) 2:22:42, 8. Ernesto Bealitz (28) 2:25:30, 9. Jim Cairns (24) 2:26:40, 10. Tedd Jacobson (27) 2:29:24.
11. Carlos Reyes (26) 2:29:34, 12. Rick Reimer (39) 2:30:07, 13. Mark Weber (34) 2:30:11, 14. Reichi Yamada (27) 2:33:21, 15. Jorge Montes (28) 2:33:40, 16. William Hibbard (32) 2:34:03, 17. Mac Williamson (23) 2:34:27, 18. Mike Scott (21) 2:35:22, 19. Mike Crogen (32) 2:36:19, 20. Stan Hollenberg (31) 2:36:25.

Division Results - Men

17 & Under: 1. Jim Melo 2:50:52, 2. Larry Tsai 3:06:43, 3. Taylor Woods 3:13:37, 19-29: 1. Carlos Rivas 2:12:08, 2. Joel Hernandez 2:21:42, 3. Jerry Marsh 2:22:27, 30-39: 1. Malcolm East 2:18:21, 2. Sam Sironik 2:19:04, 3. Walter Sergent 2:20:01, 40-49: 1. Peter Stern 2:37:11, 2. Graeme Isdale 2:37:18, 3. Auskey Lavizzo 2:40:28, 50-59: 1. Jerry Albert 2:58:40, 2. Francisco Saiz 3:00:23, 3. Jack Cagot 3:04:54, 60-69: 1. Raymond Pinkert 3:21:59, 2. Tom Edwards 3:34:24, 3. Ward Speaker 3:38:04.

Division Results - Women

17 & Under: 1. Carly Cosentino 4:23:36, 18-29: 1. Chantal Best 2:42:22, 2. Maricarmen Cardenas 2:44:29, 3. Marie Boyd 2:45:13, 30-39: 1. Not Available, 2. Conagh Bruni 2:47:06, 3. Elizabeth Baker 2:57:20, 40-49: 1. Jori Pendleton 2:58:08, 2. Carolyn Mather 3:09:27, 3. Patty Mack 3:10:07, 50-59: 1. Caroline Murray 3:19:52, 2. Imme Dyson 3:35:05, 3. Dixie Madsen 3:44:44, 60-69: 1. Mary Storey 4:09:49, 2. Gerry Davidson 4:20:29, 70 & Over: 1. Bess James 6:17:56.

Christmas Classic

December 11, Golden Gate Park, San Fran., 10K

Overall Results

1. John Moreno 31:08, 2. Carl Stempel 31:24, 3. Greg Thompson 33:53, 4. Rick Brues 34:02, 5. Dennis Kurusky 35:12, 6. Phil Williamson 35:26, 7. Steven Shapiro 35:32, 8. Shane Healy 36:03, 9. John Hirschberger 36:18, 10. Mark Ryan 36:52.
11. Richard Whitewater 37:16, 12. Searcy Barnett 37:27, 13. Unknown 37:33, 14. Unknown 37:39, 15. Charlie Wolf 37:42, 16. Patrick O'Boyle 37:44, 17. Robert Van Harris 37:49, 18. Lou Marjon 37:54, 19. Robert Frieder 38:14, 20. Rick Keil 38:25.
21. Sean Johnson 38:30, 22. Bernard Hollander 39:17, 23. Scott Robertson 39:23, 24. Bill Mack 39:25, 25. Shellie Onstead 39:33, 26. Tom McCarthy 39:36, 27. Patrick Quane 39:39, 28. Edward Brown N.T., 29. Richard Parker 39:58, 30. Laura Brues 40:02.

Division Results - Men's Miracle Mile

16 & Under: 1. Doug Harper 4:41, 2. Sylvester Coons 4:49, 3. Nicholas Chen 5:08, 17-20: 1. Matt Doug Dawson 4:13, 2. Mark Chun 4:49, 3. Michael Perica 4:36, 21-29: 1. Bobby Rivera 4:04, 2. Daniel Valdez 4:05, 3. Jose Lizarraga 4:15, 30-39: 1. Brian Davis 4:16, 2. Michael Ward 4:27, 3. George Gilbert N.T., 40-49: 1. Richard Whitewater 4:23, 2. Searcy Barnett 4:26, 3. Lou Marjon 4:40, 50-59: 1. Richard Rodriguez 4:41, 2. Keith Johnson 5:07, 3. Jack Hill 5:25.

Division Results - Women's Miracle Mile

16 & Under: 1. Rebecca Spies 4:37, 2. Lillian Gardin

er 8:23, 3. Miranda Gardin 8:27, 21-29: 1. Melissa Martel 4:33, 2. Nancy Benson 4:40, 3. Karen Locke 4:52, 30-39: 1. Cynthia Sobrero 5:17, 2. Shelly Sorenson 6:06, 3. Marcia Martin 6:44, 40-49: 1. Nadine O'Connor 5:50, 2. Carolyn McLeod 6:30, 3. Frances Massey 6:41, 50-59: 1. Loralle Ray 6:48.

Division Results - Men's 10K

16 & Under: 1. Joe Graef 43:42, 17-20: 1. Shane Healy 36:03, 2. Charlie Wolf 37:42, 3. Sean Daily 43:53, 21-29: 1. Greg Thomson 33:53, 2. Rick Brues 34:02, 3. Phil Williamson 35:26, 30-39: 1. John Moreno 31:08, 2. Carl Stempel 31:24, 3. Dennis Kurusky 35:12, 40-49: 1. Richard Whitewater 37:16, 2. Searcy Barnett 37:27, 3. Lou Marjon 37:54, 50-59: 1. Bernard Hollander 39:17, 2. Lee Godoy 40:08, 3. Tom Jacobs 41:04, 60-69: 1. Lionel Fridjon 49:50, 2. Jim Sanford 50:57, 3. Carl Webber 51:41, 70 & Over: 1. Mel Shine 51:15, 2. Ted Flagg 52:29, 3. Otto Sommeraver 55:57.

Division Results - Women's 10K

16 & Under: 1. Rebecca Olsen 52:50, 2. Patty Descazi 52:55, 3. Diana Wesendunk 56:05, 17-20: 1. Jami Andrews 42:36, 2. Jennifer Cullen 46:13, 3. Mia Genau 47:57, 21-29: 1. Shellie Onstead 39:33, 2. Laura Brues 40:02, 3. Carolyn Hoilingsworth 42:00, 30-39: 1. Janet Calmels 41:24, 2. Elizabeth Simpson 42:23, 3. Jerr Mariott 49:11, 40-49: 1. Alexi Nicolaides 50:23, 2. Ann Mason 52:03, 3. Frances Massey 55:41, 50-59: 1. Cynthia Hall 50:56, 2. Dorothy Gries 51:14, 3. Elaine Pedersen 51:16, 60-69: 1. AnnMarie Roach 68:05, 2. Jessie Nickle N.T.



REBECCA SPIES

photo by Gene Cohn Productions

Walnut Creek Biathlon

December 17, Walnut Creek

Overall Results - Long Course

1. Dean Harper (35) Walnut Creek 42:16, 2. Eldred Himsforth (41) Walnut Creek 43:39, 3. Dave Hilbert (25) San Lorenzo 43:41, 4. Doug Crawford (26) Orinda 44:52, 5. Nikos Mourtos (31) San Jose 45:09, 6. Peter Henriks (33) Walnut Creek 45:51, 7. Doug Woods (39) Castro Valley 45:23, 8. John Raito (23) San Rafael 48:43, 9. Bryan Lambri (33) San Rafael 48:53, 10. David Steele (22) Walnut Creek 49:58.

Overall Results - Short Course

1. Vinco Gonsalves (25) Martinez 24:16, 2. Keith Christensen (30) Walnut Creek 24:16, 3. Klet Tran

(16) San Jose 24:31, 4. Clifford Yee (25) San Francisco 26:18, 5. Gregory Croad (34) Walnut Creek 27:17.

Las Vegas Lite Mini-Marathon

December 17, Las Vegas, NV, 13.1039 Miles

On a perfect Las Vegas winter morning over 600 runners towed the line for the 23rd annual Lite Las Vegas Mini-Marathon. The course started on the fabulous Las Vegas Strip and finished in front of the Eldorado Casino in Henderson, Nevada. Frank Plasso Jr. took charge from the start and showed that he has regained the 2:12 marathon form that he had for the 1986 Las Vegas Marathon. He was never challenged at any time and cruised to a 1:04:52 victory. Second went to Doug Ihmels (1:06:01) and third place (1:06:13) to John Mirth from Minneapolis, MN.

The women's race was a mirror of the men. Sue Marchiano, an Olympic Trials top ten finisher in the marathon showed that she was the class of the women's field by finishing almost four minutes ahead of the second place woman in a course record time of 1:14:34. This was a tune-up for the Los Angeles Marathon which she hopes to do very well. Second and third places went to Tamara Sayre (1:18:23) of Ely, Nevada and Wendy Mirth (The wife of John) in 1:20:04.

The Mens Master winner went to 41 year old Ron Jensen of La Mirada, Calif. in a finishing time of 1:11:43 and his female counterpart was Harolene Walters who hails from Mission Viejo, Calif. in a time of 1:27:51.

The mens Wheelchair winner was Michael Trujillo of Huntington Beach in a fabulous time of 51:16 for the Half Marathon distance. The women's Wheelchair winner was Mary Thompson of San Diego, in a fine time of 1:19:21.

Overall Results

1. Frank Plasso (26) Las Vegas 1:04:52, 2. Doug Ihmels (23) Las Vegas 1:06:01, 3. John Mirth (26) Minneapolis 1:06:13, 4. Dave Conover (34) Kansas City 1:06:02, 5. Robert Mirth (28) Flagstaff 1:08:21, 6. Gordon Hyda (25) Orem, UT, 1:09:00, 7. Chris James (26) Salt Lake, UT, 1:09:36, 8. David Mirth (25) W. Lafayette, IN, 1:09:52, 9. Jon Horowitz (32) Albuquerque 1:10:32, 10. Bill Aragon (36) Grand Junction, CO, 1:10:48.

Division Results - Men

14 & Under: 1. Vinco D'Angelo 1:34:39, 2. Ryan Theriault 1:39:48, 15-18: 1. Patrick Hubbard 1:13:07, 2. Ken Harmon 1:13:24, 3. Adam Chan 1:21:23, 19-24: 1. Doug Ihmels 1:06:01, 2. Mark Castro 1:13:08, 3. Tim Muhlhall 1:20:11, 25-29: 1. Frank Plasso 1:04:52, 2. John Mirth 1:06:13, 3. Robert Mirth 1:08:21, 30-34: 1. Dave Conover 1:06:02, 2. Jon Horowitz 1:10:32, 3. David Smith 1:13:12, 35-39: 1. Bill Aragon 1:10:48, 2. Larry Montag 1:12:35, 3. Larson Dallas 1:13:38, 40-44: 1. Ron Jensen 1:11:43, 2. Tony Gerardi 1:15:42, 3. Bruce Horiguchi 1:19:00, 45-49: 1. Tom Curry 1:16:37, 2. Don McCarthy 1:16:52, 3. Dan Ashimine 1:18:56, 50-54: 1. Andre Tocco 1:18:47, 2. Jim Way 1:19:41, 3. James Lacey 1:26:22, 55-59: 1. Jim Smolena 1:21:44, 2. Duke Radburn 1:25:35, 3. Richard Noolla 1:33:16, 60-64: 1. Tracy Brown 1:25:10, 2. Ruben Vigil 1:28:20, 3. Ray Gil 1:34:40, 65-69: 1. Dick Walsh 1:49:15, 70 & Over: 1. Matthew Corona 1:54:45, 2. Frank Demers 2:06:48, 3. Nick Andrich 4:05:14, Wheelchair: 1. Michael Trujillo 51:16, 2. Paul Phelan 58:24, 3. Louie Antonio 59:55.

