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# CALIFORNIA TRACK & RUNNING NEWS

OCTOBER 1983

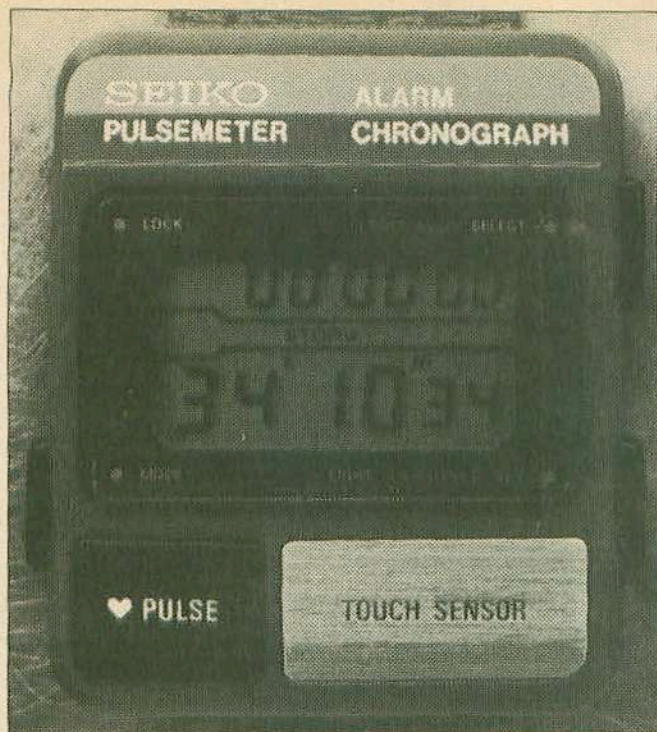
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California's Only Track & Running Publication



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

The New Balance 700 is a competitive training shoe.

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:

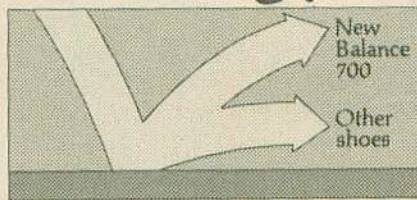
Make you a faster runner.

**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.

The net result, according to every member of the New Balance Track Team who tested the 700, is improved training time.

**IT EVEN MAKES TRAINING SAFER.**

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

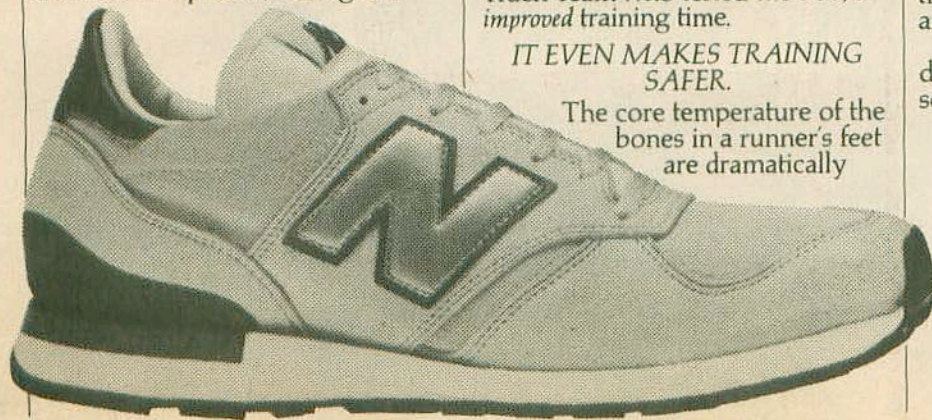
affected by the nature of a shoe's upper material—a fact confirmed by research we did at the gait lab of one of Boston's leading hospitals.

With this in mind, we made the 700's upper of a special polyweave mesh. Permeable and breathable, it helps to significantly reduce heat buildup—a major contributor to stress fractures.

Other key components in the 700 include a double density counter and a firm mid-sole heel pad for exceptional stability. A cutaway arch and Flextended Saddle™ for a unique sock-like feel. And flexible combination last construction for men and women in a variety of widths—because a serious shoe *must* fit.

Finally, the 700 features a high carbon rubber outsole 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.



**B**  
new balance®  
**700**

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Track & Running News**



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**ON THE COVER:**

Amy Harper of Cal Poly SLO, the defending NCAA Division II cross country national champion.

*photo by Mia Mathison*

# Eino's Notebook

By EINO

The first World Championships in Helsinki, Finland are over. I consider them to be the greatest success in the history of track and field since the first Olympics in 1896. Originally when I heard about the World Championships I had a dream that we would truly have an athletic competition where each event would have all of the best performers and where the best in the world would truly be the best. Personally, the only criticism I had was that rather than having individual athletes given the credit, it was always given to the country for which the participant competed.

In many events, team scoring would make it a lopsided race of one country. For example, in 1982 the nine best 100 meter times in the world were run by Americans. We can go on to say that out of the top thirty best times, twenty-two were run by Americans. It is almost the same in the 200 meters. And then if we take hammer throwing, six out of the top ten were Soviets. Out of the top thirty, nineteen were from Russia. So, as you see, many events would be lopsided in team competition. And this would

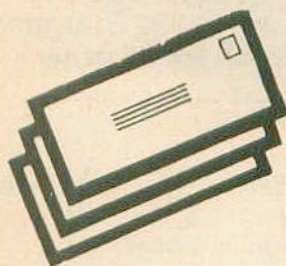
certainly raise the question of who would finance these events, because many countries would be eliminated.

Our U.S. team did incredibly well in all of the short distances and the field events. Many Californians represented our state very well. But the long distance events were a flop. And, I certainly can not put the blame on the athletes only. I would like to give you a shining example. When Ed Mendoza met the U.S. team one of the coaches came up to him with a big grin on his face and said: "I am your coach here in Helsinki, but I don't know anything about marathon running because I'm a sprint coach. But I can tell you, boy, go out there and do your best." This was the only contact that Ed had with his so called coach, and it occurred ten days before his marathon. When I heard this I went down and asked if I could give any help, since I not only coach long distance running, but also speak the language.

Another example happened a half hour before the start of the marathon. I was walking toward the stadium and I found Benji

Durden trying to find out where he could relax before the race and change his clothes. The World Championships had provided each country with a special room for their athletes' full use. The U.S. was the only country I know of that never used its facility. When I saw Benji standing there, I wondered how many medals we lost in the games due to inadequate care.

I feel that the longer the distance, the more coaching is required because there is more preparation involved. I hope that in the future at all world events our team will include a psychiatrist, an expert masseur, chiropractor, and a nutritionist. I also hope that in the future we will have coaches in each event that are specialists in that event, and that coaches are not just trading pins with others. After this, I can certainly understand how our sprinters missed the start of the 100 meters in Munich! I am certain that our athletic performance level is one of the highest. If we could only get the organizational level the same, what could our athletes really do?



## Mailbag

### PAN AM WASTE

The athletes on the U.S. Pan-American team who used steroids prior to the Games should have disqualified themselves from the team prior to the Games. Their violation of the drug rule prevented other athletes from being able to participate.

U.S. Olympic Committee officials who knew athletes had taken steroids prior to the Games should be dropped from the Committee.

The result of poor judgement by everyone involved means wasted money for the trip and wasted athletic ability for those who could have been on the team.

John Weidinger  
Daly City

### LOOKING FOR ALL-TIME LISTS

I really enjoy reading your magazines "All-Time California Best Marks" lists for high school track. Now, how about an all-time list for the nation. The ten best runners ever and their times. I realize it would take some time to compile this list, but it seems feasible.

Keep up the good work, and I would appreciate anything you could come up with.

Mike Parker  
Tustin

*Thanks for your letter and nice comments. There is good news about the U.S. high school all-time lists you are seeking. Jack Shepard puts out a high school track annual each year that not only lists the best marks for the year but also an all-time listing. Order one for \$3.50 from: Jack Shepard, 14551 Southfield Dr., Westminster, CA 92683.*

### FED UP WITH ATTITUDE

I have been a great fan of CTRN for the last few years. I feel you fill a void by reporting extensively on California running. However, you pay very little attention to ultra-distance events, and I'm fed up with that attitude.

You spend considerable time reporting on every high school track event which takes place. If a sprinter sneezes you tell the place and time it occurred. You devote a quarter issue to the San Francisco

Marathon. And you go to great lengths to explain how difficult the marathon distance is (in training columns).

I have news for you. Some of the most tenacious and talented runners around concentrate on trail and road ultras. And, I strongly resent seeing the Western States 100 given the small attention which CTRN did last month. By way of comparison, the Aptos and Wild West Marathons are effortless jogs; the runners in those races use them as easy training runs for the WS 100.

It would be very nice if you would open your eyes up and recognize the existence of these truly long distance running events.

Bill Elkman  
Redondo Beach

*We'd print more stories and results from the ultras if we could get them. How would you like to be our Ultra-Editor and head up this department? In the meantime, you might enjoy a magazine devoted exclusively to these especially tough events: Ultrarunner, P.O. Box 1057, Amherst, MA 01004 - \$15 per year.*



# 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.

## OCTOBER

**OCT 1: International Run Against Crime (Nat'l Masters TAC 15K Road Championships).** El Paso, Texas, time TBA. John Hinshaw, 6848 Pino Real, El Paso, TX 79912. (915) 755-1381.

**OCT 1: The Dam Run.** 10K, Morgan Hill (Live Oak High School), 9 am. Donna Foster, 7 E. Second St., Morgan Hill 95037. (408) 779-2316.

**OCT 1: Arroyo Grande Harvest Festival 10 Mile.** Arroyo Grande (Lopez Lake), time TBA. Chuck Fellows, 709 Grand Ave., Arroyo Grande 93420. (805) 481-4663.

**OCT 1: AVHMC Fitness Classic.** 5 & 10K, Lancaster (AVHMC Medical Office Building), 8 am. Running Promotions, P.O. Box 128, Lancaster, CA 93534. Vicky Horn (805) 942-3820.

**OCT 1: Walt Stack Birthday Run.** 10K, San Francisco (Ft. Mason), 9 am. Sherman Weipiton, 258 - 40th St. Way, Oakland 94611.

**OCT 1: Dual at the Dam Biathlon.** 8.6 mile run, 22.3 mile bike, Friant Dam (near Fresno), 7:30 am. **Entry Deadline Sept. 17.** Dual at the Dam, 6073 N. First St., Fresno 93710. (209) 264-0235 or 485-0390.

**OCT 1: Selma-Cancer Run.** 6 miles, Selma, time TBA. Tony Dominguez, 3746 Gaynor St., Selma 93662. (209) 896-1028.

**OCT 1: Los Angeles Marathon & Jon Douglas 10K.** Santa Monica, Marathon/6:30 am, 10K/9 am. Santa Monica Community Services Day, 801 Wilshire Blvd., Santa Monica 90401 (for 10K); Los Angeles Marathon, 2801 "B" Ocean Park Blvd., Santa Monica 90405.

**OCT 1: Del Mar Days Triathlon.** 1 mile swim, 20 mile bike, 10K run, Del Mar, time TBA. Del Mar Foundation, 1050 Camino del Mar, Del Mar 92014. (619) 755-9313.

**OCT 1: Pepsi Heritage Day 10K & 2 Mile.** Waterford City Park, 8 am. Don Lundberg, 12607 Lone Oak Rd., Waterford 95386. (209) 874-2229.

**OCT 1: The 5-Miler.** Los Altos Hills (Foothill College), 10 am. Peanut Harms, Foothill College, 12345 El Monte Rd., Los Altos 94022.

**OCT 1: Racquet Club 2 & 5 Milers.** Las Vegas, Nevada (The Racquet Club), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101.

**OCT 1: Honolulu Marathon Entry Deadline (See Dec. 11).** ...possible later entry date with much higher entry fee (check with race director).

**OCT 2: Sacramento Marathon & Half-Marathon.** Sacramento (William Land Park), 7 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181. **Limit 1600 in full, 1300 in half marathon.**

**OCT 2: Bridge to Bridge Run.** 5K & 8 miles, San Francisco (Ferry Bldg.), 9 am. KNBR-68, Bridge to Bridge, 1700 Montgomery St., San Francisco 94111. Or call City Sports (415) 788-2611.

**OCT 2: RRCA Nat'l 50 Mile & 100K Championships.** 6:30 am. Noel Nequin, MD, Cardiac Rehab Ctr., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625. (312) 878-8200, ext 5327.

**OCT 2: Run LA 10K.** Memorial Coliseum, Los Angeles, 8 am. Run LA, Los Angeles Athletic Club, 431 West Seventh St., Los Angeles 90014. (213) 625-2211.

**OCT 2: Santa Cruz County Half-Marathon.** Santa Cruz (UCSC, end of Delaware St.), 8 am. Mike Moser, Marine Studies, UCSC, Santa Cruz 95064. (408) 429-4675 or 429-2883.

**OCT 2: Salinas Skyclimb.** 7.5 mile, Toro Regional Park (west of Salinas), 9:30 am. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

**OCT 2: Marriott's Great America Carousel to Coaster 10K.** Santa Clara, 9 am. Larry Wolfe, 1500 Warburton, No. 103, Santa Clara 95050. (408) 984-3223.

**OCT 2: Sonoma County Harvest Fair 10K.** Santa Rosa (Herbert Slater J.H.S.), 9 am. Pete Peterson, Sonoma County YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545-9622.

**OCT 2: Run for the Hills 8K.** Woodside (Huddart Park), 9 am. Very hilly. 500 limit. Deborah McIntosh, American Cancer Society, 1710 Webster St., Oakland 94612. (415) 893-7900.

**OCT 2: DSE Colt Tower Run.** 3 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**OCT 2: Northwood Classic.** 1½ mile & 8K, Napa (Northwood School), 1½/9 am, 8K/9:30 am. Bob Benning, 2571 Patricia Dr., Napa 94558. (707) 226-9844.

**OCT 2: Coliseum 10K.** Formerly the Mercury 10K. Los Angeles Athletic Club, 8 am. Jim Goulding LAAC, 431 West 7th St., Los Angeles 90014. (213) 625-2211.

**OCT 2: Portland Marathon.** Portland, Oregon, 8 am. P.O. Box D, Beaverton, OR 97075.

**OCT 2: Health Fest Run for Your Breakfast.** 5 & 10K, Palo Alto (Baylands Baseball Field), 8:30 am. Linden Skjele, 531 Cowper St., Palo Alto 94301. (415) 324-1964.

**OCT 2: Mt. Diablo Trail Classic.** Dirt trail race Clayton (Mitchell Canyon) 13.5 mile, 8 am. Valerie Doyle, Fleet Feet, 1528 Bonanza, Walnut Creek 94596. (415) 943-MILE.

**OCT 2: McDowell Valley Vineyards Harvest Run.** 10K, Hopland (Mendocino County), time TBA. California Vintage RunTour, 25108-B Marguerite Pkwy., Suite 209, Mission Viejo 92692. (714) 859-8844

**OCT 2: Mission Viejo High School 5 & 10K.** Mission Viejo, 5K/8 am, 10K/8:30 am. California Runners (714) 855-1330.

**OCTR 2: Hunt Loop Run.** 1.5 & 6.9 miles, Arcata (Redwood Park), 1.5/1 pm, 6.9/1:45 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**OCT 2: Mineral King Marathon.** Three Rivers (near Visalia), 7 am. **Limited to 35 entrants...climbs from 1400 to 7800 feet.** Rob Stephenson, 1527 Vassar Dr., Visalia 93277. (209) 733-1655.

**OCT 2: Birzeit Scholarship Run.** 5 & 10K, Oakland (Lake Merritt), 9:30 am. Najda Cafiot, P.O. Box 7152, Berkeley 94707. (415) 540-8994.

**OCT 2: Mare Island Boy Scout Run.** 10K, Mare Island Navy Base (Vallejo), 9 am. Jay Lowden, P.O. Box 392, Vallejo 94590. (707) 644-0427.

**OCT 2: Pamakid 8.5 Mile Lake Merced Race.** San Francisco (Sunset Pkg. Lot, Lake Merced), 10 am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

**OCT 2: Ironhorse Triathlon.** 2K swim, 40K bike, 10K run. Berkeley (Tilden Park, Lake Anza), time TBA. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

**OCT 2: Petaluma Classic.** 7.5K & 15K, Petaluma High School, 8 am. Petaluma Parks & Rec. Dept., P.O. Box 61, Petaluma 94953. (707) 778-4380.

**OCT 2: Great Grape Run.** 5 & 10K, Delano, 8 am. Jim Nagatani, 1319 Main St., Delano 93215. (209) 725-9105.

**OCT 2: Run for Sobriety 10K Run & 3K Walk.** Los Angeles (Griffith Park), 8 am. Betty Sue Herral, 4733 Elmwood, Los Angeles 90044. (213) 461-9211 or 383-8373.

**OCT 2: Mission Viejo Lake Loop 5 & 10K.** Mission Viejo (Marguerite & Alicia), 5K/8 am, 10K/8:30 am. California Runners (714) 855-1330.

**OCT 2: Huntington Beach Triathlon.** 1K swim, 25K bike, 10K run. Huntington Beach State Park, time TBA. Fleet Feet, Dennis Luttrell, 9931 Hamilton, Huntington Beach 92646. (714) 963-8778.

**OCT 2: Run for Health 10K & 2 Mile.** San Diego area (Villa View Hospital), 7 am. Sherri Smith, c/o EOL Race Consulting, P.O. Box 1049, Coronado 92118. (619) 232-8329.

**OCT 2: La Grange Ditch Run.** 4 & 13 miles, Weaverville, Trinity H.S., 9 am. Jeff Huntley, Recreation Dept., City Hall, Weaverville 96093. (916) 623-5925.

**OCT 2: Queen of the Valley Hospital Run & Health Fair.** West Covina, 8 am. Queen of the Valley Hospital, 1115 S. Sunset Ave., West Covina 91793 (Attn: Mary Ann Harvey, Community Relations). (213) 814-2423.

**OCT 2: Moving Comfort 8K.** Del Mar, time TBA. Ginger Baldwin, 12855 Caminito de las Olas, Del Mar 92014.

**OCT 2: Sanger Striders Columbus Day Run.** 6 mile and 3 mile prediction, Sanger (Cherry & Bethel), 8:30 am. Dave Dodson, 10518 E. California 93657. (209) 875-4072.

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Phone (415) 595-2249

**OCT 9: Humboldt Redwoods Marathon & Half Marathon.** Weott (Dyerville Bridge, 2½ miles north), Humboldt Redwoods State Park, 9 am. **Total 1200 entry limit -both races combined.** Six Rivers R.C./Redwoods Marathon, P.O. Box 214, Arcata 95521. (707) 822-3136 or 822-4325. **Entry Deadline Sept. 15.**

**OCT 9: The Great Race VI.** 10K, Stanford Univ., 9 am Oz Crosby, 535 Middlefield Rd., Suite 250, Menlo Park 94025. (415) 329-0862.

**OCT 9: Nat'l Sr. Men's TAC 10K Road Race Championships.** *Date and place change — See October 30 for new information.*

**OCT 9: Pepsi/Fresno Fair Cross City Race.** 10K, Roeding Park K-Mart to the Fair, 7:30 am. Bill Cockerham, P.O. Box 6103, Fresno 93703. (209) 264-5847.

**OCT 9: Sulphur Springs Ribbon Runs.** 2 mile & 10K, St. Helena (Crane Park), 8:30 am. Kathleen Carrick, c/o St. Helena Recreation Commission, 1360 Oak St., St. Helena 94574. *Race day registration only.*

**OCT 9: Columbus Day Golden Gate Bridge Run.** 10K, San Francisco (Presidio Parade Grounds) to Ft. Baker (Marin County), 8 am. Sally Austin, P.O. Box 236, SAusallito 94966. (415) 332-3110.

**OCT 9: Kidney Foundation 10K Run for Health.** Aptos Village Park, 9 am. Kidney Foundation, P.O. Box 316, Santa Cruz 95061 (Attn: Joel Doss)(408) 662-0389.

**OCT 9: DSE South Embarcadero Run.** 6.5 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

**OCT 9: Berkeley to Moraga Run.** 13 miles, Berkeley (Claremont Hotel) to St. Mary's College, 8 am. Valerie Doyle, Fleet Feet, 1526 Bonanza, Walnut Creek 94596. (415) 943-MILE.

**OCT 9: The Great Grape Race III.** 10K & ¼ mile kids race, Lodi Academy, 8 am. Bev Haffner, 212 Acacia, Lodi 95240. (209) 334-1355.

**OCT 9: Quicksilver Challenge Half-Marathon.** San Jose (Castillero Middle School), 8 am. Ted Schmidt, c/o Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-7223.

**OCT 9: Merced Bell Race.** 15K & 3K Fun Run, Merced (26th & "O" Sts.), 8 am. John Hannah, 636 W. 26th St., Merced 95340. (209) 722-9928.

**OCT 9: Learn Not to Burn Foot Races.** 5 & 10K, Santa Cruz (Delaware & Natural Bridges), 8:30 am. Gay Niblock, P.O. Box 1477, Santa Cruz 95061. (408) 426-3336.

**OCT 9: Sacramento Zoo Zoom 5 & 10K.** Sacramento (William Land Park), 8:30 am. John McIntosh, 3930 West Land Dr., Sacramento 95822. (916) 488-7181.

**OCT 9: SPATAC District 20K Championships.** *Listed incorrectly as Oct. 2 last issue.* Valencia, 8 am. Gene Blankenship, P.O. Box 481, Newhall 91321. (805) 254-1000.

**OCT 9: Harbor Lite Half-Marathon.** San Pedro (Peck Park), 8 am. Bill Friend, YM-CA, 301 So. Bandini St., San Pedro 90731. (213) 832-4211.

**OCT 9: Huntington Beach Elks 10K.** Fountain Valley (Mile Square Park), 8 am. Tiny Blomquist, 10480 Talbert Ave., Fountain Valley 92708. (714) 964-1665.

**OCT 9: Los Caballeros Mini-Triathlon.** 10K run, 20K bike, 440 yd swim. Fountain Valley (Los Caballeros Racquet & Sports Club), time TBA. Lynda Miller, c/o 17272 Newhope St., Fountain Valley 92708. (714) 546-8560.

**OCT 9: Salute to Navy 8K.** National City (Kimball Park), 8 am. Tom Morrow, c/o EOL Race Consulting, P.O. Box 1049, Coronado 92118. (619) 477-4447.

**OCT 9: Aztlan 5-Mile Hill Challenge.** Los Angeles (Highland Park), 8 am. Aztlan Track Club, 448 North Ave., 56th, Los Angeles 90042. (213) 282-3977, Carlos Alfaro.

**OCT 9: Silver Lake 50K.** Pollock Pines (nr. Placerville), 7 am. Pete Schoener, 4221 No. Canyon Rd., Camino 95709. (916) 482-5360.

**OCT 9: Spartan Cup 10K.** Concord (De La Salle H.S.), time TBA. Tom Barrett, 3685 Bon Homme, Concord 94518. (415) 676-7313.

**OCT 9: Miller Lite Run for Fun.** 1 mile, 5K & 10K, Wofford Heights Park (Lake Isabella - 40 miles northeast of Bakersfield), 8 am. Tom Scott, 6104 De Parsia Ave., Bakersfield 93306. (805) 872-3001.

**OCT 9: Let's Fight Lupus 8/4K Run.** Hastings Ranch Shopping Center (Pasadena), 8 am. TALS-Run for Lupus, 23751 Madison Ave., Torrance 90505. (213) 373-1335.

**OCT 15: St. Vincent's Run for Kids.** 3 mile, Marinwood (St. Vincent's Drive Exit), 8:30 am. St. Vincent's, 4900 Highway 101, Marinwood 949--. (415) 479-8831.

**OCT 15: Cal Inv. X-C Meet.** 5K/Women, 8K/Men, Albany (Golden Gate Fields horse racing track. International style cross country, 10 am. Brian Maxwell, Men's Athletics, Harmon Gym, UC Berkeley, Berkeley 94720. (415) 642-3158.

**OCT 15: Manteca Pumpkin Run.** 10K & 2 mile, Manteca (Northgate Ave.), 9 am. Manteca Pumpkin Run, 602 E. Yosemite Ave., Manteca 95336. (209) 239-9541.

**OCT 15: CRRC 10 & 20K Runs.** Los Angeles (Griffith Park), 8 am. CRRC, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**OCT 15: Sub-4/Vista Pacific 8K.** Oceanside, 9 am. Sub-4, 2620 Temple Hights, Oceanside 92054. (619) 941-2830.

**OCT 15: Silverado Days 5 & 10K.** Buena Park (Boys Club), 7:30 am. Paul A. Marsh, Boys Club of Buena Park, 7758 Knott Ave., Buena Park 90620. (714) 522-7259.

**OCT 15: Baja Triathlon.** 1 mile swim, 50 mile bike, 12 mile run. San Diego, 8 am. Triathlon, P.O. Box 15128, San Diego 92115. (619) 583-3001.

**OCT 15: Seagull Run.** 5 & 10K(?), Treasure Island, San Francisco, time TBA. Seagull Run, c/o Special Services, Bldg. 265, Naval Support Activity, Treasure Island, San Francisco 94130.

**OCT 15: Toys For Tots Run.** 10K, Fresno (Woodward Park), 9 am. Staff Sgt. McCool, 5315 E. Casino Ave., Fresno 93727. (209) 487-5330.

**OCT 15: Run For Help 10K.** "West Orange County Hot Lirle" Irvine (Mason Regional Park), 8 am. John Marshall, P.O. Box 32, Los Alamitos 90720. (213) 594-0960, or 594-0969.

**OCT 15: Summerville A.F.S. 10K & 5K.** Tuolumne City, 9 am. Ralph Epstein, 16915 Country Rd., Sonora 95370. (209) 928-3673.

**OCT 15: CCA/TAC Half-Marathon Championships.** Visalia (Mooney Grove Park), 8 am. David Calderon, 2911 W. Caldwell, No. A, Visalia 93291. (209) 625-4070.

**OCT 15: Rose Garden Fun Run.** 5 miles, San Jose Central YMCA, 9 am. Keith Green, YMCA, 1717 The Alameda, San Jose 95126. (408) 298-1717.

## West Valley Track Club

Presents the Tenth Annual

# Christmas Relays

December 18, 1983 (Sunday) • Lake Merced, San Francisco  
5 Person Teams • 4½ Miles/Leg • \$20/Team

The largest relay in the West.  
Over 350 teams competed in 1982.

Don't miss this exciting opportunity to get your club or friends together for a very enjoyable event.

Many(13+) Divisions with lots of awards.

Mail entry must be **postmarked** by December 10, 1983 (\$20)...\$30 on race day.

For more information phone:  
(415) 342-3107, ask for Karen



For an Entry Blank send S.A.S.E. to:  
Christmas Relays  
P.O. Box 652  
Burlingame, CA 94010

# Schedule

**OCT 15: Milpitas Fun Run.** 3.8 miles, Milpitas (Wessex Place), 9 am. Karen McNamara, c/o 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

**OCT 15: The Human Race Triathlon.** 14.7 mile bike, 15K run, 600m swim, Newport Beach (Newport Dunes Aquatic Pk.), time TBA. Dixie Olson, P.O. Box 16908, Irvine 92713.

**OCT 16: Mothers Against Drunk Drivers Benefit Run.** 10K & 2.5 mile, Redwood Shores (Redwood City), 8:15 am/2.5 mile, 9 am/10K. Pam Ryan, 150 Saratoga Ave., No. 372, Santa Clara 95051. (408) 985-2469.

**OCT 16: Pumpkin Festival Run.** 8K & 1K Fun Run, Half Moon Bay (Main & Higgins-Purissima), 8 am. (separate men's & women's 8K's). Half Moon Bay Coasters RC, Box 305, Route 1, Half Moon Bay 94019.

**OCT 16: DSE Baker Beach "BYO" Picnic Run.** 3 miles, San Francisco (Presidio/Baker Beach), 10 am. Wait Stack, 741 Kansas St., No. 2, San Francisco 94107.

**OCT 16: Oakland Brass Pole Run.** 10K, Oakland (Lake Temescal), 9 am. Brass Pole Run, P.O. Box 13037, Oakland 94611. Jim Catalano (415) 828-5008.

**OCT 16: Concord Classic 10K.** Concord (Clayton Valley High School), 9 am. Becky Gibson, 631 Thornhill Rd., Danville 94526. (415) 820-8205.

**OCT 16: Excelsior West End Run.** 10K, San Francisco (Golden Gate Park, Polo Fields... all dirt x-country terrain), 10 am. Tom Mann, 2661 Rollingwood Dr., San Bruno 94066. (415) 589-5685.

**OCT 16: Pumpkin Patch Run.** 10K, Fremont (Central Park Swim Lagoon), 9 am. Sarah Cole, P.O. Box 5006, Fremont 94537. (415) 791-4320.

**OCT 16: Support Our Schools 10K.** Concord (Clayton Valley Shopping Ctr.), 9 am. Ed Montgomery, 1254 Redlands Way, Concord 94524. (415) 820-2183.

**OCT 16: XEBEC/Hamilton Avnet "Run for the Rep" 10K.** San Jose, 8 am. The San Jose Repertory Co., Brad Johnson, P.O. Box 9584, San Jose 95157. (408) 294-7572.

**OCT 16: Dumbarton Bridge Run.** 7.5 mile, Menlo Park to Newark, 9 am. Dumbarton Bridge Run, P.O. Box 2501, Oakland 94614. (415) 568-8884.

**OCT 16: Sri Chinmoy 7-Mile Run.** Foster City (Recreation Ctr., Shell & Hillsdale Blvd.), 8 am. Michael Lindeman, 2438 -16th Ave., San Francisco 94116. (415) 665-2994.

**OCT 16: Young at Heart Run.** 7.2 & 3.4 miles, Santa Rosa (Redwood Empire Arena), 8 am. Redwood Empire Arena, 1667 W. Steele Ln., Santa Rosa 95401. (707) 546-7147.

**OCT 16: The Crookedeal Railroad Run.** 8.1 mile, Mill Valley, 7:30 am. Jared Ainsworth, 162-A 23rd Ave., San Francisco 94121. (415) 752-1802.

**OCT 16: Rosita St Half Marathon.** Visalia, time TBA. Visalia Runners, Box 3638, Visalia 93277.

**OCT 16: Run for Justice 5 & 10K.** Pasadena (Rose Bowl), 5K/8 am, 10K/8:30 am. Sgt. Donn Burwell, 142 No. Arroyo Pkwy., Pasadena 91103. (213) 577-4550.

**OCT 16: Orange Canyon 5 & 10K.** Irvine, 5K/8 am, 10K/9 am. Hank Vellekamp, Santa Ana College, 17th at Bristol, Santa Ana 92706.

**OCT 16: Santa Barbara Women's 10K & SPATAC Women's Championships.** Santa Barbara, 8 am. John Brennan, SBW 10K, P.O. Box 6616, Santa Barbara 93160.

**OCT 16: CSUDH Toro 10K Fall Classic.** Carson (UC Dominguez Hills), 9 am. CSUDH, Athletic Dept., Carson 90747. (714) 516-3513.

**OCT 16: Firemen's Learn Not to Burn 10K Run.** Playa Del Rey, time TBA. Race Central (714) 874-5480.

**OCT 16: Los Angeles County Sanitariums Bonelli Park Lake Run.** 5 & 10K, San Dimas (Bonelli Park), 8 am. The Complete Runner, 2658 E. Garvey Ave., West Covina 91791. (213) 331-0169.

**OCT 16: ARC San Leandro Marina Fun Run.** 5 & 10K, San Leandro (Neptune Dr.), 9 am. Larry Fong (415) 881-0125 or Wynn Wong (415) 530-8590, eves.

**OCT 16: Berkeley Waterfront Run.** 5 miles, Berkeley (4th & Addison), 9 am. Nike-Berkeley, 2114 Addison St., Berkeley 94704. (415) 843-7767.

**OCT 16: Coyote Creek Run.** 10K, San Jose (Zanker & Center Rds.), 9 am. Coyote Creek Run, Agnews State Hospital, San Jose 95134. (408) 262-2100, x2205.

**OCT 16: Sunrise Hospital 10K & 2 Mile Fun Run.** Las Vegas, Nevada (Sunset Park), time TBA (not listed on entry blank). Sunrise Hospital, Attn: Michael Berman, 3186 Maryland Pkwy., Las Vegas, NV 89109. (702) 870-8269.

**OCT 16: Bacardi Gold Reserve Run.** 5 & 10K, Playa Del Rey Beach, 8 am. Run Run, c/o Sickle Cell Foundation, 4401 S. Crenshaw Blvd., Suite 208, Los Angeles 90043. (213) 299-3600.

**OCT 16: Run LA 5K.** Los Angeles (UCLA), 9 am. Run LA, Los Angeles Athletic Club, 431 West Seventh St., Los Angeles 90014. (213) 625-2211.

**OCT 22: Ironman Triathlon World Championships.** Kona, Hawaii, 7 am. 2.4 mile swim, 112 mile bike, 26.2 mile run. Foster-Gaffney Associates, P.O. Box 448, Haiku, HI 96708. (808) 575-2578.

**OCT 22: Big Sur River Run.** 10K, Pfeiffer State Park, Big Sur, 10 am. Big Sur River Run, c/o Fernwood, Big Sur 93920.

**OCT 22: Ed Jerome Memorial Half-Marathon & 5K.** Lancaster, 8:30 am. High Desert Runners, P.O. Box 1464, Palmdale 93550. (805) 947-0197, days; 943-4518, eves.

**OCT 22: Tokai Bank/Athletes in Action 5-Miler.** Fountain Valley (Mile Square Park), 8:30 am. George Mason, 17102 Newhope St., Fountain Valley 92708. (714) 957-1855.

**OCT 22: Arroyo Seco 5 & 10K.** Pasadena (Jet Propulsion Lab), 9 am. Rick Reihman, 1930 Foothill Blvd., La Canada 91011. (213) 790-0123.

**OCT 22: Oroville Rotary Run.** 5K & 6.5 mile, Oroville Dam Boat Launch (parking lot), 9 am. (600 limit). John Stanton, 3536 Hilldale Ave., Oroville 95965. (916) 533-4242.

**OCT 22: Demolition Derby 10K Race.** San Francisco (China Basin), 9 am. Demolition Derby, P.O. Box 2115, San Francisco 94126. (415) 261-5932.

**OCT 22: Running is for the Birds 10K Fun Run.** Huntington Beach (Bolsa Chica State Beach), 8:30 am. ABC, P.O. Box 1563, Huntington Beach 92647. (714) 897-7003.

**OCT 22: Breakthrough 10K & 2-Mile Fun Run.** San Diego (Mission Bay Park), 7:45 am. Nan Viverito, Breakthrough 10K, P.O. Box 22836, San Diego 92112. (619) 450-0069.

**OCT 22: St. Bernardine's 5/10K.** Cal-State San Bernardino, time TBA. Race Central, P.O. Box 828, Rialto 92376.

**OCT 23: CRRC 50K & 50 Mile Championships.** Pasadena (Rose Bowl), 6 am, CRRC, P.O. Box 891, Tarzana 91356. (213) 888-5526.

**OCT 23: Modesto Natural Light Footrace 10K Championships & 2 Mile Run.** (Formerly Stanislaus-Natural Light Footrace), Modesto (Jr. College West Campus), 2 mile/8:15 am, 10K/9 am. Jeff Highiet, 229 Charlemagne Way, Modesto 95350. (209) 527-7597.

# Porterville Veteran's Day

## 5,000 METER & 10,000 METER ROAD RACES

### NOVEMBER 11, 1983 (Friday) • 8:00 a.m.

Starts at the Corner of Olive & Second Streets (Downtown)

**REGISTRATION:** 7:00 a.m. — 7:45 a.m.

**ENTRY FEE:** \$5.00

**DIVISIONS:** Junior (12 & under), 13-18, 19-29  
30-39, 40-49, 50 plus

**AWARDS:** First Three Places in All Divisions  
plus Oldest & Youngest Finishers  
T-shirts will be available at \$3.00 each.

