

MAY 1991

ISSUE NO. 169

CALIFORNIA

Running News



- ✓ PREPARING FOR A LONG, HOT RACE
- ✓ LOSING THE FINAL FEW POUNDS
- ✓ SCHEDULE FOR MAY, JUNE & JULY
- ✓ RESULTS

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WAIVER AND RELEASE OF LIABILITY In consideration of my entry, of my own free will, I for myself, my heirs, executors and administrators, forever waive, release and give up any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever (including personal injuries to me or my wrongful death) against the Golden Gate Bridge, Highway and Transportation District, its Officers, Directors, employees, representatives, agents, contractors and subcontractors, the National Park Service (GNRA), U.S. Government Dept. of Army, U.S. Army Presidio, City & County of San Francisco, State of California-California Highway Patrol and Dept. of Transportation, KGO-TV, San Francisco Bay Area Sports Organizing Committee, Marasports, Inc., Athlon Sports Management Group, Mercedes-Benz of North America, MasterCard International, organizers, sponsors, volunteers, contractors, subcontractors, and administrators, which may arise from my participation in the event on Sunday, June 23, 1991 or while traveling to or from the event even if caused in whole or in part by the negligence or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of their liability without fault. I fully understand I am forever giving up in advance any right to sue or make claim against the parties I am releasing if I suffer such injuries and damages even though I do not know what or how extensive those damages might be and am voluntarily assuming the risk of such injuries and damages. I agree that the race organization may use any photographs, still tape, or film taken of me for any purpose whatsoever without compensation. I affirm that I am physically fit and have trained sufficiently for this event.

Signature _____ Date _____

COSFM HOTLINE 415.896.0587



SCHEDULE

By Jack Leydig

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

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

May 4 (Saturday):

San Jose del Cabo, Baja, CA: Los Cabos Half Marathon & 5K, 7 a.m., Los Cabos Clinic Foundation, P.O. Box 40520, Bakersfield 93384. (805) 831-9150.

Lodi: Crime Prevention Fair 5/10K Run/Walk & Kid's 1/2 Mile, Lodi Lake, 8:30 a.m./Kid's Run, 9 a.m. Lodi Police Dept., 230 W. Elm St., Lodi 95240. (209) 333-6787.

Lakeport: Health & Lifestyle Jamboree Run, 2 & 5.2 Mi. Run, Lake County Fairgrounds, 9 a.m./5.2 Mi., 9:15 a.m. Robert Hahn, Lakeside Community Hospital, 5176 Hill Rd. East, Lakeport 95453. (707) 263-5651.

Turlock: Turlock Rotary Biathlon, 10K Run, 50K Bike, Turlock HS, 7:30 a.m. Darryl Crow, 817 Coffee Rd., Bldg. B, Modesto 95355. (209) 575-3800.

Sacramento: Maranatha Half Marathon, 10K and Mile/Half-Mile Kid's Races, Goethe Park, 8 a.m./Kid's Races, 8:20 a.m./H-M, 8:30 a.m./10K. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Monterey County: Cornnuts Wildflower Triathlon (Short Course), 1/2 Mi. Swim, 20 Mi. Bike, 4.5 Mi. Run, Lake San Antonio, 9 a.m. Terry Davis, P.O. Box 5279, Salinas 93915. (408) 755-4895.

Bakersfield: Hart Park Fun Run, 7 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Bakersfield: Carrera Del Ano, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Taft: Taft West Side Runs, Location & Time TBA. Info: (805) 763-4246.

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

Long Beach: Long Beach Plaza 8K Run, Long Beach Plaza, 8 a.m. Long Beach Plaza, 451 Long Beach Blvd., Long Beach 90802. (213) 435-8686.

So. El Monte: San Gabriel River 3 Mi. Frog Leg Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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

San Francisco: Health High Five, 5 Mi., Mission Dolores Park to Civic Center Plaza, 8 a.m. Healthy High Five, 1319 Greenwich St., San Francisco 94109. (415) 776-1274.

Watsonville: Sole Savers 10K Run, Holy Eucharist Church, 8 a.m. Michael Jordan, 527 Corralitos Rd., Watsonville 95076. (408) 722-5490 or 726-2155.

Santa Barbara: Law Day 15K, Location & Time TBA. Info: Joe Howell (805) 963-2044 or 682-2334.

Newport Beach: Spring Tune Up Runs, 5 & 10K (& 1K Kids Race, 10 & Under), LORAL Aeronutronic (Ford & Jamboree Rds), 7:30 a.m./5K, 8:25 a.m./10K, 9:45 a.m./1K. Spring TuneUp Runs, LORAL Aeronutronic, P.O. Box A, Ford Rd., Newport Beach 92658. John Blair: (714) 966-0556.

San Diego: Fiesta Island 10K, East Fiesta Island, 7:30 a.m./Masters, TBA/Open. San Diego T.C., P.O. Box 7853, San Diego 92107.

Las Vegas, NV: Runnin' Rebel 5K, Univ. of Nevada, Time TBA. Info: (702) 382-3496.

Whittier Narrows: Run with the Nurses, 5 & 10K, Whittier Narrows Recreation Area, 8 a.m. Race Central, P.O. Box 828, Rialto 92377.

Los Angeles: Cinco de Mayo 10K Run, Belvedere Park (4914 E. Brooklyn Ave.), 7 a.m. Cinco de Mayo 10K, E. Los Angeles Recreation District, 4914 E. Brooklyn Ave., Los Angeles 90022. (213) 268-9302.

So. El Monte: Run with the Nurses 5 &

10K, Legg Lake Park, 8 a.m. Javier Trejo, RN, 1200 State St., P.O. Box 2071, Los Angeles 90033. (213) 226-4664.

Malibu: Bikesport Southern California Duathlon Championship, 5K Run, 25K Bike, 5K Run, Zuma Beach, 8:30 a.m. Michael Epstein, P.O. Box 9122, Calabasas 91732. (818) 880-4915.

May 5 (Sunday):

Weott: Avenue of the Giants Marathon, Dyerville Bridge (2 1/2 Mi. north of Weott), 9 a.m. A.G. Marathon, 281 Hidden Valley Rd., Bayside 95524. (707) 443-1226.

Long Beach: Long Beach Marathon, Time TBA. (Site of 1992 Women's Olympic Trials) (4500 Limit). Joe Carlson, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

San Francisco: DSE Golden Gate Bridge Vista Run, 5.04 Mi., Legion of Honor (34th Ave. & Clement), 10 a.m. Info: (415) 585-6048.

Danville: Devil Mountain Run, 10K & 2.8 Mi., Town & Country Center, 8 a.m. DMR, P.O. Box 93, Pleasanton 94566. (415) 846-1159.

Saratoga: Run to the Stars 3K & 8K, McAuliffe Elementary School (Prospect Ave. & Titus), 9 a.m./3K, 9:15 a.m. Hank Lawson, 12375 Farr Ranch Rd., Saratoga 95070. (408) 446-9063.

Santa Cruz: Pacific Peace Run, 5 & 10K, Silicon Systems (2300 Delaware Ave.), 9 a.m. Peace Day Project, 180 Seventh Ave., Suite 107, Santa Cruz 95062. (408) 475-0207.

Chico: Butte Biathlon, 4 Mi. Run, 30 Mi. Bike, 4 Mi. Run (Short Course: 1 1/2 Mi. Run, 15 Mi. Bike, 1 1/2 Mi. Run), 9 a.m. Exchange Club, 2500 Zanella Way, Suite A, Chico 95928. (916) 894-8920.

Fair Oaks: Fair Oaks Fiesta Sun 5 Mi. Run, 2.3 Mi. Walk, & 1/2 Mi. Kids' Run, Community Clubhouse (7997 California Ave.), 8 a.m./Kids' Run, 8:30 a.m./5 Mi., 8:35 a.m. Fair Oaks Rec. & Park District, 4200 Temescal St., Fair Oaks 95628. (916) 966-1036.

Monterey County: Cornnuts Wildflower Long Course Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, Lake San Antonio, 8 a.m. Terry Davis, P.O. Box 5279, Salinas 93915. (408) 755-4895.

SCHEDULE

Ventura: Law Day 5K Run & 3x5K Relay, Victoria & Thille, 9 a.m. Steve Henderson, Ventura County Bar Ass'n., 4475 Mark St., Ste. B, Ventura 93003. (805) 653-5252.
So. El Monte: Legg Lake 8K Spikers Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Los Gatos: Los Gatos Scholastic Classic, 10K & 2 Mi., Los Gatos H.S., 8:30 a.m./10K, 10:30 a.m./2 Mi. Pam Poetsch, 15804 Longwood Dr. Los Gatos 95032. (408) 358-3007.

Stockton: Cinco de Mayo 5K Run & 2 Mi. Walk, 445 W. Weber Ave., 9:30 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208. Rudy: (209) 948-0938.

Santa Barbara: Downtown Relays, 4-Person Teams (440, 880, 1320 & Mile), Time TBA. Info: Chris (805) 963-1087.

San Diego: Cinco de Mayo 10K, South of Hilton, 7:30 a.m. Cinco de Mayo, Lacye & Assoc., 8237 La Mesa Blvd., La Mesa 91941. (619) 466-3127.

Sausalito: Scenic Bay Run, 3.95 Mi., Ft. Cronkite Tunnel entrance, 9 a.m. Sausalito Recreation Dept., P.O. Box 1279, Sausalito 94965. (415) 289-4125.

Santa Barbara: Law Day 15K Run and 3x5K Relay, Palm Park (Cabrillo Blvd.), 8:30 a.m./15K, 9 a.m./Relay. Desmond O'Neill, 1215 De la Vina St., Suite J, Santa Barbara 93101. (805) 966-2211.

Costa Mesa: 5K Tribute Walk/Run, Arlington & Fairview, 8 a.m. Orange Coast College, 2701 Fairview Rd., Orange 92628. (714) 432-5507.

Irvine: Salsa 5000 and 2K 'Ole, Tia Juanas (I-5 and Sand Canyon exit), 9 a.m. Race Pace, P.O. Box 795, Dana Point 92629. (714) 493-1090.

San Marcos: Run for the Fund 5 & 10K, Woodland Park, 7:30 a.m. SMEF, P.O. Box 1332, San Marcos 92079. (619) 744-4776.

May 7 (Tuesday):

Oxnard: 3 & 5 Mile Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 South A Street, Oxnard 93030. (805) 984-4643.

May 8 (Wednesday):

Chico: Humpday 5K, Bidwell Park, 6 p.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

May 9 (Thursday):

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

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Pico Rivera 90660. (213) 949-0394.

May 11 (Saturday):

Aptos: Nisene Marks Marathon, Half-Marathon & 5K, Aptos Village (Nisene Marks State Park), 8 a.m. Valerie Johnson, P.O. Box 2477, Santa Cruz 95063. (408) 458-9984.

Pleasant Hill: 24-Hour Heartbeat Challenge (Marathon, 6-Hr., 12-Hr. & 24-Hr.), Individuals or Relays, 9 a.m. Jack Riley, c/o AHA, P.O. Box 6181, Concord 94524. (415) 827-1600.

San Jose: Mike Popolizio Quick Silver 50K & 50 Mi., Quicksilver County Park (Mockingbird Ln.), 6 a.m. Steve Tietz, 6363 Firefly Dr., San Jose 95120. (408) 268-1683.

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

San Francisco: Angel Island Fun Run/Stride, 4.8 Mi., Noon (Ferry Service from S.F. & Tiburon), The Guardsmen, 115 Sansome St., Suite 310, San Francisco 94104. (415) 781-6785.

Cupertino: Tandem's Up & Running 10K & 2 Mi., Vallco Pkwy. (Tandem HQ), 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

Terra Linda: Human Race 10K Run & 3K Walk, Terra Linda HS (320 Nova Albion Way),

8:30 a.m. Volunteer Center, 70 Skyview Terr., San Rafael 94903. (415) 479-5660.

Gilroy: Run/Walk for the Health of It, Distance TBA, South Valley Hospital, 8:30 a.m. Leah Dowty, So. Valley Hospital Fndn., 9400 No Name Uno, Gilroy 95020. (408) 848-8646.

Sacramento: The Human Race, 10K & 5K Run/Walk, William Land Park, 8:30 a.m. Ann Matz, 8912 Volunteer Ln., Suite 140, Sacramento 95826. (916) 368-3105.

Bakersfield: Bakersfield Bud Light Triathlon, (TriFed/USA S.W. Regional Championship), 0.9 Mi. Swim, 24.8 Mi. Bike, 10K Run, Time TBA. Paul Mackie, c/o 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

Corona: Run for the Crown 5 & 10K, Corona HS. (1150 W. 10th St.), 8 a.m. Corona Parks & Rec. Dept., 815 W. Sixth St., Corona 91720. (714) 736-2241.

Chino: City of Chino 5 & 10K Run/Wheel/Skate, Chino H.S., 7:45 a.m./5K, 8:30 a.m./10K. City of Chino, P.O. Box 667, Chino 91708. (714) 591-9834.

Van Nuys: Human Race 2K, 5K & 10K Run/Walk, Woodley Park, 8 a.m./Walk, 8:30 a.m./Run. Elena Ruiz, Volunteer Center, 8134 Van Nuys Blvd., Suite 200, Panorama City 91402. (818) 908-5066.

Pomona: Human Race 5 & 10K Runs & 10K Walk, Cal-Poly Univ. (football field), 8 a.m. (8:30 a.m./Walk). Volunteer Center, 436 W. Fourth St., Suite 201, Pomona 91766. (714) 623-1284.

SCHEDULE

Hawthorne: Mother's Day 10K & 2 Mi., Hawthorne Plaza Mall, 8 a.m. Hawthorne YMCA, 12500 S. Ramona, Hawthorne 90250. (213) 679-1146.

Los Angeles: Human Race 5K & 10K Run/Walk, Griffith Park (opposite Ranger Station about one mile inside Riverside/Los Feliz entrance), 8 a.m. Pat Berni, Volunteer Center, 2117 W. Temple St., Los Angeles 90026. (213) 484-2849.

Culver City: Fiesta La Ballona 5 & 10K, Veterans Auditorium (9770 Culver Blvd.), 8 a.m. Dept. of Human Services, 4117 Overland Ave., Culver City 90230. (213) 202-5689.

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

Pleasanton: Tri-Valley Human Race, 5 & 10K Run/Walk, Hacienda Business Park (AT&T Bldg.), 8 a.m. Cathy Costanza, Valley Volunteer Center, 333 Division St., Pleasanton 94566. (415) 462-3570.

Inverness: Inverness Woods 15K, Tomales Bay State Park (north of Inverness), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

Bass Lake: Smokey Bear 10K & 2 Mi. (plus 10 & U 1K), 8 a.m./1K, 8:15 a.m. Sierra Track Club, P.O. Box 243, Oakhurst 93644. Tome Jones (209) 683-4665.

San Barbara: State Street Mile, Time TBA. Info: Anito Ho (805) 564-5421.

So. El Monte: Born to Run 3 Miler, Legg Lake/River Bed, Time TBA. Jim Granados, 2310 Havenbrook St., West Covina 91790.

Ontario: American Cancer Society Triathlon, 5K Run, 15K Bike, 200m Swim, Chaffey H.S., Time TBA. Info: (714) 983-2784 or (714) 875-8045.

Las Vegas, NV: Elite Ben-Gay 5K & 2 Mile, Location & Time TBA. Info: (702) 435-4836.

Fillmore: Youth Employment Service 5 & 10K, Central & Sespe, 8 a.m. Y.E.S., 455 Sespe Ave., Fillmore 93015. (805) 524-2424.

Palm Springs: Exceed/Desert Princess Spring Duathlon, 5K Run, 30K Bike, 5K Run, Doubletree Hotel (Cathedral City), 7 a.m. Info: (619) 320-1341.

May 12 (Sunday):

San Francisco: DSE Right to Assemble Run, 7.46 Mi., Howard & Spear, 8 a.m. Info: (415) 585-6048.

Ft. Cronkhite: Bobcat Biathlon, 4.5 Mi. Run, 12.8 Mi. Bike, Rodeo Lagoon (Bldg. 1111) (off Bunker Rd.), 8 a.m. (mountain

bike only). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190; The Pedaler: (415) 222-3420.

Bakersfield: Tri for Kids (TriFed/USA Western Zone Championship), (7-10: 100m Swim, 3.1 Mi. Bike, 0.6 Mi. Run; 11-14: 200m Swim, 10K Bike, 1.2 Mi. Run), Time TBA. Paul Mackie, c/o 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

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

Mill Valley: Mt. Tam 10K Road Race, Rock Springs, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 1829.

La Jolla: Golden Triangle 10K, Jewish Community Center, 7:30 a.m. Info: Kathy Loper (619) 457-3030.

Santa Cruz: Shark Bait Ocean Swim Biathlon, Distances & Time TBA. Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

May 14 (Tuesday):

Oxnard: 3 & 5 Mi. Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 So. A Street, Oxnard 93030. (805) 984-4643.

May 16 (Thursday):

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

May 18 (Saturday):

Lodi: Walk for the Health of It, 5K & 1 Mi., Lodi Memorial Hospital, 9 a.m./5K, 9:30 a.m./1 Mi. Penny Jacobi, Lodi Memorial Hospital, 975 S. Fairmont Ave., Lodi 95241. (209) 339-7590.

Geyserville: Ice Breaker Triathlon, 0.5 Mi. Swim, 5K Run, 14 Mi. Bike (No Relays), Lake Sonoma, 8 a.m. (400 Limit) Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

Gridley: Gray Lodge Coot Scoot 4K & 10K, Gray Lodge Wildlife Area (Pennington Rd. entrance), 8:30 a.m. Bruce Forman, Calif. Dept. of Fish & Game, 1701 Nimbus Rd., Rancho Cordova 95670. (916) 355-7130.

Auburn: Auburn Main Street Program, P.O. Box 9171, Auburn 95604. (916) 888-0109.

Kingsburg: Dala Horse Trot, 10K & 2 Mlle. 7 a.m. KJWC, PO Box 103 Kingsburg, CA 93631, (209) 897-4022 or 897-3278.

Shafter: Run Shafter Runs, Distances &

Location TBA, Time TBA. Info: (805) 393-2000.

Lompoc: Mission Fiesta 5 & 10K, La Purisima Mission Fiesta Run, 5 & 10K, 8:15 a.m./5K, 8:45 a.m. 8:30 a.m. Lompoc Valley D.C., Ray Gil, P.O. Box 694, Lompoc 93438. (805) 736-4233.

Torrance: Armed Forces Day 5 & 10K, Torrance Civic Center (Maple Ave. & Maricopa), 8 a.m. Darin McClelland, 3031 Torrance Blvd., Torrance 90503. (213) 618-2929.

Tustin: 5 & 10K Runs for the Family, Tustin Market Place (El Camino Real & Jamboree), 7:30 a.m. Judi Rowland, Tustin Community Serv., 300 Centennial Way, Tustin 92680. (714) 544-8890.

Fountain Valley: SCA/TAC 50 Mile District Championship, Mile Square Regional Park (16801 Euclid), 6:30 a.m. (12-Hour Limit; May 1 Entry Deadline). Lee Preble, West Coast University, 440 Shatto Pl., Los Angeles 90020. (213) 487-4433.

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

Burbank: Burbank 5K Run for the Hungry, Buena Vista Park (Catalina & Parkside), 8 a.m. Mickey De Palo, Burbank Park & Rec. Dept., Box 6459, Burbank 91510. (818) 953-9506.

Stinson Beach: Muir Woods Marathon, Half-Marathon & 7 Mi., Parkside Cafe, 8 a.m./Mara., 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

San Jose: Santa Teresa Wilderness Run, 5K & 12K, Santa Teresa County Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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

Valley Center: Valley Center Run for Youth, 5K & 10K, Bates Nut Farm, 7:30 a.m. Info: Garry Farmer (619) 749-3290.

Las Vegas, NV: Las Vegas T.C. 5 Mi., Tule Springs (Floyd Lamb State Park), 7 a.m. Info: (702) 382-3496.

Reno, NV (Area): Silver State 50K, Time TBA. Info: Ken McKim (702) 329-0817.

