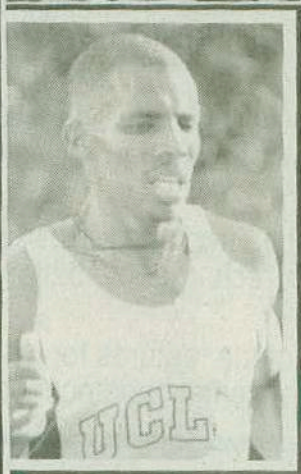
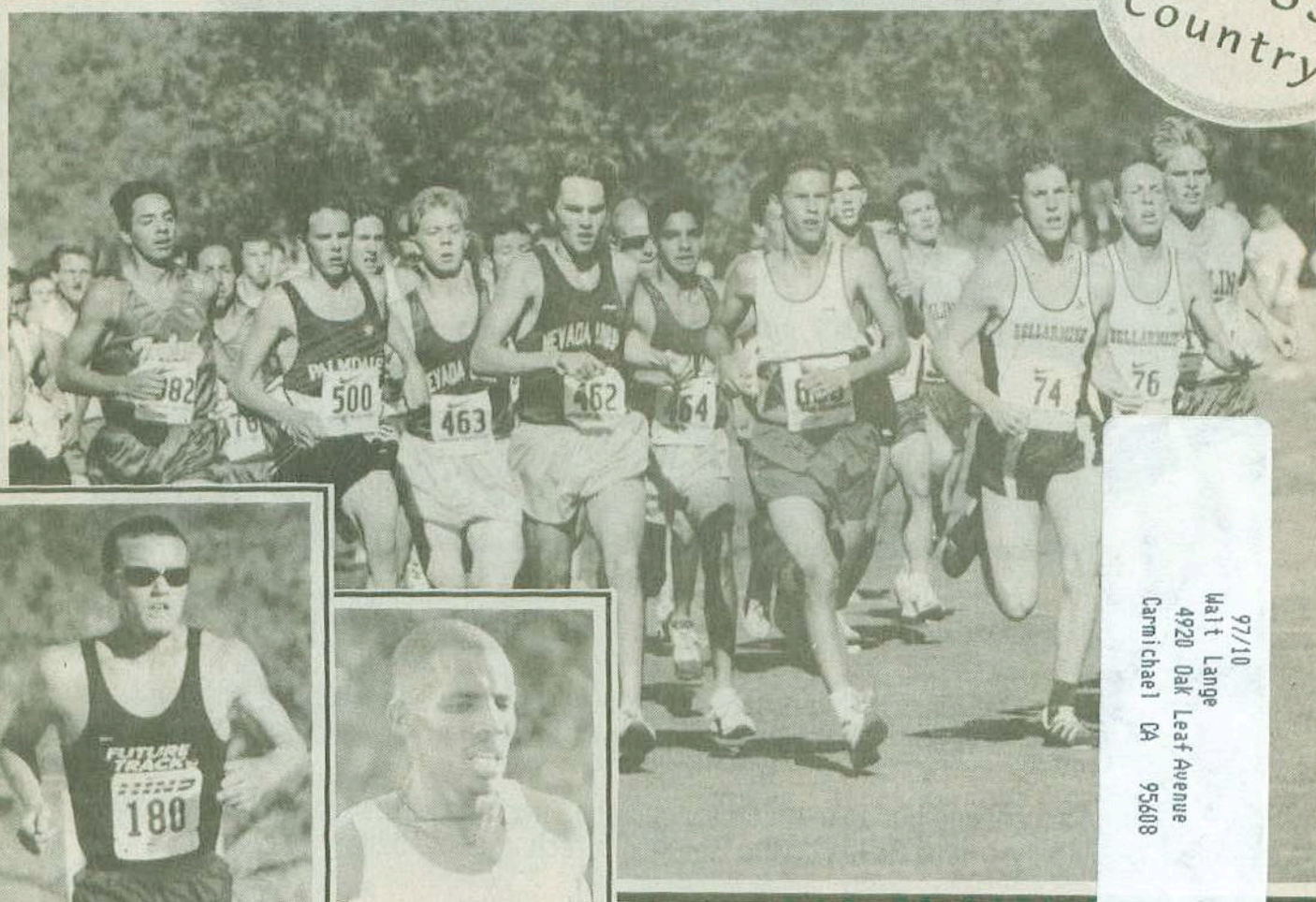


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Track & Running News

November/December 1996 Issue No. 225

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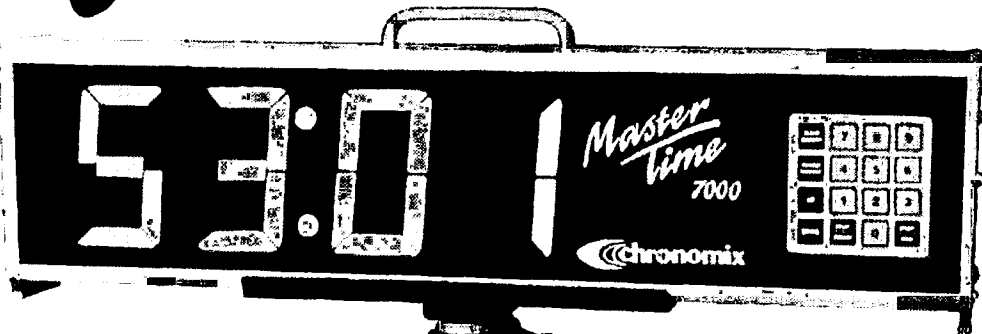
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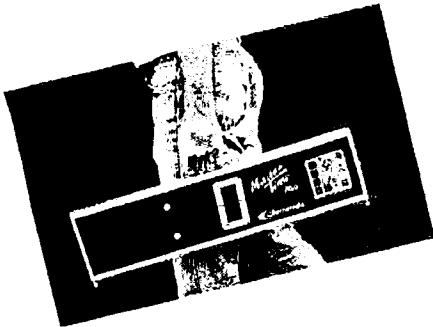
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FROM THE EDITOR

THE COURSE

You would have to see it to believe it. Nine thousand high school runners, 78 races, 3 miles, hills, hills and more hills. If you've been there, you will know this describes the infamous Mt. SAC Cross Country Invitational.

Mt. SAC is the measure of all cross country runners in Southern California. The Mt. SAC course is the standard by which all runners are compared. In Southern California, you can't really "qualify" as a cross country runner if you haven't conquered "Poop-Out Hill" or negotiated the "switchbacks."

How do you get 9,000 runners around a three-mile circuit in just a two-day span? You run 3 races simultaneously--starting a new race every 7 minutes. It's a logistical nightmare and a sight to behold!

I ran my first Mt. SAC race back in 1961 as a high school sophomore at Duarte High School. It wasn't even 2 miles back then and there weren't any

switchbacks, but I will never forget the challenge of the course.

The Mt. SAC Invitational Cross country meet is a tradition and a legend. But, it's still more than just another traditional invitational and a busy schedule. The Mt. SAC Invitational Cross Country Meet is a "happening." You got to see it to believe it. Don't miss next year.

See the results of this year's Mt. SAC Invitational in this issue.

Bill

<http://www.RunningNetwork.com/CTRN/>

ON THE COVER: Big-time cross country action in this issue. Above, the start of the Boy's Division I race at the Stanford Invitational. (Photo by Phillip Enbody). Look for results inside. Also, DEREK KITE (left inset) of Future Track Club (Photo by Elaine Rosenfield) and MEBRATHOM KEFLEZIGHI of UCLA (Photo by Bill Leung, Jr. Geek Media) have enjoyed outstanding seasons.

SCHEDULE

ROAD RACING

Nov. 2 (Sat.)

Stanford: NorCal Open X-Country, Stanford, 8K/5K, Time TBA. Info: Marc Lund, 1265 Montecito Av., #105, Mountain View 94043 (515/966-1511; or Kieran Sherlock: 415/325-9258).

Marin Headlands: (Verify Date: May be 11/9) PA/USAT&F X-Country, Tamalpa Challenge, 5.5M, Time TBA. Info: Craig Stern (415/892-0597).

Danville: Get Dirty! Trail Adventure 7K/12K, Mt. Diablo, 8 a.m. Forward Motion Sports, 412 Hartz Av., Danville 94526 (510/820-9966).

San Jose: Chevy's to Chevy's 5K/10K, Chevy's Restaurant, 9 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

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

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

Santa Barbara: Santa Barbara News-Press Half-Marathon, Cally's 5K Fun Run/Walk, Lead-better Beach, 8 a.m./HM, 8:10 a.m./5K. Ellen McCurdy, P.O. Box 1359, Santa Barbara 93101 (805/892-2250, x5050).

San Pedro: Harbor Light Half-Marathon & 5K, Ports O'Call, 7:30 a.m. W2 Promotions, 1666 Ashland Av., Santa Monica 90405 (310) 828-4123.

Avalon (Catalina Island): Catalina Island U.S. Sprint Championship Triathlon (0.5mS-16kB-5kR), Time TBA. Info: Pacific Sports (714/978-1528).

Malibu: Annual 5K/10K Stotsenberg Races, Pepperdine Univ., 8 a.m. Pepperdine Univ., Donor Services, 24255 Pacific Coast Hwy., Malibu 90263 (310/456-4115).

Orange County: OCMD 60 Mile Relay (12 runners; 3.5 to 7.5 Mi. legs), Anaheim Stadium, 7 a.m. Ron Cooke, 1000 N. Parton St., #E, Santa Ana 92701 (714/834-2260).

Julian: Julian 10K Run & 5K Run/Walk, Julian H.S., 8 a.m. Info: Kathy Loper Events (619/298-7400).

Nov. 3 (Sun.)

San Francisco: DSE Saucony/RRCA Women's Distance Festival 5K, Golden Gate Park (Polo Fields, South Side), 9:30 a.m. DSE Runners, c/o Pauline Dake, 528 Larch Av., So. San Francisco 94080 (415/978-0837).

San Francisco: Olympic Circle 4.5M Run/Walk, Lake Merced (Sunset Circle Parking Lot), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Santa Cruz: Ocean Chevrolet-GEO-Honda Santa Cruz Distance Classic 15K/5K, Long Marine Lab (UCSC), 8:30 a.m./15K, 8:45 a.m./5K. Marty Kruger, Santa Cruz T.C., 306 Younglove Av., Santa Cruz 95060 (408/662-0886).

Camino: Apple Hill Harvest Run, 8M/3.5M Run/Walk & Kids' 0.5M), Larsen's Apple Barn, 8:30 a.m./Kids, 9 a.m./3.5M, 9:10 a.m./8M. Snowline Hospice, 3097 Cedar Ravine, Placerville 95667 (916/621-7828).

Coulterville: Gold Rush Marathon (unofficial), finishes at Mariposa (along Hwy, 49), 9 a.m. Jerry Bloom, P.O. Box 872, Mariposa 95338 (209/966-5378, 966-4503).

Chico: Almond Bowl 3M/6M Run/Walk, Bidwell Park (One Mile Area), 10 a.m. Chico R.C., P.O. box 1182, Chico 95927 (916/898-4791).

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

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

Monterey Park: Aztlan 5K/10K Classic, East Los Angeles College, 8 a.m. Aztlan Classic, 1703 Laurel St., So. Pasadena 91030 (818/799-2357).

Newport Beach: Hard Rock Cafe Run for Cover, 10K/5K & Kids' 1K, Hard Rock Cafe (Fashion Island), 7:30 a.m. HRRFC, c/o Kathy Loper Events, 7801 Mission Center Ct., Suite 103, San Diego 92108 (619/298-7400).

Las Vegas, NV: Turkey Trot 10K, Fashion Show Mall, Time TBA. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

Columbus, OH: USAT&F National Masters 5K X-C Championships, Location & Time TBA. John White, 4865 Arthur Pl., Columbus, OH 43220 (614/459-2547).

New York City, NY: New York City Marathon, 25,000 accepted. Entries probably closed (call 212/423-2284 before you waste your time!).

Nov. 9 (Sat.)

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

Marin Headlands: Tamalpa Challenge Cross-Country, 5.5M, 9 a.m./Women, 10 a.m./Masters Men, 11 a.m./Open Men. Craig Stern, P.O. Box 701, Corte Madera 94976 (415/892-0597).

Big Sur: Big Sur Trail Marathon/Half-Marathon/5M, Andrew Molera State Park, 8 a.m. Enviro-Sports, 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. Arthritis Foundation, Joan Stevie, 3040 Explorer Dr., #1, Sacramento 95826 (800) 571-3456.

Jack Leydig, serves California Track & Running News as editor/compiler of the largest, most complete schedule of road racing events in the State of California. As owner of Jack's Athletic Supply, Jack has served the running community since 1977 by providing a complete line of race supplies. Jack lives and works in San Mateo, CA.



Please send us your schedule information. . .

Cross Country and Track information: CTRN, 4957 E. Heaton Ave., Fresno, CA 93727. FAX (209) 255-4904. E-Mail: CTRN@ix.netcom.com
Road Racing information: Jack Leydig, PO Box 1390, San Mateo, CA 94401. FAX (415) 372-0789.

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

continued next page...

SCHEDULE

Fresno: Run for the Sun. Woodward Park (Mountain View Shelter). 7:15 a.m./1/2 mile kid's walk/run. 7:15 a.m./Centipede Division (5 person minimum). 7:30 a.m./2 mile walk-run. 8:00 a.m./10K. Information: (209) 436-0411. The Shanna Zerpoli Foundation, PO Box 26195, Fresno 93729.

Los Angeles: "Breaking the Barriers" 5K Run/Walk for Parkinson's Disease, Griffith Park, 8:30 a.m. Info: Parkinson's Fndn. (818/981-2233). Start to Finish (310/540-5201).

Fullerton: La Salida del Sol 5K/10K Run, Cal-State Univ., Nutwood Ave. between 57 Frwy & State College Blvd., 8 a.m./5K, 8:30 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Del Mar: Jake's 3.6M Fun Run/Walk (on the beach), Jake's, noon. Info: Michelle (619/942-1442).

La Mesa: La Mesa Holiday Turkey Trot 3K/10K Fun Run/Walk, Lake Murray, 7 a.m. Info: 619/667-1331.

Las Vegas, NV: Harry Reid 10K/2M, Spring Mtn. Ranch (Charleston Blvd.), Time TBA. Info: Tri-A-Run (702/656-3796).

Nov. 10 (Sun.)

San Francisco: DSE South Embarcadero Run. 6.25M (& Kids' Run), Dolphin Club (Jefferson/Hyde Sts.), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Mountain View: Women's Fitness Celebration 10K/5K, Shoreline Park, 9 a.m. Eternelle Magazine, P.O. Box 1646, Los Altos 94023 (415/967-1797).

El Sobrante: Three Bears Biathlon (2mR-20mB-2mR), Olinda School, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Ventura: Salmon Run 5K, Main & Olive St. (Patagonia parking lot), 8:30 a.m. Michele Poston/Ghia Burch, 36 W. Santa Clara St., Ventura 93001 (805/648-3803, 667-4795 or Inside Track 805/643-1140).

Santa Clarita: City of Santa Clarita Marathon, 10 Mile & Kiddle 1K, Lang Station (Mara./Lang Station on Soledad Canyon Rd., 10M/Valencia Town Center; 1K/starts on Citrus), 7 a.m./Mara. & 10M, 7:30 a.m./1K. (Mara./1500 Limit). Santa Clarita Runners, P.O. Box 800298, Santa Clarita 91380 (805/259-5441).

Universal City: The Backlot Run of Universal Studios Hollywood 5K/10K, 7:45 a.m. Race Central, P.O. Box 828, Rialto 92377 (W2 Promotions (310/828-4123)).

West Los Angeles: John Wayne Cancer Institute's Terry Fox Run, 10K/5K/Children's Fun Run, Veteran's Admin. Grounds, 8 a.m. Carla Joseph, 2200 Santa Monica Blvd., Santa Monica 90404 (310/582-7073).

Riverside: The Mission Inn Run, 5K/10K (& 5K Team Invit.), The Mission Inn, 7:30 a.m./5K, 8:30 a.m. Elite Racing, Sillia Hatzi, 10509 Vista

Sorrento Pkwy., #102, San Diego 92121 (619/450-6510).

La Quinta: Gem of the Desert 10K Run/2M Walk, Civic Center (78-495 Calle, Tampico), 8 a.m. Chamber of Commerce, P.O. Box 255, La Quinta 92253 (619/564-3199).

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

Temecula: Carriage Motor Company Triathlon (5kR-14.5mB-150meterS), Community Recr. Center, 8 a.m. CRC, Dennis Kasischke, 27475 Ynez Rd., Suite 240, Temecula 92591 (909/914-6650).

Nov. 16 (Sat.)

So. San Francisco: Thanksgiving Fun Run/Walk, 5M, 460 Point San Bruno Blvd., 8:30 a.m./Walk, 9 a.m. Elaine Porter, S.S.F. Park & Rec., 33 Arroyo Dr., So. San Francisco 94080 (415/877-8560).

Woodside: Wunderlich Wilderness Wrn, 4.25M/10.25M, Wunderlich County Park, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Stinson Beach: Stinson Beach Marathon/25K/7M, Parkside Cafe, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Sacramento: Helen Klein 50 Mile Classic (AKA Last Chance 50), William Pond Recr. Area, 6 a.m. Greg Soderlund, 242 Hartnell Pl., Sacramento 95825 (916/929-7858).

Merced: MCMC Turkey Trot Fun Run/Walk, 8K, Applegate Park, Time TBA. Merced T.C., P.O. Box 3275, Merced 95344.

Paso Robles: The Paso Robles Great Pumpkin Runs, 9 a.m. United Methodist Church, 1344 Oak St., Paso Robles 93446 (805/238-2006, Linda Richards).

Santa Maria: Run for the Titans, 5K, Presker Park, 9 a.m. El Camino Track Team, 219 W. El Camino, Santa Maria 93454 (805/925-8231).

Playa del Rey: (Verify Date...also listed as Nov. 23 in some schedules) Jet to Jetty 5K Run/Walk, 10K Run, Dockweiler State Beach, 8 a.m. Chris Lucey, 7891 La Tigera, Westchester 90045 (310/670-1410).

Borrego Springs: Borrego Springs Half-Marathon (San Diego County), 8 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

San Diego: Mission Bay 25K, Fiesta Island (Mission Bay Park, San Diego Co. Admin. Bldg.), Time TBA. Info: SDTC (Joni Shirley: 619/292-6132).

Las Vegas, NV: Unity in the Community 5K, 1100 D St., 8 a.m. Info: Charles Bilbery (702/363-5213).

Nov. 17 (Sun.)

San Francisco: DSE Land's End 5K, Baiboa Av./Great Hwy., 9:30 a.m. DSE Runners, P.O.

Box 210482, San Francisco 94121 (415/978-0837).

Redwood Shores: P.A.C. Turkey Trot, 10K/1M, Pacific Athletic Club, 9 a.m./10K, 9:15 a.m./1M. Katherine Alba, 200 Redwood Shores Pkwy., Redwood City 94065 (415/593-5700).

Cupertino: "Habitat for Humanity" HOME RUN, 5K/10K, De Anza College (stadium area), 9 a.m. Habitat for Humanity (Attn: Home Run), P.O. Box 89, Santa Clara 95052 (408/235-1376).

Clarksburg: Clarksburg Country Run 30K/10K/5K/1M Kids, Delta H.S., 9:30 a.m./1M (12 & Under), 10 a.m./30K, 10:15 a.m./5&10K. Skip Seebeck, Clarksburg Country Run, P.O. Box 20, Clarksburg 95612 (916/665-1712, 678-5005, 775-1318).

Ukiah: Turkey Trot Run/Walk, Distance, Location & Time TBA. Andy Jensen, North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/462-3329).

Montecito: Terry Fox 5K Fun Run/Walk, Fay Hobbs 10K Run, Kids' 1M, Montecito Union School, Time TBA. Info: Martha Lange (805/898-2116).

Arroyo Grande: Arroyo Grande Turkey Trot. (Pre-school through 8th grade). Arroyo Grande High School, 495 Valley Road. Information: (805) 473-5474.

Los Angeles: Rock 'N' Roll Run, 5K/10K, West Hollywood Park, 8 a.m. Rock 'N' Roll Run, Kathy Loper Events, 7801 Mission Center Ct., #103, San Diego 92108 (619/298-7400).

West Los Angeles: Sinai Temple 5K Run/Walk, 8 a.m. Info: W2 Promotions (310/828-4123).

East Los Angeles: FEDCO Corrida de Campeones 5K/10K/10K Invitational & Kids' 1M Run, Belvedere Park, 8 a.m./5K, 9 a.m./10K, 10:30 a.m./1M, 10:45 a.m./Invit. 10K. Corrida de Campeones, c/o Elite Racing, 19671 Beach Blvd., Suite 204, Huntington Beach 92648 (714/374-3200; 619/450-6510).

San Pedro: Conquer the Bridge 8K Run/Walk, Vincent Thomas Bridge (6th & Harbor), 8 a.m. Info: 310/540-5201.

Tustin: Dinosaur Dash 5K/10K (& 2K Brontosaurus Blitz), Tustin Market Place, 8 a.m./5-10K, 9:30 a.m./2K. Dinodash, c/o Race Pace, P.O. Box 795, Dana Point 92629 (Tustin Public Schools: 714/832-6299).

San Diego: Race for the Cure, 5K/1M, 8:30 a.m. Info: Kathy Loper Events (619/298-7400).

Nov. 23 (Sat.)

San Francisco: PA/USAT&F X-Country Championships (also Western Regional & Reebok National G.P. event), 10K/6K, Golden Gate Park, Time TBA. Info: Tim Wason (415/648-1467, eve).

San Francisco: Turkey Trot 4.5M, Lake Merced (Sunset Blvd. & Lake Merced Blvd.), 9 a.m. Jim Gallagher, 1671 - 16th Av., San Francisco 94122 (415/753-0880).

continued next page...

SCHEDULE

Modesto: Run for Cover 10K, Red Lion Hotel, 10 a.m. Highways & Hedges, Attn: Frederick Berry, 2900 Staniford 16, B-259, Modesto 95350 (209/571-2101).

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

Ventura: 11th Annual Twilight's Last Gleaming Cross Country Challenge. (Rescheduled due to fire). 4 p.m. Arroyo Verde Park. 4 miles. Andrew Hecker, PO Box 7793, Ventura 93006 (805) 642-3879.

Lompoc: Dick Tropea Memorial 10K Turkey Trot & 5K Run/Walk, Miguelito School (V St. & Olive Ave.), 8:30 a.m./5K, 9:15 a.m./10K. American Cancer Society, 604 E. Ocean Av., Lompoc 93436 (Mark Jasso (805) 736-0332 or John Hernandez (805) 736-8919).

Goleta: UCSB Turkey Trot, 5K/10K, UCSB Lagoon, Time TBA. Info: UCSB Recreational Sports (Paul Lee: 805/893-3908).

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

29 Palms: "Toys for Tots" Turkey Trot, 10K/5K/2K, Marine Corps Air Ground Combat Center, 8 a.m. Info: Vickie Reade (619/830-7285).

Poway: Lake Poway Turkey Trot 5K Run/Walk, Lake Poway, 8 a.m. City of Poway, Turkey Trot, P.O. Box 789, Poway 92074 (Larry Beauchamp: 619/679-5465).

La Mesa: La Mesa Holiday Turkey Trot, 3K/10K, Lake Murray, 7 a.m. Turkey Trot, P.O. Box 2266, Station A, La Mesa 91943 (619/460-1744).

La Jolla: The Hard Rock Cafe Run/Walk, 5K/1M, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Las Vegas, NV: LVTC 5M/2M, Silver Bowl, 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

Nov. 24 (Sun.)

San Francisco: DSE Walt Stack Trail 7.13M Run & Kids' Run, Dolphin Club (Hyde/Jefferson Sts.), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

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).

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

Pleasant Hill: Pleasant Hill Turkey Trot 8.1M, Briones Regional Park (Bear Creek Rd. Picnic Area), 9 a.m. Pleasant Hill Rec./Park District, 147 Gregory Ln., Pleasant Hill 94523 (510/682-0896).

Ontario: Friends of Ontario Airport Runway 5K/10K, south side of airport, 7:45 a.m./5K, 8:15 a.m./10K. Friends of Ontario Airport, P.O. Box 80008, Ontario 91758 (909/988-2720).

Vista: The Great Turkey Trot, 10K/5K & Kids' 1M, downtown, 7:30 a.m. The Great Turkey Trot, 7915 Silverton Av., #309, San Diego 92126 (SandRock Prods.: 619/530-1111).

Nov. 28 (Thur.)

San Francisco: S.F. Thanksgiving Turkey Trot 5K, Golden Gate Park, 9 a.m. South Park Race Productions, P.O. Box 77681, San Francisco 94107 (415/665-3397).

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).

Sacramento: Run to Feed the Hungry, 10K/2K, Scottish Rite Temple (H/Carson Sts.), 9 a.m. Leslie Elgood, Sac. Food Bank, 3333 Third Av., Sacramento 95817 (916/852-8463).

Merced: Thanksgiving Day Fun Run, Distance & Location TBA, 8 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

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

San Luis Obispo: Thanksgiving Day Eight Mile Run/Walk, 8 a.m. Islay Creek Park (Orcutt & Tank Farm), SLDC, PO Box 1134, San Luis Obispo 93406 (805) 544-8782 Larry.

Torrance: Harry Sutter Memorial Thanksgiving Day Turkey Trot Fun Run, 3 Mi., Torrance Crossroads Shopping Center (Sam's parking lot at Crenshaw & Lomita Blvds.), 8 a.m. Arlene Barco, Community Relations Officer, City of Torrance, 3031 Torrance Blvd., Torrance 90503 (310/618-2930).

Dana Point: Turkey Trot 5K/10K/Hot-to-Trot 2K, Dana Point Harbor, 7:30 a.m./5K, 8 a.m./10K, 9:30 a.m./2K. Dana Point Chamber of Commerce, P.O. Box 12, Dana Point 92629 (714/496-1555).

Las Vegas, NV: Thanksgiving Day Gobbler 5K, 8000 block of W. Sahara in The Lakes, 8 a.m. Info: Travis Grappo (702/877-9072).

Nov. 29 (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).

Nov. 30 (Sat.)

Mill Valley: Quadruple Dipsea, 28.4M, Old Mill Park (Cascade Dr./Throckmorton Av.), 8 a.m. (250 Limit). John Medinger, 2060 Manzanita Dr., Oakland 94611 (510/894-1336).

Los Angeles: Toys for Tots Run, 5K/10K & 1K Kiddie K, Griffith Park, 8 a.m. Info: W2 Promotions (310/828-4123).

La Jolla: Hard Rock Cafe 5K/1M, Hard Rock Cafe (Prospect St.), 7:30 a.m. Rock 'N Roll Run/Walk, 7801 Mission Center Ct., Suite 103, San Diego 92108 (619/298-7400).

Dec. 1 (Sun.)

San Francisco: Run to the Far Side, 5K/10K, Golden Gate Park, 8:30 a.m. RhodyCo Prod., 3929 California St., San Francisco 94118 (415/564-0532).

San Francisco: DSE U.S.S.S.F. Monument to Baker Beach Run, 6.5M, parking lot above

continued next page...

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SCHEDULE

Clement St./El Camino Del Mar (48th Av.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Fresno: Producer's Dairy Bowl 10K, Fresno City College, Time TBA. Contact Unknown.

Goleta: Goleta Rotary 5K/10K Runs, Dos Pueblos H.S., 8 a.m. Info: David Gore (805/568-5314).

Pasadena: Lady Foot Locker 5K Series, Location & Time TBA. Info: Elite Racing (714/374-3200; 619/450-6510).

Moreno Valley: Moreno Valley Turkey Trot 10K/5K, Pedroena Park, 7:30 a.m. Info: Robert Simmons (888/2REPLAY, toll free).

San Juan Capistrano: Saddleback Mountain Trail Marathon, Cleveland Nat'l. Forest (Blue Jay Campground), 8 a.m. Baz Hawley, P.O. Box 215, Fish Camp 93623 (209/683-7426).

Dec. 7 (Sat.)

San Francisco: USAT&F National Masters 10K X-C Championships, Location & Time TBA. John Mansoor, 120 Ponderosa Ct., Folsom 95630 (916/983-4622).

San Mateo: Jingle Bell Run/Walk for Arthritis 5K/1M, Coyote Point Recr. Area, 9 a.m. Colleen Fedick, Arthritis Fndn., 203 Willow St., #201, San Francisco, 94109 (800/464-6240).

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

San Ramon: Chevron Bah Humbug 5K Run/Walk/Skate, Camino Ramon/Bishop Dr., 9 a.m. Jim Wheeler, P.O. Box 5148, San Ramon 94583 (510/275-2300).

Antioch: Holiday Run & Walk Against Drugs, 1M/3M/10K, Sutter Delta Medical Center (3901 Lone Tree Way), 9 a.m./1M, 9:20 a.m. Tom Torlakson/Chad Kelsey, 300 E. Leland Rd., #100, Pittsburg 94565 (510/513-1357).

Rancho Cordova: Cordova Christmas Classic 10K Run/Walk, Cordova H.S./Hagan Park, 9 a.m. Classic Challenge Series, c/o Up & Running, 11114 Oberun River Ct., Rancho Cordova 95670 (916/362-1841).

Marysville: Running of the Elves, 5K, downtown (1st & D Sts.), 9 a.m. Nick Vogt, X-C Coach, Yuba College, 2088 No. Beale Rd., Marysville 95901 (916/634-7727; 878-0697).

Bakersfield: Mt. Toad's Wild 20K/5K Runs, Hart Memorial Park (Sheriff's Pistol Range), 8 a.m. Denise Sprague, 9901 Spring Oak Dr., Bakersfield 93311 (805/664-8624).

Pasadena: Lady Foot Locker 5K Run/Walk (separate men's & women's runs), Rose Bowl area, 8 a.m. Lady Foot Locker 5K, 19671 Beach Blvd., Suite 204, Huntington Beach 92648 (Elite Racing: 714/374-3200, 619/450-6510).

Temecula: Callaway's Holiday Run, 5K/10K, "Bell Vinyard" (Rancho California Rd., 10M east of I-15), 7:45 a.m./5K, 8:15 a.m./10K. Info: 800/737-9889.

San Diego: Balboa Boogie 5K X-C, 6th & Lau-

rel, Balboa Park. 7:30 a.m./Men, 8:00 a.m./Women. Info: Bob Parkinson (619/280-8270).

Dec. 8 (Sun.)

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

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

Angel Island: Hark the Herald Angels Run, 12K/25K, Angel Island State Park, 10:30 a.m. (ferry leaves Tiburon at 10 a.m.). Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Folsom: California International Marathon (PA/USAT&F Championships), Folsom Dam to State Capital in Sacramento, 7 a.m. CIM, 120 Ponderosa Ct., Folsom 95630 (916/983-4622).

Los Angeles: Eagle Run 5K, Eagle Rock H.S. (1750 Yosemite Dr.), 8 a.m. Info: Gilbert Varela (818/300-0191).

Culver City: Western Hemisphere Marathon/Half-Marathon/5K, Veteran's Memorial Park, Times TBA. Western Hemisphere Marathon, 4117 Overland Av., Culver City 90230 (310/253-6650).

Dana Point: Rudolf Runoff 5K/2K, Dana Point Harbor, 8 a.m./5K, 9:15 a.m./2K. Race Pace, P.O. Box 795, Dana Point 92629 (714/661-6062).

Laguna Niguel: Rudolf Runoff 5K/8K/10M & 1K Kids Jog, Laguna Heights Market Place, 8 a.m./5K-8K, 8:30 a.m./10M, 9 a.m./1K. Rudolf Run, c/o Race Pace, P.O. Box 795, Dana Point 92629 (714/661-6062).

Palm Desert: Palm Desert 5K Open & Invitational, 8 a.m. Info: Elite Racing (619/450-6510).

San Diego: City Trees 10K, Little Italy (downtown), 7:30 a.m. Info: In Motion (619/792-2900).

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

Tucson, AZ: Tucson Marathon, Half-Marathon, Marathon Relay & 5K, 8 a.m./8:30 a.m.-HM/9 a.m.-5K. Tucson Marathon, So. Arizona RR, 4625 E. Broadway, Suite 112, Tucson, AZ 85711 (520/575-8281).

Dec. 14 (Sat.)

Alameda: Harbor Bay Tri-Bi (5kSkate-17mB-2.5mR), Harbor Bay Parkway, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Bakersfield: Hart Park Fun Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Redondo Beach: Village Runner Christmas 5K & Santa's Dash (age 4-12), Esplanade & Pearl,

8 a.m. Info: 310/540-5201, 375-2626.

Furnace Creek: Death Valley Badwater Marathon/Half-Marathon, 8 a.m. (Pre-Reg. only). Enviro Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

San Diego: Jingle Bell 5K Run/Walk for Arthritis, Balboa Park, 8 a.m. Info: Arthritis Fndn: (619/492-1090).

Henderson, NV: LVTC 1/2 Marathon and 5K Fun Run. Valley Automall (Gibson Road, south of Sunset Road), 7 a.m. - 1/2M, 7:15 a.m. - 5K. Contact Doug Allen (702) 656-1380 or Mike Rego (702) 385-4717.

Huntsville, TX: USAT&F National Masters 50K/50M Championships, Location & Time TBA. Sunmart-Texas Trail Endurance Run, Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916/638-1161).

Dec. 15 (Sun.)

San Francisco: DSE Rainbow Falls 5K (& Kids' Run), Golden Gate Park (Transverse & Kennedy Dr.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Francisco: Jingle Bell Run/Walk for Arthritis, 5K/1M, Yerba Buena Gardens, Time TBA. Colleen Fedick, Arthritis Fndn., 203 Willow St., #201, San Francisco 94109 (800/464-6240).

San Francisco: Christmas Relays, 4x4.464M, Lake Merced (Sunset Circle Parking Lot, Foot of Sunset Blvd.), 9 a.m. WVTC, Marc Lund, 1433 Norman Dr., Sunnyvale 94087 (Searcy Barnett: 510/635-9508).

Alameda: Reebok "Boston or Bust" Marathon/Half-Marathon, Harbor Bay Club, 9 a.m. (200 Limit). Sky High, P.O. Box 20963, El Sobrante 94803 (Al Kirkman: 510/223-5778) or TRS (415/472-RACE)).

Ventura: Doubletree Turkey Trot 5K/10K & 1M (also serves as State Championships for Special Olympics athletes), Location & Time TBA. Info: Inside Track (805/643-1104).

Pt. Mugu State Park: Lasse Viren 20K, Sycamore Canyon (9000 W. Pacific Coast Hwy., 10 Mi. south of Oxnard), 9 a.m. Steve Blum, 505 Briarwood Terr., Ventura 93001 (805) 652-1744.

Los Alamitos: National Guard Christmas Run, 5K/10K, 8 a.m. W2 Promotions, 1666 Ashland Ave., Santa Monica 90405 (310) 828-4123.

Palm Desert: Palm Desert 5K & USATF Men's National Championships (0.5M & 1M Kids Runs), 8 a.m. Elite Racing, 10509 Vista Sorrento Pkwy. #102, Palm Desert 92121 (619) 450-6510, (714) 584-4897.

Dec. 21 (Sat)

McFarland: McFarland Christmas Runs, Distance and Location TBA, 11 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

continued next page.

SCHEDULE

San Diego: Mainly Masters 10K, Fiesta Island (Mission Bay Park). Time TBA. Info: Peter Stern (619/272-5380).

Dec. 22 (Sun.)

San Francisco: DSE Coit Tower Run, 3 Mi., Dolphin Club (Jefferson/Hyde Sts.), 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. and Lakeside Dr.), 9 a.m. Info: LMJS Hotline (510/601-7887).

Dec. 25 (Wed.)

San Francisco: DSE Christmas Blind Date Relays (2x2M), male/female teams, Golden Gate Park (Stow Lake Boathouse), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Richmond: Santa's Gold Rush 5 Mile, Marriott's Courtyard Hotel (Hilltop Shopping Center), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Dec. 28 (Sat.)

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

San Diego: Holiday Bowl Parade 5K, downtown (waterfront course), 10 a.m. Info: Elite Racing (619/450-6510).

Dec. 29 (Sun.)

San Francisco: DSE Ferry Building Run, 3.83 Mi. & Kids' Run, Dolphin Club (Jefferson/Hyde Sts.), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Dec. 30 (Mon.)

San Diego: Holiday Bowl Parade 5K, downtown (waterfront course), 10 a.m. Holiday Bowl Parade 5K, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (Elite Racing: 619/450-6510, 714/374-3200).

Dec. 31 (Tue.)

San Francisco: Safeway First Run, 2 Mi., Presidio of S.F. (Crissy Field), midnight. Info: RhoDyCo Prods. (415/564-0532).

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

Vandenberg AFB: Midnite Family Fun Run, 1M(16 & Under)/4.8M, Vandenberg Village Shopping Center, 11:15 p.m./1M, 11:45 p.m./4.8M. Info: John Perkins (805/733-4308).

Jan. 1 (Wed.)

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

Los Gatos: Los Gatos Resolution Run, 5 Mi., Los Gatos H.S. track, 9 a.m. Attn: Brad, Athletic Performance, 55 W. Main St., Los Gatos 95030 (408/354-7365).

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

Carmel: Rio Resolution Run, 6.8M, Rio Grill (Crossroads Shopping Center at Hwy. 1 & Rio Rd.), 9 a.m. Rio Grill, 101 Crossroads Blvd., Carmel 939223 (408/644-2427).

Sacramento: New Year's Resolution Run, 5K/10K, Promenade Shopping Center, 10 a.m. Try All Sports, 813 Harbor Blvd., #228, West Sacramento 95691 (916/372-7367).

Del Mar: Resolution Run/Walk, 10K/5K, Doubletree Hotel (Carmel Valley), 8:30 a.m. Info: Joan (619/736-1001).

Jan. 4 (Sat.)

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Bakersfield: Doin' '97 in the Fog, Location TBA, 8:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Jan. 5 (Sun.)

Stanford: East-West Shrine Run, 5K/10K, Stanford Stadium, 9 a.m. East-West Shrine Run, 1651 - 19th Av., San Francisco 94122 (800/227-8881).

Jan. 11 (Sat.)

Emeryville: Emeryville Double BayRun, 5M, Powell St. (Holiday Inn), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Fresno: Dr. Martin Luther King Jr. Scholarship Dream Run, 2M/4M & 1K Kids' Run, Woodward Park (Mountain View Shelter), 8:30 a.m./1K, 8:45 a.m./2M, 9 a.m./4M. Marilyn Wilburn, P.O. Box 25032, Fresno 93720 (209/436-5210).

Irvine: Southern California Half-Marathon/5K/2K, Barranca Pkwy. (Woodbridge Village Shopping Center), 7:45 a.m./2K, 8:30 a.m./HM, 8:45 a.m./5K. George Varvas, 7 Woodrush, Irvine 92604 (714/559-8171).

Paramount: The Paramount 10K/5K (with World Masters 10K division), Progress Park, 7:30 a.m./10K, 8:30 a.m./5K. The Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Avalon (Catalina Island): Avalon Benefit 50 Mile Run, 5 a.m. Paul McIlroy, P.O. Box 305, Avalon 90704 (310/510-0787).

Jan. 12 (Sun.)

Stockton: California 10 (PA/USAT&F 10M Championships), San Joaquin General Hospital (French Camp), 9 a.m. Larry Frank, 3627 Fourteen Mile Dr., Stockton 95219 (209/578-2802).

Santee: Steve Scott Festival of Races, Invitational Miles, People's Races, Kids' Mile (7-14), Teen Team Challenge Mile, Town Center, 8 a.m. Info: Elite Racing (619/450-6510).

San Diego: Strides Across the Border 10K/5K, (5K starts in Tijuana, B.C., 10K starts in San Diego at Factory Outlet Center), 7:30 a.m./5K, 8 a.m./10K. SandRock Prods., 7915 Silverton Av., #309, San Diego 92126 (619/530-1111).

Jan. 18 (Sat.)

Sacramento: Jed Smith Ultra 50M/50K/30K, Gibson Ranch (Sacramento County Park), flat 3.31 Mi. loop around lake, 8 a.m./50M, 9 a.m./50K, 10 a.m./30K. Jim Drake/Bufalo Chips R.C., 3442 Whitnor Ct., Sacramento 95821 (916/344-2878, a.m., 485-8013, p.m.).

Bakersfield: Poker Run 5K/10K, Comanche Acres Cattle Co. (Hwy. 99 to Sherwood Av.), 9 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386 (805/831-9150).

Jan. 19 (Sun.)

San Francisco: San Francisco Zoo Run, 3M/7M, Herbst Rd./Skyline Blvd., 8 a.m./7M, 9 a.m./4M. Terri Tarantino, S.F. Zoological Society, #1 Zoo Rd., San Francisco 94132 (415/753-7171).

Palo Alto: The Juana Run 5M/1M/0.5M Kids' Runs, Juana Briones Elem. School, 8:30 a.m./5M, 11 a.m./1M, Kids' 0.5M every 10 minutes. Karen Saxena/Juana Briones PTA, 3790 El Camino Real, #262, Palo Alto 94306 (415/599-2350).

Carlsbad: San Diego Marathon/Half-Marathon/5K, Plaza Camino Real, 5:30 a.m./Mara. Walk, 6:15 a.m./early Mara. start, 6:50 a.m./H-M, 7:15 a.m./Mara. & Relay. In Motion, 511 S. Cedros Av., Suite B, Solano Beach 92075 (619/792-2900).

Jan. 25 (Sat.)

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

Copperopolis: The Copper Run 10K/2M/0.5M, Black Creek Park (Copper Cove), 8 a.m./0.5M, 8:30 a.m./2M, 9:15 a.m./10K. Marilyn Richardson, 3450 Arrowhead St., Copperopolis 95228 (209/785-2326, 785-2757).

Jan. 26 (Sun.)

San Francisco: Home Depot San Francisco Half-Marathon & 5K, Golden Gate Park (JFK Dr./Stow Lake Dr.), 8 a.m. Pamakids, P.O. Box 27557, San Francisco 94127 (415/333-4780).

continued next page...

SCHEDULE

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

Santa Cruz: Santa Cruz County Special Olympics Super Bowl Sunday Fun Runs, 10K/3K, 1200 Delaware Av., 8:30 a.m./3K, 9 a.m./10K. Special Olympics, 809 Bay Av., Suite H, Capitola 95010 (408/479-5266).

Santa Rosa: Super Mile '97, Santa Rosa Corporate Center, 8:30 a.m. Sonoma County Women Against Rape, P.O. Box 1426, Santa Rosa 95402 (707/545-7270).

Redondo Beach: Redondo Beach Superbowl 10K/5K & Elite 1M, North Harbor Dr./Redondo Beach Marina, 8 a.m. Redondo Beach Chamber of Commerce, 200 Pacific Coast Hwy., Redondo Beach 90277 (310/379-6913).

Huntington Beach: Pacific Shoreline Classic Marathon/Half/10K/5K, H.B. Pier, 7 a.m./Mara. & H-M, 7:15 a.m./5K, 8:15 a.m./10K. Info: Race Pace Promotions (714/661-6062).
San Diego: Super Run 5K/10K, Sea World (Mission Bay), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Jan. 31-Feb. 2 (Fri.-Sun.)

Pt. Reyes: Seashore Winter Running Camp & Seminar (\$55 includes meals & lodging). Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Feb. 1 (Sat.)

Chinese Camp: Orient Express 4M/1M, Chinese Camp School, 9 a.m./1M, 10 a.m./4M. Eddie Zoma R.C., P.O. Box 78, Sonora 95370 (209/532-7974).

Bakersfield: Bakersfield T.C. Half-Marathon/5K, Beach Park (Hwys. 99/178E), 8 a.m. Leslie King, 3825 Fairmount, Bakersfield 93306 (805/872-9554).

San Juan Bautista: Rotary Mission Ten 10M/5K, Mission San Juan Bautista, 10 a.m./10M, 10:15 a.m./5K. Sam Breger, 321 San Felipe Rd., #15, Hollister 95023 (408/637-9283).

Feb. 2 (Sun.)

Pt. Reyes: Limantour Split 10M and Half Split 6.2M (1st of Coastal Challenge Series), Limantour Beach parking lot, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Davis: Davis Stampede Half-Marathon/10K/5K, Davis Sr. H.S., 9 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Torrance: President's Day Run, 5K/10K/Youth Races, South H.S. stadium, 8 a.m./10K, 8:15 a.m./5K, 9:30 a.m./Youth Races. Info: Conte Prods. (310/798-2488).

Irvine: Orange County Half-Marathon/5K, Corner of San Canyon/Barranca (near th elrvine Spectrum), 8 a.m./HM, 8:15 a.m./5K. OCHM, 8001 Irvine Center Dr., Suite 1200, Irvine 92618 (714/476-7076).

Feb. 8 (Sat.)

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

Furnace Creek: Death Valley Trail Marathon/Half-Marathon (3500 ft. net elev. loss), 8 a.m. (100 Limit). Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

San Diego: Naval Medical Center San Diego 10K/5K, Pan American Plaza (Balboa Park), 8 a.m. Info: 619/532-7245.

Las Vegas, NV: International Breakfast Run 5K, MGM Grand Hotel (downtown), 8 a.m. Al Boka, LVM, P.O. Box 81262, Las Vegas, NV 89180 (702/876-3870).

Feb. 9 (Sun.)

Muir Beach: Breakers to Breakers 5K/7.2M (2nd of Coastal Challenge Series), Hwy. 1 (GGNRA), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

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

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

Feb. 15 (Sat.)

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

Redding: The Record Searchlight Half-Marathon/10K/2M, Caldwell Park, 10 a.m. Lina Calvo-Smith, P.O. Box 492113, Redding 96049 (916/223-5136).

Playa Del Rey: Valentine's Day Run for Crippled Children 5K/10K, Dockweiler Beach, 8 a.m./5K, 8:30 a.m./10K. W2 Promotions, Walt Walston, 1666 Ashland Av., Santa Monica 90405 (310/828-4123).

Feb. 16 (Sun.)

San Francisco: Chinese New Year Runs, 10K/5K, Grant & Sacramento Sts., 8 a.m. Chinatown YMCA, 855 Sacramento St., San Francisco 94108 (415/982-4412).

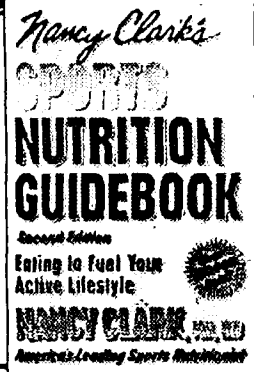
Novato: Indian Valley Biathlon (3mR-10mB-2mR), Stafford Lake, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

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

Rancho Santa Fe: San Dieguito Half-Marathon/5K, San Dieguito County Park (1M east of I-5 Lomas Santa Fe exit), 8 a.m./HM, 8:05 a.m./5K. Kathy Loper Events, 7801 Mission Center Ct., Ste. 103, San Diego 92108 (619/298-7400).

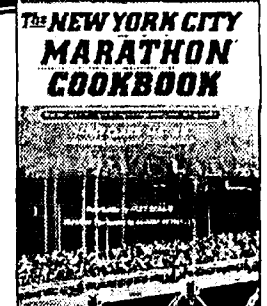
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continued next page...

SCHEDULE

Feb. 23 (Sun.)

Oakland: Couples Relay (2 x 5K, female runs first), Lake Merritt (Old Boathouse, 14th St./Lakeside Dr.), 9 a.m. Len Goldman, 1910 Arrowhead Dr., Oakland 94611 (510/601-7887).
FL Cronkhite: Tennessee Valley Waltz 10M/5M (last of Coastal Challenge Series), near Rodeo Lagoon, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Saratoga: The Great Race, 3.2M, Saratoga Village to downtown Los Gatos, 9 a.m. Info: Rotary Club of Los Gatos (Stewart Elner), address/phone TBA.

Santa Cruz: The Great Chowder Chase, 4.5M Run, Santa Cruz Beach Boardwalk, 8:45 a.m./Men, 9:30 a.m./Women. Lisa McGinnis, Santa Cruz Rec. Dept., 307 Church St., Santa Cruz 95060 (408/429-3477).

Newport Beach: Sutro & Co. Spirit Run, 5K/10K/1M & 0.5M Kids Run, Fashion Island (Newport Center), Time TBA. Info: Kinane Events (714/733-4188).

LOOKING AHEAD

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

Mar. 2 (Sun.)

Callstoga: Sutter Home Napa Valley Marathon/5K (RCA Western Regional Marathon Championships), finishes in Napa, 7 a.m. SHNVM, P.O. Box 4307, Napa 94558 (707/255-2609).

Los Angeles: City of Los Angeles Marathon/5K Run, Time TBA. Los Angeles Marathon, 11110 W. Ohio Av., Suite 100, Los Angeles 90025 (310/444-5544).

TRACK & FIELD CROSS COUNTRY

High School

Track & Field

March 29, 1997

Martinez: Martinez Relays. At Alhambra High School. (The oldest high school only relays in California--since 1933.) Information: (510) 313-0439 school, (510) 944-5531 home, (510) 944-9382 FAX.

April 5, 1997

San Diego: San Diego Invitational. Balboa Stadium. 3 p.m. / twilight meet. Open/College, Junior College, High School. Featuring the "Break the Barrier Mile." Contact: Paul Locher, 1405

Park Blvd., San Diego 92101 (619) 525-7455 school, (619) 231-0973 FAX, (619) 448-8922 home.

June 6-7, 1997

Sacramento: CIF State Track & Field Championships.

Cross Country

November 14 (Thurs.)

Sanger: CIF Central Section Championships. Avocado Lake.

November 16 (Sat)

Walnut: CIF Southern Section Prelims (All Divisions). Mt. San Antonio College. 7:30 a.m.

November 21 (Thurs.)

Fresno: Grand Masters Valley Championships. Woodward Park.

November 23 (Sat)

Walnut: CIF Southern Section Cross Country Finals. Mt. San Antonio College. 7:30 a.m.

November 30 (Sat.)

Fresno: 10th Annual CIF ARCO am/pm State Meet Championships. Woodward Park. 9 a.m. Information: Jim Duel, CIF State Office (415) 492-5911.

December 7 (Sat.)

Fresno: 18th Annual Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 14 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

San Francisco: USA Championships (Junior, Senior, Masters). Golden Gate Park. (916) 983-4622, FAX (916) 983-4624.