**RETURN ENTRY TO:** Dr. Allen E. Nelson  
Porterville College  
900 South Main Street  
Porterville, CA 93257

## Entry Form

**WAIVER:** I hereby for myself, my heirs, executors, administrators waive and release any and all rights and claims for damages I may have against the City of Porterville, Porterville College or their representatives, successors or assigns, for any and all injuries, ailments or other consequences, suffered by me in the Porterville Veterans Day Road Race. I attest and verify that I am physically fit to complete a 10,000 meter race or a 5000 meter race if entered in that event.

Signature in Full \_\_\_\_\_ Signature of Parent if under 18 years old \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

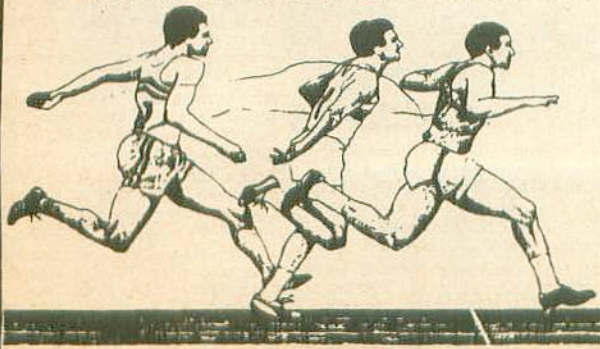
**Check Appropriate Division:**

Male  Female  
 12 & under  13-18  19-29  30-39  40-49  50 +

**Race:**  5000 Meters  10,000 Meters

**Shirt Size:**  small  medium  large  extra large

Make checks payable to Porterville College Athletic Fund.





OCT 23: **Hayward Half-Marathon.** Kennedy Park, 9 am. Phil Dennoncourt, 1099 "E" St., Hayward 94541. (415) 881-6700.

OCT 23: **San Lorenzo River Run.** 10K, Santa Cruz (Hwy 9 & River St.), 9 am. American Cancer Society, 209 Walnut Ave., Santa Cruz 95061. (408) 423-4231.

OCT 23: **John Muir Run.** 5 & 10K, Walnut Creek (Civic Park), 9 am. David Nicholas, 3440 Winthersed Lane, Walnut Creek 94598. (415) 939-1521.

OCT 23: **Washington Hospital Employee Association Run.** 10K & 2.4 mile fun run, Fremont (City Park), 9:30 am. Emma Armstrong, 40039 Catalina Pl., Fremont 94539.

OCT 23: **CCPM 10-Mile Waterfront Dash.** San Francisco (Leavenworth & Jefferson), 8 am. CCPM, 1210 Scott St., San Francisco 94115. (415) 563-3444, John Chisholm.

OCT 23: **Golden State Women's Run.** 5 & 10K, Davis, 9 am. Fleet Feet, 2410 "J" St., Sacramento 95816. (916) 442-3962.

OCT 23: **Far Western 50 Mile.** Redding, 7 am. Tonkin Gulf Yacht & Running Club, P.O. Box 442, Bella Vista 96008. (916) 243-4040.

OCT 23: **West San Gabriel Valley YMCA 5 & 10K.** Alhambra, 8:30 am. Ken Henderson, 10 No. Almansor St., Alhambra 91801.

OCT 23: **Westlake Village Pumpkin Festival 5 & 10K.** Westlake Village, 5K/8 am, 10K/9 am. Westlake Village Chamber of Commerce, 31838 Village Center Rd., Westlake Village 91361. (213) 991-3101.

OCT 23: **Celebration of Architecture 10K.** Santa Barbara (Goleta Beach), 8 am. Irwin Sorkin, P.O. Box 5780, Santa Barbara 93108.

OCT 23: **Wilshire Community Police Council 5 & 10K.** Wilshire (Wilshire & Western), 8 am. Jim Richart, 4861 Venice Blvd., Los Angeles 90019. (213) 485-4020.

OCT 23: **Mt. Burdell Challenge.** 5 & 10K, Novato (Rolling Hills Club), 9 am. Carol Gabriel, 351 San Andreas, Novato 94947. (415) 897-2185.

OCT 23: **Run LA 5K.** Santa Monica (SMCC), 9 am. Run LA, Los Angeles Athletic Club, 431 West Seventh St., Los Angeles 90014. (213) 625-2211.

OCT 23: **Napa Rotary Run.** 10K, Yountville (Napa Valley), 9 am. Chuck de Lormier, DDS, 3010 Beard Rd., Napa 94558. (707) 255-0555, days.

OCT 23: **Redwood Regional Park Orienting Long-O.** Oakland, time TBA. BAOC, 3151 Holywood Dr., Oakland 94611. (415) 530-3059, Joe Scarborough.

OCT 23: **Tri-Cross 4-Lungs.** 175 yard swim, 19 mile bike (off-road), 6 mile cross country run. Santa Rosa (Annadel State Park & Spring Lake Lagoon), time TBA. (Participation limited). Lung Assn., Attn: Lynn Woznicki, 1059 Second St., Santa Rosa 95404. (707) 527-LUNG.

OCT 23: **Run for Fire Prevention.** 5 & 10K, San Anselmo (Redhill S.C.), 9 am. Forrest Craig, 858 Sir Francis Drake Blvd., San Anselmo 94960. (415) 457-6722.

OCT 23: **Any Mountain 10-Mile Mountain Run & 10K Fun Run.** Cupertino, 8 am. Cindra, 10495 No. DeAnza Blvd., Cupertino 95014. (408) 255-6162.

OCT 23: **PA-TAC 10K Cross Country Championships & Pt. Pinole Skunk Run.** Richmond (Pt. Pinole Regional Park), 10 am (real European XC). Steve Justice, Fleet Feet, 1582 Fitzgerald Dr., Pinole 94664. (415) 222-0188.

OCT 23: **Ecology 10K & 1 Mile Fun Run(kids).** Ft. Ord (East Garrison, Reservation Rd.), 1 mile/8:30, 10K/9 am. Morale Support Fund, P.O. Box 147, Ft. Ord 93941. (408) 242-2806.

OCT 23: **Dry Run.** 5 & 10K, San Francisco (Golden Gate Park, Polo Fields), 10 am. William Cullen, 1050 Redwood Hwy, Mill Valley 94941. (415) 381-2443.

OCT 23: **Halloween 8K.** Visalia, time TBA. Roger Sebert, P.O. Box 3638, Visalia 93277.

OCT 29: **Lemucchi's Tam O'Shanter Pedal & Ploed Team Marathon.** 20 mile bike, 6 mile run (2-person teams or individual), time TBA. RACE, 2345 Alta Vista, Bakersfield 93305. (805) 323-0168.

OCT 29: **Whittier Village Challenge 10K.** Whittier (Greenleaf & Philadelphia), 8 am. Whittier Village Race Comm., P.O. Box 9159, Whittier 90608. (213) 693-0771.

OCT 29: **Seal Beach Autumn 10K.** 8 am. Cecilia Hinkie, ACS, 4030 Birch St., Suite 101, Newport Beach 92660. (714) 752-8600.

OCT 29: **Mountain Goat Marathon, Mid-pines.** 6:30 (slow runners) & 7:30 (fast runners) am. Mountain Goat Marathon, P.O. Box 111, Midpines 95345. (213) 966-3147. *Limited to 50 runners.*

OCT 29: **Footlocker Partners 5 & 10K Two-Person Relay Race.** Los Angeles, Griffith Park, 8:30 am. Valerie Johnson (213) 472-5058.

OCT 29: **Quarter Note Classic 10K & 2 Mile.** San Diego (Balboa park), 7 am. Maureen Ceccarelli, c/o EOL Racing System, P.O. Box 1049, Coronado 92118. (619) 239-9721.

OCT 29: **20 Mile Mt. Hamilton Run.** San Jose (James Lick H.S.), 8 am. Aztlan T.C. de San Jose (408) 292-5820.

OCT 29: **Run to End the Arms Race.** 8K, Santa Rosa (Spring Lake), 9 am. Peace Run, P.O. Box 563, Santa Rosa 95402. (707) 542-7041.

OCT 29: **Haunted Meadow Fun Run.** 5 mile (listed as UCSC Symphony Run last issue... change of name and info. for this issue), UC Santa Cruz (Carriage House), 8:30 am. Donna, Santa Cruz Symphony, 6500 Soquel Dr., Aptos 95003. (408) 462-0553.

OCT 29: **UOP Homecoming Race.** 5K, Stockton (Spanos Center, UOP), 9:30 am. Ken Grosse (209) 946-2472.

OCT 29: **No Bullshit 24-Hour Run.** Ventura (track), time TBA. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

OCT 29: **Care Run II.** 8K & 2 mile, Walnut Creek (Via Monte & Shadelands), 9 am/2 mile, 9:30 am/8K. Rhoda Latting, 4702 Tahoe Circle, Martinez 94553. (415) 2291584. *Listed incorrectly as 10/30 in last issue.*

OCT 30: **Golden Gate Marathon & Half-Marathon.** San Francisco (Embarcadero YMCA), 7 am. (finishes in Sausalito & Larkspur). *Limit 1000 in full, 1500 in half; entries close Sept. 30.* YMCA Golden Gate Marathon, Dept. 82196, P.O. 82000, San Francisco 94162. (415) 392-4218.

OCT 30: **Nat'l TAC Men's & Women's Sr. 30K Championships.** Phoenix, Arizona. Pete Fairman, 220 N. Scottsdale Rd., Suite N, Scottsdale, AZ 85257. (602) 990-1273.

OCT 30: **Nat'l TAC Masters 15K Cross Country.** University Park, PA. Harry Groves, Track Coach, Penn State Univ., University Park, PA 16802. (814) 863-0237.

OCT 30: **Marquis de Sade Bel Air Marathon.** UCLA Drake Stadium, 12 noon. Lawyers T.C., 101 California Ave., Santa Monica 90403. (213) 393-3026.

OCT 30: **Nat'l TAC Men's 10K Road Championships.** San Diego. Judy Stolpe, P.O. Box 1049, Coronado 92118. (619) 437-4687 or 437-4556.

OCT 30: **Earthquake Run.** 10K, Hollister (Spring Grove School), 9 am. Ed Singleton, 811 Carpenter Dr., Hollister 95023. (408) 837-3126.

OCT 30: **Fall Fitness Footrace.** 6.5 mile & 5K, Talmage (River School), 9 am. Alan Bellon, P.O. Box 1556, Ukiah 95482. (707) 462-8404.

OCT 30: **DSE Golden Gate Promenade Run.** 7.5 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

OCT 30: **Delta-thon.** 10K & 1.6 mile, Antloch (Contra Costa Fairgrounds), 9 am. Jill Cogan, c/o Daily Ledger, P.O. Box 70, Antloch 94509. (415) 757-2525.

**RUNNERS' FEET**  
"We run to serve you"  
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**RUNNING & TRACK**  
Headquarters

**SHOES:** New Balance (All widths), Nike, Saucony, Tiger, Adidas  
**CLOTHES:** New Balance, Bill Rogers, Sub-4, Dolfin, Moving Comfort  
**ACCESSORIES:** Spenco, Sorbothane, Jog Bra's  
**BOOKS & MAGAZINES:** Race information & flyers

SAN FRANCISCO 9 Sutter St. at Market 391-5103  
OAKLAND 3008 Lakeshore Ave. 465-1070  
WALNUT CREEK 1286 S. Main 932-6664  
HAYWARD 875 D Street 886-2777  
BURLINGAME 1004 Oak Grove 343-4242

OCT 30: **Women's Run in the Park.** 5 mile, San Francisco (Polo Fields, Golden Gate Park), 9 am. *Women Only.* Women's Bldg., 3543 - 18th St., San Francisco 94110. (415) 863-5255.

OCT 30: **Modesto Mile.** Modesto (County Courthouse, 11th & "I" Streets), 9 am. Modesto Mile, P.O. Box 3605, Modesto 95352. (209) 524-6818.

OCT 30: **Halloween Hobble.** 10K, Foothill College (Los Altos), 9 am. R. Lahde, Box 620209, Woodside 94062. (415) 851-2768.

OCT 30: **Madera Half-Marathon.** Madera (Town & Country Park), 8 am. Bob Owen, 121 Berry Dr., Madera 93637. (209) 673-3089.

OCT 30: **Festival of Lights 3 & 10K.** Encino, 3K/8 am, 10K/8:15 am. Elaine Berg, c/o Valley Beth Shalom, 15739 Ventura Blvd., Encino 91436. (213) 788-5119.

OCT 30: **Great Pumpkin Race II.** 5 & 10K, Irvine (Mason Park), 5K/8:15 am, 10K/9 am. South Coast Runners Ass'n, 3857 Birch, Suite 442, Newport Beach 92660. (714) 646-3452.

OCT 30: **Leukemia-Coronado Bridge 10K & 3 Mile Fun Run.** Coronado to Balboa Park (San Diego), 7 am. Anna Lee Levy, c/o EOL Race Consulting, P.O. Box 1049, Coronado 92118. (619) 283-6131.

OCT 30: **Halloween Fun Run.** 10K & 2 mile, Incline Village, Nevada (60 Lakeshore Blvd.), 10 am. Incline Village Parks & Rec. Dept., P.O. Drawer P, Incline Village, NV 89450. (702) 832-1225.

OCT 30: **Halloween Revival Run.** 5.6 mile, Saratoga (West Valley College), 9 am. Bob Campbell (408) 867-2200, x426.

OCT 30: **Millbrae Extra Hour 10K.** Millbrae (Mills HS), 8 am. Dr. Ron Weiss, Mills High, Millbrae 94030. (415) 588-8452.

OCT 30: **Great Montalvo Griffin Chase 10K.** Saratoga (Villa Montalvo), 9:30 am. Charlotte Wendel, P.O. Box 158, Saratoga 95071. (408) 867-3421.

OCT 30: **The Great Crazy 8 Pumpkin Race 8K.** Mountain View (Downtown), 2 pm. Runner's World Road Club, 1400 Stierlin Rd., Mountain View 94043. (415) 965-8777.

OCT 30: **Pumpkin Day Run.** 5K, Fairfield (Alan Witt Pk.), 9 am. Lou Encalada, 205 E. Atlantic, Fairfield 94533. (707) 422-8672, x68.

OCT 30: **KNBC Peacock 10K.** Los Angeles Zoo, time TBA. Race Central, P.O. Box 828, Rialto 92376.

OCT 30: **Minnie Riperton Cancer Action 10K.** Los Angeles (Coliseum), 8 am. Beulah Anderson, Cancer Society, 601 S. Ardmore Ave., Los Angeles 90005. (213) 388-6102.

## 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: **SPAJTAC 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: **The Vineyard 10K Run.** Mountain View (Shoreline Park), 8 am. Vineyard Christian Fellowship, P.O. Box 41026, San Jose 95160.

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.

# Schedule

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

**NOV 6: 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 6: Orange Grove Marathon & Half Marathon & 10K.** Loma Linda, 7 am. *October 29 Deadline.* Loma Linda Lopers, P.O. Box 495, Loma Linda 92354.

**NOV 6: Stockton Marathon & Half-Marathon.** Stockton (Univ. of Pacific, Spanos Ctr.), 8 am. Mike Rogge, P.O. Box 4405, Stockton 95204. (209) 477-0538.

**NOV 6: 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 6: 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 6: 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, x4804.

**NOV 6: Redwood Run.** 5 & 10K, Santa Cruz (UCSC Fieldhouse), 9 am. Mark McCarroll (408) 429-2045.

**NOV 6: Windsor Whale Run.** 15K & 1.5K, Windsor (Starr School), 9 am. Fred Kenyon, 1645 Timberhill, Santa Rosa 95401.

**NOV 6: 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 6: 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 6: 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) 822-2277.

**NOV 6: Foot Feet V. 5 & 10K.** Moraga (Miramonte H.S.), 8 am. Foot Feet V, 21 Silverwood Ct., Orinda 94563.

**NOV 6: 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 6: Estrella River Winery 10K.** Paso Robles, 10 am. Sarah Gravelle, Estrella River Winery, P.O. Box 96, Paso Robles 93446. (805) 238-8300.

**NOV 6: 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 6: Steve Garvey Sports Classic 5 & 10K Runs for MS.** Calabasas Park(7), 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 6: 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 6: 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 6: San Paequal Vineyards 10K & Fun Run.** Escondido, 8 am. Sue Wilson, c/o EOL, P.O. Box 1049, Coronado 92118. (619) 741-0855.

**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 & Butterfiles 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 & Clairemont 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 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 Reilly.

**NOV 13: Veterans & Friends Running Feet.** 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 Nativiland 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.** Newport Beach-Irvine (Newporter Inn), 7 am. Colleen Blair (714) 966-0556.

**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. CRRC, 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. Ralph Aranda, P.O. Box 1016, Pico Rivera 90660. (213) 942-2000.

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

**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 Muhiolland 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 (Aisai H.S.), 8 am. Monterey County Marathon, P.O. Box 3534, Salinas 93912. (408) 443-1278, Rick Dameron.

**NOV 20: Turkey, Bike, Turkey, Run Bliathon.** 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 Vaughn, Pasadena YMCA, 235 E. Holly St., Pasadena 91101. (213) 793-3131.

**NOV 20: Palm Springs 8K 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 Patroit, 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 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 28: Fresno Road Race.** 6 mile, Kearney Park, time TBA. Fresno Track Club, P.O. Box 6103, Fresno 93703.

**NOV 28: 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 28: Santa Clarita 5 & 10K.** 8 am. Runners' 26, 2932 1/2 Lyons Ave., Newhall 91321. (805) 254-1833.

**NOV 28: Precision Gem 10-Mile.** Irvine (Mason Park), 9 am. So. Coast Runners Ass'n, 3857 Birch, Suite 442, Newport Beach 92660. (714) 646-3452.

**NOV 27: Hammond-Pazzola 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: 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.

## 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 State Park), 9 am. Mike McGuire (707) 542-8687.

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

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

**DEC 4: California International Marathon.** Folsom Dam to State Capitol Bldg. (Sacramento), 7:05 am. California International Marathon, P.O. Box 161149, Sacramento 95818. (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 (SPA/TAC 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 & Recr. 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.

## LOOKING AHEAD

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

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

**DEC 10: IAAF Women's World 10K Championships.** San Diego (Mission Bay), time TBA. Judy Stolpe, c/o EOL, Box 1049, Coronado 92118. (619) 437-4556 or 4667.

**DEC 10: Arcata to Willow Creek 40-Mile.** Arcata, time TBA. Burnie Kemp, 360 Herrick Rd., Eureka 95501.

**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: SPA/TAC 8K Championships.** Pt. Fermin Park (San Pedro), 8 am. Marathon's Running Shop, 1434 W. 25th St., San Pedro 90732. (213) 548-8885.

**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 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 28: 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.

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

**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.



## College/Open Cross Country

**OCT 1: Aztec Invitational.** San Diego. Cross Country Coach, San Diego State University, San Diego 92182.

**OCT 1: All Cal Invitational.** San Diego. Cross Country Coach, University of California, LaJolla 92093.

**OCT 8: Stanford Invitational.** Cross Country Coach, Stanford University, Stanford 94305.

**OCT 15: California Invitational.** Women 5K/11 am, Men 8K/10 am. International style, Golden Gate Fields Race Track, Albany. Tony Sandoval, Women's Track, 177 Hearst Gym, Berkeley 94720. (415) 842-9477.

**OCT 15: Cal Poly SLO Invitational.** Lance Harter, Women's Track Coach, CPSLO, San Luis Obispo 93407.

**OCT 15: Biola Invitational.** La Mirada, 10 am. Colin McDougal, Cross Country Coach, Biola College, 13800 Biola Ave., La Mirada 90639.

**OCT 15: Mira Costa JC Invitational.** Oceanside, 10 am.

**OCT 21: Mt. SAC JC Invitational.** Walnut, 10 am.

**OCT 22: Santa Clara Invitational.** Cross Country Coach, University of Santa Clara, Santa Clara 95053.

**OCT 29: California Christian College Conference.** Irvine, 11:00 am.

**OCT 22: Cal Poly Pomona Invitational.** Bonelli Park. Cross Country Coach, Cal Poly University, West Temple. Pomona 91768.

**OCT 29: PCAA Conference Championships.** Fullerton. Cross Country Coach, Cal State Fullerton, Fullerton 92634.

**OCT 29: CCAA & NCAA Div. II Western Regional Championships.** Sierra College, Rocklin. Cross Country Coach, California State University, 6000 J St., Sacramento 95819.

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

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

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

**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, Oceanside, 1 pm.

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

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

**NOV 28: TAC National X-C Championships.** Men & women. Penn State Univ., PA (814) 863-3146 or 237-1984.

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.

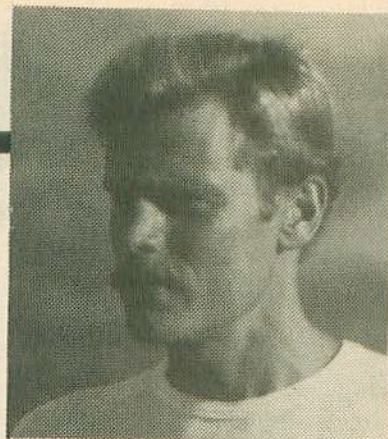
**THE JUNIOR OLYMPIC TRACK AND PHYSICAL EDUCATION DEVELOPMENT CLINIC** is designed primarily for teachers and coaches of elementary and junior high school students. It will be a learn by doing clinic where each participant will go through the basic skills of track and field events and physical education 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

# Ironman Insights

By DEAN HARPER

## Cross Training For A Marathon



A few weeks before the San Francisco Marathon I was asked to give a talk on cross-training for a marathon. I'm not a physiologist and, in fact, I really hadn't ever given the subject much thought. So I dug up some articles and thought back on my own athletic experience as well as the athletic careers of other triathletes. The following were some of my observations:

### DEFINITION

Technically, cross-training is where by exercising one group of muscles and keeping the other group inactive, the inactive group increases in strength, e.g., when one leg is in a cast, exercising the other leg will increase the strength of the immobilized one. As applied in sports Sally Edwards defines cross-training as "... a method of exercise in which the effects of exercising in one sport increase one's strength and fitness capacities for another sport."

For example, if a well conditioned swimmer (non-runner) ran a 10K, he or she would run much better than if he had never swam at all. In high school, I noticed that most of the age-group swimmers were also the best runners in the gym classes. And if a well conditioned cyclist (non-runner) were to run a 10K he not only would run better than if he were a non-cyclist, but I believe he would run better than if he were a swimmer. I believe there is a greater cross-training effect from cycling to running than swimming to running.

### SPECIFICITY

When I took exercise physiology as an under-grad, I remember the instructor always stressing the concept of specificity. That is, if you want to be a good runner, you must run. But that's not to say that a running program supplemented with cycling and/or swimming won't produce better results than just running.

### CROSS-TRAINING CANDIDATES

There are different means to the same end. Not everyone arrives at the same level athletically by training the same way. I've read that Seb Coe runs 50 miles a week and Steve Ovett runs up to 150 miles a week. They maintain two very different training programs but with the same end: a world class mile.

I've also read that Coe is frequently injured, as are many top runners. If he found that he were physiologically perfectly suited for the marathon distance rather than the mile, he couldn't be world class on his normal 50 miles a week. But if he in-

creased his mileage too much he would be inviting injury. Perhaps if he were to supplement relatively low mileage with long aerobic bike rides, this might be an ideal program to enable him to run the race to which he is best suited and remain injury free.

Mark Sisson, who recently authored a book on triathlons, ran a 2:16 marathon but suffered so many injuries he had to give up running. I once read where he said if he were to do it all over again he wouldn't ever run more than 70 miles a week, but would supplement it with cycling. He maintains he would have become just as fast in the marathon and remained injury free.

Sisson is a prime candidate for cross-training, as is anyone who is prone to injury. Another prime candidate is any runner who wants to improve his or her times as a runner without running more miles. Many runners simply don't enjoy running enough to run more, but they wouldn't mind adding another form of aerobic exercise to their routine. A final candidate for cross-training is the runner who simply wants to arrive at a more complete level of aerobic fitness.

### MY PERSONAL CROSS-TRAINING EXPERIENCE

I swam in high school and two years in college. I was a non-runner. After my first year of college swimming I heard about a short biathlon. I ran 2 to 4 miles a day for 3 weeks and ran a sub-5 minute mile. The cross-training effect from a strenuous college swim program was obvious to me.

After my undergraduate studies I stopped swimming and began running recreationally. I ran about 10 miles a day. The cross-training effect from my swimming was enough so that I ran in the 2:40's within a year.

Two summers ago I heard about a local triathlon. I added cycling and swimming to my running, and ran less (50 miles a week), but my times improved. Within 2 months my 10K time dropped from 34:30 to 33:00, even though I really wasn't training for road races. I attributed this drop in times to the cross-training effect from cycling 100-200 miles a week and swimming 5-10 miles a week.

Presently I'm concentrating on becoming the best middle to ultra-distance triathlete possible. I'm not able to put as much effort into my runs, even though I'm running 80 miles a week. But after 3 miles of swimming and 60 miles of cycling, I don't have enough energy for high quality workouts. Although

aerobically I'm the fittest I've ever been, I don't think I'm becoming a faster runner. In short, there may be a point of diminishing or even negative returns when attempting to obtain benefits from cross-training.

Scott Molina has run a 30 plus 10K, but he doesn't approach that now. Aerobically he is the fittest he's ever been... but cycling 500 miles a week, as Scott does, doesn't make a fast 10K runner. Although, I believe that if he cut his cycling down to 100-150 miles a week and concentrated on his running, the cross-training from a couple intense years of triathlon training would result in his running faster than he ever did before.

### CROSS-TRAINING PLAN

Generally, if your goal is to become a world-class runner, the primary emphasis of training should obviously be on running. There may be some advantages gained by cross-training, but I wouldn't gamble with cycling 300 miles a week until I knew more.

But if your ambition is to be a world class runner and you are injury prone, I would supplement running with cycling. And when injured, you can maintain a high level of fitness by doing other aerobic activities. When Alberto Salazar was injured he maintained his fitness level by swimming. When Allison Roe was nursing injuries she trained for and participated in a triathlon.

If you are in the 2:20 - 4 hour+ range in the marathon and want to improve your time, supplement your running with 50 to 100 miles of cycling. Break it down into 3 longer (25+ miles) rides a week.

If you're bored with running and want greater variety while maintaining your present level of fitness, supplement your running with cycling and swimming, and decrease your running mileage. You'll most likely at least maintain your current running speed.

### FINAL OBSERVATION FOR HILL RUNNERS

If you want to become a good hill runner (e.g., Double Dipsea, Wester States, Diablo Trail Classic, etc.) I would start cycling. Two years ago I ran the Double Dipsea in 2 hours flat. Last year on the same mileage plus cycling I ran it in 1:51.

### CONCLUSION

The triathlon boom is opening up new frontiers in endurance training. It's only a matter of time before coaches and exercise physiologists begin to carefully study the various aspects and effects of cross-training.

# Medical Notes for Runners

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

## Runner's Heel With Achilles Tendonitis

One of the more difficult problems to treat in sports medicine is that of irritation between the achilles tendon and the back of the heel bone. The technical term for this is retrocalcaneal exostosis with calcification or bursitis about the achilles tendon. This means that the back of the heel is digging into or causing irritation of the tendoachilles and the sac of tissue, the bursa, between the bone and the achilles. This

underneath the tendoachilles and soft tissue bursal sac, causing inflammation. X-rays showed a very high pitched calcaneus, as well as the twist within the bone itself.

In the past, the surgical treatment for this problem would have been simply to knock off the back of the bone or excise the excessive bone on the heel and, also, remove the bone around the tendoachilles. This has

***“...when surgery is carried out, it should be carried out in a biomechanical way...the etiology of the problem should be sought out and...corrected.”***

may be aggravated by a high pitch of the heel bone itself, which is congenital. At times, there is spurring at the back of the heel bone; and, at times, there is calcification of the tendoachilles, which is caused by small micro-tears that occur during the chronic repetitive stress of running. These tears may cause bleeding; and, eventually, calcification occurs. Sometimes, the calcification is secondary to various forms of arthritis.

I recently saw a runner, Ed Silva. Ed is a twenty-eight year old class runner who had been treated since 1973 for pain at the back of the heels associated with excessive bone and achilles tendon irritation. He had placed fifth in The Bay to Breakers at one time and had been running one-hundred-and-twenty miles per week in 1973, prior to the onset of his problems. He had been treated with orthotics and various other forms of conservative therapy. He still had considerable pain. All laboratory tests were negative for arthritis or other causes of pain. Treadmill analysis with video playback showed that the patient had excessive rocking of the heel, and this was not controlled satisfactorily with orthotics. Biomechanical exam showed that the heel bone, itself, was tilted to the outside; thus, when Ed landed on his foot, he rolled to the inside. The heel bone was rolling

worked well on some runners; but, on other runners, it has caused scar tissue problems about the tendoachilles. Since Ed's problem was a twist of the calcaneus bone in a high pitch, we elected to take a wedge shaped piece of bone out of the heel bone itself and rotate the back part of the heel around to take the pressure off of the tendoachilles and to realign the rearfoot. This was a more extensive procedure and required the surgery to be carried out in the hospital. Ed had to stay off of his foot for three weeks after the surgery; and, then, large pins, which were utilized to fixate the surgical site, were removed. Ed was then placed in a walking cast for an additional three weeks. I just saw Ed recently, and he was four and one-half months postoperative. He is back to full activity, having no pain whatsoever. His Cybex testing shows that he has excellent strength. The X-rays look good. The results are entirely satisfactory, and both Ed and I are pleased that we took a more scientific approach to the problem, that being realigning the foot and stopping the cause of the problem, rather than just treating the result of the malalignment or injury.

#### COMMENTS:

More and more, I am realizing that, when surgery is carried out, it should be carried out in a biomechanical way. This means that the etiology of the problem should be



sought out and, when surgery is performed, the etiology should be corrected. Simply taking lumps and bumps off invites reoccurrence of problems and does not get to the root of the problem itself. Ed thought that I should report his case in *California Track and Running News*, and I agree so that athletes who have chronic problems will realize that there are solutions; and, sometimes, these solutions must be surgical.

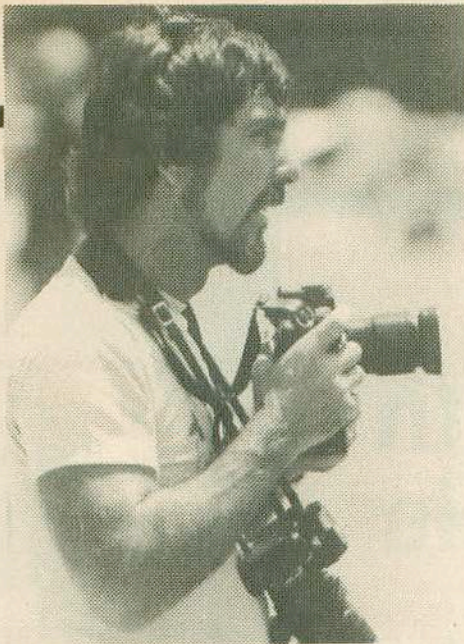
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# Points of Interest

By RICHARD LEE SLOTKIN

In the Mailbag last month there appeared a letter from an Yvonne D. Meli requesting information, photos and articles regarding former Olympian Patrice Donnelly, plus assistance in making direct contact. The letter was written so as to give the appearance of a college researcher doing a paper of some kind.

I hope that no one has attempted to assist Ms. Meli.

She's a phoney.

I first heard of Yvonne D. Meli when a letter to the Santa Monica Track Club was forwarded to me, as an officer of the club. In her letter she requested assistance in locating Pat Donnelly, and the reason she gave seemed to be frivolous at best and absurd at worst. Seems that she felt that Pat Donnelly could help her obtain access to Carl and Carol Lewis in the Olympics next year so that she could get some good photographs of them. The reason for all this was that she lives near their home town, and while she never said that she knew them, there was an implication that there was at least some previous contact.

I wrote back explaining that there wasn't much likelihood of her getting into the Olympics in any way other than through a ticket purchase, and in any case, I doubted that Donnelly could be of any help. In the meantime, I put out a few feelers to people that I knew might have some contact with Donnelly, and the response was unanimous: Donnelly didn't want any part of it.

Well, to be honest, up to this point, I was a little puzzled by the whole thing. Then, Meli's reply to my reply came and the picture became clear. She wasn't so much interested in photographing the Lewises as she was in meeting Donnelly. More correspondence showed a very dogged determination. She talked about admiring the girl and wanting to be her friend, and so on. By this time, I had had my fill and told her that in my opinion she was no more than a would-be groupie and she should forget the whole thing: She wasn't going to get any help from anyone who was in a position to do so.

The next thing I know, there's this letter in our Mailbag section. A result of my answering her letters on CTRN letterhead stationery. I figured she might go to other sources, so I have written to the other magazines to alert them. What response I've gotten has been to back me up 100%. Now, Meli wants to know what she's done to deserve this blacklist.

She's not blacklisted. She's just meeting resistance in her attempt to force herself upon someone who is apparently uninterested. In case it has slipped your mind, as it did mine at first, Pat Donnelly became quite prominent again not so long ago because of her starring role in the movie *Personal Best*. Since that movie came out, one person who has known her quite well told me that he has had calls from... well... from quite a variety of locations, from people trying to contact her.

So, 'nuff said. If you haven't sent anything to Ms. Meli, I'd suggest you don't. If Patrice Donnelly wants to make contact, by this

time someone will have shown her our letters page and she can contact Meli directly. If Meli hasn't heard from her by now, it is not very likely that she's going to.

Isn't-it-great-to-laugh-last Dept.: Remember the folks who took me to task last year when, after a rash of indoor world records, I said that Mary Decker was the best in the world. Then, the trivia jerks, with their trivia about what so-and-so would have done the last 180 meters in, or with some other trivia about some past performance here or there really came on showing that they could remember a lot of numbers, but had little knowledge of anything else.

Well, if anyone has any doubts now, after what Decker did in Helsinki with Kazankina and Ulsimova... and everyone else who was supposed to be better than she... right alongside, then you better go back to your calculators and trivia books and do a little more homework. I can't really claim to be a voice in the wilderness. There were others who felt that Decker could go head to head with anyone, but it seems as though I was the only one who put my neck out where people could take shots at it. They sure did.

What have you got to say now? She was lucky? No real competition? The Russians were really peaking for next year?

Sure.

One guy who didn't do so well at Helsinki was 2-lapper David Mack. Mack didn't even make the finals. He got caught in a box in the semis and his World Championship career was over for this year.

Now, that sort of thing can take a lot out of a guy. It can not only ruin your day, it can ruin your whole season. Some people have let a setback like that destroy their whole lives.

Not Mack. With the European summer circuit still going on, he went out and ran a 1:44.43 and a 1:44.39, which is merely the 4th fastest time ever for an American in the 800 meters. And it sure puts Mack right in the middle of the picture when you start thinking about L.A. 84. Further, with Johnnie Gray also running well... low 1:45's... and the rest of the Santa Monica Track Club's 2-lappers healthy, this could be the year coach Joe Douglas gets the WR in the 4 x 800. Part of the problem is getting someone to set up the race. For sure, David Mack is ready.

In what was probably the biggest event in the West San Fernando Valley since the Southern Pacific Railroad first came through, Gene Blankenship and Eric Blodgett went head to head in a mile race that had been keeping the whole Santa Clarita Valley in an uproar with anticipation for the past several months. It seems that Blodgett challenged Blankenship to a mile race, bets were taken and soon the thing grew out of hand. Both are members of the Santa Clarita Runners, so it developed the kind of passion found only in family feuds. So much tension developed, in fact, that the event soon came to be reverently named The Bla-Blo Mile, although some Blodgett supporters insisted, in private, upon calling it the Blo-Bla Mile.

