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# CALIFORNIA TRACK & RUNNING NEWS

ISSUE NO. 85

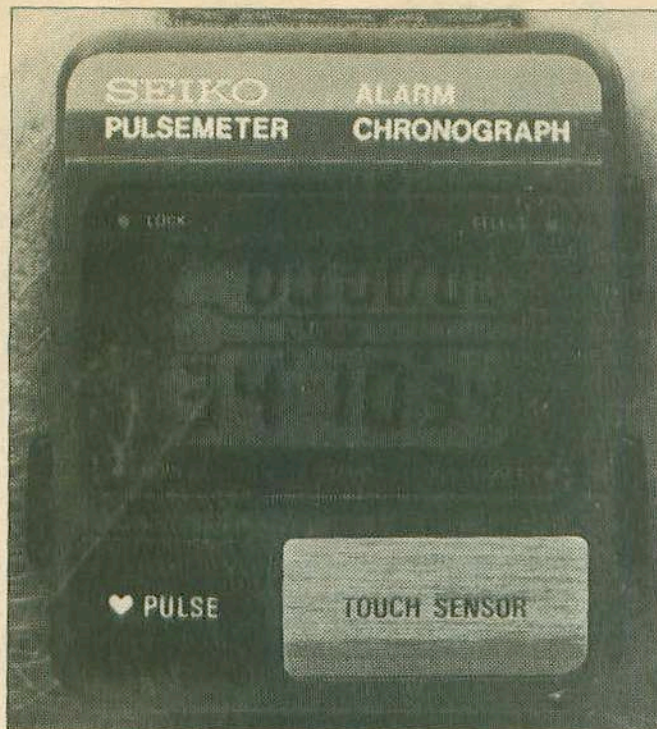
NOVEMBER 1983



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Fresno, CA 93706  
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## The difference between other training shoes and the 700 is staring you in the face.

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Some of you will wonder what "competitive training" means exactly. If you have to ask, this ain't your shoe.

On the other hand, if you're a serious, purposeful runner who trains specifically to run faster, the 700 is going to do something quite remarkable:

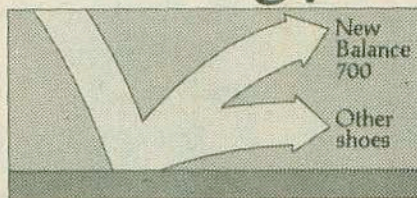
Make you a faster runner.

**EVERYTHING ABOUT THIS SHOE IS DESIGNED FOR SPEED.**

There have been precursors of the 700. Not the least of which was the New Balance 620.

Like that shoe, the 700 is extremely light. More to the point, it's light years ahead in performance.

Consider its Cellogram™ midsole/wedge. An exclusive New Balance compound, Cellogram



Compared to other training shoes, the 700 returns more of a runner's energy to his stride.

represents a breakthrough in energy efficiency.

Running in a lot of training shoes is like running on wet turf. Running in the 700 is like running on a tuned track. The difference is the microcellular construction of the Cellogram. Its extremely "tight" cell structure dramatically resists compression set and returns to the runner more of the energy he expends during training.

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The core temperature of the bones in a runner's feet are dramatically

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Finally, the 700 features a high carbon rubber outersole in a "locular dynamic" design. Translation: exceptional durability, superb traction on any running surface.

The New Balance 700. A shoe designed to improve the one thing serious trainers care about most:

Their time.



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**California Track & Running News** is published 12 times per year - one issue per month. Each issue is mailed about the first of the month.

**California Track & Running News** has a monthly circulation of between 6,000 and 10,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

**California Track & Running News** is mailed third class bulk rate and is not forwardable. When you move please let us know at least 4 weeks in advance.

**SUBSCRIPTION RATES:** 1 year (12 issues) \$12; 2 years (24 issues) \$22; 3 years (36 issues) \$30. Add \$6 per year for first class. Foreign rates on request.

**ADVERTISERS:** Closing date the first of the month previous to cover date. Send for current rate card. Special rates for meet/trace ads.

**P.O. Box 6103 • Fresno, CA 93703  
(209) 264-5847**

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**ON THE COVER:**

Another display of "Aggie Power" at the City to Port Race on September 25. Left to right: Scott Mayfield, Ivan Huff, Leo Lenting, Carmello Rios, Terry Gibson. For a report on the City to Port Race, see page 38. For news about the Aggie Running Club and other top California Clubs, see "Club News" beginning on page 14.

*photo by John Rembao*

# California's Running Experts

These fine running stores will not only meet all of your equipment and apparel needs, but their staff of experienced runners can provide expert advice and information. You can also buy the latest copy of *California Track & Running News* at these locations.

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# Eino's Notebook

By EINO

## Women in Olympics

The modern Olympics started in 1896 in Athens, but women's track and field wasn't introduced until 1928. Women's sports in Eastern and Communist bloc countries have made a strong impact, but somehow the Western world has fallen behind. When we look at Olympic gold medal winners, we certainly can see that.

One of the positive things about the Olympics, especially track and field, is that new events have been added, and others have been taken away. To keep the Olympic flame shining high and bright, we certainly have to get the women's 5000 and 10,000 meter races included.

One of the arguments against letting women run the 5000 and 10,000 meters is that it would take away sorely needed marathon competitors. I feel that is total horseradish. I'm sure most of you watched the World Championships. What was more exciting than Mary Decker beating the Russians? Do you remember who placed sixth, seventh or eighth? Or do you even remember who placed second in the 3000 meters? So it's not a question of how many

people are competing. It is a question of how good the competition is.

If we are thinking just of the United States, our colleges are full of young women who are ready and eager to run either the 5000 or 10,000 meters. Joe Henderson told me this morning, for example, that Joan Benoit said she'd rather run the 10,000 meters - because in her opinion she's better at it - than the marathon. Grete Waltz certainly has destroyed one of the earlier arguments of the IOC that women can not run long distances successfully. By the way, did you realize that there's doubling up? You can run more than one race. I'd like to use Emil Zatopek as an example right here. In 1952, when he won gold medals in the 5000, 10,000 and marathon in Helsinki, people considered him to have been the most incredible running machine that ever had been or ever would be. Do you realize that Joan Benoit's 2:22 is faster than the incredible running machine's marathon in '52? Not only that, but as late as 1968, her time would've been only two minutes behind the winner, Mamo Wolde of Ethiopia. And I'm certain that Joan's time wasn't the fastest women's marathon time that will ever be run! And maybe the marathon will be the first integrated race that we can have.

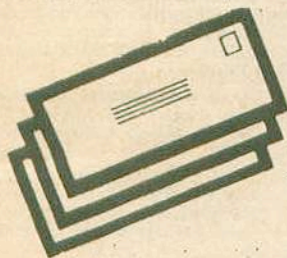
I'd like to raise my hat to several women who've done so much for running: Jackie Hansen, and definitely Grete Waitz, Jan Merrill, Francie Larrieu, Julie Brown, Patti Catalano, Kim Merritt, Doris Brown and of course we can not leave out Mary Decker.

So what can you do? Right now there's a lawsuit pending against the IOC to allow women to run the 5000 and 10,000 meters. Personally, I feel that if we could even get the 10,000 meters right now, and in 1988 change the 3000 meters to 5000 meters, I'd be satisfied. I'm sure you can send contributions to the International Runners' Committee, 1012 East 21st Ave., Eugene, OR 97405.

I have a couple of trivia questions to finish this story. Name the woman who has won the most gold and silver medals for the U.S. And, to give some kind of equal rights to men, name the most successful American man in Olympic track and field.

*Answers: Wyomia Tyus, three gold medals and one silver, 1964-68.*

*Ray Ewry, eight gold medals, 1900-8. Incidentally, none of the events he won can now be found in the Olympics.*



## Mailbag

### DUAL MEET TRADITION

In response to the Mailbag Section letter of Mr. George Pappas, I thought you and he might be interested to know that Milliken will host Edison and Hawthorne in a girls and boys triangular meet on Friday, February 24, 1984 at 2:45. The meet will pit the girls S.S. CIF 4A Champions (Milliken) against the 3A Champions (Hawthorne). Edison will have a winning streak going back several years on the line. I think some of Mr. Pappas questions will be answered on that afternoon.

Edison will also bring in a strong boys team to face the perennial Moore League Champions, Milliken, and the State Champion Hawthorne Cougars. Several State Meet participants will be running including Kerri Zaleski of Milliken, Raymond Young, Sean Kelly of Hawthorne and, of course, Henry Thomas.

The coaches of all three schools are trying to preserve the dual meet tradition in an exciting fashion - I hope I have the pleasure of meeting Mr. Pappas at the meet next February.

Kye Courtney  
Head Coach  
Hawthorne High School

### MORE SLOTKINS?

A word of thanks for the enjoyment provided by Richard Lee Slotkin's column and articles. His irreverent first-person accounts and his ability to identify and concentrate on the most entertaining aspects of a race, as well as his persistence in interviewing the top contenders, make his writing the highlight of each issue.

His extra-fine San Francisco Marathon story notwithstanding, what CTRN needs is more Slotkin-style coverage of the Northern California running scene.

Jim Furman  
Corte Madera

### COMPETITIVE VINTAGE

Reading your September, 1983, issue, I note a letter from Stan Stafford stating I "have been running longer than he can remember" and a results report from the SF Marathon listing my age as 60. Both untrue.

Having run my first distance race in 1964 as a youth of 47, I've been running only 20 years and, thus am still in my running infancy; having been born in 1917, I'm half dozen years beyond 60.

More to the truth, if Stan is looking for a runner with competitive vintage, search no further than my friend Ray Mahannah—53 years of competitive running competition

from age 14 to 67 today. At age 14, he did a half mile in 2:30; at age 17, 1933, he clocked 1:57. Better yet, 1938, at the Princeton Invitational 1320 in 3:00.09—.05 off the world record. In 1935 Ray was the US Open 1,500 meter champ; in 1935, second at 5,000 meters; in 1940, fourth at 10,000 meters. He's run considerably beyond 100,000 miles in 53 years on the roads.

Paul Reese  
Sacramento

### CHEERS AND JEERS

I would like to compliment CTRN on its thorough and accurate coverage of cross-country and track. I am relieved that there is at least one running publication that considers race previews and results more important than hot tubs.

I do have one complaint though; the Northern California Athletic Conference (N.C.A.C.) seems to be constantly left out of previews/reviews, etc. The N.C.A.C. may not have the history of the prestige (or the money) of the PAC-10, but it is highly competitive, and if you don't believe me then ask anyone from Chico State, U.C. Davis, Hayward State, Humboldt State, Sacramento State, San Francisco State, Sonoma State, or Stanislaus State.

Scott Durham  
C.S.U.C. cross country

*Except for Bob McGuire (Hayward women), Jerry Coleman (Sacramento women) and Harry Marra (San Francisco) we don't get anything in the way of team previews, media guides, results, photos or press releases from any of the other schools. Would you be willing to serve as a N.C.A.C. correspondent?*

Editor

# 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 5: Circus Circus "Run Reno" Marathon.** Reno, Nevada, 9 am. \$10,000 in prize money. David R. Britton, 500 N. Sierra St., Reno, NV 89503. (702) 329-0711.

**NOV 5: SPA/TAC District 10K X-Country Championships.** Pierce College, 8 am/men, 9 am/women. Tough hilly course. Basin Blues, 7741 Wish Ave., Van Nuys 91406. (213) 343-5416.

**NOV 5: The 5-Miler.** Foothill College (Los Altos Hills), 10 am. Peanut Harms, Foothill College, 12345 El Monte Rd., Los Altos 94022.

**NOV 5: Challenge Cup 50K/50 Mile.** San Francisco (Polo Fields, Golden Gate Park), time TBA. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

**NOV 5: (Tentative) Santa Cruz to Half Moon Bay 50-Mile.** Santa Cruz, time TBA. Steve Figoni, 534 Spindrift Way, Half Moon Bay 94019.

**NOV 5: Turner Trophy Run.** 1 mile & 5K, Fresno (Turner School), 8:15 am. Phil Farina, 5158 E. Pine, Fresno 93727. (209) 252-3049.

**NOV 5: Tolyabe Road Runs.** 5 & 10K, Bishop (Mill Pond), 9 am. Irene Mason, P.O. Box 1296, Bishop 93514. (619) 873-8461.

**NOV 5: U.S. Triathlon Relay Championships.** 1K swim, 38K bike, 8K run. Also individual competition. San Dimas (Bonelli Park), time TBA. The Complete Runner, 2658 E. Garvey Ave., West Covina 91791. (213) 331-0169.

**NOV 5: Stuntmen's Ass'n 5 & 10K.** Los Angeles (Griffith Park), 8 am/5K, 8:30 am/10K. Tom Morga, 4810 Whitsett Ave., No. Hollywood 91607. (213) 766-4334.

**NOV 5: 25 Mile Relay.** 5x5 mile, Santa Ana (Centennial Park), 7 am. NBRA, 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

**NOV 5: 10K Run for Fun on Catalina Island.** 1 p.m. Avalon Rotary Club, P.O. Box 444, Avalon 90704. (213) 831-1309.

**NOV 5: Stop the 2020 Plan 5 & 10K.** Los Angeles (Lake Hollywood), 9 am. Bob, c/o People Concerned about Environmental Destruction of Puerto Rico, P.O. Box 60925, Los Angeles 90060. (213) 392-8733.

**NOV 5: Golden Empire Marathon.** Bakersfield, time TBA. Golden Empire Marathon, c/o Michael Callagy, 159 "H" St., Bakersfield 93304. (805) 325-9474.

**NOV 5: Santa Barbara Marathon & Half Marathon.** Santa Barbara, 7:30 am. John Brennan, P.O. Box 6616, Santa Barbara 93160. (805) 964-2591, 7-10 pm.

**NOV 5: Orange Grove Marathon & Half Marathon & 10K.** Loma Linda, 7 am. *October 29 Deadline.* Loma Linda Lopers, P.O. Box 495, Loma Linda 92354.

**NOV 5: Stockton Marathon & Half-Marathon.** Stockton (Univ. of Pacific, Spanos Ctr.), 8 am. Mike Rogge, P.O. Box 4405, Stockton 95204. (209) 477-0538.

**NOV 5: Malibu Marathon.** Cabrillo State Park, 8 am. *1200 limit.* Roy E. Place, Malibu Township Council, P.O. Box 803, Malibu 90265. (213) 457-4129.

**NOV 5: Nat'l TAC Sr. Men's 50 Mile Championships.** New York City (Central Park), New York RRC, P.O. Box 881, FDR Station, NY, NY 10022. (212) 860-4455.

**NOV 5: ESL Runaway 5 & 10K.** Sunnyvale (Moffett Industrial Park), 8:30 am. Patsy Harmon, ESL, Inc., 495 Java Dr., P.O. 3510, Sunnyvale 94088-3510. (408) 738-2888, x4604.

**NOV 5: Redwood Run.** 5 & 10K, Santa Cruz (UCSC Fieldhouse), 9 am. Mark McCarroll (408) 429-2045.

**NOV 5: Windsor Whale Run.** 15K & 1.5K, Windsor (Starr School), 9 am. Fred Kenyon, 1645 Timberhill, Santa Rosa 95401.

**NOV 5: Run for the Health of It.** Hayward (Depot Rd. & Gettysburg Rd.), 9 am. Jim Passadore, 2783 Jennifer Rd., Castro Valley 94546. (415) 881-8255.

**NOV 5: Almond Bowl Runs.** 3 & 6 miles, Chico (Bidwell Park, One Mile Dam Area), 10 am. Dave Welch or Ken Lake, P.O. Box 1182, Chico 95927. (916) 345-5864, Ken.

**NOV 5: Apple Hill Runs.** 1/2, 3 & 6.5 mile. Placerville (Carson Rd., Abel's Apple Acres), 8:30 am/1st race, Apple Hill Harvest Run, P.O. Box 494, Camino 95709. (916) 622-2277.

**NOV 5: Foot Feet V. 5 & 10K.** Moraga (Miramonte H.S.), 8 am. Foot Feet V, 21 Silverwood Ct., Orinda 94563.

**NOV 5: DSE Roller Coaster Run.** 3 mile, San Francisco (Mtn. Spring Lake Playground, 12th Ave. & Lake St.), 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

**NOV 5: Estrella River Winery 10K.** Paso Robles, 10 am. Sarah Gravelle, Estrella River Winery, P.O. Box 96, Paso Robles 93446. (805) 238-8300.

**NOV 5: Freedom For Soviet Jewry 5 & 10K.** Century City (Rancho Park), 9 am. Maccabi Union USA, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

**NOV 5: Steve Garvey Sports Classic 5 & 10K Runs for MS.** Calabasas Park(?), 8 am/5K, 8:30 am/10K. Steve Garvey Sports Classic, 23480 Park Sorrento, Calabasas Park 91302. (213) 992-8322 or (213) 888-7406.

**NOV 5: Trudger's 10K.** Dockweiler Beach Park (near L.A. Airport, Imperial Hwy at Vista Del Mar), 8 am. Bill Grant, Trudger's 10K Run, 4009 Pacific Coast Hwy, Torrance 90505. (213) 316-4056.

**NOV 5: Sagebrush Ramble.** 10K & 2 mile, San Diego (Miramar College), 7 am. Norris Charles, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 230-6549.

**NOV 5: San Pasqual Vineyards 10K & Fun Run.** Escondido, 8 am. Sue Wilson, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 741-0855.

**NOV 5: Burlingame 5K Fun Run.** Coyote Point Park, 8:30 am. Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame 94010. (415) 344-6386.

**NOV 5: Golden State Women's 5 & 10K.** San Anselmo, 9 am. Fleet Feet, 333 San Anselmo Ave., San Anselmo 94960. (415) 456-8220.

**NOV 5: Jon Douglas 10K.** Santa Monica (Washington & Ocean Ave.), 9 am. Santa Monica Community Services Day, 801 Wilshire Blvd., Santa Monica 90401. (213) 451-4181.

**NOV 5: Las Vegas Mini-Marathon.** 13.1 mile (The El Cortez, dntn. Las Vegas), Nevada, 7 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

**NOV 11: Porterville Veterans Day 5 & 10K.** Porterville, 7:00 am. Allen Nelson, 900 S. Main, Porterville 93257. (209) 781-3130.

**NOV 12: Nat'l TAC Women's 15K Championships.** Phoenix, Oregon, time TBA. Donna Phillips, 1111 Crater Lake Ave., Medford, OR 97501. (503) 773-6611, x4050 or (503) 664-2908.

**NOV 12: Central California Marathon.** Fresno (Cal State Univ.), 7:30 am. Bill Woody, 8038 N. Mariposa, Fresno 93710. (209) 431-6820.

**NOV 12: Turkey Trot.** 10K, San Francisco (Golden Gate Park, So. Polo Fields), 10 am. Marti Lockridge, 870 Market, No. 1115, San Francisco 94102. (415) 433-2133.

**NOV 12: Breakers & Butterflies 10K, 5K & 1 Mile X-C (for children).** Pacific Grove (High School), 8:30 am. Richard Chamberlin, 712 Sunset Dr., Pacific Grove 93950. (408) 372-2809.

**NOV 12: Fast Times & Clairmont High 10K.** San Diego (Mission Bay), 7:30 am. Pamela Ramsey, 4150 Ute Dr., San Diego 92117. (619) 273-5156.

**NOV 12: Turkey Trot.** 3 & 10K, La Mesa (Lake Murray), 7 am. Jim Putney, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 469-4128.

**NOV 12: SRRC 50-Mile.** Arcata (St. Mary's School, Janes Rd.), 7:30 am. Gerald Hoopes, 2148 Western Ave., Arcata 95521. (707) 822-6019.

**NOV 12: Lynwood Chamber of Commerce 5 & 10K.** Lynwood (Lynwood Park), 8 am. Bernie Lake, P.O. Box 763, Lynwood 90262. (213) 537-6484.

**NOV 12: Pro Comfort 10K Run.** Rancho Palos Verdes (Marineland), 8:30 am. John Griffin, 1140 Manhattan Ave., Manhattan Beach 90266. (213) 546-2481.

**NOV 12: Rob's Turkey Run.** 10K (Predicton Run) or 2 mile, Las Vegas Racquet Club, Nev., 8 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

**NOV 13: Sri Chinmoy 5K.** San Francisco (Golden Gate Pk., JFK Drive near Stow Lake), 8 am. (Raceday Reg. Only). Sri Chinmoy Marathon Team, 2438 16th Ave., San Francisco 94116. (415) 731-2722.

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## Invitational

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The 5th Annual Invitational Team Championship will again bring the best running clubs in the world for a chance at the coveted West Coast Title, and a shot at the 8K World Record set here last year. Former winners **Steve Scott** and **Nick Rose** along with John Walker will return to represent the **Sub-4 Track Club**. The competition will come from the best of Athletics West, New Balance,



Frank Shorter Racing Team, 4-Corners, Brooks, and Converse. Once again champions from around the globe will challenge each other on the Downhill Finish. Last year the lead changed hands no less than 5 times over the last 3/4 mile. This year can expect no less. Plus a Women's Invitational featuring one of the fastest female fields on a very quick course.

**Saturday, Dec. 10 - 8 am**

**Newport Beach, CA**

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In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound, for myself, my executor, administrators and assigns do hereby waive and release the sponsors of this race, Race Central, and all persons and agencies connected with this Race from all claims for damages arising from my participation in and travel to and from this event. I also certify that I am physically fit and adequately trained to participate in this event.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent or legal guardian's signature if under 18 years of age \_\_\_\_\_

## Schedule

**NOV 13: Summit Marathon.** Los Gatos (High School) to Soquel (High School), 7 am. Brad Armstrong, Runner's Factory, 51 University Ave., Los Gatos 95030. (408) 395-9311.

**NOV 13: Masters Nat'l TAC 10K X-Country Championships.** New York (Van Cortlandt Park, Bronx), time TBA. Bob Fine, 77 Prospect Pl., Brooklyn, NY 11217. (212) 789-6622.

**NOV 13: HBO Cable Saves Cable Cars 10K.** San Francisco (Hyde & Jefferson), 8 am. HBO Cable TV Run, 530 Bush St., San Francisco 94108. (415) 986-3660, Marlene Relly.

**NOV 13: Veterans & Friends Running Feat. 10K.** San Mateo (Coyote Point Park, Airport Blvd.), 9 am. Supervisor Jacqueline Speier (415) 363-4571.

**NOV 13: Old Stage Runs for Environmental Education.** Salinas (Sheriff's Posse Grounds on Natividad Rd.), 10K/10 am, 5K/noon. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

**NOV 13: Run for Sight.** 3K & 5 mile, Santa Rosa (Monroe School), 8:30 am/3K, 9 am/5 mile. Bob Foo, 2655 Cleveland Ave., Santa Rosa 95401. (707) 539-1064.

**NOV 13: DSE Ft. Point 4-Miler.** San Francisco (Starts at Little Marina Green, Marina Blvd.), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**NOV 13: Cup & Saucer Runs.** 2 mile & 10K, Napa (Mt. George Elem. School, 2nd Ave. & Coombsville Rd.), 9 am. Silverado T.C., 3525 Beckworth Dr., Napa 94558.

**NOV 13: Golden State Women's Runs.** 5 & 10K, San Anselmo, 9 am. Fleet Feet, 2410 "J" St., Sacramento 95816. (916) 442-3962.

**NOV 13: Mazola/YMCA Shape-Up 5K Run.** UCLA, 8 am. Norm Joyner, YMCA, 818 W. 7th St., Suite 1002, Los Angeles 90017. (213) 489-3200.

**NOV 13: "Run to Beat Cancer" 5 & 10K.** Buena Park, 7:30 am/5K, 8:30 am/10K. Cecilia Hinkle, ACS, 4030 Birch St., Suite 101, Newport Beach 92660. (714) 752-8600.

**NOV 13: Mission Inn 5 & 10K Runs.** Riverside, 8 am/5K, 8:30 am/10K. Mission Inn, 3649 7th St., Riverside 92502. (714) 781-8241.

**NOV 13: Winter's Breeze Marathon.** (also 5K) Santa Ana (Centennial Pk.), 7 am/marathon, 8:15 am/5K. Newport Beach Runners, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

**NOV 13: Arcata Bottoms Race.** 2.5 & 8 mile, Arcata (St. Mary's School, Janes Rd.), 2.5 mile/1 pm, 8 mile/1:45 pm. Six Rivers RC, Box 214, Arcata 95521. (415) 822-9435.

**NOV 13: Pine Cone Seven.** 7 miles, Santa Maria (Waller Park), time TBA. Orcutt Road Runners, c/o Valerie Krone, 4277 Brentwood Ln., Santa Maria 93455. (805) 937-7707.

**NOV 13: La Jolla Bank & Trust Co. 10K & 2 Mile Fun Run.** Oceanside (Oceanside Pier), 8 am. Pete Miller, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 455-5160.

**NOV 13: Columbia Pictures/Burbank 5/10K.** Burbank (Burbank Studios), 8:15 am/5K, 9 am/10K. Joanne King, Columbia Pictures, Prod. Bldg. 7, #215, Burbank 91505. (213) 954-1923.

**NOV 13: Donner Lake Turkey Trot 7 Mile.** Donner Lake (Truckee), 10:30 am. Peter Werbel, Alpenglow Sports, P.O. Drawer LL, Truckee 95735. (916) 587-2025.

**NOV 14: "Hunger Project" Ten-Mile.** San Luis Obispo, Time TBA. No contact information known.

**NOV 19: 10 Mile Turkey Trot.** (Also 2 mile). Petaluma (St. Vincent's School), 9 am. Jim Harberson (707) 763-6575.

**NOV 19: Turkey Trot.** 10K, Santa Cruz (Natural Bridges State Park), 9 am. Info: (408) 429-3663.

**NOV 19: Sally's Turkey Trot 5 & 10 Mile.** Yreka (Jackson Street School), 10 am. City of Yreka, 701 Fourth St., Yreka 96097.

**NOV 19: Turkey Run for Heart 10K.** Santa Rosa (Spring Lake Park), 8:30 am. American Heart Ass'n., P.O. Box 844, Santa Rosa 95402. (707) 542-1992.

**NOV 19: Valley Oasis Runs.** Lancaster (Distance TBA), time TBA. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

**NOV 19: California Road Runners 15K & 30K.** Los Angeles (Griffith Park), time TBA. CRRRC, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**NOV 19: Turkey Run II.** 5 & 10K, Fountain Valley (Mile Square Park), 8:15 am/5K, 9 am/10K. So. Coast Runners Ass'n, 3857 Birch, Suite 442, Newport Beach 92660. (714) 648-3452.

**NOV 19: Turkey Trot 5/10K.** Pico Rivera, 9 am. Raiph Aranda, P.O. Box 1016, Pico Rivera 90660. (213) 942-2000.

**NOV 19: Whittier Hills/Action Sports 5 & 10K.** Whittier Narrows (Lagg Lake), 8 am/5K, 8:30 am/10K. Whittier Hills Baptist Church, 16153 E. Russell St., Whittier 90603. (213) 947-4791, Bill Gray.

**NOV 19: Run For Shelter.** 5 & 10K, Palmdale (Palmdale Hospital Medical Center), 9 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

**NOV 19: San Diego-Imperial Athletics Congress District X-C Championship.** 5K/Women, 8K/Men, San Diego (Univ. of Calif., Muir Woods), 9:30 am/Women, 10 am/Men. Nov. 14 Entry Deadline - No Raceday Entry. Jim Mosher, 3971 Chipewawa Ct., San Diego 92117. (619) 284-9936.

**NOV 19: City of Santa Ana Turkey Trot 10K.** Centennial Pk., 8:30 am. Ada Mendoza, c/o City of Santa Ana Parks & Recreation Dept., P.O. Box 1988, Santa Ana 92702. (714) 834-4818.

**NOV 19: Run for the Eagles 5/10K.** Rancho Cucamonga (Vineyard Pk., Bastein Ave.), 7:30 am/5K, 8:15 am/10K. Pat Noel, Eliwanda High School, 730 Bonita, Ontario 91762. (714) 984-5319.

**NOV 19: Thanksgiving Fun Run.** 4.5 mile, So. San Francisco (Orange Memorial Park) 10 am. So. San Francisco Parks & Recreation Dept., So. San Francisco 94080. (415) 877-8560.

**NOV 20: BMW-Heart of San Diego Marathon & 10K.** San Diego, 7 am/Marathon, 8:15/10K. Bob Day, P.O. Box 3625, San Diego 92103. (619) 291-7454.

**NOV 20: Million Dollar Marathon.** (Las Vegas Running Festival), Las Vegas, Nevada, 7 am. Million Dollar Marathon, P.O. Box 42682, Las Vegas, NV 89116.

**NOV 20: Lasse Viren Invit.** 20K. Sycamore Canyon, 8 am/open, 10 am/Invit. Finnish Invit., c/o Eino, 32926 Mulholland Hwy, Malibu 90265. (213) 889-0800.

**NOV 20: DSE Ferry Bldg. Run.** 4 mile, San Francisco (start at Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**NOV 20: Monterey County Marathon & Half-Marathon.** Date changed from Oct. 23. Salinas (Alisal H.S.), 8 am. Monterey County Marathon, P.O. Box 3534, Salinas 93912. (408) 443-1278, Rick Dameron.

**NOV 20: Turkey, Bike, Turkey, Run Blathlon.** Walnut Creek (Civic Park), 9 am. Valerie Doyle, c/o Fleet Feet, 1528 Bonanza, Walnut Creek 94596. (415) 943-MILE.

**NOV 20: Turkey Trot.** 8.1 mile, East Bay Regional Park (Briones Regional Park), 8:30 am. Dave Peters, 320 Civic Dr., Pleasant Hill 94523. (415) 676-5200.

**NOV 20: Palo Alto YMCA Turkey Trot.** 5 mile(?), Palo Alto, 9 am. Turkey Trot, c/o YMCA, 3412 Ross Rd., Palo Alto 94303. (415) 494-1883.

**NOV 20: Rose Bowl Marathon & Half Marathon.** Pasadena, 7:30 am. Milton Vaught, Pasadena YMCA, 235 E. Holly St., Pasadena 91101. (213) 793-3131.

**NOV 20: Palm Springs 6K Tram Road Challenge.** Palm Springs, 8 am 2000 foot climb. John Emig, P.O. Box 8323, Palm Springs 92263. (714) 320-3548.

**NOV 20: Clarksburg Classic 5 & 20 Mile.** Clarksburg (So. of Sacramento), 10:45 am/5 mile, 11 am/20 mile. George Parrott, Dept. of Psychology, UC Sacramento, Sacramento 95819.

**NOV 20: KSJO/Choice Medical Group Turkey Trot.** 5K, 9 am. Suzanne Allayaud, American Heart Assoc. Santa Clara Chapter (408) 247-8555.

**NOV 20: Freedom for Soviet Jewry 10K.** West Los Angeles (Rancho Park), 8:30 am. Also a 5K at 8:30. Maccabi Union U.S.A., 2080 Century Park East, No. 401, Los Angeles 90067. (213) 553-9322.

**NOV 20: 5K Turkey Trot.** City of Industry (Puente Hills Mall), 8 am. Puente Hills YMCA, P.O. Box 3351, Industry 91744. (213) 961-3480.

**NOV 20: Double Dam Dash.** 15K/4mile, Lake Perris (L.A. area), time TBA. Info: (714) 683-3770.

**NOV 20: Bud Light Aztlan 10K Classic.** East L.A. College (Stadium), 8 am. Frank Guterrez, 1301 Brooklyn Ave., Monterey Park 91754. (213) 265-8751.

**NOV 20: Wishbone Classic 5K.** TRW Space Park (L.A. area), 8 am. For info: (213) 636-1180.

**NOV 20: M.S. Society 5/10K Runs.** Fresno (Woodward Park), 8:00 am/5K, 9:00 am/10K. Multiple Sclerosis, 1615 E. Shields, Fresno 93704.

**NOV 26: Nat'l TAC X-Country Championships.** Jr. Men's 5K, Sr. Men's 10K, Women's 5K, University Park, Penna. (Penn State Univ.), time TBA. Gary Schwartz, Indoor Sports Complex Annex, Penn State Univ., University Park, PA 16802. (814) 863-3146 or 237-1984.

**NOV 26: Sugarloaf Ridge X-Country Runs.** 5K & 8K, Kenwood (Sugarloaf State Park), 9:30 am. Butch Alexander, Box 632, Sonoma 95476. (707) 938-8263.

**NOV 26: West Coast Open 24-Hour Relay & Solo Run.** Sacramento, 4 pm. Bill McKean, P.O. Box 9045, So. Lake Tahoe 95731. (916) 542-0750.

**NOV 26: Santa Clarita 5 & 10K.** 8 am. Runners Up, 22932 1/2 Lyons Ave., Newhall 91321. (805) 254-1833.

**NOV 26: Precision Gem 10-Mile.** Irvine (Mason Park), 9 am. So. Coast Runners Ass'n, 3857 Birch, Suite 442, Newport Beach 92660. (714) 646-3482.

**NOV 26: Quail Lakes A.C. "Turkey Trot"** 5K, Stockton, 9 am. Stockton Olympic Travel Fund, 7025 Shoreham, Stockton 95207. (209) 952-2055, Don Hoffman.

**NOV 26: KNBC Peacock 10K.** Los Angeles Zoo, 8 am. Race Central, P.O. Box 828, Rialto 92376.

**NOV 26: Riverside Co. Olympic Fund 5/10K Run.** Riverside Poly H.S., Riverside, 8 am. USOC, 2939 Berkeley Rd., Riverside 92506.

**NOV 27: Hammond-Pezzola Memorial Race.** 7.8 Km. Santa Cruz (Dominican Hospital), 10 am. Thomas Hart, Dominican Hospital, 1555 Soquel Dr., Santa Cruz 95065. (408) 476-0220.

**NOV 27: Lawyers Track Club 54-Mile Relay (plus Solo Run).** Hollywood Bowl to Leo Carrillo State Beach, 6 am/Solo, 7 am/Relays. Lawyers T.C., 101 California Ave., Santa Monica 90403. (213) 393-3026. (2-5 person teams).

**NOV 27: Fresno 8 Mile Road Race.** Chandler Airport to Kearny Park, 12 noon. Fernie Montanez, 2574 S. Recreation, Fresno 93725. (209) 233-1357.

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December 26-30, 1983

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NOV 27: **Blind Duck Relays.** 3/5K legs, Oakland (Lake Merritt, Old Boathouse), 9 am. (Random selection on race day for teams), Linda Kozlowski, 645 Shelter Creek, No. 351, San Bruno 94066. (415) 943-MILE, Valerie Doyle.

NOV 27: **Mt. Tam Trail Run.** 7.4 mile, Marin County (Main gate parking lot to Lagunitas Lake & Bone Temple Lake), 10 am. 500 limit. Mt. Tam Trail Run, P.O. Box 865, Fairfax 94930. (415) 924-4600.

NOV 27: **DSE Twin Peaks Run.** 3.6 mile, San Francisco (Portola & Twin Peaks Blvd.), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

NOV 27: **Sri Chinmoy 3 Mile.** Santa Barbara (Cabrillo & Milpas), 8 am. Tom Schaefer, 1218 Castillo, Santa Barbara 93101.

NOV 27: **Bell Thru Bunker 5-Mile.** San Pedro (Pt. Fermin Park), 8 am. Darlene Galindo, 1670 Palos Verdes Drive North, Harbor City 90710. (213) 548-7676.

NOV 27: **Thanksgiving 5 & 10K Runs to Eliminate World Hunger.** Los Angeles (Griffith Park near merry-go-round), 8 am. Universal Runners, P.O. Box 37271, Los Angeles 90037. (213) 754-5080.

DEC 3: **Rohr-Jaycees 10K & 2 Mile.** Chula Vista (Recreation Center), 7 am. Ken McMillan, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 294-2454.

DEC 3: **Holiday Run.** 10K & 3 mile, Antioch (Rayle Shopping Ctr.), 10 am. Tom Toriakson (415) 757-2379, evs.

DEC 3: **IAAF Women's World 10K Championships.** DATE CHANGE (call to verify), listed last issue as Dec. 10. San Diego (Mission Bay), time TBA. Judy Stolpe, c/o EOL, Box 1049, Coronado 92118. (619) 437-4556 or 4667.

DEC 3: **San Onofre 5/10K.** Camp Pendleton (Marine Corps Base), 8 am. Al Deizelt, 200 Pate Rd., San Clemente 92672. (916) 725-7603 or 725-7534.

DEC 4: **California International Marathon.** Folsom Dam to State Capitol Bldg. (Sacramento), 7:05 am. California International Marathon, P.O. Box 161149, Sacramento 95816. (916) 966-8185. Entries close Nov. 21 (postmark). There will be \$45,000 in developmental prize money for top male and female finishers.

DEC 4: **Culver City Marathon (SPATAC Championships).** Culver City, 8 am. Syd Kronenthal, City of Culver City, 9770 Culver Blvd., Culver City 90230.

DEC 4: **Great Berkeley Race.** 5 & 15K, Berkeley (Downtown), 8:30 am. Cherie Swenson, P.O. Box 6725, Oakland 94614. (415) 568-8884.

DEC 4: **DSE Double Muni Pier Run.** 2.5 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

DEC 4: **Great American Smoke-Out Half-Marathon.** Riverside, 8 am. Dale Holmes, 2060 Chicago Ave., Riverside 92507. (714) 874-5480.

DEC 4: **Perrier Beverly Hills 10K Run & Children's 1 Mile.** Beverly Hills, 8 am. Beverly Hills Parks & Rec. Dept. (213) 550-4864.

DEC 4: **Festival of Lights 10K.** Also 2 mile, San Diego (Balboa Park), time TBA. Sam Cohen, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 583-3300.

DEC 4: **Decemberfest 10K.** Campbell (The Factory), 9 am. Don Campbell, P.O. Box 97, Campbell 95009. (408) 379-5399, days.

DEC 4: **Redwood Mountain 10K Run.** Woodside (Skyline Blvd., Kings Mountain Community Center), 8 am. Redwood Mtn. Run, 2995 Woodside Rd., Box 111, Woodside 94062. (415) 851-4027.

DEC 4: **West End Race.** Distance TBA, Arcata/Eureka area, time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-9435.

DEC 4: **Santa Maria Half-Marathon.** Righetti to Waller Park, time TBA. Orcutt Road Runners, c/o Valerie Krone, 4277 Brentwood, Santa Maria 93455. (805) 937-7707. Note: Also listed Dec. 11 in some sources... verify date with director.

DEC 10: **Livermore Marathon.** Livermore, 10 am. Bob Bryant, Box 121, Livermore 94550. (415) 422-4241.

DEC 10: **Arcata to Willow Creek 40-Mile.** Arcata, time TBA. Burnie Kemp, 380 Herrick Rd., Eureka 95501.

DEC 10: **Pajaro Valley Federation of Teachers Turkey Trot.** TENTATIVE. 5.12 mile, Watsonville (Pinto Lake County Park, Green Valley Rd.), 9:30 am. Tom Leikam (408) 726-1367.

DEC 10: **Pt. Pinole Runs.** 2 mile & 10K, Pt. Pinole Regional Park, Richmond, 9:30 am/2 mile, 10:30 am/10K. Richmond Parks & Rec. Dept., 25th & Barrett Ave., Richmond 94804. Dan Hughey (415) 231-2160 or 234-8202.

DEC 10: **McFarland Christmas Parade 2-Mile Run.** McFarland (3rd & Perkins), 11 am. Mike O'Haver, P.O. Box 1488, McFarland 93250. (805) 792-3091.

DEC 10: **Sub-4/Caprolan Nylon Back Bay 8K & Invitational Team Championship.** Newport Beach, 8 am. Sub-4, 2620 Temple Heights Dr., Oceanside 92054. (619) 941-2830, Stephen San Filippo.

DEC 10: **Cal Bowl 10K.** Fresno. Dan Currier (209) 298-3755.

DEC 11: **Honolulu Marathon.** Honolulu, HI, 6 am. Honolulu Marathon Ass'n, P.O. Box 27244, Chinatown Station, Honolulu, HI 96827. (808) 734-7200. Oct. 1 Deadline.

DEC 11: **SPATAC 8K Championships.** Pt. Fermin Park (San Pedro), 8 am. Marathon's Running Shop, 1434 W. 25th St., San Pedro 90732. (213) 548-6865.

DEC 11: **Fleet Feet's Challenge Cup.** 15K & 3x3.1 mile relay, Salinas, 10 am. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

DEC 11: **Run for Human Rights.** 10K, Oakland (Lake Merritt, New Boathouse, Bellvue Ave.), 9 am. Amnesty International, 5623 Oakgrove Ave., Oakland 94618.

DEC 11: **The Christmas Carol Charity Run.** 10K, San Francisco (Bay Club), 8:30 am. Fred Campbell, c/o Arthur Young & Co., #1 Post St., 31st Floor, San Francisco 94104. (415) 393-2700.

DEC 11: **RRCA 25K Postal.** DATE CHANGE? Listed as December 3 also — verify with director. Guerneville (Armstrong Grove State Park), 9 am. Mike McGuire (707) 542-6887.

DEC 11: **Santa's Stamped Ribbon Run.** 2 mile & 8K, Napa College (Napa), 9 am. (Raceday Reg. Only). Bernice Sousa, 2833 Tennessee St., Vallejo 94590.

DEC 11: **San Diamond Heights Run.** 4 miles, San Francisco (McAteer High School, Portola & O'Shaughnessy), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

## DECEMBER

DEC 3: **Mt. Madonna Challenge.** 12.1 mile, Mt. Madonna Park (Spring Lake) - take Hwy 152 east of Watsonville, 11 am. VERY TENTATIVE. Bill Flodberg (408) 683-2453.

DEC 3: **Cardiac Pacer 5-Mile Run.** Santa Cruz (UCSC East Fieldhouse), 10 am. Terry Warner (408) 429-4220.

DEC 3: **RRCA 25K Postal.** Guerneville (Armstrong Grove State Park), 9 am. Mike McGuire (707) 542-6887.

DEC 3: **Holiday 5K.** Visalia, time TBA. Ed Taylor, 340 Silvertale, Visalia 93291.

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NOTE: Delivery will begin December 1st, 1983.

## Schedule

**DEC 11: Toys for Tots 5 & 10K Runs.** Tustin (Marine Corps Air Station), 8 am. "Toys for Tots," MAC-46, MCAS El Toro, Santa Ana 92709. (714) 651-3497.

**DEC 11: Venice/Marina Christmas 10K Run.** Marina del Rey, 8 am. Christmas Run, 2210 Wilshire Blvd., Santa Monica 90403. (213) 399-0191.

**DEC 17: Holiday Bowl 10K & 2 Mile Fun Run.** San Diego (Jack Murphy Stadium), time TBA, Roger Martin, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 232-7451.

**DEC 17: To-The-Bay Race.** 3.4 & 6.8 miles, Fremont (Coyote Hills Regional Park), 10 am. Newark Recreation Dept., 35501 Cedar Blvd., Newark 94560. (415) 790-7252.

**DEC 18: 10th Annual Christmas Relays.** San Francisco (Lake Merced, Sunset Circle Pkg. Lot), 5x4.464 mile legs (13 divisions), 9 am. Christmas Relays, P.O. Box 652, Burlingame 94010. (415) 342-3107, Karen.

**DEC 18: Central Coast Marathon & 10K.** Arroyo Grande, 7:30 am/marathon, 8:00 am/10K. Central Coast Marathon, 495 Valley Road, Arroyo Grande 93420, Attn: Greg DeNike.

**DEC 18: The Last 10K.** Santa Rosa (Piner Elementary School), 9 am. Chris Tray, 4700 Foulger Dr., Santa Rosa 95405. (707) 539-7808.

**DEC 18: Herald Examiner Nat'l AAU 10K Championship.** Playa del Rey (Dockweiler Beach), 9 am. Maccabi Union USA, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

**DEC 18: Christmas Classic 2 & 5 Mile Runs.** Irvine (Mason Park), 8:45 am/2 mile, 9:15 am/5 mile. South Coast Runners Ass'n., 3857 Birch, #442, Newport Beach 92660. (714) 646-3452.

**DEC 18: Xmas 10K.** Venice/Marina, time TBA. California Road Runners, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**DEC 18: Westlake Village 20 Mile Run.** 8 am. Conejo T.C., 1628 Wellington Pl., Westlake Village 91361. (805) 496-0088.

**DEC 25: DSE Men/Women Christmas Relay Run.** 2 miles (each leg?), San Francisco (Golden Gate Park, Stow Lake Boathouse), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**DEC 25: Lake Merritt Joggers & Striders 4th Sunday Runs.** 5, 10, & 15K, Oakland (Lake Merritt, Old Boathouse), 9 am. Contact: (415) 834-3607.

**DEC 26: Recover From The Holidays Fat-Ass 50 Mile.** Half Moon Bay, 7 am. (low-key, must provide own handler). John Lehrer, Runner's World, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

**DEC 29-31: Big Island Triathlon.** 6 mile swim, 225 mile bike, 50 mile run, Kailua-Kona, Hawaii, J. Curtis Tyler, P.O. Box N, Kailua-Kona, HI 96740.

**DEC 31: Midnight Run.** (24th annual), 5K, Los Altos Hills (Foothill College), Midnight. Runner's World Road Club, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

**DEC 31: Midnight New Year's Eve 10K.** Encino, Midnight (1000 limit). CRRR, P.O. Box 891, Tarzana 91356. (213) 888-5526.

## LOOKING AHEAD

*(Marathons, Relays, Important Deadlines, Major Events, etc.):*

**JAN Date TBA: Racey Lady 5 & 10K Women Only.** Olivenhain, time TBA. Sally Montruccio, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 481-1660.

**JAN 7: FSU Coach of the Year Clinic 4 Mile.** Fresno State, 8 am. Bob Fraley, Athletic Dept., Fresno State University, Fresno 93740. (209) 294-4097.

**JAN 8: California 10.** 10 miles, Stockton, 10 am. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124. *PA/TAC Championships.*

**JAN 15: San Bernardino Community Hospital/YMCA Marathon.** San Bernardino (Del Vallejo Jr. High School), 7:30 am. Tony Mino, 808 E. 21st St., San Bernardino 92404. (714) 886-4661.

**JAN 15: Mission Bay Marathon.** San Diego (Mission Bay Park), time TBA. Jeff Proido, 8811 Robinhood Lane, La Jolla 92037.

## Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in 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.



**JAN 22: Super Bowl Sunday 10K.** Redondo Beach, 8 am. Super Bowl Sunday 10K Run, P.O. Box 637, Redondo Beach 90277. (714) 859-8644, Hans Albrecht.

**FEB 5: Oakland Marathon & Half-Marathon.** Downtown Oakland, 7:45 am/half, 8:00 am/full. Cherie Swenson (Oakland Marathon), P.O. Box 2501, Oakland 94614. (415) 568-8884.

**FEB 12: Long Beach Marathon.** Long Beach, time TBA. Joe Carlson, Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804. (213) 494-2664.

**NOV 12: NAIA District III Championships.** La Mirada. Cross Country Coach, Biola College, 13800 Biola Ave., La Mirada 90639.

**NOV 12: Southern California JC Championships.** Mira Costa College, Ocean-side, 1 pm.

**NOV 12: NCAA Div. II Championships.** Kenosha, Wis. Cross Country Coach, University of Wisconsin, Wood Road, Kenosha, Wis. 53141.

**NOV 13: TAC Region 13 Junior Olympics.** Site TBA. Bob Hickey (714) 891-5521.

**NOV 19: San Diego-Imperial Athletics Congress District X-C Championships.** 5K Women/9:30 am, 10K Men/10 am. San Diego (University of Calif., Muir Woods). Nov. 14 Entry Deadline, No Raceday Entries. Jim Mosher, 3971 Chippewa Ct., San Diego 92117. (619) 284-9936.

**NOV 19: NAIA National Championships.** Kenosha, Wis. Cross Country Coach, University of Wisconsin, Wood Road, Kenosha, Wis. 53141.

**NOV 19: JC State Championships.** Woodward Park, Fresno, 1 pm.

**NOV 19: Pacific Association AAU Junior Olympics.** Reno (Rancho San Rafael Park), 12 noon. Bruce Susong, 2190 Tamarisk, Reno, NV 89502. (702) 358-4007.

**NOV 20: Southern Pacific Association AAU Junior Olympics.** Mt. SAC. Ken Grant, 13537 Daisy Lane, Chino 91710. (714) 627-3729.

**NOV 21: NCAA Division I Championships.** Lehigh Univ., Bethlehem, PA.

**NOV 26: TAC National X-C Championships.** Men & women. Penn State Univ., PA (814) 863-3146 or 237-1984.

**NOV 27: AAU Region 13 Junior Olympics.** Woodward Park, Fresno, 9:30 am. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

**DEC 3: Kinney Western Regional.** 5K for high school boys and girls. Woodward Park, Fresno. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

**DEC 10: Kinney National Championships.** 5K for high school boys and girls. San Diego. Jim Keller, RF&R, 110 E. 59th St., NY, NY 10022. (212) 593-6391.

**DEC 10: AAU/USA Junior Olympic Nationals.** Woodward Park, Fresno. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

**FEB 26: U.S. Cross Country Team Trials.** For junior and senior men. East Rutherford, N.J.

**MAR 18 or 25: IAAF World Cross Country Championships.** East Rutherford, N.J.

## College/Open Cross Country

**NOV 5: SPATAC District 10K X-C Championships.** Pierce College. Men & women. (213) 343-5416.

**NOV 6: Anaheim Harriers Invitational.** Eisenhower Park, Orange. Judy Looney (714) 998-5119.

**NOV 12: Central California Association AAU Junior Olympics.** Woodward Park, Fresno, 10 am. Lupe Solis, Lemoore High School, Lemoore and Bush Aves., Lemoore 93245. (209) 924-4107.

