

NOVEMBER / DECEMBER 1989

ISSN 0008-5353

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CALIFORNIA

Track & Running News



01/90

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Science confirms that the carbohydrates and electrolytes in Gatorade stimulate fluid absorption (1). During intense exercise in the heat, sweat loss can exceed two quarts per hour. The quick replacement of these fluids is essential to prevent the detrimental effects of dehydration and maximize your potential for peak performance. Not even plain water is absorbed faster than Gatorade (2).

Endurance Physiology.

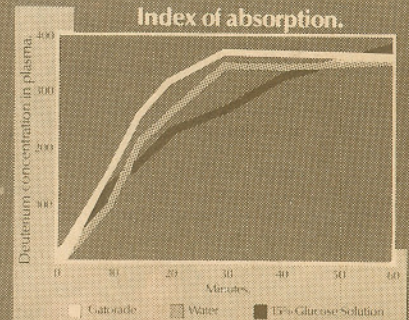
Strenuous activity affects important functions in your body. By consuming Gatorade at 15-20 minute intervals during exercise, you can help maintain your sweat rate, heart rate and core temperature at safe levels (3). And the regulation of these functions makes it easier for your body to perform its best.

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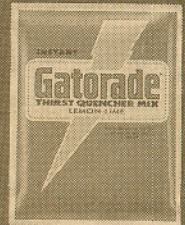
For more information write to: "The Science of Gatorade," 847 W. Jackson St., 5th floor, Attn: Dept. 60, Chicago, IL 60607.



Gatorade is absorbed into the body as rapidly as plain water and significantly faster than a beverage containing 15% glucose (graph adapted from (2)).

References:

1. American Gastroenterological Association. "Physiology of Intestinal Fluid and Electrolyte Absorption." Baltimore: Milner-Fenwick, 1980.
2. "Accumulation of deuterium oxide in body fluids after ingestion of D₂O-labeled beverages." *Journal of Applied Physiology*, 63: 2060-2066, 1987.
3. "Carbohydrate/electrolyte drinks: effects on endurance cycling in a warm environment." *American Journal of Clinical Nutrition*, 48: 1023-1030, 1988.
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5. "The effect of fluid and carbohydrate feedings during intermittent cycling exercise." *Medicine and Science in Sports and Exercise*, 19: 567-604, 1987.



CALIFORNIA

Track & Running News



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California Track & Running News is published 11 times per year - one issue per month except December which is combined with November. Each issue is mailed about the first of the month.

California Track & Running News has an average circulation of 8,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

California Track & Running News is mailed third class bulk rate and is not forwardable. When you move, please let us know at least 4 weeks in advance.

SUBSCRIPTION RATES: 1 year (11 issues) \$18; 2 years (22 issues) \$32; 3 years (33 issues) \$43. Add \$10 per year for U.S. first class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

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

4957 E. Heaton Ave.
Fresno, CA 93727
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MEMBER OF RUNNING INTERNATIONAL

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FROM THE EDITOR

Two new track and running publications are in the making in California. Each will be filling a void in the communications network of our multifaceted sport.

The first is the **California Coaches Alliance Newsletter** being published by the Alliance for its members. It is primarily a communications tool for coaches -- a place where they can share ideas, opinions, and do business on behalf of the sport in the state's high schools.

Describing the Alliance Newsletter, vice president, Greg DeNike of Arroyo Grande High School said, "Simply stated, this organization exists to improve the sports of cross country and track and field in California. For all too many years, coaches have had little or no input into the important decisions regarding cross country and track. This sorry situation has persisted through no direct fault of anyone, least of all the governing bodies. The state is just too large to effectively and efficiently gather input.

"Through the Alliance we can remedy this situation. Our newsletter will poll coaches regarding the major concerns of the state. This information can be passed directly to the state governing body. This organization will enable you, the coaches, to have input into the decision making process."

You can join the California Coaches Alliance and receive their newsletter by submitting the \$15 dues to the treasurer: Dennis McClanahan, Mt. Carmel High School, 9550

Carmel Mt. Rd., San Diego, CA 92129.

The other new publication in California will be the **Pacific Association TAC Newsletter/RUNCAL**, scheduled to appear in January.

The PA-TAC News will actually be taking over Mark Winitz' very popular *RunCal* Newsletter, expanding PA coverage in a new bi-monthly format. Winitz will remain aboard to insure continued quality of the new version. You can receive this publication by joining the PA-TAC. See information in this issue.

In the past *CTRN* has served as the official publication of PA-TAC, with PA-TAC sending all of their members the monthly issues of *CTRN*. Now that PA-TAC is doing their own newsletter, *CTRN* will no longer be sent automatically to each PA-TAC card holder. PA-TAC members who would like to continue receiving *CTRN* can do so by ordering a subscription. A subscription order form can be found elsewhere in this issue.

Best wishes to both publications.

ON THE COVER: The Women's Invitational 5000 Meter at the Stanford Invitational, won by Leanne Martin (BYU). The first Californian was Jamie Park (CPSLO) who placed second. See results beginning on page 44. *Photo by Burt Davis*

MAILBAG

Letter to Keith Conning

Dear Keith:

I'm writing this letter in response to the article which appeared in your section *Prep Notes* in September 1989 edition - "Nike Bounding Past Reebok". While the content is essentially correct (for now) I sincerely question the placement of such a "Business Oriented" article in *Prep Notes*.

Since the article was printed, and since I work for the **CIF/Reebok Program**, which was instituted in 1987 to provide a positive sanctuary for California's Youth, I'd appreciate an opportunity to respond.

The article accurately represents the present Business Cycle in Footwear (although Reebok Running & Track Products are doing quite well). However, business does go in cycles and I'm sure we'll once again have our day in the sun.

What the article didn't mention was something which is more permanent and a lot more pertinent to the *Preps* of California-A Companies Corporate Philosophy. As you read the list below I think you'll agree, when it comes to supporting the Kids of California-Reebok is without equal:

1. \$1.25 Million Dollar Sponsorship of the California Interscholastic Federation (CIF).
2. Founding Supporter & Sponsor of California High School Track & Cross Country Coaches Alliance.
3. Corporate Sponsor Calif. Comm. College CC/TF Champs.
4. Sponsor CIF/Reebok Scholar Athlete of the Year Award.
5. Sponsor Calif. Comm. College T/F-CC Coaches Assoc.
6. Sponsor of more than 15 CC Invitationals this Fall.
7. Major sponsor TAC National CC Championships '89.
8. Sponsor Reebok Aggie & Reebok Racing Teams (17 clubs nationwide).

How does this compare with Nike? The latest I've heard is that guys like Jeff Atkinson, Brian Abshire, and Matt Giusto recently received letters from Nike saying that they are cutting back their support and only working with athletes who are Top 10 in the World or Top 3 in the U.S.

In closing, I'd like to say that the above is

for the information of your readers and only worthwhile if you care where the money goes when you purchase products from a certain company. If uncertain about Reebok's Commitment-I invite everyone who is reading to attend the CIF/Reebok State Cross Country Championships at Woodward Park on Nov. 24th (Coaches, Parents, and Athletes Hospitality Room) and Nov. 25th (Actual Race Day).

Peanut Harms
CIF/Reebok
Program Director.

Out of Sight

Editor:

Thanks for your kind words about our publication on page 3 of the October 1989 CT&RN.

Now that I've got your attention:

Could you *please* make the type bigger? We have 4 members over 80, 17 over age 70, and 65 over age 60! Running, even at the American-record pace, does little for the eyes. I'm 53 and can read anything I get each day (I'm a software engineer), including about 15 mag's, *except for CTRN*. I've given up completely on your road race results section.

Al Hromjak,
Simi Valley.

P.S. After I wrote this I read pg. 4!

An Encouraging Word

Dear CTRN:

I just wanted to let you know what a good job you are doing with *California Track & Running News*. Your magazine gives a lot of valuable information and serves as an important link between the athlete and the sport. I look forward to each issue -- not only for the excellent running schedule, but also for the cross country preview, the road running round-up, the great high school section, and all the important results. Keep up the fantastic work.

Also, I would like to get more information on a couple of the clubs you mentioned on

page 3 of the last issue. Could you please send me an address for the Southern California Striders Track and Field Club Newsletter and one for the Golden Gate Walker?

Thank you very much.

Sincerely,
John Geer
San Carlos

Keith Conning Responds

Dear Editor:

I would like to respond to the letter by Mark Conover of San Luis Obispo, the 1988 Olympic Trials marathon champion, in the October issue.

Mark Conover said: "Based upon the article written by Douglas C. McGill entitled 'Nike is Bounding Past Reebok', I can only surmise that Nike must contribute funds to CTRN."

I do not receive any money for doing my *Prep Notes*, race results, and other contributions for CTRN.

Mark Conover continues: "Why else would a Nike-biased article appear in *Prep Notes* by Keith Conning?"

The article that Mr. Conover referred to as "Nike-biased" was written by a reporter for the *New York Times*, one of the most respected newspapers in the United States. The article pointed out that "after falling behind Reebok in the race for the \$4.5 billion American market for sports shoes, Nike Inc. is once again pulling ahead."

In my opinion the article was not biased, but was merely an analysis of an American industry.

Mark Conover also said: "In the future I hope Mr. Conning confines his *Prep Notes* to articles aimed at providing inspiration to our preps rather than showcasing articles which simply try to influence their choice of footwear."

I included the article in *Prep Notes*, because I thought it would be of interest to our readers. I was not trying to influence their choice of footwear.

Mark Conover failed to mention in his letter that he ran for Reebok.

Sincerely,
Keith Conning,
Berkeley.

The VIII World Veteran's Championships

By Don Lundberg

The big event at cool and beautiful Eugene, Oregon, has come and gone, but running publications will be reporting on it for several months to come.

The event was from July 27 to August 6th. There are no qualification requirements except that men must be over 40 and women over 35. The 4925 participants were from 58 countries, including a token group from the USSR.

As some of you know, Eugene is a great track and field town. Several world class athletes have settled there, including Ex-Marathon World Record Holder Alberto Salazar and Mary Decker Slaney of Olympic fame.

The competition was fierce but friendly. The spectators cheered the weakest competitor as much as the strongest, and there was no racial or nationality bias.

At the motel where I was assigned, I became good friends of an English speaking Norwegian who said he hoped to win a medal in the high jump. He jumped well, but was 7th in overall competition, which give some insight into the quality of the competition. The javelin competitor from the USSR threw 30 ft. further than his closest rival.

As for my competitive accomplishments there, it was a "wipe out". Bad luck dogged me all the way, and Murphy's Law dominated totally.

On the 10K track run my lap counter called me off one lap too soon. As I was leaving the area she caught up with me and said she had made a mistake: so I went back and ran another lap---with the clock running while I wasn't.

In the 10K cross country I did OK for a first experience. The country with the fastest 5 runners, which included myself, won gold medals. I was the 3rd U.S. runner in. I think Sweden and Great Britain were 2nd and 3rd.

The Steeplechase was my "Waterloo". I had trained well for vaulting the barriers, but had done so on grass where ones foot can slip or correct a bit as it hits the ground. On the non-skid track there was no correcting, and I twisted my knee on the 2nd lap. There went the marathon for me, which was the next day, and which is my only strong area.

Unfortunately I pulled a tendon in my right knee and have been unable to run; although I have been biking extensively. This is my first injury experience from running; so now I can truly empathize with those who have had a like experience. Fortunately my knee feels better each day, but it might not be ready for the Gateway To Yosemite Triathlon.

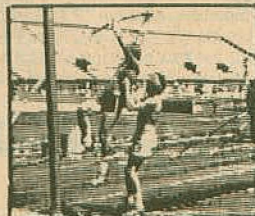
Despite my unfortunate experience at Eugene, it was a memorable event handled even more expertly than a Melbourne 2 years ago. The IX World Games will be in Finland in 1991, and I hope we can have good representation there from our valley.

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- FORMER WORLD RECORD HOLDER
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Christmas Dec. 27-31, 1989

Spring April 7-11, 1990

1990 SUMMER SCHEDULE

| | |
|--------------------------------|------------|
| Illinois State Univ., Illinois | June 17-21 |
| Univ. of Toledo, Ohio | June 24-28 |
| Univ. of Virginia, Virginia | July 8-12 |
| Kutztown Univ., Pennsylvania | July 15-19 |
| Cal Poly St. Univ., California | July 23-27 |

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PA-TAC NOTES

By JOHN MANSOOR

TO: PA-TAC Members

Recently, the Pacific Association of The Athletics Congress purchased Mark Winitz's publication, RUNCAL, and has made that publication the official magazine and schedule for all Pacific TAC members, effective 1990. This publication will arrive at your doorstep every two months and is free to all Pacific TAC members. We are very excited about this new development as it will allow us to pass along more TAC news, and provide in-depth coverage of all Pacific TAC events.

We are equally as grateful to California Track & Running News for the help they provided in the last two years. We would not have been able to keep you abreast of the Grand Prix and other news without their help.

Listed below are the up-to-date standings for the Grand Prix through the 15K Championships. The team standings are through the Hoy's Sports 10K Championship. Also, in this issue, is a TAC card blank for everyone to renew for 1990. Please do this immediately and you won't miss an issue of our new RUNCAL!

REMAINING GRAND PRIX EVENTS

| | | |
|-------------|----------------------------|---------------|
| November 12 | Foundation 30K | All Divisions |
| November 18 | Davis Turkey Trot 5K | All Men |
| December 3 | Cal International Marathon | All Divisions |

PLUS, DON'T FORGET...

| | | |
|-------------|---------------------------------|------------------------------|
| November 25 | USA CROSS COUNTRY CHAMPIONSHIPS | Polo Fields Golden Gate Park |
|-------------|---------------------------------|------------------------------|

Super Senior Men

| | | |
|---|----------------------------|---|
| 1 | Bill Wallace | 2 |
| 2 | Robert Dechene LMJS | 1 |
| 2 | Fred Dunn | 1 |
| 2 | Boyce Jacques Silver State | 1 |
| 2 | Dave Stevenson | 1 |
| 2 | Ray Stewart | 1 |

Super Senior Women

| | | |
|---|-----------------------|---|
| 1 | Jackie Caselli NorCal | 3 |
| 2 | Kit Pickles NorCal | 2 |

Senior Women

| | | |
|----|---------------------------------|----|
| 1 | Heidi Skaden Flyers | 40 |
| 2 | Vicki Bigelow Highland Striders | 26 |
| 3 | Betsy White WVTC | 20 |
| 4 | Gloria Dake | 12 |
| 4 | Birthe Kirsch Impalas | 12 |
| 6 | Eve Pell Tamalpa | 10 |
| 6 | Barbara Miller | 10 |
| 8 | Joan Reiss Chips | 6 |
| 8 | Karen Scannell Impalas | 6 |
| 10 | Barbara Robben NorCal | 5 |
| 11 | Ruth Anderson NorCal | 4 |
| 11 | Edwina Kovash Impalas | 4 |
| 13 | Ehyn Blair NorCal | 2 |
| 13 | Jackie Caselli NorCal | 2 |
| 13 | Marion Irvine Tamalpa | 2 |
| 13 | Marty Maricle NorCal | 2 |
| 13 | Ceis Wildin LMJS | 2 |

| | | |
|----|------------------------|---|
| 18 | Alice Rose LMJS | 2 |
| 18 | Kay Willoughby Tamalpa | 1 |

Senior Men

| | | |
|----|---------------------------|----|
| 1 | Daryl Beardall Tamalpa | 40 |
| 2 | Jim Bevins | 36 |
| 3 | Frederick Mattos Flyers | 18 |
| 4 | John Peacock SSS | 12 |
| 5 | Tom Mota WVJS | 10 |
| 6 | Robert Groff Tamalpa | 8 |
| 7 | Ron Ogilvie | 6 |
| 7 | Bob Barber | 6 |
| 7 | Roger Bryan WVJS | 6 |
| 7 | Everett Riggie Chico RC | 6 |
| 11 | Steve Galvan SSS | 2 |
| 11 | Joe Hancock LMJS | 2 |
| 11 | Ken Noel WVJS | 2 |
| 11 | Carlos Saldiver | 2 |
| 11 | Arnold Schulz SSS | 2 |
| 16 | Dave Bauer WVJS | 1 |
| 16 | Bill Catanese Tamalpa | 1 |
| 16 | Bernard Hollander Tamalpa | 1 |
| 16 | David Ragsdale Chips | 1 |

Master Men

| | | |
|---|-------------------------|-----|
| 1 | Jerry Jobski Excelsior | 114 |
| 2 | Bill Sevald Excelsior | 90 |
| 3 | Robert McLennan Tamalpa | 72 |
| 4 | Frank Ruona Tamalpa | 65 |
| 5 | Jim Gibbons Tamalpa | 49 |
| 6 | David Furst WVJS | 47 |
| 7 | Chris Thomas Tamalpa | 44 |

| | | |
|----|-------------------------------|----|
| 8 | Steve Ferraz Excelsior | 35 |
| 9 | Jon MacPherson Tamalpa | 33 |
| 10 | Jim Minami Golden Gay | 31 |
| 11 | James Press Excelsior | 27 |
| 12 | Alan Stainbridge Excelsior | 22 |
| 12 | Robert Lindsey Flyers | 22 |
| 12 | Wayne Whiting Flyers | 22 |
| 15 | Gabriel Sandoval WVJS | 20 |
| 15 | Dan Williams East Bay | 20 |
| 17 | Deto Kraus WVJS | 19 |
| 18 | Bruce VonBorstel Flyers | 18 |
| 18 | Wayne Miles Flyers | 18 |
| 20 | Bill Gardner Chico RC | 16 |
| 21 | Sal Vasquez WVJS | 14 |
| 22 | Robert Darling, Jr. Excelsior | 13 |
| 23 | Ken Adams SSS | 11 |
| 24 | Floyd Whiting SSS | 10 |
| 25 | Tim Rostege WVJS | 8 |
| 26 | Don Rebal WVJS | 6 |
| 27 | Jeff Collins SSS | 5 |
| 27 | George Mason WVTC | 5 |
| 27 | Jim Reitz | 5 |
| 30 | Jim Bevins | 4 |
| 30 | Tom Robinson Excelsior | 4 |
| 32 | Jim Weisener WVJS | 2 |
| 32 | Jim Furman Tamalpa | 2 |
| 34 | Perry Hayden Flyers | 1 |
| 34 | Daryl Beardall Tamalpa | 1 |
| 34 | Eric Ivary | 1 |

| | | |
|----|----------------------|---|
| 33 | Mary Lou Quinto | 4 |
| 33 | Barbara Robben | 4 |
| 36 | Ehyn Blair NorCal | 3 |
| 36 | Pat Franklin Impalas | 3 |
| 36 | Ceis Wildin | 3 |
| 39 | Sandy Coffey Flyers | 2 |
| 40 | Kit Pickles NorCal | 1 |
| 40 | Sandra Vours | 1 |

Open Women

| | | |
|----|----------------------------|-----|
| 1 | Terry Puckett Flyers | 217 |
| 2 | Rosy Cardenas Flyers | 166 |
| 3 | Rosa Gutierrez Ryan's | 106 |
| 4 | Chris Iwahashi Chips | 103 |
| 5 | Hilary Naylor Impalas | 100 |
| 6 | Bev Marx Flyers | 98 |
| 7 | Susan Putney Aggies | 95 |
| 8 | Lorena Ferreira Woodside | 82 |
| 9 | Linda Somers Flyers | 77 |
| 10 | Joan Colman WVTC | 76 |
| 11 | Barbara Acosta Ryan's | 65 |
| 11 | Susan Horstmeyer Woodside | 65 |
| 11 | Karen Scholte Ryan's | 65 |
| 14 | Laura Sanchez Ryan's | 59 |
| 14 | Peggy Smyth Flyers | 59 |
| 16 | Margie Lindsey Flyers | 46 |
| 17 | Shirley Matson Impalas | 45 |
| 18 | Debbi Waldear | 40 |
| 19 | Toni Belaustegui SSS | 38 |
| 20 | Janine Jarris Chips | 36 |
| 21 | Janine Aiello Impalas | 34 |
| 21 | Jan Levett Chips | 34 |
| 23 | Eileen Brennan Impalas | 32 |
| 23 | Laury Fisher WVTC | 32 |
| 23 | Irene McLoughlin | 32 |
| 23 | Sue Vinella-Brusher | 32 |
| 27 | Karia Wittar Woodside | 31 |
| 28 | Margaret Curtis Dolphin | 30 |
| 29 | Terri Hayes SSS | 28 |
| 29 | Barbara Miller | 28 |
| 31 | Donna McKennon Woodside | 27 |
| 32 | Stacey McAfee Flyers | 26 |
| 33 | Patti Gray Aggies | 24 |
| 33 | Robyn Root Nike Coast | 24 |
| 33 | Betsy White WVTC | 24 |
| 36 | Gloria Dake | 22 |
| 36 | Eileen Taylor Chips | 22 |
| 36 | Barbara Frank Flyers | 21 |
| 38 | Connie Kondo Chips | 21 |
| 40 | Nan Hall GSFTC | 20 |
| 40 | Kathy Kennedy Highland | 20 |
| 40 | Rae Stiger Aggies | 20 |
| 43 | Kathy Donofrio-Wood Flyers | 18 |
| 44 | Eileen Brown Ryan's | 17 |
| 45 | Patty Howell SSS | 16 |
| 46 | Pat Falsone Impalas | 14 |
| 46 | Kim Rupert | 14 |
| 48 | Donna Hinshaw Impalas | 13 |
| 49 | Sandy Sup Ryan's | 13 |
| 50 | Peggy Lavelle Impalas | 12 |
| 50 | Christine Noll | 12 |
| 52 | Lisa Boyle Fast | 11 |
| 52 | Heidi Skaden Flyers | 11 |
| 52 | Nelly Wright Flyers | 11 |

Master Women

| | | |
|----|-------------------------|-----|
| 1 | Hilary Naylor Impalas | 109 |
| 2 | Joan Colman WVTC | 88 |
| 3 | Margie Lindsey Flyers | 70 |
| 4 | Kathy Kennedy Highland | 52 |
| 5 | Laury Fisher WVTC | 41 |
| 6 | Shirley Matson Impalas | 40 |
| 7 | Pat Falsone | 38 |
| 8 | Heidi Skaden Flyers | 37 |
| 8 | Barbara Miller | 37 |
| 10 | Linda Mantynen | 35 |
| 11 | Toni Belaustegui | 32 |
| 12 | Nelly Wright Flyers | 29 |
| 13 | Vicki Bigelow Highland | 26 |
| 13 | Vicki Chase WVTC | 26 |
| 15 | Juana Stavolone WVTC | 25 |
| 16 | Gail Rodd WVTC | 23 |
| 17 | Margaret Curtis Dolphin | 22 |
| 18 | Laurie Binder Impalas | 20 |
| 18 | Terri Hayes SSS | 20 |
| 20 | Cynici Calvin Chips | 19 |
| 21 | Betsy White WVTC | 18 |
| 22 | Gloria Dake | 16 |
| 23 | Joan Ulyot WVTC | 14 |
| 24 | Madelyn Moon WVJS | 12 |
| 25 | Birthe Kirsch Impalas | 11 |
| 26 | Eve Pell Tamalpa | 9 |
| 27 | Irene Heran Impalas | 8 |
| 28 | Mary Ganzel | 7 |
| 28 | Joan Reiss Chips | 7 |
| 28 | Karen Scannell Impalas | 7 |
| 31 | Alice Rose NorCal | 6 |
| 32 | Edwina Kovash Impalas | 5 |
| 33 | Jackie Caselli NorCal | 4 |

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PA-TAC NOTES

| | |
|---------------------------------|----|
| 55 Julie Rohloff Aggies | 10 |
| 56 Vicki Bigelow Highland | 9 |
| 56 Lisa Gonzales | 9 |
| 56 Juana Stavolone WVTC | 9 |
| 59 Linda VanHousen Woodside | 8 |
| 60 Cynci Calvin Chips | 7 |
| 60 Vicki Chase WVTC | 7 |
| 60 Beckie Simmie-Kesecker GSFTC | 7 |
| 63 Irene Herman Impalas | 6 |
| 63 Kathi Krause Impalas | 6 |
| 63 Tina McCandless Ryan's | 6 |
| 63 Beckie Simmie | 6 |
| 63 Jennifer Thatcher Aggies | 6 |
| 68 Nancy Benson Aggies | 5 |
| 68 Barbara Frank Aggies | 5 |
| 68 Melanie Gilbertson | 5 |
| 68 Gail Rodd WVTC | 5 |
| 72 Mary Ganzel | 4 |
| 72 Birthe Kirsch Impalas | 4 |
| 72 Ramona Lopez Ryan's | 4 |
| 75 Linda Mantynen | 3 |
| 75 Madelyn Moon WVJS | 3 |
| 75 Heidi Teachout FFEet | 3 |
| 75 Tina Toona | 3 |
| 79 Tamara Gonzalez Tamalpa | 2 |
| 79 Edwina Kovash Impalas | 2 |
| 81 Mary Matteson | 1 |

| | |
|-----------------------------|----|
| 40 Bill Langhout Reebok | 14 |
| 45 Wayne Whiting Flyers | 12 |
| 45 Bill Knapp | 12 |
| 47 Ed Cardenas Flyers | 11 |
| 48 David Frank Aggies | 10 |
| 48 John Moreno Hoy's | 10 |
| 48 Carl Stempel Reebok | 10 |
| 48 Ken Warde | 10 |
| 52 Robert Darling Excelsior | 9 |
| 52 Luiz Coutinho | 9 |
| 52 Dennis Kuris Hoy's | 9 |
| 55 Jim Gibbons Tamalpa | 8 |
| 55 Steve Ferraz Excelsior | 8 |
| 55 Kevin Osterberg Aggies | 8] |
| 55 Jon Root Chips | 8 |
| 59 Ken Adams SSS | 7 |
| 60 Steve Lopez Flyers | 6 |
| 60 David Mahan | 6 |
| 60 Richard McCann Flyers | 6 |
| 63 Dete Kraus WVJS | 4 |
| 63 Rick Bruess | 4 |
| 63 Floyd Whiting SSS | 4 |
| 66 Mark Graves | 3 |
| 66 Gabriele Sandoval WVJS | 3 |
| 66 Antonino Scardina | 3 |
| 66 Tim Williams Flyers | 3 |
| 70 Jon MacPherson Tamalpa | 2 |
| 70 Ray Cook Flyers | 2 |
| 70 Bob Lindsey Flyers | 2 |

| | |
|----------------------------|---|
| 70 Denis O'Halloran Aggies | 2 |
| 70 Don Paul | 2 |
| 75 Tim Wallon Flyers | 1 |
| 75 Steve Zirkelbach | 1 |

Teams

- Master's Men:**
1. Tamalpa 13, 2. Excelsior 10, 3. West Valley J&S 8, 4. Pacific Flyers 5.
- Masters Women:**
1. West Valley TC 13, 2. Impalas 10, Highland Striders 2.
- Open Men:**
1. Pacific Flyers 17, 2. Reebok Racing Team 6, 3. Reebok Aggies 5, 4. Buffalo Chips.
- Open Women:**
1. Pacific Flyers 19, 2. Ryan's 10, 3. Woodside Striders 4, 4. Impalas 3, 5. Buffalo Chips 1, 5 Reebok Aggies 1.
- Senior Men:**
1. West Valley J&S 3, 2. Tamalpa 1.
- Senior Women:**
1. NorCal 2, 2. Tamalpa 1, 3. Impalas 1.

IF YOU ARE MOVING...

...let us know as soon as possible. CT&RN is mailed third class bulk rate and is NOT forwardable.

Open Men

| | |
|------------------------------|-----|
| 1 Alan Dehlinger Flyers | 158 |
| 2 Domingo Tibaduiza Flyers | 156 |
| 3 Jose Aispuro Aggies | 138 |
| 4 Dennis Rinde Flyers | 103 |
| 5 Miguel Tibaduiza Flyers | 96 |
| 7 Mark Hoeler FFEet | 96 |
| 7 Joaquin Leano Flyers | 91 |
| 8 Juan Rameriz Hoy's | 82 |
| 9 Tom Borschel Reebok | 72 |
| 10 Marty Higginbotham Flyers | 64 |
| 11 Dean Rinde Flyers | 64 |
| 12 Rob Anex Aggies | 62 |
| 13 Carmelo Rios Aggies | 13 |
| 14 Tim Gruber Aggies | 52 |
| 14 Lynn Mentzer Flyers | 52 |
| 16 Jerry Jobski Excelsior | 51 |
| 17 John Hancock Reebok | 47 |
| 18 Jeff Shaver Aggies | 41 |
| 19 Bill Sevald Excelsior | 39 |
| 20 Craig Moore Chips | 38 |
| 21 Jon Klirkman Flyers | 37 |
| 21 Frank Ruona Tamalpa | 37 |
| 23 Robert McLennan Tamalpa | 36 |
| 24 Mike McManus Hoy's | 32 |
| 24 Scott Steinmaus Reebok | 32 |
| 26 Jim Minami Golden Bay | 28 |
| 26 Dan Stefanisko Reebok | 28 |
| 28 Thomas Schmitt Reebok | 27 |
| 29 Tim Ball | 24 |
| 30 Tom Wood Flyers | 23 |
| 30 Charles Alexander Aggies | 23 |
| 30 Rich McCandless | 23 |
| 33 Craig Steinmaus Reebok | 22 |
| 33 Dan Williams East Bay | 22 |
| 35 Mike Fanelli Hoy's | 20 |
| 35 Robert Herndon Reebok | 20 |
| 37 Wayne Miles Flyers | 18 |
| 38 Sean Crom SSS | 16 |
| 38 Bill Gardner Chico RC | 16 |
| 40 Steve Haase Reebok | 14 |
| 40 Chris Thomas Tamalpa | 14 |
| 40 Rich Langford | 14 |
| 40 Bruce VonBorstel Flyers | 14 |

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PLEASE PRINT OR TYPE INFORMATION IN THE APPROPRIATE BOX

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TAC REGISTRATION NUMBER

LAST NAME FIRST INITIAL

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CITY STATE ZIP CODE

DATE OF APPLICATION

DATE OF BIRTH

AGE

SEX
M=MALE or F=FEMALE

U.S. CITIZEN
Y=YES or N=NO

COUNTRY OF CITIZENSHIP

SPORTS
T-L-R

T=T&F
L=LDR
R=RW

CLASSIFICATION
Y-M

Y=YOUTH ATHLETICS
M=MASTERS

CLUB # CLUB NAME

AREA CODE PHONE

I certify that I concur with the rules of TAC and the IAAF. I am eligible to compete in the indicated category.

ATHLETE SIGNATURE

SCHEDULE

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 4 (Saturday):

Los Altos Hills: Los Altos Hills Country Climb, 5 & 10K Run/Walk, Foothill College, 8:30 a.m. Olin Nichols, P.O. Box 1286, Los Altos 94022. (415) 949-5415.

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

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

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

Rosarito Beach, Baja, CA: Rosarito Beach Holiday 5 & 10K and 1 Mi. Fun Run, Rosarito Beach Hotel, 8 a.m./5K, 8:05 a.m./10K. (7:45 a.m./Fun Run). Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

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

Grossmont: Grossmont Hospital 10K, Grossmont Center Dr., 8 a.m. Info: Frank Millward (619) 437-4556.

Cancun: Cancun Caribbean Run. 10K. Sports Am, PO Box 6069, Salt Lake City, UT 84106 (801) 583-6281.

Columbus, OH: Nat'l. TAC Masters 5K Cross Country Championships, Time TBA. John White, 4865 Arthur Pl., Columbus, OH 43220. (614) 424-7011.

Bridgeville: Bridgeville Relays and Ultra, 41 Mi, 8:30 a.m. Freshwater School. Sherman

Schapiro 668-5728.

Bakersfield: Hart Park Fun Run and BPD Memorial Run, 8 a.m. Bakersfield Track Club, P.O. Box 42123, Bakersfield 93384. (805) 326-3890.

Santa Barbara: Santa Barbara Half-Marathon & 5K, Ledbetter Beach, 8 a.m. Chris Holmberg, 3836 Pemm Pl., Santa Barbara 93105. (805) 563-1008.

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

Sylmar: Michelob Light Bike Races, Biathlon, 5 & 10K Runs, 8 a.m. Gene Evans, Olive View Volunteer Office, 14445 Olive View Dr., Sylmar 91342. (818) 364-3073.

San Jacinto: Lions Run 2 & 10K, 8 a.m. Ben Stuart, P.O. Box 883, San Jacinto 92383. (714) 654-7774, 528-6601.

Yorba Linda: Yorba Linda Rotary Club 5K Run, St. Jude's Hospital, 7:45 a.m. Paul Cia-no, 4825-A Valley View, Yorba Linda 92686. (714) 996-0520.

Avalon: World Triathlon Team Relays, 4-person teams, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Madera: Brian Sturgeon Runs, 2 Mi. & 10K, Towne & Country Park, 9 a.m./2 Mi., 9:30 a.m. United Cerebral Palsy, 3790 N. First, Fresno 93726. (209) 221-8272.

November 5 (Sunday):

New York, NY: New York City Marathon, Time TBA. New York RRC, P.O. Box 1766 G.P.O., New York, NY 10116. (212) 860-4455.

San Francisco: CCPM Waterfront 10 Mile (& 2 Mile), Fisherman's Wharf (Dolphin Club), Time TBA. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

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

Windsor: Windsor Whale Run, 3 & 10K, Windsor Middle School (Starr Rd.), 9 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 329-2380.

Mill Valley: DSE Practice Dipsea, 6.8 Mi. (start 2 blocks from Lytton Square in park), 8 a.m. Info: (415) 668-2830.

South El Monte: San Gabriel River 15K (SPA/TAC Championships), 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

San Diego: Rock and Roll 10K & 2 Mi., South of Hilton, 7:30 a.m. Tim Callahan: (619) 437-4556.

Placerville: Apple Hill Harvest Run, 6.5 Mi., 3 Mi. & 1/2 Mi., Abel's Apple Acres (Carson Rd./Union Ridge), 8:30 a.m. Abigail Gessler, 814 Pacific, Placerville 95667. (916) 626-4604.

Fremont: Run for the Health of It, 10K & 2 Mi., Washington Hospital, 8:30 a.m. Gloyanne Bryant, Washington Hospital (Rehab Services), 2000 Mowry Ave., Fremont 94538. (415) 797-1111 x4730.

Bakersfield: Pedal & Plod, 10K Run, 40K Bike, Location & Time TBA. Pedal & Plod Biathlon, 3213 Panorama, Bakersfield 93306. (805) 871-6501.

Marina del Rey: Daniel Freeman Breakers 10K, 8 a.m. Pro-Motion Events, Box 3095, Redondo Beach 90277. (213) 326-5894.

Monterey Park: Aztlan International 5 & 10K Classic, East Los Angeles College (Olympic Stadium), 1301 Brooklyn Ave., 8 a.m. Aztlan Athletic Club, 1703 Laurel St., So. Pasadena 91030. (818) 799-5079.

Paso Robles: Estrella Winery Harvest 10K Run, 7 Mi. east of Paso Robles on Hiway 46, 10 a.m. Info: (805) 238-6302.

Chico: Almond Bowl Run, 3 & 6 Mi., Bidwell Park, 10 a.m. Charlie Bird, P.O. Box 1182, Chico 95927. (916) 894-7251.

November 11 (Saturday):

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

Los Gatos: Charlie Wedemeyer Classic 10K Run & 5K Walk, Los Gatos Christian Church (Hicks & Camden), 9 a.m. Tom Eades, 1230 Ridge Oak Ct., San Jose 95120. (408) 268-8693.

San Francisco: Golden Gate Park Cross Country Series, 4 Mi., Golden Gate Park (Lin-

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dley Meadow, 30th Ave. & JFK Dr.), 9 a.m.
Fleet Feet, 2086 Chestnut St., San Francisco
94123. (415) 921-7188, 753-1215 eves.

Cleveland Nat'l. Forest: San Juan Trail
50 Mile Run, Lazy W. Ranch (11 miles inland
from San Juan Capistrano), 6 a.m. (200 run-
ner limit; 12-Hour Time Limit). Barry Hawley,
1619 Calle las Bolas, San Clemente 92672.
(714) 492-8191.

Brawley: Cattle Call 10K & 2 Mi., 8 a.m.
Contact: End of the Line (619) 437-4556.

San Diego: Great American Smokeout 10K
& 2 Mi., Amphib. Base, 7:30 a.m. Contact:
Kathy Loper (619) 437-4556.

Porterville: Veteran's Day 10,000m Chal-
lenge & 5K Run/Walk, Main Street, 8 a.m. City
of Porterville Parks & Leisure Services Dept.,
P.O. Box 432, Porterville 93258. Thevi Pather
(209) 782-7461.

Inverness: Tomales Bay 8 Miler, Heart's
Desire Beach (Tomales Bay State Park), 9
a.m. Tri-Sports, 21 Live Oak, Berkeley
94705. (415) 540-7008.

Bakersfield: CSUB Fall 10K, Time TBA.
Info: (805) 664-2347.

Playa del Rey: Jet to Jetty 5 & 10K Runs
& 5K Walk, Dockweiler Beach (end of Imperial
Hwy), 8 a.m. Airport Marina Counselling Ser-
vice, 6228 W. Manchester Ave., Los Angeles
90045. (213) 670-1410.

Tustin: Tustin Trek, 5 & 10K, Colonial Bible
School, 7:30 a.m. Colonial Bible School,
13601 Browning Ave., Tustin 92680. (714-
731-0118.

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

November 12 (Sunday):

Raleigh, NC: Nat'l. TAC Sr. Men's 10K
Championships, Time TBA. Butch Robertson,
P.O. Box 1229, Raleigh, NC 27602. (919)
829-4843.

Clarksburg: Foundation 30K Championship
(Nat'l. TAC Masters Championships, and PA/
TAC Championships, all divisions), 5K and
Kid's Mile, Delta H.S., 11 a.m./30K, 11:15
a.m./5K, 12:05 p.m./Mile. Skip Seebeck,
P.O. Box 20, Clarksburg 95612. (916) 665-
1712.

Columbus, Ohio: Columbus Marathon,
Downtown Columbus near the State Capitol,

9:30 a.m./Wheelchair, 9:45 a.m. Columbus
Marathon, 6290 Busch Blvd., Suite 30, Co-
lumbus, Oh. 43229. Doug Thurston: (614)
433-0395 or Brenda Burris (614) 227-3248.

San Francisco: Options for Women &
Girls 5K Run/Walk, Golden Gate Park, 8:30
a.m. Options for Women Over 40, 3543 18th
St., San Francisco 94110. (415) 431-6944.

San Francisco: DSE Kennedy Dr. Run,
4.7 Mi., Golden Gate Park (south side of
Polo Fields), 10 a.m. Info: (415) 668-2830.

Riverside: Mission Inn 5 & 10K, Rainbow
Square (Fifth & Orange Sts.), 8 a.m. Mission
Inn 5 & 10K Runs, 3739 Sixth St., Riverside
92501. (714) 781-8241.

Long Beach: CRI Long Beach Shoreline
Half-Marathon, Long Beach & Ocean Blvds.,
7:30 a.m. CRI, 1500 E. Anaheim St., Long
Beach 90813. (213) 591-0539.

Sunnyvale: Dash for Diabetes 8K, Sun-
nyvale Medical Center (Old San Francisco &
Sunnyvale Rds.), 9 a.m. Sunnyvale Medical
Clinic, 596 Carroll, Sunnyvale 94086. (408)
287-3785.

Sunnyvale: ESL Runaway 10K & 5K Run/
Walk & 1 Mi., Java & Geneva, 8 a.m./5K,
8:15 a.m./5K Walk, 9:15 a.m./10K, 10 a.m./1
Mi. Dori Wilson, ESL, 495 Java (M-503), Sun-
nyvale 94088. (408) 743-6399.

Auburn: Bear of a Run 5 & 10K and 2 Mi.
Fun Run, Gold Country Fairgrounds, 9 a.m.
Children's Home Society, 9719 Lincoln Vil-
lage Dr., #201, Sacramento 95827. (916)
366-9057.

Fresno: Fresno Marathon & Half-Marathon,
Woodward Park (Hiway 41 at Audubon), 8
a.m. Walter Brown, 8240 N. San Pablo Ave.,

Fresno 93711. (209) 439-8093.

Alameda: Run the Runway, 2 Mi. Walk/
Stide, 10K Run, Alameda NAS, 9 a.m. Team
Challenge, P.O. Box 963, El Sobrante 94803.
(415) 841-1190.

Bakersfield: NBRPD Tri #1, Distances &
Time TBA. Contact: (805) 392-2000.

Ventura: Hacienda's 5 & 10K Run and 1 Mi.
Fun Run for Recovery, Ventura State Beach,
8 a.m. Hacienda Help Services, Inc., P.O.
Box 1946, Ventura 93001. (805) 648-3157.

Los Angeles: Minnie Riperton 5 & 10K &
Family Walk, Sports Arena parking lot (Hoover
& King), 8 a.m. Beulah Anderson, American
Cancer Society, 2975 Wilshire Blvd., Los An-
geles 90010-1110 (213) 386-6102.

So. El Monte: Legg Lake Toys for Tots 5K
Run & 2.3 Mi. Bike, 9:30 a.m. Arthur Martinez,
9502 Reichling Lane, Pico Rivera 90660.
(213) 949-0394.

Ocean Beach: Ocean Beach 5K Eat &
Run, Ocean Beach Pier, 7 a.m. Info: Tome
Zounes (619) 224-5155.

Encinitas: Project Concern 5 & 10K, Moon-
light Beach, 7:30 a.m. Info: Sharon Schramm
(619) 437-4556.

Mt. Tamalpais: Mt. Tamalpais Road Race,
7 Mi., Mountain Theater parking lot, 8 a.m. Tri-
Sports, 21 Live Oak, Berkeley 94705. (415)
540-7008.

Palm Springs: Palm Springs Relay Mara-
thon, Demuth Park, 8 a.m. Palm Springs
Sports Festival, Fox Hills Station, P.O. Box
7341, Culver City 90233.

November 13 (Monday):

South El Monte: San Gabriel River 3 Mile

SCHEDULE

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

November 14 (Tuesday):

Aptos: Run for your Life, 6.5 Mi., Aptos Village Park, 9 a.m. Joel Doss, 358 Searidge, #1, Aptos 95003. (408) 685-2504.

Berkeley: Run Your Axe Off 5K, North Field (Co9llege & Bancroft), UC Berkeley, 10 a.m. UC Development Office, CSF, 2440 Bancroft Way, Berkeley 94720. (415) 643-7001.

November 18 (Saturday):

Cupertino: Stevens Creek 1/3-Marathon and 5 Mi., Stevens Creek County Park (wilderness run on hilly trails), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Davis: Turkey Trot 5 & 10K (PA/TAC 5K Championships, all divisions), behind City Hall ("B" St.), 9 a.m. A Change of Pace, 1260 Lake Blvd., Davis 95616. (916) 757-2021.

Lompoc: Turkey Trot 5 & 10K, 8:30 a.m./5K, 9:15 a.m./10K. Lompoc Valley Distance Club, P.O. Box 694, Lompoc 93438. John Perkins (805) 733-4308.

Irvine: Pacific Biathlon, 5K Run, 30K Bike, 5K Run, Time TBA. Matt O'Day, 3001 Redhill #2-106, Costa Mesa 92626.

San Diego: Mission Bay 25K, E. Fiesta Island, 7:30 a.m. Contact: Joni Pendleton (619) 287-8694.

So. San Francisco: South San Francisco Run & Stride, 4.3 Mi., Orange Park, 9 a.m. Richard Janal, Recreation Dept., P.O. Box 711, So. San Francisco 94080. (415) 877-8560.

San Mateo: Chope Run for Health 5K & 2 Mi. Walk, Chope Hospital, 9 a.m. Mark Constantz, Chope Hospital, 225 W. 37th Ave., San Mateo 94403. (415) 573-2582.

Point Reyes: Miwoks Marathon, 50 Mile, finishes at Golden Gate Bridge, Time TBA. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Cupertino: Hewlett Packard Turkey Trot, 2.5 Mi., Voss Rd. & Stevens Canyon Blvd. 9 a.m. Info: Hewlett Packard Running Club. (408) 446-9060.

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

Pico Rivera: 5 & 10K Turkey Trot, Smith Park (9110 Mines Ave.), 8:45 a.m./5K, 9:45

a.m. Kenny Elisaldez, City of Pico Rivera, Box 1016, Pico Rivera 90660. (213) 942-2000 x305.

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

Orange: SCA/TAC 10K X-Country Championships, Santiago Oaks Park, 8:30 a.m. A Running Experience, P.O. Box 3209, Long Beach 90803. Jerry Edwards (213) 433-1656.

San Diego: Thanks for Giving 5K & 1 Mi., Balboa Park, 7:30 a.m. Info: Toni Deal (619) 272-8316.

San Mateo: A Time to Pause and a Chance to Change 10K Run & 2 Mi. Walk, Coyote Point Park, 4:30 p.m. Runner's Feet, 1004 Oak Grove Ave., Burlingame 94010. (415) 343-4242.

Los Angeles: Run for Aids 5K and 2 Mile Walk, Griffith Park, 9 a.m. Info: (213) 828-4123.

San Diego: Project Concern 5 & 10K, Moonlight Beach, 7:30 a.m. Info: Sharon Schramm (619) 437-4556.

San Diego: Temecula Turkey Trot, 5 & 10K, 7:30 a.m. Info: Sandra Moffitt (714) 699-3210.

November 19 (Sunday):

New York, NY: Nat'l TAC Masters 15K Cross Country Championships, Time TBA. Joe Kleinerman, 9 E. 89th St. New York, NY 10128. (212) 860-4455.

Los Gatos: Los Gatos Summitt Marathon & Half Marathon, Los Gatos High School, 8 a.m. Runners Factory, 51-C University Ave., Los Gatos 95030. (408) 395-4311.

San Francisco: DSE Lake Merced Run, 4.6 Mi. & 9.2 Mi., Sunset Blvd. parking lot, 10 a.m. Info: (415) 668-2830.

Pleasant Hill: Pleasant Hill Turkey Trot, distance TBA, Briones Regional Park (hilly course on trails), 9 a.m. Pleasant Hill Rec. & Park Dept., 147 Gregory Ln., Pleasant Hill 94523. (415) 827-2255.

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.

San Diego: San Diego Harbor Run & Walk, 10K and 2 Mi., Seaport Village, 7:30 a.m. Tina Romine, Home of Guiding Hands, 10025 Los Ranchitos Rd., Lakeside 92040. (619) 236-0842.

San Rafael: Run for the Roof, 10K & 1 Mi. Kids' Run, 2 Mi. Walk, Marin County Fairgrounds (Civic Center), 1 p.m. Run for the Roof, P.O. Box 13434, San Rafael 94913. Contact: Peggy Lauer (415) 454-9354.

Santa Cruz: Turkey Trot 10K & Kids' 1 Mi., Natural Bridges Dr. at Delaware Ave., 8 a.m. Lisa McGinnis, Santa Cruz Parks & Recr. Dept., 346 Church St., Santa Cruz 95060. (408) 429-3477, Lisa McGinnis.

Bakersfield: Ultimate Fun Run, Bakersfield College, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

San Pedro: Conquer the Bridge 10K, Sixth & Harbor, 8 a.m. Pro-Motion Events, Box 3095, Redondo Beach 90277. (213) 326-5894.

Riverside: Great American Smokeout 5 10K and Half-Marathon, Polytechnicmer-School (Victoria & Central Ave.), 8 Ave., Riverside 92507. Zerline: (714) 24-2724.

Agoura: Paramount Ranch 8K X-Country Team Race, 8:30 a.m. (1st start). Bill Duley, 818 N. Cold Canyon Rd., Calabasas 91302. (818) 992-6219.

Malibu: Lasse Viren 20K Finnish Invitational, Point Mugu State Park (9000 W. Pacific Coast Hwy), 8 a.m./Open Race, 10 a.m./Invit. Finnish Invitational, 505 Briarwood, Ventura 93001.

Las Vegas, NV: Turkey Trot 1989 "Run on the Strip for Opportunity Village" 10K & 2 Mi. Fun Run, 7:30 a.m./2 Mi, 8:00 a.m. Start & Finish at Bally's Casino Resort. Opportunity Village, 917 So. First Street, Las Vegas, NV 89101.

November 20 (Monday):

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

November 23 (Thur.):

Torrance: Harry Sutter Memorial 3 Mile Turkey Trot, Madison & Skypark (by Torrance Airport), 8 a.m. John Jones, Torrance Parks & Rec., 3031 Torrance Blvd., Torrance 90503. (213) 618-2930.

Dana Point: Turkey Trot, Distance TBA, Pavillion, 8 a.m. Dana Point Turkey Trot, P.O. Box 12, Dana Point 92629. (714) 661-6062.

Cerritos: Thanksgiving Day 5K Run and 1 Mi. Fun Run, Cerritos Regional Park (19700 Bloomfield), 9:30 a.m./5K, 10:45 a.m. Barry Hamilton, Inter-Tribal Roadrunners, P.O. Box

West Valley Track Club Presents
16th Annual

Christmas Relays

Lake Merced, San Francisco
4 Person Teams ● 4 1/2 Miles Per Leg
Sunday, December 17, 1989



Black Mountain
SPRING WATER

Put a little spring in your life!

LOCATION: Start/Finish and all exchange points at Sunset Circle Parking Lot (foot of Sunset Blvd. @ Lake Merced Blvd.), San Francisco.

STARTING TIME: *TWO STARTS THIS YEAR!* "OPEN" and "CORPORATE OPEN" (Div. A) and "SUB-MASTERS MEN" (Div. F) will start together at 9 a.m. All other teams will start at 9:10 a.m. Teams starting at wrong time are subject to disqualification.

DISTANCE: Each of 4 members runs one 4.464 mile leg...OK to run one leg on more than one team.

REGISTRATION: Fees payable to West Valley TC. Entry fees are non-refundable and non-transferable. \$28 per team if entry postmarked by December 8. \$36 per team thereafter. DO NOT MAIL ENTRY AFTER DEC. 8 -- entry raceday instead. IMPORTANT: Team members may be changed after entry is submitted (within same division), but Division Changes must be made at registration (bring old set of #'s with you!) Pre-Entries enclose a Self-Addressed Stamped Envelope for mailing numbers (otherwise pick up at Sunset Parking Lot on raceday after 7:30 a.m.). Post-Entries (after Dec. 8) must register after 7:30 a.m. on raceday.

RULES: If a division change results after start of race, report this at finish and you will be placed in OPEN division results. Substitutions may be made during race if this doesn't change division status. WOMEN may compete in any division. AGES are your age on Dec. 17, except JUNIORS must not turn 20 in 1989.

AWARDS: RIBBONS to all finishers. DIVISION AWARDS (mugs) to top division teams (all members), based on 1988 relative participation. Number of awards per division listed below in parentheses after division name(s).

DIVISIONS:

"OPEN" (16) -- No restrictions (can be mixed age/sex, all same club, school, different affiliations, etc.)

DIV. A (7) -- Open Corporate Division (must be actively employed with same firm at least 20 hours per week. U.S. Government does not qualify unless a specific facility is involved.)

DIV. B (2) -- Junior Boys (born 1970 or after)

DIV. F (4) -- Sub-Masters Men (30 years or older)

DIV. L (3) -- Men's 50-Plus (50 years or older)

DIV. R (2) -- Master's Women (40 years or older)

DIV. T (1) -- Women's 50-Plus (50 years or older)

DIV. W (1) -- Corporate Women (same rules as Div. A, except women only)

DIV. Y (2) -- Law Enforcement (all members must be from same jurisdiction; can be active employees or reserves--police, fire, CHP, Sheriff's Dept., national park, etc. -- military police OK if from same facility.)

DIV. C (1) -- Junior Girls (born 1970 or after)

DIV. H (5) -- Masters Men (40 years or older)

DIV. N (4) -- Women's "Open" (no age restrictions)

DIV. S (1) -- 200 Pound (sum of members' wt. must be 800 lbs.+, weigh-in prior to start)

DIV. U (1) -- 14 & Under (must not have reached 15th birthday. Mixed or all same sex.)

DIV. X (2) -- Sub-Masters Women (30 years or older)

RETURN TO: Christmas Relays, c/o Marc Lund, 1433 Norman Dr., Sunnyvale, CA 94087 (checks payable to West Valley TC). FOR INFORMATION: Flory Rodd (415) 387-7172 or Laury Fisher (415) 482-4355. \$28 ENTRY FEE (non-refundable, non-transferable) must be sent with entry form. DO NOT MAIL IF POSTMARKED AFTER DEC. 8 (enter raceday for \$36). ENCLOSE SELF-ADDRESSED STAMPED ENVELOPE to receive #'s or pickup on raceday at registration table (20 cents postage/team beyond first team in one envelope...and use larger envelopes.)

WAIVER: In consideration of your accepting our entry, we, intending to be legally bound, hereby for ourselves, our heirs, executors and administrators, waive and release forever, any and all rights and claims or damages we may accrue against TAC, West Valley TC, Inc., the City and County of San Francisco, the San Francisco Parks & Recreation Dept., and any and all sponsors of this event, their successors, representatives and assigns, for any and all injuries suffered by our team while travelling to and from, and while participating in the 1989 Christmas Relays.

Date _____ Team Representative (18 & over) _____

TEAM NAME: _____

If a club or organization enters more than one team in a division, follow the name by an appropriate designation such as "A" Team, or any other unique name(s).

CIRCLE DIVISION ENTERED (Use pencil) OPEN A B C F H L N R S T U W X Y

LIST TEAM MEMBERS (Use pencil) -- NOTE: Names may be changed on raceday or left blank. Division Changes to be done raceday!

1. _____ Age _____
2. _____ Age _____
3. _____ Age _____
4. _____ Age _____

MAIL NUMBERS/RESULTS TO (Enclose S.A.S.E. to receive numbers)!

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17689, Los Angeles 90017. (213) 450-8755.

Ridgecrest: OTHC Turkey Trot, Distance & Time TBA. Info: Dave Rugg (619) 375-2191.

November 24 (Friday):

Walnut Creek: The Ginder Grinder Trail Race/Stride, 5 & 10K, Old Borges Ranch Ranger's Station (Shell Ridge Open Space), 10 a.m. Team challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

November 25 (Saturday):

San Francisco: Nat'l. TAC Cross Country Championships (10K Sr. Men, 6K Sr. Women, 5K Jr. Men & Women, 10K Masters Men & Women), Golden Gate Park, Time TBA. John Mansoor, 1619 Bonita Dr., Folsom 95690. (916) 933-4913.

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

Mill Valley: Quadruple Dipsea, 28 Mi. (Dipsea trail, out-and-back twice!), Old Mill Park, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611. (415) 842-6889.

Cathedral City: Desert Princess Run-Bike-Run World Championship Series, Short Course (3K Run, 15K Bike, 3K Run), Long Course (10K Run, 62K Bike, 10K Run), Time

TBA. Greg Klein, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

Bakersfield: OSUB Fall 10K, Time TBA. Info: (805) 664-2347.

November 26 (Sunday):

San Francisco: DSE Polo Field Run (Lotto Run), 3.1 Mi., Golden Gate Park (south side of Polo Field), 10 a.m. (1 Mi. Kids' Run at 9:30 a.m.). Info: (415) 668-2830.

San Francisco: Run to the Far Side, 5 & 10K and 5K Walk, Academy of Sciences (Golden Gate Park), Time TBA. RhodyCo Productions, 3929 California St., San Francisco 94118.

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

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

Pasadena: Five Acres Doo Dah Run, 5K, Plaza Pasadena Parkway (Colorado and Garfield), 8 a.m. Five Acres, P.O. Box 332, Altadena 91001.

Santa Ana: Arturo Barrios 10K & 5K Walk, Santa Ana Civic Center, 8 a.m. Elite Racing, 1904 Church St., #B, Costa Mesa 92627. (714) 548-4897.

December 2 (Saturday):

Antioch: Tri-Sport Challenge (2-days of events... enter 1 to 3 events), 9 a.m./10K & 3 Mi Runs, 2 p.m./1/4 Mi. Swim (pool). Tri-Sport Challenge, 111 W. 15th St., Antioch 94509. Also 25 Mi. & 10 Mi. Bike rides on Dec. 3 (Sun.)/9 a.m.

Bakersfield: Hart Park Fun Run, 8 a.m. Bakersfield Track Club, P.O. Box 42123, Bakersfield 93384.

Bakersfield: Chill Chaser Runs, Distance & Time TBA. Info: (805) 833-6268.

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

La Mirada: Biola Classic, 5 & 10K and 1 Mi., La Mirada Park, 8 a.m. Biola Chorale, 13800 Biola Ave., La Mirada 90639. (213) 944-0351 x3355.

San Diego: Balboa Park Boogie (5K for women) and Balboa Park 5K (for men) and 5K Walk, 6th & Laurel, 7 a.m./Women, 7:30 a.m./Men, 7:35 a.m./Walk. Info: Sharon Greiner (619) 440-1206.

Ridgecrest: OTHC 50K Ultra, Time TBA. Info: (619) 375-8879.

Barstow: Toys for Tots 5K Run/Walk and Children's Mile, Straw Hat Pizza, 9 a.m./Mile, 10 a.m. Straw Hat Pizza, 2046 W. Main St., Barstow 92311. (619) 256-4842.

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

Sacramento: California International Marathon Celebrity Run/Walk, 2.62 Mi., Cal-Expo, Time TBA. Steve Plummer, 9275 Medallion Way, Sacramento 95826. (916) 757-5147.

December 3 (Sunday):

Sacramento: California International Marathon (USA Women's Championship) California International Marathon, PO Box 161149, Sacramento, CA 95816 (916) 447-2786.

Washington, DC: National TAC Masters 8K Championships, Time TBA. Herb Chisholm, 1001 Rynex Dr., Alexandria, VA 22312. (703) 354-3461.

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

SCHEDULE

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 Lorenzo: Sleigh Bell Dash & Sugar Plum Prance, 10K Run and 5K Run/Walk, Life Chiropractic College West, 9 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118.

San Francisco: DSE Golden Gate Vista Run, 5.04 Mi., Legion of Honor (34th Ave. & Clement), 10 a.m. Info: (415) 668-2830.

Bakersfield: NBRPD Tri #2, Distances & Time TBA. Info: (805) 392-2000.

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

La Quinta: Foster Turf's Gem of the Desert 10K Run & 5K Walk, Adams & Avenue 52, 8 a.m. La Quinta Chamber of Commerce, P.O. Box 255, La Quinta 92253. (619) 564-3199.

San Diego: Light the Night Against Crime 10K, downtown, 6 p.m. Info: Toni Deal (619) 272-8316.

Oakland: Jingle Bell Fun Run, 5 Mi. Run & 2 Mi. Walk, Oakland City Center, 9 a.m. Arthritis Foundation, 3732 Mt. Diablo Blvd., Suite 270, Lafayette 94549. (415) 283-6593.

December 9 (Saturday):

Point Reyes: Inverness Ridge Christmas 25K, Bear Valley (Pt. Reyes Nat'l. Seashore HQ), 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Modesto: YMCA Christmas Tree Run/Stride, 1 Mi & 5K, McHenry & Floyd, 8 a.m./1 Mi., 8:45 a.m. Karen Servas, YMCA, 2700 McHenry Ave., Modesto 95350. (209) 578-9622.

Alta Loma: Bud Light Tinsel Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, Chaffey College, Time TBA. Rob Hogan, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

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

Bakersfield: CSUB Fall 15K, Time TBA. Info: (805) 664-2347.

Ridgecrest: Ridgecrest 5K, Time TBA. Info: (619) 446-3744.

December 10 (Sunday):

Honolulu, HI: Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Waialae Ave., Room 208, Honolulu, HI. 96816.

(808) 734-7200.