December 14 (Sat.)

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.

College & Open

Track & Field

March 29, 1997

Sacramento: 1997 Panther/Stan Wright Invitational. Sacramento City College. Open to all athletes. Contact: Lisa Bauduin (916) 558-2610.

San Diego: UCSD Spring Break Open T&F Invitational. UC San Diego, 10 a.m. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

April 5, 1997

San Diego: San Diego Invitational. Balboa Stadium. 3 p.m. / twilight meet. Open/College, Junior College, High School. Featuring the "Break the Barrier Mile." Contact: Paul Locher, 1405 Park Blvd., San Diego 92101 (619) 525-7455 school, (619) 231-0973 FAX, (619) 448-8922 home.

April 12, 1997

San Diego: UCSD Spring Break Open T&F Invitational. UC San Diego. 10 a.m. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

June 7, 1997

San Diego: San Diego-Imperial Assoc. USA Track & Field Championships. UC San Diego. 12 noon. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

Cross Country

November 2

Belmont: West Coast Conference Championships. Crystal Springs.

Santa Barbara: GSAC XC Championships.

November 9

Marin Headlands: Tamalpa Challenge. 9 a.m. Contact Craig Stern (415) 892-0597.

Walnut: Asics Cup Invitational. Contact Skip Stolley (213) 730-9617 w, (310) 453-7655 h. Location unknown: NCAA Div. II West Regional.

Chino: NCAA Div. III West Regional. Prado Park.

November 16

Fresno: NCAA Division I/District VIII. Woodward Park.

Kenosha, WI: NAIA National Cross Country Championships.

November 23

San Francisco: USATF Pacific Association Championships/Western Regional. Golden Gate Park. Contact Tim Wason (415) 648-1467 ph & FAX.

Humboldt: NCAA Division II Championships.

Fresno: State Community College XC Championships.

November 25

Tucson, AZ: NCAA Div. I Championships. Contact Dave Murray (602) 621-4829.

December 7

San Francisco: USA Championships (Junior, Senior, Masters). Golden Gate Park. (916) 983-4622, FAX (916) 983-4624.

continued next page...

SCHEDULE

Masters

Cross Country

December 7

San Francisco: USA Championships (Junior, Senior, Masters). Golden Gate Park. (916) 983-4622, FAX (916) 983-4624.

Track & Field

November 16

Long Beach: Long Beach Senior Games. 50+. Karla Yuki (310) 570-1776.
Santa Cruz: KELLfield Throwers Meet #54. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

December 14

Santa Cruz: KELLfield Throwers Meet #55. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

February 7-16, 1997

Palm Springs: California Senior Olympics. 50+. Ben Green (619) 323-5689.

February 16, 1997

Reno, NV: Silver State Indoor Masters Classic. Silver State Striders, PO Box 21171, Reno, NV 89515 (702) 329-2814.

March 21-23, 1997

Boston, MA: USATF National Masters Indoor Championships. Tracs, Inc., 79 Manet Rd., Chestnut Hill, MA 02167. FAX (617) 964-8356.

May 21-28, 1997

Tucson, AZ: US National Senior Sports Classic VI. TLOC, 4 East Congress, 2nd Floor, Bank One Annex Bldg., Tucson, AZ 85701 (520) 791-5555.

August 7-10, 1997

San Jose: 30th Annual USATF National Masters Championships. San Jose Sports Authority, 99 Almaden Blvd., Suite 975, San Jose 95113. Contact: Steve Hess (408) 288-2935.

All-Comers

November 10, 24;

December 15

Sacramento: Timber Wolf All-Comers Track & Field Meet. Contact John Gallen (916) 489-2708.

Camps & Clinics

Nov. 29-30 & Dec. 1

Oahu: USATF Level I Coaching School. University of Hawaii. Call Joy Margerum (808) 325-6121 on Hawaii or (808) 988-1299 on Oahu.

December 7 (Sat)

Sacramento: RRCA/Polar Western Region Coaching Workshop. Red Lion Hotel in conjunction with the California International Marathon expo. 3-hour workshop-free to all members of RRCA clubs. 1-3 p.m. Information: Laura Kulsik (916) 983-5272.
Sacramento: RRCA California & Western Regional Meeting. Red Lion Hotel (El Camino

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continued next page...

SCHEDULE

Room). 3:30 p.m. to 5 p.m. Information: Po Adams (916) 481-3983, Norm Haines (909) 585-5850, Laura Kulsik (916) 983-5272.

December 28-31

Atascadero: Sky Jumpers Vaulting Camp. All vaulters 12 and up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422. Information: (805) 466-8119 or FAX (805) 466-8273.

December 27-28 & 30-31

Walnut: Mt. SAC International Pole Vault Camp -- "The Camp of Champions." 3-6 p.m. Hillmer Lodge Stadium, Mt. SAC Campus. Open to men and women, all skill levels, as well as coaches. Info: Brian Yokoyama, Mt. SAC Track Office, 1100 North Grand Ave., Walnut, CA 91789 (909) 594-5611 ext 4881.

January 10-12, 1997

Santa Barbara: AAF/CIF Track & Field Clinic. Santa Barbara City College. Basic Clinic (USATF National High School Coaching Course). For registration materials write to: Palmer Addressing & Mailing, P.O. Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

January 10-12, 1997

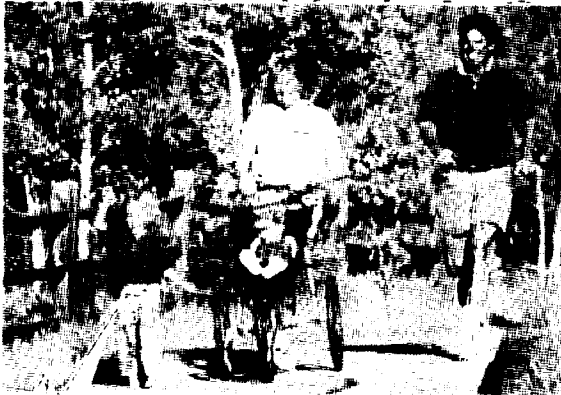
San Diego: AAF/CIF Track & Field Clinic. San Diego High School. Basic Clinic (USATF National High School Coaching Course). For registration materials write to: Palmer Addressing & Mailing, P.O. Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

January 17-19, 1997

Long Beach: AAF/CIF Track & Field Clinic. Long Beach State. Basic Clinic (USATF National High School Coaching Course). For registration materials write to: Palmer Addressing & Mailing, P.O. Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

January 25, 1997

Site TBA: USATF National High School Coaching Course -- Hot Topics Clinic. For registration materials write to: Palmer Addressing & Mailing, P.O. Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.



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February 1-2, 1997

Riverside: AAF/CIF Track & Field Clinic. UC Riverside. Event-Specialist Clinics (Coaches can receive a Certificate of Completion in ONE of the following event groups: Sprints & Relays, Hurdles, Distances, Long & Triple Jump, Shot & Discus, High Jump, Pole Vault). (Prior AAF/CIF Basic Clinic attendance is required.) For registration materials write to: Palmer Addressing & Mailing, P.O. Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

February 7-9, 1997

Martinez: USATF Level I Coaching Track & Field Clinic. Certificate program starts 6 p.m. Friday; concludes Sunday afternoon. At Alhambra High School. For information contact Tim Bruder: (510) 313-0439 school, (510) 944-5531 home, FAX (510) 944-9382.

February 8-9, 1997

Van Nuys: AAF/CIF Track & Field Clinic. Birmingham High School. Event-Specialist Clinics (Coaches can receive a Certificate of Completion in ONE of the following event groups: Sprints & Relays, Hurdles, Distances, Long & Triple Jump, Shot & Discus, High Jump, Pole Vault). (Prior AAF/CIF Basic Clinic attendance is required.) For registration materials write to: Palmer Addressing & Mailing, P.O. Box 61, Beverly Hills, CA 90213 (310) 204-1988, FAX (310) 204-1901.

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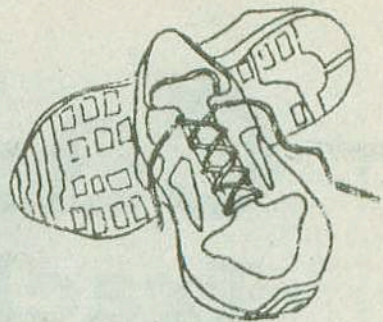
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MOSTLY SHOES

By Cregg A. Weinmann



Hit The Trail

The growth pangs of the United States in the early nineteenth century required that a number of courageous adventurers explore and explain the Western landscape. In July of 1806, General James Wilkinson chose Lieutenant Zebulon Pike to lead an expedition to explore the headwaters of the Arkansas and Red rivers. While traveling across the plains, Pike was impressed by a snow capped peak about 150 miles ahead of them. His expedition followed the path which led to the mountain. Zeb and his party attempted to climb to the summit, and after failing, he declared that the peak which came to bear his name was "unreachable."

There has been an interest in covering ground through the wilderness as quickly as possible, probably dating back to the dawn of time. The image of hunter gatherers cruising smoothly over the trail evokes the picture of speed and endurance. The image of bare feet encountering thorns, roots, and rocks evokes the picture of

pain. Moccasins provided a measure of protection from thorns and other small dermal invaders. The advent of walking shoes and boots provided protection from all hazards, but as weight increased, so did the inhibitors to quick coverage of the landscape. This caused a demand for a shoe which was part boot, part pillow and part mountain goat hoof.

What is a trail running shoe? Is this the type of thing which defies definition until such time as it has sufficiently evolved to be clearly identified? I believe that we have witnessed the formalization of an activity which is literally as old as the hills. At least as old as the first man to see and travel over the hills. One problem with identification is that trail running is a very specific activity, you run -- on trails, but trails vary greatly. Where does a trail go? This tends to determine what it is like. Does it meander through a swamp, overhang a canyon, or rise steeply toward the summit of a majestic mountain peak? Running on rolling dirt trails would require nothing special in a running shoe. As a matter of fact, the evolution of running shoes would have followed a different path if everyone ran on this 'runner-friendly' surface. These forgiving (if somewhat dusty) pathways are what many trail runners find as part of their trail running routine, however that is not the whole picture. Trail running also encompasses steep inclines and declines, large boulders, fissures, granite, uneven ground, exposed roots, brush, scree, gravel, mud, muck, grass, water, fallen trees, and ... well, you get the idea.

The running shoe companies are always on the lookout for a new market to conquer. Over the past several years, a number of events have become popular on the ultra-marathon and marathon scenes. These events have taken place in some fairly remote areas and over some pretty rugged terrain. These events are, of course trail runs, which have grown out of places that people run on trails. The footwear concerns of participants in these

events has gradually evolved as the popularity of these events has ballooned. The response from the footwear makers has been as varied as the trails that the runners have traveled. Because of this, they have all been a success, to one degree or another. That does not mean that the shoes are identical, or that all are well-suited to every possible terrain. The focus is what determines the success of trail running shoe designs.

Imagine the similarities between trails. Now, what features are necessary to include in trail running shoes? It is unquestioned that you need stability and traction and, as with any running shoe, weight is a concern. The approach for a particular shoe would next be dictated by the severity of the trail. Let's call the evergreen needle covered forest floor type of trail a Type I trail. It would be ideal for running barefoot, except for the splinters you would pick up in your feet. The requirements of the Type I shoe would be minimal, not really different from other trainers. The rolling dirt, sand, or decomposed granite trail would then be a Type II trail. The Type II shoes would need to be stable, with slightly more traction than the typical training shoe. Washes with exposed boulders, bluff trails, eroded paths with exposed roots, and steep trails would be Type III trails. The Type III trail running shoe would need good stability (from a board last -- preferably fiber/fabric), excellent cushioning, a snug secure fit, and an aggressive tread to meet the requirements of the terrain. The most demanding trails are those found above the timberline, heading toward the summits of rugged rocky peaks. The need to handle scree, snow, streams, and rocky outcrops have their demands on a shoe. A Type IV trail runner requires the features of a Type III shoe, with the addition of a very aggressive outsole, toe bumpers, and durable reinforced uppers. Securing straps, protective ankle collars, extended heel

Cregg Weinmann . Ardent track fan, runner, coach, erstwhile computer teacher, and shoe maven, is running trails in the foothills around Bakersfield. Cregg can be reached at his e-mail address: shuz2run@lightspeed.net.

For a sample subscription to Cregg's Running

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continued next page...

MOSTLY SHOES

stabilizers, and waterproofing are also valued features.

Our trail traversing forebears crossed the most rugged terrain imaginable, in footwear we would sooner bronze than wear. Each runner must find the shoes which work for them, and allow them to do their job. Be a prudent shopper, and take advice and recommendations in the spirit in which they are given. I hope you will make the effort to educate yourself about your needs - both as it relates to your activity as well as your biomechanics.

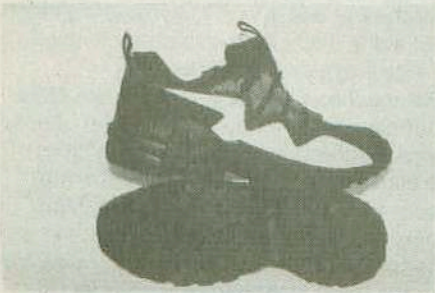
If Zeb Pike were to line up in Manitou Springs, Colorado for the start of the Pike's Peak Marathon, he would be amazed. He would also be amazing, as he would be the oldest competitor at 217 years of age! He would shake his head at the number of people he would presume were about to fail to reach the summit. His biggest surprise would come from the hundreds upon hundreds of runners who had been to the summit and back in a matter of hours. His age borne wisdom would probably allow him to recognize that he too could have made it to the summit, in 1806, if only he had been wearing the right shoes.

Typical representatives of the various trail running shoe types are:

■ Type I

Turntec Mojave

The Mojave is one of three shoes aimed at reviving confidence in Turntec running shoes. As a trail shoe it is adequately cushioned and features a substantial heel counter and lacing system which does a good job securing the foot. Turntec's Nevados hiking boot line would seem to indicate that their efforts may have been bet-



Turntec Mojave

ter aimed at producing a more supportive shoe with an aggressive outsole for traction on the trail. The Mojave is a hybrid shoe which will take you from road to trail and back. It is reasonably stable and durable enough to cover numerous trails. The loop lacing shows a good attempt to incorporate effective features into an affordable package. Best feature? The price. At \$40 a pair, it is a little more than half the price of competing shoes.

Also: ASICS Moro

■ Type II

Nike Air Outback

The Air Outback is one of three Nike trail shoes, across several trail types. The Outback is a nice combination of quality features. It is a well cushioned, stable, rugged shoe. The design came from the



adidas Terrain Lite TR

Outdoor category, as opposed to the Running category, resulting in a shoe which satisfied both groups, but neither completely. This is not an easy niche to fill, though the Outback is a good choice for the general needs of a Type I or Type II trail, and beyond. Best feature? Cushion, cushion, cushion. With that in mind, the Outback may well satisfy your demands for a trail shoe. Give it a look.

Also: adidas Terrain TR II, adidas Response Trail, Mizuno Mt. Tam, Nike Air Trail, Puma Trail, Saucony Jazz Trail

■ Type III

Brooks Vanguard

The introduction last season, of the Vanguard, was a well qualified Type III trail shoe. This season it is new and improved. That often means it is a new color. Not so with the Vanguard. Oh, it is a new color,

but they have looked at each aspect of the shoe, with an eye toward making it better. The sole is more aggressive for better traction, the midsole provides the best cushioning that Hydro-flow and CM-EVA can provide, and the upper is waterproof -- the better to protect your feet. Best feature? Protection. You'll feel safe in the Vanguard.

Also: adidas Allresco

■ Type IV

adidas

Seeya II Lo

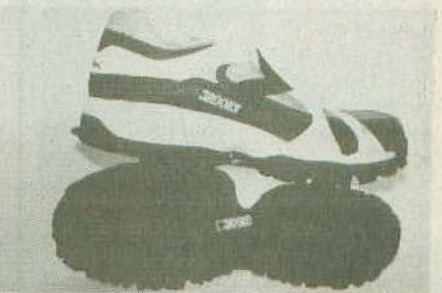
Adidas has taken an aggressive stance among the shoemakers in the trail running



adidas Seeya II Lo

shoe arena. The Seeya II Lo is designed for rugged trail use. The heavily reinforced upper is supportive and protective, the outsole is flared for stability and balance, and the tread is designed for traction. While a bit on the heavy side for a running shoe, it is light for a boot. Best feature? Traction. You'll feel like a mountain goat in this one. Tackle some peaks in it and see if it doesn't perform for you.

Also: Nike Air Terra Tor.



Brooks Vanguard

PREDICTIONS

By Bob Womack

PART III--MEN

FIELD EVENTS

HIGH JUMP

For a nation which used to dominate the event, the United States has fallen on hard times. **Charles Austin** at Atlanta was the first American high jump gold medal winner in nearly 30 years. And the other two U.S. jumpers, not only didn't get out of the qualifying, didn't even come close.

What's the problem? For one thing, high jumping is hard on the body. The torque involved in switching from horizontal to vertical thrust even appears to have caught up with **Javier Sotomayor**. Anyway, of the jumpers who have dominated U.S. high jumping for the last Olympiad, **Hollis Conway's** legs finally gave out on him after a career in which he won two Olympic medals and one in the Worlds. **Tony Barton** was injured this year, too. Austin has been injured most of the last five years or since he won the '91 Worlds, but was miraculously healthy in 1996.

The upshot of all this misery is that the

U.S. usually is represented in international competition by some jumpers who catch lightning-in-a-bottle on the day of qualifying. This year's picks were **Ed Broxterman** and **Cameron Wright**. Both cleared PR's of 7-6 1/2 in the Trials and I am not trying to denigrate them when I say that nobody, with the possible exceptions of their immediate families and coaches, would have picked them for the team four weeks before the Trials, let alone four years.

So we're talking stabs in the dark, here. The most logical contenders are a pair of collegians, **Eric Bishop** of North Carolina and **Matt Hemingway** of Arkansas, who went 1-2 in the NCAA and 5-4 in the Trials. Bishop was actually leading the Trials going to the deciding height; he PR'd by three inches at the NC's and almost did it again in Atlanta. Hemingway PR'd in both meets. **Randy Jenkins** and **Ray Doakes** are semi-veterans who have had their moments in past national meets and are young enough to be factors in 2000, if healthy. And there are probably 20-25 other jumpers who have a chance.

If you want a real long shot, try this one: California freshman class record holder **Gabriel Zarate**. Zarate, a very young 15, but a very good competitor, improved his PR six inches to 6-10 in 1996. He won't do that every year, of course. But his coach is predicting a three-inch improvement (to 7-1) in 1997, which seems reasonable, and two more inches each year would put him -- well, you figure it out. I will tell you this and you can take it to the bank: 7-6 1/2 (2.30) on an early attempt WILL make the team. (Of course, those last few inches come hard, hard, hard.)

U.S. Olympic Predictions:
High Jump--**Charles Austin**, **Eric Bishop**,
Matt Hemingway

POLE VAULT

There was good news and bad news for United States pole vaulting this year. The good news was that the three American

vaulters all made the finals in the 1996 Olympics. The bad news was that the best any of them did was eighth. The real bad news is that, of the 12 vaulters in the Olympic Trials finals, only two will be under 30 by the time of Sydney.

Paradoxically, that's also good news. Because the wonderful crop of pole vault prospects that we had in the mid-1980's -- **Scott Huffman**, **Tim Bright**, **Kory Tarpinning**, **Dean Starkey**, **Billy Payne**, **Joe Dial**, **Lane Lohr**, **Greg Duplantis** and **Doug Fraley** -- never did anything much at the international level. Now it's time to clean the decks for a new bunch.

Unfortunately -- bad news again -- there isn't a brand-new group of vaulters ready to take over immediately. There is **Lawrence Johnson**, this year's NCAA and Trials winner, and Lawrence may be almost enough by himself. LoJo is billing himself as the first 21-foot vaulter, which seems a little fanciful. But 20 feet by Sydney and an eventual 20-6 don't, and in a pole vault world soon to be without **Sergei Bubka**, his chances are as good as anybody's, and a lot better than most. And clearing 18-8 1/4 in the '96 Games and finishing only eighth should inject a dose of reality.


One semi-veteran who may be around to help is **Pat Manson**, next to Johnson, he was the most consistent U.S. vaulter in 1996, winning the indoor nationals (his first major title at 29) and barely missing the team. In fact, if he had jumped instead of passing at 18-10 1/4, any of his three attempts at 19-0 1/4 would have put him over the bar and into the Olympic Games. That alone might be sufficient motivation to keep him going four years.

Behind these you have people like **Mike Holloway**, a certified 19-footer who has never done very well in hot competition; the almost equally erratic **Nick Hysong**, also a 19-footer; **Brent Burns** and **Mark Buse**, who have been consistent in the mid-18's but have been unable to break through the 19-foot barrier; **Darin McDo-**

continued next page..

Bob Womack -- track-and-field-fan-without-parallel, announcer of many California collegiate track and cross country events, voice of Foot Locker Cross Country West -- Bob serves CTRN as creator and maintainer of the High School All-Time Lists and contributor of many special features.

A.C.P.A. when not following track, Bob lives and works in Fresno, CA.



OLYMPICS 2000

nough, Johnson's great rival in the juniors with a well-deserved reputation for flakiness (he got booted off the U. of Illinois team this year when he tested positive for marijuana); and David Cox, the NCAA runner-up from Fresno State with a lot of competitive fire and a long track record of injuries.

Not a lot of help is in sight from the junior crop. **Jacob Davis** of Texas set a national sophomore class record two years ago at 17-6, but his career did a U-turn and he almost impaled himself on the standards at this year's Texas high school meet. Only two vaulters at the junior meet did even 16-feet although the winner, **Jim Davis**, another Texan although no relation to Jacob, may be a sleeper. He was the only prep 17-footer in 1996 and has taken his career seriously enough to pull up roots in the Lone Star state and migrate to pole vault mecca, Fresno State (more 18-foot vaulters than any other collegiate program in the last decade).

U.S. Olympic Team Predictions:
Pole Vault---Lawrence Johnson, Pat Manson, Darin McDonough

HORIZONTAL JUMPS

You can take off your hats now and I think you had better.

You have just seen (probably) the last act in the greatest track and field career of all time. Forget about the whining over the relay team and concentrate on what he did on the track. Forget about **Jesse Owens**, too. Owens had two incandescent seasons--**Carl Lewis** had 15 years at or very near the top. Only **Nurmi**, **Oerter** and **Bubka** approach that record, let alone equal it.

Lewis will be 39 in the year 2000, which is younger than his fellow Hous-tonian **George Foreman** when he won the heavyweight championship in boxing, another young man's sport. So, while I really think we have *seen* the last of him, remember this: Carl Lewis is an extremely proud, not to say vain, man. If he tries a comeback in the year 2000, it will be because he thinks he has a real chance to make it. And if he does enter

the lists again, I would not bet 10 cents against him producing one more rabbit out of the hat.

Mike Powell, who really has been the world's best long jumper in the last few years, is only slightly younger than Lewis and his legs appear to have absorbed all the beating they can take. **Mike Conley**, who has been a factor in both the long jump and triple jump for almost as long as Lewis, is in the same age bracket. So here again, the guard changes.

Joe Greene has never quite shaken his propensity to foul, but he has come through at the last two U.S. Olympic Trials and Olympic Games as evidenced by two bronze medals and in 2000, will be only 33--two years younger than Lewis at Atlanta.

Kareem Streete-Thompson renounced his citizenship in the Cayman Islands, where he could have gone to every Olympics in his lifetime (he may have been the only long jumper in the country), to run with the big dogs in the United States. As often as not, the big dogs have used him as a fire hydrant, but he is still a 28-foot jumper and will benefit by the thinning out of the pack at the top.

Erick Walder was supposed to be the next generation Mike Conley -- a threat in both horizontal jumps -- and, in fact, he came fairly close to making the team in each (fifth in the TJ, sixth in the LJ). He has done a lot of experimenting with his style in the long jump, probably his better event, which can't have helped. The new "next Mike Conley" is **Robert Howard**, another entry from the Arkansas/Conley stable, who has long jumped 27 feet and triple jumped 56 and made the 1996 team in the latter event, largely because it is comparatively weaker.

Add to this mix a couple of veterans in the 27-foot range, **Roland McGhee** and **Percy Knox**. And top it off with a couple of small-college jumpers, **Kevin Dilworth** and **Sean Robbins**, who have eye-popping PR's. The jury is still out on them, particularly Dilworth, who flamed out at the Trials. But Robbins, whose indoor performances had people making odd noises, picked up some believers at

the Trials, where he was over 27. The U.S. may not dominate international long jumping in the near future as it has in the Lewis-Powell era, but it will certainly be competitive. And the 2000 Trials will be as cutthroat as ever.

Without Conley, American triple jumping rests on the shoulders of an inexperienced group. (**Kenny Harrison**, this year's Olympic champ, is not much younger than Conley and has been hurt a lot.)

Besides Howard and Walder, those available include the steady **Lamark Carter**, who just missed both the '95 Worlds team and the '96 Olympic team; **Leonard Cobb**, who was America's second best triple jumper in '95 and had an off year, possibly hurt, in '96; **Brandon Craven**, Howard's Arkansas teammate, who did 56 feet early and then disappeared in the big meets; and the equally inconsistent **Ivory Angello**, who had a monster wind-aided jump in the 1995 Nationals and hasn't been able to reproduce that form since. A sleeper is **Richard Duncan** (Univ. of Texas) who competed in three jumping events at this year's NCAA. The TJ was the only one he didn't place in (he won the high jump), but given that kind of athleticism, it might be his best event.

Help from the current high school ranks is non-existent in both events. There were two prep long jumpers in the low 25's and one triple jumper over 51. It will take 27-6 and 56-0 to make the team for Sydney.

U.S. Olympic Team Predictions
Long Jump--Kareem Streete-Thompson, Joe Greene, Erick Walder

Triple Jump--Lamark Carter, Robert Howard, Leonard Cobb

✓ Coming next issue . . .

Olympics 2000
PART IV -- MEN
Throws & Decathlon
PREDICTIONS

THE ATHLETE'S KITCHEN

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

What to Eat Before You Exercise

"I skate very early in the morning. should I eat beforehand?"... "What's best to eat before a rugby game?"...

"I wait three hours after eating before I run. I often feel hungry, tired, and slow. Should I eat something?"

FUELING-UP before you exercise can indeed enhance your performance. But what and when to eat raises questions because each person has individual responses to pre-exercise food. If you participate in sports involving running and jumping, you may prefer to eat nothing shortly before you exercise because the food may settle uncomfortably in your stomach. But if you are a cyclist, skier, or participant in a non-jumping sport, you may have less fear of eating a snack or meal.

The following guidelines offer points to consider regarding your own personal pre-exercise eating program. Because each person is unique, you should experiment during training to learn which foods and fluids settle best, when you should eat them, and how much you can eat. Then, during competition, you'll know what menu is best for you.

The goal with eating before you exercise is to enhance your power and endurance with-

out causing any stomach discomfort. A pre-exercise meal or snack helps to:

- ✓ prevent you from feeling hungry.
 - ✓ maintain a normal blood sugar and prevent performance problems associated with hypoglycemia, such as light-headedness, needless fatigue, and indecisiveness.
 - ✓ provide energy to fuel your muscles.
- The food you eat five minutes to four hours before exercise does get used. For example, soccer players improved their performance when they had 200 calories 5 minutes before intense playing. There's no doubt--fueling works!

Although you'll create adverse effects such as nausea or stomach discomfort if you eat *too much* food before you exercise, you'll run out of energy if you eat too little. That's why you need to develop a plan for fueling your muscles and brain with adequate carbohydrates.

Carbohydrates are best to eat before exercise because they digest quickly and are readily available for fuel. If you are doing endurance exercise that lasts longer than 60 to 90 minutes, you should choose carbs that digest slowly and provide a steady entry of energy into the bloodstream. Some popular choices include low fat fruit yogurt, banana, apple, energy bar, toast or bagel with a little added fat such as margarine or low fat cheese to slightly slow digestion and offer sustained energy.

When's the best time to eat before exercise? In general, you should allow 3-4 hours for a large meal to digest. But you can eat 5 minutes before. Your body can both digest food and exercise--as long as you are exercising at a pace that you can maintain for more than 30 minutes.

With early morning exercise, the night before eat a hearty, high carbohydrate dinner and or bedtime snack. That morning, eat a light meal, as tolerated, to boost your blood sugar and keep you from feeling hungry. Plan 0.5 grams carbohydrate per pound of body weight when eating one hour before exercise.

This could be 75 grams of carbs if you weigh 150 pounds--300 calories, such as a big bagel, a banana and a yogurt, or a bowl of cereal.

With lunch time exercise, eat a hearty carbohydrate-rich breakfast. If your muscle glycogen stores are low, you can convert a substantial amount of these carbohydrates into muscle glycogen in a four hour period. Plus, you'll boost the liver glycogen stores that are needed to maintain a normal blood sugar level. Runners who ate 1 gram carb/lb body weight (about 600 calories) 3 hours before running boosted muscle glycogen 11% and were able to run 10 minutes longer than when they ate nothing. They ran 32 minutes longer when they both ate beforehand and took sports drink during their run. Cyclists who ate 200 to 300 grams of carbohydrates within four hours of exercise--that's 800 to 1,200 calories--increased power 15-22%. Research suggests you'll do better with more food than less. Experiment--and learn what works for you!

With evening exercise, eat a hearty breakfast and lunch, then a snack as desired an hour prior. If you are among the many athletes who tends to skimp on daytime food, think again. Exercising on an empty stomach may hurt your ability to exercise at your best--assuming you can tolerate food without discomfort.

Another nutritional mistake that athletes commonly make is using unfamiliar energy bars or sports drinks before a competitive event. This may save money, but can cost on performance. For example, one person saved a new energy bar from a runner's expo and used it for the first time before a marathon. It settled like a lead brick, causing stomach distress--and a poor race.

If you are traveling to an event, you might want to bring your favorite tried-and-true pre-exercise sports foods. This way, you can worry less about fueling yourself and be free to focus on performing.

And be sure to eat a high carbohydrate diet every day to fuel-up and promptly refuel within two hours of hard exercise. Before a competition, you shouldn't be pulling out good sports nutrition like a fire engine. One pre-event meal will not compensate for a poor training diet!

Nancy Clark, MS, RD, is director of nutrition services at Boston-area's SportsMedicine Brookline and author of Nancy Clark's Sports Nutrition Guidebook (\$18) and her nutrition guide for runners



The NYC Marathon Cookbook (\$23). Both are available by sending a check to Sports Nutrition Materials, 830 Boylston St., Brookline, MA 02167.

California High School / J.C. Athletes

OFF TO COLLEGE

With information received through October 25, 1996

MEN

Who?	Event(s)	School	College
Steve Amundson	LJ	CPSLO	Fresno State
Damon Anderson	100	Westchester	El Camino College
Jesse Barragan	1600	LB Wilson	CS Northridge
Javier Baylon	LJ, 400	South Gate	El Camino College
Jeff Beam	PV	Los Banos	CS Northridge
Will Bernaldo	1600, 3200	Nordhoff	CS Northridge
Duante Burks	100, 200	JFK, Sacramento	Fresno State
Leon Callen	100	De La Salle	U of Arizona
Matt Castiglione	HJ	Clovis	Fresno State
Felton Charles	200, 400	McClymonds	Washington State
Chris Coffee	1600, 3200	De La Salle	UC Berkeley
Johan Cisneros	1600, 3200	Hawthorne	El Camino College
Sean Ciendaniel	3200, 3M	Yucaipa	U of TX San Antonio
Chris Coleman	1500	Coll of Sequoias	Fresno State
Rod Crow	200, 400	El Camino Real	El Camino College
Rusty Dairympie	XC, 800	Poway	CPSLO
Jesse Davis	XC	Poway	Mesa College
Jim Davis	PV	Godley, TX	Fresno State
Brock Dieckler	SP	Newbury Park	BYU
Geoffery Fallsen	HJ	Downey	Azusa Pacific
Mike Gavar	1600, 3000	Tustin	Azusa Pacific
Luis Granado	10K	Hartnell	Fresno State
Jason Hammond	SP, DT	Fowler	CS Northridge
Daluan Hawkins	HJ, LJ, TJ	Newbury Park	U of Washington
Greg Hintz	800	De La Salle	Yale University
Robby Hughes	Hurdles	Hawthorne	Long Beach CC
Donni Jackson	100, 200	Elk Grove	El Camino College
E. J. Jackson	100	Beyer	Fresno State
Travis Kirtley	XC, 1600	Poway	So. Utah
Robert Kyle	200, 400, LJ, TJ	Los Banos	CS Bakersfield
Alfredo Llamas	PV	Southgate	CS Northridge
Darrell Logan	400	Banning, LA	CS Northridge
Jermaine Lovelace	200, 400	Fremont	El Camino College
Guillermo Madas	400	Bishop Amat	Washington State
Randy Maestretti	1600, 3200	De La Salle	Northern Arizona U.
Howard Moore	400, LJ	De La Salle	U of Oregon
Robert Olsen	HJ	Arroyo	CS Northridge
Nick Paramo	PV	Lemoore	Fresno State
Elijah Raphael	100	LA Valley	Azusa Pacific
Greg Riley	DT	Fresno CC	Fresno State
Luis Ruiz	1500, 5000	West LA College	El Camino College
Jerod Saiz	1600, 3200	West Torrance	El Camino College
Oswaldo Servin		Stanislaus	CS Northridge
Josh Schultz	800	Yucaipa	So. Calif. College
Steve Sorensen	3200	Yucaipa	UC San Diego
Jason Spotts	Decathlon	Bakersfield CC	Fresno State
Greg Tademv	1500	San Jose CC	Fresno State
Maurice Threewitts	200, 400	Birmingham	Long Beach CC
Enrique Torres	1600, 3200	Silver Creek	Sacramento State
Ed Trujillo	3200	Bell	El Camino College
Oscar Valadez	Multi	Hawthorne	Cal State Long Beach
Mike Vistan	100, 200	Los Banos	UC Riverside
Nguyen Vong	HH, PV	Silver Creek	Missouri State
Myron Washington	TJ, LJ	Mt. Pleasant, SJ	San Jose CC

WOMEN

Who?	Event(s)	School	College
Mary Akor	3K, 5K, 10K	Riverside CC	El Camino College
Mary Lou Badillo	PV, TJ	Mt. Pleasant, SJ	Long Beach State
Marisol Barajas	2M, 5K	Van Nuys	Valley College, LA
Deborah Bleisch	1600, 3200	Silver Creek	West Valley CC
Mindy Brown	3200, 3M	Yucaipa	U of TX San Antonio
Crystal Buck	200, 400	Riverside CC	Fresno State
Hillary Carlson	3200	Yucaipa	CPSLO
LaTanya Collier		Banning, LA	CS Northridge
Erica Dickson	TJ, LJ, 100	Mission Viejo	Princeton
Shana Driscoll		St. Ignatius	CS Northridge
Jasmin Espinoza	100H	Silver Creek	Sacramento State
Mariena Godbolt	SP, DT	Mission Viejo	Saddleback
Sarah Goodlaw	HT	Pasadena CC	Fresno State
Stacy Hebert	300H	Buena	U of Oregon
Ricksha Herron	Jumps	Birmingham	Fresno State
Cheree Hicks		Littlerock	CS Northridge
Aktrina Higgins	100, 200	Chino	Washington State
Sharika Higgins	200	Channel Island	Washington State
Tait Holden	HJ	Vacaville	CS Northridge
Miata Holmes	300H	Carondelet	UCLA
Brandi Jenkins	100H	Golden West	Fresno State
Jemena Johnson	100, 200	Locke	El Camino College
Heather Langley	5000	Mt. Hood CC	Fresno State
Amber Lanley	5000	Mt. Hood CC	Fresno State
Christina Magana	DT	Fallbrook	CS Northridge
Tara Marsden		Thousand Oaks	CS Northridge
Lanelsha McPherson	800, 1600	Silver Creek	Howard
Serena Meyer	1600, 3200	Yucaipa	U of TX Arlington
Candace Miles-Threatt	800	Amador Valley	Washington State
Stephanie Moses	SP, DT	Mission Viejo	Saddleback
LaTroya Mucker	100, 200	Hamilton	Washington State
Salome Murray	1500	Fresno CC	Fresno State
Cynthia Nan	400	CS Northridge	Fresno State
Rachelle Nelson	400	Birmingham	CS Northridge
Cyndi O'Connor	100H, 300H, 400	Mission Viejo	U of San Diego
Jenifer Overlook	1600, XC	Canyon JC	CS Northridge
Pamela Perez	Distances	Hawthorne	El Camino College
Brandi Prieto	TJ	North Torrance	CS Northridge
Marisa Rodriguez	3200, XC	Los Banos	San Jose State
Chrissie Sanford	HJ, TJ, LJ	Newbury Park	CPSLO
Reena Sihota	TJ	Selma	CS Northridge
Mickey Stafford	PV	Palmdale	CS Northridge
Janelle Sterbentz	TJ, LJ	Silver Creek	UC Davis
Brenda Stewart	800	Riverside CC	Fresno State
Capricia Thompson	100	Clovis	Fresno State
Christina Tolson	SP	Fountain Valley	CS Northridge
Aleyna Tomate	PV	Clovis	Fresno State
Brenea Watkins	400	Hamilton	El Camino College
Desiree Woodman	TJ	Fontana	CS Northridge
Vivian Yip	PV	Los Banos	UC Irvine

COACHES... Send your "Off to College" information to CTRN, 4957 E. Heaton, Fresno, CA 93727, e-mail: CTRN@ix.netcom.com

SoCAL DIARY

By Bill Minarik

📅 September 9

The Carbon Canyon Invitational officially opened cross country season in SoCal last Saturday, but it was the Wildcats from the University of Arizona which closed out the field in both the men's and women's competition. The UA men were comfortably ahead of the 02 Debt Track Club 40-72, while the Lady Wildcats lead by Amy Skleresz's first place effort destroyed the field and runner-up UC Irvine 28-96.

In a major men's quadrangular meet back east, Wake Forest was a 29-56-59-104 winner over Tennessee, UCLA and Georgia Tech. The big news for the Bruins was the Mebrahtom Keflezighi and Mark Hauser 1-2 individual finish.

Another quad meet at UCSB saw the Gaucho men finish in front of Cal Poly SLO, CS Northridge and Westmont 41-44-53-90. However, the lady Mustangs demonstrated that they have another powerhouse as they dominated Westmont, UCSB and CSN 26-59-69-70.

📅 September 16

Last weekend saw another Arizona team come into SoCal and destroy the local competition. This time it was Northern Arizona, whose men rayn away from the runner-up Future Track Club 26-74 at the UC Irvine Invitational. The women's race was much of the same as NAU smoked a very good runner-up Cal Poly SLO team and third place USC 36-82-82. The bright spot here for the Trojans was a 2-4 finish by their dynamic duo of Emebet Shiferaw and Grazyna Penc.

Elsewhere, at the Whittier Invitational, the Azusa Pacific men finished comfortably ahead of runner-up Westmont 40-74 while the Westmont women outclassed the field and runner-up Team Urbanek, 38-78.

In the community college ranks, Rancho Santiago's men appear back on track for a State Championship as they ran away from a good Mt. SAC team 35-87 at the Fresno Invitational. However, the female Mounties looked unbeatable as they cruised home ahead of runner-up West Valley 34-64. At the San Diego Mesa Invitational, in what I thought was a non-scoring meet, the LACC men were reported to be a 43-57 winner over runner-up Glendale,

while the Orange Coast women edged Saddleback 63-67. Further up the coast at the Ventura Beach Run, Pasadena CC defeated runner-up El Camino in both men and women's races 30-38 and 42-64.

At the Laguna Hills prep invitational where scoring was based on the combined time of the top 5 team members, Santa Ana Valley edged Santa Ana 80:37-80:59 in the boy's race while Irvine High slid past Los Alamitos, 98:26-98:45, in girl's competition.

📅 September 23

There were some big collegiate invitationals over the weekend starting with the Aztec Invitational at Balboa Park in San Diego. The UCLA men had an easy time of it with a relatively weak field, as they coasted through with a 31-63 victory over runner-up CS Northridge. The Bruins Meb Keflezighi and Mark Hauser went 1-3 individually. In the women's race, powerful Florida barely held off UCLA 40-46. The Gators were third in District 3 last year, so they were clearly the team to beat. Individually, Kim Mortensen destroyed the field at 17:15, however, the big surprise of the day was unheralded Bruin Githa Hampson coming in second. Freshman Tina Bowen also looked strong for UCLA, coming in 5th, just three seconds out of third. If the Bruins 4th and 5th can close ranks behind the first three, UCLA could be the big surprise in District VIII.

In the open division down at the Aztec, the UCSD men's club team outran Pt. Loma Nazarene 40-61, while the SoCal College women were first ahead of an unattached team 34-54.

In the women's division of the Fresno State Invitational, the Stanford women demonstrated just how tough they will be as they just cruised to a 26-81 win ahead of CPSLO. Further south at the Westmont Invitational, the host team took apart the competition by scores of 27-61 in front of Redlands in the men's race and a perfect 15-56 over the runner-up San Luis Distance Club women.

All of the community college powerhouses were in action, beginning at the LACC Invitational where the Pasadena men easily outdistanced runner-up El Camino 35-68, while the Mt. SAC women continued their winning ways 37-58 in front of Mission. At the Hancock Invitational, Moorpark College, with its best

men's team ever, destroyed the field and runner-up Ventura, 19-69. The Moorpark women also came away winners, 62-80 in front of Sequoias.

In some big prep invitationals based on team time, the Woodbridge Invitational was the closest as the Tustin boys just edged Fair Oaks Del Campo 79:01-79:04, while the Yucaipa girls were runaway winners 93:08-95:30 in front of Los Alamitos. At the Rosemead Invitational, the Loyola boys were close 82:41-83:07 winners ahead of San Marino, while the Saugus girls ran away from second place Buena 98:20-101:13. In more traditional scoring at the Rim of the World Invitational, Canyon Springs (51-56) and Beaumont (59-92) were boy's winners as were girls from Redlands (45-76) and St. Lucy's (45-92).

📅 September 30

Most of the SoCal college/open teams competing last week were out at the UC Riverside Invitational. Division III, UCSD was a surprise men's winner, 82-152 over the Asics/Sparkettes team, while the Asics women finished in front of #2 USC 52-71. The remaining college teams were up at UCSB where the Gauchos swept the men's and women's races in front of UC Irvine 24-44 and 32-44.

The big community college meet was in the form of the Gold Coast Invitational where the Pasadena men once again finished in front of runner-up El Camino 50-83, while the Mt. SAC women continued on their winning ways, 44-87 in front of Pasadena.

There were a multitude of prep invitationals taking place, with the big one in the form of the Bell-Jeff Invitational at Griffith Park. The boys' winners included Thousand Oaks, Burbank, Moorpark, Notre Dame and St. Bonaventure. The girls' team champions were Los Alamitos, Highland, Louisville, Sacred Heart and St. Josephs. At the St. John Bosco Invitational at La Mirada Park, the Ayala boys and girls were both winners, 41-58 over Hoover and 41-45 in front of Santa Marguerita. The Warren Invitational at Hollywood Park saw the Long Beach Poly boys win the first invitational I can remember in 40 years of following the sport. The Warren girls defeated runner-up Poly 103:15-104:24 in the other race.

continued next page...

SoCAL DIARY

🏃 October 7

At the four-year college level, the **Stanford Invitational** was the site for most of SoCal's finest, however, it was the host Cardinals which did the team winning as they destroyed the field and runner-up **BYU 27-92** in the men's race. Then they came back to beat the Cougars 29-45 in the women's competition with **UCLA** third at 129. Individually, the Bruins **Mebrahtom Keflezighi** and **Kim Mortensen** were the champions by considerable distances over their closest competitors. Elsewhere at the **Cal Lutheran Invitational**, the **Asics/Sparkletts Club** destroyed the collegiate competition and runner-ups **USD** and **Loyola Marymount** by scores of 24-84 and 19-93 respectively in men's and women's races.

In the only community college meet reported, **Coach Manny Trevino's Moorpark Raider** men easily outran the competition and runner-up **Ventura, 25-77** at the **Bakersfield College Invitational** at Hart Park.

Three major prep invitationals dominated the local scene beginning with the **Kenny Staub** meet at CV Park. In the Division I boy's meet, local **Hoover High**, led by a first place finish from **David Lopez**, took the team title 46-50 over **Belmont Loyola** and **Arcadia** won boy's Division II and III. In the girl's competition, **Canyon** and **Warren High** took Division I and II titles easily, while **Narbonne** took Division III with a record high score of 134, just edging **LaSalle** with 138. Out at **Yucaipa**, boy's teams from **Hemet**, **Santa Margarita** and **Barstow** captured team titles as did girl's teams from **Canyon Springs**, **Yucaipa** and **St. Josephs**. Finally, at the **Channel Islands Invitational**, **Rio Mesa** slipped by the **Arroyo Grande** boys 78-88, however the **Arroyo Grande** girls won ahead of **Buena** 65-83.

🏃 October 14

There was limited harrier action last weekend at all levels, however, the small schools were in action at the **SCIAC Dual Meet** at La Mirada Park. At that one, **Claremont-Mudd** was perfect in both men and women's competition going 7-0. The **Oxy** men and **Pomona Pitzer** women were runner-ups at 6-1. In the other meet at **Pepperdine**, the **USD** men easily won ahead of the runner-up **Waves 24-49** while the **USC** women, behind **Grazyna Penc's** first place finish, were easily ahead of the second place **Waves 27-56**.

At the community college level, in the first of three **Western States Conference** meets, the **Moorpark** men destroyed the field and runner-up **Ventura 24-88**; while the **Mission** women did likewise to **Ventura 27-75**.

At the **Dos Pueblos Prep Invitational**, where the competition was by classes, the boy's winners were from **Nordhoff**, **Nordhoff**, **San Marino** and **Buena**, while the prevailing girls hailed from **Dos Pueblos**, **San Marcos**, **Ventura** and **Nordhoff**. Finally, at the **Central Park Invitational**, with winners decided on a combined time basis, **Fair Oaks Del Campo** was just ahead of the **Huntington Beach** boys 79:50-80:16, while the **Irvine University** girls were comfortably ahead of **Santee Santana** 97:03-98:13.

As a final note to this week's entries, I'll jump back to track for a minute to mention a long-time SoCal national class discus thrower in the person of **Becky Levi**. Becky was an alternate on the '88 and '92 Olympic teams. Anyway, she entered the **National Tough Women** competition (boxing) and made it all the way to the finals before losing to the **American Gladiator** known as "Dallas." Undaunted, Becky says that in November she plans to be in Tokyo for the first women's **Ultimate Fighting Championships**. That is where you get into the ring and anything goes. Thus, with respect to the question: "Is there anything after track?," Becky, along with **Dot Jones** (arm wrestling) and **Cory Everson** (body building) say "YES!!"

🏃 October 21

Two big meets corraled almost every SoCal college which competes in cross country. The **NCAA Preview Invitational** at Tucson brought in many of the top teams in the country. In the men's competition, **Stanford** turned out to be the best of the best as the Cardinals easily outran runner-up **Colorado 53-110**. The lady's from **Villanova**, likewise, dominated the field and runner-up **Colorado 65-103**. Individually, **UCLA's Meb Keflezighi** was third and **Kim Mortensen** was second for the Bruins behind old high school rival **Amy Skieresz** of Arizona. Further west at the **Cal Poly Invitational**, **Adams State** swept both the men and women's competitions 54-64 over **UCSB** and 33-88 over the **Stanford "B"** team. In the club competition, the **Asics/Sparkletts Team** swept both races 25-52 in front of **Future Track** and 15-44 ahead of **UCSB**. Additionally, at the **Triton Invitational** at UCSD, the **Liberty Club** men outran **UCSD 48-69**, while the **UCSD Racing Club** women edged the **UC Irvine** women 75-87. Finally, up at the **Western Washington Invitational**, the **Azusa Pacific** men defeated **Simon Fraser 52-79**.

In the community college ranks, the **Pasadena City College Lancers** swept both men and women's championships at the **Santa Barbara Invitational 51-82** in front of powerful **Rancho Santiago** in the men's race and 59-110 ahead

of **San Diego Mesa** in the women's race. At **Mt. SAC**, the **El Camino** men outran runner-up **Mt. SAC, 43-86** while the **Yavapai Arizona** women were 38-45 winners ahead of runner-up **Mt. SAC**.

In the first of three prep invitationals being held last week, the **Orange County Championships** produced boys champions from **Tustin**, **Foothill**, **Esperanza** and **Villa Park**, while girl's winners included **Dana Hills**, **Woodbridge**, **Katella** and **Rancho Alamitos**. Further north at the **Santa Clarita Valley Invitational**, both the boys and girls from **Clovis High** won large school titles, while the boys from **San Diego** and the girls from **St. Bonaventure** captured small school crowns. In the far north, at the **San Luis Obispo Invitational**, the many winners included boys from **Madera**, **Arroyo Grande**, **North Monterey**, **Livermore**, **Arroyo Grande** and **McFarland**. Girl's titlists were **Arroyo Grande**, **Reedley**, **Louisville**, **Exeter** and **St. Josephs**.

🏃 October 28

The big prep meet, and probably the only prep meet in town, was at **Mt. SAC** where there were too many divisional races to mention. The big one, however, is the **Team Sweepstakes** race where **Grass Valley** in Nevada City just edged **Sacramento Jesuit 157-163**. The girl's sweepstakes was a runaway, as **Yucaipa** finished more than two minutes ahead of runner-up **Carondelet** in team time and by a score of 86-140.

As the **CCAA Championships** at **Cal Poly Pomona**, the home team men really showed their stuff as they ran away from **UCSD 31-54**. In the women's race, **Grand Canyon** surprised the **UCSD** women 40-43 in a race that went down to the fifth runner for both teams. At the **SCIAC Championships**, the dual meet records held as the **Claremont-Mudd** women and men both scored close, but decisive, wins over **Pomona-Pitzer 42-53** and **Oxy 52-62**. Finally, at the **Bronco Invitational** at **Cal Poly Pomona**, while no team scores were reported, the individual results suggest that the **Southern Utah** men and the **UCLA** women were easy team winners.



