

NOVEMBER / DECEMBER 1990

ISSUE NO. 164

CALIFORNIA

Track & Running News

All-Time
Woodward
Park
Course Best
Marks

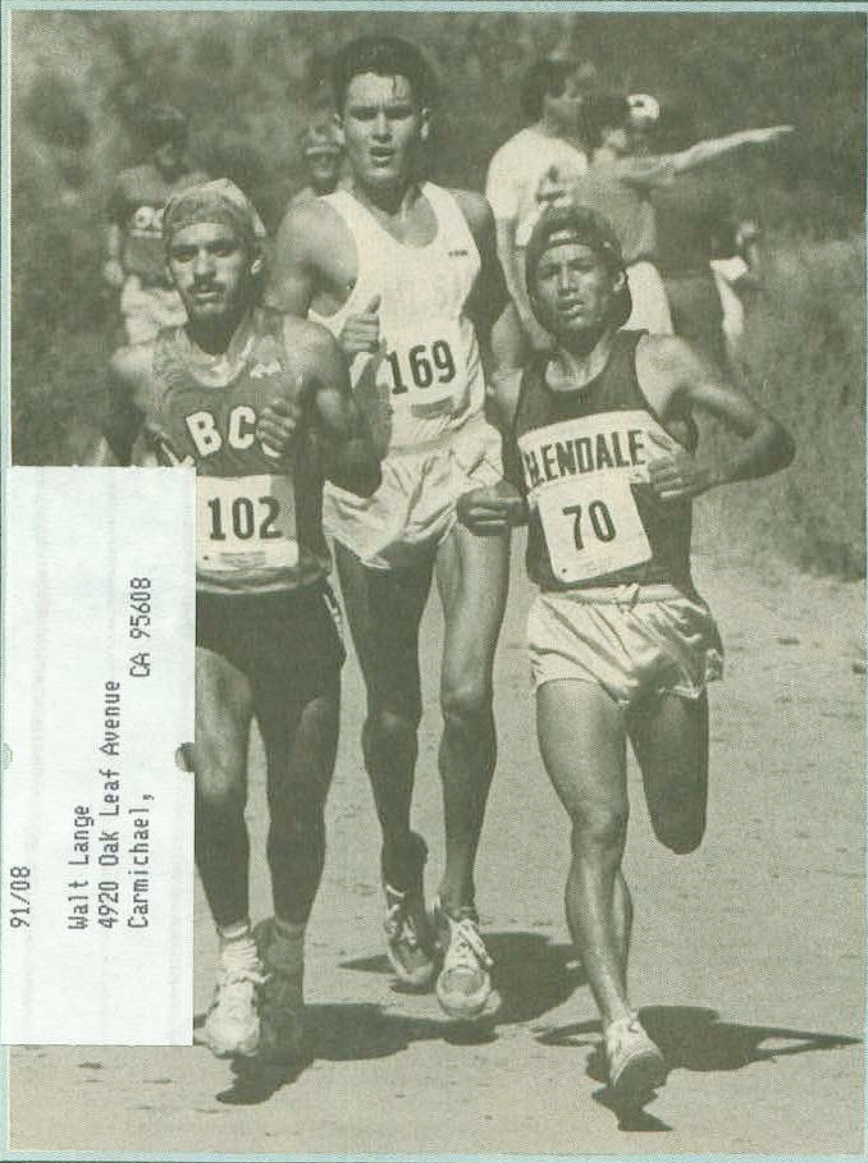
■
"Eat Those
Veggies"

■
"Stay Fluid"

■
Cross Country
Action

■
November,
December,
January,
February
Schedule

■
Results &
More



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Seventeenth Year

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FROM THE EDITOR

You'd have to see it to believe it! 7,000 high school cross country runners converging on one 5,000 meter course over two hot days in late October. The Mt. San Antonio College Cross Country Invitational has to be the biggest in the West. It had been about 25 years since I last attended a Mt. SAC harrier extravaganza—times have changed. During the two days of competition, a race starts every seven minutes, which means there are three races going on at any one time on the one course. That's quite a logistics feat, considering the course crosses itself and repeats one portion. The hills resembled busy beehives, swarming with crowded activity. It was cross country heaven. You have to see it to believe it. I'll be back next year for sure.

We plan to have results of the Mt. SAC meet in next month's issue (which will be January 1991, since this is the double issue in our eleven-issues-a-year routine). We can tell you that Louie Quintana, Deena Drossin, Madera boys and Agoura girls all ran to convincing victories in the featured sweepstakes races. That upcoming January issue will be our big cross country championship issue. Besides covering Mt. SAC and the various high school CIF section meets and college championships, it will feature the prep state meet and the Kinney Western and National events.

This current November/December issue

should help get you ready for the CIF State Meet and Kinney Western Regional with the Woodward Park All-Time Listings, as well as a good slug of prep information. We are also proud of our largest road racing results section in some time.

We have recently acquired access to a FAX machine to speed up receipt of timely material. Feel free to send results and any other information to us via the FAX. The FAX number is the same as the business number, which can detect a FAX call and route it to the FAX machine.

Hope to see you at Woodward Park for the State Meet and/or Kinney. In the meantime, best wishes for a happy holiday season.

ON THE COVER: Community college cross country action at the Irvine Invitational - eventual 1-2-3 placers approaching the finish. Runners are (left to right) OSCAR GONZALEZ, EDGAR MONTEZ, and ALEX GOMEZ. Photo by Bill Leung, Jr.

**Unstable Air Has Been Known
To Do Some Serious Damage.**





Laurie Chapman



Eric Reynolds



Calvin Gaziano

High School Cross Country All-Time Best Marks List

Woodward Park
5,000 Meter Course

By DOUG SPECK

Photos from Fine Flicks by Don Gosney

(Revised September 5, 1990)

These lists were made possible through the efforts of Steve Ward, Bill Cockerham and Doug Speck. Please send any corrections to: Doug Speck, 563 North Willowgrove, Glendora, CA 91740.

- All Time Individual Best Marks
- All Time Team Time Lists
- All Time Lists by Grade

Boys

1	Marc Davis (San Diego)	1986	14:38
2	Eric Reynolds (Camarillo)	1982	14:39
	Bryan Dameworth (Agoura)	1989	14:39
4	Jay Marden (Mission San Jose)	1980	14:42
5	Tom Ansberry (Tucson, AZ)	1980	14:49
	Calvin Gaziano (Castro Vly)	1984	14:49
7	Jon Butler (Edison, Hunt.Bch)	1980	14:52
8	Dan Mazo (South, Eugene, OR)	1980	14:53
9	Mark Mastalir (Jesuit, Sacto)	1985	14:54
	Tracy Garrison (Klam Falls, OR)	1983	14:54
	Louie Quintana (ArroyoG)	1989	14:54
12	Chris Caldwell (Tucson, AZ)	1982	14:55
	Mark Dani (Valhalla, ElCajon)	1985	14:55
14	Francis O'Neill (SanPasq., Esc)	1988	14:56
15	James Ortiz (Barstow)	1982	14:57
	Brad Hudson (So. Eugene, OR)	1984	14:57
17	Jesus Gutierrez (Pasadena)	1982	14:58
18	Eric Mastalir (Jesuit, Sacto)	1985	14:59
	Robin Card (Capitol, Boise, ID)	1985	14:52
20	Shannon Butler (Lincoln Co. Eur)	1985	15:00
	Mason Myers (Vacaville)	1986	15:00
	Jim Rodriguez (Valley, S. Ana)	1988	15:00
	Greg Kuntz (Mead, Spokane)	1989	15:00
24	Jason Flamm (LaSierra, Carmi)	1982	15:01
	Matt Guisto (San Mateo)	1983	15:01
	Daren Stonerock (Saugus)	1985	15:01
	Aaron Mascorro (Rosemead)	1986	15:01
28	Jeff Holyfield (Crescenta Vly)	1981	*15:02
	Mark Junkerman (Los Alamit)	1982	15:02
	Simon Gutierrez (Del Norte, Alb)	1983	15:02
	Ian Alsen (Granada Hills)	1987	15:02

*=converted time from shorter course.

Girls

1	Mamie Mason (Klam Falls, OR)	1984	17:07
2	Rebecca Chamberlain (Leigh, SJ)	1984	17:09
3	Laurie Chapman (Gunderson)	1985	17:10
4	Vickie Cook (Alemany, Misn Hill)	1980	17:13
5	Sarah Schwald (Mead, Spoka)	1989	17:14
6	Cory Schubert (Del Mar, SJ)	1982	17:15
7	Marilyn Davis (Miramonte, Ori)	1981	*17:16
8	Katy McCandless (Castilleja)	1986	17:21
	Kira Jorgensen (Rancho BuenV)	1987	17:21
10	Millicent Anderson (Canyon, Az)	1980	17:22
11	Inga Thompson (Reno, Vn)	1981	*17:23
	Melissa Sutton (Newbury Park)	1986	17:23
13	Brigid Freyne (Riverside Poly)	1986	17:24
14	Kristen O'Hara (Palos Verdes)	1983	17:25
15	Tania Fischer (Chaminade, Ca)	1981	*17:26
	Deena Drossin (Agoura)	1987	17:26
17	Laura Cattivera (Mira Costa)	1982	17:27
	Deena Drossin (Agoura)	1989	17:27
19	Kim Roth (Sprague, Salem)	1981	*17:28
20	Denise Ball (Newbury Park)	1981	*17:29
	Kathy Knowlton (Federal Way)	1980	17:29
	Nicole Robbins (Hesperia)	1987	17:29
23	Kathleen Ebner (Bishop Amat)	1982	17:30
	Robbyn Bryant (Hesperia)	1987	17:30
25	Catherine Wall (Molalla, OR)	1984	17:33
	Becky Spies (Livermore)	1989	17:33
27	Bridgid Stirling (Roosevelt, WA)	1985	17:34
28	Kris Katterhagen (Tacoma, Wa)	1980	17:35

*=converted time from shorter course.

Boy's Teams

(Top Ten Performances List Included)

1	Arroyo, El Monte	1987	78:23
2	Camarillo	1989	78:50
	Arroyo	1987	78:51
3	Jesuit, Sacramento	1985	79:07
4	Walnut	1987	79:16

5	Dana Hills	1988	79:21
6	El Dorado, Placentia	1982	79:26
7	Arroyo, El Monte	1986	79:30
9	Camarillo	1980	79:33
10	Casa Roble, Orangevale	1986	79:38
	--10 performances--		
11	Agoura	1989	79:44
12	DeLaSalle, Concord	1989	80:05
13	Clovis	1984	*80:18
	Rowland, Rowland Hts.	1988	80:18
15	Dana Hills	1987	80:19
	Walnut	1988	80:19
17	Palos Verdes	1987	80:22
	Mead, Spokane, WA	1989	80:22
19	Corona Del Mar	1987	80:26
20	Corona Del Mar	1988	80:28
	Campbell Co., Gillette, WY	1989	80:28
22	Upland	1987	80:29
23	Thousand Oaks	1980	80:34
24	Bellarmine, San Jose	1987	80:35
	Poway	1988	80:35
26	Leigh, San Jose	1981	*80:43
	Camarillo	1988	80:43
28	Camarillo	1987	80:49
29	Madera	1986	80:53
	Jesuit, Carmichael	1988	80:53

Girl's Teams

(Top Ten Performances List Included)

1	Palos Verdes	1986	94:02
2	Costa Mesa	1980	94:04
3	Agoura	1989	94:35
4	Palos Verdes	1987	94:37
5	Hesperia	1987	94:44
6	Tustin	1983	95:22
7	Agoura	1987	95:23
8	Palos Verdes	1989	95:36
9	Palos Verdes	1988	95:46
10	Tustin	1981	*95:57

continued next page...

--10 performances --

11	Tustin	1982	96:00
12	Newport Harbor, Newport Bch	1985	96:14
13	Mountain View, Orem, UT	1988	96:26
14	Thousand Oaks	1986	96:30
15	Newbury Park	1986	96:34
16	Agoura	1988	96:42
17	Montebello	1987	96:57
18	Mountain View, Orem, UT	1987	97:04
19	Terra Linda, San Rafael	1981	*97:24
20	San Pasqual, Escondido	1989	97:27
21	Mountain View, Orem, UT	1989	97:40
22	Mt. Carmel, San Diego	1989	97:48
23	Mills, Millbrae	1989	97:58
24	San Pasqual, Escondido	1988	98:03
25	Montebello	1988	98:06
26	La Jolla	1989	98:15
27	Newport Harbor, NewportBch	1988	98:20
28	Thousand Oaks	1984	98:24
29	Newport Harbor, NewportBch	1987	98:48
30	Hesperia	1988	99:07
31	Ocean View, HuntingtonBch	1986	99:10
32	Palos Verdes	1985	99:16
33	Norco	1988	99:17
34	Corona Del Mar	1989	99:34
35	Arroyo Grande	1989	99:39
36	Buena, Ventura	1989	99:44
37	Costa Mesa	1981	*99:45
38	Nordhoff, Ojai	1989	99:47
39	Alta Loma	1989	99:48
40	Woodbridge, Irvine	1987	99:58

*=converted time from shorter course.

9	Aaron Mascorro (Rosemead)	1984	15:37
10	Virgil Thomas (Gallup, NM)	1985	15:39
11	Mike Esparza (Newbury Park)	1986	15:39
12	Eric Reynolds (Camarillo)	1980	15:41
13	Raul Serratos (Mt. View, ElMo)	1984	15:42
	Jim Ortiz (Barstow)	1981	*15:42
15	Jason Drake (Campbell Co)	1988	15:43
16	Peter Burks (Upland)	1986	15:45
17	Scott DeLong (Gonzaga Prep)	1986	15:47
	Kevin Holbrook (Vacaville)	1986	15:47
19	Scott Cole (Yosemite, Oakhur)	1985	*15:49

*=converted time from shorter course.

Junior:

1	Calvin Gaziano (Castro Vly)	1983	14:54
	Louie Quintana (Arroyo Gran)	1989	14:54
3	Tracy Garrison (KlamathFa)	1982	14:56
4	Jim Ortiz (Barstow)	1982	14:57
5	Jesus Gutierrez (Pasadena)	1982	14:58
	Bryan Dameworth (Agoura)	1988	14:58
7	Curt Corvin (Lakes, Tacoma)	1981	*15:04
	Eric Mastalir (Jesuit, Sacto)	1984	15:04
9	David Naranjo (Sanger)	1984	15:07
10	Marc Davis (San Diego)	1985	15:08
11	Harold Kuphaldt (Bella Vista)	1980	15:09
12	Ken McChesney (So. Eguen)	1982	15:13
13	Paul Thomas (Jesuit, Sacto)	1985	15:14
	Eric Reynolds (Camarillo)	1981	*15:14
15	Mark Mastalir (Jesuit, Sacto)	1984	15:15
	Mason Myers (Vacaville)	1985	15:15
	David Scudamore (Palos Ver)	1985	15:15

Senior:

1	Marc Davis (San Diego)	1986	14:38
2	Eric Reynolds (Camarillo)	1982	14:39
	Bryan Dameworth (Agoura)	1989	14:39
4	Jay Marden (Mission San Jose)	1980	14:42
5	Tom Ansberry (S. Rita, AZ)	1980	14:49
	Calvin Gaziano (Castro Vly)	1984	14:49
7	Jon Butler (Edison, Hunt. Bch)	1980	14:52
8	Dan Mazo (So., Eugene, Or)	1980	14:53
	Mark Mastalir (Jesuit, Sacto)	1985	14:53
10	Tracy Garrison (KlamathFl)	1983	14:54
11	Chris Caldwell (Tucson, AZ)	1982	14:55
	Mark Dani (Valhalla, ElCajon)	1985	14:55
13	Francis O'Neill (San Pasqual)	1988	14:56
14	Brad Hudson (So. Eugene, OR)	1984	14:57
15	Eric Mastalir (Jesuit, Sacto)	1985	14:59
16	Robin Card (Capitol, Bolise, Id)	1985	14:59
17	Shannon Butler (Lincoln Co)	1985	15:00
	Mason Myers (Vacaville)	1985	15:00
	Jim Rodriguez (Valley, S. Ana)	1988	15:00

* - converted time from shorter course

13	Janica Posey (Tuba City, AZ)	1982	18:26
	Reina Felix (Oak Grove, S.J.)	1986	18:26
15	Shelley Taylor (Edison, H.Bch)	1988	18:28
16	Milena Glusac (Fallbrook)	1989	18:31
17	Lisa Hill (Nampa, ID)	1986	18:32
	Andrea Garner (Illinois Vly, OR)	1987	18:32

Soph:

1	Laura Cattivera (Mira Costa)	1982	17:27
2	Nicole Robbins (Hesperia)	1987	17:29
3	Kira Jorgensen (Vista)	1986	17:36
4	Nanette Garcia (Silver Ck, S.J.)	1982	17:41
	Carissa Seward (Goldendale)	1987	17:41
6	Deena Drossin (Agoura)	1988	17:42
7	Tracey Williams (Mt. View, EIM)	1985	17:46
8	Karen Hecox (So. Hills, W. Cov)	1987	17:48
9	Melissa Sutton (Newbury Park)	1984	17:50
10	Christy Farrell (Thous. Oaks)	1984	17:51
11	Reyna Cervantes (Montebello)	1986	17:53
12	Shannon Clark (Mt. View)	1983	18:01
	Tin Gorbet (Lassen, Susanville)	1987	18:01
14	Shelley Bessey (Reed, Sparks)	1985	18:04
	Tanya Brix (Univ., Irvine)	1989	18:06
16	Kathy Jarvis (Havre, Mt)	1983	18:07
17	Ann Kuphaldt (Bella Vista, F.O.)	1985	18:13
	Ashley Black (Palos Verdes)	1986	18:13
	Amy Allen (Mt. View, Orem, Ut)	1989	18:13

*=converted time from shorter course.

Junior:

1	Rebecca Chamberlain (Leigh)	1984	17:09
2	Vickie Cook (Alemany, Mis. Hl)	1980	17:13
3	Sarah Schwald (Mead, Spokane)	1989	17:14
4	Katy McCandless (Castilleja)	1986	17:21
	Kira Jorgensen (Vista)	1987	17:21
6	Brigid Freyene (Riverside Poly)	1986	17:24
7	Tania Fischer (Chaminade)	1981	*17:26
8	Melissa Sutton (Newbury Pk)	1985	17:28
9	Kathleen Ebner (Bishop Amat)	1981	*17:32
10	Reyna Cervantes (Montebello)	1987	17:34
11	Kris Katterhagen (Tacoma)	1980	17:35
12	Tina Gorbet (Lassen)	1988	17:38
13	Tracey Williams (Mt. View)	1986	17:42
14	Ashley Black (Palos Verdes)	1987	17:45
15	Nicole Houle (Hesperia)	1986	17:46
	Karen Hecox (So. Hills)	1988	17:46
17	Wendy Sihner (Miramonte)	1981	*17:49
	Laurie Chapman (Gunderson)	1984	17:49
	Carissa Seward (Goldendale)	1988	17:49

Senior:

1	Marnie Mason (Klamath Falls)	1984	17:07
2	Laurie Chapman (Gunderson)	1985	17:10
3	Cory Schubert (DelMar, SJ)	1982	17:15
4	Marilyn Davis (Miramonte)	1981	*17:16
5	Millicent Anderson (Canyon)	1980	17:22
6	Inga Thompson (Reno, NV)	1981	*17:23
	Melissa Sutton (Newbury Park)	1986	17:23
8	Kirsten O'Hara (Palos Verdes)	1983	17:25
9	Vickie Cook (Alemany, M. Hills)	1981	*17:26
10	Kim Roth (Sprague, Salem, OR)	1981	*17:28
	Kira Jorgensen (Visata)	1988	17:28
12	Denise Ball (Newbury Park)	1981	*17:29
	Kathy Knowiton (Federal Way)	1980	17:29
	Rebecca Chamberlain (Leigh)	1985	17:29
15	Kathleen Ebner (Bishop Amat)	1982	17:30
	Robbyn Bryant (Hesperia)	1987	17:30

*=converted time from shorter course.

Boys By Grade

Frosh:

1	Bryan Dameworth (Agoura)	1986	15:18
2	Enrique Ryan (St. Louis, Hono)	1984	15:25
3	Louie Quintana (Arroyo Grd)	1987	15:30
4	Ted Martin (Page, AZ)	1989	15:42
5	Virgil Thomas (Gallup, NM)	1984	15:50
6	Tim Martin (Page, AZ)	1989	15:54
7	Scott Hempel (Walnut)	1985	16:03
8	Mike Wall (Lassen, Susanville)	1982	16:15
9	Dave Hartman (Canyon)	1987	16:16
10	Peterson Long (Gallup, NM)	1984	16:17
	Paul Mankin (San Rafael)	1987	16:17
12	Chris Flanders (Casa Roble)	1985	16:25
13	Jeremy Call (Centerville, UT)	1989	16:27
14	Jose Santiago (Madera)	1987	16:29
15	Aaron Mascorro (Rosemead)	1983	16:30
16	Emerson Chee (Gallup, NM)	1985	16:34
17	Mark Poffenbarger (El Capitan)	1985	16:35
18	Brian Keim (Orange Glen)	1988	16:38
19	Guy Hawkes (Carson City, NV)	1988	16:39
20	Michael Krentzin (Taft)	1988	16:41
	Jonath Jones (Gallup, NM)	1988	16:41
22	Joe Devine (Saugus)	1984	16:42
	Jon Steele (Carson City, NV)	1988	16:42

Soph:

1	Louie Quintana (Arroyo Grande)	1988	15:02
2	Glenn Morgan (Del Norte, Albq)	1983	15:10
3	Bryan Dameworth (Agoura)	1987	15:12
4	Chris Schurz (Westwood, Az)	1986	15:14
5	Calvin Gaziano (Castro Vly)	1982	15:19
6	Dave Hartman (Canyon, Cany)	1988	15:25
7	Jason Lienau (Clovis)	1984	15:35
8	Angel Martinez (San Gabriel)	1989	15:36

Girls By Grade

Frosh:

1	Deena Drossin (Agoura)	1987	17:26
2	Tracey Williams (Mt. View)	1984	17:43
3	Amber Clark (Dodson, Mesa)	1988	17:53
4	Kira Jorgensen (Vista)	1985	17:56
5	Karen Hecox (South Hills)	1986	18:10
	Becky Spies (Livermore)	1987	18:10
7	Rebeca Chamberlain (Leigh, S.J.)	1982	18:12
8	Heather Scobie (Saugus)	1985	18:14
	Nicole Robbins (Hesperia)	1986	18:14
10	Tina Gorbet (Lassen, Susanv)	1986	18:15
11	Nanette Garcia (Silver Ck, S.J.)	1981	*18:17
12	Laura Cattivera (Mira Costa)	1981	*18:22

SCHEDULE

By JACK LEYDIG

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

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

November 3 (Saturday):

✓ **Belmont:** PA/TAC 10K X-Country Championships (all divisions) & Open 10K X-C Fun Run (non-championship), Crystal Springs X-C Course (Hallmark Dr. off Ralston Ave.), separate events for Open Men, Open Women, & Masters Championships, 1 p.m. (1st race). WVTC, c/o Flory Rodd, 1445 Lake St., #203, San Francisco 94118. (415) 387-7172.

Rosarito Beach, Mexico: Rosarito Beach Holiday 5 & 10K, 7:45 a.m. Info: Oscar Rosales (714) 841-5417.

Los Gatos: Charlie Wedemeyer Classic 10K Run & 4 Mi. Walk, Los Gatos Christian Church (Hicks off Camden Ave.), 9 a.m. Los Gatos Christian Church, 16845 Hicks Rd., Los Gatos 95032. (408) 268-1411.

Los Altos Hills: Country Classic, 5 & 10K, Foothill College (Moody Exit off I-280), 8:30 a.m. Olin Nichols, P.O. Box 1286, Los Altos 94022. (415) 949-5415.

Catalina Island: 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.

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

Las Vegas, NV: Subway's Chariots of Fire 5K & 2 Mi., Location & Time TBA. Info: Las Vegas T.C. (702) 878-8414.

Sacramento: Cancelled. Morning Madness 5 & 10K, Fleet Feet Sports, 9 a.m. Tom Faulkner, Fleet Feet Sports, 7465 Rush River Dr. Sacramento.

Sacramento: Bureaucratic Shuffle 5 & 10K and Kids' Half-Mile, 7th & "P" Sts., 9 a.m. Terese Zellmer, c/o Health Services, 714 "P" St. Sacramento 95814. (916) 322-4856.

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Anaheim: Anaheim Memorial Hospital/Ironman Duathlon, 5K Run, 30K Bike, 5K Run, Time TBA. CS Sports, 11840 Gorham, Los Angeles 90049. (213) 588-2786.

Los Angeles: Stuntmen's 5 & 10K, Griffith Park, 8 a.m. Race Central, P.O. Box 828, Rialto 92377. (818) 934-0806.

San Diego: Rock and Roll 10K & 7.2 Mi., South of Hilton, 7:30 a.m. Info: Tim Callahan (619) 437-4556.

November 4 (Sunday):

New York City: New York City Marathon, 10:45 a.m. Marathon Entries, P.O. Box 1388 GPO, New York, NY 10116. (212) 860-4455. Send as soon as possible (#10 Size) and check for \$3 payable to "NYC Marathon", 23,000 accepted (12K 1st entries, 4K lottery, 7K international).

San Francisco: Waterfront 10 Mi. & 2 Mi., Aquatic Park (Hyde & Jefferson), 8 a.m. California College of Podiatric Medicine, 1210 Scott St., San Francisco 94115. (415) 563-3444, x535.

San Francisco: DSE Plo Breakers, 5.5 Mi., Golden Gate Park (south side of Polo fields), 9:30 a.m. (Kids' Run), 10 a.m. Info: (415) 593-2788.

Orinda: Orinda Rotary Foot Feet 5 & 10K and 2 Mi. Walk, Orinda Community Center (near BART), 8:30 a.m. Paul Giers, Orinda Rotary, 96 Davis Rd., Orinda 94563. (415) 254-4667.

Fremont: Date Changed to Nov. 18! Run for the Health of It, 2 Mi. & 10K, Washington Hospital, 8:30 a.m. Washington Hospital Employee's Assoc., 2000 Mowry Ave., Fremont 94536. (415) 797-1111 x4730.

Chico: Almond Bowl Run, 3 & 6 Mi., Bidwell Park, 10 a.m. Chico R.C., P.O. Box 1182,

Chico 95927. Walt Schafer: (916) 898-5273.
Bakersfield: Gold Wave Pedal & Plod Biathlon, 10K Run, 40K Bike, Hart Park, 9 a.m. RACE, 3213 Panorama, Bakersfield 93306. (805) 871-6501.

San Bernardino: Rotary North 5K Cross Country Classic Run, 8K District Championships, & 5K Walk, Cal-State Univ., 7:45 a.m. Info: (805) 882-4347.

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

Palm Springs: Senior Awareness Festival 10K Run. Palm Springs Senior Center, 550 N. Palm Canyon Dr., Palm Springs 92262 (619) 323-5689. (Athletes 50 years and older.)

So. San Francisco: The Point to Point Run, 5K & 2 Mi. Walk, Oyster Point Blvd. (East end), 8:30 a.m. Runners Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

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

Windsor: Windsor Whale Run, 3K & 10K, Windsor Middle School (Star Rd.), 9 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

Camino: Apple Hill Harvest Run, 1/2 Mi., 3.5 Mi. & 8 Mi., Lasen Apple Barn (No. Canyon Rd. & Larson Dr.), 8:30 a.m./1/2 Mi., 9 a.m./3 1/2 Mi., 9:15 a.m. Snowline Hospice, 814 Pacific St., Placerville 95667. (916) 626-4604.

Merced: MTC Turkey Trot, 1.3 Mi. & 10K, Applegate Park (26th & "O" St.), 10 a.m. Dave Olsen, 973 Idaho St., Merced 95340. (209) 723-6579.

Marina del Rey: Marina Breakers, 5 & 10K, Burton Chace Park (end of Mindanao Way), 8 a.m. Race Central, P.O. Box 828, Rialto 92377 (WZ Promotions: (213) 828-4123.

Santa Barbara: Fay Hobbs Memorial 5 & 10K Women Only, Time TBA. Info: Hildy or Patsy: (805) 683-1789.

East Los Angeles: Aztlan 5 & 10K, East Los Angeles College, 8 a.m. Frank Gutierrez, 1703 Laurel St., So. Pasadena 91030. (213) 265-8753.

SCHEDULE

November 10 (Saturday):

Morro Bay: Morro Bay Relay, Distance(s) TBA, Morro Bay State Beach, 8:30 a.m. Morro Bay Rec. & Parks Dept., 1001 Kennedy, Morro Bay 93442. (805) 772-1214, x229.

Sunnyvale: ESL Runaway, 5 Mi. & 1 Mi. "Teddybear", Time TBA. Dori Wilson, c/o ESL, 495 Java (#M-503), Sunnyvale 94088. (408) 743-6399.

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

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

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

Las Vegas, NV: Diabetic Association 10K & 2 Mi. Fun Run/Walk, Location & Time TBA. Info: (702) 369-9995.

San Mateo: Judy Golding 70th Birthday 8K Run/Walk, Mariners Island Blvd. & J Heart Clinton Dr., 9 a.m. Vintage A.A., P.O. Box 620732, Woodside 94062. (415) 851-2555.

Big Sur: Big Sur Trail Marathon, Half-Marathon & 10K, Andrew Molera State Park, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Cal-State Bakersfield Fall 5K, Time TBA. Info: (805) 664-2347.

Las Vegas, NV: Full Moon Biathlon, 5K Run & 20K Bike, 2500 Regatta Dr. (The Beach Club at Desert Shores Development), Individuals or Relay, 8 a.m. Health in Motion, 236 So. Rainbow, Suite 232, Las Vegas, NV. 89128. (702) 255-1636.

November 11 (Sunday):

Clarksburg: Foundation Charity Challenge, PA/TAC 30K Championships, 5K Run/Walk, 1 Mi. Kid's Race, Delta H.S., 11 a.m./30K, 11:15 a.m./5K, 12:05 p.m./1 Mi. Foundation Charity Challenge, P.O. Box 20, Clarksburg 95612. (916) 636-7692, (707) 448-9635.

Columbus, OH: Columbus Marathon (Nat'l. TAC Men's Championships & site of 1992 Men's Olympic Trials). Columbus Marathon, 6290 Busch Blvd., #30, Columbus, OH 43229. (614) 433-0395.

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 Coit Tower Run, 3

Mi., Dolphin Club, 9 a.m. Info: (415) 593-2788.

Livermore: Orienteering Meet, Morgan Territory (10 Mi. North of Livermore), Time TBA. Bay Area Orienteering Club, 3151 Holyhood Dr., Oakland 94611. Mark Blair: (415) 422-4266.

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

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

Sunnyvale: Dash for Diabetes 8K Run & 2 Mi. Walk, Old San Francisco/Sunnyvale Rd., 9 a.m. Sunnyvale Medical Clinic, 596 Carroll, Sunnyvale 94086. (408) 287-3735.

Antloch: King of the Hill Biathlon, 2 Mi. Run, 10 Mi. Bike, 2 Mi. Run (10 Mi. is "mountain bike" event), Contra Loma Regional park, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803 (415) 841-1190.

Santa Rosa: Snoopy's Young at Heart Run, 3.1 & 7 Mi., Redwood Empire Ice Arena, 8 a.m. Redwood Empire Ice Arena, 1667 W. Steele Ln., Santa Rosa 95403. (707) 546-3385.

Bakersfield: NBRPD Tri #1, Distances &

Time TBA. Info: (805) 392-2000.

Fresno: The Fox Trot/Fresno's Half Marathon. 9 a.m. Woodward Park. The Fox Trot, PO Box 17097, Fresno 93744-7097. Info: Fresno Joggers (209) 439-8093.

Long Beach: Long Beach Shoreline Half Marathon, Ocean Blvd. between Long Beach Blvd. and Pine Ave., 7:30 a.m. Community Rehabilitation Industries, 1500 E. Anaheim St., Long Beach 90813. (213) 433-4557; 591-0539.

Riverside: Mission Inn 5 & 10K, Raincross Square, 7:30 a.m./5K, 8 a.m. Race Central, P.O. Box 828, Rialto 92377. (714) 781-8241.

North Hollywood: Academy 5K Roadrace, Universal City, 8 a.m. Academy 5000, Chamber of Commerce, 5019 Lankershim Blvd., No. Hollywood 91601. (818) 508-5155.

November 17 (Saturday):

Oakland: Sri Chinmoy 24-Hour Race, one-mile loop on Edgewater Dr., 8 a.m. Venu Riggi, Sri Chinmoy Marathon Team, 1995 20th Ave., San Francisco 94116. (415) 753-5998.

Saratoga: Skyline to the Sea Trail Marathon, 50 Mi. & 30K, Saratoga Gap (Hiway 9 & 35), 7 a.m./50M, 9 a.m./Mara. & 30K. Tri-

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SCHEDULE

Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Davis: Turkey Trot 5K (PA/TAC Championships) & 10K, plus kids runs (1/4 Mi., 1/2 Mi., 1 Mi), Third St. & Russell Blvd., 8:30 a.m./5K, 9 a.m./10K, then kids races. A Change of Pace, 221 G Street, Suite 205, Davis 95616 (916) 757-2012.

Lompoc: Turkey Trot, 5 & 10K, 8:30 a.m./5K, 9:15 a.m., YMCA (West College Ave.) John Perkins, 3304 Via Dona, Lompoc 93436. (805) 733-4308.

San Diego: Mission Bay 25K, West Fiesta Island, 7:30 a.m. Info: Chuck Pennell (619) 460-3110.

Fresno: Robinson Cup River Run, 2 Mi., 5 Mi. & 12K, Lost Lake County Park (10 Mi. N.E. of Fresno), 8 a.m./2 Mi., 8:30 a.m. San Joaquin River Parkway & Conservation Trust, 668 W. Shaw Ave., Suite F-174, Fresno 93704. (209) 224-4451.

Acton: Run for Sobriety, 5 & 10K Run and 1 Mi. Walk, 8 a.m. Acton Rehabilitation Center, P.O. Box 25, Acton 93510. (805) 269-0062.

Los Angeles: Solidarity Run for a Free World, 5 & 10K, Griffith Park, 8:30 a.m./5K, 9 a.m. Solidarity Free World Run, P.O. Box 492, Whittier 90608. (213) 696-3764.

Playa del Rey: Jet to Jetty 5 & 10K, Dockweiler Beach, 8 a.m. AMCS Jet to Jetty, 6228 W. Manchester Ave., Westchester 90045. (213) 670-1410.

So. San Francisco: Fun Run and Stride, 4.3 Mi., Orange & Tennis Dr., 8:30 a.m. Richard Janal, Recr. & Parks Dept., 33 Arroyo Dr., So. San Francisco 94080. (415) 877-8560.

Ridgecrest: Over-the-Hill Track Club Half Marathon, Location & Time TBA. Scotty Broyles, 1243 Wayne St., Ridgecrest 93555. (619) 446-2941.

Santa Barbara: Turkey Trot 5 & 10K, UCSB Lagoon, 8:30 a.m./5K, 9:15 a.m. Greg Hecht, UCSB Intramurals, Rob Gym #304, Santa Barbara 93106.

San Diego: Project Concern Turkey Trot, 10K, Moonlight Beach, 7:30 a.m. Info: Howard Kummerman (619) 571-9255.

Temecula: Temecula Turkey Trot, 5 & 10K, 7:30 a.m. Info: Sandra Moffitt (619) 437-4556.

Los Altos: Stevens Creek 12K & 5.5 Mi., Stevens Creek County Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Pico Rivera: Pico Rivera Turkey Trot 5 & 10K, 8:45 a.m./5K, 9:15 a.m./10K. East of Smith Park on Mines Ave. City of Pico Rivera Turkey Trot, PO Box 1016, Pico Rivera 90660.

November 18 (Sunday):

Los Gatos: Summit Marathon & Half-Marathon, Los Gatos H.S. (track) out and back courses, 8 a.m. Runners Factory, 51C University Ave., Los Gatos 95030. (408) 395-4311.

San Francisco: DSE Ocean Beach Low Tide Run, 6 Mi., Great Hiway & Balboa, 10 a.m. Info: (415) 593-2788.

San Francisco: Golden Gate Park X-C Series, 4 Mi., 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

San Rafael: Orienteering Meet, Bon Tempe Lake, Time TBA. Bay Area Orienteering Club, 3151 Holyhood Dr., Oakland 94611.

Los Gatos: Summit Marathon & Half-Marathon, Los Gatos H.S., 8 a.m. Runners Factory, 51 University Ave., Los Gatos 95030. (408) 395-4311.

Santa Cruz: Turkey Trot 10K & 1 Mi. Kids Run, 2300 Delaware Ave., 8 a.m./Kids, 8:30 a.m. Lisa McGinnis, Parks & Recr. Dept., 307 Church St., Santa Cruz 95060. (408) 429-3477.

Inverness: "Out Where the Tule Elk Roam III", 7 mi., Tomales Point (end of Pierce Pt. Rd.), 10 a.m. Tri Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Merced: Turkey Trot, 10K & 1 Mi., Applegate Park (26th & "O" St.), 10 a.m. Info: Dave Olsen, P.O. Box 3275, Merced 95344. (209) 723-6579.

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

Puente Hills: Puente Hills Mall 5K Turkey Trot, Puente Hills Mall Parking Lot (between Robinsons & Pennys), 8:30 a.m. Puente Hills YMCA, 1603 So. Stimson Ave., Hacienda Heights 91745. (818) 961-3480.

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

Las Vegas, NV: Turkey Trot 10K & 2 Mi., Bally's Grand (Flamingo & Las Vegas Blvd. So), 7:30 a.m. Info: Opportunity Village (702) 384-8170.

Fremont: (Date changed from Nov. 4). Run for the Health of It, 2 Mi. & 10K, Washington Hospital (2000 Mowry Ave.), 8:30 a.m. Washington Hospital Employee Assoc., 2000 Mowry Ave., Fremont 94538 (415) 797-1111, x4730.

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

Carlsbad: Coastal Classic, 5 & 10K, Batiqitos Lagoon Concert Lagoon Pavillion, 7:45 a.m./5K, 8:30 a.m./10K (plus 1 Mi. kid's run at 9:30 a.m.). Coastal Classic, P.O. Box 344, Carlsbad 92008. Dave Condit: (619) 275-5440; or (714) 548-4897.

San Diego: IDS San Diego Harbor Run & Walk, 2 Mi. & 10K, Marina Park, 7:30 a.m. Tina Romine, c/o Home of Guiding Hands, 10025 Los Ranchitos Rd., Lakeside 92040. Lyn Lacey (619) 448-3700.

San Pedro: Conquer the Bridge 8K, 6th & Harbor, 8 a.m. JACL Bridge Run, P.O. Box 2361, Gardena 90247. (213) 679-5133.

Pleasanton: Pleasant Hill Turkey Trot, 8.1 Mi. Briones Regional Pk., 9 a.m. Pleasant Hill Parks/Rec., 147 Gregory Ln., Pleasant Hill 94523. (415) 827-2255.

November 22 (Thurs.):

Oakland: Turkey 5K Run/Walk, Lake Merritt (Bellevue Ave.), 9 a.m. Info: Robert Clark (415) 839-4327.

Dana Point: Dana Point Turkey Trot, 10K & 2K Fun Run, Dana Point Harbor, 8 a.m./10K, 9:30 a.m. Race Central, P.O. Box 828, Rialto 92377. (714) 496-4888.

Cerritos: Thanksgiving Day 5K Run & One Mile Fun Run. Cerritos Regional Park. Barry Hamilton, Inter-Tribal Roadrunners, PO Box 17689, Los Angeles 90017-689 (213) 450-8755.

November 23 (Friday):

Walnut Creek: The Ginder Grinder, 5 & 10K, Borges Ranch Ranger Station, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

November 24 (Saturday):

Mill Valley: Quadruple Dipsea, 28.4 Mi., Old Mill Park, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611. (415) 842-6889.

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

Cathedral City: Desert Princess Run-Bike-Run Fun 'n Sprint Course (3K Run, 15K Bike, 3K Run), and Run-Bike-Run Duathlon Championship (10K Run, 60K Bike, 10K Run), Doubletree Resort at the Desert Princess, Time TB A. Klein & Clark Sports Production, P.O. Box 8476, Palm Springs 92263 (619) 320-1341.

SCHEDULE

Las Vegas, NV: Rob's Predicted Time Turkey Run, 5 Mi., Tule Springs (Floyd R. Lamb State Park), 8 a.m. Info: Las Vegas T.C. (702) 878-8414.

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

November 25 (Sunday):

San Francisco: DSE North Embarcadero Run, 6.25 Mi., Embarcadero & Berry St., 10 a.m. Info: (415) 593-2788.

San Francisco: Run to the Far Side 5 & 10K, Golden Gate Park (Calif. Academy of Sciences), 8:30 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2187.

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

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

December 1 (Saturday):

Antioch: Tri Sport Challenge, Run-Bike-Swim, Raleys Shopping Center (Lonetree Way), 9 a.m. Clark Gelhaus, 111 W. 15th St., Antioch 94509. (415) 757-7412.

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

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

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

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

Las Vegas, NV: March of Dimes-Sammy Davis Jr. Memorial Run, Distance, Location & Time TBA. Info: Dale Anderson (702) 734-1232.

Santa Barbara: Nine Trails Ultra, Distance, Location & Time TBA. Info: Patsy (805) 683-1789.

December 2 (Sunday):

Folsom: California International Marathon, finish at Capitol Mall in downtown Sacramento, 7 a.m. SLDR, P.O. Box 161149, Sacramento 95816. (916) 447-2786.

San Francisco: Nike-San Francisco Half-

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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 Leandro: Sleigh Bells Dash, 5K, Life Chiropractic College west, 9 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

San Francisco: DSE Little Marina Green Run, 4.4 Mi. (plus Kids' Run), 9:30 a.m./Kids, 10 a.m. Info: (415) 593-2788.

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

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

Los Angeles: City Pacific Triathlon, 100m Swim, 10 Mi. Run, UCLA, Time TBA. Info: Tri-Events (818) 331-0169.

Culver City: Western Hemisphere Marathon, Time TBA. Info: (213) 397-2626.

La Quinta: Gem of the Desert 10K Run, Washington & Ave. 52, 8 a.m. Chamber of Commerce, P.O. Box 255, La Quinta 92253. (619) 564-3199.

December 8 (Saturday):

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

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

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

Las Vegas, NV: Santa Claus 2 & 5 Mi., Tule Springs (Floyd Lamb State Park), 9 a.m. Info: (702) 878-8414.

San Francisco: Hunter S. Thompson "Fear & Loathing" 50 Mile (low-key run following 49-Mile Scenic Dr.), 7 a.m. Hoy's Sports, 1632 Haight St., San Francisco 94117. Mike Fanelli (415) 861-4697.

Inverness: Inverness Ridge Christmas 25K, Pt. Reyes Seashore Park HQ, 10 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

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

Sacramento: Sutter Street Christmas Wish Run, 5 & 10K (& kid's 1/2 Mi.), Old Town, 8 a.m. Fleet Feet, 1730 Santa Clara, #3, Roseville 95661. (916) 783-4558.

