

MAY 1992

ISSUE NO. 179

CALIFORNIA

Running News

93/01

Plato Yanicks, X-C Coach
Menlo-Atherton H.S.
555 Middlefield Rd.
Atherton, CA 94027 *



- ✓ Big Sur Marathon
- ✓ Carlsbad 5000
- ✓ Pre-Exercise Food
- ✓ U.S. Men's Olympic Marathon Trials

SCHEDULE...RESULTS...

BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629



California's Road Racing Magazine

Eighteenth Year

Digital Quartz Printing Stopwatch S129

DISPLAY AND BUTTON/SWITCH OPERATION

Paper advance switch:
With each press of the switch, one line is advanced. The paper is advanced continuously by keeping the switch pressed.

Print mode selection switch:
Split time and lap time are printed out.
 - Upper position: SPLIT
 - Lower position: LAP
 Split time is printed out. SPLIT

Readout selection button:
With each press of the button, the measurement is displayed in 1/100 seconds and one second alternately.

Mode selection button:
 1 Stopwatch mode
 2 Auto start setting mode
 3 Time/calendar mode

Roll paper cover:
Set the roll paper inside the cover.

Power switch for printer

Grip switch selector:
 When the grip switch is used:
 - Upper position
 - Lower position
 When the grip switch is not used.

Lock lever: The lever locks button A.

	Stopwatch mode	Auto start set and Time/Calendar mode
Button A	Start/stop	Digit set
Button B	Split/lap reset	Selection of digits to be advanced

Memory recall button:
With each press of the button, the times stored in the memory can be recalled.

External data output jack

Grip Switch Jack:
The jack connects the grip switch with the stopwatch.

Auto Start Jack:
The jack is used for transferring the auto start time.

