

NOVEMBER / DECEMBER 1993

ISSUE NO. 196

CALIFORNIA

Running News



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- ✓ Schedule
- ✓ Results
- ✓ Features

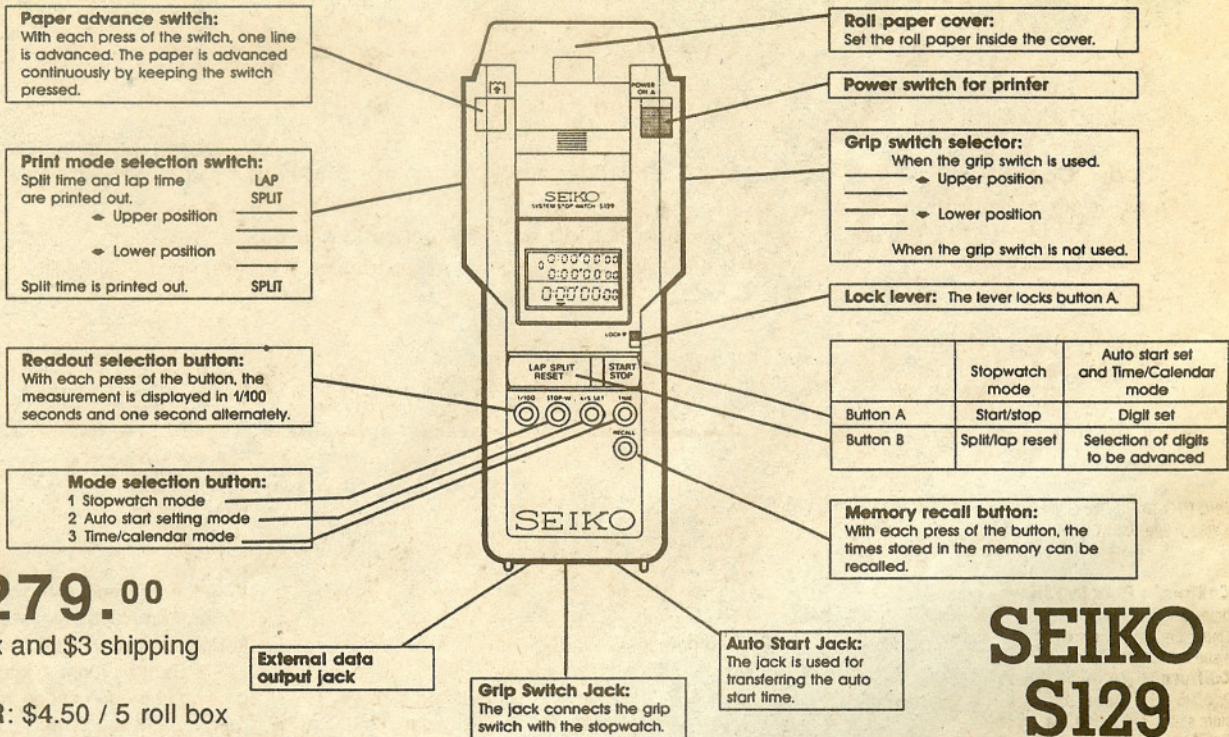
California's Road Racing Magazine

Twentieth Year

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Digital Quartz Printing Stopwatch S129

DISPLAY AND BUTTON/SWITCH OPERATION



\$279.00

+ Tax and \$3 shipping

PAPER: \$4.50 / 5 roll box

**SEIKO
S129**

System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND LAP TIMES

ATTENTION TEAMS...
A great Christmas gift for your coaches!

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	
5-0:00'19	13	
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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P.O. Box 459, San Carlos, CA 94070 ● (415) 595-2249

Applications

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

Specifications

Time Base and Accuracy:

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

Printout:

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

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

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

Modes:

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

Temperature:

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

Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

Batteries:

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

Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

CALIFORNIA Running News

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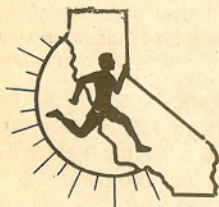
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FROM THE EDITOR

They happen every year at this time: Thanksgiving, Christmas, and cross country championships. These Winter seasonal events offer a lot to look forward to and enjoy. BUT . . . along with The Season, comes . . . the wet and the cold. Thanksgiving, besides a time of extra long runs to pay for the overeating, is a time to reflect on our lives and give thanks. Christmas, besides being a time to give and receive new running gear, is a time to rejoice and celebrate Christ's birth. BUT, Winter can make running more difficult and hazardous.

Winter running doesn't have to be more difficult and more hazardous, if proper precautions are taken. Actually, in California, cold weather should make running easier. Not only is cool weather running more invigorating than hot weather running, there is less body fluid lost. However, I will admit, it is more difficult to get started on the daily run when it is dark, cold and damp outside.

What can you do to make running easier and safer in the winter months? Here are several helpful hints to keep you going strong:

1. You should layer your clothes. Rather than one big heavy covering, use several thin layers that can be peeled off will help you adjust as your body produces heat on the run. Gradually peel them off to make the temperature adjustments.

2. Cover your head and hands with hat and gloves. These extremities are the most likely to suffer in freezing weather. Running actually causes a chill factor (the faster you go the greater it is), so things will be colder

than the thermometer indicates. Mittens are better than gloves, get them big enough to keep your thumb with the other digits.

3. Start by running into the wind at the beginning of the run and with the wind at the end of the run. Keeps your sweat from turning to ice when you turn around.

4. Wear clothing that keeps you warm and dry, yet "breathes" to keep moisture away from your skin, when it could freeze in cold weather. Polypropylene materials are good to use next to your skin, as they keep you warm but release excess heat as it builds up. Never wear rubberized suits of any kind to run in.

5. Best places for winter running are those isolated from wind, but not from people. Places such as older residential areas where the trees are generally more developed or downtown where the taller buildings are good wind buffers. Be alert for traffic and wear reflective gear at night.

With just a little bit of care and precaution Winter doesn't have to slow down your training. But, do watch out for a short, fat, bearded guy working out his reindeer.

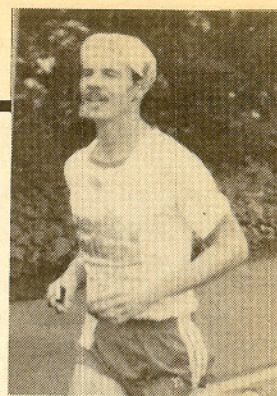
Happy Holidays,

ON THE COVER: One of the Central Valley's top submasters road racers -- **JIM HARTIG** (Clovis, CA) was the overall winner at the Chainsaw Ridge Run. See results beginning on page 17.

Photo by Bill Cockerham

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 6 (Saturday)

Saratoga: Skyline to the Sea Trail Marathon. 50 Mile & 30K. Saratoga Gap (Hwy 9 & 35). 6 a.m./50 Mile, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

La Honda: The Pescadero Half-Marathon & 5 Mile. Pescadero Creek County Park. 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Pismo Beach: Stride with the Tide Beach Runs. 1 mile, 5K & 10K. Pismo Pier. 9 a.m. City of Pismo Beach, (Recreation Division), Attn: Fun Run, 1000 Bello St., Pismo Beach 93449 (805) 773-4658.

Bakersfield: Hart Park Fun Run. Distance TBA. 8 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Porterville: City of Porterville's Veteran's Day 10K Challenge. 10K, 5K & 2 Mile Walk. 8 a.m. Contact Benny Sorenson (209) 782-7461. City of Porterville Parks & Leisure Services, PO Box 432, Porterville 93258.

Santa Barbara: Santa Barbara Half-Marathon. Time TBA. Santa Barbara AAJ, 4476 Meadowlark Ln., Santa Barbara 93105.

Avalon: Catalina Island Triathlon (1kS/16kB/5kR). Time TBA. Info: (818) 597-1383.

Baldwin Park: Celebrate Baldwin Park 5K Run. Morgan Park. 8:00 a.m. Info: Bob Roessler (818) 813-5245.

Costa Mesa: Mesa 5000. 5K. 8 a.m. At 3333 Hyland Ave. Info: Linda Dixon (714) 556-6290.

So. El Monte: 8th Afternoon 1 mile, 5K/10K/15K. San Gabriel River. 4 p.m. Arthur Martinez 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Orange County: San Juan Trail 50 Mile. Cleveland Nat'l Forest. Time TBA. Baz Hawley, PO Box 25, Fish Camp 93623 (209) 683-7426.

San Diego: District USAT&F 8K X-Country Championships. Morley Field, Balboa Park. 8 a.m. Info: Ken Bernard (619) 281-5585.

Las Vegas, NV: ADA 4 Mile & 2 Mile Fun Run. West Sahara Savon & Fort Apache. Time TBA. Info: (702) 369-9995.

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

November 7 (Sunday)

San Francisco: DSE Diamond Heights run. 2.99 Mile. McAteer HS (Portola & O'Shaughnessy). 9 a.m./kids run, 9:30 a.m. Info: (415) 978-0837.

San Francisco: Waterfront 10 Mile & 5K. Hyde & Jefferson St. 8 a.m./10 Mile, 8:10 a.m./5K. Brian McInnes, c/o CCPM, 1210 Scott St., San Francisco (415) 563-3444, x535.

San Francisco: "Olympic Circle" 4.6 Mile. Lake Merced (Sunset Blvd. parking lot). 8:30 a.m. The Final Result A.A., 460 Wisnom Ave., San Mateo 94401 (800) 491-8988.

Cupertino: South Bay Duathlon #2 (2mR/13mB/2mR). Stevens Creek Park. 8 a.m. J&A Productions, 236 N. Santa Cruz Ave., Los Gatos 95030 (408) 399-8848.

Chico: Almond Bowl Run & Walk. 3 & 6 Mile, 2 Mile Fun Run, Kids' 1/2 Mile. Bidwell Park. 10 a.m./3 mile, 10:10 a.m./6 mile, 11:30 a.m./2 mile & kids. Chico Running Club, PO Box 1182, Chico 95927 Info: Walt Schafer (916) 898-4791.

Clarksburg: Clarksburg 30K-5K-1 Mile. Delta HS (PA/USAT&F 30K Championships). 10 a.m. Clarksburg 30K, PO Box 20, Clarksburg 95612 Ron Sturgeon (916) 678-5005.

Camino: Apple Hill Harvest Run. 8 Mile, 3.6 Mile. Larsen's Apple Barn. 8:30 a.m. Snowline Hospice, 3097 Cedar Ravine, Placerville 95667 (916) 621-7828.

Sonora: Sonora Heart & Sole Classic. 10K & 2 Mile. Courthouse Square. 8:30 a.m. American Heart Assoc., Box 1064, Twain Harte 95383 Info: Sonora Community Hospital (209) 532-3161, x 2890.

Fresno: The Fox Trot--Fresno's Half Marathon. 8 a.m. Woodward Park (River View Shelter). The Fox Trot, PO Box 17097, Fresno 93744-7097. Info: Fresno Joggers (209) 439-8093.

Los Angeles: Minnie Riperton 5 & 10K and Family Walk. 8 a.m. Los Angeles Memorial Coliseum. Info: Gail Jamentz (213) 386-6102.

Universal City: The Starscene Foundation Run & Walk. 5K/10K/5K Walk. Time TBA. W2 Promotions, 1501 Glenavon, Venice 90291 (310) 828-4123.

Tustin: Dinosaur Dash 2K/5K. Tustin Market Place. 8 a.m./5K, 9:30 a.m./2K. Info: Tustin Public Schools Fnd (714) 544-7723.

So. El Monte: Whittier Narrows 8K & 5 Mile. Legg Lake. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Monterey Park: Aztlan 5K & 10K Classic. East LA College. 7:50 a.m./5K Walk, 8 a.m./5K Run, 8:45 a.m./10K Run. Aztlan Athletic Congress, 1703 Laurel St., S. Pasadena 91030 (818) 799-2357.

Newport Beach: Hard Rock 5K/10K & Kids' 1K. Fashion Island. 7:30 a.m. Info: (714) 553-9510 or (619) 434-7706.

November 10 (Wed)

So. El Monte: Wednesday Sunset 1 mile, 5K & 10K. Legg Lake. 4 p.m. Arthur Martinez 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

SCHEDULE

November 13 (Sat)

San Francisco: PA/USAT&F X-C Championships. 6K/Women, 10K/Men. Golden Gate Park. Noon/6K, 1 p.m. (?)/10K Masters Men, 2 p.m./10K Open Men. Tim Wason, 4427 23rd St., #4, San Francisco 94114 (415) 648-1467.

Santa Rosa: Call of the Wild Marathon, Half-Marathon & 10K. Channel Dr. (Warren Richardson Trailhead). 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

San Jose: South Bay Holiday Classic. 10K & 2 Mile. River Oaks Pkwy & Seeley Rd. 8 a.m. Up & Running, 11114 Oberun River Ct., Rancho Cordova 95670 (408) 992-0753.

El Dorado Hills: Pilgrim's Progress 5K/10K. Oakridge H.S. 9 a.m. El Dorado Chamber of Commerce, PO Box 5055, El Dorado Hills 95762 (916) 933-4540.

Fresno: Robinson Cup River Run & Walk. 10K & 2 Mile. Lost Lake County Park (10 miles northeast of Fresno). 8 a.m./kids run. 8:15 a.m. 2 mile. 8:30 a.m./10K. San Joaquin River Parkway & Conservation Trust, 6061 N. Fresno St., Suite 100, Fresno 93710 (209) 432-2682.

Bakersfield: Feline Fun Run 8K & 1 Mile Kids' Run. 14000 Alfred Harrell Hwy. 8 a.m./1 mile, 8:30 a.m. The Cat People, 4909 Stockdale Hwy., #246, Bakersfield 93309 (Martha Gilleland (805) 327-4706 or 589-7113.)

Ridgecrest: OTHTC Half-Marathon, Location & time TBA. Bakersfield TC, PO Box 6581 Bakersfield 93386.

Pt. Mugu: Laguna Peak Challenge. 5K. Time TBA. Info: (805) 989-8317.

Anaheim: Time of Your Life 5K Masters Run. Anaheim Convention Center. Time TBA. W2 Promotions, 1501 Glenavon Ave., Venice 90291 (310) 828-4123.

Alpine: Scripps Alpine Creek 4 Mile Run & KidRun USA. Alpine Creek Shopping Center. 8 a.m. Stride America, PO Box 2293, Del Mar 92014 (619) 481-1607.

La Jolla: Joggin' & Jammin' for UCSD 10K. 8 a.m. Info: (619) 534-3900.

Las Vegas, NV: Harry Reid 10K & 2 Mile. Spring Mountain Ranch. 7:30 a.m. Info: Tri-A-Run (702) 870-8269.

November 14 (Sunday)

New York City. New York City Marathon. 10:50 a.m. Marathon Entries, PO Box 1388

GPO, New York, NY 10116. (Send SASE #10 size with \$5.00 non-refundable handling fee payable to NYRR...fill out & return entry when received. 1st 12,000 received are entered, plus 5,000 from lottery held in late July. Limited number of applicants accepted based on fast times. Info: (212) 860-4455.

San Francisco: The "Women's Way" 5K/10K/3 Mile Walk. Golden Gate Park (Conservatory). 9 a.m. Options for Women Over 40, 3543 18th St., San Francisco 94110 (415) 431-6944.

San Francisco: DSE Legion of Honor Run. 4.3 Mile. Legion of Honor (34th & Clement). 9:30 a.m. Info: (415) 978-0837.

Sunnyvale: Dash for Diabetes 8K Run/2 Mile Walk. 301 Old San Francisco Rd., 9 a.m. Diabetes Society, 1261 Lincoln Ave., #208, San Jose 95125 (408) 287-3785.

Sacramento: Gibson Ranch Last Chance 50 Mile (last qualifier for Western State 100 Mile lottery! -- 10 hour limit). 8 a.m. Norman & Helen Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916) 638-1161.

Ojai: Ojai Trail 10K & Kid's Half-Mile Fun Run. Foster Park. 8 a.m./10K, 8:10 a.m. In-

side Track, 1410 E. Main St., Ventura 93001 (805) 643-1104.

Malibu: The Dolphin Run. Zuma Beach. Info: Joel Silverman (310) 828-2092.

Corralitos: Mike & Joe's Excellent Duathlon (2mR-12mB-2mR). Bradley Elem. School. 8:15 a.m. Northwind Promotions, PO Box 2451, Aptos 95001 (408) 688-6072.

Newport Beach: Back Bay 5K/10K Runs & Kiddie K. Near the Newport Dunes. 8 a.m. YMCA, 2300 University Dr., Newport Beach 92660 (714) 642-9990.

Long Beach: CRI Shoreline Half Marathon. Ocean Beach Blvd. & Pine ave. 7:30 a.m. Community Rehabilitation Industries, 1500 E. Anaheim St., Long Beach 90813 (310) 591-0539 or 433-4557.

Riverside: Riverside 5K, 10K Mission Inn Run. Downtown. Info: Allene Archibald, Mission Inn Foundation (714) 781-8241.

San Diego: San Diego Harbor Run & Walk. 10K/2 Mile. Marina Park & 8th Ave. 7:30 a.m. Lyn Lacye, Home of Guiding Hands, 10025 Los Ranchitos, Lakeside 92040 (619) 236-0842.

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SCHEDULE

November 19 (Fri)

So. El Monte: Friday Sunset 1 mile, 5K & 10K. Legg Lake. 4 p.m. Arthur Martinez 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

November 20 (Saturday)

So. San Francisco: Thanksgiving Fun Run. 5 Mile. 460 Pt. San Bruno Blvd. (in front of Genentech). 8:30 a.m./Walk, 9 a.m./Run. Tim Chenette, SSF Parks & Recr., Dept., 33 Arroyo Dr., So. San Francisco 94080 (415) 877-8560.

Davis: Davis Turkey Trot. 5K/10K. Civic Center Field. 8:30 a.m./5K, 9 a.m. A Change of Pace, 221 G St., Suite 205, Davis 95616 (916) 757-6017.

Walnut Creek: Mt. Diablo Marathon & Half-Marathon. Northgate HS (Castle Rock Rd.). 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Woodside: King's Mountain Ascent. 10K & 14.2 Mile. Huddart Park. 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Merced: Turkey Trot. 8K Run, 3K Walk, 1/4 Mile Kid's Run. Applegate Park. 9 a.m. Merced TC, Po Box 3275, Merced 95344.

Bakersfield: CSUB Schoorship Fund 5K. Location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Lompoc: LVDC 5K/10K Thanksgiving Turkey Trots. Location & time TBA. Mary Brown, LVDC, PO Box 694, Lompoc 93438 (805) 736-5129.

Santa Barbara: Fay Hobbs 10K & Terry Fox 5K & Kids' 1 Mile. Montecito. Time TBA. Info: Tana Chesky (805) 898-2116.

Vandenberg AFB: Turkey Trot. Distance TBA. Fitness Center. Time TBA. Info: (805) 734-8232 x3832.

Playa del Rey: Jet to Jetty 5K/10K Run & 5K Family Run/Walk. Dockweiler Beach. 8 a.m. Airport Marina Counseling Service, 6228 W. Manchester Ave., Westchester 90045. Info: Danna Cope (310) 670-1410.

So. El Monte: Student L.A. Marathon 10 Mile & 5K. Legg Lake. 4 p.m. Arthur Martinez 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

La Mesa: La Mesa Turkey Trot 3K & 10K. Lake Murray. 7 a.m./3K, 8:30 a.m. Turkey Trot, 4975 Memorial Dr., La Mesa 91941 (619) 469-4128.

San Diego: Mission Bay 25K. Fiesta Island. 7:30 a.m. Info: Joni Shirley (619) 292-6132.

November 21 (Sun)

San Francisco: DSE Windmill Run. 6.5 Mile. Kennedy Dr./Ocean Beach. 9:30 a.m. Info: (415) 978-0837.

