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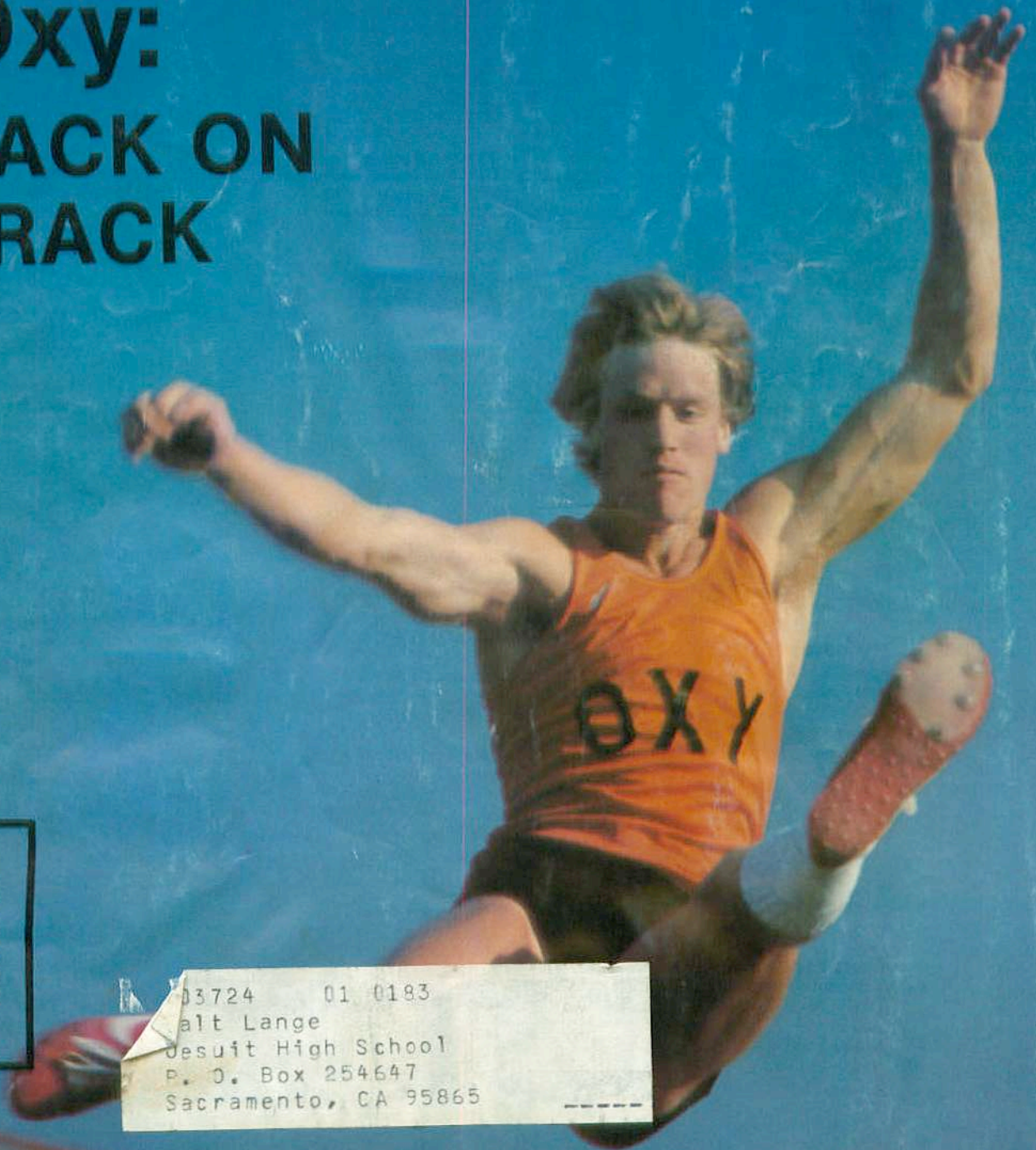
CALIFORNIA

TRACK & RUNNING NEWS

NOVEMBER 1982

ISSUE NO. 73

Oxy: BACK ON TRACK



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Las Vegas Classics Road Racing Championships

4th ANNUAL

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Plus The

NO. 1 HALF MARATHON IN THE WORLD



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Las Vegas Classics Road Racing Championships - 1982

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City

State or Country Zip

Phone: Age Birth Date Sex M F

FUN RUN HALF-MARATHON 10-K



In consideration of the foregoing, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Las Vegas Sports, L.V. Classics, and any and all participating sponsors and supporters, for all claims of damages, demands, actions whatsoever in any manner, as a result of my participation in the Las Vegas Sports, L.V. Classics 1 mile and variety that I am physically fit and capable of running a 13 mile foot race and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purposes whatsoever.

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FOR THOSE PEOPLE ENTERING THE RACE ONLY

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- Enclosed is my non-refundable check for \$6.00

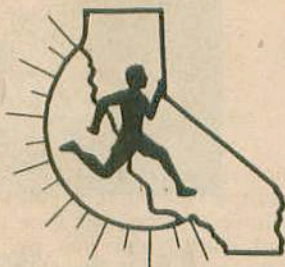
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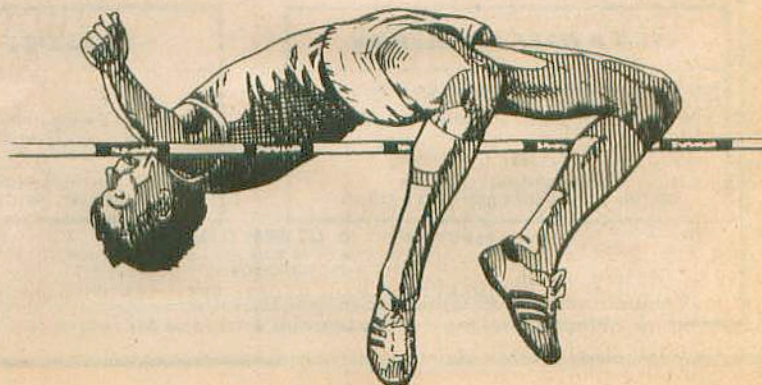
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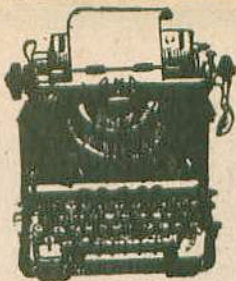
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ON THE COVER: Oxy's Doug Porter holds the school's all-time decathlon record (6967).



Awards & Motives

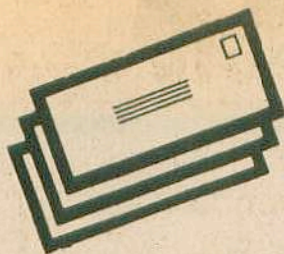


Awards: We all like to receive an award. An award can have great intrinsic value, especially when it symbolizes a major victory. But not everyone in an event earns an award; if they did, the award would lose all meaning. The award should symbolize superior accomplishment, not just participation. T-shirts, certificates and finish ribbons are momentos and commemoratives for all participants.

Are awards necessary? I like to think they are not. Nice, but not necessary to the success of an event or an athlete. The award is just a symbol. Most runners will state that they are not in the sport for awards, but rather achievement of personal goals, and that this achievement is its own award.

As a race director I have seen another side to runners' attitudes — especially the age group athletes — there seems to be an extensive preoccupation with records and awards in both the younger and older groups. The pre-meet phone calls will go like this: "Why don't you have a women's 50-plus division, you have one for the men?" Or, "Why isn't there a 9-and-under division -do you think my 9 year old can compete with a 14 year old?" Or, "Why do you discriminate against the masters 70+ runners?" My answer is always: "We don't have that division because we've never had a sufficient number of entries in that group." Their reply: "You don't have any runners in that group because you don't have a separate division for them." What comes first, the runners or the division? What this tells me is that runners in these divisions are more interested in awards and recognition than they are in achieving personal goals. I have seen masters competitors in both road racing and track & field go to great pains to see who's entered in their age group before deciding to participate — if it appears they can't win they forget it. Or, if there isn't a special division just for them they don't bother. What's it all about?

With the Bass Lake Half Marathon that I direct each year a simple solution is used that both aids myself in ordering awards and also those who want separate divisions. The Bass Lake Half Marathon gives one award for every five pre-entries. It takes five individuals to pre-enter to make a division and then for every five which do pre-enter, there will be one award (10 entries, then, equals 2 awards, 15 pre-entries 3 awards, etc.). That is giving awards to the top 20%. Basing it on pre-entries encourages competitors to pre-enter in hopes of boosting the number of awards and divisions. All divisions are treated equal in this method and everyone should be happy.



PUBLIC APOLOGY

I wish to make a public apology to Jim Howell, Promotional Representative of the Converse Shoe Company. For the second year Jim had agreed to make a donation to the Stockton Marathon and we had agreed to include the Converse logo on our promotional material. At the last minute one of our major sponsors, upon whose financial support we were essentially dependent, finally let us know that they would not be supporting our race. We were then set into a frantic and belated search for a new sponsor. We learned that another shoe company might be available and in fact they were able to provide us with the funds we had been counting on. As a result I had to go back on my agreement with Jim and with Converse.

The lesson is clear for me: get it in writing and get it early!

*Don Hoffman
Stockton Marathon*

THE NICEST 10K

I am writing to inform you of the nicest 10 kilometer run I have run in my life. The race was the Twilight Zone 10K held at Mt. San Antonio College. The race was on a nice road course and was well marked with splits every mile! There was an aid station at the 5K mark and traffic control on the route was great. At the finish there were no back ups and they had water and orange drink for all finishers. We were then given a nice, very original t-shirt. I later learned that my time placed me in the 40-49 age group and I received a great trophy and a watch. Every division winner received a trophy and merchandise awards. I went home feeling very satisfied and glad that for once someone had thought of the runner and wanted to have a nice race. I got all this for only \$5.00. They will see me next year.

*Ruben Roley
Laguna Beach*

Keep the Pace!

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&
Running
News**



Schedule

by Jack Leydig
Scheduling Director

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

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

NOVEMBER

NOV 6: 50 Mile Run. Santa Cruz to Half Moon Bay, 8 am. Stephen Figoni, 534 Spindrift Way, Half Moon Bay 94019. (415) 726-4273.

NOV 6: Run to Beat Cancer 10K. Cal State Northridge, 8 am. Judy Hennessey, Marketing Dept., CSUN, 18111 Nordhoff St., Northridge 91330. Scott Richards (213) 885-2454.

NOV 6: Mission Viejo 7UP 5 & 10K. Lake Mission Viejo, 8 am. Art Villalobos, Mission Viejo Co., 26137 La Paz Rd., Mission Viejo 92691 (714) 837-6050.

NOV 6: West Covina 5 & 10K Runs. West Covina, 8:30 am. The Complete Runner, 2658 E. Garvey Ave. South, W. Covina 91791. (213) 331-0169.

NOV 6: SPATAC District 5K Championships. Westlake, 8 am. Conejo T.C., c/o P.O. Box 891, Tarzana 91356. (213) 888-5526.

NOV 6: Marine Corps 10K. Las Vegas, Nevada (Sunsel Park), 8 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

NOV 6: Friendship School Race (Tentative). Bike & Run, distance TBA, time TBA. Beth Donnell, 375 Farrini Rd., San Luis Obispo 93401. (805) 541-6492.

NOV 6: Challenge Cup 50 Mile. San Francisco (Golden Gate Park, Polo Fields), 8 am. Fleet Feet, Elizabeth Jansen, 2086 Chestnut St., San Francisco 94123. (415) 921-7188. No Post Entry, Limit 75 Runners.

NOV 6: Julian 8.9 Miler. San Diego (William Hise County Park), 9 am. Buzz Thorn (714) 578-1914.

NOV 6: Seal Beach Autumn Run 10K. Seal Beach (1st St. & Ocean Ave.), 8 am. Joe Carlson (213) 439-8875.

NOV 6: 25-Mile Relay. Mason Park, U.C. Irvine, 5-Runner Teams, 9 am. No Raceday Entries. John Blair, Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 968-0556.

NOV 7: Stockton Marathon & Half Marathon. Stockton, 7:30 am. Don Hoffman, 7025 Shoreham Pl., Stockton 95207. (209) 952-2055, eves.

NOV 7: Orange Grove Marathon. Loma Linda, 7 am. Loma Linda Lopers, P.O. Box 495, Loma Linda 92354. (714) 824-1779, eves.

NOV 7: Golden Empire 10K, Half Marathon & Full Marathon. Bakersfield, 7:30 am. Michael Callagy, P.O. Box 9013, Bakersfield 93389. (805) 325-9474-Wk, (805) 323-6800-H.

NOV 7: Excelsior West End Run. (PATAC 10K X-C Championships), San Francisco (Golden Gate Park, Polo Fields), 10 am. Note: Championships for Open Men, Masters Men & Women only. Tom Mann, 2661 Rollingwood Dr., San Bruno 94066. (415) 589-5685

NOV 7: Almond Bowl 3 & 6 Mile Runs. Chico (Bidwell Park), 10 am. Bill Gardner, 910 Oleander Ave., Chico 95926.

NOV 7: Grant Berkeley 5 & 15K Race. Moved to December 5th.

NOV 7: Cup & Saucer Runs. Moved to November 14th.

NOV 7: Windsor Whale Run. 15K & 1500m "Baby Whale Run," (RRC Nat'l Postal Race), Windsor (Starr School), 9 am. Valley of the Moon RC, 2829 Yuma Ct., Santa Rosa 95401.

NOV 7: U.C. Santa Cruz Redwood Run. 5 & 10K, UCSC East Field House, Santa Cruz, 9 am. Redwood Run, U.C. Santa Cruz, Office of P.E. & Recr., Santa Cruz 95064. (408) 429-2045, Mark McCarroll, days.

NOV 7: Breakfast Run. 1.8 & 5.6 mile, Santa Rosa (near Community Hosp.), 9 am. Mike McGuire, 3605 Aaron Dr., Santa Rosa 95404. (707) 542-6687.

NOV 7: DSE Roller Coaster Run. 3.0 miles, Mtn. Spring Lake Playground (12th Ave. & Lake), San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

NOV 7: Apple Harvest Run. 1/2, 3 & 6.5 mile, Camino/Placerville (Carson Rd. & Union Ridge), 8:30 am. Apple Hill Growers, P.O. Box 494, Camino 95709.

NOV 7: Postal Mile Bowl. Acalanes High School, Lafayette, 1 pm. Beck Gibson, P.O. Box 23304, Pleasant Hill 94523. (415) 820-6205.

NOV 7: 10K Estrella River Winery Harvest Run. 6 miles east of Paso Robles (Estrella River Winery), 10 am. Estrella River Winery, P.O. Box 96, Paso Robles 93446.

NOV 7: Dockweiler Beach 10K. Imperial Hwy. at Vista Del Mar. (near L.A. Airport), 8 am. Bill Brant, Box 143, P.V. Estates 90274. (213) 316-4953, Frank Priest, eves.

NOV 7: Run for Freedom 5/10K. Rancho Park (Los Angeles), 8 am. R.A.C.E., P.O. Box BC, Westminster 92683. (714) 897-2227.

NOV 7: Golden Empire Marathon. Bakersfield (Pioneer Village), 7:30 am. Also a Half Marathon & 10K. GE Marathon, P.O. Box 9013, Bakersfield 93389. (805) 325-9474, Michael Callagy.

NOV 7: Foot Feet IV. 5 & 10K, Orinda, 9 am. Foot Feet, 82 Ivy Dr., Orinda 94563.

NOV 11: Porterville Veteran's Day Road Races. 5 & 10K, Porterville (Olive & Third), 8 am. Allen Nelson, 900 S. Main, Porterville 93257. (209) 781-3130.

NOV 11-14: National Sports & Fitness Expo. Los Angeles Convention Center. Begins Thurs. at 8 pm.

NOV 13: Turkey Run. 5 & 10K, Fountain Valley (Mile Square Park), 8:15 am/5K, 9 am/10K. So. Coast Runners Ass'n, 3122 So. Baker, Santa Ana 92704. (714) 641-1708.

NOV 13: City of Lynwood 10K. 8 am. The Complete Runner, 2658 E. Garvey Ave. South, W. Covina 91791. (213) 331-0169.

NOV 13: Turkey Trot. 3 & 10K, Lake Murray (La Mesa), 7:30 am. Jim Putney, E.O.L., P.O. Box 1049, Coronado 92118. (714) 469-4128.

NOV 13: Pacific Crest Trail Del Sur 103 Mile Run. Pine Valley, 5 am. Entries Closed, Limit 75. Flatlanders, P.O. Box 178414, San Diego 92117.

NOV 13: Run For The Kids. 2, 5 & 10K, Ontario (City Hall), 8 am. Bob Huether (714) 986-5847.

NOV 13: People's 10K. Ocean Beach (San Diego area), Robb Field, 7 am. Info: (714) 224-1387.

NOV 13: City of Palmdale Parks & Recreation 5 & 8K. Cultural Center, 8:30 am. Running Promotions Units., P.O. Box 126, Lancaster 93534. (805) 942-3820.

NOV 13: Wishbone Classic 5 & 10K. TRW, Redondo Beach, 8 am. Debl Terrano (213) 535-1550.

NOV 14: Summit Marathon. Los Gatos (to Soquel), Los Gatos High School, 7 am. Runners Factory, 51 University Ave., Los Gatos 95031. (408) 395-4311.

NOV 14: Nat'l TAC Masters 10K X-C Championships. University Park, Penn. (Penn State Univ.), time TBA. Harry Groves, Track Coach, Penn State Univ., University Park, PA 16802. (814) 863-0237.

NOV 14: Tiger Newport Beach/Irvine Marathon. Newport Beach, 7 am. John Blair, 1162 Dorset Ln., Costa Mesa 92626 (714) 968-0556. Listed on some schedules as November 21st.

NOV 14: Burlingame 2.85 Mile Fun Run. Coyote Point Park (San Mateo), time TBA. Brock Riddle, Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame 94010. (415) 344-6386.

NOV 14: PATAC 25K Championships. China Camp (near San Rafael), time TBA. Kees Tuinzing, 627 Galerita Way, San Rafael 94903. Changed to December 5th.

NOV 14: Fleet Feet 5-Mile Buddy Run. Stockton, 9 am. John Griffin, 5757 Pacific Ave., No. 50, Stockton 95207. (209) 957-5646.

NOV 14: Cup & Saucer Runs Changed from November 7. 2 & 8 miles (possibly 15K), Napa (Silverado Jr. High), 9:30 am. Brian Newell, 2101 Marin St., Napa 94558. (707) 252-4609.

NOV 14: Orienteering Meet. Bay Area, location & time TBA. Joe Scarborough, 3151 Holyhood Dr., Oakland 94611. (415) 530-3059.

NOV 14: Arcata Bottoms Race. 2 & 6.2 miles, Arcata, 1:45 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

NOV 14: Riverside Mission Inn Run. 5 & 10K, downtown Riverside (Market St.), 8 am. Mission Inn Foundation Office, 3649 Seventh St., Riverside 92501. (714) 784-0300, ext. 181.

NOV 14: Santa Barbara Women's 10K. Santa Barbara, 8 am. John Brennan, P.O. Box 6618, Santa Barbara 93111.

NOV 14: DSE Ft. Point Run. 4 miles, Little Marina Green, San Francisco, 10 am. Walt Stack, 741 Kansas Ave., No. 2, San Francisco 94107.

NOV 14: Mazouz/YMCA Shape Up 5K. Westwood (UCLA), 8:30 am. Norm Joyner, Metro YMCA, 818 W. 7th St., No. 1002, Los Angeles 90017.

NOV 14: Las Vegas TC/Miller Lite Mini-Marathon. 13.1 mile, El Cortez Hotel/Casino, Las Vegas, Nevada, 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

NOV 14: S.M.A.S.H. Day Relay Races. (events include 100yd Dash, One Mile, 3-Person/6-Mile Relay & 4x330yd Relay), Atascadero (State Hospital), 10 am. No contact available. Raceday entry ok for relays at least.

NOV 14: Pine Cone Sever (Miler). Santa Maria (Waller Park), 9 am. Fred Quigley 4128 Woodland St., Santa Maria 93455.

NOV 14: San Marcos 5 & 10K. Woodland Park, San Marcos, 7:30 am. Holly James (714) 744-1875.

NOV 14: Highland Park Heritage 10K Run. Highland Park (Sycamore Pk.), 9 am. N.E. Los Angeles Jaycees, c/o Family Health Ctr., 5317 N. Figueroa Ave., Los Angeles 90042. (213) 254-8661.

NOV 14: Poker Run. 5 miles, Griffith Park, Los Angeles, time TBA. Info: Dick Bublitz (213) 340-6821.

NOV 14: Nat'l TAC Sr. Men's 20K Championships. Tulsa, Okla. (Mohawk Park), time TBA. Joe McDaniel, 1416 So. Marion Ave., Tulsa, OK 74112. (918) 561-2781.

NOV 20: Central California Marathon. Fresno State Univ., Fresno (Barstow & Cedar), 7:30 am. Bill Woody, 8038 N. Mariposa, Fresno 93710. (209) 431-6820.

NOV 20: Turkey Trot. 10K, Natural Bridges State Park, Santa Cruz, 9 am. Santa Cruz Parks & Recreation Dept., City Hall, 809 Center St., Santa Cruz 95060. (408) 429-3777.

NOV 20: Golden Gate Race Walkers 15K Racewalking Championships. Golden Gate Park, San Francisco, 10 am. Harry Siltanen, 106 Sanchez St., No. 7, San Francisco 94114. (415) 863-0479.

NOV 20: California RRC Tune-Up Series. 15 & 30K, Griffith Park, Los Angeles, 8 am. CCRK, Box 891 Tarzana 91356. (213) 888-5526.

NOV 20: Pasadena 8K Classic. 8 am. Frank Burkett, c/o American Cancer Society, 1250 E. Walnut, Pasadena 91106. (213) 449-3561.

NOV 20: Alhambra Falcon Classic. 5 & 15K, Alhambra High School, 8 am. Rich Rollins, 110 S. First St., Alhambra 91801.

NOV 20: Turkey Trot. 10K, Pico Rivera (Spreading Grounds), 9 am. Ralph Aranda, P.O. Box 1016, Pico Rivera 90660.

NOV 20: Rob Gardner Turkey Run. (predicted time race), 10K, Las Vegas, Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

NOV 20: Thanksgiving 4.5 Mile Fun Run. So. San Francisco (Orange Park), 10 am. Steven Zoet, Municipal Services Bldg., 33 Arroyo Dr., So. San Francisco 94080. (415) 877-8560.

NOV 20: Turkey Trot. 3.8 mile, Arroyo Grande, Elm Street Park, 10:30 am. Doug Perrin, 126 So. Mason, Arroyo Grande 93420. (805) 469-1075.

NOV 20: Rancho 5/10K Stampede. Rancho Cucamonga, 8 am. Info: (714) 960-3145 (Doris or Kevin).

NOV 20: **Lompoc Valley Turkey Trot**. 10K, time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

NOV 20: **Tennessee Valley Run**. 5 & 10K, Mill Valley (Hwy. 1 and Tennessee Valley Rd.), 10 am. Marin Senior Day Services, P.O. Box 692, Mill Valley 94941. (415) 383-3803.

NOV 21: **Clarksburg Classic 20 Mile**. Clarksburg (Delta High School), 11 am. George Parrott, Psychology Dept., Cal State Sacramento, Sacramento 95819. (916) 454-6884.

NOV 21: **Nat'l TAC Sr. Women's 15K Championships**. Phoenix, Ariz., time TBA. Avon/Phoenix, c/o Valley Events, 8131 E. Buena Terra Way, Scottsdale, AZ 85253. (602) 990-1273.

NOV 21: **Rose Bowl Marathon** (also Half Marathon, 5 & 10K). Pasadena, 7:30 am. Nov. 7 Deadline. Milton Vaughn, 235 Holly, Pasadena 91001. (213) 793-3131.

NOV 21: **Palo Alto Area YMCA Turkey Trot**. 4.5 mile (estimated time awards), Y Fitness Center (755 Page Mill Rd.), Palo Alto, 9 am. Stephanie Weidert, 3412 Ross Rd., (YMCA), Palo Alto 94303. (415) 494-1883.

NOV 21: **Natural Light 10K Turkey Trot**. 1.9 mile & 10K, Merced, 10 am. Don Dudley, Merced TC, P.O. Box 3275, Merced 95344. (209) 723-0383.

NOV 21: **Lawyer's Club of San Francisco 10K Turkey Trot**. Golden Gate Park (So. Parking Lot, Polo Fields), San Francisco, 10 am. Lawyer's Club of S.F., 870 Market St., Ste. 1115, San Francisco 94102. (415) 433-2133, Marti Lochridge.

NOV 21: **Santa Clara Valley Autumn 5 & 10.7 Mile Ridge Runs**. Milpitas (Piedmont & Sierra Rds.), 10 am/6 mile, 1 pm/10.7m. Ron Landrum, 1201 Huntingdon Dr., San Jose 95129. (408) 252-0100.

NOV 21: **Festival of Lights 3 & 10K**. Encino (Woodley Park), 8 am. Valley Beth Shalom, 15739 Ventura Blvd., Encino 91436 (Attn: Race).

NOV 21: **Turkey Trot**. 5K, Industry, 8 am. Puente Hill YMCA, P.O. Box 3351, Industry 91744. (213) 961-3489.

NOV 21: **Mason Park 10K Run**. Irvine, 8 am. Ken Nicolas, c/o Leukemia Society, 9355 Chapman, Suite 109, Garden Grove 92641.

NOV 21: **Lasse Viren Finnish Invit**. 20K Run, Pt. Mugu State Park (between Malibu and Oxnard), 8 am/10 am - Invit. Race. Eino, 32926 Mulholland Hwy, Malibu 90265. Entries close Nov. 17 or 1st 550 applicants.

NOV 21: **DSE Ferry Bldg. Run**. 4 mile, Dolphin Club, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

NOV 21: **Heart of San Diego Marathon**. And 10K Run. City of Coronado, 7 am. Marathon Committee, AHA-San Diego County Chapter, P.O. Box 3625, San Diego 92103.

NOV 21: **Westwood 5 & 10K**. Westwood (Puma Sports Boutique), 8 am. Info. (213) 657-4645.

NOV 21: **Run For Sight 3 & 5K**. Santa Rosa (Monroe School), 8:30 am. Bob Foo, Coddington Lions Club, 2655 Cleveland Ave., Santa Rosa 95401. (707) 539-1064, eves.

NOV 21: **Celebrate Life 10K Race**. Mason Park, Irvine, 8 am. Ken Nicolas, Leukemia Society, 9355 Chapman Ave., Suite 109, Garden Grove 92641. (714) 539-9511.

NOV 21: **Santa Clara Valley 5 & 10K**. Newhall, 8 am. Runners Up, 22932 1/2 Lyons Ave., Newhall 91321. (805) 254-1833.

NOV 21: **Tiger/Newport Beach/Irvine Marathon**. See November 14th listing. Please verify date.

NOV 25: **Bart to Bart 10K Run**. Tentative. Concord (BART station), 8 am. John Laykam, 3824 Walnut Ave., Concord 94519. (415) 798-5091.

NOV 28: **Nat'l TAC Masters 5K X-Country Championships**. Raleigh, N.C. (Meredith College), time TBA. Bob Baxter, 800 Purdue St., Raleigh, NC 27609. (919) 876-5674.

NOV 27: **Fresno Road Race**. 6 mile, Fresno (Kearney Park), 1 pm. Frank Delgado, (Fresno TC), P.O. Box 6103, Fresno 93703. (209) 233-3631.

NOV 27: **Fall-Over 1, 2 & 3 Mile Medley Relay**. Mooney Grove, Visalia, 11 am. Runners Achievement, 1712 Royal Oaks Dr., Visalia 93277. Bryan Patterson (209) 734-6086.

NOV 28: **Nat'l TAC Masters 15K X-Country Championships**. Date changed from November 27. San Diego (Balboa Park), time TBA. Ken Bernard, P.O. Box 80512, San Diego 92138. (714) 488-3960.

NOV 28: **Zephyr A.C.'s Ultra Challenge**. 50K. Richmond (Wildcat Canyon Park), 8 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

NOV 28: **Blind Duck Relays**. Oakland (Lake Merritt, Old Boathouse), 3x5K legs, 9 am. John Notch, 239 Marlow Dr., Oakland 94605. (415) 562-2210.

NOV 28: **Sugarloaf Ridge 5 & 8K Cross Country Runs**. Kenwood (Sugarloaf State Park), 9:30 am/5K, 11 am/8K. Butch Alexander, P.O. Box 632, Sonoma 95476. (707) 938-8263.

NOV 28: **Hammond-Pezola Memorial Race**. 7.8K, Dominican Santa Cruz Hospital, 10 am. Thomas Hart, Dominican Hospital, 1555 Soquel Dr., Santa Cruz 95065. (408) 476-0220.

NOV 28: **Tracy Turkey Trot**. 13K, Altamond Hills (between Tracy & Livermore), 11 am. Marv Rothschild, 1652 Waverly Ct., Tracy 95376. (209) 835-5866, eves.

NOV 28: **Point Isabel Run**. 5K, Richmond (Pt. Isabel), 9 am. Betty Bloomer, 178 Ardmore Rd., Kensington 94707. (415) 525-8037.

NOV 28: **Lawyers Santa Monica Mt. 54-Mile Relay**. Hollywood Bowl to Leo Carillo State Beach, teams and solo entries, 7 am. Eric Edmonds, 10850 Wilshire, No. 1200, Los Angeles 90024. (213) 470-2747, days.

NOV 28: **The Bell to the Bunkers Thanksgiving 5-Miler**. San Pedro (Pt. Fermin), 8 am. Thom Lacie, Marathon's, 1434 W. 25th, San Pedro 90732. (213) 831-5055.

NOV 28: **Special Olympics 2 Mile Fun Run & 10K Turkey Trot**. Fashion Show Mall, Las Vegas, Nevada, 7:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

NOV 28: **DSE 3 Mile Lands End Run**. Balboa & Great Hwy., San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

DECEMBER

DEC 4: **Fiesta Bowl Marathon**. Scottsdale, Ariz., 7:30 am. Nov. 8 deadline. Fiesta Bowl Marathon, P.O. Box 1032, Scottsdale, AZ 85252.

DEC 4: **Cardiac Pacer 5-Miler**. U.C. Santa Cruz (East Fieldhouse), 10 am. Terry Warner (408) 429-4220.

DEC 4: **Mt. Madonna Challenge**. (Listed as December 5 in some sources), 12.1 mile, Spring Lake, Hwy 152 (south of San Jose), 11 am. Bill Flodberg, 12925 Foothill Ave., San Martin 95046. (408) 683-2453.

DEC 4: **Olympians 10K Run**. Laguna Niguel, (also 5K), 7:30 am. Newport Beach Runners Association, 1162 Dorset, Costa Mesa 92626. (714) 966-0556.

DEC 4: **Tiger Run**. 5 & 10K, South Pasadena, 8 am. Marty Parkinson, 1422 Milan Ave., So. Pasadena 91030. (213) 799-7038.

DEC 4: **S.L.O. Elks/Youth Cross-Country Runs**. (possibly Dec. 11), San Luis Obispo High School (distances vary from 220yd to 3 mile), Pre-kindergarten thru high school, time TBA. Brian Waterbury, c/o S.L.O. High School, 1350 California Blvd., San Luis Obispo 93401.

DEC 4: **5 Mile Santa Claus Race & SNA/TAC 5 Mile Championships**. Las Vegas Racquet Club, Las Vegas, 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

DEC 4: **Balboa Park Boogie**. 5K, San Diego, 8 am. Women and Girls only. Red or Mary Isom (714) 583-8799.

DEC 5: **Western Hemisphere Marathon**. Culver City, 8 am. Jack Nakanishi, 4117 Overland Ave., Culver City 90230. (213) 202-5689.

DEC 5: **PATAC 25K Championships**. (probably 1st 15 mile-plus of old S.F. Marathon course), time TBA. Kees Tuinzing, 627 Galerita Way, San Rafael 94903.

DEC 5: **Maderathon**. 10K, Stanford Univ. (Stadium), 9 am. Meg Donovan, Box 11029, Stanford 94305. (415) 321-1084 or 497-4144, messages.

DEC 5: **Great Berkeley Race**. 5 & 15K, Univ. of California (Oxford & Center Sts.), 8:30 am. Cherie Swenson, P.O. Box 2501, Oakland 94614. (415) 568-8884.

DEC 5: **25K RRCA Postal**. Guerneville (Armstrong Grove State Pk.), 10 am. Tom Blackstone, 4728 Stonehedge Dr., Santa Rosa 95405. (707) 539-3291.

DEC 5: **Westend Race**. 4.5 mile, Arcata(7), 1:45 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

DEC 5: **Perrier Beverly Hills 10K & Children's 2 Mile**, Beverly Hills, 9 am. Beverly Hills Recreation Dept. (213) 550-4864.

DEC 5: **Sub-4/Caprolan Nylon Invit**. 8K, Newport Beach, 9 am. Glenn Rouse, 11815 Coley River Cir., Fountain Valley 92708. (714) 754-0385.

DEC 5: **Newport Back Bay 8K**. (open race, same location & contact as Invitational above).

DEC 5: **Double Muni Pier Run**. 2.5 mile, San Francisco (Dolphin Club), 10 am. DSE Runners, Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

DEC 5: **Carmel Valley Golf & CC MPC Fitness Lab Benefit 8K**. Carmel Valley Golf Course, 3 pm. (Limit 700 Runners). Skip Marquard, 312 W. Carmel Valley Rd., C.V. 93924. (408) 659-2267.

DEC 5: **Alpine Kiwanis Country 10K**. Kiwanis, P.O. Box 997, Alpine 92001. (714) 445-5472.

DEC 11: **Las Vegas Classics Half Marathon, 10K, and 2 Mile**. Las Vegas Strip. Bob Fowler, Las Vegas Classics, Hacienda Hotel Suite 500, Las Vegas, NV 89119. (800) 634-8713. No marathon this year.

DEC 11: **Capital City WinteClassic**. 10K, Jesuit High School (Carmichael), 10 am. Randall Surgeon, 4841 Fa Oaka Blvd., Carmichael 95608. (916) 488419.

DEC 11: **Acata to Willow Creek Race**. 40 miles, Acata (mountainous 8 am. Burnie Kemp, 36 Herrick Rd., Eureka 95501.

DEC 11: **McFarland Christmas Parade 2-Mile Run**. McFarland (City Hall), 10 am. (Raceday Registration only). Mike O'Haver, 3512-C Sampson Ct., Bakersfield 93309. (805) 792-0091.

DEC 11: **Christmas Run**. 5 Mile, Mason Park (Inne), 9 am. South Coast Runners Association, 3122 So. Baker Santa Ana 92707. (714) 641-1708.

DEC 1: **Night Orienteering Meet**. Bay Area (location TBA). Joe Scarborough, 3151 Jolyroad Dr., Oakland 94611. (415) 530-3099.

DEC 2: **Honolulu Marathon**. Honolulu, Hawaii, 6 am. Entry deadline usually in Oct. Honolulu Marathon Assn., Attn: David Benson, P.O. Box 27244, Christown Sta., Honolulu, HI 96827. (808) 734-2000.

DEC 2: **Christmas 5-Miler**. Sacramento (Ca-State Stadium), 10 am. Karen Kelley, c/o 2408 "J" St., Sacramento 95818. (916) 44-7223.

DEC 12: **Santa's Stampede Ribbon Run**. 25.5 miles, Napa College (Napa), 9:30 am. Bernice Sousa, 2833 Tennessee St., Vallejo 94590. (Raceday Registration Only).

DEC 12: **Christmas Carol Charity Run**. DK, San Francisco (exact location TBA), 8:30 am. Fred Campbell, c/o Arthur Young & Co., No. 1 Post St., 31st Floor, San Francisco 94104.

DEC 12: **Street Orienteering**. (Tentative) location TBA (Bay Area). Joe Scarborough, 3151 Hollywood Dr., Oakland 94611. (415) 530-3059. Also Orienteering Workshop & Pot Luck.

DEC 12: **DSE Diamond Heights Run**. 4 miles, McAteer High School, San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94110.

DEC 12: **Madera Half-Marathon**. Madera Fawn & Country Pk., 10 am. Bob Owe, 21 Berry Dr., Madera 93637. (209) 473-3089.

DEC 12: **Santa Maria Half-Marathon**. Righetti High School, 9 am. Jim Batteson, 4277 Brentwood Ln., Santa Maria 93455. (805) 922-0856.

DEC 12: **Wells Fargo 10K**. Sylmar, 8 am. P.O. Box 481, Newhall 91321. (805) 252-4755, (805) 254-1000 (2-5 pm).

DEC 12: **Corona Tri-Run Classic**. 5K, 10K & Half Marathon. Corona High School, 8:30 am. Judy Flynn (714) 736-2241.

DEC 12: **Temple Beth El 5 & 10K**. San Pedro Point (Fermin Area), 8 am. Temple Beth El, 1435 W. 7th., San Pedro 90732. (213) 833-2467.

DEC 18: **Newark Recreation Coyote Hills-to-the-Bay 6.5 Mile**. Coyote Hills (8000 Patterson Ranch Rd.), Fremont, 10:30 am. Darryl Reina, 35501 Cedar Blvd., Newark 94560. (415) 793-1406, x264.

DEC 18: **Get Ready for Marathon 15 & 30K**. Bakersfield Area (site TBA), 9 am. Mike O'Haver, 3512-C Sampson Ct., Bakersfield 93309. (805) 792-3091.

DEC 18: **Toro X-C Series 15K**. Carson (Cal-State Univ. Dominguez Hills), 9 am. (400 Runner Limit). CSUDH Toro X-C Series, Dept. of P.E., Carson 90747. Mitch Har-matz (213) 516-3761.

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Schedule

DEC 18: SNATAC 25K Championships & 5 Mile. Tule Springs (Floyd Lmb State Park), near Las Vegas, Nevada 89 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 383-3496.

DEC 19: MIZINO/Christmas Rays. 4.464 mile x 5 legs San Francisco (like Merced), 9 am. Relays, P.O. Box 52, Burlingame 94010. (415) 837-6674, fri.

DEC 19: Central Coast Marathon & 10K. Arroyo Grande(7), 7:30 am. Gre DeNike, 495 Valley Rd., Arroyo Grande 9320. (805) 489-1351.

DEC 19: Vhice-Marina Xmas 10. 8 am. California Road Runners Club, ox 891, Tarzana 91356. (213) 888-5526.

DEC 25: ISE Christmas Couple Relay. 2x2 mile San Francisco (Stov Lake, Golden Gate Park), 10 am. Walt Stek, 741 Kansas St., No. 2, San Francisco 4107.

DEC 26: Last 10K. (also 2 mile), Santa Rosa (Piner Elementary School), noon. Richard Bonney, 2312 Holiday Ct., Santa Rosa 95401. (707) 523-0755. December 17 Deadline.

DEC 26: European X-Country. 5 mile. pdi (Lodi Lake Park), 9 am. John Griffin, 221 Gateway Circle, Lodi 95240. (209) 457-5646.

DEC 26: Westlake 20 Mile. 8 am. Brinritchard, 1626 Wellington Pl., Westlake Village 91361 (805) 495-8705. Raceay registration Only.

DEC 26: SNATAC 10K Championships. Blue Diamond & Industrial Rds., Las Vegas, Nevada, 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

DEC 26: Recover From the Holidays Fat Ass 50 Mile. Half Moon Bay to Santa Cruz, 8 am. John Lehrer, Runner's World, Box 368, Mtn. View, 94042. (415) 965-8777, ext. 244. Enter by December 10th.

DEC 26: Lake Merritt Joggers & Striders Fun Runs. 5, 10 & 15K, Lake Merritt, Oakland, 9 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

DEC 31: New Years Eve 10K. Encino (Balboa & Victory), midnight. California Road Runners Club, Box 891, Tarzana 91356. (213) 888-5526.

DEC 31: Runner's World Midnight Run. 4 miles, Foothill College, Los Altos Hills, midnight. Runner's World, P.O. Box 368, Mtn. View 94042. (415) 965-8777.

DEC 31: New Years Eve Midnight Masquerade. 1 1/2 & 3 miles, Sacramento (CSUS, Guy West Bridge), midnight. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223.



COLLEGE/OPEN CROSS COUNTRY

NOV 6: San Diego Invitational X-C Championship. Open men and women 5 miles. UCSD Campus/Muir Woods, 2 pm women/3 pm men. Jim Mosher, Team Charthouse, 3568 Larga Ct., San Diego 92110. (714) 578-9141 days, 224-8967 even.

NOV 7: Thunderbird Women's All Comers. Mt. SAC College, Walnut. Luis Castillo (213) 962-8323.

NOV 13: NCAA Dist. 8 & PCAA Cross Country Championships. Woodward Park, Fresno. Red Estes, Cross Country Coach, Fresno State University, Fresno 93740. (209) 294-4097.

NOV 13: NCAA Div. II Nat'l Championships. St. Cloud, Minn. Cross Country Coach, Athletic Dept., St. Cloud, Minn. 56301.

NOV 13: NAIA District III Championships. La Mirada, 10 am. Collin McDougal, Cross Country Coach, Biola College, 13800 Biola Ave., La Mirada 90639.

NOV 14: SPA-TAC Cross Country Championships. Central Park, Huntington Beach. Frank Duarte (714) 545-7701.

NOV 20: California Community College State Championships. Woodward Park, Fresno.

NOV 20: NAIA National Championships. Kenosha, Wisc., 10 am. Cross Country Coach, University of Wisconsin, Wood Road, Kenosha, Wisc. 53141.

NOV 22: NCAA Div. I Nat'l Championships. Bloomington, Indiana. Cross Country Coach, Athletic Dept., Indiana University, Bloomington, IN 47401

NOV 27: TAC Nat'l Championships. Men 10K, Women 5K. Belmont Race Track, New York. Nat'l Champs, c/o NYRR-IRC, 9 East 89th St., New York, NY 10028. (212) 880-4455.

COACHES: Please send track & field schedules.

INDOOR TRACK & FIELD

JAN 21: Sunkist Invitational. Los Angeles Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326(bus.), (213) 879-9210 (home).

FEB 4: Los Angeles Times Indoor Games. The Forum, Inglewood. Will Kern/Glen Davis, Special Events Dept., Los Angeles Times, Los Angeles 90053. (213) 972-5771 (bus.), (714) 538-1416 (home).

FEB 9: San Francisco Games. Cow Palace, San Francisco. Jim Terrill, Box 764, Los Altos 94022. (415) 964-9238.

FEB 18: Michelob Invitational. San Diego Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326 (bus.), (213) 879-9210 (home).

FEB 25: USA/Mobil Indoor T&F Championships. (Men & Women) Madison Square Garden, New York City. Ollan Cassell (317) 638-9155. Meet Director is Heliodoro R. Rico, Box 4301, Grand Central Station, New York, NY 10017. (212) 421-2554 (bus.), (914) 271-4252 (home).

OUTDOOR TRACK & FIELD

DEC 1: Long Beach Winter Decathlon. Tentative. Cal State Long Beach. John Tansley, Track Coach, CSU Long Beach, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

DEC 4: Holiday Decathlon. Tentative. Mt. San Antonio College. Don Ruh, Athletic Dept. Mt. SAC, 1100 N. Grand Ave., Walnut 91789.

DEC 4: CSUDH All-Comers Track & Field Meet. Cal State Dominguez Hills, 9 am. (714) 516-3893.

DEC 11: Cal State Northridge All Comers. CSUN, 1 pm. Bill Webb, CSUN Athletics, Northridge 91330. (213) 885-3608, 885-3208.

DEC 11: San Francisco State All Comers Meet. SFSU, 10 am. Men's Track Office, San Francisco State University, San Francisco 94132. (415) 469-2218.

DEC 17: Glendale All Comers. Glendale College, 1 pm. Tom McMurray, Glendale College Athletics, 1500 N. Verdugo Rd., Glendale 91208. (213) 240-1000.

DEC 17: Cal State Long Beach All Comers. CSULB, 1 pm. John Tansley, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

DEC 18: CSU Northridge All Comers. CSUN, 1 pm. Bill Webb, CSUN Athletics, Northridge 91330. (213) 885-3608, 885-3208.

DEC 18: CSUDH All Comers Track & Field Meet. Cal State Dominguez Hills, 9 am. (714) 516-3893.

DEC 31: Mt. SAC All Comers Meet. Mt. San Antonio College, 10 am. Ernie Gregoire, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611, No. 500.

DEC 31: Glendale All Comers. Glendale College, 1 pm. Tom McMurray, Glendale College Athletics, 1500 N. Verdugo Rd., Glendale 91208. (213) 240-1000.

JAN 8: SFS Men's Pentathlon. (LJ, JT, 200m, DT, 1500m), San Francisco State University, 10 am. Harry Marra, Track Coach, SFSU Athletics, San Francisco 94132. (415) 469-1561.

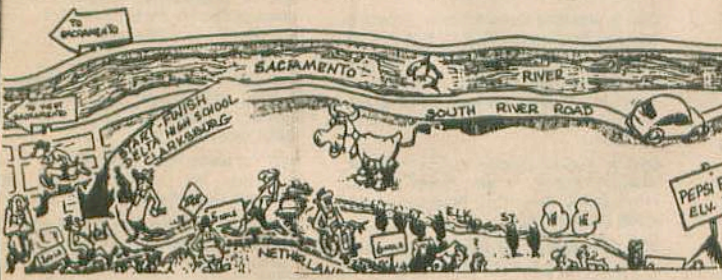
JAN 8: CSUDH All Comers Track & Field Meet. Cal State Dominguez Hills, 9 am. (714) 516-3893.

Supporting Sponsors: Mountain Dew, 2nd Sole, Fleet Feet



BUFFALO CHIPS

20-Mile Run



When: November 21, 1982 Starting Time : 11:00 A.M.

Where: Delta High School Clarksburg, Calif.

Course: FLAT, FAST, Out-and-back

Entry Fee: \$7 before 11/1 and \$10 after

Checks to: 20 Mile Run

Send Entry Form and SASE to: 20 Mile Run, % Fleet Feet
2408 J., Sac. 95816

LONG SLEEVE Ts to First 800 Finishers

In consideration of accepting my entry, I waive all claims against the race and its officials for any injuries I may incur related thereto.

Age: _____ Sex: _____

Signature _____

Last name, print _____

first name _____

Address: _____

Zip Code: _____

JAN 8: SPA Women's Olympic Development Meet & Sunkist Qualifier. UCLA, 9 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

JAN 15: Mt. SAC All Comers. Mt. San Antonio College, 10 am. Ernie Gregoire, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611, No. 500.

JAN 21: Long Beach State All Comers. CSU Long Beach, 1 pm. John Tansley, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

JAN 22: Redlands All Comers. University of Redlands, 9:30 am. Clay Brooks, Redlands University, Redlands 92373. (714) 793-2121.

JAN 22: CSUDH All Comers Track & Field Meet. Cal State Dominguez Hills, 9 am. (714) 516-3893.

JAN 28: Long Beach State All Comers. CSU Long Beach, 1 pm. John Tansley, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

JAN 29: Mt. SAC All Comers. Mt. San Antonio College, 10 am. Ernie Gregoire, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

JAN 29: SPA Women's Olympic Development & L.A. Times Indoor Qualifier. USC, 12 noon. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

FEB 4: Long Beach State All Comers. CSU Long Beach, 1 pm. John Tansley, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

FEB 5: Redlands All Comers. University of Redlands, 9:30 am. Clay Brooks, Redlands University, Redlands 92373. (714) 793-2121.

COACHES: Please Send Track & Field Schedules!!

Race Clocks

SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS — We have several customers that are interested in selling their digital display clocks for \$895 (the original retail price was \$1295), so they can purchase the newer CC-601 (1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're interested in finding out more, please contact Jack Leydig at (415) 595-2249. These will probably go very fast at this price, so we suggest you respond immediately if you're at all interested. Prices are "negotiable." We also have an indoor display clock on sale for \$500.

SUB 4 / CAPROLAN[®] NYLON

presents

Newport Back Bay EIGHT "K"



Date: Sunday, December 5, 1982

Start: Newport Back Bay (San Joaquin Hills Road and Back Bay Road). Eight kilometers (4.8 miles) scenic wildlife reserve. Paved, even surface with two hills.

Time: 8:00-9:30 a.m. Race Day Entry
9:00 a.m. Invitational Team Championships
10:00 a.m. Back Bay 8K

Special Pre-Entry Offer: The very popular Sub-4 100% cotton Long Sleeve Training Shirt with the Back Bay logo will be given to all those pre-registering at \$10. This custom training shirt available only to those who participate in the race.

Entry: Pre-entry with Long Sleeve Training Shirt \$10
Pre-entry without shirt \$4
Race-day entry without shirt \$5

Back Bay Awards:

First Place Each Division: The Sub-4 tri-blend Windsong Training Suit. The new look and feel in elite training.

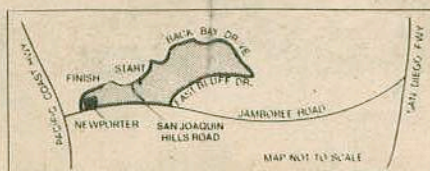
2nd thru 5th Each Division: Sub-4 European Mesh Singlets for the Men; Malibu Singlets for Women.

Everyone has a Chance! 50 prizes including Sub-4 training apparel, Penafiel, and Carta Blanca will be given to participants in a random drawing.

Refreshments: All participants will be served Penafiel.

Race Information: Stay tuned to KFVB 98 AM for race information, interviews and updates. Or call 714-754-0385.

Race Headquarters: The Newporter



SEND CHECK OR MONEY ORDER TO:

Sub-4 Attn: Glenn Rouse, 11615 Coley River Circle, Fountain Valley, CA 92708

Last Name _____ First Name _____ Sex _____ Age on race day _____
Mailing Address _____ Apt. No. _____
City _____ State _____ Zip Code _____

In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all right of claims for damages I may have against the city of Newport Beach, Sub-4, Allied Corp., KFVB, Penafiel, or any individual associated with the above for any and all injuries sustained by me in this event. I will additionally permit free use of my name and pictures in broadcasts, telecasts, etc. I further attest and verify that I am physically fit and have sufficiently trained for competition and my physical condition has been verified by a licensed medical doctor.

Signed _____ Date _____ Age _____
Date _____ Age _____

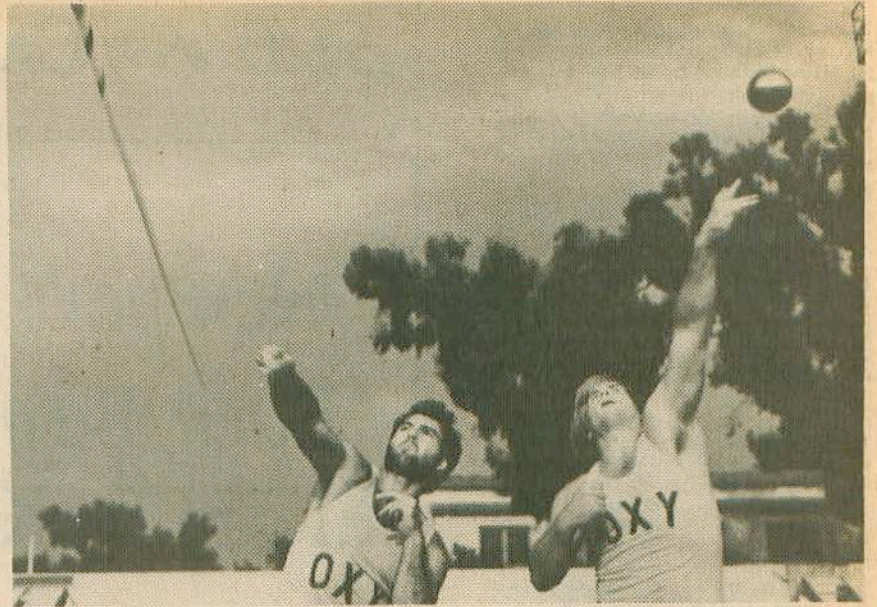
Signature of parent or legal guardian is required in addition to signature of participant if participant is under the age of 18.

KFVB ALL NEWS 98



THE NEWPORTER

Oxy Back On Track



Helping to push Oxy back on top are weight men (left to right): Randy Brown and Joel Peterson.

When Dr. Woody Studenmund completed his doctorate in economics at Cornell University, the East Coast native had some definite ideas about the setting in which he would pursue his career. "I wanted to teach at a small, high quality, co-educational, liberal arts school with a great track program. I did the research. There was one in the United States — Occidental College." The former collegiate 400 man has flourished at Oxy, setting Southern California age group records from 200 to 5000 meters and running a leg on a world record

1600 relay while establishing himself as a top teacher and consultant in economics.

Occidental's long association with the Olympics and track and field has been recognized in a tangible way, also. The L. A. Olympic Organizing Committee awarded Oxy a brand new copy of the track to be installed in the Coliseum for the 1984 Olympics. The new oval will be complemented by the College's construction of new concrete and aluminum seating, a new field, new field event areas, and the Benjamin H. Culley Field House. The project will

reconstruct a facility that has seen four world records set on it and played host to athletes who have accumulated thirty Olympic Golds, over two dozen Olympic records, and eighty World records.

It seems obvious that a whole new chapter is ready to be written at the hillside Occidental campus. But then, there always is at this unique track and field tradition.

Dr. Benjamin H. Culley has served Occidental as professor, Dean of Men, Dean of Students, and Director of Financial Aid since 1943, usually more than one at a time. The students and alumni share an affection for him as an advisor and friend. He points out, "Oxy track athletes have been willing to make the effort and extra financial commitment to seek academic excellence by attending Occidental. At the same time, they have succeeded against athletes from large schools where no financial effort or comparable academic standards are required. It is also a fact of life that the athletes have maintained a better academic record at Occidental than the student body as a whole."

Culley can afford to be proud. The school has accounted for five national team championships, four world records, three additional American records, six NCAA records, four NCCAA meet records, six NCAA frosh records and three Division III records. Twelve Tigers have been Olympians and they have appeared in every final Olympic trials. At the same time, graduates have accounted for seven Rhodes Scholarships, eight Marshall Scholarships, fifteen Danforth Fellowships, and innumerable Fulbright, Watson and National Science Foundation Fellowships. Students are currently attending forty-five prestigious medical schools at an acceptance rate twice the collegiate average and each of the top fifteen law schools. Not bad for a school carefully limited to 1700 students from forty states and thirty countries.

The small size, high cost and academic standards seem to present problems for a

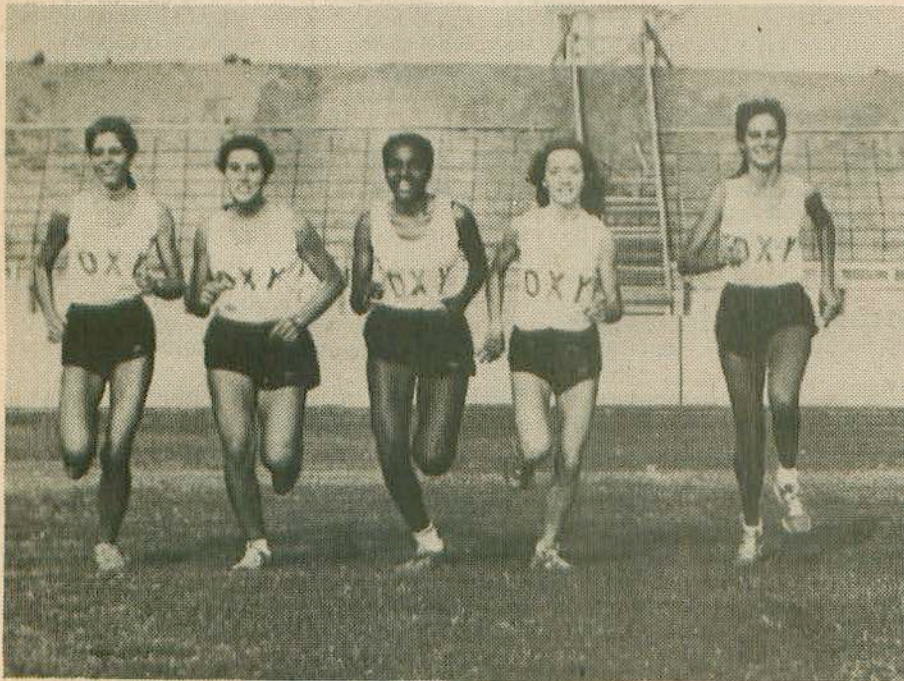


photo by Don Millici

Top running recruits: (left to right) Cathi Isham, Carol Karamitsus, Dawn Marshall, Cynthia Rogers, and Cindy Joyce.

track team. "Not so," says head coach Bill Harvey. "Every class, discussion group, and lab is conducted by faculty members, one for each thirteen students. We use no graduate or teaching assistants, nearly all faculty hold a doctorate, and more than half the classes have less than fifteen students. Most of the students receive a financial aid package. The average is over six thousand dollars."

The coaches from Oxy are a story in themselves, beginning with Joe Pipal's thirty years. Olympic Coach Payton Jordan followed before moving to Stanford in 1957. Chuck Coker coached until entering business in 1962. Coker was succeeded by Jim Bush, who became the UCLA mentor in 1965. Oxy grad Ken Shannon served as Bush's assistant at Oxy and UCLA before becoming the head coach at the University of Washington (Alan Bonney, another alum, is the Husky women's coach after serving as the Syracuse coach). Dean Brittenham, later head coach at Colorado, was at the helm until Dixon Farmer took over in 1968. Farmer, an NCAA Division I champion in the 400 hurdles while a student at Oxy, was replaced by another alumnus, Steve Haas, in 1972. Farmer became the head man at Michigan and is now the coach at San Diego State. Haas, history's best all around runner (100 through the mile), took over at San Jose City and was replaced by Kevin McNair in 1978. Tom Henderson, an Oxy alum and Haas assistant, is the men's coach at Cal Poly, San Luis Obispo. When

McNair went to Irvine in 1980, Oxy alum Bill Harvey took the reins. (The most noted Oxy coach was Dean Cromwell, class of 1902. While in charge at USC, Cromwell established an unequalled record of nine consecutive NCAA titles and a total of twelve).

Harvey wants to emulate Pipal. "My goal is to exceed his record for years of coaching." He is absolutely dedicated to Occidental's approach to track and field. "No one is paid to compete, they have to be first class people, and they do not believe that the world owes them anything because they are talented. They are a joy to coach and share goals with."

Laurel (Selter) Hacche graduated in 1981 as one of the first two women to earn four letters in track and field. After achieving All-American status in four events and establishing a Division III national record at 200 meters, Laurel went onto graduate work in chemistry and open competition. "Although I ended up doing workouts at all hours, the time I spent in track was fun. It was the reward for the hours in classes, labs, and on the job."

Laurel completed a major which required extensive lab classes. She also chose to earn money off campus at a career-related job. Consequently, six o'clock workouts (sometimes A.M., sometimes P.M.) were not unusual. "I was less impressed by her willingness to work the difficult hours than I was by the enthusiasm and intensity Laurel could put into a November sprint workout in the dark," states Harvey approvingly. "I have come to recognize that Oxy students

photo by Don Millici



(Left to Right): Curt Boehm, Brian But-terfield, and Marc Ziblatt.

see the possibility of such a schedule as an added opportunity rather than a hardship." While most of the team is not faced with the same schedule, the demands of a highly academic institution place the Tigers in an increasingly unusual position for athletes. There is no "2 to 5 rule" which is imposed by most top level programs requiring that no classes or labs be scheduled to interfere

continued on next page...

photo by Joe Freizer



ABOUT OXY'S COACH...

Bill Harvey

The coach at Occidental College brings a unique spirit to the track and field program. Although Bill Harvey is relatively new to the helm of Oxy track, he is no stranger to the College. From the age of four until his high school meets conflicted, Harvey never missed a track meet at Occidental. He competed as a Tiger trackman, graduating in 1967.

Harvey began coaching immediately at Florida's tiny Bell High School in 1967. Two years later, he moved to Boca Raton High School in the same state. It was there that he began to show impressive results as a coach. In 1971, his Boca Raton trackmen won the Florida State High School title. Honored as "Coach of the Year" by the Florida Athletic Coaches Association, he was selected for identical accolades by the *Miami Herald*, the *Fort Lauderdale Sun Sentinel*, and the *Palm Beach Post*.

The young coach headed to Trinity University to coach track and to complete work on his Master's degree in physical education with an emphasis on biomechanics. During this time, Harvey served a two-year hitch as an officer in the Air Force. The success-riden coach led the Air Force Distance Running Championship Team of 1973. At the same time, he coached the San Antonio Track Club, where Harvey worked with Olympian Scott Taylor and World-class runner and CTRN columnist Gary Tuttle until he was awarded the Masters in 1973.

In that year, Harvey moved to Valencia, California, to coach the Canyon High School track and cross country teams. He coached CIF contenders virtually every year.

At Occidental, Harvey follows in the tradition of very notable coaches: Joe Pipal, Payton Jordan, Jim Bush, Steve Haas, and Chuck Coker. The new man is well-equipped with strong feelings for Occidental.

He explains, "At Occidental, the academic excellence creates a demand on time, organization, and energy. Financial aid is awarded purely for academic merit, general promise, personal qualities, and financial need. Yet we expect a full commitment from our students to the track and field team. Some would consider full academic and athletic participation unreasonable when combined with a satisfying social and personal life. Oxy students seek these challenges and willingly accept them.

"When the competition begins, these same people are intense competitors who enjoy their sport and compete successfully with the nation's best. Working with them is a constant source of enjoyment and satisfaction."

Bill lives in Pasadena with his marathon-running wife, Maureen. She is the consultant in their Consultants in Critical Care, Inc.



(Left to Right): Jim Gaffield, Nils Miller, Dave Marshall, and Jim Pettis.

with practice. However, the amount of work and dedication is in no way reduced. "We simply expect our students to want the best of both and to relish that chance. Of course, the coaches had better be prepared for the same schedule."

The size has not seemed to hurt the track teams either. The class of 1986 is "the best ever in terms of quality and depth, both for men and for women," according to Bob Lord, a 1958 Oxy grad and Track and Field News contributor. The fortunes go up and

down (the 1982 team had no highly recruited athletes in a senior group of four), but for the moment the Tigers appear very healthy. While the senior class will again be sparse this season, the new faces plus strong returning sophomore and junior classes should make a competitive group.

The 1984 Olympic year should be exciting too. Oxy will host Stanford, Arizona and UCSB in duals. The College has been recommended as the site for the NCAA Division III National Championships pending formal approval. And, from July 15 through August 15, Oxy will serve as an Olympic Training Site for visiting Athletes.

With all the flap over "too small" \$200,000 budgets with "only" fourteen scholarships and changes in the profile of collegiate track, Occidental continues to move forward without athletic scholarships. Top flight academics and track and field still go hand in hand. Who knows, maybe the Tigers have had it right all along.