San Francisco: Christmas Carol Charity 5 & 10K. Third & Market (tentative). 8:30 a.m. Sharon McCormick, c/o Edelman Public Relations, 456 Montgomery St., Suite 800, San Francisco 94104 (415) 541-5895.

San Francisco: DSE Presidio Gate Run, 3.3 Mi., Dolphin Club (502 Jefferson St.), 10 a.m. Info: (415) 668-2830.

Stockton: Toys for Tots 5K, Location & Time TBA. Tarahumara Running Club, P.O. Box 8422, Stockton 95208.

Cathedral City: Desert Princess Run-Bike-Run World Championship Series, 5K Run, 30K Bike, 3K Run, Time TBA. Greg Klein, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

Rialto: Rialto Rotary Polio-Plus 5K Run, Rialto Park (Riverside Dr. just north of 10 Fwy), 8:15 a.m. Vern Craig, P.O. Box 397, Rialto 92377. (714) 875-6040.

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

San Diego: San Diego International Marathon & 10K, Balboa Park, 7 a.m. San Diego International Marathon, 2204 Garnet Ave., #303, San Diego 92109. (619) 483-9501.

San Francisco: Christmas Classic 10K & Miracle Mile, Golden Gate Park (Mile: Rainbow Falls (downhill); 10K: Polo fields), 8:30 a.m./Mi., 9 a.m. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

McFarland: McFarland 2 & 4 Mile, Time TBA. Mike O'Haver, City of McFarland, 401 E. Kern, McFarland 93250.

December 16 (Sat.):

Angel Island: Hark the Herald Angels Run, 12.25K, Ayala Cove, 10:30 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

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

Las Vegas, NV.: Las Vegas Half-Marathon, Hacienda Hotel, 7:30 a.m. Las Vegas T.C., 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269, 384-3496.

December 17 (Sunday):

San Francisco: Christmas Relays, 4x4.464 Mi., Lake Merced (Sunset Blvd. Parking lot), 9 a.m. WVTC, c/o Marc Lund, 1433 Norman Dr., Sunnyvale 94087. Flory Rodd (415) 387-7172, Laury Fisher (415) 482-4355.

San Francisco: DSE McLaren Park Run, 3.5 Mi. (or more), Excelsior & Mansfield, 10 a.m. Info: (415) 668-2830.

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

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

Bakersfield: NBRPD Triathlon #3, Distances & Time TBA. Info: (619) 392-2000.

Bakersfield: Ultimate Fun Run, Bakersfield College, Distance TBA, 8 a.m. Bakersfield Track Club, P.O. Box 42123, Bakersfield 93384.

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SCHEDULE

December 18 (Monday):

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

December 23 (Saturday):

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

December 24 (Sunday):

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

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

Agoura: 5K Cross Country Run, Distance TBA, Paramount Ranch, 10 a.m. (No Pre-Entry). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

December 25 (Monday):

San Francisco: Christmas Blind Date Relays, 2x2 Mi. (1 man, 1 woman), Golden Gate Park (Stow Lake Boathouse), 10 a.m. Info: (415) 668-2830.

So. El Monte: Legg Lake Red Nose Reindeer 5K Run, 9:30 a.m. Arthur Martinez, 9502

Reichling Lane, Pico Rivera 90660. (213) 949-0394.

December 29 (Friday):

San Diego: Resolution Run, 5K & 1 Mi., 6th & Laurel, 12:15 p.m. Info: Roger Martin (619) 232-7451.

December 30 (Saturday):

Muir Beach: New Year's Resolution Runs, 12K & 31K, (Muir Beach/31K, Mtn. Home Inn on Panoramic Hwy./12K), 9 a.m./31K, 10 a.m./12K. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

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

Cathedral City: Desert Princess Run-Bike-Run World Championships Series, (Short Course: 3K Run, 15K Bike, 3K Run) (Long Course: 10K Run, 62K Bike, 10K Run), Time TBA. Greg Klein & Brenda Clark, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

December 31 (Sunday):

San Francisco: First Run 5K, Location TBA, midnight. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

Lompoc: Midnight Run, 4.8 Mi. & Kids' Mile, Vandenberg Village Shopping Center (Lompoc-Casmalia Rd.), 11:15 p.m./1 Mi. (18 & Under), 11:55 p.m. John Perkins, 3304 Via Dona, Lompoc 93436. (805) 733-4308.

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

Los Altos Hills: Los Altos Midnight Run, 5K, Foothill College, midnight. Joe Mangan, Cross-Country Coach, Foothill College, 12345 El Monte Rd., Los Altos Hills 94022. (415) 949-7640.

January 1 (Monday):

Oakland: New Year's Day Race & Stride, 5K, 10K & 10K Relay, Lake Merritt Boathouse (east end of lake), 11 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Carmel: Rio Resolution Run, 5 & 10K, Rio Rd. & Hwy. 1, 9 a.m. Les Waddel, Waddel Sports, 225 Lighthouse, Monterey 93940. (408) 646-1487.

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

January 2 (Tuesday):

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

January 6 (Saturday):

Ventura: Buena 4 & 1 Mile Run, San Buenaventura State Beach, 8:30 a.m./1 Mi., 9 a.m. Steve Blum, 505 Briarwood Terr., Ventura 93001. (805) 652-1744.

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

January 7 (Sunday):

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

January 13 (Saturday):

Redding: Record Searchlight Half-Marathon & 10K, Redding Convention Center, 10 a.m. Tony Johnson, 1524 East St., Redding 96001. (916) 244-4980.

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

Fontana: City of Fontana Triathlon, 5K Run, 15K Bike, 75 Yd. Swim, Fontana High School, Time TBA. Caren Ware, Fontana Recreation Dept., P.O. Box 518, Fontana 92334. (714) 350-7635.

San Diego: McClassic VI & McFun Run, 10K & 2 Mi., South of Hilton Hotel, 8 a.m. Info: Time Murphy (619) 275-5440.

January 14 (Sunday):

Oakland: Dr. Martin Luther King, Jr. Birthday Run, 5 & 10K, Lake Merritt Boathouse

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TWINLAB

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1. Peter M. Hultman, A. Wass, O. Nasir, K. Macfadyen. Effect of different oral liquid carbohydrate diets on the rate of muscle glycogen synthesis. *Med. Sci. Sports and Exercise*, 1987, 19, 91-94.
2. Norman Lipp, Halman, T. Sauer and Ronald Wacker. In man after exercise and fructose infusion. *Scand. J. Clin. Lab. Invest.*, 1974, 33, 5-10.

(Bellevue Ave.), 9 a.m. Anthony Charles, P.O. Box 5297, Oakland 94605. (415) 636-1664.

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

Valencia: Santa Clarita Half Marathon & 5K, College of the Canyons, 7:30 a.m./H-M, 7:45 a.m./5K. Canyon Country Chamber of Commerce, 27225 Camp Plenty Rd., Suite #8, Santa Clarita 91351. (805) 252-4131.

January 20 (Saturday):

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

Stanford: East-West Family Day 5 & 10K and 1K Walk, Stanford Stadium, 9 a.m. Palo

Alto Rec. Dept., 750 N. California Ave., Palo Alto 94304. (415) 329-2381.

Fresno: Brian Sturgeon Runs, 2 Mi. & 10K, Woodward Park, 9 a.m./2 Mi., 9:30 a.m./10K. United Cerebral Palsy, 3790 N. First, Fresno 93726. (209) 221-8272.

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", c/o 5699 Kanan Rd., Agoura Hills 91301. Must be postmarked by Jan. 10. (818) 889-1664.

Paramount: Paramount 10K, Progress Park, 8 a.m. (includes World Masters Division, Jan. 15 entry deadline). Finish Line International, 7846 Connie Dr., Huntington Beach 92648. Oscar Rosales: (714) 841-5417.

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

January 21 (Sunday)

Saratoga: The Great Race, 3.4 Mi., 9 a.m. Caz Szukalski, c/o Los Gatos Rotary Club, P.O. Box 1018, Los Gatos 95031. (408) 395-8760.

San Francisco: San Francisco Zoo Run, 3 & 7 Mi., Herbst Rd. & Skyline Blvd., 8 a.m./7 Mi., 9 a.m./3 Mi. Angie Bonnici, S.F. Zoological Society, Sloat Blvd. & Great Hiway, San Francisco 94132. (415) 753-7080, x23.

Saugus: Spunky Canyon 40.5 Mile Ultra-Marathon, Santa Clarita Park, 6 a.m. Scott Butler, 31820 Mountain Shadow, Acton 91351. (805) 274-0400, 265-0555.

January 27 (Saturday):

San Rafael: Marin Biathlon, 2 Mi. Run, 10 Mi. Bike, 2 Mi. Run, China Camp area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

So. El Monte: Legg Lake 5K Loop Run,

SCHEDULE

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

San Diego: Balboa Hospital 10K & 2 Mi., Naval Hospital, 7:30 a.m. Info: Kathy Loper (619) 437-4556.

January 28 (Sunday):

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

Redondo Beach: Redondo Beach Super Bowl Sunday 10K Run & 5K Walk, 8 a.m. Redondo Beach Chamber of Commerce, 1215 No. Catalina Ave., Redondo Beach 90277. (213) 376-6911.

San Diego: Super Run IX, 10K & 2 Mi., LJV Square, 7:30 a.m. Info: Kathy Loper (619) 437-4556.

February 3 (Saturday):

Chinese Camp: Orient Express 4 Mi. Run and 1 Mi. Run/Walk, Chinese Camp School, 9:30 a.m./1 Mi., 10 a.m./4 Mi. Tuolumne County Recreation Dept., 43 Green St., Sonora 95370. (209) 533-5663.

Cathedral City: Desert Princess Run-Bike-Run World Championship Series Championships, (Short Course: 3K Run, 15K Bike, 3K Run) (Long Course: 10K Run-62K Bike-10K Run), Time TBA. Greg Klein & Brenda Clark, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

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

February 4 (Sunday):

San Francisco: Chinatown Run, 8K, Portsmouth Square (Washington & Kearny), 8 a.m. Chinatown YMCA, 855 Sacramento St., San Francisco 94162. (415) 982-4412.

Valencia: Santa Clarita Women's 5K Run/Walk, Pico Canyon, 8:30 a.m. Santa Clarita Runners, Box 638, Newhall 91322. Karen Callahan: (805) 296-0138.

San Diego: Girls & Women in Sports Day 5K & 1 Mile, Balboa Park, 7:35 a.m. Info: Una Pierce (619) 563-5677.

San Diego: San Dieguito Half Marathon, San Dieguito Park, 8 a.m. Info: Kathy Loper (619) 437-4556.

February 10 (Saturday):

Olema: Limantour Split (10 Mi), and Half Split (6.2 Mi.), Limantour Beach parking lot, Point Reyes Nat'l. Seashore, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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

San Diego: Dragon Run, 1K & 5K, Balboa Park, 7:30 a.m. Info: George Yee (619) 437-4556.

February 11 (Sunday):

Pacific Grove: Together With Love Run, 10K, Lover's Point, 9 a.m. Monterey Rape Crisis, P.O. Box 2630, Monterey 93942. (408) 373-3389.

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

ling Ln., Pico Rivera 90660. (213) 949-0394.

Oakland: Valentine Day Run/Walk, 5 & 10K, Lake Merritt Boathouse (Bellevue Ave.), 10 a.m. American Heart Ass'n., P.O. Box 5157, Oakland 94605. (415) 632-9606.

February 12 (Monday):

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

February 17 (Saturday):

San Diego: Cupid's Run, 10K & 2 Mi., Balboa Park, 7:30 a.m. Info: Linda Graves (619) 437-4556.

San Diego: Here's Hope San Diego, 10K & 2 Mi., South of Hilton, 7:30 a.m. Info: James Scott (619) 273-4642.

February 18 (Sunday):

La Selva Beach: Bay View Cross-Country 10K, Monterey Bay Academy, 9:30 a.m. Gary Eggers, Monterey Bay Academy, 783 San Andreas Rd., La Selva Beach 95076. (408) 728-1481, x371.

Berkeley: Berkeley Challenge for Charity, 5 & 10K Run & Stride, Lawrence Hall of Science (Centennial & Grizzly Rds), UC Berkeley, 9 a.m. Team Challenge, 150 Panoramic Way, Berkeley 94704. (415) 841-1190, Nancy.

February 24 (Saturday):

Mill Valley: John Muir Monumental, 7.2 Mi. & 5K, Muir Beach (Hiway 1, GGNRA), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Martinez: Brickyard Run, 8.4 Mi. & 2 Mi., Rankin Park, 10 a.m. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

Ripon: Almond Blossom Run, 8K & 1 Mi., Mauvis Stouffer Park (Manley Rd.), 8:30 a.m./8K, 8:45 a.m./1 Mi. Almond Blossom Festival, Jeannie Rud, P.O. Box 537, Ripon 95366. (209) 599-3026.

February 25 (Sunday):

Stockton: Jackets Fun Run, 10K & 2 Mi., Louis Park (Mt. Diablo Ave. west of I-80), 9 a.m./2 Mi., 9:30 a.m./10K. Richard Johnson, 9875 N. Davis Rd., Stockton 95209. (209) 467-4737; 477-0943.

San Diego: Jose Cuervo Mardi Gras 10K & 2 Mi., South of Hilton Hotel, 7:30 a.m. Info: Dave Thompson (619) 236-0842.

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KEEPING PACE

BY MARK WINITZ



CHUCK DEBUS

AP Laserphoto

DeBus Decision is DePits

For a decade Southern California-based track and field coach Chuck DeBus has been accused of providing and advising performance-enhancing drugs for his athletes. And DeBus, 44, has coached more than a few top performers. From his coaching roots in Albuquerque in 1966, DeBus rapidly became a major figure on the track and field scene. From 1971 to 1988 the Los Angeles Track Club won nine national women's team titles. Their coach? DeBus. He also coached UCLA's women (1974-75) and Cal State Northridge's women (1977-80). His teams won collegiate titles in four of those years. U.S. Olympians and world record holders have trained and competed under DeBus' tutelage.

Perhaps no figure in amateur sport has been so steadily accused of supplying anabolic

steroids to athletes. For the last six months DeBus has been under investigation by TAC—to establish if the accusations are mere rumors or if they have some substance. DeBus has firmly denied the accusations. When a hearing before a TAC panel scheduled for July 11th was postponed on DeBus' request, the meeting was rescheduled for September 20th. The hearing was never held.

Before that date DeBus voluntarily resigned from the sport for a period of two years (Oct. 1, 1989 thru Sept. 30, 1991) while admitting no wrongdoing. In a pact signed by the coach and TAC, DeBus will not act as an athlete, coach, agent, manager, official, or trainer during the period. However, by May 2, 1990 he could be allowed to offer "exercise services" to athletes. DeBus is prevented from discussing the agreement, and if he doesn't violate it he won't ever be held for investigation again for any alleged or real drug activity occurring before October 1, 1989.

Critics of the agreement say that TAC knows more than it's revealing. Others say that if DeBus were brought under investigation, or if a harsh penalty were imposed, DeBus might implicate some superstars. Alvin Chriss, who is TAC's special assistant to the Executive Director, said, "I have no patience for the sanctimonious critics calling for execution. I asked anyone who knows anything to come forward. Nobody came forward. We prosecute what's in the file, not what's in someone's head."

However, by not prosecuting, everyone is left wondering. Wondering not only about DeBus, but also about every athlete who was ever coached or advised by DeBus. Regardless of whether this coach is innocent or guilty—and most of us will now probably never know—this agreement is a flagrant injustice to many fine (i.e. clean) athletes who ever had an association with DeBus, and who must now bear the burden of that association. And we are left wondering about TAC, too. In our opinion, the credibility of our national governing body of track and field is sorely damaged in this age when the world is cracking down on performance enhancing drugs. We

seem to have gone in a direction exactly opposite of Canada's federation, whose drug investigation following the 1988 Olympics has been far-reaching and lengthy. We are not asking TAC to become embroiled in a Canada-like affair. Only for a few answers. Many of us support the TAC Athletes' Advisory Committee in its call to negate the arrangement with DeBus and proceed with a reasonable investigation.

Some argue that the only way to forge ahead is to look toward the future and forget the past. However, by not shedding light on allegations (even rumors) that have been directed against a particular individual for so long, it seems that we're heading for the beam with blinders on—with Ben Johnson right on our heels: You sprint like dandy and pray.

West's Ultrarunners Continue Their Dominance

Crom and D'Onofrio Tops at Leadville

Two ultra specialists who were disappointed at the Western States 100 last June returned to the trail very quickly at the lofty Leadville Trail 100 (August 19th) in the Colorado Rockies. A civil engineer from Reno, Nevada, Sean Crom, 33, avenged a loss to Mark Brotherton (Roseville, CA) at last June's Western States as the two finished 1 and 2 a half hour apart. Seasoned ultrarunner Kathy D'Onofrio-Wood (25, Truckee, CA) not only was top woman, finishing 5th overall, but she also toppled Ann Trason's course record which was set last year. Trason had beaten rival D'Onofrio-Wood on the Squaw Valley to Auburn course this year.

The Leadville race, which was founded in 1983, challenges its competitors with an out-and-back course where the lowest elevation is 9,200 feet. The highest comes at the top of Hope Pass at 12,622 feet. The mountain tops

continued next page...

KEEPING PACE

around Leadville peak out at 14,000 feet, the highest region, all told, in the country. Spectacular views, rocky, steep, and narrow trails are common on the course. So is oxygen debt and hypothermia. This year there were two knee-deep river crossings.

At 30 miles Crom took the lead from eventual third placer Dick Brainard (Massachusetts). He never relinquished it except for a short challenge by Brotherton at the halfway turnaround. Crom finished first at 10:56 PM in 18 hours, 56 minutes, and 40 seconds. Brotherton was second in 19:24:51.

"I really got a lot of support from my two pacers," said Crom (one of whom was his brother). Pacers are allowed after 50 miles. "That was pretty nice."

"This is really my biggest ultra win," he pointed out. "I felt like at Western States I almost had it, but it kind of snuck away from me. I figured that as long as I had a decent day at Leadville I could win it."

For his effort Crom won a pair of snowshoes and a bicycle helmet (both handy for training during Reno's snowy, slippery winter). Next stop for Sean was going to be the TAC 100K Championships (Edmund Fitzgerald Ultra, Duluth, MN, Oct. 28th).

In 1988 Kathy D'Onofrio-Wood dropped out of Leadville at 71 miles as Trason went on to demolish the course record in an unprecedented 21:40. But this year, running in temperatures between the upper 60s and low 30s including some hail and snow in the passes and rain at the finish, she topped Trason's mark by almost a full hour. 20:50:41 is the new woman's standard here. Eventual third-placer, Randi Bromka (Aspen, CO), battled D'Onofrio over the first half of the race, but Kathy doggedly asserted control on the return leg. Her overall 5th placing is the highest ever by a woman at Leadville.

Imagine scoring top places in two, tough 100-mile races, just 8 weeks apart. Both Crom and D'Onofrio did it. Obviously, both are ultrarunners who are rewriting the tomes of traditional running wisdom. And which is the tougher race, Western States or Leadville? According to Crom it's hard to compare.

"Leadville is a little easier as far as terrain and its cooler. But the altitude at Leadville is what slows you down. I think if the courses were at the same elevation, then Leadville would probably be a little easier."

Other Leadville Notes: 157 starters, 140 finishers (the highest finishing percentage ever here). Helen Klein, 66, (Rancho Cordova, CA) finished in 29:25:55, making her the

oldest person ever to complete Leadville. Helen was one of four women to go on and complete the "Grand Slam" of ultrarunning's 100-milers (Western States, Old Dominion or Ve



ANN TRASON

Photo by Adarini

mont, Leadville, and Wasatch Front). Dan Maglion, 59, (Foresthill, CA) completed the race in 28:33:54, his fourth attempt at Leadville and seventh try at 100 miles.

Trason Sets 24-Hour American Record !

Oakland, CA's Ann Trason, 29, made a quick turnaround from the steep, wildland Sierra trails of Western States to the flat 1-mile road loop of Flushing Meadows-Corona Park in the borough of Queens in New York City. Here, she traveled the loop 143 times plus another 139 meters in 24 hours at the Sri Chinmoy TAC/USA 24 Hour National Champi-

onship (September 16th). While running farther than every ultrarunner in the race—including some top male ultra specialists and running farther than she ever had before, Trason, incredibly, set new records practically every step of the way.

She bettered the woman's American record for 24 hours (132 miles, 1,299 meters set in 1986 by Mary Hanudel of Toledo, Ohio). She fell short of the woman's world record (146 miles, 1,629 meters, Hilary Walker, Great Britain) by less than four miles. En route, Trason—who works as a lab technician in molecular biology—was bolstered by a PR at 50 miles (6:19), then set a new female world standard at the 12-hour mark (88 miles). Soon she became the first woman worldwide to run 100 miles in under 14 hours (13:55:02), as she broke her own WR by 34 minutes. When 24 hours were up, she even outdistanced distant second-placer Scott DeMaree, the current U.S. indoor 24-hour record holder, who went 139 miles.

Perhaps, most significantly, this is the first time that a woman has won a TAC distance running championship race outright (there were 48 starters)—maybe, the most important overall woman's victory ever, anywhere. In this respect, California's Ann Trason is a pioneer in her specialty.

Stay Tuned

I can't believe that it's already November, which, regrettably brings you the last issue of CTRN for the year, and thus the close of this column until January, 1990. But stick around. There's a lot to report on in the coming months, and I expect to see you, as usual, at the top races.

Most important this month is the TAC/USA Cross Country Nationals in San Francisco, Golden Gate Park, on November 25th for Juniors, Seniors (Open), and Masters. This is one that you won't want to miss, since many of the top cross country runners in the nation will be competing. Of course, Pat Porter will be in the limelight—gunning for his record eighth national cross country title. He knows the course well, having won the national championship on this same Golden Gate Park course in 1986. Be sure to catch the November issue of my *RunCal* newsletter where I interview Pat in a pre-competition special. Even if you don't compete on November 25th, come on out and watch. It will be quite a gathering.

continued next page...

KEEPING PACE

It's been a busy summer and early Fall for me, even though my own running took the worst downturn in my 11-year "career." 3,000 miles plus of training and racing per year for too many years without major injury or lay-offs, I think, finally took their toll. Although I've continued to cover my share of races on the spot, many of you have kindly inquired why you haven't seen me competing. Serious asthma for the first time in my life, plus complicating bronchitis and other respiratory infections, pretty much put me out of training and many of my regular activities for months. Why all of a sudden? The doctors say allergies are the culprit; suddenly I'm allergic to grasses, trees, weeds, our pet cat—just about everything. My immune system has gone haywire, I suspect, from too much training and on-the-job stress for too long.

It's a major crisis when you're used to everyday training, and then all of a sudden you

can't slog through a single 8-minute mile without becoming overwhelmingly fatigued, having to stop, heart racing crazily, gasping for air. Just sitting around, it was often difficult to breathe day after day. I slept a lot. At my desk, everywhere. My medicine cabinet bulged with prescription drugs. A persistent smoker's-type cough wracked my frame.

Thankfully, I've been able to start running again. For awhile there, I was wondering if I ever would again.

Joe Henderson once observed in his writing that a runner really doesn't mature until they experience a running career-threatening injury. To that, I'd have to add illness. Stories of runners' maladies and recoveries are profuse. In my profession I've heard about and seen many other runners' difficulties. But I never knew what those pains were like until the last six months.

It probably will be at least several more months before I'm back again. I don't know

how long I'll have to depend on asthma medication, or before I regain the full cooperation of my respiratory system. But I do know that I'll never again take long periods of trouble-free running for granted. And I won't hesitate to take the necessary time off when my training or racing tell me that it's time for a break. And I won't believe again that just because healthy running tells me I'm fit that I'm immune to the ailments that afflict runners and non-runners alike.

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 he publishes the RunCal Newsletter on California running. Besides being the California state recordkeeper of road racing records for TACSTATS/USA, Mark announces, publicizes, and helps promote running events. Please direct any correspondence on California running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

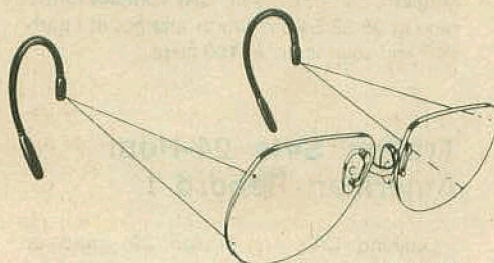
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THE ATHLETE'S KITCHEN

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



Quick Fixes: Sugar and Caffeine

WHEN IT'S AN HOUR before your workout and you're lagging on energy, the chances are you've experimented with various "quick fixes". Two popular choices are sugar and caffeine. Some athletes thrive on a candy bar before a workout or a competitive event; others prefer a caffeine jolt. Are either of these sure fixes?

Sugar: *I tend to seek out a sugar fix before I exercise -- a few cookies, a candy bar. I've heard that pre-exercise sugar can hinder performance, but I've never experienced negative effects. Why not??*

For some athletes, pre-exercise sugar does have a negative effect upon performance. In 1978, Dr. David Costill gave six cyclists 300 calories of sugar (the equivalent of two cans of soft drinks) 45 minutes before they exercised. The high concentration of sweets triggered the pancreas to secrete an abnormally large amount of insulin to transport the sugar from the blood into the muscles. When the subjects started to exercise, the exercise acted like more insulin, in that it took more sugar out of the blood. Hence, their blood sugar dropped very low and they developed low blood sugar (hypoglycemia), commonly noticed by symptoms such as shakiness, fatigue, irritability and inability to concentrate -- all factors that can hurt performance.

Then years later, this study was repeated using different subjects. This time, the cyclists experienced no hypoglycemic effects. The researchers concluded that while pre-exercise sugar for some athletes can have negative effects, for others it can be tolerated. It seems that each of us has a different tolerance to sugar. If you're "sugar sensitive" and have noticed that pre-exercise sugar hinders your performance, you should stay away from the stuff. If you can handle it, small amounts may provide a small energy boost that can actually enhance stamina.

If choosing a "sugar fix", keep in mind that pure sugar, as in a soft drink or juice, may

contribute to a higher risk of developing hypoglycemia than choosing a sugary food, such as cookies or candy. Cookies and candy contain a significant amount of fat along with the sugar, and this buffers the sugar's entry into the blood stream. Hence, candy and cookies tend to have a lower glycemic effect (that is, effect upon raising blood sugar level) than do simple sugars or even complex carbohydrates such as plain bread or potatoes. Hence, the traditional admonition to avoid candy bars pre-exercise is perhaps unnecessary for some athletes. In fact, research presented at the 1989 American College of Sports Medicine convention (Baltimore, May) indicated that athletes who ate candy bars pre-exercise experienced no hypoglycemic effects that hindered performance.

When it comes to energizing pre-exercise with a sugar fix, you should keep in mind that either sugar or sugary foods may increase the risk of abdominal distress, if not hypoglycemia. Hence, the better bet is to eat appropriate meals prior to exercise. For example, having an wholesome, carbohydrate-rich sports breakfast and lunch is far superior to a last minute quick fix. The meals will be digested and stored in the muscles as glycogen, giving you the needed energy. Last minute snacks may simply sit in the stomach and "talk back".

Caffeine: *Will caffeine before a workout give me extra energy?*

In the 1970's, researchers reported that caffeine prior to exercise could improve performance by stimulating the release of fats into the blood. Supposedly, with more fats available for fuel, the muscles would burn this abundant fuel rather than the limited muscle sugar (glycogen) stores. Hence, the endurance athlete would be able to exercise longer before glycogen depletion caused him/her to "hit the wall". Since these reports on caffeine's energy enhancing effect, the topic of caffeine and athletic performance have become grounds for controversy among exer-

cise physiologists and athletes alike. Whereas some claim that caffeine has an ergogenic (energy enhancing) effect, others are doubtful. The fact that caffeine was examined alone, and not in context of the athlete's prior diet and training program, may partially explain the controversy. Recent research suggests that when an athlete is well fueled and well rested, as generally occurs prior to a competitive event, caffeine has no beneficial effect upon endurance performance.

However, one attractive aspect of a "caffeine fix" is that it may make the effort seem easier. Research suggests that in some athletes a mugful of brew before a hard workout enables the athlete to work harder without noticing any increase in effort. Be forewarned, however, that caffeine can also cause the jitters, needless nervousness, a "coffee stomach", as well as have a dehydrating effect. These negative effects can certainly detract from any possible benefits. Caffeine is also a drug that's banned by the International Olympic Committee. Moderation!

When tempted to use caffeine for a pre-exercise boost, be sure to evaluate your personal sensitivity to this stimulant. As with sugar, each of us has a unique response to caffeinated beverages. Whereas some tolerate a cup of coffee or tea just fine and believe in the stuff, others avoid it like the plague. Experiment during training to determine the right dose, if any, that works for you. What seems a likely quick fix may prove to be the opposite.

Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, helps sportsactive people eat healthfully for high energy and top performance, without having to seek out quick fixes. Her books The Athlete's Kitchen (1981; \$7) and Nancy Clark's Sports Nutrition Guidebook (1989; \$15) are available through New England Sports Publ., P.O. Box 252, Boston, MA 02113.

SoCAL DIARY

By BILL MINARIK

September 11.

Cross country season officially opened Friday at the Moorpark Invitational as Pasadena CC was an easy winner over Grossmont and Glendale by a 56-86-93 count in the men's competition.

At the C/S Fullerton Invitational, Tennessee came to town and the traditional S.E.C.-power made the men's meet a runaway as they ran away from UCLA and C/S Fullerton 22-69-74. U.C. San Diego defeated runner-up Long Beach CC 21-38 in a men's Division II race. The women's race saw UCLA behind Kira Jorgensen's 1st place finish ease by Arizona 49-56 in Division I, while UCSD ran away from Azusa-Pacific 24-66 in Division II. In opening Prep Action, at the Buena Invitational Agoura behind Bryan Dameworth and Channel Islands took boys championships while Buena and Channel Islands notched girls titles.

September 18.

The Woodbridge Invitational at U.C. Irvine brought together many of the Southland's top preps, however the top times of the day belonged to none other than Agoura's Dynamic duo of Bryan Dameworth and Deena Drossin. Dameworth's time of 14:21 broke the course record by 19 seconds.

September 25.

Virtually every SoCal prep team competed in some Invitational, so we'll start with the Sonora Invitational where Fountain Valley and Antelope Valley took boys titles while Tustin and Cypress were girls winners. Mater Dei was the sweepstakes winner. The Warren Invitational saw El Modena and Salesian run away with boys titles, and El Modena and Miraleste take girls honors. Up at the Royal Invitational, Camarillo and Whittier Christian were crowned champions in the boys races, while Palos Verdes and Morro Bay emerged as girls titlists.

At the Aztec Invitational, the Arizona men's team showed that it was ready to go for the Pac-10 title as it scored a runaway 65-131 win over runner-up New Mexico State on the dis-

taff side, U.C. Irvine showed that it was ready for all comers as the Anteaters out-classed runner-up Arizona 66-99.

At the Biola Women's Invitational, the host team just got by Southern Utah 26-31.

The Humboldt State women's Invitational saw Division I power Oregon and Division II power CPSLO lock horns with the result that the Mustangs surprised the Ducks 23-35.

In the Community College ranks, the South Coast Conference has adopted the dual meet format where all teams meet every meet. In the initial confrontation Mt. SAC went 4-0 in both men and women's competition.

It seems that the final chapter may have been written on the story involving allegations that Chuck Debus has provided performance enhancing drugs to many of this country's top female athletes over the past 15 years. Without admitting any wrongdoing, Debus struck a deal with the TAC to stay out of Track & Field for 2 years.

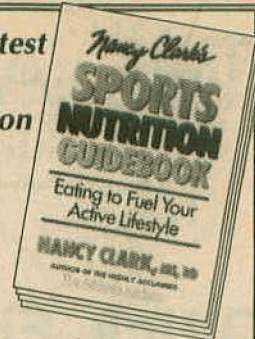
October 2.

The Bell-Jeff Invitational corraled the largest group of prep harriers last Saturday with Hart High, Long Beach Wilson, Bosco Tech, Whittier Christian and Bell-Jeff capturing boys honors, while Hesperia, Chino, Morro Bay, L.A. Baptist and Marymount came away with girls championships. At the Agoura Invitational, Arroyo Grande and Lompoc won boys races as did Buena and Newbury Park in the girls division.

At the CalTech Invitational, the host team won over an 8 team field in men's competition, while The Masters College was the women's champion.

The C/S Northridge men continued to be the surprise team of the year as they won the U.C. Riverside Invitational by a 63-75 score over the host team. On the downside, the Cal State L.A. men, who looked so dominant on paper, appear to be in for a long season after 4 of their top 5 came up scholastically ineligible. The CSLA women, however, appear to be in much better shape as was evidenced by their 71-92 victory over runner-up CSN.

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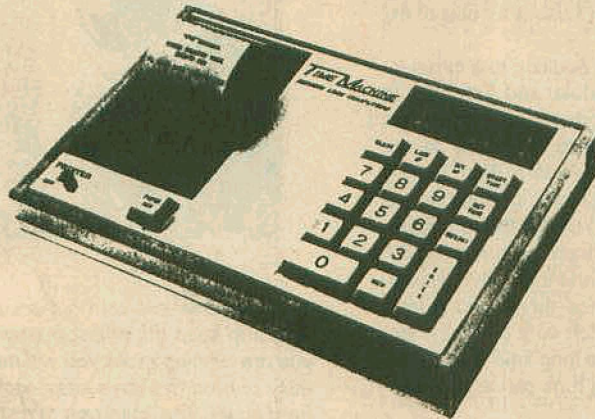
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MEDICAL NOTES FOR RUNNERS

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



gest that one exercise his prudence in running and keep the mileage down. Certainly if you are running races you will need train hard easy or hard two days easy and the third day hard again. The important thing as you say in your letter is to listen to your body and not push yourself. It's the obsessive running and training that causes injuries. George Sheehan, my dear friend, said anyone who runs over thirty miles per week without getting paid for it is crazy. He may be right. In any event, the first warning sign of any injury is stiffness and if you are getting stiff stretch a lot and cut back on your workouts. Most statistics suggest that you are better off running every other day or at least no more than five days per week when you are over fifty years of age. You may be an exception, but once again you started this sport late in life. The important thing is that you are still able to run when you are seventy or eighty.

In preparation for my book I'm writing for Runners World, I interviewed about fifteen national class master runners who I have been treating for the past twenty years. Interestingly enough, about twenty to twenty-five percent of them are no longer running and have been side-lined from their injuries. They all state it's because they ran too hard and too many races. I wouldn't want you to be one of these statistics. As long as you are triple training for triathlons, swimming, and biking you can get great workouts and keep your mileage down. That's the secret.

Stay happy and healthy and continue to use common sense in your training.

Very Sincerely Yours,
Steven I. Subotnick,
D.P.M., M.S.

A letter to Steven Subotnick from Bob Tarozzi

Dear Sir:

I have read two of your articles in *California Track & Running News* and feel the need to write you regarding injuries to oldsters.

I admit that I am fairly new to running. I am 51 year of age and I purchased my first pair of running shoes two years ago. I put them on in March of 1987, hit the road and haven't stopped since. In 1988 I entered and competed in 19 triathlons, won 9 and placed 3rd or better in the rest. I also ran 14 10K's, one half and one marathon. This year I've completed 4 triathlons, won 3 and placed 2nd in the other, and have run 3 marathons, one of which was Boston. Enough background.

"The modern running shoe has contributed significantly to my ability to run injury-free for the last two years." -BT

I have had no injuries, except for an occasional blister or black toe.

I am writing you regarding your advice to oldsters that suggests a maximum mileage of 30 miles per week. I run between 30 and 50 miles per week, in addition to biking and swimming. I carefully vary my distances each week, one week 30 miles, one week 40 miles, one week 50 miles, and then down to 40 and 30 again. I am also careful about varying my slow, easy and hard days. Normally I have two hard days, one long run and the rest either slow or easy per week. If I don't feel like going hard on my hard days I don't, and if I feel like going hard on my easy day I do. I generally rest the day before a triathlon, but train through the 10K's. I love to race and

do so about every weekend. If it's a running race and not a triathlon I use it as one of my hard days.

My feeling is that, in addition to a carefully planned training schedule and listening to those limbs, the modern running shoe has contributed significantly to my ability to run injury-free for the last two years. Also, I rarely go for a run early in the morning. The one exception is on race day. Under these circumstances I rise several hours before the race, start with a hot shower and then drive leisurely to the race site. Once there I do a long warm up and then stretch very carefully. Because "old bones" take a long time to wake up I feel that early morning runs can lead to injuries.

Perhaps two years isn't enough time to permit me to make a judgement on such a controversial issue such as running injuries. However, I thought I would like to speak what was on my mind, for whatever it's worth.

Someday I hope to be able to concentrate on running. When this day comes I am confident that I'll be able to boost my mileage to 60 and 80 miles without injuries and without any loss of enjoyment. However, I have qualified for the Ironman this year so I'll still be riding and swimming for a while.

One last point. I respectfully disagree with Dr. Sheehan. I run more than 30 miles a week, I don't get paid for it, and I'm not crazy.

Sincerely,
Bob Tarozzi.

Dear Bob:

Thanks for your letter. I'm impressed with your times and pleased that you at age 51 are still running well, even though it's only been two years since you started. Let me tell you what my experience is. I've been treating runners for 20 years now and I find that almost every runner does well for the first three years. After that time those aches, pains, and injuries tend to creep into the body. But what we often see in the master runners is that injuries they have had, ten, twenty even thirty years ago associated with football, basketball, or other sports when they were a kid, start surfacing when they reach their fifties, or even their forties and are long distance runners. That being the case, I always sug-

Olympians Pole Vault Goes Well Beyond Basics

Story and Phtos by Vicki Kite

(An Article published by Five Cities Times-Press-Recorder, Arroyo Grande, CA. July 21, 1989)

San Luis Obispo.

Surfing until 9 a.m., rope swinging until noon, practice vaults until 4 p.m. or so, vaulting till dusk and bedtime at 9.

Welcome to Jan Johnson's Sky Jumpers pole vaulting camp, conducted alternately at Cal Poly, Johnson's House in Atascadero and the Pacific Ocean.

The 1989 California summer camp drew about 65 vaulters statewide.

Most were about age 16 with an average personal record of 12 feet and an interest in raising that mark, although Bruce Hotaling, 40-plus, of San Luis Obispo used the camp to train for the World Masters track and field meet in Eugene, Oregon.

"This really focuses on beginning kids," said Johnson, the Cal Poly vault coach who started Sky Jumpers a year after he won a bronze medal at the 1972 Olympics. "Teach them the right way right from the start."

The counselors were former campers who now vault at the college level. They are testimony to the camp's success.

Steve Nelson of San Jose assured his group that he was no born vaulting expert: "I went to three of Jan's camps and that's how I learned to pole vault."

Carl Schnabel, who first attended camp as a college freshman, recalled when he first practiced planting the pole in the pit.

"The first time I did it, Jan had to push me. I was stuck teetering in the middle," he said.

P.J. Magallanes, who vaulted 16-6 for Cuesta College last season, demonstrated how to plant the feet before vaulting--keep the right leg back and "punt" with the left--and warned the campers against getting their elbow in front of the pole.

"One, you get it knocked all the time," he explained. "Two, your arm gets caught and you can't go anywhere."

On-campus instruction concentrated on the complete vault, from the stance to the plant to the landing on the mat.

This was Johnson's fifth camp in as many weeks, following sessions in Illinois, Ohio,

Pennsylvania and Virginia. He also conducts a spring break Sky Jumpers session and camps in New Zealand and Singapore.

San Luis Obispo is definitely the home base, however--not just because it's in Johnson's hometown but because it's in California.

"I get kids from all over -- Illinois, New York, Pennsylvania--50-60 kids all over those great Midwestern states," said Johnson, himself an Illinois native who practiced the sport on his family's farm.

When the Midwesterners come to California, Johnson takes them surfing. "They're all fired up because they've never seen the ocean before," he said.

Surfing is not just an avocation; it helps loosen shoulder muscles. This particularly helps in Johnson's other notable vault coaching method.

He often takes his campers from surfside directly to his house, where he keeps a practice pit in the backyard.

Between the pit and a series of wooden steps is a rope hanging 20 feet from the ground and knotted at the bottom. The object is to rope-swing from the steps to the pit and clear the height set by the bungee cord.

The tricky part, as Magallanes showed in the morning session is using the rope as if it were a pole.

The temptation with rope -- which is obviously more flexible than fiberglass--is to hunch the shoulders and curl up. That won't improve a vaulter's stance or propel him over the bungee.

"It's gotten to the point where I can't teach vaulting without having one of them," John-

son said about his rope swing courses, which are at all his camps.

He has varied the training technique from what was being done when he first saw rope swing training at the University of Oregon in 1977.

"They were jumping with their feet on the knot," he explained. "We kept adjusting and refining it until it's more like actual pole vaulting."

The setup at Atascadero also serves as a jungle gym for his two children, Chelsea, 5, and Clay, 3.

Campers and counselors stayed at Yosemite Hall, one of the Poly dormitories.

"When we have spring break and Christmas camps, we can't stay in the dorms," Johnson said. "So we stay at Camp San Luis Obispo. We stay in Army huts -- that's a beaut."

Despite the military locale of his winter camps, Johnson said he isn't compared so much with Gen. Patton as with Don Vito Corleone.

"Some of these guys call me the Godfather, mainly because I'm kind of demanding and I'm kind of a butt sometimes. But I like kids and I like coaching."

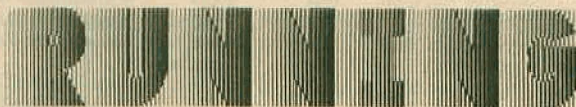
As he spoke, he watched a blond boy wearing a Seattle Seahawks cap do a practice vault. The boy landed perfectly on the mat.

"Oh, that was the one!" Johnson said. "Oh, we got a smile on our face!"

The blond grinned bashfully.

California Track & Running News

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NATALIE KAAIAWAHIA (Photo by Bill Leung, Jr.)

The attached California high school girls all-time list includes marks reported through August 10, 1989.

As usual, I am indebted to the help of many people including especially Ron Blackwood, Keith Conning, Jack Shepard, and Doug Speck. None of these, however, bear any responsibility for any errors or omissions, which should be reported to Bob Womack, 1465 East Portals, Fresno, California 93710.

We continue to be struck by the increasing stability of these lists. When we started compiling them a decade or so ago, there was an annual upheaval with the charts for each event getting a real face lift every year.

Now? Two or three changes in the top 25 is about par; in three events—400, 800, and 1500—there haven't been any new faces in the last two years (actually, three years for the 800 and 1500). The most action in 1989 came in the triple jump, which produced seven new names. But the TJ is only eight years old as a girls event which means it should be where the other events were at the start of the decade.

The 1980's marked the coming of age of high school girls' track. The quality at the very top level might not have been quite as good as the 1970's—we're talking Mary Decker, Evelyn Ashford, and Valerie Brisco here—but no apologies are required for a decade that produced Gail Devers, the Howard sisters, Leslie Maxie, Wendy Brown, Leslie Deniz, and, possibly best of all, Natalie Kaaiawahia, who put all the high school shot put records out of sight, almost made the Olympic team one year out of high school, and abruptly retired.

Who will the stars of the 1990's be? Juliana Yendok of Walnut (and Ghana) might be a good guess; she set a national sophomore class record in the triple jump and just missed the state soph mark in the long jump, winning both events in the CIF championships.

More likely, the high school star of the 90's is somewhere in the third or fourth grade and has yet to compete in her first meet. Guessing is at least half the fun.

Sincerely,
Robert M. Womack

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 Mesa, Oxn.)-3 | 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 |
| 11.53 | Inger Miller (Muir, Pasadena) | 1989 |
| 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 | 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 |
|------|----------------------------------|------|

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)-2 | 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 |
| 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 |

All-Time CALIFORNIA High School Girls List

By BOB WOMACK

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 | Janenne Vickers (Pomona) | 1986 |
| 52.83 | Leslie Maxie (Mills, Millbrae)-1 | 1984 |
| 53.10 | Linnetta Wilson (Muir, Pasadena) | 1985 |
| 53.12 | Frieda Cobbs (Berkeley) | 1978 |
| 53.13* | Charlette Cooke (St. Mary's, L.A.) | 1966 |
| 53.20 | Paulette Blalock (Compton) | 1984 |
| 53.34 | Jeannie Arnold (Locke, L.A.) | 1982 |
| 53.42 | Arise Emerson (Westminster)-1 | 1978 |
| 53.42 | Gervaise McCraw (Ganeshia, Pomona) | 1982 |
| 53.46 | Marian Franklin (Baboa, S.Franisco) | 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 | Nedra 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* Charlette Cooke (St. Mary's, L.A.) 1966.

| | | |
|---------|---------------------------------------|------|
| 2:02.29 | Mary Decker (Orange) @ Durham | 1974 |
| 2:03.8* | Charlette Cooke (St. Mary's, L.A.) | 1966 |
| 2:04.37 | Ann Regan (Camden, San Jose)-3 | 1977 |
| 2:04.59 | Kerri Zaleski (Milikan, Long Beach)-1 | 1985 |
| 2:04.91 | Trena Hull (Compton)-1 | 1984 |
| 2:05.43 | Linda Goen (North, Bakersfield) | 1977 |
| 2:05.7 | Rennie Durrand (Laguna Beach)-1 | 1980 |

continued next page...

All-Time California High School Girls List

| | | |
|---------|--|------|
| 2:05.84 | Jessica Spies (Livermore) | 1981 |
| 2:05.9 | Francie Larrieu (Fremont, Sunnyvale) | 1970 |
| 2:05.9 | Lynn Hollins (Riverside) | 1976 |
| 2:06.01 | Donna Curtis (Culver Cit)-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 | Arlise Emerson (Westminster) | 1978 |
| 2:07.9* | Kathy Costello (Pleasant Hill, San Jose)-2 | 1975 |
| 2:08.00 | Lesley Noll (Mt. Carmel, San Diego) | 1985 |
| 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 Larrieu (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8+ Polly Plumer (University, Irvine) 1982.

| | | |
|---------|---|------|
| 4:16.8 | Francie Larrieu (Frem, Snyv)@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 Francais, L.A.) | 1983 |
| 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 |

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 Seleine (University, Irvine) | 1983 |
| 4:45.13 | Laurie Chapman (Gund, San Jose) | 1986 |
| 4:45.2* | Jessica Spies (Livermore) | 1982 |



POLLY PLUMER

Fine Flicks by Don Gosney

| | | |
|----------|--------------------------------------|------|
| 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 | Gladys Prieur (La Lycer 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, SJose)@ 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, SJose) | 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 |
| 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 | Heike 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 (Chaminade, 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 SJose)-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* | Heike 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, Nail 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 |

continued next page...

All-Time California High School Girls List

| | | |
|--------|--------------------------------------|------|
| 13.69 | Felice Lipscomb (Santa Monica)-1 | 1989 |
| 13.71 | Marlene Harmon (Thousand Oaks) | 1980 |
| 13.71 | Sherifa 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 |
| 13.76 | Kwani Stewart (Yuba City) | 1989 |
| 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 |
| 13.83 | Doris Williams (Poly, Riverside) | 1987 |
| 13.86 | Michelle DeCoux (O'Dowd, Oakland)-1 | 1988 |
| 13.87 | Leslie Maxie (Mills, Millbrae) | 1984 |
| 13.87 | Kelly Peacock (Van Nuys) | 1985 |
| 13.88 | Robyne Johnson (Berkeley) | 1981 |
| 13.91* | Kim Costello (El Camino, South S.F.) | 1978 |

Hand-Timing (110y) (+ 33 inch hurdles):

| | | |
|-------|-----------------------------------|------|
| 13.4 | Judy Young (Berkeley)-1 | 1980 |
| 13.4 | Carrie Franklin (Muir, Pasadena) | 1985 |
| 13.5+ | Lorna Tinney (Oceanside) | 1972 |
| 13.6+ | Bobbette Krug (La Jolla) | 1972 |
| 13.6y | Yvonne Boone (Fremont, Oakland)-2 | 1974 |
| 13.6 | Johnson | 1980 |

300 Meter Hurdles

State Meet Record: 40:26 Janeene Vickers (Pomona) @ Sacramento 1987. **Frosh:** 42:26 Twila Sims (Lompoc) 1989. **Soph:** 41:78 Ronda Brooks (Oakland) 1985. **Junior:** 40:18 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 40:26 Janeene Vickers (Pomona) 1987.

| | | |
|-------|---|------|
| 40.18 | Leslie Maxie (Mills, Millbrae)-2 @ Berkeley | 1984 |
| 40.26 | Janeene Vickers (Pomona)-2 | 1987 |
| 41.09 | Gayle Kellon (Walnut)-2 | 1982 |
| 41.44 | Michelle Taylor (Ganessa, Pomona) | 1984 |
| 41.54 | Linnetta Wilson (Muir, Pasadena) | 1985 |
| 41.78 | Ronda Brooks (Oakland) | 1985 |
| 41.86 | Effie Daetz (Leigh, San Jose) | 1987 |
| 41.94 | Laurie Smith (Valley, Sacramento) | 1987 |
| 42.16 | Michelle DeCoux (O'Dowd, Oakland)-1 | 1988 |
| 42.25 | Audrey Williams (Saugus)-1 | 1981 |
| 42.26 | Gail Devers (Sweetwater, National City) | 1983 |
| 42.36 | Lana Cantrell (Muir, Pasadena) | 1985 |
| 42.37 | Sherifa Sanders (Berkeley) | 1981 |
| 42.50 | Janice Farwell (Millikan, Long Beach) | 1984 |
| 42.54 | Twila Sims (Lompoc)-1 | 1989 |
| 42.55 | Sharon Hatfield (Fountain Valley) | 1982 |
| 42.55 | Melissa King (Fremont, L.A.) | 1984 |
| 42.60 | Keri Sanchez (Santa Teresa, S.J.) | 1989 |
| 42.62 | Felicia Thompson (Jordan, Long Beach) | 1982 |
| 42.69 | Staci Leach (Thousand Oaks) | 1987 |
| 42.74 | Karen Brown (Sir Fran Drake, S. Ansel) | 1984 |
| 42.78 | Regina Weatherford (Locke, L.A.) | 1988 |
| 42.79 | Kelly Peacock (Van Nuys) | 1986 |
| 42.79 | Laura Ainsworth (Fremont, L.A.) | 1986 |
| 42.86 | Gina Albanese (Branham, San Jose) | 1986 |

Hand Timing:

| | | |
|------|---------------------------------|------|
| 42.5 | Laura Ainsworth (Fremont, L.A.) | 1987 |
|------|---------------------------------|------|

High Jump

State Meet Record: 6-2 Latrese Johnson (Clovis) @ Sacramento 1985. **Frosh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980. **Soph:** 6-0 1/4 Sue McNeal (Carlsbad) 1978. **Junior:** 6-2 Latrese Johnson (Clovis) 1984. **Senior:** 6-2 3/4 Latrese Johnson (Clovis) 1985.

| | | |
|----------|---|------|
| 6-2 3/4 | Latrese Johnson (Clovis)-1 @ Sanger | 1985 |
| 6-2 1/4 | Wendy Brown (Woodside)-1 | 1984 |
| 6-2 1/4 | Julie Ann Broughten (Woodland) | 1989 |
| 6-1 | Sue McNeal (Carlsbad)-1 | 1979 |
| 6-1 | Tonya Mendonca (Mt. Whitney, Visalia)-1 | 1983 |
| 6-0 | Karen Lysaght (St. Francis, Sacto)-1 | 1980 |
| 6-0 | Yeana Carrasco (Anaheim)-1 | 1985 |
| 6-0 | Celia Willis (Clovis West) | 1988 |
| 6-0 | Crissy Mills (Campbell Hall, L.A.)-2 | 1989 |
| 6-11 1/2 | Tonya Alston (Chico)-1 | 1979 |
| 5-11 | Kathy Hamilton (Beyer, Modesto) | 1979 |
| 5-11 | Katrena Johnson (Marshall, Pasadj)-2 | 1981 |
| 5-11 | Maggie Van Zoeland (Acal, Lafayette) | 1981 |
| 5-11 | Ursula Lovely (Kennedy, La Palma) | 1985 |
| 5-10 3/4 | Lori Svoboda (El Dorado, Placentia) | 1989 |
| 5-10 1/2 | Denise Yamada (Dos Pueblos, Goleta) | 1983 |
| 5-10 1/2 | Lori Mertes (Chatsworth) | 1989 |
| 5-10 1/4 | Cindy Gilbert (Oceanside) | 1974 |
| 5-10 1/4 | Kari Gossweiler (Upland)-2 | 1978 |
| 5-10 1/4 | Nancy Redican (Simi Valley) | 1978 |
| 5-10 | Pam Blackburn (Cubberley, Palo Alto) | 1975 |
| 5-10 | Lisa Greenfield (Redwood, Larkspur) | 1980 |
| 5-10 | Linda Soja (Poly, L.A.) | 1980 |
| 5-10 | Laura Campbell (Troy, Fullerton) | 1981 |
| 5-10 | Allison Walker (Hoover, Glendale) | 1981 |
| 5-10 | Beth Vidakovits (St. Fran, Mt. View) | 1984 |
| 5-10 | La Shawn McBride (Poly, Long Bch) | 1985 |
| 5-10 | Debbie Orr (Ocean View, Hunti Bch) | 1986 |
| 5-10 | Karol Damon (Redlands) | 1987 |
| 5-10 | Lynn Patrick (Serra, San Diego)-1 | 1987 |

Long Jump

State Meet Record: 20-9 3/4 Wendy Brown (Woodside) @ Los Angeles 1984. **Frosh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 20-8 Wendy Brown (Woodside) 1982. **Junior:** 20-11 1/4 Madette Smith (Quartz Hill) 1986. **Senior:** 20-11 Madette Smith (Quartz Hill) 1987.

| | | |
|-----------|--------------------------------------|------|
| 20-11 1/4 | Madette Smith (Quartz Hill)-1 @ Tow | 1986 |
| 20-9 3/4 | Wendy Brown (Woodside)-2 | 1984 |
| 20-8 3/4 | Kim Attlesley (Corona Del Mar) | 1971 |
| 20-8 3/4 | Marlene Harmon (Thousand Oaks)-1 | 1980 |
| 20-8 1/2 | Jodi Anderson (Washington, L.A.)-3 | 1975 |
| 20-7 | Dora Lee Roberts (Riverdale) | 1971 |
| 20-7 | Gail Devers (Sweet, Natil City)-1 | 1984 |
| 20-7 | Annette Coleman (Carlmont, Belmont) | 1989 |
| 20-6 1/2 | Juliana Yendork (Walnut)-1 | 1989 |
| 20-5 | Gwen Loud (Westchester, L.A.)-1 | 1979 |
| 20-4 1/2 | Carrie McLaughlin (Davis, Modesto) | 1979 |
| 20-3 1/2 | Joanna Harper (Fremont, L.A.) | 1980 |
| 20-2 1/2 | Denise Paschal (Lowell, San Fran) | 1966 |
| 20-1 1/4 | LaShawn Simmons (El Monte) | 1987 |
| 20-0 | Tammy Bryant (Ventura) | 1983 |
| 19-11 1/2 | Sabrina Williams (Vly Christ, Cerri) | 1981 |
| 19-11 1/4 | Serina Strange (Indio) | 1987 |
| 19-10 1/2 | Melanie Markham (Dorsey, L.A.) | 1980 |
| 19-10 | Yvette Roberts (Washi, Easton)-1 | 1985 |
| 19-9 | Lisa Gourdiene (El Toro)-1 | 1977 |
| 19-8 | Kathy Haynes (Madera)-1 | 1978 |
| 19-7 3/4 | Lorna Tinney (Oceanside) | 1972 |
| 19-7 1/2 | Yvette Bates (Berkeley) | 1984 |
| 19-7 | Ronda Brooks (Oakland) | 1986 |
| 19-6 3/4 | Sherifa Sanders (Berkeley) | 1981 |

Triple Jump

State Meet Record: 42-10 1/2 Wendy Brown (Woodside) @ Los Angeles 1984. **Frosh:** 39-9 1/2 Keri Sanchez (Santa Teresa, San Jose) 1988. **Soph:** 42-6 3/4 Juliana Yendork (Walnut)

1989 Junior: 40-8 3/4 LaFrenia West (Grossmont, La Mesa)
1988 Senior: 42-10 1/2 Wendy Brown (Woodside) 1984.

| | | |
|-----------|---------------------------------------|------|
| 42-10 1/2 | Wendy Brown (Woodside)-3 @ L.A. | 1984 |
| 42-5 1/2 | Yvette Bates (Berkeley) | 1984 |
| 41-8 1/4 | Jackie Anderson (Mt. Miguel, Spr Vly) | 1987 |
| 40-11 | Sheila Hudson (Rio Linda)-1 | 1985 |
| 40-9 3/4 | Althea Moses (Morningside, Inglewd)-1 | 1988 |
| 40-8 3/4 | La Frenia West (Grossmt, La Mesa) | 1988 |
| 40-6 3/4 | Rochelle Johnson (Henry, San Diego) | 1989 |
| 40-2 3/4 | Renita Robinson (Manual Arts, L.A.) | 1983 |
| 40-2 | Felicia Harris (San Lorenzo)-1 | 1986 |
| 40-1 1/2 | Keri Sanchez (Santa Teresa, S.J.) | 1989 |
| 39-11 1/2 | Lisa Fager (Mission Viejo) | 1989 |
| 39-11 | Krystal Kirkland (Hesperia) | 1989 |
| 39-10 | Rosanda Glenn (West Covina) | 1989 |
| 39-9 1/2 | Janis Diggs (Salinas) | 1984 |
| 39-8 1/4 | Debbie Orr (Ocean View, Hunti Bch) | 1986 |
| 39-8 | Camille Robertson (Redlands) | 1984 |
| 39-7 | Gayle Wadsworth (Hawthorne) | 1982 |
| 39-7 | Carole Jones (Chino) | 1983 |
| 39-6 1/2 | Carlene Turner (Muir, Pasadena) | 1988 |
| 39-6 1/4 | Kim Lassair (Northgate, WalCrk)-1 | 1987 |
| 39-6 | Gail Devers (Sweet, National City) | 1984 |
| 39-5 1/2 | Kim Taylor (Valencia, Palacentia) | 1985 |
| 39-3 1/2 | Stephanie Harf (Ygnacio Vly, Concord) | 1989 |
| 39-3 | Dianne West (Logan, Union City) | 1986 |

Shot Put

(4 Kg.)