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California State High School CROSS COUNTRY RANKINGS

By Doug Speck

As of November 1

With assistance from Dennis McClanahan, Buzz Thom (San Diego), Rich Gonzalez (Southern Section), Alex Carmona (L.A.), Dennis DeWitt (Central), Hal Daner (CCS), Andy Leong (SF/Oakl), Steve Fagundes (Sac-Joaquin), Jim Eckman (Northern).

Section Abbreviations: SD=San Diego, LA=Los Angeles, SS=Southern Section, CE=Central, CCS=Central Coast, NCS=North Coast, SF=San Francisco, SJ=Sac Joaquin, No=Northern.

Girls Division I -- 1563+

1. Clovis West (Fresno) (CE)
2. Fallbrook (SD)
3. Orange Glen (Escondido) (SD)
4. Irvine (SS)
5. Esperanza (Anaheim) (SS)
6. Ayala (Chino Hills) (SS)
7. Clovis (CE)
8. Vista (SD)
9. Lowell (San Francisco)
10. Los Alamitos

Girls Division II -- 1250-1562

1. Yucaipa (SS)
2. Dana Hills (Dana Point) (SS)
3. Valhalla (El Cajon) (SD)
4. Canyon (CC) (SS)
5. University (Irvine) (SS)
6. Santa Margarita (Rancho SM) (SS)
7. Mission Viejo (SS)
8. Amador Valley (Pleasanton) (NCS)
9. Saugus (SS)
10. Woodbridge (Irvine)

Girls Division III -- 969-1249

1. Clayton Valley (Concord) (NC)
2. Carondolet (Concord) (NC)
3. El Modena (Orange) (SS)
4. Placer (Auburn)
5. Dos Pueblos (Goleta) (SS)

6. St. Lucy's (Glendora) (SS)
7. San Geronio (San Bernardino) (SS)
8. Santana (Santee) (SD)
9. Newport Harbor (Newport Beach) (SS)
10. Buena Park SS

Girls Division IV -- 525-968

1. Nordhoff (Ojai) (SS)
2. La Canada (SS)
3. Louisville (Woodland Hills) (SS)
4. Corona del Mar (Newport Beach) (SS)
5. Exeter (CE)
6. Campolindo (NCS)

7. Estancia (Costa Mesa) (SS)
8. Wasco (CE)
9. Taft (CE)
10. Palo Alto (CCS)

Girls Division V -- 1-524

1. University (San Francisco) (NCS)
2. Orange Lutheran (SS)
3. St. Joseph (Santa Maria) (SS)
4. McFarland (CE)
5. St. Bonaventure (Ventura) (SS)
6. Piedmont (NCS)
7. Desert Christian (Lancaster) (SS)

continued next page...

Cross Country Prep Notes

ILLINOIS HS INVITATIONAL

The Patrick J. Savage Cross Country Invitational, always held on the first Saturday in October (Oct 6th in 1996) has invited invitation from California High Schools for its 1997 competition. The meet will be sanctioned for schools from out state next year. There are six races in the meet: Girls: Frosh/Soph, JV, and Varsity. Boys: Frosh, Soph, and Varsity. All races are 2.1 miles, except the Boys Varsity, which is 3.0 miles. This year over 60 boys teams and 60 girls teams entered from Indiana, Wisconsin, New York, and Illinois. There are ten team trophies for each race, a total of 500 individual plaques, with 240 going to the Boys and Girls Varsity races. Most other runners receive a ribbon. For Meet information contact: Patrick Savage - Niles West HS, 5701 Oakton St, Skokie, Il. 60077. Skokie is near to

Chicago, with airfares to the windy city usually quite affordable.

ROAD RACING NOT A SOUTHERN SECTION SCHOOL SPORT

The Southern Section high school CIF runs the sports of Cross Country and Track and Field for the runners from high schools under its jurisdiction. Should any group be interested in adding the sport of road racing with athletes representing their schools, they should start such legislation through the represented schools and their principals. Any reference to teams competing in a road race representing their schools technically has them competing "unattached," with community names listed for terms of reference only. Coaches of school teams and sponsors of races need to be aware of

continued next page...

CROSS COUNTRY RANKINGS

8. La Salle (Pasadena) (SS)
9. Fillmore (SS)
10. Pasadena Poly (SS)

Boys Division I -- 1563+

1. Nevada Union (Grass Valley) (SJ)
2. Del Campo (Fair Oaks) (SJ)
3. Santa Ana Valley (SS)
4. Ayala (Chino Hills) (SS)
5. Poly (Long Beach) (SS)
6. Hoover (Glendale) (SS)
7. El Toro (SS)
8. Saddleback (Santa Ana) (SS)
9. Temecula Valley (Temecula) (SS)
10. Peninsula (Rolling Hills) (SS)

Boys Division II -- 1250-1562

1. Jesuit (Sacramento) (SJ)
2. De la Salle (Concord) (NCS)
3. Santa Margarita (Rancho SM) (SS)
4. Santa Ana (SS)
5. Righetti (Santa Maria) (SS)
6. Huntington Beach (SS)
7. Hemet (SS)
8. Yucaipa (SS)
9. Reedley (CE)
10. Arroyo (El Monte) (SS)

Boys Division III -- 968-1249

1. St. Ignatius (San Francisco) (CCS)
2. Tustin (SS)

3. Barstow (SS)
4. St. Francis (Mountain View) (CCS)
5. Katella (Anaheim) (SS)
6. El Modena (Orange) (SS)
7. Newbury Park (SS)
8. Newport Harbor (Newp Bch) (SS)
9. Livermore (NCS)
10. Bosco Tech (Rosemead) (SS)

Boys Division IV -- 525-968

1. Corona del Mar (Newport Beach) (SS)
2. Costa Mesa (SS)
3. Nordhoff (Ojai) (SS)
4. West Valley (Cottonwood) (No)
5. Granada (Livermore) (NC)
6. St. Augustine (San Diego) (SD)
7. Estancia (Costa Mesa) (SS)
8. San Marino (SS)
9. Central Valley (No)
10. Notre Dame (Sherman Oaks) (SS)

Boys Division V -- 1-524

1. McFarland (CE)
2. St. Bonaventure (Ventura) (SS)
3. Orange Lutheran (SS)
4. Flintridge Prep (La Canada) (SS)
5. Salesian (L.A.) (SS)
6. Crespi (Encino) (SS)
7. Desert Christian (Lancaster) (SS)
8. Fillmore (SS)
9. Oak Park (SS)
10. Piedmont (NCS)



◆ McFarland High's Jose Perezchica & Rudy Ballardo

Photo by Elaine Rosenfield

Notes, continued

liability considerations with transportation and supervision of athletes in non-sanctioned sports activities other than those sponsored by area high schools.

TRANSFER RUMORS

Southern California rumors center around some significant female prep transfers to a local private high school. If the rumors are true, it would appear it will be "record-city" in Southern California, especially in the 4x400 event where the national record-setting Wilson (Long Beach) squad returns in

its entirety, to be ably challenged by at least one other area team this spring.

CROSS COUNTRY COURSE MEASURING

Did you hear the one about the Coach who measured out a new course for an invitational? It turned out the first time around one of the sprockets from the measuring wheel was missing, with the footage on the counter coming out appearing right at three miles, but in reality, significantly further. Fortunately the situation was "righted" before Saturday morning's race, with some rookies to the sport probably a bit disappointed in their opening meet times about ten minutes slower than their coach

had predicted for them had such the mistake not been caught.

MT. SAC COURSE ALTERATION?

There has arisen a movement to change the intensity of the popular Southern Section Championship course, which is also used in the nation's biggest prep Invitational, the late October Walnut HS/Mt. SAC Invitational. The movement and subject was humorously tackled on this year's Mt. SAC Invite tee-shirt, with President Clinton, FBI security, and the whole entourage included in the cartoon commentary.

-From Doug Speck

MEET SPOTLIGHT

By Doug Speck

Kristen Gordon Shocks at Mt. SAC Invitational

Mt. SAC Invitational

October 25 & 26. Walnut.

The huge (400 schools and 9000 athletes) Mt. San Antonio College Prep Invite featured the "coming out" of California's latest prep distance running starlet, much in a way that Kim Mortensen emerged from the pack to star last school year. This year it was Carondolet (Concord) senior Kristen Gordon, a nationally ranked star last year with 4:49.16 (1600m) and 10:29.43 (3200m) bests in track and a second in the Junior Nationals in track over 3000 meters, taking her act to the next level.

Running in Saturday morning's Team Sweepstakes event under perfect 70 degree, cloudy skies, Gordon was out early with Yucaipa's Kimi Welsh, with the Carondolet star breaking away slightly before the flat first mile, covered in 5:14. Gordon blazed away from everyone during the second mile, including hilly switchback and "poop-out" sections, coming by two miles at 11:00. At the top of Reservoir Hill, with a half mile to go, Kristen

was 14:23, some thirty seconds faster than Jen Schindler was earlier in the day at the same spot in an Individual Sweepstakes win at 17:29.

Julia Stamps has the course record at 16:55 from last year, with a degree in rocket science not needed to figure that Gordon's time thirty seconds faster than Schindler's with a half a mile to go put her in "record-range." Flying down off Reservoir Hill and down the cement airstrip before making a right turn and an 80 meter dash towards the finish line, the slight (5-3 100 pound) Carondolet star continued her upright style that had her bouncing powerfully off her toes the entire way to the finish in 16:57, so very, very close to Stamps' record. Kim Mortensen's 17:14 from last year was the previous number two clocking on the tough three mile course. Stamps was missing this day with a very minor injury high up in her hamstring a couple of weeks previous during a hill repeat workout, obviously not wishing to challenge such a situation physically on the hilly Mt. SAC course at this stage of the season.

Commenting later, the North Coast Section Scholar/Athlete and California Scholarship Federation member Kristen indicated that she felt she could have raced at least three seconds faster this day, and that, "This was the first race all year where I did not feel super tired at some point." Hearing the mile time of 5:14 and the 11:00 two mile clocking she added that she had done the mathematics in her head that put her in range of getting the course record. Gordon's Cardondolet team, ably coached by Helen Lehman, is in California's Division III enrollment level, so, while she is in the same Section of the state as Julia Stamps, the duo will probably not meet until the Foot Locker

Regional December 7th. Their contests should be interesting, as Gordon has obviously moved up a couple of levels since last year.

There was a ton of other good action during the weekend, with Sweepstakes events bringing together top teams and individuals.

The Yucaipa Girls, the State's highest nationally ranked squad, at #3, was the Girls Sweeps Team winner with 86 points (94:36 team time), with Carondolet (Concord) 140 in second (95:47), running without their #3 runner this day. Clayton Valley (Concord) decided to stay at their Division III enrollment level on Friday, racing 96:00 in winning the Sweeps there with 61 points. Jen Schindler (Ponderosa, Shingle Springs) was very impressive in a 17:29 Saturday Girls Individual Sweeps run, with Andrea Neipp (Highland, Palm-dale) next at 17:40. Heather Garrison (Buena Park), a former Foot Locker National Finalist, was the fastest Friday female runner, charging 18:05 in the Div III race.

David Lopez (Hoover, Glendale), a 9:15.75 3200m runner in track, moved strongly over the last half of the race to take the Boys Team Sweeps race by 100 meters at a fine 15:01. David Rodriguez (Mission San Jose, Fremont) took the Individual Saturday Sweeps at 15:10 over Roseville's Geoff Fleming (15:14). Northern California powers swept the Boys Saturday Sweeps race.

Nevada Union (Grass Valley), the nation's most traveled squad this Fall, was 157 (80:28) over local rival Jesuit (Sacramento) 163 (80:51), with De la Salle (Concord) 164 (80:46). In a comment on the 90's parity in the sport, the first twelve teams were within two minutes of Nevada Union on the "team-

Doug Speck is an expert on high school track & field and cross country. He is a prolific writer and contributor to a number of publications and a meet director of the prestigious Arcadia Invitational. Doug's "real" job is as a teacher at Arcadia High School. Doug lives in Glendora, CA.



continued next page.

MEET SPOTLIGHT

time" watch in the Sweeps event. St. Ignatius (San Francisco) continued the Northern Cal Sweep of big Boys' races this weekend, taking the Friday Division III Sweeps at 94 (81:27) over Tustin 106 (81:28).

Sweepstakes Results / Fri., Oct. 25
(all athletes California unless noted)

#25 - Boys Div V - Matthew Torres (St. Bonaventure, Ventura) 15:54, 2. Jason Hoeltzel (Mammoth, Mammoth Lakes) 16:02, 3. Doug Hall (Flintridge Prep, La Canada) 16:16, 4. Ryan Downey (St. Margaret's, San Juan Capistrano) 16:21, 5. Geoff Thurber (Desert Christian, Lancaster) 16:22. Team: 1. North Tahoe 104 (85:41), 2. St. Bonaventure (Ventura) 128 (85:37), 3. Flintridge Prep 163 (87:02).

#26 - Boys Div IV - Craig Farley (Lompoc) 15:42, 2. Victor Ochoa (Nordhoff, Ojai) 15:48, 3. Dusty Herman (Nordhoff, Oj) 16:03 (Nordhoff only ran two athletes in the race), 4. Tyler Beardslee (Corona del Mar, Newport Beach) 16:11, 5. Wes Reutimann (San Marino) 16:19. Team: 1. Corona del Mar (Newport Beach) 100 (84:27), 2. Costa Mesa 101 (84:01), 3. Estancia (Costa Mesa) 139 (85:35), 4. San Marino 140 (85:17), 5. Notre Dame (Sherman Oaks) 157 (85:46).

#27 - Boys Div III - David Jackson (Rim of World, Lake Arrowhead) 15:30, 2. Jason Hart (Sonora) 15:36, 3. C.J. Marciales (Tustin) 15:45, 4. Mike Billsborough (Barstow) 15:49, 5. Brad Hansen (St. Ignatius, San Francisco) 15:50. Team: 1. St. Ignatius 94 (81:27), 2. Tustin 106 (81:28), 3. Barstow 109 (81:34), 4. McFarland 115 (82:03), 5. St. Francis (Mountain View) 157 (83:05).

#28 - Girls Div V - Christina Sanchez (McFarland) 19:13, 2. Kristen Groncy (Orange Lutheran) 19:22, 3. Laura Davis (McFarland) 19:49, 4. Michelle June (St. Joseph, Santa Maria) 20:14, 5. Kara June (St. Joseph, Santa Maria) 20:22. Teams: 1. Orange Lutheran 34 (102:13), 2. St. Joseph (Santa Maria) 74 (84:42), 3. McFarland 98 (104:33), 4. St. Bonaventure (Ventura) 134 (107:58), 5. North Tahoe (Lake Tahoe) 152 (108:55).

#29 - Girls Div IV - Sarah Ellis (La Canada) 18:30, 2. Lindsay Buwalda (Laguna Beach) 18:31, 3. Kim Garnic (La Canada) 18:34, 4. Veronica Sanchez (Wasco) 18:45, 5. Tracy Bowling (Taft) 18:52. Teams: La Canada 84 (99:13), 2. Corona del Mar (Newport Beach) 94 (102:26), 3. Gunn (Palo Alto) 144 (104:45), 4. Estancia (Costa Mesa) 150 (104:55), 5. Wasco 156 (103:59).

#30 - Girls Div III - Heather Garrison (Buena Park) 18:05, 2. Courtney Baird (University, San Diego) 18:19, 3. Kelly Howisey (Clayton Valley) 18:20, 4. Shelby Horgan (Temescal Canyon, Elsinore) 18:22, 5. Deborah Osteenn (Clayton Valley) 18:44. Team: 1. Clayton Valley 61 (96:00), 2. Dos Pueblos (Goleta) 150, 3. St. Lucy's Priory (Glendora) 167 (101:20), 4.

San Gorgonio 168 (101:23), 5. Newport Harbor (Newport Beach) 169 (101:23).

Sat., Oct. 26

#46 Boys Team Sweepstakes - David Lopez (Hoover, Glendale) 15:01, 2. Mark Gleason (Mission Viejo) 15:22, 3. Corey Creasy (Nevada Union, Grass Valley) 15:23, 4. Michael Murray (Santa Margarita, Rancho SM) 15:25, 5. Tom Prindiville (De la Salle, Concord) 15:31, 6. Nicholas Jacques (Hemet) 15:34, 7. Ryan Deane (Peninsula, Rolling Hills) 15:36, 8. Steve Smith (Ayala, Chino Hills) 15:43, 9. Dan



Kristen Gordon

Photo by Elaine Rosenfield

Gaston (Huntington Beach) 15:46, 10. Jason Taylor (Peninsula, Rolling Hills) 15:47, 11. Manuel Lopez (Belmont, L.A.) 15:48, 12. Eric Loudon (Ayala, Chino Hills) 15:49. Teams: 1. Nevada Union (Grass Valley) 157 (80:28), 2. Jesuit (Sacramento) 163 (80:51), 3. De la Salle (Concord) 164 (80:46), 4. Santa Ana Valley 187 (81:13), 5. Ayala (Chino Hills) 207 (81:20), 6. Poly (Long Beach) 211 (81:31), 7. Hoover (Glendale) 239 (81:17), 8. Santa Margarita (Rancho SM) 245 (81:46), 9. Huntington Beach 253 (82:04), 10. Santa Ana 254 (82:11), 11. Yucaipa 261 (82:23), 12. Hemet 276 (82:14), 13. Chino 280 (82:52), 14. Peninsula (Rolling Hills) 284 (81:25).

#47 Boys Individual Sweepstakes - David Rodriguez (Mission San Jose, Fremont) 15:10, 2. Geoff Fleming (Roseville) 15:14, 3. Tim Leahy (Burbank) 15:25, 4. Juan Miramontes (Golden Valley, Merced) 15:27, 5. Ronnie Buchanan (Righetti, Santa Maria) 15:28, 6. Jon Stevens (Mission San Jose, Fremont) 15:35, 7. Ryan Gallagher (Temecula Valley, Temecula) 15:39, 8. Brian Hendorff (Amador Valley, Pleasanton) 15:41, 9. Justin Nyberg (Irvine) 15:45, 10. Jose Godinez (Reedley) 15:51. Team: 1. Temecula

(Temecula Valley) 110 (82:10, 2. Righetti (Santa Maria) 117 (82:01), 3. Burbank 176 (83:29), 4. Reedley 184 (84:03), 5. Golden Valley (Merced) 196 (83:57).

#48 - Girls Individual Sweepstakes - Jen Schindler (Ponderosa, Shingle Springs) 17:29, 2. Andrea Neipp (Highland, Palmdale) 17:40, 3. Danielle Day (Quartz Hill) 18:08, 4. Katie Nuanes (Santa Margarita, Rancho SM) 18:14, 5. Nicole Portley (Aragon, San Mateo) 18:17, 6. Jennifer Spahr (Marina, Huntington Beach) 18:33, 7. Latesha Jones (Rialto) 18:34, 8. Dani Rope (Santa Margarita, RSM) 18:37, 9. Sophia Hawker (Grossmont, La Mesa) 18:39, 10. Rachel Guerrero (Highland, Palmdale) 18:43, 11. Tiffany Hansen (Redwood, Larkspur) 18:46, 12. Bree Akesson (Kennedy, Granada Hills) 18:49, 13. Jennifer Ewing (Castro Valley) 18:51, 14. Carly Harrill (Quartz Hill) 19:05, 15. Robin Scott (San Marcos, Santa Barbara) 19:09. Team: 1. Rialto 149 (99:55), 2. Santa Margarita (Rancho SM) 155 (99:46), 3. Marina (Huntington Beach) 175 (101:15), 4. Canyon Springs (Moreno Valley) 200 (103:05), 5. Ventura 206 (103:06).

#49 - Girls Team Sweepstakes - Kristen Gordon (Carondolet, Concord) 16:57, 2. Kimi Welsh (Yucaipa) 17:58, 3. Lauren Fleshman (Canyon, Canyon Country) 18:14, 4. Jennifer Akana (Lowell, San Francisco) 18:19, 5. Christa Fitzgerald (Dana Hills, Dana Point) 18:28, 6. Breanne Schweitzer (Saugus) 18:30, 7. Jennifer Burris (Ayala, Chino Hills) 18:38, 8. Christen Ray (Yucaipa) 18:39, 9. Vickie Whiteside (Yucaipa) 18:40, 10. Susan Chou (Lowell, SF) 18:41, 11. Julie Harris (Canyon, CC) 18:52, 12. Erin Zehntner (Irvine) 18:50, 13. Melissa Livermore (Irvine) 18:56, 14. Brianna Barber (Centennial, Bakersfield) 18:58, 15. Jennifer Smith (Chino) 19:08. Teams: 1. Yucaipa 86 (94:36), 2. Carondolet (Concord) 140 (95:47), 3. Fallbrook 164 (98:19), 4. Irvine 173 (97:52), 5. Esperanza 182 (98:41), 6. Dana Hills (Dana Point) 186 (98:34), 7. Ayala (Chino Hills) 188 (98:25), 8. Canyon (Canyon Country) 188 (97:57), 9. Mission Viejo 213 (99:25), 10. Lowell (San Francisco) 217 (98:36), 11. Amador Valley (Pleasanton) 245 (100:30).

Other times of note during weekend:
(combined races):

Friday

Boys - Nick Hamlin (Madison, San Diego) 15:59

Girls - Brooke Thomas (Laguna Hills) 19:14, Kim Utterson (La Reina, Thousand Oaks) 19:37.

Saturday

Boys - Michael Kasahun (Fresno) 15:36, Danny Lee (El Toro) 15:38, Marco Chiu (Paramount) 15:57, Ray Coronado (Camarillo) 15:57, Zack McGahey (Woodland) 15:58, Fernando Blaco (Rancho Buena Vista, Vista) 15:59.
Girls - Amanda Armstrong (Thousand Oaks) 18:53

COACHES EDUCATION

From George Payan

Believe, Achieve & Succeed

By Andrea Johnson, San Gorgonio High School



San Gorgonio High School's cross country program is based on three words: Believe, Achieve, Succeed. These three words are the team's philosophy and the emphasis of the

three cycles the team utilizes throughout the entire season of cross country.

The information submitted for the Coaches Alliance section 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 Santa Ana

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, FAX (714) 831-7443. In addition, please send any information you have on California coaching clinics Thank you!



BELIEVE -- Base Building

The preparation period or the "Believe" Cycle is the first phase of San Gorgonio's program. The emphasis of this cycle is to "believe" in your self. Getting athletes to "believe" involves:

- to "believe" they can train in the heat if they properly hydrate and care for themselves.
- to "believe" that they are in control of their training and that for improvement to take place, they must train and attend all practices with the coach.

Training in San Bernardino during this cycle at 5:30 p.m (the teams weekday practice time) involves temperatures above 100 degrees with smog always an issue. Saturday workouts are held at 7:00 a.m. and tend to be our "hard" or "long" day.

The main goal of the base building cycle is to slowly and gradually increase the distance of the weekly mileage and the intensity of the workouts in an effort to prepare athletes for the demands of the race. Key workouts include the "long" run; hill running and hill circuits; and 800m repetitions. The "long" run begins in the first week in 45 minutes and at the end of the season will average 1-hour 20-minutes. At San Gorgonio, minutes are utilized instead of miles due to the heat factor. For example, if the team can average 8-miles in 1-hour on an 80-degree day, then when it's 102 degrees outside, the team will run for 1-hour instead of completing the 8-mile course in say 1-hour 30-minutes and feeling miserable.

Hill running is a training method used by San Gorgonio as much as possible.

During the summer, we do steady runs and long runs in the foothills, so exposure to hills is done pretty quickly. Hill circuits are then added after the team returns from running camp in late August, preparing for the competition period. Hill Circuits are performed once a week and done in the same manner as repetition workouts. Each repetition will average 3-7 minutes in length for a total exertion of 20-25 minutes. Work/recovery ratio is performed 1:2. Athletes are instructed to run the hill circuits at "pace" and are therefore training to race up and down hills. 800m repetitions are also incorporated into the cycle in late August. The key to this workout is to have the athletes perform the 800m's with a "flying" race start and to settle into race pace by the 800m. Work/Recovery ratio is 1:2. Again, emphasis is training to race.

ACHIEVE -- Competition

The competition period or "Achieve" Cycle is the second training period San Gorgonio utilizes. It runs from the week of the team's first race, September 16, through the end of the regular season, October 30. During this phase, the emphasis of the cycle is for each athlete to "achieve" as an individual. This is the part of the season where the hard work performed in the "believe" cycle will pay off. Athletes are asked to achieve beyond their efforts from the previous year and to start reaching towards or achieving their goals of this season. The stress is on individual performances instead of a team concept. It is San Gorgonio's belief that if an athlete can achieve first as an individual, then they will succeed as a team.

continued next page...

COACHES EDUCATION

Methods of training utilized in the competition period are races, hill circuits, and the "long" run. Steady state runs performed the day before a meet are slightly slower than 1-minute per mile slower than race pace due to a "mental" block the team has yet to overcome. Athletes at San Geronio believe they must train slower the day before a meet to be recovered. So as a coach, I play on this team "belief" early season and will shift later in the championship phase to a "true" steady state run. 200m repetitions are also included the day before the meet to rectify the "slow" running. These 200m's were already learned during the 800m phase the team was exposed to in the base-building phase, and are done with either a "flying" race start and then settling into pace or at race pace (200m's at race pace is pretty easy).

Races are a big emphasis in this phase. The team is entered in a series of invitationals throughout the first three weeks of this phase and league competition also begins. The team averages two meets a week for a three week minicycle where races are the hardest workout of the cycle. The other workouts are steady state runs that range in distance from 5-7 miles and are done at steady pace about one-minute slower per mile than the individual athlete's race pace--this is also dependent on the heat factor and injury or fatigue factor. If these arise the pace is slightly slower. The workout schedule is as follows:

Week 1 Wed., Sept. 18 -- Rim of the World Invitational (race)
Sat., Sept. 21 -- Woodbridge Invitational (race)
All other workouts are steady state this week.

Week 2 Mon., Sept. 23 -- "Long" 1:20
Tues., Sept. 24 -- Hill Circuits (25 minutes of exertion with 1:1 Work/Recovery ratio)
Sat., Sept. 28 -- Dana Hills Invitational
All other runs are steady state.

Week 3 Wed., Oct. 2 -- Rim of the World (1st league meet)
Sat., Oct. 5 -- Yucaipa Invitational
All other runs steady state.

After these three weeks, the athletes are pretty "stressed" which leads to the next three week minicycle with emphasis on

recovery. Weekly mileage is slightly lowered as the team shifts from six days of training a week to a five-day week. Sunday and Monday are "rest" days and the other five days are somewhat "quality" days. Tuesdays are slightly shorter in distance steady state runs with 200m repeats. Wednesdays are League races. On Thursday we run "long" in the hills (1:10-1:20) and on Friday are steady state runs. Saturdays are Hill Circuits (hill circuits are still 25 minutes in duration but are done at a pace faster than race pace with a 1:1 Work/Recovery ratio).

SUCCEED -- Championships

The final phase of the competition period is the championships phase. This is San Geronio's "Succeed" Cycle. At this point, athletes have proven themselves as individuals and now it's time for the team to succeed as a unit or force. The championship phase begins at the conclusion of the last League meet (October 30) and ends where the team or athlete is projected to complete his/her final competition whether it be Finals or the State Meet. If you are questionable as to whether your team or individual can or will advance to a higher level, say for example, to the Finals, then project to the

end, as training can still hold over one more week. Two key concepts are recovery and anaerobic workouts. Training methods will remain the same as the competition period with the exception that all hill circuits are performed anaerobically (the distance of each circuit is 3 minutes or less, still maintaining and exertion phase of 25 minutes total, with a 1:1 or less Work/Recovery ratio) and the "long" run is decreased to one-hour shifting towards more steady state runs during this phase. Pre-Meet steady state runs are slightly shorter in distance and 200m's are done from a "flying" start and are completed faster than race pace.

Mental preparation is key at this point of the season. As a coach, I have a hard time with the mental attitude and try to develop this early and stay away from this at the end of the season when the athletes are already "stressed" out. I will build confidence by always stressing the past. I reflect back to the preparation period of San Geronio's training and stress the "believe" cycle ("Believe" in yourself as you prepared for the season). Secondly, I reflect on the "achieve" cycle and let athletes know they have "achieved" in the competition period, which already directs them towards "success."

1997 AAF/CIF Track & Field Clinics

BASIC CLINICS (USATF National High School Coaching Courses)
Fri-Sat-Sun, January 10-11-12--Santa Barbara City College
Fri-Sat-Sun, January 10-11-12---San Diego High School
Fri-Sat-Sun, January 17-18-19---Long Beach State

HOT TOPICS CLINIC
Saturday, January 25---Site TBA

EVENT-SPECIALIST CLINICS
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Aquatic Exercise Program as an Effective Alternative Method of Cross Training for Cross Country and Track Athletes

PART I

INTRODUCTION

Cross country and track athletes require extensive conditioning and training to reach their highest level of performance. Unfortunately, this training is performed on surfaces that can lead to injury. Hard surfaces combined with the frequency of training lead to a variety of "overuse syndromes." This can halt the training of an athlete and jeopardize his or her ability to compete. Many times, the athlete is advised to seek out an alternative source of conditioning while recovering from injury. An aquatic cross training program can provide treatment for the injury, maintenance of aerobic capacity and sport specific cross training.

The properties of water provide support, resistance and assistance in the athlete's training session. Buoyancy devices can further reduce the undesirable effects of weight bearing on an injured extremity. At the same time, athletes can increase the work expenditure during exercise and maximize the cardiovascular conditioning required for competition.

An aquatic training program can decrease compression forces, vibration forces and tor-

sional forces that an athlete may endure while training on land. The effects of gravity play a significant role in the overuse syndromes athletes suffer; gravity can also limit and slow a well-designed rehabilitation program for the injured athlete. Pain is something many athletes learn to ignore, however, pain from injury should rarely be ignored, since it can lead to longer disability.

Rehabilitation is much more effective when early intervention is available. Properties of water make an aquatic training program center extremely important when it comes to early intervention following injury. Early intervention in the athlete's injury can mean a speedier return to competition. Many times, a nagging injury is ignored by an athlete simply because there is an inadequate system delivering appropriate care. In many instances these nagging injuries can be treated immediately with an aquatic rehab program thus, shortening the period of time where exercise performance is less than optimal.

It has been well-documented that performing certain structured therapeutic exercises in water can be used successfully when treating injury. Physiological effects include increased circula-

tion to muscles, increased joint viscoelasticity and decreased joint pain. Muscles can get stronger with less strain and cardiovascular training is accomplished. The physical properties of water have been utilized in aquatic therapy to decrease gravitational forces placed on a weakened extremity and increase body movements. All of this can be extremely helpful to the cross country and track and field athlete when it is combined with known exercise programs, such as open and closed chain exercises. These aquatic exercise programs can produce rapid results in an athlete where land activities are aggravating the present symptoms. Shallow and deep water training can produce sport specific results which can easily carry over to land-based activities or more traditional exercise formats.

Conditioning and Exercise Tool

An aquatic training program is an effective form of cardiovascular exercise combining both deep (gravity eliminated) and shallow (buoyancy assisted) water exercises. This unique workout greatly amplifies the natural resistance of water, while maintaining a "target heart rate." Deep and shallow water exercise accommodates high intensity cardiovascular training, while reducing the risks that accompany high impact loading (See References 2, 4, 11, 12, 17).

Buoyancy Assistive and Resistive Exercise

Training in water enables the athlete to improve upper or lower body strength and cardiovascular endurance while utilizing buoyancy to decrease weight bearing. Standing in neck-deep water reduces lower extremity body weight to about 10%. Standing in chest-deep water reduces weight bearing to 25-30% of body weight. Standing in waist deep water translates to a 50% reduction in the athlete's body weight. (9) Buoyancy allows the athlete to exercise while reducing the effects of gravity. (1, 10, 13) In addition, buoyancy assistive devices (vests) can be used in shallow water to reduce body weight or in deep water training. Buoyancy resistive devices (cuffs or fins) may be used to create additional resistance and increased cardiovascular intensity.

Water provides an accommodating variable

continued next page...

By the Los Alamitos Orthopaedic & Sports Physical Therapy



(L to R): Slawn Hickling, B.S. Exercise Physiology; Jon Ellertson, B.S., P.T.A.; Michael Mandas, P.T.; Michael Quinn, & Andrew R. Einhorn, P.T. C.S.M.T.



Gilbert Orbeso (left) & Kirsten Peters, B.S. Athletic Training

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resistance which automatically adjusts to the degree of force applied. The degree and resistance encountered during aquatic exercise is directly related to the speed and direction at which the equipment is moved through the water.

Aquatic exercise provides a true form of isokinetic resistance proportionate to the square of the velocity during movement. For example, moving an extremity at three times the speed generates nine times the resistance. (8)

Cross training exercises are conducted in both deep water (6 feet or more) and shallow water (3 1/2 - 4 1/2 feet) levels. A five minute deep water warm up is conducted prior to stretching exercises. The quadriceps femoris muscles, hip flexors-extensors; gastrocnemius, lumbar spine flexors and extensors all require stretching.

Open and Closed Chain Aquatic Exercise

Both open and closed chain exercises are conducted in deep and shallow water respectively. Open chain exercise would be illustrated by knee extension. The purpose of this exercise is to strengthen the quadriceps femoris muscle group. During open chain exercise the body is fixed in the machine as the feet move. Open chain exercises tend to isolate an individual joint or muscle group. Closed chain exercises are conducted in the shallow water. (14, 15) A squatting type movement would represent an example of closed chain exercise. The athlete's feet are fixed as the body is moving. Closed chain exercises represent functional type movement patterns that dissipate stress over several moving joints and muscular groups.

Deep and Shallow Water Training

Initial deep water cross training exercises are conducted for one minute. As the athlete's endurance and techniques improve, the exercise is extended for five minutes. Buoyancy assistive and resistive devices are used to help maintain the athlete above water and increase the exercise intensity. After completing a deep water routine, shallow water exercises are performed. The shallow water exercises are typically conducted for 30-60 seconds. Buoyancy assistive devices can be used if lower extremity pain is present.

Track and Field Aquatic Conditioning

Track and field events provide a tremendous amount of impact on the body. The use of aquatic cross training exercise enables the athlete to train at various levels of intensity minimizing the effects of body weight and gravity. To decrease the overall impact on the body, buoyancy assistive devices may be incorporat-

ed into the shallow water regime. These devices include rubber flotation belts to foam dumbbell buoys, which reduce joint compression forces during closed chain activities. By providing this reduced impact environment, track athletes are better able to perform sport specific plyometric exercises at a reduced risk of injury. In addition, the water provides a more true form of resistance and support which is unparalleled to land activity. This plays an important role to the long jumper, who performs "Squat Jumps" to develop explosive leg power.

In the deep water environment, resistive devices are used on the legs to develop or maintain important speed and power in the legs. These devices include buoyancy cuffs, fins, and resistive boots, which increase exercise intensity as the athlete increases his/her speed of repetition. These devices may be incorporated in circuit training to increase or develop the speed and cardiovascular endurance of the training athlete. (5, 17)

Aquatic Exercise Equipment

Below is a list of the various equipment one might find in an aquatic exercise program. There are three categories of Aquatic Exercise Equipment: Buoyancy Assistance, Resistive and Buoyancy/Resistive

A. Buoyancy Assistance

1. Hydrotone Belts

a) Designed to reduce the effects of gravity on the body, thus reducing stress to the involved joints being exercised. These belts can reduce weight up to 50-70% de-



pending on the water level that is displaced.

2. The Float Cushion (Aquatic P.T. Resources)

a) Useful in teaching proper postural techniques and proprioception. Useful in developing strong trunk stabilizers.
b) Used in conjunction with sculling of the hands to develop important upper back musculature.

3. The Thigh Pillow

a) Used with knee extensions through a limited range of motion, that can be progressively increased with speed.
b) In addition, the buoyancy of the pillow brings the adductor group into play to

keep the position of the pillow throughout the entire exercise.

B. Resistive

1. The Hydrotone Bells

a) The first of several upper body resistive devices designed to provide smooth resistance as it is pushed, pulled or dragged through the water. The Hydrotone Bells are exceptionally effective with traditional curls, rowing and horizontal abduction/adduction movements.

2. Aquaflex Paddles

a) Designed to be fully adjustable to vary the degree of resistance. These are a less aggressive alternative to the bells.
b) The paddles work well in a deep water interval training program.

3. The Hydrotone Boots

a) Lower extremity resistive device which adds increased resistance to leg strengthening (walking, cross country, half jacks, Hip flexion/extension progressive resistance exercise (PRE). As speed increase so does the resistance factor.

4. Fins (Zoomers)

a) Specifically designed stout fin that provides exceptional deep H2O resistance. The fins can be very useful in ankle strengthening (dorsi/plantar motion) as well as providing overall aerobic conditioning in the aquatic environment.

C. Buoyancy Assistive/Resistive Devices

1. Hydrofit Dumbbells

a) Provides resistance (2.2 lbs. to 5.5 lbs. depending on size) during upper body workouts.

b) May be used to support lower body movements such as walking and step-ups for athletes that present difficulty during full weight bearing activities. Acts as a "water walker" emphasizing proper hip/body alignment.

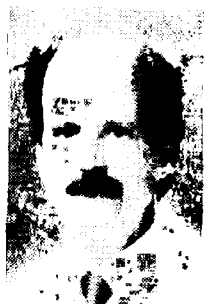
2. The Wonder Board

a) Made from a stiff foam, this device is used to develop proprioception through balance and develop important abdominal musculature.

b) When stood upon, this device can be

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Restoration and the Transitional Period Between Cross Country and Track Season



By Jack Ransone, Ph.D.

RESTORATION is a very important component of any exercise training program. Hans Selye, back in the 1950's, outlined the

stress-adaptation syndrome of which recovery was a key to adaptation and compensation. Further research of Matveyev (USSR) and Harre (GDR) in the 1970's applied Selye's basic research in a stable and useable training philosophy. They applied work to recovery ratios to the training of athletes and establishing training cycles where exercise and recovery were theoretically quantified.

Recovery--the time between intense bouts of exercise--is as important to the development of athletic fitness as the exercise stimulus itself. Fitness is developed during the period of adaptation after the organism is stressed. The amount of time it takes for the individual to recover from exhaustive exercise depends on the condition of the individual, the intensity and volume of the training, environmental conditions and external stresses not necessarily related to

the actual training program delay recovery. A young athletes with sufficient rest may recover the majority of their working capacity within 48 hours. However, factors such as environmental stress, age, a stressful academic or work environment serves to lengthen recovery time.

Outside influences have an affect on recovery from exercise. Negative thoughts and/or needless anxieties over upcoming competitions, the correctness of the training program, financial rewards, and the expectations of others add emotional stress to a physiologically stressful situation. The coach is instrumental in reducing anxiety by setting goals and focusing the athlete on training goals and away from extraneous unproductive thought patterns. The athlete's personal life is also a source of potential problems. Family, academic, and job-related stresses cause the release of cortisol that serve to slow recovery. Although outside stresses may never be eliminated, the athlete's ability to cope with them can be enhanced.

An unhappy family life, an impending exam, a demanding job are all stresses that lengthen recovery time, or that tax the creativity of the coach. Each athlete copes with stress in a unique way; some are calm and focused while others are highly anxious and distracted. Coping strategies and relaxation techniques are as important to proper restoration as is rest and diet.

There are numerous considerations involved in selecting the amount and type of recovery necessary for optimal development. Age of the athlete is very important. Younger athletes have greater reserves and tend to recover from stress rapidly. Even though they have greater reserves, younger athletes have a more sensitive central nervous system and intense training can cause inhibitions to develop that reduce the capacity to exert fully. According to Tudor Bompa, the author of *Theory and Methodology of Training*, annual training volume should not increase more than 20% from one annual period to the next annual period. This includes progression from high school to collegiate athletics. In addition, care must be taken to recognize the signs of overtraining and the subsequent effects on the musculoskeletal system.

An athlete who was not fully adapted or matured, such as a freshman, is much more susceptible to the negative effects of training than the mature athlete. Care must be taken so that those athletes with the least training experience are allowed time to adapt to any new training regime. Time to adapt means time for regeneration between training sessions. Fitness, also, plays a role in the regeneration time. An athlete who has adapted to intense training over a period of time can withstand more intense training than an athlete coming off an injury, or after a voluntary layoff.

continued next page...

Aquatic Exercise Program, continued

used to provide resistance in movements such as squatting. This movement is very dynamic in nature and requires exceptional balance to perform.

c) The Wonder Board can be used during push/pull movements to provide added resistance.

3. Buoyancy & Resistance Cuffs

a) Designed to add an extra degree of difficulty for deep H2O activities.

In the next issue, Part II will explore deep water and shallow water exercises.

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COACHES EDUCATION

When training progresses to a very intense level, fatigue will also increase. As training volume decreases, fitness remains at high levels although fatigue declines. When fatigue reaches its lowest ebb while fitness remains high, peak performances result.

Psychological fatigue is marked by task aversion and apathy. It may be due to several causes, some of them physiological. The apathy can be reduced by varying the training routine such as designing new workouts, changing training partners, or changing the training time of day. It is also a good idea to change training locations away from the track, such as running on trails or varying the mode of exer-

cise by biking or swimming, until the desire to train returns.

Competition is a stressor that requires restoration of its own. The more important the competition, the greater the stress levels. An athlete who competes in the state or national meet is subject to stresses not related to the competition due to the event's perceived importance to the athlete, to the family and friends. Not only does the body have to recover from the considerable physiological stress, the psyche needs to recover from the tremendous emotional strain.

The health of the athlete is vital when determining how much restoration is necessary.

If the athlete is sick, especially with a fever, no training should take place. Viral infections are spread to all areas of the body more rapidly during intense training. Endurance athletes must be especially careful of upper respiratory tract infections. Anemia is another affliction for which treatment must precede intense training.

A period of transition in exercise training as proposed by Matveyev is essential following a long competitive season. Time away from your teammates and the daily training routine is refreshing and should serve as restoration for the upcoming season. The level of conditioning during this transitional period will not remain the same and the athlete should expect a decrease in fitness levels. This period of transition is essential to provide the full advantages of training program and the tapering period leading to the peak in the next competitive season. Research has shown that significant decreases in oxidative enzymes, along with decreases in performance times and $\dot{V}O_2$ max occurs with only 15 days of no activity.

Following 15 days of retraining, only $\dot{V}O_2$ max returned to the previous levels. These findings suggest that for highly trained athletes, even short periods of detraining result in significant changes to physiological capacities and a longer period of retraining is necessary to regain their original conditioning. Some of the effects of detraining are maintained by training at frequencies considerably less than those required during the season. Strength can be maintained by one full workout every ten to fourteen days. Cardiovascular endurance is maintained by training a minimum of three times per week.

The transition period of a young athlete between cross country and track season should last approximately four weeks. The first week will involve no running with possible swimming workouts to maintain cardiovascular endurance. The second week would involve three workouts consisting of forty five minute runs for girls and one hour runs for boys. The next two weeks would include a build up in volume preparing for the upcoming season.

The transition period for a collegiate or more mature athlete should last at least three weeks. The first week involves no running with the incorporation of cross training to maintain cardiovascular endurance. The second week involves a progression of the normal training volume and the third week continues the progression to full training volume with the introduction of speedwork.

This period of transition may give the athlete an opportunity to focus on areas of weakness. Cross country runners could focus on potential weaknesses of muscle strength and flexibility. With this in mind, it is important that transitional programs are designed for the individual rather than the team.

From a Coach . . . Achieving your Personal Best by Inserting Rest

By George Payan

Inserting rest into your training plan is a way to assist you or your team to attain personal goals. Rest is an essential element in any training plan, but is all too often overlooked, and even avoided in some circumstances. Rest is also known as restoration. Restoration is a system of recovery which enables the body to avoid illness and injury. There are two types of rest: active-rest and complete rest.

Active-rest is "light" training such as a warm-up that might include jogging, flexibility and strides. Active-rest should not exceed more than 30 minutes and is performed at an easy pace with minimal stress. Do not confuse active-rest with easy training days. Easy training days consist of workouts that are 30 minutes to 60 minutes of continuous running at a "conversational" pace.

Complete rest consists of no training in any form. This includes no running whatsoever, and no alternative training methods to be performed on these days. Plan a system of rest or active-rest in your training into all three of your training periods -- Transition, Preparation and Competition.

Transition Period

During the Transition Period, it is suggested athletes "detrain" for two or more weeks, depending on the individual needs of the athlete. Detraining allows athletes to ebb from all methods of training, so the athlete may physically and mentally recover from the stress imposed on them during the competition period. Athletes who do not detrain will often become hyperactive and may not be able to sleep.

Example Schedules of Transition Period

Tues, Thurs, Sat: Detraining--easy days. (maintaining minimal mileage)
Sun, Mon, Wed, Fri: Rest or active-rest. When inserting rest days into your training plan, do not take more than two consecutive rest days off in a row.

Preparation Period

After two or more "easy" weeks and the Transition Period is complete, start the Preparation Period or "Mileage Build-up Phase," which may last 6-12 weeks. There are three phases that may be adopted for the Preparation Period:

Base Phase 1 (2-3 weeks)

Mon, Wed, Thurs, Sat--Training

Sun, Tues, Fri--Rest or active-rest

Base Phase 2 (2-3 weeks)

Tues, Wed, Thurs, Fri, Sat--Training

Sun & Mon--Rest or active-rest

Base Phase 3 (2-6 weeks)

Mon, Tues, Wed, Thurs, Fri, Sat--Training

Sun--Rest or active-rest

Competition Period

At the end of the Preparation Period insert additional rest or active-rest to avoid overtraining, illness or injury. After every three weeks in the Competition Period insert rest as needed. The rest could be considered as a tapering method by decreasing the volume. The volume decreases, but the intensity intensifies.

Don't be afraid to insert rest!

PREP NOTES

By Keith Conning

■ HIGH SCHOOL CROSS COUNTRY AND TRACK RESULTS WANTED

Please send high school cross country and track results to the following addresses:

Northern California: Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823. E-mail: conning@aol.com. FAX (510) 849-3342.

Central Section: California Track and Running News, 4957 E. Heaton Avenue, Fresno, CA 93702; FAX (209) 255-4904. E-mail: CTRN@ix.netcom.com.

Southern California: Doug Speck, 563 E. Willowgrove, Glendora, CA 91740. FAX (818) 963-2955. E-mail: dougspeck@aol.com.

■ ON A PERSONAL NOTE

For those of you who are regular readers of this column, I have good news to report. My wife, **Marian**, who had a heart attack in Cuernavaca, Mexico last May, is now doing very well. She has completely changed her habits and life style. She has given up fatty foods, she exercises regularly, and is taking preventive medications.

We just spent a week in Mexico City attending the marriage of our youngest son **Andrew**, 24, to **Monica Ortiz Alvarez**, a law student in Mexico City. Andrew is a graduate student at the National School of Anthropology and History.

Although I didn't do any running in Mexico City, because of the smog and the altitude, I did climb to the top of the pyramid of the sun. You don't see too many people running in the city, even in the main park.

Keith Conning, expert on California high school competitors, has served California Track & Running News as Prep Editor for over two decades. Keith is a teacher and cross country coach at Berkeley High School and is a sought-after track announcer in the Northern California area.



There is a very limited middle class in Mexico. The extremes of poverty and wealth are very present.

■ NIKE DEFENDS FACTORY CONDITION

By **BOB BAUM**, AP Sports Writer
BEAVERTON, OR, September 16 (AP)-- Sensitive to charges that his company's Southeast Asian factories are sweatshops where workers are underpaid and mistreated, Nike chairman **Phil Knight** took his case to shareholders Monday.

In a letter to shareholders, and in comments at their annual meeting where Nike reported record quarterly earnings, Knight said his company has been a leader in improving working conditions in the Third World.

"The factories are clean. They're well lit and, as we've pointed out more than once, the workers in those factories receive double the minimum wage throughout Indonesia," Knight said. "What we'd really like to have is the best pay and the best conditions for these people because we believe the best product comes out of the best factories."

In his letter, Knight said that Nike would, within the next year, invite an independent group to review conditions at the factories and make its findings public.

Two members of Nike's board of directors, former Smith College president **Jill Conway** and Georgetown basketball coach **John Thompson**, just returned from a trip to four factories in Indonesia and Vietnam. They said that, while things could be improved, conditions are not nearly as bad as critics have claimed.

"I did not go to satisfy any critics," Thompson said. "I went to satisfy myself as an employer at Nike. ... We saw some things that were not perfect. But I did not see things that I had heard about."

Thompson said the biggest problems were cultural differences between the Korean and Taiwanese subcontractors who run the factories and the Indonesians who work there.

About 80 percent of the Indonesian workers at Nike factories are women. It is possible for a woman working on the stitch line to move up in a few years to a position where she is making as much as an Indonesian surgeon does, said Conway, a visiting scholar at MIT. Shareholders turned down a resolution proposed by the pension fund of the General Board of Pension and Health Benefits of the First United Methodist Church to require an independent, non-government review of Nike's factory conditions.

But Knight promised that company officials would continue to talk with pension fund leaders in an attempt to resolve their concerns.

Just outside the gates of Nike's World Campus, under the watchful glare of several Nike security guards and sheriff's deputies, representatives of a human rights group that recently went to Indonesia disputed Nike's claims that conditions there were good.

The group **Global Exchange** was not allowed to tour Nike factories because the company says the organization is biased. But **Max White** and his son **Evan**, both members of **Amnesty International** who took part in the tour, said their interviews with workers showed a far different picture than Nike painted.

They said they saw pay stubs that showed workers had to put in many hours of overtime to earn a living wage. The report said workers are forced to work overtime and that managers treat employees abusively.

Evan White said Nike causes the mistreatment by setting unrealistic production goals and refusing to pay more for wages.

"Nike's remarkable financial success is due at least in part to its policy of sitting production in countries with sizable pools of desperate and therefore dirt-cheap labor," **Global Exchange** said in its report.

Knight singled out **Global Exchange** as one of the critics whose motives are suspect and whose criticisms are irresponsible. **Max White** said that Nike labels anyone who doesn't agree with it "as a bad guy."

Nike already employs an auditor to review conditions at the factory, but the Whites said the auditor is mostly concerned about product quality.

Knight acknowledged that a shipment of soccer balls Nike purchased in Pakistan earlier this year was found to have been manufactured by a subcontractor using child labor in "horrible conditions." But he said Nike has taken steps to make sure that doesn't happen again.