December 9 (Sunday):

San Ramon: The Fisherman Biathlon, 5K Run, 30K Bike, 5K Run, The Marketplace (Alcosta & Bollinger), 7:30 a.m. Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94566. (415) 847-9255.

Honolulu, HI: Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Waialae Ave., Room 208, Honolulu, HI. 96816. (808) 734-7200.

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

San Francisco: DSE/Peak Busters' Lake Merced Revisited, 4.6 Mi., Sunset Blvd. Parking Lot, 10 a.m. Info: (415) 593-2788.

SCHEDULE

McFarland: McFarland Runs, Distance & Time TBA. Info: (805) 792-3091.

San Diego: San Diego International Marathon. In Motion, 2204 Garnet Ave., Suite 303, San Diego 92109. (619) 483-9501.

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

San Francisco: Christmas Classic 5K & Miracle Mile, Golden Gate Park (1 Mi. Rainbow Falls); 5K: JFK Dr. at No. end of Polo Fields), 9 a.m./Mi., 9:30 a.m./5K. Christmas Classic, 153 Lunado Way, San Francisco 94127. (415) 587-3227.

December 15 (Saturday):

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

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

✓ **Las Vegas, NV:** Las Vegas Lite Half-Marathon, Hacienda Hotel (Las Vegas Strip), 7:30 a.m. Bill & Jan Callahan, LVTC, 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

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

Santa Clarita: Santa Clarita Happy 3rd Birthday Run/Walk. 3 miles. City Hall. 8:30 a.m. City of Santa Clarita, Dept. of Parks & Recreation, 23920 Valencia Blvd., Suite 300,

Santa Clarita 91355 (805) 255-4910 or 255-4385.

December 16 (Sunday):

San Francisco: Christmas Relays, 4x4.464 Mi., Lake Merced (Sunset Blvd. Parking Lot), 9 a.m. (2 starts). WVTC, c/o Marc Lund, 1433 Norman Dr., Sunnyvale 94087. Flory Rodd: (415) 387-7172.

San Francisco: DSE Windmill Run, 6.5 Mi., Kennedy Dr. at Ocean Beach, 10 a.m. Info: (415) 593-2788.

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

Pasadena: Run for the Roses 5 & 10K. Rowe Bowl. 8 a.m. Peter A. Dills, 56 East Holly, Suite 210, Pasadena 91103 (818) 577-5817.

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

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

Bakersfield: NBRPD Tri #3, Distance, Location and Time TBA. Info: (805) 392-2000.

Point Mugu: Lasse Viren Finnish Invit., 20K, Pt. Mugu State Park (9000 W. Pacific Coast Hwy.), 9 a.m. Finnish Invit., 505 Briarwood, Ventura 93001. Steve Blum (805) 652-1744.

December 17 (Monday):

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

December 22 (Saturday):

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

Las Vegas, NV: LVTC 2 & 5 Mi., Silver Bowl (Near Russell Rd. & Boulder Hwy), 9 a.m. Info: (702) 878-8414.

Sausalito: Golden Christmas Trail Run, 12K & 25K, East Fort Baker parade ground under north end of Golden Gate Bridge, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

December 23 (Sunday):

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

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

December 24 (Monday):

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

December 25 (Tuesday):

San Francisco: DSE Christmas Blind Date Relays, 2x2 Mi. (1 Male/1 Female), Golden Gate Park (Stow Lake Boathouse), 10 a.m. Info: (415) 593-2788.

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

December 29 (Saturday):

Sacramento: Gibson Ranch Multi-Day Classic 24-Hour, 48-Hour & 6-Day Runs, Time TBA. Norm Klein (916) 638-1161.

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

Las Vegas, NV: LVTC 2 Mi., 5K & 10K & No Host Breakfast at Sam's Town, Silver Bowl (near Russell Rd. & Boulder Hwy.), 9 a.m. Info: (702) 878-8414.

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

December 30 (Sunday):

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

December 31 (Monday):

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

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

Lompoc: Midnight Run, 1 & 4.8 Mi., Time TBA. John Perkins, Lompoc Valley D.C., 3304 Via Dona, Lompoc 93436. (805) 733-4308.

So. El Monte: San Gabriel River 3 Mi. New

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SCHEDULE

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

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

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

HAPPY NEW YEAR

January 1 (Tuesday):

San Francisco: 1991 Hangover Run, 3.53 Mi., Golden Gate Bridge (Lower Parking Lot), 10 a.m. Info: (415) 593-2788.

Carmel: Rio Resolution Run, 6.8 Mi., Rio Grill Restaurant, 9 a.m. Info: (408) 625-9524.

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

Oakland: New Year's Day Run & Stride, 5 & 10K, Lake Merritt (14th & Lakeshore at Old Boathouse), 11 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

January 5 (Saturday):

Ventura: Buena 4 & 1 Mile Runs, 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.

Cathedral City: Exceed/Desert Princess Run-Bike-Run World Championship Series, 5K Run, 30K Bike, 5K Run, Time TBA. Klein & Clark Sports Production, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

Las Vegas, NV: LVTC 2 & 5 Mi. and 25K, Tule Springs (Floyd R. Lamb State Park), 9 a.m. (702) 878-8414.

January 6 (Sunday):

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

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

January 12 (Saturday):

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

Las Vegas, NV: Runway Run, 2 Mi. & 5K, McCarran Airport, Time TBA. Info: Terry Luera (702) 739-5283.

January 13 (Sunday):

Phoenix, AZ: Arizona Marathon, Tempe and Scottsdale, 8 a.m. The Arizona Marathon, 2801 W. Medlock, Phoenix, AZ. 85017. (602) 246-7697.

Oakland: Dr. Martin Luther King, Jr. Birthday Run, 5 & 10K, Lake Merritt (568 Bellevue), 9 a.m. Good Cause, Inc., P.O. Box 6576, Oakland 94603. (415) 632-1537; Charles.

Stockton: "Cal 10", 10 Mi., San Joaquin General Hospital (I-5/Matthews Rd. Exit), 9 a.m. Rick Dubois, 3939 No. Pershing Ave., #5, Stockton 95207. (209) 952-9523.

So. El Monte: San Gabriel River 15K (SCATAC Championships), 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

January 14 (Monday):

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

January 19 (Saturday):

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

Olema: Pt. Reyes Trail Marathon & 25K, Five Brooks Trailhead (Hwy 1 between Olema & Stinson Beach), 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Redding: Record Searchlight Half-Marathon, 10K & 2 Mi., Caldwell Park (Downtown), 10 a.m. Tony Johnson, P.O. Box 1891, Redding 96099. (800) THE-HALF.

Fresno: The Brian Sturgeon Run, 10K & 2 Mi., Woodward Park, 8 a.m./2 Mi., 8:30 a.m. United Cerebral Palsy, 3790 N. First, Fresno 93726. (209) 221-8272.

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

Las Vegas, NV: LVTC 2 & 5 Mi., Desert Shores (U.S. 95 & Smoke Ranch), 9 a.m. Info: (702) 878-8414.

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SCHEDULE

Paramount: Paramount 10K. Progress Park. 8 a.m. Paramount 10K, 7846 Connie Dr. Huntington Beach 92648. Oscar Rosales (714) 841-5417.

January 20 (Sunday):

San Francisco: San Francisco Zoo Run, 3 & 7 Mi., Herbst Rd. off Skyline Blvd., 8 a.m./7 Mi., 9 a.m. Terri Quinn, Special Events Coord., S.F. Zoo, #1 Zoo Rd., San Francisco 94132. (415) 753-7173.

Stanford: East-West Shrine Run, 5 & 10K, Stanford Stadium, 9 a.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Bakersfield: Ultimate Fun Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

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

January 21 (Monday):

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

January 25-28:

Jamaica Sprint Triathlon. 1/2 mile swim, 15m bike, 3m run. Info: Tri Masters (516) 486-0447.

January 26 (Saturday):

San Rafael: Marin Biathlon #1, 3K Run, 10 Mi. Bike, 3K Run, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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

January 27 (Sunday):

Santa Cruz: Special Olympics Superbowl Sunday Fun Run, 3K & 10K, Silicon Systems on Delaware Ave. near Natural Bridges, 8 a.m./Walkers, 8:30 a.m./3K, 9 a.m./10K. Special Olympics, 809 Bay Ave., Capitola 95010. (408) 476-7140, x288.

Santa Rosa: Supermile, 3rd & "B" St. (Courthouse Square), 8:30 a.m. Child Assault Prevention Project, P.O. Box 1426, Santa Rosa 95402. (707) 545-7270.

So. El Monte: Legg Lake 5K Pico Rivera Anniversary Run, 9:30 a.m. Arthur Martinez,

9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Green Valley Athletic Club 10K & 2 Mi., Sunset Rd. & Athenian Way, 8 a.m. Info: Green Valley A.C. (702) 454-6000.

February 2 (Saturday):

Chinese Camp: Orient Express 4 Mile, 10 a.m. Eddie Zoma R.C., P.O. Box 78, Sonora 95370. (209) 533-5663.

Bakersfield: -B.T.C. Half-Marathon, Location & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Fontana: Fontana Triathlon, 5K Run, 15K Bike, 75 Yd. Swim, Time TBA. Fontana Recre-

ation Dept., 9460 Sierra Ave., Fontana 92335. (714) 350-7600.

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

✓ **Las Vegas, NV:** Jean to Las Vegas, NV: Las Vegas Marathon & 5-Person Relay. 7:30 a.m. Al Boka, Las Vegas Marathon, P.O. Box 81262, Las Vegas, NV 89180.

February 3 (Sunday):

Saratoga: The Great Race - Saratoga to Los Gatos, 3.8 Mi., Big Basin Way & Hwy 9, 9 a.m. Los Gatos Rotary Club, Bob Storm, P.O.







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SCHEDULE

Box 1018, Los Gatos 95031. (408) 977-3416.
Davis: The Davis Stampede, 13.1 Mi., 10K & 5K, Davis High School, 9 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

Pt. Reyes: Limantour Split 10 Mile and Half Split 2 Mile, Limantour Beach parking lot, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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

February 9 (Saturday):

Muir Beach: John Muir Monumental 5K & 7.2 Mi., Muir Beach (Hwy 1, GGNRA), Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Bakersfield: Hart Park Fun Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

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

Las Vegas, NV: Sweatin' Sweethearts 10K, Tule Springs (Floyd R. Lamb State Park), 9 a.m. Info: (702) 878-8414.

February 16 (Saturday):

Nicasio: Marin Biathlon #2, 2 Mile Run, 12 Mile Bike, 2 Mile Run, Location & Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Juan Bautista: Mission 10 Miler, Mission Plaza, Time TBA. Jim Pleyete, 514 Monterey, Hollister 95023. (408) 637-1618.

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

Las Vegas, NV: Las Vegas T.C. 2 & 5 Mi., Silver Bowl (Russel Rd. & Boulder Hwy.), 9 a.m. Info: (702) 878-8414.

February 17 (Sunday):

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

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

Bakersfield: Ultimate Fun Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

February 18 (Monday):

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

February 23 (Saturday):

Cathedral City: Exceed/Desert Princess Run-Bike-Run World Championship Series, 3K Run, 15K Bike, 3K Run, Time TBA. Klein Clark Sports Production, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

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

Las Vegas, NV: Phyllis & Coach Plasso 50th Anniversary 5K, Location & Time TBA. Info: (702) 878-8414.

February 24 (Sunday):

Ft. Cronkhite: Tennessee Valley Waltz, Distances TBA, near Rodeo Lagoon, Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Stockton: NorCal Duathlon Series #1, 5K Run, 30K Bike, 5K Run, 9 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

Stockton: Jackets Fun Run, 2 Mi. & 10K, Louis Park (Mt. Diablo Ave., 1 Mi. west of I-5), 9 a.m./2 Mi., 9:30 a.m. Richard Johnson, 9875 N. Davis Rd., Stockton 95209. (209) 477-0943, 466-4331.

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

Looking Ahead

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

Mar. 3 (Sun): Los Angeles: Los Angeles Marathon VI, Memorial Coliseum, 9 a.m. (Entries accepted until 5 p.m., Mar. 2). Los Angeles Marathon, 11110 W. Ohio Ave., #100, Los Angeles 90025. (213) 444-0075.

Mar. 10 (Sun): Callstoga: Napa Valley Marathon, Rosedale Ln. & Silverado Trail, 7 a.m. Napa Valley Marathon, 1325 Imola West, Napa 94559. (707) 255-2609.

Mar. 10 (Sun): San Jose: San Jose Mercury News 10K, Park Ave. & Almaden Blvd., 9:15 a.m. Debra Hall, San Jose Mercury News 10K, 750 Ridder Park Dr., San Jose 95190. (408) 920-5533.

BOOKS...

- All About Road Racing -- \$5.00**
Tom & Janet Heinonen. 1979. 128 pgs. Illustrated.
- Basic Track & Field Biomechanics -- \$11.50**
Tom Ecker. 1985. 208 pgs. Illustrated.
- Ed. Fern's Flight School -- \$8.50**
Ed. Fern. 72 pgs. Illustrated. Ready August 1990.
- Getting Started in Track & Field -- \$6.50**
A Coaching Manual. R. S. Parker. 1976. 128pgs. Illustrated.
- High School Cross Country -- \$5.00**
Joseph McLaughlin. 1983. 96 pgs. Illustrated.
- How High School Runners Train -- \$5.00**
ed. by Frank P. Calore. 2nd ed. 1982, 128pgs. Illustrated.
- Peak When It Counts: Periodization for American Track & Field -- \$12.00**
William H. Freeman. 1969. 111 pgs. Illustrated.

✉ **TO ORDER --** Send in this form, or listing of books requested, along with your check to: CT&RN, 4957 E. Heaton, Fresno, CA 93727.

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SCHEDULE

Open/College Cross Country

November 3 (Sat.): San Diego. NAIA District III Championships. Morley Field.

November 10 (Sat.): San Dimas. NCAA III West Regionals. Bonelli Park.

November 10 (Sat.): Cedarville, OH. NCAA Nationals.

November 17 (Sat.): Kenosha, WI: NAIA Nationals.

High School Cross Country

November 18: Bronx, New York. National RRCA Age Group X-C Championships. Van Cortlandt Park. 10 a.m. Age Group Championships, 9 East 89th St., New York, NY 10128.

November 24: Bronx, New York. USA/Kinney TAC National X-C Championships. Van Cortlandt Park. Races begin 10 a.m. New York Road Runners Club, (212) 860-4455, FAX (212) 227-9754.

December 1 (Sat.): Kinney West Regional. Woodward Park, Fresno. Top 8 from seeded races qualify for Kinney Nationals (see below). Kinney West, 4957 E. Heaton, Fresno 93727 (209) 456-0535.

December 8 (Sat.): Kinney Cross Country Championships. Balboa Park, San Diego.

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THE ATHLETE'S KITCHEN

By Nancy Clark, MS, RD.



Eat Those Veggies!

"I hate the steam-table vegetables served at school. They're cooked to mush so I don't bother to eat them." . . . "I never seem to find time to buy fresh produce, to say nothing of cook it. As a result, I don't eat as many veggies as I should." . . . "I hate vegetables. George Bush is right. Broccoli is the worst!"

Time and again, I counsel fussy eaters who abstain from peas and corn, to say nothing of cabbage and kale. Worried parents seek advice regarding their child's refusal to eat anything green. When winter's cold and flu months roll around, even "nutrition drop-outs" express concern they rarely eat vegetables. As Paula, a very busy graduate student, aerobics instructor and part-time receptionist confessed "I know I should eat more vegetables, but I just don't do it. The problem is finding time to buy them and, then, staying home long enough to cook and eat them before they go bad. I waste too much money throwing away smelly cauliflower and wilted lettuce."

Confusion abounds concerning "how many vegetables are enough". The general guidelines recommend at least four servings of vegetables and/or fruits per day. (Fruits and vegetables offer some similar nutrients.) If you are a student on a budget, a vegetable hater, or a fast food fan, four servings may seem an unattainable goal. But don't get discouraged before you even attempt dietary improvements. . . the recommended "four servings" relates to four small servings. Most sportsactive people eat double or triple servings without blinking an eye. For example, a lunch-time salad from the salad bar might be four servings in one bowlful; a generous portion of broccoli at dinner could be four half-cup servings; the ladlefuls of tomato sauce on the pasta, another two to three servings. You might already be eating the recommended amount without even knowing it.

If you are remiss about consuming veg-

gies, the following tips may help you to enhance your nutritional status.

■ Some vegetables are more nutritious than others. In general, *dark green, deep yellow/orange and red veggies* have far more nutrients than pale ones. Hence, if you dislike pale zucchini, summer squash and green beans, don't bother to acquire a taste for them. Instead, put your efforts into having more broccoli, spinach and winter squash -- the richly colored, nutrient-dense choices. For athletes who eat pasta, generous portions of tomato sauce can add veggies to the diet of even fussy eaters. (If acceptable, fortify the tomato sauce with chopped broccoli or green peppers conveniently bought at the frozen-food section in the supermarket.)

■ Potatoes are one exception to the "dark color" rule. Although pale, a large baker offers 65% in RDA for vitamin C and all the potassium you'd lose in three hours of sweaty exercise.

■ If you eat fast foods, you can still eat vegetables on-the-run. Frank, a rugby player, boosted his veggie intake by eating fewer burgers and more pizzas with peppers, mushrooms and extra sauce. Annita, a skater, traded in her lunch-time diet soda for another low-calorie choice: V-8 juice. Stir-fried Chinese vegetables is another option.

■ If cooked veggies are available at the employee or school cafeteria, eat them -- even if they're overcooked. *Any* vegetable is better than no vegetable. Yes, cooking does destroy some of the fifty nutrients, but not all of them. During cooking, peas may lose 60% of their Vitamin C, but 40% remains. Only 2% of the vitamin A is lost.

■ Since fresh vegetables lose nutritional value with aging, use more frozen veggies if the fresh produce is going to sit in your refrigerator for a few days. (Heat and oxygen contribute to detrimental biochemical changes that destroy vitamin C. For example, fresh spinach from the vegetable stand may have lost 70% of its vitamin C in a day.) Frozen

vegetables are quick and easy to prepare, and won't spoil quickly.

■ Since cooking (more so than freezing) reduces nutritional content, quickly cook vegetables only until tender crisp. The vitamin C loss in peas steamed for 3 minutes is 33%; for 9 minutes, 58%; the riboflavin loss 30 and 50% respectively. Some of the vitamin losses can be recovered in the cooking water. Save the water for soups or stews, or simply drink it as a broth. Microwaving and stir-frying are the best cooking methods.

■ Salads are nutrient-dense only if they're colorful - i.e., filled with tomatoes, green peppers, carrots and dark lettuces. (For example, spinach salad has eight times more magnesium than one made with iceberg.) Don't go to great extremes to create a salad that contains only white lettuce, cucumbers, onions, celery and other pale veggies that offer little more than crunch. When topped with dressing, this crunch simply becomes *greasy* crunch. . . a far cry from your needs for nutritious carbohydrates. You'd be better off with tomato juice, vegetable soups (even canned soups are better than nothing), or a raw carrot for a pre-dinner snack.

■ When all else fails, eat fruit to help compensate for lack of vegetables. The best fruits include bananas, oranges, grapefruit, melon, strawberries and kiwi. These choices are rich in many of the other nutrients you'd get in vegetables. Even veggie haters can nourish themselves adequately if they take appropriate steps to eat a variety of other wholesome foods.

Nancy Clark, MS, RD, a registered dietitian with additional training in exercise physiology, is nutritionist at Boston-area's SportsMedicine Brookline. Her popular books The Athlete's Kitchen (\$7, '81) and Nancy Clark's Sports Nutrition Guidebook (\$15, '90) are available through New England Sports Publications, P.O. Box 252, Boston, MA 02113.

SoCAL DIARY

By **BILL MINARIK**

Before getting into this year's cross-country season, there were a couple of major SoCal track stories which broke during the summer and deserve comment. The first deals with the TAC handing Chuck DeBus a lifetime ban from coaching for "Promoting the use of performance-enhancing drugs by athletes he coached." This had been an ongoing story for a number of years as more and more athletes alleged publicly that Chuck had tried to turn them on to drugs such as Anabolic Steroids. Those of you who have been long-time CT&RN readers may remember when we reprinted a series of articles from the C/S Northridge newspaper, which were the first to allege that Chuck had been giving drugs to the CSUN women's track team. While winning track coaches are usually surrounded by controversy, it was the opinion of the T.A.C. that in the case of Chuck DeBus, there was good reason.

The other biggie of the summer was Jim Bush being named the head track coach at USC. It's not that Jim isn't a national class coach, but anyone from UCLA going over to USC is almost unprecedented. I say almost, because I seem to recall weightman Dave Kurrasch moving from Westwood to Troy for his senior year, prior to the Art Venegas dynasty. While Jim had been an assistant at USC this past season, most long-time track fans had favored either LBCC head man Ron Alice or Riverside CC coach Ted Banks to get the job. While Jim is an excellent technician, many question his ability to recruit. On the other hand, both Ron and Ted are among the most prolific fundraisers and recruiters in the sport. The deciding factor however was probably the controversy that both would have brought with them. Considering the heat that USC has taken from the NCAA in recent years, it was probably felt that Jim's "clean" image would keep the program off the spot.

Just a word about USC's outgoing coaches Ernie Bullard and Larry Knuth. With the number of injuries to key performers the past 3 seasons, I can't imagine anyone who could have done a better job. Both men have been winners at every coaching stop in their careers and will continue to be so in the future. More important, both have made significant contributions to the sport in the form of tech-

nical books, articles, and clinics. What has been USC's loss, hopefully will be some other school's gain.

September 10.

As has been the tradition in recent years, the Moorpark Invitational officially opened up the Cross-Country Season in SoCal last Friday. In somewhat of a surprise both the Glendale CC men and women's team came away with victories. The men took it by a 59-73-99 count over Bakersfield and Long Beach while the women ran away from runner-up Santa Monica by a 72-129 score. Glendale's Allen Garcia won the men's race in a course record 20:50, and appears to be the best Vaquero harrier since the days of Jeff Nelson.

On the 4-year College level, the Loyola-Marymount men won their own Invitational with a 40-52 score over runner-up Santa Clara. Up North, in a mild surprise, UCSB was an easy 25-34 winner over the powerhouse CPSLO men's team.

At the Prep level, the boys from Fillmore, Hart, and Claremont were divisional winners at the Seaside Invitational as were the girls from Arroyo Grande and Claremont. At the Chino Invitational, El Modena took both the boys and girls titles by scores of 59-90 over Arroyo and 53-78 over the host team.

September 17.

The Mira Costa Invitational turned into a dual meet between two South Coast Conference powers with El Camino besting Mt. SAC by 66-68 in the men's division and 46-63 in the women's. At the Cuesta Invitational, the Bakersfield men went 1-2-4 en route to a 35-49 victory over Taft.

In the big meet of the week-end, the Fresno State Bulldog men found the friendly confines of Woodward Park just what they needed to score a 60-76 victory over runner-up and arch conference rival UC Irvine, at the Fresno State Invitational. However, the Lady Anteaters, lead by Buffy Rabbit's first place finish, took the measure of the field and runner-up Weber State 75-95.

Down at the Azusa-Pacific Invitational, the home team again dominated by scores of 19-45 over the men of Cal Poly Pomona and 33-

35 in front of runner-up Cal Lutheran.

In the Prep ranks at the massive Woodbridge Invitational, the boys winners included teams from El Toro, Saddleback, Upland, Corona del Mar, Palos Verdes (Twice), Escondido, Laguna Hills and Salesian. In the smaller girls divisions, Irvine, Agoura and Foothill all took home the gold.

September 24.

Community College Conference action began in earnest over the week-end with the Glendale men and the Moorpark women coming away victors in a format where every team competes in 3 separate conference meets, in the Western State Conference. At the South Coast Conference, the Long Beach CC men used their front line strength to post multi-dual meet wins over the other conference members, while the El Camino women did the same.

In 4-Year College duals, the Oxy men were easy 17-46 and 15-45 winners over Redlands and Pomona-Pitzer while the Oxy women shut out both Pomona-Pitzer and Cal Lutheran. Elsewhere Loyola-Marymount outran the Pepperdine men 16-39, however the Pepperdine women came out on top 23-35.

In some of the major Prep Invitationals, San Marino High ran away with it's own Invitational by scores of 26-60 over Alhambra in the boys meet and 20-59 ahead of runner-up San Gabriel in girls competition. At the Sonora Girls Invitational Katella High came away as sweepstakes champion. The Chaffey Invitational saw Upland's boys outrun Walnut High 43-62 while the Chino girls were clear victors 34-57 over runner-up Upland. In the boys small school division of the Warren Invitational Salesian High was a 45-56 winner over runner-up Garey High.

October 1.

Invitational dominated the Community College scene last week with the Golden Gate Invitational at San Francisco the featured attraction. At that one, the American River men served notice that they are genuine contenders for the state title as they out ran SoCal power Mt. SAC. by 30 seconds in a total time scoring format. The Mt. SAC ladies, however,

continued next page...

SoCAL DIARY

were easy victors over runner-up West Valley by almost 3 minutes. At the Bakersfield Invitational, the Glendale men and Moorpark women repeated their victories of the prior week over predominantly Western States Conference teams.

In 4-Year College Invitationals, the U.C. Riverside Invitational saw CPSLO and Arizona State trade wins with the Mustang men clearly outdistancing the Wildcats 69-122, while the ASU Ladies took the measure of the Division II powerhouse 71-91.

At Woodward Park in Fresno, Fresno Pacific's men stayed comfortably ahead of runner-up Whittier 38-55, while the St. Mary's women had to go to a tie-breaker at 34-34 to defeat Cal Lutheran.

Arroyo Grande star Luis Quintana and his teammates ventured all the way back to Charlottesville, for the Virginia Invitational. For Luis, a first place finish and a new course record were the rewards while his team finished a relatively close 2nd 155-188 to Uniondale, N.Y. The A/G girls, however, brought back the team gold with a 109-157 runaway from Cox H.S. of Virginia.

Closer to home, the Bell-Jeff Invitational saw boys teams from Belmont, Bishop Amat, Filmore and Bell-Jeff come away as divisional winners while girls teams from Long Beach Wilson, Bishop Amat, Morro Bay, and MacFarlane were also crowned champions. Up at the Agoura Invitational, Channel Islands and San Luis Obispo were runaway boys winners while Lakewood and San Luis Obispo won the girls races.

October 8.

In what may have been a preview of the SoCal Community College Championships,

the Long Beach CC Viking men used a 3-4-5 individual finish to edge conference rival El Camino 72-74 at the Irvine Invitational. However the El Camino women came back to score a convincing 68-97 victory over runner-up Mt. SAC.

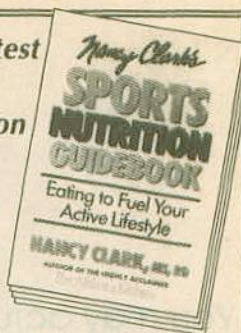
At the 4-Year level, all the action appeared to be up at the Stanford Invitational where the Arkansas men showed why they are contenders for the National Title as they easily outran a strong field including runner-up Arizona 36-64. The BYU women, ranked #5 nationally, were in town and just did out run UC Irvine 74-87. In that race UCI's Buffy Rabbitt hung tough with Wisconsin's Suzy Favor, who is considered the favorite for the National Title, and was 2nd by a mere 7 seconds.

Elsewhere Occidental had no trouble with CalTech and LaVerne, Sweeping both in men's and women's competition.

In the Prep version of the Stanford Invitational, the boys team from Camarillo and the girls from Arroyo Grande and Buena all won divisional titles. In the Division I boy's race, Arroyo Grande's Luis Quintana ran away from the field winning by almost a full minute.

Down South in the Kenny Staub Invitational held at Crescenta Valley Park, boys from Hoover, Thousand Oaks, and La Canada, along with girls from Agoura, Claremont and Bell-Jeff came away as divisional champions. Further South at the Huntington Beach Invitational, it was Saddleback Katella and San Diego emerging at boys titlests while Dana Hills, Edison and San Marcos (S.D.) were the girls division champions.

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STAY FLUID

By LIZ APPEGATE, Ph.D.

You may actually be able to ward off fatigue and run longer by maintaining a fluid balance in your body called plasma volume.

You run. . . you sweat. . . and you drink fluids. Most every runner knows this story. Whatever the temperature outside, your muscles are busily producing heat that must be dissipated. Sweating rids your body of this heat so that you can keep going. But as you sweat, your body loses fluids and you run the risk of dehydration. So you drink water or a sport drink during or after running to stay hydrated. But there's more to this sweating and drinking story that can mean better running performance. You may actually be able to ward off fatigue and run longer by maintaining a fluid balance in your body called plasma volume.

Body Fluid Basics

Over half your body weight is water, and your body relies on a steady supply of fluid to keep this massive hydraulic system running smoothly, particularly during exercise when your muscles generate enormous amounts of heat. It's the job of your circulatory system to take that heat and route it to your skin where the evaporation of sweat whisks away the warmth, thus preventing you from overheating. Actually, it's the watery part of your blood—the plasma—that is directly responsible for cooling you as you run. However, the amount of plasma, or plasma volume is reduced as you sweat. Basically, when you sweat the watery like fluid—plasma—is removed from your blood so you have effectively less blood flowing through your cardiovascular system. This drop in plasma volume means a drop in your performance. As plasma volume declines, there's less fluid to travel through your hard working muscles and take away the heat. If your body temperature goes up, you become fatigued and risk heat injury such as cramping, and nausea. If sweat losses continue without fluid replacement, you

may succumb to heat exhaustion and heat-stroke requiring medical attention.

A drop in plasma volume from heavy sweating also makes it more difficult for your heart to pump blood through your body, which ultimately fatigues your muscles. Think of your blood as a pot of chicken noodle soup—the broth is the plasma, and the noodles and chicken are the blood's red cells and muscle-feeding nutrients. As you boil off the broth (sweat), the soup becomes more like a thick stew which doesn't flow very well.

As your blood thickens from sweating, along with the overall reduction in the volume of blood, it's difficult for your exercising muscles to get enough oxygen. Without sufficient oxygen, your muscles fatigue. Additionally, when dehydrated, your heart has to work harder than normal (stew doesn't pump well) to try and maintain proper circulation while you exercise.

Get Wet

You can see that sweat loss translates to a shrinking blood volume and with this loss goes your performance. But when you drink fluid during exercise, the water can quickly make its way into your circulation allowing the plasma to continue keeping you cool while you run. There's a catch, however. Not just any fluid can maintain your precious plasma volume while you work out. Recent research comparing various sport drinks with plain water show that certain energy replacement drinks may outperform water.

In one study, cyclists exercised for 3 hours in the heat and were given either water, a 5% glucose drink, a 5% glucose-polymer drink, or a 7% glucose-polymer-electrolyte drink (EXCEED®). Those cyclists who drank the glucose-polymer-electrolyte drink were able to maintain plasma volume levels better than when the other beverages, even plain water, were consumed. This means that during the 3 hours of pedaling, dehydration was

prevented to a greater extent with the EXCEED® beverage compared with water.

A likely explanation for the maintenance of plasma volume with the glucose-polymer-electrolyte drink is that the proper amount of sodium (electrolyte) added to this sport drink actually speeds water absorption into the body. By revving up water absorption, fluid enters the blood stream faster. With your plasma volume being supplied by your fluid intake, you stay hydrated and your muscles receive the steady supply of oxygen they need to keep on running.

To keep your running performance at its best here are a few tips on staying fluids:

- Drink fluids frequently during the day to stay well hydrated—six to eight 8-ounce glasses of water, sports drinks, or dilute fruit juice. Keep a filled plastic bike bottle close at hand for easy sipping.
- Before you run, drink about 8 to 16 ounces of water to help offset upcoming sweat losses.
- During exercise, drink fluid every 10 to 20 minutes, preferably a glucose-polymer sport drink, or plain water.
- As a starting point, drink about 1/2 to 3/4 cup of fluid every 10 to 20 minutes. Drink more if conditions are hot or dry.
- Avoid sodas and fruit juices while running as these beverages have a high carbohydrate concentration that slows water absorption into the body.

Liz Applegate is a member of the American College of Sports Medicine and a nationally recognized expert on nutrition and athletic performance. She is the nutrition columnist and technical editor for Runner's World magazine and the nutrition editor for Triathlete magazine.

California Track and Cross Country COACHES ALLIANCE

1990 Membership Update:

In its second year the California Track and Cross Country Coaches Alliance will continue to expand its scope, involvement, and improvement regarding our two sports within the state.

Why Should I Join The Coaches Alliance?

The California Track and Cross Country Coaches Alliance is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

Provides a unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows a group consensus helps to bring about change more effectively than isolated individual concerns.

Last year the Coaches Alliance was directly involved in helping to create a change in the State Cross Country meet format from three divisions to four.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the Coaches Alliance sponsored a clinic in San Francisco for Northern California coaches.

What Do I Receive For My Membership?

- ✓ Coaches Alliance members will receive monthly editions of California Track and Running News, the official publication of the Alliance. Each month members will be kept current with happenings around the state in the Coaches Alliance section of the magazine. Both cross country and track will be covered.
- ✓ Coaches Alliance meetings organized around the CIF Reebok State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.
- ✓ Discounts at the Coaches Alliance sanctioned clinics held in different locations throughout the state. These clinics are:
 1. San Joaquin Coach of the Year Clinic in Fresno.
 2. Southern California Coaches Clinic at Artesia High School in Los Angeles.
 3. California Track and Cross Country Coaches Alliance Clinic to be held in San Francisco.
- ✓ Participation in the Reebok Coaches Clinic (co-sponsored by the Coaches Alliance) to be held on the Saturday morning of the CIF Reebok California State Track Meet weekend.
- ✓ \$50.00 off on a coach's registration fee at Skyjumpers Vaulting Camps, 1990-1991. Camp good for coaching certification.

If you would like to join, please fill out the following: (Please Print)

Name: _____

School: _____ Section: _____

Address: _____

City: _____ Zip: _____

Phone: Home (____) _____ School (____) _____

Dues for 1990/91 year (Tax Deductible) **\$25.00** Make out to Coaches Alliance

Send To: Dennis McClanahan-Treasurer, Mt. Carmel High School
9550 Carmel Mt. Road, San Diego, Ca. 92128

PREP NOTES

By KEITH CONNING

▼ Ed Sias Invitational

September 22. Hidden Valley Park-- DeLa Salle won the boys' team championship with 45 points to defend its title. Montgomery was second with 85 and College Park third with 101.

David Monk (Fairfield) pulled away from Dan Stoll (College Park) on the final hill to win in 10:12.3.

Santa Rosa won the girls' title with 55 points. Vacaville was second with 65 and Carondelet was third with 121.

Nika Horn (Santa Rosa) set a course record of 12:13.7.

▲ Becky Spies (Livermore)

September 29. U.C. Davis-- Senior Becky Spies (Unat/Livermore) won the UC Davis Aggie Invitational 5K in 17:42. Chris Hardman (Greater San Francisco Track Club) placed second in 17:49. Robyn MacSwain-Berry (ex-Terra Linda) was third in 17:58. Nancy Benson (ex-Piedmont) was fourth in 18:00, and Carolyn Crawford (UCD) was fifth in 18:00. There were 110 women in the race.

▼ Stanford Invitational

October 6. Stanford Golf Course-- Luis Quintana (Arroyo Grande), who placed second in the State Meet 1600 meters, set a new course record of 14:57. The old record of 15:24 was set by Jason Flamm (La Sierra, Sacramento) in 1981 and tied by Calvin Gaziano (Castro Valley) in 1983.

Becky Spies (Livermore), who won the State Meet 1600 meters, set a new course record of 17:50. The old record of 18:01 was set by Marilyn Davis (Miramonte, Orinda) in 1981.

▲ Marliner Invitational

October 20. Garin Regional Park, Hayward--Brian Abshire (De Anza High School, El Sobrante, 1982), who won the 1988 Olympic Trials steeplechase, was the speaker at the cake and Dreyer's ice cream clinic the night before the race. He said that he had hepatitis, mononucleosis, and an appendectomy this year. Imagine that he still finished third in the TAC steeplechase!

De La Salle (Concord) won the large schools boys' team title with 57 points. Hanford

placed second with 67, and Santa Rosa was third with 88.

Tesfaye Beyene (Newark Memorial/Ethiopia) set a new course record of 15:05 over the 2.9 mile course in the large schools boys' race. The course was changed this year, as Moreau will host the North Coast Section championships. Jim Zachary (De La Salle) placed second in 15:27, and Steve Guerrini (Santa Rosa), who is also recovering from mononucleosis, was third in 15:33.

Santa Rosa won the large schools girls' team title with 52. Archbishop Mitty of San Jose placed second with 74, and Mission San Jose, which placed three girls in the top ten, was third with 82.

Nika Horn (Santa Rosa) led a clean sweep of the first three places for Santa Rosa with her 18:13. Rhonda Mazza placed second in 19:08 and Megan Reeder was third in 19:13.

Livermore won the small schools boys' title with 75. Corcoran placed second with 116, and Moreau, the host school, was third with 132.

Dan Stoll (College Park) won the boys' small schools race in 15:12. Mark Douglas (Moreau) placed second in 15:18, and Ahmik Jones of Livermore was third in 15:35.

Piedmont won the small schools girls' title with 80. Moreau placed second with 88, and Half Moon Bay was third with 98.

Neve Swagerman (Tamalpais) set a course record of 17:42 in the small schools girls' race. Anikai Webb (Bear River) placed second in 18:12, and Catherine Venables (Encinal) was third in 18:19.

▼ North Coast Section Cross Country Rankings:

Week of October 15

From Peter Brewer (Castro Valley)

Div I (2021-Up) Boys: 1. Santa Rosa, 2. Montgomery, 3. Antioch, 4. James Logan, 5. Berkeley.

Div I Girls: 1. Santa Rosa, 2. Antioch, 3. Berkeley, 4. Montgomery, 5. James Logan.

Div II (1519-2020) Boys: 1. Amador Valley, 2. DeLaSalle, 3. San Ramon, 4. Newark Memorial, 5. El Cerrito.

Div II Girls: 1. Monte Vista, 2. Castro Valley, 3. San Ramon, 4. Amador Valley, 5. Mis-

sion San Jose.

Div III (939-1518) Boys: 1. Livermore, 2. Moreau, 3. College Park, 4. Petaluma, 5. Bishop O'Dowd.

Div III Girls: 1. Livermore, 2. Carondelet, 3. Bishop O'Dowd, 4. Encinal, 5. Moreau.

Div IV (0-938) Boys: 1. Arcata, 2. Piedmont, 3. St. Mary's, 4. Lick-Wilmerding, 5. Kelseyville.

Div IV Girls: 1. Piedmont, 2. Alhambra, 3. Miramonte, 4. Terra Linda, 5. Ursuline.

▲ John Carlos (Palm Springs)

More than two decades after he became a symbol of black protest, John Carlos is back on the track.

Carlos, the American sprinter who brandished a black power symbol while receiving a bronze medal at the 1968 Mexico City Olympics, is now the boys' track and field coach at Palm Springs High School.

"I think the whole thing in track and field is the mental aspect," Carlos said. "It's mental toughness. I want to teach the kids how to deal with defeat, how to respect defeat, so they can know how to appreciate winning."

Carlos, who's also a security guard at the school, said the shock waves following his action forced him to switch jobs constantly in order to support his family. But this, he said, is the job he always wanted.

Carlos still has speed to spare, too.

"I had to chase down some kids trying to play hooky the other day. I caught two of the four, so I can still run some."

(Prep Editor: This article appeared in the October 11, *San Francisco Examiner*.)



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ARCADIA
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INVITATIONAL
April 13, 1991

PREP NOTES

California Track & Cross Country Coaches Alliance News

From DOUG SPECK

Fresno State Cross Country Meet Gathering.

All Coaches who will be at the State High School Cross Country Meet in Fresno the weekend of Friday, November 23rd, and Saturday, November 24th should plan on attending Coaches Alliance functions on Friday evening. There will be a short informational meeting for the Alliance that will follow the Reebok Social at the Picadilly Inn Friday evening. Plans are for a short session at approximately 9:30 as the social gathering winds down. This will be followed by a separate "Steering Committee" meeting after the informational session, and, in addition to Section representatives, members are welcome to hear Steve Spraker (formerly of Saugus HS and now an Administrator at Lompoc HS) speak. Steve was probably more responsible than anyone for bringing about the start of the State High School Cross Country Meet, the best thing ever to happen to the sport in our state. Spraker will address the Steering Committee and anyone else interested on the subject of working with governing bodies to secure changes that those involved with the sport feel are necessary. With the purpose of the Coaches Alliance to provide a united voice for those involved in improving the sport, Steve's information should be very valuable. With the momentum from a change in the State Cross Country Meet to four divisions for this year, it is hoped that there will be continued support for the Alliance and the changes its members who are involved in the sport will suggest. If you are a Coach with a team in Fresno or one who just dropped in to watch the competition on Saturday, please make arrangements to attend these important Alliance functions on Friday evening.

California Track & Cross Country Coaches Alliance Monthly Issue

It has been felt by some that the California Track & Cross Country Coaches Alliance section of *California Track & Running News* should be used for a monthly or bi-monthly discussion of issues that are important to the sport, with an invitation for responses from

those with an opinion. We thought that we would start it with a subject that has come up this Fall in regards to the moving up in enrollment divisions in the sport of Cross Country.

To clarify, let us indicate that what we are asking opinions on is the idea that a school may make the choice to move up to a higher enrollment division than that in which it falls under CBED (California State Education Department Enrollment figures used for divisional placements) figures to compete against those schools of larger enrollment.

Interesting scenarios have emerged this Fall, with Section solutions around the state for dealing with the subject ranging from not allowing any movement at all, to allowing a movement to only the highest enrollment division (Division I), to allowing a move to any division above that which the school is placed by CBED figures. There definitely is not a similar policy throughout the state on this subject of moving up in divisions. It would be interesting to print the policy of all sections of the

state on this subject of moving up in enrollment divisions in the sport, and what the position is of those individuals are who feel strongly for or against one policy choice or another. Please direct your correspondence to Doug Speck, 563 North Willowgrove, Glendora, CA 91740. While we probably cannot print completely every letter that is sent, we are interested in a poll of opinions throughout the state (please indicate your school and division in the sport statewide if you are a coach).

If you are aware of the policy in your section place jot it down and pass it along, and:

WHAT SHOULD BE THE POLICY IN THE SPORT OF HIGH SCHOOL CROSS COUNTRY TOWARDS SCHOOLS WHO WISH TO MOVE TO A HIGHER ENROLLMENT DIVISION FOR CHAMPIONSHIP COMPETITION?

Coaches:

In the next issue's column we will cover the subject of California Coaches Alliance affiliated Track & Cross Country Clinics during the winter. Look out for the "State Championship Cross Country Bulletin" in which Peanut Harms of Reebok was gracious enough to allow the Alliance to discuss the above mentioned clinics as a part of his communications through the State Office in Fullerton.