SEIKO S129

\$279.00

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
```

```

1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
```

Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

Specifications

Time Base and Accuracy:

Quartz oscillator, ±0.5 seconds (24 hours/70°F)

Printout:

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

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

Modes:

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

Temperature:

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

Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).
 Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

JACK'S ATHLETIC SUPPLY

P.O. Box 459, San Carlos, CA 94070 • (415) 595-2249

CALIFORNIA Running News

Bill Cockerham
Editor & Publisher

Judy Cockerham
Production/Advertising Manager

Elaine Fraley
Production Assistant

Jack Leydig
Schedule Editor

Richard Lee Slotkin
Long Distance Editor

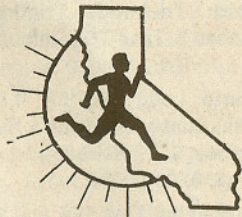
Nancy Clark
Nutrition

PHOTOGRAPHERS: Gene Cohn, Rich Gardner, Kenneth Lee, Kirby Lee, Bill Leung Jr., Elaine Rosenfield, Richard Lee Slotkin.

California Running News is published 11 times per year -- one issue per month, except December which is combined with November. Each issue is mailed about the first of the month. **California Running News** has an average circulation of 8,000 copies, consisting of paid subscriptions, store sales, and promotional copies. **California Running News** is mailed third class bulk rate and is not forwardable. When you move, please let us know at least 4 weeks in advance.

SUBSCRIPTION RATES: 1 year (11 issues) -- \$18.00 (plus \$1.40 CA tax), 2 years (22 issues) -- \$32.00 (+ 2.48), 3 years (33 issues) -- \$43.00 (+3.33). Add \$10 per year for U.S. First Class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

ADVERTISERS: Closing date the first of the month previous to cover date. Send for current rate card. Special discounted rates for meet / race / clinic ads.



4957 E. Heaton Avenue
Fresno, CA 93727
(209) 255-4904
FAX (209) 255-4904
MEMBER: The Running Network

TABLE OF CONTENTS

MAY 1992

ISSUE NO. 179

Schedule.....	4
Carlsbad 5000 by Richard Lee Slotkin.....	18
The Athlete's Kitchen: "Pre-Exercise Food".....	21
U.S. Men's Olympic Marathon Trials.....	22
Big Sur Marathon.....	24
Results.....	26
"The Postage Stamp Push-Off" by Jeff Galloway.....	31

FROM THE EDITOR

The Human Race

I hesitate to bring up the topic of the recent Los Angeles riots. However, local road race timing guru and middle-of-the pack runner, Victor Salazar, shared a positive thought with me concerning an otherwise depressing topic. His comments were just what I needed to pick me back up.. Maybe you can benefit from his observations as well.

Immediately following the acquittal of the police involved in the Rodney King incident, the news media was flooded with scenes of violence, not only in Los Angeles, but around the state, including my hometown, Fresno. I knew about hate, violence, prejudice and stupidity, but I had never experienced the confusion, frustration and fear that filled me during the riots. Mans' inhumanity to man was portrayed in a very ugly, very real and very close way. It was depressing and made me sick.

It was with these feelings plus a sense of hopelessness for mankind, that I took the family to the first Fresno Fair Children's 1K Footraces. This was during the time of the riots. We all wondered if the kids races would be cancelled, as other athletic events in town and around the state had been.

It was in these children's footraces that my friend Victor Salazar pointed out that there is hope for humans to be able to get along. He observed that our children, hundreds of them from all races, hadn't yet learned prejudice and hate. We watched youngsters side-by-side enjoying the run to-

gether and having fun together. There was joy, happiness and peace among all those children coming together to participate in this event. I am proud to be part of such a sport that provides this type of brotherhood among all who toe the starting line.

In the midst of one of the darkest times I can remember, I saw a ray of light. Even though people around the state were acting out hate and violence, there was hope. Hope in the children. Hope in our kids, who haven't yet learned to hate. What are we teaching them? What are they learning from us? They will learn from us by our words and deeds. Perhaps we should first learn a lesson in brotherhood from them.

My prayer is that we, as role-models, can demonstrate love and peace for all people. This could preserve the spirit of brotherhood I observed at the children's' races.

ON THE COVER: BRAD HAWTHORNE winning his 5th Big Sur Marathon (*CRN photo*). **VICKI HUBER** (inset) set a new American Record at the Carlsbad 5000. See Richard Slotkin's story beginning on page 18. (Photo by Richard Lee Slotkin)

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 9 (Saturday):

San Jose: Mike Popolizio Quicksilver 50K/50M, Quicksilver County Park, 6 a.m. Steve Tietz, 6363 Firefly Dr., San Jose 95120. (408) 268-1683.

San Francisco: Angel Island 5 Mi. Run/Walk, Time TBA. The Guardsmen, 115 Sansome St., #310, San Francisco 94104. (415) 781-6785.

San Francisco: Ocean Beach 5K, Balboa St. & Great Hiway, 11:15 a.m. (on sand at low tide). Ocean Beach 5K, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

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

Larkspur: Human Race, 5 Mi. Run & 5K Walk, Larkspur Ferry Terminal, 8 a.m. Volunteer Center, 70 Skyview, San Rafael 94903. (415) 479-5660.

Pleasant Hill: 24-Hour Heartbeat Challenge, Marathon, 6-Hr., 12-Hr. & 24-Hr. (individuals & teams), Diablo Valley College (track), 9 a.m. Jack Riley, c/o American Heart Association, P.O. Box 6181, Concord 94524. (510) 827-1600.

San Jose: Santa Teresa Wilderness Run, 5K & 12K, Santa Teresa County Park, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Sacramento: The Human Race 5K/10K, William Land Park, 8:30 a.m. Ann Matz, Vol-

unteer Center, 8912 Volunteer Ln., Suite 140, Sacramento 95826. (916) 368-3105.

Sacramento: "Y Not Run" 5K/10K, Northeast YMCA (3127 Eastern Ave.), 8:30 a.m. Dave Mackey, c/o YMCA, 3127 Eastern Ave., Sacramento 95821. (916) 452-5451.

Fort Bragg: Sunset Run, 5K Run/Walk & Kids' Mile, 6 p.m. Mendocino Coast Recreation & Park District, 213 E. Laurel St., Fort Bragg 95437. (707) 964-9446.

Bass Lake: Smokey Bear 10K & 2 Mile. 8 a.m. Start at The Pines Resorts. Contact: Dennis Wilson, U.S. Forest Service (209) 683-4665.

Bakersfield: Bakersfield Bud Light Triathlon. Tri-Fed /USA Southwest Regional Championship. (No Raceday Registration). North Bakersfield Recreation and Park District, 405 Galaxy Ave., Bakersfield 93308. Gidget Hernandez (805) 399-2720.

Huntington Beach: Southern California Dipsea Footrace, 7.1 Mi., Central Park West, 8 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Sunset Pit Bull Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Visalia: St. John's River Run 5K Walk/Run & 1K Kid's Run, 8 a.m. PTA Scholarship Fun, 1723 S. Johnson, Visalia 93277. (209) 734-7293.

Pleasanton: Tri-Valley Human Race, 5K & 10K Run/Walk, Hacienda Business Park, 8 a.m. Louise Ssevery, Valley Volunteer Center, 333 Division St., Pleasanton 94566. (510) 462-3570.

Mill Valley: Mt. Tamalpais Marathon, Half Marathon & 10K, Rock Springs (above Mt. Tam Ranger Station), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Gilroy: South Valley Hospital Foundation 10K Run/3K Walk, 8:30 a.m. South Valley Hospital Fndn., 9400 No Name Uno, Gilroy 95020. (408) 848-8646.

Placerville: Sly Park Trail Run IV, 5 Mi., 9 Mi. & 0.5 Mi. Kids' Run, Sly Park, 8:30 a.m./

0.5 Mi., 9 a.m. Fleet Feet, 1234 Broadway, Suite E, Placerville 95667. (916) 622-9526.

Los Angeles: The Human Race, 5K/10K, Griffith Park, 8:30 a.m. Volunteer Center, 2117 W. Temple St., 3rd Floor, Los Angeles 90026. (213) 484-2849.

Los Angeles: Run for a Wish, 2K/5K/10K, Federal Bldg. (Wilshire & Veteran Ave.), 8 a.m./2K, 8:15 a.m./5K, 8:30 a.m./10K. Run for a Wish, 13601 Komblum, #15, Hawthorne 90250. (213) 259-3388.

Corona: Run for the Crown, 5K & 10K, Corona High School, 7:45 a.m./5K, 8:15 a.m./10K. Parks & Recr. Office, 815 W. Sixth St., Corona 91720. (714) 736-2241.

Murrieta: Murrieta Half Marathon & 5K, Inland Valley Regional Medical Center, 7:30 a.m./H-M, 8 a.m./5K (& Kids' Run at 9 a.m.). Murrieta Half Marathon, 2431 Morena Blvd., Suite 2H, San Diego 92110. (714) 548-4897.

May 10 (Sunday):

Washington, DC: Nike Women's Race, 8K, West Potomac Park, 8 a.m. (**May 8 Deadline or 4000 entrants**), Nike Women's Race, Box 20090, Alexandria, VA 22320. (703) 780-3037.

San Francisco: DSE Right to Assemble Run, 7.45 Mi., Howard & Spear to beach, 8 a.m. Info: (415) 978-0837.

San Jose: BAOC Orienteering Meet, Distance TBA, Joe Grant Park, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. (408) 729-1960.

Bakersfield: Tri-4-Kids Triathlon, Distance, Location & Time TBA. Info: (805) 323-6460.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Sunset Garritson's Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Visalia: End of the Trail 15K and 2 Mi. Fun Run, 8 a.m., Mooney Grove Park. Larry Doss, 2821 W. Sunnyside, Visalia 93277. (209) 732-4333 or 732-2842.

Fresno: HIV Awareness Mother's Day Run/Walk, 10K/2 Mi./1K Kids' Run, Woodward Park (Mtn. View Shelter), 7:30 a.m./1K, 7:45

SCHEDULE

a.m./2M, 8 a.m./10K. SJV HIV Care Consortium, P.O. Box 7856, Fresno 93747. (209) 269-2888, Art Badillo.

Malibu: Mother's Day Duathlon Championship, 5K Run, 25K Bike, 5K Run, Zuma Beach, 8:30 a.m. MESP, P.O. Box 9122, Calabasas 91372. (818) 880-4915.

May 14 (Thursday):

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi., & 10 Mi. Sunset Freedom Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

May 16 (Saturday):

Ft. Cronkhite: Bobcat Biathlon, 4.5 Mi. Run, 12.8 Mi. Mountain Bike, Rodeo Lagoon (off Bunker Rd.), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Geyserville: Icebreaker Triathlon, 0.5 Mi. Swim, 5K Run, 14 Mi. Bike, Lake Sonoma (Marina boat ramp), 8 a.m. (May 4 entry deadline; 400 limit). Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

Colfax: Slice 100K Run (50K on Sat. from Colfax to Foresthill; 50K on Sun. from Georgetown to Coloma). Time TBA. Paul Reese, 308 Forest Ct., Auburn 95603. (916) 823-0276.

Shafter: Run Shafter Runs, Distances, Location & Time TBA. Info: (805) 393-0866.

Tustin: Run for the Family, 5K Run/Walk & 1K Youth Dash, Tustin Market Place (El Camino Real & Jamboree), 7:30 a.m. City of Tustin, Community Services Dept., 15222 Del Amo Ave., Tustin 92680. (714) 544-8890, x220.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi., & 10 Mi., Armed Forces Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Ramon: Great Strides (Walk to Cure Cystic Fibrosis), San Ramon Community Center, 9 a.m. Cystic Fibrosis Foundation, 350 Sansome St., Suite 640, San Francisco 94104. (415) 677-0155.

Vallejo: Great Strides (Walk to Cure Cystic Fibrosis), Marina Vista Park, 9 a.m. Cystic Fibrosis Fndn., 350 Sansome St., Suite 640, San Francisco 94104. (415) 677-0155.

Bakersfield: The 24-Hour Relay Challenge,

10-Person teams alternating 1 Mile each for 24 hours, Bakersfield College (Memorial Stadium), 9 a.m. (36 Team Maximum). Kern County Superintendent of Schools Office (Attn: Michael Hulsizer), 5801 Sundale Ave., Bakersfield 93309. (805) 398-3646.

Torrance: Armed Forces Day 5K/10K Runs, City Hall (3031 Torrance Blvd.), 8 a.m. City of Torrance Armed Forces Day Runs, 3031 Torrance Blvd., Torrance 90503.

Santa Clara: (May 16 & 17) Run, Bike, Hike & Roll Show, Santa Clara Convention Center, Sat., 7 p.m./Sun. 5 p.m. Classes, exhibits, workshops, how-to clinics and sports events. Linda West (408) 354-0700.

Woodside: Woodside Marathon, Half Marathon & 5 Mi., Huddart Park (Kings Mtn. Rd.), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

San Jose: SJSU PreMed Club 5K, Lake Cunningham, 9 a.m. Denise Anderson, 1306 Karmen Ct., Santa Clara 95051. (408) 243-1273.

Lodi: Walk for the Health of It, 5K/1Mi., Lodi Memorial Hospital, 9 a.m. Jane Marengo, Lodi Memorial Hospital, 999 S. Fairmont Ave., Suite 110, Lodi 95242. (209) 339-7590.

Fresno: El Protector Fun Run, 2 Mi./10K, Fresno & "E" St., 7 a.m./2M, 7:30 a.m./10K. El Protector Run, 5179 N. Gates, Fresno 93722. (209) 488-4329.

Fresno: Valley Children's Hospital Zoo Run. 8 a.m. Children age 4-9 -- 1K loop, 10-14 -- two 1K loops. Chaffee Zoo at Roeding Park. Zoo Run/Children's Challenge, P.O. Box 25610, Fresno 93729.

Hanford: Ken Knudson Scholarship Run, 3K/10K, Lacey Park, 8 a.m. Ken Knudson Run, P.O. Box 841, Hanford 93232. Bill/Rachael, (209) 582-4628.

Lompoc: La Purisima Mission Fiesta 5K/10K, 8:15 a.m./5K, 8:45 a.m./10K. Ray Gil (805) 736-4233.

Chino: Chino Run or Skate, 5K Run & 10K Skate, 7:45 a.m./5K, 8:30 a.m. Glenn Benham, 13220 Central Ave., Chino 91710. (714) 591-9834.

Burbank: Run for the Hungry, 5K Run & Munchkin Mile, Buena Vista Park, 8 a.m./5K, 9 a.m./Mi. Run for the Hungry, P.O. Box 828, Rialto 92377. (818) 953-9506.

Jack's Athletic Supply

Imprinted Sportswear Specialists
Since 1977

Call or write for quotes on:

T-shirts, tank tops, caps, bags,
jackets, sweats, aprons and more.

We also offer timing equipment, traffic control items, ribbons,
medals, embroidered emblems, race numbers, etc.

Free race equipment rentals with shirt purchases.

Jack Leydig: Box 459, San Carlos, CA 94070
Phone (415) 595-2249



SCHEDULE

May 17 (Sunday):

San Francisco: Examiner Bay to Breakers 12K, Howard & Spears Sts., 8 a.m. Bay to Breakers, P.O. Box 7260, San Francisco 94120. (415) 777-7773.

San Carlos: San Carlos Rotary Fun Run, 5 & 10K Runs and 5K Walk, Burton park, 9 a.m. Sue Tenerowicz, 1612 Laurel St., San Carlos 94070. (415) 593-8425.

Oakland: Tilden Tough Ten, 10 Mi., Tilden Park (Inspiration Point), Time TBA. Info: (510) 601-7887.

Hughson: Endangered Species Run, 5K/10K & Kid's Mile, Hughson Fruit & Nut Festival, 9 a.m. Endangered Species Education Trust, P.O. Box 1504, Pleasanton 94566. (510) 846-8126.

Sacramento: Old Sacramento Triathlon, 0.3 Mi. Swim, 13 Mi. Bike, 3 Mi. Run, Front & "J" Sts., 9 a.m. Bill Kelly, Fleet Feet Sports, 2408 J St., Sacramento 95816. (916) 442-RACE.

Oxnard: California Strawberry Festival 10K Race. 8 a.m. Sunset Lane and Harbor Blvd. 10K & 2 mile Fun Run. Contact Fleet Feet Sports, 4269 East Main St., Ventura 93003 (805) 644-9712.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Great Western Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Kansas City, MO.: TAC/USA National Masters 10K Championship. Jerry Morrison, 5617 N. Adrian Ave., Kansas City, MO. 64151. (816) 741-2314.

Inverness: Out Where the Tule Elk Roam, 8 Mi., Tomales Point (North end of Pierce Pt. Rd. in Pt. Reyes Nat'l. Seashore), 10 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

San Jose: All for Kids Day Triathlon, Ages 6-10: 50 Yd. Swim, 5K Bike, 1K Run; Ages 11-14: 100 Yd. Swim, 8K Bike, 2K Run; plus 8K Run and 2 Mi. Family Run, San Jose State Univ. (Aquatic Center), 9 a.m. Valley Medical Center, 828 E. Bascom, Suite 170, San Jose 95128. (408) 299-6087.

Prunedale: Manzanita Park X-C 10K & 5K Run. 9:00 a.m. (Also children's fun run.) 5K walk 9:30 a.m. NCYRA, PO Box 1051, Castroville 95012 (408) 663-2108.

Pismo Beach: Beachfest '92. 5K Run. Pismo Beach Pier. 8 a.m. Chief Events, 303 Lawrence, San Luis Obispo 93401 (805) 544-7701.

Los Angeles: Jimmy Stewart Relay Marathon, 5x5.2 Mi., Griffith Park, 8 a.m. Jimmy Stewart Relay Marathon, St. John's Hospital & Health Center Fndn., 1328 - 22nd St., Santa Monica 90404. (310) 829-8968.

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

Vista: Strawberry Festival 5K, downtown, 7:30 a.m./Men, 8:15 a.m./Women, 9 a.m./Youth. First National Bank of North County, 249 S. Indiana St., Vista 92084. (619) 726-1122.

La Jolla: Golden Triangle 5K/Walk and 10K Run/Walk, 4126 Executive Dr., 7:30 a.m. Golden Triangle Run, Lawrence Family JCC, 4126 Executive Dr., La Jolla 92037. (619) 457-3030.

May 20 (Wednesday):

Davis: Humpday 5K Run/10K Rollerblade, UC Davis Campus, 6 p.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

San Diego: One-Hour Run, Balboa Stadium, 5:30 p.m. Info: Peter Stern (619) 272-5380.

May 21 (Thursday):

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Sunset Victory Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln. Pico Rivera 90660. (213) 949-0394.

May 22 (Friday)

Santa Monica: Santa Monica Twilight Distance Classic. Santa Monica City College. Skip Stolley (213) 730-9617.

May 23 (Saturday):

Vacaville: Gold Medal Triathlon, 0.5 Mi. Swim, 10 Mi. Bike, 3.8 Mi. Run, Lagoon Valley Park, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Morgan Hill: Mushroom Mardi Gras 10K & 2 Mi., Live Oak H.S., 8:30 a.m./10K, 8:45 a.m. Mitch Brenncise, 16857 Gallop Dr., Morgan Hill 95037. (408) 256-2533.

Topanga: Topange 10K. 8:00 a.m. 10K & 2 mile. Contact: (310) 455-3671.

San Dimas: Los Angeles Triathlon Series, Distance TBA, Bonelli Park, Time TBA. Info: (818) 331-0169.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Purple Tree Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Sierra Madre: Mt. Wilson Trail Race. 8.2 miles. Elev. gain of 2000'. Limited to 250. 7:30 a.m. Danna Harriman (818) 355-7135.

Stinson Beach: Muir Woods Marathon, 25K and 7 Mi., 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Potter Valley: Potter Valley Festival Run, 5K/10K and 2K Walk, 8 a.m. Laura Herman, Potter Valley Community Health Center, P.O. Box 238, Potter Valley 95469. (707) 743-1188.

Bonita: Bonita 5K/10K, Rohr Park, 7:30 a.m./5K, 8 a.m./10K. BRR, P.O. Box 851, Bonita 91908. Dave Brandland (619) 421-3424.

May 24 (Sunday):

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K & 5K Walk, Lake Merritt (Old Boathouse: 14th & Lakeside Dr.), 9 a.m. Info: (510) 601-7887.

Pinole: Pinole Spring Festival 4 Mi. & 1K Kids' Run, Fernandez City Park, 10 a.m. (Raceday Reg. only). Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Aptos: Renee's Bakery Women's Duathlon, 2.5 Mi. Run, 15 Mi. Bike, 2 Mi. Run, Valencia Elem. School, 8 a.m. (Limit 150). Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

Cotati: Smartass Race, 3K & 10K, 8 a.m. Smartass Race, Cotati Chamber of Commerce, P.O. Box 592, Cotati 94931. (707) 795-5508.

Daly City: DSE San Bruno Mountain 5K/10K & Half Marathon, San Bruno Mtn. State Park (atop Guadalupe Canyon Pkwy), 10 a.m. Info: (415) 978-0837.

Bolinas: BAOC 6 Hour Rogaine Orienteering Meet, (tentative), Distance & Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr. Oakland 94611. Gary Kraght (415) 383-4429.

Arroyo Grande: Strawberry Stampede. 10K Run. 8 a.m. End of Short St. at the Gazebo. Kiwanis Club of Greater Pismo Beach, PO

**THERE
IS NO
FINISH
LINE.**



A I R

SCHEDULE

Box 456, Arroyo Grande 93421. Ben Homer (805) 489-6878 bus., (805) 489-4157 res.

Ventura: Alano Club of Ventura Fun-D Run. 10K, 5K and 2K walk. Gary Tuttle (805) 643-1104.

Yucca Valley: The Grubstakes Races. 10K, 5K, 2K fun run. Jim Schooler (619) 228-2202.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Cottontail Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Clarksburg: Delta Duathlon Sprint Series, 1.8 Mi. Run, 11.5 Mi. Bike, 1.8 Mi. Run, Delta H.S., 8:30 a.m. Race Ready Race Management, P.O. Box 1295, West Sacramento 95605. (916) 372-7367.

Brentwood: Brentwood 5K/10K, San Vicente Blvd. & Barrinton Ave., 8 a.m. Brent-

wood Run, P.O. Box 49913, Los Angeles 90049. (213) 820-7585.

Palm Springs: Danskin Women's Triathlon, 0.75K Swim, 20K Bike, 5K Run, Time TBA. Info: (800) 452-9526.

Incline Village, NV: I Can Run, 0.5 Mi., 2 Mi. 10K, Aspen Grove, 10 a.m./0.5 Mi., 10:30 a.m./2 Mi., 11 a.m./10K. I Can Run, P.O. Box 5052, Incline Village, NV. 89450. (702) 831-7887.

May 25 (Monday):

Kentfield: Pacific Sun 10K & 2.5 Mi. (PA/TAC 10K Championships with age-graded scoring for Masters), College of Marin, 8 a.m. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903. (415) 472-RACE.

Pinole: Miniman Triathlon, 250 Yd. Swim, 2.1 Mi. Run, 8 Mile Bike, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Concord: Concord Memorial Hill Run, 5K, Newhall Park, 9 a.m. LeRoy Pacheco, 11 Asbury Way, Pittsburg 94565. (510) 458-3978.

Grass Valley: Grass Valley Memorial Run, 8K & 3K Walk, Memorial Park, 8:30 a.m. Gary Loucks, 116 High St., Grass Valley 95945. (916) 273-9268.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Cottontail Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Pacific: Montara Mountain 25K, 50K and 10K, San Pedro Valley Park, 8 a.m./25K-50K, 9 a.m./10K. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

La Canada: La Canada Flintridge, 5K/10K and 1 Mi., Descanso Gardens, 7:30 a.m./1M, 8 a.m./5-10K. Crescenta-Canada Family YMCA, 1930 Foothill Blvd., La Canada Flintridge 91011. (818) 790-0123.

May 28 (Thursday):

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Soldier Creek Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

May 30 (Saturday):

San Bruno: San Bruno Memorial Cross Country Run, 4 Mi., San Bruno City Park

(Crystal Springs Rd. & Oak Ave.), 8:30 a.m. Mike Sullivan, P.O. Box 4680, Sonora 95370. (209) 532-1910; Don Conklin: (415) 952-8127 or 952-6454.

Aptos: Aptos Marathon, Half Marathon & 10K, Forest of Nisene Marks State Park, 8 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

So. El Monte: San Gabriel River 5K & 10K Memorial Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Anselmo: Cowabunga 5K Run/Walk, Sir Francis Drake H.S., 9 a.m. Martha Cedersstrom, Sir Francis Drake H.S., 1327 Sir Francis Drake Blvd., San Anselmo 94960. (415) 453-8770.