"Starting about two months from now, the soccer balls that Nike orders will be stitched in soccer stitching rooms that can be easily monitored," Knight said. "They will not be stitched by child labor and they will be stitched in conditions that are well lit and neat."

He said **Reebok**, Nike's chief competitor in the United States, has taken similar action.

"Reebok is not exactly our best friend," Knight said, "but I will say this is a situation where Nike and Reebok are leading a change in a situation that has existed for decades."

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PREP NOTES

■ CARONDELET AND DE LA SALLE ADIDAS INVITATIONAL

Newhall Park, Concord, September 21-- They had over 1100 runners compete with 46 schools represented.

De La Salle (Concord) won the boys' team title with 50 points. **Mission San Jose** (Fremont) placed second with 161 points. **Ukiah** was third with 178 points.

David Rodriguez (Mission San Jose, Fremont) won the boys' race in 15:37. **Tom Prindiville** (De La Salle, Concord) placed second in 15:43. **Jon Stevens** (Mission San Jose, Fremont) was third in 15:48.

Clayton Valley (Concord) won the girls' team title with 56 points. **Carondelet** (Concord) placed second with 65 points. **University** (San Francisco) was third with 127 points.

Kristen Gordon (Carondelet, Concord) set a new meet record of 17:27. The old meet record of 18:16 was set by Gordon last year. **Trina Cox** (Santa Rosa) placed second in 18:34. **Sarah Hallas** (Ursuline, Santa Rosa) was third in 18:49.

Chris Hernandez (Antioch) set a new frosh-soph boys record of 11:03. The old record of 11:21 was set by **Ben Maniatlas** (St. Mary's, Berkeley) last year.

Marci Silva (Amador Valley, Pleasanton) set a new frosh-soph girls' record of 13:19. The old record of 13:31 was set by **Linden Bader** (University, San Francisco) in 1995.

■ 24TH ANNUAL SAN FRANCISCO/AAA INVITATIONAL

Golden Gate Park, San Francisco, September 21--**Bellarmino Prep** (San Jose) won the boys' team title with 50 points. **Lowell** (San Francisco) placed second with 124 points. **St. Ignatius** (San Francisco) was third with 141 points.

Andrew Wulf (Bellarmino) won the 2.8 mile boys' varsity race in 14:48. **Omar Hunt** (Bellarmino) placed second in 15:03. **Peter Lunny** (Sacred Heart Cathedral, San Francisco) was third in 15:16.

Lowell won the girls' team title with 40 points. **St. Ignatius** placed second with 43 points. **Overfelt** (San Jose) was third with 126 points.

Jennifer Akana (Lowell) won the girls' varsity race in 16:43. **Nicole Portley** (Aragon) placed second in 16:56. **Marielle Schlueter** (St. Ignatius) was third in 16:37.

■ GEORGE CANRINUS

September 22, San Francisco Examiner--**George Canrinus**, a former St. Mary's football star who later served many years as administrator of The City's junior high and high school athletic programs, died Friday at a rest home near Santa Rosa after a long illness. He was 85.

Mr. Canrinus began his athletic career at

Mission High, along with his brother, Fred, who both played opposite ends. After a year at Mission, the Canrinus family moved to Burlingame. Both brothers attended Burlingame High, where they played football and were offered athletic scholarships to St. Mary's College in Moraga.

The brothers continued to excel both academically and in football. They were members of the St. Mary's team that upset USC in the early 1930s. George Canrinus was not only chosen to the St. Mary's Athletic Hall of Fame, he was named Alumnus of the Year for his many contributions to the school.

After graduating from St. Mary's, Mr. Canrinus attended UC-Berkeley, earning a teaching degree. He taught in Crockett for a short time before moving on to Lincoln High in San Francisco, serving as the school's first football coach in 1940.

At the start of World War II, Mr. Canrinus enlisted in the Navy. After his discharge in 1946, he was offered a job as supervisor of athletics for San Francisco's junior highs and high schools.

With the help of his assistant, the late **Elwood (China) Lang**, whom he knew at Mission and later at St. Mary's, Mr. Canrinus directed an athletic program that was the envy of the state. When he retired in the late 1970s, he was succeeded by Lang.

In his retirement, Mr. Canrinus retained his interest in San Francisco high school sports. He was a guiding member of **The Venerable**, a group that annually selects outstanding Academic Athletic Association athletes to the San Francisco Prep Hall of Fame. He also helped found the Elwood Lang college scholarship fund in honor of his lifelong friend.

Mr. Canrinus is survived by his widow, **Dorothy**, of Rohnert Park, daughter, **Diane Lopez** of Rocklin, and son, **Dirk** of Magalia, near Chico.

(Prep Editor: I participated in San Francisco interscholastic athletics for six years from 1953 to 1959. It was indeed a fine program. There were many fine coaches. Jim Wyatt, my track coach at Lincoln High School, went on to become the President of Skyline College. And many of my classmates went into coaching on the high school level. It was men like George Canrinus and Elwood "China" Lang who made it possible.)

■ GRIFFITH-JOYNER SETTLES SUITS

LOS ANGELES, September 23 (AP)--**Florence Griffith-Joyner**, who sprinted to glory in the 1988 Olympics, has ended five years of legal hurdles by settling lawsuits against her former lawyer and ex-manager, court records showed Monday.

Griffith-Joyner sued **Gordon Baskin** in December 1991, claiming she hired him as a

talent agent but later found out that he was unlicensed and had prepared an unfair contract that overcharged her.

A year later, Griffith-Joyner sued her former lawyer, **Rafael Chodos**, contending he failed to tell her he also was Baskin's lawyer when he looked over the contract.

Baskin filed a cross-complaint, claiming he is a business manager, not a talent agent, and that Griffith-Joyner owes him a percentage of the profits from a series of deals.

Court records showed that settlements were reached at a July 16 conference. Terms were not disclosed. The settlement came to light Monday as Superior Court **Judge Owen Lee Kwong** prepared to dismiss the case. But he had to wait when the lawyers failed to appear.

Kwong still may dismiss the case in the next few weeks without the lawyers' presence if settlement papers are filed.

In 1988, at age 28, Griffith-Joyner set world records in the women's 100- and 200-meter dashes.

■ COACH WHITE LEAVES A LEGACY OF HIS SON AND HIS PRINCIPLES

By MERV HARRIS, EXAMINER COLUMNIST

September 24, San Francisco Examiner--**South San Francisco High's** football team plays at Galileo High in The City Friday, and, 24 hours later, the family and friends of the most important man in the history of that traditional nonleague rivalry will gather in Belmont to mourn his death and celebrate his life.

George White, for three decades a football and track coach in San Francisco, died of an apparent heart attack Thursday in Hamburg, Germany, while racing a go-kart against members of his last team, the **Hamburg Blue Devils** of Germany's top-level league of teams playing American-style football.

He was head coach at Galileo through the 1970s and '80s and, after he left that post while remaining Galileo's athletic director, he helped his son, Ben, coach at South San Francisco.

Over the years, Galileo won some games against South City and some years the San Mateo County team won. Every year, on one sideline or the other, the man in the sweat shirt and baseball cap, clearly a football kind of guy, offered sound coaching and heartfelt advice to players. He reveled in the values of competition and sportsmanship.

Friday, **Ben White** will coach his South City players, while George White protege and disciple **Kevin Adams** directs the Galileo team. And then, the next day, they will go to the Congregational Church of Belmont (751 Alameda de Las Pulgas, 3 p.m.) for **George White's** memorial service.

Already, the son had honored the father in a special way. South San Francisco played

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PREP NOTES

Monta Vista High last Friday night in Cupertino. White, who could have begged off coaching that night, stayed with his team, even though his concentration was split between his players and his dad.

"He would have wanted me to coach the game," White said Monday. "I just wanted to do it for him and for my players. Because my players knew him, too. He was our assistant coach the last two years.

"It was a very emotional game," White continued. "Unfortunately, we played a very good team. We didn't really have a good chance going into it, but we played as hard as we could."

The elder White's role in nurturing young men extended beyond his own family.

"He wasn't just a coach to his players," said Ben White, "he was more like a father figure to many of them. I think that's real important. He talked about that because many of the players he had came from broken homes, didn't have fathers. He served that purpose more than he served those kids as a coach."

White, his two sisters and his mother had that aspect of George White's career in mind while planning Saturday's services. "In lieu of flowers," they asked, "people can contribute to the Galileo High athletic fund in his memory."

(Prep Editor: I knew George White for many years as a track coach at Galileo High School in San Francisco. That is the school that O.J. Simpson attended. George was an example of one of the fine coaches that are working in high school athletics today. You will be missed George.)

■ CO-GRAND MARSHALS CARL LEWIS AND SHANNON MILLER BRING OLYMPIC GLORY TO JANUARY 1ST FESTIVITIES

PASADENA, Calif.—(BUSINESS WIRE)—**Sept. 25, 1996**--In celebration of 'Life's Shining Moments,' Tournament of Roses President **William S. Johnstone, Jr.** announced today that Olympic gold medalists **Carl Lewis** and **Shannon Miller** will serve as co-Grand Marshals for the 108th Tournament of Roses Parade.

Both Lewis and Miller received gold medal honors for their performances in track and field and women's gymnastics respectively, when they represented the United States in the 1996 Olympic Games in Atlanta.

"We are delighted Carl Lewis and Shannon Miller will be leading the Parade this year and symbolizing the theme, 'Life's Shining Moments,'" said William S. Johnstone, Jr. "As fellow Olympians, not only do Carl and Shannon exemplify excellence in sportsmanship, but also the determination to be the very best. Their phenomenal achievements are essentially America's shining moments."

Olympic Moments

Established as the greatest track and field athlete of all time, Lewis capped off his spectacular Olympic career by winning the long jump in 8.50 meters (27' 10 3/4") at the Atlanta Games. Lewis' astonishing win gave him his fourth consecutive gold medal in the long jump and his ninth gold medal overall. Both are Olympic records. He has become the only track and field athlete other than discus thrower **Al Oerter** to win four gold medals in a single event.

Lewis has qualified for every U.S. Olympic team since 1980. His five Olympic appearances are a record for a male athlete. In 1984, Lewis equaled **Jesse Owens'** feat of winning four gold medals. This was followed by two gold medals and a silver medal in 1988; two gold medals in 1992; and a gold medal in Atlanta.

Miller is the most decorated American gymnast, male or female, having won more Olympic and World Championship medals than any other gymnast in history. She was a member of the 1996 Women's Olympic Gymnastic team that won the gold medal in Atlanta and also became the first American woman to win the Olympic gold medal on the balance beam. Miller has earned seven Olympic medals and eight World Championship medals in the past four years.

Additional Shining Moments

Lewis has been equally astounding in World Championships, having qualified for every World Championship team (five total) since the event began in 1983. He has earned a record of eight gold medals, one silver, and one bronze medal in World Championship competition. In the 1991 Tokyo World Championships, at the age of 30, Lewis defeated a stellar field in the greatest 100 meters in history, running a then-world record of 9.86 seconds. In the same competition, Lewis anchored the U.S. team to a then-world record 37.50 seconds in the 4X100 meter relay, and uncorked three long jumps of 29 feet or better, marking the greatest series of jumps in history.

Lewis devotes much of his free time to working with charitable organizations and established the Carl Lewis Foundation in 1984 to help disadvantaged youth. He also works with the National Kidney Foundation, the Mickey Mantle Foundation, the American Liver Foundation, the Wendy Marx Foundation for Organ Donor Awareness and supports the United Negro College Fund.

Miller has won an astounding 58 international and 49 national competition medals, in which more than 50 percent of each have been gold. Miller is the only American in history to win two consecutive World Championship all-around titles.

In addition to her overwhelming competitive success and rigorous training schedule, Miller has dedicated herself to her studies. Miller graduated with honors from Edmond North High School in Edmond, Oklahoma with a grade point average of 3.98 and is currently a freshman at the University of Oklahoma.

Miller also takes time to contribute as a spokesperson for charitable organizations such as the Red Ribbon Campaign, which is aimed at anti-drug use among youth, and the Children's Miracle Network, a national children's medical research cause.

(Prep Editor: Carl Lewis (Willingboro High School, New Jersey) set a national high school record in the long jump of 26-8 1/4 in 1979. His record lasted for ten years. Dion Bentley (Penn Hills High School, Pittsburgh, PA) broke Lewis' record with a leap of 26-9 1/4 in 1989.

The California record of 26-4 3/4 was set by James Stallworth (Tulare High School) in 1989.]

■ STINSON RELAYS

September 26 (Independent Journal report)--The **Novato High** boys and **Drake girls** won their divisions during the **Stinson Relays** yesterday to kick off the 1996 Marin County Athletic League cross country season.

Novato covered the 7.5-mile course with a time of 46:01. Drake won the girls' race with a combined time of 52:59.

Five runners per team covered 1 1/2 miles each. **James Nielsen** of **San Marin** had the top boys' time with an 8:12, while **Katie Bernarding** of **Drake** was the first-place girl in 9:57.

(Prep Editor: I would like to thank coach Bill Taylor of Drake for faxing this newspaper story to me.)

■ STAMPS TAKES 15 SECONDS OFF OWN COURSE RECORD

Davis, September 28 (U.C. Davis Athletics, Aggie Sports News)--**Julla Stamps**, a high school runner from **Santa Rosa**, took 15 seconds off her own course record to win the individual women's race Saturday at the 1996 **Aggie Invitational** cross country meet held at **UC Davis**. (This was the fourth of ten Pacific Association/USATF grand prix races.)

Stamps covered the 5-kilometer course in 16 minutes, 43.1 seconds, eclipsing her old mark of 16:58.5 set in 1994. She finished more than a minute ahead of **Bigna Samuel** of **Wolfpack International**, was second in 17:48.5.

Aggie Alumnus **Dave Scudamore** was the individual men's champion, placing first in 24:31.1 over the 8-kilometer men's course. **Hector Delgado** of **Sacramento State** was second in 24:35.5.

(Prep Editor: I would like to thank Mike El-sesser for faxing this news release.)

■ RAM INVITATIONAL

Westmoor High School, Daly City, September 28--**St. Francis** (Mountain View, Central Coast Section) won the boys' title with 49 points. **St. Ignatius** (San Francisco, Central Coast Section) placed second with 71 points. **James Logan** (Union City, North Coast Sec-

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PREP NOTES

tion) was third with 139 points.

Mike Cheung (St. Francis) won the boys' race in 12:31. **Adam Perez** (Serra) was second in 12:34. **Brendan Fitzgibbon** (St. Ignatius) was third in 12:35.

Lowell (San Francisco) won the girls' title with 53 points. **St. Ignatius** also placed second here with 61 points. **University** (San Francisco) was third with 85 points.

Jennifer Akana (Lowell) won the girls' race in 14:05. **b** (Aragon) placed second in 14:21. **Jennie Ewing** (Castro Valley) was third in 14:43.

■ CHICO INVITATIONAL

CHICO, September 28--Pleasant Valley (Chico, Northern Section) won the boys' varsity with 70 points. **Eureka** (North Coast Section) placed second with 85 points. **Enterprise** (Redding, Northern Section) was third with 116 points.

Zack McGahey (Woodland, Sac-Joaquin Section) won the varsity boys' 3.0 mile race in 16:55. **Nathan Peterson** (Dayton, Nevada) placed second in 17:18. **Bryce Lighthall** (Enterprise, Redding, Northern Section) was third in 17:20.

The **Eureka** (North Coast Section) girls' team won with 64 points. **Woodland** (Sac-Joaquin Section) placed second with 88 points. **Pleasant Valley** (Chico, Northern Section) was third with 109 points.

Jenn Mears (Woodland, Sac-Joaquin Section) won the 1.85 mile varsity girls' race in 11:18. **Heidi Hudson** (Paradise High, Northern Section) placed second in 11:22. **Nicole Ruff** (Las Plumas, Oroville, Northern Section) was third in 11:28.

■ SCOTT WINS FIFTH AVENUE MILE

By **BERT ROSENTHAL, AP Track Writer**
NEW YORK (AP) Sweat poured profusely from **Steve Scott's** abnormally red face. And he was breathing heavier than usual.

Those were natural physical reactions, considering what the 40-year-old had accomplished Saturday.

Scott had just run farther than at any time since his college days at California-Irvine from 1974-78 and faster than at any time since undergoing surgery for testicular cancer in 1994.

First, he won the Masters race.

"I thought I could run 4:15."

The only disappointing factor in Scott's performance in the Masters event, in which he broke the race record by more than

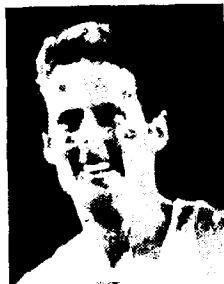


Photo by Bill Leung, Jr./Geek Media

two seconds, was that he didn't become the first 40-year-old to crack the four-minute barrier outdoors. Especially after going through the first half-mile in about 1:57.

Otherwise, he was extremely satisfied. His previous best since his operation and since becoming 40 was 4:10 at the Prefontaine Classic in Eugene, Ore., May 26.

Scott's two victories overshadowed the men's and women's elite races, which lost much of their luster after the two big names **Fermin Cacho** of Spain and **Svetlana Masterkova** of Russia withdrew late.

Cacho, the 1992 Olympic champion at 1,500 meters and the 1996 runner-up, injured the calf muscle in his right foot after twisting his ankle while running on cobblestones alongside Central Park on Friday night.

Masterkova, the 1996 women's Olympic gold medalist at 800 and 1,500 meters and the world record-holder in the 1,000 meters and mile, withdrew after feeling nauseous and suffering from flu-like symptoms Friday night.

With them missing, Cacho's countryman, **Isaac Viciosa**, became the first men's repeat winner since Britain's **Peter Elliott** in 1989-90, and Britain's **Paula Radcliffe**, last year's women's runner-up, took this year's race.

Viciosa, who won last year's race in 3:47.8, the second-fastest in the event's 16-year history, needed a withering kick over the final 70 meters to win this time in 3:53.67. Radcliffe, who tucked in behind pacesetter **Jacqueline Martin** for the first 800 meters, before sweeping into the lead, won in 4:26.69.

Scott, who has run 136 sub-four-minute miles, more than any competitor in history, was very anxious before stepping to the starting line for the Masters race. Once he started running, though, he was very relaxed.

"I said I was going to run as hard as I could for as long as I could," he said. "Through three-quarters (of a mile), I was still on pace for four minutes. But in the last quarter-mile, I just lost incentive. I don't know why."

Perhaps it was because he was so far ahead of the field. Had there been a serious challenger, he might have run faster and come a lot closer to the coveted four-minute mark that has been broken only once by a 40-year-old by **Eamonn Coghlan**, indoors.

"That race showed me that I'm where I need to be (in order to break four minutes)," Scott said. "For me to run this fast at this time of year means good things are to come."

In the friendly match race against Coghlan, the weary Scott and the 43-year-old Irishman were about even until the final 20 meters, when Scott zipped ahead.

Afterward, both were congratulated by **Sir Roger Bannister**, the first man to break four minutes for the mile, in 1954.

[Prep Editor: **Steve Scott** (Upland High School, Southern Section) placed second in the 1974 State Meet 880 yard run in 1:52.4.]

■ AMERICANS LAG BEHIND IN DISTANCE RUNNING

By **BERT ROSENTHAL, AP Track Writer**
NEW YORK, September 30 (AP) -- American distance running is littered with recent failures. And **Alberto Salazar**, **Bill Rodgers** and **Frank Shorter** -- three of the greats -- think they know why.

Shorter believes the main fault lies with money. Ironically, it was Shorter who was at the forefront of introducing trust funds to track and field during the mid-1970s, allowing athletes to support their careers.

Then, in the 1980s, came the era of big appearance fees and prize money. That coincided with the Americans' downfall in distance running because runners from other countries wanted to cash in.

"Now, it's the agents who are in control rather than the athletes," said Shorter, the 1972 Olympic marathon gold medalist and 1976 silver medalist. "The athletes are convinced they don't have to train very hard. What they have to be ready to do is race as often as the agents feel they have to."

Shorter, speaking at a news conference marking the 20-year anniversary of the New York City Marathon as a five-borough race, said the agents are sending their runners to the wrong road races.

"You rarely see any Americans at a major road race," he said. "They seek the lower-level races to earn their money. They avoid the upper-echelon races."

Those races now are being dominated by Africans, mainly from Kenya, Morocco, Ethiopia, Tanzania and South Africa.

When Americans have to mix it up with those athletes, such as in the Olympics or world championships in long-distance races on the track or in the marathon, they come up short, Shorter said. That's because they are unaccustomed to racing against the world's best.

"They're acknowledging that the other runners are better than them," Shorter said. "There's been a concession."

In noting that Americans run too many races for the money and not for quality, Shorter referred to a comment from **Steve Scott**, the U.S. indoor and outdoor record-holder in the mile.

"Scott calls them 'ching-ching' miles."

Shorter, 48, said, referring to the ring of a cash register. "They run a mile and go right on to the next one."

Salazar thinks U.S. distance running will never match past accomplishments, but will get better.

"We'll probably never see Americans dominating like in the late 1970s or early '80s," said Salazar, winner of the NYC Marathon from 1980-82 and the Boston Marathon in 1982.

"There is a lot more competition now. But I think Americans will get back up there."

Salazar, 38, also noted that Americans are not as dedicated in training as they once were.

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He said that when he was in high school in Wayland, Mass., he trained with Rodgers, although Rodgers was 10 years older.

"Even though I couldn't keep up with him, he inspired me," Salazar said. "By training with him -- and coach Bill Squires -- I knew what I had to do to become a good runner."

To help American distance runners, Shorter said he would consider coaching a group of them in Boulder, Colo., "if they were willing to put up with a 'benign dictatorship.'"

"We have to pass around the knowledge," Shorter said. "We have to be around them. ... There has to be a mentoring process."

"We all had good coaches," said Rodgers, 48, winner of the NYC Marathon and Boston Marathon four times each. "We need a vision, we need a program, we need a plan. We don't have a plan on how we're going to succeed. Other countries have a plan. They have a national coach."

Salazar, Shorter and Rodgers agreed that American distance runners face a dilemma -- competing with the world's best while having to provide for their families.

"We were lucky," Salazar said. "We didn't have to choose between races or money."

■ STANFORD INVITATIONAL

Stanford Golf Course, October 5.

Boys' Division 1. De La Salle (Concord) won with 99 points. Nevada Union (Grass Valley) placed second with 130. Bend (Oregon) was third with 170. Tom Prindville (De La Salle) won in 15:58. Geoff Fleming (Roseville) placed second in 16:02. Corey

Creezy (Nevada Union) was third in 16:06.

Boys' Division 2. Huntington Beach won with 183 points. Reedley placed second with 202. Scripps Ranch (San Diego) was third with 207.

Rhy Reynolds (Newport, Oregon) won in 15:27. David Rodriguez (Mission San Jose, Fremont) placed second in 15:45. Juan Pablo Maramontes (Golden Valley, Merced) was third in 15:45.

Boys' Division 3. St. Ignatius (San Francisco) won with 80 points. St. Francis (Mt. View) placed second with 116 points. El Modena (Orange) was third with 117 points. Jason Hart (Sonora) won in 16:10. Bryan Green (Littlerock) placed second in 16:30. Tim Allen (El



Tom Prindville
Photo by Phillip L. Enbody

Modena, Orange) was third in 16:34.

Boys' Division 4. Corona Del Mar won with 134 points. Nordhoff (Ojai) placed second with 145 points. West Valley (Cottonwood) was third with 179 points. Isalah Festa (Morro Bay) won in 16:08. Victor Ochoa (Nordhoff, Ojai) placed second in 16:22. Brian Sullivan (St. Augustine) was third in 16:44.

Boys' Division 5. Wooster (Reno, Nevada) won with 82. Orange Lutheran placed second with 89. Crespi was third with 110. Ronald Tibaduiza (Wooster, Reno, Nevada) won in 16:29. Ryan Downey (St. Margarets) placed second in 16:51. Victor Garcia (Wooster) was third in 16:52.

Girls' Division 1. Clayton Valley (Concord) won with 82 points. Clovis West placed second with 104. Ayala (Chino Hills) was third with 113. Julia Stamps (Santa Rosa) won in 17:27. Jen Schindler (Ponderosa, Shingle Springs) placed second in 17:53. Trina Cox (Santa Rosa) was third in 19:01.

Girls' Division 2. Valhalla won with 84 points. West Hills placed second with 95. Marina (Huntington Beach) was third with 124. Heather Shurtleff (West Hills) won in 18:51. Emily McFarland (Scripps Ranch) placed second in 19:18. Yvonne Liegib (Kennedy, Sacramento) was third in 19:18.

Girls' Division 3. Carondelet (Concord) won with 74 points. El Modena placed second with 118. Placer was third with 145. Kristen Gordon (Carondelet, Concord) won in 17:56. Nicole Portley (Aradon) placed second in 19:17. Shelby Horgan (Temescal Canyon) was third in 19:30.

Girls' Division 4. Nordhoff (Ojai) won with 74 points. Corona Del Mar placed second with 117. Taft was third with 145. Elaine Cancchola (Nordhoff, Ojai) won in 18:59. Sarah Ellis (La Canada) placed second in 19:17. Kara Hunn (Central Valley) was third in 19:25.

Girls' Division 5. Orange Lutheran won with 30 points. St. Joseph placed second with 66. Piedmont was third with 98. Kristin Groncy (Orange Lutheran) won in 19:47. Heather Gibson (Piedmont) placed second in 19:52. Katie Peters (Orange Lutheran) was third in 20:54.

STANFORD INVITATIONAL COMBINED RESULTS

October 5

Boys' Division I through V combined results.

By overall points:

1. De La Salle	229	D1
2. Nevada Union	321	D1
3. Bend (Oregon)	437	D1
4. St. Ignatius	462	D3
5. Ayala	489	D1
6. Bowling Green (KY)	506	D1
7. Thousand Oaks	530	D1
8. St. Francis (Mt. V)	553	D3
9. Arroyo	556	D1
10. Jesuit	572	D1

By team times:

1. De La Salle	84:06	D1
2. Nevada Union	84:56	D1
3. Bowling Green (KY)	86:00	D1
4. Ayala	86:04	D1
5. Bend (Oregon)	86:11	D1
6. St. Ignatius	86:32	D3
7. El Modena	86:39	D3
8. St. Francis (Mt. V)	86:47	D3
9. Jesuit	86:48	D1
10. Thousand Oaks	86:51	D1

Girls' Division I through V combined results.

By overall points:

1. Clayton Valley	211	D1
2. Clovis West	305	D1
3. Carondelet	314	D3
4. Ayala	341	D1
5. Valhalla	379	D2
6. Nordhoff	396	D4
7. West Hills	410	D2
8. Clovis	485	D1
9. El Modena	498	D3
10. Bend (Oregon)	521	D1

By team times:

1. Clayton Valley	99:46	D1
2. Carondelet	99:57	D3
3. Clovis West	101:13	D1
4. Ayala	101:39	D1
5. Nordhoff	102:11	D4
6. West Hills	102:24	D2
7. Santa Rosa	102:39	D1
8. Valhalla	102:47	D2
9. El Modena	103:44	D3
10. Bend (Oregon)	103:51	D1

(Prep Editor: I would like to thank Mike Elsesser for faxing these results.)

■ ALISON LAMBERT and

MARLA PLEYTE (TULANE)

October 8--Allison Lambert, a sophomore from Walnut Creek, California, captured the individual championship at the Louisiana Collegiate Championships as Tulane captured the team title. She ran the 5k course in a time of 18:25.76, setting a new course record with the win. Lambert was one of four Green Wave runners in the top ten, finishing 15.48 seconds ahead of the second place finishers, teammate Maria Pleyte, a sophomore from Hollister, California.

■ JOE MARTIN ENLISTS EX-NFL PLAYERS TO REVIVE BERKELEY HIGH FOOTBALL

by Tim Keown, Staff Writer,
San Francisco Chronicle

October 9--Joe Martin -- salesman, cajoler, pitcher, coach -- is leading a whirlwind tour of the resuscitated Berkeley High School football program. In one room, there's about \$64,000 worth of weight equipment. New whirlpools sit in another room. There's new carpet everywhere.

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There's a windowless room reserved exclusively for shoes. The shoes were acquired through the NFL Alumni Association or donated by some of the Berkeley High coaches or benefactors. There are shoes on top of shoes -- low-tops, hightops, turf shoes, cleats. All brands, all styles, all sizes. They sit in polite lines, like prisoners. The shoes were brought here the way everything else was brought here: through the coercive and engaging force of Martin's personality.

In his first year as coach at Berkeley, Martin has assembled an ensemble coaching staff of former NFL players, including Jack Tatum and MacArthur Lane. He has appealed to the generosity of corporations and wealthy individuals to provide everything from shorts to jerseys. He says, right up front, that the Yellow Jackets eventually will win the unofficial state championship.

"One of the main reasons we came here was to return a public school to the level of state champions," Martin said. "We thought here at Berkeley, with the diversity and the athletes, that it could happen. We will win, that's inevitable.

"The question is how we're going to do it. We're not going to sacrifice to get there. We've had people question our motivation. They wonder what all these former NFL players are doing here, and why I brought them in. My answer is, 'If you need to have heart surgery, do you want some guy who got a C in college?'"

Martin was a camp quarterback for the Kansas City Chiefs in the late 1970s, and since then he has worked as an assistant coach at Stanford (two years) and Cal (one year). Even though he never played a down in an NFL regular-season game, he is a member of the NFL Alumni Association; it's apparent right away he never ignored an important contact.

Martin and 49ers linebacker Gary Plummer play a one-on-one basketball game every winter, and the loser owes the winner a dinner. Martin won this year ("Again," he says) but instead of a dinner he asked for Plummer's help with the Berkeley High weight room.

Plummer donated a large part of the \$64,000 worth of Nautilus equipment. What he didn't donate he had the manufacturers donate.

Martin walks toward a corner of the weight room to introduce his piece de resistance. It's a small corner of the weight room, left the way Martin and his coaches found it last summer. There's a scarred patch of floor and one Universal machine of indeterminate purpose, like something Jack LaLanne used when he was young.

Amid the shine of the rest of the room, the undisturbed corner looks like a museum exhibit.

"We wanted to show the district what we could do compared with what they could do," Martin said. "This is ours over there, and this is

theirs over here. We wanted to show them the business approach versus the bureaucratic approach."

When he got the job at Berkeley, Martin recruited a coaching staff through the NFL Alumni Association. Tatum is the defensive coordinator. Former All-Pro running back MacArthur Lane coaches the running backs. Former Packers linebacker Gary Weaver coaches that group. Former NFL offensive lineman Leo Biedermann coaches the linemen.

Hall of Fame defensive back Jimmy Johnson helps out when he can.

Former Stanford and Raider running back Mike Dotterer helps Lane with the running backs, when he isn't walking around talking on his cell phone. Martin coached at Stanford under Paul Wiggin when Dotterer was there, and the memory he carries to this day is Dotterer playing against Oklahoma with a paperback novel stuck in the back of his uniform pants.

"I swear to you, he did that," Martin said. "He'd come over to the sidelines and start reading. He's different, that's for sure."

And -- just to round things out a bit -- acclaimed novelist and screenwriter Barry Gifford ("Wild at Heart") coaches the quarterbacks.

Could this be a classic case of only-in-Berkeley?

"We're bringing together more than a coaching staff," says Martin, whose team is 2-2. "We're surrounding these kids with quality men, men who have succeeded in life inside and outside sports.

"A lot of these kids have problems they're embarrassed to talk about. The males in their family life might not be positive role models, but they can see these men out here and learn from it."

Says Lane, "We're trying to show these kids there's a better life out there."

This is not an easy job. Berkeley High is diverse, both racially and socio-economically, and the racial tensions were seen as so pronounced that PBS devoted a Frontline special to the issue.

"I tell my players, 'You may have drug problems or social problems, and you come to us and we'll get you help,'" Martin said. "But we will never have a racial problem. That's the one thing I made clear when I took the job.

"But look around, man. Just look around. Is there another high school doing things like this? They can say what they want, but we're getting things done. And these kids are going to be better for it."

■ RHY REYNOLDS (NEWPORT, OREGON)

October 13--Carl Reynolds of Newport, Oregon e-mailed the following message:

"That unknown bandit who stole the show at the Stanford Inv. for HS Boys, Rhy Reynolds of Oregon, has done it again: He set

his fifth course record of the season in the Timbertown Inv., 10/10, Philomath, Oregon. Boys Varsity 5k: 15:33.8; next finisher: 16:33.8. (The closest any 3A runner has come this season), 178 boys ran representing 27 schools."

(Prep Editor: I look forward to seeing Rhy run at Fresno in December. I was unable to see him at Stanford, since I took my Berkeley team to Half Moon Bay that day. Good luck!)

■ FORMER LONG BEACH STATE TRACK COACH DIES

LONG BEACH, Calif., October 23 (AP) -- Dr. Jack W. Rose, former head track and field coach at Long Beach State, has died from choking on a piece of meat, his son Mark said Tuesday. Rose, who was 66, died Monday night. Efforts by paramedics failed to save him.

Rose was the track coach at Long Beach State from 1956-73. He is a past president of the National Track and Field Coaches Association, and helped found the USA Track & Field Hall of Fame, originally located in Charleston, W.Va.

"He was such an ambassador to track and field," said Ron Allice, the track coach at Southern California. "He was a special, special guy. He was the most inspirational man I've ever been around in my life, a pioneer. He took that program from zero and made it into something special."

Allice succeeded Rose as Long Beach State's track coach in 1973.

Rose is survived by his wife and three sons, Mike, 39, a resident of San Jose, Calif.; Mark, 37, who lives in Paso Robles, Calif.; and Scott, 30, who lives in Garden Grove, Calif., along with eight grandchildren.

■ CANDIDATE'S IDEAS ON COURTSHIP DRAWN INTO POLITICAL ARENA

By John Hanna, Associated Press Writer
TOPEKA, Kan., October 29 (AP) -- If a young man wants to date 26-year-old Heather Ryun, it's not as simple as calling her on the phone.

First, he must talk to her father. The two men pray and decide if the suitor is ready for marriage. If the answer is yes, then -- and only then -- can the couple begin dating.

Normally, this would be nobody else's business. But Heather Ryun's father is Jim Ryun, the former Olympic runner and world record holder for the mile and Republican candidate for Congress.

So an article Jim and Anne Ryun wrote about "courtship" for a conservative magazine -- encouraging parents to consider the idea and pray for guidance -- is being circulated by Democrats.

It does not seem to have become an issue in the campaign. But people -- ranging from the state's Catholic bishops to psychologist Ruth

continued next page..

PREP NOTES

Westheimer -- are talking. Some say courtship merely harks back to an earlier time, when families seemed closer; others liken it to arranged marriages.

"Courtship enables a young couple to look beyond physical attraction to focusing on things that are truly important," the Ryuns wrote.

Their essay, "Courtship Makes a Comeback," was published in *Focus on the Family*, a monthly magazine put out by the group of the same name.

The Ryuns wrote that courtship ensures premarital sexual abstinence, protects children from the pain of bad relationships and prepares them for a lasting marriage.

Their four children are willing participants. Heather, 26, and twins Ned and Drew, 23, are students at the University of Kansas. Catharine, 21, an emergency medical technician, is quoted in the article as saying courtship helps guide her toward "becoming like Christ."

In courtship, when the suitors and their parents have agreed that the suitors are ready emotionally -- and financially -- for marriage, the young man spends a great deal of time with the young woman's family.

"Courtship activities may include a family missions trip, prison ministry or similar service-oriented endeavors. ... Other activities -- from family games to neighborhood walks -- can shape and reveal a person's character, responsibility and thoughtfulness," the Ryuns said.

Ryun declined to be interviewed, explaining that he wanted all family members to be present and could not work out the conflicts in their busy schedules. His staff expressed concern that his ideas could be misinterpreted by opponents, especially late in the campaign.

"Anything anyone's stated publicly or written always has a chance of being examined in a campaign," said state Rep. Jan Pauls, a Hutchinson Democrat, the author of legislation against same-sex marriages.

When he announced his candidacy in June, Ryun said he would run "with the American family in mind," and would press for "a renaissance of traditional morality." But mostly, his campaign has stressed economic issues: cutting taxes, decreasing the size of government and balancing the federal budget.

And his Democratic opponent, John Frieden, has not made any public comment on Ryun's ideas about courtship, though he says generally that Ryun's views are "out of the mainstream."

Others have been more critical. **Dennis Dalley**, a University of Kansas professor of social welfare who lectures on sexuality and relationships, called courtship "extremely controlling" and "very patriarchal," with an implicit assumption that "men are more valuable than women."

"I was really struck by the notion of emotional abstinence," he added. "You can't avoid emotional pain. The issue is to learn maturely

how to cope."

Westheimer, the celebrated "Dr. Ruth," said such a system could work if a family raised its children in a strict religious setting, one in which the believers are isolated from the modern world -- for example, the Amish, ultra-Orthodox Jews or strict Mormons.

"I actually think it's cruel to send a young person to a regular college with these kinds of interdictions," she said.

The state's Catholic bishops reviewed the article and found it perhaps too idealistic but still "something they wish could be true," said **Robert Runnels**, spokesman for the Kansas Catholic Conference.

"It takes them back a great number of years, the way things used to be," he said.

But Pauls, a former juvenile court judge, said she sees the Ryun proposal only as an attempt to bring parents closer to their children and to help them find stable relationships.

"It's an unusual idea to most people, but I know a lot of parents who are really desperate to come up with solutions," she said. "A lot of tragedies occur when children are more influenced by their peers than by their parents."

And while **State Sen. Mike Harris**, a conservative Wichita Republican, acknowledged that some voters may see Ryun as living an "Ozzie and Harriet lifestyle," he said Ryun is a special case.

"Jim Ryun has never led a normal life," he said, "and that's what makes him an American hero."

[Prep Editor: I saw Jim Ryun (East High School, Wichita, Kansas) set the national high school mile record of 3:55.3 in winning the AAU Championship at Jack Murphy Stadium in San Diego on June 27, 1965. Ryun ran the five fastest times ever by a high schooler. Tim Danielson (Chula Vista High School) set the California high school record of 3:59.4 at the San Diego Invitational on June 11, 1966.]

■ NCAA CROSS COUNTRY

By Dick Patrick, USA Today, Oct. 29

Amy Skieresz

Last year as an Arizona freshman, **Amy Skieresz** took second at the NCAA Cross Country Championships, ran the fastest U.S. college 5,000-meter time and was the lone collegian in the 5,000 final at the Olympic Trials.

Quite a debut. But her most significant experience came from a left heel injury that prevented her from running for eight weeks in the spring.

"The injury came out of nowhere. You don't know what can happen," Skieresz (pronounced SKEE-erz) says. "That was my first major injury. It was traumatic. I didn't know how to deal with it."

She coped by hitting the pool, Stairmaster and the books and volunteering with Junior Achievement.

"I realized that running isn't everything";

Skieresz says. "Here I was gearing up for the NCAAs, the Trials and everything. Then it all ended.

"I sat back and said, 'What do I do now?' God forbid if I don't run. But now I realize it's OK. There are other things out there."

Armed with this attitude and an unassuming personality, you don't get any trash talking from the English major and aspiring elementary teacher on the subject of the individual title at the Nov. 25 NCAA Championships at Skieresz's home course in Tucson, Ariz.

She rattles off a list of runners, including **Providence's Marie McMahon** and **UCLA's Kim Mortensen**, adding, "You really don't know. There are still four weeks left. Anything can happen. People can come out of nowhere."

Skieresz doesn't look too far ahead, not even to the 2000 Olympics.

"If I'm healthy and still running well, I'd love to try," she says. "That would be one of the ultimate things."

"I don't know. I'd like to finish the college career first and then worry about that."

Stanford Depth

Stanford, which hosts the **Pacific 10 Championships** Saturday, is ranked No. 2 in the men's poll and No. 3 among the women. Stanford coach **Vin Lananna** thinks the women are clear-cut favorites but predicts the men will have "a barnburner decided by a couple of points" with No. 5 Oregon.

Stanford's depth will be a bigger weapon at the NCAA meet than it will Saturday.

Of the men's team, **Arizona** coach **Dave Murray** says, "If Arkansas has a problem with their fifth runner or something, Stanford will be close. Stanford's biggest problem may be deciding which seven to run."

NCAA preview

Friday's **Big East Championships** in Boston might offer a preview of the NCAA women's team title with No. 1 **Providence**, No. 2 **Villanova** and No. 7 **Georgetown** the favorites.

"I don't see any more than one team outside those three winning the NCAAs"; says **Georgetown** coach **Ron Helmer**, referring to Stanford as the outsider.

■ WASHINGTON STATE UNIVERSITY

The following 1996 California high school graduates are now attending Washington State University:

Candace Miles-Threat (Amador Valley) 800
LaTroya Mucker (Hamilton) 100, 200
Sharika Higgins (Channel Islands) 200
Attrina Higgins (Chino) 100, 200
Felton Charles (McClymonds) 200, 400
Guillermo Macias (Bishop Amat) 400

(Prep Editor: Thanks for the e-mail from Mark McDonald.)

PREP RESULTS

NORTHERN CALIFORNIA

From Keith Conring.

CARONDELET/DE LA SALLE ADIDAS INVITATIONAL

October 12, 1996. Newhall Park, Concord. From Helen Lehman-Winters (Carondelet).

Boys Teams

1. De La Salle 50, 2. Mission San Jose 161, 3. Ukiah 178, 4. College Park 220, 5. James Logan 226, 6. Granada 258, 7. Clayton Valley 269, 8. Bishop O'Dowd 299, 9. St. Mary's 300, 10. San Ramon 303, 11. Livermore 304, 12. Cardinal Newman 342, 13. Campolindo 345, 14. Novato 352, 15. Castro Valley 364, 16. Fortuna Union 372, 17. Amador Valley 385, 18. Gunderson 490, 19. Leland 505, 20. Paradise 518, 21. Acalanes 29, 22. Irvington 533, 23. Ygnacio Valley 655, 24. Bear Creek 705, 25. Alhambra 710, 26. Santa Rosa 722, 27. Alameda 737, 28. Pittsburg 801.

Boys Individuals (207 finishers)

1. David Rodriguez (Mission San Jose) 15:37, 2. Tom Prindiville (De La Salle) 15:43, 3. Jon Stevens (Mission San Jose) 15:48, 4. Enrique Henriquez (San Leandro) 16:00, 5. Brian Henstorf (Amador Valley) 16:03, 6. Todd Hurl (Novato) 6:11, 7. Nathan Martin (Livermore) 16:15, 8. James Nielsen (San Marin) 16:28, 9. Alex Sanchez (De La Salle) 16:29, 10. Muhmmad Gubouey (BO'Dowd) 16:31, 11. Jeff George (De La Salle) 16:32, 12. Marly Krusey (Granada) 16:35, 13. Craig Lee (College Park) 16:36, 14. Sean Kenady (De La Salle) 16:37, 15. David Vigil (College Park) 16:37, 16. Chad Foster (James Logan) 16:38, 17. Ryan Mack (Ukiah) 16:40, 18. Ryan Stanton (De La Salle) 16:41, 19. (Piedmont) 16:42, 20. Brad Dietsch (San Ramon) 16:43, 21. Tim Layden (De La Salle) 16:45, 22. Rich Riley (Alhambra) 16:47, 23. Francisco Guevara (Terra Linda) 16:51, 24. Nick Pielusch (Leland) 16:57, 25. Geoff Garcia (Novato) 17:01, 26. Justin Carter (Clayton Valley) 17:01, 27. Billy Maas (Fortuna Union) 17:02, 28. Ajiria Urrutia (Granada) 17:04, 29. Adam Morrison (Granada) 17:06, 30. Matt Click (De La Salle) 17:07.

Frosh/Soph Boys

1. Chris Hernandez (Antioch) 11:03, 2. Craig Stevens (Bear Creek) 11:07, 3. Sean Moody (Bear Creek) 11:45.

Girls Teams

1. Clayton Valley 56, 2. Carondelet 65, 3. University 127, 4. Mission San Jose 195, 5. Santa Rosa 207, 6. Livermore 251, 7. Miramonte 263, 8. Campolindo 269, 9. Acalanes 281, 10. Ursuline 289, 11. Leland 305, 12. Castro Valley 318, 13. Miramonte 325, 14. Granada 345, 15. Ukiah 365, 16. Bishop O'Dowd 384, 17. James Logan 391, 18. San Ramon 425, 19. Las Lomas 469, 20. Irvington 516, 21. Terra Linda 556.

Girls Individuals (163 finishers)

1. Kristen Gordon (Carondelet) 17:27, 2. Trina Cox (Santa Rosa) 18:34, 3. Sarah Hallas (Ursuline) 18:49, 4. Lisa Gillis (Moreau) 19:11, 5. Heather Miller (Piedmont) 19:16, 6. Deborah Osteen (Clayton Valley) 19:17, 7. Kelly Howisey (Clayton Valley) 19:21, 8. Jennie Ewing (Castro Valley) 19:25,

9. Lindsay Johnson (Santa Rosa) 19:33, 10. Kerri Bock-Wilmes (Carondelet) 19:36, 11. Katie Hotchkiss (Mission San Jose) 19:40, 12. Hagu Toloman (Mission San Jose) 19:42, 13. Kelly Piatanesi (Carondelet) 19:45, 14. Linden Bader (University) 19:48, 15. Monica Van Wegan (Amador Valley) 19:49, 16. Julie Leininger (Clayton Valley) 19:53, 17. Jessica Felts (Amador Valley) 19:54, 18. Katy Berkes (Campolindo) 19:54, 19. Crislyn Enea (Carondelet) 19:55, 20. Marcela Villobos (Clayton Valley) 20:00, 21. Kara Morser (University) 20:04, 22. Kristine Musante (Clayton Valley) 20:04, 23. Kirsten Odegaard (Benicia) 20:10, 24. Monique Meiera (College Park) 20:23, 25. Katie Stafford (Santa Rosa) 20:25.

Frosh/Soph Girls

1. Marcie Silva (Amador Valley) 13:19, 2. Sarah Silva (Amador Valley) 13:42, 3. Julia Fischer (Granada) 13:45.

LOWELL INVITATIONAL

September 21, 1996. Lindley Meadow, Golden Gate Park, San Francisco. Distance 2.8 miles. From Andy Leong.

Boys Teams

1. Bellarmine 50, 2. Lowell 124, 3. St. Ignatius 141, 4. Overfelt 181, 5. Sacred Heart Cathedral 196, 6. Riordan 224, 7. Westmoor 68, 8. Yerba Buena 345, 9. Cupertino 356, 10. San Mateo 374, 11. Beyer 379, 12. South San Francisco 432, 13. Fremont - Sunnyvale 437, 14. Washington - S.F. 442.

Boys Individuals (111 finishers)

1. Andrew Wulf (Bellarmine) 14:48, 2. Omar Hart (Bellarmine) 15:03, 3. Peter Lunny (S.H. Cathedral) 15:16, 4. Cory Dixon (Skyline) 15:21, 5. Andy Chain (Half Moon Bay) 15:25, 6. J.J. Sclar (Cupertino) 15:29, 7. Paul Choi (Lowell) 15:30, 8. Brendan Wells (St. Ignatius) 15:30, 9. Matt Chen (St. Ignatius) 15:34, 10. Hasan McGee (Skyline)

11. Joshua McMullin (Terra Nova) 15:44, 12. Ritchie Jong (Lowell) 15:50, 13. Josh Greenough (San Mateo) 15:50, 14. Kevin Brown (Bellarmine) 15:50, 15. Efrain Carrasco (Overfelt) 15:54, 16. Andreas Sangberg (Bellarmine) 15:55, 17. Mark Seignried (Bellarmine) 15:59, 18. Eric McAllister (Bellarmine) 16:00, 19. Jonathan Combes (Balboa) 16:06, 20. Francisco Uribe (Riordan) 16:06.

Boys Junior Varsity 2.8 miles

1. Tamer Beckett (Bellarmine) 16:06.

Boys Sophomore 2.0 miles

1. Manuel Mendoza (Westmoor) 11:19, 2. Brian Greenough (San Mateo) 11:23, 3. Matt Benda (Half Moon Bay) 11:25.

Boys Frosh 2.0 miles

1. Neil McDonagh (St. Ignatius) 11:00, 2. Dan Golindo (Bellarmine) 11:22, 3. Chris Lei (Beyer) 11:44.

Girls Teams

1. Lowell 40, 2. St. Ignatius 43, 3. Overfelt 126, 4. Westmoor 148, 5. Half Moon Bay 152, 6. Redwood Christian 222, 7. Sacred Heart Christian 285, 8. Mercy 301, 9. Rio Linda 302.

Girls Individuals (72 finishers)

1. Jennifer Akana (Lowell) 16:43, 2. Nicole Pottley (Aragon) 16:56, 3. Marielle Schlueter (St. Ignatius) 17:37, 4. Susan Chou (Lowell) 17:47, 5. Emily Dixon (Skyline) 17:55, 6. Katie Appenrodt (St. Ignatius) 18:10, 7. Eileen Grove (St. Ignatius) 18:19, 8. Stephanie Garcia (Skyline) 18:48, 9. Stephanie Libien (St. Ignatius) 18:50,

10. Nydia Rivera (Lowell) 18:53.

11. Sopagna Eap (Lowell) 9:03, 12. Jocelyn Wong (Westmoor) 19:03, 13. Pam Wong (Westmoor) 19:04, 14. Emily Price (Lowell) 19:17, 15. Melinda Huang (Lowell) 19:20, 16. Christina Duenas (Overfelt) 19:23, 17. Anna Schechter (Half Moon Bay) 19:46, 18. Erin Lapping (St. Ignatius) 19:47, 19. Miriam Yonan (Beyer) 19:51, 20. Meli Lieras (Skyline) 20:03.

Girls Frosh-Soph 2.0 miles

1. Vanessa Yonan (Beyer) 12:46, 2. Nicole Loeffler (Beyer) 13:26, 3. Katie Nejasnich (St. Ignatius) 13:55.

CENTRAL PARK INVITATIONAL

September 24, 1996. Santa Clara. From Walter Van Zant (Wilcox). Distance 2.30 miles.