City of Industry: San Gabriel Valley Heart & Sole 5 & 10K, 315 S. Seventh Ave., 8 a.m. American Heart Assoc., 929 N. Grand, Covina 91724. (818) 339-7382.

May 19 (Sunday):

San Francisco: Examiner Bay to Break-

SCHEDULE

ers, 12K, Howard & Spear Sts., 8 a.m. Examiner Bay to Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7773.

Oakland: Tilden Tough 10-Miler, Tilden Park, 9 a.m. Info: LMJ&S (415) 530-9151.

Sacramento: Old Sacramento Triathlon, 0.3 Mi. Swim, 13 Mi. Bike, 3 Mi. Run, Time TBA (500 Limit), Fleet Feet, 2408 J Street, Sacramento 95816. (916) 442-RACE.

Oxnard: California Strawberry Festival Runs, 2 Mi. & 10K, Channel Islands Harbor, 8 a.m. Fleet Feet, 4269 E. Main St., Ventura 93003. (805) 644-9712.

So. El Monte: Legg Lake 5K Great Western Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 494-0394.

San Carlos: Rotary Fun Run, 5K & 10K & 5K Walk, 9:00 a.m., Burton Park (Chestnut at Arroyo). Terry Andreacchi: (415) 594-9199.

Hughson: Endangered Species Run, 5 & 10K, Hughson Ave. (at Hughson Fruit & Nut Festival), 9 a.m. Darcy Buckman, E.S.E.T., P.O. Box 1504, Hughson 94588. (415) 848-8335.

Encinitas: Flower Festival 10K, Moonlight Beach, 8 a.m. Community Festival Guild, P.O. Box 139, Encinitas 92024. (619) 591-3769.

May 21 (Tuesday):

Oxnard: 3 & 5 Mi. Fun Runs, Oxnard State Beach Park (1601 So. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 So. A Street, Oxnard 93030. (805) 984-4643.

May 22 (Wednesday):

Davis: Humpday Run and Rollerblade. TBA. A Change of Pace, 221 G Street, Suite 205, Davis 95616 (916) 757-2012.

San Diego: One-Hour Run, Balboa Stadium, 5:30 p.m./Slow Heat, 6:35 p.m./Fast Heat. San Diego TX., P.O. Box 7853, San Diego 92107.

May 23 (Thursday):

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

May 25 (Saturday):

Aptos: Aptos Marathon, Half-Marathon & 10K, Nisene Marks State Park (Aptos Village), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sierra Madre: Mt. Wilson Trail Race, 7:30 a.m. Kersting Court, Sierra Madre Blvd. City of Sierra Madre, Dept. of Parks & Rec., 232

W. Sierra Madre Blvd., Sierra Madre 91024. (818) 355-7135.

San Bruno: Memorial 4-Mile Cross-Country Run, San Bruno City Park (Crystal Springs Rd.), 8:30 a.m. Don Conklin, 416 Acacia, San Bruno 94066. (415) 952-8127. Mike Sullivan: (209) 532-5867.

Topanga Canyon: Topanga Canyon 10K Run, 8 a.m. (250 Limit), Jacqueline Hansen, P.O. Box 1336, Topanga 90290. (213) 455-3671.

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

Sausalito: Headlands Wolf Ridge Classic, Marathon, Half-Marathon & 5 Mi., Rodeo Beach (Ft. Cronkhite), 8 a.m./Mara., 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Morgan Hill: Morgan Hill Mushroom Mardi Gras Fun Runs, 10K & 2 Mi., Live Oak High

School (1505 E. Main), 8:30 a.m. Steve Tate, 2940 Holliday Ct., Morgan Hill 95037. (408) 779-6992.

San Dimas: L.A. Triathlon Championship Series, 1K Swim, 40K Bike, 8K Run, Bonelli Park, Time TBA. Info: (818) 331-0169.

Bonita: Bonita Road Runners 5 & 10K, Rohr Park, 7:30 a.m./5K, 8 a.m. Dr. Don Garsh, 246 "F" St., Chula Vista 92010. (619) 420-3311.

Tierrasanta: Tierrasanta 10K, 7:30 a.m. Info: (619) 285-6722.

May 26 (Sunday):

San Francisco: DSE Twin Peaks Run, 3.36 Mi., Portola & Twin Peaks B lvd., 9 a.m. Info: (415) 585-6048.

Oakland: Oakland Double 10K & 5K, Jack London Waterfront, Time TBA. Festival at the Lake, 1st District Agricultural Assoc., 1630



El Dorado Hills Lions Club

RUN FOR THE BLIND FUN RUN

June 8, 1991

5K ● 10K

1 mile (children under 14)

● **PLACE:** Races will start and finish at El Dorado Hills Community Park located on El Dorado Hills Blvd., just north of Hwy. 50 at Harvard Way. 25 miles east of Sacramento.

● **COURSE:** Rolling terrain through the villages of El Dorado Hills.

● **ENTRY FEE:** \$7 for kids, \$12 for 5K and 10K -- pre-registered. \$15 on race day. Pre-registered entrants (received by June 5, 1991) will receive a t-shirt.

● **TIME:** 1 mile starts at 8:30 a.m. 5K run starts at 9:00 a.m. 10K run starts at 9:45 a.m. CHECK-IN for pre-registered runners will be from 7-8 a.m. on race day.

● **DIVISIONS:** Adult male and female -- 18 and under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, over 60. Children's categories for boys and girls -- 7 and under, 8-9, 10-11, 12-13.

All proceeds to benefit the Foundation for Families with Blind Babies

Entry forms may be obtained by writing to:

EDH Lions Club, P.O. Box 17, El Dorado Hills, CA 95630

or by calling Harry Norris at (916) 933-0835.

SCHEDULE

Webster St., Oakland 94612. (415) 464-1061.

Oakland: Cancelled: Lake Merritt Joggers & Striders 5K, 10K & 15K, Old Boat-house (14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151.

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

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

Arroyo Grande: Strawberry Stampede 10K Run, The Gazebo (downtown), 7 a.m. Kiwanis Club, P.O. Box 456, Arroyo Grande 93421.

Yucca Valley: The Grubstakes 2K, 5K and 10K Races, High Desert Star (56445 29 Palms Hwy.), 7:45 a.m./5K, 8:15 a.m./10K, 8:30 a.m./2K. Yucca Valley Chamber of Commerce, 56020 Santa Fe Trail, Suite B, Yucca Valley 92284. (619) 365-6323.

San Dimas: Los Angeles Triathlon Championship Series, 1K Swim, 40K Bike, 8K Run, Bonelli Park (north shore), 8 a.m. Tri-Events, 2654 E. Garvey, West Covina 91791. (818) 331-0169.

May 27 (Monday):

Pinole: Miniman Triathlon, 250y Swim, 2.1 Mi. Run, 8 Mi. Bike, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Kentfield: Pacific Sun 10K, College of Marin, 8 a.m./Sub-45 Field, 8:05 a.m./2nd Wave. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903. (415) 472-RACE.

Concord: Concord Memorial Hill Run, 5K, Newhall Park, 9 a.m. LeRoy Pacheco, Concord Vietnam Memorial Committee, P.O. Box 272211, Concord 94527. (415) 458-3978.

Grass Valley: Grass Valley Memorial Run, 8K, Memorial Park, 8:30 a.m. Gary Loucks, 116 High St., Grass Valley 95945. (916) 273-9268.

Sacramento: Peace Run '91, 1 Mi., 5K & 10K, Freeport Blvd. near Florin Rd., 10 a.m. Sri Chinmoy Marathon Team, P.O. Box 161698, Sacramento 95816. (916) 448-2360.

La Canada: Fiesta Days 1 Mi., 5K & 10K, 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 5K Memorial Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Run to the Sun 6 Mile, El-dorado High School (Christy Ln. & Washington Ave.), 7 a.m. Info: (702) 382-3496.

Lake Murray (San Diego Area): Senior Olympics Road 5K, 8 a.m. Info: Sam Cohen (619) 583-3300.

May 30 (Thursday):

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

May 31 (Friday):

Sacramento: California Senior Games, wide range of competitions for men and women 50 years of age and over (5-year age-groups), Cal-State Univ. Info: Marcy Fndn. (916) 648-1000.

June 1 (Saturday):

Vacaville: Gold Medal Triathlon, 0.5 Mi. Swim, 10 Mi. Bike, 3.8 Mi. Run, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sonoma: Hit The Road Jack 10K & 2.3 Mi., Sonoma Plaza, 8 a.m. HRJ, P.O. Box 1762, Sonoma 94576. (707) 938-4545, x397.

Davis: Davis Aquadarts Youth Triathlon, (7-10: 100y Swim, 5K Bike, 0.5 Run; 11-14: 200y Swim, 10K Bike, 1K Run), Slide Hill Park, 8 a.m. Maggie Larsen, 27454 Meadowbrook, Davis 95616. (916) 758-2368.

Sacramento: Tri For Fun Triathlon Series, 1K Swim, 20K Bike, 5K Run, Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Fresno: Exercise for Health, 10K, 2 Mi. & 1 Mi., Woodward Park (Mountain View Shelter), 7 a.m./2 Mi., 7:30 a.m./10K, 9:30 a.m./Mi. American Cancer Society, 2940 No. Fresno St., Fresno 93703.

Bakersfield: Hart Park Fun Run, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 834-9130.

So. El Monte: Menudo Runs, 5 & 10K, Legg Lake Park, 8 a.m. Rudy Hernandez, 1223 So. Robin Rd., West Covina 91791. (818) 919-2888.

So. El Monte: San Gabriel River 3 Mi. Cottontail Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Rosarito Beach, B.C., Mexico: Festival de Primavera, 5 & 10K, 1 Mi. & 10 Mi., 7:45 a.m./1 Mi., 8 a.m./5K, 8:10 a.m. Finish Line Intrnational, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

Las Vegas, NV: Deer Creek 9 Mi., Deer Creek (Lee Canyon, Mt. Charleston), 8 a.m. Info: Mike (702) 383-1276.

June 2 (Sunday):

Fremont: Ohlone Wilderness Trail Run, 50K, end of Stanford Ave., 6:30 a.m. John Vonhof, 4438 Gibraltar Dr., Fremont 94536. (415) 797-8169.

Ukiah: Russian River Marathon, Half-Marathon & 8K, Talmage exit off 101, 6 a.m./Mara. & H-M, 8 a.m./8K. Russian River Run, Steve Proctor, P.O. Box 204, Ukiah 95482. (707) 462-1950.

Mill Valley: DSE Practice Dipsea, 6.8 Mi., Lytton Square to Stinson Beach, 8 a.m. Info: (415) 585-6048.

San Francisco: Statuto Race, 8K, 1630 Stockton St., 9 a.m. S.F. Italian A.C., 1630 Stockton St., San Francisco 94133. (415) 781-0166.

Foster City: Career Run 8K, Sea Cloud St., 9 a.m. Ron Visconti, Community Career Educ. Ctr., 1660 Amphlett Blvd., #314, San Mateo 94402. (415) 345-0753.

Cupertino: DeAnza Day 5K Run/Walk, 8 a.m. Jeff Anderson, DeAnza College Recr./Sports, 21250 Stevens Creek Blvd., Cupertino 95014. (408) 864-8886.

San Jose: Alum Rock 10K Run, Alum Rock Park (Visitor's Center), 8:30 a.m. (400 Limmitt), Gary Hafley, 460 Park Ave., San Jose 95110. (408) 295-0320.

Mountain View: Run for the Trees, 5 & 10K, Shoreline Park (gate entrance), 9 a.m. James Harper, 801 W. El Camino Real, #184, Mt. View 94040. (415) 969-0708.

Alameda: Harbor Bay Biathlon, 2.5 Mi. Run, 9 Mi. Bike, 2 Mi. Run, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Berkeley: Mystic Bear Fun Runs, 5 & 10K, UC Berkeley (Edwards Stadium), 9 a.m. Paul Ong, UC Chinese Alumni, 10 North Hill Ct., Oakland 94618. (415) 843-7356.

San Leandro: San Leandro Shoreline 3K & 10K, Marina Park (Marina Blvd. & Neptune Dr.), 8:30 a.m./3K, 9 a.m. Ted Swenson, Recr. Dept., 835 E. 14th St., San Leandro 94577. (415) 577-3469.

Sacramento: R.T. Ride & Run for Fun, Distances TBA, Meet at "K" St. Mall (Shuttle by train to start), 8 a.m. Joanne Hollister, 2859-58th St., Sacramento 95817.

Newport Beach: The Newport 5K, Jamboree Rd. & Campus Dr., 8 a.m. Bill Sumner, P.O. Box 10325, Newport Beach 92660. (714) 831-6473.

BROOKS INTRODUCES PROPULSION TECHNOLOGY.

Brooks® Propulsion System takes running performance to new heights.

It represents over five years of scientific research, development and testing at Michigan State University's Department of Biomechanics. And thousands of miles of on-the-road testing by world class athletes.

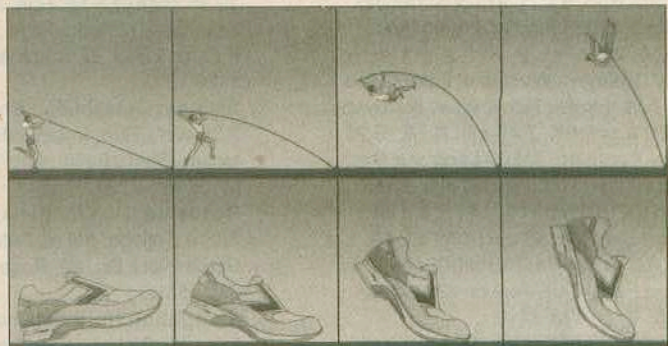
The system's key element is The Propulsion Plate. Composed of multiple layers of carbon filament fibers positioned between the midsole and outsole, in use it functions much like a pole vaulter's pole.

In vaulting, momentum is collected and stored in the pole and then released, propelling the vaulter vertically and forward.

In running, during the initial and mid-phases of your running stride, the flexing Propulsion Plate similarly collects and stores energy.

At toe-off, the stored energy is released, propelling the runner forward, returning momentum to the athlete at the optimum moment in the stride.

This is unlike any other existing technology. Only the Brooks Propulsion System propels you forward, helping you run more efficiently. The torsionally rigid Propulsion Plate also contributes unprecedented stability to the shoe without adding significant weight. And the Propulsion System is durable.

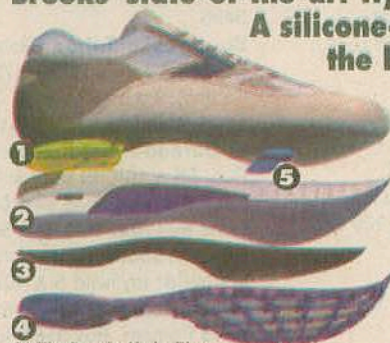


The Brooks Propulsion System acts like a vaulter's pole. As you run, a carbon fiber plate collects, stores and then releases forward energy into your stride.

Tests show that the carbon fiber retains its resiliency and is as lively after extended use as it is at mile one. Quite simply, the system just doesn't break down.

Brooks Fusion. The first shoe with our remarkable Propulsion System.

It's called Fusion because it incorporates a number of outstanding, proven features that all improve running performance. In addition to our Propulsion Technology, Fusion features Brooks' state-of-the-art HydroFlow® cushioning.



1.) The Brooks HydroFlow cushioning system, 2.) Compression molded EVA midsole, 3.) Propulsion System, 4.) Unique web outsole and 5.) Viscoelastic metatarsal cushion.

A silicone-filled pad under the heel proven to dissipate and redistribute impact shock better than any cushioning system available. Fusion also features our flexible web design outsole and a superior compression molded EVA midsole.

But really, you only have to remember one thing. *It'll make you run better.*

Take the Brooks 30 day test run.

Try a pair of Brooks Fusion at any participating retailer. If for any reason you're not completely satisfied within 30 days, we'll gladly take them back. Another propelling reason to try on a pair today.

For the dealer nearest you, call 800-233-7531. (In PA call 800-722-3394)

BROOKS.

It's all in the shoes

SCHEDULE

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

Westlake Village: Westlake Florest 5 & 10K and 1 Mi. Flower Runs, Westlake Hyatt Hotel, 7:30 a.m./10K, 7:45 a.m./1 Mi., 8:30 a.m. Harry Pantelas, 31800 Langspur Ct., Westlake Village 91361. (818) 889-6408.

Fresno: KNXT Channel 49, 4 Mi. & 1 Mi Run & 2 Mile Walk, 6:45 a.m./1 Mi & 2 Mi. Walk, 7:10 a.m./4 Mile. Pastoral Center, Guadalupe Park. Fred Pereira. (209) 224-7857, 485-3200, 488-7440.

El Segundo: HEART Club 5K Run/Walk, Hughes Aircraft (2000 El Segundo Blvd.), 8 a.m. Steve Morgan, 5507 Wilma St., Torrance 90503. (213) 370-4488.

Huntington Beach: Run for the Pier, Distance & Location TBA, 7:30 a.m. Race Pace, Box 795, Dana Point 92629. (714) 661-6062.

Playa Del Rey: 10K Run for the L.A. Games, Dockweiler Beach, 8 a.m. Mark Kendrick, 322 S. Miraloste, #183, San Pedro 90732. (213) 499-0179.

Coronado: Lifespan 10K Run, Glorietta Bay Tennis Courts, 7:45 a.m. Lifespan, c/o Breaking 40, 4060 Morena Blvd., #G355, San Diego 92117. (619) 272-8316.

Los Angeles: Kingsbury Summer Biathlon Series. 5K run / .22 caliber rifle shooting. Allen Immerman, 15832 Hartland St., Van Nuys 91406 (818) 782-1285.

June 4 (Tuesday):

Oxnard: 3 & 5 Mile Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

June 6 (Thursday):

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

June 8 (Saturday):

Oakland: National Run/Walk Against Racism, 5 & 10K, 14th & Lakeside, 8:30 a.m. JBAKC, 220 Ninth St., Suite 443, San Francisco 94103. (415) 330-5363.

San Jose: Quicksilver Half Marathon, Castellero Middle School (6384 Leyland Park Dr.), 8 a.m. Quick Silver R.C., 6363 Firefly Dr., San Jose 95120. Al Hill (408) 978-5199.

Novato: Stafford Lake Biathlon, 2 Mi. Run, 10 Mi. Bike or 5 Mi. Run. 22 Mi. Bike, Stafford Lake County Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Salinas: Creekbridge Challenge, 10K Run, 2.5K Kid's Run, Independence Blvd. & Nantucket Blvd., 9 a.m. Info: Mark Pullinger (415) 969-7722.

Roseville: Run for the Animals, 5 & 10K, Sierra College, 8 a.m. Delmar Fralick, 1730 Santa Clara Dr., #3, Roseville 95661. (916) 783-4558.

Sloughhouse: Sloughhouse Country Run, 5 & 10K, Sloughhouse Inn (12700 Meiss Rd.), 8 a.m. Judy Christiansen, P.O. Box 160488, Sacramento 95816. Diane (916) 684-6585.

Fresno: Millerton Lake Triathlon, 1.5K Swim, 23 Mi. Bike, 10K Run, Millerton Lake, Time TBA. Tri Harder Productions, P.O. Box 25610, Fresno 93729. John Devere (209) 434-6248.

Bakersfield: Big Brothers' Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 834-9130.

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

Las Vegas, NV: Rob's 2-Person 5 Mile Relay, Univ. of Nevada, 7 a.m. Info: (702) 382-3496.

South Lake Tahoe: Robert DeCelle, Jr. Memorial Tahoe Relays, 72 Mi. (7-Person Teams), 7 a.m. Robert E. DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264, days.

El Dorado Hills: Run for the Blind Fun Run. 5K & 10K. El Dorado Hills Community Park. 9 am/5K, 9:45 am/10K. El Dorado Hills Lions Fun Run, P.O. Box 5017, El Dorado Hills, CA 95630, Harry Norris (916) 933-0835.

Idyllwild: Idyllwild 5 & 10K Runs, Idyllwild Village Center, 7:30 a.m./5K, 8 a.m./10K. Dave Pelham, Box 3185, Idyllwild 92349. Holly Guntermann: (714) 659-5374.