**NOV 12: NCAA District 8 Championships.** Eugene, OR.

**NOV 12: NorPac Championships.** Eugene, OR.

# Top Track Clinic in Southwest Arizona Track Coaches Assoc 25th Annual Track & Field Clinic

January 13, 14 & 15, 1984 • Holiday Inn • Mesa, AZ

**FEATURING:** Jim Santos — Cal State Hayward  
Del Hessel — University of New Mexico  
Herman Frazier — Olympian  
Steve Scott — American Record Miler  
Ralph Lindeman — University of Arizona  
Ray Aguayo — Arizona State University

**FOR INFORMATION & BROCHURE WRITE OR CALL:**

Mike Gray - Clinic Director  
Westwood High School  
1218 E. Loma Vista  
Tempe, AZ 85282  
(602) 966-0126

## TRACK & FIELD

**COACHES & MEET DIRECTORS:** Next month we plan to list the 1984 track and field schedule. Please send your schedule plus any information on meets you would like included.

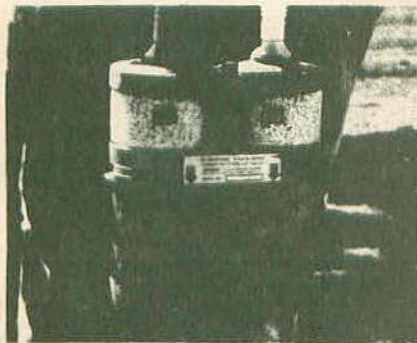
# Why are so many serious runners shelling out \$219 for the PO<sub>2</sub> Aerobic Exerciser?

Runner Magazine called it "A new invention that could have a profound effect on training." And Runner's World described it as "...a device so revolutionary, it may well expand every runner's horizons. Eventually, it may prove to be as meaningful to the runner as his first good pair of running shoes."

No wonder there's been so much excitement over InspirAir's PO<sub>2</sub> Aerobic Exerciser, a portable altitude simulator which allows the serious athlete to combine both sea level training for strength and speed with altitude training for endurance without ever leaving home.

## How it works.

The patented unit is a product of eight years of development and testing by a practicing anesthesiologist and engineer. The PO<sub>2</sub> Aerobic Exerciser duplicates conditions that would be found at moderate altitudes, with the basic unit pre-set to simulate 7,500 feet. As elevation increases, the partial pressure of oxygen decreases. As an example, the ambient or outside air at sea level contains 20.95% oxygen. At 7,500 feet, it's 15.87%.



The PO<sub>2</sub> Aerobic Exerciser accomplishes this without the need to travel to the mountains or to invest in your own altitude chamber. When you inhale ambient air, a portion of the oxygen is absorbed by your lungs, and the rest is expired or exhaled. This expired breath contains approximately 15% oxygen, and is circulated through a breathing hose to the device. A special PO<sub>2</sub> absorbent removes the carbon dioxide from the expired air, and the recycled oxygen is stored in the reservoir tanks until your next breath.

With subsequent breaths, the user is breathing a combination of ambient air and recycled air. This new combination simulates conditions which would be found at 7,500 feet. The size of the orifice or hole in the face mask determines the altitude to be simulated.

Of course you don't use the device all the time. The objective is to develop a training schedule which combines altitude training and sea level training. Simply by putting on the face mask, the user experiences an altitude of 3,500 feet. With mild to moderate exercise, the simulation increases to the pre-set 7,500 foot elevation. To return to sea level, slip off the face mask!

## Advantages of altitude.

Lots of folks seem to be confused about altitude training. But it's no secret that some of the best distance runners in history have been those who have trained at moderate altitudes. When the 1968 Olympics were held in Mexico City (7,300 feet elevation), many of the world's top runners were handicapped at altitude for simple lack of endurance. A special medical symposium following the 1968 Games concluded that future world class runners would be those who could combine sea level training for strength and speed along with altitude training for endurance.

With the PO<sub>2</sub> Aerobic Exerciser, this is now possible for the first time. Studies show altitude training will greatly enhance sea level performance.

According to physiologists, altitude training stresses the cardiovascular system so that the body can squeeze more and more energy from the available oxygen. Tests have shown that there is a very real physiological change, as the oxygen transport system is improved. *More energy means more endurance, and more endurance means better performance.* This is particularly important for any endurance activity where the difference between winning and losing is that extra burst of power when everyone else is hitting the wall.

It is no coincidence that so many running physicians have been among the first to order PO<sub>2</sub> Aerobic Exercisers, because they understand the benefits of altitude training. And in a ten week test at the University of Oregon, head track coach Bill Dellinger monitored eight top runners using the PO<sub>2</sub> Aerobic Exerciser. After only the third week of use, there were measurable increases in both red blood cell count and hemoglobin. Extrapolating this data, Coach Dellinger projected that use of the device could turn a 2:12 marathoner into a 2:10:30 winner.

Given the extreme conditioning of these world-classers to start with, this is a dramatic improvement. *As far as the "average" runner is concerned, the potential for increased performance is outstanding.*

## Not just for runners.

The PO<sub>2</sub> Aerobic Exerciser has a direct application for any athlete involved in endurance sports—bicycling, skiing, weightlifting, swimming, mountain climbing, etc.

A key point is that the athlete can obtain maximum benefit with less effort. This differs from sport to sport, but translates to more intense training over a shorter period of time. For runners, for instance, the same or greater benefits can be realized with less total mileage, since the runner's system is stressed so much more when running at altitude. And by training less, but with greater intensity, there is an added advantage in that the risk of injury to the muscular-skeletal system is reduced. Injury is often a direct result from over-training—trying to do too much and over-reaching physical limits. The PO<sub>2</sub> Aerobic Exerciser is the answer.

This is also important for the injured athlete, who may not be able to maintain a full training schedule while recovering. During this recovery period, the athlete can nonetheless maintain endurance conditioning using the PO<sub>2</sub> Aerobic Exerciser. There are also increasing numbers of athletes using the device with a stationary bicycle, as the principles of endurance conditioning using the PO<sub>2</sub> Aerobic Exerciser are the same.

## Is it worth it?

The PO<sub>2</sub> Aerobic Exerciser is not an inexpensive training device, but no matter what the sport, the true enthusiast will gladly pay the price if he or she is convinced of its value. In other words, if you get what you pay for—and if it delivers the promised benefits—it's worthwhile. For the runner, the cost of the PO<sub>2</sub> Aerobic Exerciser is roughly equivalent to a year's worth of top-grade running shoes. The shoes continue to wear out, of course, but the PO<sub>2</sub> Aerobic Exerciser will become a vital part of your training regimen for years to come. The only operating expense of the system is the special PO<sub>2</sub> absorbent, which removes the carbon dioxide. Each canister is good for about three and a half hours.

And like anything else in the "better mousetrap" category, it *does* take a while getting used

to, simply because there is nothing else quite like it. The PO<sub>2</sub> Aerobic Exerciser is as lightweight as possible, and mounted on an orthopedically-designed backpack, it weighs only four pounds. It feels strange at first, but you quickly adapt to it.

Wearing the face mask is also a strange feeling, particularly as you feel your system working harder and harder with less oxygen. But then again, that's all part of endurance training. You're supposed to feel the stress.

And some runners have reported initially feeling self-conscious running with the PO<sub>2</sub> Aerobic Exerciser. It *does* draw a lot of attention, for sure. Everyone wants to know what it is, what it does and where to get one.

But when race day comes—when you're out there running head to head for either trophies or your own PR—you're running without the unit, but with a maximal level of endurance for a peak performance. The benefits of altitude training with the PO<sub>2</sub> Aerobic Exerciser make true believers.

## Safety and testing.

The PO<sub>2</sub> Aerobic Exerciser has been tested by more than a dozen universities, research facilities and government agencies over the past year, and these tests are continuing. Interestingly, the U.S. Army's Altitude Research Division is now testing specially-modified units pre-set to simulate 13,000 feet. It's also been the subject of considerable interest in a host of publications including *Sports Illustrated*, *Runner's World*, *The Runner*, the *Los Angeles Times* and others.

The PO<sub>2</sub> Aerobic Exerciser is a significant training device designed for the conditioned athlete. It is not for the out-of-shape armchair athlete, or anyone with a history of heart disease, high blood pressure or related problems.

## Order yours today.

JACK'S ATHLETIC SUPPLY is offering the basic 7,500 foot PO<sub>2</sub> Aerobic Exerciser complete and ready for use for \$219 plus \$5 handling and shipping. *And we'll also include Coach Dellinger's special "PO<sub>2</sub> Aerobic Exerciser Training Manual"!* We guarantee shipment within five days from the time you place your order.

DEALER INQUIRIES INVITED!

**JACK'S ATHLETIC SUPPLY**  
P.O. BOX 459  
SAN CARLOS, CA 94070  
(415) 595-2249

Please send me the PO<sub>2</sub> Aerobic Exerciser at \$219.00 plus \$5.00 handling and shipping. California residents add \$13.14 sales tax.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
ZIP \_\_\_\_\_  
Phone ( ) \_\_\_\_\_ Age \_\_\_\_\_

Please send Money Order or Cashier's Check or a valid purchase order for organizations & schools.

**Great Christmas Gift**

# Medical Notes for Runners

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

## Sorbothane

Sorbothane is a viscous polymer. It is a new type of polyurethane developed by Professor Maurice Hiles to duplicate the plantar fat pad of the heel. The plantar fat pad of the heel is unique in that it has a columnar structure, which allows the fat pad to dissipate stress, deform, and then recover. The fat pad absorbs stress while, at the same time, being absorbed by the transverse plane rotations of the foot at contact. It therefore dampens impact shock. The first part of impact shock is passive and is difficult to be absorbed by the muscles. Therefore, there is more shock delivered to the body as a whole. Compliant heels decrease impact shock. Sorbothane, even more so, decreases impact shock and flattens the shock curve so that there is less spiking. This has obvious advantage for soft tissue and bony problems of the lower extremity.

As a sports podiatrist, I'm interested in this product, which appears to be bacteriostatic and, likewise, appears to absorb shock, dissipate stress, and accom-

modate the lesions. It also is useful because it does not "bottom out". The hydrogen molecules in the Sorbothane allow it to easily adhere to surfaces, yet with the adherence not being permanent. The cambrella covering allows for breathing of the material and comfort.

Sorbothane II comes in two durometers; one being fifty and the other being thirty-five. Thirty-five durometer Sorbothane is for acute injuries whereas fifty durometer Sorbothane is for the more chronic injuries.

I'm currently using Sorbothane for podiatric problems in such ways as bunion pads, hammertoe pads, and accommodation of plantar lesions. I'm using Sorbothane in combination with other materials to make orthoses for the diabetic and rheumatoid foot. I'm using Sorbothane for high heel shoes and for senior citizens.

In sports, Sorbothane is helpful for problems such as achilles tendinitis, plantar heel pain, and pain under metatarsal heads. Sorbothane metatarsal pads are useful for neuromas.



New products being developed with Sorbothane include the following:

1. A Sorbothane sporthotic device, which will utilize Sorbothane in the heel and under the ball of the foot and have a combination of other materials, such as plastizote and polyurethane so that the orthoses may take a compression set, as well as absorb shock and not deform. These orthoses will be available to athletes and will be modified by sports specialists in their offices.

2. A further device will be that of a Sorbothane orthosis for the rheumatoid and insensitive foot. This will especially be suited for accommodating the foot, protecting the foot, and absorbing shock. This prosthesis will help increase the fat pad on the bottom of the foot, which is usually atrophic in this classification of patients.

3. Sorbothane heel spur pads and combination heel cup and heel spur pads will be useful for many patients suffering from calcaneal pain.

4. A Sorbothane fashion or high heel insole will be most useful for my female patients. A thinner Sorbolite material will be used for this.

These products should be available to my patients through the pharmacy or, professionally, through podiatrist's physical therapist's, and orthopedist's offices. If you have further questions concerning Sorbothane, please do not hesitate to contact me through I.E.M. Orthopedics, Suite 292, 251 West Garfield Road, Aurora, Ohio, 44202.

### 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

# SoCal Diary

By BILL MINARIK

## September 12.

The SoCal X-Country season officially opened this past week-end with the Long Beach Invitational as the host CSULB 49'ers ran past C/S Dominguez Hills and C/S Fullerton. It appears head coach John Tansley is putting a strong emphasis on the distance program at CSULB. Historically that school was better known for its sprint and field event strength.

## September 19.

X-Country began at all levels last week-end so lets start with the preps. At the Woodbridge Invitational, in the boys section, Tustin, Arroyo, and Bellarmine-Jefferson were divisional winners while Tustin, Irvine, and host Woodbridge captured girls honors. At the Milliken Invitational, host Milliken HS along with South Hills captured the boys divisions while traditional CIF powers Palos Verdes and Morro Bay did likewise for the girls.

In Community College openers, Grossmont as expected used its superior depth to overwhelm Glendale 28-52 in the mens division of the Moorpark Invitational, while Bakersfield came out ahead of Long Beach 76-104 in a tightly bunched womens field.

At the Mira Costa Invitational, Juco power Central Arizona just edged out powerful El Camino 36-38 in the mens division, while host Mira Costa ran by San Diego Mesa 48-62 in the women's race.

Up at Hancock, the host team thanks to a 1-2-3 finish, was able to defeat NorCal large school power American River 43-63 in the mens race, while the ladies from Mt. SAC. were outrunning a good East L.A. team 69-93.

In 4-year college action, the biggie was definitely the UCLA Invitational, where the host Bruins took both divisions of the competition. Bob Larson's men's team easily defeated runner-up San Diego St. 26-66 behind the 2nd place finish of Jon Butler, while Scott Chisam's female thinclads outdistanced C/S Northridge 30-59 behind the first place efforts of Michelle Bush.

Up at the C/S Sacramento Invitational, Cal Poly Pomona lead by Tony Reyes first place finish was very impressive while defeating a good division II field. The host CSS team was runner-up to the Broncos by a 31-54 margin.

## September 26.

There was another full slate of prep In-itionals over the week-end. At the Moorpark Invitational it was Buena, Hart, and LA Canada in the boys division with Palos Verdes, Lompoc, and Cabrillo in the girls races. At the Dana Hills Invitational, the

photo by Bill Leung, Jr.



MICHELLE BUSH paces the 1983 Bruin harriers

boys teams from Milliken, Mira Costa, and Dana Hills were victorious as were Tustin, Hawthorne, and Valencia girls teams. At the Azusa Invitational, boys teams from Arroyo won 3 out of the 4 age divisions being contested. Arroyo also took 2 of the 3 girls divisions with Monrovia gathering the other at the Perris Invitational, it was the host school and Los Pinos in the boys section while Rubidoux and 29 Palms took girls honors.

In Community College action, in what may have been a preview of the State Small School Championships, Hancock edged out Moorpark 50-53 at the Cuesta Invitational mens race. In the womens race, it was powerful East-L.A. running away from Ventura 27-72.

In 4-year College action at the Riverside Invitational, powerful San Diego State was a winner over host UCR 33-98 in the mens division, while Cal Poly SLO posted one of their typical microscopic scores with a 17-53 win over San Diego State in the womens competition.

In the BYU Womens Invitational, UCLA's 2-4-6 finish wasn't good enough as New

Mexico's 7-8-9-10-11 finish was good enough to give the Lobo's a 45-52 win over the Bruins.

It seems the controversy over foreign athletes at Long Beach CC continues to rage on. This controversy began last school year when 13 members of Venezuela's National Team competed for LBCC and provided most of the Vikings winning State Meet point total of 98.

In an article last July 10, by L.A. Times staffer Mike Hiserman, LBCC Coach Ron Allice gave this account of how the Venezuelans came to roost on Viking soil.

Jose Salazar, a triple jumper, had come up to USC with the idea of competing for the Trojans. However when he found out that at age 25, he was too old to compete in NCAA Division I, he transferred to LBCC where there was no age limit for competing in Community College Track. After spending his first year at LBCC, Jose went back to Venezuela where a number of his countrymen expressed a desire to follow in his footsteps. The other 12 then accompanied Jose back to LBCC for the next school year, but only for training purposes, not to compete for the school. This training arrangement was soon eliminated by the College President who cited liability problems in having non-students training on campus. A plan then was devised to use the College's Contract Education Program (a program used to train foreign students) to enroll the athletes and make them eligible for competition. Since none of the athletes could speak English, the program was set up so the athletes would take 10 units of English as a second language and 2 units of Track. Ron pointed out that it was the Venezuelan Government which bankrolled the estimated \$100,000.00 cost of keeping the athletes here for a year and not himself.

Many of the Venezuelan athletes have reportedly returned to LBCC this year which has prompted many Community College coaches to ask for certain restrictions on foreign athletes which include, but are not limited to, having the athletes who qualify, compete in the State Meets as Individuals and not score for team purposes.

While on the subject of Long Beach CC, there is a follow-up to the rumor last summer that 2 members of the Taft CC State Championship 400 Meter Relay team had defected to Pasadena CC. As rumor has it, this number has grown to 3 and the school receiving the defectors has changed to LBCC. This whole situation appears to center around the "Texas Connection" whereby numerous top prep tracksters from Texas have been coming West to California CCs. Taft seemed to have that connection pretty much to itself until recently as it now appears others have intervened.

# 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.

## Complete Runner T.C.

24074 Willow Creek Rd., Diamond Bar 91765

Becky Thomas ran the 8-mile Mt. Baldy Trail Run in 1:23 taking first woman and 20th overall.

Abdual Ghomeshi took first overall, in a fine time of 15:35 for 5K, at the El Prado Country Run in Chino. Boy was he happy!

As of this time, we have three team members training for triathlons. Nancy Kumm-Baird who finished 2nd by a 1/2-point in the L.A. Triathlon Championship Series, is working very hard towards the Fountain Mountain Triathlon in October. Becky Thomas and Mickey O'Hara are training hard also. Becky has already completed in the triathlon, but Mickey is getting ready for his first.

Dave Schlitt just completed 52 races in 52 weeks. What a "show off."

Dave Laud has graduated from high school this past Summer, and is running for Cal Poly-Pomona this Fall.

Harry Hartly has been running the China Cup Series and has earned 9 points thus far. That averages out to one point per race.

Jeff Drutman took time out from his studies at the University of San Francisco to run the TAC 25K Championships in Ventura. Jeff's time out from school earned him a third overall, in a fine time of 1:24.

Anyone interested in the C.R.T.C. or just wants a good workout, come to Mt. Sac College on Tuesdays at 6:00 pm and talk to Ed Crawford, our coach. See you on the track.

## Peregrine Athletic Club

340 Silvertale, Visalia 93291

Gary Campbell took the submaster division of the Police and Friends Six Miller in Fresno. Campbell's time was 32:26. At the Pepsi Cross City 10K race also held in Fresno, Ed Taylor placed eighth, while Campbell finished tenth. A week later Taylor captured the Central Cal T.A.C. half marathon championship with a time of 1:13. Campbell followed in second at 1:15. Both Ed Taylor and Gary Campbell will host the Holiday 5K Run on a flat fast layout. For more information contact the Peregrine Athletic Club, 340 Silvertale, Visalia, CA 93291.

Currently Robert Taylor is running Number One man on the College of the Sequoias cross country team. He finished second at the Sierra Invitational in Rocklin and seventh at the Crystal Springs Invitational in Belmont.

## Sub-4 Track Club

2620 Temple Heights Dr., Oceanside 92066

September was half marathon month for the Sub-4 Track Club. Tony Staynings (64:37) placed 4th at the Maple Leaf, Dave Long (63:33) was 5th in the Philadelphia Distance Classic, and Mike Pinocci (67:32) was the victor in Perry's to Perry's.

Steve Scott won the 3rd annual Fifth Avenue Mile in 3:49.77, John Walker finished 5th in 3:51.58.

In preparation for the New York City Marathon, Ralph Serna ran a 28:55 on the South Coast Classic 10K. His previous best was 29:29. Dave Long ran a great race in the Nashville Great Race. He was third in 29:19. Nick Rose ran 47:36 for a third place finish in the Virginia 10 Miler.

Every week dozens of individuals ask how they may become members of the Sub-4 Track Club. People naturally wish to be associated with one of the elite clubs, to be a part of the camaraderie and team spirit. They wish to run in the same team colors as running greats Steve Scott, John Walker, Nick Rose, Craig Masback, and the rest. Now, the Sub-4 Track Club has created a way to make this possible. It's called Team Sub-4.

Team Sub-4 is sponsored by and affiliated with the Sub-4 Track Club. Team Sub-4 is open to everyone whether they jog once a week or put in 100 miles. There are no age requirements, both male and female are welcome, and there are no qualifying standards. For more information, please write to Team Sub-4 at the above address.

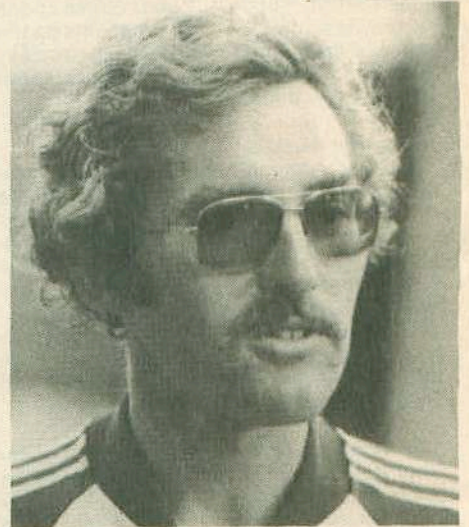
## Fresno Track Club

P.O. Box 6103, Fresno 93703

The Pepsi/Fresno Fair Cross City Race held on October 9 was a resounding success with 679 finishers. Directed by Bill Cockerham of the Fresno Track Club, the race has the potential of becoming the biggest race in the San Joaquin Valley. The point-to-point run starting at Roeding Park traversed across the city and terminated at the outdoor stage in the Fairgrounds. Spectator control was excellent and with a long finish chute confusion was held to a minimum - something that cannot be said of all races of this scope. A perfect setting for the awards ceremony was selected with the outdoor stage at the Paul Paul Theater with live music utilized, putting runners and spectators in a festive mood.

In this race Tony Ramirez edged Jim Hartig in 30:01 to the Cole Elementary School

photo by Chris Lee



JIM HARTIG, Fresno Track Club ace

teacher and coach's 30:22. Club runners fared very well with Ironman Al Lomeli placing seventh overall and first in the 30-34 class. Rapid Robert Lindsey was ninth overall and first in the 35-39 category. Young Tom Morgan pulled off a surprising tenth overall at 33:27 and won the 14-19 class. Other club winners included: Don Trout (2nd 40-44, 36:58), Fernie Montanez (3rd 40-44, 37:30), Frank Delgado (2nd 45-49, 36:27), Joe Delgado (3rd 45-49, 38:36), Dick Cain (1st 50-54, 36:24), Sid Toabe (2nd 55-59, 39:22), Rosemary Alcazar (3rd 14-19, 45:06), Rosa Medina (1st 30-39, 39:08), Ellen Atwood (2nd 30-39, 42:38), and Jeanne Arakelian (1st 40-49, 41:59).

Erin Valdez continues her fine running with a win at the Selma Cancer run clocking 13:23 to win the 2-mile race in the 13-19 class.

At the October 15 Run for Life 20K sponsored by the American Heart Association, Obed Fernandez placed third in the 30-39 group with a strong 1:15:16. Bill Woody put in a pre-marathon tune-up by taking first in the 40-49 class with 1:15:28. Sid Toabe, running one of his last races in the 50-59 division was the winner in 1:20:52. Sid moves up to the 60-plus class in December. Marge Timberlake just back from a good St. George, Utah Marathon won the 40-49 category with a 1:28:00. In the two-mile race, Fernie Montanez was 2nd 40-49 with an 18:28 and Grant Sharp was 3rd at 19:19.

Central California Marathon director Bill Woody expects 350 runners for the sixth annual renewal of this race on Saturday, November 12 at 7:30 am, starting at Fresno State University.

## Tamalpa Runners

P.O. Box 701, Corte Madera 94925

A Tamalpa team led by Els Tuinzing engineered a rare sweep of the women's 60-plus division at the highly competitive Alameda Run for the Parks 10K in August. Els is a mainstay of the club and a national-class runner, and a veteran of several World Masters Games in far-flung corners of the world. Her time of 52:48 led fellow Tamalpans Frances Bradford and Ada Thomas to the top three spots. Ada's 59:03 is particularly impressive when you consider that she is two months away from age 70. Also in the Alameda race, former Tamalpa president Chris Johnson bumped down his PR to 33:10 but let teammate Chris Thomas outrun him by 9 seconds.

Pat English returned to the winner's circle after an extended layoff caused by the same injury that forced her to withdraw from the San Francisco Marathon after having been proclaimed a favorite. The race was the Run to Home Plate 5K, the time was 17:05, and the prize? The same trip to Hawaii that she won there last year.

photo by Norm Takeuchi



JILL CANALES  
Tulare Runners

## Tulare Runners

P.O. Box 1995, Tulare 93274

Several club members are competing in cross country on the collegiate and high school level this fall. Jill Canales, a freshman at the College of Sequoias is competing on the women's cross country team. On the prep level, Tulare Union junior Shannon Battles returns for the lady Redskins. Battles, fresh off a 5:59 win at the club sponsored Fair Day Parade Mile, might indicate more things to come from the 1981 East Yosemite League champion. Freshman hopefuls Kerry Battles and Stacie Mendoza will be gaining experience to help carry the load in a few years for the Redskins. Cross town at Tulare Western, sophomore Jim Canales will lead the Mustang harriers.

Steadily improving masters runners Bob Perry and Phil Plascencia did well at the Corcoran Knights of Columbus 6 Mile on September 11 with Perry recording a personal best 38:37, good for third in the 40-44 division. Plascencia finished third in the 45-49 division with a 40:34.

photo by Mike Gull



DAN WILLIAMS  
Mizuno East Bay Striders



CONNIE HESTER  
wins Hoy's 10K for Aggies

## Converse-Aggie R.C.

2925 Van Ness #12, San Francisco 94109

Yes, it's true, Carmelo Rios did win the silver medal in the steeplechase at the Pan Am Games. Carmelo was representing his native land of Puerto Rico. His triumph came after a disappointing, but nonetheless honorable, showing at the World Championships in Helsinki. Carmelo's time at the Pan Am's was 9:01. Some guy from Chile outkicked him over the last 200m. Third place went to Greg Duhaime of Canada, and fourth place went to the U.S.'s Dave Daniels. At Helsinki, Carmelo ran 8:47 for tenth in his heat. Carmelo has virtually been guaranteed a spot on PR's Olympic team.

With an 8½ minute head start, Vicki Bigelow, age 48, was the overall winner in the Serene Lakes Five Mile Handicap Race on September 5. Aggie teammate Rich Langford, age 30, was second overall without a handicap.

Ivan Huff has been bagging the gold for the flying plows lately. He snatched the first place award at the Alameda Run for the Parks on Aug. 21, and completed a set of book-ends with another first place trophy at the Aug. 27 Avila 3 Mile (13:45).

## Mizuno East Bay Striders

5742 Claremont Ave., Oakland 94618

The successes of Dan Williams, one of E.B.S.'s ultra-distance runners, continue into the early Fall. Dan won the Casa to Casa 10K in Petaluma (September 4) and the Mt. Diablo Trail Classic 13.7 Miller in Walnut Creek (October 2). Dan also turned in the second best time in the running leg of the Tahoe World's Toughest Triathlon, turning in a 3:26 for the rugged marathon course which climbed from 6300 to 9500 feet, and finishing strong to give his relay team second place. Dan also finished third in the Crow Canyon Classic 10K and 9th in the Walnut Festival 10K.

Thom Trimble has emerged strongly from his injury-caused three month layoff. Thom shrugged off the competition to win the Northstar Tahoe Series 10K on August 27 and also grabbed the ring at the Millbrae Grape Race 3.3 Miler on September 4. In addition, Thom was second open runner at the Walnut Festival 10K (31:47) and bettered that time with a 31:33 at the Creative Growth 10K at Lake Merritt on September 25.

Eric Williams ran and won his first race since the Skyline 50K at the Santa Rosa 10 Miller.

Other E.B.S.'ers in the top 20 for the last month include: Joe Schieffer (Creative Growth 10K, 32:18, 9th); Mark Dykhouse (Mt. Diablo Trail Classic, 2nd); John Monteverdi (Northstar 10K, 4th; Walnut Festival 10K, 10th; Creative Growth 10K, 33:47, 11th).



## Tri Valley Running Club

P.O. Box 121, Livermore 94550

We are a fairly new running club (1½ years) representing the Livermore, Pleasanton & Dublin areas. We have a modest membership but anticipate steady growth in ensuing years.

We are re-instituting the Livermore Marathon. This will be a sanctioned race and is scheduled for December 10, 1983. The run will be a scenic route through the vineyards area between Livermore and Pleasanton. The race will be a loop, starting and ending in Livermore.

For further information about the club or the Livermore Marathon please contact us at the address above.

## Sundance Running Club

P.O. Box 4804, Stockton 95204

The Sundance RC has spawned a special committee to raise travel funds for area athletes who qualify for the Olympic Trials. Sundancer (and Aggie) Kathy Way is the first qualifier with a 2:49:00, good for 10th place at the recent Nike/OTC Marathon. It was the Cal State-Hayward senior's second marathon. The Travel Fund (7025 Shoreham, Stockton, CA 95207) is sponsoring a series of 3 "Run 'em Out of Town" races, the first being the OLAC "Turkey Trot" on November 26. Contact the Travel Fun for an entry blank. The Fund is also distributing raffle tickets and soliciting donors and sponsors. Grapevine rumors indicate at least two other Stocktonians may qualify in the next few months.

By KEITH CONNING

## ★ LOWELL INVITATIONAL

Polo Fields, Golden Gate Park, San Francisco, September 17—Junior Shawn Ayers, second in 1982, led Bellarmine of San Jose to the boys' team title with a very low score of 33 points. Bellarmine's team consisted of Ayers 3rd 17:36, senior Max Mancini 5th 17:51, senior Keith Allen 6th 17:52, junior Shane O'Flaherty 9th 18:00, and sophomore Mark Callon 10th 18:13.

Senior Martin Higginbotham, sixth in 1982, and junior Brian Vaughan, tenth in 1982, led Berkeley to a one-two finish in 17:19 and 17:23. Ayers took off fast, but Higginbotham and Vaughan moved through the field gradually to pick him off.

The meet record of 16:58 was set by Robert Richardson (Lowell, San Francisco) in 1982.

Sophomore Sabrina Han (Westmoor, Daly City) and junior Lori Wilson (Terra Nova, Pacifica) staged a great individual battle over the 3.1 mile course. Both girls broke the meet record by more than a minute. The old meet record of 21:13.5 was set by Heather Watkins (Berkeley) in 1982. Watkins had defeated teammate Doniece Johnson last year by thirty seconds. Johnson, coming back from an injury that sidelined her in track, finished seventeenth in 23:53, a full two minutes slower than in 1982.

Half Moon Bay, third in 1982, edged host Lowell (San Francisco) by four points to capture the girls' title. The Half Moon Bay team was composed of Lorena Ferreira, a junior who finished 7th in 21:48, sophomore Susie Faigle 12th 23:12, junior Heather Harrison 13th 23:17, junior Mary Jane Sendino 14th 23:27, and sophomore Leslie King 15th 23:41.

## ★ BELL PEPPER CLASSIC

Tally Farms, Arroyo Grande, September 17 (from Steve Ward, Clovis coach)—The Clovis team traveled to the cool central coast at the invitation of their gracious hosts, the Arroyo Grande Eagles. AG, coached by Greg DeNike and Jack Klein made arrangements for the team to spend Friday night in the homes of their runners. Although apprehensive about staying overnight with someone that they had never met, the team soon found (especially after going to one of the best ice cream parlors in the State) that distance runners are the same wherever you go. Everybody had a great time.

On Saturday morning it was cool, damp and foggy as the team traveled to Tally Farms to compete in the first annual Bell Pepper Classic. The course turned out to be very challenging. The first and last miles were run on flat dirt farm roads. The middle mile was the fun one as it included three major hills plus what was jokingly described as "death corner". No less than six JV runners munched it on that turn.

The varsity girls were expecting a close race as they had finished only two places ahead of AG at last year's Stanford meet. Chantal Plante of AG ran away with the race but the blue and gold line took the next five places with only a 42 second spread. The boys race turned into an intersquad race as Clovis took the first six places and eighth. Freshman Jason Lienau, running in his first high school race, left the pack on the first hill and ran to victory as he led his fellow Cougar teammates to a convincing victory. Only 52 seconds separated their top 7.

## ★ MT. WHITNEY INVITATIONAL

Mooney Grove, Visalia, September 21—Sanger sophomore David Naranjo covered the three-mile course in the record time of 15:05.

Mt. Whitney, spurred by the 3-4 finish of Gary Nagel and Chris Bahr, totaled 58 points to edge Sanger by one point for the team title. Sanger's Miguel Hurtado was the runnerup to Naranjo, clocking 15:21.

Defending valley champion Lori Cook of Mt. Whitney won the girls' two-mile race by a margin of 32 seconds with a time of 12:17. The girls' team title went to Redwood with 45 points.

## ★ SANGER INVITATIONAL

September 23—Sophomore David Naranjo of host Sanger and Loretta Cruz of Exeter led from start to finish to win the boys' and girls' divisions.

Naranjo led Sanger to the team title with a score of 17. Naranjo's time of 14:35.8 broke the course record of 14:45 set last year by teammate Martin Leal, who was ill and sat out the race.

According to Sanger coach Dave Dodson, Leal has a throat infection. Naranjo led the whole race to smash the course record of 9.2 seconds. He was the top ninth grade finisher in the Northern California meet last November.

Cruz finished in 12:10.5. The Sanger girls won the team title for the fifth year in a row.

## ★ CLOVIS HIGH FLEET AFOOT INVITATIONAL

Woodward Park, Fresno, September 24—Gary Nagel (Mt. Whitney, Visalia), fifth in last year's Central Section and ranked fourth in the Central Section this year, won the varsity boys' race in 15:06.

Freshman Paul Thomas (Jesuit, Carmichael) led his team to the title with a second place finish in 15:18. Jesuit, the Sac-Joaquin Section champion in 1982 and top ranked in 1983, edged Clovis by three points—45 to 48. The Jesuit team was composed of Thomas, Rod Grieve 4th 15:27, sophomore Mark Mastalir 9th 15:39, Todd Bass 14th 15:51, and Dick Vicain 16th 15:55. Their combined time was 78:10.

The Clovis Cougars ran the fastest com-

bined top 5 times in their history (78:21). The Clovis team was composed of, freshman Jason Lienau 3rd 15:23, junior Darin Jauregui 7th 15:35, senior James Williams 10th 15:41, junior Dan Vega 13th 15:50, and senior Richie Bryant 15th 15:52.

Chantal Plante (Arroyo Grande), a transfer from Ventura with a 10:57.09 for 3200 meters, defeated Sally Pinkner (Davis), ranked 2nd in the Sac-Joaquin Section, by 16 seconds—17:30 to 17:46.

Senior Lisa Lewis (Clovis), second in the 1982 Central Section cross country meet, led her team to victory with a third place finish in 18:32. Lewis ran down Nanette Garcia, 4th place in the State Meet 1600 meters, in the last mile.

The Clovis team, rated No. 1 in the Central Section, was made up of Lewis, senior Gina Montie 6th 19:00, junior Terry Guajardo 10th 19:28, junior Cathy Stebles 11th 19:28, and sophomore Tracie Shelley 16th 20:19. Their combined time was 96:47.

Clovis High teamed up with Fresno State to host one of the top cross country invitations in Central California. A total of 697 runners competed in 11 different races which featured junior high through university/open competition.

## ★ GRANADA INVITATIONAL

Shadow Cliffs Regional Park, Pleasanton, September 24—Senior Chris Craig (Leigh, San Jose) led seven runners under the meet record of 16:00 set by Dave Basinger (Granada, Livermore) in the rain last year. Craig cruised through the first mile in 4:31 and continued to extend his lead until he had a 32-second margin over senior Scott Hill (Mission San Jose, Fremont) at the finish of the three mile course.

The Shadow Cliffs course is rolling dirt and gravel. The park was built on the site of an old gravel source.

Craig shattered the old meet record by one minute.

Senior Jim Howard (Northgate, Walnut Creek) upset senior Martin Higginbotham (Berkeley) for third place with a one second margin.

Leigh (San Jose) of the Central Coast Section coached by Bill Hotchkiss showed why they are one of the favorites to win the Northern California boys' team title. They scored a low 54 point total and had their top five finish in the top 19. The Leigh team was made up of Craig, senior Angel Ventura 10th 16:15, senior Nelson Cottler 11th 16:21, senior Taylor Murphy 12th 16:28, sophomore John Dominguez 13th 16:31, and senior Dave Hamm 19th 16:38.

Redwood (Larkspur) coached by Doug Basham upset Berkeley coached by Willie White and Aaron Ward for second with 145 to 170 points.

Junior Julie Rivers (Livermore), a transfer from El Dorado (Placerville) set a new meet record of 18:40. The old meet record of 19:20



was set by Heather Watkins (Berkeley) last year. Sophomore Londa Mobley (Tracy), who set a frosh-soph meet record here last year, took second some 32 seconds behind Rivers.

Both varsity races were won with the same 32 second margin.

Sophomore Rebecca Chamberlain (Leigh, San Jose) placed third in 19:22, ten seconds behind Mobley.

Archbishop Mitty (San Jose) of the Central Coast Section coached by Marty Pro-

photo by Keith Conning

photo by Keith Conning

photo by Keith Conning

photo by Steve Ward

photo by Steve Ward



**DOUG GOLLIFER**  
Saratoga



**JULIE RIVERS**  
Livermore



**SABRINA HAN**  
Westmoor



**JASON LIENAU**  
Clovis



**DAVID NARANJO**  
Sanger

caccio won the girls' varsity team title with 81 points. They were led by sophomore Deirdre Kelly who finished eighth. Senior Kim Thronson was 13th in 20:05, sophomore Jenny Downs 19th in 21:01, and junior Kitty O'Doherty 20th 21:08 gave Mitty four finishers in the top twenty.

Terra Linda (San Rafael) coached by Duncan MacSwain placed second with 106. San Ramon (Danville) coached by Bob Vincent took third with 114.

The San Ramon girls would have easily won the team title, if their top runner Tina Goodykoontz had run. Goodykoontz was playing soccer instead. On Thursday in a dual meet against Livermore, she beat Julie Rivers by seven seconds. If Goodykoontz had won today's race, San Ramon's score would have dropped by 63 points!

★ **CHICO INVITATIONAL**

September 24—Pete Vicencio (Del Oro, Loomis), second in the 1982 San-Joaquin Section cross country championship meet and ranked No. 1 this year, defeated Rod Coker (Vacaville) by 19 seconds—15:30 to 15:49.

Vacaville won the boys' team title with 37 points. The team was composed of Coker, James Garrett 3rd 16:11, Nortier 8th 16:44, Marshall 13th 17:06, and Payal 14th 17:07.

Senior Joni Mooney (Vacaville), two-time defending Sac-Joaquin Section titlist and

ranked No. 1 in 1983, defeated senior Stacey McAfee (Del Oro, Loomis), ranked No. 3 in the Sac-Joaquin Section, by 9 seconds—10:25 to 10:34.

Del Oro (Loomis) won the girls' team title with 36 points. Their team was made up of McAfee, Beth Wilson 6th 10:56, Wendy Knox 12th 11:26, and Crowley 14th 11:30.

★ **POLICE & FRIENDS 6 MILE**

Fresno, September 25 (from Steve Ward)—David Naranjo (Sanger) passed the three

senior Chris Craig (Leigh, San Jose), and senior Matt Giusto (San Mateo) waged a great battle over the hilly 2.3 mile course in the large school race. Gaziano moved past Craig on the final hill and recorded the fourth fastest course time of 11:16.0. Jay Marden (Mission San Jose, Fremont), now running for the University of California at Berkeley, set the course record of 11:08.7 in 1980. However, Gaziano was half a second faster than Marden's course record time as a junior in 1979.

mile mark in 14:40 running with Jim Hartig and Tony Ramirez (the top two road racers in the Fresno area). David finished only 20 seconds behind Jim to take third. This was his third race in 5 days! David is a sophomore at Sanger High School.

★ **RAM INVITATIONAL**

Westmoor High School, Daly City, September 24—Junior Calvin Gaziano, the NorCal 3200 meter champion, set a new course record of 12:16. The old record of 12:34 was set by Gaziano last year. His teammate junior John Bass was also under the old record with a second place time of 12:25.

Junior Shawn Ayers (Bellarmine, San Jose) led his team to the title with a third place finish in 12:37. Also scoring for the Bells were Allen 9th 13:16, O'Flaherty 10th 13:18, Raman 12th 13:22, and Mancini 14th 13:25.

Sophomore Sabrina Han (Westmoor, Daly City) set a new course record of 14:55. The old record of 16:22 was set by Mary Howard (Notre Dame, Alameda). Lori Wilson (Terra Nova, Pacifica) placed second in 15:02. Half Moon Bay won the girls' team title.

★ **ARTICHOKE INVITATIONAL**

Half Moon Bay High School, October 1—Junior Calvin Gaziano (Castro Valley),

Last year Craig finished third in 11:28.1, Gaziano fourth in 11:32.4, and Giusto tenth in 11:36.1.

Craig and Giusto ran the seventh and eighth best times ever—11:17.5 and 11:18.7.

Leigh (San Jose) of the Central Coast Section led by Craig, senior Nelson Cottler 18th 12:10.4, sophomore John Dominguez 20th 12:12, senior Angel Ventura 21st 12:12.6, and 28th place, won the boys' large school team title with 89 points. Redwood (Larkspur) of the North Coast Section led by senior John Mann (19th) and Alex Britton (22nd) was second with 142 points. Willow Glen (San Jose) of the Central Coast Section led by Greg Rivera (7th), Hector Barron (10th) and Vic Santa Maria (11th) was third with 146 points. Castro Valley of the North Coast Section led by Gaziano, Bass, and Paul Monje (24th) finished a close fourth with 149 points. El Dorado (Placerville) of the Sac-Joaquin Section led by Eric Smedberg (13th) placed fifth with 156 points.

Doug Gollhofer (Saratoga) won the small school race in 11:31.1, the 26th fastest in course history. Senior Marc Goulet (Soquel), who transferred from Quincy in the Northern Section, placed second in 11:42.3.

continued on next page...

## Prep Notes

Terra Linda (San Rafael) of the North Coast Section led by senior Kevin Thayer (5th) and Chris Thayer (14th) won the small school boys' team title.

Junior Nanette Garcia (Silver Creek, San Jose) and sophomore Shannon Clark (Mountain View) reversed their strategy and results from last year. Last year Garcia burst out in front and tried to steal the race, but was caught later by Clark. This year Clark took an early commanding lead only to have Garcia pick her off. Garcia's winning time in the large school race of 13:28.1 was the tenth fastest ever recorded. Clark had to settle for second in 13:34.7, the 15th best time ever. Clark's winning time last year was 13:23.8, the seventh best ever.

Robyn MacSwain (Terra Linda, San Rafael) set the course record of 12:54.5 in 1980.

St. Francis (Mountain View) of the Central Coast Section led by Kim Himenes (4th), Dana Rositano (10th), Karen Himenes (11th), Diana Rossman (20th), and 30th place, won the girls' large school team title with 75 points. Los Gatos of the Central Coast Section led by Monica Daley (5th), Therese Fisher (6th) and Laura Henry (13th) finished with 85 points.

Junior Lori Wilson (Terra Nova, Pacifica) won the small school race in 13:49.8, the 24th best time ever. Junior Carrie Costamagna (Marin Catholic, Kentfield) was second in 14:11.9.

Mitty (San Jose) of the Central Coast Section led by sophomore Deldre Kelly (5th) and senior Kim Thronsdon (9th) won the small school girls' title with 88 points.

There was a heavy rain on Friday, which caused the cancellation of the San Ramon and Aptos Invationals. Some of the teams scheduled to run there, such as Chico of the Northern Section, ran here instead.

### ★ NORTH COAST SECTION RANKINGS THROUGH OCTOBER 10

Compiled by Keith Conning

#### BOYS

- 1 Calvin Gaziano (Castro Valley)
- 2 Scott Hill Mission SJ, Fremont)
- 3 John Bass (Castro Valley)
- 4 Martin Higginbotham (Berkeley)
- 5 Scott Savage (Foothill, Pleasanton)
- 6 Pete Vincent (Montgomery, Sta Rosa)

#### GIRLS

- 1 Julie Ruiz (Ursuline, Santa Rosa)
- 2 Tina Goodykoontz (San Ramon, Danville)
- 3 Julie Rivers (Livermore)
- 4 Suzanne Lehmkuhl (Acalanes, Lafayette)
- 5 Sally Wood (Piedmont)
- 6 Nancy Benson (Piedmont)

#### BOYS' TEAMS

- 1 Castro Valley
- 2 Redwood (Larkspur)
- 3 Berkeley

#### GIRLS' TEAMS

- 1 San Ramon (Danville)
- 2 Piedmont
- 3 Terra Linda (San Rafael)

### ★ HOW MUCH DO THE REGIONAL AND STATE TOURNAMENTS COST?

The California High School Wrestling Coach's Association has just released the costs of sending athletes to the Northern and Southern Regions and the State Tournaments.

If wrestlers had qualified this year as they had in the first 10 years of the State Wrestling Tournament, eg. directly from their section to the state, a \$4,914 savings would have been realized. Also, 221 more wrestlers could have attended the State Tournament.

We were told that the main reason for changing from the old State Track Meet two-day format to the current Northern and Southern championship format was to save money. I wonder how much was actually spent in track. The wrestlers actually spent more money under the regional setup.

### ★ FRESNO STATE UNIVERSITY RECRUIT REPORT

Larry Walker, the California state high school 400 meter champion, signed a letter of intent with FSU. Walker, who ran a 47.03 400 meters, was also a member of the state record-setting 400 meter relay team. The Edison High prep was named to the Coach's All-America team as well as the all-Northern California squad.

In the July issue of *Track & Field News*, Walker's 47.03 ranked him ninth among the nation's preps and it's the best mark west of Dallas for a high school sprinter. Walker,

photo by Keith Conning

photo by Burt Davis



JULIE RUIZ  
Ursuline



CALVIN GAZIANO  
Castro Valley

somewhat of a late bloomer according to assistant coach Bob Fraley, didn't even run the 400 until he was a junior at Edison.

Walker competed in an international meet in Japan this summer.

Only two Valley runners have posted better times in the 440 yard dash—Jerry White ran a 46.9 440 while a prep at Corcoran High School in 1956 and Larry Jones turned in a

46.6 clocking in 1969 while at Lemoore High School.

Walker, who will run the 200 meters, the 400 meters and run on the relays, holds the Valley 400 meter standard with his 47.03 showing, a mark that will be tough to beat.

Lenora Barnes (Burroughs, Ridgecrest) is among the national high school leaders in the discus with a personal best of 157-6. In the July issue of *Track & Field News* Barnes was listed ninth among preps. She finished third in the state high school meet with a throw of 155-0.

Mary Lawanson comes to FSU from Clovis West High School. She puts the shot and was the Central Section Champion in 1983.

Melanie Kirkland, a sprinter from Bakersfield High, was the valley champion at 100 meters and has a best in that event of 12.31. She also runs the 200 meters and the sprint relay. "She didn't advance to the state meet but judging from the people she has beaten, she is a quality athlete," said Coach Tom Pagan of Kirkland.

Teena Brooks from Meadowbrook High School in Richmond, VA, won the national Junior Olympic shot put championship in Raleigh, NC on July 30 with a 42-8 throw.

### ★ TACO BELL SUMMER GAMES

Clovis West graduate Doug Fraley continued his summer comeback with another career best in the pole vault, clearing 17-0½ at Fresno State's Warmerdam Field.

For Fraley, his showing continued to signal a comeback from injury and disappointment in the valley and Southern California meets this past spring.

After setting an all-time valley best of 16-8½ in the North Area meet in May, Fraley managed no better than 15-10 in the valley and sectional. The mark was good enough to win valley, but prevented him from qualifying for the state meet.

But it's been a much better summer for the Fresno State freshman. He finally broke the magic 17 foot barrier in an all-comers meet earlier this month, and by still being classified as a prep became just the third high school-aged pole vaulter in state history to clear 17 feet.

Anthony Curran (Crespi Carmelite, Encino) vaulted 17-4¼ in 1978 and Mike Kibort did 17-0 last year.

Fraley went one better at the Taco Bell games, again clearing 17 but then going still half an inch higher on his next vault before missing in an attempt at 17-1.

### ★ 4x100 RELAY CORRECTION

Coach Kye Courtney (Hawthorne) called a typographical error to our attention. On page 23 of the August issue we left Hawthorne out of the 4x100 relay and gave Berkeley the time that Hawthorne had recorded. When my list was typed, the typist accidentally skipped to the third line after typing Hawthorne's time.

The top three should read: 40.83 Edison (Fresno), 40.87 Hawthorne, 40.98 Berkeley.

### ★ A 13-YEAR-OLD TEXAS FOOTBALL PLAYER 'REDSHIRTS' IN 7th GRADE

Justin, Texas, September 13—Kyle Burns, a 13-year-old, straight-A student, is repeating the seventh grade because he thinks it will help him become a bigger, better football player.

## KINNEY CROSS COUNTRY

### ★ Western Championship

**December 3, 1983 — Fresno, California**

The meeting of the best high school cross country runners from California and eleven other western states will meet head-to-head. The top eight male and top eight female finishers will be sent to the National Championships, all expenses paid.