Boys Teams

1. St. Francis 22, 2. Los Gatos 82, 3. Gunn 104, 4. Los Altos 105, 5. Homestead 151, 6. Monta Vista 189, 7. Saratoga 190, 8. James Lick 226, 9. Palo Alto 269, 10. Lynbrook 318, 11. Milpitas 324, 12. Wilcox 330, 13. Cupertino 335, 14. Menlo-Atherton 350, 15. Mt. View 405, 16. Westmont 422, 17. Fremont 457.

Boys Individuals (117 finishers)

1. Andrew Hill LA 11:44, 2. Adam Tucker SF 12:01, 3. Mike Cheung SF 12:04, 4. Dan Woodhead SF 12:11, 5. Marshal Boyd Gunn 12:13, 6. Anthony Culazzo SF 12:14, 7. Victor Sloan SF 12:15, 8. Peter Carter LG 12:18, 9. Jorge Salinas LA 12:23, 10. J.J. Schlar Cup 12:25, 11. Jedd Martin LG 12:26, 12. Joseph Carter LG 12:31, 13. Mike Wolman Home 12:37, 14. Tom Allen Gunn 12:42, 15. Darius Seddiqui Home 12:43, 16. Paul Neves Lyn 12:44, 17. Mirik Marcikowski MVis 12:47, 18. Hank Northaf Sar 12:51, 19. Victor Palomas MVis 12:53, 20. Albert Hung Gunn 12:55.

Frosh-Soph Boys

1. D.J. Ozan Del Mar 12:42, 2. Brian Harrington Del Mar 1 2:47, 3. Dan Chavez SF 12:52.

Girls Teams

1. Los Gatos 6, 2. St. Francis 97, 3. Gunn 98, 4. Palo Alto 127, 5. Monta Vista 181, 6. Saratoga 182, 7. Los Altos 186, 8. Milpitas 219, 9. Mt. View 219, 10. Cupertino 241, 11. Menlo-Atherton 261, 12. Santa Clara 312, 13. Lynbrook 319, 14. Del Mar 346, 15. Wilcox 357, 16. James Lick 478.

Girls Individuals

1. Amy LaPine LG 14:54, 2. Lauren Miller LA 14:54, 3. Lina Biber-Ferro LG 14:56, 4. Amie Wu Lyn 15:03, 5. Jeanne Fishback LG 15:07, 6. Jenny Nadane Gunn 15:08, 7. Anne Picketts Sar 15:09, 8. Tonia Giraud MView 15:10, 9. Celeste Dunlap Cup 15:16, 10. Andi Farker PA 15:20, 11. Jill Bodily Gunn 15:21, 12. Keri Gordon PA 15:24, 13. Allison Burmeister M-A 15:24, 14. Colleen Corcoran SF 15:28, 15. Sabrina Ahmad Milp 15:33, 16. Jessica Gronski PA 15:33, 17. Gen. Vincent-Brown SF 15:37, 18. Jennifer Nguyen MVis 15:42, 19. Meghan Flanagan SF 15:46, 20. Shari Koslov Cup 15:48.

STINSON RELAYS

September 25, 1996. Marin County Athletic League. Distance 7.5 miles. From Bill Taylor (Drake, San Anselmo) and Chris Lyons

PREP RESULTS

(Redwood Larkspur)

Boys Teams

- Novato A 46:01, 2. Terra Linda 46:21, 3. Drake 48:12, 4. San Rafael 48:41, 5. San Marin 49:35, 6. Novato B 51:47, 7. Redwood 51:50, 8. Novato C 52:24, 9. Marin Catholic 53:18, 10. Tamapais 53:24, 11. Marin Catholic B 62:10.

Boys Individuals (1.5 miles)

- James Nielsen (San Marin) 8:12,
- Todd Hunt (Novato) 8:19,
- Francisco Guevara (Terra Linda) 8:37,
- Geoff Garcia (Novato) 8:56,
- Justin Schwartz (Terra Linda) 9:05.

Girls Teams

- Drake A 52:59, 2. Terra Linda A 53:51, 3. San Marin 56:27, 4. Novato A 56:32, 5. Drake B 58:55, 6. Tamapais 59:40, 7. Novato B 61:25, 8. Terra Linda B 61:29, 9. San Rafael 63:19, 10. Terra Linda C 63:19, 11. Redwood A 64:44, 12. Novato C 66:11, 13. Novato D 68:01, 14. Marin Catholic 68:16, 15. Redwood B 71:03.

Girls Individuals

- Katie Bernarding (Drake) 9:57,
- Amber Wilson (Drake) 10:13,
- ie Ann Glenn (Drake) 10:23,
- Emily Buskirk (Terra Linda) 10:23,
- Bonnie Harris (Novato) 10:26.

RAM INVITATIONAL

September 18, 1996. Westmoor High School, Daly City. From Ron DiMaggio (Westmoor)

Boys Teams

- St. Francis 49, 2. St. Ignatius 71, 3. Logan 139, 4. Serra 163, 5. Castro Valley 164, 6. Lowell 232, 7. Westmoor 274, 8. Homestead 292, 9. Monta Vista 296, 10. Sacred Heart Cathedral 299, 11. Cupertino 377, 12. Menlo 411, 13. Wilcox 423, 14. Hayward 427, 15. South San Francisco 539.

Boys Individuals (134 finishers)

- Mike Cheung (St. Francis) 12:31,
- Adam Perez (Serra) 12:34,
- Brendan Fitzgibbon (St. Ignatius) 12:35,
- Chad Foster (Logan) 12:36,
- Adam Tucker (St. Francis) 12:50,
- Brad Stapleton (Serra) 12:58,
- Marshall Boyd (Gunn) 12:59,
- Matt Chen (St. Ignatius) 13:00,
- Peter Lunny (Sacred Heart Cathedral) 13:01,
- Paul Chol (Lowell) 13:03,
- Victor Sloan (St. Francis) 13:05, 12. Brad Hansen (St. Ignatius) 13:08, 13. Anthony Culazzo (St. Francis) 13:09, 14. Ashera Dirar (Logan) 13:09, 15. Brendan Wells (St. Ignatius) 13:11, 16. Scott McDonald (Logan) 13:11, 17. Andy Chain (Half Moon Bay) 13:13, 18. J.J. Sclar (Cupertino) 13:14, 19. Dan Woodhead (St. Francis) 13:15, 20. David Woodruff (Wilcox) 13:18.

Boys Frosh Soph

- Manuel Mendoza (Westmoor) 13:13,
- Dan Chavez (St. Francis) 13:19,
- Brian Greenough (San Mateo) 13:28.

Boys Freshmen

- Neil McDonagh (St. Ignatius) 13:07.

Girls Teams

- Lowell 53, 2. St. Ignatius 61, 3. University 85, 4. Logan 137, 5. St. Francis 169, 6. Castro Valley 169, 7. Half Moon Bay 179, 8. Monta Vista 211, 9. Menlo 322, 10. Notre Dame. S.J. 352, 11. Sacred Heart Cathedral 358.

Girls Individuals (89 finishers)

- Jennifer Akana (Lowell) 14:05,
- Nicole Portley (Aragon) 14:21,
- Jennie Ewing (Castro Valley) 14:43,
- Susan Chou (Lowell) 14:55,

- Kra Moser (University) 15:07,
- Marfelle Schlueter (St. Ignatius) 15:09,
- Katie Apperrod (St. Ignatius) 15:18,
- Linden Bader (University) 15:25,
- Eileen Grove (St. Ignatius) 15:26,
- Mollie Allick (University) 15:27,

- Nydia Rivera (Lowell) 15:36, 12. Jennifer Bridgeman (Logan) 15:42, 13. Sky Baumbach (Logan) 15:44, 14. Stephanie Libkin (St. Ignatius) 15:45, 15. Katie Scangos (Crystal Springs Uplands) 15:55, 16. Jenny Naduner (Gunn) 16:01, 17. Mary Lucido (Homestead) 16:05, 18. Melinda Huang (Lowell) 16:08, 19. Sopagna Eap (Lowell) 16:15, 20. Emily Price (Lowell) 16:18.

Girls Frosh/Soph

- Pamela Wong (Westmoor) 15:49,
- Diana Ciock (University) 16:15,
- Aliza Cohen (University) 16:16.

CHICO INVITATIONAL

September 28, 1996. From Chuck Sheley (Chico Junior High School)

Boys Teams

- Pleasant Valley 70, 2. Eureka 85, 3. Enterprise 116, 4. Colfax 120, 5. Arcata 138, 6. Woodland 142, 7. Chico 187, 8. Paradise 186, 9. Red Bluff 202, 10. Las Plumas 211, 11. Shasta 259, 12. Lassen 291.

Boys Individuals (103 finishers)

- Zack McGahey (Woodland) 16:55,
- Nathan Peterson (Dayton, Nevada) 17:18,
- Bryce Lighthall (Enterprise) 17:20,
- Josh Keyes (Modoc) 17:25,
- Dan Cline (Durham) 17:45,
- David Rios (Colfax) 17:46,
- Ephraim Ross (Red Bluff) 17:46,
- Ryan Dexter (Eureka) 17:57,
- Joey Creighton (Pleasant Valley) 17:59,
- Dument Sungu (Woodland) 18:08,
- Noak Balgooyen (Pleasant Valley) 18:10, 12. Nick Gal (Arcata) 18:14, 13. Nick Clark (Colfax) 18:17, 14. Travis Draper (Paradise) 18:24, 15. Charlie Newsome (Enterprise) 18:30, 16. Josh Keaney (Enterprise) 18:31, 17. Jake Gutierrez (Red Bluff) 18:33, 18. Clint Wattenberg (Pleasant Valley) 18:36, 19. Adam Hall (Eureka) 18:37, 20. Jeremy Tout (Eureka) 18:40.

Boys Rambler Division 3.0 miles

- Joe Olson (Portola High) 18:31,
- Kyle Kiser (Southern Trinity) 19:37,
- Micky Glaze (Fall River High) 20:18.

Boys Junior Varsity 1.85 miles

- David Walker (Woodland) 9:47,
- Juan Lugo (Pleasant Valley) 10:05,
- Aaron Tara (Foothill) 10:10.

Boys Freshmen 1.85 miles

- Jerome Castellanos (West Valley) 10:40,
- Clay Jones (Arcata) 10:45,
- Jeremy Hughes (Chico Senior) 10:46.

Boys Elementary 1.85 miles

- Shaun Lyle (Eureka) 10:13,
- Ted Stevens (Chico Junior) 10:53,
- Todd Gaylord (Central Middle) 11:01.

Girls Teams

- Eureka 64, 2. Woodland 89, 3. Pleasant Valley 109, 4. Arcata 115, 5. Las Plumas 132, 6. West Valley 135, 7. Corning 149, 8. Enterprise 202, 9. Colfax 203, 10. Petaluma 244.

Girls Individuals (88 finishers) 1.85 miles

- Jenn Mears (Woodland) 11:18,
- Heldi Hudson (Paradise) 11:22,
- Nicole Ruff (Las Plumas) 11:28,
- Jenee Erickson (West Valley) 11:38,
- Erin Guibrandsen (Pleasant Valley) 11:41,

- Naomi Ramos (Enterprise) 11:50,
- Crystal Johnson (Eureka) 11:51,
- Anni Kelley-Day (Eureka) 11:59,
- M. Ogden (Pleasant Valley) 12:02,
- Ana Bingham (Corning) 12:03,
- Jana Robertson (Las Plumas) 12:06, 12. Sierra Mattoni (Arcata) 12:07, 13. Stacy Harness (Modoc) 12:13, 14. Joey Mason (Arcata) 12:15, 15. Amy Holman (Corning) 12:16, 16. Aubree Wilson (West Valley) 12:19, 17. Ginny Greene (Modoc) 12:21, 18. Charane Wilson (Eureka) 12:22, 19. Erin Carter (Eureka) 12:23, 20. Sally Cheda (Petaluma) 12:23.

Girls Junior Varsity 1.85 miles

- Rachelle Hastings (Foothill) 11:33,
- Anelle Corey (Foothill) 11:58,
- Sarah Joseph (Foothill) 12:16,
- Tina Lewardowski (Foothill) 12:18,
- Jessie Halthorn (Chico Senior) 12:21,
- Jenny Root (Butte Valley) 12:23

Elementary Girls 1.85 miles

- Sandi Furlong (Paradise Inter) 11:56,
- Ashley Conroy (Chico Junior) 12:20,
- Lois Holowell (Douglass Junior) 12:44

CENTRAL CALIFORNIA

18th Annual Sanger Invitational

September 20. Avocado Lake.

Boys

- Varsity Boys Large Schools Team Scores: 1. Mt. Whitney 71, 2. Reedley 114, 3. Fresno 139, 4. McLane 146, 5. Clovis West 179, 6. South 202, 7. Exeter 208, 8. Golden Valley 217, 9. Clovis 218, 10. Hoover 319, 11. Ridgeway 324, 12. Sanger 326, 13. Buchanan 346.
- Varsity Boys Small Schools Team Scores: 1. Corcoran 179, 2. Mendota 286, 3. Tranquility 393, 4. San Joaquin Memorial 400, 5. Central Valley Christian 423, 6. Yosemite 492, 7. Fowler 593.

- M. Buckley (Clovis) 15:48
- M. Duma (Mt W) 15:54
- J. Manderson (Stock) 15:59
- R. Lopez (Sanger) 16:04
- H. Flores (Roos) 16:11
- M. Lujan (Reed) 16:12
- R. Mendoza (McLane) 16:12
- J. Rebollo (Mend) 16:13
- E. Levine (GV) 16:17
- M. McDonnell (MtW) 16:20
- F. Rodarte (Roos) 16:22
- A. Palacios (Cor) 16:23
- E. Espino (Reed) 16:26
- R. Suburu (Ridge) 16:29
- B. Hurd (Buch) 16:31

Junior Boys

Team Scores All Schools: 1. Roosevelt 31, 2. Bakersfield 61, 3. Yosemite 65, 4. Mt. Whitney 118.

- E. Kendall (Bak) 16:59
- R. Hawke (Edison) 17:20
- R. Ortega (Roos) 17:41
- M. Munoz (McF) 17:59
- G. Hernandez (Clov) 18:03
- R. Frausto (King) 18:07
- A. Gonzales (Roos) 18:10
- F. Pena (Parlier) 18:10
- D. Gonzalez (McF) 18:18
- L. Tabor (Roos) 18:23

Sophomore Boys

Large Schools Team Scores: 1. Roosevelt 25, 2. Mt. Whitney 69, 3. Fresno 94, 4. Buchanan 145, 5. Clovis 174, 6. Hoover 184, 7. Edison 309. Sophomore Boys Small Schools Team Scores: 1. Sierra 153, 2.

PREP RESULTS

Firebaugh 177, 3. Yosemite 177, 4. Tranquility 301.

1. E. Rodriguez (GV)	10:31
2. R. Gonzales (Roos)	10:45
3. K. Taylor (MtW)	10:50
4. R. Blancas (Roos)	10:56
5. B. Leonard (Buch)	10:56

Freshman Boys

Large Schools Team Scores: 1. Golden Valley 82, 2. Clovis 84, 3. Reedley 117, 4. Exeter 150, 5. Mt. Whitney 262. Freshman Boys Small Schools Team Scores: 1. McFarland 31, 2. Yosemite 105.

1. J. Torres (Buch)	10:58
2. A. Mendoza (GoldVly)	11:04
3. F. Caboda (Buch)	11:10
4. F. Yang (Hoov)	11:11
5. A. Valasco (McF)	11:19

Girls

Varsity Girls Large Schools Team Scores: 1. Clovis West 37, 2. Clovis 65, 3. Buchanan 112, 4. Reedley 131, 5. Exeter 147, 6. Mt Whitney 199, 7. Roosevelt 219, 8. Fresno 262, 9. Bakersfield 318, 10. South 350, 11. Sanger 351, 12. Bullard 352, 13. Ridgeview 363.

Varsity Girls Small Schools Team Scores: 1. Yosemite 230, 2. San Joaquin Memorial 249, 3. Tranquility 427.

1. Emil Lawson (ClovW)	17:54
2. C. Gregory (Clovis)	18:42
3. Julie Lawson (ClovW)	18:47
4. Jocelyn Keller (Buch)	18:49
5. Angie Ruiz (Reed)	19:00
6. R. Bauer (Buch)	19:07
7. K. Fairley (Clovis)	19:17
8. A. Pinasco (Central)	19:27
9. S. Gomez (Roos)	19:29
10. M. Banuelos (Exeter)	19:34
11. S. Russler (ClovW)	19:36
12. A. Palacios (ClovW)	19:38
13. J. Toler (ClovW)	19:40
14. K. Meyer (Bak)	19:50
15. Kym Pilger (Clovis)	19:52

FrostySoph Girls Large Schools Team Scores: 1. Mt. Whitney 30, 2. Roosevelt 78, 3. Reedley 107, 4. Golden Valley 116, 5. Bakersfield 121, 6. Exeter 153, 7. Bullard 181. FrostySoph Girls Small Schools Team Scores: 1. McFarland 142, 2. Yosemite 168, 3. Washington 251.

1. C. Krumm (Bak)	12:58
2. J. Navarrete (Mt. White)	13:14
3. A. Pena (Parlier)	13:30
4. A. Mojeca (Roos)	13:46
5. V. Jones (Stock)	13:53

Mt. Whitney Invitational

September 27, 1996. Visalia.

Boys

1. Jose Godinez (Reed) 15:09, 2. Noel Nelson (Redwood) 15:14, 3. Jose Perezchica (McF) 15:15, 4. Steve Barrus (Clov) 15:30, 5. Michael Buckley (Clov) 15:41, 6. Matt Duma (MtWh) 15:43, 7. Rudy Balardo (McF) 15:47, 8. Mario Zambrano (Mad) 15:51, 9. Richard Grinillo (GWest) 15:52, 10. Robert Lopez (San) 15:52.

Team Scores: 1. McFarland 53, 2. Madera 91, 3. Reedley 106, 4. Mt. Whitney 127, 5. Clovis 167, 6. McLane 174, 7. Redwood 194, 8. Golden West 199, 9. Lemoore 212, 10. Corcoran 242.

Girls

1. Stephanie McCarty (Mad) 18:30, 2. Chrisie Gregory (Clov) 18:47, 3. Angela Ruiz (Reed) 18:53, 4. Melina Brambila (Mon) 19:09, 5. Kristen Fairley (Clov) 19:10, 6. Cristina Sanchez (McF) 19:19, 7. Lindsey Hahn (Clov) 19:26, 8. Laura Davis (McF) 19:30, 9. Tamera White (Mad) 20:13, 10. Emily Barrus (Clov) 20:19.

Team Scores: 1. Clovis 44, 2. Madera 79, 3.

McFarland 90, 4. Reedley 100, 5. Mt. Whitney 107, 6. Golden West 127, 7. Monache 181, 8. Lemoore 210, 9. Redwood 214.

Merced Invitational

September 28, 1996. Yosemite Lake, Merced.

Men

1. Michael Kasahun (FresHS) 14:48, 2. Juan Miramontes (GoldVly) 15:03, 3. Ryan Carroll (Mer) 15:37, 4. Eddie Levine (GoldVly) 15:44, 5. Mario Zambrano (Mad) 15:47, 6. Gil Gabriel (Mad) 16:00, 7. Emiliano Figueroa (Joh) 16:04, 8. Humberto Flores (Roos) 16:10, 9. Andres Bazarite (Mad) 16:11, 10. Francisco Rodarte (Roos) 16:19.

Team Scores: 1. Madera 41, 2. Fresno 55, 3. Lincoln 117, 4. Golden Valley 128, 5. Clovis West 158.

Women

1. Emil Lawson (ClovW) 17:47, 2. Stefanie McCarty (Mad) 18:36, 3. Jocelyn Keller (Buch) 18:48, 4. Vanessa Yonan (Bey) 19:56, 5. Rachel Bauer (Buch) 19:06, 6. Jen Toler (ClovW) 19:15, 7. Santuata Gomez (Roos) 19:19, 8. Wendy Fortino (Dav) 19:32, 9. Juli Lawson (ClovW) 19:33, 10. Krista Kennedy (ClovW) 19:43.

Team Scores: 1. Clovis West 34, 2. Beyer 81, 3. Madera 92, 4. Buchanan 93, 5. Turlock 176.

Los Banos XC Invitational

October 3. San Luis State Park, Los Banos.

FrostySoph Girls-2 miles

1. Susanne Dahle (East Un) 15:27, 2. Lisa Campbell (East Un) 15:28, 3. Melissa March (LosBan) 15:32.

FrostySoph Boys-2 miles

1. Justin Willingham (East Un) 11:15, 2. Salvador Garcia (LosBan) 11:46, 3. Roy Palominos (LosBan) 12:16.

Varsity Boys-3 miles

1. George Raballo (Mend) 16:25, 2. Juan Verdizco (Chow) 16:55, 3. Junior Vilanueva (Los Ban) 17:05, 4. Francisco Garcia (LosBan) 17:06, 5. Bobby Loreda (East Un) 17:17, 6. Ramiro Arais (Mend) 17:35, 7. Jason Smyser (West) 17:36, 8. Juan Gonzalez (LosBan) 18:00, 9. Walter Fulton (LosBan) 18:08, 10. Ariel Aguilar (LosBan) 18:20.

Varsity Girls-3 miles

1. Tasha Arbuckle (West) 20:47, 2. Taylor Todd (San Benito) 22:06, 3. Keleigh Hoover (LosBan) 22:09, 4. Cecelia Chagoya (LosBan) 22:17, 5. Rosario Gutierrez (Chow) 22:22, 6. Grace Long (LosBan) 22:51, 7. Deanna Sanchez (LosBan) 23:16, 8. Susanna Wall (LosBan) 23:20, 9. Mistie Kaccludis (West) 23:28, 10. Christy Navarro (West) 23:28.

Golden West Invitational

October 4. Cutler Park, Visalia.

Boys

1. Noel Nelson (Red)	15:38
2. Steve Barrus (Clov)	15:52
3. Juan Chavira (Han)	16:05
4. Michael Buckley (Clov)	16:25
5. Vidal Fernandez (McL)	16:26
6. Richard Granillo (GW)	16:27
7. Ricardo Mendoza (McL)	16:27
8. Benito Avila (Han)	16:29
9. Angel Hernandez (Mad)	16:31
10. Rick Turner (Tu)	16:33

Division 1 Team Scores: 1. Madera 45, 2. Hanford 57, 3. McLane 78, 4. Clovis 78, 5. Bakersfield 116, 6. Hoover 183, 7. Monache 185, 8. Clovis West 225.

Division 2 Team Scores: 1. Redwood 57, 2. Golden West 64, 3. Tulare 125, 4. Delano 126, 5. Edison 128, 5. Highland 140, 6. Tulare Western 151, 7. Reedley 154, 8. Porterville 160. Division 3 Team Scores: 1.

Shafter 27, 2. Corcoran 48, 3. Exeter 72, 4. Wasco 100, 5. Yosemite 111, 6. Memorial 173, 7. Washington 178. Division 4 Team Scores: 1. McFarland 23, 2. Firebaugh 63, 3. Tranquility 66, 4. CVC 90, 5. Fowler 116, 6. Lindsay 150.

Girls

1. Veronica Sanchez (Wasco)	19:16
2. Stephanie McCarty (Mad)	19:18
3. Katie Meyer (Bak)	19:53
4. Christine Krumm (Bak)	19:54
5. Irma Gulen (Sha)	20:20
6. Melina Brandia (Mon)	20:29
7. Lupe Banuelos (Exe)	20:35
8. Kristie Gonzales (Exe)	20:53
9. Angie Pena (Port)	21:04
10. Myra Morgado (Wasco)	21:06

Division 1 Team Scores: 1. Madera 33, 2. Bakersfield 63, 3. Clovis West 86, 4. Monache 101, 5. Bullard 123, 6. McLane 151, 7. Hanford 155. Division 2 Team Scores: 1. Golden West 20, 2. Highland 61, 3. Redwood 81, 4. Porterville 96, 5. Tulare 117. Division 3 Team Scores: 1. Wasco 37, 2. Exeter 37, 3. Shafter 78, 4. Yosemite 83, 5. Memorial 119. Division 4 Team Scores: 1. McFarland 18, 2. Tranquility 37.

SOUTHERN CALIFORNIA

From Doug Speck

Colton Invitational

Sat 9/14. Colton H.S.

(Girls)

(9th) Latesha Jones (Rialto) 18:45, (10th) Jamie Leroy (Redlands) 20:06, 2. Maryanna Vasquez (Colton) 20:09, (11th) Elizabeth Malon (St. Joseph Lakewood) 19:20, 2. ?? 19:37, 3. Andrea Hirkeiman (Redlands) 19:53, (12th) Kimber Tolar (Redlands) 18:37, 2. Marie Ferguson (Redlands) 20:01. Teams: (fr/sr) 1. Yucaipa 116:11, (jr/sr) Redlands 101:07.

(Boys)

(9th) Jonathan Rocha (Rialto) 17:41, 2. Marcos Gomez (Rialto) 17:41, (10th) Matt Angel (Norte Vista, Riverside) 16:52, 2. Mizel Payan (Norte Vista, Riverside) 16:56, (11th) David Jackson (Rim of World, Lake Arrowhead) 15:35, 2. Bryan Augustia (Poly, Riverside) 16:36, (12th) Jose Gonzales (Rialto) 15:46, 2. Ricardo Godoy (Norte Vista, Rivers) 15:55, 3. Jason Pendleton (Rialto) 16:06, 4. Kyle Young (Valley View, Moreno Valley) 16:10. Teams: (fr/sr) Norte Vista (Riverside) 88:36, (jr/sr) Rialto 83:47.

Bronco Invitational

Sat 9/14. Cal Poly/Pomona. 3.0 miles

(Girls)

Jennifer Smith (Chino) 18:52, 2. Jennifer Burris (Ayala, Chino Hills) 18:59, 3. Shelby Horgan (Temescal Canyon, Esbore) 19:14, 4. Nancy Pinto (Katella, Anaheim) 19:22, 5. Marisol Marquez (St. Lucy's, Glendora) 19:40, 6. Trisha Tressler (Rubidoux, Riverside) 19:49, 7. Kareen Nilsson (Ayala, CH) 19:54, 8. Beleen Feree (Bishop Amat, La Puente) 19:57. Teams: (Div I) Ayala 58 (104:28), (II) Glendora 333 (III) St. Lucy's 109 (104:12), (IV) Bassett 699.

(Boys)

Steve Smith (Ayala, Chino Hills) 15:50, 2. Gabriel Hernandez (Rubidoux, Riverside) 16:07, 3. Frank Montoya (Chino) 16:13, 4. Eric Loudon (Ayala, Chino Hills) 16:15, 5. Rudy Padilla (Chino) 16:22, 6. James DeBruhl (Chino) 16:23, 7. Dan Phiffer (Bosco Tech, Rosemead) 16:24, 8. Jason Tucker (Murieta Valley,

PREP RESULTS

Murieta 16:24. Teams: (I) Ayala 87 (82:49), (II) Arroyo 239 (86:01), (III) Katoia (Anaheim) 123 (84:33), (V) Orange Lutheran 474 (92:57).

Mountain Goat Invitational

Sat 9/14. La Reina HS (Thousand Oaks)
(Girls) Kim Utterson (La Reina, Thousand Oaks) 18:28, 2. Liz Phelan (Paraclete, Lancaster) 18:56, 3. Amanda Pollock (Paraclete, L) 19:15. Teams: 1. Paraclete 32, 2. La Reina 34.
(Boys) Aaron Sharp (Santa Clara, Oxnard) 15:45, 2. Francisco Ornelaz (Santa Clara, Oxn) 15:51, 3. Jimmy Wolkwitz (Paraclete, L) 16:03. Team: Paraclete 30, 2. Santa Clara 50.

Palmdale Invitational

Sat 9/14. Palmdale HS
(Girls) Rachel Guerrero (Highland, Palmdale) 20:54, 2. Vanessa Drochak (Palmdale) 22:11. Teams: Highland 31.
(Boys) Jacob Geyer (Palmdale) 16:50, 2. Justin Patananan (Highland, P) 17:11. Teams: Palmdale 28.

Rotary West Ojai Invitational

Sat 9/21. Sponsored by Nordhoff HS at Lake Castles. 3.0 miles
(Girls) Terrah Chapin (Nordhoff, Ojai) 19:20, 2. Bridie Hatch (Nordhoff) 19:44, 3. Samantha Michel (Morro Bay) 19:52, 4. Elaine Canchola (Nordhoff) 20:09, 5. Lindsey Conger (Dos Pueblos) 20:17, 6. Kerri Moran (Moorpark) 20:22, 7. Jennifer Munson (Newbury park) 20:24, 8. Jessica Huerta (Fillmore) 20:27, 9. Lauren Tanaka (Dos Pueblos) 20:28, 10. Kim Utterson (La Reina, Thousand Oaks) 20:29.
(Boys) Victor Ochoa (Nordhoff, Oj) 15:53, 2. Craig Farley (Lompoc) 16:10, 3. Eric Gans (Dos Pueblos, Goleta) 16:12, 4. Avery Blackwell (San Luis Obispo) 16:13, 4. Ross Wood (Newbury Park) 16:18, 6. Dusty Herman (Nordhoff) 16:23, 7. Aaron Sharp (Santa Clara, Oxnard) 16:24, 8. Brad Hegemler (LA Baptist, North Hills) 16:26, 9. Morgan Harrelson (Oak Park) 16:27, 10. Fritz Knoll (St. Bonaventure, Ventura) 16:30.

Mt. Carmel Invitational

Sat 9/21. Baboia Park (San Diego). Boys 3.0 miles.
Girls 2.6
(Girls)
(Div I) (12th) Tricia Mattson (Fallbrook) 16:15, 2. Melissa Aronson (Hemet) 16:48, 3. Kndreich (El Capitan, Lakeside) 16:58, 4. Nicole Rodriguez (Granite Hills, El Cajon) 17:09, 5. Nichole Rainhard (Camarillo) 17:14, (11th) Kendra Gotfredo (Orange Glen, Escondido) 15:42.5 (first four in this event cut course, add about 30 seconds) 2. Jaclyn Nolan (Torrey Pines, Encinitas) 16:06, 3. Andrea Clemmons (Vahalla, El Cajon) 16:06, 4. Cara Rumble (Orange Glen, Exc) 16:12, 5. Katie Cottrell (Orange Glen, Esc) 17:00, 6. April Lyon (Sultana, Hesperia) 17:02, 7. Heather Christofk (San Marcos) 17:19, (10th) Lisa Bangston (Patrick Henry, SD) 16:02, 2. Lorena Jimenez (Orange Glen) 16:12, Amanda Armstrong (1000 Oaks) 16:44, 4. Katie Hauck (Fallbrook) 16:53, 5. Vanessa Kline (Sultana, Hesperia) 17:08, 6. Cathy Pica (Fallbrook) 17:10, 7. Amber Jacques (Hemet) 17:14, (9th) Carri Lelo (Vahalla, EC) 16:57, 2. Karen Vasko (Mt. Carmel) 17:07.
(Div II) (12th) Katie Nuanes (Santa Margarita, Rancho SM) 15:33, 2. Sophia Hawker (Grossmont, La Mesa) 16:03, 3. Shelby Horgan (Temescal Canyon, Eishore) 16:28, 4. Shannon O'Connor (La Jolla) 16:44,

5. Erin Doherty (Flowing Wells, Tucson) 16:47, 6. Sunny Shaffer (Temescal Canyon) 16:58, 7. Jessica Cabrera (Sweetwater, Nat'l City) 17:09, (11th) Dari Rope (Santa Margarita, RSM) 16:10, 2. Mandee Ash (Flowing Wells, Tucson) 16:51, 3. Sheri Teague (Flow Wells) 16:51, 4. Jennifer Martin (Norco) 17:28, (10th) Erin Laird (Flow Wells, Tucson) 16:59, 2. Rhonda Killoyle (Clark, Las Vegas, Nv) 17:17, (9th) Amy Stout (Norco) 17:56.

(Boys)
(Div I) (12th) Nicholas Jacques (Hemet) 15:37, 2. James Adams (Ramona) 15:39, 3. S. Daynes (El Capitan, Lakeside) 15:44, 4. Jason Lopresti (Torrey Pines, Encinitas) 15:47, 5. Adrian Ramirez (Chula Vista) 15:49, 6. Rey Coronado (Camarillo) 15:54, 7. David Burke (Torrey Pines, Encinitas) 16:06, 8. Dan Vasquez (Hemet) 16:09, 9. Gilmore (Granite Hills, El Cajon) 16:12, (11th) Michael Basdin (Mt. Carmel) 15:50, 2. Jeff Sioelchter (Mt. Cam) 16:06, 3. Jon Dooski (Vahalla, El Cajon) 16:24, (10th) Jason Finch (Granite Hills, El Caj) 15:56, 2. Matt Thorson (Vahalla, El Cajon) 16:21, (9th) Seth Neumiller (1000 Oaks) 17:04.

(Div II) (12th) Michael Murray (Santa Margarita, Rancho SM) 15:28, 2. Robert Seaman (Sunnyside, Tucson, Az) 15:43, 3. J. Tucker (Murieta Valley, Mur) 16:14, 4. Fahres Sanders (St. John's, T) 16:16, 5. Joe Ochoa (Salpointe, Tucson) 16:19, (11th) Joe Urbanski (Salpointe, Tucson, Az) 15:07, 2. Anthony Francisco (Sunnyside, Tucson) 15:17, 3. Adam Greene (St. Augustine, SD) 15:49, 4. Dustin Diaz (West Hills, Santee) 15:49, 5. Reed Steele (Carlsbad) 15:58, 6. Brian Sullivan (St. August) 16:09, 7. Brandon Von Guenther (Santa Marg) 16:12, (10th) Maurice Chandler (Serra, SD) 15:59, 2. Marcus Chandler (Serra, SD) 16:00, 3. A. Flores (Murieta Valley, Mur) 16:26, (9th) Evan Fox (West Hills, Santee) 16:48, 2. Colin Steele (Carlsbad) 17:04, 3. Ruan Vences (Sweetwater, Nat'l City) 17:29.

Rosemead Invitational

Sat 9/21. Rosemead HS
Overall Results:
(Girls) Breanne Schweitzer (Saugus) 18:09, 2. Liz DeCausin (Saugus) 18:26, 3. Sincy Lopez (Bell Gardens) 19:32, 4. Rebecca Iocken (Buena, Ventura) 19:35, 5. Roxanna Gonzalez (West Covina) 19:47, 6. Hanna Kim (Arcadia) 19:53, 7. Andrea Lofthouse (South Pasadena) 19:55, 8. Arianna Gonzalez (West Covina) 19:58. Teams: 1. Saugus 98:20, 2. Buena (Ventura) 101:13, 3. South Pasadena 106:05, 4. Bell Gardens 107:33.
(Boys) James Perez (Rosemead) 15:37, 2. Daniel Phiffer (Bosco Tech, Rosemead) 15:44, 3. James Hipkind (Buena, Ventura) 15:45, 4. Wesley Reugimann (San Marino) 15:57, 5. James Avis (Maranatha, Sierra Madre) 16:09, 6. Jose Gomez (Salesian, LA) 16:12, 7. John Getakow (Saugus) 16:14, 8. Roy Castellon (West Covina) 16:15. Teams: 1. Loyola (LA) 82:41, 2. San Marino 83:07, 3. Bosco Tech (Rosemead) 83:31, 4. Saugus 83:38.

Chaffrey District Invitational

Sat 9/21. Red Hill Park, Alta Loma
(Boys)
1. James Marnell (Ontario) 15:38, 2. Chris Bertel (El Modena, Orange) 15:39, 3. T. Allen (El Mod) 15:47, 4, 2. Amos (El Modena) 15:54, 5. Jake Horn (Alta Loma) 16:03, 6. M. Allen (El Mod) 16:30, 7. Doug Floyd (Elwanda) 16:51. Teams: 1. El Modena (Orange) 40, 2. Elwanda 62.
(Girls)
1. Jessica Dahlberg (El Modena, Orange) 18:41, 2.

Katie Kennedy (El Mod) 18:41, 3. D. Burton (El Mod) 18:49, 4. Lisa Lindberg (Alta Loma) 19:22, 5. Debbie Slocum (Alta Loma) 19:30, 6. S. Wilhelm (Upland) 19:36, 7. K. Lacher (El Modena) 19:49. Teams: 1. El Modena (Orange) 21, 2. Alta Loma 53.

St. John Bosco Invitational

Sat 9/28. La Mirada Park
(Boys)
(one race) Murray (Santa Margarita, Rancho SM) 15:22, 2. Smith (Ayala, Chino Hills) 15:26, 3. Lopez (Hoover, Glendale) 15:33, 4. Von Guenther (Santa Margarita) 15:45, 5. Loudon (Ayala) 15:47. Teams: (Large) 1. Ayala 41, 2. Hoover (Glendale) 58, 3. Santa Margarita 67. (Small) Corona del Mar (Newport Beach) 45, 2. Brea-Olinda (Brea) 77, 3. La Mirada 87.
(Girls)
(one race) Nuanes (Santa Margarita, Rancho SM) 17:53, 2. Rope (Santa Marg) 18:42, 3. Kulak (Sunny Hills, Fullerton) 18:53, 4. Marquez (St. Lucy's, Glendora) 18:58, 5. Alvarez (Sunny Hills, Full) 19:24. Teams: (Large) 1. Ayala 41, 2. Santa Margarita (Rancho SM) 45, 3. Sunny Hills (Fullerton) 63. (Small) 1. St. Lucy's (Glendora) 34, 2. Corona del Mar (Newport Beach) 56, 3. St. Joseph (Lakewood) 62.

Dos Pueblos Invitational

Sat 9/28. UCSB. (Combined Races)
(Boys)
1. Ochoa (Nordhoff, Ojai) 15:43, 2. E. Gans (Dos Pueblos, Goleta) 15:58, 3. Farley (Lompoc) 16:00, 4. Herman (Nordhoff, Ojai) 16:01, 5. W. Gans (Dos Pueblos, Goleta) 16:22, 6. Proudman (Nordhoff) 16:33, 7. Rattray (Dos Pueblos) 16:38, 8. Martinez (Carpinteria) 16:47, 9. Arredondo (Fillmore) 16:57, 10. Swaney (Ventura) 17:02.
(Girls)
1. Chapin (Nordhoff, Ojai) 19:00, 2. Canchola (Nordhoff, Ojai) 19:02, 3. Hatch (Nordhoff) 19:35, 4. MacIntosh (Ventura) 19:53, 5. Huerta (Fillmore) 20:07, 6. Hunt (Nordhoff) 20:11, 7. Conger (Dos Pueblos) 20:14, 8. Moon (Lompoc) 20:15, 9. Wignot (Dos Pueblos) 20:18, 10. Ainsworth (Lompoc) 20:18.

Warren Invitational

Sat 9/28. Hollywood Park
(Boys)
Durham (Poly, Long Beach) 15:39, 2. Gould (Poly, LB) 15:53, 3. Chiu (Paramount) 15:55. Teams: Poly (Long Beach) 80:44, 2. Lakewood 82:15, 3. Schurr (Montebello) 84:14.
(Girls)
Alba (Hawthorne) 19:22, 2. Ptak (West Torrance) 19:44, 3. Lopez (Bell Gardens) 19:47. Teams: Warren (Downey) 103:15, 2. Poly (Long Beach) 104:24, 3. Paramount 105:06.

Sonora Invitational

Sat 9/28. Carbon Canyon Regional Park (Brea) 3.0 miles - warm and humid (Overall Times)
(Boys)
1. Bisborough (Barstow) 15:04, 2. Jackson (Rim of World, Lake Arrowhead) 15:11, 3. Sparks (Garden Grove) 15:39, 4. Mayberry (Barstow) 15:41, 5. Young (Valley View, Moreno Valley) 15:49, 6. Renteria (Bellflower) 15:58, 7. Golsten (Barstow) 16:02, 8. Horn (Alta Loma) 16:07, 9. Heriberto (Sonora, La Habra) 16:08, 10. Gutierrez (Norwalk) 16:20.
(Girls)
1. Garrilson (Buena Park) 19:01, 2. Miller (Rim of World, Lake Arrowhead) 19:08, 3. Lindberg (Alta

PREP RESULTS

Loma) 19:18. 4. Seymore (Barstow) 19:24. 5. Siocumb (Alta Loma) 19:30. 6. Hernandez (Bellflower) 19:35. 7. Agras (La Habra) 19:37. 8. Lopez (El Rancho, Pico Rivera) 19:53. 9. Henderson (Rim of World, Lake Arrowhead) 19:54. 10. Quinones (Buena Park) 19:59.

Atascadero Invitational

Sat 10/5

(Boys)

(Small) Perezchica (McFarland) 16:22. 2. Ballardo (McF) 17:00. 3. Cavazos (McF) 17:21. 4. Arambula (McF) 17:27. 5. Lopez (McF) 17:57. 6. Aguilar (McF) 18:17. Teams: 1. McFarland 15. 2. Garces (Bakersfield) 60. 3. Holy Martyrs 64. 4. Templeton 70. (Large) Ramirez (Royal, Simi Valley) 17:15. 2. Duma (Mt. Whitney, Visalia) 17:23. 3. Flores (Roosevelt, Fresno) 17:45. 4. Lopez (Sanger) 17:55. 5. Rodarte (Roosevelt, Fresno) 18:04. 6. Bright (Lemoore) 18:04. Teams: 1. Roosevelt (Fresno) 42. 2. Mt. Whitney (Visalia) 44. 3. Paso Robles 101. 4. Lemoore 104. (F/S) Yaca (Sanger) 18:53. 2. Islas (Lemoore) 18:50. Team: Roosevelt (Fresno) 57.

(Girls)

(Small) Sanchez (McFarland) 20:55. 2. Davis (McF) 21:08. 3. Olivera (Templeton) 23:18. 4. Turbendian (Holy Martyrs) 23:30. 5. Ghailan (Holy Martyrs) 23:37. 6. Hernandez (McF) 23:56. Teams: 1. McFarland 24. 2. Holy Martyrs 57. 3. Garces 69. (Large) Cohn (Stockdale, Bakersfield) 21:00. 2. Gomez (Roosevelt, Fresno) 22:04. 3. Cham (Atascadero) 22:16. 4. Bartholomew (Royal, Simi Valley) 22:48. 5. Stewart (Stockdale) 22:56. 5. Blum (Paso Robles) 23:05. Teams: 1. Atascadero 45. 2. Stockdale 78. 3. Roosevelt (Fresno) 82. 4. Paso Robles 101.

Rakder Invitational

Sat 10/5. Channel Islands HS (Oxnard)

(Boys)

1. Hipokind (Buena, Ventura) 15:05 (#2 All-Time, CR 15:04 Francisco Sandoval (CJ) 1994). 2. Buchanan (Righetti, Santa Maria) 15:08. 3. Farley (Lompoc) 15:12. 4. Almaguer (Rio Mesa, Oxnard) 15:17. 5. Torres (St. Bonaventure, Ventura) 15:20. 6. Johnson (Rio Mesa) 15:21. 7. Sharp (Santa Clara, Oxnard) 15:22. 8. Meier (Righetti, SM) 15:28. 9. Knoll (St. Bonaventure) 15:29. 10. Lepe (Oxnard) 15:30. 11. Snyder (Westlake, Westlake Village) 15:33. 12. Bailey (Arroyo Grande) 15:36. Team: Rio Mesa (Oxnard) 78. 2. Arroyo Grande 88. 3. Righetti (Santa Maria) 134. 4. Buena (Ventura) 146. 5. St. Bonaventure (Ventura) 184. (F/S) Ramirez (Hart, Newhall) 16:35. 2. Dillon (Rio Mesa, Oxnard) 16:43. Team: Arroyo Grande 74.

(Girls)

1. Canby (Arroyo Grande) 18:37 (#6 All-Time, CR 17:5 Breanne Schwelizer (Saugus) 1995). 2. Pompilio (Westlake, Westlake Village) 18:44. 3. Dunne (Buena, Ventura) 18:47. 4. Niblett (AG) 18:55. 5. Reinhardt (Camarillo) 19:00. 6. Moreno (Righetti, Santa Maria) 19:03. 7. Nixon (Channel Islands) 19:03. 8. Curtis (Hart, Newhall) 9. Locken (Buena) 19:18. 10. Moon (Lompoc) 19:21. 11. Ainsworth (Lompoc) 19:21. 12. Anderson (Simi) 19:24. Team: Arroyo Grande 65. 2. Buena 83. 3. Hart 98. 4. Camarillo 116. 5. Westlake (WV) 130. (F/S) Dunne (Buena) 19:11. 2. Stewart (Rio Mesa, Oxnard) 19:17. 3. Lenaburg (Dos Pueblos, Goleta) 19:48. Team: Buena 55.

Hi Desert Classic

Fri 9/27. Yucca Valley HS. 3.0 miles (Hot CR 16:25/20:41).

(Girls)

Megan McGowan (Serrano, Phelan) 19:08 (CR). 2. Rebecca Heard (Yucca Valley) 20:10. 3. Lorena Reyes (Indio) 20:30. 4. Lea Stocker (Palm Desert) 20:48. 5. Kristi Clayton (Serrano, Phelan) 21:19. Teams: 1. Indio 58. 2. 29 Palms 60. 3. Serrano 86. (Boys) Marcos Avila (Beaumont) 16:19 (CR). 2. Ricardo Almada (Beaumont) 16:35. 3. Justin Johnson (Yucca Valley) 17:05. 4. Matthew Heard (Yucca Valley) 17:11. 5. Wayne Smith (29 Palms) 17:15. Teams: 1. Yucca Valley 35. 2. Beaumont 40.

Bell-Jeff Invitational

Sat 9/28. Griffith Park. 3.0 miles

(Boys)

(Race #8 Div I Varsity Boys) Manuel Lopez (Beaumont, LA) 15:10. 2. Chris Ramirez (Royal, Simi Valley) 15:26. 3. Arbi Nazarian (Glendale) 15:28. 4. Jose Gonzalez (Rialto) 15:28. 5. David Byun (Los Alamitos) 15:38. 6. Jason Pendleton (Rialto) 15:43. 7. Chris Evans (Crescenta Valley, La Crescenta) 15:44. 9. John Barbachano (Thousand Oaks) 15:46. 9. Jorge Lopez (Beaumont) 15:54. 10. Jose Lorenzo (Birmingham, Van Nuys) 15:55. 11. Denny Kigore (Thous Oaks) 15:56. 11. John Haskell (Thous Oaks) 16:01. 13. Ryan Meuse (Simi Valley) 16:07. Team: Thousand Oaks 64 (80:20). 2. Beaumont (LA) 86 (81:06). 3. Rialto 98 (81:49). 4. Simi Valley 126 (83:33). 5. Los Alamitos 153 (84:14). 6. Birmingham (Van Nuys) 159 (84:30). 7. Crescenta Valley (La Crescenta) 167 (84:51).

(Race #11 - Div II Varsity Boys) Tim Leahy (Burbank) 15:15. 2. Justin Patanan (Highland, Palmdale) 15:57. 3. Jesus Fuentes (University, LA) 16:11. 4. Moin Salahuddin (San Marcos, Santa Barbara) 16:15. 5. Jeremy Yaeger (Burbank) 16:26. 6. Aaron Williams (Highland, Palmdale) 16:34. 7. Oscar Figueroa (University, LA) 16:35. 8. Oscar Zamora (Torrance) 16:44. Team: Burbank 44 (82:55). 2. University (L.A.) 60 (84:41). 3. Torrance 96 (87:30).

(Race #12 - Div III Varsity Boys) Jose Merino (Crenshaw, L.A.) 15:34. 2. James Perez (Rosemead) 15:59. 3. Tim Harlan (Bishop Amat, La Puente) 16:27. 4. Jared Sickman (Moorpark) 16:31. 5. Jose Amezcua (Moorpark) 16:42. Team: Moorpark 58 (85:35). 2. Bishop Amat (La Puente) 62 (86:11). 3. Rosemead 85 (87:10).

(Race #7 Div IV Varsity Boys) Sean Talangaw (Notre Dame, Sherman Oaks) 15:58. 2. Kent Yankee (Cabrillo, Lompoc) 16:03. 3. Mike Brose (Notre Dam) 16:44. 4. Manuel Orozco (Estancia, Costa Mesa) 16:22. 5. Alberto Munoz (Estanc) 16:27. 6. Loren Nava (Cathedral, LA) 16:30. 7. Israel Aravz (Cathedral) 16:34. 8. Kevin Lelles (Notre Dam) 16:39. 9. Ezra Young (Cabrillo, Lompoc) 16:42. Team: Notre Dame (Sherman Oaks) 38 (82:32). 2. Cabrillo (Lompoc) 52 (83:25). 3. Estancia (Costa Mesa) 59 (84:3). 4. Cathedral (LA) 92 (87:10).

(Race #4 Div V Varsity Boys) Torres (St. Bonaventure, Ventura) 15:44. 2. Brad Hegemier (LA Baptist, North Hills ?) 15:45. 3. Fritz Knoll (St. Bonav) 15:48. 4. Geoff Thurber (Desert Christian, Lancaster) 16:00. 5. Jeff Tomlinson (Crossroads, Santa Monica) 16:11. 6. Andy Cortez (Salesian, LA) 16:13. 7. Mike Tomlinson (Crossroads) 16:20. 8. Mait Cerone (L.A. Baptist) 16:29. 9. Koffi Kpachavi (Bell-Jeff, Burbank) 16:36. 10. Joseph Hawkins (Chadwick, ?) 16:42. Teams: 1. St. Bonaventure (Ventura) 67 (82:37). 2. Desert Christian (Lancaster) 97 (84:12). 3. Salesian (L.A.) 98 (84:13). 4. St. Joseph (Santa Maria) 150 (86:34). 5. Crossroads (Santa Monica) 160 (86:28). 6. Paraclete (Lancaster) 193 (88:01).

(Girls)

(Race #9 Div I Varsity Girls) Kim Bates (Los Alamitos) 17:57. 2. Latesha Jones (Rialto) 18:37. 3. Amanda Armstrong (Thousand Oaks) 18:38. 4. Sarah Haradon (Los Alamitos) 18:01. 5. Torrey Groves (Crescenta Valley, La Cresc) 19:15. 6. Wendy Bowe (Los Alamitos) 19:24. 7. Hanna Kim (Arcadia) 19:40. 8. Laura Sisk (Los Alam) 19:46. 9. Amanda Anderson (Simi Valley) 19:50. 10. Sonia Teymour (Crescenta Vall) 19:50. 11. Katherine Williamson (Los Alam) 19:52. 12. Melissa Shing (Cresc Valley) 19:56. 13. Rachel Deonier (Thous Oaks) 20:02. 14. Tara Gregory (Cresc Valley) 20:08. 15. Erin Sorenson (Thous Oaks) 20:13. Team: Los Alamitos 30 (96:00). 2. Crescenta Valley (La Crescenta) 68 (100:12). 3. Thousand Oaks 84 (80:55). 4. Rialto 97 (101:29). 5. Simi Valley 120 (103:49). 6. Birmingham (Van Nuys) 178 (107:44).