Redwood City: Pacific AC Turkey Trot. 5K. Pacific AC. 8 a.m. Bruce Valentine, Fitness Director, Pacific AC, 200 Redwood Shores Pkwy, Redwood City 94065 (415) 593-4900.

Oakland: IOTA Turkey Run/Walk. 5K. Lake Merritt (Boathouse). 9 a.m. Robert Clark, PO Box 30243, Oakland 94604 (510) 839-4327 or (800) 559-4403.

San Ramon: Reindeer Run. 5K/10K & 1.5K Kids' Run. San Ramon Marriott (680 Bollinger Rd.). 8:30 a.m./1.5K, 9:30 a.m. Children's Home Society, Festival of Trees, PO Box 857, Alamo 94507 (510) 736-8043.

Napa: Exertec Fitness Center Turkey Trot. 8K & 1 Mile. Exertec. 8 a.m. Exertec Fitness Center, 920 Yount St., Napa 94559 (707) 226-1842.

Santa Cruz: Santa Cruz Turkey Trot 5K/10K & 1K Kid's Run. Natural Bridges State Park. 8 a.m./1K, 8:30 a.m./5K, 9:15 a.m. Fred Quigley, Turkey Trot, WCHC, 1119 Pacific Ave., Santa Cruz 95060 (408) 423-5028.

Encino: The Purina Hi-Pro/Fit & Trim Fun Run. 2 Mile (with dog). Woodley Park. Time TBA. W2 Promotions, 1501 Glenavon Ave., Venice 90291 (310) 828-4123.

San Pedro: Conquer the Bridge 8K Run/Fun Walk. Info: Leslie Scott (310) 803-8570.

Ontario: Friends of Ontario Runway 5K/10K. Ontario Airport. 7:45 a.m./5K, 8:15 a.m./10K. Info: (909) 988-2720.

Las Vegas, NV: Turkey Trot 10K & 2 Mile. Bally's Hotel (LVBS & Flamingo). Time TBA. Info: Opportunity Village (702) 384-8170.

November 24 (Wed)

Azusa: Twilight Distance Carnival. 800m, mile, 2 mile, 5K, 2-person 20x400m, DMR. 3 p.m. Info: Irv Ray (818) 969-3434, x3294.

November 25 (Thurs)

Pinole: Gold Medal Turkey Trot. 4 Mile. Pinole Valley HS. 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

San Francisco: Thanksgiving Turkey Trot. 5K/10K. Golden Gate Park (Polo Fields). 9 a.m. Soluth Park Race Productions, PO box 77681, San Francisco 94107 (415) 665-3397.

Merced: Thanksgiving Day Run. Distance, location & time TBA. Merced TC, PO Box 3275, Merced 95344.

Bakersfield: PIE Run. Distance & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Torrance: Turkey Trot Fun Run. 3 Mile. Madison St. & Skypark Dr. 8 a.m. Torrance Recreation Dept., 3031 Torrance Blvd., Torrance 90503 (310) 618-2930.

Adelanto: Adelanto Turkey Trot. 5K/10K & 1 Mile Kids' Run. Maverick Stadium. 7:30 a.m. Info: Prime Time (909) 875-8045. City of Adelanto (619) 246-8606.

Dana Point: Dana Point Turkey Trot. 2K/10K. Dana Point Harbor. 8 a.m./10K, 9:30 a.m. Info: Dana Point Chamber of Commerce (714) 496-1555.

November 26 (Friday)

Walnut Creek: Ginder Grinder. 5K/10K. Borges Ranch Ranger Station. 10 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

November 27 (Sat)

Mill Valley: Quadruple Dipsea. 27.4 Miles. Old Mill Park (to Stinson Beach & back twice on Dipsea Trail). 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611 (415) 894-1336.

Ft. Ord: Monterey Bay Duathlon (10kR-50kR-10kR). 9 a.m. Lynne or Vincent Cosorek, 752 Jessie St., Monterey 93940 (408) 373-7403.

Santa Barbara: Santa Barbara 9 Trails Run. Distance, location & time TBA. Info: Patsy Dorsey (805) 682-2124.

La Jolla: Hard Rock 5K & 1 Mile. Hard Rock Cafe (Propsect St.). 7:30 a.m. Info: Kathy Loper (619) 298-7400.

Las Vegas, NV: LVTC 10 Mile & 2 Mile. Tule Springs (Floyd Lamb State Park). 8 a.m. Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 252-7249.

Missoula, MT: USA Track & Field National X-C Championships. Time TBA. Mountain West TC, PO Box 8181, Missoula, MT 59807.

West Valley Track Club Presents
20th Annual

Christmas Relays

Lake Merced, San Francisco
4 Person Teams • 4 1/2 Miles Per Leg
Sunday, December 19, 1993

RUNNER'S
WORLD

Feb. '93 - One of top 65
races in the country!!

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LOCATION: Start/Finish and all exchange points at Sunset Circle Parking Lot (Sunset Blvd. @ Lake Merced).
STARTING TIME: TWO STARTS THIS YEAR! "OPEN" and "CORPORATE OPEN" (Div. A) & "SUB-MASTERS MEN" (Div. F) start together at 9 a.m. All other teams will start at 9:10 a.m.
DISTANCE: Each of 4 members runs one 4.464 mile leg...OK to run one leg on more than one team.

REGISTRATION: Fees payable to West Valley TC. Entry fees are non-refundable and non-transferable. \$14 per person with long sleeve shirt (\$56 team). \$9 per person (\$36 team) with no shirt, if entry postmarked by December 11. \$44 late registration with no shirt. DO NOT MAIL ENTRY AFTER DEC. 11-- enter raceday instead. IMPORTANT: Team members may be changed after entry is submitted (within same division), but Division Changes must be made at registration (bring old set of #'s with you!) Pre-Entries enclose a Self-Addressed Stamped Envelope for mailing numbers (otherwise pick up at Sunset Parking Lot on raceday after 7:30 a.m.). Post-Entries (after Dec. 11) must register after 7:30 a.m. on raceday. (Important: Divisions B & C, deduct \$1 per runner and Division U \$2 per runner from amounts listed above for pre-registered entries.)

RULES: If a division change results after start of race, report this at finish and you will be placed in OPEN division results. Substitutions may be made during race if this doesn't change division status. WOMEN may compete in any of the divisions. AGES are your age on Dec. 19, except JUNIORS must not turn 20 in 1993.

AWARDS: RIBBONS to all finishers. SPECIAL DIVISION AWARDS to top division teams (all members). RAFFLE--Merchandise awards.

DIVISIONS (# of awards per division) -- (Record):

- *OPEN (18) -- No restrictions (1:24:22)
- DIV. B (2) -- Junior Boys (born 1974 or after) (1:32:22)
- DIV. C (1) -- Junior Girls (born 1974 or after) (1:54:20)
- DIV. F (6) -- Sub-Masters Men (30 years or older) (1:30:37)
- DIV. L (3) -- Men's 50-Plus (50 years or older) (1:43:49)
- DIV. R (2) -- Master's Women (40 years or older) (1:49:35)
- DIV. T (1) -- Women's 50-Plus (50 years or older) (2:02:01)
- DIV. U (1) -- 14 & Under (must not have reached 15th birthday. Mixed or all same sex.) (1:51:13)
- DIV. Y (1) -- Law Enforcement (members must be from same jurisdiction; can be active employees or reserves--police, fire, CHP, Sheriff's Dept., national park, etc. -- military police OK if from same facility.) (1:43:26)
- DIV. A (6) -- Open Corporate Division (employed with same firm at least 20 hrs/wk. U.S. Government does not qualify unless a specific facility is involved.) (1:31:55)
- DIV. H (5) -- Masters Men (40 years or older) (1:34:28)
- DIV. N (3) -- Women's "Open" (no age restrictions) (1:40:08)
- DIV. X (2) -- Sub-Masters Women (30 years or older) (1:48:02)
- DIV. S (1) -- 200 Lb. (sum of members' wt. must be 800 lbs.+, weigh-in prior to start.) (1:53:53)
- DIV. W (1) -- Corporate Women (same rules as Div. A, except women only) (1:53:37)

RETURN TO: Christmas Relays, c/o Marc Lund, 1433 Norman Dr., Sunnyvale, CA 94087 (checks payable to West Valley TC). FOR INFORMATION: SEARCY BARNETT (510) 635-9508 (eves). \$56 (\$36 no shirts) ENTRY FEE (non-refundable, non-transferable) must be sent with entry form. DO NOT MAIL IF POSTMARKED AFTER DEC. 11 (enter raceday for \$44). ENCLOSE S.A.S.E. to receive #'s or pickup raceday (23 cents postage/team beyond first team in one envelope...USE LARGER ENVELOPES.

WAIVER: In consideration of your accepting our entry, we, intending to be legally bound, hereby for ourselves, our heirs, executors and administrators, waive and release forever, any and all rights and claims or damages we may accrue against USAT&F, West Valley TC, Inc., the City and County of San Francisco, the San Francisco Parks & Recreation Dept., and any and all sponsors of this event, their successors, representatives and assigns, for any and all injuries suffered by our team while travelling to and from, and while participating in the 1993 Christmas Relays.

Date _____ Team Representative (18 & over) _____

TEAM NAME: _____

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

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

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

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

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

Name: _____
Address: _____
City: _____
State / Zip: _____
Phone: () _____ Home or Work?

OFFICIAL
USE ONLY

PUT ADDRESSES ON BACK FOR RESULTS

SCHEDULE

November 28 (Sun)

San Francisco: DSE Roller Coaster Run. 3 Mile & Kid's Run. Mountain Lake Park (12th Ave. & Lake). 9 a.m./Kids, 9:30 a.m. Info: (415) 978-0837.

San Francisco: Run to the Far Side 10K/5K. Golden Gate Park. Time TBA. Info: Rho-dyCo Productions (415) 387-2178.

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

Poway: Blue Sky Half Marathon. Lake Poway. 7 a.m. Info: Ozzie Ozgood (619) 679-8723.

December 4 (Saturday)

San Mateo: Jingle Bell Run for Arthritis 5K. Coyote Point Recre. Area. Time TBA. The Arthritis Foundation, 203 Willow St., #201, San Francisco 94109 (415) 673-3882.

San Ramon: BAH Humbug 5K Classic. San Ramon Community Center. 9 a.m. Jim Wheeler, 12501 Alcosta Blvd., San Ramon 94583 (510) 275-2300.

Novato: Jingle Bell Run for Arthritis 5K. Indian Valley College. Time TBA. The Arthritis Foundation, 203 Willow St., #201, San Francisco 94109 (415) 673-3882.

Antioch: Holiday Run Against Drugs. 10K & 3 Mile. Delta Memorial Hospital. 9 a.m. Rita Maddock, 3637 Brookdale Cir., Antioch 94509 (510) 757-2427.

Rancho Cordova: Cordova Christmas Classic Fun Run. 5K/10K/1M/0.5M. Cordova HS (2239 Chase Dr.). 9 a.m./5K-10K, 9:45 a.m./1M-0.5M. Diane Robinson, 2197 Chase Dr., Rancho Cordova 95670 (916) 362-1841.

Fresno: Producers Dairy Bowl Run. 4 Mile/9:30 a.m., 2 Mile/9 a.m., 1 Mile Kids' Run 10:10. Ratcliffe Stadium. Producers Dairy Bowl Run, 1525 E. Weldon, Fresno 93704. Info: Bob Fries (209) 439-6394 or SCCC (209) 244-5991.

Bakersfield: Hart Park Fun Run. Distance & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Lake Isabella: Dam Tough Run. (50K) and Relay (4x12K). 7 a.m. Baz Hawley, PO Box 25, Fish Camp 93623 (209) 683-7426.

La Quinta: Tamale Festival. 5K, 10K & 2K Walk. Empire Polo Club Grounds. 7:30 a.m./5K, 8:00 a.m./10K, 10:00 a.m./2K. Info: (619) 347-5111.

Del Mar: Saucony Reindeer Run 5K & KidRun USA. 1 Mile. Del Mar Highlands Town Center. 8 a.m. Run USA, PO Box 2293, Del Mar 92014 (619) 481-1607.

San Diego: Balboa Boogie 5K X-C Run. Balboa Park. 7 a.m. Info: Jim Minton (619) 474-2685.

Las Vegas, NV: LVTC 5K. Bruce Trent Park (Rampart & Vegas Dr.). 8 a.m. Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 252-7249.

December 5 (Sunday)

San Francisco: DSE Gorbachev Peace Center Run. 3.8 Mile. Little Marina Green. 9:30 a.m. Info: (415) 978-0837.

Woodside: Grabtown Gulch Half-Marathon & 10K. Purisima Creek Open Space Preserve (off Hwy. 35). 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Stinson Beach: Stinson Beach Marathon, Half-Marathon & 7 Mile. Parkside Cafe. 9 a.m. Enviro-Sports, PO Box 1040, Stinson Beach 94970 (415) 868-1829.

Los Gatos: Jingle Bell Run for Arthritis 8K. Vasona Park. Time TBA. Arthritis Foundation, 203 Willow St., #201, San Francisco 94109 (415) 673-6882.

CANCELLED. Fairfield: Jingle Bell Run for Arthritis 5K. Location & time TBA. Arthritis Foundation, 203 Willow St., #201, San Francisco 94109 (415) 673-6882.

Folsom: California International Marathon (PA Championships). 7 a.m. CIM/USATF, PO Box 161149, Sacramento 95816 (916) 983-4622.

Westwood Village: Westwood Village 5K/10K. 8:15 a.m. The G.T. Group, 914 Westwood Blvd., #555, Los Angeles 90024 (310) 207-6904.

Fullerton: The Roy Campanella 5K/10K Runs. Cal State Norridge. 9 a.m. W2 Promotions, 1501 Glenavon Ave., Venice 90291 (310) 828-4123.

Culver City: Western Hemisphere Marathon & 5K Family Fun Run. Culver & Overland. Time TBA. Jack Nakanishi, c/o 4117 Overland, Culver City 90230 (310) 202-5689.

Sepulveda: Toys for Tots Run. 5K/10K/3K. Woodley Park. Time TBA. Info: Col. Ray Blum (805) 498-0214.

La Quinta: "Gem of the Desert" 10K Run. 8 a.m. Info: Mitchell Dallas (619) 564-3199.

Lake Mission Viejo: Mistletoe Madness 5K. 8 a.m. Info: Race Pace Promotions (714) 661-6547.

Irvine: Tools for School 5K Run. Von Karman & Michelson Ave. Time TBA. Info: (714) 854-3266.

San Diego: Deck the Malls 10K Run. Mission Valley (Hazard Center). 7:30 a.m. Info: Kathy Loper (619) 298-7400.

December 10 (Friday)

So. El Monte: Friday Sunset 1 mile, 5K & 10 Mile. Legg Lake. 4 p.m. Arthur Martinez 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

December 11 (Sat)

Sacramento: Jingle Bell Run for Arthritis. 5K/10K. William Land Park. 9 a.m. Arthritis Foundation, 3040 Explorer Dr., #1, Sacramento 95827 (916) 368-5599.

Pt. Reyes: Inverness Ridge 25K. Bear Valley Pt. Reyes Seashore HQ. 10 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Folsom: Christmas Wish Run. 5K/10K & Kids' 0.5 Mile. 8:15 a.m./Kids, 8:30 a.m. Up & Running Timing, 11114 Oberun River Ct., Rancho Cordova 95670 (916) 635-7948.

Bakersfield: Mr. Toad's Wild 20K & 5K. Location TBA. 8 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Venice: Venice-Marina Christmas Run. 5K/10K. 8 a.m. Info: Bruce Mitchell (213) LUV-2RUN.

Lancaster: Rudolph Run. Distance TBA. Lancaster City Park. Time TBA. Info: Alan Koelling (805) 723-6071.

Las Vegas, NV: LVTC 5 Mile. Silver Bowl (near Boulder Hwy & Tussell) 9 a.m. Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 252-7249.

December 12 (Sunday)

San Francisco: Christmas Classic 5K & Miracle Mile. Golden Gate Park (Mile-Rainbow Falls on JFK Dr.; 5K-JFK Dr. & Polo Fields). 9 a.m./5K, 9:30 a.m./10K. People Events, 528 Larch Ave., So. San Francisco 94080 (415) 583-6268.

SCHEDULE

San Francisco: DSE Golden Gate Bridge Vista Run. 5.04 Mile. Legion of Honor (34th Ave., & Clement). 9:30 a.m. Info: (415) 978-0837.

Angel Island: Hark the Herald Angels Run. 12.5K & 25K. 10:30 a.m. (10 a.m. ferry from Tiburon). Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Modesto: Al Stoll Christmas Run. Distance, location & time TBA. Info: Gordon Wilkinson (209) 384-1727.

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

Encino: LA Chanukah Run. 5K/10K & 1K Fun Run. Woodley Park (Sepulveda Dam Basin). 1 p.m./5K, 2 p.m./10K, 3 p.m./1K. Info: Sterling Tallman (818) 784-1958.

Long Beach: CSULB Long Beach Marathon Prep Run. 16.2 & 4.1 Mile. CSULB Track. 7 a.m. Long Beach Marathon., 1825 Redondo Ave., Long Beach 90804 (310) 494-2664.

Irvine: Tools for School 5K Run. Von Karman & Michelson Ave. Time TBA. Info: Bill Sumner (714) 854-3266.

Dana Point: Rudolf Runoff 5K. Dana Point Wharf. 8:30 a.m. Race Pace Promotions, PO Box 795, Dana Point 92629 (714) 661-6547.

San Diego: Festival of Lights 10K Run/5K Walk. Balboa Park. 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200 San Diego 92108 (619) 298-7400.

La Quinta: Desert Cities Marathon. Lake Cahuilla Regional Park. Desert Cities Marathon, c/o Swim-Bike-Run, 44-250 Town Center Way, #C-10, Palm Desert 92260 (619) 568-6785.

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

December 18 (Sat)

Alameda: Harbor Bay Biathlon (2.5mR-11mB-2.5mR). Harbor Bay Parkway. 10 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Sausalito: Golden Christmas Trail Marathon, Half-Marathon & 7 Mile. East Ft. Baker (under north tower of GG Bridge) for Marathon & half, Rodeo Beach for 7 mile. 8 a.m./

mara & half, 9 a.m./7 mile. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Santa Rosa: The Last 10K & Final 2 Mile. Piner Elem. School (Piner & Fulton Rds.). 9 a.m. John Anderson, 2807 Yulupa Ave., #33, Santa Rosa 95405 (707) 527-0673.

Vandenberg AFB: Jingle Bells Run. Distance & time TBA. No contact info.

Bakersfield: CSUB Scholarship 10K. Time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Las Vegas, NV: Las Vegas Mini-Half-Marathon & Relay. Stardust Hotel. 7:30 a.m. Info: Jan or Bill Callanan (702) 870-8269.

December 19 (Sunday)

San Francisco: 20th Annual Christmas Relays. 4x4.464 Mile. Lake Merced (Sunset Blvd. Parking Lot). 9 a.m./9:10 a.m. Mark Lund, 1433 Norman Dr., Sunnyvale 94087. Searcy Barnett (510) 635-9508.

San Francisco: DSE Twin Peaks Run. 3.36 Miles. Portola Dr. & Twin Peaks Blvd. 9:30 a.m. Info: (415) 978-0837.

Sacramento: Allegro Run for the Arts. 5K/10K & Music Festival, William Land Park. 9 a.m. Allegro, 1005 12th St., Suite 6, Sacramento 95814 (800) 959-7149, (916) 736-4146.

December 24 (Friday)

Merced: Christmas Even Fun Run. Distance TBA. Applegate Park (at the bell). Noon. Info: Dave Zacharias (209) 722-4428

December 25 (Sat)

San Francisco: DSE Christmas Blind Date Relays. 2x2 Miles (male/female). Golden Gate Park (Stow Lake boathouse). 9:30 a.m. Info: (415) 978-0837.

McFarland: McFarland Christmas Runs. Distances, location & time TBA. McFarland Recreation Dept., Box 337, McFarland 93250.