Top Newcomers

Men: Malcolm Hardy 10.5, 37.2, 14.7(hs). Tim Simmons 10.7, 21.9. Dave Lewis 14.3(hs). Jim Gaffield 4:14.7. Jim Pettis 4:17, 9:14. Marc Zibblatt 4:18. Brian Butterfield 1:53.8, 4:18. Nils Miller 1:54.4. Tom Sperring 22'10, 46'9½ (TJ). Vance Mueller 47'7 (TJ).

Women: Mary Kempner 12.3, 25.3, 58. Kim Donaldson 57.4. Jerri Baker 57.6, 63.2, 2:14. Lissa Palla 14.3(hs), 43.9, 17'5. Shelley Huggins 25.5, 58. Carol Karamitos 10:09 (3000), 2:17.8. Cathi Isham 4:40.7. Cynthia Rogers 5:08, 10:59. Shawn Lawson 18'5, 38', 5', 37', 57.2. Pam Clappier 39'2, 127'.

All Time Oxy Marks

100 YARDS:

9.4	Doug Smith	1960
9.4	Steve Haas	1962
9.4	Chuck Smith	1970
9.5	Rudy Alston	1957

100 METERS:

10.3	Doug Smith	1960
10.4w	Steve Haas	1960
10.4w	Chuck Smith	1970

200 METERS:

20.6	Steve Haas	1962
20.6	Chuck Smith	1970
21.1	Doug Smith	1961
21.2	Walt McKibben	1950

400 METERS:

45.7	Hugh Brown	1971
46.6	Bill Parker	1950
46.6	John Zetzman	1958
46.6	Steve Haas	1962

800 METERS:

1:46.9	Steve Haas	1963
1:47.9	Ron Whitney	1963
1:48.2	Ty Hadley	1957
1:48.4	Jim Cerveny	1960

1500 METERS:

3:45.2	Bob McMillen	1952
3:45.7	Tom Colley	1978

MILE:

4:03.03	Bill Schabram	1969
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4:05.0	Rick Alejandro	1971
4:05.0	Tom Colley	1977
4:05.4	Leroy Neal	1963
4:05.7	Larry Wray	1957

3 MILE:

13:45.8	Joel Jameson	1975
13:49.8	Al Rude	1972

6 MILE:

28:58.4	Al Rude	1972
28:59.6	Joel Jameson	1974

STEEPLECHASE:

9:03.0	John Sisler	1976
9:05.4	Rick Harbaugh	1979
9:09.3	Bill Peck	1960
9:09.6	Phil Sweeney	1978

110 METER HURDLES:

14.0	Clarence Treat	1959
14.0	Gary Dolbow	1961
14.0w	Donovan Main	1966

400 METER INTERMEDIATES:

49.8	Gene Taylor	1976
50.0	Ron Whitney	1963
50.5	Dixon Farmer	1961
50.5	Vance Peterson	1966

HIGH JUMP:

7-0	Joe Faust	1960
6-11	Rudy Beaver	1977
6-11	Kevin Hall	1979

POLE VAULT:

16-8	Andy Steben	1969
16-1	Mike Graves	1965

16-1	Tom Henderson	1975
16-0	Dan Steben	1971
15-9¾	Bob Gutkowski	1957

LONG JUMP:

25-0	Dave Appleton	1966
24-5½	Phil Presber	1955
24-5½	Rick Schmidt	1958
24-5¼	Doug Condell	1970

TRIPLE JUMP:

50-4	Danny Williams	1975
49-10¼	Steve Lombard	1969
49-8	Dave Broad	1968

SHOT PUT:

61-2¼	John McGrath	1963
57-7¾	Glen Johnson	1950
57-7½	Mike Lewis	1960
57-2¼	Tom Meyer	1955

DISCUS:

192-4	Bill Neville	1964
185-5	John McGrath	1963

JAVELIN:

245-8	Carlos Omphroy	1973
241-4	Fred Carpenter	1975
237-5	Dick Hollis	1958
233-4	Jon Jamison	1958

HAMMER:

151-8	Joel Peterson	1982
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DECATHLON:

6967	Doug Porter	1982
6918	Brayton Norton	1954
6708	Joe Chilberg	1973

6690	Ross Buchanan	1977
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400 METER RELAY:

40.4		1959
(Tunney, Logan, Smith, Bixler)		

800 METER RELAY:

1:24.1		1957
(Alston, Thomason, Bambauer, Zetzman)		

1600 METER RELAY:

3:07.6		1975
(Taylor, Odell, Cleary, Young)		

2 MILE RELAY:

7:21.6		1963
(Haas, Moon, Neal, Whitney)		

4 MILE RELAY:

16:53.6		1957
(Reisbord, White, Hadley, Wray)		

SPRINT MEDLEY:

3:21.8		1958
(Zetzman, Alston, Bambauer, Hadley)		

DISTANCE MEDLEY:

9:45.5		1972
(Toth, Hill, Rude, Alejandro)		

SoCal Diary

By BILL MINARIK

September 20

Cross Country season burst into full bloom last weekend, so lets start with 4-year schools and work our way down.

At the Las Vegas Invitational, always tough, UN Reno took the measure of UC Irvine 33-47 in the men's competition, while the gals from Orange Coast CC outraced the UCI female thinclads by a 35-40 margin.

At the UCLA invitational, San Diego State's Mark Fell was the men's individual winner with a course record 18:51, however, the host Bruins went 2-3-4 to coast to a 23-58 win over the Aztecs in the men's race. The Bruin women were also victorious as Polly Plumer made her UCLA debut a successful one with a comfortable win over Laurie Crisp of SDS. Final there was 31-40.

In community college action, El Camino lived up to expectations with comfortable wins in both the men's and women's divisions of the Palomar Invitational. The men topped San Diego Mesa 26-50 while the women flew ahead of Saddleback 32-74.

At Moorpark, Grossmont indicated it was a force to be reckoned with in both divisions as the men topped host Moorpark 37-72 and the women blew by Pasadena 34-100.

Up at Fresno, Glendale topped San Jose

79-100 at the Fresno CC Invitational with Glendale's Andy Diconti the top SoCal finisher in 2nd place. Based on this race I would say it will be all SoCal this year in the large school state meet for men.

In the major high school invitationals, El Toro High School in the boy's division and L.A. Lincoln High in the girl's division were team winners in the S.L.O. Invitational. The success enjoyed here by the Lincoln High girls is noteworthy because of the fact that Lincoln is a Los Angeles inner city school which by any standard is not an ideal breeding ground for cross country runners. The fact that the team is enjoying such success can only be attributed to the tremendous efforts of coach John Ralles. This is another good example of the old adage that you get out of a program what you put into it.

September 27

The Fresno State Women's Invitational topped the weekends x-c menu, and at that one the gals from Stanford put on an awesome performance with a 1-2-4-5-7 finish en route to a 19-70-76 route of Arizona State and UCLA.

Down at the Riverside Invitational, it was Cal Poly SLO taking both men's and

women's divisions comfortably over the host San Diego Aztecs by scores of 36-68 and 19-53.

The community colleges were engaged in dual meets, however, the high schools were still heavily involved in invitationals lead by the Moorpark Invitational. At that one, Palos Verdes, Canyon, and Atascadero Highs won boy's divisions while Louisville grabbed the girls title. In addition, Eric Reynolds of Camarillo smashed his own course record with a 14:58.8 clocking.

At the Azusa Invitational, it was South Hills and Azusa grabbing boy's and girl's crowns respectively.

At Dana Hills, Orange and Hawthorne Highs were boys winners, while Laguna Hills, Mira Costa and Tustin were girls champs.

October 4

The Aztec Invitational was the headline event on last weekends SoCal x-c program. It was the BYU men's team with a close 50-52 win over Arizona with a depleted UCLA team 3rd. Cal Poly SLO was an easy 39-70 victor over Arizona in women's action.

The community colleges were solidly into dual meets and in a big upset Fullerton shocked the powerful Orange Coast men's team 27-28.

The high schools were still having some big invitationals with the Kenny Staub meet being the premiere attraction. At that one, Pasadena Junior, Jesus Gutierrez, outran last year's LA city CIF champ Gene Cruz, who is now attending Burbank, for the boys individual title, while Hawthorne, LA Canada and Eagle Rock grabbed team championships. In girls competition, it was Foothill and Alhambra Highs the team winners.

October 11

The Stanford Invitational topped last week's x-c menu as the UCLA Bruins reversed a prior week's defeat by BYU with a 46-102 win in men's competition, while the host Cardinals notched another runaway win, thanks to a 1-2-3-5-9 finish good for a microscopic 20 points in front of runner-up CPSLO's 61.

In community college action, Santa Barbara took both ends of the Hancock Invitational with the men posting a 41-48 win over Hancock and the women comfortably ahead of Cuesta 39-67.

In the high school version of the Hancock Invitational, it was Westlake, Righetti, and Morro Bay the boys winners and Westlake and Lompoc gaining girl's victories.

At the Buena Park Invitational, it was Newbury Park, Buena Park and Coachella Valley boys winners with Tustin, Esperanza and Laguna Hills capturing girls titles.

At the Dos Pueblos Invitational, Thousand Oaks captured the sweepstakes title in both boys and girls divisions, while Eric Reynolds of Camarillo totally destroyed the boys field with a time of 14:55.3 which was more than a full minute faster than his closest competitor.

There wasn't much in the way of gossip this month except for a follow-up on that story of the All-Comers Meet at CS Dominguez Hills which I mentioned last issue. A couple people close to the CSUDH program indicated that there was a job opening for a "Security Guard" posted shortly after school began.

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Tuttle's Track Topics

By GARY TUTTLE

To Get To The Top, You Gotta Run... The Whole Way

Everyone is looking for an easy way — a shortcut to the top — and runners are no different. In distance running, the part-time jogger is looking for the pill, solution or product that will give him twice the fitness for half the work, and the competitive runner is looking for that magic, extra edge which will give that half-step advantage over his competition.

Unfortunately, there are plenty of people and products who are willing to trade your money and time for their "revolutionary performance enhancement" product. The fact is, few do help improve performance. Most are gimmicks at best and ripoffs at worst.

In order to help you sort out the good from the useless, I've attempted to list, explain and grade a number of these products. Keep in mind, this is personal opinion, based on an experiment of one.

1) Arm Jogger (weight carried in each hand). In addition to "building strength," they emit a clicking noise when swung, which helps in "maintaining tempo and relaxation." —*The key to running better is relaxation, and who can relax carrying those noisy things? If you need arm strength, lift weights before or after running.* (Grade: D)

2) Aerobic Exerciser, High Altitude Simulator. A tank worn on the back which cuts the oxygen breathed to 16 percent, or the equivalent of 7,500 feet altitude. —*Probably the biggest aid available, maybe the only true shortcut. Unfortunately, it's not fun to wear, and it's expensive.* (A)

3) Weight gloves and ankle weights. These weights are worn to increase arm and leg strength. "You feel lighter and faster when taking them off." —*If you must wear them, wear them before or after running. I rate them little higher than the Arm Jogger because at least they are quiet.* (D+)

4) Caffeine. A product found in some soft drinks, and coffee and tea. Tests have shown that caffeine before athletic performance has increased endurance by releasing fatty acids into the energy cycle sooner. —*A lot of top runners swear by caffeine. It could possibly become the most important part of the pre-race diet.* (B)

5) Easy Runner. A new product designed to hold the arms up high while running. "Reduces energy normally expended in arm support." Consists of an elastic webbing sling which goes over the neck and shoulders and has a loop at each end to support the arms at the wrists. —*Although I've never used it, it looks confining, uncomfortable, and seems to hold the arms much too high. It could have some value as a coaching technique for sprinters. I'll pass on this one.* (D)

6) Vitamins, Supplements to a runner's diet. —*It's true, a lot of the vitamins are passed out in urine, but nearly every top runner takes supplements. Most seem to take a multi-vitamin and/or B complex. Runners don't expect a lot from vitamin supplements, but feel they just like to be sure and cover all the nutritional bases.* (B+)

7) Lung Power. I'm not really sure what it is. It seems to be a poor man's High Altitude Simulator. A few good puffs into it before running will "increase lung capacity and improve endurance." —*Several puffs into a crusty, old sock will probably do as good. I'll struggle along without it.* (D+)

8) Aspirin. Used primarily to decrease inflammation. —*The runner's best friend in the drug category. Few side-effects, effective and inexpensive.* (A)

9) Bee Pollen. Pollen collected from bees is supposed to be "stimulating, health and endurance enhancing." Pollen from the coca plant is supposed to be the best. —*I took bee pollen for 6 weeks and did seem to feel better than usual. However, I've never had it proved scientifically to me that the effectiveness outweighed the cost.* (C+)

10) Sony, Panasonic, etc. "Music in Motion". They are tapes and cassettes designed to "help people run effortlessly," and "enhance the ability to focus attention." Computers are being used to select scores which "elicit predetermined states conducive to breakthroughs in human functioning." —*This is my "pet peeve." I hate the music in the ears scene. To me it makes a statement that running is boring, and it's not. Running is an art in itself. To race with headsets on is not conducive to fast running. In order to run your best you must stay mentally aware at all times. I'll catch my news at home on TV!* (D-)



11) Mineral Replacement Drinks. A mixture of water, sugars and minerals which are used to replace what's lost during sweating. There are more than a dozen including ERG, Super Socko, Body Punch, A.I.D., Quench & Gatorade. —*Most runners drink fluids before, during and after strenuous exercise. The best tasting have the most sugar, and the blandest are the best for you. Many a runner, myself included, wouldn't have made the 26 miles without them.* (A)

12) Carbohydrate-loading. Prior to an athletic contest of an hour's duration, many runners will only eat carbohydrates for three days, thereby storing extra glycogen in the muscles. —*Carbo-loading has mixed reviews: Some say it increases endurance by 10 percent and others say it just makes you fat. I think it works for me, and thinking it works is half the battle.* (B+)

13) Steroids and amphetamines; drugs used to build muscle mass, and fight off fatigue. —*Some athletes say they get increased endurance from amphetamines, but scientific evidence proves them wrong. Steroids are probably beneficial in the short term, but the illegality in athletics and the side effects outweigh the benefits.* (F)

14) Blood doping. A few weeks prior to an important event, an athlete has some blood removed. The red blood cells are preserved and then reinjected just prior to competing. The body has already built up to its normal level, but now has many more to transfer oxygen to the muscles. —*Recent tests have shown positive results. The Europeans have been suspected for years. Where do I enlist?* (A)

15) Pacer beepers. This battery-powered beeper is worn in the ear. Simply set the beat for a four-minute mile pace and do it. —*I wish it were so easy. A waste of time and money.* (D-)

16) Hot Stuff. Red Hot rubbing ointments. A gel which is rubbed on sore muscles. After a few moments of rubbing the area becomes hot. —*Studies show the "Hot Stuff" just heats the surface of the skin. The "deep, penetrating heat" does not go deep into the muscles. However, the gel does make a good skin lubricator, and when coupled with massage on the area, does seem to offer relief.* (C+)

The list goes on, but the column can't. Remember, nothing replaces hard work!



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- TRANSPORTATION:** Buses will depart from the Renaissance Center and Maxim Hotel to start line on race day.
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- MORE:** Awards to top division finishers....free pizza, beer, hot dogs, pop & more at finish; certificates and computerized results & analysis mailed to all finishers (please fill in all entry data).
- ENTRY FEE:** \$8 (non-refundable) if received by Jan. 23; \$10 after Jan. 23; \$15 race day
- HOST HOTEL:** Stay with our hosts, the luxurious Maxim Hotel/Casino, one block from the famous Las Vegas Strip, at special marathoner rates: 3 days & 2 nights, \$80 + 6% tax (single or double).
- REGISTRATION:** Detach entry form & mail with check for entry fee, payable to LVTC Marathon, to: **Al Boka, Race Director**
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 Las Vegas, NV 89101 (702) 382-3496

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In consideration of the acceptance of my entry in the Las Vegas Marathon, I, the undersigned participant and, if under 18 years of age, my parent or guardian, intending to be legally bound, do hereby for ourselves, and heirs, executors, administrators and assigns, forever waive, release, and discharge any and all rights, claims and actions for damages that we or any of us may have, or that may hereafter accrue to us or any of us, against any and all persons, organizations and entities associated with the Marathon, including but not limited to the Las Vegas Track Club, the Road Runners Club of America, the Renaissance Center (or any and all sponsors of the Marathon), the City of Las Vegas, the County of Clark, the State of Nevada and individual race organizers, and their respective officers, directors, employees, agents, representatives, successors and assigns, arising out of or in connection with my entry in, travel to, participation in, and returning from the Las Vegas Marathon.

I attest and verify that I am physically fit and sufficiently trained to participate in this event. I also give permission for the free use of my name and/or pictures in broadcasts, telecasts, newspapers, etc.

Please Print

Signature of Applicant (or parent or guardian if under 18)

 Last Name First

 Street Address

 City State Zip

M F
 Sex

 Age on Race Day

 Have you run a marathon before? Yes No

 If yes, how many?

 Best marathon time hr. min. sec.

 Miles/week training

 Years running

 Height ft. in. Weight lbs.

DIVISIONS
 (check one):

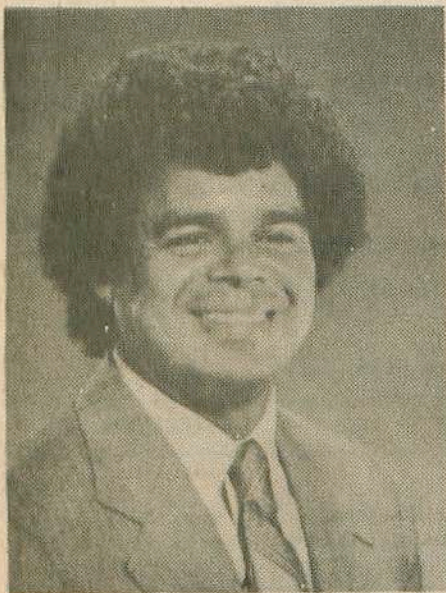
Male		Male		Female		Female	
A	Under 19	F	40-44	K	Under 19	P	40-49
B	20-24	G	45-49	L	20-24	Q	50-59
C	25-29	H	50-59	M	25-29	R	60+
D	30-34	I	60+	N	30-34	S	Wheelchair
E	35-39	J	Wheelchair	O	35-39		

Around the State



An Interview With Cal's New Coach . . .

TONY SANDOVAL



Tony Sandoval

by G. David Brown,
Innersports

Q: What made you decide to leave New Mexico for California?

A: I've always been interested in coaching at a prestigious academic school, and I know we were very successful at New Mexico but we had to recruit very, very hard. Amongst the things I saw is that there is a relationship between good students and good athletes, particularly with women. I've recruited quite heavily across the U.S. and gotten close with some very good athletes and usually they've chosen a very prestigious school to go to. And I've grew up in New Mexico and went to school there, and I was looking for a challenge as well.

Q: What are some of your plans for the Cal Track program?

A: I certainly would like to make it very consistent and successful. I want to have a comprehensive program. A lot of schools have the tendency to stay in a couple of areas, whether sprint-oriented or distance-oriented. I would like to try a comprehensive program where we have sprint, hurdles,

distance/cross country and field events. I think our school has the academic program that can attract very elite athletes.

Q: Who this year are Cal's top recruits?

A: Well, we have Erica Harris. As a junior she ran 51.45 in the 400. I think she had the 11th or 12th best time in the world, and she is a very good student and was recruited by most every school. We've also signed Jeanne Arnold, who was a runner-up at the state 400 and ran 53:34; Cindi Durshlag from San Carlos who's a discus thrower and throws 159'; Marilyn Davis who won the Western Kinney Cross Country Championships last year. We also have the freshman Laurie Hollingsworth a 4:54 miler from Piner HS; and Maria King from Milpitas who runs a 2:09.3. Those are the ones that were highly recruited and have a good pedigree.

Q: Can you tell us a little bit about this year's cross country team?

A: We had some adversities to overcome. Two of our top people were injured when I got here, and I red-shirted them to be sure that their injuries would be healed. One of them was Marilyn Davis, who was the top cross country recruit, and Margaret Spotts. Margaret was an all-American last year in cross country and the 1500. So right off the bat we lost two people who would help our team. We had two athletes that were on last year's team that didn't return. Cindy Grant, who was injured last year, decided not to come back and she had run 2:08 & 4:21 back in high school. Then Cindy Schmandt, who was an all-American in the 3000 two years ago, who we thought injuries from last year would be healed did not. So right off the bat there's four kids that would have helped our team.

As a result I have a very young team and during the summer there was no coach. Most of the kids that were coming in were freshman and there wasn't much guidance for them. Most of them did the typical high school thing, and that is to take the summer off from running. When I got a hold of them, and that was late since school starts later here, we had basically a freshman team that was very out of shape. The only ones that had some type of conditioning were Suzanne Richter who is a senior and Mary Gaffield who was on last year's team.

Q: So what do you expect for this year's team?

A: Our goal was to try to secure a qualifying spot to the NCAA Championships; our district meet is November 14. We have continued to improve every week. I think we will be a lot better off the middle of November than we are right now, but so will a lot of other teams.

Cal's 1982 Cross Country Squad

Mary Jo Barry (freshman) San Jose
Marilyn Davis (freshman) Orinda
Dana Flint (sophomore) Ukiah
Mary Gaffield (sophomore) El Cerrito
Mary Hanlon (junior) Portland
Laurie Hollingsworth (fr.) Santa Rosa
Maria King (freshman) Milpitas
Robin McSwain (freshman) Terra Linda
Suzanne Richter (senior) Chico
Louise Romo (sophomore) Torrance
Margaret Spotts (sophomore) Redondo Bch
Laura Sterrett (freshman) Corte Madera

A Profile On . . . Suzanne Richter

By G. David Brown,
Innersports

HEIGHT: 5-2
WEIGHT: 90 pounds
AGE: 22
COLLEGE: UC Berkeley
COACH: Tony Sandoval
PR's:

Track: 3000 9:33
1500 4:29
5000 16:24
Roads: 33:54 10k
55:12 10 mile

Suzanne Richter is the perfect example of the theory "Relax and Win". Today when most runners are into visualization, yoga, and other methods of "psyching up", Richter just goes out and runs. Her times of 33:54 for the 10k and a 55:12 10mile, one of the nation's fastest, indicate her methods are working.

Richter is now a senior at UC Berkeley and is their No. 1 girl cross country runner. In this recent CT&RN interview, Suzanne shares her views on training and racing.

Q: Can you first give us a brief profile of yourself?

A: First time I ran cross country was in 11th grade, and I was like the pits! My 12th grade year I won North Sectionals and did really well. In high school I always ran track, except I ran the 800 and shorter stuff like that and I kept moving up every year. My senior year I ran the mile in the state track meet and I placed. I got fifth place and that was

In '78 (4:52). And I've been running at Cal ever since.

Q: What are your workouts like during the cross country season?

A: Now that we have a new coach everything's different! Right now we're doing alot of aerobic work and getting in alot of miles and doing a little of stress aerobic work. We haven't started any anaerobic work. We've done some repeat 1000's but nothing really intense. But we're going to start doing more anaerobic stuff and getting more rest & stuff like that. Right now

Fine Flicks by Don Gosney



Suzanne Richter

I'm training 70 miles a week, and I'm sure it will be cut down and be more quality work later.

Q: How has having a new coach effected your performances so far this fall?

A: Well, so far my performances have been very mediocre, and it's different from the training that I am used to. In fact, I was kind of wondering why I wasn't where I thought I should be up with some people that I am usually up with at the beginning of the

season. But I really, really like the new coach and I think he knows what he's doing, so I just have to wait till I get my speed!

Q: What methods do you use to get yourself psyched up before a major competition?

A: What methods do I use?! Nothing really! I don't know, what do you do? There's nothing really in particular that I do, I don't meditate or anything like that. I just get up and race.

Q: You seem to have some of your better performances on the roads...do you think you'll see yourself as a road-racer after college is over?

A: Oh yea...I see my future in road-racing. I do alot better in cross country than I have ever done in track and I really like the roads. So I'm looking forward to doing some more road running.

Q: Are there any events like the marathon that you might want to do?

A: I thought of doing a marathon, and I'll try one I'm sure. It seems so far though. I love 10k's, but a 10 miler seems even far to me. But I'm going to try marathons and see if I like them.

Q: Describe these runners as you see them.

A:

LOUISE ROMO: She's a 800 meter runner and I love watching her run. I think she's the neatest runner in the world. And she thinks I'm the neatest distance runner. This is only her second year of cross country, and I think she has potential. She thinks she's a 800 meter runner and that's all she can do, but now she's realizing that she's talented in the 5000 meters too. I really like Louise alot.

KIM SCHNURPFEL: She seems like a nice person. She's a real good competitor. I really respect her, and I think she's done a helluva job.

Q: What are your goals this year in track and cross country?

A: In cross country I want to qualify for nationals. The more time goes on I think our team has a shot at it. I just want to finish the season better than I finished all my other seasons. It always seems in the end that something goes wrong. I get sick, or at nationals I'll bomb or something. So I want to make this a positive season the whole way. I don't know if I have my track eligibility yet, so I can't really say.

Q: Can you tell us a little bit more about the eligibility problem?

A: I was injured at the beginning of track last season. And I competed in two meets, and then I didn't compete anymore. But I don't know if I competed too late in the season. Plus I'm almost done with school unit wise. I don't know why they have to take it to the board, but it's going to the NCAA board in November, so I'll find out about it then. There should be no problem in getting it back.

Q: What advice do you give to the beginning competitor?

A: Just run....don't think about it. So many people get so "Am I doing this right?" "How should I run this?" Just go out and do it however you feel.

Q: How much do you feel while competing is physical and mental?

A: I think that 99.9 percent of it is mental. Most of it is mental. I mean there is so much training a person can do, some people are more fit than others, but I think if you have it upstairs and you want it that bad, then you can win.

World Class Act From Mexico Trains With U.S. Racewalkers

by Sally Furgeson & Terry Sullivan

Sitting there in a cramped dorm room at the U.S. Olympic Training Center in Colorado Springs, the two seemed an unlikely combination. They are, after all, at cross purposes: the one hoping to bring home to his native Mexico one, maybe two, Olympic gold medals in racewalking in 1984, and the other hoping to put together an American racewalking team worthy of one or more medals. The young Mexican racewalker and the American coach—they should have been behaving like the fierce competitors they will become.

Instead Raul Gonzales and Ron Laird act like the old friends and training companions they are. If it appeared strange to find a Mexican national at the American training facility, it seemed even odder—at first—that Laird, the volunteer coach (he's given only room and board, no salary, for his work at the OTC) of the American hopefuls, had invited Gonzales to spend the last two weeks of September in Colorado Springs and, indeed, had even found the funding for the world-class racewalker's trip.

"It's to our benefit," explains Laird, himself a competitive racewalker for more than 25 years and a four-time member of the U.S. Olympic racewalking team. "There's not much for him to learn from us. We're learning from him. My athletes are talking to him, training with him, seeing the kinds of things he does before, during, and after training. Most of all, they're watching his technique."

One might say, in fact, that Raul Gonzales is a walking primer on technique. So much so that the Biomechanics Lab at the OTC recorded on film, for the U.S. athletes' reference, a recent 10,000 meter walk that Gonzales took around the Center's track. The record setter's style is, as Laird describes it: "So beautiful, so efficient that he can go out and train really hard and not get injured. When your technique is perfect, as Raul's nearly is, you can train at high speeds for long distances with a low risk factor." The 30-year-old Gonzales routinely walks an eight to nine minute training mile for what is usually a 35-50 kilometer (approximately 22-31 miles) training day. Dur-

*Excerpted from *Walkers World*, a publication whose first issue will be appearing in spring 1983.

continued on page 23...

Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Also, clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

Santa Clarita Runners

P.O. Box 481, Newhall, CA. 91321

A number of Santa Clarita Runners competed in Hawaii's Ironman Triathlon. Congratulations to: Cully White (11:02-65th O/A), Rick O'Bryan (11:35-122nd O/A), Pete Meinderstma (13:00), Roy Pellerin (14:16), Nobby Orens (15:16), and Sharon Meinderstma (16:00).

This Labor Day found several SCR couples competing at Tuttle's "Sweatheart" 8-mile relay. New members Shelly Hazlett and Bob Badgett were third overall and first in their division (30-39). Shelly ran the 4 mile course in 22:07, well ahead of the competition. Sue Simms-Gene Blankenship and Gail and Eric Blodgett were 2nd and 5th respectively in the 70-79 division. Chris and Russ Sidles were 3rd in the 80-89; and Pat and Bill Winstanley 4th in the 90-99. Meanwhile the toughies were gruelling it out at the Mt. Baldy Run-to-the-Top (8 mile). Steve Durand was 7th overall, and his father Dick was 1st in the 50 plus group.

Bob Badgett ran well at the KNBC Peacock 10K running 32:47 to place third in the 16-18 age category. Bob Gerlach ran a fine 38:06 to get 5th in the 50-55 age group.

At the Mercury 10K, Gene Blankenship won the Masters division. Although it was a somewhat slow (for him) 33:45, it was his first major race win since turning 40.

On October 3, 19 SCRs went to the Harbor Lite 1/2 Marathon. Two runners got PRs; Dave Brown (1:30) and Chris Sidles (1:56).

The SCRs are putting on several races. First a 5 & 10K on November 21; then the Wells Fargo 10K in Sylmar (predominantly downhill course) on Dec. 14, and on Jan. 9 an 8K for women only. Call (805) 254-1833 or 252-4755 for details. See you there!

Empire Runners

4700 Foulger Dr., Santa Rosa 95405

The club had a record 173 runners turn out for their annual Labor Day 10 Miler. The overall winner was Ed Bomber in a course record time of 53:28, breaking Dave Royal's time of 53:57 set last year. The first female was Janet Buckendahl, as masters runner, also setting a course record of 1:06:37, breaking Mary Maloney's time of 1:07:13 set last year. Mort Gray, one of the club's senior statesmen in the 50-plus division, finished ninth overall in 58:29, a P.R. for him.

NorCal Seniors TC

881 Cedar St., Alameda 94501

Many members won first place gold at the October 2nd Northern California Senior Olympics. Tommy Hunt won the 60-64 100m in 15.8. Harry Koppel won the 65-69 100m in 13.4, the 400 in 65.1, and the 50m in 7.5. Lamar Jackson the 75-79 100m in 16.1, and 50m in 8.6. Shirley Dieterrich was first in the 55-59 100m in 17.3, and 400 in 1:26.2. Jack Hodges won the 50-54 400 in 60.1, 1500 in 5:12.2 and the 800 in 2:28.2. Jim McCarthy won the 65-69 high jump at 4-5, and discus at 102-11. Wilfred Bigelow scored firsts in the 70-74 high jump at 3-11, and the 1500 at 6:27.9. Joan Tyksinski won the 50-54 high jump at 3-9, discus(58-1), and shot put(22-8). Ed Mahany was victorious in the 50-54 long jump at 16-1; as was Bernie Schindler in the 55-59 at 15-3. John Sattl won the 65-69 long jump at 14-2. In the men's shot put club winners were Spencer Letcher (50-54) 41-4, Bill Toaspen (55-59) 27-4, and James York (65-69) 40-2. Bernie Schindler (55-59) and Ken Burns (65-69) were 200 winners with 28.6 and 33.1 respectively. Schindler also won the 1500 at 5:20.5. Frank Cuzzillo was a double winner in the 65-69 group with a 5000 time of 22:00.8 and 1500 time of 6:13.0.

Tulare Runners

P.O. Box 1995, Tulare 93275

The Canales', sister-brother combo of Jill and Jim, highlighted club action during the month with their high finishes during the club sponsored Fair Day Parade Mile held September 21st. Jill captured the women's title in 5:55 and Jim claimed third in 4:54. The event was won by the High Sierra Track Club's Bryan Patterson in 4:41. Another club runner, Brian Machado finished seventh in 5:39.

At the Clovis Fleet Afoot Cross Country Meet, the Canales' were at it again as Jim captured the Freshman 2 mile in 10:57 and Jill finished fifth in the Senior 2 mile in 13:40 at this early season meet.

Junior club members participating in high school cross country are Jill and Jim Canales at Tulare Western and John Wallace, Sara Washman, Brian Machado, Shellie Battles and Shannon Battles at Tulare Union.

Shannon Battles placed third at the Mt. Whitney Invitational Cross Country meet with a 13:15.

Flatlanders

P.O. Box 178414, San Diego 92117

JOHN MUIR TRAIL RACE REPORT: (From Nicki Lewis) David Hermitage and I missed the lottery for Western States and decided to look for something that gave equal - actually more - punishment. Fortunately and consequently we did find it ... We are presently sitting in a park in Santa Monica. My knee is blown out to twice its size and David's ankles look like elephantiasis... We have, a few days ago, completed the 220 mile John Muir Trail Run in 5 days 16 hours. Don Douglass set the record again in 4 days and 21 hours. We look at the run as surviving more than finishing. The grueling terrain in addition to the never ending altitude climbs over 12,000 feet - 11 passes and the snow hid the trail from novices like ourselves made it a miracle in our finishing. We carried all our survival gear to get through the days and nights and did amazingly well for the first 3 days. Unfortunately, David unloaded our daily snacks to have less weight and we survived one day (the 4th) on one candy bar and a few vitamins, which did weaken our performance. Well, in spite of our many setbacks and inexperience in this part of the Sierras, we did it! The worst snow in 7 years didn't stop Lewis and Hermitage from tracking down the John Muir Trail. The rocks, mountains, rough rivers, creeks, streams, mud, snow, ice, frigid cold nights, hypothermia, bears, avalanche and length that we covered seems unbelievable now... We crossed three passes at night in icy snow conditions in the most alien territory I have ever seen. We were lucky to not have been swept away by the current in the rivers and creeks... The endless finish line, the never ending steep climbs, the inability to actually run on any of the hazardous ground makes the John Muir Trail Run look like the 'Hell of all Runs' - especially under the conditions that existed this year.

Berkeley Runners' Club

5623 Oakgrove Ave., Oakland, CA 94618

Congratulations to Hilary Naylor for breaking 3 hours at the Nike Marathon in Oregon. Ted Vincent completed the Lake Tahoe 72-Miler as did Carol LaPlant who was the second woman. Another BRC finisher was John Buenfil.

On the local scene, Laury Fisher had a good September, winning her division at the

Sugar City 10K in the 90 degree heat and then placing third in the sub-masters at the Bigfoot/Bigheart 10K with a 41:30. At the Richmond Pancake Race four members were spotted running just to eat the breakfast — Joe LeBlanc, Loretta Madarang, Roger Sharpe (3rd in division), and Ruth Grimes (2nd in division).

High Desert Runners

637 E. Ave. J-4, Lancaster 93535

The big club event for October was their own Ed Jerome Memorial Half-Marathon and 5K on the 23rd.

Top club finishers at the Valley Oasis 8K on August 28th were: 3. Tony Whitmore 27:26; 4. Sammie Culver 27:55; 8. Scot Duvall 29:08; 12. Ken Hamrick 30:06; 13. Dave Borjon 30:15. Winning first female was Liz Sundberg 34:16. In the 5K event: 2. Jim Powell 16:37; 3. Gary Dehlinger 17:29 led the High Desert men with Mary Powers leading the women in 16th with 19:40.

In a surprise performance, Charlie Horn was the first club finisher at the September 12th Santa Clarita 20K in 81:45 for 19th place overall. He recorded splits of 41:30(10k out) and 40:15(10k back).

Culver City Athletic Club

The end of summer and early fall saw some great individual performances from Culver City members, as well as a few good team efforts. Jim Knerr, at age 48, finished 2nd over-all at the Santa Monica Marathon with an outstanding 2:30 clocking. Jim also led all CCAC finishers at the National TAC 25K championship in Ventura, and subsequently won the 45 plus age group at the SPA district 20K championship in Griffith Park 3 weeks later. Frank Duarte went back to Philadelphia for the NIKE Masters' 10K run-off, and finished 3rd with a swift 31:32 in the 40 plus division. Unfortunately, he has succumbed to a bad knee and has had to lay off for a few weeks since. Andre Tocco, while in training for the Hawaiian Ironman competition, still took 2nd in the Nat. 25k and ran a fast 1:12 half marathon in San Pedro just before leaving for the Islands. At the latter event, he again set a new world's record for the 45 plus age group, finishing a ½ hour faster than last year in a time of 11 hours and 17 minutes. This beat his nearest age-group rival by 1 hour!

Skip Shaffer won four TAC 40 plus championships in a space of six weeks, starting off with an over-all victory in the 30K in Yorba Linda, and followed by the 10K in Bellflower, the 25K in Ventura, and the newly added 8K distance in Griffith Park. He teamed up with Dick Belliveau, first 45 and Sheila Hasham, first W + 35, to win the sub-master category at the 30K, and was 3rd behind Knerr and Tocco, and joining Belliveau and 30-year-old Ed Dorio to win the open division of the National 25K race in Ventura. (Averaging 42 years old each, this has to be one of the oldest groups to ever win an open national TAC championship.) With Frank Freyne as the replacement, this group also won the masters' section for the local championship. The club celebrated these big victories with a club work-out in Santa Monica the next weekend and enjoyed a nice run in a cool mist and the pot-luck brunch that followed. The team is now looking forward to the District's 5K championship in Westlake, the National TAC 15K x.c. event in San Diego in November, and the Culver City Marathon which will be the SPA district championship in December.

Pamakid Runners

185 Stanford Ave., Mill Valley 94941

As usual Sal Vasquez heads the list of top times. Sal won the tough Woodminster Handicap on June 13 with a fine 47:29. Sal also ran a fast 31:10 for 10K at the Nike Masters championships in Philadelphia. Sal won the trip to Philly earlier this year at the St. Jude Run.

Norm McAbee's 2:40:53 at the San Francisco Marathon set an American Record for 50 year olds. Norm also won the 50-plus division at the SFPD Run for Youth on June 12, running 24:51 for 4.5 miles. Norm was edged at the tape in the above race by Adrian Wong, who finished 13th overall and was clocked in the exact same time. Adrian also ran a fine 34:39 for 10K while finishing 10th at the Sri Chinmoy race on July 25.

Other Pamakids placed well at the SFPD Run as well. Ragna Roksvag-Zanger was the third female finisher in 26:43, and Danelle Leong finished sixth in 31:13. Vivian Rodriguez won the 45-49 division with a 33:30 and Annabel Marsh won the 50-plus group with a 38:51 time. Also, Valerie Gnesdloff finished second in the 40-44 group with a time of 33:59.

At the Silver State Marathon in Reno on September 5th new members Gene Silver, Bob Farrington and Ephraim Romesberg swept the top three spots in the 50-plus division. Their times were 2:58:18, 2:59:15, and 3:00:29, respectively. In fact both Silver and Farrington broke the old course record.



John Brennan
Santa Barbara AA

Santa Barbara AA

4476 Meadowlark Ln., Santa Barbara 93105

NIKE MARATHON REPORT: (From John Brennan) John Botke, Irwin Sorokin, my son Bob and I represented SBAA in the 12th NIKE Marathon in Eugene on September 12th. Non-SBAA members Elaine Camp and Jim Triplett were there too. I was especially looking forward to this race because it was to be Bob's first marathon. Race day was 64 degrees and drizzling. Ideal for us, but some complained of the cold and others of the heat! John and Bob started at about 5:40 pace. Not being in good condition, I thought 5:50 would be more prudent. I had no indication of how things were going for them until I caught John at about 32km. They had run together until the 20km point when John, sensing that it wasn't going to be a good day for him, told Bob to take off. And take off he did, running the second half two minutes faster than the first! When John and I finished, Bob was there to welcome us. He ran 2:26:48. John and I came in in 2:33:38 and 2:33:50 respectively. Elaine had a very good 2:47 and picked up \$250 for 9th place. Irwin finished looking very strong in 3:19. Two performances really stood out: Antonio Villanueva of Mexico ran 2:13 at age 42! Joan Benoit who only resumed running in March after achilles operations, ran 2:26:11.



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Club News

Zephyr A.C.

2192 Owens Ct., Pinole 94564

Dennis Rinde set a new club record for the marathon distance at the Nike-Oregon T.C. Marathon on September 12. In what must have been a terrific sprint to the tape, Dennis finished with a 2:13:40, 6th overall, edging out Antonio Villanueva (2:13:41), Domingo Tibadulza (2:13:45), Kevin McCarey (2:13:47), and Rudy Verriet (2:13:48). Dennis was fourth American, and as usual, first Californian (after all, he is the state marathon record holder). Dennis is considering either New York or Honolulu for his next challenge, all leading up to the ultimate challenge, the 1984 Olympic Team.

After Rinde the Zephyr A.C. Marathon All Time List looks like this: Scott Molina (Pittsburg) 2:34:25 at Pinole '80; Pat Shaughnessy (Vallejo) 2:36:33 at Oakland '81; Rick Rivera (Zephyr Cove) 2:36:00 at San Francisco '82; Dan Hollis (Vallejo) 2:38:18 at Boston '82; Ken Stein (Richmond) 2:38:18 at Oakland '81; Joe Burzynski (Richmond) 2:41:47 at Russian River '82; Sharlet Gilbert (Richmond) 2:43:42 at Avon '82; Allan Smith (Pinole) 2:45:00 at Pinole '81; John Alvarez (San Pablo) 2:45:57 at Oakland '81.



Frank Delgado
Fresno Track Club

Fresno Track Club

PO Box 6103, Fresno 93703

Jeanne Arakelian is a member of Coach Bob Fries' Fresno City College Cross Country Team. The Distaffers were featured in a

recent Fresno Bee article. The FCC team has several fine over thirty runners.

Frank and Chris Delgado made their annual Sacramento Marathon outing another successful one with Frank taking fifth in the 40-49 class with a strong 2:46:40. Chris, who lives in nearby Citrus Heights was 7th, 40-49 with his 2:50:30. The combined half and full marathons attracted over two thousand runners.

Erin Valdez continues her domination in the girls under 15 class taking wins at the Boy's Club Run in Fresno on October 16 and the Selma Cancer Run October 2. Coach Darrel Cox was the overall winner at the Boy's Club five mile run. Division winners included Pat Dunning, first in submasters and Frank Delgado leading the way in the masters division. Patricia Hurst won the women's 50+ category and coach Bob Fries won the men's 50+ class. Turning in personal records in this event were Jim Raymond and Grant Sharp.

FTC'ers fared very well at the Visalia Runners-Rosita Si Half Marathon October 17, with Bob Lindsey taking fourth overall and 1st, 35-39 with an outstanding 1:13:55 personal record. Iron man Al Lomell was 6th overall in winning the 30-34 class in a fine time of 1:14:29 following a previous day's five mile race in Fresno. Rapidly improving Jim Raymond made it two personal bests for the weekend winning the 40-44 division with a strong 1:29:18. Sid Toabe paces the 50-59 gang taking first in a fine 1:27:54 with Ken Takeuchi second in the class.

Al Lomell won the 30-39 category at the Selma Cancer Run. Eric Valdez was a top prediction runner at the same event.

Sierra Slowpokes

116 High St., Grass Valley 95945

At the Ananda Fun Run several members did well. Courses were 2, 4 & 8.5 miles.

In the 1/2 mile kids race, Kalidasa Novak ran to a second place finish and he's only six.

The 2 mile was won by Mike McAllister in 12:54.

The 4 mile was won by Jyotish Novak with a time of 31:03. Chuck Petch won his age group in the same race with a time of 39:13. Devi Novak placed third overall with a time of 47:23 for the women.

In the long race of the day, Dick Draus led the way with a winning time of 52:53, with Gary Loucks placing a distant 3rd in 64:10.

San Francisco Dolphin South End Runners

741 Kansas St., San Francisco 94107

PIKES PEAK REPORT: Pikes Peak is a mountain that rises to an elevation of 14,110 feet. Every August there is a marathon on Pikes Peak Barr Trail that people participate in and they return home with a jazzy t-shirt and maybe an award.

There are a lot of 'hot shots' who do train seriously for this race, but most of us go to Colorado for fun-times... The marathon is

something we have to do to justify our week's absence to family, friends and others. Van Horne Cottages, Manitou Springs, is the hub of DSE activities—a dizzy whirl of potucks, nightly cocktail socials, paddling 'round in the pool, playing skeeball and local hot-tubs.

Of course, every morning we do go out to prepare for the race itself and try to acclimate to the altitude. The 7,000 to 14,000 foot elevation is an important limiting factor for S.F. runners. It is impossible for most of us to run the entire trail. Probably the average runner will walk three quarters of the uphill portion.

One of the best things about participating in the Pikes Peak Marathon is we all forget very soon that the event is just a fast hike for many of us (this is probably one of the best kept secrets in the running world) and we are able to accept the admiration of our friends with a clear conscience.

DSE round trip finishers: Colleen Fox 5:50:56; Cliff Doughty 6:00:47; Keith Weaver 6:22:47; Julie Vernon 6:26:46; Jim Burke 6:34:20; Dick Collins 6:41:00; Steve Cole 7:36:31; Mike Donahoe 7:36:57; Lynn Strang 7:54:40; John Buenfil 8:32:37; Jim Skophammer 8:37:00; Annabel Marsh 8:58:00; Mavis Lindgren 9:17:23; Walter Stack 9:18:00.

(from Sandy Vernon)

Sri Chinmoy Marathon Team

2438 16th Ave., San Francisco 94116

The Sri Chinmoy Marathon Team may sound like a group of people who run lots of marathons — which is true — but it's also the new name of one of the most active amateur race sponsoring organizations in the world.

Sri Chinmoy, the New York-based meditation teacher and sports enthusiast, has earned considerable notice in recent years for his promotion of amateur running. Clubs under his direction are currently active in over 30 cities in ten nations, including the US, France, England, Germany (FGR), Canada and Australia. Altogether the "running Guru" is responsible for some 200 public footraces worldwide each year, including a dozen official marathons, two or more triathlons, and several worldclass ultramarathons.

Until recently, Sri Chinmoy running groups in each locality functioned under a variety of names: the Sri Chinmoy Marathon Team in New York; the Sri Chinmoy Laufclub in Zurich; the Sri Chinmoy Running Team in Melbourne; and in California, the Sri Chinmoy Running Club (SCRC). As the organization's reputation grew, the different names began to be a problem.

"The Marathon Team is a very appropriate name," says Michael Lindemann, race director of the San Francisco chapter, "since the majority of us took up running, or got serious about running, mainly to attempt the marathon. By now over 300 of Sri Chinmoy's students have completed at least one marathon."

As in the past, the Sri Chinmoy Marathon Team will continue to sponsor races ranging in length from two miles or less up to 70-mile and 24-hour ultramarathons.

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- ☀ Light

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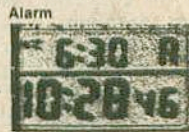
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Time to the Second



Alarm

Time to the Second

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SPORTS TIMING

Medical Notes for Runners

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

Views On Shoes - 82

Introduction

Almost one year ago, I embarked upon a project of clinically evaluating running shoes. At that time, I was under contract to no shoe company and, in fact, had been invited by Bob Anderson from *Runner's World* to entertain the thought of doing a shoe survey for *Runner's World*. After Bob Anderson, editor Rich Benyo and I discussed the matter at length. We came to the conclusion that it would best serve the purposes of the readers of *Runner's World* this year, to have a survey rather than a myriad of laboratory tests which may be difficult to interpret and which would have variable correlation between the actual clinical functioning of the shoe over many miles versus the initial testing of a new shoe. When we had this discussion, it was understood by all of us what *Runner's World* had accomplished with the initial shoe surveys. They essentially gave the shoe companies a very important input from the running population as to what was desired and what was needed. They also related important information back to the runners as to what shoe companies were doing — what and what to expect from each shoe. This had a tremendous effect on the shoe industry and is responsible for the high quality of shoes on the market today. At some time during the shoe surveys, the scientific research and testing being done became so complicated that it was difficult to have valid clinical correlations. That being the case, I'm in complete agreement with *Runner's World* shoe survey this year which will be more of a survey than actual testing.

That still doesn't solve the problem that I have and that is how to recommend what shoes to what people — how to correlate foot types, body weight, and running style

types of runners with various foot deformities and test the shoes every 50 miles. The testing included treadmill analysis with video playback and periodic testing of the shoes for durability of the upper, the foot bed, the midsole, and the outsole. Of special consideration was the rate of deformity of the counter in regards to pronation or supination. Generalized factors such as fit and comfort for various foot types and special considerations for the heavyweight runner, were also needed. It's now over one year later and the study is about complete. What I learned in this study is that it is difficult to have specific data from a clinical trial. It is, however, possible to draw relevant clinical correlations which have importance to the runner and to the doctor treating runners. Later on in the testing, it was possible to use an electrodyneogram, which is a computer, which, in effect, gives an EKG type print-out of the foot. All the forces going through seven different parts of the foot are analyzed by a computer. Our computer is programmed for walking but we have yet to receive the soft ware for running. Therefore, only walking tests were carried out but, even with walking, some important clinical correlations as to the stability of the shoe and the effect of various forms of material in the shoe upon contact, midstance, and toe-off could be made. The effects of orthotics and, likewise, insoles such as Spenco and Sorbothane could also be evaluated in a walking situation. Correlation between the computer read out and video playback was also possible.

Change Of Status

In the ensuing year, I had a change of status. As most of you know, Brooks Shoe



philosophy was to have a stable Brooks Shoe Company which made a quality product and had the same reliability and dependability of all other Wolverine products. I feel that they have met this aim. I am now a consultant for World-Wide Wolverine and Brooks Shoe Company as I had been, in the past, a consultant for Brooks Shoe Company. Well, one immediately asks the question, "Does this make me biased?" I suppose the answer would be, "Yes" but, actually, in my capacity as a consultant for Brooks Shoe Company and evaluator of shoes for myself, my patients, and running magazines, I find it necessary to run in everybody's shoes and constantly evaluate shoes. It's impossible for one company to make a shoe that is perfect for all feet and it's my intention to be unbiased and to recommend those shoes which are best suited for my patients regardless of who manufactures the shoes. This was understood by World-Wide Wolverine when I accepted the position as a consultant and, likewise, was understood by Brooks when I worked exclusively for them.

What Did I Learn

Since I had the opportunity to run in everybody's shoes, I learned that that is the ideal situation. I learned that, given my druthers, I would rather rotate between three to five different brands. I found that, by using different types of shoes for different terrains or for different days and mileage, I could get the advantages of

"It's impossible for one company to make a shoe that is perfect for all feet."

with the proper shoe. I embarked, therefore, upon a clinical study whereby I wrote letters to most shoe companies to ask them for samples of their shoes, in various sizes so that I could do appropriate testing. It was my idea to give the shoes out to various

Company was bought by World-Wide Wolverine which is a large corporation which also makes Hush Puppies as well as Wolverine hiking boots and work boots. They are a conservative company with substantial financial resources. Their

various models and not suffer from the chronic repetitive fatigue that one might get from running in the same shoe day in and day out. I also found that, since I rotated my shoes, I did not tend to spend periods of time running in worn-out shoes with oxidized midsoles which had lost all ability for recovery after initial contact. This used to be an old habit of mine since I was somewhat tight and afraid to get rid of any old pair of shoes. Given myself, a one hundred fifty two pound long distance runner with fifty-five marathons under my belt and eleven years of running experience, what brands of shoes would I use? Well, let me tell you first that I have a size 9 foot, am bow-legged, wear full length orthotics, and usually suffer from two to three running injuries per year secondary to stupidity and overuse. The shoes I would choose, in alphabetical order, after treadmill testing, video analysis, and clinical trial for an average runner like myself are the following: (These are in alphabetical order):

- ✓ Adidas TRX Trainer and/or Marathon Trainer
- ✓ Avia 580 and 680
- ✓ Brooks Super Villanova, Vantage, and dual durometer wedge shoe (Chariot) Hawk
- ✓ Nike Equator, Columbia, Centurion, and Terra TC
- ✓ Saucony Freedom Trainer, Jazz, or Rod Dixon

These are my personal five picks of major shoe manufacturers and their models that I prefer to run in.

What About The Other Manufacturers?

I also found that the other manufacturers were doing a good job. Their shoes are less frequently used by my patients yet performed well. The Tiger GT X Caliber, Mizuno, Autry, Reebok, and Puma were similar to the other shoes comparing favorably with the top five and also appeared to be well-suited for heavyweight runners. The Converse Phaeton compared favorably as did the Van and some of the Etonics.

New Balance is very popular yet appears to have too soft a midsole for the injured runner. If you are using New Balance and enjoying them without injury, by all means, continue with their use. I understand that New Balance is introducing additional models with firmer midsoles. This change is welcomed!

Why Did I Choose The Above Five And Why Were They The Most Popular Among My Patients In The Test Group?

Adidas

I chose the Adidas TRX Trainer because it has stood the test of time. Its midsole is made of polyurethane which is a closed cell material and wears very well. It is a bit heavier and tends to be stiffer than ethyl vinyl acetate. The shoe holds up very well over long distances and tends to deform less with a heavyweight runner or the excessive pronator. The Adidas Marathon Trainer is similar to the TRX Trainer and seems to wear better on the outsole but doesn't have quite as sturdy a midsole in my clinical trials.

Avia

The Avia Shoe Company is a newcomer which has been in existence for about a

year. The main corporate headquarters are in Tigard, Oregon. I've been testing the shoe for about a year and am quite impressed with their cantilever system. The cantilever

when compared to the outside. I have tested this shoe in the laboratory situation and clinically and have given many of the shoes to my running friends and have

"I've found that most people take a size larger running shoe than street shoe because the foot elongates and flattens during running."

appears to disperse stress and also aid in traction. The Avia 580 is a good training shoe and The Avia 680 is a fascinating training shoe and racing shoe with a combination cantilever ripple type sole. Avia is using closed cell polyurethane in their midsoles. This appears to hold up well. There is a very wide toe box and the shoe is extremely comfortable for my wide foot. I'm impressed with the management and creativity of the Avia Company. In the same way, I'm impressed with the German thoroughness for manufacturing and quality control which Avia has displayed.

Brooks

The Brooks Shoe Company has undergone major reorganization. Since its purchase by World-Wide Wolverine, it has become a very stable quality oriented company. It is no secret that Brooks had some quality control problems prior to its overtake by Wolverine due to manufacturing difficulties in Puerto Rico. To the best of my understanding, this has been rectified by World-Wide Wolverine. Some of the old Brooks management is still working with Wolverine and this appears to be a most beneficial combination.

The Brooks Super Villanova is still a real value and a very safe shoe for all runners. The quality is excellent and I still find this to be a suitable recommendation for my patients. The shoe tested well, wears well, and is a value at its price.

The Brooks Vantage is still one of my favorites since it is the only shoe on the market with a true varus wedge. The varus wedge is a 4° wedge from the heel to behind the first metatarsal. This shoe is particularly suited for me inasmuch as I am bowlegged and tend to land on the outside of my heels and then pronate in. It is one of the few shoes that I can wear consistently without knee pain. I have always been biased toward the varus wedge and find it to be suitable for at least 60 to 70% of the running population who have an average amount of bowleggedness and pronation. This, of course, is my own bias but it appears to have positive clinical correlation in the tests that I have performed and upon surveying my patients.

The Brooks variable wedge shoe (The Chariot) has just been introduced to the market. It is a quality shoe with innovative design. I helped develop and test the shoe. It uses a dual durometer concept and bar traction outsole. The outsole wears well, disperses shock, and has excellent traction. The shoe will have a perpendicular counter similar to the Brooks Super Villanova but will have a different durometer or resiliency of the rubber on the inside of the heel and midfoot midsole

tested them repeatedly at 50 mile intervals. The shoe wears extremely well with very little midsole or counter deformity. It has the advantage of acting like a varus wedge without the disadvantage of throwing the shoe a bit to the outside. I personally like being thrown to the outside but some of my running patients prefer having a perpendicular counter.

Saucony

Saucony has done an excellent job, recently developing a quality shoe with good stability. The Saucony Jazz, Freedom Trainer, and Rod Dixons are all good shoes. I particularly enjoy the Saucony Freedom Trainer. It has a triangular racing stud on the outside which acts like a triangle and, to a slight effect, a cantilever. It has plenty of room in the toe box and is particularly suited for a wide foot such as mine. The shoe was received well by my patients and tested well clinically and experimentally.

Nike

The Nike shoe I particularly enjoyed was the Nike Equator, a good long distance shoe. By long distance, I mean ten to fifteen mile runs.

The Nike Columbia has an air midsole and tended to have less stability due to this. Despite the fact that I lost stability, I was quite impressed with the shock absorbing properties and enjoyed using the shoe for six to eight mile runs with a lot of hills. It was particularly of benefit on the downhill and I still use the shoe in rotation with the above shoes during my workouts. The Nike Columbia, with its air midsole, is especially well suited for those patients with a high arch foot who need a bit more cushioning and pronation.

The Nike Centurion is built for the heavyweight and appears to do well. It has ethyl vinyl acetate in the midsole and, even though the material is stiff, I'm not sure that it works better than polyurethane. I prefer utilizing a closed cell material such as polyurethane for the overweight or heavyweight with extreme pronation. Heavyweight runners with mild to moderate pronation appeared to do well in my tests in the Nike Centurion. Some of the heavyweight runners with extreme pronation do well in the Brooks Vantage because the varus wedge helps greatly. The Adidas TRX Trainer also performs well with the heavyweight.

The Nike Terra TC is a light weight racing shoe which I'm quite fond of. I like it for speed workouts although I'm not particularly well suited to use this shoe for long distance running or racing.

continued on next page...

Medical Notes

What's New In Shoes?

I've already mentioned to you some ideas which are new. One of these is the Brooks dual durometer or variable wedge midsole (The Chariot). Another is the Avia cantilever system and ripple system. The third is the Tiger X Calliber GT with the antipronation plug. The fourth would be the Converse Phaeton with its lateral stability bars. Etonic is coming out with a new shoe which is a welcome addition to their somewhat conservative line which has been present in the past. Adidas recently came out with a shoe utilizing ethyl vinyl acetate and reinforced with a mesh. I've read their advertisements and tested their shoes and find that, unfortunately, the mesh does not appear to give adequate support to the ethyl vinyl acetate. Many of my patients are compressing the medial aspect of the midsole of some of the newer Adidas shoes. Despite this, other runners are finding that the Adidas Oregon is a welcome addition to the Adidas line. Time will serve to give the final answers as to how good the Adidas Oregons and the Adidas Atlantas are.

Closed Cell Versus Open Cell Midsole

Ethyl vinyl acetate is considered to be an open cell midsole whereas polyurethane is a closed cell midsole. Ethyl vinyl acetate is light, feels spongy, but, yet over a period of time, loses its ability to recover and appears to oxidize and bottom out. That means that the shoes with ethyl vinyl acetate midsoles may have to be replaced sooner than shoes with polyurethane. Polyurethane is a closed cell material which, initially, does not feel as soft and protective as ethyl vinyl acetate but which retains its properties for recovery and stability over long mileage more so than much of the lighter durometer ethyl vinyl acetate. When I originally did research for Brooks, about eight years ago, on ethyl vinyl acetate, we discovered that the

durometer of the ethyl vinyl acetate should be greater than 40 durometer and perhaps approach 50 durometer. We found that, when the durometer was under 30, the shoe felt extremely soft but the midsole collapsed and bottomed out very soon. Despite this research, some of the shoe companies have come out with shoes with soft ethyl vinyl midsoles which, quite frank-

what works is all that is important. Needless to say, I have some patients who are more comfortable and have less injuries when running in combat boots than in any running shoe on the market. I don't argue with success. I only nod my head in amazement.

I have learned that the ideal way to buy shoes is to have three or four different

"The bottom line is that it appears to be reasonable to have three different brands of shoes to rotate."

ly, are worthless after four weeks of running. Almost all of these companies have found that they made an error and are reversing this trend. The only hint I can give you is, if the midsole feels too soft, it is too soft and, if the shoe feels unbelievably comfortable, it is unbelievably comfortable, and probably, likewise, unsafe! You can't trade softness for protection.

What Else is New?

Many of the manufacturers are putting more carbon in their outsoles. It appears as though carbon reinforced outsoles will wear better. Some time ago, Vibran was introduced as a form of free flow outsole. Unfortunately, the Vibran, although it feels good initially, has the same problems as ethyl vinyl acetate. It wears entirely too soon. This, however, is being rectified with an improved version of Vibran.

So What's The Bottom Line?

The bottom line is that it appears to be reasonable to have three different brands of shoes to rotate. Five different brands may be better although some people will stick with just one. I personally find that rotating between the shoes that I've mentioned works well for me. I might use one shoe with a racing stud for trail running, another shoe with an air midsole for some hill running, a shoe with a firm midsole for long distance running, another shoe for middle distance running, etc. I like to rotate my shoes and I like to always try new shoes as well as those shoes that have been on the market for quite some period of time so that I compare each shoe to itself and am always evaluating everything on the market. I, likewise, like to have the advantage of being able to give different shoes from different companies to my patients for clinical tests and correlations. Fortunately, most of the shoe companies have cooperated with me in my clinical studies.

It must be remembered that the study I conducted was mostly carried out with runners who had been injured. Therefore, I was taking injured runners, rehabilitating them, and putting them in different types of shoes and studying them as they became injury free and continued to run. It's entirely possible that had I studied only uninjured runners, I would have different results. That being the case, my results are most likely biased by my patient load and by my own personal biases. Nonetheless, I feel that there are some important things to be learned from my study and there is some important information. The bottom line is that

brands and be evaluated on a treadmill with video playback. I offer this service for my patients but it certainly is not possible for me to do this for everyone and, likewise, not possible for all shoe stores to have an expensive treadmill as well as video playback systems. Likewise, I'm not sure that all can interpret the information properly. I've found that most people take a size larger running shoe than street shoe because the foot elongates and flattens during running. I've found that most runners make the mistake of buying shoes that are too soft. I've found that too much of anything is no good; too much flare on a shoe is no good; too much softness in the midsole is no good and, the last, too much running in anybody's shoes may be detrimental.

Letters To Dr. Subotnick

September 19, 1982

Dear Dr. Subotnick:

Your article on George Moss in CTN was fascinating. I'd like to outline my experience very briefly. You may have helpful suggestions. It may be that I will be in the Bay area soon on very short notice; I'll call and if you have time available, I'd like a consultation.

After 69 years of avoiding athletics nearly totally, I discovered running by accident about 4½ years ago. Could hardly believe it was fun — even competition! I've run about 40 10K's, some longer runs (which I prefer), and 5 marathons. Best 10K time (when I was 71) was 47:51 — probably a short course. One or two others at 49:50 min. Then my speed fell back — perhaps due to overtraining (60-70 miles per week). In the last 1½ years, 10K times have been 53:54 until a week ago when I did 51:00 in a run sanctioned by TAC. I credit this to 4 weeks of interval training twice a week, 8 X 440. I am now 73.

Best marathon, 4:11. My only injuries have been a pulled hamstring, a shinsplint. What concerns me is that I run "relaxed," not able to reach the level of effort, speed, fatigue which younger runners do. Not that I expect to equal them, but I finish even 20K feeling fresh, still a long way from exhaustion. I try, but I just can't move my legs fast enough. Hopelessly slow in sprints, 5K's

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very poor. After a 10K, a coach asked, "Where do you hurt?" I replied "I don't hurt anywhere." "Then you didn't run as hard as you should have."?? How to do it? More interval work? Should I hurt?