(Race #10 Div II Varsity Girls) Andrea Neipp (Highland, Palmdale) 17:58. 2. Robin Scott (San Marcos, Santa Barbara) 18:04. 3. Rachel Guerrero (Highland) 18:46. 4. Marie Nguyen (North, Riverside) 19:58. 5. Sharon Nguyen (North, Riv) 20:05. 6. Yorme Sanchez (High) 20:43. Team: Highland (Palmdale) 45 (102:04). 2. San Marcos (Santa Barbara) 73 (106:32). 3. North (Riverside) 96 (112:14).

(Race #13 - Div III Varsity Girls) Belen Feneo (Bishop Amat, La Puente) 18:36. 2. Kelly Harrington (Louisville, Woodland Hills) 18:37. 3. Michelle Wilkinson (Alemay, Mission Hills) 19:19. 4. Kerri Moran (Moorpark) 19:44. 5. Amy Stipkovich (Louis) 19:51. 6. Erin Spaulding (Louis) 20:01. 7. Jenny Atkinson (South Torrance) 20:06. 8. Peggy Johnson (Louis) 20:52. Team: Louisville (Woodland Hills) 36 (101:00). 2. Moorpark 69 (87:15). 3. Bishop Amat (La Puente) 79 (108:20).

(Race #6 Div IV Varsity Girls) Lindsay Buwald (Laguna Beach) 18:13. 2. Melissa MacPherson (Flintridge-Sacred Heart, La Canada) 18:28. 3. Melissa Inouye (Estancia, Costa Mesa) 19:28. 4. ??? 20:06. 5. Andrea Rosas (Notre Dame, Sherman Oaks) 20:21. 6. Kristin Sciarra (Flintr/S) 20:24. 7. Michelle Barraza (Notre Dame) 20:31. Team: Flintridge-Sacred Heart (La Canada) 47 (102:22). 2. Estancia (Costa Mesa) 65 (105:43). 3. Notre Dame (Sherman Oaks) 68 (106:29).

Dana Hills Invitational

Sat 9/28. Dana Hills HS, Dana Point. 3.0 mile campus course

(Boys)

(Div I) (9th) Justin Neuraith (Vista) 16:01. 2. Erick Estrada (Santa Ana Valley) 16:35. 3. Victor Lopez (Santa Ana Valley) 16:40. Team: Santa Ana Valley 55. (10th) Juan Salgado (Santa Ana) 15:35. 2. Alfonso Leon (Santa Ana) 15:51. 3. Omar Mateo (Santa Ana) 16:04. 4. ?? (Santa Ana) 16:07. 5. Yuyi Marzumi (Hemet) 16:11. Team: Santa Ana 17. (11th) Mike Baskin (Mt. Carmel, San Diego) 15:12. 2. Leonel

PREP RESULTS

Perez (Capistrano Valley, Mission Viejo) 15:27, 2. Jeff Steichter (Mt. Carmel) 15:31, 4. David Ojeda (Santa Ana Valley) 15:36, 5. Bert Romero (Mt. Carmel) 15:39, 6. Travis Morisoli (Redlands) 15:43, 7. Hector Escobedo (Saddleback, Santa Ana) 15:46, 8. Mike Helms (Poway) 15:52. Team: Mt. Carmel (San Diego) 55. (12th) Ryan Gallagher (Temecula Valley, Temecula) 14:42, 2. Manuel Estrada (Santa Ana Valley) 14:48, 3. Gonzalo Garcia (Vista) 14:55, 4. Dan Gaston (Huntington Beach) 14:56, 5. Tony Trueba (Huntington Beach) 14:56, 6. Nicholas Jacques (Hemet) 15:04, 7. Justin Nyberg (Irvine) 15:07, 8. Jason Lopresti (Torrey Pines, Encinitas) 15:08, 9. David Burke (Torrey Pines, Enc) 15:11, 10. Adrian Ramirez (Chula Vista) 15:12, 11. Ethan Friend (Aliso Niguel, Aliso Viejo) 15:15, 12. Isidoro Lucas (Santa Ana Valley) 15:16. Team: Huntington Beach 89 (Div II) (9th) Matt McClivale (Ramona) 16:10, 2. Augie Escobar (Villa Park) 16:19, 3. Damian McCusker (Mission Viejo) 16:20. Team: Yucaipa 49. (10th) Alex Mureio (Rubidoux, Riverside) 15:33, 2. Cesar Hernandez (Rubidoux, Riv) 15:47, 3. Devin Lindahl (Dana Hills, Dana Point) 15:50, 4. Jason Moseley (Yucaipa) 15:55, 5. Matt Angel (Norte Vista, Rivers) 16:06, 6. Geoff Lukins (Yucaipa) 16:08. Team: Yucaipa 72. (11th) Mark Gleason (Mission Viejo) 14:41, 2. Gabriel Hernandez (Rubidoux, Riverside) 15:11, 3. Martin Brix (University, Irvine) 15:22, 4. Devon Murray (Mira Costa, Manhattan Beach) 15:36, 5. David Santos (Mission Viejo) 15:44, 6. Evan Dahl (University, Irv) 15:53, 7. Iton Shige (University, Irv) 15:55, 8. Bryan Augustin (Poly, Riverside) 15:57, 9. Michael Stokes (Scripps Ranch, San Diego) 16:01. Team: University (Irvine) 99. (12th) Brent Edson (Yucaipa) 15:07, 2. ?? (Woodbridge, Irvine) 15:20, 3. Ricardo Godoy (Norte Vista, Rivers) 15:22, 4. Mike Langdon (Yucaipa) 15:24, 5. Steve Fider (Scripps Ranch, San Diego) 15:27, 6. James Adams (Ramona) 15:35, 7. Martin Olivares (Villa Park) 15:36, 8. ??? (Sanilago, Garden Grove) 15:38, 9. Patricio Mejia (Anaheim) 15:39, 10. Bob Kennedy (Sanilago, Gar Gr) 15:45, 11. Edgar Reyes (Anaheim) 15:51, 12. Steven Meek (Escondido) 15:52. Team: Anaheim 77. (Div III) (9th) Colin Steele (Carlsbad) 16:29, 2. Martin Rocha (Laguna Hills) 16:39. Team: Laguna Hills 180. (10th) Bruce Hancock (Costa Mesa) 15:33, 2. Leo Gordio (Tustin) 16:04, 3. Dan Kinsella (Helix, La Mesa) 16:09. Team: Sultana (Hesperia) 169. (11th) Reed Steele (Carlsbad) 15:11, 2. Ryan Downey (St. Margaret's, Capistrano) 15:26, 3. C.J. Marcales (Tustin) 15:36, 4. James Rowey (Sultana, Hesperia) 16:12. Team: Sultana (Hesperia) 99. (12th) Daniel Smith (Tustin) 15:14, 2. Fernando Blanco (Rancho Buena Vista, Vista) 15:16, 3. Jaime Carillo (Costa mesa) 15:26, 4. Josh Guzman (South Pasadena) 15:46, 5. Jason Hunter (Sultana, Hesperia) 15:51, 6. Sherwin Arca (Oceanside) 15:58, 7. Tom Coffey (Tustin) 16:05. Team: Tustin 70 (Girls) (Div I) (9th) Abby Miller (Green Valley, Henderson, NV) 17:00, 2. Valerie Morris (Irvine) 18:58, 3. Anna Yi (Fountain Valley) 19:13, 4. Aracel Monje (Santa Ana) 19:40. Team: 1. Vista 79. (10th) Erin Zehntner (Irvine) 17:59, 2. ?? (Irv) 18:22, 3. Becky Miske (El Toro) 18:25, 4. Brenda Nava (Santa Ana) 18:26, 5. Michelle Basanda (Aliso Niguel, Aliso Viejo) 18:47, 6. Natalie Persson (Capistrano Valley, Mission Viejo) 18:55. Team: 1. Irvine 39. (11th/12th) Katie Barto (Green Valley, Henderson, NV) 17:58, 2. Natalie Forsyth (Vista) 18:12, 3. Noelle Magana (Fallbrook) 18:17, 4. Christina Zehntner (Irvine) 18:17, 5. Melissa Aronson (Hemet) 18:23, 6. Kimber Tolar (Redlands) 18:24, 7.

Kim Green (Fountain Valley) 18:33, 8. Jaclyn Nolan (Toney Pines, Encinitas) 18:34, 9. Brooke (Schroeder Vista) 18:37. Team: 1. Vista 54. (12th) (Div II) (9th) Beth Grosheim (Yucaipa) 18:18, 2. Amanda Fieskoski (Mission Viejo) 18:27, 3. Leann Jimenez (Yucaipa) 18:31, 4. Ellis Stephens (Woodbridge, Irvine) 19:08, 5. Nicole Scott (Woodbridge, Irv) 19:10, 6. Jamie Peterson (Canyon, Anaheim) 19:17, 7. Jennifer Allen (University, Irv) 19:20. Team: University (Irvine) 76. (10th) Allyson Marquand (University, Irvine) 16:54, 2. Emily McFarland (Scripps Ranch, San Diego) 17:52, 3. Lanele Cox (Escondido) 18:41, 4. Julie Casserly (Mission Viejo) 18:55, 5. Alison Casserly (Mission Viejo) 18:59, 6. Kennie Kwok (Ramona) 19:06, 7. Lacey Hitter (Yucaipa) 19:10, 8. Cynthia Robert (Mission Viejo) 19:25, 9. Joy Simpson (El Dorado, Centennial) 19:25. Team: Mission Viejo 118. (11th/12th) Kimi Welsh (Yucaipa) 16:55, 2. Vickie Whiteside (Yucaipa) 17:35, 3. Jennifer Spahr (Marina, Huntington Beach) 17:41, 4. Christin Ray (Yuc) 17:46, 5. Sydney Leonard (San Clemente) 17:58, 6. Mary Moore (Woodbridge, Irv) 18:13, 7. Kelly Grimes (Scripps Ranch, SD) 18:15, 8. Marie Leyrer (Villa Park) 18:16, 9. Christa Fitzgerald (Dana Hills, Dana Pt) 18:24, 10. Angela Schorr (Mission Viejo) 18:26, 11. Trisia Tressler (Rubidoux, Riverside) 18:38, 12. Laura Kroninger (Dana Hills) 18:52, 13. Kristina Staske (Scripps Ranch, SD) 18:53, 14. Jennifer Crabbe (Edison, Huntington Beach) 18:58, 15. Jennifer Giffel (Edison, HB) 19:01, 16. Shawnele Cox (Escondido) 19:09. Team: Yucaipa 67. (Div III) (9th) Jessica Vazquez (Bishop Gorman, Las Vegas, Nv) 19:34, 2. Debra Fullward (Sultana, Hesperia) 19:50, 3. Stephanie Hodge (Trabuco Hills, Mission Viejo) 19:55, 4. Amanda Rava (South Pasadena) 20:18. Team: Costa Mesa 78. (10th) Alicia McFar (Newport Harbor, Newport Beach) 18:20, 2. Natalie Sullivan (Helix, La Mesa) 18:35, 3. Truc Tran (Tustin) 18:50, 4. Andrea Lofthouse (South Pasadena) 18:57, 5. Vanessa Kline (Sultana, Hesperia) 19:27, 6. Jennie Wyatt (Tustin) 19:55. Team: Sultana (Hesperia) 69. (11th/12th) Terry Vega (San Geronimo, San Bernardino) 17:42, 2. Shelby Horgan (Temescal Canyon, Esinore) 17:55, 3. Laura Jeppson (South Hills, West Covina) 18:16, 4. Sunny Shaffer (Temescal Canyon) 18:29, 5. Beth Morales (San Gorg) 18:48, 6. Brooke Thomas (Laguna Hills) 18:51, 7. Kathy Duque (Tustin) 18:57, 8. Berenice Carbajal (Rancho Alamitos, Garden Grove) 19:02, 9. Jamie Swarberg (Newp Harb) 19:07, 10. Candice Hodge (Trabuco Hills, Mission Viejo) 19:13. Team: Laguna Hills 90.

Foothill Invitational

Sat 9/28. Sponsored by Nogales (La Puente) HS at Cal Poly/Pomona. 3.0 miles (Girls) (12th) Ariana Gonzalez (West Covina) 20:08. (11th) Jane Martin (Norco) 19:53. (10th) M. Ramsey (Norco) 20:11. (9th) Jennifer Barnett (Charter Oak, Covina) 20:12. (Boys) (12th) Steve Vega (Arroyo) 16:02, 2. Solin Gutierrez (San Dimas) 16:04. (11th) Adrian Aguilar (Nogales, La Puente) 16:03. (10th) J. McGhee (Ramona, Riverside) 16:35. (9th) Miguel Serratos (Duarte) 16:12.

Righetti Invitational

Sat 9/28. Santa Maria. (Girls) 1. Samantha Michel (Morro Bay) 19:40, 2. Katherine Niblett (Arroyo Grande) 19:50, 3. Sara Moreno (Righetti, Santa Maria) 19:59, 4. Kyra Patterson

(San Luis Obispo) 20:17, 5. Nicole Canby (Arroyo Grande) 20:24, 6. Kim Utterson (La Reina, Thousand Oaks) 20:42, 7. Nakomi Chihara (Atascadero) 20:44, 8. Leah Etting 20:48, 9. Janell Jones 20:57, 10. Carolyn Jones 20:57. Teams: 1. Arroyo Grande 39, 2. Atascadero 74, 3. Righetti 88, 4. San Luis Obispo 123. (Boys) 1. Isalah Festa (Morro Bay) 15:31, 2. Avery Blackwell (SLO) 15:54, 3. Ronnie Buchanan (Righetti, Santa Maria) 16:11, 4. Nawell Meler (Righetti) 16:22, 5. Jason Paine (Arroyo Grande) 16:32, 6. Jay Bailey (Ar Gr) 16:34, 7. Matt Eppenheimer (Morro Bay) 16:40, 8. Lorenzo Anujio (Righetti) 16:41, 9. Seamus Perry (Morro Bay) 16:44, 10. Jordan Lester (Paso Robles) 16:47. Teams: Righetti 44, 2. Arroyo Grande 62, 3. Paso Robles 78, 4. Morro Bay 84.

Yucaipa Invitational

Sat 10/5. Yucaipa HS. 3.0 miles (Girls) (Div I) L. Jones (Rialto) 18:40, 2. Rachea McCauley (Canyon Springs, Mor Valley) 19:13, 3. K. Tolar (Redlands) 19:41, 4. Crystal Ricardoz (Cany Spr) 19:53, 5. M. Aronson (Hemet) 19:55, 6. V. Zepheria (Jurupa Valley) 20:06. Team: Canyon Springs (Moreno Valley) 59, 2. Redlands 61, 3. Rialto 79, 4. Hemet 109. (Div II) K. Welsh (Yucaipa) 17:29, 2. K. Nuanes (Santa Margarita, Rancho SM) 17:51, 3. T. Vega (San Geronimo, San Bernardino) 18:07, 4. V. Whiteside (Yuc) 18:35, 5. D. Rope (Santa Margarita, RSM) 18:45, 6. C. Ray (Yucaipa) 18:47, 7. Marie Leyrer (Villa Park) 19:21, 8. J. Petite 19:35, 9. B. Grosheim (Yuc) 19:38, 10. M. Moore (Woodbridge, Irvine) 19:39. Team: 1. Yucaipa 28, 2. San Geronimo 81, 3. Santa Margarita (Rancho SM) 83, 4. Arlington (Riverside) 124. (Div III) Megan McGowan (Serrano, Phelan) 19:10 (?), 2. Lindsay Buwaldka (Laguna Beach) 19:31, 3. Laurie Lankhaar (Cathedral City) 20:02, 4. Rebecca Heard (Yucca Valley) 20:09, 5. E. Mallon (St. Joseph, Lakewood) 20:13, 6. Melissa Inouye (Estancia, CM) 20:45. Teams: St. Joseph (Lakewood) 92, 2. Cathedral City 93, 3. Estancia (Costa Mesa) 134, 4. 29 Palms 138. (Boys) (Div I) N. Jacques (Hemet) 15:54, 2. Jason Swigart (Canyon Springs, Moreno Valley) 16:03, 3. D. Estrada (Eisenhower, Rialto) 16:15, 4. A. Inzunza (Miller, Fontana) 16:21, 5. C. Coon (Hemet) 16:33, 6. J. Pendleton (Rialto) 16:36. Team: Hemet 44, 2. Canyon Springs (Moreno Valley) 77, 3. Rialto 102, 4. Miller (Fontana) 180. (Div II) Michael Murray (Santa Margarita, RSM) 15:37, 2. Brandon von Guenther (Santa Marg, RSM) 15:52, 3. B. Edson (Yucaipa) 15:56, 4. S. Frost (La Sierra, Rives) 16:06, 5. M. Langdon (Yuc) 16:09, 6. I. Bernal (La Sierra, Riv) 16:11, 7. P. Ross (Burrroughs, Ridgecrest) 16:11, 8. Martin Olivares (Villa Park) 16:13, 9. Chris Cauffield (Santa Marg) 16:35, 10. T. Coshow (Yuc) 16:37. Team: Santa Margarita (Rancho SM) 49, 2. Yucaipa 54, 3. La Sierra (Riverside) 109, 4. Arlington (Riverside) 122. (Div III) Mike Blsborough (Barstow) 15:58, 2. Geoff Thurber (Desert Christian, Lancaster) 16:37, 3. D. Maybery (Barstow) 16:44, 4. Avila Marcos (Beaumont) 16:49, 5. K. Golston (Barstow) 16:54, 6. Almada Ricardo (Beaumont) 16:56. Team: Barstow 33, 2. Estancia (Costa Mesa) 98, 3. Yucca Valley 100, 4. Beaumont 101.

PREP RESULTS

Kenny Staub Invitational

Sat 10/5. La Crescenta Park. 5k distance (course slightly long this year due to construction)
(Girls overall)

Akesson (Kennedy, Granada Hills) 19:22. 2. Harris (Canyon, Canyon County) 19:40. 3. Schweitzer (Saugus) 20:04. 4. Groves (Crescenta Valley, La Cresc) 20:36. 5. Ramos (Glendale) 20:40. 6. Fleschman (Canyon) 20:48. 7. Kim (Arcadia) 20:49. 8. Rushforth (Warren, Downey) 20:52. 9. DeCaussin (Saugus) & Drummond (Canyon, Cj) 20:57. Teams: Canyon (CC) 103:51. 2. Saugus 105:34. 3. Crescenta Valley 107:15. 4. Warren (Downey) 110:36. 5. Birmingham (Van Nuys) 113:20.

(Boys overall)

D. Lopez (Hoover, Glendale) 15:54. 2. M. Lopez (Belmont, LA) 16:27. 3. Casillas (Hoover, Glen) 16:43. 4. Wood (Newbury Park) & Baloud (Hoover, G) 16:48. 6. Hall (Flintridge Prep, La Canada) 16:56. 7. Nazarian (Glendale) 17:02. 8. J. Lopez (Belmont) 17:03. 9. Evans (Crescenta Valley, LC) 17:07. 10. Lorenzo (Birmingham, Van Nuys) 17:09. Teams: Hoover (Glendale) 84:50. 2. Belmont 85:53. 3. Newbury park 88:57. 4. Lakewood 89:23. 5. Loyola (LA) & Saugus 89:32.

Riverside County Championships

Sat 10/12. University of California at Riverside. 5,000 meters, all dirt.

(Boys)

(Div I) Ryan Gallagher (Temecula Valley, Temecula) 15:52. 2. Nicholas Jacques (Hemet) 16:02. 3. Jayson Swigart (Canyon Springs, Moreno Valley) 16:09. 4. Glenn Cleary (Cany Spr) 16:27. 5. Clint Coon (Hemet) 16:30. 6. Kyle Young (Valley View, Moreno Valley) 16:33. 7. Don Vasquez (Hemet) 16:36. 8. Josh Herring (Temecula Val) 16:38. 9. Justin Miller (Centennial, Corona) 16:40. 10. Bryan Augustin (Poly, Riverside) 16:43. Teams: Hemet 43. 2. Temecula Valley 70. 3. Canyon Springs (Moreno Valley) 70. 4. Poly (Riverside) 126. 5. Corona 141.

(Div II) Gabriel Hernandez (Rubidoux, Riverside) 16:11. 2. Ivan Bemal (La Sierra, Riverside) 16:14. 3. Ricardo Godoy (Norte Vista, Riverside) 16:21. 4. Andy Ramirez (Arlington, Riverside) 16:22. 5. Cesar Hernandez (Rubidoux, Riverside) 16:30. 6. Mike Citu (Arlington, Rivers) 16:39. 7. Scott Frost (La Sierra, Riverside) 16:40. 8. Joshua Hill (Ramona, Rivers) 16:41. 9. Bryan Ozynick (Ramona, Rivers) 16:50. Teams: Rubidoux (Rivers) 54. 2. Ramona (Rivers) 62. 3. Arlington (Rivers) 70. 4. Norte Vista (Rivers) 75. 5. La Sierra (Rivers) 92.

(Div III) Pedro Davila (San Jacinto) 17:34. 2. Dirk Moses (Cathedral City) 17:52. 3. Chano Garcia (San Jacinto) 18:07. Team: La Quinta 60. 2. Cathedral City 74. 3. San Jacinto 82. 4. Esinore 87.

(Div IV) Brandon Ruiz (Woodcrest Christian, Riverside) 17:33. 2. Manuel Medrano (Twin Pines) 17:54. 3. Brandon Sallaberria (Worst Chr) 17:59. 4. Tim Woods (Linfield Christian, Riverside) 18:05. Teams: Woodcrest Christian (Riverside) 31. 2. Twin Pines 49. 3. Linfield Christian (Riverside) 52.

Top overall team times: Hemet 82:46. 2. Temecula Valley (Temecula) 83:22. 3. Canyon Springs (Moreno Valley) 83:42. 4. Rubidoux (Riverside) 83:53. 5. Ramona (Riverside) 84:39.

(Girls)

(Div I) Shelby Horgan (Temescal Canyon, Esinore) 19:07. 2. Melissa Aronson (Hemet) 19:19. 3. Rachea McCauley (Canyon Springs, Moreno Valley) 19:29. 4. Lorena Reyes (Indio) 19:39. 5. Veronica Zepeda (Jurupa Valley) 19:43. 6. Sunny Shafer (Temes Canyon) 19:46. 7. Crystal Ricardex (Cany Spr) 19:58. 8.

Jennifer Hohnbaun (Temecula Valley, Tem) 20:08. 9. Rita Aragon (Cany Spr) 20:19. 10. Amber Jacques (Hemet) 20:25. Teams: Canyon Springs (Moreno Valley) 48. 2. Indio 92. 3. Hemet 95. 4. Temescal Canyon (Esinore) 108. 5. Temecula Valley (Temecula) 117.

(Div II) Jean Martin (Norco) 20:01. 2. Sharon Nguyen (North, Riverside) 20:09. 3. Shauna Parker (Arlington, Riverside) 20:09. 4. Teresa Cesena (Art. River) 20:10. 5. Amy Stoul (Norco) 20:18. 6. Marie Nguyen (North, Riv) 20:23. 7. Melissa Ramsay (Norco) 20:25. 8. Trisia Tressler (Rubidoux, Riv) 20:28. Teams: Arlington (Riverside) 56. 2. La Sierra (Riv) 66. 3. Norco 66. 4. North (Riverside) 118. 5. Norte Vista (Rivers) 135. (Div III) Laurie Lankhaar (Cathedral City) 19:20. 2. Brittany Lyons (Banning) 21:37. 3. Magda Juarez (Cathedral City) 21:43. Teams: Cathedral City 21. 2. Esinore 60. 3. La Quinta 104.

(Div IV) Merisa Leatherman (Bethel Christian, ?) 21:35. 2. Kathy Fahey (Linfield Christian, Rivers) 22:18. Teams: Woodcrest Christian (Rivers) 42. 2. Sherman Indian (Rivers) 61. 3. Linfield Christian 67. 4. Notre Dame (Riverside) 71.

San Gabriel Valley Invitational

Sat 10/12. Mt. San Antonio College. Sponsored by Diamond Bar HS

combined results

(Girls) Belen Ferec (Bishop Amat, La Puente) 18:48. Mariol Marquez (St. Lucy's, Glendora) 18:56. Marielena Varela (St. Lucy's, Gij) 20:30. Ceala Ramirez (Glendora) 20:34. Jessica Southworth (Bonita, La Verne) 20:53. Teams: (Large) St. Lucy's (Glendora) 104:06. 2. Bishop Amat 109:02. (Small) South El Monte 113:54. 2. Garey (Pomona) 118:17.

(Boys) Dan Phiffer (Bosco Tech, Rosemead) 16:23. Ray Castelon (West Covina) 16:37. Adrian Aguilar (Nogales, La Puente) 16:39. Kwon Woo (Diamond Bar) 16:41. Jason Baugh (Diamond Bar) 16:47. Scott Brang (Damien, La Verne) 16:53. Zachary Miles (Bosco Tech, Rosemead) 16:56.

Teams: (Large) Bosco Tech (Rosemead) 85:27. 2. Diamond Bar 86:53. (Small) Bonita (La Verne) 90:24. 2. Garey (Pomona) 90:49.

Orange County Championships

Sat 10/18. Irvine Regional Park. 3.0 mile course.

Combined Results:

(Boys)

(9th) Danny Mejia (Katella, Anaheim) 16:01. 2. Rene Rongel (Santa Margarita, Rancho SM) 16:26. 3. Augie Escobar (Villa Park) 16:38. (10th) Les Gordio (Tustin) 15:34. 2. Alphonso Leon (Santa Ana) 15:54. 3. Bruce Hancock (Costa Mesa) 15:57. 4. Jua Salgado (Santa Ana) 15:59. 5. Matt Lavassur (Katella, Ana) 16:13. (11th) Mark Gleason (Mission Viejo) 15:01. 2. Danny Lee (El Toro) 15:14. 3. Brandon VonGuenther (Santa Margarita, Rancho SM) 15:49. 4. C.J. Marciales (Tustin) 15:50. 5. John Kuehn (Foothill, Santa Ana) 15:52. 6. Martin Brix (University, Irvine) 15:58. 7. Leonel Praz (Capistrano Valley, Mission Viejo) 16:01. 8. David Bryan (Los Alamitos) 16:04. 9. Ryan Downey (St. Margaret's, San Juan Capistrano) 16:05. 10. David Ojeda (Santa Ana Valley) & Hector Escobedo (Saddleback, Santa Ana) 16:14. 12. Heriberto Sariba (Sonora, La Habra) 16:16. 13. Freddy Olmead (Orange) 16:18. (12th) Nick Russell (Orange) 15:13. 2. Michael Murray (Santa Margarita, Rancho SM) 15:17. 3. Luis Estrada (Santa Ana Valley) 15:18. 4. Dan Gaston (Huntington Beach) 15:31. 5. Tony Trueba (Hunt Bch) 15:35. 6. Pat Mejia (Anaheim) 15:43. 7. Lucas Neubauer (Katella, Anaheim) 15:45. 8. Dan Smith (Tustin)

15:48. 9. Edger Reyes (Anaheim) & Justin Nyberg (Irvine) 15:49. 11. Raul Quinones (Santa Ana) 15:50. 12. Jose Alvarado (Saddleback, Santa Ana) 15:52. 13. Jamie Carillo (Costa Mesa) 15:56. 14. Lucas Isidro (Santa Ana Valley) 15:57. 15. Carlos Marchan (El Toro) 16:00. 16. Jason Rogers (Corona del Mar, Newport Beach) 16:04. 17. Mke Solis (Brea, Brea Oinda) 16:05.

Overall Teams: Tustin 79:57. 2. Santa Ana Valley 80:07. 3. Santa Ana 80:33. 4. El Toro 80:43. 5. Katella (Anaheim) 81:15. 6. Orange 81:19. 7. Saddleback (Santa Ana) 81:42. & Anaheim 81:48. 9. Huntington Beach 81:56. 10. Santa Margarita (Rancho SM) 81:40* (positioned by place in same race), 11. Foothill (Santa Ana) 81:56. 12. Mission Viejo 82:09.

(Girls)

(9th) Kristin Chadez (Esperanza, Anaheim) 19:11. 2. Valerie Morris (Irvine) 19:22. 3. Jessica Howard (University, Irvine) 19:23. 4. Amanda Fieskoski (Mission Viejo) 19:25. 5. Elen Stephens (Woodbridge, Irvine) & Araceli Morje (Santa Ana) 19:33. 7. Anna Yi (Fountain Valley) 19:40. 8. Nicole Scott (Woodbridge, Irvine) 19:42. 9. Kim Wahlstrom (Pacifica, Garden Grove) 19:50. (10th) Alyson Marquand (University, Irvine) 17:39. 2. Brooke Thomas (Laguna Hills) 18:30. 3. Alicia McFal (Newport Harbor, Newport Beach) 18:36. 4. Lisa Massoth (Esperanza, Anaheim) 18:42.

5. Erin Zehntner (Irvine) 18:53. 6. Michele Smith (Dana Hills, Dana Point) 18:59. 7. Melissa Livermore (Irvine) 19:06. 8. Truc Tran (Tustin) 19:09. 9. Becky Miske (El Toro) 19:10. 10. Brenda Nava (Santa Ana) 19:16. 11. Nathale Persson (Capistrano Valley, Mission Viejo) 19:18. 12. Tammy MacArthur (Marina, Huntington Beach) 19:29. 13. Michelle Baganda (Anaheim) 19:37. 14. Pam Smith (Esperanza, Anaheim) 19:39. 15. Jana Patton (El Toro) 19:43. 16. Kristin Green (Huntington Beach) 19:47. (11th) Mary Moore (Woodbridge, Irvine) & Marie Leyrer (Villa Park) 19:03. 3. Sara Swan (Esperanza, Anaheim) 19:07. 4. Kristine Shedd (Esperanza) 19:11. 5. Beth Weider (Esperanza) 19:21. 6. Berenice Carbajal (Rancho Alamitos, Garden Grove) 19:26. 7. Julia Barbour (Dana Hills, Dana Point) 19:32. 8. Jennifer Giffel (Edison, Huntington Beach) 19:39. 9. Elsa Ortega (Century, Santa Ana) 19:43. 10. Leah Benno (Foothill, Santa Ana) 19:44. 11. Jill Sontibonez (Katella, Anaheim) 19:49. (12th) Katie Nuanes (Santa Margarita, Rancho SM) 17:58. 2. Sydney Leonard (San Clemente) 18:27. 3. Allison Kulak (Sunny Hills, Fullerton) 18:45. 4. Karen Mitchell (Esperanza) 18:47. 5. Katie Kennedy (El Modena, Orange) 18:56. 6. Lindsay Buwolda (Laguna Beach) 18:57. 7. Jennifer Spahr (Marina, Huntington Beach) 19:03. 8. Angela Schorr (Mission Viejo) 19:05. 9. Kim Green (Fountain Valley) 19:08. 10. Laura Kroninger (Dana Hills, Dana Point) 19:13. 11. Jennifer Morgan (Corona del Mar, Newport Bch) & Jennifer Crabbe (Edison, HB) 19:24. 13. Stacey Young (Pacifica, Garden Grove) 19:31. 14. Nancy Pinto (Katella, Anah) 19:39. 15. Katie Williamson (Los Alamitos) 19:42. 16. Melissa Inouye (Estancia, Costa Mesa) 19:43. 17. Nick Desmond (Tustin) & Katherine Duque (Tustin) 19:48. 19. Amy Anderson (Villa Park) 19:50. 20. Tracey O'Donnell (Mater Dei, Santa Ana) 19:52.

Overall Teams: Dana Hills (Dana Point) 84:49. 2. Esperanza (Anaheim) 94:59. 3. Irvine 97:03. 4. El Modena (Orange) 97:06. 5. University (Irvine) 96:29* (positioned by placement in the same race). 6. Santa Margarita (Rancho SM) 97:32. 7. Los Alamitos 98:25. 8. Woodbridge (Irvine) 99:11. 9. Foothill (Santa Ana) 99:42. 10. Mission Viejo 99:51. 11. Sunny Hills (Fullerton) 99:13*. 12. Marina (Huntington Beach) 99:29*.

STANFORD INVITATIONAL

Stanford Invitational

October 5, 1996: Palo Alto, CA. SK

BOYS

Division 1

1. Tom Prindville (DeLaSalle)	15:59
2. Geoff Fleming (Roseville)	16:02
3. Corey Creasy (Nevada Union)	16:06
4. Matthew Tabor (Bowling Green, KY)	16:22
5. Andrew Wulf (Bellarmine Prep)	16:25
6. Justin Nyberg (Irvine)	16:26
7. Steve Smith (Ayala)	16:30
8. Stephen Ketchum (Vista)	16:32
9. Jacob Geyer (Palmdale)	16:37
10. Justin Griffin (Bowling Green, KY)	16:39
11. Kaakpema Yelapaala (Jesuit) 16:40, 12. Eric Loudon (Ayala) 16:43, 13. Sean Kenady (DeLaSalle) 16:46, 14. Rudy Padilla (Chino) 16:48, 15. Steve Vega (Arroyo) 16:50, 16. Justin Neuroth (Vista) 16:52, 17. Zack McGahey (Woodland) 16:53, 18. Zack Kerns (Bend, OR) 16:55, 19. Mike Altieri (Jesuit) 16:57, 20. James Debruhl (Chino) 16:58, 21. Omar Hart (Bellarmine Prep) 16:58, 22. Alex Sanchez (DeLaSalle) 16:59, 23. Julian Nahan (Nevada Union) 17:02, 24. Frank Montoya (Chino) 17:04, 25. Philip Hassan (Nevada Union) 17:05.	
Team Scores: 1. De La Salle 99, 2. Nevada Union 130, 3. Bend, Oregon 170, 4. Bowling Green, Kentucky 173, 5. Ayala 179, 6. Chino 182, 7. Arroyo 203, 8. Jesuit 204, 9. Thousand Oaks 208, 10. Vista 220.	
27 teams finished	

Division 2

1. Rhy Reynolds (Newport, Or)	15:27
2. David Rodriguez (Miss San Jose)	15:44
3. Juan Pablo Maramontes (GValley)	15:45
4. Jon Stevens (Mission San Jose)	16:19
5. Jose Godinez (Reedley)	16:25
6. Tim Leahy (Burbank)	16:32
7. Enrique Henriquez (San Leandro)	16:37
8. Steve Rider (Scripps Ranch)	16:48
9. Mark Parilla (St. John Bosco)	16:53
10. Brian Hensler (Amador Valley)	16:55
11. Dan Gaston (Huntington Beach) 17:00, 12. Dustin Diaz (West Hills) 17:04, 13. Enrique Rodriguez (Golden Valley) 17:09, 14. Gavin Chamberlain (Oak Ridge) 17:10, 15. Michael Zepeda (Mater Dei) 17:12, 16. Esteban Espino (Reedley) 17:12, 17. Jacob Childs (Huntington Beach) 17:15, 18. Jon Doroski (Vahalla) 17:17, 19. Eddie Levine (Golden Valley) 17:18, 20. Clint Sapiro (Salinas) 17:20, 21. Mike Stokes (Scripps Ranch) 17:24, 22. Tony Trueba (Huntington Beach) 17:25, 23. Jack Favalukie (Helix) 17:26, 24. Bodi Kampalia (El Dorado) 17:27, 25. Larry Lloyd (St. John Bosco) 17:27.	
Team Scores: 1. Huntington Beach 183, 2. Reedley 202, 3. Scripps Ranch 207, 4. St. John Bosco 208, 5. Mission San Jose 224, 6. Vahalla 227, 7. Point Loma 276, 8. Amador Valley 282, 9. Buchanan 288, 10. Edison of Huntington Beach 315.	
31 teams finished	

Division 3

1. Jason Hart (Sonora)	16:10
2. Bryan Green (Littlerock)	16:30
3. Tim Allen (El Modena)	16:34
4. Brian Cooke (Burlingame)	16:40
5. Mike Cheung (St. Francis, Mt. View)	16:42
6. Avery Blackwell (San Luis Obispo)	16:44
7. Zach Amos (El Modena)	16:53

8. Peter Carter (Los Gatos)	16:56
9. Adam Tucker (St. Francis, Mt. View)	17:03
10. Tim Richard (Livermore)	17:05
11. Brandon Fitzgibbon (St. Ignatius) 17:10, 12. Ryan Stroup (Gunderson) 17:14, 13. Jorge Salinas (Los Altos) 17:16, 14. Matt Chen (St. Ignatius) 17:17, 15. Justin Carter (Clayton Valley) 17:17, 16. Brad Hansen (St. Ignatius) 17:20, 17. Mike Allen (El Modena) 17:21, 18. Claudio Cortes (Newport Harbor) 17:22, 19. Neil McDonagh (St. Ignatius) 17:22, 20. Brendan Wells (St. Ignatius) 17:23, 21. Daniel Phiffer (Bosco Tech) 17:24, 22. Ryan Allen (Temescal Canyon) 17:25, 23. Brad Dietsch (San Ramon) 17:26, 24. Victor Sloan (St. Francis, Mt. View) 17:26, 25. Curt Herberts (Newport Harbor) 17:27.	
Team Scores: 1. St. Ignatius 80, 2. St. Francis, Mt. View 116, 3. El Modena 117, 4. Newport Harbor 178, 5. Bosco Tech 179, 6. Los Gatos 250, 7. Sonora 253, 8. Clayton Valley 264, 9. Pleasant Valley 283, 10. Littlerock 288.	
30 teams finished	

Division 4

1. Isaiah Festa (Morro Bay)	16:08
2. Victor Ochoa (Nordhoff)	16:22
3. Brian Sullivan (St. Augustine)	16:44
4. Dusty Herman (Nordhoff)	16:46
5. Ryan Wade (Central Valley)	16:48
6. Francisco Guevera (Terra Linda)	16:49
7. Adam Greene (St. Augustine)	16:53
8. Neil Cooper (Dixon)	16:57
9. Marty Kinsey (Granada)	17:01
10. Tyler Beardlee (Corona Del Mar)	17:02
11. Jason Roger (Corona Del Mar) 17:04, 12. Steven Springhorn (Central Valley) 17:04, 13. Jason Bouey (Bishop O'Dowd) 17:04, 14. Philip Young (La Canada) 17:08, 15. Steve Jeppson (South Hills) 17:10, 16. Chris Proudman (Nordhoff) 17:17, 17. Etrian Garcia (Fillmore) 17:18, 18. J.J. Sclar (Cupertino) 17:19, 19. Victor Moreno (Escalon) 17:20, 20. Steve Garcia (St. Francis, La Canada) 17:22, 21. Marshall Boyd (Gunn) 17:25, 22. Jonathon Corral (St. Paul) 17:27, 23. David Braund (West Valley) 17:29, 24. Heiner Hruilko (Granada) 17:30, 25. Pat Jaquez (St. Francis, La Canada) 17:33.	
Team Scores: 1. Corona Del Mar 134, 2. Nordhoff 145, 3. West Valley 179, 4. Granada 181, 5. St. Augustine 210, 6. Central Valley 215, 7. South Hills 219, 8. Morro Bay 237, 9. Fillmore 251, 10. Dixon 265.	
30 teams finished	

Division 5

1. Ronald Tibaduzza (Wooster)	16:29
2. Ryan Downey (St. Margaret's)	16:51
3. Victor Garcia (Wooster)	16:52
4. Campbell Knese (Bonanza, OR)	17:07
5. John-Pierre Mouron (Crespi)	17:13
6. Richie Walker (Crespi)	17:20
7. Robert Morgan (Orange Lutheran)	17:21
8. Morgan Harrison (Oak Park)	17:25
9. Carl Moren (Piedmont)	17:31
10. Matt Fischer (Orange Lutheran)	17:32
Team Scores: 1. Wooster 82, 2. Orange Lutheran 89, 3. Crespi 110, 4. Salesian 128, 5. Oak Park 139, 6. Piedmont 156, 7. York School 169, 8. St. Joseph 177, 9. St. Mary's College Prep 185, 10. Summerville 192.	
15 teams finished	

GIRLS

Division 1

1. Julia Stamps (Santa Rosa)	17:27
2. Jen Schneider (Ponderosa)	17:53
3. Trina Cox (Santa Rosa)	19:01
4. Jennifer Burrio (Ayala)	19:03
5. Danielle Day (Quartz Hill)	19:04
6. Emili Lawson (Clovis West)	19:05
7. Deborah Osteen (Clayton Valley)	19:18
8. Abby McAllister (Bend, OR)	19:31
8. Kelly Howsey (Clayton Valley)	19:35
10. Alison Cowart (Bend, OR)	19:39
11. Jennifer Smith (Chino) 19:40, 12. Nicole Gurniez (Ayala) 19:47, 13. Jull Lawson (Clovis West) 19:51, 14. Jennifer Tolar (Clovis West) 19:54, 15. Nicole Magana (Vista) 19:58, 16. Amanda Armstrong (Thousand Oaks) 19:59, 17. Christie Gregory (Clovis) 20:04, 18. Carly Harrill (Quartz Hill) 20:05, 19. Kelly Idema (Crescent Valley) 20:10, 20. Julie Leininger (Clayton Valley) 20:13, 21. Kristine Musante (Clayton Valley) 20:15, 22. Angie Hear (Crescent Valley) 20:17, 23. Kristin Fairley (Clovis) 20:23, 24. Lindsay Johnson (Santa Rosa) 20:24, 25. Marcela Villalobos (Clayton Valley) 20:25.	
Team Scores: 1. Clayton Valley 82, 2. Clovis West 104, 3. Ayala 113, 4. Clovis 154, 5. Bend, Oregon 158, 6. Crescent Valley 168, 7. Santa Rosa 182, 8. Chino 220, 9. Vista 220, 10. Thousand Oaks 222.	
20 teams finished	

Division 2

1. Heather Shurtieff (West Hills)	18:51
2. Emily McFarland (Scripps Ranch)	19:18
3. Yvonne Liebig (JFK, Sacramento)	19:18
4. Jessica Feto (Amador Valley)	19:29
5. Anne Gunnisou (McClatchy)	19:37
6. Katie Hotchkiss (Mission San Jose)	19:40
7. Andrea Clemons (Vahalla)	19:49
8. Angela Ruiz (Reedley)	19:51
9. Jennifer Spahr (Marina, HB)	19:51
10. Holly Shannon (Davis) 19:53, 11. Andrea Haner (Davis) 19:57, 12. Jocelyn Keller (Buchanan) 20:04, 13. Natalie Sullivan (Helix) 20:08, 14. Kelly Grimes (Scripps Ranch) 20:11, 15. Van Wegen (Amador Valley) 20:15, 16. Jenny Holdzkom (West Hills) 20:19, 17. Carrie Leto (Vahalla) 20:22, 18. Kristina Stasko (Scripps Ranch) 20:23, 19. Christina Jamieson (Oak Ridge) 20:27, 20. Tracie Durner (N. Bakersfield) 20:36, 21. Nicole Campbell (Ventura) 20:39, 22. Elaine Lassen (Vahalla) 20:41, 23. Tamara McArthur (Marina, HB) 20:47, 24. Margie Broselle (Vahalla) 20:48, 25. Jessica Duggan (Marina, HB) 20:50.	
Team Scores: 1. Vahalla 84, 2. West Hills 95, 3. Marina, Huntington Beach 124, 4. Scripps Ranch 140, 5. Amador Valley 143, 6. Davis 196, 7. Buchanan (Clovis) 205, 8. Mater Dei 215, 9. Ventura 246, 10. Reedley 250, 21 teams finished	

Division 3

1. Kristen Gordon (Carondelet)	17:56
2. Nicole Potley (Aragon)	19:17
3. Shelby Horgan (Temescal Canyon)	19:30
4. Lisa Wade (Rocklin)	19:46
5. Kerri Bock-Wilmes (Carondelet)	19:54
6. Michele Wilkinson (Alamany)	19:54
7. Jessica Dahlberg (El Modena)	19:56
8. Allison Minnolen (Del Oro)	19:57
9. Katie Kennedy (El Modena)	19:58
10. Jennifer Wong (Bella Vista)	20:02
11. Kelly Pialanesi (Carondelet) 20:08, 12. Marielle Schlueter (St. Ignatius) 20:09, 13. Sunny Shaffer	

STANFORD INVITATIONAL

(Temescal Canyon) 20:11, 14. Randi Fee (Placer) 20:14, 15. Leslie Burton (El Modena) 20:23, 16. Erin Gutrandson (Pleasant Valley) 20:24, 17. Jennifer Dorego (Sonora) 20:24, 18. Belen Ferree (Bishop Amat) 20:25, 19. Chloe Glare (Menlo-Atherton) 20:26, 20. Crislyn Enea (Carondelet) 20:29, 21. Eileen Grove (St. Ignatius) 20:36, 22. Kyra Pattenwson (San Luis Obispo) 20:40, 23. Kristin Murray (Placer) 20:41, 24. Katie Martin (Irvington) 20:44, 25. Sue Pickens (Newark Memorial) 20:46.
Team Scores: 1. Carondelet 74, 2. El Modena 118, 3. Placer 145, 4. St. Ignatius 178, 5. Del Oro 213, 6. Los Gatos 220, 7. Alemany 248, 8. Louisville 258, 9. Temescal Canyon 278, 10. Livermore 316.
 25 teams finished

Division 4

1. Elaine Canchola (Nordhoff)	18:59
2. Sarah Ellis (La Canada)	19:17
3. Kara Hunn (Central Valley)	19:25
4. Tracy Bowling (Taft)	19:26
5. Kim Garnio (La Canada)	19:56
6. Terrah Chapin (Nordhoff)	19:59
7. Tiffany Hansen (Redwood)	20:10
8. Laura Jeppson (South Hills)	20:11
9. Katie Brizgys (Palo Alto)	20:14
10. Samantha Michel (Moro Bay)	20:15
11. Michelle Leinfelder (Escalon) 20:21, 12. Melissa MacPherson (Flintridge Sac. Ht.) 20:25, 13. Bride Hatch (Nordhoff) 20:28, 14. Michele Lasala (Christian Brothers) 20:31, 15. Vanessa Jamleson (Corona Del Mar) 20:31, 16. Sheila Haude (La Canada) 20:33, 17. Niki Salcido (Taft) 20:36, 18. Lori Kluck (Central Valley) 20:36, 19. Lisa Eccles (Bret Harte) 20:37, 20. April Kihara (Palo Alto) 20:47, 21. Hilary Gemmill (Central Valley) 20:56, 22. Leah Eting (Santa Ynez) 20:58, 23. Jenny Nadaner (Gunn) 20:59, 24. Jennifer Morgan (Corona Del Mar) 21:04, 25. Jenee Erickson (West Valley) 21:09. Team Scores: 1. Nordhoff 74, 2. Corona Del Mar 117, 3. Taft 145, 4. La Canada 159, 5. Palo Alto 203, 6. Gunn 214, 7. Flintridge Sacred Heart 220, 8. South Hills 225, 9. Miramonte 236, 10. West Valley 313. 26 teams finished	

Division 5

1. Kristin Groncy (Orange Lutheran)	19:47
2. Heather Gibson (Piedmont)	19:52
3. Katie Peters (Orange Lutheran)	20:54
4. Elizabeth Rogers (Orange Lutheran)	21:19
5. Erin Miller (Stevenson)	21:22
Team Scores: 1. Orange Lutheran 30, 2. St. Joseph 66, 3. Piedmont 98, 4. Robert L. Stevenson 102, 5. Justin Siena 115. 7 teams finished	

Invitational Races

Invitational Men 8K Race

1. Mebrahtom Keferzi (UCLA)	24:34
2. Greg Jimmerson (Stanford)	24:58
3. Nathan Nutter (Stanford)	25:02
4. Jason Farncheid (Stanford)	25:15
5. Dan Reed (UC Riverside)	25:16
6. Mark Hauser (UCLA)	25:22
7. Jason Lunn (Stanford)	25:25
8. Steve Nudge (UC Riverside)	25:27
9. Ernie Wondrafruh (Brigham Young)	25:29
10. Ray Jensen (Utah)	25:30

11. Jason Balkman (Stanford) 25:31, 12. Dan Alder (Brigham Young) 25:39, 13. Mark McManus (UC Davis) 25:41, 14. Jon Weldon (Stanford) 25:45, 15. Glenn Bunch (Utah State) 25:46, 16. Ben Flamm (UC Santa Barbara) 25:56, 17. Cliff Curtin (Cal Poly Pomona) 25:56, 18. Hector Delgado (CSU Sacramento) 25:57, 19. Andrew Carman (Brigham Young) 25:57, 20. Sam St. Clair (Brigham Young) 26:01, 21. Bryan Ramos (Cal Poly Pomona) 26:04, 22. Javier Ramirez (CSU Northridge) 26:09, 23. Mike Moreno (Cal Poly Pomona) 26:09, 24. Eric Engel (Cal Poly SLO) 26:11, 25. Ted Hansen (Southern Utah) 26:11, 26. Shane Bingham (Utah State) 26:12, 27. Alejandro Ramirez (Fresno State) 26:15, 28. Phil Woolston (Southern Utah) 26:17, 29. Ryan Nugent (CSU Sacramento) 26:17, 30. Chris Herkley (Southern Utah) 26:18. Team Scores: 1. Stanford 27, 2. Brigham Young 92, 3. Cal Poly Pomona 168, 4. UCLA 183, 5. Utah State 208, 6. Cal Poly San Luis Obispo 220, 7. Utah 229, 8. UC Davis 237, 9. Southern Utah 242, 10. UC Santa Barbara 269, 11. UC Riverside 312, 12. Cal State Sacramento 319, 13. Humboldt State 343, 14. UC Irvine 345, 15. Fresno State 378, 16. Cal State Northridge 381, 17. California 406, 18. Cal State Stanislaus 417, 19. Azusa Pacific 418, 20. Cal State Fullerton 514, 21. Western Oregon 637.

