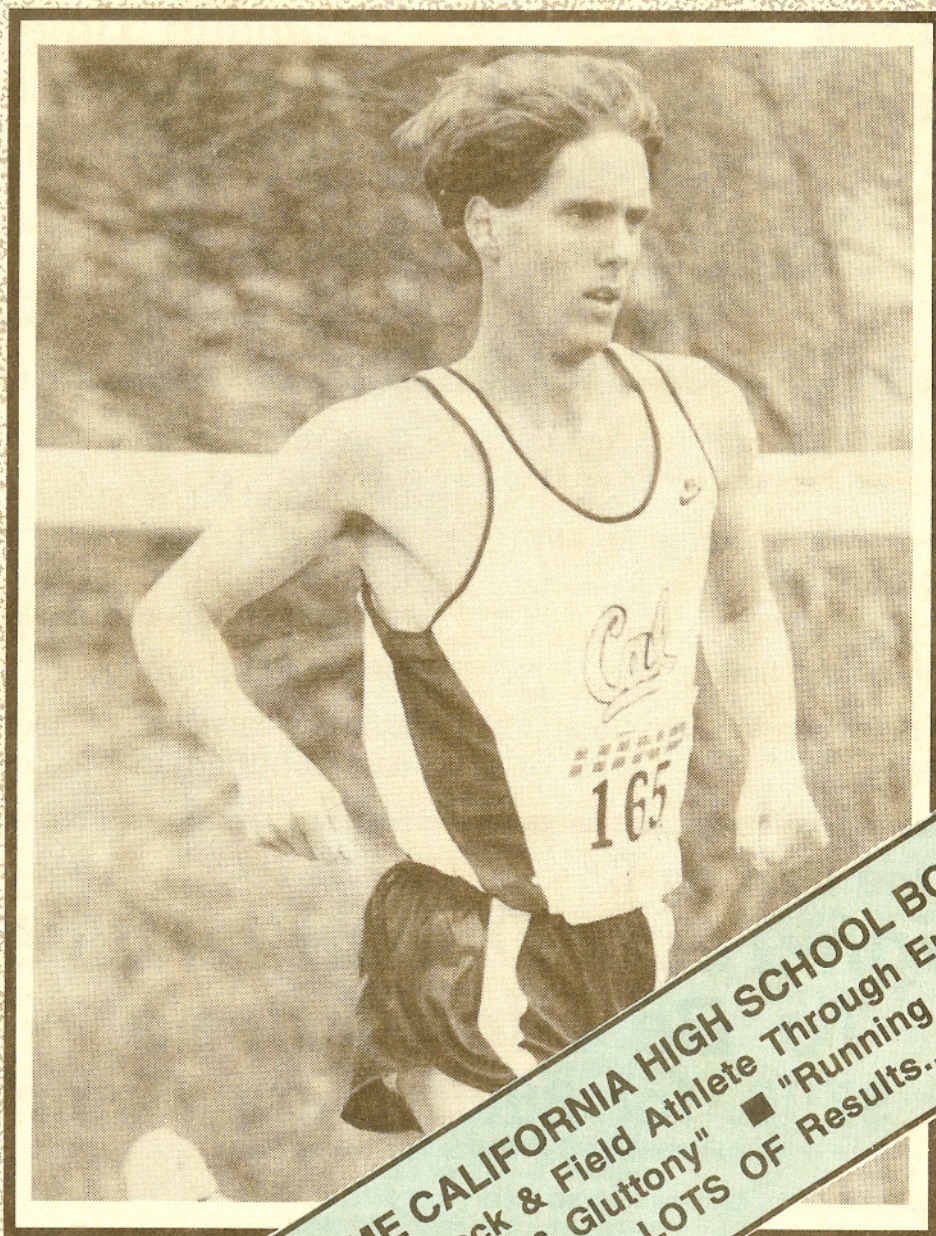


CALIFORNIA

Track & Running News

NOVEMBER / DECEMBER 1995

ISSUE NO. 216



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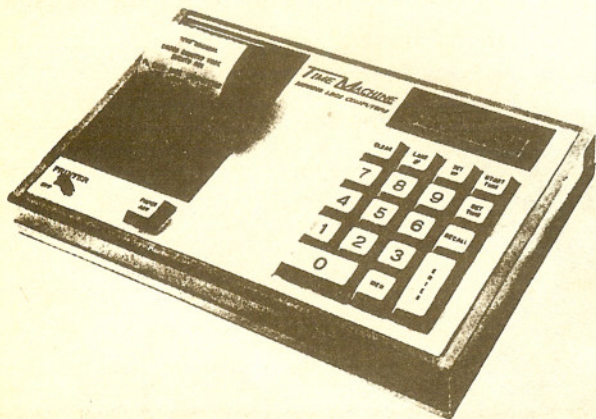
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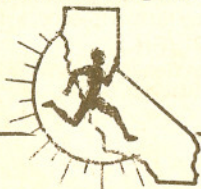


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FROM THE EDITOR

A few hours ago I spent some time typing Foot Locker Western Region entries into the computer scoring program. I enjoy typing in these names because it's fun to get a preview of who will be coming, and to see where all of these runners come from. Last year there were 2,200 runners from 12 Western states who convened in Fresno on the first Saturday in December to see who will be the top 8 and represent the West in the Foot Locker National Finals the following Saturday.

At least I used to think that Foot Locker runners came for a chance to qualify for the expense-paid trip to the Nationals. For some, that is still their true motivation and they have a "shot-at-it." But what about the other 1500, or so, who obviously don't have a chance to qualify? Why do they come to Fresno? For example, here's a runner from Utah, a freshman boy who has run 20 minutes for 5,000 meters. Why does he come?

I know the answer to my own question. I know why all these runners come all this way to run in the Foot Locker Cross Country Championships. It's the same reason why I dream of someday running the Boston Marathon (I did enter the 100-year celebration Boston lottery hoping for just that chance). The fact that you are reading this magazine means you too probably know what I am talking about.

The beauty of cross country (and road running) is that it's not an elitist sport where only a few high level athletes get the chance to compete in the "Big Ones." In cross country, everyone runs the same distance on the same course on the same day. They are all part of the same experience. They are all in there together, the 15-minute runner and the 25-minute runner--to be a part of it, to experience it, to run the race. That's really what cross country is all about. That certainly is what the Foot Locker Cross Country Championships is all about.

If you've never been . . . to Foot Locker . . . well, you've missed out on a great experience. There is always next year. What's to keep you from being a part of it? While you have your calendar out to check on the first Saturday in December, see what you are doing in April. Patriot's Day. Boston. The Marathon. Why not?

Bill

ON THE COVER: Outstanding Cal Berkeley runner **RICHE BOULET** has won several "big" events this cross country season, including the Stanford Invitational (see results on page 47) and the CPSLO Invitational (page 49).

Photo by Bill Leung, Jr./Geek Media

SCHEDULE

Please send schedule information...

Cross country and track information--
CTRN, 4957 E. Heaton Ave.,
Fresno, CA 93727
FAX (209) 255-4904

Road Racing information--
Jack Leydig, PO Box 1390,
San Mateo, CA 94401
FAX (415) 348-1862

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

December 9 (Saturday)

San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

Baton Rouge, LA: Junior Olympic National Cross Country. Highland Road Park. Pete Boudreaux, 855 Hearthstone Dr., Baton Rouge, LA 70806 (504) 383-3843.

1996

February 3

Azusa: McDonald's Cougar Classic. 7 a.m. 2K Youth ages 5-13. 5K 14 & up. Contact Kevin Reid (818) 815-6000, ext 3294.

College & Open

Track & Field

November 16 (Thurs.)

Fresno: Turkey Trials. Warmerdam field. 2 p.m. Info: Red Estes (209) 278-4097.

November 22

Azusa: Twilight Distance Carnival. All distance events & distance relays. 5 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

1996

January 18

Azusa: Pentathlon. 2 p.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

January 20 (Sat.)

Fresno: FS Weight Pentathlon. Warmerdam Field. Info: Red Estes (209) 278-4097.

January 27 (Sat.)

Reno, NV: Reno Indoor Invitational.

February 3 (Sat.)

Bakersfield: Cal State Bakersfield Outdoor Invitational.

Reno, NV: Nevada Indoor Meet.

February 8

Azusa: Pentathlon. 2 p.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

February 10

Las Vegas, NV: Las Vegas Invitational Indoor Track Meet. Contact Franken Enterprises (310) 278-2030.

Reno, NV: Nevada Indoor Meet.

Columbia, SC: Women's Olympic Marathon Trials.

February 17

Charlotte, NC: Men's Olympic Marathon Trials.

February 22-24 (Thurs.-Sat.)

WAC Indoor Championship. Air Force Academy.

March 8-9 (Fri.-Sat.)

Indianapolis, IN: NCAA Indoor Championships.

March 16 (Sat.)

San Luis Obispo: Cal Poly Invitational.
Santa Barbara: Easter Relays.

March 23

Northridge: CS Northridge Invitational.

March 30

Azusa: Night of Champions / Evening of Inspiration. 5 p.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

April 1-2 (Mon-Tues)

Fresno: FS Decathlon/Heptathlon. Warmerdam Field. Info: Red Estes (209) 278-4097.

April 11-13 (ThursSat.)

Fresno: Fresno Relays. Ratcliffe Stadium. 9 a.m.

April 18-19

Azusa: Mt. SAC Relays/California Invitational Multi-Events. 10 a.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

April 19-20

Walnut: Mt. SAC Relays.

April 22

Azusa: BFI International Meet of Champions. 10 a.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

April 26-28 (Fri.-Sun.)

Berkeley: Cal/Nevada Championships.

April 28-29

Azusa: GSAC Conference Track & Field Championships. 10 a.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

May 11 (Sat.)

Eagle Rock: Occidental Invitational.

May 15-17 (Wed.-Sat.)

Albuquerque, NM: WAC Championships.

May 17-18

Los Angeles: Asics Classic. 7 p.m.

May 23-25 (Thurs-Sat.)

Marietta, GA: NAIA Outdoor Championships

May 30-June 1 (Thurs.-Sat.)

Eugene, OR: NCAA Championships.

June 1

Azusa: Pre-Olympic Invitational. 7 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

June 7 (Fri.)

Fresno: Central Cal USATF Championships. Ratcliffe Stadium. 6 p.m.

TRACK & FIELD

High School

Track & Field

March 23, 1996

Azusa: High School Meet of Champions. 1 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

April 6, 1996

Azusa: San Gabriel Valley Invitational. 10 a.m. Contact Irv Ray (818) 815-6000, ext. 3294.

Cross Country

November 22

Azusa: Twilight Distance Carnival. All distance events & distance relays. 5 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

December 2 (Saturday)

Fresno: Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 9 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 3 (Sunday)

Boston, MA: US Junior Cross Country Championships.

SCHEDULE

June 14-23

Atlanta, GA: US Olympic Trials.

July 20-August 4

Atlanta, GA: Olympic Games.

Cross Country

November 4 (Saturday)

Azusa: Golden State Athletic Conference.

November 11 (Saturday)

Azusa: Cougar Collegiate 2 Miler. 8 a.m.
Walnut: USATF Western Regionals. Mt. SAC.
11 a.m.

San Diego: NCAA Div. III Western Regionals. 9:00 a.m./5K/Women. 9:45 a.m./8K/Men.
UC San Diego campus--North Rec. Field. Info:
Ted Van Arsdale (619) 534-0328.

November 18 (Saturday)

Kenosha, WI: NAIA X-C Nationals.

November 20 (Monday)

Ames, IA: NCAA Cross Country Championships.

December 3 (Sunday)

Boston, MA: USA National Cross Country Championships. Franklin Park. Junior & Senior Men and Women. 10 a.m. first race. 5K All-Comers and Press run at 9:15 a.m. Info: USATF/New England Office (617) 566-7600 days.

Masters

November 1-11

Long Beach: Long Beach Senior Olympics. 55+. Windi Snellen, 2760 Studebaker Rd., Long Beach 90815 (310) 570-1780.

November 11 (Saturday)

Landen, OH: US Masters 5K X-C Championships. Scott Brooker, 230 Northland Blvd., #309, Cincinnati, OH 45246 (513) 860-2253.

November 18 (Saturday)

Boston, MA: US Masters 8K X-C Championships.

December 3 (Sunday)

Boston, MA: US National Masters 8K Cross Country Championships. Fred Treseler, 79 Magnet Rd., Chestnut Hill, MA 02167 (617) 964-7802.

1996

January 27

Palm Desert: College of the Desert Meet. 2 p.m. Grass track. Mike Castaneda (619) 321-9299.

February 9-18

Palm Springs: California Senior Olympics. 55+. Ben Green, 480 South Sunrise Way, Palm Springs 92262 (619) 323-5689.

February 24-27:

Running Springs: Running Springs Winter Games. 55+. Harry Lund, PO Box 2656, Running Springs 92382 (909) 867-2411.

March 29-31

Greensboro, NC: USATF National Masters Indoor Championships. Ron Foster, Greensboro Sports Commission, PO Box 3222, Greensboro, NC 27402 (800) 289-9009. (Indoor Pentathlon on March 29. Contact Scott Thornton, 18 Colgate Dr., Camp Hill, PA 17011-7624 SASE.)

August 15-18

Spokane, WA: 29th Annual USATF National Masters Championships. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204 (509) 533-3644, FAX (509) 533-4128.

All-Comers

November 11 & 18 (Saturday)

Sacramento: Timber Wolf T&F Club All-Comers Track & Field Meets. Encina High School (1400 Bell St., Sacramento). All ages and abilities--throws only Timber Wolf Track & Field Club. PO Box 19142, Sacramento 95819 (916) 489-2708. (Other dates: December 2, 16--throws only).

November 18 (Saturday)

Santa Cruz: KELfield Throws Series #43. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

December 2 & 16 (Saturday)

Sacramento: Timber Wolf T&F Club All-Comers Track & Field Meets. Encina High School (1400 Bell St., Sacramento). All ages and abilities--throws only Timber Wolf Track & Field Club. PO Box 19142, Sacramento 95819 (916) 489-2708.

December 16 (Saturday)

Santa Cruz: KELfield Throws Series #44. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

1996

January 13 (Saturday)

Santa Cruz: KELfield Throws Series #45. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

July 6, 13, 20, 27

Azusa: Summer Twilight Cross Country Series. 7 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

Camps & Clinics

December 16

Azusa: Part 1 -- Australian Training Model for Middle & Long Distance Runners. Base Training. Contact Irv Ray (818) 815-6000, ext. 3294.

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SCHEDULE

ROAD RACING

December 19-22

Union City: Elite Speed Development Camp. James Logan High School. 4 days, 3 nights. For athletes of all sports. Info: Remi Korchemny (510) 886-4992 or Lee Webb (510) 471-2520 ext 5113 work, or (510) 505-9557 home.

December 27-31

Atascadero: Sky Jumpers Vertical Sports Club. Sports camp for pole vaulters ages 12 & up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422 (800) 652-5201 or FAX (805) 466-8273.

1996

January 19-20, 1996: Las Vegas, NV

February 2-3, 1996: San Diego & L.A.

Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

January 20-21

San Mateo: USA Track & Field Level 1 Coaching Certification School. College San Mateo. 9 a.m. (1/20) through 5:00 p.m. (1/21). San Mateo Level 1 School, c/o Al Hernandez & Dave Schrock, 2132 Valorie St., Fremont Ca 94539.

February 2-4

Point Reyes: 9th Annual Seashore Winter Running Camp & Clinic. Contact USA Christian Runner's Association, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697, Nick Vogt, Executive Director.

February 3

Union City: Olympic Developmental Track & Field Clinic. James Logan High School. Athletes of all ages--6-100, masters & racewalkers. Contact Lee Webb (510) 505-9557 home, or (510) 471-2520 ext 5113.

February 16-17 (Fri.-Sat.)

Fresno: FS Track Clinic. Fresno State Campus.

April 13

Azusa: BFI Azusa Youth Day Track Clinic. 9 a.m. Contact Irv Ray (818) 815-6000, ext. 3294.

June 2-30

Azusa: Sprint Training for Distance Runners. With Coach Scott Wilson. Contact (818) 815-6000, ext. 3294.

June 10

Azusa: Part 2 -- Australian Training Model for Middle & Long Distance Runners, Pre-Comp/Comp Series. Contact Irv Ray (818) 815-6000, ext. 3294.

July 10-15

Azusa: San Gabriel Valley Summer Day Track Camp. Boys & girls, ages 10-18. Contact Irv Ray (818) 815-6000, ext. 3294.

July 31-August 5

August 6-13

Mammoth Lakes: Steve Scott Camp & Workshop. 2 sessions. Contact Irv Ray (818) 815-6000, ext. 3294.

Nov. 4 (Sat.)

San Francisco: Pacific Cross Country Race #8, 4M/Women, 6M/Men, Golden Gate Park (30th Av. & JFK Dr.), 9 a.m./Women, 9:45 a.m./Men. Hoy's Sports, 1632 Haight St., San Francisco 94117 (415/252-5370, days; 415/648-1467, eve).

Pescadero: Pescadero Biathlon (5kR-17mB-5kR), Duarte's Tavern (Stage Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Morgan Hill: Morgan Hill Marathon & Half-Marathon, 8 a.m. Dan Barger, California Sports Mktg., P.O. Box 794, Morgan Hill 95037 (408/776-3035, 779-5653).

Big Sur: Big Sur Trail Marathon/Half-Marathon/5M, Andrew Molera State Park, 8 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Sacramento: Jingle Bell Run/Walk for Arthritis, 5K/10K, William Land Park, 8:30 a.m./Kids Run, 9 a.m. Joan Stevie, 3040 Explorer Dr., #1, Sacramento 95827 (800/571-3456).

Freshwater: Bridgeville Relays, Distance TBA, 3 Corners on Old Arcata Rd., start between 5-8:30 a.m. Info: Jim Griggs (707/445-9377).

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

Santa Barbara: Santa Barbara News Press Half Marathon. Leadbetter Beach. 8 a.m. Santa Barbara Half Marathon, PO box 6616, Santa Barbara 93160 or call the News-Press Info Line at (805) 892-2250 #5050.

Julian: Julian 10K, Julian H.S., 8 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

Nov. 5 (Sun.)

San Francisco: DSE Land's End Run 5K, Balboa Av. & Great Hwy., 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Francisco: Olympic Circle 4.5M, Lake Merced (Sunset Blvd. Parking Lot), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

La Honda: Pescadero Half-Marathon/10K, Pescadero Creek County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Mountain View: Stevens Creek Trailblazer Race #2, 10K, Shoreline Blvd. (near Shoreline Pk.), 9 a.m. Friends of Stevens Creek Trail, Rhonda Sherber, 22221 McClellan Rd., Cupertino 95014 (408/255-5780 or 415/903-6067).

Sonora: Sonora Heart & Sole Classic, 10K/2M, Washington St. at Courthouse Sq., 8:30 a.m. Sonora Community Hospital, 1 So. Forest Rd., Sonora 95370 (Amer. Heart Assoc.: 209/529-4642).

Camino: Apple Hill Harvest Run, 8M/3.5M/Kids' 0.5M, Larsen's Apple Barn, 8:30 a.m.

Snowline Hospice, 3097 Cedar Ravine, Placerville 95667 (916/621-7828).

Fresno: Central California Half-Marathon & 5K, (Woodward Park/HM, Los Lake Park/5K), 8 a.m. Ron Gates, P.O. Box 17097, Fresno 93744 (209/261-1284).

San Luis Obispo: PENDING -- Black & Gold Boosters 10K 8:30 a.m. Edna Winery on Broad Street. Bruce Smith, c/o San Luis Obispo HS. 1350 California Blvd., San Luis Obispo 93401 (805) 544-2457 h.

Ventura: Salmon Run 5K, Main & Olive, 8:30 a.m. Inside Track, Gary Tuttle, 1410 E. Main St., Ventura 93001 (805/648-3803).

Los Angeles: American Cancer Society Minnie Ripperton Run, 5K/10K, L.A. Coliseum (statue area), 8 a.m. Info: Julie Lemon (213/386-6102).

Newport Beach: Hard Rock Run for Cove. 10K/5K/Kids' 1K, Fashion Island (Hard Rock Cafe), 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

Riverside: Mission Inn Run, 5K/10K, Time TBA. Elite Racing, Silia Hatzl, 10509 Vista Sorrento Pkwy., Suite 102, San Diego 92121 (619/450-6510).

Upland: Stride & Ride 5K/10K, Upland Memorial Park (Campus & Grove Sts.), 8 a.m./5K, 8:30 a.m. Finish Line Int'l., 7846 Connie Dr. Huntington Beach 92648 (714/841-5417).

Las Vegas, NV: Turkey Trot 10K/2M, Location TBA, 7:30 a.m. Info: Tri-A-Run (702/870-8269).

Nov. 11 (Sat.)

San Mateo: Judy Golding 75th Birthday Run. 8K, Clinton Dr./Anchor Rd., 8:30 a.m. Vintage A.A., P.O. Box 620732, Woodside 94062 (415/851-2555).

Arcata: Arcata Bottoms Race, 2.4 & 8 Mi., St Mary's School (Janes Rd.), 10 a.m./2.4M, 10:45 a.m. Info: Jim Griggs (707/445-9377).

Fresno: Run for the Sun. Woodward Park (Mountain View Shelter). 7:15 a.m./1K Kid's Run. 7:30 a.m./Centipedes & 2 Mile Walk/Run. 8:00 a.m. 10K. Info: Marilyn Barry (209) 299-1477. The Shanna Zerpoli Foundation, PO Box 26195, Fresno 93729.

Bakersfield: Feline Fun Run 8K, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

Lake Isabella: Dam Tough Run, 50K Marathon, 4-Person Relay, 10K, Chamber of Commerce, 8 a.m. Dam Tough Run, P.O. Box 567, Lake Isabella 93240 (619/379-5236).

Temecula Valley: Temecula Valley Triathlon (5kR-14mB-150yS), Temecula Valley Rec. Center, Time TBA. Info: 909/699-9177 or 925-6650.

San Diego County: Borrego Springs Half Marathon, 8 a.m. Info: Power Endurance Events (800/967-8758).

Las Vegas, NV: Harry Reid 10K/2M, Spring Mtn. Ranch (Charleston Blvd. toward Blue Diamond), 7 a.m. Info: Tri-A-Run (702/870-8269).

Nov. 12 (Sun.)

San Francisco: DSE Rainbow Falls 5K & Kids' Run. Golden Gate Park (Traverse & JFK Dr.), 9 a.m./Kids, 9:30 a.m. DSE Runners. P.O.

SCHEDULE

Box 210482, San Francisco 94121 (415/9778-0837).

Oakland/San Francisco (Tentative): Life-span Bay Bridge 10K (postponed from Sep. 24 due to insurance difficulties...verify date), Toll Plaza (shuttle buses req'd to start from City Center/12th St. BART from 5:30-6:30 a.m. only), 7 a.m. Info: 415/362-RACE.

Miramar: Run for the Coast, 5K/10K. RESCHEDULED TO DECEMBER 3.

Alameda: Harbor Bay 5K/10K, Harbor Bay Ferry Terminal, 8:30 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

Mendocino: Mendocino Trail Marathon/Half-Marathon/10K, Russian Gulch State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Pacific Grove: Scenic Run, 3K/10K, Lover's Point, 9 a.m. Monterey County Special Olympics, Cindy Myers, 211 Pearl St., Monterey 93940 (408/373-1972).

Clarksburg: Clarksburg Country Run, 5K/30K/Kids' 1M, Delta H.S., 10 a.m./30K, 10:15 a.m./5K, 11:05 a.m./1M. Skip Seebeck, P.O. Box 20, Clarksburg 95612 (916/665-1712 or 983-4622).

Elverta: Last Chance 50 Miler, Gibson Ranch (Western States qualifier), 8 a.m. Norman Klein, 1139 Mace River Ct., Rancho Cordova 95670 (916/638-1161).

Pismo Beach: Stride With the Tide Beach Runs. 5K, 10K & 1 mile (14&u), 9 a.m. Pismo Pier. Recreation Division, City of Pismo Beach, PO Box 3, Pismo Beach 93449 (805) 773-4658.

Santa Clarita: City of Santa Clarita Marathon, Canyon Country, 7 a.m. (500 Limit). Santa Clarita Runners, 26032 Laguna Ct., Santa Clarita 91355 (805/259-5441).

Universal City: The Backlot Run of Universal Studios Hollywood, 5K/10K, Time TBA. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

Tustin: Dinosaur Dash 5K/25K, Tustin Market Place, 8 a.m. Info: Tustin Public School Fnd. (714/544-7723).

San Juan Capistrano: San Juan Trail 50M, Cleveland Nat'l. Forest (Blue Jay Campground), 6 a.m. Baz Hawley, P.O. Box 25, Fish Camp 93623 (209/683-7426).

Columbus, OH: Columbus Marathon, 9 a.m. Columbus Marathon, 6660 Doubletree Av., #8, Columbus, OH 43229 (614/433-0395).

New York City, NY: New York City Marathon

(25,000 accepted), time TBA. New York City Marathon, P.O. Box 1388 GPO, New York, NY 10116 (212/423-2284).

Nov. 18 (Sat.)

San Francisco: Pacific Cross Country Series Finale (Race #9), 6K/10K, Golden Gate Park (Polo Fields), 9 a.m./Citizens 6K, 10 a.m./MM10K, 11 a.m./Women's 6K, 11:45 a.m./Men's 10K. Hoy's Sports, 1632 Haight St., San Francisco 94117 (415/252-5370, days, 648-1467, eves).

So. San Francisco: Thanksgiving Fun Run, 5 Mi., Genentech (460 Point San Bruno Blvd.), 9 a.m. Elaine Porter, So. S.F. Parks & Rec., 33 Arroyo Dr., So. San Francisco 94080 (415/877-8560).

Woodside: King's Mountain Trail Run, 4M 8M, Huddart Park, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Santa Rosa: The Call of the Wild 10K/Half-Marathon/Marathon, Annadel State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Davis: Davis Turkey Trot, 5K/10K, Civic Center Field, Time TBA. A Change of Pace 221 "G" St., #205, Davis 95616 (916/757-6017).



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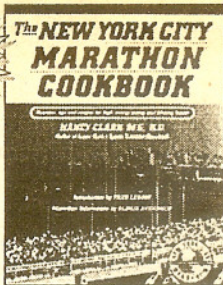
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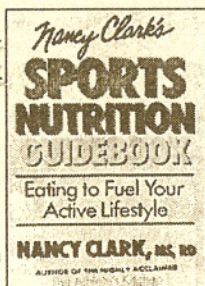
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El Dorado Hills: Pilgrim's Progress Fun Run, 5K/10K/0.5M/0.25M, Oak Ridge High School, 8:15 a.m./Kids' Runs, 8:30 a.m. Mark Taylor, El Dorado Hills Community Services District, 1021 Harvard Way, El Dorado Hills 95762 (916/933-4540).

Lompoc: Dick Tropea Memorial 10K Turkey Trot & 5K Run/Walk, Migulito School, 9:15 a.m./10K, 8:30 a.m./5K, 8:15 a.m./5K Walk. Info: Mary J. Rowan (805) 734-2761.

Santa Barbara: UCSB Intramural 5K/10K Turkey Trot, UCSB Campus lagoon (UCEN), 8:15 a.m./5K, 9 a.m./10K. Info: 805/893-3252.

Los Angeles: The Friendship Run for L.A., 10M/5K, Coliseum, 8 a.m. Info: W2 Promotions (310/828-4123).

Fullerton: La Salida del Sol 5K/10K, Cal State Univ., 8 a.m./5K, 8:30 a.m. The Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Playa del Rey: Jet to Jetty 10K/5K, Dockweiler Beach, 8 a.m. AMCS Jet to Jetty, 7891 La Tijera Blvd., Winchester 90045 (310/670-1410).

Camp Pendleton: Dan Daly 10K, Lake O'Neill, 8 a.m. Info: 619/725-3691.

Poway: Lake Poway Turkey Trot, 5K, 8 a.m. Info: Larry Beauchamp (619/679-4386 or 679-4342).

San Diego: Mission Bay 25K, Fiesta Island, 7:30 a.m. San Diego TC, P.O. Box 7853, San Diego 92167 (Joni Shirley: 619/292-6132).

Las Vegas, NV: Unity in the Community 5K, "D" St., 8 a.m. Info: Charles Bilbery (702/363-5213).

Nov. 19 (Sun.)

San Francisco: DSE Legion of Honor Run, 4.3 Mi., 34th & Clement, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Redwood Shores: Turkey Trot 5M/1M Fun Run, Pacific A.C., 8:45 a.m./1M, 9 a.m. Bruce Valentine, Pacific A.C., 200 Redwood Shores Pkwy., Redwood City 94065 (415/593-4900, x500).

Mountain View: Toys for Tots Turkey Trot 5K/10K, Moffett Field, 8 a.m. Sam Rael or Kathy Koch, 901 E. Mission St., San Jose 95112 (408/286-6501).

Montecito: Terry Fox Run & Fay Hobbs 10K Race (also 1M Kids' Run), Montecito Union School (385 San Ysidro Rd.), 8 a.m. Tana Chesky, Cancer Fndn., 2410 Fletcher St., #104, Santa Barbara 93105 (805/898-2116).

Lompoc: LVDC 5K/10K Thanksgiving Turkey Trots, Migulito School (V St. & Olive Ave.), 5K walk/8:15 a.m., 5K run/8:30 a.m., 10K/9:15 a.m. Mary Rowan, Lompoc Valley Distance club, PO Box 694, Lompoc 93438 (805) 734-2761.

San Luis Obispo: Grandmother's House 5K Run & 1 Mile Walk, 8:30 a.m. Laguna Lake Park, Grandmother's House, PO Box 3116, San Luis Obispo 93406 (805) 541-1305.

East Los Angeles: Corrida de Campeones, 5K/10K/1M Kids' Run (11 & Under), Belvedere Park, 8 a.m./5K, 8:45 a.m./10K, 10:15 a.m./1M, 10:45 a.m./Invit. 10K, Elite Racing, 1904 Church St., Suite B, Costa Mesa 92627 (714/548-4897).

Ontario: Friends of Ontario Airport Runway 5K/10K, south side of airport, 7:45 a.m./5K, 8:15 a.m./10K. Bea Martinez, Public Affairs, Termini-

nal Bldg., Room 214, Ontario 91761 (909/988-2720).

San Pedro: Conquer the Bridge 8K Run & Kids' Dash, Vincent Thomas Bridge (6th & Harbor Blvd.), 8 a.m. Info: 310/644-4487.

San Diego: Race for the Cure, 5K, County Admin. Bldg. (Harbor Dr.), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Nov. 23 (Thu.)

San Francisco: San Francisco Turkey Trot 5K/10K, Golden Gate Park (Polo Fields), 9 a.m. South Park Race Prods., P.O. Box 77681, San Francisco 94117 (415/665-3397).

Sacramento: Run to Feed the Hungry, 10K/2K, Sacramento State Univ., 9 a.m./10K, 9:15 a.m./2K. Up & Running, 11114 Oberun River Ct., Rancho Cordova 95670 (916/852-TIME).

Bakersfield: Phantom Pie Run, Distance, Location & Time TBA. Bakersfield TC, P.O. Box 6581, Bakersfield 93386.

Dana Point: Dana Point Turkey Trot, 5K/10K 2K, Dana Point Harbor, 7:30 a.m. Info: Dana Point Chamber of Commerce (714/496-1555).

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

Nov. 24 (Fri.)

El Sobrante: The Sherwood Forest 10K/5K, Lakeridge A.C., 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Pinole: Gold Medal Turkey Trot, 4M, Pinole Valley H.S., 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Nov. 25 (Sat.)

Mill Valley: Quadruple Dipsea, 28.4M, out-and-back twice over Dipsea Trail, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611 (415/894-1336, days).

Cathedral City: Desert Duathlon (2mR-16mB-2mR) & Super Kids Duathlon (1mR-4mB-1mR), Doubletree Hotel, 9:30 a.m. Info: Greg Klein (619/320-1341).

La Jolla: Hard Rock Cafe 5K, Prospect St., 7:30 a.m. Kathy Loper Events, 7801 Mission Center Ct., #200, San Diego 92108 (619/298-7400).

Nov. 26 (Sun.)

San Francisco: Run to the Far Side, 5K/10K, Golden Gate Park (Calif. Academy of Sciences), 8:30 a.m. RhodyCo Prods., 3929 California St., San Francisco 94118 (415/668-2243 (hotline), 564-0532).

San Francisco: DSE Coit Tower Run, 3 Mi., Dolphin Club, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. LMJS Hotline (510/601-7887).

Ojai: Ojai Bike Trail 10K, Time TBA. Info: 805/643-1104.

Dec. 2 (Sat.)

San Mateo: Jingle Bell Run/Walk for Arthritis

SCHEDULE

5K/1M, Coyote Point Recr. Area, 9:30 a.m. Arthritis Fndn., 203 Willow St., Suite 201, San Francisco 94109 (415/673-6882).

Palo Alto: Skyline Ridge Christmas 12K/25K, Skyline Park (Hwy 35, 1 Mi. south of Page Mill Rd.), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Alameda: Run for the Homeless, 5K Run & 1 Mi. Walk, Island Dr. & Doolittle, 7:30 a.m. Run for the Homeless, P.O. Box 1606, Alameda 94501.

Oakland: Jingle Bell 5K Run, Lake Merritt, Time TBA. Arthritis Fndn., 203 Willow St., #201, San Francisco 94109 (800/464-6240).

Antioch: Holiday Run & Walk Against Drugs, 1M/3M/10K, Delta Memorial Hospital, 9 a.m./1M, 9:20 a.m. Lori Haywood, 1948 Babbe St., Oakley 94561 (510/625-8069).

Marysville: Running of the Elves 5K, First & D Sts., 9 a.m. Nick Vogt, Cross-Country Coach, Yuba College, 2088 No. Beale Rd., Marysville 95901 (916/741-6839 or 878-0697).

Bakersfield: Mr. Toad's Wild 20K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386 (805/664-8624).

Jamul: Holiday 5K Fun Run, 5 p.m. Sand-Rock Productions, 7915 Silverton, #309, San Diego 92126 (619/530-1111).

San Diego: Balboa Park 5K, 6th & Laurel, 7:30 a.m./Men, 8 a.m./Women. Info: Bob Parkinson (619/280-8270).

Las Vegas, NV: LVTC 10M/5M/2M, Silk Purse Ranch, 8 a.m. LVTC, Tom Hodges, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

Dec. 3 (Sun.)

Folsom: California International Marathon, Folsom Dam to downtown Sac'to, 7:05 a.m. CIM, P.O. Box 161149, Sacramento 95816 (916/983-4622).

Blue Lake: West End Run, 2 & 4 Mi., Fish Hatchery, 1 p.m./2M, 1:45 p.m./4M. Info: Rich Gilchrist (707/443-1226).

Goleta: Goleta Rotary 5K/10K Fun Runs, Dos Pueblos H.S., 8 a.m. Info: Bill Schubert (805/899-2811).

Miramar: Run for the Coast, 5K/10K, near Miramar Restaurant, 9 a.m. Sheila Fellows, P.O. Box 370995, Montara 94037 (415/728-3315, eves).

Los Angeles: Lady Foot Locker 5K (separate men's & women's races), Location & Time TBA. Info: Elite Racing (714/548-4897; 619/450-6510).

Beverly Hills: Smith Barney/Beverly Hills 5K/10K & 1M Fun Run & Corporate Challenge, Beverly Hills H.S. (241 So. Moreno Dr.), 9 a.m. Beverly Hills 5K/10K, c/o Race Central, P.O. Box 828, Rialto 92377 (310/550-4654).

Culver City: Western Hemisphere Marathon & 5K, Overland & Culver, 8 a.m./Marathon, 9 a.m./5K. Jack Nakanishi, 4117 Overland, Culver City 90230 (310/202-5689).

Loma Linda: Holiday Classic 5K/15K, 8:15 a.m. Info: Jeff Francisco (909/684-5270).

Van Nuys: BHS Dads Club Holiday Classic 5K/10K, Woodley Park, 8 a.m. Margaret Reed, P.O. Box 16092, Encino 91416 (818/782-3780).

San Juan Capistrano: Saddleback Mountain Trail Marathon, Cleveland Nat'l. Forest (Blue

Jay Campground), 8 a.m. Baz Hawley, P.O. Box 25, Fish Camp 93623 (209/683-7426).

San Diego: Holiday Hustle 8K, Mission Valley Center area, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Dec. 9 (Sat.)

Novato: Jingle Bell 5K Run & 1 Mi. Walk for Arthritis, Vintage Oaks, 9 a.m. Arthritis Fndn., 203 Willow St., #201, San Francisco 94109 (800/464-6240).

Stinson Beach: Stinson Beach Marathon/Half-Marathon/7M, Parkside Cafe, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Arcata (or Dec. 10) Arcata to Willow Creek Run, 40 Mi., Time TBA. Info: George Crandell (707/822-4004).

Bakersfield: Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

La Quinta: (POSTPONED) Desert Cities Marathon/Half-Marathon/Kids' 3K, Lake Cahuilla Regional Park, 7 a.m. Stephanie Mapelli, 36-066 W. Ave., Cathedral City 92234 (619/321-7564).

San Diego: Reindeer Romp n' Ride 5K/10K Run, Del Mar Highlands Town Center, 7:15 a.m. J&T Enterprises, P.O. Box 2293, Del Mar 92014 (619/736-1001).

San Diego: Jingle Bell 5K Run for Arthritis, Balboa Park, 8 a.m. Arthritis Fndn., 9089 Claremont Mesa Blvd., #300, San Diego 92123 (619/492-1090).

Las Vegas, NV: LVTC 5K/2M Predicted Time, Sunset Park (Sunset & Eastern), 8 a.m. LVTC, Tom Hodges, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

Dec. 10 (Sun.)

San Francisco: Christmas Classic 5K, Miracle Mile, Golden Gate Park (Mile/JFK at Rainbow Falls, 5K/JFK & Transverse), 8 a.m./Mi. (downhill), 8:30 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

San Francisco: DSE Presidio Gate Run, 3.3 Mi., Dolphin Club, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Angel Island: Hark the Angels Run 12K & 25K, 10:30 a.m. Ayala Cove. Loop trail run. 10:00 a.m. ferry departure from Tiburon only. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Pt. Mugu State Park: Lasse Viren 20K, Sycamore Canyon, 9 a.m. Steve Blum, 505 Briarwood Terr., Ventura 93001 (805/652-1744).

Dana Point: Rudolf Runoff 5K/2K, Marina, 8 a.m. Info: Race Pace Promos (714/661-6547).

Palm Desert: Palm Desert 5K and USATF Men's National Championships (also 0.5 & 1M Kids' Runs), 8 a.m. Elite Racing, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510 or 714/548-4897).

Tucson: Tucson Marathon/Marathon Relay/Half-Marathon/5K, Biosphere 2, 8 a.m. Pat Lekacz, 1715 E. Water St., Tucson, AZ 85719 (502/325-2736).

Honolulu, HI: Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Wai'alae Av. Room 208, Honolulu, HI 96816 (808/734-7200)

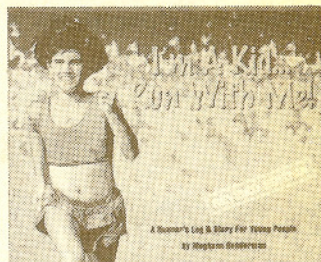
Dec. 16 (Sat.)

Alameda: Harbor Bay Tri-Bi (5k/Inline-17mB-2.5mR or 2.5mR-17mB-2.5mR), Harbor Bay Pkwy., 10 a.m. Sky High, P.O. Box 20963, E. Sobrante 94803 (510/223-5778).

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SCHEDULE

Sausalito: Golden Christmas Trail Marathon/Half-Marathon/7M, E. Fort Baker (Mara. & HM), Rodeo Beach (7M), 8 a.m./Mara-HM, 9 a.m./7M. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

McFarland: McFarland Christmas Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386 (805/792-3187).

Santa Monica: Venice-Marina Christmas 5K/10K, Ocean Park Blvd. & Barnard Way, 8 a.m. Info: 213/LUV2RUN, 310/644-4487.

San Diego: Mainly Masters 10K, Fiesta Island (Mission Bay), 7:30 a.m./Open, 8 a.m./Masters. Info: Peter Stern (619/272-5380).

Las Vegas, NV: LVTC Half-Marathon, Location & Time TBA. LVTC, Tom Hodges, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

Dec. 17 (Sun.)

Pacifica: DSE "Pacifica Terrifica" 5M, Linda Mar School (Rosita Rd.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Francisco: 22nd Annual Christmas Relays, 4x4.464M, Lake Merced (Sunset Blvd. Pkg. Lot), 9 a.m. West Valley TC, Marc Lund, 1433 Norman Dr., Sunnyvale 94087 (Searcy Barnett: 510/635-9508).

Alameda: The Schedule's "Boston or Bust" Marathon (last chance to qualify for 100th Boston Marathon), Harbor Bay Ferry Terminal, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Dec. 23 (Sat.)

Las Vegas, NV: LVTC 5M/2M, Silver Bowl (near Russell Rd. & Boulder Hwy.), 8 a.m. LVTC, Tom Hodges, P.O. Box 81045, Las Vegas, NV 89190 (702/898-RUNN).

Dec. 24 (Sun.)

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. Info: LMJS Hotline (510/601-7887).

Dec. 25 (Mon.)

Richmond: Santa's Gold Rush 5 Mi., Day's Inn Hotel (Hilltop S.C.), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Dec. 30 (Sat.)

Mill Valley: New Year's Resolution Marathon/12K/31K, Muir Beach (Mara. & 31K), Mtn. Home Inn on Panoramic Hwy. (12K), 9 a.m./Mara-31K, 10 a.m./12K. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Las Vegas, NV: LVTC 5K/2M, Hidden Palms Park (Pebble & Hidden Palms), 8 a.m. LVTC, Tom Hodges, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

Dec. 31 (Sun.)

San Francisco: First Run, 2 Mi., Presidio (Crissy Field), midnight. Info: RhodyCo Prods. (415/564-0532).

Sacramento: First Run, 2 Mi., Capitol Grounds (10th & N Sts.), midnight. Info: RhodyCo Prods. (415/564-0532).

1996

Jan. 1 (Mon.)

San Francisco: DSE Hangover Run, 3.53 Mi., Golden Gate Bridge lower parking lot, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Berkeley: Sea Breeze Five Mile, Sea Breeze Deli (Univ. Ave. & I-80), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Carmel: Rio Resolution Run, 6.8 Mi., Rio Grill, Crossroads Shopping Ctr. (Hwy. 1 & Rio Rd.), 9 a.m. Rio Grill, 101 Crossroads Blvd., Carmel 93923 (408/648-3570).

Jan. 6 (Sat.)

Bakersfield: Hart Park Fun Run, Distance & Location TBA, 9 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Bakersfield: Doin' '96 in the Fog Runs, Location TBA, 9 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386 (805/326-3053).

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

Irvine: Southern California Half Marathon & 5K and Kids'/Seniors' 2K Challenge, Woodbridge Village Shopping Center, 8:30 a.m. Info: 714/559-8171.

Jan. 13 (Sat.)

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

Paramount: Paramount 10K (& World Masters Div.), Progress Park, 8 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Jan. 14 (Sun.)

Santee: Steve Scott Festival of Miles 1M/5K, Mission Gorge Rd./Town Center, 7:30 a.m. Ken Schulte, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510).

San Ysidro: Strides Across the Border 10K/5K, San Diego Factory Outlet Center, 7:30 a.m. SandRock Prods., 7915 Silverton, Suite 309, San Diego 92126 (619/530-1111).

Jan. 20 (Sat.)

Bakersfield: BTC Poker Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386 (805/871-8741).

Jan. 21 (Sun.)

San Francisco: San Francisco Zoo Run, 3M/7M, Herbst Rd./Skyline Blvd., 8 a.m./7M, 9 a.m./3M. Terri Tarantino, 1 Zoo Rd., San Francisco 94132 (415/753-7171).

Sacramento: Trackathon, 10K/20K/30K: Marathon/50K, 9 a.m. Paul Reese, 308 Forest Ct., Auburn 95603 (916/823-0276).

Carlsbad: San Diego Marathon & Half-Marathon, Plaza Camino Real, 7 a.m. San Diego Marathon, 511 S. Cedros Av., Suite B, Solana Beach 92075 (619/792-2900).

Jan. 22 (Sat.)

San Diego: Naval Medical Center 10K/5K Fun Run/Walk, Balboa Park (Pan American Plaza), 8 a.m. Info: Amanda Bolvin (619/532-5215).

Jan. 28 (Sun.)

San Francisco: Home Depot San Francisco Half-Marathon & 5K, Golden Gate Park (JFK Dr./Stow Lake Dr.), 8 a.m. Info: Pamakids. RhodyCo (415/564-0532).

Santa Cruz: Santa Cruz Co. Special Olympics Super Bowl Sunday Fun Run, 10K/3K. Silicon Systems (2300 Delaware Av.), 8:30 a.m. 3K, 9 a.m. Santa Cruz Special Olympics, 809 Bay Av., #H, Capitola 95010 (408/479-5288).

Redondo Beach: Redondo Beach Super Bowl Sunday 10K & 5K, 8K. Info: Conte Prods. (310/798-2488).

Huntington Beach: Huntington Beach Shoreline Run, 1K/5K/10K/Half-Marathon, Huntington Beach Pier, 7:30 a.m./5K, 8 a.m./10K-HM, 10:30 a.m./1K. Info: Race Pace Promotions (714/661-6547).

San Diego: Super Run 10K Run & 5K Super Stroll/Run, Mission Bay (Sea World), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Feb. 3 (Sat.)

Bakersfield: BTC Half-Marathon & 5K, Location & Time TBA. Info: 702/872-9554.

Feb. 4 (Sun.)

Long Beach: Long Beach Marathon/Marathon Relay/Half-Marathon/5K, Time TBA. LBM, P.O. Box 32038, Long Beach 90832.

Feb. 10 (Sat.)

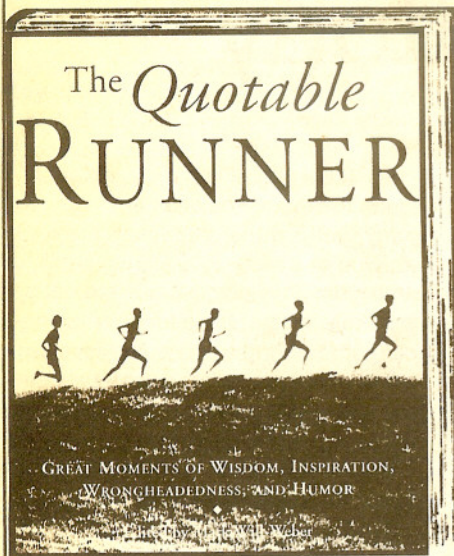
Huntington Beach: The Great American Adventure Run, 2.8 & 4.8 Mi., Central Park West, 8 a.m./2.8M, 8:30 a.m./4.8M. Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).


Furnace Creek: Death Valley Trail Marathon Half-Marathon (100 Limit), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

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
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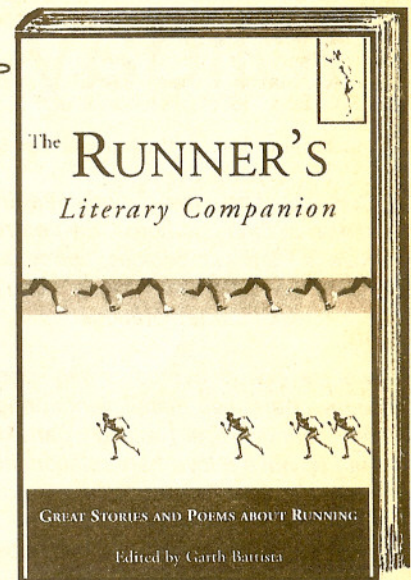


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Feb. 11 (Sun.)

Torrance: Torrance Education Foundation President's Day Runs, Time TBA. Info: Conte Prods. (310/798-2488).

Las Vegas, NV: Las Vegas International Marathon, Relay, Half-Marathon & 5K, starts at Jean, 7 a.m./HM, 7:30 a.m./Mara. Al Boka, P.O. Box 81262, Las Vegas, NV 89180 (702/876-3870).

Ensenada, Mexico: Ensenada Invitational 5K/10K People Run/Walk & Elite Invit., 9 a.m. Info: Elite Racing (619/450-6510, 714/548-4897).

Feb. 18 (Sun.)

Pasadena: Race for the Cure-LA County 5K/1K, Rose Bowl, 8:30 a.m. Info: Kinane Events (619/622-8857).

Rancho Santa Fe: San Dieguito Half-Marathon & 5K Run/Walk, San Dieguito County Park, 8 a.m. Info: Kathy Loper Events (619/298-7400).

Scottsdale, AZ: Smith Barney Valley of the Sun Marathon, Marathon Relay, Half-Marathon & 5K, 7 a.m./Mara. & Relay, 7:30 a.m./HM, 7:35 a.m./5K. Smith Barney/Valley of the Sun Marathon, 6505 N. 16th St., Phoenix, AZ 85016 (Raceplace Event Systems: 602/277-4333).

Feb. 24 (Sat.)

Ripon: Almond Blossom Run. Mavis Stouffer Park. 1 Mile/8:30 a.m. & 8K/8:45 a.m. Almond Blossom Run, 19988 S. Carrolton Rd., Ripon

95366. Info: Jackie (209) 599-3476, Greg (209) 823-3421, or Ripon Chamber of Commerce (209) 599-7519.

Feb. 25 (Sun.)

Saratoga: The Great Race, 3.2M, Saratoga Village to dntn. Los Gatos, 9 a.m. Rotary Club of Los Gatos, Stewart Elner, P.O. Box 1018, Los Gatos 95031 (408/748-9000).

Dana Point: Whale Chase 5K, Ritz Carlton Hotel, 8 a.m. Info: Race Pace Promotions (714/661-6547).

Newport Beach: Spirit Run '96 5K/10K/1M & 0.5M Kids' Run, Fashion Island (Newport Center), 7:30 a.m./10K, 8:15 a.m./5K, 9:30 a.m./Kids. Info: Kinane Events (619/434-7706).

LOOKING AHEAD

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

Mar. 2 (Sat.)

Seaside, OR: ORRC Trail's End Marathon, 9 a.m. ORRC, P.O. Box 549, Beaverton, OR 97075 (503/646-7867).

Mar. 3 (Sun.)

Calistoga: Sutter Home Napa Valley Marathon & 5K (RRCA State Mara. Champs), 7 a.m. SHNVM, P.O. Box 4307, Napa 94558 (707/255-2609).

Los Angeles: City of Los Angeles Marathon 5K, 8:40 a.m. Los Angeles Marathon, 11110 W. Ohio Av., #100, Los Angeles 90025 (310/444-5544).

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Thank you!

THE ATHLETE'S KITCHEN

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

Holiday Food & Gluttony

"I can easily gain five pounds over the holidays. When I go home, my parents' house is filled with cookies, candy, and lots of special holiday foods. I can't resist the temptations!"

My office at work overflows with special holiday treats. Too many clients bring in decadent goodies. I willingly partake, but I do have a love-hate relationship with December!"

"In one week I'll attend 2 work Christmas parties and 3 family holiday gatherings ... I can't imagine what these will do to my waistline...."

As the holiday season approaches, you, like many athletes, may be anxious about gaining weight. Of course you want to enjoy the season and partake at every opportunity to eat. After all, holidays come but once a year and who wants to miss a chance to enjoy special traditional foods? But, you may also be concerned about the waistline damage that often accompanies abandonment of standard dietary practices.

One approach to handling holiday eating can be found in the abundance of nutrition articles that teach you ways to make low fat cookies and fat-free gravies, serve crustless pie topped with nonfat frozen yogurt, or, better yet, completely abstain from special treats. These suggestions are valid, but they discount the warmth of tradition. Do you really want to deny yourself of the traditional holiday favorite foods you've enjoyed since childhood? Doubtful.