Corona Del Mar: Corona Del Mar Scenic 5K, Ocean Blvd. & Jasmine, 8 a.m. (Pre-Entry Only) (1500 Men/1500 Women Limit), City of Newport Beach, Parks & Rec., P.O. Box 1768, Newport Beach 92668. (714) 644-3151.

Point Loma: Pt. Loma Handicap 10K Run, NOSC Bldg. 33, 7:30 a.m. Info: Tom LaPuzza (619) 460-3110.

June 9 (Sunday):

Mill Valley: Dipsea Race, Time TBA (Send

S.A.S.E. for entry. . . all entry forms mailed on April 1 only!). Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

Foster City: Sri Chinmoy Marathon & Half-Marathon, Sea Cloud Park (1 Mile loop), Time TBA. Amallesh Krien, 1995 20th Ave., San Francisco 94116. (415) 753-5998.

Daly City: DSE San Bruno Mountain Run, 5 & 10K, San Bruno Mt. State Park at top of Guadalupe Canyon Pkwy., 10 a.m. Info: (415) 585-6048.

Redwood City: Sequoia Hospital's Run by the Bay, 5 & 10K and 1 Mi. Stride, Seaport Blvd. (Port of R.C.), 8:30 a.m. Award Enterprises, 38536 Knute Ct., Fremont 94539. (415) 791-1146.

Half Moon Bay: Knights of Columbus Chili Burnout 10K Run/Walk, Princeton-by-the-Sea, 8:30 a.m. Chili Cookoff Run, Rick Fambri, 623 Maple St., San Mateo 94402. (415) 344-5819.

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

Stockton: Crazy Oaks Fun Run, 5K, Oak Grove Regional Park, 8:15 a.m. JoAnn Moreno, San Joaquin Cty. Parks & Rec., 4520 W. Eight Mile Rd., Stockton 95209. (209) 953-8800.

Placerville: Sly Park Trail Run III, 5 & 10 Mi. and Kid's 0.5 Mi., Jenkinson Lake, 8:30 a.m./Kid's Run, 9 a.m. Info: Fleet Feet (916) 622-9526.

Fresno: Chihuahua Road Run, 2 Mi. & 10K, 7 a.m./2 Mi., 7:30 a.m. Chihuahua Road Run, Attn: Dan Martin, 776 E. Shaw Ave., Suite #205, Fresno 93710. Victor (209) 225-6502.

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

Palo Alto: Duck to Ducks 10K and 5 Walk, Baylands Interpretive Center (E. Embarcadero Rd.), 8:30 a.m. Special Events, City of Palo Alto, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Acton: Acton Stampede 5K & 1K Runs, Lundy Ranch, 9 a.m. Santa Clarita Runners, Box 800298, Santa Clarita 91380. (805) 274-0400.

Palos Verdes: Palos Verdes Marathon, Peninsula Center (Silver Spur Rd. & Hawthorne Blvd.), 7 a.m. Palos Verdes Marathon, P.O. Box 153, Palos Verdes Estates 90274. (213) 377-3419.

Encino: Run for Fun, 5 & 10K and 1 Mi. Kid's

SCHEDULE

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

Long Beach: Mulliken Medical Center 5K Runs, Cal-State Long Beach (track), 7:30 a.m. Runners High, 5463 E. Carson, Long Beach 90808 (213) 496-4760.

San Diego: Trib 10, 5 & 10K, Balboa Park, 7:30 a.m./5K, 8 a.m./10k. Trib 10, 2431 Morena Blvd., #2-H, San Diego 92110. (619) 275-5440 or (714) 548-4897.

San Diego: Smokey's Run for the Hills, 10K Run, 2.5 Mi. Walk, 1 Mi. Kids' Run, Glen Cliff Fire Station (Old Hwy. 80 south of Sunrise Hwy.), 7:45 a.m. Info: Cindi Venem (619) 437-4667.

June 11 (Tuesday):

Bakersfield: BTC Handicap #1, Distance, Location & Time TBA. Bakersfield T.C., P.O.

Box 6581, Bakersfield 93386. (805) 834-9130.

June 12 (Wednesday):

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

June 13 (Thursday):

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

June 15 (Saturday):

San Jose: Fujitsu Classic, 8K "Run for the Kids", 8:30 a.m. David Grenier, c/o Fujitsu, 3545 N. First St., San Jose 95134. (408) 922-9115.

Pleasanton: Tri For Fun Triathlon, 400y Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliff's

Regional Park, 7 a.m. **(350 Limit)**, Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94588. (415) 847-9255.

Muir Beach: Summer Solstice Marathon, 12K & 31K, (Start: Muir Beach-Mara. & 31K; Mt. Home Inn-12K), 8 a.m./Mara.-31K, 9 a.m./12K. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Guerneville: Stumptown Daze Run Through the Redwoods 3K & 10K, Armstrong Woods (reg. at Cinnabar St. shops), 8 a.m. Russian River Chamber of Commerce, P.O. Box 331, Guerneville 95446. (707) 869-9009.

Markleeville: Alpine Wilderness Run, Half Marathon & 5 Mi., Grover Hot Springs State Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sacramento: Not So Taxing 5 & 10K Run/walk, Glen Hall Park, 8:35 a.m./Run, 8:40 a.m./Walk. Melanie Tan, 2519 Coleman Way, Sacramento 95818. (916) 731-5646.

Bakersfield: BTC Good Ole Run, Dis-

CENTRAL
VALLEY

LEMOORE
AIRSHOW

July 4th
1991

At
Naval Air Station
Lemoore, California

Runway Run 10K & 3K

- Location:** Starts at Hangar 5 -- Naval Air Station Lemoore, Operations Area
Course: Entirely flat, on asphalt, fast course on the runways.
Fees: Pre-registration \$10.00 (Must be postmarked by June 27, 1991). Late entry \$12.00.
Time: Race starts at 7 a.m. Race day registration 6-6:45 a.m. at Hangar 5. Packet pick-up begins July 2 and 3 from 3-6 p.m. at the NAS Lemoore Gym and on race day from 5:30-6:30 a.m. at Hangar 5.
Divisions: **10K:** Under 13, 13-18, 19-29, 30-39, 40-49, 50-59, 60 & over, wheelchair -- male & female. Teams: Male, Female, Mixed, Military -- by total age. 60-89, 90-119, 120 & over.
3K: Male & Female.
For Entry: Central Valley Lemoore Airshow, Bldg. 705, Naval Air Station Lemoore, CA 93246-5001. Or phone (209) 998-4882 for more information.

T-SHIRTS ▲ MUGS TO ALL FINISHERS ▲ POST-RACE DRAWING ▲ AIRSHOW

SCHEDULE

tance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 834-9130.

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

Riverside: Riverside Auto Center Tin Man Triathlon, 5K Run, 10 Mi. Bike, 75m Swim, Arlington H.S. (Jackson & Lincoln Sts.), 8 a.m. Tin Man Triathlon, Parks & Recr. Dept., 3900 Main St., Riverside 92522. April Matthews (714) 782-5407.

Las Vegas, NV: LVTC 5K, Silver Bowl (near Russell Rd. & Boulder Hwy), 7 a.m. Info: (702) 382-3496.

Westlake Village: 50K Track Race, Westlake High School (track), 6:30 a.m. (Pre-Entry Only - 50 Runner Limit). Part of SoCal Ultrarunners Grand Prix. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

June 16 (Sunday):

Lompoc: Valley of the Flowers Marathon & Half-Marathon, Time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438 (Jim Small: (805) 735-3255.

San Francisco: DSE Presidio Gate Run (backwards), 3.3 Mi., Little Marina Green, 10 a.m. Info: (415) 585-6048.

San Francisco: Ocean Beach 10K, Balboa & Great Hwy., (on beach, low tide), 8:30 a.m. Ocean Beach 10K, 153 Lunado Way, San Francisco 94127. (415) 587-3227.

Oakland: Dick Houston Memorial (Woodminster), 8.1 Mi., Joaquin Miller Park (Woodminster Meadow), 9 a.m. Gail Wetzork, 3452 Capella Ln., Alameda 94501. (415) 522-3724.

Livermore: Del Valle Biathlon, 0.75 Mi. Swim, 5.5 Mi. Run, Del Valle State Recr. Area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Jose: Bud Light Triathlon, 1.5K Swim, 40K Bike, 10K Run, Lake Cunningham Park, Time TBA. CAT Sports, 5966 La Place Ct., #100, Carlsbad 92008. (619) 221-5555.

Carmel Valley: 1st Annual Biathlon. Run 1.5 / Bike 18.8 / Run 1.5. Call (408) 647-1742.

Fresno: Father's Day Run, Downtown. 6 mile. 6:30 a.m. Bob Fries, 1501 Browning St., Fresno 93710 (209) 439-6394.

Corralitos: Return to Big Head Biathlon, Distance & Time TBA. Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

So. El Monte: San Gabriel River 3 Mile Fa-

ther's Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Venice: Father's Day Venice 5 & 10K. 8 am/5K, 8:30 am/10K. Venice Chamber of Commerce, P.O. Box 202, Venice 90291. (213) 827-2366.

June 18 (Tuesday):

Oxnard: 3 & 5 Mile Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Recr., 325 South A St., Oxnard 93030. (805) 984-4643.

June 19 (Wednesday):

San Francisco: "Longest Day Run", 4.5 Mi., Lake Merced (Sunset Circle Parking Lot), 7 p.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

June 20 (Thursday):

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

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

June 22 (Saturday):

Walnut Creek: Mt. Diablo Relay (PA/TAC Masters Relay Championships), 4x4.6 Mi., Shell Ridge Open Space (Marshall Rd. entrance), Time 8 am. John Mercurio, 1430 Bel Air Dr., #206, Concord 94521. (415) 676-4151.

Stinson Beach: DSE Double Dipsea, 13.7 Mi. (out and back on Dipsea trail), 9 a.m. John Blankenship. (415) 346-2846.

San Francisco: Giants Run to Home Plate 5K, Candlestick Park, 10:30 a.m. Valerie McGuire, Candlestick Park, San Francisco 94124. (415) 330-2518.

Stockton: Stockton YMCA Twilight Run, 5 & 10K, Mickle Grove Park, 6:30 p.m. John Boorg, YMCA, 640 No. Center St., Stockton 95202. (209) 466-9603.

Grass Valley: Wolf Mountain Trail Challenge, 10K, 1.8 Mi. Fun Run, 0.5 Mi. Kid's Run, Wolf Mountain Christian Camp, 5 p.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Clovis: Clovis West Triathlon for Kids, **7-10:** 100y Swim, 3 Mi. Bike, 0.5 Mi. Run; **11-14:** 200y Swim, 6 Mi. Bike, 1 Mi. Run, Clovis West High School, Time TBA. Tri-Harder Productions, P.O. Box 15610, Fresno 93729.

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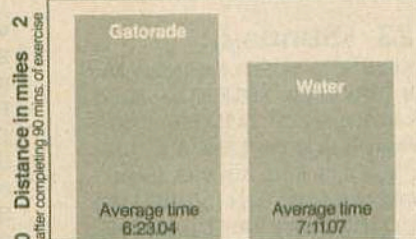
Gatorade® Thirst Quencher is scientifically formulated to improve athletic performance. That's why it's the only sports drink available at all the Chicago Marathon aid stations.

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Gatorade Improves Performance



1. C. V. Gisolfi et al. Am. J. Physiol. 258: G216-G222, 1990.

2. D. L. Costill. Int. J. Sports Med 9: 1-18, 1988.



The Science of Gatorade is the Science of Performance

SCHEDULE

(209) 434-6248. **(Two-Day Event).**

Smith Valley, NV: Coyote Chase, 5 & 10K Run and 2 Mi. Walk, Smith Valley H.S. (Day Ln. off Hwy 208), 8:30 a.m. Arlene Oakes, 50 Pinon Dr., Wellington, NV. 89444. (702) 465-2422.

Lompoc: Parade Route 5K, 8:30 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. Steve Cresswell: (805) 737-1510.

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

Las Vegas, NV: LVTC 5 Mile & Picnic, Tule Springs (Floyd Lamb State Park), 7 a.m. Info: (702) 382-3496.

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

Garden Grove: Main Street Anniversary 5K, Garden Grove Blvd. & Main St., 8:30 a.m. Daryl Halls, City of Garden Grove, 11391 Acacia Pkwy., Garden Grove 92640. (714) 741-5280.

Pico Rivera: Running for Jesus 5K and 1 Mi., Smith Park (Mines & Rosemead), 8 a.m. Jesus Ortiz, 11873 Seneca Way, Chino 91710.

San Diego: Shriner's Challenge 10K Run & 2 Mi. Walk, Balboa Park, 7:30 a.m. Info: Dean Baldrige/EOL. (619) 967-7366 or 437-4667.

June 23 (Sunday):

San Francisco: City of San Francisco Marathon, Time TBA. Athlon, 650 Fifth St., Suite 514, San Francisco 94107. (415) 896-1530.

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

Oakland: Lake Merritt Joggers & Striders 4th Sunday Run, 5K, 10K & 15K, Old Boat-house (14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151.

Santa Rosa: Spring Lake Tinman Triathlon, 1 Mi. Swim, 10K Run, 20 Mi. Bike, Spring Lake to Sonoma County Fairgrounds, 8 a.m. **(Limit 400)** Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

Clovis: Clovis West Triathlon for Kids (2nd day). . . see June 22 for information.

Ventura: Seabreeze 10K & 20K and 1 Mi. Fun Run, Mission Park, 8 a.m. Team Inside Track, 1410 E. Main St., Ventura 93001. Gary Tuttle: (805) 643-1104.

So. El Monte: Legg Lake 5K Good Morning

Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Marina del Rey: L.A. Sheriff's Youth Athletic League 5K Run, McDonnell Double Helicopter Co. (Centinela & Teal), 8 a.m. Deputy Alfred Reed, 7807 S. Compton Ave. Los Angeles 90001. (213) 586-6532 or 586-3502.

San Luis Obispo: SLO Mile, 11 a.m./Women, 1 p.m./Men. Moose Productions, 560 Leff St., San Luis Obispo 93401. (805) 544-4671.

Ventura: Seabreeze 10K/20K Roadrace, Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93001. Gary Tuttle (805) 643-1104.

So. El Monte: Born to Run 4 Miler, Legg Lake (River Bed), Time TBA. Jim Granados, 2310 Havenbrook St., West Covina 91790.

San Diego: San Diego International Triathlon, 1K Swim, 30K Bike, 10K Run, Seaport Village, Time TBA. Special Events Marketing & Management, P.O. Box 5031, San Diego 92165. (619) 441-7844.

Castro Valley: Eden's Run to the Lake, 5K & 10K, 8 a.m. Ellen Kushner. (415) 889-5061.

June 25 (Tuesday):

Bakersfield: BTC Handicap #2, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 834-9130.

June 27 (Thursday):

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

Oxnard: 3 & 5 Mile Fun Runs, Oxnard State Beach Park (1601 S Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 South A Street, Oxnard 93030. (805) 984-4643.

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

June 28 (Friday):

Los Angeles: Aztlan Indian Sunset 5K Cross Country, Elysian Park Dr. & Stadium Way, 6 p.m. Carlos Alfaro, 529 El Centro, So. Pasadena 91030. (818) 799-5079.

June 29 (Saturday):

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

El Sobrante: Lakeridge Triathlon, 500y Swim, 5K Run, 10 Mi. Bike, Lakeridge A.C. (6350 San Pablo Dam Rd.), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Benicia: Benicia Historical Run, 5 & 10K, Old Train Depos (1st & A Sts.), Time TBA. Mike Biro, 498 Mills Dr., Benicia 94510. (707) 745-5094.

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

Fountain Valley: "Run for the Hills" 7K, Mile Square Park (Edinger & Brookhurst), 8 a.m. OCFED/7K, P.O. Box 9118, Fountain Valley 92708. (714) 963-1430.

Coronado: Coronado Half Marathon, 7th & G Sts., 6:30 a.m. Info: Kathy Loper/EOL (619) 437-4667 or 437-4556.

San Diego: Leukemia Corporate Relay (12 Hr), 10-Person Teams, UC San Diego (Warren Track), 7 a.m. Info: In Motion (619) 268-5882.

June 30 (Sunday):

Clarksburg: Delta Biathlon, 5 Mi. Run, 25 Mi. Bike, Delta High School, 8 a.m. Delta Biathlon, c/o 6931 Riverside Blvd., Sacramento 95831. (916) 427-6199.

Markleeville: Alpine 10K Series, downtown, 9 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville, CA 96120. (916) 694-2475.

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

Ventura: Ventura Triathlon, 1/2 Mi. Ocean Swim, 18 Mi. Run, Ventura State Beach, 8 a.m. Michael Epstein, P.O. Box 9122, Calabasas 91732. (818) 880-4915.

Gardena: Gardena 5000, Pacific Square Plaza (Redondo Beach Blvd.), 8 a.m. Kim Hipsher, 16820 Western Ave., Gardena 90247. (213) 324-7085.

July 2 (Tuesday):

Oxnard: 3 & 5 Mile Fun Runs, Oxnard State Beach Park (1601 S Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 South A Sts, Oxnard 93030. (805) 984-4643.

July 3 (Wednesday):

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

SCHEDULE

July 4 (Thursday):

San Francisco: Peak Busters Benefit Run, 4.6 Mi. (in memory of Marcie Stack), Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. (Kids' 1/2 Mi. at 9:30 a.m.). Info: (415) 566-2542.

Moraga: The Fourth in Moraga 2 & 5 Mi. and Kids' 1K, Moraga Commons (Moraga Rd. & St. Mary's Rd.), 9 a.m./1K, 9:15 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Milpitas: Milpitas Firecracker Festival 5 & 10K, New Milpitas Sports Center (1325 E. Calaveras Blvd.), 8:30 a.m. Joan Carrico, c/o Leisure Services Dept., 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

Palo Alto: Great Chili Chase, 5K Run & Walk, Mitchell Park (3800 Middlefield Rd.), 9 a.m. Special Events, City of Palo Alto, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Benicia: Benicia Skyrocket 5 Mi. Night Run/Stride, Benicia State Park, 7:30 p.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Fairfield: Fairfield Run for Independence 5 & 10K, Fairfield Laurel Creek Park, 8 a.m. Dennis Good, 2767 Woodmont Ct., Fairfield 94533. (707) 425-8135.

San Ramon: Run San Ramon Independence Day Classic 5 & 10K, San Ramon Central Park, 8:30 a.m. City of San Ramon Parks & Community Services, P.O. Box 5148, San Ramon 94583. (415) 275-2300.

Kenwood: Kenwood Footrace, 10K and 3K Fun Run/Walk, 7:30 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

Lemoore: Central Valley Lemoore Air Show 3K/10K Runs, 7 a.m. (Air Show with Navy Blue Angels follows at 10 a.m.). Central Valley Lemoore Air Show, Bldg. 705, NAS Lemoore 93246-5001. (209) 998-4882 or 998-1519.

Delano: Delano Lion's Run, Distance & Location TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Goleta: Semana Nautica 15K, San Marcos H.S., 8 a.m. Semana Nautica 15K, P.O. Box 6616, Santa Barbara 93160. John Brennan (805) 964-2591.

Laguna Niguel: Taylor Woodrow 5 & 10K Run, Crown Valley Community Park, 7 a.m. Tom Ashen, South Coast YMCA, 29381 Crown Valley Pkwy., Laguna Niguel 92677. (714) 495-0453.

La Palma: La Palma-ADP 5 & 10K Run/Walk Celebration, Central Park, 7:30 a.m. Don

Fromknecht, La Palma Rec. & Community Services, 7821 Walker St., La Palma 90623. (714) 522-6740.

Huntington Beach: 4th of July Parade 8K Run, Huntington Beach Civic Center (Yorktown & Main St.), 8 a.m. March of Dimes, P.O. Box 3980, Costa Mesa 92628. (714) 631-8700.

