

NOVEMBER / DECEMBER 1985

ISSUE NO. 109

# CALIFORNIA

*Track & Running News*



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# CALIFORNIA

*Track & Running News*



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MEMBER OF RUNNING USA

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Sac-Joaquin Section siblings lead Jesuit and Bella Vista cross country teams. Left to right: Eric Mastalir, Jim Thomas, Mary Kuphaldt, Paul Thomas, Ann Kuphaldt, and Mark Mastalir. photo by Steve Fagundes

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## Results

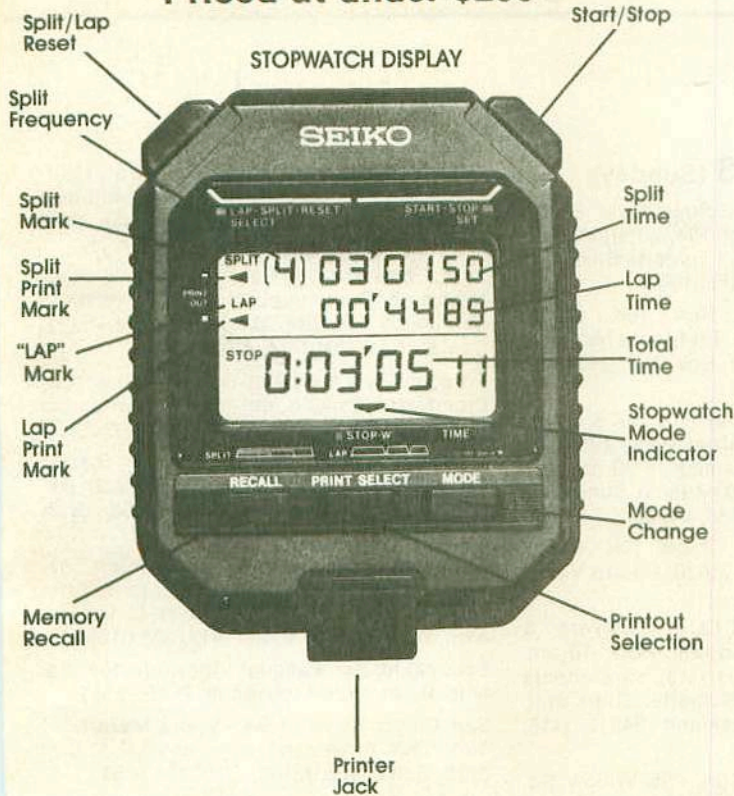
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**ON THE COVER:** The Mastalir twins heading for a one-two finish at the Clovis Invitational on September 28. *You* figure out who's who!  
photo by Burt Davis

**Late Flash:** Eric led Mark to a 1-2 sweep at Mt. SAC, just missing Jeff Nelson's record...results next issue.

# Digital Quartz Stopwatch With Printer, SP11

Priced at under \$200

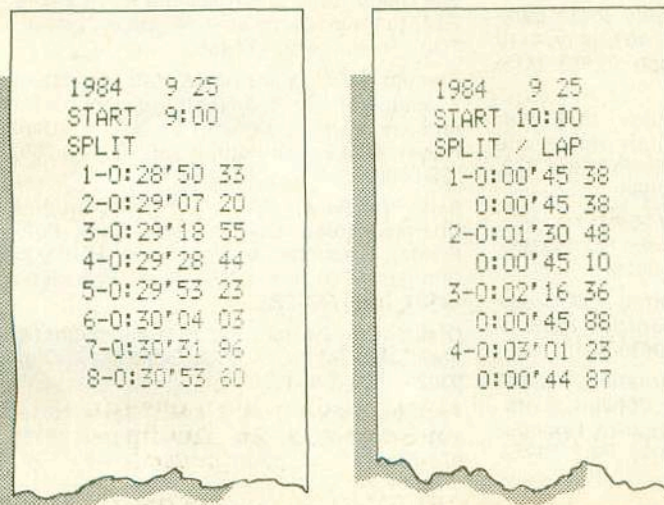


## System Printer

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



## Applications

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

## Specifications

### Time Base & Accuracy:

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

### Printout:

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

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

### LCD Stopwatch Display:

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

### Modes:

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

### Temperature:

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

### Dimensions:

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

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

Weight: 12 ounces with batteries, paper and cord

### Batteries:

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

### Construction:

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

### Standard Accessories:

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

### Optional Accessories:

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# Schedule

By JACK LEYDIG

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

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

## Road Racing

### November 2 (Saturday):

**Fremont:** Friends of the Tri-City Animal Shelter 'Bay to Barkers' 10K. Coyote Hills Regional Park, 9:30 am. Maryanne Robertson, P.O. Box 351, Newark 94560 (415) 796-8267.

**Las Vegas, Nevada:** Green Valley Memorial Cancer Run. 10K & 1 mile fun run. Green Valley Plaza (2726 N. Green Valley Pkwy.), 9 am. American Cancer Society, 1325 E. Harmon, Las Vegas, NV 89119.

**Bishop:** Toiyabe Indian Fun Run. 10K & 5K time prediction. Millpond Park, 9 am. Sandy Davis or Irene Mason (619) 873-8461.

**Livermore:** Turkey Trot. 5K & 10K. Almond School, 9 am. Karen Natrass, 4021 Findlay, Livermore 94550 (415) 443-9421.

**Los Angeles:** Foot Locker Partners 8K Run. Griffith Park, 8:30 am. (2-person teams, all entrants start together and awards are based on combined times). Foot Locker Partners, Ruder Finn & Rotman, 110 E. 59th St., New York, NY 10022 (212) 593-6352 or 6340.

**Seal Beach:** Seal Beach Autumn 10K Run. First & Marina, 8 am. Leandro Castillo, American Cancer Society, 1503 South Coast Dr., Suite 110, Costa Mesa 92626 (714) 751-0441.

**Northridge:** CSUN 5 & 10K. Lindley Ave. near CSUN track, 8 am/5K, 9 am. Greg Colley, 1707 Glenwood Ave., Glendale 91201 (213) 246-1288.

**Santa Ana:** 25-Mile Relay. Centennial Park, 8 am. (Minimum of 5 to a team) NBRA, 1162 Dorset Lane, Costa Mesa 92626 (714) 966-0556.

**Camp Pendleton:** Camp Pendleton 5-Mile & 2-Mile Cross Country. Base Hospital, 7:30 am. Kathy (619) 437-4556.

### November 3 (Sunday):

**San Francisco:** DSE Golden Gate Bridge Run. 3.53 mile. S.F. Toll Plaza Parking Lot, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415) 855-1563.

**Hollister:** Earthquake Run. 10K. Spring Grove School, 8:30 am. Ed Stephenson, c/o San Benito Bank, PO Box 180, Hollister 95024 (408) 637-9543.

**Sunnyvale:** ESL Runaway. 5 & 10K & 1 mile fun run. Moffett Industrial Park, 495 Java Dr. 8 am/1 mile, 8:30 am/5K, 9:30 am/10K. Patsy Harmon, PO 3510 (MS503), Sunnyvale 94088-3510 (408) 738-2888, x4762.

**Castro Valley:** Police Chase 10K. 9 am. Police Chase, PO Box 21028, Castro Valley 94546 (415) 881-8528.

**Berkeley:** Race Judicata—Lawyers & Judges Run. 5 mile. Aquatic Park, 10 am. (Open only to judges, lawyers, law students and their guests.) Joe Schieffer, Stark et al, 1999 Harrison St., Oakland 94612 (415) 834-2200.

**Menlo Park:** Vetarun 10K. 795 Willow Rd. 10am. Alice Naqui, Veterans Workshop (116B2MP), 3801 Miranda Ave., Palo Alto 94304 (415) 493-5000.

**Sonora:** Sonora Heart & Sole Classic. 10K & 2 mile. 8 am. Ed Hoover, #1 So. Forest Rd., Sonora 95370 (209) 532-7181.

**Chico:** Almond Bowl Run. 3 & 6 mile. Bidwell Park, 10 am. Ken Lake, 2720 Cohasset Rd., Chico 95926 (916) 345-5864.

**Camino:** Apple Hill Harvest Run. ½, 3 & 6 mile. Apple Hill, time TBA. John McIntosh, PO Box 494, Camino 95709 (916) 644-5380.

**Stockton:** Big Valley Classic 10K & Half Marathon. 9 am. Big Valley Classic, PO Box 4405, Stockton 95204.

**San Francisco:** Exercise Your Rights. 5K. Golden Gate Park, Polo Fields south parking lot. 10 am. CARAL, c/o Joan Emery, 4110 Geary Blvd., San Francisco 94118 (415) 751-0300.

**Windsor:** Windsor Whale Runs. 3K & 15K. Windsor Middle School, Starr Rd. 9 am. Wine Country Race Service, PO Box 879, Forestville 94536 (707) 829-2888.

**Arcata:** One Hour Run. Time TBA (1 hour run on track for distance) Six Rivers RC, PO Box 214, Arcata 95521 (707) 826-0616.

**Los Angeles:** SPA/TAC District 10K Cross Country Championships. Griffith Park, 8 am. Steve Broten (213) 949-0600 (wk).

**Monterey Park:** Aztlan International 5/10K Classic. East Los Angeles College, 8 am. Frank Gutierrez, E. Los Angeles College, 1301 Brooklyn Ave., Monterey Park 91754 (213) 265-8751.

**Santa Barbara:** Santa Barbara Half-Marathon. City College, La Playa Stadium. 8 am. John Brennan, SBHM, Box 6616, Santa Barbara 93160 (805) 964-2591.

**Santa Ana:** City of Santa Ana 5K & Half-Marathon. Centennial Park, 7:30 am/HM, 8 am. Joyce Lawson, 20 Civic Center Plaza, Santa Ana 92701 (714) 834-4145.

**Fresno:** Sky's the Limit Run. 2 mile & 10K. Woodward Park, 8 am. Marc Barrie, c/o S.P.A.C.E., PO Box 5017, Fresno 93755.

**Woodland Hills:** Steve Garvey Sports Classic 5 & 10K. Pierce College, 8:30 am. CRRG, Box 891, Tarzana 91356 (818) 888-5526.

**San Dimas:** Bonelli Park Triathlon. 1K Swim, 38K Bike, 8K Run. Bonelli Park, time TBA. Bill Fulton, LATOC, 2658 E. Garvey Ave., West Covina 91791 (818) 331-0169.

**Escondido:** San Pasqual Vineyards 10K & 2 Mile. 9 am. Nicki Hobson (619) 755-7562.

**San Diego:** Heart of San Diego Marathon. Time TBA. American Heart Ass'n., P.O. Box 3625, San Diego 92103. (619) 291-7454.

### November 9 (Saturday):

**Los Angeles:** Stuntmen's Association 5 & 10K Runs. Griffith Park, 8 am. Tom Morga, 4810 Whitsett Ave., North Hollywood 91607 (818) 766-4334.

**Baja, CA (Mexico):** Rosarito Beach 5 & 10K Holiday Run. Rosarito Beach, 9 am. Finish Line International, 5302 Clark Cir., Westminster 92683 (714) 892-2759.

**Chula Vista:** Chula Vista 10K & 2 Mi. 240 Landis Ave. 8 am/10K, 8:15 am/2 mile. K.A. Malone, MD, Chula Vista Medical Clinic, 240 Landis Ave., Chula Vista 92010 (619) 422-9215.

**San Diego:** Sage Brush Ramble 10K & 2 Mile Fun Run. San Diego area, Miramar College. 7:30 am. Hal (619) 437-4556.

**Fresno:** Fresno Marathon & Half Marathon. 7 am/marathon, 8 am/half marathon. *No raceday entries.* Fresno Marathon, Dick Rozier, 4424 E. Fairmont, Fresno 93726 (209) 222-6808.

**San Francisco:** PA/TAC 10K X-Country Championships. Golden Gate Park (Polo Fields), 8 am/men, 9 am/women. Pamakid Runners, PO Box 27385, San Francisco 94127. (415) 681-2322.

**Ojai:** Softrac 24-Hour Fun Run. High School, noon. Jack Smith, 1401 Maricopa Hwy., Ojai 93023. (805) 646-1455.

**Pacifica:** Turkey Trot. 2 miles. Terra Nova High School, 9 am. Dave Berry (415) 875-7380.

# □ Schedule

**Yorba Linda:** Yorba Linda Rotary 8K and Half-Mile Kids Run. St. Jude's Hospital, 8 am/half-mile, 8:30 am/8K. Mike Manell, c/o Fleet Feet, 18232 Imperial Hwy., Yorba Linda 92686.. (714) 528-3338.

**Newport Beach:** Around the Bay 10K. Newporter Inn, 8 am. Kim Brittain, c/o Newport Beach Parks & Rec., 3300 Newport Blvd., P.O. Box 1768, Newport Beach 92658. (714) 644-3151.

## ■ November 10 (Sunday):

**San Francisco:** DSE Diamond Heights Run. 2.99 miles. McAteer H.S., 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

**CANCELLED—San Francisco:** Terry Fox Run. 10K. Polo Fields, Golden Gate Park, 9 am. Dave Rhody, 43 Cole, No. 2, San Francisco 94117. (415) 668-2243.

**CANCELLED—Sunnyvale:** Dash for Diabetes, 8K.

**Pacific Grove:** Breakers & Butterflies 10K. Pacific Grove HS, 9 am (Children's 1 mile x-country race at 8:30 am). Richard Chamberlin, 712 Sunset Dr., Pacific Grove 93950. (408) 372-2009/eves, (408) 372-2809/days.

**Arcata:** Arcata Bottoms Race. Distance—?. Time TBA. Six Rivers RC, PO Box 214, Arcata 95521. (707) 826-0616.

**Bakersfield:** Lemucchi's Tam O'Shanter Pedal & Plod. 10K Run, 20 Mile Bike. Time TBA. (Individual & team event.) RACE, 2345 Alta Vista, Bakersfield 93305. (805) 323-0168.

**Riverside:** Riverside Mission Inn 5/10K Runs. Raincross Square near Mission Inn, 8 am. Mission Inn 5/10K Runs, 3616 Main St., #500, Riverside 92501. (714) 781-8241.

**Los Angeles:** Minnie Riperton Cancer Action 5 & 10K Runs. 8 am. American Cancer Society, 2975 Wilshire Blvd, Los Angeles 90010-1110 (Beulah Anderson: (213) 386-6102.

**Santa Ana:** Winters Breeze Marathon, 5K & Kids 1 Mile. Centennial Park, 7:30 am/mara, 7:45 am/5K, 8:15 am. NBRA, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

**San Diego:** Tri-City Hospital 10K & 2 Mile. San Diego area, TC Hospital, 8 am. Lynn Flanagan (619) 275-0996.

**Fremont:** Run for the Health of It. Lake Elizabeth Park, 8:30 am. Emma Armstrong, c/o Washington Hospital, 2000 Mowry Ave., Fremont 94538. (415) 797-1111, x4000.

**Los Gatos:** Summit Marathon. Los Gatos High School, 7 am. The Runner's Factory, 51 University Ave., #C, Los Gatos 95030. (408) 395-4311.

**Donner Lake:** Donner Lake Turkey Trot. 7 miles, 11:30 am. Peter Werbel, c/o Alpenglow, P.O. Drawer U, Truckee 95734. (916) 587-2025.

**Santa Rosa(?):** McGuire's Breakfast Run. 5 mile & 3K, Hidden Valley School (Change Rd.), 9 am. Mike & Sandi McGuire (707) 542-6687. Raceday Registration Only.

**Salinas:** Monterey County Half-Marathon. Alisal High School (777 Williams Rd.), 9:30 am. Fleet Feet, 364 Main St., Salinas 93901. Dave Lewis: (408) 424-3533, days.

**Nipomo:** The Jokers Wild 5 Mile Run. Nipomo Community Center, 9 am. John Squires, 815 No. Thornburg St., Santa Maria 93454. (805) 925-4250.

**Irvine:** Run to the Rock. 4 mile & 1 mile kids run, Mason Park, 8 am. Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

## ■ November 11 (Monday):

**Santa Rosa:** Wine Country Cross Country, 3K/Girls, 5K/Boys (18 & Under only), Anadel State Park, 11 am. (4 races). Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 528-8887.

**Porterville:** Veteran's Day 5 & 10K, Olive & 2nd St., 8 am. Dr. Allen Nelson, Porterville College, 900 S. Main St., Porterville 93257.

## ■ November 16 (Saturday):

**Arcata:** HSU Turkey Trot. Humboldt State Univ. Distance (?). Time TBA. Six Rivers RC, PO Box 214, Arcata 95521. (707) 826-0616.

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## □ Schedule

**San Felipe:** San Felipe Triathlon. Swim 2 mile, bike 60 miles, run 13 miles. City Center, Baja, CA. 6:30 am. No teams allowed. Monday International, PO Box 99120, San Diego 92109. (619) 275-1384.

**Irvine:** Leukemia Society 10K Run. Mason Park, 8 am. Gail Hampton, Leukemia Society, 202 Fashion Ln., Suite 215, Tustin 92680. (714) 838-2383.

**San Diego:** McDonald's 8K McClassic II (& 2 Miles). So. of Hilton, 7:30 am. Ann Howard (619) 279-5000.

**Brisbane:** Turkey Trot. 2 miles, Brisbane Marina, 9 am. Brisbane Recreation Dept., 44 Visitacion Ave., Brisbane 94005. (415) 467-6330.

**Turlock:** Turkey Trot. 10K & 2 mile, 9 am. Craig Bronzan, 900 N. Palm, Turlock 95381. (209) 668-5545.

**Bakersfield:** Central California TAC Cross Country Championships. 10K/Men, 5K Women, California State Bakersfield, 10 am/men, 11 am/women. Bob Coons, 9001 Stockdale Hwy., Bakersfield 93311-1099. (805) 833-2188.

### ■ November 17 (Sunday):

**San Francisco:** DSE Ferry Bldg. Run. 3.83 mile (& 1 mile Kids Run). Dolphin Club, 9:30 am/1 mile, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

**CANCELLED—Hermosa Beach:** South Bay 10K.

**Long Beach:** C.R.I. Long Beach Half-Marathon & 3 Mile Fun Run. Convention Center, 8 am. CRI Half-Marathon, 1500 E. Anaheim St., Long Beach 90813. (213) 591-0539.

**San Juan Hot Springs:** San Juan 50-Mile Trail Run. Cleveland Nat'l Forest, 6 am. Barry Hawley, 1619 Calle Las Bolas, San Clemente 92672. (714) 492-8191.

**San Dimas:** Bonelli Park Lake 5 & 10K Classic. Bonelli Park, 8:30 am. The Complete Runner, 2658 E. Garvey Ave. South, West Covina 91791. (818) 331-0169.

**Pt. Mugu State Park:** Lasse Viren Finnish Invitational 20K. (Begins with 10K qualifying race at 8 am.) Sycamore Canyon, 10 am. Lasse Viren Invit., PO Box 24781, Los Angeles 90024 (limit 500 runners).

**Escondido:** Escondido Firefighters 8K & 1-Mile Fun Run. Escondido H.S., 7:30 am. Kathy Loper (619) 437-4556.

**Los Angeles:** Women on the Run Road Race (women only). Distance TBA/Time TBA. Women on the Run Road Race Series, PO Box 513, Westfield, NJ 07091. (201) 233-8567 or (800) 227-3490.

**San Francisco:** CCPM Waterfront 10 Mile. Women's PA/TAC Championships. Fisherman's Wharf, 8 am. CCPM, Race Director, 1210 Scott St., San Francisco 94115. (415) 563-3444.

**Clarksburg:** Clarksburg-Pepsi 20 Miller. Delta High School, 11 am. Skip Seebeck, PO Box 20, Clarksburg 95612. (916) 665-1712.

**Sherman Oaks:** San Fernando Valley Marathon Classic. SPA/TAC Championships. Sherman Oaks Galleria, 7:30 am. SFVMC, 15840 Ventura Blvd, Suite 437, Encino 91436. (818) 347-1933.

**Menlo Park:** Run the Accelerator. 5 & 10K, Stanford Linear Accelerator, time TBA. Dave Roos (415) 948-9661.

**Playa Del Rey:** Sea Shepherd 10K. Dockweiler Beach, 8 am. The Starting Line, 411 Washington St., Marina del Rey 90291. (213) 827-3035.

### ■ November 23 (Saturday):

**Valinda:** Turkey Trot. 5K & ½-mile (children under 11). Valinda, Elem. School, near West Covina. 7:30 am/5K, 8:15 am. Olivia Krok, 15810 Cadwell St., Valinda 91744. (818) 968-3090.

**Pico Rivera:** Turkey Trot 5 & 10K Runs. Smith Park, 8:45 am. Raip Aranda, City of Pico Rivera, Box 1016, Pico Rivera 90660. (213) 942-2000.

**Playa del Rey:** Jet to Jetty 10K. Dockweiler Beach parking lot, 8 am. Myrna Kayton, 6228 W. Manchester Ave., Los Angeles 90045. (213) 670-1410.

**San Diego:** IAM Thanks for Giving 5K Run. Balboa Park, 7:30 am. Kathy Loper (619) 437-4556.



## CONVERSE Southern California Track & Field Coaches Clinic

Saturday, January 18  
Long Beach State University

### Featuring:

- ★ Dave Murray - University of Arizona
- ★ Charlie Craig - Cal State Bakersfield
- ★ Terry Franson - Azusa Pacific University
- ★ Ralph Lindeman - Long Beach State
- ★ Ron Allice - Long Beach City College
- ★ Al Gilbert - Mira Costa Community College
- ★ Pat Connelly - Sprint Coach
- ★ Dave Rodda - Coast Athletics

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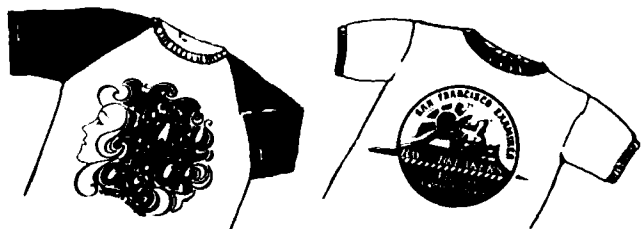
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## ☐ Schedule

**So. San Francisco:** Thanksgiving Fun Run. 4.5 mile (approx.). Orange Memorial Park. 9 am. Fun Run. Recreation & Community Services, P.O. Box 711. So. San Francisco 94080. (415) 877-8560

**San Francisco:** Challenge Cup 50K and 50 Mile. Golden Gate Park (Polo Fields). 8 am. Maryann Truitt, Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

**Campbell:** Avoid the 13 - Run for Safe Driving 10K 10K. Waterford Towers Plaza. 9 am. Lois Tager, Central Counties Safety Council, 330 W. Hedding. San Jose 95110. (408) 297-3033.

**Lompoc:** Turkey Trot, 5 & 10K, time-TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 733-1767.

**Lancaster:** Rockwell International 10K and 2 Mile Fun Run. Apollo County Park (4555 West Avenue G), 9:30 am/10K, 9:45 am/2 mile. DJ051-114-PH47, 2825 E. Avenue P. Palmdale 93550. (805) 265-4265 or 265-5703.

**San Diego:** Fun Runners Turkey Trot. 1, 2.5 & 5 mile. Shelter Island (fishing pier). 9 am. *Time prediction runs.* Kelly Miller, Peninsula YMCA (619) 226-8888.

**Los Angeles:** Ladera Heights Civic Association 1 & 5K, Ladera Heights (Frank Parent School, 5354 W. 64th), 8:30 am/5K, 9:15 am/1K. Frank Ramirez, Ladera Church of the Brethren, 5505 W. Slauson, Los Angeles 90056. (213) 645-2878.

**San Gabriel:** San Gabriel Turkey Trot. 5 & 10K, San Gabriel Municipal Park, 7:30 am. *300 runner limit.* Rosanne Crist, Parks & Rec., P.O. Box 130, San Gabriel 91776. (818) 308-2875.

**Arroyo Grande:** Turkey Trot Fun Run. Arroyo Grande High School (track), 10 am. City of Arroyo Grande, P.O. Box 550, Arroyo Grande 93420. (805) 489-1075, Doug.

### ■ November 24 (Sunday):

**San Francisco:** DSE Bay to Breakers Revisited. 7.46 miles. Howard & Spear, 8 am. Mike Taheny, 411 Teresita Blvd, San Francisco 94127. (415) 855-1563.

**Palm Springs:** Tram Road Challenge 6K Run. No. Palm Canyon Drive & Tram Rd., 8 am. Tram Road Challenge, PO Box 638, Morongo Valley 92256. (619) 363-7829.

**Woodland Hills:** Steve Sax 5 & 10K Run for Hope. Pierce College, 8:15 am/5K, 9 am. Drew Pomerance, City of Hope, 556 Midvale #4, Los Angeles 90024. (213) 208-5644/H, or (213) 202-5689/WK.

**San Pedro:** Bell Thru the Bunker 5-Mile & Kiddie Kilometer. Pt. Fermin Park at end of Gaffey, 7:45 am. Darlene Galindo, 1234 Pacific Ave., Venice 90291. (213) 392-5566.

**Puente Hills:** Puente Hills Mall 5K Turkey Trot. Puente Hills Mall, 8 am. Bob Brooks, 1613 So. Stimson, Hacienda Heights 91745. (818) 961-3480.

**Oakland:** Blind Duck Relays. 3x5K, Lake Merritt (Old Boathouse), 9 am. Lake Merritt J&S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

**Culver City:** Culver City/Western Hemisphere Marathon. 8 am. Western Hemisphere Marathon, c/o Dept. of Human Services, 4117 Overland Ave., Culver City 90230. (213) 202-5689, Jack Nakanishi.

**Napa:** Exertec Turkey Trot. 8K, 8:30 am. Steve Zanetell, c/o Exertec, 920-A Yount St., Napa 94558. (707) 944-8238.

**Cupertino:** Sri Chinmoy 5K, Valico Fashion Park (Stevens Creek Blvd. & Wolfe Rd.), 8 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (408) 996-8036.

**Santa Cruz:** Turkey Trot. 10K & 1 Mile Kids Run, Delaware Ave. at Natural Bridges Dr., 8:30 am/1 mile, 9 am/10K. Turkey Trot, c/o 346 Church St., Santa Cruz 95060. (408) 429-3777.

**San Francisco:** ARC Presidio Rollercoaster Run. 3.2 mile, Mountain Lake Park (12th Ave. and Lake St.), 9 am. Donna Chan (415) 564-5342.

