

CALIFORNIA

Track & Running News

The Big Four Oh-Oh

by Mark Winitz

An Interview with Mark Conover

by Gregor Robin

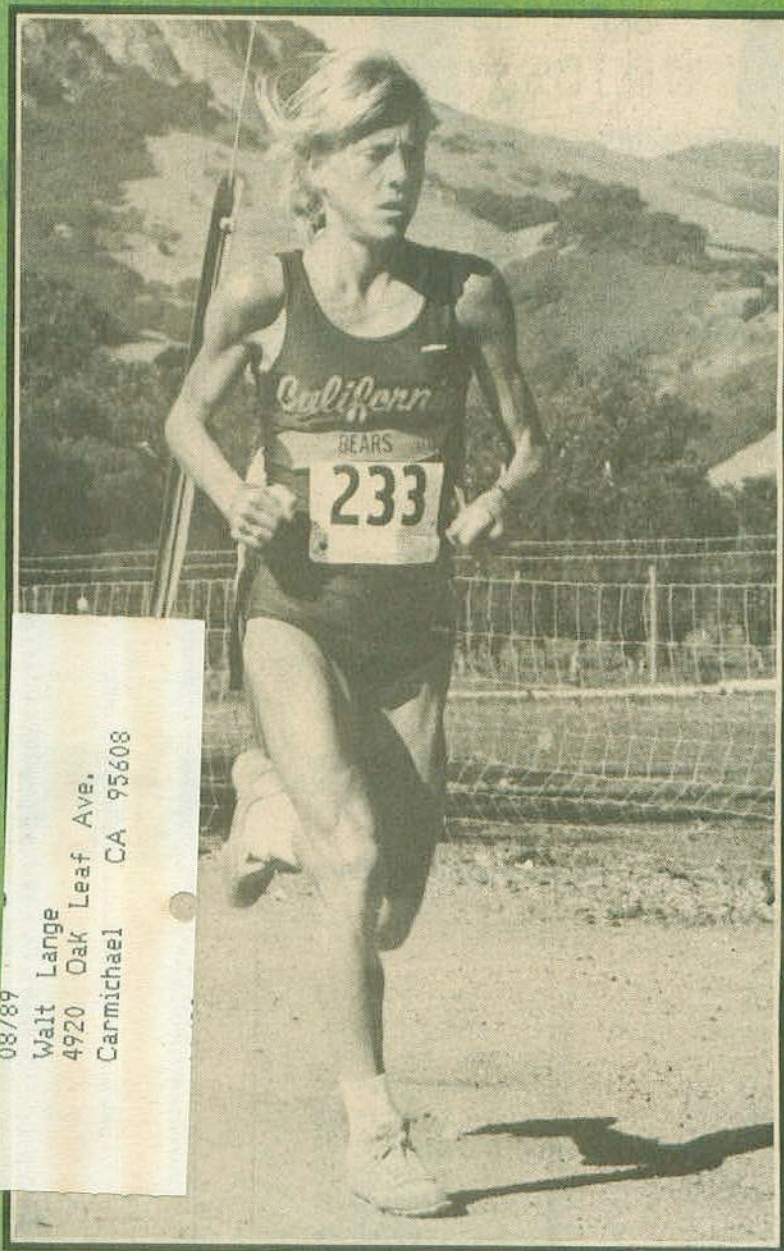
All-Time California High School Girls List

by Bob Womack

Masters Sports Nutrition

by Nancy Clark

California's Olympic Medal Winners



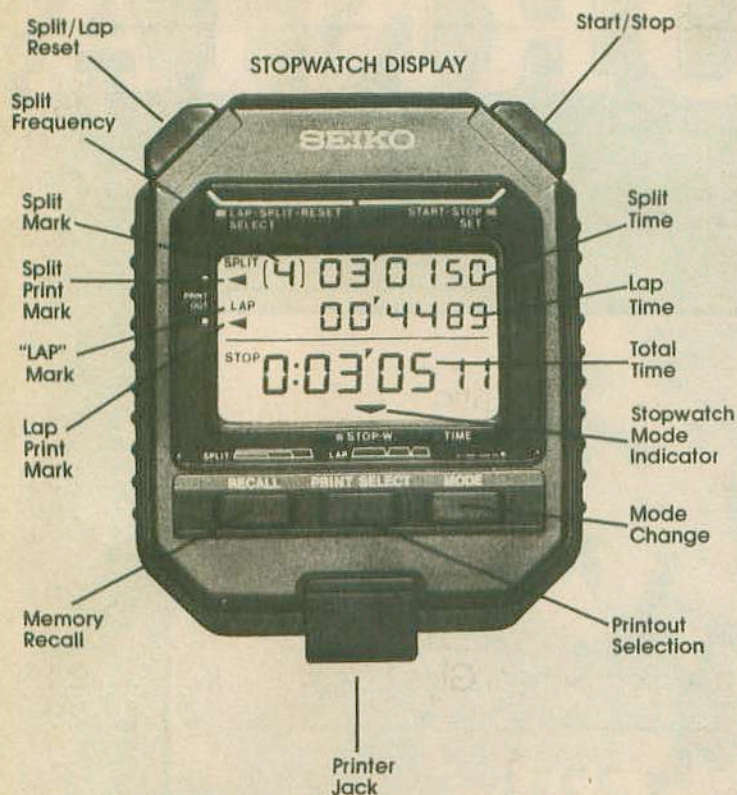
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Digital Quartz Stopwatch With Printer, SP11



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

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1984  9 25
START  9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
    
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1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
   0:00'45 38
2-0:01'30 48
   0:00'45 10
3-0:02'16 36
   0:00'45 88
4-0:03'01 23
   0:00'44 87
    
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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, ± 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:

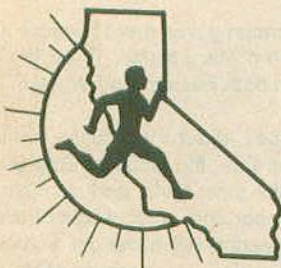
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(Left): El Camino Runners captured two titles at the South Coast Conference team championship. John Federoff (in the middle) defeated previously unbeaten Uriel Rivera of Long Beach City for first place--20:22 to 20:29 (4 mile). El Camino's women overtook the competition to win their division, led by 2nd place finisher Chris Hamilton (19:44 3 mile).

photo by Bill Leung, Jr.

ON THE COVER: Cal Berkeley's Sally Wood has been consistently up in the front this cross country season. Check the results beginning on page 36.

photo by Bill Leung, Jr.

Mailbag

Winitz on Atkinson

To Mark Winitz:

Just received my October issue of *California Track & Running News* and read your article on Jeff Atkinson! Great story! It flowed nicely and had some interesting personal insights into an obviously nice guy. Really refreshing to read about such people!!

Keep up the great work, you are really doing a great service to the running community with your uplifting articles!

Your friend,
Steve Ferraz.

Postscript on the Preview

To Bill Minarik:

I am writing in regard to the SoCal cross country preview of 1988 in the October issue. The article was completely unprepared, unprofessional and made sweeping generalizations. Obviously, it had to have been based on past trends which are not applicable to the current year.

The UC Irvine Anteaters lost two All-Americans and their best guy was running seventh last year. The Fresno State Bulldogs soundly beat Irvine two weeks ago and put four men in front of their second man at the Cal Poly-SLO Invitational. We may not win the Big West; however, we hold the advantage because of our front four runners. Another point is that the conference is no longer the PCAA, but the Big West. These errors seem pretty strange because your magazine is published in Fresno. It would not take more than five minutes to call Eric Burney of sports information and find out about the team.

Other facts in dispute: the Stanford men thrashed everybody at the Stanford Invite, but were only ranked fifth in the PAC-10! The Fresno State women have *trounced* UC Irvine twice this season, yet were ranked No. 2.

Your predictions might come true, but comments like "Irvine owns this conference with no end to its domination in sight" are uncalled-for, a major error and one I'm sure you'd like to correct. Next time, you should get off your colorful metaphor and attempt to find the facts.

Sincerely,
Rod Coker,
Fresno State Bulldogs,
Cross Country.

Poor Zola:

One must read *California Track & Running News* to learn about the really important issues of our time. In the October issue of the magazine, and elsewhere, a diatribe appears, written by a person that must be the most verbose running enthusiast in his neck of the woods.

The fates of black South Africans are not important. They work long hours in horrible conditions for a few dollars a day. They are detained for years, tortured, and often shot dead because of their wish to peacefully demonstrate against the oppressive racist system they live under. But, this is not important.

Why is he so upset about Budd's treatment when he has little to say about the treatment of South African blacks? He chooses a safe issue, like whether or not a female athlete can play sports and games. He strains at gnats but swallows camels.

It was the potential economic and political gains of her sponsors that got poor Zola out of her homeland in the first place. She accepted the liberal financial help and the potent political clout of sponsors and governing bodies who made political and economic gains from her supposed defection, yet she wants to be known as a pure, artless sportsperson, with no constraints being put on her behavior. Sorry, some of us cannot swallow that line.

In his article those favoring the IAAF position on South Africa are called, simultaneously, "do-gooders", "liberals", "thugs", "bullies". Now, Steve Biko, a South African black student leader who managed to get himself killed while in custody, could tell this guy what a thug is.

The issue this chap, and others out of touch with reality, cannot, or will not, recognize is simply this: All athletes of all countries have to pass political tests if they want to participate in big-time sports. Some are imposed by their own governing bodies, some by outside pressure. But the pressure is real and robust and cannot be ignored.

Remember a fighter called Ali (nee Casius Clay)? Remember Marty Glickman (long-time radio announcer of the New York Knicks basketball games) who couldn't run on the sprint relay team in Hitler's 1936 Olympics because he was a Jew? Glickman's crime was no more his own doing than Budd's is. Discus thrower Wolfgang Schmidt was made a non-person by

the East German government because he did not pass the political tests. There are other examples in both Eastern and Western block countries.

Of all issues about the abuses of human rights in our time, the issue of Zola Budd is just about the most trivial and inconsequential. Unlike poor Zola, a lot of black South African young people will never get a chance to go to the Olympics. Not because of IAAF politics, but because the police powers of the ruling white supremacist government drove down the street in their neighborhood and, from the top of an armored vehicle, randomly machine-gunned them to death. Where was this guy when this happened?

He's horrified that someone would charge out on a running venue and knock poor Zola down. Apparently this is worse than being machine-gunned to death because of your color. Poor Zola.

This guy remains mute on all but this most trivial Budd issue. Could it be that he really has no interest in the civil rights of anybody, but drags the civil rights red herring into the discussion only to make his concern about trivia seem to have some merit?

At the end of his ranting and raving we learn the reason. He says: "I'm sorry, Zola. You were shafted. Some of us will miss you... I'd love to have seen a Slaney-Budd rematch in Seoul. Goodbye, Zola. Some of us will miss you." His words are almost as moving as Horatio's words on the death of Hamlet, aren't they? Although saying "some of us will miss you" twice takes a bit of the edge off it, does it not?

He is not unlike a child that's been unfairly deprived of his favorite TV show and sent to bed -- by a bad, evil, bully parent. So a temper tantrum is in order; it's all he has left.

He apparently has little awareness of political and economic reality. Politics and economics rule the world. Not the self-serving wishes of running periodicals and miscellaneous jock sniffers that lurk out there on the periphery of our sport. Some of us will not miss her. Poor Zola.

Al Hromjak,
Simi Valley, CA.

A REMINDER...

California Track & Running News is published eleven times per year with this issue, ie. the November/December, a combined issue. See you January of 1989.



Seoul's Olympic Medal Winners

TRACK & FIELD

Californian's Listed in Bold Caps

MEN

100m
200m
400m
800m
1500m
5000m
10,000m
110m HH
400m IH
3000m SC
4x100mR
4x400mR
20k Walk
50K Walk
Marathon
HJ

LJ
TJ
PV
DT
JT
HT
SP
Dec

WOMEN

100m
200m
400m
800m
1500m
3000m
10,000m
100m HH
400m IH
Marathon
4x100mR
4x400mR
LJ
HJ
DT
JT
SP
Heptathlon

Gold

Lewis (US)
DeLoach (US)
LEWIS (US)
Ereng (Kenya)
Rono (Kenya)
Ngugi (Kenya)
Boutaib (Morocco)
Kingdom (US)
PHILLIPS (US)
Kariuki (Kenya)
Soviet Union
UNITED STATES
Pribilinec (Czech)
Ivanenko (USSR)
Bordin (Italy)
Avdeenko (USSR)

Lewis (US)
Markov (Bulgaria)
Bubka (USSR)
Schuitt (EGerm)
Korjus (Finland)
Litinov (USSR)
Timmerman (EGerm)
Schenk (EGerm)

Gold

GRIFFITH-JOYNER (US)
GRIFFITH-JOYNER (US)
Bryzgina (USSR)
Wodars (EGerm)
Ivan (Romania)
Samolenko (USSR)
Bondarenko (USSR)
Donkova (Bulgaria)
Flintoff-King (Australia)
Mota (Portugal)
UNITED STATES
Soviet Union
JOYNER-KERSEE (US)
Ritter (US)
Heilman (EGerm)
Feike (EGerm)
Lisovskaya (USSR)
JOYNER-KERSEE (US)

Silver

Christie (GB)
Lewis (US)
Reynolds (US)
Cruz (Brazil)
Elliott (GB)
Bauman (WGerm)
Antibo (Italy)
Jackson (GB)
Dia Ba (Senegal)
Koech (Kenya)
Britain
Jamaica
Weigel (EGerm)
Weigel (EGerm)
Wakihuri (Kenya)
Conway (US)

POWELL (US)
Lapchin (USSR)
Gataulin (USSR)
Ubartas (USSR)
Zelezny (Czech)
Sedykh (USSR)
Barnes (US)
Voss (EGerm)

Silver

ASHFORD (US)
Jackson (Jamaica)
Mueller (EGerm)
Wachtel (EGerm)
Baikauskaite (USSR)
Ivan (Romania)
McColgan (GB)
Siebert (EGerm)
Ledovskaya (USSR)
Martin (Australia)
East Germany
UNITED STATES
Drechsler (EGerm)
Kostadinova (Bulgaria)
Gansky (EGerm)
Whitbread (GB)
Neimke (EGerm)
John (EGerm)

Bronze

Smith (US)
Silva (Brazil)
EVERETT (US)
Aouita (Morocco)
Herold (EGerm)
Kunze (EGerm)
Kipkenboi (Kenya)
CAMPBELL (US)
MOSES (US)
Rowland (GB)
France
West Germany
Damiliano (Italy)
Gauder (EGerm)
Saleh (Djibouti)
Povarnitsin (USSR) & Sjoberg (Sweden)

MYRICKS (US)
Kovalenko (USSR)
Yegorov (USSR)
Danneberg (WGerm)
Raty (Finland)
Tamm (USSR)
Gunther (Switz)
Steen (Canada)

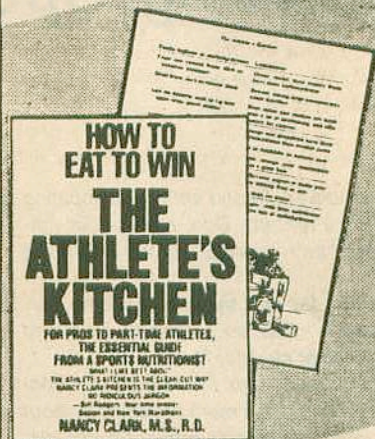
Bronze

Drechsler (EGerm)
Drechsler (EGerm)
Nazarova (USSR)
GALLAGHER (US)
Samolenko (USSR)
Murray (GB)
Zhupieva (USSR)
Zackiewicz (WGerm)
Fielder (EGerm)
Doerre (EGerm)
Soviet Union
East Germany
Chistyakova (USSR)
Bykova (USSR)
Khristova (Bulgaria)
Koch (EGerm)
Meisu (China)
Behmer (EGerm)

CONGRATULATIONS!

"...If you're going to buy just one book on sports nutrition, your best bet is **THE ATHLETE'S KITCHEN**"

Boston Running News



By **Nancy Clark, MS, RD**
Sports Nutritionist
Sports Medicine Brookline
Boston, MA 02167

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The Athlete's Kitchen

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



Mastering Sports Nutrition

"I just turned 40 and am now competing as a master's runner. Do I, as an older athlete, have any special sports nutrition needs?"

"I'm 45, fat and trying to become fit. What special foods do I need to tone and build my ancient muscles?"

"As age creeps up, I've started to recognize my mortality. I'm more concerned about eating the right foods to prevent heart disease and cancer, as well as recover faster from workouts. Is it too late to convert to Good Nutrition?"

If you're one of the many kids who abandoned all motherly advice to eat three square meals and a well balanced diet, you may now, as an adult, be more receptive to incorporating a good nutrition game plan into your daily routine. With age, we gain not only grey hairs and wrinkles but also wisdom and recognition of our mortality. Since good does affect both our health and performance, many masters runners are searching the supermarket for a fountain of youth. Even younger athletes, many of whom see the deteriorating health of their grandparents, recognize the value of investing in future well-being via wise food choices. Although frosted flakes, hot-dogs and Snickers may be foods kids love to eat, active kids of all ages and athletic abilities should responsibly phase into fueling themselves with premium nutrition. After all, if you're sick or injured, you can't reach your athletic goals.

To date, there's no evidence that older runners have significantly different sports nutrition needs than their younger peers. Their biggest concern should be to optimize their diet with nutrient-dense, health-protective foods that guard their good health, maximize muscular development and hasten healing should an injury occur. The following tips can help not only masters runners to win with nutrition, but also the younger generation to establish a healthy foundation that invests in sports performance, enhances recovery, re-

duces the risk of heart disease, cancer, osteoporosis and other diseases of aging yet still leaves space for "fun foods". The trick is to simply eat more of the best and less of the rest! Here's how:

1. Focus your meals on wholesome carbohydrates to 1) fuel-up your muscles before exercise and 2) refuel them after exercise. Sports-active people of all ages and abilities should eat more crackers for snacks, fewer cookies; second helping of starch (i.e., potato) rather than of protein; more nutrient-dense fruits and vegetables.

2. Select **low fat carbohydrates**--i.e., bread with less butter, baked potato with little-if any-sour cream, crackers with less cheese. Fats are fattening--and most masters athletes seem to confront creeping obesity as they go "over the hill". Fats are also culprits when it comes to heart disease and cancer.

3. Boost your calcium intake with **low fat products**. Even though your bones stopped growing years ago, they're still alive and need to be fed calcium on a daily basis. Exercise does help to maintain bone density, but your diet has to provide the needed calcium. By selecting low fat milk and/or yogurt and/or cheese at least two, preferably three, times per day, you may reduce the risk of stress fractures and osteoporosis. If you have trouble digesting milk, try Lactaid Milk--a low lactose brand that will provide the calcium you need without the GI discomfort. Look for it in supermarkets or health food stores.

4. Eat more fiber. **Bran cereal, bran bread and whole grains** are among the fiber-richest choices that help promote regular bowel movements. This 1) improves sports comfort, 2) reduces the build-up of toxins in the intestines and thereby reduce the risk of colon cancer. In particular, eat more fiber from oats. **Oat Bran**, the fiber in oatmeal, helps lower blood cholesterol and thereby reduces your risk of heart disease.

By lowering your cholesterol by just 1%, you reduce the risk of heart disease by 2%. Oat bran cereal (in the hot cereal section of the grocery store) or oat bran muffins (use the recipe on the oatbran box) are a tasty and healthy way to start the day.

5. Eat small 4-oz. portions of **extra-lean beef**. It's an excellent source of protein (to build and repair muscles), iron (to prevent anemia) and zinc (to promote healing). Red meats have more nutrients than light meats (chicken, fish), similar cholesterol content and, if you select lean cuts, an acceptable fat content. The appropriate portion is the size of a lady's palm, eaten 2-3 times per week--not thick 1 lb. steaks and greasy burgers eaten daily!

6. Eat more broccoli, cauliflower, cabbage, brussel sprouts and kale. These cruciferous vegetables may help lower cancer risks. The colorful veggies are also rich in vitamin A--another anti-cancer nutrient.

7. Eat more fish--especially salmon, swordfish, bluefish, sardines, mackerel and other oily fish that are rich in omega-3 fats. Research suggests that fish oils not only lower blood cholesterol, but also may reduce cancer risks and relieve arthritis as well as numerous other ailments. Fish is a veritable fountain of youth in one food! If good health is your wish, get hooked on fish at least three times per week.

8. Eat more potassium-rich fruits and vegetables to protect against high blood pressure. Lack of potassium, rather than too much sodium, may be the true culprits when it comes to high blood pressure. Bananas, oranges, grapefruit, kiwi and cantaloupe are just some of the potassium-rich vegetables. The vitamin C is also important for healing.

Nancy Clark, MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, believes that everyone wins with good nutrition. For her "how to" book The Athlete's Kitchen, send \$6 to New England Sports Publ., P.O. Box 252, Boston, MA 02113.

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.

November 5 (Saturday):

Los Altos Hills: Los Altos Hills Country Climb, 3 & 5 Mi., Foothill College (far west parking lot), 8:30 a.m. LAHCC, 101 First St., Suite 260, Los Altos 94022. (415) 949-5415.

Tracy: Tracy 2 Mi. & 10K, Lincoln Park (East & Eaton), 7 a.m. Bob Milliorn, 7759 W. Cabe, Tracy 95376. (209) 832-1054.

Arcata Area: Bridgeville Relays & Ultra, 41 Mi., Freshwater School (to Bridgeville), 5 a.m. (pre-registration req'd.). Sherman Schapiro: (707) 668-5728.

South El Monte: San Gabriel River 3 Mile Standard Time Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Sylmar: Olive View 5K Run, 10K Run/25K Bike Biathlon, 7:30 a.m. Gene Evans, Olive View Medical Center, Volunteer Office, 14445 Olive View Dr., Sylmar 91342. (818) 364-3073.

Orange: SCA/TAC 10K Cross-Country Championship, Santiago Oaks Park, 8:30 a.m. A Running Experience, Box 3209, Long Beach 90803. (213) 433-1656 or 425-4855.

Los Angeles: Stuntmen's Association 5 & 10K, Griffith Park (merry-go-round), 8 a.m. Tome Morga, 4810 Whitsett Ave., No. Hollywood 91607. (818) 984-0806.

Rosarita Beach, BC (Mexico): Rosarito Beach 5 & 10K and 1 Mi., 8 a.m./5K, 8:05 a.m./10K, 7:45 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (213) 634-3027, (714) 841-5417.

Avalon, (Catalina Island): Catalina Triathlon, 0.5 Mi. Swim, 14 Mi. Bike, 4 Mi. Run, Time TBA. Bill Fulton, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Las Vegas: LVTC 20K & 5 Mi., Sunset Park, 8 a.m. Contact: (702) 382-3496.

Hayward: Cal-State Reunion Day Rerun, 2K Fun Run/Walk, 5K Run, 8:30 a.m. Cal-State Hayward Alumni Assoc., Cal-State Hayward, Hayward 94542. (415) 881-3724.

San Diego: Rock & Roll 10K (listed on Nov. 6 in error last issue), South of Hilton, 7:30 a.m. Kathy Loper (619) 437-4556.

Nov. 6 (Sunday):

Los Gatos: J&J Sports Los Gatos Summit Marathon & Half-Marathon, 8 a.m. (\$3000 prize money/marathon only). Runner's Factory, 51 University Ave., Los Gatos 95030 (408) 395-4311.

New York, NY: New York City Marathon, 10:30 a.m. Entries by first-come, first-served and lottery. NYC Marathon, 8 E. 89th Street, New York, NY 10128 (212) 860-4455.

San Francisco: DSE Lake Merced Run, 4.6 Mi., Sunset Blvd. Parking Lot, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Francisco: CCPM Waterfront 10 Mile & 5K, Hyde & Jackson (Fisherman's Wharf), 8 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

Sunnyvale: ESL Runaway, 10K & 5K Walk/Run, 1 Mi. Teddy Bear Run, Java & Geneva, Time TBA. ESL, 495 Java Dr., Sunnyvale 94088. (408) 738-2888, x4604.

San Jose: YMCA Coyote Creek 10K & 2 Mi., Hellyer Park, 8:30 a.m./2 Mi., 9 a.m. South Valley YMCA, 5632 Santa Teresa Blvd., San Jose 95123. (408) 226-9622.

Windsor: Windsor Whale Run, 10K & 3K Family Fun Run/Walk, 9 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

Oakland: Oakland P.A.L. 5 & 10K, plus 1 Mi., Sailboat House (Bellevue Ave.) Lake Merritt, 7:30 a.m. Margaret Dixon: (415) 273-3255.

Sonora: Sonora Heart & Sole Classic, 10K & 2 Mi., Courthouse Square, 8:30 a.m. Susan Tabacchini: (209) 532-3161, x329.



Placerville: Apple Hill Harvest Run, 3 & 6.5 Mi., Abel's Apple Acres (Carson Rd. & Union Ridge-Rach #38 on Apple Hill Dr.), 8:30 a.m. Snowline Hospice, 814 Pacific St., Placerville 95667. (916) 622-9595 or 626-4604.

Santa Barbara: Santa Barbara Half-Marathon, Arroyo Burro Beach, 8 a.m. Santa Barbara Half-Marathon, P.O. Box 6616, Santa Barbara 93160. Irwin Sorkin: (805) 687-7473.

Loma Linda: Pigeon Pass Marathon, Half-Marathon, 10K Run & 5K Walk, 7 a.m. John Fanning, Box 495, Loma Linda 92354. (714) 369-9206.

Los Angeles: Minne Riperton 5 & 10K, Hoover & King Sts., 8 a.m. Beulah Anderson, American Cancer Society, 2975 Wilshire Blvd., Los Angeles 90010. (213) 386-6102.

Los Angeles: Head for the Hills 10K Cross-Country, Travel Town, 8 a.m. Steve Broten, Box 3684, 10016 Pioneer Blvd., Santa Fe Springs 90670. **Raceday Entry Only.**

South El Monte: 5K Legg Lake Catfish Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

West Hills: West Valley Classic 5 & 10K Runs & 2K Fun Run, Valley Circle & Kittridge, 8 a.m./5K, 8:45 a.m./10K, 9:15 a.m. West Valley Classic Run, P.O. Box 795, Dana Point 92629. (818) 347-4741.

Rocklin: PA/TAC Cross-Country Championships, all divisions (various distances), Sierra College, all-day (9:30 a.m. first event). PA/TAC, 800 Bonita Dr., Folsom 95630. (916) 933-4913.

Paso Robles: Estrella Winery Harvest 10K Run, Estrella Vineyards (7 miles east of Paso Robles on Hiway 46), 10 a.m. Estrella River Winery, P.O. Box 96, Paso Robles 93447. (805) 238-6300.

Grossmont: Grossmont Hospital 10K, Grossmont Center Dr., 8 a.m. Tim Murphy (619) 275-5440.

Schedule

November 12 (Saturday):

Saratoga Gap: Skyline to the Sea Trail Marathon, 2/3 Marathon & 50 Mi., hilly trail course, 7 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705.

Pescadero: Pescadero Half-Marathon & 5 Miler, Pescadero Creek County Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Los Gatos: Run for the Son, 10K & 1 Mi., Los Gatos Christian Church (Hicks Rd.), 8:30 a.m./1 Mi., 9 a.m. Mike & Pepper Spivey, 475 W. Sunnyside, Campbell 95008. (408) 378-9012.

South El Monte: San Gabriel River 3 Mile Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Cleveland National Forest: San Juan Trail 50 Mile Run, (Lazy W. Ranch, 11 Miles inland from San Juan Capistrano), 6 a.m.

(Time Limit 12 hours, 200 runner max.). Barry Hawley, 1619 Calle Las Bolas, San Clemente 92672. (714) 492-8191.

Playa del Rey: "Jet to Jetty" 5 & 10K Runs & 5K Walk, 8 a.m. Airport Marina Counseling Service, 6228 W. Manchester Ave., Los Angeles 90045. (213) 670-1410.

Tustin: Tustin Trek, 5 & 10K, Colonial Bible School, 8 a.m./5K, 8:30 a.m. Bryan Wilkins, Colonial Bible School, 13601 Browning Ave., Tustin 92680. (714) 731-0118.

San Diego: The Running Body, 10K & 2 Mi., Balboa Park, 7 a.m. Jo Quinn: (619) 437-4556.

Las Vegas: Rob's Predicted Time Turkey Run, 5 Mi., Tule Springs (Floyd Lamb State Park), 8 a.m. Contact: (702) 382-3496.

Morro Bay: Morro Bay State Park Relay, 2 x 2 Mi., Morro Bay State Park, Time TBA. Morro Bay Recreation Dept., 535 Harbor St., Morro Bay 93442. (805) 772-1214, x226.

San Diego: Great America Smokeout 10K

& 2 Mile, Amphibious Base, 8 a.m. Joseph Lott: (619) 437-4556.

November 13 (Sunday):

Clarksburg: Clarksburg 30K & 5K Fun Run. (NATL TAC MASTERS 30K CHAMPIONSHIPS). Delta High School. 11 am. Skip Seebeck, PO Box 20, Clarksburg 95612 (916) 665-1712.

Fresno: Fresno Marathon & Half Marathon, 8 a.m. Woodward Park. Fresno Marathon, Box 17097, Fresno 93744-7097. (209) 237-237-4718. (Entry Deadline: Nov. 4th).

San Francisco: DSE Polo Fields 5K Run (Lotto Run), Golden Gate Park (Polo Fields, parking lot), 10 a.m. Jim Skophammer, 666 Orange Ave., Daly City 94014. (415) 994-5727.

Sunnyvale: Dash for Diabetes 8K, Old S.F. & Sunnyvale Rds., 9 a.m. Diabetes Hotline, 596 Carroll, Sunnyvale 94086. (415) 328-



Christmas Classic 10K AND MIRACLE MILE

RUN AND WALK

Sunday, December 11, 1988
Golden Gate Park, San Francisco

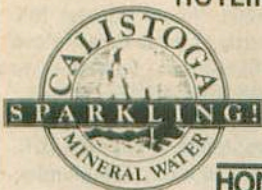
Mile: 9 am Rainbow Falls (JFK Drive and Transverse)

10K: 9:30 am Polo Fields (Near 36th Ave.)

TAC Sanctioned and Certified

Entry: \$10 with t-shirt/\$5 without (until December 5);
raceday entry is \$12 & \$5.

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DATE: January 7, 1989

PLACE: Fresno State University

Clinicians: RAY KIMBLE (Triple Jump),
SCOTT DAVIS (Promoting Track & Field),
CATHY WILSON (Intensifying Women's
Training), TERRY FRANSON (400m
Development & Throwing Events), ROBERTO
PARKER (Strength Development), JAN
JOHNSON (Pole Vault).

For information contact:

Bob Fraley
Fresno State University
(209) 294-4098

or
California Track
& Running News
(209) 255-4904



Schedule

1110, (408) 287-3785.

Auburn: Bear of a Run, 5 & 10K and 2.1 Mi. Family Stride, Gold Country Fairgrounds, 9 a.m. Children's Home Society, 2200 - 21st St., Sacramento 95818. (916) 452-4672.

Los Angeles: Solidarity Free World 5 & 10K Runs, Griffith Park, 8 a.m. Solidarity Free World Run, P.O. Box 492, Whittier 90608.

South El Monte: San Gabriel River 10 Mile Turkey Trot, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 494-0394.

Malibu: Lasse Viren Finlandia Cheese Invitational 20K, Point Magu State Park (9000 W. Pacific Coast Hwy), 10 a.m. Finish Invitational, P.O. Box 6123, Ventura 93006.

Riverside: Mission Inn 10K Runs, 3739 South St., Rive4rside 92501. (714) 781-8241.

Long Beach: CRI Long Beach Shoreline Half-Marathon & 1 Mi., Center at Ocean Blvd. (Long Beach Convention Center), 7:30 a.m. CRI, 1500 E. Anaheim St., Long Beach 90813. (213) 591-0539.

Santa Ana: Santa Ana's Turkey Trot 5K and Half-Marathon, Centennial Regional Park (1800 So. Fairview), 8 a.m. Santa Ana City Hall, Recreation Services, P.O. Box 1988, Santa Ana 92702. (714) 549-6887, Larry Chavez.

San Diego: Tri-City Medical Center 5K, 8 a.m. Contact: (619) 483-9501.

Las Vegas: Bonfiglio's Corner Store Veteran's Benefit 5 Mi., and 2 Mi. Fun Run, Durango and Saraha, 8 a.m. Contact: Ron (702) 876-5558.

Columbus, OH: Columbus Marathon. Columbus Marathon Office, 6290 Busch Blvd., Suite 20, Columbus, OH 43229 (614) 433-0395.

National City: National City Fun Run, 5 & 10K, 2700 E. Fourth Street, 3 p.m. Margo Petrone. (619) 267-8990.

November 19 (Saturday):

So. San Francisco: Thanksgiving Fun Run, 4.3 Mi. (Approx.), Orange Park (Tennis Dr.), 9 a.m. Richard Janal, S.S.F. Parks & Recreation Dept., P.O. Box 711, So. San Francisco 94080. (415) 877-8560.

Los Altos: Rancho San Antonio 1/3 Marathon, 5.5 Mi., Rancho San Antonio Open Space Preserve, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Davis: Yolo General Hospital Turkey Trot, 5 & 10K, behind City Hall ("B" St.), 8:30 a.m./

5K, 9 a.m. Change of Pace, 1260 Lake Blvd., Suite 200, Davis 95616. (916) 757-2012.

Lompoc: LVDC Turkey Trot 5 & 10K, 8:30 a.m./5K, 9:15 a.m. John Perkins, 3304 Via Dona, Lompoc 93436. (805) 733-1767.

Pico Rivera: 5 & 10K Turkey Trot, Smith Park (9110 Mines Ave.), 8:45 a.m./5K, 9:45 a.m. Norma Salinas, City of Pico Rivera, Box 1016, Pico Rivera 90660. (213) 692-3222.

Los Angeles: Ladera Heights Civic Association 1 & 5K Runs, Corning & W. 64th St., 8:30 a.m./5K, 9:15 a.m. Ladera Heights Civic Assoc., P.O. Box 7442, Culver City 90233. (213) 645-2878.

Marina del Rey: Marina Breakers 3 & 10K, 8 a.m. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Acton: "Run for Sobriety" 5 & 10K and 1 Mi. Walk, Acton Rehab Center, 8 a.m. Acton Rehab Center, P.O. Box 25, Acton 93510. (805) 947-4191, Lynne or Suzanne).

Yucaipa: Turkey Runs, 2 & 4 Mi., 7/10 Mi. (6-9 yrs.), Yucaipa Regional Park on Oak Glen Rd., 9 a.m. CSA, P.O. Box 337, Yucaipa 92399. (714) 797-0284.

San Gabriel: City of San Gabriel Turkey Trot, 5 & 10K, Wells & Ramona, 7:30 a.m. Kim Seltzer, City of San Gabriel, 250 So. Mission Dr., San Gabriel 91776. (818) 308-2875.

Los Altos: Rancho San Antonio 1/3 Marathon (8.75 Mi) and 5.5 Mile Wilderness Run, Rancho San Antonio County Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Lemoore: Footsteps For the Future, 3 & 10K Run, Jack Stone's Ranch (20500 Lacey Blvd.), 8 a.m. United Cerebral Palsy, Parent Child Development Program, 606 W. Sixth St., Hanford 93230. (209) 584-1551.

Rialto: Rialto Rotary 5K, Rialto City Park, 8 a.m. Race Central, P.O. Box 828, Rialto 92377.

Poway: Lake Poway Turkey Trot, 5K, Espola Rd., 8 a.m. Kelley Clark (619) 748-6600, x254.

Arroyo Grande: Turkey Trot Fun Run, 4.1 Mi, 8 a.m., Arroyo Grande High School Track. Arroyo Grande Recreation Department. 489-1303, x149, or 489-1075.

November 20 (Sunday):

Holmdel, NJ: Masters Nat'l TAC 10K X-Country Championships. Time TBA. Ron Salvio, 116-A Highway 33, Englishtown, NJ 07726 (609) 259-9268.

San Francisco: Pacific Rim Marathon & 10K. Golden Gate Park. (DeYoung Museum)

(10K: Legion of Honor), 8am. Pacific Rim Marathon, P.O. Box 416, Belmont 94002. (415) 696-4950.

San Francisco: DSE Ferry Bldg. Run, 3.83 Mi., Hyde & Jefferson, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Francisco: Pro Bowl Super Series, 5K, Polo Fields (Golden Gate Park), 9 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

Santa Cruz: Turkey Trot 10K & 1 Mi. Kids Run, Natural Bridges Dr. & Delaware, 8:30 a.m./1 Mi., 9 a.m. Santa Cruz Recr. Dept., 346 Church St., Santa Cruz 95060. (408) 429-3477.

Pleasant Hill: Turkey Trot, 8.1 Mi., Briones Regional Park (Bear Creek entrance), 9 a.m. Pleasant Hill Rec. & Park District, 147 Gregory Ln., Pleasant Hill 94523. (415) 682-0896.

South El Monte: San Gabriel River 3 Mile Turkey Trot, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Riverside: Great American Smokeout 5 & 10K and Half-Marathon, Polytechnic High School (Victoria & Central), 8 a.m. American Cancer Society, 2060 Chicago Ave., Riverside 92507. (714) 824-2724.

Palm Springs: Tram Road 6K Challenge, North Palm Canyon & Tram Rd., 8 a.m. Tram Road Challenge, Box 638, Morongo Valley 92256. (619) 363-7829.

Pasadena: Diabetes Treatment Center 5 & 10K and 1 Mi., Rose Bowl (Arroyo Blvd., South of Seco), 8 a.m. Diabetes Treatment Center, 1509 Wilson Terr., Glendale 91206. (818) 500-0256.

San Pedro: Conquer the Bridge 10K, Harbor & Sixth Sts., 8 a.m. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Newport Beach: Newport Classic, 5 & 10K, Fashion Island, 7:30 a.m. Info: (714) 548-8784.

San Diego: Mission Bay 25K, East Fiesta Island (Mission Bay), 7 a.m. Joni Pendleton: (619) 287-8694.

San Diego: San Diego Harbor 10K & 2 Mi., Seaport Village, 7:30 a.m. Lyn Lacey: (619) 236-0842.

Las Vegas: Turkey Trot 10K, Caesar's Palace, Time TBA. Contact: (702) 382-3496.

Ventura: SCA/TAC 25K Championships, Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104, days.

Schedule

Stanford: Theta Breakers 10K, Stanford Stadium (Gate 2), 8 a.m. Theta Breakers 10K, P.O. Box 8884, Stanford 94309. (415) 365-3093.

November 24 (Thursday):

Cerritos: Thanksgiving Day 5K & 1 Mi. Fun Run, Cerritos Regional Park (19700 Bloomfield), 9:30 a.m./5K, 10:45 a.m. Barry Hamilton, 118 Winston St., Los Angeles 90013. (213) 625-2565.

San Francisco: Fleet Feet Pie Race, 5 Mi., Marina Green, 9 a.m. Fleet Feet, Attn: Darcie, 2086 Chestnut Street, San Francisco 94123. (415) 921-7188.

San Luis Obispo: Hunger Project 10 Mile, 990 Industrial Way, 8 a.m. Pete Dorn, 1365 Cazadero, San Luis Obispo 93401. (805) 543-4723.

November 25 (Friday):

Raleigh, NC: Nat'l TAC Masters 5K X-Country Championships. Time TBA. Bob Baxter, 800 Purdue St., Raleigh, NC 27609 (919) 872-4450.

November 26 (Saturday):

Raleigh, NC: Nat'l TAC Sr. Men's 10K X-C, Sr. Women's 6K X-C, Jr. Women's 5K X-C Championships. Time TBA. Same contact as November 25 above.

Oakland: Sri Chinmoy 24-Hour Run, Edgewater Dr., 8 a.m. Giribar DeAngelo, 951 W. Dana St., Mt. View 94041. (415) 964-6372, 962-9677.

Mill Valley: Quadruple Dipsea, 28.4 Mi., Old Mill Park to Stinson Beach and back (2 times), very hilly trails, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611. (415) 842-5268.

So. El Monte: Legg Lake 5K Turkey Trot,

9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

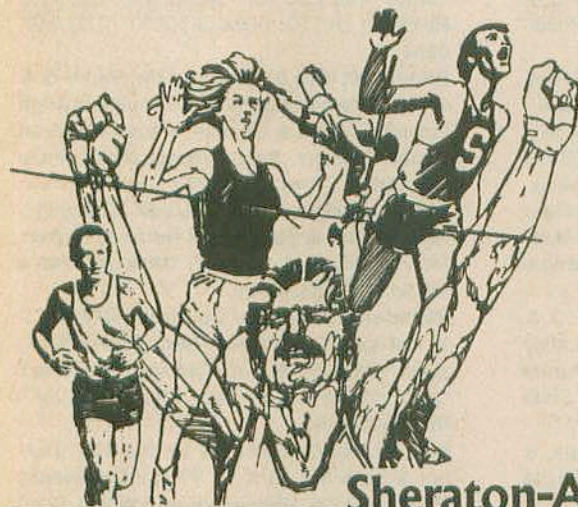
East Los Angeles: Christmas Parade 3K Run, Whittier & Berger, 1 p.m. (for high school & under only). Carlos Alfaro, 529 El Centro St., So. Pasadena 91030. Jose Avila: 263-7373.

Las Vegas: LVTC 5 Mile, Silver Bowl (Tropicana & Boulder Hwy.), 9 a.m. Contact: (702) 382-3496.

Atascadero: Lakeside Endurance 50-Mile Run (also 30 Mi.) San Antonio Lake, 6:30 a.m. Bill & Sandy Obermeyer, 4800 Carizzo Rd., Atascadero 93422. (805) 466-6664.

November 27 (Sunday):

San Francisco: Run to the Far Side IV, 10K & 5K Run/Walk, Golden Gate Park (Academy of Sciences), 9 a.m. California Academy of Sciences, Golden Gate Park, San Francisco 94118. RhodyCo Productions:



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REGISTRATION: 8 a.m. to 5:30 p.m., Saturday, January 21.
(Program will begin at 9:00 a.m.)

CLINIC FEES: \$50.00 Pre-registration fee (fee is required by January 15). Persons registering at the door must pay \$60.00.

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Editor/Soviet Sports Review
Author 500 Articles

JAY SILVESTER
Brigham Young University
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Former World Record Holder (Discus)

Schedule

(415) 750-7142.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Evelyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Ventura: Hacienda's 5 & 10K Run For Recovery, Ventura State Beach (Harbor Blvd.), 8 a.m. Hacienda Help Services, Inc., 1019 E. Santa Clara St., Ventura 93001. (805) 648-3157.

Pasadena: 5K Doo Dah Run, Plaza Pasadena Pkwy. (Colorado & Garfield), 8 a.m. Five Acres, 760 W. Mountain View St., Altadena 91001. (213) 975-5786.

South El Monte: San Gabriel River 3 Mile Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Villa Park: Villa Park Half-Marathon, 1/2 Mile, 2 Mi. & 5 Mi., Villa Park High School, 7:45 a.m./1/2 Mi. (9 & U), 8 a.m./2 Mi., 8:30 a.m. Orange Flyers T.C., 2733 Villa Vista, Orange 92667. Bill Holt: (714) 774-3959-B.

Los Angeles: TAC National Masters 15K Cross-Country Championships, Location & Time TBA. Bruce Robinson, 6322 Eileen Ave., Los Angeles 90043. (213) 291-4045.

December 3 (Saturday):

Fresno: Kinney X-C Western Regional. 5K. (Limited to high school X-C runners) Woodward Park. Bill Cockerham, 4957 E. Heaton, Fresno 93727 (209) 456-0535.

Sacramento: Kenny King Fun Run, 5K, Cal Expo, 9 a.m. California International Marathon, P.O. Box 1611449, Sacramento 95816. (916) 447-2786.

Antioch: Holiday Run, Criterium & Swim, 3 Mi. & 10K Run, 1.5 Mi. Swim, 20 or 40 Mi. Bike, 9 a.m. George Hamm, P.O. Box 8007, Walnut Creek 94596. (415) 933-5111.

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

Oxnard: Jingle Bell 5K & 1Mi. Walk/Run, Oxnard High School, Time TBA. Lorraine Mercado, 325 So. A Street, Oxnard Rec. Dept., Oxnard 93030. (805) 984-4643.

Redondo Beach: Los Angeles Raiders 5K, (part of Pro Bowl Super Series), Veterans Park, 8 a.m. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

San Diego: Balboa Park Boogie (Somen's Only Run) and Balboa Park Men's Run, 5K,

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6th & Laurel, 7:30 a.m./Women, 8 a.m./Men. Sharon Greiner: (619) 440-1206.

Coronado: Christmas in Coronado 10K & 2 Mi., 7th & Orange, 8 a.m. Bud Reza: (619) 437-4556.

Las Vegas, NV: Las Vegas T.C. 20K & 5 Mi., Sunset Park, 8 a.m. Info: (702) 382-3496.

December 4 (Sunday):

Folsom: International Marathon. Folsom Dam. 7 a.m. (NATL TAC MASTERS CHAMPIONSHIPS AND PA/TAC CHAMPIONSHIPS all divisions). SLDR, PO Box 161149, Sacramento 95816 (916) 447-2786.

San Francisco: Nike San Francisco Half-Marathon, Golden Gate Park (JFK Dr. & Stow Lake Dr.), 8 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

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

Oakland: Jingle Bell Run, 5 Mi., City Center Plaza (12th & Broadway), 8:30 a.m. Arthritis Foundation, 3732 Mt. Diablo Blvd., Suite 270, Lafayette 94549. (415) 283-6593.

San Lorenzo: Sleigh Bell Dash & Sugar Plum Prance, 10K & 5K Run/Walk, Life Chiropractic West, 9 a.m. Life Chiropractic West, 2005 Via Barrett, San Lorenzo 94580. Rhodyco Productions: (415) 276-9013.

Lake Perris: Lake Perris 5K & 15K Runs, 8 a.m. Lake Perris Runs, P.O. Box 56473, Riverside 92517. (714) 781-7874.

So. El Monte: Legg Lake 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Culver City: Western Hemisphere Marathon, Veterans Auditorium (9770 Culver Blvd.), 8 a.m. Jack Nakanishi, 4117 Overland Ave., Culver City 90230. (213) 202-5689.

December 10 (Saturday)

San Diego: Kinney Cross Country Championships. 5K (High school X-C runners) Balboa Park. Runners must have qualified at their Regional Championship—see Dec. 3 above. KCCC Headquarters (212) 720-3752.

Angel Island: Hark the Herald Angels Run, 12.25K, 10:30 a.m. (Ferry leaves Tiburon at 10 a.m.). Tri-Sports: (415) 540-7008.

Kingsburg: Lucia Day Mile, 10:45 a.m. (Pre-registration only). Dave/Margie Meyer, 1425 Simpson, Kingsburg 93631. (209) 897-5808, days.

Alta Loma: Bud Light Tinsel Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, Chaffey College, Time TBA. Rob Hogan, 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

Thousand Oaks: Barons' 5K Cross Country Classic, Mountclef, 10 a.m., Mike Shriver, Lutheran High School, 225 Ylysses St., Simi Valley 93065. (805) 522-8108, days.

So. El Monte: San Gabriel River 10 Mile Run, 7:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

South Pasadena: Tiger Runs, 5 & 10K, So. Pasadena H.S., Gym on Diamond, 8 a.m. Harry Gerst, 1401 Fremont Ave., So. Pasadena 91030. (213) 258-4008.

Las Vegas, NV: Santa Claus 5 Mi., Silver Bowl (near Tropicana & Boulder Highway), 9 a.m. Info: (702) 382-3496.

San Francisco: Hunter S. Thompson Invitational 50 Miler, top of Twin Peaks (49-Mile Scenic Dr. plus 1 Mi.), 7 a.m. Pat Shaugh-



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SAN FRANCISCO
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SAN RAFAEL
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SANTA CLARA
 Ryan's Sports
SANTA CRUZ
 Jerry's Sports
 Johnny's Sport Shop
SANTA ROSA
 Runner's Feet
 Sports-a-Foot
SONORA
 Clint's Sports
TRUCKEE
 Alpenglow Sports
UKIAH
 Sports-a-Foot
WALNUT CREEK
 Fleet Feet
YUBA CITY
 Trio Sports

Schedule

nessy, 202 Downey St., San Francisco 94117. (415) 661-8497.

Long Beach: Winter Decathlon/Heptathlon. Long Beach State, 8 a.m. Ralph Lindeman, Cal State Univ. Long Beach, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666. 94087

December 11(Sunday):

San Diego: San Diego Marathon, Balboa Park, 7 a.m. In Motion, 2204 Garnet, Suite 303, San Diego 92109. (619) 483-9501.

Sab Francisco: Christmas Carol Charity Run, 5 & 10K, 8:30 a.m. Info: (415) 393-4987.

San Francisco: DSE Lake Merced Run (Double), 9.2 Mi., Sunset Blvd. Parking Lot, 10 a.m. (Kid's 0.6 Mi. at 9:30 a.m.). Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Francisco: San Francisco Miracle Mile, Golden Gate Park (Rainbow Falls on JFK Dr.), 9 a.m. (Benefits Martin DePorres House to feed the hungry). Bill Dake: (415) 583-6268 (H).

San Francisco: 10K Christmas Classic, Golden Gate Park, north end of Polo Fields, 9:30 a.m. (Benefits Martin DePorres House to feed the hungry). Bill Dake: (415) 583-6268.

So. El Monte: 5K Rainbow Trout Legg Lake Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

McFarland. Christmas Run. 2 & 4 Mile. 1 p.m. Perkins Avenue. Gary Farrell (805) 792-3187 (days).

December 17 (Saturday):

Pt. Reyes: Inverness Ridge Christmas 25K, Bear Valley to Palomarin, 9 a.m. (200 limit). Tri-Sports, 21 Live Oak, Berkeley 94705.

So. El Monte: 8K George Guerrero Legg Lake Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: LVTC/Lite Mini-Marathon, 13.1 Mi., Hacienda Hotel & Casino (to Nender-son), 7:30 a.m. Las Vegas TC, 6252 Clarice Ave., Las Vegas, NV 89107. (702) 870-8269.