I train 2 hours daily 6 days a week, on a hard-easy schedule, often running with younger men at near race pace to keep up with them, 10-12 miles. Finish with 440 swim. I enjoy training and would be reluctant to cut it. I am 73, 5'11, 158 lbs., in good health. My early fear of athletics may have been rooted in severe asthma, healed 30 years ago — no trace remains. I stretch before and after work-outs, reluctantly because of the time required.

Any comments?

Ernest Lyons
Laguna Hills

Reply:

Mr. Lyons,

My suggestion is to leave well enough alone. I wish I could run relaxed and always finish my races feeling fresh. But, seriously, if you want to increase your speed without hurting your body at your age, I suggest you purchase a good exercise bike. I, myself, utilize the Tunturi exercise bike. I ride the bike for about 7 to 10 minutes before runs and for a half an hour to forty-five minutes after very long workouts. The bike allows me to stimulate and exercise my fast twitch fibers in the legs but, yet, I'm still getting some very good aerobic workout and working on speed. I also do fartlek like workouts on my Tunturi exercise bike. I set the resistance to between 150 and 250 watts. I

go between 60 to 80 revolutions per minute. The exercise bike is an excellent adjunct for speed and especially useful as we get older. Dr. Alex Rotell, an anesthesiologist, utilizes the exercise bike in his training program and hold age group records for the marathon as well as shorter distances.

Best of luck.

Steven I. Subotnick

August 23, 1982

Dear Dr. Subotnick:

I run 12-15 miles per week. I compete in 25 or so 10ks per year at a 7 minute per mile pace, (42 min. 36 sec. P.R.), am 40 years old and suffer terribly from blisters on my toes.

I have several pair of good shoes (New Balance 620, 660, 730, Nike Tailwind, Converse Arizona). Powder doesn't seem to help, vaseline helps a little, and skin substitute products are a waste.

I visited one podiatrist who told me that my feet are normal in structure. Can you offer me any suggestions to remedy my problem.

Can you give me the name of a good sports podiatrist in the Los Angeles or San Fernando Valley area?

Very truly yours,
William Levy
Los Angeles

Reply:

Mr. Levy,

Blisters are usually caused by friction. One layer of skin is sheared from the deeper layer of skin and lysis occurs between skin layers. Fluid is the end result and the super-

ficial layer of skin I raised up from the deeper layer. This is a blister. Shearing forces or friction can be caused by very small amounts of excessive pronation. Pronation is when the foot moves in. Likewise, just moving forward as you go up on the balls of your feet in a race can cause shearing or friction forces. That being the case, at times, an orthotic, even if there's not serious imbalance in the leg, may help with blisters. You might also try Spenco insoles or Spenco orthotics. These are over-the-counter devices and this material is most helpful for blistering. If the blisters are on the top of your toes, it may be because your toes are contracted, or curled, or you have hammertoes or claw toes. If that is the case, cut out the toe box of our shoes and have elastic replaced by a shemak. If the blister is on the bottom of your toes, then use the Spenco insoles. If nothing else helps, try seeing a sports podiatrist and utilizing a temporary orthotic with a Spenco cover to see if this makes a difference. If it does, a permanent orthotic may be helpful. A treadmill analysis with video slow-motion playback would be helpful as, as a last resort, you could have a computerized stress analysis of your running carried out; in which case, electrodes are placed on the bottom of your feet and the actual amount of force going through your feet is measured.

A good podiatrist to see in the Los Angeles area is Dr. John Pajano, who used to hold the world record for the 50 mile run.

Best of luck.

Steven Subotnick

Around the State

... continued from page 15

ing his most rigorous training, he does 60K (about 37 miles) per day.

Laird, who has trained in Mexico with both Gonzales and his friend Daniel Bautista (a 1976 Olympic gold medalist in racewalking), is unabashed in his praise of Raul, maintaining that the Monterrey native is the top racewalker competing in the world today and the man to beat in both the upcoming Pan Am Games and the Olympics. "I saw the lap times he had in the Norway 50K competition," says the coach. "He was doing about 1.45 per lap. That's a seven minute mile—all the way for 125 laps. Also this year he's had the best time in the 20,000 meters. So he'll probably try to double in these two Olympic events and win gold medals in both."

Ron is not alone in his estimation of Raul's abilities. In April 1983, Nike plans to play host to a world record attempt for Gonzales. For this event, the corporation has invited to Oregon many of the top racewalkers in the world to compete against the man from Mexico.

This sort of competition is familiar ground to Raul. October marked his thirteenth year as a racewalker. "A coach from a university in Monterrey introduced me to the sport," he recalls. "Before that I'd boxed and done a little running. At first I didn't like walking and it took me about two years to feel really comfortable with it." After he became "comfortable" with it,

however, it was only a matter of time before he became world class in it. He represented Mexico in the 1972 Olympics (and in every Olympics since then) and, in 1974, he found himself ranked #8 in the world. His standings rose sharply the following year, placing him in the #3 slot.

Raul's success in racewalking has made him somewhat of a national hero. Among sports figures in Mexico, he is second only to Fernando Valenzuela in popularity. And, like most famous athletes, he is sought after by fans, even by fans as famous as himself. Last year, for example, he was asked to campaign for presidential candidate de la Madrid. Raul travelled throughout northern Mexico with de la Madrid in an effort that helped the candidate win the election.

Job offers are another by-product of his celebrity, notes Laird who, unlike the modest Gonzales, does not mind at all elaborating on his friend's accomplishments and acclaim. "He, in his country, is sort of like Muhammed Ali is in this country. He gets a lot of media coverage and everybody knows him. And people are always offering him jobs. Most recently he was asked to be the national coach in Puerto Rico." To this, Raul quickly added, "But I like it too much in Mexico. That's where I want to stay and work and train."

His popularity, in turn, serves that of his sport. In a country where, not so long ago, racewalkers were jeered on the street—even threatened at times with bodily harm—the victories of racewalkers like

Gonzales and Bautista have done much to draw not only favorable attention to the sport, but some converts as well. "It's the first sport that Mexico has ever dominated internationally," remarks Laird. They consistently turn out winning racewalkers.

For example, last year at the wild championships, Raul won the 50K and another man from Mexico took the 20K. Racewalking is their sport. So much so that Raul receives a lot of support, both moral and financial. His sponsors want him to do nothing but concentrate on bringing home one or two Olympic medals."

And Raul is not disappointing them. He trains almost every day, whether at his training center in Mexico City or on the road, and his focus is always the Pan Am Games in Los Angeles. Even during his two weeks in Colorado Springs he worked, in addition to his regular schedule, three hours per day on a training program to submit to his own Olympic Committee. And, when asked what he plans to do after the Olympics, he just shrugged his shoulders and replied, "I haven't thought about that."

From the concentration he displays while training, one gets the impression that Raul Gonzales does not give much thought even to what lies beyond that day's workout. As they were leaving the dorm room, Ron was telling Raul about a local popular spot they would visit for dinner that night. But that was later. In the meantime, the Mexican competitor and the American coach still had two or three hours of hard walking ahead of them.

Prep Notes

By KEITH CONNING

HIGHSCHOOL CROSS COUNTRY SCHEDULE

- Nov. 6 Northern Section, Hooker Oak Recreation Area, Bidwell Park, Chico.
- Nov. 11 A-TAC Junior Olympic Trials, Pleasant Hill.
- Nov. 11 Jac-Joaquin Section, Sierra College.
- Nov. 13 North Coast Section 2A McGinnis Park, San Rafael.
- Nov. 20 North Coast Section Meet of Champions, Coyote Park, Newark.
- Nov. 21 Region 13 AAU Junior Olympics, Woodward Park, Fresno. Dave Dodson, 1018 E. California, Sanger, CA 93657. (209) 875-4072.
- Nov. 22 Central Coast Section, Crystal Springs, Belmont.
- Nov. 23 Northern California Championships, Sierra College, Rocklin.
- Dec. 4 Kinney Western Regional, Woodward Park, Fresno.

★ RESULTS AND B/W PHOTOS WANTED

Southern Section and Los Angeles Section coaches should send your results to Doug Spick, 563 North Willow Grove Avenue, Mendota, CA. 91740.

Everyone else should mail their results to Keith Conning, 2235 Browning Street, Berkeley, CA. 94702.

Black and white photos should be sent to Bill Cokerham, P.O. Box 6103, Fresno, CA. 93703. We particularly need pictures from Southern California. Coaches are encouraged to send in photos of their top athletes. This is our magazine, so it is up to you to help us out.

★ TA JUNIOR WOMEN

Los Angeles, June 30-July 1 — Coast Athletes won the team championship with 56. They were followed by the Southern California Cheetahs 48 and LA Mercurettes 46. Berkeley-East Bay TC was sixth with 19.

★ UNITED STATES OLYMPIC COMMITTEE DEVELOPMENT MEET

Colorado Springs, Colorado, July 19 — The national Junior 4 x 100 team of Donna Dennis (CP, Tacoma, WA), Denean Howard (Kenedy, Granada Hills), Zelda Johnson (Gare, Pomona), and junior Janet Davis (Geny, Indianola, MS) set a new American junior record of 44.12 at altitude.

As reported last month, Monica Taylor (Gran Sacramento) substituted for Donna Dennis on the lead off leg at Barquisimeto, Venezuela on July 31, when the team lowered their record to 44.07.

★ CLAYTON ADMISSION DAY RUN

Clayton, September 4 — John Morse, a senior at Las Lomas High in Walnut Creek, ran 200 yards off course but still shattered the course record to win the 6.5 mile run.

Morse took a commanding lead at the four mile mark to win going away over Castroville's Dave Anderson.

Morse posed a time of 34:32 while Anderson defended champion and three-

time winner Danny Martinez' old course record of 34:53.

A total of 248 runners finished the race. Redwood City's Linda Van Housen set a new course record in the women's division. Her time of 41:18 trimmed 30 seconds off the standard she set in 1980.

★ STINSON BEACH RELAYS

September 17 — Steve Sparks (Terra Linda, San Rafael) won the boys race over the 1.9 mile beach course in 9:04.

Jenny Brekhuis (Marin Catholic, Kentfield) was the first girl in 10:56.

Tamalpais (Mill Valley) won the boys' team championship for the first time in more than eight years.

Marin Catholic took the girls' team title. Duncan MacSwain, the Terra Linda girls' coach, said: "This meet has increased each year in terms of popularity. Number of girl runners: 1978-32, 1979-70, 1980-75, 1981-75, 1982-98!"

★ MCATEER—LINCOLN—LOWELL INVITATIONAL

Polo Fields, Golden Gate Park, San Francisco, September 18 — Robert Richardson (Lowell, SF) set a new course record of 16:58. The old course record of 17:24 was set by Kent Iglehart (Gunn, Palo Alto) in 1981.

Heather Watkins (Berkeley) set a new course record of 21:13.5. The old course record of 22:05.8 was set by Cecilia Saleme (Cupertino) in 1981.

Berkeley won both team titles.

★ CLOVIS INVITATIONAL

Woodward Park, Fresno, September 18 — Grant Foster (Monta Vista, Cupertino) won the Senior Boys race in 15:48.6.

Sophomore Deneae Dunlap (Anderson) won the Sophomore Girls race in 12:10.9.

★ CORDOVA INVITATIONAL

September 24 — Coach Dave Gregson reported that the 10th annual Cordova Invitational was held under blue skies on a

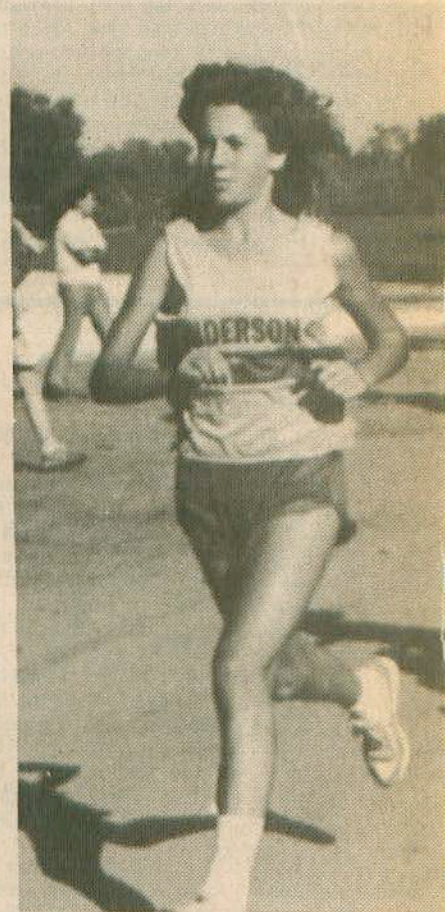
damp course with 18 participating schools.

Jason Flamm (La Sierra, Carmichael) set a new course record of 13:35. He defeated junior Nick Sparks (Bella Vista, Fair Oaks) by 30 seconds.

Angela Cook (Reno, Nevada) set a new course record of 16:36.

The Jesuit (Carmichael) boys and the Reno girls won the team competition.

photo by Keith Conning



Deneae Dunlap

★ SANGER INVITATIONAL

Avocado Lake, September 24 — Mart Leal (Sanger) set a new meet and course record of 14:45.3. The old meet record of 15:19.5 was set by Roy Vinton (Sanger) in 1981. The old course record of 14:50.5 was set by Robert Jolly (Mt. Whitney, Visalia) in 1974.

Lupe Rodriguez (Sanger) set a new meet record of 11:51.7, bettering her own record of 12:07.6 set last year.

Sanger won both team titles.

★ **NAPA VALLEY INVITATIONAL**

Kennedy Park, Napa, September 24 — Rich Dunn (Sonoma) set a new course record of 15:16. The old record of 15:43 was set by Steve McClaine (Vintage, Napa) in 1980.

★ **GRANADA INVITATIONAL**

Shadow Cliffs Regional Park, Pleasanton, September 25 — Dave Basinger (Granada, Livermore) set a new meet record of 16:00 in the pouring rain. Have you ever tried to copy results down on a wet pad with a pen? I had to borrow a pencil from Doug Basham of Redwood. The old record of 16:14 was set by Jim West (Livermore) in 1981.

For the second straight week Heather Watkins (Berkeley) set a new meet record. Her time of 19:20 surpassed the 19:22 run by Kathy Daley (Granada) in 1981.

The Livermore boys and the Berkeley girls were victorious.

★ **ALUM ROCK INVITATIONAL**

Alum Rock Park, San Jose, September 25 — Grant Foster (Monta Vista, Cupertino) defeated Mike Larsen (Del Campo, Fair Oaks) by 3 seconds in 11:39.

Sophomore Nanette Garcia (Silver Creek, San Jose) won the girls race in 14:22.

Leigh (San Jose) defeated Willow Glen (San Jose) by 13 points — 61 to 74 in the championship varsity boys competition.

Clovis won the girls' title with 38 points.

★ **CHICO INVITATIONAL**

Hooker Oak Recreation Area, Bidwell Park, Chico, September 25 — Jim Frey (Yreka), second in the State Meet 1600 meters, set a new course record of 15:20 over the three mile course. The old record of 15:29 was set by John Frank (Central Valley) in 1980, the year he won the Northern California Cross Country Championship over junior Jay Marden (Mission San Jose, Fremont).

Freshman Mike Wall (Lassen, Susanville) set a new course record of 9:27 in the freshman boys race. This young man is going to have a great future ahead of him. His father Bob is the coach of Lassen.

Junior Joni Mooney (Vacaville) defeated Sally Pinkner (Davis) by 4 seconds over the 1.85 mile course in 10:37. Sophomore Denaee Duniap (Anderson) set a new meet record of 10:40 in winning the Junior Varsity race.

Vacaville won both the boys' and girls' varsity team titles.

★ **DRIVER IN STANFORD CRASH SENTENCED**

September 25 — The driver of a car in which two Stanford University athletes died last fall, after a night of partying, was ordered yesterday to spend one year in jail and pay \$10,000 in fines.

A jury had convicted 22-year old Robert John Simon of misdemeanor manslaughter and felony drunken driving in the crash that killed his two best friends, pole vaulter Michael Becker (Pittsburg High School) and football player Kevin MacMillan.



photo by Keith Conning

Jim West



photo by Keith Conning

Joni Mooney



photo by Keith Conning

Grant Foster

★ **WOOLWORTH CLOSING 336 WOOLCO STORES**

New York, September 25 — F.W. Woolworth, the nation's fourth largest retailer, said that it will close its 336 Woolco discount stores in the United States and lay off about 25,000 workers next year.

Edward F. Gibbons, chairman of Woolworth, said the company would concentrate its resources on its more productive stores, including its 1300 Woolworth general merchandise stores; Kinney Shoes, the nation's largest shoestore chain; and several specialty apparel chains.

Kinney Shoes sponsors the National High School Cross Country Championship program.

★ **LAKE MERRITT JOGGERS AND STRIDERS 4th SUNDAY RUN**

Oakland, September 26 — Robert Gomez (St. Elizabeth, Oakland) won the 17-39 division of the 5,000 meters in 16:07.

The day before he placed second at the Granada Invitational three mile in 16:05.

Quite a weekend workout!

★ **DENEAN HOWARD MAKES WORLD LIST**

Denean Howard (Kennedy High School, Granada Hills) is the thirteenth best 400 meter performer in the world this year, according to the list compiled by Howard Willman for the October issue of *Track & Field News*.

She is also the best United States performer at 50.87.

★ **SAN RAMON INVITATIONAL**

Danville, October 2 — Jim West (Livermore) won the large school varsity race in 9:08.

Paige Tully (Alhambra, Martinez) won the small schools varsity race in 10:53.

San Ramon won both the boys' and girls' large school varsity races.

In the small school division, De La Salle boys and the Alhambra girls won.

★ **NEVADA UNION INVITATIONAL**

Nevada Union High School, Grass Valley, October 2 — Jason Flamm (La Sierra, Carmichael) defeated Rene Perez (Woodland) by 29 seconds, to win his second invitational of the season.

Junior Joni Mooney (Vacaville) defeated Sally Pinkner (Davis) by 11 seconds.

The Cordova boys led by Andre Tenthorey and the Reno girls paced by Angela Cook won the team championships.

★ **MERCED INVITATIONAL**

Lake Yosemite, October 2 — Gabe Torres (Clovis) edged Danny Valdez (Merced) by 3.9 seconds in 15:47.1.

Rasmussen (Lincoln, Stockton) defeated Kelly Donaldson (Merced) by 6 seconds in 18:54.3.

Clovis won both team titles.

★ **HEATHER WATKINS (BERKELEY) HONORED**

October 4 — Five Berkeley High seniors have won recognition as semi-finalists in the 19th annual National Achievement Scholarship Program for Outstanding Negro Students.

continued on next page...

Prep Notes

Heather Watkins, a member of the cross country and track teams, intends to major in art at college.

The students will compete with 1,500 other seniors nationwide for 650 scholarship awards.

The program selects semi-finalists according to their scores on the Preliminary Scholastic Aptitude Test taken in the junior year. Corporations, businesses, company foundations and universities sponsor the awards.

photo by Keith Conning



George Yuster (left)
& Jason Flamm

★ ARTICHOKE INVITATIONAL

Half Moon Bay, October 2 — Grant Foster (Monta Vista, Cupertino), the 1981 Central Coast Section cross country champion, ran the third fastest time ever of 11:14.6 on the hilly 2.33 mile course. Only Kinney National cross country champion Jay Marden (Mission San Jose, Fremont) 11:08.7 in 1980 and Bryan Carroll (Douglas, Nevada) 11:11 in 1981 have run the course faster. Foster defeated Jimmy La Fuente (Mt. Pleasant, San Jose) by 12.6 seconds. La Fuente's performance was the eleventh fastest all-time.

Freshman Shannon Clark (Mt. View), a newcomer to high school competition but a veteran of age-group competition, defeated sophomore Nanette Garcia (Silver Creek, San Jose) by 20.8 seconds. Clark's time of 13:23.8 is the seventh fastest ever.

Willow Glen (San Jose) of the Central Coast Section won the large school boys team competition by seven points over Castro Valley of the North Coast Section. However, Castro Valley's team time of 59:19.4 surpassed Willow Glen's time of 59:20.9. Castro Valley had the third fastest team time ever.

Piedmont of the North Coast Section won the small school girls team competition by 14 points over St. Francis (Mt. View) of the Central Coast Section. Piedmont's team time of 72:30.2 is the fifth fastest ever.

★ EX—JACKET TOPS CORNELL RUNNERS

October 6, Ithaca, New York — Harv Robinson, three years removed from Berkeley High, has become one of Cornell University's leading cross-country runners.

Robinson, a junior at the Ivy League school, is a two-year letterman who last

Saturday finished third in a dual meet victory against Army. His time was 25:57 over the five-mile course.

Robinson also has a second place finish against Colgate. He is a leading distance runner (3,000 meters) on the Cornell track team as well.

★ COACH WALT OPP DIES (Muir, Pasadena)

Pasadena, August — Muir (Pasadena) track coach Walt Opp died at 64. Opp had surgery to remove a brain tumor last Fall, but coached Muir to the CIF 4A title last spring.

Opp was one of the most successful track coaches in the CIF, winning two State and 10 CIF championships. Muir has established a scholarship fund to honor him.

Terry Parks, a freshman at Stanford, said, "He (Opp) helped direct me to Stanford. He got me to run the quarter. I had been a high jumper." Parks placed third in the 1982 State Meet 400 meters in 47.33.

★ SOUTH TAHOE INVITATIONAL

South Lake Tahoe, CA., October 1 — The South Tahoe boys and the Reno girls proved to be top contenders for Northern Nevada AAA cross country titles, beating a field of Nevada and California schools Friday.

South Tahoe, in its first season in the Northern Nevada AAA, captured the boys meet with 41 points.

South Tahoe junior John Downing was the individual winner over the 5,000 meter course in 15:34.

"We don't have a senior on the squad," said South Tahoe coach Jim Jones. "He (Downing) is a hill runner. He does better on the hills and this was a hilly course."

Angela Cook finished second and teammate Jocelyn Whitehead was third in leading the Reno (Nevada) girls to a 21-56 win over El Corado (Placerville, CA.)

Portola's Renee Rife was the girls' champion at 17:50.

★ CONCORD CLASSIC

October 17 — Grant Foster (Monta Vista, Cupertino) placed fifth in 34:04 over the 10K course.

Don Balles, the coach of the Orinda Track Club, was awarded the Andy MacCono Award for being the Contra Costa running figure of the year.

★ FEWER BOYS PLAYING HIGH SCHOOL SPORTS

Kansas City, Mo., October 9 — Participation by boys in high school sports fell nearly 2.7 percent and participation by girls dropped 2.3 percent during the 1981-82 term, according to a survey by the National Federation of State High School Associations.

"We realize that decreasing enrollment and financial factors have influenced nationwide educational cutbacks which unfortunately often affect interscholastic athletic programs," said Brice Durbin, executive director of the federation.

★ CRYSTAL SPRINGS INVITATIONAL

Belmont, October 9 — In a meet marked by efficiency and no waste of time, Rene

Perez (Woodland) defeated Chris Craig (Leigh, San Jose) by four seconds in 15:08. Last week Perez was second at Nevada Union.

Junior Joni Mooney (Vacaville) defeated Sally Pinkner (Davis) by 34 seconds in 17:52.

Leigh (San Jose) defeated Willow Glen (San Jose) for the championship varsity title by 13 points, to go up 2-1 in their invitational meetings.

In the girls team battle, the Sac-Joaquin Section grabbed the first three places—Del Campo (Fair Oaks) 165, Vacaville 174, and Davis 183.

★ STANFORD INVITATIONAL

Stanford Golf Course, October 11 — Jason Flamm (La Sierra, Carmichael) set a new course record of 15:24.0 to edge George Yuster (Brentwood, Los Angeles) by 4.8 seconds over the 5,000 meter course. The old record of 15:35.2 was set last year by Harold Kuphaldt (Bella Vista, Fair Oaks) now a freshman at Oregon. Flamm is undefeated. He set a new course record at the Cordova Invitational and also won the Nevada Union Invitational.

John Morse (Las Lomas, Walnut Creek) won the Varsity "B" Boys race by 36.7 seconds! His time was the third fastest of the day—15:38.0. He almost broke the course record without any competition.

Sophomore Denae Dunlap (Anderson), the Northern Section 3200 meter champion, withstood the closing rush of junior Joni Mooney (Vacaville), the 1981 Sac-Joaquin Section cross country champion, to win by 2.1 seconds in 18:37.5. It should be pointed out that Mooney was coming off a tough competition at Belmont only two days before. Dunlap is undefeated. She was first at the Chico Invitational junior varsity race and at the Clovis Invitational. She was born September 10, 1967, is a straight "A" student, and also has played basketball. She won her league meet in cross country and was the second female at the Almond Bowl Classic in Chico last year before coming down with mononucleosis. Her parents also run. Anderson High School, located near Redding, has 1250 students. Dunlap is coached by Bud Hartel.

El Modena (Orange) from the Southern Section won the boys' title with 103 points to Castro Valley's 126 points. At the first mile El Modena had the first three places! State Meet half miler Ruben Esparza paced El Modena with his seventh place finish. Castro Valley was led by outstanding sophomores Calvin Gaziano and John Bass, who placed 4th and 5th respectively.

Reno (Nevada), which has got one of the best teams in the country, edged Mira Costa (Manhattan Beach), the 1981 Southern Section 3A champions, by 8 points. Reno was led by Jocelyn Whitehead's 3rd place finish, while sophomore Laura Cattivera paced Mira Costa with her 4th place.

★ FOR THE RECORD

Record alterations reported since the October Issue. AJ-American Junior, (A)—Altitude.

Women

4 X 100 44.12 (A) AJ National Junior Team. Colorado Springs, Co. July 19. (Donna Dennis, Denean Howard, Zeld Johnson, Janet Davis)

4 X 100 44.07 AJ National Junior Team. Barquisimeto, Ven. July 31. (Monica Taylor, Deane Howard, Zaida Johnson, Janet Davis)

★ **NORTHERN CALIFORNIA RANKINGS**
(Through October 11)

Boys Individuals

1. Jim Frey (Yreka)
2. Jason Flamm (La Sierra, Carmichael)
3. John Morse (Las Lomas, Walnut Creek)
4. Grant Foster (Monta Vista, Cupertino)
5. Calvin Gaziano (Castro Valley)

Girls Individuals

1. Denae Dunlap (Anderson)
2. Joni Mooney (Vacaville)
3. Cory Schubert (Del Mar, San Jose)
4. Shannon Clark (Mt. View)
5. Sally Pinkner (Davis)

Boys Teams

1. Castro Valley
2. Leigh (San Jose)
3. Willow Glen (San Jose)
4. Bellarmine (San Jose)
5. Merced

Girls Teams

1. St. Francis (Mt. View)
2. Carondelet (Concord)
3. Piedmont
4. Clovis
5. Merced

**Southern California
Cross-Country Prep Notes**

By Doug Speck

★ The top Southern California Prep Cross Country performance this Fall took place in an Open competition, as **Katie Dunsmuir** (Paisades High School—Santa Monica TC) placed fourth in the September 19th UCLA Invitational in 17:10 over the challenging Bruin 5000 Meter course. She had the same time as third-placer Michelle Bush, and left some pretty hot people in her wake (Shannon Stryker, among others). Katie soloed a fine 10:54 for two miles early in the 1982 dual track season, stress fractured out for a time, then returned to make it to the State Meet with an 11:07 City Finals 3200. She can obviously go faster in 1982-83.

★ Mira Costa's (of Manhattan Beach) **Laura Cattivera** has been hot too. Her multi-school appearances have been impressive. She won by 47 seconds in a Course Record 17:41 for three miles at the Woodbridge (Irvine) Invitational, by 46 seconds in her 17:22 win at Dana Hills, and tied the Course Record by Foothill's Patience Unger in the MicoHI's 18:14 win at the Kenny Staub (La Crescenta) Invitational.

★ A number of top male athletes are racing well, and hopefully they will get a chance to butt heads somewhere here soon. Pasadena's junior, **Jesus Gutierrez**, set a Course Record 14:29 in winning the Dana Hills Invitational, then romped to a big 15:11 win at the Kenny Staub Invitational (2nd only to the great Jeff Nelson's (Burbank) 15:05 in this meet). At Staub Jesus handled Burbank's 1982 star, North Hollywood transfer, **Eugenio Cruz**, who was 2nd in 15:25, and Canyon of Saugus' **Tom Watson** (15:30). Very impressive to this writer was Gutierrez in a solo 14:51 Course



photo by Doug Speck

Tim Watson (left)
& Jesus Gutierrez

Record in a September 30 dual to take a 15:06 Course Record set by 1981 Kinney's Western Regional winner Jeff Holyfield. Jeff ran the old 15:06 record the first week in November with a League Team championship on the line.

★ Corona Del Mar's 4:13 1600 junior **Dave Anderson** handled Barstow's **Jim Ortiz** in the last half mile at the El Dorado Invitational at Tri City Park in Placentia to win 14:56-15:11. Ortiz was a Dana Hills race winner at 14:42, and set a Meet Record with 15:34 in a Yucaipa Invitational run.

★ **Mark Junkerman** (Los Alamitos) has churned 15:04 (CR), 14:49 (CR), 15:00 (CR), 14:20 (CR) duals, a 14:53 (CR) Millikan Invitational win, and 33 second margin of victory in a Costa Mesa Division I win at 15:34 (in which he reportedly made four wrong turns!)

★ Camarillo's **Eric Reynolds** ventured out to the Royal Invitational at Moorpack JC and cranked a 14:58 Course Record over the hilly affair.

★ Most improved program award has to go to **Louisville High School** of Woodland Hills under **Coach Larry Parish**. The all-girls school of 620 students has run to some very fast team times in winning at the Woodbridge, Royal, and Bell-Jeff Invitationals, usually against schools a couple of times their size. Led by **Katie Manning** the Royals have rocketed to the top of the 2A divisional rankings.

★ An interesting rivalry has developed between **Mater Del** (Santa Ana) and **Tuba City** (Arizona). The Navajo Indian reservation team from the northern part of Arizona has tangled at Las Vegas and in the Costa Mesa Invitationals each of the past two seasons with the Orange County power acknowledged by most to be the best in the section (state?). The results each of the two years

have been the same, a win for Tuba at Vegas, and a measure of revenge for the parochial school at Costa Mesa. This year it was a 5-point win for Tuba in Nevada, while the Mater Del group sent a couple of its stars (**Rich Martinez** and **Mitch Eddy**) out with the leaders at Costa Mesa and it resulted in a 34-47 win. The Tuba City team must be complemented for its willingness to travel to meet the competition.

★ **Region 13 J.O. Qualifying:** Normally participants in the Region 13 Championships (and National Qualifier) must qualify through their Association Championship. However, if your association does not hold an Association Championship you may still participate in Region 13 and thereby have a chance to qualify for Nationals. Call Region 13 meet director Dave Dodson (209) 875-4072.

Prep Mailbag . . .

September 20, 1982

Keith,

I'm hardly a spokesman for L.A. City but I thought I'd let you know what I can for your upcoming issue of Cal. Track & Run. News. Enclosed is a copy of last years results according to the L.A. Times. All I know about the boys is that Cruz (North Hollywood) should be a senior and so is Jose Luis Garcia (who fell at the start of the race and never could make up the difference.)

As far as I know, all the girls in the top 10 are returning. Number 4, Kim Ojeda, was a 9th grader and number 10, Lupe Perez, missed the first half of the season due to family problems. Team-wise it should be very close. I don't know how the other teams have fared depth wise but Lincoln is greatly improved. Also enclosed is a copy of the San Luis Obispo Relays results.

Please contact me if I may be of some assistance in obtaining information regarding L.A. City Section athletes.

John R. Ralles
Coach of Lincoln High School
Los Angeles

Prep Editor: Lincoln finished first in the large school girls division at the San Luis Obispo Invitational.

photo by Herb Potter



Eric Reynolds

Prep Notes

Prep Results

Arroyo Grande

From DOUG SPECK

September 11. Nipomo Classic. UCSB Lagoon Course.

Women: (Team) Dos Pueblos (Goleta) 47, San Marino 54, Arroyo Grande 86, Righetti 98. **(Individual):** Irving (SM) 18:54, Berman (SM) 19:28, Anderson (DP) 19:46, Field (SM) 20:00, Zimmerman (DP) 20:14, Haro (DP) 20:24.

Men: (Team) Newbury Park 35, San Marino 67, Rowland 71, Dos Pueblos 83, Arroyo Grande 104. **(Individual):** Casey (R) 15:43, Barton (NP) 15:51, Baca (SM) 15:56, Rice (NP) 16:22, Espnoza (R) 16:25, Satchell (NP) 16:27.

Bishop Amat Girls' X-C Classic

From DOUG SPECK

September 11. Otterbein Park, Rowland Heights

Races run by grade. Team winners are decided by adding the top time for a school in each of the four grade levels.

9th Grade: Panno (San Pasqual) 19:26, Eager (Vista) 19:52, Gonzales (Bishop Amat) 20:03, Keevor (Paraclete, Lancaster) 20:29, Maher (Mater Dei, Santa Ana) 20:38.

10th Grade: Friend (Foothill, Santa Ana) 19:26, Feagle (Foothill) 19:37, Dilger (Tustin) 19:37, Carney (Foothill) 19:40, Nosler (Foothill) 19:45.

11th Grade: Felt (Mater Dei) 18:03, Maldonado (Bishop Amat) 18:30, Miller (Tustin) 18:46, Cox (Foothill) 18:46, Scott (Tustin) 19:02.

12th Grade: Blakeslee (Vista) 18:23, Klerman (Los Amigos, Garden Grove) 18:31, K. Ebner (Bishop Amat) 18:39, Fournier (Saugus) 19:04, Meyers (Foothill) 19:19.

Perris Invitational

From Keith Conning

September 18. At Perris High School

Boys Varsity Teams	
1 Perris	36
2 Bishop Amat (La Puente)	45
3 Rubidoux (Riverside)	83
4 Twenty Nine Pairs	86
5 Hemet	97
6 North (Torrance)	155
7 Coachella Valley (Coachella)	169

Boys Varsity Individuals (47 finishers)	
1 Chuck Woodard (Hemet)	16:59
2 Carlton Allen (Perris)	17:26
3 F. Brummit (Bishop Amat)	17:54
4 Baron Willison (Perris)	17:56
5 Gilbert Vasso (Twenty Nine P.)	18:00
6 J. Cardenas (Bishop Amat)	18:15
7 Jim Bonesteel (Rubidoux)	18:23
8 Alki Atkinson (North)	18:28
9 Lee Hanger (Perris)	18:29
10 Vessa Mejia (Perris)	18:32

Girls Varsity Teams	
1 Bishop Amat (La Puente)	16
2 Rubidoux (Riverside)	51
3 Twenty Nine Palms	91
4 Hemet	107
5 Perris	120

Coachella Valley (Coachella) incomplete	
Girls Varsity Individuals (36 finishers)	
1 K. Ebner (Bishop Amat)	12:23
2 J. Maldonda (Bishop Amat)	12:35
3 E. Ebner (Bishop Amat)	13:16

4 M. Gonzales (Bishop Amat)	13:18
5 Trisha Ramirez (Rubidoux)	13:26
6 Theresa Dillon (Bishop Amat)	13:34
7 Linda Herk (Rubidoux)	13:41
8 J. Thomas (Bishop Amat)	13:58
9 E. Uribe (Bishop Amat)	14:04
10 Jenny O'Donnell (Twenty Nine P)	14:11

McAteer-Lincoln-Lowell Invitational

From Keith Conning

September 18. Golden Gate Park, San Francisco. 3.1 miles.

Girls Varsity (57 finishers)	
1 Heather Watkins (Berkeley)	21:13.5 CR
2 Doniece Johnson (Berkeley)	21:43.0
3 Laura Vaughan (Berkeley)	22:03.4
4 Jenny Brekhus (Marin Catholic)	22:09.4
5 Chrissi McGee (Marin Catholic)	22:10.9
6 Nerissa Paul (Berkeley)	22:11.1
7 Mary Howard (Notre Dame)	22:16.8
8 Lorena Ferreira (Half Moon B)	22:21.1
9 Elizabeth Brown (Half Moon B)	22:36.1
10 Heather Harrison (Half Moon B)	22:44.8
11 Sheelagh Murphy (Notre Dame)	23:08.3
12 Laura Burtness (Gunn)	23:12.7
13 Tracy Hull (Gunn)	23:25.1
14 Jennifer Lifshay (Berkeley)	23:35.5
15 Molly Burke (Marin Catholic)	23:38.4

Girls Varsity Teams	
1 Berkeley	26
2 Notre Dame (Alameda)	81
3 Half Moon Bay	95

Boys Varsity (87 finishers)	
1 Robert Richardson (Lowell)	16:58 CR
2 Shawn Ayers (Bellarmine)	17:15.3
3 James Bloomer (El Cerrito)	17:32.7
4 Ron Forsell (Sacred Heart)	17:36.7
5 Rob Wickstrom (Serra)	17:37.4
6 Martin Higginbotham (Berk.)	17:40.0
7 Eric Farwell (El Cerrito)	17:44.3
8 Tom Nann (Marin Catholic)	17:49.4
9 David White (Berkeley)	17:50.3
10 Brian Vaughan (Berkeley)	17:55.2
11 Rory O'Flaherty (Bellarmine)	18:00.1
12 Roland Westgate (Berkeley)	18:02.6
13 Eddie Paone (Bellarmine)	18:04.0
14 John Connolly (Serra)	18:04.9
15 Rod Sellard (Bellarmine)	18:08.8

Boys Varsity Teams	
1 Berkeley	55
2 Bellarmine	58
3 Serra	97

photo by Keith Conning



Robert Richardson

Stinson Beach Relays

From Keith Conning

September 17, 1982.

Varsity Boys Teams	
1 Tamalpais "A"	47:07
2 Terra Linda "A"	47:13
3 Redwood "A"	47:15
4 Drake "A"	49:13
5 Antioch "A"	49:48
6 Marin Catholic "A"	50:21
7 Redwood "B"	50:33
8 Tamalpais "B"	51:20
9 Novato "A"	51:21
10 Mt. Tamalpais "A"	52:05

Varsity Boys (94 finishers, 1.9 miles)	
1 Steve Sparks (T.L.)	9:02
2 Kevin Mesa (Tam)	9:09
3 Kevin Thayer (T.L.)	9:12
4 Dave Leipsic (Red)	9:17
5 Eric Allen (Tam)	9:21
6 G. Penhalligon (Red)	9:22
7 D. Liberman (Nov)	9:24
8 Eric Hansen (Tam)	9:24
9 M. Wilkenson Drake	9:24
10 G. Nikollaef (Red)	9:27
11 B. Fine (Ant)	9:27

Varsity Girls Teams	
1 Marin Catholic	56:37
2 Terra Linda	56:40
3 Redwood	57:07
4 Drake	60:07
5 Tamalpais	60:08
6 Antioch	62:14
7 Marin Catholic B	64:44
8 Redwood B	65:04
9 Terra Linda B	65:04
10 Tamalpais B	65:46

Varsity Girls (98 entered, 1.9 miles)	
1 Jenny Brekhus (M.C.)	10:56
2 Carolyn McLea (Red)	10:56
3 Stacey Mikula (Ant)	11:01
4 Korin Murphy (T.L.)	11:02
5 Janet Gallagher (T.L.)	11:03
6 April Jakl (M.C.)	11:04
7 Crissy McGee (M.C.)	11:05
8 Terrie Martin (Red)	11:06
9 Jenny Biddulph (Tam)	11:14
10 Molly Burke (M.C.)	11:23

Clovis High Fleet Afoot Invitational

From Steve Ward (Clovis)

September 18. Woodward Park, Fresno.

Senior Boys	
1 Grant Foster (Monta Vista)	15:48.6
2 Doug Twilleager (Merced)	16:13.3
3 Gabe Torres (Clovis)	16:26.7
4 Mark Turner (Merced)	16:31.2
5 Bryan Bradburn (Madera)	16:40.6
6 Jim Peterson (Reedley)	16:47.4
7 Jack Butler (Mt. Whitney)	16:48.9
8 Rene Banda (Merced)	16:49.2
9 Manuel Sararia (Madera)	16:57.4
10 John Rodriguez (Clovis)	16:58.7
11 William Ullianueria (Madera)	17:00.2
12 Ed Carrillo (Clovis)	17:02.3
13 Efran Castelan (Madera)	17:15.6
14 Jaime Pimental (Delano)	17:21.5
15 Mike Oritz (Clovis)	17:37.4

Junior Boys	
1 Danny Valdez (Merced)	15:58.4
2 James Thompson (Hoover)	16:16.2
3 Chris Bahr (Mt. Whitney)	16:31.1
4 Jeff Woods (Central Valley)	16:53.8
5 Tom Morgan (Yosemite)	16:55.3
6 Craig Porter (Clovis)	17:01.5
7 Sean Howard (Merced)	17:04.9
8 James Williams (Clovis)	17:06.8
9 A. McCutcheon (Soquel)	17:08
10 J. Contreras (Fowler)	17:09.6
11 Richie Bryant (Clovis)	17:11.5
12 Matthew Lara (Hoover)	17:27.2
13 Eric Allison (Clovis West)	17:30.8
14 A. Douglas (Hoover)	17:38.6
15 Tom Norris (Merced)	17:40.1

Senior Girls (3200 meters)	
1 Linda Hooke (Bullard)	12:28.9
2 Helen Muth (Soquel)	12:49.5
3 Mary Ball (Merced)	13:25.0

4 Barbara Bernecker (Atwater)	13:29.0
5 Jill Canales (Tulare Western)	13:40.6
6 Joy Lowrie (Immanuel)	14:10.3

Junior Girls	
1 Kelly Donaldson (Merced)	12:35.7
2 Lisa Lewis (Clovis)	12:43.8
3 Gina Montie (Clovis)	13:18.3
4 Alesha Duggins (Merced)	13:22.5
5 Rosemary Alcaraz (McLane)	13:33.8
6 Jane Weisenberger (Mt. Whit.)	13:50.4
7 Linda Billing (Hoover)	13:52.9
8 Brenda Laing (Clovis)	13:52.9
9 Christine Nielsen (Bullard)	14:09.5
10 Michelle Atchison (Delano)	14:10.2
11 Yolanda Martinez (Reedley)	14:10.7

Sophomore Girls	
1 Denae Dunlap (Anderson)	12:10.9
2 Terry Guajardo (Clovis)	12:47.3
3 Cathy Stebles (Clovis)	13:07.1
4 Kim Fluegel (Merced)	13:43.0
5 Saill Orme (San Joaquin Mem)	13:56.2
6 Wendy Nelson (Merced)	14:11.1

Freshmen Girls	
1 Michelle Williams (Clovis West)	13:08.3
2 Tracie Shelley (Clovis)	13:12.1
3 Wendy Morton (Clovis)	13:17.1
4 Noel Foster (Merced)	13:40.5
5 Debbie Cox (Immanuel)	13:55.1
6 Diane Daley (Clovis)	13:55.8
7 Denise Zeller (Clovis West)	14:07.2

Walnut Festival 10K

September 19. Walnut Creek.

Men:	
1 John Morse (Walnut Creek)	30:58
Boys under 16	
1 Robert Latting (Alhambra)	35:31
Girls under 16	
1 Annette Souza	45:05

Millikan Invitational

From Rod Potkovic

September 18. El Dorado Park, Long Beach.

Senior Boys Teams	
1 Montebello	73
2 St. John Bosco	195
3 Foothill	200
4 Los Alamitos	209
5 Santa Monica	218

Senior Boys Individuals	
1 Junkerman (Los Alamitos)	14:53.7 CR
2 Hauser (Santa Monica)	15:28
3 Brasley (Montebello)	15:36
4 La Florit (Palmdale)	15:38
5 Diaz (Cerritos)	15:45
6 Driscoll (Palos Verdes)	15:45
7 Unknown	
8 Garcia (Downey)	15:47
9 Chambers (Palos Verdes)	15:50
10 Thiede (Cerritos)	15:58

Junior Boys Teams	
1 Palos Verdes	64
2 Newbury Park	90
3 Lakewood	109
4 Downey	113
5 Montebello	135

Junior Boys Individuals	
1 Watson (Palos Verdes)	
2 Maemura (North Torrance)	
3 Barton (Newbury Park)	
4 Rice (Newbury Park)	
5 Quintana (Lakewood)	

Sophomore Boys Individual	
1 Kroeger (Canyon)	18:21

Varsity Boys Small School Individual	
1 Valiaz (St. Anthony)	16:15

Senior Girls Teams	
1 Millikan	64
2 El Modena	91

Senior Girls Individuals	
1 J. Hinrichs (Millikan)	19:21
2 Jones (Newbury Park)	19:43
3 Gregan (El Modena)	19:59
4 Nava (Montebello)	20:14
5 Kweleclen (Downey)	20:18
6 Stoltz (Palos Verdes)	20:21
7 Nagabayashi (Saddleback)	20:39
8 Hernandez (Antelope Valley)	20:45

Junior Girls Teams	
1 Palos Verdes	81
2 Millikan	104
3 Newbury Park	143
4 El Modena	159
Junior Girls Individuals	
1 Valerie McVlor (Canyon)	18:17
2 K. Ohara (Palos Verdes)	18:52
3 Chantal (Ventura)	19:15
4 Wardle (Millikan)	19:51
5 S. Ohara (Palos Verdes)	20:17
6 Vasovez (Alhambra)	20:22
7 Maaten (Palos Verdes)	20:29
Sophomore Girls Individuals	
1 Everts (El Modena)	19:58
2 Ball (Newbury Park)	20:20
3 McFarlane (Cerritos)	20:27
4 Wada (Pacifica)	20:54
Small School Varsity Girls Individuals	
1 K. Kiernan (Los Amigos)	18:33
2 Springer (Los Amigos)	20:23
3 Rosha (Ontario)	20:28

6 Rancho Cotate	158
7 Santa Rosa	177
Varsity Boys Individuals	
1 Ryan Gilliam (Cardinal New.)	14:29.2
2 John Hogan (Cardinal New.)	14:38.1
3 Steve Schram (Piner)	14:38.7
4 Matt Rypka (Analy)	14:42.3
5 Eric Bohn (Analy)	14:58.0
6 Doug McBeth (Piner)	15:09.8
7 Peter Vincent (Montgomery)	15:13.0
8 Stephen Miller (Piner)	15:16.5
9 Rob Hanni (Analy)	15:19.8
10 John Murray (Cardinal New.)	15:25.5
Varsity Girls Teams	
1 Analy	28
2 Ursuline	62
3 Santa Rosa	82
4 Ukiah	91
5 Piner	119
6 Montgomery	135
7 Rancho Cotate	166
Varsity Girls Individuals	
1 Jenny Bocca (Analy)	17:30.2
2 Kim Reinking (Santa Rosa)	17:41.7
3 Julie Ruiz (Ursuline)	18:06.0
4 Sherri Minkler (Analy)	18:24.4
5 Donna Summers (Analy)	19:16.4
6 Laurie Posner (Analy)	19:27.3
7 Pam de la Pena (Ursuline)	19:33.0
8 Wendy Smith (Montgomery)	19:35.5
9 Sue Aldine (Ukiah)	19:48.3
10 Tina Indinoli (Ursuline)	19:49.0

Granada Invitational

From Keith Conning

September 25. Shadow Cliffs Regional Park, Pleasanton.

Girls Varsity Teams	
1 Berkeley	40
2 Granada (Livermore)	75
3 Livermore	88
4 Elk Grove (Sac Joaquin Section)	94
5 Tamalpais (Mill Valley)	105
6 Miramonte (Orinda)	132
Girls Varsity Individuals (47 finishers)	
1 Heather Watkins (Berkeley)	19:20
2 Doniece Johnson (Berkeley)	19:49
3 Jessica Van Leeuwen (Elk Grove)	19:49
4 Terrie Martin (Redwood)	19:50
5 Jenny Biddulph (Tamalpais)	20:14
6 Kathy Daley (Granada)	20:20
7 Marilyn Rasmussen (Elk Grove)	20:46
8 Laura Vaughan (Berkeley)	20:48
9 Janice Bishop (Livermore)	20:49
10 Teresa Raffo (Miramonte)	21:02
11 Wendy Comfort (Livermore)	21:20
12 Wendy Tillman (Tamalpais)	21:36
13 Nerrissa Paul (Berkeley)	21:37
14 Pam Wasley (Livermore)	21:39
15 Becky Rabara (Granada)	21:43
16 Jennifer Lifshay (Berkeley)	21:50
17 Kerrie Albright (Granada)	21:55
18 Tori Abert (Granada)	22:23
19 Lee Ann Price (Granada)	22:30
20 Debbie Dailey (Elk Grove)	22:34

Boys Varsity Teams	
1 Livermore	69
2 Berkeley	82
3 Moreau (Hayward)	97
4 Tamalpais (Mill Valley)	110
5 Elk Grove (Sac Joaquin Sect.)	112
6 Washington (Fremont)	178
7 St. Elizabeth (Oakland)	203
8 Logan (Union City)	232
9 Granada (Livermore)	236
10 St. Mary's (Berkeley)	266
11 Kennedy (Fremont)	345

Boys Varsity Individuals (82 finishers)	
1 Dave Basinger (Granada)	16:00
2 Robert Gomez (St. Elizabeth)	16:05
3 Jim West (Livermore)	16:28
4 John Lego (Livermore)	16:39
5 Mark Goralka (Livermore)	16:41
6 Paul Bigelow (Moreau)	16:44
7 Brian Vaughan (Berkeley)	16:46
8 Jeff Cardwell (Moreau)	16:50
9 David White (Berkeley)	16:53
10 Roland Westgate (Berkeley)	16:54
11 Eric Hansen (Tamalpais)	16:54
12 Ray Risley (Elk Grove)	17:07
13 Kevin Mesa (Tamalpais)	17:09
14 Eric Allen (Tamalpais)	17:10
15 Matt Lotz (Moreau)	17:14
16 Greg Penhallon (Redwood)	17:16
17 Larry Risley (Elk Grove)	17:18
18 Jonas Duke (Berkeley)	17:20
19 Ken Chappelle (Elk Grove)	17:20
20 Dave Leipsic (Redwood)	17:20

Chico Invitational

From Chuck Shaley (Chico), Echman (Yreka), & Mal Van Meer

September 25. Hooker Oak Recreation Area

Varsity Boys Teams	
1 Vacaville	117
2 Shasta (Redding)	146
3 Las Plumas (Oroville)	155
4 Chico	160
5 Anderson	183
6 Red Bluff	183
7 Paradise	184
8 Davis	189
9 Del Oro (Loomis)	192
10 Fortuna	225
11 Petaluma	237
12 Central Valley	259
13 Enterprise (Redding)	265
14 Yreka	285
15 Quincy	415
16 Lassen (Susanville)	431
17 Pleasant Valley (Chico)	441

Varsity Boys Individuals (3.0 miles, 127 finishers)	
1 Jim Frey (Yreka)	15:20 CR
2 Pete Vicencio (Del Oro)	15:45
3 Kevin Allison (Anderson)	15:52
4 Tom Davies (Paradise)	16:00
5 Mike Weidlein (Anderson)	16:11
6 Ernie Freer (Hayfork)	16:15
7 Darin Williams (Las Plumas)	16:16
8 Rob Schmalenberger (Davis)	16:18
9 Tom Greene (Fortuna)	16:21
10 Jim Garrett (Vacaville)	16:25
11 James Dillon (Chico)	16:27
12 EIVEN (Las Plumas)	16:27
13 Nikander (Colusa)	16:28
14 Klinger (Fortuna)	16:29
15 Woods (Central Valley)	16:29
16 Baker (Shasta)	16:41
17 Coker (Vacaville)	16:46
18 Mackay (Petaluma)	16:48
19 Goulet (Quincy)	16:55
20 Phillips (Enterprise)	16:57

Varsity Girls Teams	
1 Vacaville	73
2 Davis	78

3 Del Oro (Loomis)	79
4 Enterprise (Redding)	80
5 Shasta (Redding)	96
6 Petaluma	143
7 Yuba City	150
8 Chico	185
9 Red Bluff	196

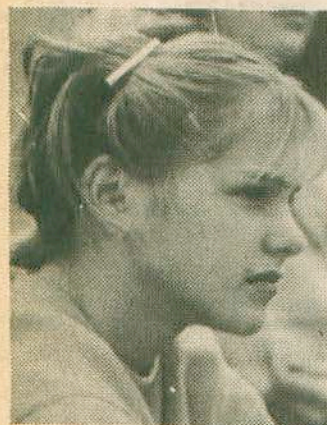
Varsity Girls Individuals (1.85 miles, 79 finishers)	
1 Joni Mooney (Vacaville)	10:37
2 Sally Pinkner (Davis)	10:41
3 Stacy McAfee (Del Oro)	10:49
4 Laurie Bushling (Yuba City)	10:52
5 Heather Hollahan (Enterprise)	11:00
6 Kim Carter (Shasta)	11:11
7 Sue McDaniels (Enterprise)	11:17
8 Amy Stout (Petaluma)	11:26
9 Donna Martin (Enterprise)	11:27
10 J. Brazelton (Vacaville)	11:36
11 Beth Wilson (Del Oro)	11:40
12 Jennifer Korte (Pleasant Vy)	11:46
13 Wendy Knox (Del Oro)	11:49
14 Torres (Davis)	11:55
15 Jensen (Vacaville)	11:56
16 Schreder (Shasta)	11:56
17 Francis Cole (Willows)	11:56
18 Donohue (Shasta)	11:57
19 Madell (Davis)	11:57
20 All Cushman (Chico)	11:58
Junior Varsity Girls Individual (1.85 miles)	
1 Denae Dunlap (Anderson)	10:40 CR
2 Angela Bonomini (Red Bluff)	11:20
3 Mary Drake (Anderson)	11:29
4 Michelle Hawk (South Fork)	11:32
5 Gail Brent-Chase (Nova)	11:46
6 Sandy Magoon (Chico)	11:48
Freshman Boys Individual (1.85 miles)	
1 Mike Wall (Lassen)	9:27 CR

Cordova Invitational

From Steve Fagundes

September 24. At Mills Junior High, Rancho Cordova.

Varsity Men Teams	
1 Jesuit (Carmichael)	80
2 Carson (Nevada)	102
3 Cordova (Rancho Cordova)	108



Julie Hinrichs

El Dorado Invitational

From DOUG SPECK

September 18. Tri City Park, Placentia. Women

Race 3: (Team)—University (Irv) 93:49, El Dorado (Placentia) 98:42, Thousand Oaks 100:09, Walnut 104:10, Upland 109:56. **(Individual)**: Escobosa (ED) 18:23, McLaughlin (Uni) 18:30, Bean (ED) 18:32, Partin (Uni) 18:35, Chabot (TO) 19:09, Samsar (Uni) 19:10, Fairman (TO) 19:12.

Race 5: (Team)—Alta Loma 105:08, Apple Valley 110:27. **(Individual)**: Keough (AL) 19:55, Covarruiolas (Paramount) 20:01.

Fresh—Soph Women (2 miles) Race 4: (Team) Thousand Oaks 67:08, University 67:21. **(Individual)**: Stacey (Corona Del Mar) 12:23.

Men
Race 2: (Team) El Dorado (Placentia) 78:02 (Course Record), University 80:13, Thousand Oaks 80:37, Upland 83:34, Nogales 84:00, Walnut 84:57. **(Individual)**: Allen (ED) 15:14, Hakeman (ED) 15:14, Hatch (TO) 15:20, Wood (ED) 15:25, Whiteley (Uni) 15:29, Ahlquist (TO) 15:42, Fetters (Upl) 15:50, Zarow (ED) 15:58, Sholts (Uni) 16:05, Esmay (TO) 16:06.

Race 6: (Team) Barstow 80:43, Corona Del Mar 82:13, La Canada 83:40, Alta Loma 84:43. **(Individual)** Anderson (CDM) 14:56, Ortiz (Bar) 15:11, Toro (Bar) 15:23, Norton (Bar) 16:02, Trevethick (LC) 16:15.

Analy Invitational

September 18.

Varsity Boys Teams	
1 Analy	46
2 Piner	53
3 Cardinal Newman	58
4 Montgomery	73
5 Ukiah	125

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Arizona

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Prep Notes

4 Nevada Union (Grass Valley)	111
5 Reed (Nevada)	127
6 Reno	129
7 Bella Vista (Fair Oaks)	145
8 Hug (Nevada)	188
9 El Dorado (Placerville)	234
10 Christian Brothers (Sacramento)	245
11 Foothill (Sacramento)	250
12 Folsom	320
Varsity Men (2.75 miles)	
1 Jason Flamm (La Sierra, Carm.)	13:35
2 Nick Sparks (Bella Vista)	14:05
3 Dave Edwards (Nevada Union)	14:13
4 Rod Curry (Christian Brothers)	14:17
5 Lerude (Reno)	14:23
6 Ritenhouse (Reno)	14:23
7 Trujillo (Hug)	14:24
8 Andre Tenhotry (Cordova)	14:29
9 Arculbald (Reed)	14:34
10 Reggie Brown (Cordova)	14:37
11 Bass (Jesuit)	14:38
12 Sutherland (Carson)	14:39
13 Paul Verke (Jesuit)	14:39
14 Jim Mattson (Cordova)	14:43
15 Mike Marotte (Bella Vista)	14:44
Varsity Women Teams	
1 Reno (Nevada)	34
2 El Dorado (Placerville)	60
3 Del Campo (Fair Oaks)	101
4 Hug (Nevada)	122
5 Carson (Nevada)	143
6 Cordova (Rancho Cordova)	151
7 Nevada Union (Grass Valley)	159
8 Casa Roble (Orangevale)	173
9 El Camino (Sacramento)	240
10 St. Francis (Sacramento)	252
Varsity Women Individuals	
1 Angela Cook (Reno)	18:36 CR
2 Bowman (Carson)	18:48
3 Miller (Carson)	18:56
4 Whitehead (Reno)	18:57
5 Deonne Self (Del Campo)	18:59
6 Julie Rivers (El Dorado)	17:07
7 Mousset-Jones (Reno)	17:28
8 Condon (Reno)	17:28
9 Swift (Reed)	17:30

10 Kashube (Casa Roble)	17:42
11 Leslie Goyette (El Dorado)	17:46
12 Brenda Payton (El Dorado)	17:52
13 Jeanie Gregory (Cordova)	17:54
14 Whitworth (Reed)	17:55

Sanger Invitational

From Keith Conning

September 24. Avocado Lake.	
Varsity Boys Teams	
1 Sanger	17
2 Parlier	52
3 Shafter	58
Varsity Boys Individuals (31 finishers)	
1 Martin Leal (Sanger)	14:45.3 CR
2 Miguel Hurtado (Sanger)	15:08.2
3 David Naranjo (Sanger)	15:12.2
4 Rick Bernai (Sanger)	15:26.2
5 Jose Garcia (Shafter)	15:45.1
6 Jessie Aguilar (Parlier)	15:53.1
7 Alfonso Perez (Sanger)	16:09.4
8 Hector Sepulveda (Firebaugh)	16:11.6
9 Rey Cardenas (Parlier)	16:11.9
10 Juan Espinoza (Parlier)	16:12.2
Varsity Girls Teams	
1 Sanger	27
2 Immanuel	29
Varsity Girls Individuals (31 finishers)	
1 Lupe Rodriguez (Sanger)	11:51.7 CR
2 Becky Soto (McF)	12:02.0
3 Loretta Cruz (Exeter)	12:33.3
4 Debbie Cox (Immanuel)	12:57.3
5 Joy Lowrie (Immanuel)	13:10.5
6 Corrine Glenn (Sanger)	13:15.4
7 Kathy Zenilicka (Exeter)	13:17.3
8 Missy Bailey (Exeter)	13:25.2
9 Dana Jacobsen (Selma)	13:2.5
10 Charlene Janzen (Immanuel)	13:44.3
Fresh Soph Girls Individuals	
1 Salli Orme (San Joaquin Mem)	13:18
2 Cheryl Bonner (San Joaquin Mem)	13:38

Mt. Whitney Invitational

From Keith Conning

September 22. Mooney Grove Park.

Varsity Boys Teams	
1 Sanger	42
2 Mt. Whitney	88
3 Madera	106
4 Redwood	111
5 Atascadero	132
6 Parlier	156
7 San Luis Obispo	157
8 Porterville	189
9 Reedley	237
10 Tulare Union	295
11 Exeter	302
12 Hanford	304
13 Monache	308
Varsity Boys Individuals (3 miles) (93 finishers)	
1 Martin Leal (Sanger)	15:21
2 Gary Nagel (Mt. Whitney)	15:40
3 Chris Bahr (Mt. Whitney)	15:53
4 Miguel Hurtado (Sanger)	15:56
5 Clint Pearson (Porterville)	16:08
6 Pate Nunez (Golden West)	16:11
7 David Naranjo (Sanger)	16:12
8 Jaime Pimentel (Delano)	16:22
9 Tom Meinhold (San Luis Obispo)	16:24
10 Mike Robinson (Atascadero)	16:25
11 Jim Peterson (Reedley)	16:26
12 Bryan Bradburn (Madera)	16:30
13 Brett Lizotte (Mt. Whitney)	16:34
14 Ricky Bernai (Sanger)	16:36
15 Jack Butler (Mt. Whitney)	16:37
Varsity Girls Teams	
1 Redwood	55
2 Atascadero	63
3 Tulare Union	74
4 Mt. Whitney	107
5 Sanger	109
6 San Luis Obispo	111
7 Hanford	157
Varsity Girls Individuals (64 finishers)	
1 Lupe Rodriguez (Sanger)	12:58.5
2 Chris Martinez (Redwood)	13:08
3 Shannon Battles (Tulare)	13:15
4 Lori Cook (Golden West)	13:18
5 Celia Lopez (San Luis Obispo)	13:24
6 Cindy Jungwirth (Redwood)	13:30
7 Donna Thompson (Atascadero)	13:31
8 Ann Barba (Atascadero)	13:33
9 Loretta Cruz (Exeter)	13:46
10 Stromme (Golden West)	13:50

Fresno State University

September 25. Woodward Park.

Boys Individual (2 miles)	
1 Bahr (Mt. Whitney)	10:20
2 Peterson (Reedley)	10:23
3 Nigel (Mt. Whitney)	10:23
4 Sarava (Madera)	10:30
5 Bradburn (Madera)	10:32
6 Ortiz (Clovis)	10:32
7 Castellano (Madera)	10:33
8 Lizotte (Mt. Whitney)	10:33
9 Amamal (Fresno)	10:37
10 Lara (Hoover)	10:40
Large School Boys Teams	
1 Madera	53:40
2 Fresno	55:00
3 Mt. Whitney	55:24
4 Clovis	55:52
5 Clovis West	56:04
6 Hoover	56:35
7 Reedley	57:43
Small School Boys Teams	
1 Redwood	54:30
2 Bullard	60:28
Girls Individuals (2 miles)	
1 Sharon Yaninek (Present.SJ)	12:11
2 Jungwirth (Redwood)	12:49
3 Martinez (Redwood)	12:52
4 Gonzalez (Silverado TC)	13:02
5 Johnson (Present.)	13:11
6 Felts (Silverado TC)	13:14
7 Gengler (Silverado TC)	13:20
8 Martinez (Central)	13:28
9 Weisenberger (Mt. Whitney)	13:32
10 Streiler (Redwood)	13:38
Girls Teams	
1 Redwood	22
2 Hoover	59
3 Reedley	79
4 Clovis West	90
5 Clovis	110

South Bay Invitational

From Dennis McClanahan

September 25. Southwestern College.