**Spreckels:** John Steinbeck Country Biathlon. 2.5 mile bike, 6 mile run, Spreckels Memorial Park, 10 am. Dave Lewis, Fleet Feet, 364 Main St., Sausalito 94965. (408) 424-3533.

**Pt. Reyes:** Limantour Split. 10 mile & 10K, Limantour Beach Parking Lot, 9 am. *200 limit.* Handicaps. Team Challenge, P.O. Box 303, Pinole 94564-0303. (415) 841-1190.

**Richmond:** Pt. Isabel Run. 5K, Pt. Isabel, 9 am. Helen Lehman, 2605 Ellerhorst, El Cerrito 94530. (415) 237-8462.

**Irvine:** The Success Run Women Only 8K. Irvine Marriott, 8 am. Carolyn McGraw, Women in Business, 27863 Esportlas, Mission Viejo 92692. (714) 380-8627.

**Palo Alto:** Turkey Trot. 4.7 miles, Paige Mill Road (Fitness Center), 9 am. Palo Alto Area YMCA, 3412 Ross Rd., Palo Alto 94303. (415) 494-1883.

### ■ November 28 (Thursday):

**Torrance:** Turkey Trot. 3 mile, Torrance Airport, 8 am. Allen Shall, 3031 Torrance Blvd., Torrance 90503. (213) 618-2945.

### ■ November 29 (Friday):

**Kenwood:** Sugarloaf Cross Country Races. 5 & 8K, Sugarloaf Ridge State Park (just east of Santa Rosa off Hwy 12), 10:30 am/5K, 11:30 am/8K. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-2888.

**Richmond:** Pt. Pinole Skunk Run. 10K, Pt. Pinole Regional Park. 9 am. Team Challenge, P.O. Box 303, Pinole 94564-0303. (414) 841-1190.

**Raleigh, North Carolina:** National TAC Cross Country Championships. *Listed Nov. 30 last issue... this year the event will cover two days (Fri./Sat.)* in all age-groups (Youth, Submasters, Masters, Jr., Sr., Men & Women, etc.), varying distances depending on age-group (3K to 10K). TAC Supernationals, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.

### ■ November 30 (Saturday):

**Mill Valley:** Quadruple Dipsea, 27.4 miles, Old Mill Park to Stinson Beach and back (twice), 7:30 am. Bay Area Ultra Runners, c/o Jack Cover, 120 Coventry, Hercules 94547. (415) 799-5015.

**Raleigh, North Carolina:** National TAC Jr. & Sr. Men's Cross Country Championships. See information listed on November 29.

### ■ December 1 (Sunday):

**San Francisco:** DSE Nob Hill Run. 3 Mile. Dolphin Club, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

**Kenwood:** Sugarloaf Cross-Country Runs. 5K & 8K. Sugarloaf State Park (near Kenwood, east of Santa Rosa), 11 am/5K, noon/8K. *NOTE: Date & starting times subject to change.* Wine Country Race Service, Box 879, Forestville 95436.

**Arcata:** Westend Race. Distance TBA/Time TBA. Six Rivers RC, PO Box 214, Arcata 95521. (707) 826-0616.

**Fresno:** Fresno Road Race. 6 miles. Chandler Field to Kearney Park, 10 am. Fresno TC, Fleet Feet Triathlete, 3870 N. Cedar, #101, Fresno 93726. (209) 221-8181.

**Villa Park:** Villa Park Half-Marathon. (plus ½ miles, 2 mile, 5 mile). Villa Park H.S., 7:45 am. Orange Flyers TC, 2733 Villa Vista Wy, Orange 92667. (714) 774-3957/W, (714) 637-1588/H.

**San Francisco:** Run to the Far Side. 10K & 5K Fun Run. Golden Gate Park (California Academy of Sciences), 9 am. Carol Prince, Calif. Academy of Sciences, Golden Gate Park 94118. (415) 221-4214.

**Coronada:** Holiday Bowl Heart Marathon & 10K, 7 am. Lynn Flanagan (619) 275-0996.

### ■ December 7 (Saturday):

**Houston, Texas:** Nat'l TAC Sr. & Jr. Men's & Sr. Women's 30K Championships. Time TBA. Dr. Ronald Bruscia, 1111 Gessner, Houston, TX 77207. (713) 467-2442.

**Hawaiian Gardens:** Hawaiian Gardens 5 & 10K Run. Lee Activity Center, 8 am. Lee Activity Center, 21815 Pioneer Blvd., Hawaiian Gardens 90715. (213) 420-2641.

**Laguna Niguel:** Laguna Niguel Scenic 5 & 10K. Laguna Niguel Regional Park (Federal Bldg.), 8 am/5K, 8:30 am/10K, plus Kids Cup 1 mile/9:30 am. Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

### ■ December 8 (Sunday):

**San Francisco:** DSE Roller Coaster Run. 3.1 mile and Kids' 0.6 Mile. Mountain Lake Park (12th Ave. & Lake St.), 9:30 am/1 mile, 10 am/3.1 mile. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

**Folsom:** California International Marathon (Nat'l TAC Sr. Women's Championships). Folsom to State Capitol (Sacramento), 7:05 am. SLDR, PO Box 161149, Sacramento 95816. (916) 447-2786.

## □ Schedule

**Honolulu, Hawaii.** Honolulu Marathon. Time TBA. Honolulu Marathon Ass'n, 3435 Waialae Ave., Rm. 208, Honolulu, HI 96816. (808) 734-7200.

**Van Nuys.** SPA/TAC District 8K Championships (Nathan Pritikin Memorial). Woodley Park, 9 am. Hal Winton, 24409 S. Meyler St., Harbor City 90710. (213) 534-1704.

**San Francisco:** Nike-San Francisco Half-Marathon. Golden Gate Park, 8 am. Pamakid Runners, P.O. Box 27385, San Francisco 94127. (415) 681-2322.

**Beverly Hills:** Beverly Hills-Perrier 10K. Moreno Dr. (between Santa Monica Blvd. & Spalding), 9 am. Beverly Hills Rec. & Parks, 450 N. Crescent Dr., Beverly Hills 90210 (Attn: Beverly Hills-Perrier 10K). (213) 550-4816.

**Los Angeles:** St. Joseph Medical Center 5-10-15K Runs. Griffith Park, 8 am. Joanne Sugar, c/o SJMC Foundation, Buena Vista & Alameda, Burbank 91505. (818) 247-3783.

**Palm Desert:** Athletic Express T.C. 5K & Half Marathon. College of the Desert, 8 am. Tim Hayes, 49156 Garland, Indio 92201. (619) 342-1242.

**Westwood Village:** Zev Yaroslavsky's Westwood Village 10K. 8 am. Michael McClelland, 11866 La Grange Ave., West Los Angeles 90025. (213) 820-4338.

**Long Beach:** Long Beach Marathon 16.2 Mile Prep Run. Cal-State Long Beach, 7 am. *Raceday Registration Only.* LBM Prep Run, 1825 Redondo Ave., Long Beach 90804. (213) 494-2664.

**San Diego:** JCC Festival of Lights 10K. Balboa Park, 7:30 am. EOL Race Consulting, 1013 Park Place, Coronado 92118. (619) 437-4556.

**Fresno:** Cal-Bowl Run. 10K & 2 Mile, Fresno State University, time TBA. California Bowl Run, 1341 Bulldog Lane, Suite C, Fresno 93710. (209) 224-2695.

### ■ December 14 (Saturday):

**Fremont:** Newark Recreation Coyote Hills to the Bay Runs. 3.4 & 6.8 miles, Coyote Hills Regional Park, 8000 Patterson Ranch Rd., 10 am. Newark Recreation Division, 35501 Cedar Blvd., Newark 94560. (415) 790-7952.

**Arcata:** Arcata to Willow Creek 40 Mile. *Listed last issue on Dec. 7 in error.* 8 am. Six Rivers Running Club, P.O. 214, Arcata 95521. (707) 826-0616.

**Lancaster:** Rudolph 5/10K Runs. Lancaster City Park (43063 N. 10th St. West), 9 am. Dave Miklos, c/o Parks & Recreation Dept., 44933 N. Fern Ave., Lancaster 93534. (805) 945-7811.

**South Pasadena:** South Pasadena 5 & 10K Tiger Runs. 1401 Fremont Ave., 8 am. Harry Gerst, 1401 Fremont Ave., So. Pasadena High School, So. Pasadena 91030. (213) 258-4008.

**Venice:** Christmas 10K (& maybe 5K). Venice Marina, 8 am. Bruce Mitchell, 2223 14th - St., Santa Monica 90401. (213) 452-0397.

**Coronado:** Christmas in Coronado 10K. 7th & E Sts., 7:30 am. End of the Line Race Consulting, 1013 Park Pl., Coronado 92118. (619) 437-4556, Nancy.

**San Diego:** Balboa Park Boogie. 5K, Men's & Women's races, 8 am/men, 8:30 am/women. Bev Fox (619) 561-7210.

### ■ December 15 (Sunday):

**Newport Beach.** Orange County Marathon. Time TBA. Barry King, Sports Directions Foundation, Box 795, Dana Point 92629. (714) 661-6062.


**Guadalajara, Mexico.** Avon International 10K (Women only). Lynn Nelson, Runners Travel (415) 342-7227.

**Palm Springs.** Palm Springs 50-Mile Run. (2-mile loop) *Limit 25 runners.* 6 am. John & Kitty Emig, Box 8323, Palm Springs 92263. (619) 320-3548.

**San Francisco:** Christmas Carol Charity Run. 10K, San Francisco Bay Club (150 Greenwich & Sansome), 8:30 am. Charity Run, c/o #1 Sansome St., Suite 3500, San Francisco 94104. (415) 951-3333.

**San Francisco:** DSE Golden Gate Bridge Toll Plaza Run. 7.4 mile, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

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Greg Hull, Field Event Coach  
Long Beach State, 1250 Bellflower Blvd., Long Beach, CA 90840  
(213) 498-4666



## □ Schedule

**Santa Rosa:** The Last 10K. Piner Elementary School (Piner Rd. at Fulton), 9 am. John Anderson, 2065 Peterson Ln., Santa Rosa 95401. (707) 527-0886.

### ■ December 21 (Saturday):

**Sanger:** Pre-Christmas Run. 2 mile time prediction & 6 mile, Madison School (Cherry & Bethel Sts.), 9:30 am. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

**Legg Lake:** .06 Nil George Guerrero 8K. 9:30 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

### ■ December 22 (Sunday):

**San Francisco:** Christmas Relays. 5 x 4.464 miles. Lake Merced, Sunset Circle parking lot, 9 am & 9:10 am (two starts based divisions). Christmas Relays, PO Box 652, Burlingame 94010. (415) 342-3107, Karen Lanterman.

**San Francisco:** DSE Polo Field 5K. Golden Gate Park, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

**Oakland:** LMJS 4th Sunday Runs. 5-10-15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 am. Lake Merritt Joggers & Striders, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

### ■ December 25 (Wed.):

**San Francisco:** DSE Christmas Blind Date Relays. 2 x 1.5 miles. (Male/Female), Golden Gate Park, Stow Lake Boathouse, 10 am. Mike Taheny, 411 Teresita Blvd, San Francisco 94127. (415) 855-1563.

### ■ December 26-29 :

**Orange.** (Thurs.-Sun.) West Coast University Holiday Ultras. 24-hour, 48-hour & 72-hour track runs. West Coast Univ., noon. Lee Preble, West Coast University, 550 S. High St., Orange 92668. (714) 953-2700/W, (213) 532-5043/H.

### ■ December 29 (Sunday):

**San Francisco:** DSE Double Muni Pier Run. 2.47 mile, Dolphin Club (502 Jefferson at Hyde), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

**San Diego:** Mission Bay 25K. East Fiesta Island, 7 am. San Diego TC (619) 277-RUN2.

### ■ December 31 (Tuesday):

**Los Altos Hills:** Midnight Run. 5K (Invitational: Men/16:00, Women/18:45), and Fun Run (Open), 11:15 pm/Invit., Midnight/Fun Run. Peanut Harms, 813 Wake Forest Dr., Mountain View 94043. (415) 969-2033.

**Encino:** New Years Eve Midnight 10K Run. Balboa & Victory Blvd., midnight. Race Central, P.O. Box 828, Rialto 92376.

**San Diego:** New Year's Fun Run. Distance (?), Mission Bay Boardwalk, 11:45 pm. Jeff Markoff (619) 275-2543.

### ■ January 1 (Wednesday):

**San Francisco:** DSE Hangover Run. Distance (?), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 855-1563.

**Arcata:** Recovery Run. 0 to 6 mile, Location (?). Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616.

### ■ January 4 (Saturday):

**San Diego:** Cop'er Bowl 10K (& 2 Mile). Stadium, 7:45 am. Lynn Flanagan (619) 275-0996.

### ■ January 11 (Saturday):

**Los Altos:** Willy's Road Race. 1 & 5 mile, St. Williams School, 9:30 am/1 mile, 10 am. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

**Ventura:** Buena 4 Mile Run. San Buena Ventura State Beach, 9 am. Steve Blum, 1025 Cachuma, #33, Ventura 93004. (805) 659-2699.

### ■ January 12 (Sunday):

**San Francisco:** San Francisco Zoo Run. 5 & 10K, Sloat Blvd. at Great Hiway, 8 am/10K, 9 am/5K. Zoo Run, c/o S.F. Zoological Society, Sloat Blvd. at Great Hiway, San Francisco 94132. (415) 661-7456.

**Newhall:** Santa Clarita Runners Women's 8K (Women Only), Pico Canyon, 8 am. Patty Carmody, 28106 Urbandale, Saugus 91350. (805) 252-5904.

### ■ January 18 (Saturday):

**Fontana:** Parks & Recreation Dept. Mini-Triathlon, 8.2 mile bike, 150 ft. swim, 2.4 mile run. Cypress Community Center, 8 am. Kit Ledbetter, Fontana Parks & Recreation, 8353 Sierra, Fontana 92335. (714) 350-7635.

**San Dimas:** Snow Summit Southern California Biathlon Championship Series. 5K run, 10 mile bike. Bonelli Park, time TBA. Dave Spangler, 1009 W. Brooks St., Ontario 91762. (714) 983-5871.

### ■ January 19 (Sunday):

**San Mateo:** El Camino Derby Run, 10K, Bay Meadows Racetrack, time TBA. San Mateo Heart Ass'n, 1801 Murchison Dr., Burlingame 94010. (415) 692-0981.

**Stockton:** California 10. 10 miles, Lincoln High School (Alexandria at Ben Holt), 10 am. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124.

**Arcata:** Patrick's Point Race. 2 & 6 mile, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 826-0616.

**San Diego:** Mission Bay Marathon & 10K, Mission Bay Visitors Center, 7 am/Marathon, 7:07 am/10K. Mission Bay Marathon, 4035 Mississippi #9, San Diego 92104. (619) 236-4605.

### ■ January 25 (Saturday):

**Paramount:** Paramount 10K. *Special masters invitation.* Progress Park, 8 am. Oscar Rosales, P.O. Box 696, Paramount 90723. (213) 634-3027.

**Agoura Hills:** The Great Race of Agoura. 2K, 5K & 10K, 7:30 am. Dennis Kristian, c/o Sumac Elem. School, 6050 Calmfield, Agoura Hills 91301. (818) 991-7746.

**Redondo Beach:** Super Bowl Sunday 10K. 8 am. Super Bowl Sunday 10K, Box 637, Redondo Beach 90277. (213) 548-4288.

### ■ January 26 (Sunday):

**San Diego:** Super Run. 10K & 2 mile, La Jolla Village Square, 8 am. March of Dimes, 8333 Clairemont Mesa Blvd, Suite 101, San Diego 92111. (619) 576-1211. *Listed in some sources as January 25.*

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## Looking Ahead

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*(Marathons, Relays, Important Deadlines, Major Events, etc.):*

**FEB 2, Long Beach:** Long Beach Marathon. 3000 E. Ocean Blvd., 7:30 am. Joe Carlson, 1825 Redondo St., Long Beach 90804. (213) 494-2664.

**FEB 8, San Jose:** Fleet Feet-Round Table San Jose Marathon. City Hall, 8 am. Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-RACE.

**FEB 9, Davis:** Davis Marathon & Half Marathon. Davis Sr. High School, 14th & Oak, 9 am. Fleet Feet, 132 E St., Davis 95616. (916) 758-6453.

**FEB 9, Oakland:** Valentine Day Run. 5 & 10K, Lakeside Park (Boathouse, Bellevue Ave), 10 am. Valentine Day Run, Box 5157, Oakland 94605. (415) 632-9606.

**FEB 15, Pine Valley:** Pacific Crest Trail 50 Miler. Buckman Spring Rd., 5 am. Jeff Bieyra (619) 481-5725.

**FEB 23, Oakland:** Oakland Marathon & Half Marathon. Jayor's Office, time TBA. Oakland Marathon, Box 32103, Oakland 94604. Daryl Jobe (415) 236-5154.

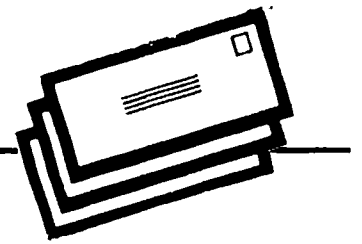
**JUNE 28, 1986: Squaw Valley to Auburn.** Western States 100-Mile Endurance Run. On rugged trails. Entry by lottery...*post-marked by Nov. 26, 1985 and received by Dec. 1.* Curt Sproul, c/o Weintraub, etal, 2535 Capitol Oaks Dr., Sacramento 95833. (916) 648-9400.

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## Coaches & Meet Directors

*We plan to publish a track and field schedule for the entire season, February to July, in the next issue (January). Please send track & field schedules and meet announcements NOW.*

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## TO: RICHARD SLOTKIN

Dear Mr. Slotkin:

Unfortunately I do not know you. Keith Conning and [Jack] Leydig are old friends. Jack sold running shoes in his VW van long before athletic shoe stores became all the rage.

Enclosed (see results section) are results of the 41st Walnut Festival 5K and 10K run. This is the third oldest and continuous 10K in Northern California, if not the state—and the LAST (1979) no entry fee race that I know of. I oppose entry fees as causing all sorts of complications...now everybody (including police) expect to be paid. First 3 years new race operators MADE NO PROFIT. I quit when entry fee begun, but volunteered help...race on rocks. Finally got North Gate High School girl volleyball team and their coach, Jim Changaris, parents, etc. to handle with profits (if any) split 70% to girls and 30% to Festival. 1984 girls got \$3500.

Like you and your magazine. Real old-time race promoters spend money out of their own pockets—including postage for this letter—while modern race conductors roll in \$\$\$.

Old AAU officials got lots of criticism and brickbats to enforce their rules and not much else. EIGHT other races on September 22 in this area...reduced turnouts. Being a deaf man I cannot telephone to get up meetings so as to draw up a workable calendar to spread out races and enable each one to draw lots more participants and make \$\$\$ for races. That is an idea YOU might GRAB and spread to help avoid deficits. I don't care for credit...I WANT TO SEE JUSTIFIABLE RESULTS—credit go hang.

Thank you for helping amateur running stay alive.

Best wishes and sincerely,

Andrew MacCono  
Walnut Fest. Race Founder

## LIKES NEW FORMAT

I like the new Schedule format—it's so easy to read. If you could add day of the week it would be great.

Thanks for all of your efforts to keep California athletes well-informed; it's really appreciated.

Barbara Robben  
Berkeley

Good idea, Barbara. We'll start with our December schedule. —Editor

## NRDC RESPONDS TO DAVID DENNIS (MODESTO MARATHON)

Dear Mr. Dennis:

Thank you for sending us a copy of the certificate of the certification of the Modesto Marathon.

In answer to your comment about the keeping of the lists of certified courses, the NRDC (National Running Data Center, Inc.) has been compiling the official lists of TAC certified courses since 1977, on a volunteer basis, without remuneration by TAC (until this summer for this year). [Certified Courses listing appeared in the March 1985 issue of CT&RN, page 20.]

Ted Corbitt certified courses for TAC (and the RRCA) for about 20 years until he retired from that specific role last year. It was his responsibility to send us notification of all courses certified by him. Occasionally, he did not and your marathon was one of those occasionally-did-nots. Mr. Corbitt did not keep lists.

In your area, Carl Wisser is the final signatory and he now handles such paperwork. He and about 23 others all over the country now do this to expedite the process and to avoid delays. We were responsible for setting up this decentralized network.

In order to attempt to avoid the annoyance and the embarrassment we inadvertently caused you, we issue lists of all certified courses twice a year—in July and in December—and copies of those lists are sent to every signatory in the system in order to verify that we have complete lists. Occasionally, certifications still slip through

the cracks but we think the list is more complete than it has ever been.

I really am sorry and apologize to you that your marathon was left off the list. Hopefully, now that we are better organized, such omissions will not happen.

Jennifer Hesketh Young  
National Running Data Ctr.

## WHERE IS THE NCAC??

Sirs:

I just wanted to express my thanks for processing my subscription so quickly and for providing such quality reading material.

One "complaint." I go to school in Northern California (ie. Humboldt State) and I, as well as numerous friends, would enjoy seeing more reports about the NCAC Conference. I'm sure many others would feel the same as there are some quite large schools represented (Davis, Sac State, SF State).

Joseph Karnes  
Anaheim/Arcata

## ATTENTION: BILL MINARIK

Dear Bill,

This is a note about your SoCal Cross Country Preview in the September 1985 publication.

PCAA Men—First. UC Irvine Cross Country team was *not* on probation. Last season (1984) we were in track on probation, but not cross country. Next...I don't know how you can rate San Jose State ahead of us if you know our people. We have 5 men from 14:09 to 14:35 and 5 more under 15:00 for 5000. All those men are under 31:00 for 10,000 with one of those who has run 8:37 steeplechase. San Jose State does not have that type of team. I also think that we will Fresno State a run for the Conference Championship.

PCAA Women—First of all, San Diego State, Cal State Fullerton and Cal State Long Beach are now in the conference. Next—how can you rate UNLV in first place when in the last two years they have not scored in the Conference Championships? Then—UC Irvine has everyone back from last year's team which won the Conference

Championship plus the J.C. 1500 State Championships Champion. We also have won the last two Conference Championships, and have been nationally-ranked.

I wish you would make some phone calls and check things out and get your facts right before you submit something for publication. It is not fair to our program and other programs.

Vince O'Boyle  
Head Coach, UC Irvine

Dear Mr. Minarik:

In a recent article of *California Track & Running News*, you indicated that some well-known high school athlete will be competing for my organization, Coast Athletics, this year. As you have indicated in recent articles, Kerri Zaleski, represents Coast Athletics and has since she was 11 years of age, and did forego her senior year in high school competition. I'm writing this letter to find out if you would provide me with information as to who the athlete is who will be coming to my club, since we have no high school athletes and don't plan to have any next year.

I realize that rumors get started and build into large issues, possibly we can rectify this by addressing this rumor before the 1986 season.

Dave Rodda  
Assistant Dir. of Recreation  
& Community Relations

## LOOK FOR CHICO X-C


Dear CT&RN,

I'm only renewing my subscription because running has been such an important part of my life for such a long time, and I feel yours is the last "honest" running publication. Keep up the good work and I'll keep up my subscription.

P. Scott Durham  
Chico/Fresno

P.S. I'd like to note the reinstatement this fall of the CSU Chico cross country and track programs after a year's absence. Welcome back and good luck this year in the NCAC

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For More Information:  
Running USA • 1770 Sawmill Rd. • Columbus, Ohio 43226  
(614) 889-9106

# Medical Notes for Runners

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



## Homeopathy - A Resurgence

Steven I. Subotnick, D.P.M., M.S.  
Richard E. Jones, D.P.M.

It is estimated that, at the turn of the century, 25 to 30% of the physicians in the United States were homeopaths. They practiced homeopathy, a system popularized by Dr. Hahneman of Philadelphia. Homeopathy was the major branch of medicine, along with allopathic medicine (medicine as most of us know it today), and osteopathic medicine. In the 1980's, it is undergoing a major resurgence in this country. In his medical research, Dr. Hahneman found that various medications, which cause symptoms in a healthy individual, can, in dilute form, cause resolution of symptoms in a diseased person. This led to the basic science and philosophy of homeopathy. The philosophy is relatively foreign to that of our standard medical practice, which is called allopathic medicine. I recently took a course in homeopathy in Berkeley and would like to give you a summary of what I learned in the introductory phase.

Homeopathy balances the natural processes of the body with healing energy. Harmony takes place, and the resonance of the homeopathic preparations fine tune the body. The process can be likened to a tuning fork vibrating next to another non-vibrating fork, which will then begin to

vibrate due to the resonance set up between the two instruments. A homeopath takes a very extensive careful history and tries to match the various clues in the history with the symptoms found when various homeopathic preparations are given to a healthy individual in large doses. He then prescribes diluted versions of these medications to the diseased individual. Homeopathy utilizes various preparations, most of them natural, to encourage the body to stimulate its own defenses or healing to take place. The doses of homeopathic preparations are so low that, in themselves, they can cause no harm or damage to the body. This is in contradistinction to the allopathic preparations or prescriptions, which often overload the body with a specific drug, to relieve a specific symptom. Allopathy, therefore, exerts a special effect with a strong dose to eliminate a symptom. Homeopathy, in contrast, lets the body handle the problem by stimulating its own response. As you can see, homeopathy works with the body, helping it by encouraging its own appropriate healing action. In effect, it does not allow the body to become further weakened by relying on powerful drugs to fight disease.

There are two thousand homeopathic remedies with their own typical constellation of symptoms. The homeopath matches symptoms of the patient with these homeopathic preparations. Homeopathy is most useful with chronic problems where the homeopath works diligently to narrow down the prevalent symptoms. However, homeopathic medicine can also be used to treat acute disease.

Acute problems are termed to be those which are in duration of less than a month. When using homeopathy for acute problems, a more standard allopathic model is often utilized. Thus, for Achilles tendinitis less than a month old, one might use the preparation, Rhus Tox. A symptom for which Rhus Tox is beneficial is pain about a tendon with aggravation after initial motion, improvement upon continued motion, with aggravation during and after rest.

However, homeopaths go further by maintaining that tendinitis is not just a local problem but involves the whole person. After all, people worry about their Achilles tendinitis; the way they walk and function is affected by their heel pain. The whole organism is out of balance on three levels; physical, psychological, and

spiritual. Harmony must exist between all three levels for true health to be maintained. Health, therefore, is a dynamic constantly changing process.