### ★ National Championship

**December 10, 1983 — San Diego, CA**

The top eight from each of four regional championships will compete in the Nationals.



1982 Kinney Western Cross Country Champions:  
Eric Reynolds and Cory Schubert

#### FOR MORE INFORMATION & ENTRY BLANK:

Contact: Bill Cockerham, California Track & Running  
News, Box 6103, Fresno, CA 93703 • (209) 264-5847

His father agreed with him, but his mother doesn't. Linda Burns calls the move "academic suicide."

"If he gets hurt, or something goes wrong, it's been a wasted year," she said. "He always has been a good student. And he's so much bigger than the kids he's playing with now; he's a monster. He could hurt someone."

But school officials say there's nothing they can do to prevent the youngster from staying back.

At 5'11½" and 155 pounds, Burns already is as big as most of the varsity players at Northwest High School where he wants to play football someday.

The game plan is for Burns to help Northwest win more games and get a shot at a college athletic scholarship.

"That's why I'm holding back—for athletic reasons," he told *The Dallas Morning News*. "I'm hoping I can mature a little. I think it will help me be better."

Burns, whose birthday is September 25, will be 19 when he graduates from high school in 1989.

#### ★ WHY DOES TEXAS DOMINATE THE 4x100 RELAY ALL-TIME OUTDOOR LIST?

I have wondered for years why the Texas 4x100 relay teams are so good.

If you look at *High School Track 1983*, you will see that Texas teams have the first 16 listings and 28 out of the 35 top times ever recorded in the event before this year.

I have three theories for this phenomenal success.

1) Athletes are redshirted for football (see above item) and thus are older and faster for track.

2) Schools in the major cities are very large so that they have a strong base on which to draw.

3) Texas schools put a heavy emphasis on this event.

If you have any ideas on this subject, please drop me a note at 2235 Browning St., Berkeley, CA 94702.

#### ★ RESULTS WANTED

It is impossible for our writers to attend all the cross country invitationals. If you would like the results of your meets included in our magazine, then please send them to us.

We have decentralized our coverage, so that you should send your results to the editor for your section.

#### Southern & Los Angeles City Sections

Doug Speck  
563 North Willow Grove Avenue  
Glendora, CA 91740

#### Sac-Joaquin Section:

Steve Fagundes  
4738 Espana Court  
Carmichael, CA 95608

#### Everyone else:

Keith Conning  
2235 Browning St.  
Berkeley, CA 94702

#### ★ CRYSTAL SPRINGS INVITATIONAL

Belmont, October 8—Senior Sean Crowley (Overfelt, San Jose), following in the footsteps of his older sister, won the boys' championship varsity race in 14:54.4.

Rodney Grieve (Jesuit, Carmichael) led his team to the championship varsity title with a second place finish in 15:12.0. Other members of the winning team were Mark Mastalir (4th 15:17.7), freshman Paul Thomas (8th 15:38.2), Eric Mastalir (9th 15:39.3), and Dick Vicain (15th). Jesuit had 33 points and a team time of 77:39.

Freshman Jason Lienau (Clovis) paced

his team to a second place finish behind Jesuit with 49 points. Lienau was third in 15:13.2.

Senior Nick Sparks (Bella Vista, Fair Oaks) won the boy' varsity race in 15:00.0.

Cordova (Rancho Cordova) captured the boys varsity with 78 points.

Senior Joni Mooney (Vacaville) won the girls' varsity race in 17:34.3, winning by an incredible margin of 43 seconds.

Clovis easily won the girls' varsity race with 71 points. They were paced by Lisa Lewis (12th) and Gina Montie (13th).

#### ★ STANFORD INVITATIONAL

Stanford Golf Course, October 10—Oh what a great day for a cross country meet!

The competition was superb with teams from Portland, Oregon to Manhattan Beach.

The boys' large school race was a repeat of the Artichoke Invitational at Half Moon Bay. Junior Calvin Gaziano (Castro Valley) edged out senior Chris Craig (Leigh, San Jose) by 1.2 seconds—15:24.1 to 15:25.3. Matt Giusto (San Mateo) finished third in 15:40.6, but he had finished second at Crystal Springs on Saturday in 15:11.7. Pete Vicencio (Del Oro, Loomis), the number one runner in the Sac-Joaquin Section, placed fourth in 15:46.0.

Senior Jim Grelle, the son of the famous University of Oregon miler, paced his Wilson team of Portland, Oregon to the large school title with 86 points. He was aided by Will Lee (12th 16:12.0), Tom McKillion (17th 16:18.4), and Rob Gilbert (20th 16:21.5).

Leigh (San Jose) was the top California school with a second place finish and 141 points. Mira Costa (Manhattan Beach) of the Southern Section was third with 203 points.

*continued on next page...*

## Prep Notes

Sensational senior Joni Mooney (Vacaville) pulled off a very difficult double. She had won the Crystal Springs Invitational on Saturday in a very fast 17:34.3. Then she beat Chantal Plante (Arroyo Grande) here on Monday by 1.1 seconds—18:29.1 to 18:30.2. Shannon Clark (Mountain View) grabbed third with a 18:35.6 effort.

The Tustin girls demolished the fine girls large schools race with a very low score of 51. To show how much depth they have, their "B" team placed sixth in the competition. The Tustin "A" team was composed of junior Kelly McCormick (7th 19:13.3), junior Donna Fleagle (8th 19:13.6), senior Jenny Scott (10th 19:20.8), senior Judy Mazowiecki (13th 19:29.0), and sophomore Suzanne Palmer (18th 19:46.5).

Wilson (Portland, Oregon) placed second in the girls large schools race with 131, edging Edison (Huntington Beach) with 134. However, Edison's first runner, sophomore Nicky Ritchot, collapsed in the finish straight and did not finish.

The meet records remained intact for another year. Marilyn Davis (Miramonte, Orinda) ran 18:00.7 in 1981 and Jason Flamm (La Sierra, Carmichael) ran 15:24.0 last year. Gaziano just missed tying the record by .1.



**TUSTIN GIRLS TEAM** (at Stanford Invitational) Grade level in parenthesis. Back Row, left to right: Donna Fleagle (11), Jenni Scott (12), Lisa Dilger (11), Suzanne Palmer (10), Judy Mazowiecki (12), Kelly McCormick (11), Kellie Miller (12). Front Row, left to right: Stephanie Miller (12), Leah Warner (12), Val Smith (11), Kelly Donaldson (10), Kerin Berry (11), Katy Farney (11), Nancy Kneel (11), Coach Tom Coffey. "A" team in back, "B" team in front.

photo by Keith Conning

### ★ GREAT RACE

Stanford, October 9—Tom Legan (Del Mar, San Jose), the Central Coast Section mile champion, won the age 13-18 division of the 10,000 meter race in 32:13.

### ★ HOMER LATTIMER

On October 6th *USA Today* reported the boys who have won the most state high school cross country championships, according to the National High School Sports Record Book.

Three-time winners included Homer Lat-

timer (LeClaire, Iowa) 1954-56.

Lattimer coached at Leigh High School from 1967 to 1974 and had great success with his cross country teams.

## Southern Section Notes

by Doug Speck

★ San Marino's David Baca, a 9:19.62c two miler last spring, was very impressive in individually taking good multi-team competitions at UCSB (9/10) in the Arroyo Grande Invitational on the Lagoon Course (15:40), and at a Walnut High School sponsored multi-squad affair at Mt. SAC (9/15) in 16:13 on a very hot day. The Titan finally met his match in Jesus Gutierrez (Pasadena) on San Marino's Lacy Park Course 9/22. As the top national returnee from last Fall's Kinney's National Cross-Country series, Gutierrez was out after Mike Parkinson's (South Pasadena-1979) 14:47 Course Record. Off more running this summer than he has been able to do in past years, Jesus blasted away after a quarter mile and Baca never really was able to establish contact. Surviving two pretty good wrong turns along the way, Gutierrez still cruised to a 14:44 Record (with Baca at 15:15 in second).

★ Esperanza's Mary Anne Eullard, a 43.78 300 meter low hurdler last spring, surprised a few distance runners with a fine pre-season individual win in a meet with section powers Foothill (Santa Ana) and Dana Hills.

photo by Burt Davis



DAVID BACA  
San Marino

★ Dan Holmes (Santa Barbara) is another who has seemed to appear from nowhere early this Fall. Almost nowhere that is, as his father and the family spent the 1982-83 school year in Hong Kong. Dan returned to join up with Lamberto Esparza, a 9:38.9 two miler, to give the Dons a tough up-front duo. The Santa Barbara duo closely followed Pat Watson (Palos Verdes) (15:25) with 15:39 (Holmes) and 15:40 (Esparza) for 2nd and 3rd in the tough Moorpark Invitational 9/24.

★ Compton's Trena Hull, a 5:04.27 miler last spring, makes her Girls' track team to beat off the school's sprint power and Trena taking care of the long stuff. Hull started her Fall Cross-Country campaign off with an unattached run in the Cal State Dominguez Hills Invitational. Trena placed a fine 3rd against the best from area colleges with a 19:22 clocking.

# ★ Profile On ★ JONI MOONEY On the Road Again

By STEVE FAGUNDES

Seldom in the annals of the Sac-Joaquin Section has any athlete dominated a sport in the way Joni Mooney has girl's cross country. As the 1983 season culminates



with the important championship meets, the diminutive senior will be vying for her fourth consecutive cross country championship (one frosh-soph title for Jepson Junior High School and two varsity titles

for Vacaville High School). With impressive victories at the Onion Classic, Nevada Union, Crystal Springs, and the prestigious Stanford Invitational, Joni appears well on her way to another section crown. The road to these achievements, however, has not always been smooth.

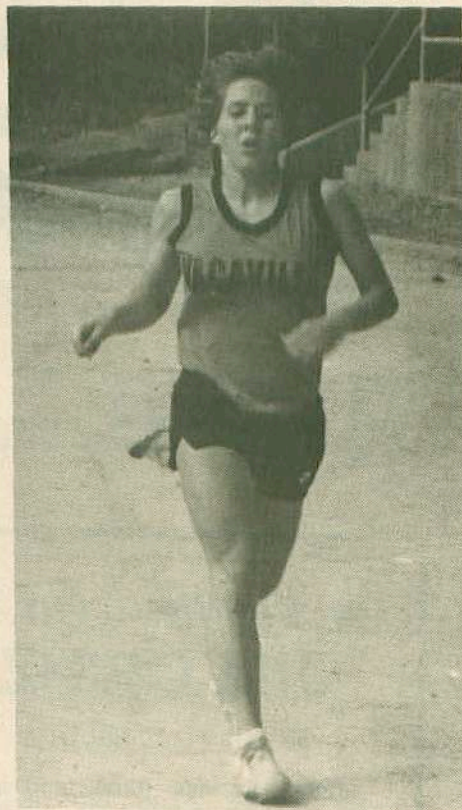
Five months ago, for the second time in as many years, Joni was hit by a car. The first accident occurred a few weeks before the 1983 section meet while walking to school. As she recalled, "This was the first injury I ever had and it was difficult for me to initially run through the pain. My coach (Mike Larsen) convinced me of how strong I was both physically and mentally and that I could come back for the section meet." Although the accident did hamper her training, Joni was not to be denied and captured her first section title at the varsity level. The second auto accident occurred this past summer during a bicycle training ride. A stress fracture to her right foot, which developed towards the end of track season, had relegated her training to bicycling during the recuperative period. Although she had spent her previous summers and winters bicycling and swimming (rather than running), this was to have been her first summer of serious running. "I was afraid," she explained, "that my left ankle was broken and concerned that when I could start running I would overcompensate on the stress fracture and reinjure my right leg." Fortunately, the ankle was not broken and having learned from her previous experience, she immediately went into physical therapy, making a gradual transition from crutches to the rigors of daily training. While her body was mending, Joni's mental attitude remained optimistic

due to the encouragement of her coach and her Christian beliefs. As she related, "Faith in Christianity gives me an inner strength, an extra boost. I am able to take negative events in stride and keep a positive mental attitude."

With the U.S. Air Force transferring her parents to Korea this summer, Joni chose to remain in Vacaville and stay with her coach, who is now her legal guardian. "Although I miss my parents, I really wanted to stay and finish my senior year," she related, "and without them here it's as if I am away at college, only a year early." A mature and intelligent athlete (maintaining a 4.0 grade point average), she would like to stay in California and attend a university with both a strong athletic program and an excellent academic reputation.

Now that her physical problems are behind her, Joni has set her sights on retaining her section title and top finishes at the Northern California and Kinney Western Regional Championships. On the road

photo by Bob Berryman, Jr.



again to more running success, the normally soft spoken senior closes with a determined tone in her voice, "I want to show that I can come back and that I am a better runner now than I've ever been."

Joni Mooney was born December 3, 1965 and is 5'½"/115 lbs. She attends Vacaville High School and is coached by Mike Larsen. Her progression:

Year	Age	Class	400m	800m	1600m	3000m	3200m
1978	13	7		2:40.0	5:42.0		
1979	14	8		2:32.0	5:30.0		
1980	15	9	63.6	2:30.0	5:15.0		10:54.0
1981	16	10		2:26.0	5:11.6		10:52.0
1982	17	11		2:22.8	5:01.8	10:14.0	10:52.0

photo by Keith Conning

## Sac-Joaquin Section Cross Country Rankings

By STEVE FAGUNDES



PETE VICENCIO (Del Oro), NICK SPARKS (Bella Vista) and ROD GRIEVE (Jesuit) lead the Nevada Union Invitational at 1½ miles.

The following rankings are based on the available results for dual meets and invitationals through October 9, including the Crystal Springs Invitational (Belmont). Individuals (teams) are ranked using their overall record against the top twenty individuals (teams) and where possible, the results of actual "head to head" competition. The rankings do not represent the order of finish in an idealized race, but a measure of the individual's (team's) relative performance over the season-to-date.

### GIRLS INDIVIDUALS

1. Joni Mooney (Vacaville)
2. Sally Pinkner (Davis)
3. Deonne Self (Del Campo, Fair Oaks)
4. Stacey McAfee (Del Oro, Loomis)
5. Colleen Donovan (Lodi)
6. Beth Wilson (Del Oro, Loomis)
7. Kim Stark (Amador)
8. Linda Mobley (Tracy)
9. Shari Virga (Del Campo, Fair Oaks)
10. Mary Kuphaldt (Bella Vista, Fair Oaks)

### GIRLS TEAMS

1. Del Oro (Loomis)
2. Del Campo (Fair Oaks)
3. Vacaville
4. Davis
5. Bella Vista (Fair Oaks)
6. Nevada Union (Grass Valley)
7. El Dorado (Placerville)
8. Tracy
9. St. Francis (Sacramento)
10. Turlock

### BOYS INDIVIDUALS

1. Pete Vicencio (Del Oro, Loomis)
2. Nick Sparks (Bella Vista, Fair Oaks)
3. Rod Grieve (Jesuit, Carmichael)
4. Ethan Paio (Sacramento)
5. Manuel Silveria (Calaveras)
6. Shaw (Modesto)
7. Danny Valdez (Merced)
8. Mark Mastalir (Jesuit, Carmichael)
9. Derek Slade (Valley, Elk Grove)
10. Rod Coker (Vacaville)

### BOYS TEAMS

1. Jesuit (Carmichael)
2. Cordova (Rancho Cordova)
3. Nevada Union (Grass Valley)
4. Vacaville
5. Merced
6. Sacramento
7. El Dorado (Placerville)
8. Placer (Auburn)
9. Valley (Elk Grove)
10. Bella Vista (Fair Oaks)

photo by Bob Berryman, Jr.

## Prep Notes

# Barstow High School Cross Country Team

By MARTY HIGGINBOTHAM

The Barstow High Aztecs came into existence in 1977 when the Kennedy High and Barstow High teams merged. Don Braden and Floyd Hurndon (now the girl's track coach at Overfelt High School in San Jose) had coached Kennedy to track runner-up in the Southern Section 3A in 1975 and 1976 and the championship in 1977. Braden was named cross country coach and girl's track coach for Barstow High School. Hurndon left for San Jose and the merger of the schools united the best distance runners in the town. In 1977, before the merger, both schools had been slated to join a small schools league, the Sunkist. But with the merger coming well after the league realignment, Barstow High, with three grades, was twice the size of every other school in the league. Although no league title was possible, the Aztecs went undefeated, petitioned for CIF competition and competed in Southern Section 2A prelims. This Barstow High School team was the first ever to gain CIF competition in cross country. 1978 found BHS in their first year of a two-year stay in the Ivy League. In 1980 the San Andreas League became the third league for the Aztecs. BHS won the league championships easily led by Vernon Morris and Steve Schweikart, who was the individual league champion. Morris was second behind him. With the graduation of Schweikart and Morris, the 1981 edition of the team was still ranked at the top of the 2A polls. A strong group of returning lettermen—Robert Rodriguez, Scott Sanchez, and Paul Gallegos—were bolstered by an exceptional contingent of sophomores—Ed Toro, Henry Morton, Jay Moon and led by Jim Ortiz (the third place individual finisher in 1980 in the Southern Section 1A finals). BHS finished the 1981 season as co-champions in the San Andreas League with Victor Valley losing to them in the league meet by one point after beating them in the dual meet during the season. Jim Ortiz was the league champion. Based on the lone loss, the Aztecs were thrown into the same heat as Arroyo and bowed to the latter in the prelims. The following week it was all Aztecs as Ortiz became the first sophomore since Eric Hulst in 1973 to win an individual title in the Southern Section and for the team it was the second straight 2A title.

After back-to-back titles by the Aztecs, the San Andreas league was bumped up to 3A in 1982 and for almost all of the season they were ranked behind Montebello and Hawthorne. Barstow cruised through league and invitational competition. They also claimed the league team title again and Ortiz repeated as individual champion. It was not until the 3A finals that the Montebello Oilers and Barstow Aztecs met in the same race. In the heartbreak of the year Barstow lost the title by a single point. However, on the bright side for Barstow, Ortiz defended his individual title and thus



**BARSTOW HIGH CROSS COUNTRY TEAM:** Standing: Chris Henthorne, Gary Dillard, Clark Masangcay, Charles Wilder, Brian Sallee. Squatting: Henry Morton, Ed Toro, Jim Ortiz, Jay Moon, Stephen Weathers.

became the only junior to do such in the history of the Southern Section.

This year's top individuals wearing the maroon trunks and gold tops for the Aztecs are:

**JIM ORTIZ** — (Senior) 3rd X-C Ind. 1A as freshman; 1st X-C Ind. 2A as sophomore; 1st X-C Ind. 3A as junior; 3200m CIF 3A champ as sophomore; 3200m CIF 2A champ as junior. During the 1983 track season Or-

## ★ Profile On ★ JIM ORTIZ

By MARTY HIGGINBOTHAM

Jim Ortiz has three long-range goals—to win an NCAA 10K title, get a world record in the 10K and be an Olympic gold medalist. Sky-high goals, but worthy ones for this 17-year old senior from Barstow. Ortiz is currently the number one runner on Coach Don Braden's Barstow High Aztecs. His personal best times on the track are: 800—1:56, 1600—4:13, 3200—8:59. On the road Ortiz has posted times of 5K—14:42 (1982), 10K—31:05 (1982) and a 1:12 half marathon (1980). He holds the Aztec school record in the 800, 1600, 3000 and 3200. He has also been CIF 2A X-C Champion in 1981, CIF 3A 2 Mile Champion in 1982, CIF 3A X-C Champion in 1982, and CIF 2A 2 Mile Champ in 1983. Jim's favorite event is the 3200 where his strategy is to start moderately and gradually increase his pace, then finish with a strong kick.

Ortiz peaks twice during the school year. In cross country his goal is to peak for the Mt. SAC Invitational, the CIF Championships and the Kinney Meet. In 1982 Jim won the Boys 3A CIF Championships, placed 3rd in Mt. SAC's individual sweepstakes race (14:56), then topped off a successful season by qualifying for the Kinney National Meet (4th place in Western Regional). In track Jim peaks for the Arcadia Meet, CIF competition and state finals. In the '83 State Meet, Jim placed 5th in the Boys 3200 meters.

Jim's training rules include trying to get plenty of sleep, eat a lot, take Theragran M vitamins and drink plenty of fluids.

Jim competes in running because he feels he is accomplishing a lot for himself plus he just loves to run. Jim's brother (Steve Ortiz) introduced him to running and it came easy for Jim so he stuck with it and has enjoyed much success.

Jim has not decided on a college for next fall, but is considering both the University of Oregon and UCLA. He feels U of O has an outstanding program and running tradition. UCLA also draws his interest because of his familiarity with

tiz ran the entire season with mononucleosis. Considering this sapping disease, his efforts and times were outstanding.

**ED TORO** — (Senior) Began running as a sophomore and has been closing on Ortiz for two years. 1600 champion 2A as a junior.

**HENRY MORTON** — (Senior) Morton is closing in on Toro. His blazing finish is his trademark.

Coach Braden accepts anyone on the team who is willing to work to improve himself. No one is compared or allowed to be compared to anyone else. Braden says that some years are leaner than others, primarily because a group of outstanding runners seem to make aspiring runners turn away out of fear of not doing well against their own teammates. Currently Braden has a fine group of sophomores and seniors, but only one junior and one freshman.

Coach Braden is the ultimate decision-maker, but team input is often used and heavily relied on. Several adults—Rudy Ortiz (Jim's father), John and Judy Wilder, and George Dennis, offer great support, transportation and moral support when necessary. Wayne Braden, the coach's wife, is the official "Cookie Lady". Her chocolate chip cookies are more prized than trophies and medals and all you have to do to get some is to compete. "Policy and decisions are determined by sportsmanship and the need to instill that spirit," says Braden. He also added, "Competition is its own reward. Personal improvement/striving for the best effort is the primary goal. Success at reaching that goal allows the runner a self-satisfaction that cannot be achieved merely by winning." According to Braden, the team is not coached "to win" or "to beat" another team, but the aim of each meet is the best effort possible from each runner. Braden feels this philosophy removes some



BRIAN SALLEE, left and HENRY MORTON running over Barstow High's home course, Aztec Country.

of the psychological pressure of competition because there is enough pressure generated by the individual runner to be successful without having more heaped upon from the outside.

Besides workouts every day after school, the Aztecs hold impromptu pizza parties before invitationals, along with rap sessions. The booster's club and Barstow Park District has aided the Aztecs in post season to the Kinney Western Regionals and, at the end of the season, with banquets. The park district and Coach Braden bear costs for indoor meets before track season.

After each meet there is a handout which contains each runner's mile splits ranked by total time, also time/split comparisons

to previous races on the same course or on a course similar, the current team record is given and the scores of the meet. The end of the season report contains meets and scores, records, highlights, times and places for each runner for each race. A team ranking and list of best overall Aztec times on a repeatedly run course is presented along with a list of Aztec course records—grade level and competition level.

The Aztecs dual meet record for the last six years is 40-1, adding invitationals and league meets it is 60-9, and adding CIF prelims and finals 65-14. Quite an impressive record!

Congratulations to Coach Braden and his Barstow High Aztecs!

photo by Burt Davis



the area and some of the people, the good running program which is improving, and the value a UCLA degree offers the graduate. Jim's educational goals are not certain at this time, but he says being a lawyer interests him.

Jim mentioned two individuals that have been an inspiration to him in his running. One is his brother Steve who got him started in the sport. He says Steve gives him advice which is very essential to his success. The other person is his father Rudy Ortiz who is Jim's strongest supporter in addition to building up his confidence at competition time.

When asked about his philosophy of running Jim replied, "A philosophy of mine is this: The way to distinguish the good or average athletes from the great ones is not by the outcome of a race, as in place, but by the amount of effort applied by the athlete...the one who tries the most."

California Track & Running News wishes Jim success in achieving his immediate goals—winning the CIF 3A cross country title and placing in the top five at the Kinney Nationals. And we'll continue to watch his efforts to reach those lofty long-range goals, too.

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## Prep Notes

# 1983 CIF State Meet Analysis

Compiled by Keith Conning

### SCORING BY SECTION BOYS

	POINTS	PCT.
1. Southern	191	38.5%
2. Sac-Joaquin	71	14.3%
3. Central Coast	61	12.3%
4. Central	59	11.9%
North Coast	59	11.9%
6. San Diego	18	3.6%
7. Los Angeles	17	3.4%
8. Northern	10	2.0%
San Francisco	10	2.0%
10. Oakland	0	0.0%
<b>Total</b>	<b>496</b>	<b>100.0%</b>

### SCORING BY SECTION GIRLS

	POINTS	PCT.
1. Southern	162	34.8%
2. Central Coast	86	18.5%
3. Los Angeles	84	18.1%
4. North Coast	44	9.5%
5. Sac-Joaquin	39	8.4%
6. San Diego	30	6.5%
7. Central	20	4.3%
8. Northern	0	0.0%
Oakland	0	0.0%
San Francisco	0	0.0%
<b>Total</b>	<b>465</b>	<b>100.0%</b>

### SCORING BY SECTION

	BOYS	GIRLS	TOTAL	PCT.
1. Southern	191	162	353	36.7%
2. Central Coast	61	86	147	15.3%
3. Sac-Joaquin	71	39	110	11.4%
4. North Coast	59	44	103	10.7%
5. Los Angeles	17	84	101	10.5%
6. Central	59	20	79	8.2%
7. San Diego	18	30	48	5.0%
8. Northern	10	0	10	1.0%
San Francisco	10	0	10	1.0%
10. Oakland	0	0	0	0.0%
<b>Total</b>	<b>496</b>	<b>465</b>	<b>961</b>	<b>100.0%</b>

### BOYS SCORING 10 OR MORE POINTS

1. Mark Boyd (St. Mary's, Berkeley)	20
2. **Steve Jones (Burbank, Sacramento)	18
**Henry Thomas (Hawthorne)	18
4. Danny Harris (Perris)	16
5. Erick Montgomery (Independence, SJ)	12
6. Torrey Barr (McLane, Fresno)	10
*Johnny Cleveland (Soquel)	10
Maurice Crumby (Balboa, San Francisco)	10
Barry Estes (Clovis West, Clovis)	10
Jim Frey (Yreka)	10
Kimmie James (Richmond)	10
Mike Kibort (Saratoga)	10
Eric Reynolds (Camarillo)	10
Curt Sisco (Vacaville)	10
Larry Walker (Edison, Fresno)	10

Note: \*\*-sophomore, \*-junior

### GIRLS SCORING 10 OR MORE POINTS

1. *Gail Devers (Sweetwater, National City)	24
2. Natalie Kaaiawahia (Fullerton)	20
Cory Schubert (Del Mar, San Jose)	20
Lisa Winston (Jordan, Long Beach)	20
5. **Chewaukii Knighten (Locke, L.A.)	18
**Leslie Maxie (Mills, Millbrae)	18
7. *Wendy Brown (Woodside)	16
8. *Yvette Bates (Berkeley)	14
9. *Pam Qualls (Burbank, Sacramento)	12
10. Gayle Kellon (Walnut)	11
11. Tonya Mendonca (Mt. Whitney, Visalia)	10
Monica Taylor (Grant, Sacramento)	10
**Kerri Zaleski (Millikan, Long Beach)	10



GAIL DEVERS top girls scorer

### BOYS SCORING BY SECTION AND EVENT

	So	SJ	CC	Ce	NC	SD	LA	No	SF	Oa
100	14	14		1		2				
200	12	8	4		6		1			
400	5		8	10			8			
800	9				16	6				
1600	15				2	4		10		
3200	19	8	4							
110HH	7	8	6		10					
300LH	17		8		6					
400R	9			14	6	2				
1600R	30		1							
HJ	14	7							10	
PV	8	8	14		1					
LJ	8	1	10		4		8			
TJ	2	7		10	8	4				
SP	13	10	2	6						
DT	9		4	18						
<b>Total</b>	<b>191</b>	<b>71</b>	<b>61</b>	<b>59</b>	<b>59</b>	<b>18</b>	<b>17</b>	<b>10</b>	<b>10</b>	<b>0</b>

### GIRLS SCORING BY SECTION AND EVENT

	So	CC	LA	NC	SJ	SD	Ce	No	SF	Oa
100	10		2	1	12	6				
200	11		10		10					
400	4	10	10	7						
800	15	8	8							
1600	11	14	6							
3200	4	12	1	8		6				
100LH	1	8	14	2				6		
300LH	13	6	4					8		
400R	12		6	8	5					
1600R	14	1	16							
HJ	9	8			4			10		
LJ	3	6		8		10	4			
TJ	10	11	6	4						
SP	18	2	1	6	4					
DT	27				4					
<b>Total</b>	<b>162</b>	<b>86</b>	<b>84</b>	<b>44</b>	<b>39</b>	<b>30</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>

### COMPARISON OF WINNING MARKS

BOYS	1983	1982	1981	1980
100	10.64	<b>10.53</b>	10.60	10.55
200	21.02	21.05	<b>20.81</b>	21.21
400	47.03	<b>46.38</b>	47.09	47.51
800	1:50.63	1:49.99	<b>1:47.31</b>	1:50.15
1600	4:08.82	4:08.05	4:10.06	<b>4:06.18</b>
3200	8:54.75	8:51.9	<b>8:46.78</b>	8:55.79
110HH	13.93	<b>13.41</b>	13.67	13.73
300LH	<b>35.52</b>	35.85	36.26	36.57
400R	<b>40.83</b>	41.09	40.86	41.51
1600R	3:10.11	3:14.45	<b>3:08.94</b>	3:10.37
HJ	7-2	7-0	7-1	6-10
PV	<b>16-6</b>	15-6	15-2	15-10
LJ	24-6½	24-4¾	<b>25-0½</b>	23-4¾
TJ	50-2½	50-3¾	<b>50-10¾</b>	50-8
SP	63-9	60-4	63-8¾	<b>64-4¼</b>
DT	183-4	191-1	180-10	<b>192-9</b>

### GIRLS

100	11.73	11.69	11.66	<b>11.42</b>
200	23.83	23.59	23.73	<b>23.19</b>
400	53.19	<b>52.39</b>	54.15	53.04
800	2:06.41	2:06.36	<b>2:06.08</b>	2:09.73
1600	4:44.93	<b>4:39.92</b>	4:42.43	4:46.71
3200	<b>10:08.14</b>	10:16.27	10:12.31	10:14.78
100LH	13.88	13.88	13.74	<b>13.52</b>
300LH	41.71	<b>41.09</b>	42.26	
400R	46.56	45.42	<b>45.13</b>	45.81
1600R	3:46.24	3:41.72	<b>3:37.1</b>	3:37.98
HJ	6-1	5-11	5-10	6-0
LJ	19-6	19-10½	18-10¼	<b>20-8¾</b>
TJ	<b>40-3</b>	39-8¾		
SP	<b>52-7½</b>	50-3	51-8½	48-4½
DT	170-0	160-2	162-10	<b>172-11</b>

Note: the best performance is in bold.

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# Prep Results:

## AAU/USA Junior Olympic Games

from Keith Conning

Unl. of Notre Dame, So. Bend, Ind. July 26-31, 1983.

**Girls Intermediate (15-16) Finals**  
1500-3. Karen Himenes (Menlo Park) 4:54.54. 4X800-3. Woodside Striders 9:50.10.

**Girls Senior (17-18) Finals**  
HJ-2. Tonya Mendonca (Visalia) 5-9.  
**Boys Intermediate (15-16) Finals**  
100-4. Ron McCree (Madera) 11.27. 1500-1. Tony Perez (Manteca) 4:07.00. 4. Robert Williams (Pittsburg) 4:11.03. 3000-2. David Naranjo (Sanger) 8:50.60. LJ-8. Joseph Garcia (Boron) 21-1 1/4. TJ-2. Alfred Jackson (Tulare) 46-3. 5. Mike Rowland (Tulare) 44-11. SP-3. Roland Anderson (Redwood City) 49-5.

**Boys Senior (17-18)**  
800-5. Kenneth Green (Oakland) 1:57.34. TJ-1. Keenan Jones (Sacramento) 48-9. PV-6. Joe Croft (Tulare) 14-6. SP-2. Greg Aitkenhead (Mission Viejo) 59-8. Dis.-1. Deron Lord (S. Pasadena) 173-4.

## Nipomo Classic

from Greg DeNike

Laguna Course, U.C. Santa Barbara. Sept. 10.

**Varsity Girls Individual Results**  
1 Chantal Plant (Arroyo Grande) 17:58MR  
2 Michelle Anderson (Dos Pueblos) 19:21  
3 Ann Berman (San Marino) 19:29  
4 Carol Irving (San Marino) 19:45  
5 Erin Eichler (Righetti) 20:10  
6 Tracy Zimmerman (Dos Pueblos) 20:24  
7 Kelly Rudy (Righetti) 20:27  
8 Julie Bridges (Dos Pueblos) 20:41  
9 Gina Placencio (Righetti) 20:51  
10 Rosalie Roberts (Newbury Park) 20:52

**Varsity Girls Team Scores**  
1. Dos Pueblos (Goleta) 27. 2. Arroyo Grande 57. 3. Newbury Park 61. 4. Righetti (Santa Maria) 69.

**Junior Varsity Girls Individuals**  
1 Laura Webre (Arroyo Grande) 20:15  
2 Rachel Reynolds (Arroyo Grande) 20:56

## Non-Scoring Scrimmage

from Dave Gregson

Cordova Stadium. Sept. 14. 3.0 Miles.

**Varsity Men**  
1 Rod Grieve (Jesuit) 16:00  
2 Vance Goss (Nevada Union) 16:05  
3 Paul Thomas (Jesuit) 16:14  
4 Walt Terry (Cordova) 16:15  
5 Jim Mattson (Cordova) 16:29  
6 Mark Mastiller (Jesuit) 16:30  
7 Art Vigil (Cordova) 16:46  
8 Jim Ryan (Nevada Union) 16:50  
9 Eric Mastiller (Jesuit) 16:58  
10 A. Williams (Nevada Union) 17:00  
11 Jim Thomas (Jesuit) 17:05  
12 Chris Wheat (Cordova) 17:13  
13 J. McArthur (Jesuit) 17:14  
14 Fugler (Del Campo) 17:26  
15 C. Newton (Del Campo) 17:27  
16 T. Martin (EC) 17:28  
17 D. Bromley (Nevada Union) 17:43  
18 R. Baker (Nevada Union) 17:55  
19 K. Cottrell (Jesuit) 18:02  
20 Terry Baca (Cordova) 18:07

**Varsity Women**  
1 D. Shelgner (EC) 21:06  
2 K. Houser (Nevada Union) 21:20  
3 J. Verka (St. Francis) 22:02  
4 M. Robinson (St. Francis) 22:02  
5 K. Staff (Nevada Union) 22:16  
6 N. Lange (St. Francis) 22:23  
7 J. Kochis (Nevada Union) 22:38

8 V. Keane (Nevada Union) 24:10  
9 R. Johnson (Nevada Union) 24:31  
10 L. Gabriele (EC) 24:45  
11 P. Carey (Nevada Union) 25:11  
12 K. Borg (Nevada Union) 26:00  
13 A. Borland (SF) 26:07  
14 T. Langley (Cordova) 26:23  
15 S. Eriksson (Cordova) 26:33  
16 K. Peterson (Nevada Union) 26:43  
17 M. Brothers (SF) 27:18  
18 J. Kelley (SF) 27:18  
19 A. Longo (Nevada Union) 29:47

## The Onion Classic

from Steve Fagundes

Wood Jr. H.S., Vacaville. Sept. 16.

The Vacaville fans had much to cheer about as senior Joni Mooney and junior Rod Coker raced to individual victories. Fully recovered from the injuries that hampered her during the spring and summer, the Sac Joaquin Section's number one rated runner raced to a strong victory. Senior Sally Plinkner (Davis) finished second leading her team to the championship over Vacaville. In the boy's individual race, Rod Coker pulled away in the last mile to record a narrow victory over senior Derek Slade (Valley, Sacramento) and junior teammate James Garrett. The one-three Vacaville finish paced the Bulldogs to the team title.

**Boy's Individuals**  
1 Coker, Vacaville 15:43  
2 Slade, Valley 15:47  
3 Garrett, Vacaville 15:48  
4 Palo, Sacramento 15:51  
5 Mattson, Cordova 16:11  
6 Vigil, Cordova 16:13  
7 Smedburg, El Dorado 16:16  
8 Terry, Cordova 16:19  
9 Navroth, Vanden 16:26  
10 Price, Sacramento 16:28  
11 Hanna, Sacramento 16:28  
12 Fuegler, Del Campo 16:39  
13 Mendoza, Christian Bros. 16:41  
14 Nortler, Vacaville 16:46  
15 Nardella, Davis 16:48

**Boy's Team Scores**  
1. Vacaville 54. 2. Cordova (Rancho Cordova) 67. 3. Sacramento 91. 4. El Dorado (Placerville) 106. 5. Woodland 167. 6. Davis 167. 7. Christian Bros. (Sacramento) 171. 8. Valley 205. 9. Oakmont 216. 10. Del Campo 260.

**Girl's Individuals**  
1 Mooney, Vacaville 17:54  
2 Plinkner, Davis 18:07  
3 Self, Del Campo 18:40  
4 Madell, Davis 18:53  
5 Virga, Del Campo 19:28  
6 Payton, El Dorado 20:04  
7 Uldall, Vacaville 20:13  
8 Kashuba, Casa Roble 20:22  
9 Foster, El Dorado 20:26  
10 Lewis, Davis 20:44  
11 Smedburg, El Dorado 21:22  
12 Owen, Del Campo 21:27  
13 Jensen, Vacaville 21:42  
14 Torres, Davis 22:04  
15 Baird, Vacaville 22:07

**Girl's Team Scores**  
1. Davis 46. 2. Vacaville 54. 3. El Dorado (Placerville) 55. 4. Del Campo (Fair Oaks) 62. 5. McClatchy (Sacramento) 126.

## Block "P" Relays

from Duncan MacSwain

Petaluma High School. Sept. 17.

**Varsity Boys Individuals**  
1 John Mann (Redwood) 9:50  
2 Kevin Thayer (Terra Linda) 9:58  
3 Alex Britton (Redwood) 10:01  
4 Bart Stephens (San Ramon) 10:04  
5 Chuck Lewis (San Ramon) 10:13  
6 Eric Hayes (San Ramon) 10:16  
7 Chris Thayer (Terra Linda) 10:18  
8 Karl Wurzbach (Fairfield) 10:22  
9 Jack Haugen (San Marin) 10:23  
10 Greg Penhaligon (Redwood) 10:25

**Varsity Boys Team Scores**  
1. San Ramon (Danville) 74:10. 2. Fairfield 80:48. 3. San Marin 85:02.

**Varsity Girls Individuals**  
1 Amy Stout (Petaluma) 12:02  
2 Mary Alice Erickson (Terra Linda) 12:04  
3 Laura Carter (San Ramon) 12:08  
4 Kathy Laughlin (Terra Linda) 12:11  
5 Janet Gallagher (Terra Linda) 12:16  
6 Vonda VanDeveer (San Ramon) 12:16  
7 Kelly Sobey (San Ramon) 12:17  
8 Monica Lin (San Ramon) 12:52  
9 Julie Davis (Terra Linda) 12:56  
10 Wendy Tillman (Tamaipas) 13:00

**Varsity Girls Team Scores**  
1. Terra Linda (San Rafael) 62:35. 2. San Ramon (Danville) 62:40. 3. Tamaipas (Mill Valley) 68:18. 4. Petaluma 68:40. 5. Fairfield 73:17. 6. San Marin (Novato) 73:42. 7. St. Vincent (Petaluma) 75:46.

## Analy Invitational

from Keith Conning

Spring Lake, Santa Rosa. Sept. 17.

**Varsity Boys Individual**  
1 Ryan Gilliam (Cardinal Newman) 16:36  
2 Pete Vincent (Montgomery) 16:56  
3 Steve Miller (Piner) 17:01  
4 Eric Bohn (Analy) 17:05  
5 Scott Myers (Piner) 17:18

**Varsity Boys Team Scores**  
1. Piner 43. 2. Montgomery 44. 3. Santa Rosa 84. 4. Cardinal Newman 104. 5. Analy 113. 6. Ukiah 140. 7. Rancho Cotate 180.

**Varsity Girls Individuals**  
1 Julie Ruiz (Ukiah) 19:07  
2 Jennifer Bocca (Analy) 20:10  
3 Sherri Minkler (Analy) 20:18  
4 Jessie Moreno (Ursuline) 21:34  
5 Kim Whiting (Santa Rosa) 21:49

**Varsity Girls Team Scores**  
1. Ursuline 41. 2. Analy 42. 3. Ukiah 96. 4. Montgomery 102.

## Bellpepper Classic

from Steve Ward & Greg DeNike

Talley Farms, Arroyo Grande. Sept. 17.

**Boys Varsity Individuals**  
1 J. Lienau (C) 14:40  
2 J. Williams (C) 14:57  
3 D. Jaurequi (C) 15:12  
4 C. Porter (C) 15:15  
5 R. Bryant (C) 15:16  
6 D. Vega (C) 15:22

**Boys Varsity Team Scores**  
1. Clovis 15. 2. Arroyo Grande 49.

**Girls Varsity Individuals**  
1 Chantal Plante (AG) 16:42  
2 Lisa Lewis (C) 17:45  
3 Terry Guajardo (C) 18:21  
4 Gina Monte (C) 18:25  
5 Tracie Shelley (C) 18:25  
6 Kathy Steebles (C) 18:27  
7 Shirley Rodrigues (AG) 19:03  
8 Wendy Morton (C) 19:32  
9 Vicki Lopez (AG) 19:57  
10 Cathy Jones (AG) 19:57

**Girls Varsity Team Scores**  
1. Clovis 20. 2. Arroyo Grande 37.

## Lowell, McAteer Lincoln Invit.

from Keith Conning

Polo Field, Golden Gate Park, S.F. Sept. 17.

**Boys Individual Results-**  
1 Martin Higginbotham (Berkeley) 17:19  
2 Brian Vaughan (Berkeley) 17:23  
3 Shawn Ayers (Bellarmine) 17:36  
4 Jim Thompson (Half Moon Bay) 17:49  
5 Max Mancini (Bellarmine) 17:51  
6 Keith Allen (Bellarmine) 17:52  
7 John Dye (Half Moon Bay) 17:54  
8 Alexis Cabada (Riordan, SF) 18:00  
9 Shane O'Flaherty (Bellarmine) 18:00  
10 Mark Callon (Bellarmine) 18:13  
11 David Heine (Bellarmine) 18:15  
12 Jake Niebaum (Half Moon Bay) 18:16  
13 Mike Vogel (Half Moon Bay) 18:20  
14 Mark Shirley (Marin Catholic) 18:25  
15 Steve Raman (Bellarmine) 18:29

16 Kearnan O'Leary (St. Ignatius) 18:31  
17 Francieco DeLeon (St. Elizabeth) 18:34  
18 Alex Miroshchenko (Bellarmine) 18:34  
19 Pat Gonzales (Terra Nova) 18:39  
20 Jay Conngs (Aragon) 18:40

**Varsity Boys Team Scores**  
1. Bellarmine (San Jose) 33. 2. Half Moon Bay 63. 3. St. Ignatius (San Francisco) 118. 4. Berkeley 139. 5. Sacred Heart (San Francisco) 224. 5. Lowell (San Francisco) 224. 7. Westmoor (Daly City) 225. 8. Marin Catholic (Kentfield) 270. 9. St. Josephs (Alameda) 302. 10. St. Elizabeths (Oakland) 379. 11. El Camino (South San Francisco) 397. 12. Wilson (San Francisco) 482.

**Girls Individual Results**  
1 Sabrina Han (Westmoor) 19:48MR  
2 Lori Wilson (Terra Nova) 19:57  
3 Carrie Costemagna (Marin Cath.) 21:22  
4 Trish Brown (Lowell) 21:31  
5 Christine McGee (Marin Catholic) 21:37  
6 Angela Leung (Lowell) 21:45  
7 Lorena Ferreira (Half Moon Bay) 21:48  
8 Sheelagh Murphy (Notre Dame) 22:17  
9 Deborah Hartog (Lowell) 22:31  
10 Mary Howard (Notre Dame) 22:38  
11 Molly Burke (Marin Catholic) 23:08  
12 Susie Faigle (Half Moon Bay) 23:12  
13 Heather Harrison (Half Moon Bay) 23:17  
14 Mary Jane Sendino (Half Moon Bay) 23:27  
15 Leslie King (Half Moon Bay) 23:41  
16 Paige Harrison (Half Moon Bay) 23:50  
17 Doniece Johnson (Berkeley) 23:53  
18 Laura Neck (Lowell) 23:57  
19 Shelly Swanegan (Terra Nova) 23:57  
20 Danielle Micheletti (Notre Dame) 24:01

**Varsity Girls Team Scores**  
1. Half Moon Bay 61. 2. Lowell (San Francisco) 65. 3. Notre Dame (Alameda) 94. 4. Terra Nova (Pacifica) 97. 5. El Cerrito 150.



MARTIN HIGGINBOTHAM Berkeley

## Mount Whitney Invitational

from Steve Ward

Mooney Grove, Visalia. Sept. 21.  
**Varsity Boys Individuals**  
1 Naranjo (Sanger) 15:05CR  
2 Hurtado (Sanger) 15:21  
3 Magel (Mt. Whitney) 15:46

continued on next page... 25

## Prep Notes

- |    |                       |       |
|----|-----------------------|-------|
| 4  | Bahr (Mt. Whitney)    | 15:49 |
| 5  | Aguliar (Parlier)     | 15:52 |
| 6  | Grijalza (Atascadero) | 16:04 |
| 7  | Bernal (Sanger)       | 16:12 |
| 8  | Pearson (Porterville) | 16:26 |
| 9  | Arce (Tulare)         | 16:29 |
| 10 | Cummings (Madera)     | 16:31 |

### Varsity Boys Team Scores

1. Mt. Whitney 58, 2. Sanger 59, 3. Madera 78, 4. Porterville 155, 5. Atascadero 156, 6. Parlier 162, 7. San Luis Obispo 182, 8. Clovis West 188, 9. Reedley 195, 10. Redwood 227, 11. Exeter 237, 12. Tulare 272, 13. Monache 310.

### Varsity Girls Individuals

- |   |                      |       |
|---|----------------------|-------|
| 1 | Cook (Golden West)   | 12:17 |
| 2 | Cruz (Exeter)        | 12:49 |
| 3 | Shaw (Clovis West)   | 12:53 |
| 4 | McKrell (Atascadero) | 13:04 |
| 5 | Loeb (Clovis West)   | 13:19 |

### Varsity Girls Team Scores

1. Redwood 45, 2. Clovis West 54, 3. Atascadero 82, 4. Exeter 100, 5. Reedley 108, 6. Sanger 111.

## 20th Annual Stinson Beach Relays

from Duncan MacSwain

### September 21.

#### Boys Varsity Individuals

- |   |                               |      |
|---|-------------------------------|------|
| 1 | Ron Symons (Drake)            | 9:29 |
| 2 | Kevin Thayer (Terra Linda)    | 9:31 |
| 3 | Alex Britton (Redwood)        | 9:33 |
| 4 | John Mann (Redwood)           | 9:40 |
| 5 | Mark Shirley (Marin Catholic) | 9:46 |
| 6 | Chris Thayer (Terra Linda)    | 9:47 |

#### Boys Varsity Team Scores

1. Redwood "A" 49:35, 2. Drake "A" 51:56, 3. Redwood "B" 51:57, 4. Terra Linda "A" 52:14, 5. San Marin "A" 53:55, 6. Marin Catholic "A" 54:22, 7. Marin Academy "A" 55:57, 8. Tamalpais "A" 56:55, 9. Novato "A" 57:50.

#### Girls Varsity Individuals

- |    |                                 |       |
|----|---------------------------------|-------|
| 1  | Wendy Tillman (Tamalpais)       | 11:52 |
| 2  | Kathy Laughlin (Terra Linda)    | 11:53 |
| 3  | Kate Rohlene (Redwood)          | 12:03 |
| 4  | Molly Burke (Marin Catholic)    | 12:11 |
| 5  | Mary Erickson (Terra Linda)     | 12:16 |
| 6  | Kristen Janssen (Tamalpais)     | 12:18 |
| 7  | Lisa Shawn (Redwood)            | 12:21 |
| 8  | Cara Santino (Redwood)          | 12:21 |
| 9  | Kisa Fuchs (Redwood)            | 12:22 |
| 10 | Julie Davis (Terra Linda)       | 12:24 |
| 11 | Kim Hanson (Terra Linda)        | 12:26 |
| 12 | Ann Hribar (Drake)              | 12:27 |
| 13 | Susan Ingram (Redwood)          | 12:40 |
| 14 | Sam Coffee (Redwood)            | 12:40 |
| 15 | Jennifer MacSwain (Terra Linda) | 12:43 |
| 16 | Karin Hansen (Marin Catholic)   | 12:50 |

#### Girls Varsity Team Scores

1. Terra Linda 61:42, 2. Redwood 62:19, 3. Tamalpais 64:50, 4. Drake 67:15, 5. Marin Catholic 67:54, 6. Redwood B 68:09, 7. Redwood FS 68:22, 8. San Marin 69:22, 9. Tamalpais B 69:55, 10. Terra Linda FS 70:01, 11. Marin Academy FS 71:41, 12. Novato 73:13, 13. Marin Academy 75:20, 14. Marin Academy B 76:33, 15. San Marin B 77:26, 16. San Rafael 78:10.