1991
San Joaquin Valley
Coach of the Year Clinic

January 5, 1991
 Fresno State University

Speakers:

✓ Joe Vigil	Adams State College	Distance
✓ Craig Poole	Brigham Young University	Diet & Nutrition for Women's Athletics
✓ Doug Wells	Cerritos College	Sprints
✓ Scott Semar	Bakersfield High	Throws

For Information call Bob Fraley
 at Fresno State University (209) 297-4098.

California Track and Cross Country Coaches Alliance

PREP NOTES

Southern California Prep Results

Colton Swarm

September 8. Colton HS—The usual large group of greater "inland empire" schools gathered together at Colton H.S. for the annual opening weekend of the season multi-team affair. It was a very improved visiting group from Bishop Amat H.S. in La Puente who quite impressively took both team time awards over some respectable local competition. The Lancer's Men's team was a winner by over two and a half minutes when the times of the first five runners were added up, over the second place team from the 1989 State Meet in Division II, Norte Vista (Riverside), a team with most of its important scorers returning. The Amat Girls were an even bigger winner, by over five minutes, over Redlands. Top individual runners were James Pendergraph of Norte Vista, who raced 15:51 in his senior race to win by a minute, and Carrie Garrison of Rim of the World (Lake Arrowhead), who had the day's fastest Women's time with an 18:50 run in her frosh/soph race.

Results

Women: (Fr/So): 1. Garrison (Rim of World) 18:50, 2. Galvin (Bishop Amat) 20:00. (Jr/Sr): 1. Sepulveda (Colton) 19:25, 2. Tellez (Apple Valley) 20:15. **Teams:** 1. Bishop Amat 105:52, 2. Redlands 110:06, 3. Edwanda 110:15.

Men: (Fr): 1. Pendergraph (Norte Vista) 17:20. (So): 1. Lerma (Indio) 16:47, 2. Carter (Rim) 16:52, 3. Whitney (Palm Desert) 16:53. (Jr): 1. Ridden (Bishop Amat) 16:23, 2. Medrano (Colton) 16:36. (Sr): 1. Pendergraph (Norte Vista) 15:51.

Paramount Invitational

September 8. Paramount—Some good teams and individuals hooked up here. The Reyes family from Lakewood took home most of the individual hardware, with Terrel taking the Men's race in 14:49, and sisters Lucinda (17:44) and Sara (18:33) going 1-2 for the Women. The Lakewood Women's team nipped the hosts for the victory 31 (98:30)-36 (100:36), with the Lancer's strength up front making them a threat at the Section level where they are Division I (Large Schools) in size. A very solid St. John Bosco (Bellflower) group marked its coming out on the Men's side, taking Lakewood 34-53, with the Braves exhibiting great team running, gapping 38 seconds from runners 1 through 6. SJB appears to be a capable threat to some other strong teams at the Section and State level in Division II.

Results

Women: 1. L. Reyes (Lakewood) 17:44, 2. S. Reyes (Lakewood) 18:33, 3. M. Avendano (Paramount) 18:37, 4. A. Avendano (Para) 18:57, 5. Nelson (Lakewood) 19:11. **Teams:** 1. Lakewood 31 (98:30), 2. Paramount 36 (100:36).

Men: 1. T. Reyes (Lakewood) 14:49, 2. Marimuea (Lakewood) 15:13, 3. Faubert (St. Anthony, Long Beach) 15:29, 4. Gallegos (St. John Bosco, Bellflower) 15:38, 5. Allard (Loyola, LA.) 15:49. **Teams:** 1. St. John Bosco 34 (80:17), 2. Lakewood 53 (79:54), 3. Loyola 58 (81:36), 4. St. Anthony (Long Beach) 104 (83:56).

San Marino Invitational

September 13. Lacy Park, San Marino—A group of San Gabriel Valley schools traveled to San Marino High's home course at Lacy Park for this annual early season gathering. This year the hosts proved to be anything but hospitable, with Coach Phil Ryan's Titans showing that they will be among the best in the state at their school size of 1019. San Marino was easy winners on both the Men's (26 points) and Women's (20 points) side, with top individual placings to match. Transfer Carlos Deovando from the fine Staples HS in Westport, Connecticut, program has moved into San Marino, with the 4:24 1600m runner racing away to a 15:24 winning time here. Teammate Peter Nichols was 2nd at 15:40. Over on the Women's side, Marjorie Hsu (2:16.06 in track for 800m) edged teammate (5:14.97 1600m runner) Jacquie Fruttero 19:03-19:07. In a bit of disappointing news it appears that Angel Martinez of San Gabriel, the nation's fastest soph 3200m runner at 8:56.48 last spring

has fell to the scholastic axe, and will probably miss the entire Fall interscholastic harrier season.

Results

Women: 1. Hsu (SM) 19:03, 2. Fruttero (SM) 19:07, 3. Liao (SM) 19:28, 4. Lo (Alhambra) 20:03. **Teams:** 1. San Marino 20, 2. San Gabriel 59.

Men: 1. Deovando (SM) 15:24, 2. Nichols (SM) 15:40, 3. Alcaraz (Schurr, Montebello) 15:53. **Teams:** 1. San Marino 26, 2. Alhambra 60, 3. San Gabriel 78.

"Hind Big Ditch Classic"

September 15. Arroyo Grande—The annual "Hind Big Ditch Classic" turned out to be another very interesting affair attended from schools around the state. Some interesting inter-sectional comparisons were possible after the dust had cleared, and there was some very hot action by some good runners.

The traditionally strong Bellarmine Prep Men's group from San Jose came into race the locals. Arroyo Grande has probably the nation's finest runner, Louie Quintana, on top, with Louie prevailing here by an impressive 36 seconds at 15:06 over 8:59 3200m runner James Menon (San Luis Obispo). Eric Dunn is a very, very impressive ninth grader of AG, who here was fourth in some pretty heavy company. Arroyo Grande totalled a very impressive 29 points in winning the Men's Large School race, with Bellarmine in just ahead of San Luis Obispo in second 68-69.

On the Women's Varsity side the host school was even more brutal to the guests, scoring 18 points and only allowing North Bakersfield's line 1600m runner (5:07.75 in 90 track) Lori Miller into third place as AG grabbed all the other top eight positions. Soph Brandy Barr is off to a strong start for Arroyo Grande, winning here at 19:15 with teammate Angela Orefice 2nd at 19:30. AG is one of the top dozen Women's squads in the nation.

The Small Schools run brought together an interesting mix of schools from the Southern and Central Sections. McFarland is not often defeated at their level, with Arvin showing good grouping behind race winner Mike Sanchez at 16:19, with the Bears 2-5 scorers within 12 seconds to total 52. Arvin has 1605 students according to State CBED figures and will compete in Division II at the State Meet. Central Section school Taft showed surprising strength also, scoring 57 points to make itself a threat in Division IV statewide off its enrollment of 821.

McFarland was an easy winner in the Women's Small Schools run with 33 points, with Maribel Salinas of Arvin the individual titlist in 19:38.

Results

Women: (Small): 1. Salinas (Arvin) 19:38, 2. Carter (McFarland) 19:47, 3. Diaz (McFarland) 20:08, 4. Ambrozak (St. Joseph, Santa Maria) 20:47. **Team:** 1. McFarland 33 (106:30), 2. Taft 84 (115:53), 3. St. Joseph 93 (118:51), 4. Moorpark 96 (120:34). (Large): 1. Barr (AG) 19:15, 2. Orefice (AG) 19:30, 3. Miller (North Bakersfield) 19:40, 4. Kelly (AG) 19:46, 5. Reed (AG) 20:06, 6. Feiz (AG) 20:12. **Teams:** 1. Arroyo Grande 18 (98:51), 2. San Luis Obispo 78 (109:44), 3. North (Bakersfield) 99 (109:48), 4. Bakersfield 111 (114:28).

Men: (Small): 1. Sanchez (Arvin) 16:19, 2. Rojas (Moorpark) 16:20, 3. Lopez (Moorpark) 16:28, 4. Oroso (Taft) 16:41, 5. Quintan (Taft) 16:50, 6. Farmer (Taft) 16:54. **Team:** 1. Arvin 48 (85:53), 2. McFarland 52 (86:17), 3. Taft 57 (87:08), 4. Sierra 123 (93:21). (Large): 1. Quintana (Arroyo Grande) 15:06, 2. Menon (San Luis Obispo) 15:42, 3. Divergilio (SLO) 15:49, 4. Dunn (AG Frosh) 16:04, 5. Tressler (San Marcos, Santa Barbara) 16:11, 6. Mendez (AG) 16:39. **Team:** 1. Arroyo Grande 29 (81:27), 2. Bellarmine Prep (San Jose) 68 (84:43), 3. San Luis Obispo 69 (83:39), 4. Lompoc 130 (88:11).

Riverside Invitational

September 15. Arlington HS—The "Inland Empire" meet for the second weekend of the season was the "Riverside Invitational," sponsored by Arlington High School. A good group of schools attended. State 1989 Division II runner-ups, Norte Vista (Riverside) rolled to a win in the Level II Varsity Men's run, scoring a very low total of 34 points behind the individual win of James Pendergraph (16:34). Junior Alex Aguilar, a 1:57.79 800m runner last year in track as only a soph, was 2nd at 17:31 to lead the Braves. Sophomore Armando Lerma (Indio) took the Division I Men's run with the day's quickest time, a 16:31, with

Palm Springs the team winner there at 59. Apple Valley took the Women's Division I title off the day's quickest time, Carrie Tellez's 21:14, with Riverside Poly taking Division II with 38 points and 2:12.88 800m runner Sheria Moses (Ramona, Riverside) taking the win there at 21:36.

Results

Women: (Div. I): 1. Tellez (Apple Valley) 21:14, 2. Malendez (Indio) 22:06, 3. Olwell (Hesperia) 22:17. **Team:** 1. Apple Valley 48, 2. Hesperia 60, 3. Canyon Springs 73. (Div. II): 1. Moses (Ramona, Riverside) 21:36, 2. Hill (Riverside Poly) 22:04, 3. Aguilar (Norte Vista, Riverside) 22:15. **Teams:** 1. Riverside Poly 38, 2. Ramona 70, 3. Valley View (Riverside) 87.

Men: (Div. I): 1. Lerma (Indio) 16:30, 2. McCarthy (Palm Springs) 16:37, 3. Yunez (San Geronimo, San Bernardino) 17:06. **Team:** 1. Palm Springs 59, 2. Canyon Springs (Moreno Valley) 69, 3. Apple Valley 113. (Div. II): 1. Pendergraph (Norte Vista) 16:33, 2. Aguilar (NV) 17:31, 3. Nudge (Riverside Poly) 17:35. **Teams:** 1. Norte Vista 34, 2. North Riverside 65, 3. Palm Desert 93.

Rotary-West Ojai Invitational

September 15. Ojai—This Meet was held over a 2.7 mile course and had representation from schools mostly in the Ventura-Santa Barbara County area. The races have awards that are given by grades, with all the runners mixed together in one race, an interesting concept. No team scores were kept, but there was some good action. Course records fell to a talented duo from Fillmore High School. Jorge Barajas raced 14:50 to take the Men's title and Marbella Aparicio was 17:15 on the Women's side. Some fine squads were in attendance, with the temptation too great to not do a bit of comparison in at least adding up team times. Fillmore is a very, very solid Men's team, possibly a favorite for the State Division IV title in late November. Here, they went 1-2 (Victor Hernandez followed Barajas in 2nd at 15:16) and totalled an impressive 79:21 team time with a good Nordhoff (Ojai) group 81:04. On the Women's side Jenny Locavara heads a dynamite Morro Bay crew, with Jenny 2nd at 17:33, with Daena Strohman leading numbers two through five who came in between 19:13 and 20:26 to record a 96:29 team time. The Pirates will be very, very tough for any Division IV Women's team to handle statewide come November. A good Nordhoff group was 99:22 here.

Results

Women: 1. Aparicio (Fillmore) 17:15 (CR), 2. Locavara (Morro Bay) 17:33, 3. Spellman (Nordhoff) 18:57, 4. Strohman (MB) 19:13, 5. Aitchison (Thacher, Ojai) 19:23, 6. Kimplon (Nordhoff) 19:29, 7. Ewing (MB) 19:40. **Team:** 1. Morro Bay 96:29, 2. Nordhoff 99:22, 3. Thacher 109:10, 4. Fillmore 109:57.

Men: 1. Barajas (Fillmore) 14:50, 2. Hernandez (Fillm) 15:16, 3. Tallakson (Nordhoff) 15:30, 4. Amato (Crespi, Encino) 15:33, 5. Johnston (Nordhoff) 15:36, 6. Roundy (MB) 15:59, 7. Birch (MB) 16:02. **Team:** 1. Fillmore 79:21, 2. Nordhoff 81:04, 3. Morro Bay 81:26, 4. Ventura 83:37, 5. Crespi 84:13.

Rosemead Invitational

September 15. Rosemead H.S.—This meet that has grown into kind of a "West San Gabriel Valley Championship" had Coach Phil Ryan's San Marino team roll in and dust off the local competition in a very decisive way. The Titans will be one of the better Men's and Women's group statewide in Division III before the year is over and they showed some of that power here. The Men's squad, led by the #3 and #4 times of the day, 9:40.53 3200m runner Peter Nichols (15:49) and a pleasant surprise in Connecticut transfer Carlos Deovando (16:11) had the day's quickest team time by over three minutes with their 82:35 effort. The margin of victory for the Tital Women's group was even greater, at five and a half minutes off their 100:45 effort. San Marino's 5:14.97 1600m runner, Jacquie Fruttero, had the day's quickest time, a 19:17 in winning the Junior/Senior race from Anna Trejo (Pioneer, Whittier) (19:24). Javier Alcaraz of Schurr in Montebello had the day's quickest Men's time at 15:35 in winning the twelfth grade race.

Results

Women: (Fr/So): 1. Johnson (Covina) 20:51, 2. Norberg (San Marino) 19:17, 3. Trejo (Pioneer, Whittier) 19:24, 3. Maldonado (Leuzinger, Lawndale) 19:26, 4. Hsu (San Marino) 19:27, 5. Flores (Bell Gardens) 19:31, 6. Cipres (Rosemead) 19:55. **Teams:** 1. San Marino 100:45, 2. Bell Gardens

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California Track and Cross Country Coaches Alliance

PREP NOTES

106:16, 3. San Gabriel 107:02, 4. Leuzinger 108:32.
Men: (Fr): 1. Hernandez (Glendora) 17:09, (So): 1. Fang (Alhambra) 17:12, (Jr) 1. Hamer (Covina) 18:18, (Sr): 1. Alcaraz (Schurr, Montebello) 15:35, 2. Gutierrez (Rosemead) 15:43, 3. Nichols (San Marino) 15:49, 4. Deo-vando (SM) 16:11, 5. Ocampo (Bell Gardens) 16:17. **Team:** 1. San Marino 82:35, 2. Covina 85:36, 3. Bosco Tech (Rosemead) 85:40, 4. Bell Gardens 85:42, 5. Glendora 86:02.

Woodbridge Invitational

September 15. Woodbridge H.S., Irvine—The monstrous Woodbridge Invitational once again kind of officially kicked off the Southern Section Cross Country season as the usual number of good squads visited the flat and fast campus course at the Irvine school. The action is divided into three divisions with the meet so large during the Saturday that the two larger school divisions run until late in the morning, then the affair shuts down for the heat of the day and finishes off with smaller schools in the late afternoon. The Men's races are "by-grade" with the Women racing Varsity, J.V., and Frosh-Soph competitions. Some big-time match ups had interesting results.

Palos Verdes and Agoura were ranked #2 and #4 at the end of last year respectively on the Women's side nationally. PV had team leader Tammy Wilcox move back east, but both squads were still loaded. On top, Deena Drossin of Agoura is one of the top runners in the nation, with two State Large School harrier titles and a chance to be only one of five prep harriers to make the Kinney National Finals four times this season. Others were in the field, such as Martha Pinto (Katella, Anaheim) 10:42.51 for 3200m and Jeanine Rothman (Westlake, Westlake Village), who was 16th in last year's Kinney National Finals. Deena has gone for as long as she ever has during her prep career without an injury to slow training since the start of the summer. It is showing rather quickly this fall, with another super race here. Leaving the pack behind quickly after a mile Drossin cranked an amazing 17:04 for the three mile course to take down the Course Record of 17:05 set by another hot Ventura County star, Melissa Sutton (Newbury Park), from 1986. Rothman ended 2nd at 17:23 with Pinto 3rd and surprising Valencia (Placentia) star Heather Killeen 4th at 17:36 and Tania Brix (University, Irvine) 5th at 17:39. The team contest started shortly after this, with Tiffany York (Agoura) 6th at 17:51. Maya Muneno lead PV at 8th, with PV's scorers 10th-13th-14th and 17th and Agoura 15-18 and 21 behind their first duo. The score ended a tantalizing 61 for Agoura and 62 for PV. The two squads will meet many times again this Fall, as they have petitioned to move up to the Section and State Large Schools division. PV currently has less than 1300 students with Agoura 1847 last year. Agoura's team time of 91:44, certainly bolstered by Drossin's clocking, works out to an amazing 18:21 average for five. PV's 1-6 gap of 47 seconds that starts at 18:14 is certainly nothing to sneeze at! Fine Long Beach Wilson soph Erica Sumi soloed 17:32 to take the Large School Varsity race.

On the Men's side a flock of good runners ended up with about the same times. Israel Pose (Torrance) outleaded Mike Cherman (Agoura) and Chris Miller (Westlake, Westlake Village) with all three recording 15:09 clockings in an exciting Medium Schools 12th grade race. Amazingly, Mark Gonzales (La Habra), a 9:07.51 3200m runner midway through track last spring who stress fractured out, edged Cesar Lopez (Escondido), in the Small School senior race at the same 15:09 time for both. Lopez was 14th in the Illinois State Class AA State Meet for Moline HS last November and will be a fine addition to San Diego section running. Terrel Reyes (Lakewood) added a solo 15:09 in winning the Large School Junior Men's run. With the "by-grade" races on the Men's side one has to go back to team times to see who looks good. Saddleback, the Section's best on paper returning ended up at 79:02 with a surprising but talented El Toro group that has matured as seniors next at 79:37. Coach Bill Sumner's Corona del Mar squad reloaded once again this year and raced 80:17.

Results

Women: (Small-Varsity): 1. Bandz (Costa Mesa) 18:45, 2. Fair (Foling



JEANNIE ROTHMAN

Photo by Kirby Lee



VERONICA BARAJAS

Photo by Kirby Lee



MARTHA PINTO

Photo by Kirby Lee

Hills, RH Estates) 19:11, 3. Mattson (Newport Harbor) 19:17, 4. Johnston (CM) 19:18, 5. Delgado (Temple City) 19:21. **Teams:** 1. Foothill 68, (Fr/So): 1. Gutierrez (TC) 19:55. **Team:** 1. Laguna Hills 68. (Medium-Varsity): 1. Drossin (Agoura) 17:04MR, 2. Rothman (Westlake, Westlake Village) 17:23, 3. Pinto (Katella) 17:34, 4. Killeen (Valencia) 17:36, 5. Brix (University, Irvine) 17:39, 6. York (Agoura) 17:51, 7. Nekota (Woodbridge Frosh) 17:58, 8. Muneno (Palos Verdes) 18:14, 9. Monson (Claremont) 18:14, 10. Heap (PV) 18:26. **Team:** Agoura 61, 2. Palos Verdes 62 (Fr/So): 1. Burt (Agoura) 20:15. **Team:** 1. Palos Verdes 42. (Large): 1. Sumi (Wilson, LB) 17:32, 2. Gillis (Irvine Frosh) 18:05, 3. Roda (Irvine soph) 18:05, 4. L. Reyes (Lakewood) 18:10, 5. Avendano (Paramount) 18:29. **Team:** 1. Irvine 92, 2. Rubidoux 132, 3. El Toro 135.

Team Times: (top 5 runners from all races): 1. Agoura 91:44, 2. Palos Verdes 93:02, 3. Irvine 95:03, 4. Lakewood 96:36, 5. Rubidoux (Riverside) 97:36, 6. Tusin 97:54, 7. El Toro 97:55, 8. Capistrano Valley 98:38, 9. Los Alamitos 98:51, 10. Woodbridge 98:58, 11. Corona del Mar 99:21, 12. Westlake (WV) 99:29.

Men: (Small-9th): 1. Mahon (La Habra) 16:41. **Team:** 1. Yucaipa 162. (10th): 1. Kawanihi (Laguna Hills) 16:10. **Team:** 1. Salesian 65. (11th): 1. Wilson (Newbury Park) 15:28. **Team:** 1. Laguna Hills 81. (12th): 1. Gonzales (La Habra) 15:09, 2. Lopez (Escondido) 15:09, 3. Le (Los Amigos, Garden Grove) 15:32. **Team:** 1. Escondido 73. (Medium-9th): 1. Moreno (Katella) 16:19. **Team:** 1. Corona del Mar 65. (10th): 1. Wilson (Agoura) 15:36, 2. Love (Katella) 15:45. **Team:** 1. Palos Verdes 95. (11th): 1. Fisher (Villa Park) 15:22, 2. Echeveste (Mt. View, El Monte) 15:34. **Team:** 1. Palos Verdes 101. (12th): 1. Pose (Torrance) 15:09, 2. Cherman (Agoura) 15:09, 3. Miller (Westlake, WV) 15:09, 4. Marumoto (Cdm) 15:15, 5. Simon (VP) 15:27, 6. Marshall (Temecula Valley) 15:32. **Team:** 1. Corona del Mar 101. (Large-9th): 1. Gibbs (Rubidoux, Riverside) 16:07. **Team:** 1. Saddleback 72. (10th): 1. Ochoa (Saddleback) 15:43, 2. Baca (Rowland, Rowland Hgts.) 15:49. **Team:** 1. Upland 99. (11th): 1. Reyes (Lakewood) 15:09, 2. O'Connor (Chino) 15:31. **Team:** 1. Saddleback 113. (12th): 1. Salinas (Saddleback) 15:15, 2. Marinneau (Lakewood) 15:25, 3. Rothschild (El Toro) 15:28, 4. Gomez (Fontana) 15:28. **Team:** 1. El Toro 78.

Mt. Carmel Invitational

September 15. Balboa Park, San Diego—Most of the San Diego section and a number of good Southern Section teams traveled to the course used for the Kinney National Finals in the sport to take part in the Mt. Carmel Invitational. The Women's races are run at the two and a half mile San Diego section distance, with the Men running close to the full Nationals course. There were some very strong performances by a solid group of performers and teams. The meet was split into two divisions, with "by grade" races the order for the day for both Men and Women. Some very impressive course and grade records were set by Dave Hartman (Canyon, Canyon Country), who raced 14:54 to set an overall Course Record for the Men, with very impressive Hart (Newhall) frosh Gavin Klingler racing 16:14 for a

grade record there. Milena Glusac (Fallbrook), only a soph, raced one of the better times in the history of the course in her 16:27 grade race win.

Two of the better Women's teams in the entire nation, Mt. Carmel and San Pasqual (Escondido) dominated each of the divisions they were a part of. San Pasqual led Division II with race winners Melissa Keim (Soph) 17:56 and Allison Eilers (sr 17:58), totalling a team time of 90:06 when the team's top five finishers were added up. La Jolla, defending State Division II champion, has another find in frosh Lauren Andradak, who blazed 17:52 to go along with junior victor Mailee Ferguson (17:36). La Jolla should be tough to beat at the State Division III level, where their 1488 enrollment has them sitting for 1990. Mt. Carmel was the show at the Division I level here, going 1-2 at the senior level, 1-3-5-6 at the junior, 4-5 for the sophs, and 2-3 in the 9th grade race for a team time of 89:54. Both Mt. C and San Pasqual are among the top twenty teams in the entire nation. El Capitan (Lakeside), a Division II State school with 1847 students, showed strength on the Women's side with a 95:31 team time.

Dave Hartman of Canyon, a 9:06.28 3200m runner last year in track, was very impressive with his minute victory in the Division II Men's 12th grade race. Hartman's Canyon teammates moved closer to district rivals Hart (Newhall) when overall team times were added up from the different races. Hart, featuring 1:19 above mentioned frosh record setter Klingler, soph race winner Keith Grossman (15:54), 3rd placer Paul Delacerda (14:27), and Hector Chavez (4th Sr-16:03), had a team time of 81:22 with Canyon 81:26. Hart has not run yet with 9:24.32 3200m runner Billy Dixon, who will make the Indians really, really tough when he returns in a couple of weeks. San Pasqual was the best out of the San Diego section, totalling 82:10, with a very strong junior class. San Pasqual is kind of hamstrung, as religious grounds make the Saturday competition of 4:14.05 1600m runner Robert Walker not possible. 4:12.95 1600m runner Hector Hernandez (Mar Vista, Imperial Beach) was 15:41 in his Division II Men's senior race.

Results

Women: (Div II-Fr): 1. Andrade (La Jolla) 17:52, 2. Valenzuela (University City, San Diego) 18:56, (So): 1. Keim (San Pasqual) 17:56, 2. Cornejo (La Jolla) 18:38. (Jr): 1. Ferguson (La Jolla) 17:36, 2. Hosteller (Torrey Pines, Encinitas) 17:45, (Sr): 1. Eilers (San Pasqual) 17:58, 2. Bergeron (San Pasqual) 18:01. (Div II-Fr): 1. Delacerda (Hart, Newhall) 17:45, 2. Dockery (Mt. Carmel) 18:21. (So): 1. Glusac (Fallbrook) 16:27, 2. Ashleigh (San Diego, Encinitas) 17:57, 3. Callaway (Poway) 18:04. (Jr): 1. Scott (Mt. Carmel) 17:11, 2. Hornbacher (Rancho Buena Vista, Vista)

continued next page...

PREP NOTES

17:14. (Sr): 1. Foss (Mt. Carmel) 16:03, 2. Larson (Mt. Carmel) 18:11. Team Times (Combined Races): 1. Mt. Carmel 89:54, 2. San Pasqual 90:06, 3. La Jolla 92:19, 4. Poway 95:19, 5. Rancho Buena Vista 95:26, 6. El Capitan (Lakeside) 95:31, 7. Fallbrook 96:50, 8. Torrey Pines 97:00, 9. Hart 97:31, 10. Canyon Anaheim 98:35.

Men: (Div II-Fr): 1. O'Connor (St. Augustine, San Diego) 16:43, 2. Valenzuela (Crawford, SD) 17:17. (So): 1. Johnson (El Camino, Oceanside) 16:58, 2. Dickson (Monte Vista, Spring Valley) 17:19. (Jr): 1. Ricketts (Hillip, Chula Vista) 15:52, 2. Kayne (Grossmont, La Mesa) 16:07. (Sr): 1. Hernandez (Mar Vista) 15:41, 2. Gauss (University HS, San Diego) 16:11. (Div I-Fr): 1. Kinger (Hart) 16:14 (Most Grade Course Record), 2. Brock (Poway) 17:29. (So): 1. Grossman (Hart) 15:54, 2. Wenger (Mira Mesa) 16:27. (Jr): 1. Arnold (Poway) 16:06, 2. Sobel (Canyon, Canyon County) 16:14. (Sr): 1. Hartman (Canyon, CC) 14:54CR, 2. Urner (Huntington Beach) 15:53. Team Times (Combined Races): 1. Hart 81:22, 2. Canyon (CC) 81:26, 3. San Pasqual 82:10, 4. Poway 83:00, 5. Fallbrook 83:05, 6. Huntington Beach 83:43, 7. Heix (La Mesa) 83:56, 8. Mt. Carmel 84:08, 9. (tie) El Camino and Mission Viejo 85:08.

Chaffey District Meet

September 22. Red Hill Park, Alta Loma—A group of schools from the eastern end of L.A. County and the Western end of San Bernardino County came to the Alta Loma area for the Chaffey District Meet. A revived Chino High Women's Varsity and young Upland Men's group were the team winners. Chino, the Varsity Women's winner with 34 points, has been revitalized for the tough Baseline League season with the return this season (after skipping the 1999 campaign) of Cindy Wolfe, who was 4th here in a time 18:56. Coach Bob Loney of Upland has a strong young group of runners, led by Roger Smith (5th here in 15:56) and a group of sophs who are enjoying success at the Varsity level. Upland scored 43 in the Men's Varsity to take a good Walnut squad (72). Junior James O'Connor edged teammate Tiffin for the win 15:36-15:38. On the Women's side Kelly Dearborn showed a good summer of practice with an 18:22 win over Wendy Griffith (Walnut-18:37).

Results

Women: 1. Dearborn (Alta Loma) 18:22, 2. Griffith (Walnut) 18:37, 3. Norrell (Upland) 18:43, 4. Wolfe (Chino) 18:56, 5. Flores (Chino) 19:01. Teams: 1. Chino 34, 2. Upland 57, 3. St. Lucy's (Glendora) 72. Men: 1. O'Connor (Chino) 15:36, 2. Tiffin (Chino) 15:38, 3. Foote (Walnut) 15:47, 4. Graber (Chaffey, Ontario) 15:53, 5. Smith (Upland) 15:56. Teams: 1. Upland 43, 2. Walnut 62, 3. Chino 74.

Royal Invitational

September 22. Moorpark College—The greater Ventura County area greeted a few visitors for the annual high-level Royal Invitational at Moorpark College. A number of the Section and State's best were in attendance. Greater Newhall area schools, Hart and Canyon of Canyon Country are fine Men's Varsity groups, with the duo battling in the Large Schools division while leaving the pack far behind. Hart, still without 9:24 3200m runner Billy Dixon, scored 56 for the win, with Canyon, led by race winner Dave Hartman (15:11), had 72 in 2nd. Jeff Wilson (Newbury Park) was 15:26 in second, with surprising Stewart Ellington (Channel Islands, Oxnard) continuing his fine season with a 15:27 for 3rd. On the Women's side it was a classic battle, with Channel Islands and Buena (Ventura), two of the State's better Large School women's teams battling. CI emerged the slight victor 65-67. There is a family footnote to all of this, as Debbie Blum was the CI Coach until this season, with husband Steve the Buena Women's mentor. The duo had a child this past year and Debbie is taking the season off. Individually, Jeanne Rothman (Westlake, Westlake Village), a Kinney National Finalist last year in the sport, was a winner at 17:55 over CI's Veronica Barajas (18:14).

Results

Women: (Large): 1. Rothman (Westlake, WV) 17:55, 2. Barajas (Channel Islands) 18:14, 3. Heidt (Canyon, Canyon County) 18:50, 4. Hinkle (Buena) 19:24, 5. Graham (Westlake) 19:43. Teams: 1. Channel Islands 65, 2. Buena 67, 3. Simi Valley 117, 4. Hart 156, 5. Atascadero 164. (Small): 1. Apacirio (Fillmore) 18:44, 2. Kendig (La Reina, Thous Oaks) 19:39. Teams: 1. Northhoff (Cjai) 39, 2. Notre Dame (Sherman Oaks) 81, 3. Fillmore 90, 4. La Reina 98, 5. Caballo 127. Men: (Large): 1. Hartman (Canyon, CA) 15:11, 2. Wilson (Newbury Park) 15:26, 3. Ellington (CI) 15:27, 4. Mendoza (CI) 15:54, 5. Miller (Westlake)

16:06. Teams: 1. Hart (Newhall) 56, 2. Canyon 72, 3. Channel Islands 112, 4. Thousand Oaks 170, 5. Camarillo 183. (Small): 1. Barajas (Fillmore) 16:10, 2. Rojas (Moorpark) 16:25, 3. Lopez (Moorpark) 16:26. Teams: 1. Fillmore 32, 2. Northhoff 89, 3. Moorpark 91, 4. Whitler Christian (La Habra) 98, 5. Lompoc 117.

Laguna Hills Invitational

September 22. Laguna Hills H.S.—The big Laguna Hills invite featured some great action on the school's sufficiently challenging 3 mile course that starts on the campus and meanders out a bit into the community on some trails and sidewalks. Schools were divided into Small, Medium, and Large divisions, with the Men's races "by-grade" and the Women running separate Frosh, Soph, and Junior/Senior races. At the end of a long day of action Dan Niednagel (Dana Hills) had emerged with the day's quickest individual Men's time of 15:13 in his 12th grade race win over Scott Urner (Huntington Beach) 15:24, with DH turning out to have the top team time on the Men's side of 80:29. On the Women's side some outstanding individuals finished their races with the rest of the field somewhere in the previous county. Milena Giusac of Fallbrook, who split the 1989 Cross Country season as a ninth grader with the school's tennis team, on the way to a 9th place in the State's Large School division, and raced a fine 10:51.52 in the spring for 3200 meters, continues to improve. Here, she blasted a 17:15 clocking in winning her Large Schools soph run to win by a over a minute from Irvine star Kelly Roda (18:17), who had 3rd place over a minute and a half behind her. Shelley Taylor (Edison, Huntington Beach) made her first local Invitational appearance here, blasting a 17:29 to win the Medium Jr/Sr division by over a minute and a half. Tanya Brix (University, Irvine) was 18:10 in a solo Large Schools Jr/Sr run, with outstanding 9th grader Kay Nikota (Woodbridge, Irvine) racing 18:18 to take the Medium Schools Frosh race by over two and a half minutes. Nikota was one of the nation's top eighth grade distance runners last year, with a 10:29.7 best for 3000 meters (worth about 11:20 for two miles—again that's an eighth grader).

Dana Hills team time of 80:29 put them in just ahead of El Toro, who had the #2 time from the previous weekend at the monster Woodbridge Invite, and it appears Dana Hills will be another Section Division I power this season. Note should be made of the depth of the Corona del Mar Men's program, which swept three of the four grade division team championships at the Small School level.

Results

Women: (Small-Fr): 1. Haven (Coronado) 21:00. Teams: 1. Laguna Hills 33. (So): 1. Leslie (Newport Harbor) 19:44. Teams: 1. Newport Harbor 23. (Medium-Fr): 1. Nikota (Woodbridge, Irvine) 18:18. Teams: 1. San Pasqual 45. (Jr/Sr): 1. Taylor (Edison, HB) 17:29, 2. Smith (Diamond Bar) 19:02, 3. Ebers (San Pasqual) 19:03, 4. Bradbury (Edison) 19:06, 5. Hildebrand (Mission Viejo) 19:16. Teams: 1. San Pasqual 39. (Large-Fr): 1. Gillis (Irvine) no time recorded. Teams: 1. Irvine 63. (So): 1. Giusac (Fallbrook) 17:15, 2. Roda (Irvine) 18:17, 3. Hand (Fallbrook) 19:49. Teams: 1. Dana Hills 84. (Jr/Sr) 1. Brix (University, Irvine) 18:10, 2. Fatons (Los Alamitos) 18:52, 3. Brindley (Capistrano Valley, Mission Viejo) 18:55, 4. Hernandez (Los Al) 19:07, 5. Hamein (Irvine) 19:09, 6. Sweetser (El Toro) 19:21. Teams: 1. Los Alamitos 58.

Men: (Small-Fr): 1. Kellezighi (San Diego) 16:35. Teams: 1. Corona del Mar 52. (So): 1. Kawarishi (Laguna Hills) 16:06. Teams: 1. Laguna Hills 52. (Jr): 1. Lynch (LH) 15:50, 2. Ripley (Laguna Beach) 16:00, 3. Guzman (University City, San Diego) 16:07. Teams: 1. Corona del Mar 69. (Sr): 1. Le (Los Amigos, Garden Grove) 15:30, 2. Marumoto (CdM) 15:34, 3. Brobeck (LB) 15:50, 4. Hogan (CdM) 15:55, 5. Gauss (Univ. San Diego) 16:07. Teams: 1. CdM 50. (Medium-Fr): 1. Rufe (San Pasqual, Escondido) 17:29. Teams: 1. Yucaipa 54. (So): 1. Serrano (Point Loma) 16:08. Teams: 1. Yucaipa 43. (Jr): 1. Echeveste (Mt. View, El Monte) 15:43, 2. Diligan (Pt. Loma) 15:58, 3. Christensen (San Pasqual) 16:02. Teams: 1. San Pasqual 44. (Sr): 1. Daum (San Pasqual) 15:56, 2. Sakaj (Edison) 16:10. Teams: 1. La Quinta 95. (Large-Fr): 1. Meader (Irvine) 16:52. Teams: 1. Dana Hills 35. (So): 1. Nelson (El Toro) 16:26. Teams: 1. Dana Hills 39. (Jr): 1. Cameron (Los Alamitos) 15:57, 2. Hernandez (Fallbrook) 16:04. Teams: 1. Dana Hills 70. (Sr): 1. Niednagel (DH) 15:13, 2. Urner (HB) 15:24, 3. Sullivan (DH) 15:36, 4. Rothschild (El Toro) 15:42, 5. Lozano (Heix, San Diego) 15:45, 6. Iza (Fallbrook) 15:45, 6. Nelson (El Toro) 15:53, 8. Patapoff (Hunt.Bch) 15:55, 9. Matson (ET) 16:00. Teams: 1. El Toro 55.

Agoura Invitational

September 29. Paramount Ranch—The Agoura Invitational features a number of Ventura-Santa Barbara County schools and enough teams traveling up from the greater L.A. area to make it interesting. If you wonder why Agoura does not run in the Agoura Invitational, the district has a ruling that athletic competition will not take place this Jewish holiday weekend.

Channel Islands (Oxnard) teams and individuals were all over the course in the Division I level races. Fernando Mendoza and Stewart Ellington went 1-2 in the Men's Varsity Division I race, running the day's two quickest times, 16:01 and 16:02, with the Raiders totalling 57 to easily win over Fontana in that team contest. In the Women's Division I race Veronica Barajas of CI was a winner by over a minute from very respected Lucinda Reyes of Lakewood 18:25-19:34. Lakewood took the team contest with 55 points to an improved Simi Valley team, which had 59. In Division II it was San Luis Obispo dominating, taking both the Men's (40 points) and Women's (65 total) titles, with 8:59.05 3200m star James Menon racing 16:07 to win the Men's race over teammate Adam Divergilio (16:13). La Reina (Thous.Oaks) star Jamie Kendig took the Division II Women's race at 19:27.

Results

Women: (Div I): 1. Barajas (Channel Islands) 18:25, 2. L. Reyes (Lakewood) 19:34, 3. Maldonado (Leuzinger, Lawndale) 20:27. Teams: 1. Lakewood 55, 2. Simi Valley 59, 3. Channel Islands 75. (Div II): 1. Kendig (La Reina, Thous.Oaks) 19:27. Teams: 1. San Luis Obispo 65, 2. La Canada 81, 3. La Reina 87.

Men: (Div I): 1. Mendoza (CI) 16:01, 2. Ellington (CI) 16:02, 3. Martineaux (Lakewood) 16:03. Teams: 1. Channel Islands 57, 2. Fontana 114, 3. West Torrance 121. (Div II): 1. Menon (SLO) 16:07, 2. Divergilio (SLO) 16:13, 3. Lopez (Moorpark) 16:33. Teams: 1. San Luis Obispo 40, 2. (tie) Dos Pueblos (Goleta) and Lompoc 89.

Sonora Invitational

Sept. 22. Carbon Canyon Park, Brea—Top individuals Mark Gonzales (La Habra) and Martha Pinto (Katella, Anaheim) were the stars of the Sonora invite, with Gonzales' team handling a good Rowland squad 46-62 for the Large School Men's title, and Paramount nipping Pinto's Katella crew 60-61 for the Women's team contest there.

Gonzales, a 9:07.51 3200m runner last spring before injury was the individual winner by 35 yards over Rosemead's Juan Gutierrez 15:36-15:42. Pinto blew another field out, here by over a minute at 18:01.

Results:

Women: (Div I) 1. Pinto (Katella, Anaheim) 18:01, 2. Avendano (Paramount) 19:17, 3. Mills (Katella) 19:37. Team: 1. Paramount 60, 2. Katella 61, 3. Mater Dei (Santa Ana) 81. (Div II) 1. Lee (Canyon, Anaheim) 19:57, 2. Lewis (Cypress) 20:34. Team: 1. El Rancho 35, 2. Sonora (La Habra) 83.

Men: (Div I) 1. Gonzales (La Habra) 15:36, 2. Gutierrez (Rosemead) 15:42, 3. Garibay (Nogales, La Puente) 15:51. Team: 1. La Habra 46, 2. Rowland (Rowland Heights) 62, 3. Katella 65. (Div II) 1. Garcia (Northview, Covina) 17:03, 2. Sajas (Sunny Hills, Fullerton) 17:04. Team: 1. Sunny Hills 56, 2. Norwalk 66.

University of Virginia Invitational

Sept. 29. Charlottesville, VA—On Sept. 29th the Men's and Women's team from Arroyo Grande High School traveled back to the University of Virginia High School Cross Country Invitational. The Meet was on a course that was described by Coach Greg DeNike of AG as tougher than Mt. SAC, and it would give the fine Southern California squads a chance to measure themselves and our area against the rest of the country. There were some very good individuals and teams in attendance with the Californians shining for the Golden State.

People just cannot believe Louie Quintana this year. Ibrahim Aden, a Soalian 11th grade student at Fork Union Military Academy in Virginia had just run 4:10.94 for the "Fifth Avenue Mile," with Louie appearing to have the best competition thus far this Fall. It was a race for a mile, with Coach DeNike relating that Aden was on Louie's shoulder when the duo came past the mile at 4:28, but when they went around a hill and returned

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PREP NOTES

Louie had a 300 yard lead which he slightly stretched to the finish of the 5000 meter event. Louie's finishing time of 15:27 took down the Meet Record of 15:36 by Brandon Mathias of Canada in 1986. Mathias was the Pathmark National Prep Indoor Mile and Two Mile Champion the following winter in 1987, doubling in 4:10 and 8:54. AG did us Golden Staters proud as a team also on the Men's side, finishing 2nd to a nationally ranked St. Anthony's (South Huntington, NY) 155-188. On the Women's side Arroyo Grande was victorious 109-165 over F. Cox, Virginia Beach, VA and the squad ranked #4 nationally by "Harrier" magazine, West Potomac, VA. Soph Brandy Barr led the AG group with a 19:34 for 3rd. Interestingly, Coach Greg DeNke of AG indicated that the Charlottesville course was very, very tough, possibly more difficult than the Mt. SAC circuit used for Southern Section action, felt by most Southern Californians to be the toughest around.

Results:

Women: 1. McCarthy (Robinson, Fairfax, VA) 18:46, 3. Barr (Arroyo Grande) 19:34, 11. Orefice (AG) 20:11. Team: 1. Arroyo Grande 109, 2. Frank W. Cox, Va. Beach, VA) 157, 3. W. Potomac, VA) 165, 4. Langley, McLean, VA) 203.
Men: 1. Quinana (AG) 15:27 CR, 2. Sawyer (Denbigh, Newport News, VA) 16:12, 11. Dunn (AG) 16:44.

Bell-Jeff Invitational

Sept. 29. Griffith Park, Los Angeles--The Bell-Jeff Invitational, a big, competitive affair that takes pride in gathering the best small schools together for special races to sort out bragging rights there, was held on a challenging course in Griffith Park. Many of the greater L.A. area strong teams and individuals were in attendance, with some interesting groups dropping in from the Central Section.