As I said, local interest was quite strong and money flowed like water as bets were made, backing one or the other. It was decided to harness some of this financial energy and the betting was steered toward raising funds for an SCR club project, and by race day a total of \$82 had been collected. Big money by anyone's standards!

By race day, both men were ready and their feelings were so intense, that it was only with great difficulty that they suppressed grins in the pre-race photos and handshake. Apparently, however, Blodgett's confidence got the best of him, as it was quite noticeable that he wasn't in shape. He seemed to be depending upon guts and a strong kick to win the day for him. Most observers agreed that he had the guts. Several pounds worth. This caused Vegas odds to swing quite drastically to 101 in Blankenship's favor.

Anyway, a mile isn't all that far, not even on the summer-hot Birmingham track. So, on August 3, with about 6 or 7 others, although it wasn't determined who was the designated rabbit, the Great Bla-Blo... or Blo-Bla... was on.

And a blood feud it was.

First quarter in 70. Side by side. Second quarter in 72. Still side by side. Then, in the third quarter, Blodgett's guts began to assert themselves and he began to lose ground. Also, his memory began to fade and he couldn't remember his splits from there on. Blankenship came through with another 72, and although Blodgett was still within striking distance, he was clearly fading. Sensing the glory that would soon be his, Blankenship reached down into his last reserves and just sizzled to a final lap of 71 seconds, totaling a very fine 4:45. That was his best mile since high school, he said. The defeated Blodgett came in 12 seconds

later, which means that he too was under 5 minutes. So, he came down in a blaze of glory, at least, in his, also, best time since high school.

Blodgett was undaunted, if anything, though. He has demanded a rematch for next summer. Considering the money involved, it's hard to see how it could be avoided. The public will demand the rematch, and probably a Bia-Bio III and IV and so on.

And that's the news from the Santa Clarita Valley. (Thanks, Sue Simms, for keeping me up to date.)

# P.R.'s

P.R. of the month goes to two people. First, David Mack. After a disappointing time at Helsinki, where he didn't make the finals, he went back to the European summer circuit and whipped up a couple of 1:44's. That puts him 4th all time U.S.

The other P.R. of the month award goes to Mary Decker for setting a pair of AR's in the 1500m and 800m, also on the European summer circuit. Of course, where she really warmed our hearts didn't even involve PR's, but her 1500m and 3000m wins in the World Championship must have been far more satisfying than her PR's.

Honorable mention goes to Linda Somers who ran a 2:42:44 in her first marathon.

Liz Baker, AFC Half Mar. 3rd F	1:14:36
Bill Barbour(SDTC) Blue Jacket 10K	42:27
Bill Barbour(SDTC) Coronado Half Marathon	92:44
Bill Barbour(SDTC) YMCA Breakers 10 Mile	74:24
Michelle Biggers(SCRR) Mammoth Lakes 10K	*51:54
Bud Blackwood(SDTC) Firecracker 10K	39:40
Lavette Bocanegra(SCRR) Mammoth Lakes 10K	*63:13
Erin Brightwell(Impala (Age 8) Run for Life 5K	27:40
Millicent Buxton(Impala) Hook & Ladder 10K	41:22
Gary Cardinale(HA) Dad's Day Dash 5-Mile	30:30
Tony Castro(SDTC) Coronado Half Marathon	82:18
Kerry Chavez(SCRR) Mammoth Lakes 10K	46:48
Heidi Clarke(HA) Corporate Cup 800m	2:36
Linda Crist(Impala) Diet Pepsi 10K(Seattle)	37:15
Chuck Cunliffe(SCR) S.F. Marathon	3:28:29
Bob Daniel(SDTC) Palomar Pentathlon 1500m	4:37.5
Gerry Davidson(SDTC) Bess James Ramonaland 10K	47:51
Mary Decker(AW) US-Northern Europe Meet, Stockholm, 1500m(AR)1st	3:57.12
Mary Decker(AW) Xerox Games, Gateshead, 800m(AR)1st	1:57.60
Nancy Ditz(Team Adidas) AFC Half Mar. 1st F	**1:14:31
Laura Doering(SCRR) Villa Park 3 Mile 1st F 19&U	18:34
Joe Eastman(USN) Liberty Run 10K	43:40
Charlie Fretz(SCR) Corporate Cup 10K	40:12
Charlie Fretz(SCR) Birmingham H.S. All-Amer's 1600m	*5:45
Don Garsh(SDTC) O B Pier 5K	19:38
Don Garsh(SDTC) Coronado Half Marathon	90:35
Steve Gregg(SDTC) Masters 100x1 mile Relay	5:11.7
Tim Hampton(SCR) Birmingham 1600m	4:16
Scott Harris(HA) P.V. Marathon	*3:18:55
Scott Harris(HA) Dad's Day Dash 5-Mile	32:30
Francesco Hawley(Impala) Hook & Ladder 10K	42:28
Carolyn Holguin(LAS) Mammoth Lakes 10K	*54:22
John Hopper(SDTC) Bluejacket 10K	38:29
John Hopper(SDTC) Naranja Mustang Roundup 10K	38:20
Dave Hunter(SDTC) Coronado Half Marathon	75:18
Harold Jacobs(SDTC) Lions 10K	48:19
Ann Johnson(SDTC) Avon Marathon	3:19:26
Rob Kent(SDTC) Coronado Half Marathon	94:57
Jeanne Lavin(Impala) Hook & Ladder 10K	36:08
Craig Lawson(SCRR) Track City Int'l Meet 3000m 1st	MR 9:29.8
Craig Lawson(SCRR) Track City Int'l Meet 1500m	4:31.7
Sheri Lawson(SCRR) Track City Int'l Meet 3000 1st F	10:14.4
Karen Longyear(SCRR) Villa Park 3 Mile	19:14
David Mack(SMTC) ISTAF, W.Berlin 800m 1st(4 a.t.U.S.)	1:44.43
David Mack(SMTC) Int'l Meet, Koblenz 800m 1st(4 a.t.U.S.)	1:44.39
Pat MacOsker(PFF) Firemen's Olympics Marathon	3:02
Leslie McMullin(Impala) Alameda Run for the Parks 10K	35:07
Leslie McMullin(Impala) Capital City Marathon	2:42:44
John Mesman(SDTC) Super Run 5K	19:22
John Mesman(SDTC) Coronado Half Marathon	87:53
Bill Meyer(SCRR) Villa Park 3 mile	15:49
Rebecca Miller(HA) Corporate Cup 5K	19:35
Rebecca Miller(HA) Panda Marathon	3:32:23
Hilary Naylor(Impala) Hook & Ladder 10K	37:31
Dietmar Oberhoessle(HA) Corporate & Club Champ. 2 mile	11:43
Estrella Palos(LAS) Mammoth Lakes 10K	*54:52
Joni Pendleton(SDTC) Coronado Half Marathon	87:22
Gary Peterson(SDTC) Fountain Valley 5K	19:19
Gary Peterson(SDTC) All Comers 1500m	5:15
Gary Peterson(SDTC) Coronado Half Marathon	93:58
Julios Ratti(RR) Alameda Run for the Park 10K	33:59
Herman Rodriguez(HA) Twilight 10K	34:53
Pete Saccone(SDTC) Leatherneck Marathon	2:46:34
Pete Saccone(SDTC) Extend Yourself 15K	54:14
Connie Sadler(Impala) Hook & Ladder 10K	39:50
Warren Shahian(PFF) Tommy Hawkins 10K	41:25
Rondo Smith(LBTC) Mammoth Lakes 10K	*52:30
Linda Somers(CCF) S.F. Marathon 4th F	*2:42:44
Herschel Stiles(HA) Panda Marathon	2:58:01
Mark Tanake(SCR) Birmingham 800m	2:18

Herb Tanzer(HA) Corporate Challenge 5K	16:14
Mike Trujillo(CSUN) Pt. Fermin 10 Miler	*61:17
Aurora Valenzuela(SDTC) Lion's Padre Stadium 10K	47:18
Dave Walsh(SCR) Birmingham 3200m	9:02
Jeannie Wood(PFF) S.F. Marathon	3:52
Kyle Younkens(SCR) Birmingham 4800m	16:56

\* - 1st time at distance

## SPRINTS

Andre Phillips(WAC) Int'l Colone Sports Festival 400m HI	47:79
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## FIELD EVENTS

Carol Lewis(SMTC) World Championship, Helsinki, LJ Bronze medal	23-¾w
Carol Lewis(SMTC) Cactus Meeting, Luxembourg, LJ	22-10½ cr
Tyke Peacock(Fresno St.) World Champ. Helsinki, HJ Silver Medal (AR)	7-7¼
Tyke Peacock(Fresno St.) ISTAF, W.Berlin, HJ 1st(AR)	7-7¼
Ken Williams(GB) TAC Jr. Championships, TJ	53-10½

\* 1st time at event

## CLUB ABBREVIATIONS

AW - Athletics West	RR - Ratti Runners
CCF - Capital City Flyers	SCR - Santa Clarita Runners
GB - Golden Bear Track Club	SCRR - Southern California Road Runners
HA - Hughes Aircraft R.C.	SDTC - San Diego Track Club
LAS - L. A. Saints Track Club	SMTC - Santa Monica Track Club
LBTC - Lightning Bolt Track Club	USN - U. S. Navy
PFF - Point Fermin Flyers	WAC - Will's Athletic Club

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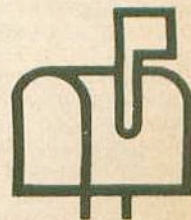
Event \_\_\_\_\_

Mark \_\_\_\_\_ Club/School \_\_\_\_\_

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# Prep Notes

By KEITH CONNING

## \* TAC JUNIOR OLYMPICS NATIONAL CHAMPIONSHIPS

Wallace Wade Stadium, Durham, N.C., July 26-31, 1983--Everyone was looking forward to the high jump competition between senior Maurice Crumby (Balboa, San Francisco), the State Meet champion, and 16-year-old junior Dothel Edwards of Cedar Shoals, Georgia, who set an American Junior record of 7-6 in the Region 3 Junior Olympics.

Crumby and Edwards passed until 6-8 $\frac{3}{4}$ , which they cleared on their first jumps. At 6-10 $\frac{3}{4}$ , Edwards cleared on his first jump, Tom Stitt of Lisle, Illinois on his third attempt, and Crumby passed. At 7-0 $\frac{1}{2}$ , Edwards and Stitt cleared on their second attempts and Crumby on his third. At 7-2 $\frac{1}{2}$ , Edwards and Stitt missed all three jumps and Crumby passed. In order to win the competition Crumby had to clear 7-3 $\frac{3}{4}$ . He made it on his third and last attempt, thus breaking his old meet record of 7-3 set last year. He then had the bar raised to American Junior record height of 7-7, but he missed all three attempts.

Crumby is 6-5, 185 lbs. and was born on May 30, 1965 (18-years-old). He will be attending Arizona in the fall.

Crumby said, "The heat just drained the strength out of my legs, that's why I passed at 7-2 $\frac{3}{4}$ . My left ankle has been bothering me since last May when I jumped at a high school meet on Saturday, then the UCLA/Pepsi meet on Sunday. I jumped a total of 17 times in those two days. It was too much, and my left leg has hurt ever since.

"The biggest adjustment I had today, technically, was jumping without pain.

"I don't get rattled in competition. If I do my best, then losing doesn't bother me. My run-up wasn't consistent today. That's because I don't have a coach to work with me. Since February, I probably haven't taken five jumps in practice. I just jog a mile, do some bounding and run some 110's.

"After I won at 7-3 $\frac{3}{4}$ , I had the bar moved to 7-7 because I had never jumped at that height before. I needed spring for the jump, but it just wasn't there. I couldn't let the heat bother me. I wasn't tense. I didn't know anything about the publicity about me and Dothel.

"I first jumped in a PE class in 8th grade. My first attempt, I went 3-foot-9. I'm a split end in football and center in basketball."

Edwards said, "My leg strength was gone today, I couldn't get any lateral speed. That's why I was coming down on the bar. I'm just not strong enough now. My legs now aren't able to keep up with the world class jumpers.

"I wasn't surprised there were three jumping at 7-1. I had hoped for 7-foot-2, so I am pleased. I've been over 7-foot seven times.

"I cleared 6-foot-2 as a freshman in high school, 6-foot-7 as a sophomore, and 7-6 this years."

Stitt, a freshman-to-be at Louisiana Technical, Rustin, La., is 6-foot-3, 170 lbs., and was born on January 5, 1965. This was his third clearance of 7-feet.

Stitt said, "I knew those two guys would be here (Crumby and Edwards), so I was just

photo by Jim Reynolds



**MAURICE CRUMBY**

going for a personal best. I wasn't worried about them.

"I felt bad today, tight at 6-10 $\frac{3}{4}$ . In fact, I felt terrible. I was going into the bar too much, and not up. It wasn't until 7-feet that I started to feel good.

"That was a personal best today, so I can't complain. That's what I was shooting for.

Stitt previous personal best was 7-0 $\frac{1}{4}$  set at a regional meet.

Edwards, a senior-to-be at Cedar Shoals, Ga. is 6-foot-4 and 155 lbs.

Sophomore Stacey Horn (Cordova, Rancho Cordova), second in the Sac-Joaquin Section, third in Northern California, and seventh in the State Meet, won the intermediate women's discus. Her series: 128-10, 127-10, 130-1, 117-1, 122-6, 132-7.

In the intermediate men's 400 hurdles, Oakland's Michael Smith placed third in 57.53.

In the intermediate men's 1,600 relay, the team from East Oakland Youth Development Center was third in 3:25.73.

Jay Icaza of Los Gatos placed fourth in the young men's decathlon with 5721.

Brandon Richards, whose father Bob Richards twice was Olympic pole vault champion, set a meet record in the intermediate men's vault. Richards is 6-1 and 164 lbs. and was born on February 2, 1967. He will be a junior this year at Midway High School in Waco, Texas. Richards cleared 15-foot-6-inches. The previous meet record, 15-1 $\frac{1}{4}$ , was in 1982 by Preston Schmidt of

Iowa. Richards said he wants to emulate his father, a nine-time American champion who won Olympic gold medals in 1952 and 1956. The elder Richards still competes in meets for over-40 athletes. "He's learning how to jump with a fiberglass pole," the son said.

Rick Noji of Seattle set a meet record in the intermediate men's high jump with a leap of 6-10 $\frac{1}{4}$ . Noji's jump bettered the 6-9 $\frac{3}{4}$  set in 1982 by Mark Trujillo of Nevada.

Carla McLaughlin of the Durham Striders won three gold medals. McLaughlin, 16, was the only triple winner in the meet. She won the intermediate women's 100 (11.92) and 200 (24.02w) and was a member of the Striders' record-setting intermediate women's 400 relay team. Nedrea Rodgers of Berkeley holds the 200 meet record at 23.88 set in 1981. McLaughlin will be a junior at Northern Durham High School this fall. She was born on March 25, 1967, stands 5-3, and weighs 107.

Patrick Mann (Dale City, VA) set a new meet record of 51.56 in the young men's 400 hurdles. The old record of 52.37 was set by Belfred Clark of Ohio in 1982. It is the third best time in the country this year and puts him tenth on the all-time list. He stands 6-0, weighs 175 lbs. and will be a senior at Garfield High School. The 17-year-old winner (4-24-66) commented, "I knew from the start of the race I had the record."

Mann came back later to win the 110 hurdles in 14.24 for his second championship of the day.

Kelly Reed of Chicago, Illinois set a new meet record of 10.54 in the young men's 100. The old meet record of 10.60 was set by Neal Jessie of Georgia in 1982. Kelly won the 100 and 200 at the Illinois Class AA meet. Reed was also part of the University of Chicago Track Club team that won the young men's 1600 relay in 3:11.90. Reed is 5-9 $\frac{1}{2}$ , 154 lbs., and 17 years old (9-21-65). Kelly is going to be a freshman at the University of Kansas in Lawrence. He also won the Keebler International Invitation 100.

Roy Martin (Dallas, Texas) won the young men's 200 in 21.00. He has the distinction of being the fastest high school sophomore in the country this year at 20.82. The only other sophomores in the top ten are Henry Thomas (Hawthorne) at 21.02 and Steve Jones (Burbank, Sacramento) at 21.19, who placed first and second respectively at the State Meet. Unfortunately they did not compete in the Junior Olympics. Martin is 6-1, 168 lbs., and 16 years old (12-25-66). He will be a junior at Roosevelt High School in Dallas this fall.

Joey Bunch of Honolulu, Hawaii set a new meet record of 1:49.79 in the 800. The old meet record of 1:49.88 was set by John Marshall of New Jersey in 1980. Bunch stands 5-9 $\frac{1}{2}$ , weighs 132 lbs. and is 18



years old (3-29-65). Joey will be a freshman at Clackamas Junior College (Clackamas, Oregon) this fall. His winning time is a personal best. He placed fifth in the Golden West in 1:50.3.

John Tillman of Waxhaw, North Carolina won the young men's triple jump at 50-3¼. Tillman is 6-2, 168, 18 years old (2-11-65) and will be a freshman at the University of Tennessee this fall. The meet record of 51-5¾ was set by Freeman Miller (Fremont, Los Angeles) in 1980. Miller died as a freshman at the University of California in Berkeley.

Heike Theim (pronounced Hika Teem) won the young women's 1500 in 4:35.50. Theim is from Phoenix, Arizona, stands 5-9, weighs 132 lbs. and 17 years old (2-28-66). Theim will be a freshman this fall at Arizona State University. The meet record of 4:26.39 was set by Ceci Hopp (Connecticut/Stamford) in 1981.

Andrea Hunter of Orlando, Florida edged Tracie White of DeSoto, Texas in the young women's 100 hurdles--13.72 to 13.73. Those are the top two times in the country this year, and make the all-time U.S. list. The meet record of 13.65 was set by Kim Turner of Detroit, Michigan in 1978. Hunter is 5-4, 110 lbs. and is 16 years old (10-30-66). She will be a senior at Oak Ridge High School in the fall. Andrea also placed second in the 100 earlier in the day.

Sametra King of Boilingbrook, Illinois won the young women's 400 hurdles in 59.06. King stands 5-6¾, weighs 130 and is 16 years old (10-7-66). King will be a senior at Romeo Vilee High School in Romeo Vilee, Illinois. This is just the fourth time she has run the event. Marlene Harmon (Thousand Oaks) set the meet record of 58.77 in 1980.

Teresa Allen of Charlotte, North Carolina won the young women's long jump at

19-3¾w. Allen is 5-4, 115 lbs., 17 years old (10-6-65) and will be a freshman at Howard University this fall. Marlene Harmon (Thousand Oaks) set the meet record of 20-8¾ in 1980.

Teena Brooks (Richmond, Virginia) won the young women's shot put at 42-8¼. Brooks is 5-10, 195 lbs., 18 years old (6-5-65). She will attend Fresno State University this fall as a freshman. Rosario Ramos (Anaheim) set the meet record of 45-11½ in 1980.

Bruce Harris of Dover, Delaware set a new meet record in the intermediate men's 800 in 1:53.54. The old record of 1:53.97 was set by Jonathan Mann of Mississippi in 1981. Harris will be a junior at Dover High School. He was born 1-13-67, is 5-8 and 156 lbs.

Musa Williams of Durham, North Carolina set a meet record of 15:14.4 in the intermediate men's 5000. The old meet record of 15:17.61 was set by Jeff Cannada (Arizona) in 1981. Williams is 5-10, weighs 145 lbs., and was born February 19, 1967. He'll be a senior this year at Hillside High School in Durham.

Lynn James (Narasota, Texas) set a new meet record in the intermediate men's long jump of 24-1. The old meet record of 23-10¾ was set by Andre Love (Illinois) in 1982. James will be a junior this year at Navasota High School. He is 6-2, 175 lbs., born January 25, 1967.

James also set a new meet record in the intermediate men's 110 hurdles of 14.37. The old meet record of 14.44 was set by Roderick Woodson (Indiana) in 1981. This James is a double meet record setter.

Kristina Orre of Phillipsburg, Ohio won the 10,000-meter road race in 36:20.0, by a margin of over two minutes and eight seconds.

Pam Doggett (Greensboro, North Carolina) won the intermediate women's 100 hurdles in 14.22. Doggett will be a sophomore at Dudley Senior High School. She was born on June 8, 1968, is 5-1 and 127 pounds. She is a double winner here, having won the intermediate women's heptathlon.

(See meet results on page 22.)

#### ★ JUNIOR OLYMPICS NATIONAL CHAMPIONSHIPS

South Bend, Indiana, July 29-31--Junior Keenan Jones (Grant, Sacramento), who won the Sac-Joaquin Section and Northern California triple jump competitions, won the senior boys competition with a jump of 48-9. He made his winning mark on his third attempt.

Jones said, "The guy that had the best jump scratched, and I think his jump was over 50. And after that he went straight downhill."

"My main problem was, I kept jumping at least a foot behind the board. That was causing me a lot of problems. But on my first jump I went 48-4."

Jill Palmer (Clarksville) and Kirstin Sala (Fort Collins, Colorado) tied for first in the senior girls shot put at 45-3.

Senior Tonya Mendonca (Mt. Whitney, Visalia), the State Meet high jump champion, placed second in the senior girls high jump at 5-9. Tonya Watkins (Portland, Indiana), who was jumping in the memory of her father, won with a jump of 5-10.

Greg Aitkenhead (Mission Viejo), fourth in the State Meet shot put, placed second with a put of 59-8. Gary LeJambre (Bristol, Pa.) won with a toss of 60-2¼.

Kevin Henderson (Lake Erie) won the senior boys 400 hurdles in 52.53 to make the all-time U.S. list.

## KINNEY'83

### 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  
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## Prep Notes

★ **U.S.—CANADA—ITALY JUNIOR MEET I**  
Sherbrooke, Canada, July 26-27--Sophomore Leslie Maxie (San Mateo), the State Meet 400 champion from Mills High School in Millbrae, won in 53.24, her second best time of the year. Maxie is the national leader.

Ken Williams (Fullerton), second in the 1982 State Meet triple jump, won with a leap of 54-4, his personal best.

John Morris (Suisun City), fifth in the 1982 State Meet high jump for Fairfield High School, won with a jump of 7-1½.

★ **U.S.—CANADA—ITALY JUNIOR MEET II**  
New Britain, CT, July 30-31--Leslie Maxie and Choo Choo Knighten (Locke, Los Angeles), 1-2 in the State Meet 400, duplicated their feat here in 53.13 and 54.07. That is a life time best for Maxie.

The United States 400 relay team of Rose Gilmore (Reading, PA.), Finn, Robin Simmons (Crenshaw, Los Angeles) and Wenda Vereen (Trenton, NJ) won in 44.38. Simmons was third in the State Meet 200.

John Morris won the high jump again at 7-2¼.

Ken Williams won the triple jump at 52-10.

The U.S. 1,600 relay team of Knighten, Gina Gardner (Memphis, TN), Connie Burnett (Pittsburg) and Maxie won in 3:36.30.

Michelle Olivera (Bishop Diego, Santa Barbara) threw the javelin 175-4 to win.

Steve Kerho (Mission Viejo), the 1982 State Meet high hurdles champion, placed second in 14.26.

Fine Flicks by Don Gosney



LESLIE MAXIE

★ **JAPANESE JUNIOR MEET**

Takamatsu, Japan, August 21--Harold Kuphaldt (Fair Oaks), the 1982 State Meet 3200 champion from Bella Vista High School, won the 1,500 in 3:48.82. He defeated Marc Oleson (Canada/Stanford), who placed second in 3:49.02.

Junior Keenan Jones (Grant, Sacramento), sixth in the State Meet triple jump, placed third with a leap of 14.78 meters (48.47 feet).

Leslie Maxie (Mills, Millbrae), second in the State Meet low hurdles, placed third in 14.38.

Dot Jones (Hilmar '82), second in the 1982 State Meet shot put, was also second here with an impressive toss of 14.97 meters (49.10 feet).

Junior Yvette Bates (Berkeley), second in the State Meet long jump, leaped 19-4¼ for second place here.

★ **SIR FRANCIS DRAKE HIGH SCHOOL, SAN ANSELMO**

Twenty years ago there were 1,700 youngsters enrolled at Drake High School and 2,100 children in San Anselmo's elementary schools.

Today, the pupil population at Drake has slipped to 1,028 and there are only 890 youngsters expected to enroll in the town's remaining three elementary schools this fall.

About half of San Anselmo's school children have single parents. Drake Principal Norman Cady says, in many ways, this intensifies parental interest in the children's education. Cady said to Russ Cone of the *San Francisco Examiner*, "It's an excellent town. The community is concerned. There's a lot of activity for the kids. It's not just a turn-'em-loose-and let-'em-flounder attitude. There's a lot of support."

An excellent example of this support is the activity of businessman William M. Taylor. Taylor is the Drake cross country and track coach.

Arete West runners from the Ross Valley (former or present members of Drake track teams) recently returned from a 1983 European trip. This was the third European sojourn for Arete. The 1979 venture was led by Gigi Geoffrion, the 1981 by Katy Dykstra and Dan Caldwell.

In July in Zug, Switzerland, Katy Dykstra won the 1500 meters in 4:45.4. The University of Arizona bound runner defeated a nationally ranked Swiss lass. While at Drake, Katy qualified for the California State finals on three occasions at 1600 meters. While in Europe this summer, Katy also placed second in a national meeting, class "B", at 1500 meters.

Angela Driller, who will have one of the fastest 300 meter low hurdles in the State going into the 1984 track season, unfortunately was injured while winning her initial European competition in June. She won the 300 meters in 43.8 (no hurdles) at Vevey, but a muscle tore in the hip area and Angela had to sit out the rest of the meets. Angela was a freshman sensation in 1983--she placed third in the North Coast Section Meet of Champions and placed sixth in the Northern California finals. She had the fastest Northern California time for a ninth grader.

Arete West was formed by William Taylor. He combines European history with this athletic dimension. The group ran competitively in Switzerland, but they also studied and remembered earlier athletes at Olympia, Delphi and Athens (Greece). Michaelangelo had an enormous impact on the group in Italy. They started in Switzerland in late June, and returned from Greece in late July.

★ **PLAY FOR PAY UPDATE**

Play for Pay requires the student to pay a set fee for each sport he or she participates in.

The Play for Pay is currently under legal attack. A Santa Barbara Superior Court decision last year declared a local athletic fee system discriminatory and ordered it dismantled.

The Second District Court of Appeals in Los Angeles overturned the Superior Court ruling, but the California State Department of Education has appealed that decision to the California Supreme Court. Written briefs have been filed, but Education Department lawyers are still waiting for a court date to deliver their oral arguments in the case.

★ **KAISER LAKE MERRITT RUN**

August 13, Oakland--Sophomore Calvin Gaziano, the Northern California 3200 champion, won the 5,000 meter run in 15:19.3.

Julie Rivers, who recently returned to the Bay Area after a year in the Sac-Joaquin Section, won the 16 and under women's division in 18:36.1.

John Morse (Las Lomas, Walnut Creek), the King Games 5,000 champion, won the 10,000 in 30:39.3.

Sophomore Brian Vaughan (Berkeley) won the 16 and under men's division in 33:35.7.

★ **MILLARD HAMPTON NEW SPRINT COACH**

San Jose, August 19--Olympic champion Millard Hampton will join the San Jose City College coaching staff as the new sprint coach, according to Athletic Director Bert Bonanno.

Hampton ran on the 1976 gold medal USA 4 X 100 relay team. Hampton was also a silver medalist in Montreal in the 200.

In the 1974 State Meet in Bakersfield he won the 200.

★ **NEW GRADE RULE FOR HIGH SCHOOL ATHLETES GETS MIXED REPORT CARD**

Los Angeles, August 28--In November the Los Angeles Board of Education raised the minimum grade average required for participation in extracurricular activities.

Figures released August 16 indicate that it may be a while before this approach motivates students consistently.

Of the 5,881 high school students barred from extracurricular activities for the latter part of the spring semester, 28 percent raised their grades to regain their eligibility.

But of the students who were eligible before, 20.9 percent fell below the new grade standards and will be ineligible come fall.

Abandoning the old requirement of a D average for participation in sports, band, and clubs, Los Angeles ruled in November that students in grades four to 12 must maintain a C average, with no failing marks, in order to participate in any extracurricular activities.

Despite the large number of students who fell below the standard, school officials are optimistic and say that students simply need a period of adjustment in order to meet the new standard.

## ★ CALIFORNIA TRACK & FIELD RECRUITS RECRUITS

Berkeley, August 30—"We have probably the finest group of incoming distance runners ever at Berkeley, along with a solid nucleus from last year to make this potentially the strongest Cal cross country team ever," said Brian Maxwell, the Cal cross country coach.

Jim Bloomer (El Cerrito). 3rd Northern California 1600 4:14.70. 5th State Meet 1600 4:13.86.

Jason Flamm (LaSierra, Carmichael). 4th Northern California 1600 4:16.08. 7th State Meet 1600 4:15.9 First team All-California Cross Country. 2nd Northern California XC. 6th Kinney Western. 22nd Kinney National. Ranked 6th in California by *California Track & Running News*.

Grant Foster (Monta Vista, Cupertino). 2nd Northern California 3200 9:03.0. 4th State Meet 3200 9:05.83.

John Morse (Las Lomas, Walnut Creek). 1st King Games 5,000 14:42.3. 1st Santa Rosa Relays 9:24.2 (3200). Ranked 12th in California cross country. 1st North Coast Section XC. 4th Northern California XC. 13th Kinney Western.

John Trevithick (La Canada). 2nd Southern Section 2A 800 1:52.26. 5th Southern California 800 1:53.48. 8th State 800 1:56.1.

George Yuster (Brentwood). 4th Arcadia 3200 9:05.40. 1st Southern Section 1A 9:13.98. First team All-California Cross Country. Ranked 7th in California. 1st

photo by Keith Conning



GEORGE YUSTER

photo by Keith Conning



JASON FLAMM



MELVIN HEMPSTEAD



ROB SHENK

Southern Section 1A XC. 8th Kinney Western. 29th Kinney National.

Melvin Hempstead (Valley, Sacramento). 2nd Northern California Pole Vault 15-2. 2nd State Meet PV 15-10. 2nd Golden West Invitational 16-3.

Rob Shenk (Menlo-Atherton, Atherton). 1st Northern California 176-1 discus. 8th State Meet 114-10. Best 186-2.

Chris Mooring (Mt. Pleasant, San Jose). 2nd Northern California 46-7 triple jump. 8th State 47-¼. 3rd State '82 49-5¼. '83 best 48-5¼.

Ted Glattke (Beyer, Modesto). 4th Northern California High Jump 6-10. 5th State Meet 6-10. Best 7-¼.

Mike Anderson (Rubidoux, Riverside). 2nd

Southern California 23-6 long jump. 5th State Meet 23-1½. Best 24-5.

Marlon Young (Hawthorne). 9th Southern California high hurdles 14.26. 9th Southern California low hurdles 39.67. Has a younger brother who is even faster.

Miguel Torrente (Hawthorne). Member of state champion 4x400 relay.

Eric Crapo (Berkeley). 6th North Coast Section low hurdles 1982 38.9. 1983 best 37.5 before being injured.

Drew Monaghan (San Ramon, Danville). 3rd North Coast Section high hurdles 14.5. 3rd North Coast Section low hurdles 37.7. Best 37.53.

Chris Rhoades (Wooster, Reno, Nevada). 15-0 pole vault. 37.33 low hurdles.

photo by Keith Conning



SHAWN AYERS

photo by Gene Cohn



NANETTE GARCIA

photo by Keith Conning



JAMES GREEN

be tops this year (their other CCS titles have come in '73, '77, '79 and '81).

Chris Craig, only 11th in the harrier race last fall but 3rd in the CCS 2-mile in the spring, leads the Longhorns. Their other top performers should be Terry Shimada, Dan and Steve Bergkamp, Dave Hamm and Nelson Cottier. Bellarmine (San Jose) is another school which is annually mentioned as one of the section's best, and this year is no different. The Bells' depth is widely known and they'll be lead by Shawn Ayers and Shane O'Flaherty.

Other schools looking to be one of the three teams to earn berths to the NorCal Championships are Serra (San Mateo), led by Rob Wickstrom; Los Gatos, with soph Scott LaForce leading a very young team; Westmont (Campbell), topped by Marc Beauchemin and Todd Strickland, the former a 4:19.3 miler; Saratoga, with Doug Gollilher at the fore; and Willow Glen (San Jose), Greg Rivera taking over the Ram top spot.

Individually, things are a little confused and congested. San Mateo's Matt Giusto won the meet last year as somewhat of a surprise. Equally lightly regarded was Homestead's (Cupertino) Chris Richards, who took third last year as a soph. Both are excellent cross country runners, as is Saratoga's Doug Gollilher (4th last year), possessing good hill-running talents. However, the best any of them could do in track was 6th place in the 2-mile (by Giusto).

On the other hand, a decent group of track runners will be on hand. Tom Legan of Del Mar (San Jose) won the CCS mile last year and owns a 4:13.1 best. He's got speed, but his strength may not be on the same level, though he did take 6th in cross country. Another top one will be Leigh's Chris Craig. A favorite entering last year's cross country meet, Craig finished only 11th, but took 3rd in the CCS 2-mile. He has PRs of 4:19.5 and 9:14.3. James Green of Gunderson (San Jose), which could sport a strong team this year, took second in the mile (4:17.8

best) and was 10th in cross country. It will be interesting to see how the track and trail runners mesh this season.

### GIRLS

St. Francis. That's been the beginning and end to CCS championship talk the past three years, and the same Mountain View school is mentioned just as quickly this year in its bid for a 4th consecutive CCS crown. Coach Tom Tuite lost Susan Brodie (4th last year) to graduation, but returns his next five from a team which had a somewhat bad meet last year and still won handily. Top-runner honors will be taken over by either Dana Rositano or twins Karen and Kim Himenes, though the Lancers also have capable runners in Diana Rossman (a long jumper in track) and Niamh O'Flaherty.

The toughest challenges should be dealt by Gunn (Palo Alto), led by Laura Burtness; Leigh (San Jose), with 11:06.8 soph 2-miler Rebecca Chamberlain leading a good top three; Saratoga, led by Connie Buckler and Katie MacKinnon; Los Gatos, with 5:09.8 miler Therese Fisher at the helm; Santa Teresa (San Jose), with 2:08.45 800m runner Kristen Dowell and Sheri Opp heading the way; and Leland (San Jose), anchored by Jeanette DeMoss.

The individual battle will most likely be a two-girl show. Mountain View's Shannon Clark defeated Cory Schubert for the CCS title last year and owns a 2-mile best of 10:37.08—and she's only a soph this year—along with taking 5th in the state 3200 last spring. Nanette Garcia of Silver Creek (San Jose) is the top returning miler in the nation (4:48.42 best) and took 4th in the state 1600, but was only 6th in the CCS cross country meet last year. As a soph last year, she took 7th in the Kinney West Regional meet. Both are tough, determined runners, with Garcia owning an edge in speed (2:12.0 for 800). Leigh's Rebecca Chamberlain was 3rd in the CCS last year as a freshman, and she appears to be the lone body able to challenge Clark and Garcia.

## CCS Cross Country Preview

by Howard Willman

While Central Coast Section forces were bolstered last year with some of its best high-level strength and depth ever, it lost to graduation two of its top names, boys 2-mile champ Grant Foster of Monta Vista and girls 1600/3200 state champ Cory Schubert of Del Mar. Still, however, both the boys and girls individual cross country champs return, and neither is a shoe-in to win this year's 30th CCS Championship (7th for the girls). Teamwise, things remain about the same, as Leigh is mentioned most prominently among a

bevy of possibles to take the boys title, and St. Francis looks to dominate the girls action.