## Sanger Invit.

from Dave Dodson

### Avocado Lake, Sept. 23.

#### Varsity Boys Individuals

- |    |                              |           |
|----|------------------------------|-----------|
| 1  | David Naranjo (Sanger)       | 14:35.8MR |
| 2  | Miguel Hurtado (Sanger)      | 14:53.4   |
| 3  | Rick Bernal (Sanger)         | 15:21.7   |
| 4  | Jesse Aguilar (Parlier)      | 15:46.3   |
| 5  | Anthony Uribe (Coalinga)     | 16:06.6   |
| 6  | Roland Moncivais (Sanger)    | 16:11.3   |
| 7  | Manuel Leal (Sanger)         | 16:17.8   |
| 8  | Louis Aguilar (Parlier)      | 16:33.3   |
| 9  | Greg Ruiz (Sanger)           | 16:41.0   |
| 10 | Fernando Fernandez (Parlier) | 17:01.2   |

### Varsity Boys Team Scores

1. Sanger 17, 2. Parlier 52, 3. Exeter 65, 4. San Joaquin Memorial 102.

### Varsity Girls Individuals

- |    |                         |         |
|----|-------------------------|---------|
| 1  | Loretta Cruz (Exeter)   | 12:10.5 |
| 2  | Elida Tijerina (Sanger) | 13:00.6 |
| 3  | Erin Valdez (SJM)       | 13:13.9 |
| 4  | Salli Orme (SJM)        | 13:14.6 |
| 5  | Annette Ruiz (Sanger)   | 13:34.5 |
| 6  | Dana Jacobsen (Selma)   | 13:37.1 |
| 7  | Albie Ashbrook (Exeter) | 13:53.9 |
| 8  | Cheryl Bonner (SJM)     | 14:00.7 |
| 9  | Sheryl Braun (Immanuel) | 14:05.7 |
| 10 | Rosie Claderon (Sanger) | 14:15.6 |

### Varsity Girls Team Scores

1. Sanger 29, 2. San Joaquin Memorial (Fresno) 39, 3. Immanuel (Reedley) 54.

## Frog Town X-C Invitational

from Cary Bartoncini & Steve Fagundes

### Angels Camp, Sept. 24.

Apparently recovered from the bursitis in her Achilles tendon which sidelined her last track season, junior Colleen Donovan (Lodi) ran away from the field scoring almost a forty second victory. Junior Brenda Payton's second place finish was enough to lead El Dorado (Placerville) to the team title. In a hotly contested boys' race, senior Ethan Palo (Sacramento) scored an impressive victory leaving the field behind with slightly less than a mile left in the race. His victory was not enough to carry Sacramento to the team title, as a well-balanced Merced team led by seniors Sean Howard and Danny Valdez scored a narrow victory over both Sacramento and El Dorado (Placerville).

#### Boys' Individuals

- |   |                     |       |
|---|---------------------|-------|
| 1 | Palo, Sacramento    | 15:08 |
| 2 | Shaw, Modesto       | 15:24 |
| 3 | Howard, Merced      | 15:28 |
| 4 | Valdez, Merced      | 15:30 |
| 5 | Smedburg, El Dorado | 15:38 |
| 6 | Hanna, Sacramento   | 15:44 |
| 7 | Price, Sacramento   | 15:56 |
| 8 | Weidner, El Dorado  | 15:58 |
| 9 | Lomax, El Dorado    | 15:59 |

#### Boys' Team Scores

1. Merced 52, 2. El Dorado (Placerville) 56, 3. Sacramento 58.

#### Girls' Individuals

- |   |                     |       |
|---|---------------------|-------|
| 1 | Donovan, Lodi       | 18:23 |
| 2 | Payton, El Dorado   | 19:02 |
| 3 | Donaldson, Merced   | 19:43 |
| 4 | Rowan, Turlock      | 20:02 |
| 5 | Jauragol, Memorial  | 20:15 |
| 6 | Chin, Turlock       | 20:21 |
| 7 | Smedburg, El Dorado | 20:43 |
| 8 | Hael, El Dorado     | 20:51 |
| 9 | Gonzales, Merced    | 21:08 |

#### Girls' Team Scores

1. El Dorado (Placerville) 54, 2. Turlock 66, 3. Merced 71.

## Sierra College Invitational

from Steve Fagundes

### Sierra College, Rocklin, Sept. 24.

Sophomore Mary Kuphaldt (Bella Vista, Fair Oaks) raced to a strong victory in leading her Bronco teammates to a narrow two point margin over Nevada Union (Grass Valley). The Miners were led by surprising freshmen Jessica Tropp and Julie Pewitt. Senior Nick Sparks (Bella Vista, Fair Oaks) ran away with the boy's individual title with an unchallenged and impressive early season time of 15:30. Duke Rittenhouse finished a distant second in the race, but led his Reno team to the title over Nevada Union (Grass Valley) and Cordova (Rancho Cordova).

#### Boys' Individuals

- |   |                          |       |
|---|--------------------------|-------|
| 1 | Nick Sparks, Bella Vista | 15:30 |
| 2 | Duke Rittenhouse, Reno   | 15:46 |
| 3 | Dean Miller, Douglas     | 15:49 |
| 4 | Scott Petersen, Reed     | 15:56 |
| 5 | Vance Goss, Nevada Union | 16:03 |
| 6 | Jim Mattson, Cordova     | 16:05 |
| 7 | Chris Lerude, Reno       | 16:14 |
| 8 | Walt Terry, Cordova      | 16:14 |

- |    |                             |       |
|----|-----------------------------|-------|
| 9  | Ari Borshell, Carson        | 16:15 |
| 10 | Richard Manefield, Reed     | 16:16 |
| 11 | Art Vigil, Cordova          | 16:28 |
| 12 | Roger Dix, S.Tahoe          | 16:30 |
| 13 | Rob Rust, Reno              | 16:33 |
| 14 | Dan Murphy, McQueen         | 16:40 |
| 15 | Bill Lind, Oakmont          | 16:41 |
| 16 | Tom Ryan, Nevada Union      | 16:44 |
| 17 | Chris McMaster, Placer      | 16:44 |
| 18 | Richard Baker, Nevada Union | 16:46 |
| 19 | Derek Nimmo, Reno           | 16:47 |
| 20 | John Buls, S.Tahoe          | 16:48 |

### Boys' Team Scores

1. Reno 66, 2. Nevada Union (Grass Valley) 79, 3. Cordova 84, 4. Reed 114, 5. Carson 145, 6. South Tahoe 159, 7. Placer (Auburn) 174, 8. McQueen 193, 9. Oakmont (Roseville) 196, 10. Bella Vista (Fair Oaks) 209.

### Girls' Individuals

- |    |                               |       |
|----|-------------------------------|-------|
| 1  | Mary Kuphaldt, Bella Vista    | 19:26 |
| 2  | Stephanie Mousset-Jones, Reno | 19:41 |
| 3  | Charine Kashuba, Casa Robles  | 19:59 |
| 4  | Monique Silva, Wooster        | 20:01 |
| 5  | Jessica Tropp, Nevada Union   | 20:09 |
| 6  | Lisa Mills, Bellá Vista       | 20:18 |
| 7  | Diane Shelgren, El Camino     | 20:29 |
| 8  | Julie Pewitt, Nevada Union    | 20:30 |
| 9  | Lisen Ulmster, Oakmont        | 20:32 |
| 10 | Marie Oelerich, Wooster       | 20:34 |
| 11 | Terri Dillon, Bella Vista     | 20:38 |
| 12 | Maria Granier, Carson         | 20:38 |
| 13 | Pamela Dearing, Reed          | 20:48 |
| 14 | Jill Kochis, Nevada Union     | 20:50 |
| 15 | Kim McCants, Cordova          | 20:58 |
| 16 | Sheri Vinci, Reno             | 21:10 |
| 17 | Colleen Walsh, McQueen        | 21:11 |
| 18 | Julie Ryan, Nevada Union      | 21:12 |
| 19 | Amanda Kaman, Reed            | 21:14 |
| 20 | Julie Bunnell, Placer         | 21:25 |

### Girls' Team Scores

1. Bella Vista (Fair Oaks) 62, 2. Nevada Union (Grass Valley) 64, 3. Reed 89, 4. Reno 137, 5. South Tahoe 163, 6. Casa Roble (Orangevale) 165, 7. Placer (Auburn) 169, 8. McQueen 195, 9. Cordova (Rancho Cordova) 196, 10. Oakmont (Roseville) 199.

## South Bay X-C Invitational

from DENNIS McCLANAHAN

### September 24.

As 45 schools converged on the Southwestern JC Campus, the starting of another cross country season in the San Diego Section was officially marked. With most of the local high schools represented; a number of early season questions were answered as well as some new ones posed.

#### Boys

It only took one meet to confirm what area coaches have been thinking all summer—Monte Vista is loaded. Even without Co-#1 runner Ari Schauder (strep throat), Coach Manny Sandoval's Monarchs ran away with the large school title (42 points) and sweepstakes award (82:26). Last year's sweepstakes winner, Villa Park, ran 84:07. So with Schauder's return it would appear that Monte Vista is capable of running with the best teams in the state.

Pat Green of La Jolla (15:39), Fallbrook's Ted Goodlake (15:31), and Martin Sandoval of Monte Vista (15:31) lived up to pre-season predictions by winning their respective division races. Along with Schauder these three athletes appear capable of dominating the local season this fall.

#### Girls

The day's races revealed an abundance of fine young runners and teams. Six girls, led by Heather Brooks of Bonita Vista (11:47) broke the 12 minute mark on the South Bay course. Combined with close team races between medium schools San Pasqual, Bonita Vista, and Valhalla, a good large school race between Mira Mesa and Mt. Carmel and it appears that five or six schools could contend for honors as the area's top team.

## RESULTS

### Girls—2.0 Miles

- |    |                               |       |
|----|-------------------------------|-------|
| 1  | Heather Brooks (Bonita Vista) | 11:47 |
| 2  | Pauline Stehly (Orange Glen)  | 11:52 |
| 3  | Stephanie Fedorchak(Fallbrk)  | 11:54 |
| 4  | Tiffany Gorman (Bon Vista)    | 11:56 |
| 5  | Laura Cook (Santana)          | 11:57 |
| 6  | Kerry Panno (SanPasqual)      | 12:00 |
| 7  | Megan Ricker (Escondido)      | 12:02 |
| 8  | Lesley Noll (Mt. Carmel)      | 12:06 |
| 9  | Gloria Bates (Mira Mesa)      | 12:09 |
| 10 | Renee Krumweide (Valhalla)    | 12:17 |
- Girls Sweepstakes: 1. Bonita Vista 62:09, 2. San Pasqual 62:58, 3. Mira Mesa 63:23, 4. Mt. Carmel 63:35.

### Boys—5,000 Meters

- |    |                               |       |
|----|-------------------------------|-------|
| 1  | Ted Goodlake (Fallbrook)      | 15:31 |
| 2  | Martin Sandoval (Monte Vista) | 15:31 |
| 3  | Pat Green (La Jolla)          | 15:39 |
| 4  | Greg Fontaine (Serra)         | 15:43 |
| 5  | Robert Fithen (Serra)         | 15:53 |
| 6  | Mike Garcia (Valhalla)        | 15:56 |
| 7  | John Groulx (El Camino)       | 15:57 |
| 8  | A. J. Zampardo (Hilltop)      | 16:01 |
| 9  | Chris Vasquez (St. August)    | 16:13 |
| 10 | Adolfo Garcia (Escondido)     | 16:14 |
- Boys Sweepstakes: 1. Monte Vista 62:26, 2. El Camino 84:55, 3. El Capitan 85:08, 4. Valhalla 85:25.

photo by Keith Conning



JOHN BASS  
Castro Valley

## Ram Invitational

from R. Dimaggio

### Westmore H. S., Daly City, Sept. 24.

#### Varsity Boys Individuals

- |    |                               |         |
|----|-------------------------------|---------|
| 1  | Calvin Gaziano(CastroValley)  | 12:16CR |
| 2  | John Bass(CastroValley)       | 12:25   |
| 3  | Shawn Ayers (Bellarmine)      | 12:37   |
| 4  | Paul Ghidossi (Capuchino)     | 12:44   |
| 5  | G. Hales (Leland)             | 12:52   |
| 6  | Greg Beavers (Jefferson)      | 12:55   |
| 7  | John Dye(Half Moon Bay)       | 13:04   |
| 8  | Jim Thompson(Half Moon Bay)   | 13:05   |
| 9  | Keith Allen (Bellarmine)      | 13:16   |
| 10 | Shane O'Flaherty (Bellarmine) | 13:18   |
| 11 | Jake Niebaum(Half Moon Bay)   | 13:19   |
| 12 | Steve Raman (Bellarmine)      | 13:22   |
| 13 | Luke Merriman (Jefferson)     | 13:23   |
| 14 | Max Mancini (Bellarmine)      | 13:25   |
| 15 | David Heine (Bellarmine)      | 13:27   |

### Varsity Boys Team Scores

1. Bellarmine (San Jose) 48, 2. Half Moon Bay 64, 3. Castro Valley 86, 4. Leland (San Jose) 97, 5. Capuchino (San Bruno) 158, 6. Westmoor (Daly City) 194, 7. Christian Brothers (Sacramento) 195, 8. Terra Nova (Pacifica) 201, 9. Lowell (San Francisco) 218, 10. Sacred Heart (San Francisco) 222, 11. St. Joseph's (Alameda) 321, 12. Balboa (San Francisco) 329.

### Varsity Girls Individuals

1. Sabrina Han (Notre Dame) 14:55
2. Lori Wilson (Terra Nova) 15:02
3. J. Demass (Leland) 15:51
4. Sheelagh Murphy (Notre Dame) 15:56
5. Patricia Brown (Lowell) 16:04
6. Lorena Ferreira (Half Moon Bay) 16:12
7. Angela Leung (Lowell) 16:14
8. Margaret Coric (Capuchino) 16:27
9. Susie Falgout (Half Moon Bay) 16:32
10. M. Allison (Leland) 16:44

### Varsity Girls Team Scores

1. Half Moon Bay 53, 2. Lowell (San Francisco) 74, 3. Leland (San Jose) 82, 4. Terra Nova (Pacifica) 84, 5. Notre Dame (Alameda) 89.

### Girls Fresh-Soph Individual

1. Jana Jarosz (O'Dowd) 16:19

## Lk. Cunningham Invitational

from H. A. Salazar

### Lake Cunningham, Sept. 24, 2.4 Miles.

#### Varsity Boys Individuals

1. Legan (Del Mar) 11:05.1
2. Crowley (Overfelt) 11:08.1
3. Rivera (Willow Glen) 11:26.7
4. Machado (Lick) 11:36.3
5. Barron (Willow Glen) 11:38.5
6. LaPlante (Del Mar) 11:46.3
7. Schall (Del Mar) 11:48.8
8. Mendoza (Willow Glen) 11:53.7
9. Serrato (Overfelt) 11:55.3
10. Adzich (Monte Vista) 12:04.5

#### Varsity Boys Team Scores

1. Del Mar 38, 2. Willow Glen 55, 3. Overfelt 71, 4. Monte Vista 81, 5. Lick 111.

#### Varsity Girls Individuals

1. Bungo (Milpitas) 13:53.4
2. Keehner (Hill) 14:17.0
3. Davis (Del Mar) 14:30.6
4. Opp (Santa Teresa) 14:51.5
5. Castelo (Willow Glen) 15:00.0
6. Dowell (Santa Teresa) 15:16.6
7. Selich (Del Mar) 15:20.8
8. Aronson (Willow Glen) 15:27.5
9. Aflague (Fremont) 15:28.0
10. Brown (Willow Glen) 15:37.4

#### Varsity Girls Team Scores

1. Willow Glen 57, 2. Del Mar 62, 3. Santa Teresa 84, 4. Milpitas 95, 5. Overfelt 106.

## Chico Invitational

from Chuck Sheley

### Sept. 24.

#### Varsity Boys Individuals

1. Pete Vicencio (Del Oro) 15:30
2. Coker (Vacaville) 15:49
3. Garret (Vacaville) 16:11
4. Dean (Lassen) 16:23
5. Penn (Central Valley) 16:28
6. O'Shea (Paradise) 16:33
7. Scott (Shasta) 16:40
8. Nortier (Vacaville) 16:44
9. Graves (Chico) 16:50
10. Augusta (Enterprise) 16:53
11. Weidlein (Anderson) 17:01
12. Glines (Red Bluff) 17:04
13. Marshall (Vacaville) 17:06
14. Payal (Vacaville) 17:07
15. Stuckey (Enterprise) 17:13
16. Hall (Arcata) 17:20
17. Huston (Del Oro) 17:22
18. Bianchi (Lassen) 17:24
19. Zeff (Woodland) 17:24
20. Wanetick (Vacaville) 17:27

#### Varsity Boys Team Scores

1. Vacaville 37, 2. Enterprise (Redding) 127, 3. Woodland 129, 4. Red Bluff 137, 5. Lassen (Susanville) 154, 6. Del Oro (Loomis) 161, 7. Arcata 164, 8. Chico 167, 9. Shasta (Redding) 181, 10. Central Valley 203, 11. Pleasant Valley 267, 12.

Las Plumas (Oroville) 280, 13. Anderson 333, 14. Yuba 404.

### Junior Varsity Boys - 1.85 miles

1. Mike Wall (Lassen) 9:16CR

#### Varsity Girls Individuals

1. Joni Mooney (Vacaville) 10:25
2. Stacey McAfee (Del Oro) 10:34
3. Martin (Enterprise) 10:42
4. Bonomini (Red Bluff) 10:43
5. Bushling (Yuba City) 10:55
6. Wilson (Del Oro) 10:56
7. Carlson (Ferndale) 11:00
8. Hollahan (Enterprise) 11:09
9. Rife (Portola) 11:13
10. Stout (Petaluma) 11:14
11. Dunlap (Anderson) 11:21
12. Knox (Del Oro) 11:26
13. Gifford (Shasta) 11:30
14. Crowley (Del Oro) 11:30
15. Uldall (Vacaville) 11:34

#### Varsity Girls Team Scores

1. Del Oro (Loomis) 36, 2. Chico 63, 3. Vacaville 63, 4. Shasta (Redding) 87, 5. Petaluma 128, 6. Pleasant Valley (Chico) 155, 7. Central Valley 168.

## Fleet Afoot Invitational

from Steve Ward, Greg DeNike, Don Gosney.

Woodward Park, Fresno, Sept. 24.

#### Varsity Boys Individuals

(3 Miles minus 103 yards)

1. Gary Nagel (Mt. Whitney) 15:06
2. Paul Thomas (Jesuit) 15:18
3. Jason Lienau (Clovis) 15:23
4. Rod Grieve (Jesuit) 15:27
5. Marc Goulet (Soquel) 15:30
6. David Escobar (Shafter) 15:33
7. Darin Jaurequi (Clovis) 15:35
8. Tony Potter (Simi Valley) 15:38
9. Mark Mastalir (Jesuit) 15:39
10. James Williams (Clovis) 15:41
11. Jim Zimmer (Simi Valley) 15:46
12. Jeff Kraft (Simi Valley) 15:47
13. Dan Vega (Clovis) 15:50
14. Todd Bass (Jesuit) 15:51
15. Richie Bryant (Clovis) 15:52
16. Dick Vicain (Jesuit) 15:55
17. Bret Lizotte (Mt. Whitney) 15:58
18. Chris Bahr (Mt. Whitney) 16:00
19. Jim Thomas (Jesuit) 16:00
20. Jose Garcia (Shafter) 16:07
21. Craig Porter (Clovis) 16:13
22. Craign Custodero (Simi Valley) 16:14
23. Russell Hill (Silver Creek) 16:15
24. Chris Pressman (Simi Valley) 16:16
25. Tim Morgan (Yosemite) 16:20
26. Roger Kohne (Gunn) 16:23
27. Tony Miranda (Corcoran) 16:24
28. Fred Anglin (Simi Valley) 16:26
29. Tony Nardella (Davis) 16:26
30. Don Jacinto (Roosevelt) 16:27

#### Varsity Boys Team Scores

1. Jesuit (Carmichael) 45, 2. Clovis 48, 3. Simi Valley 76, 4. Mt. Whitney (Visalia) 118, 5. Shafter 163, 6. Hoover (Fresno) 216, 7. Soquel 228, 8. Corcoran 230, 9. Arroyo Grande 239, 10. McLane (Fresno) 257, 11. Davis 259, 12. Clovis West (Clovis) 280, 13. Reedley 285, 14. Tranquillity 398, 15. Madera 421.

#### Girls Varsity Individuals

1. Chantal Plante (Arroyo Grande) 17:30
2. Sally Pinkner (Davis) 17:46
3. Lisa Lewis (Clovis) 18:32
4. Nanette Garcia (Silver Creek) 18:36
5. Tiffany Shaw (Clovis West) 18:41
6. Gina Montie (Clovis) 19:00
7. Lori Cook (Golden West) 19:14
8. Robin Madell (Davis) 19:15
9. Aimee Wellington (Simi Valley) 19:22
10. Terry Guajardo (Clovis) 19:28
11. Cathy Stebles (Clovis) 19:28
12. Laura Burtness (Gunn) 19:33
13. Josette Lewis (Davis) 19:46
14. Karla Mahan (Simi Valley) 20:08
15. Jenny Pickering (Gunn) 20:17
16. Tracie Shelley (Clovis) 20:19
17. Lisa Peters (Simi Valley) 20:20
18. Shirley Rodrigues (Arroyo Grande) 20:39
19. Yolanda Torres (Davis) 20:43
20. Yolanda Martinez (Reedley) 20:48

#### Varsity Girls Team Scores

1. Clovis 35, 2. Davis 54, 3. Simi Valley 68, 4. Arroyo Grande 89, 5. Gunn (Palo Alto) 95.

photo by Burt Davis



CHANTAL PLANTE  
Arroyo Grande

## Granada Invit.

from Keith Conning

Shadow Cliffs Regional Park, Pleasanton, September 24.

#### Boys Varsity Individuals

1. Chris Craig (Leigh) 15:00MR
2. Scott Hill (Mission S.J.) 15:32
3. Jim Howard (Northgate) 15:47
4. Martin Higginbotham (Berkeley) 15:48
5. Kevin Thayer (Terra Linda) 15:50
6. John Mann (Redwood) 15:58
7. Mike Goralka (Livermore) 15:58
8. Brian Vaughan (Berkeley) 16:09
9. Brian Fugler (Del Campo) 16:12
10. Angel Ventura (Leigh) 16:15
11. Nelson Cottier (Leigh) 16:21
12. Taylor Murphy (Granada) 16:28
13. John Dominguez (Leigh) 16:31
14. Eric Hayes (San Ramon) 16:32
15. Tom Dearborn (Clayton Valley) 16:32
16. Chuck Lewis (San Ramon) 16:35
17. Larry Moore (DeLaSalle) 16:37
18. Stuart Wiseman (El Cerrito) 16:38
19. Dave Hamm (Leigh) 16:38
20. Alex Da Silva (El Cerrito) 16:39

#### Boys Varsity Team Scores

1. Leigh (San Jose) 54, 2. Redwood (Larkspur) 145, 3. Berkeley 170, 4. Livermore 186, 5. San Ramon (Danville) 198, 6. De La Salle (Concord) 219, 7. Northgate (Walnut Creek) 280, 8. Granada (Livermore) 285, 9. Tracy 293, 10. Mitty (San Jose) 318, 11. Mission San Jose (Fremont) 321, 12. Moreau (Hayward) 322, 13. Clayton Valley (Concord) 328, 14. Concord 348, 15. Terra Linda (Terra Linda) 349, 16. Del Campo (Fair Oaks) 377, El Cerrito 410, 18. Elk Grove (Elk Grove) 430, 20. College Park (Palo Alto) 446, 21. Marin Catholic (Kentfield) 459, 22. St. Elizabeth (Oakland) 461.

#### Girls Varsity Individuals

1. Julie Rivers (Livermore) 18:40MR
2. Londa Mobley (Tracy) 19:12
3. Rebecca Chamberlain (Leigh) 19:22
4. Carrie Costamagna (Marin Cath.) 19:29
5. Michelle Barrier (Clayton Valley) 19:42
6. Laura Carter (San Ramon) 19:45
7. Kelley Sobey (San Ramon) 19:47
8. Deirdre Kelly (Mitty) 19:51

9. Vonda Vandaveer (San Ramon) 20:00
10. Pam Wasley (Livermore) 20:03
11. Kathy Laughlin (Terra Linda) 20:05
12. Mary Alice Erickson (Terra Linda) 20:05
13. Kim Thronsdon (Mitty) 20:05
14. Chrissy McGee (Marin Catholic) 20:26
15. Danise Rogers (Concord) 20:30
16. Karen Harper (Leigh) 20:31
17. Tracy Bachich (Leigh) 20:33
18. Teresa Poy (El Cerrito) 20:45
19. Jenny Downs (Mitty) 21:01
20. Kitty O'Doherty (Mitty) 21:08

#### Girls Varsity Team Scores

1. Mitty (San Jose) 81, 2. Terra Linda (San Rafael) 106, 3. San Ramon (Danville) 114, 4. Leigh (San Jose) 135, 5. Marin Catholic (Kentfield) 164, 6. Tracy 173, 7. Livermore 222, 8. Berkeley 223, 9. College Park (Pleasant Hill) 235, 10. Granada (Livermore) 263, 11. Clayton Valley (Concord) 284, 12. Moreau (Hayward) 294, 13. Washington (San Francisco) 415.

## Hanford Invit.

from Steve Ward

### Sept. 30.

#### Senior Boys

1. M. Hurtado (Sanger) 14:22
2. M. Leal (Sanger) 14:38
3. R. Bernal (Sanger) 14:51
4. Garcia (Shafter) 15:00
5. Escobar (Shafter) 15:00
6. J. Williams (Clovis) 15:11
7. R. Bryant (Clovis) 15:13
8. C. Porter (Clovis) 15:28

#### Junior Boys

1. D. Jaurequi (Clovis) 15:09
2. D. Vega (Clovis) 15:12

#### Soph Boys

1. D. Naranjo (Sanger) 8:49.9

#### Fresh Boys

1. J. Lienau (Clovis) 9:25.8

#### Senior Girls

1. Lewis (Clovis) 11:07
2. G. Montie (Clovis) 11:24
3. S. Chavez (West, Bakersfield) 11:28

#### Junior Girls

1. L. Cook (Golden West) 11:10
2. C. Stables (Clovis) 11:22
3. T. Shaw (Clovis West) 11:24
4. T. Guajardo (Clovis) 11:25

#### Soph Girls

1. T. Shelley (Clovis) 11:15
2. Cruz (Exeter) 11:16
3. Baker (Monache) 11:48

#### Fresh Girls

1. Loeb (Clovis West) 11:50
2. Penson (Redwood) 12:08
3. Valdez (Memorial) 12:13
4. Wagoner (Clovis West) 12:14
5. Hevener (Clovis) 12:24

## Northern League Quadrangular

from Greg DeNike

San Luis Obispo H.S. Sept. 30, 3 Miles.

#### Girls Individual Results

1. Chantal Plante (Arroyo Grande) 17:50
2. Theresa Mayfield (Cabrillo) 18:32
3. Shirley Rodrigues (Arroyo Grande) 20:11
4. Lisa Barber (San Luis Obispo) 20:12

## Artichoke Invit.

from Keith Conning

Half Moon Bay High School, Oct. 1.

#### Large Schools Boys Varsity Individuals

1. Calvin Gaziano (Castro Valley) 11:16.0
2. Chris Craig (Leigh) 11:17.5
3. Matt Giusto (San Mateo) 11:18.7
4. John Bass (Castro Valley) 11:20.7
5. Scott Hill (Mission S.J.) 11:25.8
6. James Green (Gunderson) 11:38.8
7. Greg Rivera (Willow Glen) 11:47.8
8. Martin Higginbotham (Berk.) 11:50.8
9. Rich Clark (Mt. View) 11:51.7

continued on next page...

# Prep Notes

10 Hector Barron (Willow Glen)	11:54.1
11 Vic Santa Maria (Willow Glen)	11:58.0
12 Mike Dean (Lassen)	11:59.1
13 Eric Smedberg (El Dorado)	12:00.6
14 Craig Blockhus (Mt. View)	12:05.0
15 Chris Allen (Mira Loma)	12:05.2
16 Blair Bullock (Carlmont)	12:07.3
17 Brian Fugler (Del Campo)	12:08.5
18 Nelson Cottler (Leigh)	12:10.4
19 John Mann (Redwood)	12:11.2
20 John Dominguez (Leigh)	12:12.0
21 Angel Ventura (Leigh)	12:12.6
22 Alex Britton (Redwood)	12:14.1
23 Chris Piety (Carlmont)	12:15.3
24 Paul Monje (Castro Valley)	12:19.0
25 Brian Vaughan (Berkeley)	12:21.8

**Large Sch. Boys Team Scores**

1. Leigh (San Jose) 89, 2. Redwood (Larkspur) 142, 3. Willow Glen (San Jose) 146, 4. Castro Valley 149, 5. El Dorado (Placerville) 156, 6. Berkeley 215, 7. San Mateo 266, 8. Mountain View 287, 9. Carlmont (Belmont) 288, 10. Serra (San Mateo) 305, 11. Los Gatos 341, 12. Mission San Jose (Fremont) 343, 13. Gunderson (San Jose) 373, 14. Leland (San Jose) 391, 15. Homestead (Sunnyvale) 395, 16. Lynbrook (San Jose) 409, 17. Jefferson (Daly City) 448, 18. St. Ignatius (San Francisco) 452, 19. De La Salle (Concord) 463, 20. Fremont (Sunnyvale) 514, 21. Newark Memorial (Newark) 526, 22. Palo Alto 592.
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**Large Schools Girls Varsity Individuals**

1 Nanette Garcia (Silver Creek)	13:28.1
2 Shannon Clark (Mt. View)	13:34.7
3 Laurie Chapman (Gunderson)	14:03.7
4 Kim Himenes (St. Francis)	14:12.2
5 Monica Daley (Los Gatos)	14:20.1
6 Therese Fisher (Los Gatos)	14:21.4
7 Brenda Payton (El Dorado)	14:26.8
8 Rebecca Chamberlain (Leigh)	14:30.3
9 Deena Adams (Gunderson)	14:30.6
10 Dana Rositano (St. Francis)	14:36.6
11 Karen Himenes (St. Francis)	14:39.9
12 Michelle Seck (Lynbrook)	14:44.4
13 Laura Henry (Los Gatos)	14:49.0
14 Marta Champeny (Santa Clara)	14:51.0
15 Becki Van Zant (Wilcox)	14:53.3
16 Angela Laung (Lowell)	14:54.0
17 Jeanette Demoss (Leland)	14:55.0
18 Dondi Hart (Homestead)	14:55.6
19 Trish Brown (Lowell)	14:56.7
20 Diana Rossman (St. Francis)	14:58.0



LORI WILSON  
Terra Nova

photo by Keith Conning

**Large Sch. Girls Team Scores**

1. St. Francis (Mt. View) 75, 2. Los Gatos 85, 3. Lowell (San Francisco) 221, 4. Redwood (Larkspur) 231, 5. Leigh (San Jose)
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234, 6. Mountain View 239, 7. El Dorado (Placerville) 242, 8. Amador Valley (Pleasanton) 257, 9. Homestead (Sunnyvale) 269, 10. Leland (San Jose) 276, 11. Gunderson (San Jose) 328, 12. Carlmont (Belmont) 333, 13. Palo Alto 337, 14. Willow Glen (San Jose) 339, 15. Lynbrook (San Jose) 352, 16. El Cerrito 378, 17. San Mateo 409, 18. Newark Memorial (Newark) 448, 19. Fremont (Sunnyvale) 497, 20. Mission San Jose (Fremont) 499, 21. Castro Valley 523.

**Small Schools Boys Individuals**

1 Doug Gollmer (Saratoga)	11:31.1
2 Marc Goulet (Soquel)	11:42.3
3 Sean Crowley (Overfelt)	11:43.1
4 Paul Ghidossi (Capuchino)	11:51.8
5 Kevin Thayer (Terra Linda)	11:56.5
6 Eugene Tung (Saratoga)	12:08.0
7 John Dye (Half Moon Bay)	12:13.5
8 Paul Leonard (St. Francis)	12:22.4
9 John Oakes (Woodside)	12:23.0
10 Roger Kohne (Gunn)	12:23.4
11 Stan Carroll (Woodside)	12:24.6
12 Chris True (St. Francis)	12:25.4
13 Greg Machado (Lick)	12:26.2
14 Chris Thayer (Terra Linda)	12:28.4
15 Hector Serrato (Overfelt)	12:29.0

**Small Sch. Boys Team Scores**

1. Terra Linda (San Rafael) 120, 2. Half Moon Bay 149, 3. Overfelt (San Jose) 171, 4. Capuchino (San Bruno) 185, 5. Chico 189, 6. St. Francis (Mt. View) 213, 7. Christian Brothers (Sacramento) 215, 8. Saratoga 223, 9. Moreau (Hayward) 229, 10. Mitty (San Jose) 232, 11. Soquel 235, 12. Woodside 280, 13. Gunn (Palo Alto) 283, 14. Lick (San Jose) 313, 15. Piedmont 354, 16. Terra Nova (Pacifica) 442, 17. San Marin 452, 18. St. Mary's (Stockton) 488, 19. Menlo (Menlo Park) 551, 20. Tennyson (Hayward) 552.
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**Small Schools Girls Individuals**

1 Lori Wilson (Terra Nova)	13:49.8
2 Carrie Costamagna (MarinCath)	14:11.9
3 Sally Wood (Piedmont)	14:21.2
4 Kathy Laughlin (Terra Linda)	14:26.4
5 Keidre Kelly (Mitty)	14:29.2
6 Noreen deBettencourt (Carond)	14:32.7
7 Nancy Benson (Piedmont)	14:36.5
8 Barbara Keehner (Hill)	14:38.2
9 Kim Thronson (Mitty)	14:42.3
10 Jenny Brekhus (MarinCatholic)	14:50.6
11 Lorena Ferreira (Half Moon Bay)	14:52.0
12 Kim Williams (Terra Nova)	14:54.5
13 Mary Alice Erickson (Terra Lin)	14:56.8
14 Silvia Aguirre (Burlingame)	14:57.7
15 Laura Burtness (Gunn)	14:58.4
16 Toni Hartlaub (Burlingame)	15:19.5
17 Susie Faigle (Half Moon Bay)	15:23.9
18 Gienna Auerback (Aragon)	15:24.3
19 Chrissi McGee (MarinCatholic)	15:24.6
20 Molly Burke (Marin Catholic)	15:24.8

**Small School Girls Team Scores**

1. Mitty (San Jose) 88, 2. Terra Linda (San Rafael) 124, 3. Half Moon Bay 130, 4. Chico 144, 5. Marin Catholic (Kentfield) 144, 6. Terra Nova (Pacifica) 174, 7. Carondelet (Concord) 215, 8. Piedmont 285, 9. Soquel 307, 10. Sacred Heart (Menlo Park) 321, 11. Moreau (Hayward) 355, 12. Crystal Springs (Hillsborough) 386, 13. Overfelt (San Jose) 397, 14. St. Mary's (Stockton) 405, 15. San Marin 453.
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**Large School Fresh-Soph Boys Indl.**

1 Mike Wall (Lassen)	11:54.4
2 Scott LaForce (Los Gatos)	12:12.1
3 Stuart Wiseman (El Cerrito)	12:20.5
4 Alex Da Silva (El Cerrito)	12:27.5
5 Steve Bergkamp (Leigh)	12:29.1

**Small School Fresh-Soph Boys Indl.**

1 Scott Machado (Moreau)	12:24.3
2 Jim McManus (College Prep)	12:24.8

## Nevada Union X-C Invitational

from Steve Fagundes

Nevada Union H.S., Grass Valley, Oct. 2. Under ideal weather conditions and on a slightly muddy course, senior Joni Mooney (Vacaville) held off an early challenge from Davis senior Sally Pinkner and cruised to an impressive victory. The senior duo of Stacey McCaffee and Beth Wilson led their Del Oro (Loomis) team to an overwhelming victory in the girls' team

competition. In the boys' individual race, senior Pete Vicencio (Del Oro, Loomis) ran away from senior Nick Sparks (Bella Vista, Fair Oaks) in the last half mile to remain undefeated against section competition. Led by Duke Rittenhouse and Carl Lerule, Reno captured the boys team title from a "weakened" Jesuit (Carmichael) team. Paced by senior Rod Grieve, the Jesuit harriers were without super sophomores Mark and Eric Mastalir and freshman sensation Paul Thomas, normally their second through fourth runners, who competed and set course records in the freshman and sophomore divisions.

**Boys' Individuals**

1 P. Vicencio, Del Oro	15:33.1
2 N. Sparks, Bella Vista	15:47.4
3 R. Grieve, Jesuit	15:59.5
4 D. Valdez, Merced	16:07.7
5 E. Palo, Sacramento	16:12.5
6 D. Rittenhouse, Reno	16:14.7
7 C. Lerule, Reno	16:21.1
8 A. Vigil, Cordova	16:21.7
9 W. Terry, Cordova	16:24.5
10 D. Slade, Valley	16:29.0
11 J. Mattson, Cordova	16:29.7
12 D. Mimno, Reno	16:31.8
13 V. Goss, Nevada Union	16:32.5
14 J. Garrett, Vacaville	16:36.6
15 S. Howard, Merced	16:41.2
16 S. Lewis, Wooster	16:47.7
17 J. Price, Sacramento	16:48.9
18 P. Miers, Reed	16:50.3
19 I. MacAuthur, Jesuit	16:54.1
20 G. McMaster, Placer	16:54.5

**Boys' Team Scores**

1. Reno 73, 2. Jesuit (Carmichael) 96, 3. Cordova 106, 4. Nevada Union 115, 5. Vacaville 128, 6. Merced 138, 7. Placer (Auburn) 173, 8. Reed 216, 9. Carson City 259, 10. Valley (Elk Grove) 282.
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**Girls' Individuals**

1 J. Mooney, Vacaville	18:10.7
2 S. Pinkner, Davis	18:32.4
3 D. Self, Del Campo	19:11.9
4 S. McCaffee, Del Oro	19:12.3
5 B. Wilson, Del Oro	19:22.2
6 L. Mobley, Tracy	19:31.0
7 S. Moussett-Jones, Reno	19:35.7
8 S. Virga, Del Campo	19:40.7
9 W. Knox, Del Oro	19:42.7
10 R. Rife, Portola	19:52.0
11 M. Kuphaldt, Bella Vista	19:55.3
12 R. Madell, Davis	20:08.9
13 D. Crowley, Del Oro	20:11.5
14 B. Shelgren, El Camino	20:42.7
15 J. Verke, St. Francis	20:15.3
16 L. Bushling, Yuba City	20:16.7
17 C. Gifford, Shasta	20:24.2
18 D. Solano, Reno	20:26.9
19 J. Tropt, Nevada Union	20:28.9
20 M. Silva, Wooster	20:29.6

**Girls' Team Scores**

1. Del Oro (Loomis) 72, 2. Carson City 129, 3. Del Campo (Fair Oaks) 131, 4. Vacaville 150, 5. Reno 151, 6. Nevada Union (Grass Valley) 181, 7. Shasta 182, 8. Reed 189, 9. Davis 196, 10. Tracy 217.
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## Center Meet

from Keith Conning

**Crystal Springs, Belmont, Oct. 6.**

**Boys Individuals**

1 Chris Becerra (Mills)	15:41
2 David Blockhus (Mt. View)	15:46
3 Shawn Ayers (Bellarmine)	16:04
4 Aaron Lopez (Menlo-Atherton)	16:04
5 Stan Carroll (Woodside)	16:04
6 Blair Bullock (Carlmont)	16:04
7 Shane O'Flaherty (Bellarmine)	16:11
8 Piety (Carlmont)	16:18
9 Ben Valpey (Menlo-Atherton)	16:18
10 Steve Ramon (Bellarmine)	16:19
11 Mancini (Bellarmine)	16:20
12 Sangervasi (Carlmont)	16:21
13 Name Unavailable	
14 Hoover (Mt. View)	16:26
15 Heira (Bellarmine)	16:30

**Boys Team Scores**

1. Bellarmine (San Jose) 45, 2. Menlo-Atherton 88, 3. Carlmont (Belmont) 112, 4. Mountain View 144, 5. St. Ignatius (San Francisco) 172, 6. Woodside 185, 7. Gunn (Palo Alto) 187, 8. Santa Clara 218, 9. Riondan (San Francisco) 227, 10. Fremont (Sunnyvale) 244, 11. San Mateo 287, 12.
--

Palo Alto 279, 13. Sacred Heart 303, 14. Sequoia (Redwood City) 325, 15. Mills (Millbrae) 345, 16. Wilcox (Santa Clara) 381.

**Girls Individuals**

1 Laura Burtness (Gunn)	19:38
2 Becki Van Zant (Wilcox)	19:47
3 Marta Champeny (Santa Clara)	20:31
4 Name unavailable (Carlmont)	20:32
5 Sandy Wood (Santa Clara)	20:34
6 Tracy Paaso (Los Altos)	20:38
7 Jenny Pickering (Gunn)	20:53
8 Carlson (San Mateo)	20:57
9 Sandrine DeMarval (MenloAth.)	21:01
10 Carla Holmes (Menlo-Atherton)	21:02
11 Deisinger (Palo Alto)	21:03
12 Novotny (Palo Alto)	21:26
13 Charette (Mills)	21:30
14 Peterson (Palo Alto)	21:33
15 Frank (Sacred Heart)	21:34

**Girls Team Scores**

1. Gunn (Palo Alto) 73, 2. Palo Alto 80, 3. Menlo-Atherton (Atherton) 83, 4. Mills (Millbrae) 119, 5. San Mateo 122, 6. Los Altos 126, 7. Sacred Heart (Menlo Park) 142, 8. Carlmont 154, 9. Wilcox 183, 10. Notre Dame (San Jose) 246.
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## 9th Annual Crystal Springs Invitational

from Keith Conning

**Belmont, Oct. 8. 2.93 Miles.**

**Boys Champs Varsity Individuals**

1 Sean Crowley (Overfelt)	14:54.4
2 Rodney Grieve (Jesuit)	15:12.0
3 Jason Lienau (Clovis Frosh)	15:13.2
4 Mark Mastalir (Jesuit)	15:17.7
5 Rob Wickstrom (Serra)	15:23.5
6 Martin Higginbotham (Berk)	15:28.1
7 Rod Coker (Vacaville)	15:33.8
8 Paul Thomas (Jesuit Frosh)	15:38.2
9 Eric Mastalir (Jesuit)	15:39.3
10 Craig Porter (Clovis)	15:42.5
11 Marc Beauchemin (Westmont)	15:42.9
12 James Williams (Clovis)	NT
13 James Garrett (Vacaville)	NT
14 Dan Vaga (Clovis)	NT
15 Dick Vicain (Jesuit)	NT

**Boys Champs Varsity Teams**

1. Jesuit (Carmichael) 33, 2. Clovis 49, 3. Vacaville 86, 4. Serra (San Mateo) 124, 5. Berkeley 129, 6. Westmont (Campbell) 133, 7. Logan (Union City) 188, 8. St. Elizabeth (Oakland) 227, 9. Campolindo (Moraga) 511.
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**Boys Varsity Individuals**

1 Nick Sparks (Bella Vista)	15:00.0
2 Matt Glusto (San Mateo)	15:11.7
3 Paul Ghidossi (Capuchino)	15:19.0
4 Greg Machado (Lick)	15:33.9
5 Hector Barron (Willow Glen)	15:34.7
6 Greg Rivera (Willow Glen)	15:37.6
7 Art Vigil (Cordova)	15:45.1
8 John Dye (Half Moon Bay)	15:50.4
9 Victor Santa Maria (Willow G)	15:55.7
10 Walter Terry (Cordova)	15:58.3
11 Jim Mattson (Cordova)	NT
12 Herb Pepper (Homestead)	NT
13 Bob Lyle (Live Oak)	NT
14 Dale Porter (Live Oak)	NT
15 Stuart Wiseman (El Cerrito)	NT

**Boys Varsity Team Score**

1. Cordova (Rancho Cordova) 78, 2. Westmont (Campbell) 105, 3. Capuchino (San Bruno) 220, 4. Jesuit (Carmichael) "B" 223, 5. Leland (San Jose) 231, 6. San Mateo 237, 7. Independence (San Jose) 281, 8. Bella Vista (Fair Oaks) 291, 9. St. Ignatius (S.F.) 295, 10. Milpitas 296, 11. St. Francis (Mt. View) 311, 12. Lick (San Jose) 354, 13. Homestead (Sunnyvale) 357, 14. Skyline (Oakland), 15. Mitty (San Jose) 379, 16. Oak Grove (San Jose) 384.
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**Girls Varsity Individuals**

1 Joni Mooney (Vacaville)	17:34.3
2 Deonne Self (Del Campo)	18:17.3
3 Sabrina Han (Westmoor)	18:24.3
4 Lauri Chapman (Gunderson)	18:43.8
5 Deena Adams (Gunderson)	18:51
6 Jeanette DeMoss (Leland)	19:02.0
7 Barbara Keehner (Hill)	19:03.5
8 Deidre Kelly (Mitty)	19:07.3
9 Mary Kuphaldt (Bella Vista)	19:09.6
10 Kelly Bungo (Milpitas)	19:10.5

- |                                |    |
|--------------------------------|----|
| 11 Shari Virga (Del Campo)     | NT |
| 12 Lisa Lewis (Clovis)         | NT |
| 13 Gina Montie (Clovis)        | NT |
| 14 Silvia Aguirre (Burlingame) | NT |
| 15 Michelle Pentz (Homestead)  | NT |

**Girls Varsity Teams**

1. Clovis 71, 2. Del Campo (Fair Oaks) 113, 3. Mitty (San Jose) 119, 4. Vacaville 157, 5. Bella Vista (Fair Oaks) 161, 6. Amador Valley (Pleasanton) 184, 7. Leland (San Jose) 188, 8. Lowell (San Francisco) 216, 9. Half Moon Bay 228, 10. Gunderson (San Jose) 255, 11. Independence (San Jose) 296, 12. Willow Glen (San Jose) 308, 13. Milpitas 339.

## East Bay Athletic League Dual

**San Ramon. Girls Meet. Individuals**

- |                                |       |
|--------------------------------|-------|
| 1 Tina Goodykooztz (San Ramon) | 13:01 |
| 2 Julie Rivers (Livermore)     | 13:08 |
| 3 Pam Wasley (Livermore)       | 13:43 |

**Team Score**

1. San Ramon 23, 2. Livermore 38.

## Southern Section Cross-Country Invitationals

**Arroyo Grande Invitational UCSB Lagoon Course. Saturday, Sept. 10.**

For the third year in a row seven Southern Section squads gathered at UCSB for a school weekend opening competition. A number of highly ranked teams duked it out in the Varsity races.

A star was born in the Women's Varsity race, as Chantel Plante (Arroyo Grande), who raced 11:00.98c for two miles last spring for Ventura HS before a summer family move north, destroyed a good field. Even splitting the rolling three mile course with 5:56-12:00 segments, Plante raced about a minute faster than some good athletes ever have in her 17:58 Course Record win. Dos Pueblos, a top ranked 4A squad, easily won the team contest. San Marino's David Baca steadily pulled away from the pack to win the Men's Varsity race by twenty seconds at 15:40. Coach Phil Ryan of SM had juniors Andy Allan (4th-16:04) and surprising Stuart Thompson (5th-16:09) also in the top five against some very good squads. Dos Pueblos (Goleta) pulled a mild upset by winning the Men's Varsity over Newbury Park.

**Women's Varsity**—Plante (AG) 17:58, Anderson (DP) 19:21, Beman (SM) 19:29, Irving (SM) 19:45, Eicher (Rowland) 20:10, Zimmerman (DP) 20:24. **Team**—Dos Pueblos 45, Arroyo Grande 85, Newbury Park 99, Righetti (Santa Maria) 102. **Men's Varsity**—Baca (SM) 15:40, Gully (DP) 16:00, Woodward (R) 16:00, Allan (SM) 16:04, Thompson (SM) 16:09, Mata (DP) 16:22. **Team**—Dos Pueblos 41, Newbury Park 46, Rowland 74, Righetti 90, Arroyo Grande 102. **Women's J.V.**—Jones (AG) 22:01. **Men's J.V.**—Soph-Barton (NP) 17:24.

**Bishop Amat Classic Otterbein Park (Rowland Heights). Saturday, Sept. 10.**

Chula Vista's Bonita Vista HS came north to this San Gabriel Valley Women's meet, which was moved this year from the Industry Hills Golf Course and equestrian complex to Otterbein Park in the same area. Showing off what should be one of the better San Diego Area teams this Fall, the Barons placed runners up near the top in each of the three older (by grade) races in the Meet. Heather Brooks (BV) raced to the day's fastest at 19:14 in a win by over a minute in her junior race.

**Fresh-Pollack** (Westlake) 20:39. **Soph-Eager** (Vista) 19:15, Gorman (BV) 19:30, Courten (BV) 20:09, Gonzales (Bishop Amat) 20:25. **Junior**—Brooks (BV) 19:14, E. Ebner (BA) 20:21. Sr.—Thompson (Saugus) 19:19, Hanks (BV) 20:06, Maldonado (BA) 20:17, Worden (S) 20:22.

**Millikan Invitational El Dorado Park (Long Beach). Saturday, Sept. 17.**

Coaches Mike Butler and Rod Petkovic of Millikan HS hosted 55 schools and 868

athletes in a fine meet held in the large El Dorado Park. Course Records fell by the wayside in a number of divisions in this meet which features by-grade races for the Men and Women in the larger school divisions and Varsity and Junior Varsity races for the smaller schools.