So, let's take a look at holidays from another perspective. What happens if

you do jump in and truly overindulge? What are the consequences of gluttony? Will a few decadent parties sabotage your weight forever? Here are some answers to the questions nutrition-conscious people commonly ask about holiday eating sprees.

Q: When I'm confronted with my favorite holiday foods, I tend to eat out-of-control. Should I not start to eat when I know I'll have trouble stopping?

A: No. Even the threat of abstinence can trigger overeating! At holidays, you are doing what I call *last chance eating*. That is, you listen to the nagging voice inside your head that repeatedly whispers "Last chance to eat this treat ... you'd better chow down now, because soon you'll be back on your standard (boring) diet and won't be allowed to eat any more goodies." Clearly, this type of thinking contributes to over-eating problems.

To stop over-eating at holiday parties, stop denying yourself special foods. If you truly love, let's say, holiday pie, you should eat it, not not only at the holidays, but also frequently throughout the year so it loses its appeal. What's wrong with having a little pie every week? After all, even decadent foods can be balanced into an overall wholesome daily diet. Remember: there is a "diet portion" of any food. You can more easily be content with a diet portion if you know you'll be having more of the favorite food in the near future.

Q: Before holiday parties, I try to eat lightly during the day so I'll have more calories at night. Good idea?

A: NO! If you skimp at breakfast and lunch to save up calories for an evening party, you set the stage to overeat. By arriving at a party too hungry, you'll fight an urgent physiological drive to eat and will likely succumb big-time! When people get too hungry, they care less about what and how much they eat; they simply end up eating and eating to satisfy their overwhelming hunger.

One way to prevent holiday gluttony is to eat an appropriate breakfast and lunch--and even afternoon snack--so you arrive at a party with the ability to enjoy the people more than the food. You'll have the energy you need to eat diet portions (eg. one roll, not four; one dessert, not two) and will enjoy freedom from fighting the urge to overeat.

Q: If I overindulge at a party, will I quickly lose the weight I quickly gain?

A: Yes, because most of the gain is water-weight. When you get on the scale the morning after a gluttonous evening, you may weigh two to four pounds more than usual--a sign that you've "carbo-loaded" your muscles. For every one ounce of glycogen, you store about three ounces of water. You'll shed this water weight when you exercise. (Note: When exercising, you'll feel the benefits of holiday gluttony--well-fueled muscles and a great post-party workout...assuming no counter effect from alcohol!).

If you are destined to overeat, your best bet is to choose more carbohydrates than fats. You'll preferentially burn the carbs while the excess calories from fat will easily get stored as body fat. But keep in perspective that 1

continued next page.

THE ATHLETE'S KITCHEN

pound of fat equals 3,500 calories above your normal intake. That's the whole cheesecake, not just one slice!

Q: Should I exercise more on Sunday if I overeat at a Saturday party?

A: Yes and no. Extra exercise is a good way to burn off extra calories as long as you exercise appropriately and don't punish yourself to the point of injury or exhaustion. People tend to gain excess body fat with repeated days of overeating, not just one spree. After a spree, you'll be less hungry and will naturally tend to eat less—if you listen to your body. (Note: You may feel initial hunger the next morning, but you can easily satisfy it.)

Nature does a fine job of regulating

food intake and body weight in people who generally follow their body's cues and eat when they are hungry and then stop when they are content. One or two aberrations will not create obesity in anyone. But do you enjoy feeling like a stuffed pig? Is gluttony worth it?

For a private nutrition consultation with Nancy Clark, MS, RD, call SportsMedicine Brookline for an appointment at (617) 739-2003. Her popular Sports Nutrition Guidebook (\$18) and NYC Marathon Cookbook and Nutrition Guide (\$23) are available by asking at your local bookstore or sending a check to Sports Nutrition Materials, 830 Boylston St., Brookline, MA 02167.



"If you feel like eating, eat. Let your body tell you what it wants."

◆Joan Benoit Samuelson

"Avoid any diet that discourages the use of hot fudge."

◆Don Kardong

"I eat whatever the guy who beat me in the last race ate."

◆Alex Ratelle
masters runner

Quotes from the chapter
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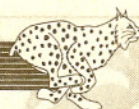
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All-Time CALIFORNIA High School Boys List

By Robert Womack



MICHAEL STEMBER

Photo by Bill Leung, Jr./Geek Media

This California High School Boy's All-Time List includes marks received through September 10, 1995.

We made the acknowledgements with the girl's list in the last issue (October 1995), but I would be remiss if I didn't acknowledge (again) the very special contributions of Ron Blackwood and Keith Conning. As always, the author has sole responsibility for errors and omissions, however, corrections and additions should be sent to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710.

We've commented in the past on the static nature of the distance lists. This year, we had some significant movement. **Mike Stember** of Jesuit (Carmichael) set a junior class record in the 1500 and just missed the class 1600 record, the first new class record in either event since 1979. The record Stember broke was set in 1977, or slightly before Mike was born. A very interesting feature of the 1996 season is going to be Stember's attempt to become California's first sub-4:00 four-lapper since 1966 and the U.S.'s first since 1967. (Statistics buffs -- and Jesuit High School fans -- will enjoy the lineup from No. 8 to No. 11 in the 1600 list. Now that's a tradition!)

Another highlight next season will be watching the continued progress of **Obea Moore** (400) and **Michael Granville** (800), who could wind up holding all four class records in their events, a distinction now held only by shot putter **Brent Noon**. (And Brent has to share his frosh record.)

-Bob Womack

100 Meters

State Meet Record: 10.30 Riley Washington (Southwest, San Diego) 1992 at Norwalk. **Frosh:** 10.62 Marquez Holiwell (West, Bkfld) 1992. **Soph:** 10.43 Bryan Howard (Canyon Springs, Moreno Vly) 1993. **Junior:** 10.27 Henry Thomas (Hawthorne) 1984. **Senior:** 10.25 Henry Thomas (Hawthorne) 1985.

10.25	Henry Thomas (Hawth)-1 at EagleRk	1985
10.29	Ricky Carrigan (Compton)-1	1991
10.30	Quincy Watts (Taft, Wdland Hillsd)-1	1987
10.30	Riley Washington (Southwest, SD)-1	1992
10.31	Bryan Howard (CynSpr, MorVly)-1	1994
10.33	Marquez Holiwell (West, Bkfld) -1	1995
10.36	Corey Ealy (Muir, Pasadena)	1987
10.37	Pat Johnson (Redlands)-1	1994
10.39	Kenny Robinson (Berkeley)-1	1981
10.39	Ray Brown (Muir, Pasadena)	1984
10.41	Tony Miller (Riordan, San Francisco)	1987
10.41	Stoney Jordan (Indio)	1993
10.41	Barry Smith (Mission, San Francisco)	1989
10.42	Benari Burroughs (Indep, San Jose)	1988
10.42	Curtis Conway (Hawthorne)-1	1989



MARQUES HOLIWELL

Photo by Kirby Lee

10.42	Bryan Harrison (Dana Hills)	1995
10.43	Jeff Laynes (Oakland)	1989
10.44	Stanley Davis (Inglewood)	1984
10.45	Darron Norris (El Camino (Oceanside)	1984
10.46	Kevin Willhite (Cordova, RanCordova)	1981
10.46	Gentry Bradley (Pius X, Downey)	1992
10.49	Ronald McCree (Madera)-2	1986
10.49	Paul Turner (University, SD)	1993
10.50	Phillip Johnson (Gardena)	1975
10.50	Fabian Cooper (Washington, L.A.)	1982
10.50	Calvin Holmes (Merced)	1987
10.50	Anthony Volson (Merced)	1992

Hand Timing:

10.2	Michael Sanford (Pasadena)	1979
------	----------------------------	------

200 Meters

(*220 Yards Minus 0.12)

State Meet Record: 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. **Hand:** 20.7y Mel Gray (Montgomery, Santa Rosa) 1967 at San Diego. **Frosh:** 21.62 Bryan Howard (West, Bkfld) 1992. **Soph:** 20.97 Quincy Watts (Taft, Woodland Hills) 1986. **Junior:** 20.50 Quincy Watts (Taft, Woodland Hills) 1987. **Senior:** 20.53 Brian Bridgewater (Washington, L.A.) 1988

20.50	Quincy Watts (Taft,WH) at Provo-2	1987
20.53	Brian Bridgewater (Wash, L.A.)-1	1988
20.57	Calvin Harrison (North, Salinas)-1	1993
20.64	Henry Thomas (Washington, L.A.)-2	1985
20.67	Bryan Howard (Cyn Spr, MorVly)	1994
20.68*	James Sanford (Pasadena)	1977
20.80	Corey Ealy (Muir, Pasadena)	1987
20.81	Kevin Willhite (Cordova, RCordova)-1	1981
20.82	Michael Marsh (Hawthorne)-1	1985
20.82	Barry Smith (Mission, S.F.)-1	1989
20.83	Pat Johnson (Redlands)-1	1994
20.85	Ricky Carrigan (Compton)-1	1991
20.88*	Michael Sanford (Pasadena)	1979
20.89	Curtis Conway (Hawthorne)	1989
20.91	Bill Green (Cubberley, Palo Alto)	1979

continued next page.

All-Time CALIFORNIA High School Boys List

20.97	Danny Everett (Fairfax, L.A.)	1985
21.00	Raymond Ethridge (Crawford, SDiego)	1987
21.01	Chip Rish (Marina, Huntington Beach)	1985
21.03	Ken Robinson (Berkeley)-1	1981
21.06	Marquez Holiwell (West, Bkfld)	1995
21.07	Ato Bolden (Piedmont Hills, SJ)	1991
21.07	Eric Turner (Morningside, Inglwd)	1993
21.08	Riley Washington (Southwest, SD)	1992
21.09	Darron Norris (El Camino, Oceanside)	1984
21.09	Larry Burkeley (Oxnard)	1985

Hand Timing: (*220 yds. minus 0.1)

20.6*	Phil Underwood (Dorsey, L.A.)-1	1966
20.6*	Mel Gray (Montgomery, St Rosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson, S.F.)	1974
20.7*	Dupree Branch (Barstow)	1976
20.7	Eric Coleman (Monrovia)	1982
20.8*	James Hines (McClymonds, Oakl)-1	1964
20.8*	Dave Masters (El Cerrito)	1967
20.8*	Millard Hampton (Silver Crk, SJose)-1	1974

400 Meters

(*440 Yds. Minus 0.26)

State Meet Record: 45.25 Calvin Harrison (North, Salinas) 1993 at Cerritos. **Frosh:** 46.96 Obea Moore (Muir, Pasadena) 1994. **Soph:** 45.14 Obea Moore (Muir, Pasadena) 1995. **Junior:** 45.82 Henry Thomas (Hawthorne) 1984. **Senior:** 45.09 Henry Thomas (Hawthorne) 1985.

45.09	Henry Thomas (Hawthorne) at Berlin	1985
45.14	Obea Moore (Muir, Pasadena) -1	1995
45.25	Calvin Harrison (North, Salinas)-1	1993
45.51	Bill Green (Cubberley, Palo Alto)-1	1979
45.76	Danny Everett (Fairfax, L.A.)	1985
45.76	Steve Lewis (American, Fremont)-2	1987
46.04	Chip Rish (Marina, Huntington Bch)-2	1985
46.25	Alvin Harrison (North, Salinas)	1993
46.34*	James Sanford (Pasadena)-1	1977
46.34	Michael Granville (Bell Gardens)	1994
46.34	Tyree Washington (LaSierra,Rivsd)	1995
46.38	Fabian Cooper (Washington, L.A.)-1	1982
46.57*	Dave Timmons (Oakland)-1	1981
46.62	Jerome Davis (Burroughs, Ridg)	1995
46.63	Beno Bryant (Dorsey, L.A.)-1	1989
46.67*	Rod Bethany (Fontana)	1978
46.67	Quincy Waits (Taft, Woodland Hills)	1988
46.68	Derrick Shepard (Lincoln, SF)-1	1992
46.70	Steve Campbell (Alta Loma, Chaf)	1995
46.72	Richard Dupree (Mt. Pleasant, SJ)-1	1992
46.75*	Ron Williams (Chatsworth)	1977
46.80	Blair McMurray (Compton)	1982
46.82	Daymon Lee (South Gate)	1984
46.81	Travis Hannah (Hawthorne)-1	1988
46.86	Nate Williams (Edison, Stockton)	1979
46.89	Tony Banks (Morse, San Diego)-1	1979

Hand Timed: (*440 yds. minus 0.3)

45.7	Chip Rish (Marina, Hunt Bch)-2	1985
45.8*	Ulis Williams (Compton)-2	1961
46.3*	Larance Jones (Lemoore)-1	1969
46.4*	Jerry White (Corcoran)-2	1956
46.4*	Edesel Garrison (Cent, Compton)-1	1968
46.4*	Tony Krzyzosiak (Garden Grove)-1	1971
46.4*	Dave Timmons (Oakland)-1	1981
46.5*	Ray Johnson (Blair, Pasadena)	1971
46.5*	Rod Bethany (Fontana)	1978
46.6*	Lee Evans (Overfelt, San Jose)	1965
46.6*	Mike Newton (Whittier)-1	1967
46.6*	Wayne Collett (Gardena)-1	1967
46.6*	Derald Harris (Pittsburg)-1	1976
46.7*	Dave Archibald (Leuzinger, Lawndale)	1961
46.7*	Freddie Banks (Jefferson, L.A.)-1	1964

46.7*	Andy Young (Jordan, Long Beach)	1968
46.7*	Ron Whitaker (Wilson, S.F.)-1	1973
46.7*	Donn Thompson (Gahr, Cerritos)	1976

800 Meters

(*880 Yds. Minus 0.7)

State Meet Record: 1:47.31 Pete Richardson (Berkeley) at Norwalk, 1981. **Frosh:** 1:51.03 Michael Granville (Bell Gardens) 1993. **Soph:** 1:48.98 Michael Granville (Bell Gardens) 1994. **Junior:** Michael Granville (Bell Gardens) 1995. **Senior:** 1:47.31 Pete Richardson (Berkeley) 1981.

1:47.31	Pete Richardson (Berkeley) at Norw-1	1981
1:47.8*	Dale Scott (El Cerrito)-1	1972
1:47.96	Michael Granville (Bell Gardens) -1	1995
1:48.1*	Richard Joyce (Sierra, Whittier)-1	1065
1:48.2	Jeff West (Crenshaw, L.A.)	1979
1:48.3*	Clark Mitchell (Bakersfield)	1965
1:48.40	Aaron Richberg (Logan, Union City) -1	1995
1:48.5*	Dennis Carr (Lowell, Whittier)-1	1963
1:48.5*	Robert Hose (Madison, San Diego)-1	1964
1:48.7*	Jim Walters (Estancia, Costa Mesa)-1	1977
1:49.0*	Dan Aldridge (Petaluma)	1975
1:49.21	Obea Moore (Muir, Pasadena)	1995
1:49.21	Eric Schermerhorn (Wdbridge, Irv)-1	1984
1:49.30	Scott Cox (Wilson, Long Beach)	1981
1:49.3*	Dave Kingsland (El Modena)	1977
1:49.4*	Brent Tubb (Cleveland, Reseda)	1971
1:49.42	Vondre Armour (Bakersfield)-1	1994
1:49.43	Eddie Davis (Compton)	1981
1:49.50	Brian Wilkinson (Merced)	1993
1:49.5*	David Mack (Locke, L.A.)-2	1979
1:49.56	Mike Katri (Fortuna)-1	1992
1:49.64	Milton Hughes (Stagg, Stockton)	1992
1:49.7*	Terry Rogers (Hilltop, Chula Vista)-1	1966
1:49.84	Daymon Lee (South Gate)	1984
1:49.9*	Greg Jones (Poly, Long Beach)	1968
1:49.9*	Rick Brown (Los Altos)-1	1970

1500 Meters

(* Enroute to Longer Distance)

State Meet Records: **Frosh:** 4:00.5 Robert Planta (Mater Dei, Santa Ana) 1979. **Soph:** 3:51.5 Jim Arriola (Gahr, Cerritos) 1974. **Junior:** 3:46.65 Mike Stember (Jesusit, Carmichael) 1995. [Old record: 3:49.4 Mark Fricker (Hemet) 1977]. **Senior:** 3:46.4 Paul Medvin (University, Los Angeles) 1979.

3:46.4	Paul Medvin (Univ, L.A.) at Bloom)	1979
3:46.65	Mike Stember (Jesusit, Carm)	1995
3:47.65	Reggie Williams (RiverCty, WSacto)	1988
3:48.73	Daniel Das Neves (Helix, La Mesa)	1992
3:48.8	Jim Arriola (Gahr, Cerritos)	1976
3:48.9	Rich Kimball (DeLaSalle, Concord)	1974
3:49.0+	Harold Kuphaldt (Bella Vista, FOaks)	1982
3:49.4	Mark Fricker (Hemet)	1977
3:50.1	Ian Alsen (Kennedy, Granada Hills)	1988
3:50.1+	Coley Candaele (Carpinteria)	1990
3:50.2	Charlie Christensen (Edison, HBch)	1977
3:50.2	Steve Whitcomb (Helix, La Mesa)	1979
3:50.2+	Mebrahtom Keflezighi (San Diego)	1994
3:50.26	Brandon Pacheco (Brethren, Cyprs)	1995
3:50.3+	Louie Quintana (Arroyo Grande)	1990
3:50.4	Ralph Serna (Loara, Anaheim)	1975
3:50.47	Angel Martinez (San Gabriel)	1992
3:50.5	Mark Mastalir (Jesusit, Carmichael)	1986
3:50.8	Andy DiConti (La Canada)	1980
3:51.0	Eric Mastalir (Jesusit, Carmichael)	1986
3:51.1	Dave Cangelosi (Villa Park)	1979
3:51.2	Dennis Arriola (Gahr, Cerritos)	1979

3:51.2+	Jeff Williams (Foothill, Tustin)	1982
3:51.36	Gary Gonzales (Clovis)	1981
3:51.5	Mike O'Reilly (San Rafael)	1978

1600 Meters

(* One Mile Minus 1.8)

State Meet Record: 4:05.4y Mark Schilling (Garden Grove) 1972 at Oroville. **Frosh:** 4:15.4* Harry Nicholas (Reedley) 1968. **Soph:** 4:07.5* Jim Arriola (Gahr, Cerritos) 1974. **Junior:** 4:02.4* Curtis Beck (Santa Monica) 1972. **Senior:** 3:57.6* Tim Danielson (Chula Vista) 1966.

3:57.6*	Tim Danielson (ChVista) at SDiego-2	1966
4:00.6*	Rich Kimball (DeLaSalle, Concord)-1	1974
4:02.4*	Curtis Beck (Santa Monica)	1972
4:03.5*	Paul Medvin (University, L.A.)-2	1979
4:03.6*	Mark Schilling (Garden Grove)-1	1972
4:03.7*	Terry Cotton (Valley, El Cajon)	1972
4:03.98*	Mebrahtom Keflezighi (San Diego)-1	1994
4:04.00	Mike Stember (Jesusit, Carm) -1	1995
4:04.15	Mark Mastalir (Jesusit, Carmichael)-1	1986
4:04.21*	Pedro Reyes (Jesusit, Carmichael)	1980
4:04.23	Eric Mastalir (Jesusit, Carmichael)	1986
4:04.66*	Steve Whitcomb (Helix, La Mesa)	1979
4:04.8*	Thom Hunt (Henry, San Diego)	1976
4:04.86*	Harold Kuphaldt (Bella Vista, F Oaks)	1982
4:04.9*	Barrie Williams (North, Torrance)	1972
4:04.9*	Andy Clifford (Sunny Hills, Fullerton)	1974
4:05.1*	Mark Stillman (Willow Glen, SJose)-1	1977
4:05.2*	Ralph Serna (Loara, Anaheim)	1975
4:05.29*	Roman Gomez (Belmont, LA)-2	1985
4:05.4*	Armando Valencia (Valley, El Cajon)	1967
4:06.1*	Mark Fricker (Hemet)	1977
4:06.18	Larry Guinee (Castro Valley)-1	1980
4:06.2*	Pete Romero (Reedley)	1967
4:06.26	Coley Candaele (Carpinteria)-1	1990
4:06.4*	Alvin Gilmore (Lompoc)-1	1973
4:06.4*	Ray Wicksell (West Covina)	1974
4:06.4*	Stan Ross (Serra, San Mateo)	1977

3000 Meters

(* Enroute to Longer Distance)

State Meet Record: None. **Frosh:** 8:44.5 David Naranjo (Sanger) 1983. **Soph:** 8:26.7+ Calvin Gaziano (Castro Valley) 1983. **Junior:** 8:19.9+ Harold Kuphaldt (Bella Vista, Fair Oaks) 1981. **Senior:** 8:07.60 Eric Mastalir (Jesusit, Carmichael) 1986.

8:07.60	Eric Mastalir (Jesusit, Carm) at Sacto	1986
8:09.0+	Eric Reynolds (Camarillo)	1983
8:10.54	Mark Mastalir (Jesusit, Carmichael)	1986
8:12.7+	Thom Hunt (Henry, San Diego)	1976
8:16.2+	Jeff Nelson (Burbank)	1979
8:16.3	Chuck Assumma (Eisenhower, Rialto)	1979
8:16.3	Richard Perez (SGorg, San Bernar)	1980
8:16.79	Reggie Williams (River City, WSacto)	1988
8:17.5+	Jon Butler (Edison, H Beach)	198*
8:17.7+	Jay Marden (MissSJose, Fremont)	198*
8:18.2+	Mark Dani (Valhalla, El Cajon)	1986
8:19.9+	Harold Kuphaldt (Bella Vista, FOaks)	1981
8:20.25	Paul Thomas (Jesusit, Carmichael)	1987
8:20.59	Daniel Das Neves (Helix, La Mesa)	1992
8:20.6	Roman Gomez (Belmont, LA)	1984
8:20.6+	Bryan Dameworth (Agoura)	1990
8:21.0+	Mike Carlton (Northview, Covina)	1981
8:21.3+	Jesse Torres (Independence, SJose)	198*
8:21.6	Blatt Maty (Marina, Hunt Beach)	1979
8:21.6	Jeff Vandereems (Mission Viejo)	1979

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All-Time CALIFORNIA High School Boys List

8:22.0	Terry Williams (Lompoc)	1973
8:22.26	Jimmie Rodriguez (Santa Ana Valley)	1989
8:22.4	Mark Junkermann (Los Alamitos)	1983
8:23.11	David Welsh (Jesuit, Carmichael)	1989
8:23.2+	Mark McAboy (Miramonte, Orinda)	1986

3200 Meters

(* 2 Miles Minus 3.6)

State Meet Record: 8:44.9 Eric Hulst (Laguna Beach) at San Diego 1975. **Frosh:** 9:00.8* Eric Hulst (Laguna Beach) 1973. **Soph:** 8:46.9* Eric Hulst (Laguna Beach) 1974. **Junior:** 8:41.3* Eric Hulst (Laguna Beach) 1975. **Senior:** 8:32.7* Jeff Nelson (Burbank) 1979.

8:32.7*	Jeff Nelson (Burbank) at Westwd-2	1979
8:40.4*	Eric Reynolds (Camarillo)-1	1983
8:41.0*	Eric Hulst (Laguna Beach)-2	1976
8:41.6*	Thom Hunt (Henry, San Diego)	1976
8:42.3*	Ralph Serna (Loara, Anaheim)	1975
8:42.9*	Rich Kimball (DeLaSalle, Concord)-1	1974
8:44.95	Eric Mastalir (Jesuit, Carmichael)-1	1986
8:45.2*	Curtis Beck (Santa Monica)-1	1972
8:46.78	Jon Butler (Edison, Hunt Beach)-1	1981
8:48.8*	Chuck Assumma (Eisenhower, Rialto)	1979
8:49.0*	Don Moses (Crescenta Valley)	1976
8:49.3*	Frank Assumma (Eisen, Rialto)-1	1977
8:49.4*	Pete Romero (Reedley)-1	1967
8:49.7*	Marc Genet (Santa Ana)	1972
8:49.8*	Rod Berry (Redwood, Larkspur)	1977
8:49.9*	Dave Taylor (Merced)	1972
8:50.2*	Dale Fleet (Clairemont, San Diego)-1	1971
8:50.2*	Mark Spilsbury (Foothill, Tustin)	1976
8:50.6*	Jim Salcido (Sunny Hills, Fullerton)	1972
8:50.8*	Jose Amaya (Wilson, Los Angeles)	1971
8:50.8*	Gordon Innes (Upland)	1971
8:50.8*	Sal Godinez (Salesian, Los Angeles)	1976
8:51.0*	Bob Grubbs (Washington, Fremont)	1972
8:51.15*	Marc Dani (Valhalla, El Camino)	1986
8:51.15*	Jay Marden (MissSJose, Fremont)	1981

100 Meter Hurdles

(* 120 Yards Plus 0.03)

State Meet Record: 13.41-Steve Kerho, Mission Viejo, @ Sacramento, 1982. (Hand): 13.2y Dedy Cooper, Harry Ells (Richmond 1975 @ San Diego. **Frosh:** 14.89 Kenyon Rambo (Poly, Long Beach) 1994. **Soph:** 14.37 Kyle O'Neill (Bella Vista, Fair Oaks) 1992. **Junior:** 13.69* Phillip Johnson (Gardena) 1977. **Senior:** 13.41 Steve Kerho (Mission Viejo) 1982.

13.41	Steve Kerho (Mission Viejo) at Sac-1	1982
13.67*	Phillip Johnson (Gardena)-1	1978
13.67	David Ashford (West Covina)-1	1981
13.67	Isaac Carson (Jefferson, DalyCity)-1	1991
13.73	Don Ward (St. Mary's, Berkeley)-1	1980
13.79	Henry Andrade (HJohnson, Sacto)	1980
13.79	Troy Weaver (Edgewood, Covina)	1982
13.80	Ron Brown (Bish Amat, La Puente)	1982
13.81*	Ken Margerum (Fountain Valley)	1977
13.84	Shelton Boykin (San Fernando)	1987
13.84	Dana Hall (Ganesha, Pomona)-1	1987
13.85	Ronnie McCoy (Edison, Fresno)	1981
13.87*	Milan Stewart (West Covina)-1	1978
13.87	Drue Powell (Reseda)-1	1993
13.88	Robert Reading (St. Mary's, Berk)-1	1985
13.88	Terry Johnson (Katella, Anaheim)-1	1986
13.88	Ron Copeland (Dorsey, Los Ang)	1987
13.90*	Jim Scannella (SRamon, Danville)-1	1979
13.90	Erick Montgomery (Indep, San Jose)	1983
13.91*	Tonie Campbell (Banning, Wilm)	1978

13.91*	Gary Lee (Poly, Long Beach)	1979
13.91	Raymond Young (Hawthorne)-1	1984
13.92	Mark Boyd (St.Mary's, Berkeley)-1	1983
13.93	Rod Green (Palo Alto)	1983
13.93	Mo Hill (Stagg, Stockton)	1983

Hand Timing:

13.2y	Dedy Cooper (HElls, Richmond)	1975
13.3y	Robert Gaines (Kennedy, Richmnd)-1	1975
13.3y	Jon Peterson (Saddleback, SAna)	1975
13.3y	Phillip Johnson (Gardena)-1	1978
13.5y	Ken Margerum (Fountain Valley)	1977
13.6y	Charles Jackson (Lompoc)-1	1971
13.6y	Dan Jones (Palo Verde, Blythe)-1	1972
13.6y	Tom Andrews (West, Bakersfield)	1973
13.6y	Carl Florant (Palo Alto)	1973
13.6y	Mike Harris (Indio)	1974
13.6y	Wilbur Gregory (Mission Viejo)	1975
13.6y	Tonie Campbell (Banning, Wilm)	1978

300 Meter Intermediate Hurdles

(* 330 Yards Minus 0.19)

State Meet Record: 35.50 George Porter (Cabrillo, Lompoc) at Sacramento 1985. **Frosh:** 38.07 Kenyon Rambo (Poly, Long Beach) 1994. **Soph:** 37.18 Kenyon Rambo (Poly, Long Beach) 1995. **Junior:** 36.10 George Porter (Cabrillo, Lompoc) 1984. **Senior:** 35.32 George Porter (Cabrillo, Lompoc) 1985.

35.32	George Porter (Cabr, Lomp) Wal-2	1985
35.43	John Montgomery (Indep,SJose)-1	1988
36.44	Kevin Jones (Mt. Miguel, Spring Vly)	1988
36.56	Michael Graham (Hawthorne)	1985
36.59	Kenny Grimes (Cyn Spr, MorVly) -1	1995
36.65	Ken Haslip (Muir, Pasadena)-2	1994
36.71	Kenny Hall (Ganesha, Pomona)	1985
36.74	Keith Pontiflet (Esperanza, Anaheim)	1985
36.76	Mike King (Menlo-Atherton)	1985
36.80	Raymond Young (Hawthorne)	1984



JEREMY FISCHER

Photo by Bill Leung, Jr./Geek Media

36.80	Jason Medearis (Hart, Newhall)	1994
36.82	Felix Sanchez (Univ City, SD)	1995
36.83	Anthony Reynolds (Fremont, L.A.)	1984
36.84	Gordon Bugg (West Covina)	1984
36.88	Yki Vallery (Hawthorne)-1	1987
36.88	Keith Williams (Escondido)-1	1991
36.90	Bill Gaines (Indep, San Jose)	1986
37.07	Chris Redmond (Vallejo)	1992
37.08	Nate Wright (Oakland)	1988
37.10	Al Blades (Muir, Pasadena)	1984
37.11	Chey Walker (West Covina)	1995
37.13	Dana Hall (Ganesha, Pomona)	1987
37.17	Diatori Gildersleeve (Grant, Sacto)	1988
37.18	Kenyon Rambo (Poly, Long Bch)	1995
37.20	Craig Cooper (Fairfield)	1984
37.20	Jay Taylor (St.Augustine, SDiego)	1985

Hand Timed: (*330 yards minus 0.2):

36.2*	Dedy Cooper (Harry Ells, Richmond)	1975
36.2*	Charles White (San Fernando)	1976
36.9	Andre Phillips (Silver Creek, SJose)	1977
36.9	Jim Scannella (S Ramon, Danville)	1979

High Jump

State Meet Record: 7-3 1/4 Lee Balkin (Glendale) at Sacramento 1979. **Frosh:** 6-8 3/4 Ruben Hendrix (South, Bakersfield) 1987. **Soph:** 7-1 Kenny Burke (Westlake, Simi Valley) 1983. **Junior:** 7-3 Maurice Crumby (Balboa, S.F.) 1982. **Senior:** 7-4 1/2 Maurice Crumby (Balboa, S.F.) 1983.

7-4 1/2	Maurice Crumby (Balb,S.F.)@Stan-2	1983
7-4	Jeremy Fischer (Camarillo)-1	1994
7-3 1/4	Lee Balkin (Glendale)-1	1979
7-3	Reynaldo Brown (Compton)-3	1968
7-3	Tim Polt (Alemany, Mission Hills)	1979
7-3	Jeff Rogers (Overfelt, San Jose)	1985
7-3	Avery Anderson (North, Riverside)-1	1991
7-2 1/4	Jeff Nadeau (Monroe, Sepulveda)-1	1993
7-2	Billy Hice (Oakland)	1977
7-2	Dennis Smith (Santa Monica)-1	1977
7-2	Kerry Myers (Berkeley)	1978
7-2	Frank Schiefer (Madison, SDiego)	1979
7-2	Kenny Burke (Westlake, Simi Vly)-1	1984
7-2	Reggie Betton (Antel Vly, Lanc)-1	1986
7-2	Art Lloyd (Eisenhower, Rialto)	1994
7-1 3/4	Mark Wilson (Monte Vista, Danville)	1974
7-1 1/2	Dwight Stones (Glendale)-1	1971
7-1 1/2	Todd Kelly (Big Valley, Bieber)	1993
7-1 1/4	Otis Hailey (Wasco)	1968
7-1 1/4	Luis Juico (Piedmont Hills, SJose)-1	1987
7-1	Rob Olson (El CamReal, Wdland H)	1977
7-1	Greg Denby (Crenshaw, L.A.)-1	1980
7-1	Anthony Caire (Pius X, Downey)-1	1981
7-1	Maury Burnett (Washington, L.A.)	1982
7-1	Andre La Coste (Lakewood)	1988
7-1	Mark Wilson (charter Oak, Covina)-1	1989
7-1	Kevin Carlson (Katella, Anaheim)-1	1991

Pole Vault

State Meet Record: 17-0 1/2 Anthony Curran (Crespi, Encino) at Bakersfield 1978. **Frosh:** 14-8 3/4 Anthony Curran (Crespi, Encino) 1975. **Soph:** 16-2 Brent Burns (Acalanes, Lafayette) 1985. **Junior:** 17-6 Brent Burns (Acalanes, Lafayette) 1986. **Senior:** 18-2 Brandon Richards (San Marcos, Santa Barbara) 1985.

18-2	Brandon Richards (SMarcSB)@Eug.	1985
17-8 1/2	Brent Burns (Acalanes, Lafayette)-1	1987
17-4 1/4	Anthony Curran (Crespi, Encino)-2	1976
17-4	David Cox (Hoover, Fresno)-1	1991

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All-Time CALIFORNIA High School Boys List

17-1	Tye Harvey (Sonora)	1993
17-0 3/4	Matt Warwick (Hesperia)	1988
17-0 3/4	Scott Slover (Leland, San Jose)-2	1994
17-0 1/2	Doug Fraley (Clovis West)	1983
17-0	Mike Kibori (Saratoga)-1	1982
17-0	Tom Parker (Notre Dame, ShermOks)	1988
16-8 3/4	Steve Smith (South, Torrance)-2	1969
16-8 3/4	Mike Tully (Millikan, Long Beach)	1974



SCOTT SLOVER

Photo by Bill Cockerham

16-7	Robert Pullard (Los Angeles)	1969
16-6 3/4	Paul Wilson (Warren, Downey)-2	1965
16-6	Brian Worden (NDame, ShermOaks)	1975
16-6	Greg Ernst (El Dorado, Palacentia)	1978
16-6	Tom Richards (San Marcos, S.B.)-1	1988
16-6	Borys Orloff (Bosco, Bellflower)	1994
16-6	Robbie Weighall (Foothill, Bkfld)	1994
16-5	Jon Vaughn (Corona)	1966
16-4 3/4	Paul Heglar (Muir, Pasadena)	1966
16-4 3/4	Esa Sallinen (Burroughs, Burbank)	1994
16-4	Dave Noel (Edison, Huntin Beach)	1988
16-4	Jesse Stern (Harv/Westlake, LA)	1993
16-4	Mike Brown (Torrey Pines, SD) -1	1995

Long Jump

State Meet Record: 26-4 3/4 James Stallworth (Tulare) at Cerritos 1989. **Frosh:** 23-10 1/2 Johnny Johnson (Pacific Grove) 1963. **Soph:** 25-2 1/4 Johnny Johnson (Pacific Grove) 1964. **Junior:** 25-10 3/4 Heulon Hewitt (Merced) 1968. **Senior:** 26-4 3/4 James Stallworth (Tulare) 1989.

26-4 3/4	James Stallworth (Tulare) at Cerr-1	1989
26-3 3/4	Randy Williams (Edison, Fresno)-1	1971
26-2 1/4	Ken Duncan (McClatchy, Sacto)	1972

26-0 3/4	Jerry Proctor (Muir, Pasadena)-1	1967
26-0 3/4	Joe Richardson (Pasadena)-1	1984
26-0	Johnny Cleveland (Soquel)-1	1984
25-11 1/2	Larry Doubly (Manual Arts, L.A.)-1	1976
25-10 3/4	Heulon Hewitt (Merced)-1	1968
25-9 1/2	Gerald Hardeman (Edison, Fresno)	1972
25-7	James McAlister (Blair, Pasadena)-1	1970
25-6 1/4	Ted Hammond (Compton)	1973
25-5 1/2	Percy Knox (Antelope Vly, Lanc)-1	1987
25-5 1/4	Doyle Steel (San Diego)-1	1966
25-5	Carl McCullough (Sacramento)-1	1972
25-5	Gerald Price (UnivCity, SDiego)-1	1990
25-4 3/4	Johnny Johnson (Pacific Grove)	1965
25-4 1/2	Oscar Bean (Jefferson, L.A.)-1	1956
25-4 1/2	Clarence Scott (Fremont, LA) -1	1995
25-4 1/4	Monte Upshaw (Piedmont)-2	1954
25-4	Donnie Butler (Fremont, L.A.)	1978
25-3 3/4	Diatori Gildersleeve (Grant, Sacto)-1	1988
25-3	Willie Davis (Roosevelt, L.A.)	1958
25-3	Bobby Bonds (Poly, Riverside)-1	1964
25-3	Ken Frazier (Mission, S.F.)	1981
25-2 1/2	George Brown (Jordan, L.A.)-2	1949
25-2	Phil Quinet (Homestead, Cupertino)	1968

Triple Jump

State Meet Record: 52-5 3/4 Marcus Hooks (Lake-wood) at Norwalk 1986. **Frosh:** 48-4 Dave Tucker (S.J. Memorial, Fresno) 1968. **Soph:** 50-2 1/2 Ken Frazier (Mission, S.F.) 1980. **Junior:** 52-6 1/4 Dave Tucker (S.J. Memorial, Fresno) 1970. **Senior:** 53-6 1/2 Joe Richardson (Pasadena) 1984.

53-6 1/2	Joe Richardson (Pasa) at Sacto-1	1984
52-10 1/2	Charles Mayfield (Muir, Pasadena)	1980
52-6 1/4	Dave Tucker (S.J. Memorial, Fresno)	1970
52-6	Henry Ellard (Hoover, Fresno)-1	1979
52-5 3/4	Marcus Hooks (Lakewood)-1	1986
52-4 3/4	Ken Frazier (Mission, S.F.)-1	1981
52-3 1/2	Randy Williams (Edison, Fresno)	1971
52-0	Von Ware (RanBuenVista, Vista)-1	1994
51-11	Joel Smith (Cord, RanCordova)-1	1987
51-8 3/4	MacArthur Anderson (Bakersfield)	1987
51-8	Mike Woods (Manual Arts, L.A.)	1963
51-7 3/4	Phouphet Singbandith (Magn, Anah)-1	1990
51-7 1/2	Vestee Jackson (McLane, Fresno)	1981
51-6 1/2	Greg Caldwell (Fremont, L.A.)-1	1976
51-5 3/4	Freeman Miller (Fremont, L.A.)-1	1980
51-3	Willie Banks (Oceanside)-2	1974
51-3	Ricky Holliday (Muir, Pasadena)	1980
51-2 1/4	Dokie Williams (El Camino (Ocean)-1	1977
51-2 1/4	Tim Prince (Logan)	1988
51-2	Lenny McGill (OrGlen, Escondido)-1	1989
50-11 3/4	Tony Parrish (Marina, HuntBch) -1	93
50-11 1/2	Harold Rucker (Silver Crk, SJose)	1986
50-11 1/2	Terrance Strong (Bakersfield)-1	1984
50-11 1/4	DeAndre Roberson (West, Bakers)	1989
50-11	Dan Jackson (Oakland)	1975

Shot Put

State Meet Record: 74-4 3/4 Brent Noon (Fallbrook) at Cerritos 1990. **Frosh:** 59-8 Brent Noon (Fallbrook) 1987 & Van Mounts (Bakersfield) 1995. **Soph:** 62-3 1/2 Brent Noon (Fallbrook) 1988. **Junior:** 69-8 1/4 Brent Noon (Fallbrook) 1989. **Senior:** 76-2 Brent Noon (Fallbrook) 1990.

76-2	Brent Noon (Fallbrook)-2	1990
69-6 1/2	Brian Blutreich (Capistrano Valley)-2	1985
69-3 3/4	Jim Neidhart (Newport Harbor)-1	1973
68-5 1/2	Steve Montgomery (Lassen, Sus)-1	1976
68-5	Dave Kurrasch (Newport Harbor)-1	1975

67-9 3/4	John Hubbell (Poly, Long Beach)-1	1966
67-9	Terry Albritton (Newport Harbor)	1972
67-9	John McKenzie (Hart, Newhall)	1976
67-8 1/4	Dave Doupe (Inglewood)	1973
67-6 1/2	Randy Cross (Crespi, Encino)-1	1972
67-2 1/4	Mark Stevens (Newport Harbor)-1	1971
67-2	Dave Murphy (Sunny Hills, Fullerton)	1966
67-0	David Bultman (Royal, Simi)-1	1987
66-8	Mark Parlin (Esperanza, Anaheim)-1	1991
65-11 1/2	Curt Hampton (El Cajon)-1	1974
65-10 3/4	Dave Porath (Atwater)-1	1978
65-10	Steve Wilhelm (Fremont, Sunnyvale)	1967
65-9 3/4	John Buehler (Whittier)-1	1967
65-9	Dave Laut (Santa Clara, Oxnard)	1975
65-9	Jeff Stover (Chico)	1976
65-9	John Bender (Shafter)	1984
65-8 3/4	Randy Withrow (Pasadena)-1	1970
65-7 3/4	Don Castle (Cubberley, Palo Alto)	1961
65-7 1/4	Dave Gerasimchuk (Narb, Lomita)	1972
65-6	Bruce Wilhelm (Fremont, Sunnyvl)-1	1963

Discus

State Meet Record: 203-4 Brian Blutreich (Capistrano Valley) at Sacramento 1985, and 203-4 Rob Powell (Redwood, Visalia) at Cerritos 1990. **Frosh:** 173-6 Antonio Dobbins (Burroughs, Ridgecrest) 1979. **Soph:** 182-5 Jeff Buckley (Bakersfield) 1990. **Junior:** 210-1 Jeff Buckley (Bakersfield). **Senior:** 210-8 Brian Blutreich (Capistrano Valley) 1985.

210-8	Brian Blutreich (Capistrano Valley)-1	1985
210-1	Jeff Buckley (Bakersfield)-1	1991
209-6	Dave Porath (Atwater)-1	1978
203-4	Rob Powell (Redwood, Visalia)-1	1990
201-6	Ray Burton (Vacaville)-1	1974
201-3	Chris Adams (Los Altos)-2	1970
200-8	Brent Noon (Fallbrook)	1990
200-7	Paul Bender (Shafter)-1	1980
200-4	Scott Endler (Hoover, Fresno)-1	1976
200-1	Scott Overton (Los Altos)-1	1972
199-0	John Wirtz (Leland, San Jose)-1	1988
198-6	Dave Voorhees (Tulelake)	1973
198-1	Gabe Torre (Notre Dame, Riverside)	1992
197-7	Pete Swanson (San Benito, Hollis)	1992
197-6	Kevin Richardson (Shafter)	1984
196-10	David Bultman (Royal, Simi)-1	1987
195-8	Billy Joe Winchester (Mt. MigSp. Vly)	1970
195-6	Chris DeMartini (St. Ignatius, S Fran)	1994
195-5	Lonnie Shelton (Foothill, Bakers)-1	1973
195-4	Bob Stoecker (Los Altos)-2	1962
195-4	Tom Birtwhistle (Gunn, Palo Alto)	1969
194-10	David Thomson (Santa Ynez)-1	1977
194-7	Antonio Dobbins (Burr, Ridge)-2	1981
194-2	Dave Hickson (Leland, San Jose)	1973
194-2	Darrell Elder (Redwood, Larkspur)	1974
194-2	Mark Parlin (Esperanza, Anaheim)	1991

400 Meter Relay

(* 440 Yards Minus 0.23)

State Meet Record: 40.24 Hawthorne (Alexander, Smith, Allen, Conway) at Cerritos 1989.

40.24	Hawthorne at Cerritos (Alexander, Smith, Allen, Conway)	1989
40.64	Hawthorne (Marsh, Graham, Pamam, Thomas)	1985
40.78	Muir, Pasadena-1 (Douglas, Ervin, Robertson, Ealy)	1987
40.82	Hawthorne (Marsh, Young, Parnam, Thomas)]	1984

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All-Time CALIFORNIA High School Boys List

40.83	Edison, Fresno-1 (Cowings, Woods, Walker, Wheeler)	1983	3:10.37	(Flenaugh, Stamps, Jackson, Harris) Centennial, Compton -1	1980
40.86	Berkeley-1 (McCree, Robinson, Clewis, Murray)	1981	3:10.42	Berkeley (Dotson, Richardson, Walker, Robinson)	1980
40.87	Hawthorne (Young, McGee, Young, Thomas)	1983	3:10.46	Hawthorne -1 (Alexander, Conway, DelPino, Hannah)	1988
40.88	Taft, Woodland Hills (Feinstein, Roberts, Flores, Watts)	1987	3:10.47*	Banning, Wilmington -1 (Davis, Caesar, Plalock, Lewis)	1978
40.91	Hawthorne (Hannah, Vallery, Carroll, Conway)	1987	3:11.10	Poly, Long Beach	1981
40.92	Dorsey, Los Angeles (Boles, Williams, Williams, Jackson)	1981	3:11.32	Compton (Davis, Taylor, Smith, Barksdale)	1980
40.93	Berkeley-1 (Davis, Henderson, Hunter, Usher)	1984	3:11.77	Hawthorne -1 (Thomas, Carroll, Thomas, Hannah)	1987
40.93	Muir, Pasadena (Limbrick, Ealy, Ervins, Jeffries)	1986	3:11.81	Centennial, Compton (Pinchback, Ware, Jones, Graham)	1981
40.95	Washington (Los Angeles)	1990	3:12.1*	Castlemont, Oakland -1 (Roberts, Morgan, Curry, Rodgers)	1971
40.98	Berkeley (Davis, Henderson, Hunter, Paulding)	1983	3:12.21	Dorsey, Los Angeles -1	1989
41.00	El Camino, Oceanside -1 (Powell, Eubanks, Owbsu, Forte)	1994	3:12.3*	Westchester, Los Angeles (Brown, Lee, Jones, Pittman)	1978
41.01	Oakland-1 (Porter, Watson, Williams, Watson)	1982	3:12.44	Muir (Pasadena) -1 (Gray, Haywood, McCullough, Moore)	1995
41.05	Washington, Los Angeles	1988	3:12.45	Muir, Pasadena (Carroll, Anderson, Mathis, Brown)	1981
41.05	San Bernardino-1	1990	3:12.50	Morningside, Inglewood	1987
41.06	Morningside, Inglewood	1987	3:12.5*	Fremont, Los Angeles (Butler, Derry, Shelton, Daniels)	1978
41.09	Muir, Pasadena (Carr, Haslip, Moore, Baldwin)	1994	3:12.54	Oakland	1981
41.09	Bakersfield	1995	3:12.54	Muir, Pasadena -1 (Carr, Haslip, Baldwin, Moore)	1994
41.11	Morningside, Inglewood (Lloyd, Butler, Reed, Taylor)	1994	3:12.6*	Pasadena -1 (Cleveland, Dancer, Sanford, Sanford)	1977
41.11	Washington (Los Angeles)	1991	3:12.6*	Fontana (Cooper, Gary, Fowler, Bethany)	1978
41.11	Muir, Pasadena	1983	3:12.64	Pasadena	1981
Hand Timing:					
(* 440 yards minus 0.2)					
40.8*	Wilson, San Francisco-1 (Farmer, Whitaker, Kirtman, Walker)	1973			
40.9*	El Cerrito -1 (Gaines, Watson, Smith, Burns)	1971			
40.9*	Harry Ells (Richmond) -1 (Miller, Gentry, Davis, Cooper)	1975			
40.9*	Hamilton (LA) (Menzies, Goosby, Martin, Mullins)	1976			
1600 Meter Relay					
(* Mile Minus 1.1)					
State Meet Record: 3:08.94 Berkeley (Walker, Richardson, Murray, Robinson) at Norwalk 1981.					
3:07.40	Hawthorne @ Austin, Texas (Graham, Marsh, Kelly, Thomas)	1985			
3:08.94	Berkeley -1 (Walker, Richardson, Murray, Robinson)	1981			
3:09.45	Hawthorne -1 (Graham, Young, Kelly, Thomas)	1984			
3:10.11	Hawthorne -1 (McGee, Torrence, Kelly, Thomas)	1983			
3:10.33	Perris 1983				
Miscellaneous Records					
100 Yards					
9.44	Mike Sanford (Pasadena)	1979			
9.3 (hand)	Tony Pitts (Valley, Santa Ana)	1978			
220 Yards (str.)					
20.2	Forest Beaty (Hoover, Glendale)	1961			
3 Miles					
13:43.6	Rich Kimball (Concord, DeLaSalle)	1974			
5000					
14:01.40	Eric Mastalir (Jesuit, Carmichael)	1986			
6 Miles					
27:58.0	Eric Hulst (Laguna Beach)	1976			
10,000 Meters					
28:55.0	Eric Hulst (Laguna Beach)	1976			
10 Miles					
49:15.0	George Aguirre (Santa Barbara)	1975			
1 Hour					
12M,254Y	Ajim Baksh (Hollywood)	1975			
Marathon					
2:23:47	Mitch Kingery (San Carlos)	1973			
110 H (42")					
14.1	Dedy Cooper (Harry Ells, Richmond)	1974			
180y LH (Straight)					
18.1	Steve Caminiti (Crespi, Encino)	1964			
18.1	Earl McCullough (Poly, Long Beach)	1964			
180y LH (turn)					
18.6	Wayne Collett (Gardena)	1967			
18.6	Rich Graybehl (Las Lomas, Walnut Ck)	1974			
300 LH					
35.52	Danny Harris (Perris)	1983			
400 IH					
51.5	Charles White (San Fernando)	1976			
52.7	Mark Low (Pomona)	1969			
2000 SC					
5:43.9	Steve Guerrini (Santa Rosa)	1991			
3000 SC					
9:10.8	Dave Daniels (San Geronio, S.Bern.)	1976			
4x200					
1:25.6	Berkeley	1976			
4x800					
7:44.0y	El Cerrito (Stodden, Wolfe, Rice, Wood)	1969			
4x1500					
16:13.4	Compton	1987			
4x1600 Relay					
17:13.2	Lompoc (Schankel, Fabing, Gilmore, Williams)	1973			
Sprint Medley Relay					
3:21.1	Jesuit, Carmichael (Lewis, Murray, Robinson, Richardson)	198*			
Distance Medley Relay					
9:56.3	Jesuit, Carmichael (Thomas, Cahill, Mastalir, Mastalir)	1986			
4x120 LH					
53.5	Franklin, Stockton	1974			
4x120 HH					
58.4	Fresno (Larson, Cox, Lyons, Elders)	197*			
SP (16 lb.)					
57-10 1/4	Dave Murphy (Sunny Hills, Fullerton)	1966			
DT (4 lb. 6 oz.)					
177-4	Ray Burton (Vacaville)	1974			
HT (12 lb.)					
219-2	Kevin McMahon (Bellarmine, San Jose)	1990			
HT (16 lb.)					
173-11	Chuck Vandagriff (Castro Valley)	1967			
JT (Old)					
218-11	Mike Ostrom (Las Lomas, Walnut Creek) 1983				
JT (New)					
214-7	Greg Johnson (Woodside)	1990			
Pentathlon					
3418	Dixon Farmer (Miramonte, Orinda)	1959			
Decathlon					
7172	Tom Richards (San Marcos, S.B.)	1988			

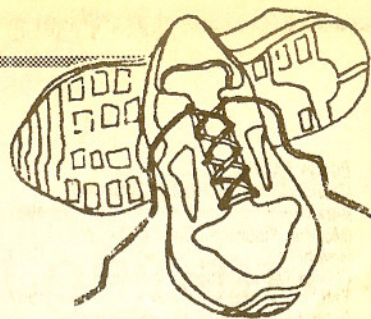
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MOSTLY SHOES

By Cregg A. Weinmann



Running on a Budget

Ninety-two years before the Centennial Olympic Games, the United States of America hosted their first Olympics in conjunction with the 1904 World's Fair in St. Louis, Missouri. 1200 miles southeast of the selected site, a mail carrier from Havana, Cuba began entertaining fantasies of winning the Olympic marathon. It did not matter to Felix Carbajal that he had never run the distance of 24 miles, which was the official length of the 1904 race. A qualifying time was unnecessary in those days, and entrants needed to merely be present to participate, so the only impediment Felix faced was financial. His personal budget was inadequate to allow him to travel to St. Louis to participate, but Senor Carbajal did not allow such a trivial thing as money to stand in his way. He began to share his dream with friends, neighbors, and fellow residents of Havana. He organized what may have been the first jog-a-thon, running around the Havana town square, until he had raised the necessary funds. I'm sure that Felix left Havana with an "hasta luego" and the promise of a triumphant return complete with Olympic hardware. . .