Boys Team Sweepstakes	
1 Villa Park	84:07
2 Valhalla	84:25
3 Monte Vista	85:03
4 Mira Mesa	85:04
5 Ramona	85:07
Large School Boys Teams	
1 Villa Park	66
2 Valhalla	72
3 Mira Mesa	93
4 Monte Vista	120
5 Mount Carmel	165
Large School Boys Individuals	
1 Rudd (Valhalla)	15:48
2 Sandoval (Monte Vista)	15:54
3 Ouellette (Mira Mesa)	16:07
4 Carranza (Central El Centro)	16:12
5 Nowakowski (Mira Mesa)	16:15
Medium School Boys Teams	
1 San Pasqual	68
2 Fallbrook	85
3 Bonita Vista	99
4 Sweetwater	114
5 Point Loma	160
Medium School Boys Individuals	
1 Goodiaka (Fallbrook)	15:50
2 Courter (Bonita Vista)	16:08
3 Fontaine (Serra)	16:08
4 Filthen (Serra)	16:16
5 Mejia (Montgomery)	16:41
Small School Boys Teams	
1 Ramona	55
2 Mar Vista	68
3 La Jolla	105
4 St. Augustine	105
5 Brawley	150
Small School Boys Individuals	
1 Green (La Jolla)	15:23
2 Greer (St. Augustine)	15:57
3 Koenig (Ramona)	16:23
4 Guarino (Mar Vista)	16:33
5 Mendelsohn (La Jolla)	16:34
Girls Team Sweepstakes	
1 Mount Carmel	62:46
2 Valhalla	64:37
3 La Jolla	64:53

Concord Invitational

September 25. Newhall Park.

Varsity Boys Teams	
1 Northgate	39
2 College Park	62
3 Fairfield	63
Varsity Boys Individuals (2 miles)	
1 Jim Chaney (College Park)	9:33.0
2 D. Bernardi (Fairfield)	11:03
3 Jim Howard (Northgate)	11:05
4 R. Souther (Fairfield)	11:07
5 Jim Dyer (College Park)	11:08
6 Ken Barton (Concord)	11:11
7 Mike Anthony (Northgate)	11:14
8 John Wilhelm (Northgate)	11:16
9 Ray Ward (Fairfield)	11:19
10 Dave Anthony (Northgate)	11:23
Varsity Girls Teams	
1 Northgate	55
2 Ygnacio Valley	69
3 College Park	71
Varsity Girls Individuals	
1 Denise Rogers (Concord)	13:03
2 Wendy Quick (Ygnacio Valley)	13:25
3 Cindy Lyfter (Concord)	13:34
4 Ann Pelsner (Ygnacio Valley)	13:47
5 Shawn Ostrom (Clayton Valley)	14:08
6 Barbara Krieger (Northgate)	14:31
7 Wendy Campana (Northgate)	14:33
8 Anna Schendel (Liberty)	14:35
9 Donna Osmundson (Ygnacio Vy)	14:38
10 Martina Wofler (College Park)	14:39

CONCEPTUAL RACE MAPS

Custom drawn for your event.
For promotions, Tee-Shirts, Race Forms, etc.
Erin O'Toole • P.O. Box 8255 • Sacramento, CA 95818

4 Mira Mesa	65:10
5 Sweetwater	65:39
Large School Girls Teams	
1 Mt. Carmel	86
2 Valhalla	85
3 Mira Mesa	92
4 Helix	97
5 Henry	118
Large School Girls Individuals	
1 Sterton (Mt. Carmel)	11:52
2 Garcia (San Dieguito)	12:05
3 Bates (Mt. Carmel)	12:08
4 Esquibel (Valhalla)	12:11
5 Krumweide (Valhalla)	12:15
Medium School Girls Teams	
1 Sweetwater	69
2 Hilltop	101
3 San Pasqual	104
4 Bonita Vista	118
5 Chula Vista	130
Medium School Girls Individuals	
1 Lewis (San Pasqual)	12:16
2 Flanigan (Mission Bay)	12:19
3 Brooks (Bonita Vista)	12:19
4 Cuevas (Sweetwater)	12:24
5 Fedorchak (Fallbrook)	12:26
Small School Girls Teams	
1 La Jolla	52
2 University City	61
3 Mar Vista	105
4 Ramona	140
5 Clairemont	143
Small School Girls Individuals	
1 Cartier (Southwest)	12:15
2 Fitch (La Jolla)	12:20
3 Douglas (La Jolla)	12:34
4 Frost (University Ct)	12:38
5 McElhane (Clairemont)	12:38



photo by Keith Conning

Sue Brodie

Frogtown Invitational

September 25. Calaveras.	
Large School Junior Boys	
1 Ethan Talo (Sacramento)	16:33.2
2 James Price (Sacramento)	16:48
Small School Varsity Boys	
1 North Tahoe	36
2 Riverbank	44
3 Bret Harte	61
4 Vanden	69
5 St. Mary's	97
Junior Boys	
1 Colfax	
2 Albany	
3 Vanden	
Varsity Girls	
1 Colfax	34
2 Bret Harte	41

Carlmont Invitational

September 27. Carlmont High.	
Boys Varsity Teams	
1 San Mateo	67(44:49)
2 Capuchino	69(54:51)
3 Carlmont	79(55:28)
4 Hillsdale	85(55:45)
5 St. Ignatius	97(56:30)
6 South San Francisco	105(58:41)
7 St. Francis	146(60:03)
8 Fremont	211(83:23)
Los Altos incomplete	
Boys Varsity Individuals (2 miles)	
1 Kevin Abbey (Hillsdale)	10:02
2 Mike Anderson (Carlmont)	10:07
3 Paul Ghidossi (Capuchino)	10:13
4 Matt Gulsto (San Mateo)	10:17
5 Jose Gurrola (S. San Fran.)	10:19
6 Matt Collier (San Mateo)	10:27
7 Vance (Hillsdale)	10:39
8 Bulloch (Carlmont)	10:41
9 Erbina (Capuchino)	10:42
10 Ryerson (Capuchino)	10:54
Girls Varsity Teams	
1 St. Francis	19(50:44)
2 Los Altos	68(58:12)
3 Carlmont	69(58:39)
4 San Mateo	100(56:33)
5 Capuchino	108(62:51)
Hillsdale and South San Francisco incomplete	

Girls Varsity Individuals	
1 Sue Brodie (St. Francis)	9:42
2 Dana Roslatano (St. Fran.)	10:01
3 Paaso (Los Altos)	10:08
4 Himenes (St. Francis)	10:09
5 Himenes (St. Francis)	10:14
6 Dede Concannon (Capuchino)	10:29
7 Rossman (St. Francis)	10:38
8 Cheryl Thomas (Carlmont)	10:45
9 Melody Arndt (Carlmont)	11:00
10 Brogan (Los Altos)	11:02
Junior Varsity Girls Individual	
1 O'Faherty (St. Francis)	10:46

Azusa Invitational

From DOUG SPECK

September 25. Citrus JC.	
All races run by Grade.	
Women	
FROSH (Team): Nogales (La Puente). (Indiv): Cordero (Arcadia) 20:13. SOPH (Team): Arroyo (El Monte). (Indiv): Costa (Northview, Covina) 19:42. JUNIOR (Team): South Hills 40. (Indiv): Mosqueda (San Gabriel) 17:24. (Course Record), Zamora (Nogales) 18:54. SENIOR (Team): Azusa. (Indiv): Ponce (Nogales) 18:57.	
Men	
FROSH (Team) Rosemead 30. (Indiv): Hernandez (Gladstone, Azusa) 16:56. SOPH (Team): South Hills 69. (Indiv): Torres (SG) 16:04, Gohee (SH) 16:10. JUNIOR (Team): Arroyo 19. (Indiv): Cortez (Arr) 15:25, Calvillo (Duarte) 15:37, Fest (Arr) 15:39, Isenbletter (Arr) 15:48. SENIOR (Team): South Hills 51. (Indiv): Near (Monrovia) 14:39 (Course Record), Cammack (South H) 14:53, Montez (Arr) 15:12, Loud (Charter Oak, Covina) 15:16, Rodriguez (Rosemead) 15:21, Reynolds (So H) 15:27.	

Alum Rock Invitational

September 25. Alum Rock Park, San Jose.	
Championship Varsity Boys Teams	
1 Leigh	61
2 Willow Glen	74
3 Bellarmine	84

4 Clovis	92
5 Serra	114
6 Mira Loma	132
7 Monta Vista	175
8 Del Campo	179
Championship Varsity Boys Individuals	
1 Grant Foster (Monta Vista)	11:39
2 Mike Larsen (Del Campo)	11:42
3 Chris Craig (Leigh)	11:47
Varsity Boys Teams	
1 Leland	84
2 Westmont	97
3 North Monterey County	104
4 Mission San Jose	129
5 Amador	143
Varsity Boys Individuals	
1 Tom Legan (Independence)	11:44
2 Jimmy LaFuente (Mt. Pleasant)	12:04
3 Ruiz (Overfelt)	12:06
Varsity Girls Teams	
1 Clovis	38
2 Amador	87
3 Mitty	98
4 Homestead	149
5 Willow Glen	157
Varsity Girls Individual	
1 Nanette Garcia (Silver Creek)	14:22

Napa Valley Invitational

September 24. Kennedy Park.

Boys Varsity Individuals (3 miles)	
1 Rich Dunn (Sonoma)	15:16 CR
2 Deets Winslow (Sonoma)	16:26
3 Steve Ferrario (St. Helena)	16:48
4 Leon Merle (Sonoma)	17:02
5 Brock Bowen (Sonoma)	17:11
6 Mike Tyler (Napa)	17:23
7 Dan McConley (St. Helena)	17:28
8 Garret Baccus (St. Helena)	17:39
9 Bill Kelly (St. Helena)	18:24
10 Mark Van De Kamp (St. Helena)	18:34
Girls Varsity Individuals	
1 Greta Jaeger (Napa)	12:30
2 Colleen Kane (Vintage)	13:13
3 Wenona Wenneker (Vintage)	13:27
4 Karen Cowan (Vintage)	13:42
5 Carolyn Beckius (Napa)	13:49
6 Dana Moffitt (Vintage)	13:52
7 Redena Arns (Sonoma)	14:01
8 Sarah Scanlon (Sonoma)	14:13
9 Stacy Mathison (Sonoma)	14:17
10 Sally Heywood (Sonoma)	14:19

Menlo-Atherton Invitational

September 27.

Boys Teams	
1 Menlo-Atherton	50(56:44)
2 Lynbrook	57(57:13)
3 Santa Clara	70(57:51)
4 Half Moon Bay	74(58:00)
5 Menlo	96
6 Burlingame	166
7 Wilcox	176
Boys Individuals (2.2 miles)	
1 Andy Christensen (Menlo)	10:56
2 Mike Matthews (Santa Clara)	10:56
3 John Kenny (Lynbrook)	10:58
4 Ben Valpey (Menlo-Ath.)	11:02
5 Eric Carter (Menlo-Ath.)	11:05
6 Pye (Half Moon Bay)	11:07
7 Mansfield (Lynbrook)	11:16
8 Lopez (Menlo-Atherton)	11:19
9 Lance (Santa Clara)	11:22
10 Cance (Menlo-Atherton)	11:24
Junior Varsity Boys Individual	
1 Beckwith (Menlo-Atherton)	11:24
Girls Teams	
1 Half Moon Bay	53(60:58)
2 Menlo-Atherton	78(62:31)
3 Lynbrook	87(63:01)
4 Burlingame	103(64:44)
5 Santa Clara	119
6 Castilleja	147
Wilcox and Menlo incomplete.	
Girls Individuals (1.9 miles)	
1 Anne Kendrick (Wilcox)	11:25.5
2 Michelle Seck (Lynbrook)	11:21
3 Becki Van Zant (Wilcox)	11:30.5
4 Silvia Aguirre (Burlingame)	11:39
5 Cathy Eubank (Wilcox)	11:48.5
6 Woods (Santa Clara)	11:55

7 Heather Harrison (Half Moon)	11:56
8 Lorena Ferreira (Half Moon)	11:57.5
9 DeMarval (Menlo-Atherton)	12:02
10 Toni Hartlaub (Burlingame)	12:06

Artichoke Invitational

From Keith Conning

October 2. Half Moon Bay High School.

Large School Boys Teams (2.33 miles)	
1 Willow Glen (San Jose)	102 (59:20.9)
2 Castro Valley	109 (59:19.4)
3 Leigh (San Jose)	127 (59:42.6)
4 Bellarmine (San Jose)	193
5 Serra (San Mateo)	222
6 Berkeley	238 (61:57.5)
7 Redwood (Larkspur)	248
8 El Cerrito	289
9 San Mateo	297
10 Carlmont (Belmont)	297
11 Mission San Jose (Fremont)	316
12 Gunderson (San Jose)	353
13 Monta Vista (Cupertino)	398
14 Del Campo (Fair Oaks)	404
15 Amador Valley (Pleasanton)	410
16 Overfelt (San Jose)	449

Large School Boys Individuals (175 finishers)	
1 Grant Foster (Monta Vista)	11:14.6
2 Jimmy La Fuente (Mt. Pleasant)	11:27.2
3 Chris Craig (Leigh)	11:28.1
4 Calvin Gaziano (Castro Valley)	11:32.4
5 James Green (Gunderson)	11:32.8
6 Mike Larsen (Del Campo)	11:33.6
7 Orlando Biggs (Willow Glen)	11:34.2
8 Dave Bell (Leigh)	11:35.4
9 John Bass (Castro Valley)	11:35.7
10 Matt Guisto (San Mateo)	11:36.1
11 Mike Livingston (Willow Glen)	11:36.4
12 Rob Wichstrom (Serra)	11:36.9
13 Scott Hill (Mission SJ)	11:37.8
14 Mike Spencer (Castro Valley)	11:40.1
15 Dave Basinger (Granada)	11:40.4
16 Roy Garcia (Leigh)	11:45.1
17 Matt Collier (San Mateo)	11:46.1
18 Shawn Ayers (Bellarmine)	11:47.4
19 Kevin Abbey (Hillsdale)	11:47.7
20 Jim Bloomer (El Cerrito)	11:49.0
21 David Livingston (Willow Glen)	11:49.8
22 Robert Richardson (Lowell)	11:51.8
23 Mike Anderson (Carlmont)	11:54.7
24 Martin Higginbotham (Berkeley)	11:57.0
25 Kevin Walker (Del Campo)	11:57.5
26 Todd Martinez (Castro Valley)	11:58.0

Small School Boys Teams	
1 Tamalpais (Mill Valley)	84 (62:29.3)
2 Westmont (Campbell)	88 (62:07.6)
3 Terra Linda (San Rafael)	119
4 Sacred Heart (San Fran.)	133
5 Del Mar	157
Small School Boys Individuals (98 finishers)	
1 Kevin Thayer (Terra Linda)	11:40.9
2 Steve Sparks (Terra Linda)	11:45.9
3 Todd Strickland (Westmont)	11:52.3
4 Paul Ghidossi (Capuchino)	11:54.7
5 Marc Beauchemin (Westmont)	11:55.1

Large School Boys Frosh/Soph Individual	
1 Mike Wall (Lassen)	11:52.5
Large School Girls Teams (2.33 miles)	
1 Carondelet (Concord)	85 (74:14.3)
2 Berkeley	87 (74:06.9)
3 Amador Valley (Pleasanton)	149
4 Gunn (Paio Aito)	159
5 Granada (Livermore)	175
6 Redwood (Larkspur)	191
7 Willow Glen (San Jose)	254
8 Carlmont (Belmont)	289
9 Mission San Jose (Fremont)	294
10 San Mateo	314
11 Paio Aito	341
12 Silver Creek (San Jose)	378
13 Memorial (Newark)	392
14 Castro Valley	430
15 Independence (San Jose)	444
16 Overfelt (San Jose)	508
17 El Cerrito	521
18 Washington (Fremont)	558

Large School Girls Individuals (132 finishers)	
1 Shannon Clark (Mt. View)	13:23.8
2 Nanette Garcia (Silver Creek)	13:44.4
3 Heather Watkins (Berkeley)	13:56.3
4 Doniece Johnson (Berkeley)	14:04.4
5 Noreen DeBettencourt (Carond)	14:05.9
6 Dana Whitney (Mission SJ)	14:08.8

Prep Notes

7 Colleen Strout (Carondelet)	14:20.1
8 Amy Cathcart (Amador Valley)	14:30.2
9 Anne Kendrick (Wilcox)	14:30.6
10 Kathy Daley (Granada)	14:33.0
11 Eugenia Jauregui (Memorial)	14:35.8
12 Terrie Martin (Redwood)	14:36.7
13 Brenda Montesi (Leigh)	14:42.0
14 Liz Swift (Amador Valley)	14:44.8
15 Laura Vaughan (Berkeley)	14:48.3
16 Dondi Hart (Homestead)	14:49.9
17 Christy McKinley (Carondelet)	14:55.0
18 Peggy Naughten (Homestead)	14:59.1

Small School Girls Teams

1 Piedmont	33 (72:30.2)
2 St. Francis (Mt. View)	47 (72:42.1)
3 Terra Linda (San Rafael)	96 (75:23.7)
4 Del Mar (San Jose)	170
5 Mitty (San Jose)	173
6 Half Moon Bay	217
7 Cupertino	229
8 Menlo	247
9 Tamaipas (Mill Valley)	258
10 Terra Nova (Pacifica)	261
11 Sacred Heart (Menlo Park)	307
12 Crystal Springs (Hillsborough)	338
13 Moraau (Hayward)	390

Small School Girls Individuals

(92 finishers)	
1 Sue Brodie (St. Francis)	13:50.2
2 Corym Schubert (Del Mar)	13:59.3
3 Alison Keller (Piedmont)	14:08.1
4 Dana Rostiano (St. Francis)	14:14.8
5 Missy Moore (Piedmont)	14:26.6
6 Sarah Hill (Piedmont)	14:32.9
7 Nancy Benson (Piedmont)	14:33.3
8 Kim Himenes (St. Francis)	14:35.8
9 Courtney Frisbie (Crystal Sp.)	14:45.6
10 Karen Himenes (St. Francis)	14:46.0
11 Ann Pimental (East Union)	14:48.8
12 Laurel Cochran (Piedmont)	14:49.3
13 Barbara Keehner (Hill)	14:50.0
14 Kathy Laughlin (Terra Linda)	14:51.5
15 Janet Gallagher (Terra Linda)	14:55.0
16 Nora Baker (Del Mar)	14:58.7

South Tahoe Invitational

October 1. South Tahoe High School, South Lake Tahoe, CA.

Boys Large School Teams	
1 South Tahoe (S. Lake Tahoe)	41
2 Reed (Sparks, Nev.)	55
3 Reno (Nevada)	62
4 North Tahoe (Tahoe City)	111
5 El Dorado (Placerville)	114
6 Carson (Carson City, Nev.)	127
7 Watsonville (CA)	164

Boys Large School Individuals (2.85)

1 John Downing (South Tahoe)	15:34
2 Duke Rittenhouse (Reno)	15:37
3 Ken Oelerich (Woodster, Nev.)	15:52
4 Adam Wilson (North Tahoe)	15:53
5 Dean Miller (Douglas, Nev.)	15:55
6 Chris Lerude (Reno)	15:58
7 Todd Archibald (Reed)	16:00
8 Roger Dick (South Tahoe)	16:02
9 Mark Best (Reed)	16:07
10 Derek Mimno (Reno)	16:09

Girls Large School Teams

1 Reno (Nevada)	29
2 El Dorado (Placerville)	56
3 South Tahoe (S. Lake Tah.)	77
4 Del Campo (Fair Oaks)	91
5 Reed (Sparks, Nev.)	98

Girls Large School Individuals

1 Renee Rife (Portola)	17:50
2 Angela Cook (Reno)	18:21
3 Jocelyn Whitehead (Reno)	18:32
4 Karen Haase (South Tahoe)	18:36
5 Lisa Swift (Reed)	18:42
6 Stephanie Jones (Reno)	18:50
7 Kristi Condon (Reno)	18:50
8 Julie Rivers (El Dorado)	18:58
9 Deonne Self (Del Campo)	19:03
10 Tammy Foster (El Dorado)	19:13

Boys Small School's Team

1 Incline (Incline, Nev.)	44
2 Quincy (CA)	52
3 Folsom (CA)	57
4 Whittell (Nev.)	59

Boys Small School Individuals

1 Marshall Matley (Whittell)	16:35
2 Matt Brannon (Incline)	

3 Rod Labato (Folsom)	16:57
4 Stan Odom (Folsom)	16:58
5 Marc Goulet (Quincy)	17:26
6 David Mounkes (Folsom)	17:44
7 Greg Finke (Incline)	17:51
8 Peter Bennett (Quincy)	18:02
9 Fred Taylor (Folsom)	18:29
10 Gary Dimodans (Whittell)	18:59

Girls Small Schools Teams

1 North Tahoe (Tahoe City)	46
2 Golden Sierra	60
3 Fernley (Nev.)	62
4 Mammoth (Mammoth Lakes)	79
5 Portola (CA.)	81

Girls Small School Individuals

1 Holly Fox (North Tahoe)	14:00
2 Patty Malinka (North Tahoe)	14:09
3 Edie Bogt (Golden Sierra)	14:34
4 Donette Hutchins (Portola)	15:45
5 Stacy Thomas (Fernley)	15:52
6 Monica Hill (Fernley)	15:53
7 Caludia Hopfner	15:55
8 Brenda Parris (Fernley)	16:02
9 Tiffany Johnson (Mammoth)	16:04
10 Mary Donovan (North Tahoe)	16:10

San Ramon Invitational

From Keith Conning

October 2. Danville.

Large School Boys Varsity Teams

1 San Ramon	55
2 Northgate	58
3 Livermore	70
4 Livermore	70
5 Skyline	107
6 Antioch	119
7 College Park	125
8 Clayton Valley	184
9 James Logan	221
10 Ygnacio Valley	231

Large School Boys Varsity Individuals

1 West (Livermore)	9:08
2 Chaney (College Park)	9:13
3 Scott (San Ramon)	9:20
4 Cypher (Skyline)	9:21
5 Lago (Livermore)	9:23
6 Roney (San Ramon)	9:39
7 Hayes (San Ramon)	9:42
8 Wilhelm (Northgate)	9:44
9 Howard (Northgate)	9:45
10 Goralica (Livermore)	9:46

Small School Boys Varsity Teams

1 De La Salle	43
2 Piner	109
3 Encinal	138
4 Miramonte	143
5 Sonoma	148
6 Las Lomas	163
7 Foothill	171
8 California	176
9 Alhambra	177
10 St. Joseph	268

Small School Boys Varsity Individuals

1 Dunn (Sonoma)	9:22
2 Cubillas (Alameda)	9:24
3 Schram (Piner)	9:27
4 Moore (De La Salle)	9:28
5 Balatti (De La Salle)	9:29
6 Williamson (De La Salle)	9:32
7 Latting (Alhambra)	9:34
8 McBeth (Piner)	9:34
9 Lopez (Encinal)	9:40
10 Savage (Foothill)	9:44

Large School Girls Varsity Teams

1 San Ramon	59
2 Livermore	88
3 Northgate	91
4 Antioch	98
5 Skyline	119
6 Ygnacio Valley	135
7 Clayton Valley	143
8 College Park	191

Large School Girls Varsity Individuals

1 Bishop (Livermore)	11:24
2 Goodykoontz (San Ramon)	11:28
3 Rogers (Concord)	11:29
4 Mikula (Antioch)	11:40
5 Manasewitsch (Northgate)	11:47
6 Tortolani (San Ramon)	11:59
7 Lysker (Concord)	12:15
8 Peissner (Ygnacio Valley)	12:16
9 Quick (Ygnacio Valley)	12:19
10 Sinclair (San Ramon)	12:29

Large School Girls Frosh/Soph Individual

1 Wilde (James Logan)	11:51
2 Wasley (Livermore)	12:25

Small School Girls Varsity Teams

1 Alhambra	59
2 Chico	74
3 Encinal	85
4 Alameda	95
5 Notre Dame	101
6 Las Lomas	145
7 California	158
8 Piner	190
9 Foothill	191

Small School Girls Varsity Individuals

1 Tully (Alhambra)	10:53
2 Ratto (Alameda)	11:13
3 Thatcher (Encinal)	11:14
4 Stone (Las Lomas)	11:15
5 Howard (Notre Dame)	11:35
6 Thomas (Alameda)	11:42
7 Morgan (Chico)	11:48
8 Leary (Alhambra)	11:52
9 Garde (Encinal)	11:56
10 Johnson (Encinal)	12:01

Girls Frosh/Soph Small School Individual

1 Kelsey (Monte Vista)	12:11
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Nevada Union Invitational

From Dave Gregson (Cordova)

October 2. Nevada Union HS, Grass Valley.

Mens Varsity Teams

1 Cordova	89
2 Jesuit	104
3 Nevada Union	108
4 Reed (Reno)	122
5 Bella Vista	129
6 Carson (Nevada)	129
7 Shasta	188
8 Vacaville	210
9 Del Oro	221
10 Elk Grove	227
11 Placer	246

Mens Varsity Individuals

1 Jason Flamm (La Sierra)	15:22
2 Rene Perez (Woodland)	15:51
3 Nick Sparks (Bella Vista)	15:59
4 Pete Vincencio (Del Oro)	16:10
5 Ken Oelerich (Woodster)	16:14
6 Mike Marotte (Bella Vista)	16:21
7 Chris Adcock (Placer)	16:23
8 Andre Tenthoray (Cordova)	16:29
9 Mark Edwards (Nevada Union)	16:31
10 Eric Sutherland (Carson)	16:36
11 Todd Archibald (Vacaville)	16:43
12 Reggie Brown (Cordova)	16:44
13 Walter Terry (Cordova)	16:45
14 Scott Peterson (Reed)	16:50
15 Todd Bass (Jesuit)	16:51
16 Rod Grieve (Jesuit)	16:51
17 Paul Verke (Jesuit)	16:53
18 Rob Schmalenberger (Davis)	16:55
19 Scott Granger (Jesuit)	16:55

Womens Varsity Teams

1 Reno	32
2 Del Oro	111
3 Davis	114
4 Hug (Reno)	152
5 Shasta	153
6 Reed (Reno)	168
7 Elk Grove	172
8 Cordova	178
9 Vacaville	211
10 Nevada Union	211
11 Placer	246
12 El Camino	283

Womens Varsity Individuals

1 Joni Mooney (Vacaville)	18:48
2 Sally Pinkner (Davis)	18:59
3 Julie Van Horn (Kennedy)	19:01
4 Angela Cook (Reno)	19:09
5 Stacey McAfee (Del Oro)	19:11
6 Stefania Jones (Reno)	19:15
7 Jocelyn Whitehead (Reno)	19:15
8 Laurette Miljer (Carson)	19:33
9 Lisa Swift (Reed)	19:41
10 Nancy Bowman (Carson)	19:49
11 Beth Tirapelli (Reno)	19:51
12 Kristi Condon (Reno)	20:02
13 Kim Carter (Shasta)	20:07
14 Laurie Bushling (Yuba Ct)	20:14
15 Charine Kasuba (Casa Roble)	20:16
16 Jessica Van Leeuwen (Elk Grove)	20:27
17 Jeanie Gregory (Cordova)	20:34
18 Laura Montgomery (Bella Vista)	20:43
19 Sharon Barr (Hug)	20:44

Delta—Thon 82

October 3. Antioch.

Boys: 13-18	
1. Jim Myers (Oakley)	35:01.9
Girls: 13-18	
1. Sonia Serna (Antioch)	43:02.0

Aptos Invitational

October 2. Aptos.

Large School Varsity Boys

1 Los Gatos	33
2 Live Oak	46
3 Monterey	118
4 Gilroy	118
5 Westmoor	120

Large School Boys Individuals (2.5 miles)

1 Curry (Christian Br.)	12:56
2 Lyle (Live Oak)	13:16
3 Yokota (Los Gatos)	13:19
4 Johnson (Los Gatos)	13:19
5 Isbell (Los Gatos)	13:23
6 Keen (Live Oak)	13:33
7 Porter (Live Oak)	13:45
8 Colbert (Gilroy)	13:46
9 Burbanak (Los Gatos)	13:58
10 Racine (Westmoor)	13:58

Small School Varsity Boys Teams

1 North Monterey County	48
2 San Lorenzo Valley	82
3 Palma	86
4 Pacific Grove	95
5 Harbor	170

Small School Varsity Boys Individuals

1 Chattanooga (Pacific Grove)	13:23
2 Deaver (Palma)	13:30
3 Bowe (Pacific Grove)	13:33
4 Zarate (Carmel)	13:37
5 Martinez (NMC)	13:46
6 Searson (NMC)	13:51
7 Rodriguez (NMC)	13:53
8 Gonzales (Hollister)	13:55
9 Baxter (NMC)	14:00
10 Porter (San Lorenzo Vly)	14:07

Varsity Girls Teams

1 Gilroy	71
2 Los Gatos	94
3 Santa Teresa	127
4 Aptos	132
5 North Salinas	174

Varsity Girls Individuals

1 Fisher (Los Gatos)	16:09
2 Han (Westmoor)	16:26
3 Lopez (Notre Dame, Salinas)	16:27
4 Opp (Santa Teresa)	16:45
5 Hatton (Monterey)	17:01

Large School Frosh Soph Boys

1 Blair (Soquel)	13:34
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Yucaipa Invitational

From DOUG SPECK

October 2. Yucaipa High School.

Women

Division I Varsity (Team): Yucaipa 47 (109:13), 29 Palms 81 (110:48). **(Indiv):** Duncan (Beaumont) 20:13, O'Donnell (29P) 20:37.

Division II (Team): Bishop Amat 22 (98:17), Arlington 97 (108:07). **(Indiv):** K. Ebner (BA) 16:43, Maldonado (BA) 19:15, Cohenour (Arl) 19:29, Ehrhard (Arl) 19:38.

Division III (Team): Tustin 21 (104:02), Norco 57 (110:17). **(Indiv):** Fleagle (T) 19:57, Dilger (T) 20:19.

Division IV (Team): Eisenhower (Rialto) 60 (110:06), Corona 62 (109:43). **(Indiv):** Sowers (Victor Valley) 19: 52, Bogavich (Cor) 19:57.

Men

Varsity Division I (Team): Sherman Indian 31 (85:43), Charter Oak (Covina) 69 (89:05). **(Indiv):** Loud (CO) 16:21, Koliava (SI) 16:35.

Division II (Team): Arlington 85 (85:58), Perris 115 (87:50). **(Indiv):** Smith (Colton) 15:52, Solis (LaSierra, Riverside) 16:05, Winn (Arl) 16:12.

Division III (Team): Barstow 39 (82:21), Villa Park 47 (83:49), Tustin 72 (85:47). **(Indiv):** Ortiz (Barst) 15:34 (Course Record), Toro (Bar) 15:46, Green (VP) 16:17.

Division IV (Team): Corona 56 (87:49), Indio 79 (89:18). **(Indiv):** Woodard (Hemet) 16:22, Campos (Victor Val) 16:34.

Esperanza Aztec Invitational

From DOUG SPECK

October 2. Yorba Park.

Men

Division I (Team): El Dorado (Placentia) 19, Buena Park 67, Dana Hills 79. (Indiv): Allen (ED) 14:56, Hakeman (ED) 15:08, Carrasco (BP) 15:10, Woods (ED) 15:25, Zarow (ED) 15:29.

Division II (Team): El Modena (Orange) 25, El Toro 56, Kennedy (La Palma) 89. (Indiv): Epparaza (EM) 15:09, Ree (Kenn) 15:16, McGaha (EM) 15:20, DeSoto (EM) 15:25.

Women

Division I (Team): Dana Hills 55, Corona del Mar 99, Canyon (Anaheim) 104. (Indiv): A. Acosta (Walnut) 18:15, Hagen (DH) 18:21, Quinn (DH) 18:27, Helms (La Hills) 18:59.

Division II (Team): Esperanza 65, El Toro 67, El Modena 107. (Indiv): Ahia (Kennedy) 18:29, Biggers (ET) 18:51, Zamora (Nogales, La Puente) 18:53, Buck (ET) 18:58, Everett (El Modena) 19:07.

Costa Mesa Invitational

From DOUG SPECK

October 2. TeWinkle Park.

Men

Division II (Team): Mater Dei 34, Tuba City 47, South Hills 108, Lakewood 116, Newport Harbor '55. (Indiv): Cammack (SH) 15:30, Endlschee (TC) 15:30, Martinez (MD) 15:32, Gianetto (Katella) 15:41, Tewawina (TC) 15:48, Toner (MD) 15:51, Eddy (MD) 15:52, Arsenault (MD) 15:53.

Division I (Team): Huntington Beach 63, Coachella Valley 112, Rancho Alamitos 114, Pioneer 130. (Indiv): Junkerman (Los Alamitos) 15:34, Gopez (Pioneer) 16:07, Silva (CV) 16:10, Gonzales (CV) 16:13, Johnson (HB) 16:15.

Women

Division II (Team): Tuba City 53, Edison 60, Rolling Hills 124, Costa Mesa 124, Mater Dei 127. (Indiv): Felt (MD) 18:07, Posey (TC) 18:18, Morris (CM) 18:25, Nallyokis (Irvine) 18:33, Pratt (Edis) 18:58, Talahgteway (TC) 19:01, Chapel (Irv) 19:01, Vandermolen (Edis) 19:02, Curley (TC) 19:06, I. Palino (Loara, Anaheim) 19:07.

Division I (Team): Capistrano Valley 61, Huntington Beach 62, Northview (Covina) 74, Pioneer 133. (Indiv): Sweeney (CV) 20:12.

Orange Invitational

From DOUG SPECK

October 2. Orange High School.

Women—races in which number one athletes run against other team's number one runners, number two against number two, etc.

No. 1 race: Kiernan (Los Amigos) 18:08, Placino (Rowland) 18:47, McClain (Orange) 19:38. No. 2: Eicher (Rowland) 19:08. No. 3: Gorman (Roland) 19:48. No. 4: Nakayama (Rowland) 19:57. No. 5: Hays (Rowland) 21: 38. No. 6: Delaney (Los Amig) 22:03. No. 7: Vaughn (Orange) 22:51. Open Race: Spollino (Villa Park) 19:57.

Kenny Staub Invitational

From DOUG SPECK

October 2. La Crescenta Park.

Men

Division I Varsity (Team): Hawthorne 86 (81:51), Canyon (Saugus) 91 (81:44), Palos

Verdes 100 (82:26), Newbury Park 130 (83:32), Thousand Oaks 137 (83:47), Burbank 139 (83:15), Arroyo (El Monte) 148 (83:41). (Individual): Gutierrez (Pasadena) 15:11, Cruz (Burb) 15:25, Watson (Cany) 15:30, Storie (Hawtho) 15:54, Hatch (TO) 15:56.

Division II (Team): La Canada 61 (84:30), Alhambra 87 (85:57), Santa Barbara 92 (85:51). (Individual): Palma (Glendale) 15:59.

Division III (Team): Eagle Rock 105. (Individual): Hall (La Salle) 15:39, Waian (Eagle Rock) 15:51, LaPlant (Palmdale) 15:58.

Women

Division I (Team): Foothill (Santa Ana) 48 (97:46), Mira Costa 90 (99:31), Buena 108 (101:23), Palos Verdes 119 (102:12), Thousand Oaks 129 (102:39), Glendale Hoover 166 (105:14), Santa Barbara 170 (104:56). (Individual): Cattivera (MC) 18:14 (TIES COURSE RECORD), Mosqueda (San Gabriel) 18:36, Cox (Foothill) 19:07, Lisclwicz (Hoover) 19:17, Stoltz (PV) 19:21.

Division II (Team): Alhambra 77 (111:20), La Canada 81, Agoura 99. (Individual): McVicar (Canyon, Saugus) 19:21.

photo by Doug Speck



Laura Cattivera

Merced Invitational

From Steve Ward (Clovis)

October 2. Lake Yosemite.

Varsity Boys Teams

1 Clovis	52
2 Madera	52
3 Merced	54
4 Lodi	127
5 Lincoln	129
6 Davis	145
7 Turlock	185
8 Atwater	194

Varsity Boys Individuals

1 Torres (Clovis)	15:47.1
2 Valdez (Merced)	15:51.0
3 Bradburn (Madera)	15:52.4
4 Sawyer (G. Davis)	15:56.4
5 Castellanos (Madera)	15:58.9

6 Miller (Lodi)	16:05.9
7 Howard (Merced)	16:08.9
8 Avila (Beyer)	16:12.6
9 Villanueva (Madera)	16:16.4
10 Diaz (Merced)	16:18.0
11 Bryant (Clovis)	16:18.5
12 Saravia (Madera)	16:21.2
13 Carrilo (Clovis)	16:23.1
14 Orosco (Turlock)	16:26.6
15 Vega (Clovis)	16:27.0
16 Porter (Clovis)	16:27.4

Junior Boys Individuals

1 Shaw (Modesto)	15:40.3
2 Saldana (Riverbank)	15:53.6
3 Silveira (Calaveras)	16:16.8
4 Amaral (Fresno)	16:25.9
5 Morgan (Yosemite)	16:29.9

Varsity Girls Teams

1 Clovis	37
2 Merced	55
3 Lincoln	70
4 Turlock	103
5 Davis	111

Varsity Girls Individuals

1 Rasmussen (Lincoln)	18:54.3
2 Donaldson (Merced)	19:00.3
3 Lewis (Clovis)	19:27.0
4 Guajardo (Clovis)	19:27.6
5 Crawford (G Davis)	19:31.6
6 Beyo (Lincoln)	19:53.0
7 Stables (Clovis)	19:53.8
8 Duggins (Merced)	20:18.5
9 Wagner (Mariposa)	20:26.5
10 Bail (Merced)	20:28.0
11 Montie (Clovis)	20:40.2
12 Tubman (G Davis)	20:43.9
13 Eluegel (Merced)	20:46.9
14 Bernacker (Atwater)	20:54.1
15 Morton (Clovis)	22:02.6
16 Nelson (Merced)	21:17.9

Carson High Invitational

October 6. Fujl Park, Carson City, Nevada.

Boys Varsity Teams

1 Reed (Sparks, Nev.)	44
2 South Tahoe (S. Lake Tahoe)	53
3 Carson (Carson City, Nev.)	63
4 Wooster (Reno, Nev.)	66
5 Fallon (Nev.)	131

Boys Varsity Individuals (3.1 miles)

1 Ken Oelerich (Wooster)	16:08
2 Dean Miller (Douglas, Nev.)	16:13
3 John Downing (South Tahoe)	16:23
4 Todd Archibald (Reed)	16:27
5 Roger Dix (South Tahoe)	16:33

Girls Varsity Teams

1 Carson (Carson City)	38
2 Reed (Sparks, Nev.)	40
3 South Tahoe (S. Lake Tahoe)	45

Girls Varsity Individuals (3.1 miles)

1 Loretta Miller (Carson)	18:33
2 Lisa Swift (Reed)	19:13
3 Karen Haase (South Tahoe)	19:26
4 Nancy Bownan (Carson)	19:26
5 Michelle Predost (South Tah.)	19:50
6 Angie Whitworth (Reed)	20:52
7 Stephanie Stewart (South Tah.)	21:29

Girls Junior Varsity

3 Wendy Foster (South Tahoe)	20:58
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Lassen Invitational

From Bob Wall

October 9. Susanville.

Varsity Boys (73 finishers)

1 Jim Frey (Yreka)	16:10 MR
2 Mike Weidlein (Anderson)	17:08
3 Todd Archibald (Reed, Nev.)	17:20
4 Marc Goulet (Quincy)	17:31
5 Edwin Hoven (Modoc)	17:37
6 Phillip Green (Red Bluff)	18:05
7 Mark Best (Reed)	18:06
8 Ron Felter (W.V.)	18:07
9 Frank Augusta (Enterprise)	18:08
10 Richard Mansfield (Reed)	18:14

Freshmen Boys

1 Mike Wall (Lassen)	11:32
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Varsity Girls (38 finishers)

1 Renee Rife (Portola)	13:18 MR
2 Donna Martin (Enterprise)	13:46
3 Heather Hollahan (Enterprise)	13:53
4 Angie Wiltworth (Reed)	14:06

5 Polly Fox (North Tahoe)	14:08
6 Patey Maruka (North Tahoe)	14:10
7 Sue McDaniel (Enterprise)	14:25

Fresh/Soph Girls

1 Mary Drake (Anderson)	14:08
2 Angela Bonomine (Red Bluff)	14:24
3 Gail Brent Chase (Nova, Red.)	14:29

Ram Invitational

October 9. Westmoor High School, Daly City.

Boys Teams

1 Castro Valley	25
2 Sacred Hear (San Francisco)	62
3 Westmoor (Daly City)	128
4 Half Moon Bay	133
5 Terra Nova (Pacifica)	133

Boys Individuals (2.3 miles)

1 Calvin Gaziano (Castro Vy)	12:34 CR
2 John Bass (Castro Valley)	12:38
3 Mike Spencer (Castro Valley)	12:38
4 Todd Martinez (Castro Valley)	12:47
5 Robert Richardson (Lowell, SF)	12:52

Crystal Springs Invitational

From R. Fambrini

October 9. Belmont.

Championship Varsity Boys Teams

1 Leigh (San Jose)	88
2 Willow Glen (San Jose)	81
3 Berkeley	141
4 Serra (San Mateo)	144
5 Leland (San Jose)	154
6 Los Gatos	179
7 Jesuit (Carmichael)	190
8 Cordova (Rancho Cordova)	194
9 South San Francisco	220
10 Overfelt (San Jose)	224

Woodland incomplete.

Championship Varsity Boys Individuals

1 Rene Perez (Woodland)	15:08
2 Chris Craig (Leigh)	15:12
3 James Green (Gunderson)	15:15
4 Orlando Biggs (Willow Glen)	15:27
5 Roy Garcia (Leigh)	15:43
6 Sean Crowley (Overfelt)	15:49
7 Rob Wickstrom (Serra)	15:51
8 Dave Bell (Leigh)	15:52
9 Owens (Leland)	15:53
10 Jose Gurolla (South City)	15:57
11 Steve Schoiz (Serra)	15:59
12 Andre Tenthoray (Cordova)	16:00
13 Bill Daley (Gunderson)	16:01
14 Livingston (Willow Glen)	16:02
15 Hoffman (Willow Glen)	16:03

Varsity Boys Teams

1 Live Oak (Morgan Hill)	135
2 Capuchino (San Bruno)	158
3 Westmont (Campbell)	176
4 Bella Vista (Fair Oaks)	204
5 Vacaville	221
6 Granada (Livermore)	232
7 No. Monterey Co. (Castroville)	291
8 St. Ignatius (San Francisco)	301
9 Encinal (Alameda)	311
10 Skyline (Oakland)	321
11 Gilroy	326
12 San Mateo	339
13 Petaluma	363
14 Independence (San Jose)	366
15 St. Elizabeth (Oakland)	374

Varsity Boys Individuals

1 Tom Legan (Independence)	15:20
2 Nick Sparks (Bella Vista)	15:22
3 Dave Basinger (Granada)	15:29
4 Matt Gusto (San Mateo)	15:35
5 Robert Gomez (St. Eliz.)	15:39
6 Paul Ghidossi (Capuchino)	15:39
7 Kevin Abbey (Hillsdale)	15:48
8 Charlie Cypher (Skyline)	15:50
9 Mike Marotte (Bella Vista)	15:56
10 Silva (Live Oak)	16:00
11 Lyle (Live Oak)	16:04
12 Schmalenberger (Davis)	16:07
13 Strickland (Westmont)	16:10
14 Beauchemin (Westmont)	16:11
15 Ryerson (Capuchino)	16:14

Girls Varsity Teams

1 Del Campo (Fair Oaks)	165
2 Vacaville	174
3 Davis	183
4 Granada (Livermore)	191

Prep Notes

5	Mitty (San Jose)	203
6	Berkeley	219
7	Gilroy	267
8	Cordova (Rancho Cordova)	270
9	Fairfield	285
10	Leland (San Jose)	301
11	Encinal (Alameda)	358
12	Independence (San Jose)	409
13	Willow Glen (San Jose)	433
14	Washington (Fremont)	461
15	Santa Teresa (San Jose)	467

Girls Varsity Individuals		
1	Joni Mooney (Vacaville)	17:52
2	Sally Pinkner (Davis)	18:26
3	Heather Watkins (Berkeley)	18:33
4	Doniece Johnson (Berkeley)	18:42
5	Dionne Self (Del Campo)	18:42
6	Thatcher (Encinal)	19:00
7	Barbara Keshner (Hill)	19:03
8	Kathy Daley (Granada)	19:11
9	Opp (Santa Teresa)	19:34
10	Courtney Frisbie (Crystal Sp)	19:44
11	Virga (Del Campo)	19:45
12	Brzeleton (Vacaville)	19:46
13	Jeanie Gregory (Cordova)	19:47
14	Stout (Petaluma)	19:48
15	Carla Halford (Leland)	19:51

Stanford Invitational

October 11, Stanford Golf Course.

Varsity "A" Boys Teams		
1	El Modena (Orange)	103
2	Castro Valley	126
3	Bellarmine (San Jose)	184
4	Mira Costa (Manhattan Beach)	206
5	Merced	248
6	De La Salle (Concord)	254
7	Northgate (Walnut Creek)	306
8	El Cerrito	312
9	Brentwood (Los Angeles)	342
10	Arroyo Grande	355
11	Serra (San Mateo)	360
12	Los Gatos	372
13	Livermore	392
14	Saratoga	410
15	San Mateo	411
16	Clovis	416
17	Reno (Nevada)	418
18	Monta Vista (Cupertino)	421
19	Homestead (Sunnyvale)	455
20	Carlmont (Belmont)	477
21	College Park (Pleasant Hill)	567
22	Lompoc	572
23	Capuchino (San Bruno)	573
24	Mission San Jose (Fremont)	598
25	Lynbrook (San Jose)	609

Varsity "A" Boys Individuals (5,000 meters)

1	Jason Fiamm (La Sierra)	15:24.0 CR
2	George Yuster (Brentwood)	15:28.8
3	Grant Foster (Monta Vista)	15:48.5
4	Calvin Gaziano (Castro Valley)	15:48.9
5	John Bass (Castro Valley)	15:53.8
6	Kenny Williams (Brentwood)	15:57.1
7	Ruben Esparza (El Modena)	15:58.8
8	Matthew Coillier (San Mateo)	15:59.8
9	Alan McGana (El Modena)	18:00.6
10	Jim Chaney (College Park)	18:01.3
11	Jim Bloomer (El Cerrito)	18:02.6
12	Danny Valdez (Merced)	18:04.3
13	Mike Spencer (Castro Valley)	18:07.7
14	Shawn Ayers (Bellarmine)	18:09.0
15	Mike Anderson (Carlmont)	18:11.1
16	Jim West (Livermore)	18:13.2
17	Matthew Guisto (San Mateo)	18:14.3
18	Todd Martinez (Castro Valley)	18:17.2
19	Mike Harrington (Mira Costa)	18:19.6
20	Scott Hill (Mission San Jose)	18:21.5
21	Doug Gollher (Saratoga)	18:23.8
22	Jeff Zamczyk (Homestead)	18:24.9
23	Rob Wickstrom (Serra)	18:25.9
24	Robert De Santos (El Modena)	18:26.2
25	Dennis Block (Lompoc)	18:26.5
26	Duke Rittenhouse (Reno)	18:26.8
27	Paul Ghidossi (Capuchino)	18:29.8
28	Mike Crafton (Mira Costa)	18:31.3
29	Rico Balatti (De La Salle)	18:31.8
30	Eric Farwell (El Cerrito)	18:32.3

Varsity "B" Boys Teams		
1	La Canada	
2	Tamalpais (Mill Valley)	
3	Cardinal Newman (Santa Rosa)	
4	Drake (San Anselmo)	

Varsity "B" Boys Individuals		
1	John Morse (Las Lomas)	15:38.0
2	John Trevithick (La Canada)	16:14.7
3	Kevin Thayer (Terra Linda)	16:20.2
4	Adam Wilson (North Tahoe)	16:22.0
5	Robert Gomez (St. Eliz., Oakld)	16:25.1
6	Dave Hansell (Acalanes, Laf.)	16:26.0
7	Steve Sparks (Terra Linda)	16:26.7
8	Mike Wall (Lassen, Susanville)	16:27.8

Varsity "A" Girls Teams		
1	Reno (Nevada)	86
2	Mira Costa (Manhattan Bch)	94
3	St. Francis (Mt. View)	137
4	Carondelet (Concord)	177
5	Piedmont	195
6	Clovis	207
7	Merced	239
8	Arroyo Grande	253
9	Saratoga	272

Varsity "A" Girls Individuals		
1	Denae Dunlap (Anderson)	18:37.5
2	Joni Mooney (Vacaville)	18:39.6
3	Jocelyn Whitehead (Reno)	18:44.5
4	Laura Cattivera (Mira Costa)	19:49.4
5	Shannon Clark (Mt. View)	19:14.6
6	Angela Cook (Reno)	19:23.8
7	Susan Brodie (St. Francis)	19:31.5
8	Laura White (Mira Costa)	19:36.5
9	Dana Rositano (St. Francis)	19:43.3
10	Lisa Lewis (Clovis)	19:47.0
11	Stephanie Jones (Reno)	19:47.7
12	Anita Harris (Mira Costa)	19:48.9
13	Colleen Strout (Carondelet)	19:50.4
14	Michelle Seck (Lynbrook)	19:51.4
15	Dana Whitney (Mission SJ)	19:56.3
16	Terry Guajardo (Clovis)	20:07.7
17	Kim Himeses (St. Francis)	20:08.4
18	Missy Moore (Piedmont)	20:12.2
19	Jennie Mason (Mira Costa)	20:17.7
20	Sally Rich (Lompoc)	20:22.2
21	Kristl Condron (Reno)	20:23.3
22	Connie Buckler (Saratoga)	20:24.8
23	Kelly Donaldson (Merced)	20:28.8
24	Cathy Stebles (Clovis)	20:30.2
25	Nicki Von Ruden (Arro.Gr.)	20:30.9
26	Becki Van Zant (Wilcox)	20:31.7

Varsity "B" Girls Teams		
1	Miramonte (Orinda)	77
2	Terra Linda (San Rafael)	97
3	Del Mar (San Jose)	147
4	Tamalpais (Mill Valley)	164
5	Marin Catholic (Kentfield)	174
6	Petaluma	195
7	Acalanes (Lafayette)	206
8	Menlo-Atherton (Atherton)	222
9	Cupertino	237
10	Crystal Springs (Hillsborough)	285

Varsity "B" Girls Individuals		
1	Cory Schubert (Del Mar)	18:59.4
2	Wendy Sihner (Miramonte)	19:20.5
3	Ann Ratto (Alameda)	19:47.0
4	Susie Lehmkuhl (Acalanes)	19:48.9
5	Sue Bantfield (Miramonte)	20:11.4
6	Sharon Yaninek (Presentation)	20:20.9
7	Cholly Mills (Acalanes)	20:26.8

Junior Varsity Girls Individuals

1	Dana Bowder (Las Vegas)	20:10.2
2	Julie Ruiz (Ursuline)	20:25.3

San Luis Obispo/ Coca-Cola Cross Country Relays

From Brian Waterbury (San Luis Obispo) & J.R. Ralles (Lincoln, L.A.)

Boys Varsity Large School Teams		
1	El Toro	49:49
2	Royal (Simi Valley)	50:33
3	Los Gatos	51:20
4	Westlake (Los Angeles)	52:07
5	Turlock	53:12
6	Royal (Simi Valley)	54:13
7	Westlake (Los Angeles)	55:21.8
Boys Varsity Large School Individuals (33 finishers)		
1	Spencer Allen (El Toro)	16:21.9
2	Juan Orocco (Turlock)	16:26.3
3	Erik Farlan (El Toro)	16:32
4	D. Sullivan (Westlake)	16:35
5	Cary Bauer (Royal)	16:49
6	Deron McMaster (Royal)	16:51
7	Lewis Isbell (Los Gatos)	16:52
8	Richard Medvei (Royal)	16:53.6
9	Mike Makens (El Toro)	16:56
10	Todd Johnson (Los Gatos)	17:00

Boys Varsity Medium Teams		
1	Saugus	50:25
2	Crespi (Encino)	50:36
3	Crespi (Encino)	50:53
4	Bella Vista (Fair Oaks)	51:32
5	Dos Pueblos (Goleta)	51:46
6	San Luis Obispo	54:28
7	Crespi (Encino)	54:29
8	Bella Vista (Fair Oaks)	55:03.5
9	Dos Pueblos (Goleta)	56:44

Boys Varsity Medium Individuals (48 finishers)		
1	Nick Sparks (Bella Vista)	16:03.1
2	Bob Badgett (Saugus)	16:20
3	Bill Mora (Saugus)	16:22.7
4	Gerry Mendoza (Santa Maria)	16:46.4
5	Jim McDonald (Crespi)	16:48
6	Dave Grossman (Crespi)	16:48.9
7	Jeff Jacobs (Crespi)	16:51
8	Jim Killmond (Crespi)	16:54.7
9	Tong Moua (Dos Pueblos)	16:56.2
10	Keith Tanin (Crespi)	16:57

Boys Varsity Small Schools Teams		
1	Cabrillo (Lompoc)	50:13
2	McFarland	52:25
3	L.A. Baptist (Sepulveda)	52:27
4	St. Francis (La Canada)	52:38
5	San Lorenzo Valley (Ben Lomond)	53:24
6	Morro Bay	53:45
7	St. Francis (La Canada)	53:46
8	Coast Union (Cambria)	56:34.2
9	Paso Robles	56:46

Boys Varsity Small Schools Individuals (36 finishers)		
1	Bill Baugh (L.A. Baptist)	16:10.7
2	Ron Hoff (Morro Bay)	16:27.1
3	Dale Parker (Cabrillo)	16:28.5
4	Kerk Brown (Cabrillo)	16:39

Boys Varsity Open Individual (50 finishers)		
1	Ron Harris (Eisenhower)	15:52.3

Girls Varsity Relay Teams (3 miles per runner)		
Large Schools		
1	Lincoln (Los Angeles)	63:54
2	Turlock	67:48
3	Los Gatos	68:11
4	Lincoln (Los Angeles)	68:50
5	Santa Teresa (San Jose)	70:34
6	Turlock	74:26

Girls Varsity Large Schools Individuals (18 finishers)		
1	Ana Chavez (Lincoln)	20:40.3
2	Lupe Perez (Lincoln)	21:19
3	Sheri Opp (Santa Teresa)	21:35
4	Regina Rowan (Turlock)	21:41.7
5	Esther Martinez (Lincoln)	21:44.8
6	Irene Reyes (Lincoln)	21:55
7	Debbie Taylor (Los Gatos)	21:58.1

Girls Varsity Relay Teams Medium Schools		
1	Saugus	61:00
2	Lompoc	63:40
3	Dos Pueblos (Goleta)	67:00
4	San Luis Obispo	68:04
5	Cupertino	68:24
6	Dos Pueblos (Goleta)	72:50

Girls Varsity Medium Schools Individuals (33 finishers)		
1	Lisa Fournier (Saugus)	19:27
2	Suzanne Worden (Saugus)	20:35
3	Sally Rich (Lompoc)	20:52
4	Pam Thompson (Saugus)	20:58.9
5	Jodee Hall (Lompoc)	21:00
6	Celia Lopez (San Luis Ob.)	21:38
7	Shelly Lovell (Lompoc)	21:48
8	Julie Bridges (Dos Pueblos)	21:52

Girls Small Schools Varsity Teams		
1	Morro Bay	64:33
2	Cabrillo (Lompoc)	66:10.9
3	Nordhoff (Ojai)	69:26
4	Nordhoff (Ojai)	69:26

(Yes! These two teams had identical times.)

5	Chaminade (Canoga Pk)	70:58
6	Chaminade (Canoga Pk)	74:08

Girls Varsity Small School Individuals (27 finishers)		
1	Kathy Lewis (Morro Bay)	20:15
2	Tina Korisher (Morro Bay)	21:22
3	Theresa Mayfield (Cabrillo)	21:40
4	T. Unruhe (Nordhoff)	21:57
Girls Fresh/Soph Teams		
1	Dos Pueblos (Goleta)	61:51
2	Los Gatos	63:42
3	Royal (Simi Valley)	70:44
4	Lompoc	72:54
5	San Luis Obispo	73:02
6	Turlock	74:46
Girls Fresh/Soph Individuals (30 finishers)		
1	Therese Fisher (Los Gatos)	19:40
2	Michelle Anderson (Dos Pueblos)	20:10

3	Irma Maro (Dos Pueblos)	20:50
4	Tracy Zimmerman (Dos Pueblos)	20:51
5	Melissa Foster (Los Gatos)	21:35
Girls Open Individuals (33 finishers)		
1	Kim Boing (Saugus)	21:26.7
2	Lisa Martinez (Central)	21:50.0

Second Sole Mt. Carmel Invitational

Varsity Boys 1-2 (3 miles)		
1	Pat Green (La Jolla)	15:36.7
2	Martin Sandoval (Monte Vista)	15:43.6
3	Ted Goodlake (Fallbrook)	15:47.7
4	Paul Greer (St. Augustine)	16:03.5
5	Aaron Ruud (Valhalla)	16:05.5
6	Arl Schauder (Monte Vista)	16:13.0
7	Bill Koenig (Ramona)	16:13.5
8	Dan Ouellette (Mira Mesa)	16:14.4
9	Matt Clayton (Mar Vista)	16:19.2
10	Chris Courter (Bonita Vista)	16:27.9

Varsity 3-4-5 Boys		
1	Dan Rao (Monte Vista)	16:32.2
Varsity Girls 1-2 (2 miles)		
1	Sandy Blakeslee (Vista)	12:45.5
2	Robin Eager (Vista)	13:15.1
3	Maureen Winner (Torrey Pines)	13:15.7
4	Elvia Garcia (San Dieguito)	13:35.4
5	Sharon Lewis (San Pasqual)	13:40.0
6	Pauline Esquibel (Valhalla)	13:48.4
7	Pauline Stehly (Orange Glen)	13:50.1
8	Heather Brookes (Bonita Vista)	13:51.9
9	Yolanda Devers (Sweetwater)	13:59.5
10	Gloria Bates (Mira Mesa)	14:01.3

Varsity Girls 3-4-5		
1	Clare Billings (Vista)	13:41.1
2	Kerry Pano (San Pasqual)	14:00.3

Woodbridge High

From DOUG SPECK

Men
IA FROSH (Team): Laguna Hills 105. (Indiv): Towle (Valencia) 17:26. **SOPH (Team):** Woodbridge 44. (Individual): Sanchez (LaSalle, Sierra Madre) 16:35. **JUNIOR (Team):** Bell-Jeff (Burbank) 88. (Indiv): Hall (LaSalle) 15:38, LeGrand (Val) 16:04. **SENIOR (Team):** Lannox 97. (Indiv): Cammack (South Hills) 15:39, Reynolds (SoH) 16:18, Escamilla (BJ) 16:18. **IA Combined Team Times** (top 5 from all divisions): La Salle 85:03, Rancho Alamitos (Garden Grove) 85:04, Valencia 85:25, Bell-Jeff (Burbank) 85:34.
2A FROSH (Team): Irvine 67. (Indiv): Imlay (Temple City) 18:11. **SOPH (Team):** Buena Park 63. (Indiv): Crandall (Sonora, La Habra) 16:48, Pusey (Buena Park) 16:58. **JUNIOR (Team):** Arroyo 37. (Indiv): White (Irvine) 16:15, Baeng (Estancia, Costa Mesa) 16:21, Hogue (Sonora) 16:27, Fest (Arroyo) 16:35, Isen bletter (Arr) 16:38. **SENIOR (Team):** Burbank 50. (Indiv): Cruz (Burbank) 15:13 (Course Record), Carrasco (BP) 15:50, Pedregon (Arr) 16:00, Montez (Arr) 16:15, Rodriguez (Rosemead) 16:17.
Pedregon (Arr) 16:00, Montez (Arr) 16:15, Rodriguez (Rosemead) 16:17.
2A Combined Team Times: Arroyo (El Monte) 82:17, Burbank 82:18, Buena Park 84:20, Costa Mesa 85:08, Garden Grove 85:17, Temple City 85:27.
3A FROSH (Team): Mission Viejo 58. (Indiv): Rliley (Rolling Hills) 17:49. **SOPH (Team):** Tustin 28. (Indiv): Matty (MV) 16:37. **Senior (Team):** 16:44. **JUNIOR (Team):** Tustin 63. (Indiv): Belodeau (T) 15:58, Craston (Mira Costa, Manhattan Beach) 16:01, Archibald (Ocean View, Huntington Beach) 16:08, Johnson (MC) 16:14. **SENIOR (Team):** Mira Costa 58. (Indiv): Endoetoe (Long Beach Jordan) 15:54, Harrington (MC) 16:10, Wolf (RH) 16:20.
3A Combined Team Times: Mira Costa 81:51, Tustin 82:55, Rowland 83:52, Mission Viejo 83:55, Katella (Anaheim) 84:08, Jordan (Long Beach) 84:30, Simi Valley 84:32.

All-Time California High School Boys Best Marks

By Bob Womack



The below All-Time California High School Boys lists are a companion to the All-Time Girls lists which CT&RN has run the past three years

As usual, my contribution—if any—is largely the synthesis of the work of numerous other dedicated people. In particular, I take this opportunity to acknowledge the contributions of (in alphabetical order) Ron Blackwood, Keith Conning, and Howard Willman, all of whom have been more than generous with their time and encouragement. Needless to say, the responsibility for errors is wholly mine and corrections, additions, etc., should be addressed to me c/o CT&RN.

Some random reflections on these lists:

We still show no auto-timed class records for freshmen and sophomores in several events. Any information to fill these gaps would be especially appreciated.

1982 was *not* a vintage year in California boys' track. Steve Kerho and Tony Atkins in the two hurdle events were the only male athletes to take over all-time No. 1 spots. In several events, no athletes cracked the top 10. And in two (long jump and shot put),

nobody even broke into the first 25. Can't remember *that* ever happening before.

New this year are lists for the 1500 and 3000. Maybe the CIF (or national federation) will get in step with the rest of the world and get rid of the 1600 and 3200. Either that or go back to the mile and two mile.