December 26 (Sun)

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs. 5K/10K/15K. Lake Merritt

Want to hear how to easily lose weight?

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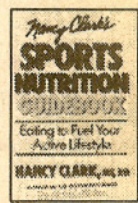
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SCHEDULE

(14th St. & Lakeside Dr.). 9 a.m. Info: (510) 601-7887.

Richmond: Great Escape 5 Mile & 5K. Pt. Pinole Regional Park. 10 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

December 31 (Friday)

San Francisco: Campbell's Soups First Run. 2 Miles. The Presidio Commissary, next to Crissy Field. Start: midnight. Info: RhodyCo Productions (415) 387-2178.

Sacramento: Campbell's Soups First Run. 2 Miles. The Capitol grounds west steps. Start: midnight. Info: RhodyCo Productions (415) 387-2178.

Los Altos Hills: Reebok Aggie Midnight 5K Run. Foothill College track. Midnight. Joe Mangan, Track Coach, Foothill College, 12345 El Monte Rd., Los Altos Hills 94022 (415) 949-7358.

Vandenberg AFB: Midnight Fun Run. Distance TBA. Vandenberg Village Center. Time TBA. John Perkins, LVDC, PO Box 694, Lompoc 93438 (805) 733-4308.

1994

January 1 (Sat)

San Francisco: DSE Hangover Run. 3.53 Miles. Golden Gate Park (lower parking lot). 9:30 a.m. Info: (415) 978-0837.

Los Gatos: Los Gatos Resolution Run. 5 Mile. 9 a.m. Brian Armstrong, c/o Athletic Performance, 55 W. Main St., Los Gatos 95030 (408) 354-7365.

Santa Cruz: Celebration Run. 5K/10K. 2300 Delaware Ave. 9:30 a.m./5K, 10 a.m./10K. Richard or Laurel Ulrich, PO box 1312, Santa Cruz 95061 (408) 336-3333.

Carmel: Rio Resolution Run. 6.8 Mile. Rio Grill (Crossroads Shopping Center). 9 a.m. Rio Grill, 101 Crossroads Blvd., Carmel 93923 (408) 625-5436.

West Sacramento: Resolution Run. 5K/10K. Promenade Shopping Center (Pocket Area). 10 a.m. Race Ready Race Management, 813 Harbor Blvd., #228, West Sacramento 95691 (916) 372-7367.

Bakersfield: Hart Park Fun Run. Distance TBA. 8 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Bakersfield: Run in the New Year. Location & distance TBA. 9:30 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

January 2 (Sunday)

Pinole: MiniMan Biathlon (2.5mR-12mB-2.5mR). Ellerhorst School (Pinole Valley Rd.). 10 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Muir Beach: New Year's Resolution Marathon. 12K & 31K (12K at Mt. Home Inn on Mt. Tamalpais). 9 a.m./marathon & 31K, 10 a.m./7 mile. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Santee: Steve Scott Invitational Mile. Mission Gorge Rd. & Town Center Dr. 8 a.m. Elite Racing, 10509 Vista Sorrento Pkwy., Suite 102, San Diego 92121 (619) 450-6410.

January 8 (Saturday)

Emeryville: Emeryville Market Run. 5 mile. Day's Inn (Powell St. exit off I-80). 10 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Bakersfield: Doin' '94 in the Fog. Distance, location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

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

Irvine: Orange County Half-Marathon & 5,000. Woodbridge Village Shopping Center. 8 a.m. Info: Winslow Promotions (714) 841-5883.

January 9 (Sunday)

Palo Alto: East-West 5K/10K. Stanford Stadium. 9 a.m. East-West Office, 1651 19th Ave., San Francisco 94122 (800) 227-8881.

Soquel: Northwind Fat Tire Duathlon (2mR-9mB-2mR). (Mountain bikes only on ride.) Soquel HS. 8 a.m. Northwind Promotions, PO Box 2451, Aptos 95001 (408) 688-6072.

Stockton: California 10. 10 Mile. San Joaquin General Hospital (French Camp). 9 a.m. Larry Frank, 3627 Fourteen Mile Dr., Stockton 95219 (209) 478-2802.

Northridge: Roy Campanella 5K/10K. Cal State Northridge. 9 a.m. Kathleen Ruddy, Northridge Hospital Foundation, 18300 Roscoe Blvd. North, Northridge 91328 (818) 885-5341.

January 10 (Monday)

So. El Monte: Monday Sunset 1 mile, 5K & 10 Mile. Legg Lake. 4:30 p.m. Arthur Martinez 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

January 15 (Saturday)

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

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

Eagle Mtn.: Eagle Mountain Snowshoe. 5K/10K. Eagle Mtn. Ski Resort (45 min. east of Auburn.) Time TBA. (150 limit). Demar Fralick, 1730 Santa Clara Dr., #3, Roseville 95661 (916) 783-4558.

Bakersfield: CSUB Scholarship 15K. 9 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Paramount: Paramount 10K (& World Masters Division--qualifying times), Progress Park. 8 a.m. Finish Line International, c/o Oscar J. Rosales, 7846 Connie Dr., Huntington Beach 92648 (714) 841-5417.

January 16 (Sunday)

Oakland: Dr. Martin Luther King, Jr. Birthday Run. 5K/10K. Lake Merritt Sailboat House (568 Bellevue). 9 a.m. Good Cause, Inc., 2401 67th Ave., Oakland 94605 (510) 632-1537.

Ft. Cronkhite: Golden Gate Tunnel Run. 4 mile/7 mile. Rodeo Lagoon (GGNRA). 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

La Selva Beach: Bay View Cross Country 10K. Monterey Bay Academy (gym). 9 a.m. Gary Eggers, c/o Monterey Bay Academy, 783 San Andreas Rd., La Selva Beach 95076 (408) 728-5709.

January 22 (Saturday)

Redding: Record Searchlight Half-Marathon/ 10K/2 Mile. Lake Redding Park. 10 a.m. Randy Jensen, PO Box 994206, Redding 96099 (916) 241-3215.

SCHEDULE

Saratoga: Saratoga Gap Half-Marathon, 10 Mile & Marathon. Hwy 9 & Hwy 35. 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Bakersfield: BTC Poker Runs. Distance, location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

January 23 (Sunday)

San Francisco: San Francisco Zoo Run. 3 mile & 7 mile. S.F. Zoo (Herbst Rd.). 8 a.m./7 mile, 9 a.m./3 mile. SF Zoological Society, #1 Zoo Rd., San Francisco 94132 (415) 753-7171.

Carlsbad: San Diego Marathon, Half-Marathon & 5K. Plaza Camino Real. 7 a.m. Info: In Motion, Inc. (619) 929-0909.

January 29 (Saturday)

El Sobrante: Lakeridge Triathlon (500yS-10mB-5kR) Lakeridge AC. 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Agoura: Great Race of Agoura. 2K/5K/10K. Agoura HS Stadium. 7:30 a.m. Info: (818) 889-1624.

San Diego: Super Run VIII 10K Run/5K Walk. Jack Murphy Stadium. 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619) 298-7400.

January 30 (Sunday)

San Francisco: Home Depot San Francisco Half-Marathon & 5K. Golden Gate Park (JFK Drive & Stow Lake Rd.). 8 a.m. Pamakids, PO Box 27557, San Francisco 94127 (415) 681-2323.

Santa Cruz: Santa Cruz County Special Olympics Super Bowl Sunday Fun Run. 3K/10K. 1200 Delaware. Time TBA. Special Olympics, 809 Bay Ave., Suite H, Capitola 95010 (408) 479-5288.

Redondo Beach: Redondo Beach super Bowl Sunday 10K Run. Holiday Inn (Crowne Plaza). 7:30 a.m. Info: Mark Conte Productions (310) 798-2488.

Santa Ana: Super Bowl Stampede 5K. Crazy Horse Steakhouse. 8 a.m. Race Pace Promotions, PO Box 795, Dana Point 92629 (714) 661-6547.

February 4-6 (Fri-Sun)

Pt. Reyes: Seashore Winter Running Camp & Seminar. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

February 5 (Saturday)

Sausalito: Pacific Coast Trail Challenge Marathon & Half-Marathon. (Ft. Baker under north tower of GG Bridge--marathon; Muir Beach--half). 9 a.m./marathon, 10 a.m./half. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Pt. Reyes: Limantour Split 10 Mile & Half-Split 10K (1st of Coastal Challenge Series). Limantour Beach parking lot. 9 a.m. Sky High, PO box 20963, El Sobrante 94803 (510) 223-5778.

Bakersfield: BTC Half-Marathon & 10K. Location & time TBA. Bakersfield TC, PO 6581, Bakersfield 93386.

Las Vegas, NV: Las Vegas International Marathon & Half-Marathon (& 5 person marathon relay). 7 a.m./half, 7:30 a.m./mara & relay. Las Vegas Marathon, PO Box 81262, Las Vegas, NV 89180 (702) 876-3870.

February 6 (Sunday)

Davis: Davis Stampede 5K/10K & Half-Marathon. Davis HS. Time TBA. A Change of Pace, 221 "G" Street, Suite 205, Davis 95616 (916) 757-6017.

Aptos: Northwind 10 Mile Classic Road Run. Valencia Elem. School. 8:30 a.m. Northwind Promotions, PO Box 2451, Aptos 95001 (408) 688-6072.

Anaheim: Festival 5000. 5K & 10K. Anaheim Festival. 7:30 a.m./5K, 8:30 a.m. Info: Anaheim Memorial Hospital Foundation (714) 999-6060.

Long Beach: Long Beach Marathon. (5 person relay, marathon, half-marathon, 4 mile stroll/walk). Contact: Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804 (310) 494-7089 or 494-2664 (24-hour message center).

Rancho Santa Fe: San Dieguito Half Marathon. San Dieguito Park. 8 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619) 298-7400.

February 10 (Thursday)

So. El Monte: Thursday Evening 1 Mile, 5K & 10 Mile. Legg Lake. 5 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

February 12 (Saturday)

Muir Beach: Breakers to Breakers 5K & 7.2 Mile (2nd of Coastal Challenge Series). Muir Beach & Hwy. 1. 9 a.m. Sky High, PO box 20963, El Sobrante 94803 (510) 223-5778.

Sacramento: Jed Smith Ultra Classic 100K (3.31 mile loop). Gibson Ranch. 6 a.m. Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916) 638-1161.

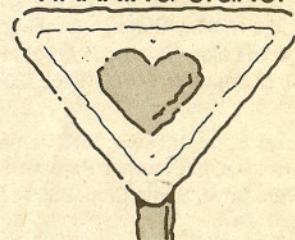
Huntington Beach: The Great American Adventure Run. 2.8 mile & 4.8 mile. Central Park West. 8 a.m./2.8 mile, 8:30 a.m. The Finish Line International, 7846 Connie Drive, Huntington Beach 97648 (714) 841-5417.

Playa Del Rey: Playa Del Rey Valentine's Sweetheart Run. 5K, 10K (in-line & wheelchair division). Women in Sport Promotions, PO Box 385, Manhattan Beach 90266.

San Diego: Chinese New Year "Year of the Dog" Dragon Run/Wok at a Blance 5K & 1 Mile Run/Wok. Balboa Park (Pan American Plaza). 7:30 a.m. David Seid, 12002 Rue des Amis, San Diego 92131 (619) 531-5118.

Beatty, NV: Death Valley Trail Marathon & Half-Marathon. Time TBA. (100 Limit: Pre-registration only). Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

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Association

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SCHEDULE

February 13 (Sunday)

Sacramento: Jed Smith Ultra Classic 50 Mile & 50K (3.31 mile loop). Gibson Ranch. 8 a.m./50 mile, 9 a.m./50K. Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916) 638-1161.

Pacific Grove: "Together with Love" 10K. Lover's Point. 9 a.m. Monterey Rape Crisis Center, PO Box 2630, Monterey 93942 (408) 373-3389.

February 19 (Saturday)

Stinson Beach: Cascading Cataracts Trail Marathon, Half-Marathon & 7 Mile. Parkside Cafe. 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Ft. Cronkhite: Tennessee Valley Waltz. 5 & 10 Mile (last of Coastal Challenge Series). Near Rodeo Lagoon. 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Los Alamitos: Los Alamitos 10K/5K Run (Also 5K Health Walk). Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Info: Bill Calkins (310) 430-1073.

Tahiti: Tahiti Marathon & Half-Marathon. Island of Moorea, French Polynesia. 4:30 a.m. Start. Contact: David Nordquist, Tahiti Tourism Board, 300 N. Continental Blvd., Suite 180, El Segundo 90245 (310) 414-8484, FAX (310) 404-8490.

February 20 (Sunday)

San Francisco: Chinese New Year Run. 5K/10K. Clay & Washington Streets. 8 a.m. Sylvia Mack or Bianca Lee, Chinatown YMCA, 855 Sacramento Street, San Francisco 94108 (415) 982-4412.

Novato: Indian Valley Biathlon (3mR-10mB-2mR). Stafford Lake. 10 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Santa Clara: Spirit of Hope 10K. James Lick Mansion. 9 a.m. Charmiel Peresi, 554 Mansion Park Drive, Santa Clara 95054 (408) 980-9801.

Aptos: Snapper Head Invitational Duathlon (3.1mR-16mB-3.1mR). Valencia Elem. School. 8:15 a.m. NorthWind Promotions, PO Box 2451, Aptos 95001 (408) 688-6072.

February 26 (Saturday)

San Mateo: Castaway 5K/10K. Coyote Point (Castaway Restaurant). 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

San Jose: AVAC Triathlon Classic (400yS-10mB-2mR). Almaden Valley AC. 8 a.m.-2 p.m. (wave starts). Jerry Davis, Almaden Valley AC, 5400 Camden Ave., San Jose 95124 (408) 267-3700.

Monterey: "Run With the Dream" 10K/5K. Presidio of Monterey (top of Sloat Monument). 9 a.m./10K, 9:10 a.m./5K. Teri Duenas or Bob Hamby, PO box 5736, Presidio of Monterey 93944 (408) 647-5668.

San Juan Bautista: Rotary Mission Ten Mile & 5K. Mission San Juan. 10 a.m./10 mile, 10:15 a.m./5K. Bill Tiffany, Hollister Rotary Club, 550 Monterey St., Suite B, Hollister 95023 (408) 637-0071.

Ojai: Ojai Heart and Sole. 5K/10K, 5K Walk. 8:15 a.m./5K, 9:00 a.m. Sarzotti Park, 510 Park Rd. Contact: Diane Cooper, American Heart Assoc. (805) 485-4300.

Davis: AMSA Heartbeat Run. 5K & 10K. UC Davis (Medical Sciences Dr.). 9 a.m. American Medical Student Assoc., UC Davis, 2729 Brandywine Pl., Davis 95616 (916) 759-0232.

Ripon: Ripon Almond Blossom Run. 8K & 1 Mile. Mauvis Stouffer Park (Manley Rd.). 8:30 a.m./8K, 8:45 a.m./1 mile. Almond Blossom Run, 23040 S. Jack Tone Rd., Ripon 95366 (209) 599-4450.

February 27 (Sunday)

Saratoga: The Great Race. 3.8 mile. 9 a.m. The Great Race, PO Box 1018, Los Gatos 95031.

Santa Cruz: The Great Chowder Chase. 4.5 mile. Third St. parking lot. 8:45 a.m./men, 9:30 a.m./women. Lisa McGinnis, Santa Cruz Park & Recreation Dept., 307 Church Street, Santa Cruz 95060 (408) 429-3477.

Looking Ahead

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

March 6 (Sunday)

Calistoga: Sutter Home Napa Valley Marathon & 5K (5K starts in Napa at Vintage HS). 7 a.m./marathon, 8:15 a.m./5K. Napa Valley Marathon, 1325 Imola Avenue West, Napa 94558 (707) 255-2609.

Los Angeles: City of Los Angeles Marathon & Rogaine 5K. 8:30 a.m. Bill Burke, 11110 W. Ohio Avenue, Suite 100, Los Angeles 90025 (310) 473-8105.

April 2 (Saturday)

Sacramento: American River 50 Mile. Cal State Univ. to Auburn. 6 a.m. (450 limit...filled by pre-reg.). Delmar Fralick, 1730 Santa Clara Dr. #3, Roseville 95661 (916) 783-4558.

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THE ATHLETE'S KITCHEN

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

Gut Reactions

To eat or not to eat...that is the question for many sportactive people who wonder about the best way to prevent abdominal discomfort during exercise. Without question, pre-exercise foods that settle comfortably can enhance stamina, endurance, strength and enjoyment. But, when confronted with the possibility of that pre-exercise food creating intestinal chaos, the threat of diarrhea can turn the thought of pancakes into panic.

Confusion abounds regarding safe pre-exercise eating, particularly among coaches who try to make standard guidelines for the whole team. Team rules don't work because each athlete is unique and has to discover through trial and error the best sports diet for his or her body. As one athlete reports, "The more I eat before I exercise, the better I feel. I had my best race after eating 14 pieces of cake...." An Olympian prefers eating a small bowl of cereal and some toast; a third competitor wants nothing, claiming he'd end up in the bushes taking a pit stop.

Adverse gut reactions occur in 30-50% of endurance athletes. Complaints include both *stomach* and *upper gastro-intestinal (GI)* problems (heartburn, vomiting, bloating, "heaviness" of food and stomach pain) and *intestinal and lower GI* problems (gas, intestinal cramping, urge to defecate, loose stools and diarrhea). To help alleviate your concerns about adverse gut reactions, the following information might inspire you to experiment with different foods and fluids to determine how best to fuel your body. Some predisposing factors for GI problems include:

▲ **Type of sport:** Cyclists, swimmers, cross-country skiers and others who exercise in a relatively stable position report fewer GI problems than do runners or athletes in running-type sports that jostle the intestines.

▲ **Training status:** Untrained people who are starting an exercise program report more GI problems than do well-trained athletes who have gradually built-up tolerance to exercise. If you are a novice who is experiencing GI distress, *gradually* increase your

training volume and intensity so your body can adjust to the changes.

▲ **Age:** GI problems occur more frequently in younger athletes than veterans. This is because the younger athlete may be less well-trained, plus may have less nutrition knowledge and experience with pre-competition eating. Veterans, on the other hand, have had the opportunity to learn from years of nutritional mistakes.

▲ **Gender:** Women, as compared to men, report more GI problems--particularly at the time of the menstrual period. The hormonal shifts that occur during menstruation can contribute to looser bowel movements.

▲ **Emotional and mental stress:** Athletes who are tense and up-tight are more likely to report that food in the stomach lingers longer and settles like a lead balloon.

▲ **Exercise intensity:** During easy and even moderately hard exercise, the body can both digest food and comfortably exercise. But during intense exercise, the shift of blood flow from the stomach to the working muscles may be responsible for GI complaints.

▲ **Pre-competition food intake:** Eating too much high protein and high fat food (i.e. bacon and eggs, greasy burgers) shortly before exercise can cause GI problems. When planning your pre-event meal, stick with low fat, carbohydrate-rich favorites that are a tried-and-true part of your day-to-day training diet. Don't carbo-load on fruit if you normally eat only one piece per week!

▲ **Food taken during exercise:** Most athletes can tolerate small amounts of familiar foods in their stomachs as long as they don't exercise too hard. If you will be working out at a pace that can last longer than 30-45 minutes, you can both digest food and exercise. But if you do sprint work and all-out efforts, food in your stomach might talk back.

▲ **Fiber:** High fiber diets enhance GI complaints. If you are eating large amounts of bran cereal or high fiber sports bars, try cutting back for a week to see if your gut feels better.

▲ **Caffeine and sugar:** Some athletes seek enhanced performance from drinking a larger-than-usual mug of coffee, but end up with "coffee stomach", diarrhea and hurt performance. Highly concentrated sugar solutions during exercise are also known to cause stomach distress. Don't confuse the high carb drinks (such as Gatorload or Exceed High-carb) with lower carbohydrate fluid replacers.