Erica Sumi, a soph at Long Beach Wilson, continues to roll in her second year of High School. A 10:56.05 3200m runner last sprint, Sumi continued a string of invitational wins here with a Division I win by 47 seconds over 5:07.75 1600m runner, Lori Miller (North, Bakersfield), with a fine 17:33 that led her team to a win over a good Chino group, 56-84. Belmont (L.A.) laid down the first challenge to Taft (Woodland Hills), who broke a Belmont string of 7 consecutive L.A. City titles last Fall in the sport, with a 68-81 win in the Men's Division I race here. Ben Mesfen, a 4:13.04 1600m runner last spring, was the individual winner there at 14:41 over improved Margito Casillas (Hoover, Glendale) (14:56). Much improved Bishop Amat (La Puente) took the Division II Men's (87 points to nip Yucaipa with 92) and Women's (55) championships.

The smaller school races were split into Division III and Division IV, with the IV race for schools of 600 and under. With the Section dividing its State size Division IV into two enrollment halves in an "A" and "AA" alignment, the "A" division will feature schools of under 450 students, probably the first attempt ever to protect those of really small enrollment. This Division IV reflected some of those schools.

In the Division III race on the Women's side, it was a super Morro Bay squad that continued to roll. The favorite right now for the State title at Division IV, the Pirates totalled 42 points to beat a very good Nordhoff (Ojai) team that had 69. To show MB's strength, their team time of 96:45 was the fastest of the entire meet. Morro Bay's enrollment is 882, with their success a tribute to a fine group and the work of Coach Cary Nereid. Maribella Aparicio (Fillmore) was the individual winner in that race at 19:29, with a 4:59.07 1600m runner Nikki Shaw expected back on the course in the next week to toughen up the Fillmore team act down the road. McFarland, out of the Central Section, was the team winner in the Division IV Women's race, totalling 67 in edging a good Lutheran of Orange team that had 85. Cortez of McFarland won that race in a quick 18:47. On the Men's side in Division IV the state favorite in Division IV thus far this season, Fillmore, continued to roll, totalling 67 to win handily over Salesian (L.A.) (90) and a number of other fine squads. Todd Tressler of San Marcos (Santa Barbara), a 4:19.8 1600m runner last year as a soph, raced 14:53 to win over Jorge Barajas (Fillmore) 15:16. In the Division IV race

hosts Bell-Jeff raced superbly to beat a fine Maranatha (Sierra Madre) team (64) and traditional state power out of the Central Section, McFarland (73). Fillmore totalled 79:53 for their winning team time, with Bell-Jeff surprisingly the second fastest of all the Division III and IV teams entered with their 81:44.

Results:

Women: (Div I) 1. Sumi (Wilson, Long Beach) 17:33, 2. Miller (North, Bakersfield) 18:20, 3. Flores (Chino) 18:30, 4. Snoback (University, L.A.) 18:59. Team: 1. Wilson, Long Beach 56 (97:31), 2. Chino 84 (99:55), 3. Belmont 93 (101:36), 4. North, Bakersfield 115 (102:11). (Div II) 1. Ayuso (Burbank) 18:35, 2. Valarde (Mt. View, El Monte) 18:52. Team: 1. Bishop Amat 55 (102:40), 2. South Torrance 90 (105:56), 3. Mountain View (El Monte) 91 (104:43). (Div III) 1. Aparicio (Fillmore) 19:29. Team: 1. Morro Bay 42 (96:45), 2. Nordhoff 69 (99:55), 3. St. Paul (Whittier) 94 (102:50). (Div IV) 1. Cortez (McFarland) 18:47, 2. Ambrozak (St. Joseph, Santa Maria) 19:01. Team: McFarland 67 (103:51), 2. Lutheran (Orange) 85 (105:56), 3. Bell-Jeff (Burbank) 105 (107:35).
Men: (Div I) 1. Mesfen (Venice) 14:41, 2. Casillas (Hoover, Glendale) 14:56, 3. Rocha (Glendale) 14:59. Team: 1. Belmont 68 (77:48), 2. Taft (Woodland Hills) 81 (78:22), 3. Hoover (Glendale) 92 (78:26). (Div II) 1. Reinish (Bishop Montgomery, Torrance) 15:06. Team: 1. Bishop Amat (La Puente) 87 (81:15), 2. Yucaipa 92 (81:33), 3. Bosco Tech (Rosemead) 124 (82:41). (Div III) 1. Tressler (San Marcos, Santa Barbara) 14:53, 2. Barajas (Fillmore) 15:16. Team: 1. Fillmore 67 (79:53), 2. Salesian 90 (81:49), 3. Morro Bay 103 (81:59). (Div IV) 1. Fisher (Maranatha, Sierra Madre) 15:30. Team: 1. Bell-Jeff 45 (81:44), 2. Maranatha (82:28), 3. McFarland 73 (83:36).

Azusa Invitational

Sept. 29. Citrus College--The annual flat and fast Azusa Invitational on the campus course at Citrus College features San Gabriel Valley schools. Arroyo (El Monte), slowly building into another very, very strong team on the Men's side, performed very well, with a two minute team time win to show for the Knights' efforts when top lives in this "by-grade" meet were added up. South Hills (West Covina), also developing nicely on the Women's side, showed a good group on the way to a narrow win over San Gabriel. Top individual times of the day went to Arroyo junior Bryan Hake (15:09) in an 11th grade race win, with Braulio Gallegos (15:14) taking the 12th grade victory. Bonnie Oglesby (South Hills) had the fastest Women's time at 18:06.

Results:

Women: (9th) 1. Ramirez (Ayala, Chino) 19:24, 2. Gomez (South Hills) 19:35. Team: 1. South Hills 37 (10th) 1. Johnson (Covina) 19:00. Team: 1. Nogales, La Puente 75 (11th) 1. Oglesby (South Hills) 18:06, 2. Sanchez (Nogales) 18:30, 3. T. Mendoza (San Gabriel) 19:27. Team: San Gabriel 89 (12th) 1. Cipres (Rosemead) 19:00, 2. Robles (San Gabriel) 19:24, 3. O. Mendoza (San Gabriel) 19:24. Team: 1. Arroyo 54. Team Times: (combined top five) 1. South Hills 98:23, 2. San Gabriel 98:41, 3. Arroyo 100:26, 4. Azusa 102:52, 5. Rosemead 102:58.
Men: (9th) 1. Muniz (S. Hills) 16:04. Team: 1. Arroyo 30, (10th) 1. Lozano (Gladstone, Covina) 15:45. Team: 1. South Hills 78 (11th) 1. Hake (Arroyo) 15:09, 2. Garbay (Nogales) 15:14, 3. Hamer (Covina) 15:19, 4. Robles (Covina) 15:31, 5. Olivas (San Gabriel) 15:32, 6. Pingarron (San Gabriel) 15:37. Team: 1. San Gabriel 58. (12th) 1. Gallegos (Arroyo) 15:14, 2. Estrada (Morrovia) 15:27, 3. Casteneda (Arroyo) 15:37. Team: 1. Arroyo 50. Team Times: 1. Arroyo 78:08, 2. Covina 80:19, 3. Nogales 80:45, 4. Gladstone 80:47, 5. South Hills 80:58, 6. San Gabriel 81:25.

Dana Hills Invitational

Sept. 29. Dana Hills High School--The huge Dana Hills Meet features schools divided into "by-grade" events on the very quick campus course that has a last mile that is gradually downhill on concrete and a finish line on the track that is about a hundred feet in elevation below the start. The course, competition, and cool beach weather adds up to some cooking times! Some of the State's very best came to town and the action was very, very hot!

Some very fine racing came from some of the top Women athletes in the state, with a Mt. Carmel (San Diego) squad showing that it is among the best in the nation off their performance in the Division I races here. Milena Glusac (Fallbrook) blasted a 17:08 to win her Div I soph event, with Shelley Taylor (Edison, Huntington Beach) racing 17:02 in that level's Jr/Sr event for the day's quickest, and one of the fastest times in the history of this Meet. Mt. Carmel was fourth in last year's

State Meet, and has most of that team back. The Sun Devils have worked to a new level since last year, here totalling an amazing 92:14 team time, led by Susan Scott's 17:54 for 2nd behind Taylor. Mt. C's time averages out to 18:28 per athlete, justifying a "Harrier" Magazine ranking in the top dozen nationally. In Division II Heather Killeen (Valencia, Placentia) looked good in a Jr/Sr win at 17:42, with Tanya Brix (University, Irvine) 2nd at 17:54. Kelly Rodda (Irvine) was 17:52 in a Soph Div II win, with fresh Kay Nekota, an 11:20 2 mi.er last year in the 8th grade, a 17:26 Div II Frosh winner at 17:26.

On the Men's side strong Dana Hills and Saddleback (Santa Ana) teams were in attendance. Dan Niednagel of the home school raced the day's fastest, a 14:51 Div I Senior race win over surprising teammate, Brendan Sullivan (15:00). Eddie Salinas of Saddleback, 4th in Niednagel's race at 15:14 led a Saddleback charge that had J. Ochoa take the Div I soph race at 15:36, with the Roadrunner crew totalling 77:30 to Dana Hills' 77:34 when top fives were added up. James Pendergraph (Norte Vista, Riverside) raced 15:05 to take the Div II Senior race, with Rob Fisher (Villa Park) the Junior winner at that level in 15:15. San Marino showed real strength in Division III in totalling 78:50 for the day's #6 team time overall.

Results:

Women: (Div I) (Fr) 1. Hermiz (Mt. Carmel, San Diego) 18:40. (So) 1. Kusac (Fallbrook) 17:08, 2. Callan (Poway) 18:31. (Jr/Sr) 1. Taylor (Edison, Huntington Beach) 17:02, 2. Scott (Mt. Carmel) 17:54, 3. Norell (Upland) 18:01, 4. M. Avendano (Paramount) 18:07, 5. Hinkle (Buena) 18:07, 6. Dearborn (Alta Loma) 18:11, 7. Brindley (Capistrano Valley, Mission Viejo) 18:22, 8. Flores (Bell Gardens) 18:25. (Div II) (Fr) 1. Nekota (Woodbridge, Irvine) 17:26, 2. Gills (Irvine) 18:29. (So) 1. Roda (Irvine) 17:52, 2. Alexander (Tustin) 18:26. (Jr/Sr) 1. Killeen (Valencia, Placentia) 17:42, 2. Brix (University, Irvine) 17:54, 3. Fernandez (Los Alamitos) 18:17, 4. Rae (Rancho Buena Vista, Vista) 18:24, 5. Saska (Torrey Pines, Encinitas) 18:31. (Div III) (Fr/Sr) 1. Mayers (Foothill, Santa Ana) 18:59. (Jr/Sr) 1. Bendz (Costa Mesa) 18:14, 2. Hsu (San Marino) 18:16, 3. Liao (San Marino) 18:33.

Team Times: (top fives from all grades combined) 1. Mt. Carmel 92:19, 2. (So) Irvine and Edison (Huntington Beach) 94:55, 4. Buena (Ventura) 95:01, 5. Tustin 96:14, 6. Rubidoux (Riverside) 96:37, 7. Fallbrook 96:43, 8. Los Alamitos 96:55, 9. Canyon (Anaheim) 97:10, 10. Dana Hills 97:14, 11. Foothill (Santa Ana) 97:27, 12. San Marino 97:28, 13. Capistrano Valley (Mission Viejo) 97:38, 14. Poway 98:06, 15. Upland 98:08.

Men: (Div I) (Fr) 1. Gibbs (Rubidoux) 15:41. (So) 1. Ochoa (Saddleback) 15:36, 2. Pysz (DH) 15:47. (Jr) 1. McCarthy (Palm Springs) 15:26, 2. Arnold (Poway) 15:27. (Sr) 1. Niednagel (Dana Hills) 14:51, 2. Sullivan (DH) 15:00, 3. Rothschild (El Toro) 15:04, 4. Salinas (Saddleback, Santa Ana) 15:14, 5. Matson (El Toro) 15:15, 6. Finn (Poway) 15:19, 7. Ochoa (Saddleback) 15:20. (Div II) (Fr) 1. Meader (Irvine) 16:23. (So) 1. Elston (University, Irvine) 16:05. (Jr) 1. Fisher (Villa Park) 15:15, 2. Aguilar (Norte Vista) 15:22. (Sr) 1. J. Pendergraph (Norte Vista) 15:05, 2. Lopez (Escondido) 15:11, 3. Classen (Mission Viejo) 15:18, 4. Palacios (Lopez, Cerritos) 15:21, 5. Meek (Escondido) 15:22, 6. Lemister (Vista) 15:25, 7. Simon (Villa Park) 15:29. (Div III) (Fr) 1. Russell (Costa Mesa) 16:31. (So) 1. Kawashiki (Laguna Hills) 16:07. (Jr) 1. Lemus (St. John Bosco, Bellflower) 15:36. (Sr) 1. Nichols (San Marino) 15:14, 2. Deovandio (SM) 15:27, 3. Brobeck (Laguna Beach) 15:30.

Team Times: 1. Saddleback (Santa Ana) 77:30, 2. Dana Hills 77:34, 3. Poway 78:03, 4. El Toro 78:26, 5. Fallbrook 78:43, 6. San Marino 78:50, 7. Esperanza (Anaheim) 78:52, 8. Huntington Beach 78:53, 9. Escondido 78:57, 10. Rubidoux (Riverside) 79:04, 11. Upland 79:41, 12. Norte Vista (Riverside) 80:04, 13. Villa Park 80:13, 14. St. John Bosco (Bellflower) 80:19, 15. Fountain Valley 81:01.

Hesperian Invitational

Sept. 29. Hesperia Lake--This first annual addition of the Hesperia Invitational was held in the honor of the Scorpion's Nicole Robbins, the All-American in the sport who was tragically killed last year in an auto accident shortly before her San Andreas League Finals. The Meet had a good turnout from mostly San Bernardino and Riverside County schools, with the affair appearing to be a real success for the first "go-round."

St. Lucy's (Glendora) Colette Bourgoin, the leader of one of the Section's better Division III powers, had the day's quickest Women's time in winning the Medium Schools race over Rachel Leonard (Serrano, Phelan) 20:43-20:48. Martin (Burroughs, Ridgecrest) had the quickest Men's time with a 17:15 Medium Schools win

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California Track and Cross Country Coaches Alliance

PREP NOTES

Results:

Women: (Large) 1. Casruita (Victor Valley) 20:57. Team: 1. Hesperia 32, 2. Victor Valley 37. **(Medium)** 1. Bourgoin (St. Lucy's) 20:43, 2. Leonard (Serrano) 20:48. Team: 1. St. Lucy's 29, 2. Burroughs (Ridgecrest) 41. **(Small)** 1. Wilkerson (Hesperia Christian) 23:48.
Men: (Large) 1. Shelby (Eisenhower, Rialto) 17:26, 2. Ray (Hesperia) 17:27. Team: 1. Hesperia 36, 2. San Bernardino 54. **(Medium)** 1. Martin (Burroughs, R) 17:15, 2. Richards 17:25, 3. Ayala (Garey, Pomona) 17:32. Team: 1. Burroughs (R) 37, 2. Garey 43. **(Small)** 1. Light (Inland Christian, San Bernardino) 18:47. Team: 1. Inland Christian 26.

Kenny Staub Invitational

Oct. 6, La Crescenta Park—The annually very tough competition on the challenging course that timewise is very close to Mt. SAC and Woodward Park once again featured a super match-up. This year the nation's #2 (Agoura) and #3 (Palos Verdes) Women's prep teams would go at it here. Both squads started the year off in fine style, with Agoura nipping PV by one point in an early-season clash at the Woodbridge Invitational. Their clash here would have quite a surprising ending.

When the Chargers and Sea-Kings Meet there is no question that Deena Drossin, defending State 3200m Champion for Agoura, will be the individual winner, as she was here in 17:47. The team contest started in earnest after that point, with the results today rather surprising. Agoura followed up Drossin's win with a 2nd from Tiffany York (19:07), and 3rd from Kristy Camp (19:10), a combination near impossible to top scoring wise in any size competition. Maya Muneno was PV's first scorer in 4th at 19:11, with Agoura's #4 and #5 placing 5th and 8th for a low score of 19. Palos Verdes totalled 38 as the two powers took all the top ten places in the dozen team Division I race. Jeanine Rothman (Westlake, Westlake Village) scored a fine 17:55 win in Division II, with Claremont soph Laura Monson 2nd at 18:40 to lead her squad to a narrow win 71-74 over Westlake.

On the Men's side Coach Greg Switzer of Glendale Hoover rebuilt quickly after losing the likes of Eliazar Herrera (8:58.96 3200m) and Creighton Harris (4:14.33 1600m), with Margarto Casillas (3rd 15:52) in a comfortable 58-71 win over Palos Verdes. Venice's Ben Mesfen, a 4:13.04 1600m runner in track, continued a super Fall with a 15:27 Div I victory.

Results:

Women: (Div I) 1. Drossin (Agoura) 17:47, 2. York (AG) 19:07, 3. Camp (AG) 19:10, 4. Muneno (Palos Verdes) 19:11, 5. Hayward (AG) 19:16, 6. Heap (PV) 19:17, 7. Singa (PV) 19:20, 8. Coleclaw (AG) 19:28, 9. Zarecki (PV) 19:31, 10. Burt (AG) 19:38. Team: 1. Agoura 19, 2. Palos Verdes 38, 3. Quartz Hill 96, 4. Simi Valley 117, 5. Redlands 125. **(Div. II)** 1. Rothman (Westlake, Westlake Village) 17:55, 2. Monson (Claremont) 18:40, 3. Hopkins (La Canada) 19:14, 4. Graham (Westlake) 19:19. Team: 1. Claremont 71, 2. Westlake 74, 3. La Canada 92. **(Div III)** 1. Hoshiyama (South Pasadena) 19:55. Team: 1. Bell-Jeff (Burbank) 108, 2. Arcadia 115.
Men: (Div I) 1. Mesfen (Venice) 15:27, 2. Wilson (Agoura) 15:43, 3. Casillas (Hoover) 15:52, 4. Lindsey (Palos Verdes) 15:52, 5. Cherman (Agoura) 15:59. Team: 1. Hoover (Glendale) 58, 2. Palos Verdes 71, 3. Agoura 75, 4. Claremont 132, 5. Taft (Woodland Hills) 136. **(Div II)** 1. Wilson (Newbury Park) 15:50. Team: 1. Thousand Oaks 111, 2. Schurr (Montebello) 125. **(Div III)** 1. Rocha (Glendale) 15:51. Team: 1. La Canada 110.

Yucaipa Invitational

Oct. 6, Yucaipa High School—The big Yucaipa Invitational featured a predominantly "inland empire" field, with enough teams in from the Orange County and greater Los Angeles area to spice up the fields. The highlight of the Meet was the continued rounding into big-time shape of Carrie Garrison (Rim of the World, Lake Arrowhead), who as a frosh at the high altitude campus was the winner here by over two and a half minutes at 18:03 in Division I. No one in any division ran within two minutes of the Rim star who has been declared eligible to compete by the Southern Section of the CIF despite the claims of some that she took prize money while competition before her prep days. 4:20.9 1600m star Andy Marshall of Temecula Valley had the day's quickest Men's time, a 16:39 in winning Division III.

Results:

Women: (Div I) 1. Garrison (Rim of World) 18:03, 2. Smith (Yucaipa Valley) 20:48. Team: 1. Yucaipa 48, 2. Rim of World 62, 3. Trabuco Hills 75. **(Div II)** 1. Sepulveda (Colton) 20:06, 2. Falcon (St. Paul, Whittier) 20:19, 3. Moses (Ramona, Riverside) 20:28. Team: 1. St. Paul 53, 2. Centennial (Corona) 65, 3. Orange 77. **(Div III)** 1. Teller (Apple Valley) 20:31, 2. Placencia (Santa Ana) 20:40, 3. Smith (Victor Valley) 21:15. Team: 1. El Rancho 49, 2. Apple Valley 70, 3. Santa Ana 82.
Men: (Div I) 1. Erickson (Whittier Christian, La Habra) 16:41, 2. Sorenson (Palo Verde, Blythe) 16:47, 3. Ochoa (Salesian, L.A.) 16:49. Team: 1. Salesian (L.A.) 50, 2. Yucaipa 54, 3. Cathedral 88. **(Div II)** 1. Cota (Calixico) 16:43, 2. Medrano (Colton) 16:47, 3. Whitney (Palm Desert) 16:51. Team: 1. Coachella Valley 64, 2. Calixico 102, 3. Barstow 119. **(Div III)** 1. Marshall (Temecula Valley) 16:39, 2. Ynez (San Geronimo, San Bernardino) 16:51, 3. McCarthy (Palm Springs) 16:56. Team: 1. Palm Springs 46, 2. Apple Valley 83, 3. Moreno Valley 92.

Orange Lutheran Invitational

Oct. 6, Irvine Park—This meet was run on the popular Irvine Park course and featured big successes for the host team, a 483 student school that has fine Men's and Women's squads this year. In the Women's race Amber Parkinson, a much improved junior at Orange Lutheran, was the winner in a fine 19:44, with a 44 second gap for the Lancers first four Women as part of a 17 point winning total. On the Men's side Brady Sinclair of St. Margaret's (San Juan Capistrano) was the individual winner at 16:51-16:56 over Travis Haynes of Lutheran. The hosts took the Men's Varsity run with a low 28 point total.

Results:

Women: 1. Parkinson (Or Lutheran) 19:44, 2. Toumlala (OL) 20:00, 3. Salisbury (OL) 20:28, 4. Washburn (OL) 20:28. Team: 1. Orange Lutheran 17, 2. Notre Dame, Riverside 82, 3. Calvary Chapel (Santa Ana) 84.
Men: 1. Sinclair (St. Margaret's, San Juan Capistrano) 16:51, 2. Haynes (OL) 16:56, 3. Barlett (Pasadena Poly) 16:58, 4. VerBoomen (PP) 17:50. Team: 1. Orange Lutheran 28, 2. Pasadena Poly 75, 3. Notre Dame (Riverside) 89.

Manhattan College Invitational

Oct. 13, Van Cortland Park, New York City—Palos Verdes and Mt. Carmel (San Diego) both traveled to this meet that is the biggest in the nation (over 300 schools and 8000 athletes), and a highlight of the harrier season in the east. The Meet culminates in an "Eastern States Championship Race" for Women's squads, with the highly ranked California teams hoping to play a prominent part off of "Harrier" magazine rankings that had them both in the top ten in the country. Palos Verdes came to this meet in 1987 and backed their eventual claim as the best in the nation for that year with a solid stomping of the best from the East. The results this year were pleasing for the Californians who went to the effort to raise the money to travel.

New York City is a real interesting experience for those from Southern California. Four days on Manhattan Island with the big, big buildings, a public subway transportation system one must learn to lean on, and the eye-opening contrasts that are life in the "Big Apple" were experiences anyone who visits will remember the rest of their lives. Inclement weather is a part of the package, and was a factor this weekend. A hurricane was slowly making its way north during the week, with slight rain falling on Friday the 12th. The predictions were possibly for big-time moisture on the day of the race, and there was enough rain Friday night to muddy up the course quite a bit. The course is not a complicated one, with a quarter mile from a massive starting area (there were 28 teams in the big Women's race) until the field narrows down onto the "cowpath" that takes the race around the base of "Cemetery Hill." The entire course was affected by the rain, which did not fall but mildly during any of the races, but accumulated to create puddles on the grass starting area and 2 to 3" of mud on the rest of the course. Once the field narrows down onto the "cowpath" the course has gradual ups and downs prior to one respectable climb that



JIM ZACHARY

Photo by Keith Conning



ANGELA DALKE

Photo by Keith Conning



AHMIK JONES

Photo by Keith Conning

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PREP NOTES

Northern California
Prep Results

puts the athletes on a bridge that has them run over a freeway and onto a loop called "the woods." This portion of the course features sharp turns, and mild ups and downs. Once out of the woods, the athletes continued their circuit of "Cemetery Hill" with a steep downhill, and a gradual downhill of over a quarter of a mile into the finish. The course was super-challenging for all athletes this day with exposed rocks very, very slippery, two inches of mud over the entire course, and slippery leaves everywhere. The California athletes were awesome, racing tough under conditions that would have had the typical California meet director out on a nearby cement road with a wheel looking for an alternate course.

The Men's squads were out on the course first, with both Mt. Carmel and Palos Verdes looking good. Mt. Carmel was 5th in its Men's Varsity race, led by Humberto Peraza in 13th place, with PV 2nd in its competition led by Goss Lindsey's 3rd place overall. Mt. Carmel gave an indication of things to come in the Women's Championship race with its performances in Junior Varsity races. Undoubtedly the nation's deepest harrier squad, Mt. C took places one and four, and six of the top eight in JV races when Meet Directors balked at placing a second Sun Devil Varsity race in another Varsity race. Anticipation was naturally very high as the Eastern States Championship race approached its 2:28 start. Both California squads were out well, with the unfamiliarity with the other teams' uniforms making an early figuring out of the competition quite difficult. Athletes go out of sight for a long time on this course, with two easterners, Jen Rhines (Liverpool, NY) and unknown Jennifer Howard (Fallston, Md) battling for the lead with a quarter of a mile to go. Rhines would strongly pull away to an eight second win at 15:21. The team struggle appeared to be between PV and Mt. Carmel as the first 25 of the 200 runners in the field raced by near the end. 2:13.92 800 meter runner Susan Scott of Mt. Carmel was the first of the locals to finish in 6th place at 15:58, with Maya Munero leading PV in 12th at 16:18. PV went 2-3-4 in the California dual, with Mt. Carmel really putting the hammer down after that point, as quick-improving frosh Rita Hernandez led a Red and Gold Sun Devil charge that had the San Diego school's top six in ahead of PV's 4th scorer. It was close, and not possible to figure out totally until the coaches filed in their envelopes. It turned out that Mt. C had 100 and PV 114, with Walt Whitman (Bethesda, Maryland) 3rd at 154. The performances of the California athletes under terrible conditions could be described only as magnificent, with a special determination necessary for success on this day. With Agoura, the big conqueror of Palos Verdes the previous weekend, and Arroyo Grande, the big conqueror of all the best Virginia Schools at the University of Virginia Invite on 9/29, California should have three of the top four squads nationally and a fourth among the top dozen in the entire country.

The Manhattan Meet, obviously, has a California sanction allowing Golden State teams to travel and compete, with the competition held each year on this second weekend in October. The contrasts to life in California possible during a weekend trip to New York City are unbelievable and a real education for athletes and coaches. Palos Verdes went in 1987 and came back this year, with the Mt. Carmel crew calling it the experience of a lifetime. The Meet's High School sponsoring group is Bishop Loughlin High School in Brooklyn, with Coach Ed Bowes the prep meet Director. California schools interested in participating in 1991 should contact Bowes at: Bishop Loughlin Memorial HS, 357 Clemons Avenue, Brooklyn, NY 11238.

Results:

Women: (Eastern States Championship Race) 1. Rhines (Liverpool, NY) 15:21, 2. Howard (Fallston, Md) 15:29, 3. Norton (East Islip, Islip Terrace, NY) 15:42, 6. Scott (Mt. Carmel, San Diego) 15:58, 12. Munero (Palos Verdes) 16:18, 17. Senga (PV) 16:28, 18. Heap (PV) 16:29, 19. Hernandez (Mt. C) 16:30, 21. Dergin (Mt. C) 16:41.
Men: (Race A) 1. Davis (Corcoran, Syracuse, NY) 13:26. Team: 1. Christian Brothers Academy (Lincoln, NJ) 50, 5. Mt. Carmel 169. (Race B) 3. Lindsey (Palos Verdes) 13:39. Team: 1. Sulphur NY 74, 2. Palos Verdes 115.

11th Annual Sanger Invitational

By Dave Dodson

September 21, Avocado Lake.

Boys Teams: 1. McFarland 34, 2. Kingsburg 61, 3. Edison 96, 4. Sanger 119 (36), 5. Roosevelt 119 (45), 6. Sierra 123, 7. Bullard 152.
Individuals: 1. Diego Diaz (McFarland) 16:04, 2. Adrian Garcia (Roosevelt) 16:17, 3. Tony Buentello (McFarland) 16:19, 4. David Green (Edison) 16:22, 5. Franco Benitez (Kingsburg) 16:23, 6. Joey Ruiz (Kingsburg) 16:46, 7. Javier Gonzalez (Coalinga) 16:46, 8. Victor Heredia (McFarland) 16:50, 9. Matt Coppinger (Edison) 16:53, 10. Ernest Rodriguez (Kingsburg) 16:54.
Girls Teams: 1. McFarland 20, 2. Sierra 37.
Individuals: 1. Maura DelaTorre (Roosevelt) 16:54.4 (Meet Record, old record 19:36.7, Delia Diaz (McFarland) 19:59), 2. Cindy Carter (McFarland) 19:13, 3. Delia Diaz (McFarland) 19:39, 4. Christina Aguirre (Roosevelt) 20:13, 5. Wendy Greer (Sierra) 20:14, 6. Lupe Torres (McFarland) 20:44, 7. Sharlie Parmely (Bullard) 20:47, 8. Julie Gramham (Sierra) 20:53, 9. Priscilla Alston (McFarland) 21:05, 10. Melissa Hung (Bullard) 21:06.

6th Ed Sias Invitational

By Steve Nesheim

September 22, Hidden Valley Park, Martinez.

Boys Teams (2 Miles): 1. De La Salle 45, 2. Montgomery 85, 3. College Park 101, 4. Santa Rosa 110, 5. Fairfield 160, 6. San Ramon 163, 7. Ygnacio Valley 212, 8. Northgate 237, 9. Wood 248, 10. Antioch 248, 11. Concord 252, 12. Vacaville 257, 13. Miramonte 326, 14. Las Lomas 354.
Individuals: 1. David Monk (Fairfield) 10:12, 2. Dan Stoll (College Park) 10:18, 3. Jim Zachary (DeLaSalle) 10:26, 4. Jeff Godfrey (Montgomery) 10:44, 5. Steve Guerin (Santa Rosa) 10:52, 6. Schall (Miramonte) 10:57, 7. Ryan Adams (Fairfield) 10:58, 8. Brian Dowd (San Ramon) 11:00, 9. Kevin Selby (DeLaSalle) 11:02, 10. Guillermo Fallo (DeLaSalle) 11:03, 11. Mike Prindiville (DeLaSalle) 11:05, 12. Ty Walker (DeLaSalle) 11:05, 13. Nat Lopes (Montgomery) 11:07, 14. Jason West (College Park) 11:07, 15. Rafael Lino (Liberty) 11:09, 16. Brian Hujardo (DeLaSalle) 11:10, 17. Gene Wolke (College Park) 11:15, 18. Sky Pile (Santa Rosa) 11:19, 19. Erik Halazak (Montgomery) 11:26, 20. Matt Covello (Northgate) 11:27.
Girls Teams: 1. Santa Rosa 55, 2. Vacaville 65, 3. Carondelet 121, 4. Antioch 134, 5. San Ramon 139, 6. College Park 152, 7. Wood 169, 8. Northgate 171, 9. Miramonte 174, 10. Clayton Valley 205, 11. Las Lomas 233.
Individuals: 1. Nika Horn (Santa Rosa) 12:13, 2. Brooke Pritchard (Vacaville) 12:26, 3. Rhonda Mazza (Santa Rosa) 12:57, 4. Megan Reeder (Santa Rosa) 13:07, 5. Hanna Skandera (Covenant) 13:26, 6. Nichol Paris (Clayton Valley) 13:39, 7. Kristy O'Brian (Northgate) 13:43, 8. Kristi Lynett (Vacaville) 13:44, 9. Denez Anders (Wood) 13:45, 10. Stacey Radowicz (Carondelet) 13:51, 11. Marianne Wilkinson (Antioch) 13:52, 12. Zita Latona (Carondelet) 14:04, 13. Susan Kingfish (Las Lomas) 14:06, 14. Jessie Theriault (San Ramon) 14:07, 15. Elise Johnson (Ygnacio Valley) 14:09, 16. Erin Lynett (Vacaville) 14:11, 17. Shelly Foscher (College Park) 14:11, 18. Wendy Beardall (Santa Rosa) 14:12, 19. Annette White (Antioch) 14:14, 20. Cameo Copa (College Park) 14:18.
Coaches Race: 1. Jim Chaney (College Park) 10:23, 2. Stuart Wiseman (Carondelet) 10:35, 3. Sutherland Peat (Northgate) 10:41, 4. Gerry Geraghty (San Ramon) 10:47, 5. Jeff Verhoek (Mt. Diablo) 10:50, 6. Larry Meredith (Montgomery) 11:05, 7. Tom Torkelson (Antioch) 11:32, 8. Glen Mitchell (San Ramon) 12:23, 9. Helen Lehman (Carondelet) 12:23, 10. Boo VanVleet (Antioch) 12:48.

20th Annual San Ramon Valley Invitational

September 23, San Ramon High School, Danville.

Large Schools Boys Teams (2 Miles): 1. De La Salle 38 (23), 2. Livermore 38 (29), 3. Montgomery 115, 4. San Ramon Valley 138, 5. Santa Rosa 147, 6. Antioch 177, 7. Logan 180, 8. Berkeley 210, 9. Piner 215, 10. Clayton Valley 225, 11. Skyline 227.
Large Schools Individuals: 1. Jim Zachary (DeLaSalle) 9:55, 2. Alvin Jones (Livermore) 10:10, 3. Jeff Heeder (Livermore) 10:12, 4. Dan Periera (Livermore) 10:13, 5. Kevin Selby (DeLaSalle) 10:17, 6. Bill Falls (DeLaSalle) 10:20, 7. Brian White (Antioch) 10:21, 8. Shawn Wattles (San Ramon Valley) 10:20, 9. Matt Calvert (Berkeley) 10:22, 10. Brian Hujardo (DeLaSalle) 10:22.
Small Schools Boys Teams: 1. College Park 59, 2. St. Mary's (Berkeley) 77, 3. Piedmont 118, 4. Washington (Fremont) 129, 5. Acalanes 147, 6. Hayward 155, 7. Concord 186, 8. Campolindo 213, 9. Northgate 253, 10. Alhambra, 11. Cardinal Newman 303, 12. Rancho Cotata 314, 13. Dublin 366.

Small School Individuals: 1. Dan Stoll (College Park) 10:02, 2. Devin Young (St. Mary's) 10:31, 3. Gene Wolke (College Park) 10:37, 4. Tony Chan (Piedmont) 10:43, 5. Chad Ferguson (Arroyo) 10:46, 6. Scott McGinnis (Campolindo) 10:48, 7. Dave Wright (Concord) 10:49, 8. J.P. Sisco (Acalanes) 10:56, 9. Brad Ballah (College Park) 10:59, 10. Matt Newman (Las Lomas) 11:04.

Large Schools Girls Teams: 1. Santa Rosa 48, 2. Berkeley 85, 3. San Ramon 97 (38), 4. Antioch 97 (47), 5. Carondelet 117, 6. Livermore 138, 7. Montgomery 145, 8. Piner 233, 9. Clayton Valley 248.

Large School Individuals: 1. Nika Horn (Santa Rosa) 11:40, 2. Rhonda Mazza (Santa Rosa) 12:16, 3. Megan Reeder (Santa Rosa) 12:21, 4. Jessie Theriault (San Ramon) 12:21, 5. Stacey Radowicz (Carondelet) 12:29, 6. Michelle Del Guicce (Livermore) 12:38, 7. Kim Wilkes (Logan) 12:44, 8. Sunny Sturges (Berkeley) 12:59, 9. Mary Ann Wilkinson (Antioch) 13:08, 10. Annette White (Antioch) 13:11.

Small Schools Girls Teams: 1. Piedmont 84, 2. Campolindo 152, 3. Alhambra 152, 4. Rancho Cotata 154, 5. Northgate 163, 6. Miramonte 170, 7. College Park 194, 8. Acalanes 237, 9. Las Lomas 260.

Small Schools Individuals: 1. Sarah Riley (Campolindo) 11:46, 2. Riva Rah (Piedmont) 12:30, 3. Hanna Skandera (Covenant Christian) 12:43, 4. Crissy O'Brian (Northgate) 13:04, 5. Belinda Williams (Washington) 13:06, 6. Susan Kingfish (Las Lomas) 13:07, 7. Lissette Lemus (Rancho Cotata) 13:10, 8. Jessica Butt-McColl (Piedmont) 13:12, 9. Maria Melendes (Granada) 13:14.

Ram Invitational

From Ron DiMaggio

September 23, Westmor High School, Daly City.

Boys Teams: 1. St. Ignace 49, 2. Fremont (Sunnyvale) 96, 3. St. Francis 111, 4. Half Moon Bay 188, 5. Gunn 208, 6. Bishop O'Dowd 229, 7. Castro Valley 233, 8. Del Mar 240, 9. Serra 314, 10. South San Francisco 317, 11. Lynbrook 329, 12. St. Patrick 352, 13. Riordan 369, 14. Monta Vista 391, 15. Mitty 437. (Lowell, Pinole, Washington, Oceana, Homestead, Westmor, McAteer, and San Lorenzo Valley were incomplete).
Individuals: 1. Mark McManus (St. Ignace) 12:34, 2. Brad Glosser (St. Ignace) 12:35, 3. Aaron Kamp (San Lorenzo Valley) 12:39, 4. Tyson Thomas (St. Francis) 12:44, 5. Will Clark (St. Francis) 12:58, 6. Chris Devine (Half Moon Bay) 13:00, 7. Marcelo Cosentino (St. Ignace) 13:05, 8. Eddie Muryak (Homestead) 13:08, 9. Hai Tran (Fremont) 13:18, 10. Chedo Popovic (Fremont) 13:24, 11. Sebastiano (St. Ignace) 13:28, 12. Dave Ndetto (Gunn) 13:30, 13. Mike Baldelli (St. Ignace) 13:32, 14. Randy Stone (St. Francis) 13:33, 15. Eric Long (Pinole) DO, 16. Dean Whitaker (St. Ignace) 13:37, 17. Julio Flores (Fremont) 13:37, 18. Dan Lilot (Lowell) 13:38, 19. John Hughes (Westmor) 13:40, 20. Randy Hulet (Homestead) 13:41.

Boys JV Individuals: 1. Vic Bagio (Serra) 13:29.

Boys Soph. Individuals: 1. David Gonzalez (Mitty) 13:30, 2. Dan Boehle (Serra) 13:40.

Girls Teams: 1. Castro Valley 66, 2. Mitty 80, 3. Bishop O'Dowd 85, 4. Gunn 99, 5. Half Moon Bay 118, 6. Lowell 177, 7. Presentation (San Jose) 197, 8. St. Patrick 242. (Del Mar, Terra Nova, Fremont, El Camino, McAteer, Balboa, Sacred Heart/Cathedral, and Pinole were incomplete).

Girls Individuals: 1. Angela Dake (Bishop O'Dowd) 14:53, 2. Elice Patterson (Castro Valley) 14:59, 3. Tenaya Soderman (Gunn) 15:20, 4. Lisa Lopez (Balboa) 15:34, 5. Julie Huff (Fremont) 15:54, 6. Melissa Ackermann (Castro Valley) 16:08, 7. Noelle Fain (Bishop O'Dowd) 16:12, 8. Latanya Johnson (Mitty) 16:20, 9. Heather Douglas (Gunn) 16:23, 10. Julia Fong (Lowell) 16:30, 11. Celeste Buchanan (Mitty) 16:32, 12. Erin Hayes (Mitty) 16:34, 13. Andrea Comer (Castro Valley) 16:38, 14. Alisha Berry (Castro Valley) 16:40, 15. Kelly Van Horbek (Half Moon Bay) 16:47, 16. Lea Lazar (McAteer) 16:50.

Girls Fresh/Soph Individuals: 1. Ann Baldelli (St. Ignace) 15:52.

Chico Invitational

From Chuck Shelby

September 23.

Boys Teams (3.0 Miles): 1. Shasta 62, 2. Arcata 100, 3. Petaluma 106, 4. Corning 127, 5. Chico 138, 6. Woodland 152, 7. Wood 188, 8. Pleasant Valley 192, 9. So. Trinity 227, 10. Vacaville 241, 11. Del Norte 257, 12. Lassen 281, 13. Red Bluff 288.

Individuals: 1. Chris Dawson (Shasta) 16:16, 2. Rio Anderson (South Fork) 16:22, 3. Niel Thompson (Del Norte) 16:35, 4. Davis (Corning) 17:13, 5. DeGriolamo (Petaluma) 17:14, 6. Hilliard (Arcata) 17:22, 7. Hughes (McKinleyville) 17:29, 8. Ockerberg (Arcata) 17:29, 9. Mott (Lassen) 17:33, 10. Ricca (Arcata) 17:40, 11. Gradiano (Corning) 17:43, 12. Crain (Shasta) 17:45, 13. Liss (Oroville) 17:52.

Girls Teams: 1. Anderson 64, 2. Vacaville 67, 3. West Valley 118, 4. Chico 133, 5. Paradise 139, 6. Shasta 145, 7. Wood 150, 8. Red Bluff 174, 9. Petaluma 177, 10. Pleasant Valley 183.

Individuals: 1. Amy Dufo (Anderson) 10:37, 2. Brooke Pritchard (Vacaville)

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California Track and Cross Country Coaches Alliance

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ville) 10:50, 3. Kriess Lock (Shasta) 11:00, 4. Diulio (Anderson) 11:16, 5. Teler (West Valley) 11:26, 6. Mercer (Pleasant Valley) 11:32, 7. L. Cardenas (Pleasant Valley) 11:32, 8. Martinez (Wood) 11:39, 9. Houshin (Chico) 11:47, 10. K. Lynett (Vacaville) 11:56.

Stanford Invitational

October 6, Stanford Golf Course

Div I Boys Teams (5000m): 1. Madera 45, 2. Hart (Newhall) 80, 3. Arroyo Grande 88, 4. Channel Island (Oxnard) 111, 5. Arroyo (El Monte) 146, 6. Bellamine 159, 7. Chino 199, 8. Bell Gardens 223, 9. Overfelt 250, 10. San Gabriel 268, 11. Live Oak 279, 12. Santa Rosa 314, 13. Bear River 323, 14. Independencia 346, 15. Downey 436.

Individuals: 1. Louis Quintana (Arroyo Grande) 14:57, 2. Stewart Ellington (Channel Islands) 15:54, 3. Keith Grossman (Hart) 15:55, 4. Jose Santiago (Madera) 15:57, 5. Eric Dunn (Arroyo Grande) 15:58, 6. James O'Connor (Chino) 16:04, 7. Pato Duarte (Madera) 16:04, 8. Fernando Mendoza (Ch. Is.) 16:06, 9. Oscar Sanchez (Madera) 16:04, 10. Bryan Hake (Arroyo) 16:10.

Div II Boys Teams: 1. Camarillo 52, 2. Livermore 54, 3. Heix (La Mesa) 89, 4. De La Salle (Concord) 92, 5. Mission Viejo 118, 6. Delano 139, 7. Buena 187, 8. North Bakersfield 219, 9. Castro Valley 273, 10. Santa Cruz 273, 11. Piedmont 281, 12. Red Bluff 355, 13. Ukiah 372.