Do you sometimes feel that the cost of your running gear is going out of sight? Are you a regular follower of the sales ads when you need to replace your shoes or apparel? Where can you find a good bargain? Read on!

There is a sentiment, among many runners exchanging ideas on the Internet that the shoe companies have a pricing structure which is out-of-line with the personal budgets of many runners. This is probably most descriptive of high mileage runners, who must purchase several pairs of shoes each year. This has certainly caused me to frequent the Sportsmarts, Big 5's, and Copeland's of the Golden State, and beyond, in search of last year's model at a significant discount. Outside of a few retailers, who specialize in discounted goods, finding a good sale price on running shoes or apparel is pure serendipity. If you are armed with a knowledge of what shoes or apparel will work for you and a little patience, you can find a real bargain. There are those who feel you get what you pay for, but last year they thought they

were paying for a quality shoe which can now be bought for 20-50% less, while still providing the same features. This is, in part, the philosophy behind Copeland's and Big 5. Yes, I know the real philosophy is profit, but they at least recognize that if they offer to buy a huge shipment of close-out or cosmetic blembs from adidas, ASICS, Avia, Brooks, Nike, Reebok, or Saucony, they can still make a tidy profit by having a nice size run in each of their 250 stores (combined). If you keep the shoe reviews from the past couple of years and check the weekly ads against them, you can find a good shoe at a great price. This is a good way to "bank" training shoes, that is, buy a new pair of shoes when they're on sale but don't use them until the pairs you've been rotating in training show wear or feel worn. I don't hesitate to visit any store which carries running shoes (from Mervyn's to Shoe City). You never know when good fortune will strike.

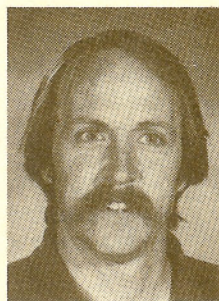
Another prospect in the search for running bargains is the Outlet Mall. A fascinating concept. Find an isolated spot (preferably alongside gas and food) next to a major highway, between two desirable locations and build a shopping center. Not just any shopping center, but a shopping center which has stores full of merchandise direct from the manufacturers (with a few other odds and ends). What does this mean to the "shopping.runner"? Well, it means that there are stores with uniformly lower prices from; ASICS, Avia, Converse, Fila, Foot Locker, Nike, Reebok, and Road Runner Sports. Don't overlook the Famous Footwear or Shoe Pavilion stores in your search. Some are clustered together and others are far-flung and isolated, but let me highlight the locations (as well as possible) so you may include them on the itinerary for the trip to your next race.

Barstow- ASICS, Avia, Reebok
Cabazon- Nike, Reebok, Founders Club (ASICS apparel only)
Fresno- Converse
Folsom- Nike
Gilroy- Avia, Fila, Foot Locker, Nike, Reebok (Opening 11/95)
Lake Elsinore- Nike, Reebok (Opening 1/96)

Lancaster- Reebok
Los Angeles (Citadel)- Fila
Huntington Beach- Converse
Milpitas- Foot Locker
Miramar- The Outlet Store (Road Runner Sports)
Monterey- Reebok
Ontario- Converse
Petaluma- Reebok
San Diego- Converse, Reebok
San Ysidro- Nike
Santa Monica- Reebok
Tracy- Reebok
Vacaville - Converse, Reebok

Because of the ever-changing nature of the outlets, stores move from one location to another, or just close down over time. It's best to keep your eyes peeled, your options open, and a "take what you get" attitude.

I wish that it could be reported that Felix Carbajal successfully budgeted both fiscal and physical efforts to achieve his goal. That was not the case. Following the first leg of his trip, arriving by boat in New Orleans, in an apparent attempt to raise more funds, all of Felix's money was lost on a roll of the dice. He was able to continue traveling to St. Louis by running and walking the 700 miles, arriving just prior to the start of the marathon. Race day preparation consisted of cutting the legs off of his trousers and toeing the line in heavy walking shoes. Felix showed remarkable endurance by being able to stay with the leaders for much of the race, but ultimately, he finished just out of the medals in fourth place. There is no account of Felix Carbajal's return to Havana. My return from the outlets was with several bags of running gear.



Cregg A. Weinmann, an ardent fan and long-time participant in the sport of track and road racing, is a teacher living and working in Bakersfield, CA. Cregg's E-mail address is: shuz2run@lightspeed.net

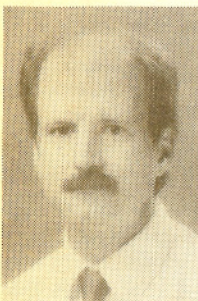
COACHES ALLIANCE

COACHES' CORNER

GEORGE PAYAN, COLUMN EDITOR

Training the Track & Field Athlete Through the Energy Systems

By JACK RANSONE, Ph.D., Associate Professor of Human Performance, San Jose State University
USATF Coaching Education Level II and Level III Instructor



In track and field, as in many other sports, theorist and practitioners reside in different camps with inadequate communications. The blame rests with all of us.

Coaches are responsible for the effectiveness of their training methods. New techniques allowed to remain in the minds of scientists or on silent pages in trade journals do nothing for the leaders of track and field.

American athletes, if trained correctly, are invincible. Our societal system is second to none in producing motivated, aggressive and self-asserted young men and women. Our scientific establishment is totally superior in human, as well as material sources, in its capacity to find quick answers to pressing problems. A carefully planned meeting of these two institutions will one day produce the greatest athletes the world has ever seen. We need to establish a system that is already present in many countries of the world—A coordinated mechanism of immediate dissemination of new information from the laboratory to the track, and a trusting relationship between the coach and scientist. Such a goal remains, as yet, a distant ideal in this country I will address many of those

topics that remain lost in the halls of science.

There is no secret or mystery about the **energy systems** and their effectiveness when clearly understood. Track and field coaches must understand the energy system capabilities and limitations to design sequenced training programs. In teaching athletes to listen to their bodies during training sessions, adjustments can be furnished in the sequenced workout with careful understanding of the energy system. It is my intention to provide the coach with a workout training system based on accurate scientific knowledge as it relates to the energy systems.

Adenosine Triphosphate, or simply, ATP, is the immediate usable form of chemical energy for muscular activity. This is one of the most important of the "energy rich" compounds which is stored in all cells, particularly muscle cells. All forms of chemical energy available from the food we eat must eventually be transferred into ATP form before they can be utilized by the muscle cell. The amount of ATP in the muscle cell is limited and could be depleted in 1-2 seconds unless recharged to maintain muscular activity, thus, immediate synthesis of ATP is necessary. ATP supplies must be kept at peak concentration and must never fall below 60% of its resting levels for muscular activity to continue. The three systems of metabolic pathways available to replace ATP concentrations are: 1) Anaerobic Phosphagen

(ATP-PC) Energy System, 2) Anaerobic Lactate (Glycolytic) Energy System and 3) Aerobic Energy System.

An energy rich compound called Creatine Phosphate (CP) is present in the muscle cell. This compound is used for the immediate resynthesis of ATP following high intensity exercise. The amount of ATP that can be resynthesized can last for 4 to 5 seconds. Remember, the 1 to 2 second supply from ATP stores, so collectively, you have about 5 to 7 seconds of ATP production. This system is referred to as the Anaerobic Phosphagen Energy System with no oxygen used to produce energy. To challenge this system, high intensity, workouts of 4 to 7 seconds are necessary. For example, 30 to 50 meters of maximal sprinting or 3 to 5 repetition-sets of weightlifting.

High intensity work (Sprints) involves moving the limbs at the highest possible velocity. More specifically, it involves the selective recruitment of motor unit pathways to improve the efficiency and firing of correct motor units that are available depending on the TYPE, INTENSITY, and DURATION of work executed. This motor learning must be rehearsed (practiced) at high speeds to develop and implant the complex recruitment for synchronized firing of these motor units. Points that must be followed in the training sessions:

continued next page...

1) the speed component of anaerobic metabolism should be trained when no fatigue is present, 2) most athletes require 24 to 36 hours of rest with low intensity work before doing maximum speed work again, 3) work sets of around 3-4 repetitions with 2-3 minutes recovery between repetitions, and 8-10 minutes recovery between sets is recommended for maximum results to occur, 4) the time period necessary for the proper resynthesis of ATP and CP recovery rates for CP resynthesis and 5) four (4) sets, involving 600 meters (ie. 4x4x65m) in total distance in a practice session is sufficient to stimulate this system.

The demand for energy (ATP) dictates which energy system will be challenged. The muscle will adjust to the necessary energy system. To challenge the lactate (glycolytic) system, the breakdown of glucose or glycogen anaerobically produces energy plus lactate and hydrogen ions (H⁺). When the demand for energy exceeds the body's ability to produce energy with oxygen, the muscle will become acidic. The presence of hydrogen ions, not lactate, makes the muscle acidic which will eventually shut down the system. For each lactate formed, one corresponding hydrogen ion is formed. This system operates in the muscle cell and its chemical reaction is: $GLUCOSE + Pi + ADP \rightarrow ATP + LACTATE + H^+$.

The formation of lactate is not necessary for the delivery of energy, but it serves as a storehouse for the hydrogen, and thereby, keeps the reaction going. Under anaerobic conditions, the accumulation of hydrogen ions is the limiting factor causing fatigue in runs of 300 to 800 meters.

The task now is to link this scientific information for design of accurate and working methods to developing training sessions for the lactate energy system. Distances of 300 to 600 me-

Only by challenging the right energy system will the desired physiological change and improved performance occur . . . at times, less work gives greater rewards.

ters may be used by coaches to do high lactate work. It is necessary to mentally and physically prepare to do this type of work due to the possibility of injury. High quality lactate work can shock the body and the central nervous system. Thus, loads (Total Distance and Volume) and intensities (Percent of Maximum) must be progressively sequenced. For example, sequencing workouts to prevent injuries may be achieved by planning each day of the week of an entire year. Each workout is a single unit of preparation designed to produce a desired result and each session is more demanding than the previous.

Recovery sessions from high quality lactate work must be sequenced in a set pattern. The duration of the exercise bout should be representative of the ration of recovery. If you have 60 seconds of exercise (400m), recovery should be 120 seconds if you wish to have a 1:2 ration. Other examples are 1:1.5, 1:1 depending on the goal of the training session. Prior knowledge of the athletes' work capacities and prior experience is essential in dictating the load and intensity in each unit. A first year athlete will not work at the same level that a fourth year athlete would. To fit into a "real live" training session, for example, the athletes on the same team would run the same distance and time on the interval (ie., 60 seconds for 400m). The novice athlete would rest (jog during rest) on every other repeat to fully recover from the high lactate work (a 1:4

ratio). The veterans would run at a 1:2 ration, since they are experienced and have developed the fitness to tolerate this high lactate work. Thus, allowing one coach to complete individual goals while training a large group. The intensity (ie. 60 seconds for 400m) is key to this type of training along with the recovery (a 1:4 or 1:2 ration).

The accumulation of lactate in working skeletal muscle will terminate this system after 50 to 60 seconds of maximum effort. Although all energy systems basically turn on at the same time, be aware that progressive recruitment of alternative pathways or systems occurs when one system is challenged more heavily, since another energy source has been depleted. Because of the very high quality work involved in the lactate system, in most cases, only 1 to 5 reps with full or near full recovery can be done twice a week. Only by challenging the right energy system will the desired physiological change and improved performance occur. Understand, at times, less work gives greater rewards.

The aerobic system is capable of utilizing proteins, fats and carbohydrates (Glycogen) for resynthesizing large amounts of ATP without simultaneously generating fatigue by-products with respect to sports. It is easy to see that the aerobic system is particularly suited for manufactur-

continued next page..

Training Young Distance Runners

By Danny Aldridge

Sample of Julia Stamps' Training During Cross Country Season:

Monday	45-60 minute run (weights at gym)
Tuesday	Track workout
Wednesday	30-45 minute run (weights at gym)
Thursday	Hill circuit repeats x 8 to 12(weights training at gym)
Friday	Off or 20-minute run
Saturday	Race
Sunday	60-minute run (90-minute run every other week) (weight training at gym)

RANSONE, continued...

ing ATP during prolonged endurance type activities. The intensity of the run dictates which energy system will be challenged and the method of ATP production in the muscle.

In the aerobic system, pyruvate from the glucose, glycogen and/or fatty acids (Stored Fats) are first converted to acetyl CoA, which is then oxidized to Carbon Dioxide (CO₂), and water (H₂O). Oxidation of acetyl CoA occurs in the Krebs Cycle (Citric Acid Cycle) and the electron transport system located in the mitochondrion of the muscle wall. For each molecule of blood glucose oxidized aerobically, 38 molecules of ATP are produced while muscle glycogen produces 39 molecules of ATP. Muscle glycogen is capable of producing 1 more molecule of ATP than blood glucose because it takes 1 ATP molecule to transfer blood glucose into the cell. The energy production in aerobic metabolism is 18 times greater than in the anaerobic system production of ATP.

Note that for this system to function, oxygen must be available, hence the term aerobic. It is the availability of oxygen in the cell which determines to what extent the process is aerobic and anaerobic. If the aerobic energy system cannot supply enough oxygen (anaerobic), pyruvate becomes a

hydrogen acceptor and forms lactate. This is the critical step in the whole process when lactate forms, since it will eventually shut down all the energy systems. Note that lactate levels can become quite high using intensive tempo work since it borders on speed endurance and special endurance. Remembering that all energy systems turn on at basically the same time, intensive tempo running makes high demands on both the aerobic and anaerobic, and thus, is a sharing system.

The information in the Coaches' Corner column is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. George Payan (Head Cross Country and Track coach at Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.

California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677.

In addition, please send any information you have on California coaching clinics. Thank you!



Note: Every so often, we will take an easy week of just distance running to refresh both body and mind. This could happen in the middle of a competitive season.

Note: During track season we replace the Hill Circuit Repeats with a track session.

Note: As we get closer to major competitions in both cross country and track, we switch from the Tuesday/Thursday hard work to a Monday/Wednesday schedule.

Sample of Track Workouts:

- 6x300m (2 sets) 100m jog rest (7:00 between sets) (at mile pace) (last 300m of set hard)
- 1 x mile, 2 x 1200m, 3 x 800m, 4 x 400m (3:00 rest)
- 6-5-4-3-2-1 laps (sprint the straights, float the turns) (3:00 rest)
- 16 X400m (1:30 rest) (at about mile pace)

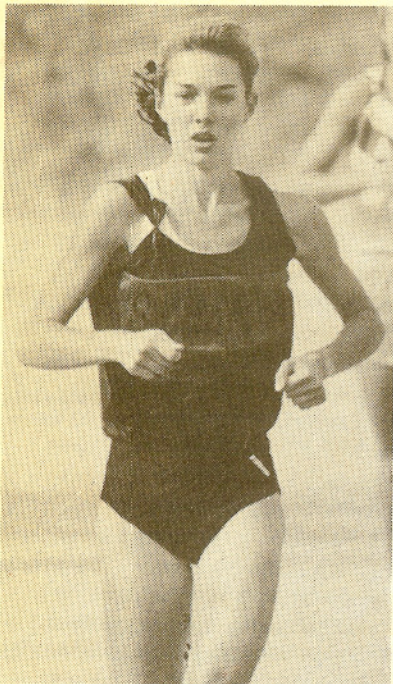
Coaching Philosophy:

My coaching philosophy is one of simplicity. We do almost the same type of training from season to season. My runners feel comfortable and relaxed because they know what to expect from the training. Athletes that are willing to work hard and understand the simple concepts of intelligent training will give themselves a greater chance of success.

All of us coaches understand the physiological concepts that help our athletes perform to the highest level possible, and there are no secrets to those physiological concepts. What is more important to helping a young distance runner develop is getting them to

continued next page.

California Track and Cross Country COACHES ALLIANCE



JULIA STAMPS

Photo by Phillip Enbody

relax and enjoy the training that they must go through to reach the highest level possible. There is more to running than just running. Factors including diet, sleep, fluids, weight training and mental preparation are as important to the overall training program as is the running portion of the training program.

I have taken the concepts of a lot of great coaches, including Doug Johnson (Petaluma High School), Pat Ryan (Santa Rosa J.C.), Steve Miller (Cal Poly SLO), Dick Quax (Athletics West), Bob Seavene (Athletics West), Jack Daniels (Physiologist), Bill Dellinger (Oregon), and Steve Scott (American Mile Record Holder) and package them together with my own philosophy and personality, then developed what I think is a positive and productive program for young distance runners.

It is important that each coach develops a program that suits the needs of individuals and not the needs of the program itself. You have to adapt your program to each individual runner's

needs. It is important that you listen to what your athletes have to say after each and every workout, so that you have a better awareness of how they are feeling about themselves. When your athletes are working out, it is important that you watch their body language, so that you can make adjustments, if needed, during certain workouts. Workouts don't always have to be etched in stone. They can, and should, be adjusted from time to time. We try to come away from every training session with a positive and fun experience, because a happy athlete is going to be a productive and successful runner.

I believe that a young runner should be on the track once a week almost year-round. This helps to develop a sense of pace and, for a coach, gives you an accurate barometer of how the runner is improving over the course of time.

We never focus on anything more than the season just ahead, because I don't believe that you can accurately predict and assess a young runner's progress more than a few months at a time.

Coaches should let their runners develop at their own rate. The athletes should make sure they understand that they are in control of how far they can go in the sport, and that *they* are the ones that have to do the work. You can't do the work for them.

One thing I have come to understand as a coach, is to remember that not only does the coach make the runner, but the runner makes the coach. It doesn't matter, then, how good of a coach you are, if you can't get your runners to follow and believe in your program then neither of you will have much success.

Julia Stamps' Background

Age

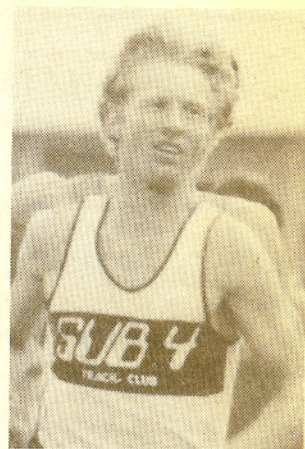
11	800m (2:31)	1500m (5:12)	
12	800m (2:26)	1500m (4:57)	
13	800m (2:25)	1500m (4:54)	3000m (10:31)

Note: Started working with Danny Aldridge

14	800m (2:18)	1500m (4:38)	3000m (10:23)
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15	800m (2:14)	1500m (4:25)	3000m (9:28)
		1600m (4:54)	3200m (10:26)

Danny Aldridge is personal coach to Julia Stamps (1993-Present), the 1994 Foot Locker Cross Country Champion, 1994 California State 3200m Champion, 1994 Golden West 3200m Champion, 1994 -- 3rd at International Cross Country Junior Trials (made U.S. team), 1st at 1994 Junior Nationals in 3000m (made U.S. team), Indoor 2-Mile National 9th Grade Record.



Aldridge at Mt.SAC in 1981.

Photo by Richard Lee Slotkin

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Southern California Notes

From Doug Speck

Hot Runners

A number of Southern Californians have been burning up the courses this Fall.

KIM MORTENSEN (Thousand Oaks) --The Lancer senior who ran 4:59.23 (1600m) and 10:42.85 (3200m) in track, has set Course Records at the Seaside Meet, taking down **Maribella Aparicio's** CR by nearly 30 seconds with a 16:35 3 mile screecher, took down her own best by 30 seconds at San Diego's Mt. Carmel Meet in 14:54, then just missed **Milena Glusac's** CR at Laguna Hills by one second with a 16:49 run on a warm day. Kim's big showdown with **Julia Stamps** at Stanford was very impressive, losing to the National Champ in the sport by 22 seconds 17:19-17:41. Kim never quite established contact with Stamps. Remember, Julia won the Foot Locker National race by thirty seconds last December, with Mortensen probably closer than any prep in Stamps' three year career at the finish.

ISAIAH FESTA (Morro Bay) -- Isaiah raced 9:29 3200m last spring as a frosh, and has started his tenth grade season off with a tear. After setting a course record at his very tough home course of 17:10 the first weekend out, Festa moved to the Rotary West Ojai Meet at Lake Casitas, racing a 15:38 soph course record. His September was capped with a smooth, strong Stanford Div IV win that impressed all present.

ELAINE CANCHOLA (Nordhoff, Ojai) -- Talk about improvement in one year, Canchola, 19th in last year's Foot Locker Nationals in the sport as a frosh, raced 20:46 in the Blue Lagoon Invite meet at UCSB early in the 1994 season.

This year she blasted an 18:30 clocking in leading her nationally ranked Nordhoff team there. Nordhoff Coach **Ken Reeves** has developed one of the nation's most successful programs, with a "Ranger Running News" letter providing a super season commentary during the year. **LARRY HENDERSON** (Mira Mesa, San Diego) -- The 4:09.58 1600m runner from last spring looks like he is setting up a great senior year with some fine efforts already this Fall season in Cross-Country. Taking the Mt. Carmel (San Diego) Invite at 14:41 over Stanford Div I champ **Ayub Abdusalam**, Henderson was 15:15 "fastest of the day" at Laguna Hills a week later under very warm conditions. Hot Teams:

MCFARLAND -- Coach Jim White's crew is at it again, with the Central Section power downright impolite to much larger schools during two trips south this Fall. At the 9/9 Seaside Invite, McFarland showed fine strength with a 78:07 team time winner, then took down the State's Div I #1 ranked squad, **Hoover** (Glendale) in the Bell-Jeff Meet 9/30, where McFarland moved up to Division I. The **McFarland-Morro Bay** State Championship contest should be special once again, with **Isaiah Festa** leading an improving Pirate squad bent on revenge after a narrow 1994 State defeat.

YUCAIPA -- Both Boys and Girls, with the Girls absolutely cranking to start off the Fall. At Woodbridge, they raced among the Course's fastest ever team times with a 91:20 (18:16 average) for the flat, fast three mile. **Kimi Welsh, Mindy Brown, and Vickie Whiteside** led Yucaipa at Woodbridge. **Coach Jim Clendaniel's** group was rewarded with a #15 national ranking af-

ter the Woodbridge effort. At Laguna Hills the group was at it again, racing 91:31 on a rolling three mile course that had them some three minutes faster than #9 ranked nationally **Thousand Oaks**. The Boys have been flying also, with a team time victory at the Dana Hills Meet at 78:26, with the Coaches son, **Sean**, the fastest individual there at 14:54.

LOUISVILLE (Woodland Hills) -- The Southern Section Div IV Girls' power has **Shaluinn Fullove** out flying in front, with Chaminade transfer **Ashley Care** racing strongly, with a fine 97:00 team time at the Woodbridge Invite, and fourth place Div III effort at Stanford at 102:17 that was quicker than Pearl River, NY the Div IV Stanford champs.

EL MODENA (Orange) -- The El Mo girls had an early season win over a good group at the Las Vegas Invite, then threw out the challenge at the Stanford Invite, taking nationally ranked Nordhoff (Ojai) 81-98, with the state three super Div III teams when **Clayton Valley** comes back into the picture.

Bad Breaks

Sean Phillips (Dos Pueblos, Goleta) was third in the Blue Lagoon Invite at UCSB early this season, then dislocated his shoulder while body surfing that same day. The DP star should be out for two to three weeks, with **Coach Gordon McLenathan** probably suggesting a lighter fare outside of running in the future (from Ken Reeves).

Checking in

Coach Jim Brownfield, retired from Muir HS (Pasadena) as a teacher and Football Coach, but active in the National Football Foundation and as the Muir Girls Track Coach, dropped a note indicating that he has been appointed to the Board of Directors for the California Coaches Association. His main duty is to represent coaches of all sports in the L.A. County area in regards to CCA and CIF business. Anyone who would like to

continued next page.

California Track and Cross Country **COACHES ALLIANCE**

contact Jim can do so at (818) 441-3986. I hope we all can enjoy retirement as Jim appears to be doing!

Meandering Musings

-- **Southern Section Track** -- It might be about time for the Section to consider a fifth division in track (it currently has four), with new schools pop-

ping up in areas like Riverside/San Bernardino county in big numbers such that enough prelim lanes and seeding formulas bulging at the hinges.

-- **ALLYSON MARQUAND** (University, Irvine)--a super frosh for University has had a number of strong races this Fall, capped by the day's quickest run at the Orange County Championships on 10/21 at Irvine Park. Marquand

raced 17:54 in the Girl's Varsity Individual Sweeps race then dashed off to play in a local soccer game.

-- **RUNNING FAMILY** -- **Scott and Breanne Schweitzer** became the first father-daughter team to win races in this season's Kenny Staub Invitational, sponsored by Crescenta Valley HS (La Crescenta) on 10/7. Scott was

continued next page

High School High Tech for Harriers

By John Flynn

Forget about those two-hour waits for results at your average cross country meet. The directors of at least two high school Invitationals in California have trimmed that stand-around time to a brisk 10 minutes.

Jim Couch at Bellarmine-Jefferson (Burbank) and **George Varvas** at Woodbridge (Irvine) joined the computer generation several years ago. Each uses his own, custom-designed program, plus bar code runner tags, direct electronic downloading of runner times and that magic wand that looks like a pencil flash light.

Couch excels at his meet despite a daunting logistics handicap. The course is in the hills of Griffith Park, 11 miles from Bellarmine's campus. Preparing for his meet the last Saturday of September is like setting up base camp for a First Air Cavalry regimental sweep through the jungle. If the jerry-rigged electricity goes out, it's back to megaphone, pencil, paper, paste and stopwatches for the 3,000 runners in 20 or so races. Couch's Masters Degree in Business Administration, with computer emphasis, suddenly becomes worth as much as the career of a supply ser-

geant who runs out of toilet paper for the troops. In 1995, fortunately, Couch had a back up generator because the circuit breakers began popping.

With his huge meet of 5,400 runners, Varvas is at least spared the added burden of re-location. His 26 races, the second Saturday of September, start and finish on the Woodbridge campus. Like Couch, he entered the world of computer results with a tentative toe in the water. For six years, he maintained a dual system. The old manual typing method continued cranking as a back-up to the modern world of Central Processing Units. There were times when Varvas says he was ready to abandon high-tech. One year, the computer decided to spit out only five names at a time. Another year, it did only the first 60 runners.

"It was going slower than manual," he says. But his consultant put the situation into perspective. "He said, 'Just keep plugging away. It's like cross country. Just hang in there, and eventually you're going to get it.'" Now, Varvas says, it's the only way to fly.

Couch remembers a few bugs also as he went through five updates of his computer program over the years. One year, he had a bunch of coaches

scratching their heads because the program printed out military times, instead of the standard runner's times.

On other occasions, coaches unfamiliar with the process scratched out runners' names from the bar codes and wrote in others. One reason for the snafus was that Couch and his volunteer assistant, medical researcher John Casagrande, hadn't run through the entire program before race-day.

Motivations for the two coaches are remarkably similar: Says Couch after 22 years of the Bellarmine Invitational, "If we're going to attract bigger crowds of fans, and better serve coaches and competitors, we need cross country to catch up to other sports. One way is for the outcome of our races to be available quickly, accurately and in understandable fashion." Varvas, after 15 years of Woodbridge Invitational: "Coaches are looking for two things -- an event that is well-organized, so their athletes have the opportunity to do their best, and results that are quick and accurate."

Adds Couch: "We want people to keep coming back."

For next year's coaches, there's a plea from both Couch and Varvas: *Submit your runners' names by the meet's deadline.* Entry in the computer before race-day means those quick results will keep rolling. ♦

California Track and Cross Country COACHES ALLIANCE

a star of the great Burbank High School program a couple of decades back in winning this Meet, with his eleventh grade daughter one of the Southern Section's finest runners for this year's fine Saugus team.

-- **STACY HEBERT** (Buena HS, Ventura) is among the top twenty prep long hurdlers in the nation with a 43.97 300m hurdles 1995 best, is doing a fine job for Buena's Cross-Country squad this Fall racing an impressive 18:50 in the Mt. SAC Invitational for 9th in the Individual Sweepstakes event. The Fall work should stretch Hebert out to the 400m barrier distance in College in good shape.

-- **SUPER SQUADS AND COACHES** -- Coaches **Ron Silveira** (Clayton Valley, Concord) and **Jim Clendaniel** (Yucaipa) have to be saluted for doing a super job with super kids this Fall with both their Boys and Girls teams very strong. Coach Silveira must especially be saluted for his willingness to take his teams far and wide to meet the best around. A hectic October had the squad travel to Birmingham, Alabama for the **Vulcan Classic** against the best east of the Mississippi, then travel south and compete at Mt. SAC on Saturday against the best California could offer. An impressive eastern swing had the CV Girls place a close second to Shenendehowa (Clifton Park, NY), earning a #3 national ranking from that effort.

The Mt. SAC Meet result had the Yucaipa Girls a narrow 78-79 winner, with the Clayton Valley group ever gracious in defeat. As **Coach Kye Courtney** of Hawthorne HS, the first California track or cross-country team to travel extensively, once said as he watched a Texas prep team self-destruct in the Arcadia Invitational Track Meet, "There are a ton of things that can happen when you travel a long ways, most of which work against a top performance by your athletes." It takes a special group to put it together far from home on the road,

with Clayton Valley showing its class with an October of top efforts. The Clayton Valley Boys are ranked third in State Division III.

The Yucaipa girls, as improved a group from one season to the next as there has ever been in state harrier history, seem especially driven to excellence this Fall. A series of stunning team performances came to a crescendo at Mt. SAC, with Yucaipa running the #6 Team time ever there and Clayton Valley the top ever team time from out of the Southern Section in second. **Kimi Welsh, Mindy Brown, Vickie Whiteside**, and crew have provided that 1995 standard of excellence along with other teams in the sport wishing for championship level performances can measure themselves. Coach Jim Clendaniel of Yucaipa has had the added pleasure of his son, **Sean**, racing to a number of course records in Invitationals this season, with the Yucaipa Boys currently ranked 4th in State Division II.

CALIFORNIANS AROUND THE NATION

Info from Walt Murphy at X-Country Press (PO Box 750994, Forest Hills, NY 11375. (718) 291-0489. GREAT CROSS COUNTRY INFORMATION).

10/5 - Run Tex Longhorn Inv - Austin, Tx (Men) 4.0 mi 1. **Dave Hartman** (Texas/San Antonio) 19:44. Team: 1. UT-San Antonio 50. 10/6 - Notre Dame Invitational - South Bend, In (Wom) 5k 21. **Carrie Garritson** (Alabama) 17:55. Team: 1. Wake Forest 56, 2. Alabama 110 (Garritson #3 Alab). (Men) 5.0 mi 33. **Antonio Arce** (Notre Dame) 25:12. Teams: 1. Notre Dame 75 (Arce #6). 10/6 - Univ North Texas Inv - Denton, Tx (Wom) 5k 4. **Katy Eklof** (Rice) 17:42. Teams: 1. Rice 33 (Eklof #2). 10/6 - Trinity Inv - Wickham Park, Ct (Wom) 5k 1. **Tammy Wilcox** (Coast Guard Academy) 18:37. 10/7 - Rocky Mountain Shoot-Out - Boulder, Co (Wom) 5k 9. **Niamh Zwagerman** (Oregon) 18:08, ...16. **Milena Glusac** (Oregon) 18:25...24. **K. Dahlberg** (Colorado) 18:45. Teams: 1. Colorado 26 (Dahlberg #7), 2. Oregon 43 (Zwagerman #3, Glusac #5). 10/7 - Navy Inv - Annapolis, Md (Men) 5.0 mi 1. **Terrence Mahon** (Enclave) 24:31. 10/13 - Arizona State Univ -

Tempe, Az (96 degrees!) (Men) 5.0 mi 13. **Jeff McLarty** (Arizona) 26:07...18. **Margarito Casillas** (Arizona) 26:33. Teams: 1. Arizona 47. (Wom) 1. **Amy Skieresz** (Arizona) 17:18 (2nd 17:51). Teams: 1. Arizona 19. 10/14 - Jim Drews Inv - LaCrosse, Wi (Men) 8k 1. **James Menon** (Wisconsin) 24:24...7. **Mark Hauser** (Wisc) 25:00. Teams: 1. Wisconsin 24 (Menon #1, Hauser #4). 10/14 - Iowa State Memorial Classic - Ames, Ia (Wom) 5k 30. **Dahlberg** (Colorado) 18:21. Team: 1. Colorado 61 (defeated Villanova 2nd with 76). (Dahlberg #6 Colo). (Men) 5.3 mi 3. **Stewart Ellington** (Tennessee) 26:28...50. **Arce** (Notre Dame) 27:33, 51. **Cera** (Northern Arizona) 27:35. Teams: 1. Stanford 60...4. Tennessee 127, 5. Northern Arizona 137, 6. Notre Dame 140. 10/14 - Chile Pepper Inv - Fayetteville, Ark (Men) 10k 11. **Ryan Wilson** (Arkansas) 29:13!...55. **Paul de la Cerda** (Okla St) 32:20. Team: 1. Ark Alums 50, 2. Lubbock Christian 56, 3. Okla St 69, 4. Arkansas 74 (Wilson #2 Ark). Open Race 2. **Peter de la Cerda** 29:57. (Wom) 5k - 11. **Karen Bockel** (Arkansas/via Germany and Nordhoff HS) 17:21. Teams: 1. Arkansas 30. 10/14 - BYU/Reebok Inv - Provo, (Men) 8k 7. **Lawson** (BYU) 24:54. Team: 1. BYU 47 (Lawson #1 BYU). (Wom) 5. **Courtney Pugmire** (BYU) 17:17...7. **Maribella Aparicio** (BYU) 17:32. Teams: 1. BYU 18. 10/14 - Jeff Drenth Invitational - Eugene, Or (Men) 8k 9. **Greg Whitely** (Asics) 24:56, 9. **Brian Keim** (Baylor) 25:01. Teams: 1. Oregon 31, 2. Boise State 44, 3. Baylor 118. (Wom) 9. **Zwagerman** (Oregon) 18:00. Teams: 1. Oregon 34. 10/14 - Ft. Hayes Inv - Kansas - (Wom) 5k 2. **Christina Blackmer** (Nebraska/Lincoln) 17:49. 10/14 - Texas A&M Inv - College Station, Tx - (Men) 8k? 1. **Dave Hartman** (UT San Antonio) 23:36. Teams: 1. UT San Antonio 75 (20 teams). 10/16 - Penn State Nat'l Invitational - University Park, Pa (Wom) 5k 1. **Miesha Marzell** (Georgetown) 17:06. Teams: 1. Georgetown 43. 10/21 - LSU Invitational - Baton Rouge (Wom) 5k 4. **Pleyte** (Tulane) 18:45. Team: 1. Tulane 44 (7 teams Pleyte #1 Tulane). 10/27 - Big Eight Conference - Lawrence, Ks (30-40 mph winds!) (Wom) 5k: 8. **K. Dahlberg** (Univ Colorado) 18:21...12. **Christina Blackmer** (Nebraska) 18:35. Teams: 1. Colorado 25 (Dahlberg #3)...4. Nebraska 93 (Blackmer #1). Big 10 - Univ Minnesota (Minneapolis) - (Men) 2. **James Menon** (Wisconsin) 24:45. Team: 1. Wisconsin 37 (Menon #1). SEC - (Men) 8k ? 4. **Ryan Wilson** (Arkansas) 24:05, 5. **Stewart Ellington** (Unit Tennessee) 24:20. Teams: 1. Arkansas 32 (Wilson #2!) 10/30 - Southwest Conference - Waco, Tx (Men) 8k - 2. **Brian Keim** (Baylor) 24:56...8. **David Monk** (Baylor) 25:36. Teams: 4. Baylor 83 (Keim #1, Monk #2). (Wom) 5k 6. **Nancy Dollar** (Baylor) 18:04. Team: 2. Baylor (Dollor #1).

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California Track and Cross Country Coaches Alliance

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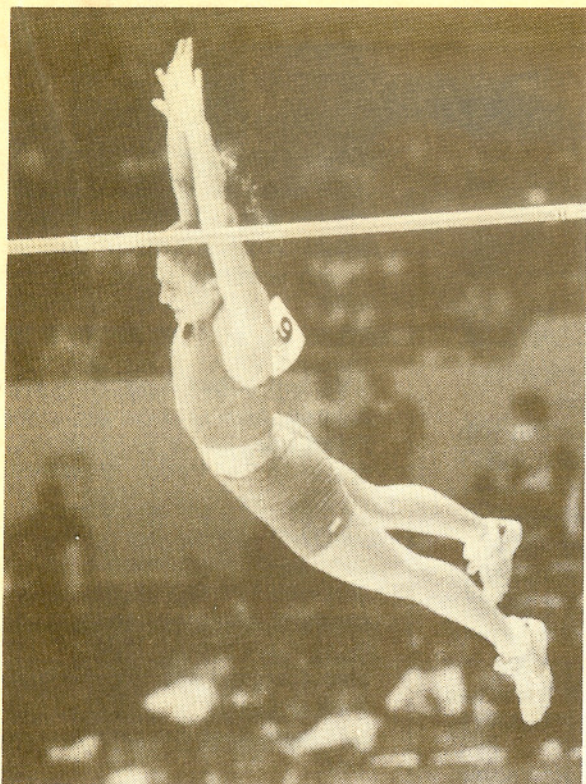
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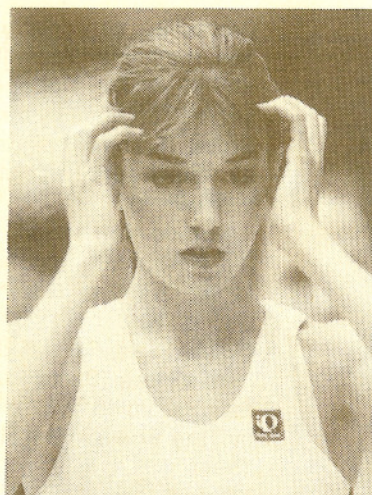
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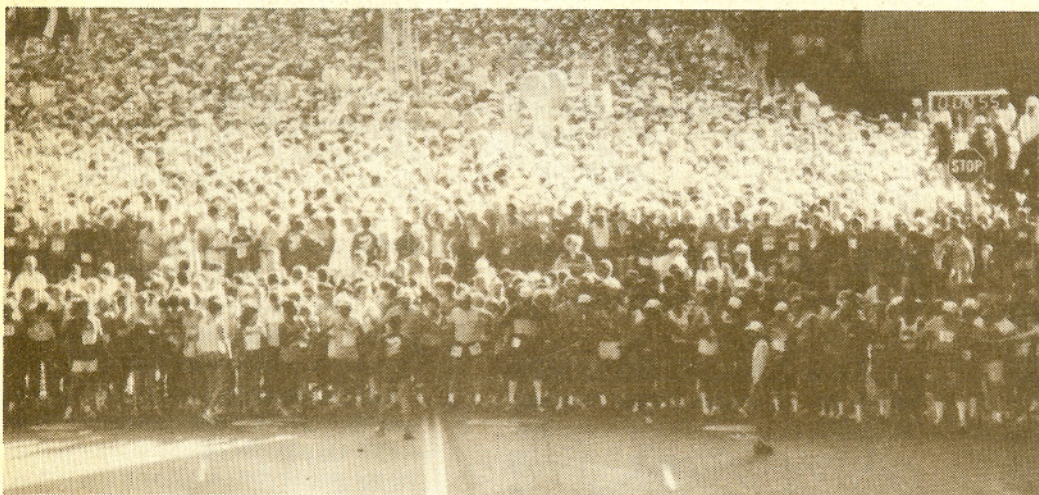
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Clockwise from top left: MELISSA PRICE (Photo by Bill Leung, Jr./Geek Media), JULIA STAMPS (Photo by Bill Leung, Jr./Geek Media), STEVE SCOTT (Photo by Kirby Lee) and start of BAY TO BREAKERS (Photo by Gene Cohn).

PREP NOTES

By KEITH CONNING

■ HIGH SCHOOL CROSS COUNTRY AND TRACK RESULTS WANTED

Please send **Northern California** high school cross country and track results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823; fax: (510) 849-3342; e-mail: Conning@aol.com

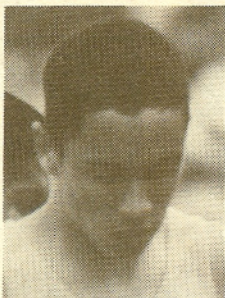
Send **Central Section** results to California Track & Running News, 4957 E. Heaton Ave., Fresno, CA 93727, fax (209) 255-4905, e-mail: CTRN@AOL.COM.

Send **Southern California** results to Doug Speck, 563 N. Willowgrove, Glendora, CA 91740.

■ ED SIAS INVITATIONAL

HIDDEN VALLEY PARK, MARTINEZ, September 16--**Livermore**, coached by **Eddie Salazar**, won the boys' team title with 34 points. **Piedmont**, coached by **Doyle O'Regan**, placed second with 114, and **Northgate** (Walnut Creek) was third with 153.

Michiel Jones (Livermore) won the boys' race in 10:09, the third fastest ever on the course. **Joe Smith** (Livermore) placed second in 10:44, and **Rolf Kvalvikl** (Northgate) was third in 10:46.



MICHEIL JONES
Photo by Bill Cockerham

The meet record of 9:58 was set by **Jeremy Seven** (De La Salle, Concord) in 1989.

There was a very close race for the girls' team title with the first three teams only separated by three points. **Wood**

(Vacaville), now coached by **Mike Larsen**, the former Vacaville coach, won with 92 points. **College Park** (Pleasant Hill), coached by meet director **Steve Nesheim**, placed second with 93. **Northgate** (Walnut Creek) was third with 95.

Monica Van Wegen (Amador Valley, Pleasanton) won the girls' race in 12:38. **Heather Gibson** (Piedmont) placed second in 12:57, and **Susan Ochoa** (Fairfield) was third in 12:57.

Nika Horn (Santa Rosa) set the meet record of 12:13 in 1990. It was tied by **Tina Bowen** (San Ramon Valley) in 1994.

David Goodrich (San Lorenzo open) won the coaches' race in 10:55. The record is 10:00 by **Brad Hawthorne** (Monte Vista, Danville) in 1988. **Alison Adams** (Campolindo, Moraga) was the first woman finishing 22nd in 14:26. **Helen Lehman** (Carondelet, Concord) set the women's record of 12:12 in 1989.

■ DE LA SALLE / CARONDELET ADIDAS INVITATIONAL

NEWHALL PARK, CONCORD, September 23 -- The North Coast Section decided to change their championship course from Mills College in Oakland to Newhall Park in Concord this year. **De La Salle** (Concord) and **Carondelet** (Concord) decided to host a new invitation, in order to give teams a chance to run on the course. Over 900 runners competed.

De La Salle (Concord), which is coached by co-meet director **Rico Bi-latti**, won the boys' team title with 81 points. **Livermore**, which is coached by **Eddie Salazar**, placed second with 91. **Clayton Valley** (Concord) was third with 170.



Michiel Jones (Livermore) won the 3.0 miles boys race in 15:12. **Tom Prindiville** (De La Salle) placed second in 15:23. **Randy Maestretti** (De La Salle) was third in 15:32.

Clayton Valley (Concord), which is coached by **Ron Silveira**, won the girls team title with 51 points. **Carondelet** (Concord), which is coached by co-meet director **Helen Lehman**, placed second with 116. **College Park** (Pleasant Hill), which is coached by **Steve Nesheim**, was third with 144.

In an exciting intersectional matchup, **Kristen Gordon** (Carondelet, Concord, North Coast Section) won the girls 3.0 mile race in 18:16. **Annie Ebner** (St. Lucy's, Glendora, Southern Section) placed second in 18:30. **Emily Allison** (Leland, San Jose, Central Coast Section) was third in 18:37.

■ CHICO INVITATIONAL

CHICO, September 23--**Pleasant Valley** won the boys' team title with 38 points. **Eureka** placed second with 53. **Arcata** was third with 120.

Aaron Harris (Lassen, Susanville) won the boys' 3.0 mile race in 16:34. **Ryan Hayes** (Pleasant Valley) placed second in 17:11. **Kevin White** (Eureka) was third in 17:24.

West Valley (Cottonwood) won the girls' team title with 43 points. **Pleasant Valley** was second with 62. **Petaluma** was third with 76.

Kristen Koppes (Foothill) won the girls' 1.85 mile race in 10:49. **Stacy Haffner** (West Valley) placed second in 11:12. **Erinn Gulbrandsen** (Pleasant Valley) was third in 11:14.

continued next page

PREP NOTES

■ LOWELL INVITATIONAL

GOLDEN GATE PARK, SAN FRANCISCO, September 23--**Del Campo** (Fair Oaks) won the boys' team title with 50 points. **Bellarmine** (San Jose) placed second with 75. **St. Ignatius** (San Francisco) was third with 97.

Paul Wellman (St. Ignatius) won the boys' 2.8 mile race in 14:38. **Bolota Asmerom** (McAteer, San Francisco) placed second in 14:44. **Daniel Gohlke** (Skyline, Oakland) was third in 14:45.

St. Ignatius won the girls' team title with 50 points. **Lowell** (San Francisco) placed second with 70. **Skyline** (Oakland) was third with 82.

Laura Sandoval (St. Ignatius) won the girls' 2.8 mile race in 17:28. **Shana Driscoll** (St. Ignatius) placed second in 17:35. **Rachael Wiseman** (Mt. Pleasant, San Jose) was third in 18:02.

■ COUGAR RUNNERS OPEN SEASON WITH A VICTORY

SEATTLE, September 24 (The Salt Lake Tribune) -- **BYU** won the team title and **Utah** finished third Saturday in the Washington Invitational men's cross country meet.

In their first meet of the year, the Cougars compiled 25 points to 53 for host Washington. Then came Utah (65), Puget Sound (97), Clark Community College (153) and Idaho (179).

BYU runners took five of the top 10 places in the 8K race. **Mark Johansen** was third, **Craig Lawson** fifth, **Dan Alder** sixth, **John Hedengren** seventh and **Brandon Rhoads** 10th. Utah's **Mark Bunker** was eighth and **Ray Jensen** was 12th.

In the women's race, **Washington** won with 50 points, followed by **Stanford** (54), **Oregon** (57), **BYU** (82) and **Utah** (174).

BYU's top finishers in the 5K event were **Janeth Caizalitin** (seventh), **Diane Wilson** (13th), **Courtney Pugmire** (16th), **Marty Aparicio**

(18th) and **Melissa Teemont** (28th). Utah's **Paula Morrison** was 30th and **Lisa Gay** was 33rd.

(Prep Editor: Craig Lawson, Courtney Pugmire, and Marty Aparicio all attended California high schools.)

■ RAM INVITATIONAL

WESTMOOR HIGH SCHOOL, DALY CITY, September 30--**Skyline** (Oakland) won the boys' team title with 81 points. **Silver Creek** (San Jose) placed second with 86. **Monta Vista** (Cupertino) was third with 117.

Enrique Torres (Silver Creek) won the boys' race in 12:31. **Daniel Gohlke** (Skyline) placed second in 12:33. **Louie White** (Half Moon Bay) was third in 12:38.

Ron DiMaggio, the Westmoor coach, has a great athlete coming up through the ranks. **Mohammed Abdul** won the boys' frosh/soph race by nearly one minute in 12:50. That time would have placed fourth in the boys' varsity race!

Skyline won the girls' team title with 59 points. **Castro Valley** placed second with 71. **Silver Creek** was third with 123.

Deborah Bleisch (Silver Creek) won the girls' race in 14:59. **Jennie Ewing** (Castro Valley) placed second in 15:06. **Nicole Portley** (Aragon) was third in 15:35.

■ GREAT CALEDONIAN RUN

EDINBURGH, Scotland, October 1 -- **Katy McCandless** (Castilleja High School, Palo Alto 88) placed third in the 10-kilometer run in 34:12. **Liz McColgen** (Britain) won in 32:27. **Marion Sutton** (Britain) placed second in 33:31.

■ ARTICHOKE INVITATIONAL

HALF MOON BAY, October 7 -- For the twenty-fifth straight year the Artichoke Invitational was held on the Half Moon

Bay High School campus. The school is located a quarter mile north of the slumbering village of Half Moon Bay, which is twelve miles west of San Mateo on Highway 92. Because of the continuing popularity of the meet, this year **Dick Calvin**, the meet director, increased the number of medals by sixty.

Some great athletes have run in this meet over the years including Kinney National Champion **Jay Marden** (Mission San Jose, Fremont), who set the course record of 11:08.7 in 1980 over the 2.33 mile course. Jay's brother **Jack Marden, Jr.** is now the coach of Mission San Jose and he was in at the meet this year. Meanwhile, their dad **Jack Marden, Sr.**, who coached for many years at Mission San Jose, is now helping at Santa Cruz High.

Jesuit (Carmichael), with one of the best boys' cross country teams in Northern California history, won the large schools boys' team title with 47 points. They had a team time of 59:04.0, which is the third fastest of all-time on this course. **Mira Loma** set the course record team time of 58:13 in 1978. **Mission San Jose**, paced by junior **Jay Marden** (1st in 11:16.5, 7th all-time) and **Rich Read** (2nd in 11:19.11th all-time), ran 58:55.5 in 1979 for 2nd all-time. Jesuit's team was composed of **Mike Stember**, the California State Meet 1,600 meter champion, (1st in 11:28.1); **Scott Abbott** (5th in 11:42.7); **Jonathan Welsh** (12th in 11:56.0); **David Valencia** (14th in 11:58.0); and **Chane Breneman** (15th in 11:59.2). They had a gap of 31.1 seconds between their first and fifth runners. **Los Gatos**, led by **Peter Carter** (17th in 12:01.6), placed second with 155 (61:23.5). **Leland** (San Jose), led by outstanding half-miler **Dan Sikirik** (6th in 11:47.0), was third with 162 (61:18.5). Sikirik's time helped give Leland a faster team time than Los Gatos.

Stember's winning time of 11:28.1 ties **Chris Craig** (Leigh, San Jose) for 22nd on the all-time list. Last year

continued next page.

PREP NOTES

Jason Balkman (Lynbrook), who went on to become the Foot Locker Western Regional champion, won in 11:15.0, number five on the all-time list. Super-soph **Jon Stevens** (Mission San Jose), who is the best runner at Mission San Jose since Jay Marden, placed second in 11:35.7. **Paul Wellman** (St. Ignatius, San Francisco) was third in 11:40.3.

Mano Zambrano (Madera), who finished 31st in 12:18.7, led at the one mile mark in 4:55.2. The first mile of the course includes two uphill, a 360 degree turn in dust and gravel, and a downhill. There were 254 runners, which made the going crowded. Stember took the lead going up the last hill on the course. Jack Marden, Jr. said that Stevens was probably intimidated by the presence of Stember behind him. Walt Lange, the Jesuit coach, said that Stember is not yet 100%. Stember did not run last week at Stanford. But for a runner, who is not 100%, he certainly made it look easy. He just shifted gears going up the hill and the race was over.

Carondelet (Concord), running without **Kristen Gordon**, their number one runner, won the girls' large school team title with 182 points. Their team time was 76:01.4. **Mira Loma** set the course record of 70:26 in 1979. Carondelet's team was composed of **Kerri Bock-Willmes** (16th in 14:38.0), **Kristen Enea** (17th in 14:38.9), **Ginaea Carrillo** (38th in 15:17.1), **Carolyn King** (52nd in 15:39.1), and **Katie Nash** (59th in 15:48.3). **Douglas** (Minden, Nevada), which is over the mountains from South Lake Tahoe, placed second with 195 (76:18.3). **Kathleen McSweeney** (24th in 14:57.0) paced Douglas. Their first four runners were only separated by 13.9 seconds. **Bryan Carrol**, who transferred from Los Altos to Douglas, finished second behind Jay Marden in 1980, with a time of 11:11, number three all-time. **Lowell** (San Francisco), led by **Oasii Lucero** (4th in 14:07.7), was third with 200 (75:28.1).