### BOYS

Willow Glen (San Jose) was simply superb in claiming last year's crown, but the Rams lost to graduation four of its top five, including its strong top-3 tandem of Orlando Biggs and Dave and Mike Livingston. Also lost, to retirement, was their highly respected and successful coach, Orbin Jones. Equally respected as Jones, Bill Hotchkiss of Leigh (San Jose) had a squad good enough to rank No. 4 in the state last year. The Longhorns, however, were not as devastated by turnover. Not only does Hotchkiss return, but so do seven of last year's top nine. Combined with the fact that this is an odd-numbered year, Leigh is expected to

# Prep Notes

## TAC Junior Olympic Championships

from Keith Conning

July 28-31, Durham, N.C.

### INTERMEDIATE MEN

**100:**  
1. Wayne Boyd (Toledo, OH) 10.81, 2. Joseph Deloach (Bay City, TX) 10.91, 3. Samuel Hutchins (Dallas, TX) 10.94.

**200:**  
1. Joseph Deloach (Bay City, TX) 21.54, 2. David Brown (Milwaukee, WI) 21.67, 3. Steve Goldsby (Durham, NC) 21.71.

**400:**  
1. Shane Manuel (Washington, NC) 49.00, 2. Bernazd Heard (East Point, CA) 49.21, 3. Shane Bumgarner (Norman, OK) 49.22.

**800 Semifinal Heat 1:**  
6. Stuart Wiseman (El Cerrito, CA) 2:01.4 (hand).

**800 Final:**  
1. Bruce Harris (Dover, DE) 1:53.54 (meet record, old record 1:53.97, Jonathan Mann (MS), 1981), 2. Mike Clinnard (Houston, TX) 1:55.35, 3. Jimmy Scott (Greensboro, NC) 1:57.11.

**1500 Semifinal Heat 1:**  
8. Bart Stephens (Danville, CA) 4:24.8.

**1500 Final:**  
1. Roy Taylor (Grand Prairie, TX) 4:01.25, 2. Matthew Hopkins (Fredericksburg, VA) 4:02.30, 3. John Hayes (Randolph, NJ) 4:02.77.

**2000 Steeplechase:**  
1. Curtis Bilas (Scotia, NY) 6:18.30, 2. Van Havenstrite (Claremore, OK) 6:25.89, 3. Lawis Peterson (Sparks, NV) 6:27.57.

**5000:**  
1. Musa Williams (Durham, NC) 15:14.4 (meet record, old record 15:17.81, Jeff Cannada (AZ), 1981), 2. Bob Thompson (Rochester, IN) 15:14.7, 3. Brett Roby (Decatur, IL) 15:23.0.

**10,000 Road Race:**  
1. Gavin Sloane (Clinton, NJ) 32:47.6, 2. John Engvall, Jr. (Houston, TX) 33:06.7, 3. Steven Oury (North Little Rock, AR) 33:28.6.

**110 Hurdles:**  
1. Lynn James (Narasota, TX) 14.37 (meet record, old record 14.44, Roderick Woodson (IN) 1981), 2. Lance Price (Toledo, OH) 14.53, 3. Kason Jewell (Little Rock, AR) 14.62.

**400 Hurdles Heat 1:**  
2. Michael Smith (Oakland, CA) 57.62.

**400 Hurdles Final:**  
1. Britt Scott (Fort Wayne, IN) 56.12, 2. Scott Geyer (Phoenix, AZ) 57.50, 3. Michael Smith (Oakland, CA) 57.53.

**3000 Walk:**  
1. Martin Weight (Phoenix, AZ) 14:44.01, 2. Curt Clausen (Stevens Point, WI) 15:08.80, 3. Dan Costello (Marion, IA) 16:21.99.

**4 X 100 Semifinal Heat 2:**  
7. East Oakland Youth, 45.90.

**4 X 100 Final:**  
1. Milwaukee Striders TC (Bernard Gregory, Kevin Olesby, Michael Themer, David Brown) 41.75 (meet record, old record 41.94, Durham Striders, 1982), 2. Dallas Track Club 42.26, 3. East Coast Classics 42.32.

**4 X 400 Semifinal Heat 2:**  
1. East Oakland Youth 3:25.60.

**4 X 400 Final:**  
1. Milwaukee Striders TC (Kevin Olesby, 48.8; Albert Stewart, 50.6; Michael Themer, 51.0; Sam Stotts, 51.0) 3:21.41 (meet record, old record 3:22.52, Mayor Hatcher Youth Foundation, 1981), 2. Anderson TC 3:24.95, 3. East Oakland Youth 3:25.73.

**4 X 800:**  
1. Durham NC Striders (Roderick Wilson 2:00.6; Oshon Williams 2:01.1; Musa Williams 2:01.6; Mark Ray 2:02.3) 8:06.54, 2. Wild AC (NJ) 8:10.05, 3. Mobile Ala. Recreation Dept. 8:12.05.

**High Jump:**  
1. Rick Nohj (Seattle, WA) 6-10 1/4 (meet

record, old record 6-9 3/4, Mark Trujillo (NV), 1982), 2. Jerome Jenkins (Gary, IN) 6-8 1/4, 3. Randall Taylor (Sonoma, CA) 6-2 1/4.

**Pole Vault:**  
1. Brandon Richards (Waco, TX) 15-6 (meet record, old record 15-1 1/4, Preston Schmidt (IA), 1982), 2. Dan Burton (Bloomington, IN) 15-2, 3. Timothy McMichael (Apache, OK) 14-0.

**Long Jump:**  
1. Lynn James (Narasota, TX) 24-1 (meet record, old record 23-10 3/4, Andre Love (IL), 1982), 2. Bruce Titus (South Rowan, NC) 23-3 1/2, 3. Terrance Parks (Carrollton, GA) 22-10.

**Triple Jump:**  
1. Tracey Golden (Seneca, SC) 46-7 1/4 (46-3 1/4), 2. James Martin (NC) 46-7 1/4 (45-10 1/2), 3. Terry Reese (Orlando, FL) 45-11 1/4 w (44-11 1/4), 6. Jon Rivera (Waterford, CA) 42-9 3/4.

**Shot Put:**  
1. Kevin Murphy (Westminster, ME) 55-0 3/4, 2. Daniel Blackshear (Mobile, AL) 54-8 3/4, 3. Frank Mazza (Metairie, LA) 53-9, 15. Todd Swideraki (San Jose, CA) 43-3 1/4.

**Discus:**  
1. Glen Schneider (Ft. Wayne, IN) 163-0, 2. John Symiszewski (Alexandria, VA) 158-2, 3. Hlawatha Berry (Winder, GA) 151-0, 12. Mike Coffino (Mill Valley, CA) 121-7.

**Javelin:**  
1. Craig Johnson (Beaverton, OR) 177-2, 2. Lawrence Balkas (Coventry, RI) 167-9, 3. Mark Inge (hometown unknown) 165-10.

**Decathlon:**  
100:  
1. Patrick Patterson (Beaufort, NC) 12:04 (572), 2. Scott Geyer (Phoenix, AZ) 12:07 (566), 3. Jeff Miller (Houston, TX) 12:16 (548).

**Long Jump:**  
1. Scott Geyer 19-6 1/4 (595), 2. Jeff Miller 18-11 1/4 (555), 3. Juan Gonzalez (W. Chicago, IL) 18-10 (546).

**Shot Put:**  
1. Jeff Miller 44-4 (697), 2. Tim Lawrence (Russellville, AZ) 38-0 3/4 (572), 3. Ray Byrne (Glendale, AZ) 37-5 1/4 (560).

**High Jump:**  
Tie: 1. Jeff Miller 5-11 1/2 (698), 1. Tim Lawrence 5-11 1/2 (698), Tie: 3. Rodney Cates (Hurdle Mills, NC) 5-10 1/2 (671), 3. Juan Gonzalez 5-10 1/2 (671).

**400:**  
1. Scott Geyer 52.96 (680), 2. Jeff Miller 54.52 (619), 3. Tim Lawrence 55.09 (598).

**110 Hurdles:**  
1. Jeff Miller 15.91 (757), 2. Rodney Cates 16.36 (716), 3. Scott Geyer 16.50 (703).

**Discus:**  
1. Jeff Miller 126-2 (655), 2. Mark Sewell 107-0 (532), 3. Martin Weight (Phoenix, AZ) 103-6 (509).

**Pole Vault:**  
1. Ralph Bowman (Federal Way, WA) 11-3 3/4 (658), 2. Patrick Patterson 10-10 (615), Tie: 3. Mark Sewell 10-4 (572), 3. Pat Licari (Sumner, WA) 10-4 (572).

**Javelin:**  
1. Mark Sewell 138-5 (523), Tie: 2. Jeff Miller 134-1 (504), 2. Ray Byrne 134-1 (504).

**1500:**  
1. Martin Weight 4:35.40 (554), 2. Juan Gonzalez 4:38.43 (534), 3. Scott Geyer 4:44.36 (498).

**Final Point Standings:**  
1. Jeff Miller (Houston, TX) 5876, 2. Scott Geyer (Phoenix, AZ) 5470, 3. Tim Lawrence (Russellville, AR) 5140.

### YOUNG MEN

**100 Semifinal Heat 1:**  
5. Willie Hyde (Oakland, CA) 11.14.

**100 Final:**  
1. Kelly Reed (Chicago, IL) 10.54 (meet record, old record 10.60, Neal Jessie (GA) 1982), 2. Keith Stubblefield (Allen, TX) 10.57, 3. Robert Thomas (Washington, DC) 10.63.

**200:**  
1. Roy Martin (Dallas, TX) 21.00, 2. Danny Peebles (Raleigh, NC) 21.41, 3. Robert Thomas (Washington, DC) 21.47.

**400:**  
1. Mike Greene (Roxbury, MA) 47.06, 2. Thomas Johnson (Ft. Lauderdale, FL) 48:14, 3. Harold Person (Memphis, TN) 48.14.

**800:**  
1. Joey Bunch (Honolulu, HI) 1:49.79 (meet record, old record 1:49.88, John Marshall (NJ), 1980), 2. Sherman Arnold (Chicago, IL) 1:49.80, 3. Deon Cameron (Brooklyn, NY) 1:52.22.

**1500 Semifinal Heat 1:**  
10. Mike Faue (Daly City, CA) 4:14.6 hand.

**1500 Final:**  
1. Jerald Cox (Chicago, IL) 3:56.1 hand, 2. Mike Glynn (Trenton, NJ) 3:58.9, 3. Jaimie Pollard (Oshkosh, WI) 4:00.8.

**2000 Steeplechase:**  
1. Orla Kastberg (Granville, NY) 5:53.71, 2. Michael Lynes (Camas, WA) 6:12.97, 3. Terry Trainer (Eugene, OR) 6:14.69.

**5000:**  
1. Robert Sutton (Greenville, SC) 14:57.5 (meet record, old record 15:04.56, Keith Hanson (WI), 1982), 2. John Erickson (Greensboro, NC) 15:01.3, 3. Tony Serna (Houston, TX) 15:33.2, 19. Steve Alt (Daly City, CA) 16:54.7.

**10,000 Road Race:**  
1. Simon Gutierrez (Albuquerque, NM) 31:34.1, 2. Andrew Sackman (Stevens Point, WI) 31:46.2, 3. Chuck Trujillo (Denver, CO) 32:08.1, 31. Jalme Pimentel (Delano, CA) 35:40.5.

**110 Hurdles:**  
1. Patrick Mann (Daly City, VA) 14.24, 2. Gerald Ellis (Seattle, WA) 14.28, 3. James Givens (Chapel Hill, NC) 14.40.

**400 Hurdles:**  
1. Patrick Mann (Daly City, VA) 51.56 (meet record, old record 52.37, Belfred Clark (OH), 1982), 2. Emanuel Blakney (Atlanta, GA) 52.97, 3. Andre Hall (Filint, MI) 53.11.

**3000 Walk:**  
1. Tony Engelhardt (Seattle, WA) 13:57.24 (meet record, old record 14:36.26, Edward Kasch (NY), 1981), 2. Rob Campbell (Reno, NV) 14:24.93, 3. Mike Rohl (Nassau, NY) 14:44.21.

**4 X 100:**  
1. Durham Striders (Brad Sullivan, Keith Chestnut, Anthony Brans, Lee McRae) 40:56 (meet record, old record 40.82, Athletic Attic East Coast Classics, 1982), 2. Mayor Hatcher 40.84, 3. AA East Coast Classics 41.07.

**4 X 400:**  
1. University of Chicago TC (Phil Jones 48.3; Herald Morrison 48.9; Kelly Reed 47.8; Sherman Arnold 48.9) 3:11.90 (meet record, old record 3:12.14, Athletic Attic East Coast Classics, 1982), 2. Team Spokane 3:15.35, 3. Kansas City Roadrunners 3:15.45.

**4 X 800:**  
1. Mississippi Valley TC (Eugene Byrd 1:54.7; Regal Perry 1:53.8; Tony Gines 1:53.6; Othens Redfield 1:53.8) 7:35.75, 2. Mayor Hatcher TC 7:32.02, 3. University of Chicago TC 7:37.43.

**High Jump:**  
1. Maurice Crumby (San Francisco, CA) 7-3 1/4 (meet record, old record 7-3, Maurice Crumby, 1982), 2. Dothel Edwards (Athens, GA) 7-0 1/2, 3. Tom Still (Lisle, IL) 7-0 1/2.

**Pole Vault:**  
1. Preston Schmidt (Bettendorf, IA) 15-1 1/2, 2. Todd Verbeck (Waukesha, WI) 15-1 1/2, 3. Mike Stadther (Mobile, AL) 14-7 1/2.

**Long Jump:**  
1. Danny Peebles (Raleigh, NC) 24-4 1/2, 2. Andre Love (Bellwood, IL) 23-8, 3. Brad Mayo (W. Orange, NJ) 23-4 1/2.

**Triple Jump:**  
1. John Tillman (Waxhaw, NC) 50-3 1/4, 2. Tony Anderson (Pittsburgh, PA) 49-9 1/4 w (49-8 1/4), 3. David Bond (Decatur, IL) 49-2 1/2.

**Shot Put:**  
1. Mike Sergeant (Fenton, MI) 59-3, 2. Randy Campbell (Russellville, AR) 59-1 1/2, 3. Tim Goad (Claudville, VA) 56-8 1/4, 14. Perry Highwood (Incline Village, CA) 46-1 1/4.

**Discus:**  
1. Clark Hopp (Glenwood, IA) 167-5, 2. Sean Canaday (Riverton, IL) 167-1, 3. Randy Campbell (Russellville, AR) 157-11, 10. Harry Highwood (Incline Village, CA) 140-5, 13. Fred Houston (San Jose, CA) 132-3.

**Javelin:**  
1. Karl Gates (Olympia, WA) 194-1, 2. Mike Wardrop (Vernon, CT) 193-4, 3. Don Silk

(Mt. Pleasant, PA) 185-0, 17. Robert Kelly (Rio Linda, CA) 111-5.

**Decathlon:**  
100:  
1. Steve Olekszyk (Severna Park, MD) 11.4 (710), 2. Bobby Alexander (Seneca, SC) 11.6 (665), 3. Sean Emanuel (Seneca, SC) 11.7 (643), 10. Jay Icaza (Los Gatos, CA) 12.49 (482).

**Long Jump:**  
1. Don Kellom (Cleveland, OH) 21-0 3/4 (697), 2. Mark Morse (Tucson, AZ) 19-10 1/4 (615), 3. Sean Emanuel 19-9 3/4 (613), 6. Jay Icaza 18-4 1/2 (514).

**Shot Put:**  
1. Steve Olekszyk 54-2 (876), 2. Jay Icaza 43-0 1/2 (672), 3. Mike Morse 42-8 1/4 (665).

**High Jump:**  
1. Jeff Kellom 6-3 1/2 (788), 2. Mark Morse 6-1 1/2 (743), Tie: 3. Steve Olekszyk, Reid Stephenson (Mebane, NC), William Abernethy (Asheville, NC), Brett Haines (Seelye Lake, MT) 5-9 3/4 (652), 9. Jay Icaza 5-3 1/4 (560).

**400:**  
1. Sean Emanuel 50.8 (770), 2. Jeff Kellom 53.0 (679), 3. Mark Morse 53.5 (659), 8. Jay Icaza 56.3 (555).

**110 Hurdles:**  
1. Jeff Kellom 15.4 (807), 2. Sean Emanuel 15.7 (777), 3. Andre Powell (Sharon, SC) 16.0 (748), 8. Jay Icaza 17.0 (680).

**Discus:**  
1. Steve Olekszyk 133-5 (698), 2. Jay Icaza 125-7 (651), 3. Andre Powell 106-4 (528).

**Pole Vault:**  
1. Greg Stotsberg (Yakima, WA) 12-3 1/4 (739), 2. Jay Icaza (Los Gatos, CA) 11-9 1/4 (697), Tie: 3. Reid Stephenson 11-3 1/2 (655), 3. Mark Morse 11-3 1/2 (655).

**Javelin:**  
1. Steve Olekszyk 174-5 (675), 2. Mark Morse 157-10 (607), 3. Jeff Kellom 141-3 (536), 8. Jay Icaza 121-1 (444).

**1500:**  
1. Brett Haines 4:31.2 (581), 2. Greg Stotsberg 4:33.8 (564), 3. Sean Emanuel 4:43.7 (502), 5. Jay Icaza 4:44.7 (496).

**Final Point Standings:**  
1. Steve Olekszyk (Severna Park, MD) 6437, 2. Mark Morse (Tucson, AZ) 6143, 3. Jeff Kellom (Cleveland, OH) 6021, 4. Jay Icaza (Los Gatos, CA) 5721.

### INTERMEDIATE WOMEN

**100:**  
1. Carla McLaughlin (Durham, NC) 11.92, 2. Lynda Tolbert (Washington, DC) 12.08, 3. Nellina Lofton (Pritchard, AL) 12.14.

**200:**  
1. Carla McLaughlin (Durham, NC) 24.02, 2. Alesia Turner (Columbia, SC) 24.59, 3. Lynda Tolbert (Washington, DC) 24.59.

**400:**  
1. Melody Prunty (Jamestown, NY) 55.31, 2. Carla Smith (Houston, TX) 56.30, 3. Theresa Gibbs (New Haven, CT) 56.61.

**800:**  
1. Vanessa Thompson (New Haven, CT) 2:12.85, 2. Laura McCloy (Norman, OK) 2:14.08, 3. Michele Ragsdale (Fort Wayne, IN) 2:15.29.

**1500 Semifinal Heat 2:**  
4. Tina Goodykoontz (Danville, CA) 4:59.7.

**1500 Final:**  
1. Vanessa Thompson (New Haven, CT) 4:38.57, 2. Michelle Scholtz (Tulsa, OK) 4:41.20, 3. Cathy Wall (Molalla, OR) 4:41.61, 6. Tina Goodykoontz (Danville, CA) 4:48.44.

**3000:**  
1. Michelle Sica (Forest Park, OH) 10:09.78, 2. Cathy Wall (Molalla, OR) 10:10.65, 3. Kathy Welsh (Kettering, OH) 10:12.68, 5. Tina Goodykoontz (Danville, CA) 10:34.19.

**10,000 Road Race:**  
1. Kristina Orre (Phillipsburg, OH) 36:20.0, 2. Lisa Frey (Cincinnati, OH) 38:28.3, 3. Melissa Eilers (Cincinnati, OH) 38:57.3.

**100 Hurdles:**  
1. Pam Doggett (Greensboro, NC) 14.22, 2. Sandy Collins (Seattle, WA) 14.31, 3. Anne Bansemir (Nutley, NJ) 14.57.

**400 Hurdles Heat 1:**  
5. Tina Goodykoontz (Danville, CA) 72.97.

**400 Hurdles Semifinal Heat 2:**  
8. Tina Goodykoontz 71.7 hand.

**400 Hurdles Final:**  
1. Kristi Nore (Scottsdale, AZ) 61.77, 2. Penny Martin (New Orleans, LA) 62.20, 3. Cindy Panowicz (Northville, MI) 62.43.

**3000 Walk:**

1. Kim McClure (Aumsville, OR) 15:51.41 (meet record, old record 16:08.84, Jamie Melfi (OH), 1981), 2. Tyra Karlsson (Seattle, WA) 15:59.96, 3. Katie Warren (Miami, FL) 16:21.72.

**4 X 100:**

1. Durham Striders (JoAnne Dunston, Latanya Wynne, Icesonnia Horsley, Carla McLaughlin) 47.21 (meet record, old record 47.71, South Central Assn., 1982), 2. Mobile Recreation Dept. 47.91, 3. Fleet Feet Striders 48.53.

**4 X 400:**

1. Mayor Hatcher (Belinda Haney 57.2, Angie McClatchey 58.7, Gail Scott 59.5, Lisa Fears 57.4) 3:52.37, 2. Puma TC 3:55.31, 3. Fleet Feet Striders 3:56.11.

**4 X 800:**

1. Mayor Hatcher (Nichelle Colvin 2:23.0, Danita Nunley 2:36.0, Gail Scott 2:25.6, Belinda Haney 2:22.5) 9:37.08, 2. Memphis Recreation Dept. 9:54.92, 3. Mount Horeb RC 9:57.12.

**High Jump:**

1. Brandy Stubblefield (Splendor, TX) 5-3, 2. Julie Levy (Nekoosa, WI) 5-3, 3. Amber Welty (Thoreau, NM) 5-3.

**Long Jump:**

1. Sandy Collins (Seattle, WA) 18-5 1/4, 2. Veronica Hicks (Richmond, VA) 18-4 1/4, 3. Neillina Lofton (Prichard, AL) 18-3 1/4.

**Triple Jump:**

1. Carlette Guldry (Houston, TX) 38-0, 2. Sherrief Clark (Jacksonville, NC) 37-2 1/2, 3. Gretchen Jackson (Kankakee, IL) 37-1 1/2 w (36-10 1/4).

**Shot Put:**

1. Debbie Rutkowski (Oak Lawn, IL) 39-3 1/4, 2. Cathy Fritsche (Eastman, WI) 38-4, 3. Brenda Schumaker (Farmer City, IL) 38-1 1/2, 9. Jennifer Watson (Fairmount, CA) 36-2 1/4.

**Discus:**

1. Stacey Hom (Rancho Cordova, CA) 132-7, 2. Debbie Rutkowski (Oaklawn, IL) 131-0, 3. Tina Jakubcik (Tucson, AZ) 122-10, 15. Jennifer Matejowsky (Rancho Cordova, CA) 85-4.

**Javelin:**

1. Maria Passadore (Milwaukee, OR) 130-5, 2. Georgia Traficante (Quincy, MA) 127-11, 3. Mary Replogle (Roaring Springs, PA) 123-11.

**Heptathlon:**

**100:**  
1. Cindy Panowicz (Northville, MI) 14.8 (770), 2. Pamela Doggett (Greensboro, NC) 14.9 (759), Tie: 3. Melissa Ferguson (Centerville, OH) 15.8 (665), 3. Kim Guthrie (Amarillo, TX) 15.8 (665).

**High Jump:**

1. Kim Guthrie 5-4 1/4 (875), 2. Cindy Panowicz 5-3 1/4 (844), 3. Michelle Barlow (Katy, TX) 4-11 1/4 (748).

**Shot Put:**

1. Pamela Doggett 35-3 1/4 (640), 2. Colene Richert (Idaho Falls, ID) 33-6 (603), 3. Melissa Ferguson (Centerville, OH) 29-1 1/4 (511).

**200:**

1. Cindy Panowicz 25.9 (770), Tie: 2. Sonya Thomas (Greensboro, NC), Pamela Doggett (Greensboro, NC) 26.3 (738).

**Long Jump:**

1. Kim Guthrie 16-11 1/2 (717), 2. Kimberly Austin (Wilson, NC) 16-7 1/4 (693), 3. Cindy Panowicz 15-4 1/4 (601).

**Javelin:**

1. Kim Buthrie 97-10 (595), 2. Colene Richert 94-5 (576), 3. Pamela Doggett 90-7 (555).

**800:**

1. Melissa Ferguson 2:25.0 (729), 2. Cindy Panowicz 2:25.4 (724), 3. Pamela Doggett 2:27.7 (698).

**Final Point Standings:**

1. Pamela Doggett (Greensboro, NC) 4658, 2. Cindy Panowicz (Northville, MI) 4516, 3. Kim Guthrie (Amarillo, TX) 4396.

**YOUNG WOMEN****100:**

1. Gwen Torrence (Decatur, GA) 11.92, 2. Andrea Hunter (Orlando, FL) 11.99, 3. Renee Jones (Milwaukee, WI) 12.12.

**200:**

1. Gwen Torrence (Decatur, GA) 24.34, 2. Tanya McIntosh (Bayside, NY) 24.71, 3. Renee Jones (Milwaukee, WI) 24.83.

**400: Heat 2:**

4. Dana Faulkner (Oakland, CA) 58.67.

**400 Semifinal Heat 1:**

7. Dana Faulkner (Oakland, CA) 59.9 hand.

**400 Final:**

1. Tonya McIntosh (Bayside, NY) 53.76, 2. Genessa Eddins (Boston, MA) 54.42, 3. Janet Levy (Orlando, FL) 54.80.

**800:**

1. Stacey Zartler (Irving, TX) 2:10.15, 2. Rochelle Stevens (Memphis, TN) 2:11.01, 3. Megan Dewey (Mercer Island, WA) 2:11.51.

**1500:**

1. Heike Theim (Phoenix, AZ) 4:35.50, 2. Michelle Skyles (Nampa, ID) 4:39.67, 3. Lareen White (Decatur, GA) 4:40.19.

**3000:**

1. Karol Dorsett (St. Petersburg, FL) 9:54.1, 2. Leslie Wrixon (Glastonbury, CT) 10:04.0, 3. Michelle Skyles (Nampa, ID) 10:05.5.

**10,000 Road Race:**

1. Leslie Wrixon (Glastonbury, CT) 37:51.9, 2. Loretta Simeon (Destin, FL) 38:53.0, 3. Rachelle Curran (Dayton, OH) 39:28.3.

**100 Hurdles:**

1. Andrea Hunter (Orlando, FL) 13.72, 2. Tracie White (DeSoto, TX) 13.73, 3. Diane Thomas (Mt. Airy, MD) 13.99.

**400 Hurdles Heat 1:**

3. Heidi Waterfield (Los Altos, CA) 66.24, 400 Hurdles Semifinal 1: 6. Heidi Waterfield (Los Altos, CA) 66.16.

**400 Hurdles Final:**

1. Sametra King (Bolingbrook, IL) 59.06, 2. Showanda Williams (Longwood, FL) 59.60, 3. April Cook (Greensboro, NC) 61.86.

**3000 Walk:**

1. Meg Mangan (Pittsburgh, PA) 16:01.11 (meet record, old record 16:33.72, Allison Cole (MO), 1982), 2. Bridget Dupre (Lewiston, ME), 3. Claudia Schiffers (Charlotte, NC) 17:28.12.

**4 X 100:**

1. Milwaukee Striders TC (Shelia McLain, Danille Woodford, Inbelle Thompson, Renee Jones) 46.64, 2. Central Florida YMCA 46.69, 3. Eagles TC 47.29.

**4 X 400:**

1. Central Florida YMCA (Margaret Turman, Showanda Williams, Andrea Hunter, Janet Levy) 3:44.42, 2. Memphis Recreation Dept. 3:45.95, 3. Doflin Bronx International 3:37.30.

**4 X 800:**

1. Munchkin TC (Orange Park, FL) (Sandra Braasch 2:13.8, Loretta Simeon 2:20.1, Sonya Braasch 2:14.4, Sherry Rahm 2:15.1) 9:03.42 (meet record, old record 9:25.00, Royal Knights, 1982), 2. Memphis Rec. Dept. 9:15.31, 3. Lake Erie Comets 9:20.10.

**High Jump:**

1. Leslie Nixon (Westport, CT) 5-8 1/4, 2. Jerelene Cummings (Decatur, IL) 5-7, Tie: 3. Katy Lovern (Jonesboro, AR), Barbara Rehms (Clayton, WA), Pamela Perreault (Fredericksburg, VA) 5-5, 15. Yvonne Kendall (Millbrae, CA) 5-3.

**Long Jump:**

1. Teresa Allen (Charlotte, NC) 19-3 1/2 w (18-0 1/2), 2. Janell Thorland (Kent, WA) 18-9 1/4, 3. Jearl Miles (Gainesville, FL) 18-3 1/4 w (17-6 1/4), 8. Heidi Waterfield (Los Altos, CA) 16-10 w (15-9).

**Triple Jump:**

1. Carolyn Woodson (Richmond, VA) 37-1 1/4, 2. Rosie Wadman (Niles, IL) 36-10 1/2, 3. Melissa Arsenoult (Olympia, WA) 36-6 1/4, 12. Danielle Sharkey (San Jose, CA) 33-7 1/4.

**Shot Put:**

1. Teena Brooks (Richmond, VA) 42-8 1/4, 2. Dawn Deltart (Loveland, OH) 40-0 1/4, 3. Ann Marie Simmons (Somerset, MA) 39-8, 7. Angela Williams (Rancho Cordova, CA) 36-7 1/2.

**Discus:**

1. Dawn Dehart (Loveland, OH) 136-9, 2. Kris Larson (Olympia, WA) 135-1, 3. Colleen Connolly (Hubbard, OH) 129-5.

**Javelin:**

1. Niki Nye (Roy, UT) 153-7, 2. Dawn Stedham (Centralia, WA) 148-3, 3. Debbie Clark (Woodstock, CT) 146-4, 10. Catli Farmham (Kentfield, CA) 101-7.

**Heptathlon:**

1. Cheryl Wilson (Ft. Lauderdale, FL) 14.3 (829), 2. Terese Wadman (Niles, IL) 14.6 (793), 3. Robyn Purdy (Salem, OR) 14.9 (759).

**High Jump:**

1. Terese Wadman 5-7 1/4 (954), Tie: 2. Susan McCowan (Oakland, IA), Holly Maloney (Butte, MT) 5-3 1/4 (854).

**Shot Put:**

1. Maureen McElyer (Decatur, IL) 37-10 1/4 (691), 2. Racel Rosenfeld (Houston, TX) 35-1 1/4 (637), 3. Debbie Cooper (S. Orange, NJ) 33-5 1/4 (603).

**200:**

1. Cheryl Wilson 25.4 (812), 2. Robyn Purdy 25.6 (795), Tie: 3. Terese Wadman, Cinda Mentzer (Roswell, GA) 26.4 (730).

**Long Jump:**

1. Terese Wadman 17-4 (743), 2. Robyn Purdy 17-2 (731), 3. Jewel Dorman (Yakima, WA) 16-10 (708).

**Javelin:**

1. Maureen McElyea (Decatur, IL) 143-9 (824), 2. Holly Maloney 127-11 (750), 3. Cinda Mentzer 104-5 (631).

**800:**

1. Cheryl Wilson 2:24.9 (730), 2. Susan McCowan 2:25.8 (720), 3. Holly Maloney 2:28.1 (693).

**Final Point Standings:**

1. Terese Wadman (Niles, IL) 4896, 2. Robyn Purdy (Salem, OR) 4801, 3. Holly Maloney (Butte, MT) 4792.

## Japanese Junior Meet

from Keith Conning

**August 21. Takamatsu, Japan.****Men**

**100:**  
1. Anthony Small (Canada) 10.73, 3. Gary Brown (U.S.) 10.88.

**200:**

1. Small (Canada) 21.36.

**400:**

1. John Hastings (Canada) 47.88, 3. Larry Walker (U.S.) 48.57.

**800:**

1. Kevin Waller (Canada) 1:53.18, 3. Ariel Galvan (U.S.) 1:54.80.

**1500:**

1. Harold Kuphaldt (U.S.) 3:48.82, 2. Marc Olesen (Canada) 3:49.02.

**5000:**

1. Giovanni Castellano (Canada) 14:50.21.

**110 Hurdles:**

1. Satoshi Murashima (Japan) 14.35, 2.

Michael Lee (U.S.) 14.72.

**400:**

1. Josphitaka Tsuchiya (Japan) 52.09.

**1600 relay:**

1. Canada 3:11.81, 3. U.S. (Michael Lee, Mike Kibort, Walter Tilque, Ariel Galvan) 3:20.02.

**High Jump:**

1. Mike Patterson (U.S.) 7- 1/4.

**Pole Vault:**

1. Ji Zobiao (China) 17-2 1/4.

**Javelin:**

1. Zhu Hua (China) 234-5.

**Discus:**

1. Ray Lazdins (Canada) 188-3.

**Long Jump:**

1. Wang Shijia (China) 25- 1/4.

**Shot Put:**

1. Peter Dajia (Canada) 62-1, 2. John Turco (U.S.) 56.77.

**Triple Jump:**

1. Sun Chang Jiang (China) 51-3 1/4, 3. Keenan Jones (U.S.) 48-7.

**Women****100:**

1. Diana Clarke (Canada) 11.82, 2. Zeldia Johnson (U.S.) 12.05.

**200:**

1. Angella Phipps (Canada) 24.30, 2. Ger-vaise McCraw (U.S.) 24.61.

**400:**

1. Cheryl Thipedeau (Canada) 55.48, 3. Michelle Taylor (U.S.) 57.03.

**800:**

1. Paula Schnurr (Canada) 2:07.29, 3. Carina Quesada (U.S.) 2:16.13.

**110 Hurdles:**

1. Teruyo Yamazaki (Japan) 14.00, 3. Leslie Maxie (U.S.) 14.38.

**1600 relay:**

1. Canada 3:40.91, 3. U.S. (Johnson, McCraw, Maxie, Anderson) 3:47.26.

**Shot Put:**

1. Huang Zhihong (China) 52- 1/4, 2. Dot Jones (U.S.) 49-10.

**Long Jump:**

1. Li Huisong (China) 20-9, 2. Yvette Bates (U.S.) 19-4 1/4.

**High Jump:**

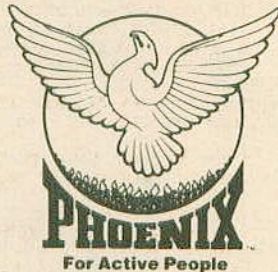
1. Liang Shaoping (China) 5-8 1/4.

**Discus:**

1. Ru Limin (China) 176-6.

**Javelin:**

1. Zhu Hongyang (China) 187-6.



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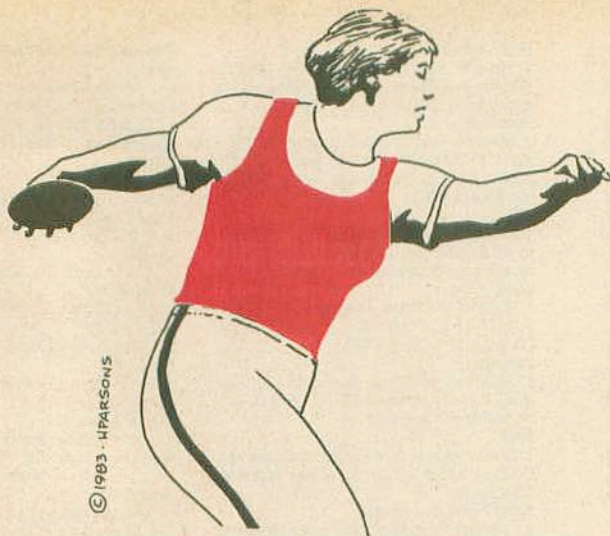
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## All-Time California High School Girls Best Marks

By **BOB WOMACK**

photo by Bill Leung, Jr.