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

Rocklin: Run for the Animals 5K/10K, Sierra College (5000 Rocklin Rd.), 9 a.m. Nennette Simmen, 2831 Frutitridge Rd., Sacramento 95820. (916) 731-5521.

Gridley: Coot Scoot, 5K/10K and Kids' Mile, Gray Lodge Wildlife Area, 8:30 a.m. Bruce Forman, Calif. Dept. of Fish & Game, 1701 Nimbus Rd., Rancho Cordova 95670. (916) 355-7130.

Bakersfield: Citizens Against Poverty 5K & 10K, Location & Time TBA. Info: (805) 872-6984.

San Diego: San Diego Memorial 5K/10K, Point Loma (Preble Parade Field, Naval Training Center), 8 a.m. San Diego Memorial Run, MWR, Naval Training Center, San Diego 92133. Kathy Loper (619) 298-7400.

May 31 (Sunday):

San Francisco: DSE Ferry Building Biathlon, 3.83 Mi. Run, 0.5 Mi. Swim, (in Bay), Dolphin Club (Foot of Hyde St.), 10 a.m. Info: (415) 978-0837.

Fremont: Ohlone Wilderness Trail Run, 50K, end of Stanford Ave., 7 a.m. John Vonhoff, Bay Area Ultra Runners, 4438 Gibraltar Dr., Fremont 94536. (510) 797-8169.

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

June 6, 1992
Moscow
International Peace
Marathon & 10K
Proceeds benefit the Children of Chernobyl.

1980 olympic course passes Red Square, The Kremlin, Gorky Park, St. Basil's Cathedral, with a dramatic finish in Lenin Stadium.

Good for \$50 off
travel package

Expires May 15

LAX \$1999 Seven days
includes air, land, sightseeing and evening performances.
Race Registration \$65

Call

1-800-333-2060

CALIFORNIA

Running News

*California's
Statewide
Road Racing
Magazine*



Now in its eighteenth year, **California Running News** is devoted exclusively to California long distance running coverage. **California Running News** is a vital and important source of information.

- RESULTS
- SCHEDULE
- FEATURE ARTICLES
- PHOTOS PROFILES

**SUBSCRIBE
TODAY!**

YES!

Send me 11 issues (one year) of
California Running News for
\$18.00

(plus \$1.40 tax = \$19.40)

2 years/22 issues: \$32.00 (plus 2.48) = \$34.48
3 years/33 issues: \$43.00 (plus 3.33) = \$46.33

- My check/money order is enclosed.
- I authorize CRN to charge my VISA/
Mastercard # _____
(exp. date: _____) for the
amount of \$_____. Cardholder
signature: _____

Name _____

Address _____

City/State/Zip _____

Send to: CRN, 4957 E. Heaton Ave., Fresno, CA 93727

SCHEDULE

Oakland: (Postponed): Oakland Double 10K & 5K Express, Jack London Waterfront, 8 a.m. Festival at the Lake, 1630 Webster St., Oakland 94612.

Davis: Davis Street Faire 5 Mi. Run & 3 Mi. Walk, Davis Train Depot (east end of 2nd St. near "G" St.), 8:30 a.m. Kathie Skrabo, P.O. Box 447, Davis 95617. (916) 756-7542.

So. El Monte: San Gabriel River 5K & 10K Brendal Pup Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Mill Valley: Mt. Tamalpais 10K Road Race, Rock Springs, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

El Sobrante: Lakeridge Triathlon, 500 yd. Swim, 10 Mi. Bike, 5K Run, Lakeridge A.C., 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

San Ramon: Fisherman 8K, San Ramon City Library (Bollinger Canyon & Market-place), 8:30 a.m. Fleet Feet, 4247 Rosewood Dr., Pleasanton 94588. (510) 847-9255.

Merced: Pancake Run, 10K & 2 Mi., Lake Yosemite Park (Rotary Cove), 8:30 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

Westlake Village: Westlake Florist Flower Run. Hyatt Westlake Plaza Hotel. (805) 497-9991.

Newport Beach: Newport 5K, Jamboree & Campus, 8 a.m. The Newport 5K, P.O. Box 10325, Newport Beach 92560. (714) 831-6473.

June 2 (Tuesday):

Bakersfield: BTC Darryl Easter Handicap, 5K, Location & time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 871-8741.

June 4 (Thursday):

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Falling Springs Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394

June 6 (Saturday):

San Francisco: Hoy's Sports 5K Run, Kezar Stadium, Time 8 a.m. Hoy's Sports, 1632 Haight St., San Francisco 94117. Ed Lopez (415) 666-3754.

San Francisco: Great Strides (Walk to Cure Cystic Fibrosis), Ghiradelli Square, 9 a.m. Cystic Fibrosis Fndn., 350 Sansome St., Suite 640, San Francisco 94104. (415) 677-0155.

Sonoma: Hit the Road Jack VI 10K, Sonoma Plaza, Time TBA. Hit the Road Jack, P.O. Box 1762, Sonoma 95476.

Salinas: Creekbridge Challenge, 4K and 10K, Creekbridge Development (Nantucket & Constitution Blvd.), 9 a.m. Thrust IV, 2093 Landings Dr., Mtn. View 94043.

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

Fresno: Exercise for Health 10K. Woodward Park.

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

Rosarito Beach, Baja, CA: Festival de Primavera, 5K/10K/10 Mi. & 1 Mi. Fun Run, 20 Miles south of San Diego, 8 a.m./5K, 8:10 a.m./10K, 8:11 a.m./10 Mi. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

Idyllwild: Idyllwild 5K & 10K Race. Idyllwild School at Hwy 243 & Sanders Meadow Rd. Holly Guntermann (714) 659-9862.

Corona Del Mar: Scenic 5K. Corona Del Mar State Beach. Sue Stein (714) 644-3151.

Port Hueneme: Seabee Day Ship to Shore 10K. 10K & 2 mile fun run. Jim or Lanny Binney (805) 982-4747.

So. El Monte: 5K-10K Menudo Run. Whittier Narrows/Legg Lake Park. 7:30 a.m. Latino Peace Officers Assoc., PO Box 90005, City of Industry 91715-0005

So. El Monte: San Gabriel River 1 Mi., 5K & 10K Bull Frog Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Aptos: Forest of Nisene Marks Marathon, Half Marathon & 5K, Nisene Marks State Park, 8 a.m. Santa Cruz Host Lions Club, P.O. Box 477, Santa Cruz 95061. (408) 458-9984.

Albany, N.Y.: Freihofer's Run for Women. Empire Plaza in downtown Albany. Freihofer's Run for Women, 233 Fourth St., Troy, NY 12180 (518) 273-0267.

Pt. Reyes: Pt. Reyes Marathon, 25K & 7 Mi., Five Brooks (Hwy. 1 between Olema & Stinson Beach), 8 a.m./Mara. & 25K, 9 a.m./7 Mi. Enviro-Sports, Box 1040, Stinson Beach 94970., (415) 868-1829.

Minden, NV: Carson Valley 5K/10K, Carson Valley Inn, 9:30 a.m. Bill Henderson, Carson Valley Inn, 1627 Hwy. 395, Minden, NV. 89423. (702) 782-9711, x625.

Fontana: Fontana Days Half Marathon & 5K Run, 7:30 a.m./H-M, 7:45 a.m./5K. Fontana Community Services Dept., 9460 Sierra Ave., Fontana 92335. (714) 350-7635.

June 7 (Sunday):

Mill Valley: DSE Practice Dipsea, 6.8 Mi. (finish at Stinson Beach), 8 a.m. Info: (415) 978-0837.

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

Palo Alto: Duck to Ducks 10K Run, Baylands Interpretive Center (end of Embarcadero), 8:30 a.m. Bill Bace, 1202 Sharon Park Dr., #74, Menlo Park 94025. (415) 854-6925.

San Leandro: Shoreline Run, 3K/10K, San Leandro Marina (Fairway & Neptune Drs.), 8:45 a.m. Ted Swenson, c/o Recreation Dept., 835 E. 14th St., San Leandro 94577. (510) 511-3469.

San Jose: Alum Rock Run 10K, Alum Rock Park (Visitors Center), 8:30 a.m. (400 Limit).

CRN is a member of...

THE RUNNING
Network™

SCHEDULE

Gary Hafley, 460 Park Ave., San Jose 95110. (408) 295-0320.

Guerneville: Vineman International Triathlon, 1 Mi. Swim, 25 Mi. Bike, 10K Run, 8 a.m. Vineman Triathlon, P.O. Box 6007, Santa Rosa 95406. (707) 528-1630.

Nevada City: Gold Country Races, 5K, 10K, 20K & 30K, Pioneer Park, 7:30 a.m./20&30K, 7:55 a.m./5&10K. Bud Grattan, P.O. Box 787, Grass Valley 95945. (916) 272-8885.

Los Angeles: Run for the Children. 10K Run / 5K Walk. Idell Jamieson (213) 351-5718.

So. El Monte: San Gabriel River 1 Mi., 5K & 10K Pheasant Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Ukiah: Russian River Marathon, Half Marathon & 8K, Talmage Exit off 101, 6 a.m./Mara. & H-M, 8 a.m./8K. Russian River Run, c/o North Coast Opportunities, 413 N. State St., P.O. Box 204, Ukiah 95482. (707) 462-1950.

Cupertino: De Anza Day 5K Run/Walk, 8 a.m. De Anza College, Track & Field Office, 21250 Stevens Creek Blvd., Cupertino 95014. (408) 864-8647.

Angel Island: Romancing the Island 12K/25K, Ayala Cove, 10 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

San Francisco: Footsteps for Friends, 3 Mi., Marina Green, 10 a.m. Little Brothers, Friends of the Elderly, 481 O'Farrell St., San Francisco 94102. (415) 771-7957.

Sloughhouse: Sloughhouse Country Run, 5K/10K, Sloughhouse Inn (12700 Meiss Rd.), 8 a.m./Kids' 0.5 Mi., 8:30 a.m. Lou Edgar, P.O. Box 160488, Sacramento 95816. (916) 424-2624.

Fresno: KNXT, Channel 49 Benefit Run, 4 Mi. & 1 Mi., Guadalupe Park (Pastoral Center), 6:45 a.m./1 Mi., 7:10 a.m./4 Mi. Fred Periera, 4048 N. Angus, Fresno 93726. (209) 244-7857.

July 10 (Friday):

Ashford, WA: Mt. Rainier to the Pacific Relay, 160 Mi. (11-person teams), Ashford to Ocean Shores (250 team limit), Time TBA. Mt. Rainier to the Pacific Relay, P.O. Box 17086, Seattle, WA. 98107. (206) 782-6547.

June 11 (Thursday):

Los Angeles: Union Bank Heart of the City 5K, downtown, 7 p.m. Union Bank Heart of the City Run, 445 S. Figueroa, Los Angeles 90071. (213) 236-5710.

June 12 (Friday):

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Crystal Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

June 13 (Saturday):

Oakland: Run & Walk Against Racism, 5K/10K, Old Boathouse (Lake Merritt, 14th St. & Lakeside), 8:30 a.m. John Brown Anti-Klan Committee, 220 Ninth St., #443, San Francisco 94103. (415) 830-5363.

So. Lake Tahoe: Robert E. DeCelle II Memorial Tahoe Relays, 7-Persons (72 Mi. total), near junction of Hiway 50 & 89 (5th & Hwy. 89), 7 a.m. (150 Team Limit). Alameda T.C., P.O. Box 1606, Alameda 94501. (415) 523-2264, days.

Bakersfield: Big Brothers' Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Run for Jesus, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Rubidoux: Jurupa Wild Pig Run & Walk. Frank Ogawa (714) 784-7366.

Portola Valley: Portola Valley Marathon, Half Marathon & 8 Mi., Portola Valley Center (Portola Valley Rd.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

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 20963, El Sobrante 94803. (510) 841-1190.

June 14 (Sunday):

San Francisco: DSE Parnassus Heights Run, 3.24 Mi., Clarendon at 7th Ave. & Laguna Honda Blvd., 10 a.m. Info: (415) 978-0837.

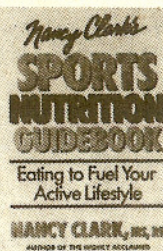
Oakland: Dick Houston Memorial Woodminster Run, 8.3 Mi., Joaquin Miller Park (Wood-

THE LATEST SPORTS NUTRITION BEST SELLER:

"Nancy Clark is *THE* sports nutrition expert for any of your food questions. Her book is tops!"

— Jeff Galloway, former U.S. Olympian and coach

"An excellent resource with practical, easy-reading advice for anyone who cares about food for health and performance."
— *New England Runner*



Nancy Clark, RD, Sports Nutritionist

SportsMedicine
Brookline
Boston, MA 02167

If you liked *The Athlete's Kitchen*, you'll love *Nancy Clark's Sports Nutrition Guidebook*.

It's filled with the latest tips on —

- Sports nutrition
- Eating healthfully on the run
- Losing weight while having energy to train
- Handling athlete's eating problems
- Plus more than 100 quick and easy recipes for your winning sports diet.

Nancy Clark's Sports Nutrition Guidebook carries on from where *The Athlete's Kitchen* left off — you may want both!



ORDER FORM

Enclosed is \$ _____ for sending me:
 _____ copies *Nancy Clark's Sports Nutrition Guidebook* @ \$16.50 per book.
 _____ copies *The Athlete's Kitchen* @ \$7.00 per book.
 Mass. Residents add 5% sales tax.
 Price includes postage and handling.

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

Make check payable to
New England Sports Publications
 and mail to PO Box 252, Boston, MA 02113.

SCHEDULE

minster Meadow), 9 a.m. Gail Wetzork, 3452 Capella Ln., Alameda 94501. (510) 522-4010.

Foster City: 10K Career Run/Walk, Sea Cloud Park, 9 a.m. Ron Visconti, c/o CCEC, 1660 Amphlett Blvd., #314, San Mateo 94402. (415) 345-0753.

Aptos: Aptos Women's 5-Miler, Aptos Village Park, 9 a.m. Carol Cuminale, Santa Cruz T.C., P.O. Box 3568, Santa Cruz 95063. (408) 458-9028.

Aptos: Hammerhead Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 10 Mi. Run, Rio del Mar Beach & Valencia Elem. School, 7:30 a.m. Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072. Pre-Reg. Only (300 Limit).

Carmel: Camel 10K, Sunset Center (San Carlos btwn. 8th & 9th), 9 a.m. Earl Reuter, 305 Hilltown Rd., Suite A, Salinas 93908. (408) 455-2399.

Fresno: Chihuahua Run '92. Fresno and "E" Streets. 10K (6:30 a.m.) and 2 mile (6:15 a.m.). Rotary-Chihuahua Road Run, 776 E. Shaw, #205, Fresno 93710. (209) 225-6502.

Clarksburg: Delta Duathlon Spring Series, 1.8 Mi. Run, 11.5 Mi. Bike, 1.8 Mi. Run, Delta High School, 8:30 a.m. Race Ready Race Management, P.O. Box 1295, West Sacramento 95605. (916) 372-7367.

Oakland: (date changed to June 21) BAOC Orienteering Meet, Distance TBA, Joaquin Miller Park, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Flag Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Mill Valley: Dipsea Race, 7.1 Mi., handicapped, 9 a.m. (Send S.A.S.E. for entry-all entries mailed out Apr. 1 only -race filled on first come basis only). Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

Los Altos Hills: Heels for Wheels 5K/1 Mi., Foothill Community College, 8:30 a.m. Foothill College Adapted P.E. Dept., 12345 El Monte Ave., Los Altos Hills 94022. (415) 949-7321, 949-7779.

San Jose: Happy Hollow 5K Fun Run, Kelley Park (Twin Oaks Picnic Area), 9 a.m. Happy Hollow, Attn: Mike or Chirstine, 1300 Senter Rd., San Jose 95112. (408) 583-7625.

Modesto: Graffiti USA Run, 1 Mi. & 8K, Tenth & "I" Sts., 8 a.m./8K, 8:05 a.m./1 Mi. Shadowchase R.C., 1913-B Edgebrook Dr.,

Modesto 95354. Barbara (209) 575-2537.

Truckee: Truckee River Run, Stroll & Roll, 5 Mi., Time TBA. Snowfest, P.O. Box 7590, Tahoe City 96145. (916) 583-7625.

Lompoc: Valley of the Flowers Marathon and Half-Marathon, 3K Fun Run & 1K Kid's Run, 7 a.m./M, 7:30 a.m./H-M, 8 a.m./3K, 8:15 a.m. 1K. Lompoc High School. Valley of the Flowers Marathon, 716 East Ocean Ave., Lompoc 93436. (805) 735-3255.

June 16 (Tuesday):

Bakersfield: BTC Darryl Easter Handicap, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

June 19 (Friday):

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Long Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

June 20 (Saturday):

San Jose: Fujitsu Classic 8K, 8:30 a.m. Info: (408) 922-9000.

Gilroy: Run for Diamonds, 5K/10K, Gavilan College, 8:30 a.m./5K, 9 a.m./10K. Dennis Castro, 7540 Santa Theresa Dr., Gilroy 95020. (408) 847-7540.

Stockton: Stockton YMCA Twilight 5K/10K, Micke Grove Park (8 Mile Rd. off I-5 & 99) 6:30 p.m. Julie Mason, c/o YMCA, 640 N. Center St., Stockton 95202. (209) 466-9603.

Smith Valley, NV: Coyote Chase 5K/10K & 2K Walk, Smith Valley School (Day Ln. off Hwy. 208), 8:30 a.m. Bev Jones, 11 Wild Peach Ln., Wellington, NV 89444. (702) 465-2650.

Bakersfield: BTC Good Ole Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Riverside: Tin Man Triathlon. 5K Run/ 10 Mile Bike/ 75 meter Swim. Arlihton High School. 8:00 am. Tin Man Triathlon, Parks and Recreation, 3900 Main St., Riverside 92522

So. El Monte: San Gabriel River 1 Mi., 5K & 10K Harolene Walters Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Pleasanton: Tri-For-Fun Series, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 7 a.m. Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94588. (510) 847-9255.

Carmel Valley: Father's Day Biathlon, 2.4 Mi. Run, 20 Mi. Bike, 2.4 Mi. Run, Tularcitos Elem. School, 9 a.m. Jeri Saia, P.O. Box 127, Carmel Valley 93924. (408) 659-0534.

Roseville: Father's Day/Family Day 5K/10K, Maidu Park, 8 a.m. Kurt Hagel, c/o Rotary Club, P.O. Box 57, Roseville 95678. (916) 783-4558.

June 21 (Sunday):

San Francisco: DSE Little Marina Green Run, 4.4 Mi. & Kids' Run, Little Marina Green, 9:30 a.m./Kids, 10 a.m. Info: (415) 978-0837.

Redwood City: Sequoia Hospital's "Run by the Bay", 5K/10K & 1 Mi., Port of Redwood City, Time TBA. Fleet Feet Sports, 39012 Fremont Hub, Fremont 94538. (510) 796-6453.

Santa Rosa: Spring Lake Tinman Triathlon, 1 Mi. Swim, 10K Run, 20 Mi. Bike, 8 a.m. (Limit 400; Jun 15 deadline). Redwood Coast Tri-Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

Fresno: Father's Day Run. 6 miles. Downtown Fresno/6:35 a.m. 2 mile/6:30 a.m. Father's Day Run, 1501 E. Browning, Fresno 93710

So. El Monte: San Gabriel River 1 Mi., 5K & 10K Fathers Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

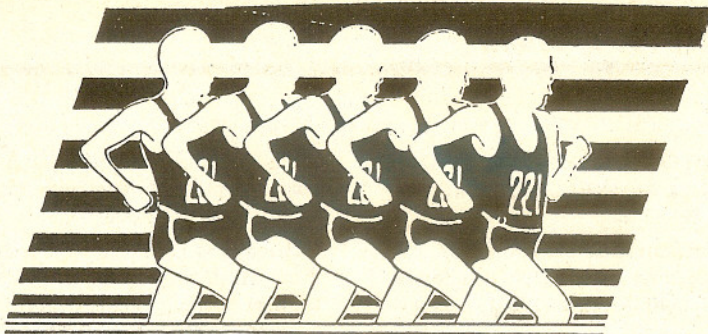
San Francisco: (Date changed to August 30th). City of San Francisco Marathon.

Venice: Fathers Day Run, 5K, 10K and 3K Fun Walk, 8 a.m., Hampton Ave and Rose Ave. in Venice. W2 Promotions, 1501 Glenavon Ave., Venice 90291. (213) 828-4123.

Oakland: BAOC Orienteering Meet, Distance TBA, Joaquin Miller Park, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Mark Petersen (510) 215-7632.

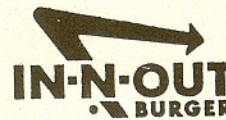
Isleton: Isleton Crawdad Festival 5 Miler, Andrus Circle & Jackson Blvd. (baseball field), 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

Markleeville: CANCELLED Alpine Wildemess Run Half Marathon & 5 Mi., Grover



WEST COVINA
DOWNHILL MILE CHAMPIONSHIPS
JUNE 28, 1992
1:00 PM TO 4:30 PM

Presented by



A fast, safe, downhill mile course that is certified. You cannot see the finish from the start of the race. It is a beautiful setting with fabulous homes and a golf course lining the route. Some 19 races to establish age-group, wheelchair, and open champions. Each race will be taped for distribution to cable companies.

Location: Registration begins at 10 AM at South Hills High School in West Covina at the corner of Barranca and Cameron, south of the 10 Freeway.

Start Times: 1pm: 11-14 and 15-19 ladies / 1:15pm: 40-49 and 50+ men

1:30 pm: Senior Citizens 1/2 mile(60+) / 1:45 pm: 20-29 and 30-39 ladies

2:00 pm: 5-7 and 8-10 boys and girls 1/2 mile / 2:30 pm: 11-14 and 15-19 men

3:00 pm: 20-29 and 30-39 men / 3:15 pm: 40-49 and 50+ ladies / 3:30 pm: TBA

3:45 pm: Wheelchair division / 4:00 pm: Mens Master (40+)

4:15 pm: Ladies Open / 4:30pm: Mens Open

Awards: 5 deep in each category with special awards to wheelchair, masters men, open divisions

Ceremonies: Following each race: Wheelchair, masters men, open division after Mens Open.

Fees: \$9 for pre-registration, \$12 for race day / Youngsters 10 and under and Seniors (65+) are free (this does not include the t-shirt) / T-shirts are \$7.00

Charity: The proposed charity is the Make-a-Wish Foundation

Return completed entry form with your check or money order payable to
Tri Events Inc., 3222 Virginia Ave. West Covina, Ca 91791 (818) 331-0169

NAME _____ AGE _____ SEX _____ T-SHIRT _____
last first on race day m or f Y,S,M,L,XL

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAY PHONE (____) _____

WAIVER (MUST BE SIGNED)

In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claims for damages against the City of West Covina, all sponsors, and any individual or organization associated with the West Covina Downhill Mile Championships for any and all losses, injuries, death sustained by me in the event. I hereby certify that I am in good condition and am able to safely compete in this event. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures etc. and I also understand the entry fee is non-refundable. I certify that all information provided in this entry form is true and complete, that I have ready the entry information and certify my compliance by signature below.

Signature of participant

Date

Parent/Guardian if entrant under 18

Date

SCHEDULE

Hot Springs State Park, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Tahoe City: Where the Hell is Truckee!! 30K Trail Race. 8 a.m. North Tahoe High School. Tahoe City to Truckee. Mark Cardin (916) 587-1192 or "Sky High" (510) 223-5778, 510-841-1190.

June 24 (Wednesday):

San Francisco: Longest Day Run, 4.5 Mi., Lake Merced (Sunset Blvd. Parking Lot), 7 p.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

June 26 (Friday):

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi. Shine Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

June 27 (Saturday):

Stinson Beach: DSE Double Dipsea (to Mill Valley & back), 13.7 Mi., 9 a.m. Info: (415) 978-0837.

Montebello: 2 Mile Dash, Grant Rea Park (600 N. Rea Dr.), 7:30 a.m. RIP Racing Team, 1742 Cabrillo St., West Covina 91791.

So. El Monte: Legg Lake 5K, 0.8 Mi., 5.4 Mi. & 10 Mi., Sunset Run for Life, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Squaw Valley: Western States 100 Mile Endurance Run, 5 a.m. (Entires limited and determined by lottery on 11/30/91 - qualifying standards). Helen & Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

Benicia: Benicia Historical Run, 5K/10K, Old Train Depot (1st & "A" Sts.), 9 a.m. Benicia Blue Dolphins Swim Team, Mike Biro, 498 Mills Dr., Benicia 94510. (707) 745-5094.

June 28 (Sunday):

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K and 5K Walk, Lake Merritt (Old Boathouse, 14th St. & Lakeside), 9 a.m. (Raceday Reg. only). Info: (510) 601-7887.

San Jose: Bud Light Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Lake Cunningham

(swim), Time TBA. (No Raceday Reg.). CAT Sports, 5966 La Place Ct., #100, Carlsbad 92008. (619) 221-5555.

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

Norden: BAOO Orienteering Meet, Distance TBA, Boreal Ridge (20 Mi. NW of Lake Tahoe), Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611.

San Diego: San Diego International Triathlon, 1K Swim, 30K Bike, 10K Run, Seaport Village (Spanish Landing Park), 7 a.m. KOZ Enterprises, 862 Gable Way, El Cajon 92020. (619) 441-7844.

✓ **West Covina:** Downhill Mile Championships, 1-4:30 p.m., South Hills High School. Tri Events Inc., 3222 Virginia Ave. West Covina 91791. (818) 331-0169.

Pacifica: Brooks Creek 1/2 Marathon & 5.5 Mile Trail Runs. (Formerly North Peak Half Marathon) San Pedro Valley County Park (east end of Linda Mar Blvd. off Hwy 1), 9 a.m. Team Challenge, P.O./ Box 20963, El Sobrante 94803. (510) 841-1190.