As an aside, I'm very fond of the Minden, Nevada area. As an assistant scoutmaster of Troop 5 of the Boy Scouts of America in Berkeley, I used to take seriously injured scouts from Highland Lakes in the eastern Sierra off of highway 4 to Gardnerville, which adjoins Minden. That was the nearest emergency care facility available to our encampment. The nearest hospital in California was all the way down in San Andreas. After medical care was administered we would go out to a Basque restaurant in Gardnerville. Basques are people who live in the mountains between Spain and France. They came to the United States to herd sheep.

Emily Allison (Leland, San Jose) won the girls' large school race in 13:41.1. **Robyn MacSwain** (Terra Linda/California), who married **Rod Berry** (Redwood/Stanford), set the course record of 12:54.5 in 1980. She is still competing in San Francisco area road races as **Robyn Berry**. Her father **Duncan MacSwain** still teaches



EMILY ALLISON
Photo by Phillip Erbody

science at Redwood High School in Larkspur, Marin County. **Ann Trason** (Pacific Grove) set the previous course record of 13:06 in 1977. Trason, who now lives in Kensington, is currently the premier ultra-distance runner in the United States.

Lisa Gillis (Moreau Catholic, Hayward) placed second in 13:41.8. **Laura Sandoval** (St. Ignatius, San Francisco) was third in 14:00.0. Allison led at the mile in 5:32.3. Gillis closed with a furious finish down the middle of the football field.

Half Moon Bay, led by **Louis White** (2nd in 11:55.8), won the boys' small schools race with 118 points (64:11.4). **Palma** (Salinas), led by **Aaron Thornton** (12th in 12:42.8),

placed second with 130 (65:00.7).

Cardinal Newman (Santa Rosa), led by **Nick Cady** (15th in 12:45.6), was third with 200 (66:23.0).

Andy Bradley (Incline, Nevada) won the boys' small schools race in 11:49.8. **Luke Szymanski** (San Lorenzo) was third in 12:09.9.

Ursuline (Santa Rosa), led by **Sarah Hallas** (1st in 14:09.5), won the girls' small schools race with 74 points (77:21.4). **Palo Alto**, led by **Andi Forker** (8th in 15:24.3), placed second with 135 (80:33.1). **Foothill**, led by **Jen Basch** (6th in 14:59.4), was third with 176 (81:34.7).

Lynsey Johnson (Incline, Nevada) placed second in the girls' small school race in 14:37.3. **Courtney Davidson** (Redwood, Larkspur) was third in 14:45.7.

ARTICHOKE INVITATIONAL ALL-TIME LIST

BOYS

1. Jay Marden (Mission S Jose 80)	11:08.7
2. Calvin Gaziano (Castro Vly 84)	11:09.4
3. Bryan Carrol (Douglas, Nev 80)	11:11
4. Grant Foster (Monta Vista 82)	11:14.6
5. Jason Balkman (Lynbrook 94)	11:15.0
6. Calvin Gaziano (Castro Valley 83)	11:16
7. Jay Marden (Mission San Jose 79)	11:16.5
8. Sam Skinner (Redwood 81)	11:17
9. Chris Craig (Leigh 83)	11:17.5
10. Matt Giusto (San Mateo 83)	11:18.5

TEAMS

1. Mira Loma	1978	58:13
2. Mission San Jose	1979	58:55.5
3. Amador Valley	1980	59:20
4. Castro Valley	1982	59:20.4
5. Willow Glen	1982	59:20.9
6. Castro Valley	1980	59:24
7. Mission San Jose	1980	59:25.7
8. Leigh	1982	59:43.5
9. Half Moon Bay	1975	59:49
10. Pacific Grove	1975	59:56

GIRLS

1. Robyn MacSwain (Terra Linda 80)	12:54.5
2. Ann Trason (Pacific Grove 77)	13:06
3. Laurie Chapman (Gunderson 85)	13:06
4. Robyn MacSwain (Terra Linda 79)	13:10.4
5. Jeani Fuller (Mira Loma 78)	13:16
6. Tina Gorbet (Lassen 86)	13:18.5
7. Robyn MacSwain (Terra Linda 81)	13:19
8. Penny Goldthorpe (Half Moon 78)	13:20
9. Laurie Chapman (Gunderson 84)	13:20.5
10. Shannon Clark (Mountain View 82)	13:23.8

TEAMS

1. Mira Loma	1979	70:26
2. Saint Francis	1981	71:46
3. Terra Linda	1981	72:17
4. Carondelet	1981	72:23
5. Piedmont	1982	72:30

continued next page.

PREP NOTES

6. Saint Francis	1982	72:42.1
7. Mira Loma	1980	72:52
8. Terra Linda	1980	72:58.5
9. Saint Francis	1980	73:13
10. Half Moon Bay	1978	73:35

■ JESUIT BULLETIN BOARD

Walt Lange, the coach of Jesuit (Carmichael), has a great idea. He has a portable bulletin board which he brings to meets. He posts a map of the course, the time schedule of races, and the latest issue of the *Harrier*. He also had Doug Speck's results and story of the Stanford Invitational off the Internet.

■ GREAT SOUTH RUN

PORTSMOUTH, England, October 8 -- **Katy McCandless** (Castilleja High School, Palo Alto 88) placed second in the 10-mile race in 54:31. **Liz McColligan** (Britain) won in 53:12.

■ OLYMPIC FEST'S END A SAVINGS

ATLANTA, Georgia, October 9 (Chicago Tribune)--The U.S. Olympic Committee decided Sunday to kill the U.S. Olympic Festival and approved minimal involvement in the World University Games. The action came as the 103-member USOC board of directors approved its budget for the four years after the 1996 Olympic Games in Atlanta.

The domestic Olympic Festival has been held in all but Olympic years since 1978. Largely a development competition, it was one of the USOC's most successful vehicles for increasing awareness of its activities, but it had turned into an unwieldy event that included 37 sports and 3,400 athletes in Colorado last summer.

The World University Games include summer and winter competitions in 17 sports for university-affiliated athletes. The summer version is the second-largest international event after the Olympic Games.

The end of the Olympic Festival, as currently constituted, represents a \$9.5 million savings in the \$350 million USOC budget for 1997 through 2000. That is

\$65 million less than the budget for 1993 through 1996, which has large revenue streams coming from having the Olympics in the United States. The USOC hopes to create a limited version of the festival by 1999, when foreign athletes would be invited.

"It is going to be replaced but we don't know with what, and we need to create as many opportunities for high-level competition as we can," said 1984 Olympic cyclist Dave Grylls, a USOC director.

The decision not to send a USOC-sponsored team to the World University Games represents a savings of \$2.6 million but could mean a loss in other terms, said USOC board member George Killian.

"What people fail to realize is you have an image as the United States," said Killian, also a vice president of the body that runs the World University Games. "What we did here has taken away from the image of the USOC."

The USOC has allocated \$1 million that could be used to help the 17 sports federations (out of 37 that have sports on the Olympic program) represented at the World University Games to continue to send teams. The next games take place in 1997 in South Korea (winter) and Italy (summer).

Also at the biannual board of directors meeting, the board put off until at least April a vote on a new code of conduct for Olympic team members and a wide-ranging program of unannounced doping controls because the documents outlining parameters for each have yet to be completed.

The need for a revised conduct code was underlined by the 1994 Tonya Harding imbroglio, which involved an attack by Harding associates on rival figure skater Nancy Kerrigan.

(Prep Editor: I've attended many Olympic Festivals. I think they served their purpose of allowing opportunities for developing track athletes to compete in a major domestic competition. Last summer Kelli White and Carla Estes (James Logan High School, Union City)

competed in the last U.S. Olympic Festival at the U.S. Air Force Academy in Colorado. Many former California preps have competed in the U.S. Olympic Festival and the World University Games over the years.)

■ MARINER PASTA DINNER

MOREAU CATHOLIC HIGH SCHOOL, HAYWARD, October 20--**Regina Jacobs**, America's leading 1,500 meter runner, was the featured speaker at the all-you-can-eat pasta dinner put on by Moreau Catholic coach **Phil Wilder**. She and her coach **Tom Craig** showed several videos and talked with the young runners assembled in the school cafeteria on the Friday night before the Saturday invitational. A good time was had by all. Thanks, Regina, for sharing your experiences with us. I wish more great athletes would give back to the sport in this way. I'm sure she inspired many athletes in that gathering.

■ 12th ANNUAL MARINER INVITATIONAL

GARIN PARK, HAYWARD, October 21--**Skyline** (Oakland) won the large school boys' team title with 41 points. Their team was composed of **Daniel Gohlke** (1st in 15:39), **Jesus Enriquez** (3rd in 16:34), **Cory Dixon** (8th in 16:55), **David Patusco** (13th in 17:25), and **Michael Przybylski** (16th in 17:30). **Oak Ridge** placed second with 53 points. **Irvington** (Fremont) was third with 76.

Enrique Henriquez (San Leandro) placed second in 15:56.

Skyline also won the large school girls' title with 40 points. Their team was composed of **Anne Marie Franco** (3rd in 19:11), **Emily Dixon** (4th in 19:49), **Christina Zheng** (6th in 20:03), **Stephanie Garcia** (12th in 21:03), and **Meli Lieras** (15th in 21:23). **Moreau**, led by **Lisa Gillis** (1st in 18:25), placed second with 68. Gillis' mark is #6 on the all-time large school list. **Kennedy** (Sacramento),

continued next page.

PREP NOTES

led by **Yvonne Liebig** (2nd in 19:06), was third with 112. Liebig's mark is 18th on the all-time large school list.

St. Mary's (Berkeley), coached by **Francis Mason**, won the small school boys' team title with 85 points. Their team was composed of **Mike Arp** (6th in 16:51), **Ben Maritias** (16th in 17:32), **Ryan Torres** (17th in 17:34), **Scott McKenna** (22nd in 17:56), and **Justin Hite** (24th in 18:06). **St. Mary's** (Stockton), led by **Mike Deem** (12th in 17:20), placed second with 104. **American** (Fremont), led by **Erik Hansen** (1st in 15:32), was third with 121.

Luke Szymanski (San Lorenzo) placed second in 15:46. **Alex Rodriguez** (Tennyson) was third in 16:08.

Gonzales, led by **Angie Yebra** (4th in 20:11), won the small school girls' team title with 56 points. **St. Mary's** (Stockton), led by **Jessica Altnow** (6th in 20:49), placed second with 77. **Christian Brothers** (Sacramento), led by **Michelle Yebra** (9th in 21:24), was third with 95.

Lisa Hernandez (Healdsburg) won the small school girls' race in 19:02, the 5th fastest small school time ever.

Amanda Tomei (University, San Francisco) placed second in 19:42. **Tashia Arbuckle** (Merrill West) was third in 20:05.

The following athletes moved on to the Mariner Invitational All-Time Top 25 large school list: frosh/soph boys 4th

Mohammed Abdul (Westmoor, Daly City) 11:18.0; frosh/soph girls 12th **Angela Passanisi** (Oak Ridge) 13:55.0; JV girls 9th **Jennie Forsman** (Castro Valley) 14:50.0; varsity girls 6th **Lisa Gillis** (Moreau, Hayward) 18:25.0; 18th **Vonne Liebig** (Kenedy, Sacramento) 19:06.0; and 20th **Anne Marie Franco** (Skyline, Oakland) 19:11.0.

The following athletes moved on to the Mariner Invitational All-Time Top 25 small school list: frosh/soph boys 16th **Ryan Preston** (Moreau) 11:47.0; varsity boys 5th **Erik Hansen** (American, Fremont) 15:32.0; frosh/soph girls 5th **Linden Bader** (University, San Francisco) 13:29.0; JV girls 5th **Dawn Joyce** (St. Joseph) 14:57.0; varsity girls 5th **Lisa Hernandez** (Healdsburg) 19:02.0.

MARINER INVITATIONAL ALL-TIME LIST BOYS

1. Testaye Beyene (Newark Memorial)	15:05.6	90
2. Tom Prindiville (De La Salle)	15:10.8	90
3. Dan Stoll (College Park)	15:12.0	90
4. Keith Kennedy (San Leandro)	15:15.4	93
5. Mark Douglas (Moreau)	15:18.2	90
6. Steve Brown (Piedmont)	15:21.7	92
7. Jim Zachary (De La Salle)	15:27.2	90
8. Jeremy Mattern (Irvington)	15:29.8	93
9. Greg Phister (Davis)	15:30.5	93
10. Brock Tessman (Monte Vista)	15:31.8	93

GIRLS

1. Miesha Marzell (Bishop O'Dowd)	17:39.7	92
2. Neve Zwagerman (Tamalpais)	17:42.7	90
3. Anikai Webb (Bear River)	17:46.0	92
4. April Lyon (Hesperia)	18:09.4	94
5. Kristen Gordon (Carondelet)	18:11.4	94
6. Lyad Gozal (Beverly Hills)	18:12.7	93
7. Nika Horn (Santa Rosa)	18:13.0	90
8. Catherine Venables (Encinal)	18:19.9	90
9. Lisa Gillis (Moreau)	18:25.0	95
10. Rhonda Mazza (Santa Rosa)	18:25.9	91

■ FEMALE STAR RUNNER OUTDISTANCES HEALTH PROBLEM

October 25, Orange County Register-- The 6-year-old girl, no bigger than a twig, begged and pleaded with her parents to allow her to enter the race. "Please," she cried.

Sharon Killeen wavered. Should she allow her youngest child, Heather, to run the 5K? Could she do it? She had run shorter races before, but what if something happened to her? This wasn't a kids' fun run. This was a serious road race made up of adults, teen-agers and her two older sons. Only after getting the assurances that the race director would tag along did Sharon Killeen allow her daughter to attempt the 3.1-mile race.

"After the race, Heather came running up to us and said, 'See, I can do it,'" Sharon Killeen recalled. "And she did. Heather finished that race."

It's that type of determination and resolve that has driven Cal State Fullerton runner **Heather Killeen**, 22, from the time she laced up her first pair of running shoes. Her drive to succeed has enabled her to battle epilepsy, a painful shyness, a series of injuries and stacked odds to become one of the nation's most distinguished women athletes.

Killeen, a graduate of Valencia High in Placentia, Calif., is one of 10 finalists for NCAA Woman of the Year, an honor that celebrates the academic, athletic and community involvement of female student-athletes. Earlier this year, she earned the California title. The national winner will be announced at a banquet Sunday night in Kansas City, Mo.

continued next page.

CALIFORNIANS IN COLLEGE . . .

Who?	From	To
BOYS		
Jeff McLarty	Ayala HS	U of Arizona
Sepher Sharifi	University HS	Claremont McKenna College
GIRLS		
Alison Lambert	Northgate HS, Walnut Crk	Tulane University
Nicole Silva	Aptos HS	Tulane University
Maria Pleyte		Tulane University

It is interesting to follow our California preps as they continue their track and field careers through college. COACHES -- keep CT&RN informed. Let us know where your athlete is attending college.

☛ **College coaches** -- who have you added to your roster??

PREP NOTES

"When I first got the letter, they had misspelled my name, so I figured they got me mixed up with someone else," Killeen said. "I knew it couldn't be me. But then we checked, and it turned out to be me. I was shocked because I don't feel anything I've done deserves such an award."

So what has Killeen done to deserve such an honor? Got a free afternoon?

First, Killeen is a top-notch runner.

Little-known when she entered Cal State Fullerton, Killeen will leave as one of the school's most celebrated runners. She took first place in the 3,000-, 5,000- and 10,000-meter events at last season's Big West Track and Field Championships, the first time anyone has swept the three distance races. Later, she placed 11th at the NCAA meet in the 10,000 meters. She earned All-America honors in cross country in 1994 -- the school's first female runner named -- in addition to conference honors. Killeen has dozens of individual race titles listed on her athletic resume.

Her academic roster is equally impressive.

Killeen made the dean's list eight of nine semesters, was a track and cross-country academic All-American, was twice named CSF female scholar-athlete and is a three-time conference all-academic team member in both sports. She graduated in May with high honors (a 3.78 GPA), earning a bachelor's degree in English. She is working on her teaching credential at CSF and will complete her eligibility in track next spring.

"Heather has this inner desire to be successful at whatever she does," CSF Coach John Elders said. "Rarely is she satisfied with herself. ... She almost is never happy with her performance."

The one thing that does make Killeen happy is helping people, getting them to overcome potential hurdles and making them realize their strengths and beauty. Through her work in various advisory councils, honor societies, sororities and charitable organizations, Killeen is helping others fight their battles. It's the main reason she wants to be a teacher.

"I'm envious of my fiance right now because he is teaching already, and I want to," said Killeen, who is engaged to former CSF runner **Steve Frisone**. "I want to teach the more troubled students because I think I can make a difference in their lives."



HEATHER KILLEEN

Photo by Elaine Rosenfield

But all those accolades pale by comparison to perhaps Killeen's biggest achievement. She never let her epilepsy stop her from trying. Killeen was an overeager 9-year-old gymnast who wanted to show how many back flips and spins she could perform when she hit

her head on a concrete floor.

"The mats ran out, I slipped and hit my head," Killeen said. "The next night, I suffered my first seizure." The seizures came and went over the years, nibbling away at Killeen's confidence and undermining her outgoing nature. She withdrew slightly, had trouble remembering things after an epileptic bout, was hesitant to take risks and, because she missed so much school, left Valencia with few memories.

But she never abandoned her running.

"Before the accident, I had a no-fear factor. I would try anything," she said. "But afterward, I became so cautious. That's when I took up running more. It's safer on the head."

Because she missed so much school, Killeen wasn't highly recruited and decided on Fullerton because it was closer, much to the delight of her parents and, as it would turn out, Elders. Elders said Killeen was a bashful freshman who rarely mingled with her teammates. Over the years, however, the more success she had, the more confidence she gained and the more she began to take charge. Though the seizures had all but faded, Killeen began to encounter other problems. A hip injury sidelined her for eight months in 1993, causing her to miss the conference cross country meet and most of the track season. Doctors then discovered an ovarian cyst and a slight heart murmur. She seemed to be a walking medical encyclopedia.

"It was so hard," Killeen said, "because I would get to a certain level and then go back five steps. It was a big challenge to overcome."

But she persevered. "Heather is the type of person who picks up and keeps going," Sharon Killeen said. "She doesn't let too many things stop her."

Killeen was riding high going into the 1994 Big West Cross Country Championships at Logan, Utah. The race favorite, she held a commanding lead with 50 yards to go and appeared headed for her first conference title. The public address

continued next page.

PREP NOTES

announcer declared her the winner as she headed around the final bend. Suddenly, like a intruder, Killeen felt a seizure come on.

"I lost it," she said. "It seemed like 30 girls passed me and I was moving in slow motion. I couldn't do anything."

Elders knew Killeen was headed to the finish line, but when he got there, she was nowhere to be found.

"I expected to see her," Elders said. "Instead, I see two other runners kick-

ing it out for first. Then I saw her. Her legs were still moving, but she was zoned out." Killeen finished fourth and earned a one-night hospital stay.

"It was so heart-breaking because I had worked so hard," she said.

Doctors told Killeen the combination of a bronchial infection, the stress and high altitude all but invited her epilepsy to strike.

"Having epilepsy is like running on a fence," Killeen said. "It's a fine line be-

tween destruction and success."

Killeen bounced back to qualify for the NCAA Regional meet, where she placed 12th and earned a trip to the NCAA Cross Country Championships. Killeen was the 18th-best American finisher. 31st overall.

"When I think about how she was just three years before, it blows me away," Elders said. "Heather is a talented athlete but has had to work hard for everything she has gotten. Same goes for her academics."

Her mother said after the seizure in Logan, Heather had difficulty remembering much of her classwork. Her concentration was spotty at best.

"She had forgotten everything that she had read that semester," Sharon Killeen said. "But Heather didn't give up. She began to go back over everything, and by the end of the year, she ended up on the dean's list."

A member of the Golden Key national honor society, Sigma Tau Delta and English honors society, Killeen was named the school's most outstanding senior of her graduating class last May.

After this upcoming track season and planned July 6 wedding, Killeen hopes to be in a classroom teaching and possibly coaching high school runners.

"Education is a win-win situation. You're teaching students and they are teaching you," she said.

Killeen said that while a job, husband and charity work will keep her busy, she doesn't plan on quitting her running career. In fact, the license plates on her 1966 Volvo read: 4EVERRUN. Killeen said her tank will never hit empty. She has energy to burn.

NEXT ISSUE . . .

- ✓ California High School State Cross Country Meet
- ✓ Foot Locker West Regional and Nationals

...PLUS MORE.

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PREP NOTES

PREP RESULTS

NORTHERN CALIFORNIA From Keith Conning

Ed Sias Invitational

September 16, 1995. Hidden Valley Park, Martinez. From Coach Steve Nesheim (College Park, Pleasant Hill)

Boys Teams

1. Livermore 34, 2. Piedmont 114, 3. Northgate (Walnut Creek) 153, 4. Amador Valley (Pleasanton) 154, 5. Campolindo (Moraga) 159, 6. Acalanes (Lafayette) 179, 7. Fairfield 194, 8. Alhambra (Martinez) 231, 9. Vacaville 233, 10. Rio Americano (Sacramento) 240, 11. Casa Grande (Petaluma) 250, 12. San Lorenzo 290, 13. College Park (Pleasant Hill) 319, 14. Liberty (Brentwood) 327, 15. Benicia 329, 16. Concord 358, 17. Antioch 379, 18. St. Mary's (Berkeley) 483.

Boys Individuals

1. Micheil Jones (Livermore) 10:09
2. Joe Smith (Livermore) 10:44
3. Rolf Evalviel (Northgate) 10:46
4. Adrian Elmer (Livermore) 10:48
5. Jerome Morton (Wood) 10:49
6. Mat Hunnicutt (Amador Valley) 10:52
7. Brian Hensdorf (Amador Valley) 10:54
8. Adam Henderson (Vacaville) 10:55
9. Nate Martin (Livermore) 11:02
10. Luke Szymanski (San Lorenzo) 11:03
11. Joshua Adams (Fairfield) 11:04
12. Ross Biesinger (Northgate) 11:07
13. (Piedmont) 11:11
14. (Piedmont) 11:11
15. Andrew Shogan (Acalanes) 11:11
16. Jerrom Anderson (Fairfield) 11:19
17. Matt Wise (Campolindo) 11:20
18. Tune (Rio Americano) 11:22
19. Jason Seitz (Benicia) 11:22
20. (Piedmont) 11:29

Boys Fresh/Soph

1. Ben Maniatis (St. Mary's) 11:17
2. Chris Hernandez (Antioch) 11:26
3. Mike Arp (St. Mary's) 11:31

Girls Teams

1. Wood (Vacaville) 92, 2. College Park (Pleasant Hill) 93, 3. Northgate (Walnut Creek) 95, 4. Livermore 141, 5. Acalanes (Lafayette) 150, 6. Campolindo (Moraga) 167, 7. St. Francis (Sacramento) 184, 8. Amador Valley (Pleasanton) 186, 9. Miramonte (Orinda) 213, 10. Piedmont 245, 11. Rio Americano (Sacramento) 264, 12. Vacaville 265, 13. Casa Grande (Petaluma) 373, 14. Antioch 394

Girls Individuals

1. Monica Van Wegen (Amador Vly) 12:38
2. Heather Gibson (Piedmont) 12:57
3. Susan Ochoa (Fairfield) 12:57
4. Monique Melara (College Park) 13:00
5. Kristen Odegard (Benicia) 13:21
6. Teniea Neil (Wood) 13:22
7. Lisa Bostjanice (Acalanes) 13:25

8. Lisa Kow (Northgate) 13:28
9. Hilary Probst (Livermore) 13:33
10. Jasmine Anglero (Fairfield) 13:34
11. Brooe Wheeland (Northgate) 13:35
12. Rachelle Stewart (Vacaville) 13:39
13. Melanie Melara (College Park) 13:43
14. Kristen Severence (St. Francis) 13:51
15. Tameeh Adams (Wood) 13:52

Coaches' Race (33 finishers)

1. David Goodrich (SLorenzo open) 10:55
2. Paul Goodrich (SLorenzo open) 11:12
3. Withmond (St. Mary's open) 11:26
4. Darrin Ne??? (Acalanes 30-39) 11:32
5. Peat Sutherland (Northg 30-39) 11:40
6. Spencer McPherson (Coll Pk op) 11:43
7. Eddie Salazar (Livermore 40-49) 11:47
8. Tom Torlakson (Antioch 40-49) 12:05
9. Robbie Earle (Piedmont open) 12:28
10. Jeff Adams (St. Francis 30-39) 12:29
11. Mike Larsen (Wood 40-49) 12:30
12. Mike Amerosa (Antioch open) 12:31
13. Chris Walsh (Campolin 30-39) 12:33
14. Stan Winkley (Benicia 30-39) 12:45
15. Randy Karr (Rio Americ open) 12:45
16. John Dodson (Liberty open) 13:08
17. John Ducray (St. Francis 40-49) 13:09
18. Miquel Hidalgo (Ygnacio open) 13:12
19. Ernie Melara (Coll Park 40-49) 13:13
20. Robert Martinez (SLoren open) 13:58
21. Wes Hurlbut (College Park 50+) 14:13
22. Alison Adams (Campo women) 14:26
23. Doyle O'Regan (Piedmt 30-39) 14:37
24. Ray Hauser (Vacaville open) 14:40
25. Pete Blades (St. Francis 50+) 14:42
26. John Renteria (Liberty open) 14:45
27. Manny Myers (Acal40-49) 15:10
28. Karen Sturges (Miram women) 15:13
29. Jim Bruce (Concord 40-49) 15:13
30. Triss Carter (Ygnacio women) 15:19
31. Patty Hung (Miramonte women) 16:13
32. Lori Hilyard (Wood women) 17:38
33. Sheila Weston (CollPark wom) 17:52

De La Salle/Carondelet adidas Invitational

September 23, 1995. Newhall Park, Concord. Distance: 3.0 miles. From Coach Helen Lehman (Carondelet, Concord)

Boys Teams

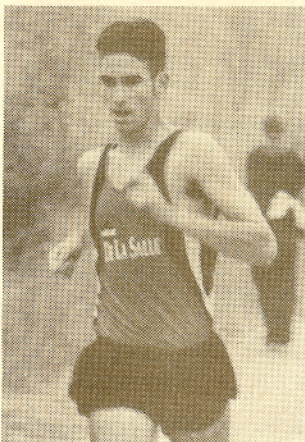
1. De La Salle (Concord) 81, 2. Livermore 91, 3. Clayton Valley (Concord) 179, 4. Leland (San Jose) 197, 5. Piedmont 198, 6. Amador Valley (Pleasanton) 216, 7. Mission San Jose (Fremont) 222, 8. Novato 247, 9. Montgomery (Santa Rosa) 250, 10. James Logan (Union City) 250, 11. Bishop O'Dowd (Oakland) 282, 12. Castro Valley 300, 13. San Ramon Valley (Danville) 302, 14. Campolindo (Moraga) 323, 15. Granada (Livermore) 351, 16. Cardinal Newman (Santa Rosa) 382, 17. Santa Rosa 404, 18. Acalanes (Lafayette) 418, 19. Casa Grande (Petaluma) 452, 20. College Park (Pleasant Hill) 466, 21. San Leandro 468, 22. Liberty (Brentwood) 573, 23. San Rafael 642, 24. Antioch 654, 25. Moreau Catholic (Hayward) 738.

Boys Individuals

1. Micheil Jones (Livermore) 15:12
2. Tom Prindville (De La Salle) 15:23
3. Randy Maestretti (De La Salle) 15:32

4. Mike Wojciechowski (Clayton Vly) 15:37
5. Jon Stevens (Mission San Jose) 15:44
6. Joe Smith (Las Lomas) 15:52
7. David Rodriguez (Mission SJose) 16:06
8. Enrique Henriquez (San Leandro) 16:10
9. Dan Sikiric (Leland) 16:13
10. Todd Hunt (Novato) 16:13
11. Luke Leininger (Clayton Valley) 16:16
12. Daniel Embaye (Logan) 16:21
13. Alex Sanchez (De La Salle) 16:24
14. Ryan Freeman (Amador Valley) 16:31
15. Marty Kinsey (Granada) 16:33

7. Deborah Osteen (Clayton Vly) 19:07
8. Monica Van Wegen (AmadorVly) 19:21
9. Monique Melara (College Park) 19:27
10. Katie Hotchkiss (Mission SJose) 19:29
11. Trina Cox (Santa Rosa) 19:29
12. Julie Leininger (Clayton Valley) 19:33
13. Jennifer Ewing (Castro Valley) 19:35
14. Kelly Howisey (Clayton Valley) 19:49
15. Michelle Kiyono (Logan) 19:57
16. Lisa Hernandez (Healdsburg) 20:00
17. Senhit Dirar (Logan) 20:00
18. Jennifer Osteen (Clayton Vly) 20:11
19. Jennifer Codington (Clayton Vly) 20:14
20. Kerri Bock-Willmes (Carondelet) 20:19



TOM PRINDVILLE

Photo by Philip Erbbody

16. Amadu Kamara (Santa Rosa) 16:34
17. Brian Henstorf (Amador Valley) 16:36
18. Mat Hunnicutt (Amador Valley) 16:36
19. John Harnage (Leland) 16:41
20. Chad Foster (Logan) 16:41
21. Nick Piellusch (Leland) 16:43
22. Nathan Martin (Livermore) 16:44
23. Justin Carter (Clayton Valley) 16:45
24. Adrian Eimerl (Livermore) 16:47
25. Jake Bouey (Bishop O'Dowd) 16:49

Girls Teams

1. Clayton Valley (Concord) 51, 2. Carondelet (Concord) 116, 3. College Park (Pleasant Hill) 144, 4. James Logan (Union City) 171, 5. St. Lucy's Priory (Glendora) 185, 6. Leland (San Jose) 192, 7. Mission San Jose (Fremont) 201, 8. Livermore 230, 9. Amador Valley (Pleasant Hill) 230, 10. Ursuline (Santa Rosa) 253, 11. Castro Valley 308, 12. Washington (Fremont) 310, 13. Acalanes (Lafayette) 318, 14. Montgomery (Santa Rosa) 323, 15. Campolindo (Moraga) 334, 16. Santa Rosa 339, 17. Granada (Livermore) 367, 18. Las Lomas (Walnut Creek) 466, 19. Casa Grande (Petaluma) 483.

Girls Individuals (151 finishers)

1. Kristen Gordon (Carondelet) 18:16
2. Annie Ebner (St. Lucy's) 18:30
3. Emily Allison (Leland) 18:37
4. Sarah Hallas (Ursuline) 18:56
5. Lisa Gillis (Moreau) 18:58
6. Heather Wallace (Clayton Vly) 18:58

Chico Invitational

September 23, 1995. From Coach Chuck Shelley (Chico Junior High School)

Boys Teams

1. Pleasant Valley 38, 2. Eureka 52, 3. Arcata 120, 4. West Valley 146, 5. Petaluma 153, 6. Corning 172, 7. Lassen 195, 8. Fortuna 200, 9. Woodland 235, 10. Paradise 246, 11. Shasta 258, 12. McKinleyville 279.

Boys Individuals (3.0 miles, 98 finishers)

1. Aaron Harris (Lassen) 16:36
2. Ryan Hayes (Pleasant Valley) 17:11
3. Kevin White (Eureka) 17:24
4. Dan Brecht (Petaluma) 17:47
5. Adrian Dewald (Eureka) 18:01
6. Mike Bradley (Pleasant Valley) 18:12
7. Nick Gai (Arcata) 18:15
8. Jim Thomas (Pleasant Valley) 18:22
9. Ronnie Farrar (Corning) 18:24
10. Joey Creighton (Pleasant Vly) 18:27
11. Ryan Dexter (Eureka) 18:27
12. David Gunn (Pleasant Valley) 18:28
13. Billy Maas (Fortuna) 18:29
14. Clint Wattenberg (Pleasant Vly) 18:30
15. Adam Smith (Arcata) 18:32

Girls Teams

1. West Valley 43, 2. Pleasant Valley 62, 3. Petaluma 76, 4. Foothill 100, 5. Corning 109, 6. Shasta 131, 7. Woodland 159.

Girls Individuals (1.85 miles, 62 finishers)

1. Kristen Koppes (Foothill) 10:45
2. Stacy Haffner (West Valley) 11:12
3. Erinn Gulbrandsen (Pleasant Vly) 11:14
4. Sarah Hanford (Chico Senior) 11:23
5. Cara Freitas (Petaluma) 11:39
6. Ana Bingham (Corning) 11:47
7. Sally Cheda (Petaluma) 11:46
8. Amy Struve (Lassen) 11:49
9. Katie Crabb (Pleasant Valley) 11:56
10. Hilaree Haston (West Valley) 11:57

Lowell Invitational

September 23, 1995. Golden Gate Park, San Francisco. Distance: 2.8 miles. From Coach Andy Leong (Lowell)

Boys Teams

1. Del Campo 50, 2. Bellarmine 75, 3. St Ignatius 97, 4. Skyline 102, 5. Half Moon Bay 158, 6. Overfelt 178, 7. Cupertino 262, 8. Lowell 277, 9. Mt. Pleasant 283, 10. Concord 322, 11. Sacred Heart Cathedral 324, 12. Yerba Buena 381, 13. Westmoor 393, 14. Lick Wildmerding 400.

Boys Individuals (107 finishers)

PREP NOTES

- Paul Wellman (St. Ignatius) 14:38
- Bolota Asmerom (McAteer) 14:44
- Daniel Gohlke (Skyline) 14:45
- Dave Crass (Del Campo) 14:51
- Matt Moore (Del Campo) 15:00
- John Rocha (Bellarmine) 15:06
- Jesus Enriquez (Skyline) 15:13
- Ricardo Dominguez (Overfelt) 15:14
- Louie White (Half Moon Bay) 15:18
- Dan McDonough (Cupertino) 15:19
- Ben Brandin (St. Ignatius) 15:19
- Nate Bristow (Del Campo) 15:25
- Liam Clemons (Del Campo) 15:26
- Gordy Allen (Bellarmine) 15:26
- Chris Knapp (Bellarmine) 15:27
- Andy Kirkpatrick (Del Campo) 15:28

Girls Teams

- St. Ignatius 50, 2. Lowell 70, 3. Skyline 82, 4. Del Campo 98, 5. Overfelt 143, 6. Sacred Heart Cathedral 255, 7. Half Moon Bay 257, 8. Mt. Pleasant 338, 9. Mercy (San Francisco) 357.

Girls Individuals

- Laura Sandoval (St. Ignatius) 17:28
- Shana Driscoll (St. Ignatius) 17:35
- Rachael Wiseman (Mt. Pleas) 18:02
- Anne Marie Franco (Skyline) 18:04
- Oasii Lucero (Lowell) 18:05
- Jenny Akana (Lowell) 18:12
- Eileen Grove (St. Ignatius) 18:28
- Stephanie Garcia (Skyline) 18:33
- Courtney Davidson (Rdwd Chris) 18:37
- Emily Dixon (Skyline) 18:40

Ram Invitational

September 30, 1995. Westmoor High School, Daly City. From Coach Ron DiMaggio (Westmoor)

Boys Teams

- Skyline (Oakland) 81, 2. Silver Creek (San Jose) 86, 3. Monta Vista (Cupertino) 117, 4. Half Moon Bay 179, 5. Castro Valley 180, 6. Mt. Pleasant (San Jose) 229, 7. Homestead (Sunnyvale) 251, 8. Cupertino 259, 9. Serra 279, 10. Bellarmine (San Jose) 283, 11. Sacred Heart Cathedral (San Francisco) 325, 12. Gunn (Palo Alto) 327, 13. San Mateo 359, 14. Westmoor (Daly City) 381, 15. Menlo 406, 16. Ygnacio Valley (Concord) 441, 17. St. Ignatius (San Francisco) 499, 18. Yerba Buena (San Jose) 524, 19. Hayward 536.

Boys Individuals (152 finishers)

- Enrique Torres (Silver Creek) 12:31
- Daniel Gohlke (Skyline) 12:33
- Louie White (Half Moon Bay) 12:38
- Leo Balderas (Silver Creek) 12:50
- Luke Syzmanski (San Lorenzo) 12:55
- Jesus Enriquez (Skyline) 13:00
- Alejandro Sariens (Mt. Pleasant) 13:16
- Dan McDonough (Cupertino) 13:18
- James Vanzorren (Monta Vista) 13:19
- Michael Wolman (Homestead) 13:24
- Derek Decicco (Monta Vista) 13:30
- Peter Baria (Castro Valley) 13:32
- Corey Dixon (Skyline) 13:36
- Aaron Lee (Castro Valley) 13:38
- Shane Dulaney (Castro Valley) 13:39
- Jorise Perez (Mt. Pleasant) 13:41
- Leonard Balderas (Silver Creek) 13:44
- David Dines (Half Moon Bay) 13:45
- Rob Elling (San Lorenzo) 13:46

- Jerome Madigan (Serra) 13:47

Boys Frosh/Soph

- Mohammed Abdul (Westmoor) 12:50
- Marshall Boyd (Gunn) 13:46

Boys Freshman

- Matt Hovik (Homestead) 13:45

Girls Teams

- Skyline (Oakland) 59, 2. Castro Valley 71, 3. Silver Creek (San Jose) 123, 4. Gunn (Palo Alto) 161, 5. Half Moon Bay 211, 6. Mercy (Burlingame) 242, 7. Sacred Heart Cathedral (San Francisco) 243, 8. St. Ignatius (San Francisco) 260, 9. Westmoor (Daly City) 266, 10. Capuchino (San Bruno) 322.

Girls Individuals (74 finishers)

- Deborah Bleisch (Silver Creek) 14:59
- Jennie Ewing (Castro Valley) 15:06
- Nicole Portley (Aragon) 15:35
- Anne Marie Franco (Skyline) 15:39
- Emily Dixon (Skyline) 15:50
- Rosamar Gonzalez (McAteer) 15:58
- Stephanie Garcia (Skyline) 16:14
- Monica Topete (Silver Creek) 16:36
- Angela Atwood (Castro Valley) 16:48
- Amber McCrea (Santa Clara) 16:54

Girls Frosh/Soph

- Katie Scangos (Crystal Springs) 16:30
- Mary Lucido (Homestead) 16:43
- Amber Cook (San Lorenzo) 16:45
- Anna Schecter (Half Moon Bay) 16:53

Artichoke Invitational

October 8, 1995. Half Moon Bay High School. From Coach Dick Calvin (Half Moon Bay). Distance: 2.33 miles

Large Schools

Boys Teams

- Jesuit (Carmichael) 47 (59:04.0), 2. Los Gatos 155 (61:23.5), 3. Leland (San Jose) 162 (61:18.5), 4. Mission San Jose (Fremont) 174 (61:15.0), 5. Madera 175 (61:46.7), 6. St. Ignatius (San Francisco) 189 (61:43.0), 7. Serra 243 (62:38.4), 8. St. Francis 245 (62:42.0), 9. Silver Creek (San Jose) 270 (62:53.3), 10. Castro Valley 307 (63:45.2), 11. Amador Valley (Pleasanton) 318 (63:23.5), 12. Skyline (Oakland) 339 (63:48.6), 13. Franklin (Stockton) 376 (64:17.3), 14. Watsonville 399 (64:44.3), 15. Logan (Union City) 425 (64:30.2), 16. Monta Vista (Cupertino) 459 (65:28.5), 17. Overfelt (San Jose) 498 (65:31.6), 18. Homestead (Sunnyvale) 533 (66:27.4), 19. Buchanan 542 (66:31.6), 20. Montgomery (Santa Rosa) 564 (67:03.3), 21. San Mateo 602 (67:16.6), 22. Lowell (San Francisco) 611 (67:19.1), 23. Piedmont Hills (San Jose) 612 (67:25.0), 24. Gunderson (San Jose) 773 (70:18.5), 25. Mt. Pleasant (San Jose) 789 (70:44.1), 26. Alameda 798 (68:58.2), 27. Live Oak 819 (71:02.8), 28. Leigh (San Jose) 832 (69:55.5), 29. Ukiah 853 (71:17.0), 30. Westmoor (Daly City) 868 (70:39.3), 31. Yerba Buena 900 (71:55.1), 32. Wilcox 904 (71:01.6), 33. Independence (San Jose) 924 (71:52.4), 34. Santa Teresa (San Jose) 1072 (76:04.7), 35. Balboa (San Francisco) 1155 (78:24.7), 36. Lynbrook 1159 (78:01.7).

Girls Teams

- Carondelet 182 (76:01.4), 2. Douglas 195 (76:18.3), 3. Lowell 200 (75:28.1), 4. Amador Valley 205 (75:59.3), 5. Tracy 212 (76:29.7), 6. Madera 241 (77:07.7), 7. St. Ignatius 255 (75:37.0), 8. Logan 260 (77:27.3), 9. Buchanan 287 (78:24.1), 10. Leland 302 (77:43.3), 11. Castro Valley 320 (78:35.0), 12. Moreau 339 (77:12.9), 13. Piedmont Hills 392 (80:18.0), 14. St. Francis 404 (80:32.7), 15. Silver Creek 409 (80:10.9), 16. Skyline 419 (80:26.5), 17. Washington 465 (81:40.7), 18. Los Gatos 543 (83:07.8), 19. Montgomery 553 (83:35.2), 20. Alameda 679 (85:54.3), 21. Overfelt 793 (88:40.9), 22. Ukiah 817 (89:46.6), 23. Leigh 863 (90:30.4), 24. Santa Clara 889 (91:16.9), 25. Reno 893 (90:26.6), 26. Watsonville 947 (91:53.6), 27. Yerba Buena 963 (95:48.8), 28. Newark Memorial 1000 (96:00.9).

Girls Individuals

- Emily Allison (Leland) 13:41
- Lisa Gillis (Moreau) 13:41

Individuals (254 finishers)

- Michael Stember (Jesuit) 11:28
- Jon Stevens (Mission San Jose) 11:35
- Paul Wellman (St. Ignatius) 11:40
- Daniel Embaye (Logan) 11:41
- Scott Abbott (Jesuit) 11:42
- Dan Sikiric (Leland) 11:47
- Daniel Gohlke (Skyline) 11:49
- Enrique Torres (Silver Creek) 11:51
- Rudy Huerta (Franklin) 11:53
- Chad Foster (Logan) 11:54
- David Rodriguez (Mission S.Jose) 11:55
- Jonathan Welsh (Jesuit) 11:56
- Leonard Balderas (Silver Creek) 11:56
- David Valencia (Jesuit) 11:58
- Chane Brenneman (Jesuit) 11:59
- John Harnagel (Leland) 12:00
- Peter Carter (Los Gatos) 12:01
- Bolota Asmerom (McAteer) 12:02
- Mat Hunicutt (Amador Valley) 12:03
- Ryan Freeman (Amador Valley) 12:04
- Ricardo Dominguez (Overfelt) 12:05
- Mike Cheung (St. Francis) 12:05
- Elpidio Leyva (Madera) 12:06
- Pat O'Leary (Mission San Jose) 12:07
- Nick Piellusch (Leland) 12:07
- Kaakpema Yelapaala (Jesuit) 12:08
- Nathan Woodsie (Serra) 12:09
- Beebe Rutledge (Los Gatos) 12:09
- Ben Brandin (St. Ignatius) 12:15
- Jesus Enriquez (Skyline) 12:18
- Mano Zambrano (Madera) 12:18
- Tom Newman (Los Gatos) 12:19
- John Collin (St. Francis) 12:19
- Adam Perez (Serra) 12:21
- Tony Molino (Soquel) 12:23
- Brian Henstorf (Amador Valley) 12:24
- Joseph Carter (Los Gatos) 12:25
- J.P. Tehmourlain (Serra) 12:25
- Jesus Navarro (Madera) 12:26
- Elidio Guillen (Madera) 12:27

Junior Varsity Individual

- Mike Hills (Jesuit) 12:24

Frosh/Soph Individuals

- Michael Altieri (Jesuit) 12:07
- Joma De Wald (Soquel) 12:12
- Mohammed Abdul (Westmoor) 12:16
- Garrett Larsson (Jesuit) 12:18
- Nuru Abdella (Live Oak) 12:28

Girls Teams

- Carondelet 182 (76:01.4), 2. Douglas 195 (76:18.3), 3. Lowell 200 (75:28.1), 4. Amador Valley 205 (75:59.3), 5. Tracy 212 (76:29.7), 6. Madera 241 (77:07.7), 7. St. Ignatius 255 (75:37.0), 8. Logan 260 (77:27.3), 9. Buchanan 287 (78:24.1), 10. Leland 302 (77:43.3), 11. Castro Valley 320 (78:35.0), 12. Moreau 339 (77:12.9), 13. Piedmont Hills 392 (80:18.0), 14. St. Francis 404 (80:32.7), 15. Silver Creek 409 (80:10.9), 16. Skyline 419 (80:26.5), 17. Washington 465 (81:40.7), 18. Los Gatos 543 (83:07.8), 19. Montgomery 553 (83:35.2), 20. Alameda 679 (85:54.3), 21. Overfelt 793 (88:40.9), 22. Ukiah 817 (89:46.6), 23. Leigh 863 (90:30.4), 24. Santa Clara 889 (91:16.9), 25. Reno 893 (90:26.6), 26. Watsonville 947 (91:53.6), 27. Yerba Buena 963 (95:48.8), 28. Newark Memorial 1000 (96:00.9).

Individuals (266 finishers)

- Emily Allison (Leland) 13:41
- Lisa Gillis (Moreau) 13:41

- Laura Sandoval (St. Ignatius) 14:00
- Oasii Lucero (Lowell) 14:07
- Deborah Bleisch (Silver Creek) 14:08
- Kati Hotchkiss (Mission S.Jose) 14:10
- Lisa Renterera (Westmoor) 14:11
- Monica Van Wegen (Amad Vly) 14:12
- Jenny Akana (Lowell) 14:13
- Stephanie McCarty (Madera) 14:16
- Jennifer Ewing (Castro Valley) 14:19
- Anne Marie Franco (Skyline) 14:24
- Jen Chaney (Tracy) 14:31
- Marielle Schlueter (St. Ignatius) 14:32
- Candace Miles-Threatt (AmVly) 14:34
- Kerri Bock-Willmes (Carondelet) 14:36
- Kristen Enea (Carondelet) 14:36
- Senhit Dirar (Logan) 14:40
- Rachael Wiseman (Mt. Pleas) 14:43
- Katie Appenrodt (St. Ignatius) 14:46
- Annette Holmquist (S. Teresa) 14:50
- Yvonne Leibig (Ken. Sacr) 14:53
- Susan Chou (Lowell) 14:54
- Kathleen McSweeney (Douglas) 14:57
- Michelle Kiyono (Logan) 14:58
- Luana Espana (Moreau) 15:00
- Jennifer Bridgeman (Logan) 15:01
- Brooks Hill (Douglas) 15:02
- Jocelyn Keller (Buchanan) 15:02
- Gonzalez Rosamar (McAteer) 15:04
- Sonja Willis (Leland) 15:05
- Melissa Duscha (Washington) 15:06
- Angela Donovan (Madera) 15:07
- Jenny Smokey (Douglas) 15:08
- Kelly Mogab (Douglas) 15:10
- Jill Cheney (Tracy) 15:14
- Betsy Stevens (MissSan Jose) 15:15
- Ginaea Carrillo (Carondelet) 15:17
- Christine Silva (Piedmont Hills) 15:18
- Crystal Miles-Threatt (AmVly) 15:19

Frosh/Soph Individuals (212 finishers)

- Hilary Smith (Reno) 14:30
- Tiffany Heilbut (Buchanan) 14:45
- Emily Dixon (Skyline) 14:47
- Rachel Bauer (Buchanan) 14:50
- Mary Lucido (Homestead) 14:56
- Stephanie Garcia (Skyline) 15:00
- Sabrina Huber (Buchanan) 15:07
- La Raine McPherson Teresa) 15:11
- Cherene Douglas (Buchanan) 15:15
- Megan Johnson (Reno) 15:19

Small Schools

Boys Teams

- Half Moon Bay 118 (64:11.4), 2. Palma (Salinas) 130 (65:00.6), 3. Cardinal Newman (Santa Rosa) 200 (66:23.0), 4. North Tahoe (Nevada) 206 (66:43.2), 5. San Lorenzo 234 (66:53.9), 6. Sacred Heart 293 (68:06.5), 7. Saratoga 300 (68:32.6), 8. Riordan 349 (69:32.2), 9. Salesian (Richmond) 380 (69:58.7), 10. Virginia City (Nevada) 393 (70:00.6), 11. Gunn (Palo Alto) 398 (70:21.8), 12. Palo Alto 404 (70:09.6), 13. Carlmont (Belmont) 485 (71:45.5), 14. Mitty (San Jose) 486 (72:38.1), 15. Menlo School 490 (72:44.1), 16. San Lorenzo Valley 505 (72:39.6), 17. Dublin 545 (73:01.8), 18. Cupertino 552 (73:56.3), 19. Mountain View 580 (73:56.4), 20. Terra Linda (San Rafael) 592 (74:30.8), 21. Redwood Christian (San Leandro) 623 (77:12.3), 22. Fort Bragg 629 (74:56.1), 23. Albany 677 (76:44.6), 24.

PREP NOTES

Marin Catholic 678 (77:34.4), 25. South City (South San Francisco) 740 (77:49.8).

Individuals (183 finishers)

1. Andy Bradley (Incline)	11:49
2. Louis White (Half Moon Bay)	11:55
3. Luke Szymanski (San Lorenzo)	12:09
4. Alberto Meza (James Lick)	12:16
5. Victor Cortez (San Jose)	12:22
6. Alex Rodriguez (Tennyson)	12:26
7. Jeff Colbeck (Palo Alto)	12:27
8. Gabe South (Carlmont)	12:31
9. Aaron Gardner (Alhambra)	12:35
10. Frank Palacios (Palma)	12:35
11. Peter Lunny (Sacred Heart)	12:41
12. Aaron Thornton (Palma)	12:42
13. David Dines (Half Moon Bay)	12:43
14. James Harrison (Half Moon)	12:44
15. Nick Cady (Cardinal Newman)	12:45
16. Jesse Plummer (San)	12:47
17. Jeff Huxhold (Virginia City)	12:47
18. Tyler Spurgeon (North Tahoe)	12:48
19. Robert Reffkin (University)	12:51
20. Brent Shaw (Cardinal Newman)	12:52
21. Hank Nothhaft (Saratoga)	12:55
22. Martin Privat (San Lorenzo)	12:58
23. Rick Riley (Alhambra)	12:59
24. Rob Eling (San Lorenzo)	13:00
25. Zach Pattania (Capuchino)	13:01
26. Jason Cauthen (University)	13:02
27. Eric Pines (Arroyo)	13:03
28. Victor Ramirez (San Lorenzo)	13:04
29. Brian Villegas (Palma)	13:07
30. Martin Keck (Menlo School)	13:09

Fresh/Soph Individuals

1. Dan McDonough (Cupertino)	12:12
2. Josh Keyes (Modoc)	12:12
3. Marshall Boyd (Gunn)	12:43
4. Daniel Garcia (Sierra)	12:45
5. Rob Bancroft (Novato)	12:49
6. Matt Wilkinson (Half Moon Bay)	12:55
7. Alec Zwiaska (Marin Catholic)	12:57
8. John Wiler (Gunn)	12:58
9. Brandon McPherson (Analy)	13:02
10. Robert Guerrero (Sierra)	13:03

Girls Teams

1. Ursuline (Santa Rosa) 74 (77:21.4).	2.
Palo Alto 135 (80:33.1), 3. Foothill 176 (81:34.7), 4. Saratoga 222 (83:53.9), 5.	
Terra Linda (San Rafael) 231 (84:10.8), 6.	
North Tahoe (Nevada) 235 (84:01.9), 7.	
Mitty (San Jose) 300 (86:40.5), 8. Red-	
wood Christian (San Leandro) 308	
(86:52.3), 9. Fort Bragg 324 (87:28.1), 10.	
Half Moon Bay 347 (88:36.4), 11. Sacred	
Heart 368 (89:06.7), 12. Mountain View	
373 (91:18.7), 13. Analy (Sebastopol) 418	
(91:28.0), 14. Castilleja (Palo Alto) 441	
(92:32.3), 15. Mercy (Burlingame) 461	
(92:51.3).	