Sanger: Sanger Pre-Christmas Run. 3 miles (prediction) and 6 miles. 9:30 a.m. Madison School, corner of Cherry & Bethel. Sanger Striders Track Club, 10518 E. California Ave., Sanger 93657. (209) 875-4072.

December 18 (Sunday):

San Francisco: 15th Annual Christmas Relays, 4x4; 464 Miles, Lake Merced (Sunset Blvd. Parking Lot), 9 a.m. West Valley TC, c/o Marc Lund, 1433 Norman Dr., Sunnyvale 94087. Sue Lee: (415) 284-4247.

San Francisco: DSE Golden Gate Vista Run, 5.04 Mi., Legion of Honor (34th Ave. & Clement), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

So. El Monte: Christmas 5K Legg Lake Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Agoura: SCA/TAC 5K Cross-Country Championship, Paramount Ranch, 10 a.m. (no pre-entry). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

San Diego: Festival of Lights 10K & 2 Mi., Balboa Park, 7:30 a.m. Sam Cohen: (619) 583-3300.

December 24 (Saturday)

So. El Monte: 5K Feliz Navidad Legg Lake Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Las Vegas TC 30-Minute Run, Univ. of Nevada, 9 a.m. Info: (702) 382-3496.

December 25 (Sunday):

San Francisco: DSE Christmas Blind Date Relays, 2 x 2 Mi. (male/female), Golden Gate Park (Stow Lake Boathouse), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

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

December 31 (Saturday):

Los Altos Hills: Foothill College Midnight Run, 5K, 12 midnight. Joe Mangan, Foothill College Track Coach, 12345 El Monte Rd., Los Altos 94022. (415) 960-4354.

San Francisco: First Run 5K, Crissy Field (Presidio), midnight. J. Murphy, Eiger Communications, 340 Townsend, Suite 406, San Francisco 94107. (415) 243-0465.

Muir Beach: New Year's Resolution Run, 12K & 31K, (12K starts at Mtn. Home Inn; 31K starts at Muir Beach), 9 a.m./31K, 12K/10 a.m. Info: (415) 540-7008.

So. El Monte: Legg Lake Fin de Ano 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reich-

Schedule

ling Lane, Pico Rivera 90660. (213) 949-0394.
San Diego: Resolution Run, 5K & 1 Mile, Balboa Park (6th & Laurel) 12:15 p.m. Roger Martin: (619) 232-7451.

San Diego: New Year's Fun Run, Distance TBA, Mission Bay Boardwalk, 11:45 p.m. Movin' Shoes: (619) 488-2310.

Las Vegas: Las Vegas TC 5 Mile, Industrial & Blue Diamond Rds., 9 a.m. Info: (702) 382-3496.

January 1 (Sunday):

San Francisco: DSE Hangover Run, 3.53 Mi., Golden Gate Bridge (lower parking lot), 10 a.m. Jim Skphammer, 666 Orange St., Daly City 94014. (415) 994-5727.

So. El Monte: Legg Lake 5K Resolution Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Mission Bay 5K, South of Hilton Hotel, 8 a.m. Tim Murphy: (619) 275-5440.

January 7 (Saturday):

Ventura: Buena 4 Mile & 1 Mile Runs, Buena Ventura State Beach, 9 a.m. Steve & Debbie Blum, 705 Utica, Ventura 93004. (805) 652-1744.

So. El Monte: San Gabriel River Cougar 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Balboa Hospital 10K & 2 Mile, Naval Hospital, 7:30 a.m. Kathy Loper: (619) 437-4667.

Las Vegas, NV: Las Vegas TC 10K, Silver Bowl (Tropicana & Boulder Hwy.), 9 a.m. Info: (702) 382-3496.

January 8 (Sunday):

Stockton: California 10, 10 Miles, 9 a.m. Sundance R.C., P.O. Box 4802, Stockton 95204. (209) 474-7395.

Oakland: Dr. Martin Luther King, Jr. Birthday Run, 5 & 10K, Lake Merritt (boathouse at 568 Bellevue), 9 a.m. Tony Charles, Good Cause, Inc., P.O. Box 5297, Oakland 94605. (415) 636-1664.

So. El Monte: Legg Lake 8K Morning Bass Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660 (213) 949-0394.

January 14 (Saturday):

Pt. Reyes: Pt. Reyes Trail Marathon, Five

Brooks, 9 a.m. (200 Limit). Tri-Sports, 21 Live Oak, Berkeley 94705.

Fontana: Fontana Triathlon, 5K Run, 15K Bike, 75 Yd. Swim, Time TBA. City of Fontana Parks & Recreation, 9460 Sierra Ave., Fontana 92335. (714) 350-7635.

So. El Monte: 3 Mile San Gabriel River Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: McClassic 10K & 2 Mi. Fun Run, plus 1 Mi. Kid's Run, South of Hilton Hotel, 8 a.m./10K & 2 Mi., 9:15 a.m./1 Mi. Tim Murphy: (619) 275-5440.

Las Vegas, NV: Las Vegas TC 5K Championship, Silver Bowl (Tropicana & Boulder Hwy.), 9 a.m. Info: (702) 382-3496.

January 15 (Sunday):

San Francisco: San Francisco Zoo Run, 3 & 7 Mi., 8 a.m./7 Mi., 9 a.m. San Francisco Zoological Society, Sloat Blvd. & Great Hwy., San Francisco 94132. (415) 661-2023.

Goleta: Sri Chinmoy Marathon, Santa Barbara Research Park, 7:30 a.m. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 968-5881 or 685-3325.

So. El Monte: L.A. 10 Mile County Run, San Gabriel River, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394

January 21 (Saturday):

Grand Bahama Island, Bahamas. Bahamas Princess 10K. 9 a.m. Prize money. Laura Godet, PO Box 592258 AMF, Miami, FL 33159 (809) 352-6721, ext. 4600 or Bahamas Sports (800) 327-7678.

Los Altos: Willy's Road Race, 1 & 5 Mi., St. William School (401 Rosita Ave.), 9:30 a.m./1 Mi., 10 a.m. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

San Francisco: Ruth Anderson 100K, Lake Merced (Sunset Blvd. parking lot), 6:30 a.m. Dick Collins, 1015 Hollywood Ave. Oakland 94602. (415) 530-6634.

So. El Monte: 3 Mile San Gabriel River Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Agoura Hills: The Great Race of Agoura, 2K, 5K & 10K, Thousand Oaks Blvd. & Kanan Rd., 7:30 a.m./5K, 8:30 a.m./10K, 9:30 a.m./2K. The Great Race of Agoura, 5699 Kanan Rd., Agoura Hills 91301. Mike Fazco: (818) 707-2243.

Las Vegas, NV: Las Vegas TC 25K & 5Mi. Tule Springs (Floyd Lamb State Park), 8 a.m. Info: (702) 382-3496.

January 22 (Sunday):

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Lake Merritt Joggers & Striders, 3136 California St., Oakland 94602. (415) 530-9151 or 237-8084.

San Jose: Super Bowl Sunday 10K, Location TBA, 9 a.m. Don Ramos, 839 Garden Dr., San Jose 95126. (408) 296-7231.

Redondo Beach: Super Bowl Sunday 10K Run, Redondo Beach Marina (near Seaside Lagoon), Time TBA. Redondo Beach Chamber of Commerce, 1215 N. Catalina Ave., Redondo Beach 90277. (213) 376-6911.

So. El Monte: 5K Legg Lake Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Super Run VIII, 10K & 2 Mi., LJV Square, 8 a.m. Steve Holliday: (619) 437-4556.

Tucson, AZ: Tucson Marathon, Rita Ranch Development (south of Houghton), 8 a.m. So. Arizona Roadrunners Club, P.O. Box 40728, Tucson, AZ 85717. (602) 744-6256.

January 28 (Saturday):

So. El Monte: Legg Lake 5K Loop, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Paramount: Paramount 10K Run & 1 Mile Fun Run, Progress Park, 8 a.m. (Note: Special World Masters Division... pre-registration only by Jan. 23 with qualifying standards for each age-group). Paramount 10K, 15734 Paramount Blvd., Paramount 90723. (213) 531-3503.

San Diego: Dragon Runs, 1K & 5K, Balboa Park, & 30 a.m. George Yee: (619) 437-4556.

January 29 (Sunday):

So. El Monte: Legg Lake Pico Rivera Anniversary 8K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

February 4 (Saturday):

Jean, NV: Las Vegas TC Marathon, 7:30 a.m. Info: (702) 382-3496.

SoCal Diary

By BILL MINARIK

September 11

The Fresno Community College Invitational officially opened up cross-country season last Saturday at Woodward Park, and if the results of the mens competition are any indication of things to come, this season will be a real nail-biter. The mens teams from Taft and Trade Tech ran to an 86-86 tie with Taft being given the #1 spot based on best 6th man. The womens division saw Mt. SAC run away from runner-up Cuesta by a 55-86 count.

Down at U.C. Irvine, the Woodbridge Invitational opened the prep season with girls teams from San Clemente, Palos Verdes, and Woodbridge taking home the gold along with boys senior teams from Upland, Corona del Mar, and South Pasadena.

September 18

Top billing for the week-end's cross country action went to the Fresno Invitational where the UCLA men were surprise 57-87 victors over runner-up Arizona. The Bruins were lead by the 2nd place effort of Mark Dani who was just a step behind Cal's Calvin Gaziano. The UC Berkeley women were easy 24-56 victors over runner-up Fresno State.

At the Chapman Invitational, Fresno Pacific destroyed the men's field en route to a 27-122 route of runner-up Redlands, while the Pepperdine women eased past C/S San Bernardino 60-77.

The Royal High School Invitational saw boys teams from Camarillo and Lompoc come away easy winners, while girls teams from Palos Verdes and Lompoc also coasted home first.

October 3

The Stanford Cardinal men may have finally come of age as was evidenced by their runaway 27-98 win over runner-up Arizona at the Stanford Invitational. It appears that Eric and Mark Mastilir are finally realizing their potential as collegian harriers as their 3rd and 7th place finishes will attest to. Individually, for the 2nd consecutive Invitational Cal's Calvin Gaziano was just a step ahead of UCLA's Mark Dani for first. The USC men were a sur-

prising fourth here behind UCLA which proves the Trojans are for real.

The women's race turned out to be a real nail-biter with Arkansas just edging Texas 67-68 with Cal and UCLA close behind.

On the High School level, Canyon, Burbank, and Mountain View boys team were winners at the Kenny Staub Invitational while Palos Verdes and Newbury Park captured girls honors.

The Warren Invitational saw St. John Bosco and St. Anthony come home boys winners while Long Beach Wilson and Lezinger took female honors.

The Olympic Games have come and gone and as usual the Track & Field portion provided a number of high and low points.

On the positive side, Florence Griffith-Joyner showed the world that the Olympic Trials were no fluke as she ran faster than half the male sprinters while lowering the world record in the 200 to an unreachable 21.34 enroute to a 3 gold medal performance. Florence's sister-in-law Jackie Joyner-Kersey continued to amaze people with an unprecedented heptathlon-long jump double gold while uping her world record in the former. The biggest individual surprise however had to be Louise Ritter winning the high jump gold with a P.R. equaling 6-8. On the team side, the women's 1600m Relay saw a remarkable turnaround for the U.S. after a dis-

mal performance in the finals of the open 400.

After all 3 U.S. entrants had qualified for the finals with sub-50s, they all ran 50+ to finish out of the money in the finals. However in the 4x400, they teamed with Florence Griffith-Joyner to all go sub-50 and break the former world record of the East Germans, only to have the Soviets do a little bit better thanks to a sub-48 anchor leg.

On the down side, the 4x100 relay team preparation for passing was the worst I had ever seen with both teams being thrown together just before the various races. The results were predictable with the men's team being DQed in the semis for passing out of the zone and the women winning the gold only because the East Germans were over the hill.

The U.S. 100 meter hurdle entrants, after being consistently sub-13 during their regular seasons, never broke 13 at Seoul and DQed for the finals.

Mary Slaney has just about run out of excuses and may be through unless she gets her head together.

The members of the women's 4x400 team who didn't run in the finals should be ashamed of themselves for complaining about Florence Griffith-Joyner being put in the finals. None of the complainers were capable of going 48.1 and they all got the same medals so the whole thing just seems like jealousy to me.

Trojans 21 ~ Irish 34

"You have to go back to the 1968 team's 3rd place NCAA finish to find a bigger day in Trojan cross country. Like the Dodgers--no one gave us a chance. We beat a team that was 7th in last year's NCAA and ranked among the top this year. However, our team remembered the embarrassment of last year's initial meet in South Bend and they ran like possessed Trojans. Mayiek's course record performance was extraordinary, but Garcia, Griffin and Valenti showed excellent improvement over the course. Now, with the PAC 10s only 10 days away, we must use this momentum to our advantage."
--Larry Knuth

1. Mayiek (USC) 23:09.7, 2. Markezich (Notre Dame) 23:28.4, 3. Garcia (USC) 23:32.3, 4. Griffin (USC) 23:39.1, 5. Sloan (USC) 23:52.0, 6. O'Rourke (ND) 24:11.5, 7. Garrett (ND) 24:11.8, 8. Valenti (USC) 24:16.8, 9. Cahill (ND) 24:21.5, 10. Mulvey (ND) 24:42.8



USC TROJANS-- Front Row (l to r): Tom Piazza, Mitchell, Sloan, Matt McCarthy, Dave Beaudet. Back Row (l to r): Sam Huizar, Adolfo Garcia, Fredson Mayiak, Coach Larry Knuth, Rob Clarke, Ray Griffin, Drexel Valenti.

Keeping Pace

By MARK WINITZ



The Big Four-Oh-Oh

When will a Master run a sub-4 mile?
It's only a matter of time.

IT WAS PROBABLY THE MOST memorable moment in track and field history. May 6, 1954. A mildly windy and rainy early evening at the Iffley Road track at Oxford. For nine years the world had stuck with Gunder Haag's 4:01.3 world record for four laps. No miler had come any closer to what a 25-year-old, 6' 1", 154-pound English medical student would prove was not impossible on that historic eve over three decades ago. Roger Bannister's 3:59.4 before 1,200 screaming spectators not only broke the magic 4-minute barrier, it also lowered the record by nearly 2 seconds, setting off a barrage of sub-4s—a virtual revolution in miling. Only six weeks after Bannister's breakthrough, Australian John Landy ran 3:57. Many would follow.

Today, we are on the brink of another revolution in miling. The fours and ohs are coming around again, and they may well be in the legs of those runners who were only crawling when Bannister was dancing. For masters, the glory days in the mile are coming. And they're coming fast. The perfect run, which many say is not too far distant, may well become four (laps) by four (minutes) by 40 (year olds).

A growing number of top track meets are latching onto masters miles. They are anticipating and responding to the maturing of a mass of baby boomers whose "Legends" have recently turned, or are about to turn, the Big Four-Oh. Most of us know the names: Jim Ryun, Gerry Lindgren, Kenny Moore, Frank Shorter, Bob Schul, Tracy Smith. Since they've turned 40 we've seen them tackle, but not particularly blitz, four laps both indoors and out. We reminisced. We watched the Legends mix it up with an impressive group of lesser-billed but talented and resurgent masters at the last two Millrose Games in Madison Square Garden and in an equally impressive Legends Mile at the University of Oregon's Hayward Field last year. Then, last August, five masters milers eclipsed the previous world record in the ICI Legends Mile at the TAC National Masters Track & Field

Championships in Orlando, Florida.

O.K. We've been reintroduced to the great ones. Now it's time to get down to the business about which track is all about—the records.

The unofficial world "record" in a mile by a man over forty is 4:11.0. That was set by Michigan's Bill Stewart, indoors, when he turned 40 back in 1983. Officially, Great Britain's Ron Bell has run the fastest mile ever by a master. Prior to Orlando, Bell had set the official world standard—a 4:16.2 set outdoors in 1987. Then he led the charge at the ICI event, breaking his own record by scoring a 4:12.58.

Yet most agree that we are still only scratching the surface of fast tracks. The current marks are considered soft and ripe for picking by a bushful of masters men. There is little doubt that a 4:09 or 4:10 is on the near horizon, with swifter times rapidly forthcoming.

The real optimists have their eyes on the masters sub-4—a time seemingly within reach of a handful of competitive elite men on the brink of turning the age bracket where new goals, rewards, and dreams are as near as the next race.

I had many long conversations with a cross section of men who have already made, are destined to make, or have a fair chance of making marks on this new era of masters middle-distance running. I can't do justice to their many insights here, but I'll try. (My phone bill will have to tell the rest of the story.)

BREAKING FOUR-OH-OH

Tracy Smith, 42, set a new record for masters competition in the indoor mile when he won the 1987 Millrose Games Master's Mile in 4:20:00. He subsequently ran 4:18.6. The former Olympian who placed 11th in the 10,000 at the 1968 Games and who held the world indoor 3-mile record three times, trains in the high mountains surrounding his home in Bishop, California. He likes hard interval ses-

sions but has curtailed his training due to persistent plantar fasciitis in one foot.

"The problem with running a fast mile now in an all-masters field, is that the pace just goes out too slow," comments Smith. "I think I was ready to run a 4:12 in New York, but you get out there and you don't want to lead the whole way. Most of the masters guys just aren't ready to run that fast."

For that reason Smith would like to see more opportunities for fast masters to run in some of the more competitive "open" miles. In fact, he feels that for a master to even approach sub-4, he needs the faster competition of younger runners. "That's the big question," says Smith. "Will a 'sub' have to be run in masters-only competition?"

According to Pete Mundle—the man who keeps masters outdoor track and field records for TAC—it *doesn't* have to be. The major stipulation is that record performances must be timed by at least two watches, properly submitted to the governing body, and ratified. Open or all-masters doesn't matter.

Al Swenson, 41, returned to running in his mid 30's after competing in college as a miler. His main emphasis is "to keep running fun" as he works his training around a 60-hour work week as a drug and alcohol treatment therapist, and responsibilities as a single father.

As a master, he ran a 4:18 mile in the 1987 TAC Eastern Championships last year. He followed that with a 6th-place 4:17.05 at the ICI Legends Mile. And what is this Connecticut man's ultimate running goal? "It's the goal of every masters runner," he says, "to keep healthy."

"I think we're going to see a masters sub-4 minute mile maybe in the next two to four years," Swenson speculates. I don't know of any master right now who can run close to that. As far as upcoming masters, probably Mike Boit and Rod Dixon have a good chance."

Swenson believes that if the level of prize money becomes commensurate with the in-

Keeping Pace

interest in masters miling, it will draw some of the elites in their late 30's to point towards the mile as a goal down (or off) the road. "Especially if this one million dollar prize race for a masters sub-4 comes through," he reasons, "it might be worth it for a guy to gear his training toward the mile for a few years."

The race referred to by Swenson is actually a circuit proposed by a Southern California group of promoters that would include masters miles in a number of major meets in this country and Europe. Prize money, performance incentives (such as the million for a sub), and appearance funds would draw a variety of top masters competitors. While interest is plentiful, the major obstacle, as usual, is finding sponsors to back such a venture.

However, such conjurings are exactly on the right track. Meet directors and promoters must realize that you can't just gather a bunch of older guys together off the cuff and expect them to run a fast 1,760 yards. Top masters are finely tuned athletes, just like their younger counterparts. They must train in order to run fast races. They require a regular track season, with a number of prefatory races which build toward a peak.

But getting back to Dixon and Boit—what are the prospects of a sub-4 feat for this pair? They go back to the '72 Olympic Games, where Dixon finished third and Boit fourth in the 1,500-meter finals. Kenyan **Mike Bolt**, who has run sub-3:54.0 at least seven times, is the subject of much conjecture. He hasn't stopped competing at the "ripe" age of 39—that is, if you can believe his listed age. As is the case with other Kenyans, Boit can't prove his exact age due to a lack of official records. That may prove interesting if he should start claiming masters records next year. Boit currently holds official 35-39 age group records in both the mile and 1,500.

As for **Rod Dixon**, who just turned 38, one has to wonder if the New Zealander, who ran his best mile (3:53.62) and best 1,500 (3:33.89) more than a decade ago, has retained the leg-speed necessary for a sub-4 after many bouts on the roads in recent years.

According to Rod, he has. Nineteen eighty-seven was the first year that the Kiwi failed to run a competitive sub-4 (he counts road miles in competition), or the 1,500-meter equivalent of 3:43. "But I ran 3:44.5, which is darn close," he points out.

Make no mistake: Dixon is looking forward to the day he turns 40. In fact he already has a mile on his schedule in Stockholm on his

fortieth birthday, July 13, 1990. Although he's recently had some rehab work (arthroscopic surgery) done on both knees, he'll be back at it shortly. Also, he's added some deep water running in the pool to compliment his regular running.

Coincidentally, Dixon predicts the first masters sub-4 in about two or three years from now. Given more masters' opportunities, he expects to see "three or four of us" running

"You can't just gather a bunch of older guys together off the cuff and expect them to run a fast 1,760 yards. Top masters are finely tuned athletes...they must train in order to run fast races. They require a regular track season."

around 3:57 in three or four years.

In the meantime, he mentions his older brother, **John Dixon**, 41, as someone to definitely watch. The elder Dixon (who coaches Nancy Ditz) won the 1,500 at the 1987 World Veterans Games in Melbourne in 3:55.91. Then last August he left the dead of winter in New Zealand to run in the 88-degree, 95% humidity of Orlando. And he grabbed 4th, notching a 4:15.51. John should be tough at the mile for years.

Rod also mentions Australia's **Graham Crouch**, 40, who claims he's ready for 3:40 at the metric mile (he ran 3:39 two years ago and has a 3:34.2 PR). "Of course, the older we get, the better we talk bull," quips Dixon. But you wonder. . .

Another Kiwi to keep in mind is the perennial **John Walker**—first man to break 3:50 in the mile and the owner of over 120 sub-4s. He has less than four years before entering his fourth decade, as does Ireland's **Eamonn Coghlan** and the great German middle-distance runner, **Thomas Wessinhage**.

Of course, no list of great milers is complete without mentioning the first high schooler to run sub-4—**Jim Ryun**. I contacted Jim, who is now 41, at his Lawrence, Kansas home. Ryun, understandably, is sticking to his approach of years past—not making predictions about his performances.

At the height of his career, when he competed on three Olympic teams but did not win a gold medal, he was ceaselessly the subject

of great expectations. However, Ryun relates that his training is going well—better than when he ran his first track mile in 12 years with the Legends at Eugene last year.

"I ran under a lot of pressure in Eugene," he says, careful not to put the blame on anyone but himself, and simply citing the natural process of becoming reacquainted with the track. "But when I ran in the Millrose Games this year I told myself that if I was going to run

in masters track competition, it had to be somewhat fun again." It was, as he finished strongly in fifth with a 4:29.6.

MEN'S MASTERS RECORDS

AS OF OCTOBER, 1988

World Outdoor Mile

Ron Bell, Great Britain, 4:12.58
Byron Dyce, Gainesville, FL, 4:13.78
Derek Vaughn, Great Britain, 4:13.8*
Harry Nolan, Middletown, NJ, 4:15.38
John Dixon, New Zealand, 4:15.81
Ken Sparks, Cleveland, OH, 4:16.05
Ron Bell, Great Britain, 4:16.2
David Sirl, Australia, 4:16.75
* unofficial, not submitted

U.S. Outdoor Mile

Byron Dyce (see above)
Harry Nolan (see above)
Ken Sparks (see above)
Al Swenson, Wolcott, CT, 4:17.05
Web Loudat, Albuquerque, NM, 4:19.69
Steve Ferraz, San Francisco, CA, 4:20.34

World 1500 Meters

Michael Bernard, France, 3:52.0 (1972)

Keeping Pace

"Of course, I have some personal goals that I'd like to run (on the track) right now," he adds, "but I'm not ready to commit to them in public. If I were to say I can come back and set the world on fire and run under four minutes, that would look good in print, but it doesn't always work out quite like you want it to."

Ryun, however, is very vocal about his renewed enthusiasm for running, and in the growing interest in masters track competition. "I'm really amazed at how durable the body is," he replies to a question about the limitations that beset older-but-wiser runners. "On occasions now, if I feel an enormous amount of fatigue, I hop on my bike and put in 20 or 30 miles instead of staggering through a run. Consequently, I'm in very good health now, and I'm having very, very fine training sessions."

Jim Ryun is the kind of guy whose references you respect. He mentioned **Byron Dyce**, the former Olympian from Jamaica who just turned 40 and who is now a U.S. citizen, as someone to keep track of. When I talked to Ryun, word was out that Dyce was running in the 3:52 1,500-meter range. Byron confirmed the rumors several weeks later in Florida, challenging Bell in the final 220 yards, and finishing 2nd in 4:13.78 for a new American masters record. You should get more chances to see Dyce on the circuit if he stays healthy. He tends to train hard.

The name **Web Loudat** (pronounced Loo-

4:20.89) and the '88 Millrose competition (4:20.04). Loudat was definitely pointing toward Orlando when we spoke. He was confident enough to predict that at least four masters would go under Ron Bell's 4:16 WR in Florida. Five did. (In the sparkling field, Web placed 7th in 4:19.69.)

Loudat, who suffers from bunions on both feet, does very little training on the track. Instead, a portion of his 35-to-50 miles per week includes reps of various distances on a measured 500-yard flat straight through a local park.

Besides Boit, Loudat sees another Kenyan, **Wilson Waigwa**, in the sub-4 picture. "I'll bet he can run a 3:56 right now," he says of the man who is unofficially around 38 years old. Again, the verification of ages comes up in our conversation, with reservations expressed by Loudat about Kenyan masters marks being officially recorded.

"But it's the guys who have never stopped—the guys who have been able to earn a living from running—who are tuned to the max," observes Loudat. "They're the ones who will have no problem breaking four minutes once they turn 40. But these same guys are going to be injured real quick. I can see some of them being good for two or three races and then being so injured that they never run again. The quality of training that you have to do is tremendous. I don't think it's possible for a master to sustain it for very long."

It's going to take some significant financial incentives to see a masters sub-4.

--Steve Ferraz

daat), has recently stirred the interest of masters runners. Formerly a miler at the University of New Mexico (4:04) and NCAA All-American in the Steeple, Loudat quit running after college, then took it up again 10 years later.

His debut as a masters miler took place at (where else?) Millrose in '87, where he placed a distant second to Tracy Smith. He subsequently won both the Legends Mile in Eugene

San Franciscan, **Steve Ferraz**, 41, has a slightly different view of where masters four-lap success comes from. Formerly, a collegiate tennis player and later a pro, Ferraz took up running just eight years ago.

"It's going to take some significant financial incentives to see a masters sub-4," Ferraz believes.

Helping run a catering business at affluent late-night affairs and picking up a couple of

hundred bucks here and there in masters competition on the roads, as Ferraz does, aren't the ideal conditions for prefacing a fast mile.

"To train intensely enough to run a sub-4, you need to make sacrifices," says the impressive newcomer to masters ranks. "You have to sacrifice, for example, being a road runner. The training just isn't similar enough to do both well."

When it comes to hard anaerobic workouts, Ferraz feels he has an advantage over many of the longtime competitors who have vast experience and credentials. "My legs are still relatively fresh. I haven't done any of that hard marathon-type training that really beats you up. Over the last eight years of running, I've built up gradually."

All points well taken. Who says that you aren't going to run a sub-4 as a master if you haven't run one as a young colt? Already, Ferraz has run a 3:56.8 1,500 in an open invitational field as a master. And that was in far from ideal conditions with only three weeks of track-specific training behind him. As yet another blitzer in the ICI Legends Mile, Steve ran 4:20.34 (finishing a place ahead of Long Beach, CA's Ron Jensen). True, these times are a long way from the "four-mid-able" barrier, but just look at the potential in years to come, when this sort of mature man's flirtation with the Bannister challenge becomes more refined.

No doubt, we're going to get a plethora of experienced middle-distance-runners-turned-master who will lay the groundwork for all future masters milers, regardless of experience. Whether on park grounds, on the track, on the bicycle, or in the pool—they are going to set the training standards for future generations of masters milers.

And even the guys who talk more bull as they grow older are going to listen. Of course, by then the answer to today's big question will be indelibly etched in the record books. And soon we'll be asking, "Who will be the first 50-year-old to break four?"

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



More on the ICI/USRA Masters Circuit

This article has been reprinted (with additions about the latest Legends Mile in Orlando, Florida) with permission from *Masters Running 88*, a brand new annual magazine that serves as the official pro-

gram of the ICI/USRA Masters Circuit. The Circuit, organized by Dean Reinke with ICI (the fourth largest chemical company in the world) as title sponsor, consists of 14 of the country's top running events. It places special emphasis on the Masters (40 and over) division. Masters runners earn points toward a Grand Prix-style Circuit purse of \$20,000 by accumulating points from their best 7 performances among the 14 events. Coupled with the Grand Prix prize pool, the Circuit events individually will distribute over \$100,000 in total prize money.

The ICI/USRA Masters Circuit is now moving West. Its most recent addition is the Foundation 30K in Clarksburg, CA (near Sacramento, formerly the Pepsi 20 Miler and Clarksburg Classic). The

Foundation 30K was scheduled for November 13 and will serve as the 1988 TAC 30K National Masters Championship, with over \$5,000 of the total \$8,700 prize purse distributed to masters.

A free copy of the 96-page *Masters Running 88* may be obtained by sending \$1 for postage and handling to "Masters Running 88," 33A Martine Ct., Newark, DE 19711.

Entry information and invited runner inquiries for the ICI/USRA Masters Circuit can be obtained by writing Dean Reinke & Associates, 400 N. New York Avenue, Winter Park, FL 32789.

The Circuit's National Championship is scheduled for January 14, 1989 in Naples, Florida on a flat, fast and picturesque 8K course.

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PA-TAC Notes

By JOHN MANSOOR



Grand Prix Action Down to the Final Month!

Listed below are the Grand Prix standings thru the 15K Championships. With just three events left, and two of them are double point events, look for exciting finishes in most categories! Work has already begun on next year's Road Racing Grand Prix, and, something new: a Track and Field Grand Prix has also been announced. This should double the fun and provide more developmental dollars for our regional athletes.

Finally, it is time to **renew your TAC membership for 1989**. Listed in this issue is a TAC form that can be used. Please fill this out and return with \$10.00 so that you won't miss any issues of CT&RN... and we thank you for your support.

Team Standings Thru the 15K

Master Men's Teams:

- 1 West Valley J&S 16
- 2 Excelsior 11
- 2 Pacific Flyers 11
- 4 West Valley T.C. 8
- 5 Lake Merritt J&S 2
- 5 Tamalpa 2
- 7 Buffalo Chips 1

Master Women's Teams:

- 1 West Valley T.C. 15
- 2 Impalas 8
- 3 Pacific Flyers 5
- 4 Tamalpa 2

Open Men's Teams:

- 1 Pacific Flyers 22
- 2 Reebok Racing 14
- 3 Reebok Aggies 9
- 4 Buffalo Chips 1

Open Women's Teams:

- 1 Pacific Flyers 24
- 2 Woodside Striders 12
- 3 Buffalo Chips 4
- 4 Reebok Aggies 3
- 4 Ryan's Racing Team 3
- 6 Greater SF 2
- 6 Impalas 2
- 8 Impalas 1

Senior Men's Teams:

- 1 Tamalpa 3
- 2 Buffalo Chips 1
- 2 Lake Merritt J&S 1
- 2 Silver State Striders 1

Senior Women's Teams:

- 1 Nor Cal Seniors 2
- 2 Buffalo Chips 1
- 2 Tamalpa 1

Individual Standings Thru the 15K

Master Men:

- 1 Steve Ferraz 105
- 2 Jerry Jobski 98
- 3 Greg Brock 91
- 4 Frank Ruona 84
- 5 Bob Lindsey 78
- 6 Sal Vasquez 61
- 7 Bill Sevald 54
- 8 David Furst 47
- 9 Perry Hayden 46
- 10 David Rivera 44
- 11 Jim Gibbons 37
- 12 Alan Stanbridge 33
- 13 Jim Minami 29
- 14 Doug Butt 28
- 15 Bill Clark 26
- 16 Ken Adams 21
- 17 Martin Jones 20
- 17 Jon MacPherson 20
- 19 Bruce Von Borstel 18
- 20 Bill Dunn 17
- 20 Mike Holbrook 17
- 22 Ronald Nelson 16
- 23 Jim Bevins 13
- 23 George Mason 13
- 25 Wayne Miles 12
- 26 Robert McClennan 9
- 26 Herve Pastre 9
- 26 Dennis Tracy 9
- 29 Glenn Bailey 8
- 30 Eric Ianacone 6
- 31 David Barry 5
- 31 Joe Cavanaugh 5
- 31 Frank Krebs 5
- 34 Russ Kieman 4
- 34 Dete Kraus 4
- 34 James Maslach 4
- 34 Tom Robinson 4
- 34 Tom Wright 4
- 39 Darryl Beardall 3
- 39 John Cobourn 3
- 39 James Hampton 3
- 42 Keith Henriques 2
- 42 Eric Ivory 2
- 43 Ramsay Thomas 1
- 43 Roger Zoldan 1

Master Women:

- 1 Margie Timberlake 99
- 2 Joyce Rankin 87
- 3 Hilary Naylor 76
- 4 Joan Ulyot 58
- 5 Heidi Skaden 56
- 6 Joan Colman 53
- 7 Jean Spirlock 49
- 8 Gail Rodd 42
- 9 Shirley Matson 40
- 10 Karen Lanterman 35
- 11 Nelly Wright 34
- 12 Anita Seitamo 33
- 12 Barbara Zoldan 33

- 14 Laury Fisher 32
- 15 June Lane 29
- 16 Marty Maricle 24
- 17 Ruth Anderson 23
- 18 Vicki Bigelow 22
- 19 Rita Austin 20
- 19 Laurie Binder 20
- 19 Sandy Whyte 20
- 22 Terri Hayes 16
- 23 Alice Rose 15
- 24 Debe Holmberg 14
- 24 Kay Willoughby 14
- 26 Ginny Olson 13
- 26 Juana Stavolone 13
- 28 Joan Reiss 10
- 28 Karen Scannell 10
- 30 Kit Pickles 9
- 31 Cynci Calvin 7
- 31 Marion Irvine 7
- 31 Sue Johnston 7
- 31 Eve Pell 7
- 35 Lillian Rowett 5
- 36 Mary Fox 4
- 37 Nora Smiriga 3
- 38 Wijdan Cadura 2
- 38 Katie Martin 2
- 40 Sandra Clarke 1
- 40 Pam Deweerdt 1
- 40 Mary Graham 1
- 40 Jeri Wright 1

Open Men:

- 1 Domingo Tibaduiza 224
- 2 Miguel Tibaduiza 207
- 3 Alan Dehlinger 152
- 4 Mark Hoefler 142
- 5 Thomas Wood 135
- 6 Rich McCandless 126
- 6 Craig Steinmaus 126
- 8 David Minter 115
- 9 Kevin Osterberg 110
- 10 Jose Aspuro 99
- 11 Juan Rameriz 91
- 12 Charles Alexander 85
- 13 John Barrett 77
- 14 Mike McManus 54
- 15 Rob Anex 45
- 16 David Frank 43
- 17 Ray Cook 41
- 17 Dan Stefanisko 41
- 17 Scott Steinmaus 41
- 20 Denis O'Halloran 40
- 21 Robert Herndon 37
- 21 Rich Langford 37
- 23 Joe Rubio 35
- 24 Jon Klinkman 34
- 25 Carmelo Rios 33
- 26 Frank Ruona 31
- 26 Jeff Shaver 31
- 28 Ivan Huff 30
- 29 Perry Hayden 28
- 29 Tom Schmitt 28
- 31 Craig Moore 27
- 32 Jeff Adkins 24
- 32 Daniel Grimes 24
- 32 Terry Nephew 24

- 35 Tom Borschel 22
- 35 Bob Lindsey 22
- 35 Marcus Nenow 22
- 35 Carl Stempel 22
- 39 Jim Minami 20
- 39 Mark Patterson 20
- 41 Scott Buttinghausen 19
- 42 Sean Crom 18
- 42 Martin Jones 18
- 44 Lynn Mentzer 17
- 44 Lourival Sampaio 17
- 46 Randy Accetta 15
- 46 Dave Chairez 15
- 46 Leonard Sperandio 15
- 49 Steve Ferraz 14
- 49 Jerry Jobski 14
- 49 Casey Reinking 14
- 49 Alan Stanbridge 14
- 49 Jeff Stein 14
- 54 Sal Vasquez 13
- 54 Greg Miller 13
- 56 Joe Green 12
- 56 Ronald Nelson 12
- 56 John Sup 12
- 59 John Hancock 11
- 60 Monty Schafer 10
- 60 Bruce Von Borstel 10
- 62 Joaquin Leano 9
- 63 Greg Brock 8
- 63 Patrick Shaughnessy 8
- 65 Ed Cardenas 6
- 65 David Frances 6
- 65 Mike Lundblad 6
- 65 Wayne Miles 6
- 69 Larry Guinee 5
- 69 Bill Knapp 5
- 71 Jim Bevins 4
- 71 Pete Carpenter 4
- 71 Dean Rinde 4
- 74 Ken Adams 3
- 74 Arnold Rivas 3
- 74 David Rivera 3
- 74 Charles Thompson 3
- 78 Glenn Bailey 2
- 78 Jon Root 2
- 80 Bill Sevald 1

Open Women:

- 1 Terry Puckett 258
- 2 Peggy Smyth 165
- 3 Chris Iwahashi 133
- 4 Kathy D'Onofrio 129
- 5 Rosy Cardenas 117
- 6 Linda Somers 116
- 7 Linda VanHousen 106
- 8 Susan Putney 88
- 9 Lorena Ferreira 82
- 10 Mary Gail Dumphy 66
- 11 Bev Marx 63
- 12 Susan Horstmeyer 62
- 13 Margie Timberlake 61
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- 15 Nancy Ditz 54
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- 17 Shirley Matson 51
- 18 April Powers 47

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- 29 Sue Brusher 27
- 30 Betsy Frick 26
- 30 Suzette Moore 26
- 30 Laura Vaughan 26
- 33 Anitra Seitamo 24
- 33 Sandy Sup 24
- 35 Laurie Brantingham 23
- 36 Eileen Bickard 22
- 36 Patti Gray 22
- 36 Marty Maricle 22
- 39 Ruth Anderson 20
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- 68 Heidi Skaden 10
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- 70 Patty Smith 9
- 71 Karen Lanterman 7
- 71 Juana Stavolone 7
- 73 Diane Odion 6
- 73 Nelly Wright 6
- 75 Beckie Kesecker 5
- 75 Patty Mogni 5
- 75 Barbara Zimmer 5
- 78 Melanie Gilbertson 3
- 78 Terasa Rayacich 3
- 80 Edie Brainard 2
- 80 Suzanne Bryan 2
- 80 Margaret Lang 2
- 83 Sandrine Demarval 1
- 83 Donna Hinshaw 1
- 83 Nettie Marsh 1
- 83 Susan Nehse 1
- 83 Gail Rodd 1
- 83 Ingrid Smith 1
- Senior Men:
- 1 Jim Bevins 50

- 2 Darryl Beardall 40
- 3 Russ Kiernan 28
- 4 Fred Mattos 15
- 5 Peter Todd 12
- 5 Abe Underwood 12
- 7 John Finch 10
- 8 Ron Ogilvie 9
- 9 Joe Hancock 7
- 10 Roger Bryan 6
- 11 David Ragsdale 4
- 11 Everett Riggle 4
- 13 Mort Gray 2
- 13 Ken Noel 2
- 13 Ray Stewart 2
- 16 Don Hildebrand 1
- 16 Joe King 1
- 16 Peter Laal 1
- 16 Ross Smith 1
- Super Senior Men:
- 1 Ray Stewart 3
- 2 Joe King 2
- 3 Boyce Jacques 1
- 3 Ross Smith 1
- Super Senior Women:
- 1 Kit Pickles 4
- 2 Jaclyn Casselli 2
- 3 Carola Hutcherson 1
- Senior Women:
- 1 Heidi Skaden 56
- 2 Marty Maricle 23
- 3 Ruth Anderson 22
- 4 Vicki Bigelow 20

- 5 Kit Pickles 10
- 5 Alice Rose 10
- 7 Kay Willoughby 8
- 8 Marion Irvine 6
- 8 Joan Reiss 6
- 10 Sandra Clarke 4
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Mark Conover

By GREGOR ROBIN

Although Mark Conover wasn't running for political office during the Olympic Marathon on October 2 in Seoul, Korea, a lot of California marathon fans watching the race on TV were asking, "Where was Mark?"

Conover, a Humboldt State graduate and the United State Olympic Trials marathon champion who lives in San Luis Obispo, was in or near the lead pack through 13 miles, but succumbed to a severe case of blisters on his feet and had to drop out near the 20-mile mark. His Olympic experience shattered, Conover is back in San Luis Obispo regrouping and already looking ahead to the 1992 Olympics.

During the Olympic TV coverage on NBC, Utah's Ed Eyestone (29th in 2:19.09) and Massachusetts' Pete Pfitzinger (14th in 2:14.44) were shown on the Olympic track in the beginning of the race and at the end. Eyestone was shown during the middle portions of the race also. Conover's back was seen on camera for a split second in front of Eyestone as they circled the track at the beginning and that was the extent of the viewing coverage on Conover. Brief reports were given along the way on Conover's position behind the lead pack.

A total of 20 runners dropped out of the race, including John Treacy of Ireland and Ibrahim Hussein and Joseph Kipsang of Kenya.

Gelindo Bordin of Italy ran 2:10.32 to win the gold medal while Douglas Wakihuri of Kenya was the silver medalist (2:10.47) and Ahmed Saleh of Djibouti was the bronze medalist (2:10.59).

CTRN: Leading up to the Olympics you ran 28:36 at Peachtree, then went to Australia on August 14th and ran 41:00 for 14-kilometers, about 4:40 pace. Then you ran 48:21 at Bobby Crim.

Conover: After Bobby Crim I was kind of tired because I was still jet-lagged from Australia. I tried to pound it out and train through Bobby Crim. I ended up taking a couple of

days off after that and then got it going again and was training real good right before I went (to the Olympic training site in Chiba, Japan).

CTRN: What were your expectations going into the marathon.



CONOVER IN HUMBOLDT JERSEY

photo by Gregor Robin

Conover: Top-10.

CTRN: How long were you in Seoul before the race?

Conover: I went over for the Opening Ceremonies which was on September 15th, stayed for three days and then went back to Chiba. Chiba was a real nice place to train. I liked it. Liked the rural atmosphere around there.

CTRN: On race day you were feeling pretty good?

Conover: Yeah, I was ready to go and we went, and then all this stuff started happening to my feet and I couldn't finish the race. At four miles I felt a blister and it didn't really phase me because those things happen in races. But by the 10K I could just sense I had blisters all over the tops of my toes which is kind of a weird place to get them. I just kept running. The sad thing was that I was feeling really comfortable running with the lead pack. I wasn't in over my head. I was right in there. But my feet were just hurting me. At 10 miles the blisters were started to pop and the skin was rubbing off. I felt like I was running with needles in my toes.

By half-marathon I dropped back and tried to just relax and work it out and not think about it. But there was so much pain that there was no way I couldn't think about it. So then I just slowed down and kept running and was going to try to just finish the race. But that was impossible and the ambulance picked me up. I took off my shoe and there was my sock just soaked in blood.

CTRN: Where did you drop out?

Conover: I kept running to 20 miles, but it was at a warm-down pace by the time I hit 16 or 17 miles.

CTRN: Do you remember your early splits?

Conover: Yeah, we went through 10 miles in 49:25 and I was at 1:05-flat at the half-marathon. Then after that I was probably running, I-don't-know-what pace. It wasn't pretty though. (Conover went through the half-marathon at 1:06.20 at the Olympic Trials on his way to his personal best 2:12.26).

CTRN: What was your immediate feeling when you dropped out.

Conover: Well I was in so much agony that it was just relief to stop. Later on, as I was getting medical treatment I shed a few tears. I was really frustrated. Frustrated that I had done all this good work for the race and

never got to use it. Trained my ass off all summer long and wanted to look good in the Olympics and there I was dropping out like an idiot. So I was frustrated.

CTRN: Why do you think you got the blisters.

Conover: My coach had a theory, that the way my footstrike is, I come up on my toes and that puts a lot of exertion on them. The pavement was real hot, it was blacktop the whole way. And then perhaps the socks I wore, they were new. A combination created a little heat box so that when the tops of my toes came up it rubbed against the tops of my shoes and created the burning and blisters.

I don't want to imply at all that it was the shoes. They were the same ones I wore in the Olympic Trials. It definitely wasn't the shoes. I'd worn those shoes all summer in the races.

CTRN: Were you running with Eyestone early on?

Conover: Yeah. Ed and I were in the pack. Ed and I decided before the race we might as well go for it. What do you have to lose in the Olympics? You get a medal and you're a hero. You get anything less, you've had a good race, but it's not really doing you a whole lot of good. We knew we were in good shape and we just went with the pace to see what would happen. In Ed's case it's unfortunate that he hit the wall and had real trouble in the last 10K, but in my case I never got to run long enough or hard enough to find out if I was going to hit the wall or not. We both ended up with a lot of frustration.

CTRN: When did Pfitzinger go by you?

Conover: He went by me at about 17 miles, when I was really struggling. He just said, "Come on Mark." I said, "Hey, I'm blistered." He tends to run off the pace and pick people off. That's his forte. He used that same type of race strategy. It ended up getting him a decent place.

CTRN: What's your outlook now, your plans as far as marathons in the future? Do you plan to redeem yourself or will you lay low with the marathon?

Conover: I don't plan to run one for another year. I just want to become a better all-around runner. So I'm going to hit some 10Ks, some cross country and see if I can apply the new found confidence I have to other distances. And I think I can because Peachtree was a good indication of that.

CTRN: What's your training like now?

Conover: I did all this good work and didn't get to use it so I took it easy for a while

and I'm still not doing double workouts this week, but I'm feeling real good on my runs and I'm ready to start cranking.

CTRN: What's your opinion on the Olympic marathon itself? The race, the results up front?

Conover: To tell you the truth the whole thing is a bit disillusioning. Not just because of what happened to me but the Olympic marathon isn't a race for the runners at all. The starting time (2:30 p.m.) and the lack of people in the stadium. It was the last day, the last event and they could have started us later because the closing ceremonies didn't start until 7 p.m. The media coverage by the U.S. was poor.

Many people, including myself were skeptical about Bordin. Frank Shorter and Bill Rodgers mentioned the blood-doping with Italian runners way before the Olympics. Shorter even said the Americans should blood dope to compete along with the other countries doing it.

Salah has a 2:07 PR. Wakaihuri is a disciplined trainer. Bordin, even though he may not have cheated, the Italians cheated at the World Championships. (Italian officials awarded a long jumper the bronze medal by adjusting his distance. They were caught and the medal was stripped.)

I'm not the only one to suspect it. To be physically altered to be better takes away from the Olympics.

And I don't want this to sound like sour grapes. Even if I'd have gotten fifth, I'd be saying the same thing. I'd be a lot happier, but I'd be saying this.

(Note: Although Frank Shorter said, after Bordin had finished that, "Gelindo Bordin has never run under 2:10," Bordin ran a national record 2:09.27 for 4th place at the 1988 Boston Marathon.)

CTRN: I guess the conditions were pretty severe also.

Conover: 2:30 in the afternoon is a dumb time to run. We had guys dropping out all over the place. I'm riding in the wagon with guys like John Treacy and Jbrahim Hussein.

It was a brutal day out there. I heard that on the street it was 90 degrees. My goal next time would be to just to go to Barcelona and have a great time. Run the race and see what happens. Not worry about anything because we'll probably still be running at 2:30 in the afternoon in July which will still be hotter than Seoul in October. You just have too many odds stacked against you. I don't want to sound wimpy. Maybe for guys like Bordin and

Saleh it's no big deal. But when you look at what the day did to Hussein, Treacy and the other runners I don't think I am. It's just too hard on your body. A lot of guys who filled the spots from 9-to-20 were just running smarter (conservative) races.

CTRN: Did you ever second-guess yourself and wish you ran with Pfitzinger?

Conover: No. In the Olympics you might as well go for it. In other races you might want to be more conservative. I just figured, "Why not." You're there. It's not like you're running for money or anything like that. You're going for the gold.

CTRN: You were upset with the coverage also?

Conover: Well, Americans on a whole might not have been interested in the fact that I was running, but I had a lot of friends and family watching and they didn't know what happened to me. For all they knew, I was in the hospital or something. They should have tried to monitor the fact that I had to drop out so people knew that I was still alive.

CTRN: How were you received back here?

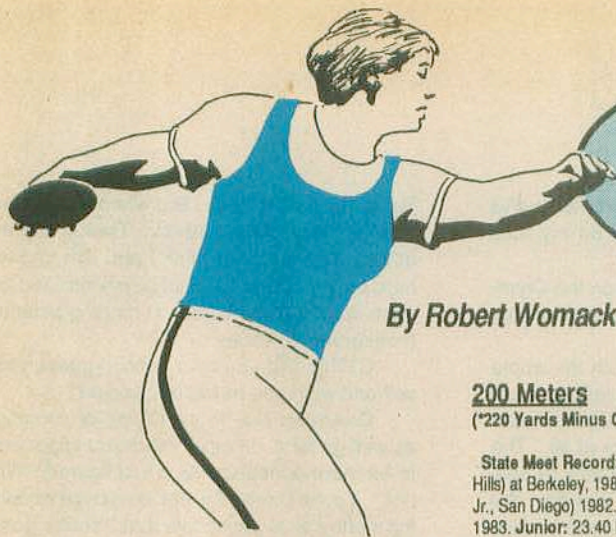
Conover: I went up to Humboldt State for the Homecoming and they gave me a little honor with the (school) president. I'm still disappointed in what happened, but they were all saying, "Hey, you were there," and that's what 99.9 percent of the people will never be able to say. I realized that, but I'll probably realize it more 10 years down the road than I do now. It's great that people understand the fact that I was forced out of the race because of injuries. I hope people realize it definitely wasn't a mental thing. It was purely a physical thing. The Olympics are a one-shot deal. You're either on or you're not. I just wasn't on.