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

July 6 (Saturday):

Santa Rosa: Wildman Biathlon, 6.3 Mi. Run, 800 Yd. Swim, 3.2 Mi. Run or 6.3 Mi. Mtn. Bike Ride, 400 Yd. Swim, 6.3 Mi. Mtn. Bike Ride, Annadel State Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Mammoth Lakes: Mammoth Lakes Lions Club 5 & 10K, Mogul Restaurant, 8 a.m. David Moss, c/o Lions Club, P.O. Box 17, Mammoth Lakes 93546. (619) 934-4168.

Huntington Beach: Orange County Blue Angels 10K Cross Country (SCA/TAC District Championship), Central Park, 8 a.m. Bob Hickey, 9352 England, Westminster 92683. (714) 891-5529.

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

Las Vegas, NV: Las Vegas T.C. 2 & 5 Mi., Silver Bowl (Near Russell Rd. & Boulder Hwy.), 7 a.m. Info: (702) 382-3496.

July 7 (Sunday):

San Jose: Coors Light Biathlon Series, 5K Run, 30K Bike, 5K Run, Time TBA. Coors Light Biathlon Series, P.O. Box 236, Lake Oswego, OR 97034. (503) 655-4721.

Castro Valley: Lake Chabot Trail Challenge Half-Marathon, Lake Chabot Marina, 8 a.m. Ron Grabowski, #1 Colonial Ct., San Ramon 94583. (415) 829-8503.

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

North Fork: Chainsaw Ridge Run. TBA.

July 9 (Tuesday):

Bakersfield: BTC Handicap #3, Distance &

Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Oxnard: 3 & 5 Mile Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

July 11 (Thursday):

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

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

July 12 (Friday):

Ashford, WA: Mt. Rainier to the Pacific Relay, 160 Miles (11-Person Teams, 5 Mi. at a time), 3 p.m. (wave starts). Mt. Rainier to the Pacific, P.O. Box 17086, Seattle, WA 98107. (206) 782-6547.

July 13 (Saturday):

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

Lake Castaic: International Biathlon & Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Montebello: One Mile Race, Grant Rea Park, 7:30 a.m. R.I.P. Racing Team, 2310 Havenbrook St., West Covina 91790.

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

July 14 (Sunday):

Hayward: Sertoma Classic, 2 Mi. & 10K, Hayward Air Terminal (Skywest Dr. & golf course access road), 9 a.m. Irv Ford, 583 Monarch Ridge Dr., Walnut Creek 94596. (415) 935-6122.

Aptos/La Selva: Lifestyle Endurance Triathlon, 1.2 Mi. Swim, 53 Mi. Bike, 10 Mi. Run, Manresa State Beach, 7:30 a.m. Northwind Promotions, Patrick Gilbert, P.O. Box 2451, Aptos 95001. (408) 688-6072.

Los Altos Hills: Heels for Wheels 5K, Time TBA. Info: Rita O'Loughlin (415) 949-7321.

Newport Beach: Sports Club/Irvine Bastille Day 8K, Le Meridien Hotel, 8 a.m. Info: 714/557-4796.

SCHEDULE

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

Carlsbad: Carlsbad Triathlon, 1K Swim, 25K Bike, 5K Run, South Tamarack State Beach, Time TBA. Jill Prichard, 3096 Harding St., Carlsbad 92008. (619) 434-2856.

San Diego: Rubio's San Diego International Biathlon, 5K Run, 20K Bike, 5K Run, Time TBA. Info: Koz Enterprises (619) 441-7844.

Las Vegas, NV: Mt. Charleston Notch Run, 4 Mi., Kyle Canyon, 8 a.m. Info: (702) 382-3496.

July 16 (Tuesday):

Oxnard: 3 & 5 Mile Fun Runs, Oxnard State Beach Park (1601 S. Harbor Blvd.), 6 p.m. Lorraine Mercado, Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

July 18 (Thursday):

So. El Monte: Legg Lake 5K Carrera de Noche, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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

July 19 (Friday):

Bakersfield: BTC 12-Hour Run, 8 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

July 20 (Friday):

Pleasanton: Tri for Fun Triathlon, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 7 a.m. (350 Limit) Fleet Feet Sprints, 4247 Rosewood Dr., Pleasanton 94588. (415) 847-9255.

Santa Rosa: Vineman Triathlon & Half Vineman Triathlon, 2.4 Mi. Swim, 112 Mi. Bike, 26.2 Mi. Run or 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, 7 a.m. (8:30 a.m./Half). Vineman Triathlon, P.O. Box 6007, Santa Rosa 95406. (707) 528-1630.

Bakersfield: BTC 12-Hour Run, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

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

Camarillo: High-Tech Trek 5 & 10K and 1 Mi. Fun Run/Walk, Santa Rosa Rd. & Adolfo, 7:30 a.m./5K, 8:30 a.m./10K, 9:30 a.m./1 Mi. Rufo Quemuel, Infotec Development, 150 Camino Ruiz, Camarillo 93010. Gary Tuttle (805) 643-1104.

Las Vegas, NV: Las Vegas TC 10K, Silver Bowl (near Russell Rd. & Boulder Hwy.), 7 a.m. Info: (702) 382-3496.

July 21 (Sunday):

Brisbane: Hitachi/Brisbane Marina Run/Walk, 5K and 1 Mi., Sierra Point Marina (Unisys Bldg.), 9 a.m. Brisbane Rec. Dept., Jane Brown, 150 No. Hill Dr., Suite 40, Brisbane 94005. (415) 467-6330.

Mill Valley: Tamalpa Club Run Series - China Camp, Distance & Time TBA. Info: Russ Kiernan (415) 388-7919.

Palo Alto: Bay to Breakfast 5 & 10K Runs, Baylands Athletic Center (Embarcadero & Geng Rd.), 8:30 a.m. Special Events, City of Palo Alto, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Castaic Lake: Castaic Lake International Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Bill Fulton, Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

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

July 25 (Thursday):

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

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

July 27 (Saturday):

Geyserville: Lake Sonoma Triathlon, 1 Mi. Swim, 10K Run, 25 Mi. Bike, Lake Sonoma, 7:30 a.m. (400 Limit) Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

Quincy: Triathlon Fever, 0.5 Mi. Swim, 17.5 Mi. Bike, 6 Mi. Run, Buck's Lake (Lake Shore Lodge), Time TBA. Roger Holden, Central Plumas Rec. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

Eureka: Humboldt Tri-Kids Triathlon, (7-10: 100 Yd. Swim, 3 Mi. Bike, 1/2 Mi. Run; 11-14: 200 Yd. Swim, 6 Mi. Bike, 1 Mi. Run), College of the Redwoods, Time TBA. Maria Neely, 21 Lindholm, Bayside 95524. (707) 822-8392.

So. El Monte: San Gabriel River 12K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Cypress: Cypress 5 & 10K, 5700 Orange,

7:30 a.m. June Liu, Cypress Rec. & Park District, 5700 Orange, Cypress 90630. (714) 229-6780.

Las Vegas, NV: Las Vegas TC 5K X-Country & Picnic, Tule Springs, (Floyd R. Lamb State Park), 7 a.m. Info: (702) 382-3496.

July 28 (Sunday):

San Francisco: Takara Cable Car Chase, 5 Mi. Run & Relay (3/Team), Aquatic Park, 8 a.m. Info: (415) 540-0934.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K, 10K & 15K, Lake Merritt (old Boathouse, 14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151.

San Jose: Danskin Women's Triathlon Series, 0.8K Swim, 20K Bike, 5K Run, Lake Cunningham, 8 a.m. Gloria West, Inc., 316 N. Appleton, Appleton, WI 54911. Diane Lydon: (415) 389-7031.

Santa Cruz: Wharf to Wharf Race, 10K, Santa Cruz Wharf, 8:30 a.m. (12,000 Limit) Kirby Nicol, P.O. Box 307, Capitola 95010. (408) 475-2196.

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

July 31 (Wednesday):

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

Looking Ahead

(Marathons, Relays, Important Dates, Major Events, Etc.)

August 4 (Sun.): Castro Valley: Skyline 50K, Lake Chabot Park, 7 a.m. Sunny Plouvier, 461 Diehl Ave., San Leandro 94577. (415) 562-4629.

August 4 (Sun.): Larkspur: Asher Clinic Couple Relay, 2x2 Mi. Larkspur Landing (Asher Clinic), 10 a.m. Asher Clinic, 1601 Larkspur Landing Cir., Larkspur 94939. (415) 461-8233.

August 24 (Sat.): Bishop: 50K Mule Run, Millpond Recreation Park, 7 a.m. (Pre-Entry Only) (Part of SoCal Grand Prix Ultra Series). Bill Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211.

THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.



Losing the Final Few Pounds. . .

"I'm struggling to lose these last two pounds. I want to weigh less than 130, but I just can't seem to get there."

Annita, a runner.

"I got down to 145 for a day. . . but then I regained to 150 the minute I stopped dieting. Why can't I keep that weight off. . .??"

Paul, a skater.

After you've conscientiously dieted and you are finally at your weight goal, you may be fearful of regaining the fat that you struggled so hard to lose. Weight goals, either *self-imposed* as with many recreational athletes, or *sport-imposed* as with figure skaters and lightweight wrestlers, can be very frustrating to maintain. For example, Mark, a wrestler, rigorously dieted to cut weight before competitions only to regain within a day what he'd struggled for five days to lose. "I get so tired of dieting", he complained. "I look forward to the end of the season so I can be at my natural weight and eat again."

For dieting athletes, the question commonly arises "Why can't I simply lose weight and keep it off? Why do I forever struggle with this never-ending battle to be thinner?" Often, these dieters are striving to be unnaturally thin; they overlook the fact that 70% of weight is genetic. If they've inherited a stocky physique which contradicts their vision of slimness, they'll tend to regain any weight they lose once they resume "normal" eating.

What causes this weight-regain phenomena that plagues many athletes? Nutrition researchers at Columbia University theorize that body weight may be regulated by the amount of fat contained in the fat cells (*American Journal of Clinical Nutrition*, May, 1990). When you lose weight, your fat cells get emptied. Hence, if you are a genetically heavy person who has reduced down to a weight

that leaves your fat cells abnormally depleted, your body may respond with metabolic changes that enhance fat deposition. Despite eating a skimpy diet that "should" promote weight loss, you may maintain weight and easily regain without obvious overeating. In comparison, if you are a genetically lean person who overeats and overfills your fat cells (as with high school boys who try to gain weight), your fat cells will relatively easily reduce back to their normal size once you decrease your calories.

Since not everyone was born with a sylph-like physique, you may be more robust than you'd like. In your continual efforts to slim, you may have become a "restrained eater" (i.e., one who skips meals to save calories, avoids high calorie foods, or ends meals not because of satiety but because of a self-imposed food limit). At the Max-Planck Institute in Munich, researchers compared the everyday eating behavior in healthy 18-30 year old women classified as either *restrained* or *non-restrained* eaters. The restrained eaters ate about 250 fewer calories per day than the unrestrained group (2,050 vs 2,300 calories), despite the fact that they weighed more. When adjusted for differences in body composition and height, the restrained eaters consumed 620 fewer calories per day. . . the equivalent of a generous meal! (*Am J Clin Nutr*, July, 1990).

Compared to the non-restrained eaters, the restrained eaters had been on more reduction diets during which they'd lost at least nine pounds. They reported dieting more often than the non-restrained eaters. They tended to eat less fat and drink less alcohol than their counterparts. The authors conclude that all these efforts to be thinner may have resulted in changes that negatively impacted weight control. That is, the women who tried to keep their weight below a natural level (the weight they would easily maintain without dietary restrictions) may have 1) lowered their metabolism and, 2) fallen into the

vicious (and often fattening) cycle of going on and off diets.

Such was the case with Laura, one of my clients. She expressed great anger at her inability to lose five pounds. Laura weighed 135 pounds -- a number that simply *sounded* too heavy, so she pursued a very low calorie (but ineffective) diet. Laura exercised like crazy, constantly felt hungry and reported "blowing her diet" at least once a week. She was 18% fat (much leaner than the average woman who is 25-28% fat); she denied that she was lean.

Laura was from an obese family; she had been heavy as a child, and now, due to extreme exercise and calorie restriction, she had finally gotten to her thinnest -- but she was never-the-less discontent. I reminded Laura that even if she were to lose five pounds, she'd undoubtedly regain it shortly. I questioned whether or not dieting would be worth the effort. She clearly was fighting a battle against Mother Nature.

If you, like Laura, experience similar frustrations with losing those final few pounds and then keeping them off, you might want to ask yourself "Is it *really* worth the effort to lose weight just to regain it?" Perhaps it's not. After all, there's a price to pay for being abnormally thin: the ability to eat -- and enjoy eating -- a sports diet that enhances your athletic performance and invests in your future well-being.

Nancy Clark, MS, RD, sports nutritionist at SportsMedicine Brookline, Brookline, MA, helps weight-conscious athletes be successful with food. Her popular books *The Athlete's Kitchen* ('81; \$7) and *Nancy Clark's Sports Nutrition Guidebook* ('90; \$15) are available through New England Sports Publications, P.O. Box 252, Boston, MA 02113.

Preparing for a Long, Hot Race

By Nick Martin, M.D.

As summer approaches, many endurance athletes increase their training and racing schedules hoping to achieve better results in important races. These are good training techniques but they may not provide the desired result if the athletes don't practice fluid and energy replacement during training. Fluid replacement is a vital part of a training program, because finishing long events such as the IRONMAN is impossible without taking in considerable amounts of fluids and calories. Just planning in your mind how

suits in a 20% to 30% decrease in work capacity. A loss such as this is not uncommon during an intense training session in the heat.

The only way to accurately determine fluid losses is to weigh yourself before and after a training session. You should be naked, dry and have an empty bladder. Record how much fluid is taken in during the workout. A bicycle bottle holds between 21 and 30 fl. oz; its volume can be checked with an accurate measuring cup. One pint (16 fl. oz.)

is to drink fluid during exercise.

Three main factors affect the absorption rate of fluid once it is swallowed: 1) temperature of the fluid, 2) volume ingested, and 3) osmolality, or concentration of the fluid. Temperature is pretty straightforward: Colder fluids are absorbed more quickly than warmer ones. Starting a race with frozen bottles of fluid will guarantee some cold drink along the course, provided the fluid melts in time to be used.

As far as volume ingested, studies show large volumes taken in at one time stretch the stomach, stimulating it to empty into the small intestine, thus making the fluid and its contents (carbohydrate, electrolytes) available for your body's use more quickly. However, taking in too much fluid at once may make you feel bloated or nauseous when racing, and rapid, heavy breathing may interfere with your ability to swallow.

A recent study published in *Medicine and Science in Sports and Exercise* revealed that drinking only 5 fluid oz. of a carbohydrate-electrolyte drink every 15 minutes was not enough to prevent a decrease in performance at the end of a laboratory simulated triathlon. The authors advised athletes to drink at least 8 oz. of fluid every 15 to 20 minutes in a standard international distance triathlon.

The final factor affecting fluid absorption is the concentration of dissolved

continued next page...

HOW TO CHOOSE AN ATHLETIC DRINK: Find a fluid . . .

- 1 that tastes good.
- 2 that has some carbohydrate & electrolytes.
- 3 that works for you in training.

much to drink and eat is not good enough. The stomach and intestines must be trained so fluid and energy are absorbed under conditions of high temperature, humidity, and high-intensity exercise. Many athletes have found that what sounds like the perfect food or beverage for a race just doesn't work if they have not tried it beforehand.

The adverse effects of dehydration on performance are well-documented. Just a 4% loss of body weight (6 lb in a 150-lb athlete) in the form of water, re-

equals 1 lb of body weight. Pre- and post-weights in a swimming workout will show that you lost fluid, even though water supposedly keeps you cool.

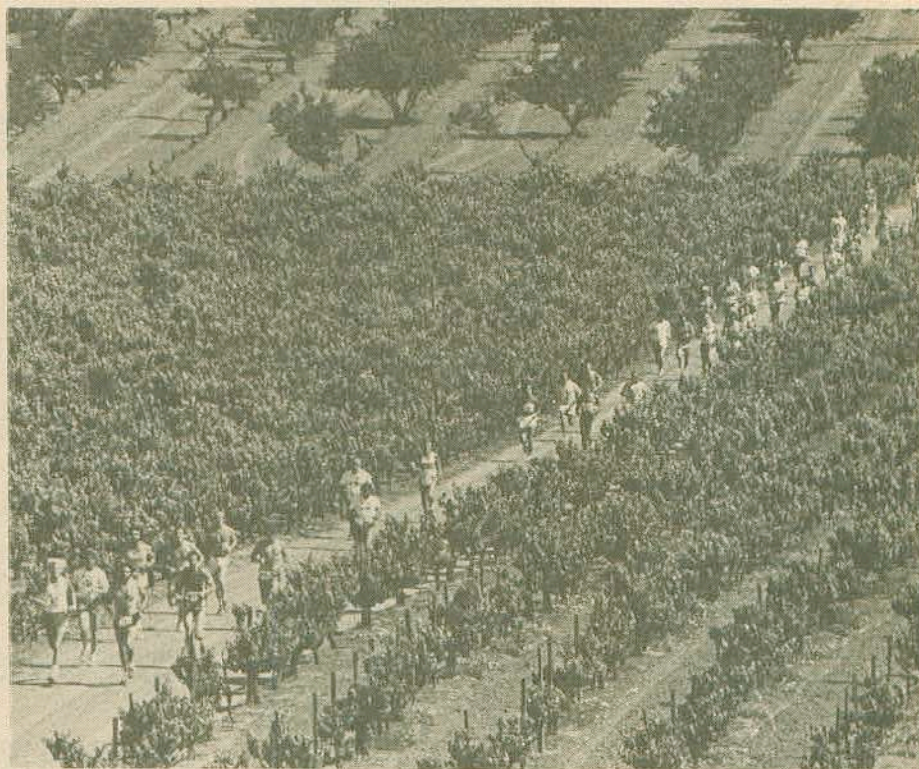
Keep in mind that fluid losses depend on heat, humidity, and the intensity of exercise. So if your training session was not equal to race pace, realize during the race, your fluid needs will be even greater. Many athletes have found they can lose as much as 5 to 7 pints of water per hour of exercise in the heat. The best way to replace this body water

solids in the fluid. As a general physiologic-chemical rule, the thicker the fluid, the more slowly it will be absorbed. Recent research has demonstrated that this rule is not quite so simple. The inclusion of some electrolytes (primarily sodium and chloride) may be beneficial in athletic drinks. Sodium in small concentrations appears to be helpful in maintaining the body's plasma volume (water in the blood), which is essential in maintaining electrolyte balance and keeping the muscles well-hydrated to prevent cramps and achieve maximum performance throughout the race.

Another common ingredient in commercial athletic drinks is carbohydrate. Numerous studies have documented improved performance with the use of carbohydrate solutions during long-duration exercise.

So now the question of what to drink may be crossing your minds. Two important factors must be considered. Taste is one. Even the best designed athletic drink won't do you any good sitting in your bottles. Finally, find out what fluid will be provided on the race course. For a short race (2 hours or so), you may be able to carry your drink. But in longer races, practice drinking the fluid that is going to be available. If that fluid doesn't work for you, you may have to carry as much of your own fluids as you can, and use water and other solid food along the race course.

Many top professional athletes have been using highly concentrated nutritional beverages in IRONMAN distance races. This assures them of getting the calories, electrolytes, and minerals needed for that distance. By drinking lots of fluid along the race course, with this almost milk-shake-like beverage, the athletes also maintain proper hydration. This practice is one that must definitely be tried in training first and should be limited to ultradistance events (more than 6 hours to complete). Another way



to get needed calories, electrolytes, and minerals is to eat an energy bar such as the new EXCEED[®] Sports Bar during the race. Remember to drink lots of fluid with any solid food, and try this before the race!

When choosing an athletic drink: Find a fluid that tastes good, has some carbohydrate and electrolytes (7% concentration is probably ideal), and works for you in training. Other considerations are the amount of calories you will need and what fluid will be available on the race course. A highly concentrated drink may be OK if you drink lots of water with it, or you may opt to use solid food to get most of your calories and a low-concentration fluid for hydration.

Practicing fluid replacement during training may be the key to achieving better racing results this year. Find out what works for you and use it. Good luck and have fun!