Individuals (146 finishers)

1. Sarah Hallas (Ursuline)	14:09
2. Lynsey Johnson (Incline)	14:37
3. Courtney Davidson (Redwood)	14:45
4. Amanda Tomei (University)	14:49
5. Serena Delaplace (Mitty)	14:58
6. Jen Basch (Foothill)	14:59
7. Maggie Ricketts (Saratoga)	15:20
8. Andi Forker (Palo Alto)	15:24
9. Stacey Harness (Modoc)	15:25
10. Hope Lewis (University)	15:25
11. Alicia Borich (Fort Bragg)	15:26
12. Alexa Delwiche (Ursuline)	15:31

13. Carrie Kronbeck (Ursuline)	15:33
14. Melissa Velarde (South City)	15:38
15. Alison Conway (Terra Linda)	15:39
16. Allie Pitts (Mountain View)	15:40
17. Abby Bates (North Tahoe)	15:41
18. Melissa Green (Terra Linda)	15:51
19. April Kihara (Palo Alto)	15:53
20. Cmilie Cohen (Mitty)	15:54
21. Virginia Melin (Ursuline)	15:56
22. Katie Lambden (Head-Royce)	15:59
23. Meredith Pollock (Incline)	16:02
24. Trisha Felts (Sacred Heart)	16:04
25. Maxine Kleinheinz (Aragon)	16:05
26. Kim O'Brien (Half Moon Bay)	16:06
27. Quinn Rogers (Ursuline)	16:09
28. Zoe Kretzchmer (University)	16:10
29. Mackenzie Williams (Saratoga)	16:11
30. Vanessa Reynolds (Head-Roy)	16:11

Fresh/Soph Individuals (141 finishers)

1. Nicole Portley (Aragon)	14:29
2. Victoria Chang (Iolani)	14:32
3. Linden Bader (University)	14:50
4. Kira Morser (University)	15:00
5. Katie Scangos (Crystal)	15:15
6. Amber Cook (San Lorenzo)	15:24
7. Sky Glatto (Alhambra)	15:25
8. Sonja Petredis (Gunn)	15:35
9. Anna Schecter (Half Moon Bay)	15:36
10. Clarissa Lynn (Half Moon Bay)	15:40

12th Annual Mariner Invitational

October 21, 1995. Garin Park, Hayward
From Coach Phil Wilder (Moreau Catholic, Hayward)

Small Schools

Boys Teams

1. St. Mary's (Berkeley) 85, 2. St. Mary's (Stockton) 104, 3. American (Fremont) 121,
4. Sacred Heart (San Francisco) 160, 5.
Christian Brothers (Sacramento) 249,

Boys Individuals (62 finishers)

1. Erik Hansen (American)	15:32
2. Luke Szymanski (San Lorenzo)	15:46
3. Alex Rodriguez (Tennyson)	16:08
4. Randy Jones (American)	16:12
5. Jason Mendes (Healdsburg)	16:23
6. Mike Arp (St. Mary's)	16:51
7. Victor Ramirez (San Lorenzo)	16:56
8. Jason Seitz (Benicia)	16:57
9. Martin Privat (San Lorenzo)	17:06
10. Jason Cauthen (University)	17:07
11. Jose Gutierrez (CA Sch. Deaf)	17:09
12. Mike Deem (St. Mary's, Stn)	17:20
13. Marc Blumberg (University)	17:22
14. Mike Hyams (San Rafael)	17:23
15. Ed Keehr (St. Mary's, Stockton) 17:24	

Girls Teams

1. Gonzales 56, 2. St. Mary's (Stockton)
77, 3. Christian Brothers (Sacramento) 95,
4. Merrill West 102, 5. Sacred Heart (San Francisco) 124.

Girls Individuals (36 finishers)

1. Lisa Hernandez (Healdsburg)	19:02
2. Amanda Tomei (University)	19:42
3. Tashia Arbuckle (Merrill West)	20:05
4. Angie Yebrá (Gonzales)	20:11
5. Nikki Gibbons (American)	20:30
6. Jessica Altnow (St. Mary's, S)	20:49
7. Sara Hernandez (Healdsburg)	20:58
8. Michelle Lasala (Gonzales)	21:04

9. Vanessa Yebrá (Gonzales)	21:24
10. Angela Munoz (Foothill)	21:27

Large Schools

Boys Teams

1. Skyline (Oakland) 41, 2. Oak Ridge 53, 3.
Irvington (Fremont) 76, 4. De La Salle (Con-
cord) 117, 5. Kennedy (Sacramento) 134, 6.
San Leandro 142, 7. Westmoor (Daly City)
175, 8. Los Banos 217.

Boys Individuals (59 finishers)

1. Daniel Gohlke (Skyline)	15:39
2. Enrique Henriquez (San Leandro)	15:56
3. Jesus Enriquez (Skyline)	16:34
4. Gavin Chamberlain (Oak Ridge)	16:38
5. Tim Hess (Irvington)	16:43
6. Brian Neesham (Irvington)	16:44
7. Jeff George (De La Salle)	16:50
8. Cory Dixon (Skyline)	16:55
9. Jon McClurg (Oak Ridge)	17:03
10. Joe Menchaca (Pittsburg)	17:13
11. Ed Pierini (Oak Ridge)	17:15
12. Thomas Williams (Kennedy)	17:24
13. David Patusco (Skyline)	17:25
14. Brandon Beckman (Oak Ridge)	17:26
15. Ken Moodie (Oak Ridge)	17:28

Girls Teams

1. Skyline (Oakland) 40, 2. Moreau (Hay-
ward) 68, 3. Kennedy (Sacramento) 112, 4.
Los Banos 114, 5. Irvington (Fremont) 153,
6. Westmoor (Daly City) 201.

Girls Individuals (54 finishers)

1. Lisa Gillis (Moreau)	18:25
2. Yvonne Liebig (Kennedy)	19:06
3. Anne Marie Franco (Skyline)	19:11
4. Emily Dixon (Skyline)	19:49
5. Luana Espana (Moreau)	19:55
6. Christina Zheng (Skyline)	20:03
7. Katie Martin (Irvington)	20:13
8. Terri O'Brien (Moreau)	20:26
9. Brandi Hoyt (Atwater)	20:38
10. Christina Jamieson (Oak Ridge)	20:44
11. Sue Pickens (Newark Memorial)	20:55
12. Stephanie Garcia (Skyline)	21:03
13. Marisa Rodriguez (Los Banos)	21:07
14. Netti Arroyo (Pittsburg)	21:11
15. Melli Lieras (Skyline)	21:23

Coach's Race

1. Mike McManus (University 30)	10:29
2. Dave Goodrich (San Lorenzo 27)	10:50
3. Brad Holbrook (Gonzales 28)	10:59
4. Jim Tracy (University 45)	11:13
5. Brenden Kelly (De La Salle 20)	11:24
6. Mark Puppo (Moreau 30)	11:33
7. Jay Aliff (Oak Ridge 34)	11:40
8. Danny Delgado (Westmoor 26)	11:46
9. Doug Ritenour (Westmoor 26)	12:46
10. Rob Epstein (San Rafael 33)	12:50
11. Terry Templeton (Atwater 34)	13:05
12. Jennifer Devine (Kennedy, S-F)	13:09
13. Colin Kruser (American 11)	13:24
14. Albert Carwana (Westmoor 24)	13:38
15. Mark Hutt (Albany 26)	13:43
16. Ben Brauer (Moreau 23)	13:49
17. Patti Smith (Christian Bro.-F)	14:02
18. Daniel Martinez (Kennedy, F.50)	14:07
19. Phil Wilder (Moreau 43)	14:07
20. Robert Mendez (Hayward 42)	14:26
21. Michael Ramirez (Gonzales 40)	14:44
22. Geo Castelo (Westmoor 32)	14:58
23. Mike Miller (Los Banos)	16:00
24. Alvin Pickett (Holy Nam 28)	16:40
25. Joanna Diaz (Irvington-F)	17:25

26. Michelle Cavellini (Moreau 27F)	18:34
27. Will Matthews (Hayward 51)	19:00

Stanford Invitational

September 30

Division I & II

By Keith Conning

Jesuit (Carmichael), who won the Boys Division I team title last year with 106 points, defended their team title with 110 points. They are coached by **Walt Lange**. Their team was composed of senior **Scott Abbott** (4th in 16:07); senior **David Valencia** (14th in 16:29); senior **Charlie Brenneman** (24th in 16:41); junior **John Welsh** (36th in 16:50); and junior **Matt Kimball** (37th in 16:51).

De La Salle (Concord), who placed third with 155 points in Boys Division boys last year, moved up to Division and placed second with 137. **Nevada Union** (Grass Valley) was third with 170.

Senior **Ayub Abdusalam** (Hoover San Diego) won Boys Division I race in 15:50 (5:06 per mile pace) over the 5,000 meters course. Abdusalam led at the mile in 4:46.7. Senior **John Hake** (Arroyo) placed second in 15:58 (5:08). Senior **Randy Maestretti** (De La Salle) was third in 16:01 (5:09).

Clayton Valley (Concord), who won the Girls Division III team title last year with 60 points, moved up to Division I this year, so that they could enhance their national ranking. They are currently ranked #5 in the nation by the *Harrier* magazine. **Coach Ron Silveira** told me before the race that they will be running against the #1 Shennadowah of New York and the #2 team from Wisconsin next week in Birmingham, Alabama. But for today they were the king of the hill. They won with 49 points. Their team was composed of senior **Heather Wallace** (4th in 19:07), junior **Deborah Osteen** (7th in 19:20) in 1994), junior **Kelly Howisey** (10th in 19:35), sophomore **Julie Leininger** (12th in 19:48), and freshman **Jennifer Codington** (16th in 19:57). Clayton Valley's first three girls made big improvements this year. Wallace lowered her time by 39 seconds, Osteen by 52 seconds, and Howisey by 1 minute and 4 seconds.

Bend (Oregon), who placed fifth in Girls Division I last year with 174 points, moved up to second with 136. **Thousand Oaks** was third with 139.

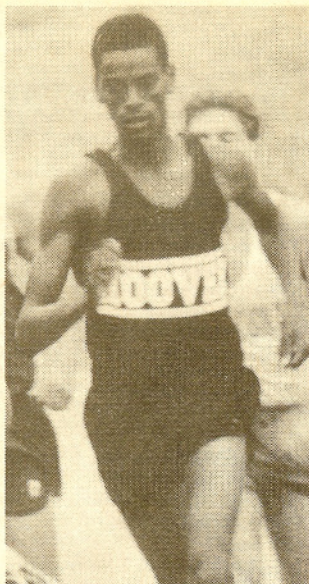
Junior **Julia Stamps** (Santa Rosa) who won the Girls Division I race last year in 18:15, led all the way and turned in a very fast 17:19 for 5,000 meters. That's a pace of 5:34 per mile. She came through the first mile in 5:11, which was three seconds faster than the University women did! Senior **Kim Mortensen** (Thousand Oaks) placed second in 17:41, the second fastest high school girls time

PREP NOTES



KIM MORTENSEN

Photo by Phillip Enbody



AYUB ABDUSALEM

Photo by Phillip Enbody

of the day. **Jennifer Burris** (Ayala, Chino Hills) was third in 19:03.

Edison (Huntington Beach), who placed second in the Boys Division II race last year with 145 points, won the Boys Division II race with 127 points. Their team was composed of senior **Dylan Glatt** (5th in 16:07), senior **Kent Roberts** (21st in 16:55, 16:41 in 1994), senior **Jeremy Hilton** (26th in 17:00), senior **Ryan Haight** (29th in 17:06), and freshman **Andy Knutsen** (53rd in 17:38). **Mission San Jose** (Fremont), who placed seventh last year with 247 points, improved to second with 137 points. **Reedley** was third with 139.

Sophomore **Jon Stevens** (Mission San Jose, Fremont) won the Boys Division II race in 15:54 (5:07 per mile pace), the third fastest time of the day. Stevens ran a 4:17.30 1,600 meters as a freshman last track season. He is turning out to be a real good college prospect. Senior **Jim Nelson** (Napa), who placed tenth last year in 16:55 and ran 9:23.2 for 3,200 meters last spring, placed second in 15:58. Nelson had led at the mile in 4:42. Stevens and Nelson were even going to hole two, but Stevens opened some ground at that point and held on to the end. Sophomore **Ronnie Buchanan** (Righetti), who placed ninth last year in 16:46, was third in 16:04.

Scripps Ranch won the Girls Division II team title with 85 points. Their team was composed of senior **Sarah Schmidt** (8th in 19:53), freshman **Emily McFarland** (11th in 20:04),

sophomore **Kelly Grimes** (13th in 20:14), sophomore **Kristina Stanko** (20th in 20:36), and junior **Kim Rogoff** (45th in 21:47). **Torrey Pines** placed second with 126 points. **Trabuco Hills** was third with 136.

Jen Schindler (Ponderosa, Shingle Springs) won the Division II girls race in 18:40 (6:00 per mile pace). Senior **Maria Gardner** (Ashland, Oregon) placed second in 19:14. Senior **Devon Straitiff** (Torrey Pines) was third in 19:21.

RESULTS

Boys Division I

1. Ayub Abdusalam (Hoover, Sr) 15:50. 2. John Hake (Arroyo, Sr) 15:58. 3. Randy maestretti (DeLaSalle, Sr) 16:01. 4. Scott Abbott (Jesuit, Sr) 16:07. 5. Ryan Deane (Peninsula, Jr) 16:10. 6. Matt Wickersham (Mater Dei, Sr) 16:11. 7. Tony Trueba (Hunt Bch, Jr) 16:12. 8. Tom Prindiville (DeLaSalle, Jr) 16:13. 9. Josh Carolan (Thous Oaks, Sr) 16:16. 10. Zach Kerns (Bend, OR, Jr) 16:19.

Team Scores: 1. Jesuit 110. 2. DeLa Salle 137. 3. Nevada Union 170. 4. Bellarmine Prep 185. 5. Huntington Beach 187. 6. Arroyo 190. 7. Peninsula 213. 8. Thousand Oaks 217. 9. Ayala 218. 10. Bend, OR 253.

Girls Division I

1. Julia Stamps (Santa Rosa, Jr) 17:19. 2. Kim Mortensen (Thous Oaks, Sr) 17:41. 3. Jennifer Burris (Ayala, So) 19:03. 4. Heather Wallace (Clayton Vly, Sr) 19:07. 5. Sonia Rodriguez (Vista, Sr) 19:09. 6. Allison Cowart (Bend, OR, Jr) 19:12. 7. Deborah Ossteen (Clayton Vly, Jr) 19:20. 8. Emili Lawson (Clovis W, Jr) 19:32. 9. Jennifer Akana (Lowell, So) 19:34. 10. Kelly Howisey (Clay-

ton Vly, Jr) 19:35.

Team Scores: 1. Clayton Valley 49. 2. Bend, OR 136. 3. Thousand Oaks 139. 4. Vista 158. 5. Los Alamitos 166. 6. Ayala 179. 7. Clovis West 206. 8. Lincoln. Portland, OR 210. 9. Peninsula 242. 10. Lowell 247.

Boys Division II

1. Jon Stevens (Miss San Jose, So) 15:54. 2. Jim Nelson (Napa, Sr) 15:58. 3. Ronnie Buchanan (Righetti, So) 16:04. 4. Jose Godinez (Reedley, Jr) 16:05. 5. Dylan Glatt (Edison HB, Sr) 16:07. 6. Enrique Henriquez (San Leandro, Jr) 16:18. 7. David Rodriguez (Miss San Jose, Jr) 16:28. 8. Juan Miramontes (Golden Vly, Jr) 16:28. 9. Daniel Phiffer (Bosco Tech, So) 16:31. 10. Brian Pruy (Vintage, Sr) 16:33.

Team Scores: 1. Edison, Huntington Beach 127. 2. Mission San Jose 137. 3. Reedley 139. 4. Pt. Loma 227. 5. Amador Valley 253. 6. Vintage 254. 7. Righetti 255. 8. Burbank 262. 9. Pleasant Valley 265. 10. Bosco Tech 283.

Girls Division II

1. Jen Schindler (Ponderosa) 18:40. 2. Maria Gardner (Ashland, OR, Sr) 19:14. 3. Devon Straitiff (Torrey Pines, Sr) 19:21. 4. Halinalli Martinez (Bishop Amat, Sr) 19:26. 5. Anne Gunnison (McClatchy, Jr) 19:29. 6. Kelee Smith (Ashland, OR, Sr) 19:46. 7. Tina Bowen (San Ramon Vly, Sr) 19:52. 8. Sarah Schmidt (Scripps Ranch, Sr) 19:53. 9. Peggy Hall (Trabuco Hills, Sr) 20:02. 10. Kati Hotchkiss (Mission San Jose, Fr) 20:04.

Team Scores: 1. Scripps Ranch 85. 2. Torrey Pines 126. 3. Trabuco Hills 136. 4. Ashland, OR 154. 5. Bishop Amat 179. 6. Wood 212. 7. Ponderosa 213. 8. Amador Valley 217. 9. Pleasant Valley 253. 10. Centennial. Bakersfield 261.

Division III & IV

By Doug Speck

Weather: sunny and hotter in afternoon (race order Girls-Boys Div's IV-III-II & I) (Below from California High Schools unless noted)

Girls Div III

A very good individual race up front had 1994 Foot Locker National nineteenth placer, **Elaine Canchola** also the leader of the nation's #14 ranked team, leading by five meters at the mile at 5:36. **Kristen Gordon** (4:54 1600m runner--8th St Div I CC 94) and **Shalynn Fullove** (5th Div IV St CC 94) followed closest at that point. Canchola stretched her lead to 40 meters as the race came back through the tunnel with 600 meters to go, but Gordon steadily closed down and edged the fine Nordhoff soph at the tape as both had an 18:22 time.

El Modena (Orange) shocked **Nordhoff** in the team contest, with the nationally ranked Nordhoff squad appearing to run very strong, but the latest Southern California power out of Orange County showed it is for real in what will make this one of the nation's strongest divisions (Clayton Valley will run here in State as Div III school, but

moved up today to Div I). El Mo totalled 81 (100:57 team time) to Nordhoff's 98 (100:58).

Clayton Valley was 97:47 up in Div I, with the Southern Section battles between the well-prepared El Mo and Nordhoff teams fun to watch come November.

In a tragically bizarre note, **St. Ignatius**, with four very high placers, had one of its scoring athletes struck by a fallen tree branch before the meet and not run, with the bay area parochial school capable of running with the top teams with all present.

Individuals: 1. Kristen Gordon (Carondelet Concord) 18:22. 2. Elaine Canchola (Nordhoff, Ojai) 18:22. 3. Shalynn Fullove (Louisville, Woodland Hills) 19:09. 4. Shana Driscott (St. Ignatius, San Franc) 19:23. 5. Leslie Burton (El Modena, Orange) 19:33. 6. Jessica Dahlberg (El Modena, Or) 19:33. 7. Laura Sanodval (St. Ignat. SF) 19:43. 8. Sarah Ellis (La Canada) 19:51. 9. Shavonna Chamberlain (Del Oro, Loomis) 19:53. 10. Ashley Caro (Louisv. WH) 19:53. 11. Marielle Schlueter (St. Ignat. SF) 19:54.

Teams: El Modena (Orange) 81 (100:57). 2. Nordhoff (Ojai) 98 (100:58). 3. Del Oro (Loomis) 128 (102:50). 4. Louisville (Woodland Hills) 140 (102:17). 5. St. Ignatius (San Francisco) 167 (102:49). 6. Corona del Mar (Newport Beach) 200 (105:19). 7. Carondelet (Concord) 207 (104:01). 8. Crescent Valley (Ore) 250 (106:55).

Girls Div. IV

The big news here was a big team performance by **Pearl River**, New York, a school of just over 400 students for the top three grades that was fifth in the one-division New York State Meet last year, and was ranked among the top twenty-five. Coach Dan Doherty has a great tradition at Pearl River, with a good trip west here for the crew. With a pack up near the front, Pearl took down California's top-ranked Div IV squad, **Morro Bay** 59 (103:09)-71 (104:38).

Pearl Coach Doherty described his team's effort as a bit less than they were capable, with the New Yorkers impressing with their strength.

Individually, Pearl's Kim Megdanis was the early pace-setter at 5:45, with Orange Lutheran's **Kristin Groncy** taking over on the back loop and winning 19:31-39 over the New Yorker.

Individuals: 1. Kristin Groncy (Orange Lutheran) 19:31. 2. Kim Megdanis (Pearl River, NY) 19:39. 3. Tracy Bowling (Tatt) 20:05. 4. Siobhan Elster (Moro Bay) 20:19. 5. Samantha Michel (Moro Bay) 20:20. 6. Stacy Heffner (West Valley, Cottonwood) 20:33. 7. Heather Gibson (Piedmont) 20:33. 8. Jen Maloney (Pearl Riv) 20:34. 9. Jen Pong (Terra Linda, San Rafael) 20:36. 10. Brittany App (Mor By) 20:38.

Teams: Pearl River (NY) 58 (103:09). 2. Morro Bay 71 (104:38). 3. Presentation (San Jose) 91 (105:36). 4. Orange Luth-

PREP NOTES

ran 96 (105:34), 5. West Valley (Cottonwood) 117 (107:44), 6. Piedmont 186 (111:40), 7. Taft 187 (112:42).

Boys Div III

Michell Jones, a 4:11 1600m runner last spring in track, led with Nordhoff's **Will Bernardo** through the mile at 4:50, with **Dan Brecht** (Petaluma) and **Avery Blackwell** closest. Nordhoff, ranked fifteen in the nation, was very impressive at the mile point, with its five scorers through twenty-fifth in this huge (40 teams!) race.

Jones, last year's State Div III champ, continued to pull away after the mile point to a big 150 yard victory at 15:33. Bernardo led the Nordhoff charge in third, with the 60 points and 82:32 team time for **Coach Ken Reeves'** squad the fastest of the entire weekend in any division.

Individuals: 1. Michell Jones (Livermore) 15:33, 2. Mike Wojocichowski (Clayton Valley, Concord) 15:59, 3. Will Bernardo (Nordhoff, Ojai) 16:12, 4. Jason Hart (Sonora) 16:13, 5. Dan D'ottavio (Placer, Auburn) 16:14, 6. Avery Blackwell (San Luis Obispo) 16:17, 7. Victor Ochoa (Nord. Oj) 16:21, 8. Omar Vega (Nord. Oj) 16:22, 9. Paul Wellman (St. Ignatius, San Franc) 16:26, 10. Mike Cheng (St. Francis, Mountain View) 16:28, 11. Luke Leininger (Clayton Valley, Conc) 16:30, 12. Eric Hensen (American, Fremont) 16:32. **Teams:** Nordhoff (Ojai) 60 (82:32), 2. Livermore 142 (84:03), 3. Corona del Mar (Newport Beach) 185 (85:59), 4. El Modena (Orange) 221 (86:06), 5. Los Gatos 229 (86:42), 6. Clayton Valley (Concord) 244 (85:57), 7. West Hills (Santee) 279 (87:32), 8. St. Ignatius (San Francisco) 285 (87:19), 9. Paso Robles 294 (87:43).

Boys Div IV

Another super youngster, soph **Isaiah Festa**, 9:29 last spring as a frosh for 3200m, romped away from the field here after a 4:50 first mile, moving on to a 15:56 win showing the ability to be the best from the fine Pirate program of **Coach Cary Norelli**. MB packed very impressively, scoring 39 points and winning by nearly four minutes on the team time watch with its 84:58 clocking. The only distracting note was that divisional rival **McFarland** (Central Section) was this same weekend beating the State's top ranked Div I squad, **Hoover** (Glendale) in the Bell-Jeff Invite down south. It will be another fine fall Championship contest at this level.

Individuals: 1. Isaiah Festa (Morro Bay) 15:56, 2. Micah Fuson (Taft) 16:13, 3. Rob in Pendolay (Terra Linda, San Rafael) 16:41, 4. Rico Gomez (Morro Bay) 16:57, 5. T.W. Burchmore (Morro Bay) 17:04, 6. Keith Trimble (Piedmont) 17:08, 7. Todd Joran (Taft) 17:11, 8. Morgan Harrelson (Oak Park) 17:11, 9. Andy Hallick (Piedmont) 17:12, 10. Carl Horen (Piedmont) 17:15. **Teams:** Morro Bay 39 (84:58), 2. Piedmont 109 (88:05), 3. Salesian (L.A.) 116 (88:56),

4. Oak Park 116 (88:22), 5. Palma 127 (88:58), 6. West Valley (Cottonwood) 166 (90:19), 7. Summerville 215 (91:51).

Central California

Mt. Whitney Invitational

September 22. Mooney Grove Park, Visalia.

Varsity Boys

1. Noel Nelson (Redwood) 15:29, 2. Jose Godinez (Reedley) 15:32, 3. Joel Lopez (McFarland) 15:41, 4. Mario Zambarano (Madera) 15:45, 5. Arthur Negrete (Clovis) 15:47, 6. Steve Barrus (Clovis) 15:48, 7. Matt Duma (Mt. Whitney) 15:51, 8. Gerardo Soto (McFarland) 15:56, 9. Michael Lyon (Reedley) 15:56, 10. Alejandro Palacios (Corcoran) 15:58.

Team Scores: 1. McFarland 56, 2. Reedley 60, 3. Madera 78, 4. Clovis 97, 5. Corcoran 157, 6. Golden West 165, 7. Redwood 182, 8. Lemoore 257, 9. Stockdale 293, 10. Mt. Whitney 294.

JV Boys

1. Sergio Palos (Madera) 17:00, 2. Roberto Lopez (Madera) 17:15, 3. Alvin Arelzaga (Madera) 17:22, 4. Angela Castro (Madera) 17:43, 5. Gilbert Juarez (Reedley) 17:51.

Team Scores: 1. Madera 23, 2. McFarland 42, 3. Reedley 75, 4. Redwood 97.

Freshman Boys

1. Jose Velasco (McFarland) 17:20, 2. Miguel Madrigal (Golden West) 17:21, 3. Benito Hernandez (Clovis) 17:27.

Team Scores: 1. Clovis 52, 2. Mt. Whitney 57.

Varsity Girls

1. Tracy Cohn (Stockdale) 18:21, 2. Kym Pilger (Clovis) 18:39, 3. Stefanie McCarty (Madera) 18:42, 4. Annabel Ortiz (Reedley) 19:00, 5. Cristina Sanchez (McFarland) 19:07, 6. Chrisie Gregory (Clovis) 19:12, 7. Amber Houchen (Clovis) 19:41, 8. Tonya Gonzalez (McFarland) 19:51, 9. Angela Ruiz (Reedley) 19:55, 10. Erin Stewart (Stockdale) 20:02.

Team Scores: 1. Clovis 54, 2. Madera 76, 3. McFarland 90, 4. Stockdale 104, 5. Reedley 125, 6. Golden West 131, 7. Lemoore 160, 8. Mt. Whitney 186, 9. Redwood 237, 10. Monache 306.

Fresh-Soph Girls

1. Jennifer Tomlinson (Golden West) 13:37, 2. Pam Winnett (Sanger) 13:59, 3. Jessica Alaniz (Reedley) 14:03.

Team Scores: 1. Monache 45, 2. Mt. Whitney 61, 3. Golden West 66.

JV Girls

1. Lynn Korkas (Madera) 15:05, 2. Adria Salvatore (Golden West) 15:10, 3. Pam Campbell (Clovis) 15:30.

Team Scores: 1. Clovis 22, 2. Mt. Whitney 35.

Madera Elks Invitational

October 5. Town & Country Park, Madera.

Girls

1. Emili Lawson (ClovisW) 17:43, 2. Stefa-

nie McCarty (Mad) 17:51, 3. Jocelyn Keller (Buchanan) 19:02, 4. Sanuana Gomez (Roos) 19:07, 5. Corrine Atkins (Buch) 19:18, 6. Rachell Loftus (Buch) 19:27, 7. Skye Lind (Fresno) 19:33, 8. Therese Nesmith (Mt. Whit) 19:34, 9. Mayra Lopez (Roos) 19:44, 10. Patty Sanchez (Mad) 20:47.

Teams: 1. Buchanan 45, 2. Madera 53, 3. Roosevelt 73, 4. Mt. Whitney 110, 5. Fresno 120.

Boys

1. Mike Kasahun (Fresno) 14:52, 2. Mario Zambano (Mad) 15:20, 3. Elpidio Leyva (Mad) 15:25, 4. Jeremy Tullis (Clovis W) 15:26, 5. Jacob Etkins (Bul) 15:29, 6. Andres Bazante (Mad) 15:30, 7. Jerry Padilla (Ree) 15:40, 8. Elidio Guillen (Mad) 15:41, 9. Victor Ochoa (Men) 15:44, 10. Ramiro Arias (Men) 15:44.

Teams: 1. Madera 26, 2. Fresno 76, 3. Roosevelt 91, 4. Mendota 112, 5. McLane 139.



VERONICA SANCHEZ

Photo by Bill Cockerham

Rhoan (Sierra) 16:25, 3. Rolf Kvalvik (Northgate) 16:47, 4. Marty Kinsey (Granada) 16:49, 5. Heinar Urrutia (Granada) 16:49.

Team Scores: 1. Oak Park 97, 2. Piedmont 122, 3. Granada 130, 4. Moorpark 143, 5. Northgate 143.

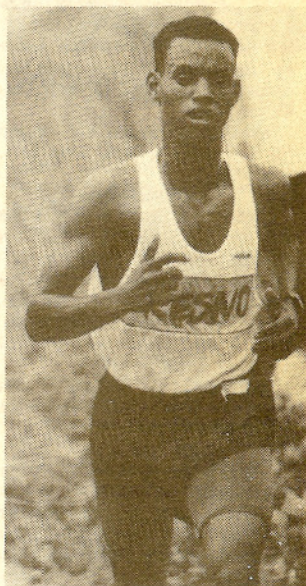
Girls—Large School

1. Emili Lawson (Clovis W) 19:12, 2. Angela Ruiz (Reedley) 19:19, 3. Kym Pilger (Clovis) 19:31, 4. Siobhan Elster (Morro Bay) 19:54, 5. Autumn Glynn (Nevada Union) 19:55.

Team Scores: 1. Clovis West 78, 2. Morro Bay 79, 3. Clovis 94, 4. Hart 100, 5. Reedley 115, 6. Livermore 153, 7. Wood 158, 8. Beyer 214, 9. Nevada Union 219, 10. North 256.

Girls—Small School

1. Veronica Sanchez (Wasco) 19:26, 2. Tracy Bowling (Taft) 19:40, 3. Monstrosa Verde (Piedmont) 19:54, 4. Christy Gonzalez (Exeter) 20:09, 5. Jessica Morrow



MICHAEL KASAHUN

Photo by Elaine Rosentiek

Clovis Invitational

October 7. Woodward Park, Fresno.

Boys—Large School

1. Michell Jones (Livermore) 15:29, 2. Isaiah Festa (Morro Bay) 15:50, 3. John Duarte (Hart) 16:03, 4. Juan Chavira (Hanford) 16:07, 5. Juan Miramontes (Golden Vly) 16:11.

Team Scores: 1. Nevada Union 85, 2. Tustin 103, 3. Reedley 116, 4. Livermore 134, 5. Morro Bay 141, 6. Brea Olinda 169, 7. Clovis 173, 8. Burbank 181, 9. Hart 218, 10. Clovis West 267.

Boys—Small School

1. Micah Fuson (Taft) 16:08, 2. Kenny

(Granada) 20:32.

Team Scores: 1. Northgate 79, 2. Acalanes 108, 3. Piedmont 117, 4. Moorpark 118, 5. Taft 130.

Atascadero Invitational

October 7. Atascadero.

Varsity Boys—Large Schools

1. Matt Duma (Mt. Whitney) 17:03, 2. Chris Ramirez (Royal) 17:15, 3. John Huff (PR) 17:16, 4. Humberto Flores (Roos) 17:31, 5. Sonny Baxter (Atas) 17:33, 6. Tom Himmelrich (Atas) 17:45, 7. Jorge Lopez (Roos) 17:51, 8. Lane Pate (PR) 17:57, 9. Jon Paul (PR) 18:00, 10. Francis-

PREP NOTES

co Mayo (Roos) 18:01.

Team Scores: 1. Paso Robles 45, 2. Roosevelt 65, 3. Mt. Whitney 82, 4. Atascadero 84, 5. Royal 128.

Varsity Boys—Small Schools

1. Avery Blackwell (SLO) 16:29, 2. Joel Lopez (McF) 16:47, 3. Gerardo Soto (McF) 16:54, 4. Rudy Cavazos (McF) 17:02, 5. Jose Arambula (McF) 17:03, 6. Jose Percecmca (McF) 17:18, 7. Ezra Young (Cabrillo) 17:18, 8. Kent Yankee (Cabrillo) 17:20, 9. Alejandro Palacios (Corcoran) 17:22, 10. Jose Galvan (McF) 17:28.

Team Scores: 1. McFarland 20, 2. San Luis Obispo 66, 3. Cabrillo 70, 4. Corcoran 86, 5. Garces 166, 6. Holy Martyrs 177.

Roughrider Invitational

October 13, Woodward Park, 5K.

Boys—Large School

1. Jorge Castro (Arvin) 15:59, 2. Enrique Torres (Silver Crk) 15:59, 3. Luis Herrera (Arvin) 16:18, 4. Jason Hart (Sonora) 16:22, 5. Matt Duma (Mt. Whitney) 16:24, 6. Humberto Flores (Roosevelt) 16:44, 7. Mike Tanaka (Golden West) 16:44, 8. Jeremy Tullis (Clovis W) 16:45, 9. James Manderson (Stockdale) 16:52, 10. Hector Alicea (Downey) 16:59.

Team Scores: 1. Madera 99, 2. Roosevelt 103, 3. Arvin 121, 4. Golden West 124, 5. Sonora 140.

Boys—Small School

1. Kenny Rhoan (Sierra) 16:26, 2. Gerardo Soto (McFarland) 16:28, 3. Miguel Raya (Wasco) 16:36, 4. Rudy Cavazos (McF) 16:37, 5. Ryan Wade (Cent Vly) 16:37, 6. Joel Lopez (McF) 16:47, 7. Jose Perez (McF) 16:49, 8. Freddie Ramirez (Wasco) 17:01, 9. Jose Galvan (McF) 17:04, 10. Jose Arambula (McF) 17:05.

Team Scores: 1. McFarland 28, 2. Central Valley 82, 3. Corcoran 106, 4. Wasco 139, 5. Maranatha, LA 161.

Girls—Large School

1. Tracy Cohen (Stockdale) 19:07, 2. Angela Ruiz (Reedley) 19:24, 3. Annabelle Ortiz (Reedley) 19:38, 4. Rachel Wiseman (Mt. Pleas) 20:03, 5. Sanjuana Gomez (Roosevelt) 20:06, 6. Rachel Bauer (Buchanan) 20:22, 7. Kayee Britten (Centennial) 20:25, 8. Jocelyn Keller (Buchanan) 20:28, 9. Irene Wright (Reedley) 20:46, 10. Corinne Atkins (Buchanan) 20:48.

Team Scores: 1. Buchanan 47, 2. Reedley 72, 3. Centennial 120, 4. Golden West 125, 5. Roosevelt 128.

Girls—Small School

1. Kristin Koppes (Foothill-Redding) 18:32, 2. Veronica Sanchez (Wasco) 19:41, 3. Louanne Vitellazo (Anderson) 19:59, 4. Cristina Sanchez (McFarland) 20:28, 5. Laura Davis (McF) 20:30, 6. Kara Hunn (Cent Vly) 20:32, 7. Jeanne Abalos (Le-moore) 20:42, 8. Stacy Peterson (Anderson) 20:46, 9. Lisa Eccles (Hart) 20:48, 10. Jen Chaney (Tracy) 20:52.

Team Scores: 1. Tracy 67, 2. Yosemite 111, 3. Anderson 117, 4. McFarland 123, 5. Central Valley 132.

Tulare Western Invitational

October 13, Live Oak Park, Tulare.

Boys

1. Juan Chavira (Hanford) 15:45, 2. Noel Nelson (Redwood) 15:46, 3. Ryan Auburu (Ridgeview) 17:22, 4. Alex Gomez (Shafter) 17:27, 5. E. Herrera (Kingsburg) 17:31, 6. Benito Avila (Hanford) 17:43, 7. Adrian Dominguez (Highland) 17:47, 8. Juan Nuanaco (Mt. Whitney) 17:48, 9. Steven Martinez (Western) 18:00, 10. Lazaro Perez (Exeter) 18:01.

Team Scores: 1. Hanford 60, 2. Redwood 74, 3. Shafter 81, 4. Monache 100, 5. Exeter 174.

Girls

1. Irma Guillen (Shafter) 20:41, 2. Therese Nusman (Mt. Whitney) 20:59, 3. Kristie Gonzales (Exeter) 21:22, 4. Maria Banuelos (Exeter) 21:49, 5. Julie Stahl (Mt. Whitney) 22:18, 6. Beth Weston (Highland) 22:25, 7. Nicole Craig (Ridgeview) 22:34, 8. Tabitha Tenaloza (Redwood) 22:36, 9. Nadia Abubaker (Redwood) 22:38, 10. Gina Goodfriend (Lindsay) 22:45.

Team Scores: 1. Exeter 51, 2. Mt. Whitney 54, 3. Redwood 105, 4. Highland 130, 5. Ridgeview 191.

SOUTHERN CALIFORNIA FROM DOUG SPECK

Dana Hills Invitational

Sat., September 30, Dana Hills H.S. 3.0 miles

Boys:

Teams: Yucaipa 78:26, k 2. Vista 79:11, 3. Katella (Anaheim) 79:17, 4. Tustin 79:32, 5. Santa Margarita (Rancho SM) 79:33. **Indiv - Clendaniel (Yucaipa) 14:54, 2. Murray (Santa Marg. RSM) 15:07, 3. McQuitty (Grossmont, La Mesa) 15:08, 4. Brix (University, Irv) 15:14, 5. Kirtley (Po-way) 15:19, 6. Ramirez (Chula Vista) 15:24, 7. Benitez (Kate) 15:29, 8. Rojas (Valencia, Placentia) 15:30, 9. Gleason (Mission Viejo) 15:31, 10. Barragan (Wilson, Long Beach) 15:32.**

Girls:

Teams: Yucaipa 89:43, 2. Dana Hills 94:28, 3. El Toro 96:24, 4. Santa Margarita (Rancho SM) 96:39, 5. Irvine 97:39. **Indiv:** Corbin (Irvine) 17:27, 2. Marquand (University, Irv) 17:29, 3. Winkler (Fountain Valley) 17:33, 4. Welsh (Yucaipa) 17:37, 5. White-side (Yuc) 17:38, 6. Brown (Yuc) 17:40, 7. Spahr (Huntington Beach) 17:54, 8. Schwerchel (Laguna Hill) 18:01, 9. Nuanes (Santa Margarita, Rancho SM) 18:06, 10. Delgado (Santa Ana Valley) 18:13.

Channel Islands Invitational

Sat., September 30, College Park, Oxnard

Boys:

Team: Buena (Ventura) 72, 2. Arroyo Grand 94, 3. Channel Islands (Oxnard) 117, 4. Dos Pueblos 119. **Indiv:** Schuyler (Saugus) 15:27, 2. Farley (Lompoc) 15:28, 3. Walker (Crespi, Encino) 15:37, 4. Hipskindon (Bue-

na, V) 15:39, 5. Hutcheson (AG) 15:40.

Girls:

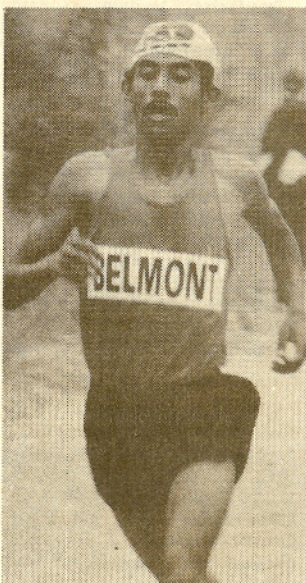
Team: Saugus 42, 2. Buena (V) 70, 3. Arroyo Grande 84, 4. Dos Pueblos (Goleta) 122, 5. Westlake (West Vill) 130. **Indiv:** Schweitzer (Saugus) 17:55, 2. Hebert (Buena, V) 18:18, 3. Lepisto (Agoura) 18:23, 4. Almaraz (Buena, V) 18:40, 5. Guncy (Saug) 18:50.

Kenny Staub Invitational

Sat 10/7 - La Crescenta Park

Boys:

Div I (tie) D. Lopez (Hoover, Glendale) & M. Lopez (Belmont, L.A.) 15:40, 3. Koepfer (St. Francis, La Canada) 15:49, 4. Montoro (Hoov, G) 16:02, 5. Deane (Peninsula, Rolling Hills Est's) 16:04, 6. Van Orden (St. F. LC) 16:09, 7. Sanchez (Garfield, L.A.) 16:13, 8. Aquino (Hoov, G) 16:21, 9. Castro (Palisades, Pac Pal) 16:29, 10. Escobedo (Garf.



MANUEL LOPEZ

Photo by Phillip Erbody

LA) 16:29, 11. G. Lopez (Belm. LA) 16:33, 12. Rodriguez (Taft, Woodland Hills) 16:34, 13. Schyler (Saugus) 16:38, 14. Garcia (Redlands) 16:39, 15. Sotomayer (Hoov, G) 16:45. **Team:** 1. Hoover (Glendale) 49 1/2 (81:46), 2. Peninsula (Rolling Hills Estates) 76 (83:25), 3. Belmont 87 1/2 (83:47), 4. Garfield (L.A.) 122 (85:20), 5. St. Francis (La Canada) 140 (85:03), 6. Redlands 166 (86:54), 7. Palisades (Pacific Palisades) 168 (87:13), 8. Saugus 171 (87:43).

Div II - 1. Swartz (Newbury Park) 16:29, 2. Evans (Crescenta Valley, La Crescenta) 16:36, 3. Aguirre (Wilson, L.A.) 16:41, 4. Simmonds (Cresc V, LC) 16:49, 5. Wood (Newb Pk) 16:52, 6. Nazarian (Glendale) 16:58. **Teams: 1. Loyola (L.A.) 56 (85:51), 2. Newbury Park 68 (86:44), 3. Crescenta Valley**

(La Crescenta) 101 (88:19), 4. Canyon (Canyon Country) 117 (89:03), 5. La Salle (Pasadena) 139 (90:08).

Div III - 1. Herrera (Bell-Jeff, Burbank) 16:54, 2. Shapiro (La Canada) 16:57, 3. Kpachavi (Bell-Jeff, Burb) 16:57. **Teams: 1. Bell-Jeff (Burbank) 77 (89:55), 2. Temple City 78 (90:21), 3. Claremont 103, 4. Burroughs (Burbank) 111.**

Girls:

(Div I) - 1. Schweitzer (Saugus) 18:39, 2. Harris (Canyon, Canyon Country) 18:52, 3. Freshman (Cany. CC) 18:57, 4. Stigile (Cany. CC) 19:31, 5. Claiborne (Peninsula, Rolling Hills Est's) 19:45, 6. McCafferty (Penins. RHE) 19:54, 7. Possing (Penins. RHE) 20:29, 8. Freebury (Penins. RHE) 20:30, 9. Thomas (Saugus) 20:34, 10. Drummond (Cany. CC) 20:34, 11. Puruya (Cany. CC) 20:41, 12. Gonzalez (Huntington Park) 20:46, 13. Hadfield (Cany. CC) 20:50, 14. Co (Penins. RHE) 21:01, 15. Gundry (Saugus) 21:07. **Teams: 1. Canyon (Canyon Country) 30 (98:35), 2. Peninsula (Rolling Hills Estates) 40 (101:39), 3. Saugus 77 (104:10), 4. Crescenta Valley (La Crescenta) 116 (108:37), 5. Bell 153 (112:01), 6. Taft (Woodland Hills) 157 (112:01), 7. Birmingham (Van Nuys) 188 (114:45).**

(Div II) - 1. Ellis (La Canada) 19:47, 2. Miller (La Salle, Pasadena) 20:34, 3. Ramachandran (South Torrance) 20:36, 4. Merryman (Claremont) 20:42, 5. Ibanez (Claremont) 20:45, 6. Cruise (Palisades, Pac Palisades) 21:11. **Teams: 1. South Torrance 58 (107:30), 2. La Reina (Thousand Oaks) 74 (108:44), 3. Claremont 80 (108:19), 4. La Salle (Pasadena) 114 (111:27), 5. Garfield (L.A.) 125 (112:12).**

(Div III) 1. Ramos (Glendale) 20:36, 2. Lawrence (Temple City) 21:10, 3. Canani (Bell-Jeff, Burbank) 21:18. **Teams: 1. Hart (Newhall) 60 (114:22), 2. Newbury Park 69 (116:02), 3. Glendale 95 (117:23), 4. South Pasadena 96 (118:43).**

(Div III) 1. Ramos (Glendale) 20:36, 2. Lawrence (Temple City) 21:10, 3. Canani (Bell-Jeff, Burbank) 21:18. **Teams: 1. Hart (Newhall) 60 (114:22), 2. Newbury Park 69 (116:02), 3. Glendale 95 (117:23), 4. South Pasadena 96 (118:43).**

Yucaipa Invitational

Sat 10/7 - Yucaipa High School, 65

schools - Divisional Sweepstakes Winners - Div I - Canyon Springs (Moreno Valley), Div II - Yucaipa, Div III - Desert Christian (Lancaster).

Boys:

(Div I) (CHRONOMIX FAILURE) 1. Manuel Andrade (Coachella Valley, Thermal) 15:23, 2. Jose Gonzalez (Rialto), 3. Ramon Chavez (Rialto), 4. Phillip Carnahan (Victor Valley), 5. Brent Evans (Apple Valley), 6. Aaron Williams (Highland, Palmdale), 7. Albar Inzunza (Miller, Fontana), 8. Derek Estrada (Eisenhower, Rialto), 9. Mario Alonzo (Coachella Valley, Therm), 10. Glenn Cleary (Canyon Springs, Moreno Valley). **Teams: 1. Rialto 59, 2. Eisenhower (Rialto) 94, 3. Coachella Valley (Thermal) 105, 4. Canyon Springs (Moreno Valley) 108.**

(Div II) 1. Sean Clendaniel (Yucaipa) 15:13 (COURSE RECORD old record 15:22 by Jim Ortiz (Barstow)), 2. Alfonso Ibarra (Arlington, Riverside) 15:28, 3. Spencer Tait (Centennial, Corona) 15:36, 4. Rob-

PREP NOTES

ert Frichtel (Hemet) 15:39. 5. Ross Venook (Woodbridge, Irvine) 15:43. 6. Nicholas Jacques (Hemet) 15:49. 7. Brent Edson (Yuc) 15:51. 8. Robert Frost (Hemet) 15:51. 9. Daniel Castaneda (Arlingt. R) 15:52. 10. Josh Schultz (Yuc) 16:00. **Teams:** 1. Arlington (Riverside) 56 (80:05). 2. Yucaipa 63 (80:01). 3. Hemet 67 (80:31). 4. Centennial (Corona) 123 (83:05).

(Div III) 1. David Jackson (Rim of World, Lake Arrowhead) 15:52. 2. Sean Patterson (Yucca Valley) 16:05. 3. Gerson Salgado (Estancia, Costa Mesa) 16:25. 4. Joey Ybarra (Barstow) 16:30. 5. Mike Bilsborough (Barstow) 16:32. 6. Marcos Avila (Beaumont) 16:41. 7. Brian Walker (Temescal Canyon, Elsinore) 16:42. 8. Andy Cortez (Salesian, L.A.) 16:46. 9. Ryan Allen (Tem Cany, Els) 16:48. 10. Aaron Mendonca (Woodcrest Christian, Riverside) 16:59. **Teams:** 1. Salesian (L.A.) 101 (86:37). 2. Barstow 105 (86:12). 3. Desert Christian (Lancaster) 135 (87:59). 4. Yucca Valley 144 (87:23).

Girls:
(Div I) (Var) 1. Andrea Neipp (Highland, Palmdale) 17:53. 2. Lindsay Dubose (Apple Valley) 19:08. 3. Rachea McCauley (Canyon Springs, Moreno Valley) 19:21. 4. Priscilla Munoz (Coachella Valley, Thermal) 19:47. 5. Lorena Reyes (Indio) 19:54. 6. Teresa Holzbaugh (Cany Spr, MV) 20:02. 7. Rita Aragon (Can Spr, MV) 20:05. 8. Courtney Grenfell (Redlands) 20:08. 9. Shannon Earle (Highl, P) 20:10. 10. Alma Reyes (Indio) 20:13. **Teams:** 1. Redlands 65 (102:07). 2. Canyon Springs (Moreno Valley) 70 (102:26). 3. Highland (Palmdale) 108 (104:20). 4. Apple Valley 128 (107:01).

(Div II) (Var) 1. Kimi Welsh (Yucaipa) 17:37 (COURSE RECORD old record 18:15 Tracie Williams (Mountain View, El Monte), 2. Vickie Whiteside (Yuc) 18:17. 3. Melissa Aronson (Hemet) 18:22. 4. Mindy Brown (Yuc) 18:27. 5. Christin Ray (Yuc) 19:12. 6. Serena Meyer (Yuc) 19:49. 7. Tackisha Carter (Pacific, San Bernardino) 19:58. 8. Trisia Tressler (Rubidoux, Riverside) 20:00. 9. Teresa Cesena (Arlington, Riverside) 20:04. 10. Sabrina Maizland (Yuc) 20:17. **Teams:** 1. Yucaipa 18 (93:22). 2. La Sierra (Riverside) 91 (104:43). 3. Arlington (Riverside) 92 (104:24). 4. Centennial (Corona) 106 (106:21). Fr/So 1. Beth Morales (San Geronio, San Bernardino) 19:38.

(Div III) 1. Shelby Horgan (Temescal Canyon, Elsinore) 18:09. 2. Sunny Shaffer (Tem Cany, Els) 18:54. 3. Rebecca Heard (Yucca Valley) 18:58. 4. Lindsay Buwalda (Laguna Beach) 18:58. 5. Sedina Banks (Rim of World, Lake Arrowhead) 19:09. 6. Sarah Hradon (Tem Cany) 20:06. 7. Araceli Martinez (Estancia, Costa Mesa) 20:08. 8. Elizabeth Mallon (St. Joseph, Lakewood) 20:16. 9. Shirley Henderson (Rim of World, Lake Arrowh) 20:20. 10. Kelly Allen (Tem Cany) 20:33. **Teams:** Temescal Canyon (Elsinore) 35 (98:45). 2. Rim of World (Lake Arrowhead) 90 (104:20). 3. Estancia (Co-

sta Mesa) 104 (106:22). 4. St. Joseph (Lakewood) 133 (107:51).

Central Park Invitational

Sat. 10/7 (Huntington Beach)

Boys:

Div I - 1. Abdulalam (Hoover, San Diego) 15:09. 2. Brix (University, Irvine) 15:25. 3. Disney (Thousand Oaks) 15:28. 4. Carolan (Thous Oaks) 15:32. 5. Estrada (Valley, Santa Ana) 15:33. 6. Chou (University, Irv) 15:48. 7. Halles (Alta Loma) 15:48. 8. Madre (Del Campo, Fair Oaks) 15:49. 9. Noble (Durango, Las Vegas, Nv) 15:53. 10. Alvarado (Saddleback, Santa Ana) 15:54. **Teams:** 1. Saddleback (Santa Ana) 72. 2. Del Campo (Fair Oaks) 92. 3. Valley (Santa Ana) & Thousand Oaks 130.