Division Results - Women

14 & Under: 1. Celina Paddock 1:57:07, 15-18: 1. Cindy Craig 1:29:01, 2. Julie Robles 1:40:28, 3. Amy Blackwell 1:49:07, 19-29: 1. Tamara Sayre 1:18:23, 2. Wendy Mirth 1:20:04, 3. Peggy Murphy 1:20:15, 30-39: 1. Sue Marchiano 1:14:34, 2. Teri Leo Busby 1:26:48, 3. Patricia Contreras 1:28:40, 40-49: 1. Harolene Walters 1:27:51, 2. Judy Kewley 1:31:03, 3. Judy McGlothlin 1:31:54, 50-59: 1. Georgette Lacey

1:42:51, 2. Karen Keith 1:52:17, 3. Yvonne Bowman 1:59:19, 60 & Over: 1. Margie Withrow 2:00:17, 2. Marybelle Russell 2:01:32, 3. Anne Neuman 2:09:03, Wheelchair: 1. Mary Thompson 1:19:21.

Sanger Striders Pre-Christmas Run

December 17, Madison School, Sanger

Division Results - Men's 6 Mile

19-29: 1. Tony Rangel 36:54, 30-34: 1. Joe Lopez 43:03, 35-39: 1. Terry Nephew 34:30, 45-49: 1. Douglas Sprinkle 41:39, 50-59: 1. Jim McKibick 54:56, 60-69: 1. Chuck Freuter 45:54, 70 & Over: 1. Harry Harder 52:23.

Division Results - Women's 6 Mile

30-34: 1. Ann Phillips 41:10, 35-39: 1. Margaret Gong 47:41, 45-49: 1. Jackie Ryle 52:27, 60-69: 1. Dorothy Thomas 49:07 (New Age Record for Course, old record, Virginia Martin, Fresno Joggers, 61:20).

3 Mile Time Prediction

1. Jim O'Brien (SSTC) 26:41 (3.7 off), 2. Jaime Angeles 21:17 (5.0), 3. Steve Freeland 22:20 (9.7).

Christmas Relays

December 18, Lake Merced, San Francisco

4x4.464.

Overall Results

1. Persuit C 1:25:59, 2. Training Manor 1:27:36, 3. Aztlan 1:27:42, 4. West Coast Stars United 1:28:34, 5. Boho A 1:28:48, 6. Reebok-KOJGRAPB 1:29:38, 7. Maccabi Tel-Aviv 1:29:40, 8. Willow Glen Alumni 1:29:45, 9. Greater SF TC 'A' 1:31:54, 10. San Jose State TC 1:32:05.
11. Redwood Alumni 1:32:14, 12. Reebok Aggies 1:32:22, 13. Vampire TC A 1:32:25, 14. Humboldt Fog 1:32:43, 15. HP Fast Boys 1:32:47, 16. Look-head Misses and Space 1:32:58, 17. Reebok Aggies-Subs 1:33:01, 18. Mach I Men A 1:33:11, 19. Ord #2 1:33:27, 20. Run Cal Joes 1:33:37.
21. Excelsior Submaster A 1:34:06, 22. Thirsty Boys 1:34:28, 23. Stanford RC 1:34:29, 24. Golden Bay Runners A 1:34:58, 25. Vampire TC B 1:35:00, 26. Boho C Team 1:35:09, 27. Pursuit B 1:35:09, 28. Four Guys from San Francisco 1:35:29, 29. Boho B 1:35:54, 30. DeAnza 1:35:58.

SCATAC 5K Cross Country Championships

December 18, Agoura

Overall Results

1. Tom Lowry (36) Malibu 17:46, 2. Pete Kaplan (32) Newbury Park 17:59, 3. Steve Blum (33) Ventura 18:21, 4. Jim O'Brien (35) Monrovia 18:40, 5. Byrle Smitten (41) Agoura 18:52, 6. David Louks (35) Newbury Park 19:33, 7. Mike Fuller (45) Lucerne Valley 19:49, 8. Jan Campbell (35) Oxnard 20:06, 9. Mike Blakely (40) Monrovia 20:20, 10. Bob Hendrix (37) Canoga Park 20:37.
11. Ken Reeves (38) Ventura 20:39, 12. Ray Parker (43) 20:42, 13. Mark O'Brien (39) West Hills 20:44, 14. Don Parker (43) Pasadena 20:46, 15. Lott Steffey (43) Newbury Park 20:52, 16. Tracy Haynes (26) Van Nuys 20:52, 17. Harry Pantelas (51) Westlake Village 20:54, 18. Robert Culling (56) Hacienda Heights 21:02, 19. Pat Devine (60) San Pedro 21:11, 20. Michael Froman (47) Agoura 21:16.
Teams:
1. Team Blarney (O'Brien, Blakely, Parker) 59:36, 2. Agoura TC (Smullen, Froman, Baumstark) 1:03:30, 3. Team Blarney (Culling, Saiz, Riley) 1:05:02, 4. Team Blarney (Burk, Morin, Parker) 1:19:50, 5. Seniors TC (MacMinn, Lawrence, Scofield) 1:40:03.

continued next page...

RESULTS

First Run

December 31. San Francisco. 5K

Division Results - Men

Open (30 & U): 1. David Ottaway (27) Albany 14:09, 2. Dan Aldridge (32) Santa Rosa 14:11, 3. John Moreno (33) Pacifica 14:35. **Masters (40+):** 1. Robert Ferguson (42) Burlingame 17:47, 2. Greg Burke (42) San Jose 17:48, 3. Bill Mack (40) Berkeley 18:05. **Wheelchair:** 1. David Eisner (33) Martinez N.T..

Division Results - Women

Open (30 & U): 1. Melissa Martel (27) Oakland 16:51, 2. Linda Martinez (26) Belmont 17:09, 3. Linda Racine (25) Pacifica 17:14. **Masters (40+):** 1. Lynn Schur (40) Sunnyvale 21:26, 2. Michele Chaboudy (41) Redwood City 23:19, 3. Elaine Seput (42) Berinda 23:39. **Wheelchair:** 1. Rainey Phoenix (16) N.T.

Legg Lake Runs/ December

San Gabriel River Run

December 3. So. El Monte. 3 Mile.

Overall Results

1. Rob Slick (33) 16:28, 2. David Nuraz (26) 16:55, 3. Don Parker (44) 17:31, 4. Frank Ogawa (53) 18:24, 5. Leonard Walls (59) 19:00, 6. John Haas (45) 19:11, 7. Arthur Martinez (41) 19:14, 8. Rudy DePooter (34) 19:32, 9. Christine Purkiss (39F) 19:36, 10. Brilliant Manyas (30) 20:22.

Legg Lake Run

December 4. So. El Monte. 5K.

Overall Results

1. George Marquez (23) 15:26, 2. Jeff Delmer (27) 15:33, 3. Angel Soto Ferrer (23) 18:10, 4. Uriel Ramirez (15) 18:14, 5. Chip English (15) 18:23, 6. Randall Shelley (45) 18:37, 7. Raymond Rangel (39) 19:06, 8. Jim Generazzo (45) 19:09, 9. Booker Washington (51) 19:42, 10. Alfonso Villanueva (48) 19:44.

San Gabriel River Run

December 10. So. El Monte. 10 Mile.

Overall Results

1. Salvador Arellano (34) 58:19, 2. Marco Charbar (38) 60:24, 3. Norbert Culling (56) 68:05, 4. Philip Baily (46) 70:01, 5. Dick Belliss (56) 70:49, 6. Ed Bouldin (41) 72:07, 7. Robert Feighner (37) 72:54, 8. Tiffany Gorman (20F) 74:22, 9. Unidentified, 10. Freddy Castaneda (33) 77:19.

Legg Lake Run

December 11. So. El Monte.

Overall Results

1. Kieran Morrow (19) 16:42, 2. Ron Jones (24) 16:53, 3. Bob McGeough (45) 17:00, 4. Jorge Alvarez (29) 17:07, 5. Jose Rodriguez (34) 17:25, 6. Ricardo Navarrete (24) 18:16, 7. Chanel Jones (30) 18:22, 8. Wally Ingram (55) 18:50, 9. Steve Buffington (30) 18:53, 10. Frank Ogawa (53) 19:10.

Legg Lake SCATAC District

Championship

December 17. So. El Monte. 8K.

Overall Results

1. Brian Russell (31) 25:35, 2. Paul Cook (35) 25:56, 3. Robert Slick (33) 26:55, 4. Abelardo DeLuna (17) 27:11, 5. Bryle Smallen (41) 27:15, 6. David Holt (31) 27:19, 7. Jose Zavala (19) 27:36, 8. Takashi Yagisawa (35) 27:42, 9. Paul Maier (41) 27:46, 10. Nas Carrasco (29) 28:54.
11. Mike Fuller (45) 29:10, 12. Joe Calhoun (41) 29:38, 13. Bill Crum (53) 29:49, 14. Ted Alarcon (52) 29:59, 15. Nick Trozzi (28) 30:05, 16. Patrick Horan (38) 30:09, 17. Wally Ingram (56) 30:27, 18. Joaquin Granado (48) 30:37, 19. Bob Nyman (50) 30:43, 20. Francisco Ponce (25) 30:47.

Teams:

1. Agura TC (Smallen, Froman, Calhoun) 1:27:51, 2. Seniors TC (Granado, Fuller, Ogawa) 1:30:23,

3. Culver City AC (Alarcon, Genger, Nyman) 1:30:43, 4. Pico Rivera AC (Slick, Martinez, Smith) 1:31:58, 5. Seniors TC (Crum, Ingram, Gomez) 1:31:58, 6. Pico Rivera AC (John Williams, Nally Williams, Odu) 1:57:40, 7. Seniors TC (Howard, MacMinn, Chipis) 2:01:11, 8. Seniors TC (Sharkey, Scofield, Feinstein) 2:15:00.

Legg Lake Christmas Run

December 18. So. El Monte. 5K

Overall Results

1. Tom Seymour (25) 18:03, 2. Jose Adolfo Perez (22) 18:41, 3. Joe Baucum (34) 19:11, 4. Fred Hill (38) 19:12, 5. Arthur Martinez (41) 19:47, 6. Leonard Walls (59) 19:56, 7. Al Villanueva (48) 19:58, 8. Michelle Weiss (21F) 20:09, 9. Al Ros Jr. (27) 20:14, 10. Barbara Kirby (28F) 20:15.

Legg Lake Feliz Navidad Run

December 24. So. El Monte. 5K

Overall Results

1. Alejandro Cruz (29) 16:10, 2. Robert Slick (33) 16:28, 3. Paul Maier (41) 16:45, 4. Catinario Gonzalez (46) 16:55, 5. Wayne Cottrill (26) 17:29, 6. Dan Burton (28) 17:55, 7. Randall Shelley (45) 18:43, 8. Pat Davine (60) 19:01, 9. John Ragan (42) 19:01, 10. Josue Ruvacaba (40) 19:07.
11. Frank Ogawa (53) 19:09, 12. Jim Generazzo (45) 19:13, 13. Ricky Barba (09) 19:23, 14. Joe Engelbrecht (39) 19:30, 15. Pete Savitz (49) 19:33, 16. Kent Wedin (35) 19:42, 17. Bob Staley (41) 19:44, 18. Leonard Walls (59) 20:02, 19. Tom Cory (42) 20:03, 20. Carlos Orellana (35) 20:25.

Almond Bowl Run

Chico. 6 Mile & 3 Mile.