CTRN: So you're looking at your Olympic experience realistically and trying to put it in perspective.

Conover: Right, but I'm still kind of numbed from the whole thing. Last week was a total week of depression. This week is still depression, but it's not as bad. It's obviously fading away and I'm looking at things at a more normal perspective again. It's such a recent occurrence. It still has kind of a numbing effect on me. I didn't want to see anybody last week. Now I'm just going out.

CTRN: Why not. You're still the same guy, Mark.

Conover: Yeah. It's not that important. It's only running. (chuckle).



ALL-TIME California High School Girls LIST

By Robert Womack

200 Meters

(*220 Yards Minus 0.12)

State Meet Record: 23.19 Sherri Howard (Kennedy, Granada Hills) at Berkeley, 1980. **Frosh:** 24.01 Monique Robinson (Freese Jr., San Diego) 1982. **Soph:** 23.44 Leslie Maxie (Mills, Millbrae) 1983. **Junior:** 23.40 Denean Howard (Kennedy, Granada Hills) 1981 & 23.40 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 23.08 Jackie Thompson (Lincoln, San Diego) 1973.

23.08	Jackie Thompson (Lincoln, S.D.)@ Munich	1973
23.19	Sherri Howard (Kennedy, Gran Hills)-1	1980
23.25	Denean Howard (Kennedy, Gran Hills)-2	1982
23.27	Gervaise McCraw (Ganeshia, Pomona)	1982
23.40	Leslie Maxie (Mills, Millbrae)	1984
23.42*	Gwen Loud (Westchester, L.A.)-1	1979
23.45	Angela Burnham (Rio Mesa, Oxnard)-1	1988
23.54	Paulette Blalock (Compton)-1	1984
23.56	Tami Stiles (Hawthorne)-2	1985
23.59	Cathy Roberts (Cerritos)	1984
23.59	Inger Miller (Muir, Pasadena)	1988

As of September 15, 1988

As usual, I have relied heavily on the research and help of other people, notably (but certainly not limited to) Ron Blackwood, Keith Conning, Doug Speck, and Jack Shepard. Needless to say, none of these bear any responsibility for errors and omissions; they are the responsibility of the author and corrections and/or additions should be addressed to Bob Womack, 4270 North Blackstone, Suite 211, Fresno, California 93726.

(We do get several of these a year, which we welcome. As a result of last year's lists—and the sleuthing of UCLA assistant coach Calvin Brown—we solved our oldest mystery: The High School affiliation of Charlotte Cooke, a US internationalist in the late 60's or before the CIF began female competition. Cooke finished high school more than 20 years ago but is still No. 2 on the all-time 800 list and in the top 10 at 400.)

And, as a reminder, the single digit numbers after certain athletes' names represent the number of state championships won. Note that the year shown is for the best performance which is not necessarily the year the athlete won her state title.

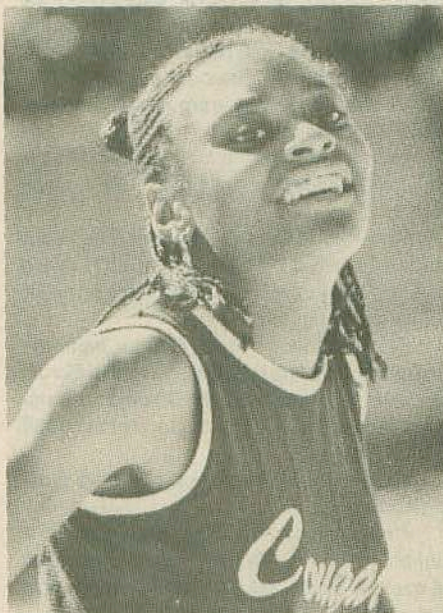
100 Meters

State Meet Record: 11.42 Sharon Ware (Berkeley) at Berkeley, 1980. **Frosh:** 11.60 Brenda Winston (San Geronio, San Bernardino) 1976. **Soph:** 11.58 Brenda Winston (San Geronio, San Bernardino) 1977. **Junior:** 11.28 Angela Burnham (Rio Mesa, Oxnard) 1988. **Senior:** 11.50 Kim Robinson (Westchester, L.A.) 1977.

11.28	Angela Burnham (Rio M, Oxn.)-2 at Indy	1988
11.34	Sharon Ware (Berkeley)-2	1980
11.50	Kim Robinson (Westchester, L.A.)	1977
11.51	Gail Devers (Sweetwater, Natil City)-1	1984
11.56	Jackie Thompson (Lincoln, San Diego)	1973
11.57	Valerie Brisco (Locke, L.A.)	1978
11.58	Brenda Winston (San Geronio, S. Bern.)	1977
11.59	Monica Taylor (Grant, Sacto)	1983
11.61	Sherri Howard (Kennedy, Granada Hills)	1980
11.61	Gervaise McCraw (Ganeshia, Pomona)-1	1982
11.61	Carrie Franklin (Muir, Pasadena)	1985
11.62	Inger Peterson (Dorsey, L.A.)	1981
11.63	Lisa Winston (Jordan, Long Beach)-1	1982
11.63	Pam Qualls (Burbank, Sacto)	1984
11.64	Alice Brown (Muir, Pasadena)	1978
11.64	Robin Simmons (Crenshaw, L.A.)	1983
11.64	Inger Miller (Muir, Pasadena)	1988
11.66	Gwen Loud (Westchester, L.A.)	1979
11.66	Chewuakii Knighten (Locke, L.A.)	1985
11.68	Brigitte Blackburn (Cajon, San Diego)	1980
11.68	La Tanya Dawkins (Dorsey, L.A.)	1982
11.69	Zelda Johnson (Garey, Pomona)	1981
11.70	Tamela Holland (Manual Arts, L.A.)	1981
11.70	Denean Howard (Kennedy, Granada Hills)	1982
11.70	Tami Stiles (Hawthorne)	1985

Hand Timing

11.4	Elaine Parker (Oceana, Pacifica)	1978
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SHERRI HOWARD

Fine Flicks by Don Gasney

23.59	Simone Cain (Hueneme, Port Hueneme)	1988
23.62	Sharon Ware (Berkeley)	1980
23.72	Frieda Cobbs (Berkeley)	1978
23.75	Kelia Bolton (Hill, San Jose)-1	1978
23.77	Valerie Brisco (Locke, L.A.)	1978
23.77	Pam Qualls (Burbank, Sacramento)	1984
23.80	Diana Pullins (Muir, Pasadena)	1982
23.81	La Tanya Dawkins (Dorsey, L.A.)	1982
23.82*	Pam Marshall (Jordan, Long Beach)	1978
23.83	Zelda Johnson (Garey, Pomona)	1982

23.83	Lisa Winston (Jordan, Long Beach)-1	1983
23.85*	Kim Robinson (Westchester, L.A.)-1	1977
23.87	Modette Smith (Quartz Hill)-1	1986
23.88	Nedrea Rodgers (Berkeley)	1981

Hand Timing:

23.2	Mable Ferguson (Ganeshia, Pomona)	1973
23.2	Chewuakii Knighten (Locke, L.A.)	1985
23.4	Kathy Hammond (Mira Loma, Sacto)	1969
23.5	Brenda Winston (San Geronio, S. Bern.)	1977

400 Meters

(*440 Yards Minus 0.26)

State Meet Record: 52.39 Denean Howard (Kennedy, Granada Hills) at Sacramento, 1982. **Frosh:** 53.76 Leslie Maxie (Mills, Millbrae) 1982. **Soph:** 51.70 Denean Howard (Kennedy, Granada Hills) 1980. **Junior:** 51.09 Sherri Howard (San Geronio, San Bernardino) 1979. **Senior:** 50.87 Denean Howard (Kennedy, Granada Hills) 1982.

50.87	Denean Howard (Kennedy)-2 @ Knoxville	1982
51.09	Sherri Howard (San Geronio)-1	1979
51.91	Mable Ferguson (Ganeshia, Pomona)	1972
52.17	Chewuakii Knighten (Locke, L.A.)-2	1985
52.25	Janette Vickers (Pomona)	1986
52.83	Leslie Maxie (Mills, Millbrae)-1	1984
53.10	Linneta Wilson (Muir, Pasadena)	1985
53.12	Frieda Cobbs (Berkeley)	1978
53.13*	Charlotte Cooke (St. Mary's, L.A.)	1966
53.20	Paulette Blalock (Compton)	1984
53.34	Jeannie Arnold (Locke, L.A.)	1982
53.42	Arline Emerson (Westminster)-1	1978
53.42	Gervaise McCraw (Ganeshia, Pomona)	1982
53.46	Marian Franklin (Baboa, S. Francisco)	1979
53.47	Gwen Gardner (Crenshaw, L.A.)	1978
53.49	Princess Bennett (Compton)-1	1986
53.51	Faye Paige (Poly, Long Beach)	1980
53.55	Angela Rolfe (Dorsey, L.A.)-2	1987
53.70	Valerie Brisco (Locke, L.A.)-1	1978
53.76	Gayle Kellon (Walnut)	1982
53.81	Janice Farwell (Muir, Pasadena)	1984
53.83	Nedrea Rodgers (Berkeley)	1982
53.90	Kim White (Berkeley)	1979

Hand Timing:

(*440 Yards Minus 0.3)		
51.8*	Kathy Hammond (Mira Loma, Sacto)	1969
53.4*	Janice Wiser (LaJolla)	1973
53.4	Gayle Kellon (Walnut)	1982

800 Meters

(*880 Yards Minus 0.7)

State Meet Record: 2:06.08 Donna Curtis (Culver City) @ Norwalk, 1981. **Frosh:** 2:02.43 Mary Decker (Portola Jr., Orange) 1973. **Soph:** 2:02.29 Mary Decker (Orange) 1974. **Junior:** 2:04.6* Ann Regan (Camden, San Jose) 1978. **Senior:** 2:03.8* Charlotte Cooke (St. Mary's, L.A.) 1966.

2:02.29	Mary Decker (Orange) @ Durham	1974
2:03.8*	Charlotte Cooke (St. Mary's, L.A.)	1966
2:04.37	Ann Regan (Camden, San Jose)-3	1977
2:04.59	Kerri Zaleski (Millikan, Long Beach)-1	1985
2:04.91	Trena Hull (Compton)-1	1984
2:05.43	Linda Goen (North, Bakersfield)	1977

ALL-TIME GIRLS

- 2:05.7 Rennie Durrand (Laguna Beach)-1 1980
- 2:05.84 Jessica Spies (Livermore) 1981
- 2:05.9 Francie Larriou (Fremont, Sunnyvale) 1970
- 2:05.9 Lynn Hollins (Riverside) 1976
- 2:06.01 Donna Curtis (Culver City)-1 1981
- 2:06.07 Trescia Palmer (Westchester, L.A.) 1982
- 2:06.47 Regina Jacobs (Argyll, North Hollywood) 1980
- 2:07.3 Marie Mulder (Sacramento) 1965
- 2:07.6* Cis Schafer (Washington, Fremont) 1970
- 2:07.8 Arise Emerson (Westminster) 1978
- 2:07.9* Kathy Costello (Pleasant Hill, San Jose)-2 1975
- 2:08.00 Lesley Noll (Mt. Carmel, San Diego) 1985

- 4:25.4 Michelle Bush (Rolling Hills) 1979
- 4:25.4 Kristen Powell (St Teresa, San Jose) 1985
- 4:25.6 Tracy Weber (Lynbrook, San Jose) 1981
- 4:25.66 Mary Decker (Portola Jr., Orange) 1973
- 4:25.7+ Paula Bresnan (Kennedy, Gran Hills) 1983
- 4:26.0+ Laurie Chapman (Gund, San Jose) 1986
- 4:26.8+ Julie Seleine (University, Irvine) 1983
- 4:27.7 Roxanne Bier (Independence, San Jose) 1979
- 4:27.8+ Tina Allen (Santana, Santee) 1982
- 4:27.8+ Jessica Spies (Livermore) 1982
- 4:27.9 Marilyn Davis (Miramonte, Orinda) 1981
- 4:27.9+ Cory Schubert (Del Mar, San Jose) 1983

- 9:42.2+ Lori Lopez (Sacred Heart, L.A.) 1981
- 9:42.3+ Reyna Cervantes (Montebello) 1988
- 9:43.33 Vicky Bray (Los Altos) 1977
- 9:46.0 Lisa Scaduto (Santa Monica) 1979
- 9:46.1+ Colleen Donovan (Lodi) 1985
- 9:46.2+ Mary Mendoza (Present, San Jose) 1987
- 9:47.14 Katie McCandless (Castill, Palo Alto) 1988
- 9:47.6+ Tracey Williams (Mt. View, El Monte) 1986
- 9:48.8 Heke Skaden (Encina, Sacramento) 1980

3200 Meters

(* 2 Miles Minus 3.6)

State Meet Record: 10:08.14 Cory Schubert (Del Mar, San Jose) @ Bakersfield 1983. **Frosh:** 10:17.1* Vickie Cook (Cham-inade, Canoga Park) 1979. **Soph:** 10:14.78 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 10:12.31 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 10:04.2 Cory Schubert (Del Mar, San Jose) 1983.

- 10:04.2 Cory Schubert (D M S Jose)-1 @ Berk. 1983
- 10:06.2* Cheri Williams (Livermore)-1 1978
- 10:11.62 Kirstin O'Hara (Palos Verdes)-1 1984
- 10:11.78 Vickie Cook (Alemany, Mission Hills)-3 1982
- 10:12.86 Laurie Chapman (Gund San Jose)-1 1986
- 10:15.8* Eileen Claugus (Rio Amer, Sacto) 1973
- 10:15.99 Denise Ball (Newbury Park) 1982
- 10:16.14 Karen Hecox (South Hills, Covina)-1 1988
- 10:16.38* Cindy Schmandt (Santa Barbara) 1979
- 10:18.04* Su-Mei Lee (Eisenhower, Rialto) 1979
- 10:18.80 Reyna Cervantes (Montebello) 1988
- 10:19.10 Tania Fischer (Cham Canoga Pk) 1983
- 10:19.94* Susie Meek (Palos Verdes) 1978
- 10:21.19 Lori Lopez (Sacred Heart, L.A.) 1981
- 10:23.04 Mary Mendoza (Present, San Jose)-1 1987
- 10:23.4* Gladees Prieur (La Lycee Franc L.A.) 1983
- 10:23.85 Rebecca Chamberlain (Leigh, S.J.)-1 1985
- 10:24.23 Kira Jorgensen (Vista) 1987
- 10:24.70 Tracey Williams (Mt. View, El Monte) 1986
- 10:25.14 Katie McCandless (Castill, Palo Alto) 1988
- 10:25.27 Coleen Donovan (Lodi) 1985
- 10:26.74* Michelle Mason (Buena, Ventura) 1981
- 10:27.6 Katie Dunsmuir (Palisades) 1983
- 10:27.8 Teresa Barrios (University, Irvine) 1983
- 10:28.9* Heke Skaden (Encina, Sacramento) 1980

100 Meter Hurdles

(* 110 Yards Minus 0.04)

State Meet Record: 13.34 Janeene Vickers (Pomona) @ Sacramento 1987. **Frosh:** 13.99 Keri Sanchez (Santa Teresa, San Jose) 1988. **Soph:** 13.74 Yvette Bates (Berkeley) 1982. **Junior:** 13.47 Janeene Vickers (Pomona) 1986. **Senior:** 13.34 Janeene Vickers (Pomona) 1987.

- 13.34 Janeene Vickers (Pomona)-2 @ Sacto 1987
- 13.41 Gail Devers (Sweetwater, Natil City)-1 1984
- 13.49 Chewuakii Knighten (Locke, L.A.)-1 1984
- 13.59 Wendy Brown (Woodside) 1984
- 13.65 Carrie Franklin (Muir, Pasadena) 1985
- 13.68 LaShawn Simmons (El Monte) 1987
- 13.71 Marlene Harmon (Thousand Oaks) 1980
- 13.71 Sherita Sanders (Berkeley)-1 1981
- 13.73 Staci Leach (Thousand Oaks) 1987
- 13.74 Yvette Bates (Berkeley) 1982
- 13.75* Kris Costello (Lynbrook, San Jose)-2 1978
- 13.76 Lana Cantrell (Muir, Pasadena)-1 1985
- 13.76 Effie Daetz (Leigh, San Jose) 1987
- 13.77 La Shawn McBride (Poly, Long Beach) 1987
- 13.77 Laurie Smith (Valley, Sacramento) 1987
- 13.80 Aladrian Hunter (Dorsey, L.A.) 1981
- 13.81 La Tonya Davenport (Locke, L.A.) 1988

1600 Meters

(* Mile Minus 1.8)

State Meet Record: 4:39.92 Polly Plumer (University, Irvine) @ Sacramento 1982. **Frosh:** 4:40.2* Mary Decker (Portola Jr., Orange) 1973. **Soph:** 4:45.98 Kira Jorgensen (Vista) 1987. **Junior:** 4:40.0* Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 4:33.44* Polly Plumer (University, Irvine) 1982.

- 4:33.44* Polly Plumer (Univ, Irvine)-3 @ Westwd 1982
- 4:38.9* Eileen Claugus (Rio Americano, Sacto) 1973
- 4:40.0* Vickie Cook (Alemany, Mission Hills) 1981
- 4:40.2* Mary Decker (Portola Jr., Orange) 1973
- 4:42.77 Darcy Arreola (Grossm, La Mesa)-1 1986
- 4:43.15* Cheri Williams (Livermore)-1 1978
- 4:43.90 Paula Bresnan (Kennedy, Gran Hills) 1983
- 4:44.47 Denise Ball (Newbury Park) 1982
- 4:44.6* Linda Goen (North, Bakersfield)-2 1979
- 4:44.76 Tracy Weber (Lynbrook, San Jose) 1981
- 4:44.93 Cory Schubert (Del Mar, San Jose)-1 1983
- 4:45.00 Julie Selfine (University, Irvine) 1983
- 4:45.13 Laurie Chapman (Gund, San Jose) 1986
- 4:45.2* Jessica Spies (Livermore) 1982
- 4:45.46 Tina Allen (Santana, Santee) 1982
- 4:45.6* Sandy Langan (El Camino, Sacto) 1971
- 4:45.7* Debbie Heald (Neff, La Mirada) 1970
- 4:45.98 Kira Jorgensen (Vista)-2 1987
- 4:46.0* Allison Ehlen (Santa Barbara) 1981
- 4:46.59 Robbyn Bryant (Hesperia) 1987
- 4:46.74 Nanette Garcia (Silv Crk, San Jose) 1983
- 4:46.8* Paula Rose (Newport Harbor) 1975
- 4:47.0* Kathi Denz (Blair, Pasadena) 1977
- 4:47.23 Gladees Prieur (La Lycee Franc, L.A.) 1983
- 4:47.34* Shannon Clark (Mountain View)-2 1985

3000 Meters

(+ En Route to Longer Distance)

Frosh: 9:50.4 Roxanne Bier (Independence, San Jose) 1977. **Soph:** 9:24.8 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 9:22.3 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 9:11.80 Cory Schubert (Del Mar, San Jose) 1983.

- 9:11.80 Cory Schubert (Del Mar, S Jose) @ Indy 1983
- 9:22.3 Vickie Cook (Alemany, Mission Hills) 1981
- 9:30.3 Polly Plumer (University, Irvine) 1982
- 9:30.8 Eileen Claugus (Rio Americano, Sacto) 1973
- 9:33.3+ Laurie Chapman (Gund, San Jose) 1986
- 9:33.9 Roxanne Bier (Independence, San Jose) 1978
- 9:35.33 Tania Fischer (Cham, Canoga Park) 1982
- 9:35.5+ Kirsten O'Hara (Palos Verdes) 1984
- 9:35.5 Rebecca Chamberlain (Leigh, S. Jose) 1986
- 9:36.6 Kira Jorgensen (Vista) 1987
- 9:37.7 Su-Mei Lee (Eisenhower, Rialto) 1979
- 9:38.2 Katie Dunsmuir (Palisades) 1983
- 9:38.5+ Denise Ball (Newbury Park) 1982
- 9:41.2 Gladees Prieur (La Lycee Franc, L.A.) 1983
- 9:42.0 Tena Anex (Del Campo, Carmichael) 1972
- 9:42.0+ Karen Hecox (South Hills, Covina) 1988



VICKIE COOK (LEFT) & ROXANNE BIER
photo by Dave Stock

- 2:08.18 Michelle Taylor (Ganessa, Pomona) 1982
- 2:08.4 Kristin Dowell (St Teresa, San Jose)-1 1984
- 2:08.42 Laura Chapel (Univer City, San Jose)-1 1986
- 2:08.5* Paula Rose (Newport Harbor) 1975
- 2:08.6 Tracy Weber (Lynbrook, San Jose) 1981
- 2:08.95 Louise Romo (North, Torrance) 1980

1500 Meters

(+ En Route to Longer Distance)

Frosh: 4:24.17 Kathi Denz (Blair, Pasadena) 1978. **Soph:** 4:28.2+ Nanette Garcia (Silver Creek, San Jose) 1983. **Junior:** 4:16.8 Francie Larriou (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8+ Polly Plumer (University, Irvine) 1982.

- 4:16.8 Francie Larriou (Frem, Snyy) @ Stuttgart 1969
- 4:16.8+ Polly Plumer (Univ, Irvine) @ Westwood 1982
- 4:20.9 Cheri Williams (Livermore) 1978
- 4:21.0+ Vickie Cook (Alemany, Mission Hills) 1981
- 4:21.5 Eileen Claugus (Rio Americano, Sacto) 1972
- 4:23.0 Linda Goen (North, Bakersfield) 1979
- 4:23.9+ Darcy Arreola (Grossmont, La Mesa) 1986
- 4:24.17 Kathi Denz (Blair, Pasadena) 1978
- 4:24.3 Debbie Heald (Neff, La Mirada) 1972
- 4:24.4 Ann Trason (Pacific Grove) 1977
- 4:24.6 Paula Rose (Newport Harbor) 1976
- 4:25.0 Regina Jacobs (Argyll, North Hollywood) 1981
- 4:25.2 Gladys Prieur (La Lycee Francs, L.A.) 1983

Prep Notes

By KEITH CONNING

Results Wanted:

Please send results of all cross-country invitationals and section meets to Keith Conning, 2235 Browning Street, Berkeley, California 94702.

I would like to thank the following coaches for their contributions to this issue: Randy Knudson (Monte Vista, Danville), Jim Eckman (Yreka), Dave Dodson (Sanger), Steve Nesheim (College Park, Pleasant Hill), and Ron DiMaggio (Westmoor, Daly City).

NORCAL INVITATIONALS

Monte Vista Invitational

Sept. 16. Oak Hill Park, Danville.

Boys Teams:

1. DeLaSalle (Concord) 60, 2. Berkeley 60, 3. Vacaville 74, 4. Monte Vista (Danville) 149, 5. Fairfield 153, 6. California (San Ramon) 185, 7. St. Patrick's (Vallejo) 186, 8. Las Lomas (Walnut Creek) 219, 9. St. Ignace (San Francisco) 235.

Boys Individuals:

1. Kevin Holbrook (Vacaville) 9:25, 2. Jeremy Seven (DeLaSalle) 9:31, 3. Sean Lewis (Berkeley) 9:58, 4. Shumeya Mamo (Berkeley) 10:03, 5. Mike Kuhl (DeLaSalle) 10:04, 6. Chris Knafelic (DeLaSalle) 10:06, 7. Todd Coulson (DeLaSalle) 10:08, 8. Gonzalo Esperanza (Logan) 10:11, 9. Corey Davis (Vacaville) 10:11, 10. Darren Gray (Las Lomas) 10:13, 11. Mark Conrad (Monte Vista) 10:16, 12. John Murphy (Las Lomas) 10:18, 13. Stephen Kachruk (Fairfield) 10:28, 14. Morrel (Benedic) 10:30, 15. Jeff Aschburner (California) 10:32, 16. Robert McMeen (Vacaville) 10:32, 17. Andrew Conning (Berkeley) 10:39, 18. Dave Ackerman (California) 10:41, 19. Chris Heine (Berkeley) 10:44, 20. Jason Eshleman (Berkeley) 10:45.

Girls Teams:

1. Mitty (San Jose) 29, 2. Vacaville 45, 3. Monte Vista (Danville) 91, 4. California (San Ramon) 94, 5. Berkeley 145, 6. Liberty (Brentwood) 152, 7. Las Lomas (Walnut Creek) 155, 8. Logan (Union City) 174.

Girls Individuals:

1. Thea Roberts (Mitty) 11:53, 2. Brooke Prichard (Vacaville) 12:21, 3. Tarsha Handy (Mitty) 12:33, 4. Erin Hayes (Mitty) 12:35, 5. Lori Grant (Monte Vista) 12:43, 6. Joy Silachai (Vacaville) 12:43, 7. Missi Hurlow (California) 12:58, 8. Sharon Conington (Vacaville) 13:07, 9. Michelle Price (Liberty) 13:10, 10. Latanya Johnson (Mitty) 13:10, 11. Crystal Miki (Mitty) 13:11, 12. Kathy Fortuin (Monte Vista) 13:11, 13. Melissa Greoburg (California) 13:17, 14. Shalene Burns (Vacaville) 13:20, 15. Stephanie Good (Vacaville) 13:25, 17. Susan Kinghill (Las Lomas) 13:26, 18. Jody Gil (Berkeley) 13:27, 19. Angella Upshaw (Las Lomas) 13:33, 20. La Shawn Buchanan (Mitty) 13:40.

Yreka Taco Bell Invitational

Sept. 17. Greenhorn Park, Yreka.

Boys Teams:

1. Klamath Union (Klamath Falls, OR) 48, 2. Yreka

71, 3. Mazama 106, 4. Red Bluff 141, 5. Lakeview (OR) 152, 6. Central Valley 157, 7. Henley (Klamath Falls, OR) 160, 8. Enterprise (Redding) 192, 9. Crater (Central Point, OR) 211, 10. West Valley (Cottonwood) 222, 11. Anderson 233.

Boys Individuals:

1. Bruce Matheny (Klamath) 16:24, 2. Joe Santos (Mazama) 16:28, 3. Howie Broderick (Klamath) 16:43, 4. Ron Ames (Yreka) 16:46, 5. Jeremy Redding (Central Valley) 17:07, 6. Erich Borello (Henley) 17:15, 7. Geoff Hamilton (Klamath) 17:23, 8. Dan Sutteroff (Yreka) 17:32, 9. Brian Gaddy (Central Valley) 17:32, 10. Matt Plank (West Valley) 17:39, 11. Lupe Madrigal (Red Bluff) 17:44, 12. Jason Ravenscraft (Yreka) 17:46, 13. Tommy Bivens (Mazama) 17:56, 14. Mickey Losinski (Mazama) 17:57, 15. Tim McNeil (Yreka) 18:09, 16. Don Fallon (Klamath) 18:12, 17. Marvin Gordon (Enterprise) 18:16, 18. J. Smith (Crater) 18:20, 19. T. Robertson (Lakeview) 18:23, 20. E. Carlson (Enterprise) 18:23.

Girls Teams:

1. Yreka 44, 2. Mazama 62, 3. Henley (Klamath Falls, OR) 80, 4. Klamath Union (Klamath Falls, OR) 99, 5. sRed Bluff 103, 6. Crater (Central Point, OR) 123, 7. Enterprise (Redding) 155. Anderson, Central Valley, Lakeview (OR), Modoc (AWituras) and West Valley (Cottonwood) had incomplete teams.

Girls Individuals:

1. Kelly Teamey (Henley) 15:57, 2. Christy Oliveira (West Valley) 16:01, 3. Julia Ondricek (Mazama) 16:06, 4. Heidi Bomengen (Lakeview) 16:10, 5. Danielle Harris (Mazama) 17:04, 6. Darbi Zedker (Yreka) 17:26, 7. Theresa Svanevik (Klamath) 17:29, 8. Becci Jaschke (Yreka) 17:31, 9. Lauren Herfindahl (Yreka) 17:33, 10. Holly Knodes (Crater) 17:36, 11. Dawn McArthur (Henley) 17:39, 12. Tracy Henriquis (Red Bluff) 17:41, 13. Lindy Hargrove (Klamath) 17:46, 14. Allison Bright (Henley) 17:54, 15. Becci Cijenti (Central Valley) 18:03, 16. Terri Horton (Anderson) 18:06, 17. Ada Wells (Central Valley) 18:12, 18. Traci Belcher (Yreka) 18:14, 19. Nikki Hagerman (Yreka) 18:15, 20. Sharon O'Brien (Mazama) 18:15.

JV Girls:

1. Nicole Teter (West Valley) 17:05, 2. Genon Morcom (West Valley) 17:18, 3. Renee Pewry (F.R.) 17:44.

Sanger Invitational

Sept. 23. Avocado Lake.

Boys Teams:

1. Bullard (Fresno) 30, 2. Sanger 36, 3. Yosemite (Oakhurst) 94, 4. Edison (Fresno) 104, 5. San Joaquin Memorial (Fresno) 114.

Dos Palos, Parkier, Tranquility, Sierra (Tollhouse), Firebaugh had incomplete teams.

Boys Individuals:

1. John Guzman (Bullard) 16:20, 2. J. Velasquez (Sanger) 16:42, 3. I. Naranjo (Sanger) 16:43, 4. R. Campos (Dos Palos) 16:46, 5. M. Martin (Edison) 17:10, 6. S. Wilson (Bullard) 17:20, 7. C. Rice (Bullard) 17:33, 8. T. Perez (Bullard) 17:49, 9. M. Primavera (Bullard) 17:58, 10. D. Robles (Sanger) 18:04.

Girls Teams:

1. McFarland 25, 2. Bullard (Fresno) 43, 3. Sanger 53.

Edison (Fresno), Parlier, Fowler, Roosevelt, Yosemite (Oakhurst), Tranquility had incomplete teams.

Girls Individuals:

1. Deña Diaz (McFarland) 20:27, 2. H. Wykoff (McFarland) 20:41, 3. F. Garcia (Sanger) 20:48, 4. J. Ryder (Edison) 20:55, 5. L. Ybarra (Bullard) 21:02, 6. P. Alston (McFarland) 21:09, 7. S. Parnely (Bullard) 21:10, 8. N. Ferreira (Bullard) 21:30, 9. G. Perez (McFarland) 21:30, 10. P. Perezchica (McFarland) 21:35.

Clovis Invitational

Sept. 24. Woodward Park, Fresno.

Boys Open Teams:

1. Del Campo (Fair Oaks) 72, 2. Bellarmine (San Jose) 83, 3. Jesuit (Carmichael) 90, 4. Live Oak (San Jose) 114, 5. Arroyo Grande 120, 6. Palos Verdes (Palos Verdes Estates) 166, 7. Clovis 178, 8. Vacaville 183, 9. Berkeley 204, 10. Beyer (Modesto) 281, 11. Santa Teresa (San Jose) 289, 12. Del Oro (Loomis) 304, 13. Hoover (Fresno) 358.

Boys Open Individuals:

1. David Welsh (Jesuit) 15:22, 2. Louis Quintana (Arroyo Grande) 15:24, 3. Kevin Holbrook (Vacaville) 15:24, 4. Peter Fisher (Bellarmine) 16:13, 5. B. Boggess (Palos Verdes) 16:25, 6. Jason Reese (Del Campo) 16:25, 7. David Mastro (Del Campo) 16:31, 8. Sean Lewis (Berkeley) 16:32, 9. Jose Trujillo (Live Oak) 16:33, 10. Dean Riedel (Del Campo) 16:34, 11. Shumeya Mamo (Berkeley) 16:35, 12. Steve Gatl (Jesuit) 16:39, 13. Mike Graves (Bellarmine) 16:40, 14. Polivra (Clovis) 16:44, 15. Greg Mayer (Live Oak) 16:46.

Boys Medium and Small Teams:

1. Los Gatos 53, 2. South Pasadena 82, 3. Lompoc 91, 4. Bella Vista (Fair Oaks) 114, 5. San Luis Obispo 115, 6. Lemoore 130, 7. Reedley 155, 8. Redwood (Visalia) 195, 9. Granada (Livermore) 206.

Boys Medium and Small Individuals:

1. Gordon Johnson (Fresno) 16:20, 2. Ted Cribari (Los Gatos) 16:23, 3. John Leder (Bella Vista) 16:30, 4. James Metcalf (Los Gatos) 16:33, 5. Kyle Morris (San Luis Obispo) 16:42, 6. Jason Turner (So. Pasadena) 16:48, 7. James Mennon (SLO) 16:52, 8. R. Marin (Reedley) 16:55, 9. S. Wehr (Reedley) 16:58, 10. Roger Woodley (Bella Vista) 17:00, 11. Aaron Webb (Lompoc) 17:00, 12. Chris Wu (So. Pasadena) 17:04, 13. Russ Jenkins (Lemoore) 17:04, 14. Ryan Bow (Lemoore) 17:05, 15. David Maxwell (So. Pasadena) 17:07.

* = Small School

Girls Large Teams:

1. Palos Verdes (Palos Verdes Estates) 25, 2. Santa Teresa (San Jose) 84, 3. Clovis West (Fresno) 106, 4. Vacaville 120, 5. Beyer (Modesto) 159, 6. Granada (Livermore) 163, 7. Arroyo Grande 164, 8. Carson (Carson City, Nevada) 165, 9. Del Oro (Loomis) 204, 10. Clovis 212.

Girls Large Individuals:

1. Ashley Black (Palos Verdes) 19:02, 2. Evie Berry (Santa Teresa) 19:05, 3. Lucas (Palos Verdes) 19:14, 4. Kimik Anderson (Santa Teresa) 19:30, 5. Muneno (Palos Verdes) 19:37, 6. Kimberly Orlando (Carson) 19:44, 7. Goodrich (Palos Verdes) 19:49, 8. Angela Orelco (Arroyo Grande) 19:56, 9. Scrie (Palos Verdes) 20:07, 10. Kim Nemanic (Del Oro) 20:14, 11. Brooke Prichard (Vacaville) 20:20, 12. Zareski (Palos Verdes) 20:21, 13. Suzanne Daley (Granada) 20:28, 14. Chantell Calabresa (Clovis West) 20:28, 15. Jessica Lead (Clovis West) 20:31.

Girls Medium and Small Teams:

1. Archbishop Mitty (San Jose) 45, 2. Los Gatos 62, 3. Serrano 112, 4. San Luis Obispo 118, 5. Lompoc 119, 6. Bella Vista (Fair Oaks) 126, 7. South Pasadena 128, 8. Redwood (Visalia) 194, 9. Lemoore 230.

Girls Medium and Small Individuals:

1. Thea Roberts (Mitty) 19:26, 2. Zita Hillinger (Serrano) 19:50, 3. Tanya Thayer (Serrano) 19:51, 4. Erin Hayes (Mitty) 19:57, 5. Norma Cuelar (Redwood) 20:09, 6. Terri Anderson (Bella Vista) 20:14, 7. Andrea Meinhardt (Los Gatos) 20:17, 8. Heather Graesch (Los Gatos) 20:22, 9. Karlie Graham (Lompoc) 20:35, 10. Misty Kalomiro (Los Gatos) 20:44, 11. Tarsha Handy (Mitty) 20:54, 12. Lauren Jefferson (SLO) 21:00, 13. Latanya Johnson (Mitty) 21:05, 14. Imma Costerkamp (Los Gatos) 21:13, 15. Nona Harkins (San Luis Obispo) 21:16.

Ed Sias Invitational

Sept. 24. Hidden Valley Park, Marikabaz.

Boys Teams:

1. Santa Rosa 69, 2. De La Salle (Concord) 86, 3. Antioch 95, 4. San Ramon (Danville) 99, 5. Alhambra (Martinez) 172, 6. Northgate (Walnut Creek) 211, 7. Montgomery (Santa Rosa) 216, 8. Clayton Valley (Concord) 231, 9. Piner (Santa Rosa) 247, 10. College Park (Pleasant Hill) 251, 11. Monte Vista (Danville) 256, 12. St. Mary's (Berkeley) 263, 13. Las Lomas (Walnut Creek) 304, 14. Acalanes (Lafayette) 313, 15. Ygnacio Valley (Concord) 344, 16. University (San Francisco) 391, 17. Campolindo (Moraga) 405, 18. Mt. Diablo (Concord) 460. Branson (Ross), Berean Christian (Walnut Creek) Concord had incomplete teams.

Boys Individuals:

1. Jeremy Seven (DeLaSalle) 10:13, 2. Rob Scott (San Ramon) 10:25, 3. Jeff Buhl (San Ramon) 10:31, 4. Steve Brown (St. Mary's) 10:34, 5. Steve Buerrini (Santa Rosa) 10:38, 6. Dan Held (Santa Rosa) 10:40, 7. Salvador Zabala (Santa Rosa) 10:44, 8. Mike Kuhl (DeLaSalle) 10:46, 9. Jim Macken (Santa Rosa) 10:50, 10. Peter Faeth (Monte Vista) 10:50, 11. John Murphy (Las Lomas) 10:51, 12. Ian Phillips (Acalanes) 10:51, 13. Chris Knafelic (DeLaSalle) 10:55, 14. Robert Bruno (Antioch) 10:55, 15. Ken Dampster (Antioch) 10:58, 16. Todd Coulston (DeLaSalle) 10:58, 17. Buddy Pahl (Antioch) 11:04, 18. Bron White (Antioch) 11:04, 19. Eric Bursch (Piner) 11:04, 20. Alex Franckel (Branson) 11:05.

Girls Teams:

1. San Ramon (Danville) 91, 2. Carondelet (Concord) 103, 3. College Park (Pleasant Hill) 105, 4. Alhambra (Martinez) 113, 5. University (San Francisco) 125, 6. Antioch 159, 7. Northgate (Walnut Creek) 161, 8. Santa Rosa 170, 9. Campolindo (Moraga) 193, 10. Liberty (Brentwood) 225, 11. Acalanes (Lafayette) 242, 12. Piner (Santa Rosa) 254, 13. Clayton Valley (Concord) 310, 14. Montgomery, Ygnacio Valley (Concord), Las Lomas (Walnut Creek), Branson (Ross), Concord had incomplete teams.

Girls Individuals:

1. Amy McConnell (University) 12:21, 2. Becky Kopych (Northgate) 12:59, 3. Kristie McCall (Santa Rosa) 13:16, 4. Sarah Riley (Campolindo) 13:34, 5. Jennifer Sells (Antioch) 13:42, 6. Michelle Mayes (Montgomery) 13:45, 7. Molly Stryker (Acalanes) 13:50, 8. Cheryl Vann (Santa Rosa) 13:52, 9. Elise Johnson (Ygnacio Valley) 13:54, 10. Ana Fernandez-Perez (San Ramon) 13:55, 11. Jenny Lawrence (Alhambra) 13:59, 12. Alison Hallitt (San Ramon) 14:05, 13. Lynn Segas (University) 14:09, 14. Jennifer Donovan (College Park) 14:16, 15. Cindy Prindville (Carondelet) 14:18, 16. Amy Tilton (College Park) 14:21, 17. Susan Kinghill (Las Lomas) 14:22, 18. Stacy Johnson (Antioch) 14:23, 19. Lisa Bradford (Carondelet) 14:30, 20.

Prep Notes

Michelle Huesman (San Ramon) 14:31.

Coach's Race:

1. Brad Hawthorne (Monte Vista) 10:00, 2. Lorry Meredith (Montgomery) 10:36, 3. Gerry Garaghy (San Ramon) 10:47, 4. Ramsay Thomas (Campolindo) 10:50, 5. Dean Eastman (Piner) 10:51, 6. Jeff Verhoek (Mt. Diablo) 10:57, 7. Ed Ellison (DeLaSalle) 11:43, 8. Ben Rosales (Montgomery) 11:52, 9. Ron Clark (Official) 12:02, 10. Bill Tillson (Official) 12:44, 11. Marv Reif (Las Lomas) 13:22, 12. Nakamoto (University) 13:26, 13. Jim Bruce (Concord) 13:46, 14. Bill O'Brien (Campolindo) 14:10, 15. Gus Pacheco (Ygnacio Valley) 14:15, 16. Sara Clifford (University) 14:16, 17. Mike Huntsman (Clayton Valley) 14:28, 18. Sara Gallagher (Alhambra) 14:33, 19. Michelle Hillyer (Pittsburg) 14:59, 20. Terry Hughes (Official) 14:59.

Ram Invitational

Sept. 24, Westmoor High School, Daly City.

Boys Teams:

1. Half Moon Bay 41, 2. St. Francis (Mt. View) 88, 3. Gunn (Palo Alto) 109, 4. Independence (San Jose) 124, 5. Castro Valley 145, 6. Serra (San Mateo) 162, 7. Leland (San Jose) 185, 8. St. Omer (San Francisco) 270, 9. Hayward 283, 10. Moreau (Hayward) 292, 11. Lowell (San Francisco) 313, 12. Sacred Heart/Cathedral (San Francisco) 325, Jefferson (Daly City), El Cerrito, Oceana (Pacifica), Terra Nova (Pacifica), Westmoor (Daly City), El Camino (So. San Francisco), Aragon (San Mateo), McAteer (San Francisco) had incomplete teams.

Boys Individuals:

1. Kevin Berkowitz (Hayward) 12:32, 2. Danny Rhodes (Half Moon Bay) 12:52, 3. Stefan Wynn (St. Francis) 12:54, 4. Mike Cooks (Half Moon Bay) 12:55, 5. Mike Brown (Gunn) 12:57, 6. Ricky Woods (Independence) 13:02, 7. Paul Denzler (Castro Valley) 13:07, 8. Martin Smith (Half Moon Bay) 13:13, 9. Jesse Whiting (Half Moon Bay) 13:14, 10. Jason Atwood (Castro Valley) 13:15, 11. Adam Kamist (Aragon) 13:15, 12. Sean Murphy (Leland) 13:19, 13. Phil Kilbridge (Serra) 13:23, 14. Brian Testa (Gunn) 13:29, 15. Eric Perron (Independence) 13:32, 16. Ernie Lee (Gunn) 13:33, 17. Will Clark (St. Francis) 13:34, 18. Dan Donahoe (Half Moon Bay) 13:34, 19. Chester Labucay (Independence) 13:38, 20. Raj Krishnan (El Cerrito) 13:42.

Boys Frosh/Soph:

1. Mark Douglas (Moreau) 13:30.

Girls Teams:

1. Gunn (Palo Alto) 45, 2. Half Moon Bay 59, 3. Notre Dame (Belmont) 108, 4. Lowell (San Francisco) 108, 5. Castro Valley 113, 6. Independence (San Jose) 194, 7. Presentation (San Jose) 229, Westmoor (Daly City), Moreau (Hayward), El Cerrito, McAteer (San Francisco), El Camino had incomplete teams.

Girls Individuals:

1. Muggie Kosek (Gunn) 15:43, 2. Suzanne Haas (Notre Dame) 16:26, 3. Erin Bellamy (Moreau) 16:54, 4. Beth Berghausen (Gunn) 16:57, 5. Jennifer Davine (Half Moon Bay) 16:58, 6. Jessica Buehring (El Cerrito) 17:00, 7. Jenny Phillips (Half Moon Bay) 17:01, 8. Tenaya Soderman (Gunn) 17:05, 9. Kelly Van Horbek (Half Moon Bay) 17:11, 10. Mai Tai (Lowell) 17:23, 11. Lisa Forbes (Half Moon Bay) 17:26, 12. Jennifer Brown (Lowell) 17:30.

Girls Frosh/Soph:

1. Michelle Wada (Westmoor) 17:02, 2. Alisha Lopez (El Cerrito) 17:19.

Artichoke Invitational

Oct. 1, Half Moon Bay High School.

Large School Boys Teams:

1. Del Campo (Fair Oaks) 70, 2. Los Gatos 86, 3. Castro Valley 122, 4. Serra (San Mateo) 149, 5. Independence (San Jose) 165, 6. Berkeley 176, 7. Amador Valley (Pleasanton) 235, 8. Downey (Modesto) 288, 9. Monta Vista (Cupertino) 295, 10. Fremont (Sunnyvale) 310, 11. Logan (Union City)

311, 12. El Cerrito 325, 13. Oak Grove (San Jose) 326, 14. St. Ignatius (San Francisco) 327, 15. Lowell (San Francisco) 375, 16. Gunderson (San Jose) 390, 17. Westmoor (Daly City) 440.

Large School Boys Individuals:

1. Shumeye Mamo (Berkeley) 11:51, 2. Jason Atwood (Castro Valley) 11:52, 3. Ricky Woods (Independence) 11:55, 4. Paul Denzler (Castro Valley) 11:58, 5. Sean Lewis (Berkeley) 12:02, 6. Ted Cbari (Los Gatos) 12:04, 7. Jason Reese (Del Campo) 12:15, 8. James Metcalf (Los Gatos) 12:17, 9. Phil Kilbridge (Serra) 12:19, 10. Will Newman-Robinson (Serra) 12:26, 11. Dean Riedel (Del Campo) 12:27, 12. Doug Ballard (Del Campo) 12:28, 13. Jason Minnig (Amador Valley) 12:29, 14. Clint Pappadakis (Oak Grove) 12:31, 15. Gonzalo Espinoza (Logan) 12:31, 16. Mohamed Elsookary (Monta Vista) 12:31, 17. Greg Fry (Los Gatos) 12:32, 18. Joe Di Salvo (Santa Teresa) 12:32, 19. Kevin Sadauskas (Del Campo) 12:32, 20. Erik Hyde (Amador Valley) 12:33.

Small School Boys Teams:

1. Half Moon Bay 48, 2. Manteca 120, 3. Carlmont (Belmont) 174, 4. Bishop Gorman (Las Vegas, NV) 180, 5. Gunn (Palo Alto) 201, 6. University (San Francisco) 269, 7. Westmont (Campbell) 297, 8. North Monterey County (Castroville) 318, 9. Lick (San Jose) 325, 10. Woodside 332, 11. Redwood (Larkspur) 338, 12. Hayward 379, 13. Burlingame 382, 14. Sacred Heart Cathedral 400, 15. Del Mar (San Jose) 455, 16. Granada (Livermore) 468, 17. Tamalpais (Mill Valley) 474, 18. Irvington (Fremont) 501, 19. Mitty (San Jose) 552, 20. Cardinal



BETH BARTHOLOMEW

Fine Flicks by Dan Gasney

Newman (Santa Rosa) 564, 21. Saratoga 593.

Small School Boys Individuals:

1. Andy Bupp (Woodside) 11:28, 2. Kevin Berkowitz (Hayward) 11:34, 3. Mike Cooks (Half Moon Bay) 11:54, 4. John Hannon (Woodside) 11:54, 5. Derek Waxman (San Mateo) 11:58, 6. Mike Brown (Gunn) 12:00, 7. Henry Gutierrez (Bishop Gorman) 12:01, 8. Danny Rhodes (Half Moon Bay) 12:05, 9. Jesse Whiting (Half Moon Bay) 12:07, 10. Mike Regan (South City) 12:07.

Large School Girls Teams:

1. Los Gatos 43, 2. Leland (San Jose) 114, 3. Fremont (Sunnyvale) 130, 4. Del Campo (Fair Oaks) 152, 5. El Cerrito 157, 6. Castro Valley 170, 7. California (San Ramon) 190, 8. Lowell (San Francisco) 192, 9. Carondelet (Concord) 232, 10. Westmoor

(Daly City) 317, 11. Independence (San Jose) 351.

Large School Girls Individuals:

1. Beth Bartholomew (Fremont) 14:04, 2. Reina Felix (Oak Grove) 14:09, 3. Dina Farage (Gunderson) 14:35, 4. Misty Kalmiros (Los Gatos) 14:36, 5. Heather Graesch (Los Gatos) 14:41, 6. Noel Crockett (Leland) 14:42, 7. Andrea Meinhardt (Los Gatos) 14:55, 8. Rachel Austin (Del Campo) 15:03, 9. Melissa Freeberg (California) 15:07, 10. Tegan Anderson (Leland) 15:13, 11. Phuong Sites (Fremont) 15:19, 12. Jenny Cathcart (Amador Valley) 15:25, 13. Imma Osterkamp (Los Gatos) 15:27, 14. Genevieve Farnady (Los Gatos) 15:27, 15. Alisha Lopez (El Cerrito) 15:28, 16. Philippa Amai (Los Gatos) 15:29, 17. Lisa Scott (El Cerrito) 15:36, 18. Elise Patterson (Castro Valley) 15:38, 19. Pat Korson (Del Campo) 15:39, 20. Mai Tai (Lowell) 15:43.

Small School Girls Teams:

1. Redwood (Larkspur) 75, 2. Half Moon Bay 88, 3. Gunn (Palo Alto) 149, 4. Aptos 150, 5. Granada (Livermore) 213, 6. Notre Dame (Belmont) 223, 7. University (San Francisco) 238, 8. Ursuline (Santa Rosa) 241, 9. Moreau (Hayward) 242, 10. Tamalpais (Mill Valley) 376.

Small School Girls Individuals:

1. Amy McConnell (University) 14:07, 2. Muggie Kosek (Gunn) 14:45, 3. Spike Jones (Redwood) 15:05, 4. Lorraine Fahres (Redwood) 15:15, 5. Suzanne Haas (Notre Dame) 15:17, 6. Laurie Durette (Aptos) 15:20, 7. Britt Eilers (Granada) 15:21, 8. Kris Ash (North Monterey County) 15:24, 9. Jennifer



ASHLEY BLACK

photo by Bill Leung, Jr.

Devine (Half Moon Bay) 15:25, 10. Erin Bellamy (Moreau) 15:25.

Small School Girls Frosh/Soph Individual:

1. Kami Gardner (College Prep) 15:03.

San Ramon Valley Invitational

Oct. 1, San Ramon Valley High School.

Boys Teams:

1. Santa Rosa 46, 2. San Ramon Valley (Danville) 94, 3. Antioch 99, 4. De La Salle (Concord) 100, 5. Clayton Valley (Concord) 135.