Div II - Trueba (Huntington Beach) 15:30. 2. Gaston (Hunt Bch) 15:31. 3. Strutzel (HB) 15:45. 4. Morales (Santa Ana) 15:47. 5. Salgado (Santa Ana) 15:58. 6. Ramirez (Chula Vista) 15:59. 7. Rivero (Santa Ana) 16:07. 8. Quinonez (Santa Ana) 16:08. 9. Murillo (San Diego) 16:10. 10. Grady (Cheyenne, Las Vegas, Nv) 16:11. **Teams:** 1. Huntington Beach 48. 2. Santa Ana 52. 3. Anaheim 126. 4. Chula Vista 127.

Girls:

Div I - 1. Mortenson (Thousand Oaks) 17:02 (COURSE RECORD). 2. Marquand (University, Irvine) 17:55. 3. Winkler (Fountain Valley) 17:55. 4. Delgado (Valley, Santa Ana) 18:16. 5. Cuthbertson (Marina, Huntington Beach) 18:35. 6. Young (Pacific, Garden Grove) 18:38. 7. Armour (Fountain Valley) 18:45. 8. Marsden (Thous Oaks) 18:49. 9. Sorenson (Thous Oaks) 18:50. 10. Craddock (Fount Val) 18:55. **Teams:** 1. Thousand Oaks 45. 2. Valley (Santa Ana) 131. 3. Fountain Valley 186. 4. Villa Park 187.

Div II - 1. Spahr (Huntington Beach) 18:09. 2. Zamdt (Cheyenne, Las Vegas, Nv) 18:40. 3. Garcia (Chula Vista) 18:46. 4. Bates (Los Alamitos) 18:57. 5. MacManus (Los Alam) 19:17. 6. Pierce (Los Alam) 19:23. 7. Downing (Cheyenne, Las Vegas, Nv) 19:29. 8. Tamo (Los Alam) 19:30. 9. Rafferty (La Jolla) 19:32. 10. Naio (Santa Ana) 19:37. **Teams:** 1. Los Alamitos 36. 2. La Jolla 88. 3. Huntington Beach 113. 4. Chula Vista 119.

San Gabriel Valley Invitational

Sat. 10/7. Mt. San Antonio College

Boys: - 1. Lara (South El Monte) 16:04. 2. Orrendain (San Gabriel) 16:04. 3. Neujahr (Diamond Bar) 16:25. 4. Guerrero (La Puente) 16:27. 5. Chowdury (Diam Bar) 16:29. 6. Landerso (Sierra Vista, Baldwin Park) 16:31. 7. Diaz (South Hills, W. Covina) 16:31. 8. Day (Los Altos, Hacienda Heights) 16:35. 9. Aguilar (Nogales, La Puente) 16:40. 10. Castellon (West Covina) 16:40. **Teams:** (Large) 1. Diamond Bar 84:48. 2. Nogales (La Puente) 86:23. 3. Damien (La Verne) 87:52. 4. West Covina 88:20. 5. Rowland (Rowland Heights) 88:21. (Small) 1. Bosco Tech (Rosemead) 86:47. 2. South Hills (W. Covina) 87:21. 3. South El

Monte 88:10. 4. Maranatha (Sierra Madre) 89:33.

Girls: 1. Ebner (St. Lucy's, Glendora) 17:53. 2. Hernandez (West Covina) 18:46. 3. Zhang (Rowland, Rowland Heights) 18:54. 4. Martinez (Bishop Amat, La Puente) 19:20. 5. Jeppson (South Hills, W. Cov) 20:20. 6. Varela (St. Lucy's, Glen) 20:29. 7. Perry (Bonita, La Verne) 20:25. 8. Kim (Arcadia) 20:50. 9. Duran (Bonita, La Verne) 21:03. 10. Buttil (Diam Bar) 21:05. **Teams:** (Large) 1. Bishop Amat (La Puente) 108:18. 2. West Covina 111:58. 3. Rowland (Rowl Heights) 112:49. 4. Diamond Bar 114:51. 5. Arcadia 115:06. (Small) St. Lucy's (Glendora) 102:32. 2. South Hills (W. Covina) 108:47. 3. Bonita (La Verne) 111:15. 4. South El Monte 112:04. 5. Covina 113:55.

Riverside County

Championships

Sat. 10/14. UC Riverside - 3.1 miles (fax difficult to read)

Boys:

(Div I) Jacques (Hemet) 16:28. 2. Ibarra (Arlington, Riverside) 16:34. 3. Frost (Hemet) 16:38. 4. Frichtel (Hemet) 16:40. 5. Tait (Centennial, Corona) 16:42. 6. Brown (Hemet) 16:48. **Teams:** 1. Hemet 46. 2. Arlington (Riv) 53. 3. Centennial (Corona) 117.

(Div II) Melendez (Cathedral City) 17:34. **Team:** Cathedral City.

(Div III) Mendonca (Woodcrest Christian, Riverside) 17:58. **Team:** Woodcrest 15.

Girls:

(Div I) Horgan (Temescal Canyon, Elsinore) 18:27. 2. Aronson (Hemet) 19:40. **Teams:** Temescal Canyon (Elsinore) 47. 2. Canyon Springs (Moreno Valley) 87. 3. La Sierra (Riverside) 101.

(Div II) Team: Elsinore 40.

(Div III) Mendonca (Woodcrest Christian, Riverside) 21:50. **Team:** Woodcrest Christian 20.

San Luis Obispo Invitational

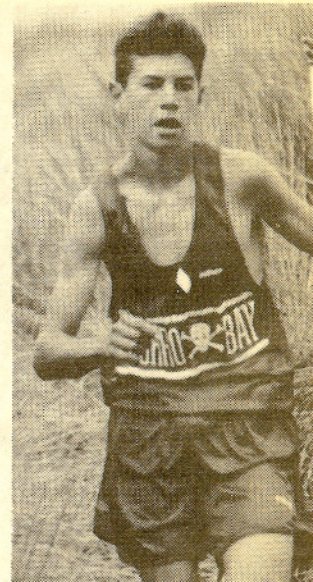
Sat. 10/14. Cal Poly/SLO

Boys:

(Div I) Festa (Morro Bay) 15:44. 2. Trueba (Huntington Beach) 16:06. 3. Gaston (Hunt Bch) 16:10. 4. Deane (Peninsula, Roll Hills) 16:15. 5. Ramirez (Chula Vista) 16:25. **Team:** Peninsula (Rolling Hills) 58. 2. Madera 65. 3. Huntington Beach 74. 4. Chula Vista 91. 5. Morro Bay 107. 6. Mt. Carmel (San Diego) 110.

(Div II) Buchanan (Righetti, Santa Maria) 16:14. 2. Hulsey (Torrey Pines, Encinitas) 16:40. 3. Hernandez (Rio Mesa, Oxnard) 16:50. **Team:** Rio Mesa (Oxnard) 61. 2. Torrey Pines (Encinitas) 69. 3. Righetti (SM) 79. 4. Salinas 99. 5. North (Bakersfield) 121.

(Div III) Blackwell (San Luis Obispo) 16:40. 2. Cheung (St. Francis, Mountain View) 16:47. 3. Collin (St. Franc, MV) 16:56.



ISAIAH FESTA

Photo by Elaine Rosentier

Teams: Los Gatos 40. 2. St. Francis (Mnt View) 54. 3. Paso Robles 89. 4. South Pasadena 109. 5. San Luis Obispo 123

(Div IV) 1. Fuson (Taft) 16:35. 2. Mullen (La Salle, Pasadena) 17:13. **Teams:** St Paul (Whittier) 76. 2. La Salle (Pasadena) 84. 3. Mendota 85. 4. Salesian (L.A.) 87. 5. Cardinal Newman (Santa Rosa) 87

Girls:

(Div I) Garcia (Chula Vista) 19:33. 2. Claiborne (Peninsula, Roll Hills) 19:37. 3. McCarty (Madera) 19:42. 4. McCafferty (Penins. RH) 19:44. 5. Freebury (Penins RH) 20:10. **Teams:** Peninsula (Rolling Hills) 46. 2. Chula Vista 60. 3. Arroyo Grande 65. 4. Mt. Carmel (San Diego) 69. 5. Madera 117.

(Div II) Straitiff (Torrey Pines, Encinitas) 19:30. 2. Nolen (Tor Pines) 20:10. 3. Durrier (North, Bakersfield) 20:19. **Teams:** Torrey Pines (Encinitas) 66. 2. Northgate (Walnut Creek) 72. 3. Santa Barbara 73. 4. Rio Mesa (Oxnard) 121. 5. Monte Vista (Danville) 135.

(Div III) LePine (Los Gatos) 21:01. **Teams:** Atascadero 40. 2. Los Gatos 47. 3. San Luis Obispo 83. 4. Paso Robles 97. 5. South Pasadena 111.

(Div IV) Hallas (Ursuline, Santa Rosa) 19:46. 2. Bowling (Taft) 19:55. **Teams:** Morro Bay 28. 2. Ursuline (Santa Rosa) 68. 3. Taft 84. 4. La Salle (Pasadena) 93. 5. St. Josephs (Santa Maria) 114.

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PREP NOTES



Left to right: AARON GILLEN (Yreka), DAVID McQUITTY (Grossmont), AYUB ABDUSALAM (Hoover), LARRY HENDERSON (Mira Mesa) behind Abdusalam, MICHAEL KASAHUN (Fresno) and JEREMY LYON (Hesperia) behind Kasahun.

Photo by Phillip Embody

MT. SAC INVITATIONAL

By Doug Speck

It was another great weekend at Mt. San Antonio College with ideal weather and the fabled and historical course fast for some very good running during the two days. **Julia Stamps** came back to town and broke her old Course Record, and one of the truly monumental team contests in history had nationally ranked powers **Clayton Valley** (Concord) and **Yucaipa** battle to the wire.

Friday, October 20 - Division III-IV (Smaller Schools) below were Sweepstakes events (28 races overall on Friday). Thanks to Mt. SAC crew for computer program which generated following results within 10-15 minutes of every race.

Friday Division III Boys Sweepstakes

McFarland, State's top ranked Div IV (Small Schools) team went out amazingly hard, holding 6 of the top eight places through an 880. By the mile (4:47) **Micheil Jones** (Livermore), **Kevin Koepfer** (St. Francis, La Canada), and **Mike Wojciechowski** (Clayton Valley) closest. **McFarland**, one of a number of teams in all red in the race still was very strong through the mile. Off the tough switchback loop Jones had moved into the lead, which he maintained coming over the last hilltop (Reservoir Hill) at 2 1/2 miles at 13:00. During a furious last 100 meter sprint Koepfer, a 9:29 3200m runner last spring, took down the 4:11

1600m star Jones, winning 15:26-15:27. **McFarland** held together with a very solid performance for a school of under 401 students grades 10-12, taking down #16 ranked nationally **Nordhoff** 88-133.

Team Scores: **McFarland High School** 88, **Nordhoff (Ojai)** 133, **St. Francis (La Canada)** 138, **Clayton Valley (Concord)** 144, **Corona Del Mar (Newp Bch)** 157, **Livermore** 157, **St. Ignatius (San Fran)** 176, **Bishop O'Dowd (Oakland)** 206, **Barstow** 231, 10 **Sonora** 283, **Newbury Park** 284, **San Luis Obispo** 300. **McFarland** 1:22:03, **Nordhoff** 1:22:50, **St. Francis (LC)** 1:22:34, **Clayton Valley** 1:23:13, **Corona Del Mar** 1:23:53, **Livermore** 1:23:22, **St. Ignatius** 1:24:23, **Bishop O'Dowd** 1:25:03, **Barstow** 1:25:30, **Sonora** 1:27:00, **Newbury Park** 1:27:05, **San Luis Obispo** 1:27:41.

Individuals: 1 **KOEPFER, KEVIN ST. FRANCIS HIGH SCHOOL (LC)** 15:26, 2 **JONES, MICHEIL LIVERMORE** 15:27, 3 **WOJCIECHOWSKI, MIKE CLAYTON VALLEY HIGH SCHOOL** 15:41, 4 **VAN ORDEN, ANDY ST. FRANCIS (LC)** 15:52, 5 **GREEN, BRYAN LITTLE ROCK** 15:55, 6 **VEGA, OMAR NORDHOFF** 16:02, 7 **BLACKWELL, AVERY SAN LUIS OBISPO H.S.** 16:08, 8 **LOPEZ, JOEL MCFARLAND** 16:09, 9 **HART, JASON SONORA** 16:10, 10 **OCHOA, VICTOR NORDHOFF** 16:10, 11 **BALLARDO, RUDY MCFARLAND** 16:13, 12 **WELLMAN, PAUL ST. IGNATIUS** 16:14, 13 **JACKSON, DAVID RIM OF THE WORLD** 16:14, 14 **LEININGER, LUKE CLAYTON VALLEY** 16:15, 15 **BILSBOROUGH, MIKE BARSTOW** 16:15.

Friday Division IV Boys Sweepstakes

With **McFarland** making the decision to move up to better competition, this was a wide-open contest, with another tiny power, **Desert Christian** (Lancaster), with all of 148 to draw from in the upper three grades (that's boys and girls total), edging **Salesian (L.A.)** and **St. Bonaventure** (Ventura) 142-149-149. **Efrain Garcia** (Fillmore) set the early pace, coming through the relatively flat first mile at 5:08, with **Micah Fuson** (Taft) moving up and edging away over the last mile to a comfortable 100 meter win in a good 15:52.

Team Scores: **Desert Christian (Lancaster)** 142, **Salesian (L.A.)** 149, **St. Bonaventure (Ventura)** 149, **Fillmore** 171, **Costa Mesa** 184, **North Tahoe** 185, **Coronado** 189, **Flintridge Prep. (La Canada)** 203, **La Salle (Pasadena)** 221, 10 **St. Joseph (Santa Maria)** 233, **Crespi (Encino)** 63, **Taft Union** 265, **Maranatha (Sierra Madre)** 268, **Bret Harte (Altaville)** 331

Times: **Desert Christian** 1:27:45, **Salesian** 1:28:02, **St. Bonaventure** 1:27:40, **Fillmore** 1:27:50, **Costa Mesa** 1:28:50, **North Tahoe** 1:28:47, **Coronado** 1:28:29, **Flintridge Prep.** 1:29:10, **La Salle** 1:29:30, **St. Joseph** 1:29:55, **Crespi** 1:30:47, **Taft Union** 1:29:46, **Maranatha** 1:31:09, **Bret Harte** 1:33:09.

Individuals: 1. **FUSON, MICAH TAFT UNION** 15:52, **GARCIA, EFRAIN FILLMORE** 16:09, **CLARKE, TREVOR CORONADO** 16:35, **LIGON, BILLY WESTERN CHRISTIAN (COVINA)** 16:36, **MULLER, STEVEN LA SALLE** 16:48, **TORRES, MATHEW ST. BONAVENTURE** 16:50, **AVIS, JAMES MARANATHA** 16:50, **FELIX, CHRIS ST. JOSEPH** 16:52, **ROBISON, DAVID FLINTRIDGE PREP.** 16:53, **THURBER, JEOFF DESERT CHRISTIAN** 16:58, **CORTEZ, ANDY SALESIAN** 17:03, **KNOLL, FRITZ ST. BONAVENTURE** 17:05, **WALKER, RICHIE CRESPI** 17:07, **LACOUR, CHRIS WESTERN CHRIST** 17:08, **SPURGEON, TYLER NORTH TAHOE** 17:09

Friday Girls Division III Sweepstakes

Very impressive running took place here with **Louisville** (Woodland Hills), another mighty-mite school (302 girls 10-12) racing a super 97:12 team time behind **Shaluinn Fullove's** runner-up 18:19 effort. **St. Ignatius** (San Francisco) was very close and very impressive also, with the 97:22 team time super for this time of year. **Nordhoff**, ranked among the nation's top twenty early on was only third despite racing very strongly.

Elaine Canchola, the highest placing frosh in Foot Locker Nat'l's at 19th last December, and 11:09 for 3200m last spring in track, seems much better, racing stride for stride with fellow soph star, and 1994 FLCC finalist, **Heather Garritson** through a 5:32 first mile. However **Canchola** raced away from there on in, cruising to a 17:52 (she set the Mt. SAC frosh CR last November at 17:35), with **Garritson**

slipping to 4th overall at the finish.

Team Scores: **Louisville** (Woodland Hills): 61, **St. Ignatius** (San Fran): 62, **Nordhoff** (Ojai): 112, **Del Oro** (Loomis): 151, **Temescal Canyon** (Elsinore): 154, **La Jolla** 158, **Corona Del Mar** (Newp Bch): 182, **Dos Pueblos** (Goleta): 204, **Moorpark** 287, **Presentation** (San Jose): 311, **Rim Of The World** (Lake Arrow): 314, **Newport Harbor** 318, **Alemamy** (Mission Hills): 331, **St. Joseph** (Lakewood): 340, **South Torrance** 378, **San Luis Obispo** 386

Times: **Louisville** 1:37:12, **St. Ignatius** 1:37:22, **Nordhoff** 1:38:44, **Del Oro** 1:41:44, **Temescal Canyon** 1:40:47, **La Jolla** 1:41:58, **Corona Del Mar** 1:42:56, **Dos Pueblos** 1:43:36, **Moorpark** 1:46:21, **Presentation** 1:47:06, **Rim Of The World** 1:48:12, **Newport Harbor** 1:47:19, **Alemamy** 1:47:44, **St. Joseph** 1:48:18, **South Torrance** 1:49:25, **San Luis Obispo** 1:49:42

Individuals: 1. **Elaine Canchola** (Nordhoff) 17:56, 2. **Shaluinn Fullove** (Louisville) 18:19, 3. **Shelby Horgan** (Temescal Canyon) 18:34, 4. **Heather Garritson** (Buena Park) 18:45, 5. **Laura Sandoval** (St. Ignatius) 19:01, 6. **Shana Driscoll** (St. Ignatius) 19:06, 7. **Katie Appenrott** (St. Ignatius) 19:12, 8. **Ashley Caro** (Louisville) 19:21, 9. **Sedina Banks** (Rim of World) 19:29, 10. **Terrah Chapin** (Nordhoff) 19:31, 11. **Sunny Shaffer** (Temescal) 19:36, 12. **Shelby Stanger** (La Jolla) 19:43, 13. **Allison Mullen** (Del Oro) 19:45, 14. **Kellie Harrington** (Louisville) 19:46, 15. **Erin Spaulding** (Louisville) 19:46

Friday Girls Division IV Sweepstakes

Louisville, State's top ranked Div IV team moved up and won Div III, with a good race here as the next highest state ranked Div IV squad, **Orange Lutheran** emerged victorious over **Flintridge Sacred-Heart** (La Canada) 86-98. **Tri-Valley** (Grahamsville, NY) gave the event a national feel, with the NY State 7th ranked C/D level squad third at 104. **Tracy Bowling** followed teammate **Micah Fuson's** strategy in the individual contest, racing a very strong second half on the hilly course to win in 19:02.

Team Scores: **Lutheran (Orange)** 86, **Flintridge Sacred Heart** (La Canada) 98, **Tri-Valley** (Grahamsville, NY) 104, **Taft Union** 133, **McFarland** 140, **La Salle (Pasadena)** 156, **St. Joseph** (Santa Maria) 186, **La Reina** (1000 Oaks) 199, **Laguna Beach** 200, **Desert Christian** (Lancaster) 201, **Coronado** 238, **St. Paul** (Whittier) 268

Times: **Lutheran** 1:44:26, **Flintridge Sacred Heart Acad.** 1:45:29, **Tri-Valley** 1:45:36, **Taft Union** 1:47:43, **McFarland** 1:47:11, **La Salle** 1:49:01, **St. Joseph** 1:50:37, **La Reina** 1:51:23, **Laguna Beach** 1:51:04, **Desert Christian** 1:52:39, **Coronado** 1:55:20, **St. Paul** 1:57:20.

Individuals: 1. **BOWLING, TRACY TAFT UNION** 19:02, **GRONCY, KRISTIN LUTHERAN** 19:09, **MACPHERSON, MELLISA FLINTRIDGE SACRED HEART ACAD.** 19:33, **BUWALDA, LYNDESEY**

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LAGUNA BEACH 19:47. SANCHEZ, CHRISTINA MCFARLAND 19:53. MILLER, HANNAH LA SALLE 19:59. KNIGHT, ROBIN TRI-VALLEY 20:00. EHREST, JULIE TRI-VALLEY 20:09. PARK, JANICE ST. PAUL 20:17. DAVIS, LAURA MCFARLAND 20:23. HACKLER, JESSICA TAFT 20:28. LUNT, JESSICA CORONADO 20:30. PETERS, KATIE LUTHERAN 20:45. BRIDGES, DANA FLINTRIDGE SECRED HEART 20:51. SALCIDO, NIKI TAFT 20:54.

Saturday, October 21

Division I & II

Larger School sizes

An absolutely perfect morning greeted athletes at the 47th Annual Mt. SAC Invitational Cross-Country Meet. The quality of racing was every bit as good, with a number of truly impressive efforts during the morning, topped by another Course Record performance by **Julia Stamps** and mild upset win by the **Yucaipa** Girls over the third ranked nationally **Clayton Valley** (Concord) team.

Boys:

#44 - Boys Team Sweepstakes

4:04 1600 meter performer in track, **Mike Stember**, was out prominent with the pack during the first mile at 4:44, with junior **Mike Murray** (Santa Margarita, Rancho SM) making a big move on the hilly switchback loop that comes after that relatively flat first mile. **Tom Prindiville** and **Stember** moved strongly past and away during the second half of the race, with **Stember** pulling up on the final air-strip quarter mile and edging by the 4:15 1600m runner on the run-in to win 15:13-15:14. **Jesuit**, with uniforms that stand out with their red and yellow contrast, looked in good shape the entire event, eventually winning by 39 points over area rival **Nevada Union** (Grass Valley), with NV gaping a fine 28 seconds.

Individuals: 1. Mike Stember (Jesuit, Sacramento) 15:13, 2. Tom Prindiville (De la Salle, Concord) 15:14, 3. David Lopez (Hoover, Glendale) 15:21, 4. Sean Clendaniel (Yucaipa) 15:25, 5. Manuel Lopez (Belmont, L.A.) 15:27, 6. Dan Sikiric (Leland, San Jose) 15:29, 7. Scott Abbott (Jesuit, Sac) 15:31, 8. George Castro (Arvin) 15:35, 9. Ryan Deane (Peninsula, Rolling Hills Estates) 15:35, 10. Luis Herrera (Arvin) 15:36, 11. Jesse Barragan (Wilson, Long Beach) 15:39, 12. Michael Lujan (Reedley) 15:42, 13. Dylan Glatt (Edison, Huntington Beach) 15:43, 14. Todd Disney (Thousand Oaks) 15:44, 15. Josh Carolan (Thous Oaks) 15:45.

Teams: 1. Jesuit (Sacramento) 102 (79:05), 2. Nevada Union (Grass Valley) 141 (80:11), 3. De la Salle (Concord) 195 (80:41), 4. Peninsula (Rolling Hills Estates) 195 (81:04), 5. Hoover (Glendale) 196 (80:51), 6. Hemet 206 (81:00), 7. Yucaipa 249 (81:46), 8. Edison (Huntington Beach) 252 (81:54), 9. Leland (San Jose) 263

(81:57), 10. Reedley 288 (82:20), 11. Po-way 299 (82:44), 12. Ayala (Chino Hills) 305 (82:47), 13. Belmont (L.A.) 314 (82:46), 14. Bellarmine Prep (San Jose) 319 (83:07), 15. Thousand Oaks 323 (82:52), 16. Vista 332 (83:16), 16. Vista 332 (83:16), 17. Wilson (Long Beach) 339 (83:18), 18. Arvin 35 (84:15), 19. Santa Margarita (Rancho SM) 359 (83:31), 20. Arlington (Riverside) 405 (84:41).

#45 - Boys Individual Sweepstakes

A large group that included most of the top half dozen finishers and Fresno junior **Michael Kasahun** were in attendance through the first mile at 4:41. During the hilly Switchback loop Yreka senior **Aaron Gillen**, who had honed himself on good Oregon competition most of the Fall, edged away, coming down on to the airstrip at the halfway point with a slight lead over **Larry Henderson**. During the two tough hills that make up the last mile and a half Gillen edged away slightly, with the strong finisher Henderson never able to establish a sense of contact. Gillen emerged with the day's quickest time.

Individuals: 1. Aaron Gillen (Yreka) 15:05, 2. Larry Henderson (Mira Mesa, San Diego) 15:16, 3. Ayub Abdusalam (Hoover, San Diego) 15:17, 4. David McQuitty (Grossmont, La Mesa) 15:29, 5. Manual Andrade (Coachella Valley, Thermal) 15:32, 6. Ronnie Buchanan (Righetti, Santa Maria) 15:34, 7. John Duarte (Hart, Newhall) 15:42, 8. Omar Orendain (San Gabriel) 15:45, 9. Ramon Chavez (Rialto) 15:47, 10. Bilota Asmeron (McAteer, San Francisco) 15:48, 11. Geoff Fleming (Roseville) 15:49, 12. Michael Kasahun (Fresno) 15:56, 13. Jacob Geyer (Palmdale) 15:57, 14. Jeremy Lyon (Hesperia) 15:58, 15. Matt Brown (Corona) 16:00.

Teams: 1. Rialto 127 (83:11), 2. Righetti (Santa Maria) 150 (83:51), 3. Arroyo (El Monte) 158 (84:37), 4. Hart (Newhall) 158 (84:09), 5. Corona 166 (84:45), 6. Palmdale 175 (84:09), 7. Fresno 186 (85:23), 8. Saugus 193 (85:49), 9. Coachella Valley (Thermal) 197 (85:18), 10. Palisades (Pacific Palisades) 241 (87:13).

Girls:

#46 - Girls Individual Sweepstakes

Oregon State 3A Cross-Country and Track champion, **Heather Miller**, took the event out at the start. **Emily Allison**, second in this race last Fall to **Julia Stamps** at 18:10, but injured during the spring track season, showed a fine return, moving past and powering away after a 5:33 first mile on the way to a good 18:00 win. Stanford Division II Champ **Jen Schindler** finished in ahead of Miller in second 18:13-18:27.

Individuals: 1. Emily Allison (Leland, San Jose) 18:00, 2. Jenny Schindler (Ponderosa, Shingle Springs) 18:13, 3. Heather Miller (Henley, Klamath Falls, Or) 18:27, 4. Daniel Day (Quartz Hills) 18:32, 5. Nancy Zhang (Rowland, Rowland Heights) 18:32, 6. Jenni-

fer Marotta (Catalina Foothills, Tucson, Az) 18:43, 7. Tracy Cohn (Stockdale, Bakersfield) 18:46, 8. Malinai Martinez (Bishop Amat, La Puente) 18:48, 9. Stacy Hebert (Buena, Ventura) 18:50, 10. Melissa Aronson (Hemet) 19:01, 11. Monica Van Wegen (Amador Valley, Pleasanton) 19:17, 12. Anne Gunnison (McClatchy, Sacramento) 19:24, 13. Gabby Hernandez (West Covina) 19:35, 14. Carly Merrill (Quartz Hills) 19:42, 15. Alyson McIntosh (Ventura) 19:44.

Teams: 1. Leland (San Jose) 90 (100:38), 2. Quartz Hills 96 (100:57), 3. Buena (Ventura) 113 (102:05), 4. Ponderosa (Shingle Springs) 113 (102:25), 5. Amador Valley (Pleasanton) 161 (105:10), 6. Bishop Amat (La Puente) 178 (105:49), 7. Stockdale (Bakersfield) 178 (105:56), 8. Hemet 231 (109:08), 9. West Covina 234 (110:35).



JULIA STAMPS

Photo by Philip Erbody

#47 Girls Team Sweepstakes

It worked out that this race featured the best of the individual and team features to our sport. The race had **Julia Stamps** flying over the course once again this year, with a team contest that was tremendously exciting for all to watch.

Stamps, a twenty-two second winner over **Kim Mortensen** at Stanford, was coming off some tough training.

Favoring her recent strategy of a quick start, which she later commented here was a bit too quick, **Stamps** went out in the lead and had 15 meters after just a quarter mile over **Kim Mortensen** and **Annie Ebner**. Through the first mile covered in 5:06 (about ten seconds faster than last year when she ran a Course Record 16:58), **Stamps** was way out in front, rolling through the tough switchback loop without anyone close. With a twenty second lead over **Mortensen** as the race came down onto the airstrip at the half-way point, spectators were directed to the top of the last "Reservoir" hill which is exactly a half a mile to go. Last year **Julia** was 14:32 at that point, with a 14:20 there this time around. Looking very strong during the final downhill and flat 880, **Stamps** closed with a 2:35 final half mile, finishing in 16:55. The **Santa Rosa** lass was in some distress in the finish chute, stating that coming off a "60 mile week" she did not feel super snappy, but was pleased to have taken down her old CR of 16:58 from last year. The magical career continues! In second, **Kim Mortensen** continues her sterling season, actually closing down two seconds over the last half of the course on **Stamps**, racing the second fastest time in course history with her 17:14.

The individual race was only half the story here, with the team contest featuring third ranked nationally **Clayton Valley** (Concord), a squad willing to travel as far away to Alabama and here to face the best around, up against a hot local squad in **Yucaipa**. **Yucaipa** has been as fast as in the 89:40's on a flat three mile this year, under an 18:00 average for five, so they were felt to be among the best ever from this area.

The race was a classic! **Clayton Valley** ran in easily visible red uniforms with blue bike shorts that extended below the uniform, with **Yucaipa** in white tops with a blue school name and contrasting blue shorts. Through the first mile behind the flying **Stamps** **Yucaipa** was out very, very hard, with their scoring five all ahead of **Clayton Valley's** #2 runner (and inside the top fifteen) as the race started the run up the hilly switchback loop.

A quick score through a mile and a half, after the hills, had CV sneaking up through the field, but **Yucaipa** still had a twenty point lead. The last mile and a half here features two tough hills, with both squads' five scorers, like a good script you could not in good conscience write, all within a place or two of their scoring rivals as the race headed down the airstrip with a quarter mile to go. Through four **Yucaipa** won the struggle, scoring 5-9-13-19 (46), with CV 8-10-

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16-21 (55) with the Southern Californians each edging in ahead of the Northerner team's scorers.

Yucaipa's #5 **Serena Meyer** was really paying a price the last quarter mile, with CV's **Jenny Codington** (24th) and **Louise Indrisie** (27th) both moving ahead of the Meyer's 32nd place, with the schools' totals Yucaipa 78-Clayton Valley 79. The team times were very impressive, with Yucaipa moving to #6 All-Time on the course that has been run by some super squads with its 93:37, and Clayton Valley the fastest ever out of Southern California team here at 93:43. This struggle between such outstanding squads was as exciting as our sport can be in that area.

Individuals: 1. Julia Stamps (Santa Rosa) 16:55 (Course Record, old record 16:58 Stamps 1994), 2. Kim Mortensen (Thousand Oaks) 17:14, 3. Annie Ebner (St. Lucy's, Glendora) 17:40, 4. Kristen Gordon (Carondolet, Concord) 18:00, 5. Kimi Welsh (Yucaipa) 18:04, 6. Jennifer Burris (Ayala, Chino) 18:05, 7. Katie Nuanes (Santa Margarita, Rancho SM) 18:05, 8. Heather Wallace (Clayton Valley, Concord) 18:12, 9. Mindy Brown (Yucaipa) 18:25, 10. Deborah Osteen (Clayton Valley, C) 18:27, 11. Jessica Corbin (Irvine) 18:29, 12. Julie Harris (Canyon, Canyon County) 18:33, 13. Vickie Whiteside (Yucaipa) 18:35, 14. Trina Cox (Santa Rosa) 18:39, 15. Laura Fleishman (Canyon, CC) 18:42, 16. Kelly Howlsey (Clayton Valley, C) 18:48, 17. Breanne Schweitzer (Saugus) 18:52, 18. Erin Zehner (Irvine) 18:56, 19. Christine Ray (Yucaipa) 18:57, 20. Kellie Stigle (Canyon, CC) 18:57, 21. Julie Leininger (Clayton Valley, C) 19:02, 22. Tara Marsden (Thous Oaks) 19:12, 23. Oasii Lucero (Lowell, San Francisco) 19:13, 24. Jenny Codington (Clayton Val, C) 19:14, 25. Jenny Akana (Lowell, SF) 19:14, 26. Nicole Gurnis (Ayala, CH) 19:24, 27. Louise Indrisie (Clayton V. C) 19:25, 28. Sara McAferty (Peninsula, RH) 19:25, 29. Jamille Claiborne (Peninsula, RH) 19:33, 30. Kareen Nilsson (Ayala, CH) 19:34.

Teams: 1. Yucaipa 78 (93:37) (#6 AT), 2. Clayton Valley (Concord) 79 (93:43), 3. Canyon (Canyon County) 135 (96:22), 4. Thousand Oaks 138 (96:00), 5. Ayala (Chino Hills) 171 (97:39), 6. Irvine 178 (97:52), 7. Carondolet (Concord) 238 (99:28), 8. Santa Margarita (Rancho SM) 238 (99:48), 9. Saugus 257 (100:31), 10. Peninsula (Rolling Hills) 266 (101:14), 11. Buchanan (Clovis) 267 (101:25), 12. Hart (Newhall) 280 (101:43), 13. Lowell (San Francisco) 280 (102:17), 14. St. Lucy's (Glendora) 321 (101:38), 15. Santa Rosa 339 (102:19), 16. Reed (Sparks, NV) 344 (103:35).

Other Varsity Highlights:

#38 Boys Varsity -- 1. Saul Gallegos (St. John Bosco, Bellflower) 15:58, 2. Matt Duma (Mt. Whitney, Visalia) 16:05, 3. Erik Landriz (Santa Barbara) 16:14. Team: Rio Mesa (Oxnard) 82 (84:04). **#39 Boys Varsity** - Juan Miramontes (Golden Valley,

Merced) 15:56. Team: Mira Costa (Manhattan Beach) 59 (85:00). **#40 Boys Varsity** 1. Amadu Kamara (Santa Rosa) 15:59, 2. Menko Mekabu (Santa Rosa) 15:59, 3. Brian Hinstorf (Amador Valley, Pleasanton) 16:01, 4. Dan Pfiffer (Bosco Tech, Rosemead) 16:03. Team: Capistrano Valley (Mission Viejo) 116 (83:28), 2. Bosco Tech (Rosemead) 132 (83:56), 3. Centennial (Corona) 133 (83:51), 4. Burbank 136 (83:59), 5. Anaheim 142 (84:25), 6. Glendora 145 (84:11). **#55 Boys Varsity** 1. Dustin Hawes (Alta Loma) 16:12, 2. Matt Streeton (Buena, Ventura) 16:13, 3. BJ Hipkind (Buena, Ventura) 16:14. Team: Saddleback (Santa Ana) 58 (82:32), 2. Buena (Ventura) 60 (82:35). **#56 Boys Var** 1. Juan Chavira (Hanford) 16:09. Team: Fallbrook 86 (85:11). **#58 Boys Var** 1. Phillip Caranban (Victor Valley) 16:07, 2. Chad Durham (Poly, Long Beach) 16:17. Team: Temecula Valley 59 (84:55). **#73 Bernard Maitai** (Whittier) 16:09.

#41 Girls Varsity 1. Rochelle Stewart (Vaccaville) 19:49. Team: 1. La Sierra (Riverside) 85 (106:41). **#42 Girls Varsity** 1. Jennie Ewing (Castro Valley) 18:58, 2. Lindsay DuBose (Apple Valley) 19:24, 3. Natalie Sullivan (Helix, La Mesa) 19:35, 4. Sharon Downing (Cheyenne, Las Vegas) 19:56. Team: Castro Valley 80 (104:36). **#43 Girls Varsity** 1. Jolie Pomilio (Westlake, Westlake Village) 19:47, 2. Kari Hong (Westl. WV) 19:52, 3. Beth Cobb (Santa Barbara) 19:58. Team: Santa Barbara 104 (103:07), 2. West Torrance 128 (104:01), 3. Westlake (Westl. Village) 128 (103:39). **#48 Girls Soph** Jessica Zardt (Cheyenne, Las Vegas, NV) 19:00. **#59 Girls Var** 1. Andrea Neipp (Highland, Palmdale) 18:38, 2. Jennifer Smith (Chino) 19:16, 3. Trisha Mattson (Fallbrook) 19:21, 4. Jennifer Hahnbaum (Temecula Valley) 19:23, 5. Autumn Glynn (Nevada Union, Grass Valley) 19:24, 6. Nicole Canby (Arroyo Grande) 19:39, 7. Susana Ochoa (Fairfield) 19:42, 8. Jose Sepulveda (Poly, Long Beach) 19:48, 9. Sheryl Ramos (Glendale) 19:51, 10. Kimley Tolar (Redlands) 19:53. Team: Arroyo Grande 80 (101:22), 2. Redlands 93 (102:10). **#60 Girls Var** 1. Jessica Pound (Poway) 19:43, 2. Meghan Phillips (Bonita Vista, Chula Vista) 19:55. Team: Poway 30 (101:48). **#61 Girls Var** Kim Pilger (Clovis) 18:59. Team: Clovis 34 (101:42).

Orange County Championships

Saturday 10/21 - Irvine Park

Top Team Times:

Boys: Huntington Beach 79:15, 2. Santa Ana 79:45, 3. Tustin 79:54, 4. Orange 80:25, 5. Katella (Anaheim) 80:59, 6. Valley (Santa Ana) 81:00, 7. El Modena (Orange) 81:15, 8. El Toro 81:36, 9. Mater Dei (Santa Ana) 81:43, 10. Woodbridge (Irvine) 82:16, 11. University (Irvine) 82:22, 12. Irvine 82:42, 13. Esperanza (Anaheim) 82:50, 14. Dana Hills 82:52, 15. Trabuco Hills (Mission Viejo) 83:19.

Seeded Race #13 - Tony Truba (Huntington Beach) 15:12, 2. Nick Russell (Orange)

15:20, 3. Luis Estrada (Valley, SA) 15:24, 4. Jess Strutzel (Hunt Bch) 15:29, 5. Matt Wickersham (Mater Dei, SA) 15:30, 6. Richard Chou (University, Irv) 15:32, 7. Ryan Emenaker (El Modena, Orange) 15:41, 8. Daniel Smith (Tustin) 15:42, 9. Wences Morales (Santa Ana) 15:44, 10. Mike Gavarr (Tustin) 15:46, 11. Raul Quinonez (Santa Ana) 15:50, 12. CJ Marciales (Tustin) 15:47, 13. Danny Rivero (SA) 15:50, 14. Martin Brix (Univers, Irv) 15:51, 15. Mike Avellan (Orange) 15:53, 16. Juan Salgado (SA) 15:56, 17. Erick Miramontes (Katella, Anaheim) 15:59. Teams: Huntington Beach 78, 2. Santa Ana 87, 3. Tustin 92, 4. Orange 177, 5. Katella (Anah) 129, 6. Santa Ana Valley 136, 7. El Modena 137, 8. Mater Dei 156.

Individual Var #11 - Ross Venook (Woodbridge, Irvine) 15:35, 2. Mark Bleason (Mission Viejo) 15:42, 3. Justin Nyberg (Irvine) 15:56, 4. Ed Pollick (El Toro) 16:00. Teams: 1. El Toro 58, 2. Woodbridge 91.

Others - #1 Boys Frosh 1. Kris Visconti (El Dorado, Placentia) 16:14. **#7 Boys Var** 1. Carlos Rojas (Valencia, Placentia) 15:42, 2. Gerson Salgado (Estancia, Costa Mesa) 16:12. Teams: 1. San Clemente 57. **#9 Boys Var** 1. Martin Olivares (Villa Park) 16:18. Team: 1. Dana Hills (Dana Point) 48. **Girls:**

Top Team Times overall: Dana Hills 94:14, 2. Los Alamitos 95:38, 3. Esperanza (Anaheim) 96:10, 4. El Modena (Orange) 95:55** (positioned by place in the same race by points), 5. El Toro 96:38, 6. Foothill (Santa Ana) 97:04, 7. Trabuco Hills (Mission Viejo) 98:39, 8. Mater Dei (Santa Ana) 98:25*, 9. Huntington Beach 100:05, 10. Esperanza "B" 100:40, 11. Aliso Niguel (Aliso Viejo) 100:50, 12. Edison (Huntington Beach) 100:27*, 13. Pacifica (Garden Grove) 101:18, 14. Mission Viejo 101:48, 15. Laguna Hills 102:25.

#6 Girls Seeded 1. Angie Winkler (Fountain Valley) 18:04, 2. Jennifer Spahr (Huntington Beach) 18:28, 3. Sydney Leonard (Dana Hills) 18:36, 4. Kaura Kroninger (DH) 18:37, 5. Leslie Burton (El Modena, Orange) 18:38, 6. Jessica Dahlberg (El Mode) 18:38, 7. Kim Bates (Los Alamitos) 18:46, 8. Amber Pierce (Los Alam) 18:54, 9. Christa Fitzgerald (Dana Hills) 18:58, 10. Bree Denison (Dana Hills) 18:58, 11. Krstin Hawking (Esperanza, Ana) 19:02, 12. Becky Miske (El Toro) 19:04, 13. Leslie Rietveld (Esperanza) 19:05, 14. Julia Barbour (DH) 19:05, 15. Jenny Davis (El Toro) 19:05, 16. Michelle Smith (DH) 19:06, 17. Greta Martinez (Foothill, Santa Ana) 19:06. **Team Scores:** 1. Dana Hills (Dana Point) 40, 2. Los Alamitos 95, 3. Esperanza (Anaheim) 108, 4. El Modena (Orange) 111, 5. El Toro 123, 6. Foothill (Santa Ana) 144, 7. Trabuco Hills (Mission Viejo) 189, 8. Mater Dei (Santa Ana) 189 (6th runner), 9. Huntington Beach 232, 10. Fountain Valley 241, 11. Villa Park 266.

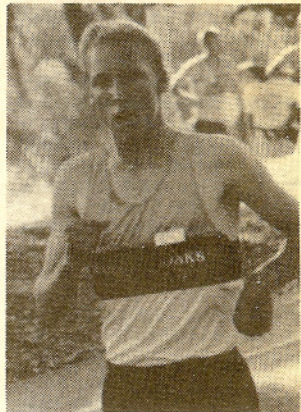
#8 Girls Varsity Individual 1. Allyson Marquand (University, Irvine frosh) 17:54, 2. Heather Cuthertson (Marina, Huntington Beach) 18:46, 3. Stacey Young (Pacifica, Garden Grove) 18:53, 4. Mandy Schwercherl

(Laguna Hills) 19:06, 5. Kelly Burnett (Edison, Hunt Bch) 19:18. **Teams:** 1. Esperanza, "B" (Anaheim) 69, 2. Aliso Niguel (Aliso Viejo) 74. **#12 Girls Varsity** 1. Araceli Martinez (Estancia, Costa Mesa) 19:25, 2. Brenda Nava (Santa Ana) 19:25. **Teams:** 1. Canyon (Anaheim) 58. **#12 Var** 1. Taryn D'Agostino (Mission Viejo) 20:01. Team: 1. Mission Viejo 24. **#15 Girls Soph** 1. Mary Moore (Woodbridge, Irv) 19:29.

Ventura County Championships

October 27. Lake Casitas

Boys: 1. Disney (Thousand Oaks) 15:49, 2. Vega (Northhoff, Ojai) 16:01, 3. Carolan (Thous Oaks) 16:09, 4. Ochoa (Nordh) 16:16, 5. Garcia (Fillmore) 16:18, 6. Wood (Newbury Park) 16:19, 7. Almaguer (Rio Mesa, Oxnard) 16:22, 8. Johnson (RM) 16:26, 9. Hernandez (RM) 16:27, 10. Kopskind (Buena, Ventura) 16:34, 11. Herman (Nord) 16:37, 12. Swarts (NP) 16:39, 13. Ramirez (Royal, Simi Valley) 16:41, 14. Martinez (Ventura) 16:43, 15. Bernaldo (Nord) 16:44. **Teams:** 1. Nordhoff (Ojai) 53, 2. Thousand Oaks 87, 3. Buena (Ventura) 103, 4. Rio Mesa (Oxnard) 116, 5. Newbury Park 155, 6. Oak Park 213, 7. Fillmore 219, 8. Camarillo 223.



TODD DISNEY

Photo by Phillip Entbold

Girls: 1. Mortensen (Thousand Oaks) 17:34 (Course record, old record 17:48), Amy Skieresz (Agoura) 1994), 2. Canchola (Nordhoff) 18:20, 3. Pompillo (Westlake, Westlk Vlg) 19:34, 4. Chappin (Nordh) 19:37, 5. Higgins (Agoura) 20:01, 6. Hebert (Buena, Vent) 20:05, 7. Almaraz (Buena Vent) 20:06, 8. Zacher (Nord) 20:08, 9. Macintosh (Vent) 20:12, 10. Hatch (Noro) 20:15, 11. Sorenson (TO) 20:15, 12. McBain (TO) 20:16, 13. Marsden (TO) 20:22, 14. Evnas (RM) 20:26, 15. Savage (TO) 20:29. **Teams:** 1. Nordhoff (Ojai) 41, 2. Thousand Oaks 52, 3. Buena, Ventura 122, 4. Westlake (Westlk Village) 169, 5. Rio Mesa (Oxnard) 182, 6. Agoura 210, 7. Moorpark 212, 8. Ventura 220.

RESULTS

Please send results directly to: CTRN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

▲ Cross Country

Aggie Invitational

September 23, Davis.

High school star Julia Stamps came within a second of her own course record in winning the women's individual championship.

Stamps, 16, who was being filmed by a crew from ESPN's Scholastic Sports America, finished the 5K course in 16:59.4. Her course record, set when she won the race last year, is 16:58.5. Lisa Lopez, also running unattached, was second in a distant 17:32.1, while Lisa Myles of the Sacramento Track Club was third in 18:02.

Mark Douglas, 22, an unattached runner from the Bay Area, earned a seven-second victory to gain the men's individual title. Douglas covered the 8K course in 24:19.3. Jason Lienau of the Reebok Aggies was second in 24:26.8 and Eric Ricketts of Chico State was third in 24:33.3.

From Doug Dull, Aggie Sports News

Women—5K

1. Julia Stamps (16) un 16:59.4, 2. Lisa Lopez (22) un 17:32.1, 3. Lisa Myles (24) Sac TC 18:02.4, 4. Rae Henderson (Reebok Aggies) 18:10.4, 5. Sarah Dickerman (20) un 18:13.9, 6. Angela Dalke (20) un 18:18.5, 7. Angela Mogielski (30) Farm Team 18:19.3, 8. Eileen Vukicevich (Reebok Aggies) 18:24.1, 9. Joanne Harper (Reebok Aggies) 18:31.0, 10. Carrie Neugebauer (Nike Cst) 18:34.4,

11. Suzanne Cortez (35) Impalas 18:42.5, 12. Ellen Lyons (33) un 18:43.2, 13. Stacy Brunton (Reebok Aggies) 18:49.2, 14. Kirsten Kabo (UC Davis) 18:50.6, 15. Kathi Berman (34) Impalas 18:54.5, 16. Sarabeth Schweitzer (16) un 18:56.6, 17. Kathy McGuirk (37) Tamalpa 18:57.5, 18. Shannon Sweeney (Reebok Aggies) 18:58.3, 19. Jill Strangio (Reebok Aggies) 18:59.8, 20. Leslie McMullin (44) Tamalpa 19:02.5,

21. Peggy Lavelle (35) Impalas 19:05.7, 22. Kristin Luckin (35) Impalas 19:09.7, 23. Genevieve DeBose (UC Berkeley) 19:12.8, 24. Kate Sweetman (31) Impalas 19:15.7, 25. Kendra Hodder (25) Impalas 19:16.7.

Team Scores — Combined: 1. Reebok Aggies 24, 2. Impala RC 56, 3. UC Davis A 72, 4. Tamalpa RC 117, 5. UC

Berkeley B 133, 6. UC Davis B 183, 7. Chico State 188, 8. College of Notre Dame 253, 9. Pacific B 267, 10. Sonoma State Club 270, 11. Mills College 271. **Division I:** 1. UC Berkeley B 16, 2. Pacific B 39. **Division II:** 1. UC Davis A 16, 2. UC Davis B 66, 3. Chico State 71, 4. College of Notre Dame 86. **Clubs:** 1. Reebok Aggies 19, 2. Impala 46, 3. Tamalpa RC 71, 4. Sonoma State Club 120.

Men—8K

1. Mark Douglas (22) un 24:19.3, 2. Jason Lienau (Reebok Aggies) 24:26.8, 3. Eric Ricketts (Chico St) 24:33.3, 4. Hector Delgado (Sac St) 24:35.3, 5. Miguel Tibađuiza (Silver St Racing) 24:38.2, 6. Jason Tackett (Sac St) 24:42.7, 7. Russell Hill (Reeb Aggies) 24:53.1, 8. Mike Spencer (Reeb Aggies) 24:59.8, 9. Rod Heskett (Reeb Aggies) 25:02.5, 10. Noah Marcus (Chico St) 25:06.4,

11. Scott Kennedy (25) Hoy's 25:06.9, 12. Steve Pappa (30) Humb TC 25:07.6, 13. Jamie Harris (Reeb Aggies) 25:10.1, 14. Justin Backs (UC Davis) 25:12.7, 15. Blake Rothschild (UC Davis) 25:15.1, 16. Tim Minor (Silver St Racing) 25:18.2, 17. Ernie Freer (Reeb Aggies) 25:20.9, 18. Peter Woods (Silver St Racing) 25:21.6, 19. Dan Olmstead (23) Chico TC 25:22.1, 20. Michael Tapia (27) Hayward TC 25:24.8,

21. Rob Anex (36) Reeb Aggies 25:26.3, 22. Mark McManus (UC Davis) 25:30.1, 23. Nate Bowen (UC Davis) 25:35.8, 24. Kevin Selby (Chico St) 25:38.2, 25. Steve Hansen (18) un 25:39.5.

Team Scores — Combined: 1. Reebok Aggies 32, 2. UC Davis 81, 3. Chico State 85, 4. Silver State 113, 5. Sacramento State 157, 6. Chico TC 192, 7. Merced Roadrunners 196, 8. UC Berkeley B 210, 9. Empire Runners 229, 10. Boho RC 247, 11. Golden Valley Harriers 273, 12. Empire Masters 312, 13. West Valley TC 325, 14. Reebok Masters 345. **Division I:** 1. Sacramento St 25, 2. UC Berkeley B 30. **Division II:** 1. UC Davis 26, 2. Chico State 31. **Clubs:** 1. Reebok Aggies 19, 2. Silver State 61, 3. Merced Roadrunners 103, 4. Chico TC 105.5, 5. Empire Runners 124. **Masters Clubs:** 1. Empire Masters 20, 2. Reebok Masters 36.

Stanford Invitational

September 30, Stanford.

Men's Open

1. Jacque Sallberg (Jr) Cal State

LA 25:24, 2. Jorn Grimsley (Fr) Stanford 25:29, 3. Shawn Page (Sr) Cal Poly Pomona 25:45, 4. Jason Balkman (Fr) Stanford 25:52, 5. Chris Lundstrom (Fr) Stanford 25:53, 6. Cliff Curtis (Jr) CP Pomona 25:59, 7. Bryne Duffy (Fr) CP Pomona 26:10, 8. Ryan McCalmon (Fr) Stanford 26:12, 9. Oscar Unzar (Jr) Cal State LA 26:16, 10. Brent Butler (Jr) San Fran St 26:16,

11. Matt Newman (Sr) Claremont 26:24, 12. Trent Bryson (So) UCSB 26:25, 13. Eben Robinson (Sr) Westmont 26:28, 14. Matt Nealon (Sr) Westmont 26:28, 15. Mike Moreno (So) CP Pomona 26:30, 16. Jason Schaefer (Sr) So Calif Coll 26:32, 17. Ian Enriquez (Fr) CP Pomona 26:32, 18. Will Allan (Sr) Occidental 26:35, 19. Jeff Heisner (Fr) UCSB 26:36, 20. Tyson Thomas (Jr) CSU Stanislaus 26:39,

21. Gilbert Serrano (Jr) Stanford 26:43, 22. Trevor Sybert (Fr) Biola 26:45, 23. Philip Livingood (Sr) Westmont 26:47, 24. Pat Fear (Jr) Santa Clara U 26:49, 25. Terence Flynn (Sr) Occidental 26:51, 26. Zachary Wright (Fr) Stanford 26:51, 27. Aaron Daniel (So) UC Davis 26:54, 28. Nate Elston (Jr) UCSB 26:56, 29. Ossie Servin (So) CSU Stanislaus 26:57, 30. Larry Holland (Jr) So Calif Coll 27:02.