State Meet Record: 52-7 Natalie Kaaiawahia (Fullerton) @ Bakersfield 1983. **Frosh:** 48-4 1/2 Natalie Kaaiawahia (Fullerton) 1980. **Soph:** 52-4 1/2 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 52-2 1/2 Natalie Kaaiawahia (Fullerton) 1982. **Senior:** 53-7 3/4 Natalie Kaaiawahia (Fullerton) 1983.

| | | |
|-----------|-------------------------------------|------|
| 53-7 3/4 | Natalie Kaaiawahia (Full)-4 @ Norwk | 1983 |
| 50-3 1/2 | Lynn Graham (Muir, Pasadena) | 1965 |
| 50-0 1/2 | Emily Dole (Buena Park) | 1975 |
| 49-6 | Kathy Devine (Miss Bay, San Di)-2 | 1974 |
| 48-11 3/4 | Susie Ray (Villa Park)-1 | 1980 |
| 48-9 | Dawn Dumble (Bakersfield) | 1989 |
| 47-11 1/2 | Iva Wright (Edison, Fresno) | 1971 |
| 47-10 1/2 | Melissa Weis (Bakersfield)-1 | 1989 |
| 47-9 3/4 | Debra Corley (Garces, Bakersfield) | 1981 |
| 47-4 1/2 | Brandi Gail (Rowland, HaciIts.-1) | 1986 |
| 46-11 1/4 | Elaina Oden (Irvine)-1 | 1985 |
| 46-9 | Dot Jones (Hilmar) | 1982 |
| 46-9 | Latonja Floyd (Oak Grove) | 1984 |
| 46-9 | Heidi Adams (Mission Viejo) | 1985 |
| 46-6 1/2 | Pam Alexander (Arlington)-1 | 1983 |
| 46-1 1/2 | Rosario Ramos (Anaheim) | 1979 |
| 46-0 1/2 | Lorraine Costanzo (Saugus) | 1981 |
| 45-7 1/2 | Yolanda Fletcher (Crenshaw, L.A.) | 1981 |
| 45-7 | Tracy Wilson (Taft, Woodland Hills) | 1988 |
| 45-5 3/4 | Denise Holloway (Blackford, S.Jose) | 1975 |
| 45-3 | Jill Palmer (Clarksville) | 1983 |
| 45-2 1/2 | Wendy Bradshaw (Saugus) | 1982 |
| 45-2 1/4 | Sharon Hamilton (Santa Monica) | 1980 |
| 45-0 3/4 | Tracy Crawford (Sowest, San D) | 1986 |
| 44-11 3/4 | Cindy Nikko (Mt. Eden, Hayward) | 1983 |

Discus

State Meet Record: 172-11 Leslie Deniz (Gridley) @ Berkeley 1980. **Frosh:** 157-7 Dawn Dumble (Bakersfield) 1987. **Soph:** 163-0 Melissa Weis (Bakersfield) 1988. **Junior:** 175-10 Leslie Deniz (Gridley) 1979. **Senior:** 183-11 Leslie Deniz (Gridley) 1980.

continued next page...

All-Time California High School Girls List

| | | |
|--------|---------------------------------------|------|
| 183-11 | Leslie Deniz (Gridley)-2 @ Lancaster | 1980 |
| 174-9 | Natalie Kaaiwahia (Fullerton)-2 | 1983 |
| 170-11 | Dawn Dumble (Bakersfield)-1 | 198x |
| 168-0 | Melissa Weis (Bakersfield)-2 | 1989 |
| 167-8 | Candy Roberts (Don Lugo, Chino) | 1989 |
| 167-5 | Jacque Norton (Mission Viejo)-1 | 1982 |
| 167-1 | Laura DeSnoo (Washington, Fremont) | 1981 |
| 164-10 | Karen Nickerson (Cord, Rancho Cord) | 1982 |
| 162-11 | Kim Kesler (Vintage, Napa) | 1983 |
| 162-2 | Lil Ili (Nogales, La Puente)-1 | 1985 |
| 162-0 | Lori Parker (Ramona) | 1986 |
| 161-10 | Linda Langford (Leigh, San Jose) | 1969 |
| 160-6 | Alison Franke (Canyon, Anaheim) | 1989 |
| 159-1 | Stacey Hom (Cord, Rancho Cord)-1 | 1984 |
| 158-7 | Toni Jutjens (Richetti, Santa Maria) | 1983 |
| 158-4 | Christi Pyle (Hoover, Glendale)-1 | 1981 |
| 157-9 | Tracy Crawford (Southwest, SDiego)-1 | 1986 |
| 157-6 | Lacy Barnes (Burroughs, Ridgecrest) | 1983 |
| 156-1 | Jennifer Peters (Gunn, Palo Alto) | 1989 |
| 155-6 | Terri Sabol (Buena Park) | 1975 |
| 155-6 | Cindi Durschlag (San Carlos) | 1981 |
| 155-6 | Debbie Cembellin (Amador Vly, Pleas.) | 1989 |
| 153-9 | Reneeka Williams (Nogales, La Puente) | 1988 |
| 152-1 | Iva Wright (Edison, Fresno) | 1971 |
| 151-9 | Glenda Ford (Atwater) | 1979 |

400 Meter Relay

(* 440 Yards Minus 0.23)

State Meet Record: 45.13 Berkeley (King, Ware, Johnson, Rodgers) @ Norwalk 1981.

| | | |
|--------|---|------|
| 45.11 | Hawthorne-1 @ Walnut (Wheeler, Grant, Amy, Stiles) | 1985 |
| 45.13 | Berkeley-1 (King, Ware, Johnson, Rodgers) | 1981 |
| 45.23 | Muir (Pasadena) (Cantrell, Miller, Wilson, Franklin) | 1985 |
| 45.42 | Dorsey (Los Angeles)-1 (Stewart, Peterson, Rolfe, Dawkins) | 1982 |
| 45.54 | Hawthorne-1 (Thomas, Wheeler, Amy, Stiles) | 1986 |
| 45.81 | Kennedy (Granada Hills)-1 (Howard, Thompson, Howard, Howard) | 1980 |
| 45.91* | Crawford (San Diego)-1 (Young, Gaston, Reed, Lovelady) | 1977 |
| 45.99 | Hawthorne-1 (Allen, Price, Burrell, Grant) | 1984 |
| 46.01* | Berkeley | 1979 |
| 46.06 | Poly (Long Beach) (Evans, Smith, Randolph, Paige) | 1980 |
| 46.14 | Dorsey (Los Angeles) | 1981 |
| 46.15 | Hawthorne-1 (Burrell, Grant, Allen, Hill) | 1983 |
| 46.16 | Berkeley (Whitehead, Rice, Bates, Rodgers) | 1982 |
| 46.19* | Centennial (Compton) | 1977 |
| 46.21 | Fremont (Los Angeles) (James, Gill, Harper, Ellery) | 1982 |
| 46.23 | De Anza (Richmond) (Ward, Carpenter, Russell, Brandon) | 1980 |
| 46.26 | Ganesha (Pomona) (McCraw, Sellers, Robinson, Taylor) | 1982 |
| 46.26 | Hawthorne | 1982 |
| 46.31 | Hawthorne | 1987 |
| 46.37 | Kennedy (Granada Hills) (Grant, Howard, Johnson, Howard) | 1981 |
| 46.46 | Dorsey (Los Angeles) (Rolfe, Bradley, Pullins, Paul) | 1983 |
| 46.46 | Hawthorne | 1989 |
| 46.46 | Muir (Pasadena)-1 | 1989 |
| 46.49 | Muir (Pasadena) | 1984 |

| | | |
|---------------------|---|------|
| 46.55 | (Bryant, Wilson, Cantrell, Franklin) Manual Arts (Los Angeles) | 1981 |
| Hand Timing: | | |
| 45.7 | Berkeley (Rodgers, Ware, King, Young) | 1980 |
| 46.2 | Muir (Pasadena) (Bryant, Wilson, Cantrell, Franklin) | 1984 |
| 46.3 | Compton | 1984 |

1600 Meter Relay

(* Mile Minus 1.1)

State Meet Record: 3:37.71 Kennedy (Granada Hills) (Howard, Cook, Johnson, Howard) @ Norwalk 1981.

| | | |
|---------|---|------|
| 3:37.69 | Muir (Pasadena)-1 @ Walnut (Cantrell, Caddell, Franklin, Wilson) | 1985 |
|---------|---|------|



CATHY SULINSKI

Fine Flicks by Don Gosney

| | | |
|---------|--|------|
| 3:37.71 | Kennedy (Granada Hills)-1 (Howard, Cook, Johnson, Howard) | 1981 |
| 3:37.98 | Kennedy (Granada Hills)-1 (Howard, Cook, Howard, Howard) | 1980 |
| 3:38.65 | Locke (Los Angeles)-1 (Giddens, Culliver, Sims, Knighten) | 1984 |
| 3:39.07 | Manual Arts (Los Angeles) (Holland, Wright, Jackson, Bonty) | 1981 |
| 3:39.83 | Poly (Long Beach) (Rambo, Randolph, Smith, Paige) | 1980 |
| 3:40.59 | Compton (Bennett, Watson, Hull, Blalock) | 1984 |
| 3:41.21 | Hawthorne | 1985 |
| 3:41.33 | Berkeley (Rice, King, Johnson, Rodgers) | 1981 |
| 3:41.72 | Dorsey (Los Angeles)-1 (Willis, Peterson, Rolfe, Dawkins) | 1982 |
| 3:42.31 | Compton-1 | 1986 |

| | | |
|---------|--|------|
| 3:42.79 | Manual Arts (Los Angeles) (Holland, Jackson, White, Wright) | 1980 |
| 3:43.0* | San Geronio (San Bernardino)-1 (Howard, Howard, Howard, Howard) | 1979 |
| 3:43.15 | Hawthorne (White, Thomas, Stiles, Amy) | 1986 |
| 3:43.26 | Ganesha (Pomona) (Savage, Robinson, Raylor, McCraw) | 1982 |
| 3:43.35 | Millikan (Long Beach) (Stiles, Zaleski, Hall, Farwell) | 1984 |
| 3:43.5 | Manual Arts (Los Angeles) (Bonty, Munns, Wright, Lowe) | 1982 |
| 3:44.66 | Hawthorne (Allen, Price, Amy, Willis) | 1984 |
| 3:45.2* | Poly (Long Beach) | 1979 |
| 3:46.04 | Oakland | 1986 |
| 3:46.09 | Locke (Los Angeles) (Davenport, McAllister, Hamilton, Sanders) | 1987 |
| 3:46.20 | Poly (Long Beach)-1 (Darrington, McCray, Kennedy, Irving) | 1987 |
| 3:46.24 | Dorsey (Los Angeles)-1 (White, Rolfe, Paul, Pullins) | 1983 |
| 3:46.59 | Jordan (Long Beach) | 1982 |
| 3:46.59 | Hawthorne-1 | 1989 |

Miscellaneous Records:

| | | |
|-------------------------|-----------------------------------|------|
| 5000 Meters: | | |
| 16:54.4 | Denise Ball (Newbury Park) | 1982 |
| 10,000 Meters: | | |
| 34:54.8 | Roxanne Bier (Independence, S.J.) | 1978 |
| Marathon: | | |
| 2:43:00 | Heike Skaden (Encina, Sacto) | 1980 |
| 100 H (33"): | | |
| 13.89 | Effie Daetz (Leigh, San Jose) | 1987 |
| 13.5(HT) | Lorna Tinney (Oceanside) | 1972 |
| 400 H: | | |
| 55.20 | Leslie Maxie (Mills, Millbrae) | 1984 |
| 4x200: | | |
| 1:36.87 | Hawthorne | 1985 |
| 4x800: | | |
| 9:10.70 | Foothill (Tustin) | 1983 |
| 4x1500: | | |
| 18:52.5 | University (Irvine) | 1982 |
| 4xMile: | | |
| 20:49.8 | Miramonte (Orinda) | 1981 |
| 800 Medley R: | | |
| 1:44.4y | Washington (Los Angeles) | 1975 |
| Sprint Medley: | | |
| 4:05.30 | Compton | 1985 |
| Distance Medley: | | |
| 11:43.53 | University (Irvine) | 1982 |
| Javelin: | | |
| 196-1 | Cathy Sulinski (ElCamino,SSF) | 1976 |
| Heptathlon: | | |
| 5237 | Sharon Hatfield (Fountain Vly) | 1982 |



IF YOU ARE MOVING...

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PREP NOTES

By KEITH CONNING

Beth Bartholomew--Hard to Beat Both On and Off the Track.

By Grace Voss.

The only thing that is slow about Fremont High School's running star Beth Bartholomew is the time it takes to pronounce her name. This tall, slender senior combines a graceful running stride with a cool, calm attitude towards competition, and the result has been an appearance in the state track meet 1600 meters for the past three years, with a second place finish to Kira Jorgensen last June in Cerritos. Beth ran to a PR of 4:53.8 in the finals of that event, passing both Karen Hecox and Shelly Taylor in the last 50 meters.

And she hasn't stopped since. After taking last summer off ("I can't get up in the mornings to run in the summer," she says) she trained at the week-long Yosemite Running Camp in August, and has been undefeated in all her fall cross-country meets. Stronger than ever, she set a new course record by 30 seconds in September at her school's own invitational. This fall Beth's goal is to improve on her 1988 Division I 5th place CIF State Cross Country Championship finish, (7th best overall time from all three divisions). Beth plans to return to the "Raisin City" on Saturday, December 2nd to compete in the "Kinney Western Regionals" and qualify for the Kinney National Cross Country Meet to be held at Balboa Park, San Diego in December.

Although starting line jitters aren't a part of Beth's easy-going personality, she can be competitive. In mid-September, while leading a race at the Menlo Atherton Invitational, Beth was inadvertently directed off course and lost the lead temporarily to Sue Jones of Carmont. Undaunted, she relied on her strong kick to pass Jones in the last 100 yards of the race to claim first.

"She's a real competitor who's able to meet challenges and she's physically stronger now than ever before," says Beth's coach of four years, Doug Boyd, who adds that her best years may still be ahead since she didn't tackle distance running until her ninth grade year. While Beth came out for cross country at the suggestion of older sister Brooke, now a sophomore member of UCLA's track team. ("Come on out and see how you like it.") Beth credits Boyd and a rigorous but well-balanced running program at Fremont High with her success. "He's smart, and the workouts are good," she says.

Beth's mother credits her daughter's laid back approach to running as a big reason for her success. "She doesn't psyche herself out. Running is important to her, but it doesn't take her over," says Ronnie Phillips.

Nor has her success given Beth a sense of superiority which teammates or classmates could find nauseating. For someone who has dominated the headlines of local media for the past two years, Beth is refreshingly candid, even modest. She'd rather talk of her admiration for her competitors like Jorgensen or former Leland High star Jennifer Ashe (now at UCLA) than mention her own accomplishments, and she can't even remember how many times she's been chosen Athlete of the Week in

the local press. Her teammates however, are consistent in their admiration for Beth's skill in races and her support of them. "She's always been there," says senior



BETH BARTHOLOMEW

Photo by Keith Conning

Cristina Romero, "and at races she always urges us to cheer on the others." "It's inspiring just trying to keep up with her," says Teddie Magvitang, another senior.

Besides running, Beth is also active in her school's student governing body, serving this year as school social manager. That means she's in charge of organizing half time activities for the homecoming game and setting up committees for the winter formal dance. A class officer for three years, she has worked as the school's sports commissioner and she maintains a 3.0 grade point average. Last spring she was in the student musical, "The Music Man." Future plans include studying either marine biology or veterinary medicine at one of the UC campuses or the University of Oregon.

Part of Beth's student body responsibilities include public relations, and she practices this every time she steps up to a starting line. Next to legendary running star Francie Larriau, who attended Fremont High in the 1960's, Beth Bartholomew, with her graceful running style and active interest in student activities is an extraordinary student athlete.

Becky Spies (Livermore)

Sept. 30. Davis--Junior Becky Spies (Unattached/Livermore) placed sixth in 17:58 in the 20th Aggie Invitational. Somers (Unattached) won in 17:07.

Oct. 12. Shadow Cliffs, Pleasanton--Spies won her first high school competition of the season by one minute over Michelle Muething (Amador Valley). Spies ran 12:01 for two miles.

Oct. 14. Cal Poly SLO--Spies placed 13th in a college women's 5,000 meter cross country race in 17:23.

Bryan Dameworth (Agoura)

By Bill Duley

As Bryan Dameworth entered his freshman year, many anticipated he would do well during his high school years. He had just closed a youth career that saw him run to second and third place finishes at the TAC Youth Cross Country Nationals. His track times for the eighth grade also showed he had potential on the oval top: (4:30.2-1600m, 9:33.42-3200m, 6:09.1-2000m steeple and 15:44.9-5000m. What nobody realized though was that his success would be almost immediate. At the Royal Invitational on the hilly Moorpark College course, Bryan ran away from the varsity competition and won his first invitational just two weeks into the season. The Freshman season was thought to have been capped off by a third place finish at the 2A Southern Section finals, but Bryan wasn't done yet. At the Kinney Western Regionals he took 8th place and advanced to the finals. In San Diego the season would end with a 19th place finish against the nation's best.

In the spring Bryan found equal success by winning the CIF 1A 3200m and taking 7th at the State Meet. Along the way he recorded a best of 9:09.78.

During the summer of '87 we decided to set some long term goals. At this time we concluded that the #1 priority would be to make his senior year his best. We feared that if Bryan showed marked improvement during the 10th and 11th grades he would be hard pressed to continue improving through the senior year. So, to level things off, we held Bryan to his freshman training schedule for the next two years. This program averaged about 36 miles per week.

Although he had compiled an impressive record having won two consecutive State Cross Country titles, a fourth place finish at the Kinney Nationals in '88, he has shown consistent but very moderate improvement. This would be most noticeable on the track. The 9:09.78, posted in '86, dropped to 9:06.7 in '87 and 9:00.27 in '89.

Now that the Senior Year is finally here the training program has been dramatically changed and by early season performances Bryan feels confident he will make this year his best. In August he posted a 4:14.2 mile at the Jack-in-the-Box meet. In his most recent competition Bryan knocked 20 seconds off the course record at the Woodbridge Invitational (14:21).

Training Week of Woodbridge Invitational:

Monday AM: 5 miles aerobic.

continued next page...

PREP NOTES

PM: 12 miles @ 6:00 pace, weights.
 Tuesday AM: 5 miles aerobic.
 PM: 8 miles aerobic.
 Wednesday AM: 5 miles aerobic.
 PM: 10 miles 5:50/6:00 pace, weights.
 Thursday AM: 5 miles aerobic.
 PM: 4x1 mile @4:42 to 4:46, w/dwn.
 Friday AM: 5 miles aerobic.
 PM: 6 miles easy, light weights.
 Saturday Woodbridge 14:21 3 miles + 5 miles easy.
 Sunday Off (as always).

Monte Vista Invitational

Sept. 15. Oak Hill Park, Danville.

Boy's Results:

1. Seven (DLS) 10:22, 2. Coulson (DLS) 10:51, 3. Aschbrenner (California) 10:54, 4. Atwood (Castro Valley) 10:57, 5. Kuhl (DLS) 11:00.



JEREMY SEVEN

Photo by Keith Conning

Teams: 1. De La Salle 23, 2. Livermore 101, 3. San Ramon 123, 4. Los Gatos 126, 5. Sonora 143.

Girl's Results:

1. Dake (O'Dowd) 13:10, 2. Ackerman (CV) 13:20, 3. Patterson (CV) 13:33, 4. Buchanan (M) 13:40, 5. Glaser (SR) 13:49.
 Teams: 1. Castro Valley 72, 2. San Ramon 78, 3. Mitty 80, 4. Monte Vista 105, 5. Los Gatos 147.

Viking Opener Invit.

Sept. 16. Santa Rosa.

Boy's Results:

(Sr) 1. Held (SR) 10:23, 2. Skanera (Covenant Comm.) 10:33, 3. Intner (Montgomery) 10:36. (Jr) 1. Guerrini (SR) 10:30, 2. Swanson (Fortuna) 10:48, 3. Godfrey (M) 11:00. (Fr/So) 1. Katri (F) 10:47, 2. Heddy (Sonoma) 10:49, 3. Rameriz (RanchoCotate) 11:00. (Alumni) 1. Trask (Healdsburg 1987) 9:57, 2. Cummings (M 1986), 3. Spina (M 1986).

Girl's Results:

(Jr/Sr) 1. Vollmer (Fort Bragg) 13:11, 2. Silander (CC) 13:33,

3. Bishop (RC) 13:58. (Fr/So) 1. Horn (SR) 12:21, 2. Cadd (H) 12:54, 3. Lemus (RC) 13:10. (Alumni) 1. Strong 12:51, 2. Bertucci 12:54, 3. Maurer 13:26.

Sanger Invitational

Sept. 22. Avocado Lake.

Boy's Results:

1. Cardenas (S) 16:06, 2. Martinez (R) 16:15, 3. Rogsdale (B) 16:34, 4. Curtis (Sierra) 16:40, 5. Sanchez (T) 16:47.
 Teams: 1. Bullard 61, 2. Sanger 96, 3. Tranquility 88, 4. Roosevelt 102, 5. Firebaugh 104.

Girl's Results:

1. Diaz (M) 19:36MR, 2. De La Torre (R) 20:00, 3. Alston (M) 20:19, 4. Torrez (M) 20:25, 5. Ybarra (B) 20:34.
 Teams: 1. McFarland 27, 2. Bullard 46, 3. Roosevelt 69, 4. Sierra 98, 5. Edison 99.

Clovis Invitational

Sept. 23. Woodward Park, Fresno.

Boy's Results:

(Open) 1. Quintana (AG) 15:37, 2. Chamberia (Casa Roble) 16:03, 3. Ryser (CC) 16:12, 4. Hines (AG) 16:19, 5. Escay (J) 16:23. Teams: 1. Madera 76, 2. Arroyo Grande 81, 3. Jesuit 97, 4. Carson City 136, 5. Del Campo 149. (Medium) 1. Menon (SLO) 15:44, 2. Maxwell (SP) 16:27, 3. Bow (Lem) 16:28, 4. Weber (Reedley) 16:29, 5. Beach (SP) 16:31. Teams: 1. South Pasadena 56, 2. San Luis Obispo 65, 3. Lemoore 66, 4. Los Gatos 74, 5. Serra 91. (Small) 1. Monties (M) 17:19, 2. Fisher (M) 17:19, 3. Ochoa (C) 17:22, 4. Curtis (S) 17:29, 5. Murphy (Y) 17:50. Teams: 1. Maranatha 41, 2. Yosemite 50, 3. Corcoran 60, 4. Sierra 68, 5. Immanuel 133.

Girl's Results:

(Open) 1. Robbins (H) 19:00, 2. Bare (AG) 19:05, 3. Orlando (CC) 19:05, 4. Hinkle (B) 19:50, 5. Marsh (H) 20:00. Teams: 1. Hesperia 56, 2. Buena 64, 3. Carson City 69, 4. Arroyo Grande 81, 5. Clovis West 135. (Medium) 1. Cuelor (Redwood) 20:18, 2. Vigilante (BV) 20:30, 3. Hoshimima (SP) 20:35, 4. Jefferson (SLO) 20:42, 5. Roberts (M) 20:52. Teams: 1. Mitty 52, 2. South Pasadena 73, 3. Los Gatos 81, 4. Bella Vista 85, 5. SLO 111. (Small) 1. Rivera (M) 20:34, 2. Wester (M) 21:09, 3. Lewis (M) 21:19. Team: 1. Maranatha 23, 2. Yosemite 46, 3. Sierra 60.

Ed Sias Invitational

Sept. 23. Hidden Valley Park, Martinez.

Boy's Results:

1. Seven (DLS) 9:58CR, 2. Guerrini (SRosa) 10:15, 3. Coulston (DLS) 10:30, 4. Kuhl (DLS) 10:31, 5. Held (SRosa) 10:34.
 Teams: 1. De La Salle 24, 2. San Ramon 115, 3. Montgomery 132, 4. Santa Rosa 170, 5. Antioch 171.

Girl's Results:

1. Riley (Cam) 12:18CR, 2. Horn (SR) 12:38, 3. Pritchard (V) 12:58, 4. Miller (Clayton Vly) 13:05, 5. Scott (El Cerrito) 13:18.
 Teams: 1. Vacaville 69, 2. Campolindo 101, 3. Carondelet 124, 4. Santa Rosa 133, 5. Concord 144.

Coaches Race:

1. Geraghty (San Ramon) 10:40, 2. Verhock (Mt. Diablo) 10:41, 3. Meredith (Montgomery) 10:56, 4. Searis (Diablo Valley College) 11:01, 5. Duchene (Alhambra) 11:14.

Yreka Invitational

Sept. 23. Greenhorn Park 3 Miles.

Boy's Results:

1. Solol (A) 16:31, 2. Losinski (M) 16:36, 3. Shuteroff (Y) 16:44, 4. Loftus (A) 16:46, 5. Brown (A) 16:50. Teams: 1. Ashland 25, 2. Klamath Union 119, 3. Enterprise 121, 4. Mazama 132, 5. Crater 137.

Girl's Results:

1. Gorbet (Lassen) 15:03CR, 2. Look (S) 15:36, 3. Robbins (Orland) 16:10, 4. Gray (Crater) 16:15, 5. Teamey (Hen) 16:40. Teams: 1. Mazama 71, 2. Shasta 97, 3. Ashland 103, 4. Klamath Union 103, 5. Anderson 126.

Bret Harte Invitational

Sept. 23.

Boy's Results:

1. Beyene (Newark) 16:55, 2. Taylor (Grant) 17:05, 3. Dahl (Sacto) 17:22, 4. Huff (Kennedy) 17:54, 5. Cardenas (Rio Linda) 18:07.

San Ramon Invitational

Sept. 30. San Ramon H.S., Danville.

Boy's Results:

(Large) 1. Mamo (Berkeley) 9:32CR, 2. Seven (DLS) 9:34, 3.



SHUMEYE MAMO
1st San Ramon



SARAH RILEY
1st Ed Sias

Photos by Keith Conning

Guerrini (SR) 9:41, 4. Aschbrenner (Cal) 9:46, 5. Coulson (DLS) 9:53. Teams: 1. De La Salle 42 (50:11), 2. Livermore 113 (52:41), 3. Montgomery 125 (52:54), 4. Antioch 142 (53:36), 5. Santa Rosa 156 (53:50). (Small) 1. Gray (Las Lo-

Kinney Western Regionals --December 2, 1989

For entry, write:
 4957 E. Heaton Ave.
 Fresno, CA 93727

PREP NOTES

mas) 9:57, 2. Williams (Alhambra) 10:10, 3. Earle (P) 10:11, 4. West (CP) 10:20, 5. Young (St. Mary's) 10:23. **Teams:** 1. Piedmont 86 (54:06), 2. College Park 93 (54:17), 3. Northgate 106 (54:55), 4. Encinal 159, 5. Miramonte 202.

Girl's Results:

(Large) 1. Horn (S Rosa) 11:35CR, 2. Freeberg (Cal) 11:45, 3. Pritchard (V) 12:04, 4. Schuster (Monte Vista) 12:13, 5. Mazza (S Rosa) 12:15. **Teams:** 1. Vacaville 71 (64:35), 2. San Ramon 82 (65:02), 3. Santa Rosa 118 (67:36), 4. Livermore 143 (68:43), 5. Antioch 154 (70:17). (Small) 1. Kopchik (N) 12:19, 2. DaKe (O) 12:28, 3. Prindivilla (C) 12:33, 4. Rahl (P) 12:46, 5. Stryker (Acalanes) 12:53. **Teams:** 1. O'Dowd 81 (66:31), 2. Carondelet 98 (67:02), 3. Piedmont 116 (67:45), 4. Concord 132 (68:34), 5. Northgate 134 (68:15).

Ram Invitational

Sept. 30. Westmoor H.S., Daly City. 2.4 MI.

Boy's Results:

1. Ringer (H) 12:32, 2. Kilbridge (S) 12:36, 3. Clark (St. Francis) 12:50, 4. Atwood (Castro Vly) 12:58, 5. Spencer (Soquel) 13:04. **Teams:** 1. Homestead 78, 2. Serra 97, 3. Lowell 129, 4. Half Moon Bay 139, 5. Fremont (Sunnyvale) 150.

Girl's Results:

1. Bartholomew (F) 14:59, 2. Ackermann (CV) 15:38, 3. Paterson (CV) 15:44, 4. Scott (El Cerrito) N.T., 5. Soderman (G) 16:21. **Teams:** 1. Castro Valley 33, 2. Fremont (Sunnyvale) 61, 3. Half Moon Bay 77, 4. Gunn 81, 5. Lowell 140.

Chico Invitational

Sept. 30.

Boy's Results: 3 Miles.

1. Dawson (S) 15:56, 2. Thompson (Del Norte) 16:10, 3. Mor (A) 16:25, 4. Rochleau (Paradise) 16:29, 5. Beale (S) 16:29. **Teams:** 1. Shasta 86, 2. Enterprise 11 (63), 3. Arcata 11 (69), 4. Lassen 131, 5. Oroville 133.

Girl's Results: 1.85 Miles.

1. Look (S) 10:32, 2. Gorbet (L) 10:55, 3. Robbins (Orland) 10:59, 4. Mercer (PV) 11:18. **Teams:** 1. Anderson 44, 2. Shasta 55, 3. Chico 91, 4. Lassen 105, 5. Pleasant Valley 144. (Jr. Varsity) 1. Cardenas (Bidwell) 11:20.

Bear River Invitational

Sept. 30. Grass Valley.

Boy's Results:

1. Taylor (Grant) 15:58, 2. Cardenas (Rio Linda) 16:14, 3. Spalliero (BR) 16:22, 4. Tucker (BR) 16:32, 5. Singleton (BH) 16:46. **Teams:** 1. Bear River 45, 2. North Tahoe 78, 3. Vanden 84, 4. Bret Harte 90, 5. Ponderosa 92.

Girl's Results:

1. Davidson (BH) 19:39, 2. Young (R) 20:08, 3. Kassis (SF) 20:21, 4. McFadden (SF) 20:26, 5. Banas (Dixon) 20:29. **Teams:** 1. St. Francis 60, 2. Reed 61, 3. North Tahoe 91, 4. Rio Americano 104 (37), 5. Bear River 104 (No sixth).

Stanford Invitational

Oct. 7. Stanford.

Boy's Results:

(A-1601) 1. Quintana (AG) 15:36, 2. Valdez (C) 15:54, 3. Seven (DLS) 16:01, 4. Berkowitz (Hayward) 16:07, 5. Kite (C) 16:09. **Teams:** 1. Camarillo 49 (81:49), 2. De La Salle 95 (82:50), 3. Arroyo Grande 180 (84:02), 4. Saddleback 210 (85:29), 5. Carson City 212 (85:27). (B-801-1600) 1. Waxman (San Mateo) 16:14, 2. Redding (Central Valley) 16:26, 3. Cannon (CDM) 16:29, 4. Kilbridge 16:34, 5. Flores (Wasco) 16:43. **Teams:** 1. Corona del Mar 54 (84:44), 2. Palos Verdes 129 (87:45), 3. Palo Alto 144 (88:16), 4. Wasco 148 (87:42), 5. Sonora 169 (88:24). (C-1-800) 1. Tysdon (LS) 17:22, 2. Curtis (S) 17:31, 3. Slinkard (Modoc) 17:38, 4. Kauffman (Salem Academy) 17:41, 5. Jackson (SA) 17:42. **Teams:** 1. La

Salle 51, 2. Piedmont 84, 3. Sierra 102, 4. St. Augustine 130, 5. Stevenson 191.

Girl's Results:

(A-1601+) 1. Marzell (R) 18:43, 2. Orlando (C) 19:23, 3. Fatone (LA) 19:27, 4. Horn (Santa Rosa) 19:30, 5. Mayer (Camarillo) 19:54. **Teams:** 1. Arroyo Grande 71, 2. Carson City 92, 3. Reed 116, 4. Los Alamitos 122, 5. Hart 147. (B-801-1600) 1. Riley (Campolindo) 19:20, 2. Muneno (PV) 19:40, 3. Wilcox (PV) 19:47, 4. McFarland (CDM) 19:53, 5. Zareski (PV) 20:16. **Teams:** 1. Palos Verdes 29, 2. Corona del Mar 79, 3. Morro Bay 112, 4. San Luis Obispo 158, 5. Nordhoff 162. (C-1-800) 1. Banas (Dixon) 20:43, 2. Keene (Ph) 21:18, 3. McCool (Pi) 22:07, 4. Rani (Pi) 22:09, 5. Holloway (Modoc) 22:16. **Teams:** 1. Phenix (OR) 52, 2. North Tahoe 67, 3. Piedmont 68, 4. Sierra 154, 5. Head-Royce 155.

Artichoke Invitational

Oct. 7. Half Moon Bay H.S.

Boy's Results:

(Large) 1. Buscay (Douglas, NV) 11:39. **Teams:** 1. Amador Valley 58, 2. Del Campo 88, 3. Overfelt 155, 4. Montgomery 156, 5. Los Gatos 177. (Small) 1. Bupp (Woodside) 11:37, 2. Metzger (University) 11:57, 3. Douglass (M) 12:00, 4. Swain (R) 12:13, 5. Olden (Carlton) 12:18. **Teams:** 1. Leigh 88, 2. North Monterey County 125, 3. Half Moon Bay 156, 4. Redwood 168, 5. Moreau 169.

Girl's Results:

(Large) 1. Bartholomew (F) 13:52, 2. Solorio (O) 14:14. **Teams:** 1. Castro Valley 73, 2. Overfelt 102, 3. Los Gatos 117, 4. Fremont (Sunnyvale) 134. (Small) 1. Gorbet (Lassen) 13:40. **Teams:** 1. Redwood 95, 2. St. Francis 120, 3. Bishop O'Dowd 123, 4. Gunn 156.

Nevada Union Invit.

Oct. 7. Grass Valley.

Boy's Results:

1. Huff (Kennedy) 16:17, 2. Tucker (BR) 16:30, 3. Dawson (S) 16:36, 4. Spalliero (BR) 16:39, 5. Delgado (NU) 17:04. **Teams:** 1. El Dorado 40, 2. Shasta 50, 3. Bear River 72, 4. Monte Vista 128, 5. Oroville 139.

Girl's Results:

1. Look (S) 18:46, 2. Goyette (ED) 20:11, 3. Viglione (BV) 20:16, 4. Vischer (EK Grove) 20:20, 5. Homan (NU) 20:23. **Teams:** 1. Bella Vista 83, 2. Shasta 88, 3. St. Francis 89, 4. Anderson 93, 5. El Dorado 117.

Serra Invitational

Oct. 14. Crystal Springs.

Boy's Results:

(Championship Varsity) 1. Waxman (San Mateo) 15:15, 2. Hyde (AV) 15:34, 3. Kilbridge (S) 15:36, 4. Escsay (J) 15:47, 5. Mining (AV) 15:50. **Teams:** 1. Bellarmine 53, 2. Jesuit 54, 3. Amador Valley 70, 4. Serra 104, 5. Watsonville 122. (Varsity) 1. Eley (Mills) 15:14, 2. Magness (Santa Teresa) 15:43, 3. Joyner (Gunn) 15:56, 4. Mnyak (Homestead) 16:01, 5. Spencer (Soquel) 16:04. (Soph) 1. Tyson (St. Francis) 16:03.

Girl's Results:

1. Zwagerman (Tamalpais) 18:21, 2. Solorio (O) 18:36, 3. Stepp (Amador Valley) 18:45, 4. Muething (Amador Valley) 18:53, 5. Raybould (Leland) 19:02. **Teams:** 1. Overfelt 80, 2. Mills 119, 3. Vacaville 123, 4. Santa Teresa 152, 5. Casa Roble 174.

Southern Section Invitationals

By Doug Speck and Ray Scofield

Colton Swarm

Sept. 9. Colton H.S.--A group of predominantly San Bernardino-Riverside County schools came together once again at Colton H.S. for the annual "swarm". Coach Joe Gomez' Hesperia Scorpions put on their annually impressive show on the Women's side, while Etiwanda, one of those schools that popped up with the rocketing growth of the Western San Bernardino County, was a pleasant surprise on the Men's side. Individually on the Women's side Marion Sepulveda (Colton) was the Junior/Senior race winner at 18:52.7, with Vicky Munoz (Redlands-19:03) also slipping in ahead of Nicole Robbins (Hesperia) in 3rd. Robbins, a former Kinney National Finalist in the sport is felt to be one of the nation's outstanding runners (and has a 5:03.39 for 1600m on the track), and rarely is defeated by two area runners in any race. Hesperia, the Section's top ranked Women's 3A squad and one of the State's better Large School teams (they were 6th in the State Meet last November), were impressive with their three minute margin of victory over Etiwanda 101:21-104:22 when the times of the top fives were added up. Over on the Men's side Eriberto Leon (Etiwanda) had the day's quickest time at 16:10 in leading his squad to the day's quickest team time of 83:52. Coach Lynn Buehler's 2350 student Etiwanda crew is a member of the Section 2A Hacienda League and could be a factor down the road.

Women's Results:

(Fr/Sr) 1. Parris (Burroughs, Ridgecrest) 21:02. (Jr/Sr) 1. Sepulveda (Colton) 18:52, 2. Munoz (Redlands) 19:03, 3. Robbins (Hesperia) 19:17, 4. Marsh (Hesperia) 19:23, 5. Andrews (Apple Valley) 19:33. **Team:** 1. Hesperia 101:21, 2. Etiwanda 104:22, 3. Redlands 104:48, 4. Apple Valley 107:25.

Men's Results:

(Frosh) 1. Richards (Apple Vly) 16:45. (Soph) 1. Roldan (Bishop Amat, La Puente) 16:40. (Junior) 1. Pearce (Redlands) 16:20. (Senior) 1. Leon (Etiwanda) 16:10, 2. White (Redlands) 16:14, 3. Garcia (Canyon Springs, Moreno Vly) 16:24. **Team:** 1. Etiwanda 83:52, 2. Redlands 85:13, 3. Canyon Springs 85:21.

Paramount Invitational

Sept. 9. Paramount--The first annual Paramount Invitational featured a small group of teams led by the Reyes family from Lakewood High. T.J. on the Men's and Lucinda on the Women's side were winners by about 100 yards in 15:15 and 17:57 respectively. The underclass duo were strong last year in Track, with T.J. recording a 4:24.77 best for 1600 meters as a ninth grader, while Lucinda barely missed the State Meet with a 11:04.62 best for 3200 meters. The Lakewood squads were also the team winners, with the Men recording a low of 29 points and the Women 37 in nipping a good Paramount group. Brandy Price (Paramount) has obviously done a lot of running this summer, as her 18:14 in 2nd is much improved from 88-89.

Women's Results:

1. L. Reyes (Lakewood) 17:57, 2. Price (Paramount) 18:14, 3. M. Avedano (Para) 19:00. **Team:** 1. Lakewood 37, 2. Paramount 40, 3. Bell Gardens 57.

Men's Results:

1. T.J. Reyes (Lakewood) 15:15, 2. G. Janquart (St. Anthony, L.B.) 15:40, 3. Faubert (St. Anth) 15:40. **Team:** 1. Lakewood 29, 2. St. Anthony's 37, 3. Bell Gardens 56.

continued next page...

PREP NOTES

Bronco Invitational

Sept. 9. Cal Poly Pomona--A group of about a dozen schools came together for the inaugural Bronco Invitational at Cal Poly Pomona. The "by-grade" races featured some of the Section's better runners with outstanding junior, Dave Hartman (Canyon, Canyon Co.) 16:13, and Monique Smith (Diamond Bar) 20:28, the quickest on the Male and Female side. Hartman took the 11th Grade Men's run, while teammate Dan Berkeleand (16:18) was nipped by Glendora's Bill Branigan (16:14) in the 12th grade run. Brannigan raced 4:21.87 for 1600m last year in his first year of running, while the Canyon duo lead one of the State's stronger large school Men's groups.

Women's Results:

(Fr/So) 2 Mi-1. Heidt (Canyon) 14:16, 2. Daudel (St. Lucy's,



DAVE HARTMAN

Photo by Doug Speck

Glendora) 14:32. Team: 1. St. Lucy's 74. (Jr/Sr) 1. Smith (Diamond Bar) 20:28, 2. Sansom (Glendora) 21:08. Team: 1. Chino 65, 2. Glendora 70.

Men's Results:

(Large) (Frosh) 2 Mi-1. Fariar (Chino 12:40. Team: 1. Arroyo (El Monte) 74. (Soph) 2 Mi-1. O'Conner (Chino) 11:42, 2. Hake (Arroyo) 11:59. Team: 1. Arroyo 37. (Junior) 1. Hartman (Canyon) 16:13, 2. Gomez (Fontana) 16:50. Team: 1. Arroyo 86. (Senior) 1. Branigan (Glendora) 16:14, 2. Berkeleand (Cany) 16:18, 3. Sokol (Brea) 16:30. Team: 1. Gahr 68, 2. Glendora 69. (Small) (Fr/So) 2 Mi-1. Avina (Cathedral, L.A.) 12:13. Team: 1. Cathedral 15. (Jr/Sr) 1. Olivar (Cath) 17:26. Team: 1. Cathedral 21.

Morro Bay Invitational

Sept. 9. Morro Bay State Beach--An interesting group came together for this first weekend of the season affair. A good cross-section of geography and school size was represented by the dozen squads who met on the unpacked sand course that was rated quite slow by Coach Cary Nerelli of host Morro Bay. A re-emerging Antelope Valley team was the winner on the Men's side, edging Ventura 47-50. Ventura's Roman Morales, a sub-4:25 miler two years ago as a sophomore, was the individual winner at 18:08. Over on the

continued next page...

The 1600 Makes A Lot of Sense

In the October issue of CTRN, Keith Conning headlined an article with "1600 Meters and 3200 Meters Makes No Sense". I strongly disagree! I will confine my rebuttal to only the 1600. To get rid of our built in prejudices, I will create the following situation.

Two visitors from another galaxy have landed on planet Earth. They came in peace, have conversed with all leaders of the World, and to see another facet of life on Earth have been taken to see a track meet. For simplicity, the field events take place first, followed by the running events.

The throwing events make much sense to the visitors. Throw a metal ball, a heavy plate, a spear as far as possible. A ball on a chain? Well, OK. The jumps make sense too. Jump as high as you can without a pole to help you, then do the same using a pole. Also, jump as far as you can. They had questions about the triple jump. Told, though, that the competitors were first hopping off their takeoff foot, then stepping, then jumping, and that especially the hop was a tricky maneuver, they sort of understood. When they asked if there was an event with a hop, then a jump, no step, or one with just two hops, the answer was no. "Why?", they asked. "Well, umm. The meet would last too long."

The running events thrilled them. They wondered about our unit of distance measurement. A meter they were told. If we stretch our arms to the side sticking out our fingers, from fingertip to fingertip is about two meters. "How big is the track?" "The standard size now throughout the World is 400 meters, once around."

Races were run from short to long. The 100 meters took most of one straightaway. The visitors were aware of the advantages of the decimal system, and appreciated also that 100 meters was about as far as anyone could run flat out. The 200 was halfway around the track, the 400 once around. They guessed the next distance would be twice around. "You're right", they were told. Following the 800, they guessed again for the next event. One guessed three times around, the other four. When told they were both wrong, they guessed five times around, then six, then ten. Informed they would likely never guess correctly, they were told 3 3/4 times around, called the 1500. They laughed. "How could such a distance

ever be chosen?" They were told that 500 meter tracks were once common in Europe. 1500 equals three times around.

"But you said 400 meter tracks are now used throughout the World." "Well, uhh. Yes, but 1500 is also a multiple of 500, and 5 is an important number with our people. Five fingers, five toes." "But do you run 500 meter races?" "Well, . . . , yes. Sometimes we do indoors." "Indoors! This is outdoors. The roundest number in the base 10 system next to 100 would be 1000. Do you have 1000 meter races?" "Occasionally we do, but really very seldom. The World record for the 1000 meter run was set way back in 1981."

"So you don't run the 500 outdoors, seldom the 1000, don't have 500 meter tracks anymore, but still run the 1500. Why is that?"

"Well, it's called the 'metric mile'. We used to have another system of measurement in part of the World called feet and inches. In that system, the mile was a very important distance. Probably the most important running distance. But then meters were adopted Worldwide as the standard of distance measurement. The mile is still run, though."

"What you are telling us is that 1500 meters is the closest you can come in round numbers of meters to the famous mile?"

"Well, . . . , no. Actually 1600 meters is very close to one mile. To be precise, one mile is 1609.3 meters, about 1 1/2 seconds longer in running time than 1600 meters. But we do run the 1600 meter relay. Four runners each run once around the track."

"But why do you persist on running 1500 meters? Why not 1600? We can understand everything you've told us except this."

"Well, . . . Well, umm. Tradition. The 1500 has been run in our Olympic Games ever since 1896."

"That's the same kind of logic we got from President Bush! Let's go."

It is the author's hope that common sense will prevail, and that both the mile and 1500 will ultimately be replaced by the 1600.

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PREP NOTES

Women's side the relentless pack running of Yucaipa had that school pack right at minute to take Foothill (Santa Ana) 45-58. Foothill's Laura Amroffell was the winner there at 23:03.

Women's Results:

1. Amroffell (Foothill, Santa Ana) 23:03, 2. Lacovara (Morro Bay) 23:39, 3. Ewing (Morro Bay) 23:52, 4. Nocera (Yucaipa) 24:01, 5. Stubbs (Yuc) 24:08. **Team:** 1. Yucaipa 45, 2. Foothill 58, 3. Morro Bay 63, 4. Nordhoff (Ojai) 114.

Men's Results:

1. Morales (Ventura) 18:08, 2. Leon (Foothill) 18:22, 3. Fickerson (Ventura) 18:39, 4. Roundy (Morro Bay) 19:09, 5. Rudziewicz (Antelope Vly) 19:09. **Team:** 1. Antelope Valley (Lancaster) 47, 2. Ventura 50, 3. Foothill 60, 4. Morro Bay 110, 5. Nordhoff 138.

Walnut Invitational

Sept. 14. Mt. San Antonio College--About a dozen schools came together for this annual season-opening affair that is held as a non-scorer and a chance for schools to race on the course used for Section Championship competition later in the Fall. The weather turned very hot for the previous couple of days, and as is typically done, the races were held very late in the afternoon (but heat was still a factor in the times). Wendy Griffith, now at Walnut High after a move from Claremont, looked very, very sharp on the Women's side, racing one of the better times ever recorded in this meet with her 19:22 winning clocking. Obviously very talented, Griffith won here by almost two minutes. On the Men's side L.A. City school Venice showed some real power, as the duo of Danny Jordan (city champ over 1600m last year at 4:15.48) and Moreno allowed Buddy Jones (Wilson, Hacienda Heights) to tag along early in the race before pulling away to 16:26 (Jordan) and 16:33 (Moreno) clockings, impressive for the heat. Jordan is the son of distance great Jimmy Jordan, who was the star of a very potent Crescenta Valley program in the early 1960's and is now the Coach at Glendale High School. When the team times were added up for fun Foothill (Santa Ana), 6th in State last year in the Middle School Division, had the top women's time at 111:00, with a Walnut Men's group that may prove to be a factor at the Section 2A level having the top time there of 88:25.

Women's Results:

1. Griffith (Walnut) 19:22, 2. Amroffell (Foothill) 21:09, 3. Galvan (Arroyo, El Monte) 21:24, 4. Oglesby (So. Hills, W.Covina) 21:42, 5. Auerbach (Wilson, Hacienda Heights) 21:50.

Men's Results:

1. Jordan (Venice) 16:26, 2. Moreno (Venice) 16:33, 3. Jones (Wilson, Hac Hts) 16:43, 5. Polite (Walnut) 16:58, 5. Loven (Rowland, Rowland Hts) 17:02.

Ojai Valley Invitational

Sept. 16. Nordhoff H.S.--Eight squads from the Ventura County area and north in the Section came together for this non-scoring affair held over a 2.8 mile hilly course hosted by Ojai's Nordhoff High School. Roman Morales from Ventura marked another multi-team meet victory here, as the senior continued a fine comeback with his 14:53 win over teammate Scott Fickerson (15:22). Greg Elbert (Carpinteria), who will be a Section and State factor at the 1A and Division III level was third in 15:31. On the Women's side Jen Lacovara was the winner over the host's Dascha Spellman 19:12-19:25.

Women's Results:

1. Lacovara (Morro Bay) 19:12, 2. Spellman (Nordhoff, Ojai) 19:25, 3. Ewing (Morro Bay) 19:46, 4. Crosse (Sinaloa Jr. HS, Simi Vly) 19:53, 5. Pierce (Morro Bay) 20:05.

Men's Results:

1. Morales (Ventura) 14:53, 2. Fickerson (Ventura) 15:22, 3. G. Elbert (Carpinteria) 15:31, 4. Wilson (Ventura) 16:06, 5. Vigil (Oak Park) 16:09.

Rosemead Invitational

Sept. 16. Rosemead H.S.--This early season competition held on the quick, flat campus course at Rosemead H.S. continues to grow in popularity. It is kind of growing into a West San Gabriel Valley Championship with the participation of almost everyone in that area. Some fine teams and individuals participated.

Individual high-lighters were Angel Martinez (San Gabriel HS) and Suzanne Castruita (West Covina). Martinez was the nation's top frosh two miler last spring with an improvement that had him end up at an impressive 9:17.16 for 3200m. He showed here that he is continuing to progress. Castruita looks ready for a big senior year, with the 11:01.07 3200m runner racing away from the field in her race. The competition is "by-grade" with four races for the Men and Frosh/Soph and Junior/Senior for the Women.

San Gabriel's Martinez had the day's quickest time with his 15:27 class course record in his 10th grade run. San Gabriel showed its team strength, one that has it ranked highly among Section 3A squads and in line for a possible State Meet berth, with Jose Sanchez taking the 12th grade run at 15:57 and the team's top five times adding up to 81:27, over a minute ahead of a highly thought of Rosemead High group (82:28). Lucio Ocampo, one of the leaders of a much improved Bell Gardens program, was the 11th grade race winner at 15:34.

Suzanne Castruita won by a quarter mile in the Junior/Senior Women's run in 18:13. Jacquie Fruttero (San Marino) edged Sara Flores (Bell Gardens) 19:05-19:13 in the Frosh/Soph race for that group. San Marino, coached once again by Phil Ryan, has a fine group on both the Men's and Women's side.

Women's Results:

(Jr/Sr) 1. Castruita (West Covina) 18:13, 2. Padilla (Rosemead) 19:35, 3. Hanke (Monrovia) 19:48, 4. Gardner (San Marino) 19:49, 5. Robinson (Muir, Pasadena) 19:50. **Team:** 1. Bell Gardens 102:09, 2. San Marino 102:42, 3. Rosemead 106:06, 4. Maranatha (Sierra Madre) 107:05, 5. Leuzinger (Lawndale) 108:19.

Men's Results:

(12 grade) 1. Sanchez (San Gabriel) 15:57, 2. Welton (San Marino) 16:04, 3. Carrillo (Rosemead) 16:06, 4. Delao (Monrovia) 16:11. (11th Grade) 1. Ocampo (Bell Gardens) 15:34, 2. Gutierrez (Rosemead) 15:43, 3. Estrada (Monr) 16:00, 4. Andrade (Bosco Tech, Rosemead) 16:01. (10th Grade) 1. Martinez (San Gabriel) 15:27, 2. Ray (Bonita, La Verne) 16:01, 3. Gomez (Alhambra) 16:29. (9th Grade) 1. Trujillo (Bell Gardens) 18:03. **Team:** 1. San Gabriel 81:27, 2. Rosemead 82:28, 3. San Marino 83:12, 4. Bosco Tech 83:46, 5. Bell Gardens 83:46.

Woodbridge Invitational

Sept. 16. Woodbridge H.S. Irvine--The big highlight of the early season in the section, the Woodbridge Invitational, was hosted once again in fine style by Coach George Varvas and the crew at the Irvine area High School. A turnout of nearly one hundred schools from all over the Southern Section and as far south as San Diego competed on the flat campus three mile course. Bryan Dameworth and Deena Drossin once again led a very impressive Agoura HS show, with enough of the other section individual and team powers along to make for a very interesting day. The Medium and Large School Divisions were run during the morning, with the Smaller Schools coming back later in the afternoon, in

an attempt to avoid the devilish heat which can be a big problem this time of year.

Bryan Dameworth, seemingly around forever, is finally a senior and he looks like he is ready to leave the area as a prep in fine style. Running in a Medium Schools 12th grade run he had Glendora's Bill Branigan along as company for a bit over a mile, then pressed out on his own. Some good people have run on this course, with Darren Stonerock (Saugus HS), an important part of the NCAA Division I runner-up Northern Arizona Cross Country squad this past year, and 8:22 3000 meter runner Jimmy Rodriguez (Santa Ana Vly) taking turns in dropping the course record to 14:40 over the last couple of years. Dameworth showed that you are going to maybe go a pretty darn far distance to find any prep who can run with him this year, racing powerfully over the final half of the course to win by 330 yards in an amazing CR 14:21. The 6'3" Agouran is the fastest returning two miler in the nation at 9:00.27 (3200m) and is the top returnee from the Kinney National Finals off his 4th place finish last December. Quentin Bauer (Agoura) is developing nicely, with his 15:15 for 2nd behind Israel Pose (Torrance) (15:13) in his 11th grade race, helps Dameworth to lead a Charger squad that had easily the day's quickest team time, a 78:37. In comparison, Arroyo HS (El Monte), the Large School's State champion two years ago and felt to be the top harrier squad locally in recent years recorded a 77:36 in their 1987 race here. Agoura would be much, much tougher had Derek Kite (15:55 on the tough Mt. SAC course) not transferred to Camarillo. Deena Drossin, along with Tiffany York, led the Agoura Women's group to a strong performance with their 17:55-18:01 1-3 performance in the Medium Varsity Women's run. The Agoura 94:49 compares to Palos Verdes' 94:08 from 1987 and 93:26 in 1988 when the Sea Kings were felt to be the nation's finest female prep harrier squad. San Clemente's Terri Smythers was 2nd in that Varsity run at a fine 17:56, with the Orange County Beach school having the day's #3 team time at 96:53. The hometown Women's squad must have done some running this summer, as Woodbridge showed what will be another fine Section 2A squad, racing 96:37 for the day's #2 team time behind Agoura and ahead of San Clemente in that Medium School's Women's Varsity run.

Glendale Hoover's Pablo Herrera had the other Men's individual time of under 15:00 with his 14:44 senior race win in the Large Schools. Sophomore Christine Engesser (Ocean View, Huntington Beach) was impressive in a nearly two minute Frosh/Soph Large School's race win at 18:29. The 2:14.79 800 meter runner, a National Age-Group champion, was a nice present for Coach Beth Chilcott at OV.

Women's Results:

(Small) (Var.)-1. Robinson (Newport Harbor) 18:50, 2. Hadley (San Pasqual, Escondido) 19:19. **Team:** 1. San Pasqual 43. (Fr/So) 1. Keim (San Pasq) 19:45. (Medium) (Var.)-1. Drossin (Agoura) 17:55, 2. Smythers (San Clemente) 17:56, 3. York (Ag) 18:01, 4. Rothman (Westlake, Westlake Village) 18:06, 5. Thrasher (Villa Park) 18:14, 6. Peck (Woodbridge) 18:18, 7. Brix (University, Irvine) 18:20, 8. Sepulveda (Colton) 18:38, 9. Killeen (Valencia, Placentia) 18:43, 10. Beltran (Santa Ana Valley) 18:49. **Team:** 1. Agoura 82, 2. Woodbridge 96, 3. San Clemente 114. (Fr/So) 1. Carter (Laguna Beach) 19:57. (Large) (Var.)-1. Price (Paramount) 18:30, 2. Rekas (Rubidoux, Riverside) 18:44, 3. Roda (Irvine) 18:52. **Team:** 1. Capistrano Valley 119, 2. Irvine 121. (Fr/So) 1. Engesser (Ocean View) 18:29. **Overall Team Times: (top 5 from all grades added up)** 1. Agoura 94:45, 2. Woodbridge 96:37, 3. San Clemente 96:53, 4. Tustin 98:36, 5. San Pasqual (Escondido) 99:09, 6. Irvine 99:29, 7. Capistrano Valley (Mission Viejo) 99:36, 8. El Toro 99:36, 9. Westlake (Westlake Village) 100:32, 10. Paramount 100:43.

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PREP NOTES

Men's Results:

(Small) (12th Grade) 1. Goodrich (Dos Pueblos, Goleta) 15:17. (11th) 1. Elia (Dos Pueblos) 15:47. (10th) 1. Kiem (San Pasqual) 16:15. (9th) 1. Jarvis (San Pasqual) 17:13. (Medium) (12th) 1. Dameworth (Agoura) 14:21CR, 2. Branigan (Glendora) 15:02, 3. Sandoval (Valencia) 15:27, 4. Farrell (San Clemente) 15:28. (11th) 1. Pose (Torrance) 15:13, 2. Bauer (Agoura) 15:15. (10th) 1. Roldan (Bishop Amat, La Puente) 16:22. (9th) 1. Vasquez (Santa Ana Valley) 16:49. (Large) 1. Herrera (Hoover, Glendale) 14:44, 2. Rigal (Loyola, L.A.) 15:19, 3. Reid (Santana, Santee) 15:19, 4. McCaffry (Marina, Huntington Beach) 15:26. (11th) 1. Salinas (Saddleback, Santa Ana) 15:25. (10th) 1. Patrick (Thous Oaks) 15:44. (9th) 1. Cabral (El Toro) 17:03. Overall Team Times (top 5 from all grades added up) 1. Agoura 78:37, 2. San Clemente 79:53, 3. Hoover (Glendale) 80:01, 4. Saddleback (Santa Ana) 80:33, 5. Corona del Mar 80:42, 6. Loyola (L.A.) 81:08, 7. Redlands 81:11, 8. San Pasqual (Escondido) 81:14, 9. Laguna Beach 81:30, 10. El Toro 81:35.

Millikan Invitational

Sept. 16. El Dorado Park—The Millikan Invitational, which features all the athletes of the same sex from a team in the same race was held at El Dorado Park. With everyone from one's squad in the same race coaches are not pressured to have to declare who is on the Varsity, with the team settling that matter nicely on the course here. Two divisions, Large and Small, were run on the Men's side, with the nearly 150 Women all in the same run. Individually it was a show for the Reyes family once again. Terrel, only a soph, had the day's quickest Men's time at 15:34 in his Large School win, while sister Lucinda took what appeared to be a wrong-turn marred Women's race at 18:35. George Barajas of Fillmore continued his fine season with a 15:41 Small School's Men's Varsity win. Lakewood and St. John Bosco (Bellflower) were the Men's divisional team titlists. The Women's race obviously had some big problems, with Reyes and Fillmore's fine frosh, Isabella Aparicio, out ahead of some other very fine people in the race by about three minutes.

Women's Results:

1. Reyes (Lakewood) 18:35, 2. Aparicio (Fillmore) 18:50.

Men's Results:

(Large) 1. Reyes (Lakewood) 15:34, 2. Leano (Channel Islands, Oxnard) 15:55, 3. Chavez (Gahr) 16:07. Team: 1. Lakewood 45, 2. Gahr (Cerritos) 50, 3. Channel Islands (Oxnard) 60. (Small) 1. Barajas (Fillmore) 15:41, 2. Faubert (St. Anthony, L.B.) 16:04, 3. Janquart (St. Anth) 16:09. Team: 1. St. John Bosco 46, 2. Fillmore & St. Anthony 61 (Fillmore 2nd on 6th man tie-breaker).

Hind/Big Ditch X-C Classic

Sept. 16.—The Hind/Big Ditch Cross Country Classic, run by Arroyo Grande HS, proved once again to attract some fine quality with an interesting geographic mix of participants. The sponsoring team showed its strength in the Large School's Division, easily taking the Men's and Women's Varsity runs with 39 and 20 points, respectively. Coach Greg DeNike's AG crew added further insult to the visitors by adding the fastest individuals in Louis Quintana (15:30) and Angela Orefice (18:55). McFarland showed that it is back ready to challenge for top State honors in the Small Schools' division, taking good Lompoc and San Luis Obispo squads in the Men's Varsity, and adding the Small Women's title to weekend honors.

Women's Results:

(Large) 1. Orefice (AG) 18:55, 2. Barr (AG) 19:32, 3. Miller

(No. Bakersfield) 20:02. Team: 1. Arroyo Grande 20 (99:55), 2. North Bakersfield 61. (Small) 1. Jefferson (SLO) 18:11, 2. Toney (Atascadero) 18:56, 3. Diaz (McFarland) 19:02. Team: 1. McFarland 45 (99:48), 2. San Luis Obispo 56 (100:00).

Men's Results:

(Large) 1. Quintana (AG) 15:30, 2. Hines (AG) 15:58, 3. Gann (McLane, Fresno) 16:01. Team: 1. Arroyo Grande 39 (81:25), 2. Serra (San Mateo) 93 (85:12). (Small) 1. Mennon (SLO) 15:59, 2. Samaniego (McFarl) 16:08, 3. Tillis (Lompoc) 16:35. Team: 1. McFarland 32 (83:42), 2. Lompoc 47 (85:05), 3. San Luis Obispo 47 (84:54).