100 Meters

State Meet Record: 10.50 Fabian Cooper, Washington (Los Angeles) 1982 Sacramento. **Soph:** 10.68 Antonio Manning (Hamilton/Los Angeles) 1981. **Junior:** 10.46 Kevin Willhite (Cordova/Rancho Cordova) 1981. **Senior:** 10.39 Kenny Robinson (Berkeley) 1981.

10.39	Kenny Robinson (Berkeley)-1 at Fresno	1981
10.46	Kevin Willhite (Cordova/Rancho Cor)	1981
10.50	Phillip Johnson (Gardena)	1978
10.50	Fabian Cooper (Los Angeles)	1982
10.51	Michael Sanford (Pasadena)	1978
10.53	Lew Dunn (Riverside)	1982-1
10.54	Antonio Manning (Los Angeles)	1982
10.55	Howard Hawkins (Warren/Downey)-1	1980
10.55	Leon Read (Banning/Wilmington)	1980
10.56	Ray Threatt (Pittsburg)	1979

Hand Timing:

10.2	Michael Sanford (Pasadena)	1979
10.3	Joel Andrews (West/Bakersfield)	1975
10.3	Ron Brown (Baldwin Park)	1979

200 Meters

(* 220 yards minus 0.12)

State Meet Record: 20.81 Kevin Willhite (Cordova/Rancho Cordova) at Norwalk 1981. **Soph:** 21.45 Antonio Manning (Hamilton/Los Angeles) 1981. **Junior:** 20.81 Kevin Willhite (Cordova/Rancho Cordova) 1981. **Senior:** 20.68* James Sanford (Pasadena) 1977.

20.68*	James Sanford (Pasadena)	1977
20.81	Kevin Willhite (Cordova/Rancho C)-1	1981
20.91	Bill Green (Cubberley/Palo Alto)	1979
21.03	Ken Robinson (Berkeley)-1	1981
21.12*	Dave Russell (Henry/San Diego)-1	1977
21.12*	Ray Threatt (Pittsburg)	1979
21.12*	Fabian Cooper (Los Angeles)	1982
21.16	Antonio Manning (Los Angeles)-1	1982
21.22	Gerald White (McClymonds/Oakland)	1980
21.23	Harold Todd (Serra/Gardena)	1981

Hand Timing:

(*220 yards minus 0.1)

21.7*	Morris Cole, Frosh (Pomona)	1976
21.1*	Millard Hampton, Soph.(San Jose)	1972
20.8*	Phil Underwood (Dorsey/LA)-1	1986
20.8*	Mel Gray (Montgomery/Santa Rosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson/SF)	1975
20.7*	Dupree Branch (Barstow)	1976
20.7	Eric Coleman (Monrovia)	1982

400 Meters

(* 440 Yards Minus 0.26)

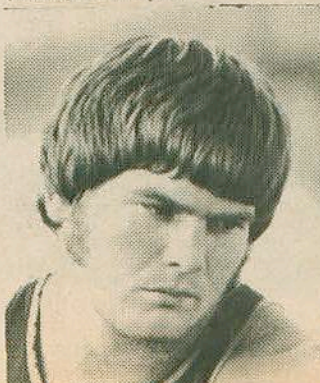
State Meet Record: 46.38 Fabian Cooper, Washington (Los Angeles) at Sacramento 1982. **Frosh:** 48.56 Thomas

Fine Flicks by Don Gosney



Lee Balkin

photo by Bill Leung, Jr.



Dave Porath

photo by Dave Stock



Bill Green

photo by Dave Stock



Jeff Nelson

(Hawthorne) 1982. **Soph:** 47.79 Fabian Cooper (Washington/LA) 1980. **Junior:** 46.34 Bill Green (Cubberley/Palo Alto) 1978. **Senior:** 45.51 Bill Green (Cubberley/Palo Alto) 1979.

45.51	Bill Green (Cubberley/Palo Alto)-1	1979
46.34*	James Sanford (Pasadena)-1	at Walnut 1977
46.38	Fabian Cooper (Los Angeles)-1	1982
46.57*	Dave Timmons (Oakland)-1	1981
46.67*	Rod Bethany (Fontana)	1978
46.75*	Ron Williams (Chatsworth)	1977
46.80	Blair McMurray (Compton)	1982
46.86	Nate Williams (Stagg/Stockton)	1979
46.89	Tony Banks (Morse/San Diego)-1	1979
46.92	Michael Turner (Centennial/Cptn)-1	1980
Hand Timing (* 440 Yards Minus 0.3):		
45.8*	Ullis Williams (Compton)-2	1961
46.3*	Larance Jones (Lemoore)-1	1969
46.4*	Jerry White (Corcoran)-2	1956
46.4*	Edesel Garrison (Centennial/Compton)-1	1968
46.4*	Tony Krzyzosiak (Garden Grove)-1	1971
46.4*	Dave Timmons (Oakland)-1	1981
46.5*	Ray Johnson (Blair/Pasadena)	1971
46.5*	Rod Bethany (Fontana)	1978

800 Meters:

(* 880 Yards Minus 0.7)

State Meet Record: 1:47.31 Pete Richardson (Berkeley) at Norwalk 1981. **Frosh:** 1:56.5 Harry Nicholas (Reedley) 1968. **Soph:** 1:51.9 Pete Quinonoz (Tulare) 1978. **Junior:** 1:50.19 Pete Richardson (Berkeley) 1980. **Senior:** 1:47.31 Pete Richardson (Berkeley) 1981.

1:47.31	Pete Richardson (Berkeley)-1 at Norwalk	1981
1:47.8*	Dale Scott (El Cerrito)-1	1972
1:48.1*	Richard Joyce (Sierra/Whittier)-1	1965
1:48.2	Jeff West (Crenshaw/LA)	1979
1:48.3*	Clark Mitchell (Bakersfield)	1965
1:48.5*	Dennis Carr (Lowell/Whittier)-1	1963
1:48.5*	Robert Hose (Madison/San Diego)-1	1964
1:48.7*	Jim Walters (Estancia/Costa Mesa)-1	1977
1:49.0*	Dan Aldridge (Petaling)	1975
1:49.3*	Dave Kingsland (El Modena)	1977
1:49.3	Scott Cox (Wilson/Long Beach)	1981

1500 Meters

(En Route to Longer Distance)

Frosh: 4:00.5 Robert Planta, Mater Dei (Santa Ana) 1979. **Soph:** 3:51.5 Jim Arriola, Gahr (Cerritos) 1974. **Junior:** 3:49.4 Mark Fricker, Hemet 1977. **Senior:** 3:48.4 Paul Medvin, University (Los Angeles) 1979.

3:46.4	Paul Medvin (University/LA)	1979
3:48.8	Jim Arriola (Gahr/Cerritos)	1976
3:49.4	Rich Kimball (DeLaSalle/Concord)	1974
3:49.4	Harold Kuphaldt (Bella Vista/FO)	1982
3:49.4	Mark Fricker (Hemet)	1977
3:50.2	Ullis Christensen (Edison/HB)	1977
3:50.2	Steve Whitcomb (Helix/La Mesa)	1979
3:50.4	Ralph Serna (Loara/Anaheim)	1975
3:50.8	Andy Di Conti (La Canada)	1980
3:51.1	Dave Cangelosi (Villa Park)	1979

1600 Meters

(* One Mile Minus 1.8)

State Meet Record: 4:05.4y Mark Schilling (Garden Grove) at Oroville 1972. **Frosh:** 4:15.4* Harry Nicholas (Reedley) 1968. **Soph:** 4:07.3* Jim Arriola (Gahr/Cerritos) 1974. **Junior:** 4:02.4* Curtis Beck (Santa Monica) 1972. **Senior:** 3:57.6* Tim Danielson (Chula Vista) 1966.

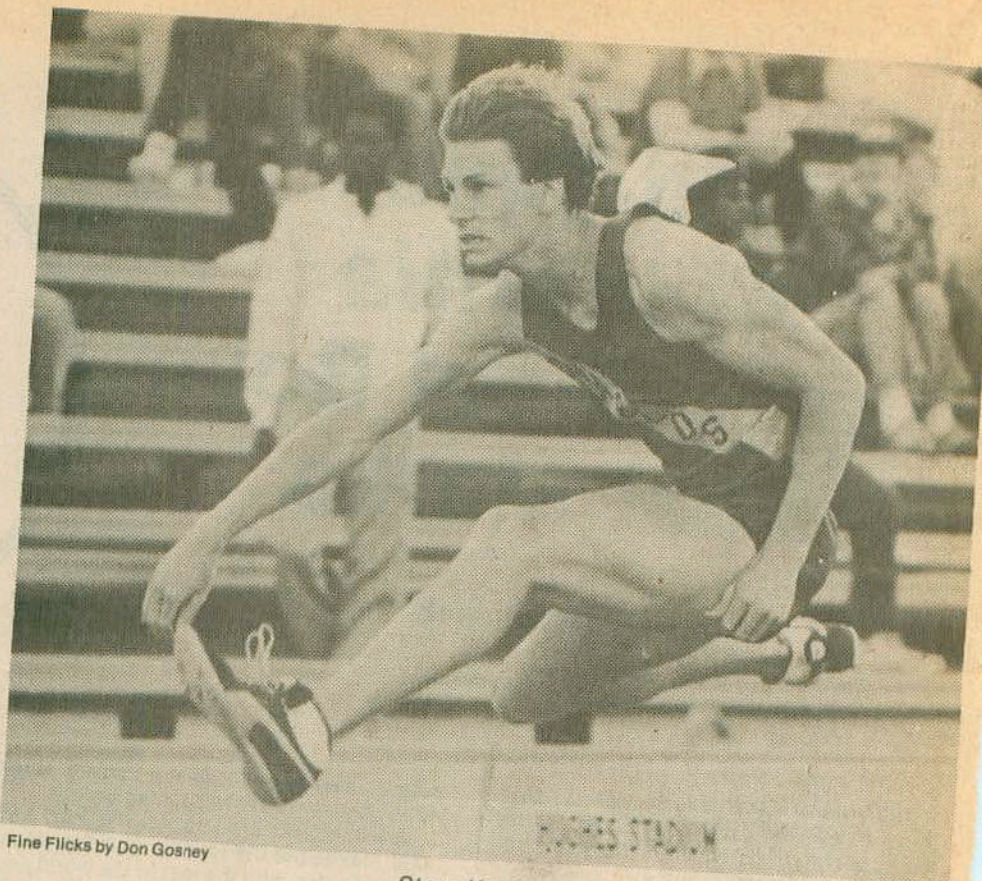
3:57.6*	Tim Danielson (Chula Vista)-2 at S Diego	1966
4:00.6*	Rich Kimball (DeLaSalle/Concord)-1	1974
4:02.4*	Curtis Beck (Santa Monica)	1972
4:03.5*	Paul Medvin (University/LA)-2	1979
4:03.6*	Mark Schilling (Garden Grove)-1	1972
4:03.7*	Terry Colton (Valley/El Cajon)	1972
4:04.21*	Pedro Reyes (Jesuit/Sacramento)	1980
4:04.66*	Steve Whitcomb (Helix/La Mesa)	1979
4:04.8*	Thom Hunt (Henry/San Diego)	1976
4:04.88*	Harold Kuphaldt (Bella Vista/FO)	1982
4:04.9*	Barrie Williams (North/Torrance)	1972
4:04.9*	Andy Clifford (Sunny Hills/Fullerton)	1974

3000 Meters

(*En Route to Longer Distance)

Frosh: 8:54.4 Tim Earle, Granite Hills (El Cajon) 1972. **Soph:** 8:28.2* Jim Ortiz, Barstow 1982. **Junior:** 8:19.9 Harold Kuphaldt, Bella Vista (Fair Oaks) 1981. **Senior:** 8:12.7 Thom Hunt, Henry (San Diego) 1976.

8:12.7	Thom Hunt (Henry/San Diego)	1976
8:16.2*	Jeff Nelson (Burbank)	1979
8:16.3	Chuck Assumma (Eisenhower/Rialto)	1979
8:16.3	Richard Perez (San Geronimo/SBern.)	1980
8:17.5	Jon Butler (Edison/HB)	1981



Fine Flicks by Don Gosney

Steve Kerho



Fine Flicks by Don Gosney

(Left to Right): Harold Kuphaldt, Jay Marden, Jon Butler

8:17.7	Jay Marden (Mission SJ/Fremont)	1981
8:19.9	Harold Kuphaldt (Bella Vista/FO)	1981
8:21.0	Mike Carlton (Northview/Covina)	1981
8:21.3	Jesse Torres (Independence/SJ)	1981
8:21.3	Eric Reynolds (Camarillo)	1982

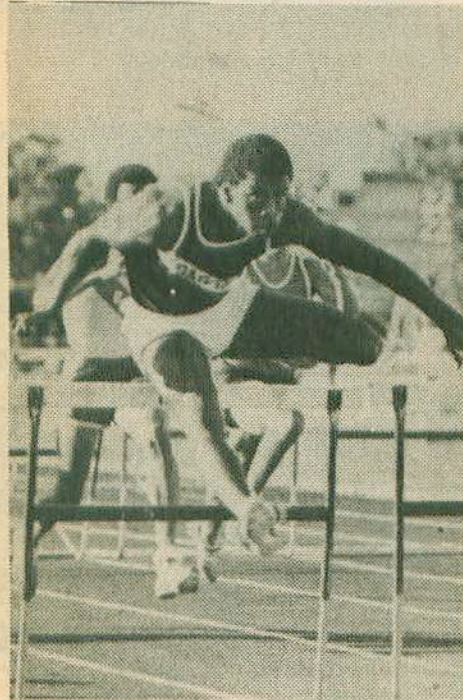
3200 Meters:

(* 2 Miles Minus 3.6)

State Meet Record: 8:45.0y Eric Hulst (Laguna Beach) at San Diego 1975. **Frosh:** 9:00.8* Eric Hulst (Laguna Beach) 1973. **Soph:** 8:46.9* Eric Hulst (Laguna Beach) 1974. **Junior:** 8:41.3* Eric Hulst (Laguna Beach) 1975. **Senior:** 8:32.7* Jeff Nelson (Burbank) 1979.

8:32.7*	Jeff Nelson (Burbank)-2 at Westwood	1979
8:41.0*	Eric Hulst (Laguna Beach)-2	1976
8:41.8*	Thom Hunt (Henry/San Diego)	1976
8:42.3*	Ralph Serna (Loara/Anaheim)	1975
8:42.9*	Rich Kimball (DeLaSalle/Concord)-1	1974
8:45.2*	Curtis Beck (Santa Monica)-1	1972
8:46.78	Jon Butler (Edison/Hunt. Bch)-1	1981
8:48.8*	Chuck Assumma (Eisenhower/Rialto)	1979
8:49.0*	Don Moses (Crescenta Valley)	1976
8:49.3*	Frank Assumma (Eisenhower/Rialto)-1	1977

Fine Flicks by Don Gosney



Phillip Johnson

110 Meter Hurdles

(* 120 Yards Plus 0.03)

State Meet Record: 13.41 Steve Kerho, Mission Viejo at Sacramento 1982. **Junior:** 13.69* Phillip Johnson (Gardena) 1977. **Senior:** 13.41 Steve Kerho, Mission Viejo 1982

13.41	Steve Kerho (Mission Viejo)-1	1982
13.67*	Phillip Johnson (Gardena)-1	1978
13.67	David Ashford (West Covina)-1	1981
13.73	Don Ward (St. Mary's/Berkeley)-1	1980
13.79	Henry Andrade (Hiram Johnson/Sacto)	1980
13.79	Troy Weaver (Edgewood/Covina)	1982
13.80	Ron Brown (Bishop Amat/La Puente)	1982
13.81*	Ken Margerum (Fountain Valley)	1977
13.85	Ronnie McCoy (Edison/Fresno)	1981
13.87*	Milan Stewart (West Covina)-1	1978
Hand Timing:		
13.2y	Dedy Cooper (Harry Ells/Richmond)	1975
13.3y	Robert Gaines (Kennedy/Richmond)-1	1975
13.3y	Jon Peterson (Saddleback/Santa Ana)	1975
13.3y	Phillip Johnson (Gardena)-1	1978
13.5y	Ken Margerum (Fountain Valley)	1977
14.5y	David Ashford, Frosh. (West Covina)	1978
14.1y	David Ashford, Soph. (West Covina)	1979

300 Meter Hurdles:

(* 330 Yards Minus 0.19)

State Meet Record: 35.76 Tony Atkins, Walnut at Sacramento 1982. **Soph:** 37.44 Erick Montgomery, Independence (San Jose) 1981. **Junior:** 36.00 Erick Montgomery, Independence (San Jose) 1982. **Senior:** 35.76 Tony Atkins, Walnut 1982

35.76	Tony Atkins (Walnut)	1982
35.79	Walt Murray (Berkeley)-1 at Norwalk	1981
35.85	Steve Kerho (Mission Viejo)-1	1982
36.00*	Erick Montgomery (Independence/SJ)	1982
36.03*	Gary Lee (Poly/Long Beach)-2	1979
36.09	James Knowles (Blair/Pasadena)	1981
36.15	Willie Curran (Crespi/Encino)	1978
36.15	Danny Harris (Perris)	1982
36.24*	Andre Phillips (Silver Ck/San Jose)-1	1977
36.25	Chris Chrisman (Poly/Riverside)	1981
36.25*	Ron Seanez (Gilroy)	1981
Hand Timing: (* 330 Yards Minus 0.2)		
35.8*	Dedy Cooper (Harry Ells/Richmond)-1	1975
35.8*	Charles White (San Fernando)-1	1976
35.9*	Curran	1978

High Jump:

State Meet Record: 7-3¼ Lee Balkin (Glendale) at Sacramento 1979. **Frosh:** 6-7 Kenny Burke, Westlake (Los Angeles) 1982. **Soph:** 7-0 Maurice Crumby (Mission/SF) 1981. **Junior:** 7-1 Maurice Crumby Balboa (San Francisco) 1981. **Senior:** 7-3¼ Lee Balkin (Glendale) 1979.

7-3¼	Lee Balkin (Glendale)-1 at Sacramento	1979
7-3	Reynaldo Brown (Compton)-3	1968
7-3	Tim Pottl (Alemany/Mission Hills)	1979
7-2	Billy Hlce (Oakland)	1977
7-2	Dennis Smith (Santa Monica)-1	1977
7-2	Kerry Myers (Berkeley)	1978
7-2	Frank Schiefer (Madison/San Diego)	1979
7-1¼	Mark Wilson (Monte Vista/Danville)	1974
7-1¼	Dwight Stones (Glendale)-1	1971
7-1¼	Otis Halley (Wasco)	1968



Thom Hunt



Eric Hulst



Paul Medvin

Pole Vault

State Meet Record: 17-0¼ Anthony Curran (Crespi/Encino) at Bakersfield 1978. **Frosh:** 14-8¼ Anthony Curran (Crespi/Encino) 1975. **Soph:** 15-9¼ Anthony Curran (Crespi/Encino) 1976. **Junior:** 17-0 Mike Kibort, Saratoga 1982. **Senior:** 17-4¼ Anthony Curran (Crespi/Encino) 1978.

17-4¼	Anthony Curran (Crespi/Encino)-2	1978
at Ventura		
17-0	Mike Kibort (Saratoga)	1982
16-8¼	Steve Smith (South/Torrance)-2	1969
16-8¼	Mike Tully (Millikan/Long Beach)	1974
16-7	Robert Pullard (Los Angeles)	1969
16-6¼	Paul Wilson (Warren/Downey)-2	1965
16-6	Brian Worden (Norte Dame/Sherman O)	1975
16-6	Greg Ernst (El Dorado/Piacentia)	1978
16-5	Jon Vaughn (Corona)	1966
16-4¼	Paul Heglar (Muir/Pasadena)	1966

Long Jump

State Meet Record: 25-4¼ Jerry Proctor (Muir/Pasadena) at San Diego 1967. **Frosh:** 23-10¼ Johnny Johnson (Pacific Grove) 1963. **Soph:** 25-2¼ Johnny Johnson (Pacific Grove) 1964. **Junior:** 25-10¼ Heulon Hewitt (Merced) 1968. **Senior:** 26-2¼ Ken Duncan (McClatchy/Sacramento) 1972.

26-2¼	Ken Duncan (McClatchy/Sacramento)	1972
26-0¼	Jerry Proctor (Muir/Pasadena)-1	1967
25-11¼	Larry Doubley (Manual Arts/LA)-1	1976
25-10¼	Heulon Hewitt (Merced)-1	1968
25-9½	Gerald Hardeman (Edison/Fresno)	1972
25-7	James McAllister (Blair/Pasadena)-1	1970
25-6¼	Ted Hammond (Compton)	1973
25-5¼	Doyle Steel (San Diego)-1	1966
25-5	Carl McCullough (Sacramento)-1	1972
25-4¼	Johnny Johnson (Pacific Grove)	1965

Triple Jump:

State Meet Record: 52-4¼ Ken Frazier (Mission/SF) at Norwalk 1981. **Frosh:** 48-4 David Tucker (San Joaquin)

Fine Flicks by Don Gosney

Memorial/Fresno) 1968. **Soph:** 50-2½ Ken Frazier (Mission/SF) 1980. **Junior:** 52-6¼ David Tucker (S.J. Memorial/Fresno) 1970. **Senior:** 52-8 Henry Ellard (Hoover/Fresno) 1979.

52-10½	Charles Mayfield (Muir/Pasadena)	1980
	at Arcadia	
52-6¼	David Tucker (S.J. Memorial/Fresno)	1970
52-6	Henry Ellard (Hoover/Fresno)-1	1979
52-4¾	Ken Frazier (Mission/SF)-1	1981
52-3½	Randy Williams (Edison/Fresno)	1971
51-8	Mike Woods (Manual Arts/LA)	1963
51-7¼	Vestee Jackson (McLane/Fresno)	1981
51-6½	Greg Caldwell (Fremont/LA)-1	1976
51-5¾	Freeman Miller (Fremont/LA)-1	1980
51-3	Willie Banks (Oceanside)-2	1974
51-3	Ricky Holliday (Muir/Pasadena)	1980

Shot Put:

State Meet Record: 68-0 Steve Montgomery (Lassen/Susanville) at Berkeley 1976. **Fresh:** 52-5¼ Curt Hampton (El Cajon) 1971. **Soph:** Dave Kurrasch (Santa Ana) 1973. **Junior:** 65-5 Terry Albritton (Newport Harbor) 1971. **Senior:** 69-3¼ Jim Neidhart (Newport Harbor) 1973.

69-6¼	Jim Neidhart (Newport Harbor)-1	1973
68-5½	Steve Montgomery (Lassen/Susvi)-1	1976
68-5	Dave Kurrasch (Newport Harbor)-1	1975
67-9¼	John Hubbell (Poly/Long Beach)-1	1966
67-9	Terry Albritton (Newport Harbor)	1972
67-9	John McKenzie (Hart/Newhall)	1976
67-8¼	Dave Doupe (Inglewood)	1973
67-6½	Randy Cross (Crespi/Encino)-1	1972
67-2¼	Mark Stevens (Newport Harbor)-1	1971
67-2	Dave Murphy (Sunny Hills/Fullerton)	1966

Discus:

State Meet Record: 201-3 Chris Adams (Los Altos) at Berkeley 1970. **Fresh:** 173-6 Antonio Dobbins (Boroughs/Ridgecrest) 1979. **Soph:** 180-7 Mark McNaughton (McLane/Fresno) 1972. **Junior:** 194-10 Ray Burton (Vacaville) 1973. **Senior:** Steve Porath (Atwater) 1978.

209-6	Dave Porath(Atwater)-1 at Sacramento	1978
201-6	Ray Burton (Vacaville)-1	1974
201-3	Chris Adams (Los Altos)-2	1970
200-7	Paul Bender (Shafter)-1	1980
200-4	Scott Endler (Hoover/Fresno)-1	1976
200-1	Scott Overton (Los Altos)-1	1972
198-6	Dave Voorhees (Tulelake)	1973
195-8	Bill Joe Wincheste (Mt. Miguel/SV)	1970
195-5	Lonnie Shelton (Foothill/Bakersfield)-1	1973
195-4	Bob Stoecker (Los Altos)-2	1962
195-4	Tom Birtwhistle (Gunn/Palo Alto)	1969

400 Meter Relay:

(* 440 Yards Minus 0.23)

State Meet Record: 40.86 Berkeley (McCree, Robinson, Clewis, Murray) at Norwalk 1981.

40.86	Berkeley-1	1981
	(McCree, Robinson, Clewis, Murray)	
40.92	Dorsey/Los Angeles	1981
	(Boles, Williams, Williams, Jackson)	
41.09	Oakland-1	1982
	(Porter, Watson, Williams, Watson)	
41.21	Compton	1980
	(Johnson, Davis, Barksdale, Elleston)	
41.23*	Pasadena-1	1979
	(Ervin, Delamar, Cook, Sanford)	
41.25	Serra (Gardena)	1981
41.26	Muir (Pasadena)	1981
41.28*	Gardena	1978
41.29	Berkeley	1980
	(Robinson, Walker, Smith, Clewis)	
41.30	Centennial (Compton)	1980
	(Jackson, Ware, Graham, Turner)	

Hand timing

(*440 Yards Minus 0.2)

40.8*	Wilson (San Francisco)-1	1973
	(Farmer, Whitaker, Kirtman, Walker)	
40.9*	El Cerrito-1	1971
	(Gaines, Watson, Smith, Burns)	
40.9*	Harry Eils (Richmond)-1	1975
	(Miller, Gentry, Davis, Cooper)	
40.9*	Hamilton (Los Angeles)	1976
	(Menzies, Goosby, Martin, Mullins)	
41.0*	Castlemont (Oakland)	1970
	(Pruitt, Turner, Irvin, Gibson)	
41.0*	El Cerrito	1970
	(Smith, Battle, Lewis, Burns)	
41.0*	Hamilton (Los Angeles)	1971
	(Avant, Wallace, Thomas, Reddick)	
41.0*	Crenshaw (Los Angeles)	1972
	(Coulter, Franklin, Tyler, Johnson)	
41.0*	Wilson (San Francisco)	1974
	(Lewis, Kirtman, Ward, Farmer)	

41.0* Kennedy(Barstow)-1 1976

(Jones, Hill, Kelly, Jones)

41.0* Pasadena-1 1977

(Cleveland, Hill, Mulloy, Sanford)

1600 Meter Relay

(* Mile Minus 1.1)

State Meet Record: 3:08.94 Berkeley (Walker, Richardson, Murray, Robinson) at Norwalk 1981.

3:08.94	Berkeley-1	1981
	(Walker, Richardson, Murray, Robinson)	
3:10.37	Centennial (Compton)-1	1980
	(Graham, Ware, Jackson, Turner)	
3:10.42	Berkeley	1980
	(Dotson, Richardson, Walker, Robinson)	
3:10.47*	Banning (Wilmington)-1	1978
	(Davis, Caesar, Bialock, Lewis)	
3:11.10	Poly (Long Beach)	1981
3:11.32	Compton	1980
	(Davis, Taylor, Smith, Barksdale)	
3:11.81	Centennial (Compton)	1981
	(Pinchback, Ware, Jones, Graham)	
3:12.1*	Castlemont (Oakland)-1	1971
	(Roberts, Morgan, Curry, Rodgers)	
3:12.3*	Westchester (Los Angeles)	1978
	(Brown, Lee, Jones, Pittman)	
3:12.45	Muir (Pasadena)	1981
	(Carroll, Anderson, Mathis, Brown)	
3:12.5*	Fremont (Los Angeles)	1978
	(Butler, Derry, Shelton, Daniels)	



John Hubbell

Fine Flicks by Don Gosney



Berkeley 1600m Relay National Record setters in 1981: (left to right) Ken Robinson, Walter Murray, Pete Richardson, Ulysses Walker.

ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event _____ Location of Event _____

Name of Event _____

Type of Event: long distance run track meet cross country other _____

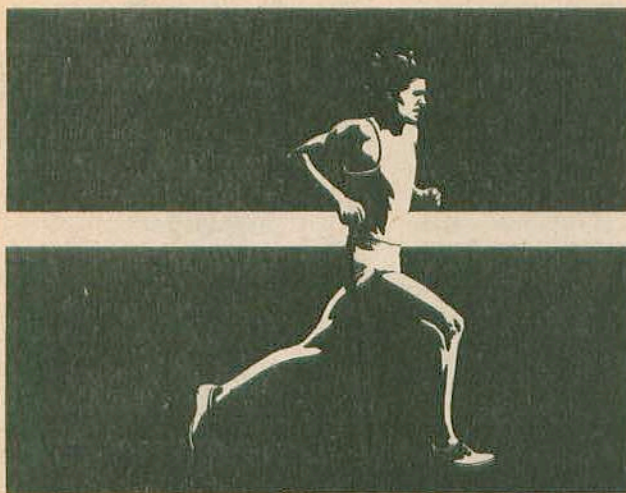
Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070



College-Open: Cross Country Results

NorCal Athletic Conference Preview Meet

September 11. UC Davis. 5,000 meters.

Women	
1 Gray (UC Davis)	17:18
2 Scannell (Sacramento)	17:23
3 Koudela (Hayward)	18:02
4 Way (Hayward)	18:14
5 Somera (UC Davis)	18:19
6 Anderson (Sonoma State)	18:19
7 Hamilton (Hayward)	18:51
8 Martinez (Sacramento)	18:39
9 Sanchez (Chico State)	18:48
10 Pappas (UC Davis)	18:51
11 Menge (UC Davis)	19:02
12 Reidel (UC Davis)	19:11
13 Hoerber (UC Davis)	19:14
14 Crowley (Chico State)	19:16
15 Bigelow (Hayward State)	19:18

Team Scores: 1. UC Davis 39, 2. Hayward State 45, 3. Sacramento State 80, 4. Chico State 92, 5. Sonoma State 115, 6. San Fran. State Inc.

San Francisco St. Women's Invitational

From G. David Brown

September 11. Belmont's Crystal Spring Course.

1 Patti Gray (UCD)	18:19
2 Suzanne Richter (UCB)	18:51
3 Mary Gaffield (UCB)	18:59
4 Mary Hanlon (UCB)	19:18
5 Linda Sommers (UCD)	19:30
6 Nancy Reidd (UCD)	19:47
7 Laura Sterret (UCB)	19:48
8 Louise Romo (UCB)	19:54
9 Ann Moerber (UCD)	19:55
10 Karen Menge (UCD)	20:07
11 Tina Pappas (UCD)	20:10
12 Ann Berducci (UCD)	20:12
13 Denise Fruitt (UCD)	20:15
14 Laura Sanchez (Chico)	20:25
15 Andy Pernel (St. Marys)	20:26

16 Terry Trumbell (SSU)	20:28
17 Ana Pappas (UCD)	20:33
18 Francie Negri (UCD)	20:34
19 Shermagne Gunn (Chico)	20:36
20 Robin Crowley (Chico)	20:42

Team Scores: UCB 24, Davis 31, Chico 118, Sonoma 168, USF 208, St. Mary's 217, Mills 220.

Sacramento State Invitational

September 18. Cal State Sacramento. 5,000 meters.

Women	
1 Scannell (Sacramento)	18:08
2 Schmidt (Nevada)	18:34
3 Koudela (Hayward)	18:48
4 Tibadulga (Nevada)	18:55
5 Hamilton (Hayward)	18:59
6 Phippa (Hayward)	19:36
7 Martinez (Sacramento)	19:42
8 Brantlinham (Unatt.)	19:44
9 Bigelow (Hayward)	19:52
10 Stothers (Hayward)	19:55

Team Scores: 1. Hayward State 33, 2. Nevada-Reno 51, 3. Sacramento State 65.

NCAC Women's Championships

From S. Williams

September 23. At UC Davis. 5K.

1 Patti Gray (UCD)	18:38
2 Mary Scannell (Sac)	18:53
3 Kathy Koudela (Hay)	17:33
4 Linda Somers (UCD)	17:29
5 Ann Hoerber (UCD)	17:37
6 Debbie Morris (Hay)	17:41
7 Kathy Way (Hay)	17:46
8 Michele Anderson (Son)	17:51
9 Nancy Reidel (UCD)	18:03
10 Karen Menge (UCD)	18:06
11 D. Fruitt (UCD)	18:06
12 A. Hamilton (Hay)	18:09
13 S. Felix (Hay)	18:13
14 L. Wolfe (UCD)	18:19
15 M. Phipps (Hay)	18:20
16 L. Sanchez (Chico)	18:23

17 S. Martinez (Sac)	18:38
18 D. Bigelow (Hay)	18:31
19 F. Negri (UCD)	18:34
20 C. Stothers (Hay)	18:37

Team Scores: 1. UC Davis 29, 2. Hayward 41, 3. Sacramento 96, 4. Chico 113, 5. Sonoma 132, 6. Humboldt 137.

Riverside Invitational

From CHRIS RINNE

September 25.

1 Carmelo Rios (CPSLO)	30:52
2 Doug Auritt (Agg. R.C.)	31:03
3 Tim Varley (USIU)	31:14
4 Ray Cook (UCR)	31:17
5 Brian Harold (SDSU)	31:27
6 Hector Perez (CPSLO)	31:29
7 Mike Lansdon (CPSLO)	31:29
8 Kevin Broady (CPSLO)	32:32
9 Jose Vego (SDSU)	31:42
10 Frank Assumma (UCR)	31:43
11 Jeff Olson (CSDH)	31:51
12 Mike Serna (CSLB)	32:06
13 Danny Reed (Volvo)	32:17
14 Mike Closson (SDS)	32:18
15 Phil Imlay (CSLA)	32:25
16 Steve Alvarez (Volvo)	32:33
17 Steve Venness (UCR)	32:38
18 Steve Strangio (CPSLO)	32:44
19 Steve Cubillas (CPSLO)	32:45
20 Greg Ramsey (SDS)	32:42
21 Mike Parker (CSLB)	32:52
22 Chris Brenneman (UCR)	32:54
23 Steve Dietch (UCR)	32:57
24 Rick Cañtalaro (CSLB)	33:00
25 John Carey (SDS)	33:05

Team Scores: 1. CPSLO 'A' team 36, 2. San Diego State 68, 3. UC Riverside 71, 4. CSU Long Beach 'A' team 111, 5. Volvo Racing Team 118, 6. CPSLO 'B' team 150, 7. CP Pomona 230, 8. CSU Long Beach 247.

1 Amy Harper (CPSLO)	16:57
2 Jennifer Dunn (CPSLO)	17:19
3 Lori Lopez (CPSLO)	17:31
4 Laurie Crisp (SDSU)	17:35
5 Debbie Chaddock (SDSU)	17:35
6 Carol Gleason (CPSLO)	17:35

7 Marilyn Nichols (CPSLO)	17:40
8 Inga Thompson (CPSLO)	17:41
9 Laura Koterha (CSULB)	17:47
10 Sheila Ralston (Unat.)	17:53

Team Scores: 1. Cal Poly A 19, 2. San Diego State 53, 3. CSU Northridge 75, 4. CSU Long Beach 129, 5. Cal Poly TC 130, 6. Athletic Express 187, 7. Cal Poly Pomona 225, 8. UC Riverside 233, 9. USIU 264, 11. CSU Los Angeles 288, 12. U. San Diego 385.

Westmont Invitational

From RUSSEL SMELLEY

September 25. Women 5,000 Meter.

1 Terry Forsell (SC)	19:34
2 Liz Garmen (APU)	19:44
3 Kathy McMilland (West.)	20:17
4 Theresa Kozlowski (LMU)	20:30
5 Laura Lynch (LMU)	20:37
6 Maureen Corrigan (LMU)	20:40
7 Tammy Williamson (West.)	20:41
8 Linda Wuetcher (Papp.)	21:20
9 Judi Burrows (PLC)	21:23
10 Mary Grace (SC)	21:28

Team Scores: 1. Loyola Marymount 45, 2. Santa Clara 52, 3. Westmont 54, 4. Point Loma 64, 5. Azusa Pacific Univ. No Score, 6. Pepperdine No Score.

September 25. Men 5 Miles.

1 Paul Croft (West.)	26:22
2 Dave Maxwell (CLC)	26:29
3 Aaron Martinez (APU)	27:02
4 Robert Scott (West.)	27:07
5 Kurt Cook (West.)	27:17
6 Frank Riley (APU)	27:19
7 Tom Carlton (LMU)	27:19
8 Chris Erdman (APU)	27:29
9 Mark Smith (APU)	27:31
10 Ted Cotti (LMU)	27:34

Team Scores: 1. Azusa Pacific Univ. 39, 2. Westmont 41, 3. Loyola Marymount 86, 4. Bioia 100, 5. Cal Lutheran 106.



Fine Flicks by Don Gosney

Patti Gray
U.C. Davis



Fine Flicks by Don Gosney

Tom Downs
U.C. Berkeley



Liz Garman

Fresno State U. X-C Invitational

September 25, Woodward Park, Fresno.
Open College Men-10,000 Meters.

1 Simon Killil (Conversa RT)	30:24
2 David Barney (NBTC)	30:32
3 Bill Graham (Stanford)	30:50
4 Barasa Thomas (Fresno St.)	30:54
5 Andrew Woods (Arizona)	30:58
6 Tommy Ansberry (Arizona)	31:01
7 Derrick May (UN Reno)	31:02
8 Ryan Stoll (Stanford)	31:03
9 Chris Dugan (Arizona)	31:08
10 Dave Dolbler (Arizona)	31:11
11 Jaff Hess (Arizona)	31:12
12 Eddie Fuel (Fresno St.)	31:16
13 Mark Ruelas (UC Irvine)	31:21
14 Simpson (UN Las Vegas)	31:28
15 Gary Gonzales (Fresno St.)	31:31
16 Keith Morrison (Arizona)	31:39
17 Mark Brown (Arizona)	31:42
18 Jeff Atkinson (Stanford)	31:42
19 Ed Callaway (Stanford)	31:43
20 Pat Fox (Stanford)	31:44
21 Charles Alexander (Stanford)	31:45
22 Jim Smith (Stanford)	31:49
23 Brent Baffert (SJ State)	31:50
24 Steve Pradere (UN Reno)	31:52
25 John Whiteside (UC Irvine)	31:53
26 Pinuelas (UC Irvine)	31:54
27 Brian Pettingill (Stanford)	32:02
28 Jim Stubank (UN Las Vegas TC)	32:05
29 Ron Croxx (UN Reno)	32:06
30 Unknown (UN Las Vegas)	32:08
31 Don Scott (UC Irvine)	32:12
32 Scott Thornton (Fresno St.)	32:14
33 Mike Carlton (UC Irvine)	32:21
34 Dave Frank (Stanford)	32:29
35 Andy McFarlane (Stanford)	32:32

Team Scores: 1. Arizona 31, 2. Stanford 58, 3. Fresno State 86, 4. UC Irvine 114, 5. UN Reno 118, 6. UN Las Vegas 126, 7. San Joaquin State 188, 8. St. Mary's 254.

Open College Women-5,000 Meters.

1 Allison Wiley (Stanford)	16:33
2 Ceci Hopp (Stanford)	16:35
3 Polly Plumer (UCLA)	16:39
4 Regina Jacobs (Stanford)	16:41
5 Ann Locke (Stanford)	16:46
6 Sabrina Peters (Arizona)	17:04
7 Ellen Lyons (Stanford)	17:09
8 Mary Anne Scannel (Sac.St.)	17:20
9 Mickey Doane (Arizona)	17:20
10 Michelle Mason (Stanford)	17:41
11 Renee Wyckoff (Fresno St.)	17:49
12 Shelly Hazielt (UCLA)	17:50
13 Lisa Pfuhi (Arizona)	17:56
14 Shannon Stacykerk (UCLA)	17:57
15 Kathy Koudela (Hayward)	17:58
16 Maria Trujillo (Arizona)	17:59
17 Mary Mason (UCSB)	18:03

18 Teri Schmidt (UN Reno)	18:06
19 Ann Hamilton (Hayward)	18:07
20 Kathy Way (Hayward)	18:08
21 Rossy Tibaduiza (UN Reno)	18:09
22 Jean Kutnea (Stanford)	18:12
23 Karen Cooper (UCLA)	18:13
24 Kinber Pennington (UCLA)	18:14
25 Melissa Martel (Unatt.)	18:15
26 Myrna Nering (UN Las Vegas)	18:15
27 Ann Gladieux (Unatt.)	18:17
28 Nancy Donat (Arizona)	18:20
29 Ann Wotherspoon (Eli Buro TC)	18:22
30 Tone Nichols (Fresno St.)	18:23
31 Peggy Ryther (Arizona)	18:27
32 Katie Gruber (UCLA)	18:35
33 Leslie Winnale (Arizona)	18:38
34 Shane Felix (Hayward)	18:40
35 Debbie Morris (Hayward)	18:42

Team Scores: 1. Stanford 19, 2. Arizona St., 3. UCLA 76, 4. Hayward 117, 5. UC Santa Barbara 178, 6. UN Reno 191, 7. Fresno State 208, 8. UC Irvine 209, 9. Sacramento 218, 10. UN Las Vegas 267, 11. West Valley 292, 12. St. Mary's 358, 13. USF 385, 14. Cal Lutheran 420.

Open High School Girls (Frosh-Soph) - 2 miles.

1 Stacey Shaw (McLane)	13:01
2 Michelle Williams (Clovis W.)	13:23
3 Latrese Johnson (Clovis)	13:28
4 Diane Daley (Clovis)	13:33
5 Denise Zeller (Clovis W)	13:39
6 Alice Helricy (Clovis W)	13:46
7 Danell Boyles (Clovis)	14:01
8 Michelle Fwas (Roos.)	14:19
9 Shawna Smith (Mt. Whitney)	14:27
10 Connie Callahan (Clovis W)	14:34
11 Lori Reisbeck (Clovis W)	14:36
12 Beth Corey (Clovis)	14:42
13 Annette Barnett (Fresno)	14:49
14 Lisa Bennett (Yosemite)	14:51
15 Lena Engels (Yosemite)	14:52

Team Scores: 1. Clovis West 28, 2. Clovis 57, 3. Mt. Whitney 100, 4. Yosemite 103, 5. Redwood 105.

Open High School Girls (Varsity)-2 miles

1 Sharron Waninek (Presen.)	12:11
2 Cindy Jungwirth (Redwood)	12:49
3 Chris Martinez (Redwood)	12:52
4 Yvette Gonzalez (Silv. TC)	13:02
5 Lynn Johnson (Presen.)	13:11
6 Kathy Felts (Silver TC)	13:14
7 Jackie Gengler (Silver TC)	13:20
8 Lisa Martinez (Central)	13:28
9 Jane Weisenberger (Mt. Whit.)	13:32
10 Sarah Streeker (Redwood)	13:38
11 Linda Billing (Hoover)	13:48
12 Yolanda Martinez (Reedley)	13:55
13 Doloris Lara (Hoover)	14:02
14 Kathy Leonard (Redwood)	14:11
15 Helen Hill (Reedley)	14:18

Team Scores: 1. Redwood 22, 2. Hoover 59, 3. Reedley 79, 4. Clovis West 90, 5. Clovis 110.

Open High School Boys (Frosh-Soph) - 2 miles

1 Don Jacinto (Roos.)	10:48
2 Erin Woody (Clovis W)	10:56
3 Tommy Williams (Clovis W)	11:00
4 Alan Harris (Sierra)	11:06
5 Gumaro Castellamas (Madera)	11:07
6 Greg Bragg (Redwood)	11:07
7 Greg Elrod (Clovis)	11:08
8 Darin Juraque (Clovis)	11:09
9 Sam Garcia (Redwood)	11:12
10 Brian Shea (Redwood)	11:18
11 Bobby It (Mt. Whitney)	11:19
12 Matt Ortega (Madera)	11:20
13 Darrin Vradbrun (Madera)	11:23
14 Ramon Hernandez (Reedley)	11:24
15 Jim Knueble (Roos.)	11:24

Large Team Results: 1. Madera 57, 2. Clovis 70, 3. Roosevelt 79, 4. Mt. Whitney 98, 5. Clovis West 100, 6. Reedley 132, 7. Fresno 155.

Small School Team Results: 1. Redwood 20, 2. Sierra 42.

Open High School Boys (JV)-2 miles. Large School

1 Val Cummings (Madera)	11:23
2 Kevin Robinson (Hoover)	11:24
3 Larry Cutt (Clovis)	11:28
4 Alan Richardson (Hoover)	11:31
5 Ryan Geilal (Madera)	11:34
6 Jerry McHaney (Madera)	11:50
7 Silverio Cazerres (Reedley)	12:08
8 Blas Castellame (Fresno)	12:11
9 Nathan Winehester (Clovis W)	12:12
10 Steve Biskup (Clovis W)	12:31
11 Sam Scalia (Mt. Whitney)	12:32

12 Felipe Custellan (Madera)	12:34
13 Tad Mori (McLane)	12:37
14 Brian Whaley (Clovis W)	12:38
15 Gilbert Rameriz (Roos.)	12:44

Large School Team Results: 1. Madera 22, 2. Mt. Whitney 34.

Open High School Boys (JV)-2 miles. Small School.

1 Steven Akhlaghi (Tranqu.)	11:32
2 Paul Jaranmillo (Redwood)	11:34
3 Kevana Wong (Redwood)	11:34
4 Jim Jungwirth (Redwood)	11:40
5 Carlos Martinez (Redwood)	12:03

Small School Team Results: 1. Redwood 21, 2. Tanquility 38.

Open High School Boys (Varsity)2 miles Number 5 Man

Large School: 1. Ron Thomasson (McLane) 11:02, 2. Scott Williams (Fresno) 11:14, 3. Rudy Montamilor (Maders) 11:24. Small School: 1. Tim Morales (Redwood) 11:07.

Number 4 Man Large School: 1. Pancho Amaral (Fresno) 10:37, Small School: 1. Charles Lopez (Redwood) 10:42.

Number Three Man Large School: 1. Efron Castellano (Madera) 10:33. Small School: 1. Art Smalley (Redwood) 10:51.

Number Two Man Large School: 1. Gary Nigel (Mt. Whitney) 10:23. Small School: 1. Jimmy Jimenez (Firebaugh) 10:52.

Number One Man Large School: 1. Chris Bahr (Mt. Whitney) 10:20. Small School: 1. Tom Morgan (Yosemite) 10:33.

Large School Team Results: 1. Madera 53:40, 2. Fresno 55:00, 3. Mt. Whitney 55:24, 4. Clovis 55:52, 5. Clovis West 56:04, 6. Hoover 56:35, 7. Reedley 57:43. Small School Results: 1. Redwood 54:30, 2. Bullard 60:28.

The Cal-Nike Invitational

By G. David Brown, Innersports

October 2, Crystal Springs, 5000 meters.

A field of new and old faces gathered at

continued on next page...

Fine Flicks by Don Gosney



Left to Right: Alison Wylie, Regina Jacobs, Ceci Hopp, Anne Locke.

Cal races here as a prep star, took advantage of her knowledge of the course and pulled a fast one at the end and spun off Hopp. Kim's time was a 16:46 over the hilly and humpy course. Hopp was three seconds behind with Rejina Jacobs of Stanford making it a 1-2-3 Cardinal sweep with her 17:01 third place.

Other notes: Gretchen Nelson, who placed well at last year's Northern California championships, was one of Oregon's top freshman running a 18:18 over the course. A familiar name of Tibidulza appeared, this time in the form of Rossy Tibidulza who is Miguel's wife. Rossy placed 15th here with 18:22.

1 Kim Schnurpfell (Stanford)	16:46
2 Ceci Hopp (Stanford)	16:49
3 Regina Jacobs (Stanford)	17:01
4 Rosa Guitierrez (OR)	17:17
5 Eryn Forbes (OR)	17:21
6 Ellen Lyons (Stanford)	17:35
7 Ann Locke (Stanford)	17:37
8 Kim Roth (OR)	17:40
9 Suzann Richter (California)	17:54
10 Allison Snow (OR)	17:57
11 Terry Schmidt (NV)	18:05
12 Mary Gaffield (California)	18:13
13 Claudette Gronendaal (OR)	18:14
14 Gretchen Nelson (CA)	18:18
15 Rossy Tibadulza (NV)	18:22
16 Jessica Spies (Stanford)	18:25
17 Mary Hanion (California)	18:31
18 Laura Starett (California)	18:32
19 Louise Romo (California)	18:46
20 Jean Kutner (Stanford)	18:52
21 Maria King (California)	19:51
22 Val Knafiec (California)	20:08
23 Leslie Rice (NV)	20:11
24 Debra Steele (NV)	20:41
25 Mary Jo Barry (California)	20:55
Team Scores: Stanford 19, Oregon 40, California 75, Nevada 99.	

40th Aztec Invitational X-C Meet

From DIXON FARMER & ALBERTO BAZAN

October 2, Balboa Park, San Diego Men 10,000 Meters

1 Sam Ngatia (UTEP)	30:07
2 David Barney (NB TC)	30:11
3 Ivan Huff (Aggies)	30:18
4 K.T. Fieller (N. AZ)	30:32
5 Steve Webb (UCLA)	30:33
6 Mohamed Rutiginga (UTEP)	30:34
7 Jay Woods (BYU)	30:36
8 John Butler (UCLA)	30:39
9 Jan Hagelbrand (USIU TC)	30:43



Aztec Men: (top row, left to right) Sam Ngatia, Jay Woods, Jon Butler, Jan Hagelbrand, Ed Eyestone. (bottom row, left to right) Mohammed Rutiginga, David Barney, Ivan Huff, K.T. Fieller, Steve Webb.

10 Ed Eyatone (BYU)	30:44
11 Tommy Ansberry (Arizona)	30:48
12 Andre Woods (Arizona)	30:53
13 Greg Mathews (BYU)	30:54
14 Gary Borbon (CP Pomona)	30:57
15 Keith Morrison (Arizona)	30:57
16 Jeff Hess (Arizona)	30:59
17 Francis Clark (BYU)	31:00
18 Farron Fields (Westwood TC)	31:00
19 Tony Reyes (CP Pomona)	31:02
20 Manny Parra (N. AZ)	31:05
21 Sleg Lindstrom (Pomona-Pitzer)	31:06
22 Ibrahim Hussein (NM)	31:09
23 Hector Perez (CP SLO)	31:10
24 Chris Dugan (Arizona)	31:13
25 Matt Ebner (UCLA)	31:15
26 Bob Ingram (Arizona)	31:17
27 Doug Aurit (Aggies)	31:17
28 Sean Evans (Jamul Toads)	31:18
29 Herman Sahneyah (N. AZ)	31:18
30 Joe Fabris (Aggies)	31:19
31 Mike Serna (Long Beach St)	31:20
32 Blaine Anderson (BYU)	31:21
33 Ibrahim Kivina (NM)	31:22
34 Mike Landson (CP SLO)	31:23
35 Dan Caprioglio (UCLA 'B')	31:24
36 Fred Sproul (N. AZ)	31:27
37 Ron Roberts (UCLA)	31:28
38 Mark Brown (Arizona)	31:28
39 Robert Lusitana (Jamul Toads)	31:34
40 Tim Varley (USIU)	31:38
41 Matt Biaty (CP Pomona)	31:38
42 Brian Harold (SDSU)	31:37
43 David Dobler (Arizona)	31:37
44 Steve McCormack (UCLA)	31:38
45 Marc Keller (Jamul Toads)	31:40
46 Chad Benion (Utah)	31:41
47 Alan Jankunas (NM)	31:44
48 Gilbert Cortez (CSLA)	31:44
50 Vince Sheehan (N. AZ)	31:49

Women 5,000 meter

1 Amy Harper (Cal Poly SLO)	17:01
2 Sabrina Peters-Stern (AZ State)	17:02
3 Carey May (BYU)	17:07
4 Jill Mollen (Utah)	17:11
5 Kim Gallagher (Arizona U)	17:20
6 Jennifer Dunn (Cal Poly SLO)	17:27
7 Janell Neeley (BYU)	17:29
8 Marit Risan (UTEP)	17:31
9 Laurie Crisp (SDSU)	17:33
10 Marilyn Nichols (Cal Poly SLO)	17:35
11 Lori Lopez (CP SLO)	17:38
12 Leslie Heywood (Arizona U)	17:40
13 Anthea James (Arizona U)	17:41
14 Sheila Ralston (UNAT)	17:48
15 Inga Thompson (CP SLO)	17:53
16 Liz Baker (SDSU)	17:53
17 Erin Sherman (SDSU)	17:56
18 Debra Chaddock (SDSU)	17:56
19 Cynthia Nagel (Claremont-Mudd)	17:57
20 Deb Vetter (Tucson DH)	17:57
21 Eliza Carney (Arizona U)	18:00
22 Beth Milewski (UNAT)	18:02
23 Laura Koterba-Buss (CSULB)	18:02
24 Mickey Doane (Arizona St.)	18:03
25 Caria Pittalkow (Utah)	18:05
26 Nena Manriquez (CSU North.)	18:06

27 Dale Spring (North. Ariz.)	18:06
28 Ann Morrell (Arizona U)	18:06
29 Carolyn Smith (BYU)	18:07
30 Stacy Crystal (Arizona U)	18:07
31 Angela Chalmers (North. Ariz.)	18:11
32 Kathy Hildebrand (Arizona U)	18:13
33 Maria Trujillo (Arizona St.)	18:14
34 Diane Vetter (Tucson DH)	18:15
35 Stacy Kneeshaw (SDSU)	18:15
36 Carol Gleason (CP SLO)	18:18
37 Cynthia Rogers (Occi)	18:24
38 Jill Holliday (BYU)	18:24
39 Robyn Dubach (CP SLO)	18:25
40 Jeanette Allred (CSU North)	18:27
41 Sussie Tanner (BYU)	18:28
42 Lisa Gross (SDSU)	18:30
43 Laura Miller (Jovi RT)	18:30
44 Kim Devetis (Orange Ct)	18:32
45 Rhonda Sterkenburg (North. AZ)	18:34
46 Lisa Pfuhl (Arizona St.)	18:38
47 Aisling Maildy (BYU)	18:39
48 Shiela Rogers (BYU)	18:40
49 Lisa Anetsberger (N. AZ)	18:42
50 Kris Katterhagen (CP SLO)	18:43

Women's Team Results: 1. Cal Poly SLO 39, 2. Arizona 70, 3. SDSU 83, 4. Brigham Young 103, 5. Arizona State 139, 6. Northern Arizona 185, 7. Utah 200, 8. CSU Northridge 215, 9. Occidental College 241, 10. CSU Long Beach 272, 11. Orange Coast 302, 12. Claremont Mudd 377, 13. Cal Poly Pomona 384, 14. Hawaii 384, 15. Azusa Pacific 411, 16. Point Loma College 456, 17. Redlands 462, 18. CSU Fullerton 518, 19. Glendale (AZ) 561.

Men's Team Results: 1. BYU 50, 2. Arizona 52, 3. UCLA 'A' 84, 4. Northern Arizona 154, 5. New Mexico 174, 6. Cal Poly SLO 201, 7. Cal Poly Pomona 203, 8. Jamul Toads 219, 9. CSU Long Beach 286, 10. SDSU 'A' 290, 11. Arizona State 357, 12. Glendale CC 368, 13. UCLA 'B' 399, 14. Pomona Pitzer 401, 15. Team Chart House 407, 16. CSU Long Beach 'B' 481, 17. CSU Los Angeles 482, 18. Utah 510, 19. Azusa Pacific 518, 20. Occidental 'A' 541, 21. USIU 551, 22. Point Loma College 593, 23. SDSU 'B' 626, 24. Redlands 714, 25. Claremont Mudd 731, 26. Mesa CC 781, 27. CSU Fullerton 788, 28. Cal Lutheran 830, 29. Occidental 'B' 835.

All CAL X-C

October 2, Santa Cruz.	
1 Tom Downs (UCB)	24:57
2 Mark Ruelas (UCI)	25:38
3 Armando Siqueros (UCSC)	25:50
4 Frank Assumma (UCR)	25:52
5 Chris Brennehan (UCR)	26:01
6 Mark LaBonte (UCB)	26:01
7 Dave Martinez (UCI)	26:05
8 Don Scott (UCI)	26:16
9 Jim Kaspari (UCD)	26:18

10 Ian Clark (UCB)	26:19
11 Scott Ingrahm (UCSB)	26:19
12 Shawn Smallwood (UCD)	26:28
13 Steve Valen (UCB)	26:31
14 Bowlus (UCSD)	26:31
15 John Whitesides (UCI)	26:33
16 Sam Skinner (UCB)	26:36
17 Rob Satterwhite (UCI)	26:40
18 Ray Cook (UCR)	26:46
19 Bob Govi (UCD)	26:46
20 Damien Curry (UCB)	26:48
21 Ken Mattson (UCB)	26:50
22 Steve Dietch (UCR)	26:54
23 John Barrett (UCD)	27:04
24 Ken Harvey (UCD)	27:05
25 Sammy Pinuelas (UCI)	27:06

Team Scores: 1. UCB 45, 2. UCI 49, 3. UCR 75, 4. UCD 87, 5. UCSB 125, 6. UCSD 146, 7. USC 171.

Women

1 Patti Gray (UCD)	17:42
2 Melissa Martel (UCSB)	18:09
3 Nancy Reidel (UCD)	18:38
4 Ann Hoerber (UCD)	18:39
5 Jayne Balsiger (UCSB)	18:42
6 Karen Menge (UCD)	18:44
7 Denise Pruitt (UCD)	19:00
8 Stemplic (UCSD)	19:02
9 Francis Negri (UCD)	19:06
10 Tina Pappas (UCD)	19:07
11 Cathy Casserly (UCI)	19:09
12 Kim Volmer (UCI)	19:13
13 Kelly Gilson (UCI)	19:14
14 Kelly Ringer (UCI)	19:16
15 Susan Zahradink (UCI)	19:21

Team Scores: 1. UC Davis 21, 2. UC Irvine 60, 3. UCSB 62, 4. UCSD 105, 5. UCR 121.

Invitational Cross Country

October 2, Joaquin Miller Park, Oakland, 5.0 miles.

1 Tom Downs (Cal "A")	24:46
2 Danny Grimes (Pac West TC)	25:18
3 Mark Conover (West Valley TC)	25:30
4 Dan Buntman (Gr. San Fran. TC)	25:32
5 Mark LaBonte (Cal "A")	25:38
6 Mike McColium (Cal "A")	25:45
7 Ian Clark (Cal "A")	25:48
8 Armando Siqueros (UCSC)	25:57
9 Bret Baffert (San Jose St.)	26:25
10 Peter Churney (GBTC)	26:26
11 Glen Lee (San Jose St.)	26:31
12 Sam Skinner (Cal "A")	26:37
13 Ken Mattson (Cal "A")	26:37
14 Brad Rowe (West Valley TC)	26:43
15 Mike McQueeney (Pac West TC)	26:44
16 Helmer Aslaksen (GBTC)	26:47
17 Tom Borschei (GBTC)	26:47
18 Greg Brock (West Vly TC)	26:55
19 Steve Valen (Cal "A")	26:55
20 Damien Curry (Cal "B")	26:56



Aztec Women: (top row, left to right) Laurie Crisp, Marilyn Nichols, Marit Risan, Janell Neeley. (bottom row, left to right) Kim Gallagher, Carey May, Amy Harper, Jill Mollen.

Team Scores: 1. California "A" 31, 2. Golden Bear TC 94, 3. San Jose St. 111, 4. California "B" 125, 5. UC Santa Cruz 147, 6. Greater San Francisco TC 148.

Roadrunner Invitational

October 9. At Cal State Bakersfield. Women 5000.

1 Michele Hooper (Una.)	17:30.3
2 Ann Gladue (Una.)	18:11.3
3 Lesley White (SLO)	18:18.5
4 Sheri McCarroll (SLO)	18:24.5
5 Rhonda Petina (SLO)	18:38.3
6 Kathy Kelley (SLO)	18:47.6
7 Carol Lowe (UCR)	18:59.0
8 Helen Arzu (UCR)	19:09.4
9 Kristin Allyn (SLO)	19:24.8
10 Shari Ewing (SLO)	19:21.0

Team Scores: 1. Cal Poly SLO 17, 2. UC Riverside 54, 3. Cal State LA 76, 4. Pepperdine 98, 5. Cal State Bakersfield 147.

Men — 10,000

1 Dave Maxwell (CLO)	32:11.7
2 Ken Haney (CSB)	32:39.3
3 Mitch Clark (Biola)	32:51.5
4 John Hendrix (Biola)	33:15.9
5 Chris Spitz (CLC)	33:21.8
6 Greg Vizzini (Biola)	33:54.8
7 Jim McDonald (CSB)	34:48.6
8 Steve Schwiebart (Biola)	34:55.2
9 Tim Longacre (Pepperdine)	35:00.3
10 John Chapman (Una.)	35:31.0

Team Scores: 1. Biola 39, 2. Cal Lutheran 47, 3. Cal State Bakersfield 57, 4. Pepperdine 77.

Aggie Invitational

October 9. At UC Davis. 8K.

1 Dan Buntman (GSF)	24:31
2 B. Delce (Ag RC)	24:49
3 F. Harms (Ag PC)	24:52
4 S. Smallwood (UCD-1)	25:03
5 J. Kasrari (UCD-1)	25:14
6 S. Blamemore (FTH)	25:15
7 J. Monsoor (CCF)	25:19
8 D. Rennelsen (CCF)	25:20
9 R. Anax (CCF)	25:24
10 B. Goralka (UCD-2)	25:25
11 J. Drew (CCF)	25:28
12 J. Sheehan (Ag RC)	25:32
13 B. Govi (UCD-1)	25:33
14 M. Yeo (Ag RC)	25:36
15 J. Clark (CCF)	25:37
16 D. Grimes (UCD-1)	25:40
17 K. Harvey (UCD-1)	25:40
18 J. Antone (Chico)	25:47
19 F. Fernandez (Unatt.)	25:49
20 D. Stefanisho (UCD-2)	25:56

Team Scores: 1. CCF 45, 2. Ag RC 46, 3. UCD(1) 50, 4. UCD(2) 109, 5. Chico 160, 6. UCD(3) 207, 7. USC 226, 8. St. Mary's 282, 9. Stanislaus 317.

Stanford X-C Invitational

From G. DAVID BROWN

October 9. Stanford golf course.