Below are listed the All-Time California High School Girls best marks updated to July 10, 1983. This listing is a synthesis, combining the work of many other people, especially the following, whose help and encouragement should be acknowledged: Ron Blackwood, Calvin Brown, Keith Conning, and Howard Willman. Naturally, any responsibility for error is mine, not theirs and corrections, additions, etc., should be sent to Bob Womack, 4270 North Blackstone, Suite 211, Fresno 93726.

It should be pointed out that a high school athlete's season is considered to run through August 31st and therefore, class records can be set during summer all comers and age group meets. Also, graduating seniors still qualify for the high school list until that date.

This was the 10th season girls' track has been included in the CIF schedule. As an index of the program's maturity, there were no changes in the top 10 rankings in three events—200, 1500, and 1600 relay—the first time there hasn't been at least one change in each event. At the opposite end of the scale was the discus, where 1983 contributed four of the leading 10 marks. (The triple jump had six new leaders but this is only the second year for TJ competition.)

Fullerton's Natalie Kaaiawahia is the only athlete to hold all four class marks in an event; she's also the first athlete, male or female, to win four state titles in the same event.



NATALIE KAAIAWAHIA

### 100 Meters

(automatic timing)

**State Meet Record:** 11.42 Sharon Ware (Berkeley) at Berkeley 1980. **Frosh:** 11.60 Brenda Winston (San Geronio, San Bernardino) 1976. **Soph:** 11.58 Brenda Winston (San Geronio, San Bernardino) 1977. **Junior:** 11.34 Sharon Ware (Berkeley) 1980. **Senior:** 11.50 Kim Robinson (Westchester, Los Angeles) 1977.

11.34	Sharon Ware (Berkeley)-2 at Knoxville	1980
11.50	Kim Robinson (Westchester, LA)	1977
11.56	Jackie Thompson (Lincoln, SD)	1973
11.57	Valerie Brisco (Locke, LA)	1978
11.58	Brenda Winston (San Geronio, San Bdo)	1977
11.59	Monica Taylor (Grant, Sacramento)	1983
11.60	Gervaise McCraw (Ganessa, Pomona)	1977
11.61	Sheri Howard (Kennedy, Granada Hills)	1980
11.62	Inger Peterson (Dorsey, LA)	1981
11.63	Lisa Winston (Jordan, Long Beach)-1	1982

Hand Timing:

11.4	Elaine Parker (Oceana, Pacific)	1978
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### 200 Meters

(\*220 yards minus 0.12)

**State Meet Record:** 23.19 Sheri Howard (Kennedy, Granada Hills) at Berkeley 1980. **Frosh:** 24.01 Monique Robinson (Freese Jr., San Diego) 1982. **Soph:** 23.88 Nedrea Rodgers (Berkeley) 1981. **Junior:** 23.40 Denean Howard (Kennedy, Granada Hills) 1981. **Senior:** 23.08 Jackie Thompson (Lincoln, San Diego) 1973.

23.08	Jackie Thompson (Lincoln, SD)	1973
23.19	Sheri Howard (Kennedy, Grn Hls)-1	1980
23.25	Denean Howard (Kennedy, Grn Hls)-2	1982
23.27	Gervaise McCraw (Ganessa, Pomona)	1982
23.42*	Gwen Loud (Westchester-LA)-1	1979
23.62	Sharon Ware (Berkeley)	1980
23.72	Frieda Cobbs (Berkeley)	1978
23.75	Kella Bolton (Hill, San Jose)-1	1978
23.77	Valerie Brisco (Locke, LA)	1978
23.80	Diana Pullins (Muir, Pasadena)	1982
23.81	LaTanya Dawkins (Dorsey, Los Angeles)	1982

Hand Timing:

23.4	Kathy Hammond (Sacramento)	1969
23.5	Brenda Winston (San Geronio, SB)	1977

### 400 Meters

**State Meet Record:** 52.39 Denean Howard (Kennedy, Granada Hills) at Sacramento 1982. **Frosh:** 53.76 Leslie Maxie (Mills, Millbrae) 1982. **Soph:** 51.70 Denean Howard (Kennedy, Granada Hills) 1980. **Junior:** 51.09 Sheri Howard (San Geronio, San Bernardino) 1979. **Senior:** 50.87 Denean Howard (Kennedy, Granada Hills) 1982.

50.87	Denean Howard (Kennedy, Gran Hills)-2	1982
	at Knoxville	
51.09	Sheri Howard (San Geronio, SB)-1	1979
51.91	Mable Ferguson (Ganessa, Pomona)	1972
53.12	Frieda Cobbs (Berkeley)	1978
53.13*	Charlette Cooke (? Los Angeles)	1968
53.19	Leslie Maxie (Mills, Millbrae)-1	1983
53.27	Chewaukil Knighten (Locke, LA)	1983
53.34	Jeannie Arnold (Locke, Los Angeles)	1982
53.42	Arlise Emerson (Westminster)-1	1978
53.43	Gervaise McCraw (Ganessa, Pomona)	1982

Hand Timing (\*440 yards minus 0.3):

51.8*	Kathy Hammond (? Sacramento)	1969
53.0*	Charlette Cook (Los Angeles)	1966
53.4*	Janice Wiser (La Jolla)	1973

### 800 Meters

(\*880 yards minus 0.7)

**State Meet Record:** 2:06.08 Donna Curtis (Culver City) at Norwalk 1981. **Frosh:** 2:02.43 Mary Decker (Portola JHS, Orange) 1973. **Soph:** 2:02.29 Mary Decker (Orange) 1974. **Junior:** 2:04.6\* Ann Regan (Camden, San Jose) 1978. **Senior:** 2:03.8\* Charlette Cooke (Los Angeles) 1966.

2:02.3	Mary Decker (Orange) at Durham	1974
2:03.8*	Charlette Cooke (Los Angeles)	1966
2:04.37	Ann Regan (Camden, San Jose)-3	1977
2:05.5	Linda Goen (North, Bakersfield)	1977
2:05.59	Kerri Zaleski (Millikan, LB)-1	1983
2:05.7	Rennie Durrand (Laguna Beach)	1980
2:05.84	Jessica Spies (Livermore)	1981
2:05.9	Francie Larrieu (Fremont, Sunnyvale)	1970
2:05.9	Lynn Hollins (Riverside)	1976
2:06.01	Donna Curtis (Culver City)-1	1981
2:06.07	Trescia Palmer (Westchester, LA)	1982



JUDY GRAHAM (left) & MARY DECKER

## 1500 Meters

(★ En Route to Longer Distance)

**Frosh:** 4:24.17 Kathi Denz (Blair, Pasadena) 1978. **Soph:** 4:28.2★ Nanette Garcia (Silver Creek, San Jose) 1983. **Junior:** 4:16.8 Francie Larrieu (Fremont, Sunnyvale) 1969. **Senior:** 4:16.8★ Polly Plumer (University, Irvine) 1982.

4:16.8	Francie Larrieu (Fremont, Snyvie)	1969
	at Stuttgart	
4:16.8★	Polly Plumer (Univ., Irvine)	1982
	at Westwood	
4:20.9	Cheri Williams (Livermore)	1978
4:21.0	Vickie Cook (Alemany, WoodHills)	1981
4:21.5	Eileen Claugus (Rio Amer, Sacto)	1972
4:23.0	Linda Goen (North, Bakersfield)	1979
4:24.17	Kathi Denz (Blair, Pasadena)	1978
4:24.3	Debbie Heald (Neff, La Mirada)	1972
4:24.4	Ann Trason (Pacific Grove)	1977
4:24.6	Paula Rose (Newport Harbor)	1976
4:25.0	Regina Jacobs (Argyll, StudioCity)	1981

## 1600 Meters

(\* mile minus 1.8)

**State Meet Record:** 4:39.92 Polly Plumer (University, Irvine) at Sacramento 1982. **Frosh:** 4:40.2\* Mary Decker (Orange) 1973. **Soph:** 4:46.0\* Linda Goen (North, Bakersfield) 1977. **Junior:** 4:40.0\* Vickie Cook (Alemany, Woodland Hills) 1981. **Senior:** 4:33.44\* Polly Plumer (University, Irvine) 1982.

4:33.44*	Polly Plumer (Univ, Irvine)-3	1982
	at Westwood	
4:38.9*	Eileen Claugus (Rio Amer, Sacto)	1973
4:40.0*	Vickie Cook (Alemany, Wd Hls)	1981
4:40.2*	Mary Decker (Orange)	1973
4:43.15*	Cheri Williams (Livermore)-1	1978
4:43.90	Paula Bresnan (Kennedy, GrnHls)	1983
4:44.47	Denise Ball (Newbury Park)	1982
4:44.6*	Linda Goen (North, Bakersfield)-2	1979
4:44.78	Tracy Weber (Lynbrook, San Jose)	1981
4:44.93	Cory Schubert (Del Mar, SJ)-1	1983
4:45.00	Julie Seleine (University, Irv.)	1983

## 3000 Meters

(★ En Route to Longer Distance)

**Frosh:** 9:51.5 Tania Fischer (Chaminade, Canoga Park) 1979. **Soph:** 9:24.8 Vickie Cook (Alemany, Woodland Hills) 1980. **Junior:** 9:22.3 Vickie Cook (Alemany, Woodland Hills) 1981. **Senior:** 9:11.80 Cory Schubert (Del Mar, San Jose) 1983.

9:11.80	Cory Schubert (Del Mar, SJ)	1983
	at Indianapolis	
9:22.3	Vickie Cook (Alemany, Wood. Hills)	1981
9:30.3	Polly Plumer (University, Irv.)	1982
9:30.8	Eileen Claugus (Rio Amer, Sac)	1973
9:35.33	Tania Fischer (Chamin, Canoga Park)	1982
9:37.7	Su-Mei Lee (Eisenhower, Rialto)	1979
9:38.2	Katie Dunsmuir (Palisades)	1983
9:38.5★	Denise Ball (Newbury Park)	1982

9:41.2	Gladees Prieur (LaLycee, LA)	1983
9:42.0	Tena Anex (Fair Oaks)	1973
9:42.2	Lori Lopez (Sacred Heart, LA)	1981
9:43.33	Vicky Bray (Los Altos)	1977

## 3200 Meters

(\*2 mile minus 3.6)

**State Meet Record:** 10:08.14 Cory Schubert (Del Mar, San Jose) at Bakersfield 1983. **Frosh:** 10:17.1\* Vickie Cook (Chaminade, Canoga Park) 1979. **Soph:** 10:14.78 Vickie Cook (Alemany, Woodland Hills) 1980. **Junior:** 10:12.31 Vickie Cook (Alemany, Woodland Hills) 1981. **Senior:** 10:04.2 Cory Schubert (Del Mar, San Jose) 1983.

10:04.2	Cory Schubert (Del Mar, SJ)-1	1978
	at Berkeley	
10:06.2*	Cheri Williams (Livermore)-1	1978
10:11.78	Vickie Cook (Alemany, Wd Hls)-3	1982
10:15.8*	Eileen Claugus (Rio Amer, Sacto)	1973
10:15.99	Denise Ball (Newbury Park)	1982
10:16.4*	Cindy Schmandt (Santa Barbara)	1979
10:18.1*	Su-Mei Lee (Eisenhower, Rialto)	1979
10:19.10	Tania Fischer (Chaminade, CP)	1983
10:19.9*	Susie Meek (Palos Verdes)	1978
10:21.19	Lori Lopez (Sacred Heart, LA)	1981
10:26.74	Michelle Mason (Buena, Ventura)	1981

## 100 Meter Hurdles

(\* 110 yards minus 0.04)

**State Meet Record:** 13.71 Sherifa Sanders (Berkeley) at Norwalk 1981. **Frosh:** 14.10 Yvette Bates (Berkeley) 1981. **Soph:** 13.74\* Yvette Bates (Berkeley) 1982. **Junior:** 13.82 Sherifa Sanders (Berkeley) 1980. **Senior:** 13.71 Marlene Harmon (Thousand Oaks) 1981, 13.71 Sherifa Sanders (Berkeley) 1981.

13.71	Marlene Harmon (Thousand Oaks)	1980
	at San Jose	
13.71	Sherifa Sanders (Berkeley)-1	1981
	at Norwalk	
13.74	Yvette Bates (Berkeley)	1982
13.75*	Kris Costello (Lynbrook, San Jose)-2	1978
13.80	Aladrian Hunter (Dorsey, LA)	1981
13.88	Robyne Johnson (Berkeley)	1981
13.88	Chewaukli Knighten (Locke, LA)-1	1983
13.91*	Kim Costello (El Camino, SSF)	1978
13.95	Ruth Whitehead (Berkeley)	1982
13.96*	Judy Young (Berkeley)-1	1979
	Hand timing:	
	(* 33 inch hurdles)	
13.4	Judy Young (Berkeley)-1	1980
13.5★	Lorna Tinney (Oceanside)	1972
13.6★	Bobette Krug (La Jolla)	1972
13.6y	Yvonne Boone (Fremont, Oakland)-2	1974
13.6	Robyne Johnson (Berkeley)	1980
13.7y	Tonya Alston (Chico)	1977
13.7	Val Flemmings (Northgate, WintCk)	1981

## 300 Meter Hurdles

**State Meet Record:** 41.09 Gayle Kellon (Walnut) at Sacramento 1982. **Frosh:** 46.67 Christine Karns (Sierra, Tollhouse) 1981. **Soph:** 41.91 Gayle Kellon (Walnut) 1981. **Junior:** 41.09 Gayle Kellon (Walnut) 1982. **Senior:** 41.45 Gayle Kellon (Walnut) 1983.

41.09	Gayle Kellon (Walnut)	1982
	at Sacramento	
42.25	Audrey Williams (Saugus)-1	1981
42.26	Gail Devers (Sweetwater, NatCty)	1983
42.37	Sherifa Sanders (Berkeley)	1981
42.55	Sharon Hatfield (Fountain Vly)	1982
42.62	Felicia Thompson (Jordan, LongBch)	1982
43.13	Cynthia Cooper (Locke, LA)	1981
43.17	Margaret Demorest (Buchser, S Clara)	1981
43.21	Janice Farwell (Millikan, LB)	1983
43.38	Ruth Whitehead (Berkeley)	1982

## High Jump

**State Meet Record:** 6-1 Tonya Mendonca (Mt. Whitney, Visalia) at Bakersfield 1983. **Frosh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980. **Soph:** 6-0½ Sue McNeal (Carlsbad) 1978. **Junior:** 6-1 Sue McNeal (Carlsbad) 1979. **Senior:** 6-1 Tonya Mendonca (Mt. Whitney, Visalia) 1983.

6-1	Sue McNeal (Carlsbad)-1 at San Diego	1979
6-1	Tonya Mendonca (Mt. Whit., Visalia)-1	1983
	at Bakersfield	
6-0	Karen Lysaght (St. Fran, Sacto)-1	1980
5-11½	Tonya Alston (Chico)-1	1979
5-11	Kathy Hamilton (Beyer, Modesto)	1979
5-11	Maggie Van Zealand (Acalanes, Laf)	1981
5-11	Katrina Johnson (Marshall, LA)-2	1981
5-10½	Denise Yamada (Dos Pueblos, Goleta)	1983
5-10¼	Karl Gosswiller (Upland)-2	1978
5-10¼	Cindy Gilbert (Oceanside)	1974
5-10¼	Nancy Redican (Simi Valley)	1978

## Long Jump

**State Meet Record:** 20-8¼ Marlene Harmon (Thousand Oaks) at Berkeley 1980. **Frosh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 20-8 Wendy Brown (Woodside) 1982. **Junior:** 20-8½ Jodi Anderson (Washington, LA) 1975; **Senior:** 20-8¼ Kim Attlessey (Corona del Mar) 1971; 20-8¼ Marlene Harmon (Thousand Oaks) 1980.

20-8¼	Kim Attlessey (Corona del Mar)	1971
20-8¼	Marlene Harmon (Thousand Oaks)-1	1980
	at Berkeley and San Jose	
20-8½	Jodi Anderson (Washington, LA)-3	1975
20-8	Wendy Brown (Woodside)-1	1982
20-7	Dora Lee Roberts (Riverdale)	1971
20-5	Gwen Loud (Westchester, LA)-1	1979
20-4½	Carrie McLaughlin (Davis, Modesto)	1979
20-3¼	Joanna Harper (Fremont, LA)	1980
20-2¼	Denise Paschal (Lowell, SF)	1968
20-1	Gail Devers (Sweetwater, NatCty)-1	1983

## Triple Jump

**State Meet Record:** 40-3 Wendy Brown (Woodside) 1983 at Bakersfield. **Frosh:** 39-7 Gayle Wadsworth (Hawthorne) 1982. **Soph:** 40-1 Wendy Brown (Woodside) 1982. **Junior:** 40-8 Wendy Brown (Woodside) 1983. **Senior:** 39-7 Carole Jones (Chino) 1983.

40-8	Wendy Brown (Woodside)-2	1983
	at Bakersfield	
40-6¼	Yvette Bates (Berkeley)	1983
39-7	Gayle Wadsworth (Hawthorne)	1982
39-7	Carole Jones (Chino)	1983
39-3	Renita Robinson (Manual Arts, LA)	1983
38-11½	Cathy Roberts (Cerritos)	1983
38-9¼	Janis Diggs (Salinas)	1983
38-7½	Kim Taylor (Valencia, Plac)	1982
38-7¼	Ce Ce Chandler (Elsinore)	1982
38-6½	Alice Franklin (Valley, Santa Ana)	1982

Fine Flicks by Don Gosney



VICKIE COOK (left) & POLLY PLUMER

continued on next page...

## Shot Put 4k

**State Meet Record:** 52-7 Natalie Kaaiawahia (Fullerton) at Bakersfield 1983. **Frosh:** 48-4½ Natalie Kaaiawahia (Fullerton) 1980. **Soph:** 52-4½ Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 52-2½ Natalie Kaaiawahia (Fullerton) 1982. **Senior:** 53-7¼ Natalie Kaaiawahia (Fullerton) 1983.

53-7¼	Natalie Kaaiawahia (Fullerton)-4	1983
	at Norwalk	
50-3½	Lynn Graham (Muir, Pasadena)	1965
50-0½	Emily Dole (Buena Park)	1975
49-6	Kathy Devine (Mission Bay, SD)-2	1974
48-11¼	Susie Ray (Villa Park)-1	1980
47-11½	Iva Wright (Edison, Fresno)	1971
47-9¾	Debra Corley (Garces, Bakersfield)	1981
46-8½	Dot Jones (Hilmar)	1982
46-6½	Pam Alexander (Riverside)	1983
46-1½	Rosario Ramos (Anaheim)	1979
46-0½	Lorraine Costanzo (Saugus)	1981

## Discus

**State Meet Record:** 172-11 Leslie Deniz (Gridley) at Berkeley 1980. **Frosh:** 144-11 Leslie Deniz (Gridley) 1977. **Soph:** 162-10 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 175-10 Leslie Deniz (Gridley) 1979. **Senior:** 183-11 Leslie Deniz (Gridley) 1980.

183-11	Leslie Deniz (Gridley)-2 at Lancaster	1980
174-9	Natalie Kaaiawahia (Fullerton)-2	1983
167-5	Jacque Norton (Mission Viejo)-1	1982
167-1	Laura DeSnoo (Washington, Frmt)	1981
164-10	Karen Nickerson (Cordova, RanCord)	1982
162-11	Kim Kesler (Vintage, Napa)	1983
161-6	Linda Langford (Leigh, San Jose)	1969
158-7	Toni Lutjens (Righetti, SM)	1983
158-4	Christi Pyle (Hoover, Glendale)-1	1978
157-6	Lenora Barnes (Burrroughs, RdgCrst)	1983
155-6	Terri Sabol (Buena Park)	1975
155-6	Cindi Durchslag (San Carlos)	1981

photo by Dave Stock



YVETTE BATES

45.81	Kennedy (Granada Hills)-1	1980
	(Howard, Thompson, Howard, Howard)	
45.91*	Crawford (San Diego)-1	1977
	(Young, Gaston, Reed, Lovelady)	
46.01	Berkeley	1979
46.06	Poly (Long Beach)	1980
	(Evans, Smith, Randolph, Paige)	
46.14	Dorsey (Los Angeles)	1981
46.15	Hawthorne-1	1983
	(Burrell, Grant, Allen, Hill)	
46.16	Berkeley	1982
	(Whitehead, Rice, Bates, Rodgers)	
46.19*	Centennial (Compton)	1977
46.21	Fremont (Los Angeles)	1980
	(James, Gill, Harper, Ellery)	
46.23	De Anza (Richmond)	1980
	(Ward, Carpenter, Russell, Brandon)	
Hand Timing (*440 yards minus 0.2):		
45.7	Berkeley	1980
	(Rodgers, Ware, King, Young)	

## 1600 Meter Relay

(\*mile minus 1.1)

**State Meet Record:** 3:37.71 Kennedy (Granada Hills) (Howard, Cook, Johnson, Howard) at Norwalk 1981.

3:37.71	Kennedy (Granada Hills)-1 at Norwalk	1981
	(Howard, Cook, Johnson, Howard)	
3:37.98	Kennedy (Granada Hills)-1	1980
	(Howard, Cook, Howard, Howard)	
3:39.07	Manual Arts (Los Angeles)	1981
	(Holland, Wright, Jackson, Bonty)	
3:39.83	Poly (Long Beach)	1980
	(Rambo, Randolph, Smith, Paige)	
3:41.33	Berkeley	1981
	(Rice, King, Johnson, Rodgers)	
3:41.72	Dorsey (Los Angeles)-1	1982
	(Willis, Peterson, Rolfe, Dawkins)	
3:42.79	Manual Arts (Los Angeles)	1980
	(Holland, Jackson, White, Wright)	
3:43.0*	San Geronio (San Bernardino)-1	1979
	(Howard, Howard, Howard, Howard)	
3:43.26	Ganesha (Pomona)	1982
	(Savage, Robinson, Taylor, McGraw)	
3:43.5	Manual Arts (Los Angeles)	1982
	(Bonty, Munns, Wright, Lowe)	



LESLIE DENIZ

## 400 Meter Relay

(\*440 yards minus 0.23)

**State Meet Record:** 45.13 Berkeley (King, Ware, Johnson, Rodgers) at Norwalk 1981.

45.13	Berkeley-1 at Norwalk	1981
	(King, Ware, Johnson, Rodgers)	
45.42	Dorsey (LA)-1	1982
	(Stewart, Peterson, Rolfe, Dawkins)	



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## Profile of a Champion:

# Larry Walker's Climb to the Top



**LARRY M. WALKER, JR.**  
Edison High School (Fresno State University), Age 18, 6-feet, 150-pounds. Born February 8, 1965, in Fresno. Also competed for Behune Elementary and Irwin Junior High.

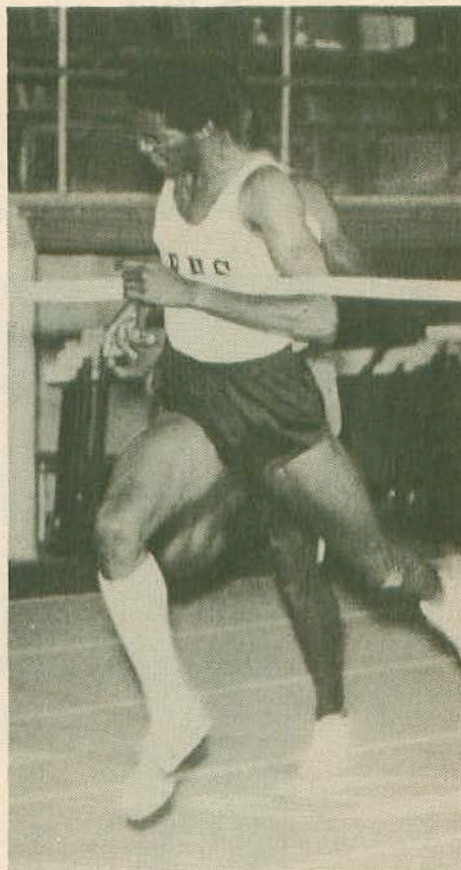
**Best Marks:** 100m—10.6, 200—21.8, 400—47.03, 800—2:05. All marks set in 1983. Coached by Oscar Haynes and Tim Kahn.

Edison High School in Fresno has long been known for their sprinters. A culmination of that tradition occurred in this year's CIF State Meet where the Tigers' 4x100 relay team set a new state record of 40.83. One of the members of that championship relay team was Larry Walker.

Larry's first two years of high school saw him struggling to find his place in the 200, long jump and triple jump. He accumulated personal bests of 22.7, 20-8 and 43-9. But because there were already so many short dash men and jumpers ahead of him he conceded to try the 400 in his junior year — that was the decision that marked the beginning of the emergence of Larry Walker.

He only lost once to San Joaquin Valley competition in that inaugural year at the 400. He won the Fresno City championship, the North Area championship and finally the CIF Central Section championship. His best time as a junior was 48.70. The next year he went all the way — undefeated in the regular season, capping it off with the CIF state meet victory and a PR of 47.03. Not bad for someone who ran his first 400 only the year before.

Next season, it's on to Fresno State



LARRY WALKER winning the California High School State Meet 400 Meter Championship.

University for the rapidly improving quarter-miler. "I liked what I saw at Fresno," said Walker. "They offered me a scholarship.

Coach Bob Fraley was very open and honest with me. It's close to home... my family and friends have always been a big support."

What are his goals for his freshman year as a Bulldog? "I'll probably run four events: the 200 and 400 and both relays," he predicted. "I'll continue to improve and would like to get down another second in the quarter. I'm shooting for Steve Campbell's 46.00 school record. That mark would also qualify me for the Olympic Trials next year."

From the progress Larry has made over the past two years, those goals seem very realistic. So far he has met his goals and followed the path he has charted. "I will not say that I'm lucky. Due to the fact that I planned on everything that has happened to me, to happen. I did not sit down and let anyone give me anything. I worked for everything I have received," recalled Walker.

"What has happened to me within the last year is wonderful. I accomplished three of my important goals. First of all, I won the state 400 and 400 relay, the following week I graduated, and then a scholarship was offered to me. My GPA for the last semester was a 3.14. I felt that if I can do well in track, I can do well academically. Therefore, I applied myself in the classroom as well.

"There is only one thing I haven't accomplished. That is to have a picture of myself on the whole cover of *California Track & Running News*. I am determined to achieve that goal within one year."

Edison High sprint coach Tim Kahn sums up Larry's future best: "His faith in God, family support, determination and ability to generate friends will make him a success in whatever he does. In track, if pushed, he has the potential to become an Olympian before he's through."

Fine Flicks by Don Gosney

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See page 4 for an order blank

# 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.

## Lake Merritt J. & S.

230 Marlow Dr., Oakland 94605

Lake Merritt Joggers and Striders have been doing a lot of running around lately. Ron Felzer ran the Double Dipsea on July 12 and finished 9th overall with a 2:01:26, good for 3rd fastest in the 40-49 division.

Joe Schieffer ran the Dos Equis Aggie 8K on July 3rd in 26:44 for 10th overall and 3rd submasters.

In the BIG event, the San Francisco Marathon, Sue Vinella-Brusher qualified for the Olympic Trials Marathon with her PR 2:51:02. Joe Schieffer ran a PR by 2 minutes with his 2:31:05. Hisae Reichel qualified for the Boston Marathon with her PR 3:40:32 (it took her 2 minutes to get to the starting line). Dave Reichel ran a PR by 25 minutes with 3:17:31. Ted Vincent qualified for the Boston Marathon in the 40-49 division with his 3:09. Doug Conover ran a PR 3:19. Others included: Ernie Isaacs a PR 3:24:59, Harvey Schwartz a PR 3:12, Eric Ivary 2:35, Mike Nelson 3:29, Kristin Martin 3:15, Ron Bachman 3:45, Bob McQueen 3:59:03 and Dan Williams 2:49:30.

## Tri-Valley Running Club

P.O. Box 121, Livermore 94550

The Tri-Valley Running Club has been the replacement for the old Livermore Valley Club as of February, 1982. The club has also taken over the production of the Livermore Marathon which will return in 1983. In addition they took over the direction of the Livermore 8.56 mile race in both 1982 and 1983.

Executive officers of the club are Bob Bryant, President; Ray Dovik, Vice President; Jean Shuler, Treasurer; Steve Taylor, Corr. Secretary; and Sharon Murray, Recording Secretary. Ruth Anderson serves as an advisor with race information.

The 1983 version of the Livermore Marathon will be contested on December 10th. It starts and finishes at the Lawrence Livermore Lab and is being recertified so as to give runners another chance to qualify for the Olympic Trials. It's a fast course and the weather is usually cool. Entry forms may be obtained at the above address.

## Southern Calif. Striders

8306 Wilshire #316, Beverly Hills 90211

In the start of an effort to capture all existing submaster relay records, the Southern California Striders submaster team set a two mile relay world record for age 35# of 8:04.9 at the Don Palmer Memorial Relays.

Robert & Carol Sports Photography



WALT BUTLER

New Strider member, Mike Collopy, ran 2:00.9 to take a lead which was never relinquished. Subsequent half-mile legs were run by Ron Jensen (coming back from an injury) in 2:02.1, distance standout John Kennedy in 2:04.9, and anchor Ken Stuart in 1:57.0. The meet was held on July 30th at Long Beach State under sunny skies with a

temperature in the high 80's.

Also on the same day the 50-59 team composed of Jerry Withers, Walt Atcheson, Tom Sturak and Bill Fitzgerald got in on the act by setting a new world record for the two mile relay. Their time was an impressive 9:07.8. Super!

At a tri-meet at Palomar College in San Diego on August 6th, Red Doms, age 76, set three world records in the following categories: 12# shot put 28.9, 1.6 discus 84.11 and threw the 800 gr. javelin 78.9.

## West Valley Joggers & Striders

1124 Kensington, Sunnyvale 94087

Winning road races has become a habit with some members of the club — five have broken the tape in the past few months.

Mike Holst started the string by winning the Gold Bar 10K in San Jose on April 16 in 32:42. Jake White, a masters runner, won the Norwood Creek 3.8-miler outright with a 21:20 on May 21. The same day, submaster Ken Drew was winning another 3.8-mile run, the Memorex race at West Valley College, in 19:26. Gil Uresti took first with 25:43 in the Sri Chinmoy 8K in Menlo Park on May 29, and Don Dugdale won the Holy City 9.08-miler on June 19 with a 53:49.

High schooler Joe Sordi Jr. broke the club 440 record with a 50.5. Two often-run club courses also saw records broken, with Uresti topping all previous times on our 4.68-miler with a 24:20 and Dan Minutillo running 14:18 for two splits on the 1.46-mile relay course. Jake White broke his own masters record on the 2.75-mile club loop with a 14:04.

Another club member, Ulrich Kaempf, has won the 50-plus division of all the races he has entered this year, and has a yearly 10K best of 33:41.

WVJS masters teams, victors earlier this year in 20K, half marathon and 10-mile PA/TAC championships, added 10K, 15K and 25K to the victory list, and finished 4th in the national masters marathon in Seattle. Tim Rostege was the top club master in all three of the team victories, with a 32:49 at the Devil Mountain 10K in Danville, a 51:52 at the 15K in Sacramento, and a 1:28:38 at the 25K in San Francisco.

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## Impala Racing Team

342 - 24th Ave. #202, San Francisco 94121

Impala president, Sue Johnson, remains undefeated in masters competition this year. Her latest victory was at the Hilly Presidio 10 Miler. Earlier this summer, she won the Diet Pepsi 10K in San Mateo, which sent her to a race in Seattle. There she was 1st master again, which won her a trip to the national Diet Pepsi Race being held in New York next year.

Birthe Kirsch, 44, took time off from her trip home to Denmark to win the Copenhagen Half Marathon.

Nelda Williams, Impala secretary, brought home the first place trophy in her division from the Kaiser Lake Merritt 5K Run.

Erin Brightwell, the youngest Impala at age 8, won the 12 and under division in the Run for Life 5K.

Eight Impalas ran the Hook and Ladder 10K, and 6 came up with personal records. The team of Leslie McMullin, Jeanne Lavin, Hilory Naylor, Jean Gutsche and Connie Sadler combined to defeat a strong women's field (which had 25 women under 40 minutes), winning top honors and breakfast at the Cliff House.

Leslie McMullin requalified for the Olympic Trials, running 2:42:44 at the Capital City Marathon in Olympia, Washington.

Peggy Lavelle, not content with only one sport, entered the Redwood Shores Bialthlon, and came in second in her division.

The Impalas assistant coach, Dick Jones, should now be addressed as Dr. Jones, D.P.M.

Lisa Palladino will be back on the roads soon, after taking a few months off to have her and Steve's baby boy, Vincent, on August 8.

## Modesto Footracing

1600 Sunrise #14, Modesto 95350

The Modesto Footracing Association is gearing up for their big event on the weekend of Oct. 22-23, the MODESTO NATURAL LIGHT FOOTRACE 10K championships and 2 mile run.

This year's event is shaping up as the best ever, with many top runners already entered from Central and Northern California. Plus many exciting random prizes including free fun packages to Reno, Tiger running shoes and running bags, newly created and attractively designed t-shirts for everyone, Accusplit award watches for divisional winners, souvenir photos, and cash awards.

In addition, a special running clinic featuring Sister Marion Irvine will take place Saturday evening in conjunction with a runners dinner at the Holiday Inn.

Defending champion Dan Buntman has entered as well as local favorite Benton Hart. Buntman, who is currently nursing an achilles injury states that if he is not fully recovered to run the NYC Marathon, he will be back to Modesto to take on his challengers. And Hart, who is persistently bothered by seemingly chronic injuries,

says, if in shape, he will try to take the 10K record under 29-minutes. The powerful Bay Area Aggie running team has sent a letter stating they will send down possibly up to 25 of their top runners. Also committed is legendary Walt Stack of San Francisco, world marathon record holder Mavis Lindgren, and of course national age record holder Sister Irvine.

Weather is traditionally ideal and cool on this flat, flat, certified course, making it exceptionally attractive for personal bests.

Get your entry forms now by writing or phoning the race director, Jeff Highiet, 229 Charlemagne Way, Modesto 95350. (209) 527-7597.

## NorCal Seniors TC

2766 Summit Dr., Hillsborough 94010

On July 3, over 145 of the best masters and sub-masters track and field people in the state and from elsewhere (including over 65 NCSTC members) gathered for one of the outstanding meets of the year, performing several American and world records. The 4x800 meter relay (40-49 div.) world record was broken and now goes to the Southern California Striders (Fernie Montanez, Bill Knocke, Mel Elliott and George Cohen) with a time of 8:11.63; the West Valley Track Club (Dave Romain, Ron Whitney, Pete Richardson, and Harvey

NorCal Seniors TC photo



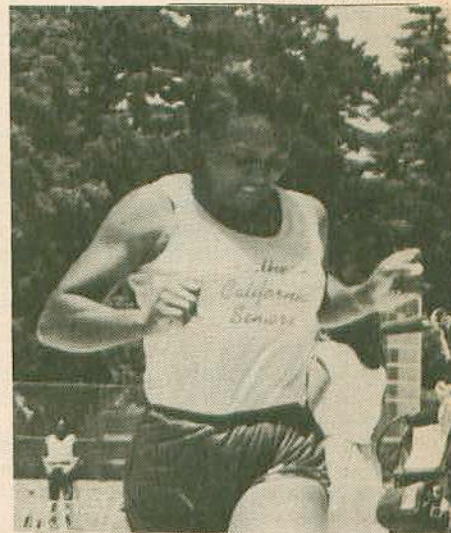
BOB STONE

Franklin) also broke the previous record with an 8:13.8. Also the Southern California Striders (Bill Fitzgerald, Jerry Withers, Tom Sturak and Walt Atcheson), (50-59 div.) set a new world record of 9:17.8.