Royal Invitational

Sept. 23. Moorpark College—The Royal Invitational, an annual early season meet of good quality, was once again that on a slightly heat-shortened course at Moorpark College. Some interesting groups put in appearances, with the annual "coming out" for Camarillo, felt by many to be the best team in the State this year. The two-time defending State Large School's Champion Palos Verdes squad would put in its first local invitational appearance. Neither of those squads let anyone down, and there were some other interesting results along the way.

Camarillo features returnees Abe Valdez, 9:07 on the track for 3200m, and 4:21.18 1600m runner Chad Malesich, and 4:22.16 star Shawn Goetzinger. Added to the Scorpion squad this year is Agoura transfer Derek Kite, who has run a fine 15:55 at Mt. SAC, with junior Josh Gerry, the son of 4:15 type miler Ken Gerry at Camarillo nearly 20 years ago, coming around nicely to fill the #4 spot in scoring. Against a dozen other squads here, Camarillo still rolled, placing five in the top six and scoring a shockingly low 19 points! This is truly an amazing performance that could only be achieved by a squad among the best in the entire nation. Valdez won the race at 13:46, with only fine Ventura senior Ramon Morales (14:06 in 2nd) able to break up the Scorpion top five that stretched to 14:28 (a fine 42 second gap, even at this shortened distance). Palos Verdes was nearly as impressive on the Women's Large School run, placing 2-3-4-6 and 7 against another dozen squads. Westlake (Westlake Village) Jeannie Rothman (16:47) was the race winner, but Maya Muneno (2nd-17:06) led a PV charge that gapped at 37 seconds and showed that the Sea Kings have not exactly rolled over and died. A good Channel Islands (Oxnard) team followed PV's 22 in the scoring at 68, with the Sea Kings a full five and a half minutes better on the team stop-watch.

What is appearing to be a very solid Morro Bay Women's squad took the Small Schools' Varsity Race, winning with 45 points over Nordhoff's 74. Very impressive ninth grader, Isabella Aparicio (Fillmore) was the individual winner there at 17:02. An equally solid Whittier Christian Men's crew took the Small Men's run, with Tony Bergman's individual 14:02 win pacing the WC pack that gapped at a minute and a half. WC will be very tough to handle at the 1A level in the Section later this season, as they soundly thumped some good 2A, 3A, and 4A squads here.

Women's Results:

(Large) 1. Rothman (Westlake) 16:47, 2. Muneno (PV) 17:06, 3. Wilcox (PV) 17:29, 4. Zareski (PV) 17:33, 5. Yung (Channel Islands, Oxnard) 17:37, 6. Senga (PV) 17:40. Team: 1. Palos Verdes 22 (87:31), 2. Channel Islands (Oxnard) 68 (92:58), 3. Westlake 84 (93:52), 4. Camarillo 124 (97:23). (Small) 1. Aparicio (Fillmore) 17:02, 2. Toney (Atascadero) 17:34, 3. Husek (Notre Dame, Sherman Oaks) 17:43, 4. Lacovara (Morro Bay) 17:53, 5. Atkinson (Nordhoff, Ojai) 18:06. Team: 1. Morro Bay 45 (94:00), 2. Nordhoff 74 (96:48), 3. Atascadero 74 (96:35) (tie sorted on 6th runners).

Men's Results:

(Large) 1. Valdez (Camarillo) 13:46, 2. Morales (Ventura) 14:06, 3. Kite (Camar) 14:11, 4. Malesich (Camar) 14:20, 5. Gerry (Camar) 14:21, 6. Goetzinger (Camar) 14:28, 7. Payne (Buena, Ventura) 14:33, 8. Robinson (Santa Barbara) 14:35, 9. Brusca (Camar) 14:37, 10. Spayde (Thous Oaks) 14:42. Team: 1. Camarillo 19 (71:06), 2. Palos Verdes 84 (74:55), 3. Thousand Oaks 142 (76:23), 4. Westlake (Westlake Village) 151 (77:08). (Small) 1. Bergman (Whittier Christian, La Habra) 14:07, 2. Goodrich (Dos Pueblos, Goleta) 14:08, 3. Wignot (Dos Pueblos) 14:19, 4. Barajas (Fillmore) 14:23, 5. Ehler (Carpinteria) 14:31, 6. Lawyer (Lompoc) 14:47, 7. Elia (Dos Pueblos) 14:58. Team: 1. Whittier Christian 54 (75:01), 2. Lompoc 63 (75:28), 3. Dos Pueblos 74 (75:22), 4. Fillmore 109 (77:24).

Sonora Invitational

Sept. 23. Carbon Canyon Park—The Sonora Invitational, held in Northern Orange County at Carbon Canyon Park had another big turnout. The Meet marked the coming out for the season for a number of top individu-



MARTHA PINTO

Photo by Doug Speck

als and teams. Fountain Valley and Tustin, expected to be tough on the Men's and Women's side, respectively, were the Division I Varsity Champions. Richie Lockwood of Coach Matt Simpson's Fountain Valley crew had the day's quickest Men's time with his narrow 15:48-15:49-15:49 Division win over Juan Gutierrez (Rosemead) and Jeff Matsumoto (Mater Dei, Santa Ana). FV was a narrow Men's winner over Esperanza (Anaheim) 64-69. Martha Pinto, one of the state's better two milers last spring with a 10:58.13 best for 3200 meters in the State Meet, had the day's quickest Women's time of 18:44 in her Div. I win over Tish Williams (La Habra) 19:19.

Women's Results:

(Div I) 1. Pinto (Katella, Anaheim) 18:44, 2. Williams (La Habra) 19:19, 3. Price (Paramount) 19:20, 4. Lopez (Fullerton) 19:24, 5. Mills (Tustin) 19:38. Team: 1. Tustin 65, 2. Foothill (Santa Ana) 81, 3. Paramount 91, 4. La Habra 116. (Div. II) 1. Fu (Pacific, Garden Grove) 20:37. Team: 1. Cypress 64, 2. Antelope Valley (Lancaster) 67.

Men's Results:

(Div I) 1. Lockwood (FV) 15:48, 2. Gutierrez (Rosemead) 15:49, 3. Matsumoto (Mater Dei, Santa Ana) 15:49, 4. McCauley

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PREP NOTES

(MD) 15:59, 5. Gonzales (La Habra) 16:10. **Team:** 1. Fountain Valley 64, 2. Esperanza (Anaheim) 69, 3. Mater Dei 80, 4. Rosemead 120. (Div II) 1. Sokol (Brea) 16:10, 2. Perez (La Mirada) 16:30. **Team:** 1. Antelope Valley 65, 2. Sunny Hills (Fullerton) 67.

Laguna Hills Invitational

Sept. 23. Laguna Hills H.S.--A large number of teams came together for another good affair (a "by-grade" meet) on the rolling course around Laguna Hills H.S. in Orange County. Shelley Taylor, a sophomore at Edison H.S. in Huntington Beach, marked her 1989 "coming out" in fine style. The most improved runner in the State during the 1988-89 school year, she moved from the position of novice runner in September to among the nation's top milers by June. Her 4:58.77 1600 meter best was the #4 clocking by a ninth grader in the entire nation last spring. Her season ended with the embarrassing fall near the end of the State Meet 1600 that had her take Karen Hecox (South Hills) down and find herself disqualified. With Coach Stan Stauble's help Shelley has graduated to the next level as a runner for the 1989-90 year. Off her performance here there are only a handful of runners in the entire nation who can stay with her this year. It should prove to be an interesting sophomore campaign for the pretty Orange County star. Anyway, here Taylor was in a Large School sophomore race with some good people. Wasting no time, the Edison star blasted away to win by over 660 yards in an amazing Course Record 17:16! Michelle Skinner (Capistrano Valley, Mission Viejo) led a good pack a ways back at 19:03. This course is a legitimate rolling three miles with one good hill, and, needless to say, Taylor's effort was quite amazing! Others who were impressive on the Women's side here were Tracy Fatone (Los Alamitos), who took the Large School Junior/Senior run in 18:41, Hildebrand (Mission Viejo), the Medium Jr/Sr winner at 18:56, and Kim Robinson (Newport Harbor), who took the Small Schools Jr/Sr run in 18:36 later in the day when the heat was definitely a factor. When team times were added up on the Women's side it was another tight struggle between a number of Orange County squads with Irvine emerging a narrow winner over Los Alamitos 99:34-99:37, with the next six squads (five of which were from Orange County), within a minute. San Pasqual (Escondido), a San Diego Section power, tied for 7th in the compilations at 100:36.

Over on the Men's side Dan Niednagel (Dana Hills) was the day's quickest, taking the Large School's Junior race at a fine 15:19. Interestingly, on the Men's side Helix of the San Diego Section (80:52) and Taft (Woodland Hills-L.A. Section) (81:10) went 1-2 in the team time department, with Corona del Mar the Southern Section's first at 81:18.

Women's Results:

(Large) (Jr/Sr) 1. Fatone (Los Alamitos) 18:41, 2. Liddy (El Toro) 19:02, 3. Fernandez (Los Alamitos) 19:03. (So) 1. Taylor (Edison, HB) 17:16, 2. Skinner (Capistrano Vly, MV) 19:03. (Fr) 1. Roda (Irvine) 19:18. (Medium) (Jr/Sr) 1. Hildebrand (Mission Viejo) 18:56, 2. Stevens (Pt. Loma) 19:11. (So) 1. Brix (University, Irvine) 18:21, 2. Santoyo (Mt. View, El Monte) 19:00. (Fr) 1. Valdera (Mt. View) 19:14. (Small) (Jr/Sr) 1. Robinson (Newport Harbor) 18:36. (So) 1. Carter (Laguna Beach) 19:51. (Fr) 1. Keim (San Pasqual, Escondido) 19:43. **Team Times** (top five from all grades) 1. Irvine 99:34, 2. Los Alamitos 99:37, 3. Capistrano Valley 100:07, 4. El Toro 100:08, 5. Edison (HB) 100:18, 6. Mission Viejo 100:34, 7. (tie) San Pasqual (Escondido) and Corona del Mar 100:36, 9. Woodbridge (Irvine) 100:54.

Men's Results:

(Large) (Sr) 1. Cannon (CdM) 15:59. (Jr) 1. Niednagel (DH) 15:19, 2. Le (Los Amigos, Garden Grove) 15:29, 3. Zavalá (Los

Amigos) 15:36, 4. Lozano (Helix, San Diego) 15:36, 5. Rothschild (El Toro) 15:51, 6. Marumoto (CdM) 15:56. (So) 1. Adams (Los Alamitos) 16:17. (Fr) 1. Vasquez (Santa Ana Valley) 16:28. (Medium) (Sr) 1. Rigal (Loyola, L.A.) 15:42, 2. Ulizar (Orange Glen, San Diego) 15:50, 3. Ramirez (OG) 15:52. (Fr) 1. Godsey (Taft, Woodland Hills) 15:51, 2. Ortenberger (Taft, WH) 15:52. (So) 1. Dilligan (Pt. Loma) 16:18. (Fr) 1. Torres (Orange) 17:18. (Small) (Sr) 1. Winters (San Pasqual) 15:57. (Jr) 1. Keslezihi (San Diego) 16:08. (So) 1. O'Neil (San Pasqual) 15:53, 2. Keim (SP) 16:10. (Fr) 1. Jarvis (San Pasqual) 17:15. **Team Times:** 1. Helix (San Diego) 80:52, 2. Taft (Woodland Hills) 81:10, 3. Corona del Mar 81:18, 4. (tie) El Toro and Loyola (L.A.) 82:18, 6. Dana Hills 82:31, 7. Pt. Loma 82:45, 8. Santa Ana Valley 82:58.

Warren Invitational

Sept. 23. Cal State Dominguez Hills--This popular Meet is run on the flat course at Cal State Dominguez Hills, and featured domination of the Large Schools' division by the Men's and Women's groups from El Modena H.S. in Orange. Coach Tom Weber had a good Men's team back this Fall with some rumored Junior High female stars getting out on the course here to make that squad equally as tough. The Men's team marked a win over highly ranked Hart (Newhall) 63-79, with tough Steve Lepken of Hart the individual titlist at 15:16. Over on the Women's side surprising Erica Sumi (Wilson, Long Beach) was the individual winner at 18:12, with an El Modena pack that gapped at just over a minute again taking Hart 53-73.

The Small Schools' division Men's race featured Salesian (L.A.) packing a tight 11 seconds through 1-5 to take a good St. Anthony (Long Beach) group 32-56. Pater Noster's Oscar Perez was the individual winner at 15:21 here. Over on the Women's side, Miraleste (Pacios Verdes) was the winner with 49 points.

Women's Results:

(Large) 1. Sumi (Wilson, L.B.) 18:12, 2. Hunter (Hart, Newhall) 18:52, 3. Dahlberg (El Modena, Orange) 19:06, 4. Maldonado (Leuzinger, Lawndale) 19:15. **Team:** 1. El Modena 53 (88:48), 2. Hart 73 (99:58), 3. Rolling Hills (RH Est's) 106 (102:02). (Small) 1. Donahue (St. Anthony's, L.B.) 20:48. **Team:** 1. Miraleste (PV) 49 (110:48).

Men's Results:

(Large) 1. Lepken (Hart) 15:16, 2. Pose (Torrance) 15:19, 3. Miles (West Torrance) 15:28, 4. Tyner (Cerritos) 15:32, 5. Nishihara (Torrance) 15:37. **Team:** 1. El Modena 63 (79:35), 2. Hart 79 (79:41), 3. Gahr (Cerritos) 140 (81:31). (Small) 1. Perez (Pater Noster, LA) 15:21, 2. Janquart (St. Anthony, LB) 15:25, 3. Faubert (St. Anthony's) 15:48. **Team:** 1. Salesian (L.A.) 32 (82:42), 2. St. Anthony 56 (82:54).

Azusa Invitational

Sept. 30. Citrus College--The Azusa Invitational is for schools from the San Gabriel Valley and is run as a "by-grade affair" on the very fast, flat mostly concrete course at Citrus College. Continued fine running by soph Angel Martinez (San Gabriel) and continuing area team domination by the Arroyo Men's program were meet highlights. Martinez, one of the top handful of 9th grade distance runners in the nation last spring with a 9:17 best for 3200 meters, is rolling right into his sophomore year with a fastest of the day 10th grade race win in 14:54. Arroyo, a program that seems to have just slight ups and downs through the years, continues at a very high level, here taking the 10th, 11th, and 12th grade Men's team contests. On the Women's side Julesa Padilla of Rosemead was easily the day's fastest at 18:47.

Women's Results:

(9th) 1. Ruiz (Rosemead) 19:49. (10th) 1. Sanchez (Nogales,

La Puente) 19:44. **Team:** 1. San Gabriel (11th) 1. Robles (San Gabriel) 19:57. **Team:** 1. Azusa. (12th) 1. Padilla (Rosemead) 18:47, 2. Hanke (Monrovia) 19:14, 3. Galvan (Arroyo) 19:24. **Team:** 1. Rosemead.

Men's Results:

(9th) 1. Shadler (Charter Oak, Covina) 16:43. **Team:** 1. Nogales. (10th) 1. Martinez (San Gabriel) 14:54, 2. Garibay (Nogales) 15:39. **Team:** 1. Arroyo. (11th) 1. Estrada (Monrovia) 15:27, 2. Chaikittirattana (Northview, Covina) 15:31. **Team:** 1. Arroyo. (12th) 1. Sanchez (San Gabriel) 15:33, 2. Griebel (Arroyo) 15:38, 3. Delao (Monrovia) 15:46. **Team:** 1. Arroyo.

Dana Hills Invitational

Sept. 30. Dana Hills H.S.--One of the early season highlights of the Cross Country season, the Dana Hills HS Invite, had another big and talented turnout for the 89 competition. The 3 mile course, measured by one coach as even about 50 yards long, rolls gradually up as it criss-crosses back and forth through the Orange County Beach school's campus and features a downhill last mile that has athletes finish about 100 feet in elevation below where they started. Anyway, they always get a great turnout of quality individuals and schools, and it is one of those affairs where just about everyone seems to go home with an award.

A very strong Saddleback (Santa Ana) Men's group emerged with the fastest team time in that side of the meet, with their 77:P44 edging Corona del Mar (78:07). Coach Bill Sumner of CdM must be congratulated on the improvement of his squad, which is a replacement for his State Middle School Championship squad which all graduated. The late season Seaview League dual showdown between the previously mentioned two schools could be the most interesting two team competition of the local season. On the Women's side Woodbridge (Irvine) continues to show big improvement, here racing to a very impressive 93:41 clocking, in which they packed five runners between 18:19 and 19:06. Mt. Carmel (San Diego), another of the State's top squads, had the #2 clocking of the day with their 94:43.

Individually, Shelley Taylor (Edison, HB) continues to roll, here racing to a win by over a minute in an amazing 17:03. It turns out that Kira Jorgensen (then of Vista before Rancho Buena Vista opened) raced here when she was a sophomore, clocking 17:12. Kira was the National Kinney Champion during that 1986 season. Susannah Thrasher (Villa Park) raced to the day's second fastest Women's time with her 17:32 Jr/Sr race win. Amazing Christine Engesser (Ocean View, HB) won her frosh race in a very quick 17:48. On the Men's side it was the home school's 11th grader, Dan Niednagel with the day's fastest at 14:45 in his win over Eddie Salinas (Saddleback, Santa Ana). Clay Biddle (Mt. Carmel, San Diego) and Tom McCauley (Mater Dei, Santa Ana) had the next Men's time at 15:01.

Women's Results:

(Div II) (Frosh) 1. Engesser (Ocean View) 17:48, 2. Rodá (Irvine) 17:52, 3. Perar (Rubidoux, Riverside) 18:37. (Soph) 1. Taylor (Edison) 17:03, 2. Skinner (Capistrano Valley) 18:10, 3. Fatone (Los Alamitos) 18:17. (Fr/Sr) 1. Adam (Huntington Beach) 17:53, 2. Miranda (Palm Springs) 17:59, 3. Beltran (Valley, Santa Ana) 18:18. (Div II) (Frosh) 1. Henery (Rolling Hills) 20:06. (Soph) 1. Brix (University, Irvine) 17:44, 2. Hornbacher (Rancho Buena Vista, Vista) 18:09. (Jr/Sr) 1. Thrasher (Villa Park) 17:32, 2. Robinson (Newport Harbor) 17:45, 3. Peck (Woodbridge) 18:19, 4. Robles (Wdrb) 18:27, 5. Hildebrand (Mission Viejo) 18:28. (Div III) (Fr/So) 1. Fruttero (San Marino) 18:14, 2. Bendz (Costa Mesa) 18:31. (Fr/Sr) 1. Sansom (Glendora) 18:32. **Teams:** (5 members of teams from all divisions combined) 1. Woodbridge (Irvine) 93:41, 2. Mt. Carmel (San Diego) 94:43, 3. El Toro 95:32, 4. Irvine 95:45, 5. Los Alamitos

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PREP NOTES

96:14, 6. Capistrano Valley 96:26, 8. Newport Harbor 96:34, 9. Paramount 96:54, 10. Poway 96:58, 11. Dana Hills 97:14, 12. Rancho Buena Vista 97:40.

Men's Results:

(Div I) (Fr) 1. Cabral (El Toro) 16:02. (So) 1. Arnold (Poway) 15:44. (Jr) 1. Niednagel (Dana Hills) 14:45, 2. Salinas (Saddleback) 14:50, 3. Pearce (Redlands) 15:12, 4. Ocampo (Bell Gardens) 15:26. (Sr) 1. Biddle (Mt. Carmel) 15:01, 2. McCaffery (Marina, HB) 15:12, 3. Price (Saddleback) 15:18, 4. White (Redlands) 15:18, 5. Lockwood (Fountain Valley) 15:24. (Div II) (Fr) 1. Noonan (Costa Mesa) 17:05. (So) 1. Lynch (Laguna Hills) 16:01. (Fr) 1. Johnson (Oceanside) 15:36. (Sr) 1. Branigan (Glendora) 15:05, 2. Maxwell (So. Pasadena) 15:19, 3. Beach (So Pasadena) 15:23. Teams: 1. Saddleback 77:44, 2. Corona del Mar 78:07, 3. Fountain Valley 78:40, 4. Santa Ana 79:10, 5. El Toro 79:15, 6. Mater Dei 79:37, 7. Dana Hills 79:39, 8. Ruidoux (Riverside) 79:39, 9. Redlands 79:49, 10. Poway 79:50, 11. South Pasadena 80:31, 12. Gahr (Cerritos) 80:32.

Agoura Invitational

Sept. 30. Paramount Ranch--This good Meet that attracted schools mostly from the northern half of the Southern Section was interestingly without the host school Agoura, which certainly would have added to the Meet's quality but was not allowed by the District to compete due to the Yom Kippur holiday. Anyway, fine Arroyo Grande (Men) and Buena (Ventura-Women) teams took the Large School races over the challenging course with junior Louis Quintana (AG) moving to another impressive individual win in that Men's race. In their comfortable 57-98 win over developing L.A. City power Taft (Woodland Hills), the Arroyo Grande Men's squad had a comfortable margin of nearly two minutes in team time. Buena, one of the top couple of Women's squads in the State, was also a very comfortable winner 54 (102:50)-89 (106:11)-Channel Islands, Oxnard, and 93 (106:04)-Arroyo Grande). The AG Women ran without their #2 runner, Brandy Barr. A steadily improving Lompoc Men's group took the Smaller Schools race 45 (87:49)-47 (86:38) over a good Dos Pueblos (Goleta) squad. Quintana will have to wait for later season races such as Mt. SAC and the Section 2A competition to race Bryan Dameworth, as the Agoura star and he are both at that level locally. The fireworks in those competitions could be very special.

Women's Results:

(Large) 1. Rothman (Westlake, Westlake Village) 19:13, 2. Reyes (Lakewood) 19:27, 3. Orefice (Arroyo Grande) 19:30, 4. Bryant (Buena) 19:42, 5. Auer (Thous Oaks) 20:02. Team: 1. Buena 54 (102:50), 2. Channel Islands (Oxnard) 89 (106:11), 3. Arroyo Grande 93 (106:04). (Small) 1. Kendig (La Reina, Thous Oaks) 20:37, 2. Ahn (La Canada) 20:55. Team: 1. Newbury Park 43 (111:51).

Men's Results:

(Large) 1. Quintana (AG) 15:45, 2. Pose (Torrance) 16:07, 3. Reyes (Lakewood) 16:18, 4. Godsey (Taft, WH) 16:28, 5. Robinson (Santa Barbara) 16:37. Teams: 1. Arroyo Grande 57 (84:25), 2. Taft 98 (86:19), 3. Westlake (Westlake Village) 141 (88:07). (Small) 1. Goodrich (Dos Pueblos) 16:15, 2. Wignot (DP) 16:39. Teams: 1. Lompoc 45 (87:49), 2. Dos Pueblos 47 (86:38).

South Bay Invitational

No. Date Available. Southwestern College.

Boy's Results:

(Div I) (Teams) 1. La Jolla 50, 2. Escondido 74, 3. Ramona 91, 4. El Camino 96, 5. Hilltop 99. (Individual) 1. B. Ricketts (Hilltop) 16:37.

(Div II) (Teams) 1. Santana 25, 2. Bonita Vista 66, 3. Hoover 94, 4. Montgomery 121, 5. Crawford 143. (Individual) 1. R. Reed (Santana) 16:01.

(Div III) (Teams) 1. Poway 37, 2. Fallbrook 38, 3. Castle Park 122, 4. Monte Vista 128, 5. San Dieguito 147. (Individual) 1. B. Grady (Castle Park) 16:13.

Sweepstakes: 1. Poway 85:51.

Girl's Results:

(Div I) (Teams) 1. La Jolla 15, 2. Hilltop 55, 3. El Camino 104, 4. Ramona 112, 5. Escondido 129. (Individual) 1. M. Ferguson (La Jolla) 12:16. (Div II) (Teams) 1. El Camino 35, 2. Bonita Vista 101, 3. Mar Vista 118, 4. Montgomery 119, 5. Crawford 171. (Individual) 1. L. Russell (El Capitan) 12:50. (Div III) (Teams) 1. Poway 35, 2. Fallbrook 68, 3. Monte Vista 73, 4. Helix 81, 5. San Dieguito 146. (Individual) 1. M. Glusac (Fallbrook) 12:23.

Bell-Jeff Invitational

No Date Available. Griffith Park, L.A.

Boy's Results:

(Div I) (Seeded) 1. Hart 55, 2. Hoover 104, 3. Belmont 107, 4. Burbark 139, 5. Rosemead 162. (Individuals) 1. Herrera (Hoover) 14:22, 2. Gutierrez (R) 15:05, 3. Lepkin (Hart) 15:09, 4. Jordan (Venice) 15:10, 5. Dixon (Hart) 15:13. (Rated) 1. Long Beach Wilson 60, 2. Millikan 99, 3. Alhambra 119. (Individuals) 1. Gomez (Alhambra) 15:57. (Div II) 1. Bosco Tech 84, 2. Loyola 86, 3. Walnut 103. (Individuals) 1. Rigal (Loyola) 15:20. (Div III) (Seeded) 1. Whittier Christian 54, 2. Salesian 95, 3. Fillmore 119, 4. Maranatha 131, 5. Cathedral 140. (Ind) 1. Bergman (Whittier Christian) N.T., 2. Perez (Pater Noster) N.T. (Rated) 1. Bell-Jeff 55, 2. Orange Lutheran 63, 3. Webb 101. (Ind) 1. Strand (Orange Lutheran) 16:08.

Girl's Results:

(Div I) (Seeded) 1. Hesperia 51, 2. Mountain View 69, 3. Hart 75, 4. Oildale North Bakersfield 119, 5. Belmont 135. (Ind) 1. Martinez (Foothill, Bakersfield) 17:58, 2. Velarde (Mt. View) 18:17, 3. Santoyo (MV) 18:31. (Rated) 1. Chino 37, 2. LB Wilson 59, 3. Pasadena 83. (Ind) 1. Sumi (LB Wilson) 18:35. (Div II) 1. Morro Bay 48, 2. St. Paul 80, 3. Nordhoff 105, 4. Walnut 148, 5. Norwalk 160. (Ind) 1. Griffith (Walnut) 18:23. (Div III) (Seeded) 1. LA Baptist 94, 2. Bell-Jeff 115, 3. Brentwood 117, 4. Maranatha 121, 5. Paraclete 129. (Ind) 1. Aparicio (Fillmore) 18:04, 2. Harvey (Paraclete) 18:22, 3. Shaw (F) 18:38. (Rated) 1. Marymount 26, 2. Webb 77, 3. Orange Lutheran 86. (Ind) 1. Stern (Marymount) 20:06.

Buena Invitational

No Date Available. Ventura State Beach.

Boy's Results:

(Jr/Sr) 1. Agoura 80, 2. San Diego 113, 3. Claremont 120. (Ind) 1. Dameworth (A) 14:24, 2. Vavar (A) 15:07, 3. Barajas (Fillmore) 15:17, 4. Leano (Channel Islands) 15:31. (So/Fr) 1. Channel Islands 85. (Ind) 1. Mendoza (CI) 16:07.

Girl's Results:

(Jr/Sr) 1. Buena 50, 2. Agoura 53, 3. Newport Harbor 84. (Ind) 1. Robinson (NH) 17:59, 2. York (A) 18:19, 3. Bryant (B) 18:37. (So/Fr) 1. Channel Islands 49. (Ind) 1. Shaw (Fillmore) 18:28, 2. Aparicio (F) 18:34.

Bell-Jeff Invitational

Sept. 30. Griffith Park, L.A.--This very popular late September Invite once again attracted a number of teams from all over the place. As an added feature Meet Director Jim Couch tries to gather together all the top smaller schools in the Section for a big showdown, with the results there always very interesting.

Top-ranked Section 3A squads Hart (Newhall) on the Men's and Hesperia on the Women's side were the Meet's quickest groups. The Hart men were led by Steve Lepkin (3rd 15:09) and Billy Dixon (5th 15:13) in their Large School Seeded Men's race victory with 55 points (77:59). Hoover's Eliazar Herrera had the day's fastest time of 14:22 in his race win there, with Juan Gutierrez (Rosemead) 2nd at 15:05. Hesperia's Wom-

en's Large Seeded win was particularly impressive, as their 51 point total (98:54) was achieved without team leader Nicole Robbins, one of the country's finest harriers who would have subtracted about three minutes from the team's time with her presence (giving them a four minute bulge on second place Mountain View (El Monte) 69 (99:58). Foothill of Bakersfield's Mary Ann Martinez was the individual Women's Large Seeded winner at 17:58.

The big Section 1A showdowns are always of interest. The Whittier Christian (La Habra) Men's group has looked very strong against high division schools in meets along the way thus far this season and here they showed their power at the 1A level. Running in the Small Schools Seeded race (in which the Chronomix unfortunately failed) WC's Tony Bergman was the individual winner at 14:49, and with three other scorers packed in at 13-14 and 15 the Heralds totalled 54 points, leaving second place Salesian (L.A.) back at 95 and the other 14 squads far to the rear. It would appear that defending State Champions Sherman Indian (Riverside) will have some trouble with the Whittier Christian squad at the Section 1A level, with WC enrollment such that it will put them in Division II at the State level. Pater Noster's Oscar Perez was 2nd to Bergman at 14:53. In the Women's Small School Seeded race area power Maranatha (Sierra Madre 121-107:14) was shunted to fourth by L.A. Baptist (Sepulveda) 94 (102:52), Bell-Jeff (Burbank) 115 (106:02), and Brentwood (L.A.) 117 (106:31). Fillmore frosh star Isabella Aparicio was the individual winner at 18:04 over Jean Harvey (Paraclete, Lancaster) 18:22.

Fine newcomer, Erica Sumi (Wilson, LB) recorded an 18:35 in the Large School's Varsity race, with Chino 37 (102:01) putting together a good team effort. 1A power Bosco Tech (Rosemead) took Loyola (L.A.) in the Medium School's Men's race 84 (83:03)-87 (81:36) with Rene Rigal of Loyola the individual winner at 15:20. Wendy Griffith (Walnut) took the Medium Women's race at 18:23 with a good Morro Bay group (48-100:49) the team champions.

Women's Results:

(Small Varsity) 1. Stern (Marymount, L.A.) 20:06. Team: 1. Marymount 26 (105:24). (Small Seeded) 1. Aparicio (Fillmore) 18:04, 2. Harvey (Paraclete) 18:22, 3. Shaw (Fillmore) 18:38, 4. Castellanos (L.A. Baptist) 18:54, 5. Hosek (Notre Dame, Sherman Oaks) 19:13. Team: 1. L.A. Baptist 94 (102:52), 2. Bell-Jeff 115 (106:02), 3. Brentwood 117 (106:31), 4. Maranatha 121 (107:14). (Medium Varsity) 1. Griffith (Walnut) 18:23. Teams: 1. Morro Bay 48 (100:49), 2. St. Paul (Santa Fe Springs) 80 (100:58). (Large Varsity) 1. Sumi (Wilson, LB) 18:35. Team: 1. Chino 37 (102:01). (Large Seeded) 1. Martinez (Foothill, Bakersfield) 17:58, 2. Velarde (Mt. View, El Monte) 18:17, 3. Santoyo (Mt. View, El Monte) 18:31. Team: 1. Hesperia 51 (98:54), 2. Mt. View 69 (99:58), 3. Hart (Newhall) 75 (101:25).

Men's Results:

(Small Varsity) 1. Strand (Orange Lutheran) 16:08. Team: 1. Bell-Jeff 55 (106:02). (Small Seeded) 1. Bergman (Whittier Christian) 14:49, 2. Perez (Pater Noster, L.A.) 14:53. Chronomix failure after 2nd. Teams: 1. Whittier Christian 54, 2. Salesian 95, 3. Fillmore 119, 4. Maranatha 131, 5. Cathedral 131, 6. La Salle 142. (Medium Varsity) 1. Rigal (Loyola, L.A.) 15:20. Teams: 1. Bosco Tech 64 (83:03), 2. Loyola (L.A.) 86 (81:36). (Large Varsity) 1. Gomez (Alhambra) 15:57. Team: 1. Wilson (Long Beach) 60 (82:53). (Large Seeded) 1. Herrera (Hoover, Glendale) 14:22, 2. Gutierrez (Rosemead) 15:05, 3. Lepkin (Hart) 15:09, 4. Jordan (Venice) 15:10, 5. Dixon (Hart) 15:13, 6. Escanuela (Eisenhower, Rialto) 15:16, 7. Moreno (Venice) 15:17. Teams: 1. Hart 55 (77:59), 2. Hoover 104 (79:04), 3. Belmont, L.A. 107 (80:36).

continued next page...

PREP NOTES

Kenny Staub Invitational

Oct. 7. **La Crescenta Park**--A strong group of runners came together in La Crescenta Park for some good racing in this meet. On the challenging course Bryan Dameworth continued to roll in very impressive fashion with the rest of the Agoura program putting together a very, very impressive effort. The course at CV park does not feature monstrous hills or atrocious footing, but has enough up and down and is run through some thick grass to the point where times here end up approximating those at Mt. SAC where the big hills are balanced against very good footing.

Bryan Dameworth may be the best runner in the nation among Preps. Here he amazed with a very, very significant lowering of a record set by a young man who still has the national record for two miles on the track at 8:36.3--Jeff Nelson of Burbank. Back in 1977, during the fall of that senior year when he raced the 8:36, and was equally as impressive in Cross Country, Nelson raced 15:05 here in the Staub Meet. In the Foothill League Finals Nelson lowered the All-Time Course Best to 14:49. Running in the Division I race Dameworth was without company after half a mile, raced through the rolling first mile at 4:49, and proceeded to win over some very good people by nearly 220 yards in a staggering 14:50. Having watched both Dameworth and Nelson run their record races here it is hard to imagine a much stronger Dameworth this year losing to anyone in the High School ranks. There is always someone who shows up to really run in the Kinney Nationals, so we will see, but they better be very, very special if they are to

handle the Agoura senior. Behind Dameworth Eliazar Herrera (Hoover, Glendale) at 15:19, and the Canyon (Canyon Country) duo of Dave Hartman (15:29) and Dan Berkeland (15:36) raced well, Berkeland especially surprising since his Mt. SAC best last year was 16:55. The Agoura Men's team was equally as impressive as their leader Dameworth, as Quentin Bauer (15:55-6th) led the rest of the Charger pack to a new team time course record of 80:57, taking down the Crescenta Valley (La Crescenta) record of 81:07 from 1981, with that CV group turning out to be one of the best in Section history. Canyon (Canyon Country) was not far behind, as Agoura only edged them on points 64-69, with the Cowboys' 81:32 team time very, very impressive. The Agoura Women were every bit as special on this day, recording 28 points in winning the Women's Division I run and having a team time that was the day's fastest by over six minutes at 98:45. The Women of Agoura appear to be the State's best right at the moment. Deena Drossin led Agoura with her 18:31 win, with Jeannie Rothman (Westlake, Westlake Village) 18:43 and Suzanne Castruita (West Covina), the Division III winner at 18:53, also looking good.

Women's Results:

(Div I) 1. Drossin (Agoura) 18:31, 2. Rothman (Westlake) 18:43, 3. Santoyo (Mt. View, El Monte) 19:13, 4. Zontelli (Agoura) 19:24, 5. York (Agoura) 19:32, 6. Ragon (Alta Loma) 19:35. Team: 1. Agoura 28 (98:45), 2. Alta Loma 92 (104:53), 3. Westlake 96 (105:26), 4. Mountain View 106 (105:48), 5. Claremont 114 (109:26). (Div II) 1. Heidi (Canyon, CC) 19:34, 2. Norell (Upland) 19:49, 3. Mercier (Newbury Park) 19:54. Team: 1. Upland 65 (109:09), 2. West Torrance 83

(108:54), 3. Newbury Park 87 (108:43). (Div III) 1. Castruita (West Covina) 18:53. Team: 1. Torrance 62 (113:46).

Men's Results:

(Div I) 1. Dameworth (Agoura) 14:50CR, 2. Herrera (Hoover, Glendale) 15:18, 3. Hartman (Canyon) 15:29, 4. Berkeland (Cany) 15:36, 5. Jordan (Venice) 15:49, 6. Bauer (Agoura) 15:55, 7. Pose (Torrance) 15:59, 8. Harris (Hoover) 16:02, 9. Moreno (Venice) 16:03. Team: 1. Agour 64 (80:57)CR, 2. Canyon (Canyon Country) 69 (81:32), 3. Torrance 107 (84:13), 4. Hoover 108 (83:10), 5. Huntington Beach 122 (85:11), 6. Venice 123 (85:55), 7. Redlands 132 (85:26), 8. Loyola, L.A. 137 (85:42). (Div II) 1. Parrott (Claremont) 16:16. Team: 1. Lompoc 97 (86:20). (Div III) Team: 1. Schuur 110 (89:10).

AAU/Carrier Junior Olympic Games

August 6, 7, San Antonio, TX

Senior Girls Heptathlon Results

1. Kalleen Madden (Yoakum, TX) 4683, 2. Edwina Ammonds (Fresno) 4292, 3. Katrina Jones (Lansing, MI) 4286, 4. Kisha Agee (Lansing, MI) 4054, 5. Klare Nava (Edna, TX) 4021, 6. Gillian Siemanowski (Houston, TX) 3909, 7. Nichole Sulak-Rendhaw (Southlake, TX) 3799, 8. Gina Tames (Houston, TX) 3783, 9. Stacie Land (Sequin, TX) 3381, 10. Melanie Coder (Manchester, KS) 3011.

Kinney California State High School Cross Country Rankings

By Doug Speck, Steve Fagundes and Correspondents Around the State

Division I

(1600 Students & Over in Enrollment)

Boys:

1. Camarillo, 2. De La Salle (Concord), 3. Agoura, 4. Canyon (Canyon Country), 5. Arroyo Grande, 6. Saddleback (Santa Ana), 7. Madera, 8. San Clemente, 9. Helix (La Mesa), 10. Del Campo (Fair Oaks).

Girls:

1. Agoura, 2. Woodbridge (Irvine), 3. Mt. Carmel (San Diego), 4. Hesperia, 5. Buena (Ventura), 6. Arroyo Grande, 7. San Clemente, 8. Irvine, 9. Los Alamitos, 10. (tie) Poway & Channel Islands (Oxnard).

Division II

(700-1599 Students in Enrollment)

Boys:

1. Corona del Mar, 2. Jesuit (Carmichael), 3. Palos Verdes, 4. Palo Alto, 5. South Pasadena, 6. Whittier Christian (La Habra), 7. Wasco, 8. Lompoc, 9. Dos Pueblos (Goleta), 10. (tie) Sonora & El Camino (Oceanside).

Girls:

1. Palos Verdes, 2. La Jolla, 3. Newport Harbor, 4. Yucaipa, 5. Corona del Mar, 6. Morro Bay, 7. Archbishop Mitty (San Jose), 8. San Marino, 9. St. Paul (Santa Fe Springs), 10. Mills (Millbrae).

Division III

(0-699 Students in Enrollment)

Boys:

1. McFarland, 2. Laguna Beach, 3. Maranatha (Sierra Madre), 4. Sherman Indian (Riverside), 5. La Salle (Pasadena), 6. Corcoran, 7. Bell-Jeff (Burbank), 8. Piedmont, 9. Sierra (Tollhouse), 10. Calvin Christian (Escondido).

Girls:

1. Hart Harte (altaville), 2. L.A. Baptist (Sepulveda), 3. Bell-Jeff (Burbank), 4. Brentwood (L.A.), 5. Maranatha (Sierra Madre), 6. McFarland, 7. Paraclete (Lancaster), 8. Marymount (L.A.), 9. Thacher (Ojai), 10. Laguna Beach.

Running Your Best Marathon

By JEFF GALLOWAY

IT WAS A CRISP DAY in mid December. Eleven of us were lined up for the first Atlanta Marathon. I had just arrived home from college after a fall season of freshman cross country. While my longest run had been only 15 miles, I was ready for this "new frontier". The first 11 miles went by quickly. . . too quickly. My 6 minute miles would have been great for a 15 mile event, and that's exactly where I started slowing down. By 18 miles I felt bad, and by 21 I felt like a soldier on a death march: jogging a few hundred yards until dizziness set in, then walking. The only thing that kept me going was the fact that I was in first place--by almost an hour.

I finished my first marathon, but it was several years before I had healed the mental scars. Like so many runners, I had made a series of small mistakes which not only slowed my performance--it made for a bad experience.

I've worked individually with over a thousand runners as they have prepared for marathons. Most have the "big" things covered. Due to a series of small mistakes, however, very few runners achieve the performance of which they are capable. Let's try to cut out some of the little things that keep us from doing the big things.

1. Training mistakes. It's already marathon racing season, so we'll only mention those mistakes you may correct in the late stages. If you have three weeks or more. I'd recommend a longest run of 25-26 miles, three weeks prior to the event. Long ones like this must be 1.5-2 minutes per mile slower than marathon race pace. Long runs should be run no more often than every other week. If you've been running too many miles per week, you may be getting too tired to run your best marathon. Try running every other day for 1-3 weeks to recover. You won't lower your conditioning level, and you may recover in time for the marathon. Be sure to slack pace and distance drastically the week before the marathon--you must be rested.

2. Racing mistakes. If you've been racing hard every weekend, you're in trouble. Marathon training is very demanding and racing too often will drag you down into severe fatigue. Try to avoid hard races above 15K during a marathon season, and limit your 10K-15K races to one per month.

3. Speedwork mistakes. Speed workouts mustn't be run too often or too close to your long runs for fear of burnout. I believe the best formula is to do longer repetitions, such as repeat miles, on the weekends when you aren't running long. To maintain good form and fast rhythm, you may do some light accelerations twice a week on moderate days (100-200 yd. accelerations at 5K pace with complete rest between). Never sprint!

4. Drinking. Drink small amounts of water regularly (4-6 oz per waking hour) throughout your marathon season--but particularly in the latter stages of the program and especially two days before the race.

Drinking caffeine and alcohol will tend to increase your dehydration. I recommend abstaining from these two drugs two days before the event.

5. Eating. Eat plenty of carbohydrates for the 3 days before the event. I don't recommend the depletion stage of carbo-loading, because you're very likely to stay depleted. By adding carbohydrates to a good, balanced diet you'll be refueled and ready to run. The week of the marathon is not the time to change your diet. If you consume too much solid food the evening before the marathon, some of it will still be in the intestines, diverting blood away from the exercising muscles.

If you eat something the morning of the event, stick with food that has worked for you before long runs. When in doubt, make it very light and easy to digest. Most folks find it best to eat the light snacks no closer to the race than two hours before.

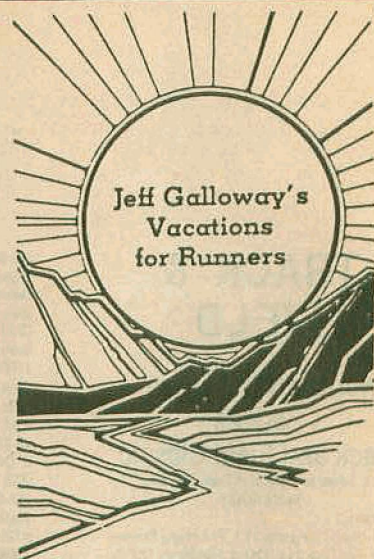
6. Warm-up. Use your long runs to find the best pre-race routine. In general, it is best to awaken at least three hours before the race start. Until the start, drink about 4 oz of water every 20-30 minutes. About an hour before the start, walk for 15-20 minutes, followed by light jogging or further walking for 10-15 minutes. While you line up for the race, keep moving--especially if it's cold.

7. Clothing. On cold mornings, you must cover the hands and ears--but don't overdress. Many people experience heat sickness on very cold days due to thick outer garments and too many layers. For flexibility, wear several thin layers which you may remove before you get too warm. Garbage bags have become very popular outerlayers for their water repellent and heat retaining qualities. Just poke a hole for the head and arms and discard as the race begins.

8. Pace. More efforts are wasted by going too fast in the first half of the race--than by any other "little" or big mistake. Even 5-10 seconds per mile too fast will build up a sizeable oxygen debt which will slow you down twice as much at the end. Most records are set with an even-paced or negative split effort (second half is faster than the first half). If it is warm, you must slow down early or suffer a massive slowdown later.

There's a great race down there somewhere. Be very professional as you keep track of these big "little" things, and you can take advantage of the great conditioning you've established during those long months and lonely miles.

At his summer running vacations, Jeff Galloway specializes in getting the most out of a minimum of miles. He has authored the nation's current best-selling running book: Galloway's Book on Running. For information write P.O. Box 76843, Atlanta, GA. 30358.



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RESULTS

TRACK & FIELD

Northern California Seniors Track and Field Classic

Sept. 16, Edwards Field, U of Calif., Berkeley, Men's Results

100 Meters:

(30): 1. Noah Livingston 11.1, 2. Anthony Stevens 11.2, 3. Ken Cook 11.8, (35): 1. Earl Bryant 12.1, 2. Frank Demby 12.2, 3. Ricardo Quiantang 12.5, (40): 1. Eddie Hart 10.6, 2. James Hollister 11.9, 3. Del Eckels 12.1, 4. Angel Cachinero 12.4, 5. Lance Pierce 12.4, 6. Manuel Pan 12.5, (45): 1. Win Emert 11.7, 2. Walt Butler 12.1, 3. Juan Bustamonte 12.2, 4. Jack Karbens 13.4, 5. Bert Drassinower 15.1, (50): 1. Marilyn Adamson 11.7, 2. Phillip Maresca 13.2, (55): 1. Marlon Sanchez 12.5, 2. Bob Feaster 13.0, 3. Marvin Smoller 13.3, 4. Ben Rivera 13.4, (65): 1. James Warren 16.0, 2. Richard Bennett 16.2, (75): 1. Las Holmquist 19.2.

100m HH: 38"

(50): 1. Steve Richmond 19.1, (55): 1. Marlon Sanchez 18.6, 2. Dave Douglass 18.9.

110m HH: 38"

(30): 1. James Weems 15.3, (35): 1. Maurice Valentine 16.6, (45): 1. Walt Butler 16.0.

200 Meters:

(35): 1. Adrian Hodgers 23.7, 2. Frank Demby 25.6, 3. Carl Perez 26.4, 4. John Kirkpatrick 26.5, 5. Tom Lando 26.5, 6. Rick Thoman 26.6, (40): 1. Eddie Hart 23.8, 2. Manuel Pan 26.4, (50): 1. Marilyn Adamson 24.6, 2. Phillip Maresca 27.8, 3. Mel Sacks 28.8, 4. Robert Fuller 34.7, (55): 1. Erv. Mehmedbasich 29.6, (65): 1. Jim Warren 28.7, 2. Alden Bryant 35.5.

400 Meters:

(35): 1. Adrian Hodgers 52.3, 2. Rick Thoman 55.8, (40): 1. Steve Gillman 62.5, (45): 1. Steve Gillman 62.5, (45): 1. Mel Brooks 52.4, 2. John Aldridge 53.9, 3. Andre Dunkell 55.8, 4. Jack Karbens 59.6, (50): 1. Marilyn Adamson 53.7, 2. Phillip Maresca 59.1, 3. Tom Woodring 63.6, 4. Robert Fuller 65.5, (55): 1. Bob Feaster 61.9, (65): 1. Carl Reiterman 1:56.1, (90): 1. Paul Spangler 2:00.2.

300 Hurdles:

(55): 1. Marlon Sanchez 50.9, 2. Dave Douglass 60.2.

800 Meters:

(40): 1. Searcy Barnett 2:05.6, (45): 1. Mike Ackley 2:06.5, 2. Andre Dunkell 2:15.3, (50): 1. Pete Richardson 2:21.3, (55): 1. Gerald Czamanski 2:32.0, (60): 1. Boyce Jacques 2:29.4, (65): 1. Don Wilgus 2:58.

1500 Meters:

(30): 1. Jim Walker 4:31.0, (35): 1. Tom Lando 5:00.0, (40): 1. Phil Nemir 4:45.0, (45): 1. Harvey Franklin 4:27.0, (65): 1. Don Wilgus 6:25, 2. Alden Bryant 7:02.0.

3000 Meters:

(40): 1. Jim Hampton 9:29.1, 2. Phil Nemir 10:08.3, 3. Malcolm Schotzler 10:51.9, (55): 1. Peter Todd 11:12.6, 2. James Jacobs 11:24.8, 3. Bruce Carradine 11:33.1, 4. John Gregson N.T., (65): 1. Don Wilgus 13:48.2, 2. Carl Reiterman 19:23.7, (60): 1. Dave Stevenson 10:31.4, 2. Ray Stewart 10:59.5, (70): 1. Norton Jacobs 15:07.6, (90): 1. Paul Spangler 20:08.

4x400m Relay:

(30-39): 1. San Francisco T.C. (O'Connell, Demby, Bryant, Thoman) 47.2.

Hammer:

(50): 1. Rich Hotchkiss 41.58, 2. Joe Orsini 37:96, 3. Jim Hart 37.62, (55): 1. Dave Douglass 33.58, 2. Gary Dawson 30.82, (65): 1. Bob Stone 30.00, (70): 1. Rick Hustaco 24.46, (75): 1. Jim York 27.94.

Shot Put:

(30): 1. Jim Seleny 7.69, (45): 1. Juan Bustamonte 7.87, (50): 1. Rich Hotchkiss 13.96, 2. Karl Mayer 13.72, 3. Jim Hart 13.59, (55): 1. Bob Feaster 11.03, 2. Dave Douglass 9.33, (60): 1. Mike Orlich 13.08, (65): 1. Bob Stone 9.16, 2. Jerry Salsdorf 8.17, (70): 1. Hal Cronkhite 10.24, 2. Hy Booth 10.02, 3. Dick Mack 8.41, (75): 1. Ross Carter 11.96, 2. Jim York 9.02, (80): 1. A.J. Puglitzewich 7.56.

Javelin:

(30): 1. Jim Seleny 34.36, (40): 1. Drew Stovick 53.04, 2. Alan Feia 33.86, (50): 1. Karl Mayer 43.76, (65): 1. Alden Bryant 31.02, 2. Bob Stone 28.78, 3. Roy Atherton 37.04, 4. Jerry Salsdorf 14.36, (70): 1. Rick Hustaco 25.92, 2. Dick Mack 22.54, (80): 1. Emory Curcio 24.30, 2. Ken Carrine 24.02, 3. A.J. Puglitzewich 17.02.

Long Jump:

(30): 1. Jim Seleny 2.61, (35): 1. Maurice Valentine 5.87, (40): 1. Angel Cachinero 6.08, 2. Del Eckels 6.08, 3. Jim Hollister 5.52, 4. James Manor 5.48, 5. Drew Stovick 5.14, (45): 1. Alan Hunken 4.90, (50): 1. Jack Hill 4.81, 2. Harold Holder 4.63, 3. Steve Richmond 4.44, (55): 1. Gary Dawson 3.61, (60): 1. Bob Roemer 3.87, (65): 1. Jim Warren 3.75, 2. Roy Atherton 3.39, 3. Alden Bryant 3.39, 4. Richard Bennett 3.33, 5. Jerry Salsdorf 2.78, (75): 1. Wilfred Bigelow 3.09, 2. Las Holmquist 2.93.

High Jump:

(35): 1. Roy Brown 5-6, (40): 1. Drew Stovick 5-0, (50): 1. Rich Hotchkiss 5-0, 2. Steve Richmond 4-8, (55): 1. Marlon Sanchez 5-0, 2. Dave Douglass 4-4, (60): 1. Bob Roemer 4-2, (65): 1. Jerry Salsdorf 3-10, 2. Richard Bennett 3-8, 3. Roy Atherton 3-8, (75): 1. Las Holmquist 3-8, 2. Wil Bigelow 3-6.

Triple Jump:

(30): 1. D.O'Connell 11.38, 2. Jim Seleny 6.54, (35): 1. Maurice Valentine 12.02, 2. Ricardo Quiantang 10.29, (40): 1. Angel Cachinero 12.00, 2. Jim Hollister 11.32, 3. James Manor 11.08, 4. Alan Feia 9.39, (45): 1. Don Dvorak 10.63, 2. Alan Hunken 10.22, 3. Jack Karbens 9.18, (50): 1. Steve Richmond 9.12, 2. Harold Holder 9.08, (55): 1. Gary Dawson 8.17, (65): 1. Jim Johnson 8.96, 2. Roy Atherton 5.81.

Discus:

(30): 1. Jim Seleny 21.56, (40): 1. Alan Feia 27.54, (45): 1. Jack Karbens 31.14, (50): 1. Rich Hotchkiss 45.46, 2. Jim Hart 43.30, 3. Karl Mayer 41.90, (55): 1. Dave Douglass 30.38, 2. Gary Dawson 27.74, (60): 1. Mike Orlich 37.66, (65): 1. Bob Stone 32.16, 2. Roy Atherton 27.04, 3. Alden Bryant 25.18, 4. Jerry Salsdorf 22.18, (70): 1. Hy Booth 37.18, 2. Hal Cronkhite 24.56, 3. Dick Mack 21.60, 4. Oiva Numela 16.88, (75): 1. Ross Carter 35.66, (80): 1. A.J. Puglitzewich 16.60.

Women's Results

100 Meters:

(35): 1. Lynda Jackson 15.1, 2. Donna Borges 14.8, (40): 1. Irene Herman 15.9, (45): 1. Eleanor Dennis 16.0, (55): 1. Marj Moore 17.0, (65): 1. Molly Monheit 21.6.

200 Meters:

(35): 1. Lynda Jackson 32.5.

400 Meters:

(60): 1. Kit Pickles 1:39.1.

800 Meters:

(45): 1. Shirley Matson 2:26.2, (50): 1. Vicki Bigelow

2:40.3, 2. Jeri Rose 3:31.8, (55): 1. Barbara Robben 3:09.

1500 Meters:

(65): 1. Barbara Robben 6:40, (60): 1. Kit Pickles 7:15.0.

3000 Meters:

(40): 1. Dee Dee Grafius 11:05.4, (45): 1. Cathie Crawford 15:31, (50): 1. Vickie Bigelow 11:14.5, 2. Kay Willoughby 12:12.1, 3. Jeri Rose 13:50.2, (55): 1. Marion Irvine 11:20.2, 2. Barbara Robben 13:42.3, (60): 1. Ruth Anderson 13:55.5.

Shot Put:

(45): 1. Alita Rosenfeld 7.88, (55): 1. Barbara Racine 7.02.

Javelin:

(45): 1. Alita Rosenfeld 23.94, (60): 1. Shirley Dietderich 21.32.

Long Jump:

(35): 1. Donna Borges 3.62, (55): 1. Marj Moore 3.23.

Triple Jump:

(35): 1. Donn Borges 7.91.

Discus:

(45): 1. Alita Rosenfeld 18.20, (55): 1. Barbara Racine 18.86, (60): 1. Shirley Dietderich 18.76.

World Corporate Games

Sept. 30-Oct. 1, Viking Field, Concord, Men's Results

100 Meters:

(Open) 1. Rodney Lewis 11.14, 2. D. Robinson 11.17, 3. M. Carreiro 11.34, (30-39) 1. W. Pawlenis 11.47, 2. R. Harrison 11.58, 3. Larry Shipp 11.89, (40-49) 1. Chuck Bishop 13.42, 2. T. Jacobsen 14.10, (50-59) 1. Bob Feaster 13.19, 2. E. Mehmedbasich 14.18, 3. Wiley Schmidt 14.23, (60 & Over) 1. Bob Watanabe 12.99.

200 Meters:

(Open) 1. M. Carreiro 22.81, 2. Rodney Lewis 22.92, 3. Alex Bynoe 23.29, (30-39) 1. A. Rodgers 22.64, 2. Keith Miles 22.95, 3. Mike Martin 23.35, (40-49) 1. Chuck Bishop 29.96, 2. T. Jacobsen 30.31, (50-59) 1. Bob Feaster 26.88, 2. Frank Hunt 27.97, 3. E. Mehmedbasich 28.96.

400 Meters:

(Open) 1. Mike Chambers 49.40, 2. Alex Bynoe 50.76, 3. Fred Hulbert 52.20, (30-39) 1. Keith Miles 50.96, 2. A. Rodgers 50.99, 3. Kevin Smith 53.10, (40-49) 1. S. Barnett 57.01, 2. T. Jacobsen 1:28.57, (50-59) 1. Bob Feaster 1:00.87, 2. Frank Hunt 1:03.00, 3. E. Mehmedbasich 1:08.75, (60 & Over) 1. Bob Watanabe 1:03.18.

800 Meters:

(Open) 1. Alex Bynoe 1:59.53, 2. K. Berkowitz 2:03.16, 3. Mike Chambers 2:12.06, (30-39) 1. M. Nikitorow 2:06.48, 2. Kevin Smith 2:07.12, 3. Bob Hermens 2:07.44, (40-49) 1. S. Barnett 2:07.10, 2. Dan Hall 2:18.56, 3. Paul Vidal 2:19.34, (50-59) 1. Frank Hunt 2:28.72, 2. J.C. Prigent 2:36.14.

1500 Meters:

(Open) 1. M. Nikitorow 4:13.76, 2. D. Delbe 4:15.97, 3. J.L. Besse 4:25.71, (30-39) 1. Bob Hermens 4:26.06, 2. Steven Gauvin 4:45.40, (40-49) 1. S. Barnett 4:20.62, 2. H. Franklin 4:23.38, 3. Dan Hall 4:54.08, (50-59) 1. P.M. Field 5:08.12, 2. Frank Hunt 5:09.23, 3. J.C. Prigent 5:12.30.

2x800 Relay:

1. Antique Select (Rodgers/Chambers) 4:17.63, 2. SNCF-SNCF (Delbe/Delbe) 4:18.73, 3. Matra (Bontoux/Hatifi) 4:53.24, 4. Matra (Bougnot/Vidal) 4:54.93.

2x1600 Relay:

1. Matra (Vidal/Prigent) 10:59.99, 2. Matra (Pal-

teier/Lamothe) 11:05.85, 3. Pacific Bell (Martinez/Wong) 14:44.75.

4x100 Relay:

1. Antique Select (Rodgers/Robinson/Chambers/Barnett) 44.52, 2. Chevron Corp. (Duca/Martin/Moore/Labeaux) 47.64, 3. Prof Sport (Dreswianski/Chailenko/Sabashwili/Pawleria) 47.77, 4. Matra (Besse/Palleteier/Lamothe/Vidal) 52.56.

Distance Medley Relay:

1. Matra (Besse/Palleteier/Vidal/Prigent) 12:27.90, 2. Matra (Bontoux/Bougnot/Hatifi/Lamothe) 12:35.03, 3. Chevron Corp. (Bowen/Lady/Moore/Zib) 14:18.58.

5K Road:

(Open) 1. Frank Garcia 16:56, (30-39) 1. Alan Dallenbach 16:28, 2. Joseph Montoya 18:07, 3. John Talbot 19:52, (40-49) 1. Daniel Hatfi 17:30, 2. Fabio Hernandez 17:33, 3. Kirk Schumacher 17:46, (50-59) 1. Samuel Vandenberg 18:30, 2. Robert Longwell 20:11, 3. Fred Martin 21:54.

Quarter Marathon Road:

(20-29) 1. Crispin Romero 33:37, 2. Thierry Chopineau 37:34, 3. John Younger 41:51, (30-39) 1. Frank Garcia 36:33, 2. Frank Hayden 42:30, 3. Hans Facer 42:59, (40-49) 1. Daniel Hatfi 37:17, 2. Paul Vidal 38:37, 3. Kirk Schumacher 38:53, (50-59) 1. John Gregson 45:55.