Homeopaths maintain that children, under the allopathic system, receive too much medication, which can cause a decrease in the immune system's ability to react to stimuli and fight disease. A child may have a local problem with very little systemic manifestation, yet have a preparation, such as a heavy dose of antibiotics, which affects the whole organism in an adverse way. This is especially true when inappropriate drugs are given for diseases for which they are not designed. All allopathic medications, including antibiotics, cause symptoms or drug reactions of their own, which may require treatment in the future. Homeopaths' main criticism of allopathic medicine can therefore be summarized as the following:

1. Allopathic medicine does not allow the body to go about natural healing.

2. Allopathic preparations cause problems of their own due to their high dosage.

The homeopath further states that allopathic doctors, that is standard M.D.'s and D.P.M.'s, use the system of shared diagnosis, where they focus upon what is common about all people with similar diseases. This method tends to ignore individual traits and idiosyncrasies of ill people. Homeopaths try to find differences in patients with similar outward complaints. They state that this allows for more specific treatment and more natural bodily response to disease. Homeopaths pay particular attention, when doing a history, to minute details, such as what makes the symptoms better or worse, what time of day does the problem arise, and the effect of environmental factors, such as heat and cold, motion, and activity:

The speakers at the seminar also explained that homeopathic medicine views

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Continued on page 15

# Around the State

## Reminder to Subscribers

California Track & Running News comes out **eleven times a year**. The month we miss is December. November is a double issue with an extra month of scheduling and more results than usual.

The months of December and January are about as close to an "off season" as we have, being between cross country and track and with a small lull in road racing.

## Early Season Track Meets

Track season gets a head start with several pre-season all-comers and invitationals.

**DEC 7: UCLA Fall Invitational.** 1 pm.

**DEC 14-15: Long Beach Winter Decathlon/Heptathlon.** Long Beach State, 8 am.

**DEC 21: All Comers Meet.** Long Beach State, 10 am.

And don't forget the before season clinics. We know there is one at Fresno State on January 4 and 9, at Stanford on January 10-11 and another in Long Beach on January 18.

## TAC West Region Javelin Development Clinic

The top U.S. javelin athletes along with successful coaches and scientists will be on hand at a one-day javelin clinic to be held Saturday, December 14th (8:00 am to 7:00 pm) at San Diego State University. Learn-by doing sections will highlight the clinic as well as the opportunity to observe elite athletes in their workout and drill routines. There will also be a Friday, December 13th (3:00 pm) All-Comers Javelin Meet, before the clinic.

Athletes who will be in attendance include:

★ **Karin Smith:** Lifetime best 212-7; #2 all time thrower in US history; 1st 1980 & 1984 Olympic Trials; 8th 1976 & 1984 Olympic Games; threw 212-2 in 1984.

★ **Tom Petranoff:** Lifetime best 327-2; American record holder; #2 all-time thrower on world list; 1st 1985 Grand Prix; 2nd 1983 World Championships; Ranked #2 in the world in 1983.

★ **Duncan Atwood:** Lifetime best (established in 85) 308-7; #4 all-time thrower in US history; 1st 1984 Olympic Trials; 1st 1980 TAC; 2nd 1985 Grand Prix; 3rd longest thrower in the world in 1985.

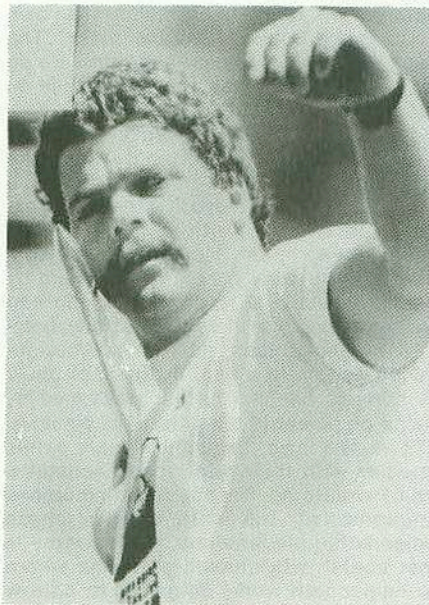
★ **Brian Crouser:** lifetime best (established in 85) 312-0; #6 all-time thrower on world list; #3 all-time thrower on US list; 1st 1981 & 1985 NCAA's; 2nd longest thrower in the world in 1985.

★ **Others** that may be present include: Cathy Sulinski, Linda Sutfin, and Bob Roggy.

A wide range of javelin experience will be represented by the coaches/scientists that include:

★ **Bill Webb:** TAC men and women Javelin Development Coordinator; Elite Athlete Throws Project Coordinator; collegiate coach of Bob Roggy and currently coaching Tom Petranoff and others.

photo by Dave Stock



Tom Petranoff featured at Javelin Clinic

★ **Scott Irving:** University of Florida, women's throws coach; in 1985 his throwers placed 2nd & 3rd in the NCAA and 2nd & 5th at TAC; while he was at the University of Oregon he coached three women who threw at or above 190 in the same year.

★ **Janis Donins:** As a USSR citizen he threw 291-3 and was ranked #2 in the world in 1971; the former UC Irvine throws coach is coaching Karin Smith and others; has a long history of involvement with the javelin.

★ **Bob Meyers:** University of Arizona women's throws coach; a former thrower himself, Bob has published several highly acclaimed articles on the javelin.

★ **Juris Terauds:** Director, Research Center for Sports; has published numerous

noteworthy research articles on javelin biomechanics and flight patterns.

★ **Mont Hubbard:** Mechanical engineering professor at UC Davis; doing experimentation on theoretical flight patterns/models.

★ **Dick Held:** AMF/Pacer Corp.; engineer/designer of the Held Javelin.

★ **Dixon Farmer:** Head coach, San Diego State; West Region Mens Development Chairman.

★ **Kent Pagel:** San Diego State throws coach; a weight training/throws authority.

You won't want to miss this important and informative clinic. The cost is only \$12.00 for coaches and \$8.00 for athletes. For more information, contact: Bill Webb, TAC Javelin Development, 10818 Petit, Granada Hills, CA 91344. (818) 363-1394.

## New Books of Interest

**The Milers:** By Corder Nelson and Roberto Quercetani, TAFNEWS Press, P.O. Box 296, Los Altos, CA 94022. 544 pages, hardbound, \$16.50.

Written by two of the sport's leading authorities — Corder Nelson, Editor Emeritus of *Track & Field News* and European statistician/historian Roberto Quercetani, **THE MILERS** is a great new history of men in the mile and its metric counterpart, the 1500m.

From Walter George and Paavo Nurmi through the Bannister breakthrough, the domination of Elliott and Snell, the Jim Ryun Era, Kip Keino, John Walker and Filbert Bayi to the recent heroics of Coe and Ovett, Steve Scott, Steve Cram and others, **THE MILERS** chronicles in generous detail the greatest races and record-breaking feats of the world's greatest milers.

**THE MILERS** is a feast of facts and figures and heroic tales of the great middle distance runners of history which belongs in the library of anyone interested in sport.

**Basic Track & Field Biomechanics:** By Tom Ecker, TAFNEWS Press, P.O. Box 296, Los Altos, CA 94022. 205 pages, \$15 hardbound, \$10 paperbound.

Over the past two decades, through his previous writings and countless lectures across the country, Tom Ecker has educated thousands of coaches and athletes as to how the laws of physics govern motion in track and field events.

**BASIC TRACK & FIELD BIOMECHANICS**, the best introduction to the subject yet written, synthesizes Ecker's previous books and lectures and incorporates the most recent research and theoretical refinements in the field. Concepts such as center of

## □ Around the State

gravity, momentum, inertia, rotary motion, centripetal and centrifugal force, curves of flight and angles of takeoff and release as they apply to the running, jumping and throwing events, are thoroughly explained and illustrated in terms understandable to even the most science-resistant novice.

**TACTRUST Handbook:** By Alvin Chriss. Published by The Athletic Congress, Order Department, P.O. Box 120, Indianapolis, IN 46206. 154 pages, paperbound, \$10.

No longer need there be any mystery about money and eligibility in our sport. It can be at your fingertips in TACTRUST HANDBOOK. Very useful, easy to understand, comprehensive and complete.

The TACTRUST HANDBOOK is available at a single copy price of \$10 and a package price of \$20 when bought with the TAC/USA Directory and TAC/USA Rules of Competition (a \$22 value for three books).

**1985-86 U.S. Cross Country Handbook:** By Bruce Tenen. Published by TAC - see address above. 50 pages, paperbound, \$8.

This interesting cross country statistical source contains a review of 1984 as well as historical retrospective and much cross country miscellany.



### Los Angeles Marathon

Applications are now available for the Los Angeles Marathon, the first major city-sanctioned marathon in the history of the sport.

The historic event, set for Sunday morning March 9, will draw world class runners from around the globe while also providing an opportunity for local entrants to experience the pride of performing in their own community.

The course starts and ends at the Los Angeles Memorial Coliseum. The 26.2 mile route winds through the city highlighting different ethnic and cultural communities such as downtown, Chinatown, Little Tokyo, Olvera Street, Hancock Park and Hollywood.

Applicants are requested to send a self-addressed stamped envelope to: Los Angeles Marathon, 5985 Century Blvd., Suite 322, Los Angeles, CA 90045. All who apply will be mailed a marathon application form accompanied by race information and a course map. For additional race and travel information call (213) 215-1986. Outside of the LA area call tollfree (800) 562-4411.

### New Club for the Serious

A new track club has appeared on the Southern California running scene — USA WEST. "What sets our club apart is its specific design for serious track & field athletes and long distance runners who are primarily concerned with improving their levels of performance *in competition*," says USA WEST Director and coach, Skip Stolley. "USA WEST is not an aerobics class, or a run-for-fun group, or a team that assembles in their club singlets for a meet or a race every few weeks. I believe there is a real need for more clubs that *train* athletes."

The purpose of the USA WEST Track Club is to provide coaching services to local and national level men and women at both the open and masters levels. Those services include:

- 1) Personal coaching on a daily basis.
- 2) A goal-oriented, daily training plan.
- 3) Assistance in planning and arranging a schedule of competition.
- 4) The opportunity to train with other serious athletes.
- 5) Access to excellent training sites in the Santa Monica area.

USA WEST Coach, Skip Stolley, served as director of the world-class PUMA Track Club from 1983-85.

To receive an application and further information, interested athletes can write: Skip Stolley, USA West Track Club, 15425 Sherman Way, suite 220, Van Nuys, CA 91406, or call (818) 787-4377.

### Boston Marathon Change

The Boston Athletic Association has announced acceptance of a 10-year offer of benefits valued at \$10 million by the John Hancock Mutual Life Insurance Co. to become the major corporate sponsor of the prestigious Boston Marathon, the world's oldest annual marathon.

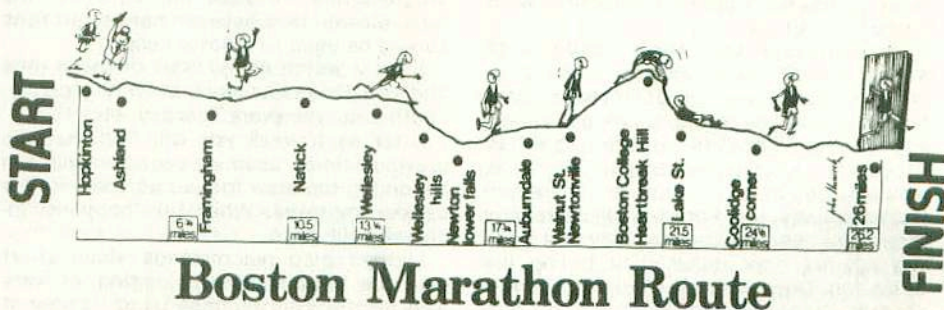
The agreement calls for the Boston-based insurer to provide financial and in-kind support worth approximately \$1 million for the 1986 race and includes prize money (\$250,000) for the first time since the marathon's inception in 1897.

The race finish line will be moved from its present location at the Prudential Center to

the vicinity of Boylston and Dartmouth Streets, near the base of the picturesque 60-story John Hancock Tower, New England's tallest building. As the runners cross the finish line, they will be guided toward the Hancock complex.

### Oakland Marathon Resurrected

It's been several years since the passing of the controversial Cherrie Swenson directed Oakland Marathon and Half Marathon. A new director and new sponsors have emerged to bring these events back to life. Darryl Jobe, father of child running wonder Nasaya Jobe, will be the new director for the February 23rd event. A \$40,000.00 purse has been announced. There will be new courses, the marathon starting at City Hall and finishing inside the Oakland Coliseum Arena.



### Boston Marathon Route



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# ■ Technique & Training

By ROY STEVENSON

## The Kiwi Kick

**D**uring my four years in the United States, while talking with distance runners here, many have claimed that they follow the Arthur Lydiard training system. When I ask them how they follow the system, they tell me, "I've read his book."

This is like an American claiming that he knows all about the communist system without going to China or Russia. To truly train the Lydiard way, one must actually have experienced the system in New Zealand, being coached by a Lydiard athlete.

Lydiard's books are very useful for providing concepts and rough guidelines, but schedules in books don't take into account the individual needs of the runner and are at best very inflexible. It is also very easy to take the book literally.

For example, Lydiard states that 100 miles per week is an important part of his system. The result: overenthusiastic runners who last about two weeks running 15 miles per day and becoming injured or sick.

First, it is important to realize that Lydiard's system is not just an aerobic conditioning program of running 100 miles per week, marathon style. That's just part of it. The other important parts are hill springing and bounding, effort time trials over three to six miles, interval training, technique drills for mechanical efficiency, and of course the icing on the cake phase, the racing season when this all comes together.

The beauty of the system is that it is generic — it can be modified and adapted to all age groups, sexes, environments and levels of ability.

Lydiard evolved his system by learning what works through trial and error — and finding out why it works later on. He figured that runners were not doing nearly enough mileage and were capable of running a lot further in training.

He found that they needed eight to 12 weeks of this high mileage training to achieve maximum gains. Each year as they repeated this phase it actually got easier, and they could do it faster with less effort.

Lydiard found some tricks of the trade, which helped make handling this marathon training easier, too. For example, he recommends that one starts training by first running against time rather than timing the miles run. Depending on the level of one's starting fitness, one should run short out-and-back courses for say, 10 minutes, then

turning around and running back in the same time. If it takes you longer to return, then you went too fast on the outward journey and so were forced to slow down on the return journey.

You will soon learn about your present capabilities and fitness and so adjust your running efforts accordingly. Thus, pace and judgement is acquired at an early stage.

Progressively, the daily running time should be increased so that as your oxygen uptake improves and your heart, lungs and musculoskeletal system adjust and adapt to this new stress, you will find the training progressively easier.

A recommended schedule aim would be as follows: **Monday:** 1 hour. **Tuesday:** 1-1/2 hours. **Wednesday:** 1 hour. **Thursday:** 1-1/2 hours. **Friday:** 1 hour. **Saturday:** 2 hours. **Sunday:** 1 hour.

This running should be done at an easy pace with little concern put on the miles covered. It is very important that you work up to this schedule according to your own fitness. Once you can handle running for two hours comfortably, it is now important to start running at your best aerobic speeds. That is, to be able to run at speeds just below your anaerobic threshold, and so it is important to start running over measured courses to time. This way you

---

**"The beauty of the system is that it is generic . . ."**

---

progressively increase the effort of the runs. Slower days between hard effort runs should be used to recover here.

Start a watch at the start of these runs and run the same course every Monday, another course every Tuesday, etc.

After each week you will find that the previous times used as your controls are becoming too slow for you as your oxygen uptake improves. When this happens, increase your pace.

Lydiard also recommends some short distance supplementary jogging at very easy efforts. This might be 1/4 to 1/2 hour of jogging. Running all these miles is of prime



importance. The more miles you run in training, the greater will be your endurance development.

For those of you who have no ambition to complete this much running, simply decide how much time you have daily for your training and balance your "build-up" schedule on this.

Another useful hint Lydiard found to help handle this mileage was to alternate the length of the runs by running a longer run one day, and a shorter one the next. Thus, the shorter runs give you a recovery day, while the long ones enhance cardiac efficiency and oxygen uptake.

Once you have completed eight to twelve weeks of this running, you are then ready for the hillwork phase. This training helps develop speed and anaerobic capability to exercise through a form of resistance training achieved by springing uphill on a hill with a rise of one in three or four. This is not simply sprinting up a hill as it is often interpreted. It greatly increases the runner's ankle strength, stride length, knee lift and speed.

A hill springing workout might be warm-up jog, stretching, uphill springing (200 meters), three minute jog at the top, downhill stride out, 100 meter stride-outs at the bottom, then repeat.

During this four to six week phase, a separate day includes leg-speed work on a slight grass downgrade.

The track training is then started, consisting of about four weeks of interval training (two to three times per week). This is followed by four weeks of short, high intensity runs on the track with long recoveries between, and also time trials over or near the distance being trained for.

You are now ready for the races. At this stage it is important to realize that you have done all the work and don't need to continue to train hard as many athletes make the mistake of doing. You must be fresh and sharp, and therefore need lots of easy jogging with the occasional sharpener sprints.

# SoCal Diary

By BILL MINARIK

## □ September 23.

Cross Country season is in full swing in SoCal, but before we get to the results, let's catch up on a few notes made over the summer. A coaching change in Community College ranks saw long time L.A. Valley coach Mark Covert move over to L.A. Trade Tech to assist head coach Jim Browne with the distance program. Look for Tech's distance program to take off under Mark.

It seems that last years super soph sprinter Calvin Holmes had decided to stay at Carson and play football instead of transferring to Hawthorne as he had indicated. Also, the rumor about a top prep trackster competing for Coast Athletics this year appears to be off base as I received a line from Coast coach Dave Rodda who indicated that he currently has no prepsters on his team nor does he plan to have any this coming season.

In early season cross country results, first in the prep ranks; the Arroyo Grande Invitational saw Saugus High, lead by the Stonerock brothers 1-2 finish run away from Arroyo Grande 24-62 in the boys race, while the host team edged Newbury Park 52-56 in girls competition. At the Woodbridge Invitational, it was the Saugus boys again over Simi Valley as Darin Stonerock ran away from the field in a time of 14:41. The Newport Harbor girls also ran away from runner-up Palos Verdes by a full 4 minutes combined elapsed time. At the Moorpark Invitational, it was boys teams from Thousand Oaks, Hart, and Atascadero winning divisional titles, while girls teams from Palos Verdes, Hart, and Atascadero did likewise. At the Rosemead Invitational, it was Bishop Amat 57-78 over Rosemead in the boys team competition; while at the Peris Invitational, the Hemet boys turned back Indio 38-70, while the Arlington girls were 40-51 victors over Indio.

In Community College meets, first at the Moorpark Invitational, it was Pasadena's men 74-102 over Grossmont, while the ladies from Valley outran Moorpark 80-99. At the Mira Costa Invitational, it was Grossmont over the host team in men's action 44-51, while the Mira Costa gals pulled away from East L.A. 29-41.

In 4-year college meets, it was UCLA going 1-2-3-4 in a dual meet win over Tennessee, while the UCLA women lead by Shannon Stryker upset Arizona 25-46 at the UCLA Invitational. At the Chapman Invitational, it was Biola's men 43-51 over Cal Lutheran, while C/S Bakersfield's women ran away from U San Diego 30-84. At the Riverside Invitational it was UC Irvine surprising San Diego State's men 35-42.

## □ September 30.

The majority of activity this past weekend was prep Invitationals with the Bell-Jeff

Invitational leading the way. In the boys competition, Simi Valley, Loyola, and Morro Bay were section winners while Westlake, Walnut, and Bell-Jeff were girls champions. At the Dana Hills Invitational, it was Villa Park and Estancia in the boys races while Newport Harbor and Riverside Poly were girls winners.

At the Azusa Invitational, Arcadia was the 12th grade champs with Arroyo taking the 10th and 11th grades.

In 4-year college action; first at the Aztec Invitational where Arizona destroyed the field including runner-up UCLA by a 39-127 score, while up at the Westmont Invitational, Westmont just got by Santa Clara and UCSB by a 50-62-80 count.

## □ October 7.

Invitationals were again the order of the day Saturday beginning with the big prep Kenny Staub Meet at Crescenta Valley Park. At that one Hart High, Glendale Hoover, and Upland were victorious in the

boys sections while Palos Verdes, Buena and Upland were girls champions. At the Yucaipa Invitational in the boys races it was Hemet, Coachella Valley, and the Sherman Indians while on the distaff side it was Chino, Hesperia, and Yucaipa. Up at the Hancock Invitational, Santa Barbara, Atascadero and Cabrillo's boys raced home victorious as did the girls from North Bakersfield and Dos Pueblos.

In Community College action, at the Hancock Invitational, it was the host school 23-45 over Fresno's men, while the Fresno women just edged Santa Barbara 30-31. In a dual meet of note, Trade Tech handed Glendale CCs men its first dual meet loss in 5 years with a 21-34 victory at Griffith Park.

In 4-year college competition, first at the All-Cal Meet, it was UCLAs men over UC Davis 27-58, while the USC women just edged C/S Fullerton 37-38. At the Stanford Invitational it was the host team sweeping both divisions 27-48 over the UC Irvine men and 47-82 over the UCLA women.

## □ Medical Notes for Runners

*Continued from page 11*

disease as a stagnation of energy, whereas allopaths tend to deal with mechanisms of disease. This can be likened to excessive tire wear on your car, where an allopathic mechanic would change the tires and a homeopathic mechanic might realign and rebalance your steering system. Homeopaths also feel that injuries and disease carry with them a message for the individual to learn. The message might be, in the case of Achilles Tendinitis, "Slow down; avoid hills; rest".

It was the consensus of those at the seminar that standard allopathic medicine is certainly the way to go for life threatening diseases or acute emergencies. Homeopathy, however, is an alternative for those who aren't responding to allopathic medicine, especially when chronic disease, such as arthritis, tendinitis, or general malaise are present.

So, why aren't there more homeopathic doctors? First, the time involved for accurate history taking and exact physicals is often prohibitive for the traditional medical practice. A modern practitioner, who sees four to five patients per hour, might be seeing only four to five patients per day if he was to practice homeopathic medicine. Training is also rigorous, requiring many

hours of study, and, unfortunately, homeopathy has become somewhat of a lost art.

Currently, I am doing a study with Dana Ullman, M.P.H., Homeopathic Educational Service, 2124 Kittredge Street, Berkeley, CA 94704, on utilization of homeopathic medicine, health care, and sports medicine.

The following injuries are being treated homeopathically with the consent of the patient in our offices: pre and post-op bone surgery, soft tissue surgery, nerve surgery, tendinitis, acute sprains and strains, heel spurs and plantar fasciitis, shin splints, ingrowing toenails, postexercise myositis and overuse, contusions, and Morton's neuromas.

Dr. Ullman has written a book on homeopathy, which is most interesting and can be obtained at the address above. You can also contact him directly for more information on homeopathy and other books that you might wish to read.

If you or any of your friends or relatives have chronic problems that aren't getting better and you have exhausted all forms of allopathic medicine, I suggest that you consider homeopathy before giving up.

Best of luck.

# Galloway's Tips

TRAINING TIPS FROM

By JEFF GALLOWAY

GALLOWAY'S  
BOOK ON  
RUNNING

## PACING

**I**T'S ALWAYS HARD to tell how fast you are running. Slight physiological changes, tiredness, the weather all affect your running speed. There are tests, however, which allow you to guess fairly accurately.

**Speedwork as a test.** When you follow a speed program as indicated on the 10K or marathon training charts you're preparing yourself for a goal. It's also a gauge of fitness. If you were able to complete the workout about 10 days before the race in the assigned time, you're ready to run at your goal pace. If you finished the workout easily, or faster than expected, you can expect to run slightly faster than goal pace. If you had trouble or couldn't complete the workout, you should expect a slower race performance.

**Test races.** If you schedule test races every other weekend leading up to the "big one," you'll get some valuable racing experience. After 2-3 such tests you should be able to estimate how fast your race goal should be. With a combination of speedwork and races as barometers, you can come up with an accurate estimate.

**Start slow.** Everyone knows you can get more out of a tank of gas by driving at an even speed. By stepping on the gas, then coasting, you ruin fuel economy. The same is true in racing. There's an old adage that for every second too fast per mile in the first half of the race, you'll run at least 2 seconds slower at the end. Moreover, the problem increases if you run the first 2-3 miles too fast: *for every second too fast per mile in the first 2-3 miles of the race, you can be as much as 10 seconds slower at the end.*

**Run an even-paced effort.** If the course is perfectly flat with no wind, you can run an even pace throughout. But since most courses have hills and most days have wind, you must be realistic. Miles with hills should be run with the same effort as flat miles. Uphill segments will therefore be slower than "pace," and downhill segments faster. The same "even-effort" principle applies to running into the wind, but you cannot quite make up for time lost to a headwind.

**Account for heat.** Most runners begin to slow down at 55° and start suffering at 65°. Of course, the body can adapt to heat stress and push the threshold up a bit, but you'll never be able to run as fast on a 75° day as on a 45° one. High humidity is also a major problem. It's like a wet blanket: it doesn't allow much evaporation or perspiration and your body heat builds up.

If you try to run too hard in hot or humid conditions you'll hit "the wall" sooner than expected. Trying to maintain a goal pace in heat is like going out too fast early in the race. Temperatures generally increase hour by hour; therefore you must adjust your pace for the temperature expected at the end of the race.

### Adjusting Race Pace for Heat.

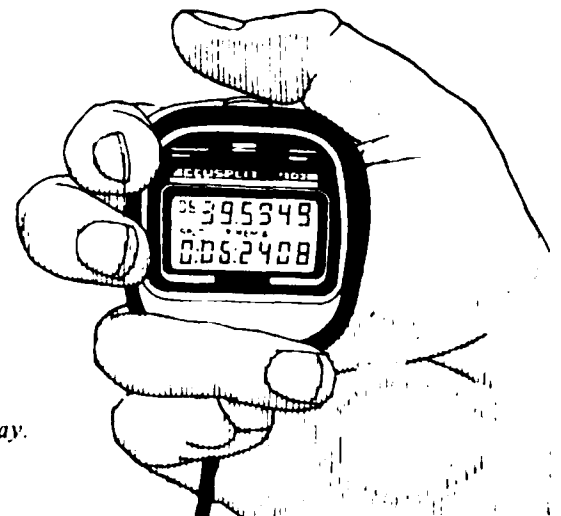
Estimated temperature at finish	Slower than goal pace	8 min/mile pace becomes
55-60°	1%	8:05
60-65°	3%	8:15
65-70°	5%	8:25
70-75°	7%	8:35
75-80°	12%	8:58
80-85°	20%	9:35
Above 85°	Forget it ...	run for fun.