Overall Results

1. Tom Davies, III (18-29) Chico 31:20, 2. Preben Nielsen (18-29) Chico 31:26, 3. Ben Dover (30-34) Sacramento 31:27, 4. Kerry Moretti (18-29) Redding 31:41, 5. Keith Manavele (18-29) Chico 31:54, 6. Gregory Meadows (18-29) Chico 32:13, 7. Ron Richardson (30-34) Quincy 32:19, 8. Pat Kornder (18-29) Redding 32:27, 9. Dan Townner (18-29) Chico 32:35, 10. Jose Rodriguez (18-29) Chico 33:04.
11. Donald Crook (30-34) Redding 33:27, 12. Raul Higgins (18-29) Redding 33:32, 13. Philip Millard (18-29) Redding 33:36, 14. Bill Bowness (Whitch) Chico 33:55, 15. Craig Marshall (18-29) Chico 33:57, 16. Greg Smith (30-34) West Glacier, MT, 34:07, 17. Brett Barham (35-39) Chico 34:12, 18. Michael Buzbee (35-39) Yuba City 34:25, 19. Scott Borges (35-39) Chico 34:33, 20. Sid Clarkson (18-29) Chico 34:43.

Division Results - Men's 6 Mile

13 & Under: 1. Daren Ford 35:16, 2. David Ball 49:15, 3. Mike Sineclair 53:49, 14-17: 1. Scotty Worden 35:34, 2. Casey Golan 36:10, 3. Steve Curry 1:01:16, 18-29: 1. Tom Davies III, 31:20, 2. Preben Nielsen 31:26, 3. Kerry Moretti 31:41, 30-34: 1. Ben Dover 31:27, 2. Ron Richardson 32:19, 3. Donald Crook 33:27, 35-39: 1. Brett Barham 34:12, 2. Michael Buzbee 34:25, 3. Scott Borges 34:33, 40-44: 1. Tony Johnson 34:48, 2. Dennis Doris 34:50, 3. Lyle Lutton 34:54, 45-49: 1. James Ballantyne 35:19, 2. Bill Gardner 36:02, 3. Brian Newell 37:17, 50-54: 1. Lee Bunnell 38:00, 2. Ray Navarro 38:56, 3. Michael McGee 39:26, 55-59: 1. Cy Weagle 41:45, 2. Fritz Steppat 44:51, 3. Luffy Hassings 45:33, 60-69: 1. Harry Daniel 40:13, 2. Marvin Metzler 44:57, 3. Grant Eldridge 50:59. **Wheelchair:** 1. Bill Bowness 33:55, 2. Steve Hornsey 38:57, 3. Dave Spencer 38:44.

Division Results - Women's 6 Mile

13 & Under: 1. Irene Cardenas 45:42, 2. Kerri Engvall 1:24:53, 14-17: 1. Kate Foster 42:07, 18-29: 1. Sue Kamrar 41:32, 2. Madonna Meyers 41:34, 3. Judi Manning 41:55, 30-34: 1. Dale Darrow 42:38, 2. Karen Rott 46:21, 3. Lori Pine 46:44, 35-39: 1. Nancy Ruffler 39:54, 2. Victoria Fisci 41:25, 3. Andrea Wayman 42:45, 40-44: 1. Sandy Coffey 42:14, 2. Joan Keeney 42:17, 3. Jackie Walker 42:21, 45-49: 1.

Lucille Khan 45:08, 2. Carolyn Ward 47:37, 3. Dorothy Ford 51:19, 50-54: 1. Sandy Becker 49:10, 2. Cindy Maderos 49:18, 3. Mary Nevin 55:59, 55-59: 1. Theresa Henneman 46:52, 2. Mary Wetz 48:29, 3. Marlene Parkan 53:40, 60 & Over: 1. Marcia Worden 47:42.

Division Results - Men's 3 Mile

9 & Under: 1. Clinton Wattenberg 19:49, 2. Aaron Hamon 19:52, 3. Jesse Samuels 22:04, 10-13: 1. Dan Krause 18:08, 2. Timothy Boam 19:06, 3. Paul Rose 19:19, 14-17: 1. Tony Sainz 16:47, 2. Zeke Neely 16:58, 3. Bret Heintz 17:28, 18-29: 1. Kevin Holbrook 14:15, 2. Dan Rusk 15:24, 3. Robert McMeen 16:23, 30-34: 1. Toni Rugglo 15:20, 2. Jim Walker 16:19, 3. Eddie Hase 16:51, 35-39: 1. David Wood 16:51, 2. Kim Broshears 17:41, 3. Jim Howell 18:06, 40-44: 1. Rod Cooper 16:56, 2. Jack McKenna 17:16, 3. Jim Mudd 17:30, 45-49: 1. Walt Schafer 17:29, 2. Robert Ross 18:17, 3. Robert Wall 18:26, 50-54: 1. Les Fredrickson 17:36, 2. Daniel Braz 19:35, 3. Ed Henry 19:52, 55-59: 1. Mort Ward 18:23, 2. James Myers 21:15, 3. Joe Sancedo 22:13, 60-69: 1. Glen Shols 22:15, 2. Bob McGill 23:45, 3. Charles Lewis 24:10, 70 & Over: 1. Ray Mahannah 26:48, 2. John Steing 35:09, 3. Harry Harder 38:36. **Wheelchair:** 1. Patrick Cotini 26:18, 2. Ozzie Carrizales 40:24, 3. Andrew Vincent 47:23.

Division Results - Women

9 & Under: 1. Kristie Williams 21:06, 2. Smantha Hamon 22:35, 3. Alyssa Swanson 28:03, 10-13: 1. Sara Gates 19:33, 2. Meagan Hamon 21:23, 3. Laurie Alres 22:30, 14-17: 1. Lisa Evanhoe 20:29, 2. Rae Hafer 22:39, 3. Donna Golan 22:39, 18-29: 1. Stephanie Barrett 17:29, 2. Lynn Samson 17:29, 3. Barbara Hood 17:55, 30-34: 1. Elizabeth Moural 20:15, 2. Cindi Panarra 20:45, 3. Virginia Bacigalupi 21:14, 35-39: 1. Angie Williams 21:24, 2. Julie Owens 21:54, 3. Elizabeth Knight 22:37, 40-44: 1. Jessie Stratton 19:26, 2. Andrea Matthews 20:11, 3. Susan Condon 20:56, 45-49: 1. Tami Bemiller 21:39, 2. Marjke Valenda 22:32, 3. Bonnie Davies 25:19, 50-54: 1. Lauren Feingold 22:55, 2. Betty Best 24:13, 3. Dawn Chappell 24:41, 55-59: 1. Alice Anderson 28:58, 2. Joyce Hal 30:41, 3. Beverley George 31:54, 60-69: 1. Norma Karhoulas 24:00, 2. June Bock 29:23, 3. Juanita Robinson 37:15.

New Year's Day Resolution Runs

January 1. Santa Barbara. 10K & 5K.

Overall Results - 10K

1. Robert Hollister (39) Carpinteria 31:28, 2. Gus Hermes (26) S.B. 31:46, 3. Jaime Galindo (18) Oxnard 32:30, 4. Pete Dolan (29) S.B. 32:45, 5. Gregg Horner (34) S.B. 33:02, 6. Steve Reyes (17) Oxnard 33:40, 7. Donald Faith (34) Carpinteria 34:02, 8. Ramon Tello (23) S.B. 34:10, 9. Anthony Topps (17) Oxnard 34:14, 10. Gregor Robin (32) S.B. 34:43.

Division Results - Men's 10K

15-18: 1. Jaime Galindo 32:30, 2. Steve Reyes 33:40, 3. Anthony Topps 34:14, 19-29: 1. Gus Hermes 31:46, 2. Pete Dolan 32:45, 3. Ramon Tello 34:10, 30-39: 1. Robert Faith 31:28, 2. Gregg Horner 33:02, 3. Donald Faith 34:02, 40-49: 1. Joseph Banach 38:13, 2. Vic Birtalan 38:51, 3. Jim Kennell 39:16, 50-59: 1. Leo Marquez 42:26, 2. Jack Ucci 42:46, 3. Jack Wilson 42:51, 60-69: 1. Ray Gil 45:36, 2. Jim Rowe 46:46, 3. Don Burnett 49:15, 70 & Over: 1. John Schweitzer 1:01:02, 2. Paul Gilbert 1:09:26.

Division Results - Women's 10K

15-18: 1. Jamie Park 37:19, 19-29: 1. Sonnie Powers 42:21, 2. Megan Pritchard 42:43, 3. Brenda Villanueva 45:26, 30-39: 1. Wendy Jurutka 47:56, 2. Terry Thomas 48:22, 3. Ruth Vomund 48:29, 40-49: 1. Patty Howell 43:31, 2. Stephanie Welch 45:51, 3. Carol Mihora 50:12, 50-59: 1. Barbara Camp 51:23, 2. Curry Sawyer 56:34, 3. Betsy Northrop 56:48.

Division Results - Men's 5K

14 & Under: 1. Abram Katz 29:14, 2. Tim Waller 34:32, 3. Nathan Hoyt 47:18, 15-18: 1. Bill McKinley 16:20, 2. Michael Hodason 19:39, 19-29: 1. Michael Lansdon 16:35, 2. Richard Mareno 17:20, 3. Scott Caldwell 18:00, 30-39: 1. Steve Blum 16:08, 2. Dan Lowery 16:11, 3. Brian Nelson 16:26, 40-49: 1. Raymond Maranda 17:38, 2. Shag Morrissey 17:42, 3. Gene Bal 17:46, 50-59: 1. Leo Marquez 19:46, 2. Ron Nisbet 19:55, 3. Tony Chapman 20:33, 60-69: 1. Wallace Cole 25:35, 2. Arthur Dowd 27:34, 3. Gene Welch 27:52, 70 & Over: 1. Paul Gilbert 31:32, 2. William Reppy 35:40.

Division Results - Women's 5K

14 & Under: 1. Dobby McKinley 24:51, 2. Amy Welch 38:14, 3. Jessica Ward 47:38, 19-29: 1. Michele Lewis 17:44, 2. Janine Jarris 18:27, 3. Stephanie Haynes 18:35, 30-39: 1. Mary Ryner 18:34, 2. Jane Maruca 20:32, 3. Terry Thomas 21:24, 40-49: 1. Ruth Hemming 23:55, 2. Sheila Hautzell 26:48, 3. Vicky Williams 26:55, 50-59: 1. Barbara Camp 27:56, 2. Ursula Chapman 30:29, 3. Judith Brucker 31:00, 60-69: 1. Lisa Lang 32:02, 70 & Over: 1. Grace Schweitzer 37:47.

Buena Four Mile Run

January 7. Ventura.

Overall Results

1. Brian Finerty 4:41, 2. Lincoln Scott 4:45, 3. Paul Carr 5:03, 4. Bryle Smallen 5:10, 5. Dennis Huffman 5:12, 6. Robby Lewis 5:27, 7. Alan Vick 5:33, 8. Jose Navarrete 5:45, 9. Ron Nisbet 5:47, 10. Patrick Blunt 5:51.

Division Results - Men

12 & Under: 1. Mike Moreno 30:04, 2. Jeff Williamson 32:44, 13-15: 1. Dan Matthews 24:38, 2. Benjamin Medina 26:04, 3. Patrick Blunt 26:38, 16-18: 1. Michael Williamson 20:31, 2. Jamie Galindo 20:48, 3. Tony Topps 21:55, 19-29: 1. Ray Knerr 19:51, 2. Art Castle 19:52, 3. Michael Bennett 20:16, 30-39: 1. Brian Nelson 21:06, 2. Canobio Obispo 21:44, 3. Jesus Morales 21:48, 40-49: 1. Bryle Smallen 22:38, 2. Bill Frick 23:57, 3. Ted Heaton 24:02, 50-59: 1. Dave Wheeler 23:47, 2. Ron Nisbet 26:06, 3. Ken Chapman 28:51, 60 & Over: 1. Eddie Lewin 28:13, 2. Maury Kallier 29:38, 3. Phillip Smith 30:30.