Boys Individuals:

1. Rob Scott (San Ramon Valley) 9:46, 2. Jeff Buhl (San Ramon Valley) 9:59, 3. Dan Heid (Santa

Rosa) 10:06, 4. Steven Gurinni (Santa Rosa) 10:07, 5. Salvador Zabala (Santa Rosa) 10:07, 6. Mike Kuhl (DeLaSalle) 10:09, 7. Todd Coulston (DeLaSalle) 10:10, 8. Ian Phillips (Acalanes) N.T., 9. Jim Macken (Santa Rosa) 10:16, 10. Chris Krafec (DeLaSalle) 10:18, 11. Mark Chyn (L) 10:19, 12. Jeff Aschbrenner (Clayton Valley) 10:19, 13. Buddy Puhl (Antioch) 10:19, 14. Brian White (Antioch) 10:21, 15. Keith Lewis (Montgomery) 10:21.

Girls Teams:

1. San Ramon Valley (Danville) 49, 2. Santa Rosa 104, 3. Antioch 106, 4. Ygnacio Valley (Concord) 118, 5. Montgomery (Santa Rosa) 127.

Girls Individuals:

1. Michelle Ferguson (Piner) 12:03, 2. Kristie McCall (Santa Rosa) 12:21, 3. Cheryl Vann (Santa Rosa) 12:35, 4. Beth Glaser (San Ramon Valley) 12:44, 5. Shilpa Pall (Ygnacio Valley) 12:27, 6. Eisee Johnson (Ygnacio Valley) 12:28, 7. Laura Buhl (San Ramon Valley) 12:51, 8. Molly Stryker (Acalanes) 12:52, 9. Jennifer Seils (Antioch) 12:54, 10. Ana Fernandez-Perez (San Ramon Valley) 12:57, 11. Michelle Mayers (Montgomery) 13:07, 12. Allison Hallatt (San Ramon Valley) 13:11, 13. Julie Beer (Piner) 13:18, 14. Stacy Johnson (Antioch) 13:29, 15. Michelle Huesman (San Ramon Valley) N.T.

Stanford/Palo Alto HS

X-C Invitational

Oct. 3, Stanford Golf Course.

Boys "A" Teams:

1. Camarillo 90, 2. Bend (Oregon) 133, 3. Corona del Mar (Newport Beach) 153, 4. Bellarmine (San Jose) 156, 5. Arroyo Grande 184, 6. Jesuit (Carmichael) 185, 7. Hart (Newhall) 238, 8. Madera 243, 9. DeLaSalle (Concord) 245, 10. Carson (Carson City, NV) 266, 11. Casa Roble (Orangevale) 296, 12. San Ramon Valley (Danville) 323, 13. Vacaville 329, 14. Homestead (Cupertino) 431, 15. Arroyo (El Monte) 432, 16. Bella Vista (Fair Oaks) 486, 17. Reed (Sparks, NV) 518, 18. Junipero Serra (San Mateo) 534, 19. Piner (Santa Rosa) 565, 20. San Luis Obispo 571, 21. Clovis West (Fresno) 593, 22. Red Bluff 619, 23. Woodside 643, 24. Leland (San Jose) 680, 25. Jesuit "B" 769, 26. Bullard (Fresno) 790, 27. Monta Vista (Cupertino) 851, 28. Novato 869, Central Valley, Novato "B", Menlo-Atherton (Atherton) had incomplete teams.

Boys "A" Individuals:

1. David Welch (Jesuit) 15:47, 2. Kevin Holbrook (Vacaville) 15:51, 3. Eddie Lavelle (Corona del Mar) 15:55, 4. Luis Quintana (Arroyo Grande) 16:08, 5. Shawn Goetzinger (Camarillo) 16:10, 6. Rob Scott (San Ramon) 16:18, 7. Jeremy Seven (DeLaSalle) 16:21, 8. Abe Valdez (Camarillo) 16:22, 9. Andy Bupp (Woodside) 16:24, 10. Dave Drahe (Bend) 16:26, 11. Damon Chamberland (Casa Roble) 16:27, 12. Chad Malewich (Camarillo) 16:29, 13. Jim Robertson (Bend) 16:37, 14. Billy Dixon (Hart) 16:38, 15. Cory Davis (Vacaville) 16:49, 16. Steve Lepkin (Hart) 16:53, 17. Sanchez (Madera) 16:53, 18. Jose Santiago (Madera) 16:54, 19. John Leder (Bella Vista) 16:54, 20. Greg Hines (Arroyo Grande) 16:59, 21. Steve Mills (Bellarmine) 17:01, 22. James Menon (SLO) 17:01, 23. Peter Fisher (Bellarmine) 17:04, 24. Mike Graves (Bellarmine) 17:05, 25. Jeff Buhl (San Ramon) 17:05, 26. Todd Coulston (DeLaSalle) 17:06, 27. Greg Shryock (Corona del Mar) 17:06, 28. Chris Flanders (Casa Roble) 17:07, 29. Brent Westfall (Bend) 17:07, 30. Bill Dilday (Bend) 17:08, 31. Steve Gaul (Jesuit) 17:09, 32. Shannon Brusca (Camarillo) 17:10, 33. John Schnell (Camarillo) 17:10, 34. Joel Gonzalez (Camarillo) 17:12, 35. Paul Scott (Corona del Mar) 17:13, 36. Erik Skaden (Jesuit) 17:13, 37. Peter Faeth (Monte Vista) 17:13, 38. John Hannon (Woodside) 17:14, 39. Hunter Pierce (Corona del Mar) 17:15, 40. Bob Rysar (Carson) 17:18.

Boys "B" Teams:

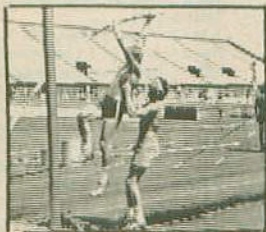
1. Ashland (Oregon) 70, 2. Sonoma 175, 3. Encinal (Alameda) 176, 4. Manteca 177, 5. Lompoc 186, 6.

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Prep Notes

Castro Valley 188, 7. St. Francis (Mt. View) 238, 8. Nordhoff (Oajj) 256, 9. Prospect (Saratoga) 302, 10. Morro Bay 358, 11. Gunn (Palo Alto) 362, 12. Palo Alto 390, 13. Alhambra (Martinez) 393, 14. Acalanes (Lafayette) 404, 15. San Lorenzo Valley (Felton) 419, 16. Hayward 426, 17. Reno (Nevada) 464, 18. Del Oro (Loomis) 471, 19. Leigh (San Jose) 509, 20. Mountain View 512, 21. Foothill (Pleasanton) 526, 22. Rio Americano (Sacramento) 589, 23. Santa Cruz 593, 24. Dublin 600, 25. Irvington (Fremont) 605, 26. Alameda 719. Lassen (Susanville), Cupertino, San Mateo had incomplete teams.

Boys "B" Individuals:

1. Kevin Berkowitz (Hayward) 16:31, 2. Blair Venables (Enclinal) 16:42, 3. Derek Waxman (San Mateo) 16:47, 4. Donnie Nelson (Foothill) 16:52, 5. Yared Berhane (Sonora) 16:57, 6. Pete Julian (Ashland) 16:59, 7. Stefan Wynn (St. Francis) 17:02, 8. Andy Oviatt (Nordhoff) 17:03, 9. Ian Hunter (Prospect) 17:04, 10. Paul Denzler (Castro Valley) 17:08, 11. Jason Atwood (Castro Valley) 17:09, 12. Ian Solof (Ashland) 17:13, 13. Brown (Ashland) 17:14, 14. Matt Boone (Enclinal) 17:19, 15. Ed McCormack (Prospect) 17:25, 16. Ron Mandel (Palo Alto) 17:28, 17. Justin Loftus (Ashland) 17:34, 18. Brian Blakeley (Sonora) 17:35, 19. Mike Brown (Gunn) 17:38, 20. Ian Phillips (Acalanes) 17:39, 21. Joe Rodriguez (San Lorenzo Valley) 17:42, 22. Sean McCleary (Ashland) 17:42, 23. Alex Reich (Palo Alto) 17:43, 24. Ryan Miller (Ashland) 17:45, 25. Chris Horn (Manteca) 17:46, 26. Fu Ming Young (Mt. View) 17:49, 27. Scott Sutch (Acalanes) 17:51, 28. Paul Lawler (Lompoc) 17:53, 29. Aaron (San Lorenzo Valley) 17:54, 30. Clyde Trent (Manteca) 17:54.

Boys "C" Teams:

1. Phoenix (Oregon) 35, 2. Piedmont 64, 3. Branson (Branson) 17:17, 4. St. Augustine (San Diego) 143, 5. North Tahoe (Tahoe City) 147, 6. Calaveras (San Andreas) 205, 7. Patterson 214, 8. Justin Siena (Napa) 217, 9. Bret Harte (Altaville) 246, 10. Folsom 252, 11. Palma (Salinas) 269, 12. Salem Academy (Salem, Oregon) 363, 14. Head-Royce (Oakland) 368, 15. Albany 420, 16. Bret Harte "B" 434.

Boys "C" Individuals:

1. Gordon Johnson (Piedmont) 16:59, 2. Paul Manikin (Branson) 17:17, 3. Kurt Neddentip (Manogue) 17:30, 4. Ron Geisler (Phoenix) 17:33, 5. Brian Turner (Phoenix) 17:34, 6. Javier Lopez (Phoenix) 17:48, 7. Brian Singleton (Bret Harte) 17:52, 8. Scott (Phoenix) 17:53, 9. Chris Alvarez (St. Augustine) 17:54, 10. Tony Gallegos (St. Helena) 17:55, 11. David Wasserman (Piedmont) 18:04, 12. Bennet (Phoenix) 18:06, 13. Anderson (North Tahoe) 18:06, 14. Bill Morse (Piedmont) 18:09, 15. Mills (North Tahoe) 18:10, 16. Bob Swingle (Phoenix) 18:13, 17. Tony Chan (Piedmont) 18:15, 18. Art Roulac (Branson) 18:21, 19. Allen Moses (Calveras) 18:26, 20. Brad Meyer (Manogue) 18:28.

Girls "A" Teams:

1. Bend (Oregon) 42, 2. Clovis West (Fresno) 98, 3. Vacaville 190, 4. Hart (Newhall) 199, 5. Madera 206, 6. Reed (Sparks, NV) 207, 7. Arroyo Grande 223, 8. San Ramon (Danville) 237, 9. Carson (Carson City, NV) 256, 10. San Luis Obispo 277, 11. Casa Roble (Orangevale) 338, 12. Red Bluff 364, 13. Piner (Santa Rosa) 385, 14. Monte Vista (Danville) 420, 15. Not Available 524, 16. Newark Memorial (Newark) 529. Novato, Central Valley, Watsonville, Santa Clara had incomplete teams.

Girls "A" Individuals:

1. Tiki Wilcox (Santa Clara) 19:48, 2. Shea Abby (Bend) 19:51, 3. Angela Orefice (Arroyo Grande) 19:53, 4. Kim Neighbor (Bend) 20:09, 5. Kimberly Orlando (Carson) 20:20, 6. Mary Ann Barrientos (Madera) 20:29, 7. Chantell Calabrese (Clovis West) 20:32, 8. Arne Wedum (San Leandro) 20:38, 9. Millie Hogan (Bend) 20:40, 10. Amber Young (Reed) 20:45, 11. Olivia Sanchez (Bend) 20:47, 12. Jessica Leal (Clovis West) 20:51, 13. Brooke Pritchard (Vacaville) 20:51, 14. Martha Luna (Watsonville) 20:55, 15. Michelle Ferguson (Piner) 20:58, 16. Sherri Jacques (Bend) 20:58, 17. Josie Damasio (Madera) 21:02, 18. Laura Hunter (Hart) 21:11, 19.

Heather Kelley (Arroyo Grande) 21:19, 20. Lauren Jefferson (SLO) 21:36, 21. Beth Glaser (San Ramon) 21:39, 22. Jennifer Bovee (Clovis West) 21:41, 23. Heather Trout (Casa Roble) 21:41, 24. Arjonte Dionne (Hart) 21:43, 25. Audra Brinkerhoff (Carson) 21:43, 26. Stephanie Goud (Vacaville) 21:45, 27. Jennifer Sporing (Clovis West) 21:46, 28. Anna Zirker (Bend) 21:49, 29. Tammy Yenney (Bend) 21:49, 30. Heather Reid (Clovis West) 21:52.

Girls "B" Teams:

1. Mitty (San Jose) 110, 2. South Hills (West Covina) 114, 3. Morro Bay 136, 4. Nordhoff (Oajj) 195, 5. Lompoc 222, 6. Mountain View 225, 7. Ashland (Oregon) 256, 8. St. Francis "A" (Mt. View) 266, 9. Sonora 281, 10. Analy (Sebastopol) 302, 11. Carleton (Belmont) 308, 12. Palo Alto 351, 13. Del Oro (Loomis) 355, 14. Castro Valley 357, 15. Alameda 377, 16. Alhambra (Martinez) 412, 16. Campolindo (Moraga) 412, 18. Enclinal (Nimede) 465, 19. Acalanes (Lafayette) 507, 20. Santa Cruz 522, 21. Foothill (Pleasanton) 573, 22. St. Francis "B" (Mt. View) 599, 23. Westmont (Campbell) 611. Lassen (Susanville), Glencoe (Hillsborough, OR), Cupertino had incomplete teams.

Girls "B" Individuals:

1. Karen Hecox (South Hills) 18:43, 2. Tina Gorbelt (Lassen) 19:13, 3. Sarah Riley (Campolindo) 20:09, 4. Karen Steiner (South Hills) 20:12, 5. Janet Ruller (Mt. View) 20:34, 6. Kim Nemanic (Del Oro) 20:39, 7. Suzanne Jones (Carleton) 20:40, 8. Jennifer Lacava (Morro Bay) 20:44, 9. Libby Moore (Glencoe) 20:45, 10. Donna Rabin (Palo Alto) 20:46, 11. Jennie Dempsey (Analy) 20:48, 12. Thea Roberts (Mitty) 21:15, 13. Ingrid Graeve (Mt. View) 21:20, 14. Tasha Handy (Mitty) 21:22, 15. Karlie Graham (Lompoc) 21:23, 16. Meg George (Morro Bay) 21:26, 17. Zoofia Koonoor (Alameda) 21:28, 18. Bonnie Oglesby (South Hills) 21:31, 19. Molly Strykac (Acalanes) 21:32, 20. Cindy Mahaffey (Carleton) 21:33, 21. Erin Hayes (Mitty) 21:38, 22. LaTanya Johnson (Mitty) 21:40, 23. Pascha Spelman (Nordhoff) 21:49, 24. Alice Atkinson (Nordhoff) 21:58, 25. Roslyn Mack (St. Francis A) 22:00.

Girls "C" Teams:

1. Bret Harte "A" (Altaville) 30, 2. North Tahoe (Tahoe City) 64, 3. Phoenix (Oregon) 63, 4. Head-Royce (Oakland) 135, 5. Branson (Ross) 153, 6. Bret Harte "B" 163, 7. Salem Academy (Salem, OR) 170, 8. Folsom 222, 9. Justin Siena (Napa) 234, 10. Albany 299. Summerville (Tudumne) incomplete team.

Girls "C" Individuals:

1. Tanya Dooley (Bret Harte) 21:19, 2. Amy Davidsch (Bret Harte) 21:40, 3. Cindy Keene (Phoenix) 21:44, 4. Maya Hites (Head-Royce) 21:59, 5. Michelle Brown (Bret Harte) 22:12, 6. Stephanie Sheets (Justin Siena) 22:16, 7. Casey Leary (Branson) 22:24, 8. Neriah Davis (Bret Harte) 22:27, 9. Walker (North Tahoe) 22:47, 10. Johnson (North Tahoe) 22:59.

Bob McGuire Relays

Oct. 8, Newhall Community Park, Concord.

Boys Teams:

1. San Ramon (Danville) 55:21, 2. DeLaSalle (Concord) 55:38, 3. Berkeley 56:51, 4. Clayton Valley (Concord) 57:37, 5. College Park (Pleasant Hill) 59:21, 6. El Cerrito, 7. Ygnacio Valley (Concord), 8. Northgate (Walnut Creek), 9. Pinole Valley.

Best Relay Splits:

1. Rob Scott (San Ramon) 10:17, 2. Jeremy Seven (DeLaSalle) 10:32, 3. Shumeye Mamo (Berkeley) 10:41, 4. Jeff Buhl (San Ramon) 10:54, 5. Todd Bell (San Ramon) 11:01, 6. Sean Lewis (Berkeley) 11:05.

Girls Teams:

1. San Ramon (Danville) 1:10:47, 2. El Cerrito 1:12:16, 3. Northgate (Walnut Creek) 1:14:31, 4. College Park (Pleasant Hill) 1:14:46, 5. Carondelet (Concord) 1:15:25.

SOCAL INVITATIONALS

From DOUG SPECK

Bellarmine Invitational

Large Schools:
Frosh/Soph Boys:

Overall Results

- Orenburger (Taft) 16:29, 2. Kim (West Torrance) 16:29, 3. Harlock (Thousand Oaks) 16:35, 4. Godsey (Taft) 16:38, 5. Patrick (Thousand Oaks) 16:52, 6. English (Taft) 16:55, 7. Bauer (Westlake) 16:58, 8. Rangno (Westlake) 16:59, 9. Patterson (Hart) 17:04, 10. Sirdum (Ventura) 17:08.

Team Scores:

- Taft 49, 2. Simi Valley 88, 3. Thousand Oaks 154, 4. Ventura 184, 5. West Torrance 188, 6. Westlake 215, 7. Crescenta Valley 229, 8. Hart 246, 9. Buena 242, 10. Quartz Hill 257, 11. Channel Islands 315, 12. Mountain View 336, 13. Bakersfield 342, 14. Rosemead 360, 15. Chino 434, 16. North Torrance 471, 17. Hesperia 541, 18. Hawthorne 554.

J.V. Boys:

Overall Results

- Sumino (W. Torrance) 15:58, 2. Corey (Thousand Oaks) 17:02, 3. Miles (W. Torrance) 17:18, 4. Gantzer (Thousand Oaks) 17:19, 5. Veldheer (W. Torrance) 17:19, 6. Ballinger (Long Beach Wilson) 17:27, 7. Lewis (Buena) 17:32, 8. Franks (L.B. Wilson) 17:39, 9. Bush (L.B. Wilson) 17:43, 10. Keller (Thousand Oaks) 17:45.

Team Scores:

- Long Beach Wilson 53, 2. Thousand Oaks 88, 3. Buena 100, 4. Bakersfield 136, 5. Crescenta Valley 139, 6. Warren 212.

Varsity Boys:

Overall Results

- Morales (L.A. Wilson) 14:19, 2. DeLaCorda (Alemany) 14:29, 3. Naranjo (L.A. Wilson) 14:44, 4. Morales (Ventura) 14:44, 5. Dixon (Hart) 14:47, 6. Williamson (Thousand Oaks) 14:48, 7. Cruz (Ventura) 14:49, 8. Lawson (Granada Hills) 14:53, 9. Lepkin (Hart) 14:59, 10. Garduno (Ontario) 15:11.

Team Scores:

- Thousand Oaks 95, 2. Ventura 106, 3. Hart 109, 4. Rosemead 131, 5. Ontario 143, 6. Bakersfield 148, 7. L.A. Wilson 163, 8. Hoover 215, 9. Mountain View 221, 10. Simi Valley 290, 11. Channel Islands 307, 12. North Torrance 320, 13. Milikan 346.

Varsity II Boys:

Overall Results

- Zavaca (Warren) 15:11, 2. Edgeworth (Warren) 15:28, 3. Chown (L.A. Wilson) 15:31, 4. Medina (Gary) 15:35, 5. Meads (Hesperia) 15:38, 6. Fluharty (Palmdale) 15:43, 7. Rodriguez (Taft) 15:46, 8. Vizuelo (Hawthorne) 15:49, 9. Dave (Buena) 15:54, 10. Finney (Buena) 15:55.

Team Scores:

- Buena 62, 2. L. B. Wilson 86, 3. Westlake 123, 4. Warren 129, 5. Palmdale 179, 6. Hesperia 202, 7. Crescenta Valley 241, 8. Quartz Hill 244, 9. L.B. Poly 275, 10. Garey 299, 11. Paramount 332, 12. Pasadena 346, 13. Keppel 352, 14. Taft 364.

Varsity Girls:

Overall Results

- Robbins (Hesperia) 17:15, 2. Sonja Duerr (Thousand Oaks) 18:16, 3. Wulle (Chino Oaks) 18:36, 4. Bernice Santoyo (Mt. View) 18:39, 5. Aroelia Gomez (L.A. Wilson) 18:49, 6. Chris Sircum (Ventura) 18:55, 7. Ariene Ward (Quartz Hill) 18:59, 8. Walters (Hesperia) 19:09, 9. Sandy Belong (Quartz Hill) 19:15, 10. Mandy Kassoris (Thousand Oaks) 19:18.

Team Scores:

- Hesperia 76, 2. Thousand Oaks 88, 3. Quartz Hill 114, 4. Westlake 123, 5. Buena 136, 6. Hart 158, 7. Chino 159, 8. Channel Islands 163, 9. Ventura 176,

- L.A. Wilson 186, 11. Hawthorne 248, 12. Mountain View 277, 13. Garey 299, 14. L.B. Poly 329, 15. Paramount 329, 16. Bakersfield 366, 17. Crescenta Valley 436.

Large & Medium Schools J.V. Girls:

Overall Results

- Lin (W. Torrance) 21:25, 2. Shepard (W. Torrance) 21:31, 3. Goodson (Pomona) 21:58, 4. Mulligan (Bishop Montgomery) 22:09, 5. Nickels (Chino) 22:12, 6. Valencia (Chino) 22:15, 7. Connick (Buena) 22:21, 8. Gunsalus (Bishop Montgomery) 22:36, 9. Carmody (Bishop Montgomery) 22:37, 10. Childers (Ventura) 22:42.

Team Scores:

- Chino 70, 2. Bishop Montgomery 74, 3. Newbury Park 152, 4. Northhoff 164, 5. South Torrance 298.

Large School Varsity Girls:

Overall Results

- Robbins (Hesperia) 17:15, 2. Sonja Duerr (Thousand Oaks) 18:16, 3. Wulle (Chino Oaks) 18:36, 4. Bernice Santoyo (Mt. View) 18:39, 5. Aroelia Gomez (L.A. Wilson) 18:49, 6. Chris Sircum (Ventura) 18:55, 7. Ariene Ward (Quartz Hill) 18:59, 8. Walters (Hesperia) 19:09, 9. Sandy Belong (Quartz Hill) 19:15, 10. Mandy Kassoris (Thousand Oaks) 19:18.

Team Scores:

- Hesperia 76, 2. Thousand Oaks 88, 3. Quartz Hill 114, 4. Westlake 123, 5. Buena 136, 6. Hart 158, 7. Chino 159, 8. Channel Islands 163, 9. Ventura 176, 10. L.A. Wilson 186, 11. Hawthorne 248, 12. Mountain View 277, 13. Garey 299, 14. L.B. Poly 329, 15. Paramount 329, 16. Bakersfield 366, 17. Crescenta Valley 436.

Medium School Seeded Varsity Boys:

Overall Results

- Lewis (Burbank) 14:27, 2. Zamora (Coachella Valley) 14:32, 3. Regal (Loyola) 15:09, 4. Sanchez (Burbank) 15:09, 5. Esparza (Newbury Park) 15:16, 6. Hogan (Loyola) 15:32, 7. Stanley (LaCanada) 15:39, 8. Milbradt (LaCanada) 15:44, 9. Lasky (Rio Mesa) 15:48, 10. Lopez (Burbank) 15:51.

Team Scores:

- Loyola 47, 2. La Canada 77, 3. Burbank 79, 4. Newbury Park 136, 5. Norco 143, 6. Northhoff 145, 7. Rio Mesa 149, 8. Damien 192, 9. Bishop Montgomery.

Medium School Boys Varsity II:

Overall Results

- Johnson (St. John Bosco) 15:17, 2. Castro (St. John Bosco) 15:31, 3. Esquivel (Pomona) 16:07, 4. Campos (St. John Bosco) 16:13, 5. Dunlap (Cabrillo) 16:18, 6. Looney (St. Paul) 16:19, 7. Andrade (Bosco Tech) 16:28, 8. Schuberg (Crespi) 16:29, 9. Garcia (Morro Bay) 16:29, 10. Roundy (Morro Bay) 16:34.

Team Scores:

- St. John Bosco 62, 2. Bosco Tech 69, 3. Morro Bay 84, 4. Crespi 122, 5. South Torrance 165, 6. Santa Fe 168, 7. Cabrillo 173, 8. Norwalk 183, 9. St. Paul 201, 10. Burroughs 256.

Medium School Girls Varsity:

Overall Results

- Delima (La Canada) 18:31, 2. Jimenez (Burbank) 18:51, 3. Spellman (Northhoff) 19:08, 4. Lacovara (Morro Bay) 19:13, 5. George (Morro Bay) 19:19, 6. Higbee (Norco) 19:22, 7. Nesbitt (Newbury Park) 19:27, 8. Loney (Norco) 19:34, 9. MacDonald (Norwalk) 19:43, 10. Ewing (Morro Bay) 19:45.

Team Scores:

- Morro Bay 68, 2. Newbury Park 78, 3. Norco 109, 4. Northhoff 135, 5. St. Paul 143, 6. La Canada 145, 7. Bishop Montgomery 173, 8. Rio Mesa 200, 9. Bishop Amat 205, 10. Cabrillo 265, 11. Norwalk 289, 12. Santa Fe 306, 13. South Torrance 358, 14. St. Joseph 387.

Medium Schools Boys Frosh/Soph:

Overall Results

- Rigal (Loyola) 16:35, 2. Camarillo (Bishop Amat) 16:39, 3. Lopez (Norwalk) 16:43, 4. Sanchez (Pomona) 16:57, 5. Hilsabeck (Rio Mesa) 17:06, 6. Krentzin (Crespi) 17:10, 7. Miller (Northhoff) 17:14, 8. Tallakson (Northhoff) 17:15, 9. Pulido (Santa Fe) 17:16, 10. Ruiz (Coachella Valley) 17:18.

Team Scores:

- Coachella Valley 78, 2. Northhoff 86, 3. Loyola 90, 4. Norwalk 126, 5. Rio Mesa 154, 6. Bosco Tech 155, 7. Newbury Park 207, 8. Bishop Amat 233, 9. St. John Bosco 323, 10. Damien 377, 11. St. Paul 431, 12. Santa Fe 434, 13. South Torrance 460.

Medium School J.V. Boys:

Overall Results

- Napier (Loyola) 16:48, 2. Allard (Loyola) 16:51, 3. Longker (Newbury Park) 16:51, 4. Cowen (Loyola) 16:55, 5. Mabry (Newbury Park) 17:04, 6. Shane (Loyola) 17:17, 7. Adams (Newbury Park) 17:23, 8. Coronel (Northhoff) 17:37, 9. O'Connell (Loyola) 17:39, 10. Brennan (Newbury Park) 17:47.

Team Scores:

- Loyola 22, 2. Newbury Park 41, 3. Northhoff 159, 4. Damien 180, 5. St. John Bosco 182, 6. Bosco Tech 194, 7. Bishop Montgomery 225, 8. Crespi 264, 9. Coachella Valley 279.



GARY STOLZ

photo by Bill Leung, Jr.

Small Schools Boys Varsity Seeded:

Overall Results

- Stolz (Miraleste) 14:58, 2. DeLeon (Moorpark) 15:08, 3. Bergman (Whittier Christian) 15:24, 4. Ryk (Santa Paula) 15:36, 5. Montes (Maranatha) 15:51, 6. Delaney (LaSalle) 15:54, 7. Seitz (Whittier Christian) 16:01, 8. Barajas (Fillmore) 16:01, 9. Garciano (La Salle) 16:05, 10. Forie (Whittier Christian) 16:05.

Team Scores:

- La Salle 72, 2. Salesian 92, 3. Whittier Christian 102, 4. Maranatha 171, 5. Harvard 174, 6. Santa Paula 211, 7. Cathedral 223, 8. Fillmore 229, 9. Notre Dame (SO) 235, 10. Moorpark 269, 11. Lutheran Orange 289, 12. Calabasas 297, 13. Paraclete 321, 14. St. Bernard 328, 15. Miraleste 336, 16. Crossroads 342, 17. Brentwood 348.

Small Schools Boys Varsity II:

Overall Results

- Perez (Palmer Noster) 15:39, 2. Reinisch (Mary Star) 16:02, 3. Smith (L.A. Baptist) 16:05, 4. Stornetta (St. Joseph) 16:29, 5. Tevoide (Calvin Ch.) 16:29, 6. Coady (Village) 19:31, 7. Olson (Windward) 16:47, 8. Cross (Calvin Ch.) 16:49, 9. Shipley (Calvin Ch.) 17:03, 10. Frost (Flintbridge) 17:04.

Team Scores:

- Palmer Noster 87, 2. Calvin Christian 97, 3. St. Joseph (SM) 157, 4. Chadwick 188, 5. Valley Christian 189, 6. Murphy 199, 7. Flintbridge Prep 241, 8. Mary Star 250, 9. Windward 270, 10. St. Monica 277.

Small Schools Girls Varsity Seeded:

Overall Results

- St. John (St. Joseph) 18:51, 2. Harvey (Paraclete) 19:12, 3. McKiernan (Lutheran) 19:35, 4. Rivera (Maranatha) 19:48, 5. Nunez (St. Joseph) 20:06, 6. Hoses (Notre Dame) 20:07, 7. Guemero (Miraleste) 20:11, 8. Lu (Brentwood) 20:25, 9. Felix (St. Joseph) 20:28, 10. Jeromin (Maranatha) 20:37.

Team Scores:

- Maranatha 52, 2. St. Joseph (SM) 63, 3. Brentwood 119, 4. L.A. Baptist 136, 5. Paraclete 161, 6. Bellarmine 171, 7. Miraleste 173, 8. St. Bernard 208, 9. Notre Dame (SO) 215, 10. Moorpark 261, 11. Crossroads 342, 12. Marlborough 344, 13. Whittier Christian 346.

Small Schools Girls Varsity II:

Overall Results

- Stern (Marymount) 19:51, 2. Goedhart (Valley Ch.) 20:47, 3. Koepf (Mission Prep) 20:49, 4. Shaw (Fillmore) 21:03, 5. Randall (Lutheran Ventura) 21:12, 6. Dwyer (Holy Family) 21:47, 7. Diaz (Mission Prep) 22:08, 8. Tedford (Village Ch.) 22:11, 9. Pinho (Westlake L.A.) 22:13, 10. Golbert (Fillmore) 22:16.

Team Scores:

- Westlake L.A. 89, 2. Valley Christian 150, 3. Holy Family 152, 4. Western Christian 169, 5. Mission Prep 187, 6. Marymount 194, 7. San Gabriel Mission 253, 8. Flintbridge Prep 274, 9. Immaculate Heart 281, 10. Village Christian 309, 11. Sacred Heart 341.

Small Schools Boys Frosh/Soph:

Overall Results

- Perez (Salesian) 16:39, 2. Lopez (Salesian) 17:48, 3. Van Doran (LaSalle) 17:53, 4. Rivello (Village Christian) 17:58, 5. Lopez (Fillmore) 17:59, 6. Teletz (Notre Dame) 18:01, 7. Sorenson 18:01, 8. Valenzuela (Cathedral) 18:03, 9. Porter (Mission Prep) 18:07, 10. Giedno (Palmer Noster) 18:09.

Team Scores:

- La Salle 108, 2. Cathedral 151, 3. Notre Dame (SO) 166, 4. Bellarmine 174, 5. Harvard 181, 6. Camp Munz 214, 7. Maranatha 247, 8. Boron 250, 9. Cathedral 269, 10. Palmer Noster 318, 11. Mission Prep 333, 12. Miraleste 337, 13. Paraclete 341, 14. Moorpark 389, 15. L.A. Baptist 398, 16. Fillmore 400, 17. Brethven 411, 18. Western Christian 472, 19. Lutheran Orange 605.

Small Schools Girls J.V.:

Overall Results

- Trachtenberg (Brentwood) 22:20, 2. Seagren (Brentwood) 22:38, 3. Johnson (Calvin Ch.) 23:09, 4. James (San Gabriel Mission) 23:10, 5. Howerzyl (Calvin Ch.) 23:13, 6. Tzadin (Brentwood) 23:28, 7. Barrhan (Notre Dame) 23:37, 8. Domingo (Calvin Ch.) 23:37, 9. Draper (Brentwood) 24:03, 10. Holt (L.A. Baptist) 24:09.

Team Scores:

- Brentwood 31, 2. Calvin Christian 97, 3. St. Bernard 118, 4. Miraleste 144, 5. Paraclete 228, 6. Marlborough 256, 7. San Gabriel Mission 287, 8. Sacred Heart 307.

Small Schools Boys J.V.:

Overall Results

- Pedroza (Salesian) 17:21, 2. Guillen (Salesian) 17:31, 3. Santiago (Cathedral) 17:51, 4. Ramos (Salesian) 17:55, 5. Steiner (Whittier Ch.) 17:59, 6. Solis (LaSalle) 18:06, 7. Simpson (Whittier) 18:06, 8. Wren (Whittier Ch.) 18:21, 9. Leraus (Harvard) 18:31, 10. Penaloza (Salesian) 18:36.

Team Scores:

- Salesian 44, 2. Whittier Christian 54, 3. Harvard 89, 4. La Salle 132, 5. Cathedral 161, 6. Brentwood 197, 7. Crossroads 211, 8. Murphy 230, 9. Providence 266.

Prep Notes

Colton Invitational

Sept. 10. Colton High School—This early season affair featured mostly schools from the greater San Bernardino/Riverside area with a few squads dropping in from the high desert. A very strong Canyon (Canyon Country) Men's group showed their intention on putting together a fine season with a huge team-time win, while Coach Joe Gomez's Hesperia Women's group showed there is life after the graduation of Robbyn Bryant and Nicole Houle, with Nicole Robbins leading a team time win in that half of the affair.

The Canyon Men took the individual 10th, 11th, and 12th grade races in this "by-grade" Meet. Fine senior, Mike Rattary raced 15:22 to win over Frank Sharpe (Eisenhower, Rialto) 15:54. Soph Dave Hartman, the state's #2 frosh two mile last spring, took the soph race for Canyon in the day's fastest time, 15:20, that had him winning by 69 seconds! Lee Cohen completed the upper grade Canyon sweep with a 16:11 junior race run. Canyon averaged a minute better per man through five with a 79:39 team time to win over Redlands (84:53).

Nicole Robbins (Hesperia), a 5:00.57 1600m runner last year who also placed 17th in the Kinney National Championships in Cross Country, blitzed the Women's Junior/Senior field, racing 17:50, with Sandy Belding (Quartz Hill) next at 19:19. Brigid Freyne (Riverside Poly) ran 17:26 here in 1986. An age-grupper has arrived at the High School level at Colton High School. Marion Sepulveda has for a couple of years raced well nationally in the distances. Here, she was a comfortable Frosh/Soph race winner at 18:50 over Arlene Ward (Quartz Hill) 19:21. Hesperia has a respectable foursome to back up Robbins, and they totalled 100:14 to win the Women's team time battle over a very improved Quartz Hill squad (101:25) and good Etiwanda group (101:52).

Women's Results:
(11th/12th) 1. Robbins (Hesperia) 17:50, 2. Belding (Quartz Hill) 19:19, 3. Chavez (Colton) 19:30, 4. Barnes (Colton) 19:35, 5. Visscher (Etiwanda) 19:38. (9th/10th) 1. Sepulveda (Colton) 18:50, 2. Ward (QH) 19:21, 3. Lee (Canyon, Anaheim) 20:09. **Team Results:** 1. Hesperia 100:14, 2. Quartz Hill 101:25, 3. Etiwanda 101:52, 4. Redlands 103:00, 5. Corona 105:31.

Men's Results:
(12th) 1. Rattary (Canyon) 15:22, 2. Sharpe (Eisenhower) 15:54, 3. Flores (Redlands) 16:00, 4. Madrigal (Peiris) 16:02, 5. Norris (Riverside Poly) 16:10. (11th) 1. Cohen (Canyon) 16:11, 2. Jenkins (Eisenhower) 16:35. (10th) 1. Hartman (Canyon) 15:20, 2. Pearce (Redlands) 16:29, 3. Carter (Apple Valley) 16:32. (9th) 1. Starks (Corona) 17:50, 2. Barakat (Apple Valley) 17:55.

Hesperian Christian Invitational

Sept. 12. Hesperia—A number of the Section's smaller schools gathered for this High Desert Invitational. The Women's race was especially loaded with top individuals.

Paradele of Lancaster's Jean Harvey was a winner 20:56-21:02 over Orange Lutheran's Mary McKernan, with Serrano (Phelan) showing a solid trio in 3-4-5. Zita Hillinger (4th in State Small Schools Cross Country last fall and a fine 2:15.99 800m runner in track), Tanya Thayer (2nd in State in CC and 11:18.27 3200m in track), and Melanie Laich (4th Southern Section IA 400m 59:78) raced 21:19-21:54 and 22:43 respectively. Serrano's team time was 116:53 to Paradele's 120:43 when the top fives were added up.

On the Men's side junior Tony Chavez (Serrano) was the winner over Bob Bush (Inland Christian, San Bernardino) 17:07-17:12. Orange Lutheran had the fastest Men's team time at 93:23.

Women's Results: 1. Harvey (Paradele, Lancaster)

20:56, 2. McKernan (Orange Lutheran) 21:02, 3. Hillinger (Serrano, Phelan) 21:19, 4. Thayer (Serr) 21:54, 5. Laich (Serr) 22:43. **Team Times:** 1. Serrano 116:53, 2. Paradele 120:43.

Men's Results: 1. Chavez (Serrano) 17:07, 2. Bush (Inland Christian) 17:12, 3. Jeremy Gocke (Paradele) 17:25, 4. Strand (Or.Luth.) 17:32, 5. Spitzer (Serr) 17:36. **Team Times:** 1. Orange Lutheran 93:23, 2. Paradele 96:51, 3. Serrano 96:54.

Rim of the World Invitational

Sept. 14. Lake Arrowhead—A group of squads from the greater Riverside-San Bernardino area trekked up the mountain to Lake Arrowhead for "The Rim Run," an early season Invitational. Some of the Section's stronger teams and individuals were in attendance. Fine Redlands and Serrano (Phelan) teams were the winners on the Women's side, with Eisenhower (Rialto) and 29 Palms the Men's team titlists.

Marion Sepulveda, a fine age-grupper, continued her success during her first year on the High School scene at Colton HS, winning the Women's Large School run nat 11:36 with teammate Carrie Chavez 2nd at 11:57. Zita Hillinger (Serrano, Phelan) continued her string of wins over talented teammate Tanya Thayer in the Small Schools, 12:04.3 to 12:04.4, with the rest of the squad finishing 3-4-5 at an amazing 15 point total (65:32 team time). A fine Redlands High Women's group took the Large School run with 34 (63:35) points.

Tony Chavez (Serrano, Phelan) was the Small School's individual winner by 35 seconds at 17:44, with 29 Palms the team winner there with 50 points (97:08). Ed Garduno (Ontario) was the Large School winner at 16:37 over John Flores (Redlands) 16:41, with Eisenhower the team winner at 81 (90:11) over Apple Valley 95 (92:09).

Women's Results:
(Small) 1. Hillinger (Serrano) 12:04, 2. Thayer (Serr) 12:04, 3. Laich (Serr) 13:30. **Team:** 1. Serrano 15 (65:32), 2. 29 Palms (67:03). (Large) 1. Sepulveda (Colton) 11:36, 2. Chavez (Colton) 11:57, 3. Dvorak (Redlands) 12:17, 4. Ragon (Alta Loma) 12:23, 5. Cole (Redlands) 12:28. **Team:** 1. Redlands 34 (65:35), 2. Alta Loma 58 (65:23), 3. Apple Valley 74 (67:07).

Men's Results:
(Small) 1. Chavez (Serr) 17:44, 2. Schultz (29 Palms) 18:19, 3. Trujillo (Notre Dame, Riverside) 18:43. **Team:** 1. 29 Palms 50 (97:08), 2. Serrano 66 (98:15), 3. Beaumont 81 (99:22). (Large) 1. Garduno (Ontario) 16:37, 2. Flores (Redlands) 16:41, 3. Escanuela (Eisenhower) 17:04, 4. Kerr (Canyon Springs, Moreno Valley) 17:18, 5. Sharpe (Eis) 17:21. **Team:** 1. Eisenhower (Rialto) 81 (90:11), 2. Apple Valley 95 (92:09), 3. (Se) Canyon Springs (92:08) and North Riverside (92:47) 96, 5. Redlands 132 (92:46).

Royal Invitational

Sept. 17. Moorpark College—A number of fine teams came together in this meet that generally attracts schools from the north half of the Section. Palos Verdes dropped in from the South Bay area to spice up the show on the Women's side, with a fine Camarillo Men's team marking its 1988 coming out here.

Palos Verdes is once again unreal on the Women's side. Maybe ever better than last year. Here, they were 1-2-3-5-6-7-9 in the Women's Large School Varsity race against some very respectable people. Not trying to demean other people, but along with their 17 point winning total they had a team time of 96:35, nearly eight minutes ahead of the next squad during the day. Ashley Black led the show with an 18:43 win, with Lori Lucas leading the rest of the parade in 19:15 in 2nd. The PV Women's JV squad took 10 out of the top 11 places in that race.

Camarillo has all the main actors back from its 1988 State Division I fourth place Men's Varsity. Juniors Shawn Goetzinger (3rd-15:36), Chad Malesich (5th-15:42), and Abe Valdez (6th-15:43) (Think these guys will be tough again next year??) led the Scorpion charge to 54 points (80:48). Pater Delacorda (Alemany, Mission Hills), last year a member of the Hart (Newhall) squad, was the individual winner 15:31-15:32 over Mike Williamson (Thous. Oaks).

Lompoc High groups that may develop into factors in the State Division II championship run were the winners in both the Men's and Women's Small School Varsity races. The Women's team scored 47 (111:06), with Karite Graham from the winners 2nd at 21:09 behind Nordhoff's Dascha Spellman (20:53). The Lompoc Men totaled 54 (85:46) in their win. Ricky DeLeon (Moorpark) was the individual winner there, 16:00-16:11 over fine junior, Tony Bergman (Whittier Christian, La Habra).

Women's Results:
(Large) 1. Black (Palos Verdes) 18:43, 2. Lucas (PV) 19:15, 3. Muneno (PV) 19:17, 4. Duerr (Thous.Oaks) 19:29, 5. Goodrich (PV) 19:30, 6. Scribe (PV) 19:50, 7. Zareski (PV) 19:59. **Team:** 1. Palos Verdes 17 (96:35), 2. Thousand Oaks 72 (104:28), 3. Channel Islands (Oxnard) 111 (106:55), 4. Ventura 113 (109:20). (Small) 1. Spellman (Nordhoff, Ojai) 20:53, 2. Graham (Lompoc) 21:09, 3. Guarrero (Miraleste, Palos Verdes Estates) 21:22, 4. Toney (Atascadero) 21:30, 5. Atkinson (Nordhoff) 21:32. **Team:** 1. Lompoc 47 (111:06), 2. Nordhoff 71 (113:30), 3. Atascadero (121:24) and Notre Dame (Sherman Oaks) (121:22) 115 (66).

Men's Results:
(Large) 1. DeLaCorda (Alemany, Mission Hills) 15:31, 2. Williamson (Thous.Oaks) 15:32, 3. Goetzinger (Camarillo) 15:36, 4. Tyree (Ventura) 15:39, 5. Malesich (Cam) 15:42, 6. Valdez (Cam) 15:43, 7. Boggess (PV) 15:58, 8. Werve (Oxnard) 16:14, 9. Farrell (Thous.Oaks) 16:17, 10. Goodrich (Dos Pueblos, Goleta) 16:26. **Team:** 1. Camarillo 54 (80:48), 2. Thousand Oaks 94 (83:11), 3. Ventura 108 (84:21), 4. Palos Verdes 130 (83:46), 5. Dos Pueblos (Goleta) 132 (85:19). (Small) 1. DeLeon (Moorpark) 16:00, 2. Bergman (Whittier Christian, La Habra) 16:11, 3. Stolz (Miraleste) 16:19, 4. Oviatt (Nordhoff) 16:40, 5. Webb (Lompoc) 16:48. **Team:** 1. Lompoc 54 (85:46), 2. Whittier Christian (La Habra) 81 (87:00), 3. Nordhoff 95 (88:25), 4. Fillmore 129 (90:04).

Sonora Invitational

Sept. 17. Carbon Canyon Regional Park—The Sonora Invitational featured a switch from Craig Park out to Carbon Canyon Regional Park for its usual fine group of schools. The course would appear to be a bit more challenging than Craig Park here based upon the times recorded in the Meet as compared to the past.

Golden League rivals Antelope Valley (Lancaster) and Canyon (Canyon Country) took the two Men's races, with Foothill (Santa Ana) and Cypress the Women's winners.

Outstanding soph Dave Hartman (Canyon, CC) had the day's quickest men's time, a 15:32, to win by 50 yards over Ernie Delgado (Rowland, Rowland Heights) (15:40) in leading the Cowboys to a 38 point total (82:05) team time over Delgado's Rowland group (40:82:49). Antelope Valley had a fine easier time of it in the other Men's Varsity run, with Mater Dei's Mike Nielson (15:56) the individual winner as his team was 2nd to AV 58 (82:27-74) (83:07). Canyon, Rowland, and Antelope Valley have the potential to place high in State in Division I if they continue to come around.

Coach Jerry Whittaker's Foothill Women's group won their race over an improved Quartz Hill squad 56 (103:16)-78 (104:50). Martha Pinto (Katsela, Anaheim) marked her first invitational race of the year with a good win at 19:33-19:42 over Sandy Belding (QH). Tish Williams (La Habra) was the

Race II winner at 19:37, with Cypress the team titlists with 64 (110:20). Particularly pleasing in the results of Race II were the placings of Saugus High School's Heather Scobie (3rd-20:04) and Shauna Bird (29-24:19). These were the athletes involved in the serious head-on auto collision last Fall on Half-loven weekend, with their return to running in any form by this time quite truly amazing.

Women's Results:
(Race I) 1. Pinto (Katsela, Anaheim) 19:33, 2. Belding (QH) 19:42, 3. Ward (QH) 19:59. **Team:** 1. Foothill 56 (103:16), 2. Quartz Hill 78 (104:50), 3. Tusin 90 (106:08). (Race II) 1. Williams (La Habra) 19:37, 2. Lopez (Fullerton) 19:52. **Team:** 1. Cypress 64 (110:20), 2. La Habra 72 (110:14), 3. Canyon (CC) 88 (113:17).

Men's Results:
(Race I) 1. Nielson (Mater Dei) 15:56, 2. Hein (AV) 15:58, 3. Hrd (Esperanza, Anaheim) 16:04. **Team:** 1. Antelope Valley 58 (82:27), 2. Mater Dei 74 (83:07), 3. Tusin 106 (84:32). (Race II) 1. Hartman (Canyon, CC) 15:32, 2. E. Delgado (Rowland, RH) 15:40, 3. Rattary (Canyon) 15:53, 4. Johnson (Rowland) 16:09. **Team:** 1. Canyon (Canyon Country) 38 (82:05), 2. Rowland 46 (82:48), 3. Buena Park 63 (83:58).

Chaffey District Invitational

Sept. 17. Red Hill Park, Alta Loma—The Walnut High Men's squad breezed in and surprised Upland High here, with an improved Glendora Women's squad walking away with the title in this good quality Invite with about a dozen schools in attendance.

Upland, 6th in last year's State Division I Championship run on the Men's side, had about everyone back, with Walnut losing some key people off its State Division II title winners. Walnut's presence here was kind of a surprise to Upland, with Scott and Matt Hempel's 1-2 finish making the Mustangs tough to beat. Scott established a new course record with his 14:50 run, with Matt marking a return to form and the potential that he showed a couple of years ago in the sport in helping to lead Walnut to a 37-40 win over the Highlanders.

Glendora, part of a solid Baseline League on the Women's side, had improved Laura Sansom (sister of 2:13 half mile Andrea from last year) and Tricia Gibbs (back from a year as a foreign exchange student) leading the Tartan cause in 2nd (19:20) and 6th (19:51) respectively to their 50 point total. Etiwanda was 2nd at 74, with Alta Loma (78), Chino (82), and Upland (89) all showing fine potential as teams. Walnut's Sandra Acosta was the individual winner at 9:05.

Women's Results:
1. Acosta (Walnut) 9:05, 2. Sansom (Glendora) 19:20, 3. Wulf (Chino) 19:27, 4. Ragon (Alta Loma) 19:29. **Team:** 1. Glendora 40, 2. Etiwanda 74, 3. Alta Loma 78, 4. Chino 82.

Men's Results:
1. S. Hempel (Walnut) 14:50CR, 2. M. Hempel (Walnut) 15:06, 3. Garduno (Ontario) 15:30, 4. Burks (Upland) 15:32. **Team:** 1. Walnut 37, 2. Upland 40, 3. Ontario 116.

Mililkan Invitational

Sept. 17. Long Beach—This is an interesting meet which solves the Coach's problems of who to run where by putting everyone in the same race. There are twenty dead "by-grade" winners determined by the color of tags that athletes wear, and 350 on the male side and about 170 on the female side made up the two races during the morning. Some good running took place.

Grade records were set in half of the grade divisions used for awards on the Men's and Women's side. Junior Martin Morales (Wilson, LA) continues to roll, winning here at 14:59.8, and establishing a grade record just short of Mark Junkerman (Los Alamitos-1982) and his senior 14:54.7 course record. Ramirez of Salesian (LA) set a soph standard at 16:17.5. The amazing Reyes family, the

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off-spring of Lakewood High Men's Coach Terry, continue to roll here. Frosh Terrel was 3rd overall in the Meet at 15:37.6 to set a new men's ninth grade record, while Lucinda was the Women's overall winner (by 49 seconds) in 18:23 to set a new 10th grade Standard on that side.