Invitational Women 5K Race:

1. Kim Mortensen (UCLA)	16:52
2. Courtney Pugmire (Brigham Young)	17:27
3. Kortney Dunscombe (Stanford)	17:29
4. Mary Cobb (Stanford)	17:38

5. Jessica Fry (Stanford)	17:36
6. Maggie Chan (Brigham Young)	17:40
7. Marisa Avendano (CSU Sacramento)	17:41
8. Sarna Renfro (Stanford)	17:43
9. Monal Chokshi (Stanford)	17:45
10. Claire Becker (Cal Poly SLO)	17:54
11. Lynnette Jorgensen (Brigham Young) 17:56, 12. Melissa Teemant (Brigham Young) 18:08, 13. Githa Hampson (UCLA) 18:08, 14. Elizabeth Jackson (Brigham Young) 18:09, 15. Leila Burr (Stanford) 18:12, 16. Sara Moore (Stanford) 18:16, 17. Eissa Riedy (California) 18:18, 18. Sarah MacDougal (Cal State Fullerton) 18:19, 19. Kim Nelson (Brigham Young) 18:19, 20. Caisa Honahan (Brigham Young) 18:21, 21. Lori Fancon (Cal Poly SLO) 18:23, 22. Aimee Jensen (Utah) 18:24, 23. Jessica Heiner (Brigham Young) 18:26, 24. Amber Robinson (Cal Poly SLO) 18:26, 25. Becky Ward (Brigham Young) 18:28, 26. Eliza Alexander (UC Santa Barbara) 18:29, 27. Lori Riedy (California) 18:30, 28. Colleen Walsh (Utah State) 18:35, 29. Kelly Jacobson (Fresno State) 18:41, 30. Eric McAllister (Bellarmine Prep) 18:43. Team Scores: 1. Stanford 29, 2. Brigham Young 45, 3. UCLA 129, 4. Cal Poly San Luis Obispo 135, 5. Utah 215, 6. UC Irvine 216, 7. UC Santa Barbara 243, 8. Cal State Fullerton 247, 9. California 250, 10. Utah State 253, 11. UC Davis 281, 12. Fresno State 299, 13. Cal State Sacramento 345, 14. Humboldt State 345, 15. Cal State Northridge 398, 16. San Diego State 450, 17. Azusa Pacific 451, 18. San Francisco State 520, 19. Western Oregon 547.	



Kim Mortensen (left) and Courtney Pugmire
 Photo by Phillip L. Enbody



Isaiah Festa
 Photo by Elaine Rosenfield

RESULTS

CROSS COUNTRY

Nevada Invitational

September 7, 1996: Reno, NV. From Mike Elness

Meet was held at the University of Nevada at Reno at an altitude over 6,000 feet. Stanford just sent a few of their runners as the team has been at their annual training camp at Mammoth Mountain since Aug. 31. They will stay there for the next 2 weeks. Stanford has 30 men and 28 women out for cross country - probably the largest combined university squad in the U.S. Currently The Harrier magazine ranks the men 3rd and the women 2nd in its preseason poll which just came out this week. Note: Jessica Fry is a junior who just transferred from the University of Alabama where she was a cross country and track All American.

Women's 5K Results:

1. Marisa Avendan (Sacramento State) 18:18, 2. Jessica Fry (Stanford) 18:28, 3. Kortney Dunscombe (Stanford) 18:36, 4. Monal Chokshi (Stanford) 18:43, 5. Sara Moore (Stanford) 18:56, 6. Denise Danielson (Nevada) 19:08, 7. Leila Burr (Stanford) 19:16, 8. Angie Fortner (Nevada) 19:31, 9. Ryan Thomas (Stanford) 19:40, 10. Amanda White (Stanford) 19:58, 11. Amy MacArthur (Stanford) 20:06, 12. Linn Schuste Sasse (Stanford) 20:17, 13. Jami Nelson (Nevada) 20:24, 14. Kahlie Fontana (Sacramento State) 20:33, 15. Tridia Saire (Unattached) 20:44, 16. Jenny Rhoads (Nevada) 20:55, 17. Debbie Wolfe (Nevada) 21:00, 18. Sarah Decker (Nevada) 21:01, 19. Jenny Egan (Seattle) 21:16, 20. Jama Sutfin (Nevada) 21:17.

Women's Team Scores: 1. Stanford 21, 2. Nevada 52, 3. Sacramento State 73, 4. Seattle 105.

Men's 4 Mile Results

1. David Dyer (Stanford) 20:57, 2. Jon Weldon (Stanford) 21:07, 3. Matt Farley (Stanford) 21:10, 4. Rob Reeder (Stanford) 21:20, 5. Jeff Fischer (Stanford) 21:24, 6. Jörn Grimley (Stanford) 21:28, 7. Hector Delgado (Sacramento State) 21:39, 8. Ryan Nugent (Sacramento State) 22:01, 9. Jason Tackett (Sacramento State) 22:12, 10. Michael Prindiville (Stanford) 22:39, 11. Chris Londstrom (Stanford) 22:55, 12. Mike Little (Seattle) 23:06, 13. Uriah Halpin (Seattle) 23:20, 14. James Schrader (Seattle) 23:45, 15. Israel Richmond (Unattached) 23:50.
Men's Team Scores: 1. Stanford 15, 2. Sacramento State 53, 3. Seattle 71.

UCSB 4-Way Cross Country

September 7, 1996: Santa Barbara. From Doug Lynch. At UC Santa Barbara, CA. Sunny and warm.

Men's 8K

Team Scores: UCSB: 41, Cal Poly SLO: 46, CSU Northridge: 57, Westmont: 98.

Individuals

1. O. Servin N 25:07.5, 2. J. Greene N 25:19.5, 3. G. Phister CP 25:30.4, 4. E. Engel CP 25:31.6, 5. B. Fiamm SB 25:36.4, 6. L. Jones SB 25:38.4, 7. N. Jobe SB 25:51.2, 8. R. Esponda CP 25:57.1, 9. N. Elston SB 26:00.3, 10. J. Traverer CP 26:04.7, 11. M. Thomson W 26:07.8, 12. J. Ramirez N 26:14.5, 13. N. Meador W 26:15.9, 14. D. Blum SB 26:18.3, 15. T. Bryson SB 26:24.9, 16. J. Stires SB 26:32.9, 17. A. Roberts SB

26:37.1, 18. J. Kolb SB 26:37.9, 19. K. Sturm W 26:40.8, 20. W. Bernado N 26:42.

Women's 5k

Team Scores: 1. Cal Poly SLO 26, 2. Westmont College 59, 3. UCSB 69, 4. CSU Northridge 70.

Individuals

1. A. Robinson CP 18:00.6, 2. J. Whitmore N 18:12.6, 3. C. Becker CP 18:22.4, 4. J. Hassan W 18:29.1, 5. N. Shaw CP 18:35.9, 6. G. Martinez SB 18:44.5, 7. A. Gustafson W 18:56.3, 8. L. Fancon CP 19:14.1, 9. C. Malneoff CP 19:15.4, 10. J. Sepulveda CP 19:17.4, 11. S. Driscoll N 19:28.0, 12. A. Bergenske W 19:33.4, 13. M. Crane SB 19:34.3, 14. A. Pearson SB 19:36.4, 15. T. Marsden N 19:38.2, 16. L. DuBuse W 19:42.7, 17. W. Maynard SB 19:46.0, 18. E. Muench N 19:49.1, 19. V. Lund SB 19:56.6, 20. M. Niednagel W 20:03.6.

UC Irvine Invitational

September 14, 1996: Central Park, Huntington Beach, CA. From Mike Elness

Women's 5,000 Meter Race

1. Rikke Pedersen (NAU) 17:12, 2. Emebel Shiferaw (USC) 17:14, 3. Katie Dawson (NAU) 17:43, 4. Grazyna Penc (USC) 17:49, 5. Amber Robinson (Cal Poly SLO) 17:53, 6. Claire Becker (Cal Poly SLO) 17:57, 7. Kristie Johnson (USC) 18:04, 8. Sarah Thornber (NAU) 18:08, 9. Eliza Alexander (UCSB) 18:08, 10. Jo-Jo Yabs (Unatt) 18:09, 11. Nikki Shaw (Cal Poly SLO) 18:11, 12. Brooke Bush (Team Tyrus) 18:18, 13. Emily Allison (NAU) 18:19, 14. Sarah MacDougall (CS Fullerton) 18:20, 15. Racheal Rieke (NAU) 18:22, 16. Janet Nelson (NAU) 18:27, 17. Teresa Santana (CS Fullerton) 18:27, 18. Partha Pinto (CS Los Angeles) 18:31, 19. Holiday Mohway (UC Irvine) 18:31, 20. Sonia Perez (CS Fullerton) 18:31.

21. Carrie Quinn (UC Irvine) 18:33, 22. Missy Goehrig (NAU) 18:40, 23. Gabriela Rodriguez (UC Santa Barbara) 18:41, 24. Kay Nekola (UC Irvine) 18:42, 25. Lori Fancon (Cal Poly SLO) 18:43.

Women's Team Scores:

1. Northern Arizona University 36, 2. Cal Poly San Luis Obispo 82, 3. USC 86, 4. UC Irvine 107, 5. Cal State Fullerton 109, 6. UC Santa Barbara 117, 7. UC San Diego 236, 8. San Diego State 249, 9. Cal State Los Angeles 291, 10. New Mexico State 303, 11. Occidental 312, 12. Cal Baptist 351, 13. University of LaVerne 414, 14. Concordia 418.

Men's 5 Mile Race

1. Derek Kite (Future TC) 24:54, 2. John Howell (NAU) 24:55, 3. Web Shelley (NAU) 24:57, 4. I. Rodriguez (Future TC) 25:11, 5. Bryan Dameworth (Future TC) 25:12, 6. David Cullum (Unatt) 25:15, 7. Jim Cera (NAU) 25:19, 8. Matt Smith (NAU) 25:26, 9. Tim Martin (NAU) 25:28, 10. Tyrus Deminter (Men of Troy) 25:31, 11. Shawn Frack (UC Irvine) 25:37, 12. Ben Fiamm (UC Santa Barbara) 25:39, 13. Naie Jobe (UC Santa Barbara) 25:48, 14. Eric Ingle (Cal Poly SLO) 25:51, 15. Danny Gonzalez (Asics) 25:52, 16. Gregg Phister (Cal Poly SLO) 25:54, 17. Billy Herman (NAU) 25:56, 18. Liam Jones (UC Santa Barbara) 25:59, 19. Bryan Leek (UC San Diego) 26:00, 20. John Koningh (Puma) 26:03, 21. Joey Gomez (BCA) 26:10, 22. Jorge Gutierrez (UC Irvine) 26:14, 23. Gavin Klinger (UC San Diego) 26:15, 24. Mike Wallace (UC San Diego) 26:16, 25. Esponda (Cal Poly SLO) 26:19.

Men's Team Scores:

1. Northern Arizona University 26, 2. Future Track Club 74, 3. UC Santa Barbara 99, 4. Cal Poly San Luis Obispo 114, 5. UC San Diego 143, 6. UC Irvine 144, 7.

Cal State Fullerton 220, 8. Men of Troy Club 231, 9. Cal State Los Angeles 286, 10. Occidental 302, 11. New Mexico State 318, 12. University of LaVerne 365.

Whittier College Invitational

September 14, 1996: Ralph B. Clark Regional Park, Buena Park, CA. From Greg Phillips

Women's 6K Race

1. Terri McAllister (Team Urbanek) 22:25, 2. Julie Hassan (Westmont College A) 22:51, 3. Louise Tanch (Claremont-M-Scripps) 22:51, 4. Annaka Gustafson (Westmont College A) 23:04, 5. Marisol Barajas (LA Mission) 23:25, 6. Miriam Niednagel (Westmont College A) 23:36, 7. Amy Bergenske (Westmont College A) 23:39, 8. Stephanie Shideier (Pomona-Pitzer A) 23:44, 9. Nikee Chambers (So. Calif. College) 23:45, 10. Kim Rouse (Team Urbanek) 23:49, 11. Heather McGone (Azusa Pacific) 23:54, 12. Beth Hake (Azusa Pacific) 23:58, 13. Beverley Buss (Los Felix Flyers) 24:10, 14. Jennifer Stuart (Claremont-M-Scripps) 24:11, 15. Michelle Teodora (Azusa Pacific) 24:12, 16. Gail Webril (Los Feliz Flyers) 24:12, 17. Sue Davis (Team Urbanek) 24:25, 18. Claudia Murillo (Whittier College) 24:27, 19. Lindsay Dubose (Westmont College A) 24:29, 20. Yarrow Moechi (Claremont-M-Scripps) 24:30.

21. Amy Filipow (Team Urbanek) 24:40, 22. Sedna Barks (Claremont-M-Scripps) 24:41, 23. Brynn Abby (Westmont College A) 24:42, 24. Callin Henderson (Cal Tech) 24:58, 25. Cecilia Estrada (East LA College) 24:58.

Women's Team Scores: 1. Westmont College A 39, 2. Team Urbanek 78, 3. Claremont-Mudd-Scripps 89, 4. Azusa Pacific 120, 5. Southern California College 130, 6. Pomona Pitzer A 167, 7. Los Felix Flyers 198, 8. L.A. Mission 204, 9. Whittier College 280, 10. East L.A. College 291, 11. Biola 298, 12. Chapman 304, 13. Pomona Pitzer B 395, 14. Westmont College B 399, 15. Golden West 405, 16. Mills College 431, 17. College of the Desert 496, 18. Master's College 514.

Men's 6K Race

1. Angel Martinez (Azusa Pacific) 19:22, 2. Ricardo Valenzuela (L.A. Mission) 19:25, 3. Jaime Martinez (Azusa Pacific) 19:28, 4. Noey Meador (Westmont College) 19:30, 5. Aaron Archer (Claremont-M-Scripps) 19:50, 6. John Gachao (Azusa Pacific) 19:51, 7. Matt Thomson (Westmont College) 19:52, 8. Kevin Sturm (Westmont College) 20:01, 9. Dan Kiaman (Cal Tech) 20:03, 10. Gus Hermes (Athletes in Action) 20:06, 11. Brad Aagaard (Stags TC) 20:12, 12. Jed Colvin (Cal Lutheran) 20:16, 13. Mike Gavar (Azusa Pacific) 20:21, 14. Juan Rodriguez (Whittier College) 20:24, 15. Richard Chisholm (Claremont-M-Scripps) 20:29, 16. Tony Torres (L.A. Mission) 20:31, 17. Trevor Sybert (Biola) 20:34, 18. James Uwins (Claremont-M-Scripps) 20:35, 19. Larry Holland (So. Calif. College) 20:36, 20. Brian Pratt (So. Calif. College) 20:37.

21. Andrew Christopherson (Azusa Pacific) 20:40, 22. Reymunda Ramos (East L.A. College) 20:43, 23. Hortensia Machorra (East L.A. College) 20:45, 24. Walt Voegll (Claremont-M-Scripps) 20:46, 25. James Duckley (Team Unattached) 20:47.
Men's Team Scores: 1. Azusa Pacific 40, 2. Westmont College 74, 3. Claremont-Mudd-Scripps 79, 4. L.A. Mission 141, 5. Biola 147, 6. Southern California College 182, 7. Whittier College 200, 8. East L.A. College 213, 9. Claremont-M-Scripps B 242, 10. Cal Tech 297, 11. Irvine Valley 310, 12. Master's College 323, 13. Cal Lutheran 326, 14. Golden West 339, 15. Chapman 385.

RESULTS

Aztec Invitational

September 21, 1996: Balboa Park, San Diego, CA.
From: Rhan Sheffield

Women's Invitational 5K

1. Kim Mortensen (UCLA) 17:15, 2. Githa Hampson (UCLA) 18:15, 3. Michelle Lalleur (Unatt) 18:19, 4. Patrice Kuntz (U. Florida) 18:31, 5. Christina Bowen (UCLA) 18:34, 6. Michele Cox (USD) 18:38, 7. Megan Newcome (U. Florida) 18:39, 8. Jamie Whitmore (Northridge) 18:40, 9. Ramona Saridakis (U. Florida) 18:51, 10. Michelle Barnes (Grand Canyon) 18:52, 11. Kim Foster (Long Beach State) 18:52, 12. Suzanne Hars (SDTC) 18:54, 13. Shannon Grady (U. Florida) 18:57, 14. Hazel Clark (U. Florida) 18:57, 15. Becki Wells (U. Florida) 18:59, 16. Priscilla Bott (ASU) 19:01, 17. Teresa Vega (SDSU) 19:05, 18. Terry Martin (UCSD Racing) 19:09, 19. Autumn McManis (Grand Canyon) 19:10, 20. Sheila Kealey (UCSD Racing) 19:13.

21. Elizabeth Skane (SDTC) 19:14, 22. Melinda George (UCLA) 19:15, 23. Kara Barnard (UCLA) 19:17, 24. Alexis Waddel (SDSU) 19:17, 25. Tara Marsden (Northridge) 19:28.

Women's Invitational Team Scores: 1. University of Florida 40, 2. UCLA 46, 3. Grand Canyon University 126, 4. UC San Diego Racing 131, 5. Northridge 132, 6. Arizona State University 162, 7. Long Beach State 165, 8. San Diego State 165, 9. University of San Diego 220.

Men's Invitational 8K

1. Mebrathom Kellezigh (UCLA) 24:31, 2. Mike Tansley (O2 Dept TC) 24:49, 3. Mark Hauser (UCLA) 25:27, 4. Steve Frisone (O2 Debt TC) 25:31, 5. Javier Ramirez (Northridge) 25:51, 6. John Greene (Northridge) 25:58, 7. Nazario Romero (O2 Debt TC) 26:13, 8. Dave Schumacher (O2 Debt) 26:15, 9. Oswaldo Servin (Northridge) 26:21, 10. Dan Brecht (UCLA) 26:35.

11. Matt Olin (UCLA) 26:39, 12. Brandon Del Campo (UCLA) 26:43, 13. Pat Bendzick (Long Beach State) 26:45, 14. Kevin Barda (Grand Canyon) 26:54, 15. Mats Aaman (Univ. San Diego) 26:58, 16. Travis Anderson (Arizona State) 26:59, 17. Dennis Sweningson (Long Beach State) 26:59, 18. Ola Knutsson (Univ. San Diego) 27:00, 19. Will Bernaldo (Northridge) 27:01, 20. Jeff Sneed (UCLA) 27:18.

21. Mike Padilla (Grand Canyon) 27:30, 22. Trevor Marca (Long Beach State) 27:31, 23. Kevin Bowes (UCLA) 27:38, 24. Jesse Barragan (Northridge) 27:44, 25. Jon Spano (Grand Canyon) 27:44.

Men's Invitational Team Scores: 1. UCLA 31, 2. Northridge 57, 3. O2 Debt Track Club 106, 4. Grand Canyon University 107, 5. Long Beach State 110, 6. Arizona State University 137, 7. University of San Diego 144.

Fresno State Invitational

Men

September 21, 1996: Woodward Park, Fresno, CA.
From Red Estes

Men's 5 Mile Results:

1. David Dyer Stanford University 0:24:58, 2. Jon Weldon Stanford University 0:25:00, 3. Jason Perscheid Stanford University 0:25:09, 4. Matt Farley Stanford University 0:25:12, 5. Cisco Bob Unattached 0:25:16, 6. Hector Delgado Sacramento State 0:25:31, 7. Nacho Flores Fresno State Univ. 0:25:30, 8. Rob Reeder Stanford University 0:25:45, 9. Jose Rangel Cal Poly Pomona 0:25:46, 10. Eric Engel Cal Poly SLO 0:25:52.

11. Jason Lunn Stanford University 0:25:54, 12. Greg Phister Cal Poly SLO 0:25:55, 13. Bryan Ramos Cal Poly Pomona 0:26:06, 14. Israel Pose FSUTC 0:26:12.

15. Cliff Curtis Cal Poly Pomona 0:26:13, 16. Jason Tackett Sacramento State 0:26:18, 17. Rick Esponda Cal Poly SLO 0:26:20, 18. Ryan McCalmon Stanford University 0:26:21, 19. Mike Moreno Cal Poly Pomona 0:26:23, 20. Curtis Alexander FSUTC 0:26:27.

21. Chris Lundstrom Stanford University 0:26:29, 22. Joe Taverner Cal Poly SLO 0:26:35, 23. Ryan Nugent Sacramento State 0:26:37, 24. Ian Enriquez Cal Poly Pomona 0:26:41, 25. Juan Pinales Fresno State Univ. 0:26:46, 26. Alejandro Ramirez Fresno State Univ. 0:26:49, 27. Kip Ortenburger FSUTC 0:26:53, 28. Simon Mudd California 0:26:55, 29. Warren Wott Cal Poly Pomona 0:26:56, 30. Peter Egerton California 0:27:02.

31. Josh Federspill Chico State 0:27:07, 32. Will Haskins Fresno Pacific 0:27:17, 33. Frank Lemus Cal Poly Pomona 0:27:18, 34. Dave Mitchell Cal Poly SLO 0:27:20, 35. Brian Cullum Cal Poly SLO 0:27:22, 36. Steve Immel California 0:27:22, 37. Chuck Garchell California 0:27:23, 38. Micah Fuson Cal Poly SLO 0:27:25, 39. Noah Marcus Chico State 0:27:26, 40. Sam Getman Chico State 0:27:28.

Men's Team Scores: 1. Stanford 17, 2. Cal Poly Pomona 74, 3. Cal Poly San Luis Obispo 88, 4. Sacramento State 138, 5. Fresno State 140, 6. Fresno State Track Club 161, 7. California 162, 8. Chico State 196, 9. Fresno Pacific 232, St. Mary's College NS, The Master's College NS.

Women's 5,000 Meters

1. Kortney Dunscombe Stanford University 17:44, 2. Marisa Avendano Sacramento State 17:52, 3. Sally Glynn Stanford University 17:54, 4. Claire Becker Cal Poly SLO 17:57, 5. Sara Moore Stanford University 18:10, 6. Denise Danielson Nevada-Reno 18:11, 7. Danielle Nelson Fresno State Univ. 18:19, 8. Amanda White Stanford University 18:20, 9. Amy MacArthur Stanford University 18:21, 10. Mary Huang Stanford University 18:21.

11. Angie Fortner Nevada-Reno 18:22, 12. Shalun Fullove Stanford University 18:22, 13. Amber Robinson Cal Poly SLO 18:23, 14. Elissa Riedy California 18:24, 15. Kerry Dugan Stanford University 18:26, 16. Linn Schulte-Sasse Stanford University 18:30, 17. Lori Riedy California 18:35, 18. Kelly Jacobson Fresno State Univ. 18:36, 19. Leita Burr Stanford University 18:45, 20. Kirsten Jensen California 18:47.

21. Katie Owen St. Mary's College 18:55, 22. Lori Fancon Cal Poly SLO 19:02, 23. Joelle Sepulveda Cal Poly SLO 19:06, 24. Sarah Gibson Chico State 19:10, 25. Liz Leigh-Wood Fresno State Univ. 19:11, 26. Crissy O'Brien St. Mary's College 19:14, 27. Darcy Gibson Sacramento State 19:16, 28. Carrie Mainekoff Cal Poly SLO 19:18, 29. Jen Michel St. Mary's College 19:22, 30. Heather Langley Fresno State Univ. 19:25.

31. Katie Fontana Sacramento State 19:26, 32. Genivere Debose California 19:26, 33. Muffy Binkley California 19:27, 34. Oasii Lucero California 19:27, 35. Michelle Henry Nevada-Las Vegas 19:29, 36. Elizabeth Bob Unattached 19:31, 37. Jenny Rhoads Nevada-Reno 19:33, 38. Julie Meyers California 19:41, 39. Irene Orozco FSUTC 19:43, 40. Rhonda Heise Fresno Pacific 19:44.

Stanislaus Invitational

September 21, 1996: Turlock, CA. From Kim Duyet

Men's Team Scores:

1. STANISLAUS STATE (STAN) 28, 2. HUMBOLDT STATE (HUM) 33, 3. SAN FRANCISCO ST (SFSU) 68, UC DAVIS (UCD) INC. HAYWARD STATE (HAY) INC.

Men's 8K

1. TYSON THOMAS (STAN) 25:46, 2. JOSE BUSTAMANTE (STAN) 26:06, 3. LUKE ROUNDY (HUM) 26:07, 4. CISCO RUBALCAVA (HUM) 26:20, 5.

BRENT BUTLER (SFSU) 26:28, 6. DAN LILOT (UCD) 26:38, 7. TIM MILLER (HUM) 26:39, 8. DAVID BRACKETT (STAN) 26:42, 9. ERIK DUBE (STAN) 26:44, 10. MARC DUBE (HUM) 26:55.

11. ARMANDO BARAJAS (STAN) 27:01, 12. ETHAN SCHAEFER (HUM) 27:06, 13. BRIAN LEONG (UCD) 27:18, 14. WAYNE VONDERMEHDEN (HSU) 27:22, 15. RICHARD ROYBAL (HUM) 27:28, 16. DARRELL READYHOFF (HUM) 27:30, 17. ERIK HANSEN (HAY) 27:47, 18. MASON MOORE (UNAT) 27:52, 19. CHUCK WYCKOFF (SFSU) 27:53, 20. BRIAN PARODI (HUM) 27:53.

21. MIKE MAGUIRE (HUM) 27:56, 22. DUSTIN WADLOW (HUM) 28:03, 23. PETER FAIN (SFSU) 28:33, 24. CRAIG STANLEY (HUM) 28:52, 25. MATT TALBOT (UCD) 29:00.

Women's Team Scores: 1. HUMBOLDT ST 15, 2. SFSU 75, 3. U of PACIFIC 93, 4. STANISLAUS 96, 5. HAYWARD 101, UC DAVIS INC. SONOMA ST INC

Women's 5K

1. MELODY HAAS (HUM) 18:29, 2. NATALIE LUPICA (HUM) 18:46, 3. COURTNEY CANNIZZARO (HUM) 19:13, 4. SHELLY NIRO (HUM) 19:25, 5. LEIA GIAMBASTIANI (HUM) 19:38, 6. MOLLY ALLES (HUM) 19:49, 7. JODI DAILEY (UNAT) 19:50, 8. SHANNON MATHRE (HAY) 19:53, 9. JESSICA LEAL (HUM) 20:02, 10. CYNTHIA PARTIDA (STAN) 20:08.

11. STEPHI GIUNTTINI (HUM) 20:09, 12. RAGGA THORDARSON (SFSU) 20:11, 13. LISSETTE GRAGG (SON) 20:15, 14. FAYE ROUNDY (HUM) 20:16, 15. KATY DONAHUE (STAN) 20:28, 16. YOLANDA MONTALVO (SFSU) 20:31, 17. MARIE PHELAN (SFSU) 20:38, 18. ELIZABETH WINSTROM (UOP) 20:41, 19. VANESSA FUCHS (SON) 20:45, 20. JILL NIELSEN (HAY) 20:50.

Bay Valley Conference

September 27, 1996.

Men

1. Cecil Latierna (FCC) 20:59, 2. Sammy Morales (FCC) 21:07, 3. Zack Scott (MJC) 21:26, 4. Jorge Lopez (FCC) 22:07, 5. Juan Morales (FCC) 22:12, 6. Augustine Campos (MJC) 22:15, 7. Robert Herrera (MJC) 22:20, 8. Sam Coon (FCC) 22:22, 9. Jeff Wilbanks (FCC) 22:46, 10. Jason Yonan (MJC) 22:40.

Team Scores: 1. Fresno 20, 2. Modesto 39, 3. Sequoias 82.

Women

1. Melissa Flynn (FCC) 20:13, 2. Theresa Nesmith (COS) 20:45, 3. Dina Tanico (COS) 20:56, 4. Sourlya Fyhalath (FCC) 21:26, 5. Tori Beebe (FCC) 21:27, 6. Jennifer Cochran (COS) 21:32, 7. Selina DeLaCruz (FCC) 21:51, 8. Jennie Gonzales (COS) 22:18, 9. Patty Uriarte (FCC) 22:46, 10. Vanessa Elzey (COS) 23:30.

Team Scores: 1. Fresno 26, 2. Sequoias 29, 3. Modesto 75.

Aggie Invitational

September 28, 1996. UC Davis.

Julia Stamps, a high school runner from Santa Rosa, California, took 15 seconds off her own course record to win the individual women's race at the 1996 Aggie Invitational cross country meet held at UC Davis. Stamps covered the 5-kilometer course in 16 minutes, 43.1 seconds, eclipsing her old mark of 16:58.5 set in 1994. She finished more than a minute ahead of Bigna Samuel of Wolfpack International, who was second in 17:48.5. Running for the UC Medical School, Dave Scudamore was the individual men's champion, placing first in 24:31.1 over the 8-kilometer men's course. Hector Delgado of Sacramento State was second in 24:35.5. The Chico Track Club won the men's

RESULTS

team title, finishing with 59 points. Host UC Davis was second with 64 points, while Sacramento State was third with 95. The Reebok Aggies won the women's team competition, earning 47 points. UC Davis was second with 58 points and the Impalas Running Club was third with 75 points. "I wasn't sure how focused the teams would be because of school starting and a switch to afternoon workouts, but we had a strong showing," stated Aggie Head Coach Sue Williams. "On the women's side, the outcome was about what we expected. The open runners are always tough. The closeness and aggressiveness of the race make the team tough." In the largest field ever for the Aggie Invitational, there were 19 men's teams and 21 women's teams, with collegiate and club runners competing together. There were 210 women-finishers and 179 who finished the men's race.

Women's 5,000 Meters:

1. Julia Stamps (Unatt) 16:43, 2. Bigna Samuel (Wolfpack Int.) 17:48, 3. Rae Henderson (Reebok Aggies) 17:54, 4. Kristen Kabo (UC Davis) 17:59, 5. Diana Fitzpatrick (Impalas) 18:27, 6. Shannan Sweeney (Reebok Aggies) 18:28, 7. Sarah Dickerman (UC Davis) 18:29, 8. Lisa Geoffrion (Reebok Aggies) 18:31, 9. Kathy Wood (Silver St. Striders) 18:35, 10. Jennifer Cullias (Impalas) 18:36, 11. Suzie Blake (Wolfpack Int.) 18:44, 12. Shoshone Ziblat (Unatt) 18:45, 13. Darcy Gibson (Sacramento State) 18:48, 14. Christine Lundy (Impalas) 18:59, 15. Katie Owen (Unatt) 19:01, 16. Jill Peckler (UC Davis) 19:01, 17. Francie Benson (Buffalo Chips) 19:03, 18. Eileen Vukicevich (Reebok Aggies) 19:06, 19. Amy Graluis (Silver St. Striders) 19:08, 20. Karen Steele (Merced RR) 19:08, 21. Sarah Iley (San Jose St.) 19:09, 22. Lirna Hoffman (San Jose St.) 19:11, 23. Care Freitas (UC Davis) 19:13, 24. Robln VanderLuit (Wolfpack Int.) 19:14, 25. Laura Stanfield (Reebok Aggies) 19:16.

Women's Team Scores: 1. Reebok Aggies 47, 2. UC Davis 58, 3. Impalas 75, 4. San Jose State 'A' 157, 5. Sacramento State 184, 6. Chico State 219, 7. Wolfpack International 227, 8. Fresno Pacific College 235, 9. Buffalo Chips 236, 10. Nevada 'B' 251, 11. East Bay Striders 355, 12. Stanislaus State 371, 13. Univ. of the Pacific 375, 14. Sonoma State 393, 15. Santa Clara 'A' 410, 16. San Jose State 'B' 411, 17. UC Davis 'B' 444, 18. Cal St. Hayward 449, 19. Empire Runners 477, 20. Univ. of San Francisco 483, 21. Mills College 526.

Men's 8,000 Meters:

1. Dave Scudamore (UCD Med Sch.) 24:31, 2. Hector Delgado (Sacramento State) 24:35, 3. Eric Richetts (Chico TC) 24:45, 4. Noah Marcus (Chico State) 24:45, 5. Mike Stone (Empire Runners) 24:47, 6. Mark McManus (UC Davis) 24:48, 7. Jason Tackett (Sacramento State) 25:01, 8. Kevin Selby (Chico TC) 25:01, 9. Kenrick Sealy (adidas) 25:13, 10. Scott Kennedy (Unatt) 25:15, 11. Ryan Nugent (Sacramento State) 25:20, 12. Miguel Tibaduiza (Silver St. TC) 25:26, 13. Paul Wellman (UC Davis) 25:31, 14. Dan Olmstead (Chico TC) 25:32, 15. Tyson Thomas (Stanislaus State) 25:34, 16. Pat Fear (Santa Clara) 25:38, 17. Justin Sacks (UC Davis) 25:40, 18. Jose Bustamonte (Stanislaus State) 25:43, 19. Lloyd Stephenson (Excelsior) 25:44, 20. Dan Pereira (UC Davis) 25:48, 21. Todd Stevens (Chico TC) 25:50, 22. Kevin Giri (Chico State) 25:51, 23. Jeremy Nattern (UC Davis) 25:52, 24. Mike Slavin

(Golden Valley Harriers) 25:53, 25. Eric Walker (Empire Runners) 25:58.

Men's Team Scores: 1. Chico TC 59, 2. UC Davis 64, 3. Sacramento State 95, 4. Stanislaus State 123, 5. Chico State 133, 6. Silver State TC 169, 7. Santa Clara 'A' 224, 8. Empire Runners 237, 9. Fresno Pacific College 261, 10. Reebok Aggies 278, 11. Golden Valley Harriers 306, 12. Reebok Aggie Masters 309, 13. Tamalpa 342, 14. Merced RR 358, 15. East Bay Striders 408, 16. Tamalpa Masters 421, 17. Santa Clara 'B' 480, 18. Univ. San Francisco 494, 19. College of Notre Dame

UC Riverside Invitational

September 28, 1996, Riverside, CA

Men's Team Scores: 1. UC San Diego 82, 2. Asics/Sparkletts TC 152, 3. Claremont-Mudd-Scripps 156, 4. Men of Troy 174, 5. UC Riverside 194, 6. Cal State LA 208, 7. Riverside CC 210, 8. Point Loma Nazarene 211, 9. University of San Diego 220, 10. LA Mission CC 255, 11. Occidental College 282, 12. Whittier College 307, 13. University of Redlands 330, 14. Pepperdine University 366, 15. Los Feliz Flyers 418, 16. Caltech 422, 17. Pomona Pitzer 424, 18. University of LaVerne 474, 19. The Master's College 496, 20. California Lutheran 496, 21. Loyola Marymount 505, 22. California Baptist 527, 23. Chapman University 651.

Men's 5 Mile:

1. Derek Kite (Future TC) 24:57, 2. Steve Frisone (O2 Debt TC) 25:06, 3. Dan Reed (UC Riverside) 25:11, 4. Tyrus Deminter (Men of Troy) 25:21, 5. Steve Nudge (UC Riverside) 25:25, 6. Ramon Serratos (Aztlán TC) 25:49, 7. Gavin Klingner (UC San Diego) 25:50, 8. John Koninghi (Puma TC) 25:59, 9. Lee Cadwallader (Riverside CC) 26:00, 10. Ricardo Valenzuela (LA Mission CC) 26:04, 11. Mark LaPlant (Asics/Sparkletts) 26:14, 12. Neil Smart (Riverside CC) 26:21, 13. Rhodes Walton (UC San Diego) 26:27, 14. Oscar Urizar (Cal State LA) 26:31, 15. Ian Blair (Unattached) 26:31, 16. Daniel Kleinman (Caltech) 26:35, 17. Aaron Archer (Claremont-M-S) 26:35, 18. Ola Knutsson (U. San Diego) 26:38, 19. Eddie Gonzalez (Asics/Sparkletts) 26:49, 20. Steve Lettow (U. San Diego) 26:54, 21. Neal Harder (UC San Diego) 26:58, 22. David Gomez (Aztlán TC) 27:00, 23. Alfonso Ibarra (Unattached) 27:05, 24. Jasper Simon (Unattached) 27:05, 25. Jed Colvin (Cal Lutheran) 27:09, 26. David Kioz (Point Loma Nazarene) 27:12, 27. Ricardo Villalobos (Riverside CC) 27:12, 28. Tony Torres (LA Mission CC) 27:1629, Mats Aaman (U. San Diego) 27:1830, Bryan Leek (UC San Diego) 27:20

Women's Team Scores: 1. Asics/Sparkletts TC 52, 2. USC 71, 3. Claremont-Mudd-Scripps 119, 4. UC San Diego 134, 5. Urbanex/Cytomax 139, 6. San Diego State 154, 7. Pomona Pitzer 237, 8. LA Mission CC 286, 9. Point Loma Nazarene 302, 10. Loyola Marymount 311, 11. Pepperdine University 311, 12. University of San Diego 324, 13. Cal State LA 345, 14. Cal Poly Pomona 376, 15. Occidental College 382, 16. California Baptist 422, 17. UC Riverside 442, 18. Chapman University 471, 19. University of La Verne 524, 20. University of Redlands 525, 21. Riverside CC 597, 22. Caltech 621, 23. The Master's College 656.

Women's 5K:

1. Enebel Shiferaw (USC) 17:42, 2. Grazyna Penc (USC) 18:07, 3. Traci Goodrich (Asics TC) 18:09, 4. Jennifer Gonzalez (Asics/Sparkletts) 18:14, 5. Terri McAlister (Urbanex/Cytomax) 18:24, 6. Kristie Johnson (USC) 18:28, 7. Martha Pinto (Cal State LA) 18:29, 8. Stephanie Shideler (Pomona Pitzer) 18:30, 9. Louise Tench (Claremont-M-S) 18:34, 10. Gracie Padilla

(Asics/Sparkletts) 18:36, 11. Andrea Della Monica (Asics/Sparkletts) 18:38, 12. Kristin VonTeuber (Asics/Sparkletts) 18:40, 13. Jane Despos (Urbanex/Cytomax) 18:47, 14. Michele Cox (U. San Diego) 18:54, 15. Sarah Weeb (Unattached) 19:04, 16. Marisol Barajas (LA Mission) 19:04, 17. Melissa Kelm (Unattached) 19:06, 18. Chilli Davis (Urbanex/Cytomax) 19:19, 19. Laura Bermudez (Cal State LA) 19:21, 20. Teresa Voca (San Diego State) 19:24, 21. Jennifer Stuart (Claremont-M-S) 19:26, 22. Jayme Ambos (Unattached) 19:28, 23. Annie Seawright (Asics/Sparkletts) 19:31, 24. Talia Starkey (Occidental College) 19:36, 25. Alexis Waddel (San Diego State) 19:37, 26. Kristen Koenig (UC San Diego) 19:38, 27. Yarrow Moench (Claremont-M-S) 19:39, 28. Maggie Dwire (UC San Diego) 19:42, 29. Sedna Banks (Claremont-M-S) 19:46, 30. Meghan Scott (UC San Diego) 19:47.

Murray Keatinge Invitational

October 12, 1996, University of Maine, From Mike Elsass

Men's 5 Mile

1. John Mortimer (Univ. Michigan) 23:47 CR, 2. Brad Hauser (Stanford) 23:48, 3. Dan Browne (US Military Academy) 23:52, 4. Brent Hauser (Stanford) 24:02, 5. Bob Keino (Univ. Arizona) 24:05, 6. Jeremy White (Stanford) 24:07, 7. Scott MacDonald (Univ. Michigan) 24:16, 8. Jason Parscheid (Stanford) 24:23, 9. Jason Lunn (Stanford) 24:32, 10. Joshua Stubbs (US Military Academy) 24:34, 11. Alan Bernier (Univ. New Hampshire) 24:38, 12. Robert Reeder (Stanford) 24:47, 13. Shawn Smith (US Military Academy) 24:48, 14. Jonathan Weldon (Stanford) 24:49, 15. Michael Ross (US Military Academy) 24:51.

Men's Team Scores:

1. Stanford University 29, 2. University of Michigan 59, 3. US Military Academy 60, 4. University of New Hampshire 153, 5. University of Kansas 172, 6. Marquette University 179, 7. University of Arizona 180, 8. Boston College 214, 9. Ball State University 224, 10. Butler University 254, 13 teams finished

Women's 5,000 Meters

1. Amy Skjerez (Univ. Arizona) 16:33 CR, 2. Mary Cobb (Stanford) 17:19, 3. Angela Graham (Boston College) 17:22, 4. Emily Nay (Univ. Arizona) 17:27, 5. Sarna Remiro (Stanford) 17:32, 6. Amy Lyman (Boston College) 17:36, 7. Sally Glynn (Stanford) 17:37, 8. Kortney Dunscombe (Stanford) 17:43, 9. Monal Chokshi (Stanford) 17:47, 10. Sara Moore (Stanford) 17:53, 11. Viola Schaffer (Univ. Arizona) 17:55, 12. Kristen Parrish (Univ. Arizona) 17:56, 13. Leila Burr (Stanford) 17:57, 14. Virginia Camacho (Univ. Arizona) 18:02, 15. Amy Erickson (Marquette Univ.) 18:04.

Women's Team Scores:

1. Stanford University 31, 2. University of Arizona 42, 3. Boston College 71, 4. Marquette University 115, 5. University of Iowa 165, 6. Butler University 181, 7. University of Kansas 207, 8. US Military Academy 224, 9. University of New Hampshire 227, 10. Colgate University 285, 13 teams finished

Dual Score:

Stanford 24, Arizona 35

Santa Clara University Bronco Invitational

October 12, 1996, Crystal Springs, Belmont, CA

Men's 8,000 Meters:

1. Pat Fear (Santa Clara) 26:33
2. Ryan McVieley (St. Mary's) 26:45
3. Ernie Stanton (Unatt) 27:15
4. Don Ellis (Sacramento State) 27:58
5. Mark Anderson (Santa Clara) 28:07

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Men's Team Scores: 1. Santa Clara 23, 2. Sacramento State 51, 3. Santa Clara 'B' 76, 4. Univ. San Francisco 84.

Women's 4,920 Meters:

1. Katie Owen (St. Mary's) 19:12
2. Jen Michels (St. Mary's) 19:23
3. Crissy O'Brien (St. Mary's) 19:33
4. Jayme Miller (Sacramento State) 19:51
5. Molly Lawrence (St. Mary's) 19:58

Women's Team Scores: 1. St. Mary's College 18, 2. Santa Clara 78, 3. Sacramento State 83, 4. Univ. San Francisco 85, 5. San Jose State 'B' 98.

Hind Cal Poly Invitational

October 19, San Luis Obispo.

MEN'S INVITATIONAL RACE

1 Dan Caulfield ADAMS STATE 25:26, 2 Jason Kayne ADAMS STATE 25:36, 5:09, 3 Nacho Flores FRESNO STATE 25:41, 4 Nate Jobs UC SANTA BARBARA 25:41, 5 Eric Engel CAL POLY SLO A 25:44, 6 Dave McQuitty ADAMS STATE 25:45, 7 Juan Pinales FRESNO STATE 25:47, 8 Noey Meador WESTMONT 25:48, 9 Javier Ramirez CAL STATE NORTHRI 25:52, 10 Oswaldo Servin CAL STATE NORTH 25:53.

11 Liam Jones UC SANTA BARBARA 25:56, 12 Rick Esponda CAL POLY SLO A 25:57, 13 Ben Flamm UC SANTA BARBARA 26:03, 14 Dave Mitchell CAL POLY SLO A 26:07, 15 Nate Elston UC SANTA BARBARA 26:09, 16 Alejandro Ramirez FRESNO STATE 26:12, 17 Matt Thomson WESTMONT 26:13, 18 Tyson Thomas CSU STANISLAUS 26:14, 9 Joey Tavener CAL POLY SLO A 26:14, 20 Jake Maas STANFORD UNIVERS 26:15.

21 Trent Bryson UC SANTA BARBARA 26:19, 22 Dave Dolezal ADAMS STATE 26:21, 23 Chris Holtmann ADAMS STATE 26:21, 24 Greg Phister CAL POLY SLO A 26:21, 25 Mike Prindville STANFORD UNIVER 26:24, 26 Chris Pruitt ADAMS STATE 26:26, 27 Oscar Urizar CAL STATE LA 26:28, 28 Jose Bustamante CSU STANISLAUS 26:30, 29 John Sires UC SANTA BARBARA 26:32, 30 Mike Devine STANFORD UNIVER 26:37.

Team Scores: 1. ADAMS STATE 54, 2. UC SANTA BARBARA 64, 3. CAL POLY SLO A 74, 4. FRESNO STATE 120, 5. STANFORD UNIVERSITY 142, 6. CAL STATE NORTHBRIDGE 156, 7. CSU STANISLAUS 202, 8. WESTMONT 206, 9. U OF CALIFORNIA 230, 10. CAL STATE LA 242, 11. CSU FULLERTON 248, 12. BIOLA UNIVERSITY 326, 13. PEPPERDINE U. 380, 14. LOYOLA MARYMOUNT 438.

MEN'S OPEN RACE

1 Derek Kite FUTURE TRACK 24:52, Steve Frisone O TWO DEBT 25:01, Dave Cullum UNAT 25:15, 4 Danny Gonzalez UN. 25:26, 5 Kipp Ortenburger FRESNO STATE TC 25:35, 6 Bryan Dameworth FUTURE TRACK 25:50, 7 Dave Oids ASICS/SPARKLETT'S TC 26:09, 8 Jeff Jacobs ASICS/SPARKLETT'S TC 26:17, 9 Gus Harper ASICS/SPARKLETT'S TC 26:26, 10 Joey Gomez O TWO DEBT 26:37.

11 Louie Quintana, Jr. SAN LUIS DIST. CLUB 26:40, 12 Humberto Sanchez EL CAMINO ALUMNI 26:43, 13 Tim Berger ASICS/SPARKLETT'S TC 26:44, 14 Eddie Gonzalez ASICS/SPARKLETT'S TC 26:52, 15 David Blum UC SANTA BARBARA 26:53, 16 Tom Caslo O TWO DEBT 26:54, 17 Will Haskins FRESNO PACIFIC 26:57, 18 Curtis Alexander FRESNO STATE TC 26:58, 19 Alan Roberts UC SANTA BARBARA 27:04, 20 Carl Blackhurst ADAMS STATE 27:09.

21 Dan Goldstein FUTURE TRACK 27:13, 22 Omar Cordero CSU FULLERTON 27:14, 23 Micah Fuson

CAL POLY SLO A 27:14, 24 Tyson Sacco ASICS/SPARKLETT'S TC 27:17, 25 Matt Hartsky ADAMS STATE 27:21, 26 Scott Fickerson FUTURE TRACK 27:39, 27 Sean Phillips MUSTANG HARRIERS 27:49, 28 Rick Felix UC SANTA BARBARA 27:49, 29 Jeff Nasternak CAL STATE NORTHBRIDGE 27:49, 30 Pat Longhini UC SANTA BARBARA 27:55.

Team Scores:

1. ASICS/SPARKLETT'S TC 25, 2. FUTURE TRACK 52, 3. UC SANTA BARBARA 75, 4. CSU FULLERTON 99, 5. FRESNO PACIFIC 102, 6. THE MASTERS COLLEGE 154.

WOMEN'S INVITATIONAL RACE

1 Claire Becker CAL POLY SLO A 18:11, 2 Nikole Sterling ADAMS STATE 18:14, 3 Kim Bugg ADAMS STATE 18:14, 4 Angie Fortnar UNIVERSITY OF NEVADA 18:17, 5 Janelle Olson ADAMS STATE 18:23, 6 Sally Glynn STANFORD UNIV 18:23, 7 Martha Pinto CAL STATE LA 18:30, 8 Elissa Riedy U OF CALIFORNIA 18:33, 9 Nara Hawker ADAMS STATE 18:33, 10 Eilza Alexander UC SANTA BARBARA 18:35.

11 Denise Danielson UNIVERSITY OF NEVADA 18:39, 12 Lori Riedy U OF CALIFORNIA 18:42, 13 Julie Hassan WESTMONT 18:45, 14 Ruby Failing ADAMS STATE 18:46, 15 Gabriela Rodriguez UC SANTA BARBARA 18:47, 16 Miriam Niednagal WESTMONT 18:48, 17 Ryan Thomas STANFORD UNIVERSITY 18:49, 18 Lori Fanson CAL POLY SLO A 18:50, 19 Alex Gajewski RICE UNIVERSITY 18:50, 20 Shalain Fullove STANFORD UNIVERSITY 18:52.

21 Allison Twist STANFORD UNIVERSITY 18:57, 22 Sonia Perez CSU FULLERTON 18:57, 23 Shaquandra Roberson RICE UNIVERSITY 18:59, 24 Amy MacArthur STANFORD UNIVERSITY 18:59, 25 Jamie Whitmore CAL STATE NORTHBRIDGE 19:01, 26 Heather Langley FRESNO STATE 19:02, 27 Teresa Santana CSU FULLERTON 19:04, 28 Kelly Jacobson FRESNO STATE 19:06, 29 Amy Bergenske WESTMONT 19:08, 30 Linn Schulte-Sasse STANFORD UNIVERSITY 19:11.

Team Scores: 1. ADAMS STATE 33, 2. STANFORD UNIVERSITY 88, 3. CAL POLY SLO A 133, 3. U OF CALIFORNIA 133, 5. WESTMONT 137, 6. UC SANTA BARBARA 156, 7. RICE UNIVERSITY 193, 8. CSU FULLERTON 195, 9. UNIVERSITY OF NEVADA 220, 10. FRESNO STATE 225, 11. CAL STATE NORTHBRIDGE 284, 12. SAN JOSE STATE 307, 13. CAL STATE LA 329, 14. U. OF HAWAII MANOA 391, 15. LOYOLA MARYMOUNT 434, 16. PEPPERDINE U. 440.

WOMEN'S OPEN RACE

1 Laura Cativera U ASICS/SPARKLETT'S TC 18:07, 2 Andrea DellaMonica U ASICS/SPARKLETT'S TC 18:34, 3 Heather Kileen-Friso O UNAT. 18:47, 4 Kristin Von Teuber U ASICS/SPARKLETT'S TC 18:48, 5 Gracie Padilla U ASICS/SPARKLETT'S TC 19:19, 6 Mary Kenney U ASICS/SPARKLETT'S TC 19:36, 7 Pamela White U ADAMS STATE 19:36, 8 Ashley Holt U STANFORD UNIVERSITY 19:38, 9 Vanessa Lund U UC SANTA BARBARA 19:50, 10 Sabrina Caplis U UC SANTA BARBARA 20:02.