Div III Individuals: 1. Ahmik Jones (Livermore) 15:33, 2. Jim Zachary (DeLaSalle) 15:52, 3. George Rivera (Delano) 16:02, 4. Javier Luzano (Heix) 16:14, 5. Kerry Classen (Miss Viejo), 6. Daniel Pereira (Livermore) 16:22, 7. Johnson (S. Cruz) 16:25, 8. Brusca (Camarillo) 16:32, 9. Bodie Minster (Camarillo) 16:39, 10. Scott Stringer (Camarillo) 16:41.

Div III Boys Teams: 1. St. Ignatius 110, 2. Corona Del Mar 114, 3. Palo Alto 127, 4. Pacon 129, 5. San Luis Obispo 129, 6. Leigh 137, 7. Los Gatos 191, 8. Sonora 208, 9. St. Francis 235, 10. College Park 253.

Div III Individuals: 1. James Menon (SLO) 15:31, 2. Adam Diverello (SLO) 16:00, 3. Mark McManus (St. Ignatius) 16:06, 4. Brad Glosser (St. Ignatius) 16:15, 5. Dan Stall (College Park) 16:19, 6. Scott Bownes (Leigh) 16:20, 7. Will Clark (St. Fran) 16:28, 8. Mike Marumoto (Cor Del Mar) 16:30, 9. Jack Hogan (Cor Del Mar), 10. Griffin Cheek (E. Union) 16:39.

Div IV Boys Teams: 1. Bret Harle 53, 2. Morro Bay 73, 3. Nordhoff 84, 4. The Dalles 187, 5. San Rafael 209, 6. Carmel 231, 7. La Salle 236, 8. Corning 237, 9. Blackford 287, 10. Calaveras 298.

Div IV Individuals: 1. Brian Singleton (Bret Harle) 16:13, 2. Paul Mankin (Branson) 16:27, 3. Jeff Arnold (York) 16:38.

Div I Girls Teams: 1. Arroyo Grande 64, 2. Channel Islands 101, 3. Chino 105, 4. Hart 107, 5. Santa Rosa 129, 6. Downey 144, 7. Bell Gardens 191, 8. Bear River 192, 9. Overfelt 193, 10. San Gabriel 200, 11. Berkeley 238.

Div I Individuals: 1. Veronica Barajas (Channel Islands) 18:39, 2. Nika Horn (Santa Rosa) 18:45, 3. Angela Orfice (Arroyo Grande) 19:10, 4. Anika Webb (Bear Riv) 19:12, 5. Jessica De La Cerdia (Hart) 19:29, 6. Cindy Wulf (Chino) 19:43, 7. Rhonda Mazza (S. Rosa) 19:46, 8. Maria Solorio (Overfelt) 19:49, 9. Brandy Barr (Arroyo Gr) 19:58, 10. Heather Kelly (Arroyo Gr) 20:00.

Div II Girls Teams: 1. Buena (Ventura) 54, 2. Vacaville 111, 3. Livermore 113, 4. Camarillo 116, 5. North Bakersfield 121, 6. Castro Valley 140, 7. Point Loma 144, 8. Delano 191, 9. California 204, 10. Red Bluff 213, 11. Santa Cruz 306.

Div II Individuals: 1. Becky Spies (Livermore) 17:50, 2. Melissa Freeberg (California) 19:02, 3. Elice Patterson (Castro Valley) 19:10, 4. Brooke Prichard (Vacaville) 19:24, 5. Kerry Stevens (Pt. Loma) 19:34, 6. Karen Hinkle (Buena) 19:40, 7. Jessica Gibbs (Buena) 19:45, 8. Lori Miller (North) 19:46, 9. Cindy Franco (Delano) 19:53, 10. Megan Ellis (Buena) 19:58.

Div III Girls Teams: 1. La Jolla 36, 2. Corona Del Mar 74, 3. Los Gatos 143, 4. San Luis Obispo 165, 5. Carondelet (Concord) 193, 6. Leigh 202, 7. St. Francis 225, 8. Gunn 228, 9. Aptos 244, 10. Encinal 261, 11. Campo Lindo 271.

Div III Individuals: 1. Sarah Riley (Campolindo) 18:59, 2. Marilee Ferguson (La Jolla) 19:03, 3. Kate Sweeney (Leigh) 19:13, 4. Tenaya Soderman (Gunn) 19:19, 5. Suzanne Jones (Carmonet) 19:27, 6. Becky Kaiser (Seaside) 19:31, 7. Lisa Crouch (Aptos) 19:42, 8. Lauren Andrade (La Jolla) 19:58.

Div IV Girls Teams: 1. Morro Bay 32, 2. Piedmont 58, 3. Nordhoff (Ojai) 99, 4. North Tahoe 101, 5. The Dalles (Oregon) 132, 6. Bret Harle 146, 7. Castilleja 237, 8. York 281, 9. Sierra 338, 10. Stevenson 354.

Div IV Individuals: 1. Jenny Lacovara (Morro Bay) 18:42, 2. Neve Zwagerman (Tamalpais) 18:45, 3. Cari Newman (North Tahoe) 19:57.

Righetti/Hancock Invitational

October 6, Walker Park, Santa Maria

Boys Teams: 1. Watsonville 39, 2. Taft 56, 3. East Bakersfield 75, 4. Santa Ynez 108, 5. Santa Maria 120.

Boys Individuals: 1. Eben Robinson (S. Barbara) 15:43, 2. Victor Hernandez (Watsonville) 15:54, 3. Forest Quinlan (Taft) 15:55, 4. Macho Flores (Watsonville) 15:55, 5. John Orosco NT.

Girls Teams: 1. La Reina 44, 2. South Bakersfield 68, 3. East Bakersfield 83, 4. Santa Ynez 100, 5. Taft 109.

Girls Individuals: 1. Jamie Kandi (La Reina) 18:56, 2. Adrienne Bell (La Reina) 19:58, 3. Vicky Ortega (E. Bluff) 20:05, 4. Tracie McAlister (E. Bluff) 20:21, 5. Reneka Chalmers (S. Bluff) 20:28.

Artichoke Invitational

October 6, Half Moon Bay HS

Div I Boys Teams (2.33 miles): 1. Amador Valley Pleasanton) 44, 2. Douglas (Gardnerville, NV) 106, 3. Gunderson (San Jose) 139, 4. Montgomery (Santa Rosa) 148, 5. Fremont (Sunnyvale) 172, 6. Leland (San Jose) 195, 7. Santa Teresa (San Jose) 243, 8. El Cerrito 257, 9. Manteca 267, 10. Berkeley 299, 11. Skyline (Oakland) 344, 12. American (Fremont) 454.

Div I Individuals: 1. Brian Buscay (Douglas) 11:29, 2. James Joyner (Gunderson) 11:44, 3. Eric Hyde (Amador Valley) 11:47, 4. Jeff Godfrey (Montgomery) 11:50, 5. Tommy Abdul (Gunderson) 11:53, 6. Ryan Griffin (Douglas) 11:54, 7. Jeff Hartin (Amador Valley) 12:03, 8. Chris Sullins (Amador Valley) 12:06, 9. Dave Braden (Amador Valley) 12:13, 10. Nat Lopes (Montgomery) 12:16, 11. Luis Trelles (Jefferson) 12:22, 12. Robert Spencer (Soquel) 12:23.

Div I Boys Freshman: 1. Mohamed Elmi (Mt. Pleasant) 12:40.

Div II Boys Teams: 1. Moreau 91, 2. North Monterey County 96, 3. Half Moon Bay 152, 4. Gonzalez (Salinas) 182, 5. Lynbrook (Cupertino) 212, 6. Washington (Fremont) 244, 7. Terra Linda 323, 8. Tennyson (Hayward) 333, 9. Lick-Wilmerding (S.F.) 337, 10. Del Mar (San Jose) 371, 10. Hillsdale 371, 12. Carlmont 393, 13. Arroyo 398, 14. St. Ignatius 407, 15. Hayward 413, 16. San Mateo 432, 17. Saratoga 434, 18. Cupertino 462, 19. Cardinal Newman 469, 20. Dublin 591, 21. Firdan 663.

Div II Individuals: 1. Richie Boulet (Drake, San Anselmo) 11:41, 2. Mark Douglas (Moreau) 11:51, 3. Chris Devine (Half Moon Bay) 12:00, 4. Sam Yohannes (Lincoln, S.J.) 12:06, 5. Will Doyle (Westmont) 12:07, 6. Andrea Martinez (North Monterey) 12:15, 7. Larry Soliven (North Monterey) 12:16, 8. Bryan Bax (Indio) 12:20, 9. Chris Puppione (Moreau) 12:33, 10. Adrian Alita (Del Mar) 12:35, 11. Mario Hernandez (North Monterey) 12:37, 12. Tom Guinan (Moreau) 12:38, 13. Raj Jayadev (Lynbrook) 12:38, 14. Jeff Shioya (Lynbrook) 12:39, 15. Mark D'Aquisto (St. Ignatius) 12:39, 16. Mike Mott (Lassen) 12:40, 17. Oscar Mova (North Monterey) 12:40, 18. Andy Pandoley (Terra Linda) 12:41, 19. Jesse Coronado (Hayward) 12:42, 20. Pat O'Neil (Moreau) 12:45, 21. Alex Hansen (Washington, F.) 12:45.

Div II Boys Fresh/Sop: 1. Tony Nash (San Mateo) 12:35, 2. Alan Jackson (Westmont) 12:43.

Div I Girls Teams: 1. Del Campo (Fair Oaks) 53, 2. Watsonville 55, 3. Amador Valley 102, 4. El Cerrito 155, 5. Fremont (Sunnyvale) 187.

Div I Individuals: 1. Keri Raybould (Leland) 14:09, 2. Michelle Mushbiting (Amador Valley) 14:28, 3. Danielle Vigfona (Del Campo) 14:42, 4. Maritza Carrera (Watsonville) 14:48, 5. Isabel Quintero (Watsonville) 14:58, 6. Wendy Resendez (Watsonville) 15:00, 7. Julia Huff (Fremont, S.J.) 15:10, 8. Julia Cox (Del Campo) 15:11, 9. Sandy Dyche (Santa Clara) 15:25, 10. Shandell Frank (Willow Glen) 15:33.

Div I Girls Fresh/Sop: 1. Mona Leon (Gunderson) 14:42.

Div II Girls Teams: 1. Lassen (Susanville) 96, 2. Half Moon Bay 107, 3. Mitty (San Jose) 123, 4. Moreau 182, 5. Terra Linda 194, 6. Ursuline (Santa Rosa) 217, 7. Redwood (Larkspur) 223, 8. Irvington 248, 9. Lick-Wilmerding 255, 10. Drake (San Anselmo) 297, 11. Burlingame 300, 12. Indio 314.

Div II Individuals: 1. Angela Dalke (Bishop O'Dowd) 14:07, 2. Hanna Skandera (Covenant Community, Santa Rosa) 14:38, 3. Stephanie Giurini (Lassen) 14:43, 4. DeeDee Gorbet (Lassen) 14:47, 5. Theresa McCarthy (Terra Linda) 14:53, 6. Latanya Johnson (Mitty) 15:07, 7. Noelle Fein (Bishop O'Dowd) 15:08, 8. Erika Hains (Moreau) 15:10, 9. Jessica Wolf (Half Moon Bay) 15:17, 10. Catherine Ferris (Redwood) 15:20, 11. Jane Edwards (Irvington) 15:21, 12. Stephanie Bosch (Ursuline) 15:22.

Div II Girls Fresh/Sop: 1. Ann Baldeff (St. Ignatius) 14:49.

Serra Invitational

October 13, Crystal Springs, Belmont

Boys Elite Individuals (2.8 Miles): 1. Mark McManus (St. Ignatius) 15:21, 2. James Joyner (Gunderson) 15:31, 3. Aaron Kamp (San Lorenzo Valley) 15:33, 4. Brad Glosser (St. Ignatius) 15:36, 5. Bob Aspaltero (Bear River) 15:40.

Boys Regular Individuals: 1. Bob Rozumowicz (Casa Roble) 16:09, 2. Richie Sheldahay (Clovis West) 16:09, 3. Eddie Munnayak (Homestead) 16:12, 4. Evan Siostron (Santa Teresa) 16:20, 5. Robert Frost (Willow Glen) 16:23.

Girls: 1. Neve Zwagerman (Tamalpais) 18:24, 2. Keri Raybould (Leland) 18:49, 3. Diana Harick (Mills) 18:55, 4. Becky Kaiser (Seaside) 18:58, 5. Tanaya Soerman (Gunn) 19:03.

Golden West Invitational

No Date Available, Visalia

Boys Teams: 1. Madera 52, 2. Corcoran 103, 3. Hanford 125, 4. Foothill 146, 5. Clovis West 148, 6. East 170, 7. Arvin 177, 8. Golden West 238, 9. Kingsburg 278, 10. Yosemite 299, 11. Bakersfield 320, 12. Reedley 332, 13. Washington 369, 14. Edison 399, 15. Hoover 413, 16. Garces 423, 17. West 437, 18. Bullard 443, 19. Los Banos 449, 20. Fresno 481, 21. Tulare Western 494, 22. Fowler 566, 23. Tulare 588.

Boys Individuals: 1. Pascual Morales (12) Washington 15:35, 2. J. G., Ochoa (10) Corcoran 15:51, 3. Oscar Sanchez (12) Madera 15:55, 4.



PASCUAL MORALES (right) and POLO DUARTE

Photo by Bill Cockerham

Jose Uribe (11) Madera 15:59, 5. Jose Trujillo (11) Golden West 16:00, 6. Curtis Alexander (12) Hanford 16:05, 7. Juan Garcia (11) Corcoran 16:10, 8. Mark Sanchez (12) Arvin 16:12, 9. Richie Shehadey (11) Clovis West 16:13, 10. Sean Rios (10) Madera 16:14, 11. Jed Saveressig (10) Madera 16:16, 12. Ricky Chavez (9) Madera 16:16, 13. Ryan Mearns (12) Bakersfield 16:17, 14. James Bell (12) Hanford 16:17, 15. Dylan Kennedy (11) East 16:20, 16. Doug Brown (11) Foothill 16:22, 17. Cesar Zavala (11) Corcoran 16:24, 18. Robert Corpuz (12) Foothill 16:26, 19. Franco Benitez (11) Kingsburg 16:26, 20. J. J. Ochoa (11) Corcoran 16:30, 21. Terry Hickey (10) Foothill 16:33, 22. Ryan Olson (11) Garces 16:40, 23. Pete Gallegos (11) Madera 16:41.

Girls Teams: 1. Clovis West 42, 2. Madera 66, 3. Bakersfield 114, 4. Golden West 116, 5. Garces 129, 6. Hanford 134, 7. East 166, 8. Yosemite 192, 9. Foothill 197, 10. Fresno 245.

Girls Individuals: 1. Jody Petty (10) Golden West 19:09, 2. Jessica Leal (11) Clovis West 19:22, 3. Sarah Grogg (11) Clovis West 19:29, 4. Nicole Albert (11) Corcoran 19:39, 5. Teresa Bivado (10) Highland 19:53, 7. Milena Samaniego (11) Madera 19:54, 8. Nikki Bergstrom (12) Bakersfield 19:57, 9. Erin Kropf (12) Madera 20:04, 10. Tamara DeGroot (Central Valley) 20:09, 11. Maurita DeLaTorre (11) Roseville 20:14, 12. Chantell

continued next page...

PREP NOTES

Celabrea (12) Clovis West 20:17, 13. Larriane Taltan (12) Foothill 20:22, 14. Jann Malasuwon (Clovis West 20:24, 15. Reneha Chatman (11) South 20:37, 16. Reneha Chatman (11) South 20:37, 17. Rosa Trevino (11) Madera 20:41, 18. Vickie Ortega (12) East 20:50, 19. Angeliqe Berens (12) Garces 21:11, 20. Bertha Bautista (10) Madera 21:13.
 Frosh/Soph Girls: 1. Maribel Salinas (9) Arvin 19:47, 2. Christina Aguirre (Roosevelt) 20:21, 3. Sheryn Ricabianca (9) Redwood 20:42, 4. Jen Mechois (10) San Joaquin Memorial) 20:47.

Mariner Invitational

October 20, Carin Regional Park, Hayward
 Large Schools Boys Teams (2.9 miles): 1. De La Salle 57, 2. Hanford 67, 3. Santa Rosa 88, 4. Newark Memorial 139, 5. Montgomery 143, 6. Beverly Hills 167, 7. Righetti 195, 8. Castro Valley 195, 9. Clovis 198, 10. El Camino 219, 11. Piner 247, 12. Berkeley 264, 13. Tokay 333.

Large Schools Individuals: 1. Tesfaye Beyene (Newark Memorial/Ethiopia) 15:05CR, 2. Jim Zachary (DeLaSalle) 15:27, 3. Steve Guerrini (Santa Rosa) 15:33, 4. Jeff Godfrey (Montgomery) 15:57, 5. Jamie Billett (Beverly Hills) 16:03, 6. Curtis Alexander (Hanford) 16:05, 7. Kevin Selby (DeLaSalle) 16:14, 8. Matt Calvert (Berkeley) 16:19, 9. Jason Kroh (Newark Memorial) 16:21, 10. Guillermo Falla (DeLaSalle) 16:22.

Large Schools Girls Teams: 1. Santa Rosa 52, 2. Mitty 74, 3. Mission San Jose 82, 4. Berkeley 103, 5. Tokay 115, 6. Hanford 121, 7. Montgomery 147, 8. Righetti 167.

Large School Individuals: 1. Nika Horn (Santa Rosa) 18:13, 2. Rhonda Mazza (Santa Rosa) 19:06, 3. Megan Reeder (Santa Rosa) 19:13, 4. Joy Harris (Mission San Jose) 19:19, 5. Sarah Riley (Campolindo) 19:49, 6. Tina Venzor (Mission San Jose) 20:08, 7. Sunny Sturges (Berkeley) 20:12, 8. Latanya Johnson (Mitty) 20:13, 9. Julie Schuster (Monte Vista) 20:14, 10. Melanie Spens (Mission San Jose) 20:20.

Small Schools Boys Teams: 1. Livermore 75, 2. Corcoran 116, 3. Moreau 132, 4. Piedmont 153, 5. College Park 161, 6. Petaluma 190, 7. St. Mary's (Stockton) 196, 8. Bear River 196, 9. Bishop O'Dowd 216, 10. Hall Moon Bay 248, 11. Encinal 250, 12. San Rafael 272, 13. Castlemont 332, 14. Tennyson 369, 15. Terra Linda 385, 16. Northgate 413, 17. Irvington 421.

Small Schools Individuals: 1. Dan Stoll (12) College Park 15:12, 2. Mark Douglas (12) Moreau 15:18, 3. Abhnik Jones (11) Livermore 15:35, 4. Bob Spallero (12) Bear River 15:49, 5. Jose Ochoa (10) Corcoran 15:52, 6. Cesar Zavala (11) 15:59, 7. David Sandes (Castlemont) 16:11, 8. Paul Digir (12) Petaluma 16:12, 9. Daniel Periera (11) Livermore 16:14, 10. Mike Coleman (12) San Rafael 16:14.

Small Schools Girls Teams: 1. Piedmont 80, 2. Moreau 88, 3. Hall Moon Bay 98, 4. Bishop O'Dowd 135, 5. Encinal 147, 6. Carondelet 150, 7. Livermore 168, 8. Bear River 173, 9. El Molino 243, 10. College Park 245, 11. Terra Linda 247.

Small School Individuals: 1. Neve Zwagerman (12) Tampais 17:42CR, 2. Anika Webb (10) Bear River 18:12, 3. Catherine Venables (10) Encinal 18:19, 4. Angela Dalke (Bishop O'Dowd) 18:40, 5. Hanna Skandera (Covenant Community) 19:06, 6. Erika Heine (12) Moreau 19:22, 7. Riva Rahl (12) Piedmont 19:32, 8. Theresa McCarthy (12) Terra Linda 19:38, 9. Courtney Madigan (9) Bear River 19:43, 10. Maria Melendez (Granada) 19:58.

Clovis High School Invitational

September 22, Woodward Park, Fresno.

Boys Results

Varsity-Open:		
1 Quintana	Arroyo Grande	14:56
2 Rysar	Carson City	15:42
3 Santiago	Madera	15:47
4 Lindsey	Palos Verde	15:56
5 Dunn	Arroyo Grande	15:59
6 Duarte	Modesio	16:05
7 Morales	Washington Union	16:05
8 Steele	Carson City	16:06
9 Rodriguez	Madera	16:06
10 Kropl	Madera	16:10

Team Scores: 1. Madera 40, 2. Del Campo 107, 3. Carson City 120, 4. Arroyo Grande 130, 5. Bellarmine 166, 6. Palo Alto 183, 7. Palos Verdes 165, 8. American 204, 9. Lemoore 220, 10. Hanford 273, 11. Beyer 285, 12. Wilson 318, 13. Clovis West 335, 14. Clovis 391, 15. Foothill 395, 16. North Bakersfield 406, 17. Rio Americano 469, 18. Mt. Pleasant 480.

Small Varsity:

1 Marcn	SLO	15:41
2 Jones	Livermore	16:02
3 Douglass	Moreau	16:03
4 Escay	Jesuit	16:09
5 Saueressig	Yosemite	16:12
6 Diverglio	SLO	16:16
7 Kamp	SLV	16:22
8 Ochoa	Corcoran	16:26

9 Dawns	Leigh	16:30
10 Sanchez	Arvin	16:35

Team Scores: 1. Livermore 67, 2. San Luis Obispo 118, 3. Jesuit 139, 4. Los Gatos 169, 5. Morro Bay 168, 6. Leigh 173, 7. Bishop Amat 178, 8. Casa Robles 135, 9. Arvin 236, 10. Corcoran 240, 11. Tustin 251, 12. Sonora 252, 13. South Pasadena 261, 14. St. Mary's 355, 15. Piedmont 364, 16. South Tahoe 369, 17. Yosemite 467, 18. Encino 528, 19. Reedley 560, 20. Chaminade 592.

J.V. Boys:

1 C. Alegos	Madera	17:08
2 Smith	Del Campo	17:18
3 Roper	DA	17:31
4 Sanchez	Madera	17:33
5 Garza		17:40
6 Scherson	Del Campo	17:48



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Photo by Bill Cockerham

7 Hummel	Del Campo	17:40
8 Cabral		17:54
9 Folan	Bellarmino	17:57
10 Fisher	Bellarmino	18:00

Team Scores: 1. Del Campo 29, 2. Madera 41, 3. Palos Verdes 76, 4. Bellarmine 93, 5. Jesuit 168, 6. Clovis 183, 7. Hanford 210, 8. North Bakersfield 234, 9. Moreau 235, 10. Lemoore 250, 11. Yosemite 231, 12. Chaminade 345.

Soph Boys:

1 Rio	Madera	17:11
2 Martinez		17:27
3 Perce	Madera	17:29
4 Boln	McLane	17:33
5 Hickey	Foothill	17:42
6 Lin	So Pas	17:48
7 Salaris	Madera	17:54
8 Amzola	Madera	17:52
9 Billetter	Bellarmino	17:54
10 Bullard	Bellarmino	17:58

Team Scores: 1. Madera 19, 2. Bellarmine 56, 3. South Pasadena 99, 4. Jesuit 138, 5. Foothill 149, 6. Casa Robles 154, 7. San Luis Obispo 184, 8.

Redwood 201, 9. Reedley 208, 10. Lemoore 227.

Freshman Boys:

1 Ricky Chavez	Madera	17:05
2 Farley	Jesuit	17:46
3 Verdego	Foothill	17:53
4 Rojas	Clovis	17:57
5 Tomplin	Gunn	17:59
6 Ken	Clovis West	18:00
7 Chavira	Madera	18:05
8 Sanchez	Arvin	18:05
9 Meyers	Rio Americano	18:09
10 Tompkins	Gunn	18:22

Team Scores: 1. Madera 58, 2. Jesuit "A" 69, 3. Arvin 93, 4. Clovis 109, 5. Lemoore 128, 6. Foothill 176, 7. Yosemite 182, 8. Reedley 195, 9. Jesuit "B" 210, 10. Rio Americano 215, 11. Hanford 221, 12. Del Campo 313, 13. Jesuit "C" 364.

Girl's Results

Open Varsity

1 Sumi	Wilson	18:35
2 Orlando	Carson City	18:40
3 Barr	Arroyo Grande	18:59
4 Munro	Palos Verdes	19:23
5 Miller	North	19:33
6 Bach	Bayer	19:38
7 Zarski	Palos Verdes	19:42
8 Orefice	Arroyo Grande	19:44
9 Hoop	Palos Verdes	19:46
10 Leal	Clovis West	19:48

Team Scores: 1. Palos Verdes 46, 2. Arroyo Grande 59, 3. Clovis West 106, 4. Carson City 108, 5. Wilson 121, 6. North Bakersfield 191, 7. Bayer 198, 8. Madera 225, 9. Foothill 267, 10. Amador 275, 11. Hanford 307, 12. Clovis 316, 13. Mt. Pleasant 359, 14. Hoover 379.

Small Varsity:

1 Spies	Livermore	18:07
2 Jensen	So Tahoe	18:22
3 Lacouara	Morro Bay	19:01
4 Sweeney	Leigh	19:13
5 Salinas	Arvin	19:25
6 Soderman	Gunn	19:28
7 Venables	Encinal	19:41
8 Durr	Tustin	19:43
9 Vigione	Del Campo	19:49
10 Alberti	Corcoran	19:52

Team Scores: 1. Tustin 78, 2. Morro Bay 120, 3. Casa Robles 136, 4. Los Gatos 167, 5. San Luis Obispo 206, 6. Piedmont 213, 7. Bishop Amat 248, 8. Gunn 257, 9. South Tahoe 262, 10. Livermore 284, 11. Del Campo 288, 12. Moreau 317, 13. Redwood 347, 14. Palo Alto 352, 15. Encino 353, 16. South Pasadena 365, 17. Leigh 382, 18. Chaminade 440, 19. Sonora 483, 20. Rio Americano 512, 21. Reedley 528, 22. Lemoore 544, 23. Yosemite 567.

J.V. Girls:

1 Sobbe	Palos Verdes	21:33
2 Rawlings	Palos Verdes	21:34
3 Kelly	Palos Verdes	21:40
4 Freeman	Clovis West	22:00
5 Taff	Morro Bay	22:01
6 Otsuka	Palos Verdes	22:01
7 Nahulin	Palos Verdes	22:08
8 Lao	Palos Verdes	22:17
9 Carter	Los Gatos	22:18
10 Moore	Clovis West	22:49

Team Scores: 1. Palos Verdes 17, 2. Wilson 77, 3. Hanford 127, 4. Clovis High 139, 5. Tustin 152, 6. San Luis Obispo 155, 7. Arroyo Grande 164, 8. Moreau 169, 9. Clovis West 176, 10. Chaminade 279, 11. Lemoore 302.



KINNEY
West Regional.

Dec., 1, 1990
Woodward Park
Fresno

RESULTS

CROSS COUNTRY

South Coast X-C Conference

September 22, Mt. SAC.

Men's Teams:

1. Long Beach 25, 2. Mt. San Antonio 32, 3. El Camino 34, 4. Pasadena 43, 5. Cerritos 50.

Individuals:

1. Baptiste (Mt. SAC) 20:10, 2. Pina (LB) 20:12, 3. Montes (Mt. SAC) 20:14, 4. O'Neill (LB) 20:14, 5. Gonzales (LB) 20:23.

Women's Teams:

El Camino 28, 2. Mt. SAC 36, 3. Long Beach 39.

Individuals:

1. Tracy (EC) 18:27, 2. Rose (LB) 18:36, 3. Talamantes (Mt. SAC) 18:46.

Western State Conf. Junior College X-C

September 22.

Men's Teams:

1. Glendale 33, 2. Bakersfield 47, 3. Ventura 76, 4. Canyon 117, 5. Cuesta 143, 6. Moorpark 208, 7. Santa Barbara 225.

Individuals:

1. Garcia (G) 20:59, 2. Romero (Bak) 21:46, 3. Arredondo (Ox) 22:03, 4. Morales (Ven) 22:21, 5. Wallace (Bak) 22:29.

Women's Teams:

1. Moorpark 31, 2. Santa Barbara 70, 3. Glendale 77, 4. Ventura 98, 5. Bakersfield 120, 5. Canyons 135, 6. Santa Monica 137, 7. Cuesta 195.

Individuals:

1. Paramo (Ox) 21:09, 2. Costa (SB) 21:27, 3. Melgaza (Moor) 21:34, 4. Atkinson (Moor) 21:36, 5. Howe (Ventura) 21:46.

Bakersfield X-C Invitational

September 29, Hart Park, Bakersfield.

Men's Teams:

1. Glendale 36, 2. Bakersfield 63, 3. Taft 83, 4. Pasadena 103, 5. Long Beach 143.

Individuals:

1. Garcia (Glendale) 19:26, 2. Romero (Bakersfield) 19:39, 3. Aguirre (Glendale) 19:50.

Women's Teams:

1. Moorpark 41, 2. Valley 87, 3. Ventura 112.

Individuals:

1. Paramo (Oxnard) 18:22, 2. Mathison (Moorpark) 18:25, 3. Looney (Rio Hondo) 18:28.

Fresno Pacific College X-C Invitational

September 29, Woodward Park, Fresno.

Overall Results - Men's 8000m

1. Matt Messner (LB) 26:55, 2. Jason Lindholm (FP) 27:06, 3. Jeff Henderson (WH) 27:19, 4. Rick Deleon (CL) 27:29, 5. Rich Parris (FP) 27:30, 6. Jeff Ascherbrenner (CL) 27:45, 7. Matt Griffin (CL) 28:04, 8. Jose Sanchez (FP) 28:14, 9. Brian Purcello (FP) 28:21, 10. Shaan Blanchard (WH) 28:22.

11. Isaac Benton (FP) 28:32, 12. Kele Perkins (WH) 28:38, 13. Miguel Lucas (BU) 28:41, 14. Edward Yuh (WH) 28:58, 15. Tom Counts (FP) 28:58.

Teams: 1. Fresno Pacific 35, 2. Whittier 55, 3. Cal Lutheran 55, 4. Biola 109, 5. Fresno Pacific B 116, 6. St. Mary's 169.

Overall Results - Women's 5000m

1. Anne Wedum (SM) 18:56, 2. Susan Banfield (SM) 19:19, 3. Heidi Peterson (CL) 19:22, 4. Christy Grimsley (BU) 19:34, 5. Missi Hurlow (SM) 19:38, 6. Marissa Van Der Wolk (CL) 19:49, 7. Gretchen Gies (CL) 19:53, 8. Lisa Askins (CL) 20:15, 9. Meg Neal (BU) 20:34, 10. Patricia Fulmer (CL) 20:40.

11. Libby Moore (WH) 20:50, 12. Jennifer Troell (SM) 20:52, 13. Meridee Ewert (BU) 20:57, 14. Aimee Tolan (SM) 21:00, 15. Laura Duquette (FS) 21:04.

Teams: 1. St. Mary's 34, 2. Cal Lutheran 34 (tie broken by total time), 3. Biola 63, 4. Whittier 104, 5. St. Mary's B 153, 6. University of Pacific 172, 7. Whittier B 191.

Junior College X-C Invitational

September 29, Golden State Park, San Francisco.

Men's Teams:

1. American River 103:36, 2. Mt. SAC 104:06, 3. Sequoias 106:27, 4. West Valley 106:26, 5. Siskiyou 108:39, 6. Orange Coast College 108:39, 7. Rancho Santiago 108:50.

Individuals:

1. Montes (Mt. SAC) 20:14, 2. Woods (Hancock) 20:16, 3. Rorer (AR) 20:20, 4. Berhane (AR) 20:26, 5. Baptiste (Mt. SAC) 20:34.

Women's Teams:

1. Mt. SAC 94:06, 2. West Valley 96:56, 3. Orange Coast 97:32, 4. American River 97:33, 5. Santa Rosa 98:02.

Individuals:

1. Farage (WV) 17:46, 2. Talamantes (Mt. SAC) 18:00, 3. Ronnerman (Mt. SAC) 18:03, 4. Benavides (OC) 18:06, 5. Reading (SR) 10:22.

UC Riverside Invitational

September 29, Riverside.

Overall Results - Men's 5 Miles

1. Scott Hempel (CPSLO) 25:21, 2. Shannon Winkelman (UCR) 25:29, 3. Mitchell Sloan (UNA) 25:31, 4. Marcial Beltran (Oxy) 25:36, 5. Danny Martinez (Toads) 25:40, 6. Brad Jensen (Toads) 25:45, 7. Tony Hernandez (ASU) 25:46, 8. Dan Reed (UNA) 25:52, 9. Kendall Firk (ASU) 25:57, 10. Steve Fristone (CSF) 26:00.

11. Rick Penman (PL) 26:01, 12. Jesus Gutierrez (Toads) 26:02, 13. Emmet Hogan (Oxy) 26:02, 14. Pat Zweifel (CPSLO) 26:03, 15. John Penman (CPSLO) 26:03, 16. Mike Teinsley (CSF) 26:08, 17. Jose Garcia (Oxy) 26:09, 18. Lance Rankin (CPSLO) 26:09, 19. Jose Alcaraz (UCR) 26:11, 20. Kevin Harris (UCI) 26:11.

21. Bill Davenport (CPSLO) 26:12, 22. Sean O'Hara (PL) 26:12, 23. Anthony Williams (UNA) 26:14, 24. Mike Frik (ASU) 26:16, 25. Matt Hempel (CPSLO) 26:18.

Team Scores: 1. Cal Poly SLO 69, 2. Jamal Toads (Club) 84, 3. Arizona State 122, 4. Occidental 128, 5. Cal State Fullerton 155, 6. Point Loma 198, 7. UC Irvine B 201, 8. UC Riverside 236, 9. USC 281, 10. UCLA B 331.

11. Riverside Community College 353, 12. Redlands 482, 13. Cal State Bakersfield 498, 14. Claremont Mudd 549, 15. Cal Poly Pomona 572, 16. Cal State Northridge 585, 17. Cal State Los Angeles 627, 18. Loyola Marymount 755, 19. United State International 758, 20. University of San Diego 799.

21. Cal State San Bernardino 800, 22. San Diego State 805, 23. San Bernardino Valley College 809, 24. Southern California College 927.

Overall Results - Women

1. Patti Blunck (UNA) 17:48, 2. Bridget Stirling (UNA) 17:57, 3. Susan Carey (CSS) 18:01, 4. Sherri Hall (SCC) 18:12, 5. Jenee Ellis (APU) 18:17, 6. Devon Martin (UNA) 18:19, 7. Tracey Leichter (CPSLO) 18:22, 8. Laurie Schuster (Oxy) 18:23, 9. Sita Jones (UCI) 18:23, 10. Tricia Huffmaster (ASU) 18:24.

11. Kelly Cordell (ASU) 18:24, 12. Gretchen Cruz (UNA) 18:26, 13. Kristen Wellman (ASU) 18:28, 14. Janell Dovalina (CSF) 18:32, 15. Sydney Thatcher (CPSLO) 18:34, 16. Kira Jorgensen (UCLA) 18:35, 17. Maggie Hensome (UCI) 18:35, 18. Michale Sosnowski (ASU) 18:39, 19. Jill Sienicki (ASU) 18:40, 20. Kristine Hand (CPSLO) 18:41.

21. Kristin Peters (CSF) 18:42, 22. Becky Kopchik (Oxy) 18:45, 23. Mary Shelton (RCC) 18:47, 24. Amanda Marks (CPSLO) 18:47, 25. Chris Hamilton (CPSLO) 18:48.

Team Scores: 1. Arizona State 71, 2. Cal Poly SLO 91, 3. UC Irvine 124, 4. UCLA

156, 6. Occidental 233, 8. Cal State Fullerton 240, 7. Cal State Los Angeles 263, 8. Cal State Northridge 263, 9. Cal State Stanislaus 281, 10. Point Loma 311.

11. Riverside Community College 354, 12. Cal Poly Pomona 380, 13. Azusa Pacific 424, 14. Long Beach State 426, 15. East Los Angeles City College 527, 16. Claremont-Mudd 597, 17. Southern California College 599, 18. Cal State San Bernardino 607, 19. United States International 630, 20. Pepperdine 649.

21. USC 668, 22. UC Riverside 668, 23. University of San Diego 718, 24. Loyola Marymount 898, 25. Barstow City College 945.

College of San Mateo Crystal Springs Invit.

October 6, Crystal Springs, Belmont.

Men's Results - 4.195 Miles

1. Yared Berhane (American River) 20:59, 2. Eric Rorer (American River) 21:12, 3. Juan Romero (Bakersfield College) 21:15, 4. Eric Taylor (Amer. River) 21:20, 5. Pat Donnelly (Sierra College) 21:25, 6. Gerry Carrillo (Hartnell College) 21:31, 7. Jordan Carroll (West Valley College) 21:33, 8. Dirk Vandepol (Diablo Valley) 21:39, 9. Jason Carroll (West Vly) 21:42, 10. Dan Zoldak (West Vly) 21:42.

11. Dave Rivera (West Vly) 21:43, 12. Pat Hubbard (Taft) 21:48, 13. Marvin Dykstra (College of Siskiyous) 21:50, 14. Bruce Matheny (Taft College) 21:53, 15. Charles Wallace (Bakersfield College) 21:53, 16. Juan Sanchez (COS) 21:54, 17. Tim Coburn (San Joaquin Delta College) 21:54, 18. Jeremy Redding (Shasta College) 21:54, 19. Scott Weber (COS) 21:55, 20. Mark Sullivan (Hartnell College) 21:59.

Teams: 1. American River College 55, 2. West Valley College 64, 3. Bakersfield College 92, 4. Taft College 107, 5. College of Sequoias 156, 6. College of Siskiyous 182, 7. Hartnell College 218, 8. Diablo Valley College 232, 9. College of San Mateo 273, 10. Fresno City College 278.

11. Cabrillo College 317, 12. Santa Rosa Jr. College 325, 13. San Jose City College 325, 14. Daanza College 346, 15. Sierra College 348, 16. Foothill College 474, 17. Modesto Jr. College 488.

Women's Results

1. Dina Farage (West Valley) 17:37, 2. Barbara Hood (Cosumnes College) 18:23, 3. Ellie Runice (Taft) 18:30, 4. Evie Barry (San Jose CC) 18:40, 5. Shirley Rojas-Wolter (COS) 18:44, 6. Susy Donofrio (Diablo Valley) 18:53, 7. Dena Deangelo (Modesto Jr. College) 19:01, 8. Andrea Johnston (Sierra College) 19:08, 9. Audra Brinkerhoff (Taft) 19:10, 10. Eva Belt (American River) 19:13.

11. Diana Chamberlain (West Valley) 19:18, 12. Karen Bebensee (West Valley)

Coaches Alliance Recommended Clinics for 1991

Date	Clinic Name	Location	Featured Speaker(s)	Contact Person / Phone
Jan. 5	San Joaquin Coach of the Year Clinic	Fresno State	Joe Vigil	Bob Fraley (209) 278-4098
Jan. 12	San Diego Coaches Distance Clinic	Mt. Carmel HS San Diego	Pattisue Plumer (Nike) Joe Kelley (Palos Verdes)	Dennis McClanahan (619) 484-1180
Jan. 19	Southern California Coaches Clinic	Artesia HS Lakewood	Terry Franson (Azusa Pacific) Brooks Johnson (Stanford)	Doug Todd (714) 952-3596
Jan. 25-26	2nd California Track & XC Coaches Alliance Clinic	Holiday Inn Foster City	Vince O'Boyle (UCI) Scott Semar (Bkfld HS)	Don Dooley (415) 348-8050

ALL REGISTERED ALLIANCE MEMBERS WILL RECEIVE A \$5.00 DISCOUNT AT ABOVE CLINICS.

19:22, 13. Becky Petty (COS) 19:23, 14. Marlene Moreno (COS) 19:23, 15. Christy Oliveira (Shasta) 19:24, 16. Vanessa John (West Valley) 19:33, 17. Rachel Austin (American River) 19:39, 18. Rachael Robinson (College of Siskiyous) 19:47, 19. Teresa Tolentino (Modesto Jr. College) 19:49, 20. Sonja Vissher (Sacramento CC) 19:51.
Teams: 1. West Valley College 45, 2. American River College 78, 3. College of Sequoias 82, 4. Diablo Valley College 137, 5. Santa Rosa Jr. College 140, 6. Taft College 154, 7. Shasta College 155, 8. Hartnell College 170, 9. Deanza College 202, 10. Fresno CC 205.

Stanford Invitational

October 6, Stanford Golf Course.
Men's Results

Team Scores: 1. Arkansas 36, 2. Arizona 64, 3. Wake Forest 90, 4. Stanford 150, 5. UC Santa Barbara 157, 6. Fresno State 159, 7. UC Irvine 164, 8. Nevada Reno 190, 9. Cal Poly Pomona 261, 10. Cal Berkeley 297.

11. UCLA 304, 12. USC 310, 13. Air Force Academy 318, 14. US Military Academy 322, 15. Purdue 352.

Individuals: 1. Marc Davis (Az) 23:36, 2. Brian Grosso (Az) 23:44, 3. Brian Baker (Arkansas) 23:51, 4. Eric Henry (Arkan) 24:05, 5. Frank Hanley (Arkan) 24:06, 6. Stuart Burnham (Wake Forest) 24:12, 7. Ben Schoonover (Wake Forest) 24:16, 8. Mitchell Sloan (USC) 24:18, 9. David Goodrich (CS Hayward) 24:23, 10. Martin Leino (Az) 24:26.

11. Johan Boakes (Arkan) 24:31, 12. Niall

Bruton (Arkan) 24:35, 13. Ian Alsen (Arkan) 24:36, 14. Jason Martin (Stanford) 24:37, 15. Tim Corbin (UCSB) 24:38, 16. Jason Lienau (FSU) 24:41, 17. Gilbert Contreras (Arkan) 24:42, 18. Stephanie Franke (CCP) 24:44, 19. Ben Ayers (UCIrvine) 24:47, 20. Chris King (Nevada Reno) 24:48.

21. John Sence (Wake Forest) 24:49, 22. Dave Paul (Purdue) 24:50, 23. Aaron Pogue (US Military Acad) 24:51, 24. Trevor Nelson (Cal Berk) 24:55, 25. Mike Skinner (Arkan) 24:56, 26. Fred Carter (Stanford) 24:58, 27. Dave Notta (CS Sacto) 25:00, 28. Nelf McGhie (FSU) 25:04, 29. Jeff Bovee (Az) 25:04, 30. Eric Lorenz (Wake Forest) 25:05.

31. David Drameim (Az) 25:06, 32. Gilbert Delgado (FSU) 25:06, 33. Dave Scudamore (Stanford) 25:07, 34. Carl Buena (Reno) 25:09, 35. Mike Nielson (UCI) 25:09, 36. Toby Freeburn (UCSB) 25:10, 37. Brant Armentrout (Wake Forest) 25:12, 38. David Hellatine (UCI) 25:13, 39. Brian Hill (UCI) 25:15, 40. Bryan MacMillan (UCSB) 25:15.