Team Scores: 1. Stanford University 40, 2. Cal Poly Pomona 48, 3. Westmont College 116, 4. UC Santa Barbara 143, 5. Cal State LA 180, 6. So. California College 210, 7. Occidental College 212, 8. CSU Stanislaus 228, 9. Santa Clara University 234, 10. Biola University 236, 11. Claremont Mudd & UC Davis 262, 13. Fresno State 365, 14. CSU Fullerton 374, 15. Fresno Pacific 378, 16. San Francisco St. 396, 17. Ventura College 438, 18. Pt. Loma Nazarene 478, 19. U of LaVerne & St. Mary's College 544, 21. U of San Francisco 586, 22. Concordia University 620, 23. College of Notre Dame 658.

Women's Open

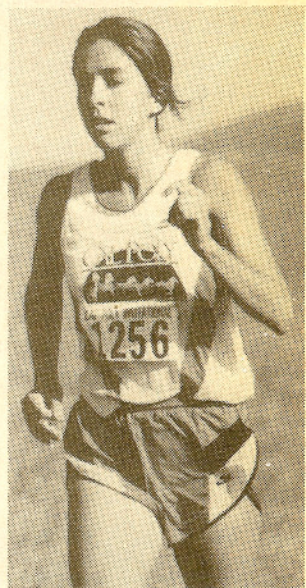
1. Kelly Flathers (un) 18:15, 2. Nikee Pool (Jr) So. Calif. Coll 18:21, 3. Amy MacArthur (Jr) Stanford 18:34, 4. Holiday Holway (Jr) un 18:40, 5. Mathea Kok (Fr) Azusa Pacific 18:42, 6. Miriam Niednagel (Jr) Westmont 18:48, 7. Natalie Austin (Jr) Occidental 18:53, 8. Danielle Pekar (Jr) UC Riverside 18:56, 9. Rhonda Heise (Jr) Fresno Pacific 18:57, 10. Desiree Owen (Jr) Arkansas 18:58,

11. Louise Tench (Jr) Claremont 18:59, 12. Alison White (Fr) Stanford

19:05, 13. Domatilla Torrens St. Stanford 19:06, 14. Annaka Gustafson (Fr) Westmont 19:07, 15. Monica Todorodo (So) Azusa Pacific 19:08, 16. Jennifer Stuart (So) Claremont 19:09, 17. Laura Hayward (Sr) Stanford 19:13, 18. Jennifer Davis (Sr) Claremont 19:14, 19. Sherry March (Sr) UC Riverside 19:14, 20. Sarah Gerard (Sr) Claremont 19:14,

21. Talia Starkey (Fr) Occidental 19:17, 22. Erica Greene (Sr) CSU Stanislaus 19:19, 23. Josefina Sanchez (So) Ventura 19:21, 24. Meghan Mayes (So) Southern Utah 19:21, 25. Bryann Abby (So) Westmont 19:22, 26. Christina Bjork (Fr) Pt. Loma Naz 19:24, 27. Julie Hassan (Fr) Westmont 19:25, 28. Jodi Dailey (Jr) San Fran St 19:26, 29. Sarah Laufer (Sr) Azusa Pacific 19:28, 30. Vanessa Lunc (So) UCSB 19:29.

Team Scores: 1. Stanford 74, 2. Claremont Mudd 87, 3. Westmont 91, 4. Azusa Pacific 124, 5. Occidental 145, 6. UC Riverside 200, 7. St. Mary's College 213, 8. So. California



KELLY FLATHERS

Photo by Elaine Rosentien

College 225, 9. Fresno Pacific 266, 10. UC San Diego 301, 11. Cal Poly Pomona 321, 12. San Diego St. 340, 13. Whittier College 352, 14. Pt. Loma Nazarene 357, 15. CSU Stanislaus 369, 16. UC Davis 387, 17. San Fran-

RESULTS

cisco State 389, 18. San Jose State 404, 19. Chico State 480, 20. Ventura 533, 21. California Baptist 586, 22. Santa Clara U 631, 23. College of Notre Dame 640, 24. U of LaVerne 685, 25. U of San Francisco 707, 26. U of the Pacific 779.

Men's Invitational

1. Richie Boulet (Sr) Cal 24:28, 2. Mebrahtom Keflezighi (So) UCLA 24:32, 3. Gregory Jimmerson (Jr) Stanford 24:33, 4. Tim Martin (Jr) No Arizona 24:48, 5. John Howell (Jr) No Arizona 24:49, 6. Theo Martin (Jr) No Arizona 24:53, 7. Dan Reed (Jr) UC Riverside 25:01, 8. Brad Hauser (Fr) Stanford 25:06, 9. Jama Bile (Sr) No Arizona 25:08, 10. Brent Hauser (Fr) Stanford 25:09,

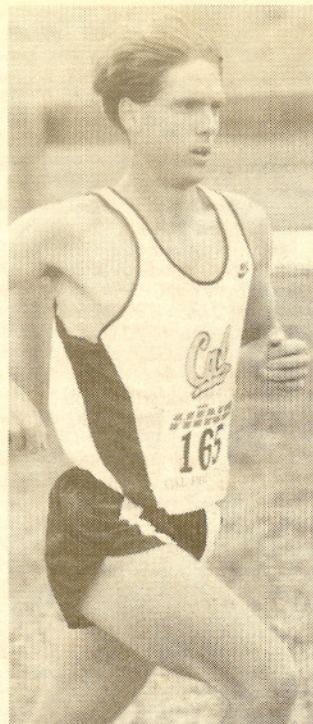
11. Mark Fadil (Sr) Stanford 25:13, 12. Nacho Flores (Jr) Fresno St 25:16, 13. JJ Castner (Sr) UC San Diego 25:18, 14. Eric Ricketts (Sr) Chico St 25:20, 15. John Gachao (Jr) Azusa Pacific 25:22, 16. Torry Racketson (Jr) Utah 25:24, 17. Israel Pose (Jr) Fresno St 25:26, 18. Frank Torres (So) Utah St 25:26, 19. Devin Elizondo (So) UCLA 25:27, 20. Brad Glosser (Sr) UCSB 25:29,

21. Jason Perscheid (Jr) Stanford 25:30, 22. Ray Hughes (So) Missouri 25:32, 23. Ben Flamm (Jr) UCSB 25:33, 24. Denes Balazs (Sr) Azusa Pacific 25:33, 25. Jeff Simonich (Fr) Utah 25:34, 26. Bryan Zmijewski (Jr) Stanford 25:36, 27. James Long (Jr) Stanford 25:38, 28. Chris Lynch (Jr) UCLA 25:42, 29. Jeremy White (Jr) Stanford 25:43, 30. Fernando Mendoza (Jr) Fresno St 25:44.

Team Scores: 1. Stanford 57, 2. Northern Arizona 61, 3. UCLA 163, 4. Utah 173, 5. Azusa Pacific 174, 6. Fresno St 187, 7. UC Santa Barbara 229, 8. UC Riverside 260, 9. Utah State 273, 10. UC San Diego 292, 11. UC Davis 302, 12. Missouri 331, 13. Southern Utah 341, 14. Humboldt St 358, 15. Chico St 361, 16. California & Texas 407, 18. CSU Fullerton 408, 19. Cornell 452, 20. UC Irvine 454, 21. CSU Sacramento 494, 22. Long Beach St 601, 23. Western Oregon 700.

Women's Invitational

1. Mary Cobb (Fr) Stanford 17:10, 2. Megan Flowers (Sr) Arkansas 17:16, 3. Sarna Renfro (So) Stanford 17:25, 4. Monal Chokshi (Jr) Stanford 17:30, 5. Suzy Jones (Sr) Un 17:38, 6. Angela Orefice (Sr) CPSLO 17:40, 7. Kristen Allen (So) Missouri 17:41, 8. Kortney Dunscombe (So) Stanford 17:43, 9. Kelly Cook (Sr) Arkansas 17:46, 10. Danielle Nelson (Jr) Fresno St 17:46, 11. Catherine Berry (Fr) Ark 17:47, 12. Sara Flores (Sr) Humboldt 17:48, 13. Staci Snider (Sr) Ark 17:50, 14. Ann Sheehy (Jr) Stanford 17:54, 15. Magdalena Lewy (Sr) Cal 17:55, 16. Laura Manson (Jr) UC Irvine 17:59, 17. Kristina Betzold (Fr) Stanford 18:02,



RICHIE BOULET

Photo by Bill Leung, Jr./Geek Media

18. Rachael Rieke (So) No Arizona 18:02, 19. Jeanene Harlick (Sr) UCLA 18:03, 20. Leila Burr (Jr) Stanford 18:04,

21. Paula Morrison (Sr) Utah 18:07, 22. Sarah Thornber (So) No Arizona 18:09, 23. Tracy Clark (Fr) UCLA 18:11, 24. Jessica Harmemza (Jr) Missouri 18:11, 25. Kate Walker (Jr) Cornell 18:12, 26. Cara Aley (Fr) Stanford 18:13, 27. Margaret Robinson (Jr) Arkansas 18:15, 28. Sarah Schneider (So) Missouri 18:23, 29. Summer Schenck (So) Weber St 18:23, 30. Karen Bockel (Fr) Ark 18:23.

Team Scores: 1. Stanford 28, 2. Arkansas 57, 3. Missouri 154, 4. UC Irvine & Northern Arizona 173, 6. California 182, 7. UCLA & Cornell 230, 9. Cal Poly SLO 237, 10. Weber St. 252, 11. Fresno St. 293, 12. Utah 300, 13. UCSB 337, 14. Humboldt 368, 15. Utah St. 431, 16. UC Davis 462, 17. CSU Fullerton 493, 18. Nevada Reno 495, 19. CSU Northridge 503, 20. Long Beach St. 514, 21. CSU Sacramento 582, 22. Western Oregon 659.

Mills Invitational

October 7. Mills College Campus.

Women—5K

1. Michelle Nielson (Impala) 19:05, 2.

Suzanne Cordes (Imp) 19:49, 3. Marcia West (Imp) 19:58, 4. Keana Collins (Sac St) 20:10, 5. Kate Sweetman (Imp) 20:14, 6. Cristen O'Brien (St. Mary's) 20:19, 7. Traci Bullard (Sac St) 20:20, 8. Stephanie Hovancik (St. Mary's) 20:25, 9. Heather Iverson (St. Mary's) 20:32, 10. Stephanie Artis (Sac St) 20:37,

11. Molly Lawrence (St. Mary's) 20:45, 12. Jennifer Michels (St. Mary's) 20:49, 13. Kendra Hodder (Imp) 20:59, 14. Melody Schultz (Tamalpa) 21:00, 15. Maureen Kennedy (USF) 21:03, 16. Kelly Lawson (Tamalpa) 21:05, 17. Natalie Simi (Tamalpa) 21:06, 18. Beckie Kessecker (Imp) 21:11, 19. Christy Bill (Dom) 21:16, 20. Larisa Solozhuk (PH) 21:19.

Overall Team Scores: 1. Impala 15, 2. Tamalpa 44, 3. Mills 95, 4. SFAI 122, 5. CCAC 129.

Men—8K

1. Jason Tackett (Sac St) 26:07, 2. Hector Delgado (Sac St) 26:17, 3. Russell Hill (RA) 26:41, 4. Scott Pesoh (HTC) 26:53, 5. Joe Kavnes (HTC) 26:56, 6. Steve Pappa (HTC) 27:14, 7. Dan Olmstead (CTC) 27:20, 8. Daniel Gruber (Aggie) 27:34, 9. Kyle Busnicki (Hoy's) 27:36, 10. Pat Fear (SC) 27:38,

11. Albert DeLaTorre (SCTC) 27:41, 12. Terence Boynton (RA) 27:42, 13. Dan Mancini (Hoy's) 27:45, 14. Dennis Gorsuch (SC) 27:56, 15. Bob Ebert (WVJS) 27:56, 16. Phil DeMontigny (HTC) 27:58, 17. Alex Petersen (Steve's Pl) 28:06, 18. James Johnson (Sac St) 28:15, 19. Eric Lilot (Hoy's) 28:32, 20. Gary Towne (CTC) 28:34.

Team Scores: 1. HTC 25, 2. CTC 47, 3. Hoy's 56, 4. MRR 108, 5. SFAI 117, 6. Empire 119.

ASU Invitational

October 13. Karsten Golf Course, Tempe, AZ.

Men

1. Ryan Bolton (Wy) 25:14, 2. Bob Keino (Az) 25:32, 3. Brian Noecker (Wy) 25:37, 4. Abdi Abdi (Pima) 25:44, 5. Jeff Haynes (Az) 25:45, 6. Mark Dalkins (Cent Az) 25:51, 7. John Gachao (Az Pac) 25:51, 8. Scott McDonald (Wy) 25:54, 9. Jon Pillow (Az) 25:58, 10. Chris Lynch (UCLA) 26:02.

Team Scores: 1. Arizona 47, 2. Wyoming 52, 3. Azusa Pacific 91, 4. UCLA 95, 5. New Mexico 176, 6. ASU 195, 7. UC Irvine 214.

Women

1. Amy Skiersz (Az) 17:18, 2. Viola Schaffer (Az) 17:51, 3. Molly Moulton (Wy) 18:12, 4. Emily Nay (Az) 18:20, 5. Ann Colonna (Az) 18:20, 6. Tracey Clark (UCLA) 18:23, 7. Lisa Quaintance (Az) 18:24, 8. Laura Monson (UCI) 19:31, 9. Molly Mehlberg (UCLA) 18:39, 10. Jeanne Harlick

(UCLA) 18:47.

Team Scores: 1. Arizona 19, 2. UC Irvine 62, 3. UCLA 64, 4. Azusa Pacific 158, 5. Wyoming 169, 6. Grand Canyon 210, 7. Cal State Northridge 211.

Balboa Classic Cross Country Invitational

October 14. Balboa Park, San Diego.

Men

1. Zazarro Romero (un) 25:30, 2. Ted Hansen (SUU) 25:39, 3. Mark Gilmore (un) 25:45, 4. JJ Castner (UCSD) 25:45, 5. John Walsh (UCSD) 25:56, 6. Ben Cravat (SDTC) 26:06, 7. Blake Rothschild (UC Davis) 26:07, 8. Zak James (SUU) 26:08, 9. Dave Braden (UC Davis) 26:10, 10. Brian Holmes (USD) 26:12,

11. Justin Bocks (UC Davis) 26:12, 12. Bryan Leek (UCSD) 26:14, 13. Manuel Perales (CSUF) 26:14, 14. Nate Johnson (UCSD) 26:15, 15. Curtis Moore (SUU) 26:17, 16. Blake Schumacher (CSUF) 26:20, 17. Mark McManus (UC Davis) 26:23, 18. Tom Caste (un) 26:29, 19. Ola Knutsson (USD) 26:30, 20. Neal Harder (UCSD) 26:32.

Team Scores: 1. UC San Diego 44, 2. UC Davis 58, 3. Southern Utah U 75, 4. CSU Fullerton 88, 5. U of San Diego 153, 6. Men of Troy 202, 7. San Diego TC 204, 8. Mesa College 222, 9. Cuyamaca College 268, 10. UC Masters 285, 11. The Chart House 295, 12. Pepperdine 295, 13. Loyola Marymount 357, 14. San Diego CC 433.

Women

1. Laura Stuart (SDTC) 17:48, 2. Laurie Chapman (SDTC) 18:07, 3. Erin Remy (CSUF) 18:13, 4. Sarah Dickerman (UC Davis) 18:24, 5. Michele Cox (USD) 18:29, 6. Maria Madueno (SWC) 18:36, 7. Tamara Lave (SDTC) 18:38, 8. Sheila Kealy (UC-Mas) 18:51, 9. Tania Nahale (CSUF) 18:53, 10. Marcia Larson (un) 18:56,

11. Vicki Peterson (un) 18:58, 12. Terry Martin (UC Mast) 18:59, 13. Al Livermore (CSUF) 19:02, 14. Sarah Leone (UC Davis) 19:04, 15. Meghan Mayes (SUU) 19:04, 16. Adriana Lozano (USC) 19:08, 17. Kyndra Smith (UCSD) 19:10, 18. Tina Kafalas (USC) 19:12, 19. Alicia Pedroza (Mesa) 19:13, 20. Carrie Barnett (Mesa) 19:15.

Team Scores: 1. San Diego TC 60, 2. CSU Fullerton 90, 3. UC Davis 93, 4. USC 106, 5. Southern Utah U 118, 6. UC Masters 126, 7. Mesa College 156, 8. UC San Diego 209, 9. San Diego State U 264, 10. U of San Diego 295, 11. Pt. Loma Nazarene 302, 12. Pepperdine 364, 13. Southwestern 383, 14. Loyola Marymount 411, 15. San Diego CC.

RESULTS

Cal Poly Invitational

October 14, San Luis Obispo.

Men-Invitational

1. Richie Boulet (Cal) 24:34, 2. Dan Reed (UC Riverside) 24:47, 3. Brad Glosser (UCSB) 25:12, 4. Ossie Serwin (CS Stanislaus) 25:15, 5. Israel Pose (Fresno St) 25:17, 6. Kipp Ortenburger (Fresno St) 25:17, 7. Dave Cullum (UCSB) 25:18, 8. Nacho Flores (Fresno St) 25:19, 9. Jason Balkman (Stanford) 25:29, 10. Ahmik Jones (CPSLO) 25:31,

11. Peter Gilmore (Cal) 25:34, 12. Jorn Grimsley (Stanford) 25:36, 13. Pete Sturtevant (UC Riverside) 25:38, 14. Rich Landrum (San Fran St) 25:38, 15. Ben Flamm (UCSB) 25:43, 16. Fernando (Fresno St) 25:46, 17. Jacque Sallberg (Cal State LA) 25:47, 18. Ric Esponda (CPSLO) 25:48, 19. Gil Serrano (Stanford) 25:49, 20. Curtis Alexander (Fresno St) 25:50,

21. Chris Lundstrom (Stanford) 25:52, 22. Roman Morales (CS Stanislaus) 25:56, 23. Nate Jobe (UCSB) 25:58, 24. Jaime Bastidas (UC Riverside) 25:58, 25. Forest Quinlan (UCSB) 25:59.

Team Scores: 1. Fresno State 55, 2. UC Santa Barbara 73, 3. Stanford 87, 4. UC Riverside 98, 5. California 137, 6. Cal Poly SLO 168, 7. Cal State Stanislaus 193, 8. Cal State LA 200, 9. Hartnell College 210, 10. San Francisco State 235, 11. Long Beach State 247.

Men-Open

1. Francis O'Neill (Asics Int) 24:32, 2. Ivan Huff (SLDC) 24:40, 3. Derek Kite (Future Track) 24:49, 4. Mark

LaPlant (Asics TW) 25:00, 5. Mark Douglas (un) 25:06, 6. Bryan Dameworth (Future Track) 25:11, 7. Sean O'Hara (Asics TW) 25:41, 8. Dan Berkeland (Tahoe Boat Co) 25:44, 9. Troy Rowthan (Asics TW) 25:51, 10. Rick Herr (un) 25:52,

11. Dave Olds (Asics TW) 26:04, 12. Dave Blum (UCSB) 26:08, 13. Jeff Meisner (UCSB) 26:19, 14. Tyson Sacco (Asics TW) 26:20, 15. Greg Phister (un) 26:26, 16. Nate Elston (UCSB) 26:26, 17. Tim Berger (Asics TW/B) 26:33, 18. Steve Flynn (Asics TW) 26:37, 19. Eddie Gonzalez (Asics TW) 26:39, 20. Will Haskins (Fresno Pacific) 26:44,

21. Dave Guenther (UCSB) 26:47, 22. Richie Shehadey (Fresno St) 26:49, 23. John Stires (un) 26:52, 24. Phil Schoensee (SLDC) 26:53, 25. Scott Urner (Asics TW/B) 26:57.

Team Scores: 1. Asics Track West 31, 2. UC Santa Barbara 66, 3. Future Track 93, 4. San Luis Distance Club 120, 5. Asics Track West B 127, 6. Fresno State 141, 7. Fresno Pacific 158, 8. Santa Barbara AA 201, 9. SLDC Masters 279, 10. San Luis Distance B 296.

Women-Invitational

1. Angela Orefice (CPSLO) 17:34, 2. Danielle Nelson (Fresno St) 17:40, 3. Magdalena Lewy (Cal) 17:57, 4. Tena Soderman (Cal) 18:07, 5. Elissa Riedy (Cal) 18:09, 6. Eliza Alexander (UCSB) 18:14, 7. Clare Becker (CPSLO) 18:23, 8. Lori Riedy (Cal) 18:28, 9. Amber Robinson (CPSLO) 18:31, 10. Courtney Bolin (Cal) 18:42,

11. Devon Moates (Fresno St) 18:46, 12. Jennifer Lacovara (CPSLO) 18:50, 13. Christa Ayuso (Long Bch St) 18:54, 14. Heather Bray (UCSB) 18:55, 15. Gabriela Rodriguez (UCSB) 18:55, 16. Sherish Marion (UC Riverside) 18:57, 17. Melanie Hand (CPSLO) 18:59, 18. Jamie Beacom (Cal) 19:00, 19. Gina Blanchard (CPSLO) 19:01, 20. Eva Mattson (UCSB) 19:01,

21. Sarah Dawson (Fresno St) 19:06, 22. Mary Crane (UCSB) 19:06, 23. Nikki Shaw (CPSLO) 19:07, 24. Alison White (Stanford) 19:10, 25. Julie Marshall (UCSB) 19:11.

Team Scores: 1. California 30, 2. Cal Poly SLO 46, 3. UC Santa Barbara 77, 4. Fresno State 94, 5. Stanford 144, 6. Long Beach St 183, 7. UC Riverside 187, 8. San Francisco St 223, 9. San Jose St. 232, 10. Cal Poly Pomona 250.

Women-Open

1. Lisa Lopez (un) 17:41, 2. Kelly Flathers (un) 18:08, 3. Kristen Von Teuber (Asics TW) 18:15, 4. Gracie Padilla 18:24, 5. Cathy Christensen 18:24, 6. Dianne Whipple 18:32, 7. Angela Dalke 18:45, 8. Lori Fancon (CPSLO) 18:53, 9. Staci Brunton

(Reebok Aggies) 18:57, 10. Rhonda Heise (Fresno Pacific) 18:58,

11. Erica Greene (CS Stanislaus) 19:04, 12. Andrea Delamonica (Asics TW) 19:13, 13. Gen DeBose (Cal) 19:16, 14. Jaura Beville (CPSLO) 19:25, 15. Meg Barbour (SBAA) 19:27, 16. Sabrina Caplin (UCSB) 19:30, 17. Michelle Johnson (SLDC) 19:34, 18. Kerry Sue Houchin (Fresno Pacific) 19:38, 19. Stephanie Linnen (Cal) 19:38, 20. Janet Norem (SLDC) 19:39,

21. Holly Rohne (CPSLO) 19:41, 22. Susan Petronio (SBAA) 19:48, 23. Sharon Mars (UCSB) 19:56, 24. Annie Lunsman (Asics TW) 20:01, 25. Tegan Zimmerman (UCSB) 20:02.

Team Scores: 1. Asics Track West 32, 2. Fresno Pacific 60, 3. Cal State Stanislaus 84, 4. San Luis Distance Club 89, 5. Santa Barbara AA 105, 6. Sonoma State 175, 7. San Jose State 179, 8. San Luis Distance Club/B 195, 9. Sonoma State/B 236.

SCC Invitational

October 14, Back Bay Course, Newport Beach.

Men-8K

1. Larry Holland (SCC) 26:03, 2. Jason Schaefer (SCC) 26:03, 3. Tim Hardin (SCC) 26:07, 4. Wes Hinson (SCC) 26:52, 5. Matt Novotny (Masters) 28:11, 6. Brian Pratt (SCC) 28:14, 7. Vince Nguyen (Concordia) 28:44, 8. Dan Palmer (SCC) 29:14, 9. Mike Cranshaw (Masters) 30:21, 10. Benjamin Kindreich (Concordia) 30:38.

Team Scores: 1. So. Calif. College 16, 2. Concordia Univ. 46, 3. Chapman Univ. 82, The Masters College--incomplete.

Women-5K

1. Nikee Pool (SCC) 18:19, 2. Heather Salisbury (SCC) 19:49, 3. Erin Culler (SCC) 20:00, 4. Ann Van Oorschot (CBC) 20:20, 5. Caren Anderson (SCC) 20:21, 6. Teriann Boggio (SCC) 20:23, 7. Danielle Garrison (Chap) 20:32, 8. Donna Proia (Concordia) 20:38, 9. Jennifer Booth (SCC) 20:52, 10. Stacy Daves (Calif Baptist) 20:54.

Team Scores: 1. So. Calif. College 17, 2. Calif. Baptist 67, 3. Chapman Univ. 69, 4. Biola Univ. 91, Concordia--incomplete.

Pacific Lutheran Invitational

October 14, Tacoma, WA. Women-5K

1. Miriam Niednagel (Westmont) 18:45, 2. Turi Widsteen (Pac Lutheran) 18:49, 3. Tanya Robinson (Pac Lutheran) 18:55, 4. Kelley Marsh (Seattle) 18:55, 5. Beth Fitzgerald (Willamette) 18:57, ... 11. Amy Bergenske (Westmont) 19:22, 15. Annaka Gustafson (Westmont) 19:34, 19. Julie Hassan (Westmont) 19:41, 20. Brynn Abby (Westmont) 19:43.

Team Scores: 1. Seattle Pacific Univ. 63, 2. Westmont College 66, 3. Pacific Lutheran 72.

Men-8K

1. Matt Nealon (Westmont) 25:44, 2. Bobbee Palmer (Oregon St) 26:01, 3. Frode Lellejell (AK-Anchorage) 26:09, 4. Eben Robinson (Westmont) 26:22, 5. Dylan Mason (Oregon St) 26:29, ... 19. Philip Livingood (Westmont) 27:12, 24. Matt Thomson (Westmont) 27:22, 32. Paul Ashby (Westmont) 27:38.

Team Scores: 1. Pacific Lutheran 54, 2. Westmont College 79, 3. Willamette 92, 4. Oregon State U 98, 5. Clark College 128.

Pacific 10 Championships

October 28, 1995, Stanford.

Men

8,000 meters

1. Karl Keska (Ore) 24:14; 2. Bob Keino (Ariz) 24:17; 3. Richie Boulet (Cal) 24:27; 4. Matt Davis (Ore) 24:32; 5. Mebrahtom Keflezighi (UCLA) 24:35; 6. Margarito Casillas (Ariz) 24:39; 7. Greg Jimmerson (Stan) 24:41; 8. Nathan Nutter (Stan) 24:48; 9. George Loucaides (WSU) 24:56; 10. Colin Johnston (Wash) 24:59.

Team scores: Oregon 53; 2. Stanford 58; 3. Arizona 87; 4. Washington 94; 5. UCLA 108; 6. Washington St. 152; 7. Cal 181; 8. Arizona St. 195.

Women

5,000 meters

1. Amy Skieresz (Ariz) 16:45; 2. Jenna Carlson (Ore) 17:08; 3. Mary Cobb (Stan) 17:12; 4. Tara Carlsson (Wash) 17:16; 5. Melody Fairchild (Ore) 17:21; 6. Viola Schaffer (Ariz)



FRANCIS O'NEILL

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RESULTS

17:23; 7. Monal Chokshi (Stan) 17:31; 8t. Emebet Shiferaw (USC) 17:39; 8t. Ann Colonna (Ariz) 17:39; 10. Sarina Renfro (Stan) 17:40.

Team scores: Oregon 55, 2. Arizona 60; 3. Stanford 61; 4. Washington 92; 5. UCLA 115; 6. Cal 161; 7. Washington St. 170; 8. USC 208; 9. Arizona St. 278.

▲ Road Racing

Diamond Heights Run

September 3. 2.99 Miles

Overall Results

1. Gary Judson, 16:31. 2. Gary Ellis, 17:13. 3. Tylor Abbott, 17:24. 4. Peter Hsia, 17:53. 5. Jim Misener, 18:29.

49'r Canyon Biathlon

6.1 mR/7.45mB

September 4. Auburn

Overall Results

1. Ryan Lee, Loomis, 1:05:56. 2. Greg Miller, Tucson, AZ, 1:10:05. 3. Larry Fujita, El Cerrito, 1:10:48. 4. Steven naiman, Yuba City, 1:12:18. 5. Kenneth Kraebel, Marysville, 1:17:01. 6. Gene Gilligan, Nevada City, 1:18:06. 7. Tony Morales, Nevada, 1:19:52. 8. Brian Hodges, Wheatland, 1:19:55. 9. Mark Duffner, Aptos, 1:21:05. 10. David Beil, North Highlands, 1:21:34.

11. Leonard Veare, Elverta, 1:22:08. 12. Joan Lewis (f) un, 1:22:16. 13. Richard Oliveira, Sacramento, 1:23:33. 14. Cathie Chavez Simon (f) El Dorado Hills, 1:23:44. 15. Leighton Reynolds, Coronado, 1:24:01.

Run for the Square

September 4. Lodi.

Division Results-5K Men

Overall: 1. Darin Slade, Elk Grove, 15:50. **9 & U:** 1. Aaron Tuner, Lodi, 23:21. 2. Matthew Kiesz, Lodi, 26:02. 3. Ryan Hoff, Lodi, 27:27. **10-12:** 1. Sean Marzolf, Lodi, 21:01. 2. Roger Varwig, Stockton, 25:36. **13-15:** 1. Dustin Marzolf, Lodi, 17:55. 2. Wade Butler, Lodi, 19:51. 3. Johnny Ewing, Lodi, 20:11. **16-19:** 1. David Haogland, Citrus Heights, 17:37. 2. Michael Elmer, Citrus Heights, 17:40. 3. Nate Farley, Citrus Heights, 17:46. **20-29:** 1. Darin Slade, Elk Grove, 15:50. 2. Steven Peppard, Lodi, 17:18. 3. Martin Ruiz, Rio Vista, 17:24. **30-39:** 1. Rob Stark, Elk Grove, 17:32. 2. Brian Erbevele, Woodbridge, 17:40. 3. Mark Hicks, Rancho Cordova, 18:17. **40-49:** 1. Vince McDonald, Iki Grove, 17:48. 2. Bud Collins, Diamond Springs, 18:31. 3. Louie Phillips, 18:39. **50-59:** 1. Mike Ammon, Carmichael, 17:21. 2. Frank

Krabs, Orangevale, 18:30. 3. Richardo Guidolin, Stockton, 19:53. **60-69:** 1. John Dunn Placerville, 22:58. 2. Sal Haro, Lodi, 24:32. 3. Harold Linde, Lodi, 26:50. **70 & O:** 1. David Cole, Sonoma, 26:53. 2. Vic Lyons, Hurphys, 29:18. 3. Lawrence Viglienzona, Martinez, 34:36.

Division Results-5K Women

Overall: 1. Kim Bruyn, Placerville, 19:19. **9 & U:** 1. Hallary Goldberg, Lodi, 33:58. 2. Lyndsey Merrill, Lodi, 43:37. **10-12:** 1. Mary Castelanelli, Lodi, 23:25. 2. Melissa Phillips, Lodi, 25:03. 3. Heather Taylor, Lodi, 26:51. **13-15:** 1. Teresa Ferraiolo, Woodbridge, 25:45. 2. Lisa Wosnick, Lodi, 25:48. 3. Jamie Mcomber, Lodi, 27:51. **16-19:** 1. Lauren Smith, Woodbridge, 21:14. 2. Sofia Cahue, Lodi, 28:58. 3. Shannon Tienker, Lodi, 32:22. **20-29:** 1. Cheryl Sweeney, Sunnyvale, 26:25. 2. Nikki Proctor, Galt, 37:22. 3. Angela Van Steyn, Lodi, 42:40. **30-39:** 1. Kim Bruyn, Placerville, 19:19. 2. Pam Goodley, Lockeford, 22:23. 3. Connie Marion, Lockeford, 22:46. **40-49:** 1. Claire Fry, Benicia, 19:40. 2. Vicki Pell, Carmichael, 19:52. 3. Barbara Zoldan, Fremont, 21:59. **50-59:** 1. Karen Ruzak, Lodi, 35:19. 2. Gail Meyer, Antioch, 38:02. **70 & O:** 1. Dorothea Cole, Sonoma, 105:03.

Division Results-10K Men

Overall: 1. Don Hicks, Sacramento, 32:27. **13-15:** 1. Matthew McInturf, Lockeford, 38:25. 2. Christopher Shocknesse, Lodi, 42:50. 3. UN, Lodi, 45:19. **16-19:** 1. Chris Tauman, Lodi, 43:34. **20-29:** 1. Ruben Rodriguez, Galt, 36:10. 2. Bob Castalegno, Woodbridge, 41:06. 3. David Zwick, Lodi, 46:40. **30-39:** 1. Don Hicks, Sacramento, 32:27. 2. Tom Pearman, Citrus Heights, 33:34. 3. Elmer, Watanabe, 33:58. **40-49:** 1. Roger Zoldar, Fremont, 36:22. 2. Don Koerberlein, Sacramento, 37:35. 3. Craig Newport, Orangevale, 37:45. **50-59:** 1. Alfred Murillo, Stockton, 39:13. 2. Joeffrey Shannon, Concord, 41:59. 3. Frand Miyashiro, Lodi, 43:54. **60-69:** 1. Glen Stout, Elk Grove, 48:21. 2. Jim McIw-rath, Stockton, 51:37. 3. John Donovan, Lodi, 63:02.

Division Results-5K Women

Overall: 1. Christina Castelanelli, Lodi, 41:39. **13-15:** 1. Christina Castelanelli, Lodi, 41:39. **16-19:** 1. Rebecca Phillips, Lodi, 48:13. 2. Angelica Sandoval, Woodgridge, 59:24. **20-29:** 1. Diana Hayashino, Lodi, 42:20. 2. Cate Hinchman, Lodi, 55:26. 3. Colleen Donavan, Lockeford, 55:27. **30-39:** 1. Valerir Hamilton, Windson, 42:00. 2. Laurie Lusk, Manteca, 47:11. 3. Marie Gonzales, Placerville, 47:55. **40-49:** 1. Carmela Hoffman, Acampo, 44:18. 2. Cindy Muser, Acampo, 46:47. 3. Iren Cattlanach, Manteca, 47:22. **50-59:** 1. Dina Fielas, Rio Vista, 51:30. 2. Marlene Kinser, Stockton, 56:09. 3. Joyce Karver, Sacramento, 59:08. **60-69:** 1. Maraethe Styssel, 45:32.

Harbor Half Marathon

September 9. San Pedro

Overall Results-1/2 Marathon Men

1. Gus Quinoniz (29) Los Alamitos, 1:07:23. 2. Ralph Garibaldi (32) Running Springs, 1:08:31. 3. Tryus Deninter (32) Los Angeles, 1:09:43. 4. David Adams (34) Redondo Beach, 1:09:46. 5. Jerry Hernandez (31) harbor City, 1:12:14. 6. Jaime Ortiz (34) North Hollywood, 1:12:18. 7. Dan Powers (27) Valencia, 1:15:02. 8. Brian Nelson (38) un, 1:15:23. 9. Javier Lara (37) San Pedro, 1:16:02. 10. Jose Gomez (41) 1:17:08.

11. Jose Aguilar (25) Los Angeles, 1:17:30. 12. John Jericiau (33) Santa Monica, 1:17:33. 13. Jeffrey Vannini (36) Valencia, 1:17:37. 14. Ramon Estrada (34) Los Angeles, 1:17:43. 15. Roni Benmoha (36) Sherman Oaks, 1:17:47.

Overall Results-5K Run/Walk Men

1. Gus Hermes (32) Irvine, 15:14. 2. Richard Shelley (33) Albuquerque, NM, 15:19. 3. Harold Ketting (41) Santa Barbara, 15:41. 4. David Kunselman (29) Granada Hills, 16:05. 5. Heok Oeybay (18) Hawthorne, 16:59. 6. Dan Takahashi (38) Torrance, 16:59. 7. Josh Kameyer (20) un, 17:00. 8. Gary Tuttle (47) Ventura, 17:25. 9. Tavaris Mack (16) Inglewood, 17:41. 10. John Plummer (31) Frazier Park, 17:44.

11. Greg Hill (29) Manhattan Beach, 18:02. 12. Glen Nakano (45) 18:15. 13. Mike Wells (27) Los Angeles, 18:21. 14. Ken Varon (40) Pls Vrds Pnsl, 18:31. 15. Mark Bradbury (40) San Clemente, 18:32.

Overall Results-1/2 Marathon Women

1. Carrie Booth (34) Hermosa Beach, 1:19:43. 2. Jennifer Latham (27) Los Angeles, 1:21:24. 3. Ruth Vomund (37) Ventura, 1:21:44. 4. Kathleen Smith (29) Aliso Viejo, 1:21:51. 5. Ginger Smith (31) Van Nuys, 1:24:10. 6. Tammy Sargeant (37) Long Beach, 1:24:43. 7. Christy Grimsley (27) Long Beach, 1:25:51. 8. Alfreda Iglehart (45) Los Angeles, 1:27:49. 9. Leslie Lewis (40) Torrance, 1:28:57. 10. Lorraine Gersitz (41) Fullerton, 1:29:12.

11. Ej Harpham (39) San Pedro, 1:30:32. 12. Julie Lister (48) Glendale, 1:31:23. 13. Julie McKinney (39) 1:31:26. 14. Debbie Gingras (27) Laguna Beach, 1:32:19. 15. Caroline Wallace (29) Los Angeles, 1:33:15.

Overall Results-5K Run/Walk Women

1. Milena Glusac (19) Fallbrook, 17:06. 2. Suzy Hermes (33) Irvine, 19:40. 3. melanie Richard (24) un, 19:59. 4. Vivienne Nixon (40) Lawndale, 20:47. 5. Debbie Wells (39) Harbor City, 20:50. 6. Lisa Higa (32) Long Beach, 20:53. 7. Karen Toshiyuki (37) Gardena, 21:04. 8. Wendy Watson (51) Manhat-

tan Beach, 21:27. 9. Shawna Harrsor (23) Los Angeles, 21:36. 10. Norma Screeton (28) 21:37.

11. Heather McVickar (30) Ranonc Palos Verd, 21:55. 12. Jeannine Lianc (10) Torrance, 22:10. 13. Pamela Parant (25) San Diego, 22:13. 14. Tamara Jones (14) Long Beach, 22:30. 15. Helene Bernbaum (60) Burbank, 22:43.

John Orognen Memorial

5K Run & 5K Walk
September 9. Marysville.

Overall Results

1. Scott Abbott, Sacramento, 16:32. 2. Janathan Welsh, Sacramento 16:44. 3. Buddy Lee, Rocklin, 16:45. 4. Charlie Brenneeman, Sacramento, 16:46. 5. David Valencia, Sacramento, 17:00. 6. Garrett Larson, Sacramento 17:11. 7. Matt Kimball, Sacramento, 17:12. 8. Mike Hills, Sacramento, 17:22. 9. Damian Rogers, Grass Valley, 17:23. 10. Josh Lewis, Rocklin, 17:28.

11. Michael Altieri, Sacramento, 17:29. 12. Todd Nunan, Yuba City 17:47. 13. Tony Morales, Yuba City 17:52. 14. Scott Adams, Rocklin, 17:59. 15. Damon Saykaly, Sacramento, 18:03. 16. Scott Rounds, Wheatland, 18:05. 17. Chris Butera, Sacramento, 18:18. 18. Jeff Toney Sacramento, 18:21. 19. C. DeWitt Sacramento, 18:27. 20. Mike Wood, Sacramento, 18:36.

51. Tatiana Sohrakoff (f) Wheatland 21:03. 52. Susan Guine (f) Hayward 21:10. 73. Jennifer Baker (f) Rocklin, 22:25. 74. Darcy Gibson (f) Rocklin, 22:26. 91. karen Jeffers (f) Wheatland, 24:42.

Downtown Larkspur Run

September 9. Larkspur

Overall Results-5K

1. Bruce Mace, 16:35. 2. Stever Deitch, 16:46. 3. Glen Redpath, 16:57. 4. Todd Hunt, 17:00. 5. Richard Biebel, 17:40. 6. Sam Aranda, 17:49. 7. Jirr Hampton, 17:52. 8. Roger Zoldan, 18:33. 9. Martin Joffe, 18:52. 10. Dor Eisener, 19:07.

11. Mark Byers, 19:09. 12. Bryan Hanna, 19:34. 13. Eliot Roberts, 19:35. 14. Geoffrey Mohun, 19:52. 15. Dan Borgonovo, 19:53. 16. Galen Burgett, 20:13. 17. Kevin O'Brien, 20:36. 18. Jen Pong (f) 20:37. 19. Bryan Holmes 20:40. 20. Margaux Joffe (f) 20:41.

Division Results-5K Men

Overall: 1. Bruce Mace, 16:35. **14-16:** 1. Scott Searway, 23:42. **17-19:** 1. Todd Hunt, 17:00. **20-29:** 1. Sam Aranda, 17:49. 2. Bryan Hanna, 19:34. 3. Scott Shurtz, 22:03. **30-39:** 1. Steven Dietch, 16:46. 2. Glen Redpath, 16:57. 3. Eliot Roberts, 19:35. **40-49:** 1. Richard Biebel, 17:40. 2.

RESULTS

Jim Hampton, 17:52. 3. Roger Zoldan, 18:33. **50-59**: 1. George Ridout, 21:24. 2. Larry Barnum, 22:38. 3. Patrick Hunt, 24:32. **60 & O**: 1. Bryan Holmes, 20:40. 2. Gilman Jung, 23:43. 3. Robert Maier, 24:18.

Division Results-5K Women

Overall: 1. Jen Pong, 20:37. **13 & U**: 1. Margaux Joffe, 20:41. 2. Natalie Joffe, 22:05. 3. Jamie Jordan, 26:17. **20-29**: 1. Amy Winton, 25:03. 2. Karin Craig, 25:09. 3. Julie Constantin, 27:46. **30-39**: 1. Karen Mace, 21:14. 2. Noreene Matsuda, 22:49. 3. Chris Langerman, 23:51. **40-49**: 1. Barbara Zoldan, 22:54. 2. Susie Van Buskirk, 24:01. 3. Suzie Chock Hunt, 26:27. **50-59**: 1. Carole Sherrick, 25:15. 2. Jennifer Lillard, 35:32.

Overall Results-1 Mile

1. Patrick Maher (13m) 6:09. 2. Erica Zundel (13f) 6:20. 3. Shauna Sweeney (10f) 6:22.

Park To Park 8 Mile Run

September 9, Lompoc

Overall Results

1. David Mather (30) 41:40. 2. Chris Allen (35) 42:16. 3. Sean McCormick (31) 43:04. 4. Henry Hernandez (41) 43:27. 5. Scott Coe (35) 44:10. 6. Brian King (28) 45:17. 7. Luis Escobar (32) 46:38. 8. Ed Grand (32) 47:23. 9. Peter Anderson (33) 47:56. 10. Nic Birtalan (52) 49:30.
20. Kathi Froemming (39f) 53:34. 22. Dianna Hall (37f) 53:42. 25. Julie Hirametso (37f) 54:47.

Bayside Technology

Park Runs

September 10, Fremont

Overall Results-8K Run

1. Will Clark (22) 25:21. 2. Rick Reitz (25) 25:21. 3. David Fergus (37) 27:42. 4. Bill Dunn (48) 27:48. 5. Samuel Harvell (33) 28:17. 6. Dave Rosen (22) 28:26. 7. Jim Reitz (51) 28:47. 8. Jim Bordon (42) 28:57. 9. Jeff Rohrer (35) 28:59. 10. Craig Whichard (36) 29:09.
11. Rodger Preston (26) 29:36. 12. Steve Radigan (44) 30:07. 13. Don Jedlovec (41) 30:34. 14. Carlos Jr Siqueiros (14) 30:35. 15. Tim Hess (31) 30:54.

Overall Results-Open Mile

1. Noah Hinkston (30) 4:56. 2. Harvey Franklin (51) 5:11. 3. Mike Boyer (27) 5:19.

Overall Results-Kids' Mile

1. Jennifer Whichard (120) 7:38. 2. Danielle Hess (8) *14. 3. Roberto Vargas (5) 8:24.

Roller Coaster Run

September 10, 3 Miles

Overall Results

1. Tyler Abbott, 16:49. 2. Gary Ellis, 17:02. 3. Antonio Corgas, 17:14. 4.

Andy Chan Man, 17:54. 5. The Fat Man, 18:32.

Shin Zen Run

September 10, Fresno

Division Results-10K Men

18 & U: 1. Homero Silva, 40:01. 2. Roy Flores, 41:53. 3. Octaviano Valenzuela, 43:35. **19-24**: 1. Shawn Young, 37:05. 2. David Abrego, 37:58. **25-29**: 1. Felipe Lemus, 35:14. 2. Pedro Martinez, 37:46. 3. Alan Harris, 41:54. **30-34**: 1. John Green, 38:31. 2. Joseph Angulo, 47:14. 3. Ernie Palomar, 49:32. **35-39**: 1. Jose Gonzalez, 35:50. 2. Artemio Villegas, 36:24. 3. James Eales, 36:31. **40-44**: 1. Donald Gregory, 35:57. 2. Robert Coyle, 36:00. 3. Michael Miles, 38:00. **45-49**: 1. Dan Maxey, 39:20. 2. Gary Bluth, 39:37. 3. Roger Tsuruda, 40:40. **50-54**: 1. Isaac Melo, 44:07. 2. Don Johnston, 47:39. 3. J.D. Fischer, 48:24. **55-59**: 1. Juan Sobenes, 44:50. 2. Robert Smith, 48:06. **60-64**: 1. Jim Harris, 45:05. 2. Ernesto Malagon, 45:50. 3. James Benelli, 46:46. **65-69**: 1. David Jung, 52:18. 2. Thomas Callahan, 1:11:0. **70 & O**: 1. Jim Nagatani, 1:03:14. 2. Harry Harder, 1:09:22.

Division Results-10K Women

19-24: 1. Hope Rodriguez, 44:11. 2. Janelle Webber-Plank, 44:28. 3. Kimberly Cerra, 55:34. **25-29**: 1. Jennifer Colvard, 47:20. 2. Marianne Blasingame, 49:01. 3. Beth Fisher, 52:36. **30-34**: 1. Virginia Dickson, 46:38. 2. Angelica Malagon, 48:13. 3. Kim Wieszycy, 52:53. **35-39**: 1. Melissa Ortiz, 44:41. 2. Sharon Brown, 46:29. 3. Angelica Rogers, 47:47. **40-44**: 1. Rosa Richard, 57:57. 2. Marti Fuquay, 1:02:53. **45-49**: 1. Carol Alsdorf, 48:22. 2. Julie Serjak, 52:55. 3. Mary Hung, 57:24. **50-54**: 1. Darlene Kincaid, 58:57.

Division Results-2 Mile Men

9 & U: 1. Michael Ishii, NA. **10-12**: 1. Zach Tarver, 11:55. 2. Kyle Cirrincione, 11:59. 3. Evan Benelli, 12:39. **13-15**: 1. Gus Wick, 11:43. 2. Pablo Sanchez, 11:49. 3. J.K. Lundberg, 12:32. **16-18**: 1. Michael Lujan, 9:45. 2. Michael Morgan, 11:10. 3. Nathan Swift, 11:14. **19-24**: 1. Roberto DeLoera, 10:29. 2. Benjamin Novak, 13:23. **25-29**: 1. Antonio Estevez, 10:18. 2. Michael Sanchez, 11:42. 3. Bernie Torrejos, 12:31. **30-34**: 1. David Lawrence, 10:53. 2. Isaac Gonzales Sr., 10:56. 3. Jay Geary, 10:59. **35-39**: 1. Barry Proctor, 9:47. 2. Baldemar Betancourt, 10:25. 3. Gerry Valverde, 10:31. **40-44**: 1. Dale Campbell, 9:58. 2. Jim Hartig, 10:15. 3. Manuel Hernandez, 10:27. **45-49**: 1. Steven Levy, 10:41. 2. Bill Schwartz, 11:21. 3. Mark Hays, 11:29. **50-54**: 1. Allen Greulich, 11:47. 2. Alfred Leal, 11:48. 3. Dennis Duffy, 12:16. **55-59**: 1. Frank Delgado, 12:12. 2. Joe Delgado, 12:34. 3. Juan Sobenes, 12:36. **60-64**: 1. Ric Zamarripa, 13:35. 2. Albert Martinez, 15:22. 3. Joseph Rhoan,

17:34. **65-69**: 1. Maurice Mann, 18:21. 2. Ben Nagatani, 18:59. **70 & O**: 1. Bob Musso, 15:50. 2. Lee Thomas, 17:24. 3. George Hasebe, 20:22. **Wheelchair**: 1. Austin Snyder, 8:44.

Division Results-2 Mile Women

9 & U: 1. Krisann Gongora, 17:18. 2. Estela Romas Esquivel, 20:19. 3. Megan Mori, 25:10. **10-12**: 1. Kimberly Smith, 12:43. 2. Samantha Cherrington, 13:30. 3. Kathryn Hernandez, 14:06. **13-15**: 1. Krista Kennedy, 12:53. 2. Kimberly Schmidt, 15:21. 3. Danielle Hogue, 16:46. **16-18**: 1. Souriya Syhalath, 12:37. 2. suzy Gip, 14:33. 3. marissa Boren, 14:40. **19-24**: 1. Julie Oehischlaeger, 12:29. 2. Salome Murray, 14:27. 3. Andrea Chiamori, 17:36. **25-29**: 1. Daniela Chuhlantseff, 11:09. 2. Shannon Battles, 11:35. 3. Tricia Mack-Santy, 17:22. **30-34**: 1. Maia Pucay, 12:49. 2. Diana Reyes, 17:50. 3. Meri Del Rosario, 19:53. **35-39**: 1. Beth Falls, 14:10. 2. Doreen Myovich, 15:24. 3. Christi Winter, 15:54. **40-44**: 1. Ann Phillips, 13:10. 2. donna Aldrich, 14:10. 3. Chris Takeda, 14:29. **45-49**: 1. Julie Serjak, 14:11. 2. Suzanne Sobenes, 14:28. 3. Sharon Mayo, 14:30. **50-54**: 1. Marjorie Lindsey, 14:19. 2. MarAnn Barroso, 15:43. 3. Helene Miller, 16:44. **55-59**: 1. Glenda Morgan, 17:40. 2. Gay Taira, 19:13. 3. Heidi Fialho, 19:34. **60-64**: 1. Sydney Loo, 18:48. 2. Theanne Woodruff, 21:02. **70 & O**: 1. Dorothy Thomas, 17:31. 2. Mary Meisel, 23:09. 3. Marilu Lindley, 26:46.

The Juan In A Million

September 16, Las Vegas

Overall Results-20K

1. Shingo Nakamura, Louisville, CO, 1:03:12. 2. Danny Gonzalez, Rancho Sta Marg, CA, 1:04:34. 3. Team Corona, CA, 1:04:43. 4. Travis Grappo, Las Vegas, NV, 1:06:13. 5. Pedro Guherer, Santa Barbara, CA, 1:06:58. 6. Jeffrey Geslin Henderson, NV, 1:09:50. 7. Samuel Morales, Oxnard, CA, 1:10:11. 8. Robert Proctor, Las Vegas, NV, 1:12:37. 9. Jeff Demeny, Las Vegas, NV, 1:13:04. 10. Tony Grappo, Las Vegas, NV, 1:14:45.