Women's Results:

1. Reyes (Lakewood) 18:23, 2. Gomez (Wilson, LA) 19:14, 3. Sencio (St. Paul, Santa Fe Springs) 19:37, 4. Dunn (Wilson, Long Beach) 19:51, 5. Daudel (St. Lucy's, Glendora) 19:58. Team: 1. Newbury Park 76 (103:01), 2. Yucaipa 88 (103:52), 3. Marina (Huntington Beach) 110 (104:55), 4. Bishop Montgomery (Torrance) 128 (105:54), 5. Wilson (Long Beach) 134 (105:52).

Men's Results:

1. Morales (Wilson, LA) 14:59, 2. Naranjo (Wilson, LA) 15:35, 3. Reyes (Lakewood) 15:37, 4. Zavala (Warren, Downey) 15:43, 5. Johnson (St. John Bosco, Bellflower) 15:46. Team: 1. Lakewood 93 (81:46), 2. Wilson (LB) 104 (82:32), 3. St. John Bosco (Bellflower) 120 (82:21), 4. Salesian (LA) 173 (83:36), 5. Fontana 173 (83:43).

Laguna Hills Invitational

Sept. 17, Laguna Hills High School—Over forty schools came to run in this good quality "by-grade" Invite on a course that has a little bit of everything at Laguna Hills HS. Many of Southern California's top individuals and teams were in attendance. Corona del Mar ended with the fastest Men's team time of the day, with El Toro the overall quickest group on the Women's side. Two male athletes broke the Course Record of 14:58 set by Marc Davis of San Diego HS the year he won the Kinney National Cross Country Championship.

During the early morning Division I action Eddie Layelle continued his fine season by running away from Capistrano Valley's Bill Gould and setting a new Course Record in winning the 12th grade race 14:48-15:04. Coach Bill Sumner's CdM Men's squad recorded a 78.04 team time when the grades were added together, nipping area rival Dana Hills (78:52) for best of day honors. Frances O'Neill (San Pasqual, Escondido) also looked very impressive, charging to a 14:50 Division II senior race win. O'Neill is tall, thin, and very snappy. Last May he tripped in the San Diego Section Finals in track in 1:52.55 (800m), 4:15 (1600m), and 9:26.85 (3200m), and showed here the potential to run very close to 4:00 for 1600 meters by the end of the outdoor season if he can stay healthy.

On the Women's side it was a couple of new faces who really shined. Tania Brix (University, Irvine) is another fine product of the Time Machine Track Club program. Last summer, after her eighth grade year in school, in the TAC Youth Nationals she ran 4:49.94 (1500m) and 10:31.60 (3000m). Here, she raced away from the crowd in her frosh Div. I race, winning at 17:27 over another impressive newcomer, Shelley Taylor (Edison, Huntington Beach) 17:56. El Toro, with a 98:35, was the overall Women's team time winners here.

Women's Results:

(Div. I) (Frosh) 1. Brix (University, Irvine) 17:27, 2. Taylor (Edison, HB) 17:56, 3. Horak (Dana Hills) 19:12. Team: 1. Dana Hills 65, (Soph) 1. Liddy (El Toro) 19:15, 2. Hinkie (Buena, Ventura) 19:52, 3. Mann (Mission Viejo) 20:01. Team: 1. Capistrano Valley 57, (Jr/Sr) 1. Camiré (Irvine) 18:32, 2. Robinson (Newport Harbor) 18:49, 3. Skeen (Capo Valley) 18:55, 4. Beltran (Santa Ana Valley) 19:16, 5. Vargas (Santa Ana Valley) 19:17. Team: 1. Newport Harbor 65.

(Div. II) (Frosh) 1. Hadley (San Pasqual, Escondido) 20:15. Team: 1. San Pasqual 37, (Soph) 1. Hopkins (La Canada) 19:48, 2. Falone (Los Alamitos) 20:05. Team: 1. Los Alamitos 46, (Jr/Sr) 1. Cathy Peck (Woodbridge, Irvine) 18:45, 2. Keim (San Pasqual) 19:02, 3. DeLima (La Canada) 19:07, 4. Maabe (Los Alamitos) 19:22, 5. Laura Peck (Woodbridge) 19:24. Team: 1. Woodbridge 66.

Men's Results:

(Div. I) (Frosh) 1. Dempsey (Corona del Mar) 16:41. Team: 1. Corona del Mar 30, (Soph) 1. Dan Niednagel (Dana Hills) 15:54, 2. Matson (El Toro) 16:00, 3. Klassen (Mission Viejo) 16:17. Team: 1. El Toro 52, (Junior) 1. Cannon (CdM) 16:15, 2. Flint (CdM) 16:19, 3. Solo (CdM) 16:21. Team: 1. Corona del Mar 21, (Senior) 1. Lavelle (CdM) 14:48 CR, 2. Gould (Capistrano Valley) 15:04, 3. M. Tansley



KAREN HECOX

photo by Doug Peck

(Dana Hills) 15:08, 4. Vali (University) 15:09, 5. Steve Niednagel (Dana Hills) 15:18, 6. Shyrock (CdM) 15:27. Team: 1. Corona del Mar 38. (Div. II) (Frosh) 1. O'Neill (San Pasqual, Escondido) 17:00. Team: 1. Corona del Mar 29, (Soph) 1. Kyle (Los Alamitos) 16:21. Team: 1. Woodbridge 72, (Junior) 1. Winters (San Pasqual) 15:58, 2. Bahe (University, San Diego) 16:04, 3. Navayaktewa (Sherman Indian, Riverside) 16:16, 4. Prestwich (Hemet) 16:21. Team: 1. San Pasqual 127, (Senior) 1. Frances O'Neill (San Pasqual) 14:50, 2. Frisone (Laguna Hills) 15:05, 3. Rodriguez (Fallbrook) 15:13, 4. Collins (Hemet) 15:15, 5. Gibney (Laguna Hills) 15:27. Team: Fallbrook 92.

Rosemead Invitational

Sept. 17, Rosemead High School—A group from the San Gabriel Valley visited the quick three mile course at Rosemead High School for this "by-grade" affair. Karen Hecox (South Hills, West Covina), the nation's leading prep two miler last spring at 10:19.74+, wowed the folks here with a minute victory at 18:06 for the day's top performance. A good Women's team at South Hills, among the better in Division II statewide, totaled 100:26 when team times were added up. Rich Ginn of South Hills was the day's quickest men's winner as he out-leaped San Gabriel's A. Sanchez for the Senior race win at 15:32.

Women's Results:

(Frosh/Soph) 1. Vizcarra (Bell Garden) 19:41, 2. Flores (Bell Gardens) 19:51, (Junior/Senior) 1. Hecox (South Hills, West Covina) 18:06, 2. Boras (Temple City) 19:07, 3. Steiner (South Hills) 19:30. Team: 1. South Hills 100:26, 2. Bell Gardens 103:12, 3. Temple City 103:42, 4. Maranatha (Sierra Madre) 105:11.

Men's Results:

(Frosh) 1. Ray (Bonita, LaVerne) 16:42, (Soph) 1. Ocampo (Bell Gardens) 15:48, 2. Gutierrez (Rosemead) 15:56, 3. Estrada (Monrovia) 15:59, (Junior) 1. Delao (Montebello) 16:10, (Senior) 1. Ginn (So. Hills) 15:32, 2. Sanchez (San Gabriel) 15:32, 3. Nielson (Duarte) 15:57.

Bell-Jeff Invitational

Sept. 24, Griffith Park, LA.—This very well attended meet once again featured some fine competition. There are races for everyone here and a special Section 1A division that gives a good idea where teams are in that very geographically diverse grouping of teams. Among the big folks Thousand Oaks and Loyola Men's squads and



SCOTT HEMPEL

photo by Doug Peck

Todd Lewis (Burbank) and Martin Morales (Wilson, LA) were the stars, with Hesperia's Nicole Robbins and her team the winners on the Women's side. The Small School's showdown was won by LaSalle (Pasadena) in the Men's Division, with defending State Small Schools champion Maranatha (Sierra Madre) the Women's winner.

Hesperia graduated stars Robbyn Bryant and Nicole Houle, but the third athlete to represent that school in the Kinney National Cross Country Championships in the last couple of years, Nicole Robbins is still around. A 5:00.57 performer over 1600m in Track she showed her harrier abilities here, winning at 17:15 (-#3) time over on the course) by over a minute from Thousand Oaks' foreign exchange student Sonja Duerr. Coach Joe Gomez has a group around 20:00 behind Nicole and the Hesperia group emerged the Large School's Varsity Women's winners with 76 points (96:14) over Thousand Oaks 88 (98:45). A fine Morro Bay Women's squad took the Medium Schools race with 68 points (99:46), with Stacy DeLima (La Canada) the individual winner at 18:31. Thousand Oaks put together a good team race to take the Men's Large School run (95:78:05) over an improved Ventura squad (106:78:16) and Hart (Newhall) (109:78:23). Outstanding LA Wilson junior, Martin Morales, continued his string of invitational wins, here in 14:19, the #2 time ever on the course. Pete Delacorda, now back at Alamy (Mission Hills) where he started as a soph after a junior year at Hart (Newhall), kept Morales honest with a fine 14:29 in 2nd.

Loyola, a Section 3A power, was a comfortable Medium Schools winner with 47 points (78:53). Todd Lewis (Burbank), a 4:14.5 1600m runner last spring, edged Alex Zamora (Coachella Valley, Thermal) 14:27-14:32 individually here.

The Small Schools division here is always a pretty complete showdown of the area's 1A schools. With very small student bodies to draw from and re-leaguing it is tough for anybody to continually dominate, with interesting new powers popping up each year. LaSalle of Pasadena returned everyone from its Section 1A 10th place group, and they emerged here as perhaps the favorite for the 1988

title there. Gapping through 1:5 at 33 seconds behind Kevin Delaney's 6th at 15:54, the Lancers emerged as comfortable winners 72 (81:10) over Salesian 92 (81:53) and the pack. Gary Stolz of Miraleste in Rancho Palos Verdes, a schoolkept open only because of the legal wrangling of parents in a declining enrollment district (otherwise Gary would be at Rolling Hills or Palos Verdes), was the individual winner here at 14:58. The Women's race at the Small School level featured the continued dominance of Maranatha (Sierra Madre). Narrowly defeated here last year by Paraclete (Lancaster) on the way to a State Small School's title, Coach Ken Cronquist of Maranatha has had frosh athletes Karen Wester (14th-21:03) and Katrina Folsom (27th-22:13) join with a solid foursome on the 88 Varsity to be a power once again. Their 52 point total (103:16) edged St. Joseph (Santa Maria) 63 (103:36), with everyone else quite a ways behind. St. Joseph a member of the Section 2A Los Padres League, but will run in the Small School's Division at State, can close the gap on Maranatha with continued improvement from Stef Ambrozak, a 20:30 performer at Mt. SAC in Section competition.

Women's Results:

(Small) 1. Stern (Marymount, LA) 19:51, 2. Goodhart (Valley Christian, Cerritos) 20:47. Team: 1. Westlake (LA) 89 (114:44), (Race 1) 1. St. John (St. Joseph, Santa Maria) 18:51, 2. Harvey (Paraclete) 19:12, 3. McKiernan (Orange Lutheran) 19:35, 4. Rivera (Maranatha) 19:48. Team: 1. Maranatha 52 (103:16), 2. St. Joseph (Santa Maria) 63 (103:36), 3. Brentwood (LA) 119 (108:27), 4. LA Baptist (Sepulveda) 136 (110:12), 5. Paraclete (Lancaster) 161 (109:54), (Medium) 1. DeLima (La Canada) 18:31, 2. Jimenez (Burbank) 18:51, 3. Spellman (Nordhoff, Ojai) 19:08, 4. LaCouvra (Morro Bay) 19:13, 5. George (Morro Bay) 19:19. Team: 1. Morro Bay 68 (99:46), 2. Newbury Park 78 (100:16), 3. Norco 109 (101:58), 4. Nordhoff (Ojai) 135 (103:57), (Large) 1. Robbins (Hesperia) 17:15, 2. Duerr (Thous.Oaks) 18:16, 3. Wulf (Chino) 18:36, 4. Sanbyo (Mt. View, El Monte) 18:39, 5. Gomez (LA Wilson) 18:49, 5. Sirdum (Ventura) 18:55, 6. Ward (Quartz Hill) 18:59, 7. Walters (Hesperia) 19:09. Team: 1. Hesperia 76 (96:14), 2. Thousand Oaks 88 (98:45), 3. Quartz Hill 114 (99:37).

Men's Results:

(Small) (Race 2) 1. Perez (Pater Noster, LA) 15:39, 2. Reinisch (Mary Star of the Sea, San Pedro) 16:02. Team: 1. Pater Noster (LA) 87 (86:00), 2. Calvin Christian (Escondido) 92 (86:52), (Race 1) 1. Stolz (Miraleste) 14:58, 2. DeLeon (Moorpark) 15:08, 3. Bergman (Whittier Christian, La Habra) 15:24, 4. Ryk (Santa Paula) 15:36, 5. Montez (Maranatha) 15:54. Team: 1. La Salle 72 (81:10), 2. Salesian (LA) 92 (81:53), 3. Whittier Christian 102 (81:56), 4. Maranatha 171 (84:11), 5. Harvard (LA) 174 (85:15), (Medium) (Race 2) 1. Johnson (St. John Bosco, Bellflower) 15:17, 2. Castro (St. J B) 15:31. Team: 1. St. John Bosco (Bellflower) 62 (81:43), 2. Bosco Tech (Rosemead) 69 (83:40), (Race 1) 1. Lewis (Burbank) 14:27, 2. Zamora (Coachella Valley) 14:32, 3. Rigal (Loyola, LA) 15:09, 4. Sanchez (Burbank) 15:09, 5. Espazra (Newbury Park) 15:16, 6. Hogan (Loyola) 15:32, 7. Stanley (La Canada) 15:39. Team: 1. Loyola 47 (78:53), 2. La Canada 77 (80:46), 3. Burbank 79 (79:16), (Large) (Race 2) 1. Zavala (Warren, Downey) 15:11, 2. Edgeworth (Warren) 15:28, 3. Chouen (Wilson, LB) 15:31. Team: 1. Buena (Ventura) 62 (79:50), 2. Wilson (Long Beach) 86 (80:38), (Race 1) 1. Morales (LA Wilson) 14:19, 2. Delacorda (Alamy) 15:29, 3. Naranjo (LA Wilson) 14:44, 4. Morales (Ventura) 14:44, 5. Dixon (Hart, Newhall) 14:47, 6. Williamson (Thous.Oaks) 15:48, 7. Cruz (Ventura) 14:49, 8. Lawson (Granada Hills) 14:53, 9. Lepkin (Hart) 14:59. Team: 1. Thousand Oaks 95 (78:05), 2. Ventura 106 (78:18), 3. Hart (Newhall) 109 (78:23), 4. Rosemead 131 (79:49), 5. Ontario 131 (79:49).

Prep Notes

Azusa Invitational

Sept. 24. Citrus College—This was group for greater San Gabriel on the flat, fast, and 50 yard short of three mile course at Citrus College. The South Hills (West Covina) Women's group came on over and once again put on quite a show. Karen Hecox (So H) blew away all the Course Records with a 17:00 run in her Junior Race win, with Senior team mate Karen Steiner the winner at that level in 18:35. Wendy Griffith (Claremont) continued her fine start to the season with an 18:15 soph class victory. South Hills had the top overall team time on the Women's side at 96:29, with Baseline League powers Claremont (96:44) and Glendora (99:08) next best. Don Lefevre (Nogales, La Puente), a 9:21.65 3200m performer last year in track, had the day's quickest Men's time, 14:57 in a senior race win over the 15:00 for A. Sanchez of San Gabriel.

Women's Results:

(Fresh) 1. Oglesby (So. Hills) 19:59, 2. Carter (Covina) 20:17. Team: 1. San Gabriel (Soph) 1. Griffith (Claremont) 18:15, 2. Citrus (Rosemead) 19:09. Team: 1. Claremont (Junior) 1. Hecox (So. Hills) 17:00, 2. Galvan (Arroyo, El Monte) 18:26, 3. McIlwain (Covina) 18:35, 4. Stoddard (Claremont) 18:50, 4. Barajas (El Monte) 18:58. Team: 1. Rosemead (Senior) 1. Steiner (So. Hills) 18:25, 2. T. Gibbs (Glendora) 19:12. Team: 1. Glendora. Overall Team Times: 1. South Hills 96:29, 2. Claremont 96:44, 3. Glendora 99:08, 4. Rosemead 102:15, 5. Arroyo 103:08.

Men's Results:

(Fresh) 1. Ray (Bonita) 16:06, 2. Garby (Nogales) 16:15. Team: 1. Arroyo. (Soph) 1. Estrada (Monrovia) 15:42, 2. Parrott (Claremont) 15:49. Team: 1. Arroyo. (Junior) 1. Delao (Monrovia) 15:31, 2. Luna (El Monte) 15:53, 3. J. Sanchez (San Gabr.) 15:59. Team: 1. Glendora. (Senior) 1. Lefevre (Nogales) 14:57, 2. A. Sanchez (San Gabr.) 15:00, 3. Ginn (So. Hills) 15:18, 4. Santana (Covina) 15:20, 5. Starkey (Cov) 15:37. Team: 1. Arroyo. Overall Team Times: 1. Monrovia 81:02, 2. Arroyo 81:31, 3. Claremont 81:36, 4. San Gabriel 81:40, 5. Arcadia 82:30, 6. Glendora 82:31, 7. South Hills 83:06, 8. Covina 83:22, 9. Nogales 83:23, 10. El Monte 84:12.

Dana Hills Invitational

Sept. 24. Dana Hills High School—Once again a large number of top-flight teams and individuals visited Dana Hills High School for the annual 3 mile Invitational run around the campus. Participants ranged from returning Kinney National Champion Kira Jorgensen (Rancho Buena Vista, Vista) to a number of the best teams in the entire state. On the very quick course it was a great show once again. The course here is basically a big figure 8 that winds through the campus two times. There is a couple of hundred foot elevation drop from the two mile mark to the finish as the runners wind up to the top of the Dolphin's school, with athlete's flying the last portion of their race (Kira Jorgensen raced her last mile in 5:16).

Poway, the defending San Diego Section champions in the sport in both the Men's and Women's division came in and did a number on people. A deep and talented program, the Titans may have the best overall program in the State. Their Men's group gapped 42 seconds when the top five times between the grades were added up, with their 75:56 total besting Corona del Mar, who at 76:56 was felt to be the Southern Section's hottest team. The Poway Women's squad was also very tough, racing 95:20 for their top five, over a minute ahead of high-ranked Villa Park (96:33) from the Orange County area.

Kira Jorgensen, the returning Kinney National Cross Country Champion, would have her annual match-up with Rayna Cervantes (Montebello) and other Southern Section stars here. Cervantes is coming back from serious injury and appears to be rounding into shape, but anyone would have had

real trouble with Kira here this morning. Coming through two miles at 11:20, Jorgensen blazed the final downhill mile in 5:16 to record an amazing 16:36 time, a second ahead of her time last year. Cervantes was 2nd at 17:32, with talented Valencia (Placencia) soph Heather Kileen 3rd at 17:39.

The top Men runners were separated a bit. Jimmy Rodriguez (Santa Ana Valley), surviving challenges of late to his eligibility age-wise, rocketed 14:33 to win the Division I Senior run, with Eddie Lavelle (Corona del Mar) 14:35 in taking Division II at that grade level. Dean Cortez started the Poway flood with the day's third quickest time, a 14:45 behind Rodriguez.

Women's Results:

(Div. I) (Jr/Sr) 1. Gigstad (Poway) 18:10, 2. Skeen (Capistrano Valley) 18:18, 3. Schudlich (Dana Hills) 18:19. Team: 1. Redlands (Soph) 1. Liddy (El Toro) 18:23, 2. Barnart (Poway) 18:38. Team: 1. Poway. (Fresh) 1. Taylor (Edison, HB) 16:46. Team: 1. Dana Hills. (Div. II) (Jr/Sr) 1. Jorgensen (Rancho Buena Vista) 16:36, 2. Cervantes (Montebello) 17:32, 3. Kileen (Valencia) 17:39, 4. Robinson (Newport Harbor) 18:15, 5. Doering (Villa Park) 18:21, 6. Miranda (Palm Springs) 18:26. Team: 1. Villa Park. (Soph) 1. Smythers (San Clemente) 18:29. Team: 1. Mater Dei. (Fresh) 1. Hornbaker (Rancho Buena Vista) 18:32. Team: 1. Corona del Mar. (Div. III) (Fr/Sr) 1. Cathi Peck (Woodbridge, Irvine) 18:34. Team: 1. Woodbridge. (Fr/So) 1. Robles (Woodbridge) 19:34. Team: 1. Yucaipa. Overall Team Times: 1. Poway 95:20, 2. Villa Park 96:33, 3. San Clemente 97:07, 4. Rancho Buena Vista 97:14, 5. Redlands 97:32, 6. Santa Ana Valley 97:44, 7. El Toro 97:49, 8. Montebello 98:05, 9. Woodbridge 98:06, 10. Dana Hills 98:13.

Men's Results:

(Div. I) (Senior) 1. Rodriguez (Santa Ana Valley) 14:33, 2. Cortez (Poway) 14:45, 3. M. Tansley (Dana Hills) 14:45, 4. Gould (Capistrano Valley) 14:46, 5. Brito (SA Valley) 14:47, 6. Nava (Santa Ana) 14:51, 7. Gibney (Laguna Hills) 14:55. Team: 1. Poway. (Junior) 1. Lockwood (Fountain Valley) 15:19. Team: 1. Poway. (Soph) 1. Dan Niednagel (Dan Hills) 15:09, 2. Ocampo (Bell Gardens) 15:28, 3. Biles (Beverly Hills) 15:29. Team: 1. Rubidoux. (Fresh) 1. Arnold (Poway) 16:11. Team: 1. Dana Hills. (Div. II) (Senior) 1. Lavelle (Corona del Mar) 14:35, 2. Shyrock (Cdm) 15:12, 3. Collins (Hemet) 15:18. Team: 1. Corona del Mar. (Junior) 1. Farrell (San Clemente) 14:56. Team: 1. Corona del Mar. (Soph) 1. Klassen (Mission Viejo) 15:44. Team: 1. Villa Park. (Fresh) 1. Dempsey (Cdm) 16:45. Team: 1. Corona del Mar. (Div. III) (Senior) 1. Atsye (Barstow) 15:23, 2. Freeman (St. Francis, La Canada) 15:31. Team: 1. Yucaipa. (Junior) 1. Cowdrey (Triunfo Hills, Mission Viejo) 15:49. Team: 1. San Marino. (Soph) 1. Lussou (San Diego) 16:33. Team: 1. Yucaipa. (Fresh) 1. Hazlett (Yucaipa) 17:24. Team: 1. Yucaipa. Overall Team Times: (* estimate due to Chronomix failure) 1. Poway 75:56, 2. Corona del Mar 76:56, 3. Santa Ana Valley 78:44, 4. Santa Ana 78:12, 5. Hemet 78:43, 6. Dana Hills 78:44, 7. Rubidoux (Riverside) 78:46, 8. Villa Park 79:05, 9. Mater Dei 79:44, 10. Fountain Valley 79:47.

Warren Invitational

Oct. 1.—The Warren Invite once again had a burn-out of some good teams and some good racing. Section 4A Women's power Long Beach Wilson turned back Orange County power, Foothill (Santa Ana), with surprising 1A Men's squad, St. Anthony's (Long Beach), a big winner in the Men's Small School division.

Foothill's Laura Amroffelt, a talented newcomer, was the individual Women's Large School winner at 19:06, with Wilson's Megan Dunn (19:27) and Eisa Murphy (19:43) filling out the next two spots as Wilson won over Foothill 38 (100:59) 51 (101:56). Leuzinger (Lawndale), at 2700 enrollment in the small schools division, was a comfortable winner over

Valley Christian (Cerritos) 44 (111:27)-80 (117:44). Nicki Shaw (Fillmore) was the individual winner there at 20:22.

St. Anthony (LB) has improved greatly in the sport, and marked with its Camino Real League drop to 1A status, has become an immediate Section Small School power. Here they scored 30 points (83:53) in their Small School's win to handle Fillmore 68 (87:12). Leuzinger's Andrade Melecio (16:11) was the individual winner. A good St. John Bosco (Bellflower) team was the Large School Men's winner, with Warren's David Zavala the individual fastest at 15:18 over Bosco's Marcelo Castro (15:40).

Women's Results:

(Large) 1. Amroffelt (Foothill) 19:06, 2. Dunn (LB Wilson) 19:27, 3. Murphy (LB Wilson) 19:43, 4. Brown (Millikan, LB) 19:52, 5. Millar (Bishop Montgomery, Torrance) 20:01. (Team) 1. Wilson, Long Beach 38 (100:59), 2. Foothill (Santa Ana) 51 (101:56), 3. Bishop Montgomery (Torrance) 114 (107:22), 4. El Rancho 151 (109:17).

Men's Results:

(Large) 1. Zavala (Warren, Downey) 15:18, 2. Castro (St. John Bosco, Bellflower) 15:40, 3. Martinez (El Rancho) 15:50, 4. Gutierrez (Rosemead) 15:52, 5. Johnson (St. JB) 15:53. Team: 1. St. John Bosco 60 (81:07), 2. Foothill 88 (82:18), 3. Rosemead 107 (82:56), 4. El Rancho 108 (82:57), 5. Warren 116 (82:22). (Small) 1. Andrade (Leuzinger, Lawndale) 16:11, 2. Barajas (Fillmore) 16:13, 3. Kennelly (St. Anthony) 16:24. Team: 1. St. Anthony 30 (83:53), 2. Fillmore 68 (87:12).

Kenny Staub Invitational

Oct. 1. Crescenta Valley Park—The popular Kenny Staub Meet featured again super competition. A fine Men's Division I race involving some of the top runners from the Section and another amazing performance by the Palos Verdes High Women's group were the Meet highlights.

The Men's Division I race featured Bryan Damerworth (Agoura), the defending State Large School's Champion (and a 9:06.46 3200m runner), Scott Hempel (Walnut) a 9:01.56 3200m runner who was the State Medium School's Cross Country Champion. Both athletes had cruised thus far this Fall, with their race here in some good weather a very hot one! The duo raced nearly step for step for two and a half miles, with Damerworth only pulling away during a quarter mile gradual up-grade and down-hill portion to the finish line to win 15:08-15:13 over Hempel. These are two of the better times ever run on the course, with Damerworth only three seconds behind Jeff Nelson's Meet Record of 15:05. Nelson is still the National Two Mile Record holder at 8:36.3. Mike Williamson of Thousand Oaks in 3rd at 15:16 moved to #5 on the All-Time Course List. The team race on the Men's side was won by a very impressive group from Canyon (Canyon Country). Coach Ed Cháidez has brought along a very special group since they started High School, with their performance here a sterling one among some top competition. Led by amazing soph Dave Hartman (4th-15:23) the Cowboys totaled 61 points in an easy victory with a fine 81:27 team time. This is within 20 seconds of the Meet Record of 81:07 by the Crescenta Valley team of 1961. Canyon can challenge as the best team in the State. Walnut (84-81:51) and Agoura (85-82:15) battled for 2nd and 3rd, as they will later in the year as Walnut tries to defend its Section 2A title in the sport against the Chargers.

The Palos Verdes Women's group is again amazing! Here, they cruised to five of the top nine places (and four of the top six) in totaling 24 points and a 95:20 team time. Santa Barbara's Jamie Park (18:39) was the individual winner over Ashley Black of PV (18:48), who is starting to return to form after injuries, with Lori Lucas (18:48) continuing the PV flood in 3rd. It does not look like there is anyone in sight who can begin to challenge the Sea

Kings around here, with a seven minute margin of team time victory here over Agoura (76-102:41) in second. Agoura is still without State Large School's individual winner Deena Drossin, who is out with injury.

Peter Delacorda (Alhambra, Mission Hills) looked very strong in handling Burbank's Todd Lewis 15:26-15:46 in the Division II run, with Muir's Robert Nelson, a talented 4:18.50 1600m runner, taking Division III in 15:49. Bernice Santoyo (Mt. View, El Monte), an age group star in recent years, took the Women's Division II run at 19:42.

Women's Results:

(Div. I) 1. Park (Santa Barbara) 18:39, 2. Black (Palos Verdes) 18:48, 3. Lucas (PV) 18:48, 4. Muir (PV) 18:58, 5. York (Agoura) 19:11, 6. Goodrich (PV) 19:18. Team: 1. Palos Verdes 24 (95:20), 2. Agoura 76 (102:41), 3. Redlands 106 (106:16), 4. Thousand Oaks 115 (106:32), 5. Alta Loma 132 (109:02). (Div. II) 1. Santoyo (Mt. View, El Monte) 19:42, 2. Boras (Temple City) 19:51, 3. Nesbitt (Newbury Park) 19:52. Team: Newbury Park 72 (104:56), 2. Channel Islands (Oxnard) 110 (108:15), 3. Upland 111 (107:59), 4. Camarillo 128 (108:58). (Div. III) 1. Casruita (West Covina) 19:59.

Men's Results:

(Div. I) 1. Damerworth (Agoura) 15:08, 2. S. Hempel (Walnut) 15:13, 3. Williamson (Thous. Oaks) 15:16, 4. Hartman (Canyon, CC) 15:22, 5. M. Hempel (Walnut) 15:42, 6. Bogges (Palos Verdes) 15:51, 7. Kite (Agoura) 15:55. Team: 1. Canyon (Canyon Country) 61 (81:27), 2. Walnut 84 (81:51), 3. Agoura 85 (82:15), 4. Thousand Oaks 105 (83:25), 5. Upland 125 (84:46), 6. Loyola 129 (85:06). (Div. II) 1. Delacorda (Alhambra) 15:26, 2. Lewis (Burbank) 15:46, 3. Sanchez (San Gabriel) 15:52, 4. Freeman (St. Francis, La Canada) 16:04. Team: 1. Burbank 96 (84:33), 2. Claremont 122 (87:13). (Div. III) 1. Nelson (Muir, Pasadena) 15:49, 2. Stolz (MiraLoma, Palos Verdes) 16:07. Team: 1. Mountain View (El Monte) 85 (87:25), 2. West Covina 106 (89:03).

Yucaipa Invitational

Oct. 1. Yucaipa High School—A whole lot of people came once again to Yucaipa High School for the annual Cross Country Invite over a pretty tough course. The weather was a bit more favorable this year and there was some very good competition. Interesting Small School Division I showdowns featured a number of the area's better small programs, with some good teams matching up for the first time this Fall.

The Women's Division I run featured the local Yucaipa team, one of the Section's better and deep 2A squads and the first seasonal race between defending State Small School Champions Maranatha (Sierra Madre) and Serrano (Chempans). Serrano features Tanya Thayer, 2nd in last Fall's State run, and Zita Hillinger, 4th there, with some backup. Yucaipa proved tough on its home course, totaling 42 points (104:26) to win the Division with a 43 second gap between 20:35 and 21:18, with the Maranatha pack also edging in ahead of Serrano, putting five ahead of the Diamondbacks third runner in totaling 54 (105:48). Serrano had 72 with a 106:20 team time and will keep Maranatha very honest in Section competition at the 1A level. Tanya Thayer was the race winner at 19:12, with Karen Talamantes (Western Christian, Covina) 2nd at 19:37 squeezing in ahead of Hillinger (19:52 in 3rd).

Yucaipa also proved to be tough in the Men's Division I, racing away with a 75 point total (85:19). The surprise here was the placing in 5th of Sherman Indian (Riverside). Ranked first in the Section 1A division, Sherman was hindered in its scoring when star Melvin Kenton was not able to finish. Anyway, Salesian, 2nd at 93 (85:51), Whittier Christian (La Habra) 3rd at 118 (86:30), and Maranatha 4th at 153 (88:00), all ended up ahead of the Indian group from Riverside. The 1A is still a very close division to call. Tony Bergman (Whittier

Christán) was the race winner at 16:03.

The strong Montebello Women's team was the Division III winners, with Rayna Cervantes continuing her return to form, winning in 19:11 by over a minute from Angie Miranda (Palm Springs) (20:14), with the Oiler team totaling 44 (106:27) to take Corona 53 (109:22). Elsinore (Lake Elsinore), under new Coach Craig Vaughn, was a surprising Division II Men's winner, looking good with 65 points (86:05). Alex Zamora (Coachella Valley, Thermal) was the race winner at 15:51, the day's quickest, with Elsinore's David Haskell 2nd at 16:01. Woodbridge (Irvine) was the Division II Women's winner at 60 (106:13), with Eisenhower (Rialto) the Men's Division III titlests with 75 points (86:36).

Women's Results:

(Div. I) 1. Thayer (Serrano) 19:12, 2. Talamantes (Western Christian) 19:37, 3. Hillinger (Serrano) 19:52, 4. Rivera (Maranatha) 20:27. Team: 1. Yucaipa 42 (104:26), 2. Maranatha 54 (105:48), 3. Serrano (Phelan) 72 (106:20), 4. Webb (Claremont) 139 (114:29). (Div. II) 1. Sepulveda (Colton) 19:25, 2. Pallegin (Calexico) 19:35, 3. C. Peck (Woodbridge) 20:02. Team: 1. Woodbridge 60 (106:13), 2. Glendora 78 (108:35), 3. Calexico 96 (109:23), 4. Bishop Amat 132 (113:32). (Div. III) 1. Cervantes (Montebello) 19:11, 2. Miranda (Palm Springs) 20:14, 3. Sandoval (Montebello) 20:37, 4. Gallardo (Montebello) 20:51. Team: 1. Montebello 44 (106:27), 2. Corona 53 (109:22), 3. Mission Viejo 89 (114:27), 4. Apple Valley 91 (115:55).

Men's Results:

(Div. I) 1. Bergman (Whittier Christian) 16:03, 2. Nevayaktewa (Sherman) 16:19, 3. Carney (Yucaipa) 16:26. Team: 1. Yucaipa 75 (85:19), 2. Salesian (LA) 93 (85:51), 3. Whittier Christian (La Habra)

118 (86:30), 4. Maranatha 153 (88:00), 5. Sherman Indian 197 (89:30). (Div. II) 1. Zamora (Coachella Valley) 15:51, 2. Haskell (Elsinore) 16:01, 3. Atsye (Barstow) 16:13, 4. Santana (Covina) 16:17. Team: 1. Elsinore (Lake Elsinore) 95 (86:05), 2. Woodbridge 99 (86:56), 3. Barstow 125 (86:55), 4. Trabuco Hills (Mission Viejo) 141 (88:03). (Div. III) 1. Garduno (Ontario) 16:11, 2. Huizar (Ontario) 16:20, 3. Madrigal (Perris) 16:25, 4. Camacho (Chaffey, Ontario) 16:32. Team: 1. Eisenhower (Rialto) 75 (86:36), 2. Mission Viejo 79 (86:55), 3. Ontario 94 (87:44), 4. Apple Valley 115 (88:47).

Central Park Invitational

Oct. 8, Huntington Beach—There was another big and talented turnout for this Meet hosted by Fountain Valley and Huntington Beach High Schools. The Central Park course features mild beach weather and a course with a little bit of everything for the runners and is also good for spectators. Impressive individuals dropped in from the Basic HS program in Henderson, Nevada, with a number of the Southern Section top teams performing nicely.

The early morning Division I (Large Schools) had the day's quickest individual times on the male and female side. Pat Hubbard (Basic, Henderson, NV) was 9:07.2 at the Arcadia Invitational for 3200m in 8th place last spring, and he is back for a big senior year. Pat and 4:20 1600m team mate Kenny Harmon ran away from a good group to 15:34 and 15:46 times respectively to go 1-2 on a good field. Dan Galindo started an Upland charge in 3rd at 15:54 as the top Southern Section 3A team won over Fountain Valley 53 (82:21)-67 (83:31). Cindy Craig, a 4:34 1500m runner from Northglenn, Colorado, transferred to Basic this year, and she raced

away to almost a minute and a half victory on the Women's side in Division I, winning in a time 18:54. Mater Dei (Santa Ana) was the team winners (49:105:11) over Buena (Ventura) (56-105:16).

Bryan Dameworth (Agoura) was an easy winner in Division II in 15:42, leading his team to the title with 69 points (83:58) over Villa Park's 86 (85:26). Amazing University of Irvine frosh Tania Brix continued a great first interscholastic season in the harrier sport, pacing off Martha Pinto (Katella, Anaheim) through the first mile, then moving away to a fine 18:37 win. Pinto ran down Tiffany York (Agoura) 18:56-19:00 near the end for 2nd. State Division I Champion in the sport, Deena Drossin (Agoura), still has not put in an appearance in the sport this Fall after an injury during the summer. Newport Harbor was the team winner here with 46 points (102:07).

Small school team titles were won by Yucaipa (40-105:44) on the Women's side, with Sherman Indian (54-87:04) running a good race to take the Men's title. Small school individual winners were Bondz (Costa Mesa) 19:43 on the Women's side, and Gutierrez (Bishop Gorman, Las Vegas) 16:13 for the Men.

Women's Results:

(Div. I) 1. Craig (Basic, Henderson, NV) 18:54, 2. Hinkle (Buena, Ventura) 20:16. Team: 1. Mater Dei 49 (105:11), 2. Buena (Ventura) 56 (105:16), 3. Alta Loma 92 (107:48). (Div. II) 1. Brix (University, Irvine) 18:37, 2. Pinto (Katella, Anaheim) 18:56, 3. York (Agoura) 19:00, 4. Adam (Huntington Beach) 19:17. Team: 1. Newport Harbor 46 (102:07), 2. Huntington Beach 58 (104:00), 3. Agoura 78 (106:44), 4. Edison (Huntington Beach) 94 (109:45). (Div. III): 1. Bondz (Costa Mesa) 19:43, 2. Hubbs

(Yucaipa) 20:30. Team: 1. Yucaipa 40 (105:44), 2. Bishop Gorman (Las Vegas) 66 (109:50), 3. Los Alamitos 67 (108:43).

Men's Results:

(Div. I): 1. Hubbard (Basic, Henderson, NV) 15:34, 2. Harmon (Basic) 15:46, 3. Galindo (Upland) 15:54, 4. Lockwood (Fountain Valley) 16:01, 5. Burks (Upland) 16:02. Team: 1. Upland 53 (82:21), 2. Fountain Valley 67 (83:31), 3. Mater Dei (Santa Ana) 73 (84:00), 4. Basic 79 (83:07), 5. Eisenhower (Rialto) 120 (85:53). (Div. II) 1. Dameworth (Agoura) 15:42, 2. Thornton (Katella, Anaheim) 15:50, 3. Steehof (Villa Park) 16:05, 4. Nichols (Katella) 16:08. Team: 1. Agoura 69 (83:58), 2. Villa Park 86 (85:26), 3. Eldorado (Las Vegas) 102 (86:29). (Div. III) 1. Gutierrez (Bishop Gorman, Las Vegas) 16:13, 2. Frisone (Laguna Hills) 16:17. Team: 1. Sherman Indian (Riverside) 54 (87:04), 2. Bishop Gorman (Las Vegas) 72 (89:07).

TAC Junior Olympics Cross Country National Championships

Date: Saturday, December 10, 1988
Site: Wildcreek Golf Course in Reno, NV.
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Results

CROSS COUNTRY

3 Mile Cross Country Series

Race #1	
July 28, El Toro	
1 Randy Hoyles (San Clem)	14:52
2 Eric Debrryn (Camp Pend)	16:21
3 Louie Gonzales (Tustin)	17:47
4 Brian Merritt (Santa Ana)	18:00
5 Craig Duerr (Irvine)	18:01
6 McKane	20:45
7 Bicky Gonzales (Tustin)	21:12
8 Andrew Bailey (Lag Bch)	22:22
9 Chuck Ayres (San Juan)	22:22
10 David Santos (RSM)	22:23
11 Shawn Restante (SJC)	23:25
12 Matthew Olson (Lag Hills)	23:45
13 Dick Bowman (Mission Vie)	26:35
14 Marie Santos (RSM)	26:56
15 Diane Bowman (Miss V)	26:56
16 Louis Santos (RSM)	27:53
17 Eric Leon (Santa Ana)	N.T.
18 Sanchez Mauro (El Toro)	N.T.

Ventura Cross Country

August 13, Ventura, 6K & 4K	
Overall Results - 6K	
1 Paul Hough (30-39)	33:34
2 Steve Reyes (19 & U)	34:07
3 Jussi Hamalainen (40-49)	34:21
4 Hector Arroyo (19 & U)	34:26
5 Steve Durand (30-39)	34:45
6 Ken Garry (30-39)	35:35
7 David Sullivan (20-29)	37:27
8 Ruth Vomund (30-39 F)	40:03
9 Tami Dobel (19 & U F)	43:19
10 Horst Lutz (50 & O)	44:03
11 Andrea Handevitt (20-29 F)	47:26
12 Kimberly Williamson (19 & U F)	47:28
13 Ute Luybes (40-49 F)	52:44
14 Roberta Blumberg (50 & O F)	1:10:15
Overall Results - 4K	
1 Steve Blum (30-39)	15:56
2 Tyree Cruz (19 & U)	16:23
3 Chuck Herrera (20-29)	16:35
4 Scott Engel (20-29)	17:18
5 Casey Jones (30-39)	17:31
6 Sean Donley (20-29)	17:43
7 Madeline Ramirez (20-29 F)	18:08
8 Brian Barker (30-39)	18:20
9 Gene Ball (40-49)	18:27
10 Ron Nibbet (50 & O)	20:13
11 Anna Howard (19 & U F)	21:23
12 Lara Donelan (19 & U F)	22:08
13 Jane Dods (50 & O F)	23:54
14 Kathy Matthews (40-49 F)	23:58
15 Wendy Lascher (30-39 F)	26:57

3 Mile X-C Final

Race #7	
August 18, El Toro	
Overall Results	
1 Randy Hoyles (25-29) San Clem	15:02

2 William Hill (19-24) Camp Pend	15:31
3 Steven Camp (25-29) Vista	15:32
4 Mitchell Gold (19-24) Sta Ana	15:50
5 Eric Debrryn (19-24) Camp Pen	16:01
6 Sergio Ramirez (19-24) Dan Pt	17:26
7 Louie Gonzales (25-29) Tustin	17:37
8 Brian Merritt (30-34) San Clem	17:49
9 Clifford Stolba (50-59) L Bch	18:45
10 Mauro Sanchez (45-49) El Toro	18:46
11 Shawn Restante (13-15) San J	19:03
12 Bicky Gonzales (25-29) Tustin	19:47
13 David Santos (7-8) RSM	20:40
14 Andrew Bailey (45-49) LagBch	20:51
15 Jennifer Gills (11-12) Irvine	21:28
16 Matthew Olson (13-15) Lag Hill	22:01
17 Erik Leon (9-10) Santa Ana	22:27
18 Marie Santos (11-12) RSM	23:06
19 Louis Santos (9-10) RSM	23:42

Fresno City Cross Country Invitational

Sept. 10, Woodward Park, Fresno	
Men's Results	
1. Kenrick Sealy (West Valley) 19:54, 2. Marcial Beltran (Fullerton) 19:58, 3. Raul Hernandez (LA Trade Tech) 20:11, 4. Todd Trask (Santa Rosa) 20:14, 5. Daryl Jewell (COS) 20:17, 6. Luis Colin (LA Trade Tech) 20:23, 7. Jeff Townsend (Foot-hill) 20:25, 8. Juan Averia (LA Trade Tech) 20:25, 9. Jeff Gann (Mt. SAC) 20:27, 10. Derrick Powers (Mt. SAC) 20:27.	
11. Frank Fox (Taft) 20:28, 12. Mason Myers (Amer. River) 20:28, 13. Zackary Loomer (Fullerton) 20:34, 14. Tony Hernandez (Taft) 20:35, 15. Chip Anderson (Amer. River) 20:36, 16. Mark Sullivan (Hartnell) 20:37, 17. Chris Hobson (Orange Coast) 20:38, 18. Jeff Galin (Taft) 20:38, 19. Joel Larway (Taft) 20:39, 20. Tim Jilian (Taft) 20:39.	
Team Scores:	
1. Taft 86, 2. LA Trade Tech 86, 3. Mt. SAC 118, 4. American River 124, 5. Sequoias 135, 6. Santa Rosa 158, 7. Fullerton 194, 8. Orange Coast 208, 9. West Valley 243, 10. Cerritos 243, 11. Fresno 249, 12. Bakersfield 310, 13. Delta 397, 14. Citrus 504, 15. Cuesta 543, 16. Merced 643.	
Women's Results	
1. Gillian Evans (Porterville) 19:05, 2. Marit Koch (Cuesta) 19:13, 3. Pam Allenby (Amer. River) 19:14, 4. Theresa Chunovich (Mt. SAC) 19:28, 5. Kami Howden (Mt. SAC) 19:40, 6. Stacey Sanderson (Mt. SAC) 19:41, 7. Leslie King (Bakersfield) 19:47, 8. Jeanette Manrique (West Valley) 19:54, 9. Mara Konopasek (Santa Rosa) 19:55, 10. Cathy Wurster (Amer. River) 20:00.	
11. Linda Villa (Fullerton) 20:01, 12. Joanna Green (West Valley) 20:06, 13. Regina Scheutze (Bakersfield) 20:09, 14. Julie Verke (Amer. River) 20:12, 15. Pam Boyles (Bakersfield) 20:14, 16. Kathryn Krieger (Cuesta) 20:17, 17. Shannon Dial (Cuesta) 20:27, 18. Vanessa Moldonado (Mt. SAC) 20:33, 19. Chrissy Asher (Orange Coast) 20:41, 20. Linda Howard (Orange Coast) 20:43.	
Team Scores:	
1. Mt. SAC 55, 2. Cuesta 86, 3. American River 99, 4. West Valley 121, 5. Orange Coast 135, 6. Bakersfield 168, 7. Cerritos 177, 8. Porterville 194.	

Jim Frank Invitational

Sept. 10, Carson City, Nevada, 5K X-C.	
Overall Results - Men	
1. Steve Pradere (25-29) 16:24, 2. Bob Johnston	

(19-24) 16:28, 3. Jerry Jobaki (40-44) 16:41, 4. Dale Magnin (35-39) 16:45, 5. Dave Carlsen (35-39) 16:49, 6. Shawn Carter (12-18) 16:56, 7. Chris Bolduc (25-29) 17:09, 8. Raul Hernandez (35-39) 17:25, 9. Jeff Bean (12-18) 17:28, 10. Mark Nash (25-29) 17:33.
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Overall Results - Women	
1. Linda Manlynen (40-44) 19:24, 2. Sabrina Sharkey (19-24) 21:05, 3. June Lane (40-44) 21:58, 4. Kathy Cerafoli (30-34) 22:15, 5. Penny Sparks-Aeneau (25-29) 22:33, 6. Sue Wilkin (30-34) 22:50, 7. Denyse Huber (30-34) 22:59, 8. JoAnn Pitlock (35-39) 23:21, 9. Audrey Townsell (11&U) 23:40, 10. Kitty Brown (50-59) 23:52.	

Fresno State Cross Country Invitational

Sept. 17, Woodward Park, Fresno	
Overall Results - Men	
1. Calvin Gaziano (Cal) 30:38, 2. Mark Dani (UCLA) 30:39, 3. Jim Ortiz (UCLA) 30:48, 4. Tim Swinford (Arizona) 31:10, 5. Pat Green (LBState) 31:16, 6. Robert Thwala (Unat.) 31:19, 7. Jason Lienau (FSU) 31:19, 8. Craig Blockhus (Cal) 31:22, 9. Tim Katron (CS Sacto) 31:23, 10. Bonnie Cruz (CSLS) 31:27.	
11. Brian Presson (Nv-Reno) 31:28, 12. Dave Schumacher (LB St.) 31:29, 13. Hugo Cibrrian (FSU) 31:30, 14. Victor Santamaria (UCLA) 31:30, 15. Beat Ammann (UCLA) 31:31, 16. Lennie Clark (Arizona) 31:35, 17. Gutierrez (CSLA) 31:46, 18. Martin Sandoval (CSLA) 31:47, 19. Manuel Silvera (Nv-Reno) 31:48, 20. Jeff Currier (Arizona) 31:49.	
Team Scores - Men	
1. UCLA 57, 2. Arizona 88, 3. Fresno State 91, 4. California 108, 5. Cal State LA 132, 6. Nevada-Reno 137, 7. Long Beach State 161, 8. CS Hayward 208, 9. CS Sacramento 240, 10. CS Fullerton 243, 11. Occidental 265.	
Overall Results - Women	
1. Sally Wood (Cal) 17:15, 2. Kristen O'Hara (Cal) 17:16, 3. Joyce Cheruyot (Nv-Reno) 17:24, 4. Sabrina Han (Cal) 17:32, 5. Patty Young (Nv-Reno) 18:01, 6. Stacy McAlee (FSU) 18:04, 7. Kara Olson (Cal) 18:05, 8. Michele Trimble (Occidental) 18:05, 9. Janine Ogas (FSU) 18:09, 10. Tracey Williams (Cal) 18:12.	
11. Deirdra Vaughan (FSU) 18:14, 12. Beth Rosipalja (CS Fullerton) 18:18, 13. Cindy Rodwood (FSU) 18:22, 14. Chantal Plante (FSU) 18:26, 15. Jennifer Falter (UC Davis) 18:34, 16. Wendy Logsdon (Cal) 18:35, 17. Bridget Freyne (Cal) 18:36, 18. Kristen Hansen (Cal) 18:38, 19. Janet Bowie (Cal) 18:39, 20. Stacey Wainwright (UC Davis) 18:43.	
Team Scores - Women	
1. California 24, 2. Fresno State 53, 3. Nevada-Reno 79, 4. UC Davis 138, 5. Occidental 149, 6. Hawaii 184, 7. CS Fullerton 195, 8. UNLV 216, 9. CS Sacramento 232, 10. CS Stanislaus 233, 11. Pacific 296.	

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27:16, 7. Tim Oakes (Westmont) 27:17, 8. Rich Paris (Fresno Pacific) 27:18, 9. Ed Trotter (Westmont) 27:23, 10. Brian Molinas (Westmont) 27:36.