Women	
1 Cecil Hopp (Stanford)	18:41
2 Allison Wiley (Stanford)	18:45
3 Kim Schnurpfell (Stanford)	18:56
4 Amy Harper (Cal Poly SLO)	18:58
5 Regina Jacobs (Stanford)	17:07
6 Patti Gray (Cal-Davis)	17:14
7 Patsy Sharples (Univ. Idaho)	17:16
8 Carey May (BYU)	17:18
9 Ann Locke (Stanford)	17:20
10 Janell Neely (BYU)	17:29
11 Carol Gleason (Cal Poly SLO)	17:34
12 Marilyn Nichols (CP SLO)	17:38
13 Caroline Crabtree (Univ. Idaho)	17:38
14 Suzanne Richter (Cal-Berkeley)	17:39
15 Jessica Spies (Stanford)	17:41
16 Lori Lopez (CP SLO)	17:45
17 Pam Paudler (Univ. Idaho)	17:49
18 Inga Thompson (CP SLO)	17:51
19 Kathy Doudela (CS Hayward)	17:52
20 Mary Hanlon (Cal-Berkeley)	17:56
21 Aptil Powers (Stanf. TC)	17:58

22 Linda Mitchell (New Mexico)	17:59
23 Renee Wyckoff (CS Fresno)	18:00
24 Sheila Rogers (BYU)	18:00
25 Linda Somer (Cal-Davis)	18:04
26 Jennifer Dunn (CP SLO)	18:04
27 Lisa Mitchell (New Mexico)	18:04
28 Laura Starrett (Cal-Berk)	18:05
29 Louise Komo (Cal-Berkeley)	18:09
30 Margaret Metcalf (New Mexico)	18:10

Team Scores: 1. Stanford 20, 2. Cal Poly SLO 61, 3. University of Idaho 118, 4. BYU 126, 5. Cal-Berkeley 145, 6. New Mexico 151, 7. Cal-Davis 188, 8. Cal State Hayward 187, 9. Nevada-Reno 300, 10. UC Irvine 323, 11. Fresno State 336, 12. Santa Clara 404, 13. Nevada-Las Vegas 418, 14. West Valley 419, 15. Sonoma State 428, 16. Westmont 459, 17. Ventura 493, 18. Cal State Dominguez Hills 587, 19. San Fran. State 619, 20. Santa Clara "B" 659.

Men

1 Mat Blaty (CP Pomona)	30:32
2 Tom Downs (Berkeley)	30:40
3 Jon Butler (UCLA)	30:45
4 Tony Reyes (CP Pomona)	30:47
5 Steve McCormick (UCLA)	30:54
6 Mike Serna (CSLB)	30:57
7 Steve Webb (UCLA)	31:00
8 Ed Eyerstone (BYU)	31:00
9 Derrick May (Nevada-Reno)	31:08
10 Greg Matthews (BYU)	31:09
11 Frank Assuma (UC River.)	31:11
12 Barasa Thomas (CS Fresno)	31:14
13 Matt Eviner (UCLA)	31:16
14 Gary Borbon (CP Pomona)	31:17
15 Jim Smith (Stanford)	31:18
16 Mark LaBonte (UC Berk.)	31:18
17 Tim Gruber (Humboldt St)	31:20
18 Don Caprioglio (UCLA)	31:21
19 Armando Siqueiros (UCSCruz)	31:24
20 Brian Pettingill (Stanford)	31:25
21 Rick Rose (UCLA)	31:27
22 Ron Roberts (UCLA)	31:27
23 Ryan Stoll (Stanford)	31:27
24 Gary Gonzales (CS Fresno)	31:29
25 Mike McCollum (UC Berk.)	31:34
26 German Arvanda (NV-Las Vegas)	31:28
27 Jay Woods (BYU)	31:44
28 Francis Clark (BYU)	31:45
29 Melvin Thompson (NV-LV)	31:45
30 Jose Vega (San Diego St)	31:46

Team Scores: 1. UCLA 46, 2. BYU 102, 3. Stanford 127, 4. CP-Pomona 154, 5. Cal-Berkeley 159, 6. UC Riverside 207, 7. CS Sacramento 218, 8. UC Irvine 228, 9. Fresno State 268, 10. Cal State Long Beach 271, 11. Cal Poly SLO 329, 12. San Diego State 329.

Cal Poly Invitational

From Shari Ewing

October 16. San Luis Obispo.

Women	
1 Amy Harper (SLO)	16:45.4
2 Carol Gleason (SLO)	17:19.3
3 April Powers (STC)	17:22.2
4 Mary Ann Scannell (CSUS)	17:25.1
5 Marilyn Nichols (SLO)	17:28.4
6 Suzanne Richter (UCB)	17:27.2
7 Inga Thompson (SLO)	17:30.0
8 Nena Manriquez (CSUN)	17:31.9
9 Lori Lopez (SLO)	17:33.9
10 Jenny Dunn (SLO)	17:38.1
11 Sheila Ralston (Unatt.)	17:41.2
12 Mary Gaffield (UCB)	17:43.7
13 Louise Romo (UCB)	17:46.5
14 Melissa Martel (UCSB)	17:49.9
15 Mary Hanlow (UCB)	17:57.7
16 Laura Starnett (UCB)	17:59.9
17 Jeanette Ailred (CSUN)	18:05.0
18 Robyn Dubach (SLO)	18:08.4
19 Jenny Jameson (SLOT)	18:13.6
20 Carol Keller (CSUN)	18:20.0
21 Jayne Balsiger (UCSB)	18:21.0
22 Tracy Schofield (CSUN)	18:23.8
23 Shari McCarroll (SLOT)	18:23.8
24 Laurie Hollingworth (UCB)	18:26
25 Val Eberly (CSUN)	18:32
26 Maria King (UCB)	18:33
27 Claudia Morlang (SLOT)	18:36
28 Colleen Spadoni (CSUN)	18:37
29 JoAnn Haward (CPP)	18:38
30 Kris Katterhagen (SLOT)	18:46

Team Scores: 1. Cal Poly 21, 2. Cal Berkeley 53, 3. Northridge 83, 4. SLO TC

Fine Flicks by Don Gooney



Matt Blaty

Fine Flicks by Don Gooney



Amy Harper

128, 5. UCSB 131, 6. Sac St 156, 7. SLO TC "B" 157, 8. Cal Poly Pomona 189.

Men

1 Ivan Huff (MT)	29:05.1
2 Eddie Fuel (SLDC)	29:41.3

3 Hector Perez (CP 'A')	29:43.1
4 Pete Sweeney (AG)	29:47.3
5 Doug Avritt (MT)	29:49.4
6 Carmelo Rios (CP 'A')	29:56.6
7 Ernie Reith	29:56.9

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T&F Clinic

CLINIC: 1983 San Joaquin Valley Coach of the Year Track and Field Clinic.

DATE: Saturday, January 8, 1983.

PLACE: Fresno State University.

TIME: 8:00 a.m. - 6:00 p.m.

FEATURE: '83 Coach of Year Banquet.

ELEMENTARY SCHOOL TEACHERS SECTIONS:
Learn by doing sessions for the beginning coach.

CLINICIANS: Tom Pagani, head coach for the West at the 1982 National Sports Festival. Jim Santos, 1980 United States Olympic Jump Coach. Joe Newton, York High School, Elmhurst, Illinois. America's most successful high school distance coach. John Orogren, Yuba College, well known speaker and hurdle technician at U.S. Olympic Development Camps.

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Bob Fraley, Athletic Dept.
Fresno State University
Fresno, California 93740
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8 Manny Bautista (MT)	29:59.8	8 Chris Brenneman(UC Riv. A)	25:49
9 Joe Fabris (MT)	30:01	7 Mike Carlton(UC Irvine)	25:51
10 Scott Mayfield (SLDC)	30:01.5	8 Steve Dietch(UC River. A)	25:52
11 Kevin Broady (CP 'A')	30:04	9 Mike Parker(CSULB-A)	25:52
12 Jim Teifflett (UN)	30:06.9	10 Victor Shelton(CSULA-A)	25:56
13 Joey Gomez	30:14.9	11 Issiah Henry(UNLV)	25:57
14 Terry Gibson (MT)	30:15.2	12 German Aranda(UNLV)	25:58
15 Mike Lansdon (CP 'A')	30:19.3	13 Steve Strehlow(UC Riv.)	25:59
16 Fool Naggle	30:23.6	14 Michael Scannell(Arizona St)	26:03
17 John Rembao (SLOT)	30:26.3	15 Rick Csintalan(CSULB-A)	26:04
18 Steve Cubillas (CP 'A')	30:41.0	16 Steve Johnson(UC Riv. B)	26:05
19 Steve Strangio (CP 'A')	30:47.3	17 Rich Grohmann(CSULB-B)	26:06
20 Sal Lozano (CP 'A')	30:59.3	18 Rob Satterwhite(UC Irvine A)	26:11
21 Scott Ingrahm (UCSB)	31:04.9	19 Mike Phillips(CSULB-A)	26:13
22 Mike Trujillo (CSN)	31:05.2	20 Mike Fassi(San Diego St)	26:16
23 Ken Ellingboe (SLOT)	31:07.7	21 Dan Arsenaute(CSULB-A)	26:19
24 Julio Soto (SLOT)	31:10.9	22 Rob Styler(CSULB-B)	26:26
25 Bob O'Brien (SLDC)	31:13.7	23 Jerry Alcorn(CSULB-A)	26:29
26 Joe Green (MT)	31:30.6	24 Tony Wells(CP Pomona)	26:32
27 Roman DeSoto (SLOT)	31:35.6	25 Lee Spence(UC Riverside)	26:35
28 Tim Silva (UCSB)	31:44.4	Team Scores: 1. UC Riverside A 33, 2. Long Beach State A 87, 3. Arizona State U. 115, 4. Long Beach State B 143, 5. UC Irvine A 151, 6. San Diego State 157, 7. U.S. International 165, 8. CSU Los Angeles A 172, 9. Nevada-Las Vegas 180, 10. Cal Poly Pomona 195, 11. UC Riverside B 221, 12. U. of San Diego 301. CSULA B Non Scoring.	
29 Dave Lauier (UCSB)	31:43.6	Men's Division II-5 miles	
30 Steve Sherman (CSN)	31:44.5	1 Jeff Olson(CSUDH)	25:33
Team Scores: 1. Miller Time 35, 2. Cal Poly "A" 49, 3. Aggies 88, 4. CPTC 112, 5. SLDC 112, 6. UCSB 139, 7. CS North 160.		2 Paul Croft(Westmont C.)	25:37
		3 Tomas Anderson(PL Loma C.)	25:41
		4 Kurt Cook(Westmont C.)	25:49
		5 Jim Peltis(Occidental)	25:52
		6 Marc Ziblati(Occid.)	26:00
		7 Brian Kleinsasser(PL Loma)	26:15
		8 Frank Selvaggio(PL Loma)	26:17
		9 Dave Maxwell(Cal Luth.)	26:21
		10 Dave Moore(U. of Redlands)	26:23
		11 Brian Barton(UC San Diego)	26:25
		12 Tom Carlton(Loyola Mary.)	26:27
		13 David DeLong(Pt. Loma)	26:27
		14 Robert Scott(Westmont)	26:30
		15 Brian Hamilton(Azusa-Pac)	26:31
		16 Mark Smith(Azusa-Pac)	26:31
		17 Chris Thomas(UC San Diego)	26:36
		18 Tim Wallen(Westmont)	26:37
		19 Frank Riley(Azusa-Pac)	26:44
		20 John Hendrix(Biola U)	26:44
		21 Ted Cotti(Loyola)	26:47
		22 Mitch Clark(Biola U)	26:50
		23 Brian Butterfield(Occid)	26:52
		24 Jeff Monicall(CSU Full.)	26:53
		25 Neal Ridge(UC San Diego)	26:54
		Team Scores: 1. Point Loma College 68, 2. Westmont College 81, 3. Azusa-Pacific U. 98, 4. Occidental College 103, 5. UC San Diego 126, 6. CSU Dominguez Hills 150, 7. Biola U. 203, 8. Loyola Marymount 210, 9. Cal Tech 243, 10. CSU Fullerton 246, 11. Cal Lutheran College 274, 12. St. Mary's U. 284, 13. Whittier College 325, 14. Cal State Bakersfield 359, 15. Pepperdine University 378. Univ. of Redlands-Non Scoring.	

Mills College Women's Invitational

From Sandra Bean

October 16. At Oakland. 5K.

1 Denise Bigelow(Hayward)	18:49
2 Carole Stothers(Hayward)	19:03
3 Laura Sanchez(Chico)	19:04
4 Michele Loveday(Davis)	19:11
5 Ana Pappas(Davis)	19:12
6 Lisa Wolfe(Davis)tie	19:12
7 Michele Phipps(Hayward)	19:19
8 Chris Manning(Hayward)	19:27
9 Kathy Beals(Davis)	19:48
10 Jill Perry(Davis)	19:52
Team Scores: 1. Davis 34, 2. Hayward 44, 3. Chico 71, 4. Mills 97, 5. USF 118.	

Biola Invitational

From Steve Schwepker

October 16. La Mirada Regional Park.
Women—3 miles

1 Laura Koterba-Buss(CSULB-A)	18:10
2 Carol Karamitsois(Occidental)	18:27
3 Myrna Nearing(UNLV)	18:34
4 Andi Pernell(St. Mary's)	18:35
5 Jeanne Murphy(USIU)	18:38
6 Kim Stempien(UCSD)	18:43
7 Cathi Isham(Occidental)	18:46
8 Kim Vollmer(UC Irvine)	18:49
9 Kelly Ringer(UC Irvine)	18:57
10 Maureen Corrigan(Loyola)	19:00
11 Denise Lopez(Occidental)	19:02
12 Liz Garman(Azusa-Pac)	19:03
13 Natalie Fernandez(USIU)	19:04
14 Lisa Gonzales(UC Irvine)	19:07
15 Helen Arzu(UC Riverside)	19:10
16 Jerri Baker(Occidental)	19:11
17 Kathy McMillion(Westmont)	19:12
18 Carol Lowe(UC Riverside)	19:13
19 Cathy Casserly(UC Irvine)	19:18
20 Vicki Kelly(UC Irvine)	19:20
21 Rosanna McIntyre(Occid.)	19:26
22 Christine Cordero(UC Riv.)	19:28
23 Dianne Fairman(CSULB-A)	19:36
24 Susan Ball(USIU)	19:38
25 Cindy Herzog(UC Irvine)	19:47
Team Scores: 1. Occidental College 51, 2. UC Irvine 62, 3. Long Beach State "A" 124, 4. UC Riverside 155, 5. (tie) Nevada-Las Vegas 155, 6. UC San Diego 170, 7. Westmont College 233, 8. Loyola Marymount 239, 9. CSU Los Angeles 245, 10. Azusa-Pac U. 269, 11. CSU Fullerton 285, 12. St. Mary's U. 294, 13. (tie) Point Loma College 294, 14. U. of Redlands 300, 15. Long Beach State "B" 321, 16. CSU Dominguez Hills 363, 17. Cal Lutheran College 404, 18. Whittier College 462.	
Men's Division I-5 miles	
1 Frank Assumma(UC Riverside A)	25:20
2 Tim Varley(USIU)	25:31
3 Gilbert Cortez(CSULA-A)	25:32
4 Chuck Schwarz(Arizona St)	25:40
5 Ray Cook(UC Riverside A)	25:42

Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in your address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

Long Distance Log

SoCal Notes




By Richard Lee Slotkin

NOTE: Please send newsy information and "tidbits" for the SoCal area (Bakersfield/San Luis Obispo southward) directly to—Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

WHY-COACHES-GET-OLD-DEPARTMENT: Scott Chisam tells this one about his training camp at Yosemite last August. The second day of camp, freshman Vickie Cook sprained her ankle very badly. So badly, that she had to wear a cast for three days. The day after the cast came off, Cook was supposed to go for an easy 2 mile run on paved roads. The ankle felt OK, so Chisam told her to walk around the rest of the day. That evening, no sign of Cook. Finally, she shows up. Where was she? Well, she felt OK so she went for a little "hike". A 17 MILE hike out to Half Dome and back, where the terrain gets so rugged, you have to climb up on ropes. Seems she got a bit bored not running for three days. One little slip on that ankle and she'd have lost her first UCLA cross country season.




Another gray hair for the coach.

Miki Gorman ran unregistered at Peacock 10K. Really out of shape from not having run in a long time, she said she wanted to quit at four miles. She managed to finish in a little over 42 minutes and was very unhappy with her effort. Another thing she is unhappy with is the recent movie based upon her life. Mostly, she felt that it just didn't show things as they really were. Well, that's show biz, as they say. Probably, the only thing they got right was her name.

NOTECARDS & POSTERS

- **FOLDED NOTECARDS** (4 1/4" x 5 1/2"), 15 DESIGNS, BLACK & WHITE, PKGS. OF 12, INCL. ENVELOPES, ONE DESIGN PER PKG. - PERFECT FOR LETTERS, BIRTHDAY & HOLIDAY CARDS. \$4.25 POSTPAID.
- **POSTERS** (11" x 15"), PERFECT AS GIFTS. \$2.25 PPD.
- **RACE DIRECTORS:** WHOLESALE RATES & CUSTOM WORK ON LOGOS, CERTIFICATES, T-SHIRTS, & SPECIAL AWARDS.
- **FREE BROCHURE, WRITE:** HERB PARSONS
Box 501 C
NORTH HAVEN
ME 04853

P.R.'s

Jaime Barnes (SCRR) Las Vegas Invt. 1.5 mile	11:18
Jaime Barnes (SCRR) Blue Angels X-C Invt. 2371 meters	10:33
Joe Barrow, Sr (PFF) Marineland 10K	41:05
Rene Biggers (SCRR) Blue Angels X-C Invt. 2371 meters	10:26
Richard Binns (PFF) Hawthorne 10K	40:39
Leslie Buchan (PFF) Carl's 50 Mile Birthday Run	10:42
Steve Calderon (PFF) Marineland 10K	40:34
Pam Carlone (SCRR) Blue Angels X-C Invt. 2371 meters	11:01
Molra Casey (Impala) Hook and Ladder 10K	39:08
Suzanne Castruita (SCRR) Blue Angels X-C Invt. 2371 meters	9:39
Amber Chavez (SCRR) Blue Angels X-C Invt. 2371 meters	9:25
Linda Christ (Impala) Cable Car 10K Run	39:48
Jay Claxton (SCRR) JHS X-C 2M	14:18
Tom Croyle (SMT) Bellflower/SPA-TAC 10K	37:43
Anair Davidson (PFF) Carl's 50 Mile Birthday Run	9:11
Frank DeLucia (PFF) Cypress 10K	41:07
Don Doering (VPHS) Villa Park vs. Orange vs. Tustin 3m X-C	15:25
Laura Doering (SCRR) Las Vegas Invt. 1.5 mile	10:37
Laura Doering (SCRR) JHS X-C 2m (course record)	12:33
Laura Doering (SCRR) Blue Angels X-C Invt. 2371 meters	9:45
Pat Engleth (Tamalpa Runners) Crimestoppers 15k (El Paso)	53:45.5
Bobby Gallagher (SCRR) JHS X-C 2m	13:01
Kevin Green (VPHS) Villa Park vs. Orange vs. Tustin 3m X-C	15:02
Ruben Haro (SMT) Jon Douglas 10K	31:19
Greg Hauser (Santa Monica HS) Manhattan Beach 10K	33:18
Deanna Jacobs (SCRR) Blue Angels X-C Invt. 2371 meters	11:40
Carl Kanouse (PFF) Carl's 50 Mile Birthday Run	11:29
Carl Kanouse (PFF) El Dorado Park 10K	45:10
Craig Kanouse (PFF) El Dorado Park 10K	43:15
Keith Kanouse (PFF) El Dorado Park 10K	40:25
Ken Kanouse (PFF) El Dorado Park 10K	42:59
Judy Kewley (Calif. Condors) San Pedro Half-Marathon (1st 35-39, Age 38 AR)	83:57
Amy King (SCRR) Las Vegas Invt. 1.5 mile	11:48
Amy King (SCRR) Belmont Shores 10K	46:25
Amy King (SCRR) Blue Angels X-C Invt. 2371 meters	10:58
Kathy Kusner, Mercury 10K	44:02
Thom Lacle (PFF) Carl's 50 Mile Birthday Run (1st place)	7:57
Tami Lawler (SCRR) Las Vegas Invt. 1.5 mile	10:39
Tami Lawler (SCRR) Blue Angels X-C Invt. 2371 meters	9:48
David Longyear (SCRR) Cerro Villa JHS X-C 2m	11:17
Karen Longyear (SCRR) Blue Angels X-C Invt. 2371 meters	10:26
Toni Lopez (SCRR) Las Vegas Invt. 1.5 mile (1st 10-11)	10:11
Toni Lopez (SCRR) Blue Angels X-C Invt. 2371 meters	9:22
Shirley Matson (SDTC) Crimestoppers 15K (El Paso) 1st woman master	57:17
Harolene McClean (JOVI) Mercury 10K	39:54
Ken McFadden (El Toro HS) Dana Hills Invt. 3m	16:22
Irwin Merlein (SMT) Jon Douglas 10K	33:41
Bill Meyers, Cerro Villa JHS X-C 2m (course record)	11:01
Kerry Millegan (SCRR) Sweat Don't Frat 5K	22:07
Paula Moreno (SCRR) Las Vegas Invt. 1.5m (2nd 9 & under)	12:07
Paula Moreno (SCRR) Blue Angels X-C Invt. 2371 meters	10:47
Hillary Naylor (Impala) Presidio 10 Mile	83:39
Hillary Naylor (Impala) Nike Marathon	2:58:4
Art Nuno (PFF) El Dorado Park 10K	32:2
David Parker (VPHS) Villa Park HS vs. Orange vs. Tustin 3m X-C	15:1
Mike Parker (CSULB) UCLA Invt. X-C	20:3
Anita Rawlinson, Walnut Festival 10K	40:5
Dave Rawlinson, Walnut Festival 10K	48:3
Todd Robinson, Sri Chinmoy 10K	34:3
Christa Romppanen (Calif Condors) Hansen Dam 10 Mile	64:0
Christa Romppanen (Calif Condors) Semana Nautica 15K	60:1
Christa Romppanen (Calif Condors) SPA-TAC 25K Championships	1:43:3
Christa Romppanen (Calif Condors) SPA-TAC 8K Championship	30:4
Joanna Sepulveda (SCRR) Las Vegas Invt. 1.5 mile	12:43
Marianne Sepulveda (SCRR) Blue Angels X-C Invt. 2371 meters	9:4
Marianne Sepulveda (SCRR) Las Vegas Invt. 1.5 mile (1st 9 & under)	10:5
Naomi Sepulveda (SCRR) Las Vegas Invt. 1.5 mile (1st age 8/1st race)	*23:5
Michele Soderberg, Mercury 10K	37:2
Fernando Vasquez, Marineland 10K	32:3
Sandy Vernon (Impala) Pike's Peak (ascant only) age 44	3:47:1
Garry Willworth (PFF) Carl's 50 Mile Birthday Run	9:5
Tom Wysocki (Sub-4) Mercury 10K (1st place)	28:4

* First time at distance

FIELD EVENTS

Steve Colvin (Skyline Coll) Weight City Invt./Discus	167
John Garvey (Skyline Coll) Weight City Invt./Discus 2nd place-U.S. 1982 JC best	184
Gary Kelmenson, Weight City Invt./Discus	123
Jim Lothrop (Weight City) Weight City Invt./SP 2nd	51
Bill Shissler (Weight City) Weight City Invt./Discus	126
Rick Weyera (Foothill Coll) Weight City Invt./Discus	171

Results

Orange County 24 Hour Relay

By RICHARD LEE SLOTKIN

August 6 & 7, Orange.

A pair of ultramarathoners, Don Pycior and Mike Sayward, put together an unusual, but interesting endurance event—a 24 hour relay.

They managed to pull in 10 teams plus two solos. The solos were Pycior and Sayward. This is getting better already.

Each team consisted of 10 members and could be co-ed provided they had a 5 and 5 split of the sexes. And, to make it even more interesting, if a runner dropped out, it was OK to come back if and when he recovered.

So, here's how it went. Runners for each team wore numbers from 1 to 10 and had to run in that order. Each ran 4 laps around the Fred Kelly Stadium quarter mile track carrying a baton and passing it on to the next runner.

The idea is to keep as many runners as possible in operating condition, so those waiting their turn can get the most rest. It probably helps to be in with a bunch of slowpokes too, but the drawback to that is that you don't stand to pick up much in the way of awards.

Now, us old folks (over 30 or so), like to think of the ultra-distances being out of the realm of the youngsters, and generally it's true. But in this one, youth was served.

Helped itself would be more appropriate.

A bunch of kids from Fountain Valley High School won the whole thing by logging just a tic under 240 miles. It wasn't handed to them, though. Another group of high schoolers, this one from Paramount, took the lead in the first hour and held it for 15 hours. They built up, eked would be a better way to put it, a quarter mile lead on Fountain Valley and they had an 8 mile lead on yet another high school crew, Canyon.

But Paramount was losing manpower. Injuries had taken out 3 of them by 15 hours, and with 30% of the crew now on workman's comp, the rest weren't getting much rest in between runs.

So inevitably they began to lose ground. Fountain Valley got the lead and by hour 20, had moved ahead by 2 miles. At that point, their position was assured if they could keep even half the troops alive. It turned out that they didn't lose anyone. Not a single dropout.

Meanwhile, Canyon had gained 3 miles on Paramount, but they were still 5 back, so they weren't likely to do much. Actually, they picked up almost 3 more miles before it was over, finishing only 2 miles back.

But, wouldn't you know, yet another high school slipped in there, this one from Tustin. For the boys from Paramount, it must have been a special burn because Tustin fielded a co-ed team. But, what a team! Four of the five girls averaged 6:30 or better per mile. One of them, Cathy Casserty, averaged 6:10 a mile. The boys averaged well under 6 minutes except for Rick McElwain, who averaged 6:02. But he was one of their two coaches, so no one could say anything.

Canyon's girls team, the Starlettes, did very well completing just under 186 miles. Not only that, they did it with only 9 runners. So, from the first mile on they were all putting in overtime. They felt it too, especially between the 12th and 18th miles. But, they held up in what was the first ultra for any of them.

The Central Park Flashers, despite the bravado of their name, are a bunch of

masters. Co-ed masters, at that. They were 6th overall with 192.7 miles, and the second co-ed team. Their big achievement is that no one dropped out. Unlike a solo ultra, in a relay each runner is pushing while he's out there, so the risk of injury is always there. Add to that the fact that it was pretty warm at times during the daylight hours and you have to hand it to any team that survives intact.

Of course, the survivors of a team that lost people rate even more appreciation because of the extra load. Then, of course, there were the solos, Pycior and Sayward. Between coaching and directing the race, these two ultramarathoners managed to get in 50 and 40 miles respectively. Sayward was second solo finisher and Pycior was next to last. Being as there were only the two of them, that gave Pycior first place solo.

This type of event seems as though it could become quite popular if people would give it a chance. It's not as demanding as a solo ultra because no one person is running an ultra distance, and, despite the length of time of the event, there is enough recovery time for anyone who doesn't get injured to at least complete his leg at something near respectable speed.

And the possibilities are unlimited. It doesn't have to be 24 hours. Twelve, eight, even six could make for a great competition. The shorter the duration, the faster the average speed. I hope we see more of these.

RESULTS:

1 Fountain Valley	239 3/4 m 985'
2 Team Tustin (1st co-ed)	233 1/2 m 494'
3 Paramount Striders	223 3/4 m 452'
4 Canyon	226 1/2 m 992'
5 What the Hell! Why Not?	208 m 336'
6 Central Park Flashers	192 1/2 m 361'
7 Canyon Starlettes(1-HS G)	185 3/4 m 195'

America's Finest City 1/2 Marathon

From END OF THE LINE

August 22, San Diego.

Top Ten Men

1 Domingo Tibaduiza	63:46
2 Mike Layman	63:48
3 Ed Mendoza	63:58
4 Odis Sanders	64:08
5 Dennis Rinde	64:12
6 Mike Pinocci	64:31
7 Stan Mavis	65:06
8 Antonio Villeneuve	65:20
9 Gabriel Kamau	65:29
10 David Babiracki	65:34

Top Ten Women

1 Laura Dewald	76:55
2 Beth Milewski	77:56
3 Sue Smith	78:35
4 Melinda Ireland	79:23
5 Marilyn Matthews	79:43
6 Debra Chaddock	79:53
7 Liz Baker	81:17
8 Lorrie Dierborff	82:55
9 Diane Riley	83:33
10 Angela Tibaduiza	83:55

Divisions

Men 12 & Under: 1. Eric Billmeyer 86:53
13-17: 1. Chris Courter 73:32. **30-34:** 1. Domingo Tibaduiza 63:46, 2. David Babiracki 65:34, 3. Ken Misner 66:26.
35-39: 1. Daniel Murray 69:40, 2. Ricardo Martinez 71:50, 3. Gary Novak 74:08, 4. Michael King 74:48. **40-49:** 1. Antonio Villeneuve 65:20, 2. Mike Manley 66:30, 3. Bill Foulk 73:45, 4. Fred Kiddy 75:35.
50-59: 1. Homer Rhoads 81:46, 2. Ken Oliver 85:57, 3. Joe Stowers 86:53. **60 plus:** 1. Ralph Freeman 92:05, 2. Wayne Zook 93:48.

Women 12 & Under: 1. Tammy Kniffing

photo by Mitchell Media



Domingo Tibaduiza

99:18 13-17: 1. Tammy Braze 91:23. Open:

1. Laura Dewald 76:55, 2. Beth Milewski 77:56, 3. Sue Smith 78:35, 4. Marilyn Matthews 79:43. **30-34:** 1. Melinda Ireland 79:23, 2. Ann Marie Igoo 85:28. **35-39:** 1. Judy Kowley 88:43, 2. Gloria Peschel 93:58. **40-49:** 1. Shirley Matoon 84:32, 2. Sandra Kiddy 87:03. **50-59:** 1. Anne Johnson 94:40, 2. Helen Palmer 107:41. **60 Plus:** 1. Gerry Davidson 113:48.

18 Margaret Barrett (San Fran)	38:49
19 Amanda Goldner (Pleasant)	38:56
20 Marleen Haverly (San Luis Ob.)	39:37
21 Cathie Chavez (Alamo)	40:14
22 Patr. Whitinglow(1-40-49)Oakl	40:18
23 Joan Ulyot(2nd 40-49)San Fran	40:19
24 Unreg. Runner	40:37
25 Rtoridan (unknown)	40:47
26 Monya Lane (San Jose)	40:58
27 Unreg. Runner	41:03
28 Anita Johnson (Alameda)	41:05
29 Unreg. Runner	41:17
30 Unreg. Runner	41:32
31 Jennifer McPeck(Lond.,Ont.)	42:11
32 Gall Rodd (San Fran)	42:15
33 Becki Vanzant (Sunnyvale)	42:26
34 Wanda Bailey (Fairfield)	42:30
35 Carol Tefft (San Jose)	42:35
36 Deborah Norton (San Mateo)	42:45
37 Kim Purcell (Alameda)	42:45
38 Tina Fink (Alameda)	42:46
39 Marie Schupbach (Alameda)	42:46
40 Tammy Langan (San Jose)	42:52
41 Marcia Howes (Alameda)	43:01
42 Beverly Callaway(Mare Isl.)	43:24
43 Barbara Zolidan (Fremont)	43:29
44 Sharlet Gilbert (Richmond)	43:35
45 Susan Babcock (Fremont)	43:35
46 Gretchen Hill (Fremont)	43:37
47 Jessica Bagley (San Jose)	43:41
48 Carol Casparek (Unkn)	43:44
49 Cathy Garaventa (Menlo Pk)	43:47
50 Lori Hill (Fremont)	43:50
Top 60 Men	
1 Derrick May (Reno,NV)	29:22
2 John Moreno (Pacifica)	29:32

Alameda Run For The Parks 10K

August 22, Alameda.

Top 50 Women

1 Rosa Gutierrez San Fran	34:37
2 Dominica Levng (1-30-39)Pleasant	43:01
3 Patty Gray (Pleasanton)	35:37
4 Tena Harms (Mtn. View)	35:57
5 Kathy Way (Alameda)	36:23
6 Carol Gleason (San Jose)	36:44
7 Luanne Park (Chico)	37:03
8 Jolie Houston (Fresno)	37:05
9 Kellie Smith(1-13-U)Alameda	37:29
10 Jane Sowersby (San Fran)	37:31
11 Kristan Martin (Unkn)	38:01
12 Diane Killeen (Santa Barb)	38:13
13 Joann Dahlkoetter(Unkn)	38:23
14 Sue Brusher (Oakland)	38:23
15 Sharon Evans (Redwood Cty)	38:30
16 Karen Lanterman(2-30-39)Hills.	38:36
17 Bridget Goodwin (Hills.)	38:44

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name _____

Event _____

Mark _____ Club/School _____

Check if first time

Results

3	L. Patterson(Santa Cruz)	1:30-39	29:3
4	Joe Fabris (San Jose)		30:05
5	Bob Deis (Fair Oaks)		30:11
6	Michael Bordell (San Fran)		30:13
7	Michael Cassaday(Okld)	2:30-39	30:18
8	Denis O'Halloran(LsAlts)	3:30-39	30:23
9	Peter Sweeney (SLO)		30:25
10	Robert Anex (Davis)		30:31
11	Don Paul (San Fran)		30:38
12	Bill Gail (La Alts)		30:42
13	Peanut Harms(Mount. View)		30:42
14	Roy Hoglund (Vacaville)		30:48
15	John Embody (Oakland)		30:52
16	Dan Anderson (Castro Vly)		30:56
17	Pedro Reyes (Sacramento)		31:01
18	Richard Langford (Carmich)		31:09
19	Lynn Mentzer (Reno, NV)		31:13
20	T. Tyme (Palo Alto)		31:15
21	Rusty Knowles (Vacaville)		31:22
22	Eric Williams (Oakland)		31:32
23	Bill Sevald (San Fran)		31:36
24	Gregg Szanio (Saratoga)		31:42
25	Vern Sallaz (San Leandro)		31:48
26	Mark Piccillo (Berkeley)		31:49
27	William Seaver (Byron)		31:51
28	John Morse (Walnt Crk)		31:52
29	Tom Laythe (Alameda)		31:58
30	Toni Ruggie (Chico)		31:59
31	Ed Bomber (Santa Rosa)		32:03
32	Derek McIver (Reno, NV)		32:03
33	Marc Genat (Saratoga)		32:11
34	Unreg. Runner		32:12
35	Lester Mina (Alameda)		32:17
36	Donohue Daniel (Davis)		32:22
37	Gregg Jewett (Berkeley)		32:23
38	Mark Graves (Castro Vly)		32:28
39	Mitchell Greenberg(Okind)		32:33
40	Bill Clark (Los Altos)		32:35
41	Tad Woliczko(Santa Cruz)		32:39
42	Roberto Gomez(Okld)	1-14-18	32:40
43	Chuck Nichols (Sacto)		32:41
44	Brian Griffiths (Moraga)		32:43
45	Scott Marcpmda (Atherton)		32:58
46	Mike Ernst (SLO)		32:58
47	Gerardo Congolino (Oakind)		33:02
48	Tim O'Halloran (Sunnyvale)		33:05
49	Unreg. Runner		33:06
50	Dwight Hendrix (Unknwn)		33:20
51	Mike Wheeler (Oakland)		33:21
52	Harvey Franklin (Oakland)		33:23
53	Tim Roastge (San Jose)		33:24
54	Tim Davila (Livermore)		33:31
55	Jake White (San Jose)		33:31

56	Raymond Sisson (Hayward)		33:33
57	Mark Proteau (Napa)		33:35
58	Allan Stanbridge (Unknwn)		33:35
59	Thomas Bennett (San Fran)		33:38
60	David Kadish (San Fran)		33:42

Men's Division

13-U: 1. Robert Morris 41:14 (Moraga) 358th, 14-18: 1. Roberto Gomes 32:40 (Oakland) 42nd, 2. Scott Marcondia 32:56 (Atherton) 45th, 40-49: 1. Tom Laris 32:12 (Palo Alto) 34th, 2. Tim Roastge 33:24 (San Jose) 53rd, 3. Jake White 33:31 (San Jose) 55th, 4. Dan Alarid 34:12 (Elk Grove) 75th, 5. Robert Beyer 34:24 (Stanford) 80th.

50-59: 1. Robert Farrington 36:01 (San Jose) 126th, 2. Eugene Silver 36:02 (San Jose) 127th, 3. Jack Hodges 36:50 (Oakland) 151st, 60-Over: 1. Tom Edwards 42:29 (San Fran) 423rd, 2. John Gillkie 43:21 (Los Altos) 475th, 3. Tom McGee 43:21 (San Fran) 477th.

Women's Division

13-U: 1. Kellie Smith 37:29 (Alameda) 9th, 14-19: 1. Rosa Gutierrez 34:37 (San Jose) 1st, 2. Jennifer McPeak 42:11 (London, Ont.) 31st, 40-49: 1. Patricia Whitinglow 40:18 (Oakland) 22nd, 2. Joan Ulyot 40:19 (San Fran) 23rd, 3. Nora Smirga 44:05 (Berkeley) 54th, 4. Lois Kalmbach 44:33 (Glendale) 58th, 5. Lillian Woodward 44:35 (San Rafael) 59th, 50-59: 1. Sally Wolf 45:07 (Kensington) 65th, 2. Eileen Klatsky 46:48 (Orinda) 93rd, 3. Nancy Strout 63:02 (El Cerrito) 206th, 60-Over: 1. Ada Thomas 63:28 (San Fran) 485th, 2. Harriette Roberts 72:15 (Alameda) 574th, 3. Virginia Landyt 74:01 (Millbrae) 581st.

Where In The Hell Is Truckee? Race

August 29, Tahoe City, 18 miles.

1	Domingo Tibaduiza(Reno)	32	1:44
2	Miguel Tibaduiza (Reno)	24	1:44
3	Doug Avrit (Soda Spr)	23	1:44
4	Jerry Jobski (SLT)	38	1:47
5	Denis O'Halloran(Los Altos)	30	1:49
6	George Hernandez(Reno)	29	1:49
7	Rudy Monoz (Reno)	24	1:50
8	Jet Talco (Truckee)	35	1:51
9	Steven Dean (Sac)	32	1:52
10	Mike Porter (Palo Alto)	28	1:52
11	Michael Duncan(San Mateo)	32	1:53
12	Jeff Coudling(Livermore)	23	1:54
13	Steve Stangiz(Soda Spr)	22	1:56
14	Bruce LaBelle(Davis)	27	1:56
15	Peanut Harms (Mt. View)	31	1:56
16	Bob Wolfe (Tahoe City)	35	1:57
17	Butch Alexander(Sonoma)	29	1:57
18	Jim Lawson (San Fran)	29	1:58
19	Dave Blakely (Loomis)	32	2:00
20	David Gowen(Incline Vill)	36	2:01
21	Grae Van Hooser(Reno)	22	2:01
22	Paul Conrad (Loomis)		2:01
23	Abe Underwood (Sacram)	44	2:02
24	Jim Moyles (Redwood City)	31	2:02
25	Mott Estep (Tahoma)	25	2:02
48	Angela Tibaduiza(Reno)	1F 26	2:13
74	Amy Harper(Soda Spr)	2F 19	2:19
87	Rosalda Tibaduiza(Reno)	3F 19	2:23

American Cancer Society 10K Run

August 29, Santa Barbara.

1	Edward Callaway (20)	Goleta	32:09
2	Tom Phillips (26)	Carpinteria	32:52
3	Daniel Wojcik (26)	Goleta	33:05
4	Donald Faith (28)	Carpinteria	33:52
5	John Botke (39)	Sant. Barb.	33:55
6	Lamberto Esparza (15)	San. Barb.	34:30
7	Duncan Thomas (33)	S. B.	34:39
8	Dennis Odion (23)	Goleta	34:42
9	Steve Close (39)	Montecito	34:48
10	Michael Fassi (19)	West. Vill.	34:50
11	Dean Sylvies (21)	S. B.	34:51
12	Todd Robinson(25)	Lompoc	34:53
13	Larry Taylor (22)	Camarillo	34:58
14	Henry Tushar (27)	S. B.	34:59
15	John Brennan (46)	S. B.	35:39
16	Alex Tovar (23)	S. B.	35:49
17	Eric Carman (16)	S. B.	35:56
18	Kevin Young (25)	S. B.	35:57
19	Tom Thomson (35)	S. B.	36:09
20	Kemp Aaberg (42)	Goleta	36:11

21	Greg Edwards (28)	S. B.	36:23
22	Greg Schooley (15)	S. B.	36:25
23	Rick Halliborn (33)	S. B.	36:49
24	Hans VanKoppen (27)	Ventura	37:11
25	Elaine Campo (31F)	S. B.	37:15

Division:

Men 50-59: 1. Ray Gil (Lompoc) 40:40, 2. Owen Patmor (S.B.) 40:42, 3. Rudy McIntosh (S.B.) 43:39. Girls: 14/Under: 1. Vicki Schooley (S.B.) 49:04, 2. Jenny Richcreek (Hunt. Beach) 1:41:52, 15-18: 1. Michelle Anderson (Goleta) 43:35, 2. Stephanie Crang (S.B.) 45:27. Women: 19-34: 1. Elaine Campo (S.B.) 37:15, 2. Diane Killeen (S.B.) 38:17, 3. Lisa Nelson (S.B.) 42:02, 35-39: 1. Jane McClure (S.B.) 37:15, 2. Cherry Stockton (S.B.) 46:38, 3. Ann Perreault (Carpinteria) 51:57, 40-49: 1. Ginger Beebe (Summerland) 49:13, 2. Ruth Adams (Lompoc) 52:12, 3. Addie Greene (S.B.) 58:06, 50-59: 1. Patricia Frankus (S.B.) 53:46.

Valley Oasis 5K and 10K

August 28, Lancaster.

5K

1	Kevin Jacobs(W. Covina)	28	27:13
2	Joe Kender (Azusa)	27	27:17
3	Tony Whitmore(Lancaster)	26	27:26
4	Sammie Culver(Lancaster)	32	27:55
5	Gary Kuhn (S. B.)	19	28:34
6	Gary Miller (Lancaster)	25	29:01
7	John English (Arvin)	17	29:04
8	Scott Duvall(Lancaster)	28	29:08
9	Ernesto Leal (Lamont)	16	29:40
10	Eddie Salcedo(Lamont)	16	29:49
11	Frank Ogawa(Palmdale)	16	29:56
12	Ken Hamrick (Lancaster)	45	30:06
22	Elizabeth Sundberg(Lanc)	28	34:16
29	Joan DeBever(Whittier)	23	36:02
31	Margaret Hernandez(Lanc)	16	36:54
32	Becky Killo(Palmdale)	38	37:13
35	Bob Arneson (Ca. City)	55	38:22
39	Paul Hassan (Lancaster)	51	42:51

10K

1	Mark LaPlant (Palmdale)	17	16:31
2	Jim Powell(Lancaster)	22	16:37
3	Gary Dehlinger(Palmdale)	16	17:29
4	Rick Crowder (Lancaster)	19	17:37
5	Steve Holloway(Palmdale)	15	18:02
6	Chuck Martin(Lancaster)	29	18:07
7	Casey Jones (Palmdale)	24	18:21
8	Barry Anderson(Quartz Hill)	16	18:24
9	Shawn Elmore(Rosamond)	16	18:33
10	Joaquin Moreno (G.H.)	13	18:38
15	Jim Munson(Lancaster)	43	19:37
16	Marv Powers(Lancaster)	53	19:40
20	Jim Talley (Lancaster)	61	20:37
27	Sylvia Aceves(Lancaster)	33F	21:39
34	Carla Hunter (Boron)	19F	22:27
42	Karen Weibacher(Lanc)	32F	23:17
43	Julie Puskas(Boron)	18F	23:35

Labor Day Buddy Run

September 8, Winters Community Park, Davis, 10.6 miles.

1	Rick Edson		1:02:41
	Dan Donoghue		
2	Linda Somers		1:05:38
	Robert Govl		
3	Fred Crowe		1:08:56
	Ron Vogel		
4	Eric Ianacone		1:08:56
	Ed Zerambo		
5	Paul Moering		1:09:17
	Bart Simmons		
6	Karey Robinson		1:10:30
	Tony Chan		
7	Richard Ortiz		1:10:41
	Dolores Morazzini		
8	Garry Smith		1:11:10
	Craig Ottersen		
9	Ed Schelegle		1:11:10
	Karen Scheiegle		
10	Heb Hernandez		1:11:43
	Jesse Ortiz		

Average-Joe Biathlon

September 6, Auburn, 6.4 mile run/1/8 mile swim/8.2 mile bike.

1	Mark Edwards		61:45
	Dave Ferguson		
2	Paul Sechrist		63:58
	Brian Hubbard		67:45
	Tom Ryan		67:55
	Dan Bernadett		67:55
5	Reinhard Seyfferite		67:56
	Matt Scribner		67:57
7	Ron Mellor		68:18
	Kevin Cimini		68:36
9	David Hanley		69:32
10	Rod Kinder		70:13
11	Richard Fergen		70:40
12	Gary Gilbert		70:49
13	Aaron Smith		71:45
14	Tom Hubbard		71:57
15	Douglas Baer		71:58

Barstow to Calico

5K

1	Mark Castro(Riverside)	1/18&u	1:46:17
2	Vernon Morris(Daggett)	1/19-34	1:48:01
3	Efrain Gonzalez(Torr.)	1/35-39	1:49:03
4	Daniel Contreras(Riverside)		1:52:42
5	Michael Schutzen(Fontana)		1:53:12
6	Jeffrey Moreno(Riverside)		1:54:10
7	J.R. Barela(Barstow)	1/40-49	1:57:35
8	Robert Williams(Barstow)		1:59:04
9	Phillip Weiny(Upland)		1:59:33
10	Joaquin Granado(Colton)		2:00:03
11	Jack Resh(Orange)	1/50-59	2:00:03
12	Brian Stansauk(Reseda)		2:00:41
13	Chris Pagdilaoc(Barstow)		2:02:00
14	Larry Meyers(Ridgecrest)		2:02:34
15	Richard Aguilar(FLrwin)		2:02:40
31	Denise Bedford(Riverside)	1/F	2:11:57
47	Mary Kilpatrick(Ridge)	1/30-39	2:23:32
57	Mary Storey(Riverside)	1/50&o	2:31:32

1982 Harvest Fair 10K Run

Women

14-Under: 1. Kristie McCall (Santa Rosa) 45:10, 2. Memi Robles (Sebastopol) 51:25, 3. Jan Alsbrook (Santa Rosa) 52:40, 15-20: 1. Jennifer Bocca (Sebastopol) 38:36, 2. Kim Reinking (Santa Rosa) 39:58, 3. Sherri Minkler (Sebastopol) 40:49, 21-29: 1. Anne Burr (Santa Rosa) 38:09, 2. Merry Humphreys (Santa Rosa) 38:52, 3. Annette Shearer (Rohnert Park) 42:35, 30-34: 1. Marcia Edwards (Mill Valley) 43:12, 2. Sue Pettit (Santa Rosa) 44:02, 3. Candace Brehmer (Santa Rosa) 44:22, 35-39: 1. Kathy Faherty (Santa Rosa) 43:29, 2. Nancy Morris (Bayside) 45:14, 3. Suzanne Elliot (Tiburon) 46:37, 40-49: 1. Karen Eberhardt (Sebastopol) 41:26, 2. Carmel Gordon (Santa Rosa) 44:40, 3. Jan Adams (Santa Rosa) 45:05, 50+: 1. Angela Chadwick (Petaluma) 52:42, 2. Jackie Leach (Sebastopol) 55:09, 3. Doris Rogers (Santa Rosa) 58:40.

Men

14-Under: 1. Jethro Greenbaum (Santa Rosa) 41:09, 2. David Feniger (Cotati) 42:22, 3. Scott Wilson (Santa Rosa) 42:32, 15-20: 1. Mark Glisson (Pacifica) 34:42, 2. Peter Vincent (Santa Rosa) 36:10, 3. Jamie Alfieri (Santa Rosa) 36:24, 21-29: 1. Mike Pinocci (New Course Record), 2. Butch Alexander (Sonoma) 32:17, 3. Dan McCullough (Sonoma) 33:35, 30-34: 1. Terry Pintane (Santa Rosa) 33:45, 2. Harman fountain (San Diego) 34:13, 3. Glen McCarthy (Santa Rosa) 34:24, 35-39: 1. Mike McGuire (Santa Rosa) 34:27, 2. Dennis Dorla (Santa Rosa) 35:43, 3. Licari Giovanni (Vacaville) 35:50, 40-49: 1. Jim Bowers (Santa Rosa) 32:57, 2. Darryl Beardall (Santa Rosa) 34:04, 3. Dan Preston (Santa Rosa) 34:32, 50+: 1. Mort Gray (Santa Rosa) 34:54, 2. Don Garrell (Belmont) 40:15, 3. Ken Goetzal (Windsor) 40:35.



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AVHMC 5K

5K Women		
1 Denise Ball (New.Pk)18	18:17	
2 Rose Monday (L.A.)22	19:10	
3 Sylvia Aceves (Lanc.)33	21:47	
4 Robin Tracey (Lanc.)32	22:06	
5 Karen Weilbacher(Lanc.)32	22:16	
8 Karen Morris(Leon Vily)42	25:30	
21 Jane Burne (Victorville)56	28:21	
5K Men		
1 Jack Powell (Lanc)22	15:59	
2 Victor Fonseca(Pacoima)21	16:16	
3 Sammie Culver (Lanc)32	18:47	
4 Scot Duvall (Lanc) 28	17:05	
5 Fred Carter (Lanc) 33	17:06	
13 Ken Morris (Leona Vily)43	20:04	
10K Men		
1 Sam Martinez (Quartz Hill)20	31:59	
2 Al Dehlinger (Palmdale)21	32:09	
3 Tony Whitmore (Lanc)26	34:07	
4 Chip Morris (Laona Vily)20	34:19	
5 Garry Everson (Lanc)37	34:38	
6 Gary Miller (Lanc) 25	34:57	
7 Pedro Ponce (Pacoima)36	35:10	
8 Larry Burch (Palmdale)31	35:56	
9 Jerry Mayturn(Palmdale)22	36:11	
10 Vern Biehl(Lake Hughes)29	36:24	
11 Freddie Perez (Sylmar)42	36:42	
12 Clint Davis (Palmdale)46	36:51	
13 Frank Ogawa (Palmdale)46	37:00	
14 Chuck Martin (Lanc)29	37:12	
15 Enrique Flores (Pacoima)32	37:12	
29 Marv Powers (Lanc)54	40:58	
37 Jim Talley (Lanc) 61	41:39	

8 Tina Harms (55)	26:21
9 Peanut Harms (31)	26:24
10 Bob Deis (26)	26:27

Sugar City Fun Run

September 11. Crockett. 10K.		
1 P. Harms	31:04	
2 L. Kotchevar	32:35	
3 D. Muela	33:33	
4 T. Ross	34:52	
5 R. Corona (32-57 1st)	35:16	
6 D. Hollis	35:32	
7 B. O'Conner	35:40	
8 A. Miller (16-19 1st)	35:56	
9 J. Monteverdi	36:05	
10 T. Harms (1st F)	36:38	
11 R. Moser	36:47	
12 D. Gasner	38:49	
13 S. Faulkner	37:08	
14 J. Burzynski	37:11	
15 B. Fitzpatrick	37:38	
16 R. Neuman	37:51	
17 R. Mollenkopf	37:52	
18 T. Mattson	37:54	
19 M. Robak	38:00	
20 M. Gent	38:05	
21 R. Saucedo	38:05	
22 J. Faulkner (50-59 1st)	38:08	
23 G. Wright	38:19	
24 F. Anderson (44-49 1st)	38:22	
25 T. Ford	38:29	
26 D. Hutchinson	38:33	
27 M. Kahren	38:39	
28 K. Borkman	38:46	
29 M. Fong	38:50	
30 R. Klyono	38:53	
31 R. Yank	39:02	
32 S. Roulac	39:18	
33 A. Wofsy	39:43	
34 H. Fragoza	39:47	
35 J. McSharry	39:47	
36 W. Baker	39:57	
37 G. Pedrotti	40:10	
38 W. Coffelt	40:16	
39 D. Diapenbrock	40:21	
40 J. Burger	40:21	
50 S. Gilbert (2nd F)	41:50	
56 J. Miller (3rd F)	42:20	
60 L. Macdonald (4th F)	42:41	
64 T. Van Deyvel (5th F)	43:00	
69 L. Fisher (6th F)	43:44	
72 C. Underwood (7th F)	43:58	
75 B. Callaway (8th F)	44:21	
83 C. Butts (9th F)	45:20	
88 A. Grove (10th F)	45:39	

Serene Lakes Five Mile

From HOLLY BEATIE

Renzo's running sensation, Inga Thompson, bettered an elite field of both men and women to win the highly competitive Serene Lakes Five Mile time handicapped foot race this Labor Day. The race utilizes a handicap system that gives the various age groups for men and women an equal chance to win. Inga's actual time over the five mile course was 30:00 minutes, but she had 5 1/2 minutes subtracted from her time. The 5 1/2 minutes reflects the difference between the national record for her age group (18 year olds) and the national record for the fastest men. 30 year old Dennis O'Halloran relied on his 30 second handicap to edge fellow Aggie teammate Richard Langford. Richard was the fastest scratch runner with a time of 25:38. Fourth place went to 55 year old Bob Molain of Sacramento with an adjusted time of 25:55.

The Aggies Running Club, winners of the centipede division in the 1982 Bay To Breakers Race, displayed their characteristic humor and light hearted approach to running. Team members performed several "jenichi" turns (360 degree spins as a group) in route to the finish. When they learned that Bill York of Serene Lakes Properties donated the \$50, \$25, \$15, and \$10 cash drawings, they cordially dubbed him "Dollar Bill". Kurston Clarey of Kings Beach won the \$50 drawing. The race is heavily supported by the Serene Lakes merchants who donate excellent prizes.

The handicap system has made the Serene Lakes race popular among the West Coast's most competitive age group runners. Race Director Holly Beatie of the Tahoe Outdoor Athletic Club indicated that it may be necessary to limit the field next year. "It's really exciting having so many fast runners here," she added, "but we hope the social runners don't feel intimidated. For sure once the BBQ and beer are served, the social and competitive runners are equal."

Top 10 Finishers:		
1 Inga Thompson (18)	24:30	
2 Dennis O'Halloran (30)	25:19	
3 Richard Langford (29)	25:38	
4 Bob Molain (55)	25:44	
5 Matt Yeo (28)	26:15	
6 Pete Sweeney (26)	26:15	
7 Michael Jeneld (48)	26:20	

Port of Los Angeles 10K

September 11. San Pedro.
The Port of Los Angeles 10K Race took off at 7:30 AM with 700 runners. The weather was cool, a little bit overcast, but ideal for a race. Especially, when every one had to run the Vincent Thomas Bridge twice (8% grade).

The Port of Los Angeles 10K this year took the place of the Harbor 10K which has been run the past four years. With the building of the new marina in San Pedro, the course was to be changed anyway. And, with the 75th Anniversary of the Port of Los Angeles, the San Pedro & Peninsula YMCA was asked to conduct this scenic and challenging 10K. The race started and finished at the American President's Line Terminal where the Love Boat docks.

Overall winners, Men:
Mark Van Leeuwen (22) Saugus, 32:03.
Roger Caldwell (28) Colorado Springs, CO., 33:02. Harry Staalberg (23) Hermosa Beach, 33:18.

Overall winners, Women:
Sherry Simmons (24) Lomita, 37:28.
Deborah Heaton (33) Redlands, 37:34. Patti Hurl (34) San Diego, 39:23.

Men: 11 & Under: Fernie Sumaya 52:04, Alfredo Oviedo 1:12:31, Damon Galindo 1:15:23. 12-14: Greg Houlgate 38:30, David Delgado 40:35, Michael Delgado 42:39. 15-18: Steven Miller 35:49, Paul Collins 36:31, Luis Pinon Jr. 36:44. 20-24: Mark

Van Leeuwen 32:03, Harry Staalberg 33:18, Albert Medrano 37:18. 25-29: Roger Caldwell 32:02, Anton Gonzales 34:29, Stephen Harris 36:03. 30-34: Dan Stumpus 35:22, Jack Cochran 35:47, Robert Heaton 37:09. 35-39: Manny Burrola 37:00, James Subject 37:29, Craig Geyer 38:03. 40-44: Joseph Bird 36:46, Dave Arntson 38:48, Martin Austgen 39:32. 45-49: John Rudberg 37:17, George Davall 37:23, Frank Greene 37:56. 50-59: Darty Cron'n 38:00, Dick Verne 40:17, John Feyk 40:19. 60 & Over: Sam Billich 47:15, Fred Bruecker 51:02, Eimer Edy 1:04:09.

Women: 11 & Under: Dawna Stone 50:24, Cecelia Gonzales 1:16:38. 12-14: Patty Dorado 57:36, Susie Durrand 1:00:08, Timaree Faust 1:07:09. 15-19: Marla Santisteban 44:41, Nina McMahon 44:47, Debbie Hildebrand 47:27. 20-24: Sherry Simmons 37:28, Donna Stocker 42:30, Patricia Markovich 43:46. 25-29: Judith Orach 42:51, Lynne Wohler 44:36, Irene Hekkanen 45:22. 30-34: Deborah Heaton 37:34, Patti Hurl 39:23, Jereene Baglin 45:40. 35-39: Lucia Davidson 43:54, Darlene Galindo 48:55, Sandy Castle 47:08. 40-44: Linda Bird 46:58, Alison Holt 50:56, Brigitte Tocco 52:38. 45-49: Shirley Blush 50:37, Ann Martin 52:50, Elna Arbesa 54:15. 50-59: Peggy Taylor 51:31, E. Beck 56:07, Betty Walker 1:00:21. 60 & Over: Priscilla Libby 1:04:32.

Sierra Nevada Triathlon

From Bill Thomas

September 11. Folsom.		
Event: Ironman		
1 Scott Molina(Pittsburg)	4:53:12	
2 Dean Harper(Lafayette)	5:08:35	
3 Grant Boswell(Chico)	5:14:05	
4 Mark Graves(Castro V)1-40	5:22:26	
5 Greg Moller(Davis)	5:24:51	
6 Runar Boman(Dana Pt.)	5:24:52	
7 Ron Krueper(Rialto)	5:27:35	
8 Edward Price(Capitola)	5:34:32	
9 Charles Griggs(Sunnyvale)	5:37:06	
10 Ronald Joost(Berkeley)	5:38:22	
11 Chris Hinshaw(Saratoga)	5:38:45	
12 Murphy Reinschreiber(S.Diego)5:44:08		
13 Patrick Wallace(Pleasant Hill)	5:44:18	
14 Robert Uelitzen(Carmichael)2-40	5:48:25	
15 Scott Miller(Auburn)	5:48:44	
16 Liz Applegate(Davis)1/F	5:49:26	
17 Gary Brittner(Sac.)	5:49:33	
18 Dave Blakely(Citrus H)3-40	5:51:32	
19 Jerry Cuckco(Pleasant Hill)	5:55:44	
20 Lyle Nelson(Olympic V.)4-40	5:58:14	
21 Linda Buchanan(Davis)2/F	5:58:49	
31 James Regan(Fair Oaks)1-50	6:05:02	
36 Gina Fleming(La Jolla)3/F	6:09:39	
37 Amy Haberman(Cupertino)4/F	6:11:38	
43 JoAnn Dahlkoetter(S.Fran)5/F	6:14:56	

Gilroy Hot Springs 20,000 Meter Run

From BILL FLODBERG

Sept. 11.		
1 Dan Minuttilo	1:13	
2 Torin Rotstein	1:17	
3 Hollis Louor	1:22	
4 Dee Baltzar (1st Masters)	1:22	
5 Jerry Jones (2nd Masters)	1:23	
6 Frank Mariano	1:24	
7 John Hildenberger	1:28	
8 Louis Olsen (1st 30-39)	1:32	
9 Lynn Lockhart (2nd 30-39)	1:35	
10 Jose Vega (1st 50 plus)	1:43	
11 Angela Hernandez (1st F)	1:51	
12 John Trolnz	1:58	
13 Arthur Fisher	1:59	

Nike OTC Marathon

September 12. Eugene, Oregon.
An American women's record and 246 personal records fell during the 12th annual Nike-OTC Marathon in Eugene.

The women's record went to Joan Benoit of Wellesley, Mass., who covered the 26-mile, 385-year course in 2:26:11. That shattered Patti Catalano's previous American marathon best by 1 minute and 40 seconds.

Benoit and men's winner, Rodolfo Gomez of Mexjco received \$20,000 apiece for their efforts. While Benoit led the entire way, Gomez didn't take over the top spot until the 22-mile mark en route to his quick 2:11:35 time.

Wheelchair winner was Gary Kerr of California, who was awarded a trip to the Honolulu Marathon by United Air Lines for his 2:14:08 effort. Top woman wheeler was Constance Head of Washington state, who finished in 2:40:51.

Temperatures on race day were in the low 60s, and rain fell during most of the run.

Taking advantage of the relatively cool conditions, 737 competitors completed the race. There were 631 male runners, 101 female runners and five wheelchair racers.

On the men's side, 98 were running their first marathon and the remaining 533 had completed at least one previously. Of the 533 experienced marathoners, 205 (or 38.46 percent) set personal records.

Seventeen women completed the distance for the first time, and 41 (or 48.80 percent) of the other 84 women recorded personal bests.

Seven new American single-age records also were set in the marathon, three for men and four for women.

The men's records were for age 42 (Bill Hall in 2:23:07), age 46 (Fritz Mueller in 2:26:38) and age 58 (Alex Ratella in 2:37:39). Ratella now holds every single year record between ages 52 and 58.

The women's records were for age 24 (Ellen Hart, 2:35:17 in her marathon debut), age 25 (Benoit), age 35 (Laurie Binder's 2:33:50, giving her every single-age record between 32 and 35), and age 45 (Sandra Kiddy in 2:55:05).

Nike-OTC once again lived up to its reputation as an extremely fast marathon, with 42.8 percent of the men finishing in under three hours and 76.9 percent going under 3:30. The women were equally impressive with 18.8 percent beating three hours, 47.5 percent breaking 3:30 and 83.1 percent going under the four-hour mark.

Runners will get their next shot at the course and the records — personal, American and perhaps even world — on September 11, 1983. Entry blanks for the 13th annual Nike-OTC Marathon will be available early next spring.