Division Results - Women

12 & Under: 1. Kimberly Williamson 28:44, 2. Heather Busby 29:46, 13-15: 1. Karen Hinkle 27:03, 2. Summer Eckberg 28:39, 3. Kati McKay 28:52, 16-18: 1. Jamie Park 23:39, 2. Tami Dabel 26:08, 3. Marista Vandervalk 27:03, 19-29: 1. Bryle Smallen 22:38, 2. Tania Fisher 25:11, 3. Lori Zucala 25:17, 30-39: 1. Cathy Puccio 28:18, 2. Dorila Williamson 29:36, 3. Suzanne Smith 30:53, 40-49: 1. Joyce Parkal 29:25, 2. Joni Triplett 29:26, 3. Ruth Hemming 29:30, 50-59: 1. Barbara Camp 32:38.

Resolution Relays

January 7. Berkeley.

Overall Results

1. Greg Zentner/Mike Timmerman 49:12, 2. Dan Hoskins/Colin Sherrill 52:28, 3. Jim Roberts/Jack Winter 54:26, 4. Rich Barke/Dan Hollis 55:47, 5. Doug Crawford/Amey Roberts 56:41, 6. Mark Frampier/Nina Katz 58:04, 7. Big Al Kirkman/Gerald Warner 58:49, 8. David Alderson/Steve Nissen 58:51, 9. Peter Carlstrom/Suzanne Bryan 58:56, 10. Keith Christensen/Mary Blomberg 1:02:17.

Searchlight Redding Half Marathon

January 14. Redding. Half Marathon & 10K.

Overall Results - Half Marathon

1. Rich McCandless (Reno) 1:03:54, 2. Joe Hanson (Madison, WI) 1:05:10, 3. Miguel Tbaduiza (Reno) 1:05:29, 4. Dan Stefanescu (Red Bluff) 1:07:58, 5.

continued next page...

Houlihan's to Houlihan's 12K

By MARK WINITZ

April 2. Sausalito-San Francisco.

Those onlookers who believe in *deja vu* got an ample dose of it on a cool, slightly drizzly, overcast morning that yielded perfect racing conditions over a windless Golden Gate Bridge. Although last year's race was sunny and warm, the men's victor was identical, displaying the same kick that has broken near-winners futile dashes for years. And among the women, the same top three year as last year crossed the finish line in the exact same order.

Prize money this year went \$300-\$150-\$75 in the open division (both men and women) and \$200-\$100-\$50 for masters.

A steeply descending first mile through Fort Baker on the north side of the span followed by a steep climb up to the bridge's deck in mile 2 had a Reno, NV foursome at the helm: Rich McCandless and Alan Dehlinger shared the lead, as brothers Tibaduiza (Miguel and Domingo) tailed about 30 meters behind. Over the narrow Golden Gate pedestrian way and mile 4 McCandless pulled away a bit as the Tibaduiza's joined Dehlinger with Danny Aldridge 10 meters back. By 5 the T. brothers, still running together (was there something going on here?) caught a slowing McCandless, who was competing on the tail end of a cold. Dehlinger went out the rear and Aldridge moved up. With 600 meters left, 39 year-old Domingo gained a slight advantage on younger Miguel going up a short uphill dirt pathway and held on through a fast Fort Mason descending finish, as both recorded 36:51 on the clock. Meanwhile Aldridge (3rd, 37:06) broke McCandless (4th, 37:10) at the top of the same final hill. Juan Ramirez, at 24 years old, is making rapid improvements as he grabbed 5th in 37:41.

Meanwhile, Domingo T. seems to get better as he gets older. Watch out when he turns 40 on November 22nd.

"I can't wait until then," admits the 4-time Columbian Olympian. "I'm really excited. The last four years have been very hard. Racing in the open (division) just isn't much fun anymore."

Once turning master, the longtime U.S. resident could definitely bag some American road bests—if he were to obtain U.S. citizenship. If he doesn't, look for Domingo to challenge some world marks.

"A battle" is how Barb Myers Acosta described the women's race. "The three of us were together until about mile 5, and we kept changing positions. I took it out; Terry (Puckett) passed me; Jani (Johnson) passed me; I tucked in behind them. Then they swapped. Jani took over; then Terry took over."

But Myers Acosta turned in a repeat victory (42:25) as she forged the last takeover at five miles and built a very gradual but tenuous gap. "I didn't really relax until the final quarter-mile downhill," she admitted. Although Myers-

Acosta turned a time 4 seconds slower than last year, 5 seconds faster and she would have met the men's seeded standard for Bay to Breakers (as this was a B to B qualifying race). Atascadero's Johnson (2nd, 42:38) engaged in a duel with Reno's Puckett (3rd, 42:39), which was not decided until the last 200 meters—a situation Jani had managed to avoid last year.

A good men's 40-44 master field yielded an order of Steve Ferraz (1st, 39:41; repeat winner); Bill Sevald (2nd, 39:50); and Jim Gibbons (3rd, 41:46). Joe Hancock (46:06) and Ray Piva (48:33) turned in excellent performances in the 50-plus and 60-plus age divisions respectively. 48-year-old San Franciscan Joan Ulyot minced the women's masters in 49:54 as 53-year-old Alice Rose (53:45) and 68 year-old Jackie Caselli (1:05:21) had successful outings among their peers.

The unique Houlihan's race, with over 3,000 participants this year, successfully employed a three-wave start for the second year, necessitated by the relatively narrow Golden Gate crossing. Although pre-registered runners are assigned to waves according to their expected finishing times, all times are rapidly adjusted by computer at the finish line so all participants have equal opportunities at B to B qualifying marks and overall places. Houlihan's is one of only a few road races that incorporates the wave approach.



photo by Gene Cohn Productions

Division Results - Men

6-12: 1. Delaney Johnson 1:09:34, 2. Jeremy Pruitt 1:11:41, 3. Mike Best 1:17:11, 13-19: 1. David Johnson 43:55, 2. Peter Johnson 47:08, 3. Todd Stevens 50:19, 20-29: 1. Juan Ramirez 37:41, 2. Alan Dehlinger 37:59, 3. Jeff Shaver 38:07, 30-39: 1. Domingo Tibaduiza 36:51, 2. Miguel Tibaduiza 36:51, 3. Dan Aldridge 37:06, 40-49: 1. Steve Ferraz 39:41, 2. Bill Sevald 39:50, 3. Jim Gibbons 41:46, 50-59: 1. Joe Hancock 46:06, 2. Tom Walsh 50:36, 3. Robert Groff 51:15, 60 & Over: 1. Ray Piva 48:33, 2. George O'Gara 56:23, 3. Robert Druce 58:19.

Division Results - Women

6-12: 1. Kari Horn 59:10, 2. Jodie Horn 1:13:03, 13-19: 1. Nika Horn 51:01, 2. Kellie Hourigan 55:50, 3. Alissa Di Franco 56:13, 20-29: 1. Cathy Mallaney 45:00, 2. Laura Sanchez 45:12, 3. Linda Racine 45:39, 30-39: 1. Barbara Myers-Acosta 42:25, 2. Jani Johnson 42:38, 3. Terry Puckett 42:39, 40-49: 1. Joan Ulyot 49:54, 2. Ncheleine Schoemann 50:55, 3. Rudy Bovier 54:05, 50-59: 1. Alice Rose 53:45, 2. Jo Sullivan 56:52, 3. Marys Hayden 57:48, 60 & Over: 1. Jacyl Caselli 1:05:21, 2. Annabel Marsh 1:22:45, 3. Judy Golding 1:22:45.

Division Results - Women's Half Marathon

15-19: 1. Rebecca Colens 1:36:56, 2. Megan Sheehy 1:37:38, 20-24: 1. Margaret Sutcliffe 1:45:20, 25-29: 1. Nora Doyle 1:23:46, 2. Theresa Ratermann 1:44:34, 3. Kendra Torrey 2:15:02, 30-34: 1. Terry Puckett 1:16:22, 2. Carolyn Patania 1:53:21, 3. Brenda Stagner 1:53:34, 40-44: 1. Jessie Stratton 1:33:02, 2. Lee Macey 1:39:12, 3. Reta Austin 1:47:12, 45-49: 1. Marge Dunlap 1:34:04, 2. Lucille Kahn 1:47:18, 3. Carolyn Ward 1:52:01.

Overall Results - 10K

1. Jim Price (Redding) 32:46, 2. Craig Gill (Medford, OR) 33:28, 3. Ron Ames (Yreka) 33:50, 4. David Larabee (Chico) 33:50, 5. Jeremy Redding (Summit City) 34:01, 6. Dan Shuteroff (Yreka) 35:21, 7. Dan Brummer (Weaverville) 35:46, 8. Bill Joseph (Redding) 36:00, 9. Donald Cook (Redding) 36:26, 10. Kenny Wards (Susanville) 37:24.

Division Results - Men's 10K

10-14: 1. Lane Carlson 41:21, 2. Travis Lambert 42:58, 15-19: 1. Ron Ames 33:50, 2. Jeremy Redding 35:01, 2. Dan Shuteroff 35:21, 20-24: 1. Craig Gill 33:28, 2. David Larabee 35:01, 3. John Luaces

37:50, 25-29: 1. Jim Felder 38:26, 2. Michael Coit 39:19, 3. John George 39:38, 30-34: 1. Dan Brummer 35:46, 2. Bill Joseph 36:00, 3. Donald Cook 36:26, 35-39: 1. Jim Price 32:46, 2. Kenny Wards 37:24, 3. Guy Malain 38:39, 40-44: 1. Jim Middleton 40:03, 2. Steve Conley 41:07, 3. John DiPerry 41:16, 45-49: 1. Robert Gakusha 40:09, 2. Joe Gazzigli 40:28, 3. Barney Hope 40:44, 50-54: 1. Louis Bargas 44:01, 2. Len Edholm 44:27, 3. Lee Leonard 46:03, 55-59: 1. Lee Burnett 39:28, 2. Mort Ward 40:21, 3. Gene Greenwell 45:56, 60 & Over: 1. Robert Malain 42:50, 2. Jim Sullivan 50:51, 3. Herman Romero 51:41.

Division Results - Women's 10K

9 & Under: 1. Gentry Standiford 56:20, 10-14: 1. Sara Gates 42:50, 2. Sarah Tavares 53:36, 3. Kathy Peterson 56:58, 15-19: 1. Natalie Wilhelmson 48:16, 2. Terri Horton 53:35, 3. Jenny Elery 1:15:06, 20-24: 1. Renee Cunningham 48:33, 2. Jeanne Oster 51:22, 3. Whitney Dillard 53:55, 25-29: 1. Michelle Dickson 42:14, 2. Dea Nason 44:03, 3. Cathy Ward 49:21, 30-34: 1. Jill O'Toole 43:02, 2. Edith Isidoro-Mills 43:59, 3. Tonya Teilo 45:36, 35-39: 1. Deborah Seby 41:40, 2. Andrea Wayman 44:18, 3. Barbara

Cosidas 45:04, 40-44: 1. Nancy Ruffner 40:58, 2. Stephane Posson 46:10, 3. Lorraine Esses 49:56, 45-49: 1. Marijke Valencia 47:47, 2. Yvonne Cunningham 54:51, 3. Donna Dalton 54:55, 50-54: 1. Georgette Lacey 46:32, 2. Marie Rouse 57:39, 55-59: 1. Marlene Parkan 55:56, 2. Ruth Jessen 58:04, 3. Joan Sullens 1:16:29, 60 & Over: 1. Beverly Fore 56:08, 2. Gerry Sullivan 1:01:04, 3. Helen Kingler 1:20:15.

Sri Chinmoy Marathon

January 15, Santa Barbara.