11. Sean Nyhan (UCSB) 27:44, 12. Eric Hayes (UCSB) 27:45, 13. Bill Lind (CS Bakersfield) 27:53, 14. Jeff Claassen (MAS) 27:55, 15. Lance Bartlett (CLU) 27:58, 16. Tom Bibbs (Fresno Pacific) 28:03, 17. Jonz Norine (CLU) 28:09, 18. Jeff Taylor (Pep) 28:11, 19. Sean Siskman (Fresno Pacific) 28:25, 20. Dale Reichneider (Pep) 28:29.	
Team Scores:	
1. Westmont 49, 2. Fresno Pacific 50, 3. UC Santa Barbara "B" 77, 4. Cal Lutheran University 93, 5. Cal State Bakersfield 146, 6. Masters College 147, 7. Pepperdine University 158, 8. St. Mary's 185, 9. Azusa Pacific and Menlo had no score.	

Overall Results - Women	
1. Stacia Larsen (Westmont) 19:01, 2. Sherri Hall (SCC) 19:27, 3. Lorena Ferreira (WS) 19:49, 4. Susan Horstmeyer (WS) 20:24, 5. Donna McKennon (WS) 20:26, 6. Kari Baerg (Pep) 20:29, 7. Christy Grimsey (B) 20:55, 8. Lisa Askins (CLU) 21:00, 9. Sheelagh Murphy (St. Mary's) 21:06, 10. Carri Gentry (CS Bakersfield) 21:07.	
11. Donna Jackson (CS Bakersfield) 21:07, 12. Kristin Henden (CLU) 21:11, 13. Mary Dietz (UCSB) 21:11, 14. Mariys Noway (MAS) 21:20, 15. Jenny McGuire (Pep) 21:23, 16. Jill Moore (St. Mary's) 21:26, 17. Kim McEhinney (Pep) 21:27, 18. Beth Houghton (UCSB) 21:27, 19. Lee Hendrix (Pep) 21:29, 20. JoAnn Halstad (UCSB) 21:39.	
Team Scores:	
1. Pepperdine 76, 2. Cal Lutheran 81, 3. UC Santa Barbara "B" 83, 4. Woodside Striders 89, 5. Westmont 141, 6. St. Mary's 151, 7. Fresno Pacific 154, 8. Master's College 170, 9. Southern California College 175, 10. University of the Pacific 157, 11. Azusa Pacific 270, Cal State Bakersfield, American Indian Bible College, Menlo had no score.	

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1. Pepperdine 76, 2. Cal Lutheran 81, 3. UC Santa Barbara "B" 83, 4. Woodside Striders 89, 5. Westmont 141, 6. St. Mary's 151, 7. Fresno Pacific 154, 8. Master's College 170, 9. Southern California College 175, 10. University of the Pacific 157, 11. Azusa Pacific 270, Cal State Bakersfield, American Indian Bible College, Menlo had no score.	

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Team Scores:	
1. Pepperdine 76, 2. Cal Lutheran 81, 3. UC Santa Barbara "B" 83, 4. Woodside Striders 89, 5. Westmont 141, 6. St. Mary's 151, 7. Fresno Pacific 154, 8. Master's College 170, 9. Southern California College 175, 10. University of the Pacific 157, 11. Azusa Pacific 270, Cal State Bakersfield, American Indian Bible College, Menlo had no score.	

Allan Hancock College Cross Country Invitational

October 1, Waller Park, Santa Maria	
Overall Results - Men	
1. Ivan Huff (Aggies) 20:09, 2. Steve Barlow 20:45, 3. Mike Livingston (Aggies) 20:52, 4. Pete Sweeney (Aggies) 21:02, 5. Chris McKenzie (AHC) 21:11, 6. Not Available 21:26, 7. Phil Bezman (Aggies) 21:29, 8. Steve Boaz (Aggies) 21:31, 9. Kim White (AHL) 21:36, 10. Willie Furneaux (AHC) 21:38.	
Team Scores:	
1. Allan Hancock 17, 2. Santa Barbara City 53, 3. C	

RESULTS

Silver State 15K -- PA-TAC Championships

Sunbird Cross Country Invitational

October 1, Woodward Park, Fresno.

Women's Results

1. Lisa Atkins (CL) 12:14, 2. Nicole Navarro (PF) 12:30, 3. Kim Coyne (FP) 12:37, 4. Kristin Henden (CL) 12:47, 5. Lisa Bennett (FP) 13:03, 6. J'Ne Farrow (CL) 13:13, 7. Pam Beaver (CL) 13:25, 8. Tannie Lewis (CL) 13:29, 9. Michelle Travis (CL) 13:30, 10. Becky Beltran (FP) 13:32, 11. Lori Rooker (FP) 13:43, 12. Bonnie Knowles (FP) 13:49, 13. Anna Butz (FP) 14:04, 14. Lorraine Lewis (CL) 15:51, 15. Dana Breuner (CB) 16:30, 16. Dell Rdlings (CB) 17:44.

Team Scores:
1. Cal Lutheran 26, 2. Fresno Pacific 31, CB No Team Score.

Men's Results

1. Marc Lea (FP) 23:19, 2. Henry Tofella (FP) 23:24, 3. Lance Wright (FP) 23:58, 4. Subrey Harness (CHC) 24:47, 5. Jamie Costen (CBC) 25:16, 6. Ron Gardner (FP) 25:29, 7. Raul Torres (CHC) 25:49, 8. Mark Barry (FP) 26:22, 9. Carl Rozier (FP) 26:29, 10. Chris Ramirez (FP) 27:08, 11. Min Kim (CB) 31:50, 12. Gregory Hendricks (CB) 31:50, 13. Michael Woodall (CB) 31:50.

Team Scores:
1. Fresno Pacific 20, CHC and CB, No Team Score.

Stanford/Holiday Inn Cross Country Invitational

October 1, Stanford University Gold Course.

Men's Results

1. Calvin Gaziano (Cal) 30:57, 2. Mark Dani (UCLA) 30:58, 3. Eric Mastalir (Stanford) 31:19, 4. James Alborough (Stanford) 31:21, 5. Steve Miller (Stanford) 31:25, 6. Jesus Gutierrez (CSLA) 31:30, 7. Mark Mastalir (Stanford) 31:31, 8. Dave Soudamore (Stanford) 31:37, 9. Tim Swinford (Arizona) 31:43, 10. Chris Craig (CPSLO) 31:45, 11. Lennie Clark (Arizona) 31:47, 12. Martin Sandoval (CSLA) 31:47, 13. Ray Griffin (USC) 31:48, 14. Fredson Maylak (USC) 31:49, 15. Richard Erves (UCLA) 31:50, 16. Adam McAbay (Cal) 31:51, 17. Benny Cruz (CSLA) 31:51, 18. Jason Lienau (FSU) 31:55, 19. Ernie Freer (FSU) 31:58, 20. Craig Blockhus (Cal) 32:00, 21. Pete Vicencio (UC Irvine) 32:03, 22. Jim Ortiz (UCLA) 32:04, 23. Rick Wilhelm (UC Irvine) 32:05, 24. Jeff Currier (Arizona) 32:08, 25. Adolfo Garcia (USC) 32:11, 26. Dave Herron (Arizona) 32:13, 27. Eddie Toro (CPP) 32:13, 28. Marc Davis (Arizona) 32:14, 29. Stephanie Franke (CPP) 32:14, 30. Ken Fint (SDSU) 32:14, 31. Scott LaForca (UC Irvine) 32:15, 32. Beat Amman (UCLA) 32:16, 33. Victor Santamaria (UC Irvine) 32:21, 34. Aaron Mascoor (UC Irvine) 32:21, 35. Timp Campbell (CPSLO) 32:23, 36. Mitchell Sloan (USC) 32:24, 37. Dave Walsh (CPSLO) 32:25, 38. Dredix Valenti (USC) 32:27, 39. Gilbert Delgado (FSU) 32:28, 40. Jim Sorenson (CPSLO) 32:33.

Team Scores:
1. Stanford 27, 2. University of Arizona 98, 3. University of California-Los Angeles 104, 4. University of Southern California 126, 5. University of California-Berkeley *A* 148, 6. University of California-Irvine 155, 7. California State University-Los Angeles 162, 8. Cal Poly-San Luis Obispo 165, 9. Fresno State University 166, 10. Cal Poly-Pomona 219, 11. University of California-Riverside 340, 12. San Diego State University 343, 13. Arizona State University 390.

By Mark Winitz

October 9, Sparks-Reno, Nevada

Rich McCandless had something to prove after taking a wrong turn and finishing fourth at Reno's Gazette-Journal Jog the week before. He had been training in the altitude around Reno since moving there 6 months ago, and it was about time for it to start paying off. It didn't take more than 2 miles down the bike-pedestrian path along the banks of the Truckee River for McCandless to prove his point.

Following a conservative opening mile of 4:55, he accelerated to a 4:43 in mile 2, opening up 10 yards on training partner Miguel Tibaduiza and Tom Wood. 50 yards back a small group that included Reno's Alan Dehlinger and Domingo Tibaduiza, UNR trackman Robert Truhalla (sp?), and Juan Ramirez could only hope that McCandless' pace would falter. It didn't.

"At four I put in a hard mile and broke open a pretty good lead," said McCandless. "After that I maintained 4:50 pace and got through the last miles pretty good" So good that his 45:47 CR was almost a minute up on last year's winner Domingo Tibaduiza's (46:49) second place. Dehlinger (47-flat) grabbed third as Miguel Tibaduiza followed (47:07).

On the women's side, Terry Schmidt-Puckett was a little concerned going into the race. She had strained a hamstring following her Journal Jog win and it was still tight.

"With the tender ham, I thought is all I have to do now is get through this race and stay healthy for the next few weeks, do one more long run, and hopefully break 2:40 in the (Chicago Old Style) Marathon in a few weeks," Terry commented later. Indeed, she "got through" the race fine, coming up first in 52:20. Two rapidly improving women followed: Davis, CA's Linda Sommers (53:30) and marathon trials competitor Laura Sanchez (54:50).

48-year old Sal Vasquez is back from injuries and still beating younger masters runners, although this time not by much. "I felt pretty bad," said Sal, "and I was worried about these guys here." He was referring to Steve Ferraz and South Lake Tahoe's Jerry Jobski. Although Vasquez passed Ferraz at 6.5 miles, a mile later Jobski came flying by the latter with the masters leader in his sights. But Jobski couldn't quite catch Sal, finishing 7 seconds behind Vasquez' 49:49 (13th overall). In, perhaps, the most noteworthy performance of the race, the aforementioned Shirley Matson, 47, broke her own age group AR with a 55:50 (5th overall).

On the bright morning with temps in the 50's to low 60's, both Heidi Skaden (1:04:51) and Jim Bevins (55:59) set new course records in the 50-54 age group. \$2,000 in PA-TAC Grand Prix prize funds were awarded.

Overall Results

1. Rich McCandless (32) 45:47, 2. Domingo Tibaduiza (38) 46:49, 3. Alan Dehlinger (27) 47:00, 4. Miguel Tibaduiza (32) 47:07, 5. Thomas Wood (25) 47:29, 6. Juan Ramirez (23) 47:40, 7. John Barrett (24) 47:51, 8. Mark Hoefer (26) 48:34, 9. David Minter (27) 48:54, 10. Craig Stenmaus (26) 48:58, 11. Dan Stefanisko (26) 49:10, 12. Jose Aispuro (26) 49:24, 13. Sal Vasquez (48) 49:49, 14. Jerry Jobski (44) 49:57, 15. Craig Moore (34) 50:01.

Division Results - Men

15-19: 1. Ken Gibson 54:16, 2. Robert Johnson 59:36. 20-24: 1. Juan Ramirez 47:40, 2. John Barrett 47:51. 25-29: 1. Alan Dehlinger 47:00, 2. Thomas Wood 47:29, 3. Mark Hoefer 48:34. 30-34: 1. Rich McCandless 45:47, 2. Miguel Tibaduiza 47:07, 3. Craig Moore 50:01. 35-39: 1. Domingo Tibaduiza 46:49, 2. Pete Simone 59:44, 3. Stephen Chavez 1:00:06. 40-44: 1. Jerry Jobski 43:57, 2. Steve Ferraz 50:14, 3. Gregory Brock 51:15. 45-49: 1. Sal Vasquez 49:49, 2. Dave Rivera 51:55, 3. Ken Adams 52:17. 50-54: 1. Jim Bevins 55:54, 2. A.J. Underwood 57:31, 3. Peter Todd 59:12. 55-59: 1. Ron Ogilvie 1:02:23, 2. Don Hilderbrand 1:03:29, 3. Bill Brown 1:10:50. 60-64: 1. Ross Smith 59:24, 2. Boyce Jacques 1:02:07, 3. Bob Gehl 1:06:06. 65-69: 1. Flory Rodd 1:13:16, 2. Jim Nicholson 1:40:57, 3. John Durham 1:51:10.

Division Results - Women

20-24: 1. Kathy D'Onofrio-Wood 57:56, 2. Linda Van Housen 1:00:43, 3. Susan Horstmeyer 1:01:16. 25-29: 1. Linda Somers 53:30, 2. Laura Sanchez 54:50, 3. Rossy Tibaduiza-Cardenas 57:26. 30-34: 1. Terry Puckett 52:20, 2. Bev Marx 56:24, 3. Christine Iwahashi 58:31. 35-39: 1. Peggy Smyth 55:17, 2. Irene Herman 1:08:16, 3. Alison Harris 1:12:01. 40-44: 1. Hilary Naylor 58:37, 2. Joan Colman 59:03, 3. Karen Lanterman 1:01:53. 45-49: 1. Shirley Matson 55:50, 2. Joan Ulliyot 1:00:33, 3. Margie Timberlake 1:02:10. 50-54: 1. Heidi Skaden 1:04:51, 2. Kitty Brown 1:14:06, 3. Marjorie Macris 1:26:14. 55-59: 1. Ruth Anderson 1:17:06, 2. Doree Stapp 1:20:45, 3. Barbara Durham 1:32:49. 60-64: 1. Carola Hutcherson 1:23:59, 2. Kit Pickles 1:24:40.

RESULTS

Women's Results

1. Carol Gray (Stanford) 17:21, 2. Aisling Ryan (Arkansas) 17:25, 3. Eileen Elbig (Texas) 17:32, 4. Brigid Stirling (UC Irvine) 17:34, 5. Sally Wood (Cal) 17:35, 6. Laurie Chapman (UCLA) 17:37, 7. Sally Ramsdale (Arkansas) 17:38, 8. Sheila O'Grady (Texas) 17:40, 9. Jackie Moto (Arkansas) 17:42, 10. Carmen Maldonado (Houston) 17:43, 11. Kirsten O'Hara (Cal) 17:47, 12. Sabrina Han (Cal) 17:49, 13. Teresa Barrios (Arizona State) 17:51, 14. Kim Stewart (UCLA) 17:55, 15. Stacey McAfee (FSU) 17:59, 16. Tracy Laughlin (Texas) 18:00, 17. Leslie Sanderson (Arkansas) 18:02, 18. Erin Keogh (Texas) 18:03, 19. Melissa Sutton (UCLA) 18:13, 20. Kara Olsen (Cal) 18:15, 21. Debbie Williams (UCLA) 18:20, 22. Kelli Lewis (UC Irvine) 18:21, 23. Gabriela Pohlmann (Texas) 18:24, 24. Nanette Garcia (Houston) 18:26, 25. Jarina Ogas (FSU) 18:27.

Team Scores:

1. University of Arkansas 67, 2. University of Texas-Austin 68, 3. Cal 78, 4. UCLA 88, 5. Fresno State University 136, 6. UC Irvine 141, 7. University of Houston 170, 8. Arizona State University 218, 9. Stanford 219.

Open Men's Results

1. Dave Schumacher (Long Beach) 31:59, 2. Jeff Jacobs (Santa Barbara) 32:06, 3. Bill Schipper (Humboldt State) 32:08, 4. Pat Green (Long Beach) 32:15, 5. Gothu Tadese (Pl Loma) 32:19, 6. Tim Corbin (Santa Barbara) 32:20, 7. Jedd Koen (UCLA) 32:23, 8. Roger Dix (Chico) 32:26, 9. Ricky Martinez (UC Irvine) 32:27, 10. Andy McCutcheon (Chico) 32:28.

11. Darin Slade (Sacto St) 32:32, 12. Pedram Aram (Hayward) 32:33, 13. Eric Rae (Long Beach) 32:35, 14. Mike Goralka (UC Davis) 32:36, 15. Jeff Wood (UCLA) 32:36, 16. Erich Ackerman (CPSLO) 32:37, 17. Paul Cummings (UC Davis) 32:39, 18. Steve Imlay (UC Irvine) 32:41, 19. Steve (Not Available) 32:42, 20. Dave Seborer (Santa Barbara) 32:48.

Team Scores:

1. Long Beach State 108, 2. UCLA "B" 133, 3. UC Santa Barbara 136, 4. CSU Hayward 164, 5. UC Davis 183, 6. Humboldt State 199, 7. Cal Poly Pomona B 209, 8. Cal Poly San Luis Obispo B 214, 9. CSU Chico 224, 10. Point Loma College 242, 11. Occidental 249, 12. Fresno State University B 307, 13. Calmont/Mudd/Scriptts 341, 14. Stanford University B 377, 15. Southern Oregon University 425, 16. Fresno Pacific College 456, 17. Cal B 539, 18. Ventura College 585, 19. Univ. of Santa Clara 621, 20. University of Redlands 629, 21. St. Mary's College 683, 22. UC Santa Cruz 685.

Open Women's Results

1. Kathy Smith (UC Irvine) 17:39, 2. Joyce Chenyuiot (Reno) 17:51, 3. Beth McGrann (UC Irvine) 18:05, 4. Suzy Lehmann (UC Davis) 18:30, 5. Stacey Wainwright (UC Davis) 18:36, 6. Chris Morgan (Long Beach) 18:36, 7. Sue Hansen (Chico) 18:37, 8. Pauline Stehly (Cal Poly SLO, B 18:37, 9. Jennifer Ashe (UCLA) 18:38, 10. Kristan Hanson (Cal) 18:38.

11. Tammy Snyder (UCLA) 18:40, 12. Sydney Thatcher (CPSLO, B) 18:43, 13. Jennifer Feller (UC Davis) 18:46, 14. Wendy Becker (Humboldt St) 18:54, 15. Patricia Mering (Pomona) 18:55, 16. Sherri Minkler (Cal Poly SLO) B 18:56, 17. Cza Azuceto (UCLA) 18:59, 18. Melissa Pardini (UC Riverside) 19:00, 19. Tracy Richter (CPSLO, B) 19:00, 20. JoAnne Kelley (Cal) 19:03.

Team Scores:

1. Cal Poly San Luis Obispo B 76, 2. UCLA B 85, 3. UC Davis A 95, 4. University of Nevada-Reno 114, 5. Cal B 147, 6. Long Beach State 170, 7. Cal Poly Pomona 225, 8. CSU Chico 260, 9. USIU 282, 10. Calmont/Mudd/Scriptts 293, 11. UC Davis, B 311, 12. Point Loma College 360, 13. UC Riverside 366, 14. Humboldt State 372, 15. Ventura College 402, 16. Mills College 492.

Cal Poly SLO Cross Country Invitational

October 16, San Luis Obispo.

Men's Results - Invitational 6000m

1. Jacques Van Renburg (Nebraska) 24:25CR, 2. Mark Junkermann (Running Experience) 24:34, 3. Danny Gonzales (Reebok Aggies) 24:36, 4. Mark Dani (UCLA) 24:41, 5. Jim Ortiz (UCLA) 24:45, 6. Joe Kirby (Nebraska) 24:51, 7. Dave Frank (Reebok Aggies) 24:58, 8. Carmelo Rios (Reebok Aggies) 24:59, 9. Ray Griffen (USC) 25:04, 10. Eddie Toro (CP Pomona) 25:07.



CAROL KELLER

photo by Bill Leung, Jr.

11. Steve Neubaum (SLO) 25:07, 12. Bob Leitch (Running Experience) 25:09, 13. Fredson Mayiek (USC) 25:10, 14. Pat Hoesini (Kansas St) 25:14, 15. Pete Vicencio (Irvine) 25:15, 16. Will James (Running Experience) 25:16, 17. Leston Blackburn (Nebraska) 25:16, 18. Jason Lienau (Fresno St) 25:17, 19. Ernie Freer (Fresno St) 25:17, 20. Dave Keller (Kansas St) 25:17.

21. Dave Warders (Kansas St) 25:21, 22. Rod Colker (Fresno St) 25:22, 23. Joe Rubio (Reebok Aggies) 25:23, 24. Tim Campbell (SLO) 25:24, 25. Hugo Cibrian (Fresno St) 25:24, 26. Jesus Guilierraz (CSLA) 25:25, 27. Aaron Mascoro (Irvine) 25:26, 28. Shannon Winkelman (Riverside) (1st F) 25:27, 29. Rob Arsenault (Running Experience) 25:27, 30. Rick Wilhelm (Irvine) 25:30.

Team Scores:

1. Reebok Aggies 83, 2. Nebraska 105, 3. Kansas State 126, 4. Fresno State 133, 5. Cal Poly SLO 147, 6. Running Experience 153, 7. UCLA 155, 8. UC Irvine 166, 9. USC 183, 10. Cal Poly Pomona 264, 11. Cal State Los Angeles 327, 12. UC River-

- side 363, 13. Cal State Hayward 412, 14. Occidental 490.

Men's Results - Open 6000m

1. Dorin Slade (Sacto St) 25:24, 2. Tim Keiron (Sacto St) 25:24, 3. Jeff Jacobs (UCSB) 25:28, 4. Ken Flint (SDSU) 25:33, 5. Mike Goralka (UC Davis) 25:38, 6. Marrell Hora (UCSD) 26:17, 7. Brandon Smith (UC Davis) 26:22, 8. Paul Cummings (UC Davis) 26:23, 9. Steve Miller (UC Davis) 26:25, 10. Chris Richards (UC Davis) 26:26.

11. Dave Seborer (UCSB) 26:28, 12. Pete Oviatt (Humboldt St) 26:31, 13. Luis Pinon (Marathon's) 26:31, 14. Dale Richard (Sonoma St) 26:32, 15. Tim Borbin (UCSB) 26:34.

Team Scores:

1. UC Davis 39, 2. UCSB 76, 3. Sacramento State 112, 4. Humboldt State 127, 5. San Diego State 167, 6. Marathon's 181, 7. CS Fullerton 196, 8. UCSB 215, 9. Pomona-Pitzer 262, 10. Northridge 292, 11. USIU 348, 12. Alaska-Anchorage 416, 13. SLDC 466.

Women's Results - Invitational 5000m

1. Sannnie Rosh (Nebraska) 17:28CR, 2. Carol Keller (Running Experience) 17:29, 3. Janet Haskin (Kansas St) 17:36, 4. Sally Wood (UC Berkeley) 17:42, 5. Kathy Smith (Unat) 17:42, 6. Laurie Chapman (UCLA) 17:47, 7. Sabrina Han (UC Berkeley) 17:53, 8. Beth McGrann (Running Experience) 18:01, 9. Melissa Sutton (UCLA) 18:03, 10. Kirsten Aure (Rice U) 18:04.

11. Jari Johnson (Reebok Aggies) 18:08, 12. Brigid Stirling (UC Irvine) 18:11, 13. Yvonne Van der Kolk (Nebraska) 18:12, 14. Kirsten O'Hara (UC Berkeley) 18:12, 15. Glaedee Prieur (Unat) 18:14, 16. Stacey McAfee (Fresno St) 18:15, 17. Annie Seawright (Running Experience) 18:16, 18. Angie Barry (Kansas St) 18:16, 19. Patti Ameniariz (SLO) 18:17, 20. Janet Traber (Kansas St) 18:17.

21. Koreen deBethencourt (SLO) 18:18, 22. Juliet Prowse (Nebraska) 18:20, 23. Kristie Bache (UCLA) 18:22, 24. Jennifer Ashe (UCLA) 18:22, 25. Michele Marthaler (Nebraska) 18:23, 26. Sandra Rodriguez (CSLA) 18:24, 27. Michelle Trimble (Oxy) 18:25, 28. Pauline Stehly (SLO) 18:27, 29. Kelli Lewis (UC Irvine) 18:28, 30. Melanie Hiatt (SLO) 18:31.



MARK JUNKERMANN & DAN GONZALEZ

photo by Bill Leung, Jr.

Team Scores:

1. UCLA "A" 93, 2. Nebraska 94, 3. Cal Berkeley 106, 4. Cal Poly-SLO 137, 5. Kansas State 149, 6. Fresno State 205, 7. Running Experience 207, 8. Re-

- ebok Aggies 246, 9. Rice University 255, 10. UC Irvine 260, 11. UCLA "B" 319, 12. Cal State LA 329, 13. UC Davis 343, 14. Occidental 419, 15. CS Northridge 425, 16. San Diego State 477.

Women's Results - Open 5000m

1. Trisha Moira (CP Pomona) 18:51, 2. Jolly Earle (Sonoma St) 18:59, 3. Wendy Becker (Humboldt

- St) 19:04, 4. Denise McFoyden (UCSD) 19:07, 5. Beth Rospafja (CSUF) 19:12, 6. Valerie Janese (Cal St Hayward) 19:17, 7. Barbara Crowley (Sac St) 19:30, 8. Melissa Pardini (UC Riverside) 19:33, 9. Stephanie Fedorchak (CS Hayward) 19:35, 10. Tessie Hartmann (UCSD) 19:38.

11. Molly Jackson (USIU) 19:40, 12. Kris Kochel (SLO) 19:49, 13. Maria Mendoza (CP Pomona) 19:50, 14. Antoinette Harlaub (UCSB) 19:51, 15. Megan Riker (UCSB) 19:55.

Team Scores:

1. CS Hayward 110, 2. UCSB 122, 3. Cal Poly Pomona 129, 4. Cal Poly SLO "B" 135, 5. UC San Diego 145, 6. UCLA 160, 7. Cal State Fullerton 174, 8. USIU 177, 9. Sonoma 262, 10. Humboldt State 270, 11. Cal State Bakersfield 322.

PAC-10 Conference Cross Country Championships

October 31, Stanford University Golf Course.

Overall Results - Men

1. Brad Hudson (U of Oregon) 30:47, 2. Mark Dani (UCLA 30:56, 3. Steve Miller (Stanford) 31:03, 4. Bruce McDowell (U of WA) 31:08, 5. Danny Lopez (U of OR) 31:26, 6. Steve Richards (U of OR) 31:29, 7. Peter Fonseca (U of OR) 31:33, 8. Eric Mastair (Stanford) 31:36, 9. Stormy Shouman (U of WA) 31:37, 10. Craig Blockhus (U of Cal) 31:40.

11. Adam McAbey (Cal) 31:44, 12. Colin Dalton (U of OR) 31:45, 13. Jim Ortiz (UCLA) 31:48, 14. Robert Price (Washington St) 31:50, 15. James Alborough (Stanford) 31:51, 16. Mark Mastair (Stanford) 31:53, 17. Matt Donnelly (U of WA) 31:55, 18. Tim Swinfard (U of AZ) 32:00, 19. Dave Scudamore (Stanford) 32:03, 20. Richard Erbes (UCLA) 32:07.

21. Mitch Sloan (USC) 32:10, 22. Robin Card (U of OR) 32:16, 23. E. J. Guo (Washington St) 32:18, 24. Lenny Clark (U of AZ) 32:20, 25. Mike Kramer (Washington St) 32:24, 26. Marc Davis (U of AZ) 32:30, 27. Dreux Valenti (USC) 32:31, 28. Ray Griffin (USC) 32:35, 29. Doug Herron (U of AZ) 32:37, 30. Eric Peterson (U of OR) 32:38.

Team Scores:

1. University of Oregon 31, 2. Stanford 61, 3. UCLA 104, 4. University of Washington 106, 5. University of Arizona 153, 6. Washington State University 144, 7. University of California 156, 8. Southern California 184, 9. Arizona State University 237, 10. Oregon State University 259.

Overall Results - Women

1. Liz Wilson (U of OR) 17:06, 2. Penny Graves (U of OR) 17:12, 3. Sally Wood (U of Cal) 17:16, 4. Theresa Barrios (AZ St) 17:21, 5. Jennifer Robertson (Washington St) 17:22, 6. Carol Gray (Stanford) 17:25, 7. Bridget Smyth (U of AZ) 17:26, 8. Sabrina Han (U of Cal) 17:28, 9. Laurie Chapman (UCLA) 17:33, 10. Zenny Koehler (Washington St) 17:38.

11. Kathy Tracy (U of OR) 17:40, 12. Kirsten O'Hara (Cal) 17:43, 13. Melissa Sutton (UCLA) 17:47, 14. Karen Rayle (U of OR) 17:49, 15. Stephanie Wesseloff (U of OR) 17:59, 16. Kim Stewart (UCLA) 18:01, 17. Laura Goodwin (U of AZ) 18:04, 18. Jennifer Ashe (UCLA) 18:08, 19. Kristi Bache (UCLA) 18:11, 20. Kara Olsen (Cal) 18:13.

21. Francie Faure (U of OR) 18:16, 22. Melanie Bloch (Stanford) 18:19, 23. Brandi Evans (U of WA) 18:21, 24. Janicka Peterson (U of WA) 18:23, 25. Magdalena Thorsell (U of AZ) 18:23, 26. Debbie

RESULTS

Williams (UCLA) 18:26, 27. Michele Buresh (U of WA) 18:27, 28. Raelynn Emtman (Washington St) 18:29, 29. Jennifer Gillette (U of WA) 18:35, 30. Debbie Granley (Washington St) 18:36.

Team Scores:

1. University of Oregon 43, 2. UCLA 75, 3. University of California 77, 4. Washington State University 114, 5. University of Arizona 120, 6. University of Washington 143, 7. Stanford University 155, 8. Arizona State University 178, 9. Oregon State University 272.

ROAD RACING

Will Rogers Runs

July 4. Pacific Palisades. 5K & 10K

Division Results - Men's 10K

12 & Under: 1. William Cortes 41:45, 2. Grant Kollenborn 55:48, 3. Joshua Scribner 57:32. 13-15: 1. Brian Cody 41:41, 2. Mike Schumacher 43:26, 3. Fasad Saglie 43:49. 16-18: 1. Rene Rigal 34:21, 2. Peter Hogan 34:22, 3. Bill McKinley 36:34. 19-29: 1. Greg Hauser 30:46, 2. Jeff Shaver 30:54, 3. Frank Ebner 31:51. 30-34: 1. Andre Unkedit 34:54, 2. Bob Wilder 35:05, 3. Rafael Antonio 37:53. 35-39: 1. Mark Hemphill 34:15, 2. Luis Corona 36:31, 3. Jim Harigan 36:43. 40-44: 1. Gianni Carpani 33:43, 2. Jack McDowell 35:41, 3. Joe Calhoun 36:00. 45-49: 1. Ray Maranda 36:28, 2. Ray Wilson 36:29, 3. T.M. Duket 37:17. 50-59: 1. William Hopkins 41:20, 2. Claude Bruni 42:21, 3. Cliff Schlueter 43:01. 60-69:

1. John Racely 41:32, 2. Murray Cohen 46:46, 3. Frank McGuern 49:49. 70 & Over: 1. Eddie Lewin 44:21, 2. E. G. Carl-Louwen 58:43, 3. John Alexander 1:02:01.

Division Results - Women's 10K

12 & Under: 1. Remy Olivier 46:11, 2. Amy White 55:16, 3. Bridget Farmer 1:02:49. 13-15: 1. Judith McCullough 41:10, 2. Jennin Kollenborn 52:10, 3. Memory Robertson 1:01:34. 16-18: 1. Mindy Pelz 48:14, 2. Allison Clayton 49:36, 3. Candice Drosdick 52:19. 19-29: 1. Amanda Marks 36:17, 2. Elaine Flynn 37:44, 3. Christi Bach 39:14. 30-34: 1. Karon Carpani 38:09, 2. Robin Black 39:18, 3. Beverly Lowe 39:30. 35-39: 1. Merle Heimberg 43:19, 2. Robin Hall 44:16, 3. Pat Enemark 45:10. 40-44: 1. Judy Cornell 41:47, 2. Cherie Gruenfeld 42:28, 3. Nela Zundell 44:37. 45-49: 1. Sally Bergstrom 48:41, 2. Diana Varlander 51:40, 3. Penny Perez 52:08. 50-59: 1. Carole Davis 47:16, 2. Jane Dods 48:32, 3. Kay Lindahl 49:07. 60-69: 1. Helen Dick 46:42. 70 & Over: 1. Priscilla Libby 1:19:56.

Division Results - Men's 5K

12 & Under: 1. Darren Bailas 21:47, 2. Ricky Rauth 22:29, 3. Florian Weber 22:39. 13-15: 1. Adam Prolack 17:18, 2. Jaime Rigal 17:37, 3. Neil Wechsler 17:49. 16-18: 1. Rolando Reyes 16:35, 2. David Babbitt 17:19, 3. Chris Fogliani 17:45. 19-29: 1. Joe Nitti

14:31, 2. Ray Griffin 14:40, 3. Adolfo Garcia 15:05. 30-34: 1. David Greifinger 15:52, 2. John Adams 16:12, 3. Ken Lemus 16:32. 35-39: 1. Tamrat Bayene 16:51, 2. David Lours 17:14, 3. Jesse Mellor 18:18. 40-44: 1. John Riley 16:54, 2. Paul Ford 19:33, 3. Ronald Snyder 19:51. 45-49: 1. Leo Marquez 19:25, 2. Art Lubin 19:36, 3. Steve Underwood 20:42. 50-59: 1. Brian Fernee 16:44, 2. Aldo Mora 17:50, 3. Dye Waco 19:43. 60-69: 1. Stanley Noufeld 21:19, 2. Tom McKiernan 23:57, 3. Joseph Rossi 24:03. 70 & Over: 1. Robert Beagles 32:34.

Division Results - Women's 5K

12 & Under: 1. Erica Christensen 24:50, 2. Katie Nuanes 25:03, 3. Kristin Gillespie 26:14. 13-15: 1. Lauren Adler 22:36, 2. Jennifer Rice 23:37, 3. Wendy Hromadka 24:48. 16-18: 1. Irma Ramirez 22:35, 2. Rhoda Tiangoo 23:21, 3. Anja Bandorski 24:21. 19-29: 1. Kanes Kathy 16:47, 2. Patty Almondariz 17:03, 3. Allison Baker 17:47. 30-34: 1. Julie Matteson 17:10, 2. Dorothy Forbes 20:27, 3. Paul Farmer 23:28. 35-39: 1. Michele Tiff 17:46, 2. Debra Feltman 21:47, 3. Sharon Grant 22:31. 40-44: 1. Sue Ward 21:07, 2. Angelita Llerena 21:16, 3.

"SEOUL COMES TO CALIFORNIA"

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Friday & Saturday, January 13-14, 1989
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Coach of Val Brisco, Gall Devers, Jackie Joyner-Kersee and Roy Martin.

STAN DOWELL

Coach of Olympic Champions Lee Evans (400m) and Andre Phillips (400mH)

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PATTI SUE PLUMER

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JEFF ATKINSON

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RESULTS

Christine LeGuen 24:13, 45-48: 1. Bonnie Robinson 20:25, 2. Rita Gilmore 21:20, 3. Marty Underwood 25:36, 50-59: 1. Arlene Hoffman 28:52, 2. Lillia Grossman 30:10, 3. Mary Gray 31:21, 60-69: 1. Salma Mehm 32:00, 2. Terry Sobo 33:21, 3. Fran Baumgarten 34:55, 70 & Over: 1. Eleanor Weiss 50:00, 2. Ruth Doerner 1:00:22.

Donner Lake Triathlon

July 23, Truckee, 1/2 MI. Swim, 6.89 MI. Run, 14 MI. Bike.

Overall Results

1 Steve Jackson	1:19:22
2 Maneval, Chico	1:26:13
3 Anthony Milensky, Sacramento	1:26:35
4 Chris Ward, Oakland	1:26:50
5 Hooker, Reno	1:27:15
6 Greg Ward, Oakland	1:27:24
7 Andrew Kojane, Truckee	1:27:57
8 Bill Mackey, Truckee	1:28:26
9 Alpenglow Sports, Truckee	1:28:49
10 Eric Mason, Redwood City	1:29:35

Chart House

July 24, Mammoth Lakes, 10K.

Division Results - Men

14 & Under: 1. Tony Gasperou 48:40, 2. Ryan Smith, 3. Brenden Mitchell, 15-19: 1. Kris Lukwah 39:13, 2. Chris Jones 44:17, 3. Chad Boardman 49:22, 20-24: 1. Allen Reynolds 36:36, 2. Michael Fenne 37:23, 3. John Kaiser 38:53, 25-29: 1. Ray Cook 33:51, 2. T. Parker 38:00, 3. F. Schurr 39:14, 30-34: 1. Steve Whitmore 36:40, 2. Bernie Nellor 37:25, 3. J. Bourne 38:47, 35-39: 1. Bill McGrievy 39:38, 2. Dave Galbreath 39:49, 3. C. Schweitzer 41:12, 40-44: 1. Don McCarthy 36:55, 2. Bob Beach 38:57, 3. Marc Reynolds 39:22, 45-49: 1. George Wright 37:45, 2. Dan Powdella 38:25, 3. Larry Ford 39:06, 50-59: 1. Fred Kiddy 39:22, 2. Dave Arntson 42:56, 3. Ray Myers 45:40, 60-69: 1. Harold Musgrove 54:34, 2. Bill Kain 57:25, 3. Hawkins Cole 61:10, 70 & Over: 1. Frank Demers 61:10.

Division Results - Women

14 & Under: 1. Nicole Barker 60:01, 2. Kelly Wright 65:57, 15-19: 1. Tina Kahan 54:34, 20-24: 1. T. Kantnap 49:40, 2. Tove Jensen 56:58, 3. Kathy Manchester 65:58, 25-29: 1. Kathy Rindt 43:13, 2. Teri Ingram 47:31, 3. Lori Ansell 48:51, 30-34: 1. Nancy Fidler 39:20, 2. Irene Barger 42:14, 3. Heidi Anderson 42:44, 35-39: 1. Carolyn Smith 43:28, 2. Sally Gaines 47:22, 3. Wendy Jurutka 52:59, 40-44: 1. Monika Kuno 47:22, 2. Barbara Wright 48:42, 3. Meredith Ford 49:25, 45-49: 1. Joann Goltra 48:02, 2. Myra Klotzin 49:21, 3. Myra Lauder 50:36, 50-59: 1. Sandra Kiddy 48:38, 2. Janice Gray 51:29, 3. Jeanette Wells 55:27, 60 & Over: 1. Marjorie Zimmerman 77:46.

The Race for Time

July 24, Santa Clara, 10K.

Overall Results

1 Robert Mendez (30-39)	33:28
2 James Candelaria (19-29)	33:39
3 Michael Woodward (19-29)	33:42
4 Gabriel Sandoval (40-49)	33:45
5 Jim Lawson (30-39)	33:52
6 Eric Kinney (19-29)	33:58
7 Mark Reis (19-29)	34:22
8 Johnny Lawson (30-39)	34:42
9 Rod Johnson (30-39)	34:59
10 Don Muroach (30-39)	35:04
11 Dave Ehrhard (19-29)	35:06
12 Craig Magness (18 & U)	35:26
13 James Ballantyne (40-49)	35:39
14 Jeff Stonebraker (19-29)	35:41
15 Eric Goethals (30-39)	35:43
16 John Finch (50-59)	35:46
17 Ron Tanaka (35-49)	35:49
18 Steve Raegan (30-39)	35:56

19 Carlos Siqueiros (30-39)	36:40
20 Tim Corroy (19-29)	37:16

Wharf to Wharf

July 24, Santa Cruz, 6 Mile.

Overall Results - Men

1. Matt Clayton 27:54, 2. Kevin Jones 28:07, 3. Tom Wood 28:21, 4. Kevin Ostenberg 28:29, 5. Roger Soler 28:39, 6. Joe Niitti 28:41, 7. Stephen Barlow 28:42, 8. Jose Iniguez 28:32, 9. Mark Hoeft 28:47, 10. Eric Mastali 28:48, 11. Mark Mastali 28:48, 12. Jose Pilar Aispuro 28:58, 13. Paul Thomas 29:01, 14. Mike Livingston 29:08, 15. Chris Craig 29:13, 16. Jeff Shaver 29:17, 17. Adolfo Lopez 29:21, 18. Craig Stainmaus 29:25, 19. Tim Campbell 29:30, 20. Bobby Rivera 29:33, 21. Carl Stempel 29:37, 22. Scott Stainmaus 29:38, 23. Dan Stefanisko 29:40, 24. David Walsh 29:41, 25. Casey Reinking 29:44, 26. Paul Ghidossi 29:47, 27. Gilbert Munoz 29:49, 28. John Hancock 29:52, 29. Bruce Storms 29:59, 30. Bob Tapia 30:02, 31. Tom Borschel 30:04, 32. Mark Sullivan 30:10, 33. Chris Gray 30:14, 34. Steve Meibai 30:15, 35. Russ Smith 30:22, 36. Brent Griffiths 30:34, 37. Craig Godwin 30:39, 38. Minty Schafer 30:40, 39. Michael White 30:41, 40. Scott Brock 30:44, 41. Steve Scholz 30:46, 42. Scott Peterson 30:48, 43. Fred Villegas 30:50, 44. Patrick Paisney 30:51, 45. Parrot 30:58, 46. Marty Brenner 31:00, 47. John Mumm 31:00, 48. Glenn Ross 31:04, 49. Steve Abernathy 31:17, 50. Jim McCarthy 31:26.

Overall Results - Women

1. Nancy Ditz 31:52, 2. April Powers 32:07, 3. Patti Gray 32:44, 4. Linda Somers 33:07, 5. Jani Johnson 33:28, 6. Rosa Gutierrez 33:45, 7. Laurie Binder 33:55, 8. Patricia English 34:09, 9. Catherine Porter 34:20, 10. Amanda Marks 34:40, 11. Laurie Champion 34:50, 12. Laura Sanchez 35:04, 13. Valerie Jensen 35:07, 14. Sherri Minkler 35:22, 15. Julie Matteson 35:38, 16. Sharon Swann 35:42, 17. Diane Odion 35:47, 18. Hilary Naylor 35:49, 19. Sharon Maley 36:07, 20. Chris Iwakashi 36:28, 21. Betty Chavez 36:59, 22. Joann Dahlkofer 37:20, 23. Eileen Brennan 37:22, 24. Suzanne Del 37:24, 25. Debbie Holst 37:35, 26. Susan Radford 37:38, 27. Barbara Frank 37:49, 28. Lisa McDaniel 38:02, 29. Karen Martinez 38:03, 30. Connie Kondo 38:11, 31. Debbie Ingram 38:27, 32. Lucy Laebule 38:30, 33. Judi Shade 38:31, 34. Linda Strong 38:39, 35. Vicki Eyre 38:50, 36. Robin Varnato 38:51, 37. Pam Alenby 38:52, 38. Vicki Bigelow 38:53, 39. Carol Bagley 39:05, 40. Cindy Harker 39:07, 41. Kiki Laborataux 39:11, 42. Unknown 39:12, 43. Unknown 39:29, 44. Susie Meyers 39:38, 45. Debbie Smith 39:41, 46. Kathy Welch 39:42, 47. Lynn Sestak 39:54, 48. Yudelia Guerrero 40:06, 49. Anne McVeigh 40:13, 50. Lyn Johnson 40:21.

Kentfield One Hour Run

July 27, Kentfield.

Overall Results - Men

1. Frank Ruona (40-49)	10 MI. 1:34.4 yd.
2. Bruce Phinney (18-29)	10 MI. 8:18 yd.
3. John Foran (30-39)	10 MI. 5:00 yd.
4. Alex Green (30-39)	10 MI. 3:02 yd.
5. Jim Myers (30-39)	10 MI. 1:09 yd.
6. Don Elsener (30-39)	8 MI. 1:68.0 yd.

Overall Results - Women

1. Melanie Gilbertson (18-29)	8 MI. 1:65.1 yd.
2. Janet Hecht (30-39)	7 MI. 8:68 yd.

Gold Rush Ultramarathon

July 30, Johnsville.

Overall Results - Half Ultra Marathon

1. Jim Gibbons (44) Willets	1:41:10
2. Rick Simonson (27) Camino	1:41:38
3. James Ballantyne (46) Paradise	1:42:19
4. Michael Griesmer (34) Truckee	1:46:05

5. Buc Yates (32) Santa Clara	1:46:57
6. Arvid Olson (45) San Anselmo	1:51:20
7. Cathy Simonson (31 F)	1:53:08
8. John Fonseca (34) Boulder Creek	1:55:21

9. Fred Kamgar (51) San Diego	1:56:39
10. Elizabeth Olson (27) Auburn	1:56:54

Overall Results - Ultramarathon (26 MI.)

1. Tom Wood (25) Truckee	3:02:51
1. Miguel Tibaduiza (31) Reno	3:02:51
3. Domingo Tibaduiza (38) Reno	3:10:02
4. Craig Stainmaus (36) Hayward	3:12:15
5. Mike McManus (22) Oakland	3:15:50
6. Denis O'Halloran (36) Tahoe Ci	3:16:30
7. David Minter (27) Reno	3:21:56
8. Jerry Jobski (43) So. Lake Tah	3:23:50
9. Mark Hoeler (26) So. Lake Tah	3:25:24
10. Jose Pilar Aispuro (26) Aptos	3:27:47
11. Frank Ruona (42) San Jose	3:29:20
12. Dave Carlson (35) Carson City	3:30:01
13. Perry Hayden (43) Reno	3:30:45
14. Rich Langford (35) Oakland	3:33:57
15. Terry Nephew (37) Clovis	3:34:40
16. Terry Puckett (32) Reno	3:35:08
17. Bob Lindsey (43) Fresno	3:35:58
18. Jim Minari (44) Hayward	3:37:45
19. Martin Jones (45) Sonoma	3:37:54
20. Alan Dehlinger (27) Reno	3:43:32

Takara Cable Car Chase

July 31, San Francisco.

Ten days after failing to make the U.S. Olympic team, Matt Guisto pulled off the Olympic feat of beating a cable car up a San Francisco hill at the Takara Cable Car Chase.

Guisto, 21, made it to the semifinal round in the 5,000 meters competition at the U.S. Olympic Track & Field Trials in Indianapolis. But rather than taking a long rest after that letdown, he immediately rededicated himself to qualifying for the 1992 Barcelona Olympics. His first step on that long journey was a fitness test on Sunday, July 31, at the Takara Cable Car Chase. Besides beating a field of about 1,000 runners, by covering the 4.8-mile course in 25 minutes, 6 seconds, he beat the cable car that "raced" him up the precipitous California Street hill en route by a city block. Eventual runner-up Larry McKendell was the only other runner to pull it off, edging the cable car (which averages 9 1/2 mph) on the 7/10ths-mile climb by 20 yards.

"I always love racing in San Francisco," said Guisto, who currently resides in nearby Foster City. He is a former high school national cross-country champion (for San Mateo High), the 1987 PAC-10 cross-country champion and a four-time NCAA track and cross-country all-American (for the University of Arizona, from which he graduated in June). He was followed closely by McKendell (25:08), John DeForest (25:13), Toby Knepper (25:15) and Dan McCullough (25:16).

Sue Vinella-Brusher topped the women's Division by over a minute. Like Guisto, the 34-year-old Oakland computer programming manager took the lead on the California Street hill, between the two and three mile markers. Her 28:58 performance bested Char Levitt (30:03), Kim Rupert (30:15), Linda Mantynen (30:59) and Natalie Simi (31:11). Miguel Solorio (28:06) and Manty-



SUE VINELLA-BRUSHER

photo by Gene Cohn Productions

men were the 40-and-over division winners. Runners were entertained by the San Francisco Taiko Dojo drummers, who were aboard the cable car at the finish. Following their performance, runners were showered by prizes ranging from cable car replicas to Happi Coats (a traditional Japanese garment) and Takara product prizes.

Division Results - Men

19 & Under: 1. Kurtis Akabori 26:05, 2. Iain Hunter 27:07, 3. Robert Hill 27:09, 20-29: 1. Matt Guisto 25:06, 2. Larry McKendell 25:08, 3. John DeForest 25:13, 30-39: 1. Daniel McCullough 25:16, 2. Nathan Smith III, 25:50, 3. John Azevedo 26:59, 40-49: 1. Miguel Solorio 28:06, 2. Dimitris Skavopoulos 28:42, 3. Peter Magee 29:58, 50-59: 1. Joe Hancock 28:48, 2. Tom Steele 32:18, 3. Jess Chavez 33:04, 60 & Over: 1. Neil Manoney 36:11, 2. Bob Marin 39:38, 3. Bill Van Fleet 39:42.

Division Results - Women

19 & Under: 1. Phyllis Tonkin 36:20, 2. Rosanna Sansone 36:25, 3. Melissa Barnes 39:23, 20-29: 1. Natalie Simi 31:11, 2. Stephanie Danzig 31:22, 3. Christine Noll 31:29, 30-39: 1. Sue Vinella-Brusher 28:58, 2. Char Levitt 30:03, 3. Kim Rupert 30:15, 40-49: 1. Linda Mantynen 30:59, 2. Jo Feeney 33:50, 3. Julie Yaffee 34:40, 50-59: 1. Cece Wildin 43:18, 2. Margaret Johnson 43:20, 3. Betty Bickhart 45:18, 60-69: 1. Jaclyn Caselli 41:20, 2. Bonecrusher Bishop 47:14, 3. Helen Holmgren 48:20.

Striders Fun Relay

July 31, Sparks, NV, 20K.

Division Results - Men

3 Men Under 15: 1. Ryser, Beck, Tetz 1:16:12, 2. Schultz, Schultz, Dodge 1:26:39, 3. White, Krueger, Scheff 1:30:14, 3 Men Under 30: 1. Huber, Anderson, Cross 1:08:15, 2. Jensen, Valdez, Cubillas 1:09:12, 3. Amster, Dodge, Dodge 1:10:49, 3 Men Under 45: 1. Wattenberg, Cervantes, Hill 1:22:41, 2. Cooley, McWilliams, Rudeall 1:23:06, 3. Aviles, De-

RESULTS

faro, Babel 1:24:13. Open Men: 1. George Hernandez 1:07:15, 2. Sean Crom 1:09:39, 3. Rati 1:15:11.