A new world record was set in the 110 meter hurdles by Walt Butler (with a 14.3)

age 42. Payton Jordan (66) ran a world record time of 12.7 (he holds the age group record of 12.6 he set at age 65); and Harry Koppel (70) ran 13.7 in the 100 meters (he set the new world record of 13.59 the week before in Eugene, Oregon, bettering the age 70 record held by Frederick Reed of South Africa). Lamar Jackson (77), Josiah Packard (79) and Sing Lum (79) ran a closely contested 100 meters, won by Jackson in 15.7. Jim Hines ran an impressive 100 meters and anchor leg on a 4x100 relay, coming back at age 36.

NorCal Senior TC photo



CHERRIE SHERRARD

Payton Jordan (66) and Harry Koppel (70) also set world age records in the 200 meters with a 26.6 and 27.7. George Mason set a new American record of 1:55.7 in the 800 meters.

Herm Wyatt (53) established a new world record for age 53 in the high jump with a 5-10 3/4, only 1/2 inch off his age group world record he set at age 50. Jim McCarthy (69) jumped a creditable 4-4. In the discus, Ross Carter (69) set a new world record of 37.72, and Bob Stone (63), Mark Henderson (62) and James York (70) set new American records. Carter's shot put of 13.37 and Emery J. Curtice's (76) javelin throw of 28.82 were also world records.

The Nor Cal Srs women presented their first field of women over 60: Thelma Rubin (61), Midge Burkhead (64) and Josephine Kolda (65) in the 100 and 200 meters. Gretchen Snyder (49) set new American records in the 800 meters (2:31.9) and in the 200 meters (29.5), as well as bettering the 400 meter record with a 66.4. The 400 meters was won by Irene Obera (49) with a 64.4. Jaclyn Caselli (62) broke the 5000 meters with an impressive new world record of 22:06.2. Cherrie Sherrard (44) ran the 100 meter hurdles in 15.2, the 100 in 13.7(AR) and established American records in the discus (25.56) and the shot (10.21). Fran Conley (42) and Shirley Dietterich (56) set new American age records of 32.86 and 19.38, respectively, in the javelin.

continued on next page...

## Club News

### Southern Calif. Falcons

22941 Hazelwood, El Toro 92630

George Payan's Southern California Falcons are continuing their summer training with intense stamina and dedication. The type of training that they are currently participating in will be beneficial to them in the upcoming cross country season. Training to build up speed and endurance seems to be the main objectives this summer but dedication is also an essential part of each summer; and this is what Payan is stressing each day to his runners.

A recently run 5k race at Mason Park in Irvine brought forth great results for 2 of the new runners that the club has received. First is Christine Castro with a time of 24:56 followed by Brenda Calderon with a time of 26:13. Then the following day more of the team participated in the South Coast Summer Classic (7/24) with outstanding performances by two more beginning runners. Tony Aguirre crossed the finish line with a 25:07 and not far behind was Tony Garcia with a finishing time of 29:26. These times aren't record breaking but even Salazar had to start somewhere.

Their speed training comes every Tuesday on which they participate in a mini track meet of their own. To gain speed and experience of competition is the main goal of this function. The first race is the Boys Mile in which the leader is Jose Alcaraz with a 4:51.2 followed closely by his brother Sal Alcaraz with a 4:51.3. In the Girls Mile the dominating runners are Maria Vargas (6:05) and Aurora Cardenas (6:54). The next event is the 800m where Sal Vargas has the best time of 2:09.5. The girls 800m is led by Brenda Calderon (3:06) then followed by Paula Garcia (3:07) and Quincie Swords (3:08). Sal Vargas has the fastest time in the 400m with 59 sec. with Doug Drazkowski (60 sec.) right behind him. In the girls 400m the leader continues to be Christine Castro (1:20).

### Santa Clarita Runners

P.O. Box 481, Newhall 91322

The SCR's 'publication officer' has had a slight case of burn-out lately, but will now try to bring you all up to date on our exploits. You will recall this last column's insufferable bragging regarding our SPA-TAC 5K wins in 5 divisions and threats to take it all at the 15K. In the end only our 50+ team went. And they did win the team title (over the Orange Coast Flyers). The rest of us were putting on, or participating in, the Newhall 10K which successfully raised money for the cross-country teams of our three local high schools. We are, however, gearing up for the 25K in Sept. and will be sponsoring the 20K on Oct. 9th.

At the Mt. Wilson Trail Race, Steve Durand took 2nd overall. His father, Dick, was, as he put it, "First 50 to death," as usual. He has won his age division all 9 years that he's run the race.

In June the SCR's helped put on the Avon Marathon. There were 7 aid stations and we provided over 100 volunteers. It was really fun! We also had several runners competing. First time marathoners Shannon Krause (3:30:07) and Mel Johnson (3:02) and second-timer Dianne Gale (3:39:14) may not have had as much fun as the rest of us, but certainly ran well.

Gene Blankenship was part of the world record set in the Masters 100x1 Mile Relay on the track in San Diego. He ran 4:59.8 and later lowered his time to 4:45 to take the masters win at the Birmingham All-Comers 1600. We had many outstanding efforts including Dave Walsh's 9:02 for 3200 meters, and Tim Hampton's 4:16 1600. Joe Hampton took 2nd in the race-walk (7:20).

Some members have been venturing into ultras. Roy Pellerin (6:20) and Ron Smith (6:40) both completed the Haleakala Run to the Sun — 36.2 miles and 10,023 feet up!

Finally, two new developments: (1) We are forming, sponsoring, and recruiting an Open Racing Team (please write the above

address for qualifying standards), and (2) have hired a coach to help with our training, Steve Brown (1982 L.A. Lite Marathon Champ—2:16). Our future looks great!

### Mizuno East Bay Striders

5742 Claremont Ave., Oakland 94618

August 7 dawned hot and humid in the Berkeley Hills as Neil Berg, Eric Williams, Dan Williams, Joe Schieffer and Carl Wisser stood waiting for the start of the Pacific Association TAC 50 Kilometer Championship SKYLINE 50K. This rugged course has more than 10,000 feet total elevation change. East Bay Strider's team took the TAC title with Neil Berg finishing second (3:51), Eric Williams fourth (4:11) and Dan Williams fifth (4:12). Neil, Eric and Dan were also first, second and third, respectively, individual TAC finishers. After considerable jockeying Berg took the lead from Eric Williams at mile 23 and held it until mile 29 as temperatures soared into the middle 90's. Eventual winner, Steve Slawson, passed Neil with about 2 miles to go. Slawson's time of 3:49 was about 16 minutes off the course record set by Dan Williams a year ago on a course which was about 1 mile shorter.

Seven Striders (Hawthorne, E. Williams, Brusher, D. Williams, Monteverdi, Berg and O'Donnell) were among the top of the 3000 or so finishers in the Oakland A's 8K on August 13. Brad Hawthorne took sixth place with a time of 24:10. Eric Williams ran an excellent 25:34, considering he was still recovering from the Skyline 50K which took place less than one week before.

Bill Brusher won his division in the San Leandro Shoreline 2 Mile Run on June 5 with a time of 10:15. On the same day, Dann Brown successfully defended his victory at the Russian River Half Marathon last year by winning this year's event with a time of 1:10:33.

## 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



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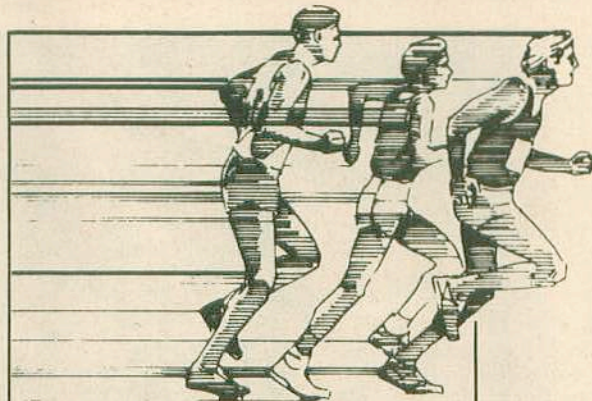
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# Results

## The Great Point Fermin 10 Miller

by Richard Lee Slotkin

(Point Fermin Park, San Pedro) There are certain things that have captured the imagination of men throughout history. Great events they have been, such as the Parting of the Red Sea, Caesar crossing the Rubicon, the Battle of Hastings, The Monitor and the Merrimac and the Charge of the Light Brigade. As long as the bards are among us, and as long as there are those among us with the heart and imagination to savor the events of yore, these great moments will never be forgotten.

And now, taking its rightful place among the great moments of history is that celebration of man's true grit and greatness known as the Great Point Fermin 10 Miller. It is the oldest two-loop, un-sanctioned 10 mile race in San Pedro, which, alone, gives it a claim to the honors heaped upon it. But age is not all that matters. If it did, my ex-mother-in-law would have made sainthood by now, which she didn't. And won't, if I have anything to say about it.

No, the Great Point Fermin 10 Miller has much more going for it. It's not a tough course, really. Mostly flat, with some rolling, but not very high, hills. Weather isn't usually a problem, because there's usually a nice breeze coming off the ocean. It's not even the competition. Nobody any good ever runs it. And it isn't the massed mobs of runners. They never have more than 120 people entered.

Well, what is it then that makes this race so unique and noble? Why do we speak of it with the same reverence and awe as we do for the Trojan War? Why do we gaze upon the results pages with the same humility with which we look upon the Magna Carta or the Constitution?

All I can say is: If you have to ask, you are plainly and simply a Philistine and it would do no good to even try to explain it. Those of us who appreciate greatness understand.

Anyway, this 9th running of the Great Point Fermin 10 Miller was in keeping with its tradition of greatness. Part of the tradition is unpredictability. The race was so traditional ... that is, unpredictable ... this year that it was postponed a month. It seems that the race director, Thom Lacie, injured his back about a week before the race. He strained it trying to lift the bags of sponsor money and pre-registration fees to take them to the bank. Because of the hordes of people who could not be contacted on such short notice, he set up a start and finish line on the original race day anyway, and encouraged those who showed up to run the course as a time trial. That was quite an experience. It's the first time that I ever finished in the top ten in a race. Not quite in shape, I ran a little under 71 minutes, so with another month to prepare, I expect to run a PR in the "real" races. Unfortunately, during that month, I had to go to San Francisco to cover the S.F. Marathon, and that week played havoc with my training.

Nevertheless, it wasn't the performance, but the mere act of participating in history that brought me back for the newly scheduled 10 Miller. Demonstrating yet once again the innovativeness that sets Thom Lacie apart from other men, there were two unique and wholly remarkable features incorporated into this year's running of the GPFTM. (No, not his wife and sister taking first and se-

cond places. That was 2 years ago.) First, there was a separate start for the women ... and girls. They were given a ten minute head start. That made it quite thrilling for many of them, but quite boring for the rest of us. But, still it was historical, and that's what counts. I mean, the women ... and girls ... probably got a ten minute head start when the Red Sea parted too, but we still remember it as a great event.

The second innovation, and this has to go down in history right along with the development of monotheism, was

Boy! Did we sweat. When I started the second loop, I took off my T-shirt, and, without even slowing down, tossed it on to the hood of my nearby parked car, and promptly found myself 17 pounds lighter. Dented my car's hood, too. But I get ahead of myself.

While the race committee was setting up the pot luck lunch tables, causing many of us to consider forgetting the run and getting right down to culinary business, the women ... and girls ... were being prepared for their start. Lacie's back was still giving him trouble

photo by Debra Wolff



TAY DELAYNEY (1967) & MARK DELAYNEY in tie at finish

replacement of age group divisions with food group divisions. People were entered according to what food they brought as part of the post race pot luck lunch. Being a Pepsi freak, I brought a couple of 2 liter bottles of the stuff. That put me in the same division ... soda pop ... as Tay Delayney, Manny Burrola and Louis Pinon, all sub-60:00 ten-milers. My PR is 68:57. Thanks, Lacie. But, what the hell, history is history and I was part of it.

Another innovation, although it wasn't planned, was the weather. It was quite humid, and even the sea breeze didn't help. That was fine, though, for this is the stuff of which legends are made. Future generations will speak in hushed tones of The Great Sweat of '83.

so he wasn't running today, which meant he could be the starter. He sent the ladies ... and girls ... off, and then the rest of us waited. Soon, it was countdown time for us, and we swarmed *en masse* to the start by the ones and twos. (We would have swarmed by the hundred, but there only about 70 of us. We did the best we could.)

Then, we were off. Considering that the last of the women ... and girls ... were at least 3/4 of a mile ahead, you'd think there would have been quite a rush to see who could be the first to make contact. Instead, the start was almost leisurely. In centuries hence, men will speak of The Great Shuffle of Point Fermin.

The pace was so slow that at the one

mile mark I could still see the leaders and tell who they were, one of whom was Steve Corona, running without a top, which I wish I had been doing. About that time, world's second best photographer Bill Leung caught up to me, along with Art Nuno. "We're going for a 69:59, so if you want to break 70:00, stay with us," he said. Being as we went through the mile in 7:05, that was likely to take some doing, although not for Nuno, who can run closer to 50:00. They began to pull away and Bill said something that I didn't quite hear, so I picked up the pace and caught up to them.

"Hey! This isn't so bad," I thought. I figured I might as well just stay with them after all.

That lasted about a quarter of a mile. The Great Sweat was getting to me. It was getting to everyone, but things being relative, and I was relatively slower than these guys, I began to fall back.

Meanwhile, the first of the women ... and girls ... was coming into sight. Actually, it was the last of them. The first would be heading towards me pretty soon.

In fact, she did. I don't know who it was. She led for quite a while, but coming back on the second loop, she dropped to 3rd, so I guess it doesn't matter. Whoever she was, she was faster than I was. I think it was Audrey Abang, because she's the one who finished 3rd. Meanwhile Mark and Tay Delayney had taken the men's lead, following a 5:10 first mile, in which they were accompanied by Corona, Andre (Look at me, Thom!) Tocco, Dan Brady and Ruddy Cornielle. The Delayneys are brothers and they ran together the whole way. Nobody really challenged them, although good 'ol Dan Brady might have, except he was running with Andre. Future generations will recall with awe The Great Companionship Run.

Meanwhile, I was surviving, so that I might appear in history, by picking off the women ... and girls ... Each time I passed one it got progressively more difficult to catch the next one. A matter of the physics of increasing velocity of points in a variable velocity mass. But, I had to do something to take my mind off my T-shirt, which by now was up to 11 pounds. My shorts were getting heavy too, but that's another story.

While the Delayneys were slowly establishing their lead, Laurie Meighan and Maria Santesteban were running together trying to keep Abang from getting away. In the last 2 1/2 miles, Meighan made her move and won going away. Her time was only 70:24, but you have to give a good minute and a half to the humidity. Another 30 or 40 seconds could go to the third of the Lacie innovations. You see, in the previous runnings of the GPFTM the 2 loops were not identical, the 2nd being slightly longer. This time, Lacie decided to make two equal loops. In so doing, he added about 200 yards to the total.

Centuries hence, the bards will sing of The Great Shaft, I mean, Shift!

Whatever, Santesteban stayed close enough to pass Abang and take second with a 71:49. Maybe it wasn't Abang. I don't know. The Bards won't give a damn ten thousand years from now, either. But they'll remember the GPFTM.

Somewhere along the way, Nuno got tired of dragging Leung along so he took off. It didn't matter. He only picked up 5 places. Brady, good 'ol Dan, that is, got tired of pacing Andre, eventually, and he finally made a last ditch run at the leaders. All he got out of it was 3rd place and a lousy 5 seconds on Andre, who's over twice as old as he is. But, Andre missed 4th place by a second as Ruddy Cornielle held on for a 56:28 finish. That

gave Andre a 56:27, and good 'ol Dan 56:22.

The Delayneys, Mark and Tay, took first and second in 55:55. They never really agreed to tie, but as they had run all the way together and taken turns pulling each other, neither made a break for the tape. There wasn't any tape actually. There wasn't even a finish line; just a crack in the sidewalk. Whatever it was that they had to cross, they crossed it together, and Mark was arbitrarily given first, probably because he is older... and bigger.

Both agreed that the humidity was a problem. In fact, it was just about unanimous. The times were all about 3 minutes slower than normal, right down the line. Of course, 60 seconds of that will be immortalized by the bards as The Great Lacie Minute.

With 3 awards in the soda pop division, and with Tay Delayney running 55:55, and Manny Burrola and Louis Pinon finishing in 60:04 and 60:11, respectively, there went my chances for an award. I don't care. They had junky awards, anyway. Lacie was using the race as an excuse to get rid of the stuff he couldn't sell in his store, Marathom's, sometimes called Marajak's. As a matter of fact, Marajak, Jack Cochran, finished 8th overall in 57:43. I think he won a Marathom's cap. Serves him right.

He now blends into history in what will someday be known as The Great Rumage.

Well, eventually, everyone got in, and even for the stragglers there was plenty of pretty good food. Egg rolls, salads, some really exotic dishes, plenty of Pepsi, thanks to me... It was almost worth the sweat. Allan Johnson put the women... and girls... to shame with his prize winning chocolate cake, which the bards are sure to remember as The Great Bake-Off.

So, like Paul Revere's Ride, like the storming of the Bastille, like the 8th Great Point Fermin 10 Miler, the 9th Great Point Fermin 10 Miler is history. History, with a capital "H".

Peace.

#### Results

1	Mark Dulaney(29)	55:55
2	Tay Dulaney(23)	55:55
3	Dan Brady(23)	56:22
4	Ruddy Cornielle(23)	56:26
5	Andre Tocco(47)	56:27
6	Andy Martinez(33)	57:14
7	Paul Maier(35)	57:17
8	Jack Cochran(32)	57:43
9	Steve Corona(22)	59:15
10	Mike Orr(28)	59:48
11	Allan Johnson(39)	59:49
12	Steve Hart(22)	60:02
13	Manny Burrola(37)	60:04
14	Louis Pinon(18)	60:12
15	Richard Provost(37)	60:23
16	Mike Trujillo(20)	61:17
17	Mark Storr(26)	61:28
18	Ralf Latham(41)	61:35
19	David Delgado(15)	62:23
20	Don Weiss(18)	63:23
21	Art Nuno(28)	64:20
22	Keith Kanouse(21)	64:58
23	Dennis Ogren(35)	64:28
24	Kurt Hegetschweiler(33)	68:02
25	Morgan Roarty(15)	68:16
26	Bill Leung(33)	68:35
27	Tom Hanson(45)	68:56
28	Dave Dieter(42)	69:11
29	Mike Marengi(17)	69:28
30	Lewis Wong(28)	69:37
31	Laurie Meighan(20)	70:24
32	Bill Power(56)	70:33
33	Maria Santisteban(17)	71:49
34	Audry Abang(24)	72:47
35	Dick Slotkin(50)	73:54
36	Lucrecia Escalzo(23)	73:59
37	Betty Cohen(39)	74:15
38	April Dean(26)	77:12
39	Patti Lacie(22)	77:19
40	Priscilla Braham(22)	77:44
41	Sharon Hegetschweiler(32)	79:32
42	Susan Tucker(31)	79:55
43	Corrine Schratz(39)	80:17

#### BEST FOOD AWARDS

**Fruits & Vegetables:** Male: Frank DeLucia. Female: April D'Ambrosi.  
**Bread & Crackers:** Male: Jim Padbury. Female: Judy Puma.

**Yogurt & Cheese:** Male: Kurt and Sharon Hegetschweiler. Female: Kathy Bogdanich.

**Pastry:** Male: Allan Johnson. Female: Lynn Wohlers.

**Other Food:** Male: Oguchi Kouki. Female: Evon Herrera.

#### BEST BEVERAGE AWARDS

**Beer:** Male: Richard Provost. Female: Leslie Buchan.

**Juice:** Male: Louis Holmes. Female: Elma Beck.

**Soda Pop:** Male: Don McCollom. Female: Sofia Kennedy.

**Mineral Water:** Male: Pete Mirich. Female: Darlene Galindo.

**Other Beverages:** Male: Jon Smith. Female: Al Bernardi.

**Grand Prize:** Rex Brewer who brought ice cream for everybody and then some!

#### TOP FINISHERS

**Fruits & Vegetables:** 1. Dan Brady, 2. Andy Martinez, 3. Laurie Meighan.

**Yogurt & Cheese:** 1. Don Weiss, 2. Lou Turcany, 3. Dave Wisker.

**Bread & Crackers:** 1. Mark Dulaney, 2. Ruddy Cornielle, 3. Paul Maier.

**Pastry:** 1. Andre Tocco, 2. Allan Johnson.

**Other Foods:** 1. Jack Cochran, 2. Kurt Hegetschweiler, 3. Dave Dieter.

**Beer:** 1. Steve Corona, 2. Steve Hart, 3. Richard Provost.

**Juice:** 1. Mike Orr, 2. Mike Trujillo, 3. Lucrecia Escalzo.

**Mineral Water:** 1. Maria Santisteban, 2. Darlene Galindo, 3. Berly Obando.

**Soda Pop:** 1. Tay Dulaney, 2. Manny Burrola, 3. Louis Pinon.

**Other Beverages:** 1. Rose Maes.

47	Merry Humphreys, S.Rosa(28-2F)	37:17
48	Mike Secheski, Sonoma(32)	37:19
49	Thomsa Rehner, S.F.(31)	37:31
50	Fred Kenyon, Forestville(32)	37:34
51	John Anderson, S.Rosa(29)	37:36
52	Tom Clancy, S.Rosa(36)	37:39
53	Philip Widener, S.Rosa(36)	37:44
54	Geoffrey Williams, S.Rosa(35)	37:50
55	Edward Celestina, Sebast.(32)	37:51
56	Michael Locati, Mill V.(31)	37:51
57	James DeCruz, Alameda(36)	37:53
58	Jon Shilling, Penngrove(21)	37:53
59	Steven Weiss, Windsor(30)	38:04
60	Joseph Carrillo, Milpitas(26)	38:08
63	Anne Capers, SanLeandro(28-3F)	38:13
80	Julie Ruiz, S.Rosa(16-4F)	38:59
81	Pearl Anit, Pacifica(23-5F)	38:59

## Central Park Race

July 4. Santa Clara. 3.4 miles.

<b>Overall</b>	
1	Grant Foster 16:49
2	Sal Berumen 16:51
3	Dan Minutello 17:30
4	Charles Lighty 18:16
5	Jerry Cashmar 18:34
6	Tom Rich 18:38
7	Rory O'Flaherty 18:48
8	Eric Studenicku 19:01
9	Paul Eckert 19:01
10	John Ellis 19:04
11	Bill Brennan 19:20
12	Gregory Burke 19:20
13	Collin Wetmore 19:20
14	Peter Chronis 19:27
15	Jeff Reynolds 19:33
16	Francisco Lara 19:27
17	Walt Van Zant 19:50
18	Ron Johnson 19:58
19	Eric Childs 20:08
20	Les Jow 20:14

**Men's Divisions — 11-Under:** 1. Steven Siegel (11) Saratoga 22:24. 12-18: 1. Grant

Foster (18) Cupertino 16:49. 19-29: 1. Sal Berumen (27) San Jose 16:51. 30-39: 1. Dan Minutello (33) San Jose 17:30. 40-49: 1. Walt Van Zant (44) Sunnyvale 19:37. 50+ : 1. Carl Yates (55) Santa Clara 27:13.  
**Women's Divisions — 11-Under:** 1. Gretchen Hill (11) Fremont 22:49. 12-18: 1. Lori Hill (14) Fremont 21:50. 19-29: 1. Julie Sumpter (21) Santa Clara 21:30. 30-39: 1. Lindy Hayes (31) San Jose 22:04. 40-49: 1. Beverly Calhoun (40) Pleasant Hill 25:54. 50+ : 1. Jaclyn Caselli (62) San Jose 25:54.

## Spreckels Run

July 4. Salinas. 10K.

1	Tony Ramirez	30:07
2	John Sup	31:11
3	Pat Moss	31:14
4	Gregory Brock	31:46
5	Manuel Aldape	33:18
6	James Nelson	33:19
7	Bob Eberle	33:32
8	Glynn Wood	33:41
9	Rich McClendon	34:00
10	J. Serrano	34:09
11	Troy Curran	34:30
12	Jim Paulos	34:55
13	Jason Hafemeister	35:06
14	Anthony Koparez	35:11
15	Steve Daniels	35:12
16	Tom Wilkinson	35:18
17	Frank Helmick	35:28
18	Len Thornton	35:37
19	Mike Franusich	35:39
20	Chris Grace	35:39
21	James Scattini	35:41
22	Robert Pantoja	35:41
23	Jay Cook	35:46
24	William Turrentine	35:48
25	Les Waddell	36:09
26	Bill Snyder	36:10

continued on next page...

## Moscow Road Run 10K

June 19. Monte Rio.

1	Stacy Van Horn, S.Rosa(19)	32:29
2	Greg Fogg, Rohnert Pk.(22)	32:35
3	Daniel McCullough, Sonoma(26)	33:22
4	E. Riskey, S.Rosa(18)	33:34
5	John Hawkey, Napa(21)	33:54
6	John Gibbons, Napa(39)	34:06
7	Louis Garcia, S.Rosa(23)	34:09
8	Scott Leonard, S.Rosa(27)	34:12
9	Jan MacPherson, S.Rosa(42)	34:22
10	Michael McClendon, S.Rosa(31)	34:29
11	Tony Burke, S.Rosa(20)	34:31
12	Rory Ingalls, Forestville(33)	34:31
13	Donald Davanzo, Sebast.(32)	34:47
14	Steve Ferraro, St.Helena(18)	34:48
15	Larry Meredith, S.Rosa(25)	35:06
16	Jay Witherspoon, S.F.(25)	35:12
17	Paige Youngman, Walnut Crk.(31)	35:14
18	David Sjosted, Bodega Bay(36)	35:19
19	Bob Lawrence, Mill V.(43)	35:28
20	Randy Moser, Antioch(26)	35:31
21	Andrew Cavagnetto, S.Rosa(28)	35:40
22	Marc Ziblatt, Sebast.(20)	35:46
23	Brendan Hutchinson, S.Rosa(39)	35:47
24	Mark Ryan, S.Rosa(22)	35:52
25	John Kedge, Sebast.(20)	35:54
26	Morton Gray, S.Rosa(51)	35:54
27	Rice Blacknon, Cloverde.(26)	35:59
28	Michael Parker, S.Rosa(16)	36:01
29	Michelle Anderson, S.R.(22-1F)	36:02
30	Mark Aronoff, S.Rosa(33)	36:03
31	Bob McWilliams, Hopland(29)	36:13
32	Mark Curran, Forestville(22)	36:21
33	Dennis Doris, S.Rosa(37)	36:26
34	Pete Witte, Albany(34)	36:32
35	Leo Merle, Sonoma(17)	36:35
36	Ronald Rahmer, Mill V.(46)	36:40
37	Walt Vennum, Sebast.(42)	36:41
38	Johnny Cho, S.F.(15)	36:43
39	John Wendler, Bodega Bay(25)	36:46
40	Richard Wernick, Novato(27)	36:51
41	Arnold Schulz, S.Rosa(46)	36:54
42	Mark Miller, S.Rosa(31)	36:59
43	Dennis Byrne, S.Rosa(29)	37:01
44	David Rosas, Healdsburg(20)	37:01
45	Jerritt Walter, Moraga(50)	37:05
46	Gwin Stumbaugh, S.Rosa(30)	37:14

BAY AREA



## THE ROAD RACER'S REFERENCE

This monthly magazine is the official PA-TAC LDR Schedule for 1983. It contains a complete race calendar for a full year as well as entry blanks for many up-coming races.

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City/State/Zip

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## Results

27 Paul Doughty	36:23
28 Craig Hanson	36:28
29 David Wilcox	36:35
30 Bob Phillips	36:38
31 Gary Baxel	36:41
32 Jerri Cicin	36:44
33 Richard Johnson	36:48
34 Louie Davidson	36:55
35 Frank James	37:03
36 Jerry Roche	37:10
37 S. Vandenburg	37:11
38 David Deveaux	37:12
39 Tony Sison	37:20
40 Guy Pruitt	37:31
41 Paul Baker	37:41
42 Eric Eckhart	37:43
43 Bob Brown	37:49
44 Arnold Martinez	37:52
45 Ronald White	37:55
46 Jeff Sweet	37:58
47 Jose Argeta	37:59
48 Ron Cobley	38:05
49 Eric Vandenburg	38:19
50 Jesse Santana	38:20

### Division Results

**Male: 13 & Under:** 1. Jesse Santana 38:20, 2. Chris Connell 42:17, 3. Ellazar Rubio 44:23. 14-17: 1. Juan Serrano 34:09, 2. Richard Johnson 36:48, 3. Arnold Martinez 37:52. 18-29: 1. Tony Ramirez 30:07, 2. John Sup 31:11, 3. Pat Moss 31:14, 30-39: 1. Greg Brock 31:46, 2. Bob Eberle 33:32, 3. Jim Poulos 34:55. 40-49: 1. Glynn Wood 33:41, 2. Rich McClendon 34:00, 3. Anthony Kopaez 35:11. 50-59: 1. Len Thornton 35:37, 2. Miguel Mejia 40:00, 3. Ed Dally 40:43. 60 & Over: 1. Robert Daugherty 47:50, 2. Fred Foster 48:04, 3. Jim Ruiz 50:32.

**Female: 13 & Under:** 1. Angela Hernandez 44:08, 2. Leticia Anqueta 46:57, 3. Corina Lopez 47:47. 14-17: 1. Donna Allen 42:03, 2. Lan Chidester 51:08, 3. Stephanie Henderson 58:21. 18-29: 1. Tamara Gonzalez 38:51, 2. Gina Moss 41:15, 3. Patty Selbicky 43:23. 30-39: 1. Gail Bernardi 40:15, 2. Liz Snyder 42:23, 3. Thury 43:00. 40-49: 1. Marilyn Hicks 46:33, 2. Yvonne Reid 49:13, 3. Donna Victorino 54:18. 50-59: 1. Dolly Hederman 53:44. 60 & Over: 1. Silvia Sweet 1:09:27.

## Kenwood Footrace 10K

### July 4. Kenwood.

1 John Morse, WalnutCrk.(19-M)	32:27
2 Jim Bowers, S.Rosa(44-M)	33:09
3 Jim Noonan, S.Rosa(M)	34:39
4 Daniel McCullough, Son.(26-M)	35:11
5 Chuck McMillan, Sacto(24-M)	35:17
6 Tom Robinson, S.F.(M)	35:36
7 Steven O'Brien, Burlingme.(29-M)	35:41
8 Dick Ogg, S.Rosa(30-M)	35:43
9 Richard Zellers, GlenEllen(19-M)	35:54
10 Leonard Scott, S.Rosa(27-M)	36:24
11 Ken Cox, Santa Rosa(19-24M)	36:24
12 Greg Fogg, Rohnert Pk.(22-M)	36:24
13 Keith Maurer, S.Rosa(27-M)	36:28
14 Gregory Lewis, Sebastopol(22-M)	36:29
15 David Rosas, Healdsburg(M)	36:32
16 Mike McGulre, S.Rosa(38-M)	36:46
17 George Frazier, Mill V.(36-M)	36:51
18 Craig Roland, S.Rosa(M)	37:03
19 Tony Burke, S.Rosa(20-M)	37:03
20 Mark Ryan, S.Rosa(22-M)	37:03
21 Dave Sjostedt, BodegaBay(36-M)	37:15
22 Russ Klerman, Mill V.(M)	37:17
23 Rich Blackman, Cloverdale(26M)	37:35
24 Mike McClendon, S.Rosa(31-M)	37:39
25 Brendan Hutchinson, S.R.(39M)	37:45
26 Johnny Cho, S.F.(15-M)	38:10
27 William Lannon, SanBruno(27M)	38:19
28 Dennis Doris, S.Rosa(M)	38:26
29 Logan Adams, S.Rosa(39-M)	38:33
30 Michael Brown, Berkeley(29M)	38:39
31 Jim Downey, Fairfield(35M)	38:41
32 Larry Meredith, S.Rosa(26M)	38:45
33 Mark Aronoff, S.Rosa(33-M)	38:46
34 Wayne Hinrichs, Novato(38M)	38:47
35 Isaac Ayala, Kenwood(17M)	38:51
36 Stacy Van Horn, S.Rosa(19M)	38:51
37 Jim Pawling, S.F.(28M)	38:52
38 Ralph Dalton, (33M)	38:57
39 Darryl Beardall, Sonoma(48M)	38:58
40 John Davis, Phoenix,AZ(15M)	39:02
41 Allen Thomas, S.Rosa(29M)	39:03
42 Mark Shanklin, S.Rosa(31M)	39:04
43 James Janakes, DalyCity(34M)	39:06
44 Jim Myers, SanAnselmo(34M)	39:07
45 John McSharry, Petaluma(35M)	39:10
46 Arnold Shulz, S.Rosa(46M)	39:20
47 Brett Van Natta, Mtn.View(21M)	39:22
48 Stephen Willis, S.Rosa	39:27
49 Tom Clancy, S.Rosa(36M)	39:35
50 Jerry Bourne, Sonoma(36M)	39:40
51 Eric Poalsen, Petaluma(31M)	39:42
52 Leo Merle, Sonoma(17M)	39:52
53 Fred Kenyon, Forestville(33M)	40:01
54 William Wetmore, S.Rosa(27M)	40:01
55 Alex Montgomery, (40M)	40:04
56 Craig Steele, S.Rosa(38M)	40:10
57 Bruce Phinney, SanRafael(23M)	40:12
58 Chuck Harris, S.Rosa(30M)	40:13
59 Thomas Rehner, S.F.(32M)	40:17
60 Geoff Williams, S.Rosa(35M)	40:24
93 Kim Rupert, Hillis.(27F-1-F)	42:06
123Mary Maloney, Petaluma(19F-2F)	43:39
139Jennifer Bocca, Sebast.(17F-3F)	44:14
148Karen Eberhardt,Sebast.(41F-4F)	44:32
152Beth Rehner, S.F.(26F-5F)	44:43

## China Cup Series Race #7 Anniversary Run

### July 5. Costa Mesa. 5K & 10K. 5K

**Men's Divisions — 14-Under:** 1. Vincent Martinez 17:43. 15-18: 1. Barry Meglieriaj 17:37. 19-24: 1. David Ortiz 15:42, 2. Steve Adarme 16:25, 3. Ted Snavely 16:47. 25-29: 1. Howard Keeley 15:47, 2. Brian Waddington 16:31, 3. Jeff Martell 17:19. 30-34: 1. Walt Hitt 15:40, 2. Henry Lange Jr. 16:18, 3. Chris Melvin 16:41. 35-39: 1. Dale Fairchild 17:05, 2. Bob Hill 17:08, 3. Jarrett Williams 17:10. 40-44: 1. John Branner 17:52, 2. Ron Lowy 18:33, 3. Gary Mead 18:52. 45-49: 1. Sam Mayo 17:06, 2. M. Banuelos 19:06, 3. Ronald Moser 19:24. 50-59: 1. Jerry Withers 17:39, 2. Dennis Bracher 19:22, 3. Antonio Ramirez 20:23. 60+: 1. Dave Lewis 21:40, 2. Leopoldo Fregoso 24:34, 3. Thomas Smith 27:39.

**Women's Divisions — 14-Under:** 1. Laura Logan 20:06. 15-18: 1. Susan

Armenkkut 18:07. 19-24: 1. Diane Danahoe 20:55, 2. Katie Johnson 21:58, 3. Beverly Wright 22:33. 25-29: 1. Lori Hocker 19:18, 2. Marilyn Devlin 20:24, 3. Teol-Ortiz 21:13. 30-34: 1. Sue Rudolph 19:20, 2. Jo Evans 26:58, 3. Judy Williams 27:13. 35-39: 1. Charyl Carnall 20:08, 2. Pat Van Berckelaer 21:55, 3. Carolyn Slade 21:55. 40-49: 1. Cherrie Lightburn 19:19, 2. Marcia Martyn 20:50, 3. Lillian Johnson 22:19. 50-59: 1. Nancy Meshane 25:13.