▲ **Level of hydration:** Dehydration enhances the risk of intestinal problems. During training, be sure to practice drinking different fluids on a regular schedule (8 ounces every 15-20 minutes of strenuous exercise) to learn how your body reacts to water, sports drinks, diluted juice, and any fluids that you will be drinking during competition.

▲ **Hormonal changes that occur during exercise:** The digestive process is under hormonal control. Exercise stimulates changes in these hormones. For example, the post-marathon levels of GI hormones in marathon runners tend to be 2-5 times higher than at rest. These hormonal changes can result in food traveling faster through the gut and explain why some people experience GI problems regardless of what they eat.

Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, teaches active people about optimal nutrition. She adapted the information in this article from "Is the gut an athletic organ?" by F. Brouns & E. Beckers (Sports Medicine, April, 1993). Nancy's new audiotape "How to Lose Weight and Have Energy to Exercise" (\$8.95 + 2.00 p&h), as well as her popular Sports Nutrition Guidebook (\$15 + \$3 p&h) are available through Sports Nutrition Materials, PO Box 252, Boston, MA 02113



BOOK REVIEW

By Barbara T. Erskine, CAVU Company/Books for Runners

How to Train For and Run Your Best Marathon

By Gordon Bakoulis Bloch
(Fireside, 1993, \$13.00)

Not one, but three how-to books on marathoning have appeared within the last twelve months. Unfortunately for the author of the latest, *How to Train For and Run Your Best Marathon*, many readers will already have purchased one of the others. While she doesn't present much new information, Bloch does outline sensible 16-week programs for finishing the distance, and discusses nutrition and specific foods thoroughly, as well as clothing options for all weather. Running injuries, their diagnosis, treatment and prevention receive detailed coverage.

The two-time Olympic Trials qualifier sees "marathon training as a journey. Every time I set out on it I know I will learn something unexpected...a child-like sense of wonder, mystery, and discovery keeps me moving forward. During every marathon you will learn something new about yourself." To help beginners, novices and intermediate marathoners along that road, she talks of speed work, race preparation and recovery. Her schedules are based on total times run, not miles, and she integrates rest days and cross-training into basic structures. She wants you "to become

familiar with the feeling that you are constantly holding something back, reserving your energy and strength, for the time when you will step up to the marathon starting line and put it all together."

In case you haven't firmly decided to tackle the race, she thought up 26.2 reasons to run a marathon. They range from living longer, getting smarter, communing with nature, to fulfilling a dream. But the bottom line of your physical and mental balance sheet should be fun. She feels if you don't enjoy the months of preparation, if they aren't fun for you in a variety of ways, why continue? In her experience, the greatest value (of the marathon) "is found not in the arrival at the finish line but during the process of getting there. Keeping this in mind keeps my focus on why I run marathons, and what I find truly rewarding about them."

Runners can only benefit from this bonanza of current marathon books. Each gives some new insight into current training theories. Bloch's book, at the least, will inspire and motivate. At best, it will give a committed runner a fresh approach.

For information about this book or a free catalog, contact Barbara T. Erskine, Books for Runners, 386 Portlock Road, Dept. CA, Honolulu, HI 96825-2027. ♦



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RESULTS

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

Avenue of the Giants Marathon & 10K Run

May 2. Northwestern, CA.

Overall Results--Marathon/Men

1. James Washington (38) Arcata 2:32.22. 2. Christopher Clark (33) Salem, OR 2:38.13. 3. Mark Schafer (33) Chico 2:41.57. 4. Tom Lowry (40) McKinleyville 2:44.10. 5. Greg Adams (42) Seattle, WA 2:44. 6. Rodney Smith (42) Lewiston 2:48. 7. Ron Mellor (40) Auburn 2:49. 8. Jim Berka (29) Seattle, WA 2:50. 9. Takashi Yagisawa (39) Los Angeles 2:51. 10. Chuck Teixeira (33) Canyon Cntry 2:52.

Division Results--Marathon/Men

20-29: 8. Jim Berka 2:50. 16. Matthew Fuerter (28) San Ramon 3:00. 32. Michael Hughes (24) Long Beach 3:11. 30-34: 2. Christopher Clark 2:38. 3. Mark Schafer 2:41. 10. Chuck Teixeira 2:52. 35-39: 1. James Washington 2:32. 9. Takashi Yagisawa 2:51. 12. K.O. Taylor (36) Eugene, OR 2:57. 40-44: 4. Tom Lowry 2:44. 5. Greg Adams 2:44. 6. Rodney Smith 2:48.

45-49: 42. Richard Sanders (45) Martinez 3:17. 45. Arnold Utterback (46) Sacramento 3:18. 48. John Martin (45) Costa Mesa 3:19. 50-54: 27. James Scheer (51) Vancouver, WA 3:07. 35. George Chaniot (53) Potter Vly 3:12. 50. Gene Heyer (54) Escondido 3:20. 55-59: 21. Philip Hager (56) Larkspur 3:04. 31. Michael McGie (58) Chico 3:10.56. 39. Karl Misner (56) San Jose 3:13. 60-64: 76. George Crandell (60) Arcata 3:30. 179. Dewain Jenkins (62) Centerville, UT 4:07. 225. Bill Worcester (62) Auburn 4:55. 65-69: 206. Jim Shaka (67) Salt Lake City, UT 4:25. 218. Darwin Hayes (68) Bountiful, UT 4:47. 240. Mike Tselentis (66) Napa 5:34.

Overall Results--Marathon/Women

1. Virginia Egger (39) Telluride, CO 3:12.53. 2. Jane Serues (45) Springtown, PA 3:14.27. 3. Kerri Winters (23) Davis 3:18.48. 4. Meg Hyland (42) Citrus Hts 3:21.05. 5. Joan Gallagher (29) Dallas, TX 3:23. 6. Yvette Lavigne (53) Los Angeles 3:25. 7. Melissa Conley (23) Klamath Falls, OR 3:30. 8. Katy Marcy (27) Portland, OR 3:31. 9. Cathleen Lynch (32) Oakland 3:31.

10. Laurie Colacucio (29) Seattle, WA 3:32.

Division Results--Marathon/Women

20-34: 3. Kerry Winters 3:18. 5. Joan Gallagher 3:23. 7. Melissa Conley 3:30. 30-34: 9. Cathleen Lynch 3:31. 12. Carla Bressler (31) San Diego 3:32. 15. Rosemary Hegarty (30) Boulder, CO 3:42. 35-39: 1. Virginia Egger 3:12. 16. Renee Steele (39) Taylor Mill, KY 3:45. 17. Janet Knotts (36) Thousand Oaks 3:46. 40-44: 4. Meg Hyland 3:21. 14. Sandy Padgett (42) Independence, KY 3:39. 24. Caroline Munch (40) San Francisco 3:54. 45-49: 2. Jane Serues 3:14. 20. Barbara Brady (48) Livermore 3:53. 21. Joanne Bernt (48) Powell Butte, OR 3:53. 50-54: 6. Yvette Lavigne 3:25. 73. Deborah Bramlage (51) Cincinnati, OH 4:58. 86. Deanna Rich (50) Del Mar 6:06. 55-59: 70. Virginia Farneman (56) Powell, OH 4:46. 84. Joyce Hawkins (57) Santa Rosa 6:06. 65-69: 94. Betty Gillette (66) Jacksonville, OR 7:23.

Overall Results--10K/Men

1. Greg Heistuman (37) McKinleyville 33:00. 2. Timothy Becker (35) Seattle, WA 33:33. 3. John Zinselmeier (45) Mad River

33:56. 4. Kiet Tran (22) Arcata 34:30. 5. Mike Tuffly (30) Bayside 34:41. 6. Dane Hart (36) Salinas 34:42. 7. Andy Beers (31) Arcata 36:07. 8. Aaron Lance (32) Portland, OR 36:16. 9. Jack West (41) Eureka 36:36. 10. James Huber (42) Grants Pass, OR 37:02.

Division Results--10K/Men

00-14: 108. Matt Simpson (12) Modesto 54:33. 15-17: 13. Jesse Ness (17) Scotia 37:52. 20-29: 4. Kiet Tran 34:30. 20. Arnold Posada (21) Stanford 40:44. 24. Ben Fritz (25) Menlo Park 41:54. 30-34: 5. Mike Tuffly 34:41. 7. Andy Beers 36:07. 8. Aaron Lance 36:16. 40-44: 9. Jack West 36:36. 10. James Huber 37:02. 12. Rich Walline (40) Sacramento 37:32. 45-49: 3. John Zinselmeier 33:56. 16. Ron Schultz (48) Redding 39:10. 23. Wally Hesselstine (49) Lafayette 41:26. 50-54: 30. Lee Parker (52) Lafayette 42:18. 45. Frank Condon (50) Chico 43:59. 52. David Smith (53) Carmichael 44:56. 55-59: 26. Hal Jackson (59) Arcata 41:57. 39. Ralph Hirt (55) Crescent City 43:23. 46. Ben Bennion (57) Bayside 44:02. 60-64: 139. Wallace Person (61) Atoka, TN 1:05:58. 144. George Anderson (64) Hollister 1:17:27. 149. Walter Lancaster (60) Dublin 1:49:49. 65-69: 90. Otto Rosenhall (67) Bellingham, WA 50:49. 103. John Norberg (66) Eureka 54:12. 70-74: 117. Robert Dickerson (71) Blue Lake 56:52. 147. Charles Swingrover (72) Ardata 1:24:07. 75-79: 125. Ted Flagg (75) Orinda 58:34. 80-84: 142. Thomas Cullen (81) Sequim, WA 1:12:42.

Overall Results--10K/Women

1. Wendy Becker (28) Seattle, WA 40:12. 2. Lisa Siciliano (27) Tacoma, WA 42:03. 3. Jeanette Woodcock (38) Eureka 43:38. 4. Janel Lodge (30) San Jose 43:45. 5. Lisa Homen (34) Novato 43:55. 6. Gail Zucker (42) San Diego 44:04. 7. Teresa Smith (33) Eureka 44:23. 8. Elisa Kinder (42) Tucson, AZ 45:01. 9. Mary Kay Champagne (47) Caspar, WY 45:05. 10. Dolora Koontz (36) Kelseyville 45:21.

Division Results--10K/Women

00-14: 24. Laura Holt (14) McKinleyville 49:30. 15-19: 94. Kristin Roach (19) Eureka 1:12:04. 20-29: 1. Wendy Becker 40:12. 2. Lisa Siciliano 42:03. 3. Janine Webber (26) Piedmont 46:05. 30-34: 4. Janel Lodge 43:45. 5. Lisa Homen 43:55. 7. Teresa Smith 44:23. 35-40: 3. Jeanette Woodcock 43:38. 10. Dolora Koontz 45:21. 11. Kathy Brush (36) San Jose 45:52. 40-44: 6. Gail Zucker 44:04. 8. Elisa Kinder 45:01. 12. Maureen Stewart (40) San Ramon 46:02. 45-49: 9. Mary Kay Champagne 45:05. 20. Mary Verwoert (45) Benicia 48:23. 31. Barbara Paul (47) Aloha, OR 52:18. 50-54: 16. Margaret Noel (50) Portland, OR 48:02. 27. Marilyn Sawford (51) Calgary, Alb 50:33. 62. Barbara Thunen (50) Rohnert

From the American Running and Fitness Association

Exercisers Find Sportsmedicine Professionals Through National Referral Service

If you've ever gotten a sports-related injury, you're probably aware that it's hard to locate a health professional who is familiar with your unique needs as an athlete. Help is now just a free phone call away with the American Running and Fitness Association's Sportsmedicine Professional Referral Service. This service will refer you to a variety of sports-oriented specialists, including cardiologists, podiatrists, chiropractors, nutritionists, orthopedists, physical therapists, trainers, coaches, and many more, in your area. The referral service lists over 5,000 specialists nationwide.

"People who get injured during their exercise program often do not know where to get specialized and immediate attention," says Susan Kalish, executive director of the American Running and Fitness Association, a non-profit association of athletes

and sportsmedicine professionals who come together to educate the public about the benefits of a regular exercise program. "Unfortunately, exercisers often find that their regular doctor, who is great at treating other ailments, isn't able to answer their sports-related questions. Or, exercisers are told to simply stop exercising. A sports-oriented doctor works with the exerciser to find appropriate treatments or alternative exercises while the injury is healing."

The AR&FA Sportsmedicine Professional Referral Service is one of the many ways that AR&FA informs, motivates and advises people about beginning or continuing an exercise program. To take advantage of this free service, call 1-800-776-ARFA, or write to AR&FA, 4405 East-West Highway, Suite 405, Bethesda, MD 20814. ♦

RESULTS

Park 59:15. 55-59: 59. Lynn Lawrence (59) Eureka 58:31, 96. Nancy Kennedy (55) Eureka 1:13:48, 98. Sherry Bennion (57) Bay-side 1:14:20. 60-64: 81. Marcene Parkan (63) Weaverville 1:03:52, 82. Beverly Forer (64) Weaverville 1:03:54, 119. Marie Roy-Kelleher (62) Trinidad, CA 1:36:09. 65-69: 105. Helen Klingler (68) Redding 1:24:23. 70-74: 128. Mildred Moore (73) Arcata 1:46:52. 75-79: 130. Kathryn Corbett (76) Arcata 1:49:22. 80-84: 129. Sally Ryan (83) Eureka 1:46:54.

1993 Dipsea

June 13. Mill Valley
Overall Results

(Actual Time/Minutes of Head Start)
1. Shirley Matson (52F) 1:00:34/16, 2. Gabriel Andersen (48F) 59:12/14, 3. Sal Vasquez (53) 52:52/7, 4. Megan McGowan (11F) 59:13/12, 5. Joe Patterson (58) 59:31/12, 6. Dave Dunham (29) 48:21/0, 7. Christie Patterson (45F) 1:00:26/12, 8. Michael G. McManus (27) 48:32/0, 9. Russ Kiernan (55) 57:58/9, 10. Link Lindquist (65) 1:08:36/18, 11. Robert Malain (66) 1:09:41/19, 12. Leslie McMullin (42F) 1:00:58/10, 13. Greg Nacco (33) 52:05/1, 14. Hank Lawson (38) 53:15/2, 15. Mike Repp (52) 58:18/7, 16. Gordon Abbott (49) 56:23/5, 17. Butch Alexander (39) 53:25/2, 18. Guy Palmer (34) 53:03/1, 19. Robert Dickinson (36) 53:15/1, 20. Steve Stephens (49) 57:19/5, 21. April Powers (35F) 1:00:21/8, 22. John Swyers (53) 1:00:23/8, 23. Scott Strait (38) 54:29/2, 24. Debbi Waldear (43F) 1:02:34/10, 25. Erin Valli (21) 52:38/0.
Fastest Time/Male: Dave Dunham 48:23/0.
Fastest Time/Female: Gabriele Anderson 59:12/14.

Chainsaw Ridge Run

July 4. Northfork. 2 Mi. & 10K.

Division Results - Men's 2 Mile
Overall Winner: John Robinson 10:29. 10 & Under: 1. Matt Kelley 17:47, 2. Paul Savia 18:00, 3. Matthew Myers 18:24. 11-14: 1. Dustin Robinson 11:53, 2. Jonathan Adams 14:39, 3. Andrew Savala 15:16. 15-19: 1. Adrian Garcia 10:42, 2. Steve Ganzenhuber 10:59, 3. Noah Dye 11:02. 20-29: 1. John Campbell 11:14, 2. Jay Geary 11:17, 3. John Romo 14:21. 30-39: 1. Danny Santellan 10:51, 2. Ken Austin 11:39, 3. Augie Capuchino 11:43. 40-49: 1. John Volkman 12:16, 2. Allen Greulich 12:20, 3. Horn Patrick 12:32. 50-59: 1. Fernie Montanez 13:56, 2. Dale Sprinkle 14:53, 3. Francisco Capuchino 15:57. 60 & Over: 1. Ernest Malagon 16:24, 2. Dan Smith 18:02.
Division Results - Women's 2 Mile
Overall Winner: Suzzane Peek 12:27. 10 & Under: 1. Lindsey Hahn 13:41, 2. Jamie Hahn 14:13, 3. Nicole Whitehead 25:38. 11-14: 1. Beth Montag 13:57, 2. Kristen Fairley 15:10, 3. Brandi Capuchino 17:42. 20-29: 1. Melisa Bellomo 15:31, 2. Chelsea Kolbow 26:44. 30-39: 1. Diane Vartanian 13:19, 2. Deaanna Montag 17:05, 3. Gail



TANIS WILGENBURG

Photo by Bill Cockerham

Hamada 24:33. 40-49: 1. Ava Thiesen 21:44, 2. Kathy Kelley 21:44, 3. Melinda McConnell 32:21. 50-59: 1. Mary Franc Autrey 19:21, 2. Joanie Stahura 20:19, 3. Jean Pressey 21:48. 60 & Over: 1. Dorothy Whitener N.T., 2. Dot Morris N.T.

Division Results - Men's 10K
Overall Winner: Jim Hartig 33:43. 19 & Under: 1. Tim Padilla 39:29. 20-29: 1. Arthur Ramos 35:35, 2. David Lennon 36:29, 3. John Rodriguez 37:20. 30-39: 1. Jay Fiorior 34:21, 2. Artemio Villegas 34:32, 3. Larry Lancaster N.T. 40-49: 1. Bob Lindsey 35:35, 2. Steven Levy 36:49, 3. Jim Lambe 37:39. 50-59: 1. Tommy Upton 40:56, 2. Isaac Melo 42:08, 3. Pete Santillion 42:25. 60 & Over: 1. Ric Zamarripa 42:36, 2. Chris Denny 48:48, 3. Klaus Penning 58:18.

Division Results - Women's 10K
Overall Winner: Tanis Wilgenburg 39:21. 19 & Under: 1. Stephanie Johnson 47:21, 2. Keren Padilla 49:44. 20-29: 1. Daniela Chuliantseff 40:23, 2. Lisa York 41:49, 3. Marlene Parra 43:12. 30-39: 1. Katie Lowe 43:50, 2. Barbara Anderson 45:42, 3. Maia Puca 47:09. 40-49: 1. Carol Alsdorf 46:18, 2. Judy Case 47:17, 3. Donna Aldrich 49:52. 50-59: 1. Margie Lindsey 44:53, 2. Shirley Blush 48:06, 3. Deborah Schwartz 53:29. 60 & Over: 1. Sidney Loo 65:14.

Morro Bay to Cayucos Beach Run

July 10. Morro Bay.

Overall Results
1. James Menon 32:51, 2. Sean McCormick 32:59, 3. Paul Lee 33:32, 4. Tory Rand 33:49, 5. Doug Sims 34:13, 6. F. Hutchinson 34:38, 8. Steve Sharp 35:31, 10. Felix Mantilla 36:18, 13. Cliff Bidleman 37:05, 14. Vern Sallaz 37:11, 15. Gary Silva 37:22, 16. Craig Elia 37:25, 18. Rick Nagano 37:50, 19. Debra Sharp (1st F) 37:53.

Skyline 50K Endurance Run

August 1. Castro Valley.

Division Results - Men
Overall Winner: Adam Rhoads 3:50:57. 18-29: 1. Dan Barger 4:22:54, 2. Michael Sokitch 4:31:42, 3. Greg Atchley 5:25:17. 30-39: 1. Adam Rhoads 3:50:57, 2. Jeff Teeters 3:59:57, 3. Lance Davis 4:17:10. 40-49: 1. Ron Howard 4:51:56, 2. Wendel Holman 4:57:49, 3. Phil Penna 5:01:04. 50-59: 1. Ron Nelson 5:16:32, 2. Louis Quiggle 5:50:12, 3. Mad Dog Rehorm 5:52:47. 60-69: 1. Lee Rhodes 5:18:12, 2. Richard Laine 6:36:25, 3. Richard Carp 7:30:54. 70 & Over: 1. Grover Daly 7:34:07.