Portland, OR: Cascade Run Off 15K, Time TBA. Cascade Run Off, P.O. Box 40228, Portland, OR. 97240. (503) 226-0717.

June 30 (Tuesday):

Bakersfield: BTC Darryl Easter Handicap, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

July 3 (Friday):

So. El Monte: San Gabriel River 1 Mi., 5K & 10K Sunset Independence Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 4 (Saturday):

San Francisco: Ocean Beach 10K, Balboa St. & Crest Hwy. (On beach at low tide), 8:30 a.m. Ocean Beach 10K, 153 Lunado Way, San Francisco 94127. (415) 469-9265.

Palo Alto: Chili Chase 5K Run, Mitchell Park Community Center (3800 Middlefield

Rd.), 8:30 a.m. Palo Alto Rec. Dept., Tom Osborne, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Moraga: The Fourth in Moraga 2 & 5 Mile (& Kids' 1K), Moraga Commons (Moraga Rd. & St. Mary's Rd.), 9 a.m./1K, 9:15 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Milpitas: Milpitas Firecracker Festival 5K/10K, Milpitas Sports Center (1325 E. Calaveras Blvd.), 8:30 a.m./5K, 8:50 a.m./10K. Joan Carrico, c/o Dept of Leisure Services, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

San Ramon: Run San Ramon Independence Day Classic, 5K/10K, Central Park (Alcosta Blvd. & Bollinger Canyon Rd.), 8:30 a.m. San Ramon Parks & Community Services, P.O. Box 5148, San Ramon 94583. (510) 275-2300.

Fairfield: Fairfield Run for Independence, 5K/10K, Laurel Creek Park, 8 a.m. Dennis Good, 2767 Woodmont Ct., Fairfield 94533. (707) 425-8135 or 449-1368.

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

Stockton: TRC "No Frills" 1 Mi. & 5 Mi. Runs, Louis Park (off Mt. Diablo, west of I-5), 7:40 a.m./1 Mi., 8 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208. Dave Valentine (209) 951-8941.

Sacramento: 4th of July River Run, 5 Mi., Glen Hall Park (foot of Carlson Dr. in River Park area), 8 a.m. (Free!). Michael Otten, Buffalo Chips R.C., 925 "L" St., Suite 1190, Sacramento 95814. (916) 324-4585.

Delano: Delano Lions 5K, Location & Time TBA. Info: (805) 725-2209.

Goleta: Semana Nautica 15K (SCA/TAC Championships), San Marcos H.S., Time TBA. Santa Barbara AA, 4476 Meadowlark Ln., Santa Barbara 93105.

Anaheim Hills: Firecracker 5K/10K Runs, Canyon H.S., 7:30 a.m. Info: Joy (714) 974-0910.

So. El Monte: San Gabriel River 1 Mi., 5K & 10K Independence Weekend Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Scirpps Ranch Old Pros' 10K, Red Cedar Dr., 7 a.m. Info: Harry Hunter (619) 271-1282.

TAC WESTERN SECTIONAL MASTERS TRACK AND FIELD MEET

DATE: 25 AND 26 JULY 1992
 PLACE: CHABOT COLLEGE, 25555 HESPERIAN BLVD, HAYWARD, CA. TAKE "A" STREET EXIT WEST OFF INTERSTATE 880 TO HESPERIAN BLVD SOUTH TO CHABOT COLLEGE TRACK.
 FACILITIES: 400M POLYURATHANE TRACK AND RUNWAYS (GRASS FOR JAVELIN) 1\4 " SPIKES ON TRACK AND RUNWAYS
 COMPETITION: OPEN, SUB-MASTERS & MASTERS (MASTERS AND SUB IN 5 YR. GROUPS.). MEET DIRECTOR DISCRETION MAY CONSOLIDATE GROUPS. ALL EVENTS ARE FINALS.
 SANCTIONED: TAC OPEN T & F RULES ENFORCED EXCEPT FOR MASTERS: STARTING BLOCK USE IS OPTIONAL, 400g AND 600g JAVELINS MAY LAND FLAT
 ELIGIBILITY: ONLY TAC MEMBERS. MUST SHOW A 1992 TAC CARD TO COMPETE. CARDS CAN BE PURCHASED AT THE MEET
 AWARDS: MEDALS FOR FIRST 3 PLACES (SUB-MASTERS AND MASTERS ONLY).
 DEADLINE: PREREGISTRATION MUST BE POST MARKED BY 17 JULY 1992. NO LATE REGISTRATION!
 ENTRY FEES: \$10 FOR FIRST EVENT (\$8 FOR NCSTC MEMBERS) AND \$6 FOR EACH ADDITIONAL EVENT. \$20.00 FOR RELAY TEAMS (MUST BE PAID FOR BY CLUB). MAKE CHECKS PAYABLE TO NOR CAL SENIORS T.C. AND SEND TO JIM JOHNSON, 1026 MURCHISON DRIVE, MILBRAE, CA. 94030 PHONE: (415) 697-1889

HOSPITALITY ROOM: EXECUTIVE INN HAYWARD AIRPORT. POOL, SPA, EXERCISE ROOM, COMPLIMENTARY BUSINESS BREAKFAST & NEWSPAPER, FREE HBO & SHUTTLE TO TRACK. 6 RESTAURANTS, 10 MOVIE THEATRES, 18 HOLE GOLF COURSE & LIGHTED TENNIS COURTS WITH IN WALKING DISTANCE. OAKLAND AIRPORT PICK UP AVAILABLE. RATES \$55.00 QUEEN (800) 533-5083. VAULTING POLES CAN BE SHIPPED BY CONTACTING EDDIE SEESE (510) 523-8618.
 SCHEDULE: THE FOLLOWING IS A TENTATIVE SCHEDULE.

SATURDAY FIELD EVENTS:

9:00	HAMMER THROW ALL	LONG JUMP OPEN	HIGH JUMP MEM 50 & UP	POLE VAULT 50 & UP & WOMEN
11:00	DISCUS 50 & UP	LONG JUMP 30 TO 49	HIGH JUMP MEN 30 - 49	POLE VAULT 30 TO 49
LUNCH				
1:15	DISCUS 30-49	LONG JUMP 50 & UP		
2:45	DISCUS OPEN		HIGH JUMP MEN OPEN	POLE VAULT OPEN

SATURDAY TRACK EVENTS:

9:00	5000M	MEN OPEN - 59	9:40	5000M	MEN 60 & UP, WOMEN
10:30	80M HURDLES	MEN 70 & UP, WOMEN	10:50	100M HURDLES	MEN 60 TO 69
11:10	110M HURDLES	MEN OPEN, 30-59	11:30	4 X 100M RELAY	ALL TEAMS
LUNCH					
1:30	100M	MEN	2:00	100M	WOMEN
2:00	400M	MEN	2:30	400M	WOMEN
3:00	1500M	MEN OPEN, 30-49	3:30	1500M	WOMEN, MEN 50 & UP
4:00	300/400 HURDLES	MEN WOMEN	4:45	5000M WALK	ALL

SUNDAY FIELD EVENTS:

10:00	JAVELIN 50 & UP	SHOT 30-49	TRIPLE JUMP OPEN	HIGH JUMP WOMEN	30 & UP WOMEN
LUNCH					
1:15	JAVELIN 30-49	SHOT OPEN	TRIPLEJUMP 50 & UP	HIGH JUMP WOMEN	OPEN
2:45	JAVELIN OPEN	SHOT 50 & UP	TRIPLE JUMP 30-49		

SUNDAY RUNNING EVENTS:

9:00	10,000M	ALL	10:00	2000M STEEPLECHASE	ALL
10:30	3000M STEEPLECHASE	ALL	11:20	800M	ALL
LUNCH					
1:20	600M	WOMEN	1:50	200M	MEN
2:20	200M	WOMEN	2:50	4 X 400M RELAY	ALL
3:15	3200M RELAY	ALL	3:30	10,000M WALK	ALL

SPONSORS

HIND
performance
(800) 235-4150

Pacer
(800) 673-3090

GILL
(800) 648-0962

PERSONAL RECORD
SPORTS EQUIPMENT
(510) 523-8618

APPLICATION: PLEASE PRINT

NAME _____ M-F CLUB _____ EVENTS _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE () _____ BIRTH DATE _____ AGE _____

T-SHIRTS AT \$10.00 EACH _____
 SIZES SM () M () L () XL () _____
 TOTAL AMOUNT ENCLOSED _____
 IDENTIFICATION REQUIRED TO VERIFY AGE AT CHECK-IN

1992 TAC# _____

WAIVER MUST BE SIGNED: I WAIVE ALL RIGHTS THAT I OR MY HEIRS OR ASSIGNS MAY HAVE AGAINST THE NOR CAL SENIORS T.C. THE SPONSORS OF THIS ATHLETIC EVENT ARISING FROM ANY INJURY, ILLNESS, OR ACCIDENT THAT I MAY SUSTAIN OR INCUR WHILE TRAVELING TO OR FROM OR PARTICIPATING IN THIS EVENT. I DECLARE THAT MY HEALTH IS SUFFICIENT TO PARTICIPATE IN THIS EVENT
 SIGNED _____ DATE _____

"Athletes who participate in this competition may be subject to formal drug testing in accordance with TAC rules and IAAF rules. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications may contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at (800) 233-0393."

SCHEDULE

July 5 (Sunday):

North Fork: Chainsaw Ridge Run, 10K.
San Francisco: DSE Peak Busters' Benefit Run/Walk, 4.6 Mi., Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. (kids & walkers early start). Info: (415) 978-0837.

Aptos: Monterey Bay Duathlon Championships, 2.5 Mi. Run, 16 Mi. Bike, 2.5 Mi. Run, Valencia Elem. School, 8:15 a.m. Northwind Promotions, Patrick Gilbert, P.O. Box 2451, Aptos 95001. (408) 688-6072.

So. El Monte: Legg Lake 8K, 2.3 Mi. & 660 Yd. Independence Weekend Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 9 (Thursday):

So. El Monte: Legg Lake 5K, 0.75 Mi., 5.4 Mi. & 10 Mi. Summer Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 11 (Saturday):

San Francisco: Hook & Ladder 10K, Golden Gate Park (Rainbow Falls/Kennedy Dr.), 9 a.m. Jim Gallagher, 1671 - 16th Ave., San Francisco 94122 (415) 753-0880.

Santa Rosa: Wildman Biathlon, 6.3 Mi. Run, 800 Yd. Swim, 3.2 Mi. Run or 6.3 Mi. Mtn. Bike, 400 Yd. Swim, 6.3 Mi. Mtn. Bike, Annadel State Park, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

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

Mammoth Lakes: Bill Rolls Memorial 5K/10K, Mogul Restaurant, 8000 Ft. Elev., 8 a.m. David Moss, Mammoth Lakes Lions Club, P.O. Box 26678, Mammoth Lakes 93546. (619) 934-4168.

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

So. El Monte: Legg Lake 5K, 0.75 Mi., 5.4 Mi. & 10 Mi., Fishing Pole Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 12 (Sunday):

Oakland: "Smash that PR 10K", Edgewater Dr. (near Coliseum), 8:30 a.m. (1 Mi. loop course, **200 limit**). Sri Chinmoy Marathon Team, 529 Moraga St., San Francisco 94122. (415) 665-8626.

Hayward: Sertoma Classic, 2 Mi., 5K, 10K, Skywest Rd. (Hayward Airport), 8:30 a.m. Irv Ford, 583 Monarch Ridge Rd., Walnut Creek 94596. (510) 935-6122.

Castro Valley: Lake Chabot Trail Challenge, 13.1 Mi., Lake Chabot Marina, 8 a.m. Ron Grabowski, Golden Bay Runners, P.O. Box 2144, Castro Valley 94546. (510) 829-8503.

Clarksburg: Delta Duathlon Spring Series, 1.8 Mi. Run, 11.5 Mi. Bike, 1.8 Mi. Run, Delta H.S., 8:30 a.m. Race Ready Race Management, P.O. Box 1295, West Sacramento 95605. (916) 372-7367.

Novato: BAOC Orienteering Meet, Indian Valley, Time TBA. Bay Area Orienteering Club, 3015 Holyrood Dr., Oakland 94611. Gary Kraght (415) 383-4429.

So. El Monte: Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Run for Fresh Air, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 14 (Tuesday):

Bakersfield: BTC Darryl Easter Handicap, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

July 16 (Thursday):

So. El Monte: Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi., Carrera de Noche Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 17 (Friday):

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

July 18 (Saturday):

Pleasanton: Tri-For-Fun Series, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 7 a.m. **400 Limit**. Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94588. (510) 847-9255.

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

Lake Tahoe: Spooner Lake Half Marathon & 10K, Spooner Lake Nevada State Park (very very hilly trail run), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

So. El Monte: Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Fish Bait Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 19 (Sunday):

San Francisco: Takara Cable Car Chase, 5 Mi. Run, Relay & Walk (race cable cars up Nob Hill; Ekiden Relay format), Aquatic Park area, 8 a.m. Info: (415) 540-0934.

Palo Alto: Bay to Breakfast 5K/10K, Baylands Athletic Center, 8:30 a.m. The Final Result A.A., 460 Wisnom Ave., San Mateo 94401. (415) 696-1190.

San Jose: Danskin Women's Triathlon, 0.75K Swim, 20K Bike, 5K Run, Lake Cunningham, 8 a.m. Hotline (800) 452-9526. Local Contact (415) 389-7031.

Truckee: Donner Lake Triathlon, 1.5K Swim, 40K Bike, 6.5 Mi. Run, West End Beach, 8 a.m. (high altitude). A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

So. El Monte: Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Running Creek Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 23 (Thursday):

So. El Monte: Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Sunset Raccoon Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 25 (Saturday):

Rio Vista: Brannan Island "Out & Back Triathlon", 900 Yd. Swim, 10 Mi. Bike, 3.8 Mi. Run, No. Calif. Brannan Island State Rec. Area, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Bakersfield: Bataan Corregidor Run, Distance, Location & Time TBA. Info: (805) 725-4960.

SCHEDULE

So. El Monte: San Gabriel River 1 Mi., 5K & 12K Antelope Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 26 (Sunday):

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Info: (510) 601-7887.

Mill Valley: Mill Valley 5K, Mill Valley Middle School (Camino Alto & Sycamore Ave.), 8:30 a.m./Men, 9:15 a.m./Women. Info: (415) 924-5034.

Fremont: Fitness to Festival 5K/10K, Location & Time TBA. Fleet Feet Sports, 39012 Fremont Hub, Fremont 94538. (415) 796-MILE.

San Jose: Coors Light Duathlon Series, 5K Run, 30K Bike, 5K Run, Location & Time TBA. Hamilton Events, 2680 Surrey Ln., West Linn, OR 97068. (503) 655-4687, days.

Courtland: Courtland Delta Pear Fair 5 & 10 Miler, Bates Elem. School, 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

Quincy: Triathlon Fever, 0.5 Mi. Swim, 18 Mi. Bike, 6.2 Mi. Run, Bucks Lake Lodge, 9 a.m. No Raceday Reg. Central Plumas Recr. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

So. El Monte: Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Watermelon Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

✓ **Santa Cruz:** Wharf to Wharf Run, 6 Mi., Santa Cruz Wharf to Capitola, 8:30 a.m. (12,000 Limit). Wharf to Wharf, P.O. Box 307, Capitola 96010.

July 28 (Tuesday):

Bakersfield: BTC Darryl Easter Handicap, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

July 29 (Wednesday):

So. El Monte: Legg Lake 0.8 Mi., 5K, 5.4 Mi. & 10 Mi. Fish Hook Sunset Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Looking Ahead

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

Aug. 2 (Sun): Castro Valley: Skyline 50K, Lake Chabot (Marina), 7 a.m. Golden Bay Runners, Will Uher, 16183 Lyle St., San Leandro 94578. (510) 278-0451.

Aug 15 (Sat.): Mammoth Lakes: Mammoth Mountain Marathon & Half Marathon,

Mammoth Mtn. Inn (9200 Ft.), 8 a.m. Tam Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Aug 22 (Sat): Flint, MI: TAC/USA National Masters 10 Mile Championships. Lois Craig, P.O. Box 981, Flint, MI. 48501. (313) 235-3396.

Aug. 22 (Sat.): Maritou Springs, CO.: Pikes Peak Ascent, 13.4 Mi. (8,000 Ft. Elevation Gain), 7 a.m. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO. 80937. (719) 520-0567.

Aug. 23 (Sun): Maritou Springs, CO: Pikes Peak Marathon, 7 a.m. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO. 80937. (719) 520-0567.

Aug. 29 (Sat.): Lake Tahoe: World's Toughest Triathlon, 2 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run or 1.5K Swim, 40K Bike, 10K Run (Also: Youth Triathlons: 8-10: 100m Swim, 5K Bike, 1K Run; 11-13: 200m Swim, 12K Bike, 3K Run), Time TBA. Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 95731. (916) 573-0103.

Aug. 30 (Sun): San Francisco: City of San Francisco Marathon, 7 a.m. San Francisco Marathon, P.O. Box 77148, San Francisco 94107. (415) 391-2123.

Aug. 30 (Sun): Reno, NV: Silver State Marathon, Half-Marathon & 10K, Bowers Mansion County Park (between Reno & Carson City, west of US 395), 6 a.m./Mar., 7 a.m./H-M & 10K. Ken Shoop, 420-0 Santa Maria Dr., Reno, NV. 89502. (702) 825-3006.

CHEAP PRINTED T-SHIRTS

Factory "Seconds"
Minor "Misprints"
Production Overruns

Specify size(s) and preferred color(s)...various running events, etc. If not satisfied, return for refund, less shipping charges.

2 for \$5 ▲ 5 for \$10 ▲ 12 for \$20

Shipping Included

Add \$1/shirt for long sleeves

SAFETY PINS

For Runners

\$12.95 per box

\$10.95 per box of 10-19 boxes

\$9.95 per box for 20+ boxes

10 gross / 1,440 pins

...plus numbers, cones, vests, etc.

JACK'S ATHLETIC SUPPLY

P.O. Box 459

San Carlos, CA 94070

(415) 595-2249

ROAD RACE SPOTLIGHT

Story and Photos by Richard Lee Slotkin

Carlsbad 5000

March 29. Carlsbad.

THIS IS THE CARLSBAD 5000, THE 'BAD 5K. LET IT BE SAID, FOR ALL TO KNOW: THIS IS THE BEST ROAD 5000 IN THE WORLD.

AND HERE'S WHY:

There had been seven WRs, three by the men, four by the women, set in this race since its inception in--hold on to your hat--1986! With such intensive competition in a period of only six years, the record for the road 5K has had all the softness pounded out of it. Which means there is only one way remaining to lower that WR: Take off hard and go like hell.

Which is exactly what William Mutwol did.

Mutwol, second placer at the cross country championships in Boston, immediately shot to a ten yard lead in front of the leaded-as-usual Carlsbad field. Doug Padilla, who set the AR here in '90, quickly moved up to challenge. Pulling alongside, he seemed to chuckle as he said something to Mutwol, who seemed to scowl and he promptly took off even harder and suddenly had a 15y lead. Richard Chelimo was the only one of the leaders to go after him, leaving behind the likes of Frank O'Mara, last year's winner, Ignacio Fragoso, Marcos Barreto and Reuben Reina, among several others of note, not to mention the impertinent Padilla. No Steve Scott, though. An injured Scott was in the lead, but he was in the press truck, enjoying life as a spectator.

At four minutes a determined Chelimo pulled up to the continually rearward glancing Mutwol.

Now, check *this*:

Mile one in 4:10, Chelimo a half step lead. Mile two in 4:18, Mutwol with a step lead. Forget the other guys; they're only in it to see who gets third. Distant 3rd.

And now, mile three in 4:19--for a total of just 12:47--only 176 downhill yards to go and Mutwol has finally taken command, and not by much; a ten yard lead is all he has. He looks

back-for the ten thousandth time-kind of a dumb move now, then grimaces, while Chelimo flicks his head to the side and spits.

Then, it's push, push, push and push some more. The WR is 13:26, Yobes Ondieki, right here three year ago, but the big digital clock suspended above the finish line has only reached THIRTEEN MINUTES!

And they're almost there!

And then Mutwol IS there and the clock is showing only THIRTEEN-TWELVE! And here comes Chelimo in THIRTEEN-FIFTEEN! What have these crazy Kenyans done? Fourteen seconds off the WR!

Incredible.

Don't go away yet because there was yet another record coming, and it would be registered exactly two minutes and two seconds after the first one. This one was an AR and it was about to be set by Vicki Huber.

Shelly Steely led the group through a 4:48 first mile. At two miles, it was Steely, Huber and two Annettes, Peters and Sergeant. Suddenly Huber found herself alone and very nervous because "... I don't know how to pace myself on those things. I'm used to the track." She must have done something right because when she hit the final straight to the tape, she had a 70 yard lead, was over 100

yards ahead of the last male and only thirty yards behind the next one. So, after two years of injuries, Huber took 4th place in the World Cup cross country meet only one week earlier, and now a 15:14 AR, just 3 seconds off the WR. The kid is back.

Epilogue--Padilla (who dropped out at 1 1/2M): "All I said was, 'Hi.' Does he speak English?"

Mutwol: "I heard him say something but I couldn't hear him."

As I said, this is the best road 5000 in the world.

FOR PEOPLE 39 AND UNDER

The Peoples' portion of the 'Bad 5000 is usually quite competitive, at least for the men. Not so this year. Both races, male and female were one-sided. Ken Velasquez moved into the lead about 150 yards before the mile 1 mark, which he passed in 4:26. Two minutes later he had expanded that lead to about 35 yards.

And that was pretty much it.

The lead never grew beyond that but it didn't shrink any, either.

Oh, Velasquez did have something of a worried look in the last 400 yards and, yes, Sean O'Hara shifted into kick gear and went

continued next page...

ROAD RACE SPOTLIGHT

after Velasquez in the last quarter mile. But that was just for second place because Velasquez was a cross-country All American at Montana and has a 28:24 PR for the 10,000. And, he's only 29. You're not going to catch a guy like that from 35 yards back with 200 meters of real estate left. Look, this guy Velasquez would have finished ahead of 13 elites and tied one.

His time was 14:14. Only six seconds ahead of the fast closing O'Hara but, "If someone was going to come up behind me, I was ready. I had some other gears." Well, we'll never know about that but I wouldn't bet my rent money against him.

The women's race ran--no pun intended, honest!--pretty much true to form. Most of the talent in front were triathletes and the winner was the one who took an early lead and held it. Kind of like the men's race, except the guys weren't triathletes. Not this year, at least. Triathletes have done well in the men's race in other years, though. But, it's the ladies turn now, so enough of the men, already.

So, at three minutes, which is what it took for things to sort themselves out in the front, there were Jenean Sorrells, Carol Montgomery and Katie Webb. But Sorrells was already beginning to fade, probably fatigued just a bit from an early, if unwise, duel with 1/2 miler Rose Monday. Monday had run a hard 800 meters just the day before at an open meet at CSUN and didn't figure to be able to do a wire to wire job in a 5000. She went anyway, and was already paying the price. And, now, so was Sorrells.

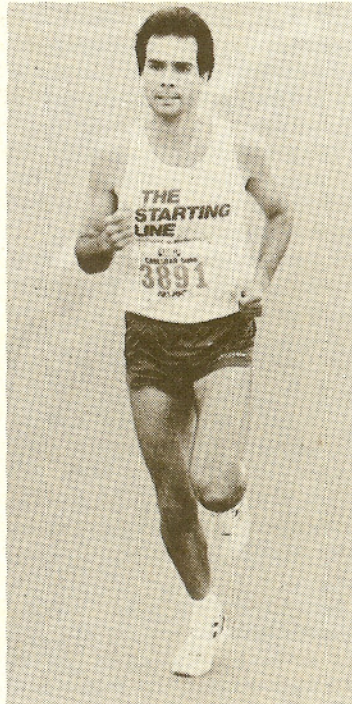
That left two triathletes in the lead: Canadian Carol Montgomery and Katie Webb. Montgomery didn't generate much confidence to most of us on the photo truck because she was wearing a loose fitting T-shirt. As it turned out, someone familiar with her said that was her way of saying she wasn't really serious about the race. If the competition was weak, she'd take the easy win. If someone tough was there, they could have it.

That's what I was told; what do you want from me?

And, sure enough, following a 5:06 first mile, side by side with Webb, Montgomery headed into the first hairpin with a step lead and lost it coming out. Webb then began to pull away. At 7:30 into the race, Montgomery, suddenly stopped, put her hands on her hips, appeared to be catching her breath and then walked off the road and onto the sidewalk.



RICHARD CHELIMO (left) and WILLIAM MUTWOL -- "Couldn't hear a word."



KEN VELASQUES--1ST 39&U "Had another gear."

Why did she even bother? I mean, it's only a three mile race.

Anyway, as Webb continued on past the 2 mile mark--in 10:40--she had 60 yards worth of lead. Back there was a three way dog fight

between Paula Newby-Fraser, also a triathlete and a winner here two years ago, Leslie Lewis, not a triathlete but a flight attendant for American Airlines, which is even better because she can get free air travel, and finally, still in it, believe it or not, Jenean



KATIE WEBB