Road Half Marathon:

(20-29) 1. Dominique Delbe 1:11:38, 2. Jean-Louis Besse 1:20:03, 3. Thomas Dorst 1:20:19, (30-39) 1. Michael Nikitorow 1:10:21, 2. Gilles Mamestier 1:15:31, 3. Robert Hermens 1:18:08, (40-49) 1. Dominique Bontoux 1:16:24, 2. Jean-Louis Bougnot 1:20:24, 3. Burt Johnson 1:25:39, (50-59) 1. Jean-Claude Prigent 1:23:50, 2. Ed Mooney 1:33:06, 3. Robert Longwell 1:33:33.

Women's Results

100 Meters:

(Open) 1. Aquila Scott 14.06, 2. Darlene Cruz 15.06, (30-39) 1. L. Ahberg 13.71, 2. Arleen Bel 13.83, 3. Theresa Lando 14.03.

200 Meters:

(Open) 1. Carline Reed 29.10, 2. A. Andaleon 30.24, 3. Aquila Scott 32.75, (30-39) 1. Cynthia Ruiz 29.36, 2. Theresa Lando 29.49, 3. Arleen Bel 29.56.

400 Meters:

(Open) 1. Caroline Reed 1:05.40, 2. A. Andaleon 1:11.41, (30-39) 1. Cynthia Ruiz 1:07.45.

800 Meters:

(Open) 1. Caroline Reed 2:47.84, 2. A. Andaleon 2:53.55, 3. Lori Matia 2:57.46, (30-39) 1. C. Kempeners 2:51.9, 2. Cynthia Ruiz 2:55.35, 3. Farkhand Khan 3:06.44.

1500 Meters:

(30-39) 1. C. Kempeners 5:51.96, 2. Cynthia Ruiz 6:53.39.

4x100 Relay:

1. Chevron Corp. (Andaleon/Cruz/Khan/Scott) 58.76.

Distance Medley Relay:

1. Chevron Corp. (Scott/Andaleon/Erli/Underhill) 18:11.40.

5K Road:

(Open) 1. Jannifer Thatcher 17:33, 2. Ruth Vega 19:37, 3. Jill Brooks 21:03, (30-39) 1. Maureen Luca 19:22, 2. Cheri Facer 29:43, (40-49) 1. Jan Smith 22:35, 2. Rosemary King 26:42.

Road Quarter Marathon:

(20-29) 1. Ruth Vega 42:03, (40-49) 1. Jan Smith 50:03, 2. Rosemary King 57:28, 3. Linda Snyder 57:47.

Road Half Marathon:

(20-29) 1. Sally Wood 1:31:59, 2. Jill Brooks

RESULTS

1:37:36, (30-30) 1. Maureen Luca 1:29:06, 2. Barbara Ginos 1:41:12, 3. Nancy Alec 1:57:51. (50-59) 1. Marie-Theresa Prigent 2:06:06, 2. Mary Coffey 2:11:30.

CROSS COUNTRY

Moorpark College

Sept. 8, Moorpark College.

Overall Results

1. Jaime Galindo (Ventura) 21:00, 2. Arel DeLuna (Pasadena) 21:15, 3. Natividad Gaona (Pasadena) 21:23, 4. Jason Heideman (SD Mesa) 21:29, 5. Jose Padilla (Pasadena) 21:32, 6. Sal Garfias (Glendale) 21:36, 7. James Moore (Glendale) 21:38, 8. Robert Nelson (Pasadena) 21:46, 9. Thomas (Grossmont) 21:50, 10. Kindreich (Grossmont) 21:55.
11. Huey (Grossmont) 21:56, 12. Meyer (COC) 22:08, 13. Hector Sanchez (Glendale) 22:14, 14. Jose Bautista (Pasadena) 22:15, 15. Drummond (Grossmont) 22:21, 16. Elfrain Rololes (Moorpark) 22:31, 17. Kiki Aguilar (Pasadena) 22:33, 18. Jay Mayers (Pasadena) 22:37, 19. Hernandez (Grossmont) 22:44, 20. Jose Cabral (Pasadena) 22:47.
21. Fred Mirzatan (Glendale) 22:55, 22. Joe Helf (Moorpark) 22:56, 23. Robert Lopez (Glendale) 22:58, 24. Robert Aspacio (South Western) 23:07, 25. Tim Bevel (Ventura) 23:10.
Team Scores: 1. Pasadena 32, 2. Grossmont "A" 64, 3. Glendale 70, 4. Moorpark 148, 5. San Diego Mesa 161, 6. Southwestern "A" 166, 7. Ventura 177, 8. Golden West 259, 9. Santa Monica 286.

Fresno State Invitational Cross Country Meet

September 16, Woodward Park, Fresno.

Men's Results - 10,000m

1. Marc Davis (Arizona) 31:16, 2. Jason Lienau (FSU) 31:24, 3. Alfred Lara (Unat.) 31:28, 4. Tim Campbell (CPSLO) 31:29, 5. Brian Grosso (Ariz) 31:32, 6. Reggie Williams (Cal) 31:35, 7. Manuel Silveira (Nv-Reno) 31:42, 8. Gary Cobb (Ariz) 31:43, 9. Jesus Gutierrez (CSLA) 31:47, 10. Aaron Mascorro (UC Irvine) 31:51.
11. Jim Sorensen (CPSLO) 32:02, 12. Raul Hernandez (CSLA) 32:02, 13. Sasha Vujic (CS Northridge) 32:05, 14. David Naranjo (FSU) 32:09, 15. Scott Peterson (CPSLO) 32:09, 16. Ben Ayers (UC Irvine) 32:11, 17. Dave Ottaway (Cal) 32:14, 18. Charlie David (Ariz) 32:15, 19. Kevin Dierko (UC Irvine) 32:19, 20. David Hesselini (UC Irvine) 32:25.

Team Scores: 1. Arizona 52, 2. Cal Poly-SLO 76, 3. UC Irvine 83, 4. Cal & Fresno State 100, 6. CS Northridge 163, 7. Nevada-Reno 166, 8. Cal State LA 173, 9. FSU Alumni 291, 10. San Diego State 320, 11. Sacramento State 322, 12. CS Bakersfield 367, 13. Stanislaus State 384, 14. Occidental 401.

Women's Results - 5,000m

1. Brigid Stirling (UC Irvine) 17:25, 2. Buffy Rabbitt (UC Irvine) 17:31, 3. Sabrina Han (Cal) 17:35, 4. Becky Spies (Unat.) 18:06, 5. Carolina Plier (UC Irvine) 18:18, 6. Cindy Rockwood (FSU) 18:21, 7. Rayna Cervantes (UC Irvine) 18:21, 8. Pam Dragg (UC Davis) 18:22, 9. Kelly Lewis (UC Irvine) 18:24, 10. Tina Petershagen (Sacramento State) 18:25.
11. Tracey Williams (Cal) 18:26, 12. Megan Riker (UCSB) 18:28, 13. Natalie Wood (Nv-Reno) 18:29, 14. Wendy Peterson (San Diego State) 18:30, 15. Chrystee Perkins (San Diego State) 18:33, 16. Carolyn Crawford (UC Davis) 18:35, 17. Kelly T.

(CS Northridge) 18:37, 18. Roberta Mornonez (UC Irvine) 18:40, 19. Christy McGee (Nv-Reno) 18:51, 20. Susan Carey (Stanislaus State) 18:51.
Team Scores: 1. UC Irvine 21, 2. California 90, 3. UC Davis 119, 4. San Diego State 126, 5. UC Santa Barbara 128, 6. Fresno State 132, 7. CS Northridge 136, 8. Nevada-Reno 192, 9. Occidental 168, 10. Stanislaus State 270, 11. UNLV 304.

Whittier Cross Country Invitational

September 16, Clark Regional Park, Whittier.

Men's Results - 4.0 Miles

1. Matt Messner (Life Bible) 21:02, 2. Kenneth Jansson (USIU) 21:29, 3. Andy Yeager (Master's) 21:41, 4. Brian Barnes (CMS) 21:45, 5. Toby Wagner (Redlands) 21:46, 6. Jonz Norine (C Lutheran) 21:49, 7. Navar Swift (Fresno Pacific) 21:50, 8. Rich Parris (Fresno Pacific) 21:56, 9. Carl Berg (CMS) 21:56, 10. Jason Lindholm (Fresno Pacific) 22:02.

11. David Dix (So. Utah) 22:07, 12. Stephen Beebe (CMS) 22:11, 13. Matt Griffin (C Lutheran) 22:19, 14. Dan Fisher (Santa Clara) 22:19, 15. Kevin Miller (Fresno Pacific) 22:23, 16. Edmund Burke (Notre Dame) 22:30, 17. Jeff Dix (So. Utah) 22:32, 18. Scott Cleland (Redlands) 22:35, 19. John Dennis (CMS) 22:38, 20. Eric Blum (CMS) 22:39.

21. Sean Stehman (Fresno Pacific) 22:40, 22. D.J. Hein (Redlands) 22:41, 23. Jeff Henderson (Whittier) 22:41, 24. Dale Reichenseder (Pepperdine) 22:47, 25. Dave Green (Fresno Pacific) 22:48.

Team Scores: 1. Fresno Pacific "A" 61, 2. Claremont-Mudd-Scripps 64, 2. Redlands 131, 4. Southern Utah State 167, 5. Cal Lutheran and Fresno Pacific "B" 192, 7. Cal Tech "A" and Claremont-Mudd-Scripps "B" 243, 9. Whittier 249, 10. Univ. of San Diego and CS San Bernardino 283, 12. College of Notre Dame 292, 13. Loyola Marymount 298, 14. The Master's College 328, 15. Pepperdine 346, 16. Life Bible College 379, 17. US International Univ. 425, 18. Souther Cal College 503, 19. Cal Tech "B" 504, 20. Saint Mary's 556, 21. Cal Tech "C" 674/Christ College, Christian Heritage, La Verne and Santa Clara N.S.

Women's Results - 5K

1. Genivie Graff (Christ College) 19:26, 2. Sherri Hall (SCC) 19:36, 3. Molly Jackson (USIU) 19:37, 4. Heidi Peterson (C Lutheran) 21:02, 5. Pam Krueger (USIU) 21:07, 6. Marlys Newey (Master's) 21:09, 7. Mary Gribble (So. Utah) 21:13, 8. Lisa Askins (C Lutheran) 21:16, 9. Amber Leverette (SCC) 21:19, 10. Carol Wawukiewicz (CMS) 21:28.
11. Wendy Guthrie (Whittier) 21:32, 12. Francine Byrne (C Lutheran) 21:34, 13. Jill Anderson (So. Utah) 21:38, 14. Solviag Elveton (CMS) 21:38, 15. Karen Crove (USD) 21:43, 16. Kika Pellegrin (CSSB) 21:44, 17. Kelly Sailors (Master's) 21:45, 18. Kelly Norman (CMS) 21:46, 19. Angie Lovell (Whittier) 21:49, 20. Libby Moore (Whittier) 21:59.

21. Sandy Miller (Master's) 22:02, 22. Laura Holmes (Whittier) 22:03, 23. Teresa Allen (So. Utah) 22:05, 24. Heather Nabours (Whittier) 22:06, 25. Kathryn Ellingsen (Santa Clara) 22:10.

Team Scores: 1. Cal Lutheran 84, 2. Whittier College 96, 3. Claremont-Mudd-Scripps 118, 4. The Master's College 125, 5. So. Utah State 138, 6. US International Univ. 176, 7. Univ. of San Diego 187, 8. Pepperdine 246, 9. Redlands 269, 10. Cal Tech 313, 11. Univ. of San Diego "B" 346, 12. Fresno Pacific 386, 13. Mount Saint Mary's 387, 14. Pepperdine "B" 395, 15. La Verne 434, 16. College of Notre Dame 485, Christ College, Christian Heritage, Cal State San Bernardino, Life Bible College, Loyola Marymount, Santa Clara and Souther Calif. College N.S.

Aztec Cross Country Invitational

Sept. 23, Morley Field, San Diego.

Overall Results - Men's 8000m

1. Marc Davis (Arizona) 24:48, 2. Thom Hunt (SDTC) 25:05, 3. Mark Dani (UCLA) 25:23, 4. Todd Lewis (Ar. St.) 25:24, 5. Juan Naranjo (Jamul Toad) 25:25, 6. Brian Crosso (Arizona) 25:31, 7. Fredson Mayiek (USC) 25:33, 8. Mark Junkerman (LBTC) 25:36, 9. Gary Cobb (Arizona) 25:37, 10. Wilfred Griego (New Mexico) 25:38.
11. Jeff Jacobs (Unat.) 25:39, 12. Jason Lienau (FSU) 25:41, 13. Mitchell Sloan (USC) 25:42, 14. Chuy Alcaraz (CS Fullerton) 25:50, 15. Aaron Mascorro (UCI) 25:51, 16. Drew Valenti (USC) 25:51, 17. Shawn Burke (New Mexico) 25:53, 18. Sasha Vujic (CS Northridge) 25:54, 19. Jer Newland (New Mexico) 25:54, 20. Scott Peska (No. Arizona) 25:59.

21. Sean Evans (Jamul Toads) 26:02, 22. Mike Frick (Arizona St) 26:02, 23. Steve Imlay (UCI) 26:04, 24. Bernie Sencer (Arizona) 26:07, 25. Charlie David (Arizona) 26:08.

Team Scores: 1. Arizona 65, 2. New Mexico 131, 3. USC 175, 4. UC Irvine "A" 194, 5. Fresno State 195, 6. UCLA "A" 197, 7. Cal State Fullerton 233, 8. Northern Arizona 244, 9. Arizona State 248, 10. Long Beach TC 254, 11. CSU Northridge 256, 12. Jamul Toads 280, 13. UC Riverside 301, 14. UC Santa Barbara 308, 15. UC San Diego 443, 16. San Diego State 543, 17. Long Beach State 643, 18. USIU 666.

Overall Results - Women's 5000m

1. Brigid Stirling (UCI) 17:13, 2. Laura Cattivera (Unat.) 17:20, 3. Buffy Rabbitt (UCI) 17:27, 4. Bridget Smyth (Arizona) 17:40, 5. Larah Treadwell (No. Arizona) 17:40, 6. Kristi Klinnert (No Arizona) 17:52, 7. Cindy Herhann (New Mexico) 18:01, 8. Chris Morgan (LB St) 18:04, 9. Cindy Rockwood (Fresno St) 18:09, 10. Kelly Cordell (Az St) 18:09.
11. Kelli Lewis (UCI) 18:11, 12. Michelle Conray (UCSD) 18:11, 13. Jennifer Ashe (UCLA) 18:12, 14. Nicole Nujent (Unat.) 18:14, 15. Maurie Wood (No. Arizona) 18:16, 16. Laura Goodwin (Arizona) 18:16, 17. Jenni Bessel (LB St) 18:17, 18. Sandra Rodriguez (CSLA) 18:18, 19. Kira Jorgensen (UCLA) 18:18, 20. Teresa Poi (CSLA) 18:24.

21. Kristi Bacha (UCLA) 18:27, 22. Tracy Kennedy (Arizona) 18:31, 23. Caroline Plier (UCI) 18:34, 24. Beth Rusipalja (CS Fullerton) 18:35, 25. Wendy Peterson (SD St) 18:35.

Team Scores: 1. UC Irvine "A" 66, 2. Arizona 99, 3. UCLA 137, 4. Arizona State 152, 5. Northern Arizona 161, 6. Fresno State 206, 7. CS Fullerton 246, 8. UC San Diego 256, 9. Long Beach State 270, 10. New Mexico 277, 11. UC Santa Barbara 278, 12. CS Los Angeles 302, 13. San Diego State 335, 14. USIU 490, 15. UNLV 584.

Humboldt Cross Country Invitational

Sept. 23, Humboldt.

Overall Results - Men's 10K

1. Jim Sorensen (CPSLO) 31:43, 2. Dennis Pfeifer (Humb) 31:43, 3. Tim Campbell (CPSLO) 32:24, 4. Chris King (Nev-Reno) 32:28, 5. Paul Cummings (Davis) 32:31, 6. Steve Neubaum (CPSLO) 32:33, 7. Scott Peterson (CPSLO) 32:38, 8. Scott Pesch (Humb) 32:45, 9. David Larabee (Chicago) 32:46, 10. Mike Parrott (CPSLO) 32:47.

11. Manuel Silveira (Nev-Reno) 32:53, 12. Scott Hempel (CPSLO) 32:58, 13. Donnie Nelson (Nev-Reno) 33:02, 14. Jeff Pierce (Nev-Reno) 33:11, 14. Chuck Mullane (Humb) 33:11, 16. John Fedoroff (CPSLO) 33:17, 17. Mike Goralka (Davis) 33:19, 18. Phil Rouse (Humb) 33:20, 19. Eric Walker (Sacto) 33:29, 20. Erich Ackermann (CPSLO) 33:33, 21. Juan Perez (Chico) 33:37, 22. Alfredo Perez (CPSLO) 33:38, 23. Ken Harmon (Nev-Reno)

33:40, 24. Bret Kimple (Davis) 33:45, 25. Ian Reeve (Davis) 33:46.

Team Scores: 1. Cal Poly SLO 27, 2. Nevada-Reno 63, 3. Humboldt 68, 4. UC Davis 91, 5. Cal St. Chico 124, 6. HSU Green 181, 7. Cal St. Sacramento 187, 8. Sonoma St. 197, 9. Cal St. Stanislaus 241, 10. SF. State N.S.

Overall Results - Women's 5K

1. Stephanie Wessell (U of Oregon) 17:56, 2. Lori Bearson (Unat.) 17:59, 3. Melanie Hiatt (CPSLO) 18:06, 4. Jamie Park (CPSLO) 18:09, 5. Lisa Karpopp (U of Oregon) 18:23, 6. Jill Hoffman (CPSLO) 18:25, 7. Teena Colebrook (CPSLO) 18:32, 8. Tracey Leichter (CPSLO) 18:34, 9. Andrea Anderson (U of Oregon) 18:35, 10. Tina Petersgagen (Sacto St) 18:36.

11. Pam Bragg (Davis) 18:38, 12. Ginny Cornog (U of Oregon) 18:39, 13. Stephanie Barrett (CPSLO) 18:42, 14. Nicole Woodward (U of Oregon) 18:44, 15. Valerie Bluvett (Davis) 18:49, 16. Irene McAuliffe (SF State) 18:57, 17. Susan Carey (Stanislaus) 19:11, 18. Jennifer Cubillas (CS Hayward) 19:12, 19. Christina Hand (CPSLO) 19:16, 20. Amanda Marks (CPSLO) 19:23.

21. Carolyn Crawford (Davis) 19:24, 22. Shawn Adams (Humb) 19:29, 23. Angie Allen (CS Chico) 19:31, 24. Sorrell Bird (Davis) 19:32, 25. Liz Zaragoza (SF St) 19:36.

Team Scores: 1. Cal Poly SLO 23, 2. Univ. of Oregon 35, 3. UC Davis 90, 4. Humboldt 140, 5. SF State 150, 6. Cal St. Chico 160, 7. Cal St. Hayward 169, 8. Cal St. Stanislaus 215, 9. Sonoma State 269, 10. Mills College 269, Cal State Sacramento (Inc).

Westmont/Cal Poly SLO Cross Country Meet

Sept. 23, Westmont College.

Men's Results - 8,000m

1. Goshu Tadese (PLNC) 25:34, 2. Rick Penman (PLNC) 26:25, 6. Gus Arce (PLNC) 26:57.
Teams: 1. Cal Poly SLO 34, 2. Point Loma Nazarene 36, 3. Westmont 53, 4. Southern Cal College 120.

Women's Results - 5,000m

1. Sherri Hall (SCC) 19:25, 2. Anette Ronnerman (PLNC) 20:25, 3. Melissa Nobe (PLNC) 21:25.
Teams: 1. Westmont 25, 2. Cal Lutheran 45, 3. Point Loma Nazarene 55.

CS Fullerton Invitational

No Date Available, Carbon Canyon Park.

Men's Results

(Div I) 1. Tennessee 22, 2. UCLA 69, 3. CS Long Beach 193, (Ind) 1. Williams (T) 24:09, 2. Morgan (T) 24:36, 3. Peterie (T) 24:39, 4. Winkelman (UC Riverside) 24:41, 5. Ammann (UCLA) 24:53. (Div II) 1. UC San Diego 21, 2. Long Beach CC 38, 3. Biola 130, (Ind) 1. Hora (UCSD) 25:34.

Women's Results

(Div I) 1. UCLA 49, 2. Arizona 56, 3. San Diego St. 98, 4. UC Santa Barbara 114, 5. CS Los Angeles 117, (Ind) 1. Jorgensen (UCLA) 18:23, 2. Basel (CSLB) 18:24, 3. Dellamonica (UCLA) 18:29, 4. Ashe (UCLA) 18:32, 5. Rodriguez (CSLA) 18:33. (Div II) 1. UC San Diego 24, 2. Azusa Pacific 66, 3. Biola 70, (Ind) 1. McFayden (UCSD) 18:36.

Riverside Invitational

No Date Available, UC Riverside.

Men's Results - 5 Miles

1. Tadese (PL Loma) 24:17, 2. Winkelman (UCR) 24:24, 3. Vujic (CSN) 24:33, 4. Masgher (RCC) 24:35, 5. Webson (Unat.) 24:36, 6. Aguirre (UCR) 24:45, 7. Flint (SDSU) 24:58, 8. Serratos (UCR) 25:03, 9. Penman (PL Loma) 25:07, 10. Castro (CSN) 25:08.

Team: 1. CS Northridge 63, 2. UC Riverside 75, 3. PL Loma 128, 4. CS Fullerton 151, 5. UC Irvine

RESULTS

HOY'S SPORTS 10,000 METER CLASSIC

(PA-TAC OPEN WOMEN'S CHAMPIONSHIP)

By MARK WINITZ

September 17. San Francisco.

For the last several years, this race, organized and produced by Hoy's Sports—the popular San Francisco running store—has provided superlative competition, a fairly fast double loop course in Golden Gate Park, superb direction, and generous prizes. The only thing that it has lacked is substantial entries to balance its generosity.

This year, even as the 400 or so serious racers lined up at the start under gray skies, race director Mike Fanelli was announcing that this would be the last of Hoy's races. A labor of love lost. Ten minutes after the gun, the skies let loose—an unusual, out-of-season downpour. Someone up there was weeping.

As PA-TAC's Open Women's 10K Champs, a trip to the Women's TAC National 8K Champs in Alhambra, CA (October 28th), plus \$350 was on the line for the winner. (\$3,100 in total prize money was distributed, from \$350 down to \$50 over seven places for top open men and women; \$50 for first master; and \$500/\$350/\$150 for the top three open women's PA-TAC teams.)

The women's field, which had many of the top ladies in the state, nevertheless included half a dozen women

who had a realistic shot at running away with the title. The first straight, downhill mile, hit in 5:10, had a duo at the women's fore. One is familiar—in Patti Gray (Reebok Aggies)—who at 26 years old, has already an impressive record on the roads and track. The other—Rosa Gutierrez (Ryan's Racing Team)—had many of the spectators, and even some of the top women, looking twice. Only close scrutinizers of Northern California race results weren't surprised over Gutierrez' relatively new position at the front. The 25 year-old junior high school physical ed teacher from San Jose has steadily crept up, gaining more confidence with each race.

So much so that on the second loop, pushing the long downhill straight, Gutierrez forged a slight gap on Gray at mile 3. By now the rain had more than a few runners tightening up and wishing the finish was a bit closer.

"Everything was all coming together really well," Gutierrez commented about her training and racing. "I was just feeling really fit. I knew that Patti Gray and a few other great runners were going to be here. So I knew that if I went out with them and hung on, then see how I felt, I could do pretty well."

Indeed, she must have been feeling dandy, as she forged a gap of 14 seconds over Gray (33:55) by the finish, her 33:41

a PR. On to the TAC National Champs 8K in Alhambra for Rosa.

Holding third for the entire race, Linda Somers (34:08) improved her time and place from last year's race, which had ideal conditions. Janine Aiello (34:39) ran a lonely 4th, content with that until she adds



PATTI GRAY (left) and ROSA GUTIERREZ

Photo by Kenneth Lee

some track work back in. Demonstrating the quality of this women's field, 26 women ran under 37 minutes, even in the rain. A full 51 scored sub-40.

Some additional insight on Gutierrez' recent good fortunes comes from her Ryan's RT coach, Gary Goettelmann. "She's worked very hard and her head is screwed on very tight," observes Goettelmann, a former coach of Nancy Ditz in her pre-Olympic years. (Ditz holds the CR on this course, a 32:45 set last year.) "It helps when your mind and your body go along at the same pace. Rosa never overstepped her

goals. She was happy with each plateau and didn't rush it. I set up a timetable and she stayed within it, physically and mentally."

Another women's masters battle between two recent rivals developed as Shirley Matson (15th, 36:23) shadowed Joan Colman (16th, 36:29) for the entire race before pulling out the overall masters title in the final 300 meters. Sister Marion Irvine, 59, ran an excellent 40:31 to top her division.

The men's race presented a fast early pace which turned into a slower, tactical surge-and-observe affair among half a dozen when the rain started falling.

Danny Aldridge played a rabbit, going out at 4:30 and 9:19, accompanied by swift master Steve Ferraz who was out for a two-miler. A pack of eight followed consisting of Rich McCandless, new Californian Harry Green, Bill Donakowski, David Frank, Alan Dehlinger, and Carmelo Rios, with Danny Gonzales and Domingo Tibaduiza the first pair to go out the back exit.

Overtaking Aldridge, the lead six started a jockeying game as the pace slowed for the next several miles.

"Everything sort of fell apart out there," said Donakowski (3rd, 29:33), who was making an impressive showing in his first race since a fateful day in New Jersey in 1988. "The conditions were changing quickly. The rain started falling and the traffic was a little rough, trying to pick our way through. We started shifting gears up and down in a few spots."

continued next page...

RESULTS

162. 6. Riverside City College 168, 7. San Diego State 229, 8. Redlands 317, 9. Occidental 345, 10. CS Los Angeles 410, 11. Univ. of San Diego 509.

Women's Results - 5,000m

1. Arreola (CSN) 17:13, 2. Rabbit (UCI) 17:18, 3. Rodriguez (CSLA) 17:45, 4. Goodwin (USC) 17:46, 5. Poy (CSLA) N.T., 6. Cervantes (UCI) 18:06, 7. Moronca (UCI) 18:08, 8. Peterson (SDSU) 18:11, 9. Akins (CSLA) 18:12, 10. Tremell (CSN) 18:13.
Team: 1. CS Los Angeles 71, 2. CS Northridge 92, 3. UC Irvine 114, 4. CS Fullerton 137, 5. UCLA B 139, 6. Athletics Express TC 176, 7. San Diego State 224, 8. Occidental 240, 9. Riverside City College 281, 10. Azusa Pacific 315.

11. Pt. Loma 417, 12. Univ. of San Diego 428, 13. Cal Poly Pomona 458, 14. UC Riverside 467, 15. Redlands 519.

SAC) 20:06, 9. Tony Castellone (Mt. SAC) 20:07, 10. Juan Romero (BC) 20:12.

11. Jorge Carbal (PCC) 20:18, 12. Christopher Miller (Mt. SAC) 20:22, 13. Jack Osborne (BC) 20:25, 14. Jose Serrano (Mt. SAC) 20:28, 15. Tony Delgado (Mt. SAC) 20:32, 16. Jose Bautista (PCC) 20:36, 17. Adrian Rodriguez (Mt. SAC) 20:45, 18. Ernie Delgado (Mt. SAC) 20:56, 19. Enrique Aguilar (PCC) 21:02, 20. Tim Revell (VC) 21:05.

21. Paris Pena (Mt. SAC) 21:09, 22. Mark Castaneda (EVA) 21:09, 23. David Zavala (Cerr) 21:15, 24. Jorge Garay (Mt. SAC) 21:24, 25. David Tryk (VC) 21:27.

Team Scores: 1. PCC 30, 2. Mt. SAC 37, 3. VC 79, 4. BC 114, 5. Cerr. 137, 6. SMCC 157, 7. Cuesta 190, 8. LAV 224, 9. EVA, N.S.

| | | |
|-------------------|-----|-------|
| 7 David Dix | SUS | 26:41 |
| 8 Scot Snyder | BU | 26:45 |
| 9 Scott Thomas | CSB | 26:56 |
| 10 Monte Mickley | W | 26:56 |
| 11 Bill Lind | CSB | 26:59 |
| 12 Richard Parris | FPC | 27:01 |
| 13 Walter Cuelar | CSB | 27:04 |
| 14 Brian Molnes | W | 27:11 |
| 15 Rick Jones | W | 27:14 |
| 16 Steve Frieбус | W | 27:22 |
| 17 Navar Swift | FPC | 27:23 |
| 18 Art Gonzales | FSU | 27:41 |
| 19 Pete Strongin | CSB | 27:44 |
| 20 Erik Cook | SUS | 27:49 |
| 21 Todd Sabala | FPC | 27:50 |
| 22 Chris Meyer | BU | 27:51 |
| 23 Bob Bolton | CLU | 27:55 |
| 24 David Diaz | CSB | 27:56 |
| 25 Alfredo DeLeon | CLU | 27:59 |

Men's Team Scores: 1. CS Bakersfield 53, 2. Westmont 59, 3. Fresno Pacific College 81, 4. Cal Lutheran 88, 5. So. Utah State 121, 6. Biola 149, 7. Fresno Pacific College "B" 193, 8. UC Santa Cruz "A" 213, 9. US International University 227, 10. UC Santa Cruz "B" 306.

Women's Results

| | | |
|---------------------|------|-------|
| 1 Stacia Larsen | W | 18:43 |
| 2 Michelle Lubinsky | W | 18:53 |
| 3 Molly Jackson | USIU | 18:59 |
| 4 Christy Grimley | BU | 19:22 |
| 5 Shannon Battles | CSB | 19:26 |
| 6 Heidi Peterson | CLU | 19:34 |

| | | |
|---------------------|------|-------|
| 7 Colleen Green | W | 19:34 |
| 8 Mary Gribble | SUS | 19:59 |
| 9 Lisa Askins | CLU | 20:05 |
| 10 Caroline Portzel | W | 20:14 |
| 11 Mary McKernan | BU | 20:15 |
| 12 Francine Byrne | CLU | 20:20 |
| 13 Jennifer Baker | CSB | 20:30 |
| 14 Jenny Butler | W | 20:32 |
| 15 Tracy Mador | UCSC | 20:33 |
| 16 Amy Rico | CLU | 20:35 |
| 17 Jenny Hendry | BU | 20:35 |
| 18 Janalle Tozer | W | 20:39 |
| 19 Teresa Allen | SUS | 20:40 |
| 20 Julie Robles | FPC | 20:45 |

Team Scores: 1. Westmont "A" 34, 2. Cal Lutheran 74, 3. Biola 108, 4. So. Utah State 117, 5. Westmont "B" 154, 6. UC Santa Cruz 169, 7. US International University 170, 8. Fresno State University JV's 175, 9. Fresno Pacific College 216, 10. University of Pacific 226, 11. Mt. Saint Mary's 265.

Bakersfield College Cross Country Invitational

September 28, Hart Memorial Park.

Overall Results

1. Robert Nelson (PCC) 19:31, 2. Jamie Galindo (VCC) 19:38, 3. Derrick Powers (Mt. SAC) 19:43, 4. Edgar Montez (Mt. SAC) 19:50, 5. Natividad Gaona (PCC) 19:51, 6. Abel De Luna (PCC) 19:54, 7. Jose Padilla (PCC) 20:04, 8. Brent Jones (Mt.

Fresno Pacific College Cross Country Invitational

September 30, Woodward Park, Fresno.

Men's Results

| | | |
|-------------------|------|-------|
| 1 Darryl Jewel | CSB | 26:02 |
| 2 Kenneth Jansson | USIU | 26:03 |
| 3 Jozz Noire | CLU | 26:22 |
| 4 Tom Davis | W | 26:26 |
| 5 Jason Lindholm | FPC | 26:36 |
| 6 Matt Griffin | CLU | 26:40 |

Hoy's Classic, continued

When the fray began in earnest about two miles from the finish, the lead changed feet more than several times before Harry Green tied the knot.

"I really wanted to sit and between 3-1/2 and 5 make some sort of move," admitted Green, a 7-time All American in cross country and track at the University of Texas who was running only his third road race ever. "And Frankie (David Frank; 6th, 29:54) really made it for me with about one and a half or two miles to go. He took off, I went with him, and I sort of kept going. I felt real good, very easy."

Green concluded in a winning 29:31, well off his 10K (track) PR of 28:19. Danny Gonzales' 1988 CR of 29:16 was preserved. Alan Dehlinger (29:39) got a hard-earned 2nd. "This is one of the

toughest fields that I've run in all year," said the Reno man who has competed in quite a few. McCandless (4th, 29:46) was barely edged by Donakowski. Gardena's Alfredo Rosas (29:52) emerged 5th. Nineteen men under 31 minutes.

Jim Reitz, 45, was the overall masters men's winner in 34:42 while Ray Piva ran 39:14 at 63 years old.

Even in the rain after the race, a sizeable group of spirited-but-slightly-gloomy competitors watched every last of the ample awards and raffles handed out from the back of a van. As if they didn't want to let go of this last annual race.

Thanks a lot, Hoy's, for your gift to the running community. We enjoyed it.

Overall Results - Men

1. Harry Green (26) Reebok Aggies 29:31, 2. Alan Dehlinger (28) Etonic 29:39, 3. Bill Donakowski (33) Etonic 29:44, 4. Rich McCandless (33) Ryan's 29:46, 5. Alfredo Rosas (29) Gardena 29:52, 6. Dave Frank

(26) Reebok Aggies 29:54, 7. Carmelo Rios (25) Reebok Aggies 30:03, 8. Danny Gonzales (27) Reebok Aggies 30:10, 9. Domingo Tibaduiza (39) Pacific Flyers 30:11, 10. Dan Aldridge (33) Hoy's Sports 30:19.

11. Charles Alexander (25) Reebok Aggies 30:21, 12. Gordon Christie (28) 30:30, 13. Brad Hawthorne (33) Hoy's Sports 30:36, 14. Joe Rubio (26) Reebok Aggies 30:36, 15. Mike McManus (23) Hoy's Sports 30:38, 16. Juan Ramirez (24) Hoy's Sports 30:41, 17. Gary Lewis (26) Reebok 30:44, 18. Mike Spencer (24) Reebok Aggies 30:51, 19. Steven Lopez (20) Flyers 30:52, 20. Ken Ellingboe (25) 31:20.

Overall Results - Women

1. Rosa Gutierrez (25) Ryan's 33:41, 2. Patti Gray (26) Reebok Aggies 33:55, 3. Linda Sommers (28) Pacific Flyers 34:08, 4. Janine Aiello (30) Impala 34:39, 5. Terry Puckett (Pacific Flyers) 35:40, 6. Juliette Christie (27) 35:40, 7. Rae Stiger (22) Reebok Aggies 35:41, 8. Barb Meyers Acosta (31) Ryan's 35:47, 9. Peggy Smyth (37) Pacific Flyers 36:00, 10. Rosa Cardenas (26) Pacific Flyers 36:01.

Division Results - Men

19 & Under: 1. Andy Bupp 32:46, 2. Rick Reitz 33:26, 3. John Mumm 34:01. 20-24: 1. Mike McManus 30:38, 2. Juan Ramirez 30:41, 3. Mike Spencer 30:51. 25-29: 1. Harry Green 29:31, 2. Alan Dehlinger 29:39, 3. Alfredo Rosas 29:52.

Stanford Cross Country Invitational

October 7, Stanford University.

Overall Results - Men's Invitational 8000m

1. Marc Davis (Arizona) 24:11, 2. Fred Mayiek (USC) 24:21, 3. Jesus Gutierrez (CSLA) 24:24, 4. Brian Grosso (Arizona) 24:24, 5. Mark Mastair

Division Results - Women

19 & Under: 1. Kerry Stein 46:42, 2. Jane Vega 47:54, 3. Tresie Otney 52:35. 20-24: 1. Rae Stiger 35:41, 2. Janine Jarvis 36:10, 3. Karen Scholte 36:21. 25-29: 1. Rosa Gutierrez 33:41, 2. Patti Gray 33:55, 3. Linda Somers 34:08. 30-34: 1. Janine Aiello 34:39, 2. Terry Puckett 35:40, 3. Barb Meyers Acosta 35:47. 35-39: 1. Peggy Smyth 36:00, 2. Bec Marx 36:47, 3. Deborah Waldear 36:52. 40-44: 1. Linda Mantynen 39:00, 2. Pat Story Franklin 39:12, 3. Patricia Falsone 40:48. 45-49: 1. Shirley Matson 36:23, 2. Joan Coleman 36:29, 3. Gail Rodd 40:35. 50-54: 1. Eve Pell 40:56, 2. Karen Cox 44:48, 3. Ceis Wildin 50:28. 55-59: 1. Sister Marion

RESULTS

(Stanford) 24:27, 6. Jason Lienau (FSU) 24:31, 7. Aaron Mascorro (UCI) 24:33, 8. Mark Dani (UCLA) 24:34, 9. Matt Sabo (Portland) 24:39, 10. Gary Cobb (Arizona) 24:40.

11. Sloan (USC) 24:47, 12. Bill Crowley (Stanford) 24:49, 13. Jim Sorenson (CPSLO) 24:49, 14. Stephane Franke (CPP) 24:55, 15. Ayers (UCI) 24:56, 16. Doug Anderson (Cal) 24:59, 17. Charlie David (Arizona) 25:01, 18. Dreux Valenti (USC) 25:02, 19. Semler (Arizona) 25:03, 20. Richard Erbes (UCLA) 25:03.

21. Jason Martin (Stanford) 25:04, 22. Steve Imlay (UCI) 25:05, 23. Beat Amman (UCLA) 25:06, 24. Tim Campbell (CPSLO) 25:10, 25. Mike Parrot (CPSLO) 25:11.

Team Scores: 1. Arizona 51, 2. UCLA & Stanford 109, 4. Cal Poly-SLO 133, 5. UC Irvine 148, 6. USC 151, 7. Cal Berkeley 174, 8. U of Portland 211, 9. Fresno State 213, 10. Cal State Los Angeles 231, 11. U of New Mexico 237, 12. Cal Poly Pomona "A" 285, 13. Marquette 335.

Overall Results - Men's Open 8000m

1. Goshu Tadese (Pt. Loma) 24:31, 2. Steve Miller (Unat.) 24:32, 3. Manuel (Nevada Reno) 25:00, 4. Ken Flint (San Diego St) 25:02, 5. Jaime Galindo (Ventura) 25:03, 6. Toby Freebara (UCSB) 25:16, 7. Paul Cummings (Davis) 25:19, 8. Steve Frisone (Fullerton) 25:22, 9. Jeff Pierce (Nevada Reno) 25:24, 10. Donnie Nelson (Nevada Reno) 25:27.

11. Chris King (Nevada Reno) 25:29, 12. Darryl Jewell (Bakersfield) 25:34, 13. Brandon Smith (Davis) 25:36, 14. Mike Brown (UCSB) 25:38, 15. J. Flint (Unat.) 25:39, 16. Gus Arce (Pt. Loma) 25:40, 17. Ray Trujillo (Fullerton) 25:40, 18. Ted Brown (UCSB) 25:42, 19. Don Patty (UCSB) 25:43, 20. Johnson (Nevada Reno) 25:46.

21. Mike Soraka (Davis) 25:47, 22. Parker Kelly (Davis) 25:48, 23. David Larabee (Chico) 25:48, 24. Damien Cappioka (UCSB) 25:49, 25. Walter Cuellar (Bakersfield) 25:49.

Team Scores: 1. Nevada Reno 53, 2. UC Santa Barbara 81, 3. UC Davis 94, 4. Pt. Loma Nazarene 143, 5. Cal State Bakersfield and Cal State Fullerton 174, 7. Cal Poly SLO "B" 213, 8. San Diego State 257, 9. Ventura 293, 10. Cal Poly Pomona "B" 313, 11. UCLA "B" 322, 12. UC Santa Cruz "A" 416, 13. UC Santa Cruz "B" 505.

Overall Results - Women's Invitational 5000m

1. Leanne Martin (BYU) 17:04, 2. Jamie Park (CPSLO) 17:19, 3. Tina Hall (Texas) 17:20, 4. Jackie Mota (Arkansas) 17:23, 5. Bridget Stirling (UCI) 17:25, 6. Carmen Maldonado (Houston) 17:28, 7. Nicole Birk (BYU) 17:31, 8. Sabrina Han (Cal) 17:36, 9. Bridget Smyth (Arizona) 17:39, 10. Carol Gray (Stanford) 17:41.

11. Shelly McBride (Texas) 17:50, 12. Melanie Bloch (Stanford) 17:51, 13. Melanie Hiatt (CPSLO) 17:53, 14. Laura Chapel (UCLA) 17:57, 15. Teena Colebrook (CPSLO) 17:59, 16. Cindy Herzhahn (New Mexico) 18:02, 17. Christi Bache (UCLA) 18:03, 18. Rayne Cervantes (UCI) 18:05, 19. Jill Hoffman (CPSLO) 18:07, 20. Melanie Barker (BYU) 18:07.

21. Cindy Rookwood (Fresno St) 18:10, 22. Tracy Kennedy (Arizona) 18:11, 23. Pauline Durran (Arkansas) 18:13, 24. Stephanie Barrett (CPSLO) 18:14, 25. Tracy Williams (Cal) 18:15.

Team Scores: 1. Cal Poly San Luis Obispo 73, 2. BYU 88, 3. Texas 124, 4. UC Irvine 133, 5. UCLA "A" 142, 6. Arkansas 172, 7. Stanford 189, 8. Arizona 202, 9. UC Davis "A" 215, 10. Houston 227, 11. Cal Berkeley 254, 12. Fresno State 264, 13. U of New Mexico 326.

Overall Results - Women's Open 5000m

1. Laura Cattivera (Unat.) 17:06, 2. Michele Hopper Buchicho 17:24, 3. Kathy Smith (Unat.) 17:37, 4. Jenni Bessel (Long Beach) 18:05, 5. Amy Goodwin (USC) 18:12, 6. Wendy Peterson (San Diego St) 18:31, 7. Sydney Thatcher (CPSLO) 18:35, 8. Nancy Long (CPSLO) 18:36, 9. Natalie Wood (Nevada Reno) 18:38, 10. Janet Dovalina (Fullerton) 18:44.

11. Shannon Battles (Bakersfield) 18:47, 12.

Christine McGee (Nevada Reno) 18:47, 13. Chris Morgan (Long Beach) 18:51, 14. Kristina Hand (CPSLO) 18:52, 15. Chrystee Perkins (San Diego St) 18:53, 16. Rosalinda Garcia (Long Beach) 19:06, 17. Barbara Kozlowski (Sonoma) 19:08, 18. Stephanie Haynes (CPSLO) 19:09, 19. Angie Allen (Chico) 19:12, 20. Angie Cole (San Diego St) 19:13.

21. Laura Carter (UCI) 19:16, 22. Mary Arnold (Portland) 19:22, 23. Anette Ronnerman (Pt. Loma) 19:23, 24. Jennifer Smith (UCLA) 19:25, 25. Lauri Andeen (UCLA) 19:26.

Team Scores: 1. Cal Poly San Luis Obispo "B" 79, 2. San Diego State 116, 3. Long Beach State 117, 4. UCLA "B" 149, 5. U of Portland 150, 6. Nevada Reno 165, 7. Chico State 183, 8. Point Loma Nazarene 265, 9. UC Santa Cruz "A" 333, 10. Ventura 366, 11. Sonoma State 368, 12. Cal Poly Pomona 379, 13. Mills 402, 14. UC Santa Cruz "B" 439.

Biola Cross Country Invitational

October 11, Biola University.

Overall Results - Men

1. Mike Fox (UCSD) 26:26, 2. Roger Webb (UCSD) 26:27, 3. Matt Mesner (LIFE) 26:39, 4. Scott Snyder (Biola) 27:20, 5. Eric Kinney (UCSD) 27:38, 6. Andy Yeager (MC) 27:41, 7. Marty Barati (OSU Full) 27:50, 8. Brian Kileen (CSU Full) 27:54, 9. Grant Walkup (UCSD) 28:03, 10. Steve Saafian (UCSD) 28:09.

11. Mike Richardson (CSU Full) 28:12, 12. Jason Debley (UCSD) 28:14, 13. Randy Lange (UCSD) 28:24, 14. Dale Reicheneder (Pepperdine) 28:29, 15. Marcelo Castro (CSU Full) 28:39, 16. Brock Treglow (UCSD) 28:48, 17. Al Lewis (UCSD) 28:54, 18. Stefan Wynn (UCSD) 29:02, 19. Max Lawson (USD) 29:05, 20. Ed Himeblau (UCSD) 29:07.

21. Gordon Watt (APU) 29:14, 22. Matt Large (SDSU) 29:26, 23. Robert Coss (MC) 29:27, 24. Cabe Sanchez (CSU Full) 29:36, 25. Cruz Rodriguez (SDSU) 29:37.

Team Scores:

Men's Div. I: 1. UCSD 19, 2. CSUF 43, 3. Pepperdine 80.
Men's Div. II: 1. USD 51, 2. MC 62, 3. Biola 72, 4. SOC 84, 5. LIFE 90, 6. CCI 147.

Overall Results - Women

1. Genevieve Graff (CCI) 18:27, 2. Michelle Conlay (UCSD) 18:27, 3. Patti Blunck (Unat.) 19:05, 4. Kim McElhinney (Pepperdine) 19:18, 5. Sherri Hall (SCC) 19:24, 6. Jenee Ellis (APU) 19:29, 7. Christy Grimsley (Biola) 19:30, 8. Laura Doering (CSUN) 19:33, 9. Megan Warner (CSUN) 19:35, 10. Nichole Houle (UNLV) 19:36.

11. Sue Chen (USD) 19:45, 12. Georgia McLean (CSUN) 19:47, 13. Sonja Weir (APU) 19:57, 14. Lisa Askins (CLU) 20:02, 15. Linda Fish (Unat.) 20:06, 16. Sharon Rockett (UCSD) 20:09, 17. Jackie Love (Unat.) 20:13, 18. Marlys Newey (MC) 20:20, 19. Yolande Torres (UCSD) 20:29, 20. Heidi Peterson (CLU) 20:41.

21. Amber Leverett (SCC) 20:45, 22. Christy Porter (UCSD) 20:48, 23. Francine Byrne (CLU) 20:50, 24. Mary McKernan (Biola) 20:54, 25. Becky Taylor (SDSU) 20:58.

Team Scores:

Div. I: 1. UCSD 38, 2. CSUN 71, 3. SDSU 80, 4. Pepperdine 97, 5. UNLV 104, 6. CSUF 116.
Div. II: 1. APU 46, 2. CLU 54, 3. Biola 71, 4. MC 76, 5. USD 83, 5. MSM 175.

Stanislaus State Invitational

October 13, Legion Park, Modesto.

Men's Results

1. Albro Gomez (Chico St) 26:03, 2. Randhawa Sandeep (Hayward St) 26:11, 3. David Goodrich (Hayward St) 26:21, 4. Edward Burke (Notre Dame) 26:25, 5. Rick Herr (Stanislaus St) 26:27, 6.

Shane Farmer (Stanislaus St) 26:28, 7. Phil Cox (Sonoma St) 26:30, 8. Scott Pierce (Unat.) 26:36, 9. David Larabee (Chico St) 26:40, 10. Chris Pressman (Chico St) 26:42.

11. Dale Richard (Sonoma St) 26:56, 12. Larry Binney (Chico St) 27:09, 13. Carlos Castelo (Unat.) 27:19, 14. Juan Perez (Chico St) 27:21, 15. Gary Towne (Chico St) 27:22, 16. Rob Horn (Hayward St) 27:47, 17. Phil Hendley (Stanislaus St) 27:57, 18. Darrin Clay (Sonoma St) 28:06, 19. Dennis Hernandez (Chico St) 28:13, 20. Chuck Fanter (Unat.) 28:14.

21. Carl Thomas (Stanislaus St) 28:15, 22. Mike Tabo (Sonoma St) 28:22, 23. Doug Lynch (Stanislaus St) 28:24, 24. Ken Dampster (Hayward St) 28:37, 25. Thomas Meese (Notre Dame) 28:58.

Team Scores: 1. Chico State 37, 2. Stanislaus State 59, 3. Hayward State 62, 4. Sonoma State 70.

Women's Results

1. Susan Carey (Stanislaus St) 18:25, 2. Barbara Kozlowski (Sonoma St) 18:49, 3. Angie Allen (Chi-

Stacy Condon (Hayward St) 21:31, 18. Kate Cookson (Stanislaus St) 22:12, 19. Cherie Montague (Sonoma St) 22:13, 20. Monika Farrar (Chico St) 22:19.

21. Kelly Wort (Hayward St) 22:52, 22. Tiffany Lybarger (Sonoma St) 23:07, 23. Maria Contreras (Notre Dame) 23:38, 24. Michelle Cavellini (Hayward St) 23:53, 25. Tina Varga (Sonoma St) 24:02.

Cal Poly SLO Cross Country Invitational

October 14, San Luis Obispo.

Overall Results - Men's Invitational 5 Mile

1. Ivan Huff (Reebok Aggies) 23:28, 2. Matt Clayton (Nike) 23:33, 3. Carmela Rios (Reebok Aggies) 24:10, 4. Bonnie Cruz (GVR) 24:16, 5. Jay Marin (Unat.) 24:17, 6. Mark Ebner (GVR) 24:21, 7. Reggie Williams (CAL) 24:24, 8. Shannon Winkelman (UCR) 24:26, 9. Darnie Gonzales (Reebok Aggies) 24:27, 10. Manuel Silveira (Nevada Reno) 24:28.

11. Darnie Martinez (LBTC) 24:30, 12. Mark Junkerman (LBTC) 24:30, 13. Jon Butler (LBTC) 24:32, 14. Jason Lienau (Fresno St) 24:32, 15. Dave Ottoway (CAL) 24:34, 16. Dave Fresella (Air Force) 24:34, 17. John Koningh (GVR) 24:35, 18. Jim Sorenson (SLO) 24:35, 19. Alfredo Rosas (GVR) 24:36, 20. Joe Rubio (Reebok Aggies) 24:36.

21. Aaron Mascorro (UCI) 24:36, 22. Sasha Vujic (CSUN) 24:43, 23. Sean Evans (LBTC) 24:45, 24. Doug Henderson (CAL) 24:46, 25. David Naranjo (Fresno St) 24:47, 26. Ernie Freer (Unat.) 24:47, 27. Steve Neubaum (SLO) 24:48, 28. Kevin Jones (GVR) 24:49, 29. Jorge Castro (CSUN) 24:52, 30. Steve Imlay (UCI) 24:52.

31. Adam McAboy (CAL) 24:54, 32. Victor Santamaria (UCLA) 24:55, 33. James Price (Unat.) 24:55, 34. Joey Gomez (Reebok Aggies) 24:56, 35. Gilbert Delgado (Fresno St) 24:56, 36. Raul Serratos (UCR) 24:58, 37. Ben Ayers (UCI) 24:58, 38. Angel Roman (LBTC) 25:00, 39. Paul Cummings (Davis) 25:00, 40. Kevin Broady (GVR) 25:01.

Team Scores: 1. Reebok Aggies 67, 2. Gardena Valley Runners 74, 3. Long Beach Track Club 97, 4. California 147, 5. Fresno State 177, 6. Cal Poly SLO 192, 7. UCLA 246, 8. UC Irvine 249, 9. Nevada Reno 268, 10. CS Northridge 269, 11. UC Riverside 294, 12. Long Beach Track Club "B" 326, 13. Air Force 354, 14. UC Davis 357, 15. UCSB 431.

Overall Results - Men's Open 5 Mile

1. Jesus Gutierrez (CSLA) 24:52, 2. Ken Flint (SDSU) 25:05, 3. Eric Walker (Sac St) 25:15, 4. Carter Yarborough (CSLA) 25:19, 5. Humerto Quintana (CSLA) 25:20, 6. Jamie Ortega (CPP) 25:21, 7. Mike Fox (UCSD) 25:21, 8. Brian Richter (Pomona-Pitzer) 25:26, 9. Maudie Kurrana (Unat.) 25:29, 10. Roger Webb (UCSD) 25:33.

11. Eric Balamy (Unat.) 25:33, 12. Steve Frisone (CSUF) 25:35, 13. Pete Sweeney (Reebok Aggies) 25:35, 14. Raul Hernan (CSLA) 25:46, 15. Darryl Jewell (CS Bakersfield) 25:47, 16. Damien Jamul (Unat.) 25:51, 17. John McDivett (Unat.) 25:52, 18. Merrell Hora (UCSD) 25:52, 19. Jose Garcia (Oxy) 25:54, 20. Matt Yeo (Reebok Aggies) 25:55.

Team Scores: 1. Cal State LA 53, 2. Cal State Fullerton 125, 3. Cal Poly Pomona "A" 142, 4. UC San Diego "A" 146, 5. Reebok Aggies "B" 189, 6. UC "B" 203, 7. San Diego State 211, 8. Cal State Bakersfield 228, 9. Pomona-Pitzer 231, 10. Cal State Sacramento 269, 11. Occidental 347, 12. Cal State LA "B" 447, 13. Chaminade 484, 14. USIU 498, 15. SLO Distance Club 596.

Overall Results - Women's Invitational 5000m

1. Laura Cattivera (Unat.) 18:31, 2. Kathy Kaines (Palo TC) 18:38, 3. Darcy Arreda (CSUN) 18:41, 4. Janet Smith (Nike) 18:49, 5. Bridget Stirling (UCI) 18:50, 6. Sabrina Han (CAL) 18:50, 7. Jill Wood (Air Force) 18:56, 8. Teena Colebrook (SLO) 18:56, 9. Buffy Rabbitt (UCI) 17:08, 10. Jamie Park (SLO) 17:12.



LAURA CATTIVERA

Photo by Bill Leung, Jr.

co St) 18:54, 4. Liz Mosier (Chico St) 19:19, 5. Rhonda Bird (Stanislaus St) 19:50, 6. Cynthia Carlson (Chico St) 19:52, 7. Shanna Skillman (Stanislaus St) 19:57, 8. Linda Frank (Chico St) 20:02, 9. Julie Stai (Chico St) 20:13, 10. Crystal Bigham (Hayward St) 20:23.

11. Lisa Davenport (Stanislaus St) 20:33, 12. Shawn Ostrow (Hayward St) 20:42, 13. Anna Howard (Chico St) 20:50, 14. Nikki Oliveira (Hayward St) 20:51, 15. Vera Cheney (Hayward St) 20:58, 16. Natalie Gage (Stanislaus St) 21:14, 17.

RESULTS

SILVER STATE 15K (PA-TAC CHAMPIONSHIP)

By MARK WINITZ

October 8, Reno, NV.

Many Northern California runners aren't aware that their district of The Athletics Congress--the Pacific Association--geographically not only includes Northern California, but also the northwestern portion of the state of Nevada. Thus, the Silver State 15K has annually become a fixture on the PA-TAC Long Distance Running Grand Prix Circuit. With Blue Cross and Blue Shield of Nevada generously coming on board this year as major sponsors of the event, the \$2,000 in total prize funds were amply provided and gratefully received by the Silver State Striders, who organize the race.

However, if it's Silver that California runners are after when they come to Reno this particular weekend--in Reno's casinos or on the roads--well, what can I say. Life is definitely a gamble. And the Reno area's altitude-trained contingent certainly make life, as well as the racing-odds, challenging for the flatlanders who come here to compete in the slightly rarified atmosphere that literally shimmers with gold dust. Catch it if you can.

On an absolutely ideal, windless, blue morning touched by just a hint of the brisk mountain winter that awaits just around the corner, several hundred competitors gathered in Reno's Fisherman's Park along the rolling Truckee River. Honkers glided along the fleecy water. Less than a mile off in the distance of the high desert, the tower of Rich Ball's Hotel and Casino seemed to mock the prize-seeking Californians. Many of the local Nevada runners work in the plethora of local casinos. They know better than to be fooled by glitter. But the Californians were hopeful and in good spirits. After all, their Giants and Athletics were about to secure spots in the World Series, and the playoffs were just

as hot a topic as the elusive Reno payoff, just around the corner.

Last year, PA-TAC's overall Grand Prix Champion, Rich McCandless, blew away the men's field, having moved to and trained in Reno. But this year, a California Bay Area resident again, recently married, and not in quite the form as last year, he was absent. Perhaps, he knew better. The race was destined to be a duke out between the current top two men on the circuit--and quite appropriately--two of Reno's best: Domingo Tibaduiza and Alan Dehlinger. In '87 this pair were 1-2 here, 2-3 last year. They know the course--which is predominantly flat and follows the Truckee River bike/pedestrian path out and back with a small loop on the far end through an industrial park.

Mark Hoefler led a lead pack of five through the first mile in 4:46. The others consisted of Joaquin Leano, Tom Wood, and the inevitable Dehlinger and Tibaduiza, who was content in sitting at the rear. Essentially, this group remained intact until the cards were on the table.

"I threw in about ten surges along the way, but couldn't break anybody," said Dehlinger. "Then with about a mile and a half to go Domingo took off. He just sprinted and I tucked in behind him."

Tom Wood did the same behind Dehlinger, and the succeeding dash was follow the leader to the tape. Nobody was going to blast by Domingo in the last 300 meters on this course, in this particular race. The former University of Nevada-Reno cross country and track whiz whisked it in in 46:43--six seconds faster than his second place last year, but well off McCandless' swift 45:47 CR.

"Domingo's always tough at the altitude races. You have to respect him for that," commented Dehlinger (46:46) who hung on for second and thus held onto a narrow lead over Domingo in the overall open men's Grand Prix standings. "He probably has thirty years of training at altitude [in

his native Colombia and in Reno-ed]. I think I have a little more speed than him now, but in the altitude races he excels."

You have to believe it, since the elder Tibaduiza, who will be within days of turning forty when you read this, no longer trains on the track. "I can't do the speed anymore," he says. In fact, the way Domingo puts it, you'd almost think he's given up serious training altogether. After all, he putting in 45 to 50 hours a week at his job as a paralegal assistant at UNR.

"I haven't run over seventy miles (a week) in about four years," he says. "Seventy is my max. I really haven't trained hard for a long time. Today I didn't put any stress on the race. I ran a consistent effort."

And what's around the corner this month when Domingo turns the big four-oh? You'll see him traveling more to the bigger national-caliber road races to compete with the masters' best. He's definitely planning on the National Masters Grand Championship of the ICI Masters Circuit in Naples, Florida next January. Instant success, no doubt. He just might get back into speed training and attempt a masters mile. With a 4-flat PR, Tibaduiza believes that a 4:05 or 4:06 is within reach now. "I can run with [Wilson] Waigwa [masters mile world record-holder]," he says with confidence.

Tom Wood (3rd, 46:54) is back to shorter distances again, following a Western States 100 debut and top-10 finish, and an early dropout due to a knee problem at the high altitude Leadville 100 in Colorado. He trucked down river with his wife, Kathy D'Onofrio-Wood, from their Truckee, CA home for a little Silver State racing. Early lead-packers Joaquin Leano (4th, 47:18) and Mark Hoefler (5th, 47:34) also ran excellent races.

Jerry Jobski (11th, 50:53), 45, of South Lake Tahoe easily topped the men's masters divisions to preserve his masters top spot in the Grand Prix standings. Top Senior (50-59) Jim Bevins (56:56) crept within four points of Daryl Beardall's top Grand Prix spot. Robert DeChene (1:12:45) headed the men's Super Senior (60+) category.

Linda Somers, 28, of Davis got a late start on this year's Grand Prix circuit, but now she's humming. She converted second and third places at her first two PA-TAC circuit races of the year into a first at Silver State. Now that Somers--who finished third in the Grand Prix standings last year--is

back from injury, she has more than a few PA-TAC women looking, mainly from behind.