Overall Results

1. Bill Frick 3:00:56, 2. Kirk Selby 3:19:52, 3. Denise Driscoll 3:19:53, 4. James Russell 3:20:25, 5. Ed Butkovich 3:25:23, 6. Charlie Gonzales 3:32:19, 7. Ryoichi Morita 3:34:04, 8. Anna Roberts 3:34:36, 9. Mick Morrissey 3:36:08, 10. William Wallace 3:41:05, 11. Mike Lanham 3:45:46, 12. Stephen Lee 3:46:14, 13. Vladimir Babichev 3:49:00, 14. Chris Rios 4:00:34, 15. Ronald West 4:12:08, 16. Robert C. Knepper 4:21:31, 17. John Squires Sr. 4:26:48, 18.

continued next page...

RESULTS



RICH McCANDLESS
First at Searchlight Redding Half Marathon

Thomas Rohrer 4:36:50, 19. Mike Tselentis 4:48:40, 20. Jon Gos 5:06:23.

21. Patsy Dorsey 5:08:02, 22. Paul Gilbert 6:54:44.

Division Results - Men

49 & Under: 1. Bill Frick 3:00:56, 2. Kirk Selby 3:19:52, 3. James Russell 3:20:25, 50-59: 1. Vladimir Babichov 3:49:00, 2. Robert Knepper 4:21:31, 60-69: 1. Mike Tselentis 4:48:40, 70 & Over: 1. Paul Gilbert 6:54:44.

Division Results - Women

49 & Under: 1. Denise Driscoll 3:19:53, 2. Anna Roberts 3:34:36, 3. Patsy Dorsey 5:08:02.

Zoo Run

January 15, San Francisco, 5 Mile & 3 Mile.

Overall Results - Men's 7 Mile

1. Herbert Steffry 33:49, 2. Christopher Schallert 34:29, 3. Dan Savers 35:36, 4. Paul French 37:20, 5. Carl Anderson 37:25, 6. Michael Penney 38:18, 7. Jim Messner 38:21, 8. Bruce Phinney 38:22, 9. Phil 38:29, 10. Steven Noll 38:39.

11. Johnny Lawson 38:58, 12. Peter Nowicki 39:22, 13. Lon Kincannon 39:29, 14. Not Available 39:55, 15. Edward Russell 40:11, 16. Glenn MacDougall 40:14, 17. Kurt Wulfekuhler 40:20, 18. Not Available 40:23, 19. Not Available 40:26, 20. Mark Robertson 40:27.

Overall Results - Women's 7 Mile

1. Joanne Ernst 40:56, 2. Joan Colman 41:39, 3. Sue Vinella-Brusher 43:10, 4. Chrissy Duryea-Baker 44:19, 5. Ginger Orr 44:24, 6. Deedee Graf-us 45:34, 7. Florianne Hays 45:41, 8. Jennifer Miles 45:45, 9. Jami Andrews 45:50, 10. Victoria Farrell 45:53.

11. Denise Murphy 46:07, 12. Lyn Beilinghei 46:25, 13. Polly Kraemer 47:10, 14. Irene Herman 47:26, 15. Margaret Mann 47:45, 16. Karin Kuffel 48:11, 17. Not Available 48:23, 18. Suzanne Bryan 48:24, 19. Nina Katz 48:25, 20. Tina Toona 48:35.

Overall Results - Men's 3 Mile

1. Mica Comstock 14:45, 2. Arthur Welch 15:12, 3. Jose Lizarraga 15:17, 4. Erick Studenicka 15:36, 5. Michael Gama 15:39, 6. Michael Rodriguez 15:41, 7. David Amster 15:45, 8. Not Available 15:58, 9. Michael Cooks 16:04, 10. Not Available 16:09.

11. Matt Rabuzzi 16:15, 12. Dan Butterfield 16:23, 13. Not Available 16:24, 14. Bobby Ryser 16:25, 15.

William Brusher 16:26, 16. John von Seeburg 16:28, 17. Joy Masloff 16:33, 18. John Dodge 16:33, 19. Rick Fioridan 16:34, 20. Randy Browne 16:35.

Overall Results - Women's 3 Mile

1. Irene Cardenas 19:12, 2. Amy Roberts 19:16, 3. Courtney Dominguez 19:26, 4. Not Available 20:08, 5. Audra Brinkerhoff 20:08, 6. Not Available 20:09, 7. Debra Cruse 20:20, 8. Not Available 20:28, 9. Joanne Chi 21:03, 10. Jeri Clark 21:04.

11. Not Available 21:12, 12. Jean Polo 21:23, 13. Renee Gregory 21:26, 14. Kristie Williams 21:28, 15. Lisa Garcia 21:31, 16. Debbie Santa Maria 21:37, 17. Georgette Musante 21:40, 18. Tara McDonaki 22:01, 19. Olivia Carnova 22:15, 20. Susan Ellis 22:18.

Great Race of Agoura

January 21, Agoura Hills, 5K & 10K

Overall Results - 10K

1. Robert Hollister (30) 31:47, 2. Tommy Leon (20) 31:59, 3. Pete Dolan (29) 32:40, 4. Art Vaneen (25) 33:21, 5. Jussi Hamalainen (42) 34:01, 6. Tom Hall (38) 34:05, 7. Pete Kaplan (32) 34:13, 8. John Adams (30) 34:49, 9. Greg Bautista (27) 34:51, 10. Christopher Waight (18) 35:00.

11. Mike Zaragoza (27) 35:27, 12. Jim Obrien (35) 35:46, 13. Martin Gonzalez (18) 35:57, 14. David Simas (30) 35:58, 15. Jose Martinez (31) 36:02, 16. Alfredo Delon (19) 36:03, 17. Bill Entz (32) 36:23, 18. Bob Dolan (31) 36:27, 19. Jim Flanigan (39) 36:30, 20. Takashi Yagisawa (35) 36:38.

21. Jeffrey Burton (31) 36:38, 22. David Brown (29) 36:41, 23. David Elder (23) 36:45, 24. Tom Staiberg (40) 36:47, 25. Scott Engul (30) 36:55.

Division Results - Men's 10K

10 & Under: 1. David Fuller N.T., 11-12: 1. Billy Dennis 50:53, 2. Chad Payne 1:07:42, 3. Richie Raderbagh 1:07:45, 13-15: 1. Scott Payne 44:21, 2. Brian Rose 56:26, 3. Brent Finch 56:27, 16-18: 1. Christopher Waight 35:00, 2. Martin Gonzalez 35:57, 3. Evan Masry 37:27, 19-24: 1. Tommy Leon 31:59, 2. Alfredo Delon 36:03, 3. David Elder 36:45, 25-29: 1. Pete Dolan 32:40, 2. Art Vaneen 33:21, 3. Greg Bannista 34:51, 30-34: 1. Robert Hollister 31:47, 2. Pete Kaplan 34:13, 3. John Adams 34:49, 35-39: 1. Tom Hall 34:05, 2. Jim Obrien 35:46, 3. Jim Flanigan 36:30, 40-44: 1. Jussi Hamalainen 34:01, 2. Tom Staiberg 36:47, 3. Lee Spadoni 37:07, 45-49: 1. Vic Brittan 39:13, 2. Jerry Swams 39:21, 3. Fred Green 39:50, 50-54: 1. Bill Skiersz 38:17, 2. Harry Pantelos 40:06, 3. Nick Riesz 40:46, 55-59: 1. Bob Strobel 45:16, 2. William Phillips 45:42, 3. Elmer Joyner 46:14, 60-64: 1. Marvin Powers 42:11, 2. Robert McAlise 49:05, 3. John Cooper 50:54, 65 & Over: 1. Eddie Lewin 45:44, 2. Mark Hill 47:40, 3. John McManus 58:03.

Division Results - Women's 10K

10 & Under: 1. Tiffany Eaton 46:19, 11-12: 1. Kimberly Bleiberg 55:00, 13-15: 1. Tara Amus 1:02:33, 2. Megan Barnard 1:09:18, 16-18: 1. Jean Harvey 40:28, 2. Jans Frost 54:05, 19-24: 1. Maureen Doderlein 40:21, 2. Shannon Immen 51:53, 3. Debbie Cox 52:48, 25-29: 1. Leticia Melgoza 40:52, 2. Dorothy Gibbons 42:27, 3. Natalie Brewster 44:53, 30-34: 1. Connie McCarthy 38:27, 2. Christina Moore 48:35, 3. Mary Merry 48:57, 35-39: 1. Sheryl Snyder 39:55, 2. Robin Hale 44:42, 3. Mary Crable 47:27, 40-44: 1. Estrella Whaley 45:23, 2. Loretta Bronk 45:25, 3. Linda McIvroe 47:38, 45-49: 1. Ruth Hernandez 52:55, 2. Sandy Pinkle 53:32, 3. Jackie Galther 53:42, 50-54: 1. Ann Kingsberg 1:05:58, 55-59: 1. Trudi Tietokongo 57:43, 2. Betty Crosby 1:01:31, 3. Edie Comis 1:02:42.

Overall Results - 5K

1. Paul Hough (31) 15:46, 2. James Knox (22) 15:59, 3. Ron Jensen (42) 16:28, 4. Don McCarthy (45) 16:50, 5. Terry Howell (33) 16:54, 6. Tom Ryan (19) 16:58, 7. Jim Obrien (35) 17:00, 8. Juan Cabeza (45) 17:03, 9. Bryle Smallen (41) 17:04, 10. Catalino Gonzales (46) 17:18.

11. Doug Lynch (20) 17:19, 12. Bill Entz (32) 17:20, 13. Takashi Yagisawa (35) 17:28, 14. Ruben Ledesma (28) 17:45, 15. Salvador Gonzales (41) 17:46, 16. Joe Cahoun (41) 17:50, 17. Kelly Current (31) 17:59, 18. Andre Tocco (53) 18:02, 19. Mike Hash (41) 18:14, 20. Victor Canel (28) 18:17.

21. Michael Mutek (37) 18:21, 22. Paul Burroughs (22) 18:28, 23. Don Gillman (44) 18:29, 24. Geoffrey Glassner (45) 18:33, 25. Chuck McCann (37) 18:35.

Division Results - Men's 5K

10 & Under: 1. Ricky Barba 19:20, 2. Christopher Ramirez 20:44, 3. William Carles 20:55, 11-12: 1. Daniel McCarthy 23:13, 2. Chris Parson 23:46, 3. Steven Birbaum 24:31, 13-15: 1. John Prater 18:45, 2. Michael Cheman 18:46, 3. Chap English 18:55, 16-18: 1. John Cala 18:40, 2. Julio Vasquez 18:54, 3. Aaron Keller 18:58, 19-24: 1. James Knox 15:59, 2. Tom Ryan 16:58, 3. Doug Lynch 17:19, 25-29: 1. Ruben Ledesma 17:45, 2. Victor Canel 18:17, 3. Nick Trozzi 18:38, 30-34: 1. Paul Hough 15:46, 2. Terry Howell 16:54, 3. Bill Entz 17:20, 35-39: 1. Jim Obrien 17:00, 2. Takashi Yagisawa 17:28, 3. Michael Mutek 18:21, 40-44: 1. Ron Jensen 16:28, 2. Bryle Smallen 17:04, 3. Salvador Gonzales 17:48, 45-49: 1. Don McCarthy 16:50, 2. Juan Cabeza 17:03, 3. Catalino Gonzales 17:18, 50-54: 1. Andre Tocco 18:02, 2. Harry Pantelas 18:52, 3. John Ghini 19:20, 55-59: 1. Robert Culling 19:07, 2. Jerry Withers 20:36, 3. William Phillips 22:21, 60-64: 1. Larry Banuelos 20:46, 2. John Thompson 23:56, 3. James Johnson 24:47, 65 & Over: 1. Phil Jones 22:47, 2. Dutch Benedetti 23:39, 3. John McManus 25:43.