Editor's Note: Nicholas B. Martin, MD, is a triathlete who has competed in numerous races, including the 1987 and 1988 IRONMAN Triathlon World Championship, (finished in the top 10 in 1987); he finished third in the 1988 and 1989 Japan IRONMAN race. Martin is a member of the American Medical Association, the American College of Sports Medicine, and the International Federation of Elite Triathletes. ♦

RESULTS

MEET DIRECTORS . . . Please send your road race results directly to CRN, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

Hawthorne Rotary Runs

October 27, Hawthorne, 10K & 5K

Overall Results - Men's 10K

1. Alfred Rosas (30) 31:49, 2. Sam Obwocha (36) 31:50, 3. John Brault (27) 33:26, 4. Hector Lopez (23) 33:39, 5. John Adams (32) 33:42, 6. Randy Kuwahara (21) 34:03, 7. Ricardo Gutierrez (26) 34:16, 8. Gerardo Guzman (32) 34:28, 9. Marty Horan (31) 34:44, 10. Jorge Plascencia (30) 35:01.

Overall Results - Women's 10K

1. Elizabeth Milewski (32) 36:45, 2. Annie Seawright (25) 37:44, 3. Denise Green (29) 38:54, 4. Susan Whiteley (24) 39:01, 5. Merle Heimberg (40) 40:09, 6. Jennifer Getz (22) 43:07, 7. Leigh Hindes (25) 43:28, 8. Rosemary Henderson (33) 43:44, 9. Karin Handsaker (47) 45:20, 10. Shirley Blush (54) 45:49.

Overall Results - Men's 5K

1. Harold Ketting (36) 15:36, 2. Rick Dodson (27) 15:41, 3. Ronald Combs (23) 16:25, 4. James Sackett (41) 16:45, 5. Tom Williams (41) 16:51, 6. Sean Delair (17) 16:52, 7. Juan Cabeza (46) 16:54, 8. Jeff Larson (16) 16:59, 9. Geoff Guerrero (39) 17:09, 10. Armando Hernandez (39) 17:17.

Overall Results - Women's 5K

1. Carol Keller (30) 17:17, 2. Adrienne Trader (27) 19:36, 3. Maria Lopez (16) 19:43, 4. Carrie Wenger (33) 19:51, 5. Elizabeth Blair (42) 19:58, 6. D Caldwell (24) 20:05, 7. Kendra Ossey (16) 20:52, 8. Wendy Watson (46) 20:54, 9. Jae Lee (15) 20:55, 10. Maggi Enoya (29) 21:00.

Roger's Run

November 18, El Segundo, 5K

Overall Results

1. R.E. Estrada (32) 15:34, 2. Pedro Vazquez (21) 16:22, 3. Mark Silva (28) 16:49, 4. Tom Williams (41) 16:56, 5. Chuck Foote (43) 17:01, 6. Carl Allen (36) 17:09, 7. Mark Gross (36) 17:12, 8. Gary McGraw (30) 17:14, 9. Jeff Hansen (16) 17:21, 10. Catarino Gonzalez (48) 17:23.

11. Sonny Monnoz (54) 17:26, 12. Darsie Bowden (40) 17:45, 13. Roberto Ortega (30) 17:48, 14. John Stewart (50) 17:52, 15. George Davis (46) 17:58, 16. Maricarm Cardenas (30) 17:59, 17. Thom Narita (36) 18:02, 18. Greg Lash (37) 18:07, 19. Luis Gorodo (51) 18:11, 20. Greg Stumpus (29) 18:18.

R.I.P. Racing Team Born to Run

February 16, Montebello, 1.2 X-C Run.

As the crowd roared the gun cracked and off went the runners in the "Born to Run" Cross Country Run.

Ultra great-Jeff S. Anderson jumped to

the early lead with Alex Gonzales right behind. Over a small dirt hill Alex picked up the pace another notch and the lead was all his. Once in the park the two man race continued as Jeff tried to pull Alex back to him. But Alex's leg speed proved too much for the Ultra-Man and ran away with the win in a fast 6:06 to Jeff's fine 6:48.

Bobby Brown rounded out the top 3 in 7:56. There were no women in the race.

City of Chino Triathlon

February 23, Don Lugo High School

(3.1 MI. Run, 11 MI. Bike, 75m Swim)

The City of Chino held its seventh annual triathlon. Just under 300 athletes, ranging in age from 8 to 70, participated in this year's event. Overall winners were Allison Blaha from Oceanside, with a time of 51:26, and Jim Lewis of Santa Ana, with a time of 45:50.

Participants ranged in ability from serious competitors to amateur athletes. Many were first-time triathletes. The categories in which they competed were as varied as the athletes themselves. Besides age group and relay divisions, there were separate categories for "stock" road bikes (those with no enhancements such as disc wheels or aerodynamic handle bars) and stock mountain bikes. The "Clydesdale" division was for males weighing 200 lbs. or more, and females who weighed 140 or over. There was even a special category for Chino residents, male and female.

The youngest participant in the triathlon, Lora Bingham, came all the way from Sausalito to compete. Lora finished the race in one hour, nineteen minutes and fifteen seconds, winning in the 10 & Under age category.

Division Results - Men

Overall: 1. Jim Lewis 45:50. **Road Stock:** 1. Javin Tucci 50:42. **Mountain Stock:** 1. Ron Backlund 55:00. **Clydesdale:** 1. Jeff Cline 55:17. **Relay:** 1. Stress Racing 44:19.

Division Results - Women

Overall: 1. Allison Blaha 51:26. **Road Stock:** 1. Stephanie Lucero 51:59. **Mountain Stock:** 1. Maureen Bromley 1:14:19. **Clydesdale:** 1. Sandee Winn 1:00:22. **Relay:** 1. Las Dos Locas 58:25.

Legg Lake 099'ers Sprint Run

March 2, So. El Monte, 5K

Overall Results

1. Claudio Andradra (24) 19:15, 2. Gerald Werner (44) 19:24, 3. Tonya Twilman (29F) 20:57, 4. Tracy Brown (62) 21:12, 5. Bruce Odou (63) 22:18.

Red Lobster Classic

March 2, Orlando, FL, 10K

Overall Results

Men: 1. German Silva (23) Mexico City 28:32, 2. John Halvorsen (24) Ontario, Can. 28:35, 3. Marcos Varreto (30) Echegaray, MX. 28:45, 4. Valdenor Dos Santos (21) Brazil 28:51.

Women: 1. Jill Hunter (24) England 32:31, 2. Leann Warren (30) Portland, OR. 32:34, 3. Dorthe Rasmussen (31) Denmark 33:00, 4. Valentina Egorova (27) USSR 33:02.

Masters Men: 1. Wilson Waigwa (42) El Paso, TX. 29:40, 2. Gary Romesser (40) Indianapolis, IN. 30:27, 3. Domingo Tbaduiza (41) Reno, NV. 30:35.

Masters Women: 1. Laurie Binder (43) Oakland 35:48, 2. Shirley Maison (50) Moraga 35:57, 3. Nancy Grayson (40) Columbia, SC. 37:00.

Men's Wheelchair: 1. Craig Blanchette (Eugene, OR) 23:19, 2. Doug Kennedy (Haleyville, AL) 23:20, 3. Kenny Carnes (Morning-side, MD) 23:28.

Women's Wheelchair: 1. Connie Hansen (Denmark) 26:19, 2. Jean Driscoll (Champaign, IL) 26:21, 3. Deanna Sodom (Escondido) 26:35.

Montebello 1/3 Marathon

March 9, Palo Alto, 1/3 Mara. & 5 Mile.

Overall Results - 1/3 Marathon

1. Ken Gregorich (32) Oakland 59:28, 2. Ian Schofield (38) Placerville 1:01:59, 3. Steve Murphy (30) Sunnyvale 1:02:40, 4. Bruce Rittman (26) San Jose 1:02:48, 5. Curtis Williams (30) Palo Alto 1:03:35, 6. Mike Gormley (28) Santa Clara 1:04:27, 7. Jerry Lyerly (51) Sacramento 1:05:24, 8. William Schmidt (50) Mountain View 1:05:45, 9. Star Teachout (33 F) Palo Alto 1:06:08, 10. Marc Frodyma (38) Stanford 1:06:48.

Overall Results - 5 Mile

1. Ken Cignelli (25) San Jose 34:51, 2. Jeff Breholz (26) Los Gatos 37:56, 3. Doug Sheaffer (44) Sunnyvale 39:59, 4. Patricia Story (42 F) Sacramento 40:29, 5. Adrian Ellenbaum (30) Berkeley 40:40.

NorCal Duathlon

March 10, Sacramento.

Overall Results - Elite

1. Mac Williamson (26) 1:14:26, 2. Chris Willis (32) 1:15:27, 3. Michael Scannell (28) 1:15:32, 4. Bryan Fahrenbach (34) 1:17:52, 5. Deon Lourens (24) 1:18:29, 6. Bob Korock (23) 1:19:11, 7. Frances Gailson (37) 1:21:55, 8. Gabe Ortiz (18) 1:22:32, 9. Maddy Tormeon (29) 1:23:07, 10. Susan Latshaw (29) 1:28:00.

Overall Results - Open

1. Dominic Panziera (30) 1:19:20, 2. Denny (24) 1:19:22, 3. Chris Ward (31) 1:19:37, 4. Jon Moens (28) 1:20:22, 5. Don Hays 1:20:46, 6. Brett Radanof (24) 1:20:50, 7. Tim Pontarelli 1:20:54, 8. Curt Feenstra (32) 1:21:56, 9. Carlos Lomba 1:21:56, 10. John Saliomonas 1:22:13.

11. Fast Eddie (26) 1:22:40, 12. Eric Barkley (41) 1:22:41, 13. John Whitney (17) 1:22:45, 14. Jeff Sheppard (28) 1:22:54, 15. Terry Reitzel (26) 1:23:02, 16. Andrew Gilchrist (23) 1:23:07, 17. Jerry Brendel (32) 1:23:36, 18. Howard Jones (32) 1:24:29, 19. William Alexander (35) 1:24:39, 20. Cliff Coates (34) 1:24:43.

Run for Recreation

March 10, Fremont, 10K

Division Results - Men

13 & Under: 1. Beebe Rutledge 37:48, 2. Paul Gately 44:39, 3. Nick Ramirez 48:40, 14-18: 1. Dino Daniels 37:24, 2. Samuel Yemane 38:25, 3. Sarwari Masood 39:31, 19-29: 1. Dan Stefanisko 33:15, 2. Dharmen Nair 38:26, 3. Rob Nast 38:45, 30-39: 1. Peter Lagoy 33:26, 2. George Staub 34:13, 3. Brian Davis 34:26, 40-49: 1. Jim Gorman 34:36, 2. Ron Kiyono 36:50, 3. John Monteverdi 37:14, 50-59: 1. William Boeckmann 40:23, 2. Frank Knafelc 40:58, 3. Bob Feldman 42:33, 60 & Over: 1. Bruce Oliver 46:07, 2. Lloyd Anderson 47:18, 3. Frank Rodriguez 50:24.

Division Results - Women

13 & Under: 1. Andrea Rutledge 42:17, 2. Maria Speranza 1:07:15, 3. Goldie Mitrick 1:12:09, 14-18: 1. Jennifer Johnson 48:21, 19-29: 1. Donna McKennon 39:42, 2. Deanne Thomasson 42:16, 3. Valeria Riener 44:17, 30-39: 1. Melinda Morse 41:26, 2. Alison Freeman 42:00, 3. Sharon McGee 46:25, 40-49: 1. Janet Greenhalgh 47:02, 2. Kathy Woolcock 48:13, 3. Sue Graham 55:29, 50-59: 1. Diane Bromstead 50:38, 2. Janice Knafelc 59:12, 3. Shirley Costello 1:00:37, 60 & Over: 1. Joan Williams 1:19:15.

20/20 Tour for Sight

March 10, Loma Linda, 5K

Division Results - Men

Overall Winners: 1. Henry Cho 15:59, 2. John Lunt 16:58, 3. Barry Waugaman 19:35, 12 & Under: 1. Nicholas Houle 23:25, 13-18: 1. Nathan McNeill 24:07, 2. Les Topliff 27:44, 19-29: 1. John Lunt 16:58, 2. Todd Kelsch 20:18, 3. James Cunningham 20:46, 30-39: 1. Henry Cho 15:59, 2. Lindsay Barto 23:00, 3. Bill Gruzinsky 23:02, 40-49: 1. Barry Waugaman 19:35, 2. Dan Gutierrez 22:47, 3. Ruben Ruiz 26:59, 50-59: 1. Aaron Katz 25:29, 2. Bernie Barrad

Napa Valley Marathon

By Reg Harris

March 10, Callstoga.

For twelve years the Napa Valley Marathon had dodged the weather bullet. Even in 1986, the rains which brought severe flooding to the valley broke enough to give the runners a good marathon. This year, rain fell throughout the night, but when the sunlight began to filter through the March morning fog, conditions were calm and dry, ideal for a run through the Napa Valley wine country.

But this year was Napa's 13th year, and about an hour into the race, Napa's 12-year string of luck ended quickly. The wind stiffened, turning into the runners' face, the temperature dropped quickly, and heavy rain began to pelt the course. Runners, who had dressed for a mild morning, were suddenly confronted by near frigid conditions and icy wind chill. But despite the conditions, a record 1308 runners finished the race, and remarkably only four had to be hospitalized briefly for hypothermia.

Showing that she is ready to run in the 2:40 range, Palo Alto's Betsy Swan battled the weather to trim eight seconds from Christine Iwahashi's course record and set a five-minute personal best with 2:46:41. Swan, a computer engineer, took the lead early and gradually pulled away from a field which included two other women hoping to dip under the Olympic trials qualifying standard of 2:45:00.

Iwahashi, a three-time Napa champion from Sacramento, dogged Swan for 16 miles and then eased back to record 2:53:05 for second place. Hayward's Tina McCandless also gave up on qualifying, but still managed a modest personal best of 2:57:19 for third, while 39-year-old Darlene Wallach of San Jose clipped three minutes from her best with 2:57:37. Connie Kondo of Folsom took fifth with 3:00:15.

Swan had the women's race under control relatively early, but Santa Rosa's Dan Aldridge had to wait until the final mile before he was

able to capture his second consecutive men's title. A former prep star who coaches at Sonoma State University, Aldridge was one of eight men who had hoped for trials qualifying times at Napa.

Aldridge, along with most of the others, gave up on qualifying when the weather changed and spotted Stockton's John Hancock a large lead. Hancock continued to press for a qualifying time, despite the bitter conditions. In the end, the 26-year-old Aggie's tenacity probably cost him the victory. He faltered badly in the final three miles, allowing Aldridge to make up four minutes and claim a 2:29:38 win.

Berkeley's Per Lindberg also over-



DAN ALDRIDGE

Photo by Kenneth Lee

took Hancock and finished second in 2:31:18, just two minutes over his personal best. Hancock struggled in at 2:33:31 for third, followed by Idaho's Tracy Harris and Culver City's Douglas Allen, both of whom turned the race into a training run and finished fourth and fifth in 2:35:16 and 2:35:52, respectively.

Only two other men's division winners repeated. Napa's Michael Tyler, 24, managed a personal best 2:43:28, and

Bob Barber, 53, of Half Moon Bay logged 2:57:17. For the women, only Iwahashi repeated as a division champion, but Amanda Stevenson of San Francisco trimmed just over a minute off the women's 60-69 age division record with a time of 3:56:02.

Further back in the pack, a special records of sorts continued this year. The only four runners to have run every Napa Valley Marathon all finished again this year. Steve Radigan of Millitas ran 3:07:05, John Clark of Citrus Heights finished his 165th marathon in 3:26:07, Palo Alto's Roger Thompson ran 3:49:37, and Napan Harry Cadelago managed 4:17:57.

Overall Results - Men

1. Dan Aldridge (34) Santa Rosa 2:29:38, 2. Per Lindberg (29) Berkeley 2:31:18, 3. John Hancock (26) Stockton 2:33:31, 4. Tracy Harris (31) Meridian, ID. 2:35:16, 5. Douglas Allen (35) Culver City 2:35:52, 6. Jim O'Brien (38) San Francisco 2:36:30, 7. Jose-Maria Lizarraga (30) San Francisco 2:37:07, 8. Joe Brunetti (25) Berkeley 2:38:16, 9. Bob Wishart (37) Woodland 2:38:28, 10. Timothy Mayes (35) Placerville 2:39:03.

11. Mike Deatherage (36) Fairfield 2:39:48, 12. Joseph Schieffer (39) Oakland 2:40:05, 13. Jim Beuselink (33) Saratoga 2:41:28, 14. Tony Kowalski (29) Citrus Heights 2:42:16, 15. Ole Agesen (25) Unknown 2:43:20, 16. Michael Tyler (24) Napa 2:43:28, 17. John Hirschberger (39) San Francisco 2:44:25, 18. Daniel McCullough (33) Sonoma 2:44:49, 19. Guillermo Cazares (26) Alameda 2:46:17, 20. Kevin Higgins (31) Randolph, NJ 2:46:27.

Overall Results - Women

1. Betsy Swan (26) Palo Alto 2:46:41, 2. Christine Iwahashi (35) Sacramento 2:53:05, 3. Tina McCandless (27) Hayward 2:57:19, 4. Darlene Wallach (39) San Jose 2:57:37, 5. Connie Kondo (32) Folsom 3:00:15, 6. Annamarie Hagans (30) Menlo Park 3:00:44, 7. Terri Chapman (29) Stanford 3:03:36, 8. Theresa McCourt (31) Sacramento 3:05:30, 9. Debbie Martin (25) San Francisco 3:08:33, 10. Rebecca Wyr (34) Arroyo Grande 3:11:26.

11. Chrissy Duryea (30) San Jose 3:17:33, 12. Marci Mauro (28) San Jose 3:18:30, 13. Daine Dixon (36) Los Osos 3:18:37, 14. Carol Parise (25) Sacramento 3:20:39, 15. Debbie Smith (40) Santa Cruz 3:21:34, 16. Chris Stava (29) Sonoma 3:22:45, 17. Toni Belaustegui (43) Reno, NV. 3:23:00, 18. Susan Hoyt (28) San Jose 3:23:13, 19. Nancy Howe (36) Cupertino 3:24:01, 20. Abby Tromblee (28) Scotts Valley 3:25:36.

Division Results - Men

19 & Under: 1. Pat Cornwell 3:23:16, 2. Mark Munoz Jr. 4:19:59. 20-24: 1. Michael Tyler 2:43:28, 2. Andrew Murray 2:57:09,

3. John Cosmos 2:57:30, 25-29: 1. Per Lindberg 2:31:18, 2. John Hancock 2:33:31, 3. Joe Brunetti 2:38:16. 30-34: 1. Dan Aldridge 2:29:38, 2. Tracy



BETSY SWAN

Photo by Kenneth Lee

Harris 2:35:16, 3. Jose-Maria Lizarraga 2:37:07. 35-39: 1. Douglas Allen 2:35:52, 2. Jim O'Brien 2:36:30, 3. Bob Wishart 2:38:28. 40-44: 1. Timothy Martin 2:47:45, 2. Michael Fikstad 2:50:53, 3. Charlie Hoover Jr. 2:51:43. 45-49: 1. Denis Tralacanty 2:48:44, 2. Martin Jones 2:48:56, 3. Bill Gardner 2:56:44. 50-54: 1. Bob Barber 2:57:17, 2. Jingsi Yamazaki 2:58:55, 3. Nick Riesz 3:02:36. 55-59: 1. Michael McGie 3:06:58, 2. Hal Jackson 3:07:10, 3. Glenn Unsicker 3:19:11. 60-69: 1. Bill Bowers 3:22:19, 2. Richard Laine 3:30:47, 3. Ed Reyna 3:39:37.