Reno's Rossy Tibaduiza-Cardenas led the first mile in 5:21, at which point Somers and defending champion Terry Puckett pulled up. Somers took the lead, Cardenas held her own, and that was that. The pace slackened and the gaps between the three widened.

"The first mile was around 5:20, then 5:30, then 5:40, and it kind of slacked off from there," said Somers. "I didn't look back until about mile seven, and then I started looking back about every five seconds because the pace was so slow. You kind of forget what the altitude does to you at the end of a race."

However, Somers needn't have worried. Her winning 54:06 proved to be a sufficient gap over Cardenas (2nd, 55:42) and Puckett (3rd, 56:19). In beating the two Reno women, Somers was one of the few flatlanders to beat the odds. Although Cardenas' performance was almost two minutes faster than last year's 7th-place, defending champion Puckett was forced to take it relatively easy, nursing a strained lower back.

"We all go through our problems," commented a gracious Somers upon mention of Puckett's pedestrian (for her) pace. "That's the story of a woman distance runner's life. It would be great if we all [PA-TAC circuit women] were healthy for one whole year. Just think what great competition there would be."

Despite her recent physical problems, Puckett remained atop the open women's standings while Cardenas bolstered her second-place ranking. Kirkwood, CA's Debbie Waldear (56:26) (another altitude runner) finished fourth while Susan Putney (56:33) turned in another consistent top 10 performance for 5th.

Although 48-year-old Shirley Matson's 6th place 56:59 was over a minute slower than her unrecorded age 45-49 American record (55:50) set here last year, it was well under the current TAC-STATS-listed F48 single age AR. Matson won the masters title easily, as primary rival, Joan Colman, was absent running the Twin Cities

continued next page...

RESULTS

11. Callie Calhoun (Air Force) 17:13, 12. Noreen deBettencourt (Unat.) 17:14, 13. Becky Spies (Unat.) 17:23, 14. Laura Chapel (UCLA) 17:23, 15. Jill Hoffman (SLO) 17:24, 16. Nicole Nugent (LBTC) 17:25, 17. Nancy Benson (Reebok Aggies) 17:29, 18. Tracey Williams (CAL) 17:30, 19. Cindy Rockwood (Fresno St) 17:32, 20. Jari Johnson (Reebok Aggies) 17:33.

21. Rayna Cervantes (UCI) 17:33, 22. Caroline Plier (UCI) 17:34, 23. Melanie Hiatt (SLO) 17:34, 24. Rhea Ann Steiger (Reebok Aggies) 17:36, 25. Kelli Lewis (UCI) 17:36, 26. Jennifer Ashe (UCLAQ) 17:37, 27. Sydney Thatcher (SLO) 17:39, 28. Nohora Colias (Pilo TC) 17:40, 29. Jan Thatcher (Reebok Aggies) 17:41, 30. Kelly Tremmell (CSUN) 17:42.

31. Kristi Baabe (UCLA) 17:43, 32. Stephanie Barrett (SLO) 17:44, 33. Cyndi Craig (Air Force) 17:45, 34. Suzy Lehmkah (Davis) 17:45, 35. Tina Petershagen (Sac St) 17:45, 36. Ali Uboeroeken (Rice) 17:46, 37. Annie Seawright (LBTC) 17:47, 38. Shannan Karpel (Air Force) 17:47, 39. Chris Porter (Owest) 17:48, 40. Julie Jiskra (Rice) 17:48. **Team Scores:** 1. UC Irvine 82, 2. Cal Poly SLO 83, 3. US Air Force Academy 133, 4. Reebok Aggies 154, 5. UCLA 179, 6. LBTC 238, 7. California 249, 8. Northridge 282, 9. UC Davis 203, 10. Rice 287, 11. Fresno State 318, 12. Cal State Fullerton 334, 13. University of Hawaii 373, 14. San Diego State 395, 15. UC Santa Barbara 418.

Overall Results - Women's Open 5,000m

1. Denise McFayden (UCSD) 17:55, 2. Michelle Conlay (UCSD) 17:59, 3. Natalie Wood (Nevada Reno) 18:06, 4. Nancie Long (SLO) 18:11, 5. Christine McGee (Nevada Reno) 18:14, 6. Christine Hand (SLO) 18:19, 7. Shannon Battles (CSUB) 18:27, 8. Trish Unruhe (Unat.) 18:28, 9. Andrea Sansom (Unat.) 18:34, 10. Maria Mendoza (Unat.) 18:35.

11. Jackson (USIU) 18:36, 12. S. Haynes (SLO) 18:36, 13. Shenda Baker (Pilo TC) 18:38, 14. Laura Carter (UCI) 18:39, 15. Andrea Shane (Pomona-Pitzer) 18:40, 16. Laurie Schuster (Occ) 18:42, 17. Jenny Cubillas (Hayward) 18:43, 18. Valli Lehman (UCLA) 18:44, 19. Irene Henderson (SLO DC) 18:44, 20. Becky D'Aoust (Hayward) 18:46.

Team Scores: 1. SLO "B" 128, 2. UC San Diego 129, 3. UCLA "B" 149, 4. Nevada Reno 158, 5. Cal

State Hayward 185, 6. Occidental 224, 7. Cal Lutheran 258, 8. San Luis Distance Club 267, 9. US International University 344, 10. UC Riverside 362, 11. Chaminade University 396, 12. UN Las Vegas 440.

Golden State Athletic Conference Cross Country Championships

October 14, Morley Field, San Diego.

Men's Results - 8000m

1. Goshu Tadesa (Pl. Loma) 26:23, 2. Gus Arco (Pl. Loma) 26:39, 3. Rick Penman (Pl. Loma) 26:39, 4. Tom Davis (Westmont) 26:56, 5. Sean O'Hara (Pl. Loma) 26:58, 6. Jason Lindholm (Fresno Pacific) 27:17, 7. Rick Jones (Westmont) 27:15, 8. J.K. Strandberg (Pl. Loma) 27:29, 9. Naraz Switt (Fresno Pacific) 27:30, 10. Rich Parris (Fresno Pacific) 27:32.

11. Doug Ravasdy (Pl. Loma) 27:41, 12. Monte Mickey (Westmont) 27:46, 13. Mel Brown (SoCal College) 27:59, 14. Steve Friebeus (Westmont) 28:01, 15. Scott Lardner (Pl. Loma) 28:02, 16. Dave Green (Fresno Pacific) 28:12, 17. Todd Sabala (Fresno Pacific) 28:22, 18. Scott Callwell (Westmont) 28:36, 19. Jose Sanchez (Fresno Pacific) 28:44, 20. Brian Moines (Westmont) 28:53.

21. Sean Stehman (Fresno Pacific) 28:59, 22. Gordon Watt (Azusa Pacific) 29:03, 23. Kevin Miller (Fresno Pacific) 29:06, 24. Felipe Gonzalez (Fresno Pacific) 29:10, 25. David Gehrig (Westmont) 29:16.

Team Scores: 1. Point Loma Nazarene College 19, 2. Westmont College 55, 3. Fresno Pacific College 58, 4. Southern Cal College 141, 5. Christ College Irvine 178, 6. Azusa Pacific University N.S.

Women's Results - 5000m

1. Genieve Graff (Christ's College) 18:37, 2. Sisia Larsen (Westmont) 18:42, 3. Sonya Wier (Azusa Pacific) 19:07, 4. Jenee Ellis (Azusa Pacific) 19:08, 5. Sheri Hall (So Cal College) 19:15, 6. Anette Ronnerman (Pl. Loma) 19:31, 7. Sandy Belding (Azusa Pacific) 19:36, 8. Colleen Green (West-

mont) 19:42, 9. Amber Leverett (So Cal College) 20:06, 10. Sasha Cooper (Westmont) 20:10.

11. Caroline Partzel (Westmont) 20:16, 12. Janelle Tozer (Westmont) 20:18, 13. Michale Lubinsky



Left to right: JASON LINDHOLM, RICHARD PARRIS & GOSHU TADESE

Photo by Bill Cockerham

(Westmont) 20:19, 14. Jennie Butler (Westmont) 20:20, 15. Melissa Mabe (Pl. Loma) 20:23, 16. Rene Carroll (Christ College) 20:29, 17. Missi Kitchens (Azusa Pacific) 20:32, 18. Shannon Anderson (Pl. Loma) 20:52, 19. Sandi Cuavas (Pl. Loma) 20:55, 20. Kim Brown (Azusa Pacific) 20:59, 21. Julie Robles (Fresno Pacific) 21:18, 22. Amanda Houlton (Pl. Loma) 21:21, 23. Brenda Probert (Westmont) 21:40, 24. Teresa Carbal (Fresno Pacific) 21:57, 25. Debbie Gilchrist (Westmont) 22:14. **Team Scores:** 1. Westmont College 38, 2. Azusa Pacific University 44, 3. Point Loma Nazarene Col-

lege 72, 4. Southern Cal College 94, 5. Fresno Pacific College 123, 6. Christ College Irvine N.S.

Mustang Round-Up Cross Country Meet

October 14, Masters College, Newhall.

Men's Results - 5 Mile

1. Andy Yeager (Masters College) 28:04, 2. Dale Reihenseder (Pepperdine) 28:51, 3. Qin Smith (San Bernardino) 29:35, 4. Scott Johnson (San Bernardino) 29:49, 5. Robert Coss (Masters College) 30:04, 6. Bob Thweatt (San Bernardino) 30:10, 7. Shaan Blanchard (Whittier College) 30:14, 8. Matt Newey (Masters College) 30:51, 9. Paul Wilkes (Pepperdine) 31:14, 10. John Romero (Pepperdine) 31:28.

11. Kenny Felix (LaVerne) 31:34, 12. Paul Saitz (Masters College) 31:35, 13. Russell Fortin (San Bernardino) 31:45, 14. Brendon Meyer (Pepperdine) 32:06, 15. Bill Callender (Pepperdine) 32:32, 16. Paul Miller (Masters College) 32:49, 17. Kurt Kniegge (Masters College) 33:01, 18. Scott Kartvedt (Pepperdine) 33:01, 19. Jim Ryyg (Pepperdine) 33:12, 20. Phil McElhinney (Pepperdine) 33:20.

21. Kevin Arcaris (San Bernardino) 34:15, 22. Phil Hickey (Whittier College) 34:33, 23. Alex Morice (Masters College) 35:15, 24. Myke Fay (Masters College) 35:40, 25. Christopher Misslin (LaVerne) 35:42.

Team Scores: 1. The Master's College 37, 2. San Bernardino 42, 3. Pepperdine 44, 4. LaVerne Inc., 4. Whittier College Inc.

Cal Poly Pomona Bronco Cross Country Invitational

October 21, Bonelli Park, San Dimas.

Overall Results - Men's 8K

1. Christian Cushing 24:49, 2. Dan Galindo (UCI) 25:02, 3. Mike Tansley (LBCC) 25:02, 4. Unidentified 25:03, 5. Unidentified (LBCC) 25:05, 6. David Hessoline (UCI) 25:06, 7. Sean O'Hara (PL) 25:10, 8. Brian Hild (UCI) 25:15, 9. Rick Penman (PL) 25:17, 10. Dennis Shook (Club X) 25:18.

Division Results - Women

10-14: 1. Monica Rutledge 1:18:14, 20-24: 1. Susan Horstmeter 1:00:43, 2. Donna McKennon 1:01:12, 3. Lorena Ferreira 1:02:23, 25-29: 1. Linda Somers 54:05, 2. Rossy Cardenas 55:42, 3. Susan Putney 56:33, 30-34: 1. Terry Puckett 56:19, 2. Patty Howell 1:00:27, 3. Connie Kondo 1:03:09, 35-39: 1. Debbie Waldear 56:26, 2. Bev Marx 57:27, 3. Robin Holabird 1:16:54, 40-44: 1. Hilary Naylor 1:00:34, 2. Kathy Kennedy 1:01:59, 3. Patricia Falsone 1:04:59, 45-49: 1. Shirley Matson 56:59, 2. Mary Ganzel 1:18:40, 3. Madelyn Moon 1:19:42, 50-54: 1. Barbara Miller 1:00:26, 2. Heidi Skaden 1:04:38, 3. Edwina Kovash 1:21:16.

Silver State, continued

Marathon (2:58:50; 1st 45-49). Hilary Naylor's 1:00:35 was good for second master, as she continues to be the only woman master to maintain a top half-dozen placing in the open women's overall G.P. standings. Top female Senior (50-54) was Barbara Miller, 50, (1:00:26) in a superior age-group performance. Heidi Skaden (2nd Senior, 1:04:38) stayed atop her category in the G.P.

Although this is my last Grand Prix report this year (last issue this year), several important championship races remained on the calendar as of this writing. (See "PA-TAC Notes" in this issue for remaining schedule and detailed Grand Prix standings.)

And see you at the races! Every single championship. Be there!

Overall Results - Men

1. Domingo Tbaduiza (37) 46:43, 2. Alan Dehlinger (28) 46:46, 3. Tom Wood (26) 46:54, 4. Leano Joaquin (30) 47:18, 5. Mark Hoefler (27) 47:34, 6. Jose Aispuro (27) 48:41, 7. Dean Rinde (25) 48:48, 8. Dennis Rinde (30) 48:58, 9. Scott Steinmans (28) 49:59, 10. Sean Crom (33) 50:07.

11. Jerry Jobski (45) 50:53, 12. Chris Thomas (41) 51:11, 13. Bill Langhont (31) 51:37, 14. Bill Knapp (39) 51:37, 15. Ed Cardenas (28) 51:51, 16. Robert Herndon (28) 52:28, 17. Robert Darling Jr. (40) 52:35, 18. Jim Gibbons (45) 52:53, 19. Ken Adams (47) 53:08, 20. Frank Ruona (43) 53:24.

Overall Results - Women

1. Linda Somers (28) 54:05, 2. Rossy Cardenas (26) 55:42, 3. Terry Puckett (33) 56:19, 4. Debbie Waldear (39) 56:26, 5. Su-

san Putney (26) 56:33, 6. Shirley Matson (48) 56:59, 7. Bev Marx (35) 57:27, 8. Kathy Donotrio (25) 57:47, 9. Barbara Miller (50) 1:00:26, 10. Patty Howell (33) 1:00:27.

Division Results - Men

15-19: 1. Alan Dehlinger 46:46, 2. Tom Wood 46:54, 3. Mark Hoefler 47:34, 30-34: 1. Leano Joaquin 47:18, 2. Dennis Rinde 48:58, 3. Sean Crom 50:07, 35-39: 1. Domingo Tbaduiza 46:43, 2. Bill Knapp 51:37, 3. Rod Smith 56:03, 40-44: 1. Chris Thomas 51:11, 2. Robert Darling Jr. 52:35, 3. Frank Ruona 53:24, 45-49: 1. Jerry Jobski 50:53, 2. Jim Gibbons 52:53, 3. Ken Adams 53:08, 50-54: 1. Jim Bevins 56:56, 2. Jim Way 57:41, 3. Fred Mattos 1:00:25, 55-59: 1. Ron Ogilvie 1:02:50, 2. Don Hildebrand 1:04:48, 3. George Ball Jr. 1:09:22, 60-64: 1. Fred Dunn 1:15:36, 2. Clint Burdick 1:21:46, 65-69: 1. Robert Dechane 1:12:14,

RESULTS

11. Kevin Berko (UCI) 25:20, 12. Monte Mickle (Westmont) 25:23, 13. Adam Shanks (UCI) 25:25, 14. Gus Arch (PL) 25:26, 15. Kevin Harris (UCI) 25:31, 16. Kenneth Jansson (USIU) 25:39, 17. Tom Davis (Westmont) 25:43, 18. Brandon Dedrick (CPP) 25:44, 19. Jeff Cook (UCI) 25:48, 20. Mike Navod (Unat.) 25:49.

21. Carl Polivka (Unat.) 25:49, 22. Tom Cupp (Unat.) 25:49, 23. Fili Arizmendi (UCI) 25:50, 24. Mike Nielsen (Unat.) 25:50, 25. Javier Primera (CPP) 25:56.

Overall Results - Women's 5K

1. Amy Goodwin (USC) 16:29, 2. Unidentified (CSLB) 16:29, 3. Nicole Nugent (LBTC) 16:35, 4. Amy Dabul (UCI) 16:57, 5. Stacie Larson (Westmont) 17:00, 6. M. Lubinsky (Westmont) 17:03, 7. Patty Blunck (AIA) 17:06, 8. Brita Jones (UCI) 17:06, 9. Sonya Weir (AP) 17:12, 10. Shama Factor (UCI) 17:17.

11. Roberta Morones (UCI) 17:23, 12. Jenee Ellis (AP) 17:26, 13. Sandra Belding (AP) 17:27, 14. Laune Andeen (UCLA) 17:28, 15. Maria Mendoza (Unat.) 17:30, 16. Vali Lehran (UCLA) 17:32, 17. Andrea Sansom (Unat.) 17:39, 18. Akemi Royer (UCI) 17:40, 19. Anetta Ronnerman (PL) 17:41, 20. Tiffany Gorman (UCLA) 17:43.

21. Manson Gardella (UCLA) 17:45, 22. Monica Scott (Unat.) 17:46, 23. Emily Nicklin (Unat.) 17:49, 24. Molly Jackson (USIU) 17:52, 25. Michelle Kam (UCLA) 17:54.

ROAD RACING

Big Brothers/Big Sisters of the Peninsula, Inc.

No Dain Available, Belmont.

Division Results - Men

Overall Winner: Jimi Candelaria 27:25, 12 & Under: 1. Peter Bostrom 48:04, 2. Nicklas Bostrom 48:12, 13-17: 1. Carl Hakert 30:27, 2. Phil Kibridge 30:41, 18-22: 1. Twain Mein 30:25, 2. Michael Morgan 31:13, 3. Cory Olcott 31:36, 23-29: 1. David Stewart 28:00, 2. Carter Goodnow 29:36, 3. John Losito 31:03, 30-34: 1. Jimi Candelaria 27:25, 2. Peter Lewandowski 28:08, 3. Greg Silger 32:49, 35-39: 1. Michael McCaffery 27:35, 2. Dean Harper 28:06, 3. Charles Bannan 30:55, 40-49: 1. Tim Lavelle 29:24, 2. Allan Stanbridge 29:34, 3. Steve Parker 33:01, 50 & Over: 1. David Stevenson 33:06, 2. Pete Savitz 35:32, 3. Ray Stewart 36:28.

Division Results - Women

Overall Winner: Jenny Schile 30:25, 13-17: 1. Jenny Schile 30:25, 18-22: 1. Christine O'Hanlon 36:27, 2. Cynthia Hinshaw 37:58, 3. Megan Gahr 39:49, 23-29: 1. Lesley Chequer 30:52, 2. Kathleen Manning 31:43, 3. Jennifer Still 32:10, 30-34: 1. Karen Chequer-Plaffler 30:26, 2. Vivian Rockwell 33:03, 3. Carol Bitter 33:14, 35-39: 1. Debbie Ingram 31:38, 2. Jacquelyn Russum 32:43, 3. Carolyn Kouhoevic 35:07, 40-49: 1. Julia Yaffee 39:59, 2. Julie Pivarnik 43:39, 3. Carrie Crawford 43:51, 50 & Over: 1. Barbara Robben 35:09, 2. Barbara Hinshaw 42:25, 3. Halle Hewitt 49:25.

Midsummers Nights Dream Run

July 28. Coto de Caza, 5K & 12K.

Overall Results - 5K

Men: 1. Steve Kovisto (25) Highland 16:54, 2. Mike Dixon (19) Newport Beach 17:02, 3. Mike Lehmborg (30) Costa Mesa 17:09.

Women: 1. Joan Hansen (31) Los Alamitos 20:12, 2. Laura

Doering (18) 20:33, 3. Debi Casement (32) Coto de Caza 21:36.

Overall Results - 12K

Men: 1. Alfredo Viguera (24) 38:04, 2. Albino Miranda (24) 38:08, 3. Marco Ochoa (25) 38:39.

Women:

1. Joan Fowler (29) Brea 47:54, 2. Karen Callahan (32) Saugus 50:01, 3. Cza Azuceta (21) Culver City 50:13.

San Luis Obispo Recreation Department Triathlon

July 30. San Luis Obispo. 0.5 Mi. Swim, 15.3 Mi. Bike, 3.7 Mi. Run.

Overall Results

1. Chris Hinshaw (26) SLO 1:09:42, 2. Keith Schmidt (28) Atascadero 1:10:35, 3. David Sears-Kuto (31) SLO 1:12:48, 4. Ryan Huckabay (20) SLO 1:13:32, 5. Tony Sehgal (19) Lompoc 1:14:10, 6. Steve Ferrario (24) SLO 1:14:18, 7. Brian Schilling (18) Palo Alto 1:14:51, 8. Kenny Gross (27) SLO 1:15:21, 9. Dave Furbee (31) SLO 1:15:23, 10. Blake Chalfee (32) Los Osos 1:15:31.

11. Steve Neale (37) Newhall 1:15:39, 12. Eric Benson (23) SLO 1:15:45, 13. Mark Hady (30) Calgary, Canada 1:15:47, 14. Jason Middleton (16) Bakersfield 1:16:26, 15. Richard Conway (36) Hanford 1:16:41, 16. Brian Friedmann (24) SLO 1:16:51, 17. Chuck Fiorentino (32) Pismo Beach 1:16:55, 18. Brad Flenew (28) Carpinteria 1:17:02, 19. Jim Klemens (24) SLO 1:17:08, 20. Peter Bottomley (27) Arroyo Grande 1:17:41.

21. K.C. Kinsell (35) Bradley 1:17:43, 22. Michael Stokes (28) Long Beach 1:18:11, 23. Richard Alshire (44) SLO 1:18:47, 24. Brian King (22) SLO 1:18:50, 25. Jeff Pearlman (17) Valencia 1:19:09.

Summer Series Triathlon #5

August 1. Bakersfield, (10 Mi. Bike, 5K Run, 400m Swim).

Division Results - Men

19 & Under: 1. Johnston Wykoff 49:46, 2. Matthew Mauldin 54:59, 3. Brian Quinton 1:09:49, 20-29: 1. Jeff Cram 44:56, 2. Scott Kress 47:39, 3. Paul Gaminio 47:41, 30-39: 1. Ron Lesley 48:25, 2. Stephen Fahsbend 51:55, 3. Michael Lewis 54:12, 40-49: 1. Hal Crossley 54:22, 2. Norman Wykoff 54:57, 3. Mike Spensko 55:22, 50 & Over: 1. Colby Churchman 51:56.

Division Results - Women

25 & Under: 1. Lanette Valpredo 58:28, 2. Kristen McGarman 1:00:02, 26-35: 1. Laura Lowe 51:09, 2. Tammy Batterton 56:28, 3. Jamie Meskat 59:38, 36-45: 1. Susan Rubin 54:50, 2. Carol Weston 1:05:52, 3. Jane McDonald 1:06:40, 46 & Over: 1. Mardi Briggs 58:33.

Squaw Valley USA Mountain Run

August 5. Squaw Valley, 3.6 Miles.

Miguel Tibaduiza's 1988 course record stayed intact as he chased Tom Borschel from the half mile point of the 2,000 foot climb but was unable to match Borschel's charge. Borschel's strategy was to push the pace early knowing that Tibaduiza of Reno was still recovering from a 50K race the previous weekend. Borschel's win is especially impressive as he is the only runner in the top five who lives at sea level (Oakland) and the 'Mountain Run' finishes at 8,200 feet. His time of 28:49 was only 17 seconds off the record. Tibaduiza was a full minute off in second, 29:33, with John Gailson third, 29:42, former course record holder Denis O'Halloran

fourth, 29:53, and Skyler Jones rounded out the top five, 30:06.

Terry Schmidt-Puckett of Reno continued her domination of the women's race by lowering her course record by two seconds with a 33:34. Sinoer her first win in 1986, no one has been able to come closer than two minutes of her time. "Terry appears to prance up the mountain effortlessly" stated one observer. Second place for women went to Debi Waldlear of Kirkwood, 35:31. Third was Deborah Hulman of Colorado, 35:44 and fourth went to Western States 100 winner, Kathy Donofrio-Wood who recently moved to Truckee, 35:56.

In the masters women's category, June Lane of South Lake Tahoe beat Sally Edwards' 1988 course by 15 seconds with a 41:03. Lynne Hurrell of Grass Valley also set a record in the 50-59 age group with a 53:09. The only men's record set was in the 50-59 age group by Kenneth Schwisow of Merced with a 38:19.

Other age group winners included thirteen-year-old Kary Newman of Tahoe City, 55:34 and David Welsh of Meadow Vista, 31:03 for 19 and under. Kim Shaffer of South Lake Tahoe, 37:34 and Abelardo Lopez of Reno, 30:58 - 20:29. Overall winners represent the 30-39 age group, June Lane, 41:03 and John Coburn of Soda Springs, 33:06 - 40:49. Peggy Ewing of Sacramento, 59:22 and Phil Paulson of Byron, 48:41 - 60 & Over.

Overall Results - Men

1. Tom Borschel 28:49, 2. Miguel Tibaduiza 29:33, 3. John Gailson 29:42, 4. Denis O'Halloran 29:53, 5. Skyler Jones 30:06, 6. Marty Higginbotham 30:36, 7. Sean Cron 30:43, 8. Rick Gentry 30:53, 9. Abelardo Lopez 30:58, 10. David Welsh 31:03.

11. Mike Lienhard 31:21, 12. Francisco Garcia 31:32, 13. Ray Cook 31:51, 14. Tom Wood 31:54, 15. Philip Sanderson 31:59, 16. Craig Heacock 32:10, 17. Mark Graves 32:10, 18. Bernie Mellor 32:11, 19. Kevin Buscay 32:13, 20. Glenn Wichard 32:22.

Overall Results - Women

1. Terry Schmidt-Puckett 33:34, 2. Debi Waldlear 35:31, 3. Deborah Hulman 35:44, 4. Kathy Donofrio-Wood 35:56, 5. Karen Maney 37:23, 6. Kim Shaffer 37:34, 7. Kim Brownberger 39:18, 8. Angela Cook 39:24, 9. Gwen Gallantry 40:08, 10. Colleen Connors 40:22.

11. Corinne Moles 40:27, 12. Patty Howell 40:40, 13. June Lane 41:03, 14. Liz Zaragoza 41:08, 15. Debbie Devine 41:15, 16. Ellen Luze 42:03, 17. Christie Paterson 42:14, 18. Susan Hale-Watson 43:35, 19. Krista Hoch 44:07, 20. Sarah Hildreth 44:48.

Sri Chinmoy Peace Mile

August 5. Los Angeles, 4 Mi & 2 Mi walk.

Winners

Men: Open: 1. Luis Alvarada (23) 30:26, 2. Joe Banuelos (46) 30:35, 3. Billy Frost 30:44, 4. Jimmy Fullerton (34) 34:27, 50 & Over: 1. Booker Washington (53) 29:24, 2. David Wake (53) 34:27.

Women:

1. Valerie Armand (29) 39:26, Walkers: (Open) 1. Rosetta Isaiyah (21) 36:14, (50+) 1. Pear Carter 36:15.

Asher Clinic Couples Relay

August 6. Larkspur, 2x2 Miles.

Overall Results

| Team | Time |
|---|-------|
| 1. Meissa Martel (10:38) R. Accotta (9:20) | 19:58 |
| 2. J. Thatcher (10:52) S. Buttonghausen (9:11) | 20:00 |

| | |
|--|-------|
| 3. L. Bearson (10:27) T. Halpine (9:43) | 20:10 |
| 4. S. Hawthorne (11:52) L. Guineo (9:11) | 21:03 |
| 5. L. Breuss (11:27) R. Breuss (9:42) | 21:09 |
| 6. L. McMullen (11:21) G. Nacco (9:50) | 21:11 |
| 7. A. Kuphaldt (11:27) B. Petersen (9:49) | 21:16 |
| 8. D. Elingboe (11:48) K. Ellingboe (9:32) | 21:20 |
| 9. P. Shackleton (11:23) R. Brown (10:05) | 21:28 |
| 10. N. Kelly (10:55) F. Hernandez (10:38) | 21:33 |
| 11. E. Britton (10:46) J. Rosenthal (10:49) | 21:35 |
| 12. C. Noll (N.T.) S. Noll (N.T.) | 21:46 |
| 13. K. Saxena (11:25) A. Saxena (10:32) | 21:57 |
| 14. B. Geringer (11:40) G. Frazier (10:28) | 22:08 |
| 15. N. Sims (11:58) B. Phinney (10:18) | 22:16 |
| 16. L. Corbett (11:56) J. Myers (10:46) | 22:42 |
| 17. J. McLoughlin (11:19) M. McLoughlin (11:26) | 22:45 |
| 18. C. Potts (N.T.) S. Yasuhara (N.T.) | 22:46 |
| 19. R. Barnala (11:34) D. Maynor (11:13) | 22:47 |
| 20. J. Slavovone (11:40) P. Slavovone (11:10) | 22:50 |

Dick Durand 8K Trail Run

August 6. Westlake Village.

Overall Results

1. Eric Kirkegaard (26) Ventura 30:28, 2. Jeff Press (34) Redondo Beach 31:05, 3. Steve Blum (34) Ventura 31:26, 4. Justi Hamalainen (43) Agoura 31:44, 5. Steve Durand (32) Simi Valley 32:02, 6. Chris Dean (30) Newbury Park 32:54, 7. Michael Mutek (37) Encino 33:04, 8. Chris Kirkegaard (23) Ventura 33:14, 9. Micah White (26) Canyon Country 34:19, 10. Brian Stansauk (37) Reseda 34:41.

11. Ted Oviatt (27) Agoura 34:56, 12. Jeffrey Dahlby (34) Woodland Hills 35:08, 13. Skip Witt (51) Canoga Park 35:11, 14. Steve Hipsman (35) Granada Hills 35:18, 15. Martin Bleasdale (46) Topanga 35:33, 16. Steve Corona (28) Harbor City 35:45, 17. Scott Ulrik (21) Westlake Village 36:12, 18. Cornelia Berthold (29F) Newbury Park 36:21, 19. Denis Tralecianty (46) Northridge 36:28, 20. Mike Froman (47) Agoura 36:38.

Bud Light U.S. Triathlon Series

August 6. San Clemente, 1.5K Swim, 40K Bike, 10K Run.

Overall Results - Men

1. Scott Molina (25) Boulder, CO. 1:50:08, 2. Scott Tinley (32) Del Mar 1:51:03, 3. Brad Keans (39) Malibu 1:52:31, 4. Steve Fitch (26) Newton Square, PA. 1:52:51, 5. Curtis Alitz (33) Newport News, VA. 1:53:20, 6. Harold Robinson (26) Santa Rosa 1:53:37, 7. Brett Rose (25) Tempe 1:53:42, 8. Jim Ricciotello (25) Tucson, AZ. 1:54:10, 9. Eric Coch (21) Woodland Hills 1:54:45, 10. Jon Black (29) Leucadia 1:55:01.

11. Patrick Bateman (28) Roanoke 1:55:56, 12. Thomas Gallagher (28) Long Beach 1:56:22, 13. Alex Bagg (26) Highgrove 1:56:51, 14. Eric Johnson (31) Mountain View 1:56:59, 15. Michael Collins (23) Davis 1:58:17, 16. Bob Belzer (33) Irvine

RESULTS

1:58:17, 17. Vic Rosenthal (24) Solana Beach 1:58:21, 18. Bob Helmig (28) Encinitas 1:58:28, 19. Tim Sheper (26) Encinitas 1:58:39, 20. Larry Rhoads (30) Alta Loma 1:58:44.

21. Andrew Kelsey (21) Danville 1:58:52, 22. Roch Frey (22) Stony Plain, AB. 1:59:40, 23. Michael Bennett (29) Santa Cruz 1:59:57, 24. Jeff Jacobs



SCOTT MOLINA

(23) Del Mar 2:00:22, 25. Pete Wright (26) San Diego 2:00:49.

Overall Results - Women

1. Paula Newby-Fraser (27) Encinitas 2:06:43, 2. Janet Stamer (30) Tucson, AZ. 2:07:32, 3. Renee Goldhrish (28) Medford, NJ 2:08:12, 4. Colleen Cannon (26) Boulder, CO. 2:11:18, 5. Terry Martin (27) San Diego 2:12:44, 6. Kristen Frost (32) Hood River, OR. 2:14:11, 7. Krista Whelan (24) Los Altos 2:15:05, 8. Jarine Daley (29) Encinitas 2:15:06, 9. Ann Strouse (28) Aspen, CO. 2:15:55, 10. Bonnie Durdy (30) Culver City 2:16:36.

Division Results - Men

Elite Masters: 1. John Murphy 2:13:17, 2. George Toberman 2:15:39, 3. Tom Warren 2:18:39, 15-19: 1. Kevin Bree 2:02:48, 2. Ben Travis 2:02:54, 3. Barry Oliver 2:05:51, 20-24: 1. Vic Rosenthal 1:58:21, 2. Andrew Kelsey 1:58:52, 3. Roch Frey 1:59:40, 25-29: 1. Bob Helmig 1:58:28, 2. Michael Bennett 1:59:57, 3. Craig Calvin 2:02:27, 30-34: 1. Bob Balzer 1:58:18, 2. Larry Rhoads 1:58:44, 3. Mark Roberts 2:01:21, 35-39: 1. Murphy Reinschreiber 2:01:43, 2. George Erving 2:03:26, 3. William Hippo 2:05:00, 40-44: 1. Dan Nevenhus 2:11:15, 2. Richard Nordquest 2:14:19, 3. Robert Crockett 2:18:45, 45-49: 1. Bob Bush 2:16:31, 2. Gary Nash 2:21:02, 3. Joseph Bird 2:21:21, 50-54: 1. Jim Piper 2:30:49, 2. David Stuart 2:32:31, 3. Lathy Lohman 2:33:49, 55-59: 1. Ron Smith 2:25:01, 2. Dick Robinson 2:33:57, 3. Art Fredericks 2:37:45, 60-64: 1. Eric Lappohn 3:01:16, 2. Remy Burkil 3:09:26, 3. Ray Daugherty 3:34:22, 70 & Over: 1. Davey Norton 3:23:30.

Division Results - Women

15-19: 1. Jean Harvey 2:36:51, 2. Alicia Ahn 2:44:50, 3. Dassy Behn 2:46:14, 20-24: 1. Krista Whelan 2:15:05, 2. Laura Stuart 2:21:06, 3. Christine Rowley 2:22:03, 25-29: 1. Ann Strouse 2:15:55, 2. Lauren Alexander 2:16:41, 3. Holly Stevensen 2:17:11, 30-34: 1. Rachelle Roberts 2:18:40, 2. Sue Osborn 2:19:58, 3. Holly Potter 2:21:04, 35-39: 1.

Marilyn Ganahl 2:25:02, 2. Jan Christie 2:33:34, 3. Marie Polvin 2:33:53, 40-44: 1. Diane Ho 2:26:33, 2. Kaeli Ecker 2:26:55, 3. Jane Granskoe 2:37:39, 45-49: 1. Linda Bird 2:48:57, 2. Carolyn Tindale 2:54:46, 3. Joan Lovell 2:57:03, 50-54: 1. Maureen Benice 3:00:27, 2. Mickie Shapiro 3:19:48, 3. Margaret Speer 3:21:13, 55-59: 1. Jean Saunders 3:37:16, 2. Claire Aukerman 4:14:06.

World Triathlon Championships

August 6, Avignon, France.

There were no doubts after the first Official World Triathlon Championship in the Olympic Distance that the United States is the dominant force in the sport of triathlon.

The event was one of the most exciting races of the year and certainly one worthy of World Championship status. The official Olympic Distance event of 1.5K swim, 40K bike and 10K run was won by the pre-race favorite Mark Allen of the United States National Triathlon Team (USNTT) by 77 seconds, in a time of 1:58:46.

The women's division was won by Erin Baker of New Zealand, closely followed by three members of the USNTT-Jan Ripple in 2nd place, Laurie Samuelson in 3rd place and Karen Smyers in 4th place.

The United States easily won the women's National Team Award with the combined efforts of Jan Ripple, Laurie Samuelson, and Karen Smyers. The United States tallied 9 total points, Canada was second with 18 and West Germany with 42 points was third. A total of 13 countries participated in the Women's Division.

The United States won the men's National Team award in which 26 countries participated. Mark Allen, Mike Pigg and Brooks Clark collectively tallied 19 points to edge out Australia with 20 points and Canada with 44 points.

The awards ceremony, which was fashioned around the Olympic Games with national flags, national anthems, and numerous standing ovations, was a very moving experience. Held in the spectacular Palace of the Popes, Mark Allen, who gave his acceptance speech in excellent French, was announced as the Champion Du Monde - the champion of the world. Both national teams were presented with a cup and all six team members were presented with a team medalion.

The United States age group competitors performed extremely well despite the intense competition. The women claimed top honors in all age divisions except one, clearly establishing themselves as the dominant force in women's international triathlon competition.

Team Results

Men:
Team USA: 1. Mark Allen 1:58:46, 7. Mike Pigg 2:02:26, 11. Brooks Clark 2:03:54, 25. Garrett McCarthy 2:05:58, 40. Ken Glah 2:07:32, 49. Jeff Devlin 2:09:20.

Women:
Team USA: 2. Jan Ripple 2:10:33, 3. Laurie Samuelson 2:12:49, 4. Karen Smyers 2:13:12, 13. Lisa Lait 2:18:19, 16. Joy Hansen 2:18:55, 21. Susan Lathaw 2:20:55.

National Team Award

Men: 1. United States 19, 2. Australia 20, 3. Canada 44.
Women: 1. United States 9, 2. Canada 18, 3. West Germany 42.

Division Results - Men

15-19: 3. Dave Pier 2:09:04, 5. Cameron Widoff 2:11:26, 9. Jeff Keller 2:12:37, 11. Brian Sheldon 2:13:53, 14. T.J. Fry 2:17:02, 20-24: 1. Luis Gonzales 2:04:35, 2. John Wberg 2:05:17, 7. Robert Wood 2:10:44, 10. Peter Hanson 2:12:17, 13. Wesley Hobson 2:14:59, 16. Steve Flanndon 2:15:39, 18. Ben Anderson 2:15:49, 25-29: 2. Eben Jones 2:06:05, 3. Brooks Truskett 2:06:40, 5. Jeff Smith 2:08:53, 6. Richard Turner 2:09:13, 7. Jeff Shea 2:10:16, 10.

Don Livingston 2:14:13, 12. David Goldman 2:15:04, 30-34: 1. Mark McInyre 2:06:17, 3. Dennis Moriarty 2:10:51, 4. Will Visser 2:11:22, 5. Scott Andrews 2:11:31, 6. Jonathan Grinder 2:11:35, 10. Chuck Sperrazza 2:14:22, 12. Perry Toles 2:16:38, 35-39: 1. Paul Daniels 2:13:15, 2. Robert Cuyler 2:13:23, 3. Mark Creighton 2:13:54, 5. Tom Lang 2:17:29, 8. Michael Marorelli 2:22:17, 40-44: 2. Bill Leach 2:13:18, 6. Jim Neviackas 2:18:17, 9. Alan Sommerville 2:20:28, 13. Dennis Good 2:24:20, 14. Don Campbell 2:24:41, 19. Walter Rofks 2:28:52, 45-49: 1. George Wright 2:14:18, 4. Forrest Bond 2:21:47, 6. Walter Chapman 2:24:29, 7. Ed Loutouneau 2:26:35, 8. Larry Warren 2:27:53, 11. Don Ware 2:33:43, 50-54: 2. Roger Alexander 2:25:57, 4. William Smith 2:30:01, 12. Jim Braden 2:40:58, 15. Herb Kavel 2:45:48, 55-59: 4. Bob Douglas 2:45:51, 8. Wally Demeulenaere 2:49:46, 9. Tom Walker 2:52:41, 10. Stony Mayock 2:53:23, 11. Bill Hodgson 3:08:54, 60-64: 1. Vera Bellian 2:44:47, 2. John Benzoni 2:45:40, 3. Bob Eazor 2:50:05, 4. Ray Wageman 2:56:16, 5. Bill Capek 2:57:48, 6. Jim Walters 3:03:14, 65-69: 1. Bill Schweitzer, Jr. 3:00:12, 2. Vic Mesco 3:09:27, 3. John Lipponco, Jr. 3:13:51, 4. Anthony Azzaro 3:58:15, 70 & Over: 1. James Ward 3:26:22.

Division Results - Women

15-19: 1. Kristen McCary 2:22:49, 3. Amy Wheeler 2:24:14, 5. Leah Treadwell 2:33:23, 9. Amy Hollingsworth 2:40:19, 11. Melissa Muller 2:42:08, 20-24: 2. Cindy Gallenz 2:21:37, 3. Carol Ares 2:25:46, 5. Janet Boniecki 2:25:20, 7. Rebecca Irer 2:27:52, 8. Anne Willard 2:28:53, 25-29: 1. Linda Turner 2:21:00, 2. Karen Waeschle 2:21:20, 3. Christine Willis 2:24:27, 6. Lori Silvis 2:27:09, 9. Terri Haber 2:28:33, 14. Beth Haase 2:37:24, 30-34: 1. Jody Schmidt 2:17:42, 2. Mary Orr 2:23:31, 3. Julie Billingsley 2:24:09, 4. Keny Kinney 2:25:56, 5. Betsy Sawright 2:26:58, 6. Shelly Benley 2:30:53, 7. Kimberly Weaver 2:31:12, 9. Susan Griffith 2:36:40, 35-39: 1. Karen McKeachie 2:23:38, 2. Marilyn Franzen 2:24:52, 3. Nancy Stark 2:29:16, 4. Kris Skiles 2:29:25, 5. Pam Stevens 2:23:41, 8. Trish Smith 2:45:05, 40-44: 1. Jane Snyder 2:23:08, 2. Lesley Cenz-McDowell 2:27:29, 4. Margaret Schneider 2:34:19, 5. Mary Ann Zuckerman 2:35:22, 9. Kai Campbell 2:56:57, 45-49: 1. Joan Jeter 2:33:29, 2. Joni VanDerVeen Dunn 2:35:56, 3. Mary Klaus-Martin 2:44:52, 4. Jeanne Urich 2:45:24, 5. Mary Ann Burton 2:50:13, 7. Hope Schwartz 3:05:28, 8. Judy Swanson 3:35:49, 50-54: 1. Susan Bradley-Cox 2:37:18, 2. Martha Young 2:50:17, 3. Sue Hutchinson 2:55:27, 4. Pat Pollack 3:05:40, 5. Luise Easton 3:12:24, 6. Judy Paine 3:13:25, 55-59: 1. Madonna Buder 2:53:48, 2. Mary Ann Woodring 2:56:25, 3. Ruth Kazez 3:10:37, 3. Carol Mae Osborne 3:54:45, 60-64: 1. Joazita Reed 3:04:50.

Stride for Life

August 12, Petaluma, 3K & 10K.

Division Results - Men's 10K

Overall Winner: Byron Choiniere 33:37, 9-13: 1. Eric Warren 42:23, 2. Dusty Kodet 52:16, 3. Chad Kodet 58:32, 14-18: 1. David Inler 36:57, 2. Eric Bursch 37:39, 3. Sky Pile 38:30, 19-24: 1. Shawn Phillips 33:58, 2. Ed Esponda 35:38, 3. Michael Tyler 35:41, 25-29: 1. Jim Coughlin 34:27, 2. Alec Isabeau 34:46, 3. Ken Evans 38:10, 30-34: 1. Byron Choiniere 33:37, 2. Ted Pawlak 34:55, 3. Gary Broad 35:56, 35-39: 1. Carl Mohr 36:54, 2. Gary Wilhelm 38:58, 3. Clay Shaw 39:33, 40-44: 1. Clark Rosen 36:04, 2. Roger Zolden 37:32, 3. Mike Duggan 39:19, 45-49: 1. Gary Greiner 38:52, 2. Ray Gin 39:42, 3. Logan Adams 41:27, 50-54: 1. Darryl Beardall 36:29, 2. Will Rapp 40:28, 3. Ray Young 42:41, 55-59: 1. Carl Elsworth 38:07, 2. Anthony Castagna 42:27, 3. Bob Chadwick 44:57, 60 & Over: 1. Herm Jensen 46:54, 2. Steve Tasseimyer 56:20, 3. William Castelli 56:47, Wheelchair: 1. Dave Groves 46:54, 2. Mike DeMarin 58:34.

Division Results - Women's 10K

Overall Winner: Ann Bertucci 40:29, 8 & Under: 1.

Mikhail Haramati 1:15:58, 9-13: 1. Tiffany Johnson 1:03:23, 14-18: 1. Rhonda Mazza 47:58, 2. Lori Kibler 49:35, 19-24: 1. Laurinda Stout 45:35, 2. Jucteta Rivera 45:45, 3. Samantha Inler 50:43, 25-29: 1. Ann Bertucci 40:29, 2. Kimberly Robertson 45:50, 3. Heidi Bischoberger 47:16, 30-34: 1. Martha Mathison 43:51, 2. Linda Ellington 44:05, 3. Valerie Hamilton 46:41, 35-39: 1. Vicki French 42:55, 2. Carol Wilwer 45:52, 3. Sandra Mailoux 49:23, 40-44: 1. Barbara Zolden 44:10, 2. Reta Kyle 46:32, 3. Karen Kenny 47:07, 45-49: 1. Susan Condon 46:04, 2. Eldridh Gosney 46:28, 3. Myrtle Edmiston 48:49, 50-54: 1. Rochelle Hummel 1:03:18, 55-59: 1. Charlotte Lewis 1:00:22, 2. Tola Barkas 1:00:23.

Division Results - Men's 3K

Overall Winner: Dan Aldridge 9:48, 8 & Under: 1. Sam Horigan 17:44, 2. Casey Kodet 19:57, 3. Jon House 22:14, 9-13: 1. Mike Brennan 14:50, 2. Eric Tyler 14:59, 3. Shayne Tolchin 15:34, 14-18: 1. Rory O'Neill 11:24, 2. David Rosen 11:34, 3. Mark Cederberg 11:55, 19-24: 1. Paul Gasser 11:37, 2. Jerry Rollins 13:16, 3. Gary Berglund N.T. 25:29:1. Doug Brooks 10:55, 2. Jerry Roach 12:36, 3. John Allen 15:37, 30-34: 1. Dan Aldridge 9:48, 2. Ben Rosales 11:21, 3. Jeremiah Hume 13:34, 35-39: 1. Spencer Scher 12:18, 2. Andrew Hidas 12:22, 3. Peter Masi 12:25, 40-44: 1. Walter Bates 12:01, 2. Larry Haverkamp 12:40, 3. Kevin Feldman 12:41, 45-49: 1. John Fitzgerald 12:58, 2. Roy Pimentel 15:13, 3. Wayne Antel 16:46, 50-54: 1. James Erbes 12:03, 2. Lamar Dodson 15:44, 3. Michael O'Sullivan 16:19, 55-59: 1. Carl Jackson 13:26, 2. Sanford Dorbin 13:57, 3. Fred Jung 15:03, 60 & Over: 1. David Cole 17:29, 2. Greg LaManna 21:12, 3. Jim Gaultney 22:57.

Division Results - Women's 3K

Overall Winner: Beckie Simmie-Kesacker 12:06, 8 & Under: 1. Sierra Sapunar 21:21, 2. Kory Polracker 22:16, 3. Megan McDevitt 22:39, 9-13: 1. Regina Wilhelm 17:27, 2. Mary Ann Kubo 22:06, 3. Tiffany Hoffman 22:29, 14-18: 1. Jacqueline Fournier 15:17, 2. Ann-Marie Gilmore 24:15, 19-24: 1. Toni Hartlaub 12:54, 2. Christine Reels 18:55, 3. Laurie Perkins 19:11, 25-29: 1. Mary Stompe 14:52, 2. Kim Stanton 16:40, 3. Sally Schall 16:40, 30-34: 1. Nancy Libby 14:16, 2. Sandra Collingwood 16:54, 3. Devika Brandt 16:57, 35-39: 1. Beckie Kesacker 12:06, 2. Susan Lancaster 13:52, 3. Sheila Masi 15:07, 40-44: 1. Janet Horigan 16:18, 2. Joan Shannon 18:06, 3. Linda deWaard 19:03, 45-49: 1. Belle Busch 15:33, 2. Pamela Horton 15:46, 3. Eleanor Errante 17:35, 50-54: 1. Imi Steding 17:03, 2. Jan Stevens 17:04, 3. Cathleen Kuhler 18:21, 55-59: 1. Joan LaManna 24:24, 2. Bonnie Hancock 25:17, 60 & Over: 1. Midge Porter 19:38, 2. Dorothea Cole 34:46.

Green Valley Lake Triathlon

August 12, Green Valley Lake, .04K Swim, 10.5 MI. Bike, 3.5 MI. Run.

Overall Results

1. Mike Fillow (25-29) 54:56, 2. Tim Carter (18-24) 55:06, 3. Larry Rhoads (30-34) 55:14, 4. Jim Berkite (Relay) 55:35, 5. Kyle Bailey (18-24) 55:58, 6. Mike Kraemer (18-24) 55:59, 7. Rick Neiswonger (25-29) 56:10, 8. Brian Stephens (25-29) 58:30, 9. Brian Michael (30-34) 59:07, 10. Charles Norcock (30-34) 59:10, 11. Todd Nott (25-29) 59:14, 12. Alexander Childs (30-34) 59:18, 13. Faslane Sko (Relay) 59:23, 14. Aaron Mann (25-29) 59:54, 15. Jim Perez (25-29) 1:00:10, 16. Mike King (25-29) 1:00:12, 17. Jeff Pearlman (15-17) 1:00:37, 18. Steven Sahlander (18-24) 1:01:24, 19. Brad Alexander (18-24) 1:01:38, 20. William Branigan (15-17) 1:01:42.

RESULTS

Blackberry Festival Footrace

August 13, Covelo, 5K & 10K

Overall Results - 10K

1. Chris Thomas (Willits) 33:49, 2. Chris Cole (St Helena) 34:29, 3. Christopher Lee (Richmond) 37:51, 4. Lura Damiano (FLBragg) 38:11, 5. Roger Chaney (Olympic Village) 38:37, 6. Ron Howard (Ukiah) 38:43, 7. Curtis Dightman (Covelo) 38:52, 8. Terry Hedemark (Fair Oaks) 41:11, 9. Eli Gibbons (Willits) 41:31, 10. John Parker (Antioch) 41:33.

Overall Results - 5K

1. Carlos Lopez (Woodland) 17:25, 2. Todd Malzhan (S.F.) 18:12, 3. Terry Casey (S.F.) 18:45, 4. Stan McKee (FLBragg) 18:52, 5. Jamie Damiano (FLBragg) 18:54, 6. Joseph Palley (Covelo) 19:55, 7. Peter Fisher (Corte Madera) 19:59, 8. Monty Cleaves (Redwood City) 20:07, 9. Donna Schuler (Willits) 21:52, 10. Jeffrey Tooker (Loomis) 21:58.

Overall Results - 5K Walk

1. Les Solaro (Vacaville) 37:19, 2. Suzanne Kimpson (Redwood Wy) 39:09, 3. Jeremy Gipson (Willits) 39:10, 4. Kenny Lambert (Covelo) 41:23, 5. Lenora Cunningham (Covelo) 41:25.

Feather River Classic

August 13, Quincy, 5K & 10 Mile

Overall Results - 5K

Boys: Kris Hanson 16:21. Men: David Larabee 15:00.

Girls: Brooks Hill 18:29. Women: Pamela Fitch 20:38.

Overall Results - 10 Mile

Men: Ron Richardson 56:25.

Women: Elaine Delmon 1:07:00.

Division Results - 5K

Men:
9 & Under: 1. David Wilkinson 29:07. 9-13: 1. Chir-may Paulos 20:11. 14-18: 1. Kris Hanson 16:21. 19-29: 1. David Larabee 15:00. 30-39: 1. Michael Jamison 16:42. 40-49: 1. Philip Nemir 16:10. 50-59: 1. Roy Butterfield 18:09. 60 & Over: 1. Paul Hodges Sr. 57:16. Wheelchair: 1. Patrick Cotini 21:00.

Women:
8 & Under: 1. Kenna Goodson 48:12. 9-13: 1. Brooks Hill 18:29. 14-18: 1. Laurie Aires 18:36. 19-29: 1. Jennifer Halderman 20:51. 30-39: 1. Pamela Fitch 20:38. 40-49: 1. Bonnie Sonnenberg 22:34. 50-59: 1. Connie Cotter 27:41. 60 & Over: 1. Rene Sanson 31:10.

Division Results - 10 Mile

Men:
9-13: 1. Ryan ReBell 1:17:47. 14-18: 1. Perry Glover 1:07:33. 19-29: 1. Jim Felder 58:10. 30-39: 1. Ron Richardson 56:25. 40-49: 1. Skip Houk 57:16. 50-59: 1. Mark Steelman 1:07:07. 60 & Over: 1. Grant Eldridge 1:32:59.

Women:
14-18: 1. Brandi Fickwell 1:17:50. 19-29: 1. Debbie Ghrist 1:15:23. 30-39: 1. Laurie Rogers 1:26:25. 40-49: 1. Elaine Delmon 1:07:00. 50-59: 1. Sandra Becker 1:33:51. 60 & Over: 1. Nathalie Cooley 1:36:33.

Summer Series #6 Triathlon

August 15, Bakerfield, 10 MI, Bike, 5K Run, 400m Swim

Overall Results

1. Jeff Allen (28) 46:57, 2. Scott Kress (29) 48:07, 3. Ron Lesley (32) 49:34, 4. Kyle Laocy (23) 49:36, 5. Ryan Olson (15) 49:58, 6. Daniel Hamlin (22) 50:43, 7. Richard Lawrence (42) 50:58, 8. Colby Churchman (54) 51:15, 9. Laura Lowe (27 F) 51:31, 10. Stephen Fahstend (39) 51:44.

Division Results - Men

19 & Under: 1. Ryan Olson 49:58, 2. Matthew Mauldin 55:02, 20-29: 1. Jeff Allen 46:57, 2. Scott Kress 48:07, 3. Kyle Laocy 49:36, 30-39: 1. Ron Lesley 49:34, 2. Stephen Fahstend 51:44, 3. Rik Hixson

52:13, 40-49: 1. Richard Lawrence 50:58, 2. Larry Gingrich 54:18, 3. Hal Crossley 55:03, 50 & Over: 1. Colby Churchman 51:15, 2. Jack Eberly 53:46.

Division Results - Women

25 & Under: 1. Lanette Valpredo 59:01, 26-35: 1. Laura Lowe 51:31, 2. Tammy Battered 56:36, 3. Jacqui Talley 58:26, 36-45: 1. Judi Thompson 53:39, 2. Susan Rubin 54:46, 3. Jane Granskog 58:50.

Pikes Peak Marathon & Ascent

August 18, Colorado Springs, CO.

Overall Results - Men's Marathon

1. Matthew Carpenter (25) Vail, CO. 3:39:26, 2. Creighton King (35) Salt Lake City, UT. 3:51:02, 3. Sheldon Larson (29) Boulder, CO. 3:51:42, 4. Jim Heideberg (30) 3:55:30, 5. Paul Brennan (28) Salt Lake City, UT. 3:57:06, 6. Cleofas Villegas (32) Alizadan Edo, Mexico 3:59:06, 7. Dave Ashwarden (21) Golden, CO. 4:06:17, 8. Jerry Martinez (39) Valarde, NM 4:06:22, 9. Terry Compton (27) Iowa City, IA 4:06:39, 10. Cleo Naranjo (30) Espanola, NM 4:12:54.

11. Jared Higgins (35) Alta, UT. 4:13:33, 12. John Lehman (26) Boulder, CO. 4:13:45, 13. Charley Sanchez (40) Beien, NM. 4:20:07, 14. Randy Winn (39) 4:21:02, 15. Gregg Sutton (28) Colo. Springs 4:22:10, 16. Dennis Peller (36) Colo. Springs 4:28:19, 17. Vernon Morris (27) Daggett, CA. 4:28:57, 18. Dan Nielsen (27) Vail, CO. 4:29:24, 19. Gunder Kjones (26) Arvada, CO. 4:30:00, 20. Neal Beideman (29) Boulder, CO. 4:30:18.

Overall Results - Women's Marathon

1. Linda Olinisk (37) Cascade, CO. 4:41:51, 2. Kim Shaffer (28) So. Lake Tahoe 4:42:29, 3. Sharon Foster (25) Colo. Springs 4:49:57, 4. Deborah Wagner (38) Draper, UT. 4:56:06, 5. Donna Helget (36) Colo. Springs 4:57:36, 6. Stacey Mark (33) Dillon, CO. 5:01:00, 7. Margie Loyd-Alison (40) Colo. Springs 5:11:43, 8. Beatrice Zurcher (37) Colo. Springs 5:28:57, 9. Henrietta Yarbrough (38) Boulder, CO. 5:30:11, 10. Cindy Geiman (32) Colo. Springs 5:34:33.

Division Results - Men's Marathon

16-19: 1. Brack Lee 5:53:36, 2. Bob Lukin 6:15:15, 3. Eric Weinbröner 6:48:18, 20-24: 1. Dave Ashwarden 4:06:17, 2. Wayne Warnken 4:53:48, 3. Jared Deorsay 5:06:35, 25-29: 1. Matthew Carpenter 3:39:26, 2. Sheldon Larson 3:51:42, 3. Paul Brennan 3:57:06, 30-34: 1. Jim Heideberg 3:55:30, 2. Cleofas Villegas 3:59:06, 3. Cleo Naranjo 4:12:54, 35-39: 1. Creighton King 3:51:02, 2. Jerry Martinez 4:06:22, 3. Jared Higgins 4:13:33, 40-44: 1. Charly Sanchez 4:20:07, 2. Jerry Armstrong 4:33:59, 3. Chuck Huss 4:34:33, 45-49: 1. Richard Johnson 4:37:14, 2. Brad Smith 4:40:03, 3. Paul VonDerGathen 4:49:39, 50-54: 1. Dandy Potter 5:01:26, 2. Ron Ottaway 5:15:37, 3. Chic Barber 5:45:31, 55-59: 1. Bob Kamper 5:18:42, 2. Phil Foster 5:45:17, 3. Ed Mighall 5:55:03, 60-64: 1. Morris Adkins 5:49:41, 2. Eckart Lemberg 5:55:26, 3. William Woldenberg 6:57:58, 65-69: 1. Gerald Broherton 7:49:59, 70-74: 1. Clarence Osborn 6:49:38, 75 & Over: 1. Cleo Casady 7:45:58.

Division Results - Women's Marathon

20-24: 1. Tara Townsend 6:04:29, 2. Shelly Passehl 6:56:56, 25-29: 1. Kim Shaffer 4:42:29, 2. Sharon Foster 4:49:57, 3. Elise Rainboster 5:59:14, 30-34: 1. Stacey Mark 5:01:00, 2. Cindy Geiman 5:34:33, 3. Natalie Phillips 5:56:58, 35-39: 1. Linda Olinisk 4:41:51, 2. Deborah Wagner 4:56:06, 3. Donna Helget 4:57:36, 40-44: 1. Margie Loyd-Alison 5:11:43, 2. Karon Ann Young 5:47:20, 3. Terry Crawford 5:47:53, 45-49: 1. Margit Howard 6:15:51, 2. Marilyn Self 6:42:11, 3. Jessie Quintana 6:55:09, 50-54: 1. Colleen George 5:47:46, 2. Sandra Njaa 6:48:17, 3. Phyllis Slinker 8:26:42, 55-59: 1. Eleanor Smith 8:04:07, 60-64: 1. Jan Richards 7:35:57, 2. Melinda Dean 7:54:01, 3. Shirley Pence 8:28:20.