Kristen O'Hare (Palos Verdes) at 17:56.5 led the young ladies with her Sr. race win, while Pat Watson (PV Men 12th grade) 15:08 charged the fastest guys' time for the day. O'Hare's race was a course record, as was the soph race win of Andrea Silver (Foothill, Santa Ana) 19:48, and the Fresh win of Christy Farrell (Thousand Oaks) 19:28. Greg Hoffman (St. Bernards, Playa Del Rey) (who just has to be the brother of 9:08 two miler Chris Hoffman from the same school in the early 1970's) raced a fine 15:14 Small Schools Varsity Men's win. Palos Verdes easily had the fastest team time when top fives from all grades are added up in the Women's division with 98:08. Foothill ran without burner Amy Cox and totaled 100:31. IA Women's power Morro Bay scored 36 points (101:10) to easily take the Small School's Varsity title. Villa Park won the team time war among the top three ranked 4A Men's squads with 80:07 to Palos Verdes' 80:56, with Newbury Park back at 5th overall at 81:46.

**Varsity Small Schools Men**—Hoffman (SB) 15:14 (CR), Jones (MB) 15:35, Ocadiz (Los Amigos). **Team**—South Hills (Covina) 86, Rio Mesa (Oxnard) 93, St. Anthony (Long Beach) 117. **J.V.**—Gallegos (RM) 17:27. **Varsity Small Schools Women**—DeSantiago (Ontario) 19:04, Ogle (MB) 19:07, Lewis (MB) 19:24, Oslinker (SH) 19:42.

**Large Schools—Fresh Women**—Farrel (TO) 19:28 (CR), Chabot (TO) 20:07. **Team**—Palos Verdes 53. **Soph Women**—Silver (F) 19:48, Yashikawa (PV) 20:04, Burns (PV) 20:23. **Team**—Palos Verdes 32. **Junior Women**—Carney (F) 19:34, Jacobsen (LB Wilson) 19:53, Covarrubias (Paramount) 19:56, Johnson (TO) 20:09. **Team**—Palos Verdes 44. **Senior Women**—K. O'Hara (PV) 17:56 (CR), Hull (Compton) 18:26, Painter (LBW) 19:11, S. O'Hara (PV) 19:37, Hinrichs (Millikan) 19:54. **Team**—Palos Verdes. **Large Schools—Men's Fresh**—Flynn (West Torrance) 17:19 (CR). **Team**—Foothill 44. **Soph Men**—Schauffer (Foothill) 16:06, Meyer (Villa Park) 16:16, Franco (F) 16:25. **Team**—Villa Park 83. **Junior Men**—Hoggenmiller (TO) 16:16, Burkett (Los Alamitos) 16:16, Gonzalez (Newbury Park) 16:17. **Team**—Palos Verdes 114. **Senior Men**—Watson (PV) 15:08, Quintana (Lakew) 15:24, Green (PV) 15:28, Maemura (NT) 15:30, Rice (NP) 15:42, Ree (Cypress) 15:43. **Team**—Millikan 79. **Overall Team Times** (5 deep, combined grade divisions)—Men—Villa Park 80:07, Palos Verdes 80:56, Lakewood 81:09, Millikan 81:39, Newbury Park 81:46, Montebello & Thousand Oaks 82:49. **Women**—Palos Verdes 98:08, Foothill 100:31, Morro Bay 101:10, Thousand Oaks 101:16.

**Woodbridge Invitational Woodbridge HS (Irvine). Saturday, Sept. 17.**

In another by-grades meet for the Men and straight Varsity race for the Women a number of top teams and Individuals showed up for Coach George Varvas's affair. Laura Cattivera (Mira Costa, Manhattan Beach) seemed over any problems she had during the Spring Track season as she blasted to a 17:32 Division 3 Women's Varsity individual win. Tustin's pack followed Cattivera to a big team win here with 30 points and a super 93:59 team time for five. Coach Tom Coffey's Girls are possibly the Section's best off this run. Corona Del Mar's Dave Anderson, a 4:14.21c miler last Spring, blasted to by far the fastest Men's time of the day in his 2A senior race win at 15:08. Arroyo HS, possibly the Section's best Men's team, churned a fine 79:46 team time to have by far the fastest team total.

**IA Women's Varsity**—Heim (Laguna Hills) 19:00, Tackett (Brea) 19:52. **Team**—Woodbridge 87. **2A Women**—Chapel (Irvine) 18:22, Kenny (Valencia) 18:30, Delgado (Temple City) 19:11. **Team**—Irvine 53, Tustin "B" 82, Corona Del Mar 95. **3A Women**—Cattivera (MC) 17:32, Scott (Tustin) 18:20, Thompson (Saugus) 18:23, Fleagle (T) 18:35, Brown (Hawthorne) 18:50, K. Miller (T) 18:53, McCormick (T) 18:56. **Team**—Tustin 30, Hawthorne 121. **IA Men's Fresh**—McLachan (Costa Mesa) 17:28. **Team**—Costa Mesa 16. **Soph**—Hernandez (Gladstone) 16:18. **Team**—Laguna Hills 81. **Junior**—Sanchez (La

# RUNNERS' FEET

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Salle, Pasadena) 15:55. **Team**—Woodbridge 64. **Senior**—Hall (LS) 15:33, Acosta (Mt. View, El Monte) 15:48, Hayne (CM) 15:56, Mawhorter (Lutheran, LaVerne) 16:00. **2A Fresh Men**—Mascorro (Rosemead) 16:14. **Team**—Arroyo (El Monte) 46. **Soph**—Alcareaz (Santa Ana Valley) 15:55, Imlay (Temple City). **Team**—Irvine 70. **Junior**—Kangas (TC) 15:48. **Team**—Arroyo 75. **Senior**—Anderson (GDM) 15:08, Perez (Arr) 15:31, Reagan (Arr) 15:43, Vargas (SAV) 15:46, Valenzuela (Buena Park) 15:55. **Team**—Arroyo 33. **3A Men's Fresh**—Guerrero (Santa Ana) 16:50. **Team**—Santa Ana 69. **Soph**—Zimmer (Simi Valley) 16:02. **Team**—Simi 42. **Junior**—Placencio (Rowland) 16:08. **Team**—Tustin 66. **Senior**—Rubio (Hawthorne) 15:34, Crafton (Mira Costa) 15:43, Johnson (MC) 15:53. **Team**—Tustin 84.

**Perris Invitational Perris HS. Saturday, Sept. 17.**

Trish Ramirez of Rubidoux (Riverside) was the individual winner and led her squad to a mild upset win over a depleted Bishop Amat (La Puente) team in this meet. Trish raced 19:38 to handle Joanne Maldonado (BA) who timed 19:47. Rubidoux totaled 34 points. The home team was the Men's team winner with 34 points also, as Cajon's (San Bernardino) Gil Abrego was the individual winner at 16:40.

**Women's Varsity**—Ramirez (Rub) 19:38, Maldonado (BA) 19:47, Heck (Rubid) 20:50. **Team**—Rubidoux 34, Perris 69, Victor Valley 84, (Amat 4 runners). **Men's Varsity**—Abrego (Cajon) 16:40, Salvador (Perris) 16:56, Carlton (Perris) 16:59. **Team**—Perris 34, Bishop Amat 61, Hemet 64, Cajon 68.

**Azusa Invitational Citrus JC (Azusa). Saturday, Sept. 24.**

Arroyo HS (El Monte), with five team wins of the eight by-grade Men's and Women's divisions here, dominated this San Gabriel Valley area affair. On a flat, nearly all concrete course which is 85 yards short of three miles athletes really fly. Arroyo had eleven athletes run under 16:00 with their "magic" class of 1984 in

the 12th Grade Men's race average 15:10 for five on the way to a 16 point total and 75:49 team time. Coach Tim O'Rourke's 1983 Cross-Country squad is probably the best in the history of the San Gabriel Valley.

San Gabriel's Sylvia Mosqueda blasted through a 5:19 opening mile on the way to a 17:23 Course Record in the 12th Grade Women's race.

**Women**—10th Grade—Rincon (Nogales, La Puente) 19:58. **Team**—Monrovia. **11th Grade**—Costa (Northview, Covina) 20:15. **Team**—Arroyo. **12th Grade**—Mosqueda (SG) 17:23 (CR), Oslinker (South Hills) 18:52, Alarcon (Gladstone) 19:29. **Team**—Arroyo 77.

**Men**—9th Grade—Mascorro (Rosemead) 15:24. **Team**—Arroyo. **10th Grade**—Hernandez (Gladstone) 15:43. **Team**—Rosemead. **11th Grade**—Cuhue (SH) 15:27, Hurlimann (SH) 15:38, Fernandez (Arr) 15:44, Wilson (Arr) 15:45. **Team**—Arroyo. **12th Grade**—Perez (Arr) 14:55, Reagan (Arr) 15:04, Trejo (Arr) 15:07, Santoyo (Arr) 15:09, Vargas (SH) 15:25, Fast (Arr) 15:34, Boen (Charter Oak) 15:36. **Team**—Arroyo.

**Chaffey Invitational Saturday, Sept. 24.**

Alta Loma took both the Men's and Women's Varsity titles in this ten team meet. Ontario's Sylvia DeSantiago raced 18:34 for the girls title, leaving Diamond Bar's Kristi McDonald some 32 seconds to the rear. Walnut's Junior, Gustavo Bento, was the Men's winner at 15:28 over the 15:28 of Upland's Ken Fetters.

**Women's Varsity**—DeSantiago (Ontario) 18:34, McDonald (Diamond Bar) 19:06, Prussia (Upl) 19:10, Woodside (AL) 19:17. **Team**—Alta Loma 42, Walnut 87, Burroughs (Ridgecrest) 93, Ontario 108, Chino 113.

**Men's Varsity**—Bento (Wain) 15:26, Fetters (Upl) 15:28, Shrum (DB) 15:55, Tristant (Chino) 16:08. **Team**—Alta Loma 85, Upland 88, Diamond Bar 91, Walnut 97.

# Results

## College Open X-C Results

### CSUDH X-C Inv.

Cal State Dominguez Hills, Sept. 10.

#### Men's 10K Results

1 G. Duff, CSLB	32:09
2 J. Spilman, CSN	32:20
3 B. Adams, CSF	32:22
4 J. Olson, CSDH	32:26
5 R. Caintalan, CSLB	32:42
6 B. Jensen, CSLB	32:51
7 J. Alcorn, CSLB	33:06
8 S. Hakeman, CSF	33:07
9 S. Delaney, USD	33:08
10 D. Huddleston, CSDH	33:10
11 J. Monical, CSF	33:18
12 R. Arsenaull, CSLB	33:23
13 C. Nauyen, CSF	33:30
14 D. Loud, CPP	33:34
15 M. Wood, CSF	33:41
16 G. Mojarro, CSN	33:45
17 No Name	
18 M. Simpson, CSLB	33:57
19 S. Sherman, CSN	33:59
20 S. Madrid, CSF	34:03

#### Team Standings

1. Cal State Long Beach 31, 2. Cal State Fullerton 50, 3. Cal State Northridge 97, 4. Cal Poly Pomona 113, 5. Cal State Dominguez Hills 121, 6. U. San Diego 149, 7. Point Loma 150, 8. LA Baptist 262.

#### Women's 5K Results

1 M. Hopper, Medalist TC	18:31
2 T. Valdez, CSF	18:57
3 T. Hull, Compton TC	19:22
4 K. DiFilippo, CSDH	19:32
5 N. Arzu, UC Riverside	19:55
6 A. Chavez, CSLA	20:00
7 D. Hurtado, CSDH	20:09
8 A. Reed, CSF	20:11
9 A. Cooper, CSF	20:12
10 B. Rohman, CSF	20:14

#### Team Standings

1. Cal State Fullerton 35, 2. UC Riverside 66, 3. Cal State Long Beach 73, 4. Cal State Dominguez Hills 79, 5. U. San Diego 103.

### Cuesta J. C. X-C Invitational

San Luis Obispo, 4 Miles.

1 Peter Brett, Han.	20:06.0
2 Steve Barlow, Han.	20:40.0
3 Mandia Kunene, Port.	20:45.9
4 John King, Taft	21:26.3
5 Leonard Aseues, Ox.	21:37.4
6 Jeff Alquist, Mp(A)	21:40.1
7 David Trissel, Han.	21:41.9
8 Nick Adams, Taft	21:49.8
9 Ramson Sewelngyawma, Taft	21:57.2
10 Craig Ingram, Mp(A)	22:00.0
11 Doug Sullivan, Mp(A)	22:00.5
12 Hector Romero, Mp(A)	22:19.4
13 Oscar Corriere, Port.	22:20.3
14 Joe Brunet, Mp(A)	22:22.6
15 Christian Emmons, Han.	22:28.6

#### Team Scores

1. Allan Hancock 50, 2. Moorpark (A) 53, 3. Taft 65, 4. Porterville 97, 5. Moorpark (B), 6. Ventura 167, 7. Cuesta 190, 8. Kings River 207, 9. Hartnell 215, 10. Oxnard Inc.



Laurie Crisp takes early lead at the UCLA Invitational.

photo by Richard Lee Slotkin

## UCLA Invitational

By RICHARD LEE SLOTKIN

September 18.

Steve Ortiz never liked the cross country course at UCLA. He disliked it so much, in fact, that he managed to avoid running it while he was at UCLA.

So, what does he do now that he's out of school? Well, for starters, he ran a road version of the course last spring at the Rock 'n Run 10K, and finally, on September 18, on a hot early evening he bit the bullet and ran the real thing.

He won it, too! All that worry for nothing.

Jon Butler, who currently runs for UCLA, turned on a powerhouse of a kick and caught Gary Gregory just yards before the finish to take second. Gregory, SMTC's newest find, was leading or in a close second most of the way, and it took a great surge by Ortiz and a strong kick by Butler to beat him out.

Laurie Crisp, of SDSU, took the early lead in the women's race and held it all the way up the infamous UCLA hill. But, eventually Michelle Bush, using the last of her UCLA eligibility, asserted herself and ran to a 20 second win. Crisp, far from folding, held on to a photo finish nod for 2nd over Jamul Toad Carol Keller. Both were timed in 17:39.

To no one's surprise, UCLA took team honors in both races. But this race gives all the local schools and clubs a chance to get together for a pre-season tune-up and gives the coaches an opportunity to see just what they've got and rejoice or weep, as the case may be.

Besides, UCLA doesn't always win it, either.

#### Women

1 Michele Bush, UCLA	17:19.1
2 Laurie Crisp, SDSU	17:39
3 Carol Keller, Jamul Toads	17:39
4 Vickie Cook, UCLA	17:46
5 Nena Manriquez, CSUN	17:57
6 Shannon Stryker, UCLA	18:01
7 Tania Fischer, UCLA	18:06
8 Lisa Gonzales, UCI	18:07
9 Michele Hopper, Medalist TC	18:09
10 Jeanette Allred, CSUN	18:10
11 Lorraine Mercado, UCI	18:14
12 Tara Statten, CSUN	18:21
13 Stacey Kneeshaw, SDSU	18:22
14 Tamsin Valdez, CSUF	18:23
15 Eli Garcia, SDSU	18:26
16 Susan Zika, UCI	18:27
17 Karen Copper, UCLA	18:32
18 Kim DeVellis, SDSU	18:42
19 Kimber Pennington, UCLA	18:45
20 Tammy Brazel, CSUN	18:49
21 Ann Gladue, Un	18:49
22 Lucia Rodriguez, CSUN	18:52
23 Darcie Bowden, SMTC	18:54
24 Jane Spencer, SDSU	18:56
25 Mary Kias, USIU	19:01

Team Scores: 1. UCLA 30, 2. Cal State Northridge 59, 3. San Diego State 63, 4. UC Irvine 85, 5. US International 203, 6. Santa Monica Track Club 211, 7. Cal State Fullerton 224, 8. Cal Poly Pomona 266, 9. Cal State Long Beach 279, 10. Cal State Dominguez Hills 322, 11. Loyola Marymount 323, 12. Pepperdine 387, 13. Chapman 429.

#### Men

1 Tiger Ortiz	19:08.5
2 Jon Butler, UCLA	19:11
3 Gary Gregory, SMTC	19:13
4 Mark Ruelas, UCI	19:17
5 Joey Gomez, UNAT	19:21

6 Mike Parkinson, UCLA	19:25
7 Jose Vega, SDSU	19:26
8 Mike Pope, UCLA	19:26
9 Syd Leibovitch, UCLA	19:32
10 A. Siqueiros, UNAT	19:34
11 Jerry Marsh, UCLA	19:37
12 Bill Cieves, UCLA	19:39
13 Ron Roberts, UCLA	19:41
14 Rick Dodson, UCI	19:42
15 John Lane, SDSU	19:44
16 Jeff Woodland, SDSU	19:44
17 T. Engstrom, USIU	19:47
18 Mike Parker, CSULB	19:49
19 Gordon Duff, CSULB	19:50
20 Mike Closson, SDSU	19:51
21 Ron Cornell, SUB 4	19:52
22 Mark Junkermann, UCLA	19:53
23 Steve Bishop, MACCABI	19:54
24 Danny Martinez, UCI	19:57
25 Brian Harold, SDSU	20:00
26 Jim Triplett, AGGIE RC	20:01
27 Willie Ayyad, UCLA	20:01
28 Sean Nugent, UCLA	20:05
29 Ruben Haro, SMTC	20:06
30 Mike Carlton, UCI	20:07
31 Glen Morris, GBTC	20:08
32 Joe Rubio, UCI	20:09
33 Bob Adams, CSUF	20:10
34 Frank Haralson, GBTC	20:11
35 Lalo Terriguez, CSULB	20:11
36 Jeff Olson, CSUDH	20:12
37 Mike Serna, CSULB	20:13
38 Carey Simons, UNAT	20:13
39 Rick Caintalan, CSULB	20:14
40 Rodney Rivera, SDSU	20:16
41 Eric Rutherford, UCI	20:18
42 Hakan Mattisson, USIU	20:19
43 Scott Kakeman, CSUF	20:19
44 Carlos Caracoza, SDSU	20:22
45 Jeff Ampos, CSULA	20:22
46 Paul O'Neill, UNAT	20:23
47 Mike Trujillo, CSUN	20:24
48 Ken Arriola, CSULA	20:25
49 Greg Rafijah, UCI	20:26
50 Clarence Rhone, CSULB	20:26

Team Scores: 1. UCLA 26, 2. SDSU 66, 3. UC Irvine 75, 4. CS Long Beach 108, 5. Santa Monica Track Club 142, 6. CS Fullerton 173, 7. US International 225, 8. CS Northridge 237, 9. CS Dominguez Hills 253, 10. Cal Poly Pomona 271, 11. Loyola Marymount 301, 12. Pepperdine 357.



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# Fleet Afoot Invitational

Woodward Park, Fresno. Sept. 24. 10K.

Men	
1 Derrick May, UNR	30:32
2 Jim Smith, Stan.	30:58
3 Gary Gonzales, FSU	31:04
4 Charles Alexander, Stan.	31:10
5 Ed Callaway, Stan.	31:15
6 David Frank, Stan.	31:18
7 Sammy Barraza, FSU	31:27
8 Dave Lehrman, FSU	31:31
9 Alfred Lara, FTC	31:32
10 Steve Paradoze, UNR	31:34
11 David Parish, UNR	31:35
12 Ryan Stoll, Stan.	31:36
13 David Minter, UNR	31:37
14 Marco Ibarra, SJS	31:49
15 German Aranda, UNLV	31:52
16 Mike Kubitschek, Stan.	31:53
17 Melvin Thompson, UNLV	31:55
18 Nelson Bernal, CPSLO	32:03
19 Al Delkinger, UNR	32:07
20 Steve Blakemore, UNR	32:10
21 Jeff Atkinson, Stan.	32:16
22 Chris Davids, UNR	32:29
23 Tim Silva, UCSB	32:35
24 Dave Lawler, UCSB	32:35
25 Bret Baffert, SJS	32:35

Team Scores	
1 Stanford	28
2 Nevada-Reno	50
3 Fresno State	77
4 Nevada-Las Vegas	112
5 San Jose State	133
6 UC Santa Barbara	146
7 Cal Poly-SLO	167

Women	
1 Allison Wiley, Stan.	16:45
2 Patti Sue Plumer, Stan.	16:49
3 Cecilia Hopp, Stan.	16:51
4 Kim Schnurpfel, PumaEnerg.	16:58
5 Regina Jacobs, Stan.	17:02
6 Cory Shubert, Stan.	17:09
7 Lynn Nelson, ASU	17:14
8 Julie Thomas, Cal	17:18
9 Patti Gray, UC Davis	17:21
10 Marilyn Davis, Cal	17:25
11 Kathy Koudela, HaySt.	17:27
12 Jessica Spies, Unat.	17:30
13 Renee Wyckoff, FSU	17:42
14 Julie Seleine, ASU	18:06
15 Michele Phipps, HaySt.	18:09
16 Helen Reluga, UNLV	18:13
17 Laura Rinde, SacSt.	18:13
18 Francie Negri, UC Davis	18:15
19 Wendy Sihner, ASU	18:16
20 Mary Masow, UCSB	18:18
21 Chris Manning, HaySt.	18:21
22 Michelle Mason, Stan.	18:25
23 Nancy Riedel, UC Davis	18:27
24 Karen Menge, UC Davis	18:28
25 Paige Tully, UC Davis	18:30

Team Scores	
1 Stanford	15
2 UC Davis	86
3 Arizona State	92
4 California	96
5 Hayward State	98
6 UCSB	157
7 Sacramento St.	169
8 Fresno State	189
9 St. Mary's	271

## 41st Annual Aztec Invitational X-C Meet

Balboa Park, San Diego. Oct. 1.

Women's 5,000m Results	
1 Lesley White, CPSLO	17:01.4
2 Amy Harper, CPSLO	17:07.8
3 Lynn Nelson, Arizona	17:13.0
4 Lisa Gonzalez, UCI	17:20.4
5 Gladess Prieve, CPSLO	17:23.6
6 Marilyn Nichols, CPSLO	17:24.7
7 Cindy Nogle, ClaremontMudd	17:25.2
8 Laura McCracken, N.Arizona	17:25.7
9 Angie Chalmers, N.Arizona	17:34.8
10 Robyn Root, CPSLO	17:36.0
11 Jill Ellingson, CPSLO	17:36.8
12 Heidi Jerum, Arizona	17:37.2
13 Catie Dunsmuir, CPSLO	17:38.0



Fine Flicks by Don Gosney

ALISON WYLIE  
Fleet Afoot Winner

14 Carol Keller, Jamul	17:38.7
15 Lisa Antesberger, N.Arizona	17:40.3
16 Laurie Crisp, SDState	17:41.8
17 Nena Manriquez, Northridge	17:42.2
18 Julie Seleine, Arizona St.	17:42.7
19 Patsy Norman, UTEP	17:43.1
20 Lorraine Mercado, UCI	17:48.9
21 Katy Manning, CPSLO	17:50.1
22 Janine Walther, UTEP	17:52.8
23 Rhonda Sterkenberg, N.Ariz.	17:53.2
24 Eli Garcia, SDState	17:55.5
25 Jeanette Allred, Northridge	17:56.6
26 Judy McLaughlin, UCI	17:57.4
27 Tara Slatton, Northridge	17:57.8
28 Kim DeVetis, SDState	17:58.0
29 Leslie Heywood, Arizona	17:59.0
30 Mary Gignac, UTEP	18:05.0
31 Debbie Provencio, UTEP	18:08.0
32 Laura Craven, Arizona	18:11.0
33 Tamsin Valdez, CSU-Ful.	18:12.0
34 Leslie Pratt, Northridge	18:13.0
35 Cynthia Rogers, Occidental	18:13.0
36 Sue Zika, UCI	18:14.0
37 Wendy Sihner, ArizonaSt.	18:15.0
38 Rita Warren, Arizona	18:17.0
39 Deb Vetter, KangarooTC	18:19.0
40 T.Ketterheirich, Hawaii	18:19.6
41 Stacy Kneeshaw, SDState	18:23.0
42 Carol Gleason, CPSLO	18:24.0
43 Eliza Carney, Arizona	18:25.0
44 Lucia Rodriguez, Northridge	18:25.0
45 Ann Ratto, N.Arizona	18:29.0
46 Becky Beal, Pamona	18:30.0
47 Ann Morell, Arizona	18:32.5
48 Jayne Spencer, SDState	18:32.9
49 Katy Dykstra, Arizona	18:36.1
50 Pam Reed, Redlands	18:36.8

Women's Team Scores	
1. Cal Poly San Luis Obispo 24, 2. Northern Arizona 100, 3. UC Irvine 141, 4. CSU-Northridge 147, 5. Texas-El Paso 153, 6. Arizona 154, 7. San Diego State 157, 8. Arizona State 182, 9. Occidental 168, 10. Utah 381, 11. Hawaii 421, 12. Pomona Pitzer 446, 13. Cal Poly Pomona 516, 14. CSU-Fullerton 521, 15. CSU-Long	

Beach 576, 16. Golden West (JC) 578, 17. Claremont Mudd 586, 18. Azusa Pacific 593, 19. CSU-Dominguez Hills 615, 20. Glendale, Ariz (JC) 661, 21. Point Loma College 695.

Men's 10,000m Results	
1 Ron Roberts, UCLA	30:19.5
2 Tom Ansberry, Arizona	30:23.5
3 David Dobler, Arizona	30:24.5
4 Andre Woods, Arizona	30:29.0
5 Syd Leibovitch, UCLA	30:31.0
6 Mark Ruelas, UCI	30:37.3
7 Tony Reyes, CPPomona	30:42.4
8 Armando Siqueiros, NewBaITC	30:44.3
9 Dave Barney, NewBaITC	30:47.7
10 Larry Chumley, N.Arizona	31:02.6
11 Gary Borbon, CPPomona	31:03.7
12 Brock Vaughn, CPPomona	31:06.0
13 Brian Harold, SDState	31:08.4
14 Gordon Duff, LongBeachA	31:09.4
15 K.T. Fiehler, N.Arizona	31:13.9
16 Scott Jones, Arizona	31:14.8
17 Mike Parker, LongBeachA	31:16.6
18 Mike Serna, LongBeachA	31:18.2
19 Steve Perez, CPPomona	31:20.2
20 Mike Scannell, ArizonaSt	31:21.7
21 Jose Vega, SDState	31:23.0
22 Dan Fisher, Unatt.	31:23.6
23 Kevin Brady, CPSLO	31:26.2
24 Keith Morrison, Arizona	31:26.8
25 Willie Ayyad, UCLA	31:28.3
26 Matt Blaty, CPPomona	31:30.0
27 Rick Dodson, UCI	31:32.0
28 Danny Martinez, UCI	31:36.0
29 Jon Butler, UCLA	31:37.0
30 Tyrus Deminter, LongBeachA	31:38.0
31 Nelson Bernal, CPSLO	31:39.0
32 Hector Cruz, N.Arizona	31:43.0
33 Chris Dugan, Arizona	31:44.0
34 Mike Carlton, UCI	31:46.0
35 Ken Ellingbow, CPSLO	31:47.0
36 Mark Junkermann, Unatt.	31:48.2
37 Jeff Williams, CPPomona	31:48.7
38 Mark Souza, N.Arizona	31:49.0
39 Bob Adams, Fullerton	31:51.0
40 Brad Jensen, LongBeachB	31:53.0
41 Michael Miner, Timberhill	31:55.0
42 Sean Nugent, UCLA	31:57.0
43 Chris Caldwell, N.Arizona	31:58.0
44 Mike Parkinson, UCLA	31:59.0
45 Rob Harker, Utah	32:00.0
46 Rick Bohi, GlendaleCC	32:01.0
47 Mike Pope, UCLA	32:03.0
48 Dan Arsenault, LongBeachA	32:05.1
49 Horalson, Unatt.	32:05.8
50 Stuart Kirk, N.Arizona	32:06.3

Men's Team Scores	
1. Arizona 49, 2. Cal Poly Pomona 75, 3. UCLA 102, 4. Cal State-Long Beach 119, 5. Northern Arizona 138, 6. UC-Irvine 146, 7. Cal Poly San Luis Obispo 216, 8. San Diego State 229, 9. Utah 334, 10. Cal State Fullerton 347, 11. Glendale CC (AZ) 422, 12. Occidental 468, 13. USIU 477, 14. Point Loma College 570, 15. Cal State Dominguez Hills 573, 16. Azusa Pacific 612, 17. Orange Coast College 626, 18. Club Hack 706, 19. Biola 712.	

## Arizona Invit. X-C Meet

Reid Park, Tucson, AZ. Oct. 8.

Women's 5,000m Results	
1 Marjorie Kaput, Unatt.	17:43.8
2 Lynn Nelson, ASU	17:53.3
3 Debbie Vetter, Unatt.	18:14.1
4 Patti Mileski, Texas A&M	18:15.7
5 Suzane Sheffield, Texas A&M	18:15.9
6 Debbie Provencio, UTEP	18:21.8
7 K. Pfliefer, NewMexico	18:25.9
8 Lisa Mitchell, NewMexico	18:29.7
9 Heidi Gerum, Arizona A	18:30.2
10 Mary Gignac, UTEP	18:38.2

Women's Team Scores	
1. New Mexico 42, 2. Texas A&M 70, 3. UTEP 83, 4. Arizona A 85, 5. Arizona State 87, 6. Phoenix College 166, 7. Mesa C.C. 212, 8. Arizona B 213, 9. Pima C.C. 243, 10. Glendale C.C. 248.	

Men's 8,000m Results	
1 Ibrahim Husseln, N.Mexico	24:44.0
2 Tom Ansberry, Arizona A	24:54.3
3 Harrison Koroso, Unatt.	25:06.6
4 Chris Dugan, Arizona A	25:16.9
5 Keith Morrison, Arizona A	25:36.6
6 Scott Jones, Arizona A	25:37.0
7 Dave Dobler, Arizona A	25:40.2
8 Pete Dinger, N.MexicoSt.	25:48.2

9 Greg Keith, New Mexico 25:54.6  
10 Tom Glass, Glendale 28:01.9

Men's Team Scores  
1. Arizona A 20, 2. New Mexico 52, 3. New Mexico State 114, 4. Glendale C.C. 129, 5. Central Arizona 145, 6. Arizona B 157, 7. Pima C.C. 167, 8. Mesa C.C. 224, 8. Scottsdale 224, 10. Senior Striders 236, 11. Phoenix College 253.

## Biola Invitational X-C Meet

La Mirada. Oct. 15.

Women's Three-Mile	
Overall Women's Results	
1 Renee Wyckoff, FSU	17:13.9MR
2 Helen Reluga, UNLV	18:11.4
3 Michelle Whitmore, UCSD	18:17.9
4 Helen Arzu, UCR	18:18.3
5 Holly Hering, US Intern.	18:20.9
6 Mary Klas, US Intern.	18:24.3
7 Jeanne Murphy, US Intern.	18:48.4
8 Susan Ball, US Intern.	18:55.1
9 Julie Fitch, P.Loma	19:08.2
10 Kim Stemplen, UCSD	19:10.6
11 Judy Thomas, AzusaPac.	19:14.6
12 Brenda Wilcox, FSU	19:17.9
13 Terese Nolan, UNLV	19:18.5
14 Ana Chavez, CalSLLA	19:19.9
15 Janet O'Brien, FSU	19:21.0
16 Jennifer Haase, Cal Tec	19:24.5
17 Dayna Miller, Pepperdine	19:29.0
18 Denise Woodard, UCR	19:33.8
19 Maura Bookout, Azusa	19:36.5
20 Sonja Cooper, Azusa	19:51.3
21 Erica Rothenburger, UCSD	19:58.8
22 Stacie Swanson, Westmont	20:00.5
23 Kathy McMillion, Westmont	20:06.0
24 Karmen Stickney, P.Loma	20:06.6
25 Karen Martin, FSU	20:09.8

Women's Team Scores  
1. U.S. International Univ. 51, 2. Fresno State University 68, 3. UC Riverside 97, 4. UC San Diego 103, 5. Azusa Pacific University 110, 6. Westmont College 145, 7. Cal State Los Angeles 148, 8. Point Loma College 163, 9. University of San Diego 185, 10. Cal State Bakersfield.

Men's Division I Five Mile Race	
1 Mike Serna, CSLB-A	24:48.5
2 Michael Stahr, ASU	24:50.0
3 Phil Vannette, UCR	24:51.2
4 Steve Dietch, UCR	25:03.9
5 Mike Scannell, ASU	25:08.9
6 Chris Brenneman, UCR	25:11.4
7 Steve Johnson, UCR	25:14.1
8 Lalo Terriquez, CSLB-A	25:15.5
9 Tim Watson, UCR	25:16.7
10 German Aranda, UNLV	25:17.6
11 Melvin Thompson, UNLV	25:21.7
12 Johan Engholm, US Intern.	25:22.2
13 Hakan Mattlison, US Intern.	25:22.5
14 Gary Vilas, UNLV	25:23.8
15 Ron Castonguay, UNLV	25:24.4

Men's Division I Team Scores  
1. UC Riverside 29, 2. Cal State Long Beach-A 57, 3. Nevada Las Vegas 60, 4. Arizona State University 85, 5. Cal State Long Beach-B 148, 6. University of San Diego 159, 7. Cal State Los Angeles 183.

Men's Division II Five Mile Race	
1 Frank Selvaggio, P.Loma	25:29.2
2 Robert Scott, Westmont-A	25:34.4
3 Kurt Cook, Westmont-A	25:34.9
4 Tomas Andersson, P.Loma	26:01.2
5 Brian Kleinsasser, P.Loma	26:12.1
6 Brian Clary, U of Redlands	26:13.3
7 Art Castle, Cal Lutheran	26:14.5
8 Bob Franks, Biola	26:14.9
9 Tom Barlow, UCSD	26:21.3
10 Dave Dempsey, P.Loma	26:22.3
11 Ron Jones, U of Redlands	26:23.3
12 Dan Dietrich, Westmont-B	26:25.4
13 Dave Delong, P.Loma	26:26.1
14 Steve Gilbert, CSBakers.	26:26.1
15 Chris Spitz, Cal Lutheran	26:26.9
16 Jon Gleason, Biola	26:29.0
17 Rory O'Flaherty, Santa Clara	26:31.1
18 Tim Stocker, P.Loma	26:32.3
19 Doug Doi, UCSD	26:44.4
20 Tim Vallejo, UCSD	26:46.6

Men's Division II Team Scores  
1. Point Loma College 32, 2. Westmont College 68, 3. UC San Diego 86, 4. University of Redlands 108, 5. University of Santa Clara 133, 6. Biola University 134, 7. California Lutheran College 162, 8. Calif. Institute of Technology 236.

# Road Race Results

## Balboa Park 8-Mile

**San Diego, Aug. 7.**

1 Rich Brownsberger(20-M)	41:52
2 Sean Evans(21-M)	43:02
3 Ari Schauder(17-M)	43:35
4 Jeff Blackford(19-M)	43:37
5 Joe League(28-M)	43:50
6 Tracy Smith(38-M)	43:52
7 Marshal Varano(21-M)	44:04
8 A.J. Zampardo(17-M)	44:09
9 Chris Courter(17-M)	44:57
10 Mike Cour(33-M)	45:01
11 Bill Pewen(26-M)	45:03
12 D.J. Smalley(27-M)	45:51
13 Dennis Kasischke(37-M)	46:06
14 Kevin Heaton(30-M)	46:07
15 Andy MacKay(32-M)	46:29
16 Graeme Shirley(37-M)	46:37
17 Herm Fountain(35-M)	46:53
18 Alvin Bankhead(21-M)	47:04
19 Jon Frericks(23-M)	47:05
20 Scott Hovda(28-M)	47:30
21 Barry Manuel(15-M)	47:34
22 Richard Siebern(23-M)	47:39
23 Dave Hunter(30-M)	47:51
24 Peter Kahn(24-M)	48:33
25 Liz Baker(25-F)	48:34
26 Pat Castro(16-M)	48:58
27 Doug Fenner(25-M)	49:07
28 Ted Baker(28-M)	49:16
29 Don King(31-M)	49:18
30 Larry Indiviglia(27-M)	49:36

### Division Winners

**Men: 12 & Under:** 1. Ben Benumof. 13-17: 1. Ari Schauder 43:35, 2. A.J. Zampardo 44:09, 3. Chris Courter 44:57. 18-29: 1. Rich Brownsberger 41:52, 2. Sean Evans 43:02, 3. Jeff Blackford 43:37. 30-39: 1. Tracy Smith 43:52, 2. Mike Cour 45:01, 3. Dennis Kasischke 46:06. 40-49: 1. Ray Sabian 50:58, 2. Bill Graham 51:35, 3. Will Rasmussen 51:41. 50-59: 1. Bill Gookin 52:15, 2. Marsh Haraden 53:20, 3. Fred Lehr 54:28. **60 & Over:** 1. Wayne Zook 57:31, 2. Don Dilworth 58:36, 3. Casey Poole 65:33. **Women:** 12 & Under: 1. Yvette Niles 68:37, 2. Shirley Olivarez 70:51, 3. Bruni Rains 75:46. 13-17: 1. Heather Brooks 55:10, 2. Laura Meyer 56:23, 3. Julie Fitch 58:28. 18-29: 1. Liz Baker 48:38, 2. Debbie Chad-dock 49:48, 3. Donna Chin 51:43. 30-39: 1. Terry Flynn 57:50, 2. Valerie Lucas 59:27, 3. Cindy Lennon 61:22. 40-49: 1. Ursula Rains 57:50, 2. Judy Spittgerber 63:26, 3. Bev Harju 63:31. 50-59: 1. Anne Johnson 59:04, 2. Sheila Charlton 63:52, 3. Nicki Hobson 64:50. **60 & Over:** 1. Gerry Davidson 72:56, 2. Bess James 91:38, 3. Felicitas Salazar 92:46.

## Big Tree Run

Sebastopol, Aug. 13. 8K.

### Results - Men

**Elementary Boys:** 1. Keven Holbrook 32:49. **Junior:** 1. Eric Bohn 28:00. **Open:** 1. Greg Lewis 27:30. **Sub Master:** 1. Rory Ingalls 26:30 (Overall winner). **Master:** 1. John Murro 29:00. **Senior:** Mort Ward 32:20.

### Results - Women

**Junior:** 1. Jennifer Bocca 33:23. **Open:** 1. Victoria Farrell 32:57. **Sub Master:** 1. Katherine Anderson 32:47 (Overall winner). **Master:** 1. Carolyn Ward 39:40. **Senior:** 1. Maria Carlson 49:48.

## Tetrick Trail Run

from John Sportleder

Griffith Park, L.A. Aug. 20. 8 Mile.

1 Alvaro Palacios(23)	48:26
2 Steve Durand(26)	50:20
3 Steve Brumwell(25)	51:04
4 Ron Smith(36)	51:14
5 Joe Nitti(17)	51:21
6 Peter Mogg(29)	51:26
7 Anton Gonzales(27)	51:33
8 Jim Minami(39)	51:36
9 Rich Elchner(30)	51:54
10 Cal Linam(21)	51:58
11 Charlie Hoover(35)	52:09
12 Randy Hales(22)	52:26
13 Larry Mendoza(26)	52:31
14 Corey Brinkema(18)	52:49
15 Joey Gostin(19)	52:54
16 Dick Weeks(40)	53:32
17 Mike Metever(23)	53:43
18 Bill Silverman(30)	53:45
19 Steven Shaplor(19)	53:50
20 John Fisanotti(27)	53:58
21 Paul Garnett(35)	54:10
22 Steven Laub(17)	54:27
23 David Bower(28)	54:49
24 Gary Puhek(16)	54:52
25 F. Wehan(39)	54:57
26 Greg Switzer(32)	55:10
27 Pedro Romeo(37)	55:16
28 Richard Provost(37)	55:26
29 Chuck Greenhall(44)	55:31
30 Jim Hogue(21)	55:33

### Division Results

**Men: 18 & Under:** 1. Joe Nitti 51:21, 2. Corey Brinkema 52:49, 3. Steven Laub 54:27. 19-29: 1. Alvaro Palacios 48:26, 2. Steve Durand 50:20, 3. Steve Brumwell 51:04. 30-34: 1. Rick Elchner 51:54, 2. Bill Silverman 53:45, 3. Greg Switzer 55:10. 35-39: 1. Ron Smith 51:14, 2. Jim Minami 51:36, 3. Charlie Hoover 52:09. 40-44: 1. Dick Weeks 53:32, 2. Chuck Greenhall 55:31, 3. Freddie Perez 56:59. 45-49: 1. Eugene Black 56:19, 2. Bruce Brinkema 59:02, 3. Gonzalo Javier 64:08. 50-54: 1. Jack Thomas 60:49, 2. Preben Poulsen 65:54, 3. Scott Rasmussen 68:21. 55-59: 1. Dick Durand 60:34, 2. Keith Albright 62:11, 3. Jerry Soto 62:13. **60 & Over:** 1. Paul Richel 71:52, 2. Dick Bates 74:00, 3. Chic Dahlsen 75:16. **Female: 18 & Under:** 1. Saralyn Dixon 73:39, 2. Metta Tanikawa 79:46. 19-29: 1. Becky Thomas 60:45, 2. Judy Orach 61:33, 3. Jerry Skinner 64:48. 30-39: 1. Judy Palmer 69:43, 2. Nancy Tinker 70:56, 3. Marian Baustley 71:58. 40-49: 1. Beverly Triggs 82:54, 2. Mary Ann Ur 83:41. **50 & Over:** 1. Helga Carden 88:37.

## Centaurian Triathlon

Los Angeles, Aug. 21.

**2.4 Mile Swim. 112 Mile Bike. 28.2 Run.**

1 Jim Brady(20)Cupertino	10:24:02
2 Ralph Searcy(23)Reseda	10:36:55
3 Harry Campbell(19)SimiValley	10:37:30
4 Thomas Valente(21)IslaVista	10:40:00
5 Scott Horgen(21)LaCanada	10:40:44
6 John McDonald(22)L.A.	10:45:12
7 David Wilcoxon(23)LongBch	10:47:42
8 Dennis Schmitz(37)Orange	10:48:27
9 Brian Kenney(33)NewportBch	10:59:30
10 Darin Salk(21)ManhattanBch	11:00:14
11 Julie Leach(F-27)NewportBch	11:29:28
32 Audrey Abang(F-24)LosAlam.	12:06:11
42 Penny Brown(F-34)LagunaBc	12:41:07

## Panda Marathon

Los Angeles, Aug. 21.

### Top 15 Overall

1 Greg Gawlik(31)PalosVerdes	2:00:07
2 Carols Ortiz(23)Anaheim	2:38:06
3 John Mills(28)Whittier	2:43:42
4 Andre Tocco(47)SanPedro	2:44:23
5 Ron Parks(37)RedondoBeach	2:47:12
6 Jeffrey Hayes(31)S.F.	2:48:57
7 Kenneth Erickson(52)MrnaD.R.	2:49:18
8 Robert Davison(39)L.A.	2:49:46
9 Fred Ellis(59)Culver City	2:50:17
10 Dennis Hall(28)RedondoBch	2:50:37
11 Fassil Sesinos(25)Berkeley	2:51:23
12 Peter Pawlowski(28)Hermosa	2:52:25
13 Oscar Holz(30)L.A.	2:53:26
14 Bob Rude(41)L.A.	2:53:29
15 Michael Kiernan(42)RedondoB	2:54:36

### Top 10 - Female

1 Ellen Nichols(31)Chino	3:20:58
2 Nancy Mustard(41)Torrance	3:25:37
3 Neva Ingersoll(33)HuntnBch	3:28:08
4 Susan Gimbel(36)Orange	3:28:25
5 Lucrecia Escalzo(23)SanPedro	3:30:19
6 Dee O'Gara(28)ManhatnBch	3:31:22
7 Becky Miller(34)Hawthorne	3:32:43
8 Randi Caplan(22)ShermanOk	3:34:46
9 Colleen Krauch(18)PlayaDR	3:35:25
10 Debra Furimaky(27)LongBch	3:36:24

## Fly Navy West Run

Balboa Park, San Diego, Aug. 27. 10K.

### Overall Winners - Men

1 Robert Lusitana	31:28
2 Marshall Varano	32:28
3 Randy Muntasanto	32:29
4 Greg Ross	32:37
5 Brian Lucas	32:55
6 Kim Uile	33:07
7 Paul Voss	33:46
8 Mark Fortune	33:48
9 Michael Graham	34:18
10 Larry Indiviglia	34:19

### Overall Winners - Women

1 Linda Gross	38:38
2 Patti Hurl	38:43
3 Lori Dierdorff	39:10
4 Linda Copp	39:28
5 Beverly Abbott	40:16
6 Ursula Rains	41:52
7 Tammy Kniffing	42:05
8 Herrera	42:08
9 Nancy Ott	42:35
10 Jaime Flores	42:36

### Division Winners - Men

**9 & Under:** 1. Andrew Ek 55:55, 2. Merrill Tajah 59:00, 3. Matthew Rutman 69:58. **10-12:** 1. Joseph Tompkins 47:30, 2. Brian Doocy 56:57. **13-15:** 1. Eric Billmeyer 36:43, 2. Robert Lopez 37:35, 3. Bill Dyer 38:29. **16-18:** 1. Paul Boudreaux 35:04, 2. Jack Tad 36:00, 3. Matthews Matthes. **19-29:** 1. Robert Lusitana (1st overall) 31:28, 2. Marshall Varans 32:28, 3. Randy Muntasanto 32:29. **30-39:** 1. Sam Abreuimatang 34:40, 2. Les Christian 34:50, 3. Dan King 35:15. **40-49:** 1. Benjamin Dodge 35:32, 2. Roy Koehn 35:55, 3. Will Rasmussen 36:48. **50 & Over:** 1. Bud Blackwood 39:48, 2. Frank Goldberg 40:31, 3. Richard Marrs 42:33.

### Division Winners - Women

**9 & Under:** 1. Wneddy Martinez 61:40, 2. Bianca Rains 70:00, 3. Sheri Savel 72:40. **10-12:** 1. Yvette Niles 43:00, 2. Rains Bruni 53:00. **13-15:** 1. Tammy Kniffing 42:05, 2. Beth Zillner 49:50, 3. Laurie Christensen 55:50. **16-18:** 1. Herrera 42:08, 2. Carl Condon 48:05, 3. Darya Soto 50:30. **19-29:** 1. Lisa Gross (1st overall) 38:38, 2. Lorie Durdorff 39:10, 3. Beverly Cibbott 40:16. **30-39:** 1. Patti Hurl 38:43, 2. Linda Copp 39:28, 3. Nancy Ott 42:35. **40-49:** 1. Ursula Rains 41:52, 2. Judy Spittgerber 43:41, 3. Virginia Dickerson 46:11. **50 & Over:** 1. Jean McClear 58:15, 2. Mary Cur-buchon 62:18.

## Brutus Hamilton Memorial Run

from Steve Runyon

Courtland, Aug. 28. 3.5 Miles.

The Sixth Annual Brutus Hamilton Run was held near Courtland, California Sunday, and it seems the annually awarded perpetual trophy will fall into new hands for the first time in 4 years.

Adam Ferrera ran 17 mins. 55 seconds over the 3.5 mile X-country course to take home the trophy once awarded the former Cal Berkeley coach for his second place finish in the 1920 Olympic Games decathlon. Bob Deis, who had won the race the last 3 years, and is the course record holder at 17 mins. 14 seconds, did not compete this year. Jean Yee led all women in 24 mins. 9 seconds, as 75 others finished the run.

Lonnie Spurrier, a Hamilton protege and world record holder at 880 yds. in the 1950's was on hand to present awards. A picnic lunch and live music rounded out the festivities, enjoyed by approximately 250 runners and guests.

### Division Results - Men

**15-19:** 1. Douglas Kuhl 20:31. **20-29:** 1. Dan Will 19:38. **30-39:** 1. Adam Ferrera 17:56. **40-49:** 1. Don Foster 21:18. **50-59:** 1. Dick Petruzzl 24:18. **60 & Over:** 1. John Pine 31:57.

### Division Results - Women

**15-19:** 1. Dianne Shelgren 28:53. **20-29:** 1. Jean Yee 24:09. **30-39:** 1. Lauren Syda 25:03. **40-49:** 1. Carolyn Wolsey 27:37. **60 & Over:** 1. Renae Reeb 43:17.

## Santa Monica Marathon And Half Marathon

By RICHARD LEE SLOTKIN

Santa Monica, Aug. 28.

Usually, the weather is overcast and at least a little bit cool at the start of this annual event in Santa Monica. But, this year, despite the 7:30 start, it was already quite warm... and quite humid. And, it got warmer, and warmer, and finally... it got hot.

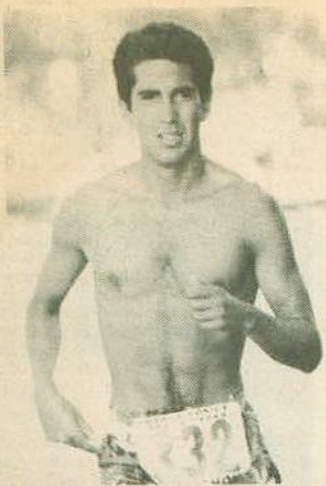
photo by Richard Lee Slotkin



### GARY GREGORY Half Marathon Winner

Because Santa Monica College is getting a brand new all weather track, courtesy of ARCO, the finish line could not be set up in its usual place on the school's track. This, in turn, caused it to be set up at the start line on the street outside the field where the track is. Because the course consists of two loops through Santa Monica, it has always been the case in the past that the half marathon, which is one loop, was always a bit short. You see, it ended inside the field, on the track, but the





**STEVE CUBILLAS**  
Marathon Winner

photos by Richard Lee Slotkin



**DENISE BALL**  
Women's Half Marathon Winner



**ROBYN ROOT**  
Women's Marathon Winner



**JUDY IKENBERRY**  
Women's 40-44 Half Marathon Winner

marathoners had to continue past the finish and back out into the street, through the original start line, and back out onto the course for another full loop. Because the finish line was some distance ... about 200 yards or so ... short of the start line, it turns out that the 1st loop, the half marathon, was always shorter than the second loop. And, because the marathon course was the one that was measured, the half was short. This time, because of the track construction, both loops were identical, and the half marathon, for the first time was legitimate.