1 Rodolfo Gomez(Unatt./Mex.)30	2:11:35
2 Hallu Eba(Unatt/WA)31	2:12:41
3 Benji Durden(Rac.South/GA)31	2:12:51
4 Paul Cummings(NewBal/UT)29	2:12:55
5 Michael Layman(Un/WA)28	2:13:14
6 Dennis Rinde(Zephyr/CA) 23	2:13:40
7 Antonio Villanueva(Vera/Mx)42	2:13:41
8 Domingo Tibaouza(SbA/NV)32	2:13:45
9 Kevin McCarey(Ath.WV/OR)28	2:13:47
10 Rudi Verriet(Un/Netherlands)25	2:13:48
11 Daniel Schlesinger(Un/NY)27	2:13:59
12 Ric Sayre(Oregon/TC/OR)29	2:14:07
13 Jon Anderson(Nike/OR)32	2:14:53
14 Odis Sanders(Millrose/NY)23	2:15:03
15 Ron Tabb(Team Add./OR)28	2:15:26
16 Thom Burleson(Ath.WV/OR)30	2:15:37
17 Jeff Wells(Ath.WV/OR)28	2:15:47
18 John Moreno(CRC/CA)27	2:16:07
19 Athol Barton(Un/CA)34	2:16:12
20 Leonard Hill(SOS/OR)30	2:16:43
21 Alex Kaslich(Ath.WV/OR)27	2:17:00
22 Carlos Victorino(Un/Mex)24	2:17:25
23 Andy Palmer(Un/MA)26	2:17:51
24 Paul Raether(OTC/OR)29	2:18:56
25 John Freeburg(Evergr/WN)23	2:18:59
26 Larry Barthlow(Nimbus/NH)25	2:19:02
27 Inge Simonsen(Un/Norway)29	2:19:22
28 Steve Benson(Un/MN)30	2:19:43
29 Rafael Parra(Un/NV)27	2:20:47
30 Randy Melancon(Ath.WV/OR)29	2:21:07
31 Richard Recker(Un/OR)23	2:21:13
32 Amado Hernandez(Un/Spain)30	2:21:16
33 George Hernandez(Un/NV)29	2:21:20
34 Rod Berry(Un/CA)22	2:21:43
35 Brad Roy(Ath.West/OR)28	2:22:51
36 Steven McChesney(Bck/OR)26	2:21:56

Results

37	Michael Ruffatto(Un/M)27	2:22.06
38	Barney Klecker(Un/MN)31	2:22.23
39	James Walker(Un/AZ)27	2:22.24
40	Matt Cato(Un/OR)23	2:22.34
41	Lyle Parker(Un/LA)25	2:22.57
42	Raul Barriga(Un/Mex)24	2:23.03
43	Bill Hall(Car.God./NC)42	2:23.07
44	Nam Inkyu(Korea/Korea)22	2:23.13
45	Kim Wrinkle(AIA/OR)24	2:23.15
46	Brian Igoe(Un/CA)29	2:23.16
47	John Goddenberger(Or/OR)20	2:23.48
48	Doug Kurtis(TeamAdd./MI)30	2:24.00
49	Jim Bowers(Un/CA)43	2:24.16
50	Max White(Backside/OR)31	2:24.28
57	Joan Benoit(1F)MA.(25)	2:26.11
83	Laurie Binder(2F)CA.(35)	2:33.50

Divisions:

Men: 19 & Under:

1	Mike Pisanl(SanDiego/CA)19	2:32.54
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20-24:

1	Dennis Rinde(Zephyr/CA)23	2:13.40
2	Odie Sanders(Milrose/NY)23	2:15.03
3	Carlos Victorino(Un/Mex)24	2:17.25
4	John Freeburg(Evergr/WN)23	2:18.59
5	Richard Recker(Un/OR)23	2:21.13
6	Rod Berry(Un/CA)22	2:21.43

25-29:

1	Paul Cummings(NewBal./UT)29:12:55	
2	Michael Layman(Un/WA)28	2:13.14
3	Kevin McCarey(Ath.WV/OR)28	2:13.47
4	Rudi Verriet(Un/Netherlands)25	2:13.48
5	Daniel Schlesinger(Un/NY)27	2:13.59

30-34:

1	Rodolfo Gomez(Un/Mex)30	2:11.35
2	Hailu Ebba(Un/WA)31	2:12.41
3	Benji Durden(Rac.South/GA)31	2:12.51
4	Domingo Tibadulza(Sb4/NV)32	2:13.45
5	Jon Anderson(Nike/OR)32	2:14.53

35-39:

1	Gary Goettelmann(Addid/CA)38	2:26.33
2	Charles Frawley(Conehd/TX)39	2:26.56
3	Robert Clay(Un/CA)35	2:29.38

40-44:

1	Antonio Villanueva(Mex.)42	2:13.41
2	Bill Hall(Godiva/NC)42	2:23.07
3	Jim Bowers(Un/CA)43	2:24.16

45-49:

1	Fritz Mueller(NY)46	2:26.38
2	John Brennan(San.Bar./CA)46	2:33.50
3	Fred Kiddy(Un/CA)48	2:35.27

50-54:

1	Piet Van Alphen(Netherlands)52	2:30.47
2	Buck Levy(Un/ID)50	2:52.23
3	Hans Sigmund(Canada)50	3:00.44
4	John Perrodin(Senior/CA)53	3:04.00

55-59:

1	Alex Ratella(Twin C/MN)58	2:37.39
2	Jerry Morrison(Phidpp./MO)59	2:53.45
3	Reinhold Ullrich(Senior/CA)55	3:21.10

60 & Over:

1	Joe Cusloc(ORRC/OR)60	3:14.22
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Women:

19 & Under:

1	Danica Lisiewicz(CA)14	3:32.47
2	Holly Pailthorp(CA)16	4:42.32

20-24:

1	Elien Hart(Un/CO)24	2:35.17
2	Janis Klecker(Un/MN)22	2:45.23
3	Sue Smith(CA)24	2:49.15

25-29:

1	Joan Benoit(MA)25	2:26.11
2	Dabbie Elde(OR)26	2:36.13
3	Marja Wokke(Netherlands)25	2:43.34

30-34:

1	J.A. Hansen(OR)33	2:46.41
2	Linda Edgar(WA)31	2:47.08
3	Elaïne Campo(Un/CA)31	2:47.23

35-39:

1	Laurie Binder(CA)35	2:33.50
2	Hilary Naylor(CA)35	2:59.47
3	Kathy Burgess(Un/OR)36	3:00.51

40-44:

1	Shirley Weaver(Un/MT)40	2:53.02
2	Agatha Lee(CA)43	3:06.36

45-49:

1	Sandra Kiddy(Un/CA)45	2:55.05
2	Elsa Evans(SDTC/CA)47	3:29.07

50-54:

1	Elizabeth Ross(Un/CA)51	3:33.11
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Pepsi Lake Tahoe 72 Mile Run

From JIM-DIEGO CREED

September 17, 1982

Conditions could not have been more favorable as 78 ultra-marathoners faced 50 degree temperatures and dark, rain-puddled roads in the Pepsi 72 mile event at Lake Tahoe on September 17. The cool but comfortable conditions were a distinct relief from high area summer temperatures.

The race, run on Friday to avoid weekend traffic on the busy and often narrow highways, was run counterclockwise, leaving Tahoe City's Common Park at 6 a.m. and proceeding south, then up the east shore past the Casinos and turning west to Lakeshore drive and then rejoining highway 28 to finish at the park. Runners could be seen strung out along the route for miles, sometimes walking, sometimes stopped beside their support vehicle, changing gear, applying vaseline or imbibing an unending variety of food, drink, aspirin and magic potions.

Rae Clark, a 30 year old runner from San Jose, tore up course and contestants with a mind-blowing 9:06.14, arriving at Commons a little after 3 p.m., when most of the contestants had up to six hours left to battle fatigue, early weekend traffic, a bit of wind and an unseasonable hail storm. Clark absolutely devastated Robert Perez' old course record of 9:20.28, set in 1980. Rae cruised at a steady, driving pace, turning miles in 7 1/2 minutes, a pace that many runners would be overjoyed to maintain in a mere 26.2 marathon. And remember, he kept that up for 72 miles, despite some of the toughest grades, both uphill and down, imaginable.

Judy Milkie, 32, of Anaheim, won the women's division in another record time of 10:45:11, smashing the old mark of Eileen Waters by nearly one hour. Her pace figures out at a tidy 9 minutes plus miles. Kay Moore of Denver won the Women's masters in 12:51, while Clayton Wagner of Golden, Colorado took the Men's masters in the fine time of 10:33:04. In all, nearly as many out-of-staters took part as did Californians and Nevadans, the mountain states athletes bringing their high-altitude training to fruition here at Tahoe.

It is doubtful—this writer has never run Pike's Peak or Honolulu—if there can be many more beautiful places to run a race than Lake Tahoe. Despite the overbuilding and the apparent disparity of some of the building-styles with the environment, it remains a spectacular attraction for both Nevada and California.

The area around Emerald Bay, just before the highway winds down to hit the beach and woods campground area and then into South shore is breathtaking. That is an unintended pun, we suppose, because not only is it extremely appealing to the eye but is also a very tough climb from around 8000 feet to close to 7000. Snow patches from the snowfall the day before remained, giving runners a cooling effect, the skiers among them looking forward to days of a different kind of training.

South shore, once you turn north at the junction of 89 and 50, is wall to wall motels, stores and fast foods, but by the time you reach the 30 mile mark at Denny's you don't even mind the car exhaust, because by now you are beginning to work the mind to keep the body from calling it quits, and the company helps. After you pass the casinos and head up the long grades on hiway 50, the crowds are gone and the runner is alone again, buoyed up by an occasional fellow competitor and by increasingly frequent contact with the support team car. Just beyond the tunnel at Cave Rock, after a long uphill struggle and with another one ahead, you come to the 40 mile mark and know that it is now a mere 30 mile race.

By the time the runners turn west and back to hiway 28, the effort has taken its toll: 16 have dropped out, including this

correspondent, others have decided to walk most of the remaining miles, while some are able to disregard their pains and depressions and keep moving resolutely to the finish. This truly incredible strength, this capacity to make oneself oblivious to fatigue, pain and mental depression is truly incredible. Like many of our fellow runners, we know now what draws them to the rigors of such an undertaking.

We learned a lot. First of all, ultra-marathoners seem to be huskier, in upper body strength and in leg muscle development than most of the marathoners we know. They run more hills and many lift weights. We noticed on the next morning how sore our shoulder—deltoids, trapezius and the pectorals of the chest—our biceps were from the lifting. Second, the novice ultra needs to learn that walking is no disgrace. When you come to a hill, you walk it, especially in the beginning when you are fresh. You must put some energy in the bank. An aggressive charge up Rubicon Peak at 8 a.m. in the morning will defeat you at Dollar Hill around 3 p.m. It is an egoistic hangup that you must not walk—it takes time to learn better. Third, you soon find out that a slow and steady 10-12 minute mile pace will help you survive, unless you are one of the front runners pushing for a record or at least a victory. If your goal is to finish, the pace will tell. To the tortoise—finally, we now understand better the absolute indispensability of having a well-supplied and well-informed support team. As this was our first ultra, we thought we could get by with 10 mile contacts. Our fellow participants—(it is difficult to call them competitors inasmuch as they tend to be more teammates than rivals)—were appalled at our thought to have support at that 10 mile interval only.

Most took water, EFG, Marathade, oranges, grapes, granola, even sandwiches at every two or three miles and one mile intervals when the day grew longer and the body fluid supply grew shorter and even at dehydration levels. Most handlers knew exactly what their man or woman needed at each stop and were quick to offer exactly the right variety to keep the body and spirit intact. Our team did a great job considering that we were so inexperienced and we are grateful to them. The handlers for all the runners did a great and unheralded job. How would the reader like an eight to fourteen hour job like that for no pay except love for the sport and the participant?

One thing is certain. Mark Elgert, the organizer and chair for the Pepsi, and his staff did a great job. The event was run in an orderly, professional manner and like most of the participants in the '82 72, we will be back. Spectacular!

China Cup Series

September 18, Downey. 5000 meters.

Men's 19-29: 1. Armando Cendejas (1st Overall) 15:00, 2. Ruben Chapens 15:26, 3. Joe Young 15:41, 4. Frank Dauncey 15:44, 5. Terry Drake 15:59, 6. Joel Hope 16:14, 7. Steve Schumacher 16:17, 8. Jim Hagel 16:23, 9. Mike O'Donnell 16:40, 10. Stephen Moussetis 16:46. 30-34: 1. Henry Lange 17:01, 2. Irv. Ray 17:24, 3. Harry Hartley 17:33, 4. Ubaldo Ponce 17:41, 5. Jim Jenkins 17:51. 35-39: 1. Stan Stauble 17:12, 2. Jim Reilly 17:31, 3. Rick Kenworthy 17:53, 4. Jesus Oceana 18:13, 5. Jeff Miller 18:18. 40-44: 1. George Cohen 17:55, 2. Jim Chenoweth 18:04, 3. Bill Adams 18:16. 45-49: 1. Lee Miller 18:41, 2. Buddy Belshe 18:50, 3. Fred Arnold 19:03. 50-59: 1. Wally Evert 18:53, 2. Lee Francis 20:33, 3. Thomas Keehn 21:27. 60+: 1. Ed Rumble 23:19, 2. Dave Lewis 23:45, 3. Ed Johnson 24:10.

Women 19-29: 1. Pam Morris (1st Overall) 18:29, 2. Jaynie Studemund 18:41, 3. Gina Wilkie 20:22, 4. Joanne Eifer 21:14, 5. Jeanne Kawashima 22:04, 6. Jane Fanning 22:15, 7. Kathy Trainor 22:24, 8.

Celeste Martyn 22:54, 9. Shelley Stark 23:08, 10. Kim Handley 23:45. 30-39: 1. Fran Soloman 19:41, 2. Patti Heilerud 20:50, 3. Josta Santos 20:59, 4. Renee Russell 23:18, 5. Solange Stramler 24:29. 40-49: 1. Viola Phillips 21:11, 2. Marcia Martyn 22:35, 3. Carol Jewel 23:04. 50 & Over: 1. Lois Hansen 32:21.

South Bay 'Tween The Piers Beach Run

From Dennis Walsh

September 18, Manhattan Beach.

The conditions were perfect for this year's Great South Bay 'Tween the Piers Beach Run. A heavy rain the night before produced a fast, soft sand track for those runners who participated in this annual event.

The race began at the Manhattan Beach Pier with the runners being directed through the soft sand to the Hermosa Beach Pier and back on hard sand along the surfline. The distance is a very grueling 3 miles.

The race began with a group of three runners setting a rapid pace. Harry Staiberg, Dave Forrest and 1981 champion Eric Rogers were stride for stride as they neared the Hermosa Beach Pier. At this point Rogers surged and took the lead as they rounded the pier, but Staiberg blew past Rogers in the last 1/2 mile and hit the tape with a new course record of 20:24.

Ecstatic after his first sand race victory, Staiberg commented, "I felt very strong today. I knew I would have to run tough to beat a runner like Eric".

Connie Garbarini, last year's women's winner, was victorious again with a time of 24:12.

Divisions: Women: 0-13: 1. Tanya Laney 40:27. 14-18: 1. Kim Currie 28:08. 19-24: 1. Julie Irving 27:59, 2. Adrea Carr 30:41, 3. Kiff Kimber 30:51, 4. Theresa Hall 33:02, 5. Diane Glascock 35:02. 25-29: 1. Connie Garbarini 24:12, 2. Judy Orach 28:54, 3. Karla Katz 29:09, 4. Jessie Logan 29:14, 5. Julie Sierra 29:19. 30-34: 1. Margaret Ann Dickie 30:41, 2. Cassi Bassolino 32:50, 3. Janice Demore 35:37, 4. Margaret Sullivan 36:05, 5. Sue Fewchuk 36:33, 35-39: 1. Alison Gilbert 28:20, 2. Martha Andrews 31:51, 3. Pat Fruin 35:33, 4. Diane Carter 36:23, 5. Pamela Donesley 36:23. 40-44: 1. Carol Salem 30:56, 2. Carol Gaines 32:47, 3. Mary Sikonia 34:25. 45-49: 1. Dobi McDougall 28:56, 2. Louann Evans 36:23. 50-54: 1. Ginny Goasard 36:02, 2. Dora Vallarta 45:58. 55-101: 1. Betty Elder 42:10, 2. Thelma Anderson 54:01.

Men 0-13: 1. William Barschat 30:06. 14-18: 1. Joe Coll 23:50. 19-24: 1. Harry Staiberg 20:29, 2. Eric Rogers 20:51, 3. Chris Withers 21:02, 4. Dave Forrest 21:06, 5. Dennis Cordero 23:31, 6. Wendell Yoshida 24:01, 7. Mike Slattery 24:03, 8. Alan Shemet 24:37, 9. Thomas Brot 24:46, 10. Cary Losson 25:45. 25-29: 1. Mark Montgomery 22:29, 2. Dennis Hall 22:46, 3. John Hadly 23:07, 4. Jim Kostick 23:34, 5. Chris Smith 23:36, 6. Richard Losey 23:42, 7. Robert Province 24:06, 8. Brund Boursier 24:30, 9. Dave Levin 24:48, 10. Matt Brigham 25:27, 11. Ralph Ornelas 25:30, 12. Howard Young 25:31, 13. Michael Updike 25:36, 14. Steve Johnson 25:55, 15. Jim Parkhurst 26:23. 30-34: 1. Tony Baker 21:22, 2. Dan Stumpua 22:13, 3. Stanley Page 23:34, 4. Jim Nash 25:01, 5. Whitney Hunter 25:01, 6. John Decario 26:21, 7. Rich Kamm 26:39, 8. John Morgan 26:54, 9. Andy Steiner 28:55, 10. John Nash 28:58. 35-39: 1. Ron Parks 21:29, 2. W. E. Gailat 23:49, 3. Steve Litscher 23:56, 4. Will Child 24:24, 5. Kent Wyatt 24:32, 6. John Croasi 24:39, 7. Robert Fischetti 24:52, 8. Rick Di La Sota 25:42, 9. Stan Klein 25:52, 10. Tom Bourke 25:57. 40-44: 1. Ira Gruber 24:44, 2. Russ Lesser 26:07, 3. Ronald Engler 26:30, 4. Russ Hilligan 27:32, 5. Tom Keesi 27:33. 45-49: 1. Wald Woodruff 25:10

2.Rich Goodin 26:37, 3.Mike Caahon 26:39, 50-54: 1.Bob Hollet 23:27, 2.David Thomas 28:32, 3.Al Villaseñor 29:13, 55-101: 1.Joe Rondolone 29:33, 2.Paul Mathies 33:03.

photo by Dennis Walsh



Eric Rogers(left), last year's winner, congratulates 1982 "Tween the Piers" champion, Harry Staalberg.

Nisene Marks Run-to-the-Creek

September 19. Aptos. 7 Miles.

1 Emil Magallanes	39:03.9
2 Albert DeLaTorre	39:54.5
3 Fritz Watson	40:21.4
4 Jerry Lynch(1st,40-49)	40:25.6
5 Patrick Shartle	40:29.4
6 Mike Gruber	41:42.8
7 Mike Lotter	42:18.4
8 Marty Kruger	42:31.6
9 Javier Naranjo	42:41.8
10 Torin Rotstein	43:00
11 Terry Rusboldt	43:02.5
12 Tim Blair(1st,13-19)	43:25.1
13 Gary Riley	43:31.4
14 Raul Espinoza(2nd,13-19)	44:17.8
15 Bill Jenkins	44:41.5
16 Jonathan Kanter	45:14.1
17 Paul Bousquet	46:35.3
18 David Hermsillo	46:35.7
19 Bill Seiler	47:00.9
20 Javier Gomez	47:25.1
21 Jamie Townsend	47:27.9
22 Jeff Marshall	47:30.5
23 Barbara Myers(1/F)	48:02.4
24 D.J. Blinn	48:02.6
25 Joe McMillen	48:25.0
26 Stan Hajduk(2nd,40-49)	48:28.7
32 Carl A. Miller(3rd,40-49)	49:21.0
33 Loretta Polsdorfer(2/F)	49:51.7
40 Edward Singleton(1st,50+)	51:29.5
46 Carol Dixon(3/F)	52:12.3
55 Helen Muth(4/F)	53:16.3
58 Judy Dorosin(1/F,40-49)	53:40.2

The Great Grape Race

From ROCKI KRAMER

September 19. San Jose. 10K.

1 O.N. Tyne (21-29)	33:41
2 Kevin McCusker (21-29)	34:44
3 Mathew Bruni (21-29)	35:34
4 J.M. Moyles (1st 30-39)	35:49
5 Jeff Zamczyk (16-20)	36:03
6 Allan Neel (21-29)	36:23
7 Dan Minuttillo (30-39)	36:24
8 Steve Lorenz (30-39)	37:14
9 David Slothower (21-29)	37:20
10 Dave Toews (16-20)	37:23
Women	
1 Cathy Demmeimaier (16-20)	41:56
2 Karen Watson (1st 30-39)	43:17
3 Julie Rivers (1st 15-Under)	43:27

4 Linda Mantynen (30-39)	44:13
5 Jackie Romanow (21-29)	44:43
6 Kristine Morrella (30-39)	44:51
7 Lindy Hayes (30-39)	45:02
8 Carla Halford (16-20)	45:10

9 Judi Shade (30-39)	45:17
10 W.Kathryn Hayes (30-39)	45:37

Divisions:

Men 15-U: 1. Chris Richards 37:42, 2. Rod Spencer 39:04, 3. Joe Pendleton 42:07. **16-21:** 1. Jeff Zamczyk 36:03, 2. Dave Toews 37:23, 3. Fred Huxham 37:31. **21-29:** 1. Kevin McCusker 34:44, 2. Mathew Bruni 35:34, 3. Allan Neel 36:23. **30-39:** 1. Jim Moyles 35:49, 2. Dan Minuttillo 36:24, 3. Steve Lorenz 37:14. **Woman 15-U:** 1. Julie Rivers 43:27, 2. Sharlene Rogers 46:17, 3. Ann Wimmer 49:40. **16-21:** 1. Cathy Demmeimaier 41:56, 2. Carla Halford 45:10, 3. Zoe Davies 47:46. **21-29:** 1. Jackie Romanow 44:43, 2. Carol Teft 46:52, 3. Susan Dionne 47:46. **30-39:** 1. Karen Watson 43:17, 2. Linda Mantyne 44:13, 3. Kristine Morrella 44:51.

South Bay 10K

September 19. Hermosa Beach.

Overall:

1 Harry Staalberg (23)	32:07
2 John Carrasco (22)	32:16
3 Dallas Jones (30)	36:17
4 Mark Silva (20)	36:18
5 Al Villanueva (26)	36:26
6 Mark Ungerman (22)	36:38
7 August Simien (35)	36:40
8 John Rudberg (48)	36:45
9 Bob Lowe (29)	36:48
10 George Kingsley (42)	36:48
11 David Pery (21)	36:49
12 Will Ford (34)	36:50
13 Bill Harms (36)	36:51
14 Chris Crispo (21)	36:52
15 Edward Monroy (34)	36:57
16 Frank Greene (46)	36:57
17 Carlos Martinez (31)	36:59
18 John Mossbacher (36)	37:00
19 Chris Woolley (23)	37:06
20 Lynn Dunn (34)	37:06
21 Randy Kilpatrick (30)	37:08
22 Chris Bourke (46)	37:12
23 Roger Murray (46)	37:16
24 Nick Trozzi (22)	37:16
25 Jay White (24)	37:18

Women: 0-11: 1. Mindy Smith 48:41, 12-14: 1. Sandy Mullins 57:46, 15-19: 1. Kathy Burnell. **20-24:** 1. E. Flick 41:21, 2. Marian Green 44:25, 3. Tracy Ragan 47:26. **25-29:** 1. Kathleen Stevenson 43:50, 2. Sarah Martinez 44:42, 3. Diane Morris 45:25, 4. M. Rich 45:39. **30-34:** 1. Kristi Kammerer 41:00, 2. Becky Miller 44:47, 3. Rhonda Richey 44:54, 4. Mary Hauxk 46:04. **35-39:** 1. Corrine Schraat 43:16, 2. Shirley Henderson 44:22, 3. Marilyn Kumahara

46:34, 4. Bea Hoyle 46:57. **40-49:** 1. Elizabeth Bjork 45:34, 2. Kathy Kusner 46:30.

Men

0-11: 1. Ernie Sumaya 49:28. **12-14:** 1. Tony Estrada 38:14, 15-19: 1. Anthony Hartinger 38:53, 40-44: 1. George Kingsley 36:48, 2. Michael Kiernan 38:33, 3. Alan Smith 38:58, 45-49: 1. John Rudberg 36:45, 2. Frank Greene 36:57, 3. Chris Bourke 37:12, 4. Roger Murray 37:16, 5. Thomas Dvorak 38:40. **50-59:** 1. Richard Venne 38:56, 2. John Kampmann 39:29, 3. Dwight Moberg 41:35.

Buffalo Stampede-TAC 10 Mile

September 19.

The 1982 Stampede saw 6 course records fall and 57 sub-sixty minute performances. New records were established by Adeana Ellis (under 12 women), and Eileen Clausug (open women), Joan Reiss (Masters women), Mike Adreani (under 12 men), Peanut Harmes (sub-masters men) and Sal Vasquez (Masters men).

1 Richard Langford	49:47
2 Peat Sweeney	49:49
3 Peanut Harms	50:04
4 David Rennelsen	50:24
5 Bob Dels	50:42
6 Oren O'Halloran	50:43
7 Jerold Drew	50:44
8 Matt Yeo	50:54
9 Robert Anex	51:04
10 John Mansoor	51:18
11 Brad Brown	51:38
12 Sal Vasquez	51:39
13 Greg Jewett	53:25
14 Jeff Clark	52:26
15 Brock Hinzmann	52:49
16 Mike Warr	52:57
17 Dan Donohoue	53:07
18 Steven Dean	53:22
19 Adam Ferreira	53:23
20 Peter Day	53:30
21 Mike Wheeler	53:56
22 Tim Jordan	54:13
23 Andy Takana	54:34
24 Unofficial	54:48
25 Mike Deatherage	54:48

Men's Overall Winner

Rich Langford 49:47.5

Women's Overall Winner

Eileen Clausug 56:26.0

Under 12 Men: 1. Mike Adreani 1:11:45, 19-29: 1. Rich Langford 49:47, 2. Pete Sweeney 49:49, 3. David Rennelsen 50:24, 4. Bob Dels 50:42. **Women:** 1. Eileen Clausug 56:26, 2. Tena Harms 59:37, 3. Jolie Houston 1:01:56, 4. June Hill-Falkenthal 1:07:21. **30-39 Men:** 1. Peanut Harms 50:04, 2. Oren O'Halloran 50:43, 3. Greg Jewett 52:25. **Women:** 1. Dolores Morazzini 1:05:12, 2. Carolyn Tucker 1:07:59, 3. Jackie Walker 1:08:59. **40-49 Men:** 1. Sal Vasquez 51:39, 2. Tim Jordan 54:13, Dan Alarid 56:36. **Women:** 1. Joan Reiss 1:02:50, 2. Heide Skaden 1:05:29, 3. Ruth Waters 1:11:02. **50-59 Men:** 1. Ross Smith 57:19, 2. Everett Riggle 1:01:36, 3. James Nicholson 1:02:56. **Women:** 1. Elaine Reese 1:43:01, 2. Evelyn Carlson 1:47:13. **60+ Men:** 1. Paul Reese 1:05:22, 2. George Billingsly 1:09:31, 3. Paul Camerer 1:21:15.

Fair Day Parade Mile

From NORM TAKEUCHI

September 21. Tulare.

Bryan Patterson and Jill Canales captured top honors during the Tulare Fair Day Parade Mile held September 21st through downtown Tulare. Patterson won the men's overall title in 4:41 with Canales outdistancing the women's field in 5:55. The race, sponsored by the Tulare

Runners, preceded the Tulare County Fair Parade with 75 local runners competing.

From the start, Patterson and High Sierra Track Club teammate David Bronzan along with Tularean's Jim Canales and Julian Recendez broke to the front. Patterson reached the half mile mark first in 2:18 only strikes in front of Bronzan, followed by Canales and a fading Recendez. Pulling away at that point, Patterson cruised to an eleven second victory over Bronzan, who finished in 4:52, just two seconds in front of fast closing Tulare Western High freshman Canales, of the Tulare Runners.

Tulare Western senior Jill Canales, of the Tulare Runners passed early leaders Rita Dominguez and Leann Adams near the half way point and sailed to a twelve second victory over Dominguez, who finished second in 6:07.

The Visalia Runner's Cherie Stephenson claimed third in 6:12.

Top Male Finishers: 1. Bryan Patterson 4:41, 2. David Bronzan 4:52, 3. Jim Canales 4:54, 4. Mike Beavers 5:11, 5. Julian Recendez 5:12, 6. Federico Montez 5:34, 7. Brian Machado 5:39, 8. Stan Hoffman 5:40. **Top Female Finishers:** 1. Jill Canales 5:55, 2. Rita Dominguez 6:07, 3. Cherie Stephenson 6:12.

South Bay 10K For Special Olympics

From Dori Livingston

September 23. Hermosa Beach.

Men: 1. Harry Staalberg 32:07 (20-34), 2. John Carrasco 39:16 (20-24), 3. Dallas Jones 37:41 (30-34). **Women:** 1. Kristi Kammerer 41:54 (30-34), 2. E. Flick 42:15 (35-39), 3. Corrine Schraat 43:50 (35-39).

Tokai Bank AIA 5 Miler

From George Mason

September 23. Fountain Valley.

Andy Clifford broke away from the "1st Four" pack at 3 1/2 miles. Early leader Chris Sadler, then Bill Cleves and Carlos Ylarra til 2 1/2 miles. Splits were: 1. 4:40-4:40, 2. 4:50-9:30, 3. 5:00-14:30, 4. 4:47-19:17, 5. 4:47-24:04.1.

Tish Husak, women's winner wanted to run sub-29, but was still happy and praised our race.

Men: 14 & Under:

1 Ken McFadden	27:20.7 CR
15-18:	
1 Jerry Marsh	25:32.9
2 Don Hogue	26:21.2
19-29:	
1 Andy Clifford	24:04.1
2 Chris Sadler	24:19.6
3 Bill Cleves	24:35.1
4 Carlos Ylarra	24:42.0
5 Michael Pope	24:44.4
6 James Dyer	24:45.0
7 Howard Burgess	25:05.9
8 Terry Drake	25:11.0
9 Robert Slick	25:14.7
10 Steve Moussetis	25:44.4

30-39:	
1 Ben Martinez	24:43.5
2 Darran George	25:17.2
3 Al Siddons	25:35.1
4 Ron Jensen	25:38.5
5 Ron Parks	26:15.9
6 Irv Ray	26:30.6
40-49:	
1 Jim Chenoweth	27:47.3
2 George Cohen	27:48.3
3 Don Hufstader	28:35.8
4 Simon Rubin	28:44.9
5 John Bushman	28:52.6
50-59:	
1 Darty Cronin	29:14.6 CR
2 Bob Gerlach	30:18.2
3 William Francis	31:43.8

Results

4	Richard Ellerrras	31:48.9
5	Mil Elliot	31:58.1
60 & Over:		
1	Donald Dilworth	32:14.8 CR
2	Howard Willut	35:58.1
3	Allan Filas	36:00.1
4	Fred DeAvila	37:02.5
5	Reese Walton	37:39.5
Women: 14 & Under:		
1	Renea Biggers	33:02.0
15-18:		
1	Nicole Biggers	31:43.1
2	Tiffany Prusia	32:25.7
19-29:		
1	Liz Garman	29:49.2
2	Dianne Bjelland	30:33.1
3	Jennifer Weiss	30:40.7
4	Deanna Deets	32:36.8
5	Kathy Keys	32:51.8
6	Erin Gallagher	33:10.6
7	Patti Wagner	33:31.4
8	Jeanne Kawashima	33:43.7
9	Julle Smiley	34:08.5
10	Earling Parson	34:50.0
30-39:		
1	Tish Husak	29:24.4
2	Fran Solomon	30:50.8
3	Pam Goacher	31:00.1
4	Candy Clark	31:39.1
5	Terri Goodreau	32:39.5
6	Cheryl Butchers	33:15.7
40-49:		
1	Annie Quinonez	34:06.8
2	Joyce Momita	35:14.4
3	Sally Prusia	35:52.1
4	Judy Rhodes	37:42.3
5	Carene Schleif	38:27.6
50-59:		
1	Tina Shealey	NT
2	Michiko Coale	NT
3	Doran Ahsing	NT
4	Betty Long	NT
60 & Over:		
1	Lola Edds	39:15.7
2	Lola Hansen	NT
3	Lucile Adney	NT

KFWB South Coast Classic 10K Run

September 25, Irvine, Women

1	Ellen Hart (19-29)	34:52
2	Susan Berenda (19-29)	35:58
3	Liz Baker (19-29)	36:12
4	Janice Standa (19-29)	36:24
5	Pam Morris (19-29)	36:49
6	Jaynie Studenmund (19-29)	37:53
7	Fran Solomon 1st(30-39)	38:35
8	Pamela Goacher (30-39)	39:24
9	Candy Clark (30-39)	39:28
10	Lisa Padilla 1st(13-Under)	39:38
Men		
1	Tom Wyaockl (19-29)	29:19
2	Ralph Serna (19-29)	29:32
3	Steve Scott (19-29)	29:45
4	Ray Kissin (19-29)	29:45
5	John Koningh (19-29)	29:50
6	Stan Mauls (19-29)	29:53
7	Ken Misner (1st 30-39)	29:54
8	Rick Muagave (19-29)	29:55
9	Andy Clifford (19-29)	29:55
10	Erin Rankin (19-29)	29:59
11	Dave Frickei (19-29)	29:59
12	Robert Lusitana (19-29)	30:01
13	Wally Buckingham (19-29)	30:03
14	Chris Sadir (19-29)	30:05
15	Chris Molahan (19-29)	30:08
16	Ken Hunter (30-39)	30:08
17	Keith Woodward (30-39)	30:09
18	Steve Flanagan (30-39)	30:10
19	Ron Cordale (19-29)	30:16
20	Dan Buntman (19-29)	30:17
21	Tom Lux (19-29)	30:22
22	Gordon Duff (19-29)	30:23
23	Joey Gomez (19-29)	30:28
24	John Brenneman (19-29)	30:35
25	Lou Patterson(30-39)	30:38
26	Sean Evans (19-29)	30:54
27	Jeff Dettmers (19-29)	30:58
28	Ben Wilson (30-39)	30:58
29	Art Cendejas (19-29)	31:03
30	Brian Hunsaker (19-29)	31:05



photo by George Mason

Andy Clifford

California Orienteering Championships

September 25-26, Casero Reservoir Park, San Jose.

Men's Elite:	Total Time
1 Bruce Wolfe (Oakland)	2:05:46
2 Michael Schuh (Seattle, WA)	2:24:16
3 Inguar Braaten (Norway)	2:24:33
4 Simon Pratt (Great Britain)	2:30:01
5 Dave Enger (Seattle, WA)	2:33:48
6 Roy Parker (San Fran.)	2:34:27
7 Jacob Sutter (Menlo Park)	2:45:05
8 Roger Thompson (Palo Alto)	3:02:30
9 Ron Sanvik (Morgan Hill)	3:14:21
10 Knut Eriksen (San Mateo)	3:19:07
Men's Advanced/Women's Elite:	
1 Steve Smith (Carlsbad)	2:08:24
2 Bob Cooley (Livermore)	2:10:15
3 J. Scarborough(Oak.)1-40 +	2:10:19
4 Margrit Keller(Switz.)1-W	2:10:27
5 Katarina Mansson(Swed.)2-W	2:18:53
6 Maria Kindborn(Sweden)3-W	2:20:16
7 Ron Hudson (Reseda)	2:24:15
8 Tom Pelnar (Los Altos)	2:24:47
9 Brian Hausback (Berk.)	2:26:41
10 Ann-Marie Holmberg(Swd)4-W	2:30:25
12 Dennis Ellison(G.B.)1-50 +	3:07:01
13 Kent Davis (L.A.) 2-40 +	3:08:13
Men's Intermediate/Women's Advanced:	
1 Steve Ritchie (E.PaloAlto)	1:25:46
2 Keith Jeffers (Sunnyvale)	2:04:57
3 Alan Glendinning(Palo Alto)	2:12:54
4 Steve Thurin (Fremont)	2:17:27
5 Dave Stryker (Auburn)	2:32:53
6 Larry Thude (Pleas.Hill)	2:35:26
7 Carol Stryker (Auburn)1-W	2:36:40
8 John Hanna (San Diego)1-60 +	2:38:54
9 Chris Wehunt(Pleas)1-15-182-40:17	2:49:49
10 Roger Stoffregren(Berk)	2:49:49
11 Robin Williams (San Fran)2-W	3:26:28
12 Nancy Thude (Pleas.Hill)3-W	3:35:59
14 Margie Redman (Morg.Hill)4-W	3:46:03

Hometown Foot Race

From Dave Branning

September 26, San Carlos, CA. 5 miles.

1	Thom Trimble	25:54
2	Michael Neimier	25:56
3	Steve O'Brien	27:15
4	Alan Stanbridge	27:35
5	Walt Radloff	27:40
6	Bruce Gouveia	28:11
7	Erik Himley	28:16
8	Norm Gould	28:48
9	John Woods	29:03
10	Gregor Mendez	30:04
11	Keith Kramer	30:09
12	John Crawford	30:17
13	Reg Harris	30:19
14	April Powers(1/F)	30:19
15	Gary John	30:28
16	Jim Wurm	30:29
17	Ron Klyono	30:33
18	Larry Dieu	30:41
19	Michael King	30:53
20	Judy Leydig(2/F)	30:58
21	Jack Leydig	30:59
22	Tom Smith	31:00
23	McKinley Day Jr.	31:11
24	Dwight Somerset	31:26
25	Jamie Bupp	31:31
26	Bill Wilbier(1-40)	31:33
28	Jim Day(2-40)	31:52
35	Don Lucero(1-50)	32:29
41	David Peterson(2-50)	33:18
60	Jane Maxwell(1/F-40)	34:27
62	John Bliley(1-60)	34:30

Fresno Police & Friends

From Raul Saidana

September 26, 6 Miles.

Men: 13 & Under: 1.Richard Harkless 35:54, 2.Alex Tilson 36:46, 3.Earle Franks 39:23. 14-19: 1.David Naranjo 31:49, 2.Greg Steinhauer 34:09, 3.Ron Thomasson 35:16. 20-29: 1.Jim Hartig (1st overall) 30:01, 2.Darrel Cox 30:54, 3.Ron Schaffer 33:19. 30-39: 1.Bob Lindsey 31:51, 2.Don Chapin 32:13, 3.Al Lomell 32:30. 40-49: 1.Frank Deigado 34:34, 2.Don Trout 34:54, 3.Rick Zamarripa 35:04. 50-59: 1.Len Thornton 34:12, 2.Jessa Rivera 37:11, 3.Sid Toabe 38:08. 60 & Over: 1.Harry Harder 42:56, 2.George Leavitt 45:03, 3.Woody Cape 48:29. Wheelchair: 1.Jim Brooks 42:30.

Women: 13 & Under: 1.Tracy Jennifer 49:11. 14-19: 1.Sylvia Santistevan 39:25, 2.Kim Elmer 1:07:25. 20-29: 1.Julie Houston (1st overall) 38:13, 2.Tone Nichols 37:10, 3.Vickie Evangelho 39:52. 30-39: 1.Janie Rodriguez 42:31, 2.Sylvia Valdez 43:45, 3.Olga Oldham 44:23. 40-49: 1.Julie Wilson 52:03, 2.Joann Denny 53:03, 3.Jacqueline Ryle 54:14. 50-59: 1.Patricia Hurst 41:48, 2.Isabel Verdusco 43:45, 3.Liz DeMonte 47:40. 60 & Over: 1.Evelyn Krumbeln 1:05:39, 2.Jean Avery 1:14:09.

Harvey's Tahoe 10K

September 26, Cave Rock to Steline, NV.

Men's Open Division

1	Paul Cummings(NBTC)\$2500	30:37
2	Gerald Jones(San.Mon.TC)\$1500	30:51
3	Larry Lawson(Moose.TC)\$1000	31:11
4	Thom Hunt (Ath. West)\$850	31:24
5	Rudy Munoz (Aggie TC)\$700	31:29
6	Chuck Smead (Unatt.)\$800	31:38
7	Alex Kaslich (Ath. West)\$450	31:45
8	Tim Barnes (T.Converse)\$400	31:49
9	Leonard Hill(S.O.S.)\$350	31:54
10	Tracy Smith(Ath.Action)\$300	31:57

Women's Open Division

1	Laurie Binder(T.Addidaa)\$2500	36:45
2	Pat English (Tamal.R.C.)\$1500	36:45
3	Tina Harms (Aggie R.C.)\$1000	37:44
4	Sally Edwards (Fit. Ft.)\$850	38:27
5	Sherry Simmons (Jovi)\$700	38:54

Saint John's 10K

From TERRI DELANGE

September 26, Marina Del Rey.

Despite overcast skies and rainy weather more than 1,300 runners gathered in Marina Del Rey for the Fourth Annual Saint John's Hospital/Marina Del Rey Chamber of Commerce 10K.

The weather didn't slow down the pace of the runners either. Overall winner Tom Bryant set a new record by completing the course, which winds through streets and beach paths, in 31:14. Last year's



photo by Richard Lee Slotkin

Jim Scott

winner, Cleveland Whalen, finished the course in 31:28.6. Bryant was followed closely by Jim Scott in 31:19 and Allen Just in 31:48.

The top three women were Michelle Bush 35:08, Michele Hopper 38:57, and Roma Antoniewicz 38:00. Last year's overall time for women was 38:57.5

Female:

1	Michelle Bush (20)	35:08
2	Michele Hopper (27)	36:57
3	Roma Antoniewicz(22)	38:00
4	Wendy Walker (22)	38:26
5	Michelle Soderberg (31)	39:07
6	Lisa Bontley (24)	40:33
7	Diana Tracy (29)	40:48
8	Lisa Garnett (16)	41:16
9	Helen Dick (58)	41:22
10	Harolene McLean (39)	42:27
11	Karin Taylor (22)	42:27
12	Lynne Finley (25)	42:31
13	Terry Goodreau (32)	42:56
14	Kathleen Galvin (35)	43:15
15	Margie Tonenbauh (34)	43:17
16	Gayle Lighty (37)	43:43
17	Pauline Stevens (35)	44:33
18	Deana Trano (21)	44:36
19	Joyce Momita (45)	44:56
20	Vicki Jones (38)	45:04

Divisions 12 & U: 1. Christine Brockway 54:11. 13-18: 1. Lisa Garnett 41:19. 19-24 1. Michelle Bush 35:08. 25-29: 1. Michele Hopper 36:57. 30-34: 1. Michelle Soderberg 39:02. 35-39: 1. Harolene McLean 42:20. 40-44: 1. Rita Gilman 45:48. 2. Janet Hehrath 47:16. 45-49: 1. Joyce Momita 44:58. 2. Atsuko Fujimoto 48:32. 50-54: 1. Gertrud Peltrolung 52:31. 2. Nelly Williams 54:48. 55-59: 1. Helen Dick 41:22. 2. Ruby Taki 54:42. 60 & Over 1. Edith Carlisle 55:35, 2. Dorothy Bush 1:08.

Men	
1 Tom Bryant (28)	31:14
2 Jim Scott (28)	31:19
3 Allen Just (20)	31:48
4 Paul Farina (21)	32:11
5 Clyde Matsumura (22)	32:24
6 John Maemura (16)	32:25
7 Cleveland Whalen (28)	32:35
8 Ruben Garcia (32)	32:36
9 Eric Patterson (25)	33:11
10 Richard Greifinger (23)	33:28
11 Graeme Dacomb (27)	33:49
12 Richard Hornish (23)	34:06
13 Dennis Joe (36)	34:20
14 Irwin Merain (32)	34:26
15 Pat Waller (26)	34:38
16 Eugen Muslar (23)	34:47
17 Ronald Smith (37)	34:49
18 Bruce Thomson (22)	34:54
19 Michael Sovec (23)	34:55
20 Jack Cochran (31)	35:02
Divisions 12 & U: 1. Brain Downer (12)	
43:19 13-18: 1. John Maemura 32:25.	
19-24: 1. Allen Just 31:48. 25-29: 1. Tom Bryant 31:14. 30-34: 1. Ruben Garcia 32:36. 35-39: 1. Dennis Joe 34:20. 40-44: 1. George Cohen 35:04. 2. Norman Cohen 35:39. 45-49: 1. Jerry Gardetta 35:42. 2. Chris Bourke 37:23. 50-54: 1. Dick Venne 38:23. 2. John Peterson 38:29. 55-59: 1. Lono Tyson 41:10. 2. K.G. Takl 41:55. 60 & Over: 1. Robert Page 40:29. 2. Eddie Lewin 40:52.	

54:14, Lisa Spaulding (Lemoore) 58:30.
Joggers Women: Lillian Taylor 63:34,
 Karen Carriker 60:54.

North Coast Run Results

September 26. Ft. Bragg. 5, 10, & 20K.

Women 5K

Junior: 1. Tina Hart 31:18. 30-39: 1. Marge Stanley 25:53. 2. Marcia Rasner 28:56. 3. Marsha Jeffries 28:56. 40-49: 1. D. Ayres 30:27. Christine Speake 30:27. 3. Helen VanGelder 31:57.

Men 5K

50+: 1. Joe Maybury 31:32. 2. Charles Strong 31:43.

Women 10K

Juniors: 1. Laura Franco 49:18. **Open:** 1. Susan Lehman 49:00. 2. M. Seale 49:18. 3. LeeAnn Reeds 55:12. 30-39: 1. Sue Mattiuzo 45:05. 2. Jocelyn Pare 45:34. 3. Pat Pyoroe 45:56. 40-49: 1. Mary Bates 46:23. 2. Naomi Kerwin 61:23. 3. Shirlee Paoli 61:23. 50+ : 1. Phyllis Ennis 59:17.

Men

Junior: 1. Reed Colfax 44:17. **Open:** 1. Kerry Brown 38:00. 2. Skip Williams 41:03. 3. Brad Morine 42:33. 30-39: 1. Jim Gibbons 33:39. 2. John Lodin 33:57. 3. John

33:06. 5. Larry DeWitt 33:32. 6. Dan McCullough 33:41. 7. Darryl Beardall 33:50. 8. Rich Cunningham 34:02. 9. Ken Gurley 34:13. 10. Geo. Frazier 35:02. 11. Kevin Dramer 35:22. 12. John Stafnes 35:34. 13. Gordy Wood 35:49. 14. Larry Paige 35:39. 15. David Griffith 36:09. 16. Ralph Dalton 36:16. 17. Bill Posedel 36:26. 18. Sam Rivera 36:26. 19. Pat Ryan 38:34. 20. Phil Widerer 36:36. 29. Linda Christ (1st Woman) 38:10.

Bridge to Bridge Run

September 27. San Francisco. 8 miles.

Ron Fritzke, 25, of San Jose, out-clasped a field of 10,000 runners in the Sixth Annual KNBR 68/City Sports Bridge to Bridge Run to take top honors in the fall classic and win a trip to Hawaii. Fritzke's time was 38:16 for the 8 mile course, called one of America's most beautiful runs.

Fritzke, who finished second in this year's Bay to Breakers, was closely followed by John Moreno, 27, of Pacifica during the first part of the race but pulled ahead in the last two miles to beat Moreno by 32 seconds. Moreno also placed second in the 1980 Bridge to Bridge. Dave Smith, 28 of Fair Oaks, was third in 39:14.

Nancy Ditz, 28, of Menlo Park, was the first woman finisher in a time of 45:13. Eileen Kraemer was the second woman finisher in a time of 45:44. Kraemer, 23, is from Los Osos. Third woman finisher was Peggy Smythe, 30, of Santa Rosa. Ditz' time also won her a trip to Hawaii.

Dan Cladwell, 19, of San Anselmo was the winner of the 5K Fun Run, a new addition to the Bridge to Bridge.

The Run benefits Big Brothers of San Francisco.

Winner:	Ron Fritzke (25) San Jose	38:16
First Female:	Nancy Ditz (28) Menlo Park	45:13
First 10 Finishers		
1	Ron Fritzke (25) San Jose	38:16
2	John Moreno (27) Pacifica	38:48
3	Dave Smith (28) Fair Oaks	39:14
4	Bill Gail (24) Palo Alto	39:33
5	Dan Gruber (27) Scotts Valley	40:09
6	Lynn Strong (28) Ogden, UT	40:13
7	Sal Vasquez (42) Alameda	40:28
8	Dan Anderson (30) Castro V.	40:36
9	Tom Borschel (24) Albany	41:13
10	Robert Thomas (24) Oakland	41:16

Top Five Women		
1	Nancy Ditz (28) Menlo Pk.	45:13
2	Eileen Kraemer (23) Los Osos	45:44
3	Peggy Smythe (30) Santa Rosa	46:40
4	Vicki Randall (24) Ross	48:09
5	Jane Sowersby (31) San Fran.	48:24

Division Winners:
Male 17-29: 1. Ron Fritzke. 2. John Moreno. 3. Dave Smith. 30-39: 1. Dan Anderson. 2. Nick Ray (35) San Jose 41:18. 3. Steve Ferraz (35) San Fran. 41:52. 40-49: 1. Sal Vasquez. 2. Joe Becerra (Burlingame) 42:59. 3. Tim Rostege (San Jose) 43:38. 50-59: 1. Jim O'Neil (San Diego) 45:28. 2. Ramon Menon (San Fran.) 48:30. 3. Joe Ballard (San Fran.). **60 Plus:** 1. David Burke (Piedmont) 57:00. 2. Tom McGee (San Fran.) 58:02. 3. Charles Hansen (Orinda) 61:45. **16-Under:** 1. Greg Nikolaielf (Belvedere) 47:12. 2. Greg Beavers (Colma) 47:53. 3. Van Robbins (Orinda) 47:54.

Female:
17-29: 1. Nancy Ditz. 2. Eileen Kraemer. 3. Vicki Randall. 30-39: 1. Peggy Smythe. 2. Jane Sowersby. 3. Florianne Harp (Mill Valley) 49:59. 50-59: 1. Sister Marion Irvine (San Rafael (50:37). 2. Katherine Belers (Santa Cruz) 1:11:48. 3. Pat Mowery (Stockton) 1:13:33. **60-Plus:** 1. Helen Kuzlara (Greenbrae) 1:25:23. 2. June Thompson (Alamo) 1:28:42. 3. Betty Fink (Greenbrae) Unkwn. **16-Under:** 1. Jamey Santoro (Pioneer) 1:03. 2. Andrea Louie (San Fran) 1:05:55. 3. Tawnya Santoro (Pioneer) 1:20.

photo by Doug DaSilva



Ron Fritzke

Learn Not to Burn 10K

From END OF THE LINE

October 2. Lindo Park, Lakeside.

Men

12 & Under: 1. Bobby Feeney 39:09. 13-17: 1. Jon Rice 38:11. 18-29: 1. Kim Ulle 32:41. 2. Robert Beauchamp 33:07. 3. Sam Cenicerros 33:33. 4. Brit Richardson 33:37. **30-39:** 1. Don Harrison 33:11. 2. Dennis Smith 33:39. 3. Jim Edens 33:44. 4. Hal Goforth 34:40. 40-49: 1. John Clapp 35:27. 2. Jim Whlters 37:31. 3. Mel Rich 38:50. 4. Tom Feeney 39:10. **50 Plus:** 1. Frank Morris 39:50. 2. John Ganotti 40:46. 3. F.O. Gulbrandsen 41:04. 4. Blitty Just 41:13.

Women

12 & Under: 1. Tammy Kniffing 40:56. 13-17: 1. Sally Meester 50:57. 18-29: 1. Lorrie Dierdorff 39:21. 2. Cheri Paddock 46:39. 3. Julie Toaches 50:50. 4. Cynthia Whitaker 54:46. **30-39:** 1. Sharon Goforth 41:07. 2. Lee Ann Jordan 42:16. 3. Jennifer Hillberg 45:54. 4. Julie Freeman 48:13. **40-49:** 1. Judy Spiltgerber 42:34. 2. Sylvia Crise 45:29. 3. Ginni Nordstrom 46:09. 4. Beverly Fox 47:39. **50 Plus:** 1. Dorothy Stock 39:50. 2. Virginia Hastings 53:20. 3. Iris Sellers 55:50. 4. Jeri Morris 60:30.

Heritage Day Run

From DON LUNDBERG

October 2. Waterford. 10K and 2 Mile.

10K Male: 13-Under: 1. Jeff Hartman 42:14. 14-19: 1. Darel Johnson 39:31. 2. Mickey Denton 44:25. 20-29: 1. Scott Brickard 31:36. 2. Mike Wetzel 35:23. 30-39: 1. Jerry Martinez 34:12. 2. Tom Holliday 34:14. 40-49: 1. Raymond Nichol



St. John's 10K (left to right): Tom Bryant, Martin Sheen, and Michelle Bush.

NAS Lemoore X-C Championships

September 26. Downtown Lemoore. 6.5 miles.

Open Men: Jim Hill (Visalia) 38:51, Fernando Violens-Ellis (NASL) 39:04, Luis Martin (Waykuna) 41:29. **Military Men:** Skip Sorral (NASL) 37:40, Steve Moreau (NASL) 39:59, Tom Hajal (NASL) 41:05. **Juniors-Men:** John Gordon (Lemoore) 83:40. **Best Overall Time:** Mike Craddock 37:10. **Senior Men:** Jesse Rodriguez 37:12, Craig Newport (Visalia) 38:31, Franc Padilla 38:50. **Teen Men:** Lawrence Barco (Corcoran) 42:30, Scott Calvert (NASL) 46:02, Mike Felton (NASL) 70:53. **Joggers Men:** Dan Martinez 46:40, Steve Brum 47:11, Jack Amoroso 49:27.

Open Women: Cherrie Stevenson (Visalia) 48:48, Janis Cook (NASL) 48:16, Nancy Coombs (Lemoore) 53:52. **Military Women:** Lorie Lopez (NASL) 51:57. **College Women:** Ronna Novak (NASL) 51:01. **Senior Women:** Linda Curtis (Lemoore) 61:47, Susan Spalding (Lemoore) 62:35, Victoria Schuster (Lemoore) 68:49. **Teen Women:** Kristy McCullough (Lemoore)

Hanan 34:32. 40-49: 1. Bruce 41:59. 2. Robert Fewster 42:13. 3. Brian Gilsovich 44:21. 50+ : 1. Walter Uhi 49:33 2. Marshall Maddock 51:31. 3. Cal Rasmussen 52:23. **20K**

Women

30-39: 1. Barbara Story 1:41:27. 2. Ann Hunter-Wellborn 1:49:24. 3. Teresa Estep 1:49:28.

Men

Junior: 1. Mike Orth 1:59:39. **Open:** 1. Warren Long 1:31:43. 30-39: 1. Steven Stanley 1:25:58. 2. John Oliver 1:27:54. 3. Eric Gutnick 1:28:41. 40-49: 1. Marcell 1:20:39. 2. Mac McClary 1:22:40. 3. Bill Speake 1:29:58. 50+ : 1. Hans Roenau 1:22:33. 2. Doran Torrence 1:40:04.

Sonoma Valley Vintage 10K Run

From BUTCH ALEXANDER

September 26. Sonoma.

Top 20 places plus first woman finisher.
 1. Butch Alexander 31:47. 2. Jim Bowers 32:28. 3. David Smith 32:63. 4. Jim Moyles

Results

39:13, 2. Ron Quick 39:55, 50-59: 1. Charlie Rogers 38:20, 2. Don Hawkins 42:45
Female 13-Under: 1. Kelly Johnson 42:26, 14:19: 1. Erika Carlson 56:35, 20-29: 1. Kathryn Burrola 42:52, 2. Therese Schmidt 48:05, 30-39: 1. Michelle Bottjer 45:42, 2. Barbara Schiekler 46:18, 40-49: 1. Ginger Burrola 42:14, 2. Cayton Johnson 46:02.

2 Mile
Male 13-Under: 1. Kevin Pakilla 13:01, 2. Brannon Vaughan 13:42, 14-19: 1. Richard Johnson 10:36, 2. Stephen Long 14:49, 20-29: 1. Dwight Smith 9:48, 2. Charles Pillel 10:26, 30-39: 1. Glen Jenkins 10:51, 2. Larry Florez 11:01, 40-49: 1. Dick Shorman 11:43, 2. Gary Nieto 12:19, 50-59: 1. Paul Taylor 12:44, 2. James Higgins 14:50, 60 Plus: 1. Ray Mahannah 13:45, 2. Frank Saylor 15:52, **Female 13-Under:** 1. Trista Peters, 13:12, 2. Rebecca Jones 13:36, 14-19: 1. Deanna Kerkpatrick 17:32, 2. Robbin Harrison 19:50, 20-29: 1. Maureen Robello Boynton 12:38, 2. Consuelo Garcia 13:22, 30-39: 1. Deane Kirkpatrick 17:01, 2. Sandy Yunt 17:26, 40-49: 1. Carol Ewing 15:42, 50-59: 1. Harriet Higgins 18:04.

CRRC/Spa-Tac 8K & 20K

October 2. Griffith Park, Los Angeles.

8K

1 Ron Yeals (20)	23:49
2 Chuck Smead (31)	23:50
3 Jon Black (22)	25:00
4 Dave Walsh (19)	25:07
5 Steve Blum (27)	25:18
6 Mark Pashky (22)	26:24
7 Skip Shaffer (44)	26:47
8 Jeff Jacobbs (15)	26:57
9 Eino Rompanen (42)	27:09
10 Joe Kender (28)	27:12
11 Brad Fink (17)	28:17
12 George Cohen (42)	28:36
21 Christa Rompanen(43 1-F)	30:47
34 Lena Aruston (19 2-F)	40:27
47 Erika Fleischner (50 3-F)	48:24

Men's Division
0-18: 1. Jeff Jacobs 26:57, 2. Brad Fink 28:17, 3. Eric Takafuji 33:24, 4. Norton Eruck 34:08, 30-39: 1. Chuck Smead 23:50, 2. Geric Johnson 29:57, 3. William Frick 30:11, 4. James Akera 30:12, 5. Tobias Uribe 33:20, 40-49: 1. Skip Shaffer 26:47, 2. Eino Rompanen 27:09, 3. George Cohen 28:36, 4. Jesse Cook 29:07, 5. John Cheerer 29:33, 50-59: 1. Hal Winton 29:02, 2. Bob Gerlach 30:08, 3. Sam Nicholson 35:09, 60-Plus: 1. Edmund Ford 48:25.

Women's Division
19-29: 1. Lena Aruston 40:27, 30-39: 1. Tonya Gates 50:57, 40-49: 1. Christa Rompanen 30:47, 2. Katherine Cook 42:36.

20K

1 Geo. Guerrero (29)	1:08
2 Paul Maier (34)	1:09
3 Ken Kendall (32)	1:11
4 Jim Knerr (42)	1:12
5 James Murphy (43)	1:13
6 Eduardo Lopez (22)	1:14
7 Martin White (31)	1:18
8 Patrick Devine (53)	1:19
9 Delbert Beaudoin (37)	1:20
10 Raymond Crerand (42)	1:21
17 Judith Belike(33 1-F)	1:29
25 Cecily Parke (42 2-F)	1:36
32 Lois Franke (37 3-F)	1:52

Men's Division
19-29: 1. Geo. Guerrero 1:08, 2. Eduardo Lopez 1:14, 3. Bill Roche 1:30, 30-39: 1. Paul Maier 1:09, 2. Ken Kendall 1:11, 3. Martin White 1:18, 40-49: 1. Jim Knerr 1:12, 2. James Murphy 1:13, 3. Raymond Crerand 1:21, 50-59: 1. Patrick Devine 1:19, 2. Robert Hardaway 1:27, 3. Lorenzo Tovar 1:29, 60-Plus: 1. Art Schneider 1:32, 2. John McManos 1:37, 3. Richard Hoegh 1:46.

Women's Division
30-39: 1. Judith Belike 1:29, 2. Lois Franke 1:52, 3. Joy Blevins 1:57, 40-49: 1. Cecily Parke 1:36.

2nd Annual Benicia Rotorun

October 2. Benicia.

Overall Winners

Men

1 Leroy Kotchenan(Crockett)	33:16
2 David Muela (Vallejo)	33:45
3 Bob Blackman (Suisun Cty)	34:24

Women

1 Sharlett Gilbert (Richmond)	39:19
2 Tracy VanDeVeire (Benicia)	40:56
3 Torill Owen (Vallejo)	41:12

Age Groups:

17 & Under Boys:

1 Chris Gibbs (Benicia)	41:54
2 Will Paine (Vallejo)	43:30
3 Len Rubio (Benicia)	46:13

17 & Under Girls:

1 Dana Oberhoizer (Benicia)	N/A
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18-29 Men:

1 Leroy Kotchenur(Crockett)	33:16
2 Bob Blackman (Suisun Cty)	34:24
3 Steve Schuman (L.A.)	34:52

18-29 Women:

1 Tracy VanDeVeire (Benicia)	40:56
2 Torill Owen (Vallejo)	41:12
3 Cynthia Butts (Vallejo)	43:49

30-39 Men:

1 David Minela (Vallejo)	33:45
2 Robert McGuire (Martinez)	36:58
3 Rick Molienkopf (San Anselmo)	37:08

30-39 Women:

1 Sharlet Gilbert (Richmond)	39:19
2 Laury Fisher (Oakland)	42:01
3 Karen Houston (Vallejo)	44:36

40-49 Men:

1 Jim Moore (Walnut Creek)	35:30
2 Brian Holmes (Concord)	36:48
3 Bob Goodrich (Benicia)	37:48

40-49 Women:

1 Ann Grove (Benicia)	45:14
2 Mary Ann Pernz (Martinez)	50:57
3 Judy Tom (San Lean.)	53:50

50-Over Men:

1 Carter Squires (Pt. Richmd)	38:43
2 Hank Fragoza (Vallejo)	38:48
3 Al Downey (Martinez)	40:06

50-Over Women:

1 Ciemmie Henley (Vallejo)	N/A
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Selma Cancer Run

October 2. Men and Women's 2 and 5 miles.

Men 2 Mile
 1. Shon Wilson 13:26, 2. N/A 3. Scott Nishinaka 16:40, 13-19: 1. Jesse Aguilar 10:30, 2. Lindolfo Betancourt 11:01, 3. Juan Puentes 12:20, 20-29: 1. Jim Tilford 10:03, 2. Erasmo Quintanilla 10:27, 3. Ron Schafer 10:29, 30-39: 1. Al Lomeli 10:06, 2. John Volkman 11:03, 3. Michael Freeman 12:36, 40-49: 1. Bill Knocke 11:50, 2. Jim Raymond 12:24, 3. Fred Pereira 13:04, 50 & Over: 1. Jess Rivera 12:08, 2. Robert Musso 13:17, 3. Frank Perales 15:15.

Men 5 Mile
12-Under: 1. Jose Hurtado 39:38, 13-19: 1. Miguel Hurtado 31:22, 2. Ricky Bernal 32:38, 3. Loule Aguilar 36:27, 20-29: 1. Baldemar Betancourt 33:20, 2. David Smith 33:56, 3. Bruce Johnson 36:17, 30-39: 1. Frank Ortega 32:40, 2. Patrick Dunning 33:42, 3. Andres Paltan 34:03, 40-49: 1. Fernie Montanez 35:24, 2. Bill Woody 35:41, 3. John Plus 36:51, 60 & Over: 1. Len Thornton 33:54, 2. Christopher Denny 38:41, 3. John Paredes 41:53, **Wheelchair:** 1. Danny Hernandez 34:21.

Women 2 Mile
12-Under: 1. Heidi Allen 17:35, 2. N/A 3. Monica Hernandez 20:10, 13-19: 1. Lisa Martinez 13:23, 2. Erin Elise Valdez 14:05, 3. Lisa Bennett 14:39, 20-29: 1. Janet Schraw Solla 16:18, 2. N/A, 3. Florence Murquela 17:00, 30-39: 1. Claudette Moore 18:53, 2. Trudy Allen 18:59, 3. Janie Winter 19:50, 40-49: 1. Barbara Troels 18:09, 2. Mary Lynne Bakke 30:29, 3. Linda Berry 34:03.