Division Results - Women
Overall Winner: Katherin Roth 4:58:43. 18-29: 1. Katherin Roth 4:58:43, 2. Suzie Lister 4:58:44, 3. Maryann Murphy 5:12:26. 30-39: 1. Cindy Scott 5:09:36, 2. Elaine McMahon 5:18:53, 3. Christine Iwahashi 5:23:18. 40-49: 1. Maggie Anderson 5:17:52, 2. Cathleen Caballero 5:22:17, 3. Leslie Matt-Vitale 5:33:13. 50-59: 1. Shirley Church 6:08:39, 2. Joan Szarfinski 6:51:48, 3. Marily Rehorm 7:28:34. 60-69: 1. Ruth Anderson 8:03:17.

RRCA Women's Distance Festival

August 7. San Luis Obispo. 5K.

Overall Results
1. Jennifer Lacobara (19) SLO 17:46, 2. Katy McGarry (21) SLO 19:13, 3. Bobbi Tomkins (32) SLO 19:55, 4. Thalia Hastings (35) SLO 20:51, 5. Tricia Kelly (30) SLO 20:53, 6. Vanessa Lund (17) SLO 21:20, 7. Melissa Reyes (12) Los Osos 21:23, 8. Christina Reyes (9) Los Osos 21:36, 9. Barbara Engel (35) Morro Bay 21:46, 10.



SEAN FITZPATRICK

Photo by Elaine Rosenfield

Heather McRae (12) Santa Maria 21:54, 11. Aubree Swart (16) SLO 22:07, 12. Ashlie Hasson (11) SLO 22:24, 13. Barbara Hasson (37) SLO 22:30, 14. No Name 22:45, 15. Evelyn Lowrie (36) SLO 23:07.

Electric City Challenge Series

August 7. San Luis Obispo. 5K.

Overall Results
1. Sean Fitzpatrick (21) Santa Rosa 15:39, 2. Tory Rand (22) SLO 15:46, 3. Steve Boaz (36) Los Osos 16:02, 4. Barry Oliver (23) SLO 16:09, 5. Sean McCormick (29) Paso Robles 16:15, 6. Pete Dolan (33) Santa Barbara 16:24, 7. Steve Sharp (24) SLO 16:56, 8. Scott C. Smith (24) SLO 17:00, 9. Deik Maxwell (26) Los Osos 17:06, 10. Adrian Zamudio (17) Guadalupe 17:33.
11. Raul Soils (16) Guadalupe 17:34, 12. David Estrada (28) Santa Maria 17:35, 13. Dave Intner (21) Santa Rosa 17:42, 14. Joe Bergquist (29) Atascadero 17:48, 15. Ronnie Buchanan (14) Santa Maria, 16. Ron Kiyono (45) Union City 18:14, 17. Ryan McRae (12) Santa Maria 18:18, 18. Sergio Reyes (11) Los Osos 18:24, 19. Scott Hull (36) SLO 18:28, 20. Robert Trudeau (38) Shell Beach 18:32.

Summit Challenge

August 7. Los Gatos. 2 Mi. Walk & 10K.

Overall Results - 2 Mile Walk
Men:
1. Howard Hickok, 2. Stephen Clauz-Todrank, 3. Mike Hart.
Women:
1. Jeri Tjon, 2. Jana Kolakowski, 3. Marge Burke.
Division Results - Men's 10K
Overall Winner: 1. Casey Reinking 39:41.



JENNIFER LACOBARA

Photo by Vikki Waterbury

RESULTS

15 & Under: 1. Josh Havner 51:04, 2. Patrick Sullivan 57:45. **High School:** 1. Ben Abelin 41:33, 2. Nathan Langner 48:06, 3. Matt Johnson 50:38. **18-29:** 1. Michael King 42:55, 2. Greg Hales 43:45, 3. Jeff Kenney 45:56. **30-39:** 1. Casey Reinking 39:41, 2. Nick Nickols 41:15, 3. Keith Hansen 42:44. **40-49:** 1. Joe Nelson 42:19, 2. Rick Parfitt 43:52, 3. Charles Weston 48:07. **50-59:** 1. Rolf Nebelung 44:43, 2. Joseph Walter 48:16, 3. Jim Champion 51:23. **60-69:** 1. Harvey Collins 1:05:16, 2. Richard McConville 1:22:18.

Division Results - Women's 10K

Overall Winner: 1. Maria Lovelace 46:27. **High School:** 1. Erika Gonzales 1:02:39. **18-29:** 1. Maria Lovelace 46:27, 2. Eloisa Narando 51:47, 3. Lisa Hofner 52:16. **30-39:** 1. Debs Hulst 48:05, 2. Shahnnon Susick 57:31, 3. Deborah McCarroll 58:19. **40-49:** 1. Dianna DiMartino 1:00:21, 2. Christine Lowe 1:03:53, 3. Jan Kearny 1:08:17. **50-59:** 1. Diane Brumstead 1:01:39, 2. Lexie Fry 1:07:32, 3. Gerri Lysne 1:13:33. **60-69:** 1. Elizabeth Ross 1:22:17.

Tri-For-Fun

August 7. No Place Available.

Division Results - Men

Overall Winners: 1. Don Weaver 1:03:08, 2. Mark Sherlock 1:03:28, 3. John Alderman 1:03:45. **16-19:** 1. Spencer Fine 1:07:05, 2. Chris Mohler 1:10:05, 3. Matt Miller 1:14:56. **20-24:** 1. Scott Erba 1:04:21, 2. Scott Rounds 1:08:40, 3. Anthony Brantley 1:08:55. **25-29:** 1. Dan Ordons 1:04:54, 2. Steve McCaw 1:05:24, 3. Marcus Gladstein 1:07:44. **30-34:** 1. Don Weaver 1:03:08, 2. Mark Sherlock 1:03:28, 3. John Alderman 1:03:45. **35-39:** 1. Doug Elliot 1:09:17, 2. George Spinias 1:14:44, 3. John Scales 1:15:34. **40-44:** 1. Louie Phillips 1:14:03, 2. Tim Frawley 1:15:01, 3. Randy Matthews 1:16:59. **45-49:** 1. Clay Taft 1:15:10, 2. Mike Rogge 1:16:27, 3. Tom Farrel 1:21:19. **50-54:** 1. Bud Ohlsen 1:21:34, 2. John Scholl 1:23:55, 3. Bruce Piner 1:24:26. **55 & Over:** 1. Gerry Cryderman 1:27:00, 2. Alan Schwartz 1:31:58, 3. Bud Knight 1:34:08.

Division Results - Women

Overall Winners: 1. Joan Gregg 1:13:00, 2. Amy Rieger 1:14:26, 3. Linda Casillas 1:15:01. **16-19:** 1. Angie Rosich 1:16:55, 2. Megan Farrel 1:17:20, 3. Sarah Iley 1:31:50. **20-24:** 1. Rebecca Leach 1:17:24, 2. Sorrel Bird 1:21:51, 3. Tawni Olson 1:28:25. **25-29:** 1. Margaret Rohr 1:23:30, 2. Deborah Tharp 1:25:38, 3. Carol Parise 1:25:55. **30-34:** 1. Joan Gregg 1:13:00, 2. Amy Rieger 1:14:26, 3. Linda Casillas 1:15:01. **35-39:** 1. Edie Brainard 1:15:41, 2. Julie Havelock 1:28:26, 3. Sharee Tinti 1:29:28. **40-44:** 1. Toni Mounts 1:19:09, 2. Annabelle Whiting 1:49:10, 3. Charlotte Caldwell 2:08:09. **55 & Over:** 1. Raye Johnson 1:57:13.

Dog Daze Runs

August 8. Ukiah. 3K & 10K.

Overall Results - 3K

1. Robert Roselski (17) Ukiah 9:43, 2. Jim Gibbons (49) Willits 9:55, 3. Hector Lopez (24) Santa Rosa 9:59, 4. Riley Gibbons (15) Willits 10:38, 5. Drew Somers (39) Ukiah 10:47, 6. Jamie Damiano (40) Fort Bragg 10:52, 7. Tony Moore (32) Pt. Reyes Station 11:01, 8. Ross Weishaar (41) Santa Rosa 11:08, 9. Jeremiah Hume (36) Sebastopol 11:33, 10. Rodger Schwartz (39) Ukiah 11:36.

Overall Results - 10K

1. Erick Studenicka (27) Rohnert Park 34:23, 2. Jerry Drew (35) Ukiah 34:57, 3. James Wright (20) Laytonville 35:38, 4. David Garcia (25) San Jose 37:18, 5. Parker Mills (41) Elk 37:53, 6. Glen Stelega (37) Ukiah 40:05, 7. Michael Killebrew (37) Ukiah 42:33, 8. Dominic Gara (60) Santa Rosa 43:57, 9. Manuel Montejano (28) Ukiah 43:56, 10. Gary Chapin (51) Santa Rosa 44:09.

Fiesta 5000

August 8. El Camino Real.

Division Results - Men

12 & Under: 1. Zac Reish 20:25, 2. Scott Burton 20:48, 3. Matthew Davis 21:45. **13-15:** 1. Michael Murray 18:52, 2. Greg Harlan 18:53, 3. Daniel Luecht 19:09. **16-19:** 1. Brian Keim 15:00, 2. Ben Flamm 15:39, 3. Andres Sordonez 16:16. **20-24:** 1. Dave Scudamore 14:49, 2. Damian Capozzola 15:18, 3. Chuck Mallone 15:38. **25-29:** 1. Hector Lopez 15:02, 2. Jon Bell 15:39, 3. Alfonso Medina 16:08. **30-34:** 1. Daniel Martinez 14:54, 2. Bob Adams 15:21, 3. Dave Vona 15:41. **35-39:** 1. Angelo De Collibus 16:09, 2. Nicholas Hernandez 16:12, 3. Tom Zimmerman 16:41. **40-44:** 1. Bob Langston 16:31, 2. Jim Arquilla 16:34, 3. Carlos Monquecho 16:39. **45-49:** 1. Wayne Mitchell 18:07, 2. Lenny Sheehan 18:11, 3. Mike Tomasulo 18:14. **50-54:** 1. Cecil Smith 18:26, 2. Gary Riley 19:21, 3. Peter Jones 20:05. **55-59:** 1. Carlos Valle 17:41, 2. Frank Vasquez 19:45, 3. Al Faltys 22:40. **60-64:** 1. Antonio Gonzalez 19:23, 2. Paul Saucedo 20:01, 3. Ginoe Fredianelli 22:19. **65-69:** 1. Larry Bavarelos 20:26, 2. Bob Koch 21:47, 3. Jack Green 25:02. **70-79:** 1. Robert Bullour 27:19, 2. Lou Roca 27:25.

Division Results - Women

12 & Under: 1. Daniella Grisaffi 22:14, 2. Julie Manson 22:25, 3. Kim Reese 22:31. **13-15:** 1. Debby Hughes 20:20, 2. Celeste Olynk 21:06, 3. Kara Duma 23:25. **16-19:** 1. Mary Akor 18:01, 2. Nancy Dollar 19:47, 3. Sara Valdez 20:09. **20-24:** 1. Janell Dovalina 18:21, 2. Githa Hampton 18:56, 3. Rosalinda Garcia 19:48. **25-29:** 1. Carla Figueroa 19:24, 2. Mary Shelton 19:27, 3. Angela Chavez 20:05. **30-34:** 1. Sheri Ball Garcia 19:45, 2. Valerie McCutcheon 20:42,

3. Kerry Lewis 20:54. **35-39:** 1. Elanie Rutkowski 19:14, 2. Trish Pierson 20:22, 3. Ondine Biesbaum 20:46. **40-44:** 1. Marina Jones 18:50, 2. June Gessner 19:57, 3. Odette Oscantowski 20:36. **45-49:** 1. Yoko Eichel 21:55, 2. Laura Armstrong 22:37, 3. Teri Knight 23:43. **50-54:** 1. Susan Alexander 24:52, 2. Marilyn Whisenand 26:11, 3. Cindy Allen 26:11. **55-59:** 1. Joann Oliver 28:05. **60-69:** 1. Mary Stoney 25:01.

Tamalpa Couples Relay

August 8. Larkspur. 2x2 Miles.

Overall Results - Men

1. Jeanne Sapienza (10:24) & Mike McManus (9:29) 19:53, 2. Julia Stamps (10:36) & Cris Gaston (9:26) 20:02, 3. Lisa Lopez (10:52) & Jose Lizarraga (9:39) 20:31, 4. Niamh Zwagerman (10:57) & Dale Londres (9:41) 20:38, 5. Irene McLoughlin (11:02) & Todd Barrington (10:11) 21:13, 6. Teresa Aldridge (12:04) & Dan Aldridge (9:12) 21:16, 7. April Powers (10:56) & John Edgcomb (10:28) 21:24, 8. Laura Schmitt (11:38) & Tom Schmitt (9:55) 21:33, 9. Leslie McMullin (11:18) & Bruce Linscott (10:32) 21:50, 10. Kriste Crowley (12:28) & Dan Held (9:24) 21:52.

11. Betsy Diaz (11:20) & Didier Diaz (10:35) 21:55, 12. Kelly Lawson (11:14) & John Lawson (10:42) 21:56, 13. Jolly Earle (11:24) & David Collins (10:42) 22:06, 14. Natalie Simi (11:49) & Bruce Phinney (10:19) 22:08, 15. Lisbet Engberg (11:07) & Gordon Abbott (11:10) 22:17, 16. Joanne Kelley (11:19) & Michael Harper (11:08) 22:27, 17. Peggy Lavelle (11:43) & Diarmuid McNeill (10:51) 22:34, 18. Heather Wallace (11:54) & Geoffrey Brigham (10:45) 22:39, 19. Regina Martinez (12:05) & Richard Johnson (10:39) 22:44, 20. N. de-Bettencourt (11:40) & Greg Mangani (11:05) 22:45.

Mammoth Mountain Marathon

August 14. Mammoth Lakes. Marathon & Half Marathon.

Overall Results - Marathon

1. Mark Marcelli (34) 3:25:42, 2. Clyde Matsumura (33) 3:26:03, 3. Mark Leisinger (35) 3:26:07, 4. Kurt Madden (37) 3:28:13, 5. Rae Clark (41) 3:29:52, 6. Steve Funke (32) 3:49:30, 7. Scott Davids (26) 3:56:17, 8. Jim Cosgrove (28) 4:00:24, 9. Ralph West 4:02:54, 10. Fernand Michaud (50) 4:05:52.

11. Jim Rucker (44) 4:06:20, 12. Bruce Horiguchi (45) 4:07:30, 13. Jonathan Lewis (33) 4:09:32, 14. Phil Martin (40) 4:15:50, 15. Wayne Kocher (56) 4:15:51.

Overall Results - Half Marathon

1. Jaime Galindo (22) 1:14:38, 2. David Graham (33) 1:23:00, 3. John Trent (30) 1:23:26, 4. Paul Sweeney (27) 1:25:15, 5. Neal Chappell (50) 1:27:54, 6. Bob Sietken (40) 1:29:36, 7. Curt Wohlgenuth (34) 1:30:31, 8. Jay Simonson (39) 1:32:51, 9.

Ralph Johnson (45) 1:36:28, 10. Andrew Crane (30) 1:36:41.

11. Jeff Wills (39) 1:38:06, 12. Kathy Hess (31) 1:38:59, 13. Gabriela Rodriguez (17) 1:39:25, 14. Larry George (48) 1:39:51, 15. Josefina Sanchez (19) 1:42:09.

Gold Rush Races

By Paul Reese

August 14, 15. Colfax Area.

Run 2XS. That's the car license of Greg Atchley and that's exactly what the 26-year-old runner from Reno did in winning the 13th annual Gold Rush 2-day 100K. Atchley's total time was 8:30:55, with a Saturday 50K of 4:11:00 and a Sunday 50K of 4:19:55. To put that in perspective, his 50K's were faster than the winning times for the single day 50K's held Saturday and Sunday.

First woman finisher was Joann Hull, 36, of Modesto with a time of 13:00:09. Hull, race director of the Modesto Marathon, has run a majority of the 2-day 100K's and finished every time.

Despite running with a knee injury, Jerry Blinn, 46, of Quincy, finished his 12th Gold Rush 100K. Finishing his 10th, Ray Nicholl, 56, of Bellevue, WA., joined Blinn, Ralph Paffenbarger, and Paul Reese in logging 1,000 or more kilometers in the Gold Rush 100K.

In the more gruelling 100K in on day, only David Kamp, 45, of Sunnyvale, with a 11:13:00 timing and Thomas Windsperger, 45, of Meadow Vista, 12:12:01, finished. For the first 50K, Windsperger led the race, but at 51Km Kamp took a lead which he built as the race progressed.

Besides the 2-day 100K on August 14-15 and the 1-day 100K on Sunday, the Gold Rush races included a 50K on Saturday and a 50K on Sunday.

In the August 14th 50K, Ted Moore, 44, of Auburn, edged Robert Sobsey, 42, of Reno by six minutes. Moore, running his first Gold Rush, was timed in 4:29:10. Sobsey, a veteran of many Gold Rush 2-day 100K's, ran 4:35:25.

First woman finisher was Leslie Mattingly Vitale, 40, of Applegate, in 4:58:23. Linda Elam, 47, of Modesto, a talented ultrarunner, tried her first race since having screws surgically put in to stabilize a hip fracture site. She ran better than she expected, clocking 6:14:24.

The Sunday 50K was won handily by Jeff Pettigrew, 30, of Sacramento. His time was 4:38:38. Andrew Greene,

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RESULTS

26, also of Sacramento, finished second in 5:16:20.

The Sacramento 50K woman's winner was Suzi Thiebeault, 46, of Colfax, with a time of 5:56:54.

All four races started and finished in Colfax. The Saturday races were over a loop course extending to the Forest-hill area. The Sunday courses, out and back, went to the Iowa Hill area.

After the races, one runner was heard to remark, "What makes these races so much fun is the class of the clientele." A statement heartily endorsed by race directors George Billingsley, Paul Reese, and Hal Stainbrook.

Overall Results

2-Day 100K:

1. Greg Atchley 8:30:55, 2. Adrian Crane 9:57:14, 3. Richard Jones 10:48:50, 4. Ray Nicholl 10:53:50, 5. Dan Pfeifer 12:28:32, 6. Jerry Blinn 12:58:14, 7. Joann Hull 13:00:09, 8. Terry Hartman 13:00:09.

1-Day 100K:

1. David Kamp 11:13:00, 2. Tom Wind-sperger 12:12:01.

Saturday 50K:

1. Ted Moore 4:29:10, 2. Robert Sobsey 4:35:25, 3. Rachel Atchely 4:49:41, 4. Bill Yawn 4:50:09, 5. Alan Linson 4:57:51, 6. Leslie Vitale 4:58:23, 7. Peter Vidal 5:09:39, 8. Elliott Eisenbud 5:18:14, 9. Kurt Fox 5:36:33, 10. Gary Waldsmith 5:38:59.

11. Steve Jaber 5:51:42, 12. Earl Looney 5:52:52, 13. Dick Collins 5:56:07, 14. Brice Hammerstein 5:59:24, 15. Linda Elam 6:14:24.

Sunday 50K:

1. Jeff Pettigrew 4:38:38, 2. Andrew Greene 5:16:20, 3. Hans Mauth 5:27:24, 4. Steve Haun 5:43:38, 5. Suzi Thiebeault 5:56:54, 6. John Mortimer 6:40:29.

ARC Run for Health

August 14. Clovis. 2 Mi. & 10K.

Overall Results

2 Mile Winners:

Men: 1. Craig Lawson. Woman: 1. Marci Lawson.

10K Winners:

Men: 1. Joe Carnegie. Woman: 1. Marlene Parra.

Susan B. Anthony Women's 5K

From Steve Ashe

August 14. Glen Hall Park, Sacramento.