41. Sean Nyban (UCSB) 25:16, 42. Dirk Jett (Northridge) 25:17, 43. Gary Stolz (Stanford) 25:19, 44. Steve Zirkelbach (Cal) 25:20, 45. Damian Capozzola (UCSB) 25:22, 46. Donnie Nelson (Reno) 25:23, 47. Bryon Devore (UCLA) 25:23, 48. Jim Zimmer (FSU) 25:24, 49. Kevin Buscay (Reno) 25:25, 50. Drexel Valenti (USC) 25:27.

Women's Results

Team Scores: 1. BYU 74, 2. UC Irvine 87, 3. Wisconsin 112, 4. Arkansas 117, 5. Washington State 123, 6. Arizona 170, 7. Air Force 209, 8. UCLA 219, 9. Cal Poly SLO 229, 10. Cal Berkeley 238.

11. Fresno State 258, 12. Stanford 267, 13. Wake Forest 331, 14. Northridge 338
Individuals: 1. Suzy Favor (Wis) 16:27, 2. Buffy Rabbitt (UCI) 16:34, 3. Darcy Arreola



BUFFY RABBITT

Photo by Bill Leung, Jr.

(Northridge) 16:56, 4. Mary Harzheim (Wis) 16:59, 5. Nicole Birk (BYU) 17:00, 6. Dorota

Buczowska (BYU) 17:02, 7. Callie Calhoun (Air Force) 17:04, 8. Jamie Park (Arkan) 17:07, 9. Rayna Cervantes (UCI) 17:09, 10. Traci Goodrich (UCI) 17:13.

11. Leanne Whitesides (BYU) 17:16, 12. Sabrina Han (Cal) 17:17, 13. Bridget Smyth (Az) 17:18, 14. Jennifer Robertson (Washington St.) 17:22, 15. Mary Powell (Wake Forest) 17:25, 16. Nicole Nugent (UCLA) 17:26, 17. Karen Hecox (UCLA) 17:27, 18. Melanie Block (Stanford) 17:30, 19. Tonya Todd (BUY) 17:30, 20. Jennifer Carpenter (Washington St.) 17:32.

21. Stephanie Barrett (Arkan) 17:32, 22. Luiza Donascimento (Washington St.) 17:33, 23. Tracy Kennedy (Az) 17:34, 24. Stacey Ware (Arkan) 17:35, 25. Clair Lavers (Arkan) 17:43, 26. Shannon Karpel (Air Force) 17:45, 27. Rachel Brennan (Az) 17:45, 28. Maria Akraka (UCI) 17:48, 29. Lisa Dressel (Wis) 17:49, 30. Jill Anderson (Washington St.) 17:50.

31. Sue Gentes (Wis) 17:51, 32. Cindy Amster (FSU) 17:52, 33. Sonora Gibb (BYU) 17:54, 34. Kristina Hand (CPSLO) 17:54, 35. Lean Sweeney (Cal) 17:56, 36. Sydney Thatcher (CPSLO) 17:56, 37. Debbie Granley (Washington St.) 17:57, 38. Maggie Henson (UCI) 17:59, 39. Pauline Durran (Arkan) 18:00, 40. Jill Shenkel (Stanford) 18:02.

41. Amanda Marks (CPSLO) 18:03, 42. Jade Preato (UCI) 18:04, 43. Sita Jones (UCI) 18:05, 44. Amy Reecy (Air Force) 18:05, 45. Angela Lee (BYU) 18:06, 46. Tara Laws (BYU) 18:09, 47. Heather Rawling (Wis) 18:09, 48. Julie Verke (FSU) 18:10, 49. Sue Henke (Air Force) 18:10, 50. Anke Mebold (Az) 18:12.

RESULTS

Cal Poly SLO Invitational

October 13, San Luis Obispo.
Men's Invitational Results

Teams: 1. Gardena Valley Runner 29, 2. Aztlan Track Club 100, 3. Reebok Aggies 125, 4. Fresno State 136, 5. UC Irvine 142, 6. Cal Poly SLO 180, 7. UC Santa Barbara 195, 8. Occidental 247, 9. UC Berkeley 255, 10. Sonoma State 334.

11. Boho Running Club 350, 12. Fullerton State 364, 13. Santa Barbara Track Club 384, 14. USC 389, 15. UC Riverside 396.
Individuals: 1. Danny Gonzales (Reebok Aggies) 24:18, 2. Benny Cruz (Gardena Vly Runner) 24:23, 3. Ivan Huff (Reebok Aggies) 24:28, 4. Matt Ebiner (Gardena Vly Runner) 24:40, 5. Alrado Rosas (Gardena Vly Runner) 24:41, 6. Tyrus Demintin (Gardena Vly Runner) 24:41, 7. Mitchel Sloan (USC) 24:42, 8. Mike Stone (Sonoma State) 24:42, 9. Scott Hempel (SLO) 24:46, 10. Jason Lienau (Fresno St) 24:47.

11. Danny Martinez (Aztlan TC) 24:54, 12. John Koningh (Gardena Vly Runner) 24:59, 13. Tim Corbin (UC Santa Barbara) 25:03, 14. Pete Magill (Aztlan TC) 25:03, 15. Brad Jensen (Aztlan TC) 25:04, 16. Jesus Gutierrez (Aztlan TC) 25:08, 17. Emmet Hogan (Occidental College) 25:09, 18. Marcial Beltran (Occidental College) 25:10, 19. Derk Vett (CS Northridge) 25:11, 20. Gilbert Delgado (Fresno St) 25:11.

21. Mike Nielseno (UC Irvine) 25:12, 22. Toby Freebourn (UCSB) 25:14, 23. Kevin Berko (UC Irvine) 25:14, 24. Steve Zirkelbach (Cal Berkeley) 25:16, 25. Rob Price (UC Irvine) 25:18, 26. Reggie Williams (Cal Berkeley) 25:21, 27. Victor Santamaria (Reebok Aggies) 25:21, 28. Brian Hild (UC Irvine) 25:21, 29. Parker Kelley (Boho RC) 25:22, 30. Rod Heskot (Fresno St) 25:22.

31. Shanon Winkelman (UC Riverside) 25:32, 32. Jamey Harris (Fresno St) 25:58, 33. Jeff Jacobs (Santa Barbara TC) 25:27, 34. Matt Hemple (SLO) 25:29, 35. Neff McGhie (Fresno St) 25:30, 36. Brandon Smith (Boho RC) 25:32, 37. Brian MacMillan (UCSB) 25:33, 38. Bill Davenport (SLO) 25:34, 39. Jim Zimmer (Fresno St) 25:34, 40. Mike Livingston (Reebok Aggies) 25:34.

Women's Invitational Results

Teams: 1. UC Irvine 44, 2. Cal Poly SLO 94, 3. UCLA 123, 4. Fresno State 181, 5. UC Davis 200, 6. Rice University 222, 7. Reebok Aggies 264, 8. CSUN 268, 9. SDSU 292, 10. Cal State Fullerton 314, 11. Cal Poly Pomona 439.

Individuals: 1. Buffy Rabbitt (UC Irvine) 16:27, 2. Laura Cattivera (Nike Cst) 16:44, 3. Darcy Arredia (CS Northridge) 16:55, 4. Traci Goodrich (UC Irvine) 17:03, 5. Patty Blunck (AIA) 17:10, 6. Julie Jilkra (Rice) 17:14, 7. Nicole Nugent (UCLA) 17:17, 8. Christine Morgan (Unat.) 17:18, 9. Rayna Cervantes (UC Irvine) 17:18, 10. Magie Henson (UCIrvine) 17:20.

11. Kristina Hand (SLO) 17:26, 12. Bridget Stirling (Nugent) 17:28, 13. Robyn Macswain (Greater SFTC) 17:29, 14. Kathy Co-

stello (Tampa TC) 17:35, 15. Cindy Amster (Fresno St) 17:37, 16. Syd Thatcher (SLO) 17:42, 17. Amanda Marks (SLO) 17:43, 18. Tracy Leichter (SLO) 17:44, 19. Nicole Aleskowitz (Rice) 17:46, 20. Sita Jones (UC Irvine) 17:46.

21. Devon Martin (Nike Cst) 17:47, 22. Nancy Benson (Reebok Aggies) 17:48, 23. Roberta Moronaz (UC Irvine) 17:49, 24. Laurie Andeen (UCLA) 17:50, 25. Jen Ashe (UCLA) 17:51, 26. Julie Verke (Fresno St) 17:54, 27. Jade Preato (UC Irvine) 17:56, 28. Stacey Wainwright (UC Davis) 17:57, 29. Beth Bartholomew (UCLA) 17:58, 30. Jill Hoffman (Reebok Aggies) 17:59.

31. Carolyn Crawford (UC Davis) 17:59, 32. Shannon Sweeney (SLO) 18:00, 33. Betty Chavez (Fresno St) 18:00, 34. Janell Dovalina (CS Fullerton) 18:02, 35. Chrissy Perkins (San Diego St) 18:03, 36. Melanie Hiatt (SLO) 18:05, 37. Tracy Rose (Long Beach CC) 18:06, 38. Kira Jorgensen (UCLA) 18:07, 39. Susannah Thrasher (UCLA) 18:08, 40. Jen Feller (UC Davis) 18:10.

Men's Open Results

Teams: 1. SDSU 103, 2. UC San Diego 106, 3. Reebok Aggies 131, 4. Long Beach CC 154, 5. CSU Bakersfield 167, 6. Pomona/Pitzer 177, 7. Cal Poly Pomona 265, 8. CSUN 290, 9. Sacramento St. 343, 10. USIU 420, 11. Judkins Jr. High 537.

Individuals: 1. Oscar Gonzalez (Long Beach CC) 25:02, 2. Paul Eley (UC Davis) 25:59, 3. Karl Polivka (UCLA) 26:02, 4. Matt Yeto (Reebok Aggies) 26:16, 5. Rob Lander (San Diego St) 26:25, 6. Ross Newby (SLO Alumni) 26:28, 7. Jim Sorensen (SLO Alumni) 26:29, 8. Pete Sweeney (Reebok Aggies) 26:30, 9. Eric Kinney (UC San Diego) 26:31, 10. Jeff Wood (UCLA) 26:32.

11. Brian Richter (Pomona Pitzer) 26:33, 12. Rich Gitahl (CS Northridge) 26:34, 13. Derek Bloomquist (UC Davis) 26:35, 14. Rick Kalinowski (San Diego St) 26:36, 15. Brian Nelson (CS Bakersfield) 26:37.

Women's Open Results

Teams: 1. CSU Hayward 60, 2. UC Santa Barbara 92, 3. SLO Distance Club 180, 4. UC San Diego 187, 5. Pomona/Pitzer 200, 6. Cal Lutheran 207, 7. Humboldt State 234, 8. USIU 299, 9. Sonoma State 309, 10. Sacramento State 309, 11. USC 333, 12. UC Riverside 387, 13. Spartan XC TC 450.

Individuals: 1. Denise Walker (Humboldt) 17:57, 2. Jenny Cubillas (CS Hayward) 18:01, 3. Laurie Schuster (Occidental College) 18:11, 4. Kelly Redfield (Pomona Pitzer) 18:30, 5. Becky Kopchik (Occidental College) 18:35, 6. Shawn Ostrom (CS Hayward) 18:41, 7. Pam Boyles (CS Bakersfield) 18:45, 8. Julie Dyson (Sonoma St) 18:50, 9. Karen Courter (UC Santa Barbara) 18:53, 10. Toni Hartlaub (Santa Barbara TC) 18:54.

11. Cathy Norbutas (UCSB) 18:56, 12. Heidi Peterson (Cal Lutheran) 18:58, 13. Megan Sheehy (CS Hayward) 19:00, 14. Leslie Mueller (CS Hayward) 19:05, 15. Catherine Henmelly (San Luis Distance Club) 19:10.

Golden State Athletic Conference Championships

October 13, Bonelli Park, San Dimas.

Men's Results

1. Sean O'Hara (PLNC) 25:41, 2. Rick Penman (PLNC) 25:43, 3. Scott Lardner (PLNC) 25:43, 4. Jason Lindholm (FPC) 25:50, 5. Harrison Njoroga (APU) 26:06, 6. Monte Mickley (WC) 26:07, 7. Tony Bergmann (APU) 26:18, 8. Gus Arce (PLNC) 26:31, 9. Bob Gorman (WC) 26:53, 10. Brian Purcell (FPC) 27:01.

Teams: 1. Point Loma Nazarene 27, 2. Fresno Pacific 59, 3. Azusa Pacific 68, 4. Westmont 74.

Women's Results

1. Sherri Hall (SCC) 18:15, 2. Jenae Ellis (APU) 18:30, 3. Sonya Weir (APU) 18:56, 4. Anette Ronnerman (PLNC) 18:59, 5. Vanessa Couch (PLNC) 19:04, 6. Patty McNulty (WC) 19:07, 7. Janelle Tozer (WC) 19:25, 8. Amber Coley (SCC) 19:29, 9. Michelle Lubinsky (WC) 19:35, 10. Beth Mercier (WC) 19:45.

Teams: 1. Westmont 44, 2. Point Loma Nazarene 51, 3. Azusa Pacific 60, 4. Southern California College 82.

Cal Poly Pomona Bronco Invitational

October 20, Bonelli Park, San Dimas.

Men's Results - 8K

1. Wes Ashford (LBTC) 23:47, 2. Sean O'Hara (PL) 24:24, 3. Randy Hall (Unat) 24:29, 4. Matt Blaty (Unat) 24:31, 5. Rick Penman (PL) 24:33, 6. Donnie Nelson (Nev-Reno) 24:42, 7. Bob Ervin (Unat) 24:50, 8. Ramon Perez (CSLA) 24:54, 9. Dan Galindo (UCI) 24:54, 10. Jeff Pierce (Nev-Reno) 24:57.

11. Clay Biddle (UCI) 25:00, 12. Kevin Buscay (Nev-Reno) 25:02, 13. Bill Branigan (UCI) 25:02, 14. Kevin Harris (UCI) 25:05, 15. Eric Axtell (CPSLO) 25:09, 16. Scott Lardner (PL) 25:12, 17. Todd Coulston (UCI) 25:22, 18. M. Cortez-Lopez (CSLA) 25:26, 19. Andy Zollak (CPSLO) 25:30, 20. Carl Buena (Nev-Reno) 25:37.

Women's Results - 5K

1. Laura Cattivera (Nike) 16:42, 2. Brigid Sterlings (Unat) 16:42, 3. Devon Martin (Nike) 17:05, 4. Natalie Wood (Nev-Reno) 17:10, 5. Martha Luna (Unat) 17:15, 6. Kira Jorgenson (UCLA) 17:17, 7. Roberta Moronaz (UCI) 17:23, 8. Laura Chapel (Unat) 17:25, 9. Geena Ellis (APU) 17:36, 10. Andrea Sansom (UCI) 17:39.

11. Kellie Taylor (CPP) 17:41, 12. Susanah Thrasher (UCLA) 17:43, 13. Carol Keller (Unat) 17:47, 14. Jade Preato (UCI) 17:48, 15. Megan Warner (Unat) 17:55, 16. Emily Nicklin (UCLA) 17:57, 17. Akemi Oryer (UCI) 17:59, 18. Wendy Peterson (SDSU) 18:04, 19. Shelly Bessey (Nev-Reno) 18:05, 20. Leslie Gonzales (Nike) 18:05.

Big West Championships

October 27, Woodward Park, Fresno.

Men's Results - 8000m

1. Jason Lienau (FSU) 25:02, 2. Tim Corbin (UCSB) 25:05, 3. Rob Price (UCI) 25:11, 4. Ben Ayers (UCI) 25:15, 5. Deron Scott (USU) 25:23, 6. Dave Schumacher (LBS) 25:26, 7. Mike Nielsen (UCI) 25:27, 8. Brian MacMillan (UCSB) 25:30, 9. Jamey Harris (FSU) 25:31, 10. Sean Nyhan (UCSB) 25:33.

11. Mike Brown (UCSB) 25:34, 12. Ray Trujillo (CSF) 25:35, 13. Brian Hild (UCI) 25:40, 14. Davie Hesselbine (UCI) 25:43, 15. Gilbert Delgado (FSU) 25:49, 16. Mike Dear (USU) 25:52, 17. Kevin Berko (UCI) 25:54, 18. Brett Hill (USU) 25:59, 19. Mike Tansley (CSF) 26:08, 20. Todd Sheller (FSU) 26:11.

Team Scores: 1. UC Irvine 41, 2. UC Santa Barbara 52, 3. Fresno State 74, 4. Utah State 97, 5. Cal State Fullerton 103, 6. Long Beach State 154, 7. New Mexico State 189.

Women's Results - 5000m

1. Buffy Rabbitt (UCI) 17:05, 2. Maria Akaraka (UCI) 17:19, 3. Rayna Cervantes (UCI) 17:27, 4. Traci Goodrich (UCI) 17:29, 5. Cindy Rockwood-Amster (FSU) 17:42, 6. Sita Jones (UCI) 17:54, 7. Rachel Graybill (UH) 18:04, 8. Roberta Moronaz (UCI) 18:13, 9. Julie Verke (FSU) 18:18, 10. Jade Preato (UCI) 18:21.

11. Shannon Lieder (FSU) 18:21, 12. Mary Schumacher (LBS) 18:27, 13. Betty Chavez (FSU) 18:28, 14. Heather McKillip (NMSI) 18:29, 15. Joanna Green (LBS) 18:31, 16. Evelyn Martino (FSU) 18:34, 17. Janell Dovalina (CSF) 18:39, 18. Cami Howden (CSF) 18:40, 19. Kristin Peters (CSF) 18:54, 20. Cynthia Craig (NMSI) 18:58.

Team Scores: 1. UC Irvine 16, 2. Fresno State 54, 3. Cal State Fullerton 119, 4. Long Beach State 127, 5. UC Santa Barbara 134, 6. New Mexico State 135, 7. Hawaii 145, 8. Utah State 227, 9. UNLV 268, 10. Pacific 287.

ROAD RACING

Run for Sight

No Date Given. Avalon Lions Club. 5K & 10K & 10.8 MI.

Division Results - Men's 5K

Overall Winners: 1. Larry Higinbotham 16:14, 2. Dan Burton 17:29, 3. Joel Munilo 17:47, 13 & Under: 1. Justin Murrjo 19:32, 2. Oscar Betancourt 19:57, 3. Alejandro Moreno 23:06, 14-18: 1. Jason Hovsepian 21:09, 2. Christopher Brown 21:11, 19-29: 1. Jim Lattimore 20:10, 2. David Mitchell 21:39, 3. Ronald Carr 21:58, 30-39: 1. Lar-

RESULTS

ry Higinbotham 16:18, 2. Dan Burton 17:29, 3. Joel Murillo 17:47. 40-49: 1. Lou Briones 18:39, 2. Leland Voyles 19:51, 3. Ron Simionelli 20:30. 50-59: 1. Michael McGowan 21:05, 2. Paul Rutkowski 21:26, 3. Fred Belli 23:28. 60 & Over: 1. Bob Berg 25:39. Islander: 1. Joel Murillo 17:47.

Division Results - Women's 5K
Overall Winners: 1. Marie Perez 19:40, 2. Megan McGowan 20:01, 3. Leslie Lehman 20:43. 13 & Under: 1. Megan McGowan 20:01, 2. Becky Trelecanty 22:02, 3. Layla Sisney 23:11. 14-18: 1. Kate May 30:47, 19-29: 1. Annette Barnett 21:15, 2. Sabrina Bobkowski 21:27, 3. Jenny Mount 23:18. 30-39: 1. Marie Perez 19:44, 2. Leslie Lehman 20:43, 3. Helen Lehr 21:46. 40-49: 1. Linda Savitz 22:24, 2. Carol Kelley 23:03, 3. Pam Williams 24:43. 50-59: 1. Vera Kennedy 22:03, 2. Sylvia Crise 23:57, 3. Barbara Briones 25:01. Islander: 1. Helen Lehr 21:46.

Division Results - Men's 10K
Overall Winners: 1. Virtue Ishihara 37:10, 2. Michael Marquis 38:06, 3. Margaret Schneider 46:00. 14-18: 1. Mohammed Mahdi 19:29, 1. Michael Marquis, 2. David Abernathy, 3. Cam MacKenzie. 30-39: 1. Virtue Ishihara, 2. Todd Hallenbeck, 3. Steven Ware. 40-49: 1. John Olson, 2. Bill Read, 3. Bill Moran. 50-59: 1. Pete Savitz, 2. William Ayres, 3. Jim Speaks. 60 & Over: 1. Sam Deluca, 2. Robert Beach. Islander: 1. Bill Moran, 2. Robert Beach.

Division Results - Women's 10K
Overall Winners: 1. Jennifer Henderson 43:54, 2. Joan Jetter 44:51, 3. Margaret Schneider 46:00. 19-29: 1. Julie Ainley, 2. Shelly Dale, 3. Link Bauman. 30-39: 1. Jennifer Henderson, 2. Sese Novas, 3. Judy Anacker. 40-49: 1. Margaret Schneider, 2. Alexandra Avis, 3. Pamela Garbraith. 50-59: 1. Joan Jetter.

Division Results - Men's 10.8 Mile
Overall Winners: 1. Mat Blaty 1:02:44, 2. Brian Wolf 1:07:10, 3. John Ohearn 1:10:26. 14-18: 1. Christopher Brown 1:29:59. 19-29: 1. Mat Blaty 1:02:44, 2. John Ohearn, 3. Rebecca Bits. 30-39: 1. Brian Wolf 1:07:10, 2. Rob Slick, 3. William Barnett. 40-49: 1. Barry Wiler 1:17:56, 2. David Welsenthal, 3. Carl Galloway. 50-59: 1. Ron Walters 1:23:04, 2. Terrell Eddy, 3. Joseph Caserma. 60 & Over: 1. Carlos Mora 1:39:27, 2. Glen Delay, 3. Ron Cottman. Islander: 1. James Hinkley 1:19:58.

Overall Results - Women's 10.8 Mile
Overall Winners: 1. Jennifer Henderson 1:14:58, 2. Cornelia Dean 1:17:56, 3. Theresa Stevens 1:22:19. 19-29: 1. Theresa Stevens 1:22:19, 2. Cathi Carlton, 3. Rebecca Bits. 30-39: 1. Jennifer Henderson 1:14:58, 2. Cornelia Dean, 3. Marie Perez. 40-49: 1. Harolene Walters 1:23:26, 2. Sue Reinhardt, 3. Judy Boehm. 50-59: 1. Brenda Lunsford 1:43:21, 2. Margaret Speer, 3. Dorothy Malavoti. Islander: 1. Helen Lehr 1:31:11.

Legg Lake Runs

San Gabriel River Run

August 11. So. El Monte. 12K.
Overall Results
 1. Trent Martinez (25) 44:35, 2. N. G. Gonzalez (39) 45:51, 3. Gilberto Barreras (25) 46:28, 4. Tiburcio Contreras (34) 47:08, 5. Urbina Sabu (32) 50:49, 6. Michael Griffith (41) 51:06, 7. Jesse Saldana (29) 51:31, 8. Dick Belliss (57) 52:36, 9. Juan Arcos (45) 53:06, 10. Cecily Parke (50) 54:39.

Fly Fishing Run

August 12. So. El Monte. 5K.
Overall Results
 1. Juan Gutierrez (18) 16:24, 2. Jose Balcazar (25) 16:25, 3. Herve Pastre (40) 16:53, 4. James Sackett (41) 17:00, 5. Jack Butler (25) 17:08, 6. Trent Martinez (25) 17:13, 7. Daniel Garcia (17) 17:41, 8. Pete Ruiz (16) 17:47, 9. Jesus Heredia (16) 17:53, 10. Carl Lopez (16) 18:05.
 11. Matthew Mascorro (14) 18:07, 12. Miguel Reteguín 18:11, 13. Sergio Garcia (15) 18:13, 14. Rayna Cervantes (19) 18:15, 15. Vince Lopez (41) 18:39, 16. Kathleen Looney (45) 18:44, 17. Gregorio Camilo (41) 18:51, 18. Jeff Wright (29) 19:02, 19. Adrian Ruiz (17) 19:15, 20. Luis Hernandez (16) 19:18.

Evening Duck Run

August 16. So. El Monte. 5K.
Overall Results
 1. Drex Valenti (21) 16:05, 2. Nicolas Hernandez (35) 17:08, 3. Manny Perez (31) 17:23, 4. Carlos Marin 17:26, 5. Roberto Garibay 17:30, 6. Arturo Herrera (28) 17:45, 7. Jose Alvarez 17:55, 8. Antonio Bahena 18:13, 9. Randall Little (20) 18:28, 10. Carlos Perez 19:00.

Jaguar Run

August 18. So. El Monte. 5K.
Overall Results
 1. Nicolas Hernandez (35) 16:40, 2. Jose Rodriguez (36) 17:05, 3. Trent Martinez (25) 17:14, 4. James Sackett (41) 17:21, 5. Jorge Mejia (35) 18:06, 6. Michael Colmenares (34) 18:43, 7. Harry Hunt (48) 18:50, 8. Dave Hitzeman (30) 18:51, 9. Midge Artega (31) 19:15, 10. Ken Perry (42) 19:16.
 11. Jesse Saldana 19:32, 12. Charles Hanso (61) 19:33, 13. William Wall (57) 19:43, 14. Ed Reyes (14) 19:54, 15. Pedro Serafin (27) 19:57, 16. Larry Gatton (39) 20:30, 17. Arthur Martinez (42) 20:51, 18. Ruben Esqueda (60) 21:03, 19. April Chepovsky (23) 21:55, 20. Martin Hicks (58) 22:11.

Blue Jay Run

August 23. So. El Monte. 5K.
Overall Results
 1. James Sackett (41) 17:14, 2. Trent Martinez (25) 17:16, 3. Steve Kleimyer (39) 17:36, 4. Daniel Garcia 17:51, 5. Robin Seidler (29) 17:53, 6. Luis Ortiz (16) 29:13, 7. Juan Gutierrez (19) 19:59, 8. Terry Huffman

(37) 20:42, 9. Wally Senior (16) 21:00, 10. Jeff Anderson (28) 21:16.

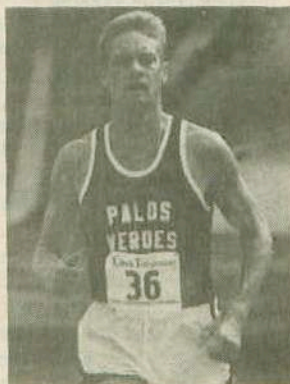
Back to Back

August 18. San Jose. 10K.
Division Results - Men
Overall Winner: 1. Gary Lewis 30:30, 2. Matt Clayton 31:28, 3. Robert Tapia 31:44. 14 & Under: 1. Alex Piellusch 46:58, 2. Nick Piellusch 55:45. 15-19: 1. M. Brayman 38:52, 2. Jeff Crist 40:50, 3. Kevin Carson 41:13. 20-29: 1. Gary Lewis 30:30, 2. Matt Clayton 31:28, 3. Tom Hart 35:46. 30-39: 1. Robert Tapia 31:44, 2. Jim Flint 31:47, 3. H.D. Lowery 34:15. 40-49: 1. Ron Tanaka 36:59, 2. Peter Hartley 41:04, 3. John Charvarria 43:28. 50-59: 1. Karl Misner 41:09, 2. Terry Clow 43:02, 3. Jerry Jones 43:32.

Division Results - Women
Overall Winner: 1. Patricia Martinez 37:44, 2. Jennifer Ashe 38:15, 3. Susie Luster 38:27. 15-19: 1. Chris Mendez 48:44, 2. Jennifer Kearny 49:21, 3. Celaya Zaralinda N.T. 20-29: 1. Patricia Martinez 37:44, 2. Jennifer Ashe 38:15, 3. Susie Luster 38:27. 30-39: 1. Ann Murphy 47:28, 2. Sue Pitt 49:20, 3. Helena Franze 50:47. 40-49: 1. Rhonda Dyer 44:54, 2. Ise Baya 53:39, 3. Glynnis Crable 53:48. 50-59: 1. Diane Bromstead 49:22, 2. Joan Foster 53:39, 3. Leona Beerup 1:01:04.

Run By The Sea

August 18. Rancho Palos Verde. 10K.
Division Results - Men
Overall Winners: 1. Alfredo Rosas 31:50, 2. John Koningh 31:50, 3. Jose Ortiz 31:52. 12 & Under: 1. Alex Dederer 38:31, 2. Paula Nixon 43:14. 13-15: 1. Dennis Yu 35:43, 2. David Quadhamer 40:01, 3. Kenny Goodrich 42:56. 16-18: 1. Goss Lindsey 34:13, 2. Shinsuke Nishihara 34:47, 3. Steve Wuennberg 39:28. 19-24: 1. Masa Hasegawa 34:32, 2. Armando Sanchez 34:39, 3.



GOSS LINDSEY

Photo by Bill Cockerham

Julian Cuevas 34:56. 25-29: 1. Alfredo Rosas 31:50, 2. Walter Paulsen 35:54, 3. Jose Ortiz 31:52. 30-39: 1. John Koningh 31:50, 2. Harold Ketting 32:33, 3. Carl Maravilla

33:40. 40-49: 1. Paul Marcel 34:33, 2. Don McCarthy 35:50, 3. Mickey DePalo 36:15. 50-59: 1. Tocco Andre 37:04, 2. Lee Yonghui 40:47, 3. Sonny Munioz 38:53. 60 & Over: 1. Patrick Devine 42:40, 2. Albert Nobuto 44:45, 3. Jerry Dopen 47:37.

Division Results - Women
Overall Winners: 1. Elizabeth Mileski 38:36, 2. Julie McKinney 39:19, 3. Olivia Padilla 39:33. 13-15: 1. Sherri Kim 49:58, 2. Laurie Scribe 50:06, 3. Sarah Yoder 57:30. 16-18: 1. Joanne Ulibarri 45:50, 2. Alyssa Nash 53:02, 3. Amanda Klein 53:53. 19-24: 1. Michelle Blakeslee 44:10, 2. Davea Stark 45:42, 3. Melinda Heitz 48:05. 25-29: 1. Anne Kassman 42:37, 2. Katherine Clarke 45:55, 3. Jeannette Pascua 46:32. 30-39: 1. Elizabeth Mileski 38:36, 2. Julie McKinney 39:19, 3. Olivia Padilla 39:33. 40-49: 1. Mer E Heimberg 41:03, 2. Sue Reinhardt 43:41, 3. Suzie Klein 45:57. 50-59: 1. Bobbi Gold 49:47, 2. Diana Armstrong 56:20, 3. Dodie Filler 1:01:51. 60 & Over: 1. Kathleen Vento 1:00:05, 2. Claire Aukerman 1:14:46.

Stride for Life

August 18. Petaluma. 10K & 2 Mile.
Division Results - Men's 10K
 9-13: 1. Ross Benbrook 54:07, 2. Gil Haramati 61:57. 14-18: 1. David Rosen 35:48, 2. Sean Fitzpatrick 36:03, 3. Todd Stevens 36:33. 19-24: 1. Michael Tyler 35:56, 2. Craig Nykiel 47:44, 3. Russell Galli 47:58. 25-29: 1. Alec Isabeau 35:20, 2. Jim Burke 38:12, 3. Steven Stenberg 39:21. 30-34: 1. Dan Aldridge 34:36, 2. Louis Garcia 35:15, 3. Jon Kinkman 35:35. 35-39: 1. Eddie Fryer 36:44, 2. Mike Hotten 37:38, 3. Michael Thomas 40:32. 40-44: 1. Michael Tyler 35:12, 2. Clark Rosen 36:17, 3. Bill Browne 39:10. 45-49: 1. Brandon Hutchinson 38:28, 2. Walt Bales 38:59, 3. Tom Eason 40:27. 50-54: 1. Darryl Beardall 38:01, 2. Gary Audiss 47:01, 3. Anu Monteca 49:43. 55-59: 1. Jess Chavez 44:04, 2. Bob Chadwick 44:54, 3. Erwin Herlich 48:15. 60 & Over: 1. Herm Jensen 50:58, 2. Otto Horst 52:13, 3. Ralph Stewart 54:08.

Division Results - Women's 10K
 9-13: 1. Julie Stamps 48:41, 2. Tiffany Johnson 64:20. 14-18: 1. Nka Horn 40:31, 2. Rhonda Mazza 45:44, 3. Patricia Hall 55:47. 19-24: 1. Jeanise Eisemann 41:17, 2. Tawnya Lowery 45:59, 3. Lisa Gross 53:25. 25-29: 1. Shelly Lydon 42:16, 2. Heidi Bisholberger 46:48, 3. Pat Grinnell 49:33. 30-34: 1. Tori Strong 42:35, 2. Libby Muller 44:04, 3. Cindy Roach 45:39. 35-39: 1. Vickie Lowery 44:48, 2. Janine Reinheimer 45:13, 3. Carol Witwer 47:00. 40-44: 1. Karen Kenny 43:31, 2. Carol Daniels 47:01, 3. Donna McKenna 47:31. 45-49: 1. Eda Slickle 44:17, 2. Pamela Horton 45:21, 3. Christine Cohen 47:59. 50-54: 1. Phyllis Carlton 52:12, 2. Mickie Fabian 55:15, 3. Rochelle Hammel 62:41. 55-59: 1. Barbara Robben 50:26, 2. Charlotte Lewis 60:37. 60 & Over: 1. Laurel Scholes 92:23, 2. Helen Kuziar N.T.

Division Results - Men's 2 Mile
 8 & Under: 1. Sam Horrigan 18:08, 2. Danny

KNBR 68/City Sports Bridge to Bridge 12K

Gonzales by Golly!

By Mark Wintz

September 30
San Francisco.

It was an interesting cast that lined up on San Francisco's Embarcadero for the 14th annual trot along the Bay. Perhaps the most interesting in its history.

"I didn't even know that Greg Meyer was in the race until it was all over," said Mountain View, CA's Dan Gonzalez as he listened to rock and jazz sounds in the Marina District's Great Meadow as the sun started to break cool, overcast skies after the race.

Good thing he didn't, or he might have raced differently, possibly ruining a recently elusive win. And Danny needed a win. Despite solid training, race results of late just weren't to the liking of the San Jose State grad. "I'd been racing so poorly lately that I was beginning to think that I'd never come out of it."

As it turned out, Boston Marathon '83 winner, Meyer, was just in town for a laid back race as part of a promo trip for Brooks shoes. "I really haven't been training hard," said the 35-year-old road racing veteran. "Actually I'm looking forward to concentrating on getting a good job and running just for fun again." Meyer is planning to step up his activities with



DAN GONZALEZ

Photo by Bill Leung, Jr.

Brooks.

Gonzalez, who recently switched jobs to become an assistant to a top executive at Connor Peripherals, a Silicon Valley high tech firm, now has a new outlook, and he's hoping it will carry over to some serious results on the racing front. His \$1,000 win over some top men at Bridge to Bridge is a good start.

Gonzalez' friend and sometime training partner, Nancy Ditz, too, came to this year's race in the midst of a new start. Ditz had won here three times before. That was before she gave birth to her son, now a sprightly toddler. How's a fourth

win and a 12K PR for a comeback?

By the way, all marks are official from now on at Bridge. For the first time this year the race became a certified 12K.

Two initial flat miles, past the shipyards and by the wafting smells of fish and french bread at Fisherman's Wharf, had Gonzalez, Bill Donakowski, Dan Grimes, Meyers, Brazilian Ivo Rodrigues, and '89 Brown University graduate Greg Whiteley at the fore. Led by Billy, a foursome separated themselves from the trailers on the short Fort Mason hills at 2 miles. The leaders had seen 4:34 and 9:20 splits. Nearing 5K, Charles Alexander, who was also at the front, but for the accompanying 5K race, took off to win that event in 14:45.

"At the Marina Green (about 3-1/2 miles), Danny kept putting the pressure on," said Donakowski, who was prepping for Twin Cities two weeks later. "No big burst, just to keep things motoring. Then, all of a sudden, he had 20 yards on us. People starting dropping off behind me, and from there on I was in a situation where I was always 20 yards behind. I'd gain five, and then give it back. I kept thinking that he was going to put me away, but he couldn't do anything either. The dirt path along the Promenade slowed us both down a little."

For the less competitive of the 6,000 runners, sights like the Palace of Fine Arts, Fort Point, and white sails on the Bay also had a slowing effect. But for a different reason. They were taking in the ambiance of San Francisco.

Gonzalez crossed the finish near the Marina (the course loops back on itself) in 35:31, collecting the \$1K first place

prize. Following Donakowski (35:39, \$500), Whiteley—a 6-time NCAA T&F All American now living in S.F.—outkicked Meyer 35:51 to 35:56 for the third place \$300 award.

"I don't think the front guys were going as hard as they could for the first few miles," said Whiteley, who has 3:56/7:49/13:37 credentials. "That allowed me to stay up there, because this (distance) is really out of my range."

It was well within the range of Nancy Ditz, who kicked off an initial sub-5:00 first mile, encouraging Brazilian Angelica de Almeida to back off the pace and content herself with second (\$500), a full two minutes behind Ditz' 40:30 (\$1,000).

"I've been training for Twin Cities," commented de Almeida, through her advisor and interpreter, Odilo Lima. "So I don't have a lot of speed, but I have the endurance. That's what I need. I hope to run 2:30."

Nancy, herself on the way to the New York City Marathon, was a little surprised by her performance. "My training has been a little strange with John Ryan and all," she admitted at the finish between swigs from a big plastic bottle of Vittel mineral water. "My speedwork has consisted of quarters, pushing him in a baby jogger around the track. So, I'm really pleased, a 12K PR." Beat the Reebok Aggie centipede (41:54) handily, too, which had trouble squiggling around the 180-degree turnaround at Fort Point.

Three-time Olympic gold

continued next page...

RESULTS

Adamski 23:34, 3. Adamski 23:44. 9-13: 1. Kyle Steis 15:17, 2. Jason Rolle 15:38, 3. Gary Cheda 15:51. 14-18: 1. John Rosen 11:48, 2. Vidal Morgan 11:50, 3. Neal Rosen 12:50. 19-24: 1. Eric Bursch 11:11, 2. Chuck King 18:06, 3. Dustin Hendrix 19:07. 25-29: 1. Tom Fonseca 15:01, 2. Maurice Reinhart 16:46, 3. John Allen 22:35. 30-34: 1. Meredith 11:28, 2. Eugene Nordin 12:00. 35-39: 1. Michael Lowery 11:49, 2. Craig Stern 13:24, 3. Randall Fetter 14:10. 40-44: 1. Doug Countemarche 13:18, 2. Bob Sarabia 13:39, 3. Doug Haskett 13:47. 45-49: 1. John Fitzgerald 12:25, 2. Ray Gin 12:54, 3. Richard Fountain 15:11. 50-54: 1. James Erbes 12:03, 2. Ralph Harms 13:03, 3. Robert Gilbert 23:05. 55-59: 1. Gil Jung 15:46, 2. Les Solano 20:27, 3. Tom Jenkin 21:11. 60 & Over: 1. David Cole 16:57, 2. Jim Gaultney 23:34, 3. Lawrence Viglienza 24:03.

Division Results - Women's 2 Mile
8 & Under: 1. Mikhael Harumal 19:12, 2. Nicole Nelson 20:22, 3. Amy Nelson 20:36. 9-13: 1. Denise Trione 16:46, 2. Sally Cheda 17:01, 3. Emma Tegnell 18:15. 14-18: 1. Andrea Cheda 18:44. 19-24: 1. Pamela Torlante 15:45, 2. Zie Weaver 18:17, 3. Shannon Brann 25:18. 25-29: 1. Mary Stompe 14:21, 2. Laurinda Stout 15:09, 3. Karen Stenberg 16:46. 30-34: 1. Teresa Nelson 13:51, 2. Mary Rogers 18:11, 3. Sharon Pawlak 18:11. 35-39: 1. Kathy Weaver 15:04, 2. Cheryl Chan 17:01, 3. Debby Johnson 17:17. 40-44: 1. Sandy Bagley 18:04, 2. Linda DeWaard 19:24, 3. Asa Mooney 21:24. 45-49: 1. Kay Johnson 20:09, 2. Penny Israel 20:18, 3. Mary Leiker 21:06. 50-54: 1. Elaine Frank

16:13, 2. Cathleen Kuhler 17:53, 3. Marcia Lodge 18:49. 55-59: 1. Doris Morabito 20:16, 2. Kathryn Bandrowski 26:41. 60 & Over: 1. Dorothea Cole 31:10, 2. Sheila Dean N.T., 3. Helen Rusk N.T.

Susan B. Anthony Run

August 18, Sacramento. 5K.

Overall Results
 1. Terry Schmidt-Puckett 16:34, 2. Susan Putney 17:13, 3. Bev Marx 17:22, 4. Rosalba Tibaduiza 17:26, 5. Jennifer Thatcher 17:29, 6. Robyn MacSwain-Berry 17:30, 7. Becki Driege 17:31, 8. Marilyn Wallach 17:35, 9. Nancy Benson 17:36, 10. Heike Mansoor 17:38.
 11. Stacey McAfee 17:38, 12. Lisa Boyle 17:40, 13. Theresa McCourt 17:41, 14. Jeannie Urness 17:41, 15. Eileen Taylor 17:42, 16. Lura Damiano 17:43, 17. Shirley Matson 17:45, 18. Laura Bruess 17:45, 19. Christine Iwahashi 17:46, 20. Rae Stiger 17:47.

Division Results
14 & Under: 1. Carrie Newman 20:07, 2. Dawn Cabitac 20:32, 3. Sara Pope 20:32. 15-19: 1. Cybelle McFadden 19:05, 2. Emily Johnson 20:19, 3. Heather Trout 20:24. 20-29: 1. Susan Putney 17:13, 2. Rosalba Tibaduiza 17:26, 3. Jennifer Thatcher 17:29. 30-39: 1. Terry Schmidt-Puckett 16:34, 2. Bev Marx 17:22, 3. Marilyn Wallach 17:35. 40-49: 1. Shirley Matson 17:45, 2. Joan Colman 17:49, 3. Linda Mantynen 18:29. 50-59: 1. Barbara Miller 19:36, 2. Khartoon Tudhope 22:54, 3. Myra Rhodes 23:07. 60-69: 1. Marcia Worden 24:25, 2. Kit Pickles

25:14, 3. Po Adams 27:23. **Relay Teams:** 1. Aggies (Putney, Thatcher, Kriege, Benson, Bruess, Stiger, Saxena, Vinella-Brucher) 1:27:35, 2. Flyers (Schmidt-Puckett, Marx, Mansoor, McAfee, Alvarez, Kennedy, Wright, Lindsey) 1:27:47, 3. Chips (Boyle, McCourt, Urness, Iwahashi, Jarris, Orolino, Sup, Young) 1:28:41.

Ironkids Triathlon

August 18, Sacramento.