Division Results - Women
3 Women Under 15: 1. Gales, Hamon, Hill 1:36:42, 2. Wattenberg, Hamon, Hill 1:50:10. **3 Women Under 30:** 1. Jensen, Rodriguez, Walsh 1:20:28, 2. Howell, Avery, Parker 1:23:37, 3. LaCassa, Reagan, Herbert 1:47:16. **3 Women Under 45:** 1. Kudek, Collier, Tibaduiza 1:40:45, 2. Slavonic, Anderson, Stoffey 1:48:01. **Open Women:** 1. Rose Gardeña 1:35:02, 2. Lisa Manion 1:42:18.

Miscellaneous Teams
2 Women 1 Man Under 15: 1. Brinkerhoff, Amster, Seranton 1:31:45, 2. Conkling, Conkling, Conkling 1:37:30, 1 **Woman 2 Men Under 15:** 1. VanGall, Young, Teiz 1:28:00. **2 Women 1 Man Under 30:** 1. Young, Melody, Cook 1:15:28, 2. Devine, Lucas, Devine 1:26:31, 3. Soderlon, Uhart, Monroe 1:36:23. **1 Woman 2 Men Under 30:** 1. Peterson, Young, Mantzer 1:09:55, 2. Milton, Mooney, Frick 1:16:34, 3. Lijhorn, Porter, Orlong 1:30:36. **2 Women 1 Man Under 45:** 1. Klages, Klages, Paris 1:12:58, 2. Peterson, Hill, Peterson 1:36:22, 3. Chapman, Passback, Chapman 1:39:39. **1 Woman 2 Men Under 45:** 1. Townzell, Walsh, Walsh 1:33:14, 2. Rati, Rati, Rati 1:59:27. **1 Woman 2 Men Over 45:** 1. Dahl, Smart, Smart 1:27:44, 2. Durham, Durham, Burdick 2:13:31. **Family Under 15:** 1. Rati, Rati, Rati 1:30:13. **Family Under 30:** 1. Hawkes, Hawkes, Hawkes 1:21:39. **Organizational Open:** 1. Ferrerell, Young, Hanssen 1:20:26, 2. Shoop, Gulihar, Helman 1:23:49, 3. Frandsen, McKeel, Ott 1:34:27.

C & C Run and Relay

August 6, Escondido, 5K & 1 Mile Relay.
3-member Youth Relay Teams against Olympian Steve Scott - 1-mile loop (Captains names only available)
 1. Francis O'Neil 3:58, 2. Jason Heldeman 4:02, 3. Steve Scott 4:03.1 (new record).
Men's Corporate Relay:
 1. Hewlett Packard 15:01, 2. North County Bicycles 15:05, 3. Dr. Bread 15:20.
Women's Corporate Relay:
 1. Navy: Rouler's Runners 21:53, 2. Times Advocate 25:26.

Division Results - Men's 5K
12 & Under: 1. Clinton Fumanti 20:07, 2. Will Buck 21:37, 3. Brandon Tining 21:50. **13-17:** 1. Eric Polansky 15:20, 2. Bill Aronson 15:58, 3. Mike Farrell 16:05. **18-29:** 1. Jason Martin 14:56, 2. Adolfo Garcia 15:05, 3. Randy Hoyes 15:06. **30-39:** 1. Paul Cook 15:38, 2. Kim Beedy 16:02, 3. Bill Randall 16:12. **40-49:** 1. Steve Myhra 16:12, 2. Dick Jensen 16:55, 3. John Montgomery 17:02. **50-59:** 1. Wally Evertz 18:42, 2. Fred Kamgar 18:57, 3. Bob Mangrum 19:12. **60-69:** 1. Tom Edwards 20:21, 2. Ted Horner 22:08, 3. Bob Calhoun 22:25. **70 & Over:** 1. Paul Katsuro 27:13, 2. Ernie Pteroe 29:13, 3. Eddie Simon 33:58.

Division Results - Women's 5K
12 & Under: 1. Jeanne Ferosa 20:13, 2. Jennifer Ferosa 20:50, 3. Natalie Forsythe 24:53. **13-17:** 1. Deanna Hadley 20:00, 2. Cheri Bates 21:13, 3. Heidi Whaling 22:34. **18-29:** 1. Mary Atkins 17:20, 2. Paula Newby-Fraser 17:35, 3. Janine Daley 18:12. **30-39:** 1. Leslie Howe 17:40, 2. Heather Dibdin 18:31, 3. Terri Busby 18:42. **40-49:** 1. Patti Hurl 18:33, 2. Kathy Loper 19:35, 3. Sharon Mitchell 21:52. **50-59:** 1. Dixie Madsen 22:05, 2. Sylvia Crise 22:43, 3. Tami Graf 22:45. **60-69:** 1. Mary Storey 23:13, 2. Gerry Davidson 24:39. **70 & Over:** 1. Judy Simon 26:40.

Lake Gregory Runs

August 6, Lake Gregory, 5K & 10K
Division Results - Men's 5K
12 & Under: 1. Travis Bonds 20:09, 2. Joey Cordero 21:13, 3. Chris Johnson 22:30. **13-19:** 1. Troy Collins 16:58, 2. Robert Bush 17:32, 3. Jose Vela 18:03. **20-29:** 1. Paul Rosser 15:56, 2. Tony Black 17:11, 3.

Dan Burton 18:08. **30-39:** 1. Stewart Boden 17:42, 2. Fidel Diaz 18:20, 3. Steve Callahan 18:48. **40-49:** 1. Robert Williams 18:52, 2. Jim Powers 18:55, 3. Noble Hill 19:21. **50-59:** 1. Bill Crum 18:32, 2. Jim Andres 22:16, 3. Ward Speaker 23:04. **60-69:** 1. Harold Wilks 23:15, 2. Bob White 24:53, 3. Vic Kobelt 28:08.

Division Results - Women's 5K
12 & Under: 1. Dana Garcia 24:29, 2. Melissa Somers 28:35, 3. Andrea Harrison 29:45. **13-19:** 1. Ivanka Boras 21:14, 2. Kathy Wilson 22:45, 3. Younghee Koh 24:03. **20-29:** 1. Becky Valentine 21:30, 2. Patty Albert 22:41, 3. Chelita Neal 22:55. **30-39:** 1. Patricia Contreras 19:58, 2. Charlotte Carter 22:55, 3. Debbie Duarte 23:27. **40-49:** 1. Anne Coy 24:27, 2. Virginia Lara 24:37, 3. Portia Cornell 24:44. **50-59:** 1. Wilma Maddock 22:22, 2. Elaine Murphy 25:04, 3. Judy Glasgow 31:55. **60-69:** 1. Lucile Smith 48:59, 2. Dorothy Bryant 50:11, 3. Ruthie Morrison 1:13:19. **70 & Over:** 1. Lucile Adney 39:41.

Division Results - Men's 10K
13-19: 1. Mark Prestwich 36:17, 2. Luis Sosa 37:37, 3. Francisco Moreno 39:15. **20-29:** 1. Mark Castro 33:58, 2. Vernon Morris 34:14, 3. Robert Ripley 37:37. **30-39:** 1. David Neiman 36:39, 2. Danny Contreras 37:54, 3. David Roche 39:01. **40-49:** 1. Bob McGeough 38:29, 2. Philip Wright 37:06, 3. Mike Fuller 37:50. **50-59:** 1. Sam Mayo 39:15, 2. Wally Ingram 40:24, 3. Frank Ogawa 42:28. **60-69:** 1. Tom Leedham 44:24, 2. David Harrah 53:51, 3. Robert Parker 58:18. **70 & Over:** 1. Ferdi Gonzales 55:53, 2. Stephen Martin 56:06.

Division Results - Women's 10K
13-19: 1. Brigid Freyne 40:14, 2. Laurel Savage 49:56, 3. Missy Busby 1:01:25. **20-29:** 1. Mary Tucker-Dobis 50:14, 2. Kelly Salonites 50:19, 3. Elizabeth Cavanagh 51:24. **30-39:** 1. Jackie Scott 41:19, 2. Doreen Assumma-Fay 43:21, 3. Patty Mueller 46:25. **40-49:** 1. Linda Kewin 46:06, 2. Theresa Riley 49:42, 3. Ann Fordiani 50:19. **60-69:** 1. Nyla Cook 1:17:01. **70 & Over:** 1. Bess James 1:15:03.

Squaw Valley USA Mountain Run

August 6, Squaw Valley.
 Records were set in seven age categories as well as first place overall for both men and women in the eighth annual Squaw Valley USA Mountain Run. Terry Schmidt-Puckett (30-39) of Reno, Nevada, out-classed the women's field, taking 24 seconds off her course record with a 33:36 time up the 3.6 mile hill climb. She was 3:44 ahead of the second place woman and eighteenth overall in the 400 plus runner field.

In his fifth try at the Mountain Run, Miguel Tibaduiza of Reno, was finally victorious in the men's race with a time of 28:32, besting Denis O'Halloran's 1987 course mark by four seconds.

An especially impressive performance was recorded by 62 year old Kit Pickles of Albany, CA. Her time of 53:06 not only set an age group record but eclipsed the 50-59 category record (53:43) as well. Seventy year old Marjorie Zimmerman of Bishop, CA placed an impressive second in the 60 & Over category with a 1:05:10 and was the oldest competitor.

Age group records were set by Frick (20-29), Tibaduiza and Schmitt-Puckett (30-39), Perry Hayden of Reno, 32:44 and Sally Edwards of Sacramento, 41:18 (40-49), Dave Waco of Culver City tied Bill Crawford's 1987 record, 39:50 (50-59), Carl Yates of Santa Clara, 46:51 and Kit Pickles (60 & O).

Overall Results

1	Miguel Tibaduiza	28:32
2	Larry Lawson	29:54
3	Tom Borschel	29:56
4	Rich McCandless	30:08
5	Marty Higginbotham	30:30
6	Denis O'Halloran	30:50
7	Skyler Jones	31:13
8	Bill Devin	31:29
9	Scott Peterson	31:40
10	Ray Cook	31:48
11	Sean Crom	31:57
12	Perry Hayden	32:44
13	Mark Gregor	32:59
14	Bernie Mellor	33:07
15	Jeff Parker	33:24
16	John Shanahan	33:26
17	Francisco Garcia	33:29
18	Tom Bartasi	33:47
19	Dave Hope	33:52
20	Marcel Vifian	33:57
21	David Stover	34:01
22	Tom Eckert	34:40
23	Philip Sanderson	35:01
24	Peter Galfenz	35:13
25	Frank Boucher	35:34
26	Jack Thomas	35:36
27	Steven Spiegel	35:48
28	Ron Cross	35:53
29	Pat Monney	36:10
30	Paul Galvez	36:19

Asher Clinic Couples Relay

August 7, Larkspur, 2x2 Mile

Overall Results

1	Laura Schmitt/Tom Schmitt	19:59
2	Becki VanZant/Greg Rivera	20:15
3	Jennifer Thatcher/David White	20:48
4	Claudia Green/Joe Green	20:52
5	Susan Boon/Devon Flynn	21:01
6	N. deBellencourt/Kevin Sears	21:14
7	Barbara Hood/R. Richardson	21:21
8	Natalie Simi/Bruce Phinney	21:29
9	Laura Bruess/Rick Bruess	21:32
10	J. Seyranian/Mike Hoog	21:40
11	Diana Harris/Ken Ellingboe	21:47
12	Wink Luskin/Jim Myers	21:50
13	Julie Dyson/James Garrett	21:59
14	Eve Peil/P. McLaughlin	22:00
15	Hilary Naylor/Roger Bryan	22:07
16	Barbara Geringer/G. Frazier	22:14
17	Robin Borna/Dan Maynor	22:28
18	Rosanna Sansone/Joel Hunt	22:29
19	Kate Flather/Ted Ulloty	22:39
20	Suzanne Bryan/Alex Derieux	22:47

Skyline 50

August 7, San Leandro

Overall Results

1	Tim Ball (29) Reebok RC	3:40:20
2	Gary Hillard (33)	3:55:39
3	David Roth (34) Power Bar RT	4:01:25
4	Frank Ruona (42) West Val J & S	4:03:28
5	Dow Mattingly (36)	4:17:27
6	Eric Chuck (26)	4:18:33
7	Steve Tietz (32) Quicksilver RC	4:20:25
8	Katharin Gustafson (23)	4:24:52
9	George Forman (42) East Bay Stris	4:26:18
10	Glenn Bailey (40)	4:26:44
11	Mark Samuelson (34) Tullam	4:33:36
12	Dave Stevenson (35)	4:33:39
13	Don Savant (50) Stevens Creek	4:34:00
14	Robert Sobsey (37)	4:35:24
15	Charles Greene (53) L.M.J.S./Baur	4:38:15

YWCA Runs

August 7, Pacific Grove, 5K & 10K
Overall Results - 5K

1	Tamara Gonzales (Novato)	17:30
2	Rachel Lewis (Monterey)	18:09
3	Julie Sigourney (Pacific Grove)	19:30
4	Brenda Cranford (Salinas)	20:30
5	Gail Bernardi (Pacific Grove)	20:57

Overall Results - 10K

1	Annette Goody (Santa Cruz)	39:05
2	Christine Baum (Santa Cruz)	39:25
3	Denise Murphy (Fort Ord)	41:44
4	Maggie Sup (Salinas)	44:09
5	Carrie Linkenbach (Monterey)	44:25

Point Reyes Half Marathon

August 13, Point Reyes

Overall Results

1	Robert Galfney (25)	1:33:47
2	Tony Kraft (27)	1:39:10
3	Randy Giboney (30)	1:31:30
4	Paul Downing (31)	1:37:56
5	Dimitris Sklauropoulos (42)	1:41:42
6	Don DeAngelo (42)	1:42:19
7	Bob Scott (47)	1:42:34
8	Steve Molinari (30)	1:44:41
9	Gary Ceragioli (35)	1:45:00
10	John Lichter (22)	1:45:46
11	John Ensminger (23)	1:46:01
12	George Staub (37)	1:46:11
13	Douglas Gunther (28)	1:46:36
14	Mark Drozdowski (26)	1:46:40
15	Steve Rapigan (37)	1:47:01

Distance Derby

August 13, Huntington Beach, 1.5 Mile, 3 Mile, 10 Mile

Division Results - 1.5 Mile

Boys
Under 13: 1. Bryce Darby 9:30, 2. Clay Chilcott 9:38, 3. Tom Coffey 9:49, 4. Frankie Cracchio 10:27, 5. Justin Landau 12:04. **13-15:** 1. Scott Umar 7:54, 2. Geoff Janquart 8:12, 3. Vince Myhra 8:36, 4. Greg Gath 9:23.

Girls
Under 13: 1. Karina Masuda 9:57, 2. Megan Masuda 11:22, 3. Dori Cracchio 11:30, 4. Ruth-Anne Lazari 13:50, 5. Nicole White 14:41. **13-15:** 1. Bridget Fitzpatrick 12:21.

Division Results - 3 Mile

Boys
16-19: 1. Thomas Wood 15:55, 2. Danny Kutsch 16:21, 3. Dave Baker 16:45, 4. Shaun McNaughton 16:56, 5. Chris Cola 17:07.

Girls
16-19: 1. Monique Smith 20:40, 2. Kim White 21:11, 3. Denise Condy 21:39, 4. Jennifer Sandoval 22:15, 5. Jill Swab 22:24.

Division Results - Men's 10 Mile
20-29: 1. Brock Vaughn 53:02, 2. Geroge Marquez 53:07, 3. Thomas Cupp 55:26. **30-39:** 1. Enrique Alvarez 52:26, 2. Greg Mstich 54:53, 3. Stuart Calderwood 56:28. **40-49:** 1. Paul Cook 54:25, 2. Ken Kendall 58:07, 3. Marvin Bartel 58:40. **41-49:** 1. Leroy Archuleta 54:56, 2. Tom Burns 55:48, 3. Ben Jackson 1:00:38. **46-50:** 1. Philip Wright 57:28, 2. Bob McGeough 58:07, 3. Charlie Pondella 1:01:27. **51-59:** 1. Frank Vasquez 1:04:46, 2. Rex Lundquist 1:06:13, 3. John Gilfoyle 1:07:42. **60 & Over:** 1. Eddie Lewin 1:14:14, 2. Manuel Lara 1:16:23, 3. Richard Jacobsen 1:16:50.

Division Results - Women's 10 Mile
20-29: 1. Kathleen Hopkins 1:05:43, 2. Dorothy Gabbons 1:10:46, 3. Mareva Hays 1:11:35. **30-39:** 1. Karen Carpani 1:02:29, 2. Trish Pierson 1:08:40, 3. Diane Cook 1:16:52. **40-49:** 1. Sandra Burns 1:15:43, 2. Penny Shibata 1:17:13, 3. Cindy Lang 1:17:36. **41-45:** 1. Cherie Gruentfeld 1:09:34, 2. Cheryl Allen 1:10:24, 3. Jean Pericelli 1:20:25. **46-50:** 1. Teresa Ross 1:14:35, 2. Marcia Marlyn 1:18:21, 3. Marsha Dales 1:36:51. **51-59:** 1. Dixie Madsen 1:19:07, 2. Mary Dugan 1:23:06.

RESULTS

MADD Run

August 13, San Diego, 10K

Division Results - Men

12 & Under: 1. Chris Sanchez 44:03, 2. Brian Davis 44:54, 3. Mark Savel 46:13, 13-17: 1. Steve Gordon 32:53, 2. Bill Aronsan 33:38, 3. David Virgil 34:06, 18-29: 1. Henry Chio 31:08, 2. Patrick Green 31:09, 3. Richard Graefinger 32:55, 30-39: 1. Thom Hunt 29:57, 2. Denis Kiely 33:37, 3. Dan Sweeney 34:43, 40-49: 1. Gary Novak 35:38, 2. Jan Kalka 36:02, 3. Paul Malcol 38:31, 50-59: 1. Jerry Albert 37:59, 2. Carl Petersen 38:10, 3. John Butterfield 39:44, 60 & Over: 1. Tom Edwards 42:33, 2. Ted Horner 47:38, 3. Warren Adams 48:51.

Division Results - Women

12 & Under: 1. Eva Mendez 45:57, 2. Andrea Mendez 46:08, 3. Sheri Savel 47:32, 13-17: 1. Kira Jorgensen 38:12, 2. Shirley Olivarez 45:05, 3. Michelle Kendall 46:25, 18-29: 1. Rita Cording 37:31, 2. Kathy Kinane 37:35, 3. Kristi Bacha 37:49, 30-39: 1. Charlotte Thomas 34:54, 2. Kimberlee Campo 35:33, 3. Liz Baker 36:56, 40-49: 1. Joni Pendleton 39:01, 2. Ursula Rains 44:45, 3. Dianne Lucas 45:02, 50-59: 1. Marsha Walker 49:17, 2. Suzi Gillis 50:27, 3. Chris Cromer 51:09, 60 & Over: 1. Lucy Kiles 1:02:30, 2. Tina Dickinson 1:19:30.

Division Results - Team

Corporate: 1. John Lloyd 40:53, 2. David Hoogenacker 42:22, 3. Jerry Hicks 44:15. Military: 1. Andrew Lipka 41:18, 2. Richard Watson 41:41, 3. M. Novalter 43:27.

Stride for Life

August 13, Petaluma, 5K & 10K

Division Results - Men's 10K

13 & Under: 1. Brian Johnson 1:11:53, 14-18: 1. Tony Gallegos 36:37, 2. Stephen Breen 38:36, 3. David Inher 38:50, 19-24: 1. Shawn Phillips 33:14, 2. Nikku Dheel 35:22, 3. Todd Michel 37:49, 25-29: 1. Alec Isabau 34:21, 2. Craig Williams 35:38, 3. Ed Mahalia 38:27, 30-34: 1. Stephen McMan 37:31, 2. Reggie Grant 40:52, 3. Maury Carmody 41:20, 35-39: 1. Tadese Gebre-Hawariat 35:44, 2. Peter Jones 36:03, 3. Jim Roberts 36:28, 40-44: 1. John Demers 36:52, 2. Walter Bales 37:34, 3. Reinaldo Velasquez 38:49, 45-49: 1. Ray Gan 38:38, 2. Rob Anderson 40:27, 3. Ray Young 41:22, 50-54: 1. Darryl Beardall 35:28, 2. Joe Dana 41:48, 3. Ian Scott 43:46, 55-59: 1. Al Kirkman 42:13, 2. Ron Jahrelka 45:40, 3. Dixon Smith 51:05, 60 & Over: 1. Herm Jensen 47:54, 2. Dick Dole 54:35, 3. Steve Tasselmyer 56:44. Wheelchair: 1. Dave Groves 49:24, 2. Mike DeMarin 59:59.

Division Results - Women's 10K

14-18: 1. Lori Kibler 46:48, 2. Caitia Calvello 56:08, 3. Jennifer Keaton 1:07:28, 19-24: 1. Ann Bertucci 39:56, 2. Jeanise Eisenman 41:00, 3. Lesley Chequer 41:31, 25-29: 1. Mary Cilley 42:17, 2. Cindy Gonzalez 47:53, 3. Tricia Wilson 50:14, 30-34: 1. Pauline Brown 39:02, 2. Nancy Glover 45:23, 3. Renee Williams 52:18, 35-39: 1. Nancy Slover 42:56, 2. Faye Jones 44:48, 3. Nancy Markay 45:58, 40-44: 1. Marge Smith 44:55, 2. Charlene Juszczyk 47:01, 3. Sheri Guinn 50:53, 45-49: 1. Caron Schaumburg 43:42, 2. Edda Siddle 44:35, 3. AnneMarie Soelje 47:18, 50-54: 1. Cathleen Kuhler 54:39, 2. Rochelle Hummel 1:03:45, 55-59: 1. Joan Keaton 57:42.

Division Results - Men's 5K

13 & Under: 1. Jesse Harma 14:28, 2. Woody Repules 14:41, 3. R.J. Pimental 14:47, 14-18: 1. John Konopasek 11:45, 2. Stephanie Didier 13:45, 3. Kantad Svendsgaard 15:08, 19-24: 1. Michael Fori 14:34, 2. Sean Sullivan 15:03, 3. Ryuta Hagio 17:58, 25-29: 1. Don Nauman 10:32, 2. Richard Daugherty 13:57, 3. Matt Harizal 14:45, 30-34: 1. George Cagle 11:32, 2. Mark Fischer 16:06, 3. Tony Ganze 17:39, 35-39: 1. Terry Maples 12:00, 2. Marcus Webster 12:38, 3. Bruce Koopp 13:48, 40-44: 1. Robert Young 14:08, 2. Donald Bell 14:20, 3. Geof

frey Shannon 14:38, 45-49: 1. John FitzGerald 13:03, 2. Roy Pimental 15:40, 3. Michael Ceraso 15:56, 50-54: 1. James Erbes 12:01, 2. Dan Callarman 22:00, 3. Robert Gilbert 31:47, 55-59: 1. Carl Jackson 13:29, 2. Gil Jung 14:51, 3. Dick Petrucci 15:09, 60 & Over: 1. John Sept 26:32, 2. Lou Rosen 28:18, 3. Lloyd Draper 33:56.

Division Results - Women's 5K

13 & Under: 1. Michelle Andreotti 15:28, 2. Susanne Andreotti 16:36, 3. Lindsay Young 18:06, 14-18: 1. Kristie McCall 13:46, 2. Julie Flath 15:42, 3. Julie Wagstaff 16:28, 19-24: 1. Yvonne Fort 17:15, 2. Christine Paule 18:40, 3. Kristen Fisher 20:55, 25-29: 1. Susan Niedermeyer 12:51, 2. Diana Fischer 17:20, 3. Simone Shelley 18:28, 30-34: 1. Sheila Salvi 16:23, 2. Anna Derho 17:29, 3. Debbie Adamski 17:53, 35-39: 1. Beckie Simmie-Kesocker 12:15, 2. Sally Merles-Stone 13:38, 3. Patricia Young 15:04, 40-44: 1. Carolyn McLeod 16:33, 2. Myrtle Edmiston 16:37, 3. Cynthia Smith 16:50, 45-49: 1. Irm Steding 17:05, 2. Kay Johnson 18:10, 3. Janet Pimental 25:51, 50-54: 1. Doris Morabio 19:49, 2. Dawn Scannel 20:28, 3. Audrey Jerpbak 22:07, 55-59: 1. Joan LaManna 23:00, 2. P. P. Sumitra 23:57, 3. Susan Strider 25:42, 60 & Over: 1. Olive Danzer 22:10, 2. Betty Todd 23:09, 3. Lucy Rapoza 28:11.

Asbury Park 10K Classic and National TAC Masters 10K Championship

August 13, Asbury Park, N.J., 10K

For the first time the Classic held two separate races. The first race featured all men under 40 years of age. The second race highlighted the women and master men. The second race was also the National TAC Masters 10K Championship.

The open mens race held true to form. With last minute cancellation by Steve Jones, Nick Rose, and Zak Barie, Keith Brantly was favored to win his fourth consecutive Asbury Park 10K Classic. As the race began a lead pack of the favorites quickly emerged. The first mile was covered in 4:37 with a pack of six leading the way: Brantly, John Tuttle, Bill Reifsnnyder, Paul Gompers, Pedro Ortiz, and Silvio Salazar.

Two miles was covered in 9:18 with the pack down to Brantly, Reifsnnyder, Gompers, and Salazar. Three miles came in 14:05 with only Brantly, Salazar and Reifsnnyder left. At the turn at 3.5 miles Keith Brantly decided to push the pace and quickly opened at lead that he held the rest of the way. 5 miles was covered in 23:35. Because of the high heat and humidity survival and winning was the main objective not time.

The womens race had one of the best fields of American ladies ever assembled on the roads. A call on Thursday from a New Zealander who had just arrived in the States proved to be the Americans misfortune. Anne Hannam from New Zealand had arrived in the U.S. for her first taste of competitive road racing. She will be hard to beat.

When the gun went off she was gone. Anne lead start to finish to demolish an extremely strong womens field. On a day that winning should be the main objective, Anne set a PR for the 10K distance. Like Brantly's win four years ago, the Classic could prove to be the

starting point for a great career for Anne Hannam in road racing.

The TAC Masters Championship brought America's best masters to Asbury Park. Both the mens and women races saw the leaders who lead throughout the race, lose their lead at five miles. The mens race seemed over before it began. Mike Hurd of Great Britain ran a 4:42 first mile and had a 10 second lead on the pack. At two miles he was 9:34 and was in front by about 100 yards. The chase pack was composed of Bob Schlauf, Larry Olsen, Barry Brown and Atlaw Belligne. Hurd cruised thru three miles in 14:39 with the pack still 100 yds back. At four miles, 19:55, the pack began to split up and Larry Olsen began to make a charge. At this time the brutal pace that Hurd was running began to take its toll. At five miles, 25:17, Larry Olsen came abreast of Hurd and continued right by with no response from Hurd. Bob Schlauf and Barry Brown fought it out for third.

The women masters brought the top four racers in the country head to head. Barbara Filutze, Laurie Binder, Gabrielle Andersen, and Jane Hutchinson. Laurie Binder set out right away prepared to lead start to finish. The heat got to Laurie at about 4.5 miles, at five miles Filutze past her and continued on for a strong win and the National championship.

The 1989 Classic will host the women's TAC National 10K Championship. This will mark the fifth consecutive year that the Asbury Park 10K Classic has host a TAC National Championship.

Overall Results - Open Men

1 Keith Brantly (FL) \$3000	29:35
2 Silvio Salazar (Columbia) \$1500	29:48
3 Bill Reifsnnyder (PA) \$1000	29:50
4 Paul Gompers (MA) \$750	29:54
5 Del Mir Dos Santos (Brazil) \$600	30:16
6 Pedro Ortiz (Columbia) \$500	30:24
7 Keith Coughlan (NJ) \$400	30:27
8 Tony Williams (NJ) \$300	30:36
9 John Tuttle (GA) \$200	30:54
10 Brian Harshman (NJ) \$100	30:58

Overall Results - Open Women

1 Anne Hannam (NZ) \$3000	32:37
2 Nan Doak (Davis-IA) \$1500	33:08
3 Margaret Groos (FL) \$1000	33:37
4 Kellie Cathey (CO) \$750	33:45
5 Elaine Simonsick (MD) \$600	34:10
6 Liz Miller (VT) \$500	34:32
7 Nancy Ditz (CA) \$400	34:36
8 Judy Chamberlain (CO) \$300	34:40
9 Kathy Hadler (MI) \$200	34:45
10 Julie Ispording (OH) \$100	34:49

Overall Results - Masters Men

1 Larry Olsen (MA) \$1750	31:34
2 Mike Hurd (England) \$750	31:41
3 Bob Schlauf (SC) \$300	31:59
4 Barry Brown (FL) \$200	32:07
5 Atlaw Belligne (Ethiopia) \$100	32:19
6 Dave Stewart (Canada)	32:22
7 Bernie Allen (England)	32:28
8 Harold Nolan (NJ)	32:53
9 John Dixon (New Zealand)	32:58
10 Steve Ferraz (CA)	33:17

Overall Results - Masters Women

1 Barbara Filutze (PA) \$1750	36:07
2 Laurie Binder (CA) \$750	36:40
3 Gabrielle Andersen (UT) \$300	37:11
4 Angela Heam (NY) \$200	37:44
5 Nancy Oshier (NY) \$100	38:15
6 Mary Ellen Williams (MD)	38:18

7 Christine Grenning (NY)	38:21
8 Jane Hutchinson (MO)	38:37
9 Jan McKeown (CT)	39:40
10 Christine Tattersall (CT)	39:50

Division Results - Men

10 & Under: 1. Luis Mendez 49:34, 2. Jacob Elberg 49:42, 3. Ernest Briggs 51:53, 11-14: 1. Billy Bainer 35:42, 2. Ryan Oliver 40:04, 3. Todd Weiner 41:01, 15-19: 1. Gerard Ostheimer 33:28, 2. Joel Rich 33:36, 3. Jim Herdman 34:27, 20-29: 1. Tony Williams 30:36, 2. John Tuttle 30:54, 3. Brian Harshman 30:58, 30-39: 1. Pedro Ortiz 30:24, 2. Keith Coughlan 30:27, 3. Steve Braos 31:08, 45-49: 1. Mike Heffernan 33:26, 2. Ted Haiman 33:55, 3. Sam Skinner 35:14, 50-54: 1. Bill Orlich 34:06, 2. Fay Bradley 35:03, 3. William Johnston 35:08, 55-59: 1. Norman Green 34:43, 2. Hal Higdon 36:23, 3. Jay Sturdevant 37:58, 60-64: 1. Howard Rubin 38:41, 2. Bill Fortune 40:40, 3. Jim O'Neil 40:46, 65-69: 1. Anthony Napoli 41:18, 2. John McManus 42:34, 3. Jack Start 44:19, 70-74: 1. Ed Vuolo 44:19, 2. Vincent Carnevale 46:35, 3. Austin Newman 47:48, 75-79: 1. William Brostom 50:15, 2. Vernon Geary 56:33, 80-84: 1. Ed Benham 46:35, 85-89: 1. Max Popper 1:07:53, 2. Jacob Bishin 1:37:46. Wheelchair: 1. Bob Loghin N.T. Racewalker: 1. Ray Funkhouser 44:35.

Division Results - Women

10 & Under: 1. Windi-Sue Guntch 46:08, 2. Tears Smith 50:01, 3. Susan Kemey 59:40, 11-14: 1. Crystal Kerney 48:51, 2. Karyn Richman 52:23, 3. Kotari Patel 55:54, 15-19: 1. Diane Lorenz 38:47, 2. Amy Kempf 39:52, 3. Mary Griffin 42:19, 20-29: 1. Kathy Hadler 34:45, 2. Julie Ispording 34:49, 3. Suzanne Youngbird 34:59, 30-39: 1. Liz Miller 34:32, 2. Nancy Ditz 34:36, 3. Judy Chamberlain 34:40, 45-49: 1. Christin Tattersall 39:50, 2. Lina Connors 40:43, 3. Mary Shaver 43:10, 50-54: 1. Sofia Turocz 39:52, 2. Dolor Albertini 40:44, 3. Helene Bedrock 41:48, 55-59: 1. Toshiko Dolia 43:49, 2. Thelma Wilson 50:38, 3. Cassie Bazar 51:38, 60-64: 1. Edith Farias 54:04, 2. Mary Norckner 54:07, 3. Helen Dempsey 55:21, 65-69: 1. Becky Yenchira 1:06:16, 2. Betsy Lussier 1:11:36, 3. Lucille Mancini 1:17:55, 70-74: 1. Pearl Mehl 1:09:25, 2. Mary Haines 1:09:47, 3. Althe Juridini 1:11:33.

River of No Return Survival of the Fittest

August 14, Healdsburg, Pentathlon. (500 Yd. Swim, 10 MI. Canoe, 1/4 MI. Portage, 9 MI. Run, 20 MI. Bike, 2 Person Teams)

Overall Results

1 R. Balzhiser, R. Uelzen (Fols)	3:41:41
2 R. Uelzen, Balzhiser (F Oks)	3:41:41
3 Rick Niles, J. Brecht (Sa Rosa)	3:51:21
4 Norm Gould, W. Radloff (S Jose)	3:54:35
5 Walter Radloff, N. Gould (S Jose)	3:55:54
6 P. Markel, Z. Wormhoudt (S Cr)	3:56:25
7 Z. Wormhoudt, P. Markel (S Cr)	3:56:26
8 C. Baker, Z. Kondor (Alam)	3:57:28
9 T. Carroll, Cosquette (SRosa)	3:57:29
10 G. Bousquette, T. Carroll (Novato)	3:56:46

Feather River Classic

August 14, Quincy, 5K & 10 MI.

Division Results - Men's 5K

9 & Under: 1. Clinton Wallenby 19:22, 10-13: 1. Timothy Boam 20:10, 14-18: 1. Geoff Young 16:25, 19-29: 1. Mike Wal 14:48, 30-39: 1. Glen Henthom 15:47, 40-49: 1. Phil Nemi 16:07, 50-59: 1. Jim Bevins 17:02, 60 & Over: 1. C. William Was 24:51.

Division Results - Women's 5K

9 & Under: 1. Samantha Hamon 25:59, 10-13: 1. Sara Gates 19:19, 14-18: 1. Tina Gorbet 18:07, 19-29: 1. Barbara Hood 18:18, 30-39: 1. C. Holman 20:09, 40-49: 1. Sally Rubio 23:59, 50-59: 1. Betty Penland 28:43, 60 & Over: 1. Donella Fallon 25:30.

RESULTS

Division Results - Men's 10 Mile

20-29: 1. Roland Lynn 1:05:12. 30-39: 1. Ron Richardson 56:09. 40-49: 1. James Ballantyne 1:00:08. 50-59: 1. Ronald Neumann 1:21:14. 60 & Over: 1. Otto Horst 1:27:11.

Hook & Ladder Run

August 14, San Francisco. 10K.

Once again the Hook & Ladder 10K race was blessed with near perfect weather—cool with light westerly winds. The race was an intense duel between a young Vatah, Peter Vicencio (22) and Pamakid veteran, Ray Coutprillo. Vicencio sustained a hard driving finish to edge out a 2 second margin of victory. Peter also lead a strong Vatah team to first place in the open men's division. His teammates included his brother Chris, Mike McManus, Harold Radin and Sean Eain.

Lucio Perez, a very talented San Francisco police officer won an impressive victory in the Fire/Police division while placing sixth overall. Lucio sliced 21.9 seconds from a last year PR and was less than 10 seconds from the course record.

Patti Pender was the first woman and first in the 18 & under division. Patti is looking forward to running for the S.F.S.U. track team. Lisbet Engberg was the winner in the open women's division.

Pamakid, Tom Robinson was the first master with a time of 33:35.1. Tom lead a strong Pamakid master's team to victory and then to the Cliff House to enjoy their victory breakfasts.

The San Francisco Firefighter team won their 10th consecutive victory in the open Fire/Police division. This year's margin of victory was very close as the result of an ever improving SFPD team.

Capitola police officer, Charles Crompton was the winner in the Fire/Police master's division. Walt Garry of the S.F.P.D. was the winner in the 50 and over fire/police division.

Overall Results

1 Peter Vicencio (22) Vatah	31:57
2 Ray Coutprillo (30) Pamakid	31:59
3 Mike McManus (22) Vatah	32:22
4 Tim Halpine (26) Greater SFTC	32:26
5 Robert Salfrey (25) Canada	32:46
6 Lucio Perez (27) SFPD	32:52
7 Devon Flynn (31)	33:03
8 Leroy Kotchevar (34)	33:07
9 Chris Vicencio (25) Vatah	33:27
10 Harold Radin (24) Vatah	33:27
11 Bob Cooper (34) Tamaipa	33:28
12 Sean Eain (22) Vatah	33:32
13 Tom Robinson (40) Pamakid	33:35
14 Rey Toro (31)	33:38
15 Bill Bailey (24) Vatah	33:55
16 Jim Lawson (35) Apostle TC	33:59
17 John Nerley (25)	34:12
18 Greg Dibase (29)	34:16
19 Tony Stefani (37) SFPD	34:27
20 Tom Bannet (40) GSFTC	34:44

Run By The Sea

August 14, Palos Verdes. 10K.

Division Results - Men

12 & Under: 1. William Cortes 44:27. 2. Ken Goodrich 47:27. 3. Glen Golden 49:45. 13-15: 1. Dennis Yu 40:09. 2. Sean Delair 45:13. 3. Ken Toku 48:24. 16-18: 1. David Scudamore 31:53. 2. Masa

Hasegawa 34:11. 3. Joel Mayorga 36:06. 19-24: 1. Ronald Combs 35:56. 2. Brian Nelson 38:12. 3. Brendan Sullivan 38:45. 25-29: 1. Eugene Muslar 32:05. 2. Roberto Rodriguez 35:28. 3. Russel Hucksaba 35:51. 30-39: 1. Steve Brumwell 33:35. 2. Steve Harris 34:08. 3. Mark Hemphill 35:08. 40-49: 1. Paul Virgin 36:54. 2. John Pagliano 37:08. 3. Wayne Mitchell 38:13. 50-59: 1. Patrick Devine 38:21. 2. Troy Hopper 43:39. 3. A. Connor 46:32. 60 & Over: 1. Larry Banuelos 41:48. 2. Milo Sather 45:07. 3. Dutch Benedetti 48:46.

Division Results - Women

12 & Under: 1. Cynthia Condon 56:16. 2. Julia Herrmann 1:04:56. 13-15: 1. Faye Henry 47:47. 2. Julie Shepard 51:34. 3. Carolyn Glasser 53:42. 16-18: 1. Jeri Martin 40:41. 2. Traci Goodrich 41:44. 3. Janet Martin 44:52. 19-24: 1. Elen Wallace 49:24. 2. Pamela Davis 51:27. 3. Kelly Radloff 51:45. 25-29: 1. Vera Elson 42:47. 2. Nancy Stroud 46:15. 3. Lisa Breisacher 48:37. 30-39: 1. Barbara Varon 43:54. 2. Caludia Dizon 45:33. 3. Diane Silvas 47:18. 40-49: 1. Sue Reinhardt 43:08. 2. Karin Handsaker 46:42. 3. Lesley Fuller 47:21. 50-59: 1. Pat Kinion 54:35. 2. Brita Grover 59:11. 3. Kathleen Vento 1:00:34. 60 & Over: 1. Babs Woodcock 1:03:46. 2. Barbeur Wise 1:16:32.



JERRI MARTIN

photo by Bill Leung, Jr.

Sunnyvale Classic

August 14, Sunnyvale. 5K & 10K.

Overall Results - 5K

1 Gary Gomez (23)	16:00
2 Kerry Hickam (24)	16:17
3 Rod Johnson (33)	16:19
4 Steve Ectstrom (24)	16:23
5 Phil Gibbons (27)	16:23
6 Michael Graves (17)	16:31
7 Jeff Stonebraker (25)	17:03
8 Armando Lagunas Jr. (31)	17:04

9 Paul Armstrong (36)	17:08
10 Scott Miller (33)	17:14

Overall Results 10K

1 Marc Beauchemin (22)	31:39
2 Victor Santamaria (20)	31:43
3 Brock Hinzmann (35)	33:56
4 Jim Murphy (28)	34:09
5 Robert Withereil (89)	34:22
6 David Fergus (30)	35:55
7 Ted Stone (18)	36:04
8 Jim Wisener (44)	36:07
9 Graciano Najera (30)	36:25
10 Jim Wiegandt (18)	36:51

Division Results - Men's 5K

12 & Under: 1. Noah Dye 19:41. 2. Greg Stone 25:19. 3. Jeffrey Fisher 25:50. 14-18: 1. Michael Graves 16:31. 2. Jason Steichen 17:18. 3. Mike Silva 18:29. 19-29: 1. Gary Gomez 16:00. 2. Kerry Hickam 16:17. 3. Steve Ectstrom 16:23. 30-39: 1. Rod Johnson 16:19. 2. Armando Lagunas Jr. 17:04. 3. Paul Armstrong 17:08. 40-49: 1. Ron Tanaka 17:26. 2. Stephen Schur 19:36. 3. Charlie Ono 20:23. 50 & Over: 1. Fazio Rocco 17:18. 2. Richard Rodriguez 17:51. 3. Ken Noel 19:07.

Division Results - Women's 5K

12 & Under: 1. Melody Bradford 21:08. 2. Erica Liu 28:46. 3. Justine Fisher 31:25. 14-18: 1. Almee Tolan 21:32. 2. Ranche Patterson 26:19. 3. Monica Beckett 27:37. 19-29: 1. Pamela Borg 21:16. 2. Laura Wallace 21:32. 3. Julie Behm 25:10. 30-39: 1. Cndi Natta 18:26. 2. Kathy King 20:31. 3. Terri Roberts 20:31. 40-49: 1. Linda Johnson 21:34. 2. Pa Yasukochi 24:36. 3. Carolee Wheeler 26:14. 50 & Over: 1. Jean Teler 23:32. 2. Margaret Seewerker 32:40. 3. Helen Borg 35:02.

Division Results - Men's 10K

12 & Under: 1. Jose Perez 43:34. 2. Ignacio Meza 50:40. 3. Philip Saylor 52:58. 14-18: 1. Ted Stone 36:04. 2. Jim Wiegandt 36:51. 3. Randy Stone 40:12. 19-29: 1. Marc Beauchemin 31:39. 2. Victor Santamaria 31:43. 3. Jim Murphy 34:09. 30-39: 1. Brock Hinzmann 33:56. 2. David Fergus 35:55. 3. Graciano Najera 36:25. 40-49: 1. Jim Wisener 36:07. 2. Jim Butler 37:11. 3. Tim Dully 38:15. 50 & Over: 1. Allan Bury 40:45. 2. Fazio Rocco 42:34. 3. Jon Baumgartner 42:55.

Division Results - Women's 10K

12 & Under: 1. Kara McKibbin 47:04. 2. Silvia Chan 52:20. 14-18: 1. Gloria Barron 44:56. 2. Jennifer Franklin 48:37. 3. Maribel Parades 53:51. 19-29: 1. Janet Carroll 48:38. 2. Debbie DeSoto 50:19. 3. Tamara Neiman 50:49. 30-39: 1. Lynn Schur 44:06. 2. Julie Gutierrez 44:24. 3. Patricia Foren 48:56. 40-49: 1. Virginia Fair 47:55. 2. Judi Kortz 51:40. 3. Jan Franklin 53:22. 50 & Over: 1. Diane Bromstead 48:09. 2. Marjorie Mikael 51:24.

Manufacturers Hanover Corporate Challenge

August 17, San Francisco.

Overall Results - Men

1 Kevin Ostenberg (RTable Pizza)	16:26
2 Charles Alexander (HowlPackd)	16:33
3 Tom Schmitz (Matson Navig)	16:51
4 Casoy Reinking (Lockheed)	16:52
5 Jeff Shaver (Lockheed)	16:52

Overall Results - Men's Teams

1 Lockheed	
2 Howlett Packard	

Overall Results - Women

1 Barb Myers-Azocosta (Lockheed)	18:48
2 Laurie Pearson (Army)	19:00
3 Anne Hare (Caurthouse Ath Club)	19:09
4 Marilyn Walach (Tri-Pacif Cons)	19:50
5 Sharon Swann (C & C)	20:07

Overall Results - Women's Teams

1 Lockheed	
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2 Cornish & Carey

Thank Goodness It's Friday Runs

August 19, Palo Alto. 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. Jason Albertini 22:26. 2. Brian Ida 23:46. 3. Jeffrey Fisher 25:02. 13-18: 1. David Ndeto 19:08. 2. Gregg Stone 24:50. 3. Matt Schmelz 25:42. 19-29: 1. Alex Gonzalez 16:11. 2. Kerry Hickam 16:48. 3. Joy Masloff 17:18. 30-39: 1. Glenn Carpenter 16:40. 2. Malcolm Brown 17:03. 3. Jim Martinelli 17:28. 40-49: 1. Jim Hampton 17:23. 2. John Galletta 17:32. 3. Roger Grimes 17:44. 50-59: 1. Abner Greene 21:39. 2. Curtis Tom 22:15. 3. Bernard Stevens 23:21. 60 & Over: 1. Ray Stewart 19:20. 2. Don Anthon 24:17. 3. Glenn Sievert 25:18.

Division Results - Women's 5K

12 & Under: 1. Cyndi Lee 23:51. 2. Francine Aquil 24:25. 3. Justine Fisher 29:58. 13-18: 1. Almee Tolan 21:29. 2. Jani Osborne 26:02. 3. Megan Greene 29:55. 19-29: 1. Vivian Neou 22:31. 2. Carolyn Halton 22:51. 3. Melissa Zacharias 22:57. 30-39: 1. Cathie Crawford 17:38. 2. Antonina Ebbare 22:48. 3. Annie Conneau 22:54. 40-49: 1. Jutta McCormick 20:27. 2. Barbara Stone 24:06. 3. Kalani Skinner 24:42. 50-59: 1. Joan Gonzales 26:32. 2. Betty Bickhardt 27:19. 3. Patricia Shriver 40:36. 60 & Over: 1. Annie Sievert 28:59. 2. Diana Smith 39:10.

Division Results - Men's 10K

12 & Under: 1. Paul Burgess 40:44. 13-18: 1. Randy Stone 38:43. 2. Joe Curtis 42:17. 19-29: 1. Dan Fernandez 35:14. 2. Tom Couch 38:10. 3. Mike Gormley 38:21. 30-39: 1. Steve Watkins 35:11. 2. Jim Bordon 36:01. 3. Doug Yost 37:16. 40-49: 1. Frank Ruona 35:38. 2. Gary Chamberlain 36:30. 3. Carl Cull 38:38. 50-59: 1. John McCallis 42:22. 2. Michael Korholtz 47:19. 3. Dick Wedge 47:31. 60 & Over: 1. Bob Ross 46:33. 2. Bill Wallace 50:42. 3. Walter Jaye 56:06.

Division Results - Women's 10K

13-18: 1. Thea Roberts 43:36. 2. Donna Rabin 43:51. 3. JoAnn Arnold 45:00. 19-29: 1. Lauren Alexander 41:54. 2. Chrissy Duryea-Baker 42:45. 3. Michele Small 43:06. 30-39: 1. Donna Hinshaw 39:53. 2. Connie Nelson 42:27. 3. Anita Lee 44:36. 40-49: 1. Carolyn Cannon 46:59. 2. Rhonda Dyer 48:01. 3. Kathy Frank 48:31. 50-59: 1. Betsy Fasersmith 46:58. 2. Diane Bromstead 51:18. 3. Marjorie Mikael 53:46. 60 & Over: 1. Georgia Longsdon 1:08:29. 2. June Swan 1:08:32.

Where the Hell is Truckee

August 20, No. Lake Tahoe. 30K.

Division Results - Men

19 & Under: 1. Colin Hawkes 2:56:45. 2. Bishnu Ghimire 3:14:54. 3. Carl Schmitt 3:24:26. 20-29: 1. Ray Cook 1:56:59. 2. Scott Peterson 2:01:38. 3. Christopher Smith 2:31:17. 30-39: 1. Miguel Tibaduiza 1:51:22. 2. George Hernandez 1:53:44. 3. Denis O'Halloran 1:57:28. 40-49: 1. Jerry Jobski 1:59:48. 2. Larry Matz 2:23:56. 3. Glenn Morrill 2:25:45. 50-59: 1. Frans Scholm 2:28:54. 2. Steve Galvin 2:53:01. 3. E.R. Silver 2:55:38. 60 & Over: 1. Clint Burdick 4:12:46.

Division Results - Women

19 & Under: 1. Isabella Thomas 3:15:08. 20-29: 1. Nancy Pfeiffer 2:39:34. 2. Michele Vandehoek 2:40:01. 3. Christie La Casse 2:41:35. 30-39: 1. Peggy Smythe 2:09:31. 2. Colleen Connors 2:16:20. 3. Donna Collignon 2:33:30. 40-49: 1. Linda Mantynen 2:23:39. 2. Su Collier 2:57:24. 3. Gloria Takagishi 3:27:07. 50-59: 1. Alice Rose 2:50:55. 2. Gloria Duke 3:15:33.