Sorrells. Lewis and Newby-Fraser both looked to be in extreme pain. Well, they were. They told me so after the race. Meanwhile a fourth runner joined the party, Anne Marie Rouchon. Webb, of course was beyond all this. She went on to a 16:47 win, the only one to go under 17 minutes. When the battle for second was over, it was Newby-Fraser, who now had a 1st, 2nd and a 3rd in this race in the last three years. Rouchon surged her way into 3rd and Sorrells outlasted Lewis for 3rd. Now for an interesting bit of trivia all four of them won their respective age groups.

THE MASTERS

LOOKING MORE FIT THAN HE HAS IN YEARS, LEGEND HENRY RONO SAID HE WAS LOOKING FOR A 15 MINUTE EFFORT. HE MISSED BY 18 SECONDS. SAVE YOUR TEARS., HENRY RONO IS BACK!

Yes sir, Henry is back all right. He may have been personally disappointed but Rono

continued next page...

ROAD RACE SPOTLIGHT

watchers can take heart. After all, the two ahead of him, in this major league masters race, were Wilson Waigwa, who can still compete with the elites on a good day, and Doug Bell, last year's winner here.

This year's winner too, for that matter.

This guy Bell is becoming more impressive every year. Last year he rather easily handled a serious-for-a-change Gary Fanelli. This year, the time was a bit slower-3 seconds-but the result was pretty much the same. A convincing win.

Waigwa took off fast and had the initial lead. Bell moved up with him with only two minutes on the clock. They went through the mile in 4:50--yes, that's sub-five in a senior citizens race--and Bell had taken a step lead. And last year's third placer, Nolan Smith, was running third again, about 3 or 4 yards back. Somewhere in the distance, you could see Henry the Rono leading the rest of the parade.

Now, Bell was anything but intimidated by the redoubtable Waigwa. He wasn't brooding over whether he could hold off this running machine breathing on his shoulder. In fact, just before the 2 mile mark, Bell decided it was it sock-it-to-'em time and suddenly he had a twelve yard lead. Then came the 2 mile mark and the clock read 9:28. When Waigwa went by, it was showing 9:32; he was losing ground. Fast.

Meanwhile, Rono was looking pretty good and was coming up on Smith. As Bell went through the second of the two 180 degree turns this course throws at its victims he had close to a 50 yard lead on Waigwa. And some seconds later Rono took over third as he went through that turnaround.

And Bell was cruising to the finish line in 14:50. Was he worried about Waigwa?

"Well, I know he's been injured," Bell acknowledged. "If he's healthy, it's going to be a different story. He ran 14:09 here last year." Actually, it was 14:11 and it was good enough to beat 14 studs in the open race.

So, what happened to Waigwa?

"I've been training too hard. For the mile." Waigwa has been trying so hard to be the first master to run a sub-four mile, without much luck. Did he expect Bell to surge away from him the way he did? "Oh yeah. I knew he could. . . ."

And what does Bell think of all this? After all, in his, and their, best days, he couldn't carry Waigwa's and Rono's gym bags. When I

asked Bell about this, he smiled; he actually glowed.

"Oh, it's a thrill. It's unbelievable to finish and see Wilson come in, and then Henry. I mean, Henry has six world records and, yeah, Wilson, NCAA champ. . . the guys I used to read about, dream about running that fast. . . it's almost out of my dreams. . . ."

This is what masters running is all about, folks; not collecting a bunch of medals and trophies until they're falling off the shelves, and not walking around in 10 year old sweats covered with TAC and AAU patches and crying about the awards structure. It's going *mano a mano* with a Henry Rono and a Jim Ryon and holding your own as you never could have dreamed of doing 15 years ago. That's why Doug Bell was smiling.

And it came from deep inside his soul.

Last year Janet Jordan ran 17:43 in this race and finished a sort of distant 4th. A year later and a year older at 43, JJ ran 9 seconds slower, but with no Joan Colman or Shirley Matson to deal with, JJ found herself three places better, all the way to second. First place went to Sherrie Hall. Hall did it the fun way, too: wire to wire. JJ chased her the whole way but never could close the gap. Hall opened with a 5:26 mile and she already had a 9 second lead over JJ. By the finish it was 12 seconds. Did they kick in at the finish or just hang on?

Almost in unison they answered, "Of course, we had a kick. At our age we always have a kick." Then, they looked at each other and broke up laughing.

And that, too, is what the masters are all about: Having fun and not taking yourself so seriously that anything short of a win is cause for kicking the cat.

Overall Results Men's Invitational

1. William Mutwol (Ken) 13:12, 2. Richard Chelimo (Ken) 13:15, 3. Shannon Butler (USA) 13:32, 4. Reuben Reina (USA) 13:35, 5. Steve Plascencia (USA) 13:35, 6. John Gregorek (USA) 13:37, 7. Brendan Mathias (CAN) 13:41, 8. Ignacio Fragoso (MEX) 13:45, 9. Frank O'Mara (IRE) 13:45, 10. Marcus O'Sullivan (IRE) 13:45. **Wheelchair:** 1. Jim Knaub (USA) 10:55, 2. Bob Molinatti (USA) 10:57, 3. Ken Carnes (USA) 10:59.

Overall Results Women's Invitational

1. Vicki Huber (USA) 15:14, 2. Annette Sergeant (FRA) 15:27, 3. Shelly Steely (USA) 15:29, 4. Annette Peters (USA) 15:29, 5. Olga Markova

(CIS) 15:36, 6. Sonia O'Sullivan (IRE) 15:42, 7. Regina Cistiakova (LTH) 15:57, 8. Inna Pushkariova (CIS) 16:00, 9. Carol Keller (USA) 16:01, 10. Elly Van Hulst (NET) 16:04. **Wheelchair:** 1. Deanna Sodoma 11:56.

DIVISION RESULTS Men's 39 & Under

Overall Winner: 1. Ken Velasquez 14:14. 13-17: 1. Jason Kayne 15:28, 2. Chad Wenger 15:50, 3. Josh Johnson 16:21. 18-24: 1. Sean O'Hara 14:20, 2. Cabino Toledo 14:31, 3. Guillermo Morales 14:39. 25-29: 1. Scott Pesch 14:51, 2. James Sheremeta 14:53, 3. Mark Laplant 14:57. 30-34: 1. Michael Svalberg 14:30, 2. Salvador Rodriguez 14:50, 3. Alan Scharsu 14:53. 35-39: 1. Dave Parsel 15:21, 2. Bill Randoll 15:27, 3. Mike Healer 15:29.

Women's 39 & Under

Overall Winner: 1. Katie Webb 16:47. 12 & Under: 1. Megan McGowan 19:28, 2. Kimberly Uttersson 20:05, 3. Salina Diaz 20:19. 13-17: 1. Michelle O'Connor 19:08, 2. Alicia Pina 19:55, 3. Katie Ordash 21:24. 18-24: 1. Jenean Sorrells 17:16, 2. Kim Ojeda 17:52, 3. Rosa Cazares 18:09. 25-29: 1. Paula Newby-Fraser 17:10, 2. Laura Stuart 17:23, 3. Sarah Coope 17:28. 30-34: 1. Anne Marie Rouchon 17:11, 2. Janet Hatfield 17:23, 3. Anet Cooper 17:29. 35-39: 1. Leslie Lewis 17:19, 2. Linda Janelli 17:26, 3. Kimberlee Campo 17:41.

Masters Men

Overall Winner: 1. Doug Bell 14:50. 40-44: 1. Wilson Waigwa 15:06, 2. Henry Rono 15:18, 3. Nolan Smith 15:41. 45-49: 1. Peter Stern 16:35, 2. Michael Mahler 16:44, 3. Mike Figueroa 16:50. 50-54: 1. Mario Gonzalez 16:19, 2. Dan McCuskill 17:07, 3. Richard Greene 17:10. 55-59: 1. Carlos Valle 17:39, 2. Richard Rodriguez 18:07, 3. Sonny Monioz 18:07. 60-64: 1. Paul Saucedo 19:00, 2. Patrick Devine 19:46, 3. Dick Robinson 20:40. 65-69: 1. John Keston 18:24, 2. Larry Banuelos 20:27, 3. Bob Koch 21:18. 70-79: 1. Jim McCown 20:43, 2. Donald Dilworth 23:14, 3. Wayne Zook 23:15. 80 & Over: 1. Willard Benton 31:52, 2. Paul Bernd 35:40, 3. Zacarias Horta 40:30.

Masters Women

Overall Winner: 1. Sherri Hall 17:40. 40-44: 1. Janet Jordan 17:52, 2. Loi Coker 18:58, 3. Sandy Robbins 18:58. 45-49: 1. Joni Shirley 18:48, 2. Margaret Neville 20:12, 3. Kathryn Loper 20:13. 50-54: 1. Yvette La Vigne 20:00, 2. Eileen Pue 20:28, 3. Joan Jeter 21:44. 55-59: 1. Jeanne Hoagland 21:08, 2. Wilma Maddock 22:04, 3. Tami Graf 22:09. 60-64: 1. Rebeca Zambrano 25:27, 2. Sumiye Leonard 27:13, 3. Patricia Puritt 27:29. 65-69: 1. Mary Storey 24:58, 2. Doris Gordon 25:54, 3. Betty Roberts 31:55. 70-79: 1. Judy Simon 30:09, 2. Mary Rice 39:18, 3. Lucrecia Newman 48:03. 80 & Over: 1. Felicitas Salazar 45:24.

THE ATHLETE'S KITCHEN

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

Pre-Exercise Food

Some athletes *know* they have to exercise on an empty stomach or else they will suffer from an upset stomach or unwanted pit stops. Others simply *hesitate* to eat before they exercise because that's what their coach told them years ago. And there are athletes who feel best during exercise when they have a well-fed tummy. Confusion abounds regarding what, if anything, to eat before a workout or competitive event.

Since each athlete is metabolically unique when it comes to pre-exercise food preferences, the purpose of this article is to share some of what is known about pre-exercise food and to encourage you to *experiment* with your own eating patterns to determine what foods and/or fluids, if any, help your body run smoothly and strongly. If you habitually exercise on an empty stomach just because that's what you've always done, you may discover you can achieve performance benefits with an appropriate pre-exercise energizer.

Q: *I generally train at 8:00 a.m. Should I eat breakfast beforehand?*

Yes. Although skipping breakfast is a common practice among athletes who exercise in the morning, research suggests that you'll perform better if you eat some carbohydrates within 0-4 hours before your workout. During the night, your blood sugar levels drop. If you start a workout with low blood sugar and an empty stomach, you will be likely to fatigue earlier than if you have something to eat.

Q: *What and how much should I eat?*

The answer varies from person to person, ranging from a cracker to a slice of bread, a glass of juice, a bowl of cereal or a whole breakfast. Assuming that you can tolerate food, any type of carbohydrate is better than nothing. Research shows good results with about 300 calories of carbohydrate one hour

before moderately hard exercise. (More precisely, 0.5 gram carbohydrate (2 calories) per pound body weight. If you weigh 150 lbs, this is the equivalent of 75 grams (300 calories) of CHO, the amount in a bagel and glass of juice.) (Am J Clin Nutr 54:866, 1991)

Q: *I can comfortably eat before I workout without any digestive problems. Will eating 600 calories instead of only 300 calories, help me exercise better?*

Probably not. In one study, the cyclists exercised the same whether they had 300 or 600 calories one hour before exercise (0.5 or 1.0 grams CHO/lb). Eating twice the amount of carbohydrates provided no additional performance benefits. (Am J Clin Nutr 54:866, 1991).

Assuming that your system can handle a full meal pre-exercise, research suggests that even very large amounts of food can improve performance. In one study, cyclists who had 1,200 carbohydrate-calories four hours pre-exercise (that's the equivalent of a big pancake breakfast!) cycled 15% stronger during the last 45 minutes. (Med Sci Sports Ex 21:598, 1989) Pre-exercise carbohydrates supplied fuel for the end when glycogen stores were low.

Note: Most research studies are done with cyclists who tend to report fewer GI complaints than athletes in running sports that jostle the stomach. Yet, the benefits are worth noting for all athletes. You simply need to experiment *during training* with eating some carbohydrates within 4 hours before you exercise: If you swim at 6 a.m., munch on a bagel on the way to the pool. If you workout at lunch, be sure to eat carbs such as cereal for breakfast and perhaps even a banana for a 10 AM snack. If you exercise after work, have a high-carb lunch and some crackers mid-afternoon. You may discover that you are a stronger athlete than you thought!

Q: *Will the food that I eat before I exercise be used for fuel?*

Yes. In the study mentioned above, the cyclists absorbed all of the 300 calories during an hour of exercise, and 60% of the 600 calorie feeding. Despite popular belief, food eaten before exercise can be digested and used *during* exercise, unless you are doing extremely intense sprint-like activity (track work-out, time trials), at which point the stomach shuts down so that more blood can flow to the muscles. During intense exercise, blood flow to the gut is reduced about 80%, but during moderate exercise, blood flow is reduced by only 30-40%.

Q: *Will pre-exercise sugar contribute to a "sugar low" and a hypoglycemic reaction?*

Likely not. Research suggests that athletes who eat sugar pre-exercise will experience an initial drop in blood sugar during the first 15 minutes of exercise, but the drop rarely results in abnormally low blood sugars that impair performance. Long-term energy benefits are clearly seen; athletes enjoy greater stamina. Studies show that even a candy bar eaten five minutes beforehand caused no detrimental effects upon performance. If you are sensitive to sugar-swings, you should abstain from sweets, but most athletes can handle sugar without a problem.



Nancy Clark, MS, RD is nutritionist at Boston-area's SportsMedicine Brookline. Her popular books *The Athlete's Kitchen* (\$7; '81) and *Nancy Clark's Sports Nutrition Guidebook* (\$16.50; '90) are available through NESP, P.O. Box 252, Boston 02113.

U.S. Men's Olympic Marathon Trials

April 11. Columbus, Ohio.

STEVE SPENCE MADE A BELIEVER OUT OF anyone who might have questioned his status as America's top marathoner with a convincing victory in the 1992 U.S. Men's Olympic Marathon Trials April 11 in Columbus, Ohio. Spence pulled away from fellow Olympic teammates Ed Eyestone and Bob Kempainen in the last mile to finish in 2:12:43 under unseasonably warm and humid conditions in Columbus. The temperature during the race rose from 63-to-71 degrees with 67% humidity and 8-10 mph winds.

Spence's win was worth \$58,000 in prize money, bonuses, and an annual training stipend. Eyestone (2:12:51) earned \$48,000 including the stipend as he repeated his second-place finish of 1988 to earn a spot on his second Olympic marathon team. Kempainen, running only his second marathon, takes home \$38,000 including the stipend. At 25, Kempainen was the youngest finisher in the field.

A pack of 20 reached the halfway point in 1:06:38. Bill Reifsnnyder, the winner of the 1991 Columbus Marathon, and Keith Brantly, third place finisher last fall, moved to separate themselves from the pack as the runners headed east along Broad Street with a moderate tail wind. Ken Martin, the top-seeded runner with a 2:12:06 qualifying time and a 2:09:38 career best, joined Brantly and Reifsnnyder for three miles before falling back and dropping out at 17 miles after a loop through AmeriFlora '92, the six-month international floral and cultural exposition.

By 20 miles, Brantly and Reifsnnyder were 19 seconds up on the chase pack of Spence, Eyestone, and Kempainen. Steve Taylor ran alone in sixth 30 seconds behind the trio.

Within the next two miles, the chase pack had caught Brantly and Reifsnnyder began to suffer hamstring cramps. By the finish line, the three top finishers had pulled away to put more than a minute on Brantly (2:14:16) and slowing Reifsnnyder (2:15:45). Spence's 25th (4:52) and 26th (4:49) miles were the race's fastest.

"At this point, I am just very relieved it's over," Spence said shortly after crossing the finish line. "I felt a lot of pressure coming in and I put a lot of pressure on myself to do well."

Spence said the race progressed as he anticipated. He had scouted out the right place to make his move for the win. "The idea is to make the team running the slowest possible time so you can recover quickly and run well in Barcelona," Spence said.

For Eyestone, qualifying represents a chance for redemption. After a mediocre showing in the 1988 Olympics, he'll get a second chance.

"My experience in Seoul, when I basically stunk up the place, left me hungry to come back and redeem myself," the Utah resident

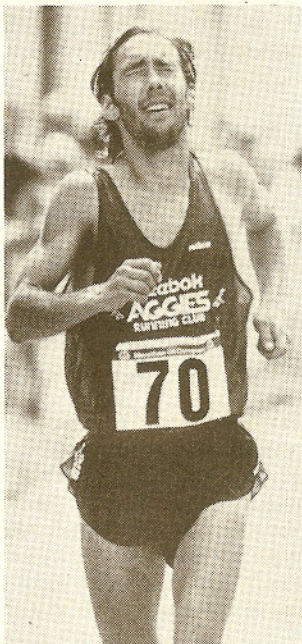
said. "When I realized we were closing in on the leaders (at 20 miles), it was like Merry Christmas."

Kempainen almost missed the race with a stress fracture of the right knee and then left leg problems. He cross-trained with water running and a cross-country skiing machine for most of December and January.

"It's still definitely unreal for me," Kempainen said. "It's going to take awhile to come down from this."

Spence predicted the three will fare well in the August 9 Barcelona Olympic Marathon.

"I think American marathoning is looking good, and it will be nice to go over with a strong team," Spence said. "I think we all may have a shot of getting at least top 10, if not a shot at a medal."



JOHN BARRETT

Oakland, CA

2:38.42

Photo by

Jack McManus/Agence Shot



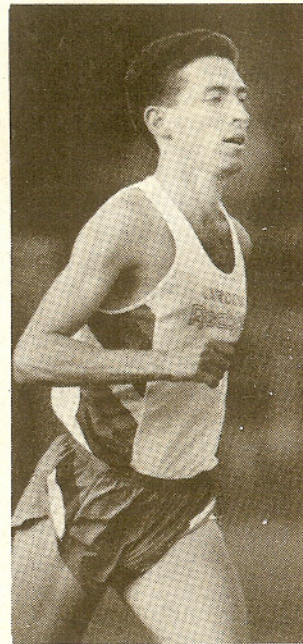
MATT CLAYTON

Imperial Beach, CA

2:32.11

Photo by

Steve Shunk/Agence Shot



MATT EBNER

West Covina, CA

2:21.13

Photo by

Kirby Lee, L.A. Times

continued next page...

The top 20 finishers divided up \$214,000 in prize money, the largest purse ever for an Olympic Trials event.

The field of 102 starters included seven Olympians. Two were among the earliest to call it a day. American record holder Alberto Salazar, running his first marathon since the 1984 Olympics, dropped out at seven miles when a previously-injured Achilles' tendon flared up. Anthony Sandoval, winner of the 1980 Olympic Trials and competing in a record fifth Olympic Marathon Trials, dropped out with leg problems at 12 miles. Their disappointing performances may mean retirement for Salazar and a stab at the 10,000 meters for Sandoval. The two were not alone in dropping out as only 55 runners finished the race.

Only Brantly registered a personal best time in the warm conditions. Chris Prior, 15th in 2:19:26, was the only other runner to better his qualifying mark as 16 finishers bettered the 2:20 qualifying standard.

Overall Results

1. Steve Spence (29) Chambersburg, PA. 2:12:43, 2. Ed Eyestone (30) Bountiful, Utah 2:12:51, 3. Robert Kempainen (25) Minnetonka, Minn. 2:12:54, 4. Keith Brantly (29) Gainesville, FL. 2:14:16, 5. William Reifsnnyder (26) Albuquerque, NM 2:15:45, 6. Stephen Taylor (26) Fincastle, VA. 2:16:14, 7. Chris Fox (33) Hagerstown, MD. 2:16:40, 8. Jim Hage (34) Lanham, MD. 2:16:47, 9. DANIEL GONZALEZ (29) Mountain View 2:17:53, 10. MARK CONOVER (31) San Luis Obispo 2:18:17.
11. Joe Leuchtmann (27) St. Louis, MO. 2:19:01, 12. Don Johns (26) Monroe, Mich. 2:19:05, 13. Dan Held (26) Brown Deer, Wis. 2:19:23, 14. Chad Bennion (27) Murray, Utah 2:19:25, 15. Chris Piror (32) Boulder, CO. 2:19:26, 16. Paul McGovern (32) Lynn, Mass. 2:19:35, 17. Tom Stevens (36) Middletown, MD. 2:19:41, 18. Scott Bagley (28) Mendon, NY 2:21:05, 19. MATT EBINER (31) West Covina, CA 2:21:13, 20. Dave Dunham (28) Lon-

donderry, NH 2:21:18.

21. Chris Chattin (28) Boulder, CO. 2:21:34, 22. Chuck Crabb (35) Mt. Lauren, NJ 2:21:42, 23. Jerrold Wynia (31) Bigelow, Minn. 2:22:47, 24. Ken Judson (41) Pittsburgh, PA. 2:23:32, 25. Michael Smith (24) Spring Lake, Mich. 2:24:11, 26. Brian Larson (36) Phoenix, AZ. 2:24:19, 27. BILL DONAKOWSKI (35) El Sobrante, CA. 2:24:40, 28. Kevin Ruch (27) Camp Hill, PA. 2:24:46, 29. STEVE McCORMACK (31) San Diego, CA. 2:24:51, 30. Darrell General (26) Mitchellville, MD. 2:25:02.

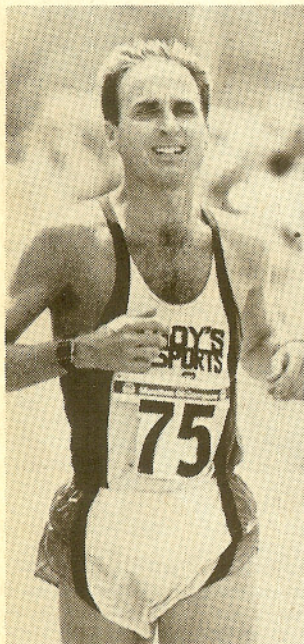
31. Robert Stolz (27) Eugene, OR. 2:25:36, 32. William Weidenbach (32) Issaquah, Wash. 2:26:47, 33. Brent Friesth (31) Boulder, CO. 2:27:20, 34. Miguel Tibaduiza (35) Reno, NV. 2:27:41, 35. David Petersen (36) Bend, OR. 2:28:09, 36. BRENT GRIF-FITHS (29) Morro Bay, CA 2:28:11, 37. David Michael Mullan (32) Slidell, LA. 2:28:13, 38. Robert Yara (37) Cockeysville, MD. 2:28:53, 39. Brian Walter (25) Blacksburg, VA. 2:28:55, 40. BRAD HAWTHORNE (36) Oakland, CA. 2:29:07.

41. Dick LeDoux (35) Pueblo, CO. 2:29:31, 42. ALFREDO ROSAS (32) Long Beach, CA 2:29:43, 43. Mark Gerber (26) Lebanon, NJ 2:29:44, 44. Don Stearns (31) Bend, OR. 2:30:01, 45. Herb Wills (31) Tallahassee, FL. 2:30:13, 46. Simon Gutierrez (26) Albuquerque, NM 2:30:33, 47. JOE RUBIO (29) San Luis Obispo, CA. 2:31:16, 48. Brian Ferrari (31) Hagerstown, MD. 2:32:03, 49. MATT CLAYTON (26) Imperial Beach, CA. 2:32:11, 50. Matt Carpenter (27) Colorado Springs, CO. 2:32:27.

51. Matt Rothermel (30) Plains, Mont. 2:32:30, 52. Filomeno Apodaca (26) Las Cruces, NM 2:35:31, 53. Jerry Marsh (28) Phoenix, AZ 2:35:37, 54. John Ratcliffe (28) Harrisonburg, VA 2:36:52, 55. JOHN BARRETT (28) Oakland, CA 2:38:42.

California Athletes that did not finish

Ivan Huff (Paso Robles), Daniel Martinez (Los Angeles), Danny Grimes (Santa Rosa), Rich McCandless (Hayward), Thom Hunt (Colorado), David Frank (Los Altos), Robert Anex (Atherton), Charles Alexander (Mt. View), Joseph Nitti (Santa Monica), Tyrus Deminter (Long Beach).



BRAD HAWTHORNE

Oakland, CA

2:29.07

Photo by

Jack McManus/Agence Shot



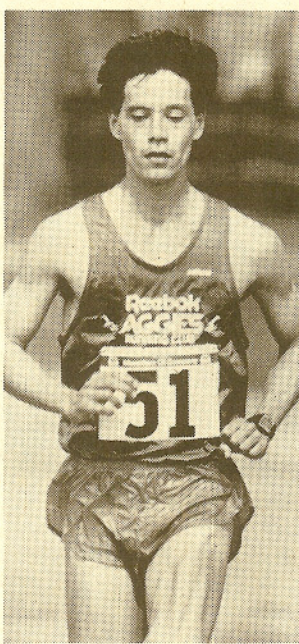
ALFREDO ROSAS

Long Beach, CA

2:29.43

Photo by

Steve Shunk/Agence Shot



JOE RUBIO

San Luis Obispo, CA

2:31.16

Photo by

Steve Shunk/Agence Shot

ROAD RACE SPOTLIGHT

By Bill Cockerham

Hawthorne Wins Again

Big Sur Marathon

April 26, 1992

"I've done this before," I thought as I focused my camera on the approaching winner of the Big Sur International Marathon. In what seemed like a replay, Brad Hawthorne romped to his fifth victory in this the Seventh Annual version of what may be America's most beautiful marathon.

The 36-year-old Hawthorne appeared to have the Big Sur Marathon "thing" down to a routine. The Oakland resident, only two weeks earlier, had competed in the Olympic Trials Marathon. The Trials were on a much easier Columbus, Ohio, course, yet he ran seven minutes slower than his 2:22:55 win at Big Sur. As meet director Bill Burtleigh said, "Brad owns this. He owns us, he owns Big Sur, he owns the course."