Division Results - Women's 5K

10 & Under: 1. Julie Sears 28:23, 2. Janet Hwang 28:56, 3. Jody Padovino 30:59, 11-12: 1. Amy Skiersz 19:41, 2. Cynthia Condon 23:39, 3. Teresa Beaudine 26:06, 13-15: 1. Laura Hayward 22:09, 2. Stacy Kristan 22:18, 3. Joanna Poggio 22:39, 16-18: 1. Laura McIndoe 22:19, 2. Pamela Faul 22:51, 3. Elis Haslan 25:30, 19-24: 1. Denise Ball 19:13, 2. Maureen Rooney 21:22, 3. Jill Hibbitt 23:55, 25-29: 1. Sheri Little 21:11, 2. Rebecca Crites 21:49, 3. Andrea Behm 22:00, 30-34: 1. Janet Narem 20:25, 2. Janet Knotts 22:09, 3. Patty Bohringer 22:41, 35-39: 1. Terri Goodreau 19:57, 2. Marie Heimberg 19:59, 40-44: 1. Elizabeth Blair 20:54, 2. Maria Hughes 24:07, 3. Janice Gilden 24:29, 45-49: 1. Sandy Pirkle 23:45, 2. Marjorie Butcha 27:35, 3. Susan Cross 28:15, 50-54: 1. Atako Fujimoto 24:32, 2. Barbara Camp 25:06, 3. Dolores Vega 31:16, 55-59: 1. Norma Surmon 28:46, 2. Dorothy Schoepner 39:47, 60-64: 1. Doris Gordon 27:11, 2. Selma Mahman 32:57, 3. Alma Boronik 43:58, 65 & Over: 1. Diana Ziegert 31:42.

Bahamas Princess 10K

January 21, Grand Bahama Island.

American Keith Brantly passed Mexico's Gerardo Alcalá after the third mile and held on to win the 5th Annual Bahamas Princess 10K Road Race amidst a field of 257 runners. Despite threatening rain, Brantly was able to complete the 6.2 mile course in a time of 29:20, 86 off the time ran by Markus Ryffel last year. Mark Nenow holds the course record at 28:32.

Taking top honors in the ladies division was Great Britain's Wendy Sly with a time of 33:24. She went into the race as the favorite, having clocked a 32:42.3 to capture that division last year.

Barry Brown lived up to expectations winning the Male Masters Division. He also holds the Masters course record at 31:09.3, while completing it in 32:43 this year. Karen MacHarg made her first appearance in the Princess 10K this year and it was a memorable one, winning the Female Masters Division. With defending Female Masters champion, Bobbi Rothman not competing, MacHarg went on to set a new division record of 37:58; Rothman previously held the record at 38:12.8.

Orlando Pizzolato, Gerardo Alcalá and Keith Brantly jumped out from the start and after the first mile it was Brantly taking a ten yard lead and extending it. He was able to hold on to the lead to take the finish tape as the crowd in front of the Princess Country Club, cheered in satisfaction of a great race.

The Gainesville, Florida resident, Brantly noted that he ran the race he had planned, "In my mind I was in control from about three miles, because I wasn't breathing quite as hard as Alcalá was, except that doesn't mean anything. After about five miles, I had a big enough gap on him where I know he wasn't going to come back."

Elaborating on his strategy he noted that he wanted to sit back, relax and not make any moves until midway through the race because it was so hot and humid. "You run the risk of falling apart too soon using up all of your energy early in the race."

Great Britain's Wendy Sly was happy that she won the race for the second consecutive year, but she added that she was a little disappointed in her time. "I am a bit disappointed with the time but I was pretty sick for a while, two weeks ago and I think it took its toll today coupled with the humidity. It was pretty warm out there."

The two-time champion was happy about the course adding that it was great to have the people cheering as one passed, "It's a nice course... it's nice to have two loops and go back past the hotel with the crowd cheering you. It helps."

Overall Results - Men
1. Keith Brantly (USA) 29:19, 2. Gerardo Alcalá (Mex) 29:37, 3. Mauricio Gonzales (Mex) 29:52, 4. John Treacy (Ireland) 30:01, 5. Mark Sheehan (USA) 30:18, 6. Orlando Pizzolato (Italy) 30:24. Masters: 1. Barry Brown (USA) 32:42, 2. Mike Reed 34:47.

Overall Results - Women
1. Wendy Sly (GB) 33:23, 2. Cyndie Walte (USA) 36:19, 3. Karen MacTarg (USA) 37:57, 4. Lia Melis (USA) 38:37, 5. Jan Toussaint-Hooks (USA) 40:55, 6. Sharon Beal (USA) 41:09. Masters: 1. Karen MacHarg (USA) 37:57, 2. Sharon Beal (USA) 41:09.

Snow Ball Runs

January 21, Meyers, 10K & 5K

Overall Results - 10K

1. Thom Trimble 33:56, 2. Skylar Jones 37:11, 3. Dominique Westlake 38:04, 4. Mark Hosler 38:04, 5. Brent Tubb 38:13, 6. Terry Tubb 38:13, 7. Steve Freitas 38:48, 8. John Montevardi 39:05, 9. Steve Madison 39:40, 10. Don Altman 42:46.

11. Jim Fluharty 48:30, 12. John Culpepper 49:05, 13. Dave Haß 49:30, 14. Ann Swallow 1:00:31, 15. Laurie Gallagher 1:04:43, 16. Patty Smith 1:04:45.

Overall Results - 5K

1. Eil Culpepper 25:39, 2. Linda Tubb 29:27, 3. Gary Clelan 29:36.

Super Bowl Sunday Runs

January 22, Redondo Beach, 10K

Mexico's 20-year-old distance running super star, Alejandro Cruz, won the Super Bowl Sunday 10K Run, clocked in 29:20 for the 6.2 mile race.

Cruz eased up, stepping out of confusion before he reached the finish line, or he would have won by more than the 3-second margin over Thom Hunt of San Diego. Matt Elbner of West Covina, was third and England's Steve Cram, who led out of the lead pack after two miles when he stopped to tie his shoelace, was fourth.

Another world class runner, Samson Otwocha of Kenya, eased off when he felt twinges in his left thigh and finished eighth. He suspected a chronic back problem was the culprit.

Sylvia Mosqueda of Los Angeles ran away from the women to defend her championship and set a new track record of 32:48. She broke the old mark by 1 second but beat the old record holder, Sue Berenda of Oceanside, by nearly a minute. Berenda was second in 33:44.

Berenda slipped into second place when New Zealand's Debby Elsmore became entangled near the

continued next page...

RESULTS

finish line with a 10-man centipede team representing El Camino College.

"I got caught in the tape marking the inside of the turn, and when I recovered she was by me," Elsmore said.

Mosqueda said she was fired from a week that with the race included 79 miles of "quality" or fast paced workouts. She is forsaking marathon and other distance running, she said, to concentrate on an attempt to break the American 5000-meter record on the track, possibly this summer in Europe. If she goes, it will be her first campaign abroad.

Race officials said there were more than 9,000 entrants and an estimated 14,000 runners. Among them were the usual profusion of costumed runners and groups of runners. Although there were other costume contest winners too, the most popular was a group of six aerobic instructors from King Harbor Sports Center called the Flo-Jos, each dressed in one-leg lace tights, curly black wigs and six-inch silver fingernails. Unless it was the hefty lady tilted Sto-Jo carrying a sign reading, "No speed. No fingernails. No chances."

Overall Results - Men

1. Alejandro Cruz 29:20, 2. Tom Hunt 29:23, 3. Matt Ebner 29:42, 4. Steve Cram 29:51, 5. John Konning 30:11, 6. Alan DeHinger 30:16, 7. Eugene Cruz 30:20, 8. Samson Obwocha 30:21, 9. Rick Roybal 30:25, 10. John Esquivel 30:47.

Overall Results - Women

1. Sylvia Mosqueda 32:48, 2. Sue Berenda 33:44, 3. Debra Elsmore 33:44, 4. Sue Marchiano 33:50, 5. Kathy Kanes 34:11, 6. Nancy Bowman 35:13, 7. Annie Searight 35:16, 8. Carrie Garrison 35:27, 9. Jani Johnson 35:42, 10. Ruth Vomund 35:54.

Division Results - Men

14 & Under: 1. Brian Sleep 39:30, 2. Alexander Raina 40:36, 3. David Conde 45:44, 15-18: 1. Jaime Galindo 32:37, 2. Sava Rowtham 34:13, 3. Joel Mayorga 34:58, 19-24: 1. Ryk McDorman 32:29, 2. Jens Bagehorn 33:06, 3. Kieran Sherlock 33:12, 25-29: 1. James Sterling 30:54, 2. Jeff Dettmer 31:44, 3. Rick Dodson 32:16, 30-34: 1. Brian Russell 30:53, 2. William Gregory 32:45, 3. Lars Erik Karlsson 33:15, 35-39: 1. Stephen Keyes 32:36, 2. Leonard Aguilar 33:12, 3. Mark Sisson 33:53, 40-44: 1. Mickey DePaol 34:15, 2. Miguel Mendez 34:48, 3. Richard Kuebler 36:46, 45-49: 1. Michael Mahler 33:18, 2. Don Jennings 36:28, 3. Joe Glassman 36:30, 50-54: 1. Claude Bruni 40:37, 2. Frank Vasquez 40:44, 3. John Cosgrove 41:02, 55-59: 1. Sam Mayo 39:00, 2. George Davall 41:35, 3. Richard Leslie 41:36, 60-64: 1. Patrick Devine 37:49, 2. Larry Banuelos 41:59, 3. Mio Saiter 45:18, 65-69: 1. Jack Kettler 44:58, 2. Stanley Neufeld 48:46, 3. John Schmitt 55:29, 70-74: 1. Eddie Lewin 44:50, 2. Fraser MacMinn 52:31, 3. Krud Hansen 1:02:18, 75-79: 1. John Zentmyer 52:15, 2. Walt Kuetzing 56:16, 3. George Feinstein 47:38, 80 & Over: 1. Jacob Bish 1:25:25.

Division Results - Women

14 & Under: 1. Megan McGowan 48:15, 2. Cynthia Condon 49:29, 3. Cary Beeson 51:23, 15-18: 1. Tina Sanchez 45:31, 2. Michelle McGarry 49:06, 3. Irina Diaz 49:39, 19-24: 1. Lori Sudeck 41:49, 2. Jill Hawkins 43:43, 3. Kellie Houtgan 44:45, 25-29: 1. Carrie Booth 36:05, 2. Christi Bach 37:51, 3. Lori Bright 39:35, 30-34: 1. Ruth Vomund 35:54, 2. Leslie Lewis 37:06, 3. Karen Callaghan 42:29, 35-39: 1. Diana Tracy 39:24, 2. Barbara Varon 41:29, 3. Lorraine Dischinger 41:32, 40-44: 1. Nouria Harris 44:47, 2. Sue Reinhardt 44:50, 3. Sheri Wilks 46:44, 45-49: 1. Kathryn Owen 45:42, 2. Carol Dougherty 47:39, 3. Sandy Shookoy 47:59, 50-54: 1. Wilma Maddock 43:59, 2. Mariana McKullen 46:29, 3. Shirley Blush 47:51, 55-59: 1. Virginia Baldwin 54:37, 2. Kathleen Vento 55:46, 3. Nancy Leslie 56:24, 60-64: 1. Helen Palmer 53:37, 2. Shirley Williams 1:02:14, 3. Margaret Smith 1:02:41, 65-69: 1. Mem Howe 58:22, 2. Amy Coury 1:07:43, 3. Thelma Anderson 1:24:34, 75-79: 1. Bess James 1:12:00.

Wheelchair: 1. Marlin Vogel 33:32, 2. Keith Dysert

33:51, 3. John Fackler 40:41, 4. Richard Radford 44:09, 5. Liam Dean 56:36.