Division Results - Women

20-24: 1. Stacia McInnes 3:26:36, 2. Catherine Christense 3:26:44, 3. Karin Love 3:35:42. 25-29: 1. Betsy Swan 2:46:41, 2. Tina McCandless 2:57:19, 3. Terri Chapman 3:03:36. 30-34: 1. Connie Kondo 3:00:15, 2. Annamarie Hagans 3:00:44, 3. Theresa McCourt 3:05:30. 35-39: 1. Christine Iwahashi 2:53:05, 2. Darlene Wallach 2:57:37, 3. Diane Dixon 3:18:37, 40-44: 1. Debbie Smith 3:21:34, 2. Topni Belaustegui 3:23:00, 3. Tonya Prescott 3:26:58. 45-49: 1. Nouria Harris 3:31:55, 2. Rusty Barnett 3:32:22, 3. Pamela Purcell 3:35:45. 50-54: 1. Marge Dunlap 3:35:41, 2. Gaby McQuitty 3:47:08, 3. Jutta McCormick 3:48:52. 55-59: 1. Jo Sullivan 3:50:25, 2. Myra Rhodes 3:52:55, 3. Harriet Anderson 4:05:14. 60 & Over: 1. Amanda Stevenson 3:56:02, 2. Helen Klein 4:25:30, 3. Etta Palmer 4:33:35.

RESULTS

26:15, 3. Al Martin 32:46.

Division Results - Women

Overall Winners: 1. Kathy Saucedo 21:0-3, 2. Sue Harris 22:17, 3. Julie Garcia 23:09.
12 & Under: 1. Heidi Gruzensky 25:30, 2. Michaela Gruzensky 28:08, 3. Sarah Miller 35:19, 13-18: 1. Maria Cognetta 28:10, 19-29: 1. Julia Garcia 23:09, 2. Jeri Bruntz 24:30, 3. Ilona Falvy 25:21, 30-39: 1. Sue Harris 22:17, 2. Diane Huppman 24:27, 3. Jill Ring 27:00, 40-49: 1. Kathy Saucedo 21:03, 2. Cherine Fanning 26:28, 3. Margit Perry 27:52, 50-59: 1. Marlene Zamberlin 31:21, 2. Sue Ann Woods 36:15, 60-69: 1. Patricia Haire 35:39, 2. Mary Ehrlich 36:08, 70 & Over: 1. Iris Wise 45:48.

The Willits "Snafu" Classic

March 10, Willits, 10 Mile & 5K.

After a week of nice weather, following the worse storm in five years, ominous grey clouds again muscled their way over Willits, dropping rain mixed with snow on the hearty 112 runners who drove from all over Northern California to compete in the Eleventh Annual Willits Classic footraces held March 10 in the scenic Little Lake Valley.

The freezing weather was just one of the classic snafus in this year's Willits Classic.

35-year-old Peter Jansson of Sweden was 30 seconds ahead of Willits High School Senior Eli Gibbons in the 5K with 200 yards to go when he missed the final turn to the Rec Grove finish line because he was looking to his left.

"It was a race director's nightmare," laughed race director Jim Gibbons afterward, "I mean, it was bad enough the lead runner missed the final turn, but the next runner is my son, right? So what do I do? Any other race director would have given the race to Eli. He knew the course; he came in first; that's that. It's not his fault the lead runner missed the turn. Isn't it, after all, the runner's responsibility to know the course?"

"But I'm his dad, and as much as I want him to win, I'm the guy who marked the course, and the fact that the rain washed most of the dolomite chalk off the road isn't the runner's fault. I should have had signs, I should have had more help. Besides, it would have seemed too much like nepotism if I awarded Eli first place."

Meanwhile, just past the 5-mile mark out on East Side Road, Udiah's Jerry Drew was leading a pack of Thirsty Boys from Santa Rosa, led by Louis Garcia, when Drew turned left onto Valley Road rather than stay straight to Hearst Road. By the time he realized his error he was coming up on the "Slice of Heaven" gold range, a mile off course.

"I didn't see the arrows because I was hugging the left shoulder," Drew commented afterward. He turned around and got back on course, eventually finishing his 12-mile version of the Willits Classic in one hour 9 minutes and 28 seconds. Although Drew has won the 5K five times and holds the course record of 14:57, he had never run the 10-

mile loop before.

At the awards presentation, Drew received a Sports A Foot gift certificate, a bottle of non-alcoholic champagne donated by Weibel Vineyards, and a heartfelt applause from the crowd.

With Drew out of the picture, Louis Garcia and his Thirsty Boy invaders were having a field day, with seven of the top ten places going to the Santa Rosa-based club.

Alec Isabeau followed Garcia's 54:45 with a 56:20 for the runner-up spot and first in the 20-29 division. Bill "Cadillac" Coughlin was third in 58:24, two ticks ahead of Master winner Jon McPherson.

Doug Davis of Branscomb broke up the Thirsty Boy hold with a fifth place 59:02, making him the only Mendocino County finisher in the top twelve.

Darryl "the Legend" Beardall, who ran 59:19 to set a new 50-59 record by over three minutes, opted for the Willits race instead of the Napa Valley Marathon, which is scheduled on the same day, because he was injured. Beardall is one of those who "runs through" injuries.

Thirsty Girl Tori Strong led all women with a 69:23 for 16th overall, followed four minutes later by Lori Oja of Ukiah.

The first Willits runner in the long race was Larry Morton in 67:03, good for 15th overall but only eighth in the highly competitive 30-39 category, followed by Eric Johnson in 69:49, and Jay Fraser in 88:43.

The first Willits runner for the second year was Eli Gibbons in 16:48, just seven seconds off the 8-year-old 13-19 record, followed by 20-29 division winner Joe Turnbow of Ukiah in 16:55, and 17-year-old Clint Stevens in 17:03.

Stevens, a former Willits resident, now on the Benicia High School track team, accused the race director of getting him interested in running when he was in fifth grade with Eli at the Willits Baetzel Grove School.

Lura Damiano of Fort Bragg, who already owns the 10-mile course mark of 60:02, broke Nike Horn's course record by 45 seconds with an 18:22.

Nika Horn, a Santa Rosa High School star, was second this year, capturing the runner-up spot in 20:09, more than a minute off her 13-19 record. Sarah Miklose of Fort Bragg High School was second in that division in 26:25.

The first Willits woman was Hopie Wise in 24:20, good for second in the 30-39 category.

50-year-old Doug Rustad set a new age-division mark with his 18:24, good enough for ninth overall out of the 66 five kilometer runners.

Former Olympic marathoner Bob Deines, whose goal these days is to run "at least one mile everyday" was the second Willits finisher, 14th overall, and third in the 40-49 age group in 19:54. He was followed by the third Willits runner, 13-year-old Riley Gibbons, who's 21:31 was good for third in the 13-19 "big boy" division.

Overall Results - 10 Mile

1. Louis Garcia Jr. (34) Santa Rosa 54:55,

2. Alec Isabeau (29) Santa Rosa 56:20, 3. William Coughlin (31) Santa Rosa 58:24, 4. Jon MacPherson (49) Santa Rosa 59:02, 5. Doug Davis (31) Branscomb 59:02, 6. Darryl Beardall (54) Santa Rosa 59:19, 7. Larry Meredith (33) Santa Rosa 59:46, 8. Mark Curran (30) Santa Rosa 59:50, 9. Dane Hart (34) Eureka 60:11, 10. Mike Hamilton (18) Oakley 60:41.

Overall Results - 5K

1. Peter Jansson (35) Santa Rosa 16:20, 2. Eli Gibbons (17) Willits 16:48, 3. Joe Turnbow (26) Ukiah 16:55, 4. Clint Stevens (17) Benicia 17:03, 5. Jamie Damiano (38) Fort Bragg 17:46, 6. Jerry Roach (30) Santa Rosa 17:52, 7. Jim Longwith (45) Kelseyville 17:57, 8. Lura Damiano (33) Fort Bragg 18:22, 9. Douglas Rustad (50) Santa Rosa 18:24, 10. Reine Oestlin (27) Santa Rosa 18:38.

Lake Powell Marathon

March 16, Page, Arizona.

Overall Results - Marathon

Men: 1. Ray Lobato (Flagstaff, AZ) 2:57:14, 2. Taka Goodtracks (Fruitland, NM) 3:04:45, 3. Harvey Emerson (Shiprock, NM) 3:07:57.

Women: 1. Mary Kehl (Ft. Collins, CO) 3:20:42, 2. Nancy Thweatt (Escondido) 3:51:55, 3. Kim Ruckman (Salt Lake City, UT) 3:57:05.

Master Men: 1. Lee Grover, Sr. (Pallaco, AZ) 3:18:13, 2. Gregory Diven (Heber City, UT) 3:19:58, 3. Bill Williams (Richmond, Ontario) 3:25:59.

Master Women: 1. Allison Schilling (Phoenix, AZ) 4:01:40, 2. Jeanette Rusk (Kanab, UT) 4:14:24, 3. Patricia Landis (Santa Ynez) 4:38:18.

Division Results - Men

18-24: 1. Dennison Yazzie 3:14:55, 25-29: 1. Steve Kissell 3:57:05, 30-34: 1. Tom Nieman 3:15:51, 35-39: 1. Albert Browning 3:30:15, 40-44: 1. Mike Higgins 3:35:40, 45-49: 1. James Morrow 4:00:34, 50-54: 1. Gordon Hartshorn 3:53:07, 55-59: 1. Lawrence Cobb 3:50:20, 60-69: 1. Phil Wood 4:10:37, 70 & Over: 1. John Manning 4:36:57.

Division Results - Women

18-24: 1. Heather Hilmo 5:01:56, 40-44: 1. Denise Jones 4:51:57, 45-49: 1. Lou Ann Tanck 5:12:26.

Overall Results - 10K

Men: 1. Demetrio Cabanillas (Magna, UT) 34:23, 2. Binesh Prasad (Cedar City, UT) 35:08, 3. Mark Ryan (Ft. Collins, CO) 37:51.

Masters Men: 1. Dennis Short (Big Water, UT) 45:07, 2. Larry Hobbs (Flagstaff, AZ) 45:31, 3. Bob Parsons (Littleton, CO) 47:42.

Women: 1. Nadia Prasad (Cedar City, UT) 37:08, 2. Jodonna Gilmore (Kayetta, AZ) 48:10, 3. Laverda Reed (Page, AZ) 49:13.

Masters Women: 1. Julie Orr 51:22, 2. Alice Talakte 1:07:35, 3. Janell Dickinson 1:33:40.

Division Results - Men's 10K

13 & Under: 1. Nathan Wood 47:07, 14-17:

1. Ronnie Wood 48:25, 25-29: 1. Lorenzo Parrish 43:49, 30-34: 1. Elvis Bitsilly 43:03, 35-39: 1. Tim Varner 38:31, 40-44: 1. Jerry Swanson 49:16, 50-54: 1. James Woolston 54:26, 55-59: 1. Robert Hungate 53:22, 60-69: 1. Bill Kephart 54:47.

Division Results - Women's 10K

13 & Under: 1. Karen Brown 1:09:53, 14-17: 1. Andrea Woods 57:18, 18-24: 1. Dianne Devenney 1:38:59, 25-29: 1. Kimberly Goode 50:45, 30-34: 1. Claire Marciano 1:01:31, 35-39: 1. Louise Stone 52:36.

Knights of Columbus Run

March 16, Pico Canyon, Newhall, 5 Mile.

Overall Results

1. Peter Schuster 27:05, 2. Andy Dunn 27:23, 3. Bruce Vermaat 27:44, 4. Jess Perez 27:58, 5. Lee Cohen 28:00, 6. Tony Whitmore 28:44, 7. Robert Spano 28:54, 8. Abel Ibarra 29:11, 9. Richard Massa 29:18, 10. Steve Larat 29:29.

11. Jim Stepan 29:39, 12. Rich Cooper 29:39, 13. Randy Johnson 29:45, 14. Rick Kaye 29:48, 15. Kelly Current 29:56, 16. Bob Sola 29:59, 17. Steven Watanabe 29:59, 18. Jim Flanigan 30:03, 19. Don McLean 30:22, 20. Dimitrius Connor 30:36.

21. Patrick Harlan 30:41, 22. Brian Stansauk 30:42, 23. Mike Mench 30:45, 24. Antonio Ramos 30:47, 25. Pernille Evans 30:49.

St. Paddy's Day Dash

March 16, Clovis High School, 10K & 2 Mile.

Division Results - Men's 10K

Overall Winner: 1. Al Lara 29:52, 10-14: 1. Eric Maloney 42:03, 15-19: 1. Phillip Gonzalez 35:07, 20-24: 1. Kurt Smoot 34:16, 25-29: 1. Greg Bodham 32:33, 30-34: 1. Jay Farris 30:37, 35-39: 1. Jim Hartig 31:16, 40-44: 1. David Soleno 34:24, 45-49: 1. Robert Lindsey 34:37, 50-54: 1. Frank Padilla 36:37, 55-59: 1. Rick Zamarripa 37:41, 60-69: 1. Leonard Thornton 38:51, 70 & Over: 1. Harry Harder 51:37.

Division Results - Women's 10K

Overall Winner: 1. Stacey Bushner 36:50, 15-19: 1. Hope Rodriguez 43:15, 20-24: 1. Laura Duquette 41:35, 25-29: 1. Mary Ann Alvarez 38:52, 30-34: 1. Tami Wilgerburg 37:08, 35-39: 1. Donna Aldrich 43:41, 40-44: 1. Karen Lynch 41:17, 45-49: 1. Margie Lindsey 39:38, 50-54: 1. Glenda Morgan 48:16, 55-59: 1. Sydney Loo 58:54, 60-69: 1. Dorothy Thomas 51:47.

Division Results - Men's 2 Mile

Overall Winner: 1. Al Lomeli 10:18, 10-14: 1. Jose Miranda 11:22, 15-19: 1. Scott Bolin 10:21, 20-29: 1. Jay Geary 10:59, 30-39: 1. Rey Garza 10:26, 40-49: 1. Craig Elia 10:46, 50-59: 1. Earl Bradford 12:28, 60-69: 1. Ken Sager 16:55.

Division Results - Women's 2 Mile

Overall Winner: 1. Jann Matesuwon 13:04, 10-14: 1. Monique Islas 13:45, 15-19: 1. Gina Moodrigan 19:08, 20-29: 1. Magda Williams 14:30, 30-39: 1. Joyce MacChesney 14:15, 40-49: 1. Lesley Wingert 13:30.

RESULTS

50-59: 1. Patricia Caffrey 19:04. 60-69: 1. Josie Smith 18:36. **70 & Over:** 1. Ruth Robinson N.T.

San Bruno Mountain Runs

March 17, San Bruno, 5 & 10K

Overall Results - 5K

1. Patrick Wiegand (35) San Mateo 17:56, 2. Marty Beene (29) San Francisco 18:06, 3. Kevin Skeels (27) Foster City 19:08, 4. Tom Yrhel (32) Los Altos 19:33, 5. Mario Llanes (30) San Leandro 19:56, 6. Jone Yrhel (33 F) Los Altos 25:17, 7. Mendoza (45 F) Brisbane 25:30, 8. Michael Culbert (25) Sunnyvale 26:12, 9. Tony Fleming (17) Newark 27:25, 10. Carol Austin (32) San Jose 28:12.

Overall Results - 10K

1. Marc Frodyma (38) Stanford 46:20, 2. Douglas Henry (28) San Jose 46:45, 3. James McLaren (29) Redwood City 46:59, 4. Ken Gregorich (32) Oakland 47:10, 5. Ken Cicinelli (25) San Jose 47:23, 6. Raymond Umeda (36) San Jose 49:25, 7. John Snyder (43) San Jose 51:32, 8. John Sturm (26) Daly City 52:22, 9. Bill Powers (29) Daly City 53:16, 10. Robert Brauea (46) Castro Valley 53:48.

Tom Sullivan Race

March 17, Torrance, 10K

Overall Results - Elite

Women: 1. Leann Warren (30) Portland, OR. 32:00, 2. Wilma Van Owen (25) El Paso 32:30, 3. Olga Appell (27) Garden Grove 32:45, 4. Sue Lee (30) Vancouver, BC. 32:48, 5. Maria Trujillo (31) La Jolla 33:30, 6. Carmen Ayala-Troncoso (31) Austin, TX. 33:37, 7. Ulla Marquette (32) Victoria, BC. 33:42, 8. Tina Ljungberg (26) El Paso 34:04, 9. Valentina Egorova (29) USSR 34:10, 10. Glades Prieur (26) Los Angeles 34:14.

11. Nancy Ditz (36) Woodside 34:15, 12. Ely Van Hulst (31) Rotterdam 34:18, 13. Chris McNamara (25) Venice 34:43, 14. Kathleen Smith (25) Costa Mesa 35:18, 15. Carrie Booth (29) Hermosa Beach 36:02, 16. Laura Stewart (26) Del Mar 36:35, 17. Leslie Lewis (36) Torrance 37:59, 18. Lita Lux (30) San Diego 38:48.

Men: 1. Thom Hunt (33) Coronado 28:54, 2. Jon Sinclair (33) Fort Collins, CO. 29:04, 3. Matt Clayton (25) Imperial Beach 29:05, 4. Marcos Barreto (30) Naucalpan, MX. 29:07, 5. Nikolai Tabak (34) Vinnitsa, USSR. 29:09, 6. Harry Green (23) Los Altos 29:30, 7. Mark Conover (30) San Luis Obispo 29:34, 8. Steve Scott (34) Leucadia 29:37, 9. John Koningh (34) Newport Beach 29:52, 10. Tyrus Dimerter (25) Long Beach 29:54.

11. Matt Ebner (30) West Covina 29:59, 12. Michael Musyoki (34) El Paso, TX. 30:05, 13. Steve McCormack (30) San Diego 30:07, 14. Hector Perez (30) Naucalpan, MX. 30:08, 15. Benny Cruz (26) Los Angeles 30:14, 16. Paul Grier (26) Solano Beach 30:15, 17. Richard Lea (29) Van-

couver, BC. 30:19, 18. Jesus Herrera (28) Naucalpan, MX. 30:45, 19. Kevin Brody (29) Anaheim 30:48, 20. Tim Redman (30) Solana Beach 30:55.

21. Sammy Sitonik (35) Las Vegas, NV. 31:28, 22. Henry Rono (39) Las Vegas, NV. 31:59, 23. Frank Shorter (43) Boulder, CO. 33:06.

Division Results - Men

Overall Results: 1. Marcos Ochos 29:16, 2. Jesus Gutierrez 29:47, 3. Bobby Schmidt 29:50. **13 & Under:** 1. Alex Dederer 38:05, 2. Marcello Lopez 40:25, 3. Tom Coffey 40:34. **14-18:** 1. Steve Gonzales 31:43, 2. Israel Pose 32:05, 3. Angel Martinez 33:34. **19-24:** 1. Marcos Ochos 29:16, 2. Bobby Schmidt 29:50, 3. Tommy Leon 32:08. **25-29:** 1. Jesus Gutierrez 29:47, 2. Danny Bustos 30:03, 3. Alfredo Vallejo 30:18. **30-34:** 1. Amit Neeman 30:17, 2. Steve Bishop 31:12, 3. Jim Triplett 31:26. **35-39:** 1. Peter Jansson 31:50, 2. David Parsel 32:24, 3. Nicolas Hernandez 32:56. **40-44:** 1. Ron Gee 31:22, 2. Stephen Keyes 33:46, 3. Bill Sumner 33:59. **45-49:** 1. Don McCarthy 34:58, 2. Juan Cabeza 35:07, 3. Ken Desmet 35:09. **50-54:** 1. Jim Chenoweth 35:54, 2. Charles McClung 36:36, 3. Sonny Monioz 37:51. **55-59:** 1. Andre Tocco 37:59, 2. Peter Faust 38:51, 3. Paul Saucedo 39:57. **60-64:** 1. Patrick Devine 40:19, 2. Albert Nobuto 42:06, 3. K. E. Elmajian 42:20. **65-69:** 1. Jim O'Neil 39:08, 2. Frisco Yamasaki 49:25, 3. Robert Page 50:04. **70 & Over:** 1. Eddie Lewin 45:36, 2. Dutch Benedetti 50:26, 3. Mike Home 54:42. **Wheelchair:** 1. Craig Blanchette 22:32, 2. Douglas Kennedy 22:32, 3. Rafael Ibarra 22:33.