Pacific Cross Country

Series-Event #2

September 16, Sierra College, Rocklin

Overall Results-4 Mile Open Men

1. Jason Lienau (26) Reebok Aggies, 20:27. 2. Scott Pesch (28) Humboldt TC, 20:41. 3. Victor Santamaria (27) Reebok Aggies, 20:46. 4. Miguel Tibađuiza (38) Silver State, 20:49. 5. Randy Acetta (32) Reebok Aggies, 20:50. 6. Russell Hill (27) Reebok Aggies, 20:57. 7. Corey Trvinger (27) Humboldt TC, 21:04. 8. Rod Heskett (27) Reebok Aggies, 21:06. 9. Joe Rubio (32) Reebok Aggies, 21:07. 10. Erich Ackermann (27) Reebok Aggies, 21:14.

11. Pete Chenard (25) Humboldt TC, 21:15. 12. Ben Turman (25) Hoy's, 21:15. 13. Steve Pappa (30) Humboldt TC, 21:16. 14. Mark Hoefer (33) Silver State, 21:20. 15. Albert DeLaTorre (33) Santa Cruz TC, 21:20. 16. Dale Porter (29) unatt, 21:24. 17. Rick Herr (28) California Coast, 21:27. 18. Jake Furber (27) Humboldt TC, 21:31. 19. Kenrick Sealy (28) California Coast, 21:27. 20. Ernie Freer (29) Reebok Aggies, 21:44.

21. Louie Quintana (22) Reebok Aggies, 21:45. 22. Jamey Harris (24) Reebok Aggies, 21:50. 23. Jack Powell (35) Silver State, 21:56. 24. Marc Ziblat (30) Humboldt TC, 21:58. 25. Jeff hacker (35) Ryan's, 22:02.

Overall Results-4 Mile Masters Men

1. Frances Gailson (42) Excelsior, 21:33. 2. Daniel Gruber (40) Reebok Aggies, 21:42. 3. Tom Cushman (41) Reebok Aggies, 22:18. 4. Frank Hutchison (43) Reebok Aggies, 22:38. 5. Peter Sweeney (40) Reebok Aggies, 22:58. 6. Dirk Rohloff (40) Reebok Aggies, 23:10. 7. Charles Thompson (45) Excelsior, 23:32. 8. Butch Alexander (42) Empire Runners, 23:46. 9. Gary Davis (41) Excelsior, 23:52. 10. Tim Williams (41) West Valley TC, 24:02.

11. Bill Knapp (45) Excelsior, 24:10. 12. Tim Stewart (40) Empire Runners, 24:12. 13. Kitt Flynn (42) West Valley J & S, 24:22. 14. Adam Ferreira (45) West Valley TC, 24:24. 15. Dan Preston (53) Empire Runners, 24:45. 16. Peanut Mazrms (44) Reebok Aggies, 24:52. 17. Gordon Innes (41) Reebok Aggies, 25:00. 18. Marc Genet (41) Reebok Aggies, 25:16. 19. Bill Clark (51) West Valley TC, 25:17. 20. Al Stanbridge (48) Excelsior, 25:31.

Overall Results-5K Women

1. Melissa Martel-Acetta (34) Reebok Aggies, 18:35. 2. Lisa Geoffrion (35) Reebok Aggies, 18:36. 3. Joanne Harper (27) Reebok Aggies, 18:48. 4. Monica Townsend (27) Reebok Aggies, 19:08. 5. Eileen Vukicevich (36) Reebok Aggies, 19:11. 6. Amanda Gerhard (27) Reebok Aggies, 19:17. 7. Maria Ravazza (26) Humboldt TC, 19:20. 8. Staci Brunton (24) Reebok Aggies, 19:32. 9. SaraBeth Schweitzer (16) unatt, 19:51. 10. Jill Strangio (30) Reebok Aggies, 20:00.

11. Shannon Sweeney (36) Reebok Aggies, 20:08. 12. Heidi McKenna (28) unatt, 20:51. 13. Megan Austin (36) Tamalpa, 20:57. 14. Melody-Anne Schultz, (54) Tamalpa, 21:02. 15. MariFaith Schweitzer (11) unatt, 21:08. 16. Beth Hickman (29) Reebok Aggies, 21:15. 17. Katie Gray (41) Tamalpa, 21:30. 18. Gloria Barror (25) Reebok Aggies, 21:33. 19. Jennifer Rubio (26) Reebok Aggies, 21:42. 20. Chris Sakelaros (35) Parkside AC, 21:50.

RESULTS

Fun at Fort Funston Run September 17, 5K

Overall Results

1. Lloyd Stephenson, 20:46. 2. Tylor Abbott, 21:44. 3. Anthony Davies, 22:26. 4. Peter Hsia, 22:34. 5. Antonio Corgas, 22:50.

Ron's Annual Wildlife Run

September 17, Los Gatos.

Division Results-Men

12 & U: 1. Michael Randazzi (12) Fremont, 39:53. 2. Jason Hogin (5) Cupertino, 76:42. **13-18:** 1. Carlos Siqueiros (14) San Jose, 39:26. 2. Ted Nakamura (16) San Jose, 51:35. 3. Aaron Duley (18) San Jose, 52:18. **19-29:** 1. Steve Isbel (23) Modesto, 30:43. 2. Ted Manning (28) Stanford, 35:05. 3. Mike McMananna (923) San Francisco, 35:16. **30-39:** 1. Beste Russell (33) Mt. View, 33:34. 2. Paul French (37) Cupertino, 34:01. 3. Andrew Nowell (34) Redwood City, 34:47. **40-49:** 1. Hank Lawson (40) Saratoga, 34:14. 2. John Hirschberger (43) San Francisco, 35:47. 3. Greg Burke (49) San Jose, 37:14. **50-59:** 1. Bill Bengivino (51) San Jose, 38:12. 2. Walter Radloff (50) San Jose, 38:48. 3. Jerome Woehol (50) San Jose, 39:04. **60-69:** 1. Ken Nash (67) San Jose, 48:11. 2. Alan Bruggess (62) San Jose, 50:20. 3. Pete Peterson (64) San Jose, 51:50.

Division Results-Women

12 & U: 1. Angela Gummow (11) Los Gatos, 50:20. **13-18:** 1. Cathy Aaenson (16) Saratoga, 47:37. 2. Melody Page (15) San Jose, 48:22. 3. Lally Flake (15) Campbell, 54:47. **19-29:** 1. Rachel Ross (29) Mt. View, 48:57. 2. Debbie Zafren (27) San Jose, 50:14. 3. Ginnelle Nemier (22) San Jose, 50:42. **30-39:** 1. Rosa Gutierrez (31) Sunnyvale, 35:30. 2. Dee Gray (39) Los Altos, 41:24. 3. Tina White Eagle-Lopez (933) Foster City, 43:33. **40-49:** 1. Darlene Wallach (44) San Jose, 40:10. 2. Debbie Follmar (41) Saratoga, 42:00. 3. Cindy Abramson (44) San Carlos, 44:00. **50-59:** 1. Susan Brown (52) San Jose, 45:27. 2. Georgia Riley (51) Campbell, 47:10. 3. Lynne Rossier (53) Los Gatos, 49:02.

San Leandro Shoreline Run

September 17, San Leandro.

Division Results-10K Men

2-13: 1. Paul Collins, 44:25. 2. Oliver Collins, 48:09. 3. Peter Bedris, 52:33. **14-18:** 1. Enrique Henriquez, 33:56. 2. Alexndro Rodriguez, 39:55. 3. Brian Caughell, 48:43. **19-29:** 1. Matt Romer, 36:03. 2. Francisco Nacu Jr., 40:55. 3. Justin Griffin, 41:30. **30-39:** 1. Mike Maguire, 35:24. 2. samuel Ha-

vell, 37:08. 3. John Lundy, 37:10. **40-49:** Brian Davis, 34:13. 2. Scott Strait, 35:07. 3. Dan Anderson, 35:50. **50-59:** 1. Jim Reitz, 36:08. 2. Alphonzo, 36:31. 3. James Buck, 39:42. **60-69:** 1. Bryan Holmes, 42:36. 2. Pentti Valkonfy, 45:21. 3. John Sellars, 46:50. **70 & O:** 1. frank Rodriguez, 55:59. 2. Tony Marshall, 1:09:04. 3. Ted Martin, 1:12:38.

Division Results-10K Women

2-13: 1. Jackie Beoris, 1:14:10. 2. Carolyn Beoris, 1:15:39. **19-29:** 1. Susan Vaughn, 39:25. 2. Natalie Porter, 49:52. 3. Allison Pretto, 49:56. **30-39:** 1. Debby Beyers, 38:52. 2. Marishka Rosinski, 46:13. 3. Kim Lobree, 47:55. **40-49:** 1. Kathleen Herman, 47:39. 2. Tobey Kaplan, 48:52. 3. Lisa felder, 50:45. **50-59:** 1. Maxine Young, 56:33. 2. Dawn Whitehead, 1:07:17. **60-69:** 1. Peggy Hansen, 56:59. 2. Jean Lar Rieu, 1:08:55. 3. Winifred Tuck, 1:14:49.

Division Results-3K Men

2-13: 1. John Gillis, 11:33. 2. Jeremiah Gutford, 13:05. 3. Andrew Boone, 13:59. **14-18:** 1. Eric Pines, 10:12. 2. Justin Griffin, 10:29. 3. Anthony Cataldo, 10:35. **19-29:** 1. Rick Reitz, 8:49. 2. David Bermudez, 13:32. 3. Fernando Jose, 14:17. **30-39:** 1. Hoah Hinkston, 9:45. 2. John Pidoli, 10:15. 3. Michael Plummer, 10:35. **40-49:** 1. Marlon Austin, 10:32. 2. Romell Hamlin, 10:51. 3. Greg Gillis, 10:57. **50-59:** 1. Harvey Franklin, 10:17. 2. George Mason, 10:36. 3. Michael Minietta, 10:36. **60-69:** 1. Jack Daniel, 13:21. 2. Ned Prochnow, 15:09. 3. Les Solaro, 17:46. **70 & O:** 1. David Cole, 15:08. 2. don Wilgus, 16:35. 3. Ulysses Ratti, 17:09.

Division Results-3K Women

2-13: 1. Larisa Solozhum, 11:42. 2. Lisa Gulsesth, 13:07. 3. Patrice Wakeley, 13:11. **14-18:** 1. Phyllis Feng, 15:58. 2. Tiffanie Pederson, 16:38. 3. Jessica Bischalaney, 17:12. **19-29:** 1. Elena Crowell, 12:13. 2. Mindy Davis, 14:10. 3. Marinelly Jennifer, 14:49. **30-39:** 1. Lyra Hunter, 11:53. 2. Cheng-Er Mehmedbasich Crockett, 12:26. 3. Carol Hawthorne, 12:51. **40-49:** 1. Colleen Palia, 14:00. 2. Mo Daniel, 14:21. 3. Kathy Peck, 14:35. **50-59:** 1. Gay Ostarello, 15:00. 2. Ana Maria Armas, 16:25. 3. Barbara Tocchini, 17:05. **60-69:** 1. Dena Berger, 16:53. 2. Mary Braun, 19:55. 3. Ruth Levitan, 20:25. **70 & O:** 1. Helen Sowers, 19:32. 2. Mary Rout, 26:24. 3. Chente Fazio, 34:44.

Castroville Artichoke Festival 10K

September 23, Castroville

Overall Results-10K

1. Jim Flint, Hollister, 32:01. 2. Sean McCormick, Paso Robles, 33:50. 3. David Rosen, Aptos, 34:36. 4. Gardner Howe, P.G., 36:26. 5. Terrence Bauer, Salinas, 36:43. 6. Ken Oliver, Morgan Hill, 37:06. 7. Robert Almon, Seaside,

37:20. 8. R. Zolldan, Fremont, 37:42. 9. Jeff Hakala, Seaside, 37:43. 10. Tomas Sanchez, Watsonville, 37:50.

Chevys To Chevys

September 23, Sacramento, 12K

Overall Results-12K

1. Edric Walker (27) Santa Rosa, 37:55. 2. Jeff Shaver (35) Cupertino, 38:38. 3. Kevin Kramer (21) Palo Alto, 39:04. 4. Leonard Veare (28) Elverta, 40:36. 5. Anthony Milevsky (32) Sacramento, 40:53. 6. Don Hicks (35) Rancho Cordova, 41:02. 7. Kevin Trauaz (34) Reno, NV, 41:16. 8. Rick Anderson (31) Fair Oaks, 42:40. 9. mark Gouge (35) Folsom, 42:58. 10. Robert Huffaker (28) Davis, 43:00. 11. Jim Iaurtzen (32) Redding, 43:15. 12. Tom Krug (22) Sacramento, 43:16. 13. Thom Pearman (33) Citrus Heights, 43:24. 14. mike Ammon (50) Carmichael, 43:47. 15. Evan Chang (36) Woodland, 44:04. 16. John Tuttle (34) Elk Grove, 44:10. 17. Joe Ferreira (39) Rocklin, 44:16. 18. James Johnson (27) Vacaville, 44:17. 19. Doug Steedman (40) Mountain View, 44:26. 20. Brian Woodhouse (40) Elk Grove, 44:34. 21. Edward Burns (26) Sacramento, 44:36. 22. Rene Gutierrez (36) San Ramon, 44:37. 23. Steven Shaffer (35) Davis, 44:39. 24. Dennis Prizmich (28) Fair Oaks, 44:52. 25. Jim Mcelroy (44) Sacramento, 44:54. 26. Darryn Crawford (27) Reno, NV, 44:55. 27. Steve Hall (43) Roseville, 44:56. 28. Ramon Jaime (30) Elk Grove, 45:01. 29. Fred Reyes (32) Sacramento, 45:05. 30. Mark Adams (32) Truckee, 45:06. 31. Bob Fournier (37) Sacramento, 45:08. 32. Steven Yee (42) Sacramento, 45:14. 33. Bob Whitehead (46) Sacramento, 45:18. 34. Scot Adam (19) Citrus Heights, 45:18. 35. Christopher Souder (30) Vacaville, 45:20. 36. Scott Abrahms (39) Reno, NV, 45:21. 37. Rick Edson (49) El Macero, 45:23. 38. Jim Flanagan (46) Davis, 45:25. 39. Jim Misen (35) San Francisco, 45:29. 40. Randell Sturgeon (43) Folsom, 45:34. 41. Tim Quinn (48) Turlock, 46:08. 42. Barry Turner (43) Sacramento, 46:13. 43. Brian Higgins (24) Sacramento, 46:13. 44. Peter Fitch (42) Orangevale, 46:15. 45. Lupe Feldperez (36) Sacramento, 46:25. 46. Don Koeberlein (48) Sacramento, 46:26. 47. Doug Gray (33) Elk Grove, 46:29. 48. Jon Wright (36) Rancho Cordova, 46:33. 49. Carlos Moravek (31) Sacramento, 46:37. 50. Rob Stark (36) Elk Grove, 46:43. **Division Results-12K Men**
14 & U: 1. Whitney McGill (14) Citrus Heights, 58:48. 2. Demi Earthly (14) Sacramento, 59:23. 3. Brian Huntley (14) Vacaville, 59:27. **15-19:** 1. Scot Adam (919) Citrus Heights, 45:18. 2.

Stephen Helsel (919) Sacramento, 56:27. 3. Karl Archibald (16) Sacramento, 56:54. **20-24:** 1. Kevin Kramer (21) Palo Alto, 39:04. 2. Tom Krug (22) Sacramento, 43:16. 3. Brian Higgins (24) Sacramento, 46:13. **25-29:** 1. Eric Walker (27) 37:55. 2. Leonard Veare (28) Elverta, 40:36. 3. Robert Huffaker (28) Davis, 43:00. **30-34:** 1. Anthony Milevsky (32) Sacramento, 40:43. 2. Kevin Truax (34) Reno, NV, 41:16. 3. Rick Anderson (31) Fair Oaks, 42:40. **35-39:** 1. Jeff Shave (35) Cupertino, 38:38. 2. Don Hicks (35) Rancho Cordova, 41:02. 3. Mark Gouge (35) Folsom, 42:58.

40-44: 1. Doug Steedman (40) Mountain View, 44:26. 2. Brian Woodhouse (40) Elk Grove, 44:34. 3. Jim Mcelroy (44) Sacramento, 44:54. **45-49:** 1. Bob Whitehead (46) Sacramento, 45:18. 2. Rick Edson (49) El Macero, 45:23. 3. Jim Flanagan (46) Davis, 45:25. **50-54:** 1. Mike Ammor (50) Carmichael, 43:47. 2. Joel Contreras (51) Carmichael, 49:05. 3. Howard Ferris (53) Davis, 49:11. **55-59:** 1. Neal Chappell (55) Stateline, NV, 46:49. 2. Jon Shelgren (55) Sacramento, 47:19. 3. Bruce Piner (55) Grass Valley, 50:45. **60-64:** 1. Bill Won (62) Davis, 55:36. 2. Irv Faria (64) Carmichael, 56:13. 3. John Dunn (61) Sacramento, 57:08. **65-69:** 1. Rodney Harrison (67) Sacramento, 49:38. 2. ene Pumphrey (68) West Point, 54:46. 3. George Black (66) Auburn, 1:14:57. **70 & O:** 1. Bob Burns (70) Carmichael, 1:06:03. 2. Ellis Katz (70) Sacramento, 1:06:04. 3. Jim Eymann (71) Sacramento, 1:13:59.

Division Results-12K Women

14 & U: 1. Jackie La Bine (13) Fair Oaks, 1:22:02. 2. Dayna Hambrick (13) Carmichael, 1:24:22. 3. Tammie Blackburn (13) Rocklin, 1:28:14. **15-19:** 1. Sara Lopez (19) Roseville, 1:06:41. 2. Jennie Jones (18) Roseville, 1:09:03. 3. Elizabeth door (19) Folsom, 1:12:09. **20-24:** 1. Lisa Scott (21) El Cerrito, 49:25. 2. Kim Nemanic (24) Sacramento, 53:01. 3. Maria Sun (23) Sacramento, 53:43. **25-29:** 1. Midor Waugh (28) Sacramento, 49:40. 2. Jessica Souder (29) Vacaville, 50:27. 3. Lisa Toledo (27) Folsom, 50:36. **30-34:** 1. Julie Duffek (33) Pine Grove, 48:46. 2. Robin Kaminski (30) Orangevale, 52:06. 3. Sylvie Brouter (32) Sacramento, 53:33. **35-39:** 1. Christine Iwahashi (39) Sacramento, 46:51. 2. Connie Kondo (37) Folsom, 47:09. 3. Melanie Bergevin (35) Rocklin, 48:02. **40-44:** 1. Bev Max (41) Fair Oaks, 47:33. 2. Cindy Scott (40) Sacramento, 47:46. 3. Vickie Pell (42) Carmichael, 49:13. **45-49:** 1. Cynci Calvin (49) Auburn, 51:10. 2. Jean Beloso (49) Davis, 55:50. 3. Betty Jordan (48) Walnut Creek, 58:03. **50-54:** 1. Sue Henson (53) Zephyr Cove, NV, 58:13. 2. Rusty Bar-

RESULTS

nett (53) El Dorado Hills, 58:46. 3. Judy Covin (53) Sacramento, 59:55. **55-59:** 1. Barbara Miller (56) Modesto, 48:33. 2. Heidi Skaden (58) 55:15. 3. Karen Diekmeyer (55) Stockton, 1:04:38. **60-64:** 1. Myra Rhodes (63) Sacramento, 56:31. 2. Kathy Iseri (62) Sacramento, 1:03:53. 3. Nancy Johnson (64) Sacramento, 1:14:12. **65-69:** 1. Peggy Ewing (67) Sacramento, 1:07:48. 2. Marian McKone (65) Carmichael, 1:07:56. 3. Nancy Markson (68) 1:31:58. **70 & O:** 1. Po Adams (71) Carmichael, 1:14:35.

Carousel To Coaster

September 24. Santa Clara. 10K

Overall Results-10K

1. Xavier Naranjo (33) un, 33:07. 2. Daniel Embaye (18) Union City, 34:38. 3. Jesus Garcia (34) Half Moon Bay, 34:49. 4. Peter Hsia (35) un, 34:53. 5. Antonio Puente (26) un, 35:03. 6. Timmy Reif (27) E Palo Alto, 35:27. 7. Robert Witherell (un) Campbell, 35:46. 8. Gary Gellim (27) Palo Alto, 35:50. 9. Chad Foster (16) Union City, 35:54. 10. Mark Ramirez (40) San Ramon, 36:07.

11. Manuel Abarra (30) San Jose, 36:30. 12. Chris Liou (27) Los Altos, 36:34. 13. Jeff Rohner (35) Sunnyvale, 36:45. 14. John Colver (30) Morgan Hill, 37:04. 15. Julios Ratti (45) Oakland 37:10. 16. David Piazza (36) San Mateo, 37:14. 17. Andrew Shogan (16) Lafayette, 37:20. 18. Felipe Avila (32) un, 37:22. 19. Kristin Jacobs (30f) San Jose, 37:25. 20. John Kammerer (30) sunnyvale, 37:29.

21. David Bitner (44) Saratoga, 37:40. 22. Jason Smedley (16) Lafayette, 37:45. 23. Ken Hale (27) Ben Lomond, 38:07. 24. Eyob Embaye (16) Union City, 38:24. 25. Marty Wall (31) Redwood Cuty, 38:29. 26. Kenn Sturtz (28) San Jose, 38:36. 27. Jim Moore (59) un, 38:38. 28. Justin Griffin (17) San Leandro, 38:58. 29. Ovidio Resendez (29) San Jose, 39:12. 30. Bob Landry (32) Mtn View, 39:32.

31. Scott Groth (27) San Jose, 39:34. 32. Greg Nicoll (43) Redwood City, 39:37. 33. Micheline McCullough (30f) Mtn View, 39:47. 34. David Steece (32) un, 39:50. 35. Fred Martin (51) Pleasanton, 39:52. 36. Marco Cuyan (28) Santa Cruz, 39:58. 37. Marvin Gerard (44) Hayward, 40:08. 38. Kiem Ngo (36) San Jose, 40:18. 39. Naim Webb (14) Oakland, 40:33. 40. Shimelesse Godwin-Mekbebb (16) Union City, 40:34.

43. Annette Shearer (34f) Mill Valley, 40:46. 49. Jeanne Delaney (28f) Sunnyvale, 41:34. 50. Susanne Rundberg (34f) San Francisco, 41:43. 56. Suzanne Kowalski (34f) Danville, 42:04. 65. Senhit Dirar (12f) Union City, 42:56. 75. Sue Doyle (40f) Cas-

tro Valley, 43:40. 79 Kelly Emo (30f) Campbell, 44:15. 84. Lisa Bostjanick (16f) Lafayette, 44:25.

Pacific Cross Country Series #4

September 30. Spring Lake Park, Santa Rosa

Overall Results-8K Open Men

1. Ray Appenheimer (22) Farm, 24:48. 2. Jason Lienau (26) Aggies, 25:06. 3. John Coyle (24) Farm, 25:24. 4. Danny Aldridge (39) Empire, 25:30. 5. Russell Hill (27) Aggies, 25:32. 6. Mike McManus (29) Adidas, 25:34. 7. Brat Kimple (26) Aggies, 25:38. 8. Vic Santa Maria (27) Aggies, 25:40. 9. Kendrick Sealey (28) Adidas, 25:41. 10. Joe Karnes (30) Humboldt, 25:47.

11. Ken Keyte (32) Empire, 25:47. 12. Corey Trovinger (26) Humboldt, 25:50. 13. Jeff Shaver (35) Aggies, 25:55. 14. Scott Pesch (28) Humboldt, 26:02. 15. Jamie Harris (24) Aggies, 26:05. 16. Peter Chanard (25) Humboldt, 26:08. 17. Steve Pappa (31) Humboldt, 26:18. 18. Tim Minor (38) SilverSt, 26:20. 19. Jeff Hacker (35) Ryan's, 26:25. 20. Marc Zibblatt (32) Humboldt, 26:29.

Overall Results-8K Master Men

1. Lloyd Stephenson (40) Excelsior, 26:19. 2. Daniel Gruber (40) Aggies, 26:25. 3. Tom Cushman (41) Aggies, 27:04. 4. Bob Ecert (41) WVJS, 27:25. 5. Peter Sweeney (40) Aggies, 27:49. 6. Charles Thompson (45) Excelsior, 28:05. 7. Dirk Rohloff (40) Aggies, 28:15. 8. Butch Alexander (42) Empire, 28:46. 9. Jim Gorman (46) Excelsior, 28:57. 10. Toni Ruggie (40) Aggies, 29:05.

11. Gary Davis (41) Excelsior, 29:12. 12. Bill Knapp (45) Excelsior, 29:12. 13. Dan Preston (53) Empire, 29:24. 14. Tim Stewart (40) Empire, 29:55. 15. Robert Darling (46) Excelsior, 30:12. 16. Michael Craigie (40) unatt, 30:31. 17. Bob Merritt (40) Empire, 30:47. 18. John Lawson (40) Tamalpa, 30:50. 19. Doug Steedman (40) Aggies, 31:03. 20. Alan Stanbridge (48) Excelsior, 31:07.

Overall Results-6K Women

1. Bigna Samuel (29) Aggies, 22:02. 2. Michelle Nielson (34) Impala, 22:13. 3. Rae Henderson (un) Aggies, 22:06. 4. Lisa Geoffrin (35) Aggies, 22:08. 5. Melissa Martel (34) Aggies, 22:22. 6. Catherine Dubay (31) Empire, 22:35. 7. Marcia Rauassa (26) S. Cruz TC, 22:42. 8. Joanne Harper (27) Aggies, 22:46. 9. Staci Brunbon (24) Aggies, 22:51. 10. Hess-Gerhardt A (27) Aggies, 22:51.

11. Jill Strangio (30) Aggies, 23:08. 12. Leslie McMullin (44) Tamalpa, 23:10. 13. Suzanne Cordes (35) Impala, 23:12. 14. Shannon Sweeney (36) Aggies, 23:17. 15. Marcia West (26)

Impala, 23:23. 16. Sara Schweitzer (16) unatt, 23:29. 17. Kate Sweetman (31) Impala, 23:46. 18. Kathleen McGuirk (37) Tamalpa, 23:52. 19. Sharon Powers (36) Humboldt, 23:54. 20. Kathy Van Riper (26) Empire, 23:59.

Team Scores (Top 5-by time): 1. Reebok Aggies, 1:51:25. 2. Impala, 1:56:30. 3. Empire Runners, 2:00:19. 4. Tamalpa, 2:06:56. 5. Sonoma State Club, 2:22:32.

Sacramento Marathon & 1/2 Marathon

October 1. William Land Park, Sacramento

Overall Results-Marathon

1. Robert Digiulio (48) Wheel Chr, Redding, 2:04:06. 2. James Sheremeta (31) San Diego, 2:32:02. 3. Johan Eliasson (26) San Pedro, 2:33:12. 4. Keith Witthauer (39) Apple Valley, 2:48:09. 5. Antonio Estever (29) Fresno, 2:48:22. 6. Joe Turnbow Jr (31) Ukiah, 2:53:42. 7. Rae Clark (43) Camino, 2:54:37. 8. James Ross (31) Fair Oaks, 2:55:06. 9. Vishal Doctor (20) San Jose, 2:55:43. 10. Juan Cabeza (51) Torrance, 2:58:00.

11. Carl Kadlic (25) San Francisco, 2:58:02. 12. Craig Newport (49) Orangevale, 2:58:59. 13. Greg Desautel (29) Elk Grove, 2:59:44. 14. George Staub (39) El Dorado Hills, 3:00:14. 15. Evan Chang (36) Woodland, 3:01:15. 16. Karl Coffman (32) Calisbad, 3:02:49. 17. Brian Perkins (49) Montara, 3:03:45. 18. Albert Hwang (16) Sacramento, 3:04:28. 19. Paul Davis (21) Stanford, 3:05:14. 20. Frank Lopez (33) Escondido, 3:06:08.

21. Julie Oehlschlaeger (24f) Madera, 3:06:14. 22. James Eales (35) Bakersfield, 3:06:47. 23. Bill Hambrick (41) Carmichael, 3:07:38. 24. William Madden Jr. (24) 29 Palms, 3:08:01. 25. Greg Magnuson (35) Long Beach, 3:08:15. 26. Michael Musil (32) San Francisco, 3:08:43. 27. Daniela Chuhlanseff (26f) Fresno, 3:08:47. 28. James Larson (29) Sacramento, 3:09:01. 29. Jim Magill (49) Saratoga, 3:09:05. 30. Mark Jardino (28) Palm Desert, 3:09:12.

31. Glenn Morrill (52) Reno, NV, 3:09:30. 32. Stephen Marques (42) Los Angeles, 3:09:39. 33. Chandra Dene Boudystun (25f) San Diego, 3:10:33. 34. Ernesto Figueroa (31) Riverside, 3:10:58. 35. Bruce Hoffman (33) Fremont, 3:11:07. 36. Jason Schweitzer (19) Marysville, 3:11:57. 37. Angel Montoya (35) Mission Viejo, 3:11:58. 38. Ernest Takahashi (50) Sacramento, 3:12:39. 39. Chuck Kratochvil (42) Woodland, 3:13:41. 40. Constanzo Lajeunesse (36) Cublin, 3:15:20.

41. Bruce Yoshiwara (41) Northridge, 3:15:28. 42. Gary Henslee (44)

Cedar Ridge, 3:15:47. 43. Stanley Reyer Jr. (41) Nipomo, 3:16:13. 44. Brian Macgowan (36) Livermore, 3:16:24. 45. Robert Lanway (40) Concord, 3:17:16. 46. Chuck Olsor (39) Auburn, 3:17:21. 47. Jerry Martinez (43) Sparks, NV, 3:17:26. 48. Steve Grant (40) Stockton, 3:17:32. 49. Jack Zakarian (43) Kensington, 3:17:36. 50. Robert Garcia (41) Clovis, 3:18:13.

Division Results-Marathon Men

13-15: 1. Matthew Marrujo (15) Sacramento, 4:31:42. **16-18:** 1. Abee Hwang (16) Sacramento, 3:04:26. 2. Erik Shipley (18) fontana, 3:42:39. **19-24:** 1. Vishal Doctor (20) San Jose, 2:55:43. 2. Paul Davis (21) Stanford, 3:05:14. 3. William Madder Jr. (24) 29 Palms, 3:08:01. **25-29:** 1. Johan Eliasson (26) San Pedro, 2:33:12. 2. Antonio Estever (29) Fresno, 2:48:22. 3. Carl Kadlic (25) San Francisco, 2:58:02. **30-34:** 1. James Sheremeta (31) San Diego, 2:32:02. 2. Joe Turnbow Jr (31) Ukiah, 2:53:42. 3. James Ross (31) Fair Oaks, 2:55:06. **35-39:** 1. Keith Witthauer (39) Apple Valley, 2:48:09.

2. Evan Chang (36) Woodland, 3:01:15. 3. James Eales (35) Bakersfield, 3:06:47. **40-44:** 1. Rae Clark (43) Camino, 2:54:37. 2. Bill Hambrick (41) Carmichael, 3:07:38. 3. Stephen Marques (42) Los Angeles, 3:09:39. **45-49:** 1. Craig Newport (49) Orangevale, 2:58:59. 2. Brian Perkins (49) Montara, 3:03:45. 3. Jim Magill (49) Saratoga, 3:09:35. **50-54:** 1. Juan Cabeza (51) Torrance, 2:58:00. 2. Glenn Morrill (52) Reno, NV, 3:09:30. 3. Ernest Takahashi (50) Sacramento, 3:12:39. **55-59:** 1. Ker Gaal (55) Yuba City, 3:22:03. 2. Joe Delgado (57) Madera, 3:26:11. 3. Frank Delgado (59) Fresno, 3:28:24.

60-64: 1. Stephen Gaal (61) Stockton, 3:32:48. 2. Richard Willets (61) Los Altos, 3:50:22. 3. Louis Simms Jr. (62) Los Angeles, 3:51:01. **70-99:** 1. Manuel Lara (74) Gardena, 4:22:38. 2. Frank Rodriguez (70) San Lorenzo, 4:56:54. **Masters:** 1. Robert Digiulio (48) Redding, 2:04:06. 2. Rae Clark (43) Camono, 2:54:37. 3. Juan Cabeza (51) Torrance, 2:58:00. 4. Craig Newport (49) Orangevale, 2:58:59. 5. Brian Perkins (49) Montara, 3:03:45.

Division Results-Marathon Women

19-24: 1. Julie Oehlschlaeger (24) Madera, 3:06:14. 2. Christy Bailes (24) Fairfield, 3:30:58. 3. Beth Weinrich (24) Fairfield, 3:36:58. **25-29:** 1. Daniela Chuhlanseff (26) Fresno, 3:08:47. 2. Chandra Dene Boudystun (25) San Diego, 3:10:33. 3. Peggy Devine (28) Cardiff, 3:20:02. **30-34:** 1. Sharon Kebler (33) Chino Hills, 3:19:32. 2. Sonya Wells (31) Roseville, 3:21:31. 3. Durinda Schobert (30) Mammoth Lakes, 3:35:55. **35-39:** 1. Renee Golenz (36) Davis, 3:22:09. 2.

RESULTS

Nancy Marriner (39) Incline Village, NV, 3:25:59. 3. Angela Brittsan 939) Del Mar, 3:44:58. **40-44**: 1. Liz Cecchi (43) King City, 3:24:13. 2. Susan Bradshaw (40) Santa Cruz, 3:40:03. 3. Cori Leone (41) Orange, 3:41:38. **45-49**: 1. Leslie Nacanisi (49) San Jose, 6:12:44. 2. Karen Ide (45) Reno, NV, 6:12:46. **50-54**: 1. Reiko Duba (51) Palmdale, 3:54:07. 2. Marie Harmon (54) Fair Oaks, 4:41:43. 3. Elaine Koga (53) Daly City, 4:52:28. **55-59**: 1. Maureen McColligan (57) Carmichael, 4:53:33. **Masters**: 1. Liz Cecchi (43) King City, 3:24:13. 2. Susan Bradshaw (40) Santa Cruz, 3:40:03. 3. Cori Leone (41) Orange, 3:41:38. 4. robbin Palmer (42) Vallejo, 3:41:52. 5. Reiko Duba (51) Montara, 3:03:45.

Overall Results-1/2 Marathon

1. Chris Houde (35) Wheel Chr, Carmichael, 1:01:20. 2. Chuck McAvoy (46) Wheel Chr, Rancho Cordova, 1:06:17. 3. Sergio O'Cadiz (29) Davis, 1:15:26. 4. Gerry Valverde (35) Fresno, 1:17:13. 5. Chris Enfante (43) Elk Grove, 1:17:40. 6. Keith Hedlund (32) Salinas, 1:17:44. 7. Mike Deatherage (41) Suisun, 1:18:23. 8. Kevin Truax (34) Reno, NV, 1:19:14. 9. Randy Sturgeon (43) Folsom, 1:19:52. 10. Dennis Meidinger (46) Fair Oaks, 1:20:20.

11. Richard Tatiff (46) Sacramento, 1:20:24. 12. Ron Souza (41) Citrus Heights, 1:20:29. 13. Troy Turner (32) W. Sacramento, 1:20:50. 14. Bill Driskill (34) Rocklin, 1:21:45. 15. Scott Worden (23) Oroville, 1:21:47. 16. John Kennedy (42) Sacramento, 1:21:58. 17. Jim McElroy (44) Davis, 1:22:16. 18. Jaime Ramon (30) Elk Grove, 1:22:30. 19. Patrick Sweeney (37) Sacramento, 1:23:19. 20. Doug Butt (50) Fairfield, 1:23:22. 21. Barry Turner (42) Sacramento, 1:23:31. 22. John Buckerfield (30) Fair Oaks, 1:23:54. 23. Scott Strinling (25) Sacramento, 1:24:17. 24. David Flynn (21) Martinez, 1:24:27. 25. Steve Hall (44) Roseville,

1:24:34. 26. David Williams (42) Fresno, 1:24:47. 27. Kathleen Atkins (36f) Rocklin, 1:24:56. 28. Jim Flanigan (46) Davis, 1:24:59. 29. Jeff Barbier (30) Tucson, AZ, 1:25:25.

30. Christine Iwahashi (39f) Sacramento, 1:25:29. 31. Jim King (44) Stockton, 1:25:43. 32. Jon Shelgren (55) Sacramento, 1:25:43. 33. Brian Hodges (36) Wheatland, 1:25:59. 34. Paul Zaich (41) Stockton, 1:26:07. 35. Bob Fredenburg (42) Sacramento, 1:26:12. 36. Debbie Devine (33) Bishop, 1:26:47. 37. Michael McShane (35) Sacramento, 1:26:35. 38. James Tabb (33) Bishop, 1:26:47. 39. Donald Wilson (40) Cameron Park, 1:26:58. 40. Joel Minden (25) Chico, 1:27:18.

41. Jim Atkins (35) Rocklin, 1:27:34. 42. Gordon Medd (32) Rocklin, 1:27:38. 43. Scott McIntosh (45) Grass Valley, 1:27:39. 44. Steve Tredway (47) Manteca, 1:27:48. 45. Bruce Fuimoto (39) Sacramento, 1:27:52. 46. Tim Frawley (47) Sacramento, 1:27:55. 47. Jerry Dodge (30) Antelope, 1:28:05. 48. Alvin Otani (33) Petaluma, 1:28:36. 49. Mark Wolfe (32) Ashland, OR, 1:28:42. 50. Howard Ferris (53) Davis, 1:28:43.

Division Results-1/2 Marathon Men

13-15: 1. Patrick Fee (15) Auburn, 1:53:17. 2. Kristopher Weiss (14) Elk Grove, 2:01:33. **19-24**: 1. Scott Worden (23) Oroville, 1:21:47. 2. David Flynn (21) Martinez, 1:24:27. **25-29**: 1. Sergio O'Cadiz (29) Davis, 1:15:26. 2. Scott Strinling (25) Sacramento, 1:24:17. 3. Joel Minden (25) Chico, 1:27:18. **30-34**: 1. Keith Hedlund (32) Salinas, 1:17:44. 2. Kevin Truax (34) Reno, NV, 1:19:14. 3. Troy Turner (32) W. Sacramento, 1:20:50. **35-39**: 1. Chris Houde (35) Carmichael, 1:01:20. 2. Gerry Valverde (35) Fresno, 1:17:13. 3. Patrick Sweeney (37) Sacramento, 1:23:19. **40-44**: 1. Chris Enfante (43) Elk Grove, 1:17:40. 2. Mike Deatherage (41) Suisun, 1:18:23. 3. Randy Sturgeon (43) Folsom, 1:19:52. **45-49**: 1. Chuck McAvoy (46) Rancho

Cordova, 1:06:17. 2. Dennis Meidinger (46) Fair Oaks, 1:20:20. 3. Richard Ratliff (46) Sacramento, 1:20:24. **45-49**: 1. Jim Flanigan (46) Davis, 1:24:59. 2. Scott McIntosh (45) Grass Valley, 1:27:39. **50-54**: 1. Doug Butt (50) Fairfield, 1:23:22. 2. Howard Ferris (53) Davis, 1:28:43. 3. Mike Pipe (51) Sacramento, 1:30:20. **55-59**: 1. Jon Shelgren (55) Sacramento, 1:25:43. 2. Bruce Piner (55) Grass Valley, 1:35:10. 3. Phil Hauck (55) Carson City, 1:37:06. **60-64**: 1. Alex Derieux (61) San Francisco, 1:29:29. 2. Big Al Kirkman (62) Richmond, 1:41:11. 3. Donald Bieber (60) Monterey, 1:41:59. **65-69**: 1. Bill Wood (66) Rancho Cordova, 1:48:46. 2. Masayuki Kinoshita (68) Lodi, 2:09:39. 3. Everett West (65) Van Nuys, 2:35:08. **Wheel Chr**: 1. Chris Houde (35) Carmichael, 1:01:20. 2. Chuck McAvoy (46) Rancho Cordova, 1:06:17.

Division Results-1/2 Marathon Women

9-12: 1. Ashley Mammerstein (9) Manteca, 2:27:24. **13-15**: 1. Alison Cruz (13) Escondido, 2:38:25. **16-18**: 1. Adrea Allen (18) Sacramento, 2:16:02. **19-24**: 1. Nichole Pereoos (23) Reno, NV, 1:37:54. 2. Maria Sun (23) Sacramento, 1:39:31. 3. Carrie Harris (22) Fair Oaks, 1:39:33. **19-24**: 1. Kimberly Kadzik (24) Davis, 1:42:04. **25-29**: 1. Julie Dittman (26) Citrus Heights, 1:31:40. 2. Sherry Mintle (29) Sacramento, 1:34:40. 3. Jennifer Robinson (25) Rocklin, 1:40:30. **30-34**: 1. Debbie Devine (33) Crystal Bay, NV, 1:26:18. 2. Antoinette Marsh (30) Dixon, 1:30:15. 3. Beckie Starsky (31) Folsom, 1:35:51. **35-39**: 1. Kathleen Atkins (36) Rocklin, 1:24:56. 2. Christine Iwahashi (39) Sacramento, 1:25:29. 3. Melanie Bergevin (35) Rocklin, 1:28:57. **40-44**: 1. Desiree Wilson (40) Carmichael, 1:40:07. 2. Linda Belton (41) Sacramento, 1:41:16. 3. Tracey Saizan (44) Elk Grove, 1:45:39. **45-49**: 1. Jessie Stratton (49) Redding, 1:35:47. 2. Brenda Pollard (46) Sacramento, 1:46:34. 3. Cinda Muser (47) Acampo,

1:52:34. **50-54**: 1. Susan Condon (51) Chico, 1:49:21. 2. Judy Covin (53) Sacramento, 1:51:57. 3. Judy Press (52) Sacramento, 1:55:18. **55-59**: 1. Louise Walters (55) Freesthills, 1:36:35. 2. Becky Whitehead (56) Bakersfield, 2:03:31. 3. Velma Carroll (58) Sacramento, 2:28:54. **60-64**: 1. Gilman Jung (63) Petaluma, 1:53:24. 2. Aurora Perez (63) Bakersfield, 2:38:51. 3. Terry Lutz (60) Loomis, 3:03:39. **65-69**: 1. Liz DeMonte (65) Fresno, 2:03:37. 2. Peggy Weing (67) Sacramento, 2:08:27. **70-99**: 1. Po Adams (71) Carmichael, 2:21:49.

Happy Hollow Huff'n Puff 5K

October 1, San Jose

Division Results-5K Men

5-12: 1. David Hehn, 21:13. 2. Jeremy Reynaga, 23:04. 3. Justin Nakasaki, 26:19. **13-18**: 1. Robert Sandova, 16:00. 2. Carlos Siqueiros, 16:56. 3. Justin Fleury, 27:59. **19-29**: 1. Jason Guven, 17:08. 2. Jurik Riegel, 17:23. 3. David Williams, 19:04. **30-39**: 1. Colin Dixon, 17:05. 2. Carlos Siqueiros, 17:07. 3. Tim Schmal, 17:26. **40-49**: 1. Greg Burk, 16:52. 2. Wayne Salvatore, 18:51. 3. Jeff Sadler, 19:42. **50-59**: 1. Jerome Woehl, 17:18. 2. Dan Walton, 28:22. **60 & O**: 1. Zeno Buehmer, 21:22. 2. Andrew Musante, 39:40.

Division Results-5K Women

5-12: 1. Rachel Reynaga, 29:35. 2. Melanie Johnson, 36:11. 3. natalie James, 42:11. **13-18**: 1. Amy LaPine, 20:58. 2. Leah Nakasaki, 31:47. **19-29**: 1. Gwen Williams, 24:12. 2. Marina Cardoza, 26:50. 3. Debie Luna, 49:35. **30-39**: 1. Elizabeth Nast, 18:47. 2. Denise Divis, 22:24. 3. Lisa Fleury, 24:24. **40-49**: 1. Rhoda Merabeau, 21:41. 2. Sharon Schwake, 31:41. 3. Patti Harinian, 43:14. **50-59**: 1. Lynn Hanchett, 29:27. 2. Janice Walton, 32:57. 3. Judy Wolfinger, 46:41. **60 & O**: 1. Alice Musante, 43:09.

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SoCAL DIARY

By Bill Minarik

September 11

Three college invitationals officially opened the 1995 cross country scene in SoCal, with the **CS Fullerton Invitational** headlining last Saturday's action. At that one, the Fresno State men upset the Arizona Wildcats 36-37, while the talent-laden Arizona women defeated the rest of the field combined with a 26 point total in front of SMU's 46. At the **San Diego Invitational**, USD and UCSD were divisional winners in the men's competition, while St. Mary's and Pt. Loma were women's champions. The **Whittier Invitational** saw the Azusa Pacific men destroy the field and runner-up East L.A. 28-72, while the powerful Claremont-Mudd women outran the Fi-Bar TC 54-76.

September 18

All institutional levels were in action last weekend with some of the top state community college contenders congregating at Kenneth Hahn Park in West L.A. for the **West L.A. Invitational**. The Glendale College men showed that they have a good shot at the state title by outrunning a strong Mt. SAC team 24-58. However, the female Mounties edged Pasadena 31-34 to take the women's crown.

In the prep ranks, the **Woodbridge Invitational**, which was scored on a combined time basis, had the boys from Glendale Hoover outdistancing Santa Ana 1:17.57 - 1:18.25. The girls from Yucaipa out-kicked Canyon High 1:31.20 - 1:31.47. At the **Rosemead Invitational**, the St. Francis boys cruised by Loyola 1:20.23 - 1:21.08; while the Saugus girls destroyed the field and second place San Marino 1:37.45 - 1:43.54.

In another community college meet featuring teams from the **Orange Empire Conference**, the Rancho Santiago men destroyed the field and runner-up Riverside 24-71, while the Riverside women outran #2 Irvine Valley 45-56.

In four-year/open competition, the **UC Irvine Invitational** saw Western region power Northern Arizona destroy the field and runner-up Washington 33-95; while national power Arkansas held off a good Washington team 25-36. Further down the coast at the **Aztec Invitational** at San Diego's Balboa Park, the Fresno State Bulldogs continued to impress with a 35-53 victory over Utah in the men's division. In the women's competition, UCLA was a surprise 39-42 victor over runner-up Utah. This is a surprise because the Bruins, without X-C All-American Shelley Taylor competing this year,

weren't supposed to be able to beat anyone. In a final dual meet of note, the Pepperdine men and women swept past Loyola-Marymount 20-38 and 19-41.

September 25

There was only a scattering of invitationals across the institutional levels last Saturday, with the **Riverside Invitational** topping the college/open scene. At that one, the hometown UC Riverside men scored a 70-86 win over the Asics Track Club. The powerful Asics women won a close 91-100 battle with a surprisingly strong USC team. The USC success can be attributed, in large part, to the efforts of junior Emebet Shiferaw, who was the individual champ here. You may remember Shiferaw as a member of the Riverside CC juggernaut the past two seasons.

In a dual meet invitational at Caltech, Pasadena CC won both the men and women's sections with 7-0 records, while Caltech and Chapman were runner-up at 6-1.

At the **Gold Coast Community College Invitational** in Costa Mesa, the Glendale men continued on a role by cruising past runner-up El Camino 59-77, while the Mt. SAC women eased by a strong San Diego Mesa 7, 58-74.

In the only prep invitational where scoring was reported, the boys from Huntington Beach and Salesian, along with the girls from Mater Dei and St. Josephs came away with divisional titles at the **St. John Bosco Invitational**.

October 2

There was a big slate of prep invitationals last weekend with the prestigious **Bell-Jeff Invitational** at Griffith Park receiving top billing. The cast of divisional winners included boy's teams from McFarland, Arvin, Moorpark, La Salle and Lancaster Desert Christian. Girls' champions hailed from Simi Valley, Crescenta Valley, Moorpark, McFarland and Lancaster Desert Christian. Further south at the **Dana Hills Invitational**, Yucaipa High swept the boy's and girl's divisions, defeating runner-ups Vista and Dana Hills by combined time margins :45 and 4:45 respectively. Up at Oxnard at the **Channel Island Invitational**, the boys from Buena took first ahead of Arroyo Grande 72-94, while the Saugus girls ran away from second place Buena 42-70. Up at the prestigious **Stanford Invitational**, SoCal boy's teams from Huntington Beach Edison, Nordhoff and Morro Bay claimed titles along with girl's teams from Scripps and El Modena.

On the community college scene, at the **Bakersfield Invitational**, the Glendale men and Moorpark women both won divisional titles by finishing ahead of runner-up Bakersfield with scores of 30-57 and 47-48. At the **Foothill Conference** pre-meet, the Citrus men were easy 39-65 winners over Rio Hondo, while the Antelope Valley women finished 12 ahead of San Bernardino Valley 37-49.

In four-year college action, the **Stanford Invitational** gave the home school fans a lot to cheer about as the host Cardinals swept both men's and women's divisions ahead of two national powers. The men outran Northern Arizona 53-61, while the women surged past Arkansas 28-57. Further south at the **Pepperdine Invitational**, the San Diego men took the measure of runner-up Pepperdine 16-50, while the USC women ran away from the field and runner-up San Diego 19-57.

October 9

The main invitational season for preps continued in high gear beginning with the **Kenny Staub Invitational** at Crescenta Valley Park. Boys' teams from Glendale Hoover, Loyola and Bell-Jeff took home championship trophies along with girl's teams from Canyon, South Torrance and Hart. At the **Yucaipa Invitational**, boy's teams winning divisional titles included Rialto, Arlington and Salesian. Girl's team winners were Redlands, Yucaipa and Temescal Canyon. The **Central Park Invitational** at Huntington Beach crowned boy's champions from Saddleback and Huntington Beach, as well as girl's titleists from Thousand Oaks and Los Alamitos. The **San Gabriel Valley Invitational** at Mt. SAC saw the Diamond Bar boys and Bishop Amat girls in runaway wins, by combined times of 1:49 and 2:20.

A big community college meet saw the Rancho Santiago men edge El Camino 43-50 while the Mt. SAC women destroyed the field and second place Long Beach 45-128.

In four-year college action, first at the **Biola Invitational**, the Asics men destroyed the field and runner-up Claremont-Mudd 19-77. However, the C-M women turned things around with a 44-48-49 win over Asics and USC.

The outcome of the **UCSD Invitational** showed that Oxy is still a force to be reckoned with in the SCIAAC, as the Tigers swept both men's and women's crowns with combined time victory margins of 1:45 and :49 over UCSD and UC Irvine, respectively.

West Valley Track Club Presents

22nd Annual

Christmas Relays

Lake Merced, San Francisco

4 Person Teams ■ 4 1/2 Miles Per Leg

Sunday, December 17, 1995

Snack of the 90's

The Original

Pocket Pretzels



Black Mountain SPRING WATER

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

START TIME: All teams start at 9 a.m.

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

REGISTRATION: Fees payable to West Valley TC. Entry fees are non-refundable and non-transferable. \$15 per person with hooded long-sleeve shirt (\$60 team). \$9 per person (\$36 team) with no shirt, if entry postmarked by December 9. \$48 late registration with no shirt. DO NOT MAIL ENTRY AFTER DEC. 9 -- 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. 9) 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.17 except JUNIORS must not turn 20 in 1995.

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

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

"OPEN" (12) -- No restrictions (1:24:22)

DIV. B (3) -- Junior Boys (born 1976 or after) (1:32:22)

DIV. C (1) -- Junior Girls (born 1976 or after) (1:54:20)

DIV. F (7) -- 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 (4) -- 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 (6) -- Masters Men (40 years or older) (1:34:28)

DIV. N (4) -- Women's "Open" (no age restrictions) (1:40:08)

DIV. X (2) -- Sub-Masters Women (30 years or older) (1:48:02)

DIV. S (3) -- Couples (2 male, 2 female) -- New Division.

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: SEARCHY BARNETT (510) 635-9508 (eves). \$60 (\$36 no shirts) ENTRY FEE (non-refundable, non-transferable) must be sent with entry form. DO NOT MAIL IF POSTMARKED AFTER DEC. 9 (enter raceday for \$48). 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 1995 Christmas Relays.

Date _____ Team Representative (18 & over) _____ (Signature required)

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? _____

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