Santa Cruz Special Olympics Super Bowl Sunday Runs

January 22. Santa Cruz, 10K & 3K

Division Results - Men's 10K

19 & Under: 1. Francisco Lopez, 2. Miguel Coballos, 3. Gerardo Duran, 20-29: 1. Gilbert Munoz 31:41, 2. Stephen Rigor, 3. Al Gonzales, 30-39: 1. Torin Rotstein, 2. Marly Kruger, 3. Bob Eberle, 40-49: 1. David Furst, 2. Art Vedder, 3. Jan Valencia, 50-59: 1. Sam Vandenburg, 2. Jim Belcher, 3. Richard Young, 60-69: 1. Joe Hornbrook, 2. Ken Bailey, 3. Howard Powers, 70 & Over: 1. Tony Scorzano.

Division Results - Women's 10K

19 & Under: 1. Amee Tolan, 2. Nicole Silva, 3. Kristee Clemens, 20-29: 1. Tina Ebrahiman, 2. Trish Unruhe, 3. Emily Buchbinder, 30-39: 1. Nancy Ogle, 2. Antoinette Sailer, 3. Rebecca Meiel, 40-49: 1. Carol Bianconi, 2. Gloria Ploss, 3. Margaret Miller, 50 & Over: 1. Diane Bromstead, 2. Gloria Dake, 3. Emily Malner.

Zonta Runs

January 27. Goleta Beach Park, 5K & 10K.

Overall Results - 10K

1. Michael Smith (24) Santa Barbara 32:04, 2. Greg Horner (34) Santa Barbara 32:18, 3. Paul Lee (28) Santa Maria 32:48, 4. James Knox (22) Santa Barbara 33:41, 5. Ted Cotti (26) Long Beach 34:19, 6. Peter Park (23) Santa Barbara 34:27, 7. Scott McIntosh (38) Buellton 36:16, 8. Richard DelGadillo (33) Santa Barbara 37:05, 9. Pierre Charber (23) Goleta 37:16, 10. John Rupp (42) Santa Maria 37:22.

Division Results - Men's 10K

19-34: 1. Michael Smith 32:04, 2. Greg Horner 32:18, 3. Paul Lee 32:48, 35-39: 1. Scott McIntosh 36:16, 2. Alvin Strait 42:57, 3. Wayne Davis 47:30, 40-49: 1. John Rupp 37:22, 2. Joseph Banach 37:42, 3. Vic Bitalan 38:08, 50-59: 1. Jack Wilson 42:13, 60 & Over: 1. Larry Brown 48:00.

Division Results - Women's 10K

15-18: 1. Courtney Heller 57:59, 19-29: 1. Kelly Coster 41:10, 2. Paula Bouckaert 43:29, 3. Dorothy Lochert 45:37, 30-39: 1. Anne Hayden 38:39, 2. Sharon Smith 50:10, 3. Jane Kanne 50:24, 40-49: 1. Stephanie Welch 44:45, 50-59: 1. Ruth Adams 58:42, 60 & Over: 1. Helga Carden 1:00:27.

Overall Results - 5K

1. James Knox (22) S.B. 15:38, 2. Dennis Odion (29) S.B. 15:59, 3. Gregor Robin (32) S.B. 16:13, 4. Coley Candaele (17) Carpinteria 16:28, 5. David Parich (19) Santa Ynez 16:43, 6. Brian Tharp (37) S.B. 17:47, 7. Tracey Himmel (32) Port Hueneme 17:48, 8. Rick Snekvik (41) Santa Ynez 18:09, 9. Ron Misner (31) S.B. 18:25, 10. John Patterson (47) S.B. 18:48.

Division Results - Men's 5K

15-18: 1. Conley Candaele 16:28, 2. Ian Myers 19:20, 19-34: 1. James Knox 15:38, 2. Dennis Odion 15:59, 3. Gregor Robin 16:13, 35-39: 1. Brian Tharp 17:47, 2. David Lopez 20:54, 3. Hal Sanders 22:11, 40-49: 1. Rick Snekvik 18:09, 2. John Patterson 18:48, 3. Bob Sewall 19:25, 50-59: 1. Leon Muhl 20:10, 60 & Over: 1. Wallace Cole 23:43.

Division Results - Women's 5K

19-29: 1. Ingrid Fjermores 24:14, 2. Renee Rawlings 27:47, 30-39: 1. Shirley Rhoads 28:06, 40-49: 1. Janice Myers 24:03, 2. Hildy Hoffmann 24:37.

AMERICA'S (CALIFORNIA'S) EKIDEN

By MARK WINITZ

It appears that the Ekiden-style relay has come to America to stay. At least it has to New York City. And in California, the distance running community is talking about Ekiden (the Japanese term for relay runner) and Taisuke sashes (passed from runner to runner) instead of batons and medley relays as the outdoor track season is well underway.

On the track, California has for many years been the lifeblood of excellent relay teams in top outdoor competition. With our nation's talented sprinters coming out of "speed city" (San Jose) in the '60's and '70's, and more recently out of the Los Angeles area, we're used to seeing the best relay teams develop and perform in our own backyards. Now that tradition of excellence seems to be spreading to Californians passing the Taisuke on the roads.

It certainly was apparent at the 2nd running of America's Ekiden (New York, April 9th), as teams from 8 nations, 50 states, plus New York City and Washington, D.C., circled middle and lower Manhattan on a drizzly and cold morning. And national television focussed on men from our state as it never has before in a road running event of international significance. Competing with a team where one of our state's best was absent (Steve Scott, who ran on the national team), and with only one returnee from last year's team (Mark Junkermann), the Californians swept the state's division over the marathon relay distance and successfully defended their title from last year. And in doing so, they once again gave several of the national teams a run for their money (figuratively speaking, since they were competing simultaneously with the nationals, but in a separate division with separate prize money). \$12,000 for the winning state team, plus individual performance bonuses starting at \$2,500 for the state runner putting in the fastest time on each leg going down 10 places, was ample incentive.

Former Cal Berkeley miler Jay Marden (Fremont, CA) led off the first leg (5K), and immediately put California's team in the driver's seat. A quick start was imperative since the first quarter mile through Central Park led to a slick 180° turnaround on slippery asphalt. Well-negotiated by Marden, among the front-pack runners. But then, 1,200 meters out, Marden, Tim Hutchings (Great Britain), and Bill Krohn (New York City) got snagged to the left of a motor home (media? vehicle moving on the course, cutting them off from the main pack who were making a right turn.

"Waiting for it to go by, we went from

first to about tenth place before we got back into the race," Marden said.

Hutchings immediately put it to the floor, catching and dueling with leader Steve Scott while Marden maintained pace. At the exchange point in front of the United Nations Building Marden emerged as states' leader and 5th overall (5K/13:53)—a 4 second cushion over Colorado and over a minute up on expected contender Arizona, who faced a 34th-position deficit. Among the nations, Scott (13:35) edged Hutchings with a brilliant kick, putting the U.S. in the lead.

Marden, who was recently diagnosed with a very low ferritin (iron) level, and having started a corrective program, was happy with his performance, and looking toward renewed strength. "I'd love to run on the national team next year," he admits.

Paso Robles, CA's Ivan Huff—on a roll lately—took the Taisuke sash for the longest of the five legs, a 10.8K on Franklin D. Roosevelt Drive along the East River (which included several hilly overpasses).

"I was hoping Jay would be close enough so I could run close to the international guys, and he was," says the steeplechaser-temporarily-turned-roadie out of practical necessity. "But I made a mistake and went out too hard and paid the price," Huff reflected later, as he watched John Treacy (Ireland), Salvador Garcia (Mexico), and Kenji Ide (Japan) gradually pull away.

By 3K Huff was running alone—and very well—in a solo spot for a steeper leg he likes to mix it up. Although not as well as he would have liked.

"When you start racing good, you always want to be on top of it. But I was happy," he admits.

What was that about being your own worst critic? Huff merely ran the fastest 2nd leg among the states (10.8K/31:31) and 6th overall fastest on the day, extending the CA lead to 31 seconds over Colorado. Don Janicki's 31:59 for Arizona put them back in contention as they battled with Massachusetts for third, 1-1/2 minutes back of CA.

Up front the U.S.'s Steve Spence (30:39) had run an inspired second leg, although Treacy (30:28) brought Ireland within 1 second of the lead.

Leg 3 from the World Trade Center back north, right on West 57th and a 600-yard uphill, and then back into Central Park. Danny Gonzalez would handle this 9.3K portion for California—unaccompanied, less than a quarter mile behind Mexico and Japan and a quarter ahead of Arizona's Mark Smith and Massachusetts's Dennis Simonaitis who had both moved ahead of Colorado.

"If it wasn't for the camera, motorcycle, and occasional car that were there, it would have been just me," said Gonzalez.

On the cold, rainy morning there were few spectators along the course, and little encouragement other than the competitive

continued opposite...

voices within, urging the runners on for the sake of the team. Knowing that our state's team was solid helped, according to Gonzalez, who went on to praise the Ekiden concept, reflecting the general positive attitude of the entire team.

Gonzalez (27:56/9.3K) for 4th fastest state leg kept CA in great position, a good 1:06 and 1:08 up on Massachusetts and Arizona respectively. Among the nationals, Ireland took the lead as Ed Eyestone (26:22) kept the U.S. a close second, 4 seconds behind the Green Team.

Time for CA's Mark Junkermann to carry the sash 7.1K on two loops through the park. The young stepper out of UCLA who had the fastest 8K leg among the states in last year's Ekiden, took it our hard. But he was unable to gauge his pace accurately since the course was marked metrically, no 5K marker was in evidence, and again, no man's land struck. 4:37 pace he calculated later.

"At one point we made an 180-degree turn and switched back, so I could see the other guys," Junkermann said. "They were way behind, and I could see that we were keeping our lead."

Mark's 3rd fastest state leg kept our guys in the groove. Working together, Jim Klein (Arizona) and Dave Dunham (Mass.) were able to gain only a few seconds. In the tight nations race, Keith Brantly ran brilliantly, handing over a U.S. lead of 7 seconds to anchor Pat Porter.

Dan Grimes held down the 10K anchor leg for CA, one hilly loop circling the park. Although admittedly a little shy on racing lately and in better shape than the day would indicate, Danny wasn't letting anything get away. But he got a little surprise with less than a half mile remaining.

"The California guys were behind me (sprinting along the sidelines) and Jay yells you only got 30 meters on Arizona," Grimes laughed. "He was only 3 seconds behind me at that point, so I really had to motor."

That man behind was Arizona's Bo Reed. Having been accompanied by the Soviet Union's anchor, Reed was flashing brilliance on the way to a 28:40. But Grimes' commendable 29:38 (7th fastest/state) turned the trick as he accelerated home with a 2:03:43 cumulative time showing on the finish line clock for CA. Reed's effort easily secured 2nd state for Arizona (2:03:47). Colorado (2:04:33) was next,

followed by Massachusetts (2:05:20).

Ireland's John Doherty, meanwhile, had run the most impressive leg of all, as his 27:50 had stymied Pat Porter (28:20) to hand the U.S.A. a praise-worthy bridesmaid spot. Both teams, plus 3rd-placer Great Britain, all ran the 26.2-mile course in under 2 hours.

And just how good were our state's five-some? Good enough to finish ahead of the U.S.S.R. and Italy for 7th overall, and only 10 seconds behind Kenya, a half minute behind 5th-place Japan.

Unfortunately, California could only send five men to Ekiden. No doubt, we could have fielded one or two more teams and fared equally as well—especially if Nike-sponsored Californians had an opportunity to compete.

"We went back there to New York representing more than the five of us there," Danny Grimes confided. "We were thinking about some of the guys that we left behind in California. We had a lot of people in our hearts when we ran that race."