### 10K

**Men's Divisions — 14-Under:** 1. Roy Garver 39:30. 15-18: 1. Rob Arsenault 32:34. 19-24: 1. Art Cendejas 31:00, 2. Gilbert Cortez 31:23, 3. Dan Arsenault 31:57. 25-29: 1. Robert Traba 31:00, 2. Brian Hunsaker 31:52, 3. T. Moriarty 31:54. 30-34: 1. Ruben Chappins 31:38, 2. Mark Ulloa 32:10, 3. Jeff Kinzel 34:37. 35-39: 1. Bill Sumner 33:05, 2. Jim Reilly 34:17, 3. Harry Hartley 34:23. 40-44: 1. Tom Burns 33:02, 2. Bill Elam 35:36, 3. L. Manouch 36:40. 45-49: 1. E. Black 36:06, 2. Buddy Belshe 38:27, 3. Elgin Edwards 38:56. 50-59: 1. Tom Wilson 39:57, 2. Pete Pitsker 40:42, 3. Robert Coburn 41:15. 60+: 1. Steve Chipils 41:40.

**Women's Divisions — 14-Under:** 1. Peggy Emerson 44:11. 15-18: 1. Laura McCracken 37:42. 19-24: 1. Roma Antoniewicz 37:22, 2. Kathy Davis 39:14, 3. Myra Schiphorst 41:51. 25-29: 1. Madonna Harris 39:14, 2. Tina Costantino 40:43, 3. Joannie Effer 42:02. 30-34: 1. Lois Curi 40:25, 2. Pat Flathers 47:03, 3. Linda Lawrence 47:50. 35-39: 1. Paige Hartley 41:00, 2. Pattle Burnette 44:10, 3. Chrystal Wilkerson 44:39. 40-49: 1. Holbrook 46:22, 2. Ida Hendrick 47:35, 3. Carroll Hochschild 53:04. 50-59: 1. Nelly Williams 48:20.

## Bunion Derby

### July 9. Fresno. 5K.

#### Overall

1 A. Lomell	16:02
2 M. Beebe	16:16
3 D. Vega	16:19
4 M. Evangelho (44)	16:22
5 J. Williams	16:25
6 S. Ward	16:57
7 T. Morgan (47)	16:58
8 A. Tappe	17:03
9 R. Fuentes (49)	17:09
10 E. Woody	17:13
11 D. Blalock (51)	17:18
12 M. Lara	17:19
13 G. Garcia	17:23
14 D. Williams (54)	17:29
15 J. Lambe (55)	17:37
16 B. Bams	18:01
17 K. Cherry	18:04
18 E. Rivera	18:06
19 B. Woody (1/40)	18:10
20 M. Haymond	18:18
22 J. Rivera (1/50)	18:29
25 T. Kahn (2/40)	18:44
35 J. Gordon (1F)	19:37
44 T. Huajardo (2F)	20:24
47 C. Stebles (3F)	20:32
49 S. Santistevan (4F)	20:53
51 T. Shaw (5F)	20:54
54 H. Harder (1/60)	21:10
55 J. Arakelian (1F/40)	21:23

## Seahorse Run & Fun

### July 9. Seaside. 10K.

#### Top 10 Overall

1 Michael Engleman (24)	42:39
2 Paul Gyorey (25)	45:04
3 Norton Haywood (36)	45:04
4 Jim Scattini (19)	45:19
5 Sue Munday (1F-25)	46:50
6 Guy Proiti (31)	47:08
7 Robert Phillips (34)	47:15
8 Jerry Stidham (41)	47:21
9 Bob Brown (28)	47:35
10 Harry DeVictoria (37)	48:03
31 Kay Gibson (2F-30)	52:05
38 R. Surbert (1/60-60)	53:02

## Good Sport Couples Relay

from BARRY SPITZ

### July 9. Larkspur. 2x2 miles. Total time and combined age are listed.

#### Overall

1 Heather Thompson	19:45
Jeff Mathews	71
2 Peggy Smyth	19:46
Sam Skinner	50
3 Maria King	20:56
Emery Mitchell	39
4 Marilyn Taylor-Allen	20:58
Joe Montoya	62
5 Marcy Amonette	21:26
Peter O'Reilly	52
6 Christie Patterson	21:35
George Frazier	71
7 Anne Capers	21:39
John Hanan	64
8 Mary Brennan	21:51
Bill Brennan	44
9 Maryann Trullit	21:55
Brian Racette	21:55
10 Sue Stricklin	22:11
Bob Cooper	73
11 Eve Pell	22:13
Keith Hastings	86
12 Eileen Brennan	22:15
Jeff Rosenthal	43
13 Sharlet Gilbert	22:16
Brian O'Connor	68
14 Susan Trott	22:23
Bill Catanese	90
15 Lolly Hess	22:28
Jim Furman	22:28
16 Jenny Brekhuis	22:38
Mark Shirley	31
17 Lisa Blackaller	22:39
Kirk Dye	37
18 Paula Beard	22:40
Greg Franklin	68
19 Marion Irvine	22:44
Mike Hoy	94
20 Christina Sollinger	22:48
Kees Tulzing	22:48
21 Mary Alice Erickson	22:59
Jeff Bialn	41
22 Barbara Keehner	23:01
Bob McLaughlin	31
23 Beth Rehner	23:11
Tom Rehner	23:11
24 Gayle Murphy	23:20
Jim Hampton	74
25 Eileen Smith	23:23
Mark Smith	53
26 Marilyn Mendle	23:27
Tom Guerin	58
27 Sabrina Han	23:33
Michael Han	32
28 Gail Rodd	23:34
Hoyt Walker	72
29 Sheryl Hausman	23:38
Bruce Mendle	61
30 Debbie Ferry	23:39
Raul Ynunza	74
65 Kay Willoughby	26:19
Hans Roenau	102
73 Hilary Naylor	26:29
Al Horanzy	101
75 Barbara Carlson	26:35
Flory Rodd	106
81 Ann Kenville	26:50
Galen Williams	26:50
86 Shella Burke	27:15
J. Steven Shirley	24

## Top-Of-The-State Footraces

### July 9. Weed.

John Frank of Central Valley, California, wasted no time after leaving the starting line in last Saturday's 8th Annual Top-of-the-State Footraces as he traversed the hilly 7-mile loop in a course record clocking of 37:15.3, obliterating Leonard Hill's 1978 time of 38:03.0. Ironically, the former record holder and the new recordholder have one thing in common besides speed: Hill ran track at Oregon State University in the 1970's and was a one-time winner of the Pac-Eight Steeplechase. Frank is a junior at Oregon

# Race Clocks

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



State and one of their leading distance runners.

Frank led a parade of 185 other runners, in three races, which featured nine new course records. David Seidel of Mt. Shasta won the 4.7 mile race in 26:43.2 and Billy Fields of Yreka outran a field of 77 runners to capture the 2-mile race in 12:54.3, another new course record.

**7 Mile Overall**

1 John Frank	37:15.3
2 Clint Walker	40:48
3 Bill Ferlatte	43:26
4 Sean Fain	44:55
5 Jimmy McCullough	45:39
6 Bill Case	46:06
7 Bob Malain	47:41
8 Robert Carey	47:56
9 Phil Holecsek	48:15
10 Dave Fontius	48:47

**4.7 Mile Overall**

1 David Seidel	26:43.2
2 Gerald Robinson	27:01
3 Randy Penn	27:18
4 Michael Garcia	27:28
5 Patrick Bushey	27:33
6 Mark Yaconelli	27:44
7 Don Hilton	27:51
8 Bill Wagner	28:07
9 James Middleton	28:58
10 Tim Gallagher	29:08

**Men's Divisions 4.7-Mile — 12-Under:** 1. Brian Gaddy 30:34. 13-18: 1. David Seidel 26:43. 19-29: 1. Gerald Robinson 27:01. 30-34: 1. Tim Gallagher 29:08. 35-39: 1. Mike Garcia 27:28. 40-44: 1. Patrick Bushey 27:33 (CR). 45-49: 1. Don Hilton 27:51 (CR). 50-Over: 1. Bill Wagner 28:07 (CR). 7-Mile — 13-18: 1. Sean Fain 44:55. 19-29: 1. John Frank 37:15 (CR). 30-34: 1. Mike Silva 54:19. 35-39: 1. Jimmy McCullough 45:39. 40-44: 1. Bill Ferlatte 43:20. 45-49: 1. Bruce Friend 49:07. 50-Over: 1. Bob Malain 47:41.

**Women's Divisions 4.7 Mile — 13-18:** 1. Jodie Veale 33:21. 19-29: 1. Sandy Martin 32:07 (CR). 30-34: 1. Vicky Zetocha 35:20. 35-39: 1. Jessie Stratton 33:23. 40-44: 1. Veronica Stathos 38:00. 45-49: 1. Sarah Rounsaville 37:07 (CR). 50-Over: 1. Mary Malain 39:52. 7 Mile — 13-18: 1. Karen Bushey 52:47. 19-29: 1. Gail Small 1:01:18. 30-34: 1. Shirley Shaw 54:18. 40-44: 1. Carolyn McHenry 58:16. 45-49: 1. Charlotte Rice 1:04:59 (CR). 50-Over: 1. Marilyn Hines 1:14:26. (CR — Course Record)

## Lions-Padres 10K

July 10. San Diego.

**Men's Divisions — 12-Under:** 1. Benjamin Benumof 38:08. 2. Matthew Sturken 43:10. 3. Eric Watson 44:45. 4. Ron Mundy 44:55. 13-17: 1. Robert Fithen 32:52. 2. Mike Haberson 34:05. 3. Chris Courter 34:48. 4. Joe Cekander 35:40. 18-29: 1. Rich Brownsberger 30:15. 2. Gilberto Alvarez 31:43. 3. Jack Kairy 32:14. 4. Philip Hinck 32:16. 30-39: 1. Athol Barton 31:15. 2. Wally Buckingham 32:07. 3. Dennis Smith 33:28. 4. Mac Larson 34:40.

40-49: 1. Gary Novak 32:59. 2. Ray Sablan 36:35. 3. Ben Dodge 36:51. 4. Michael Golden 36:52. 50-59: 1. Frank Goldberg 39:47. 2. John Terrell 40:03. 3. Charles Heers 41:39. 4. John Holladay 43:23. 60-65: 1. Donald Dilworth 43:21. 2. San Simon 45:07. 3. Casey Poole 46:55. 4. Red Isom 48:20. 66+: 1. Wayne Zook 42:01. 2. Walt Keutzweg 52:20. 3. John Donnelly 62:30.

**Women's Divisions — 12-Under:** 1. Alisa Dupree 49:57. 2. Rana Mundy 54:48. 3. Yvette Niles 57:21. 4. Wendy Martinez 60:40. 13-17: 1. Heather Brooks 38:00. 2. Patty Medrinal 41:20. 3. Karen Courter 42:45. 4. Tammy Knifling 44:02. 18-29: 1. Diane Riley 38:46. 2. Sheri Teri 39:43. 3. Nancy Cotton 40:35. 4. Laurie McNeil 43:20. 30-39: 1. Judy Dodge 37:35. 2. Terry Flynn 40:17. 3. Robin Paine 42:35. 4. Cindy Lennon 43:57.

40-49: 1. Christa Romppanen 38:43. 2. Judy Splitgerber 43:15. 3. Barbara Woods 43:26. 4. Maureen Wittman 44:28.

50-59: 1. Margaret Miller 42:40. 2. Sheila Charlton 45:40. 3. Nicki Hobson 46:15. 4. Beatrice Lovell 49:40. 60-65: 1. Lucy Killia 56:10. 66+: 1. Judy Simon 53:32. 2. Felicitas Salazar 64:56.

## Marin Headlands 7 Mile Race

July 10. Fort Cronkhite.

**Overall Winners:**

1 Mike Warr, Zepher (22)	40:41
2 Eric Williams, LMJS (33)	41:59
3 Doug Butt, WVTG (38)	43:37
4 Fred Frauens, Tamalpa (29)	44:09
5 Chris Thomas, Tamalpa (35)	44:34
6 Paige Youngman, Diab V (31)	44:42
7 Harrison Gunther, (26)	44:57
8 Jim Gibbons, NoCstS (39)	45:30
9 David Gown, (36)	45:30
10 Dennis Odion, (24)	45:33
11 Ernest Stanton, (20)	45:47
12 John Mann, (18)	46:02
13 Russ Kiernan, Tamalpa (45)	46:18
14 Mike Fritz, Stanfd (25)	47:02
15 Ed Klotz, Aggies (23)	47:15
16 Keith Maurer, (27)	47:28
17 George Frazier, Tamalpa (36)	47:30
18 Michael Milewski, (40)	48:06
19 Rick Kelley, Tamalpa (32)	48:27
20 Greg Franklin, (37)	48:36
21 Peter Frank, (37)	48:51
22 Wayne Hinricks, Tamalpa (36)	49:01
23 Joshua Strong, Chico (24)	49:02
24 Richard Greenwald, Tamalpa (35)	49:03
25 J. Kent Apple, Tamalpa (30)	49:19

**Division Winners:**

**18 & Under: Men:**  
1. John Mann 46:02. 2. Aaron Sather 50:12. 3. Daniel Rosenthal 50:40.  
**19-29:**  
1. Mike Warr 40:41. 2. Fred Frauns 44:09. 3. Harrison Gunther 44:57.  
**30-39:**  
1. Eric Williams 41:59. 2. Doug Butt 43:37. 3. Chris Thomas 44:34.  
**40-49:**  
1. Russ Kiernan 46:18. 2. Michael Milewski 48:06. 3. Mike Coke 49:38.  
**50-59:**  
1. Harry Jones 52:34. 2. Ron Kinney 55:40. 3. Joseph Castillo 56:02.

**18 & Under: Women:**  
1. Elizabeth Thurston 1:06:24. 2. Elizabeth Heron 1:31:17.  
**19-29:**  
1. Diane Killeen 52:23. 2. Denise Dunbar 1:02:03. 3. Jo Andrews 1:02:36.  
**30-39:**  
1. Barbara Levy 56:24. 2. Sharlet Gilbert 56:31. 3. Sally Cancelmo 1:04:25.  
**40-49:**  
1. Miriam St. Clair 1:03:09. 2. Katie Martin 1:05:14. 3. Betsy White 1:05:36.  
**50-59:**  
1. Marty Maricle 1:03:13. 2. Els Tuinzing 1:11:59. 3. Marlys Green 1:13:34.

## Pony Express Days 5K & 10K

July 10. Calabassa.

**5K**  
**Men's Divisions — 12-Under:** 1. Daryl DeLaVega 21:03. 2. Shawn Goetzinger, 3. Steve Tingle 24:00. 13-19: 1. Joey Gostin 17:19. 2. Steven Shapiro 17:59. 3. Steve Trujillo. 20-29: 1. Rick Eichner 16:21. 2. Frank Peters 17:09. 3. Nick Trozzi 17:40.  
**30-39:** 1. Fred Doobell 17:31. 2. R.J. Voltz. 3. Allan Baxter. 40-49: 1. Eino 17:00. 2. Bob Nations 18:49. 3. Michael Froman.  
**50-Over:** 1. Aurelio Camacho 18:52. 2. Jack Thomas 19:39. 3. Roland Chabot.

**Women's Divisions — 12-Under:** 1. Nicky Hindshaw 28:03. 2. Noelle Loomis 29:28. 3. Lisa Darling. 13-19: 1. Denise Ball 19:26. 2. Jamie Chabot 20:38. 3. Jeanne Murphy. 20-29: 1. Carol Keller 18:08. 2. Lita Whiteman 20:00. 3. Jeanne Kawashima. 30-39: 1. Katherine Anderson 20:46. 2. Mary Jo Del Campo 22:03. 3. Noelle Deinken 23:30. 40-49: 1. Cecily Parke 21:57. 2. Joyce Momita 22:00. 3. Sally Snik 23:11. 50-Over: 1. Georgia Milner 31:17.

**10K**  
**Men's Divisions — 12-Under:** 1. Will Olsen 51:32. 2. Ivan Hindshaw 51:36. 13-19: 1. Steve Dietch 34:20. 2. Richard Gostin 41:34. 3. Josh King 42:20. 20-29: 1. Timm Mann 32:40. 2. Mike Metayer 34:10. 3. David Kupetz. 30-39: 1. Steve Glocke 34:30. 2. Charlie Hoover 34:35. 3. Gregory

Olsen 36:45. 40-49: 1. Charles McCluny 35:30. 2. Jesse Cook 37:14. 3. Joe Uells 40:15. 50-Over: 1. James Downen 42:28. 2. Francis Petracek 44:07. 3. Perry Lionel 46:25.

**Women's Divisions — 12-Under:** 1. Julie Tingle 55:30. 2. Jana Frost 57:42. 13-19: 1. Teresa Weir 46:30. 2. Lisa Goldstein 52:33. 20-29: 1. Sheryl Snyder 37:19. 2. Jennifer Macera 46:15. 3. Colleen Bruns 46:53. 30-39: 1. Michele Soderberg 37:16. 2. Stacy Roders 49:38. 3. Sharyn Hammond 50:47. 40-49: 1. Joyce Momita 47:13. 2. Katherine Cook 50:25. 3. Fujimoto Atsuko 51:48. 50-Over: 1. Nelly Williams 50:43.

## Firestone Vineyard "Steeplechase Run"

from HANS ALBRECHT

July 10. Los Olivos.

**Top 5 Men**

1 Greg Durbin (Ukiah)	38:53
2 Rick Snekvik (Santa Ynez)	39:20
3 Jim Brown (Cambria)	39:40
4 Frank Stempaki (San Jose)	42:27
5 Art Silvester (Goleta)	43:54

**Top 5 Women**

1 Sandra Marshall (Goleta)	44:14
2 Carrie Walters (San Luis Ob)	49:32
3 Laura Barney (Pacific Grove)	50:39
4 Linda Mobley (San Luis Ob)	53:27
5 Vickie Torrez (Los Gatos)	55:23

**Men's Divisions — 21-25:** 1. Chuck Herrera (Oxnard) 46:14. 2. Michael O'Conner (San Jose) 48:07. 3. Charles Hench (San Luis Ob) 49:34. 26-29: 1. Greg Durbin (Ukiah) 38:53. 2. Dan Turner (Los Angeles) 44:19. 3. Ron Levy (Santa Maria) 45:16. 30-34: 1. Ken Nowell (Santa Clara) 44:15. 2. Dan Terry (Goleta) 48:28. 3. Mark Penkerly (Los Olivos) 49:51. 35-39: 1. Rick

Snekvik (Santa Ynez) 39:20. 2. Ron Griswold (San Jose) 44:05. 3. John O'Conner (Cambria) 39:40. 2. Frank Stempaki (San Jose) 42:27. 3. Kenneth Millett (Santa Barbara) 48:44. 45-49: 1. Art Silvester (Goleta) 43:54. 2. Jerry Jacobs (Santa Barbara) 45:44. 3. Dave Messick (Santa Barbara) 50:38. 50-54: 1. George Burness (Santa Cruz) 44:16. 2. Douglas Dittmar (Solvang) 50:02. 3. Ron Wallace (San Jose) 53:35. 55-Over: 1. Don McPherson (Los Gatos) 60:04.

**Women's Divisions — 21-25:** 1. Laura Barney (Pacific Grove) 50:39. 2. Jo Jo Williams (Santa Ynez) 60:59. 3. Cathy Vezina (San Francisco) 67:22. 26-29: 1. Carrie Walters (San Luis Ob) 49:32. 2. Linda Lee Mobley (San Luis Ob) 53:27. 3. Karyn Eaker (Costa Mesa) 59:13. 30-34: 1. Vickie Torrez (Los Gatos) 55:23. 2. Elisa Fisher (Los Gatos) 66:42. 3. Connie Shelby (San Jose) 74:24. 35-39: 1. Sandra Marshall (Goleta) 44:14. 2. Frank Stempaki (San Jose) 42:27. 3. Kenneth Millett (Santa Barbara) 48:44. 40-44: 1. Judy Messick (Santa Barbara) 57:06. 2. Nancy Perry (Lompoc) 69:53. 3. Ellen Jasnosc (San Jose) 70:42. 50-54: 1. Yvonne Burness (Palo Alto) 60:28. 2. Stell McPherson (Los Gatos) 75:04.

## Run In The Vineyard

July 10. Yountville. 10K.

**Top 3 Men**

1 Richard Govi	33:51
2 Dave Muela	34:56
3 Dennis Bauke	35:42

**Top 3 Women**

1 Peggy Smyth	38:02
2 Liz Levy	40:13
3 Paula Beard	41:02



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## Results

### Burlingame Run

July 14, 5K.

#### Top 5 Men

1 Fred Tileston	16:03
2 Omar Vrblina	16:52
3 Carlos Martinez	17:07
4 Loren Spiekerman	17:30
5 David Cara	17:35

**Men's Divisions — 10-under:** 1. Daniel Saucedo 30:58, 2. Jason Vroomman 34:38, 11-15: 1. Robert Costello 18:00, 2. Kevin Riordan 18:22, 3. Kai Friedrich 19:38, 16-20: 1. Omar Vrblina 16:52, 21-30: 1. Loren Spiekerman 17:30, 2. Denny Gonsayes 18:29, 3. Tom Shea 18:37, 31-39: 1. Fred Tileston 16:03, 2. Carlos Martinez 17:07, 3. David Cara 17:35, 40-49: 1. Dick Moss 19:19, 2. Dominic Gara 20:58, 3. Roland Friedrich 21:08, 50+: 1. Ralph Sackerman 21:45, 2. Harry Nazamian 24:13, 3. Jerry Dowty 26:03.

#### Top 5 Women

1 Debbie Norton	19:48
2 Monika Zieschang	20:49
3 Gabriele Zieschang	20:49
4 Frances Sackerman	20:53
5 Kathleen Thune	22:26

**10-under:** 1. Nichole Ellis 29:07, 11-15: 1. Carla Holmes 23:30, 16-20: 1. Monika Zieschang 20:01, 2. Gabrielle Zieschang 20:49, 21-30: 1. Debbie Norton 19:48, 2. Cathy Sotir 25:31, 3. Liz Grotz 25:32, 31-39: 1. Kathleen Thune 22:26, 2. Sheila Strand 23:50, 3. Phyllis McFall 24:11, 40-49: 1. Jeanette McGee 23:50, 2. Gloria Riordan 25:23, 3. Vivian Rodriguez 29:07, 50+: 1. Frances Sackerman 20:53, 2. Lenore Bouras 31:01.

### Phelan 5/10K Race

July 16, Phelan.

On a morning marked by gentle breezes and definitely cooler temperatures, 88 runners took off to run either five kilometers or the grueling 10 kilometers in the 3rd annual Mountaineer-Progress 5/10 Kilometer run.

Tom Moriarty, 24, of Montrose smoked through the course, winning the 10 kilometer event with a record time of 32 minutes, 25 seconds. Following on with a second year win in the woman's division of the 10K event, Jennifer Henderson lapped five seconds off her 1982 winning

time, completing the course this year in 39 minutes, 49 seconds. Henderson is from Barstow. Kent Schmidt led the field in the 5K event, stepping through the finish gates with a time of 16 minutes, 43 seconds. Schmidt, a resident of Wrightwood, took the Wrightwood 5K race just two weeks ago and was last year's winner in the Phelan race. Twelve year old Kat Prince of Riverside showed the older folks the course as she finished first in the 5K women's division with a time of 19 minutes, 55 seconds.

In a last minute addition to the race divisions, one four legged entry impressed race fans Saturday morning with a 27 minute, 33 second time in the 5K event. Jimbo Dawg Carr, owned by Vicki Carr of Irvine, trotted along with his owner for one loop and then let her go it alone for the second loop. Carr has competed in races in Orange County and Bullhead City, Arizona. In the Bullhead City event, Carr finished dead even with Arizona Governor Bruce Babbitt.

Both the Phelan and the Wrightwood races are sponsored by the local community newspaper in an attempt to raise monies for Serrano High School scholarships.

#### Men 5K

**15 & Under:** 1. Mike Banda 19:13, 2. Barry Nisly 24:07, 16-19: 1. Allen Kujawa 18:14, 2. Claro Masangaay 18:34, 20-29: 1. Keni Schmidt 16:43, 2. Russell Bellamy 17:34, 30-39: 1. Steve Pinkerton 17:47, 2. Ken Tolar 17:48, 40-49: 1. Sam Mayo 17:39, 2. Max Timbrook 21:54, 50-59: 1. Norman Nisly 22:06, 2. Lee Brunner 22:52.

#### Women 5K

**15 & Under:** 1. Kat Prince 19:55, 2. Kristi Stewart 24:17, 16-19: 1. Tina Mercer 28:35, 20-29: 1. Linda Lyon 21:57, 2. Jennifer Timbrook 22:10, 30-39: 1. Karen Pinkerton 21:43, 2. Linda Lennert 30:22, 40-49: 1. Carole Plinkner 24:03.

#### Men 10K

**16-19:** 1. Tom Wilbush 36:22, 2. Bill Ammons 40:30, 20-29: 1. Tom Moriarty 32:25, 2. Ricky Medina 34:49, 30-39: 1. Alan Warren 37:07, 2. Blake Ordway 39:12, 40-49: 1. Manouch Lankarano 38:28, 2. David Henderson 39:41, 50-59: 1. Gene Kirk 45:58, 2. Mynard Swarouth 50:05.

#### Women 10K

**20-29:** 1. Jennifer Henderson 39:49, 2. Cindy Scott 44:24, 30-39: 1. Sylvia Aceves 44:03, 2. Vicki Carr 54:27, 40-49: 1. Jeanette Wells 40:33, 50-59: 1. Iona Scapple 55:27.

### Gold Diggers Day Run

July 16, Greenville. 5.5 miles, cross-country.

**Men's Divisions — 18-under:** 1. Kendrick Tweedt 32:07, 2. David Herrmann 37:53, 3. Mike Wilcox 35:11, 19-29: 1. Martin Rizzo 28:55, 2. Ron Richardson 29:18, 3. Jay Cheney 32:35, 30-39: 1. Dale Fuller 31:49, 2. Phil Nemir 34:04, 3. Paul Johnson 35:06, 40-Over: 1. Jim Bevins 32:25, 2. Ross Smith 32:40, 3. James Ballantyne 35:42.

**Women's Divisions — 19-29:** 1. Terry Trumbell 37:40, 2. Anne King 40:14, 3. Mary Mathieu 44:05, 30-39: 1. Kathy Martin 41:56, 2. Sharon McKee 43:33, 3. Gabriella Urban 44:17, 40-Over: 1. Jane Little 43:51, 2. Tami BeMiller 47:45, 3. Catherine Smith 49:50.

### Eppie's Great Race

July 16, Sacramento.

Lin Fell of Sacramento and Janet Paris of Mountain View won the Ironman and Ironwoman divisions of the 10th annual Eppie's Great Race, held July 16 in Sacramento, California. Fell, with a time of 1:51.00, finished more than two minutes ahead of second place Ironman John Green of Sacramento. Paris, in her first-ever triathlon, finished with a 2:21.02 mark.

The team of Bob Deis, John Weed and Bob Hammond won the relay division for the second consecutive year with a time of 1:43.58.

The popular Sacramento triathlon featured a 6.5-mile run, a 12.5-mile bike race and a 6.35-mile paddle in kayaks, canoes and inflatables. The entire race is held within the American River Parkway, a county park.

Nearly 1,400 persons entered the race, including 125 iron persons. The race is sponsored each year by Eppie's Restaurants. Other sponsors this year included Carmichael Honda, Coors and Aerojet General. Race officials announced after the race that they expected to donate more than \$14,000 to their charity, Sacramento Recreation for the Handicapped.

Eppie's Great Race is one of the country's original triathlons. Fifty-two teams entered the first race in 1974.

**Iron Man:** Lin Fell 1:51.00. **Iron Woman:** Janet Paris 2:21.02. **Down River Kayak:** Bob Deis, John Weed, Bob Hammond, 1:43.58. **Senior Iron Man:** Jon Skaglund 2:02.05. **Women:** Chris Larsen, Michelle Sanders, Carole Proban, 2:05.58. **Family:** Paul Thomas, Jim Thomas, Jimmy Thomas, 1:48.25. **Open Slalom Kayak:** Robert Anex, Wayne Parker, Eric Gruenwedel, 1:44.17. **Senior Men:** Roger Daniels, Earl Norgard, Stuart Ruth, 1:57.32. **Inflatable:** Christopher Hadley, Bob Borzell, Daniel Bartlett, 1:58.16. **Wheelchair:** Dean Barrett, Jack Tillotson, Ray Jensen, 1:44.19. **Canoe:** Miguel Reyes, Jeff Kato, Bruce Sanford, 1:53.29. **Junior Division:** Rod Grieve, Scott Surchow, Cary Bartoncini, no time. **Inflatable Kayak:** John Silva, Leon Iannarelli, Lewis Silva, no time.

### Tulare Sundowner 3K

from NORM TAKEUCHI

July 14 — Delano's Jaime Pimentel led wire-to-wire to win the third edition of the Tulare Sundowner 5K Road Run on July 14th in 9:17. Pimentel was chased throughout the race by Tom Morgan of Oakhurst who finished in the runnerspot, timing 9:26. In the women's race, Tulare High School teammates Elvira Santana and Shannon Battles shared the top spot,



SHANNON BATTLES (left) & ELVIRA SANTANA tie at Tulare Sundowner 3K

both finishing in 12:52. Carrie McNealey claimed third in 13:14. Overall Men: 1) Pimentel 9:17, 2) Morgan 9:26, 3) Arce 9:29, 4) Fred Castillo 9:47 5) Jim Canales 9:52, 6) Mark McNealey 10:06, 7) Jim Aguilar 10:09. Overall Women: 1) Santana & Battles 12:52, 2) McNealey 13:14, 3) Kelly Morgan 13:35.



DAN BRADY  
Arco Run LA winner

### Arco's "Run LA"

July 16, 5K, Los Angeles.

The second of seven Arco Olympic Training tracks slated for the Los Angeles area was the scene July 16 as more than 800 runners competed at Cal State, LA in the ongoing "Run LA" 5K race series.

The world-class track facility, to be used by community residents, as well as athletes in preparation for the 1984 Games, was dedicated in May, 1982, and named in honor of 1936 Olympic champion Jesse Owens.

## TOYS FOR TOTS RUN OCTOBER 15th 1983



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More than 800 runners hit the ARCO Olympic training track at Cal State, L.A. for the "RUN LA" 5K race.

Dan Brady, who captured first overall, covered the 3.1-mile course in 14 minutes and 36 seconds, beating by 20 seconds the previous RUN LA mark set at Birmingham High School's Olympic training track by Robert Troba in May, 1983. Brady is a process engineer at ARCO's Watson Refinery in Carson, Ca. Both Brady and Troba have been invited to participate in the "RUN LA" Coliseum 10K Invitational to be held October 2 in Los Angeles. Brady and Troba, along with an estimated 100 world-class long distance runners including Frank Shorter, 10K world record holder Mike Musyoki of Africa, and Wendy Sly of England, will be vying for a share of the \$55,000 in prize money.

The women's division of the ARCO "RUN LA" 5K was won by Heather Thomson of Keri Keri, New Zealand in 16 minutes and 3 seconds, also setting a new "RUN LA" record. Thomson, a world-class runner who placed fifth in the 1975 World Cross Country Championships and took a silver medal in the 3,000 meters in the 1978 Commonwealth Games in Edmonton, Canada, is coming out of four years retirement.

"I'm running better than ever...the Olympics are a possibility," Thomson said after the race. Thomson has also been invited to participate in the "RUN LA" Coliseum 10K.

Winnie Ng placed second overall in the women's division with a time of 17 minutes and 27 seconds. Ng, a resident of Hong Kong, finished 15th in this year's Boston Marathon and plans to represent Hong Kong in the World Games to be held this August in Helsinki, Finland.

Capturing the hearts of everyone present were the 32 youngsters representing the Ecclesia Athletic Club from Watts, Ca. Ranging in age from 3 to 12 years, each of the uniformed Olympic hopefuls completed the 5K course. The last to complete the 3.1-mile course was a three year old boy from the Ecclesia Club, who was cheered across the finish line by the crowd of close to a thousand.

Olympic-style medals were presented to the first three finishers in each of the 24 divisional categories following the race.

Atlantic Richfield Company sponsors the "RUN LA" Olympic training track dedication series which is conducted by the Los Angeles Athletic Club in conjunction with the Los Angeles Olympic Organizing Committee's "Olympic Awareness Week" program.

The joint program will continue through October 2 when the ARCO Olympic track in the Los Angeles Memorial Coliseum to be used for track and field competition during the Olympic Games will be dedicated. Also slated for Olympic

training track dedications are Santa Monica College (Aug. 20); USC (Aug. 27); UCLA (Sept. 11); L.A. Southwest College (Sept. 17); and Occidental College (Sept. 24).

#### Men's Results

**12 & Under:** 1. Craig Lawson 17:49, 2. Steve Auls 18:58, 3. Michael Steiner, Jr. 18:59.  
**13-15:** 1. Andy Allan 16:02, 2. Ricky Pendell 16:09, 3. Eric Aquirre 16:58.  
**16-18:** 1. David Baca 15:16, 2. Roman Gomez 15:47, 3. Frank Acosta 15:51.  
**19-14:** 1. Dan Brady 14:36, 2. Michael Parkinson 14:43, 3. Phillip Imlay 14:49.  
**25-29:** 1. Carey Simons 14:43, 2. Anton Gonzales 15:24, 3. Jeff Drutman 15:25.  
**30-34:** 1. Carlos Godoy 15:30, 2. Dallas Jones 16:24, 3. Tony Guajardo 16:20.  
**35-39:** 1. Jeff Matthews 18:02, 2. Frank Meza 16:40, 3. Jarrett Williams 16:53.  
**40-44:** 1. Daniel Henderson 17:46, 2. Francisco Ramos 18:26, 3. Hal Adams 18:30.  
**45-49:** 1. Patrick Connelly 17:09, 2. Jerry Meter 18:36, 3. Al Hromjak 20:15.  
**50-54:** 1. Jim Brownsfield 17:12, 2. Jerry Wilthers 18:06, 3. John Harper 18:07.  
**55-59:** 1. Walt Atcheson 18:19, 2. Jerry Soto 18:25, 3. Larry Banuelos 18:44.  
**60 & Over:** 1. Stanley Neupel 20:02, 2. Ed Stotsenberg 21:00, 3. Ed Rumble 21:58.

#### Women's Results

**12 & Under:** 1. Lorena Ramirez 19:50, 2. Katie Fitzgerald 22:01, 3. Tasha Huey 22:49.  
**13-15:** 1. Sheri Lawson 18:34, 2. Lisa Williams 19:34, 3. Kim Ojeda 20:12.  
**16-18:** 1. Ana Chavez 18:46, 2. Guadalupe Carlos 21:10, 3. Nadia Vargas 21:49.  
**19-24:** 1. Beth Weber 18:19, 2. Betty Baca 20:13, 3. Jamie Jones 20:23.  
**25-29:** 1. Karen Carazo 19:47, 2. Mary Intnyre 20:24, 3. Mary Kautilaime 20:36.  
**30-34:** 1. Winnie Ng 17:27, 2. Marian Bausley 22:04, 3. Connie Evashwick 23:53.  
**35-39:** 1. Heather Thomson 16:03, 2. Mary Jane Mitchell 21:17, 3. Dorothy Dobson 22:54.  
**40-44:** 1. Jan Archibald 21:58, 2. Kathy Adams 22:59, 3. Carolyn Plowman 24:32.  
**45-49:** 1. Roberta Elliott 21:31, 2. Atsuko Fujimoto 22:11, 3. Ruth Granados 23:39.  
**50-54:** 1. Patricia Wagner 26:26, 2. Stella Ramirez 32:27, 3. Ann Goldberg 36:35.  
**55-59:** 1. Daisy Wong 24:04.  
**60 & Over:** 1. Dorothy Stotsenberg 32:57, 2. Doris Chandler 34:54.