RESULTS

Tetrick Trail Run

August 20, Los Angeles, 8 Miles

Overall Results - Men

1 Eugene Muslar (29)	46:12
2 Belay Admassu (23)	46:59
3 Alejandro Cruz (29)	47:06
4 George Marquez (23)	47:34
5 Paul Hough (30)	47:53
6 Clyde Matsumura (28)	48:03
7 Jorge Monroy (26)	48:05
8 Ed Avol (36)	48:14
9 Pete Kaplan (31)	48:22
10 Erling Eia (33)	48:50

Division Results - Men

18 & Under: 1. Tadel Lewis 48:57, 2. Fernando Diaz 49:50, 3. Agusto Leal 50:43. 19-29: 1. Eugene Muslar 46:12, 2. Belay Admassu 46:59, 3. Alejandro Cruz 47:06. 30-34: 1. Paul Hough 47:53, 2. Pete Kaplan 48:22, 3. Erling Eia 48:50. 35-39: 1. Ed Avol 48:14, 2. Bill Silverman 51:05, 3. James Stepan 51:32. 40-44: 1. Russell Dragon 54:08, 2. Don McCarthy 55:28, 3. Patrick Roger 55:31. 45-49: 1. Larry Powell 55:02, 2. Ray Wilson 55:20, 3. Gil Martinez 55:59. 50-54: 1. Dick Palles 56:20, 2. Skip Witt 58:38, 3. Dave Arntson 60:53. 55-59: 1. Pat Devine 58:57, 2. Otto Helmer 62:14, 3. Mike McKane 64:20. 60 & Over: 1. Eddie Lawin 68:17, 2. Robert Jones 69:24, 3. Sam DeLuca 69:31.

Division Results - Women

19-29: 1. Marie Albert 57:55, 2. Cornelia Barthold

58:18, 3. Helen Lopez. 30-34: 1. Mary Ryzner 57:50, 2. Anne Hayden 61:48, 3. Jerri Edwards 65:38. 35-39: 1. Barb Honeck 64:17, 2. Merle Heimberg 66:49, 3. Phoebe Leigh 84:48. 40-44: 1. Charis Gruenleid 64:30, 2. Suzie Klein 65:45, 3. Nola Zundell 67:58. 45-49: 1. Yvette LaVigne 64:53, 2. Shiela Markowitz 72:19, 3. Kathy Kusner 72:56. 50-59: 1. Joy Hynes 85:42, 2. Elaine Hemerway 101:09, 3. Glorianna Meranbile 101:20.

Golden Triangle Triathlon

August 20, Contra Loma Regional Park, Antioch

Overall Results

1 Tim Sheeper (25) Encinitas	1:35:50
2 Chris Ward (29) Oakland	1:35:50
3 Chad Marquardt (26) Antioch	1:36:32
4 Greg Seale (22) Berkeley	1:37:09
5 Keith Hansen (26) Belmont	1:38:44
6 Greg Grunwald (24) Berkeley	1:39:36
7 Jeff Robinson (29) San Ramon	1:39:53
8 John Ensinger (23) Walnut Creek	1:40:39
9 Jerry Cvecko (34) Vallejo	1:41:18
10 Scott Davis (39) Redwood City	1:41:20
11 Rick Shand (29) Walnut Creek	1:41:36
12 Robert Weatherwax (30) Oakland	1:42:36
13 Bob Bush (30) Santa Clara	1:44:06
14 Team Varner/Long/O'Dea	1:46:11
15 Rick Briggs (29) Cupertino	1:46:59

Redwood Shores Biathlon

August 21, Redwood City

Overall Results

Men:	
1 Andrew Kelsey	26:41
Women:	
1 Linda Somers	27:37
Teams:	
1 Chris and John Richards	25:17

Pikes Peak Marathon

August 21, Manitou Springs, CO

Division Results - Men's Round Trip

15-19: 1. Christopher Beard 5:04:32, 2. Robert Wood 5:11:33, 3. Stefan Rohls 5:13:12. 20-24: 1. Matthew Carpenter 3:38:05, 2. Stephen Smaizel 4:19:20, 3. Kenneth Davis 4:35:37. 25-29: 1. Sheldon Larson 3:47:09, 2. Paul Brennan 3:52:15, 3. Jim Heidelberg 4:04:18. 30-34: 1. Stanley Fox 3:51:47, 2. Tom Soral 3:54:13, 3. Randy Isler 4:22:04. 35-39: 1. Mark Bluestein 4:34:34, 2. Oscar McKinley 4:38:31, 3. William Cordova 4:40:32. 40-44: 1. Brad Smith 4:35:33, 2. Jeff Tarbert 4:35:43, 3. Rex Dougherty 4:38:18. 45-49: 1. Richard Johnson 4:41:38, 2. Keith Hard 5:19:38, 3. Leo Rutten 5:23:56. 50-54: 1. Don Potter 5:02:01, 2. Eldon Cornish 5:16:05, 3. Tom

Haggard 5:16:35. 55-59: 1. Bob Kamper 5:12:57, 2. Ed Mighell 5:31:35, 3. Charles Stinnett 6:02:14. 60-64: 1. James Dixon 5:28:27, 2. Eckart Lemberg 5:48:32, 3. Frederick Hosko 7:52:35. 65-69: 1. Lionel Ortega 5:37:45, 2. John Hale 7:06:47, 3. Ed Fishman 7:08:08. 70-74: 1. Edson Sower 6:41:56, 2. Carl Mapps 7:26:24, 3. Steve Cole 8:07:31. 75 & Over: 1. Cleo Casady 7:20:23, 2. Earl Wert 8:49:01.

Division Results - Women's Round Trip

25-29: 1. Sharon Foster 4:55:35, 2. Michelle Fleicher 5:06:18, 3. Kim Shaffer 5:11:49. 30-34: 1. Kathy Britcliffe 4:49:57, 2. Betty Smith 6:02:48, 3. Sabrina Reaman 6:19:18. 35-39: 1. Linda Quiniek 4:29:59, 2. Margie Loyd-Alison 5:09:14, 3. Donna Helget 5:09:59. 40-44: 1. Gail Ladage Scott 4:32:21, 2. Ann Smith 6:02:31, 3. Sylvia Wiegand 6:11:21. 45-49: 1. Judy Migram 6:08:39, 2. Sandra Mundy 6:48:54, 3. Marilyn Self 6:55:21. 50-54: 1. Colleen George 5:41:55, 2. Gabby McQuitty 6:11:02, 3. Sanora Njaa 6:18:55. 55-59: 1. Eleanor Smith 7:35:26, 2. Mel-da Dean 7:38:18, 3. Laverne Sweet 9:50:36.

Division Results - Men's Ascent

15-19: 1. Jimmy Archer 3:04:20, 2. Brett Pull 3:07:16, 3. Kieran Hughes 3:08:44. 20-24: 1. Scott Elliott 2:11:10, 2. Michael Tobin 2:15:42, 3. Craig Heacock 2:36:55. 25-29: 1. Walter Sargent 2:13:12, 2. Brent Friesch 2:21:51, 3. Andrew Ames 2:23:02. 30-34: 1. Dale Petersen 2:25:07, 2. John Esquibel 2:26:36, 3. OK Cornillas 2:32:06. 35-39: 1. Robert Weed 2:24:18, 2. Richard Kinney 2:32:26, 3. S. Hybertsen 2:34:22. 40-44: 1. Steve Mahieu 2:28:56, 2.

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RESULTS

Robert Pratte 2:40:45, 3. Jerry Armstrong 2:46:38.
45-49: 1. Robert McAndrews 2:44:47, 2. Harold Jones 2:46:57, 3. Keith Hartman 2:55:51, 50-54: 1. Peter Richards 3:01:17, 2. Glen Ash 3:07:15, 3.

10 Derrick May (33) Balboa 1:06:50
Overall Results - Women
1 Sylvia Mosqueda (22) Santa Mon 1:11:29
2 Cathy Schiro-O'Brien (21) MA 1:12:59



The California originated and nationally based Peak Buster Group at the start of the Pike's Peak Ascent. photo by Nancy Hobbs

James Way 3:09:37, 55-59: 1. Duke Redburn 3:18:14, 2. John Garcia 3:28:03, 3. Heinrich Gruber 3:35:19, 60-64: 1. Ruben Vigil 3:38:51, 2. Robert Mimm 4:12:50, 3. Sam Gutierrez 4:51:26, 65-69: 1. Bill Burnett 3:34:46, 2. Larry Fox 3:56:15, 3. William Hiatt 4:45:55, 70-74: 1. Cliff Hoehne 4:54:07, 2. John Scott 5:14:25, 3. Edson Sower 5:37:15, 75 & Over: 1. Loren Adkins 5:34:41, 2. Walter Stack 7:11:07.

Division Results - Women's Ascent
15-19: 1. Sarah House 4:01:01, 2. Joann Harrer 4:15:36, 3. Kimberly Goosen 4:22:25, 20-24: 1. Barbie Schmitt 2:59:27, 2. Michelle Hurt 3:00:47, 3. Kristen Kindt 3:13:54, 25-29: 1. Lynn Brown 2:48:39, 2. Jne Day 2:53:02, 3. Lisa Mills 2:58:25, 30-34: 1. Dobbie Brown 2:54:06, 2. P. Wassik-Hinson 2:57:42, 3. Susan Sherry 3:05:36, 35-39: 1. Linda Wood 3:02:18, 2. Alison Kiesel 3:05:01, 3. Michelyn Caskey 3:10:17, 40-44: 1. Mary Wood 3:15:07, 2. Melissa Sullivan 3:20:17, 3. Karon Young 3:25:32, 45-49: 1. Wanda Snell 3:49:42, 2. Mary Thompson 4:02:47, 3. Yvonne Monseurel 4:04:48, 50-54: 1. Grace Rome 3:45:12, 2. Elke Abitbol 4:42:06, 3. Roberta Fletcher 4:49:52, 55-59: 1. Nelma Burnett 4:25:25, 2. Melda Dean 4:59:48, 3. Jennifer Kamper 5:17:18, 60-64: 1. Kit Pokles 4:38:11, 2. Evelyn Arnold 4:44:59, 3. Jan Richards 4:58:10, 65-69: 1. Juanita Loomis 5:36:12, 2. Annabel Marsh 7:05:43, 75 & Over: 1. Bees James 8:10:23, 2. Caroline Merrill 8:22:46.

America's Finest City Home Federal Half Marathon

August 21, San Diego.

Overall Results - Men
1 Carlos Reitz (26) Boulder, CO 1:03:41
2 Jose Chuela (27) Boulder, CO 1:03:42
3 Matt Clayton (22) Imperial Beach 1:04:38
4 Ric Sayre (34) Ashland, OR 1:04:43
5 Dave Barney (28) Fyfl, AR 1:05:07
6 Paul Pilkington (29) Roy, UT 1:05:10
7 Sampaio Lourival (30) San Fran 1:05:16
8 Jim Klein (26) Flagstaff, AZ 1:05:58
9 Don Janicki (28) Tucson, AZ 1:06:42

3 Patti Gray (25) Carimont 1:14:13
4 Glenys Quick (30) Dallas, TX 1:15:34
5 Kathleen Smith (22) Orange 1:16:13
6 Kimberlee Campo (32) San Diego 1:16:28
7 Terri Pucket (32) San Francisco 1:16:39
8 Laurie Clare (27) El Cajon 1:17:51
9 Marie Rollins (29) Santa Monica 1:18:04
10 Jeanne Lasee-Johnson (31) Brita 1:18:53

Division Results - Men
17 & Under: 1. Carlos Ramirez Estrad 1:20:16, 2. Bradley Grady 1:22:13, 3. Iana Hansen 1:24:09, 18-29: 1. Carlos Reitz 1:03:41, 2. Jose Chuela 1:03:42, 3. Matt Clayton 1:04:38, 30-34: 1. Ric Sayre 1:04:43, 2. Sampaio Lourival 1:05:16, 3. Derrick May 1:06:50, 35-39: 1. Domingo Tibaduzita 1:08:22, 2. Wally Buckingham 1:12:33, 3. Charles Thompson 1:12:35, 40-49: 1. Ben Wilson 1:14:01, 2. Philip Grant 1:14:19, 3. Bill Summer 1:15:48, 50-59: 1. Robert Barber 1:23:50, 2. Paul Long 1:24:03, 3. Jim Temples 1:24:54, 60-69: 1. Louie Ojeda 1:35:58, 2. Frank Pinkerton 1:45:26, 3. Herbert Williams 1:48:18, 70 & Over: 1. Cyril Amilin 1:52:47, 2. Norton Davey 2:11:41, 3. Pete Ganahl 2:13:26.

Division Results - Women
17 & Under: 1. Michelle Conlay 1:36:24, 2. Shirley Olivarez 1:41:38, 3. Cathy Lee 1:42:29, 18-29: 1. Sylvia Mosqueda 1:11:29, 2. Cathy Schiro-O'Brien 1:12:59, 3. Patti Gray 1:14:13, 30-34: 1. Glenys Quick 1:15:34, 2. Kimberlee Campo 1:16:28, 3. Terri Pucket 1:16:39, 35-39: 1. Sue Compton-O'Hara 1:30:02, 2. Robin Paine 1:30:33, 3. Kay Price 1:32:00, 40-49: 1. Harlene Walters 1:30:13, 2. Mary Leivers 1:30:27, 3. Donna Archer 1:30:56, 50-59: 1. Dixie Madsen 1:45:45, 2. Jane Dods 1:45:55, 3. Kenny Goaring 1:49:31, 60-69: 1. Mary Storey 1:49:05, 2. Helen Palmer 1:51:41, 3. Joan Connolly 2:09:06.

Dirty, Dusty, Damn Hot Relay

August 21, Carson City, Nv. 15K.

The fifth annual Dirty, Dusty, Damn Hot 15K relay was dirtier, dustier, hotter and larger than previous years. With a start time of 10 a.m., the temperature soared into the 80's.

The 167 entrants ran as three-person teams around a 5K (3.1 mile) loop which began and ended at El Charro Avitia Restau-

rant, the event's sponsor.

It was the largest attended race in Carson City in seven years.

The dirty, dusty race is organized by the Quicksilvers Running Club and benefits the Carson High Cross Country teams. Race Director David Amster reported that over \$1,000 was raised by the event.

Division Results - Men
Under 15: 1. Brian Teitz, Tim Teitz and Frank Teitz 1:01:28, 2. Andy Watson, Fred Suwe and Steve Atson 1:22:40, 3. Dom Sinnott, Stas Gibbs and Taylor Laack 1:22:50, 16-29: 1. Kevin Buscay, Brian Buscay and Bill Schrambling 55:07, 2. David Mills, Tony Smith and Dan Kimm 58:19, 3. Shane Smith, Kent Moe and Allen Lee 1:01:44, 30 & Over: 1. Gary Ceragioli, Ralph Johnson and Dave Carlson 54:15, 2. Tony LaMorte, David Charlebois and Jack Ames 58:58, 3. Paul Sinnott, Peter Sinnott and Roy Houghton 1:02:30.

Division Results - Women
Under 30: 1. Angela Cook, Deb Devine and Ellen Lucas 1:01:17, 2. Patty Howell, Cory Avery and Leigh Parker 1:04:11, 30 & Over: 1. Linda Mantyhyan, Kathy Ceragioli and Sue Tarter 1:04:48, 2. Catherine Artesani, Ruth Whitney and Maria Gansert 1:16:10, 3. Kim Foster, Tina Leahy and JoAnn Warne 1:19:52.

Division Results - Mixed
Under 15: 1. Scott Schellin, Donna Schellin and Tim Sullivan 1:06:56, 2. Joe Krueger, Lisa Garcia and Bob Ryser 1:08:24, 3. Tom Miller, Pearl Miller and Matt Miller 1:20:14, 16-29: 1. Roger Dix, Elizabeth Mosier and Dominique Westlake 54:03, 2. Yancy Young, Bobby Johnson and Patty Young 57:04, 3. David Minler, Alan Dehlinger and Debbie Janssen 57:04, 30 & Over: 1. David Price 54:22, 2. John Fairman 1:09:47, 3. Mary Lukke 1:09:49.

Individual Men
Bob Ryser 58:30, Chris Bolde 59:47, Brent Tubb 1:00:25, Michael Edling 1:00:53.

McConnell's Endurance Events

August 21, Santa Barbara.

Overall Results - 5K
1 David Goodrich (24 & U) 15:50
2 David Sullivan (25-34) 16:03
3 Paul Goodrich (24 & U) 16:36
4 Andy Elia (24 & U) 16:45
5 Gilbert Guevara (24 & U) 16:49
6 Gino Vargas (24 & U) 18:00
7 Scott Caldwell (24 & U) 18:14
8 Steve Bushby (35-44) 18:22
9 Joel Lopez (24 & U) 18:25
10 Diane Odion (25-34 F) 18:25

Overall Results - 10K
1 Robert Hollister (25-34) 31:16
2 Steve Blum (25-34) 32:37
3 Dennis Odion (25-34) 33:02
4 Gregg Horner (25-34) 33:05
5 Canobio Adan (25-34) 33:15

6 Martin Bretado (24 & U) 35:24
7 Eric Schmhz (24 & U) 35:31
8 Ramon Tello (24 & U) 36:03
9 Brad Cox (25-34) 36:03
10 John Rodgers (24 & U) 37:57

**Overall Results - Biathlon
(10K Run, 1 Mile Swim)**
1 Micky Treemier 65:57
2 Robert Cervantez 66:40
3 Paul Wolozyn 66:45
4 Eric Schmidt 67:30
5 Dan Gardner 68:45
6 Vic Birtalan 69:30
7 Mark Mozio 69:45

8 John Rogers 70:05
9 John Kammer 70:15
10 Rudi Johnson 72:00

Overall Results - 1 Mile Ocean Swim

Men:
1 Aaron Goldschmidt 21:20
2 Paul McGinnis 21:50
3 Dave Eby 23:15
4 Schab Barry 25:10
Women:
1 Betsy Hanson 26:40
2 Shawn Dugan 30:50
3 Irene Russo 38:32

Presidio 10

August 21, San Francisco.

Overall Results - Men
1 Jon Kirkman (26) Fair Oaks 52:59
2 Mark Sullivan (29) Fort Ord 53:00
3 Jake Niebaum (22) 54:48
4 David Furst (41) San Jose 55:20
5 Steve Scholz (23) Los Gatos 55:41
6 Nathan Smith III (32) Oakland 56:40
7 Phil Jensen (23) 56:49
8 Ken Danz (31) 56:57
9 Anthony Kraft (27) Santa Cruz 57:02
10 Brian Puroell (32) Santa Rosa 57:06

Overall Results - Women
1 Mary Downey (27) 1:00:53
2 Irene McAuliffe (29) San Francisco 1:04:29
3 Sidney Morrison-Cataldo (32) Ashland 1:05:12
4 Kim Rupert (33) Hillsborough 1:05:50
5 Laura Reeve (30) 1:06:57
6 Karen Martinez (26) Los Gatos 1:07:09
7 Susie Meyers (23) 1:08:06
8 Karen Lanterman (44) 1:08:24
9 Darios Murphy (23) Ft. Ord 1:08:29
10 Ann Bertucci (24) Petaluma 1:08:44

Division Results - Men
15 & Under: 1. Doug Marshall 1:23:19, 2. Edward Olson 1:36:07, 16-19: 1. Eddie Landgraf 1:01:46, 2. Steve Woo 1:01:48, 3. Rick Lynch 1:02:18, 20-29: 1. Jon Kirkman 52:59, 2. Mark Sullivan 53:00, 3. Jake Niebaum 54:48, 30-39: 1. Nathan Smith III 56:40, 2. Ken Danz 56:57, 3. Brian Puroell 57:06, 40-49: 1. David Furst 55:20, 2. Ron Parravano 57:09, 3. Richard Whitewater 1:00:42, 50-59: 1. Siegfried Mattern 1:04:31, 2. Bernard Hollander 1:04:39, 3. Jerry O'Hanlon 1:07:21, 60 & Over: 1. Don Lucero 1:13:27, 2. Rog Vilagor 1:18:15, 3. Warren Pail 1:19:24.

Division Results - Women
15 & Under: 1. Thea Roberts 1:12:57, 2. Emma Steer 1:29:39, 16-19: 1. Rosanna Sansone 1:14:34, 2. Lori Kibler 1:17:03, 3. Angela Shook 1:30:07, 20-29: 1. Mary Downey 1:03:53, 2. Irene McAuliffe 1:04:29, 3. Karen Martinez 1:07:09, 30-39: 1. Sidney Morrison-Cataldo 1:05:12, 2. Kim Rupert 1:05:50, 3. Laura Reeve 1:06:57, 40-49: 1. Karen Lanterman 1:08:24, 2. Laurel Strand 1:10:45, 3. Peggy Smith 1:11:41, 50-59: 1. Eve Pail 1:12:56, 2. Marlys Hayden 1:16:46, 3. Peggy Kang 1:19:19, 60 & Over: 1. Nina Gramowich 1:46:09, 2. Helen Kuziara 1:48:06, 3. Joy Scott 2:10:44.

Run The Rim

August 21, Briones Regional Park, Lafayette. 7.3 Mile & 4 Mile.

Overall Results - 7.3 Mile
1 Ernest Shivanov (34) San Diego 43:26
2 Ramsay Thomas (44) Lafayette 44:04
3 Ken Melquist (27) Boulder, CO 44:15
4 David Jochim (28) Walnut Creek 44:44
5 Nikos Mourlos (30) San Jose 45:27
6 George Hall (37) Davis 45:33
7 Michael Palmer (34) Berkeley 46:08
8 Tom Rose (47) Oakland 47:57
9 Jerry Lyster (49) Sacramento 48:25
10 Roger Sharpe (47) Berkeley 49:40
11 William Johnston, Jr. (39) Pleasanton

RESULTS

49:46

12 John Jeha (29) Danville	50:29
13 Carie Mellquist (25) San Carlos	50:32
14 Scott Brandon (32) Livermore	51:06
15 Andre Borgman (26) Tiburon	51:34
16 Harry DeWolf (24) San Francisco	52:05
17 Mike Walsh (32) San Jose	52:09
18 Steve Micich (30) Pittsburg	52:15
19 Brad Christie (31) Hayward	52:41
20 Phil Wood (29) Pleasant Hill	52:53

Overall Results - 4 Mile

1 Gary Gomez (25) Fremont	27:02
2 Brian Davis (32) Livermore	27:26
3 Andrew Morrell (17) Walnut Creek	29:02
4 Richard Lucas (23) Fremont	30:26
5 Bruce Zwiers (25) Mt. View	30:37
6 Gary Tropple (34) Vacaville	30:46
7 Derrick Pettit (15) Livermore	34:23
8 Michael Gimes (19) Berkeley	35:19
9 Cliff Warner (49) San Francisco	35:53
10 Gary Landberg (28) Concord	36:02

Captain Ed's Great Race Biathlon

August 27, Big Bear Lake, 5K Run, 30K Bike.

Division Results - Men

14-19: 1. Todd Lydholm 1:24:52, 2. Matt Capelenb 1:26:51, 3. Craig Lawson 1:27:51, 20-24: 1. George Ramsdale 1:27:44, 2. Raymond Ruacho 1:29:13, 3. Brad Phillips 1:33:52, 25-29: 1. Brent Kay 1:24:12, 2. Michael King 1:28:54, 3. Stuart Brydges 1:29:48, 30-34: 1. Eric Waterman 1:29:15, 2. Mark Fulton 1:35:33, 3. Asher Barrientos 1:35:36, 35-39: 1. John Ninnis 1:28:17, 2. Jesse Mellor 1:32:48, 3. Gordon Chase 1:34:59, 40-44: 1. Terry Maartin 1:21:59, 2. Joe Jacobson 1:27:13, 3. Stoddard Reynolds 1:44:51, 45 & Over: 1. Gary Tubbs 1:34:02, 2. Al Treichel 1:39:07, 3. Mike Tapia 1:40:06.

Division Results - Women

Under 29: 1. Karrie King 1:36:55, 2. Marie Albert 1:37:04, 3. Judy Crawford 1:59:10, 30 & Over: 1. Sue Griesbach 1:30:56, 2. Olivia Galvan 2:05:11.

Rules:

Mixed: 1. Hausermann/Lewis 1:29:19, Men: 1. Quackenbos/Schmidt 1:40:35.

Triathlon

Overall Winner: 1. Terry Martin 1:47:59, Relay: 1. Knowlden/Fulton 1:56:04.

Los Gatos Dammit Run

August 27, Los Gatos, 6.9 Mile.

Division Results - Men

13 & Under: 1. Jacob Redmond 43:52, 2. Mark Boulard 45:47, 3. Michael Saffaie 61:26, 14-17: 1. Chris Ziemann 38:04, 2. Ted Cribari 38:22, 3. Chris Kay 42:32, Open: 1. Steve Lopez 33:33, 2. Bob Herndon 34:40, 3. Jeff Townsend 34:52, 30-39: 1. Dirk Rohloff 35:23, 2. Bruce Hamilton 35:57, 3. Mark Lyon 38:55, 40-49: 1. Steve Lorenz 37:29, 2. Bill Meinhardt 37:52, 3. Charles Crompton 38:30, 50-59: 1. Peter Leal 42:37, 2. Bob Farrington 43:04, 3. Mark Staelman 43:55, 60 & Over: 1. Link Linquist 47:26, 2. Ed Good 54:31, 3. Richard Hufnagel 56:02.

Division Results - Women

13 & Under: 1. Rosanna Saffaie 65:31, 2. Roxanne Saffaie 65:32, 14-17: 1. Cezanne Carter 55:14, 2. Michele Saffaie 67:37, 3. Kara Hayes 73:01, Open: 1. Juli Ruhlhoff 40:10, 2. Annie Gladue 42:02, 3. Betinda Straker 43:25, 30-39: 1. Sue Gyorey 44:14, 2. Terry Cunningham 46:25, 3. Lori Fabris 48:09, 40-49: 1. Bonnie Storm 47:32, 2. Georgia Hutchinson 52:04, 3. Patsy Allen 58:02, 50-59: 1. Diane Bromstad 52:06, 2. Jeannette Gilbeau 52:54, 3. Joanne Hall 57:03, 60 & Over: 1. Jacyln Cassell 54:55, 2. Diane Olive 61:20, 3. Etta Palmer 66:05.

Mule Run Ultra

A 50K Trail Endurance Run

August 27, Bishop.

The Mule Run Ultra celebrated its fifth running of the 50K trail endurance run thru the Sierra Nevada foothills, surrounding the beautiful city of Bishop, Calif. The race starts and finishes at the Millpond Recreation area, covering some of the most scenic and picturesque running anyone could ask for.

When the gun went off at 7:00 a.m., all the runners were excited about the challenge which lay ahead of them, especially since the first 13 1/2 miles are slightly uphill. Since only one runner, Gary Walecke of Crowley Lakes, Calif., had ever broken the four hour mark, and he was among the field of leaders, we all knew it would be a very fast pace, even though the temperature was expected to reach 100. By the time the leaders made it to the second check point at 12 3/4 miles, the race was rounding into a two man battle.

The two front runners, Mac Williamson, a 2:30 marathoner, and experienced ultramarathoner, and Alfredo Rosas, a 2:16 marathoner and 1988 U.S. Olympic Marathon Trials competitor, were battling side by side, mile after mile. Alfredo, who resides in Gardena, Calif., came to run his first ultramarathon, and his first trail race, making the Mule Run Ultra his first challenge at this type of running.

At the pre-race carbo dinner the night before, Alfredo, a very shy person, said, "I came to WIN", and with his racing flats cruising gracefully along the trails of the Mule Run course, he looked very comfortable with his new racing surroundings.

Alfredo and Mac came into the 20 mile aid station still side by side, on record course time, and still looking strong and comfortable. Pounding the steep downhill, running hard into the aid station at mile 23, not knowing anything about one another, they could not rely on past experience. From mile 23 to the aid station at mile 26, the course flattens, and it was those 3 miles that Alfredo Rosas showed his leg speed. It was those 3 miles that Alfredo put 3 1/2 minutes between he and Mac. When Mac Williamson came into the aid station at 26 miles, he could not believe what had happened. All he could do was to keep pounding and hoping the final 5 miles would get to Alfredo. But Alfredo continued running strong, and was not intimidated by the steep hill of Mule Mountain. He ran it, the ENTIRE mountain, and built up a 7 1/2 minute lead by the 29 mile mark. With only 2 miles left, Alfredo knew his first experience in ultra-running would be a successful one. He ran a tremendous race, breaking the course record by 15 minutes. Mac Williamson also did a super job in breaking the old course record and finishing 2nd.

With Alfredo Rosas running 3:45, and Mac Williamson running 3:55, it was a spectacular challenge between two very fast runners.

Alfredo was elated with his victory, and his first experience at the Mule Run Ultra. Saying the course was beautiful and very challenging, Alfredo says he WILL be back next year!

In the women's division, Jan Levst ran strong and consistent and won her first Mule Run Ultra with a great time of 5:05.

Overall Results

1. Alfredo Rosas 3:45:57, 2. Mac Williamson 3:55:46, 3. Rae Clark 4:07:40, 4. Steven Harris 4:11:08, 5. John Montgomery 4:19:02, 6. Ron Parks 4:22:11, 7. Earl Towner 4:23:25, 8. Dow Mattingly 4:25:06, 9. Gary Caragiu 4:26:06, 10. Dave Carlson 4:27:25.

11. Andre Tocco 4:27:39, 12. Tom Ufk 4:37:35, 13. David Vukelich 4:38:37, 14. Marc Reynolds 4:42:18, 15. Fred Kiddy 4:45:45, 16. Kent Howard 4:46:05, 17. Martyn Greaves 4:47:10, 18. Ralph West 4:50:47, 19. Jack Slater 4:54:26, 20. Steven Moore 4:55:09.

21. Karl Johnsen 4:55:10, 22. Gordon Zark 4:55:54, 23. Keith Henriques 4:56:51, 24. Maurice Bouquet 4:58:37, 25. Gary Walecke 4:59:28, 26. Kent Street 4:59:33, 27. Martin Foltz 4:59:43, 28. Chip Lee 4:59:54, 29. Lance Goss 5:02:22, 30. Joseph Franko.

31. Jan Levst 5:05:38, 32. Richard Bellante 5:06:20, 33. Thomas Winter 5:07:14, 34. Rich Vander Strucken 5:07:20, 35. Rob McNair 5:08:22, 36. Steve Kohler 5:08:23, 37. Lynda Locke 5:09:57, 38. Terry Pintane 5:11:43, 39. Robert Kingery 5:12:27, 40. B. Fletcher 5:13:47.

41. John Scribner 5:14:00, 42. Ron Lowy 5:15:12, 43. Bruce Mauldin 5:15:13, 44. Bob Prado 5:15:13, 45. John Mark 5:16:15, 46. Rodger Puritt 5:16:52, 47. Mad Dog Rehorn 5:17:39, 48. Rico Ramirez 5:18:17, 49. Jeffrey Thompson 5:19:01, 50. Joan Mork 5:23:34.

City of Lodi Triathlon

August 27, Lodi Lake, Lodi, (1000 Yd. Swim, 5 MI. Bike, 3.1 MI. Run)

Division Results - Men

13-14: 1. Derek Gould 1:06:02, 2. Josh Buck 1:21:06, 15-18: 1. Darren Mounts 48:51, 2. Josh Stafford 51:16, 3. Jason Taylor 54:41, 19-24: 1. Bob Korock 44:09, 2. John Uebel 46:44, 3. Frederick Scovel 51:23, 25-29: 1. Ronald Ayers 50:44, 2. Richard Urwin 49:22, 3. Dave Boyd 53:39, 30-34: 1. Jerry Cvecko 46:02, 2. Tony Chan 46:28, 3. Bob Bush 47:57, 35-39: 1. Norm Gould 47:00, 2. David Smith 53:04, 3. Richard Hansen 57:38, 40-44: 1. Walter Redloff 49:10, 2. Steve Meunier 55:19, 3. Phil Gaines 56:47, 45-49: 1. Ervin Kroeker 1:03:06, 2. Gordon Dewers 1:04:38, 3. Gary Howells 1:07:10, 50-54: 1. Robert Miller 1:09:15, 2. Arnold DeLaRosa 1:10:58, 3. Ron Parrett 1:01:58.

Division Results - Women

11-12: 1. Izaskun Uriz 1:09:22, 2. Tammy Cleveland 1:10:56, 13-14: 1. Lynette Mize 1:04:09, 2. Aneha Torres 1:16:50, 15-18: 1. Lisa Nichols 1:00:34, 2. Jennifer Coon 1:13:33, 19-24: 1. Susan Fox 55:36, 2. Shannon Slinkard 56:20, 3. Chris Kanazawa 1:05:55, 25-29: 1. Mindy Hoburg 1:05:29, 2. Dale Summers 1:14:56, 3. Eileen Mackan 1:15:08, 30-34: 1. Elizabeth Weaver 1:02:36, 2. Carol Baumgartner 1:05:50, 3. Mickey Williams 1:11:52, 35-39: 1. Jean Bullock 1:28:22, 2. Linda Werner 1:32:13, 40-44: 1. Lesta Chavir 1:16:36, 45-49: 1. Jackie Marr 55:59.

World's Toughest Triathlon

August 27, So. Lake Tahoe, (2 MI. Swim, 100 MI. Bike, 18.6 MI. Run)

Overall Results - Men

1 Andre Boesel (37)	8:37:32
2 David Chasky (28)	8:53:35
3 Ralph Searcy (28)	9:02:49
4 Jim Bailey (35)	9:07:43
5 George Wright (45)	9:17:46
6 Scott Miller (27)	9:24:14
7 Terry Hughes (42)	9:25:02
8 Bill McDermott (37)	9:26:49
9 Dale Peterson (31)	9:27:36
10 Ron Harpin (29)	9:32:13
11 Tim Standifer (32)	9:32:58
12 Patrick Wallace (30)	9:33:56
13 Dan Helm (24)	9:46:13
14 Edward McDevitt (27)	9:52:00
15 Chris Knoch (23)	10:04:34

Overall Results - Women

1 Joan Fowler (28)	10:42:37
2 Susan Cowan (29)	10:48:34
3 Robin Black (32)	10:52:26
4 Cindy Seikkula (30)	11:02:09
5 Judy Lynn (40)	11:15:23
6 Lynn Koptonak (26)	11:23:53
7 Sally Booster (25)	11:24:11
8 Lisa Verko (25)	11:28:03
9 Marilyn Ganahl (34)	12:03:55
10 Barbara Wright (43)	12:23:22
11 Marta Mattox (34)	13:25:25
12 Sherry Thornburg (28)	13:44:38
13 Kathleen Scotts (47)	15:17:41

Overall Results - Relay

1 Team Guido	7:44:26
2 Team Omni	8:26:37
3 Team Fleet Feet	8:35:17

Santa Monica Marathon

August 28, Santa Monica.

Division Results - Men's Marathon

17 & Under: 1. Eric Strand 3:15:25, 18-29: 1. Eugene Muslar 2:32:34, 2. Jaime Ortiz 2:41:33, 3. Mebratu Gesset 2:53:03, 30-34: 1. Alfred Lara 2:37:14, 2. Hardt Ketting 2:45:20, 3. Keith Daniels 3:04:11, 35-39: 1. Leonard Aguilar, Jr. 2:43:31, 2. Barry Molony 2:45:40, 3. Joe Schlereth 2:50:17, 40-44: 1. Richard Kirschner 2:51:36, 2. Bill Harns 2:59:33, 3. William Lovelace 3:11:31, 45-49: 1. Ron Navarrette 3:00:50, 2. Joe Gasmann 3:01:59, 3. Leo Marquez 3:06:15, 50-59: 1. Jim Knerr 2:45:00, 2. Wayne Fong 3:24:27, 3. Mike Mikkelson 3:24:47, 60 & Over: 1. Raymond Penkert 3:21:51, 2. Salvatore Armato 3:30:00, 3. Fred Nagelschmidt 3:34:06.

Division Results - Women's Marathon

18-29: 1. Elizabeth Taft 3:12:05, 2. Carolyn Schnack 3:18:42, 3. Karyn Kroflic 3:25:08, 30-34: 1. Joanie Eiler 3:11:14, 2. Kathy Luciano 3:39:57, 3. Jennie Cole 3:41:47, 35-39: 1. Merle Heimberg 3:16:52, 2. Nancy Carter 3:31:49, 3. Nancy Bergeson 4:04:47, 40-44: 1. Theresa Riley 3:40:26, 2. Ginger Franks 4:09:30, 45-49: 1. Elena Guisa 4:14:44, 2. Galdys Degner 4:16:23, 50-59: 1. Amy Goldstein 4:13:06, 2. Virginia Skiffington 4:36:04, 3. Trudy Pietrolungo 4:50:17.

AEA Electron

August 28, San Francisco, 5K & 10K.

Overall Results - Men's 5K

1. Larry Guinee 15:13, 2. Gary Gomez 15:49, 3. Bruce Cannon 15:58.

Overall Results - Women's 5K

1. Kristin Jacobs 21:28, 2. Suzy Hensel 22:12, 3. Nancy Pappa 23:07.

Division Results - Men's 10K

11 & Under: 1. Adrian Webb 48:04, 2. Carlos Avila 49:40, 3. Ben Deitshman 50:10, 12-16: 1. Eric Peron 37:55, 2. Javier Avila 41:51, 3. Lance Morrison 46:39, 17-20: 1. Tim Kietron 31:24, 2. Craig Fujii 36:33, 3. Joel Bernard 38:26, 21-29: 1. Alex Gonzalez 33:17, 2. Mauricio Maia 33:45, 3. John Novist

RESULTS

sky 33:51. 30-39: 1. David Ferguson 33:59, 2. Rod Johnson 34:17, 34. Larry Bartholomew 34:22. 40-49: 1. Frank Ruona 33:53, 2. John Willoughby 35:14, 3. Michael Hicks 36:17. 50-59: 1. John Finch 36:08, 2. Myron Neuraumont 38:43, 3. Rick Spary 42:36. 60 & Over: 1. Leo Gries 45:30, 2. Don Anhorn 47:57, 3. Alex MacDonald 49:36. Wheelchair: 1. Troy Durham 30:27.

Division Results - Women's 10K
11 & Under: 1. Maribel Silva 45:55. 12-16: 1. Maria Guerra 57:39. 17-20: 1. Aimee Tolan 43:06. 21-28: 1. Kathleen Kokron 41:11, 2. Judy Sovell 42:11, 3. Heidi Trujillo 43:02. 30-39: 1. Katie Scott 40:13, 2. Nancy Howe 43:31, 3. Elaine Erickson 48:22. 40-49: 1. Louise Whaley 52:02, 2. Susan Jones 53:02, 3. Julie Shiller 56:39. 50-59: 1. Amber Heninger 53:43.

Back on Track

August 28. Redwood City. 5K & 10K.
Overall Results - Men's 5K

1	Art Ting	16:55
2	Manuel Ramirez	17:03
3	Ed Klotz	17:32
4	Anonio Gorgas	17:40
5	Bob Joplin	18:54
6	Steve Blaford	20:08
7	John Fox	20:32
8	Charles King	20:48
9	Bill Sweeney	21:28
10	Robert Hand	22:17
11	Neal Ashton	22:47



TIM KETRON

photo by Gene Cohn Productions

12	Harold Hughes	23:31
13	Brian Horwitz	24:12
14	Don Newmark	26:59

Overall Results - Women's 5K

1	Eve Ipaan	19:39
2	Nancy Rhoads	24:01
3	Sue Zweig	26:17
4	Nancy Hughes	29:34
5	Rita Taylor	31:32
6	Gloria Foster	32:01
7	Julie McLane	52:47

Overall Results - Men's 10K

1	Dave Schramme	34:44
2	William Wunderlin	39:03
3	John Moran	42:05
4	Vanson Dulaney	43:57
5	Dan Davie, Jr.	44:43
6	Paul Young	45:35
7	Ken Cottler	45:32
8	Joseph Driscoll	46:03
9	Ron Johnson	46:22

10	Paul Koenig	51:04
11	Preter DeJonge	55:27
12	Justin Beck	56:42
		pt13
	Lou Garcia	58:17
14	Paul Corwell	1:02:47

Overall Results - Women's 10K

1	Buffer Fennie	44:51
2	Janeen Johnson	46:35
3	Kathleen Lincoln	52:49
4	Sherril Yun	52:53
5	Joan Merrill	54:34
6	Jordana Pestrong	1:03:56

2 Mile Walk

1	Stephanie Rose	26:31
2	Mario Lee	26:42
3	Maryanne Stergion	26:48
4	Maureen Sullivan	26:49
5	Mary Slade	28:16
6	Adele Brandt	37:08
7	Marianne Louie	43:15

Taylor Woodrow Beach Games

August 28. Laguna Niguel. 8K.
Division Results - Men
14 & Under: 1. William Cortes 33:29, 2. Clay Chilcott 35:09, 3. Mark Savel 35:22. 15-19: 1. Jace Put-



KATIE SCOTT

photo by Gene Cohn Productions

ter 26:29, 2. Randy McLaughlin 27:05, 3. Jeff Matsumoto 27:43. 20-24: 1. Rikoe Martinez 24:47, 2. Rick Herr 25:37, 3. Tom Martin 26:48. 25-29: 1. Joey Gomez 24:15, 2. Lindsay Brown 24:17, 3. Eoin Fahy 24:18. 30-34: 1. Enrique Alvarez 24:55, 2. Stuart Calderwood 25:10, 3. Brian Hunsaker 25:36. 35-39: 1. Paul Cook 25:08, 2. Mike Lozoya 26:51, 3. Robert Langston 26:57. 40-44: 1. John Combs 27:39, 2. Mac Larson 27:59, 3. Hartzell Alpizar 28:03. 45-49: 1. Ben Jackson 27:52, 2. Ray Wilson 28:28, 3. Gene Mote 29:38. 50-59: 1. Frank Russo 29:52, 2. Bruce Lin 31:02, 3. Jim Wood 32:18. 60 & Over: 1. Larry Baruelos 31:16, 2. Delmar Gourley 34:31, 3. Rudy Ceja 37:16.

Division Results - Women
14 & Under: 1. Sheri Savel 36:36, 2. Nicole Simms 38:57, 3. Michelle Boehle 44:14. 15-19: 1. Kelli Lewis 29:12, 2. Karen Anderson 32:55, 3. Noel Landreth 33:30. 20-24: 1. Sylvia Mosqueda 26:08, 2. Cathy Smith 27:03, 3. Mary Schick 29:08. 25-29: 1. Linda Dehner 32:44, 2. Tracy Rattlemann 32:58, 3. Lisa

Sellon 33:06. 30-34: 1. Monica Joyce 27:53, 2. Nancy Hunsaker 29:21, 3. Trish Pierson 30:40. 35-39: 1. Lois Cui 31:27, 2. Carol Richardson 33:17, 3. June Gessner 35:06. 40-44: 1. Cheryl Carnali 32:41, 2. Patricia Bieberdorf 32:56, 3. Cheryl Allen 34:38. 45-49: 1. Harolene Walters 30:42, 2. Josie Gardner 34:08, 3. Joja Applegate 35:15. 50-59: 1. Tami Graff 36:08, 2. Wendy Stanley 39:23, 3. Patti Kopcho 39:52. 60 & Over: 1. Dorothy Tracey 41:56, 2. Sumi Onodera 43:10, 3. Joann Gunn 1:12:25.

American Red Cross Watermelon Run

August 28. Merced. 10K & 1.5 Mile.
Forty nine year old Merced Track Club President Ken Schwisow was crowned the overall champion at the tenth annual Red Cross Watermelon Run. Schwisow covered the 6.2 mile course through the streets of downtown Merced in a fast time of 36 minutes and 6 seconds and became the first member of his age group to win this race.

Overcast skies and humid weather greeted 180 runners at the Merced Courthouse park where the race began. Lisa Hunter set a blistering pace over the same course the claim her first women's overall title despite the presence of a strong valley field.

In the 1.5 mile race Erin Woody recorded an exceptional time of 8 minutes and 21 seconds to claim his first overall men's championship while Jacqueline Newman recorded her first win on the women's side in 10 minutes and 2 seconds.

Division Results - Men's 10K
12 & Under: 1. David Allen 55:29. 13-17: 1. Mike Spevak 40:26, 2. Pat Villapuecha 40:41, 3. John Gould 42:19. 18-29: 1. Troy McNabb 39:53, 2. Michael Erod 41:03, 3. Matthew Guzman 41:12. 30-39: 1. Curt Royer 36:20, 2. Louis Phillips 36:47, 3. Bob Fournier N.T. 40-49: 1. Ken Schwisow 36:06, 2. Bill Woody 38:06, 3. Arthur Anderson 40:45. 50-59: 1. Frank Russell 40:52, 2. Charlie Rogers 41:27. 60 & Over: 1. Don Lundberg 46:52.

Division Results - Women's 10K
13-17: 1. Monica Moreno N.T. 18-29: 1. Deborah Marvulo 49:20. 30-39: 1. Lisa Hunter 40:37, 2. Patti Smith 41:13, 3. Barbara Naughton 46:44. 40-49: 1. Patty Coffey 50:06, 2. Jean Schwisow 55:33. 50 & Over: 1. Pat Kaufman 53:06.

Division Results - Men's 1.5 Mile
6 & Under: 1. Christopher Santos 13:40, 2. Brendan Reid 16:13. 7-8: 1. Tre Santos 10:58, 2. Patrick Sullivan 11:38. 9-10: 1. Michael Canner 10:10, 2. Kyle Royer 10:14. 11-12: 1. Tony DiBella 9:54, 2. Kevin Hendrickson 9:56. 13-17: 1. Gary Hogan 9:10, 2. Mitch Guzman 9:26, 3. Danny Zacharias 10:17. 18-29: 1. Erin Woody 8:21, 2. William Priest 9:02, 3. Randy Rogers 9:26. 30-39: 1. Joe Santos 9:18, 2. Frank Miranda 9:21, 3. Robert Montgomery 10:07. 40-49: 1. Kenneth Valentine 8:55, 2. Gus Armenta 8:59. 50 & Over: 1. Don Helton 11:42, 2. George Logan 13:13.

Division Results - Women's 1.5 Mile
6 & Under: 1. Erin Powers 14:47, 2. Leah Powers 14:49. 7-9: 1. Charity Johnson 15:05, 2. Royal Adams 17:16. 9-10: 1. Aryel Powers 12:01, 2. Melinda Cerny N.T. 11-12: 1. Jennifer Ochsner 15:21, 2. Kristin Narita 15:46. 13-17: 1. Sarah Reid 12:22, 2. Aria Johnston 13:55. 18-29: 1. Jacqueline Newman 10:02, 2. Denise Watson 10:44, 3. Becky Gates 13:00. 30-39: 1. Karen Burke 12:35, 2. Sylvia Ann Beltran 12:54, 3. Lenette Powers 14:50. 40-49: 1. Cathy Boice 10:05, 2. Barbara Riggs 14:15. 50 & Over: 1. Joyce Flowers 14:13, 2. Ann Short 15:08.

San Francisco Distance Classic

August 28. San Francisco. 13.1 Mile.
Danny Grimes and Carmelo Rios turned the race into a two-man duel by the 3 mile mark. With Lourival Sampaio, Juan Ramirez and Don Paul in tow, Grimes and Rios pushed the pace through Golden Gate Park and the Richmond District of San Francisco.

Entering the Presidio Grimes held a 5 yard advantage up to the top of "Hospital Hill" with Rios overtaking him on the long downhill to Crissy Field. Rios held on to win in 1:04.45 with Danny Grimes running a strong second in 1:04.59.

Janine Aiello virtually ran away with the women's race, winning by close to 4 minutes in 1:15:37.

Overall Results - Men

1	Carmelo Rios (\$1000)	1:04:45
2	Dan Grimes	1:04:59
3	Lourival Sampaio	1:05:12
4	Juan Ramirez	1:05:52
5	Don Paul	1:07:25

Overall Results - Women

1	Janine Aiello (\$1000)	1:15:37
2	April Powers	1:19:46
3	Shirley Matson	1:20:28
4	Meighan McGee	1:24:28
5	Joann Dahlkoetter	1:24:41

Run/Walk For Friends

August 28. Lake Merritt, Oakland.
Overall Results - 10K

Men:
1. Joe Schieffer 34:28, 2. Alex Green 35:16, 3. John Foran 35:53.

Women:
1. Susie Meyers 41:35, 2. Mary Rees 42:23, 3. Carmen Guerrero 43:51.

Overall Results - 5K
Men:
1. Joe Tamlyn 16:09, 2. Aaron Cuthbertson 16:23, 3. Ramsay Thomas 16:40.

Women:
1. Nancy Bensen 19:09, 2. Liz Black 20:09, 3. Judi Siena 20:11.

Call for
FREE
Calendar Listing





The Legends Return!

The men who made running have just turned 40. Far from over the hill, the legends of the sport are going head to head once again joined by the likes of Bill Rodgers, Frank Shorter and others new to the Masters scene. This time it's the *ICI/USRA MASTERS CIRCUIT*, featuring 14 of America's top races, vying for a \$20,000 Grand Prix style purse in 6 men and women's age divisions, and the "ICI-USRA Masters Championship" in Naples, Florida January 14, 1989.

A special newsletter, "The ICI/USRA Masters Report", will highlight Circuit events and profile the new stars of the roads monthly within the pages of "National Masters News" magazine. "Masters Running '88", edited by some of running's top writers, will serve as the official program of the Circuit and provide in-depth interviews and reports from the exciting Masters scene.

ICI/USRA MASTERS CIRCUIT is a Series whose time has come. *The Legends are back and it's better than ever!*

March 12—Azalea Trail Run 10K
Mobile, AL (205-433-3145)

May 30—Cotton Row Run 10K
Huntsville, AL (205-881-5807)

June 4—Myrtle Beach Classic 10K
Myrtle Beach, SC (919-876-8347)

June 5—Hospital Hill Run Half Marathon
Kansas City, MO (913-362-7223)

July 10—Utica Boilermaker 15K
Utica, NY (315-797-1310)

August 6—TAC Masters T&F
Championship "Legends" Mile
Orlando, FL (407-647-2918)

August 13—Asbury Park 10K Classic
Asbury Park, NJ (201-531-4156)

August 27—Crim Road Race 10 Mile
Flint, MI (313-235-3396)

September 25—The Great Race 10K
Pittsburgh, PA (412-255-2493)

October 1—Heartland Hustle 10K
Davenport, IA (319-359-9197)

October 8—Capital Trail Run 10 Mile
Raleigh, NC (919-876-8347)

October 16—Stamford Classic Marathon
Stamford, CT (203-325-4688)

November 13—Foundation 30K
Sacramento, CA (916-636-7692)

January 7—Charlotte Observer 10K
Charlotte, NC (704-379-6896)

January 14—ICI/USRA Masters
Championship
Naples, FL (407-647-2918)

For more information and a copy of "Masters Running '88", contact:

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