**Watch out for downhills.** The Boston Marathon course goes sharply downhill for most of the first mile. On cool days, even experienced runners get caught up in the competition and fail to slow down when the course levels out. The results are often very fast times for the first ten miles and disappointing final results.

Be aware of your rhythm and pace after a hill. Time yourself carefully over the next mile or two and make sure you're not unconsciously going too fast.

**Running "bursts" in the middle.** Departing from an even pace can be disastrous at any point in the race. Competitive runners sometimes use "bursts" to gain a psychological edge. The idea is that these accelerations (usually 30-150 yards) put a runner ahead of an opponent or force him to spend energy to keep up. But the runner who does this is gambling that he's in better condition, or can demoralize the opposition and bluff into the lead. Bursts are an inefficient use of limited energy stores and I don't recommend them for the average runner.

**What to do when you realize you've run too fast?** Don't slow down significantly below pace to compensate for going out too fast. If you already feel too tired or hot, slow down a small amount below goal pace (5-10 seconds a mile) for 2-3 miles. Never slow down dramatically below your goal pace, for this probably won't help you rest any more than cutting 5-10 seconds a mile. Don't assume you've blown it. You probably still have it in you to reach your goal. Just try to maintain your goal pace for the rest of the run.



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# The Athlete's Kitchen

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



## Physically Fit... But Nutritionally Sound??

*"Something must be wrong with my diet!!! The harder I train, the slower I get. My 10K race times have slipped from 42 to 45 minutes. Could a dietary deficiency be the problem?"*

-Runner Stacey Michaelson

*"I think I eat well - I consciously choose foods based on their nutritional value. But why am I tired all the time...???"*

-Swimmer Janice Strom

*"I have a horrible diet. I never eat meals; I'm forever grabbing snacks on the run. What supplements should I be taking?"*

-Cyclist Gerry Angelo

**W**hen you're feeling strong and healthy, you're likely to direct little attention to your diet. But when you're stressed, chronically fatigued and munch more snacks than meals, you may start to scrutinize your diet and wonder if it's nutritionally adequate. As a nutritionist, I sense that many of my clients come to me as a "last resort" when all of their self-prescribed nutrition programs have failed. For example, many weight-conscious runners, dancers and gymnasts spend bundles of money at diet centers where they try to crash diet and inevitably fail. They come to me in desperation: "Maybe YOU can help me... No one else has!" A second example includes the "fast laners" who invest in stress vitamins, nutritional supplements, glandular extracts and special vitamin packets. Eventually they recognize that wholesome foods are perhaps the better, safer and less expensive route to good health... that their real need is to learn how to eat healthfully, even on the run.

Although I'm accustomed to being pulled out like a fire engine in an emergency situation, I'm bothered that many health-seekers first waste money needlessly on nutrition gimmicks and hocus. Take for example, people who respond with fascination to the popular advertisements for diet evaluations -- In particular, for hair analysis, you send a lock of hair to a laboratory that determines its nutrient content. The report lists your nutritional deficiencies... and generally a list of supplements you should buy. Scientists recognize the potential flaws in this system -- that hair mineral content can be

affected by brand of shampoo, whether or not the hair has been bleached or dyed, the hair color and rate of growth.

According to a recent study in the Journal of the American Medical Association, hair analysis is little more than a scam. Dr. Stephen Barrett of Allentown, PA sent hair samples from two healthy 17 year old girls to thirteen of the country's leading hair analysis laboratories. The results varied considerably not only between laboratories but also within the same facility. Barrett reports that the laboratories also disagreed between definitions of "normal" and "abnormal" mineral levels, sometimes varying as much as a ten-fold difference. He concludes that commercial use of hair analysis is unscientific.

Rather than responding to the sensational diets and health gimmicks, you'd be better off seeking professional nutrition guidance from a registered dietitian who can evaluate your food intake with both professional expertise and the aid of a computer. A simple computerized analysis of a

typical day's food intake gives an indication if you're eating enough iron to prevent anemia, calcium to guard against osteoporosis, protein to maintain strong muscles and fiber to reduce your risk of colon cancer. The computer determines the source of your calories -- you'll learn if you're eating enough carbohydrates to replenish your muscles after hard exercise, day after day; the dietitian suggests wise changes.

This "nutrition check up" helps you evaluate your training diet BEFORE you notice any health/performance problems. To consult with a registered dietitian (RD) who is attuned to the needs of active people, call the dietary department of your sports clinic or look in the Yellow Pages. The American Dietetic Assoc. also has a division of Sports and Cardiovascular Nutritionists (SCAN). To contact your local SCAN member, send a self-addressed stamped envelope to me at Sports Medicine Brookline, 830 Boylston St., Brookline, MA 02167.

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# One Year After the Olympic Games

by Skip Stolley

**Support for America's future track & field Olympians has vanished.**

**T**he 1984 Games in Los Angeles were the most successful Olympics ever for our USA Track & Field Teams thanks, in large part, to a broad base of **corporate financial support** provided to American athletes for the first time. However, since the last balloon ascended from the Closing Ceremonies of the XXIII Olympiad last summer, the corporate support provided to America's national track & field clubs has all but vanished—and already the effects on our future Olympic hopefuls have been hard felt.

Most Americans fail to realize that unlike other Olympic sports (e.g. Skiing, Gymnastics, and Volleyball) there is no "USA National Track & Field Team" to provide coaching, training facilities, sports-medicine services, competitive opportunities, and financial support to our Olympic hopefuls. That support has been provided by a small number of independent national clubs. The athletic shoe companies, which have been the clubs' primary source of financial support, have reacted to their huge expenditures in the "Athlete Bidding Wars" prior to the Games by virtually **abandoning track & field** for the next three years. You can be sure that they will be back in 1988 with their checkbooks open to pick over the cream of the crop. But in the interim, there are very, very few places where a promising young athlete can receive coaching, access to training facilities, diagnostic/therapeutic services, and opportunities for national-level competition once they have left our collegiate system.

But it is unfair to place all the blame on the shoe companies for the erosion of corporate backing for track & field since the Olympic Games. Several of the primary beneficiaries of the pre-Olympic commercial hoopla (including Carl Lewis, Mary Decker, and Edwin Moses) **severely diminished the post-Olympic "marketability" of other track & field athletes through an extraordinary series of events, all of which occurred off the track.**

Americans must recognize that the **critical years in preparing our next Olympic Team are RIGHT NOW!!—1985, '86, and '87.**

Our "emerging athletes" must be given opportunities to stay in the sport upon completion of their collegiate career, and provided with expert coaching and opportunities for international competition. Our "elite athletes" must be given incentives to continue their development at the world-class level, as well as assistance in preparing to begin a career in the working world after their career in track & field are over. It is incredible the fruits of the ten year "Running Boom" amounted to only **one medal each** for our USA men and women in the eight Olympic distance events contested on the track in Los Angeles last summer. But the fact is, the Road Running Circuit has been the **only avenue of financial support** made available during this period to all but a handful of America's distance running prodigies.

The bottom line is that **Track & Field must have the support of Corporate America** in order to survive and prosper. But our Olympic hopefuls also need national clubs that **do more than send them a check every month to help with rent and groceries. We need more clubs that train athletes. We need communities to take an active role in America's Olympic Movement** by supporting our national clubs. To develop our future Olympians clubs desperately need access to world-class training facilities and sportsmedicine service, and help in soliciting low-cost housing and part-time employment opportunities for athletes. **It is essential that Track & Field in the United States finds new sources of financing and support** if we hope to prepare the next generation of American Olympians for the 1988 Games in Seoul, Korea.

**Note:** Skip Stolley is the former Administrative Director of the PUMA Track Club. He coaches six athletes who competed in the 1984 Olympic Trials and currently rank among the top 10 Americans in their respective events. Since 1975 he has been selected as a coach for three USA National Teams for international competitions.



*"... I like the clear-cut way the information is presented. There's no ridiculous jargon thrown in to confuse readers."  
—Bill Rodgers*

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By KEITH CONNING

## International Sports Exchange

Would you like to take a trip to London, England or Paris, France after Christmas? An experienced group of Northern California high school cross country coaches will lead a ten day trip during Christmas vacation. You will leave after Christmas day and return in time for the resumption of classes in January. You will have an opportunity to run in a road race, shop and visit points of interest. The London Road Runner's Association is hosting a 5 mile run in downtown London on New Year's Eve. If you would like more information, please send your name, the name of the high school you attend, home address and phone number to Keith Conning, 2235 Browning Street, Berkeley, CA. 94702.

### Rieti

Rieti, Italy, Sept. 4—Henry Thomas (Hawthorne) placed second in the 100 in 10.37.

### Rome Grand Prix (Finals)

Rome, Italy, Sept. 7—Henry Thomas placed seventh in the 200 in 20.97.

### Mobil Grand Prix

Rome, Sept. 7—Henry Thomas won \$1,000 for placing sixth in the 1985 Mobil Grand Prix 200 meters competition. He scored 22 points.

### Sally Wood (Piedmont)

Sally Wood (Piedmont), who finished sixth at the State Meet in the 3200, is now a freshman at the University of California at Berkeley.

Pam Eymann, who finished fourth in the Washington State cross country championship, is also a freshman.

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### Artichoke Invitational

Half Moon Bay High School, Oct. 5—More than 1,400 runners from more than 40 schools participated in the meet.

Cort Armstrong (Carlmont, Belmont) won the boys' small school race in 11:25.6, the 16th best on this course. North Monterey County (Castroville) won the team title.

Molly Burke (Marin Catholic, Kentfield) defeated Katie McCandless (Castilleja, Palo Alto) in the girls' small school race with a time of 13:55. St. Francis (Mt. View) edged Gunn (Palo Alto) for the team title.

In the large school division, the individual winners were Scott LaForce (Los Gatos) in 11:30 and Laurie Chapman (Gundersen, San Jose) in 13:06, the 2nd best time on the course. The team winners were the Los Gatos boys by five points over Lassen (Susanville) and the Lassen girls over Carondelet (Concord) by virtue of a better sixth place runner.

### Stanford Invitational

Stanford Golf Course, Oct. 7—There were more than 1,000 runners from 84 schools entered.

Reno (Nevada) won the large school team championship with 137 points. Close behind were Bellarmine (San Jose) with 143 and Arroyo (El Monte) with 147.

Riivek "Jay" Huntsman, a recent transfer to Palo Alto from Nevada, led the first mile of the large school boys' race in 4:39. Huntsman, who was an unofficial entry running unattached, did not run through the chute, allowing junior Mason Myers (Vallejo) to win in 15:38.3. Myers is running cross country for the first time. Last year he was the 2nd string quarterback for Vallejo. His best marks in track as a sophomore were 4:21 for the 1600 and 9:40 for the 3200. He won the Exertec Fitness Games 5K in Napa in 15:29 on July 28th (see October issue p.34). He previously won the Chico and Onion Classic Invitationals. Adam McAboy (Miramonte, Orinda) was second in 15:46.9 and Scott Machado (Moreau, Hayward) was third in 15:51.1.

Chris Hoepker (Encinal, Alameda) ran the fourth fastest high school boys' time of 15:24.7 on the course in winning the small school boys' race. He was only seven tenths of a second over the course record set by Jason Flamm (Las Sierra) in 1982. Calvin Gaziano (Castro Valley) ran 15:24.1 in 1983 and 15:24.6 in 1984. "I felt good during the first part of the race," said Hoepker. "I broke away from the field after the mile mark (4:46). I went downhill fast. I got a cramp during the last mile." Hoepker won by 49.5 seconds!

Montgomery (Santa Rosa) won the small school boys title with 71 points.

Arroyo Grande, coached by personable Greg DeNike, won the large school girls' division with 108 points. Lompoc was second with 123 and Reed (Sparks, Nevada) was third with 132. Both Arroyo Grande and Lompoc are members of the Northern League in the Southern Section.

Cindy Rockwood (Carson, Carson City, Nevada) ran the second fastest high school girls' time of 18:11.4. The course record of 18:00.6 was set by Marilyn Davis (Miramonte, Orinda) in 1981. Rebecca Chamberlain (Leigh, San Jose) was second in 18:24.9. Sharon Plante (Arroyo Grande), who paced her team to the championship, was third in 18:48.9.

Katie McCandless (Castilleja, Palo Alto) won the small school girls' division in 18:43.4. "I really want to go (to Stanford), so it was exciting to run here," McCandless said to Jason Cole of the *Times Tribune*. "This course is longer and I think I'm better at the longer distances."

St. Francis (Mt. View) won the team title with 125 points.

### Crystal Springs Invite.

Belmont, Oct. 12—Jesuit of Carmichael has one of the best Northern California cross country teams of all-time. The combined times of their first five runners was

76:15.6, which was under the course record of 77:16.9 set by Mission San Jose of Fremont in 1978. Jesuit placed four runners in the top ten finishers of the Championship Varsity race.

Mark and Eric Mastalir of Jesuit finished one-two in 14:37.3 and 14:38.2.

Laurie Chapman led Gundersen of San Jose to the girls' team title with a fine 17:00.0 effort. She defeated Rebecca Chamberlain of Leigh in San Jose, the State Meet 3200 meter champion, by 26 seconds.

Logan of Union City, the State basketball finalist, edged Los Gatos by two points-73 to 75-to win the Invitational Varsity division for boys.

Jesuit's victory avenged an early season loss to Bellarmine of San Jose in the Clovis Invitational.

Fine Filcks by Don Gosney



Laurie Chapman

## Southern Section Cross Country Notes

by Doug Speck

### Stonerock, SoCal Star

The hottest thing in Southern California Cross-Country this Fall has been Darren Stonerock of Saugus High. The tiny Centurion senior is the latest distance great to come out of the greater Newhall-Saugus area. Running with a forward lean, a right hip that thrusts slightly ahead of the left, and a bouncy stride that belies the presence of gravity, Coach Steve Spraker's first man has ripped through competition in the Arroyo Grande, Woodbridge, San Marino, and Sonora Invitationals. The latter three races featured Meet Record runs, taking down the bests raced to by some pretty fine people. In the Sonora Meet at Fullerton's Craig Park, Darren cranked a 4:25 first mile in trying to get rid of Simi's Jim Zimmer. It is hoped that the 9:08.65 3200m star will find some competition somewhere soon because it doesn't look like there is anyone around here who can come close.

### SoCal Ladies Can Run

Saugus teammate, frosh Heather Scoble, has proved to be one of the hotter things on the distaff side, following her big win in the Woodbridge Invitational. After a pretty good trouncing by Melissa Sutton (Newbury Park) in the Arroyo Grande Invite, Heather took out at Woodbridge over the first 880 and held a big lead over a super field. At the end she held on to a one second win in a course record 17:34 over 10:42.64 3200m runner Amy Dabul (Temple City). Sutton has remained undefeated, winning at Woodbridge in another section and taking the Moorpark Invitational. Sherri Smith (Woodbridge, Irvine) has yet to have anyone come close, and Tracey Williams marked a fine coming out at Bell-Jeff, so there are a number of local young ladies who can run.

### Newport Harbor the Best?

How good is the Newport Harbor women's group? VERY GOOD, undoubtedly the best in the state and possibly among the top couple of teams in the country. At Woodbridge they recorded a 93:51 team time to lower the course record set by Tuslin's #1 nationally ranked squad of 1983 (93:59). The key is that Newport ran the time without 11:17 two miler Tiffany Anderson who has recorded a 19:09 at Mt. SAC.

### Lower Classmen Look Good.

Arroyo of El Monte and Walnut are teams of the future in the Men's division. Arroyo features but one senior (and three soph) in the top five of a team that will be very tough this fall. Walnut features a Varsity made up entirely of frosh-soph athletes—the group recorded a fine 85:46 team time on the Mt. SAC course in a Sept. 19 dual.

## Sac-Joaquin Profiles

by Steve Fagundes

### Ann & Mary KUPHALDT

photo by Steve Fagundes



Attending cross country and track meets has become a way of life to Ann and Mary Kuphaldt for as long as they can remember. The fifth and sixth members of their family to compete for Bella Vista (Fair Oaks), the sisters continue a distance running tradition spanning ten years. Despite their early exposure to running, neither of them participated intensely in age group competition. As Mary explained, "Both Ann and I love to compete, but through the eighth grade we seldom trained and just raced primarily in junior high school races and local fun runs."

Upon entering high school Mary's running took a definite turn for the better. "In junior high school I competed in the half mile and wasn't very good at all," Mary explained. "The summer before my freshman year I ran with a local age group running club, following a schedule set up by my high school coach, and my running really improved." Her freshman year was exceptional as Mary led her frosh-soph team to the 1982 Sac-Joaquin Section Championship. Proud of her individual accomplishments, Mary finds her greatest satisfaction with the performance of the 1984 cross country team. As she described, "Our team had struggled most of the year trying to find a consistent fifth girl. At the section meet everyone on the team pulled together and ran their best times to win the championship. "Now a senior, maintaining a 3.9 GPA, Mary attributes her academic success to running as well. "Since I began

running seriously as a freshman, I've enjoyed and concentrated more on school as well."

Sophomore Ann has taken a different road to her present success. Although a seldom defeated runner in age group and junior high school races, she did not anticipate the success of her first year of high school competition. "I never expected to do so well as a freshman," she explained. "The cross country team already had three good runners, including Mary, and I thought I would fit somewhere in the top four." As has always been her trademark, however, Ann's competitive instincts took over during her races. "The Nevada Union Invitational (1984) was the first time I realized I could compete against high school girls," she related. "Winning the race against some of the best girls from our section and Nevada, really helped my confidence." A second place finish in the Sac-Joaquin Section Championship and seventh at the Northern California Championships, solidified her position as one of Northern California's best. As with her sister, Ann points to the section cross country team championship and anchoring the Bronco distance medley to a first place at the Mt. SAC Relays as the highlights of her freshman year.

Competing against each other hasn't caused any problems with Ann and Mary as both girls expressed their philosophy

*Continued on opposite page.*

### Eric & Mark MASTALIR

Fine Flicks by Don Gosney



Cross country runners in the Sac-Joaquin Section have spent the last three years seeing double in the form of twins Eric and Mark Mastalir. The ardent followers of the Jesuit (Carmichael) harriers don't mind if the opposing runners are doing double takes, as the senior duo has been an integral part of three consecutive section championships (1982-1984), a Northern California Championship (1983), and a second place finish in the *California Track and Running News* State Team Rankings (1983).

The 1985 cross country season finds the talented tandem leading most races from start to finish, with only the ghosts of course record holders and that elusive California state team championship left to chase. Daily training sessions are a challenge, as having a training partner of equal ability has enhanced their improvement from year to year. As Eric related, "Mark and I are always there to push each other in workouts and races, and this has made us better athletes." Their objective in competition is not to race each other, but to push themselves and each other to their best performance. "We are not competing against each other," said Mark, "but, with each other, so we can push the pace and ourselves to our best."

Though rapidly approaching the pinnacle of success in prep distance running, Eric and Mark are realistic in assessing the upcoming season. "Setting course records is not our goal in racing, although it would certainly be

satisfying," the twins emphasized. "The records on the major courses (e.g. Crystal Springs, Mt. SAC, Sierra College) are exceptional and we would have to be in late season form to approach these marks. Besides you can't concentrate on records and neglect competition from the likes of David Naranjo (Sanger) and the Stonerocks (Saugus)." A top three finish at the Kinney National Cross Country Championships and possibly qualifying to represent the United States in the World Junior Cross Country Championships are among the individual goals the twins have set for themselves.

Despite their individual success at the state and national levels, Eric and Mark take as much pride in the accomplishments and goals of the Jesuit distance team. "One of the goals our team has been working toward," the twins described, "is the number one ranking in California. With Paul and Jim Thomas as strong third and fourth runners and Connelly, Parrot, or Adreani as our fifth runner, we have an excellent opportunity to challenge for the number one ranking." Looking toward their senior track season, the twins are eagerly anticipating individual competition and continuing the Jesuit tradition with some "national level" times in the four mile and distance medley relays.

As evidenced by their scholastic achievement (Eric maintains a perfect 4.00 GPA and Mark not far behind with a

*Continued on opposite page.*

# Prep Notes

## 1985 C.I.F. Sac-Joaquin Section Cross Country Preview

by Steve Fagundes

Fall has arrived and with it the 1985 Sac-Joaquin Section cross country season. With summer preparation completed both the girls and boys teams throughout the section have resumed competition. This article assesses those individuals and teams which should highlight the season.

In the following preview, the best time of each individual on the Sierra College (Rocklin) course is used as the standard for comparison. The letter "s" designates that the times represents the athlete's personal record on the standard three mile course, while the letters "fs" designate the athlete's personal record on the shorter (2.15 mile) frosh-soph course. As a point of reference for comparison to other courses in the state, the Sierra College three mile course records were set in 1984 by Rebecca Chamberlain (Leigh, San Jose) at 16:53.7 and Calvin Gaziano (Castro Valley) at 14:35.1 during the Northern California Cross Country Championships. The all-time Sac-Joaquin Section bests for the course were set in winning efforts by Sally Pinkner (Davis) at 17:23.1 in the 1983 Northern California Championships and Jason Flamm (LaSierra, Carmichael) at 14:50.1 in the 1982 Sac-Joaquin Section Championships.

### Boys Team Champs.

Three time defending champion Jesuit (Carmichael) enters the season favored to capture their fourth successive championship and tie the Mira Loma (Sacto) Matadors of 1976 through 1979 for the most consecutive section championships. Led by returning senior twins Mark (15:00.7s) and Eric (15:02.0s) Mastalir and

the Thomas brothers, senior Jim (16:00.3s) and junior Paul (16:05.7s), the Marauders have the nucleus of one of (if not the best) cross country teams in the state. With a large group of talented runners from their frosh-soph and junior varsity teams available for the additional varsity positions, the Jesuit harriers should easily retain their section crown.

Runners-up the last three years, Nevada Union (Grass Valley), the defending Capital Athletic League Champions, will be pressed by fellow league members Bella Vista (Fair Oaks), Casa Roble (Orangevale), and Del Campo (Fair Oaks) for the runner-up position. The Miners of Nevada Union are led by seniors Cameron Mitchell (15:17.3s) and John Tecklin (16:24.9s) and junior Chris Bray (16:15.8s). Seniors Greg Honig (15:18.1s) and Roger Webb (16:22.4s) lead an experienced Bella Vista contingent, which also includes junior Ron Lehman (16:31.0s) and sophomore Kevin Holbrook (16:37.2s). The Casa Roble Rams and Del Campo Cougars return youthful squads which battled to a close finish in last year's sophomore section championship race. Casa Roble is led by 1985 CIF State Meet finalists and juniors Robert Roberts (15:56.0s) (seventh place in the 3200 meters) and Kevin Blazona (12:09.0fs) (ninth place finisher in the 800 meters), juniors Brian Petersen (11:27.1fs) and Chip Anderson (11:31.8fs), and sophomore Andy Kashuba (11:31.1fs). The Cougars are paced by sophomore Travis Andrews (11:55.0fs) and juniors Kyle Nliver (11:41.0fs), Eric Norton (11:39.3fs) and Mike Pottenger (12:09fs). Cordova (Rancho Cordova), Kennedy (Sacto), and El Dorado (Placerville) are slated to battle for the sixth through

eight positions. Junior Brian McInnes (16:10.8s) leads the Cordova Lancers who captured the 1985 section title in the junior varsity division. Last year's individual junior varsity champion Malcolm Keeffe (15:53.1s) paces Kennedy, while senior Jay Mulligan (15:33.0s) returns to lead El Dorado, Tokay (Lodi) and St. Mary's (Stockton) round out the top ten based on their third and fourth place finishers behind Cordova and Kennedy in last year's junior varsity championship race.

The preseason top ten teams are presented below:

#### Ranking Team

- 1 Jesuit (Carmichael)
- 2 Casa Roble (Orangevale)
- 3 Del Campo (Fair Oaks)
- 4 Bella Vista (Fair Oaks)
- 5 Nevada Union (Grass Valley)
- 6 Cordova (Rancho Cordova)
- 7 Kennedy (Sacramento)
- 8 El Dorado (Placerville)
- 9 Tokay (Lodi)
- 10 St. Mary's (Stockton)

### Boy's Individuals

With seven of last year's top ten individual returning, the competition for individual honors should be intense. Leading the pack will be the Mastalir twins, Mark and Eric, of Jesuit (Carmichael). The strong duo were ranked first and second in the 1984 rankings with their only losses to section competition coming from each other. Hampered by injuries last year, the resurging Paul Thomas (Jesuit, Carmichael) and the consistent Cameron Mitchell (Nevada Union, Grass Valley) should contend for third place behind the Mastalir's. Capital Athletic League foes Greg Honig (Bella Vista, Fair Oaks) and Robert Roberts (Casa Roble, Orangevale) are ranked fifth and sixth, but their positions could be challenged by Folsom junior Brian Kingsley (15:24.5s). The remaining places in the preseason top ten are held by seniors Jay Mulligan (El Dorado, Placerville) and Tony Perez (Manteca) (15:40.9s) and junior Scott Hagar (Merced) (15:56.2s).

The top ten individuals are presented below along with other athletes with the potential of moving into the top ten.

#### Ranking Individual

- 1 Mark Mastalir (Jesuit, Carmich)
- 2 Eric Mastalir (Jesuit, Carmich)
- 3 Cameron Mitchell (NevUn, G.V.)
- 4 Paul Thomas (Jesuit, Carmich)
- 5 Greg Honig (Bella Vista, Fair Oaks)
- 6 Robert Roberts (Casa Roble, Org)
- 7 Brian Kingsley (Folsom)
- 8 Jay Mulligan (El Dorado, Placerv)
- 9 Tony Perez (Manteca)
- 10 Scott Hogan (Merced)

#### Honorable Mention

Brad Marshal (Vacaville); Brian McGinnes (Cordova, Rancho Cordova); Malcolm Keeffe (Kennedy, Sacto); Kevin Blazona (Casa Roble, Orangevale); Travis Andrews (Del Campo, Fair Oaks); Jim Thomas (Jesuit, Carmichael); Mason Meyers (Vallejo).