Robyn Berry from San Anselmo nearly ran a course record under ideal running conditions at this years Susan B. Anthony 5K run and walk. Almost 300 runners and walkers turned out for Northern California's "Woman Only" run since the unfortunate cancellation of the Bonne Bell race. It was a fast race with seven women under 18 minutes including Regina Jacobs from Mizuno. The overall team award went to the Impala Racing Team with 6 finishers in the top 10. Other notable performances came from Regina and Angelina Martinez from Stockton who ran 19:27 and 19:56, respectively. The amazing part is that they are part of a set of triplets, and that Regina and Angelina are both 12 years old! Top race walker performances came from Sally Focacci, Tamara Sasaki, and Joyce Roderick, all who are from the Sierra Race Walkers.

Overall Results

1. Robyn Berry 16:39, 2. Jeanne Sapienza (26) S.F. 16:41, 3. Lynn Nelson (31) S.F. 17:04, 4. Regina Jacobs (29) 17:15, 5. Sandy Patterson (35) S.F. 17:31, 6. Angela Mogielski (27) 17:41, 7. Suzanne Cordes (33) Alamo 17:54, 8. Jennifer Cobb (23) S.F. 18:11, 9. Jennifer Cubillas (24) Lafayette 18:18, 10. Joanne Kelley (25) Sacramento 18:32.

11. Connie Kondo (35) Folsom 18:44, 12. Susan Boon (34) S.F. 18:44, 13. Francine Nunley (32) San Mateo 18:47, 14. Kim Nemanic (21) Loomis 18:48, 15. Patricia Fanelli (40) Mill Valley 18:54, 16. Jill Gisvold (25) S.F. 19:02, 17. Robin Carboni (28) Sacto 19:12, 18. Cindy Scott (38) Folsom 19:26, 19. Regina Martinez (12) Stockton 19:27, 20. Christine Iwahashi (37) Sacto 19:27.

21. Alexandra Newman (21) Berkeley 19:28, 22. Judy Brennan (32) Redwood City 19:41, 23. Carol Parise (27) Sacto 19:51, 24. Angelina Martinez (12) Stockton 19:56, 25. Alecia Jawor (32) Sacto 20:05.

Racewalkers: 1. Sally Focacci 26:43, 2. Tamara Sasaki 30:55, 3. Joyce Roderick 31:14, 4. Pamela Roberts 32:19, 5. Helga Sable 32:42.

Division Results

14 & Under: 1. Regina Martinez 19:27, 2.

Angelina Martinez 19:56, 3. Sarah Pitts 20:12, 15-19: 1. Sara Pope 21:08, 2. Kimberly Moir 24:51, 3. Jennifer Siragusa 25:36. 20-24: 1. Jennifer Cobb 18:11, 2. Jennifer Cubillas 18:18, 3. Kim Nemanic 18:48. 25-29: 1. Robyn Berry 16:39, 2. Jeanne Sapienza 16:41, 3. Regina Jacobs 17:15. 30-34: 1. Lynn Nelson 17:04, 2. Suzanne Cordes 17:54, 3. Susan Boon 18:44. 35-39: 1. Sandy Patterson 17:31, 2. Connie Kondo 18:44, 3. Cindy Scott 19:26. 40-44: 1. Patricia Fanelli 18:54, 2. Sharlet Gilbert 20:14, 3. Katie Joseph 21:32. 45-49: 1. Patricia Falsone 20:31, 2. Brenda Pollard 23:33, 3. Susan Brooker 24:02. 50-54: 1. Louise Walters 22:14, 2. Greta Carriger 22:41, 3. Ute Luyties 24:43. 55-59: 1. Heidi Skaden 22:00, 2. Leona Nenow 24:37, 3. Carol Tichy 25:30. 60-64: 1. Virginia Thomas 28:21, 2. Barbara Farren 41:45. 65-69: 1. Po Adams 29:04. 70 & Over: 1. Edna Scott 50:10.

America's Finest City

August 15. San Diego. Half Marathon.

Overall Results - Men

1. Alfredo Viguera (\$1000) 1:04:32, 2. Driss Dacha (\$500) 1:04:33, 3. Brian Abshire (\$250) 1:06:13, 4. Danny Martinez (31) Placentia 1:06:41, 5. Jose Iniguez (27) Mexico 1:06:54, 6. Marcos Villo Susano (19) Mexico 1:07:02, 7. Hector Lopez (26) Los Angeles 1:07:02, 8. Hugo Garcia (30) Pa-

sadena 1:08:21, 9. Gus Quinonez (27) Newport Beach 1:08:46, 10. Richard Verney (31) Carlsbad 1:09:02.

11. Bobby Adams (30) Fullerton 1:09:17, 12. Jeff Jacobs (26) Isla Vista 1:09:24, 13. Isauro Chavez (35) 1:09:43, 14. David McMillan (30) Salt Lake City, UT 1:10:37, 15. Sam Ngatia (34) Kenya 1:10:54.

Overall Results - Women

1. Maria Trujillo (\$1500) 1:16:17, 2. Terry Schmidt (\$500) 1:16:42, 3. Christine Kennedy (\$250) 1:18:06, 4. Marisol Cossio (29) Bolivia 1:19:37, 5. Maria-Luisa Madueno (37) San Ysidro 1:20:09, 6. Mary Akar (16) Nigeria 1:20:53, 7. Misty Allen (26) Thousand Oaks 1:21:01, 8. Suzanne Morris (36) Leucadia 1:23:34, 9. Marina Jones (41) Rancho Santa Marq. 1:23:43, 10. Audrey Jackson (28) San Diego 1:24:59.

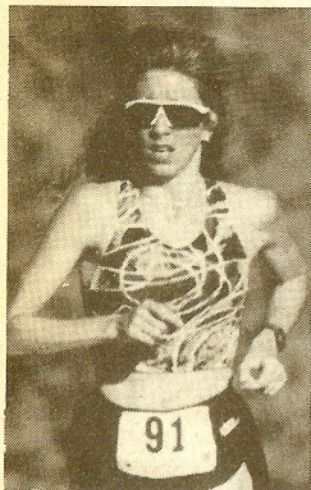
11. Mary Ryzner (39) Escondido 1:25:33, 12. Sheila Kealey (28) La Jolla 1:25:41, 13. Marissa Schwartz (26) La Mesa 1:26:28, 14. C. Songayllo-Ulrich (31) Flagstaff, AZ 1:26:41, 15. Ana Harris (44) Chula Vista 1:26:56.

Pikes Peak Ascent & Pikes Peak Marathon

August 21, 22. Colorado Springs, CO.

Overall Results - Women's Ascent

1. J'ne Day-Lucore (32) Denver, CO 2:43:51, 2. Elise Rainbowstar (31) Co. Sprgs.



MARLENE PARRA

Photo by Bill Cockerham

26.2 -- Trail of Truth

A "must" book for marathoners and those planning to run one.

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"Trail of Truth" - California Running News
4957 E. Heaton Avenue
Fresno, CA 93727

RESULTS

3:00:22, 3. Virginia Egger (40) Telluride, CO 3:00:22, 4. Susie Larson (27) Lincoln, NE 3:00:53, 5. Sharon McDowell (33) Co. Spgs. CO 3:02:07, 6. Cindy O'Neill (31) Manitou Spgs., CO 3:04:25, 7. Amelia Ingersoll (29) Hot Spgs., AR 3:05:39, 8. Jennifer Ryan (33) Boulder, CO 3:07:28, 9. Cheryl Beckwith (44) Denver, CO 3:08:02, 10. Patricia Wassik-Hinson (35) Denver, CO 3:08:23.

Overall Results - Men's Ascent

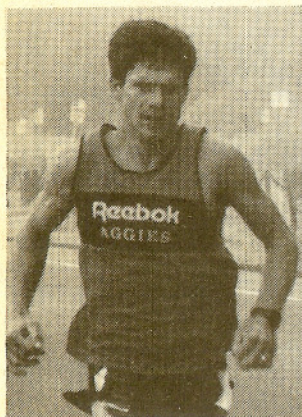
1. Scott Welljott (29) Boulder, CO 2:13:39, 2. Dale Petersen (36) 2:24:17, 3. Chuck Trujillo (27) Denver, CO 2:26:39, 4. Dominic Wyzomirski (33) Ft. Collins, CO 2:33:15, 5. Rob Herries (29) Norwood, CO 2:34:58, 6. David Weckley (36) Telluride, CO 2:35:34, 7. Patrick Judge (23) Helena, MT 2:36:43, 8. Dennis Fowler (42) Sandy, UT 2:38:12, 9. Rick Shouberg (32) Manitou Spgs., CO 2:38:31, 10. Dennis Giannangeli (36) Telluride, CO 2:40:26.

Overall Results - Women's Marathon

1. Karen Gorman (26) Gunnison, CO 4:42:03, 2. Terrie Minzer (35) CO. Spgs., CO 4:49:09, 3. Vicki Ash (32) Boulder, CO 4:52:55, 4. Deborah Wagner (42) Droper, UT 4:54:31, 5. Katerina Straskraba (31) Lakewood, CO 5:04:28, 6. Pamela Lavigne (34) Co. Spgs., CO 5:08:35, 7. Cindy Kaufman (35) Lafayette, CO 5:09:42, 8. Randi Bromka (41) Boulder, CO 5:12:47, 9. Jill Case (34) Co. Spgs., CO 5:13:05, 10. Terry Moon (29) Wichita, KS 5:16:13.

Overall Results - Men's Marathon

1. Matt Carpenter (29) Co Spgs., CO 3:16:39, 2. Ricardo Mejia (30) Mexico City 3:42:14, 3. Senovio Torres (39) Cordova, NM 3:46:33, 4. Sheldon Larson (33) Boulder, CO 3:51:44, 5. Gonzalo Velazquez (24) Cuernavaca (24) Cuernavaca, MX 3:56:01, 6. Jerry Martinez (43) Velarde, NM:09:24, 7. Bijan Pirnia (34) Co Spgs., CO 4:12:00, 8. Dan Nielsen (31) Avon, CO 4:14:45, 9. Karl Meltzer (25) Salt Lake City, UT 4:15:04, 10. John Lehman (30) Boulder, CO 4:15:42.



IVAN HUFF

Photo by Vikki Waterbury

Avila Pier 5K Run

August 21. Avila Beach.

Overall Results

1. Ivan Huff (34) 14:45, 2. Joe Rubio (30) 15:08, 3. Tony Rand (22) 15:46, 4. Sean McCormick (29) 15:49, 5. Kipp Ortenburger (20) 15:51, 6. Steve Boaz (36) 16:03, 7. Pat Garrity (16) 16:07, 8. Frank Hutchinson (40) 16:14, 9. Andy Zoldak (23) 16:28, 10. Steve Sharp (24) 16:38.

11. Deik Maxwell (26) 16:41, 12. Gustavo Sobal (19) 17:05, 13. Eric Benson (27) 17:07, 14. Billy Bandit 17:18, 15. Vernon Sallaz (34) 17:38, 16. Rick Kluge (37) 17:44, 17. Louie Quintana (40) 18:01, 18. Larry Jamison (51) 18:25, 19. Dominick LaCovara (44) 18:33, 20. Brian Sexton (17) 18:34.

Worlds Toughest Triathlon

August 21. Costa Mesa.

(2 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run)

Overall Results - Toughest

Women:

1. Danelle Ballengee (22) 10:04:11, 2. Lu- anne Park (33) 10:43:09, 3. Julie Olson (33) 10:46:51, 4. Nancy Colton (33) 11:44:14, 5. Michele Vandehoek (30) 12:15:37.

Relay:

1. Tahoe Family Physician 8:11:20, 2. Rein- er/Hoefler/Phinney 8:14:44, 3. Ben & Jerry's Kids 8:36, 4. The Stinky Boys 8:51:27, 5. Been Three Done That 8:53:57.

Men:

1. Peter Park 8:41:44, 2. Scott Miller 8:55:13, 3. Anthony Milevsky 9:10:15, 4. Jim Larrieu 9:19:35, 5. Gregory Taylor 9:26:14.

Overall Results - Semi-Toughest

Women:

1. Erin McCarty 2:54:23, 2. Julie Ann Verke 2:58:47, 3. Lisbet Engberg 3:06:13, 4. Karen LeFebre 3:08:45, 5. Amy Rieger 3:09:13.

Men:

1. Dominic Panziera 2:35:05, 2. Stefan Laursen 2:37:12, 3. Chris Ward 2:42:44, 4. Vincent Fong 2:42:49, 5. Ken Leader 2:45:27.

Relay:

1. Sunrider Stars 2:53:42, 2. Melveney, Peters, Canfield 2:54:46, 3. Last Minute 2:55:12, 4. Romangnolo Schafer & Schafer 3:00:22, 5. Rite of Passage 3:21:12.

DSE Memorial Run

August 22. San Francisco. 4.5 Miles.

Overall Results

1. Arthur Welch 24:26, 2. Antonio Corgas 25:01, 3. Anthony Beron 25:05, 4. Pete Nowicki 25:26, 5. Jerry Lee 25:41, 6. Jeff Monje 26:39, 7. Wayne Linse 27:01, 8. Tyler Abbott 27:12, 9. Len Garriott 27:21, 10. David Broom 27:33.

11. Stan Yasuhara 27:53, 12. Dick Parker 28:26, 13. Dennis Lawlor 28:33, 14. Brian Waddington 28:39, 15. Tom McCarthy 28:42, 16. Keith Johnson 28:44, 17. Steve

Wanante 28:48, 18. John Martin 28:50, 19. Tony Varnhagen 29:02, 20. Jim Roe 29:04.

Wilder Ranch Biathlon

August 28. No Place Available.

(5 Mi. Run, 10-12 Mi. Mtn. Bike)

Overall Results

1. David Schneider (27) 1:25:23, 2. Gary Verhulp (22) 1:28:18, 3. Mike Martin (23) 1:28:19, 4. Chris Scott (39) 1:29:49, 5. Mark Dengler (33) 1:30:23, 6. Robert Clark (24) 1:31:11, 7. Hector Ruiz (36) 1:31:28, 8. Team Faze 1:33:05, 9. Jon Dalman (27) 1:34:22, 10. Victor Torres (38) 1:35:27.

11. Paul Keel (32) 1:36:01, 12. Jim Taddei (34) 1:36:22, 13. M. Bodge (30) 1:37:03, 14. Burke & Burke 1:37:21, 15. Jeff Yamashita (33) 1:37:36.

Pony Express 50 Mile Run

August 28. Cameron Park.

Overall Results - 50 Mile

1. Rae Clark (41) 6:09:07, 2. Greg Miller (33) 6:39:45, 3. Chrissy Duryea (32) 6:44:01, 4. Rick Simonsen (32) 6:59:58, 5. Ron Howard (41) 7:19:30, 6. Edward Frisch (54) 7:20:19, 7. Greg Atchley (26) 7:24:32, 8. Maggie Anderson (42) 7:44:22, 9. George Parrott (49) 7:45:13, 10. John Clark (51) 7:51:10.

11. David Kim (50) 7:54:21, 12. Frank Holman (43) 8:20:10, 13. Jeff Pettigrew (30) 8:22:51, 14. George Palermo (41) 8:25:18, 15. Robert Sobsey (42) 8:32:46.

Overall Results - 50K Sprint

1. Ann Trason (32) 3:31:26, 2. Carl Anderson (32) 3:31:27, 3. Bob Hammond (33) 4:20:01, 4. Rachel Atchley (29) 4:28:01, 5. Jim Magill (46) 4:39:01, 6. Barney Baty (47) 4:52:01, 7. Ray Scannell (43) 4:53:01, 8. Stan Jensen (40) 4:58:01, 9. Marge Dunlap (54) 5:00:00, 10. Linda Lee (37) 5:13:01.

Run for Justice

August 29. Merced. 10K & 1.5 K.

Overall Results - 1.5 K.

1. Bill Schwartz 8:56, 2. Tangi Galloway 9:39, 3. Neil Fordice 11:16, 4. Everett Younce 11:20, 5. Robin Williamson 12:05.

Overall Results - 10K

1. Daniel Rusk 35:02, 2. Matt Crabbe 36:19, 3. Tom Diehl 37:32, 4. Terry Richardson 38:25, 5. John Mason 39:00, 6. Curt Royer 39:05, 7. Teodoro 39:52, 8. Kenneth Schwinson 40:15, 9. Greg McKinstry 40:15, 10. David Zacharias 41:14.

Dog Day's Duathlon

August 29. Pleasanton.

Division Results - Men

Overall Winners: 1. Ed Harris (34) Alameda 58:22, 2. Nathan Smith (37) Alameda 59:22, 3. Gerry Geraghty (Danville) 59:35. 14 & Under: 1. Bill Jensen 1:08:37, 2. Gary Barks 1:19:58, 3. Zac Bocian 1:45:07, 15-19: 1. Aaron Daniel 1:04:05, 2. Mark Fritz

1:07:12, 3. Gus Aiton 1:08:19, 20-29: 1. Grant Foster 59:43, 2. Ken Turcek 1:01:02, 3. Timothy Hess 1:01:03, 30-39: 1. Nathan Smith 59:22, 2. Gerry Geraghty 59:35, 3. Brian Davis 1:01:46, 40-49: 1. Louie Phillips 1:01:33, 2. Wayne Glusker 1:02:34, 3. Alphonzo Jackson 1:03:24, 50-59: 1. Tony La Morte 1:09:24, 2. Richard De Young 1:13:20, 3. Jerry Ingledue 1:15:42. 60 & Over: 1. Jack Riley 1:22:52, 2. Ed Pierce 1:50:57.

Division Results - Women

Overall Winners: 1. Stacia McInnes (25) Redwood City 1:04:36, 2. Marian Guzman (31) San Mateo 1:06:15, 3. Kim Wik (28) Fremont 1:10:41. 14 & Under: 1. Kristen Reed 1:41:31. 15-19: 1. Marisa Daniel 1:19:59, 2. Sara La Fountain 1:31:32, 20-29: 1. Kim Wik 1:10:41, 2. Laura Murphy 1:15:33, 3. Suzanne Cohen 1:18:06, 30-39: 1. Marian Guzman 1:06:15, 2. Kelly Hess 1:15:23, 3. Ellen Banaghan 1:15:30, 40-49: 1. Ruby Gama 1:16:46, 2. Barbara Brady 1:18:59, 3. Monica Thomas 1:20:39, 50-59: 1. Karen White 1:19:32, 2. Lynette Hiebert 1:45:24.

Berry Creek Falls Half Marathon & 10K

August 29. Santa Cruz.

Overall Results - Half Marathon

1. Georf Vaughan (28) 1:37:54, 2. Byron Cheiniere (38) 1:38:12, 3. Larry Berg (35) 1:46:55, 4. Lisbet Engorg (29) 1:52:36, 5. Mike Sato (25) 1:55:55, 6. Rob Sato (27) 1:55:55, 7. Jo Stohr (45) 1:56:17, 8. Glen Caspillo (42) 2:02:34, 9. Wendy Neely (24) 2:06:01, 10. Andrew Feahrs (20) 2:06:26.

Overall Results - 10K

1. Nick Nickols (33) 36:41, 2. James Thurton (22) 38:09, 3. Lance Dutton (37) 40:48, 4. Brad Loos (30) 42:50, 5. Wayne Bennet (36) 46:15, 6. Carter Krus (42) 47:03, 7. Tom Ajir (36) 47:15, 8. Doug Smith (40) 48:46, 9. Mike Masuda (36) 49:41, 10. Mark Alderson (44) 49:41.

Bear Foot Fun Run

August 29. South Bay Community Park, Los Osos, 5K.