Will Brad Hawthorne go for an even half-dozen next year? "I don't know," he told Mary Bake of the *Herald Times*. "If I'm injury free . . . I don't want to come back and finish second."

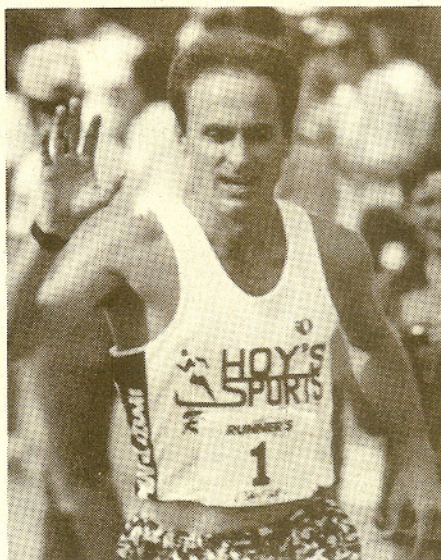
Just as much as Hawthorne's victory could have been predicted, the women's winner was a big surprise. Jeannie Urness didn't even make the "elite runner" list and wore the obscure number 1922 on her bib. Urness, 29, finished 10 minutes ahead of her closest pursuer, J'ne Day-Lucore, who was on the elite runner list and who wore No. 8. "I don't know how I did it," she was quoted after the race. "I just felt good out there. I thought the others would really be pushing for first."

This year's event saw the addition of a pre-marathon 5K, which drew 1200 runners (the marathon had 2,500). Mary Miller of the meet organization said, "We emphasized youth and masters participation with a competition between local schools to get the most students, staff and parents running; prize money for the masters division was awarded on the basis of age-graded scoring."

Miguel Tibaduiza won the first annual Big

Sur 5K competition in 15:28 and Domingo Tibaduiza was second in 15:58. Frank Shorter, the 1972 Olympic Gold medalist in the marathon and a Big Sur race consultant, finished fourth in 16:33.

Linda Somers, a 30-year-old from Pleasant Hill, was an easy winner of the women's 5K. The most impressive performance of the day, however, had to be the second place finish of Shirley Matson of Moraga. Matson is



BRAD HAWTHORNE

51-years-young and powered in at 18:08. That's a 5:50 mile pace for more than three miles.

Overall Results - Men's Marathon

1. Brad Hawthorne (36) Piedmont 2:22:55, 2. Leonard Hill (39) Klamath Falls, OR. 2:25:10, 3. John Moreno (37) Pacifica 2:30:11, 4. Charles Alexander (28) Mt. View 2:32:32, 5. Scott Martin (28) Ashland 2:33:14, 6. Denis O'Halloran (40) Tahoe City 2:34:20, 7. Pete Kaplan (35) Newbury Park 2:36:29, 8.

James Sandoval (28) Redwood City 2:37:38, 9. Byrle Smallen (44) Agoura 2:38:30, 10. Jeffrey Vannini (33) Valencia 2:41:12.

11. Rodney Scharberg (31) Albuquerque, NM 2:42:33, 12. Jim Poulos (38) Carmel 2:42:57, 13. John Collins (27) Ridgeland, MS. 2:43:38, 14. Andrew Oakley (33) Skokie, IL. 2:44:59, 15. Barry Alexia (36) Oakwood, OH 2:46:05, 16. Douglas Colton (40) Salinas 2:46:14, 17. Page Korsteter (25) Fort Ord 2:46:46, 18. Charlie Freeman (41) Mt. View 2:47:00, 19. Robert Meinhardt (23) Los Gatos 2:47:17, 20. Stephen Plume (29) Mt. View 2:48:22.



JEANNIE URNESS

Overall Results - Women's Marathon

1. Jeannie Urness (29) Mather AFB 2:51:06, 2. June Day-Lucore (30) Denver, CO 3:00:59, 3. Chris Iwahashi (36) Sacramento 3:01:34, 4. Nelly Wright (46) Pacific Grove 3:05:51, 5. Katharin Roth (27) San Diego 3:06:23, 6. Annette Shearer (31) Oakland 3:07:49, 7. Susan Petrine (29) Santa Barbara 3:08:34, 8. Sheila Hricik (36) Bridgeport, PA 3:12:49, 9. Marcia Winger (46) Sardis Bo Canada 3:16:12, 10. Michelle Brinsmead (38) Carmel Valley 3:17:08.

11. Donna Troyna (38) Los Altos 3:18:34, 12. Jane

continued next page...

ROAD RACE SPOTLIGHT

Scruce (44) Emmous, PA 3:19:40, 13. Jennifer Burke (29) Pebble Beach 3:20:19, 14. Renee Johnson (28) Waconia, MN 3:20:27, 15. Mary Campbell (45) Beverly Hills 3:24:17, 16. Joanie Effier (34) Watsonville 3:25:17, 17. Susan Gimbel (45) Orange 3:25:26, 18. Celeste Langan (35) Oakland 3:26:51, 19. Michelle Perry (27) Carmel 3:27:50, 20. Kathy Martin (41) Portola Valley 3:28:32.

Division Results - Men's Marathon

16-19: 1. Michael Smith 3:22:06, 2. Chad Hawker 3:29:05, 3. Caleb Rightmyer 3:29:12. 20-24: 1. Robert Meinhardt 2:47:17, 2. Rick Jones 2:49:00, 3. Farnande Tejada 2:53:32. 25-29: 1. Charles Alexander 2:32:32, 2. Scott Martin 2:33:14, 3. James Sandoval 2:37:38. 30-34: 1. Jeffrey Vannini 2:41:12,



LINDA SOMERS - 5K Winner

2. Rodney Scharberg 2:42:33, 3. Andrew Oakley 2:44:59. 35-39: 1. Brad Hawthorne 2:22:55, 2. Leonard Hill 2:25:10, 3. John Moreno 2:30:11. 40 & Over: 1. Denis O'Halloran 2:34:20, 2. Byrle Smallen 2:38:30, 3. Douglas Colton 2:46:14.

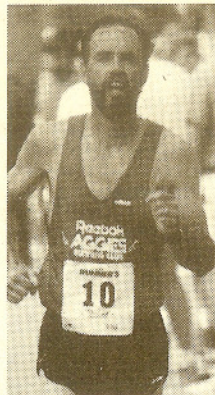
Division Results - Women's Marathon

16-19: 1. Cassandra Ferguson 4:00:01, 2. Whitney Swindell 4:57:12, 3. Jessica Pyle 5:07:26. 20-24: 1. Sarah Suttmoller 3:30:03, 2. Kristen Burns 3:32:28, 3. Sarah Burford 3:36:38. 25-29: 1. Jeannie Urness 2:51:06, 2. Katharin Roth 3:06:23, 3. Susan Petrine 3:08:34. 30-34: 1. J'ne Day-Lucore 3:00:59, 2. Annette Shearer 3:07:49, 3. Jennifer Burke 3:20:19. 35-39: 1. Chris Iwahashi 3:01:34, 2. Sheila Hricik 3:12:49, 3. Michelle Brinsmoad 3:17:08. 40 & Over: 1. Nelly Wright 3:05:51, 2. Marcia Winger 3:16:12, 3. Jane Soruce 3:19:40.

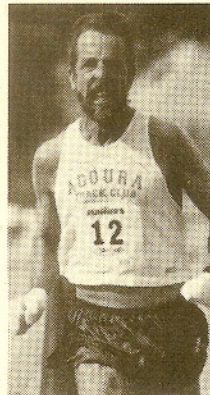
Overall Results

Age Graded Scoring - Marathon

Place	Name	City	Age	Grade	Time
1	Ray Piva	So. S.F.	65	84.68%	3:10:00
2	Denis O'Halloran	Tahoe C	40	84.27%	2:34:20
3	Byrle Smallen	Agoura	44	84.22%	2:38:30
4	Nelly Wright	Pacific Grv.	46	81.52%	3:05:51
5	Bob Barber	Half Moon Bay	55	80.69%	3:00:03



DENIS O'HALLORAN



BYRLE SMALLEN

6	Michael Dove	Salinas	45	79.22%	2:49:39
7	Pete Petraock	Malibu	64	78.72%	3:22:08
8	Charlie Freeman	Mt. View	41	78.37%	2:47:00
9	Douglas Colton	Salinas	40	78.23%	2:46:14
10	Marc Lieberman	Monterey	45	77.88%	2:52:35
11	Janet Glassman	Allentown	63	77.60%	3:51:18
12	Marcia Winger	Sardia, Can	46	77.22%	3:16:12
13	Tony Nonan	Kandøhe	50	76.51%	3:02:03
	Carl Murdoch	Sheffield, Eng	43	76.37%	2:53:38
15	Craig Newport	Orangevale	46	76.31%	2:57:18
16	Myra Rhodes	Sacto	59	75.81%	3:45:56
17	Raymond Pankart	ElCajon	67	75.36%	3:38:23
18	Don King	Salinas	46	75.20%	2:59:56
19	Jane Serues	Emmaus	44	74.76%	3:19:40
20	Louis Marjon	Sante Fe	46	74.33%	3:02:01
21	Jan Jagedzinski	Edmonton	43	74.33%	2:58:24
22	Clayton Streich	Lincoln	47	74.10%	3:03:51
23	Paul Kutschera	NewBorlin	58	73.99%	3:22:05
24	Battista Locatelli	LasV.	60	73.85%	3:26:34
25	Ted Welden	Portland, OR	45	73.81%	3:02:05

Overall Results - Men's 5K

1. Miguel Tibaduiza (35) Reno 15:28, 2. Domingo Tibaduiza (42) Reno 15:28, 3. Bradley Gardner (34) Ft. Worth, TX. 16:28, 4. Frank Shorter (44) Unknown 16:33, 5. Scott Peters (36) Monterey 16:52, 6. Greg Nacco (32) Larkspur 16:54, 7. Jose Garcia (42) Gilroy 16:55, 8. Richard Batty (40) Mill Valley 17:09, 9. Jorge Solorio (40) Monterey 17:21, 10. Jon Tannehill (32) Alameda 17:23. 11. Ryan McNeley (17) Monterey 17:31, 12. Tim Rostege (51) San Jose 17:33, 13. Tom Lyons (26) Larkspur 17:33, 14. James Easton (25) Perth, WA 17:34, 15. Donald Bieber (31) Monterey 17:41, 16. Bill Brusher (40) Oakland 17:45, 17. Michael Curran (30) Carmel Valley 17:45, 18. Britt Von Dine (32) Monterey 17:47, 19. Alan Stuker (15) Gilroy 17:48, 20. Steve Tietz (36) San Jose 17:51.

Overall Results - Women's 5K

1. Linda Somers (30) Pleasant Hill 17:16, 2. Shirley Matson (51) Moraga 18:08, 3. Karen Butler (31) Vancouver, BC 18:10, 4. Laura Sanchez (30) Salinas 18:26, 5. Betsy Swan (27) Woodside 18:41, 6. Joan Colman Ottaway (48) Sausalito

18:57, 7. Kim Rupert (37) Hillsborough 19:07, 8. Suzanne Gyorey (33) Santa Cruz 19:39, 9. Sue Vinella-Brusher (37) Oakland 19:44, 10. Brande Cranford (33) Salinas 19:57.

11. Christine O'Hanlon (21) Santa Cruz 20:27, 12. Margaret Chung (33) Monterey 20:29, 13. Brigitte Schlatter (40) Carmel 20:29, 14. Noel Grandrath (28) Seaside 20:39, 15. Annie Conneau (36) Carmel Valley 21:03, 16. Diana Moore (30) Santa Cruz 21:38, 17. Tegan Firth (13) Unknown 21:45, 18. Chris Garrett (30) Fort Ord 21:50, 19. Lori Luzader (30) Minnetonka, MN 21:56, 20. Julie Kondro (33) Ft. Worth, TX 21:57.

Division Results - Men's 5K

6-8: 1. Mike Garven 25:17, 2. Bryan Langslet 26:21, 3. Carl Lostrom 26:33. 9-11: 1. Matthew Sison 21:21, 2. Stephen Sparolini 21:51, 3. Timothy Smith 22:09. 12-14: 1. Morris Jones 20:24, 2. Jose Rodriguez 22:20, 3. Gabriel Feliciano 22:21. 15-18: 1. Ryan McNeley 17:31, 2. Alan Stuker 17:48, 3. Estebon Garcia 17:55. 19-24: 1. Cesar Lerma 19:29, 2. Steve Gross 19:59, 3. Matthew Milner 22:14. 25-29: 1. Tom Lyons 17:33, 2. James Easton 17:34, 3. Jonah Houston 18:01. 30-34: 1. Bradley Gardner 16:28, 2. Greg Nacco 16:54, 3. Jon Tannehill 17:23. 35-39: 1. Miguel Peters 15:28, 2. Scott Peters 16:52, 3. Steve Tieta 17:51. 40 & Over: 1. Domingo Tibaduiza 15:28, 2. Frank Shorter 16:33, 3. Jose Garcia 16:55.

Division Results - Women's 5K

5 & Under: 1. Katelyn Myer 39:32. 6-8: 1. Janeth Pelayo 28:58, 2. Katie Huihs 33:02, 3. Leah Armstrong 33:32. 9-11: 1. Sabricia Pelayo 25:17, 2. Bettina Cory 27:06, 3. Rachel Marotta 28:40. 12-14: 1. Tegan Firth 21:45, 2. Donicia Garcia 22:59, 3. Tracy McKinney 23:12. 15-18: 1. Isabelle Young 22:00, 2. Alexis Waddel 22:18, 3. Erika Westman 22:23. 19-24: 1. Christine O'Hanlon 20:27, 2. Dona Tonikawa 22:10, 3. Jennifer Neff 22:30. 25-29: 1. Betsy Swan 18:41, 2. Noel Grandrath 20:39, 3. Alison Moriarty 22:26. 30-34: 1. Linda Somers 17:16, 2. Karen Butler 18:10, 3. Laura Sanchez 18:26. 35-39: 1. Kim Rupert 19:07, 2. Sue Vinella-Brusher 19:44, 3. Annie Conneau 21:03. 40 & Over: 1. Shirley Matson 18:08, 2. Joan Colman Ottaway 18:57, 3. Brigitte Schlatter 20:29.



MIGUEL (left) & DOMINGO TIBADUIZA

RESULTS

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

Legg Lake Runs SCATAC LDR 10 Miles Championships Road Run

March 14. So. El Monte.

Overall Results

10 Mile: 1. Salvador C. Zaragoza (25) 52:45, 2. Philip Davis (34) 55:07, 3. Phillip Yarday (41) 1:00:34.
10K: 1. Mark Odou (37) 42:49, 2. Yasuhiro Hagihara (54) 49:32, 3. Barbara Yardy (43) 54:45.
5K: 1. Daniel Zepeda (28) 18:09, 2. Sebastian Cortes (15) 18:19, 3. Marcus Barbee (17) 18:49.

St. Patricks Day

March 15. So. El Monte. 5K.

Overall Results

1. Mike Lalum (47) 26:20, 2. Pegg Small (46) 35:37, 3. George Small (32) 35:38.

SCATAC LDR 5K

Championship

Jack Bishin 91st Birthday

March 21. So. El Monte.

Overall Results

1. Bob Dolan (35) 17:35, 2. Earl Anderson (55) 18:09, 3. Sonny Monioz (14) 18:35, 4. Erick Citventes (14) 18:37, 5. John Allen (42) 18:38.

San Gabriel River S. E. M. Run

March 22. So. El Monte. 5K.

Overall Results

1. Arthur Martinez (44) 20:43, 2. George Ramirez (Open) 23:25, 3. Dan Martinez (35) 24:29.

Legg Lake Sport Runs

March 28. So. El Monte. 5K & 10 Mi.

Overall Results - 5K

1. Arthur Martinez (44) 20:05, 2. Dutch Benedetti (77) 24:56, 3. Walter Clarke (55) 41:09.

Overall Results - 10 Mi.

1. Jim Generazzo (48) 1:17:26, 2. Arturo Huizar (25) 1:45:59, 3. Jeffrey Cornelius (23) 1:46:04.

Wolf 5K

March 29. So. El Monte.

Overall Results

1. Joe Englebecht (42) 19:45, 2. Tim Brown (30) 20:01, 3. Ruben Esqueda (61) 22:13.

Sunset Run

April 3. So. El Monte. 5K.

Overall Results

1. George Tabata (33) 19:54, 2. Arthur Martinez (44) 20:27, 3. Gary Stephens (53) 21:59.

Water Cup Run

April 4. So. El Monte. 5K.

Overall Results

1. Alan Davidson (41) 21:11, 2. Bob Gollighugh (49) 21:13, 3. Brian Hollway (47) 22:30.

Fitness Run

April 5. So. El Monte. 5K.

Overall Results

1. Gustavo Bedoy (39) 20:18, 2. Dan Martinez (35) 24:38, 3. Joel Brown (36) 25:29.

Fisherman Run

April 11. So. El Monte. 5K.

Overall Results

1. Armondo Black (31) 19:57, 2. Mario Vasquez (49) 20:34, 3. Selina Hough (32) 22:33.

Fishnet Run

April 12. So. El Monte. 1 Mile.

Overall Results

1. Arthur Martinez (44) 4:46, 2. Tush Kemp (9) 5:39, 3. Eileen Wiseman (43) 11:30.

Sunset Stride Run

April 16. So. El Monte. 5.4 Mile.

Overall Results

1. William Velasco (29) 33:53, 2. Sue Harris (31) 33:09, 3. Mike Lalum (47) 41:20.

Easter Run

April 19. So. El Monte. 5K.

Overall Results

1. Jesus Figueroa (40) 17:20, 2. Delmer Davila (20) 17:38, 3. Oscar Urizar (16) 17:44.

Carrera De Pascua Run

April 18. So. El Monte. 5K.

Overall Results

1. Juan Rodriguez (18) 16:52, 2. Catarino Gonzalez (50) 16:56, 3. Salvador Gonzalez (44) 17:28.

St. Paddy's Day Dash

March 14. Fresno. 2 Mi, 10K & 1K Fun Run.

Division Results - Men's 10K

Overall Winner: 1. Alfred Lara 31:18. 10-14: 1. Chris Thasiah 39:36, 2. Rolando Aguirre 41:49, 3. Matt Bron 43:06. 15-19: 1. Shawn Young 35:25, 2. Jeremy Barnes 38:32, 3. Dan Prescott 39:06. 20-24: 1. Larry Shaw 32:37, 2. Rafael Peralta 33:53, 3. Patrick Flint 36:37. 25-29: 1. David Naranjo 31:29, 2. David Lennon 33:17, 3. Art Ramos 35:23. 30-34: 1. Jay Farrior 32:04, 2. Greg Pope 32:51, 3. Barry Proctor 33:07. 35-39: 1. Jim Hartig 31:50, 2. Pat Moss 33:33, 3. Jim Lambe 36:19. 40-44: 1. Al Lomeli 33:58, 2. Steven Levy 34:55, 3. William Erickson 35:01. 45-49: 1. Bob Lindsey 34:31, 2. Mark Hammond 37:00, 3. Frank Ortega 37:59. 50-54: 1. Jim Bevins 37:36, 2. Evan Orme 39:39, 3. Juan Sobenes 43:43. 55-59: 1. Frank Padilla 37:46, 2. Tommy Upton 38:56, 3. Frank Delgado 39:14. 60-64: 1. Len Thornton 42:04. 65-69: 1. Franz Weinschenk 47:45. 70 & Over: 1. Harry Harder 53:34. Wheelchair: 1. Jim Brooks 51:37.

Division Results - Women's 10K

Overall Winner: 1. Dina Farage 33:59. 10-14: 1. Jami Powell 121:36, 2. Jami Wright 121:37. 15-19: 1. Julie Martin 110:49. 20-24: 1. Liza York 39:50, 2. Laura Duquette 41:52, 3. Kristen Mattox 46:58. 25-29: 1. Stacy Buehner 37:25, 2. Kim Holston 42:23, 3. Kate Jennings 42:33. 30-34: 1. Alicia Jawar 38:58, 2. Katie Lowe 40:44, 3. Diane Vartanian 41:21. 35-39: 1. Dorothy Morse 44:20, 2. Joy Diamond 46:58, 3. Claudette Matz 47:14. 40-44: 1. Lesley Wimer 47:55, 2. Mary Helen Cortez 50:07, 3. Margaret Pinuelas 52:57. 45-49: 1. Margie Lindsey 41:12, 2. Sharon Mayo 46:32, 3. Suzanne Sobenes 48:43. 50-54: 1. Deborah Schwartz 50:48, 2. Glenda Morgan 51:51, 3. Heidi Fialho 100:07. 55-59: 1. Sydney Loo 102:22, 2. Theanne Woodruff 102:27.

Division Results - Men's 2 Mile

Overall Winner: 1. Bryan Foley 9:42. 10-14: 1. Dustin Robinson 11:46, 2. Stephen Hawk 11:55, 3. Brandon Skiba 12:13. 15-19: 1. Maurita Delatorre 12:17, 2. Laurie Vessels 15:30, 3. Simone Christensen 15:57. 20-29: 1. Susan Sullivan 12:00, 2. Jessie Flores 12:54, 3. Terri Woodward 13:31. 30-39: 1. Ray Garcia 9:44, 2. John Robinson 10:02, 3. Lester Smith 10:40. 40-49: 1. Craig Elia 10:47, 2. Mike Brooks 10:55, 3. Curtis Elia 11:06. 50-59: 1. Ron Quitoriano 12:32, 2. Jess Palomar 13:13, 3. Steve Freeland 13:51. 60-64: 1. Bob Fries 12:29, 2. Gino Dellanina 15:08, 3. Al Smith 16:01. 65-69: 1. Lee Thomas 15:16. Wheelchair: 1. Brent Treichel 14:00. Walker: 1. Steve Humphrey 24:13.

Overall Results - Men 2 Mile

Overall Winner: 1. Tiffany Farmer 11:54. 10-14: 1. P.T. Carmen 13:27, 2. Kristin Fairley 13:32, 3. Monique Islas 13:55. 15-19: 1. Adrian Garcia 10:16, 2. Arnau Pascual 10:50, 3. Randy Cervantez 11:05. 20-29: 1. Susan Sullivan 12:00, 2. Jessie Flores 12:54, 3. Terri Woodward 13:31. 30-39: 1. Lori Anderson 13:03, 2. Sande Nelson 13:29, 3. J.K. Chesney 13:31. 40-49: 1. Laura Schmuck 14:34, 2. Marion Elder 16:25, 3. Christie Ballard 16:46. 50-59: 1. Jackie Ryle 16:45, 2. Candy Barnes 17:53, 3. Mary Frances Autrey 17:55. 65-69: 1. Dorothy Thomas 15:45. 70 & Over: 1. Ruth Robinson 41:30. Walker: 1. Susan Vasquez 21:48.

Division Results - Boy's 1K

3: 1. Dyan Arnold 5:59. 4: 1. Chris Arnold 5:55. 5: 1. Mitchell Mulligan 4:10. 6: 1. Jon Lomeli 3:29. 7: 1. Jess Garcia 3:45. 8: 1. Collin Hayden 3:13. 9: 1. Clay Manning 3:08.

Division Results - Girls 1K

3: 1. Vanessa Reyes 7:42. 4: 1. Cayla Schott-Bressler 6:35. 5: 1. Katherine Scribner 7:10. 6: 1. Leah Mazziliano 4:23. 7: 1. Taylore Anderson 3:53. 8: 1. Jean Kawasaki 3:49. 9: 1. Ashley Tidrick 3:32.

Shamrock Sportsfest Runs

March 21. Virginia Beach, VA. Mara/8K. Marathon Results

Men: 1. Dave Berardi (31) Catonsville, MD. 2:21:23.

Women: 1. Tammy Slusser (26) Monroeville, PA. 2:47:41.

Open 8K Results

Men: 1. Peter Sherry (23) Washington, DC 23:05.

Women: 1. Rosalind Taylor (24) Lanham, MD 26:23.

Masters 8K Results

Men: 1. Nick Rose (40) Bristol 23:12WR.
Women: 1. Laurie Binder (44) Oakland 27:42.

DSE Beach Esplanade Run

March 22. San Francisco. 6 Mile.

Overall Results

1. Analesh Krien 33:22, 2. Luis Montano 34:52, 3. John Hirschberger 35:16, 4. Michael Gama 35:42, 5. Neil Edde 35:47, 6. Kent Ferris 35:53, 7. Kevin Cowan 35:57, 8. Stan Yasuhara 36:50, 9. Joseph Rico 37:05, 10. Al Taliaferro 37:20.

11. Ron Long 37:29, 12. Michael Danko 37:59, 13. Jose Portillo 38:26, 14. The Panther 39:16, 15. Dimitris Sklavopoulos 39:17, 16. Dick Parker 39:59, 17. Patrick Tremo 40:00, 18. Dave Picariello 40:15, 19. Larry Wuerstle 40:33, 20. Dan Schim 40:45.

International Day Cherry Blossom Festival

March 28. Beaumont. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Joe Morgan 16:02, 2. Robert McGeough 16:06, 3. David Ruby 16:29. 13-19: 1. Ty Mattison 21:51. 20-29: 1. Joe Morgan 16:02. 30-39: 1. David Ruby 16:29, 2. Paul shanley 17:37, 3. Fidel Diaz 17:46. 40-49: 1. Tim Reynolds 17:17, 2. David King 21:38. 50-59: 1. Robert McGeough 16:06, 2. Wally Ingram 19:02, 3. Bill Lowry 19:16. 60-69: 1. Geoffrey Dooley 23:00, 2. Claude Long 28:33.

Division Results - Women's 5K

Overall Winners: 1. Ann Masarus 19:18, 2. Carolyn Slade 20:26, 3. Pamela Galbrath 21:58. 12 & Under: 1. Tracee Kennedy 29:01. 13-19: 1. Melissa Mattison 41:28. 30-39: 1. Ann Masarus 19:18, 2. REXANNE Ring 29:04. 40-49: 1. Carolyn Slade 20:26, 2. Pamela Galbrath 21:58, 3. Patricia Barathas 24:25. 50-59: 1. Carol Costello

RESULTS

44:40. 70 & Over: 1. Christina Vermaak 44:41.

Division Results - Men's 10K

Overall Winners: 1. Joe Morgan 36:53, 2. David Ruby 38:01, 3. Bill Sayers 38:24. 12 & Under: 1. Casey Gonzales 1:11:56. 13-19: 1. David Terrill 38:57, 2. Jubal Hill 56:52, 3. Jolen Hill 59:09. 20-29: 1. Joe Morgan 36:53, 2. Andy Capp 45:35, 3. George Sitton 46:09. 30-39: 1. David Ruby 38:01, 2. Amulfa Zuniga 38:52, 3. Larry Romero 43:16. 40-49: 1. Bill Sayers 38:24, 2. Tim Reynolds 38:44, 3. Terry Miller 44:23. 50-59: 1. Wally Ingram 43:48, 2. Bill Lowry 44:47, 3. Brian McCarthy 52:46. 60-69: 1. Bill Robson 48:32, 2. Geoffrey Dooley 55:13.

Division Results - Women's 10K

Overall Winners: 1. Dixie Duncan 44:57, 2. Melissa Aronson 46:40, 3. Pam Galbraith 51:32. 12 & Under: 1. Melissa Aronson 46:40. 13-19: 1. Dixie Duncan 44:57. 30-39: 1. Cindy Romero 1:00:28, 2. Cindy Cullen Carroll 1:06:56. 40-49: 1. Pam Galbraith 51:32, 2. Cecilia Lane 1:04:32.

Edgewood Wildflower Run

March 28. Redwood City. 9 Mile & 5 Mile.

Overall Results - 9 Mile

1. Eric Wason (28) 49:24, 2. Keith Hansen (30) 50:08, 3. Brad Curry (32) 50:57, 4. Nicholas Ratti 52:36, 5. James McLaren (30) 52:45, 6. Alistair Murray (33) 54:05, 7. Terrence Langeman (31) 55:24, 8. Jerry Lyerly (52) 55:57, 9. Mal Murray (36) 56:44, 10. Mark Ikemoto (34) 57:01.

11. John Weidinger 57:57, 12. Paul Chouinard (34) 58:26, 13. John Dagostino (31) 59:23, 14. Ron Ramos (35) 59:59, 15. Thomas Knapik (37) 1:00:38, 16. Berry Stevens (42) 1:00:40, 17. David Wood (25) 1:00:41, 18. Sandra Langeman (31) 1:01:00, 19. Sandeep Agrawal (30) 1:01:06, 20. Krist Roginski (29) 1:01:14.

Overall Results - 5 Mile

1. Nikos Mourtos (34) 31:33, 2. Ken Ciconelli (26) 31:45, 3. Scott Edwards (32) 34:43, 4. Bob Paul (29) 36:05, 5. McFadden (25 F) 36:10, 6. Tood Brehmer (32) 37:25, 7. Jack Hill (54) 37:33, 8. Robert Guenther (49) 37:33, 9. Nick McKeon (40) 38:56, 10. John Wandro (30) 38:57.

Park to Park

March 28. Atascadero. 10K & Half Marathon.

Overall Results - 10K

1. Paul Lee (30-39) 33:50, 2. Alfredo Perez (19-29) 35:20, 3. Sean McCormick (19-29) 36:28, 4. William Horst (30-39) 38:05, 5. Jim Bulterson (30-39) 38:19, 6. Jim Tymczynsyn (30-39) 39:24, 7. Russ Raymond (40-49) 40:16, 8. Peter Newell (30-39) 40:41, 9. Keith Kirkpatrick (40-49) 40:47, 10. Herbert Norton (19-29) 41:06.

11. Curtis Doran (30-39) 41:55, 12. Sue O'Sullivan (19-29) 42:01, 13. Buzz Hamblin (40-49) 42:52, 14. David Innis (40-49)

43:33, 15. Rich Manelna (40-49) 43:56.

Overall Results - Half Marathon

1. Pete Feldman (19-29) 1:15:50, 2. Mark McNees (19-29) 1:20:53, 3. Rick Kluge (30-39) 1:21:18, 4. Tim Dwyer (30-39) 1:21:47, 5. John Tiffin (40-49) 1:24:43, 6. Tony Cardwell (30-39) 1:27:25, 7. Frank Nelson (19-29) 1:31:03, 8. Garrett Essres (30-39) 1:32:00, 9. Barry Rice (40-49) 1:32:03, 10. Gail Shipley (30-39) 1:33:38.

San Bruno Mountain Runs

March 28. San Bruno. 5K & 10K.

Overall Results - 5K

1. Paul Hines (37) 17:41, 2. Nikos Mourtos (34) 19:18, 3. Bob Albert (32) 23:50, 4. Richard Blakely (48) 25:26, 5. Dennis Lem (49) 25:30.

Overall Results - 10K

1. Patrick Wiegand (36) 47:16, 2. Al Taliaferro (27) 48:18, 3. Bob Cronin (32) 48:43, 4. Sharlet Gilbert (41) 49:03, 5. Marty Beene (30) 49:08, 6. Blaine Kinnebrew (35) 52:29, 7. Tony Thomas (25) 52:36, 8. John Weidinger (51) 52:36, 9. David Blythe (30) 54:01, 10. Terry Egan (45) 58:06.

Double Lake Merced Run

March 29. San Francisco. 9.2 Mile.

Overall Results

1. T.J. Murphy 53:18, 2. Luis Montano 54:09, 3. Javier Mendieta 54:56, 4. Paul Watkins 56:38, 5. Michael Danko 57:26, 6. Jose Portillo 57:28, 7. Orville Fisher 57:52, 8. Ross Morrison 58:48, 9. Tony Varnhagen 58:53, 10. John Weidinger 58:56.

11. Stan Rosenfield 59:38, 12. Ron Hudson 59:41, 13. Jerry McGowan 60:38, 14. Dan Schirn 60:39, 15. Patrick Lee 60:58, 16. Ariel Austria 61:15, 17. Gregory Brown 61:17, 18. Rick Shea 61:26, 19. Lee Heidhues 61:56, 20. Frank Ribeiro 62:00.

DB Ironman New Zealand

March 30. Auckland, New Zealand.

With victories at DB Ironman New Zealand, professional triathletes Ken Glah and Krista Whelan have taken early leads in the \$460,000 Ironman World Series.

Held March 30 in Auckland, DB Ironman Zealand was the first of five Ironman World Series events leading to the October 10th Gatorade Ironman World Championship in Kona, Hawaii.

Trailing Germany's Stefan Kolm by 9 minutes off the bike leg in New Zealand, Glah, 28, of West Chester, PA., ran the race-closing marathon in 2 hours, 43 minutes and 1 second to edge out Kolm by more than a minute. Glah finished the race in 8:48:10. Scott Tinley of Del Mar, CA., the two-time Ironman World Series men's champion, took third, a little more than 7 minutes off Glah's winning pace.