Division Results - Women

Overall Winners: 1. Laurie Chapman 36:03, 2. Marie Murphy 36:36, 3. Torie Pleasant 36:43. **13 & Under:** 1. Shalynn Fullove 41:27, 2. Megan McGowan 41:30, 3. Molly Mehlberg 45:26. **14-18:** 1. Heidi Romero 47:26, 2. Alisa Scudamore 50:12, 3. Yoko Seng 50:13. **19-24:** 1. Laurie Chapman 36:03, 2. Torie Pleasant 36:43, 3. Candice Kuitrosky 38:29. **25-29:** 1. Diane Haney 37:51, 2. Christina Kite 40:11, 3. Carrie Schmidt 41:22. **30-34:** 1. Marie Murphy 36:36, 2. Beth Milewski 37:01, 3. Carata Crossland 37:50. **35-39:** 1. Beverly Clendening 41:05, 2. Laurie Phillips 41:54, 3. Darda Harrison 42:58. **40-44:** 1. Darsie Bowden 37:03, 2. Loi Coker 39:23, 3. Merle Heimberg 41:39. **45-49:** 1. Merri Bodell 39:13, 2. Wendy Watson 42:17, 3. Judy Kewley 43:55. **50-54:** 1. Gina Faust 40:36, 2. Joan Jeter 43:53, 3. Diana Chronert 45:50. **55-59:** 1. Irene Olberz 43:37, 2. Lorraine Seidmeyer 49:22, 3. Atsuko Fujimoto 49:56. **60-64:** 1. Sumiya Leonard 55:31, 2. Jane Corso 58:50, 3. Betty Jones 59:26. **65-69:** 1. Helen Dick 48:07, 2. Erika Wittenberg 1:08:20, 3. Amy Coury 1:15:11. **70 & Over:** 1. Sarah London 1:18:35, 2. Thelma Anderson 1:21:21, 3. Ann Kostello 1:21:46. **Wheelchair:** 1. Ann Cody-Morris 25:31, 2. Candace Cable 25:32, 3. Jean Driscoll 25:33.

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Anybody's Triathlon

March 17, Soquel High School, (3 Mi. Run, 10 Mi. Bike, 400 Yd. Swim)

Overall Results

1. Jeremy Gilbert (29) Watsonville 53:55, 2. Mark Loos (25) Greenbrae 54:50, 3. Oskar Vuskalins (29) Salinas 59:07, 4. Trevor Dirksen (22) Aptos 1:01:08, 5. Bill Shwahan (38) San Jose 1:01:09, 6. Jerry Mills (40) Aptos 1:02:37, 7. Joey Schmidt (28) Watsonville 1:03:02, 8. Daniel Suess (29) Los Gatos 1:03:18, 9. Eric Staat (23) Pacific Grove 1:04:47, 10. Dorrie Stallings (31) Aptos 1:06:10.

Manhattan Mile

March 23, Manhattan Beach.

Division Results - Men

Elite: 1. Ernie Freer (25) Fresno 4:10.7, 2. Vaughan Kastor (25) West Hills 4:21, 3. Mark Laplant (26) Santa Monica 4:21, 4. Troy Rowtham (20) Manhattan Beach 4:22, 5. Julio Moreno (20) Manhattan Beach 4:23, 6. Tyrus Deminter (27) Long Beach 4:24, 7. Stephen Flynn (26) Hawthorne 4:26, 8. Mike Ward (21) 4:27, 9. Greg Flynn (21) Torrance 4:27, 10. Alex Sabzo (18) 4:29.

5 & Under: 1. Tyler Redlitz 8:58, 2. Daniel Seidman 9:38, 3. Daniel Morberg 9:49. **6:** 1. Kareem El Sawy 7:47, 2. Matthew Palmer 7:59, 3. Gregor McIver 8:42. **7:** 1. Mark Johnson 6:58, 2. Patrick Murphy 7:31, 3. Andrew Dorey 7:38. **8:** 1. Kevin Brown 6:52,

2. Derrick Schuster 6:58, 3. Aleks Dankers 7:04. **9:** 1. Michael Hales 6:22, 2. Jonathan Schneiderman 6:32, 3. Noah Gott 6:39. **10:** 1. Ryan Kittell 6:14, 2. Andy Webster 6:19, 3. Chad Waldron 6:25. **11:** 1. Devon Murray 5:43, 2. Jeff Lewis 6:02, 3. Cyle Huff 6:06. **12:** 1. Alex Dederer 5:27, 2. Sheldon Harang 5:45, 3. Sam Harang 5:52. **13-14:** 1. Aaron Carr 5:27, 2. Fulliermo Morales 5:31, 3. Turrell Traylor 5:37. **15-16:** 1. Todd Culbertson 5:11, 2. Henry Rogers 5:14, 3. Chris Zajac 5:18. **17-18:** 1. Moses Galindo 5:13, 2. Jeffrey Lee Monioz 6:11.

20-24: 1. Tommy Leon 4:38, 2. Peter Cramer 4:41, 3. Armand Crespo 4:43. **25-29:** 1. Martin Lallahan 4:37, 2. Scott Shean 4:39, 3. Eddie Edwards 4:40. **30-34:** 1. Joe Young 4:37, 2. William Harry 4:38, 3. Hampo Zadayan 4:39. **35-39:** 1. Michael Hodgson 4:49, 2. Joel Braun 4:54, 3. Gregory Lash 4:55. **40-44:** 1. Bill Sumner 4:49, 2. Jack McDowell 4:51, 3. Tom Williams 4:54. **50-54:** 1. Sonny Monioz 5:14, 2. John Cosgrove 5:16, 3. Robert McAlpine 5:19. **45-49:** 1. Tracy Smith 4:44, 2. Juan Cabeza 4:59, 3. Ken Desmet 5:00. **55-59:** 1. Peter Faust 5:24, 2. Jim Andres 5:49, 3. Larry Hatch 5:57. **60 & Over:** 1. Gunmar Linde 5:51, 2. Albert Noeuto 6:07, 3. Milo Sather 6:16.

Division Results - Women

Elite: 1. Laura Cattivera (23) Manhattan Beach 4:46.9, 2. Glades Prieur (26) Santa Monica 4:51, 3. Annie Seawright (25) Hermosa Beach 5:24, 4. Julie Salas (21) 5:38. **5 & Under:** 1. Laura Johnson 9:01, 2. Na-

RESULTS

tashr Elross 9:22, 3. Alison Brown 10:10. 6: 1. Excitra Gott 7:35, 2. Debrashedo Hollins 8:52, 3. Molly Feiz 9:03. 7: 1. Nicole David 7:13, 2. Krystal Scarcliff 7:52, 3. Sarah Galb 8:00. 8: 1. Megan McGowan 5:57, 2. Heather Bleecker 6:56, 3. Paige Gallas 6:58. 9: 1. Cosette Smith 6:29, 2. Shawn Benard 7:15, 3. Amy Montfort 7:17. 10: 1. Jessica Johnston 7:11, 2. Laura Vargas 7:14, 3. Melody Thompson 7:16. 11: 1. Sequoia Neff 6:14, 2. Lara Kollios 6:19, 3. Julie Stephenson 6:25. 12: 1. Alyson Biscaglia 6:12, 2. Alexa Linsley 6:15, 3. Ann Koscki 6:16. 13-14: 1. Michéle Siddons 6:19, 2. Shailan Daley 6:20, 3. Kerma Clifton 6:20. 15-16: 1. Darcy Bushnell 5:44, 2. Karlyn Clifton 6:20, 3. Jessie Harmon 7:38. 17-19: 1. Laurel Harmon 9:08.

20-24: 1. Toria Pleasant 5:23, 2. Jenean Sorrells 5:35, 3. Judith Tay 5:39. 25-29: 1. Anita Boone 5:30, 2. Dawna Brown 5:31, 3. Laura Buzman 5:33. 30-34: 1. Katie Cunningham 5:19, 2. Patricia Contreras 5:28, 3. Karen Samsonoff 5:52. 35-39: 1. Maryann Schewe 6:20, 2. Peggy Sullivan 6:23, 3. Jill Connor 7:14. 40-44: 1. Merle Heimberg 5:57, 2. Pam Donesley 6:43, 3. Tobay MacQuoid 6:49. 45-49: 1. Wendy Watson 5:57, 2. Lisa Allen 6:38, 3. Corrine Schratz 6:53. 50-54: 1. Chris Matso 7:00, 2. Kathy Strom 7:13, 3. Janet White 9:42. 55 & Over: 1. June Moberg 9:17, 2. Louise Smith 9:48, 3. Shirley Malm 11:17.

Firebaugh-Mendota Rotary River Run

March 23, Firebaugh, 3 Mi. & 6 Mi.

Division Results - 6 Mile

Open: 1. Nestor Ayala 32:40, 2. Ray Sandoval 36:08, 3. Bill Bush 49:47. Seniors 30-39: 1. Bob Enger 37:15, 2. Bruce Anderson 37:42, 3. Jon White 44:30. Masters 40+: 1. Craig Elia 35:01, 2. Louie Phillips 36:20, 3. Curtis Elia 38:51. Open Women: 1. Mary Ann Barrosa 49:06, 2. Jackie Ryle 53:18, 3. Christie Ballard 57:06.

Division Results - 3 Mile

Open: 1. Arterio Villegas 17:25, 2. Terrence Keller 18:07, 3. Bruno Rinaki 18:07. Women's Over 30: 1. Helene Miller 28:51, 2. Sylvia Esquivel 56:58, 3. Angel Brown 56:58. Women Under 30: 1. Leslie Bridges 27:27, 2. Tracey Stanley 30:34. High School: 1. Will Colt 23:20.

One Mile Girls 12 & Under: 1. Abigail Giesel 9:38, 2. Lyric Fisher 12:05.

Jack Bishin 90th Birthday Run SCATAC 5K Legg Lake District Championship

March 23, Westlake Village, 5K

Overall Results

1. Harrison Smith (21) 15:01, 2. Keith Witthauer (35) 15:38, 3. Peter Mogg (36) 16:04, 4. John Araujo (33) 16:13, 5. Ignacio Delgado (20) 16:29, 6. George Marquez (22) 16:42, 7. Jim O'Brien (38) 16:43, 8.

Gene Ball (45) 16:59, 9. Dennis David (30) 17:20, 10. Michael Mutek (39) 17:25.

11. James Shaw (31) 17:50, 12. Armando Hernandez (40) 17:51, 13. Michael Griffith (42) 18:10, 14. Dave Arntson (52) 18:16, 15. Andre Tocco (56) 16:28, 16. Nick Trozzi (30) 18:33, 17. Richard Hargis (44) 18:36, 18. Bruce Hoff (28) 18:40, 19. Steve Elder (39) 18:40, 20. John Limone (35) 18:50.

Division Results - Men

29 & Under: 1. Ignacio Delgado 16:29, 2. George Marquez 16:42, 3. Bruce Hoff 18:40. 30-34: 1. John Araujo 16:13, 2. Dennis David 17:20, 3. James Shaw 17:50. 35-39: 1. Keith Witthauer 15:38, 2. Peter Mogg 16:04, 3. Jim O'Brien 16:43. 40-44: 1. Armando Hernandez 17:51, 2. Michael Griffith 18:10, 3. Richard Hargis 18:36. 45-49: 1. Gene Ball 16:59, 2. Roy Gardner 18:51, 3. Richard Velez 19:10. 50-54: 1. Dave Arntson 18:16, 2. Booker Washington 19:28, 3. Anthony Gomez 19:37. 55-59: 1. Andre Tocco 16:28, 2. Al Ray 19:37, 3. William O'Donnell 19:47. 60-64: 1. Patrick Devine 19:15, 2. Leonard Walts 21:16, 3. Milo Sather 21:31. 65-69: 1. Ted Fujioka 23:14, 2. Daniel Lujan 23:18, 3. John Mooshagian 28:08. 70-79: 1. Eddie Lewin 22:42, 2. Phil Jones 23:29, 3. Dutch Benedetti 23:45. 80 & Over: 1. Jack Bishin 45:38.

Division Results - Women

29 & Under: 1. Dawn Morgan 23:20. 30-34: 1. Janet Horem 19:02, 2. Marlene Falconi 22:49, 3. Laura Salinas 32:23. 35-39: 1. Joan Britt 23:38, 2. Rutha Johnson 24:32, 3. Delores Manrique 24:47. 40-44: 1. Lynne Plambeck 21:33, 2. Becky Parker 21:56, 3. Solange Stramler 21:59. 45-49: 1. Judy Kewley 20:50, 2. Theresa Riley 26:13, 3. J. Silva 33:30. 50-54: 1. Gina Faust 19:48, 2. Yvette Lavigne 20:21, 3. Cecily Parke 21:02. 55-59: 1. Irene Olberz 21:44. 60-64: 1. Lillian Esqueda 28:56. 70 & Over: 1. Mary Schudy 40:52.

Conejo Youth Employment Services/Domino's Pizza Runs for the Future

March 24, Thousand Oaks, 5 & 10K.

Overall Results - 5K

1. Steve McMillin 16:47, 2. Arthur Jimenez 16:58, 3. T J McGreevy 17:03, 4. Sandy Vasser 17:07, 5. Chad Cook 17:08, 6. Jim Perez 17:33, 7. Kookie Reyes 17:38, 8. James Stepan 17:39, 9. Roberto Leonardo 17:52, 10. Nick Trozzi 18:09.

11. Aaron Hull 18:18, 12. Dave Wheeler 18:25, 13. Marcus Castro 18:29, 14. Lott Steffey 18:30, 15. Rick Maciel 18:32, 16. Brad Baumann 18:33, 17. David Butler 18:33, 18. Ralph Clare 18:35, 19. John Smith 18:41, 20. Roger Patrick 18:48.

21. John Marnell 18:55, 22. Steve Bushey 18:55, 23. Louie Alvarez 19:05, 24. Big Foot Wells 19:12, 25. Doug Rowlett 19:14, 26. Joshua Ziegert 19:18, 27. Robert Lopez 19:22, 28. Sandy Nyland 19:25, 29. Andrew Hecker 19:28, 30. Frank Rivera 19:31.

Overall Results - 10K

1. Andrew MacNaughton 33:02, 2. Peter Oviatt 33:26, 3. George Pierce 33:38, 4. David Louks 33:58, 5. Jussi Hamalainen 35:12, 6. John Drury 35:19, 7. Bobby Fardin 35:24, 8. Steve Durand 35:35, 9. T J McGreevy 36:18, 10. Arthur Jimenez 36:35.

11. Michael Reznick 36:43, 12. Greg Shorey 36:46, 13. Mark Costello 36:48, 14. Greg Bantista 36:59, 15. Kent Klepe 37:13, 16. Roberto Camargo 37:18, 17. Laura Burns 37:24, 18. Matt Simms 37:29, 19. James Stepan 37:47, 20. Jim Ezell 37:50.

21. Wilfredo Hernandez 38:04, 22. Antonio Ramos 38:29, 23. Mike Mench 38:53, 24. Dave Wheeler 39:17, 25. William Keeling 39:33, 26. John Davis 39:37, 27. Sam Leggett 39:38, 28. Jeffrey Knotts 39:49, 29. Andrew Reznick 39:50, 30. Roger Patrick 39:51.

Fifty-Plus Runners Association 8K

March 24, Stanford.

Division Results - Men

50-54: 1. Sai Vasquez 26:21, 2. Stephen Lyons 28:11, 3. Alan Tracy 29:47. 55-59: 1. John Finch 29:29, 2. Glynn Wood 31:01, 3. Alex Derieux 31:08. 60-64: 1. Gaylon Jorgensen 28:58, 2. Richard Laine 32:04, 3. Dave Stephenson 32:24. 65-69: 1. Jim O'Neil 31:22, 2. Herbert Taylor 38:19, 3. Alan Rosenfeld 40:01. 70-74: 1. Larry Johnson 37:28, 2. Paul Reese 39:46, 3. Pierre Delfausse 42:04. 75-79: 1. Bill Nice 40:08, 2. Jarchke Albers 45:07, 3. Frank Cuzzillo 50:17. 80-84: 1. Mel Shine 42:46, 2. Ralph Jago 50:36.

Division Results - Women

50-54: 1. Shirley Matson 28:54, 2. Barbara Miller 32:31, 3. Eve Pell 33:37. 55-59: 1. Martha Klopfer 37:35, 2. Barbara Frevort 39:15, 3. Gloria Dake 39:53. 60-64: 1. Ruth Bortz 41:04, 2. E. Danto 45:08, 3. Marge Kalmanson 45:33. 65-69: 1. Jaclyn Caselli 41:53, 2. Dorothy Thomas 42:26, 3. Kit Pickles 44:28. 70-74: 1. Annette Long 54:11, 2. Margaret Kegley 1:00:40.

Fontana Half Marathon & 5K

April 6, Fontana.

Overall Results - Men's Half Marathon

1. Fredson Mayer (25) L.A. 1:02:04, 2. Sammy Rotich (33) Albuquerque, NM 1:02:12, 3. Benito Cruz 1:02:19, 4. Sam Sitonik (35) 1:03:09, 5. John Bednarski (41) Albuquerque, NM 1:04:39, 6. Gordon Christie (29) Santa Barbara 1:05:00, 7. Bobby Adams (28) Fullerton 1:06:32, 8. David Ronco (27) Seal Beach 1:06:57, 9. Vidal Carvajal (31) San Antonio, TX 1:08:41, 10. Phillip Nicholls (31) Victoria, Cana. BC 1:08:56.

11. Ismael Frausto (28) San Bernardino 1:10:18, 12. Donald Ocana (40) Placentia 1:12:03, 13. Steve Strahlow (26) Corona 1:12:08, 14. Andy Thacher (28) Poway 1:12:34, 15. Jeff Shockey (25) Redlands

1:12:43, 16. John Lemar (35) Fontana 1:13:27, 17. Michael Toubeh (32) Fontana 1:14:12, 18. Dennis Kollai (42) Brooklyn, OH 1:14:55, 19. Miguel Gavia (35) Vista 1:15:03, 20. Ray Chavira (27) Hacienda Heights 1:16:57.

Division Results - Men's Half Marathon

11-14: 1. Jon Moore 2:08:28, 2. Jarrett Peteroff 2:12:02, 3. John Martin 2:26:18. 15-19: 1. Michael Shane 1:20:38, 2. Konrad Shadler 1:21:50, 3. Mario Torres 1:23:19. 20-24: 1. Joel Galvez 1:19:10, 2. Ismael Haro 1:22:36, 3. Jeffrey Sylvia 1:22:58. 25-29: 1. Gordon Christie 1:05:00, 2. Bobby Adams 1:06:32, 3. David Ronco 1:06:57. 30-34: 1. Vidal Carvajal 1:08:41, 2. Phillip Nicholls 1:08:56, 3. Michael Toubeh 1:14:12. 35-39: 1. Sam Sitonik 1:03:09, 2. John Lemar 1:13:27, 3. Miguel Gavia 1:15:03. 40-44: 1. John Bednarski 1:04:39, 2. Donald Ocana 1:12:03, 3. Dennis Kollai 1:14:55. 45-49: 1. John Rodriguez, Jr. 1:18:53, 2. Bob Kingery 1:27:30, 3. Paul Akiyama 1:28:29. 50-54: 1. Dave Arntson 1:24:25, 2. Dick Rodriguez 1:27:11, 3. Ralph Smith 1:28:18. 55-59: 1. Ken Calvin 1:28:09, 2. William O'Donnell 1:28:14, 3. William Wall 1:29:50. 60-64: 1. Jack Home 1:23:23, 2. Ray Prado 1:41:44, 3. Rao Paladugu 1:42:22. 65-69: 1. Gilbert Cisneros 1:51:40, 2. Robert Dorren 2:12:18. 70-74: 1. Eddie Lewin 1:41:41. 75-79: 1. Dutch Benedetti 1:43:19.