### Girls Team Champs.

While the boy's team championship seems to be a repeat performance of the last three years, the favorite for the girl's championship marks the fifth different team in five years to receive the number one preseason ranking. Returning four of their top seven from last year's runner-up squad and the addition of some good freshman runners, the Merced Bears earned the number one preseason slot. Leading the Merced squad are seniors Stacey Wainwright (18:44.4s) and Noel Foster (20:29.7s), junior Becky Wilkinson (19:19.4s) and sophomore Carrie Wainwright (20:36.2s). Slated for the runner up position is St. Francis (Sacto) with seniors Mary Claire Robinson (18:56.3s) and Kris Kaasis (21:14.8s) and juniors Julie Verke (19:28.2s) and Sharon Achondo (21:37.8s) forming the nucleus of a strong team. Defending champions Bella Vista (Fair Oaks) lost outstanding seniors Terri Dillon (now attending U.C. Davis) and Monica Neilbeck (now attending Stanford University), but return the Kuphaldt sisters, senior Mary (18:53.4s) and sophomore Ann (17:53.4s), along with sophomore Michelle Dillon (21:03.7s). Based on anticipated depth in the fourth through seventh positions St. Francis (Sacto) edges the Broncos for second place in the preseason rankings.

continued on next page . . .

### Kuphaldt, continued:

of "working together to achieve their individual goals." Carrying a last name synonymous with distance running excellence can apply additional pressures, but the sisters take this in stride. "A lot of people expect us to be the best and make a point of trying to beat us in races. Not all of us (Kuphaldt) can be as talented as my brother Harold (1982 California State 3200 meter champion and runner up in the Kinney National Cross Country Championships). We just train as hard as we can to reach our potential," explained

Mary. "Our parents and coaches have always emphasized that win or lose, you are a success if you've worked hard and done your best."

Ann Michelle Kuphaldt was born, February 1, 1970 in Sacramento, California, and is 5-4/106. Mary Catherine Kuphaldt was born January 30, 1968 in Covina, California, and is 5-4/106. They attend Bella Vista High School (Fair Oaks) and are coached by Rita Fagundes. Their progression (with section rankings in parentheses):

#### MARY KUPHALDT (Senior)

Year	Age	Grade	800	1500/Mile	3000/2 Mile	3 Mile (Sierra Coll.)
1983	14/15	9	2:32.6	5:23.2y	11:00.5	19:45.0
1984	15/16	10	2:31.3	5:26.9y	11:53.0y	19:26.8
1985	16/17	11	2:25.6	4:53.6(9)	10:44.5(9)	18:33.4(7)

#### ANN KUPHALDT (Sophomore)

Year	Age	Grade	400	800	1500/Mile	3000/2 Mile	3 Mile (Sierra Coll.)
1983	12/13	7	DNC	2:40.0	5:49.4y	DNC	DNC
1984	13/14	8	65.0r	2:30.9	5:29.6y	11:11.1	DNC
1985	14/15	9	61.9r	2:19.3(7)	4:45.9(3)	10:24.2(2)	17:53.4(2)

### Mastalir, continued:

3.80 GPA), the twins excel in the classroom as well. As Eric related, "Running track and cross country makes us utilize our time to the fullest and be more competitive in the classroom." With an excellent combination of athletics and academics, Eric and Mark are being pursued by universities from coast to coast. Next fall may find them going their separate ways competing for different colleges outside of California, but the exploits of two of the nation's finest distance runners will be savored by prep

harrier fans for years to come.

Eric Matthew and Mark R. Mastalir were born January 11, 1968. Eric is 5-10/158 and Mark is 6-0/160. They attend Jesuit High School (Carmichael) and are coached by Walt Lange. Their progression (with section rankings in parentheses):

#### ERIC MASTALIR

Year	Age	Grade	800	1500/Mile	3000/2 Mile	3 Mile (Sierra Coll.)
1983	14/15	9	DNC	DNC	DNC	15:57.8
1984	15/16	10	DNC	4:15.6y(2)	9:12.3y(1)	15:43.0(7)
1985	16/17	11	1:59.4	4:14.6y(2)	9:06.48y(1)	15:02.0(2)

#### MARK MASTALIR

Year	Age	Grade	800	1500/Mile	3000/2 Mile	3 Mile (Sierra Coll.)
1983	14/15	9	DNC	DNC	DNC	15:41.9
1984	15/16	10	1:55.3(5)	4:13.38y(1)	DNC	15:39.2(5)
1985	16/17	11	1:55.5(4)	3:54.8(1)	DNC	15:00.7(1)

# Prep Notes

photo by Steve Fagundes



**Greg Honig**

The remaining top ten teams are difficult to rank as few return experienced varsity runners. El Dorado (Placerville), a perennial contender, relies on junior Nicole Smedburg (19:29.4s) to pace this year's contingent, while Calaveras, the defending section champions in the freshman-sophomore division, will depend on Kathy Stratton (13:44.9fs) and their overall team strength to carry the team in the varsity division. Nevada Union (Grass Valley) returns a strong contingent led by outstanding heptathlete and senior, Durrell Schineck (20:08.6s) and junior Jill Kochis (20:10.6s) with fellow Capital Athletic League rival Casa Roble (Orangevale) paced by senior Charine Kashuba (19:12.9s) and steadily improving junior Julie Dyson (13:57.0fs). Individual standouts DeeDee Coate (19:25.5s) a junior from Vacaville and sophomore Wanda Bailey (18:19.6s) of Fairfield lead their respective teams, while the Del Campo (Fair Oaks) Cougars look to junior Nancy Garrett (19:39.6s) as their top returnee.

The preseason top ten teams are presented below:

Ranking	Team
1	Merced
2	St. Francis (Sacramento)
3	Bella Vista (Fair Oaks)
4	El Dorado (Placerville)
5	Calaveras
6	Nevada Union (Grass Valley)
7	Vacaville
8	Casa Roble (Orangevale)
9	Del Campo (Fair Oaks)
10	Fairfield

## Girl's Individuals

Runner up in last year's rankings, sophomore Ann Kuphaldt (Bella Vista, Fair Oaks) moves up to the number one

photo by Steve Fagundes



**Christine Boyd**

position in the preseason poll. The talented Bronco harrier will be challenged by a group of excellent runners including her older sister, senior Mary Kuphaldt, and Merced senior Stacey Wainwright. Sophomores Wanda Bailey (Fairfield) and Christine Boyd (19:12.6s) of Turlock should also contend for the senior crown. With some outstanding 3200 meter races during her freshman track season (personal record of 11:08.0), look for Christine Boyd to be a strong factor in section competition. Seniors Mary Claire Robinson (St. Francis, Sacramento), Betty Chavez (19:18.5s) of Modesto, and Becky Wilkinson (Merced) and juniors Dee Dee Coate (Vacaville) and Julie Verke (St. Francis, Sacramento) round out the top ten. Davis senior Robin Madell (19:07.0s), now nursing a calf injury, may also be a factor by season's end and challenge for a top ten placing.

The top ten individuals are presented below along with other athletes with the potential of moving into the top ten.

Ranking	Individual:
1	Ann Kuphaldt (Bella Vista, Fair Oaks)
2	Wanda Bailey (Fairfield)
3	Mary Kuphaldt (Bella Vista, Fair Oaks)
4	Stacey Wainwright (Merced)
5	Christine Boyd (Turlock)
6	Mary Robinson (St. Francis, Sacramento)
7	Betty Chavez (Modesto)
8	Becky Wilkinson (Merced)
9	Dee Dee Coate (Vacaville)
10	Julie Verke (St. Francis, Sacramento)

**Honorable Mention**  
Nicole Smedburg (El Dorado, Placerville); Nancy Garrett (Del Campo, Fair Oaks); Durrell Schineck (Nevada Union, Grass Valley); Jessica Troph (Nevada Union, Grass Valley); Doris Chin (Turlock); Julie Dyson (Casa Roble, Orangevale); Robin Madell (Davis).

# Prep Invitationals

## Northern Calif. Cross Country

by Keith Conning

**Lincoln Invitational**  
Polo Field, Golden Gate Pk.  
San Francisco. Sept. 21.  
3.1 Miles.

### Boys Varsity Teams

1	Bellarmine (San Jose)	31
2	El Cerrito	46
3	St. Ignatius (S.F.)	87
4	Half Moon Bay	97
5	Berkeley	167
6	Lowell (San Francisco)	169
7	Capuchino (San Bruno)	174
8	Terra Nova (Pacifica)	225
9	Grant (Sacramento)	258
10	McAteer (San Francisco)	264
11	Cupertino	282
12	Sacred Heart (San Francisco)	289
13	Rio Linda	322

### Boys Varsity Individuals

1	Mark Callon (Bellarmine)	17:08
2	Alex DaSilva (El Cerrito)	17:24
3	Ian Champeny (Bellarmine)	17:31
4	Anthony John (El Cerrito)	17:32
5	Scott Robinson (Bellarmine)	17:34
6	Dylan Fuller (Lowell)	17:40
7	Rob Meinhardt (Bellarmine)	17:42
8	Dave Tigert (Terra Nova)	17:58
9	Stuart Wiseman (El Cerrito)	18:00
10	Rob Lindstrom (St. Ignatius)	18:04

### Girls Varsity Teams

1	El Cerrito	21
2	Half Moon Bay	55
3	Berkeley	74
4	Lowell (San Francisco)	83
5	Bishop O'Dowd (Oakland)	92
6	Notre Dame (Belmont)	149

### Girls Varsity Individuals

1	Molly Burke (Marin Catholic)	20:30
2	Catherine Zinn (Berkeley)	21:19
3	Teresa Poy (El Cerrito)	21:42
4	Debra Binnall (El Cerrito)	21:48
5	Jana Jarosz (O'Dowd)	21:56
6	Sue Faigle (Half Moon Bay)	22:00
7	Marisa Gardella (El Cerrito)	22:04
8	Veli Lehman (El Cerrito)	22:09
9	Catherine Payne (Berkeley)	22:21
10	Chelsea Hernandez (Lowell)	22:32

**Bob McGuire Relays**  
Concord. Sept. 21.

### Boys Varsity Teams

1	Montgomery (Santa Rosa)	55:08
2	Acalanes (Lafayette)	55:18
3	Clayton Valley (Concord)	55:25
4	College Park (Pleasant Hill)	55:28
5	Concord	56:42
6	Terra Linda (San Rafael)	57:05
7	Granada (Livermore)	57:13
8	De La Salle (Concord)	57:27
9	Petaluma	58:19
10	San Ramon	58:45

### Boys Open

1	Rob Ward (Amador Vly, Pleas)	10:54
2	Mike Rodriguez (Salesian, Rich)	11:46
3	Ernie Tong (Ygnacio Vly, Conc)	11:48
4	Kevin Clutter (Liberty, Brentwd)	11:49
5	Brett Green (Ygnacio Valley)	11:51

### Girls Varsity Teams

1	Carondelet (Concord)	54:19
2	Montgomery (Santa Rosa)	54:53
3	College Park (Pleasant Hill)	54:58
4	Amador Valley (Pleasanton)	55:12
5	Clayton Valley (Concord)	55:59
6	Northgate (Walnut Creek)	56:32
7	San Ramon (Danville)	56:57
8	Antioch	59:00
9	Terra Linda (San Rafael)	1:01:17
10	Granada (Livermore)	1:01:31

### Girls Open

1	Jennifer Walsh (Ygnacio Vly)	10:09
2	Joann Umali (Carondelet)	11:20
3	Kris Baur (Petaluma)	11:23
4	Wahatley (Granada)	11:30
5	Lauri Kihler (Petaluma)	11:30

**San Ramon Invitational**  
Danville, Sept. 28.

### Boys Large Team

1	Montgomery	57
2	Clayton Valley	62
3	Miramonte	91
4	College Park	102
5	Livermore	135
6	Santa Rosa	167
7	De La Salle	178
8	San Ramon	187

### Boys Large Individuals

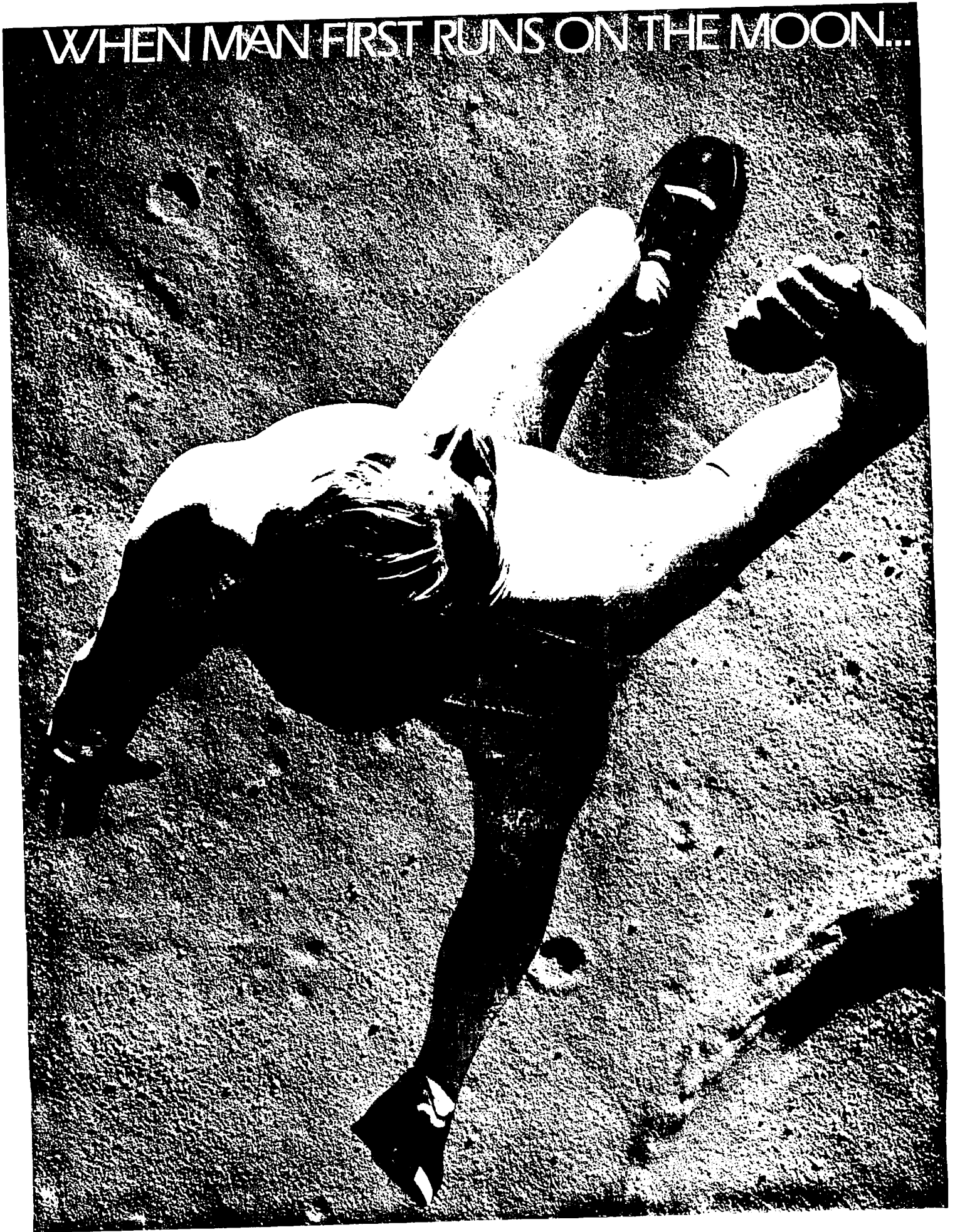
1	Adam McAboy (Miramonte)	9:38
2	Jonathan Smith (Miramonte)	9:52
3	Ed Eitel (Clayton Valley)	9:55
4	Paul Cummings (Montgomery)	9:58
5	Enrico Clotti (College Park)	10:04
6	Grant Furnberg (Livermore)	10:07
7	Chris Herbert (Clayton Valley)	10:08
8	Mike Tapia (American)	10:15
9	Sean O'Leary (Santa Rosa)	10:18
10	Rich Schwerin (College Park)	10:17
11	Kevin Smith (Montgomery)	10:20
12	Mark Spina (Montgomery)	10:21
13	Marc Kosake (Clayton Valley)	10:22
14	Derek Powell (Montgomery)	10:23
15	Tim Schlender (Montgomery)	10:24
16	David Savatsy (College Park)	10:25
17	Art Heredia (Clayton Valley)	10:26
18	Mark Harris (Miramonte)	10:26
19	Robert King (Clayton Valley)	10:29
20	Eric McCombs (Northgate)	10:32
21	David Hayes (San Ramon)	10:34
22	Rob Punzo (California)	10:36
23	Mike Van Allen (Santa Rosa)	10:36

photo by Burt Davis

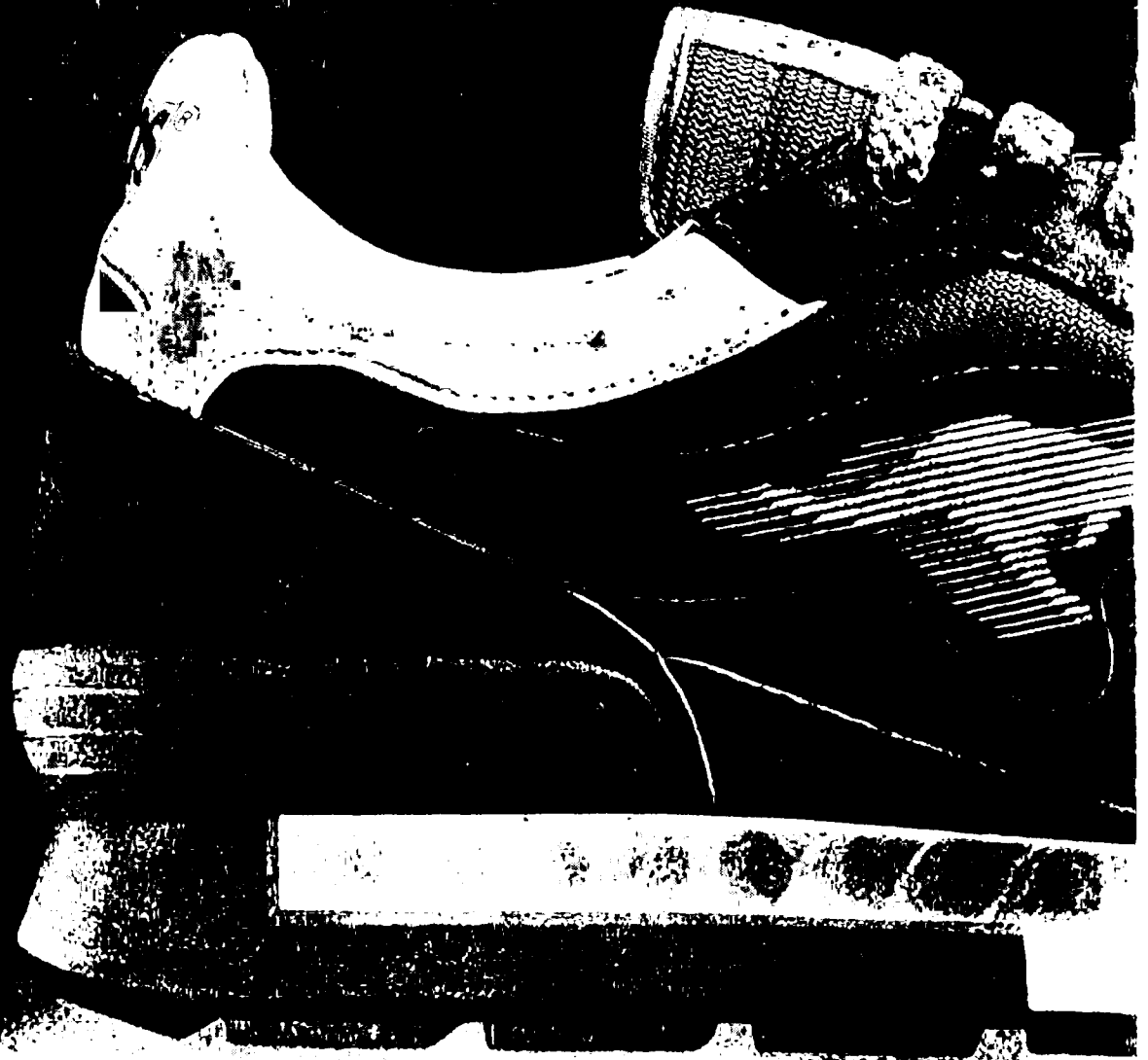


**Mark Callon**

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# HE'LL PROBABLY RUN



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### THE DYNACOIL MECHANICAL MIDSOLE

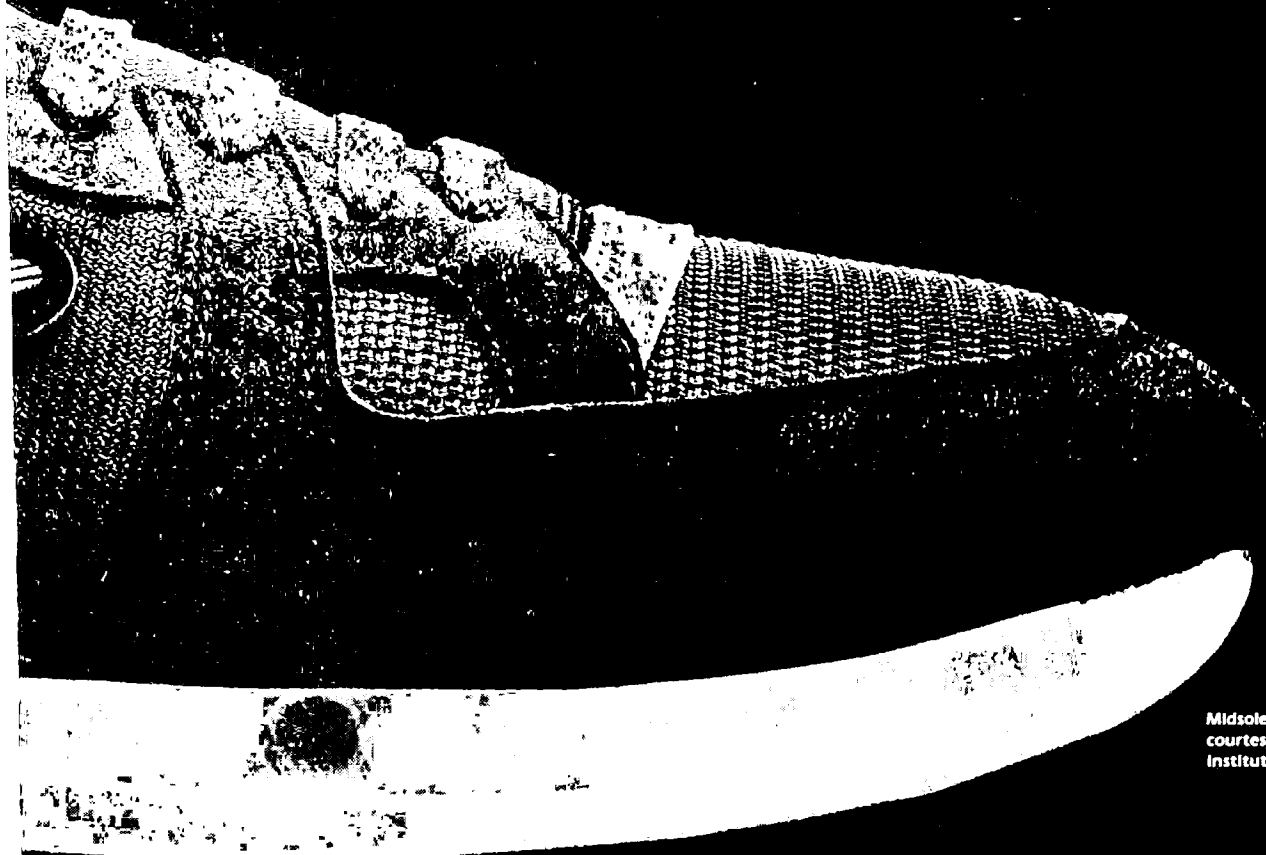
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Midsole X-ray photo  
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Boys Small Teams		
1	Las Lomas	52
2	Encinal	73
3	Concord	79
4	Foothill	127
5	Cardinal Newman	166
6	Piedmont	172

Boys Small Individuals		
1	Chris Hoepker (Encinal)	9:35
2	Aaron Cuthbertson (Piedmont)	9:53
3	Keith Videtto (Foothill)	10:07
4	Mike Stone (Las Lomas)	10:13
5	Steve Ziekebach (Concord)	10:14
6	Dave Anderson (Las Lomas)	10:15
7	Keith Hallam (Encinal)	10:31
8	Steve Goeller (Las Lomas)	10:36
9	Donnie Nelson (Foothill)	10:38
10	Shawn Dangel (Las Lomas)	10:43
11	Tim Smith (Concord)	10:46
12	Todd Wilson (Cardinal Newman)	10:46
13	Kelvin Kresge (St. Mary's)	10:49
14	Matt Bleckman (Campolindo)	10:49
15	Alvin Pickety (Encinal)	10:52
16	Blaise Stojkov (Concord)	10:52
17	Bjari Venables (Ursuline)	10:53
18	Ben Perez (Sonoma)	10:54
19	Todd Grisanto (Concord)	10:54
20	Joey Tully (Alhambra)	10:55
21	Eustacio Torres (Alhambra)	10:56
22	Dave Smith (Campolindo)	11:00

Girls Large Team		
1	Carondelet	71
2	Montgomery	110
3	College Park	113
4	Miramonte	115
5	San Ramon	132
6	Santa Rosa	138

Girls Large Individuals		
1	Elena Splight (Miramonte)	11:54
2	Laura Carter (San Ramon)	11:57
3	Allison Kreutzen (Carondelet)	12:01
4	Jenny Walsh (Ygnacio)	12:03
5	Kathi Force (Santa Rosa)	N.T.
6	Chris Ferguson (Montgomery)	12:22
7	Stephanie Kasa (Carondelet)	12:23
8	Dee Lynn Beardall (Santa Rosa)	12:24
9	Robin Costantinides (Clayton Vly)	12:26
10	Janine Manasewitch (Northgate)	12:26
11	Peewee Lemus (Montgomery)	12:30
12	Wendi Simmons (Santa Rosa)	12:45
13	Sarah Lewis (San Ramon)	12:46
14	Melanie Kiel (College Park)	12:51
15	Ann Marie Giorg (Carondelet)	12:57
16	Wendy Behrand (Carondelet)	13:00
17	Stephanie Webb (College Park)	13:03
18	Kevea Biggers (Northgate)	13:11
19	Carol Krocuniek (Miramonte)	13:11
20	Nicole Fischer (Montgomery)	13:12

Girls Small Teams		
1	Campolindo	60
2	Sonoma	81
3	Las Lomas	96
4	Encinal	111
5	Alhambra	122
6	Bishop O'Dowd	127
7	Ursuline	131
8	Foothill	154

Girls Small Individuals		
1	Kathy Dalton (Sonoma)	11:29
2	Sidney Thatcher (Encinal)	11:50
3	Danan Bjornsen (Campolindo)	12:26
4	Julie Thatcher (Encinal)	12:32
5	Janeil Corbyn (Alhambra)	12:36
6	Jana Jarosz (O'Dowd)	12:37
7	Shannon McGregor (Campolindo)	12:44
8	Suzy Noe (Piedmont)	12:47
9	Courtney Clark (Las Lomas)	12:58
10	Patricia Stone (Las Lomas)	12:59
11	Patti Smith (Campolindo)	13:02
12	Petra Rodriguez (O'Dowd)	13:03
13	Monica Tozier (Foothill)	13:05
14	Marianne Spotorno (Foothill)	13:06
15	Kelly Gillian (Ursuline)	13:08
16	Maureen Ewens (Sonoma)	13:13
17	Denise Schreck (Ursuline)	13:15
18	Laura Adams (Sonoma)	13:20
19	Jennifer Lawrence (Campolindo)	13:24

### Sanger Invitational Avocado Lake, Sept. 27.

Boys Teams		
1	Sanger	44
2	McFarland	58
3	Bullard	67
4	Firebaugh	77
5	Immanuel	126

## 7th Western Qualifier

# KINNEY

## CROSS COUNTRY CHAMPIONSHIPS

Saturday, December 7, 1985  
Woodward Park  
Fresno, CA



Open to all high school cross country runners from California and eleven other western states. The top eight male and top eight female finishers will be sent to the National Championships, all expenses paid.