Overall Results - Men's Ascent

1. Scott Elliott (25) Boulder, CO. 2:06:47, 2. Matthew Carpenter (25) Vail, CO. 2:08:25, 3. Mark

Stickley (27) Boulder, CO. 2:17:07, 4. Dale Petersen (32) Denver, CO. 2:22:23, 5. Mitchell Crab (28) Colo. Springs 2:24:53, 6. Lyndon Elfelson (30) Vail, CO. 2:26:52, 7. Craig Heacock (22) Vail, CO. 2:27:53, 8. Dawes Wilson (35) Vail, CO. 2:29:21, 9. Andrew Crook (30) Boulder, CO. 2:29:41, 10. Gordon Eatman (41) Albuquerque, NM. 2:30:31.

26. Vernon Morris (27) Daggett, CA. 2:42:05, 115. Brad Chisholm (21) Olympic Valley, CA. 3:10:08, 119. Michael Donohoe (46) San Francisco, CA. 3:10:36.

Overall Results - Women's Ascent

1. Jne Day (28) Aurora, CO. 2:37:35, 2. Patricia Wassil-Hinson (31) Denver, CO. 2:56:42, 3. Kirsten Kindt (24) Englewood, CO. 2:57:08, 4. Cheryl Supino (32) Colo. Springs 2:59:54, 5. Cheryl Beckwith (40) Denver, CO. 3:00:40, 6. Jo Leinonen (35) Jackson, WY. 3:02:34, 7. Linda Wood (37) Montrose 3:04:26, 8. Pamela Wood-Young (28) Colo. Springs 3:07:58, 9. Christine McNamara (23) Boulder, CO. 3:09:42, 10. Angela French (30) Scottsdale, AZ. 3:10:41.

61. Katie Willey (30) Corona del Mar, CA. 3:47:09, 190. Susan Gimbel (42) Orange, CA. 4:41:55, 230. Melinda Dean (60) El Segundo, CA. 4:56:11.

Division Results - Men's Ascent

16-19: 1. William Wilbar 3:19:41, 2. Scott Markus 3:20:02, 3. Travis Rector 3:22:34, 20-24: 1. Craig Heacock 2:27:53, 2. Caesar Garduno 2:39:05, 3. Ian Helfron 2:41:46, 25-29: 1. Scott Elliott 2:06:47, 2. Matthew Carpenter 2:08:25, 3. Mark Stickley 2:17:07, 30-34: 1. Dale Petersen 2:22:23, 2. Lyndon Elfelson 2:26:52, 3. Andrew Crook 2:29:41, 35-39: 1. Dawes Wilson 2:29:21, 2. Richard Kinney 2:17:26, 3. Dennis Fowler 2:41:27, 40-44: 1. Gordon Eatman 2:30:31, 2. Tom Burnett 2:33:10, 3. James Oberheide 2:37:59, 45-49: 1. Harold Jones 2:39:15, 2. Robert McAndrews 2:49:32, 3. Jim Hubbs 2:59:55, 50-54: 1. Peter Richards 3:00:10, 2. Jim Way 3:01:20, 3. Glen Ash 3:04:34, 55-59: 1. Duke Redburn 3:19:54, 2. Clifford Doughty 3:33:33, 3. Richard Taxman 3:38:38, 60-64: 1. Dal King 3:55:55, 2. Robert Mimm 4:01:50, 3. Milton Russell 4:26:33, 65-69: 1. Larry Fox 4:06:60, 2. Virgil Schlack 5:13:34, 3. Gene Trujillo 5:30:19, 70-74: 1. Orval Lohman 4:25:44, 2. Edward Turrou 4:55:35, 3. Edwin Coverley 5:23:37, 75+: 1. Walter Stack 8:21:45.

Division Results - Women's Ascent

16-18: 1. Sarah Hymek 3:46:33, 2. Melinda Smith 4:02:39, 3. Kristin Coombs 4:25:36, 20-24: 1. Kirsten Kindt 2:57:08, 2. Christine McNamara 3:09:42, 3. Anne McDonnell 3:19:02, 35-39: 1. Jne Day 2:37:35, 2. Pamela Wood-Young 3:07:58, 3. Michelle Tourville 3:11:03, 40-44: 1. Patricia Wassil-Hinson 2:56:42, 2. Cheryl Supino 2:59:54, 3. Angela French 3:10:41, 35-39: 1. Jo Leinonen 3:02:34, 2. Linda Wood 3:04:26, 3. Marjane Martinez 3:26:05, 40-44: 1. Cheryl Beckwith 3:00:40, 2. Carol Stewart 3:38:31, 3. Charlene Aldridge 3:42:54, 45-49: 1. Judy Connolly 3:50:01, 2. Fay Dietrega 3:52:53, 3. Mary Greer 3:55:01, 50-54: 1. Elke Abbitol 3:50:09, 2. Grace Rome 4:05:10, 3. June Cornish 4:12:24, 55-59: 1. Louise Bradley 4:42:01, 2. Bonnie Maschka 4:56:00, 3. Donna Simmons 5:19:32, 60-64: 1. Melinda Dean 4:56:11, 2. Mary Burrall 6:45:55, 65-69: 1. Evelyn Arnold 4:40:46, 2. Annabel Marsh 6:10:33.

Bud Light Run for Jerrys Kids

August 19, Pomona, 5K & 10K

Division Results - Men's 5K (No Times Available)

14 & Under: 1. Marc Lawson, 2. Konkad Shadler, 3. Jason Hobbes. 15-20: 1. Jeff Sokal, 2. Mitchell Conover, 3. Sergio Becerra. 21-25: 1. Olivera Martin, 2. Charlie Yu, 3. Torres Valdes, 26-30: 1. Tony Black, 2. Gonzalez Vega, 3. Scott Wray. 31-35: 1. Mark Hammond, 2. Rob Stick, 3. Bernie Britzura. 36-40: 1. Robert McGinnis, 2. John Nirnis, 3. Juan Gomez. 41-45: 1. Mark McArthur, 2. Ron Baca, 3. Ernie Bacon. 46-50: 1. Gary Riley, 2. Daniel Henderson, 3. Ed Velasco. 51-59: 1. Jim Andrews, 2. Booker Washington,

3. William Wall. 51-59: 1. Al Ray. 60 & Over: 1. Charles Hanson, 2. Meredith Eick, 3. Bob Landry.

Division Results - Women's 5K (No Times Available)

14 & Under: 1. Rebecca Villegas. 15-20: 1. Kellie Robb, 2. Wendy Gutrie, 21-25: 1. Sandra Rodriguez, 2. Teresa Poy, 3. Darcy Richards. 26-30: 1. Sandra Dettmann, 2. Shirley Tomol, 3. Kimberly Black. 31-35: 1. Michele Buchichio, 2. Diana Breltrager, 3. Aurora Elizalde. 36-40: 1. Sharon Demint. 41-45: 1. Nancy Klinkhart, 2. Janel Lanham. 46-50: 1. Joy Curry, 2. Marsha Dales. 51-59: 1. Elaine Murphy, 2. Elaine Herliet, 3. Jane Wilkins. 60 & Over: 1. Verian Bruce, 2. Lucy Byers, 3. Mary Ehrlich.

Division Results - Men's 10K

15-20: 1. Craig Lawson, 2. Johnny Amijo, 3. Greg Van Ginkel. 21-25: 1. Alfredo Vallejo, 2. Marin Rodriguez, 3. Mitchell Gold. 26-30: 1. Joey Gomes, 2. Daniel Arleaga, 3. Mike Deaton. 31-35: 1. Kurt Shadler, 2. C.D. Marquess, 3. Abira Tada. 36-40: 1. Sal Cervantes, 2. Rik Delgado, 3. Scott Klippert. 41-45: 1. Ben Wilson, 2. Travis Estes, 3. Wayne Mitchell. 46-50: 1. Paul Williams, 2. Daniel Henderson, 3. Bill Finnegan. 51-59: 1. Robert Matthews, 2. Kurt Trieselmann, 3. Don Moore. 60 & Over: 1. Tracy Brown, 2. Larry Banuelos, 3. Daniel Lujan. Wheelchair: 1. Dave Kley.

Tetrack Trail Run

August 18, Los Angeles, 8 Mile

Don McCarthy ran his tail off, breaking the 45-49 age group course record by 2 minutes and running 5 minutes faster than he did last year! An awesome performance on a day where 7 age group course records fell.

Two other men who ran impressively and breaking course records in the process were Fred Ortega, finishing fourth overall winning the 40-44 division in 48:06, breaking his previous record of 48:31. Also Ron Poston set a 55-59 age group standard of 55:18 breaking a 10 year old record of 57:50.

The overall winner was Alfredo Rosas in 44:03, a fine time, although in the race two years ago he broke the course record finishing second to Faron Finkle with a 43:59!! (Whew, both of those times sure are quick).

Also Paul Hough from West Covina broke another long-standing record in the 30-34 men's age division by running 44:23, knocking off 2 minutes from that record.

On the women's side of things, Irish Olympic runner Marie Rollins ran an unpressed 54:17 to win the race and 30-34 division, while finishing second for the second year in a row was Cornelia Berthold with a 58:32.

Three course records for women age groups were set this year. Rollins with a 54:17 (30-34), a fine 60:43 by Jean Harvey in the 18 & Under, but the finest female performance of the day belonged to 60 & Over women runners by over 4 minutes.

Overall Results - Men

1. Alfredo Rosas 44:03, 2. Paul Hough 44:23, 3. Tom Cupp 48:03, 4. Fred Ortega 48:08, 5. Enrique Serratos 48:20, 6. Tom Halaszynski 48:27, 7. Steve Brumwell 48:32, 8. Sean Seley 49:09, 9. John Naranjo 49:25, 10. Oscar Perez 49:41.

Overall Results - Women

1. Marie Rollins 54:17, 2. Cornelia Berthold 58:32, 3. Anne Hayden 59:37, 4. Michelle Fradette 59:42, 5. Mary Batton 59:45, 6. Jean Harvey 60:43, 7. Diane Silva 64:24, 8. Kathy Sanders 64:51, 9. Sue Reinhardt 65:25, 10. Claudia Vallejo 65:26.

Division Results - Men

18 & Under: 1. Oscar Perez 49:41, 2. Dan Martinez 53:25, 3. Sean Patrick 55:12, 19-29: 1. Alfredo Rosas 44:03, 2. Tom Cupp 48:03, 3. Tom Halaszynski 48:27, 30-34: 1. Paul Hough 44:23, 2. Steve Brumwell 48:32, 3. Hermino Garcia 49:43, 35-39: 1. Enrique Serratos 48:20, 2. Jose Rodriguez 50:13, 3. Arellano Salvador 50:22, 40-44: 1. Fred Ortega 48:08, 2. Steve Crouch 50:24, 3. Joe Calhoun 54:12.

RESULTS

45-49: 1. Don McCarthy 50:35, 2. Juan Cabeza 51:55, 3. Roger Patrick 57:23, 50-54: 1. Dave Arntson 59:39, 2. Jerry Stearns 59:52, 3. Cliff Stolba 63:00, 55-59: 1. Ron Poslon 55:18, 2. Robert Lyons 60:21, 3. Gene Black 63:51, 60-69: 1. Bob Vitale 65:12, 2. Keith Albright 65:32, 3. Lono Tyson 69:29, 70 & Over: 1. Dick Bates 71:21.

Division Results - Women

19-29: 1. Cornelia Berthold 58:32, 2. Mary Batton 59:45, 3. Jean Harvey 60:43, 30-34: 1. Marie Rollins 54:17, 2. Michelle Fredette 59:42, 3. Claudia Vallelin 65:26, 35-39: 1. Anne Hayden 59:37, 2. Barb Berg 66:05, 3. Robin Hale 72:38, 40-44: 1. Kathy Sanders 64:51, 2. Sue Reinhardt 65:25, 3. Marie Stevenson 67:31, 45-49: 1. Linda King 65:49, 2. Sheila Markowitz 68:11, 3. Molly Thayer 69:23, 50-59: 1. Jeanette Walls 80:29, 2. Joni Hynes 82:38, 3. Carolyn Rowman 85:26, 60-69: 1. Helen Palmer 83:17.

Dirty, Dusty, Damn Hot 15K Relay

August 20, Carson City, NV.

Overall Results - Men

1. Kevin Buscay, Brian Buscay, John Trent 50:30, 2. Bruno Adamina, Todd Smith, George Smith 52:33, 3. Jack Ames, Dave Charleboise, Anthony Lamorite 57:33, 4. Delmar Fralick, Tim Teltz, Dan Kimm 58:55, 5. Robert Higgs, Raymond Horstmeier, Sean Benelae 59:27, 6. Dave Carlson, Gary Laack, Tracy Taylor 1:01:26, 7. Robert Horgan, Dan Trauber, Mike Lukins 1:02:03, 8. Frank Swisher, Tim Moon, Richard Booth 1:02:11, 9. Gordon Del Faro, Ralph Babel, Luis Aviles 1:02:30, 10. Peter Sinnott, Roy Houghton, Paul Sinnott 1:02:53.

Overall Results - Women

1. Sue Tarter, Debbie Devine, Ellen Lucas 1:04:05.

Overall Results - Mixed

1. JT Voss, Debbie Waldear, John Gailson 53:38, 2. Robert Johnston, Patty Young, Yancy Young 54:19, 3. Colin Hawkes, Marilyn Pochop, Fred Porter 1:01:44, 4. John Barney, Jerry Barney, Bob Rysler 1:05:16, 5. Kathy Ceragioli, Gary Ceragioli, Frank Tetz 1:05:44.

Overall Individuals

1. Bob Rysler 54:43, 2. Guillermo Sanchez 55:37, 3. Paul Shipman 56:02, 4. Lee Hurren 1:00:43, 5. Bill Miller 1:05:18, 6. SW Piszarski 1:06:57, 7. Tracy Gunn 1:09:11, 8. Mick Daley 1:09:49, 9. Lara Kennedy 1:10:42, 10. Dan Davis 2:16:15.

America's Finest City Home Federal Half Marathon

August 20, San Diego.

Overall Results - Men

1. Alejandro Cruz (Mexico City) 1:03:56, 2. Don Janicki (Tucson, AZ) 1:04:26, 3. Michael Musyaki (Kenya) 1:04:54, 4. Millfred Tewawina (Flagstaff, AZ) 1:05:36, 5. Ivo Rodriguez (San Francisco) 1:05:47, 6. Bennie Cruz (Los Angeles) 1:05:57, 7. Flomeno Apodaca (Las Cruces, NM) 1:06:03, 8. Gordon Christie (Santa Barbara) 1:06:08, 9. Marco Ochoa (Anahiem) 1:06:22, 10. Dick Ledoux (Pueblo, CO) 1:06:36.

Overall Results - Women

1. Marie Trujillo (Scottsdale, AZ) 1:13:41, 2. Maureen Robin (Denver, CO) 1:14:24, 3. Mary Allico (Eugene, OR) 1:15:14, 4. Janine Aiello (San Francisco) 1:15:16, 5. Charlotte Thomas (San Diego) 1:16:10, 6. Laura Lameno (Tempe, AZ) 1:17:20, 7. Lisa Kindelan (Kirkland, WA) 1:17:41, 8. Mari-Carmen Corderos (Los Angeles) 1:17:48, 9. Tracy Robinson (Tempe, AZ) 1:17:50, 10. Sabrina Peters (Tempe, AZ) 1:18:09.

Division Results - Men

17 & Under: 1. William Arronson 1:14:55, 18-29: 1. Jose Iniguez 1:06:43, 30-34: 1. Brad Hawthorne

1:07:00, 35-39: 1. Robert Hawker 1:13:25, 40-49: 1. Mario Gonzalez 1:14:21.

Division Results - Women

17 & Under: 1. Michelle Igo 1:35:39, 18-29: 1. Chantal Maury 1:19:37, 30-34: 1. Susie Morris 1:22:31, 35-39: 1. Mary Ryzner 1:27:09, 40-49: 1. Mary Browner 1:28:35, 50-59: 1. Barbara Miller 1:26:47, 60 & Over: 1. Mayann Galy 2:03:18, Wheelchair: 1. Mary Thompson 1:20:07.

Hook & Ladder

August 20, San Francisco, 10K.

Once again the predictable weather pattern for an August morning in the Golden Gate Park, San Francisco was highly suitable for road racing. There were moderate temperatures with a modest westerly wind that was only noticeable just beyond the 5K point.

Rich Govi was the overall winner in 32:48, and Dan Murray won the master's division in 33:26. No-reen Kelly was the first woman finisher in a time of 36:22, and Terri Goodman was the victor in the women's master division in 40:46.

The two outstanding performances of the race were provided by the youngest and oldest competitors of the day. Kate Conking, an eleven year old girl from San Bruno ran a 44:26 and placed second in the 18 and under female division. Pamakid Ray Piva ran a superb 39:05 and established a course record for runners 60 and above. Ray is 63 and both his and Kate's times are well under the TAC national age-group ranking standards.

The Greater San Francisco Track Club regained its dominance in the open male team division. The team included Govi, Carlton, O'Reilly, Bennett and Phinney. The team quickly gathered their Cliff House breakfast coupons and headed off chanting the omelet mantra 'uhmmmm' 'uhmmmm'.

The Pamakids' teams won both the open women's and master's division. Irene McLoughlin was the second woman overall and spearheaded the pamakids women's team. Theo Jones lead the Pamakids men's master team to their sixth straight victory.

The S.F. Firefighters edged out their rivals from the S.F. Police Department to win both the open and master teams in the Fire/Police division. Lucio Perez was fifth overall and first in the open Fire/Police division. Rich deGlymes, an Oakland was first in the master Fire/Police division.

Overall Results

1. Richard Govi (37) GSFTC 32:48, 2. Tom Carlton (28) GSFTC 33:04, 3. Dan Murray (44) 33:26, 4. Bob Cooper (35) 34:08, 5. Lucio Perez (28) SFPD 34:18, 6. Peter O'Reilly (31) GSFTC 34:22, 7. Steve Ottaway (36) 34:37, 8. Tony Stefani (38) SFPD 34:39, 9. George Green 34:44, 10. Pete Nowicki (31) CCFD 34:57.

Division Results - Men

18 & Under: 1. Victor Bramante 54:40, 19-29: 1. Richard Govi 32:48, 2. Tom Carlton 33:04, 3. Bob Cooper 34:08, 40-49: 1. Dan Murray 33:26, 2. Tom Bennett 35:31, 3. Don Murdoch 36:16, 50 & Over: 1. Theo Jones 38:23.

Division Results - Women

18 & Under: 1. Michele Rodda 44:10, 2. Kate Conking 44:26, 19-29: 1. No-reen Kelly 36:22, 2. Irene McLoughlin 37:59, 3. Chris McGee 39:23, 40-49: 1. Terri Goodman 40:46, 2. Joan Coleman 43:10, 3. Mary Fox 47:19, 50 & Over: 1. Jeanne Kayser-Jones 49:59.

Division Results - Fire/Police

19-39: 1. Lucio Perez 34:18, 2. Tony Stefani 34:39, 3. Pete Nowicki 34:57, 40-49: 1. Rich deGlymes 35:40, 2. Charles Crompton 36:17, 3. Wally Eagle 36:28, 50 & Over: 1. Tom Ryan 40:07.

Teams

Open Men: 1. GSFTC (Govi, Carlton, O'Reilly, Bennett, Phinney).

Master's Men: 1. Pamakids (Jones, Piva, Shea, Shour, Bardsley).

Open Women: 1. Pamakids (McLoughlin, Reidy, Kayser-Jones, Castilero, Kopeikin).

Fire/Police Open: 1. (Stefani, Sobozinski, Evert, Collins, Fong).

Fire/Police Master: 1. (Simi, Ryan, Masterson, Payne, Batmale).

Presidio 10

August 20, San Francisco.

Overall Results - Men

1. James Heady (26) Travis AFB 54:25, 2. Michael Dudley (19) Bremerton, WA 54:42, 3. Joe Carnegie (23) Fresno 55:08, 4. Eddie Lanzarin (36) San Francisco 55:17, 5. Jeff Taylor (20) Redding 55:41, 6. Dan Anderson (37) Union City 56:24, 7. Nathan Smith, III (33) Oakland 56:40, 8. Steve Scholz (24) Los Galos 56:40, 9. James Franzen (23) Alameda 56:51, 10. Oliver Mills (25) Sacramento 57:00.

11. Alejandro Ramirez (23) Oakland 57:11, 12. David Furst (42) San Jose 57:17, 13. Greg Marmolevo (17) Lubbock, TX 57:27, 14. Ronald Kubokawa (36) El Cerrito 57:39, 15. Jeff Ames (29) San Francisco 57:55, 16. Norb Lyle (32) Burlingame 58:10, 17. Paul Skokowski (33) Pleasanton 58:19, 18. Howard Worrell (34) Oakland 58:26, 19. George Riley (32) Oakland 58:30, 20. John Hale (31) San Francisco 58:31.

Overall Results - Women

1. Lisa Gonzales (31) San Francisco 1:04:03, 2. Betsy Swan (24) Stanford 1:04:41, 3. Kim Rupert (34) Hillsborough 1:05:02, 4. Angela Wagner (28) San Francisco 1:06:45, 5. Maureen Luca (39) Novato 1:07:31, 6. Kathy Costello (31) Pleasant Hill 1:07:52, 7. Meighan McGee (30) Richmond 1:08:54, 8. Kathleen Mascia (38) Los Altos 1:10:32, 9. Carolyn Hollingsworth (24) Mill Valley 1:11:28, 10. Colette Swim (31) Oakland 1:11:42.

11. Susie Meyers (24) Oakland 1:12:01, 12. Florianne Gordon (41) San Francisco 1:12:10, 13. Amy Davidson (31) Mill Valley 1:12:15, 14. Lori Lyle (24) Burlingame 1:13:00, 15. Patti Joyce (27) San Francisco 1:13:03, 16. Denise Murphy (24) Salinas 1:13:13, 17. Dale Phillips (37) Sacramento 1:13:45, 18. Lynn Schur (40) Sunnyvale 1:13:45, 19. Suzanne Hermelin (28) Mil View 1:13:50, 20. Janet Gallagher (23) San Rafael 1:14:16.

Division Results - Men

15 & Under: 1. Sylvester Coons 1:04:09, 2. Dan Liot 1:07:50, 3. Josh Sullivan 1:16:02, 16-19: 1. Michael Dudley 54:42, 2. Greg Marmolevo 57:27, 3. Craig Fujii 1:06:49, 20-29: 1. James Heady 54:25, 2. Joe Carnegie 55:08, 3. Jeff Taylor 55:41, 30-39: 1. Eddie Lanzarin 55:17, 2. Dan Anderson 56:24, 3. Nathan Smith III, 56:40, 40-49: 1. David Furst 57:17, 2. Bill Allman 58:53, 3. Doug Butt 59:31, 50-59: 1. David Woody 1:06:39, 2. Tony McDonagh 1:07:31, 3. Fredrick Mattos 1:07:54, 60 & Over: 1. Rudolph Scholz 1:13:57, 2. Link Lindquist 1:15:39, 3. Robert Burns 1:18:34.

Division Results - Women

15 & Under: 1. Mary Louise Becroft 2:18:00, 16-19: 1. Tasha Fein 1:31:26, 2. Meredith David 2:12:00, 20-29: 1. Betsy Swan 1:04:41, 2. Angela Wagner 1:06:45, 3. Carolyn Hollingsworth 1:11:28, 30-39: 1. Lisa Gonzales 1:04:03, 2. Kim Rupert 1:05:02, 3. Maureen Luca 1:07:31, 40-49: 1. Florianne Gordon 1:12:10, 2. Lynn Schur 1:13:45, 3. Bonnie Storm 1:15:11, 50-59: 1. Cais Wildin 1:24:56, 2. Hsiao Reichel 1:26:50, 3. Joyce Small 1:29:38, 60 & Over: 1. Peggy Ewing 1:36:03, 2. Pat Hale 1:42:50, 3. Helen Kutzira 1:47:44.

Hayward Zucchini Run

August 20, Hayward, 10K & 2 Mile.

Overall Results - 10K

1. John Hancock (23-28) 30:53, 2. Victor Santamaria (17-22) 31:05, 3. Joe Schieller (35-40) 33:46, 4. Phillip Wilmarth (29-34) 34:17, 5. S. Rod Johnson (29-34) 34:34, 6. Brian Thorsen (17-22) 34:55, 7. Jesse Malkin (17-22) 35:22, 8. John Taylor (35-40) 35:41, 9. Dave Hilbert (23-28) 35:45, 10. Steven Cassaro (29-34) 36:13.

Division Results - Men's 10K

16 & Under: 1. Michael Grimes 45:03, 2. Aaron Noway 47:11, 3. Jason Jenkins 47:26, 17-22: 1. Victor Santamaria 31:05, 2. Brian Thorsen 34:55, 3. Jesse Malkin 35:22, 23-28: 1. John Hancock 30:53, 2. Dave Hilbert 35:45, 3. Samuel Harvell 37:33, 29-34: 1. Phillip Wilmarth 34:17, 2. Rod Johnson 34:34, 3. Steven Cassaro 36:13, 35-40: 1. Joe Schieller 33:46, 2. John Taylor 35:41, 3. Les Glasgow 36:41, 41-50: 1. John Talco 36:18, 2. Phil Murphy 36:34, 3. Ron Kiyono 36:54, 51 & Over: 1. Doug Laibner 37:30, 2. Bob Tarozzi 38:47, 3. Joe Tremi 42:31.

Division results - Women's 10K

16 & Under: 1. Michelle Kiyono 44:48, 2. Mitzi Jobs 46:20, 3. Kami Gardner 48:14, 17-22: 1. Bobbie Freschi 39:47, 2. Marisa Gardella 39:47, 3. Laurie Schuster 42:17, 23-26: 1. Catherine Isham 38:57, 2. Rebecca D'Acoust 41:59, 3. Joetta Tatom 46:23, 29-34: 1. Alice Kingman 43:28, 2. Debbie Wojtowicz 48:13, 3. Chris Courter 48:26, 35-40: 1. Bobbie Freschi 46:01, 2. Kathy Woolcock 46:46, 3. Ruth Ghines 46:53, 41-50: 1. Sandra Bertero 45:28, 2. Rhonda Dyer 47:35, 3. Karen Gudkiss 52:41, 51 & Over: 1. Elva Juarez 58:04, 2. Dody Thomas 1:00:24.

Overall Results - 2 Mile

1. Michael Tapia (17-22) 9:48, 2. Desmond Knuckey (35-40) 10:07, 3. Jim McMillen (41-50) 10:18, 4. Jesse Coronado Jr. (16&U) 10:20, 5. John Galletta (41-50) 10:23, 6. James Erbes (51 & O) 10:34, 7. Chris Puppone (16&U) 10:45, 8. Shawn Gage (23-28) 10:46, 9. Brian Quock (29-34) 10:47, 10. Bruce Bradley (41-50) 10:47.

Division Results - Men's 2 Mile

16 & Under: 1. Jesse Coronado Jr. 10:20, 2. Chris Puppone 10:45, 3. David Galvez Jr. 11:56, 17-22: 1. Michael Tapia 9:48, 2. Sean Baca 12:54, 23-28: 1. Shawn Gage 10:46, 2. Steve Pomeroy 12:46, 3. Doug Rogers 13:58, 29-34: 1. Brian Quock 10:47, 2. Robert Biler 13:36, 3. Jeff Kingman 13:47, 35-40: 1. Desmond Knuckey 10:07, 2. Ralph Morgado 12:04, 3. Gary Piccolo 12:07, 41-50: 1. Jim McMillen 10:18, 2. John Galletta 10:23, 3. Bruce Bradley 10:47, 51 & Over: 1. James Erbes 10:34, 2. Arnold DeLaRosa 11:38, 3. Joe Devane 12:26.

Division Results - Women's 2 Mile

16 & Under: 1. Julie Schuster 11:56, 2. Melody Bradford 12:48, 3. Valerie Coronado 13:00, 17-22: 1. Michelle Meeka 18:52, 2. Daniz Orzan 26:10, 23-28: 1. Alison Adams 12:27, 2. Rachel Bates 12:48, 3. Annie Oshes 12:59, 29-34: 1. Danielle Leong 11:12, 2. Val Bates 11:59, 3. Cheryl Hankins 14:49, 35-40: 1. Jeanne Krall 12:16, 2. Ingrid Carlson 12:49, 3. Jerri Mariotti 13:14, 41-50: 1. Robin Richardson 14:37, 2. Nancy Lawrence 15:09, 3. Sheila Hoes 16:34, 51 & Over: 1. Peggy Pridmore 17:25, 2. Mercedes Delarocha 19:54, 3. Dorothy Rodriguez 21:16.

Ironkids Triathlon

August 20, Sacramento.

Overall Results - Senior Boys

(11-14: 200m Swim, 10K Bike, 2K Run)
1. Erik Burgan (14) Citrus Heights 26:53, 2. Josiah Jones (13) Colusa 27:31, 3. Jeremiah Kane (14) Portola Valley 27:35, 4. Spencer Fing (14) Sacto 27:45, 5. Jed Colvin (14) Placerville 29:01, 6. Chad Mattison (12) Citrus Heights 29:57, 7. Ramin Jamshidi (14) Stockton 30:09, 8. Carter Knopke (14) Sacto 30:21, 9. Brian Woznak (14) Orinda 30:32, 10. Jared Calabrese (13) Sacto 30:41.

Division Results - Senior Boys

11 year olds: 1. Travis Holiday 30:57, 2. Timmy Haney 31:00, 3. Adrian Garcia 31:25, 12 year olds: 1. Chad Mattison 29:57, 2. Ben Butcher 30:56, 3. Christopher Mohler 31:06, 13 year olds: 1. Josiah Jones 27:31, 2. Jared Calabrese 30:41, 3. Dennis Lin 31:18, 14 year olds: 1. Erik Burgan 26:53, 2. Jeremiah Kane 27:35, 3. Spencer Fing 27:45.

Overall Results - Senior Girls

1. Maureen Kennedy (12) San Lorenzo 29:59, 2. Megan Farrell (12) El Dorado Hills 30:08, 3. Valerie Cornwall (13) Turlock 30:40, 4. Fabiola Rainusso

RESULTS

(14) Moraga 32:06, 5. Sara Gates (13) Chico 32:23, 6. Caitlin Kane (12) Portola Valley 32:48, 7. Jacaranda Mawson (14) Woodside 33:20, 8. Andrea Perkins (11) Sacto 33:32, 9. Dina Medeiros (14) El Dorado Hills 34:16, 10. Julianne Aaby (13) Tracy 34:17.

Division Results - Senior Girls

11 year olds: 1. Andrea Perkins 33:32, 2. Monica Torrez 34:37, 3. Melanie Melara 34:44, 12 year olds: 1. Maureen Kennedy 29:59, 2. Megan Farrell 30:08, 3. Caitlin Kane 32:48, 13 year olds: 1. Valerie Cornwall 30:40, 2. Sara Gates 32:23, 3. Julianne Aaby 34:17, 14 year olds: 1. Fabiola Raiusso 32:06, 2. Jacaranda Mawson 33:20, 3. Dina Medeiros 34:16.

Overall Results - Junior Boys

(7-10) 100m Swim, 5K Bike, 1K Run
1. Mark Friesen (10) Bakersfield 16:52, 2. Eagle Jones (10) Colusa 17:14, 3. John Pizzo (9) Fairfield 17:30, 4. Nathan Calabrese (10) Sacto 17:44, 5. Scott Monroe (10) Alameda 17:57, 6. Jonathan Stevens (9) Fremont 18:02, 7. Andrew Stoddard (10) Orinda 18:10, 8. Jesse Alvarez (10) San Jose 18:11, 9. Adam Zastrow (10) El Dorado Hills 18:17, 10. Barrett Schoenfelder (9) Citrus Heights 18:30.

Division Results - Junior Boys

7 year olds: 1. Garrett Dagg 21:00, 2. Bryan Beckman 21:01, 3. Ross Collin 23:30, 8 year olds: 1. Daniel Harrison 19:05, 2. Randall Bal 19:48, 3. Jeff Bischoberger 20:05, 9 year olds: 1. John Pizzo 17:30, 2. Jonathan Stevens 18:02, 3. Garrett Schoenfelder 18:30, 10 year olds: 1. Mark Friesen 16:52, 2. Eagle Jones 17:14, 3. Nathan Calabrese 17:44.

Overall Results - Junior Girls

1. Meaghan Kane (10) Portola Valley 17:07, 2. Regina Wilhelm (10) Sacto 17:41, 3. Christy LaPierre (10) Rancho Cordova 18:27, 4. Betsy Stevens (10) Fremont 18:32, 5. Allison Worthy (10) Alameda 19:37, 6. Amy Mattison (10) Citrus Heights 19:59, 7. Alyssa Pollack (9) Loomis 20:00, 8. Anne Gunnison (9) Sacto 20:09, 9. Michele Wahl (9) Bakersfield 20:10, 10. Nicole Wada (10) Daly City 20:18.

Division Results - Junior Girls

7 year olds: 1. Janae Pursley 24:34, 2. Lolani Avila 25:03, 3. Molly Alvarez 27:08, 8 year olds: 1. Monique Melara 21:14, 2. Amy Buckingham 21:57, 3. Tara Grubaugh 23:45, 9 year olds: 1. Alyssa Pollack 20:00, 2. Anne Gunnison 20:09, 3. Michele Wahl 20:10, 10 year olds: 1. Meaghan Kane 17:07, 2. Regina Wilhelm 17:41, 3. Christy LaPierre 18:27.

World's Toughest Triathlon

August 26. So. Lake Tahoe. 2 MI. Swim, 100 MI. Bike, 18.6 MI. Run.

The course record for the World's Toughest Triathlon was shattered here as 29-year-old triathlete David Cihasky of Chippewa Falls, Wisconsin swam two miles in Lake Tahoe, rode a 100 mile bicycle course, and completed an 18.6 mile cross country run in 8:25:08. That's an amazing 12 minutes, 5 seconds faster than the previous mark of 8:37:13, set by Andre Boesel of Vail, CO. in 1987. Boesel, who won the Lake Tahoe event in both 87 and 88, finished 15th in 9:16:08.

The second triathlete to cross the finish line, Eric Mason, 25, Redwood City, also beat the old record, coming in at 8:30:25.

In the women's division, Nancy Rogers, 29, Santa Barbara, was just 24 seconds slower than the women's record, finishing the course in 9:49:02.

For the third year in a row, team Guido & Garcia of Reno, NV, took the relay title. The three-man team finished the triathlon in 8:30:40, more than an hour slower than the record set by team Guido & Garcia in 1987.

Triathlon Federation USA selected the World's Toughest Triathlon as the 1989 and 1990 National Ultra-Distance Championship Event. In addition, 35 of today's top finishers qualified for the 1990 Ironman World Championship in Kona, Hawaii.

Men's Results

1. David Cihasky (29) 8:25:09, 2. Eric Mason (25) 8:30:26, 3. Anthony Milevsky (26) 8:39:41, 4. Mark Montgomery (33) 8:44:57, 5. Hans Joaquin Soell (25) 8:55:15, 6. Ron Harpin (30) 8:55:53, 7. Bob Hammond (29) 9:02:24, 8. Mark Curtis (28) 9:03:42, 9. Don Weaver (29) 9:07:00, 10. Bill McDermott (38) 9:07:03.

11. Dale Petersen (32) 9:07:05, 12. Scott Miller (28) 9:09:31, 13. Scott Smith (23) 9:09:51, 14. Terry Hughes (43) 9:10:27, 15. Andra Boesel (38) 9:16:07, 16. Fred Villegas (30) 9:17:43, 17. Chris Toriggino (22) 9:22:31, 18. Bill Harmon (24) 9:25:56, 19. Scott Luke (22) 9:28:00, 20. Charles Cox (37) 9:31:17.

Women's Results

1. Nancy Rogers (29) 9:49:04, 2. Lisa Verke (26) 9:54:55, 3. Sally Booster (27) 10:40:51, 4. Edie Brandard (34) 10:41:25, 5. Nancy Huber (36) 11:08:21, 6. Linda Casillas (26) 11:15:15, 7. Renee Thomas (31) 11:18:50, 8. Donna Lyles (34) 11:50:29, 9. Sherry Thornburg (29) 11:56:52, 10. Lisa Searcy (28) 12:08:33.

Relay Results

1. Guido & Garcia A Team 8:00:42, 2. Team Fleet Feet So. Lake Tahoe 8:03:36, 3. Team Stewart Hunt 8:11:53, 4. Rhodes, Keane & Miller 8:26:35, 5. Wait, Stalley & Hansen 8:43:05.

Coors Light Biathlon

August 27. Orange County. 5K Run, 30K Bike, 5K Run

Overall Results

1. Kenny Souza 1:10:18, 2. Brent Steiner (Tempe, AZ) 1:11:15, 3. Joel Thompson (Encinitas) 1:12:09, 4. Matt Gary 1:14:00, 5. Fred Levan (Newtown Square, PA) 1:14:01, 6. Ray Webb (Anaheim Hills) 1:16:28, 7. Frank Shorter 1:17:09, 8. Jay Loesche (Prescott Valley, AZ) 1:17:27, 9. Eoin Fahy (San Diego) 1:17:37, 10. Michael Marckx (Corona del Mar) 1:17:40.

11. Nathan Smith III (Oakland) 1:18:17, 12. Al Bales (Alta Loma) 1:18:19, 13. Eric Squires (Mission Viejo) 1:18:22, 14. David Baylis (Atherton) 1:18:43, 15. Terry Marin (Alta Loma) 1:18:44, 16. Stephen White (Long Beach) 1:18:58, 17. Steve Lind (Huntington Beach) 1:18:59, 18. Reed Mayne (La Jolla) 1:19:05, 19. Douglas Marocco (Irvine) 1:19:06, 20. Bert Stern (Moreno Valley) 1:19:27.

Fresno Biathlon

August 27. Fresno. 5 MI. Run, 21 MI. Bike.

The 7th Annual Fresno Biathlon was won by John Devere, world ranked triathlete, in a new record time of 1:13:43, followed by former course record holder Jay Farnior, who also broke the course record, timed in 1:15:46. There were 227 finishers in the race. Bryan Fahrrenbach, the 1988 champion, was injured and did not compete.

In the women's division, Karen Steele finished first with a time of 1:23:47, followed by Ann Phillips, who was last year's winner, timed in 1:30:04. Karen's record will not count because of drafting.

Ric Brown brushed a rear wheel and went down, breaking a collar bone. He cracked his helmet, but it saved his head from more serious injuries. He will be ready in '90.

Many of the records in age groups and relay teams cannot be counted because of drafting. After viewing the video tapes places 14 through 35 were all in the drafting group.

Overall Results - Men

1. John Devere (29) 1:13:43, 2. Jay Farnior (30) 1:15:26, 3. David Green 1:20:55, 4. Robert Rainwater 1:21:38, 5. Jim Healey (32) 1:21:38, 6. Eric Little (29) 1:22:51, 7. Kim Debban 1:23:18, 8. Troy Awiba (24) 1:23:38, 9. Eadric Bressell 1:23:39, 10. Mark Stephen (34) 1:23:39.

Overall Results - Women

1. Karen Steele 1:23:47, 2. Ann Phillips 1:30:04, 3. Lisa Hunter 1:30:05, 4. Dorothy Crambolini 1:38:23,

5. Barbara Gibeau 1:39:13.

Division Results - Men

12-15: 1. Justin Torres 1:28:01, 2. Russell Ragsdale 1:29:02, 3. Jarred McCormick 1:44:31, 16-20: 1. Da-



JOHN DEVERE

Photo by Bob Fries

vid Green 1:20:55, 2. Eadric Bressell 1:23:39, 3. Mike Pevyhouse 1:23:54, 21-25: 1. Troy Awiba 1:23:38, 2. Robert Webster 1:23:43, 3. David Silva 1:26:07, 26-29: 1. John Devere 1:13:43, 2. Eric Little 1:22:51, 3. Robert White 1:23:40, 30-33: 1. Jay Farnior 1:15:26, 2. Jim Healey 1:21:38, 3. Richard Mead 1:23:43, 34-38: 1. Kim Debban 1:23:18, 2. Mark Steven 1:23:39, 3. David Simonsen 1:23:46, 39-44: 1. Robert Rainwater 1:21:38, 2. Steve Meunier 1:23:43, 3. James Manfredo 1:23:48, 45-54: 1. Pete Santelano 1:23:51, 2. Don Trout 1:23:55, 3. Jim Harris 1:30:07, 55 & Over: 1. Chris Denny 1:33:31, 2. Don Rayborn 1:47:21, 3. Bill Zering 2:01:43.

Division Results - Women

16-24: 1. Pauline Luna 1:43:54, 25-29: 1. Barbara Gibeau 1:39:13, 2. Karen Hamilton 2:02:22, 30-39: 1. Karen Steele 1:23:47, 2. Ann Phillips 1:30:04, 3. Lisa Hunter 1:30:05, 40 & Over: 1. Mary Lou Hicks 1:46:06, 2. Sharon Mayo 1:49:14.

Division Results - Relays

(One person runs 5 MI., their partner rides 21 MI.)
Men/Women: 1. Al Sessler/Edna Ball 1:22:49, 2. John Ortiz/Melissa Ortiz 1:30:01, Man/Man: 1. Richard Cottrell/Greg Miller 1:18:47, 2. Norm Takeuchi/John Schlunt 1:22:43, Woman/Woman: 1. Janet Jones/Judy Hawkin: 1:37:56, 2. Mary Stephens/Jaimie Vener 1:38:20, Seniors: 1. Bill Woody/Frank Ortega 1:23:53, 2. Ed Thomasson/Vern McCullough 1:34:35, Father/Son: 1. Harry Morton, Jr./Harry Morton Sr. 1:27:20, 2. Gerry & Greg Alexander 1:30:04.

Pepsi 25K

August 27. Foresthill
Mike Van Horn, 31, of Lincoln, after trailing Jerry Jobski, 45, of Reno for 12 miles in the Pepsi 25K,

took the lead and finished in 1:22:29, chopping 11 minutes off the course record. Jobski finished in 1:23:30, just 41 seconds over Dan Conway's age record.

In winning the women's division in 1:48:17, Sue Tarter, 31, of South Lake Tahoe, set a new course record for women.

George Billingsley, 67, of Loomis, clocked an outstanding 1:49:14 (7:02 pace) to easily win his division but not good enough to better his division record of 1:48:36 for the course.

Winners of the men's divisions were: Open: Van Horn, (35-39), Ron Mellor 1:32:46 (40-44), Frank Ruona 1:25:33 (45-49), Jobski (50-54), Wayne Kocher 2:01:36, each of these being a new age division record for the course, (55-59) Leo Signoroff 2:26:42, (60-64) John Moise, Sr. 2:19:52, (65-69) Billingsley.

Women division winners were: Open, Tarter, (35-39) Pat Oden 1:58:35, (40-44) June Lane 2:01:36, age course record, (45-49) Carol Pfister 2:41:10, (50-54) Pat Galvan 2:31:25, age course record; 55 above, none.

Overall Results

1. Mike VanHorn (31) Lincoln 32:33, 2. Jerry Jobski (45) SoLakeTahoe 32:15, 3. Frank Ruona (43) Novato 33:12, 4. Ron Mellor (36) Auburn 36:34, 5. Ralph Johnson (41) SoLakeTahoe 37:07, 6. Ray Sibley (34) Sparks, Nv. 36:34, 7. Chris Broadley (33) Fair Oaks 38:04, 8. Karl Yamauchi (41) Sacramento 38:59, 9. Bill Yawn (43) Reno, Nv. 40:40, 10. Bill Stainbrook (35) Sacramento 38:51.

Red Cross Watermelon Run

August 27. Merced. 5 MI. & 1.5 MI.

Overall Results - 5 Mile

1. Greg McKinstry 34:31, 2. Jim Elm 34:55, 3. James Unplay 35:09, 4. Curt Royer 36:39, 5. Kenneth Schwisow 36:56, 6. Craig Houghton 37:29, 7. Dick Domant 37:49, 8. Robert Wade 38:31, 9. Jim Sotrancik 38:53, 10. Victor Royes 39:57.

Overall Results - 1.5 Mile

1. Bruno Rinaldi 8:19, 2. Gary Hopan 8:20, 3. Brian Daly 8:34, 4. Gustavo Armenta 8:45, 5. Kenneth Valentine, Jr. 9:06, 6. Kenneth Valentine 9:29, 7. Michael Caver 9:47, 8. Michael Gomez 9:59, 9. Kyle Royer 10:10, 10. Jeremy Murty 10:19.

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RESULTS

Sunset In The Park Cross Country Run

August 31, Huntington Beach. 2.8 MI. & 4.8 MI.

Division Results - Men's 2.8 Mile

13 & Under: 1. Clay Chilcott 19:58, 2. Justin Marrujo 20:27, 3. Naheem 21:56, 14-17: 1. Tom Graber 16:38, 2. Sal Trujillo 18:08, 3. Cesar Montofar 19:18, 18-23: 1. Bill Sandin 15:16, 2. Chris Evans 15:44, 3. Kevin Fairman 17:48, 24-29: 1. David Dennis 15:44, 2. Rich Trombley 16:59, 3. Rudy Rivas 17:49, 30-34: 1. Barry Walsh 15:59, 2. Casey Jones 15:59, 3. Tony Konalin 16:07, 35-39: 1. Rob McNair 15:55, 2. Walt Hill 16:13, 3. Sal Cervantes 16:39, 40-44: 1. Bill Sumner 15:59, 2. Ben Wilson 18:27, 3. Rick Allan 17:22, 45-49: 1. Ben Jackson 16:50, 2. Harry Hunt 17:00, 3. Randall Shelley 17:43, 50-54: 1. Juvanal Herrera 18:20, 2. Bob Norton 18:25, 3. Hall Seely 18:33, 55-59: 1. Randall Ackley 28:37, 60 & Over: 1. Larry Baruelos 19:27, 2. Lane Blank 21:13, 3. Hu Goldstein 21:45.

Division Results - Women's 2.8 Mile

13 & Under: 1. Dori Graochiolo 23:51, 2. Angie Siegel 23:57, 3. Layla Sinesy 24:35, 14-17: 1. Jennifer Norton 23:10, 2. Sandi Morinake 31:54, 18-23: 1. Akemi Royer 19:49, 2. Maura McDonald 24:57, 24-29: 1. Kelly Marsh 18:29, 2. Holly Achley 18:35, 3. Diane Hackwell 20:22, 30-34: 1. Debbie Cobb 20:22, 2. Gina Bolden 23:39, 3. Roseanne Classic 24:28, 35-39: 1. Lori Coker 18:50, 2. Amy de los Reyes 23:11, 40-44: 1. Sue Reinhardt 19:16, 2. Kathy Emen 23:45, 3. Susan Newman 26:09, 45-49: 1. Dee-Dee Reese 33:06, 2. Doris Felix 33:06, 50-54: 1. Ida Handrick 22:30, 55-59: 1. Amy Goldstein 23:35.

Division Results - Men's 4.8 Mile

13 & Under: 1. Charles Appell 37:32, 2. James Uwins 41:25, 14-17: 1. Bret Hartley 31:46, 18-23: 1. Michael Scott 25:30, 2. Vincent Holt 26:18, 3. John Dehlinger 26:57, 24-29: 1. Tony Black 26:23, 2. John Jerician 26:27, 3. Steve Lind 26:49, 30-34: 1. George Mason 26:05, 2. Ed Mora 27:35, 3. George Hernandez 17:45, 35-39: 1. Dave Zeiler 28:14, 2. Rob McNair 28:15, 3. Mark Gross 29:34, 40-44: 1. Arden Fick 28:49, 2. Dale Fairchild 29:04, 3. Ben Wilson 29:32, 45-49: 1. Randall Shelley 31:03, 2. William Scott 31:16, 3. John Haas 31:52, 50-54: 1. Hall Seely 32:29, 2. Roy Masoff 35:52, 3. David Dehlinger 37:22, 55-59: 1. Bill Phillips 34:46, 2. Ralph Mains 39:21, 60 & Over: 1. Remy Burkei 34:16, 2. Eddie Lewin 36:35, 3. John Foster 39:57.

Division Results - Women's 4.8 Mile

18-23: 1. Tracee Bersoni 41:28, 2. Meekla Golub 47:47, 24-29: 1. Elizabeth Vilas 30:46, 2. Kim Jordano 40:58, 3. Karen Mashiko 42:16, 30-34: 1. Elizabeth Epstein 36:52, 2. Mary Sanchez 39:25, 3. Laurie Mathews 39:49, 35-39: 1. Lori Coker 33:12, 2. Pam Hoffman 35:52, 3. Dode Swan 36:19, 40-44: 1. Sue Reinhardt 34:06, 2. Diane Kumrow 41:26, 3. Jewell Chapman 46:20, 45-49: 1. Diann Heyer 36:00, 2. Sandy Pirke 40:00, 3. Sue Cooper 41:28, 50-54: 1. Joan Potter 53:41, 55-59: 1. Ginie Mains 40:41, 2. Amy Goldstein 42:02.

Orange 12/24 Hour Run

August 4, 5, Fred Kelly Stadium, Orange.

Overall Results - 24 Hour

1. Mike McMahon (41) Laguna Beach 132 1/4-868, 2. Tom Perry (44) Culver City 128 1/4-930, 3. Leo Marquez (50) Bakersfield 115, 4. Erma Hutton (43F) Pasadena 108 3/4-631, 5. Doris Sanders (46) Bakersfield 108, 6. Meg Slavin (32F) Irvine 104, 7. Ahmed-Abdul Bari (55) Los Angeles 101 1/4, 8. Gary Rutenberg (43) Santa Monica 101, 9. Michael Kogutsk (39) Silverado 100 1/4, 10. Mel Schultz (57) Irvine 86.

Overall Results - 12 Hour

1. Eugene Trahern (26) LaHabra 76 1/4, 2. Dave Malcom (36) Las Vegas 70, 3. Gary Cohen (31) Sepulveda 67, 4. Tom Pontac (53) Redondo Beach 62 1/2, 5. Jeff Thompson (38) Bermuda Dunes 61 1/4, 6. Tom Pando (35) Orange 52 1/2, 7. Ron

Hershey (44) Altadena 51 1/2, 8. Kathy Smith (36F) Riverside 51 1/4, 9. Scott Powell (22) Los Angeles 50 1/2, 10. Bill Elkman (38) Manhattan Beach 50.

Sri Chinmoy Peace Mile

September 2, Los Angeles. 2 MI. Walk, 4 MI.

Division Results - Men's 4 Mile

Open:

1. Carl Allen (35) 24:48, 2. James Russell (41) 27:47, 3. Joe Baruelos (46) 30:59, 4. Jimmy Fullerton (34) 32:15.

50 Plus:

1. Pat Devine (60) 26:13, 2. Booker Washington (52) 27:15, 3. Cornelius Lind (55) 27:52, 4. David Wake (53) 32:15, 5. James DePena (62) 35:45.

Walkers - 2 Mile

Open Women:

1. Rosetta Isaiah (29) 36:46.

50 Plus:

1. Pearl Carter (77) 36:46.

Wente Cellar to Cellar Runs

Sept. 2, San Francisco, 10K.

1300+ runners were treated to a very special run through the Wente Bros. Vineyards. Participants ran or walked the scenic 5th Annual Cellar to Cellar 10K, on country roads and through the vineyards, from Wente Bros. Estate Winery to Wente's Sparkling Cellars in Livermore. Once finished participants were welcomed with a souvenir champagne glass, sparkling wine, t-shirts and various refreshments.

The first runner across the finish line and to receive his champagne glass was 26 year old Peat Sutherland of Alameda, with a time of 32:02. Peat was followed by 30 year old Michael Gama of San Francisco with a time of 32:18 and Mike Lerandi 32:21, also of San Francisco. With a 39:00 flat, the first woman was Chrissy Duryea, 28 years old, of Campbell. She was followed by Sunnyvale's 38 year old, Gail Allen and Rebecca D'Aoust, 27 years old, of San Ramon.

Division Results - Men

13-19: 1. Rick Reitz 32:54, 2. Kevin Koch 33:32, 3. Michael Amorda 36:44, 20-29: 1. Peat Sutherland 32:02, 2. Mike Lerandi 32:21, 3. Chris Spears 32:44, 30-39: 1. Michael Gama 32:18, 2. Dwight Hendrix 32:37, 3. Brian Davis 33:15, 40-49: 1. Jim Reitz 33:30, 2. Tom Robinson 33:30, 3. Doug Butt 33:46, 50-59: 1. Doug Latimer 36:38, 2. Jim Cross 37:52, 3. Ron Woodward 38:12, 60 & Over: 1. Joe Tremel 41:04, 2. Bruce Oliver 43:04, 3. Dick Yaeger 46:15.

Division Results - Women

1. Cynthia Condon 49:24, 2. Alicia Onisni 1:09:12, 13-19: 1. Thea Roberts 43:35, 2. Melissa Freeberg 44:02, 3. Suzanne Peters 52:26, 20-29: 1. Chrissy Duryea 39:00, 2. Rebecca D'Aoust 39:29, 3. Sarah Krakoff 39:35, 30-39: 1. Gail Allen 39:20, 2. Kathleen Mascia 40:32, 3. Jeanne Kral 41:03, 40-49: 1. Jenny Underwood 42:48, 2. Elaine Smith 43:13, 3. Linda Averett 44:23, 50-59: 1. Chiyo Shingu 48:52, 2. Karen Alderson 49:05, 3. Ruth Bortz 49:16.

Amigo de Oro

Sept. 3, Mariposa, 5 & 10 Mile.

Overall Results - 5 Mile

1. Steve Garza 29:58, 2. Doug Yost 30:33, 3. Edward Smith 32:27, 4. Brian Daly 33:03, 5. Bill Schwartz 33:18, 6. Michael Rensch 34:27, 7. Marty Jeremy 34:27, 8. Charles Leib 35:39, 9. Brian Montgomery 35:55, 10. Paul Lookwood 36:39.

Division Results - Men's 5 Mile

12 & Under: 1. Kyle Royer 44:07, 13-17: 1. Brian Daldy 33:03, 2. Jeremy Murty 34:27, 3. Scott McCam 36:57, 18-29: 1. Ted Smith 32:27, 2. Charles Leib 35:39, 3. John Alvarez N.T. 30:30, 1. Steve

Garza 29:58, 2. Doug Yost 30:33, 3. Michael Rensch 34:27, 40-49: 1. Bill Schwartz 33:18, 2. Paul Lookwood 36:39, 3. David Olson 37:39, 50-59: 1. Charles Rorer 38:06, 2. Lonnie Hendricks 40:08, 3. Mel Elliott 40:50, 60-69: 1. Klaus Penning 42:28, 2. Payson Taylor 44:37.

Division Results - Women's 5 Mile

18-29: 1. Laurie Gladen 47:09, 2. Sharon Smith 52:01, 3. Sandra Lafon 1:01:2, 30-39: 1. Pam Royer 44:11, 2. Joanne Hoover 47:39, 3. Josie Diaz 58:08, 40-49: 1. Margaret Cramer 39:54, 2. Muriel Olson 42:12, 3. Angie Brown 1:15:54, 50-59: 1. Deborah Schwartz 44:25, 2. Marvel Taylor 1:00:3.

Overall Results - 10 Mile

1. Daniel Rusk 57:41, 2. Bob Lindsay 59:11, 3. James Umpleby 1:02:18, 4. John Gayman 1:02:45, 5. Curt Royer 1:03:42, 6. David Roosevelt 1:04:05, 7. John Minney 1:05:26, 8. Kenneth Schwisow 1:05:27, 9. Mary Ann Alvarez 1:06:33.

Division Results - Men's 10 Mile

18-29: 1. Daniel Rusk 57:41, 2. Victor Reyes 1:11:34, 30-39: 1. James Umpleby 1:02:18, 2. John Gayman 1:02:42, 3. John Minney 1:05:26, 40-49: 1. Bob Lindsay 59:11, 2. David Roosevelt 1:04:05, 3. Carl Gala 1:12:12, 50-59: 1. Kenneth Schwisow 1:05:27, 2. David Rachel 1:15:8, 3. Bob Lassen 1:21:12, 60-69: 1. Ralph Seely, 2. Vic Lyons, 70-79: 1. Harry Harder 1:31:08, 2. Ed Carlson 1:42:21, 3. Bob Marly 2:50, 80 & Over: 1. Jack Kirk N.T.

Division Results - Women's 10 Mile

18-29: 1. Maryann Alvarez 1:06:33, 30-39: 1. Sandra Brooks 1:24:13, 2. Dorothy Crimini 1:26:30, 3. S. Evans 2:31:59, 40-49: 1. Marje Lindsay 1:09:41, 2. Jane Schwisow 1:23:17, 3. Gail Miller 1:34:53, 50-59: 1. Nisal Rachel 1:31:52, 2. Flo Seely 2:31:59.

Average Joe Biathlon

September 4, Auburn, 6.1 MI. Run, 7.45 MI. Bike.

Overall Results

1. Marcel Vilian (18-29) 1:01:52, 2. W. Miles/Vredenburg (Team) 1:04:04, 3. D. Ford/Babattista (Team) 1:04:57, 4. Don Bluhm (30-39) 1:05:20, 5. Tom Faulkner (18-29) 1:07:21, 6. Ron Hyatt (30-39) 1:07:50, 7. Tim Jordan (40-49) 1:07:50, 8. Bruu Barrell (30-39) 1:07:54, 9. J. Homan/A. Hodges (Team) 1:07:54, 10. Ran Clark (30-39) 1:07:59, 11. Tom Marks (30-39) 1:08:14, 12. Jay Pollo (30-39) 1:09:01, 13. C. Holmes/D. Polly (Team) 1:09:13, 14. Dan Warren (18-29) 1:09:14, 15. Terry Tubb (40+) 1:09:14, 16. Tim Twietmeyer (30-39) 1:09:24, 17. C. Stuhley/Diaz (Team) 1:09:29, 18. Michael Buzbee (30-39) 1:10:34, 19. Jeff Braunstein (18-29) 1:10:59, 20. Greg Williams (18-29) 1:12:52.

Run-To-The-Top

September 4, Mt. Baldy, 6 Mile.

Overall Results

1. Matt Ebner (28) W. Covina 1:03:10, 2. Alfredo Rosa (29) La Mirada 1:04:33, 3. Frank Ebner (30) Covina 1:04:54, 4. Marcial Beltran (22) Anaheim 1:05:21, 5. Mark Blaser (31) Palm Springs 1:05:48, 6. Stuart Calderwood (31) Laguna Beach 1:08:22, 7. Arnold Ketting (35) Redondo Beach 1:10:02, 8. George Flores (29) Thousand Oaks 1:10:51, 9. Hector Arroyo (26) Gardena 1:11:14, 10. Tom Cheese (30) Irvine 1:11:30, 11. Bill Kissel (36) San Dimas 1:11:43, 12. Michael Scott (21) Torrance 1:12:36, 13. John Leffler (39) Mt. Baldy 1:13:16, 14. Larry Hall (32) Moreno Valley 1:14:06, 15. Don McCarthy (45) Torrance 1:14:41, 16. Darrick Powers (19) Temple City 1:15:02, 17. Clyde Matsumura (29) Los Angeles 1:15:53, 18. Jeffery Yamin (30) Encino 1:16:15, 19. Kevin Heaton (36) San Diego 1:16:30, 20. James Garrison (14) Fullerton 1:17:29.

21. Michael Anderson (31) La Mesa 1:17:35, 22. Gerald Sherburne (36) Lakewood 1:17:44, 23. Bob Krauth (25) Placentia 1:18:18, 24. Garry Curry (35) Wrightwood 1:18:29, 25. John Marango (24) Panorama City 1:18:42.

Serene Lakes 5 Mile Footrace

September 4, Soda Springs.