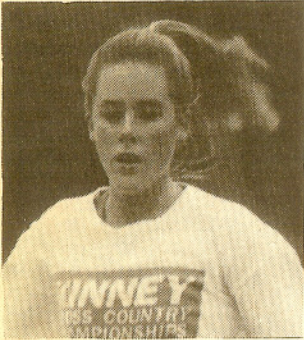
Division Results - Men

Overall Winners: 1. Sean McCormick 16:01, 2. Paul Lee 16:11, 3. Frank Hutchinson 16:16, 14 & Under: 1. Sonny Baxter 20:20, 2. J.K. Lundberg 22:36, 3. Nick Letham 22:42, 15-19: 1. Paul Lara 19:06, 2. David Beller 20:27, 3. Shawn Gallagher 21:34, 20-29: 1. Sean McCormick 16:01, 2. Deik Maxwell 17:12, 3. Mark Massengill 18:42, 30-39: 1. Paul Lee 16:11, 2. Vernon Sallaz 17:34, 3. Rick Kluge 18:05, 40-49: 1. Frank Hutchinson 16:16, 2. Louie Quintana Sr. 17:47, 3. Dominick Lacovara 18:31, 50-59: 1. Larry Jamison 19:13, 2. Dan Collombo 24:58, 3. Bernie Zerr 25:19, 60 & Over: 1. Len Thornton 21:21, 2. August Meinalknis 22:41, 3. Bill Winstanley 21:00.

Division Results - Women

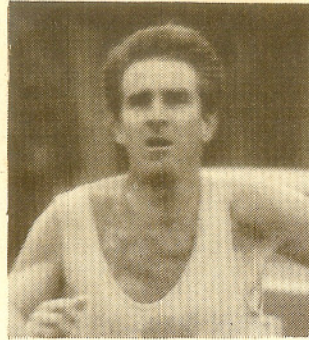
Overall Winners: 1. Jennifer Massengill 21:02, 1. Sonja Willis 21:19, 3. Summer

RESULTS



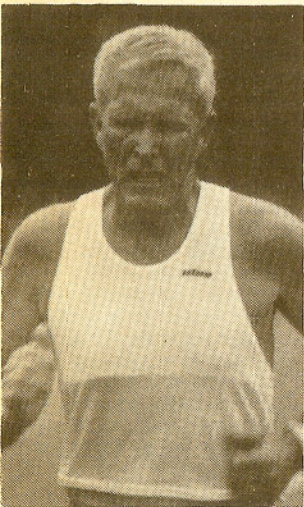
SUMMER STEVENS

Photo by Elaine Rosenfield



FRANK HUTCHINSON

Photo by Elaine Rosenfield



LEN THORNTON

Photo by Elaine Rosenfield

Stevens 21:43. **14 & Under:** 1. Sonja Willis 21:19, 2. Shavona Chamberlin 22:42, 3. Melissa Flugtve 27:06. **15-19:** 1. Summer Stevens 21:43, 2. Stefanie Bosch 22:07, 3. Alison Bosch 22:50. **20-29:** 1. Jennifer Massengill 21:02, 2. Amy Johnson 23:36, 3. Dede Auyong 24:29. **30-39:** 1. Barbara Chamberlin 22:43, 2. Christi Symens 22:55, 3. Patti Quintana 24:46. **40-49:** 1. Charlotte Coyes 23:29, 2. Dale McVay 23:34, 3. Terri Jurisich 24:12. **50-59:** 1. Ellen Kanchack 29:05, 2. Pat Winstanley 34:33, 3. Ingrid Melnalksnis 42:32.

Catfish Jubilee Run

August 29, Walnut Grove. 5 Mile.

Division Results - Men

8 & Under: 1. Hector Leija 25:56, 2. Raul Huerta 29:03, 3. Robert Allen 32:06. **9-29:** 1. Rich Hanna 23:52, 2. John Dahl 24:41, 3. Stephen Overgaard 25:12. **30-39:** 1. Matt Yeo 24:24, 2. Dave Boyet 25:47, 3. Rick Kushman 26:26. **40-49:** 1. Karl Bacon

27:36, 2. Bob Whitehead 28:29, 3. Roger Zoldan 28:53. **50-59:** 1. Rolf Nebelung 29:04, 2. Joe Oddo 31:19, 3. Bill Dodge 32:23. **60 & Over:** 1. John Milne 35:21, 2. Hal Brown 36:00, 3. Jim Eymann 39:38.

Division Results - Women

8 & Under: 1. Amber Silva 42:13, 2. Corinne Munger 44:24, 3. Erin Munger 56:03. **19-29:** 1. Robin Carboni 30:41, 2. Laurie Hartwell 34:19, 3. Heather Hunter 36:00. **30-39:** 1. Theresa McCourt 29:06, 2. Sue Colley 32:22, 3. Julie Duffek 34:44. **40-49:** 1. Cathy Rohm 35:32, 2. Marie Ramey 36:26, 3. Susan Joaquin 39:07. **50-59:** 1. Dina Fields 39:04, 2. Regina Gombro 40:27, 3. Mariene Kinsler 44:55. **60 & Over:** 1. Guadalupe Erias 46:04, 2. Angie Girven 58:52.

Hook & Ladder

August 29, San Francisco. 10K.

Overall Results

1. Parker Kelly (24) 31:46, 2. Ray Coutinho (35) 31:59, 3. Jose-Maria Lizarraga (32) 32:25, 4. Michael Williams (32) 32:29, 5. Paul Kivela (28) 32:42, 6. Charles Thompson (43) 32:50, 7. Thom Trimble (34) 32:54, 8. Sal Vasquez (54) 33:22, 9. Scott Schneider (26) 33:23, 10. Scott Kennedy (23) 33:36.

11. Erling Ela (38) 34:29, 12. Kevin Cowan (35) 34:45, 13. Brent Butler (19) 35:03, 14. Antonio Corgas (36) 35:05, 15. Pete Nowicki (35) 35:13, 16. Larry McDonnell (27) 35:15, 17. Anthony Beron (31) 35:26, 18. Kim Lilot (42) 35:26, 19. Tom Robinson (45) 35:40, 20. Jerry Lee (15) 35:51.

Division Results - Men

18 & Under: 1. Jerry Lee 35:51. **19-39:** 1. Parker Kelly 31:46, 2. Ray Coutinho 32:59, 3. Jose-Maria Lizarraga 32:25. **40-49:** 1. Charles Thompson 32:50, 2. Kim Lilot 35:27, 3. Tom Robinson 35:40. **50-59:** 1. Sal Vasquez 33:22, 2. Karl Gripenburg 36:02, 3. Joe Hancock 38:42. **60 & Over:** 1. John Lemke 40:25.

Division Results - Women

18 & Under: 1. Oasis Lucero 47:44. **19-39:** 1. Rachael Hawtin 37:05, 2. Terri Handy 39:39, 3. Eve Abrahams 39:49. **40-49:** 1. Kathy Kennedy 42:40, 2. Patricia Falsone

43:17, 3. Marian Lyons 44:11. **50-59:** 1. Joan Reiss 47:25. **60 & Over:** 1. Marty Maricle 52:15.

Fire/Police

19-39: 1. Michael Williams, 2. Pete Nowicki, 3. Larry McDonnell. **40-49:** 1. Eddie Freyer, 2. Tony Stefani, 3. Andy Assereto. **50-59:** 1. Terry Millard.

Teams

Men:

19-39: 1. DSE. **40-49:** 1. Pamakid. **50-59:** 1. Pamakids. **Fire/Police:** 1. SFFD.

Women:

18 & Under: 1. Epsilon. **19 & Over:** 1. DSE.

Run for Mental Wellness

August 29, Santa Cruz. 5K & 10K.

Overall Results - 5K

1. Steve Ogden (26) Mt. View 16:08, 2. Ralph Gamez (45) San Jose 16:33, 3. Rick Baca (35) Monterey 16:54, 4. Patrick Buzbee (41) San Jose 17:09, 5. Gerardo Agüero (24) Hayward 17:19, 6. Frank Ruona (47) Novato 17:21, 7. John Anderson (32) 17:25, 8. Kevin Kelly (26) Santa Cruz 17:54, 9. David Tanza (38) Santa Cruz 18:00, 10. Edward Doucette (35) Monterey 18:01.

11. Martin Krilanovich (36) Corralitos 18:03, 12. Mark McGinnis (44) Santa Cruz 18:20, 13. Phillip Hur (18) 18:40, 14. Fernando Pasqual (46) Manteca 19:00, 15. Sanora Rotstein (31) Watsonville 19:02.

Overall Results - 10K

1. David Steffens (34) Issaquah 30:09, 2. Jose Aispuro (31) Watsonville 30:38, 3. Lee Fernandez (17) Salinas 34:23, 4. Andrew Lee (24) San Jose 34:23, 5. Liam Jones (17) Aptos 34:33, 6. Barb Acosta (35) Santa Cruz 34:52, 7. Ronald Robinson (38) San Jose 34:59, 8. Raymond Schmidt (28) Santa Cruz 35:17, 9. Felipe Avila (31) 35:18, 10. Francisco Avila (38) 35:28.

11. Michael Liberatore (17) Santa Cruz 35:31, 12. Kevin Gallagher (35) Santa Cruz 35:35, 13. Tad Woliczko (43) Santa Cruz 35:37, 14. Johnny-Boy Kanter (39) 36:10, 15. Michael King (29) Cupertino 36:12, 16. Salavador Martinez (40) Santa Cruz 36:36, 17. Doug Hetzler (37) Santa Cruz 36:48, 18. Mike McIntyre (40) Santa Cruz 36:52, 19. Jan Valencia (48) Prunedale 36:55, 20. Ron Kiyono (45) Union City 37:17.

Sunset in the Park

Sept. 2, Huntington Beach. 2.8 Mile & 4.8 Mile.

Division Results - Men's 2.8 Mile

13 & Under: 1. Kevein Kelly 17:32, 2. Tyler Jones 17:54, 3. Chris Moore 21:55. **14-17:** 1. Jason Manhart 18:18, 2. Michael Martinez 19:48. **18-23:** 1. Jeff Young 16:52, 2. Frank Kelleter 17:50. **24-29:** 1. Dan Zelinski 15:24, 2. Brad Alexander 15:29, 3. Gumbly 15:59. **30-34:** 1. David Dennis 15:59, 2. Mark Cleary 16:34, 3. Chanel Jones 16:51. **35-39:** 1. Rob McNair 16:13, 2. Carlos Venegas 17:58, 3. Bruce Powers 18:27. **40-44:** 1. Jim Whitson 16:06, 2. Steve Kellmyer

17:03, 3. Jim O'Brien 17:27. **45-49:** 1. Rick Allan 17:31, 2. John Gonzales 17:41, 3. Jim Luft 18:31. **50-54:** 1. Harry Hunt 18:02, 2. Daniel Henderson 18:43, 3. Richard Velez 19:15. **55-59:** 1. Jim Andres 19:52, 2. Frank Greene 20:01, 3. Hank Munoz 20:06. **60 & Over:** 1. Martin Hicks 22:22, 2. Walter Acheson 22:35, 3. Bill Vaughn 27:06.

Division Results - Women's 2.8 Mile

13 & Under: 1. Latesha Jones 18:18, 2. Stacey Brandon 20:30, 3. Heather Bleeker 21:13. **14-17:** 1. Tara Alvarez 20:14, 2. Jarrena Bernestine 23:34. **18-23:** 1. Linda DeLeon 36:33. **24-29:** 1. Sandra Rodriguez 17:55, 2. Anita Freres 19:19, 3. Shanna Flynn 30:34. **30-34:** 1. Jennifer Heaton 19:11, 2. Erin Marshall 25:09, 3. Michelle Russel 25:36. **35-39:** 1. Lori O'Neil 21:12, 2. Sena Hoodman 22:07, 3. Lucy Harris 24:10. **40-44:** 1. Loi Coker 18:57, 2. Sharon Lotesto 21:51, 3. Pamela Penton 23:43. **45-49:** 1. Sue Reinhardt 20:45, 2. Ruth Coates 23:13, 3. Sue Robbins 23:27. **50-54:** 1. Sharon Kokaska 24:55, 2. Teri Thompson 37:15, 3. Gail Ferguson 37:15. **55-59:** 1. Sharon Petrozzi 31:18, 2. Joan Potter 37:53. **60 & Over:** 1. Katherine Fuller 39:52.

Division Results - Men's 4.8 Mile

13 & Under: 1. Leo Bastidas 33:01, 2. Alan Gunnet 53:47. **14-17:** 1. Jaime Bastidas 25:39, 2. Matthew Evans 31:14. **18-23:** 1. Lucio Brito 26:58, 2. Ismal Bernal 28:13, 3. Edgar Valdelamar 29:56. **24-29:** 1. Kevin Herbert 26:52, 2. Dan Zelinski 27:36, 3. Robert Krauth 28:49. **30-34:** 1. Dan Arsenault 26:02, 2. David Dennis 27:56, 3. Mark Cleary 29:29. **35-39:** 1. Angelo Decolibus 27:05, 2. David Smith 28:59, 3. Rob McNair 29:08. **40-44:** 1. Jim Whitson 27:29, 2. Jim O'Brien 30:32, 3. Steve Kellmyer 31:32. **45-49:** 1. Rick Allan 32:41, 2. Bob Braunhardt 33:18, 3. Ian Baillie 34:00. **50-54:** 1. Richard Velez 33:14, 2. Daniel Henderson 34:27, 3. Breck Leath 35:43. **55-59:** 1. Jim Crandall 35:27, 2. Hank Munoz 35:52, 3. Frank Greene 36:11. **60 & Over:** 1. Bill Phillips 36:21, 2. Bob Vitale 36:24, 3. Jack Wallace 43:48.

Masters Results

Men: 1. Jim Whitson 43:35, 2. Jim O'Brien 47:59, 3. Steve Kellmyer 48:35. **Sub-Master:** 1. Dan Zelinski 43:00, 2. David Dennis 43:31, 3. Rob McNair 45:21.

Women: 1. Loi Coker 52:35, 2. Sue Reinhardt 58:05, 3. Sue Robbins 67:35. **Sub-Masters:** 1. Anita Freres 51:25, 2. Jennifer Heaton 57:02, 3. Sena Hoodman 62:32.

Boot Hill Half Marathon & 10K

Sept. 5, Pescadero.

Overall Results - Half Marathon

1. Nick Nickols (33) 1:19:42, 2. Marc Prodruma (41) 1:23:42, 3. Marvin Gerard (42) 1:24:34, 4. Otto Zielke (36) 1:29:58, 5. Bruce Wallner (35) 1:32:29, 6. Cindy Beckett (41) 1:34:52, 7. Chip Ricca (44) 1:35:08, 8. Mark Richey (43) 1:35:17, 9. Jim Marcussen (41) 1:35:36, 10. Tom Mar-kuse (43) 1:37:35.

RESULTS

Overall Results - 10K

1. James Limpley (36) 36:05, 2. Patrick Gilbert (34) 36:17, 3. Joe Finkel (30) 37:39, 4. Doug Meier (33) 40:16, 5. Chris Mickelsen (35) 40:47, 6. Cathy Jager (31) 41:08, 7. Pete Barbed (34) 41:16, 8. Curtis Robertson (37) 41:41, 9. Wayne Bennett (36) 43:20, 10. Miranda Sawders (25) 46:06.

Amigo de Oro

Sept. 5. Mariposa, 5 & 10 Mile.

Overall Results - 5 Mile

1. Matt Crabbe 30:43, 2. Augie Capuchino 31:56, 3. Thomas Diehl 32:22, 4. Bill Schwarty 32:29, 5. Mark Jalosky 35:41, 6. Keren Padilla 37:44, 7. Bill Ramsey 38:25, 8. John Sklonen 39:04, 9. Pam Royer 39:37, 10. Brien Bleener 39:39.

Overall Results - 10 Mile

1. Curt Royler 1:06:53, 2. Ken Schwisow 1:08:56, 3. Ted Omeias 1:12:15, 4. John Peterson 1:12:34, 5. Lisa Hunter 1:13:44, 6. John Miney 1:14:15, 7. David Harman 1:14:35, 8. Mark Rowney 1:14:43, 9. Randy Smith 1:14:58, 10. Michael Rench 1:19:55.

Rainbow Falls 5K

Sept. 5. San Francisco.

Overall Results

1. Mike McManus 15:20, 2. Antonio Corgas 16:00, 3. John Hale 16:05, 4. Pete Nowicki 16:14, 5. Mike Bolgatz 16:34, 6. Anthony Beron 16:35, 7. Peter Hsia 17:19, 8. Tyler Abbott 17:22, 9. Jeff Monje 17:40, 10. David Broom 17:44.

11. Michael Broom 17:51, 12. Len Garriott 17:56, 13. Jean Germain 17:59, 14. Stan Yasuhara 18:02, 15. David Moulton 18:19, 16. Steven Deschler 18:30, 17. Sean McAviney 18:38, 18. Patrick Lee 18:43, 19. Rick Shea 18:45, 20. Larry Wuerstle 18:50.

49'R Canyon Classic Biathlon & Stage Coach 10 Trail Run

Sept. 6. No Place Available. 6.1 Mi.

Run, 7.45 Mi. Bike.

Overall Results

1. Victor Zolotarev/Christopher Holmes 1:00:08, 2. Rich Hanna 1:01:02, 3. Chris Martinez/David Wren 1:02:19, 4. Maxim Merkoushchine/Andy Olmstead 1:03:17, 5. Bob Gaddini/Nick Bingham 1:03:51, 6. Adam Russell/Ken Sibley 1:05:35, 7. Don Pontes 1:07:01, 8. Michael Taylor 1:07:31, 9. Lyle Freeman 1:07:37, 10. Tatiana Ivanova/Jay Garrard 1:07:42.

11. Rae Clark 1:09:00, 12. Larry Gardner 1:09:03, 13. Jan Rivas/Glenn McCarthy 1:10:59, 14. Delmar Fralick/Stan Silva 1:11:58, 15. Evan Chang 1:12:47, 16. Greg Wheatfill 1:13:09, 17. Toby Kramasz 1:13:45, 18. Leighton Reynolds 1:14:51, 19. Stu Cook 1:16:05, 20. Mark Samuelson 1:16:46.

Miniman Triathlon

Sept. 6. Pinole. 250y Swim, 8 Mi. Bike, 2.1 Mi. Run.

Overall Results

1. Stone Randall (20) 34:20, 2. John Armour (26) 35:05, 3. Paul Todd (21) 36:10, 4. Robert, Matt & Carl 36:46, 5. Scott Shea (22) 37:37, 6. Joe Phillips (26) 39:23, 7. Randy Armstrong (33) 41:29, 8. Craig Welch (31) 42:10, 9. Victor Torres (38) 42:55, 10. Wolf Hillesheim (48) 42:57.

11. Sam Williams (34) 43:28, 12. Jack Sorensen (44) 43:36, 13. Jack Ball (53) 43:37, 14. Bruce Hellman (46) 43:44, 15. Jorge Bregon (32) 44:47, 16. Kim Wik (28) 45:06, 17. Randall Lee (30) 45:09, 18. Gary Martin (45) 45:11, 19. Dexter Woo (41) 45:18, 20. Bill Jensen (14) 45:31.

Berryessa Biathlon

Sept. 11. San Francisco. 1.25 Mi. Swim, 21 Mi. Bike.

Overall Results

1. Eric Harr (23) 1:21:51, 2. Mark Loos (28) 1:24:11, 3. Don Anderson (41) 1:25:57, 4. Arterburn-Theodore 1:27:17, 5. Asmuth-Chesky 1:27:45, 6. Curtis Fritz (30) 1:27:50, 7. Kruepeltstaedter (29) 1:29:16, 8. Mark Pretti (33) 1:29:39, 9. Jim Gaughran (61) 1:31:31, 10. Smith-Augustine 1:31:56.

11. Alan Schmeiser (58) 1:32:23, 12. Lisa Seymour (27) 1:32:25, 13. Michael Bey (27) 1:34:54, 14. Tom Anderson (46) 1:35:15, 15. Erin Borden (31) 1:36:42, 16. Gordon Gould (49) 1:36:55, 17. Denis Honeychurch (46) 1:37:06, 18. Ray Wieser (33) 1:38:59, 19. Joe Pritchard (49) 1:39:42, 20. Ingeborg Shlate (24) 1:44:41.