Generally, glowing comments came on the tail of this still new American event (over 500 Ekidens are held in Japan every year). TAC/USA, the New York Road Runners Club, and the city of New York executed superb organization. NBC's television coverage was excellent, catching all of the crucial moments. Frank Shorter's insider's view was insightful.

The Ekiden concept, and it's obvious success, is something that should be applied to other areas of the developmental running program in this country, mentions California Ekiden team manager and TAC National Cross Country Committee member Peanut Harms.

"Just imagine if 50 states were represented in the cross country nationals, composed of runners who qualified through local and regional meets," Harms points out. "We would really find out who the top runners are in this country. Right now it's a haphazard situation where if an athlete can pay for it they go (to the nationals). The Japanese had to come over here and show us how to put on an event like Ekiden. We have the funding in this country, through TAC and the USOC, to really expand on it throughout our running program."

Additional Ekiden notes: Ex-Californian Duncan MacDonald, recently turned 40, ran the 10K leg for his native Hawaii in 30:34...Nevada's team, consisting of locally-competing runners Lynn Mentzer, Miguel

Tibaduiza, Alan Dehlinger, George Hernandez, and Rich McCandless, finished 36th among the states (see race results for individual legs)...State teams from the West captured the top three places, but one state with a plethora of running talent—Oregon—finished 16th...Mark Nenow inquired about running on the CA team less than a week before the race. Sorry, too late Mark...We wonder if a West Coast Ekiden, held in, say, San Francisco or Los Angeles (both of which have large Japanese populations and generally fair weather in April) might draw a large crowd of spectators...Individual prize money for the CA guys ranged from \$2,900 to \$4,900 depending upon performance bonuses received. Steve Scott picked up \$7,000 on the U.S. squad while individuals on the winning Irish team received \$6,000 to \$8,000...Both Ireland and California also received trophies containing a 1-carat diamond inset (hopefully in the capable hands of our state team's manager??)...Ireland, the U.S., and Great Britain all topped the previous record for a marathon relay (1:59:36 set by an Ethiopian team in Japan in 1987)...The distances of the individual legs were approximate, but close, however the concluding 10K leg was officially certified...Always looking ahead, we now await a major international women's Ekiden in the U.S. (which presently exists in male-dominated Japan).

5-Person Team

(Leg 1=5K, Leg 2=10.8K, Leg 3=9.3K, Leg 4=7.1K, Leg 5=10K)

International Teams

1. Ireland 1:58:20 (#1 Marcus O'Sullivan 13:47, #2 John Treacy 30:28, #3 Jerry Curtis 26:17, #4 Frank O'Mara 20:00, #5 John Doherty 27:50).
2. U.S.A. 1:58:44 (#1 Steve Scott 13:35, #2 Steve Spence 30:39, #3 Ed Eyestone 26:22, #4 Keith Brantly 19:49, #5 Pat Porter 28:20).
3. Great Britain 1:59:04 (#1 Tim Hutchings 13:36, #2 Steve Binns 30:42, #3 Gary Staines 26:31, #4 Dave Lewis 19:59, #5 Eamonn Martin 28:17).
4. Mexico 2:01:02 (#1 Ignacio Fragoso 13:48, #2 Salvador Garcia 31:08, #3 Rafael Zepeda 27:36, #4 Gerardo Alcala 20:33, #5 Arturo Barrios 27:59).
5. Japan 2:02:10 (#1 Yoshiaki Iwasa 13:57, #2 Kenji Ide 31:07, #3 Sanshiro Kasama 27:31, #4 Saotshi Kato 20:25, #5 Kazuya Wakakura 29:12).
6. Kenya 2:03:33 (#1 Micah Boineff 14:01, #2 Samuel Nyanginda 31:53, #3 Paul Rugul 28:16, #4 Yobes Ondieki 20:08, #5 Peter Koeh 29:16).
7. U.S.S.R. 2:03:49 (#1 Farid Khakulin 13:59, #2 Oleg Syrozko 31:54, #3 Aleksandr Burtsov

28:20, #4 Evgeniy Leontyev 20:34, #5 Mikhail Dasko 29:04).

8. Italy 2:04:51 (#1 Alessandro Lambruschini 14:13, #2 Angelo Carosi 32:28, #3 Marco Cozzano 27:29, #4 Franco Boffi 21:14, #5 Raffaello Albiero 29:29).

State Teams

1. California 2:03:43 (#1 Jay Marden 13:53, #2 Ivan Huff 31:31, #3 Dan Gonzalez 27:56, #4 Mark Junkermann 20:48, #5 Dan Grimes 29:38).
2. Arizona 2:03:47 (#1 Mark Souza 14:56, #2 Don Janicki 31:59, #3 Mark Smith 27:33, #4 Jim Klein 20:40, #5 Bo Reed 28:40).
3. Colorado 2:04:33 (#1 Daniel Reese 13:57, #2 Mark Stickley 32:00, #3 Dave Cuadrado 28:35, #4 Jeff Smith 20:53, #5 Dennis Lock 29:10).
4. Massachusetts 2:05:20 (#1 Tim Gannon 14:09, #2 Paul Gorman 32:32, #3 Dennis Simonaitis 27:45, #4 Dave Dunham 20:44, #5 Wally Collins 30:12).
5. Minnesota 2:06:06 (#1 Pete Wareham 14:04, #2 Jerrod Wynia 32:40, #3 Scott Ergen 28:03, #4 Todd Sperling 21:24, #5 John Mirth 29:57).
6. New York City 2:06:35 (#1 Bill Krohn 14:03, #2 Charlie Bevier 33:31, #3 Jim Flynn 28:30, #4 Kevin Sullivan 21:47, #5 Pat Petersen 28:46).
7. Michigan 2:06:47 (#1 Ron Johnson 14:28, #2 Paul Auldemberge 32:24, #3 Don Johns 27:58, #4 Bill Boguslawski 21:39, #5 John Steinberg 30:19).
8. Illinois 2:06:49 (#1 Jim Spivey 14:08, #2 Craig Young 32:43, #3 Jeff Jacobs 28:09, #4 Jon Thanos 21:03, #5 Greg Domantay 30:48).
9. New York 2:06:51 (#1 Grant Whitney 14:07, #2 Jerry Lawson 33:09, #3 Scott Bagley 28:00, #4 Tom Touri 20:59, #5 Craig Holm 30:38).
10. Pennsylvania 2:07:08 (#1 Steve Ave 14:31, #2 John Doub 33:20, #3 Brian Ferrari 27:59, #4 Jim Norris 21:46, #5 Sydney Maroe 29:34).
11. Washington 2:07:15 (#1 Bruce Stirling 14:20, #2 Curt Corvin 32:53, #3 Rob Pierce 28:08, #4 Daniel Ball 21:25, #5 Rick Becker 30:31).
12. Utah 2:07:17 (#1 Wes Ashford 14:31, #2 Criss James 32:40, #3 Gordon Hyde 29:24, #4 Chad Bannion 21:21, #5 Paul Cummings 29:24).
13. Indiana 2:07:24 (#1 James Murphy 14:23, #2 Dave Mora 32:14, #3 Carey Pinkowski 28:57, #4 Tim Mylin 21:44, #5 Greg Orman 30:08).
36. Nevada 2:10:48 (#1 Lynn Mentzer 15:28, #2 Miguel Tibaduiza 33:59, #3 Alan Dehlinger 28:50, #4 George Hernandez 22:54, #5 Rich McCandless 29:39).

FOR COMPLETE, STATEWIDE COVERAGE OF
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WHARF TO WHARF

JULY 23, 1989

Widely acclaimed "The best little roadrace in California," the annual six-mile run from Santa Cruz to Capitola-by-the-Sea on the fourth Sunday in July is the highlight of the summer running calendar. More than just a great race, WHARF TO WHARF is a happy blend of ideal weather conditions, keen competition and a fast, scenic course that makes it a favorite of casual joggers and world-class athletes alike.

Crowds of enthusiastic spectators and a festive array of live entertainment traditionally line the gently rolling race route providing moral support and holiday spirit. Giant rainbows of colorful balloons mark each mile. The beach party finish is legendary with gifts and refreshments for all finishers. That's the good news.

The bad news is that WHARF TO WHARF is not for everyone. Due to narrow streets and small town venue limitations, the race is restricted to just 12,000 runners. Last year's race sold out in late June. Entries are accepted on a first-come-first-served basis with race alumni accorded a two-week priority entry form mailing. Upwards of 20,000 applications are anticipated again in 1989 making WHARF TO WHARF the most exclusive roadrace in the world. Catch it if you can!

REGISTRATION: Complete the attached entry form, clip and mail with a check for \$15.00 to WHARF TO WHARF, Box 307, Capitola, CA 95010. Only one entry per form item may be photocopied. *DO IT NOW!* Remember, only the first 12,000 entry applications received will be accepted; all others will be returned. Once accepted, entry fees are non-refundable.

RACE PACKET: If you are among the lucky 12,000 runners accepted for this year's Race, your registration packet with bib number and special Raceday instructions will be mailed to you in July.

RACEDAY: Sunday, 23 July. Pre-Race show begins at 7:45 AM at the START on Beach Street near the Santa Cruz Wharf. The Race starts at 8:30 SHARP!

AWARDS: Everyone's a winner at the WHARF TO WHARF RACE! First male and female finishers will be presented prestigious silver cups by the Mayors of Santa Cruz and Capitola with Olympic-style medals being awarded to runners-up. Top 100 men and top 100 women will receive commemorative Tyvek windbreakers. All Race finishers earn a giftpak of snacks and refreshments plus the coveted WHARF TO WHARF RUNNER SHIRT which this year is a specially-designed 50/50 *POLO SHIRT!* This classic souvenir is awarded only to Race finishers and cannot be purchased by anyone, at any price, anywhere, EVER.

RADIO Broadcast live by KLRN 99.1 FM and 1080 AM. Bring your radio.
TELEVISION Special feature presentation by KSBW TV 8 at 6:30 PM, Raceday.

ORGANIZED BY THE WHARF TO WHARF RACE, INC., with proceeds benefitting the Santa Cruz County running community.
RACE HOTLINE.....408-475-2196

Pacific Western Bank

BUD LIGHT BEER



1989 WHARF TO WHARF RACE

ENTRY FORM

PLEASE PRINT CLEARLY

Name FIRST NAME LAST NAME

Address

City State Zip

Best 10K Time : :

Raceday Age Sex

Day Phone - -

AS ROADRACING IS DANGEROUS, ALL RUNNERS ARE REQUIRED TO ASSUME ALL RISK BY SIGNING THIS GENERAL RELEASE: In consideration of your accepting my entry application, I for myself, my personal representatives, heirs and next of kin hereby release and discharge WHARF TO WHARF RACE, INC., its organizers, sponsors, directors and agents, the County of Santa Cruz, the Cities of Santa Cruz and Capitola and their respective agents from all liability to me, my personal representatives and heirs for all loss, damage, or any claims or demands on account of personal injury, death or property damage arising out of my participation in the WHARF TO WHARF RACE. I am fully aware of the risks inherent in participating in said RACE and hereby elect to voluntarily enter said event and event area and voluntarily assume all risks of loss and injury which I may sustain. I am physically fit and properly conditioned for this event. I hereby grant full permission to WHARF TO WHARF RACE, INC., to use my name, voice or picture in any broadcast, telecast, advertising promotion or account of this event for any purpose. I have read and understand this release and waiver of all liability.



SIGNATURES _____ RUNNER _____ PARENT/GUARDIAN IF UNDER 18 _____ DATE _____

ONLY ONE ENTRY PER BLANK (FORM MAY BE PHOTOCOPIED). FORM MUST BE SIGNED
 Clip and Mail with check for \$15.00 to: Wharf to Wharf Race, Box 307, Capitola, CA 95010
 The right to reject any entry or to issue special invitations is reserved to the race Committee.