11 Anrie Seawright U ASICS/SPARKLETT'S TC 20:06, 12 Melissa Bouren U ADAMS STATE 20:10, 13 Amy Grafus U UNAT 20:10, 14 Tlencia DePass U STANFORD UNIVERSITY 20:13, 15 Lorien Cleavinger U UC SANTA BARBARA 20:14, 16 Wendy Manard U UC SANTA BARBARA 20:17, 17 Mary Cooper U SAN LUIS DIST. CLUB 20:19, 18 Tegan Zimmerman U UC SANTA BARBARA 20:33, 19 Kerry Sue Houchin U FRESNO PACIFIC 20:36, 20 Alva Dancel U ASICS/SPARKLETT'S TC 20:40.

21 Veronica Pineda U SAN LUIS DIST. CLUB 20:43, 22 Janet Norem U SAN LUIS DIST. CLUB 20:46, 23 Katy Donahue U CSU STANISLAUS 20:49, 24 Rachel Sanders O BIOLA UNIVERSITY 20:49, 25 Annie Lunman U ASICS/SPARKLETT'S TC 20:49, 6 Vanessa Allen U FRESNO PACIFIC 21:05, 27 Cynthia Partida U CSU STANISLAUS 21:06, 28 Mariluz Duran U CSU FULLERTON 21:09, 29 Nichole Martin U FRESNO PACIFIC 21:09, 30 Christy Bard U ASICS/SPARKLETT'S TC 21:14.

Team Scores: 1. ASICS/SPARKLETT'S TC 15, 2. UC SANTA BARBARA 44, 3. FRESNO PACIFIC 131, 4. SAN LUIS DIST. CLUB 136, 5. CSU STANISLAUS 138, 6. SAN JOSE STATE 139, 7. BIOLA UNIVERSITY 158, 8. CSU FULLERTON 159, 9. THE MASTERS COLLEGE 231.

Left to right: Louie Quintana, Jr., Dave Cullum and Kipp Ortenburger

Photo by Elaine Rosenfield



Laura Cativera
Photo by Elaine
Rosenfield

Claire Becker
Photo by Elaine
Rosenfield

RESULTS

ROAD RACING

Amigo De Oro Race

September 1, Mariposa.

Overall Results-5 Mile

1. Kevin Yaley, 31:53. 2. Roy Flores, 34:20. 3. Bill Schwartz, 35:02. 4. Frank Ortega, 35:51. 5. James Scott, 36:30. 6. Dan Reeves, 36:47. 7. Allan Berry, 37:00. 8. Daniel Bobrowski, 37:07. 9. Brandon O'Neill, 37:15. 10. Alex Kovach, 37:38.

14. Laura Erhart (f) 42:16. 16. Jennifer Euker (f) 43:46. 18. Heather Blecker (f) 44:10.

Overall Results-10 Mile

1. Terry Richardson, 1:00:14. 2. Fred Vilages, 1:00:50. 3. Angle Capuchino, 1:06:15. 4. Curt Royer, 1:07:25. 5. Mark Rowney, 1:09:51. 13. Melissa Greer (f) 1:21:36. 15. Judy Timms (f) 1:22:44. 16. Jean Schwisow, 1:23:24.

Angel Island 12K & 25K

September 1, Tiburon.

Overall Results-12K

1. Phil Mellman (31) Sebastopol, 54:16. 2. John Borgelt (44) St. Paul, MN, 54:30. 3. David Groves (23) San Diego, 55:04. 4. John Campbell (51) Palo Alto, 56:00. 5. Mike Dennis (21) Concord, 56:05. 6. tauri Senn (26) Corte Madera, 57:40. 7. Alan McLeod (33) San Francisco, 57:50. 8. Bob Cullinan (41) San Rafael, 57:55. 9. William White (30) Berkeley, 59:28. 10. Elhan Newby (28) Berkeley, 59:40. 12. Julie Cooling (24f) San Francisco, 1:01:28. 15. Zanni Romano (31f) Santa Cruz, 1:04:00. 20. Sandra Lusareta (39f) Emeryville, 1:05:06.

Overall Results-25K

1. Tim Monaco (300) Carlsbad, 1:41:30. 2. Michael Vondergeest (29) Pleasant Hill, 1:45:05. 3. Jonathan Tay (30) San Francisco, 1:53:24. 4. Robert Schlossman (26) San Francisco, 1:59:59. 5. Jeff Renfro (39) San Francisco, 2:09:15. 6. Jennie Maran (25f) Walnut Creek, 2:09:42. 8. Carolyn Keeler (27f) San Francisco, 2:17:40. 9. Amy Horsma (23f) Palo Alto, 2:20:22.

49r Canyon 10 Mile Classic

September 2, Auburn.

Overall Results-10 Mile

1. Scott St. John (record) St. George, UT, 1:02:59. 2. Dave Smith, Susan, 1:09:40. 3. Larry Furnita, El Cerrito, 1:14:33. 4. Bill Land, Reno, NV, 1:18:47. 5. Sara Freitas (record f) Nevada City, 1:18:51. 6. Ted Moore, Auburn, 1:21:35. 7. Karen Johnson (f) Citrus Heights, 1:21:48. 8. John Miller, Newcastle, 1:22:57. 9. Erica Botha (f) Citrus Heights, 1:24:00. 10. Kenneth Kraebel, Marysville, 1:24:01. 11. Hoernkus Blanomange, Auburn, 1:25:31. 12. Dennis Scott, Sacramento, 1:28:21. 13. Ray Brown, Hayward, 1:28:28. 14. Herb Tarimoto, Cool, 1:30:07. 15. Greg Kendrick, Auburn, 1:33:44.

Overall Results-Biathlon (6.1mR-7.45mB)

1. Mark Murray, Sacramento, 1:19:55. 2. Mark Gouge, Folsom, 1:20:05. 3. Leonard Veare, Elverta, 1:20:07. 4. Richard Oliveira, Sacramento, 1:23:52. 5. Even McDaniel, Grass Valley, 1:30:47. 6. Chris D'Altofo, San Jose, 1:32:05. 7. Mike Kieck, Sacramento, 1:32:29. 8. Darren Phelan, Grass Valley, 1:33:57. 9. Lea Verke (1st f) Grass Valley, 1:34:25. 10. Vernon Slater, Weimar, 1:34:26.

Camp Pendleton Half Marathon

September 7, 1996, Camp Pendleton.

Division Results-Men

18-29: 1. Dennis Arnds 1:15:20. 2. Mondo Tjerina 1:16:04. 3. David Hetherington 1:24:59. 30-39: 1. Orlando Munoz 1:19:12. 2. Sergio Correa 1:20:37. 3. James Langley 1:21:01. 40-49: 1. Bruce Urquhart 1:26:55. 2. Angel Lao

1:35:23. 3. John Isakson 1:36:24. 50+: 1. Wayne Mitchell 1:25:10. 2. John McBride 1:31:11. 3. Hans Dieben 1:32:26.

Division Results-Women

18-29: 1. Alexander Hetherington 1:12:10. 2. Ryan Platero 1:20:23. 3. Richard Gammon 1:25:59. 30-39: 1. Rudy Janiczek 1:16:28. 2. Bern Agman 1:17:11. 3. Manuel Estrada 1:18:16. 40+: 1. Douglas Vasquez 1:28:00. 2. Brian Roby 1:28:13. 3. Ted Borkowski 1:31:17.

Division Results-Women

18-29: 1. Katie Ross 1:32:53. 2. Mary Donovan 1:33:17. 3. Angela Cook 1:34:39. 30-39: 1. Nellie Toner 1:28:14. 2. Jamie Armbruster 1:33:20. 3. Karen Helms 1:35:20. 40-49: 1. Maria Banagan 1:39:57. 2. Debbie Wells 1:48:32. 3. Dora Haikal 1:49:51. 50+: 1. Elko Petty 1:55:56. 2. Candice Crawford 2:37:32.

4th Annual Historic Downtown Larkspur Race

September 7, Larkspur.

Overall Results-5K

1. Jon Kinkman (36) 16:33. 2. David Rosen (23) 16:43. 3. Sam Aranda (29) 16:50. 4. John Rosen (21) 16:51. 5. Dave Dempsey (41) 17:03. 6. Victor Ballesteros (26) 17:58. 7. Timothy Fitzpatrick (35) 18:33. 8. Jim Flanagan (47) 18:22. 9. Peggy Lavelle (36f) 18:52. 10. Robert Flalland (31) 18:56. 11. Martin Joffe (44) 18:59. 12. Clark Rosen (47) 19:02. 13. Juan Rendon (30) 19:07. 14. Geoffrey Mohan (33) 19:24. 15. Don Elsener (40) 19:55. 16. Phil Melman (31) 20:06. 17. John Carroll (32) 20:15. 18. James Lynch (36) 20:23. 19. Mike Myers (44) 20:35. 20. Sara Sadow (35f) 20:42. 24. Natalie Joffe (9f) 21:38. 30. Kent Barrett (22f) 22:13.

Oakland A's All-Star Run

September 7, Oakland.

10K-Top 20 Men

1. Andrew Boudreau (26) Berkeley 31:32. 2. Guillermo Cazares (30) Alameda 33:12. 3. Robert Schug (43) Oakland 35:09. 4. Alphonso Jackson (51) 35:42. 5. Alex Teekell (19) Piedmont 35:45. 6. John Dubois (16) Alameda 37:34. 7. Zachary Griffin (33) Oakland 40:25. 8. Michael Stephens (40) 41:12. 9. Michael Lindheim (36) Piedmont 42:01. 10. Mike Rosner (51) Danville 42:08. 11. Mark Watson (42) 42:20. 12. Steven Bagot (36) Danville 42:24. 13. Rex Kuster (44) Santa Clara 42:57. 14. Donald Fritsche (34) San Leandro 43:27. 15. Russell Jeung (33) Oakland 44:36. 16. Neil Smith (32) Antioch 45:17. 17. Tom Chew (38) Oakland 45:24. 18. Tom Smith (34) Watsonville 45:31. 19. Steven Corral (36) Fremont 45:58. 20. Jim Carlson (41) Campbell 46:00.

Division Results-10K Men

14-19: 1. Teekell 35:45. 20-29: 1. Boudreau 31:32. 30-39: 1. Cazares 33:12. 2. Griffin 40:25. 3. Lindheim 42:01. 40-49: 1. Schug 35:09. 2. Stephens 41:12. 3. Watson 42:20. 50-59: 1. Jackson 35:42. 2. Rosner 42:08. 3. Russell Fosha (51) San Ramon 50:55. 60-69: 1. Lloyd Anderson (65) Fremont 49:31. 2. Luis Reyes (61) San Jose 50:26. 3. Ted Vincent (60) Berkeley 51:53.

10K-Top 20 Women

1. Carol Simpson (44) Denver, CO 46:22. 2. Ann Grove (55) Benita 46:55. 3. Allison Abizaid (37) Walnut Crk 50:22. 4. Donica Hopkins (28) Oakland 51:13. 5. Celene Soto (24) San Mateo 54:40. 6. Alea German (14) Sonoma 59:23. 7. Karen Nelson-German (47) Sonoma 59:24. 8. Bette Axiak (51) Copperopolis 1:01:28. 9. Bernice Brucker-Vincent (69) Berkeley 1:07:59. 10. Roseann Santa Cruz (45) Berkeley 1:08:51.

Division Results-10K Women

14-19: 1. German 59:23. 20-29: 1. Hopkins 51:13. 2. Soto 54:40. 30-39: 1. Abizaid 50:22. 40-49: 1. Simpson 46:22. 2. Nelson-German 59:24. 3. Santa Cruz 1:08:51. 50-59: 1. Grove 46:55. 2. Axiak 1:01:28. 60-69: 1. Brucker-Vincent 1:07:59.

5K-Top 20 Men

1. Bradley Zamczyk (33) San Fran 15:13. 2. Jacob Candelaria (40) Castro Vly 15:28. 3. Rick Baca (38) Monterey 16:54. 4. Michael King (32) 17:04. 5. Bill Brusher (45) Piedmont 17:37. 6. Rick Riordan (36) Alameda 18:10. 7. Chris Arnold (41) Piedmont 18:25. 8. Nils Headley (29) San Fran 18:36. 9. Jim Keene (38) Oakland 18:37. 10. Warner Castillo (23) San Ramon 19:34. 11. David Seifert (25) Castro Vly 19:47. 12. Karl Marek (40) Santa Clara 22:49. 13. Jess Chavez (65) Albany 23:08. 14. Warren Gookin Jr. (42) Walnut Crk 23:10. 15. Arthur Curry (57) Oakland 23:12. 16. Marvin Mainer (58) Castro Vly 23:42. 17. Urbano Lozano (38) 23:48. 18. Robert Rosen (60) Oakland 23:52. 19. Ron Iriyama (56) Oakland 23:53. 20. Rodney Low (45) Oakland 23:54.

Division Results-5K Men

6-13: 1. Toby Rowe (8) Piedmont 35:20. 2. Aaron Wong (9) Oakland 39:53. 20-29: 1. Headley 18:36. 2. Castillo 19:34. 3. Seifert 19:47. 30-39: 1. Zamczyk 15:13. 2. Baca 16:54. 3. King 17:04. 40-49: 1. Candelaria 15:28. 2. Brusher 17:37. 3. Arnold 18:25. 50-59: 1. Curry 23:12. 2. Mainer 23:42. 3. Iriyama 23:53. 60-69: 1. Chavez 23:09. 2. Rosen 23:52. 3. Donald Bleber (60) Monterey 27:19.

5K-Top 20 Women

1. Larisa Solozhuk (13) Hayward 19:20. 2. Eileen Castillo (21) San Ramon 19:58. 3. Julie Wilgebush (31) Brentwood 24:26. 4. Sarah Liu (30) Berkeley 25:15. 5. Susan Joaquin (50) Brentwood 26:03. 6. Ruth Zollinger (29) Turlock 26:55. 7. Carole Malfatti (39) 27:16. 8. Karen Gudiksen (56) Castro Vly 27:46. 9. Danielle Hess (9) Newark 27:47. 10. Kelly Hess (33) Newark 27:48.

11. Molly McCulloch (10) Alameda 28:11. 12. Frances Walker (45) San Jose 28:58. 13. May Kuwatani (56) Hayward 30:52. 14. Pamela Radkey (34) Albany 31:06. 15. Arlene Rankime (44) Elk Grove 31:13. 16. Tamara Harper (28) Walnut Crk 33:14. 17. Cora Owens (53) Castro Vly 34:34. 18. Vivienne Sun (43) Oakland 35:48. 19. Joan Williams (67) Fremont 39:29. 20. Toby Yamagawa (37) Santa Clara 41:30.

Division Results-5K Women

6-13: 1. Solozhuk 19:20. 2. Hess 27:47. 3. McCulloch 28:11. 20-29: 1. Castillo 19:58. 2. Zollinger 26:55. 3. Harper 33:14. 30-39: 1. Wilgebush 24:26. 2. Liu 25:15. 3. Malfatti 27:16. 40-49: 1. Walker 28:58. 2. Rankime 31:13. 3. Sun 35:48. 50-59: 1. Joaquin 26:03. 2. Gudiksen 27:46. 3. Kuwatani 30:52. 60-69: 1. Williams 39:29. 70-95: 1. Vemadine Vinella (71) Oakland 43:49. 2. Helen Osterberg (86) Pleasanton 1:10:22.

John Orogren Memorial 5K

September 7, Marysville.

Overall Results-5K

1. Damian Rogers, 16:40. 2. Steve Haase, 16:59. 3. Joshua Schweizer, 17:07. 4. Jason Schweitzer, 17:13. 5. Todd Nunan, 17:42. 6. David Oleashea, 18:09. 7. Marcos Silva, 18:15. 8. Brent Cushman, 18:45. 9. Jean-Claude Legras, 19:14. 10. Michael Duzbee, 19:32.

Overall Results-5K High School

Boys: 1. Kaakpama Yalpala, 17:20. 2. Michael Allieri, 17:20. 3. David Depiazza, 17:23. 4. Mike Hills, 17:34. 5. Chris DeWitt, 17:34. 6. Jonathan Salzberg, 17:39. 7. Anthony Brenneman, 17:56. 8. Chris Robertson, 18:23. 9. Joel Coburn, 18:28. 10. Jeff Vipond, 18:45.

Girls: 1. Sarah Knapp, 22:43. 2. Emily Hodges, 24:38. 3. Alexis Coburn, 24:51. 4. Val Bullard, 25:26. 5. Tawny Halverson, 25:37.

Park To Park 8 Mile Run

September 7, Lompoc.

Overall Results-8 Mile

1. Scott Coe (36) 43:41. 2. Peter Anderson (34) 45:46. 3. John Leembruggen (43) 48:32. 4. John Tifford (40) 50:25. 5. Bobby Powers (40) 50:30. 6. Elaine Triplett (45f) 51:07. 7.

RESULTS

Karl Seeland (39) 52:00. 8. Alex Jones (47) 52:25. 9. Julie Hiramatsu (39) 53:19. 10. Mika Uema (53) 53:22.
11. Jim Curriden (37) 54:17. 12. Ron Cortopassi (36) 54:47. 13. Louis Heredia (45) 55:33. 14. Coo Perlman (30f) 56:16. 15. Rick Hummel (40) 57:00. 17. Yaeko Patrick (62f) 57:59. 18. Carol Gutierrez (34f) 58:20. 19. Angie Rameziz (43f) 58:29.

52nd WALNUT CREEK FESTIVAL

September 08, 1996

OVERALL FINISHERS—Top 50

1 BRAD HAWTHORNE PIEDMONT CA 31:24, 2 STEVEN CHAVEZ SAN RAMON CA 33:27, 3 JEFF TEETERS BERKELEY CA 33:57, 4 THOMAS GARVEY OAKLAND CA 34:11, 5 CAMERON SARMIENTO WALNUT CREEK CA 34:43, 6 CHRIS ROSS BERKELEY CA 34:45, 7 STEVE SULLIVAN WALNUT CREEK CA 34:55, 8 HARRY STAALBERG HERMOSA BEACH 35:14, 9 KEN ELLINGBOE ALBANY CA 35:21, 10 MIKE MAGUIRE HAYWARD CA 35:32, 11 PAUL CATHERWOOD SAN FRANCISCO 35:41, 12 BRUCE MINARO HAYWARD CA 35:56, 13 ANTHONY SPONZILLI WALNUT CREEK CA 36:39, 14 JOHN PIDOLI LIVERMORE CA 36:51, 15 BILL AULU ALAMEDA CA 37:01, 16 MATT RIDENOUR PITTSBURG CA 37:02, 17 TOM PACKARD WALNUT CREEK CA 37:08, 18 JOHN FRANCO VALLEJO CA 37:09, 19 MARK STEVENS DANVILLE CA 37:16, 20 BILL ALLMAN DANVILLE CA 38:01, 21 WAYNE VIEGAS OAKLAND CA 38:02, 22 JUAN TAPIA OAKLEY CA 38:05, 23 BART SIMMONS WALNUT CREEK CA 38:07, 24 DAN ANDERSON UNION CITY CA 38:09, 25 GERALD VALDEZ VALLEJO CA 38:13, 26 JENNIFER CUBILLAS FOSTER CITY CA 38:14, 27 COLIN MORRIS WALNUT CREEK CA 38:21, 28 Ernle Rivas Oakland CA 38:28, 29 JIM ALLING WALNUT CREEK CA 38:34, 30 LEN GOLDMAN OAKLAND CA 38:40, 31 BOB HERMENS CONCORD CA 38:41, 32 Mark Evans Walnut Creek CA 38:44, 33 PETER KUPERMAN SUNNYVALE CA 38:50, 34 JERRY GOODWIN BERKELEY CA 39:02, 35 STAN BERGUM ORINDA CA 39:10, 36 LARRY GOLDFARB WALNUT CREEK CA 39:19, 37 RICHARD TORIGGINO WALNUT CREEK CA 39:30, 38 JOHN KIRKPATRICK OAKLAND CA 40:10, 39 CHRIS WALSH PLEASANT HILL 40:16, 40 ERNIE MELARA MARTINEZ CA 40:19, 41 STEVEN BOIKE CONCORD CA 40:20, 42 LARRY SENGEWALT ALAMEDA CA 40:27, 43 IKE HOWSON MARTINEZ CA 40:40, 44 TOM KIESLER WALNUT CREEK CA 40:43, 45 STEVE HYLAND WALNUT CREEK CA 41:02, 46 BRUCE WALLNER ALAMEDA CA 41:23, 47 STEWART WARREN WALNUT CREEK CA 41:25, 48 MICHAEL FRANKFURT BERKELEY CA 41:41, 49 BRITTON CHANG WALNUT CREEK CA 41:41, 50 PHILLIP SCHNEIDEWIND DUBLIN CA 41:42.

DIVISION RESULTS—Women

13 To 18: 1. LISA BOSTJANICK LAFAYETTE CA 44:05, 2. MEGAN KEANE, PLEASANT HILL CA 47:33, 19 To 29: 1. JENNIFER CUBILLAS FOSTER CITY CA 38:14, 2. TERA WOOLRIDGE MORAGA CA 43:48, 3. RACHELE ORSI PLEASANT HILL CA 46:49, 30 To 39: 1. ROBBIE KEIL PLEASANT HILL CA 44:04, 2. ALISON ADAMS PLEASANT HILL CA 45:00, 3. LYNETTE MADISON MARTINEZ CA 46:46, 40-49: 1. DEBBIE BEYERS DANVILLE CA 42:54, 2. BARBARA GINOS WALNUT CREEK CA 47:59, 3. TOBEY KAPLAN OAKLAND CA 49:26, 50 To 59: 1. BARBARA SCHBERT WALNUT CREEK CA 44:29, 2. DIANNE ANDERSON DANVILLE CA 47:47, 3. CATHY DIX WALNUT CREEK CA 51:59.

DIVISION RESULTS—Men

12 and Under: 1. SCOTT BAUHS DANVILLE CA 53:56, 13 to 18: 1. CAMERON SARMIENTO WALNUT

CREEK CA 34:43, 2. MATT RIDENOUR PITTSBURG CA 37:02, 3. TIMOTHY NELSON WALNUT CREEK CA 43:25, 19 to 29: 1. PAUL CATHERWOOD SAN FRANCISCO CA 35:41, 2. COLIN MORRIS WALNUT CREEK CA 38:21, 3. PETER KUPERMAN SUNNYVALE CA 38:50, 30 to 39: 1. STEVEN CHAVEZ SAN RAMON CA 33:27, 2. JEFF TEETERS BERKELEY CA 33:57, 3. THOMAS GARVEY OAKLAND CA 34:11, 40 to 49: 1. BRAD HAWTHORNE PIEDMONT CA 31:24, 2. BRUCE MINARO HAYWARD CA 35:56, 3. TOM PACKARD WALNUT CREEK CA 37:08, 50 to 59: 1. LEN GOLDMAN OAKLAND CA 38:40, 2. JERRY GOODWIN BERKELEY CA 39:02, 3. MIKE ROSNER DANVILLE CA 42:20, 60 to 69: 1. BRYAN HOLMES CONCORD CA 44:25, 2. MAC JORDAN KENSINGTON CA 48:17, 3. IRA HERSHKOWITZ WALNUT CREEK CA 51:45, 70 and Over: 1. HOWARD PIERCE PLEASANT HILL CA 1:15:24, TOTAL FINISHERS 317

Top 50 Overall—5K

1 JONATHAN STILES SAN JOSE CA 15:40, 2 ANTHONY MUNCH CONCORD CA 16:17, 3 JIM SCHAUFLEER PLEASANT HILL 17:07, 4 TIM KEENAN CONCORD CA 17:11, 5 DERRICK RUIZ DANVILLE CA 17:41, 6 DENNIS TRACY CONCORD CA 17:52, 7 JASON SMEDLEY LAFAYETTE CA 17:58, 8 FRANK STANKO PLEASANTON CA 18:17, 9 MARK WOLFE PALO ALTO CA 18:18, 10 BZ CHURCHMAN OAKLAND CA 18:18, 11 DOUGLAS CLOSSON RICHMOND CA 18:40, 12 JEFFREY ANDRES FAIRFIELD CA 18:41, 13 BRICE PRUYN NAPA CA 18:47, 14 NELSON YANG PLEASANT HILL 18:49, 15 PETER DAVIS WALNUT CREEK CA 18:51, 16 STEPHEN WORTHY WALNUT CREEK CA 19:03, 17 RENZO SOLARI WALNUT CREEK CA 19:11, 18 PATRICIA DUROSAD WALNUT CREEK CA 19:16, 19 ALISA CASIANO WALNUT CREEK CA 19:17, 20 LINSEY HENTHORN BRENTWOOD CA 19:17, 21 VINCENT CASIANO WALNUT CREEK CA 19:17, 22 HANS FACER LAFAYETTE CA 19:29, 23 SASCHA MADRID CONCORD CA 19:31, 24 RICHARD DEYOUNG CASTRO VALLEY 19:37, 25 KARIN KUFFEL OAKLAND CA 19:41, 26 PETER HARRIS WALNUT CREEK CA 19:43, 27 JOHN RHODES WALNUT CREEK CA 19:48, 28 MONIQUE MELARA MARTINEZ CA 20:01, 29 JEREMY LYS ALBANY CA 20:02, 30 ERIC KRIEGER DANVILLE CA 20:14, 31 TOM MCKNIGHT MARTINEZ CA 20:21, 32 LARRY SOLARI WALNUT CREEK CA 20:34, 33 ROBERT HARRIS SAN MATEO CA 20:35, 34 RENE GUTIERREZ SAN RAMON CA 20:36, 35 RICH NELSON ANTIOCH CA 20:41, 36 RICH VILLALOBOS CLAYTON CA 20:44, 37 CLARK LOWE CASTRO VALLEY 20:47, 38 JIM WOGAMAN DANVILLE CA 20:52, 39 JANES NELSON WALNUT CREEK CA 20:57, 40 CHENG-ER MEHMEDBASICH CROCKETT CA 20:58, 41 JOE PABST ORINDA CA 21:04, 42 LARRY RUST LAFAYETTE CA 21:06, 43 TERRY TOW DANVILLE CA 21:06, 44 BOBBY CALLAWAY WALNUT CREEK CA 21:08, 45 KELLY CAMERON MEINE ANTIOCH CA 21:12, 46 LETI ARROYO PITTSBURG CA 21:13, 47 FRANK CLEMENS CONCORD CA 21:17, 48 MICHELLE CLARK CLAYTON CA 21:23, 49 JERI CLARK FORESTHILL CA 21:26, 50 DOUG SEEFER CONCORD CA 21:27.

DIVISION RESULTS—5K

Women

12 and Under: 1. KATRINA ANDERSON UNION CITY CA 33:55, 2. TORI MCDONALD-CASS WALNUT CREEK CA 35:47, 3. BRYNN DEBARR CONCORD CA 36:08, 13 To 18 (New Age Group Record!!): 1. LINSEY HENTHORN BRENTWOOD CA 19:17, 2. MONIQUE MELARA MARTINEZ CA 20:01, 3. LETI ARROYO PITTSBURG CA 21:13, 19 To 29: 1. ERIKA WOOLSON SACRAMENTO CA 21:28, 2. BROOKE DITTERSON DAVIS CA 23:19, 3. TRACY FINGER WALNUT CREEK CA 25:34, 30 To 39 (New Age Group

Record!!): 1. BZ CHURCHMAN OAKLAND CA 18:18, 2. PATRICIA DUROSAD WALNUT CREEK CA 19:16, 3. ALISA CASIANO WALNUT CREEK CA 19:17, 40 To 49: 1. CHENG-ER MEHMEDBASICH CROCKETT CA 20:58, 2. Kathy Boettcher CONCORD CA 21:45, 3. GAIL ZUCKER DANVILLE CA 22:21, 50 To 59: 1. DIANE REBER MARTINEZ CA 23:34, 2. NANCY PELAYO MARTINEZ CA 24:33, 3. LINDA BANDLER DANVILLE CA 25:16, 60 To 69: 1. NANCY WALLACE WALNUT CREEK CA 28:49, 2. IRENE R. OBERA FREMONT CA 29:51, 3. MARGARET CRAIG LAFAYETTE CA 40:33.

Men

12 and Under (New Age Group Record!!): 1. SASCHA MADRID CONCORD CA 19:31, 2. JOE PABST ORINDA CA 21:04, 3. JED AUGUST ALAMO CA 21:34, 13 to 18 (New Age Group Record!!): 1. ANTHONY MUNCH CONCORD CA 16:17, 2. JASON SMEDLEY LAFAYETTE CA 17:58, 3. BRICE PRUYN NAPA CA 18:47, 19 to 29: 1. JONATHAN STILES SAN JOSE CA 15:40, 2. JIM SCHAUFLEER PLEASANT HILL CA 17:07, 3. NELSON YANG PLEASANT HILL CA 18:49, 30 to 39: 1. TIM KEENAN CONCORD CA 17:11, 2. MARK WOLFE PALO ALTO CA 18:18, 3. JEFFREY ANDRES FAIRFIELD CA 18:41, 40 to 49: 1. DERRICK RUIZ DANVILLE CA 17:41, 2. DOUGLAS CLOSSON RICHMOND CA 18:40, 3. HANS FACER LAFAYETTE CA 19:29, 50 to 59: 1. DENNIS TRACY CONCORD CA 17:52, 2. FRANK STANKO PLEASANTON CA 18:17, 3. PETER DAVIS WALNUT CREEK CA 18:51, 60 to 69: 1. DAVID NETHAWAY DANVILLE CA 24:42, 2. FRANK DILLON CONCORD CA 27:31, 3. JOHN KENNEDY CONCORD CA 28:44, 70 and Over: 1. LYMAN GLENNY WALNUT CREEK CA 27:33, 2. ULYSSES RATTI OAKLAND CA 29:52, 3. RALPH JAGO OAKLAND CA 33:54.

Shinzen Run

September 9, Woodward Park, Fresno.

Division Results—Men—5 Mile

Overall: 1. Oswaldo Lopez 26:16, 0-18: 1. Roy Flores 31:06, 19-24: 1. Robert Heugly 29:52, 25-29: 1. Michael Sanchez 31:00, 30-34: 1. Joe Carnegie 26:16, 35-39: 1. Mike McGregor 26:33, 40-44: 1. Dale Campbell 26:40, 45-49: 1. Steven Levy 28:29, 50-54: 1. Robert Lindsey 28:12, 55-59: 1. Luciano de Savorgnani 42:48, 60-64: 1. Frank Delgado 33:26, 65-69: 1. Ernesto Malagon 35:27, 70-74: 1. John Paradis 44:30, 75+: 1. Harry Harder n/a.

Division Results—Men—2 Mile

Overall: 1. Ray Garcia 10:03, 0-9: 1. Justin Kawaguchi 22:49, 10-12: 1. Trevor Uyemura 11:36, 13-15: 1. Robert Hawke 10:56, 16-18: 1. JK Lundberg 11:11, 19-24: 1. John Orasco 10:31, 25-29: 1. Josef Neff Jr. 10:14, 30-34: 1. Brian Kendal 11:09, 35-39: 1. Jose Gonzalez 10:22, 40-44: 1. Marco Martinez 11:22, 45-49: 1. Gary Bluth 11:06, 50-54: 1. Dennis Duffy 12:18, 55-59: 1. Fernie Montanez 13:04, 60-64: 1. Mickey Katlangian 13:15, 70-74: 1. Bob Mugso 16:05.

Division Results—Women—5 Mile

Overall: 1. Virginia Dickson 31:45, 0-18: 1. Kristie Gonzalez 34:59, 19-24: 1. Jennifer Sperling 35:05, 25-29: 1. Julie Oehlschlaeger 32:39, 30-34: 1. Dawn Woydstra 32:50, 35-39: 1. Nellie Gonzalez 35:33, 40-44: 1. Deanna Voelker 33:35, 45-49: 1. Julie Senjak 39:05, 50-54: 1. Marjorie Lindsey 35:03, 55-59: 1. Joan Jeter 38:00, 60-64: 1. Sydney Loo 54:40.

Division Results—Women—2 Mile

Overall: 1. Jessie Flores 12:13, 0-9: 1. Lauren Marmoto 15:46, 10-12: 1. Jamie Hahn 12:14, 13-15: 1. Kimberly Smith 13:01, 16-18: 1. Amy Cameron 13:28, 19-24: 1. Souriya Syhalah 13:11, 25-29: 1. Tiffany Farmer 14:15, 30-34: 1. Denise Arkigian 13:17, 35-39: 1. Beth Falls 13:37, 40-44: 1. Marice Smith 15:48, 45-49: 1. Sharon Mayo 14:09, 50-54: 1. Judy Shehadey 17:27, 55-59: 1. DB Lion 17:31.

RESULTS

60-64: 1. Louise Rhoan 20:57. 70-74: 1. Dorothy Thomas 17:31.

Chevy's to Chevy's

September 21, 1996: Sacramento, CA
5K

1 Ben Rodeler Berkeley 33 17:11, 2 Mark Prestwich Sacramento 26 17:40, 3 David Ellison Elk Grove 36 17:54, 4 Daniel Texler Citrus Heights 35 18:08, 5 Jason Tiffany Auburn 27 18:31, 6 Neal Chappell Stataline NV 55 19:00, 7 Andrew Kotko Shingle Springs 18 19:01, 8 Matt Miles Sacramento 22 19:15, 9 Lyle Porter Roseville 23 19:18, 10 Jason Still Mossyrock WA 22 19:30.

11 Albert Saldana Reno NV 44 19:42, 12 Bev Marx Fair Oaks 42 19:52, 13 Matthew Duncan Sacramento 49 19:53, 14 Karrie Schmidt Pleasant Hill 33 19:55, 15 Jim Harrison Sacramento 49 20:04, 16 James Collopy Sacramento 35 20:14, 17 Tim Smaldone Orangevale 28 20:25, 18 Tom McKnight Martinez 37 20:27, 19 Tina Visby Sacramento 31 20:28, 20 Alisa Manzano Davis 29 20:36 F 25-29 6:37 3965

21 Bryan Harrison Sacramento 31 20:40, 22 Stephan Stoltz Sacramento 37 20:41, 23 Keith Daviar South Lake Tahoe 38 20:47, 24 Joel Contreras Carmichael 52 20:49, 25 Tim Roberts Vacaville 31 20:51, 26 Bryan Holmes Concord 62 20:52, 27 Hector Lopez Stockton 45 20:59, 28 Ben Borchers Rocklin 24 21:06, 29 Harry Tovera Placerville 39 21:07, 30 4 Kasey Cotulla Sacramento 31 21:07.
12K

1 Leonard Sperandio Orangevale 36 39:09, 2 Richard Flores Windsor 41 39:32, 3 Leonard Veare Elverta 29 40:48, 4 Adam Ferreira North Highlands 46 41:44, 5 Mike Tuffy Davis 33 41:59, 6 Al Michel Elk Grove 40 42:10, 7 Dennis Pritzlich Fair Oaks 29 42:11, 8 Dave Smith Suisun City 42 42:25, 9 Mika Jakobsons Davis 30 42:26, 10 Chad Worthen Sacramento 22 42:29.

11 Thom Pearman Citrus Heights 34 42:38, 12 Mike Deatherage Suisun City 41 42:41, 13 Randall Sturgeon Folsom 44 42:54, 14 Rick Kushman Sacramento 41 42:57, 15 Erik Dunn Danbury CT 25 42:59, 16 Jeff Cowling Brentwood 37 43:04, 17 Tim Norton Sacramento 31 43:05, 18 Aaron Ferguson Sacramento 23 43:22, 19 Victor Diaz San Francisco 29 43:26, 20 Daniel Ortiz Vacaville 44 43:44, 21 Shawn Seidel Davis 26 43:46, 22 Mark Gouge Folsom 38 43:52, 23 Gustavo Hernandez Davis 35 44:01, 24 Ruben Rodriguez Galt 31 44:18, 25 Bill Mumma Sacramento 38 44:22, 26 Steven Shaffer Davis 36 44:27, 27 Mike Tarvid Napa 34 44:39, 28 Carlos Casillas Davis 34 44:43, 29 Mike Ammon Carmichael 51 44:47, 30 Ramon Jaime Elk Grove 31 44:49.

Fresno Fair Cross-City Race

September 22, 1996.

Men-10K

Overall Winner: 1. Michael Kasahun 31:29. 10-13: 1. Roy Flores 39:03, 2. Joseph Penner 46:11, 3. Andy Levine 46:30, 14-18: 1. Jorge Lopez 36:06, 2. Ramon Gonzales 35:25, 3. Francisco Rodarte 36:41, 20-24: 1. Rey Sanchez 32:54, 2. Cecil Lilierna 33:14, 3. Pascual Morales 35:13, 25-29: 1. David Naranjo 32:08, 2. Jose Ortega 35:08, 3. Angel Vilagomez 37:39, 30-34: 1. Bill Daniels 35:00, 2. Jose Gaona 36:47, 3. Jay Geary 37:11, 35-39: 1. Juan Hernandez 33:06, 2. Barry Proctor 32:28, 3. Artemie Villegas 35:34, 40-44: 1. Dale Campbell 33:12, 2. Baldemar Betancourt 35:22, 3. Getachew Eshete 35:33, 45-49: 1. Steven Levy 36:12, 2. Mark Hays 35:23, 3. John Volkman 40:14, 50-54: 1. Robert Lindsey 35:39, 2. Don Maxey 37:36, 3. Fred Barnett 38:08, 55-59: 1. Abe Valdez 40:21, 2. Jim Scott 43:00, 3. Juan Sobenes 43:28, 60-64: 1. Tommy Upton 41:26, 2. Frank Delgado 41:52, 3. Ric Zamantipa 43:13, 65-69: 1. Ernesto Malagon 45:04, 2. Tony Bush 50:06, 3. Robert Stout 55:38, 70-74: 1. John Paredes 54:00, 2. Ed Saicoe 58:42, 3. Gordon Parish 59:36, 75+: 1.

Harry Harder 1:08:37. Wheelchair: 1. Dean Vanderpool 50:47, 2. Allen Roope 51:40.

Women-10K

Overall Winner: Daniella Chulantseff 38:31. 0-9: 1. Mayra Jimenez 52:38, 10-13: 1. Leigh Anderson 42:36, 2. Kelly Bush 45:27, 3. Sabrina Tompkins 54:12, 14-18: 1. Sanjuana Gomez 41:18, 2. Kristin Fairley 43:15, 3. Sandra Bussier 45:17, 20-24: 1. Stephanie Parmaley 43:16, 2. Michele Yancy 46:44, 3. Mary Hooper 47:45, 25-29: 1. Julie Oehlschlagel 40:31, 2. Hope Rodriguez 45:25, 3. Helen Kruthof 45:58, 30-34: 1. Dawn Woudstra 40:26, 2. Sue O'Sullivan 41:41, 3. Maia Pucay 42:54, 35-39: 1. Brenda Villanueva 41:59, 2. Lisa Imobersteg 42:18, 3. Nellie Gonzales 43:55, 40-44: 1. Deana Volker 41:20, 2. Leslie King 42:51, 3. Sharon Brown 47:29, 45-49: 1. Ellen Peterson 47:46, 2. Julie Serjak 48:00, 3. Joan Federico 49:32, 50-54: 1. Marjorie Lindsey 44:34, 2. Suzanne Sobenes 48:46, 3. Mary Anne Barroso 49:07, 55-59: 1. Anita Thomas 54:32, 2. Jackie Ryle 57:17, 3. Heidi Fialho 1:05:51, 60-64: 1. Mae Rogers 1:01:05, 2. Mae Johnson 1:01:06, 3. Sydney Loo 1:10:11, 70-74: 1. Dorothy Thomas 1:01:03, 2. Mary Meisel 1:22:04. Wheelchair: 1. Carole Peter 56:00.

Men-2 Mile

Overall Winner: Joe Carnegie 9:24. 0-9: 1. Chad Millard 14:30, 2. Paul Flores 14:33, 3. Brian Coronado 15:24, 10-13: 1. Matthew Cooley 11:16, 2. David Dimmick 11:29, 3. Trevor Uyemura 11:31, 14-19: 1. Gabriel Gil 9:55.0, 2. Moses Avila 10:23, 3. Vidal Fernandez 10:24, 20-24: 1. Polo Duarte 9:55, 2. John Orosco 10:17, 3. Roberto Deloera 10:33, 25-29: 1. Josef Neff Jr 9:58, 2. Gus Prado 10:34, 3. Bobby Rodriguez 11:10, 30-34: 1. Bradford Kendall 10:51, 2. Isaac Gonzalez Sr. 10:57, 3. Pedro Martinez Jr 11:00, 35-39: 1. Ray Garcia 9:51, 2. Felipe Cabrera 10:18, 3. Jose Gonzalez 10:26, 40-44: 1. Scott Rosenlieb 10:30, 2. Elmer McPhail 10:32, 3. Marco Martinez 11:35, 45-49: 1. Wayne Morris 10:45, 2. Luis Pannarale 10:51, 3. Gary Hall 11:06, 50-54: 1. Dennis Duffy 12:02, 2. Frank Ortega 12:20, 3. Ben Perez Jr 12:51, 55-59: 1. Joe Delgado 12:09, 2. Fred Mendoza 12:11, 3. Robert Perry 12:12, 60-64: 1. Mickey Kaltangian Jr 13:09, 2. Dick Cain 13:46, 3. Christopher Denny 14:15, 65-69: 1. Bob Frites 13:34, 2. Len Thornton 14:41, 3. Frank Bressel Jr 15:21, 70-74: 1. Bob Musso 15:55, 2. Leland Scott 17:50, 3. Richard Hudson 19:40, 75+: 1. Robert Boswell 20:33, 2. Carl Stetson 23:19. Wheelchair: 1. Jeremy Barnes 14:10, 2. Nam Dang 14:14, 3. Miguel Mejia 16:12.

Women-2 Mile

Overall Winner: 1. Sarah Dawson 11:07. 0-9: 1. Kyli Astle 16:08, 2. Allpa Ambriz 16:13, 3. Madison Christiansen 18:17, 10-13: 1. Jamie Hahn 12:20, 2. Kimberly Smith 13:03, 3. Elizabeth Morgan 13:24, 14-19: 1. Angela Ruiz 11:39, 2. Jocelyn Keller 12:13, 3. Frankie Calaya 12:21, 20-24: 1. Lora Doss 12:17, 2. Tanya Dooley 12:55, 3. Sourlya Syhalath 13:06, 25-29: 1. Jessie Flores 11:48, 2. Melissa Flynn 11:52, 3. Tiffany Farmer 12:51, 30-34: 1. Deb Wolff 11:18, 2. Barbara Astel 13:13, 3. Denise Arekollan 13:26, 35-39: 1. Tanis Wilgenberg 11:40, 2. Karen Givens 13:38, 3. Beth Falls 14:11, 40-44: 1. Barbara Brotts 13:58, 2. Kathy Jensen 15:02, 3. Marice Smith 15:27, 45-49: 1. Donna Aldrich 14:04, 2. Vera Salfan 14:41, 3. Sharon Mayo 14:52, 50-54: 1. Marge Miller 16:37, 2. Fran Sakata 17:09, 3. Jean Perich 18:15, 55-59: 1. Kemisole Solwazi 14:44, 2. Glenda Morgan 17:03, 3. Mary Trent 17:04, 60-64: 1. Isabel Verduzco 14:34, 2. Aurora Altamirano 17:10, 3. Betty Fox 17:34, 65-69: 1. Mary Fung 23:02, 2. Margaret King 26:03, 70-74: 1. Maria Hernandez NT, 75+: 1. Betty Mayebo NT. Wheelchair: 1. Lori French 12:40, 2. Heather Spencer 16:29, 3. Brook Bertold 18:50.

Empire Mine Gold Rush Run

September 29, Grass Valley, 5.1 Mile.

1. Mike Ammon (51) 34:10

2. Phil Smith (25) 34:25
3. Sara Freitas (38F) 34:35
4. Joe Tomkiewicz (31) 35:14
5. Kevin Nelson (33) 37:04
6. David Brennan (44) 37:45
7. Hoernk Blacmauge (55) 37:55
8. Vickie Pell (43F) 38:05
9. H. Gordon Ainsleigh (49) 38:38
10. Marc Sulik (42) 38:43
11. Rod Gillespie (45) 38:47
12. Everett Riggle (64) 39:02
13. Lori Nelson (33F) 39:39
14. John Darlington (51) 40:04
15. Tom Wood (38) 41:36
16. Dave Duddelstow (55) 42:41
17. Josh Kellermann (16) 42:45
18. Scott Kellermann (51) 42:45
19. Bill Spencer (37) 42:53
20. Robert Patterson (46) 42:57
21. Alida Patterson (36F) 44:29
22. Peggy Davidson (40F) 45:40
23. Sandy Hoff (38F) 45:51
24. Peter Horn (13F) 46:53
25. Wendy Baker (39F) 47:23
26. Cathy Anderson-Myers (48F) 47:30

Islay Creek 5K Fun Run

September 28, Montana de Oro State Park, Los Osos.

1. Christian Hesch (17) 16:29
2. Paul Lee (36) 17:40
3. Charlie Joslin (40) 18:06
4. Ken Hammond (32) 18:43
5. Mark Fork (36) 18:10
6. Dave Moore (38) 19:15
7. Rob Saucedo (37) 19:20
8. Steve Domlich (51) 19:28
9. Stephanie Nunes (1F) 20:09
10. Russ Raymond (48) 20:20

Fog Jog

September 29, Pacifica.

1. Luis Montano 27:37
2. Glen MacDougall 27:56
3. Michael King 28:14
4. Dan Moreno 29:00
5. John Tassoni 29:34
6. George Cagle 29:44
7. Chris Clark 29:47
8. John Martin 30:22
9. Dave Ahn 30:30
10. John Weidinger 30:52
11. Melanie Cleland 32:31
12. Rose Weber 34:22
13. Christine McDermott 35:59

Division Results-Men

13&u: 1. Bryce Williams, 14-19: 1. Jim Bonner, 20-29: 1. Luis Montano, 2. Chris Clark, 3. Scott Cleland, 30-39: 1. Michael King, 2. John Martin, 3. Ken Crampton, 40-49: 1. Glen MacDougall, 2. Dan Moreno, 3. John Tassoni, 50-59: 1. John Weidinger, 2. Gerald McGowan, 3. Jim McBride, 60 & over: 1. Jim Pommer, 2. Warren Hultberg

Division Results-Women

13&u: 1. Sonia Hilton, 2. April Williams, 3. Vivian Aragon, 14-19: 1. Denise Rummehart, 2. Angelina Cucci, 3. Melissa Dalton, 20-29: 1. Melanie Cleland, 2. Denise Brauns, 3. Isela Gonzalez, 30-39: 1. Rose Weber, 2. Christine McDermott, 3. Lucy Payne, 40-49: 1. Simone Billings, 2. Sue Lathrop, 3. Ila Payne-Dwyer, 50-59: 1. Liz Ingraham, 2. Gertie Lyne, 60&over: 1. Sylvia Hughes, 2. Doreen Geraci.

CALIFORNIA Track & Cross Country Coaches ALLIANCE

Why Should I Join The Coaches Alliance?

Now in its 7th year, the **CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE** is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

The Alliance provides your only unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The **COACHES ALLIANCE** directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the **COACHES ALLIANCE** is involved with clinics in San Diego, Los Angeles, Fresno, and San Francisco.

What Do I Receive For My Membership?

COACHES ALLIANCE members will receive a year's editions of *California Track & Running News*, the official publication of the **ALLIANCE**. Each month, members will be kept current with happenings around the state in the **COACHES ALLIANCE** section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings are organized around the State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

The **COACHES ALLIANCE** works directly with the State CIF regarding the selection of the Honor Coaches from each section in our sports. Starting in the fall of 1994, as a member of the Alliance, you will be able to vote in this process.


To join, please fill out and return the following: (Please Print)

Name: _____ School: _____

Section: _____ Mailing Address: _____

City: _____

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

Dues for 1996/97 year (Tax Deductible) -- \$25.00. Make check out to "Coaches Alliance" and send to  Dennis McClanahan, Treasurer
c/o California Track & Running News
4957 East Heaton Ave., Fresno, CA 93727

✓ **Associate Member \$12** -- If you want to join the Coaches Alliance, but do not want the magazine. You will receive clinic discounts and any membership mailouts during the year.

✓ **School Membership \$50** -- Schools will receive discounts for all members of their staff at clinics, as well as a second copy of *California Track & Running News* (you can have it sent to the library, assistant coach, etc.). Please indicate name and/or address for the second copy below.

West Valley Track Club Presents
23rd Annual

Christmas Relays

Lake Merced, San Francisco
4 Person Teams ■ 4 1/2 Miles Per Leg
Sunday, December 15, 1996



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.

REGISTRATION: Fees payable to West Valley TC. Entry fees are non-refundable and non-transferable. \$15 per person with long-sleeve shirt (\$60 team), \$9 per person (\$36 team) with no shirt, if entry postmarked by December 6. \$48 late registration with no shirt. DO NOT MAIL ENTRY AFTER DEC. 6 -- 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. 6) 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. 15 except **JUNIORS** must not turn 20 in 1996.

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

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

- *OPEN* (11) -- No restrictions (1:24:22)
- DIV. B (3) -- Junior Boys (born 1977 or after) (1:32:22)
- DIV. C (1) -- Junior Girls (born 1977 or after) (1:54:20)
- DIV. F (6) -- Sub-Masters Men (30 years or older) (1:30:37)
- DIV. L (4) -- 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 (5) -- Masters Men (40 years or older) (1:34:27)
- DIV. N (3) -- Women's "Open" (no age restrictions) (1:40:08)
- DIV. X (3) -- Sub-Masters Women (30 years or older) (1:43:12)
- DIV. S (4) -- Couples (2 male, 2 female) (1:45:46)
- DIV. W (1) -- Corporate Women (same rules as Div. A, except women only) (1:53:37)

RETURN TO: Christmas Relays, c/o Marc Lund, 1433 Norman Dr., Sunnyvale, CA 94087 (checks payable to West Valley TC). FOR INFORMATION: SEARCY BARNETT (510) 635-9508 (eves), \$60 (\$36 no shirts) ENTRY FEE (non-refundable, non-transferable) must be sent with entry form. DO NOT MAIL IF POSTMARKED AFTER DEC. 6 (enter raceday for \$48 w/o t-shirt). 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 1996 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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