Miguel Tibaduiza, 32, of Reno, Nv., continued his strong showing in Tahoe road races with a 10 second win in the 10th annual Serene Lakes 5 Mile race. In a race featuring headstarts based on age and sex, the top twenty featured a wide range of runners.

1986 winner, 54 year old Vicki Bigelow, led off with her 10 minute headstart and was first runner around the two lap course. Problems with the altitude and dehydration forced her to slow and her lead vanished, though she still managed an 11th place finish. Tibaduiza, running with a 30 second headstart over scratch runners, eventually overtook some 60 runners to win in 24:19. Finishing 2nd in 29:29 was a surprise show, the American 10K record holder, Mark Nenow, who waived his 30 second headstart and ran with the scratch group. His time of 24:29 was actually the fastest time of the day and a course record by 23 seconds. Tibaduiza's actual running time was 29:49, also under the old record.

Finishing 3rd in 25:16 was Sticky Sammy, a.k.a. Carmelo Rios, an Olympic steeplechaser running without a headstart. In 4th was the first woman finisher, 26 year old Patti Gray of Oakland. Running with a 4 minute headstart Patti finished in 25:33; her actual running time being 29:33, a course record by one minute. The second woman in was Vicki Bigelow in 11th place while the 3rd place woman was Rosy Tibaduiza-Cardenas, Miguel's sister, who finished 13th overall with 27:03.

Overall Results

1. Miguel Tibaduiza (32) 24:19, 2. Mark Nenow 24:29, 3. Sticky Sammy (29) 25:16, 4. Patti Gray (26) 25:33, 5. Joey Gomez (29) 26:12, 6. Ray Cook (26) 26:19, 7. Poke Kokolo (33) 26:23, 8. Abelardo Lopez (22) 26:25, 9. Philo Belan (28) 26:28, 10. Vickie Bigelow (54) 26:34.

Pepsi-Cola Tahoe 72 Mile Run

Sept. 8, Reno to Tahoe.

Overall Results

1. Tom Sloan (41) San Francisco 10:02:41, 2. Mike Fanelli (33) San Francisco 10:42:27, 3. Robert Perez (40) Corpus Christie, TX. 10:44:34, 4. Bruce Wise (40) Phoenix, AZ. 10:50:41, 5. Hollis Lenderking (39) San Francisco 10:52:04, 6. Mike Hernandez (36) Gold River 10:55:20, 7. John Rosmus (40) Garden Grove 10:58:16, 8. Ron Kovacs (50) Mt. View 11:16:39, 9. Kerby Berry (27) Reno 11:23:49, 10. Bruce Mauldin (41) Auburn 11:43:00.

Berryessa Biathlon

Sept. 9, El Sobranie, (1 1/4 MI. Swim, 22 MI. Bike).

Overall Results

1. Michael Garcia (28) La Honda 1:12:26, 2. Michael Bennett (29) Santa Cruz 1:13:49, 3. Curtis Sukut (28) Tahoe City 1:13:59, 4. Rick Shand (Walnut Creek) 1:14:33, 5. Hannis-Walters (Santa Rosa) 1:14:37, 6. Smith-Phelon (Santa Rosa) 1:15:53, 7. Jeremy Gilbert (27) Watsonville 1:16:04, 8. Eric Mason (25) Redwood City 1:14:28, 9. Carlos Lomba (25) Berkeley 1:16:39, 10. Jochim-Jayla (Danville) 1:17:05.

Overall Results - Sprint Course

(1/4 MI. Swim, 22 MI. Bike)

1. Don Witz (20) Redwood City 1:08:07, 2. Kevin Ricklets (36) San Rafael 1:08:41, 3. Michael Zorzi (20) San Francisco 1:10:09, 4. Wilson Lai (20) Emeryville 1:12:11, 5. Rick Blackmon (32) Cloverdale 1:13:02, 6. Keith Johnson (24) San Jose 1:14:15, 7. F.B. Danner (38) Benicia 1:15:04, 8. Joshua Jones (13) Colusa 1:15:06, 9. Guillermo Morales (18) Oakland 1:18:21, 10. Kafee Wood (32) Los Gatos 1:18:43.

RESULTS

Jim Frank Classic

Sept. 9, Carson City, Nv. 8K & 5K

Overall Results - 8K

1. Miguel Tibaduiza (30-34) 25:42, 2. Craig Warner (30-34) 26:17, 3. Bob Johnston (20-29) 26:34, 4. Skyler Jones (35-39) 27:21, 5. Dave Carlsen (35-39) 27:22, 6. Dennis Brinson (30-34) 29:17, 7. Gary Ceragoli (35-39) 29:21, 8. Lyle Freeman (35-39) 29:24, 9. Nancy Bowman (20-29) 29:34, 10. Isidro Mendoza (20-29) 30:34.

Overall Results - 5K

1. Ken Adams 17:49, 2. Leo Hurren 17:54, 3. Guy Hawes 18:00, 4. Pete Dougherty 18:04, 5. Larry Stone 18:06, 6. Anthony Townsell 18:50, 7. Gary Brooks 18:51, 8. Troy Martin 18:51, 9. Kent Grisemer 19:15, 10. Anthony Davis 19:19.

1 Mile Kids Run

1. Evan Shane 8:24, 2. Lauren Cypher 9:32, 3. Kendra Carlsen 10:00, 4. Shasta Ceragoli 10:10, 5. Karlene Carlsen 11:06.

Jug and Rose Footrace

Sept. 9, Yocano, 7.7 Mile

Overall Results - Men

1. Tim Kelton 38:58, 2. Terry Reizel 41:33, 3. Don Hicks 42:02, 4. Christopher Bradley 44:56, 5. Gary Davis 47:02, 6. Rick Shea 47:12, 7. Walter Spiller 47:32, 8. Stanley Teavasant 48:36, 9. Jose Felix 49:26, 10. Bruce Pittman 49:27.

11. Mike Kobzeff 50:26, 12. Michael Otten 50:31, 13. Bill Ferrall 50:43, 14. Dennis Rodman 51:23, 15. Larry Mullen 51:39.

Overall Results - Women

1. Kathy Cole 51:49, 2. Jamie Harrison-Broadly N.T., 3. Linda O'Keefe N.T., 4. Linda Molina 55:10, 5. Virginia Seibert 56:16, 6. Loreta Cundith 56:28, 7. Rosemary Yuczyk 56:40, 8. Beth Paulson 56:55, 9. Teresa Ruken 57:26, 10. Gonzales 57:58.

11. Hicks 58:35, 12. Rutz 62:52, 13. Patty Redkey 62:23, 14. Kendal Smeeth 65:01, 15. Francesca Stirling 66:32.

Say No To Drugs

Sept. 9, Airport Business Center, Irvine, 5K & 10K

Division Results - Men's 10K

13 & Under: 1. Ross Johnson 51:34, 2. Ryan Garino 52:56, 14-17: 1. Matt Hanagan 54:59, 18-23: 1. Brett Rantenau 33:91, 2. Brad Alexander 33:28, 3. Sean Kelly 41:44, 24-29: 1. Daniel Reed 31:14, 2. Hector Arroyo 33:16, 3. Jeff Geslin 33:42, 30-34: 1. Javier Lares 31:42, 2. Dan Takahashi 34:28, 3. Sergio Gonzalez 34:47, 35-39: 1. Enrique Alvarez 32:12, 2. Rigoberto Reyes 33:46, 3. Larry Andrews 36:12, 40-44: 1. Fred Shuffelbarger 34:53, 2. Danny Morales 35:58, 3. Tom Fischer 36:11, 45-49: 1. Don McCarty 33:59, 2. Juan Cabeza 35:02, 3. Harry Hunt 36:16, 50-54: 1. Andre Tocco 36:31, 2. Hal Seely 39:50, 3. Pete Savitz 40:14, 55-59: 1. Chuck Grantham 45:22, 2. Jack Wallace 48:22, 3. Bill Melvin 48:24, 60 & Over: 1. Gunnar Brickner 42:13, 2. Wally Taylor 43:25, 3. Lane Blank 44:15.

Division Results - Women's 10K

13 & Under: 1. Megan Dains 54:00, 18-23: 1. Mami Ryls 42:01, 2. Kathleen Featherstone 45:19, 3. Janna O'Hara 48:17, 24-29: 1. Mimi Corcoran 36:53, 2. Elizabeth Vitalis 38:59, 3. Dara Gollymore 40:41, 30-34: 1. Sue Lovely 45:34, 2. Diane Liddy 46:50, 3. Lawrence France 46:59, 35-39: 1. Merle Heimberg 41:26, 2. June Gessner 42:14, 3. Lori Pratt Smith 42:57, 40-44: 1. Betty Rutikman 51:33, 2. Diane Tindal 51:49, 3. Rita Viner 56:46, 45-49: 1. Teresa Ross 45:47, 2. Sue Cooper 50:24, 3. Ellen Patelson 57:03, 50-54: 1. Elaine Murphy 47:01, 2. Rose Mendoza 60:02.

Division Results - Men's 5K

13 & Under: 1. Chris Vaughn 23:08, 2. Brett Snyder 23:16, 3. Francisco Lobato 26:51, 14-17: 1. Mike Farrell 15:40, 2. Harry Noonan 17:15, 3. Ian Ramos 22:41, 18-23: 1. Seaton Meredith 15:41, 2. Michel

Gold 15:52, 3. Brad Alexander 16:49, 24-29: 1. Alfredo Rosas 14:37, 2. Mathew Armbruster 15:46, 3. John Brady 16:29, 30-34: 1. Ed Mora 16:13, 2. Eric Waterman 16:15, 3. Thomas Morse 16:56, 35-39: 1. Enrique Alvarez 15:50, 2. Gary Foltz 16:00, 3. Walt Hill 16:47, 40-44: 1. Bill Sumner 16:17, 2. Fred Shuffelbarger 17:22, 3. Michael Smith 18:07, 45-49: 1. Gary Riley 18:11, 2. Pete Ganulin 19:47, 3. Bob Grab 19:56, 50-54: 1. Lee Van Loewen 19:21, 2. Skip Shaffer 19:28, 3. Jim Arita 24:07, 55-59: 1. Paul Saucedo 19:15, 2. Bill Chavez 19:59, 3. Ernest Daniel 20:04, 60-64: 1. Meredith Eick 19:48, 2. Robert Kay 20:55, 3. Jack Green 22:45, 65 & Over: 1. Daniel Jujan 21:56, 2. Stanley Newfield 22:14, 3. Scotty Donald 26:08.

Lompoc Parks & Recr. Triathlon

Sept. 9, Lompoc, (0.5 MI. Swim, 14 MI. Bike, 3 MI. Run)

Overall Results - Men

1. Daniel Troup (29) Lompoc 1:13:20, 2. Rob Gillespie (28) Pismo Beach 1:16:37, 3. Randy Nogle (35) Lompoc 1:17:44, 4. Mitch Massey (28) SLO 1:18:20, 5. Danny Guerra (33) Lompoc 1:18:46, 6. John Niro (42) Lompoc 1:20:35, 7. Wyn Hack (40) Lompoc 1:20:43, 8. Alan Hoffman (41) Goleta 1:20:53, 9. Jerry Hill (49) Nipomo 1:22:00, 10. Chris Pace (28) Santa Barbara 1:22:01.

Overall Results - Women

1. Tamara Clavero (31) Lompoc 1:27:00, 2. Donna Raymond (35) Atascadero 1:34:49, 3. Diane Carlson (28) Lompoc 1:38:57, 4. Rebecca Arreda (22) Lompoc 1:39:38, 5. Marcie Matthews (22) Santa Maria 1:43:02.

Overall Results - Teams

1. (Jackson/Miller/Holloway) 1:12:23, 2. (Lewin/Lopez/Davis) 1:18:51, 3. (Stephenson/Stephenson/Antram) 1:25:59, 4. (Kalidonis/Kalidonis/Karathanassis) 1:29:29, 5. (Omdal/Huowitz/Gardner) 1:31:49.

North Shore Challenge Triathlon

Sept. 9, Tahoe City, 1/2 MI. Swim, 5 MI. Run, 18 MI. Bike

Overall Results - Men

1. Don Weaver 1:32:44, 2. Stefan Laursen 1:32:44, 3. David Harger 1:38:12, 4. Kevin Truax 1:41:22, 5. Thomas Jeberg 1:42:42, 6. Chris Hansen 1:43:41, 7. Dave Holm 1:45:47, 8. John Kaplanis 1:45:49, 9. Steve Baris 1:46:05, 10. Dane Chalmers 1:48:42.

Overall Results - Women

1. Lisa Homen 1:59:36, 2. Holly Farr 1:59:49, 3. Kate Santich 2:00:19, 4. Karen McGee 2:02:10, 5. Karen Nitelman 2:05:09, 6. Lorrie Small 2:07:35, 7. Diane Donovan 2:09:33, 8. Judy Ungereeder 2:14:42, 9. Julie Bennett 2:18:28, 10. Mary Pat Barry 2:22:54.

Division Results - Men

19 & Under: 1. Stefan Laursen 1:32:44, 2. Thomas Jeberg 1:42:42, 20-29: 1. Don Weaver 1:32:44, 2. Kevin Truax 1:41:22, 3. John Kaplanis 1:45:49, 30-39: 1. David Harger 1:38:12, 2. Chris Hansen 1:43:41, 3. Dave Holm 1:45:47, 40-49: 1. Tim Olmstead 1:51:25, 2. Paul Christensen 1:58:04, 3. Jack McKenna 1:58:29, 50-59: 1. Gary Nolan 1:54:45, 2. William McLeod 2:18:07, 3. Gerry Crydeman 2:19:00.

Division Results - Women

20-29: 1. Diane Donovan 2:09:33, 2. Judy Ungereeder 2:14:42, 3. Julie Bennett 2:18:28, 30-39: 1. Lisa Homen 1:59:36, 2. Holly Farr 1:59:49, 3. Kate Santich 2:00:19, 40-49: 1. Judy Lambert 2:25:57.

Teams

Overall:
1. Geeta Slavik, Sharon Balerviek, Fritx Fleischmann (Coed) 1:44:49, 2. Mark Gregor, David Vichules, Theresa Gruppo (Coed) 1:45:52, 3. Skylo Dangler, Cindy Lesom, Jarrod Simmons (Coed)

1:52:04, 4. Morica McCrystal, Keith Williams, Bruce Eisele (Coed) 1:58:34, 5. John Fairman, Kacey Eaton, Tim Howley (Men) 2:00:17, 6. Greg Gruppo, Phil Zumaran, Gabina Martinez (Coed) 2:06:51, 7. James Morgan, Lew Gardner, Jewdy Lambert (Coed) 2:23:00.

Run/Walk for Friends of Oakland

Sept. 10, Oakland, 5K & 10K

Overall Results - Men's 5K

1. Caesar Santos (Davis) 15:55, 2. David Cardenas (Union City) 16:00, 3. Mauricio Maia (Davis) 16:05.

Overall Results - Women's 5K

1. Kathy Kennedy (San Leandro) 18:58, 2. Libby Muller (Concord) 20:17, 3. Lary Fisher (Oakland) 20:40.

Overall Results - Men's 10K

1. Joe Schieffer (Oakland) 33:41, 2. Noah Hinkston (Oakland) 34:18, 3. Scott Strait (Oakland) 34:26.

Overall Results - Women's 10K

1. Annette Shearer (Oakland) 41:20, 2. Patti Koehler (Oakland) 43:48, 3. Jan Richards (Oakland) 43:59.

Overall Results - Slide

Men: 1. Jim Solony (San Carlos) 29:49, 2. Prab Jog (Walnut Creek) 37:17, 3. William Randolph (Oakland) 38:45.

Women: 1. Patti Joyce (Hayward) 32:51, 2. Amanda Swinney (Oakland) 33:25, 3. Jenny Josephian (Oakland) 35:00.

Kirkwood 10K Run

September 10, Kirkwood.

Division Results

Category A: 1. John Gailson 33:25, 2. Stephen Overgaard 37:11, 3. Arl Souverein 37:46, 4. Mike Lannoy 38:36, 5. Carlos Lopez 38:47, Category B:

1. Debbie Waldor 40:32, 2. Debbie Wagon 42:11, 3. Gwen Gallanty 43:01, 4. Susan Lannoy 44:54, 5. Lori Roberts 44:57, Category C: 1. Herb Glazier 42:15, 2. John Wheeler 43:04, 3. Brian Fidler 46:23, 4. James Traub 47:19, 5. John Bales 49:17, Category D: 1. Linda Manthen 44:43, 2. Jane Thompson 57:07, 3. Jennifer Sayre 1:04:49, Category E: 1. Tom Cathart 42:34, 2. Ken Pulver 42:58, 3. Jim Richardson 51:57, 4. Homer Budd 52:14, 5. Alan Simmons 52:44, Category F: 1. Sharon Jarrett 1:05:03, Category G: 1. Matteo Paris 42:14, 2. Matthew Souza 45:58, 3. Josh Sullivan 48:57, 4. Philip Schroeder 49:27, 5. Michael Schulman 52:18.

Dave Odgers Memorial Runs

Sept. 10, Oxnard, 10K & 5K

Overall Results - 10K

1. Paul Hough (30-34) 32:22, 2. Alberto Ocampo (30-34) 32:42, 3. Pete Kaplan (30-34) 32:58, 4. Brian Nelson (30-34) 33:10, 5. John Anderson (30-34) 34:50, 6. Byrle Smullen (40-50) 35:32, 7. Gene Ball (40-50) 36:01, 8. Jose Navarrete (30-34) 36:23, 9. Arturo Frausto (40-50) 36:24, 10. Larry Plunket (40-50) 36:35.

11. Dave Wheeler (51+) 36:40, 13. Brian Smullen (35-39) 37:39, 17. Laura Burris (25-29F) 38:57, 22. Jim Morris (25-29) 39:46, 34. Mimi Baranowski (40-50F) 41:41, 47. Sheila Naub (20-24F) 42:45, 50. Heather Busby (14&U) 42:53, 74. Liz Pizza (15-19F) 47:11, 75. Donna Miller (35-39F) 47:16, 82. Ray Guillen (15-19) 48:11, 86. Susan Colborn (30-34F) 48:23, 103. Carol Forster (51+) 52:14.

Overall Results - 5K

1. Peter Mogg (30-34) 15:44, 2. Todd Caster (25-29) 15:55, 3. Derek Turner (25-29) 16:02, 4. Dan Streble (25-29) 16:49, 5. Jose de la Cruz (20-24) 17:10, 6. Paul Carr (30-34) 17:11, 7. Jim Flanagan

(40-50) 17:33, 8. Chuck McCann (35-39) 17:46, 9. Jim Monahan (30-34) 17:48.

16. Mary Dietz (15-19F) 19:49, 17. Terri Goodreau (35-39F) 19:53, 18. Judy Kewley (40-50) 20:02, 20. Chris Walton (15-19) 20:21, 27. Ted Oviatt (51+) 21:01, 29. Melissa Turner (25-29F) 21:17, 36. Joanne Lind (30-34F) 23:07, 38. Patrick McMenia (14&U) 23:20, 40. Cynthia Condon (14&U) 23:24, 61. Nancy Ryan (20-24F) 26:25, 77. Nan Caffrey (51+) 30:16.

Prune Festival

Sept. 10, Yuba City, 5K & 10K

Division Results - Men's 10K

20-29: 1. Engalberto Avalos 35:02, 2. Dan Ordoing 36:39, 3. Jerry Morucci 37:17, 30-39: 1. William Langhous 36:27, 2. Michael Buzbee 37:01, 3. Scott Borges 37:25, 40-49: 1. Ken Gaal 38:13, 2. Jose Pena 40:04, 3. Barry Rounds 41:23, 50-59: 1. Frederick Mattos 39:41, 2. Ray Navarro 40:14, 3. Dick Lovaal 45:41, 60 & Over: 1. Edward Mastangelo 53:08, 2. Scott Ross 53:27, 3. Jim Sutton 54:52.

Division Results - Women's 10K

20-29: 1. Carrie Stoner 55:56, 2. Allison Stoner 1:00:24, 3. Kathy Presswood 1:01:83, 30-39: 1. Rob in Black 44:14, 2. Nikki Dyerks 48:10, 3. Asca Azara 58:00, 40-49: 1. Jackie Walker 44:34, 2. Jean Keeney 45:34, 3. Susan Condon 48:11, 50-59: 1. Ellen Halcomb 59:08, 2. Joan Sutton 65:27, 3. Frances Comarsh 99:16, 60 & Over: 1. Kiki Pickles 53:14.

Division Results - Men's 5K

19 & Under: 1. Jason Collins 18:01, 2. Bill Penner 18:23, 3. Sean Lenemann 18:23, 20-29: 1. Harold Kuphaldt 16:41, 2. Anthony Daquistio 17:01, 3. Dave Liotta 17:46, 30-39: 1. Nelsen Cobb 18:12, 2. Mike Ealisen 18:50, 3. Jim Kuphaldt 20:16, 40-49: 1. Kent Draper 19:28, 2. Jeff Dawes 21:28, 3. Paul Walters 21:48, 50-59: 1. Everett Riggle 19:40, 2. Jim Thorup 22:56, 3. George Fisher 24:17, 60 & Over: 1. Herman Romero 26:35, 2. Charles Lewis 28:21, 3. Hugh Mills 29:42.

Division Results - Women's 5K

19 & Under: 1. Kristie Williams 24:58, 2. Charice Busby 27:28, 3. Kristie Esparza 34:46, 20-29: 1. Kim Keeton 19:55, 2. Karen Coates 25:15, 3. Jackie Lassaga-Davis 25:36, 30-39: 1. Melinda Borges 26:20, 2. Mary Schmidgal 29:09, 3. Carol Bigley 29:20, 40-49: 1. Sandy Coffey 21:45, 2. Marjke Valencia 26:33, 3. Sharon Stefano 28:19, 50-59: 1. Mary Buruck 27:08, 2. Isabel Davis 39:56, 3. Barbara McDermos 40:32, 60 & Over: 1. Norma Karhola 27:21, 2. Ruth Nason 42:58, 3. Marilyn Leal 37:51.

Division Results - Men's 10K

13 & Under: 1. Neil Fernandez 25:14, 14-19: 1. Sylvester Coons 17:47, 20-29: 1. Jackson Corley 18:02, 30-39: 1. Mike Zyzczenko 17:30, 40-49: 1. Robert Sherin 24:54, 50-59: 1. Tim Ryan 23:15.

Division Results - Women's 10K

13 & Under: 1. Wendy Hassen 25:58, 14-19: 1. Melissa Hurlow 20:48, 20-29: 1. Heidi Brett 25:03, 30-39: 1. Kazuko Aoyagi 21:34, 40-49: 1. Nouria Ham 22:06, 50-59: 1. Barbara Kamprath 31:46.

Division Results - Men's 5K

14-19: 1. David Ferguson 45:55, 20-29: 1. Jim Plesner 34:58, 30-39: 1. Rick Bussess 34:09, 40-49: 1. Mike Patrick 38:56, 50-59: 1. Bob Datho 50:45, 60 & Over: 1. Bruce Oliver 46:05.

Division Results - Women's 5K

20-29: 1. Laura Brues 42:00, 30-39: 1. Diana Wimberly 44:32, 40-49: 1. Joan Kramer 1:01:19.

Division Results - Women's 10K

20-29: 1. Laura Brues 42:00, 30-39: 1. Diana Wimberly 44:32, 40-49: 1. Joan Kramer 1:01:19.

RESULTS

1989 Bud Light U.S. Triathlon Series

Sept. 10. San Diego. (1.5K Swim, 40K Bike, 10K Run)

Overall Results

1. Scott Molina (29) Boulder, CO 1:49:01, 2. Andrew Carlson (22) Laguna Beach 1:49:16, 3. Miles Stewart (18) Surfers Paradise 1:49:44, 4. Harold Robinson (26) Santa Rosa 1:50:09, 5. Thomas Gallagher (29) Long Beach 1:51:04, 6. Pete Wright (26) San Diego 1:51:47, 7. Tim Sheaper (26) Encinitas 1:51:49, 8. Nick Taylor (27) Austin, TX 1:52:03, 9. Jim Ricciolillo (25) Tucson, AZ 1:52:25, 10. Robert Bisotadeu (30) San Diego 1:53:01.

Division Results - Men

15-19: 1. Barry Oliver 1:59:55, 2. Kerry Classen 2:00:25, 3. Erik Myllymaki 2:01:54, 20-24: 1. Andrew Kelsey 1:58:06, 2. Art Murphy 1:58:43, 3. Roch Fry 1:59:46, 25-29: 1. Gregory Clarke 1:57:04, 2. Craig Hopps 1:57:27, 3. Bob Helmig 1:57:37, 30-34: 1. John Holbeck 1:55:13, 2. Bob Balzer 1:55:31, 3. Larry Rhoads 1:55:42, 35-39: 1. William Hippe 1:58:33, 2. Bob Cuyler 1:59:55, 3. Murphy Reinschreiber 2:01:45, 40-44: 1. Andrew O'Leary 2:09:04, 2. Gary McGuffin 2:09:56, 3. Gregory Kohlmaier 2:10:40, 45-49: 1. Bob Bush 2:03:58, 2. Dan Neysen 2:05:21, 3. Forrest Bond 2:06:37, 50-54: 1. Bob Tarozzi 2:15:42, 2. Jim Piper 2:17:04, 3. Arthur Justice 2:24:16, 55-59: 1. Ron Smith 2:14:11, 2. Dick Robinson 2:22:21, 3. Jack Eberly 2:26:01, 60-64: 1. Charley French 2:25:17, Elite Masters: 1. Jamie Williams 2:01:27, 2. Thom McHale 2:07:16, 3. Timothy Lavelle 2:08:31.

Division Results - Women

15-19: 1. Shannon Day 2:11:30, 2. Vicki Yu 2:11:58, 3. Jodi Cross 2:19:35, 20-24: 1. Christine Rowley 2:15:43, 2. Jackie Dinsen 2:18:00, 3. Sherrie McIntosh 2:18:38, 25-29: 1. Holly Stevenson 2:06:34, 2. Helen Knox 2:10:21, 3. Terri Harber 2:12:06, 30-34: 1. Jody Schmidt 2:08:50, 2. Sue Osborn 2:12:46, 3. Cathy Donovan 2:14:47, 35-39: 1. Marie Potvin 2:19:35, 2. Nancy Baird 2:22:52, 3. Jan Christie 2:26:37, 40-44: 1. Diane Ito 2:17:26, 2. Kaeli Ecker 2:19:14, 3. Ann Fordani 2:27:17, 45-49: 1. Joan Jeler 2:24:44, 2. Carolyn Trindle 2:40:26, 3. Gillian Ackland 2:44:43, 50-54: 1. Martha Young 2:33:51, 2. Faye Daly 2:58:58, 3. Sally Byram 3:00:40, 55-59: 1. Claire Aukerman 3:25:54, Elite Masters: 1. Margo Schneider 2:21:34, 2. Laura Armstrong 2:30:41, 3. Julia Carpenter 2:45:32.

Division Results - Relays

Men: 1. 34436 (Garden Grove) 1:57:44, 2. Team NOSC (San Diego) 1:59:34, 3. Rovers Gone Mad (San Diego) 2:00:44, Women: 1. Team Blidin (Santa Monica) 2:04:05, 2. Rancho Santa Fe Security (San Diego) 2:09:09, 3. Abuse Em and Lose Em (San Diego) 2:22:43, Mixed: 1. Uleweights (Encinitas) 1:52:41, 2. Team Three-O (San Diego) 1:54:35, 3. Landreth & Co (Carlsbad) 2:05:28.

Don Pedro Triathlon

Sept. 10. Don Pedro Lake.

For the second straight year, Anthony Milevsky is champion of the Don Pedro Triathlon.

Milevsky, from Gold River, swam a mile, biked 22 miles and ran six miles in 1:55:57 at the Blue Oak Recreation Area to beat his 1988 time of 1:57:59.

Age group records in the sixth more-or-less annual event were set in the men's 14-17, 30-39, 40-49 and 50-59 ironman divisions, the 14-17 and 40-49 ironman categories and the men's masters and seniors, women's masters and mixed masters relay divisions.

Overall Results

1. Anthony Milevsky (Gold River) 1:55:57, 2. George/Murray/Bradford (Modesto) 1:57:34, 3. Ty Nickel (Placerville) 1:59:00, 4. Kenny Leader (San Jose) 2:00:34, 5. Huber/Ring/Huber (Turlock) 2:00:50, 6. Malone/Johnson/Jenner (Turlock) 2:01:15, 7. Don Anderson (Mt. View) 2:01:22, 8.

Steve Tague (Sonora) 2:02:19, 9. Phillips/Guzzetta/Phelps/Murphys (Angels Camp) 2:03:51, 10. Waldman/Jones/Baler (Sonora) 2:03:56.

Division Results - Men

14-17: 1. Darren Mounts 2:08:00, 18-29: 1. Anthony Milevsky 1:55:57, 30-39: 1. Kenny Leader 2:00:34, 40-49: 1. Steven Twosten 2:06:42, 50-59: 1. Bill Van Horn 2:25:16, 60 & Over: 1. John Griffin 2:55:31.

Division Results - Women

14-17: 1. Brenda Weigel 2:34:00, 18-29: 1. Julie Thomson 2:21:11, 30-39: 1. Erin Pollen 2:33:14, 40-49: 1. Siga Gudmundsson 2:29:30, 50-59: 1. Teta Durham 3:35:19.

Division Results - Masters Relays

Men's Relay Masters: 1. Dave George 1:57:34, Men's Relay PrimTime: 1. Tim Huber 2:00:50, Men's Relay Seniors: 1. Varne Scott 2:46:38, Men's Relay Youth: 1. Clint Fiala 2:10:47, Mixed Relay Masters: 1. Edward Gerick 2:15:58, Mixed Relay PrimeTime: 1. Steve Westcott 2:15:52, Women's Relay Masters: 1. Barbara Miller 2:26:23, Women's Relay PrimeTime: 1. Trish Gotsch 2:51:11.

Hidden Valley Redbud Triathlon

Sept. 10. Hidden Valley Lake.

Overall Results - Triathlon

1. Samson-Frieder, Clear Lake 1:07:40, 2. Rich Blackmon (32) 1:11:35, 3. Richard Hardcastle (36) Angwin 1:12:09, 4. Jud Shults (42) Palo Alto 1:12:13, 5. Barr 1:12:42, 6. Robin Madwick (26) Angwin 1:18:40, 7. D. Skavopoulos (44) Mill Valley 1:18:46, 8. Anne Shikuma (29) Foster City 1:18:54, 9. Bert Grunwald (Cobb) 1:19:30, 10. Freeman Bolack 1:22:55.

Overall Results - 2 Mile Walk/Stride

1. Shirlee Macdon, 2. Anna Parrish, 3. Ann Walker, 4. Elizabeth Winfrey, 5. Jo Hearn.

1K Kid's Run

1. Logan Fiedler, 2. Maria Montalvan, 3. Nicholas Hamilton, 4. Cameron Shuts, 5. Breis Solomon.



REP. MEL LEVINE (D-CA)

Photo by Kathy Ruser

Nike Capital Challenge

Sept. 14. East Potomac Park, Washington D.C.

In an impressive demonstration of fitness over 600 runners completed in the ninth annual Nike Capital Challenge. The field for this unique three mile road race included 13 Senators, 24 Members of Congress, the Secretary of Health and Human Services, scores of presidential appointees, 14 Federal Judges and news correspondents from several networks. The runners were started on their way by American women's 8K record holder Lynn Jennings, who was the official "whistle blower" for 1989. Lynn then hopped in at the back of the pack and jogged along with VIP's.

Division Results

Open Men:

1. Scott Colley 14:51, 2. Robert Cesar 15:30, 3. Fay Bradley 15:38.

Open Women:

1. Donna Elliot 16:53, 2. Patty McGovern 17:21, 3. Lorraine Ross 18:12.

Senate Men:

1. Senator Max Baucus (D-MT) 20:26, 2. Senator Don Nickles (R-OK) 22:49, 3. Senator Jeff Bingaman (D-NM) 22:55, 4. Senator Slade Gorton (R-WA) 23:24, 5. Senator Richard Lugar (R-IN) 23:33.

Senate Women:

1. Senator Nancy Kassebaum (R-KS) 49:53.

House Men:

1. Rep. Bart Gordon (D-TN) 18:08, 2. Rep. David Bonior (D-MI) 19:38, 3. Rep. Mel Levine (D-CA) 20:02.

House Women:

1. Rep. Claudine Schneider (R-RI) 27:07, 2. Rep. Nancy Johnson (R-CT) 36:14, 3. Rep. Beverly Byron (D-MD) 45:44.

Cabinet:

1. Louis Sullivan (Sec. of Health and Human Services) 41:02.

Pacific Crest Trail

Sept. 16. El Sobranite, 50K & 25K.

Overall Results - 50K

1. Ceragioli/Carlson (Carson) 3:55:46, 2. Alexander Jones (Sonoma) 4:17:00, 3. Sean Crom (Reno) 4:18:39, 4. Dragan Dragan (Reno) 4:33:08, 5. Bruce Von Borstel (Georgetown) 4:38:51, 6. Joachim Sasaki (Berkeley) 4:50:36, 7. Dave Scott (Fremont) 4:49:37, 8. Jim Scott (Chico) 4:49:37, 9. Roger Daniels (Bend) 4:53:33, 10. Bill Finkbeiner (Rancho Cordova) 4:56:20.

Overall Results - 25K

1. Bernie Mellor (Olympic Village) 2:09:11, 2. Greg Nacco (Larkspur) 2:12:26, 3. Michael Johnson (Truckee) 2:16:21, 4. Gary Silva (Santa Maria) 2:16:54, 5. Tom Marx (Fair Oaks) 2:18:07, 6. Nikos Mourtos (San Jose) 2:20:37, 7. Ralph Johnson (So. Lake Tahoe) 2:24:29, 8. Doug Bailey (San Jose) 2:32:27, 9. Bob Treadway (Sparks) 2:33:10, 10. Don Matthews (Sacramento) 2:33:18.

Overall Results - Men's 12K

1. Bert Grunwald (Cobb) 1:16:27, 2. Don Dewar (Cupertino) 1:17:10, 3. Tim McNamara 1:17:15, 4. Steve Young (Reno) 1:17:20, 5. Bo Crane (Palo Alto) 1:19:44.

Overall Results - Women's 12K

1. Kimberly Hall (Oakland) 1:47:00, 2. Laurel Edwards (Lewiston) 1:43:59, 3. Marilee Grunwald (Cobb) 1:43:57, 4. Marcia Walsh (Redwood City) 1:49:52, 5. Mariko Cates 1:51:20.

Sea & Sun Run

Sept. 20. Huntington Beach, 10K.

Division Results - Men

19 & Under: 1. Patrick Kocian 38:05, 2. Anthony Yap 39:16, 3. James Uwins 44:42, 20-29: 1. Gus Quinonez 32:29, 2. William Davenport 32:44, 3. Robert Bush 34:22, 30-39: 1. Enrique Alvarez 33:25, 2. Matt McMenemy 34:41, 3. Tom Mountain 34:49, 36-40: 1. Steve Kollmyer 37:11, 2. Frank Stebner

37:19, 3. Scott Kipper 39:03, 41-45: 1. Jim Burton 37:35, 2. Mike St. Andre 37:58, 3. Jerry Lavery 41:01, 46-50: 1. Ben Jackson 37:22, 2. Gary Riley 39:15, 3. Tommy Marin 39:38, 51-59: 1. John Gillio 41:59, 2. Terry Ives 42:28, 3. Troy Hopper 44:16, 60 & Over: 1. Tracy Brown 40:59, 2. Bob Koch 45:17, 3. Lane Bank 45:22, Wheelchair: 1. Keith Dyser 25:48, 2. David Cornelien 28:19, 3. Johnb Fackler 28:36.

Division Results - Women

19 & Under: 1. Monica Kocian 50:34, 2. Kristin Jackson 55:32, 3. Christine Senecal 1:13:21, 20-29: 1. Linda Reitzell 43:42, 2. Margie Morse 45:43, 3. Nicola Baer 46:38, 30-39: 1. Janet Moran 48:20, 2. Charmella Seacrest 46:45, 3. Jocelyn Pownall 47:02, 36-40: 1. Lori Smith 43:35, 2. Becky Coyne 53:10, 3. Karen Blagman 53:15, 41-45: 1. Marilyn Morlan 55:51, 2. Rosemarie Semington 57:18, 3. Sue Spady N.T. 46:50, 1. Elaine Murphy 47:37, 2. Penny Morledge 49:40, 3. Kathy Latini 50:44, 51-59: 1. Mary Dugan 51:32.

Run for Pumpkins

September 17. Atwater, 1.25 Mile & 5 Mile.

Division Results - Men's 1.25 Mile

12 & Under: 1. Carter 7:35, 2. Royal 7:56, 3. Koska 8:21, 13-17: 1. Gary Hogan 6:27, 2. Brian Daly 6:37, 3. Alex French 7:19, 18-29: 1. Eric Espinoza 7:32, 2. Roda 8:35, 3. Harrison 8:35, 30-39: 1. Bill Goldfoss 6:57, 2. Ed Valla 9:36, 3. Griffith 11:38, 40-49: 1. Bruno Rinaldi 6:28, 2. Gordon Wilkinson 8:29, 3. Wood 8:45, 50-59: 1. Bodley 8:32, 2. Don Halton 8:57, 3. Tiller 9:35, 60 & Over: 1. Taylor 9:10.

Division Results - Women's 1.25 Mile

12 & Under: 1. Martinez 8:37, 2. Liz Lariba 8:44, 3. Honey 8:59, 13-17: 1. Kristen Slater 19:48, 18-29: 1. Traci Newnan 7:36, 2. Susan Hale 9:28, 3. Goldfoss 9:34, 30-39: 1. Wyman 10:25, 2. Karen Prince 11:06, 3. Padilla 11:36, 40-49: 1. Greco 11:02, 2. Harris 13:11, 3. Jenkins 14:46, 50-59: 1. Flowers 11:54, 2. Taylor 12:36.

Division Results - Men's 5 Mile

13-17: 1. Karr 29:07, 2. McCoon 31:33, 3. Murty 32:23, 18-29: 1. Rusk 26:50, 2. Elam 28:07, 3. Kim 31:30, 30-39: 1. McKinstry 27:49, 2. Jarrod 28:16, 3. Royer 29:14, 40-49: 1. Dornant 30:57, 2. Zacharias 32:41, 3. John Mason 33:03, 50-59: 1. Schwisow 30:41, 2. Rodgers 34:56, 3. Hendricks 36:55, 60 & Over: 1. Anderson 51:23, 2. Lyons 54:53.

Division Results - Women's 5 Mile

12 & Under: 1. Travnick 41:24, 13-17: 1. Frost 38:05, 18-29: 1. Carr 37:16, 2. Phan 39:13, 3. Phillips 39:21, 30-39: 1. Steele 31:46, 2. Hunter 32:49, 3. Marville 34:15, 40-49: 1. Schwisow 37:23, 2. Coffey 40:57, 3. Famulare 47:29, 50-59: 1. Kaufman 42:10.

South Coast Classic

Sept. 17. Orange, 5K & 10K.

Division Results - Men's 10K

10 & Under: 1. Ryan Downey 49:45, 2. Brent Morrison 52:22, 11-14: 1. Sean Mooney 40:30, 2. Brendan Mahon 41:54, 3. Genaro Barrios 45:17, 15-18: 1. Greg Shryock 32:03, 2. David Dabbah 39:12, 3. Tyler Rosen 41:26, 19-24: 1. Reginald Dechard 31:12, 2. Art Castle 31:47, 3. Manuel Gutierrez 35:06, 25-29: 1. Tyrus Deminer 30:11, 2. Daniel Reed 31:24, 3. Arturo Dallega 31:39, 30-34: 1. Frank Ebner 31:21, 2. Dan Davies 31:54, 3. Richie Medlin 32:08, 35-39: 1. Paul Cook 32:25, 2. Dave Zeifer 35:04, 3. Ernie Maravilla 35:14, 40-44: 1. Bill Sumner 34:14, 2. Daniel Kelly 35:33, 3. Michael Lawrence 36:13, 45-49: 1. Philip Wright 35:23, 2. Richard Lewis 39:00, 3. Larry Carroll 39:01, 50-54: 1. Gamma Chavez 37:51, 2. Pete Savitz 40:00, 3. Frank Russo 40:34, 55-59: 1. Antonio Gonzalez 37:54, 2. Robert Matthews 41:25, 3. John Morkan 47:48, 60 & Over: 1. Jim Heitzman 48:06, 2. George Fukuhara 48:08, 3. Walter Meyer 49:53.

Division Results - Women's 10K

11-14: 1. Kelly Campbell 45:19, 2. Julia Hermann

RESULTS

55:47, 3. Ashley Conover 59:29. 15-18: 1. Heather Salisbury 46:08, 2. Monica Kocian 50:37. 19-24: 1. Sandra Rodriguez 56:12, 2. Teresa Poy 37:18, 3. Rosa Cazares 39:03. 25-29: 1. Anita Johnson 38:37, 2. Rozanne Brambila 42:04, 3. Anita Boone 42:06. 30-34: 1. Michele Buchicchio 34:36, 2. Suzi Morris 35:57, 3. Patti Whetsell 44:34. 35-39: 1. Chris Purkiss 42:34, 2. June Gessner 43:27, 3. Pam Hoffmann 45:11. 40-44: 1. Susan Cody 44:14, 2. Valerie Henning 44:45, 3. Judith Fischer 46:26. 45-49: 1. Joja Applegate 44:27, 2. Loanne Hogan 47:41, 3. Hwa Ja Andrade 48:51. 50-54: 1. Joan Jeter 43:56, 2. Lorraine Seidmeyer 50:01, 3. Patti Kopcho 50:02.

Division Results - Men's 5K

10 & Under: 1. Tom Coffey 20:18, 2. Joshua Henry 22:47, 3. Brandon Fielder 23:04. 11-14: 1. Willie Noonan 17:13, 2. Brad Nielsen 18:10, 3. Jose Salcido 18:35. 15-18: 1. Enrique Vazquez 16:02, 2. Tom McCauley 16:13, 3. David Crain 16:14. 19-24: 1. Salvador Alcaraz 15:18, 2. Robert Johnson 15:28, 3. Gil Vazquez 15:50. 25-29: 1. Joey Gomez 14:45, 2. Dan Arsenault 15:38, 3. Jim Reish 15:43. 30-34: 1. John Koningh 14:22, 2. Stuart Calderwood 15:10, 3. Thomas Morse 16:25. 35-39: 1. Gary Shapiro 15:48, 2. Jim Whitson 16:19, 3. Walt Hill 15:28. 40-44: 1. Fred Shuffelbarger 16:25, 2. Gilbert Varela 16:37, 3. Danny Morales 16:47. 45-49: 1. Tom Burns 15:31, 2. Bill Theriault 17:12, 3. Harry Hunt 17:11. 50-54: 1. Frank Russo 18:31, 2. Otto Reed 19:17, 3. Jim Andres 19:27. 55-59: 1. Paul Saucedo 19:02, 2. Bill Chayez 19:30, 3. Ross Dumton 20:00. 60 & Over: 1. Tracy Brown 19:25, 2. Al Escobosa 21:10, 3. Lane Blank 21:14.

Division Results - Women's 5K

10 & Under: 1. Rosita Rosas 24:44, 2. Jessica Martinez 24:48, 3. Kipp Downey 27:02. 11-14: 1. Kristina Dahlberg 20:42, 2. Alicia Boice 22:32, 3. Kory O'Rourke 23:26. 15-18: 1. Denisha Bendz 18:34, 2. Katy Eklof 21:06, 3. Adrienne Santana 23:34. 19-24: 1. Daroy Richardes 18:27, 2. Lupe Rodriguez 19:05, 3. Diane Taylor 19:10. 25-29: 1. Carol Keller 17:24, 2. Mary Akins 17:38, 3. Vickie Gunderson 18:21. 30-34: 1. Georgina Ried 19:31, 2. Lori Belshe 19:35, 3. Bobbie Huppert 22:31. 35-39: 1. Lori Coker 18:29, 2. Lori Pratt Smith 20:24, 3. Terry Ramirez 21:14. 40-44: 1. Sandi Carter 21:11, 2. Roberta Ray 21:15, 3. Barbara Miller 23:46. 45-49: 1. Brenda Lunsford 20:48, 2. Teresa Ross 21:18, 3. Nancy Buchanan 22:34. 50-54: 1. Ida Hendrick 22:05, 2. Carolyn Hickwy 23:16, 3. Lantia Walukh 23:25. 55-59: 1. Eleanor Alguire 26:11, 2. Doris Montgomery 31:14, 3. Liz McClellan 31:42. 60 & Over: 1. Margaret Oill 28:37, 2. Teresa Ramirez 32:04, 3. Anna Griffith 35:53.

Walnut Festival

Sept. 17. Walnut Creek, 5K & 10K

Overall Results - 10K

1. Tom Borschel (31) 30:56, 2. Christopher Spears (28) 33:05, 3. Nathan Smith III (33) 33:14, 4. Jim Misener (29) 33:35, 5. Peter Foster (28) 33:39, 6. Bert Balfart (28) 33:44, 7. Tim Pontarillo (27) 33:49, 8. Steven Chavez (32) 34:01, 9. Kevin Searls (31) 34:02, 10. Stephen Freitas (39) 34:26.

Division Results - Men's 10K

12 & Under: 1. Brian Whitford 50:31, 13-18: 1. Mike Hamilton 36:28, 2. Gene Wolske 37:09, 3. Peter Johnson 37:09. 19-29: 1. Christopher Spears 33:05, 2. Jim Misener 33:35, 3. Peter Foster 33:39. 30-39: 1. Tom Borschel 30:56, 2. Nathan Smith 33:14, 3. Steven Chavez 34:01. 40-49: 1. Eric Ivary 35:10, 2. David Weaver 35:27, 3. Bill Sharp 35:56. 50-59: 1. Rolf Nebelung 39:17, 2. Alan Burgess 43:02, 3. Mike Callahan 43:20. 60-69: 1. Joe Trami 41:38, 2. Ned Prochnow 47:36, 3. David Nethaway 48:34. 70 & Over: 1. Mel Shine 51:18, 2. Ted Flagg 52:27, 3. Peter Picard 53:20. Wheelchair: 1. David Elser 35:36.

Division Results - Women's 10K

13-18: 1. Elsie Johnson 44:42, 2. Cindy Prindville 48:10, 3. Maryann Grubb 48:17. 19-29: 1. Lisa Grubb 38:32, 2. Suzie Lister 42:32, 3. Nancy Gaston 42:56. 30-39: 1. Karen Brockwell 41:31, 2. Elisa

Kinder 43:32, 3. Bonnie Miller 43:44. 40-49: 1. Kathy Kennedy 38:22, 2. Ellen Green 41:50, 3. Barbara Shubert 43:31. 50-59: 1. Sandy Gangwer 45:44, 2. Lee Liddle 52:49, 3. Kathy Mercado 55:31. 70 & Over: 1. Paula Ligg 53:05.

Overall Results - 5K

1. Jeff Aschbrenner (17) 15:57, 2. Jeff Verkoek (24) 15:59, 3. Stuart Wiseman (21) 16:00, 4. Mark Picillo 16:23, 5. Michael Zygaeczenko (35) 16:34, 6. Bob Hermens (37) 16:42, 7. Austin Matlonis (16) 16:49, 8. Ian Phillips (17) 16:56, 9. Julios Ratti (38) 17:15, 10. Brian Lawless (28) 17:24.

Division Results - Men's 5K

12 & Under: 1. Scott Pierce 20:42, 2. Jeremy Reichard 20:43, 3. Nicholas Mrzywka 23:54. 13-18: 1. Jeff Aschbrenner 15:57, 2. Austin Matlonis 16:49, 3. Ian Phillips 16:56. 19-29: 1. Jeff Vermoek 15:59, 2. Stuart Wiseman 16:00, 3. Brian Lawless 17:24. 30-39: 1. Mark Picillo 16:23, 2. Michael Zysaczenko 16:34, 3. Bob Hermens 16:42. 40-49: 1. Jim McMillen 17:31, 2. Tom Torlakson 17:32, 3. Michael Minieta 17:37. 50-59: 1. Marvin Mainer 20:36, 2. Ken Jordan 21:06, 3. Gus Pacheco 21:15. 60 & Over: 1. Adrian Verdusco 24:15, 2. George Turman 25:00, 3. Jesse Harvey 25:29. 70 & Over: 1. Lawrence Viglezzone 35:17.

Division Results - Women's 5K

12 & Under: 1. Malario Melara 19:40, 2. Monique Melara 21:25, 3. Wendy Hassen 23:48. 13-18: 1. Sheila Paill 20:01, 2. Joy Harris 20:51, 3. Eris Miller 21:09. 19-29: 1. Helen Lehman 18:04, 2. Moreen DeBottoncourt 18:37, 3. Rebecca Daquist 19:18. 30-39: 1. Joan Case 20:08, 2. Julie Zehnder 21:04, 3. Cheng-er Mehmedbasich 21:21. 40-49: 1. Leeann Jordan 21:24, 2. Diane Reber 21:38, 3. Nancy Pelayo 21:41. 50-59: 1. Gail Wetzork 23:45, 2. Marina Foster 27:27, 3. Harriet Kelly 31:37. 60 & Over: 1. Midge Porter 28:18, 2. Mary Rhodes 33:29, 3. Hilda Powell 40:17.

Willow Glen Founders Day Run

Sept. 17, Willow Glen, 10K

Division Results - Men

17 & Under: 1. Rob Nicholas 38:04, 2. Justin Whittall 39:23, 3. Paul Dribnock 39:42. 18-29: 1. Victor Santamaria 31:41, 2. Steffen Thomas 32:58, 3. David Drew 34:41. 30-39: 1. Casey Reinking 31:08, 2. Paul French 33:12, 3. David Fergus 33:30. 40-49: 1. David Furst 33:21, 2. Jim Howe 35:06, 3. Greg Burke 36:38. 50-59: 1. George Miller 39:42, 2. Bob Feldman 41:18, 3. John Hutyler 41:25. 60 & Over: 1. Ralph Dinardi 52:26, 2. Bob Baer 55:14.

Division Results - Women

17 & Under: 1. Amy Demichiele 36:53, 2. Shandell Frank 47:03, 3. Tara Camilo 48:57. 18-29: 1. Sheri McCarroll 39:05, 2. Debbie Holst 40:32, 3. Anne O'Brien 43:18. 30-39: 1. Darlene Wallach 38:44, 2. Rosemary Siegfried 40:55, 3. Donna Troynal 41:37. 40-49: 1. Kristine Morrella 42:22, 2. Sandra Sanchez 43:22, 3. Elaine Smith 44:22. 50-59: 1. Diane Bromstead 49:05, 2. Sharon McConnell 51:41, 3. Joan Masui 53:05. 60 & Over: 1. Jadyin Caselli 50:34, 2. Joy Johnson 51:15.

Legg Lake Runs

Legg Lake Evening Run

August 2, So. El Monte, 8K

Overall Results

1. Marco Chavarria (35) 29:12, 2. Tiburcio Contreras (34) 29:44, 3. Vicente Rivera (30) 30:19, 4. Jaime Marin (30) 32:43, 5. Jesus Cera (37) 32:44, 6. Daniel Margil (42) 32:55, 7. Art Blaser (32) 33:05, 8. Daniel Margil, Jr. (16) 33:23, 9. Robert Culling (57) 33:49, 10. Ken Camilo (28) 33:56.

Legg Lake Evening Run

August 8, So. El Monte, 8K

Overall Results

1. Kie Soohoo (32) 28:28, 2. Edward Vall (41)

29:48, 3. Art Blaser (36) 31:35, 4. Kenneth Perry (41) 31:43, 5. Kurt Shadler (32) 31:47, 6. Jesus Calderon (19) 32:04, 7. Jaime Marin (30) 32:06, 8. Christopher Garcia (33) 32:36, 9. Rafael Valdez (41) 33:06, 10. Josue Rivalcaba (40) 33:07. 11. Michael Desrochers (44) 33:15, 12. Joe Zamora (37) 33:29, 13. Jim Muldoon 33:34, 14. Garland Moorman (32) 34:07, 15. Ruben Esqueda (59) 34:10.

Legg Lake Cougar Run

August 10, So. El Monte, 5K

Overall Results

1. Aaron Mascorro (20) 15:59, 2. Ramon Perez (20) 16:05, 3. Juan Gutierrez (17) 16:09, 4. Shawn McNaughton (17) 16:43, 5. Carlos Carrillo (17) 17:00, 6. Filimon Rojas (29) 17:10, 7. Enrique Lara (18) 17:17, 8. Miguel Trujillo (17) 17:34, 9. Stan Stauba (44) 17:36, 10. Greg Marlowe (35) 17:40. 11. Pele Ruiz (16) 17:56, 12. Joe Garcia (20) 18:00, 13. Robert Briggs (17) 18:16, 14. Rayna Cervantes (18F) 18:26, 15. Henry Montoya (18) 18:33, 16. Bill Fanslow (22) 18:33, 17. Manuel Farjar (14) 18:45, 18. Miguel Farrera (24) 18:46, 19. Tom Hall (27) 18:47, 20. James O'Connor (15) 18:47.

Legg Lake Evening Turtle Run

August 24, So. El Monte, 5K

Overall Results

1. Shaun McNaughton (18) 16:20, 2. Jeff Snyder (33) 16:26, 3. Filimon Rojas (29) 17:04, 4. Mario Ochoa (23) 17:10, 5. Stan Stauba (44) 17:31, 6. Raul Cortez (18) 17:33, 7. Vicente Rivera (30) 17:47, 8. Adolfo Serrate (34) 18:12, 9. Richard Heber (32) 18:39, 10. Richard Flores (54) 18:44. 11. Victor Saldivar (45) 18:51, 12. Larry Main (46) 18:55, 13. Sergio Mercado (30) 19:05, 14. Thom Weddle (51) 19:09, 15. Miguel Padilla (14) 19:16, 16. Jaime Marin (30) 19:16, 17. Brad Aagaard (15) 19:17, 18. Tony Del Castillo (16) 19:29, 19. Vance Schmitz (25) 19:37, 20. Ramon Rivera (35) 19:41.

Legg Lake Evening Beer Run

August 31, So. El Monte, 5K

Overall Results

1. Bernabe Sanchez (30) 16:15, 2. Don Bar-Ami (29) 16:26, 3. Gregorio Gomez (25) 17:01, 4. Mitchell Conover (18) 17:11, 5. Dan Burton (29) 17:12, 6. David Nielsen (18) 17:15, 7. Mario Chavarria (35) 17:25, 8. Raul Cortez (18) 17:44, 9. Sergio Becerra (17) 17:47, 10. Jose Alvarez 17:52. 11. Jerry Lawrence (36) 18:04, 12. Torie Pleasant (23F) 18:24, 13. Jose Muniz (15) 18:40, 14. Jaime Marin (30) 18:56, 15. Unidentified, 16. Pat Doyle (18) 19:26, 17. Irwin Levine (49) 19:34, 18. Unidentified, 19. Unidentified, 20. Karen Steiner (18F) 19:40.

San Gabriel River Run

Sept. 2, So. El Monte, 3 Mile

Overall Results

1. Ken Stumpf (24) 15:56, 2. Rob Slick (33) 16:12, 3. David Holt (32) 16:17, 4. Dave McKissick (21) 16:30, 5. Chip Cartwright (18) 17:02, 6. Vicente Rivera (30) 17:06, 7. Jim Perez (25) 17:22, 8. Ray Diaz (17) 17:26, 9. Joe Calhoun (41) 17:37, 10. Tim Staab (26) 17:45. 11. Juan Gomez (40) 17:55, 12. Ray Parker (43) 17:55, 13. Mark Hacke (25) 18:14, 14. Gary Riley (47) 18:20, 15. Robert Culling (57) 19:02, 16. John Regen (43) 19:04, 17. Jaime Marin (30) 19:15, 18. James Feenstra (22) 19:22, 19. Kurt Shadler (32) 19:29, 20. Christopher Garcia (33) 19:29.

San Gabriel River Run

Sept. 3, So. El Monte, 3 Mile

Overall Results

1. Efen Garcia (29) 16:00, 2. Chip Cartwright (18) 16:24, 3. Pat Quinlan (27) 16:41, 4. Jim Perez (25) 16:55, 5. Chris Gibbs (26) 17:35, 6. Paul Baloman (42) 17:56, 7. Ritchie Heber (32) 18:40, 8. James Feenstra (22) 18:47, 9. Gilbert Avalos (26) 18:47, 10. Ciro Marquez (33) 18:54.

Legg Lake Labor Day Run

Sept. 4, So. El Monte, 6K

Overall Results

1. Ken Stumpf (24) 26:06, 2. Leonard Aguilar (36) 27:04, 3. Ed Lopez (29) 28:21, 4. David Pedroza (17) 29:08, 5. Chip Cartwright (18) 29:15, 6. Bruce Geddes (44) 29:34, 7. Jason Fong (16) 29:42, 8. Roger Lopez (16) 29:48, 9. John Limone (33) 30:32, 10. Carl Allen (35) 30:32. 11. Danny Martinez (37) 30:34, 12. Jorge Ibarra (27) 30:47, 13. Bill Little (50) 30:47, 14. Aldo Arca (30) 30:55, 15. Albert Pedroza (16) 30:56, 16. Peter Falcon (14) 32:00, 17. Irwin Levine (49) 32:02, 18. Jaime Marin (30) 32:03, 19. James Feenstra (22) 32:27, 20. John Rocooy (61) 32:40.

San Gabriel River Run

Sept. 10, So. El Monte, 3 Mile

Overall Results

1. Bernabe Sanchez (30) 15:30, 2. Jim Perez (25) 16:43, 3. Mark Newton (39) 17:11, 4. Antonio Ruiz (23) 17:14, 5. Aurelio Honorato (28) 17:15, 6. Bill Theriault (45) 17:16, 7. Doug Byers (25) 18:00, 8. Christopher Garcia (33) 18:18, 9. James Russell (41) 18:30, 10. Jeff Snadler (32) 18:35. 11. Jose Salgado (29) 19:17, 12. Wally Taylor (62) 19:58, 13. David Schrike (29) 20:00, 14. Willis Nel (28) 20:03, 15. Ruben Esqueda (59) 20:03.

Legg Lake Spirit Run

Sept. 17, So. El Monte, 5K

Overall Results

1. Ramon Estrada (31) 16:19, 2. Robert Slick (33) 16:42, 3. Luis Lozoya (18) 17:26, 4. Aurelio Honorato (28) 18:12, 5. Antonio Ruiz (23) 19:50, 6. James Russell (41) 19:11, 7. Mark Roussey (26) 19:34, 8. Ramon Rivera (35) 19:49, 9. Guy Larocque 19:56, 10. Mike Brannon (35) 19:57.

Legg Lake Chaparral Run

Sept. 23, So. El Monte, 8K

Overall Results

1. Carier Yarbrough (20) 26:04, 2. Ramon Perez (19) 26:08, 3. Reggie Greene (22) 26:39, 4. Humberto Quintana (21) 27:02, 5. Jesus Gutierrez (21) 27:02, 6. Rudy Andrade (16) 28:43, 7. Raul Perez (15) 29:24, 8. Samuel Andrade (15) 29:27, 9. Tiburcio Contreras (34) 29:31, 10. Raul Hernandez (31) 29:30.

Legg Lake Indian Summer Run

Sept. 24, So. El Monte, 5K

Overall Results

1. Creighton Harris (17) 16:44, 2. Brett Dobson (17) 17:26, 3. Aurelio Honorato (28) 17:43, 4. Antonio Ruiz (23) 18:11, 5. John Haas (45) 19:25, 6. Booker Washington (52) 20:06, 7. James Barker (37) 20:24, 8. Ruben Esqueda (59) 20:27, 9. Leonard Wats (60) 20:45, 10. Terry Clow (50) 21:35.



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