Overall Results - Senior Boys
 1. Josiah Jones (14) Visalia 23:15, 2. Christopher Mohler (13) Loomis 24:27, 3. Ben Butcher (14) Placerville 24:41, 4. Mark Friesen (11) Bakersfield 24:45, 5. Chad Mattison (13) Citrus Heights 24:49, 6. Sean McElligott (12) Auburn 25:12, 7. Damien Schubert (14) Jacksonville, Or. 25:42, 8. Matt Buckley (13) Boulder Creek 25:42, 9. Ryan Powell (14) Carmichael 25:45, 10. Paul Bessenbacher (14) Fair Oaks 25:53.
 11. Keith Feldman (12) Long Beach 25:54, 12. Jesse Alvarez (11) San Jose 26:08, 13. Brian Percival (13) Carmichael 26:19, 14. Adrian Garcia (12) Watsonville 26:34, 15. Erik Gholson (13) Carmichael 26:59, 16. Gabe Niles (13) Sacramento 27:41, 17. John Hromada (12) Sacramento 27:53, 18. Scott Hansen (13) Fair Oaks 28:11, 19. Eagle Jones (11) Visalia 28:12, 20. Christopher Roberts (14) Sacramento 28:14.

Overall Results - Senior Girls
 1. Maureen Kennedy (13) San Lorenzo 24:41, 2. Megan Farrell (13) Carmichael 25:21, 3. Sara Gates (14) Chico 25:52, 4. Julianne Aaby (14) Tracy 26:32, 5. Melanie Melara (12) Martinez 27:13, 6. Jessica Howe (12) Oklahoma City, OK 27:17, 7. Regina Wilhela (11) Petaluma 27:23, 8. Meaghan Kane (11) Portola Valley 27:24, 9. Christy La Pierre (11) Rancho Cordova 28:43, 10. Katrina Lundberg (13) Sacramento 28:45.

11. Mariah Pomares (14) El Dorado Hills 29:04, 12. Amy Hodam (12) Sacramento 29:10, 13. Jeanie Nelson (14) Cotati 29:28, 14. Lindsay Hatfield (13) Sacramento 29:29, 15. Kari Horn (14) Santa Rosa 29:46, 16. Emelie Gunnison (14) 29:58, 17. Natascha McDowell (12) Orangevale 30:00, 18. Amy Mattison (11) Citrus Heights 30:09, 19. Jennifer Tanner (12) Sacramento 30:18, 20. Jessica Schoenfelder (12) Citrus Heights 30:25.

Overall Results - Junior Boys
 1. John Pizzo (10) Fairfield 15:03, 2. Ollan McElligott (10) Auburn 15:07, 3. Joshua Pemberton (10) La Mesa 16:19, 4. Randall Bal (9) Fair Oaks 16:19, 5. Brandon Beckman (10) El Dorado Hills 16:29, 6. Peter Barrick (10) Gold River 16:33, 7. Alec Griswold (10) Carson City, NV. 16:34, 8. Greg Feldman (10) Long Beach 16:41, 9. Garrett Schoenfelder (10) Citrus Heights 16:45, 10. Gabriel Maranon (10) Grants Pass, OR. 17:01.

Overall Results - Junior Girls
 1. Kristie Williams (10) Oroville 16:51, 2. Michele Wahl (10) Bakersfield 17:08, 3. Monique Melara (9) Martinez 17:21, 4. Alyssa

Pollack (10) Loomis 17:26, 5. Tasman Dwyer (10) Placerville 17:59, 6. Hadassah English (10) Vallejo 18:24, 7. Callie Mohler (10) Loomis 18:38, 8. Jana-Lee Aaby (10) Tracy 18:39, 9. Jodie Horn (10) Santa Rosa 18:53, 10. Aja Marie Roper (9) Fairfield 18:57.

McConnell's Ice Cream Endurance Events

August 19, Goleta.

Overall Results - Bliathlon
 1. Dave McGuire 59:47, 2. Larry Savage 59:53, 3. Bruce Hanley 1:01:06, 4. Jack Roach 1:01:32, 5. Eric Schmitz 1:01:56, 6. Michael Cage 1:03:46, 7. Dalton Lockman 1:04:40, 8. Dave Larsen 1:04:53, 9. Mark Edwards 1:09:00, 10. Paul Schuster 1:11:26.

Division Results - Men's 10K
19 & Under: 1. Dan Berkeland 33:15, 2. Matt Berkeland 39:39, 20-29: 1. Daniel Holmes 32:13, 2. Martin Ohara 34:11, 3. Paul Lee 34:16. 30-39: 1. Greg Horner 32:58, 2. Chris Allen 34:03, 3. David Larson 34:33. 40-49: 1. Rick Shekvik 37:24, 2. Jackson Roach 38:28, 3. Kit Myers 40:06. 50-59: 1. Bill Dodson 43:14, 2. Des O'Neill 47:00, 3. Fred Vega 47:56. 60-69: 1. Jim Rowe 47:32. 70 & Over: 1. John Holobak 46:46.

Division Results - Women's 10K
 20-29: 1. Stephanie Ambrose 46:53, 2. Angela Kadillak 47:01, 3. Stephanie Ambrose 46:53. 30-39: 1. Anne Hayden 40:49, 2. Cheri Savage 41:09, 3. Maureen Horner 42:04. 40-49: 1. Terry Thomas 43:18, 2. Mimi Baranoudi 44:54, 3. Stephanie Welch 47:33. 50-59: 1. Claudia Zenobi 1:27:00.

Division Results - Men's 5K
19 & Under: 1. Ryan Myers 18:51, 2. Alex Lopicus 22:11, 3. Steve Weber 27:14. 20-29: 1. Paul Lee 16:19, 2. Joe Ballantine 17:57, 3. Mark Bottiani 17:57. 30-39: 1. Mark Edwards 17:39, 2. Gregor Robin 17:48, 3. Bob Kryczko 18:29. 40-49: 1. John Kinsella 18:19, 2. Paul Spencer 19:45, 3. Richard Hanman 20:03. 50-59: 1. Gordon McClenathen 20:27, 2. Phillip Mareno 20:28, 3. Tuk Watanabe 30:12. 60-69: 1. Edd Sorley 22:50. 70 & Over: 1. Ed Stotenberg 23:12, 2. Paul Gilbert 32:57.

Division Results - Women's 5K
19 & Under: 1. Kerrie Hanzken 23:47, 2. Gwynn English 23:55, 3. Gina Terrazas 24:51. 20-29: 1. Gae McClenathen 19:11, 2. Julie Hirsch 21:49, 3. Teri Hardgrove 23:46. 30-39: 1. Christine Newsham 19:55, 2. Miriam Vendelbasch 20:20, 3. Susan Goff 22:10. 40-49: 1. Patsy Dorsey 25:37, 2. Donna Waggoner 26:11, 3. Susan Kohl 28:56. 70 & Over: 1. Dorothy Stotenberg 36:38.

Bud Light U.S. Triathlon Series

August 19, San Clemente.

Overall Results - Men
 1. Harold Robinson (27) Santa Rosa

BRIDGE TO BRIDGE, continued

medalist and 1,500/3,000 meter record holder, Tatyana Kazankina of the Soviet Union, ran the race with two of her countrymen, on an Athletes United for Peace tour. "I'm just running for fun and health now," she said through an interpreter. "At 38 I've retired from serious competition."

Although Bridge to Bridge doesn't score age groups (as yet), your inquiring reporter uncovered Charles Thompson, 40, at 13th overall in 38:42. Although the race is improving its results every year, this is still the one loose string in a fine event.

Overall Results

1. Dan Gonzales (28) Mt. View 35:31, 2. Bill Donakowski (34) El Sobrante 35:40, 3. Greg Whiteley, San Francisco, 35:51, 4. Greg Meyer, Ada, Michigan, 35:56, 5. Ivo Rodrigues (29) Alamosa 36:12, 6. Danny Grimes (31) Santa Rosa 36:19, 7. Michael Smith (27) Kentwood 36:24, 8. Gary Lewis (26) San Jose 36:31, 9. Brent Friesth (30) Boulder 37:31, 10. Richard Graves (25) San Francisco 37:47.
 11. Mike Livingston (25) San Jose 37:56, 12. Dennis Kurtis (36) San Jose 38:19, 13. Charles Thompson (40) San Francisco 38:42, 14. Marshall Varano (28) San Diego 39:04, 15. Steve Brandt (30) San Francisco 39:58, 16. Paul MacLeod (40) San Carlos 40:07, 17. Mauricio Maia (29) Davis 40:25, 18. Nancy Ditz (35 F) Woodside 40:30, 19. Richard Kellam (33) Oakland 40:41, 20. John Hale (32) San Francisco 41:09.
 27. Angelica DeAlmeida (25 F) San Francisco 42:31, 40. Cindy Keeler (F) Milan, MI. 44:50.

RESULTS

1:57:47, 2. Brett Rose (26) Tempe, AZ. 1:58:58, 3. Andrew Carlson (23) Irvine 1:59:24, 4. Jim Riccietello (26) Tucson, AZ. 2:00:46, 5. Stephen Foster (25) Richmond North 2:01:09, 6. Todd Jacobs, Leucadia 1:02:15, 7. Scott Tinley (33) Del Mar 2:01:18, 8. Bryan Fahrenbach (33) Clovis 2:01:21, 9. Garrett McCarthy (26) Redondo Beach 2:01:39, 10. Brooks Clark (23) Newtown Square 2:03:22.

Overall Results - Women

1. Joy Hansen (32) Newtown Square 2:12:44, 2. Paula Newby-Fraser (28) Encinitas 2:15:03, 3. Colleen Cannon (29) Nederland 2:17:00, 4. Laurie Samuelson (35) Cupertino 2:17:45, 5. Sian Williams (24) Tempe, AZ. 2:21:04, 6. Janine Daley (30) Encinitas 2:21:08, 7. Joan Hansen (32) Seattle 2:21:30, 8. Holly Stevenson (27) San Diego 2:23:22, 9. Alicia Steinhart (25) Berkeley 2:24:20, 10. Kathy Sloan (30) San Diego 2:25:29.

Division Results - Men

15-19: 1. Erik Burgan 2:13:32, 2. Ben Travis 2:14:04, 3. Jeffrey Pearlman 2:17:12, 20-24: 1. Jeff Jacobs 2:08:41, 2. Antony Ohagan 2:08:47, 3. Mike Osler 2:11:14, 25-29: 1. Scott Klaitte 2:10:38, 2. Bob Helmig 2:10:49, 3. Jeff Moffitt 2:10:58, 30-34: 1. Bob Belzer 2:06:07, 2. Michael Bennett 2:08:15, 3. Corky Ewing 2:10:26, 35-39: 1. Steve Yavorsky 2:09:16, 2. Wayne Schmidt 2:15:16, 3. Wayne Buckingham 2:16:44, 40-44: 1. Scott Davis 2:17:55, 2. Thom McHale 2:20:43, 3. Jim Riley 2:23:01, 45-49: 1. Michael Burner 2:24:41, 2. Walter Radloff 2:28:39, 3. Joseph Bird 2:28:50, 50-54: 1. Gary Nash 2:31:32, 2. Bob Tarozzi 2:35:29, 3. Clint Brookhart 2:39:59, 55-59: 1. Ron Smith 2:45:05, 2. Edward Bath 2:51:19, 3. Jack Eberly 2:53:50, 60-64: 1. Doug Majjala 2:58:18, 2. Alan Castille 2:53:23, 3. Remy Burkel 3:15:44, 65-69: 1. Jack Spkos 4:39:41, Professional: 1. Harold Robinson 1:57:47, 2. Brett Rose 1:58:58, 3. Andrew Carlson 1:59:24.

Division Results - Women

15-19: 1. Melissa Patterson 2:28:56, 2. Martina Lauchengco 2:52:54, 3. Elizabeth Toumajian 3:17:36, 20-24: 1. Christine Rowley 2:27:05, 2. Candice Kutrosky 2:30:12, 3. Lanette Valpredo 2:36:57, 25-29: 1. Holly Stevenson 2:23:22, 2. Pennie McLaughlin 2:26:52, 3. Gabriel Martinez 2:27:02, 30-34: 1. Joan Hansen 2:21:30, 2. Kathy Sloan 2:25:29, 3. Rachelle Roberts 2:27:52, 35-39: 1. Laura Anthony 2:33:35, 2. Julie Teiger 2:36:26, 3. Trish Walsh Kimura 2:37:10, 40-44: 1. Diane Ho 2:35:09, 2. Ann Fordiani 2:50:40, 3. Michele Frey 2:59:38, 45-49: 1. Barbara Alvarez 2:53:02, 2. Linda Bird 2:58:08, 3. Susan Lucas 3:04:20, 50-54: 1. Faye Daly 3:40:49, 2. Cathy Gobins 3:59:03, 60-64: 1. Claire Aukerman 4:10:18.

Relay Results

Mixed: 1. Attorney for Athletes 2:04:01, 2. SDH3 2:14:59, 3. Menage A Trois 2:18:40. Women: 1. Tri-FFO-R 2:29:54, 2. Valentine/Luhn/Brittisan 2:34:58, 3. Team Bodywise 2:42:21. Men: 1. The Team 2:03:40, 2. Second Soul 2:04:10, 3. Fleet Feet Racing 2:14:59.

Finish Line Triathlon

September 3. McFarland. 1K Swim, 38K Bike, 8K Run.

By Norm Wykoff

Holland's Jos Everts flew over the course of this Central California agricultural town's sixth annual Labor Day triathlon like one of the many crop-dusting airplanes common here. The Finish Line Triathlon was a qualifier for the USTS championship in Las Vegas and subsequently drew many athletes from all parts of California. Twenty-eight year old Everts, sixth overall at Nice this year, set a new course record by just over three minutes on his way to first overall. Not to be outdone, Triathlon Today All-American Biathlete Laura Lowe, 29, of nearby Bakersfield broke her own course record by a minute and a half on her way to first woman overall. Conditions were nearly perfect with air temperatures in the mid-80's and the water in Lake Woodlomes at 76 degrees (wetsuits allowed). The 23 mile bicycle course between the two transition areas is flat and very fast down arrow-straight country roads between grape vineyards and fruit and nut orchards.

Everts, in California to train for the Hawaii Ironman, was first out of the water in 13:07, and blasted out of the transition with 18 year old Ben Travis in hot pursuit. Travis, from LaQuinta, CA (near Palm Springs), caught Jos at the six mile mark on the bicycle. "I like courses with more hills," said Ben, "but I was one minute ahead of him going on to the run." Sponsored by Saucony, Everts is a running specialist, and managed to reel Travis in just one mile out. "He just smoked by me!" Everts' winning broke 3-time champ Paul Gamino's streak and his old record of 1:40:53 with a sizzling 1:37:48! Jeff Moffitt, a 25 year old graduate teaching assistant at Fresno State, finished third, commiserating, "I didn't see anyone ahead of me until I got to the run, those two guys were so far ahead. Then I started catching Ben, but he just had too much time on me. The level of competition here is really high!"

The action was just as hot in the Women's race as Cycle Tech/Quintana Roo/Gyro/Powerbar sponsored Lowe was fifth out of the water and "had a lot of time to make up on the bike. I passed everyone but Lanette Valpredo by the time we got to the run transition!" Valpredo, from Bakersfield, in her first year of competition had already qualified for and competed at the Tri-Fed Amateur Championship at Leon's Triathlon this year. She finished third at McFarland after being passed by Laura at 2 1/2 miles out, and then Candace Kutrosky caught her. "Candace was who I was really sweating out," said Lowe, "she's a really strong runner." Strong enough to finish first woman overall at Big Bear two weeks before, Candace of North Hollywood, passed Lanette at the four mile mark for second overall at 1:54:02 to Laura's course record of 1:52:12. Lanette's 1:54:30 was good for third overall.

Another Triathlon Today All-American biathlete, 44-year-old Jane Granskog, fresh off her first senior finish at the Vineman (Ironman distance) Triathlon in Napa, blitzed

the field to take first senior again with a time of 2:03:49. Jane and Laura were both using this race as a tuneup for Hawaii. Jane credits her Quintana Roo bicycle for her increased speed this year.

In Senior men, Bakersfield's "Ageless Architect", Richard Lawrence, 43, ruined all the other over-40's with a sparkling 1:50:16, good for 13th overall Alan Bradley, owner of the sponsoring Finish Line Bicycle/Triathlon Shop, was the runner-up to Lawrence, reversing their finishing order of last year. Alan claimed that his training for the Western States 100 cut into his cycling mileage this year!

At the post-race chicken barbecue and awards ceremony, Laura Lowe summed up the feelings of most of the athletes, "This is a really enjoyable race. It just keeps getting better and better each year!"

Overall Results

1. Jos Everts (25-29) Holland 1:37:48, 2. Ben Travis (15-18) LaQuinta 1:39:10, 3. Jeff Moffitt (25-29) Fresno 1:41:12, 4. Kyle Bailey (19-24) Azusa 1:44:39, 5. Jeff Pearlman (15-18) Valencia 1:44:41, 6. Robert Cranny (25-29) Long Beach 1:45:03, 7. Luis Paul Gamino (30-34) Bakersfield 1:45:16, 8. Louis Pedroza (19-24) Anaheim 1:48:00, 9. Kim Debban (35-39) 1:49:37, 10. Greg Posey (30-34) Bakersfield 1:49:38.

11. Daniel Hamlin (19-24) Bakersfield 1:49:40, 12. Jim Perez (25-29) Los Angeles 1:47:54, 13. Richard Lawrence (40-44) Bakersfield 1:50:16, 14. David Silberberg (25-29) Woodland Hills 1:50:48, 15. Kurt Smoot (19-24) Fresno 1:51:25, 16. Kyle Allen Lacey (19-24) Bakersfield 1:51:43, 17. Laura Lowe (25-29) F) Bakersfield 1:52:12, 18. Ron Lessley (30-34) McFarland 1:52:16, 19. Mark Ramkey (25-29) Bakersfield 1:52:40, 20. Mark Stephen (35-39) 1:52:52.

Relay Results

Women's-39: 1. Cycle TechTeam 1:50:01, 2. Anti Tri 2:00:58, 3. Wonder Women 2:11:00.

Men's-39: 1. T.A. Cyclery 1:35:18, 2. The Unknowns 1:44:23, 3. Williams/Baker/Williams 1:47:40.

Men's-40: 1. Panama-Buena Vista 1:51:17, 2. Lost Hope 1:59:19, 3. Tri Live Crew 2:00:37.

Mixed-39: 1. Pony Express 1:38:35, 2. Team Late 1:48:03, 3. Triple Threat 1:51:59.

Mixed-40: 1. Tri Hards 2:01:46, 2. Mixmasters 2:13:09, 3. Ratty/Wykoff 2:51:39.

Bun Run Five

September 9. Las Vegas, NV. 5K.

Division Results - Men

14 & Under: 1. Joey Montelongo 22:03, 2. Michael Manning 22:55, 3. Scott Troller 23:04, 15-18: 1. Adam Duis 16:56, 2. Marell Kemp 18:31, 3. Michael Moran 19:20, 19-29: 1. Ronnie Archuleta 15:34, 2. Joe Carter 16:47, 3. Ron Perez 17:03, 30-34: 1. Jeff Demeny 16:42, 2. Al Quin 17:42, 3. Scott Abrams 18:05, 35-39: 1. Wayne Hutchins 16:57, 2. Scott Faller 18:41, 3. Steve Montoya 18:48, 40-44: 1. Carlos Munoz 16:58,

2. Michael Bernstein 18:20, 3. Michael Naylor 18:51, 45-49: 1. Tom Curry 16:50, 2. Don Belowski 19:35, 3. John Risko 20:16, 50-54: 1. Richard Thompson 22:04, 2. Carl Fromm 22:06, 3. Ron Pahor 22:19, 55-59: 1. Roy Nelson 20:40, 2. Roger Hammond 22:08, 3. Dave Bernal 22:24, 60-69: 1. Harrie Hess 20:22, 2. Ed Mighell 20:50, 3. Sal DiGiacomio 24:49.

Division Results - Women

14 & Under: 1. Julia Kyriacou 22:40, 2. Erika Hanson 27:02, 3. Crystle Johnson 27:06, 15-18: 1. Joanna Momary 24:17, 2. Diane Stark 25:14, 3. Jennifer Larkin 25:41, 19-29: 1. Kery Koentopp 21:40, 2. Dora Bartholomew 22:18, 3. Cindi Davis 23:08, 30-34: 1. Carla Hoppie 22:19, 2. Cathi Clement 22:51, 3. Margaret Kanyusk 22:57, 35-39: 1. Terry Busby 18:12, 2. Valerie Pinocci 19:09, 3. Sara Lundgaard 21:15, 40-49: 1. Jan Sandoval 20:30, 2. Jeannie Robbins 22:08, 3. Robin Logstom 23:32, 50-59: 1. Karen Keith 25:07, 2. Joan McKinley 26:32, 3. Millie Schwan 28:48, 60 & Over: 1. Marybelle Russell 30:18, 2. Patricia Pedersen 41:10, 3. Jeannette Morris 57:07.

Low Tide Runs

September 8. Long Beach.

A warm afternoon brought hordes of beachgoers to the Pacific shore of Long Beach, including approximately 350 participants in the twenty-eighth annual Long Beach Low Tide Runs.

Dodging bathers and hurdling sand castles over the first and last quarter mile of the featured four mile race, Bill Lind pulled away from Greg Houlgate after the two mile turnaround, winning the men's title by nearly thirty seconds. Beverly Gustard, an English citizen who is spending a year in Long Beach employed as nanny, dominated the women's competition.

Notable finishers included ten year old Tamara Araya who won the fourteen and under female division in 29:48 and seventy-seven year old Lucy Adney who completed the course in 56:08.

Division Results - Men

Overall Winners: 1. Bill Lind 21:13, 2. Greg Houlgate 21:38, 3. Eric Ree 22:01, 14 & Under: 1. Chris Zepeda 26:09, 2. James Duckman 26:50, 3. James Uwins 27:19, 15-19: 1. Gian Delbello 27:27, 2. Gian Delbello 27:27, 3. Casey Casburn 28:35, 20-24: 1. Bill Lind 21:13, 2. Greg Houlgate 21:38, 3. Eric Ree 22:01, 25-29: 1. William Barnett 22:50, 2. Mike Fillipow 23:02, 3. David Dennis 23:20, 30-34: 1. Larry Higginbotham 22:37, 2. Jose Fuentes 23:05, 3. Jim Kelley 23:36, 35-39: 1. Mike Morris 23:09, 2. Jim Whitson 23:31, 3. Robert Kessler 24:26, 40-44: 1. Don Kelly 23:46, 2. Mark Hemphill 23:48, 3. Warren Fish 24:54, 45-49: 1. George Wright 24:10, 2. Jim Chanoweth 25:06, 3. Wayne Mitchell 25:13, 50-54: 1. Gamma Chavez 26:13, 2. Bruce Lin 26:35, 3. John Stewart 26:46, 55-59: 1. Bob Rice 27:07, 2. Harvey Tippit 28:48, 3. Chuck Grantham 28:58, 60-64: 1. Bob Koch 29:27, 2. Irv Saratoff 32:26, 65 & Over: 1.

Silver State 15K

(PATAC 15K Championship)

By Mark Wintz

October 7, Sparks, Nevada.

The fall season is a string of variables in the Sierras. Especially on its high, desert, eastern slopes. Warm, sunny days in the 60s and 70s tenuously hold off the all-too-apparent signs of the coming, cold winter. October mornings touch toward freezing—chilly enough for tights and gloves on brisk training runs. Runners look anxiously toward the surrounding, high peaks for the first white fleece signaling a soon goodbye to running shorts and short sleeves entirely. If they're not used to it, racers coming up from the lowlands can be temporarily shocked by the first gasps of cold, thin air while trying to step up the pace a bit. Veteran racers know better than to fight it. Unless you're from the mountains, count on adding a minute or so to your projected finish time.

Call it Anaerobic Sunday. Get your kicks climbing Nob Hill at the California Mile or by running a flat 15K over a mile high. The effect is similar. All those surging, little red blood cells screaming for a little oxygen.

It takes a lot of getting used to—being a runner in Reno, even for a weekend. Runners aren't normal people here. They're oddballs in a town where the last vestments of exercise were removed when little buttons began replacing the pulldown arms on slot machines. While circling round and round smoky casinos, I suppose, can be viewed as a form of exercise, you definitely require iron lungs to keep it up for very long. Step outside onto the main drag of Virginia Street, and you're knocked down by clouds of bus exhaust wafting in concrete canyons.

There's a good-sized enclave of talented runners who make their

permanent home in the Reno area. They know that, outside of town the sky is clear and blue and the air is practically unpolluted, if not hot in the summer and cold in winter. Come fall's 15K here and the locals provide few surprises. They, invariably, do quite well.

"Today's race was, how should I say, fun," said 1988 and 1989 winner Domingo Tibaduiza (of Reno), as tons of visiting runners gasped home.

Yes, that's the same Tibaduiza that has been cleaning up on the national masters running circuit of late.

"At two miles Miguel just ran away from us, so Brian Presson and I were content to run for second."

Of course, that's brother Miguel Tibaduiza (of...Reno) and 1988 Big Sky Conference 10,000 meter champ Brian Presson (of the University of...you guessed it...Reno).

"My first mile was 4:52," said Miguel. "Then I didn't even want to look at my watch anymore. But that's a tough way to run a race. Once I went to the front, I was committed. I didn't have too much choice (but to push). I just wanted to go, go, go."

He proceeded to bash a 24-second gap over his pursuers by the finish, hit in 46:39. "That's a good tuneup for Columbus (Marathon)," commented the winner.

40-year-old Domingo, who is known for his kicking, was outkicked by Presson, 22, at the finish, 47:02 to 47:04 for the runnerup spots.

"I was never there," lamented Rich McCandless (4th, 47:50) of Hayward. "Must be the altitude. I thought I was fitter than that."

A commonly heard sentiment.

Like a number of the top competitors, Terry Schmidt (from...of course) was headed for a fall marathon (Chicago). She hadn't cut back from her 90-mile weeks, but had enough to pull away from challenger

Rosa Gutierrez at four miles and collect the first place prize money.

"I wasn't really happy with my time," said Schmidt, who was also fighting mental fatigue, having finalized divorce papers the week before. "But with the high mileage, and everything else, I guess it's not too bad."

Following Gutierrez (2nd, 53:37) was Stacy McAfee (56:52). While on the men's open side, Miguel T. retained a firm hold on the Grand Prix top spot, the female open category looked to be shaping up as a duel between Rossy Tibaduiza-Cardenas (currently #1), Schmidt, and Gutierrez.

Master Shirley Matson insists on wearing a trusty pair of aging Nike Terra TC's whenever she races. They have accumulated some pretty fast miles. Matson easily trounced women masters by turning in a 57:21 (4th woman overall). That should be another single age record for the speedster who already owns the F45-49 AR for 15K (55:50 set here in 1988). Tim Jordan (53:26) and Barbara Miller (1:02:56) tightened their holds in the G.P. Seniors category with age group wins. Thanks to the Silver State Striders for, again, organizing an excellent race.

Division Results - Men's 15K

Overall Winners: 1. Miguel Tibaduiza 46:38, 2. Brian Presson 47:02, 3. Domingo Tibaduiza 47:04. 10-14: 1. Oliver Lorez 1:04:20, 2. Andy Tretten 1:07:22, 3. Sean Martin 1:12:30. 15-19: 1. Nicholas Ratti 58:27, 2. Sergio Pineda 1:00:47. 20-24: 1. Brian Presson 47:02, 2. Andrew Liel 51:55, 3. Isidro Mendoza 57:08. 25-29: 1. Mark Hoefer 48:11, 2. Alan Dehlinger 48:28, 3. Dean Rinde 48:35. 30-34: 1. Miguel Tibaduiza 46:38, 2. Rich McCandless 47:39, 3. Rob Anex 47:50. 35-39: 1. Denis O'Halloran 49:49, 2. Dave Magnin 51:31, 3. Skyler Jones 53:17. 40-44: 1. Domingo Tibaduiza 47:04, 2. Bill Knapp 51:52, 3. Robert Darling 52:29. 45-49: 1. Ewar Gordillo 50:25, 2. Keith Henriquez 51:40, 3. Perry Hayden 54:14. 50-54: 1. Tim Jordan 53:26, 2. Tim Rostege 55:08, 3. Ken Pulver 58:44. 55-59: 1. Fred Kiddy 58:49, 2. Carl Ellsworth 59:49, 3. Ron Ogilvie 1:04:51. 60-64: 1. Rick Thomas 1:19:54, 2. Clint Burdick 1:25:04. 65-69: 1. Howard Powers 1:20:50, 2. John Durham 2:03:18.

Division Results - Women's 15K

Overall Winners: 1. Terry Schmidt 53:04, 2. Rosa Gutierrez 53:37. 20-24: 1. Stacey McAfee 56:51, 2. Lorena Ferreira 1:06:53, 3. P. Nora Baker 1:07:54. 25-29: 1. Rosa Gu-

tierrez 53:37, 2. Rossy Tibaduiza-Cardenas 57:48, 3. Jennifer Thatcher 58:41. 30-34: 1. Terry Schmidt 53:04, 2. Patty Howell 59:43, 3. Sandy Sup 1:00:20. 35-39: 1. Kim Ruppert 1:02:18, 2. Charlene Bayles 1:05:52, 3. Rebecca Mullins 1:19:52. 40-44: 1. Nelly Wright 1:00:50, 2. Kathy Kennedy 1:01:57, 3. Cyni Calyin 1:06:37. 45-49: 1. Shirley Matson 57:21, 2. Gail Rodd 1:05:58, 3. Laury Fisher 1:06:52. 50-54: 1. Barbara Miller 1:02:56, 2. Sandra Kiddy 1:03:48, 3. Edwina Kovash 1:28:36. 55-59: 1. Myra Rhodes 1:15:32, 2. Marty Maricle 1:16:46. 65-69: 1. Kit Pickles 1:28:54.

Team Results - 15K

1. Fleet 48:11, 2. Lbra 1:00:47, 3. WVJS 1:13:48.

Division Results - Men's 5K

Overall Winners: 1. George Hernandez 16:47, 2. Scott Young 17:04, 3. David Amster 17:05. 10 & Under: 1. Steve Woolley 20:38, 2. Charles DeMello 21:48, 3. Kevin Navajie 22:45. 11-19: 1. Mark Young 19:49, 2. Phillip Buckheart 19:50, 3. Carlos Concha 20:47. 20-29: 1. Scott Young 17:04, 2. John Trent 18:45, 3. Rick Heyer 18:56. 30-39: 1. George Hernandez 16:47, 2. David Amster 17:05, 3. Ron Cross 17:25. 40-49: 1. Skip Houk 17:59, 2. Zeke Cornell 20:28, 3. Ken Shoop 20:30. 50-59: 1. Steve Parker 22:10, 2. George Ball Jr. 22:59, 3. William Kruschke 24:46. 60 & Over: 1. Jim Sullivan 28:03, 2. Ralph Halla 38:46, 3. Cecil Ranney 42:37.

Division Results - Women's 5K

Overall Winners: 1. Patty Young 20:56, 2. Heidi Gansert 22:18, 3. Tessamyn Parker 22:20. 10 & Under: 1. Tessamyn Parker 22:20, 2. Leah Silverberg 33:26, 3. Amira Azam 39:33. 11-19: 1. Lisa Eisan 28:02, 2. Sarah Hamby 46:14. 20-29: 1. Patty Young 20:56, 2. Heidi Gansert 22:18, 3. Darla Elvick 23:45. 30-39: 1. Karen Barrett 23:50, 2. Melanie Harrison 24:38, 3. Cindy Buell 25:12. 40-49: 1. Kathryn Forshy 24:10, 2. Marianne Hawkes 25:11, 3. Dianne Cornwall 25:29. 50-59: 1. Virginia Nicholson 24:49, 2. Shirley Ogilvie 29:22, 3. Barbara Lionhard 35:39. 60 & Over: 1. Rebecca Fallow 30:29, 2. Gerry Sullivan 35:33, 3. Hilda Pfeiffer 36:05.

Team Results - 5K

1. WCRM 1:29:47, 2. SAD #2 1:32:22, 3. Marines 1:35:44.

Larry Banuelos 29:44, 2. Stanley Neufeld 33:46, 3. Armin Fischer 41:57.

Division Results - Women

Overall Winners: 1. Beverly Gustard 26:01, 2. Lynne Clay 26:39, 3. Denise Bigelow 26:55. 14 & Under: 1. Tamara Araya 29:48, 2. Melissa Gehrman 45:58. 15-19: 1. Katy Donahue 28:32, 2. Kelly Wright 36:38, 3. Rhea Armas 52:51. 20-24: 1.

Beverly Gustard 26:01, 2. Debbie Gingras 27:38, 3. Jennifer Condon 29:38. 25-29: 1. Denise Bigelow 26:55, 2. Loretta Fogle 28:09, 3. Jayne Lewis-Kulzer 28:59. 30-34: 1. Terry Salazar 29:48, 2. Linnea Lamont 30:32, 3. Patricia Powell 32:29. 35-39: 1. Lynne Clay 26:39, 3. Linda Riddle 29:51. 40-44: 1. Sue Reinhardt 28:19, 2. Theresa Marino 32:08, 3. Linda Savitz

32:39. 45-49: 1. Sally Adam 27:54, 2. Sue Cooper 31:03, 3. Mitsuye Morrissey 32:16. 50-54: 1. Elaine Murphy 31:54, 2. Myrna Syverson 38:37, 3. Barbara Rathbun 43:22. 55-59: 1. Ginie Mains 32:01, 2. Audrey Hauth 34:31, 3. Joan Goldberg 40:37. 60-64: 1. Yukie Mochida 34:04. 70 & Over: 1. Lucy Adney 56:08, 2. Ethel Shonman 1:08:49.

YMCA New Horizons Runs

September 8, Santa Ana, 5K & 12K.

Jim Perez of L.A. will travel almost anywhere for a footrace, whether it's San Francisco, San Diego or the Sahara desert.

RESULTS

But one race atop his list this year was the fourth annual Santa Ana YMCA New Horizons 5K and 12K runs at Centennial Regional Park.

"I was second here last year, so I wanted to come back this year to win it," said Perez, 17. "These are the kind of races I love—long and flat."

Despite not having trained all week Perez did well enough to outlast second place Bob Streets of El Segundo, 16:56 to 17:01, to capture the 5K event.

Perez, who began racing 2 1/2 years ago, prefers triathlons but said 5K races are good training. His best time in the 5K is 15:45.

"I try to compete once a week, no matter where it is," Perez said. "Somewhere in California, there's always some kind of race going on."

In the 12K race, Jesus Mendez of Santa Ana was a runaway winner with 45:45, besting second-place John Canant by 78 seconds.

Division Results - Men's 5K

12 & Under: 1. Chris Louie 40:35, 13-17: 1. Michael Porter 21:41, 18-24: 1. Ramiro Morales 18:58, 2. Raymond Kabian 19:49, 3. Samuel Soto 22:02, 25-29: 1. Jim Perez 16:56, 2. Robert Garro 17:52, 3. Joe Garcia 19:50, 30-34: 1. Dymphno Serna 17:47, 2. Karl Wagner 18:22, 3. Jim Stephens 23:03, 35-39: 1. Bob Streets 17:01, 2. Carl Allen 17:33, 3. Le Tran 20:38, 40-44: 1. Salvador Gonzales 17:40, 2. Fred Doubell 18:46, 3. Mike Kirschbaum 21:00, 45-49: 1. Randall Shelley 17:43, 2. Catarino Gonzales 17:57, 3. Daniel Henderson 19:06, 50-54: 1. Cliff Larkins 20:20, 2. Lou Watson 28:08, 3. Tim Hardy 34:38, 55-59: 1. Samuel Moreno 21:17, 2. Ken Nelms 24:52, 3. Larry Leifer 37:52, 60-69: 1. John Mooshagian 28:01, 2. John Fisher 33:07, 3. G. Wilkins 37:34, 70 & Over: 1. Fred Shanley 34:17.

Division Results - Women's 5K

12 & Under: 1. Bridget Hennessey 32:37, 2. Megan Hennessey N.T., 3. Alisson Louie N.T., 13-17: 1. Desiree Jeffrey 23:14, 2. Sharon Gasteiger 33:31, 18-24: 1. Elvia Rivera 20:41, 2. Laura Downey 25:50, 3. Hydee Newton 28:09, 25-29: 1. Lori Hoskins 20:23, 3. Marie Watt 28:09, 30-34: 1. Marilee Steele 20:55, 2. Jenny Hernandez 27:03, 3. Joyce Skumack 27:08, 35-39: 1. Judy Mandina 33:31, 2. Karen Hennessey 42:54, 3. Janice Waldron 44:32, 40-44: 1. Mellie Clark 24:41, 2. Jean Hoffman 25:40, 3. Nancy Louie 49:31, 45-49: 1. Rhoda Neal N.T., 2. Judy Woods 27:40, 3. Laraine Kilman 37:01, 50-54: 1. Carrie Espinosa 25:55, 2. Sandy Gasteiger 33:32, 3. Theresa Leacy 37:29, 55-59: 1. June Wilkins 37:24, 2. Rita Hunter 1:04:26.

No Complete 12K Results.

Say No To Drugs

September 6, Irvine, 5K & 10K.

Division Results - Men's 10K

18-23: 1. Richard Garro 39:10, 2. Scott Killian 42:46, 3. Brian Archibald 51:18, 24-29: 1. Kevin Broady 31:13, 2. Eric Squires

32:26, 3. Peter Schuster 33:13, 30-34: 1. Angelo DeCollibus 34:55, 2. Ernest Mendez 36:25, 3. Mark Fulton 37:10, 35-39: 1. Enrique Alvarez 32:37, 2. Gary Shapiro 33:14, 3. Jeff Kinzel 34:51, 40-44: 1. Terry Martin 36:04, 2. John McAndrew 36:56, 3. Rick Allen 39:31, 45-49: 1. Ron Hanson 37:32, 2. Richard Lewis 39:47, 3. Peter Schultz 40:24, 50-54: 1. Ray Hughes 40:15, 2. Larry Esali 40:36, 3. Ralph Smith 42:39, 55-59: 1. Jim Crandall 43:09, 2. Mike Vigil 53:12, 60 & Over: 1. Richard Hochschild 44:54, 2. Jane Blank 47:59, 3. Bill Mitchell 49:53.

Division Results - Women's 10K

14-17: 1. Andy Russell 38:48, 18-23: 1. Jennifer Faust 44:26, 2. Pollie Fautsch 50:32, 24-29: 1. Kristen Kemper 46:06, 2. Kyle Sandusky 46:56, 3. Lynn Liddle 51:29, 30-34: 1. Karen Samsonoff 41:56, 2. Ofelia Bermudez 45:04, 3. Brenda Seitz 45:53, 35-39: 1. June Gessner 41:18, 2. Priscilla Marchian 49:32, 3. Diane Liddi 50:32, 40-44: 1. Joan Robert 43:56, 2. Andrea Hamee 54:29, 3. Durenda Staples 56:41, 45-49: 1. Harolene Walters 41:14, 2. Diane Heyer 55:36, 3. DeeDee Reese 57:13, 50-54: 1. Marlene Sereno 53:32, 60 & Over: 1. Mary Storey 50:21, 2. Margaret Gill 56:52.

Division Results - Men's 5K

13 & Under: 1. Victor Reed 22:00, 2. Josh Castagno 27:26, 3. Josh Link 29:48, 14-17: 1. Tommy Gorman 17:02, 2. Art Rodriguez 23:21, 18-23: 1. Jamie Hunt 16:04, 2. Brendon Downey 16:42, 3. David Noyes 17:20, 24-29: 1. Brad Alexander 17:03, 2. Michael Arceo 17:58, 3. Michael Marquis 18:18, 30-34: 1. Bernie Brizuola 16:55, 2. Walter O'Brian 17:19, 3. Angelo DeCollibus 17:39, 35-39: 1. Enrique Alvarez 15:42, 2. Jeff Kinzel 16:51, 3. Robert Langston 16:57, 40-44: 1. John McAndrew 18:21, 2. Terry Marin 21:24, 3. Greg Mimm 21:45, 45-49: 1. John Gonzalez 18:21, 2. Denny DeSimone 18:33, 3. Les Redpath 19:33, 50-54: 1. Carlos Vega 20:36, 2. Dave Smith 22:14, 3. Glen Westphalen 22:41, 55-59: 1. Paul Saucedo 19:14, 2. Kent Berge 24:35, 3. John Taylor 33:42, 60 & Over: 1. Donald Smallwood 51:46, 2. Lane Blank 58:24.

Division Results - Women's 5K

13 & Under: 1. Kelly Ann Reed 26:54, 2. Emily McCullough 33:57, 3. Brittany Gatchell 34:29, 14-17: 1. Stephanie Lawrence 20:46, 2. Alice Boliche 22:13, 3. Tamara Dibble 27:44, 18-23: 1. Akemi Royer 19:02, 24-29: 1. Sue Davis 18:26, 2. Diane Haney 19:26, 3. Cathy Owen 20:10, 30-34: 1. Leslie Lehman 21:24, 2. L. France 22:38, 3. Cindy Royer 23:00, 35-39: 1. Thea Fox 20:21, 2. June Gessner 21:45, 3. Kathy Hamlin 22:04, 40-44: 1. Barbara Spatz 22:58, 2. Nay Fursadi 25:42, 3. Elsie Everett 29:07, 45-49: 1. Hwayi Andrade 24:07, 2. Donna Moore 28:19, 3. Diane Simpson 29:09, 50-54: 1. Judy Demenno 24:56, 2. Dolores Vega 27:27, 3. Dolores Curry 29:43, 55-59: 1. Joan Neinemann 39:40.

Home Run

September 9, Los Angeles, 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Steve Bishop 15:10, 2. Tyrus Deminter 15:21, 3. Danny Reed 15:28, 13 & Under: 1. Masafumi Aoyama 20:56, 2. Marcello Lopez 24:03, 3. Christopher Jordan 26:18, 14-19: 1. Angel Martinez 16:14, 2. Daniel Gomez 17:15, 3. Jeremy Nieto 18:49, 20-29: 1. Tyrus Deminter 15:21, 2. Danny Reed 15:28, 3. Kevin Broady 15:31, 30-39: 1. Steve Bishop 15:10, 2. Frank Ebner 15:39, 3. John Koning 15:46, 40-49: 1. Steve Keyes 17:47, 2. Juan Cabeza 18:11, 3. Mickey Depalo 18:31, 50-59: 1. Jim Murphy 19:25, 2. Lee Yong Hui 20:02, 3. Francisco Licea 20:30, 60 & Over: 1. Jerry Withers 23:05, 2. Louis Beadle 26:14, 3. George Pakkala 27:37.

Division Results - Women's 5K

Overall Winners: 1. Kathy Kanes 18:12, 2. Michelle Hopper 19:27, 3. Dolly Caldwell 21:15, 13 & Under: 1. Roseanna Heagerty 23:19, 2. Shelly Burkert 27:09, 3. Claudia Castanon 28:15, 14-19: 1. Jean Lo 21:57, 2. Kelly Parkins 23:12, 3. Jill Perkins 24:05, 20-29: 1. Kathy Kanes 18:12, 2. Dolly Caldwell 21:15, 3. Anne Johnson 21:44, 30-39: 1. Michelle Hopper 19:27, 2. Cynthia Woo 23:08, 3. Kathy White 23:44, 40-49: 1. Terri Goodreau 22:17, 2. Eva Cervantes 23:11, 3. Barbara Spatz 24:04, 50-59: 1. Yoshiko Matsuzaki 29:32, 2. Rebecca Thurston 31:12, 3. Bett Crosby 31:53, 60 & Over: 1. Selma Mehlman 35:00.