Whelan, 27, of Santa Cruz, CA., complet-

ed the first American double in the eight-year history of the race by coming from behind to beat England's Sarah Coope by more than 7 minutes. Whelan completed the 140.6-mile swim-bike-run in 9:46:08.

Both Glah and Whelan are first-time Ironman winners. Glah finished second to Pauli Kiuru of Finland by 1 second in the 1990 DB Ironman New Zealand, the closest Ironman race of all time.

Bach Bay Race

April 12. Newport Dunes. 8K.

Division Results - Men

14 & Under: 1. Steven Kick 31:45, 2. Zack Dickson 34:52, 3. Eric Bullock 36:26. 15-19: 1. Johnny Ochoa 25:47, 2. Matt Thomson 29:23, 3. Jay Lepage 35:23. 20-29: 1. Fred Cowles 25:28, 2. Andy Dunn 26:22, 3. Roman De-Sota 26:29. 30-39: 1. Tony Konvalin 27:46, 2. Guillermo Reyes 28:22, 3. Irv Dawson 28:25. 40-49: 1. Brook Thomas 28:14, 2. Steve Kellmyer 28:41, 3. David Carter 29:10. 50-59: 1. Cecil Smith 29:54, 2. Shei Nankin 30:38, 3. Harry Hunt 30:45. 60-69: 1. Richard Hochschild 36:06, 2. Jack Green 38:29, 3. Knox Brooks 39:41. 70 & Over: 1. Bill Nice 38:57, 2. Robert Sattler 47:16.

Division Results - Women

14 & Under: 1. Haley Skaggs 55:04, 2. Heather Skaggs 55:17, 3. Heather Sloang 1:15:26. 15-19: 1. Kiersten Murphy 36:49, 2. Michelle Warnes 37:40, 3. Stephanie Mann 44:24. 20-29: 1. Susan Brainard 35:16, 2. Mary Reed 36:30, 3. Heather Morketter 36:44. 30-39: 1. Mary Button 29:13, 2. Pippa Cribb 31:05, 3. Debra Deming 32:26. 40-49: 1. Sally Adam 33:01, 2. Harolene Walters 33:16, 3. Patti Tisone 34:52. 50-59: 1. Carol Jones 38:54, 2. Elsie Pena 40:45, 3. Amy Goldstein 41:21. 60-69: 1. Nelly Williams 48:29, 2. Joyce Duval 54:38, 3. Betsy Fukunaga 58:04. 70 & Over: 1. Lois Edds 45:43.

Camarillo Kiwanis Runs

April 4. Camarillo. 5K & 10K.

Division Results - Men's 5K

Overall Winner: 1. Ted Cotti 16:51. 11 & Under: 1. John Barbieri 23:54, 2. Justin Thomas 41:03. 12-15: 1. Mark Mendelsohn 25:21. 16-19: 1. Tommy Lee 20:32, 2. Charles Lau 21:22, 3. Shuji Otsuka 22:51. 20-29: 1. Ted Cotti 16:51, 2. Allen Jalaty 18:48, 3. Amado Johnson 20:22. 30-39: 1. Andrew Hecker 19:29, 2. Dale Graves 22:59, 3. Garth Price 25:34. 40-49: 1. Art Jimenez 17:21, 2. Rick Maciel 18:58, 3. Paul Spencer 20:45. 50-59: 1. Jerry Van Meter 21:23.

Division Results - Women's 5K

Overall Winner: 1. Tina Schroyer 20:26. 12-15: 1. Melissa Lucas 21:38. 16-19: 1. Julie Bartz 24:16, 2. Jody Bartz 29:50. 20-29: 1. Julia Hardcastle 23:22. 30-39: 1. Ellen Uyemori 28:11, 2. Allison Marable 29:03.

Division Results - Men's 10K

Overall Winner: 1. Robert Radnoti 35:20.

12-15: 1. Ryan Russell 51:23. 20-29: 1. Thomas Hart 41:57, 2. Bud Burchette 50:01, 3. Oscar Ortiz 50:44. 30-39: 1. Robert Radnoti 35:20, 2. Arnie Moser 39:13, 3. Eddie Hughes 39:52. 40-49: 1. Al Sanchez 36:27, 2. Wayne Stanfield 37:12, 3. Jim Dulker 40:18. 50-59: 1. Charles McClung 37:56, 2. John Olver 33:45, 3. Jack Wells 50:30.

Division Results - Women's 10K

Overall Winner: 1. Sue Pyne 41:17. 20-29: 1. Robyn Birkimer 45:14, 2. Stacey Schloetel 47:26. 30-39: 1. Sue Pyne 41:17, 2. Marie Fiorillo 49:43, 3. Kelly Reid 54:22. 40-49: 1. Kathy Gabauer 42:36, 2. Susan Ziegler 59:18. 50-59: 1. Joanne Barker 50:56.

Run for Relief

April 4. Fresno. 10K.

Division Results - Men

19 & Under: 1. Kevin Klassen 43:45, 2. Phillip Gross 47:48, 3. Kevin Miller 54:45. 20-24: 1. Shawn Sanwo 38:31. 25-29: 1. David Lennon 34:21, 2. Jay Geary 36:54, 3. John Rodriguez 37:29. 30-34: 1. Eddie Lopez 35:21, 2. Barry Miller 38:20, 3. Scot Hillman 39:31. 35-39: 1. Alfred Lara 32:31, 2. Patrick Moss 34:09, 3. Jim Lambe 36:58. 40-44: 1. Al Lomeli 35:26, 2. Steven Levy 35:56, 3. Bill Schwartz 40:14. 45-49: 1. Frank Ortega 38:33, 2. Art Froese 39:13, 3. Isaac Melo 41:36. 50-54: 1. Evan Orme 41:01, 2. Juan Sobenes 44:57, 3. John Shehady 38:46. 55-59: 1. Frank Padilla 39:29, 2. Jack Aaron 46:28, 3. Richard Robinson 49:09. 60-64: 1. Len Thornton 42:18, 2. Tony Bush 48:11, 3. McMath Odell 51:01. 65-69: 1. Lee Thomas 51:55, 2. John Bergy 52:23. 70-74: 1. Harry Harder 55:28.

Division Results - Women

20-24: 1. Grace Padilla 37:30, 2. Bonnie Knowles 48:38, 3. Christine Ganger 49:59. 25-29: 1. Stacey Buehner 37:42, 2. Kate Jennings 43:22, 3. Maia Pucay 47:07. 30-34: 1. Gretchen Lohr-Cruz 37:20, 2. Shelly Agrimson 42:58, 3. Nellie Gonzales 43:34. 35-39: 1. Gwynne Kinsey 56:27. 40-44: 1. Donna Aldrich 46:53, 2. Victoria Wall 51:06, 3. Mary Helen Cortez 51:17. 45-49: 1. Sharon Mayo 47:12, 2. Barbara Duenes 47:52, 3. Suzanne Sobenes 48:57. 50-54: 1. Deborah Schwartz 52:27, 2. Heidi Fiahlo 60:40. 65-69: 1. Dorothy Thomas 53:49.

Follow the Swallow Runs

April 4. San Juan Capistrano. 5K & 10K.

Division Results - Men's 5K

Overall Winner: 1. Enrique Alvarez 15:59. 14 & Under: 1. Tyson Vonguenther 19:51, 2. Benjamin Carter 20:33, 3. Tony Paxton 20:34. 15-19: 1. Curtis Douglas 17:07, 2. Sean Sands 17:24, 3. Fernando Ayala 17:35. 20-24: 1. David Louis 16:34, 2. Jeffrey Richards 19:38, 3. Mark Hobson 20:27. 25-29: 1. Robert Garro 16:51, 2. Michael Cafferty 17:32, 3. Larry Banuelos 17:41. 30-34: 1. Jon Look 17:44, 2. Thomas Gar-

RESULTS

cia 18:42, 3. Herman Ramirez 19:05. 35-39: 1. Enrique Alvarez 15:59, 2. David Babirack 17:16, 3. Herb Massinger 19:17. 40-44: 1. Rich Valdez 17:39, 2. Donald Harris 18:45, 3. David Jennings 18:55. 45-49: 1. Rick Alhman 18:32, 2. Denny De-Simone 18:33, 3. Robert Hale 20:48. 50-54: 1. Dick Jones 18:15, 2. Bob Brandes 21:46, 3. Gilbert Soto 22:04. 55-59: 1. Hank Munoz 21:04, 2. Richard Edwards 22:45, 3. Thomas McDonald 25:13. 60 & Over: 1. Jack Green 23:17, 2. Dorsy Brause 29:16, 3. Royce Erin 42:21.

Division Results - Women's 5K

Overall Winner: 1. Tammy Babiracki 18:34. 14 & Under: 1. Michelle Yaklyvich 20:49, 2. Kristi Germick 22:31, 3. Laura Kroninger 23:17. 15-19: 1. Heather Newell 20:25, 2. Lori Lopez 20:59, 3. Michelle Ahumada 23:01. 20-24: 1. Cynthia Cassidy 26:20, 2. Abril Luna 26:27, 3. Hope Harrelson 31:45. 25-29: 1. Janice Riley 20:41, 2. Treina Nez 21:35, 3. Astrid Smothermon 22:43. 30-34: 1. Tammy Babiracki 18:34, 2. Heidi Fish 19:21, 3. Susan Vrana 20:00. 35-39: 1. Thea Fox 19:27, 2. Ruth Bedl 23:55, 3. Patty Ayers 25:05. 40-44: 1. Kerry Tabler 19:52, 2. Cheryl Camall 21:08, 3. Linda Lane 22:48. 45-49: 1. Sue Robbins 22:25, 2. Sue Reinhardt 22:41, 3. Mary Sterton 27:31. 50-54: 1. Sally Wozniak 25:55, 2. Nancy Green 26:55, 3. Janet Edrijonas 35:50. 55-59: 1. Dolores Vegh 26:16, 2. Terry Snyder 26:51, 3. Judy Demmenno 27:42. 60 & Over: 1. Rudy Ceja 26:26, 2. Aileen Johnson 42:23, 3. John De-Guevara 42:43.

Division Results - Men's 10K

Overall Winner: 1. Tyrus Deminter 32:16. 14 & Under: 1. Giovanni Cisneros 38:36, 2. Omar Rivera 43:10, 3. Oscar Betancourt 44:17. 15-19: 1. Daniel Niednagel 33:37, 2. Matt McClain 46:03, 3. Matt Sutter 46:50. 20-24: 1. Steve Duncan 34:56, 2. Verryl Phillips 38:11, 3. Robert De Pasquale 39:35. 25-29: 1. Tyrus Deminter 32:16, 2. Castro Juan Azaniz 33:56, 3. Joseph Ellis 37:09. 30-34: 1. Phillip Reyes 36:34, 2. Larry McKenney 37:15, 3. Ian Ross 37:24. 35-39: 1. Enrique Alvarez 32:58, 2. Paul Cook 34:20, 3. Jay Olsen 35:38. 40-44: 1. Robert Heineman 37:18, 2. Chris Johnson 37:38, 3. Richard Kenworthy 38:06. 45-49: 1. Jens Bering 36:51, 2. Charles Nak 37:25, 3. Don Watrous 40:10. 50-54: 1. Shel Nankin 39:36, 2. Gordon Bushey 41:11, 3. Don Steinke 41:22. 55-59: 1. LeRoy Kim 40:06, 2. Dick Bellis 43:57, 3. Christopher Bourke 44:32. 60 & Over: 1. Gaylon Jorgensen 39:05, 2. Sal Chaidze 48:10, 3. Harry Cromer 48:17.

Division Results - Women's 10K

Overall Winner: 1. Robin Paine 41:21. 14 & Under: 1. Tania Serrano 53:13, 2. Erika Cavallo 53:50, 3. Holie Parajackas 55:02. 15-19: 1. Christine Jones 44:48, 2. Erin Stewart 45:35, 3. Danielle Ridill 51:48. 20-24: 1. Tamra Harberth 47:28, 2. Paula Edgar 48:30, 3. Libby Rydell 48:42. 25-29: 1. Tracey Mitchell 46:47, 2. Jennifer Piper 47:29, 3. Sissel Byington 48:32. 30-34: 1. Efrain Villalobos 41:51, 2. Marje O'Brien 45:54, 3. Gwen Knight 49:08. 35-39: 1. Laura Antho-

ny 43:12, 2. Tracy Hurd 44:21, 3. Wendy Smith 45:24. 40-44: 1. Robin Paine 41:21, 2. Anna Knowles 46:23, 3. Fran McClain 52:11. 45-49: 1. Sue Reinhardt 44:40, 2. Mary Rubright 47:07, 3. Kim Sachiko 49:23. 50-54: 1. Carol Jones 49:25, 2. Marcia Martyn 53:50, 3. Carolyn Medlin 56:56. 55-59: 1. Lorraine Seidmeyer 50:22, 2. Martha Walker 51:48, 3. Patricia Baker 1:05:03. 60 & Over: 1. Chris Cromer 51:31.

Cuesta 50K Biathlon Race

April 5. San Luis Obispo.

Division Results - Men

Overall Winners: 1. Michael Smith 1:33:22, 2. Steve Ferrario 1:33:26, 3. Bob Korock 1:35:51. 14 & Under: 1. Ryan Gallagher 2:38:34. 15-19: 1. Josiah Jones 1:40:16, 2. Robert Dixon 1:55:46, 3. David Robbins 2:00:16. 20-24: 1. Bob Korock 1:35:51, 2. Ryan Huckabay 1:38:31, 3. Brook Claibourne 1:42:54. 25-29: 1. Michael Smith 1:33:22, 2. Steve Ferrario 1:33:26, 3. Elmer Watanabe 1:41:14. 30-34: 1. David McGuire 1:39:05, 2. Kent Bernat 1:39:15, 3. Kevin Sverduk 1:41:43. 35-39: 1. Kevin Loop 1:39:55, 2. Blake Chaffee 1:42:09, 3. Mike Lanham 1:42:56. 40-44: 1. Dric Barkey 1:37:59, 2. Joe Escobar 1:45:16, 3. Lowell Jones 1:50:06. 45-54: 1. Joe Jacobsen 1:42:22, 2. Pat Yarman 2:02:30, 3. Bill Harrington 2:03:31. 55-64: 1. Ben Horner 1:57:46, 2. Robert Page 2:02:48, 3. Tommy Upton 2:03:44. 65 & Over: 1. Bill Denneen 2:32:50, 2. Bob Sterling 3:08:02.

Division Results - Women

Overall Winners: 1. Valerie Taylor-Johnson 1:46:43, 2. Karen Stokes 1:47:14, 3. Catherine Norbutao 1:55:07. 15-19: 1. Laura Walczuk 2:21:29, 2. Dominique Chehock 2:50:52. 20-24: 1. Catherine Norbutao 1:55:07, 2. Marianne Talley 1:55:39, 3. Lisa Rutkowski 1:58:51. 25-29: 1. Karen Stokes 1:47:25, 2. Lanette Valpredo 1:59:23, 3. Laurie VanStee 2:07:44. 30-34: 1. Valerie Taylor-Johnson 1:46:43, 2. Linda Chaffe 2:10:07, 3. Kathryn Sanders 2:12:55. 35-39: 1. Debbie Franzman 2:07:54, 2. Nancy Huston 2:31:01, 3. Sally Grab 2:55:09. 40-44: 1. Donna Waggoner 2:14:41, 2. Cindy Washburn 2:16:28, 3. Charlott Coyes 2:19:59. 45-54: 1. Katie Ecker 1:57:19, 2. Sue Hutchison 2:09:04, 3. Maryann Zounes 2:10:32. 55-64: 1. Harriet Anderson 2:10:09.

Team Results: Women's Open: 1. Rainwater/Goughnour 1:42:28. Women's 80-99: 1. Clarke/Bloom 2:19:23. Tandem: 1. Guglielmelli/Girard 1:42:07. Men's Open: 1. McKueon/Benson 1:29:49. Mixed: 1. Johnson/White 1:36:43. Mixed 80-99: 1. Guglielmelli/Hedger 1:48:47. 100+: 1. Graham/Davis 1:40:46. Parent/Child: 1. Beye/Beye 1:53:56.

Livermore Fitness Day Run

April 5. Livermore. 5K.

Division Results - Men

12 & Under: 1. Michael Booth 22:12, 2.

Myles Throop 22:29, 3. Robert Marrs 22:30. 13-17: 1. Michael Petty 18:49, 2. Bourke MacDonald 21:29, 3. Matt Russell 23:10. 18-23: 1. Rick Reitz 15:36, 2. Nicholas Ratti 17:54, 3. Eric Patterson 18:15. 24-29: 1. Mike Tapia 15:41, 2. Brian Henderson 19:09, 3. Dave Jansen 19:30. 30-39: 1. Brian Davis 15:43, 2. Carl Nielson 17:59, 3. Dan Boulton 20:17. 40-49: 1. Jim Reitz 17:26, 2. Joseph Kilkenny 18:00, 3. Michael Elliott 18:32. 50-59: 1. Tom Crane 22:22, 2. Wayne Plute 23:03, 3. Jerry Van Epps 23:11. 60-69: 1. Fred Lovell 26:41, 2. Wayne Zimmermann 28:27, 3. Ulysses Ratti 29:09. 70 & Over: 1. Lawrence Viglienzon 35:03, 2. Benjamin Levitan 44:49.

Division Results - Women

12 & Under: 1. Anna Fortner 24:28, 2. Mark Kennedy 29:13, 3. Stacy Berger 29:33. 13-17: 1. Harisa Daniel 23:36, 2. Jennifer Lombard 27:44, 3. Kristina Jepsen 30:06. 18-23: 1. Jeannie Rothman 19:44, 2. Christine Hudson 29:09, 3. Jeannie Mulrooney 36:30. 24-29: 1. Pam Kasold 23:19, 2. Maurine Kline 23:20, 3. Beverly Bowers 24:47. 30-39: 1. Maria Hinsley 26:20, 2. Judy Aberg 28:01, 3. Maria Parish 28:42. 40-49: 1. Vickie Hathaway 24:05, 2. Larsja Peterson 24:18, 3. Kaeko Childers 25:36. 50-59: 1. Gloria DeVall 29:20, 2. Janet Pence 29:30, 3. Kayle Harvey 31:22. 60-69: 1. Ruth Levitan 32:31, 2. Viola Kull 38:23, 3. Anna Keeton 47:50. 70 & Over: 1. Alma Nobriga 1:09:55.

Kimochi Cherry Blossom Run

April 5. San Francisco. 5 Mile.

Division Results - Men

Overall Winners: 1. Bruce Storms 26:02, 2. Michael Williams 26:08, 3. Luiz Coutinho 26:34. 6-18: 1. Patrick Caurant 32:31, 2. Charlie Wong 32:53, 3. Lee Medina 35:06. 19-29: 1. Bruce Storms 26:02, 2. Mike Livingston 26:43, 3. Kurtis Akabori 26:53. 30-39: 1. Michael Williams 26:08, 2. Luiz Coutinho 26:34, 3. Sieg Lindstorm 26:55. 40-44: 1. Richard Batty 28:12, 2. John Hirschberger 28:28, 3. Les Owg 28:48. 45-49: 1. Harvey Franklin 28:26, 2. Alphonso Jackson 28:36, 3. David Kissmiller 30:29. 50-54: 1. Tim Rostege 28:31, 2. David Whitten 29:55, 3. Karl Jriepenburg 30:05. 55-59: 1. Gerald Czamanske 33:31, 2. Pentti Valkonen 34:56, 3. Russell Givin 37:12. 60-64: 1. Jess Chavez 36:11, 2. Don Pickett 37:24, 3. Hi Fujii 39:44. 65-69: 1. Gary Toji 39:29, 2. George O'Gara 39:36, 3. Fred Shimasaki 48:04. 70 & Over: 1. Jack Friedlander 44:34, 2. Fred Ullner 48:25, 3. Mel Shine 49:25.

Division Results - Women

Overall Winners: 1. Johanna Reneke 30:10, 2. Sharlet Gilbert 30:22, 3. Fif Ghobadian 30:33. 6-18: 1. Michelle Kiyono 34:40, 2. Kristi Straus 56:06. 19-29: 1. Johanna Reneke 30:10, 2. Fif Ghobadian 30:33, 3. Carolyn Hollingsworth 33:45. 30-39: 1. Sue Vinella-Brusher 31:24, 2. Levitt 31:32, 3. Margaret Kritzer 32:47. 40-44: 1. Sharlet Gilbert 30:22, 2. Maggie Fillmore 33:04, 3. Sandra Seiki 38:12. 45-49: 1.

Marian Lyons 36:17, 2. Christina Dong 38:15, 3. Mary Bernstein 40:26. 50-54: 1. Joan Ulyot 34:48, 2. John Scott 37:26, 3. Hamamoto 38:12. 55-59: 1. Peggy Kang 37:39, 2. Kiiko Baptista 39:03, 3. Rita Kerr 39:32. 60-64: 1. Dorothy Griggs 46:23. 65-69: 1. Kit Pickles 44:45, 2. Mary Ota 1:00:01. 70 & Over: 1. Mary Chu 53:22.

City of Palo Alto Recreation Race

April 5. Palo Alto. 5K.

Division Results - Men

12 & Under: 1. Tom Allen 22:45. 13-18: 1. Frank Lemes 18:31. 19-29: 1. Paul Justice 16:02. 30-39: 1. Ron Goossens 16:40. 40-49: 1. Jose Garcia 16:58. 50-59: 1. Brian Vickery 18:06. 60-69: 1. Peter Wood 21:58. 70 & Over: 1. Barden Finch 25:49.

Division Results - Women

12 & Under: 1. Laura Shaskey 30:50. 13-18: 1. Michelle Butte 23:31. 19-29: 1. Megan Troxelle 19:55. 30-39: 1. Elizabeth Black18:58. 40-49: 1. Kathy Frank 21:36. 50-59: 1. Julia McCormick 20:55. 60-69: 1. Cristine Wood 30:05.

Northern Telecom Cherry Blossom 10-Mile

April 5. Washington, DC.

Overall Results - Men

1. Richard Chelimo (20) Kenya (\$3250) 47:06, 2. William Koech (25) Kenya (\$1600) 47:15, 3. Boay Akonay (25) Tanzania (\$1300) 48:19, 4. Peter Sherry (22) Washington, DC (\$1100) 48:28, 5. Peter Tootell (25) Great Britain (\$1000) 48:37, 6. Rolando Vera (26) Ecuador (\$750) 48:41, 7. Joe LeMay (25) Ridgewood, NJ (\$500) 48:51, 8. Mark Stickley (29) Strasburg, VA (\$400) 49:28, 9. Martin Pitayo (25) Mexico (\$350) 49:31, 10. Michael Dobrokhov (26) Russia (\$300) 49:37, 11. Ken Frenette (28) Buies Creek, NC (\$250) 49:45, 12. Rod Ellsworth (27) Torrington, CT (\$200) 50:21.

Overall Results - Women

1. Albina Galliamova (27) Russia (\$3250) 53:44, 2. Diane Bussa (30) Boulder, CO (\$1600) 54:55, 3. Cindy James (32) Homewood, IL (\$1300) 55:31, 4. Jane Wetzel (36) Fort Collins, CO (\$1100) 55:40, 5. Joan Nesbitt (30) Chapel Hill, NC (\$1000) 55:45, 6. Lorraine Moller (36) New Zealand (\$750) 56:14, 7. Gordon Bloch (31) New York, NY (\$500) 56:16, 8. Kimball Dryden (34) Seattle, WA (\$400) 56:32, 9. Lynn DeNinno (25) St. Louis, MO. (\$350) 56:53, 10. Jennifer Martin (30) Erie, PA (\$300) 57:19, 11. Judy Chamberlin (25) Golden, CO (\$250) 58:21, 12. Gillian Beschloss (33) New York, NY (\$200) 58:27.

Division Results - Men

40-44: 1. Chris Weber 52:19. 45-49: 1. Lucious Anderson 55:11. 50-54: 1. Fay Bradley 57:48. 55-59: 1. Burr Grim 1:00:23. 60-64: 1. Barrie Hardwick 1:07:07. 65-69: 1. Lou Lodovico 1:07:29. 70-74: 1. Hubert Morgan 1:10:48. 75-79: 1. Clifford Riordan

RESULTS

2:14:54. **Wheelchair:** 1. Benjamin Scivens 1:07:12.

Division Results - Women

40-44: 1. Rose Malloy 1:01:53. **45-49:** 1. Mary Ellen Williams 1:06:06. **50-54:** 1. Cindy Dalrymple 1:05:13. **55-59:** 1. Wen-Shi Yu 1:12:59. **60-69:** 1. Doralie Segal 1:24:52. **70-79:** 1. Hedy Marque 1:25:10. **80 & Over:** 1. Ruth Rothfarb 3:29:08. **Wheelchair:** 1. Brenda Smith 59:29.

Compton College Fun Run

April 6. Compton. 5K & 10K.

Division Results - Men's 5K

Overall Winner: 1. Herbie Yee 17:02. **13 & Under:** 1. Elvis Navarro 21:02, 2. Yussef Haid 25:10. **14-17:** 1. Diego Gonzales 19:55, 2. Albert Arriaga 23:22. **18-23:** 1. Pedro Soto 17:56, 2. David Butler 18:04, 3. Derwin Allen 21:35. **24-29:** 1. Hector Zavalia 17:08, 2. Moises Hernandez 17:25, 3. Tony Bowie 21:47. **30-34:** 1. Nick Troizzi N.T., 2. Tooley Tito 19:53, 3. Steve Jefferson 21:05. **35-39:** 1. Herbie Yee 17:02, 2. Samuel Gardner 17:35, 3. Carl Allan 19:06. **40-44:** 1. Michael Smith 17:36, 2. Hugo Velasquez 18:29, 3. Dwayne Orange 19:28. **45-49:** 1. Albert Allen 21:25, 2. Kent Sprague 21:53, 3. Karl Franklin 26:07. **50-54:** 1. Booker T. Washington 19:46, 2. Jay Edgerton 20:30, 3. Jacinto Rhines 26:05. **55-59:** 1. Clarence Hunter 20:35, 2. Leroy Carter 21:51, 3. Lamarr Davis 30:15. **60-64:** 1. George Barnett Jr. 23:26, 2. Oliver Hill 30:59, 3. Jack Bruce 31:11. **65-69:** 1. Larry Banuelos 20:34. **70 & Over:** 1. Fraser Nacmmin 27:18, 2. Eddie Howard 30:08, 3. Fred Shanley 31:20.

Division Results - Women's 5K

Overall Winner: 1. Yvette Lavigne 20:45. **18-23:** 1. Amanda Johnson 27:38. **24-29:** 1. Holly Watson 26:56, 2. Michele James 26:57, 3. Pamela Cavthorne 31:34. **30-34:** 1. Muriel Jackson 23:08, 2. Evelyn Davis 26:27, 3. Tony Boswell 28:32. **35-39:** 1. SueEllen Estell 25:17, 2. Carmelitha Holmes 29:57, 3. Cathy Walther 31:57. **40-44:** 1. Karen Biagmon 24:53, 2. Marie Washington 19:57, 3. Shirli Kincaid 34:59. **45-49:** 1. Martha Darby 25:44, 2. Ruth Viony 32:38, 3. Maselena Sutherland 34:28. **50-54:** 1. Yvette Lavigne 20:46, 2. Elaine Mercy 23:39, 3. Mildred Harrison 28:40. **55-59:** 1. Jean Brown 55:00. **60-64:** 1. Verian Bruce 31:10. **65-69:** 1. Rosetta Stuckey 38:17, 2. Priscilla Williams 43:19. **70 & Over:** 1. Lucy Adney 47:34.

Division Results - Men's 10K

Overall Winner: 1. David Dennis 33:22. **18-23:** 1. Elias Zuniga 51:15. **24-29:** 1. Carlos Plascencia 38:05, 2. Francisco Poca 39:39, 3. Darren Phan 41:34. **30-34:** 1. David Dennis 33:22, 2. Juan Urzuna 37:14, 3. Marvin Minar 43:26. **35-39:** 1. Herbie Yee 34:40, 2. Samuel Gardner 35:26, 3. Gerald Yabrugh 39:35. **40-44:** 1. Robert Goodwin 34:06, 2. Michael Smith 35:47, 3. Bruce Horiguchi 37:06. **45-49:** 1. Juan Medrano 37:56, 2. Roy Gardner 41:06, 3. Warren Karib 43:25. **50-54:** 1. Nelson Crader 37:34, 2. Robert Weinman 39:26, 3. Jay

Edgerton 42:07. **55-59:** 1. Andre Tocco 37:09, 2. Clarence Hunter 42:05, 3. Jim Scarborough 46:11. **60-64:** 1. Earnest Works 45:50, 2. George Burnett 47:50. **70 & Over:** 1. George Finstein 48:48.

Division Results - Women's 10K

Overall Winner: 1. Yvette Lavigne 44:29. **14-17:** 1. Liuvia Zuniga 63:16. **24-29:** 1. Sheila Matthews 46:02. **30-34:** 1. Felicia Johns 54:51, 2. Virginia Lawrence 64:43, 3. Vernel Triche 64:43. **35-39:** 1. Fahmisha Butler 50:43, 2. Sharon Lanier 56:12, 3. Jacqueline Davis 59:39. **40-44:** 1. Chive Horiguchi 53:38, 2. Dorothy Bailey 54:43, 3. Sheryl Kincaid 70:39. **45-49:** 1. Elizabeth Russell 56:50, 2. Margaret Moorehead 65:43, 3. Ruth Viony 73:24. **50-54:** 1. Yvette Lavigne 44:29, 2. Mildred Harrison 61:33, 3. Sara Jones 67:27.

London Marathon

April 11. London, England.

Men's Results

1. Antonio Pinto (Portugal) 2:10:02, 2. Jan Hunuk (Poland) 2:10:07, 3. Tomas Naali (Tanzania) 2:10:08, 4. Tena Negere (Ethiopia) 2:10:10, 5. Paul Evans (Britain) 2:10:36, 6. Iakov Toisikov (CIS) 2:10:49, 7. Thabisco Moquall (Lesotho) 2:10:55, 8. Zerihun Gisaw (Ethiopia) 2:11:25, 9. Leslek Beblo (Poland) 2:11:28, 10. Maurillo Castillo (Mexico) 2:12:09, 20. Mark Plaatjes (USA) 2:14:23.

Women's Results

1. Dorne (Germany) 2:29:39, 2. Renata Kokowska (Poland) 2:29:59, 3. Andrea Wallace (Britain) 2:31:33, 4. Janette Moyal (Brazil) 2:34:02, 5. Jackie Hallam (Australia) 2:34:29, 6. Marian Sutton (Bristain) 2:34:38, 7. Lydia Camberg (Poland) 2:34:21, 8. Karolina Szabo (Hungary) 2:35:21, 9. Greseida Gonzales (Argentina) 2:37:21, 10. Angelica de Almeida (Brazil) 2:37:52, 15. Nan Doak-Davis (USA) 2:40:09.

Three Valley Half Marathon

April 11. Pinole. Half Marathon & 5K.

Overall Results - Half Marathon

1. Chris Garvin (29) 1:21:22, 2. Todd Flitton (29) 1:21:46, 3. Nick Nickols (32) 1:22:38, 4. James Howe (46) 1:23:44, 5. Orville Fisher (32) 1:24:22, 6. Edward Carr (34) 1:26:41, 7. Michael Conway (32) 1:26:47, 8. Ken Cicinelli (26) 1:26:55, 9. John Weidinger (51) 1:28:19, 10. Mark Seaman (17) 1:30:04.
11. Ted Nykiel (46) 1:30:12, 12. Jim Allan (35) 1:30:40, 13. Philip Ransey (25) 1:31:29, 14. Richard Hahn (25) 1:31:57, 15. Inka Mims (31) 1:32:11.

Overall Results - 5K

1. Ernie Rivas (41) 18:22, 2. Thomas Arbuckle (30) 18:49, 3. Wayne Plymate (40) 19:47, 4. Ed Kellof (33) 20:15, 5. Wolf Hillesheim (46) 20:31, 6. Germain Jean (48) 20:57, 7. Jayson Ysip (17) 21:09, 8. Mike DeMello (30) 22:21, 9. Terrance Hall (15) 23:06, 10. Randall Gardonhira (38) 23:16.

Pear Blossom Run

April 11. Medford, OR. 10 Mile.

Overall Results - Men

1. Roger Dix (24) Chico 50:18, 2. Leonard Hill (39) Klamath Falls, OR. 51:21, 3. Matt Cato (33) Portland, OR. 51:33, 4. Tracy Garrison (26) Seattle, WA. 52:56, 5. Robert Arkes (31) Portland, OR. 52:58, 6. Matthew Pinder (34) Ashland, OR. 53:18, 7. Thomas Cushman (38) Chico 53:31, 8. John Nagel (30) Eugene, OR. 53:40, 9. Scott Buckles (37) Portland, OR. 53:51, 10. Robert Julian (23) Ashland, OR. 54:14.