Gary Gregory and Ron Gee, two Santa Monica Track Club teammates took the early lead along with Eammon Fields. They let Fields have the front spot for awhile. Then they began to move. At about 7 miles, Gregory went out in front and opened up a good 50 yard or so lead. Gee couldn't handle that pace and dropped back a bit. By 9 miles, Gregory looked as though he had things his way, but Fields began to surge as they turned off San Vincent Boulevard onto Ocean Avenue. By 10 miles, it was a two man race. Gregory didn't go for all this excitement, though, and he began to push the pace up a notch. Fields must have used up a lot of his reserves to catch up to Gregory and now he lost him again, this time for good. Gregory came in just 3 seconds short of a minute ahead of Fields. John Spilman was 3rd and the "old man" at 32, Gee, was 4th. It's not that Gee is really old. It's just that the 3 ahead of him were all at least 9 years younger.

Denise Ball had a tougher time of it. She won but her margin was only 23 seconds, and 3rd was only 7 seconds behind second. With 12 females under 90 minutes, Ball's time was 1:23:10, the women's field wasn't too bad, although it would have been nice to see someone under 80 minutes. One of those who broke 90:00 was the former U.S. 50 mile champ, Judy Ikenberry. In something of a comeback, Judy won the 40-44 division with a 1:28:11. With the marathoners and half-marathoners all running together, it is hard to sort them out until you see who goes across the finish line and who heads back out onto the course. When things finally did sort out, it was Steve Cubillas leading the 26 milers. He held a lead over Peter Lever until about 23 miles. Then, Steve Flynn moved into second and held it. Cubillas, meanwhile, went on to a 2 1/2 minute win, with a time of 2:27:37. Considering how hot it had gotten, and was still getting, that wasn't bad.

Without Sue Peterson or Pat Story, there wasn't much chance of seeing a sub 3 hour time for the women, but it was close. Robyn Root just missed it by a minute and 25 seconds. And Kathleen Keller, at 3:04:13, wasn't that far off, herself. In cooler weather, both might have made it under 3 hours.

Hot or cold, rain or shine, Patrick Devine keeps right on doing it. He easily

won the 50-59 division in 2:51:32, which is right around PR time for Pat. All things considered, that was probably the performance of the day.

## Half Marathon

### Division Results

#### Men: 17 & Under:

1	Gregory Hauser(17)	1:11:39
2	Darren Near(17)	1:14:40
3	Jose Jimenez,Jr.(17)	1:14:52

#### 18-29:

1	Gary Gregory(22)	1:06:25
2	Eammon Fields(21)	1:07:22
3	John Spilman(21)	1:08:57
4	Gary Reffitt(21)	1:09:14
5	John Barrett(19)	1:09:29
6	Mike Dib(19)	1:09:59
7	Bryan Patterson(27)	1:10:26
8	Steven Berry(24)	1:10:38
9	Andy Libell(22)	1:10:54
10	Anton Gonzales(27)	1:12:09
11	Enrique Castro(26)	1:12:23
12	Robert Taylor(23)	1:12:37
13	Vincent Calderone(22)	1:13:21
14	Frank Goetz(25)	1:13:58
15	Richard Greifinger(23)	1:14:07

#### 30-34:

1	Ron Gee(32)	1:09:01
2	George Guerero(30)	1:10:01
3	Will Pfitzinger(32)	1:11:02
4	Ed Avol(31)	1:11:06
5	Ruben Garcia(32)	1:11:36
6	Rick Eichner(30)	1:13:59
7	Mike Tipping(31)	1:14:11

#### 35-39:

1	Octaviano Canche(38)	1:15:21
2	Ed Wehan(39)	1:17:05
3	Manny Burrola(37)	1:17:40
4	Steve Notaro(36)	1:18:00
5	Dade Maloney(35)	1:18:21

#### 40-44:

1	Marshall Matys(40)	1:10:13
2	Catarino Gonzalez(41)	1:18:29
3	Jesse Cook(43)	1:18:51
4	Gary Schwager(41)	1:20:05
5	Freddie Perez(43)	1:20:26

#### 45-49:

1	Richard Flores(48)	1:22:53
2	James Brusstan(48)	1:24:16
3	Buck Taylor(45)	1:25:52
4	Donald Hartley(47)	1:27:35
5	Oscar Rosales(45)	1:27:39

#### 50-59:

1	Wally Ingram(50)	1:18:12
2	Jim Brownfield(51)	1:19:45
3	John Kampmann(53)	1:25:53
4	Jack Thomas(52)	1:26:49
5	Gil Hinz(52)	1:27:39

#### 60 & Over:

1	Eddie Lewin(67)	1:30:54
2	Jerry Simpson(60)	1:34:06
3	Stanley Neufeld(60)	1:36:35
4	Abe Stein(62)	1:39:48
5	Robert Van Noy(61)	1:39:49

#### Female: 17 & Under:

1	Caroline Haro(17)	1:30:46
2	Amanda Marks(15)	1:31:18
3	Erin Sicher(17)	1:33:10

#### 18-29:

1	Denise Ball(19)	1:23:10
2	Tessa Brockwell(27)	1:23:33
3	Tammy Sargeant(25)	1:23:40

4	Shana Sarver(25)	1:24:52
5	Evelyn Tribolo(24)	1:26:05
6	Gail Gill(29)	1:28:19
7	Anne Ingalls(27)	1:28:29
8	Danita Reese(28)	1:28:49
9	Linda Heinmiller(27)	1:29:05
10	Carol Abato(19)	1:31:35
11	Venetia Marxer(22)	1:32:37
12	Katie Cunningham(26)	1:33:17
13	Kathy Nunez(26)	1:33:32
14	Mary Moloney(29)	1:33:54
15	Becky Russell(22)	1:34:58

#### 30-34:

1	Maleau Grover(31)	1:27:37
2	Maleah Grover(31)	1:28:42
3	Aine Lynam(30)	1:30:37
4	Susan Breidenbach(32)	1:32:39
5	Jill Mallory(30)	1:32:52
6	Lois Curl(32)	1:33:30
7	Angela Jenkins(30)	1:35:21

#### 35-39:

1	Marie Stevenson(38)	1:36:20
2	Nela Ruiz(36)	1:38:16
3	Carmel Vrabel(35)	1:38:49
4	Linda King(39)	1:39:44
5	Nancy Buchanan(39)	1:39:45

#### 40-44:

1	Judy Ikenberry(40)	1:28:11
2	Diane Eastman(41)	1:39:08
3	Rita Gilmore(43)	1:39:44
4	Teckia Armantrout(41)	1:43:58
5	Jean Jones(40)	1:44:54

#### 45-49:

1	Dobi McDougall(49)	1:33:53
2	Atsuko Fujimoto(48)	1:44:43
3	Adrienne Fowler(46)	1:45:20

#### 50-59:

1	Helen Dick(59)	1:35:47
2	Amy Goldstein(50)	1:55:48
3	June Watson(50)	1:57:45

#### 60 & Over:

1	Grace Schweitzer(65)	2:22:10
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## Marathon

### Division Results

#### Men: 17 & Under:

1	Joshua King(14)	3:24:02
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#### 18-29:

1	Steve Cubillas(21)	2:27:37
2	Steve Flynn(27)	2:30:07
3	Cayetano De La Luz(22)	2:38:31
4	Clyde Matsumura(23)	2:41:27
5	Doug Davis(28)	2:50:49
6	Speak Kronlage(23)	2:51:57
7	Steve Greenspan(25)	2:53:27
8	Hans Van Kopper(28)	2:58:47
9	John Skorstad(26)	3:00:47
10	Jon Root(29)	3:01:21

#### 30-34:

1	Chris Cortez(33)	2:33:34
2	Fred Randall(31)	2:39:13
3	Dallas Jones(31)	2:52:22

#### 35-39:

1	Peter Lever(37)	2:32:45
2	Charlie Hoover(35)	2:33:38
3	Richard Kirschner(39)	2:41:27

#### 40-44:

1	Joe Gassmann(42)	2:39:10
2	Edward Gorsuch(43)	2:59:35
3	Paul Hendricks(40)	3:00:46

#### 45-49:

1	Harry Pantelas(46)	2:58:03
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2	Ahmed Abdul-Babi(49)	3:01:16
3	Richard Belliveau(47)	3:05:42

#### 50-59:

1	Patrick Devine(54)	2:51:32
2	Don Graessie(52)	3:14:47
3	David Hirschson(56)	3:15:57

#### 60 & Over:

1	John McManus(61)	3:44:44
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#### Female: 17 & Under:

1	Michelle Sifuentes(17)	4:33:16
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#### 18-29:

1	Robyn Root(23)	3:01:25
2	Kathleen Keller(28)	3:04:13
3	Mary Howatt(27)	3:24:48

#### 30-34:

1	Janice Dunlap(30)	3:25:19
2	Judy Milkie(33)	3:31:36
3	Kate Moulder(34)	3:52:42

#### 35-39:

1	Margaret Young(38)	3:17:30
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#### 40-44:

1	Shiela Hashamk(40)	3:15:55
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#### 45-49:

1	Diana Chronert(45)	3:54:53
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#### 50-59:

1	Betty Flood(50)	3:41:40
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## Run Around The Lake

**Big Bear Lake, Sept. 2, 16.5 Miles. Boys:**  
Record: 1:27.00 Mike Parker (1980) Tustin High School.

1	Paul MacDonald	1:40:15
2	Scott Belodeau	1:44:20
3	John Bertrand	1:48:26
4	Dave Patelson	1:48:20
5	Dan Barrett	1:50:00
6	Derek Gebbo	1:51:10

**Girls: Record: 2:02.30 Dawn Howe (1982) Tustin Alum, Orange Coast College.**

1	Jenni Scott (New Record)	1:57:54
2	Kellie Miller	1:59:41
3	Lisa Dilger	2:00:14
4	Kelly McCormick	2:02:13

## Acorn Fall Classic

from Mickey Chalfin

**September 3, South Mendocino Coast, 10K.**

This 1st 10K on the South Mendocino Coast attracted 21 starters. The weather was very warm (80 degrees) following three days of rain earlier in the week.

The champagne brunch attracted 50 runners and spectators combined.

The run benefits the new Acorn School in Point Arena, CA. Some of the proceeds will purchase athletic equipment for the K-5 children. All runners received gifts in a drawing.

1	Mickey Chalfin, Gualala (40)	41:23
2	Nathan Asher, Santa Rosa (36)	42:21
3	Willi Reed, Gualala (39)	42:34
1	Averil Carmona, S.F. (43)(1st-F)	47:57

# Results

## Highland Run

Santa Rosa, Sept. 3. 6K.

Men:

1 Mike Warr, Napa (22)	32:08
2 Don Paul, S.F. (33)	32:28
3 Scott Leonard, Santa Rosa (27)	32:41
4 Rory Ingalls, Occidental (34)	32:41
5 Daniel McCullough, Sonoma (26)	33:05
6 Roy Brad, Eugene, OR (29)	33:10
7 Douglas Rustad, Santa Rosa (42)	33:35
8 Greg Jewett, Citrus Hts. (37)	33:57
9 Marc Zibblatt, Sebastopol (20)	34:45
10 Jon MacPherson, Santa Rosa (42)	34:51
11 Darryl Beardall, Santa Rosa (46)	35:07
12 Dennis Bollman, Sonoma (32)	35:29
13 James Cruickshank, S. Diego (39)	35:45
14 David Handsher, S.F. (35)	35:50
15 Eric Bohn, Sebastopol (17)	35:53
16 Mark Ryan, Cupertino (22)	36:12
17 Logan Adams, Santa Rosa (39)	36:50
18 Al Mosar, Ukiah (37)	36:51
19 Barry Perilli, Santa Rosa (27)	36:55
20 Andy Cavagnetto, Santa Rosa (28)	37:10

Women:

1 Robin Stoval, Sonoma	43:40
2 Joann Windhorst, Santa Rosa	45:11
3 Kathryn Singer, Novato	45:21
4 Linda Vincent, Fremont	46:36
5 Wendy Sadler, St. Helena	47:05

Division Results:  
Men: 14 & Under: 1. Greg Archuleta 39:01, 2. Robert Mitchell 42:26, 3. Jerome Daniels 42:30.

15-19: 1. Eric Bohn 35:53, 2. Sean O'Leary 37:32, 3. Alexis Ramos 37:57.  
20-24: 1. Mike Warr 32:08, 2. Mark Zibblatt 34:45, 3. Mark Ryan 36:12.  
25-29: 1. Scott Leonard 32:41, 2. Daniel McCullough 33:05, 3. Roy Brad 33:10.  
30-34: 1. Don Paul 32:28, 2. Rory Ingalls 32:41, 3. Dennis Bollman 35:29.

35-39: 1. Greg Jewett 33:57, 2. James Cruickshank 35:45, 3. David Handsher 35:50.  
40-44: 1. Douglas Rustad 33:35, 2. Jon MacPherson 34:51, 3. Walt Vennum 38:11.  
45-49: 1. Darryl Beardall 35:07, 2. Bob McDonnell 46:24, 3. George Johnston 48:21.

50-59: 1. James Jacobs 37:56, 2. Tom Dubay 41:32, 3. Carl Jackson 41:45.  
60-69: 1. James Feeley 45:39, 2. Gene DeSoto 46:04.

Wheelchair: 1. Mike Demartin 45:47.  
Women: 14 & Under: 1. Kristy McCall 47:12, 2. Jeann Gragg 48:54, 3. Erika Gardner 57:26.

15-19: 1. Julie Coudeyre 52:35, 2. Lisa LaFarga 52:44, 3. Angela Artmoff 1:07:10+.

20-24: 1. Robin Stoval 43:30, 2. Jeanette MacFall 52:25, 3. Kristine Frank 1:07:02.  
25-29: 1. Theresa Daniels 47:45, 2. Kathy Beerbohm 48:16, 3. Debra Kiley 48:43.  
30-34: 1. Joann Windorst 45:11, 2. Wendy Sadler 47:05, 3. Dawn Maskill 47:13.  
35-39: 1. Linda Vincent 46:38, 2. Joanne Gavin 48:09, 3. Jeannie Ennis 49:38.  
40-44: 1. Kathryn Singer 45:21, 2. Joan Ballard 48:50, 3. Carolyn Ward 50:25.  
45-49: 1. Barbara Robben 47:44, 2. Elaine Frank 50:57.  
50-59: 1. Angela Chadwick 51:01, 2. Jacqueline Leach 52:57, 3. Marijyn Reynolds 1:02:20.

14 Steve Lyons (42) Quentin Vill	36:14
15 Robert James (25) SanAnselmo	36:28
16 George Frazier (36) MillValley	36:29
17 Jim Myers (34) SanAnselmo	36:31
18 Henry Wald (30) Mt. View	36:52
19 Doug Wilner (16) SanRafael	36:54
20 Alan Smith (31) Sausalito	36:56
21 John Sayers (44) Larkspur	37:00
22 David Taylor (39) Concord	37:02
23 Stephen Hoots (40) MillValley	37:07
24 Jeff Rosenthal (21) Tiburon	37:20
25 Sammy Castillo (38) San Jose	37:22
26 Greg Franklin (37) S.F.	37:24
27 Ken Krall (26) SanAnselmo	37:30
28 Arthur Raefsky (36) Stanford	37:33
29 Liz Levy (26) S.F.	37:39
30 Chris Jefferson (26) S.F.	37:56
31 Thomas Willis (29) Sausalito	37:57
32 David Kevelin (27) CorteMadera	38:03
33 James Jawokes (34) DalyCity	38:12
34 Michael Loya (27) Corte Madera	38:15
35 Ronald Rahmer (46) MillValley	38:17
36 Michael Messinger (30) WalnutCreek	38:25
37 Mike Conrads (29) Saratoga	38:26
38 Harold Nordvoid (35) SantaRosa	38:27
39 Mark Barbour (14) MillValley	38:28
40 Glenn Unsicker (50) Millitas	38:40
41 Leo Marshall (33) S.F.	38:44
42 Phil Murphy (39) Oakley	38:53
43 Mike Bleffert (35) Danville	38:56
44 J. Kent Apple (30) MillValley	38:57
45 Ron Crawford (40) Napa	38:57
46 Stan Weitzman (41) Oakland	38:59
47 Mike Han (17) DalyCity	39:00
48 Patrick McEachern (27) Cotati	39:02
49 Barry Blue (32) S.F.	39:04
50 Christie Patterson (1st-F 35) MillIV	39:06
53 Lisa Barber (19) HalfMoonBay	39:23
56 MaryAnn Truitt (27) S.F.	39:31
60 Florianne Harp (35) MillValley	39:42
66 Nancy Vallance (18) MillValley	39:59
72 Paula Beard (31) S.F.	40:23
73 Deborah Hannaford (31) Tiburon	40:24
78 Sabrina Han (15) DalyCity	48:40
85 Kerry Mudgett (27) DallasTX	41:13
89 Joan Ulioyt (43) S.F.	41:31
90 Susan Locke (24) Greenbrae	41:32

photo by Gene Cohn



MEL SHINE Breakers to Bay

## Breakers To Bay

Sausalito, Sept. 3. 10K.

1. Roderick Berry (23) Berkeley	30:56
2. Steve Ottoway (30) SanAnselmo	32:46
3. Chris Thomas (35) Sausalito	33:15
4. Charles Thompson (33) S.F.	33:25
5. Richard Devine (26) Sausalito	34:08
6. Steven Mudgett (26) Dallas, TX	34:11
7. Michael Ieralli (28) S.F.	34:15
8. James Owen (36) PaloAlto	34:28
9. Chris Johnson (33) Sausalito	34:33
10. Daniel Hollis (33) SanLeandro	35:21
11. Bill Koskiar (38) Travis AFB	35:32
12. Kevin Mesa (17) MillValley	35:45
13. Truman Yea (28) S.F.	36:02

## Millbrae Grape Race

Millbrae, Sept. 4. 5K.  
Millbrae Rotary Club's Second Annual Grape Race held Sunday, Sept. 4th, was won by Tom Tremait of Walnut Creek, in a time of 16:42. First in the female category was Terry Juri of San Carlos in a time of 19:51. The field of more than 140 runners ranged in age from 6-63. They ran the new hilly 3.3 mile course through the streets of Millbrae, in conjunction with the annual Art and Wine Festival.

Race Director, Chuck Osborn, said that

next year with the popularity of the run growing, sponsors for refreshments and T-shirts will be sought as well as having the course TAC certified.

### Division winners

Men: 12 & Under: 1. Brian Feely. 13-29: 1. Tom Tremait. 30-39: 1. Fred Tilston. 40-49: 1. David Hayes. 50 & Over: 1. Domico Gara.  
Women: 12 & Under: 1. Erin Finn. 13-29: 1. Terry Juri. 30-39: 1. Jan Smith. 40-49: 1. Brenda Anscow. 50 & Over: 1. Rose Deferville.

## CRRC 25K

Griffith Park, L.A. Sept. 4.

### Overall Winners

1 Jim Scott (29)	1:28:43
2 Perry Forrester (31)	1:29:42
3 George Marquez (18)	1:31:30
4 James Murphy (43)	1:35:02
5 Peter Bethune (33)	1:35:40
6 Ron Navarrette (44)	1:36:49
7 David Lopez (31)	1:37:01
8 Neb Radojkovich (25)	1:38:01
9 Richard Miller (34)	1:38:35
10 Luis Reza (21)	1:38:55
11 Neil Doherty (42)	1:39:40
12 Chris Dambacher (36)	1:39:53
13 Harry Gers (32)	1:40:03
14 Gary Schwager (41)	1:40:15
15 John Kovach (31)	1:41:35

### Division Results

Men: 12 & Under: 1. Randy Wilson 2:10:15. 13-18: 1. George Marquez 1:31:30. 19-29: 1. Jim Scott 1:28:45, 2. Neb Radojkovich 1:38:01, 3. Luis Reza 1:38:55. 30-39: 1. Perry Forrester 1:29:42, 2. Peter Bethune 1:35:40, 3. David Lopez 1:37:01. 40-49: 1. James Murphy 1:35:02, 2. Ron Navarrette 1:36:49, 3. Neil Doherty 1:39:40. 50-59: 1. David Hirschson 1:47:55, 2. Robert Aardaway 1:53:31, 3. Bry Thorne 1:57:08. 60 & Over: 1. Stanley Neufeld 2:02:03, 2. Sam Simon 2:16:28, 3. Bernard Leon 2:37:26.  
Women: 19-29: 1. Pauline Elliott 1:43:22, 2. Danita Reese 1:52:21, 3. Laura Miller 2:10:17. 30-39: 1. Sylvia Acoves 2:02:34, 2. Dale Shumate 2:20:38. 40-49: 1. Aruko Fujimoto 2:11:23, 2. Dorothy Sherry 2:21:38.  
Race Walker: 1. Dan O'Connor 1:59:12.

## Silver State Marathon & Half Marathon

Reno, Nevada, Sept. 4.

### Top 15 - Marathon

1 Dave Carlsen(30)CarsonC.	2:34:21.1
2 Noel Lincicome(35)Sparks	2:35:43.8
3 Paul Peterson(29)LasVegas	2:35:57.2
4 Kenneth Adams(40)Sparks	2:43:48.5
5 Paul Gossi(27)Sparks	2:44:32.7
6 Henry Lange(34)BevHills,CA	2:44:47.3
7 Fred Durbin(36)Seattle	2:46:12.8
8 Bruce Ziegler(32)So.Lk.Tah.	2:46:51.9
9 Michael Bunnell(33)ClandHis	2:47:14.1
10 Ed Heywood(32)Sparks	2:50:59.5
11 Steve Daniels(25)Sacto	2:52:16.4
12 Austin Angeli(41)S.Lk.Tah.	2:53:09.9
13 Brian Stansauk(31)Reseda	2:53:40.2
14 Tim Hicks(40)Altaville	2:54:35.3
15 James Hart(23)Reno	2:57:11.5

### Top 15 - Female Half Marathon

1 Lynn Mentzer(24)Reno	1:08:44
2 Andy Takaha(27)S.LakeTah	1:13:59
3 Tony Gerardi(36)LasVegas	1:14:15
4 Bruce Brown(28)Reno	1:14:59
5 Dale Magnin(30)Reno	1:15:02
6 Mark Nash(23)CarsonCity	1:15:19
7 Gary Feroe(31)Reno	1:15:33
8 Robert Pyzel(26)Reno	1:15:50
9 Scott Peterson(15)Sparks	1:15:59
10 John Trent(19)Reno	1:16:03
11 Lyle Freeman(33)Reno	1:16:21
12 Tim Rostoge(43)San Jose	1:16:48
13 Matt Tabler(26)Sparks	1:16:58
14 Matt Rea(28)Reno	1:17:01
15 Frank Lemus(37)Sparks	1:17:53

### Divisions - Men Half Marathon

12 & Under: 1. Clint Corey 1:24:20. 13-19: 1. Scott Peterson 1:15:59. 20-29: 1. Lynn Mentzer 1:08:44. 30-39: 1. Tony Gerardi 1:14:15. 40-49: 1. Tim Rostoge 1:16:48. 50-59: 1. William Beckwith 1:23:11. 60 & Over: 1. Harry O. Hendrick 1:24:48.

photo by Mike Gullit



JAY MARDEN Hoy's Sports Winner

## Hoy's Sports 10,000m Classic

from Keith Conning

Golden Gate Park, S.F. Sept. 4.

Jay Marden, the 1980 Kinney National Cross Country champion, won in a very respectable early season time of 30:17.

Connie Hester, the former star from Cal State Hayward, won the women's division in 36:26.

This race served as a California cross country team time trial, with the top twelve finishers being invited out for the team by Brian Maxwell.

One of the pleasant surprises was the fifth place finish by Peter Downs, the twin brother of Tom. Peter has not competed for Cal before. As a sophomore at Skyline High School in Oakland, I can remember him finishing right along side Tom. But illness interfered with his career. He has still a long way to go to catch up with Tom, but he is moving in the right direction.

### Overall - Men

1 Jay Marden, Berkeley(20)	30:17
2 Mike McCallum, Berkeley(20)	31:02
3 Tom Schmitt, Berkeley(20)	31:16
4 Ian Clark, Berkeley(21)	31:24
5 Peter Downs, Berkeley(21)	31:26
6 George Yuster, Berkeley(18)	31:27
7 Sal Vasquez, Alameda(43)	31:31
8 Steve Valen, Berkeley(20)	31:39
9 Paul Cox, Berkeley(20)	31:40
10 Michael Bordell, APO(27)	31:41
11 Fady Malik, Berkeley(19)	31:42
12 John Morse, Berkeley(19)	31:45
13 Helmer Astaksen, Berkeley(23)	32:00
14 Scott Marconda, Berkeley(19)	32:02

15 Mike Clear, Atchison(23)	32:09
16 Brao Zamczyk, Berkeley(20)	32:11
17 Rich Hornstra, San Bruno(26)	32:13
18 Sam Skinner, Berkeley(18)	32:14
19 Dennis Martin, Berkeley(20)	32:16
20 Peter Lewandonski, S.F.(27)	32:22
21 Grant Foster, Berkeley(18)	32:32
22 Damien Curry, Berkeley(19)	32:34
23 Jason Flamm, Berkeley(18)	32:35
24 Steve Adams, Berkeley(20)	32:52
25 Ken Hurst, S.F.(23)	32:55

#### Women

1 Connie Hester, S.F.(23)	36:26
2 Sue Vivella Brusher, Oakland(29)	37:52
3 R.A. Zanger, S.F.(39)	39:34
4 Angela Leung, S.F.(16)	41:54
5 Gail Rodd, S.F.(40)	42:09
6 Cindi Williams, Glen Ellen(26)	42:55
7 Kay Bolla, S.F.(31)	43:26
8 Ingrid Carlsen, Oakland(30)	43:28
9 Ruth Anderson, Oakland(54)	44:42
10 Mardianne Reed, (40)	44:51

40+ :	
1 Jake White, San Jose(41)	33:26
2 Leon C. Sousa, Redwood City(44)	36:13
3 Lou Daugherty, Napa(43)	36:15
4 Phillip Hager, Larkspur(46)	36:53
5 Michael R. Hicks, San Jose(41)	37:24
50+ :	
1 Bruce Oliver, Oakland(55)	41:52
60+ :	
1 John Gilkey, Los Altos(61)	42:39

## South Bay Labor Day Two Way 5K Relay

### Redondo Beach, Sept. 5.

The following are the results of the South Bay Labor Day Two Way 5K Relay, a couples race run at TRW, Redondo Beach on Labor Day, Monday, September 5, 1983. The men ran first; when they had completed the 5K, they "touched-off" to their female partners who also ran 5K with the combined time counting for awards. 115 couples competed.

The race started with a lead pack of Greg Gawlik, Rick Dodson, Tyrus Deminter, Scott Young. Gawlik and Dodson shared the lead through the early and middle parts of the race. At 2 1/2 miles, Gawlik surged to take the lead which he held to the end of the men's half of the race. Greg's partner, Diana Johnson was the first woman on the course, closely followed by Mia Myrick and Laura Cattivera. Myrick and Cattivera quickly moved to the front with Myrick holding the lead for the first half mile. Cattivera surged to the front and by the first mile, she had established a lead which she was to build steadily through the race, finishing well over a minute in front of the next runner. Kristen O'Hara moved up during the middle of the race to take second, with Mia Myricks holding off a charging Donna Stocker for third place overall.

This event was put on by the South Bay Runners Club of Manhattan Beach and Second Sole of Hermosa Beach with additional support and prizes donated by Focus on Fitness and Trader Joe's in Manhattan Beach and Sports Page Newspaper.

This was the second year of a small and unique race with more effort being made to put on a quality race rather than try and attract large numbers of people. **Fastest individual times:** Men - Greg Gawlik 14:52, Women - Laura Cattivera 17:38. **First Team Overall** - Laura Cattivera/Rick Dodson 32:38.

#### Combined Ages

**39 & Under:** 1. Laura Cattivera/Rick Dodson 32:38. **40-49:** 1. Donna Stocker/Harry Staalberg 34:17. **50-59:** 1. Diana Johnson/Greg Gawlik 34:47. **60-69:** 1. Becky Miller/Dietmar Oberhoessel 38:12. **70-79:** 1. Dobi McDougall/John Kampmann 39:05.

## Labor Day 10 Miler

from Joe Phaby

### Santa Rosa, Sept. 5.

#### Division Results

**Men:** 14-18: 1. John Hogan 1:05:28, 2. Mark Wall 1:06:10, 3. John Mendivil 1:08:20. 19-24: 1. Alfred Dartois 1:01:29, 2. Mark Ryan 1:02:17, 3. Chris Reynolds 1:03:40. 25-29: 1. Dan McCullough 58:54, 2. Mark Dawson 57:20, 3. James Gross 59:32. 30-34: 1. Eric Williams 55:52, 2. Steven O'Brien 55:55, 3. Virginio Deararayo 56:35. 35-39: 1. Dave Sjostedt 59:52, 2. Mike McGuire 1:01:23, 3. Logan Adams 1:01:44. 40-44: 1. Brendan Hutchinson 1:00:27, 2. Martin Jones 1:00:45, 3. John Muro 1:05:04. 45-49: 1. Darryl Beardall 58:41, 2. Roger Price 1:04:12, 3. Bob Buckendahl 1:07:47. 50-59: 1. Mort Gray 1:01:21, 2. Charles Hartman 1:11:01, 3. Berger Hoel 1:12:40. **60 & Over:** 1. David Helman 1:22:14, 2. Billy Bush 1:29:43, 3. Don Timmerman 1:38:42. **Wheelchair:** 1. Mike DeMartin 1:04:28, 2. Don Lively 1:42:12. **Oldest Finisher:** 1. Charles Mayhew (72) 1:57:12.

**Women:** 14-18: 1. Jodi Waldron 1:44:28. 19-24: 1. GERALYN TRIPP 1:09:02, 2. Julie Springer 1:17:20, 3. Nancy Herring 1:21:25. 25-29: 1. Debbie Norton 1:10:41, 2. Beth Rehner 1:13:55, 3. Lucille Nichols 1:19:26. 30-34: 1. Janet Sammis 1:08:50, 2. Nancy Markey 1:10:18, 3. Vicki French

1:12:28. 35-39: 1. Kathy Schmidt 1:16:48, 2. Joann Gavin 1:19:33, 3. Shirley Taylor 1:20:31. 40-44: 1. Kathy Kettler 1:19:06, 2. Joan Ballard 1:23:50, 3. Bonnie Martin 1:38:23. 45-49: 1. Janet Buckendahl 1:12:59, 2. Lillian Woodward 1:15:19, 3. Judi Donovan 1:18:59. 50-59: 1. Erma Marak 1:28:56, 2. Marilyn Reynolds 1:44:08, 3. Shirley Segar 1:49:40. **60 & Over:** 1. Liz Horton 1:47:09.

## Serene Lakes 5 Mile

from Denis O'Halloran

### Serene Lakes, Sept. 5.

World age group record holder Vicki Bigelow, 48, utilized an 8 1/2 minute handicap to capture the Third Annual Dos Equis Serene Lakes 5 Mile Run. Vicki's 24:44 brought her in 1 1/2 minutes ahead of the first scratch runner, Rich Langford. A fast closing John Sheehan placed third and five more Aggie teammates followed, giving the host club the top eight places.

Indian Summer weather prevailed for this Labor Day race which circles twice around the picturesque Serene Lakes, a summer/winter resort area near the town of Soda Springs at 6800 feet elevation. The Aggie Running Club joined forces for the first time with the race originator Tahoe Outdoor Athletic Club to stage a fun, exciting race.

Handicaps are based on national age group 10K road records, with Alberto Salazar's 28:01 the standard. Vicki's 24:44 will serve as an excellent challenge to all age group runners. There were 110 finishers this year, including a large contingent of former centipede Aggies performing synchronized Henrichi turns. Local merchants and ski areas donated prizes, Dos Equis supplied the beer, and a good time was had by all.

#### Results

	Time (Handicap)
1) Vicki Bigelow(48)	24:44 (8 1/2)
2) Rich Langford(30)	26:17 (0)
3) John Sheehan(29)	26:19 (0)
4) Pete Sweeney(27)	26:28 (0)
5) Matt Yeo(28)	26:39 (0)
6) Gin Reynolds(28)	26:45 (0)
7) Jeff Adkins(22)	26:51 (0)
8) Connie Hester(23)	27:25 (4)
9) Alice Rose(48)	27:41 (8 1/2)
10) John Talco(38)	27:53 (1/2)
11) Steve Strangio(23)	28:13 (0)
12) Gordon Innes(29)	28:33 (0)
13) Jim Howell(39)	28:33 (1/2)
14) Ed Schlegle(30)	28:52 (0)
15) Marilyn McCormick(32)	29:04 (5 1/2)
16) Paul Bigelow(18)	29:08 (1 1/2)
17) Michael Jeneid(49)	29:27 (2 1/2)
18) Jerry Van Meter(45)	29:34 (2 1/2)
19) Wackey(28)	29:35 (0)
20) Ron Richardson(26)	29:39 (0)
21) Toni Ruggles(28)	29:40 (0)
22) Rocko(21)	29:40 (0)
23) Doug Gollither(17)	29:41 (1 1/2)
24) Mike Killen(27)	29:41 (0)
25) Adelle Allender(18)	29:42 (5 1/2)
26) Mary Kuphardt(15)	29:43 (5 1/2)
27) John Cobourn(37)	29:46 (1/2)
28) Holly Beattie(29)	29:53 (4)
29) Tony Chan(29)	30:43 (0)
30) Susan Antipa(32)	31:12 (5 1/2)

## Valley Heritage Days Race

from Edward J. Foley

### King City, Sept. 10. 5.88 Miles.

1 Tom Wilkinson	33:01.50
2 Jose Pentajo	33:32.05
3 Adrian Huerta	33:40.75
4 Jorge Mosqueda	33:48.49
5 Terry Ueblehart	33:52.66
6 Roberto Pantoja	34:01.84
7 Adolfo Oroso	34:02.47
8 Michael Tidwell	35:14.48
9 Jose Argueta	35:35.46
10 James Lyman	35:47.30

## World's Toughest Triathlon

September 10. South Lake Tahoe. 2.4-Mile Swim. 120-mile Bicycle. 26.2-mile Marathon.

The World's Toughest Triathlon - a brutal course embodying a 2.4-mile swim in the 55 degree waters of Lake Tahoe, a 120-mile bicycle journey over mountain peaks rising to 8,000-foot elevations and a difficult 26.2-mile marathon over rocky terrain - was won by Runar Boman of San Luis Obispo, CA, September 10 in South Lake Tahoe.

The Ultimate Challenge was everything it promised. Boman, who completed the course in 11 hours 55 minutes and 54 seconds, breathlessly remarked after the conclusion of the race, "I've run other courses including the Ironman in Hawaii, but without a doubt, this is the toughest course in the world - much more challenging than the Ironman."

Boman, no newcomer to triathlon competitions, has consistently placed in the top five of the previous events he's entered. (His most recent was a second place finish in the Fountain Valley Triathlon in Scottsdale, AZ.) Most major triathlons have an average finish time of 9 1/2 hours. Boman's time of 11:55:54 - two hours longer than most - attested to the degree of difficulty of this event.

Though the race was the world's toughest, it was also the safest. The safety of the athletes was emphasized at all times, with 38 aid stations along the way staffed by teams of medical experts. Major injuries were avoided and no one was hospitalized. One competitor, Amy Price of Santa Cruz, CA, was taken to Barton Memorial Hospital for a minor case of hypothermia as she neared the finish of the bicycle segment, but was released in time to greet her husband Ed at the finish line as he claimed fourth place in the men's competition with a time of 13:42:44.

Fifty-nine entrants started the race at 6:18 a.m. at the Lake Tahoe Keys with 47 finishing the swim and 37 completing the entire course.

This was the first event of its kind for South Lake Tahoe and will become an annual competition. Many of the athletes at this year's contest were impressed with the course's layout, safety and difficulty, commenting that they would return next year and bring along several fellow triathletes. "If you had 59 this year," one competitor said, "you can expect at least 500 next year." The race committee has already received entry fees from some of the athletes for next year's event.

Race Director Charlie Lincoln credited the success of the First Annual World's Toughest Triathlon to the help he received from South Lake Tahoe businesses and the 800 volunteers. "It truly was a community event and the cooperation was overwhelming," Lincoln remarked. "We're getting ready for next year. We want the triathlon to be recognized as not only the world's toughest, but also the world's finest."

It would seem that the event is well on its way to achieving that goal. Visiting triathlon planners congratulated Lincoln on the race's success, adding that they felt it was the most organized triathlon they had witnessed.

Three women finished in the top ten as did three South Lake Tahoe residents. The top finishers were:

Men's Division	
1 Runar Boman, San Luis O.	11:55:54
2 Jim Bailey, So. Lake Tahoe	12:41:17
3 Donald Seymour, Plant Hill	13:12:40
4 Ed Price, Santa Cruz	13:42:44
5 James Meskimen, Truckee	13:53:54
6 Greg Moller, Davis	14:08:24
7 William McKean, So. Lk. Tahoe	15:10:21

Women's Division	
1 Claire McCarty, So. Lk. Tah.	14:13:20
2 Gina Flemming, La Jolla	14:13:20
3 Angela French, Olympia, WA	14:18:17
4 Suzy Condon-Brown, Zephyr	16:56:13

Relay Teams	
1 Ron Michelson, Sugar House	10:41:33
1 Nancy Arabian, Northstar(W)	14:01:57



Photo by Mike Guill

SAL VASQUEZ  
Hoy's Sports Masters Winner

## Average Joe Biathlon

San Diego, Sept. 5.	
1 Art Baudendistel	1:05:27
2 Randy Marx	1:07:35
3 Kurtis Lawson	1:08:48
4 Craig Petersen	1:10:06
5 Walter Radloff	1:12:08
6 Dean Baker	1:12:18
7 Sid Noyes	1:12:32
8 Chris Broadley	1:14:19
9 Dave Hanley	1:16:11
10 Robert Bender	1:16:54
21 Peggy Prior (W-40)	1:48:01

# Results

## Wheels & Heels 1/2 Marathon

### Badger, Sept. 10.

It was still a cool 50 degrees at 7:30 AM on Sept. 10 as the runners began the 1100 foot climb from Badger over the first 6 miles of what is considered by many runners the toughest 1/2 marathon in California. Leaving the former airstrip runway (elev. 3300') the road winds up into Sequoia National Forest past mountain apple orchards on a scenic course. After the 6 mile turn there suddenly appears a panoramic view of the Sierra foothills below as the descent begins. The kicker to this event is the 200' rise over the last 1 1/2 miles before the runners drop back onto the runway for the finish.

This year older runners dominated the race as David Calderon of Visalia, a popular triathlete, powered his way to a 1:19:54 first place win. Two other Visalia runners, Craig Newport and Rob Stephenson, took 2nd and 3rd place, respectively, in 1:22:39 and 1:22:58. The first Synanon runner was Bruce Keller, 5th in 1:25:43.

The Betty D. Memorial Trophy this year went to Cherie Stephenson of Visalia, the First Lady of the Half Marathon, finishing in 1:44:54. This award is made in memory of Betty Dederich, First Lady of Synanon, who died 6 years ago of cancer. For 18 years, as the wife of Synanon's founder, Charles E. Dederich, she demonstrated courage and determination, and became an inspiration to all who knew her.

Jim Brooks, a popular Fresno wheelchair racer, returned for his 4th year, demonstrating once again unusual determination and toughness by completing the rugged course in 2:13:01.

The award ceremony featured colorful homemade plaques. The Synanon Running Club holds these events to recognize athletes who demonstrate perseverance because they serve as examples to the many Synanon residents who come to the organization seeking help in overcoming drug, alcohol and juvenile delinquency problems. Afterwards the hangar doors were opened, lunch was served, and live western music by the "Country Green" band was heard.

1 David Calderon, Vis. (1-OM)	1:19:54
2 Craig Newport, Vis. (1-30)	1:22:39
3 Rob Stephenson, Vis. (2-30)	1:22:58
4 Bob Terhar, Vis. (3-30)	1:25:17
5 Bruce Keller, Syn. (4-30)	1:25:43
6 Fred Mendoza, Syn. (1-40)	1:26:27
7 Ralph Moran, Sundance (2-40)	1:32:05
8 Bob Blakely, Vis. (3-40)	1:32:51
9 Gary Domazlicky, Syn. (5-30)	1:33:13
10 Bob Kearney, Vis. (4-40)	1:33:34
20 Paul Abramson, Syn. (1-50)	1:41:28
21 Ken Takeuchi, FTC (2-50)	1:44:25
22 Cherie Stephenson, Vis. (1-W)	1:44:54
32 Elizabeth Jones, (2-W)	1:56:00
43 Jim Brooks (1-Whic.)	2:13:01
44 Barbara Diehl, Syn. (1-W-40)	2:14:09

## Millerton Lake Triathlon

### Millerton Lake, Sept. 10.

1 Mile Swim. 23.5 Mile Bike. 6.2 Mile Run.

#### Men's Results:

19 & Under: 1. Steve Tipton 2:30:35, 2. Ron Thomasson 2:41:00, 3. John Bogler 3:24:16. 20-29: 1. Michael Garcia 1:59:04, 2. Tom Saunders 2:19:15, 3. Brian Price 2:20:57. 30-39: 1. David Tomerlin 2:01:30, 2. Les Waddell 2:09:33, 3. Rick Conway 2:12:32. 40-49: 1. Mark Richard 2:21:15, 2. Richard Jernigan 2:33:09, 3. Dave Creighton 2:57:29. 50 & Over: 1. Len Thornton 2:30:49, 2. Chris Denny 2:41:34, 3. Franz Weinschenk 2:45:03.

#### Women's Results:

20-29: 1. Nancy Kaplan 3:11:25, 2. Helen Wolfe 3:19:16. 30-39: 1. Noelle Waddell 2:41:18, 2. Mary Alroia 2:43:50, 3. Ellen Troth 3:01:01. 40-49: 1. Jane Fraser 3:37:57.

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## Amador X-C Race

### Sutter Creek, Sept. 10. 7.7 Miles.

Local runners dominated Saturday's Jug and Rose 7.7 mile run, as Amador High junior Kim Stark won the women's division in 49:56 and Amador High graduate Todd Peterson took the men's race in 42:24. The fleet-footed Stark ran away from her female competition, but local runner Jesse Shaw at 42:40 and Stockton's Richard Doty at 42:58 gave Peterson little breathing room.

Winning her 35-49 division was Carolyn Clifton of Manteca, followed by Karen Dickmeyer of Stockton and Darlene Pearson of Carmichael.

Three local women took the 20-34 division, led by Sandy Hurd of Jackson, who was trailed by Lani Heinrich of Pioneer and Martha Fife of Jackson.

The Santoro sisters of Pioneer-Jamey and Tawnya-won the 13 and under division, while Shawn Doyal and Wendy Walker of Amador High rounded out the 14-19 division after Stark.

Amador High senior Scott Schinaman won the 14-19 classification for the men, in front of Amador sophomores Tim Ketrin and Phil Hendley.

Taking the 50 and over race for the men was Dieter Diekmeyer of Stockton, who slipped by Bill Poietti of Jackson in that division.

Ken Rayl of Sutter Creek won the 13 and under race, finishing ahead of Lornie Nurse of Jackson and Karlton Graham of Sutter Creek.

Close behind Doty in the very competitive 35-49 race were James Drake of Sacramento and Gary Davis of Pine Grove, while Mike Messinger of Walnut Creek finished third in the very quick 20-34 race.

Chris Thebaut of the Jug and Rose and Larry Graham of Graham Steel Construction presented the winning trophies to Peterson and Stark, in this eighth annual race, sponsored by the Amador High cross country team.

#### Top Ten - Men

1 Todd Peterson (1st-20-34)	42:24
2 Jesse Shaw (2nd-20-34)	42:40
3 Rich Doty (1st-35-49)	42:58
4 Jim Drake (2nd-35-49)	43:31
5 Gary Davis (3rd-35-49)	43:52
6 Scott Schinaman (1st-14-19)	43:59
7 Mike Messinger (3rd-20-34)	44:00
8 Rick Shea	45:28
9 Andy Asserto	46:16
10 Robin Hudson	47:01

#### Top Five - Female

1 Kim Stark (1st-14-19)	49:56
2 Carolyn Clifton (1st-35-49)	54:44
3 Karen Dickmeyer (2nd-35-49)	57:58
4 Sandy Hurd (1st-20-34)	58:58
5 Lani Heinrich (2nd-20-34)	59:22

## Cloverdale Harvest Run

from John L. Kim

### Cloverdale, Sept. 10. 10K.

The first annual Cloverdale Harvest Run was thoroughly enjoyed by everyone who participated. The 3K and 10K affair was put on by the Cloverdale Eagles Boosters Club with all proceeds benefiting the High School and Junior High School athletic programs. It was held in conjunction with the Cloverdale Harvest Fair with all runners under 16 years of age receiving free passes for the carnival rides and all runners receiving discounts for the Cloverdale Fireman's Salmon Bar-B-Que. Additionally the runners received long sleeved T-shirts, participation ribbons and each division was broken down in 5 year brackets and awards 5 deep in each division for both races! And the overall male and female winners of each race received silver goblets. For the first time out, the Boosters Club put on a first class affair. A few after race comments were heard on how well marked the course was and the

over abundance of course monitors. The first two miles were on the city streets with the remainder crossing the Russian River (via a bridge) and touring Cloverdale's vineyards on country roads, finishing on the fairgrounds. Mark Sept. 9, 1984 on your calendar for a run with the runners best interest in mind.

#### Division Results - Men

Overall Winner: Rory Ingalls.  
12 & Under: 1. Eric Hamilton. 3-19: 1. Darin Daniels. 20-24: 1. Kirk Vdye, 2. Scott Cavallo, 3. Stacy Van Horn. 25-29: 1. Rick Blackmon, 2. John Gastineau, 3. Stephen Dooley. 30-34: 1. Rory Ingalls, 2. John Kirn, 3. Mark Waiton. 35-39: 1. Doug Court-marche, 2. Howard Davis, 3. Rick Fletcher. 40-44: 1. Sal Citarella, 2. Walt Vennum, 3. John Muro. 45-49: 1. Darryl Beardall, 2. Ken Marr, 3. John Malnar. 50-59: 1. Hank Fragoza, 2. Mort Ward, 3. Ward Upson. Heavyweight: 1. Bob Wilson, 2. Jerry Hamilton, 3. Joel Verner. Wheelchair: 1. Don Lively.

#### Division Results - Women

Overall Winner: Carol Ferrari  
20-24: 1. Nancy Herring. 25-29: 1. Margaret Moore, 2. Shari Keller, 3. Diane Greenough. 30-34: 1. Carol Ferrari, 2. Robin Ryan, 3. Rochelle Thomas. 35-39: 1. Kathi Parli, 2. Sue Wagers. 40-44: 1. Carolyn Ward. 45-49: 1. Jan Verner. 50-59: 1. Bernice Ferrari, 2. Marilyn Reynolds, 3. Phyllis Ennis.



HILARY NAYLOR  
1st Female, Sugar City

## 6th Sugar City Fun Run

from Keith Conning

### John Swett H.S. Crockett, Sept. 10.

Dwayne "Peanut" Harms, the Foothill College (Los Altos Hills) track and cross country coach, won the 10K race for the fifth time in 31:17.1. He set the course record of 30:59 last year. Harms graduated from John Swett High School in 1969.

Harms, who was recovering from food poisoning earlier in the week, pulled away from Leroy Kotchevar at the one mile point. His splits were 5:00 (1 mile), 9:43 (2 miles), 19:53 (4 miles), and 25:25 (5 miles).

Mike Warr, the former Vacaville High runner, finished second overall and first in his 20-25 age group in 31:52.4.

The first woman finisher was Hilary Naylor, whose 40:27.0 clocking was 33rd best among a field of 162 finishers.

Ray Corona of Pinole won the two-mile race in 11:01.9. Julie Rivers (Livermore High School) was the first female finisher. She took fourth in 12:04.6.

The 10K run is an out-and-back course, starting at John Swett High School in Crockett and turning back at Port Costa. "It is a scenic run since you are looking over the Carquinez Straits, but it has many hills," said meet directors Chris and John Valentini.

## "Twilight Run"

from Hans Albrecht

### San Martin, Sept. 10. 6 Mile.

Wayne Hurst and Sandra Marshall were victorious for the second consecutive race in the California Vintage Run Tour in the first San Martin Winery



PEANUT HARMS  
Sugar City Winner

### "Twilight Run" on Saturday, Sept. 10.

The San Martin Winery Twilight Run, in the historic San Martin area, was the fourth race in the five-event California Vintage Run Tour '83.

Hurst of Los Gatos won the men's division with a time of 35 minutes, 49 seconds over the demanding six mile course in the hills around the San Martin Winery.

Marshall of Goleta was first in the women's division in 42:53.