DSE Biathlon

Sept. 12. San Francisco. 2.5 Mi Run, 0.5 Mi. Swim.

Overall Results

1. Patrick McNenny 23:18, 2. Mark Loos 23:43, 3. Allan Stanbridge 24:41, 4. Dave Bonetti 24:43, 5. George Rehmet 26:00, 6. Leland Faust 27:06, 7. Steve Parker 27:14, 8. Peggy Lavelle 27:39, 9. Dimitris Sklavopoulos 29:12, 10. Mike Laramie 29:29.

11. Keith Nowell 31:22, 12. Juan Baylon 31:48, 13. Chuck Shackett 31:52, 14. Ron Dorey 31:53, 15. Stuart Ruth 31:57, 16. David Krevor 32:35, 17. Stephen Cork 32:41, 18. Tyler Abbott 32:57, 19. Not Available 33:01, 20. Marla Showler 33:02.

Alpine County 10K Series

Sept. 12. Kirkwood.

The 1993 Alpine County 10K Run Series came to a close at the 13th annual Kirkwood 10K with a field of over 200 runners. Crisp fall air kept the runners moving at a brisk pace.

The overall Kirkwood winners were Debbie Waldear with a time of 40:38 in

the women's division and 16 year old Albert Gomez came in first overall with a time of 38:44.

In the children's division the top boy was Frank Banks of Gardnerville and Tiffany Davis of Markleeville took first place for the girls.

Overall Winners

Men's Open: 1. Steve Ashcraft 122:66.

Masters: 1. Ralph Johnson 122:92.

Women's Open: 1. Amy Cathcart 129:57.

Masters: 1. Susie Richardson 270:00.

Ultra Marathon 50K Ultra Half Marathon 25K Relay 50K and 12K

Sept. 18. Squaw Valley.

Overall Results - 50K

1. Sean Crom (37) 4:33:23, 2. Tom Johnson (34) 4:40:28, 3. Dave Scott (36) 4:47:04, 4. Mark Aragon (33) 5:07:18, 5. Bob Griswold (40) 5:13:33, 6. Jeannie Wall (25) 5:18:17, 7. Joe Braninburg (49) 5:23:14, 8. Mike Livak (25) 5:23:14, 9. Bill Sinoff (32) 5:30:17, 10. Mark Curry (33) 5:41:57.

Overall Results - 25K

1. Mark Adams (30) 2:08:32, 2. Paul Sweeney (27) 2:15:56, 3. Cris Garvin (31) 2:16:48, 4. Fred Zalokar (33) 2:19:49, 5. Sara Freitas (35) 2:27:46, 6. Michael Taylor (30) 2:32:44, 7. Andrew Canniff (26) 2:34:26, 8. Peter Laskier (49) 2:36:17, 9. Cris Magenheimer (36) 2:37:21, 10. Jamie Wendel (42) 2:41:29.

Overall Results - 50K Relay

1. Jobski & Hoefler 4:09:30, 2. Jepma & Kemp 5:47:35, 3. Homan & Kocai 5:49:36, 4. Crowley & Edwards 5:55:46, 5. Bravo & Bravo 6:11:53.

Overall Results - 12K

1. Steven Christher (37) 1:17:33, 2. Skip Canfield (29) 1:17:45, 3. Zachary Taylor (44) 1:24:33, 4. Denise Kowal (29) 1:25:08, 5. Miranda Sanders (25) 1:25:58.

Park to Park

Sept. 18. Lompoc. 8 Mile.

Overall Results

1. Paul Lee (32) LVDC 41:52, 2. Chris Ailen (33) Lompoc 42:02, 3. Doug Sims (33) SLDC 43:00, 4. Mike Wasson (27) LVDC 43:18, 5. Scott Coe (33) LVDC 43:29, 6. David Holt (36) Solvang 43:44, 7. Gary Silva (43) Santa Maria 44:16, 8. Kim Bruyn (32) Reebok America 46:50, 9. Ed Grand (30) Lompoc 47:30, 10. John Tilford (37) Santa Barbara 48:13.

11. Bill Graham (52) LVDC 49:19, 12. Alex Jones (44) LVDC 49:39, 13. Bobby Powers (37) Santa Barbara 50:04, 14. Laurie Kirkpatrick (34) SLDC 50:13, 15. Stanley Reyes, Jr. (39) Nipomo 51:17, 16. John Hernandez (42) LVDC 52:01, 17. Bill McDongle (50) Bakersfield TC 52:04, 18. Angeles Ramirez (41) Santa Maria 52:37, 19. William Tuomela (39) Lompoc 53:35, 20. Lori Russell (29) Santa Barbara 53:46.

Legg Lake Runs San Gabriel River Run

Sept. 18. So. El Monte. 1 Mi., 2 Mi., 5K, 10K.

Overall Results

1 Mile: Men: 1. Mike Lalum 6:41. Women: 1. Jull Hinz 7:54. 2 Mile: Men: 1. David Williams 18:41. 5K: Men: 1. Larry Green 20:16, 2. Bill Hinz 23:55, 3. Mike Lalum 24:56. 10K: Men: 1. Mike Lalum 47:19.

Apricot Road Run

Sept. 25. So. El Monte. 2K, 4K, 5K, 10K.

Overall Results

2K: 1. David Williams 20:42, 2. Bruce Odou 20:43. 4K: 1. Arthur Martinez 18:46. 5K: 1. Mike Lalum 24:10. 10K: 1. Mike Lalum 46:01.

Indian Summer Road Run

Sept. 26. So. El Monte. 5K.

Overall Results

1. Arthur Martinez 20:06, 2. Gerald Werner 20:13, 3. Mike Lalum 23:50.

Sunset Health Road Run

October 2. So. El Monte. 1 Mi., 5K, 12K, 15K.

Overall Winners

1 Mi: 1. Bruce Odou 7:11. 5K: 1. Tom Kurosky 27:36. 12K: 1. Mike Lalum 56:10. 15K: 1. Mike Lalum 1:19:20.

Morning Sprint Road Run

October 3. So. El Monte. 5K & 10 Mi.

Overall Results

5K: 1. David Soto 21:07, 2. Bruce Odou 28:02. 10 Mi.: 1. Mike Lalum 1:18:26.

Art's Birthday Road Run

October 9. So. El Monte. 4K & 5K.

Overall Results

4K: 1. David Williams 24:41. 5K: 1. Bruce Odou 22:09, 2. Mike Lalum 23:19.

Blue Stream Road Run

October 10. So. El Monte. 5K.

Overall Results

1. Gerald Werner 20:31, 2. Mike Lalum 23:42, 3. Mario Vasquez 25:50, 4. Bruce Odou 26:29, 5. Tim Gonzalez 30:41.

Shin Zen Runs

Sept. 19. Fresno. 1K, 10K, 2 Mi.

Division Results - Boys 1K

3: 1. Andrew Campbell 6:16. 4: 1. David Olmedo 5:43. 5: 1. Timothy Aldape 4:21. 6: 1. Drew Kircher 4:11. 7: 1. Chris Benelli 4:38. 8: 1. Ricardo Paredes 4:12. 9: 1. Adam Kaprielian 3:43.

Division Results - Girls 1K

2 & Under: 1. Megan Cavazos 10:04. 3: 1. Danielle Williams 9:02. 4: 1. Marianne Willard 6:00. 5: 1. Danielle Ewing 5:23. 6: 1. Lauren Morimoto 5:02. 7: 1. Stacey Ewing 4:39. 8: 1. Kathryn Hernandez 4:07. 9: 1. Johanna Bodden 4:06.

Division Results - Men's 10K

18 & Under: 1. Sascha Vogel 35:23, 2. David Abrego 37:51, 3. Brandon Skiba 42:50. 19-24: 1. Shawn Young 34:07, 2. Patrick Flint 34:52, 3. Robert Spencer 38:02. 25-29: 1. Sal Rodriguez 34:03, 2. Jay Geary 36:51, 3. Darryl DeRutter 38:11. 30-34: 1. Luke Merrill 34:08, 2. Artemio Villegas

RESULTS

35:19, 3. Felipe Cabrera 35:30. 35-39: 1. Robert Garcia 37:07, 2. Michael Roberts 39:01, 3. Patrick Phillips 39:09. 40-44: 1. John Aldrich 36:11, 2. Gary Bluth 38:08, 3. Jim Lamb 38:27. 45-49: 1. Bill Funicella 38:11, 2. David Horg 42:36, 3. Michael Mason 43:17. 50-54: 1. William Woody 39:07, 2. John Litster 43:11, 3. Larry Allred 44:01. 55-59: 1. Juan Sobenes 44:22, 2. Robert Smith 47:12, 3. Richard Robinson 47:53. 60-64: 1. Chris Denny 45:00, 2. Tony Bush 46:44, 3. Jim Benelli 49:48. 65-69: 1. David Fung 48:26. 70 & Over: 1. Jim Nagatani 57:50.

Division Results - Women's 10K
18 & Under: 1. Lea Nibur 42:33. 19-24: 1. Julie Nagao 52:26. 25-29: 1. Christy Campbell 47:18, 2. Kerrie Kelsey 48:07, 3. Cheri Sherwood 51:51. 30-34: 1. Diane Vartanian 42:12, 2. Tammy Aphorpe 43:38, 3. Melissa Ortiz 43:44. 35-39: 1. Susie Underwood 41:56, 2. Joyce Morris 52:20, 3. Mary Pretzer 54:12. 40-44: 1. Carol Alsdorf 43:40, 2. Carol Wilson 47:22, 3. Connie Parsons 48:44. 45-49: 1. Sandy Litster 51:57. 50-54: 1. Jane Fraser 49:51, 2. Maryfrances Awtry 57:47.

Division Results - Men's 2 Mile
9 & Under: 1. James Hensel 16:58. 10-12: 1. Javier Orozco 13:00. 13-15: 1. Michael Lujan 10:10. 16-18: 1. Roberto DeLoera 10:06. 19-24: 1. Gilbert Delgado 9:50. 25-29: 1. Joseph Carnegie 8:51. 30-34: 1. Jay Farris 9:18. 35-39: 1. Alfred Lara 8:48. 40-44: 1. Steven Levy 10:15. 45-49: 1. Robert Lindsey 9:52. 50-54: 1. Donald Trout 10:50. 55-59: 1. Tommy Upton 10:42. 60-64: 1. Ric Zamarripa 11:45. 70 & Over: 1. Bob Musso 15:24. **Wheelchair:** 1. Dean Vanderpool 11:36.

Division Results - Women's 2 Mile
9 & Under: 1. Jamie Hahn 12:49. 10-12: 1. Sarah Smith 12:43. 13-15: 1. Kristin Fairley 12:54. 16-18: 1. Kerry Sue Houchin 11:47. 19-24: 1. Daniela Chuhlantseff 11:19. 25-29: 1. Stacey Buehner 11:05. 30-34: 1. Tannis Wilgenburg 10:39. 35-39: 1. Nellie Gonzales 12:41. 40-44: 1. Judy Case 12:56. 45-49: 1. Barbara Duenes 13:45. 50-54: 1. Marjorie Lindsey 12:32. 55-59: 1. Joy Dellanina 15:38. 60-64: 1. Sydney Loo 18:11. 65-69: 1. Marilu Lindley 25:56. 70 & Over: 1. Mary Meisel 20:52.

2 Mile Walk
Men--Open: 1. Terry Kubar 25:12. **Masters:** 1. Rodney Recek 22:48. **Seniors:** 1. Richard Andris 24:49.

Women--Open: 1. Kari Cardwell 21:42. **Masters:** 1. Cheryl Williams 21:32. **Seniors:** 1. Sophia Iwatsubo 26:10.

Stern Grove Run

Sept. 19. San Francisco. 4 Miles.
Overall Results
 1. Roger Dyksterhuis 21:52, 2. David Perlman 22:19, 3. Brian Richter 22:26, 4. Antonio Corgas 22:43, 5. Anthony Beron 23:32, 6. Lee Hurwitz 24:08, 7. Jim Flanigan 24:27, 8. Len Garriott 24:40, 9. Jeff Monje 24:49, 10. Larry Wuerstle 26:07.
 11. Rick Timco 26:08, 12. Peter Wieser

26:11, 13. Keith Johnson 26:17, 14. David Moulton 26:18, 15. Theo Jones 26:32, 16. Jim Roe 26:33, 17. Tom McCarthy 26:43, 18. Tony Varnhagen 26:59, 19. Tom Christian 27:07, 20. Ron Dorey 27:27.

Ron's Wildlife Run

Sept. 19. Los Gatos. 10K.
Division Results - Men
Overall Winners: 1. Jason Balkman 32:39, 2. Dan Stefanisko 33:24, 3. John Fletcher 34:17. **12 & Under:** 1. Carlos Si-queiros 45:16, 2. Keith Follmar 56:49. 13-18: 1. Jason Balkman 32:39, 2. Roland Kaiser 39:17, 3. Edgar Diaz 41:29. 19-29: 1. John Fletcher 34:17, 2. Michael O'Conner 36:55, 3. David Parker 37:13. 30-39: 1. Dan Stefanisko 33:24, 2. Larry Bartholomew 35:00, 3. Francisco Avila 35:02. 40-49: 1. Steve Lorenz 35:37, 2. John Hershberger 35:52, 3. Greg Burke 36:47. 50-59: 1. Bill Comport 40:53, 2. John Trom 43:34, 3. Walt Cole 44:05. **60 & Over:** 1. Ephraim Romesberg 45:45, 2. Bill Patterson 47:12, 3. Chris Harrigfeld 47:55.

Division Results - Women
Overall Winners: 1. Christine Kennedy 35:20, 2. Nao Wei 38:46, 3. Sandy Sanchez 40:26. **12 & Under:** 1. Stephanie Matsuoka 40:39. 13-18: 1. Maureen Sweda 52:06, 2. Heather Levy 52:11, 3. Kathy Aaneson 54:18. 19-29: 1. Kimberley Aaneson 44:59, 2. Kathy McMillion 46:13, 3. Elizabeth Strauhel 49:03. 30-39: 1. Christine Kennedy 35:20, 2. Nao Wei 38:46, 3. Lisa Sharp 42:09. 40-49: 1. Sandy Sanchez 40:26, 2. Tonia Trombetta 43:32, 3. Patty Hunter 46:31. 50-59: 1. Susan Brown 44:44, 2. Wendy Ferguson 50:19, 3. Diane Bromstead 50:39. **60 & Over:** 1. Margaret Nervina 1:06:44.

Chevy's to Chevy's Fresh Mex Run

Sept. 25. Sacramento. 12K.
Overall Results - Wheelchair
 1. Dave Larson 32:11, 2. Chuck McAvoy 39:52, 3. Bryan Gray 44:17.

Overall Results
 1. Peter Vicencio (27) 39:15, 2. Brad Lael (28) 39:17, 3. Craig Murphy (32) 40:35, 4. Dwight Miller (36) 40:45, 5. Gary Johnsrud (37) 41:54, 6. Adam Ferreira (43) 42:02, 7. Dean Bowman (42) 43:15, 8. Mike Mendoza (26) 43:27, 9. Robert Fournier (35) 43:30, 10. Daniel Ortiz (41) 43:40.
 11. Mike Ammon (48) 43:42, 12. Tim Bur-nison (38) 44:24, 13. John Kennedy (40) 44:26, 14. Thom Pearman (31) 44:37, 15. Jose Loza (24) 45:01, 16. Ignacio Rodriguez (25) 45:19, 17. Jim Flanigan (44) 45:40, 18. John Bremer (34) 45:47, 19. Evan Chang (34) 45:58, 20. Stephen Boland (33) 46:14.
 21. Jerry Lyerly (53) 46:18, 22. Linda Jung-sten (30) 46:25, 23. Rangel Ernesto (25) 47:01, 24. Gary Kirchubel (36) 47:16, 25. Rob Stark (34) 47:28, 26. Jim McMillin (43) 47:39, 27. David Ragsdale (55) 47:43, 28. Jeff Coe (34) 47:57, 29. Larock Feldspar (34) 48:06, 30. Jim Vanhorn (26) 48:11.
 31. Steve Gray (44) 48:23, 32. Sean Gal-lagher (35) 48:23, 33. No Name Available 48:31, 34. Kim Isham (40) 48:45, 35. Scott Kostka (30) 49:10, 36. Christopher Wolf (24) 49:26, 37. Barbvara Heiler (35) 49:27, 38. Mark Metz (30) 49:32, 39. David Fung (34) 49:33, 40. Roger Shimer 49:35.
 41. Patrick Nooren (22) 49:37, 42. Steve Rudolph (18) 49:38, 43. Bob Cogburn (18) 49:51, 44. Brad Nelson (41) 49:54, 45. Wayne Monson (18) 49:54, 46. Mark Blakeslee (42) 50:12, 47. Chris Perrin (34) 50:13, 48. Del Albright (32) 50:14, 49. David Pike (19) 50:15, 50. Michael Ryan (42) 50:18.

Serene Lakes Lodge Half Marathon

October 9. Soda Springs. 10K.
Overall Results - Half Marathon
 1. Bryce Bayer (36) 1:40:30, 2. Kathy Hess (31) 1:41:06, 3. Scott Burk (30) 1:41:48, 4. Dennis Krinnitt (43) 1:43:37, 5. Denise Kowal (29) 1:44:22, 6. Fred Schluet-er (39) 1:44:47, 7. Dorothy McCaglin (41) 1:45:15, 8. Jay Anderson (37) 1:48:19, 9. Leslie Boucher (34) 1:54:39, 10. Jacklyn Walker (46) 1:57:38.

Overall Results - 10K
 1. Jon Antoni (38) 51:44, 2. Catherine Ar-ridge (41) 59:43, 3. Leslie Brown (38) 1:05:27, 4. Gerald Glasser (50) 1:06:13, 5. Bonnie Mitchell (51) 1:10:11.

Walnut Road Run

October 9. Walnut. 2K & 5K.
Overall Results - 2K Kids Run and Fit-ness Walk
 1. Wade Andrews 7:17, 2. Wade Miller 7:25, 3. Steven Martinez 7:26, 4. Nichole Ascenio 7:32, 5. Niede Rehm 7:48, 6. Lisa Gunersen 7:48, 7. Trent Andrews 7:52, 8. Michelle Ascencio 8:02, 9. Patricia Maldonado 8:10, 10. Glenn Eastmen 8:14.

Overall Results - 5K
 1. Juan Vega 15:32, 2. Juan Cervantes 15:34, 3. Efrén Garcia 17:25, 4. Walter O'Brien 17:40, 5. George Aquilera 18:14, 6. Christopher Garcia 18:21, 7. Larry Guter-rez 18:25, 8. Juan Gomez 18:27, 9. Danny Martinez 18:29, 10. Gary Riley 18:34.
 11. Albert Cedillo 18:44, 12. Jim Brown 18:45, 13. Ray Chacon 19:06, 14. Jim Rucker 19:07, 15. Daniel Castanon 19:09, 16. Rey Venegas 19:10, 17. Danny Castro 19:22, 18. Daniel Henderson 19:41, 19. Lisa Davis 19:52, 20. Siminole Callille 19:58.



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	AGE DIVISIONS 16/under 17-20 21-29 30-39 40-49 50-59 60-69 70-79 80+			(3-deep)
	LAST NAME <input type="text"/>	FIRST <input type="text"/>		<input type="checkbox"/> PLEASE SEND ME A Heart of America PLEDGE SHEET
	ADDRESS <input type="text"/>	SEX <input type="checkbox"/> M <input type="checkbox"/> F		<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
	CITY <input type="text"/>	STATE <input type="text"/>		Check T-shirt Size
Phone Number <input type="text"/>		DATE OF BIRTH		
<input type="checkbox"/> 5K run/walk <input checked="" type="checkbox"/> CHECK ENTRY <input type="checkbox"/> Mile		AGE		
		ON EVENT DAY	MONTH <input type="text"/> DAY <input type="text"/> YEAR <input type="text"/>	

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Date