Fine Flicks by Don Gooney

FOR MORE INFORMATION & ENTRY BLANK:  
Contact: Bill Cockerham, California Track & Running  
News, Box 6103, Fresno, CA 93703 • (209) 264-5847

continued on next page...

# Prep Notes

**Boys Individuals**

1 David Naranjo (Sanger)	14:50
2 Thomas Valles (McFarland)	15:02
3 Gilbert Delgado (Firebaugh)	15:20
4 Will Breckenridge (Immanuel)	15:41
5 David Diaz (McFarland)	15:51
6 Amador Ayon (McFarland)	15:52
7 Jose Hurtado (Sanger)	15:53
8 James Adams (Bullard)	15:56
9 Pete Naranjo (Sanger)	16:03
10 Eric Humeston (Sierra)	16:16

**Girls Teams**

1 McFarland	35
2 Immanuel	50
3 Bullard	62
4 Sanger	63

**Girls Individuals**

1 Julie Hollanan (Bullard)	12:28
2 LeeAnn Prather (Sierra)	12:32
3 Bonny Breckenridge (Immanuel)	12:45
4 Tammy Carter (McFarland)	12:45
5 Molly Dowis (Sanger)	13:11
6 Alicia Herrera (McFarland)	13:15
7 Rosie Rodriguez (Tranquil)	13:22
8 Kim Stephan (Immanuel)	13:31
9 Dolores Plata (McFarland)	13:32
10 Darlene DelCarmen (Bullard)	13:41

## Clovis Invitational Woodward Park. Sept. 28.

**Boys Teams**

1 Bellarmine	69
2 Jesuit	76
3 Moreau	118
4 Palos Verdes	119
5 Los Gatos	120
6 Clovis	205
7 Reedley	219

**Boys Individuals**

1 Mark Mastalir (Jesuit)	15:04
2 Eric Mastalir (Jesuit)	15:05
3 Paul Thomas (Jesuit)	15:28
4 Jessa Llanes (McLane)	15:39
5 Mark Callon (Bellarmine)	15:49
6 Greg Honig (Bella Vista)	15:54
7 Jason Lienau (Clovis)	15:56
8 Scott LaForce (Los Gatos)	15:57
9 Scott Machado (Moreau)	16:04
10 Shawn Noonan (Moreau)	16:05

**Girls Teams**

1 Palos Verdes	33
2 Clovis West	121
3 Los Gatos	149
4 Nordhoff	159
5 Gunn	168

**Girls Individuals**

1 Rebecca Chamberlain (Leigh)	18:33
2 Molly Burke (MarinCatholic)	19:12
3 Monica Daley (Los Gatos)	19:27
4 Traci Goodrich (Palos Verdes)	19:30
5 Stacey Walnwright (Merced)	19:32
6 Tracy Leichter (Palos Verdes)	19:34
7 Jeanice Eisenman (Calistoga)	19:39
8 Denise Byrnes (Palos Verdes)	19:42
9 Stephanie Wagoner (Clovis West)	19:47
10 Manuela Miller (Nordhoff)	19:50

## Chico Invitational Doryland Field, Bidwell Pk. Sept. 28.

**Boys Teams**

1 Lassen	56
2 Del Campo	78
3 Chico	122
4 Shasta	186
5 Petaluma	197
6 Eureka	208
7 Woodland	214
8 Yuba City	215
9 Vacaville	228
10 Las Plumas	228
11 Red Bluff	282
12 Oroville	296
13 Fortuna	301
14 Quincy	361
15 Anderson	363
16 Fairfield	395
17 Pleasant Valley	423
18 Bishop Manogue	478

**Boys Individuals**

1 Mason Myers (Vallejo)	15:15MR
2 Mike Wall (Lassen)	15:27
3 L. Glines (Red Bluff)	15:49
4 J. Martin (Oroville)	15:53
5 T. Estes (Lassen)	15:57
6 T. Andrews (Del Campo)	16:11
7 J. Avery (Vacaville)	16:15
8 B. MacKay (Petaluma)	16:21
9 K. Munoz (Lassen)	16:23
10 J. Kilinger (Fortuna)	16:29
11 T. Hlizer (Chico)	16:33
12 L. Rankin (Lassen)	16:35
13 K. Niver (Del Campo)	16:46
14 W. Oaks (Petaluma)	16:52
15 E. Norton (Del Campo)	16:54
16 S. Phillips (Petaluma)	16:58
17 Z. Schreder (Shasta)	16:58
18 J. Vandermate (Chico)	16:59

**Girls Teams**

1 Lassen	60
2 Chico	86
3 West Valley	99
4 Pleasant Valley	121
5 Del Campo	123
6 Red Bluff	152
7 Shasta	181
8 Bishop	191
9 Enterprise	205
10 Fairfield	278
11 Anderson	282
12 Eureka	294
13 Petaluma	297

**Girls Individuals**

1 DeeDee Crate (Vacaville)	10:58
2 Wanda Bailey (Fairfield)	11:01
3 M. Flinchum (Lassen)	11:02
4 S. Barrett (Pleasant Valley)	11:16
5 B. Collens (West Valley)	11:18
6 J. Peterson (Central Valley)	11:23
7 C. Oliveira (West Valley)	11:36
8 D. Felner (Chico)	11:37
9 M. Olson (Red Bluff)	11:38
10 N. Garrett (Del Campo)	11:43
11 B. Bevins (Lassen)	11:43
12 J. Schlais (Chico)	11:44
13 C. Carlson (Chico)	11:45

## Artichoke Invitational Half Moon Bay HS. Oct. 5. 2.3 Miles.

**Boys Teams Large Schools**

1 Los Gatos	72
2 Lassen (Susanville)	77
3 El Cerrito	113
4 Del Campo (Fair Oaks)	132
5 Clovis	143
6 St. Ignatius (S.F.)	214
7 DeLaSalle (Concord)	240
8 Amador Valley (Pleasanton)	269
9 Berkeley	278

**Boys Individuals**

1 Scott LaForce (Los Gatos)	11:30
2 Jason Lienau (Clovis)	11:33
3 Russell Hill (Silver Ck. San Jose)	11:34
4 Tom Estes (Lassen)	11:36
5 Mike Wall (Lassen)	11:44
6 Kevin Munoz (Lassen)	11:52
7 Eric Wendling (Los Gatos)	11:52
8 Chris Burger (Berkeley)	11:54
9 Steve Lopez (Silver Creek)	11:58
10 Anthony John (El Cerrito)	12:03
11 Stuart Wiseman (El Cerrito)	12:04
12 Rob Ward (Amador Valley)	12:10
13 Travis Andrews (Del Campo)	12:11
14 Pat More (Los Gatos)	12:13
15 Lance Rankin (Lassen)	12:14
16 Dyland Fuller (Lowell, S.F.)	12:17
17 Chano Salas (Clovis)	12:18
18 Dave Rivera (Willow Glen)	12:18
19 Richard Harkless (Clovis)	12:18
20 Kyle Niver (Del Campo)	12:20
21 Keith Bunker (Del Campo)	12:21

**Girls Teams**

1 Lassen	104
2 Carondelet (Concord)	104
3 El Cerrito	125
4 Redwood (Larkspur)	184
5 Clovis	202
6 Los Gatos	202
7 Mission San Jose	214
8 Amador Valley	217

photo by Burt Davis



Katy McCandless

9 Gunderson	224
10 Lowell	253
11 Del Campo	261
12 Willow Glen	268
13 Berkeley	306
14 Castro Valley	312
15 San Mateo	338

**Girls Individuals**

1 Laurie Chapman (Gunderson)	13:06
2 Angela Stearns (Silver Ck)	14:17
3 Monica Daley (Los Gatos)	14:23
4 Teresa Poy (El Cerrito)	14:26
5 Mary Flinchum (Lassen)	14:31
6 Catherine Zinn (Berkeley)	14:43
7 Stacy Minnig (Amador Valley)	14:50
8 Allison Kreutzen (Carondelet)	14:50
9 Amanda Hess (Willow Glen)	14:54
10 Tracie Shelley (Clovis)	14:56
11 Stephanie Kasa (Carondelet)	15:00
12 Beth Price (Redwood)	15:01
13 Denise Wall (Lassen)	15:02
14 Debra Binnall (El Cerrito)	15:02
15 Catherine Payne (Berkeley)	15:05
16 Darcy Parker (Los Gatos)	15:06
17 Marisa Gardella (El Cerrito)	15:06
18 Veli Lehman (El Cerrito)	15:08
19 Tammy Foley (Mission San Jose)	15:09
20 Chelsea Hernandez (Lowell)	15:16

**Boys Teams Small Schools**

1 North Monterey County (Castro)	83
2 Moreau (Hayward)	108
3 Westmont (Campbell)	121
4 Mitty (San Jose)	187
5 Manteca	214
6 Albany	221
7 St. Francis (Mt. View)	224
8 Half Moon Bay	233
9 Del Mar (San Jose)	235
10 James Lick (San Jose)	279

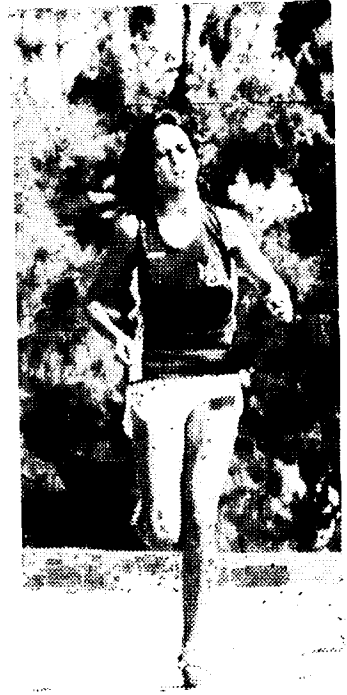
**Boys Individuals**

1 Cort Armstrong (Carlmont, Belmont)	11:25
2 Scott Machado (Moreau)	
3 Shawn Noonan (Moreau)	
4 Lance Nunes (Tennysen, Hayward)	
5 McManus (College Prep)	
6 Ayers (Christian Brothers, Sacto)	
7 Parra (North Monterey County)	
8 Perez (Manteca)	
9 Heskett (Westmont)	
10 Cox (Woodside)	

**Girls Teams**

1 St. Francis (Mt. View)	73
2 Gunn (Palo Alto)	77
3 Half Moon Bay	90

photo by Burt Davis



Molly Burke

4 Mitty	105
5 Moreau	138
6 North Monterey Co.	244
7 Manteca	255
8 Capuchino (San Bruno)	278
9 Del Mar	313
10 Saratoga	318

**Girls Individuals**

1 Molly Burke (Marin Cath.)	13:55
2 Katy McCandless (Castilleja)	
3 Kosak (Gunn)	
4 Hampton (Half Moon Bay)	
5 Wyderan (St. Francis)	
6 Pickering (Gunn)	
7 Mahaffey (Carlmont)	
8 Clark (St. Francis)	
9 Anderson (Capuchino)	
10 Deorore (Mitty)	

photo by Burt Davis



Scott LaForce





## ☐ Prep Notes

Thousand Oaks 135 (108:02) (Medium) Rizo (Hart) 19:19 Team: Hart 49 (108:15), Rio Mesa (Oxnard) 71 (109:51) (Small)-Morgan (Bell-Jeff) 19:35 (Team) Atascadero 52 (107:33), Nordhoff 54 (107:40), Cabrillo (Lompoc) 71 (111:23)

Men: (Large) Helsdon (TO) 18:08, McKeon (NP) 16:21, Cox (TO) 16:21, McCarter (TO) 18:22 Team: Thousand Oaks 33 (82:10), Newbury Park 78 (83:16), Patos Verdes 91 (84:13), Buena 123 (85:30), Westlake 130 (85:35), Santa Barbara 132 (85:55) (Medium) Rattary (Canyon) 16:05, Brown (Lompoc) 16:17, Campbell (Lompoc) 16:18, Hirschmann (Torrance) 16:23 Team: Hart 55 (83:45), Rio Mesa 103 (85:49), Lompoc 102 (85:27) (Small) Richards (Atascadero) 16:31  
Team: Atascadero 56 (87:36), Cabrillo 62 (87:48).

### ✓ Perris Invitational Sept 21, Perris HS.

The home school's Sai Gonzaga was the individual star and a fine, developing squad from Hemet High were the stars of this invite, run on one of the more rugged courses in Southern California. Gonzaga handled 9:36.91 3200m star Hugo Rios of Indio 16:53-17:09 in their Division II race, with Hemet showing fine balance in moving to a 38-70 win over a rated Indio team. Gork Mona (Arlington, Riverside) had the top women's time with her 20:34 leading her team to a 40-51 Division II victory over Fontana.

Women: (Div I) Robbins (29 Palms) 21:45 Team: 29 Palms 26, Aquinas 39. (Div II) Gork (Arlington) 20:34, Johnson (Font) 22:19. Team: Arlington 40, Fontana 51. Men: (Div I) Murray (Elsinore) 18:44 Team: Elsinore 44, 29 Palms 45 (Div II) Gonzaga (Perris) 16:53, Rios (Indio) 17:09, King (San Jacinto) 17:12, Hormel (Hemet) 17:22 Team: Hemet 38, Indio 70.

### ✓ Chaffey Invitational Sept 21, Chaffey College.

Coach Jim Pollite's young, quality Varsity groups dominated this Pomona Valley affair. Featuring a totally soph-frosh Varsity men's group, Walnut scored 40 points to handle Burroughs of Ridgecrest (68) and the pack. Upland's fine soph, David Hesselbine, was the individual winner at 15:53. Walnut's women's group is highly ranked in the Section's 3A division, and led by soph Jamie Gunn's 18:33 individual win, the Mustangs scored 44 points to handle a good Chino group which had 70 points.  
Women: Gunn (Waln) 18:33, Akers (Chaffey frosh) 18:48, Acosta (Walnut frosh) 19:17, Logan (Chino) 19:28 Team: Walnut 44, Chino 70, Alta Loma 126. Men: Hesselbine (Upland soph) 15:53, Montoya (Chino soph) 16:00, Bucherri (AL) 16:05 Team: Walnut 40, Burroughs (Ridgecrest) 68, Upland 104.

### ✓ Rosemead Invitational Sept. 21, Rosemead High.

The home school's Aaron Mascorro, the defending Section 3A CC champ, and a 9:24.1 3200m runner, was the star with his 15:15 individual win. Pasadena's Susette Basore took the women's title at 19:01. A much improved Bishop Amat men's group handled Rosemead 57-78 for the men's title, while Schurr (Montebello) took the women's crown 47-60 over Amat.  
Women: Basore (Pas) 19:01. Team: Schurr 47, Bishop Amat 60. Men: Mascorro (Rosem) 15:15, Nava (Montebello) 15:43, Turner (BA) 15:51. Team: Bishop Amat 57, Rosemead 78.

### ✓ Brethren Invitational Saturday, Sept. 21.

Maranatha (Sierra Madre) in the Small Schools, an Improved Wilson of Long

Beach group in the men's Large Schools, and Hawthorne's girls were the stars of the Brethren Invite this year. Maranatha, a top ranked IA program recently in both the men's and women's divisions was easy team winners in both the team races with 47 points (83:14) for the males and 30 (107:51) for the young ladies. David Schumacher (St. Anthony's, Long Beach) was the individual winner in 15:31, with Amy Hankins (Bellflower) 20:18 taking the female run for the smaller schools. Francisco Garcia of Hawthorne (15:16) and Kris Stramler (Warren, Downey) (18:29) had the top Large School times.

Women-(Small)-Hankins (Bellflower) 20:18, Cordero (Maranatha) 20:34. Team-Maranatha 30 (107:51), Whittier Christian 51 (112:35). (Large) Stramler (Warren) 18:29, Painter (Wilson, Long Beach) 18:50, Ross (Hawthorne) 19:04. Team-Hawthorne 52 (100:01), LB Wilson 69 (101:18), Bishop Montgomery (Torrance) 72 (102:47).

Men-(Small)-Schumacher (St. Anthony) 15:31, Biniam (Bellflower) 18:14. Team-Maranatha 47 (83:14). Cantwell (Montebello 72 (84:32). (Large) Garcia (Hawthorne) 15:16, Greenberg (LB Wilson) 15:21, Afewerki (LB Wilson) 15:21, Eldred (LB Wilson) 15:30. Team-LB Wilson 54 (78:54), Mira Costa (Manhattan Beach) 87 (82:50).

### ✓ Dana Hills Invitational Sept. 28, Dana Hills HS.

A number of the area's finer teams headed to Dana Hills for the annual high-quality competition. The men run by grade with the women varsity and junior varsity level runs. Newport Harbor's women's group continued to roll, recording a team time of 91:50 over a course with a few more turns (they won here last year at 90:12). Far back in second was Edison of Huntington Beach (98:04). Sherri Smith (Woodbridge, Irvine) had a spirited run with Kat Prince (Riverside Poly) with Smith coming in ahead 17:20-17:25. Newport's Maggie Henson nipped teammate Buffy Rabbit 17:25-17:26 in the other Varsity run. Orange County's top male group, Villa Park, recorded the fastest overall team time among the men with their 77:36 to edge Vista (78:24) and Mission Viejo (78:45). Jose Alcaraz (Santa Ana Valley) at 14:58 recorded the day's fastest run in nipping Mission Viejo's Mark Lindrud (15:06).

Women-(I)-Henson (NH) 17:25, Rabbit (NH) 17:26, Eager (Vista) 17:57, Ritchof (Edison) 18:04, Reeder (Tustin) 18:04. Team-Newport 40 (91:50), Edison 107 (98:04), Vista 136 (97:04), Laguna Beach 136 (97:56), Hawthorne 158 (98:53). (II)-Smith (Woodbridge) 17:20, Prince (Riverside Poly) 17:25. Team-Riverside Poly 109 (98:45), Santa Ana 110 (100:45), Woodbridge 113 (99:09), Norco 132 (101:31), (III)-Glusac (San Marcos, SD) 19:22. Team-Yucaipa 72 (104:48), Laguna Hills 82 (105:54).

Men-(I) (9th)-Guzman (Tustin) 16:49 (10th)-Gurungs (NH) 15:55 (11th)-Rodriguez (Vista) 15:12, Regis (V) 15:29, Mora (Bev Hills) 15:32 (12th)-Greene (VP) 15:08, Brown (NH) 15:13, McFadden (El Toro) 15:15, Meyer (VP) 15:20, Edwards (Rolling Hills) 15:21, Sorenson (VP) 15:24. (II)-(9th)-Shyrook (Corona Del Mar) 15:49 (10th)-Lamb (MV) 15:30, Robbins (CDM) 15:33 (11th)-Vargas (SA Valley) 15:48, Fodor (DH) 15:53 (12th)-Alcaraz (SA Valley) 14:58, Lindrud (MV) 15:06, McCarty (Hoover, Glendale) 15:27 (III)-(9th) Atsye (Barstow) 16:26, (10th)-Gibson (Capistrano Valley) 16:11 (11th)-Lugo (Valencia) 15:18, Oman (Capo V) 15:40 (12th)-Towle (Valencia) 15:24, Palmer (San Marino) 15:30.

Teams (All grades combined)-Villa Park 77:36, Vista 78:24, Mission Viejo 78:45, Newport Harbor 79:07, Valencia

(Placentia) 79:13, Estancia (Costa Mesa) 79:18, Dana Hills 79:20, Corona Del Mar 79:25, Canyon (Anaheim) 80:23, Tustin 80:35, Edison (Huntington Beach) 80:36, Mt. Whitney (Visalia) 80:38.

photo by Maurice Wilson



Holly Briggs

### ✓ Azusa Invitational Sept. 28, Citrus College.

Mission Valley League rivals Arroyo (El Monte) and Rosemead hacked each other (and the rest of the competition) to death on this flat course that is 85 yards short of 3 miles. The highly ranked 3A Section Men's groups had met in a dual two days previous with Arroyo rolling 22-37. Rosemead's Aaron Mascorro had the day's fastest clocking, a virtually solo 14:55 11th grade race win. Rosemead's Ramon Perez and Arroyo's Jeff Gilkey had a super 10th grade race, with Gilkey just outlasting his opponent at the finish to win with both at 15:03. Chris Jimenez took the 12th grade run for Rosemead with a 15:22. Arroyo added up the top five from all grades at 77:18 (its highly ranked 1983 aquad statewide ran 75:49 here—the 1985 group features three sophs and one senior in its top five). Rosemead was 78:37 with Covina the next fastest at 80:50. Monrovia's Becky Merrill had the day's top women's time off her 19:11 senior race win. Coach Maury Greer's Northview team had the top women's team time of 102:35.

Women: (9th) Gross (Monrovia) 19:59 (10th) Sanderson (Northview) 19:53, Wednesday (Rosemead) 19:58 (11th) Howden (So Hills, Covina) 20:10 (12th) Merrill (Monrov) 19:11, Lawrence (Nvv) 19:55, Aceves (Nogales, La Puente) 19:59 Team (5 times from all grades) Northview (Covina) 102:35, Rosemead 102:45, Monrovia 102:48, South Hills (Covina) 103:37. Men:

(9th) Sotello (Arroyo, El Monte) 18:20 (race took wrong turn), (10th) Gilkey (Arroyo) 15:03, Perez (Rosem) 15:03, Puentes (Arr) 15:27 (11th) Mascorro (Rosem) 14:55, Fast (Arr) 15:24, Sallenbach (El Monte) 15:29 (12th) Jimenez (Rosem) 15:22, Hernandez (Gladstone, Covina) 15:26. Team: Arroyo 77:16, Rosemead 78:37, Covina 80:50, El Monte 81:25, Arcadia 82:21.

### ✓ Bell-Jeff Invitational Sept. 28, Griffith Park.

Once again a number of Southern California's top teams came to Griffith Park for Coach Jim Couch's Invite that features a race for nearly all the local ranked small-school squads in addition to good competition for others. Defending men's 2A Section champion Loyola burst forth in their Division II race with a shocking 24 points and 78:43 team time (the day's best), led by the day's top individual clocking in Mike McCracken's 15:00 win. Last year the central Los Angeles parochial school came around patiently to take the 2A title they were favored to win—today was a shock with the day's top team time over some really fine teams in other races. Simi Valley took the Division I race with 50 points (77:10) over Hart (Newhall) 62. Torrance's Rich Hirschman nipped Simi's Jim Zimmer individually 15:03-15:04. Tracey Williams (Mt. View, El Monte) marked her sophomore invitational out-coming here. The Kinney National Finalist let no one down with a 17:21 run that was some 38 seconds faster than she won in here last year. The Maramonte League is very tough again this Fall. The Women's Division I team results showed that here. Westlake took the title with 64 points (98:04) with Simi Valley (71) and Thousand Oaks (78) close behind. With Newbury Park having an excellent female squad someone very good will not get to even the Section Prelims (even though they might be in the top ten of the over 100 4A Section schools). Walnut raced to a fine Division II Women's win with 35 points and an excellent 98:25 team time. Burroughs of Burbank had Shariyn Dixon win individually there in 18:16.

The Small Schools seeded races were interesting. Morro Bay (80-80:43) nipped Northern League rival Atascadero (85) in the Men's, with Cathedral junior John Trafecanti the individual winner at 15:26. Bell-Jeff took the Women's race with 74 points (99:16) off the 1-2 finish of Chris Morgan and Patty Cutler.

Results: (Division III)-(Wom) Morgan (B) 18:18, Cutler (B) 18:32, McKeell (Atasc) 18:52. Team: Bell-Jeff 74 (99:16), Atascadero 91, Morro Bay 107, Cabrillo (Lompoc) 116, Maranatha 126, San Gabriel Mission 140, Paracleto 171. (Men) (Seeded) Trafecanti (Cathedral) 15:26, Gattardi (LaSalle) 15:30. Team-Morro Bay 60 (80:43), Atascadero 64, Cathedral 70, Cabrillo 89, Bell-Jeff 138. (Unseeded) Ruiz (St. Genevieve) 15:50. Team-Paracleto 73 (Div II) (Wom) Dixon (Burroughs), B) 18:16, Gunn (Walnut) 18:33. Team-Walnut 35 (98:25). (Men) McCracken (Loyola) 15:00, Thomson (Calabassas) 15:14, Sloan (Loy) 15:17. Team-Loyola 24 (78:43), Walnut 64. (Div I) (Wom) T. Williams (Mt. View, El Monte) 17:21, Briggs (Simi) 17:48, Rizzo (Hart) 17:52, Farrell (TO) 18:01. Team-Westlake 64 (98:04), Simi 71, Thousand Oaks 78, Hart 108, Canyon (CC) 138. (Men) Hirschman (Torrance) 15:03, Zimmer (Simi) 15:04, D. Rattary (Canyon, CC) 15:09, Pressman (Simi) 15:15, Bans (Hart) 15:17. Team-Simi 50 (77:10), Hart 62, Thousand Oaks 82, Canyon (CC) 124, Westlake 131.