In the men's division, Chris Loosley of Morgan Hills was second in 35:55, with

photo by Keith Conning

photo by Keith Conning

Byron Cholriere of Foster City third at 36:15. Greg Durbin of Ukiah was fourth at 37:42, with Steve Seibred of San Jose fifth in 37:57.

Joyce Bradley of San Jose was second in the women's division at 48:05, with Laura Burtness of Palo Alto third in 48:16. Jeanie Lewis of Morro Bay was fourth in 48:23, with Judy Gustafson of Morgan Hill fifth in 49:47.

Hurst, a three time winner on the tour, won the first race of the California Vintage Run Tour at the Fetzer Vineyards "Run for the Wine" on May 29 and the third race of the series on Aug. 13 at Mark West Vineyards at Forestville. Durbin won the second race of the tour at Firestone Vineyard at Los Olivos on July 10 and finished second at the Fetzer Vineyards Run.

Marshall, also a three time tour victor, was also the women's victor at the Firestone Vineyard Run in the Santa Ynez Valley and the Mark West Vineyards Run.

The first 15 finishers in the men's and women's open and masters (40 and over) categories in each of the five California Vintage Run Tour races receive points toward the tour championships.

Each race in the California Vintage Run Tour is designed to be an enjoyable, distinctive, quality running experience in one of California's special areas - it's wine country, said Hans Albrecht, tour director.

#### Top Five Men

- Wayne Hurst, Los Gatos 35:49
- Chris Loosley, Morgan Hill 35:55
- Byron Cholriere, Foster City 36:15
- Greg Durbin, Ukiah 37:42
- Steve Seibred, San Jose 37:57

#### Division Results - Men

21-25: 1. Gary Benito 39:03, 2. Ramon Castro 40:31, 3. Michael Patrick O'Connor 41:30.

26-29: 1. Wayne Hurst 35:49, 2. Byron Cholriere 36:15, 3. Greg Durbin 37:42.

30-34: 1. Steve Seibred 37:57, 2. George Schuitz 40:53, 3. Gary Sanchez 42:04.

35-39: 1. Chris Loosley 35:55, 2. Bob Alvarado 42:49, 3. Ron Griswold 43:24.

40-44: 1. Frank Stempki 40:26, 2. Martin Deggeiler 44:34, 3. Joseph Belarde 44:40.

45-49: 1. James Erbes 43:25, 2. Jerry Jacobs 44:04, 3. William Flodberg 45:57.

50-54: 1. Bob Farrington 40:08, 2. Ephraim Ronesberg 40:44, 3. Thomas Gutierrez 48:06.

55 & Over: 1. Vic Crossetti 46:32, 2. Don McPherson 57:33, 3. Toby Solorzano 61:48.

#### Top Five Women

- Sandra Marshall, Goleta 42:53
- Joyce Bradley, San Jose 48:05
- Laura Burtness, Palo Alto 48:16
- Jeanie Lewis, Morro Bay 48:23
- Judy Gustafson, Morgan Hill 49:47

#### Division Results - Women

21-25: 1. Laura Burtness 48:16, 2. Judy Gustafson 49:47, 3. Lillian Leanos 52:22.

26-29: 1. Joyce Bradley 48:05, 2. Jeanie Lewis 48:23, 3. Linda Lee Mobley 51:51.

30-34: 1. Janet Sowolla 53:30, 2. Vickie Torrez 56:00, 3. Susan Dodd 57:37.

35-39: 1. Sandra Marshall 42:53, 2. Pamela Toshach 51:33, 3. Camille Creange 53:04.

40-44: 1. Judy Messick 51:44, 2. Lee Hicks 61:09, 3. Irene Ynzonza 61:58.

45-49: 1. Joanne Hall 50:32.

50-54: 1. Yvonne Burtness 57:36, 2. Lois Cook 62:29, 3. Stell McPherson 73:28.

## Descente Star-Test 10K

- San Luis Obispo. Sept. 11.
- Dallas McCallum(20)N.Z. 30:08
  - Terry Gibson(24)SLO/Aggie 30:32
  - Leo Lenting(26)SLO/Aggie 31:33
  - Graham Tattersall(32)N.Z. 31:55
  - Sai Lozano(24)SLO 32:47
  - Jon Root(29)SLDC 35:12
  - Richard Quintero(29)Snta Maria 35:58
  - Steven Paduganan(31)Snta Maria 36:14
  - Kevin Carrillo(15)Prvtlv. 36:53
  - Scott Fisher(18)SLO 37:44
  - Bill Graham(42)Lompoc 37:57
  - Roger Boedecker(54)SLDC 43:21
  - Patricia Graham-Lewis(25)FJRR 43:48
  - Tricia Sepko(34)Snta Maria 46:14

## Run For Udder - Satisfaction

Turlock. Sept. 17. 5/10K.

#### Top Five - Men 10K

- Jeff Garrison 33:12.0
- Robert Schug 33:58.5
- Richard Salvador 34:41.2
- Carlos Pineda 34:54.8
- Richard Johnson 35:13.7

#### Top Five - Women 10K

- Doris Chin 42:48
- Regina Rowan 43:46.4
- Irene Cattanchach 52:27.2
- Judy Crisp 53:09.6
- Jenlane Gee 53:18.9

#### Divisions - Men 10K

14-19: 1. Richard Salvador 34:41.2, 2. Carlos Pineda 34:54.8. 20-29: 1. Jeff Garrison 33:12.0, 2. Joe Salvador 35:26.4. 30-39: 1. Robert Schug 33:58.5, 2. Glen Jenkins 36:53.1. 40-49: 1. Dick Shorman 37:11.9, 2. Gerry Holmes 37:49.0. 50 & Over: 1. Charles Rodgers 39:53.7, 2. Don Lundberg 43:57.6.

#### Divisions - Women 10K

14-19: 1. Doris Chin 42:48, 2. Regina Rowan 43:46.4. 20-29: 1. Jenlane Gee 53:18.9, 2. Jeannine Gilmore 55:14.2. 30-39: 1. Irene Cattanchach 52:27.2, 2. Pamela Gnesa 1:03:21.0. 40-49: 1. Judy Crisp 53:09.6, 2. Beverly Courtney 54:50.0.

#### Top Five - Male 5K

- Bert De Costa 16:31.8
- Ray Bettencourt 16:38.5
- John Shaw 16:56.8
- Jose Guerrero 17:30.2
- Steven Whitwill 17:33.2

#### Top Five - Female 5K

- Betty Chavez 20:36.7
- Maureen Robello-Boynton 21:37.1
- Sharon Garcia 23:02.0
- Margret Mullen 23:27.8
- Michele Tornquist 23:29.6

#### Divisions - Male 5K

13 & Under: 1. Chester Miller 26:31.9. 14-19: 1. John Shaw 16:56.8, 2. Isaac Brambila 17:55.5. 20-29: 1. Bert De Costa 16:31.8, 2. Ray Bettencourt 16:38.5. 30-39: 1. Jose Guerrero 17:30.2, 2. Steven Whitwill 17:33.2. 40-49: 1. Elton L. Nelson 19:09.3, 2. Kenneth Garst 22:49.0. 50 & Over: 1. Payson Taylor 21:01.8, 2. Denton Williams 25:48.0.

#### Divisions - Female 5K

13 & Under: 1. Carrie Jaquith 32:29.3. 14-19: 1. Betty Chavez 20:36.7, 2. Wadean Lamb 26:06.7. 20-29: 1. Maureen Robello-Boynton 21:37.1, 2. Sharon Garcia 23:02.0. 30-39: 1. Dee Dee Grafius 27:12.8, 2. Gail Jaspon 29:55.7. 40-49: 1. Carol Erwin 23:45.0, 2. Sally Franceschini 24:56.8. 50 & Over: 1. H. R. Higgins.

## Corcoran KC Run

September 11. Corcoran. 6 Miles.

- Larry Lung 33:09.2
  - Jorge Flores Medina 34:39.7
  - Odlan Camera 35:18.0
  - Lawrence Barco 35:44.5
  - Bob Terbaar 35:47.6
  - Daniel V. Gonzales 35:54.5
  - Ric Zamarripa 36:04.3
  - Bill Woody 36:23.6
  - Tony Miranda 37:05.1
  - Ronald Quitoriano 37:05.5
- Women's Overall Winner: Gracie Estrada  
19 & Under: 1. Gracie Estrada 47:26.9  
20-29: 1. Karen Moritz 49:33.1  
Men's Overall Winner: Larry Lung  
18 & Under: 1. Lawrence Barco 35:44.5.  
19-24: 1. Jorge Flores Medina 34:39.7.  
25-29: 1. Daniel V. Gonzales 35:54.5. 30-34: 1. Larry Lung 33:09.2. 35-39: 1. Bob Terbaar 35:47.6. 40-44: 1. Bill Woody 36:23.6. 45-49: 1. Ric Zamarripa 36:04.3. 60 & Over: 1. Harry Harder 43:14.8.

## Burlingame Fun Run

Burlingame. Sept. 11. 2.85 Miles.

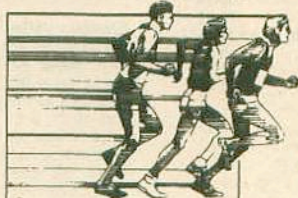
- Top 5 - Male
- James Harris 17:09
  - Mike Roach 17:18

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- Gene Gilligan 17:38
- David Sykes 18:18
- Ned Benedict 18:37

#### Division Results - Men

11-15: 1. Mike Roach. 16-20: 1. David Sykes. 21-30: 1. James Harris 17:09. 31-39: 1. Steve Kochly 22:17. 40-49: 1. Gene Gilligan 17:38.

#### Top 5 - Female

- Vicki Farrell 20:19
- Debbie Norton 20:28
- Mary DeRosa 22:52
- Ariella Fioranelli 23:52
- Joyce Thompson 24:11

#### Division Results - Women

16-20: 1. Lisa Crossfield 27:12. 21-30: 1. Vicki Farrell 20:19. 31-39: 1. Mary DeRosa 22:52. 40-49: 1. Joyce Thompson 24:11. 50 & Over: 1. Charlene Schmitz 29:26.

## Fiesta St. Lucy Church Run

from Cirilo & Yvonne Medina

Sept. 18. 6 & 2 Miles.

#### Overall Results - 6 Mile

- Al Lomeli, 30-39 31:25.1
- Daniel Hernandez, 19-29 32:46.5
- Patrick Dunning, 30-39 33:06.4
- Pat Phelan, 30-39 33:17.9
- Baltazar Betancourt, 19-29 33:18.6
- Richard Salvador, 18 & Under 34:25.6
- Frank Delgado, 40-49 34:54.5
- John Blanchette, 18 & Under 35:19.5
- David Blalock, 30-39 35:34.6
- Ric Zamarripa, 40-49 35:44.7
- Bill Woody, 40-49 35:49.7
- Jay Martin, 30-39 35:50.6
- Fernie Montanez, 40-49 36:07.4
- Lawrence Alderete, 30-39 36:10.9
- Rick Allamprese, 30-39 36:11.6

#### Division Results - Men

18 & Under: 1. Richard Salvador 34:25.6. 19-29: 1. Daniel Hernandez 32:46.5. 30-39: 1. Al Lomeli 31:25.1. 40-49: 1. Frank Delgado 34:54.5.

Over: 1. Harry Harder 41:59.7. Wheelchair: 1. Jason Torosian 1:05:40.4.

#### Division Results - Women

18 & Under: 1. Nicolette Florio 50:25.0. 19-29: 1. June E. Carter 1:05:40.4. 30-39: 1. Judy Carol 49:58.4. 40-49: 1. Julie Wilson 52:15.9. 60 & Over: 1. Bessie Stallings 1:32:05.8.

#### Overall Results - 2 Mile

- Bill Sterling, 19-29 9:54
- Ramon Fernandez, 18 & Under 10:23
- Danny Santellano, 19-29 10:52
- Wayne Campbell, 30-39 11:28
- Santallano, 40-49 11:29
- Henry Clark, 40-49 11:32
- Brian Akins, 18 & Under 11:43
- Peter Martinez, 18 & Under 11:47
- Grant Sharp, 40-49 12:02
- Chris Denny, 50-59 12:11

#### Division Results - Men

18 & Under: 1. Ramon Fernandez 10:23. 19-29: 1. Bill Sterling 9:54. 30-39: 1. Wayne Campbell 11:28. 40-49: 1. Santellano 11:29. 50-59: 1. Chris Denny 12:11. 60 & Over: 1. Bob Musso.

#### Division Results - Women

18 & Under: 1. Erin Valdez 14:32. 19-29: 1. Evangelina Lopez 13:21. 30-39: 1. Jan Alcock 13:02. 40-49: 1. Connie Schroyer 15:39. 50-59: 1. Mary Propps 17:01.

## Indian Ridge Run

from Keith Canning

St. Mary's College, Moraga. Sept. 11. 10K.

#### Overall 10K Winners

- Hai Schulz (1st-17-29) 32:09.5
- Robert Braesnesco (2nd-17-29) 33:47
- Tom Hartge (3rd-17-29) 34:49
- Michael Griesmer 35:15
- Eric Ivory (1st-30-39) 35:18
- Stephen Freitas (2nd-30-39) 35:26
- Neil Denatale 35:39
- Ron Sample (3rd-30-39) 36:07
- Paul D. Sasse 36:19
- Mark Lane 36:22
- James Rycek 36:27

continued on next page...

# Results

12 Jim Mooré (1st-40-49)	36:44
13 John Moran	36:52
14 James Wilkins (2nd-40-49)	37:26
15 Frank Knaflec (3rd-40-49)	37:43
16 Clifford Stewart	37:43
17 Keith Wallace	37:53
18 Lee Groyen	37:58
19 Van Robbins (1st-11-16)	38:02
20 Tony Heredia	38:11
27 Bridget Goodwin (1st-F/17-29)	39:31

### Overall 5K Winners

1 Eddie Lanzarin (1st-30-39)	16:14
2 Kent Thompson (1st-17-29)	16:21
3 Martin Higginbotham (1st-11-16)	16:46
4 John Foley (2nd-17-29)	16:57
5 Brian McGuire (3rd-17-29)	17:13
6 Tony Beltancourt (2nd-30-39)	17:15
7 Chuck Lewis (2nd-11-16)	17:19
8 Mike Thomas	17:31
9 Stephen Austin	17:50
10 Jeff Dewitt (3rd-11-16)	17:51
19 Lori Hill (1st-F/11-16)	20:02

### Division Winners - Women:

**14 & Under:** 1. Bettina Nocker 67:48. **19-29:** 1. Pauline Elliott-Brown 39:09. **30-34:** 1. Elizabeth Harter 48:15. **35-39:** 1. Gabriele Anderson 35:10. **40-44:** 1. Eilfrieda Wyner 38:37. **45-49:** 1. Vicki Bigelow 38:44. **50-54:** 1. Ruth Anderson 44:37. **55-59:** 1. Alice Turowski 48:56. **60 & Over:** 1. Bess James 63:03.

## China Cup 5K

by Jack Whitfield

### Fountain Valley, Sept. 17.

The ninth race of the twelve-race China Cup Series saw Lois Curl and Robert Traba take first place in the separate women's and men's 5K races. Curl's time was 19:29, a p.r., while Traba finished in 14:37. The races were held at Mile Square Park in Fountain Valley on September 17.

The 5K used to be a half-day-long, division-by-division cross-country run on

men's division. His 14:37 put away Tiger teammates Gilbert Cortez (14:43) and Lance Packer (14:48). Packer is second in the China Cup.

There was a little side bet going between Team China Cup #1 and the Tiger team. Tiger spotted the Cup team thirty points. The Cuppers didn't need it, though. Although Tiger got 1, 2 and 3, their rivals squeezed into most of the other top spots and won outright, 38-46. The Gothard Street Gang was third with 64 points in one of the most competitive team races of late in Orange County.

### Men

1 Robert Traba	14:37
2 Gilbert Cortez	14:43
3 Lance Packer	14:48
4 David Jackson	14:58
5 Mike Hamilton	14:59
6 Greg Ramsey	15:10
7 Tom Steiner	15:13
8 Raul Agnoro	15:34
9 Randy Kilpatrick	15:37
10 Ron Jensen	15:38

men's title, with Patterson along with Tulareans Fred Castillo, Frank Arce and Julian Recendez running stride-for-stride through the first quarter of a mile. The High Sierra Track Club's Patterson held a slight advantage at the mid-way point over Castillo, reaching the half mile in 2:16. Patterson made a strategic move after the mid-way point, picking up the tempo and surging away from Castillo, the Tulare Western High cross country coach. Patterson, the former Occidental College middle distance man finished in a flurry, covering the final quarter mile in 62 seconds to break his own course record by 13 seconds. Castillo finished second in 4:51 with Tulare Union cross country runner Arce claiming third in 4:56, just ahead of former high school teammate Recendez, who finished fourth in 4:58.

Battles ran uncontested to the women's crown with Tulare Runners teammates Esther Henson and Mary Jones finishing second and third respectively in 6:50.



photo by Keith Conning

**KENT THOMPSON**  
2nd, Indian Ridge 5K



photo by Keith Conning

**BRIDGET GOODWIN**  
1st Female, Indian Ridge



photo by Jack Whitfield

**LOIS CURL**  
China Cup 5K Winner



**BRYAN PATTERSON**  
Fair Day Parade Winner

## Nike Masters 10K

Santa Barbara, Sept. 11.

### Men: Overall Winners:

1 Mike Lohr, Santa Barb.	31:18
2 Dan Conway, Chetek, WI	31:27
3 Sai Vasquez, Alameda	31:49
4 Ed Callaway, Santa Barb.	31:53
5 George Keim, Waynesboro, PA	31:55
6 Michael Clem, Goleta	32:12
7 Michael Heffernan, Portland, OR	32:25
8 Tom Phillips, Santa Barb.	32:35
9 Rudy Chavez, West Covina	32:41
10 Stephen Lester, Naona, UT	32:49

### Division Results - Men:

**14 & Under:** 1. Norman Shaw 48:19. **15-18:** 1. Michael Hacsli 37:01. **35-39:** 1. Dick Andersen 36:14. **40-44:** 1. Dan Conway 31:27. **45-49:** 1. Ken Winn 33:55. **50-54:** 1. Ray Hatton 33:40. **55-59:** 1. Ross Smith 35:37. **60 & Over:** 1. Clive Davies 37:51.

### Overall Winners - Women:

1 Gabriele Anderson, Sun Valley, ID	35:10
2 Fordie Madeira, Sherborn, MA	35:14
3 Eilfrieda Wyner, Jacksonville, FL	38:37
4 Vicki Bigelow, San Lorenzo	38:44
5 Shirley Matson, Solana Bch.	38:59

a dusty hillside in Newport Beach, but race director John Blair opted for a 5K road course this year, running the women's race first, followed by the men's race.

In the women's race, Curl, a 32-year old Huntington Beach runner, went into the lead at a hundred yards, opened it up and kept it, despite a hard charge by second place Jeanne Kawashima, who finished two seconds behind. Curl earned ten points in the China Cup Series with her first series victory, putting her two points behind Tina Constantino of Brea who is second in the China Cup standings. Constantino was third in 19:44.

Roma Antoniewicz of Santa Monica is the leader in the China Cup women's division, having enough points to just about wrap up the top spot. Antoniewicz unfortunately missed this race, reportedly because she hadn't been aware of changes in the race time.

First and second place male and female finishers in the China Cup Series win a free trip to Honolulu and Taiwan in December.

Robert Traba of Chatsworth piled up more points in his quest for #1 in the

### Women

1 Lois Curl	19:29
2 Jeanne Kawashima	19:32
3 Tina Constantino	19:44
4 Emily McCracken	19:45
5 Anne Ducharme	19:48
6 Cheryl Carnall	20:02
7 Ellen Cox	20:08
8 Joanie Eifler	20:27
9 Diane Bagwell	20:49
10 Mary Martin	20:50

## Fair Day Parade Mile

from Norm Takeuchi

### Tulare, Sept. 20. One Mile.

Bryan Patterson of Visalia successfully defended his title in capturing the second annual Fair Day Parade Mile through downtown Tulare in a record setting time of 4:28. Tulare Union High School junior Shannon Battles won the overall women's title with a 5:59 clocking.

▲ Four-man race developed for the

## Ninth Annual City to Port

from Joe Whitney

San Luis Obispo, Sept. 25. 11.3 MI.

The San Luis Obispo City to Port race took a hearty thrashing this year at the hands of the Converse Aggies. Leading a ten man entourage of Ags were Ivan Huff and Scott Mayfield. Running together for the entire 11.3 miles of the point to point course, they logged an impressive 4:48 minute per mile average. They broke the old course record by over a minute, and even managed to bring Terry Gibson down under the old mark with them. Behind these three, seven other Aggies filled the top ten.

Pack racing was the name of the game as the Aggies quickly drew into a lead group of five to which another group of five laid chase. Said second-packer Pete Sweeney, "It became the wolves after the caribou". By six miles Huff and Mayfield

left their disintegrating pack. At ten miles they decided to tie, but still managed to increase their lead. 'Wolves' Sweeney, Joe Fabris, and Jeff Adkins managed to move up and pick off 'caribou' Leo Lenting and Carmelo Rios. In the end, seven of the Converse shod Aggies managed to dip under five minute pace, making this the strongest finish this race has seen in its nine year history.

#### Men's Results

1	Ivan Huff	54:21
1	Scott Mayfield	54:21
3	Terry Gibson	55:11
4	Joe Fabris	55:57
4	Pete Sweeney	55:57
6	Jeff Adkins	56:12
7	Leo Lenting	56:20
8	Carmelo Rios	57:08
9	Rich Langford	57:22
10	Steve Strangio	57:48

#### Women's Results

1	Maria Peterson	73:51
2	Diane Dixon	73:53
3	Mary Ryzner	NT

## Bud Light USTS National Championship

### Bass Lake, Oct. 3.

It was said over and over again by athletes, families, spectators and people who had worked all summer to make the Bud Light U.S. Triathlon Series a success: the Championship race at Bass Lake was just about the best it could be.

From the course, to the race organization, to the level of competition represented by the sport's most talented short-distance athletes - Bass Lake was the fitting culmination of a spectacular summer for the Bud Light USTS.

The week started early when many of the top athletes arrived in Bass Lake to prepare for the race. The town was triathlon ready by the time Scott Molina, Scott Tinley, Julie Moss and other top athletes checked in at the Pines Resort.

discussed at the reception: amateur vs. professional status in the sport, prize money, short vs. long distance races, and the future of triathlon.

With regard to prize money: Mark Montgomery said he considered Bass Lake to be one of the last major races of the summer on the basis of prize money offerings (he said he personally considered it more significant than the Bud Light Ironman which does not offer cash prizes). And Sally Edwards applauded the series for maintaining prize money equity for men and women since its inception, a position she strongly supports.

Tinley, who competed at six of the regional races this summer - three of which he won - said of all the races on the circuit, he anticipated that the Bass Lake Championship would be the toughest, mostly because the level of competition was among the fiercest he had seen since Ironman.

The competition, indeed, was formidable. For the first time on the circuit, the top athletes were seeded based on total prize money earnings. All 10 of the top ranked athletes on the men's side were signed up for the competition: Tinley (ranked #1 with \$4,250 in earnings), Molina (#2 with \$3,000), Montgomery (#3, \$2,150), Surprenant (#4, \$1,850), Robert Roller (#5, \$1,500), Dale Basescu (#6, \$1,400), Bob Curtis (#7, \$1,100), Marc Thompson (#8, \$1,000), Donald Winant (#9, \$1,000), and Mark MacIntyre (#10, \$650). Bill Ruth was ranked #11 and Dave Scott was listed as #12.

Among the women present for the championship race were Colleen Cannon (#1 with \$3,750 in earnings), Sylviane and Patricia Puntous (ranked #2 and #3 with a combined prize money total of \$5,250), Julie Moss (#5, \$1,500), Anne McDonnell (#6, \$1,000), Julie Olson (#7, \$1,000), Leslie (Maurer) Landreth (#8, \$850), and Diane Israel (#10, \$700). Linda Buchanan, ranked #4, and Anne Dandoy, ranked #9, did not compete.

Among the age group triathletes was 62-year-old Earl Iles of Tolleson, Ariz., the oldest competitor on the roster. Jane Brown, 60, cycled from Corvallis, Ore., and topped the women's age-group

photo by Kathy Kelley



**PUNTOUS TWINS**  
Women's winners

from Brazil, completed the swim in 27 minutes, 11 seconds to live up to those predictions. Almost two minutes behind were Charlie Graves and Winant who stroked the last yards neck in neck (28:53 and 28:55, respectively) for second and third places.

Surprenant was fourth at 29:12, followed by John Holbeck at 29:50. Basescu, Molina, Michael Garcia and 25-year-old Karen Chequer, the first woman to finish the swim (in 10th place overall at 30:02), were all bunched up only seconds behind.

Halfway into the bike, Madruga still maintained the lead followed by Molina, Colin Brown, Surprenant and Montgomery who were all in the top 5. Basescu, Garcia, Graves, Tinley and Scott in that order rounded out the top 10 with the most demanding leg of the bike course - an ascent 900 feet in elevation - yet to tackle.

For the women, the bike split found Chequer still in the lead, followed by Moss, Sylviane Puntous, Cannon and Jenny Lamott in fifth. Surprisingly, the twins were split apart with Patricia trailing back in 6th place just ahead of Israel.

Expectedly, Molina overtook Madruga on the return leg of the bike. Not quite so expectedly, Tinley, who finished the swim way back in 38th place and more than 5 minutes behind Madruga, took over second place by the time he hit the transition area with the second fastest bike time of the race (1:03:51 for a cumulative 1:37:30 time) only 1 minute behind Molina.

Thompson, who was a member of the 1976 U.S. Olympic cycling team, put in the fastest bike time (1:03:20) to work his way up from 73rd place on the swim (35:14 - more than 8 minutes behind Madruga) to 10th place overall (1:40:28 cumulative).

Brown, a member of the newly formed Team Yosemite, secured third place going into the run at 1:37:45, followed by Madruga (1:37:48) and Montgomery (1:38:59). Surprenant headed into the transition area in 6th place (1:39:02) with Basescu right on his tail.

But as Basescu approached the bike racks he lost control of his bike, flipped and then skidded on his back, cycling cleats still secured in the clips. Though not seriously injured in the fall, Basescu was out of the race.

On the women's side, Moss overtook Chequer in the last half and finished the bike at 1:47:45 with a two-minute lead on Israel in second place (1:49:37). Sylviane Puntous followed at 1:49:47 with Cannon in fourth at 1:49:53 and Puntous sister Patricia still trailing by 9 seconds at 1:49:58.

Because the bikes in the transition area were arranged by seed numbers, the four women hit the transition area together in a span of seconds as Moss headed out on the run. As the twins chatted breathlessly in French, Israel and Cannon made shoe and equipment changes straight across from each other in a flurry of action.

Reports coming back from the men's race, meanwhile, were sketchy at best. At the turnaround point Molina was listed in the lead with Tinley, Roller and Thompson behind in that order, but without times to judge the leads.

As the first runner approached the finish line at the Pines Resort Lodge it was Molina who took first place with a 2½-minute lead on the competition at 2:29:58. Molina, who has been known to coolly saunter across finish lines, managed a smile and a hug for wife Stephanie after breaking the tape.

Tinley put in a 54:18 run split to take second place at 2:32:33. Roller nudged out Thompson by five seconds to finish third at 2:34:55. Only 19 years old and with a tremendous triathlon career ahead of him, Mike McManus finished fifth overall at 2:37:22 after working his way up from 63rd place on the swim and 13th place on the bike.

Meanwhile, turnaround positions for the women put the twins in the lead followed by Moss, Cannon, Israel and Lamott. The twins maintained the lead and charmed the Bass Lake crowd with a trademark hand-in-hand victory at 2:48:18.

The duo beat Moss by more than 5 minutes. Moss finished at 2:53:28 with a 1:04:50 run split that was almost 7½ minutes slower than the twins' fast 57:17

photo by Kathy Kelley



**SCOTT MOLINA**  
Men's winner

and 57:21. Israel wrapped up third at 2:54:13 and Cannon finished fourth at 2:55:22. Lamott, who was second on the swim and seventh on the bike, took fifth place at 2:58:10.

Collectively, the twins added \$5,500 to the trust funds that were set up to protect their amateur status while training to qualify for Canada's Olympic marathon team.

*continued on next page...*



**START**  
USTS National Championship

Mizuno hosted a tremendously successful clinic in Fresno on Thursday and a second on Friday at Bass Lake. The carbo-loading party on Friday night was attended by more than 200.

On Friday morning a breakfast reception brought together the winners of the regional races for the first time giving everyone an opportunity to meet the top athletes (the only one not present was Linda Buchanan who was ill).

Among the more pertinent topics

brackets. The youngest competitor was Andy Kelsey, 15, of Danville.

In all, 222 triathletes from 24 states finished the championship course. Five of those athletes came from Canada, and Walter Ledgard traveled all the way from Lima, Peru, for the race.

No one would predict before the race who the winner would be, though many ventured to say that Djan Madruga would be first out of the water.

Madruga, a former Olympic swimmer

photo by Kathy Kelley

## Results

Molina, who netted \$3,500 for the championship win, was even visibly excited when he collected his check at the award ceremony Saturday night, tossing in a hop, skip and a jump as he headed for the money.

"This is the best ever," he told Bob McCarthy of the Fresno Bee. "The best course, best area, best organization, best aid stations."

Bass Lake was simply the best.

### Top 10 - Men

1	Scott Molina, Del Mar (23)	2:29:58
2	Scott Tinley, San Diego(26)	2:32:33
3	Robert Roller, Columbus OH(24)	2:34:55
4	Marc Thompson, Sherman TX(29)	2:35:00
5	Mike McManus, San Diego(19)	2:37:22
6	Marc Surprenant, Mass.(22)	2:37:47
7	Michael Durkin, MantnBch(24)	2:38:05
8	Colin Brown, LaJolla(23)	2:38:08
9	Mark Montgomery, RdBoh.(27)	2:38:56
10	Charles Graves, FostrCty(25)	2:40:12

### Top 10 - Women

1	Patricia Puntous, Canada(22)	2:48:18
1	Sylviane Puntous, Canada(22)	2:48:18
3	Julie Moss, Carlsbad(24)	2:53:28
4	Diane Israel, Colorado(23)	2:54:13
5	Colleen Cannon, Alabama(22)	2:55:22
6	Jenny Lamott, San Diego(22)	2:58:10
7	Anne McDonnell, Minn.(21)	3:04:21
7	Julie Olson, Minn.(23)	3:04:21
9	Karen Chequer, MinView(25)	3:04:37

### Age Group - Men

15-19:	1. Sean Molina 2:49:08, 2. Andy Kelsey 2:50:55, 3. James Scott 2:54:36.
20-24:	1. Barry Brown 2:40:12, 2. Djan Madrugá 2:41:17, 3. Michael Garcia 2:41:23.
25-29:	1. Donald Winant 2:41:08, 2. Mark Macintyre 2:42:03, 3. Murphy Reinschreiber 2:42:14.
30-34:	1. Gary Peterson 2:41:42, 2. Ted Uhler 2:42:32, 3. Rick Kozlowski 2:45:02.
35-39:	1. Don Alexander 2:55:42, 2. Steve Myhro 3:00:33, 3. Richard Niles 3:01:03.
40-44:	1. George Wright 2:59:09, 2. Gary Hooker 3:02:18, 3. Conrad Will 3:02:59.
45-49:	1. Jack Bloomingdale 3:10:00, 2.

Alan Schmeiser 3:11:15, 3. Dennis Kelly 3:17:10.

50-54: 1. Bill Van Horn 3:24:36, 2. Dick Robinson 3:25:13, 3. John Shepard 3:38:43.

55-59: 1. Carl Yates 3:21:55, 2. Franz Weinschenk 3:58:51, 3. William Perkins 4:02:37.  
60 & Over: 1. Bill Bell 4:26:02, 2. Earl Iles 4:44:28, 3. Edmund Bachmann 5:06:44.

### Age Group - Women

15-19: 1. Laura Allen 4:38:35.  
20-24: 1. Sharmin Smith 3:11:14, 2. Leslie Landreth 3:13:16, 3. Donna Anderson 3:15:51.

25-29: 1. Teresa Jackson 3:08:18, 2. Karleen Crowell 3:11:00, 3. Mary Orr 3:15:54.

30-34: 1. Roberta Troxell 3:12:40, 2. Susan Lea 3:37:55, 3. Donna Barski 3:38:17.

35-39: 1. Sally Edwards 3:12:24, 2. Jane Snyder 3:25:50, 3. Susan Westnedge 3:29:56.

40-44: 1. Susan Munn 3:35:49, 2. Anne Byard 3:43:00, 3. Ariene Fowker 3:45:32.  
50-54: 1. Patty Perkins 5:02:06.

55-59: 1. Barbara Kipp 5:16:52.  
60 & Over: 1. Jane Brown 4:53:38.

## Arco Run L.A. Coliseum 10K

By CAMI SLOTKIN

October 1. Los Angeles.

The Arco Run L.A. series is a dedication of the new tracks which had been funded by Arco for the Olympic games. They were installed at various Los Angeles schools chosen as training sites for the XXIIIrd Olympiad. There were seven 5K's, each of them ending on one of the new Olympic tracks. The final Run L.A., the Coliseum 10K (formerly the Mercury 10K) had drawn an impressive crowd of top international runners.

The Los Angeles Athletic Club housed and fed the invitational runners for a week preceding the race. "They treated you like royalty," said many.

The night before the race a grand banquet was held for the TAC awards. The runners and the press were invited. "The food was great," said CTRN Distance Editor Dick Slotkin, who was cashing in on his second freebie of the weekend.

It was at this banquet that Mike Musyoki, world record of the road 10K (27:49), said he didn't think he'd do well—he'd run the tough El Paso 15K earlier that day being edged out of a win by a stride. "But I'll give it all I've got."

Even with his comment, he was expected to take first place and with it \$10,000 in prize money. Joe Nzau, Musyoki's fellow Kenyan, was also given fair credit and some thought he might take it.

Everybody expected a very speedy race. The weather seemed perfect, the course was fast and everyone felt great, except Mysyoki, maybe. New course records were expected.

At this time, no one suspected the race to be 252 feet short.

**Downtown Los Angeles, October 2, 1983**  
Promptly at eight o'clock the open race began. There were about 7000 entries, over 2000 of them made the day of the race. Spectators were hanging from the buildings even at that early hour.

From the first mile, Rich Hornish (Santa Monica Track Club) was in the lead by about twenty to thirty yards. "But then I got to the Coliseum," he said. "I didn't know which way to go. Some people were telling me to go around the track, and others said to go straight down."

While he was deciding, 17 year old Roman Gomez ran past him to take first place with a time of 30:07. Hornish finished one second later. David Andreasen took third in 30:16.

It was a fast race and "you either died or got a PR," said Hornish. His time, for example, was better than his previous best by over a minute.

Still, the discrepancy was unknown. Mary Tracey was a decisive winner in the women's division with a time of 36:33. She led just about all the way. Running



PAT PORTER (6) and SIMEON KIGEN in the Arco Run L.A. Coliseum 10K.

second until the last 600 yards was Linda Heimiller. Becky Thomas then shot past her to take over 2nd only to fade badly in the last 100 yards. However, Heimiller had given up a little too much ground and, despite a furious kick, she came up 1 second short—37:19 for Thomas, 37:20 for Heimiller.

Five minutes to nine, the participants of the invitational lined up. There were about eighty of them. They radiated seriousness. They were racing to win and it showed.

These were top runners who came from all over the world to compete for a share of the \$55,000 in prize money—the highest amount ever for a 10K. However, this was by no means a tactical race. Everyone was going for the fastest possible time.

From the shot of the gun, Colorado's Pat Porter (Athletics West), last year's TAC National Cross Country Champion, was in the lead. Joe Nzau, Simeon Kigen (both of Kenya) and Cristof Herle of West Germany were close behind. They flew by the first mile in four minutes and forty-two seconds, three miles in thirteen-twenty.

By then, Steve Jones, Britain's cross country champion, had joined the small group of front runners. They rocketed past the four-mile point in 17:34.

"It was ridiculous," said Porter of the splits. "I thought it was three and a half miles."

It was four miles. The discrepancy was between miles five and six.

At five miles they blew by in twenty-two minutes and thirteen seconds. At this point, thoughts of world records began racing through the mind. "It's gonna be quick!" thought Porter.

He was also thinking about Kigen who was holding a close second. "Cripe," he thought. "Am I gonna break this guy, or is he gonna break me?"

Once they reached the Coliseum, Porter stopped wondering; he knew it was his race. He had shaken Kigen just before entering the stadium and built up a good lead in the tunnel. His kick had brought him what would have been a new world record, had the course not been short. He broke the tape in a time of 27:32.

Though Porter's time was invalidated later because of the missing 84 yards, his pace would still have brought him in about 10 seconds under the current mark. So, unofficially, he really did set a new standard.

Meanwhile in the tunnel, Nzau, that artful kicker, had pulled up behind Kigen who had been surprised by Porter's unexpected kick, and ran past him to take second place in 27:42. Kigen crossed the line a second later, taking third. Even allowing an additional 10 seconds to cover the still unsuspected missing 252 feet, both Nzau and Kigen were tantalizingly close to Musyoki's still valid mark.

Meanwhile, how about some of these times? There were twenty-two finishers under 29:00. The last to beat the mark—Gary Tuttle—was in at 28:56. Frank Munene's thirty minutes flat only earned him fortieth place.

In the women's race, things were still going full speed ahead. According to Anne Auldain of New Zealand, "The men sucked us out too fast. We went through the first mile in 5:25, which isn't a bad time on the flats." The first mile of the course includes a fair hill.

Auldain and Jan Merrill led the way. Auldain was worried about Merrill but, as

# 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-801 (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.



always, was confident of herself. At three miles she pulled ahead. "Her consistency took over my strength," said Merrill, "but I maintained whatever she had ahead of me." Merrill couldn't close the gap, but she didn't lose ground once it opened.

Audain broke the course record set last year by Lorraine Moeller (32:44) by twenty-three seconds, finishing first in 32:21. She finished ahead of several male stragglers. Merrill took second, also under the record, with a time of 32:34. Portugal's Rosa Mota followed ten seconds later tying Moeller's time.

Though many runners in both the open and invitational races set personal records (and in the cases of some, world records), with a little help from a short course, several were not running up to par. Musyoki placed 21st in 28:54. Moeller was fifth in the women's race in a time of 33:38.

A few had a downright lousy day. Margaret Groos dropped out before 6 miles. Carmelo Rios did get a PR, but heading toward the tunnel he found himself without a kick. His coach told him to go, Go, GO!! "You gotta do it NOW, Carmelo! I'm not kidding!"

And Adrian Royle had his worst time ever. He couldn't figure out why because he was in fine shape and had been feeling great, but at three miles he was hurting badly and could not keep up his pace.

"Well," he philosophied later, "I beat Anne Audain."

The following day, according to Elliot Almond of the L.A. Times, Karen Young from the National Running Data Center (NRDC) became suspicious about the course when she saw all the fast times. She checked the records and found NO certification papers of the Mercury course. In any case, as is required when a world record is set, the course had to be remeasured and, sure enough, a discrepancy was uncovered.

It was measured twice by Bob Hickey, Executive Vice President of the Southern Pacific Association of TAC and race director Jim Gouling of LAAC. Both times it came up short.

According to Duke Llewellyn, LAAC Vice President, the course had been certified and had been the same for all its seven years. However, in the Mercury's second year, the course had been long with the discrepancy being in the same place. And no one could find the certification.

A week later, Carlton Hollander of Arco announced that he had found the certification papers signed off by Ted Corbett and the course is going to be measured again.

This story may not yet be finished.

#### RESULTS

##### Invitational Men

1 Pat Porter (26)\$10,000	27:32
2 Joseph Nzau (25)\$4,000	27:41
3 Simeon Kigen (23)\$3,000	27:42
4 Cristof Herle (26)\$2,500	27:54
5 Steve Jones (27)\$2,000	28:01
6 Sostheres Bitok (25)\$1,500	28:06
7 David Moorecroft (27)\$1,250	28:13
8 Kirk Pfeiffer (27)\$1,000	28:15
9 Herb Lindsay (29)\$900	28:18
10 Bill Donakowski(26)\$850	28:23
11 Hugh Jones (27)	28:29
12 Don Janicki (26)	28:30
13 Carmello Rios (23)	28:31
14 Matt Centowitz (27)	28:35
15 Agapius Mason (22)	28:35
16 Ken Martin (25)	28:43
17 Harrison Koroso (30)	28:44
18 Ivan Huff (24)	28:45
19 Paul Gorman (24)	28:47
20 Dean Matthews (26)	28:51
21 Mike Musyoki	28:54
22 Gary Tuttle (33)	28:56
23 Pedro Casillas (26)	29:04
24 Dr. John Kohnig (27)	29:04
25 Rod Berry (23)	29:05
26 Larry Lawson (29)	29:07
27 Rick Musgrave (27)	29:08
28 Doug Friedl (27)	29:09
29 Dan Harvey (26)	29:09
30 Gary Gregory (26)	29:10
31 Dan Grimes (24)	29:13
32 Dr. Tony Sandoval (29)	29:24
33 Ron Cornell (24)	29:26
34 Tom Smith (26)	29:30

35 Kevin McCarey (27)	29:30
36 Ferron Fields (24)	29:30
37 Shane Marshall (25)	29:44
38 Dick Quax (31)	29:47
39 Rich Brownsberger (20)	29:47
40 Frank Munene (28)	30:00
41 Steve Bishop (24)	30:08
42 Duncan MacDonald (31)	30:11
43 Dan Brady (24)	30:13
44 Adrian Leek (25)	30:15
45 Frank Shorter (34)	30:21
46 John Freeburg (24)	30:24
47 Peanut Harms (32)	30:26
48 Cary Simon (25)	30:27
49 Ed Spinney (26)	30:29
50 Robert Proctor (27)	30:33
51 Chris Mollahan (26)	30:39
52 Joe Fabris (25)	30:42
53 Joel Hope (25)	31:15
54 Adrian Royle (24)	31:30
55 Carlos Godoy (32)	31:43
56 Jim Sterling (21)	31:43
57 Jeff Dettmer (22)	31:59
58 Bill McClement (26)	32:00
59 Armando Cendejas (23)	?

##### Invitational Women

1 Anne Audain (25)\$10,000	32:21
2 Jan Merrill (25)\$4,000	32:35
3 Rosa Mota (24)\$3,000	32:49
4 Marty Cooksey (29)\$2,500	33:04
5 Lorraine Moeller (29)\$2,500	33:38
6 Susan Schneider (27)	33:49
7 Michelle Bush (22)	33:59
8 Jeanne Johnson (26)	34:03
9 Lisa Martin (23)	34:39
10 Laurie Sax (26)	36:26
11 Ruth Wysocki (27)	36:40
12 Melissa Martel (22)	37:05

##### Open Men

1 Roman Gomez (17)	30:07
2 Richard Hornish (24)	30:08
3 David Andreasen (19)	30:16
4 Ron Gee (32)	30:20
5 Cleveland Whalen (29)	30:32
6 Danny Bustos (21)	30:43
7 David Naranjo (16)	30:49
8 Ron Russell (26)	30:50
9 John McGovern (20)	30:56
10 Rudy Chavez (28)	30:57
11 Steve Brandt (23)	30:58
12 David Chairaz (24)	31:04
13 David Walsh (20)	31:07
14 Steven Berry (24)	31:12
15 Hal Hays (30)	31:22
16 William Foley (29)	31:23
17 Ron Kurrle (35)	31:23
18 Danny Zepeda (20)	31:32
19 Carl Chester (29)	31:36
20 Steve McCalley (29)	31:48
21 Mark McHinzle (25)	31:54
22 Tom Hackley (27)	31:54
23 Jeffrey Gardner (24)	31:59
24 Jeffrey Swallow (32)	32:00
25 Anton Gonzales (27)	32:06
26 Perry Forrester (31)	32:07
27 Ralph Levoy (36)	32:08
28 James Kelley (23)	32:09
29 Greg Hauser (18)	32:09
30 Marshall Matye (40)	32:10
31 David O'Brien (28)	32:41
32 Ron Jensen (36)	32:47
33 Gary McGraw (24)	32:50
34 Bobby Campos (25)	32:52
35 Mike Lozoya (33)	33:13
36 Steve Durand (26)	33:14
37 Frank Hutchinson (31)	33:14
38 Jesse Rodriguez (41)	33:14
39 John Kovacic (31)	33:15
40 Nilas Miller (19)	33:16
41 Bill Silverman (30)	33:17
42 Ricardo Sanchez (20)	33:18
43 John Merhaut (32)	33:26
44 Steven Duarte (24)	33:29
45 Eric Sawyer (19)	33:30
46 Roger Michaels (24)	33:31
47 M. Kolodziejczak(29)	33:32
48 Jeffrey Brazler (24)	33:32
49 Victor Carrillo (20)	33:34
50 Derek Furukawa (22)	33:36

##### Open Women

1 Mary Tracey (23)	38:33
2 Becky Thomas (29)	37:19
3 Linda Heinmiller (27)	37:20
4 Cathy Pedroza (24)	37:25
5 Alex Aguirre (19)	37:36
6 Roma Antoniewicz (23)	37:47
7 Bobbie Schipper (24)	37:52
8 Julie McKinney (27)	38:20
9 Anne Ingalls (27)	39:04
10 Karen Carazo (26)	39:12
11 Catherine LeCleire (30)	39:47

12 Jenny Green (21)	39:55
13 Terri Goodreau (33)	39:59
14 Ruth Vomund (25)	40:01
15 Ilka Gillette (29)	40:11
16 Sue Castruita (11)	40:12
17 Mary Campbell (36)	40:31
18 Claudia Morales (32)	41:03
19 Helen Dick (59)	41:03
20 Carol Doty (40)	41:04
21 Kim Ojeda (16)	41:08
22 Marjane Mitchell (36)	41:12
23 Betty Baca (23)	41:26
24 Lisa Padilla (12)	41:36
25 Teru Taiti (29)	41:43

photo by Richard Lee Slotkin



ANNE AUDAIN  
Women's Winner

##### Division Winners

###### Open

**Male 8 & under:** 1. Gershone Burrell (8) 47:53, 2. Eric Sanchez (7) 48:48, 3. Anthony Chambers (7) 51:17, 4. Mark Huey, Jr. (8) 51:50, 5. Gerard Snead (3) 52:47. **Male 9-12:** 1. James Brown (11) 35:50, 2. Bryan Dameworth (12) 37:49, 3. Darin Lasky (12) 38:12, 4. Lundaren Fredrik (12) 39:07, 5. Steve Auis (9) 39:47. **Male 13-15:** 1. Junior Lacara (15) 34:42, 2. Eric Aguirre (15) 36:01, 3. Mike Giesen (15) 36:15, 4. Victor Morales (15) 38:16, 5. Albert Ramirez (14) 37:00. **Male 16-18:** 1. Roman Gomez (17) 30:07, 2. David Naranjo (16) 30:49, 3. Greg Hauser (18) 32:09, 4. Frank Vallelunga (16) 33:58, 5. Tom Morgan (17) 34:05. **Male 19-24:** 1. Richard Hornish (24) 30:08, 2. David Andreasen (19) 30:16, 3. Danny Bustos (21) 30:43, 4. John McGovern (20) 30:56, 5. Steve Brandt (23) 30:58. **Male 25-29:** 1. Cleveland Whalen (29) 30:32, 2. Ron Russell (26) 30:50, 3. Rudy Chavez (28) 30:57, 4. William Foley (29) 31:23, 5. Carl Chester (29) 31:36. **Male 30-34:** 1. Ron Gee (32) 30:20, 2. Hal Hays (30) 31:22, 3. Jeffrey Swallow (32) 32:00, 4. Perry Forrester (31) 32:07, 5. Mike Lozoya (33) 33:13. **Male 35-39:** 1. Ron Kurrle (35) 31:23, 2. Ralph Levoy (36) 32:08, 3. Ron Jensen (36) 32:47, 4. Ed Wehan (39) 33:39, 5. Bruce Geodes (38) 33:55. **Male 40-44:** 1. Marshall Matye (40) 32:10, 2. Jesse Rodriguez (41) 33:14, 3. Neil Doherty (42) 33:50, 4. James Murphy (43) 34:09, 5. Dan Pondella (42) 35:39. **Male 45-49:** 1. Christopher Bourke (47) 35:29, 2. Ronald Pattinson (48) 35:43, 3. Norman Cohan (45) 36:00, 4. Benjamin Waldron (45) 36:29, 5. James Brusstar (48) 36:53. **Male 50-54:** 1. Jim Brownfield (51) 35:00, 2. Patrick Devine (54) 36:27, 3. Patrick Taylor (51) 37:05, 4. Aurelio Camacho (52) 37:41, 5. Dane Macomber (50) 37:59. **Male 55-59:** 1. Jerry Soto (55) 37:28, 2. Sam DeLuca (55) 40:22, 3. Bryant Thorne (57) 42:28, 4. Maynard Mickelson (57) 42:42, 5. Marcel Diraison (57) 42:54. **Male 60 & over:** 1. Bob Vandy (61) 41:58, 2. Stanley Neufeld (60) 43:31, 3. Paul Jernstern (62) 45:10, 4. Tony Magro (60) 46:08, 5. Edward Johnstone (62) 46:15. **Female 8 & under:** 1. Velma Velarde (8) 44:56, 2. Toya Huey (7) 49:33, 3. Monica Jaimes (8) 50:26. **Female 9-12:** 1. Sue Castruita (11) 40:12, 2. Lisa Padilla (12) 41:36, 3. Lorena Ramirez (10) 42:01. **Female 13-15:** 1. Claudia Candelaria (13) 42:30, 2. Linda Fieveroa (14) 42:43, 3. Erika Bernhalmer (13) 44:55. **Female 16-18:** 1. Kim Ojeda (16) 41:08, 2. Dana Gillhris (18) 43:25, 3. Virginia DeLaCruz (17) 43:48. **Female 19-24:** 1. Mary Tracey (23) 38:33, 2. Cathy Pedroza (20) 37:25, 3. Alex Aguirre (19) 37:36. **Female 25-29:** 1. Becky Thomas (29) 37:19, 2. Linda Heinmiller (27) 37:20, 3. Julie McKinney (27) 38:20. **Female 30-34:** 1. Catherine LeCleire (30) 39:47, 2. Terri Goodreau (33) 39:59, 3. Claudia Morales (32) 41:03. **Female 35-39:** 1. Mary Campbell (36) 40:31, 2. Marjane Mitchell (36) 41:12, 3. Jeffery Jones (36) 42:14. **Female 40-44:** 1. Carol Doty (40) 41:04, 2. Jan Archibald (40) 43:00, 3. Kathy Kusner (43) 44:44. **Female 45-49:** 1. Judy Martin (47) 42:37, 2. Deborah Brown (46) 43:56, 3. Joyce Momita (46) 43:59. **Female 50-54:** 1. Barbara Vail (51) 49:55, 2. Lilly Viveros (50) 52:38, 3. Kathy Vento (53) 53:29. **Female 55-59:** 1. Helen Dick (59) 41:03, 2. Carol Cartwright (55) 47:25, 3. Vila Hancock (59) 57:11. **Female 60 & over:** 1. Esther Tapeirano (61) 59:55, 2. Dee Kolafa (60) 1:02:45, 3. Edith Dalton (63) 1:03:46.