Overall Results - Women

1. Deanna Schiedler (27) Mt. Angel 1:00:32, 2. Jane Cléavenger (33) Bend, OR. 1:01:07, 3. Kim Stempfen (29) Redding 1:02:45, 4. Sandy Rowan (35) Medford, OR. 1:04:48, 5. Jeanne Lansing (33) Grants Pass, Or. 1:05:33, 6. Sidney Morrison (35) Ashland, OR. 1:05:50, 7. Jeanne Landrum (36) Klamath Falls, OR. 1:05:51, 8. Catherine Johnson (33) Tualatin 1:06:14, 9. Leslee Parr (36) Medford, OR. 1:06:50, 10. Marilyn Nippold (40) Eugene, OR. 1:07:20.

Rotary River Run

April 11. Firebaugh. 3 Mile & 6 Mile.

Division Results - Men's 3 Mile

Open: 1. Edward Duertas 19:56, 2. Willie Leftal 23:03, 3. Ken Simmons 23:40. **40 & Over:** 1. Luis Garza 22:11, 2. John Shehadey 22:46, 3. Everett Younce 23:17.

Division Results - Women's 3 Mile

Under 30: 1. Monique Isles 26:10. **30 & Over:** 1. Kathy Hildebrand 20:29, 2. Leslie Bridges 24:03, 3. Elaine Lloyd 30:18.

Division Results - Men's 6 Mile

Open: 1. Nestor Ayala 31:31, 2. Bill Schwartz 39:37, 3. Dan Dietrich 47:21. **30-40:** 1. Jim Islas 41:52, 2. Doug Richensih 42:06, 3. Roy Lindlahr 43:58. **40 & Over:** 1. Craig Elia 35:02, 2. Mike Brooks 35:53, 3. Curtis Elia 36:11.

Division Results - Women's 6 Mile

Open: 1. Sharon Madson 47:30, 2. Lucy Hernandez 48:45, 3. Mary Cortez 49:27. **45 & Over:** 1. Maryann Barrosa 51:55, 2. Joy Dellanva 52:36, 3. Darlene Kincaid 55:32.

Overall Results - Girls Mile

12 & Under: 1. Susie Islas 7:58, 2. Allison Cockerham 8:12, 3. Lyrice Fischer 13:08.

Run for the Hills

April 11. Irvine. 8K.

Division Results - Men

11-16: 1. Andy Pearson 28:53, 2. Nick Tackett 29:50, 17-23: 1. Jose Alvarez 29:09, 2. Eric Strand 30:54, 3. Derek Satchett 34:43. **24-31:** 1. Jeff Disbrow 29:10, 2. Chris St. Hilaire 33:40, 3. Marco Vakili 34:43. **32-39:** 1. Carlin Gary 29:08, 2. Bob Dolan 29:36, 3. David Brown 30:04. **40-47:** 1. Kenneth Perry 31:49, 2. Kent Borucki 34:54, 3. Mike Surmansin 38:18. **48-55:** 1. Otto Reed 38:06, 2. Frank Limbaugh 39:09, 3. Tom McKee 39:41. **56-64:** 1. Richard Hochschild 38:10, 2. Alfred Flores 44:51, 3. Howard Markham 45:58. **Racewalk:** 1. Joseph Nieroski 43:56, 2. Paul Ciano 52:54, 3.

Jim Peterson 57:08.

Division Results - Women

17-23: 1. Genevieve Graff 34:50, 2. Renee Carrol 43:10, 3. Nancy Geisler 43:12. **24-31:** 1. Marie Deary 36:19, 2. Nanette Luge 38:42, 3. Jennifer Lamkins 42:29. **32-39:** 1. Nadya Tarnoff 40:13, 2. Phyllis Bourgault 42:32, 3. Judy Clemensen 43:26. **40-47:** 1. Margaret Neville 35:11, 2. Cathy Misch 46:22, 3. Dianne Kline 49:23. **48-55:** 1. Carol Jones 39:55. **Racewalk:** 1. Margie Alexander 58:07, 2. Patti Conner 63:15, 3. Linda Marino 71:35.

Vintage 10K

April 11. Temecula. 5K & 10K.

Division Results - Men's 5K

(No Times Available)

12 & Under: 1. Eric Harrison, 2. Nathan Searer, 3. Brian Kemp. **13-20:** 1. Erik Malarky, 2. Tyson Andrade, 3. Michael Balfour. **21-29:** 1. Mark Prestwich, 2. Andy Thacher, 3. Ned Barrett. **30-39:** 1. Kim Reed, 2. Dave Sheraton, 3. William Brown. **40-49:** 1. John McNeal, 2. Mike Marquand, 3. Bill White. **50-59:** 1. John Bushman, 2. Jerry Albert, 3. Ed Arasim. **60 & Over:** 1. Wayne Watson, 2. Jim Nelson, 3. Edmund Duffley.

Division Results - Women's 5K

12 & Under: 1. Salina Diaz, 2. Allyson Marquand, 3. Tymarie Novak. **13-20:** 1. Monika Wolter, 2. Marylou Johnson, 3. Brett Harrison. **21-29:** 1. Ann Shephardson, 2. Kirsten Starkey, 3. Karen Wilcox. **30-39:** 1. Patricia Reedy, 2. Lorrie Peterson, 3. Melissa Horton. **40-49:** 1. Cindy Cohagen, 2. Judy Harrison, 3. Donna Grunow. **50-59:** 1. Ursula Rains, 2. Stella Gonzales, 3. Sheila Accosta. **60 & Over:** 1. Eileen Ciano, 2. Lillian Lightner.

Division Results - Men's 10K

12 & Under: 1. Scott Thompson, 2. Ian Hassewll, 3. Matthew Sissung. **21-29:** 1. Marcelo Bengoechea, 2. Thomas Lentz, 3. Kenneth Fish. **30-39:** 1. Tom Lawrence, 2. Larry McKenney, 3. Franklin Haralson. **40-49:** 1. Ruben Sandoval, 2. Dennis Bergren, 3. Loren McKnight. **50-59:** 1. Mickey Pleasant, 2. Jack Dulong, 3. Jerry Albert. **60 & Over:** 1. Harry Cromer, 2. Edmund Duffley, 3. Donald Walker.

Division Results - Women's 10K

21-29: 1. Candy Robledo, 2. Denise Capps, 3. Bentley Rumar. **30-39:** 1. Jennifer Nelson, 2. Maryann Dix, 3. Maria Barragan. **40-49:** 1. Cindy Cohagen, 2. Sharon Thompson, 3. Colleen Maurin. **50-59:** 1. Ursula Rains, 2. Martha Walker, 3. Betty Miller. **60 & Over:** 1. Chris Cromer.

RACE DIRECTORS

...send your results to
CRN, 4957 E. Heaton,
Fresno, CA 93727 or
FAX (209) 255-4904.

RESULTS

NorCal Duathlon

April 12, Sacramento.

Overall Results - Open

1. Ron Callison (29) 1:19:03, 2. David Larabee (25) 1:19:40, 3. Joseph Brunetti (26) 1:19:45, 4. John Armour (24) 1:20:00, 5. Scott Young (25) 1:20:41, 6. Arne Hanson (24) 1:20:57, 7. Tim Pontarelli (30) 1:21:00, 8. Chris Ward (32) 1:21:05, 9. Scott Schumaker (22) 1:21:08, 10. Todd Greenhalgh (29) 1:21:12.

11. Scott Winfield (31) 1:21:48, 12. Nathan Smith III (36) 1:21:55, 13. Craig Jones (23) 1:21:55, 14. Billy Harmon (26) 1:22:10, 15. Ken McKinnon (29) 1:22:10, 16. Kent Bernat (34) 1:22:11, 17. Gary Davis (37) 1:22:14, 18. Shawn McKenzie (30) 1:22:27, 19. Peter Lewandowski (35) 1:22:43, 20. Kevin Loop (36) 1:22:47.

Overall Results - Elite Men

1. Harold Robinson (29) 1:15:49, 2. Andy Libert (24) 1:18:34, 3. Dan Ordonis (27) 1:19:01, 4. Joey Sanders (24) 1:20:49, 5. Bob Korock (24) 1:29:31.

Overall Results - Elite Women

1. Susan Latshaw (31) 1:25:54, 2. Mari Holden (21) 1:31:32.

Ontario 5000 and Half Marathon

April 12, Ontario.

Overall Results - 5000 - Men

1. Salah Hissou (21) 14:19, 2. Elarbi Khattabi (23) 14:25, 3. Alfredo Vigueros (25) 14:29, 4. Angel Roman (30) 14:57, 5. Jeff Ambos (30) 15:33, 6. Rich Medellin (33) 15:39, 7. Harold Ketting (38) 16:00, 8. 2 M Underwood (25) 16:06, 9. 2 Paul Cook (39) 16:19, 10. John Stabel (25) 16:33.

11. Charl Bechtel (29) 16:34, 12. Louie Alvarez (15) 16:37, 13. Ray Olivas (18) 16:39, 14. Michael Figueroa (48) 16:41, 15. Bill Summer (44) 16:53, 16. Herb Tanzer (40) 16:54, 17. Walter O'Brien (31) 16:56, 18. Victor Hernandez (17) 17:01, 19. David Longyear (23) 17:02, 20. Javier Lares (34) 17:07.

Division Results:

12&u: 1. Jackson Getskow (12) 18:39, 13-17: 1. Louie Alvarez (15) 16:37, 18-24: 1. Salah Hissou (21) 14:19, 2. Elarbi Khattabi (23) 14:25, 3. Ray Olivas (18) 16:39, 25-29: 1. Alfredo Vigueros (25) 14:29, 2. M. Underwood (25) 16:06, 3. John Stabel (25) 16:33, 30-34: 1. Angel Roman (30) 14:57, 2. Jeff Ambos (30) 15:33, 3. Rich Medellin (33) 15:39, 35-39: 1. Harold Ketting (38) 16:00, 2. Paul Cook (39) 16:19, 3. Bill McCullough (38) 18:13, 40-44: 1. Bill Summer (44) 16:53, 2. Herb Tanzer (40) 16:54, 3. Alex Posner (44) 17:28, 45-49: 1. Michael Figueroa (48) 16:41, 2. Jed Cope (45) 17:57, 3. Jack Getskow (48) 18:28, 50-54: 1. Jon Hart (50) 17:59, 2. Les Hite (50) 19:22, 3. Booker Washington (54) 19:29, 55-59: 1. Sonny Moizog (55) 17:45, 2. Peter Faust (56) 19:15, 3. Alan Jacobs (56) 21:22.

Overall Results - 5000 - Women

1. Kathleen Smith (26) 17:11, 2. Anet Cooper (31) 17:44, 3. Liliana Mendoza (24) 18:47.

Division Results

12&u: 1. Deana Gortner (12) 22:02, 13-17: 1. Tami Hubbert (14) 22:03, 18-24: 1. Liliana Mendoza (24) 18:47, 2. Kimberlee Hughes (23) 22:22, 3. Kristy Kumasho (21) 23:00, 25-29: 1. Kathleen Smith (26) 17:11, 2. Jodie Peyton (25) 19:39, 3. Dawn Staab (29) 21:36, 30-34: 1. Anet Cooper (31) 17:44, 2. Annette Hanson (30) 22:02, 3. Linda Loyd (30) 24:02, 35-39: 1. Laurie Hahn (37) 22:18, 2. Maria Carr (39) 24:19, 3. Cathy Etter (35) 24:19, 40-44: 1. Sandy Robbins (40) 18:56, 2. Gale Gordon (40) 24:47, 3. Lee Butler (43) 26:20, 45-49: 1. Jennifer Short (49) 25:55, 2. Christine Klima (46) 30:21, 3. TJ Roberts (45) 30:36, 50-54: 1. Jo Ellen Sanders (52) 24:56, 2. Katy Burroughs (51) 27:27, 3. Laverne Kopp (50) 30:25, 55-59: 1. Gina Faust (55) 20:30, 2. Joan Rainey (56) 60-64: 1. Patricia Pruitt (62) 27:08, 65&over: 1. Mary Storey (67) 24:29.

Overall Results - Half Marathon

1. Salah Hissou (20) 1:04:21, 2. Driss Dacha (29) 1:04:34, 3. Elarbi Khattabi (23) 1:04:44, 4. Sam Rotich (34) 1:06:00, 5. Jose Chuela (30) 1:06:02, 6. Mohammed Dulahmroi (19) 1:08:07, 7. Kevin Broady (30) 1:08:52, 8. Mark Junkermann (26) 1:10:31, 9. Alfonso Nunez (28) 1:11:30, 10. Ken Hall (23) 1:11:49.

11. Tom Zimmerman (34) 1:12:23, 12. Jaime Guerro (21) 1:12:37, 13. Brian Purcell (20) 1:12:44, 14. Ron Gee (41) 1:12:47, 15. Joel Sanchez (33) 1:14:13, 16. Jaime Ortiz (31) 1:14:20, 17. Joaquin Rojas (30) 1:14:31, 18. Tony Olvera (30) 1:14:46, 19. Sergio Correa (26) 1:14:53, 20. Jim Copp (33) 1:15:15.

21. Herbie Yee (39) 1:15:16, 22. Cesar Vasquez (28) 1:15:32, 23. Jesus Padilla (35) 1:15:48, 24. Rob Simpson (22) 1:16:05, 25. Nacho Fonseca (26) 1:17:35, 26. Sanchez Santiago (34) 1:17:41, 27. Rafael Ramos (25) 1:17:42, 28. James Eales (32) 1:18:28, 29. Salvador Arellano (37) 1:18:29, 30. Wade Watkins (27) 1:18:38.

Top Women - Half Marathon:

45. Katie Webb (28) 1:22:58, 53. Torie Lasant (24) 1:25:02, 69. Sandy Leckie (26) 1:27:39, 82. Yuriria Zysraelacos (30) 1:29:14, 107. Valerie Wilson (26) 1:31:44.

Alamo Square Run

April 12, San Francisco. 7.0 Mile.

Overall Results

1. Antonio Corgas 40:01, 2. William Corgas 40:29, 3. Michael Graves 40:42, 4. Luis Montano 41:02, 5. Pete Nowicki 41:35, 6. Al Stanbridge 42:02, 7. Dan Kroll 42:13, 8. Wayne Linse 43:07, 9. The Panther 43:17, 10. Ron Long 43:18.

11. Paul Watkins 43:57, 12. Theo Jones 44:56, 13. L. Pegis 45:16, 14. Tony Varnhagen 45:27, 15. Jerry McGowan 45:28, 16. John Weidinger 45:30, 17. Larry Wuerstle 47:11, 18. Reiner Fenz 47:20, 19. Dan Schirm 47:26, 20. Dick Parker 47:32.

LSI Logic Classic Race

April 12, Milpitas. 5K & 10K.

Despite rainy weather on Sunday, 500 runners and walkers signed up for the LSI Logic Classic 10K and 5K Run/Walk. The race was held at 9 a.m. at LSI Logic, 1501 McCarthy Blvd. in Milpitas. The event raised \$2,000 for the Milpitas Unified School District.

Dan Stefanisko of San Jose was the overall winner in the men's 10K with a time of 31:38. Donna Troyna of Los Altos was the women's 10K winner, with a time of 41:18. Greg Donson won the men's 5K with a time of 16:09 and Laura Quirke won the women's 5K with a time of 19:38.

Chico Masters 4-Mile Run and Walk

April 18, Chico.

Division Results - Men

Overall Winner: 1. Jim Price 21:41, 40-44: 1. Jim Price 21:41, 2. Mike Larsen 22:30, 3. Michael Buzbee 23:14, 45-49: 1. Gary Baxel 23:22, 2. Jim Souza 23:24, 3. Bill Gardner 23:51, 50-54: 1. Don Spickelmer 22:20, 2. Walt Schafer 23:59, 3. Jim Bevins 24:38, 55-59: 1. Everett Riggle 24:34, 2. Fred Thoele 24:52, 3. Michael McGie 24:57, 60-64: 1. Herman Romero 31:24, 2. Jim Eslick 48:41, 3. Gene Bruce 1:04:36, 65-69: 1. Lawrence Forero 32:00, 2. Glen Shols 32:04, 70 & Over: 1. Charles Weis 34:50, 2. Ray Mahannah 36:09, Walkers: 1. Philip Lydon 40:55, 2. David Lutzow 43:58, 3. Vern Rosene 45:16.

Division Results - Women

40-44: 1. Victoria Fisci 26:52, 2. Nancy Ruffner 27:35, 45-49: 1. Joan Keeney 27:09, 2. Lee Macey 32:03, 3. Jewdy Lambert 32:12, 50-54: 1. Margaret Bomberg 41:48, 2. Carolyn Nagle 44:08, 3. Jan Hoffman 46:08, 55-59: 1. Rita Allen 33:11, 2. Betty Best 35:17, 3. Nancy Felling 36:28, 60-64: 1. Beverly Forero 35:11, 70 & Over: 1. June Bock 53:41, Walkers: 1. Karen Rogers 46:18, 2. Ramona Gamble 46:49, 3. Gail Grieb 52:21.

Golden Triangle Triathlon

April 18, Antioch.

Overall Results

1. Bryan Hughes (26) 1:23:05, 2. Gary Breen 1:23:27, 3. Marc Hapke (35) 1:23:53, 4. Derick Scovel (25) 1:24:06, 5. Chris Ward (33) 1:24:36, 6. Mark Loos (26) 1:25:36, 7. Mojo Cosgrove (31) 1:25:58, 8. Mark Pretti (31) 1:26:07, 9. David Jochim (32) 1:26:17, 10. Jim Grant (23) 1:28:16, 11. Ian Ross (32) 1:28:39, 12. Rich Herms (32) 1:28:43, 13. George Sobiesk (28) 1:28:54, 14. William Darby (32) 1:29:15, 15. Erik Olson (26) 1:29:37, 16. David Pearlman (30) 1:29:41, 17. Dan Burger (27) 1:29:55, 18. Bill Hossfeld 1:30:46, 19. Dan Heaney (28) 1:30:48, 20. Gary Byrd (30) 1:31:26.

21. Michael Schultz (30) 1:31:26, 22. Andrew Robles (23) 1:31:36, 23. Paul Schlesinger (29) 1:32:04, 24. Wilson Lai (22) 1:32:16, 25. Holly Nubo (29) 1:32:23, 26. Chuck Ishii (30) 1:33:29, 27. Mike Amorsa (22) 1:34:21, 28. Mauri Galvez (35) 1:34:24, 29. George Buehler (38) 1:34:28, 30. Bub Van Uilet (46) 1:34:43.

Run for the Health of It

April 25, Valencia. 5K.

Division Results - Men

Overall Winners: 1. Matt Ebiner 15:08, 2. Mark LaPlant 15:25, 3. Andrew Dunn 15:29, Wheelchair: 1. Jeff Christens 18:28, 2. Bob Rookhold 18:29, 3. Terry Nelson 19:38, Cardiac Rehab: 1. Joe Lenninger 28:24, 2. Bill Duke 36:03, 10 & Under: 1. Steven Wade 18:59, 2. John Terrones 19:25, 3. Erik Utto 22:39, 11-14: 1. Angel Briones 17:29, 2. John Getskow 18:47, 3. Brian Barrios 21:12, 15-18: 1. Billy Dixon 15:37, 2. Jerry Schlund 17:35, 3. Alan Cohen 18:28, 19-24: 1. Jesse Taylor 16:24, 2. David Butler 17:27, 3. Abel Hernandez 18:07, 25-29: 1. Mark LaPlant 15:25, 2. Andrew Dunn 15:29, 3. Scott Shean 16:11, 30-34: 1. Matt Ebiner 15:08, 2. Bart Radford 17:16, 3. Chuck Teijeira 17:28, 35-39: 1. Abel Ibarra 17:24, 2. Ruben Ballesteros 17:38, 3. Steve Watanabe 17:40, 40-44: 1. Murray Pearlman 19:08, 2. Bill Read 19:10, 3. Jose Munoz 19:23, 45-49: 1. Mickey DePalo 17:18, 2. Don McLean 18:25, 3. Jacky Getsgow 18:13, 50-54: 1. Jerry Van Meter 21:23, 2. Regis Theriault 21:39, 3. Jim MacLean 22:24, 55-59: 1. Roger Bartlett 20:02, 2. Jerry Cherrington 20:49, 3. John Thurston 24:06, 60-69: 1. Milo Sather 20:45, 2. Al Friedman 23:17, 3. Mich Yoshii 23:25, 70-79: 1. Jack Mehlman 27:10.

Division Results - Women

Overall Winners: 1. Darcy Arreola 16:42, 2. Karen Moloznik 19:40, 3. Lisa Searcy 19:48, 10 & Under: 1. Allison Woodmansee 23:27, 2. Amy Stallard 29:48, 3. Sophia Whitmore 35:40, 11-14: 1. Stefanie Woodmansee 20:32, 2. Tiffany Furuya 22:41, 3. Renee Terrones 22:44, 15-18: 1. Maritza Muralles 22:01, 2. Kristie Hahn 24:53, 3. Terri Saxton 26:03, 19-24: 1. Darci Arreola 16:42, 2. Karen Moloznik 19:40, 3. Lisa Toledo 20:05, 25-29: 1. Gloria Palma 20:30, 2. Christine Prieto 20:52, 3. Diane Dely 21:59, 30-34: 1. Lisa Searey 19:48, 2. Heidi Tisovic 19:59, 3. Kay Diehnelt 21:27, 35-39: 1. Linda Lemiere 21:47, 2. Iris Weitzman 22:59, 3. Vicki Chesbro 23:32, 40-44: 1. Terri Goodreau 19:53, 2. Mary Moore 23:34, 3. Valerie Walker 24:10, 45-49: 1. Julie Andolsek 25:47, 2. Colleen Lee 27:34, 3. Patricia Keller 27:38, 50-54: 1. Jeanette Wells 22:52, 2. JoEllen Sanders 24:58, 3. Linda O'Neil 28:02, 55-59: 1. Erica Hersh 29:47, 2. Lucille Hall 31:09, 60-69: 1. Lorie Stapler 32:18, 2. Selma Mehlman 33:25.

The Postage Stamp Push-Off

By JEFF GALLOWAY

There's a small area on the bottom of your foot which can react quickly to your running motion. It's only as big as a postage stamp, but offers a platform for your body to lift-off. By mentally focusing on this area, and the quick, efficient motion of your foot, you can run lighter and faster.

This "postage stamp drill" is best done 2-3 times a week, when you do 4-8 accelerations. After a slow warm-up of 1-2 miles, gradually accelerate (moving the legs and feet gradually faster) for 50-100 yds, then gradually decelerate. Don't sprint! Work on an almost automatic motion--just faster than you've been running. Focus on keeping your feet low to the ground, with a body posture that is relaxed

person has a place on the foot, during each step, upon which the running force of that moment is focused. It's located somewhere from the middle of your foot to the metatarsal area. As you go through each of these "pick-ups" imagine that small area as the focal point of energy on your foot. When that spot rolls off quickly, so does your whole body.

The placement of the foot is very important. The foot should be directly underneath your body as the foot rolls forward and absorbs the body weight. Those who have a tendency to overstride (absorbing body weight ahead of the body) should overcompensate by visualizing that the foot is landing just behind the point directly underneath the body.

ground.

By being sensitive to your postage stamp area you can teach yourself to lightly prance along. A lighter touch promotes a quicker response, and a faster turnover--the best way for most runners to improve times. You're trying to defy gravity, not overcome it.

Now you're traveling by Express Mail!

Note: Olympian Jeff Galloway has written the nation's best-selling running book and conducts running vacations and seminars throughout North America. For information: JFG, P.O. Box 76843, Atlanta, GA. 30358. (404) 255-1033.

"By mentally focusing on this {postage stamp} area, and the quick, efficient motion of your foot, you can run lighter and faster."

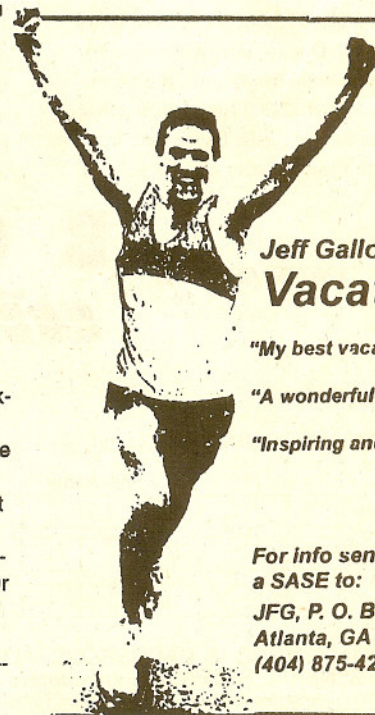
and upright. You want to speed up with little increase in effort, while staying smooth and efficient.

These accelerations are fun--and add interest to each run. They are a great way to get ready for a speed workout or race, by providing a transition zone between the slow warm-up jog and the faster pace to come. Take as much rest as you wish between each.

While you're accelerating, visualize! First, become aware of the small "postage stamp-size spot" on the bottom of your foot. Each

When you've placed it correctly, running is easier--and each push-off can be made quickly.

There are many little tricks which can make this exercise fun. Pretend that you have a small patch of a miracle new rebound product on that postage stamp area. Each time the patch supports weight, it responds with an instantaneous lift-off that is light, and quick. Or imagine that the patch is working like a magnet being repelled by a magnet in the ground. You have no choice but to be moved forward--smoothly propelled by a force from the



Jeff Galloway's
Vacations

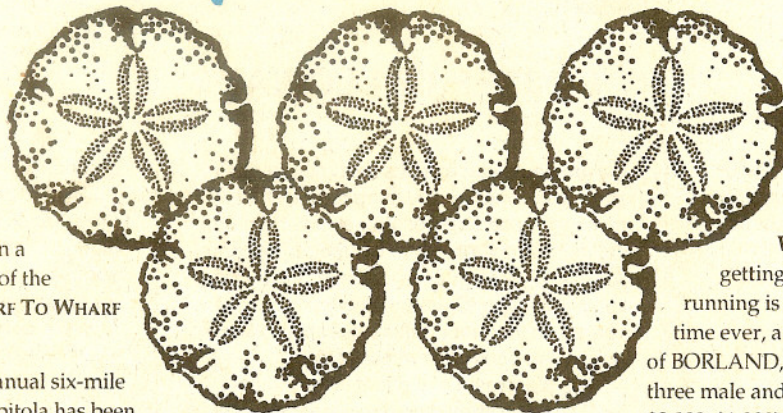
"My best vacation!"

"A wonderful group"

"Inspiring and fun"

For info send
a SASE to:
JFG, P. O. Box 76843,
Atlanta, GA 30358
(404) 875-4268

THE TWENTIETH ANNUAL
Wharf to Wharf



If you're not running in Barcelona on the fourth Sunday in July, come join in a special seaside celebration of the Olympic Spirit at the WHARF TO WHARF RACE in Santa Cruz!

For twenty years, the annual six-mile run from Santa Cruz to Capitola has been the highlight of the summer running calendar. More than just a great race, WHARF TO WHARF is a happy blend of perfect weather, spectacular scenery, keen competition and a fast course that make it a favorite of casual joggers and world-class athletes alike.

Unfortunately, WHARF TO WHARF is not for everyone. Due to narrow streets and small town venue limitations, the race is restricted to just 12,000 runners on a first-come-first-served basis. Twice that number apply each year, so enter now!

Santa Cruz to Capitola

26 JULY, 8:30 A.M.

REGISTRATION

Complete the attached entry form, clip and mail with a check for \$16.00 to WHARF TO WHARF, Box 307, Capitola CA 95010. *Only one entry per form. Form may be photocopied.* **Once accepted, entry fees are non-refundable.** Late entries and entry fees will be returned to sender. Race packets will be mailed to successful applicants on July 1st.

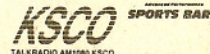
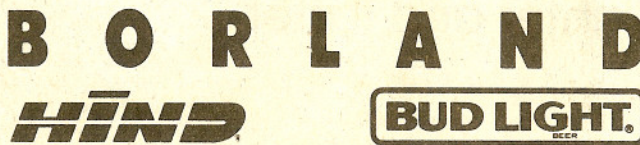
AWARDS

Everyone's a winner at the WHARF TO WHARF RACE. Just getting in is something, and the running is something else! For the first time ever, a \$20,000 prize purse, courtesy of BORLAND, will be distributed to top three male and female finishers (\$5,000, \$3,000, \$1,000). Top local male and female also win \$1,000 each. First 100 finishers will receive specially designed commemorative sweatshirts. All race finishers earn a giftpack loaded with goodies, featuring the Official WHARF TO WHARF RUNNER T-shirt which cannot be purchased by anyone, anywhere, at any price, ever!

It's the best little roadrace in California. Catch it if you can!

RECORDS

Brian Abshire 27:30 (1991)
 Lynn Nelson 31:42 (1989)



✂ Clip Here

Race Hotline: 408 475-2196

1992 WHARF TO WHARF RACE

OFFICIAL ENTRY FORM

Please Print Clearly

Name First Name Last Name
 Address
 City State Zip

Best 1992 10K Time
 Raceday Age Sex
 Day Phone ()

AS ROADRACING IS DANGEROUS, ALL RUNNERS ARE REQUIRED TO ASSUME ALL RISK BY SIGNING THIS GENERAL RELEASE: In consideration of your accepting my entry application, I for myself, my personal representatives, heirs and next of kin hereby release and discharge Wharf To Wharf Race, Inc., its organizers, sponsors, directors and agents, the County of Santa Cruz, the Cities of Santa Cruz and Capitola and their respective agents from all liability to me, my personal representatives and heirs for all loss, damage, or any claims or demands on account of personal injury, death or property damage arising out of my participation in the Wharf To Wharf Race. I am fully aware of the risks inherent in participating in said RACE and hereby elect to voluntarily enter said event and event area and voluntarily assume all risks of loss and injury which I may sustain. I am physically fit and properly conditioned for this event. I hereby grant full permission to Wharf To Wharf Race, Inc., to use my name, voice or picture in any broadcast, telecast, advertising promotion or account of this event for any purpose. I have read and understand this release and waiver of all liability. I know that all entrants are subject to drug testing for banned drugs listed in IAAF Rule 55.



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 \$16.00 to: Wharf To Wharf Race, Box 307, Capitola CA 95010