# Prep Notes

## ✓ Kenny Staub Invitational Oct. 5. La Crescenta Park.

5 In a shocking upset Palos Verdes upset Newport Harbor in the women's division in this annually top-class meet. PV and Newport are both very deep squads, but on this day it was the PV one minute top five gap that handled the nearly three minute Newport gap to come away 57 (99:47) to 62 (99:11) victors. Newport had defeated PV by 4:20 as a team over a flat three mile course back in the Woodbridge Invite, so the combination of a warm morning and some hills sure had to make some difference here. Newport was felt to be close to the "second coming" but now it is back to the drawing board that should make for an interesting second half of the season. Newbury Park, third here with 89 points ran with Melissa Sutton, who was the winner here last year in 18:10. With Sutton Newbury would have won it all the PV and NH scorers would have undoubtedly been each pushed back one place. Individually, Temple City's Amy Dabul raced an excellent 18:08, second all time on the course to Kirsten O'Hara's 18:04 course record. Buffy Rabbit (Newport was second at 18:15 (#7 All-Time). Over in the men's division it was Hart (Newhall) blitzing the field in the Division I race by over two minutes with 56 points (81:35 team time). Juniors Aaron Mascorro (Rosemead) 15:39 and Richard Erbes (Glendale) 15:41 went 1-2 individually.

Women—(I)-Dabul (TC) 18:08, Rabbit (NH) 18:15, Rizzo (Hart) 18:22, Henson (NH) 18:44, Farrell (Thousand Oaks) 19:08, Morgan (Bell-Jeff, Burbank) 19:27. Team-Palos Verdes 57 (99:47), Newport Harbor 63 (99:11), Newbury Park 89 (102:21), Thousand Oaks 113 (106:12), Bell-Jeff 131 (106:55), Hart 135 (107:53), Laguna Beach 145 (107:38).

(II)-Barnes (Glendale 19:36. Team-Buena (Ventura) 48 (106:26). (III)-Watson (Upland) 19:56. Team-Upland 79 (114:08).

Men—(I)-Mascorro (Rosemead) 15:39, Erbes (Glendale) 15:41, Edwards (Rolling Hills) 15:56, Burns (Hart) 16:02, Johnson (Hart) 16:03, Hirshman (Torrance) 16:08, Scudamore (Palos Verdes) 16:09, Imlay (Temple City) 16:17. Team-Hart 56 (81:35), Palos Verdes 117 (83:41), Newport Harbor 122 (84:11), Thousand Oaks 154 (85:15), Torrance 157 (85:16), Newbury Park 181 (85:03), Corona Del Mar 184 (84:44), Rolling Hills 171 (85:27), Rosemead 171 (85:42). (II)-Mdra (Bev Hills) 16:15. Team-Hoover (Glendale) 99 (86:48). (III)-Hesseltine (Upland) 16:32. Team-Upland 108 (87:52).

### Other Results:

#### YUCAPIA INVITATIONAL

BOYS: DIV. ONE: IND.—1. Serratos (MV), 16:11; 2. Oreauser (RI), 16:46; 3. Montoya (Chino), 16:56. TEAM—1. Hemet, 46; 2. Rubidoux, 88; 3. Moreno Valley, 99. DIV. TWO: IND.—Gonzaga (P), 16:25. TEAM—1. Coachella Valley, 84; 2. Magnolia, 104; 3. Ferris, 106; 4. Mountain View, 114. DIV. THREE: IND.—1. Nelson (La Sierra), 16:14; 2. Koinya (SI), 16:28. TEAM—1. Sherman Indian, 30; 2. Maranatha, 78; 3. Covina, 118.

GIRLS: DIV. ONE: 1. Rigney (Cajon), 19:57; 2. Barnes (Corona), 20:53; 3. Freyre (RPI), 20:58. TEAM—1. Chino, 70; 2. Riverside Poly, 79; 3. Apple Valley, 112. DIV. TWO: IND.—1. T. Williams (MV), 18:38; 2. Smith (RV), 19:00; 3. L. Williams (MV), 19:38. TEAM—1. Hesperia, 48; 2. Woodbridge, 62; 3. Mountain View, 86; 4. Etiwanda, 118. DIV. THREE: IND.—Moronez (Azusa), 19:43. TEAM—1. Yucaipa, 81; 2. Maranatha, 89; 3. San Gabriel Mission, 91; 4. Calexico, 96; 5. Twentynine Palms, 145.

#### HANCOCK INVITATIONAL

BOYS DIV ONE IND —1. Brazleton (SB), 16:40. 2. Rockenbath (SB), 16:49; 3. Davis (SR), 16:54. TEAM—1. Santa Barbara, 27; 2. Bakersfield North, 48; 3. Bakersfield, 69. DIV. TWO: IND.—1. Richards (A), 16:10; 2. Everett (A), 16:43; 3. Huckaby (A), 16:46. TEAM—1. Atascadero, 25; 2. Righetti, 51; 3. Dos Pueblos, 69. DIV. THREE: IND.—1. Valles (M), 16:08; 2. Kimple (Carp), 16:16; 3. Dias (M), 18:42. TEAM—1. Cabrillo, 34; 2. MacFarland, 44; 3. Carpinteria, 67.

GIRLS: DIV. ONE: IND.—Cairfield (B), 20:26. TEAM—1. Bak. North, 49; 2. Santa Barbara, 52; 3. Bakersfield, 71. DIV. TWO: IND.—1. Martino (St. Joseph), 19:42; 2. Fisher (DP), 20:18; 3. Lurnadaine (C), 20:20; 4. Hansen (R), 20:23; 5. Crook (DP), 20:30. TEAM—1. Dos Pueblos, 36; 2. Righetti, 70; 3. Atascadero, 72; 4. Caribillo, 73; 5. MacFarland, 147.

#### Merced Invitational

Varsity boys  
Mark Kropf, Madera 15:41; Phillip Castellanos, Madera 15:42; Ramon Liu, Madera 16:01; Coy Terra, St. Mary's 16:07; Rick Zeller, Merced 16:15; Sean Shehman, Madera 16:16; David Garza, Merced 16:23; Scott Hogan, Sacramento 16:24; Dino Olivares, Sonora 15:25; Jesse Gomez, Madera 16:37.

Team scoring  
Madera 21; Merced 58; St. Mary's 66; Lincoln 66; Edison (Stockton) 130; Oakdale 136; Sonora 150; Watsonville 160; Tracy 177; Altwater 198.

Varsity girls  
Mary Lopez, Madera 18:47; Stacy Wainwright, Merced 18:58; Betty Chavez, Modesto 19:10; Cathy Ryan, Sonora 20:01; Becky Wilkinson, Merced 20:17; Kandi Mulhern, Madera 20:36; Renee Malberg, Lodi 20:41; Kerry Neubaum, Oakdale 20:46; Tricia Sawyer, Lincoln 20:50; Karen Rotherham, Beyer 20:54.

Team scoring  
Madera 42; Merced 64; Sonora 65; Beyer 86; Lincoln 101; St. Marys 107.

JV boys  
Norman Lawrence, Beyer 16:26; Stan Hernandez, Madera 16:27; Tony Juarique, Madera 16:38.

Fresh-Soph boys  
Alfonzo Pacheco, Madera 10:16; Javier Martinez, Watsonville 10:35; Paul Echols, Madera 10:55.

#### Hanford Invitational

BOYS  
Seniors (3 miles) — Lanes, McLane, 14:59; Naranjo, Sanger, 15:15; Medina, Waaco, 15:21. Juniors (3 miles) — Delgado, Firebaugh, 15:49; Orozco, Foothill, 16:04; Brackridge, Immanuel, 16:37.

Sophomores (2 miles) — Cole, Yosemite, 10:28; Alvarez, Clovis West, 10:33; Ramirez, Waaco, 10:34.

Freshmen (2 miles) — Pacheco, Madera, 10:46; Barbour, Hanford, 10:49; Gaurdola, Tulare, 10:57.

GIRLS  
Seniors — (2 miles) Cruz, Exeter, 11:59; Baker, Monache, 12:16; Graves, Yosemite, 12:54. Juniors — (2 miles) Wagoner, Clovis West, 12:22; Wells, Clovis West, 12:57; Jacobena, Mount Whitney, 13:09.

Sophomores — (2 miles) Lopez, Madera, 12:06; Mendocza, Hanford, 12:59; Vogel, Clovis West, 13:11.

Freshmen (2 miles) — Roldan, Mount Whitney, 12:48; Tracey, Golden West, 13:24; Pacheco, Shafter, 13:27.



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# Percy Wells Cerutti (1895-1975)

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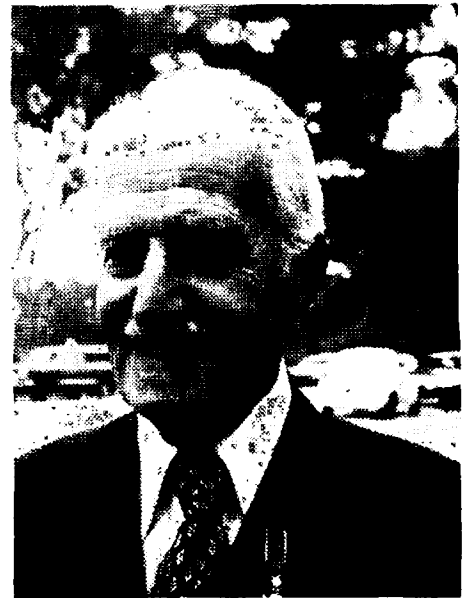
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Percy Wells Cerutti was one of the world's most successful distance running coaches of all-time. His athletes set over thirty world records which included Herb Elliott, John Landy, Albert Thomas, Murray Halberg, Bill Baillie, Dave Stephens, Leslie Perry and other outstanding athletes were influenced by his teachings among them, tennis player Margaret Court and golfer Peter Thomson.

At age 43, Percy Cerutti was given six months to live by his doctors. Through a regimen of his own design, he was able to regain normal health in two years and five years later he set the Victorian marathon record. Physical fitness became his lifework and he created The International Athletic Center at Portsea, Australia, which became an ashram for athletes and coaches around the world. From this center, he influenced training and coaching methods in many countries. Cerutti's Stotan philosophy of training and living has helped athletes make major break-throughs in distance running, track and field for more

than twenty years. Percy Cerutti is the only coach to be awarded a gold medal for his athletic contributions at the Olympic Games and has also been awarded the Member of the British Empire by the Queen of England and the Master of Sports and Psychology by the Soviet Union, the two most distinguishing awards given to sportsmen in these countries.

-Larry Myers



Percy Cerutti



Larry Myers, author of *Training with Cerutti* was handpicked by the late Percy Wells Cerutti to carry on the Australian's work. He lives in Denver, Colorado, where he teaches Cerutti's athletic techniques and philosophy. This is the introduction from his forthcoming book *Running Connections*.

ting it guide and direct the energy, strength and power that is diffused with ebbs and flows, pulses and surges through the neural patterns. The athlete uses intellect memorizing the neural pattern with practice and meditation, then relies on instinct transforming thought into movement via the neural pattern.

The athlete should not play "head games" with himself making his training harder than it really is using an over-intellectualized approach that is self-defeating creating an unnatural set of tensions, when he can take the easy path becoming a child again instinctively releasing himself to the flow going with it, instead of hesitating for a split second which only turns any freeing movement into a zombie-like movement lacking all that freedom and spontaneously revered centuries ago by the Greeks. When the athlete clears his mind of all thoughts relying on pure instinct letting it direct the flow, the person becomes one with the universe and a hundred percent flow with his neural patterns, as time and space is momentarily lost and all that remains is dynamic energy, strength and power filling the empty spaces of the neural pattern.

Yoga and Zen Buddhism teaches the athlete not to force the flow through the neural patterns, but to just release yourself going with it, naturally and instinctively, breathing deeply fully filling the upper and lower lobes of the lungs, what Cerutti called tidal breathing or full-lung aeration. Just calm down and relax releasing yourself to the pure act of movement clearing your mind of all thoughts or any conscious effort making it child's play, fun and games, having the time of your life.

Cerutti followed the same philosophy on a smaller scale for training middle and long-distance runners that Arthur F.H. Newton used for ultramarathoning setting world records for all distances from 40 miles to 24 hours. Newton teaches us, if the distance runners expects to compete on a world-

*"Athletics is basically a case of the blind leading the blind. Whatever you've learned or been taught, reverse it and you'll be nearer to the truth!"*

-Percy Wells Cerutti

The above quotation was the first lesson Percy Wells Cerutti taught me up in his study when I arrived at Portsea on April 11, 1973 and these words have not failed me in the last twelve years carrying on Cerutti's Stotan training system. They have, in fact, been the inspiration for this book which seeks the truth finding the keys that will unlock the doors to man's potential for setting future world records.

*Running Connections* is written primarily for the world-class athlete and coach who are training for international and Olympic competition, and I have included a chapter on jogging for the recreational runner who is reading this book to improve his health and fitness.

Life goes on at a tremendous pace and Cerutti's teachings go on uplifting sport and humanity. I have carried the Cerutti traditions to new heights teaching and certifying athletes and coaches realizing much must fall on stony ground. I have improved in some areas excelling the teacher, but I seriously doubt anyone will ever be able to

improve on Cerutti's revolutionary running style, the five basic movements, which was his greatest gift to the athletic world he taught and believed would be the key to future world records.

The Cerutti training system that produced thirty world-record holders is alive and well in Denver, Colorado, the Mile High City favored for distance running and high-altitude training, and will continue to thrive and flourish for the advancement of athletics and sport. *Running Connections* carries on for Percy Wells Cerutti showing in chapter one the influence of George Hackenschmidt and Arthur F.H. Newton. These three legends of sport, giants in their day, teach us basically all we need to know for reaching the pinnacles or ultimates in athletics and sport, their combined philosophies are hallmarks of knowledge and wisdom years ahead of its time.

Percy Cerutti called George Hackenschmidt the greatest athletic mind of the twentieth century. Hackenschmidt, one of the greatest wrestlers of all-time, teaches we have to reverse what we have learned or been taught in the past by stop over-intellectualizing sport creating an unnatural set of tensions blocking the creative flow of dynamic energy channeled through the neural patterns relying on pure instinct, using the left side of the brain, let-



class level, he has to train every day in and out-of-season continually subjecting the organism to stress running various distances at race pace, shorter distances during the week and progressively longer distances on the weekends, conditioning and practicing his event or he will lose the primary and secondary tanks acquired up to this point in his career. The distance runner has to condition for and, at the same time, practice his event forming a primary tank composed of those crucial starting distances that is equal to the secondary tank conditioned with numerous breakdowns balancing the two tanks together for holding a hard pace from start to finish fartleking with ebb and flow tactics over the full distance of the race.

Percy Wells Cerutti pioneered middle and long-distance running in Australia and influenced training and technique in other countries for more than twenty years. Cerutti was not only training athletes to set world records and win Olympic medals, he was seeking the Everests in sport never to be equalled or excelled in our lifetime. The man exploited every facet of training and technique down to the last detail finally concluding the key to unlocking the doors for future world records is a new running style for humanity. Percy's dreams are now my dreams and I am sure they are yours too in the quest for excellence and perfection.

Cerutti's greatest gift was that of an innovator, he was constantly looking for a better way to improve on the current world records. He never asked an athlete to do anything in practice he had not already done or could demonstrate himself. Anyone who knew Percy Cerutti when he was alive clearly understood his views and utter contempt for interval training, Long! Slow Distance running, training on hard roads running with locked elbows that only fills one-quarter of the upper and lower lobes of the lungs, a diet of unnatural foods and being a slave to a stopwatch training, as most do, to a printed schedule that enslaves rather than freeing the athlete for the ultimate in creative expression.

There has never been a world-class athlete, regardless of his natural gifts or innate abilities, who has set a world record or

on that long and narrow path traveled only by the chosen few to the summit of Mt. Olympus, so he can give a winning performance in the athletic arena then later on in life.

[*Running Connections* gives the coach and athlete valuable esoteric knowledge from actual experience for connecting together the pieces of the neural pattern puzzle from the beginning, middle and end creating a smooth, free-flowing performance which is the end point of the athlete's abilities represented by the sum of its parts equaling the whole developing the total athlete to his full potential.

Chapter two entitled, "Running Connections: Neural Pattern Training," describes in detail how the neural pattern is programmed and then canceled out each year for an improved performance. The running connections for the 400 meters to the marathon is a significant breakthrough for distance running, track and field unifying the athletic world into a universal training system eliminating the confusion created over the years from the various training systems that are basically all the same only with different labels.

Man, by nature, is a creature of habit and the neural pattern is a habit pattern in the athlete's brain that is transferred to the right muscles in the body producing a rapid chain of motions called movement. The neural pattern that is conditioned by hours of practice and meditation becomes what Cerutti calls "the act" that is transformed through the human body unfolding the drama and excitement of sport and life.

Each event is an athletic puzzle within itself having its own neural pattern design and success on a world-class level largely depends on knowing how to take the event apart, piece by piece, then putting it back together again in its proper order from beginning to end without any weak links or 'bad patches' according to how each person adapts to stress in his own special unique way.

The coaches have all the pieces to the neural pattern puzzle for each event, but the missing piece they lack for completing the whole picture developing the total athlete is, of course, the breakdown which makes

ming new neural patterns each year with the breakdown canceling out the old ones conditioning strong primary and secondary tanks, rather than training to a printed schedule in a textbook which disregards the athlete's ability to adapt to stress.

---

***"Each event is an athletic puzzle within itself . . ."***

---

The biggest problem with most athletes is they retreat from the breakdown using it to condition a strong secondary tank that is equal to, or greater than the inborn primary tank composed of those crucial starting distances; however, there are a few, the singularly gifted ones with the right character, personality and temperament, who go to the limits making it really tough on the younger ones trying to get to the very top. Percy Cerutti said, "The athlete should take one day at a time adapting to stress with patience and persistence never being in a big hurry projecting his mind and body into the future with an expectant attitude never giving up, until he finally reaches the summit of Mt. Olympus. Most athletes give in to their fate and destiny without putting up a struggle with the breakdown enduring the pain and stress needed to conquer the mountain."

A heavy price is paid over the years with numerous breakdowns adapting to stress conditioning strong primary and secondary tanks. The distance runner adds on more time and distance, little by little, after each breakdown to those crucial starting distances he can naturally run at race pace connecting together longer distances enroute, eventually running the full racing distance for a new world record and, at the same time, he subtracts or cancels out the old unwanted neural patterns that no longer serve any useful purpose, along with everything else that stands in the way between the athlete and success for arriving at his full optimal potential.

We have to reverse what has been learned or taught in the past gradually adding on more time and distance to those crucial starting distances as we get progressively stronger and fitter with each breakdown adapting to stress conditioning strong primary and secondary tanks, instead of working against ourselves trying to lower the runner's time the old-fashioned way being a slave to a stopwatch training to a printed schedule doing interval training and piling up the mileage. Time in its abstract form is a precious commodity in short supply and we have to use it to our advantage along with distance for running faster times, instead of letting it defeat us like we have done unsuccessfully in the past by not learning how to control pain and stress.

---

***" . . . the athlete clears his mind . . . relying on pure instinct, letting it direct the flow . . . becomes one with the universe . . ."***

---

competed in the Olympic Games without the guidance of a knowledgeable coach. The coach or mentor, in Cerutti's case, is like the director of a movie or Broadway play who gives the athlete's career forward momentum from beginning to end through all the intermediate stages helping the person channel his energies, gifts and talents in a positive direction, upward and onward,

all the other factors seem trivial by comparison for competing on a world-class level in the Olympic Games setting world records.

Success in athletics comes down to a philosophy of training which ultimately develops the total athlete in light of his strengths and weaknesses according to how one adapts to stress. Running improved times in the modern era is based on for-

# Results

## College Cross Country Results

photo by Burt Davis



Action with a half mile to go in the men's race at the Stanford Inv. From left, Rod Curry (UCI), James Alborough (Stanford), Jeff Atkinson (Stanford).

Fine Flicks by Don Gosney



Ryan Stall (Stanford)

- |                            |       |
|----------------------------|-------|
| 17 Chris Monroe, LB        | 20:08 |
| 18 Tyrus Demeter, Unat     | 20:11 |
| 19 Romney Mawhorter, Unat. | 20:12 |
| 20 Rob Arsenaull, CSLA     | 20:15 |

## UCLA Women's X-C Invitational

September 15, UCLA.

Overall Results	
1 Shannon Stryker, UCLA	17:44
2 Heidi Gerum, Ariz.	17:53
3 Camille Harron, Ariz.	18:10
4 Tania Fischer, UCLA	18:29
5 Carrie Lautner, UCLA	18:29
6 Kimber Pennington, UCLA	18:36
7 Claire Feirt, Ariz.	18:40
8 Alexandra Aguirre, CSUN	18:41
9 Bobbie Shipper, Kangaroos	18:51
10 Anne Kendrick, UCLA	18:53
11 Maureen Bradley, SDSU	18:54
12 Nancy Bowman, CSUN	18:56
13 Heather Brookes, CSUN	18:57
14 C'za Azcueta, UCLA	19:08
15 Kris Zdanowski, SDSU	19:08
16 Pam North, Ariz.	19:10
17 Tammy McCarty, CSUN	19:11
18 Elaine Triplet, Unat.	19:12
19 Annie Seawright, UCLA	19:13
20 Pauline Stehly, MiraCosta	19:17

**Team Scores**  
1. UCLA 25; 2. Arizona 46; 3. CSUN 78; 4. SDSU 89; 5. Mira Costa C 165; 6. CSULB 259; 7. Mt. St. Mary's 332.

## Moorpark Invit.

**MEN: IND** — 1. Swai (Santa Monica), 19:24; 2. Sandoval (Grossmont), 19:43; 3. Ramos (Trade Tech), 19:58; 4. Tzadok (Santa Monica), 20:22; 5. Zepeda (MiraCosta), 20:27. **TEAM** — 1. Pasadena, 74; 2. Grossmont, 102; 3. MiraCosta, 123.

**WOMEN: IND** — 1. Lohr (Valley), 17:06; 2. Stewart (Valley), 17:36. **TEAM** — 1. Valley, 80; 2. Moorpark, 99; 3. Pasadena, 134.

## Hornet Invit.

**MEN**

Five miles

**INDIVIDUALS** — 1. Mike Toro, CPP, 25:14; 2. Chris Ryalls, N-R, 25:18; 3. Denny Holmes, BS, 25:21; 4. Juan Perez, CPP, 25:25; 5. Ray Cook, Team Kahua, 25:28; 6. Glenn Charandak, F, 25:40; 7. Brent Griffiths, SLO, 25:42; 8. Jerry Ljuben, B, 25:46; 9. Dean Rinde, unaff., 25:46; 10. Jerry Hernandez, SLO, 25:53; Others — 21. Bill Lybeer, F, 26:22; 27. John Lane, F, 26:30; 30. John King, F, 26:58; 56. Phil Buckley, F, 27:20; 58. Eddie Buehner, F, 27:23. **TEAM SCORING** — Cal Poly SLO 55, Boise State 82, UC Davis 111, Cal Poly Pomona 124, Fresno State 148, UC Riverside 210, San Jose 294, Nevada-Reno 259.

**WOMEN**

Three miles

**INDIVIDUALS** — 1. Patsy Young, N-R, 17:51; 2. Jim Parry, UCD, 18:01; 3. Stephanie Jones, N-R, 18:02; 4. Jennifer Thatcher, UCD, 18:06; 5. Kelly Buzza, F, 18:09; 6. Laura Hendry, H, 18:10; 7. Kim Piersatt, Unat., 18:11; 8. Nancy Ridal, UCD, 18:14; 9. Ruth Vega, S, 18:17; 10. Monica Zieschang, H, 18:19; Others — 12. Dianne Fairman, F, 18:22; 16. Lisa Lewis, F, 18:30; 20. Nancy Galmasau, F, 18:46; 25. Gina Montie, F, 19:02; 26. Lydia Fairman, F, 19:02; 31. Eileen Dyer, F, 19:10.

**TEAM SCORING** — UC Davis 44, Fresno State 70, Hayword 75, Cal Poly Pomona 79, Nevada-Reno 110, Sacramento 173, Sonoma 216, Chico 243.

## Chapman Invit.

**MEN: IND** — 1. Kunene (CSB), 22:57; 2. Castle (Cal Lutheran), 23:26; 3. Smith (CL), 23:49. **TEAM** — 1. Biola, 43; 2. Cal Lutheran, 51; 3. Claremont, 61.

**WOMEN: IND** — 1. Morgan (USD), 20:22; 2. Medina (CSB), 21:01; 3. Gengler (Southern Utah), 21:19. **TEAM** — 1. CS Bakersfield "A", 30; 2. U. San Diego, 84; 3. CS Bakersfield "B", 109.

## Riverside Invit.

**MEN: IND** — 1. Greer (San Diego St.), 24:38; 2. Eddy (SDS), 24:39; 3. Curry (UC Irvine), 24:40; 4. Garibaldi (UCI), 24:47; 5. Knowles (UCI), 24:55. **TEAM** — 1. UC Irvine, 35; 2. San Diego St. 42; 3. Cal Poly Pomona, 136.

## Mira Costa Invit.

At Vista

**MEN: IND** — 1. Sandoval (Grossmont), 20:22; 2. Wandler (G), 20:37; 3.

Grisez (G), 20:47. **TEAM** — 1. Grossmont, 44; 2. MiraCosta, 51; 3. Orange Coast, 96. **WOMEN: IND** — 1. Mosqueda (East LA), 18:39; 2. Kiernan (Orange Coast), 19:02; 3. Stehly (MiraCosta), 19:32. **TEAM** — 1. MiraCosta, 29; 2. East LA, 41; 3. Fullerton, 136.

## UCLA Men's Twilight All-Comers

September 15, UCLA.