Women 5 Mile
 20-29: 1. Celia Felix 45:55, 2. Emily Munoz 52:17, 3. Denise Krider 54:58, 30-39: 1.

Carmen Paltan 46:00, 2. Grace Lee Son 46:10, 3. Helen Harrington 49:19, 40-49: 1. Julie Wilson 52:29, 50 & Over: 1. Virginia Martin 1:01.

2 Sally Scholer (Palo Alto) 53:49
60 Plus:
 Jaclyn Caselli (San Jose) 45:42

photo by Doug DaSilva



Duncan Macdonald

The Great Race

From MIMI BACA

October 3. Stanford.

Men

12-Under	
1 Jeff Ogder (San Jose)	43:49

13-17:

1 Dan Schall (San Jose)	34:39
2 Mitch Kumagal (Cupertino)	35:11

18-29:

1 Ron Fritzke (San Jose)	29:35
2 Dan Vunter (Palo Alto)	29:41
3 Bill Gall (Palo Alto)	30:17
4 Mike Porter	30:24

30-39:

1 Duncan MacDonald (Menlo Pk)	29:04
2 Bill Sevald (San Fran)	31:16
3 Steve Ferraz (San Fran)	31:34
4 Gary Goettlieman (Santa Clara)	31:50

40-49:

1 Sal Vasavez (Alameda)	31:04
2 Joe Becerra (Burlingame)	32:15
3 Tim Rostese (San Mateo)	32:45

50-59:

1 Ulrich Kaemph (Los Altos)	34:25
2 Norm McAbee (San Fran.)	41:30

60 Plus:

Ed Preston (San Fran)	41:30
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Oldest:

Ivor Welch (86)Pacifica	1:28
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Women

12-Under:	
1 Katy McCandles (Port.Vily.)	44:11

13-17:

1 Kin Greenwell	48:29
2 Niède Wicker (Port.Vily.)	48:41
3 Tammy Dowie (LosAltoHills)	40:31

18-29:

1 Nancy Ditz (Menlo Park)	34:28
2 Tina Harms (Mt. View)	35:15
3 Randy Stolp (Concord)	35:55
4 Connie Hester (Chowch.)	36:14
5 Bonnie Dwyer	36:50

30-39:

1 Laurie Binder (Oakland)	34:08
2 Jane Sowersby (San Fran.)	36:17
3 Loretta Pidarfer (Aptos)	38:10
4 Patricia Irmischer(Redwood Cty)	39:30

40-49:

1 Vickie Bigelow (San Fran)	36:44
2 Betsy Fraser-Smith (Los Altos)	42:29
3 Anne Martin (Palo Alto)	43:00
4 Susan Hall (Hayward)	N/A

50-59:

1 Sr. Marian Irvine (San Rafael)	38:13
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Delta Thon

October 3. Antioch.

10K 1. Chris Romero 31:42, 2. William Seaven 32:39, 3. Mark Webber 33:14, 4. Doug Butt 32:37, 5. Jack Dixon 33:41, 6. David Wight 34:29, 7. Steven Wight 34:52, 8. John Matney 34:54, 9. Jim Myers 35:01, 10. Mark Lane 35:30.

11. Leigh Forsberg 35:42, 12. Ken Tilcock 35:56, 13. Ronald Clark 36:19, 14. Michael Zygaczenko 36:26, 15. David Zumwalt 36:26, 16. Tom Stallings 36:55, 17. Michael Traynor 37:10, 18. Tom Toriakson 37:20, 19. Dennis Flannery 37:47, 20. Richard Keene 37:47.

21. Bob Stokes 37:58, 22. Jerry Fish 38:08, 23. Lorenzo Chambliss 38:13, 24. Sharlet Gilbert (1st F) 38:24, 25. James Boccio 38:38, 26. Jesus Torres 38:44, 27. Hans Facer 38:44, 28. John Cline 38:51, 30. Jack Byrd 39:04.

31. Robert Fine 39:09, 32. Michael Impastato 39:16, 33. Brian Rivers 39:30, 34. Dave Ehrhardt 39:48, 35. Rod Twain 39:49, 36. Ralph Dorwood 40:08, 37. Frank Christie 40:11, 38. Gary Crawford 40:12, 39. Bruce Oliver 40:29, 40. Jesse Valenzuela 40:30.

45. Shannon Felix (2nd F) 40:49, 65. Joan Fairchild (3rd F) 41:55, 78. Sonia Serna (4th F) 43:02

1.9 mile Fun Run
 1. Kent Thompson 7:51, 2. Fidel Serrano 7:52, 3. Ferguson Spencer 8:13, 4. Julie Rivers 9:26.

Conejo Track Club 10K Run

October 3. Westlake.

1 Ron Ysais	30:47
2 Jon Black	31:44
3 Steve Blum	32:51
4 Hector Romero(1st,16-19)	33:20
5 Steve Flynn	33:44
6 Steve Glocke(1st,30-39)	33:54
7 Gregory Olsen	34:50
8 Bob Huabel	34:56
9 Eino(1st,40-49)	35:37
10 Donald Bowman	35:41
11 Seymour Goldstein	35:47
12 Joe Jacobsen	35:50
13 Bob Natlons	35:54
14 Bill Edleman	36:12
15 Jesse Cook	36:36
16 Dan DelCampo	36:46
17 Larry Pontine	36:57
18 Joe Wells	37:08
19 Bernard Braslau	37:38
20 Hector Herrera	37:40
21 Dan Andrews	38:01
22 Glenn Ward	38:08
23 Ken Reeves	38:22
24 Derek Lowe(1st,U16)	38:28
25 David Watts	38:32
32 Pauline Brown(1/F)	39:06
34 Christa Romppanen(1,40-49)	39:31
36 Dale Mattox(1st,30-39)	39:45
43 Marian Mallory(1st,20-29)	40:50
45 Don Dunn(1st,50-59)	41:00
78 Patricia Gamba(1,16-19)	46:19
86 Shelley Larsen(1st,U16)	47:24
107Fillip Raamussen(1st,60&0)	51:12

Run For Health

From END OF THE LINE

October 3. Balboa Park, San Diego. 10K.

Men
12 & Under: 1. Eric Billmeyer (12) 37:22
 13-17: 1. Juan Naranjo (16) 33:40, 18-29: 1. Joe League (26) 31:08, 2. Gilbert Alvaru (23) 31:26, 3. Ross Ferguson (20) 31:45

30-39: 1. John Gentry (30) 33:11, 2. Matt Stanforth (32) 33:19, 3. Dick Jensen (34) 33:43, 40-49: 1. Robert McAndrews (42) 34:54, 2. Michael Long (40) 38:49, 3

Alastair Murray (45) 39:01. 50 Plus: 1. Walter Gacchi (54) 41:38, 2. Wayne Zook (65) 41:41, 3. Howard Edgar (50) 43:30.

Women
12 & Under: 1. Yvette Niles (12) 45:13. 13-17: 1. Christine Flanagan (13) 43:49. 18-29: 1. Teresa Ramirez (23) 36:22, 2. Betsy Chadwick (19) 37:08, 3. Adrienne Horn (25) 43:21. 30-39: 1. Darlene Burns (38) 40:52, 2. Bonnie Baer (38) 44:38, 3. Sheila Benter (37) 44:39. 40-49: 1. Judy Spillinger (42) 42:08, 2. Barbara Woods (42) 43:10, 3. Virginia Dickerson (40) 45:04. 50 Plus: 1. Alice Leich (50) 48:33.

Great America Run

From BEA LICHTENSTEIN

October 3. Santa Cruz. 10K.

Men's Division Winners
16 & Under: Mike Licalsi 38:05. 17-29: Darrel Cox 31:35 (1st Men). 30-39: Keith Jeffers 33:46. 40-49: Jack Wheeler 35:58. 50 & Over: Bob Farrington 35:42. **Wheelchair:** Adam Conrady (7½ yrs old. No time recorded)

Women's Division Winners
16 & Under: Terra Kennedy 42:22. 17-29: April Powers 35:36 (1st Women). 30-39: Terri Kwiatowski 45:10. 40-49: Pat Cachopo 49:25.

Sacramento Marathon—Half Marathon

By Randell Sturgeon

October 3.

The 1982 Sacramento full and half marathons were full of record and near record breaking performances. The full event was won by local favorite Adam Ferreira, setting a new course record in the process with a time of 2:20:31. That took nearly two minutes off Dennis Rinde's old mark. It was not a runaway for Ferreira as he battled Stockton's Bradley Brown thru 18 miles. Bradley later faded to fourth, and then had to hold off San Jose runner Mike Yray. Yray was able to close within 45 seconds with around four miles to go. However Adam was able to kick in for the final margin of victory as Yray was also under the old course mark with a 2:22:01.

Unlike the men's race the women's event was a one person show. Bev Marx, another local runner, overcame recent health problems to win in 2:48:38. This was a personal best for Bev and was just a minute off Helke Skaden's year old course record. Marx easily outdistanced the field as runner-up and sub-master division winner Consuela Underwood finished in 3:12:30.

One other course record was set in the full marathon as conditions were ideal and p.r.'s were numerous. Recent Sacramento High School graduate Rich Hanna won the 16-18 division clocking 2:31:67. This was only Rich's second marathon and shows that he could be a major force someday as he has decided to concentrate on road racing rather than collegiate competition.

The half showed that turnabout is fair play as Dennis Rinde exacted a little revenge in taking nearly two minutes off Adam Ferreira's half marathon mark with a 1:05:38. It was an easy race for Dennis as he bested former Sac. State star Mike Van Horn by over three minutes. Mike finished in 1:08:45. The women's side was taken by comebacking Karen Coe who gained a five minute margin of victory, finishing in 1:20:47. Over 2,200 runners participated in the event that was run under cool conditions.

Full Marathon

Top Ten Men:
 1. Adam Ferreira(North Highlands) 2:20:31

2. Nick Yray(San Jose) 2:22:01
 3. John Gailson(S.Lake Tahoe) 2:25:17
 4. Bradley Brown(Stockton) 2:25:23
 5. Greg Jewett(Berkeley) 2:26:51
 6. Ron Harris(Sacramento) 2:27:06
 7. Ernie Rivas(Arcata) 2:29:06
 8. Richard Hanna(Sacramento) 2:31:57
 9. Bill Stainbrook(Sacramento) 2:32:10
 10. Jeff Cowling(Sacramento) 2:32:42
Divisions: 13-15: Eddie Estabroak, NT. 16-18: Richard Hanna, 2:31:57 CR. 19-29: John Gailson, 2:25:17. 30-39: Adam Ferreira, 2:20:31 CR. 40-49: Dan Alarid, 2:38:00. 50-59: Gilbert Mashburn, 3:07:15. 60 & O: George Billingsly, 3:26:00.

Top Ten Women:

1. Bev Marx(Sacramento) 2:48:38
 2. Consuela Underwood(Sac.) 3:12:30
 3. Delores Morazini(Sac.) 3:12:40
 4. Betsy Hurd(Roseville) 3:12:25
 5. Reggie Benham(Sac.) 3:14:15
 6. June Hill-Falkenthal(Sac.) 3:18:30
 7. Karen Boulton(Canada) 3:15:55
 8. Elizabeth Bartlett(Kensington) 3:25:30
 9. Chris Iwahashi-Hosada(Davis) 3:26:10
 10. Helene Isenbud(Sac.) 3:33:00
Divisions: 19-29: Bev Marx, 2:48:38. 30-39: Consuela Underwood, 3:12:30. 40-49: Gloria Waggoner, 3:50:00.

Half Marathon

Top Ten Men:
 1. Dennis Rinde(Orangevale) 1:05:38 CR
 2. Mike Van Horn(Sac.) 1:08:45
 3. Derek McIver(Reno) 1:09:51
 4. Martin Rizzo(Portola) 1:11:46
 5. Mike Deatherage(Vacaville) 1:11:58
 6. Steve Daniels 1:12:10
 7. Ron Mellor(Loomis) 1:12:15
 8. Chris Hadley(Sac.) 1:12:20
 9. Randy Wojno(Zephyr Cove) 1:12:26
 10. William Dunn(Campbell) 1:12:30
Divisions: 12 & U: Michael Adreani (Sac.) 1:29:49. 13-15: Eddie Mairns (Sac.) 1:20:16. 16-18: Angelo Enriquez (Sac.) 1:14:54. 19-29: Dennis Rinde (Orangevale) 1:05:38. 30-39: Derek McIver (Reno) 1:09:51. 40-49: Pat Zinn (Sac.) 1:18:55. 50-59: Robert Malain (Sac.) 1:21:18. 60 & O: Paul Reese (Sac.) 1:25:52.

Top Ten Women:

1. Karen Coe(Sac.) 1:20:47
 2. Le Donna Washington(Sac.) 1:25:25
 3. Patti Scott-Baler(Modesto) 1:26:16
 4. Heidi Skaden-Poyser(Sac.) 1:26:32
 5. Margaret Izett(Healdsburg) 1:27:53
 6. Janet Buckendahl(Petaluma) 1:28:58
 7. Sandy Coffey(Marysville) 1:30:02
 8. Eve Pell(Mill Valley) 1:30:04
 9. Sue Stricklin(Oakland) 1:31:15
 10. Carolyn Tucker(Campbell) 1:31:27
Divisions: 12 & U: Christina Camacho (Sac.) 2:29:55. 15-18: Heather Silverman (Sac.) 1:46:55. 19-29: Ladonna Washington (Sac.) 1:25:25. 30-39: Karen Coe (Sac.) 1:20:47. 40-49: Heidi Skaden-Poyser (Sac.) 1:26:32. 50-59: Heather McCloud (Sac.) 1:53:15. 60 & O: Ruth Chun (Sac.) 2:15:57.

Santa Cruz County Half-Marathon

October 5. Santa Cruz.

Women
18-Under: 1. Diane Kitayama 1:43:15. 19-29: 1. Sue Munday 1:22:14 (Fastest Female), 2. Barb Myers 1:28:14, 3. Cora Einteit 1:29:42, 4. Cathy Stragner 1:31:53, 5. Mary Shartle 1:34:15. 30-39: 1. Gail Bernard 1:29:00, 2. Carol Dixon 1:30:30, 3. Kriztine Morrella 1:32:13, 4. Susan Tilley 1:33:47, 5. Grace Voss 1:33:47. 40-49: 1. Judy Dorogih 1:34:06, 2. Diane Bromstead 1:39:46, 3. Gerri Psich 1:47:26, 4. Ruth Stone 1:57:21, 5. Bernadette Fox 1:58:59. 50 +: 1. Kah Belers 1:54:14.

Men

18-Under: 1. Joe McMillan 1:25:07, 2. Grege Kewish 1:29:24, 3. John Stanton 1:31:48, 5. Jamie O'Mahoney 2:28:55. 19-29: 1. Patrick Shartle 1:10:53, 2. Jack LeMaster 1:11:09, 3. Albert Latorue 1:11:29, 4. Erule Crlugan 1:12:10, 5. Marty Kruger 1:12:34. 30-39: 1. Gregory Brock 1:06:54 (Fastest Male), 2. Doug Anderson 1:08:19, 3. Ed Woliczko 1:12:12, 4. Josepy

Arcira 1:12:45, 5. A.W. Gamber 1:13:07. 40-49: 1. Jerry Lynch 1:10:53, 2. Richard Leutzingh 1:17:14, 3. Bob Scott 1:19:34, 4. Ben Sawyer 1:20:30, 5. Stan Hajduk

1:22:35. 50 +: 1. Lee Holley 1:28:56, 2. J.B. McManus 1:33:51, 3. H. Powers 1:40:17, 4. Bill Rogers 1:43:25, 5. E.W. Moore 1:49:57.



Dave Scott - Ironman Record Setter

Ironman Triathlon World Championship

From Rick Gaffney & Jeanette Foster

October 9, Kona, Hawaii: 1982 Bud Light Ironman Triathlon.

Precisely 850 finely tuned athletes from 45 states and 13 foreign countries stroked powerfully away from a tiny beach on the morning of October 9, as the startling cannon reverberated through the coastal town of Kailua-Kona, Hawaii, marking the start of the Bud Light Ironman Triathlon World Championship. There were 2.4 miles of Pacific Ocean to navigate before the contestants would clamber aboard their bicycles and race over 112 miles of highway through lava fields, cattle country and picturesque Hawaiian villages prior to donning running shoes and starting out for a complete marathon run of 26.2 miles.

The winner of the laurel as 1982 Ironman World Champion is 28 year old fitness consultant Dave Scott of Davis, California, who set a new record for the 140-mile course of 9 hours 8 minutes and 22 seconds. Scott beat his closest competitor, February Ironman winner Scott Tinley by nearly 20 minutes and reclaimed the title of Ironman which he had earned by winning the event in 1980 as well.

As the outstanding athlete in the October 9 race, Dave Scott set a new course record for the swim (50:52), as well as turning in the best times of the day in both the bike (5:10:16) and run (3:07:15) segments.

The top woman finisher was 25 year old Julie Leach of Newport Beach, California who finished the race in 50th place overall with a time of 10 hours 50 minutes and 8 seconds, eclipsing the previous women's record substantially. The second and third place women, JoAnn Dahikoetter, a 29 year old clinical psychologist and Sally Edwards, a 34 year old business woman, also topped the previous record time of 11 hours 9 minutes and 40 seconds which was set by 23 year old Kathleen McCartney in February's race. McCartney placed fourth in the women's division in this race.

Seven hundred seventy-five of the starters (91%) made it to the finish line, but for some the race was over immediately. One highly prepared athlete dropped out of the swim with leg cramps a mere 100 yards from the start. Others completed greater distances before a variety of mechanical and human failings removed them from this grueling endurance test.

TOP TEN MEN

Place	Name (age)	City, State	Swim	Bike	Run	Total
1	Dave Scott (28)	Davis, CA	50:52	5:10:16	3:07:15	9:08:23
2	Scott Tinley (25)	San Diego, CA	1:00:58	5:18:09	3:09:21	9:28:28
3	Jeff Tinley (22)	San Diego, CA	58:05	5:21:05	3:17:43	9:36:53
4	Scott Molina (22)	Pittsburg, CA	52:48	5:26:20	3:31:15	9:50:23
5	Jody Durst (26)	W. Long Branch, NJ	55:41	5:23:33	3:33:29	9:52:43
6	Kurt Madden (27)	San Diego, CA	56:16	5:35:16	3:33:04	10:04:36
7	George Yates (27)	Corona Del Mar, CA	1:07:42	5:26:20	3:33:18	10:07:20
8	Dean Harper (29)	Lafayette, CA	53:30	5:47:06	3:27:19	10:07:55
9	Reed Gregerson (25)	Encinitas, CA	55:32	5:38:38	3:34:14	10:08:24
10	Ferdy Massimino (33)	Benicia, CA	53:32	5:28:51	3:47:44	10:10:07

TOP TEN WOMEN

Place	Name (Age)	City, State	Swim	Bike	Run	Total
1	Julie Leach (25)	Newport Beach, CA	1:04:57	5:50:36	3:58:35	10:54:08
2	JoAnn Dahikoetter (29)	San Francisco, CA	1:14:04	6:02:29	3:41:48	10:58:21
3	Sally Edwards (34)	Sacramento, CA	1:15:38	6:19:27	3:27:55	11:03:00
4	Kathleen McCartney (23)	Newport Bch., CA	1:14:05	5:51:43	4:05:05	11:10:53
5	Lyn Brooks (34)	Baltimore, MD	1:09:24	6:34:03	3:34:47	11:18:14
6	Ardis Bow (26)	Port Orchard, WA	59:37	6:03:42	4:18:39	11:21:58
7	Darlene Ann Drumm (29)	Baton Rouge, LA	1:09:33	6:07:37	4:12:45	11:29:55
8	Kathie Rivers (28)	Ketchum, ID	1:08:15	6:09:02	4:15:15	11:32:32
9	Jennifer Hinshaw (21)	Saratoga, CA	53:26	6:06:51	4:37:51	11:38:08
10	Cheryl Lloyd (23)	Davis, CA	1:11:35	5:52:21	4:36:03	11:39:59

Results

Moving Comfort 8K Womens Race

From Ginger Baldwin

October 9. San Diego.

1 Monica Joyce	27:50
2 Pat Story	28:42
3 Tereasa Rameriz	29:11

Divisions: 0-12: 1. Tammy Kifling 32:20.
13-17: 1. Tiffany Gorman 32:02. 18-24:
1. Monica Joyce 27:50. 25-29: 1. Denise
Bedford 30:05. 30-34: 1. Pat Story 28:42.
35-39: 1. Judy Dodge 32:16. 40-49: 1. Kathy
Fogarty 31:41. 50-59: 1. Anne Johnson
33:13. 60-69: 1. Jerry Davidson 39:20. 70
Plus: 1. Bess James 50:00.

Fullerton Fall Classic 10K

October 9. Fullerton.

The weather was terrible. There were gusts of wind at 50 mph, blowing sand, dirt, and newly uprooted trees on the race path.

Men

Boys 14-Under: 1. Bill Bentz 39:41. 15-18:
1. Ron Garcia 42:02. 19-24: 1. Armando
Candejas 31:55. 2. Ralph Serna 31:55. 3.
Steven Adams 34:03. 4. Dave Cook 34:15.
5. Zeke Rodriguez 34:19. 6. Mark Yu 41:26.
7. Stanley Bennett 44:50. 25-29: 1. Bob Ar-
nold 34:51. 2. Jim Stephens 36:35. 3.
Gregory An 37:36. 4. Doug Spendler 40:54.
5. Joe Denger 41:15. 6. Dave Hammerstein
43:36. 7. Ralph Mierow 45:18. 30-34: 1.
Ruben Chaplins 31:55. 2. Don Ocana 34:24.
3. Steve Lassgard 35:03. 4. Wm. Sumner
36:27. 5. Alan Lowe 36:55. 35-39: 1. Lewis
Jones 36:25. 2. Kenniger 37:37. 3. Tony
Cocciolo 37:39. 4. Pete Ganolin 38:48. 5.
Sterling Foreman 39:27. 40-44: 1. Ron
Navarrete 38:52. 2. Glenn Carlson 42:32.
3. Tom Jenkins 42:40. 45-49: 1. Joseph
Szabo 40:28. 2. Robert Jackson 40:54. 3.
Jim Gould 42:43. 50-59: 1. John Holt 41:59.
2. Fred Devlin 43:02. 3. William Ferrel
43:19. 60+: 1. Harold Daughters 41:58. 2.
Fran McCaffrey 47:15.

Women

Gals 14-Under: 1. Diana Cerda 58:07.
19-29: 1. Pam Morris 38:39. 2. Janie Stude-
mund 40:28. 3. Tammy Patlan 48:55. 4.
Cindy Coelman 54:25. 5. Diane Bolafkrd
55:31. 30-39: 1. Josta Santos 43:23. 2.
Laura Tran 46:41. 3. Renee Russell 49:17.
4. Pam Fischer 50:42. 5. Nancy Hunter
51:52. 40-49: 1. Carroll Hochschild 53:55. 2.
Osa Doyle 1:02:06. 3. Doris Rondeau
1:02:21.

Pamakid 8.5 Mile Lake Run

October 9. Lake Merced, San Francisco.

1 Don Paul (30-39)	44:05
2 Dave Dempsey (18-29)	45:46
3 George Green (30-39)	45:53
4 Dave Kakish (30-39)	46:35
5 Charles Thompson (30-39)	46:43
6 Glenn MacDougall (18-29)	49:00
7 David Grant (30-39)	49:52
8 Stephen Bourne (18-29)	49:52
9 James McCormick (30-39)	50:29
10 Ronald Campos (30-39)	52:09
11 Dominic Tringha (30-39)	52:15
12 Steve Rafstedt (30-39)	52:20
13 Rudy Brekland (30-39)	52:52
14 Bernie Garnet (40-49)	52:58
15 Joseph Martinez (30-39)	53:22
16 Rick Jackson (30-39)	53:22
17 Gary Kenso (30-39)	53:54
18 Michael Moore (30-39)	53:45
19 James Jacobs (40-49)	53:49
20 James Janakes (30-39)	54:15
21 James Nicholson (50+)	54:43
22 Pedro Gonzales (30-39)	54:50
23 Peter Akraff (30-39)	54:54
24 Leon Echols (30-39)	55:03

25 Marion Irvine (W 50+)	55:06
26 Rico Abordo (18-29)	55:23
27 Floy Dawson (40-49)	55:32
28 Steve Morehouse (30-39)	55:41
29 Richard Siciliano (30-39)	55:45
30 Mike Frankhurl (30-39)	56:07
31 Al Michel (18-29)	56:06
32 David Crowne (30-39)	56:25
33 Gerald McGowan (40-49)	56:41
34 Mike Bergstrom (18-29)	57:21
35 Roy Fisk (30-39)	57:26
36 James Feldman (30-39)	57:27
37 Christopher Spars (18-29)	57:36
38 David Michael Sipe (18-29)	57:37
39 Carl Drosky (18-29)	57:39
40 Steve Alexander (30-39)	57:41

Men

17-Under: 1. Daniel Garcia 78:29. 2. Mark
Jimenez (79-02). 3. Rich Jimenez 100:55.
18-29: 1. Dave Dempsey 45:46. 2. Glenn
MacDougall 49:00. 3. Steve Bourne
49:52. 30-39: 1. Don Paul 44:05. 2. George
Green 45:53. 3. Dave Kadish 46:35. 40-49:
1. Bernie Garnet 52:56. 2. James Jacobs
53:49. 3. Floy Dawson 55:32. 50+: 1.
James Nicholson 54:43. 2. Dave Peterson
58:44. 3. Nell Mahoney 62:10.

Women

17-Under: 1. Maura Lane 101:20. 18-29: 1.
Liz Grotz 58:54. 2. Jorie Lawrence 59:45. 3.
Cheryl Chapel 63:25. 30-39: 1. Elsa Ruff
58:38. 2. Cathy Morehouse 60:29. 3. Mary
Yonkers 65:28. 40-49: 1. Margaret Johnson
71:50. 2. Cecile Wilden 75:41. 3. Grace
Quintana 81:15. 50+: 1. Sister Marion Ir-
vine 55:06. 2. Betty Peterson 82:55.

Running Is For The Birds 10K Fun Run

From LORRAINE FABER

October 9. Bolca Chica State Beach.

Men

1 Rich Grohmann (Cypress)	32:18
2 Walt Hitt (Costa Mesa)	34:16
3 Mark Guest (Huntington B.)	36:14
4 John Clabough (El Toro)	36:35
5 Jim Miller (Mission Viejo)	36:40

Women

1 Tisha Whitney (Hunt. Beach)	38:44
2 Cynthia Heck (Hunt. Beach)	40:40
3 Kathy Keys (Westminster)	41:54
4 Shirley Cumming	42:01
5 Sue Rudolph (Long Beach)	43:31

Great Delano Grape Run

Oct. 9. Delano. 5K and 10K.

Women's 10K

1st Overall: Maryann Martinez

(Bakersfield) 41:01

21-29:

1 Deanna McDaniel (Porterville)	38:36
2 Ruby Hernandez (Tulare)	40:55
3 Sabrina Larkin (Bakersfield)	49:33
4 Donna Lyles (Bakersfield)	50:22
5 Joanne Kimsey (Bakersfield)	50:24

30-39:

1 Becky Dieter (Fresno)	43:47
2 Martha Miller (Bakersfield)	46:06
3 Lynne Valloff (Delano)	1:00:49

40-49:

1 Joanne Branco (Visalia)	41:53
2 Susan Lucas (Bakersfield)	47:00
3 Velle Phillips (Bakersfield)	52:38

Men's 10K

13-Under:

1 Chris Martinez (Shafter)	40:11
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14-20:

1 Jaime Pimental (Delano)	33:03
2 Kevin Carlilo (Porterville)	35:42
3 Jack Mayes (Bakersfield)	36:03

21-29:

1 Humberto Ramirez (Porterville)	32:37
2 Gary Grue (Fresno)	38:24
3 Phillip Diehl (Delano)	38:26
4 Jimmy Aguilar (Delano)	38:26
5 Jess Gallan (Bakersfield)	39:16
6 Abel Fernandez (Delano)	39:36
7 Ben Lopez (Bakersfield)	40:23

8 J.R. Hatfield (Porterville)	42:29
9 Larry DeDonato (Delano)	42:39
10 Rich Young (Hanford)	43:43

30-39:

1 Ozzie Osgood (Porterville)	34:08
2 Gary Campbell (Visalia)	34:11
3 Steve Penner (Shafter)	36:00
4 Steve Harvar (Coalinga)	36:02
5 Ignacio Orocco (Fresno)	36:30

40-49:

1 Bill Loughry (Bakersfield)	34:47
2 Frank Padilla (Visalia)	35:33
3 Fred Mendoza (Porterville)	36:13
4 William Peck (Wasco)	36:18
5 James Liptford (Bakersfield)	36:34

50-59:

1 Len Thornton (Fresno)	34:11
2 Don Cross (Oildale)	42:01
3 Herb Hoggard (Mire Loma)	42:20

60-Over:

1 Harry Harder (Reedley)	43:17
2 Jim Nagatani (Delano)	47:39
3 Warren Rankins (Ducor)	1:00:48

2 Paul Cross (Oildale)	15:51
3 Joe Vega (Bakersfield)	17:52
4 Tom Whygale (Bakersfield)	17:54
5 Ramon Samarlipas (Bakersfield)	19:14

40-49:

1 Arnold Buchanan (McFarland)	17:54
2 N.G. Bringham (Visalia)	18:06
3 Joe Alba (Porterville)	19:06
4 Jerry Kearns (Wasco)	20:28
5 Eddie Fischer (Wasco)	20:36

50-59:

1 Gill Hinz (Bakersfield)	17:45
2 Ben Nagatani (Delano)	21:48
3 Don Phipps (Delano)	29:25

60-Over:

1 Gusmaro Reyes (Fresno)	35:42
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Women's 5K

13-Under:

1 Isabella Rios (Bakersfield)	20:50
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14-20:

1 Shirley Johnson (Visalia)	18:12
2 Becky Soto (McFarland)	18:35
3 Lisa Ince (Earlimart)	21:27

21-29:

1 Diana Dominguez (Bakers)	24:13
2 Alice Rodriguez (Bakers)	24:17
3 Karol Kouklis (Delano)	24:25
4 Alta Hernandez (Tulare)	24:28
5 Donna Griffith (Bakers)	24:38
6 Beatrice Sedeno (Delano)	24:54
7 Jeannie Hocking (Delano)	25:56
8 Julie Ward (Bakers)	26:02
9 Mona Wakatani (Los Angeles)	26:34
10 Kelly Odonnell (Bakers)	26:57

30-39:

1 Linda Osgood (Porterville)	25:12
2 Jan Lundy (Bakersfield)	26:17
3 Vivian Fischer (Wasco)	26:45

40-49:

1 Susan McReer (Bakersfield)	23:28
2 Sue Pfutzenreuter (Bakers)	25:55
3 Barb Galtan (Bakersfield)	27:19

50-59:

1 Lou Kumelos (Bakersfield)	26:56
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60-Over:

1 Anita Foose (Oildale)	31:12
2 Fay McMillan (Bakersfield)	42:05



Harry Harder

Men's 5K

13-Under:

1 Thomas Valles (McFarland)	17:17
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14-20:

1 Martin Ramos (McFarland)	15:48
2 Jesse Serna (McFarland)	16:03
3 Jaime Duran (Delano)	17:07

21-29:

1 Bryan Patterson (Visalia)	15:24
2 Adrain Huerta (Earlimart)	15:50
3 John Laird (Bakersfield)	16:41
4 Hariario Cavazos (Buttonwillow)	17:20
5 Ron Lessley (Earlimart)	18:32
6 John Hunt (Delano)	18:21
7 Jeff Lessley (Earlimart)	18:32
8 Jerry McLean (Delano)	20:07
9 Edwin Partubal (Bakersfield)	20:08
10 Arthur Manzano (Delano)	20:45
11 John Larimer (Bakersfield)	20:48
12 Frank Coronado (Delano)	20:53
13 San Franz (Shafter)	21:00
14 Rusty McDaniel (Porterville)	21:07
15 Glenn Siltor (Bakersfield)	22:42

30-39:

1 Al Lomell (Fresno)	15:14
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Big Pine Lions

October 10. Big Pine. 10 mile & 5K Runs.

10 mile — Men

1 Kurt Swanson (Bishop) 24	59:45
2 Brian Norris (Bishop) 1st, 30-39	1:04:35
3 Eric Kajiwara (Ridgecrest) 35	1:06:24
4 Jack Clark (39)	1:06:28
5 Robert Bowles (43) 1st, 40-49	1:08:31
6 Phil Martin (29)	1:06:41
7 David Woody (35)	1:08:07
8 Bill Carter (38)	1:09:32
9 Rich Eyer (37)	1:11:13
10 Dave Thomas (50) 1st, 50-59	1:12:05
11 Gerald Howard (29)	1:12:20
12 Juan Guzman (29)	1:12:40
13 Jim Stevens (44) 2nd, 40-49	1:12:49
14 Jim King (28)	1:13:00
15 Ken Jewett (35)	1:13:38
16 Steve Taylor (41) 3rd, 40-49	1:14:53
39 Howard Markham (52) 2nd, 50-59	1:24:32
44 James Webb (18) 1st, 17-19	1:26:38
48 Ernie Kiann (67) 1st, 60 plus	1:37:31

10 mile — Women

1 Josita Spottedwolf (27)	1:11:04
2 Sue King (28)	1:13:23
3 Beth Clark (39) 1st, 30-39	1:18:54
4 Linda Bens (33)	1:21:29
5 Maria McBride (38)	1:21:38
9 JoAnn Goltra (43) 1st, 40-49	1:25:28
14 Pinkie Fisher (51) 1st, 50-59	1:26:11
26 Marjorie Zimmerman (65) 1st, 60	1:52:11

5K — Men

1 Philippe Marhold (Bishop)	18:42
2 Tim Pearce (Big Pine)	18:51
3 Juan Guzman	19:13
4 Terry Francisco	19:44
5 Robert Shipley	20:05
6 Dan Aviles (1st, 30-39)	20:09
7 Lou Wadsworth (1st, 50-59)	20:14
12 Dave Oldenburg (1st, 40-49)	22:10

5K — Women

1 Cindi Thorne (Bishop)	24:07
2 Cyndy Rogers (Bishop)	24:08
3 Korina Kemp (Big Pine) 10 yrs.	25:34
4 Karen Plemmons	27:12
5 Lisa Philbrick	29:51
7 Signe Gallaher (1st, 50-59)	30:41
11 Shirley Clancey (1st, 40-49)	34:26

Humboldt Redwoods Marathon & 1/2 Marathon

From JOHN SURGE

October 10. Weott.

Half Marathon

1 Mark Conover (22)Arcata	1:05
2 Joe Becarra (40)Burlingame	1:10
3 Kevin McCusker (25)San Jose	1:10
4 Ramon Morales (22)Arcata	1:11
5 Howard Labrie (32)Arcata	1:11
6 Greg Heistuman (27)Arcata	1:12
7 Jack West (30)Weott	1:12
8 Alez Zygaczewski (32)Eureka	1:13
9 Allan Stanbridge (35)Burl.	1:14
10 Dave Smart (28)Davis	1:14
11 Thomas Eng (31)S. San Fran.	1:15
12 Michael Holt (33)Arcata	1:15
13 Winnat Scofield (21)Arcata	1:17
14 Abe Underwood (44)Sac.	1:17
15 John Zinselmeir (27)Mad Rvr	1:17
16 Thierry Ross (27)Benicia	1:18
17 Robert Johnson (37)Danville	1:19
18 Dan Fragoza (29)Hayward	1:19
19 David Hobler (40)Oakland	1:19
20 Robert Solarlo (35)Hayward	1:21
21 Ron Yank (39)Oakland	1:21
22 Richard Broadhead (39)Berkeley	1:21
23 David Hanley (31)Chico	1:21
24 Jim Howell (30)Chico	1:21
25 Lenny Escarda (51)Eureka	1:22
26 Hal Jackson (49)Arcata	1:22
27 David Schaefer (28)Kailua, HI	1:23
28 William Donovan (30)Los Altos	1:23
29 John Parmer (33)Gold Bch, OR	1:23
30 Wally Hesseltine (39)Lafayette	1:23
31 Kathy Cooke (17 1-F)Oakland	1:28
35 Lorraine McDonald (24 2-F)Vallejo	1:30
61 Betsy Fraser (44 3-F)Los Altos	1:31
72 Carol Tefft (26 4-F)San Jose	1:33
77 Barbara Mutch (29 5-F)B.C.	1:33

Divisions

Boys 19 & Under:

1 Dave Harden (17)McKinleyville	1:24
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Men's Open 20-34

1 Mark Conover (22)Arcata	1:05
2 Kevin McCusker (25)San Jose	1:10
3 Ramon Morales (22)Arcata	1:11
4 Howard Labrie (32)Arcata	1:11
5 Greg Heistuman (27)Arcata	1:11

Men's 35-39

1 Allan Stanbridge (35)Burigme	1:14
2 John Zinselmeir (35)Mad River	1:17
3 Robert Johnson (37)Danville	1:19
4 Robert Solarlo (35)Hayward	1:21
5 Ron Yank (39)Oakland	1:21

Men's 45-49

1 Hal Jackson (49)Arcata	1:22
2 Ben Bennion (47)Bayside	1:24
3 Maclyn McClary (45)Arcata	1:30

Men's 50-54

1 Lenny Escarda (51)Eureka	1:22
2 Robert Hastings (52)Redding	1:32
3 Marvin Bushnell (51)Orange	1:33

Men's 55-59

1 Bob Janssen (56)Eureka	2:13
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Men's 60-64

1 William Redmond (61)San Jose	1:44
2 Red Cox Sr. (60)Fortuna	2:00

Men's 65 and Over

1 Paul Reese (65)Sacramento	1:26
2 Bill Van Fleet (67)Eureka	1:37
3 Don Boothroyd (68)Mill Valley	1:57

Men's 19 & Under

1 Kathy Cooke (17)Oakland	1:28
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Women's Open 20-34

1 Lorraine MacDonald (24)Vallejo	1:30
2 Carol Tefft (26)San Jose	1:33
3 Barbara Mutch (29)Burnaby, BC	1:33
4 Consuelo Underwood (33)San Raf.	1:35
5 Marty Beldier (31)Trinidad	1:36
6 Jill Beede (25)Chico	1:38
7 Tina Burdulis (25)San Lean.	1:38
8 Debbie McMillan (26)Lafayette	1:39
9 Nancy Ruffner (33)Redding	1:40
10 Sharon Nelson (29)San Fran.	1:40

Women's 35-39

1 Susan Kaener (35)San Fran.	1:33
2 Chris Stanbridge (36)Burigme	1:41
3 Kathryn Kettler (39)Sebastpl	1:41
4 Adrienne Yank (38)Oakland	1:41
5 Amy Eads (36)Eureka	1:46

Women's 40-44

1 Betsy Fraser-Smith (44)Los Altos	1:31
2 Galey Kerstetter (43)Arcata	1:38
3 Margaret Cooke (43)Oakland	1:40

Women's 45-49

1 Sherry Bennion (46)Bayside	1:40
2 Theresa Burger (48)Berkeley	1:48
3 Nancy Gardner (49)Eureka	1:51

Women's 50-54

1 Tina McGovern (50)Eureka	1:56
2 Jean Ross (51)Eureka	2:00
3 Elaine Reese (52)Sacramento	2:19

Women's 55-59

1 Virginia Terry (58)McKinleyville	1:50
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Marathon

1 Jim Bowers (43)Santa Rosa	2:22
2 Max White (31)Eugene, OR	2:26
3 Eric Williams (32)Oakland	2:28
4 Randy Wojno (22)Zephyr C.NV	2:32
5 Gavin Cameron (33)B.C.	2:33
6 Michael Duncan (32)San Mateo	2:33
7 William Mitchell (28)Ketchum, ID	2:38
8 Joel Wummer (24)Oakland	2:39
9 Eric Ivary (36)Oakland	2:39
10 Kralg Sundberg (28)Sun Vily	2:39
11 Gary Zazkowski (30)San Jose	2:41
12 Walter Radloff (37)San Jose	2:42
13 Richard Stewart (34)McKinleyville	2:43
14 David Weamer (39)Walnt Crk	2:48
15 Phil Gilbertson (35)Lander, WY	2:43
16 Theodore Jones (43)San Fran.	2:45
17 Doran Cushing (36)Redond. Bch	2:45
18 James Isenberg (31)Berkeley	2:45
19 Stephan Whitmore (26)Lancaster	2:48
20 Ted Anderson (38)Oakland	2:48
21 John Deltchman (41)San Jose	2:48
22 Mike Addis (32)Arcata	2:48
23 Peter Werbel (35)Truckee	2:49
24 Bob Farrington (51)San Jose	2:49
25 Mark Dykhouse (29)Oakland	2:49
26 Jack Sibbach (32)Ketchum	2:49
27 Sherman Schapiro (35)Arcata	2:49
28 Clarence Nason (35)Arcata	2:50
29 Wayne Arrison (23)Eureka	2:50
30 Ken Chambers (26)Arcata	2:51
56 Terri Muela (27 1-F)Daly City	3:04
59 Bridget Goodwin (26 2-F)Oakland	3:04
78 Joanne Sidwell (35 3-F)Pl. Rchmd	3:13
80 Karen Kelley-Day (32 4-F)Eureka	3:14
94 Linda Papermaster (32 5-F)H.B.	3:20

Divisions

Boys' 19-Under

1 Mark Gillis (19)San Fran.	2:59
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Men's 20-34

1 Max Shite (31)Eugene	2:26
2 Eric Williams (32)Oakland	2:28
3 Randy Wojno (22)Zephyr C.	2:32
4 Gavin Cameron (33)B.C.	2:33
5 Michael Duncan (32)San Mateo	2:33

Men's 35-39

1 Eric Ivary (36)Oakland	2:39
2 Walter Radloff (37)San Jose	2:42
3 David Weamer (39)Walnt Crk	2:43
4 Phil Gilbertson (35)Lander WY	2:43
5 Doran Cushing (36)Red. Bch	2:45

Men's 40-44

1 Jim Bowers (43)Santa Rosa	2:45
2 Theodore Jones (43)San Fran.	2:48
3 John Deltchman (41)San Jose	2:56
4 Rich Smith, M.D. (40)Sacto.	2:58
5 Gerald Hoopes (41)Arcata	2:58

Men's 45-49

1 Forrest Williams (48)Arcata	2:55
2 Lee Bunnell (48)Redding	3:06
3 Marvin Smoot (45)Red Bluff	3:08

Men's 50-54

1 Bob Farrington (51)San Jose	2:49
2 Harry Daniell (54)Redding	2:55
3 Amil St. Augustine (52)San Raf.	3:04

Men's 55-59

1 John Rouse (55)San Leandro	3:18
2 Steven Jamison (59)Los Altos	3:42
3 Robert Leep (56)Eureka	3:48

Men's 60-64

1 George Boyle (63)L.A.	3:18
2 Ira Samuels (63)Trinidad	3:43

Men's 65 and Over

1 John Rouse (55)San Leandro	3:18
2 Steven Jamison (59)Los Altos	3:42
3 Robert Leep (56)Eureka	3:48

Men's 19 & Under

1 Kristin Finkbeiner (19)Sac.	3:25
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Women's Open 20-34

1 Terri Muela (27)Daly City	3:04
2 Bridget Goodwin (26)Oakland	3:04
3 Karen Kelley-Day (32)Eureka	3:14
4 Linda Papermaster (32)H.B.	3:20
5 Carolyn Burks (22)Arcata	3:23
6 Cheryl Clanton (33)Rncho Cor.	3:29
7 Sherry Skillwoman (34)Bridgville	3:32
8 Suzi Maresh (31)Albany OR	3:32
9 Pamela King (28)Davis	3:38
10 Carol Poxon (30)Santa Rosa	3:40

Women's 35-39

1 Joanne Sidwell (35)Pl. Rchmd	3:13
2 Laurel Strand (36)Oakland	3:26
3 Vicki Blankenship (37)San Fran	3:26

Women's 40-44

1 Rosemary Hobler (40)Oakland	3:33
2 Marilyn Hicks (40)Monterey	3:43
3 Bobbi Bonace (40)Santa Barb.	3:47

Women's 45-49

1 Jeanie Kayser-Jones (46)S.F.	3:37
2 Gerri Paick (45)Los Gatos	3:47
3 Joan Sullens (48)Redding	3:54

Women's 50-54

1 Loudeam (54)L.A.	4:31
2 Georgia Strausbaugh (51)Andersn	4:41

Women's 55-59

1 Dorothy Dreyfus (56)Sacto.	4:18
2 Annabel Marsh (59)S.F.	5:01

Men's 18-Under:

1. Dan Barger 1:24:22, 2. Todd Owens 1:26:31, 3. Kevin Zimlinghaws 1:27:37, 4. Greg Hales 1:30:50, 5. Richard Salazar 1:42:46. 19-29: 1. Pat Shartle 1:22:07, 2. Allen Neel 1:23:51, 3. Lloyd George 1:25:29, 4. Bob Dalton 1:29:27, 5. Bob Moreno 1:30:15. 30-39: 1. Keith Jeffers (overall men) 1:20:35, 2. Jasper Kirkby 1:22:48, 3. Frank Ruona 1:24:08, 4. Rod Christensen 1:24:11, 5. Ron Nelson 1:25:11, 40-49: 1. Jerry Lynch 1:22:07, 2. Rick Siemens 1:27:25, 3. Mike Paradis 1:29:08, 4. Peter Leal 1:29:38, 5. Frank Stempski 1:35:40. 50+: 1. E.R. Silver 1:30:23, 2. Ephraim Romesberg 1:31:35, 3. Bill Barclay 1:45:42, 4. Ken Filkowski 1:47:26, 5. John Guarino 1:47:39.

Women

19-29: 1. Jackie Dixon Romanow 1:45:49, 2. Josefina Pabalan 2:02:30, 3. Sue Boldi 2:03:44, 4. Kristina Irvin 2:09:59, 5. Marian Jewell 2:15:13. 30-39: 1. Carol Hewitt (overall woman) 1:39:33, 2. Kristine Morrella 1:40:33, 3. Judi Shade 1:41:13, 4. Pat Irmischer 1:43:38, 5. Kathy Hughes 1:49:04. 40-49: 1. Skip Gibbs 1:41:18, 2. Peggy Le Delit 1:47:48, 3. Valerie Doyle 1:53:15, 4. Sandra Kane 2:09:15, 5. Judy Devlin 2:13:14. 50+: 1. Ruth Anderson 1:54:41.

Quicksilver Challenge

From TED SCHMIDT

Oct. 10. San Jose. Half Marathon.

Men

18-Under: 1. Dan Barger 1:24:22, 2. Todd Owens 1:26:31, 3. Kevin Zimlinghaws 1:27:37, 4. Greg Hales 1:30:50, 5. Richard Salazar 1:42:46. 19-29: 1. Pat Shartle 1:22:07, 2. Allen Neel 1:23:51, 3. Lloyd George 1:25:29, 4. Bob Dalton 1:29:27, 5. Bob Moreno 1:30:15. 30-39: 1. Keith Jeffers (overall men) 1:20:35, 2. Jasper Kirkby 1:22:48, 3. Frank Ruona 1:24:08, 4. Rod Christensen 1:24:11, 5. Ron Nelson 1:25:11, 40-49: 1. Jerry Lynch 1:22:07, 2. Rick Siemens 1:27:25, 3. Mike Paradis 1:29:08, 4. Peter Leal 1:29:38, 5. Frank Stempski 1:35:40. 50+: 1. E.R. Silver 1:30:23, 2. Ephraim Romesberg 1:31:35, 3. Bill Barclay 1:45:42, 4. Ken Filkowski 1:47:26, 5. John Guarino 1:47:39.

Women

19-29: 1. Jackie Dixon Romanow 1:45:49, 2. Josefina Pabalan 2:02:30, 3. Sue Boldi 2:03:44, 4. Kristina Irvin 2:09:59, 5. Marian Jewell 2:15:13. 30-39: 1. Carol Hewitt (overall woman) 1:39:33, 2. Kristine Morrella 1:40:33, 3. Judi Shade 1:41:13, 4. Pat Irmischer 1:43:38, 5. Kathy Hughes 1:49:04. 40-49: 1. Skip Gibbs 1:41:18, 2. Peggy Le Delit 1:47:48, 3. Valerie Doyle 1:53:15, 4. Sandra Kane 2:09:15, 5. Judy Devlin 2:13:14. 50+: 1. Ruth Anderson 1:54:41.

Manteca Pumpkin Run

October 16. Manteca. 10K & 2 Mile.

1 Kenneth Alberg	33:26.9
2 Blake Streng (1st, 13-19)	33:29.5
3 Greg Farrow (1st, 30-39)	34:09.3
4 Kevin Sage	34:17.4
5 Ron Mills	34:35.4
6 Ross Rowley	34:48
7 Mike Ruedink	34:52
8 James Rycek	35:04
9 Mark Ulm	36:09.8
10 Charles Anderson	36:10
11 Jesus Davila	36:10.5
12 Mike Rosendin	36:10.9
13 Peter Fidum	36:29
14 Rich Doty	36:34
15 Manuel Solarlo	36:39
16 Frits Collier	36:43.6
17 Dieter Diekmeyer (1st, 50-59)	36:54
18 Phillip Buckley	37:05.5
19 Joel Eckels	38:08
20 Bob Azevedo	38:11
21 Mark Frazier	38:12
22 Unknown	
23 Pat Carter	38:19.5
24 Bernal Vaba	38:23
25 Bob Strack	38:28
26 Steve Anderson	38:35.8
27 Johnnie Lonardo (1st, 40-49)	38:39.2
28 John Kiraly	38:44.7
29 Hank Fragosa	39:49.4
30 Eric Crump	39:07.4
31 Tim Schultz	39:11.9
32 Bob Blackwell	39:25.7
33 Matt Rosindin	39:27.7
34 Stephen Klein	39:34.6
35 Charles Russum	39:44.5
41 Sharon Jordon (1/F, 20-29)	NT
61 Debbi Aschwander (1/F, 30-39)	NT
68 Lauren Syda (2/F, 30-39)	NT

2 Mile

1 Eddie Uballo	9:41.5
2 Tom Hackley	9:42.9

3 Richard Campbell	9:52.9
4 Jerry Marlinea	10:09.2
5 Gary Meyer	10:18.2
6 Ron Tanaka	10:25.8
7 Matt Lucas	10:36.2
8 Isidro Suarez	10:45.2
9 Ron Bylow	10:49.9
10 Brandon Rector	10:51.8
11 Thomas Hastings	10:53.7
12 Larry Lusk (1st, 40-49)	10:56.1
13 Abel Diaz	11:02.1
14 Larry Hall	11:04.8
15 David Uecker	11:07.9
16 Max Perez	11:25.7
17 Jeff Fuchs	11:35.8
18 Rick Filippini	11:42.4
19 Henry Freeman	11:42.7
20 Sonja Tillema (1/F)	11:43
21 James Woods	11:48
22 Sastenes Rodriguez	11:52
23 Nick Sousa	11:52.2
24 Mitch Heinz	11:52.7
25 Jim Rieger	11:59.9
26 Tom Curtis	12:05.8
27 James Breakfield	12:06.9
28 Moses Astacio	12:11.7
29 Maureen Robello-Boynton (2/F)	12:17.8
30 Fred Heinze	12:20.2

Silverado Days

From Paul A. Marsh

October 16. Buena Park. 10K.

Men: 14 & Under: 1. Bill Bentz (Fullerton) 35:58. 15-18: 1. Anthony Dorado (Anaheim) 32:28. 19-29: 1. Ralph Serna (Anaheim) 29:54, 2. Art Candelas (Buena Park) 30:51, 3. Jeff Dettmer (Cypress) 30:57. 30-39: 1. Jerry Williams (Fullerton) 31:29, 2. Tom Burns (Costa Mesa) 32:48, 3. Dennis Tracy (Hayward) 33:37. 40-49: 1. John Rawlings (El Toro) 33:20, 2. Skip Schaeffer (Fullerton) 34:34, 3. Jim Chenoweth (Cerritos) 34:50. 50-59: 1. Daryl Cronin (Rolling Hills) 37:10, 2. Arthur Miller (Cypress) 38:06, 3. Hugh McHugh (Long Beach) 39:06. 60 plus: 1. Glenn Ward (Long Beach) NT, 2. Mel Mack (Hawthorne) NT, 3. Fred Bruecker (Torrance) NT.

Women: 14 & under: 1. Lisa Padilla (Whittier) 39:41. 15-18: 1. Sarah McCrocker 42:31. 19-29: 1. Debbie Bottomely (Anaheim) 37:56, 2. Kim DiFilippo (Buena Park) 39:32, 3. Kim Deets (Santa Ana) 40:44. 30-39: 1. Cheryl Butchers (Huntington Beach) 41:04, 2. Lois Curl (Huntington Beach) 42:54, 3. Kay Schultzy (Newport Beach) 42:59. 40-49: 1. Viola Phillips (Long Beach) 41:31, 2. Judy Martin (Mission Viejo) 42:04, 3. Chris Trevarthin (La Mirada) 43:20. 50-59: 1. Del Metzler (Buena Park) 1:07:41. 60 plus: 1. Lucile Adeny (Long Beach) NT.

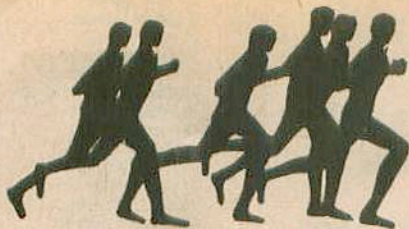
Dominican Sisters' Run

October 17. 7 & 4 miles.

1 Fred Frauens	40:38
2 Nik Epanchin	41:29
3 Richard Whitewater	41:32
4 Bill Devlin	41:33
5 Ben Partee	41:53
6 Robert Martin	44:29
7 Roger McMullin	46:04
8 Andy Anderson	46:37
9 Bob Siegel	46:45
10 Harry Jones	46:53
11 Roger Smith	47:00
12 Mike Doolittle	47:17
29 Betsy McGee (1/F)	51:56
31 Charlotte Lane (2/F)	52:13
36 Judy Donovan (3/F)	54:16

4 Miles

1 Rey Corona	21:22
2 John Coburn	21:36
3 Paul Resignato	22:21
4 David Leipsic	22:24
5 Michael Pence	22:40



WHAT DO YOU WANT OUT OF A ROAD RACE?

Please Complete and Return to:
Jack Leydig, Box 459, San Carlos, CA 94070

A look at the schedule section of *California Track & Running News* will reveal a wide variety of road running events: fun runs, fund runs, charity runs, jog-a-thons, handicaps, prediction runs, classics, pro races, series races, district championships, and invitationals.

If you participate regularly in road race events you will also be able to note the variety of distances, terrain, entry fees, awards, timing, check-in, aid stations, course markings, etc., etc.

Variety is nice as it breaks up the monotony and guarantees there will be something for everyone in the sport. However, here at *CTRN* we are becoming increasingly aware of poor race organization, management and just plain runner rip-offs (at least in our opinion). Maybe our evaluation is wrong, or maybe the majority of runners don't really care.

We have the feeling that a high percentage of runners at any

given event are relatively new to the sport (within a year or two) and so don't know what to expect at a road race and have come to accept poor quality as the standard.

Possibly those at different levels of the sport have different needs and expectations from road races. We'd like to find out just what the various groupings of runners would like from their road runs. Afterall, these events should exist first of all for the participants — not solely for the sponsors, charities or officials.

With your help, we hope to be able to send a message to meet directors and improve the quality of some of the local events. Meet directors won't know what we want if we don't tell them. That's why it's important that you tear out and **return this questionnaire right away**. If you don't respond it will indicate that you don't really care about improving the California road running scene.

What is your age? _____ Your sex? male female

How many years have you been running/jogging? _____

How many years have you been competing in road runs? _____

Have you ever helped out (volunteered to work) at a road race?

If yes, how many times per year on average? _____

Rate your "importance" (specific job) on a scale of 1 to 5, with 5 being "most important." Put highest rating if you've performed several duties: _____

Circle where you usually finish (percentage-wise in your division) in a typical roadrace:

Top 10% Top 25% Top 50% Last 50%

Rate on a scale of 1 to 5 (with 5 being "very important" and 1 being "not important") all of the following items as they pertain to how you feel regarding their importance in a road race.

- ___ Accurate certified course measurement.
- ___ Accurate finish time.
- ___ Accurate overall finish place recording.
- ___ Accurate division place recording.
- ___ Clear map of course at registration/check-in.
- ___ Well-marked course.
- ___ Well-supplied and frequent aid stations.
- ___ Flat, fast course.
- ___ Quickly posted results with times and division places.
- ___ Complete printed results mailed to all competitors.
- ___ Mile or kilometer markers on course.
- ___ Mile or kilometer split times called.
- ___ Efficient registration on raceday.
- ___ Prompt awards ceremony.
- ___ T-shirts for all entrants.
- ___ Something for every finisher (ribbon, certificate).

___ Raffles where every entrant has a chance to win something.

___ Free finish line liquid refreshments.

___ Free finish line food refreshments.

___ Pre and/or post race activities (clinics, dinners, shows, etc.).

___ Having "big name" runners participate in the run.

___ Music at start and finish.

___ Small or large fields? (1 if you prefer small races, 5 if "mega-races" like Bay to Breakers.

How deep should awards go?

Winners only

Top 3 in each division

A percentage of the runners in a given division—What %.

Other. Please list _____

What is the highest entry fee you feel is justified for a road race that meets all of your expectations above?

With a t-shirt:

Without a t-shirt:

Give the name and location of what you feel was the *best* road race you have ever participated in:

How did you place: Top 10% Top 25% Top 50% Last 50%

Give the name and location of what you feel was the *worst* road race you have ever participated in:

How did you place: Top 10% Top 25% Top 50% Last 50%

Other comments: _____

CALIFORNIA TRACK & RUNNING NEWS



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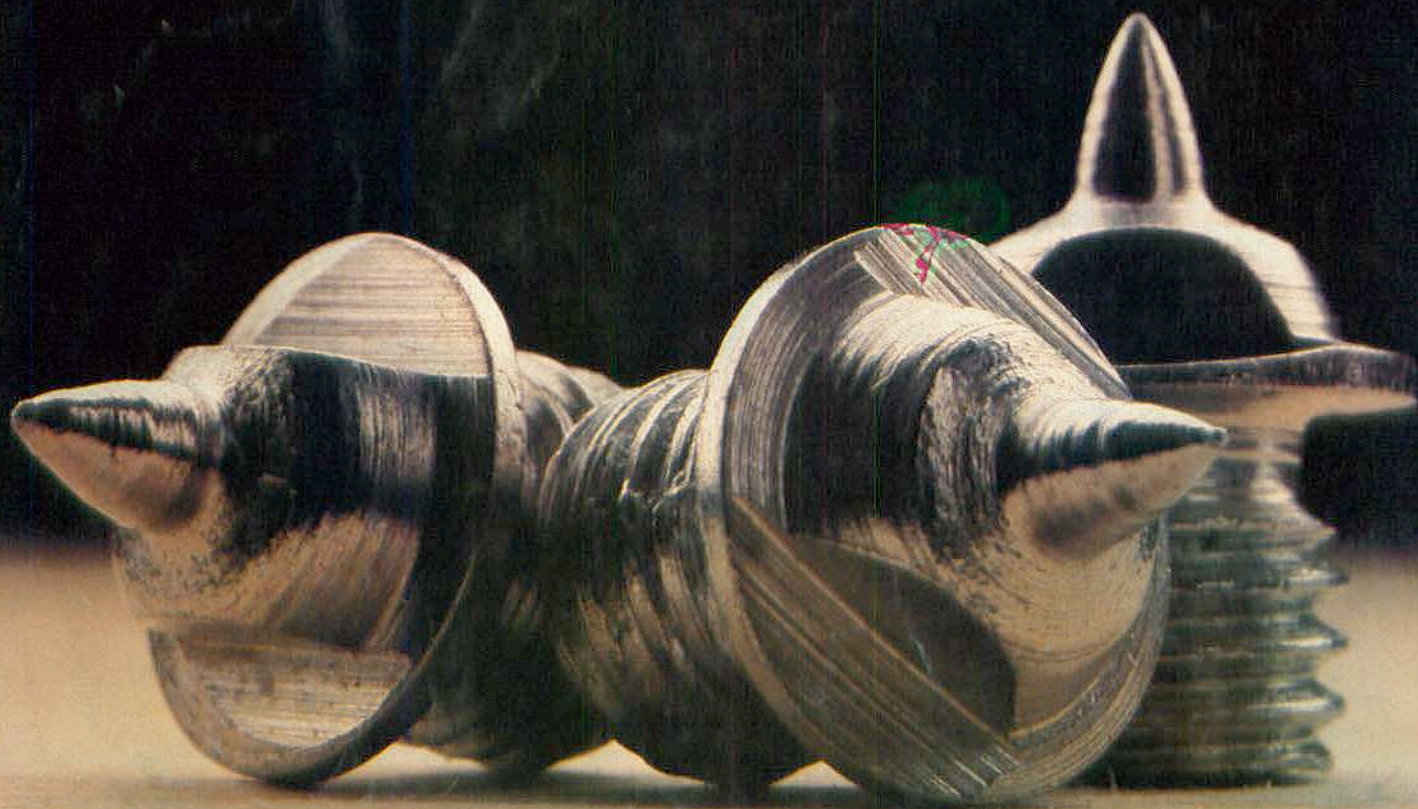
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OUR NEW SPIKE SHOE HAS A FEW MISSING PARTS.

Namely, the spikes. You won't find them in our new Waffle Racer. You won't even find a place to screw them in.

That was no oversight, however. We designed the Waffle Racer to take you where spikes fear to tread. Into the fiercest indoor competition. And the most grueling cross-country races.

And it will take you there with a lightness and fit that you thought only possible in a world-class spike.

The reason is simple. We built the Waffle Racer on the same last as our Zoom series—those revolutionary spikes that ran to victory in the Pan American Games, the Olympic Trials and even Moscow itself.

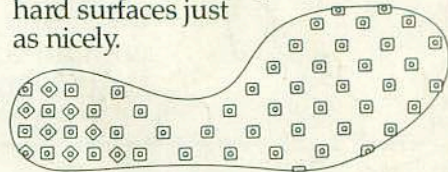
And now, with the Waffle Racer, you don't have to give up the thing that matters most. Traction.

Those independent waffles



like nothing better than biting into grass, mud, loose dirt and gravel.

And they'll propel you over hard surfaces just as nicely.



That goes for concrete, asphalt, and wooden indoor tracks. In fact, if you didn't know better, you'd swear you were running in spikes.

So if you want a racing flat that doesn't fit like a normal racing flat, that doesn't act like a normal racing flat, pick up the new Waffle Racer.

The shoe with a spike in its heart.

NIKE
Beaverton, Oregon