Overall Results - Women's Half Marathon

1. Kathy Bowman (29) San Dimas 1:12:52, 2. Carrie Booth (29) Hermosa Beach 1:15:17, 3. Torie Pleasant (23) Temple City 1:16:43, 4. Debbie Williams (24) Norco 1:17:06, 5. Mindy Ireland (39) Escondido 1:18:04, 6. Jennifer Henderson (32) Barstow 1:18:15, 7. Carol Carrigan (30) Hemet 1:20:33, 8. Jill Home-Metzer (30) Huntington Beach 1:20:37, 9. Margie Lindsey (48) Fresno 1:26:02, 10. Manouch Lankarani (48) Crestline 1:27:33.

11. Connie Bouchard (44) Placentia 1:28:45, 12. Claudia Morales (40) Los Angeles 1:28:53, 13. Mary Mera (37) Riverside 1:29:14, 14. Sharon Kebler (29) Chino Hills 1:30:09, 15. Linda Kewin (47) Highland 1:30:31, 16. Jennifer Faust (24) Anaheim 1:31:23, 17. Irene Olberz (57) La Canada 1:32:34, 18. Laurie Aylaian (32) Calipatria 1:35:54, 19. Robin Hale (38) Agoura 1:36:48, 20. Loraine Westhafer (41) Gardena 1:37:20.

Division Results - Women's Half Marathon

15-19: 1. Griceka Villago 1:40:16, 2. Diane Vargas 2:42:08. 20-24: 1. Debbie Williams 1:17:06, 2. Jennifer Faust 1:31:23, 3. Danza McPike 1:43:02. 25-29: 1. Sharon Kebler 1:30:09, 2. Clarita Thoms 1:37:43, 3. Gretta Etrich 1:40:56. 30-34: 1. Jennifer Henderson 1:18:15, 2. Carol Carrigan 1:20:33, 3. Jill Home-Metzer 1:20:37. 35-39: 1. Mindy Ireland 1:18:04, 2. Mary Mera 1:29:14, 3. Robin Hale 1:36:48. 40-44: 1. Connie Bouchard 1:28:45, 2. Claudia Morales 1:28:53, 3. Loraine Westhafer 1:37:20. 45-49: 1. Margie Lindsey 1:26:02, 2. Manouch Lankarani 1:27:33, 3. Linda Kewin 1:30:31. 50-54: 1. Karen Keith



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Houlihan's to Houlihan's Run

By Dave Rhody

March 24. San Francisco. 12K.

For a runner who generally prefers the predictability of running on a track, running 12 kilometers up to and across the Golden Gate Bridge in a driving rainstorm is a far cry from optimal conditions. But Jay Marden, the men's overall winner of the 1991 Houlihan's to Houlihan's 12K, brought his road-racing attitude to the starting line on March 24th and he came to win.

As 28-year-old Jay Marden told the *Marin Independent Journal*: "If you came to race, you came to race. It doesn't matter if it's snowing or if it's raining. It all depends on where you are in the psyche, as well as your physical training." With both his attitude and his training in place Marden won the eighth annual Houlihan's to Houlihan's race in a time of 37:22.

"I knew it was going to be raining. I really anticipated it," Marden said. "And everybody's running in the rain, so you can't let it be a factor. Everybody's got the same conditions. All you have to do is focus on what you're doing, and (the rain) won't bother you. It didn't bother me."

Not all runners felt the same. "It was really windy up on top of the (Golden Gate) bridge and really wet" said runner Dennis Curtis. "It made it really difficult, especially if you were out there by yourself. I got stuck between two packs, and the wind was just blowing me all over. It was hard to stay warm. It just kept your whole body cool."

Although the original estimate was for more than 4,000 runners, approximately 3,300 braved the cold, wind and rain for Sunday's race which began at East Fort Baker in Sausalito and ended in San Francisco's Aquatic Park. The runners who started later -- the Houlihan's Race starts in three waves, ten minutes apart -- got hit even harder by the rainstorm. While the winners were crossing

the finish line at Fisherman's Wharf, thousands of runners on the Golden Gate Bridge were literally staggered by force of the the storm.

Rosa Gutierrez was the top women's finisher, besting the field in a time of 43:06. "The rain didn't bother me too much," she said. "Before the race



JAY MARDEN

Photo by Gene Cohn Productions

started, I just put it in my head and had the attitude of just going out and giving it a good effort, and forgetting about times."

Good attitude, because although she won, neither Gutierrez or Marden were able to top the course records held by last year's winners Terry Schmidt (41:32) and Rich McCandless (36:02).

"The time was slow, real slow," Marden said. "It felt slow, too. You generally run more tight in the rain," Marden said. "You're probably not as brave. You really don't want to have the (guts) to get out there and just hammer. When it's raining like this, you know the times are going to be slower. I mean, it was really raining. And the winds were real strong. In different circumstances, you would see people pushing the pace more."

The closest race, by far, was in the men's category, where the top six runners finished within 35 seconds of each other. Rich McCandless (the '90 Houlihan's winner), did the work of breaking the wind for the lead pack for most of the race, only to be third in at the finish, outsprinted at the finish by Marden and Jim Sapienza. Marden passed Sapienza in the last 150 meters, beating his buddy by just two seconds (37:22-37:24). Robert Anex was fourth, Conover was fifth and Daniel Gonzalez was sixth.

"I felt real good," Marden said. "It was a good win."

Gutierrez, who had won two weeks ago in her home city of San Jose, had an easier time of it, outdistancing her closest challenger, Linda Somers, 43:06 to 44:01. "A girl from Brazil (deAlmeida) was in front at the beginning, and then going up the hill, right before the Golden Gate Bridge, I caught up with her and passed her," Gutierrez said. "And from that point on, I led the race."

"I had fun," Gutierrez said. "I just had a good attitude. I didn't put any pressure on myself, and I felt very relaxed and I had a good time, a good time out there running. And the course was a nice course. It was a tough course."

Note: All runners quotes from the *Marin Independent Journal*, Monday, March 25, 1991 issue. Writer: Carl Kotala.

Overall Results - Men

1. Jay Marden (28) Fremont 37:22, 2. James Sapienza (27) Sacramento 37:24, 3. Rich McCandless (35) Hayward 37:32, 4. Robert Anex (32) Atherton 37:38, 5. Mark Conover (30) San Luis Obispo 37:49, 6. Daniel Gonzalez (28) Mountain View 37:57, 7. Alan Dehlinger (30) Reno, NV. 38:44, 8. Joe Rubio (28) San Luis Obispo 38:48, 9. Brent Griffiths (28) Morro Bay 38:50, 10. John Morse (26) Walnut Creek 39:02.

11. Patrick Johnson (22) 39:02, 12. Charles Alexander (27) Mountain View 39:11, 13. Mike Livingston (25) Mountain View 39:12, 14. Chris Willis (32) Saint Hele-

na 39:14, 15. Tim Minor (33) Reno, NV. 39:17, 16. Roderick Berry (31) San Anselmo 39:29, 17. Victor Santamaria (23) 39:37, 18. Sieg Lindstrom (29) Mountain View 39:38, 19. Jim Kaspari (29) Foster City 39:52, 20. Lynn Mentzer (31) Reno, NV. 39:58.

Overall Results - Women

1. Rosa Gutierrez (27) San Jose 43:06, 2. Linda Somers (29) Oakland 44:01, 3. Angelica deAlmeida (25) San Francisco 44:03, 4. Robyn Shaver (20) 44:09, 5. Anne Hare (26) 44:29, 6. Suzanne Rico (26) San Francisco 45:11, 7. Rebecca Chamberlain (23) San Jose 45:32, 8. Laura Bruess (30) Castro Valley 45:58, 9. Suzanne Gyorey (32) San Jose 46:28, 10. Laura Sanchez (29) Salinas 47:13.

11. Laurie Chapman (23) San Jose 47:15, 12. Lura Damiano (33) Fort Bragg 48:06, 13. Gina Simmering (28) Redwood City 48:26, 14. Tina McCandless (27) Hayward 48:47, 15. Sheri McCarroll (27) San Jose 49:24, 16. Karen Rowen (30) San Jose 49:29, 17. Susan Lupica (37) San Francisco 49:33, 18. Linda Mantynen (42) Markleeville 50:01, 19. Kimberly Fitcher (22) 50:25, 20. Katharina Berge (46) Berkeley 50:38.

Division Results - Men

6-12: 1. Keenan Kubicki 1:11:00, 2. Jonathan Mascitelli 1:21:48, 3. Steven Doninelli 1:24:53. 13-19: 1. Jason Maintzer 44:04, 2. Peter Johnson 44:15, 3. Steve Brusig 44:40, 20-29: 1. Jay Marden 37:22, 2. James Sapienza 37:24, 3. Daniel Gonzalez 37:57, 30-39: 1. Rich McCandless 37:32, 2. Robert Anex 37:38, 3. Mark Conover 37:49, 40-49: 1. Steve Ferraz 40:33, 2. Mark Graves 40:45, 3. Dan Sauers 41:07, 50-59: 1. Tim Rostege 44:22, 2. Bill Meinhardt 44:51, 3. Don Spikelmier 46:00, 60-69: 1. Ray Piva 50:39, 2. Lane Walton 55:26, 3. Bob Chadwick 59:31. 70 & Over: 1. Jim Stephenson 1:37:33.

Division Results - Women

13-19: 1. Nicole Meirhans 59:15, 2. Regina Ako 1:02:09, 3. Stacy Sims 1:04:27. 20-29: 1. Rosa Gutierrez 43:06, 2. Linda Somers 44:01, 3. Angelica de Almeida 44:03. 30-39: 1. Laura Bruess 45:58, 2. Suzanne Gyorey 46:28, 3. Lura Damiano 48:06. 40-49: 1. Linda Mantynen 50:01, 2. Katharina Berge 50:38, 3. Sharon Svensson 52:27. 50-59: 1. Anne Neeley 59:39, 2. Peggy Kang 1:00:29, 3. Jo Sullivan 1:00:43. 60 & Over: 1. Laura Pate 1:02:14, 2. Annette Totton 1:25:56, 3. Olivia Murphy 1:27:36.

RESULTS

2:07:35, 2. Clara Thoms 2:15:27, 3. Nancy Tyner 2:22:04, 55-59: 1. Irene Oberz 1:32:34, 2. Virginia Skiffington 2:05:18, 3. Gayle Partlow 2:34:43, 60-64: 1. Murlene Horne 2:18:39, 65-69: 1. Mary Storey 1:47:25, 2. Maybell Russell 2:07:55.

Division Results - Men's 5K

Overall Winners: 1. William Musyoki 13:23, 2. Greg Whiteley 13:25, 3. Tony Young 13:50. **10 & Under:** 1. Arthur Maltved 20:28, 2. Christopher Hsu 21:43, 3. Angel Valenzuela 22:13, 11-14: 1. Salvador Carmona 18:51, 2. Robert Swoboda 18:58, 3. Delany Salmon 19:31, 15-19: 1. Larry Gillen 16:10, 2. Chris Walter 16:12, 3. Matt McHugh 16:24, 20-24: 1. Tommy Leon 14:25, 2. Felipe Martinez 14:37, 3. Victor Morales 15:33, 25-29: 1. Angel Roman 13:59, 2. Richard Lee 14:18, 3. Gus Quinonez 14:20, 30-34: 1. Henry Chio 14:56, 2. J. Horowitz 15:02, 3. Marty Kibiloski 15:28, 35-39: 1. Sam Obwacha 14:19, 2. Carey Simons 14:29, 3. Barry Schaeffer 15:20.

40-44: 1. Doug Bell 14:02, 2. Nolan Smith 14:22, 3. Ron Gee 14:29, 45-49: 1. Catarino Gonzalez 15:57, 2. Frank Freyne 18:27, 3. Patrick Russell 19:09, 50-54: 1. Martin Balding 16:32, 2. Mr. Eino 16:55, 3. Brian Fernee 17:34, 55-59: 1. Bill Crum 16:58, 2. Ron Morgan 17:35, 3. Peter Faust 17:43, 60-64: 1. Patrick Devine 17:51, 2. Efrin Sanchez 19:41, 3. Richard Elizarraras 19:58, 65-69: 1. Joe Fleischmann 22:27, 2. Bill Hopkins 24:40, 3. John Daly 26:05, 70-74: 1. JR Smith 27:02, 75-79: 1. John Patric 28:45, 80 & Over: 1. Jacob Bishin 42:46.

Division Results - Women's 5K

Overall Winner: 1. Sue Lee 14:56, 2. Anne Hare 15:35, 3. Chris McNamara 15:40. **10 & Under:** 1. Gynlynn Vessup 26:58, 2. Brittany Hunchloff 28:40, 3. Monique D'Balcazar 31:58, 11-14: 1. Heather Robyn 23:52, 2. Darline Morales 24:47, 3. Andrea Hickleman 24:32, 15-19: 1. Mary Martinez 17:17, 2. Marisa Jaurigan 24:11, 3. Diana Rodriguez 25:21, 20-24: 1. Heather Young 16:34, 2. Diane Taylor 17:59, 3. Bridget Freyne 18:08, 25-29: 1. Beth McGrann 17:29, 2. Adrienne Trader 19:43, 3. Suzy Lins 22:46, 30-34: 1. Marie Perez 18:18, 2. Laura Held 18:30, 3. Cheryl Davis 21:06, 35-39: 1. Teri Busby 16:41, 2. Michelle Buchicchio 16:44, 3. Laurie Land 20:43, 40-44: 1. Michele Tiff 17:28, 2. Loi Coker 17:47, 3. Yolanda Zavala 23:20, 45-49: 1. Barbara Reukema 21:32, 2. Laverne Kopp 25:22, 3. Carole Hudson 26:08, 50-54: 1. Gina Faust 18:22, 2. Kay Ives 27:33, 3. Kathy Mallard 28:01, 55-59: 1. Esther Milich 25:01, 2. Myana Ashley 35:16, 60-64: 1. Nancy Jacobsen 33:46.

NorCal Duathlon II

April 7. Davis.

Overall Results - Elite

1. Mac Williamson 1:17:57, 2. Chris Willis 1:19:46, 3. Ty Nickel 1:21:52, 4. Peter Rosser 1:23:20, 5. Frances Gailson 1:26:20, 6. Susan Latschaw 1:30:42, 7. Bruce Mace 1:35:52, 8. Joan Alley-Smith 1:39:48, 9. Bryan Fahrenbach 1:48:41.

Overall Results - Open

1. Brett Radanoff 1:21:34, 2. Jon Christopher Moens 1:22:36, 3. Chris Ward 1:23:05, 4. Doug Denny 1:23:25, 5. Steve Deal 1:23:40, 6. Tim Pontarelli 1:24:23, 7. Peter Lewandowski 1:24:36, 8. Curt Feenstra 1:24:50, 9. Don Hays 1:26:15, 10. Arne Hanson 1:26:17.

11. Scott Schumaker 1:28:35, 12. Kent Bernat 1:26:40, 13. Scott Young 1:26:50, 14. Mojo Cosgrove 1:27:17, 15. Craig Jones 1:27:17, 16. Eric Barkey 1:27:25, 17. Fast Eddie 1:27:33, 18. Terry Brendel 1:27:52, 19. Tony Walsh 1:27:56, 20. Rocky Sanchez 1:27:56.

Same Sex Relay: 1. Felsch/Whitney 1:22:04, 2. Peabody & Sherman 1:36:18, 3. The 2 Friends 1:36:19, 4. Grafius/Grafius 1:43:29.

Mixed Sex Relay: 1. Douglas Track 1:39:18.

Poor Richard's Stampede

April 14. San Luis Obispo. 5K.

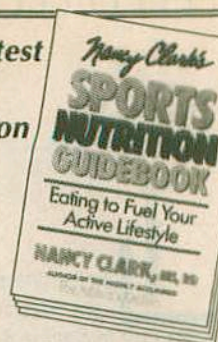
Division Results - Men

12 & Under: 1. Chris Felix 20:19, 2. Tim Felix 21:58, 3. Kevin Sagie 22:23, 13-16: 1. Adam DiVergilio 16:07, 2. Rodger Ciano 17:00, 3. Ricky Felix 19:10, 17-29: 1. Mark Castro 15:44, 2. Chris Prieur 16:24, 3. Joe Larwood 16:37, 30-39: 1. Adolfo Lopez 15:08, 2. Paul Lee 15:58, 3. Terry Lentz 17:33, 40-49: 1. Brian Waterbury 17:26, 2. Larry Jamison 18:50, 3. Stan Rosenfield 19:05, 50-59: 1. Don Drake 21:38, 2. Ron Lewis 23:14, 3. Bill Endert 25:10, 60 & Over: 1. Bill Winstanley 20:41, 2. John Holoubek 23:34, 3. Bill Cotnam 25:39.

Division Results - Women

12 & Under: 1. Stephanie Felix 23:09, 2. Michelle June 23:14, 3. Kara June 24:18, 13-16: 1. Vanessa Lund 20:27, 2. Ali McGee 22:06, 3. Melissa Roberts 23:33, 17-29: 1. Sue O'Sullivan 19:54, 2. Stephanie Rainwater 20:03, 3. Elan Parti 20:23, 30-39: 1. Jani Johnson 17:11, 2. Irene Henderson 18:34, 3. Patricia Graham-Lewis 22:19, 40-49: 1. Bonnie Tuohy 24:28, 2. Janice Nanninga 24:50, 3. Marie Bartholow 24:53, 50-59: 1. Pat Winstanley 30:30, 2. Barbara Spann 36:26, 60 & Over: 1. Helen Waterbury N.T., 2. Dana Clutter N.T.

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WHARF TO WHARF

SANTA CRUZ TO CAPITOLA

It's the 19th annual WHARF to WHARF race. This scenic six-mile run from Santa Cruz to Capitola-By-the-Sea is a favorite of casual joggers and world-class athletes alike. Perfect running conditions and a spectacular course, lined with live music and crowds of enthusiastic spectators, guarantee fast times and fine fun. Giant balloon arches mark each mile. The beach party finish and runner giftpak are legendary. That's the good news.

The bad news is that WHARF TO WHARF is not for everyone. Due to small town venue limitations, the race is restricted to just 12,000 runners. Entry applications are accepted on a first-come, first-served basis. Nearly 8,000 were returned last year as the event sold out in June. You must sign up early to get in. WHARF TO WHARF is the most exclusive road race in the world. Catch it if you can!

COURSE RECORDS

Brian Abshire 27:45 (1989) Lynn Nelson 31:42 (1989)

The WHARF TO WHARF RACE is produced and administered by the WHARF TO WHARF RACE INC., a California nonprofit corporation. Race proceeds benefit Santa Cruz County sports programs in general and the running community in particular. **RACE HOTLINE: (408) 475-2196**

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. **Top OPEN and LOCAL male and female finishers each win vacation trips for two to Hawaii**, compliments of Borland International. Top three finishers are awarded Olympic-style medals. Top 100 men and top 100 women will receive special commemorative sweatshirts. All race finishers earn the special giftpak loaded with snacks and refreshments and featuring the Official Finisher's T-shirt which cannot be purchased by anyone, anywhere, at any price, ever!

REGISTRATION

Complete the attached entry form. Clip and mail with a **check for \$15** to WHARF TO WHARF, Box 307, Capitola, CA 95010. (FORM MAY BE PHOTOCOPIED). **Once accepted, entry fees are non-refundable.** Late entries and checks will be returned.

RACE PACKET

If you make the 12,000 runner cut, your registration packet with bib number and raceday instructions will be sent to you by first class mail July 1.

RACE DAY

Sunday, 28 July. Pre-race show begins at 7:45 a.m. at the Santa Cruz Wharf starting line. The race will start at 8:30 a.m. SHARP. Free shuttle buses will help you get from race parking areas to the START and back to Santa Cruz after the race.



Pacific Western Bank



BORLAND

1991 WHARF TO WHARF RACE

ENTRY FORM

PLEASE PRINT CLEARLY

Name		FIRST NAME		LAST NAME		Best 1991 10K Time	
Address						Raceday Age <input type="text"/> <input type="text"/> Sex <input type="checkbox"/>	
City		State		Zip		Day Phone () - <input type="text"/> - <input type="text"/>	

AS ROAD RACING 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 _____ / _____ DATE _____
RUNNER PARENT/GUARDIAN IF UNDER 18

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.