Division Results - Men's 10K

Overall Winners: 1. Harold Ketting 33:07, 2. Frank Gonzalez 33:43, 3. Clyde Matsumura 34:25, 13 & Under: 1. Aaron Brown 1:00:18, 14-19: 1. Shinsuke Nishihara 35:37, 2. Beto Mandujano 40:07, 3. Tony Castellon 43:39, 20-29: 1. Steve Hastings 34:34, 2. Towfik Abdullahi 34:58, 3. Jaime Ortiz 35:12, 30-39: 1. Harold Ketting 33:07, 2. Frank Gonzalez 33:43, 3. Clyde Matsumura 34:25, 40-49: 1. Don McCarthy 35:47, 2. Barry Wiler 38:01, 3. Freddy Perel 38:10, 50-59: 1. Sonny Munioz 39:45, 2. Kenneth Calvin 43:54, 3. Frank Russo 44:20, 60 & Over: 1. Patrick Devine 41:03, 2. James Wilkie 49:57, 3. Orville Bingley III, 52:07.

Division Results - Women's 10K

Overall Winners: 1. Gretchen Cruz 38:47, 2. Alfreda Inglehart 39:08, 3. Jennifer Henderson 39:24, 13 & Under: 1. Rebecca Jordan 51:38, 2. Cyndi Condon 1:00:56, 14-19: 1. Diana Pacheco 48:41, 2. Carol Matsuzaki 1:10:25, 20-29: 1. Gretchen Cruz 38:47, 2. Robin MacKenroth 43:08, 3. Janet Lam 44:11, 30-39: 1. Jennifer Henderson 39:24, 2. Marie Perez 41:54, 3. Karen Callahan 44:22, 40-49: 1. Alfreda Inglehart 39:08, 2. Lena Cortez 47:18, 3. Carmen Connolly 48:59, 50-59: 1. Carolyn Denny 1:01:15, 2. Carmen Watkins 1:09:43, 3. Joan Potter 1:12:02.

Rainbo Bread/YMCA Ironkids

September 9, Fresno.

Division Results - Junior Boys

7: 1. Nick Lomeli 22:23, 8: 1. Michael Airola 20:58, 9: 1. Preston Wahl 17:26, 10: 1. Nathan Fisher 17:22.

Division Results - Junior Girls

7: 1. Melissa Brock 23:20, 8: 1. Laura Ubilios 21:14, 9: 1. Pam Winnett 20:46, 10: 1. Jocelyn Keller 18:16.

Division Results - Senior Boys

11: 1. Mark Friesen 30:33, 2. Jesse Alvarez 32:40, 3. Eagle Jones 33:21, 12: 1. Adrian Garcia 32:23, 2. Noah Dye 32:35, 3. Ryan Luckin 34:38, 13: 1. Christopher Mohler 30:06, 2. Travis Keller 30:27, 3. Chad Mattison 31:33, 14: 1. Josiah Jones 28:27, 2. Jeremy Robbins 28:55, 3. Clay McMillan 30:58.

Division Results - Senior Girls

11: 1. Regina Wilhelm 34:01, 2. Lindsay Schubert 36:15, 3. Amy Mattison 36:55, 12: 1. Nicki Mercier 37:02, 2. Monica Torrez 37:28, 3. Rosemarie Richardson 38:48, 13: 1. Maureen Kennedy 30:54, 2. Megan Farrell 31:16, 3. Kimberly Williamson 35:25, 14: 1. Jeanie Nelson 34:28, 2. Grace Mausisa 39:43, 3. Rosemarie Rubalcaba 41:30.

Magic Run

September 9, Newhall, 5K & 10K.

Division Results - Men's 5K

Overall Winner: 1. Tommy Leon 15:57, 11 & Under: 1. Ryan Compton 26:43, 2. Rodrigo Ortiz 26:53, 3. Cliff Howell 33:09, 12-16: 1. Christopher Jimenez 18:11, 2. Jason Salter 18:38, 3. Reginald VanSleet 18:58, 19-29: 1. Tommy Leon 15:57, 2. George Serrano 16:18, 3. Gemaro Diaz 17:15, 30-39: 1. Adolfo Huerta 16:09, 2. Joseph Kender 17:24, 3. Mike Tipping 17:27, 40-49: 1. Mike Lozoya 16:56, 2. Miguel Mendez 18:23, 3. Gary Skybyrc 18:59, 50-59: 1. Michael McGowan 22:39, 2. David Magnuson 25:13, 3. Robert O'Neal 25:22, 60-69: 1. Al Friedman 24:59, 2. Jack Bruce 30:09.

Division Results - Women's 10K

Overall Winner: 1. Brenda Villanueva 19:23, 11 & Under: 1. Megan McGowan 21:10, 2. Sasha Lang 27:29, 3. Kelli Remington 27:40, 12-16: 1. Samantha Read 21:48, 2. Christel Yunker 23:53, 3. Erin Spaulding 24:35, 19-29: 1. Brenda Villanueva 19:23, 2. Tommie Williams 20:23, 3. Gina LaMonica 21:31, 30-39: 1. Barbara Huppert 23:27, 2. Ann Hollis 23:59, 3. Vanita Spaulding 24:04, 40-49: 1. Marquita Zevin 21:13, 2. Jeanette Novak 24:56, 3. Nancy Timan 26:46, 50-59: 1. Carol Forster 26:21, 2. Alice Ramirez 35:25, 3. Jeanne Travers 48:26, 60-69: 1. Verian Bruce 30:08.

Division Results - Men's 10K

12-18: 1. Nicolas Ratti 32:27, 2. Chris Ruhe 36:47, 3. Ricardo Gonzales 40:02, 19-29: 1. Vernon Morris 27:56, 2. Andrew Dunn 28:33, 3. Jeff Gikey 29:10, 30-39: 1. James Stepan 29:23, 2. Craig Mead 29:30, 3. Julios Ratti 30:24, 40-49: 1. Art Jimenez 30:41, 2. David Saenz 32:37, 3. Manuel Gonzales 35:25, 50-59: 1. Raymond Maranda 31:51, 2. Jerry Cherrington 36:39, 3. Dennis Parks 38:12, 60-69: 1. Ed Travers 37:15.

Division Results - Women's 10K

12-18: 1. Shalium Fullove 38:13, 2. Krissy Schranz 40:14, 3. Liz Poduska 40:54, 19-29: 1. Leticia Melgoza 34:10, 2. Carolyn

RESULTS

Smyth 38:02, 3. Eileen Davison 40:36. 30-39: 1. Diane Bratthager 38:58, 2. Shirley Kutyko 39:09, 3. Brenda Wilson 39:32. 40-49: 1. Leslie Stepan 38:57, 2. Marilyn Noble 42:07, 3. Thelma Riehle 48:23. 50-59: 1. Rita Gilmore 39:51.

Sunnyvale Firehouse Classic

September 9. Sunnyvale. 5K & 10K.

Overall Results - Men's 5K
Overall Winners: 1. Rod Johnson 16:01, 2. Steve Webb 16:53, 3. John McVeigh 17:02.
13 & Under: 1. Carlos Avila 20:25, 2. Aaron Patterson 22:21, 3. Allen Lavitas 24:28.
14-19: 1. Chong-Ki Yi 17:40, 2. Javier Avila 17:42, 3. Tim Lacey 20:19. **20-29:** 1. Douglas Scott 17:28, 2. Gabor Bartha 17:39, 3. Archie Carrico 20:01. **30-39:** 1. Rod Johnson 16:01, 2. Steve Webb 16:53, 3. John McVeigh 17:02. **40-49:** 1. Jan Valencia 17:35, 2. Ron Tanaka 17:48, 3. Bob Joplin 19:02. **50-59:** 1. Tim Rostege 17:14, 2. Roger Bryan 17:56, 3. Carl Ellsworth 18:15. **60-69:** 1. Peter Wood 21:14, 2. Hal Judy 24:00, 3. Glenn Sievert 24:18. **70-79:** 1. Saul Lisauer 27:35.

Division Results - Women's 5K
Overall Winners: 1. Monica Townsend 19:42, 2. Louise Moyer 21:19, 3. Linda Johnson 21:27. **13 & Under:** 1. Sarah Pitta 24:49, 2. Rachel Pitts 25:28, 3. Katie Carrier 28:48. **14-19:** 1. Audrey Hanhan 21:31, 2. Barbara Clifton 28:54, 3. Karen Smallwood 30:47. **20-29:** 1. Monica Townsend 19:42, 2. Diana Moore 22:17, 3. Allison Oki 22:38. **30-39:** 1. Louise Moyer 21:19, 2. Pamela Borg 21:42, 3. Ana Gonzales 24:38. **40-49:** 1. Linda Johnson 21:27, 2. Paulette King 24:46, 3. Rosalie Pitts 25:39. **50-59:** 1. Jean Teter 23:32, 2. Roberta Carlson 25:04, 3. Carolee Wheeler 25:05. **60-69:** 1. Dot Weinstock 27:18, 2. Annie Sievert 29:44, 3. Pat Hale 32:35. **70-79:** 1. Peggy Pridmore 30:41.

Division Results - Men's 10K
Overall Winners: 1. Jerry Deets 24:51, 2. Taylor Carey 27:30, 3. Jim Schoenherr 28:14. **13 & Under:** 1. Mayan Marshall 44:11, 2. Jose Perez 44:20, 3. Nathan Pitts 46:47. **14-19:** 1. Eduardo Avila 35:22, 2. Jason Korh 36:10, 3. Masood Sarwari 36:37. **20-29:** 1. Richard Graves 30:30, 2. Andrea Leach 31:23, 3. John Lopez 31:23. **30-39:** 1. Rich McCandless 29:59, 2. Roberto Mendez 36:16, 3. David Piazza 36:18. **40-49:** 1. Jim Wisener 35:42, 2. Don Murdoch 36:12, 3. Don Kientzy 37:41. **50-59:** 1. Rolf Nebelung 38:15, 2. George Miller 38:49, 3. Bob Feldman 41:58. **60-69:** 1. Ira Karp 47:05, 2. George Ohlsen 55:42, 3. Jesse Nunez 56:17. **70-79:** 1. Tony Marshall 1:02:58. **Wheelchair:** 1. Jerry Deets 24:51, 2. Taylor Carey 27:30, 3. Jim Schoenherr 28:14.

Division Results - Women's 10K
Overall Winners: 1. Laura Bruess 37:39, 2. Tino McCandless 38:28, 3. Karen Rowen 39:18. **14-19:** 1. Rita Guarino 49:04, 2. Amanda Szcsej 49:49. **20-29:** 1. Laura Bruess 37:39, 2. Tino McCandless 38:28, 3. Karen Rowen 39:18. **30-39:** 1. Nancy Hillton-Briny 42:44, 2. Alison Goss 43:03, 3.

Judy Fulton 43:55. **40-49:** 1. Val Vierra 50:37, 2. Lottie Kendall 50:57, 3. Kathy Mastako 52:27. **50-59:** 1. Diane Bromstead 49:43, 2. Pat Vorreiter 50:55, 3. Marina Flores 56:46.

Don Pedro Triathlon '90

September 9. La Grange.

Overall Results
 (Key: IM (Ironman), IW (Ironwoman), MPT (men's prime time relay), WPT (women's prime time relay), MM (men's masters relay), WM (women's masters), WJ (women's junior relay), MXPT (mixed relay).)
1. Ty Nickel (IM) (18) Placerville 1:59:10, 2. Steven Tagua (IM) (30) Sonora 2:01:39, 3. Dustin Johnson-Scott Jemar-Deslin Malone (MPT) Turlock 2:04:12, 4. Robert Griswold (IM) (30) Carson City 2:04:44, 5. Paul Morris-Steve Strong-Curt Royer (MPT) 2:05:08, 6. Kelly Harding-Michael Ruiz-Howard Painter (MXPT) 2:05:48, 7. Kit Alderete (IM) (30) Oxnard 2:06:42, 8. Stephen Copeland (IM) (18) Fountain Valley 2:10:47, 9. Rob Whittlemore (IM) (14-17) Alameda 2:11:21, 10. Matthew Hansen-Mika Persak-Michael Hansen (MPT) Modesto 2:11:25.

Legg Lake Runs

San Gabriel River Run

September 9. So. El Monte. 3 Mile.

Overall Results
1. Dvid Allen (26) 16:15, 2. Trent Martinez (25) 16:23, 3. James Sackett (41) 16:45, 4. Luis Castro (22) 17:14, 5. Michael Rojas 17:42, 6. Chris Watkins (32) 17:53, 7. Christopher Garcia (34) 18:28, 8. Gustavo Bedoy (41) 18:42, 9. Jerry Dobson (52) 19:42, 10. Jarrett Williams 20:34.

Evening Run

September 13. So. El Monte. 5K.

Overall Results
1. Amando Hernandez (39) 18:27, 2. Francisco Cruz (31) 20:40, 3. Rigo Contreras (47) 22:16, 4. Nicolas Ruiz 24:00, 5. Michael Lalum (46) 24:52.

Legg Lake Run

September 16. So. El Monte. 5K.

Overall Results
1. Fernando Diaz 16:12, 2. Salvador Farfias 16:42, 3. Trent Martinez (25) 17:01, 4. Max Ramirez 17:50, 5. Danny Martinez (38) 18:34, 6. Fred Doubel (41) 19:05, 7. A. Sanchez 19:22, 8. Joe Ciccone (33) 19:40, 9. Gustavo Bedoy (41) 19:43, 10. Jerome Dobson (52) 20:15.

Evening Run

September 20. So. El Monte. 5K.

Overall Results
1. Josue Ruvalcaba (42) 19:34, 2. Steve Manzano (32) 19:53, 3. Dave Griffin (21) 20:34, 4. Bill Coomes (50) 22:02, 5. Nicolas Ruiz 23:03.

099'ers Run

September 22. So. El Monte. 5K.

Overall Results
1. Ken Stumpy (25) 16:48, 2. Trent Martinez (25) 16:53, 3. Daniel Garcia 17:06, 4. James Sackett (41) 17:11, 5. Alfred Trujillo 17:29, 6. Miguel Retegion 18:03, 7. Juan Baltazar 18:32, 8. Gerardo Mateos 18:54, 9. Jarrett Williams (43) 20:23, 10. Chris Ackerman 20:34.

Indian Summer Run

September 23. So. El Monte. 5K.

Overall Results
1. Ismael Diego (21) 17:01, 2. Trent Martinez (25) 17:04, 3. Luis Castro (22) 18:07, 4. Christopher Garcia (34) 19:33, 5. Josue Ruvalcaba (42) 19:39, 6. Kurt Shadler (33) 19:56, 7. Ed Camacho (34) 20:23, 8. Sam Badawi (16) 20:57, 9. Nati Carrasco (31) 22:17, 10. Mike Lalum (46) 23:17.

Humpday II - The Sequel

September 12. Chico. 5K.

Division Results - Men
Overall Winners: 1. Roger Dix 15:19, 2. Patrick Kornder 15:29, 3. Gary Towne 15:44. **12 & Under:** 1. Anderson 18:12, 2. Matt Stanley 22:40, 3. Brian Dieringer 23:15. **13-17:** 1. Jeff Kenney 19:47, 2. Josh Littell 22:24, 3. John Snodgrass 22:49. **18-24:** 1. Roger Dix 15:19, 2. Gary Towne 15:44, 3. Bob Johnston 15:46. **25-29:** 1. Patrick Kornder 15:29, 2. Paul Hopkins 16:45, 3. Blaine Brown 17:15. **30-34:** 1. Tom Peet 16:55, 2. Dan Franzen 18:16, 3. Cliff Newell 19:03. **35-39:** 1. Thomas Cushman 15:45, 2. Michael Zygaczenko 17:34, 3. Ted Fredenburg 19:13. **40-44:** 1. Herve Pastre 16:49, 2. David Wood 17:53, 3. Kent Draper 18:37. **45-49:** 1. Rod Cooper 18:44, 2. Darwin Ray 18:59, 3. Frank Condon 19:08. **50-54:** 1. Bob Davis 20:43, 2. Don Richey 20:52, 3. Jim Thorup 21:07. **55-59:** 1. Everett Riggle 19:27, 2. Fritz Steppat 23:04, 3. Walt Bender 25:34. **65-69:** 1. Dave Cole 26:38. **70 & Over:** 1. Larry Viglienzzone 35:44.

Division Results - Women
Overall Winners: 1. Tina Petershagen 17:14, 2. Joann Beasley 20:06, 3. Ann Motekaitis 20:20. **12 & Under:** 1. Yolanda Manley 23:24, 2. Rosie Neves 32:38, 3. Sarah Zygaczenko 35:44. **13-17:** 1. Trixie Robbins 22:38. **18-24:** 1. Tina Petershagen 17:14, 2. Lisa Brillhart 21:12, 3. Stephanie Moran 21:44. **25-29:** 1. Ann Motekaitis 20:20, 2. Allison Carter 20:53, 3. Jennifer Gaddis 22:50. **30-34:** 1. Dale Durniak 22:03, 2. Liz Kaye 22:11, 3. Jamie Batha 22:12. **35-39:** 1. Joann Beasley 20:06, 2. Carolyn Neves 22:38, 3. Peggy Prestridge 23:40. **40-44:** 1. Joan Keeney 21:24, 2. Laura Lackey 24:16, 3. Pat Sasser 24:32. **45-49:** 1. Susan Condon 24:47, 2. Cecilia Korok 25:25, 3. Shirley Adams 25:49. **50-54:** 1. Betty Heycke 24:00, 2. Pat Gee 39:10. **55-59:** 1. Betty Best 25:48. **65-69:** 1. Dorothea Cole 48:47.

Kingsbury Summer Biathlon Race Series

Tahoe/Truckee

September 15. Auburn Ski Club Training Center.

It was a typical, beautiful, sunny Sierra's day. The shooting conditions were very good. The 5K running course was difficult and hilly. The racers total time was derived by adding the running time with penalties from missed shots.

The closest race of the day, with only a 3 second margin, was between last year's Summer Biathlon Series National Champion, Holly Beatie-Farr, and Kimberly Spindler-Lyda.

The top four in the men's race was also very tight with Biathletes Barry and Carl Schmitt finishing 1st and 3rd respectively over running speedsters, Dennis O'Halloran and Randy Sandman who finished 2nd and 4th. Barry Schmitt was the only competitor to have no misses while Dennis O'Halloran had the fastest running time.

Division Results - Men
Overall Winners: 1. Barry Schmitt 22:29, 2. Dennis O'Halloran 23:06, 3. Carl Schmitt 23:25. **14 & Under:** 1. Ben Kyler 48:26. **15-19:** 1. Kurt Sable 25:09. **20-29:** 1. Barry Schmitt 22:29, 2. Carl Schmitt 23:25, 3. Randy Sandman 23:30. **30-39:** 1. Dennis O'Halloran 23:06, 2. Dave Bieber 27:50, 3. Allen Takahashi 28:16. **40-49:** 1. Zeke Cornell 26:40, 2. Steve Smith 28:34, 3. Noel Charonney 29:24. **50 & Over:** 1. Art Sable 32:49.

Division Results - Women
Overall Winners: 1. Holly Beatie-Farr 28:42, 2. Kimberly Lyda 28:45, 3. Maggie Fillmore 30:56. **15-19:** 1. Tone Ross 32:04. **20-29:** 1. Tia Scott 32:01, 2. Elizabeth Hill 33:44, 3. Lisa Loudeman 43:01. **30-39:** 1. Holly Beatie-Farr 28:42, 2. Kimberly Lyda 28:45, 3. Vera Struc 31:17. **40-49:** 1. Maggie Fillmore 30:56, 2. Karen Seaward 33:50.

The Catfish Jubilee

September 15. Walnut Grove. 5 Mile.

Division Results - Men
Overall Winners: 1. Karl Bacon 29:11. **19-29:** 1. Ramon Jamie 30:40, 2. Donald Beaulieu 33:09, 3. Jeff Hane 34:53. **30-39:** 1. Todd Clark 30:24, 2. Jeff Robinson 30:56, 3. Ken Blant 31:48. **40-49:** 1. Karl Bacon 29:11, 2. Ron Kiyono 30:18, 3. Stephen Topper 32:38. **50-59:** 1. John Brown 38:20, 2. Ron Robinson 41:27, 3. Bob Morgan 43:49. **60 & Over:** 1. Bob Burns 38:46, 2. Nick Woods 42:33, 3. Harold Linde 45:43.

Division Results - Women
Overall Winner: 1. Tessa Chambers 33:47. **18 & Under:** 1. Michelle Kiyono 35:40. **19-29:** 1. Tessa Chambers 33:47, 2. Jeanette Morgan 36:26, 3. Francine Branchini 40:12. **30-39:** 1. Margaret Pipit 43:33, 2. Blanca Topper 46:07, 3. Diane Galvin 46:08. **40-49:** 1. Bettie Powers 39:45, 2. Val Vierra 41:43, 3. Linda Crippen 1:13:04. **50-59:** 1. Geri Brown 49:22.

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Mark McDonald Memorial Run

September 15, Las Vegas, NV. 10K.

Overall Results

1. Ron Hershey (33) Las Vegas 31:18, 2. Alan Bernholtz (32) Las Vegas 31:19, 3. Al Quin (32) Las Vegas 31:32, 4. Guy Langsdale (35) Las Vegas 32:12, 5. Michael Bernstein (40) Las Vegas 32:12, 6. Tony Gerardi (44) Las Vegas 32:28, 7. Jeff Demeny (30) Las Vegas 32:29, 8. Scott Abrams (34) Beatty, NV. 32:33, 9. James Rapp (33) Las Vegas 32:51, 10. Robby Robinson (34) Las Vegas 33:07.

31. Irene Gerardi (29 F) Las Vegas 36:21, 39. Jan Sandoval (40 F) Henderson, NV. 37:02, 49. Erin Aten (15 F) Las Vegas 37:55.

Buffalo Stampede Ten Miler

September 16, Sacramento. 10 Mile.

Division Results - Men

Overall Winners: 1. John Barrett 49:57, 2. Joaquin Leano 50:48, 3. Dean Rinde 51:20. Masters: 1. Adam Ferreira 52:12, 2. Douglas Huff 55:18, 3. Skip Houk 56:53. 18 & Under: 1. Jim King 1:27:05. 19-29: 1. John Barrett 49:57, 2. Dean Rinde 51:20, 3. Steve Pappa 52:24. 30-39: 1. Joaquin Leano 50:48, 2. Dave Chairez 54:11, 3. John Sup 54:42. 40-49: 1. Adam Ferreira 52:12, 2. Douglas Huff 55:18, 3. Skip Houk 56:53. 50-59: 1. Jon Shelgren 59:19, 2. Carl Ellsworth 1:02:15, 3. David Ragsdale 1:03:10. 60 & Over: 1. Hank Fragoza 1:08:11, 2. Bill

Wood 1:10:35, 3. Dave Kaplan 1:28:13. Wheelchair: 1. Taylor Cary 48:00, 2. Jim Schoenherr 49:53, 3. David Elsner N.T.

Division Results - Women

Overall Winners: 1. Lisa Boyle 1:00:08, 2. Shirley Matson 1:00:43, 3. Sandy Sup 1:01:43. Masters: 1. Shirley Matson 1:00:43, 2. Pat Whyte 1:02:39, 3. Sally Edwards 1:04:54. 18 & Under: 1. Amber Lewis 1:17:42. 19-29: 1. Livia Peras 1:05:10, 2. Ramona Gutierrez 1:06:05, 3. Colleen Prather 1:07:34. 30-39: 1. Lisa Boyle 1:00:08, 2. Sandy Sup 1:01:43, 3. Connie Kondo 1:05:03. 40-49: 1. Shirley Matson 1:00:43, 2. Pat Whyte 1:02:39. 50-59: 1. Myra Rhodes 1:18:39, 2. Jean LaFaver 1:26:33, 3. Joyce Karuer 1:38:36. 60 & Over: 1. Marian McKone 1:25:19, 2. Peggy Ewing 1:36:31, 3. Po Adams 1:40:49.

Monterey Bay Ten-K

September 16, Pacific Grove. 10K.

Division Results - Men

Overall Winners: 1. Daniel Grubr 31:18, 2. Michael Seaman 31:35, 3. David Stancliffe 31:43. 5-12: 1. Peter Carter 37:33, 2. Aaron Hayes 47:21, 3. Tyson Altenburg 50:16. 13-19: 1. Cody West 39:15, 2. David Lopez 40:12, 3. Jonathan Kaplan 41:10. 20-24: 1. Patrick Shabram 33:01, 2. Doug Fontaine 36:20, 3. Max Mancini 36:33. 25-29: 1. Chuck Fanter 32:14, 2. Joseph Naughten 33:05, 3. Mark Hunt 33:14. 30-34: 1. Charles Mann 33:08, 2. Franco Goss 33:39, 3. David LaBerge 34:18. 35-39: 1. Daniel Grubr 31:18, 2. David Stancliffe 31:43, 3. Tony Ramirez 32:36. 40-44: 1. Michael Sea-

man 31:35, 2. Kent Oglesby 33:38, 3. Mike Dove 34:52. 45-49: 1. Jan Valencia 36:12, 2. David Moon 37:23, 3. Tom Tinkham 38:13. 50-54: 1. Jay Cook 37:35, 2. Bob Tarozzi 40:00, 3. Dennis Thomas 40:06. 55-59: 1. William Floodberg 40:05, 2. Don Luce 42:23, 3. Norman Lloyd 42:36. 60-64: 1. Peter Wood 44:01, 2. Robert Bonanfant 46:08, 3. Bob Mills 50:27. 65-69: 1. Howard Powers 49:23, 2. Bob Wright 50:26, 3. Ray Remond 51:38. 70 & Over: 1. Pierre Delafausse 53:03, 2. Albert Jarschke 56:35, 3. Enrico Grasso 1:16:33.

Division Results - Women

Overall Winners: 1. Joan Colman 36:45, 2. Barbara Frank 37:20, 3. Juana Stavolone 37:50. 5-12: 1. Meghan Randall 49:07, 2. Alice Irvine 56:23, 3. Monique Silva 1:02:58. 13-19: 1. Nicole Silva 39:52, 2. Windy Vining 47:10, 3. Georgia Nye 53:48. 20-24: 1. Lisa Nichols 41:56, 2. Nora Baker 42:17, 3. Jamie Sullivan 44:27. 25-29: 1. Ramona Lopez 38:50, 2. Noel Grandrath 41:17, 3. Twyla Mitchum 41:41. 30-34: 1. Barbara Frank 37:20, 2. Laurie Kirkpatrick 38:00, 3. Kim Campbell 38:37. 35-39: 1. Kim Rupert 39:18, 2. Michelle Brinsmead 40:35, 3. Toni Lovoi 41:20. 40-44: 1. Juana Stavolone 37:50, 2. Susy Smith 38:53, 3. Abby Ray 44:54. 45-49: 1. Joan Colman 36:45, 2. Gail Goettelmann 44:43, 3. Anne Goode 46:16. 50-54: 1. Cindy Hutchinson 52:22, 2. Louise Anderson 56:53, 3. Judith Nilesen 57:09. 55-59: 1. Gloria Duke 49:28, 2. Marjorie Macris 53:09, 3. Annis Lembo 53:47. 60-64: 1. Frances Sackerman 47:51, 2. Jeanne Lefers 1:03:23, 3. Lyn Hayes 1:07:55. 70 & Over: 1. Peggy Pridmore 1:06:52.

Ron's Wild Life Run #7

September 16, Vasona Park, Los Gatos. 10K.

Division Results - Men

12 & Under: 1. Donny Biro 46:09, 2. Alex Piellusch 46:09, 3. Nick Piellusch 49:01. 13-18: 1. Jason Balkman 34:45, 2. Will Doyle 37:02, 3. Davy Lopez 41:12. 19-29: 1. Joe Amendt 34:39, 2. Kevin Andrews 36:02, 3. Floyd Gerhart 36:31. 30-39: 1. Jim Mollerus 34:59, 2. Richard Avert 36:21, 3. Richard Gust 36:26. 40-49: 1. Steve Lorenz 35:41, 2. Greg Burke 37:57, 3. Hank Czarancko 39:23. 50-59: 1. Karl Misner 42:03, 2. Mike Biro 42:05, 3. Floyd Okada 43:09. 60 & Over: 1. Jim Hoffman 52:27, 2. Omar Dewhirst 54:48.

Division Results - Women

12 & Under: 1. Staci Piellusch 1:09:09. 13-18: 1. Michelle Ruiz 44:18, 2. Kathy Kelly 45:34, 3. Laura Shalloo 48:08. 19-29: 1. Karen Rowen 39:10, 2. Monica Townsend 41:29, 3. Laura Garcia 44:11. 30-39: 1. Sharon Swann 37:15, 2. Kathleen Atkins 40:03, 3. Eileen Foefler 42:12. 40-49: 1. Linda Averett 45:27, 2. Alice Stegeman 48:36, 3. Lynne Rosser 50:21. 50-59: 1. Wendy Ferguson 52:24, 2. Doris Burgess 52:53, 3. Mercy Smullen 1:02:18. 60 & Over: 1. Barbara Koslowski 1:01:50.

Chaffey Biathlon Classic

September 22, Alta Loma.

Overall Results

1. Eoin Fahy (30-34) 46:19, 2. Bruce Funk (Relay) 46:32, 3. Al Bates (25-29) 48:14, 4. Tom Bertsch (30-34) 49:27, 5. Gianni Carpani (40-44) 49:33, 6. Steve Perez (25-29) 49:42, 7. Terry Martin (40-44) 49:47, 8. Niall Moynihan (Relay) 49:57, 9. Todd Nott (25-29) 50:11, 10. Jim Perez (25-29) 50:40.

11. Don Fells (30-34) 50:47, 12. David Allen (25-29) 51:15, 13. Gary Stang (35-39) 51:28, 14. Greg O'Bryan (25-29) 51:35, 15. Jerico Enriquez (25-29) 51:50, 16. Steve Strehlow (25-29) 51:52, 17. Steve Rohne (35-39) 51:56, 18. Wolfgang Resch (30-34) 52:15, 19. Joe Jacobsen (45-49) 52:31, 20. Stan Packer (18-24) 52:43.

Ventura Half-Marathon

September 23, Ventura.

Overall Results

1. Tom Moriarty (35-39) 1:08:57, 2. Dan Capioglio (19-29) 1:10:34, 3. Ted Cotti (19-29) 1:10:52, 4. Steve Brown (19-29) 1:11:48, 5. Gregg Homer (35-39) 1:12:13, 6. Barry Molony (35-39) 1:12:50, 7. Jeffrey Vannini (30-34) 1:13:07, 8. Andy Dunn (19-29) 1:13:23, 9. Tom Mountain (30-34) 1:16:51, 10. George Serrano (19-29) 1:16:53.

13. Abe Valdez (40-49) 1:18:40, 18. Debra Sharp (35-39 F) 1:20:32, 27. Dave Wheeler (50-59) 1:24:56, 46. Maureen Horney (30-34 F) 1:30:14, 60. Mary Ryan (19-29 F) 1:33:56, 75. Sue Harmon (40-49 F) 1:35:28, 126. Jim Mathieson (60 & O) 1:44:03, 147. Barbara Valastro (50-59 F) 1:48:24, 156. Wanda Duchai (18 & UJ F) 1:49:52.

CalFarm Insurance Zoo Zoom 10K

(PATAC Masters Championship)

By Mark Winitz

October 14.
Sacramento.

It's inevitable. With two of the finest masters women in the country residing in the same locale, there are bound to be some classic matchups that provide, perhaps, the most exciting women's masters competition anywhere. It happened again, starting at the Sacramento Zoo, for two, flat 5K loops within shady William Land Park on a mild morning.

"When I heard 5:39 for the first mile, I thought, oh my, is that accurate?" 49-year-old Shirley Matson said, describing a fine race. Especially after the 15K in Reno last week, where I went through in 6:16, I was pretty pleased with that split."

One technicality though. Joan Colman, 46, who Matson usually shadows, had sped out in an early race blitz, aimed at breaking her rival in the first half. But a 5:36, then 11:22 at two opened up a scant 10 yards.

"I figured I'd go out hard like I did at the 3,000-meter race in Berkeley because that worked well," said Colman, who was racing for the third time in eight days, having raced Manny Hanny in New York and a hot/humid Tuft's Women's 10K in Boston the weekend before. A

tough schedule, but this lady was making no excuses. "Shirley is just so strong, it's amazing," she said.

Passing a cheering crowd at the start/finish, and then onto the second loop, Matson pulled up behind a tiring Colman at four and quickly made a strong move past her, rapidly opening up a 30 yard gap. Although both slowed over the second half, Matson pushed to a 25 second margin over Colman by the finish, crossing in 36:07—an American best (correct me if I'm wrong, Joan) for 45-49 year old women.

The duo were scheduled to meet two more times (at Humboldt Redwoods Half Marathon and Alhambra 8K) before Matson moves up to the Seniors (50+) category. Although overshadowed, but also putting in fine efforts, were younger masters Linda Mantynen (37:38) and Kathy Kennedy (39:12). In the Seniors division, Barbara Miller (40:13) won, even with an "off" race. By virtue of good early-season G.P. performances, combined with a strong 50K race last July, Miller held her lead in the masters local Grand Prix standings.

Charlie Thompson is somewhat of a free spirit among master men on the circuit. He doesn't race the G.P. events often, doesn't really concern himself with awards or prize money, and typically understates the quality of his perfor-

mances. Thompson is a San Francisco tax/real estate lawyer, who gets up at 5:30 every morning to put in 70 miles a week. He often presents seminars on weekends, thus overriding his competition schedule. This Sunday he was on the starting line.

Masters men Don Paul, Ewar Gordillo, and Thompson hung with open division competitors Miguel Tibaduiza, Rich McCann and John Litschert at the front through the first mile in 4:57. By mile 2, Tibaduiza, who was out for a tempo run, and Litschert, took off on their own on their way to 1-2 placings (30:41 and 31:00).

The trailing pack passed the second mile in 9:55, followed 10 to 15 seconds behind by masters G.P. leader Jim Press, and Bill Knapp.

"Things went a lot worse than I thought they would," said new master Don Paul. "Charlie ran really well. Just past two miles he took off and that kind of strung out our pack. I thought McCann and I would catch him—I thought he was in way over his head—at four miles. We went through in 20:20 and Thompson was about 20-flat. I thought we'd pick him off. But he maintained and we kind of bounced off the ropes."

Finishing order: 3rd-Thompson (1st master, 31:31), 4th-McCann (31:47), 5th-Paul (2nd master, 31:51), 6th-Gordillo (3rd master, 32:23). Knapp edged Press (33:02 to 33:12), as their dual for the G.P. masters lead got more interesting.

As for the win, City of San Francisco Marathon 40+ winner, Thompson, was definitely taking it in stride. "Fortunately, Don (Paul) isn't in his best shape," he admitted. "You're at

the top for a couple of weeks, then somebody else turns forty and that's it."

Tim Rostege (34:41) became the Seniors (50+) 10K champ, as did Ross Smith (37:28-whoa) for the Super Seniors (60+).

For all the masters runners who ran excellently, but weren't mentioned here—what can I say? Yes, running in the masters ranks these days is truly a zoo. Which is what all the competitors and their families were treated to after the race. Some time with the other animals at the Sacramento Zoo.

RESULTS

1. Miguel Tibaduiza (30:39) 30:41, 2. John Litschert (17-29) 31:00, 3. Charles Thompson (40-49) 31:31, 4. Richard McCann 31:47, 5. Don Paul 31:51, 6. Ewar Gordillo 32:23, 7. Adam Ferreira 32:50, 8. Bill Knapp 33:02, 9. James Press 33:12, 10. Jim Price 33:28.

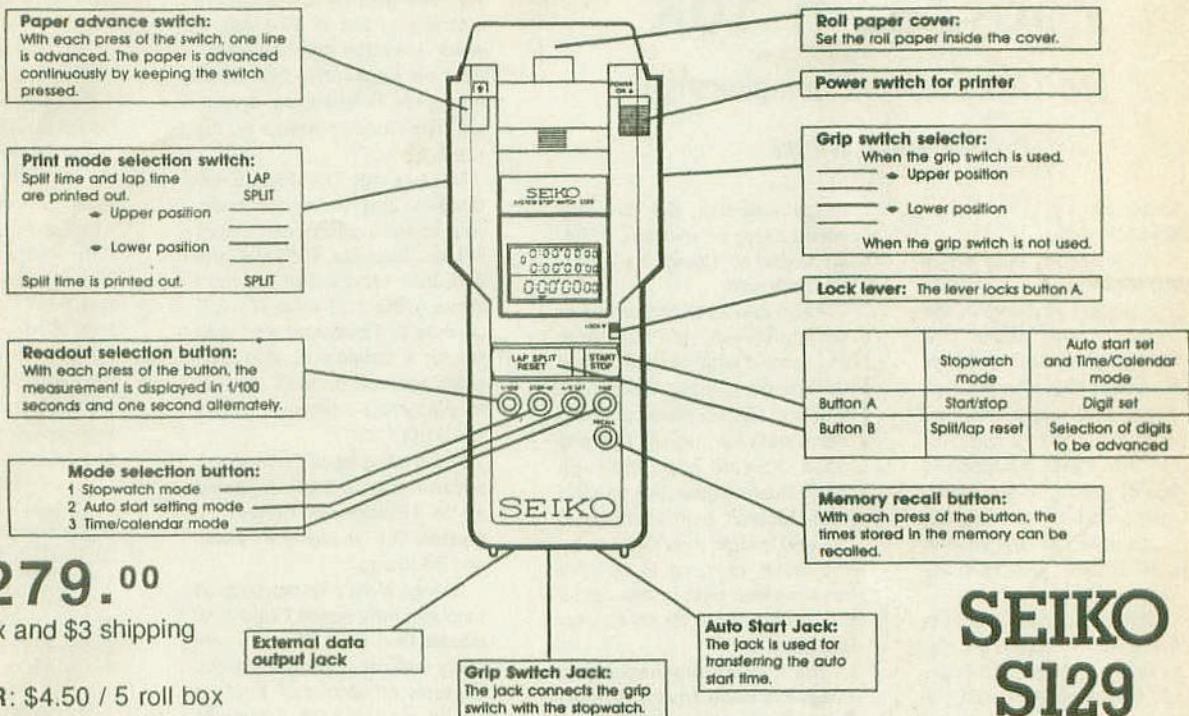
11. David Francis 33:33, 12. Robert L. Darling, Jr. 33:42, 13. David Furst 33:43, 14. Ernie Rivas 33:58, 15. Gabriel Sandoval 34:08.

27. Tim Rostege (50-59) 34:41, 31. Timothy Jordan 34:57, 48. Shirley Matson (F40-49), 53. Joan Colman (40-49) 36:32, 58. John Finch (50-59) 36:50, 63. Ross Smith (60 & over) 37:28, 65. Linda Mantynen (F40-49) 37:38, 66. Mary Parlange (F17-29) 37:44, 67. Christine Iwahashi (F30-39) 37:51, 71. Marianne Zerebko (F30-39) 38:13, 82. Nick Niles (M 16 & under) 39:06, 84. Kathy Kennedy (F40-49) 39:12, 95. Nelly Wright (F40-49) 39:46, 99. Anne Velling (F30-39) 40:09, 101. Barbara Miller (F50-59) 40:13, 145. Danielle Viglione (F16 & under) 42:07.

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1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
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1989 3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
    
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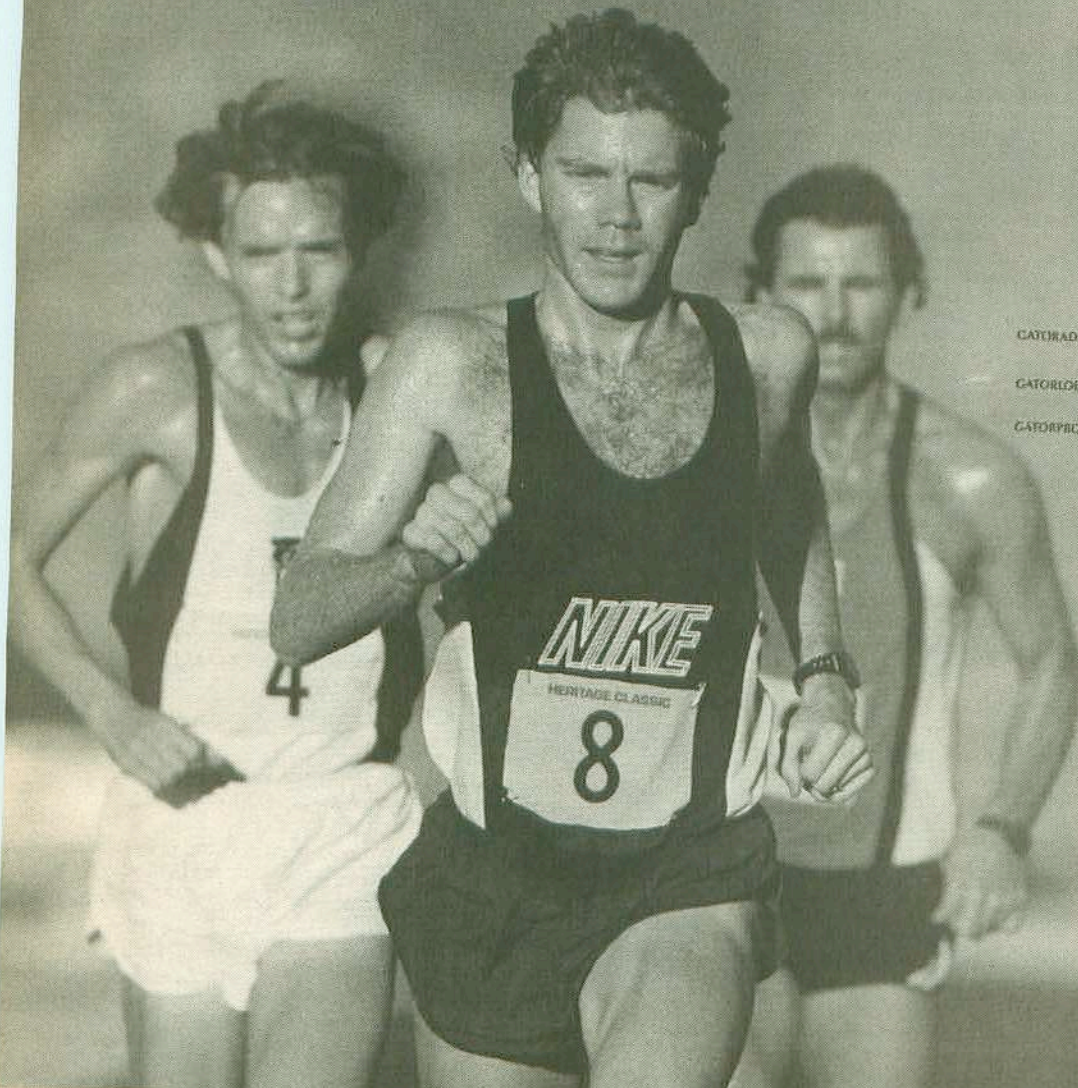
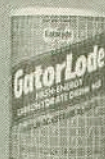
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