## Pepsi/Fresno Fair Cross City Race

October 9, Roeding Park to Fresno Fair, 10K.

1 Tony Ramirez (29)	30:01
2 Jim Hartig (29)	30:22
3 Alfred Lara (26)	30:28
4 Bob Loux (27)	31:18
5 Juan Molina (26)	31:20
6 Bryan Foley (26)	31:49
7 Al Lomell (31)	32:38
8 Ed Taylor (27)	32:53
9 Bob Lindsey (38)	33:03
10 Tom Morgan (17)	33:27
11 Gary Campbell (34)	33:30
12 Dan Orasco (17)	33:43
13 Eric Little (23)	33:55
14 Ramon Fernandez (16)	34:08
15 Frank Ortega (40)	34:15
16 Mike Cole (35)	34:21
17 Daniel Hernandez (28)	34:30
18 Paul Petty (27)	34:37
19 Don Jacinto (17)	34:40
20 Hector Sepulveda, Jr. (18)	34:46
21 Andrew Bone (32)	34:56
22 Edward Carrillo, Jr. (18)	35:01
23 Jeff Helton (16)	35:05
24 Allen Balch (17)	35:08
25 Val Cummings (17)	35:11
26 Gumaro Castellanos (17)	35:38
27 Unregistered	35:40
28 Ric Zamarripa (49)	35:58
29 Scott Swenson (23)	36:02
30 Roy Hait (29)	36:03
31 Steve Kelley (33)	36:08
32 Jeff Pierce (27)	36:11
33 Michael Taylor (24)	36:19
34 Paul Garcia (30)	36:20
35 Jay Martin (33)	36:21
36 Dick Cain (50)	36:24
37 Frank Delgado (47)	36:27
38 Jim Lambe (31)	36:36
39 Alex Orasco (38)	36:36
40 Richard Harkless (14)	36:39
41 Dave Titus (24)	36:56
42 Don Trout (43)	36:58
43 Gerald Alexander (39)	37:00
44 John Blanchette (16)	37:04
45 Don Rickets (32)	37:12
46 Bruce Johnson (30)	37:15
47 Tony Dominguez (34)	37:15
48 Pete Mersino (18)	37:17
49 Daniel Fernandez (28)	37:21
50 Darin Williams (21)	37:26
51 John Torres (28)	37:29
52 Fernie Montanez (43)	37:30
53 Mark McNealley (17)	37:32
54 Jess Rivera (55)	37:34
55 Terri Muela (28F)	37:35
56 Darrin Bradburn (17)	37:46
57 Henry Oville (42)	37:50
58 Richard Cole (32)	37:58
59 Ron Quitoriano (42)	38:02
60 Joe Rosendahl (11)	38:07
61 Michael Montes (34)	38:11
62 Dave Pascoe (32)	38:17
63 Robert Rainwater (33)	38:24
64 Eddie Rivera (27)	38:33
65 Joe Delgado (45-49)	38:36

continued on next page 14

# Results

66 Jack Gillis (29)	38:42
67 Wayne Campbell (35)	38:52
68 Will Moore (50)	38:53
69 John McGee (42)	38:54
70 Ramon Marruto (17)	38:54
71 Arballo (32)	38:56
72 Larry Martin (25)	38:59
73 Gerry Rodriguez (32)	39:05
74 Jackie Lovato (32)	39:06
75 Juan Urbina (26)	39:07
76 Rosa Medina (39F)	39:08
77 John Gibbons (20)	39:10
78 John Volkman (33)	39:18
79 Fred Keenom (44)	39:20
80 Sid Toabe (59)	39:22
81 Janice Gordon (27F)	39:28
82 Jim Brooks (32)	39:40
83 Dennis Grisso (50)	39:43
84 John Plus (44)	39:45
85 Steve O'Clair (37)	39:47
86 Douglas Foster (36)	38:53
87 Grant Sharp (48)	39:55
88 Steven Bell (27)	40:01
89 Tommy Upton (48)	40:02
90 Tony Perez (31)	40:09
91 Frank M. Wolf (30)	40:10
92 Pete Magdaleno (17)	40:11
93 Michael Murrietta (29)	40:16
94 John Aguilar (16)	40:17
95 Henry Clark (44)	40:18
96 Mark Mayse (32)	40:21
97 Alex A. Carrillo (25)	40:31
98 Paul Perez (40)	40:30
99 Efrain Castellanos (19)	40:30
100 William Villanueva (18)	40:31
101 Mike Wolford (30)	40:32
102 Daniel Lyons (30)	40:37
103 Dirk Vangelder (39)	40:40
104 Mike Comerford (36)	40:41
105 Joe Martinez (31)	40:42
106 Martin Simpson (34)	40:48
107 George Crowder (38)	40:52
108 Lori Cook (16F)	40:52
109 David Cehrs (34)	40:54
110 Craig Sanders (23)	40:55
111 Steve Freeland (41)	40:58
112 Gerald Bauer (37)	41:00
113 Marty Gonzalez (16)	41:00
114 Leroy Milavich (40)	41:01
115 Jim Franta (21)	41:02

116 Andrew Stevens (20)	41:02
117 Jim Raymond (42)	41:03
118 Leon Alonzo, Jr.(35)	41:08
119 Pete Coreno (37)	41:08
120 Steve Tipton (17)	41:12
121 Sal Haro (48)	41:13
122 Larry Wait (40)	41:17
123 Lowell W. Thomas (32)	41:26
124 Tad Woody (30)	41:27
125 Ralph Gross (34)	41:29
126 Arnold Garcia (23)	41:33
127 Michael Cantu (25)	41:35
128 Roy Morita (33)	41:40
129 Tom Bryan (31)	41:41
130 Ric Brown (38)	41:48
131 Eric Johnson (14)	41:52
132 Bill Schwartz (35)	41:57
133 Jeanne Arakelian (40F)	41:59
134 James Hernandez (35)	42:04
135 Ralph Rodriguez (47)	42:05
136 Bill Bachicha (20)	42:06
137 Brian Sellal (16)	42:06
138 Rob Halverson (32)	42:08
139 Danny Flores (30)	42:14
140 Robert Garcia (29)	42:18
141 Carlos Gonzales (18)	42:20
142 Larry Kenkel (34)	42:25
143 Rod Andrus (36)	42:26
144 Alex Rode (32)	42:27
145 Doug Sterling (33)	42:30
146 Matt Siegel (19)	42:32
147 John Medina (21)	42:33
148 Sergio Rojas (35)	42:36
149 Ellen Atwood (32F)	42:38
150 Steve Hopson-Walker(38)	42:42
151 Don Mendenhall (36)	42:44
152 Roger Willemsen (39)	42:46
153 Mike Denman (31)	42:46
154 Walter Brown (42)	42:48
155 David Goodall (14)	42:48
156 John Taylor (28)	42:49
157 George Brown, Jr. (29)	42:50
158 Ron Mazzeo (27)	42:52
159 Bob Musso (80)	42:53
160 Federico Torres (26)	42:55
161 Les Strickland (14)	42:58
162 Lupe Cruz (40)	42:59
163 L. H. Velosa (41)	43:00
164 Bruce Maize (31)	43:01
165 Jose Espinoza, Jr. (27)	43:02
166 David Gans (14)	43:05
167 Dennis Duffy (40)	43:05
168 Luis Gomez (12)	43:11
169 Leland E. Scott (61)	43:13

170 Tony Martinez (27)	43:14
171 Adrian Lemos (30)	43:15
172 Harry Harder (66)	43:20
173 T. W. Skoblicki (40)	43:22
174 Jon Juris (35)	43:25
175 Damon Johnson (14)	43:26
176 David Horg (37)	43:27
177 Craig Martinez (14)	43:27
178 John Bonner (46)	43:27
179 Grahame Wragg (25)	43:27
180 Alfred Aguirre (33)	43:28
181 James Quinn (34)	43:29
182 Gilbert Navarette (29)	43:29

196 Walter Angle (36)	43:50
197 Steve Curwick (35)	43:50
198 Joel Hausser (33)	43:55
199 Gregory Waseloff (30)	43:56
200 Anthony Morrelli (13)	43:57
201 Eric Juline (36)	43:57
202 Paul Marquez (36)	43:58
203 Ruben Nunez (48)	44:02
204 Thomas Kovac (35)	44:04
205 Rene Zaldana (17)	44:05
206 Larry Vall (44)	44:05
207 Scott Cole (13)	44:06
208 Henry Falcon (26)	44:06
209 Armando Alvarez (28)	44:07
210 Juan Garza (21)	44:07
211 Bill Wilson (44)	44:08
212 Ramon McCool (29)	44:08
213 Jerry Carr (44)	44:09
214 Marc DeLaTorre (16)	44:09
215 Sallie Arviso (18F)	44:10
216 John Franich (33)	44:11
217 Francisco Coreno (35)	44:14
218 Tom Daniells (27)	44:16
219 Douglas Bush (38)	44:17
220 John Morton (33)	44:17
221 Rick Hoffmann (36)	44:21
222 Rael Sacks (33)	44:24
223 Janie Rodriguez-Roe(32F)	44:26
224 Bob Strickland (36)	44:27
225 Bob Ratliff (40)	44:29
226 Tracy Wait (16)	44:33
227 Marie Connelly (34F)	44:31
228 Evangellina Lopez (25F)	44:34
229 William Donohue (45)	44:38
230 Jack Dratt (50)	44:40
231 Lindsey Takeda (28)	44:41
232 Eric Lucero (20)	44:45
233 Oivind Ingero (22)	44:45
234 Maria Madril (13F)	44:47
235 Hugo Gonzalez (20)	44:48
236 John Rivera (37)	44:49
237 Ron Stewart (44)	44:49
238 Jeff Carroll (28)	44:49
239 Robert McNelly (55)	44:50
240 Gary Schroeder (43)	44:50
241 Steve Manelski (37)	44:51
242 Wayne Michelson (37)	44:52
243 Mary Ann Barroso (39F)	44:53
244 Bruce Dawson (36)	44:53
245 Sal Lopez, Jr. (39)	44:54
246 Ted Reed (35)	44:55



photo by Chris Lee

TONY RAMIREZ  
Pepsi/Frasno Fair Winner

183 Joe Garrison (41)	43:30
184 John Martinez (31)	43:32
185 Rick Heatter (39)	43:32
186 Tony Lalalde (32)	43:33
187 George Cardona (44)	43:33
188 Dave Jopes (37)	43:35
189 Richard Marmolejo (23)	43:43
190 Max Gonzales (31)	43:44
191 Rod Olsen (37)	43:45
192 John Garcia (34)	43:45
193 Vince Santellano (42)	43:46
194 Roly Busa (54)	43:48
195 Jan Alcock (31F)	43:50

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# P.R.'s

P.R. of the month has to go to 8-year-old Velma Velarde who was the youngest finisher in the 8 mile Mt. Baldy Run to the Top. This is one in which even the great Steve Scott had to slow to a walk when he won it a couple of years ago.

Honorable mentions go to Andre Phillips for his sub 48.00 400m hurdles effort in Cologne and to Adele Davis for her first half-marathon. A sub 2 hour clocking over a distance almost twice as far as she has ever run... even in a workout!

What to do about Pat Porter's 27:32 at the Arco Coliseum 10K? At this time, the course is considered 252 feet short, as measured by Bob Hickey, Executive Director of SPATAC. Allowing even 10 seconds for that 84 yards, Porter still would have had a WR, let alone a PR. At this point, we can't officially accept it, but, if the course had checked out, or does in a pending re-measurement, then Porter would be the PR of the month. For my money, he is anyway.

Monica Acosta (SCRR) Las Vegas Inv. 1.5M	12:46
Monica Acosta (SCRR) L.A. Jets X-C Inv. 1M	7:40
Pearl Anit (X) Nike OTC Marathon	3:04:36
Jamie Barnes (SCRR) L.A. Jets X-C Inv. 1.5M	8:54
Wendy Barber (SCRR) L.A. Jets X-C Inv. 1.5M	*9:58
Anne Bennett (HA) Steve Sax 10K	39:49
Anne Bennett (HA) Westwood 10K	39:34
Billy Berry (SCRR) L.A. Jets X-C Inv. 1.5M	*9:41
Billy Berry (SCRR) Walnut Festival 5K	23:47
Earl Beverly (SCR) SPATAC 25K Championships	1:32:50
Renea Biggers (SCRR) L.A. Jets X-C Inv. 1.5M	8:38
Ann Boyd (SCR) Santa Monica Half Mar.	1:45:26
Ann Boyd (SCR) SPATAC 25K Championships	2:05:44
Don Bradley (SDTC) Super Run 5K	21:27
Becky Bresnick (SCRR) 9 West Women's 4M	29:19
Dave Brown (SCR) SPATAC 25K Championship	1:55:08
Kevin Browning (SCR) SPATAC 25K Championship	1:50:57
Suzanne Castruita (SCRR) ARCO Coliseum 10K 1st-F 9-12	40:25
Suzanne Castruita (SCRR) L.A. Jets X-C Inv. 1st-F 10-11	8:10
Diane Castillo (SCRR) Mt. Baldy Run to the Top 8M 1st-F 14 & Under	1:59:44
Diane Castillo (SCRR) 9 West Women's 4M	*26:00
Diane Castillo (SCRR) L.A. Jets X-C Inv. 1.5M	8:26

Tim Causey (SCRR) Las Vegas Inv. 2M	*12:14
Tim Causey (SCRR) Walnut Festival 5K	19:03
Heidi Centeno (L.H.) X-C meet at River Park 3M	19:03
Fred Chadwick (SCR) Santa Monica Half Mar.	1:39:00
Amber Chavez (SCRR) 9 West Women's 4M	*25:36
Amber Chavez (SCRR) L.A. Jets X-C Inv. 1.5M	8:24
Amber Chavez (SCRR) Las Vegas Inv. 1.5M 1st-F 10-11	10:17
Carrie Chavez (SCRR) Las Vegas Inv. 1.5M	11:47
Carrie Chavez (SCRR) L.A. Jets X-C Inv. 1.5M	9:07
Marlene Cimons (L.A. Times) Nike/OTC Marathon	3:44:49
Mori-Jo Connelly (X) San Francisco Marathon	3:05:53
Dean Cromwell (SCRR) Las Vegas Inv. 2M	*11:40
Dean Cromwell (SCRR) L.A. Jets X-C Inv. 1.5M 1st-12-13	7:30
Ricky Cummins (SCRR) L.A. Jets X-C Inv. 1.5M	12:23
Chuck Cunliffe (SCR) SPATAC 25K Championship	1:49:05
Maria Da Costa (SCRR) L.A. Jets X-C Inv. 1.5M	*9:38
Olga Da Costa (SCRR) L.A. Jets X-C Inv. 1M	*11:23
Stanley Da Costa (SCRR) L.A. Jets X-C Inv. 1M	*9:16
Bob Daniel (SDTC) Mira Costa J.C. All-comers 1M	4:34.5
Bob Daniel (SDTC) SDTC 1 Hour Run	9 MI. 607 Yds.
Bob Daniel (SDTC) Balboa Park 8 Mile X-C	51:54
Adele Davis, Santa Monica Half Marathon	*1:57:40
Rick Davis (SDTC) Scripps Ranch Run 10K	43:25
Julie DiBella (HA) South Bay 10K	45:33
Laura Doering (SCRR) Sept. Special 5K 1st-F 14 & Under	18:45
Laura Doering (SCRR) L.A. Jets X-C Inv. 1.5M	8:15
Carol Doody (SCRR) 9 West Women's 4M	*24:56
Jeanie Ferreira (SDTC) Balboa Park 8M	*69:15
Camille Flores (SCRR) 9 West Women's 4M	*37:57
Camille Flores (SCRR) Walnut Festival 5K	21:17
Dianne Gale (SCR) SPATAC 25K Championship	1:59:00
Nick Galvin (HA) Westwood 5K	29:22
Ron Gee (SMT) Coliseum 10K (Open) 4th overall	30:20
Ron Gee (SMT) Harbor Lite Half Mar. 2nd overall	66:38
Sean Gill (SCRR) L.A. Jets X-C Inv. 1M	*8:09
Demetrius Gonzales (SCRR) L.A. Jets X-C Inv. 1.5M	9:26
Darby Grant (SCRR) L.A. Jets X-C Inv. 1.5M	8:46
Keven Green (VPHS) June Lake Loop Relay (Lg)	22:57

Chet Greenberg (SDTC) Ocean Beach 10K	49:36
Chet Greenberg (SDTC) AFC Half Mara.	1:56:30
Lynda Greg (SDTC) AFC Half Mara.	90:55
Joe Hampton (SCR) SPATAC 25K Championship	1:40:13
Reggie Hampton (SCRR) L.A. Jets X-C Inv. 1M	7:37
Scott Hardy (SCRR) L.A. Jets X-C Inv. 1.5M	10:28
Ken Hargrave (X) Pacific Sun 10K	36:28
Chris Hart (VPHS) June Lake Loop Relay (Leg)	21:57
Jose Hoban (SCRR) L.A. Jets X-C Inv. 1.5M	*8:31
Shawn Hodges (SCRR) L.A. Jets X-C Inv. 1.5M	8:26
Rich Hornish (SMT) Coliseum 10K (Open) (84 Yds.short)	30:08
Gina Houston (SCRR) L.A. Jets X-C Inv. 1.5M	*13:53
Lamont Houston (SCRR) L.A. Jets X-C Inv. 1.5M	*9:49
Cathleen Huddleston (SCRR) L.A. Jets X-C Inv. 1.5M	9:04
Amy King (SCRR) Las Vegas Inv. 1.5M	11:16
Amy King (SCRR) L.A. Jets X-C Inv. 1.5M	8:53
Richie Lawler (SCRR) Las Vegas Inv. 2M	*14:26
Tami Lawler (SCRR) L.A. Jets X-C Inv. 1.5M	8:26
Mike Laong (SCRR) September Special 5K	15:51
Thomas Leong (VPHS) June Lake Loop Relay (Leg)	*22:41
Gonnar Linde (SMT) U.S. Masters T & F Nationals 1500m	4:36.0
David Longyear (SCRR) L.A. Jets X-C Inv. 1.5M	7:31
Karen Longyear (SCRR) Las Vegas Inv. 1.5M	10:50
Karen Longyear (SCRR) The Great Race 10K 1st-F 12 & Under	41:36
Toni Lopez (SCRR) 9 West Women's 4M	*27:56
Toni Lopez (SCRR) L.A. Jets X-C Inv. 1.5M 1st-F 12-13	8:10



photo by Richard Lee Slotkin

**RICH HORNISH**  
PR at Arco Run L.A. 10K



photo by Tim DeFrisco

**PAT PORTER**  
27:32 at Arco Run L.A. 10K

Shelly Loveall (L.H.) X-C Meet at River Park 3M	18:03
David Mack (SMT) Int'l Meet, Koblenz, W. Germany 800m	1:44.39
Melinda Medina (SDTC) San Francisco Marathon	3:20:00
John Mesman (SDTC) Mission Bay 3M Fun Run	18:27
Bill Meyer (VPHS) June Lake Loop Relay (Leg)	*20:45
John Mesman (SDTC) Mission Bay 3M Fun Run	18:27
Bill Meyer (VPHS) June Lake Loop Relay (leg)	*20:45
Maynard Michelson (SCR) Norwalk 5K (race walk)	31:28
Carrie Mickelson (SCRR) Las Vegas Inv. 1.5M	*13:20
Carrie Mickelson (SCRR) L.A. Jets Inv. X-C 1M	*8:26
Becky Miller (HA) South Bay 10K	41:03
Paula Moreno (SCRR) 9 West Women's 4M	*27:09
Paula Moreno (SCRR) L.A. Jets X-C Inv. 1.5M	9:08
Jim Muela (X) Nike OTC Marathon	*2:56:39
Jim Muela (X) Plum Run 10K	35:25
Terri Muela (X) Hook and Ladder 10K	38:04
Terri Muela (X) San Francisco Marathon (correction)	2:54:13
Phil Nuchering (SDTC) Lions 10K	*51:23
Marco Ocegosa (SCRR) Las Vegas Inv. 2M	*12:07
Marco Ocegosa (SCRR) L.A. Jets X-C Inv. 1.5M	7:51
Richard Olson (SDTC) Fly Navy West 10K	39:50
Jimmy Owens (SCRR) Las Vegas Inv. 1.5M	*10:35
Jimmy Owens (SCRR) L.A. Jets X-C Inv. 1.5M (1st 10-11)	8:23
Lisa Padilla (SCRR) Las Vegas Inv. 1.5M	10:28
Lisa Padilla (SCRR) L.A. Jets X-C Inv. 1.5M	8:21
Dave Parker (VPHS) June Lake Loop Relay (leg)	*20:03
Shawn Paterson (SDTC) Lions 10K	52:54
Cindy Perez (SCRR) L.A. Jets X-C Inv. 1.5M	8:46
Gary Peterson (SDTC) All Comers Meet 400m	1:08.7
Gary Peterson (SDTC) All Comers Meet 800m	2:37.3
Gary Peterson (SDTC) All Comers Meet 1500m	5:12.2

Gary Peterson (SDTC) All Comers Meet 400m	1:05.7
Gary Peterson (SDTC) All Comers Meet 800m	2:35.5
Gary Peterson (SDTC) All Comers Meet 1500m	5:03.1
Gary Peterson (SDTC) All Comers Meet 800m	2:33.4
Gary Peterson (SDTC) All Comers Meet 800m	2:29.2
Pat Porter (AW) ARCO Coliseum 10K (84y short)	27:32
Sharon Prince (SCRR) Las Vegas Inv. 2M	*12:59
Sharon Prince (SCRR) 9 West Women's 4M	*25:25
Sharon Prince (SCRR) L.A. Jets X-C Inv. 1.5M	8:11
Diana Quaker (SCRR) Las Vegas Inv. 1.5M	*11:35
Diana Quaker (SCRR) L.A. Jets X-C Inv. 1.5M	9:13
Brian Reynolds (SCRR) Las Vegas Inv. 1.5M	*10:36
Sally Rich (LHS) X-C meet at River Park 3M (course record)	17:59.6
Jenny Rigney (SCRR) Las Vegas Inv. 2M	*13:22
Jenny Rigney (SCRR) 9 West Women's 4M	*26:23
Jenny Rigney (SCRR) L.A. Jets X-C Inv. 1.5M	8:22
Jenny Rigney (SCRR) Walnut Festival 10K	*43:59
Don Ritter (HA) Westwood 10K	40:09
Herman Rodriguez (HA) Steve Sax 10K	34:35
Jose Romero (SCRR) Las Vegas Inv. 2M	*14:41
Jose Romero (SCRR) L.A. Jets X-C Inv. 1.5M	*9:18
George Romero (SCRR) L.A. Jets X-C Inv. 1M	7:34
Randy Rosales (SCRR) L.A. Jets X-C Inv. 1M	*8:13
Pete Saccone (SDTC) Harry Phillips Memorial 24 Hr. Run/100M	16:48:00
Joey Sandford (SCRR) L.A. Jets X-C Inv. 1M	*8:23
Mike Sandford (SCRR) L.A. Jets X-C Inv. 1.5M	*9:30
Mike Sather (HA) Lomita 5K	21:13
Joe Schieffer (MIZ-EBS) San Francisco Marathon	2:31:07
Joe Schieffer (MIZ-EBS) Creative Growth 10K	32:17
JoAnna Sepulveda (SCRR) Las Vegas Inv. 1.5M	11:55
JoAnna Sepulveda (SCRR) L.A. Jets X-C Inv. 1.5M	9:24
Marion Sepulveda (SCRR) 9 West Women's 4M	*25:55
Marion Sepulveda (SCRR) L.A. Jets X-C Inv. 1M	8:41
Joaquin Shagan (SCRR) L.A. Jets X-C Inv. 1.5M	*10:05
Joaquin Shagan (SCRR) Walnut Festival 5K	*29:15
Jessie Silvas (SCRR) L.A. Jets X-C Inv. 1M	*8:24
Sue Simms (SCR) SPATAC 25K Championship	1:52:34
Jon Smith (HA) Signal Hill 5K (3rd overall)	16:05
Ronda Smith (SCRR) Las Vegas Inv. 2M	*13:00
Ronda Smith (SCRR) L.A. Jets X-C Inv. 1.5M	8:26
Trina Strang (SCRR) 9 West Women's 4M	*29:48
Trina Strang (SCRR) L.A. Jets X-C Inv. 1.5M	9:29
Trina Strang (SCRR) Walnut Festival 10K	45:46
John Terrell (SDTC) Lions 10K	37:31
Tanya Thayer (SCRR) Las Vegas Inv. 1.5M	*11:06
Tanya Thayer (SCRR) L.A. Jets X-C Inv. 1.5M	8:48
Tanya Thayer (SCRR) Walnut Festival 10K	44:07
Tanya Thayer (SCRR) Mt. Baldy Run to the Top 8M	*2:00:46
Jackie Thomas (SCRR) Las Vegas Inv. 1.5M	15:15
JoAnie Thomas (SCRR) Las Vegas Inv. 1.5M	*13:54
Don Tuttle (SCR) SPATAC 25K Championship	1:47:27
Charlie Van Etten (MBTC) Hansen Dam 10 Mile Run	1:11:55
Charlie Van Etten (MBTC) Run with Jim 5K	19:55
Sal Vasquez (Pamakids) Run for the Parks 10K (2 a.t. US Masters)	30:34
Danny Vega (SCRR) Las Vegas Inv. 1.5M	*10:42
Francisco Velarde (Mt. View HS) vs. El Monte 3 Mile	19:53
Francisco Velarde (Mt. View HS) Roadrunner Inv. 3 Mile	19:28
Ricardo Velarde (Mt. View HS) vs. El Monte 3 Mile	18:49
Ricardo Velarde (Mt. View HS) Roadrunner Inv. 3 Mile	18:55
Velma Velarde (SCRR) Sun Run 5K	21:29
Velma Velarde (SCRR) 16th Sept. Festival ¼ Mile	*4:18
Velma Velarde (SCRR) Las Vegas Inv. 1.5 Mile	*11:29
Velma Velarde (SCRR) Run LA/JSC 5K (1st 8 & under)	22:05
Velma Velarde (SCRR) Run LA/OCC. 5K (1st 8 & under)	23:46
Velma Velarde (SCRR) Coliseum 10K (1st 8 & under)	*44:50
Velma Velarde (SCRR) Mt. Baldy Run to the Top 8 Miles	*2:01:07
Villa Park High School — June Lake Loop Relay 20 Miles	1:48:23
Patricia Walker (SCRR) L.A. Jets X-C Inv. 1.5M	*10:22
Dave Walsh (SCR) KFWB 10K Classic	30:43
J.W. White (HA) Lomita 10K	33:40
David Whittle (SCRR) L.A. Jets X-C Inv. 1.5M	*10:09
Bob Wilson (SDTC) Coronado Half Marathon	85:55
Bob Wilson (SDTC) Lions 10K	37:31
Bob Wilson (SDTC) Mission Bay 3M Fun Run	16:57
Bob Wilson (SDTC) San Francisco Marathon	3:07:36
Bill Winstanley (SCR) SPATAC 25K Championship	1:44:41
Dave Winter (SCR) SPATAC 25K Championship	1:31:58
Roll Wuerch (SCRR) Las Vegas Inv. 2M	11:47

\* - 1st time at distance

**SPRINTS**

Andre Phillips (WAC) Int'l Meet, Cologne — 400H 47.78

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

## Pepsi/Fresno Fair, cont.

247 Tim Jolly (16)	44:59
248 Henry Guerra (37)	45:00
249 Rosemary Alcaraz (17F)	45:06
250 Sammie Poetis (36)	45:08
251 Denis Bujas (43)	45:13
252 David Kent (38)	45:13
253 Terry Hall (22)	45:14
254 Robert Hall (50)	45:14
255 James McCall (38)	45:15
256 Mark Stephan (28)	45:16
257 Joelsuis Gonzalez (26)	45:16
258 Tim Claret (29)	45:17
259 Alex Cordova III (11)	45:17
260 Leonard Carrillo (28)	45:17
261 Miguel Contreras (28)	45:18
262 Hans Buchholz (45)	45:19
263 Patrick Jackson (36)	45:20
264 Steve Lane (36)	45:21
265 Tony Rodriguez (33)	45:25
266 Bob Jones (31)	45:26
267 Bob Truxell (29)	45:27
268 Unknown	
269 Daniel Ojinaga (28)	45:30
270 John Paredes (59)	45:33
271 Ed Garcia (31)	45:34
272 Fred Fitchhorn (52)	45:37
273 Dan Rodriguez (35)	45:38
274 John Wight (31)	45:39
275 Mary Airola (34F)	45:40
276 Isabel Verduzco (51F)	45:43
277 Elizabeth Layous (27F)	45:47
278 Donald Allison (25)	45:48
279 Michael Nemecek (26)	45:49
280 Roy Halvorsen (21)	45:50
281 Michael Richina (30)	45:51
282 Jerry Smith (38)	45:55
283 Shine Nieto (13)	45:57
284 Bill Greenwood (45)	45:58

285 Joe Mulhern (42)	45:59
286 Joe Zavalta (23)	46:01
287 Jon Scarper (23)	46:02
288 Lisa Martinez (18F)	46:03
289 Sandy Jacob (33F)	46:03
290 Dale Merrill (37)	46:04
291 Rick Robbins (14)	46:04
292 Steven Fraser (34)	46:05
293 Steve Brum (32)	46:05
294 John Stahl (37)	46:06
295 Juan Sobenes (46)	46:07
296 Neal Espitallier (28)	46:08
297 Dan Carrisasa (13)	46:09
298 Drex Heikes (30)	46:09
299 Pam Austin-Jones(32F)	46:10
300 Mike Davis (33)	46:11
301 Joseph Pineda (15)	46:13
302 Robert Vallejo (24)	46:13
303 Stacey Shaw (17F)	46:15
304 Richard Gardner (39)	46:15
305 Douglas Cusumano (40)	46:17
306 Bob Rogers (47)	46:21
307 Al Bustamante (32)	46:21
308 Joseph Rhoan (52)	46:26
309 Unknown	
310 Henry Rivera (35)	46:30
311 Jose Flores (25)	46:31
312 Greg Burton (34)	46:35
313 Victor Stewart (31)	46:35
314 Betty Barber (24F)	46:36
315 Brian Montgomery (27)	46:36
316 Jantina Vanderburg (20F)	46:37
317 George Leavitt (61)	46:39
318 Tom Tidyman (36)	46:41
319 Harold Lai, Jr. (35)	46:42
320 Phillip Radinoff (30)	46:44
321 Herbert Boro (36)	46:45
322 Bill Wilhelm (25)	46:46
323 Jerry Wood (49)	46:51
324 Leo Martinez (22)	46:56
325 Ken Vaughn (41)	46:57
326 Ed Armbruster (40)	46:57
327 Saul Leal (32)	46:59
328 Seferino Reyes (38)	47:00
329 Adam Hampton (14)	47:01
330 Dennis Peevyhouse (32)	47:02

photo by Chris Lee



**TERI MUELA**  
Women's Winner  
Pepsi/Fresno Fair 10K

331 Steve Lipnik (40)	47:03
332 Raul Bustamante (46)	47:03
333 Ben Lozano (34)	47:04
334 Wayne Takeuchi (32)	47:07
335 Douglas Jern (30)	47:08
336 Pat Geoffrey (29)	47:13
337 Mark Doris (29)	47:16
338 Zac Cohen (34)	47:16
339 Tom Ockey (39)	47:18
340 Gerald LaRue (47)	47:18
341 Lino Moran (43)	47:19
342 James Matera (38)	47:27
343 Rodney Stone (12)	47:29
344 Ron Davidge (32)	47:30
345 Mike Shuemake (26)	47:31
346 Blair King (26)	47:32
347 David Gomez (46)	47:32
348 Santo Navarrette (35)	47:33
349 Peter Milnes (13)	47:33
350 Randy Kaufmann(26)	47:34
351 Ben Alexander (34)	47:35
352 Rodney Heredia (18)	47:36
353 Kippur Spears (27)	47:36
354 Alvan Slonski (51)	47:37
355 Russell Ellis (23)	47:37
356 Robert Lopez (48)	47:44
357 Patrick Walden (32)	47:46
358 William E. Roberson (21)	47:50
359 Jose Aquillera (37)	47:51
360 Jess Palomar (42)	47:51
361 Ron Dull (27)	47:52
362 Ernest Reyes (32)	47:53
363 John Hunt (40)	48:02
364 Doug Wood (47)	48:04
365 Barbara Carlson (34F)	48:04
366 Raymond Lazadde (54)	48:06
367 Paul Clark (14)	48:07
368 Cesar Zaldana (47)	48:09
369 Jerry Friesen (42)	48:15
370 Tino Heredia (43)	48:16
371 Annette Barnett (16F)	48:16
372 Greg Jolly (14)	48:17
373 Cirillo Medina (31)	48:18
374 S. Bowie (38)	48:18
375 Alan Moore (36)	48:19
376 Rosanne Schiedel (30F)	48:20
377 Doug Evars (21)	48:20
378 John Dooley (36)	48:21
379 Randy Robinson (34F)	48:22
380 David Creighton (46)	48:23
381 Ken Baker (27)	48:26
382 Lovato (35)	48:30
383 Ray Merrill (46)	48:32
384 Bryan Cardoza (24)	48:34
385 Rick Kendall (30)	48:36
386 Jeff Wintemute (16)	48:37
387 Unknown	48:37
388 Robert Plrie (32)	48:41
389 David T. Crain (30)	48:42
390 Duane Quenzer (29)	48:44
391 Jerry Davis (36)	48:44
392 Ray Barrios (55)	48:45
393 Robert Rodriguez (23)	48:48
394 Dwayne Schramm (55)	48:51
395 Wayne Hodge (39)	48:54
396 John Shehadey (44)	48:55
397 Greg Montez (18)	48:57
398 Herman Romero (37)	48:57
399 David Douglas (27)	48:58
400 Sammy Caldera (17)	49:01
401 Victor Takeda (30)	49:02
402 Jake Davidian (40)	49:03
403 Mike Weillert (32)	49:04
404 Jose Gastelum (33)	49:06
405 Rudy Alvarez (34)	49:07
406 Craig Morris (20)	49:08
407 Charles Small (55)	49:09
408 John Mota (29)	49:09
409 John Sanchez (33)	49:11
410 Irene Hunter (12F)	49:13
411 Matthew Hill (18)	49:13
412 Nancy Coombs (32F)	49:14
413 Gordon Shaffer (34)	49:14
414 Bill Musso (29)	49:16
415 James Kellas (35)	49:17
416 Greg Ochinerio (24)	49:18
417 Alan McLane (40)	49:18
418 B. DerMugrdachian(29)	49:20
419 Geary Trent (29)	49:22
420 Dorothy Thomas (59F)	49:29
421 Richard Alaniz (16)	49:30
422 Steven W. Santos (33)	49:32
423 Jim Farmer (36)	49:33
424 Jennie Aguirre (29F)	49:33
425 Cris McCollum (39F)	49:40
426 Mike Kelton (26)	49:41
427 Linda Vail (33F)	49:42
428 Jean Ellsworth (42F)	49:45
429 Michael Ray (31)	49:52
430 Dennis Hunter (11)	49:54
431 Kevin McCredy (21)	49:57
432 Robert Ogata (49)	50:01
433 Phil Morrilli (42)	50:01
434 T. Dalton-Feher(23F)	50:02

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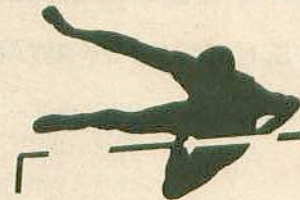
435 Jose A. Salazar (33)	50:02	538 Douglas Carmody (35)	53:51
436 Gina Herrera (29F)	50:04	539 William Read (68)	53:51
437 Frank Perales (55)	50:08	540 Arthur Padron (14)	53:59
438 Brent Kell (24)	50:08	541 Susan Tellier (34F)	54:06
439 Joe Villareal (40)	50:10	542 Mary Rosendahl (38F)	54:07
440 Rodney W. Morton (33)	50:13	543 Julie Wilson (41F)	54:11
441 Emily Munoz (29F)	50:15	544 Jane Fraser (40F)	54:12
442 Gerald Neufeld (36)	50:17	545 Bob Perez (49)	54:13
443 Steve Polacek (35)	50:17	546 Ricarda Cerda (29F)	54:18
444 Heidi Fialho (46F)	50:22	547 Donald Warkentin (35)	54:18
445 Rick Hill (15)	50:23	548 Kathy Habar (28F)	54:19
446 Bill Ramsey (39)	50:24	549 Alex Baker (24)	54:25
447 Douglas A. Eudaly (51)	50:28	550 Roger Cook, Jr. (12)	54:26
448 Tomio D. Cesar (25)	50:30	551 Kelly Krieger (23F)	54:27
449 Matthew Gandoifo (20)	50:30	552 Jerry Massetti (32)	54:28
450 Brian Tatarian (30)	50:31	553 Ellen Lara (30F)	54:41
451 L. Austin-Dantelits (26F)	50:32	554 Norman Liddell (68)	54:42
452 Mary Swiderski (19F)	50:34	555 Byron Conner (36)	54:57
453 Patrick Salinas (45)	50:35	556 Tom Coleman (31)	54:59
454 Stephen Herrera (10)	50:39	557 Steven Goldstein (33)	55:05
455 Paul Rempel (36)	50:40	558 Diedre Lemp (34F)	55:08
456 Richard Lara (33)	50:41	559 Earl Wilson (45)	55:17
457 Primo Bellmontez (23)	50:41	560 Charles Perez (31)	55:22
458 Joe Aguilar (25)	50:44	561 Yolanda Martinez (36F)	55:24
459 Toby Wait (14)	50:47	562 Coby Roberts (34)	55:28
460 Jill Valerote (42F)	50:47	563 Emma Pacheco (25F)	55:29
461 Sylvia Valdez (34F)	50:50	564 Donald Allread (44)	55:30
462 Ruben Elias (38)	50:52	565 Gary Dunkle (46)	55:38
463 Dave Ayers (30)	50:56	566 Ofelia Gastelum (32F)	55:42
464 Debbie Mason (28F)	50:59		
465 Merle Hanson (48)	51:02	<b>AWARD WINNERS</b>	
466 Mike McCollough (34)	51:03	<b>Overall Men:</b>	
467 Sanov Barnard (31F)	51:04	Tony Ramirez (Fresno)	30:01
468 Doss Porter (36)	51:09	<b>Men 13 &amp; Under:</b>	
469 Ray Carrasco (45)	51:10	1 Joe Rosendahl	38:07
470 Tony Marino (37)	51:11	2 Luis Gomez	43:11
471 Pam Beck (27F)	51:13	3 Anthony Morrelli	43:57
472 Tom Shehadey (11)	51:15	<b>Men 14-19:</b>	
473 Jackie Ryle (42F)	51:15	1 Tom Morgan	32:27
474 Jean Linder (30F)	51:17	2 Dan Orosco	33:43
475 Karen Lopez (31F)	51:18	3 Ramon Fernandez	34:08
476 Bob Ochoa (43)	51:22	<b>Men 20-29:</b>	
477 Diane McCreery (27F)	51:25	1 Jim Hartig	30:22
478 John Smurr (40)	51:27	2 Alfred Lara	30:28
479 Alan Costa (40)	51:28	3 Bob Loux	31:18
480 George Kerr (30)	51:28	<b>Men 30-34:</b>	
481 Bert Kincaid (40)	51:30	1 Al Lomeli	32:38
482 Shari Greenwood (38F)	51:38	2 Gary Campbell	33:30
483 Santos Tafoya (38)	51:41	3 Andrew Bone	34:58
484 Louie Gonzales (13)	51:42	<b>Men 35-39:</b>	
485 Maria Torres (25F)	51:44	1 Bob Lindsey	33:03
486 Richard Rios (24)	51:44	2 Mike Cole	34:21
487 Roger Cook, Sr. (32)	51:45	3 Alex Orosco	36:38
488 Richard Torazon (36)	51:46	<b>Men 40-44:</b>	
489 Frank Meraz (30)	51:49	1 Frank Ortega	34:15
490 Steve Valerote (45)	51:54	2 Don Trout	36:58
491 Manuel Huaracha (19)	51:57	3 Fernie Montanez	37:30
492 Richard Reid (34)	52:01	<b>Men 45-49:</b>	
493 Gary Kwock (32)	52:03	1 Ric Zamarripa	35:58
494 Mike Anderson (34)	52:10	2 Frank Delgado	36:27
495 Cathy Ochoa (31F)	52:11	3 Joe Delgado	38:38
496 Ron Gates (51)	52:11	<b>Men 50-54:</b>	
497 Siamak Salami (23)	52:12	1 Dick Cain	36:24
498 JoEllen Ichihana (36F)	52:13	2 Will Moore	38:53
499 Steve Sena (38)	52:15	3 Dennis Grisso	39:43
500 Rosemarie Reyes (36F)	52:16	<b>Men 55-59:</b>	
501 Chris Robillard (14)	52:17	1 Jess Rivera	37:34
502 Ron Robillard (38)	52:17	2 Sid Toabe	39:22
503 Karsten Daur (31)	52:24	3 Robert McNelly	44:50
504 Ron Shallenberger (35)	52:27	<b>Men 60 &amp; Over:</b>	
505 John Wintemute (39)	52:29	1 Bob Musso	42:53
506 Gary Dhillon (31)	52:30	2 Leland Scott	43:13
507 Kathy Selsor (35F)	52:34	3 Harry Harder	43:20
508 Hope Hunter (9F)	52:34	<b>Overall Women:</b>	
509 Judith DeWitt (27F)	52:34	Terri Muela	37:35
510 Hal Brandon (56)	52:42	<b>Women 13 &amp; Under:</b>	
511 C. Hopson-Walker (31F)	52:44	1 Marie Madril	44:47
512 Bruce Medlin (32)	52:44	2 Irene Hunter	49:13
513 Kelly Geoffrey (23)	52:45	3 Hope Hunter	52:34
514 Eddie Flores (32)	52:46	<b>Women 14-19:</b>	
515 Sharon Madsen (30F)	52:47	1 Lori Cook	40:52
516 Steve Dannecker (23)	52:48	2 Sallie Arviso	44:10
517 Richard Aspen (51)	52:48	3 Rosemary Alcares	45:06
518 Connie Schroyer (43F)	52:50	<b>Women 20-29:</b>	
519 Pamela Halverstadt (27F)	52:50	1 Janice Gordon	39:28
520 L. W. Ellis (38)	52:51	2 Evangelina Lopez	43:34
521 Laureen Roos (21F)	52:55	3 Elizabeth Layous	45:47
522 Benny Lozano (13)	52:55	<b>Women 30-39:</b>	
523 Allan Gordon (36)	52:56	1 Rosa Medina	39:08
524 Paul Gonzalez (35)	53:02	2 Ellen Atwood	42:38
525 Tim Medina (25)	53:07	3 Jan Alcock	43:50
526 Jim Shields (43)	53:10	<b>Women 40-49:</b>	
527 Justin Lassley (11)	53:11	1 Jeanne Arakelian	41:59
528 Art Aragon (31)	53:12	2 Jean Ellsworth	49:45
529 Connie Cruz (38F)	53:14	3 Heidi Fialho	50:22
530 Tari Smith (23F)	53:15	<b>Women 50-59:</b>	
531 Marylou Hicks (37F)	53:17	1 Isabel Verduzco	45:43
532 Juan DeLaCruz (33)	53:22	2 Dorothy Thomas	49:29
533 Jeanne Dhillon (30F)	53:24	3 Irene Valero	84:49
534 William Eisentrager (41)	53:34	<b>Women 60 &amp; Over:</b>	
535 Bill Ayer (18)	53:36	1 Virginia Martin	66:58
536 George Silvis (30)	53:38	2 None	
537 Sandra Nowstrup (24F)	53:44	3 None	

California State University, Fresno

# 1984

## San Joaquin Valley 'Coach of the Year' Track & Field Clinic

### and the Junior Olympic Track & P.E. Development Clinic Saturday, January 7, 1984



**THE SAN JOAQUIN VALLEY 'COACH OF THE YEAR' TRACK AND FIELD CLINIC** is designed to bring together the coaches of the San Joaquin Valley who will support each other and through a joint effort rekindle interest in track and field in this area. The clinic will give you a chance to hear some of the best track coaches and clinicians in this area.

**THE JUNIOR OLYMPIC TRACK AND PHYSICAL EDUCATION DEVELOPMENT CLINIC** is designed primarily for teachers and coaches of elementary and junior high school students. It will be a learn by doing clinic where each participant will go through the basic skills of track and field events and physical education activities. *No skills are required, only a desire to learn and develop confidence in your ability to demonstrate to your students is necessary.* Teachers who have participated in learn by doing clinics have been thrilled to learn how to high jump, pass the baton or long jump. Focus will be on the latest track and field techniques including diet, cardiovascular development, stretching and sound exercise principles.

**FOR CLINIC INFORMATION CONTACT:**  
Coach Bob Fraley... (209) 294-4097

**13th Annual  
FRESNO 6 MILE ROAD RACE  
Chandler Field to Kearney Park**

**Sunday, November 27, 1983 — 12:00 Noon**

sponsored by  
**FRESNO TRACK CLUB MASTERS**

**LOCATION:** Start and Registration on the North-East corner of Kearney & Fruit in front of Chandler Airport entrance.

**FINISH:** Tennis courts at Kearney Park.

**ENTRY FEE:** \$5.00 pre-entry; \$7.00 on day of race. Mail entry to Fernie Montanez, 2574 S. Recreation, Fresno 93725. **Pre-entries accepted until Thursday, November 24, 1983.** Please make checks payable to Fresno Track Club.

**CHECK-IN — REGISTRATION:** 11:00 AM to 11:45 AM.

**DIVISIONS, NUMBER OF AWARDS & RECORDS** (These will be expanded if pre-entry dictate):

MEN	AWARDS	RECORD	WOMEN	AWARDS	RECORD
18 & Under	5	31:17 Shawn Smallwood (79)	18 & Under	2	38:27 Shelly Nieto
19-29	7	29:26 Tony Ramirez (78)	19-29	3	38:06 Serena Dominguez (79)
30-39	7	31:17 Wayne VanDellen	30-39	3	41:20 Jean Ainger (79)
40-49	5	32:34 Wayne VanDellen	40-49	3	40:49 Michelle Gauthier (79)
50-59	3	34:47 Avery Bryant (74)	50-59	2	48:46 Dorothy Thomas (79)
60 & Over	2		60 & Over	1	

**T-SHIRTS:** A limited number of commemorative T-shirts with race logo will be on sale - \$6.00. T-shirts to first 100 pre-entries — long sleeve shirts, blue & gold.

**FOR MORE INFORMATION:** Call Fernie Montanez (209) 233-1357.

Mail entry and fee (checks payable to Fresno Track Club) to:  
**Fernie Montanez, 2574 S. Recreation, Fresno, CA 93725**

-----**ENTRY FORM AND WAIVER (Please Print)**-----

NAME \_\_\_\_\_ AGE as of 11-27-83 \_\_\_\_\_  
(last) (first) (middle initial)

ADDRESS \_\_\_\_\_  
(number & street) (city or town) (state) (zip)

Phone \_\_\_\_\_ Club or School \_\_\_\_\_ Male  Female

**WAIVER (Must Be Signed):** In consideration of your accepting my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims which I may have or which may hereafter accrue to me against the Fresno Track Club, Fresno County, Fresno City, Road Runners Club of America, and any other sponsors, officials or volunteers or their respective officers, agents, representatives, successors, for any and all injuries suffered by me while traveling to and from and participating in this event. I attest and verify that I am physically fit and have sufficiently trained for the competition of this 6 mile run.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's or Guardian's signature \_\_\_\_\_ Date \_\_\_\_\_  
 (if under 18 years of age)

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