Overall Results	
1 Bob Leatch, AdidasTC	18:58
2 Ralph Serna, Loeschorns	19:15
3 Matt Blatly, Loeschorns	19:18
4 Eugene Cruz, Unat.	19:20
5 Joey Gomez, Loeschorns	19:34
6 Kevin Broady, Loeschorns	19:36
7 Aaron Rudd, SDSU	19:38
8 Mike Parkinson, Unat.	19:42
9 Paul Greer, SDSU	19:44
10 Roman Gomez, Unat.	19:49
11 McClas, SMTC	19:50
12 Sean Evans, Runners Store	19:51
13 Jack Kainy, JamulToad	19:51
14 Danny Ovulette, SDSU	19:57
15 Charlie Davis, SDSU	19:59
16 Victor Santamaria, Unat.	20:03

## Westmont X-C

September 21, Westmont.

Overall Results	
1 Chuck Smead, W AI.	25:41
2 Gus Hermes, West	26:37
3 Jim Knox, West	26:58
4 Dardk Turner, UCSB	27:02
5 Jeff Jacobs, UCSB	27:10
6 Kurt Cook, W AI.	27:13
7 Paul Yost, W AI.	27:16
8 Tim Wallen, West	27:23
9 Chris Kyle, UCSB	27:26
10 Burt Esparza, UCSB	27:30
11 Jim Mattson, West	27:36
12 Jack Dixon, W AI.	27:49
13 Dan Howard, UCSB	27:52
14 Paul Bigelow, Agges	27:59
15 Robert Thiede, UCSB	28:04

**Team Scores:**  
1. Westmont 40, 2. UCSB 41, 3. Westmont Alumni 43, 4. Cal Tech 164.

**Overall Results - Women's 5000m**

1 M. Martel, UCSB AI.	19:25CR
2 E. Triplett, UCSB AI.	19:42
3 S. Malley, UCSB AI.	19:47
4 B. Torrez, UCSB	19:48





# Results

## National Invite. Championships U.S. Corporate Track Ass'n.

July 28. Coronado. 10K.

### Overall Results - Men

1 Steve Oliver, GE	31:18
2 Dennis Kurits, Ford Aero	31:28
3 Dan Lyon, Texas Inst.	31:37
4 Chris Hallinan, AT&T	31:42
5 Jim Hatcher, US West	31:43
6 Randy Stroud, AT&T	31:59
7 Robert Troutman, Texas Inst.	32:06
8 Winfred Ahlmann, Texas Inst.	32:06
9 Raley Hinojosa, H.Packard	32:14
10 Tom Leonard, GE	32:22

### Division Results - Men

24 & Under:	1. Ed McCarthy 32:32, 2. Craig Slater 32:36, 3. John Balaban 32:58, 25-29:
1. Steve Oliver 31:18, 2. Dan Lyon 31:37, 3. Chris Hallinan 31:42, 30-34:	1. Dennis Kurits 31:28, 2. Randy Stroud 31:59, 3. Winfred Ahlmann 32:06, 35-39:
1. Jim Hatcher 31:43, 2. Wes Wassley 32:38, 3. Gary Barrett 32:52, 40-44:	1. Earl McGilvery 33:12, 2. Chuck Frawley 34:21, 3. Bob Channon 34:35, 45-49:
1. Bob Abbott 34:44, 2. Bill Menhardt 35:00, 3. Roger Daniels 36:08, 50-54:	1. Jose Henche 36:43, 2. John Stegar 36:48, 3. Ed Delisle 37:12, 55 & Over:
1. Patrick Devine 36:58, 2. Bob Scott 39:20, 3. Walter Brown 40:19.	

### Overall Results - Women

1 Carol Andrew, GE	38:08
2 Carol Waters, GE	31:28
3 Kathy Thomas, Rockwell	39:01
4 Mickey McCann, Digital	39:15
5 Brienne Carrier, Hughes	39:40
6 Margie Allison Lloyd, Ford	39:42
7 Dee Grace, GE	39:43
8 Marcella Cunningham, Delta	39:47
9 Cory Hlavka, Tanneco	39:51
10 Marriann Spear, GE	39:58

### Division Results - Women

24 & Under:	1. Carol Andrew 38:08, 2. Brienne Carrier 39:40, 3. Dee Grace 39:43, 25-29:
1. Mickey McCann 39:15, 2. Marcella Cunningham 39:47, 3. Cory Hlavka 39:51, 30-34:	1. Carol Waters 38:26, 2. Kathy Thomas 39:01, 3. Chris Grundy 40:20, 35-39:
1. Margie Allison Lloyd 39:42, 2. Cathy Petersen 42:14, 3. Linda Gill 42:29, 40-44:	1. Carol Hayden 43:11, 2. Wendy Watson 43:17, 3. Lise Reno 45:43, 45-49:
1. Jane Arnold 40:51, 2. Mary Kennard 43:33, 3. Mimi Olivieva 46:23, 50-54:	1. Joanne Richardson 47:08, 2. Shirley Taylor 53:36, 3. Jeanne Carrier 58:43, 55 & Over:
1. Dot Farley 59:19, 2. Lola Gonda 1:02:10, 3. Angie Smith 1:02:40.	

## Lions-Padres 10K

July 28. San Diego.

### Overall Results - Men

1 Martin Sandoval, SpgVal.	30:06
2 Sergio Sanchez, Tecate	30:17
3 Ron Roberts, San Diego	30:47
4 Gilberto Alvarez, Mexico	30:56
5 Sean Evans, San Diego	31:24
6 Joe Manuel, San Diego	31:53
7 Randy Montesanto, LaJolla	32:30
8 Emerio Nava, San Diego	32:30
9 Michael Batls, Oceanside	32:34
10 Chuy Platas, NationalCity	32:36

### Division Results - Men

12 & Under:	1. Mike Farrell 37:17, 2. Tony Tan 40:29, 3. Vince Wallace 41:36, 13-17:
1. Robert Lopes 32:56, 2. Cary Gregorio 33:27, 3. Richard Morales 34:41, 18-29:	1. Martin Sandoval 30:06, 2. Sergio Sanchez 30:17, 3. Ron Roberts 30:47, 30-39:
1. Andy Mackay 33:19, 2. Jon Sutherland 33:40, 3. Keith Jeffers 34:22, 40-49:	1. Gary Novak 33:52, 2. Richard Ruiz 34:07, 3. Hal

Goforth 34:10, 50-59: 1. Fred Lehr 38:04, 2. Warren Osborn 38:33, 3. Don Foster 39:24, 60-65: 1. Jim O'Neil 35:26, 2. Jose Palos 40:40, 3. Louie Ojeda 42:06, 66 & Over: 1. Donald Dilworth 41:41, 2. Wayne Zook 42:37, 3. Jim Hanyen 51:28.

### Overall Results - Women

1 Mindy Ireland, Alpine	35:51
2 Donna Chin, San Diego	36:15
3 Katie Webb, San Diego	36:29
4 Shirley Matson, SolanaBch	37:37
5 Mary Akins, San Diego	38:03
6 Patti Tuffley, San Diego	38:37
7 Darcy Arreola, El Cajon	38:49
8 Tina Allen, El Cajon	39:50
9 Lori Dowdy, San Diego	39:50
10 Sue Sandstrom, San Diego	40:26

### Division Results - Women

12 & Under:	1. Aurora Valenzuela 44:14, 2. Samantha Brown 46:45, 3. Lisa Uribe 47:51, 13-17:
1. Darcy Arreola 38:49, 2. Shamen Dugger 40:31, 3. Rosales Gonzalez 44:54, 18-29:	1. Donna Chin 36:15, 2. Katie Webb 36:29, 3. Mary Akins 38:03, 30-39:
1. Mindy Ireland 35:51, 2. Patti Tuffley 38:37, 3. Sue Sandstrom 40:26, 40-49:	1. Shirley Matson 37:37, 2. Ursula Rains 41:43, 3. Lynn Flanagan 43:20, 50-59:
1. Sally Byram 51:54, 2. Ingeborg Maglaras 1:01:06, 3. Virginia Skiffington 1:01:28, 60-65:	1. Mary Storey 48:12, 2. Gerry Davidson 50:29, 66 & Over:
1. Judy Simon 56:35, 2. Bess James 1:04:33, 3. Felicitas Salazar 1:08:25.	

## Aerospace 10K

August 17. San Diego.

### Overall Results - Men

1 Rich Brownsberger, ElCajon	30:14
2 Kevin McCarey, LaJolla	30:57
3 Gilberto Alvarez, Mexico	31:15
4 William Ayyad, San Diego	31:18
5 Robert Lusitana, San Diego	31:41
6 Jack Kairy, ElCajon	31:58
7 Norman Steeg, San Diego	32:08
8 Donald Fowler, San Diego	32:22
9 Chuy Platas, NationalCity	32:29
10 Chris Price, San Diego	32:34

### Division Results - Men

12 & Under:	1. Mike Farrell 36:39, 2. Tony Tan 40:10, 3. Dennis Trutna 57:44, 13-17:
1. David Hosman 36:28, 2. Jorge Peacock 38:03, 3. Carlos Diaz 38:33, 18-29:	1. Rich Brownsberger 30:14, 2. Gilberto Alvarez 31:15, 3. William Ayyad 31:18, 30-39:
1. Kevin McCarey 30:57, 2. Ted Van Arsdale 32:46, 3. Keith Jeffers 34:44, 40-49:	1. Steve Dornish 35:50, 2. Benny Holt 36:05, 3. Dana Morris 36:37, 50-59:
1. Warren Osborn 38:42, 2. Frank Morris 40:41, 3. Billy Just 42:44, 60 & Over:	1. Gael Pierce 46:01, 2. Lowell Tozer 46:04, 3. Warren Adams 48:16.

### Overall Results - Women

1 Patti Tuffley, San Diego	36:32
2 Oonagh Bruni, Encinitas	37:04
3 Tina Allen, El Cajon	38:54
4 Colette Coiner, San Diego	39:06
5 Shamen Dugger, Coronado	39:14
6 Ellen Turkel, San Diego	40:29
7 Julie Fitch, LaJolla	40:36
8 Siobhan Quenby, G.B.	40:57
9 Valerie Silver, LaJolla	41:50
10 Suzanne Rechicgl, San Diego	42:16

### Division Results - Women

12 & Under:	1. Bruni Rains 58:47, 2. Sheri Savel 59:23, 3. Debra Savel 1:00:59, 13-17:
1. Shamen Dugger 39:14, 2. Michelle Bonin 54:38, 18-29:	1. Oonagh Bruni 37:04, 2. Tina Allen 38:54, 3. Colette Coiner 39:06, 30-39:
1. Patti tuffley 36:32, 2. Ellen Turkel 40:29, 3. Peggy Whan 42:30, 40-49:	1. Ursula Rains 42:38, 2. Eileen Pue 44:42, 3. Karen Rocheleau 47:42, 50-59:
1. Anita Calhoun 51:00, 2. Jari Morris 1:00:54, 3. Jane McMickle 1:02:47, 60 & Over:	1. Lucy Killea 1:02:38.

## Run For Olompali

from Jim Furman

August 18. Novato. 3.7 miles.

### Overall Results - Men

1 Steve Blum	21:22
2 Cort Armstrong	21:24

3 Steve Ottaway	22:27
4 Mike Sullivan	23:31
5 Greg Mandanis	23:31
6 Wayne Hinrichs	23:39
7 Mike Orendorff	23:40
8 Mike Lopez	23:42
9 George Frazier	24:03
10 Ray Fisher	24:25
11 Jim Myers	24:30
12 Russ Kierman	24:35
13 Paul Panicelli	24:44
14 Art Banos	24:48
15 Jim Crumpler	25:06
16 David Wells	25:26
17 Mike Hoy	25:33
18 Ken Wilson	25:40
19 C. Chateaubriant	25:46
20 Jim Furman	25:51

### Overall Results - Women

1 Vicki Chase	28:33
2 Mary Pincini-Wells	28:42
3 Leslie Browne	28:43
4 Dianne Johnston	28:45
5 Barb Rogers	29:18
6 Nadine O'Connor	29:57
7 Ann Hardham	30:00
8 Susan Simons	30:03
9 Linda Lee	30:33
10 Edda Stickle	30:46
11 Jane Margulis	30:48
12 Eileen Smith	30:49
13 Judy Donovan	31:04
14 Joan Nilsen	31:23
15 Susie Shattuck	31:47

## Caledonian Run

August 31. Santa Rosa. 10,000m.

### Overall Results

1 Jim Peterson (28) Eugene	32:36
2 Dan McCullough (28) Sonoma	33:23
3 Thomas Eng (34) Novato	34:40
4 Alan Gerald (21) Penngrove	34:43
5 Tim Stewart (30) Santa Rosa	34:52

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## Results

### Any Mountain Runs

**October 12, Cupertino, 10K & 10 Mile, Overall Results - 10K**

1 Brad Hawthorne (29) Oakland	29:35
2 James Hogue (25) Mapleton	30:46
3 Tom O'Neill (26) Los Altos	31:40
4 Frank Epper (19) Cupertino	31:58
5 Terence Boyton (26) Sunnyvale	32:58
6 Mark Sisson (32) MenloPark	33:22
7 Chris Back (26) San Jose	33:50
8 David Davis (30) SantaCruz	34:10
9 Nancy Ditz (31) MenloPark	34:12
10 Bill Wolcott (16) Los Altos	34:19
11 Jerry Taylor (29) Sunnyvale	34:25
12 Jim Bordoni (32) Los Altos	34:58
13 Steve Tietz (29) San Jose	35:17
14 Mark Neubesser (28) Campbell	35:54
15 Bill Bugler (49) Burlingame	36:22
16 Kevin Connor (20) Stanford	37:05
17 April Powers (27) Mill Vly	37:32
18 Todd Fitzwater (26) SanJose	38:09
19 Tom Johnson (27) SantaClara	38:17
20 Mark Belmont (28) Cupertino	38:18

**Division Results - Men's 10K**  
**16 & Under:** 1. Bill Wolcott 34:19, 2. Garth Utter 38:24, 3. Richard Morris 49:15. **17-29:** 1. Brad Hawthorne 29:35, 2. James Hogue 30:46, 3. Tom O'Neill 31:40. **30-39:** 1. Mark Sisson 33:22, 2. David Davis 34:10, 3. Jim Bordoni 34:58. **40-49:** 1. Bill Bugler 36:22, 2. Nick Nomm 39:13, 3. Mike Corrick 39:36. **50-59:** 1. Floyd Okada 39:36, 2. Norbert Rupp 40:35, 3. Tom Tinker 42:38.

**Division Results - Women's 10K**  
**16 & Under:** 1. Stephanie Ammann 57:49, 2. Anna Mach 57:49. **17-29:** 1. April Powers 37:32, 2. Rebecca Garcia 39:55, 3. Karl Frazier 42:22. **30-39:** 1. Nancy Ditz 34:12, 2. Susan Garay 40:08, 3. Sharon Wing 49:28. **40-49:** 1. Ginger Burrola 44:27, 2. Betty Buhr 1:02:36, 3. Rita Fabregas 1:03:10. **50-59:** 1. M. Jacoby 49:52, 2. Jeanne Feaster 55:27, 3. Georgia Longsdon 57:55.

**Overall Results - 10 Mile**

1 Rich McCandless(29)LosGatos	52:42
2 Dennis Kurtis (31)Cupertino	55:23
3 Joe Mangan (26)Sunnyvale	55:46
4 Nick Yray (36)MorganHill	57:31
5 Charles Thompson (35)S.F.	57:44
6 John Clary (25)Cupertino	58:10
7 Weston Press (29) LosAltos	58:20
8 Rust (33)	59:31
9 Steve Lorenz (41) SanJose	1:01:35
10 Dave Waterman (28) SanJose	1:02:27
11 Rod Christensen (34) SanJose	1:02:46
12 Sharlet Gilbert (34) Richmond	1:03:02
13 Al Delaroche (31) SanJose	1:03:14
14 Abby Ebrahimi (40) Campbell	1:03:30
15 Albert Garcia (39) Sunnyvale	1:03:30

**Division Results - Men's 10 Mile**  
**16 & Under:** 1. Sean Layne 1:23:26. **17-29:** 1. Rich McCandless 52:42, 2. Joe Mangan 55:46, 3. John Clary 58:10. **30-39:** 1. Dennis Kurtis 55:23, 2. Nick Yray 57:31, 3. Charles Thompson 57:44. **40-49:** 1. Steve Lorenz 1:01:35, 2. Abby Ebrahimi 1:03:30, 3. Paul Kane 1:07:34. **50-59:** 1. Bob Patrick 1:10:42, 2. Ephraim Romesberg 1:11:48, 3. Bill Barclay 1:15:32.

**Division Results - Women's 10 Mile**  
**17-29:** 1. Eileen Schmitt 1:13:01, 2. Ingeborg Sackson 1:13:36, 3. Christine Darst 1:13:39. **30-39:** 1. Sharlet Gilbert 1:03:02, 2. Paula Beard 1:13:39, 3. Sandi Hart 1:20:56. **40-49:** 1. Kristine Morrella 1:12:41, 2. Betsy Fraser-Smith 1:21:53, 3. Pauline McLaren 1:23:56.

### Heart and Sole Classic

from Mike Blide

**October 12, Chico, 6 Mile.**

**Overall Winner - Male:**  
 1 Daniel Rusk 31:31

**Overall Winner - Female**  
 1 Barbara Apps 40:12

**Division Results - Men**  
**19 & Under:** 1. Michael Ladinig 38:40, **20-29:** 1. Daniel Rusk 31:31, 2. Chuck Neuman 31:32, 3. Tony Danielson 34:40. **30-39:** 1. David Welch 37:42, 2. Jon Hesse 38:55, 3. Mark Morlock 39:50. **40-49:** 1. Raymond Darwin 34:24, 2. Dennis Hampton 38:03, 3. Gene Moffett 40:36. **50-59:** 1. Harold Carling 37:05, 2. Cy Weagle 40:45.

**Division Results - Women**  
**19 & Under:** 1. Nancy Sebdek 44:45, 2. Claire Maxworthy 46:17, 3. Julie Shiplett 50:47. **20-29:** 1. Barbara Apps 40:12, 2. Charlotte Brown 41:10, 3. Jennifer Wineman 46:29. **30-39:** 1. Gwen Farrelly 46:32, 2. Carol Blair 47:54, 3. Linda Land 47:55. **40-49:** 1. Ginny Heimann 43:08, 2. Susan Condon 43:43, 3. Nancy Downing 57:44. **50-59:** 1. Hattie Voyles 56:51.

### The Grape Race V

October 13, Lodi.

**Division Results - Men**  
**11 & Under:** 1. Jerrod Gregory 59:48, **12-16:** 1. Dennis Chairez 39:10, 2. Steven Tyrrell 44:58, 3. Steve Sanford 48:00. **17-29:** 1. Joss Walter 33:30, 2. Ken Takao 35:38, 3. Bisla Tajinder 37:12. **30-39:** 1. Mike Rowdink 36:12, 2. Richard Utting 37:01, 3. Robert Winter 38:23. **40-49:** 1. Donald Bryan 38:04, 2. Frank Miyashiro 42:27, 3. 40-49: 1. Michael Tyrrell 43:36. **50-59:** 1. Vernon Kaiser 41:31, 2. Jerry Harr 46:24, 3. Dick Tyrrell 43:36. **60 & Over:** 1. Keith Anderson 41:46, 2. Bernard Weng 54:44.

**Division Results - Women**  
**12-16:** 1. Kim Brauer 50:50, 2. Tara Baumback 1:01:12. **17-29:** 1. Renee Malberg 43:01, 2. Kate Cox 46:03, 3. Joni Henderson 46:43. **30-39:** 1. Lynda Winter 44:40, 2. Carole Nix 50:15, 3. Emma Spero 51:29. **40-49:** 1. Cynthia Milford 46:30, 2. Chiyo Shingu 48:32, 3. Diana Smith 56:19.

### Primo's to Primo's Run

from Mac Osborn

**October 13, Danville, 10K & 1/2 Mara, Overall Results - 10K**

1 Thom Trimble (26) WalnutCk	31:56
2 Kevin Cowley (27) Concord	33:45
3 Julios Ratti (35) Oakland	34:06
4 Tim Rostege (45) SanJose	34:15
5 John Monteverdi (39) Oakland	34:56
6 Jeff Cowling (26) Livermore	35:19
7 Michael Thomas (28) WalnutCk	35:23
8 James Reitz (41) Livermore	36:09
9 Keith Arnold (25) Danville	36:32
10 Terrance Purdy (30) Concord	36:35
11 Robert Johnson (40) Danville	36:53
12 Scott Pink (26) Lafayette	37:02
13 Stephen Niles (39) WalnutCk	37:10
14 Dave Osborn (33) Danville	37:16
15 Dale Guthrie (46) SanRamon	37:31

**Division Results - Men's 10K**  
**8 & Under:** 1. Jimmy Handlin 1:10:33. **9-13:** 1. Geoff Anderson 41:50, 2. Collin Butnick 48:57, 3. Jonathan Sargent 50:00. **14-18:** 1. Mike Boswell 38:54, 2. Tim Murphy 41:30, 3. Tyler Dwyer 46:52. **19-29:** 1. Thom Trimble 31:56, 2. Kevin Cowley 33:45, 3. Jeff Cowling 35:19. **30-39:** 1. Julios Ratti 34:06, 2. John Monteverdi 34:56, 3. Terrance Purdy 36:35. **40-49:** 1. Tim Rostege 34:13, 2. James Reitz 36:09, 3. Robert Johnson 36:53. **50-59:** 1. Norman Creange 44:52, 2. Jack Daniel 45:02, 3. David Nethaway 46:28. **60 & Over:** 1. Jerry Schwartz 52:13, 2. Robert Arthur 55:52, 3. Hans Beet 1:16:39.

**Division Results - Women's 10K**  
**9-13:** 1. Melissa Freeberg 50:57, 2. Mercedes Munoz 51:31. **14-18:** 1. Kathryn Crannell 1:09:44. **19-29:** 1. Mary Matteson 45:56, 2. Dana Rascano 46:47, 3. Shawn Silva 48:51. **30-39:** 1. Sue Goddard 44:10, 2. Catherine Wynne 45:05, 3. Debbie Holcomb 46:10. **40-49:** 1. Diane Handley 47:27, 2. Karen Gudiksen 47:53, 3. Donna Glove 51:36. **50-59:** 1. Barb Carlsson 46:55, 2. Arlina Di Donato 51:47, 3. Barb Allen 1:03:24.

**Overall Results - 1/2 Marathon**

1 Steve Kovisto (22) San Ramon	1:11:02
2 Bob Cooper (31) S.F.	1:14:08
3 Ken Olsen (27) WalnutCk	1:14:16
4 Bob Gobalka (24) Livermore	1:15:20
5 Bob Rosemeyer (31) Concord	1:18:02
6 Donald James (36) Oakland	1:18:02

7 Oscar Mendez (24) Hayward	1:18:06
8 Daniel Hollis (35) Pinole	1:18:31
9 Jay Cook (45) Saratoga	1:18:37
10 Daniel Rosenthal (20) Fremont	1:19:12
11 Noah Rollins (36) Oakland	1:19:15
12 Theodore Wong (36) Oakland	1:19:19
13 Al Michel (29) Sacto	1:19:25
14 Eric Ivary (39) Oakland	1:20:40
15 Greg Wheatlill (28) Pittsburg	1:21:42

**Division Results - Men's 1/2 Mara.**  
**9-13:** 1. Dino Daniels 1:28:25. **14-18:** 1. Kayvaan Mortazavi 1:25:35, 2. Andy Roseprooth 1:28:57, 3. Todd Miller 1:36:59. **19-29:** 1. Steve Kovisto 1:11:02, 2. Ken Olsen 1:14:16, 3. Bob Gobalka 1:15:20. **30-39:** 1. Bob Cooper 1:14:08, 2. Bob Rosemeyer 1:18:02, 3. Donald James 1:18:02. **40-49:** 1. Jay Cook 1:18:37, 2. John Galletta 1:21:47, 3. James Donnelly 1:25:34. **50-59:** 1. Mel Hatch 1:30:21, 2. Alan Porthis 1:37:37, 3. Bill Berk 1:40:55. **60 & Over:** 1. Steve Wolshnis 1:35:49, 2. Robert Dechene 1:38:00, 3. Ulysses Ratti 1:45:13.

**Division Results - Women's 1/2 Mara.**  
**19-29:** 1. Grace Pierson 1:28:13, 2. Daneile Leong 1:28:17, 3. Cindy Seikkula 1:31:39. **30-39:** 1. Fay Tong 1:32:54, 2. Gregory Cole 1:33:40, 3. Donna Lowe-Chan 1:34:52. **40-49:** 1. Jeanne Shuler 1:29:00, 2. Maria Lieberman 1:41:49, 3. Eldrieth Gosney 1:42:14.

### Fall Family Fun Run

October 13, City of Pacific, Overall Results

1 Paul Mullen	9:41
2 Gary John	9:49
3 Mike Sullivan	9:51
4 David Tigert	10:19
5 Joe Henderson	10:47
6 Walt Kohnert	10:55
7 Mike Degregorio	10:59
8 Gerald McGowan	11:25
9 Bryon Williamson	11:25
10 Shandor Szentkuti	11:49
14 Kathy Reed	13:01
15 Rosann Tigert	13:05
16 Denise Dunbar	13:29
21 Marcia Martin	14:39

### Holy Jim 50

October 13, Santa Ana Mountains.

1 John Loeschhorn (41)	9:43
2 Howard McNair (32)	9:44
3 Charles Snyder (21)	9:58
4 Tom Cory (39)	10:50
5 Bob Adjemian (38)	10:59
6 Steve Rapp (42)	11:14
7 John Stowers (57)	11:14
8 Ted Winters (46)	11:34
9 Barbara Spahr (41)	11:38
10 Hutch Gibb (40)	11:42
11 Margaret Neville (40)	11:48
12 Wayne Gehring (44)	13:14

**Division Results - Men**  
**20-29:** 1. Charles Snyder 9:58, 2. Ron Hoehn 14:31. **30-39:** 1. Howard McNair 9:44, 2. Tom Cory 10:50, 3. Bob Adjemian 10:59. **40-49:** 1. John Loeschhorn 9:43, 2. Steve Rapp 11:14, 3. Ted Winters 11:34. **50 & Over:** 1. John Stowers 11:14, 2. John Squires 14:32.

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