## Conejo 20K

July 17. Westlake Village.

**Overall**  
 1 Andy di Conti 1:06:41  
 2 Dan Davies 1:08:32

3 Bill Pewen 1:08:41  
 4 Dave Maxwell 1:12:03  
 5 Bill Fisher 1:14:26  
 6 Frank Meza 1:14:30  
 7 Bernard Breslau 1:15:19  
 8 Roger Patrick 1:16:00  
 9 Jack Farrell 1:16:32  
 10 Donald Ausherman 1:17:23  
 11 Allan Baxter 1:17:36  
 12 Bill Boggs 1:17:49  
 13 Dan del Campo 1:18:00  
 14 Jose Cook (1/40) 1:18:05  
 15 Joe Wells (2/40) 1:18:36  
 16 Stephen Loebowitz 1:18:48  
 17 Tom Morrow (3/40) 1:19:02  
 18 Ed Birrer 1:19:11  
 19 David McConnell (4/40) 1:19:31  
 20 Denise Ball (1F) 1:19:42  
 23 Joyce Klausmeyer (2F) 1:20:14  
 31 Jack Thomas (1/50) 1:23:06  
 34 Bill Winstanley (2/50) 1:23:49  
 38 Dick Durand (3/50) 1:25:14  
 45 Katherine Anderson (3F) 1:27:36  
 49 Margaret Miller (1F/40) 1:30:05  
 97 Bill Wick (1/60) 2:12:02

## A Mid-Summer Run

from EDDY CADENA

July 17. Los Osos. 3.6 miles.

**Overall**  
 1 Terry Gibson (24) 17:51  
 2 Leo Lenting (26) 18:06  
 3 Tom McKeown (29) 18:45  
 4 Mike White (28) 18:53  
 5 Eric Griffin (19) 19:13  
 6 Frank Hutchinson (30) 19:15  
 7 Mark Schilling (29) 19:46  
 8 Brian Talley (17) 19:50  
 9 Joseph Berger (19) 19:54  
 10 Ron Hoff (17) 20:02  
 11 Steve Donish (38) 20:16  
 12 Paul Lee (22) 20:31  
 13 Peter Roske (21) 20:45  
 14 Bob Nanninga (36) 20:48  
 15 Eileen Kraemer (24) 20:52

**Men's Divisions — 11-Under:** 1. Jacob Cadena 25:29, 2. Travis Kenney 26:50, 3. Mat Kraemer 31:03. **12-14:** 1. Steven Sharp 25:16, 2. Johnny Fuentes 31:04, 3. Steve Rodriguez 34:37. **15-18:** 1. Brian Talley 19:50, 2. Ron Hoff 20:02, 3. Scott Fisher 22:16. **19-29:** 1. Terry Gibson 17:51, 2. Leo Lenting 18:06, 3. Tom McKeown 18:45. **30-39:** 1. Frank Hutchinson 19:15, 2. Steve Donish 20:16, 3. Bob Nanninga 20:48. **40-49:** 1. Jim Casper 21:00, 2. Larry Jamison 22:07, 3. Chuck Fellows 24:07. **50-59:** 1. Rob Rodenbeyer 26:43, 2. Dick Bewley 31:30. **60-69:** 1. Tom Hampson 31:18. **80-89:** 1. Paul Spangler 34:31.

**Women's Divisions — 11-Under:** 1. Kara Kolb 40:01, 2. Dianne Sanchez 42:44,

3. Karly Kolb 49:49. **15-18:** 1. Kathy Lewis 25:57, 2. Cindy Hedrick 27:53, 3. Paula Harway 29:13. **19-29:** 1. Eileen Kraemer 20:57, 2. Sydney Kim Sharp 27:49, 3. Elizabeth Hargrave 28:05. **30-39:** 1. Jane Feroqui 26:59, 2. Sandie Cano 27:36, 3. Jane Broshears 28:53. **40-49:** 1. Mary Linda Waldeder 30:41, 2. Jean Brown 35:24. **50-59:** 1. Phyllis Rodenberger 31:39, 2. Iku Dendo 39:14.

## Aptos Women's Five Miler

from GAIL DOWLING-GOETTMANN

July 17. Nisene Marks.

The beautiful roads and rolling trails of the Forest of Nisene Marks and the generosity of over 60 merchants and businesses made the Aptos Women's Five-Miler on July 17 a memorable race. Two-hundred entrants headed into the redwood shaded State Park and Menlo Park's Nancy Ditz emerged victorious in 29:40, followed by Sue Munday of Saratoga in 30:24, and Charlene Gilroy of San Jose in 30:36. Division winners were Serina DeLa Cruz, San Jose, in 33:11 (13 and under), Susan Radford, Marina, in 31:40 (14-19), Nancy Ditz (20-29), Loretta Polsdorfer, Aptos, in 31:26 (30-39), Judy Dorosin, La Selva Beach in 34:06 (40-49), Kathy Beler, Santa Cruz, in 39:16 (50-59) and Jaclyn Caselli, San Jose, in 39:13 (60+).

Ryans Sport Shop Racing Team easily won the team title, taking the first five places overall. Second place team title went to the Age-group Thuderchicks, Serina DeLa Cruz, Angela Hernandez (38:26), and Marta Champeny (39:02). Third place went to the local Dominican Hospital team of Katie Kelley (35:49), Joan Mork (35:51) and Ginger Behn (38:12). Twelve teams entered this new division.

The Aptos Women's Five-Miler benefits the Santa Cruz Home and Respite, a residential home for developmentally disabled young adults. Several women from the home participated in a one-mile fun run and Cindy Walker, Watsonville, completed the five-mile course amid rousing cheers from all other participants.

**Divisions — 13-Under:** 1. Seina DeLa Cruz (San Jose) 33:11, 2. Leticia Ancheta (Sallinas) 35:19, 3. Angela Hernandez (Watsonville) 36:26. **14-19:** 1. Susan Radford (Marina) 31:40, 2. Dundi Hart (Sunnyvale) 35:39, 3. Cathy Stracener (Aptos) 35:57. **20-29:** 1. Nancy Ditz (Menlo Park) 29:40, 2. Sue Munday (Saratoga) 30:24, 3. Charlene Gilroy (San Jose) 30:36. **30-39:** 1. Loretta Polsdorfer (Aptos) 31:26, 2. Paula Beard (San Francisco) 32:10, 3. Sue Francis (Cupertino) 34:21. **40-49:** 1. Judy Dorosin (La Selva Beach) 34:06, 2. Loni Medieros (San Francisco) 35:05, 3. Shirley Church (Los Gatos) 36:17. **50-59:** 1. Kathy Belers (Santa Cruz) 39:16, 2. Jeanne Feuster (Soquel) 42:51, 3. Joan Valdes (Menlo Park) 47:18. **Over-60:** 1. Jaclyn Caselli (San Jose) 39:13, 2. Lea Wood (Aptos) 56:57.

## Summers Relays

July 17. Lake Merritt. 20K.

**Overall**  
 1 Golden Bear TC 1:01:08.3  
 2 East Bay Striders 1:02:49.8  
 3 Eumenides 1:04:31.1  
 4 Chevron A 1:05:03.1  
 5 D.O.A. 1:05:47.2  
 6 Canyon TC Juniors 1:06:23.8  
 7 West Valley TC Rejects 1:07:27.1  
 8 Zephyr AC 1:08:09.7  
 9 Athlein Runners 1:08:47.4  
 11 Reebok Racing Team (1/40) 1:09:15.6  
 23 Chase After Us (1F) 1:20:21.7  
 24 Quick Quarte (2F) 1:20:43.7

# Results

## Otay Lakes Biathlon

July 17. San Diego. 6 mile run, 35 mile bike.

Dan Rock regained his lead from Mike McManus on the Honey Springs Road ascent then rode to a 3 minute margin over Emilio DeSoto II to win the Otay Lakes Biathlon. The event started with a 6 mile run along the road and dirt trails adjacent to Lower Otay Lake. Rock led the field to the transition with a fast 33:10. McManus overtook Rock early in the ride out Otay Lakes Road and had opened a 300 yard advantage when they started the 1300 foot climb up Honey Springs Road. Rock was spinning and closing on the leader when a blown tire stopped McManus half way up this five mile grade.

When Phillip Speck grabbed his bike there were already 66 riders ahead of him. Speck passed all but two with a fine effort of 1:33:46 over the difficult 35 mile course to finish in third place.

Sue Kinsey scored an impressive win in the handicap division as her corrected time was best by a record 4 minutes. This 2:42 marathoner eased through the six mile run in 38+ minutes and biked faster (1:43:43) than all but 19 men. In answer to your question, Sue will be more than ready for Ironman '83.

1 Dan Rock	2:08:48
2 Emilio DeSoto II	2:13:36
3 Phillip Speck	2:13:54
4 Dave Stevens	2:13:58
5 Chuck Warren	2:14:40
6 Kai Serrano	2:15:35
7 Alex Nedleman	2:16:11
8 Darin Saik	2:16:48
9 John Adams	2:17:58
10 Albert Cello	2:18:00
11 David McCallum	2:18:00
12 Gil Stone	2:18:01
13 Marc Johnson	2:18:07
14 Bill Sullivan	2:18:08
15 Richard Siebern	2:19:44

## Shoreline 5K

from MARK REYNOLDS

July 17. Mountain View.

**Men's Divisions — 17-Under:** 1. Robert Sukienntcki 19:7.0, 2. Rod Rydell 19:40.1, 3. Doug Stanley 21:56.5. **18-29:** 1. Daniel Gonzalez 15:02.6, 2. Dave Cich 15:25.6, 3. Keith Buffinton 15:37.8. **30-39:** 1. Sam Cushillo 16:18.6, 2. Douglas Chan 16:31.3, 3. Joe Montoya 16:32.4. **40-49:** 1. Juan Armendarte 17:08.0, 2. Frank Hunt 17:15.8, 3. Robin Jones 17:22.2. **50+:** 1. Bill Almon 18:37.8, 2. Chuck Holmes 21:01.7, 3. Matt Allen 23:05.0. **60+:** 1. John Gilkey 20:12.9, 2. R.H. Halliwell 25:11, 3. Waldo Newberg 29:02.

**Women's Divisions — 17-Under:** 1. Lori Hill 20:56.2, 2. Gretchen Hill 21:33.1, 3. Carla Holmes 22:28.1. **18-29:** 1. Amanda Goldner 19:12.2, 2. Kerry Brogan 20:46.7, 3. Lelia Gill 21:12.4. **30-39:** 1. Linda Montynen 18:53.2, 3. Patricia Irmischer 19:03.1, 3. Gigi Luhtgia 19:52.7. **40-49:** 1. Susan Robert 19:31.5, 2. Jean Shrier 19:55.1, 3. Betsy Fraser Smith 22:27.8. **50+:** 1. Gayle Spencer 24:23, 2. Noel O'Halloran 29:40, 3. Joan Cunneen 31:30.00.

## Burlingame 5K

July 22. San Mateo.

<b>Top 5 Men</b>	
1 Doug Sellers	16:52
2 Stuart Wiseman	17:05
3 Carlos Martinez	17:07
4 Kevin Riordan	17:19
5 Ed Lopez	17:22
<b>Top 5 Women</b>	
1 Monika Zieschang	19:58
2 Gabriele Zieschang	20:09

3 Liz Grotz	20:16
4 Toni Hartlaub	20:20
5 Vicky Farrell	20:55

**Men's Divisions — 10-under:** 1. Phillip DeBono 24:35. **11-15:** 1. Stuart Wiseman 17:05. **16-20:** 1. Doug Sellers 16:52. **21-30:** 1. Ed Lopez 17:22. **31-39:** 1. Carlos Martinez 17:07. **40-49:** 1. Jim Kauffold 20:23. **50+:** 1. Ralph Boyd 18:24. **Women's Divisions — 11-15:** 1. Toni Hartlaub 20:20. **16-20:** 1. Liz Grotz 20:16. **31-39:** 1. Chris Stanbridge 22:46. **40-49:** 1. Belty Nowlkie 23:11. **50+:** 1. Charlene Schmitz 30:33.

## Tulare Road Run

from Norm Takeuchi

July 23. Tulare. 8 Miles.

Visalia's Tanis Leyendekker defeated a strong women's field and in doing so established a new women's course record with a winning time of 36:36. The twenty-three year old Peregrine Athletic Club runner increased a slim lead over Peregrine teammate Cathi Isham over the last half of the race to register the victory. During the initial two miles, Leyendekker, Isham and defending champion Deanna McDaniel of Porterville battled for the lead with Leyendekker holding a slight advantage. But by the mid-way point of the two loop race, it was only the two Peregrine runners as McDaniel lost contact. Isham garnered second in 37:26 with McDaniel placing third in 37:56. All three runners bettered the former women's course record.



ALFRED LARA  
Winner Tulare Road Run

A vacationing Australian, Frank Smith highlighted the men's side of the race, smashing the master's record in 31:57. The Perth, Australian resident finished third overall.

Fresnan Alfred Lara completely dismantled any possible competitors for the men's title with a 4:45 opening mile and cruised to an uncontested 30:46 victory. Lara looked as though he would clock the second sub thirty minute performance in the history of the race at the mid-way point, clocking a 14:57 three mile split time. But after the race, he admitted some fatigue from a sixteen mile training run the previous day affected him during

the second half of the race. Lara's time still equalled Juan Molina's 1981 time as the second-fastest time recorded in the history of the race. Ireland's Garry Staunton owns the 29:43 course record. The High Sierra Track club's Bryan Patterson finished second behind Lara in 31:21.

### Men's Results

**12 & Under:** 1. Chris Chapman 42:22. **13-15:** 1. Kevin Carrillo 33:41, 2. Jim Canales 37:04, 3. Randall Grimmuss 44:12. **16-18:** 1. Clint Pearson 32:32, 2. Richard Salvador 34:25, 3. Keanon Crouthers 36:29. **19-24:** 1. Alfred Pinto 32:56, 2. Freddy Castillo 34:07, 3. Adrian Huerta 34:54, 4. Jasvir Singh 36:58, 5. Ron Tucci 41:03, 6. Moses Avitia 46:44. **25-29:** 1. Alfred Lara 30:46, 2. Bryan Patterson 31:21, 3. Baldemar Bettancourt 32:47, 4. Isias Luna 34:28, 5. Richard Ramirez 41:30, 6. Ruben Garcia 41:36. **30-34:** 1. Rito Fuentes, Jr. 33:48, 2. Lawrence Alderete 34:47, 3. Tony Dominguez 36:24, 4. Bernie Stringer 37:06, 5. Tony Hernandez 37:24, 6. Robert Arballo 38:09, 7. Thomas Williams 38:25, 8. Mike Mason 39:54. **35-39:** 1. Victor Salazar 39:09, 2. Bibiano Silvas 39:31, 3. Larry Fisher 40:07, 4. Mike Comerford 40:37, 5. Jerry Chester 41:04, 6. Rick Brown 41:27, 7. Jim Dokken 42:17, 8. Don Bravin 45:23. **40-44:** 1. Frank Smith 31:55, 2. Don Trout 35:08, 3. Roger Sebert 35:48, 4. Steve Johnson 36:43, 5. Bill Peck 36:51. **45-49:** 1. Rick Zamarripa 35:53, 2. James Lipford 37:10, 3. Tommy Upton 37:47, 4. Phil Plascencia 40:19, 5. Sam Ferral 40:58. **50-59:** 1. Jess Rivera 36:36, 2. Will Moore 37:47, 3. Lloyd Martin 39:41, 4. A.R. Souza 41:31, 5. John Canales 44:15. **60 & Over:** 1. Harry Harder 41:27, 2. Bob Musso 42:01.

### Women's Results

**12 & Under:** 1. Jennifer Tracy 53:05. **13-15:** 1. Nicoletta Florio 50:43. **16-18:** 1. Shannon Battles 42:28, 2. Samer Fakira 53:19. **19-29:** 1. Tanis Leyendekker 36:36, 2. Cathi Isham 37:26, 3. Deanna McDaniel 37:56, 4. Sara Tinoco 46:45. **30-39:** 1. Esther Henson 48:21, 2. Carol Salvador 48:53, 3. Vera Grimmus 51:31, 4. Cathy Ochoa 52:52. **40-49:** 1. Dianna Moore 54:30. **50-59:** no entries. **60 & Over:** no entries.

## Some Like It Hot! Davis Half Marathon

July 23. Davis.

**Top Ten Men:**

1 Bob Goralka (Davis)	1:14:33
2 Gary Feroe (Reno)	1:15:16
3 Don Koerberlein (Sacto)	1:23:29
4 Robert Scari (Stanford)	1:23:53
5 T. L. Green (S.F.)	1:25:50
6 Jim Singleton (Davis)	1:26:10
7 Michael Hitchcock (Sacto)	1:26:46
8 Tracy Stout (Placerville)	1:26:57
9 Rick Tauzer (Woodland)	1:27:38
10 Andrew Flessel (Davis)	1:27:40

**Under 30:**

1. Bob Goralka 1:14:33, 2. Robert Scari 1:23:53, 3. Jim Singleton 1:26:10.

**30-40:**

1. Gary Feroe 1:15:16, 2. Don Koerberlein 1:23:29, 3. T. L. Green 1:25:50.

**Over 40:**

1. Richard Elizarraras 1:28:50, 2. Allen Smith 1:32:22, 3. Bruce Oliver 1:34:24.

**Top Ten Women:**

1 Shariet Gilbert (Richmond)	1:30:05
2 Eldrith Gosney (Vallejo)	1:38:17
3 Ruth Vega (N Highlands)	1:40:01
4 Rachael Singleton (Davis)	1:40:22
5 Valerie Beyer (Roseville)	1:43:50
6 Karen Frinke (Sacramento)	1:44:52
7 Margaret Stier (Alameda)	1:46:26
8 Cara Jensen (Davis)	1:47:33
9 Deborah Birnie (Davis)	1:47:45
10 Jill Malaki (Sacramento)	1:47:55

**Under 30:**

1. Ruth Vega 1:40:01, 2. Rachael Singleton 1:40:22, 3. Valerie Beyer 1:43:50.

**30-40:**

1. Shariet Gilbert 1:30:05, 2. Susan Morrison 1:52:58, 3. Becky Morris 1:53:14.

**Over 40:**

1. Eldrith Gosney 1:38:17, 2. Karen Frinke 1:44:52, 3. Po Adams 2:12:40.

## Cypress Community Runs 5K & 10K

July 23. Cypress.

<b>10K</b>	
1 Stephen Webb(19-24M)	30:45:1
2 Mark Junkermann(15-18M)	31:17:3
3 Joe Hardy(WhichRM)	31:46:7
4 Hal Hays(30-34M)	31:59:2
5 Kim Ulle(25-29M)	32:03:4
6 Frank Gonzalez(15-18M)	32:17:3
7 Mark Dulaney(25-29M)	32:18:6
8 William Foley(25-29M)	32:40:2
9 Art Nono(25-29M)	32:59:4
10 Bill Turner(19-24M)	33:08:0
11 Unknown	
12 Unknown	
13 Gilbert Portillo(15-18M)	34:21:6
14 Rory Cooper(WhichRM)	34:37:8
15 Jim Chenoweth(40-44M)	34:53:3
16 Michael Sayward(35-39M)	35:00:0
17 Ricky Pendell(15-18M)	35:12:8
18 John Rothrock(30-34M)	35:20:7
19 Gus Fieldhouse(15-18M)	35:23:9
20 Unknown	
21 Bill Elam(40-44M)	35:43:9
22 Kit Ruona(Law Enf)	36:19:3
23 George Hernandez(25-29M)	36:23:4
24 Edward Ramirez(WhichRM)	36:40:1
25 Michael Depalo(35-39M)	36:40:4
26 David Chapman(15-18M)	36:44:0
27 Craig Meadows(25-29M)	36:46:0
28 Arthur Martinez(35-39M)	36:47:1
29 Manou Lankarani(40-44M)	36:47:8
30 Jeff Wilson(30-34M)	36:56:4
63 Kenneth Purucker(45-49M)	40:01:4
68 Armin Fischer(55-59M)	40:23:4
77 James Rice(45-49M)	41:02:3
82 Harold Daughters(60+ M)	41:17:9
92 Chris Haslam(15-18F)	41:44:0
94 Paul Browne(45-49M)	41:45:4
95 Rhonda Davidson(19-24F)	41:46:2
102 Sharon Kat Prince(14-F)	42:16:8
105 Bill Stowel(50-55M)	42:24:2
110 Mackie Keenan(30-34F)	42:41:5
112 Elaine Havens(45-49F)	42:51:0
115 Jim Bernert(50-55M)	43:09:0
121 Debi Doid(25-29F)	43:28:5
128 Juergen Hafner(50-55M)	43:47:3
141 Rosibel Pais(19-24F)	44:33:3

<b>5K</b>	
1 James Dyer(19-24M)	15:04:4
2 David Baca(15-18M)	15:07:6
3 Ron Jensen(35-39M)	15:53:0
4 Elliot Teaford(19-24M)	15:53:4
5 Paul Maier(35-39M)	15:54:4
6 Pat Cornejo(15-18M)	15:55:8
7 Victor Valen(15-18M)	16:02:9
8 Michael Steiners(30-34M)	16:16:7
9 Bryan Wilkins(19-24M)	16:29:9
10 Unknown	
11 Abe Varughese(15-18M)	16:35:5
12 Danny Acosta(15-18M)	16:40:9
13 Robert Sanchez(30-34M)	16:45:9
14 Unknown	
15 Jon Brusherd(19-24M)	16:47:7
16 Ray Hughes(40-44M)	16:49:8
17 Andy Avalos(30-34M)	16:54:8
18 Jarrett Williams(35-39M)	16:57:5
19 Unknown	
20 J. Craven(19-24M)	17:06:5
21 Paul Gallard(15-18M)	17:08:7
22 Unknown	
23 Eugene Black(45-49M)	17:13:7
24 Unknown	
25 Lee Baca(40-44M)	17:19:3
26 Unknown	
27 Walter Dettmer(19-24M)	17:22:7
28 Unknown	
29 Terry Toles(35-39M)	17:31:2
30 Fred Loakes(30-34M)	17:33:9
36 John Harper(50-55M)	17:50:6
40 Leonard Waits(50-55M)	18:13:0
42 Walt Atcheson(55-59M)	18:15:5
74 Robert Hardaway(55-59M)	19:42:2
85 David Cohen(60+ M)	20:13:1
88 Claudia Morales(30-34F)	20:20:9
105 Mary Martin(35-39F)	20:58:3
120 Julie Avalos(15-18F)	21:28:9
121 Glenn Ward(60+ M)	21:32:3
123 Stacy Youngren(25-29F)	21:45:6
125 Wendy Bull(30-34F)	21:53:4
133 Connie Carlson(15-18F)	22:09:8
136 Celeste Elliott(14-F)	22:13:3
145 Paula Fisher(30-34F)	22:31:4
146 Lorraine Silver(35-39F)	22:32:4

## Women's Distance Festival

July 23. San Luis Obispo. 5K.

1 Diane Dixon(28)LosOsos	19:29
2 Kathy Kelley(20)SLO	19:37
3 Teri Stout-Esquivel(24)SLO	20:06
4 Mary Ryzner(29)SLO	20:49
5 Shirley Rodriguez(16)ArGrande	22:01
6 Shirley Sims(16)ArGrande	23:08
7 Sandie Cano(30)SLO	23:12
8 Lynde Seffel(16)ArGrande	23:21
9 Julie Fillipponi(23)SLO	23:52
10 Vicky Berquia(28)SLO	24:13
25 Rosemary Twisselman(47)BksTC25:55	

## Pioneer Day Run

from RON TOMLINSON

July 23. Sonoma.

Overall

Male 5K	Scott Leonard	15:40
Male 10K	Larry Hayden	31:49
Female 5K	Sally Mertes-Stone	21:47
Female 10K	Cindi Williams	42:05

## Sunkist Triathlon

from Gil Ramirez & Cheryl M. Collart

July 23. Oxnard.  
On Saturday, July 23, 181 triathletes gathered at the shore of Hollywood Beach, Oxnard, California for the first leg of the Sunkist Triathlon. This first ever event in the area was the kick-off for Oxnard's 23rd Annual Sports Festival. The course comprised of a 1 mile swim, 11 mile bike ride and 4.3 mile run, proved to be very fast. Overall winner, Kevin Marble of Oxnard came across in one hour 25 minutes, 29.1 seconds.

There was a very close race for second as Michael Arandt of Granada Hills (1:26:31.1) nipped Ralph Searcy (1:26:32.3) at the finish line.

The first woman finisher was 26 year old school teacher Linda Ferris of Ventura. She came in 16th overall in 1:33:55.8. Diane Baxter, also of Ventura was the second woman to cross the finish line at 1:36:08.5.

Marble indicated he really began to feel weary during the run. He had to stop twice to catch his breath, but used yoga techniques as a means to keep his pace. Marble said he hoped his victory might serve as an inspiration to the young athletes he coaches.

Asked how it felt being the Number 1 Woman Athlete, Ferris replied "tired". She admitted she didn't expect to finish first because "I've never been in a bike race and I'm not a very fast runner."

The winner of 45+ group was Encino's Nobby Oren, in 1:45:45. Oren was one of four people who had competed in the Hawaii Ironman Triathlon.

Oren said of the Oxnard race, "You could go all out all the way whereas in Hawaii you had to pace yourself because you had a long way to go. This was kind of like a sprint in that you didn't have to hold anything back."

William Hinkle, 46 a Deputy District Attorney from Oxnard finished second in the Men's 45 Division at 1:47:50.6.

He described the race as "gruesome". But he was confident he could finish because he had completed the course three times prior to the event.

Hinkle said his only disappointment was his swimming. "I used to be a beach lifeguard for the City of Los Angeles for 16 years, so I thought I was going to whail in the swimming. As it turned out, I got caught in the pack and did very poorly. My bike was probably my fastest. Then I didn't run as fast as I had liked to, either. But all in all it was a darn good experience."

The oldest woman finisher was Sally Boyes, 49 of Ventura, 2:17:17.

The event was co-sponsored by the City of Oxnard Parks and Recreation Department and the Seven-Up Bottling Company of Santa Barbara. Instrumental in providing volunteers were the Hueneme Swimming Association, Channel Islands Aquatics, Team Inside Track, Ventura County Bike Club, Oxnard Police Olympic Committee, Ventura County Radio Club, Oxnard Aquatics staff and numerous private individuals.

### Men's Results

18-24: 1. Michael Arndt 1:26:31.1, 2. Ralph Searcy 1:26:32.3, 3. David Barker 1:27:01.5.  
25-29: 1. Kevin Marble 1:25:29.0, 2. Ed Von Essen 1:28:34.7, 3. Robert Ross 1:28:49.1.  
30-34: 1. Forrest Carmichael 1:27:39.2, 2. Ken Hainline 1:35:01.8, 3. Steven Snyder 1:39:38.8.  
35-44: 1. Jan Rus 1:27:05.4, 2. Michael Orosel 1:32:20.4, 3. Mark Richert 1:33:14.7.  
45 & Over: 1. Norby Orens 1:45:45.0, 2. William Hinkle 1:47:50.6, 3. Wilbur Duncan 1:53:47.6.

### Women's Results

18-24: 1. Maren Scheuner 1:34:02.0, 2. Dianne Baxter 1:38:08.2, 3. Diana Ritche 1:38:24.1.  
25-29: 1. Linda Ferris 1:33:55.8, 2. Hannah Myers 1:40:45.8, 3. Barbara Sidesinger 1:45:44.2.  
30-34: 1. Kathleen Roos 1:42:16.7, 2. Sherry Moody 1:46:29.4, 3. Karen Carten 1:52:52.8.  
35-44: 1. Penny Little 2:00:25.2, 2. Carol Hofmeister 2:37:27.2.  
45 & Over: 1. Sally Boyes 2:21:59.8.

## Burlingame 5K

July 28. San Mateo.

### Top 5 Men

1 Ed Lopez	17:08
2 Carlos Martinez	17:14
3 Kevin Rlordan	17:30
4 Loren Spiekerman	17:49
5 Patrick McCarthy	17:59

### Top 5 Women

1 Carla Holmes	22:11
2 Jeanette McGee	23:19
3 Sheila Strand	23:20
4 Barbara Robben	23:28
5 Judy Allen	23:57

Men's Divisions — 10-under: 1. Craig Feeney 26:11. 11-15: 1. Kevin Rlordan 17:30. 21-30: 1. Ed Lopez 17:08. 31-39: 1. Carlos Martinez 17:14. 40-49: 1. Jim Kaufold 20:04. 50+: 1. Ralph Boyd 18:45.  
Women's Divisions — 11-16: 1. Carla Holmes 22:11. 21-30: 1. Judy Allen 23:57. 31-39: 1. Sheila Strand 23:20. 40-49: 1. Jeanette McGee 23:19. 50+: 1. Lenore Boures 29:59.

## New Astley Belt 6 Day Race

July 25-31. Chula Vista.

The New Astley Belt 6 Day Race - 1983, sponsored by Phoenix Vitamins and Nike, was held this year high atop a hill at Swift Stadium in Chula Vista.

Don Choi, the legendary ultramarathoner, was an easy winner taking home his second consecutive New Astley Belt. He easily handled a challenge by Jerry Dietrich on the first day to lead by 19 1/4 miles. Don did likewise with the challenge of Mario Escobedo on the second day, increasing his lead to 21 miles. By the end of the third day, Choi had put the belt out of reach and was leading the now injured Escobedo by 34 1/2 miles, and Dietrich by 59 1/2. On days four and five, he cruised smoothly enjoying the comfort of a 58 mile lead. On the sixth day he stopped with a total of 420 miles.

The first woman was Myra Linden, who finished 7th overall with a total of 310 1/4 miles. Sixty-four-year-old Richard Kegley finished with 319 1/4 miles for 5th place overall, while raising his over 60 U.S. record by over 34 miles. Race-walker Bob Wise scored 330 1/2 miles, good for 4th place overall and a new modern walking record, surpassing Rob Sweetgall's

record. Third place and "The Rowell Cup" went to Jerry Dietrich for 332 miles. The Fitzgerald Cup and second place went to Mario Escobedo with 355 1/4 miles. The big prize, The New Astley Belt, went to the champion and winner, Don Choi.

### Results:

1 Don Choi (35) S.F.	420
2 Mario Escobedo (25) Chula V.	355 1/4
3 Jerry Dietrich (49) ElCajon	332
4 Bob Wise (43) Atlanta, GA	330 1/4
5 Richard Kegley (64) Col. Pl. WA	319 1/4
6 Jim Honig (33) San Jose	313
7 Myra Linden (55) DesPlns. IL	310 1/4
8 Bob Vernon (49) S.F.	301 1/4
9 Sy Mah (56) Toledo, OH	301
10 Dennis Coffee (35) SanPedro	300 1/4
11 Dick Collins (49) Oakland	267 1/4
12 Leon Ransom (46) SanDiego	259 1/4
13 Jim Skophammer (59) S.F.	256 1/4
14 Barbara Dockstader (32) S. Diego	149 1/4

## Occidental 10K Run

July 31. Occidental.

Men 15 & Under:  
Robert Mitchell, Santa Rosa(14) 43:42

Men 16-19:  
Byron Clark, Occidental(16) 37:47

Men 20-29:  
Mark Ziblatt, Occidental(20) 34:15

Men 30-39:  
Ray Ingalls, Occidental(34) 34:38

Men 40-49:  
Jim Moore, Concord(47) 36:09

Men 50-59:  
Frank Fragoza, Travis(51) 40:31

Men 60-69:  
Dick DeKay, Occidental(62) 47:31

Women 20-29:  
Lucille Nickols, Healsburg(29) 47:51

Women 30-39:  
Vicki French, Santa Rosa(33) 44:38

Women 40-49:  
Joan Ballard, Santa Rosa(40) 50:48

Women 50-59:  
Raye Johnsen, Santa Fe(52) 54:48

Women 60-69:  
Liz Horney, Sebastopol(66) 59:56

## The Ultimate Triathlon

July 30. Sacramento.

6K Swim, 300K Bike, 50K Run.

### Men's Results

1 Kurt Madden	13:03:40
2 Rob Ueltzen	13:29:02
3 Charles Griggs	13:46:57
4 Jim Mensching	13:48:39
5 Joe Mensching	14:26:10
6 Tom Barthold	14:40:24
7 Bill Freeborn	15:22:49
8 David Jones	15:31:41
9 Dennis Bock	15:47:41
10 Bill Banyai	15:49:49

### Women's Results

1 Eva Ueltzen	14:24:31
2 Lyn Brooks	14:44:52
3 Ardis Bow	15:02:40
4 Sally Edwards	15:04:30
5 MaryJane Henning	17:03:03

## Pear Fair 10-Mile

July 31. Sacramento.

### Men

Overall Winner: Dave Rennelsen 50:00:09

### Under 19:

1. Peter Vicencio 58:07:06, 2. Rodney Grieve 58:17:08.

### 19-29:

1. Dave Rennelsen 50:00:09, 2. Tom Cushman 51:29:09, 3. Keith Golding 53:31:02, 4. Robert Allen 54:22:03, 5. Mike Wright 54:41:01.

### 30-39:

1. Craig Ottersen 56:27:04, 2. Curt Duff 56:37:09, 3. Tim Shannon 57:34:08, 4. Mike Buzbee 58:17:00, 5. Ron Vogel 58:20:05.

### 40-49:

1. Don Spickelmier 57:13:05, 2. Robert Seidner 60:31:06, 3. James Ballantyne

62:24:01, 4. Paul Mitchell 64:50:04, 5. Chuck Conway 64:58:04.

### 50-59:

1. Jack Jamieson 64:16:06, 2. Don Carpenter 66:34:05.

### Over 59:

1. Nester Velasco 75:26:06, 2. Steve Wolshnis 76:17:03.

### Women

Overall Winner: Heike Skaden 61:25:04

### Under 19:

1. Deonne Self 70:18:08, 2. Jennifer Cox 99:04:00.

### 19-29:

1. Heike Skaden 61:25:04, 2. Francie Negri 63:25:09, 3. June Hill-Falkenthal 65:40:08, 4. Nancy Knop 68:12:08, 5. Kathy Beals 69:12:08.

### 30-39:

1. Delores Bazwa 66:44:05, 2. Maureen Lance 71:03:08, 3. Sandy Coffey 72:28:08, 4. Bunny Beloso 74:01:09, 5. Susan Condon 74:10:07.

### 40-49:

1. Heidi Skaden-Poyser 68:25:06, 2. Karen Frincke 72:57:01, 3. Nancy Mollitor 80:17:06, 4. Suzanne Elliott 81:00:04, 5. Julie Fong 82:24:01.

### 50-59:

1. Marian McKone 77:57:09, 2. Kathy Iseri 83:50:01.

### Over 59:

1. Natalie Cooley 88:44:05.

### Wheelchair:

1. Lewis Bair 54:35:00, 2. Sheryl Bair 1:54:31.

## Burlingame 5K

August 4. San Mateo.

### Top 5 Male Finishers:

1 Robb Waterman	16:57
2 Ed Lopez	17:00
3 Carlos Martinez	17:14
4 Patrick McCarthy	18:00
5 Jeff McNesby	18:24

### 10 & Under:

1. Davy Causey 30:32.

### 11-15:

1. Jeff Sykes 20:25.

### 16-20:

1. Robb Waterman 16:57.

### 21-30:

1. Ed Lopez 17:00, 2. Jeff McNesby 18:24, 3. Tom Shea 18:31.

### 31-39:

1. Carlos Martinez 17:14, 2. Patrick McCarthy 18:00, 3. Wildfogel 19:15.

### 40-49:

1. Fred Holloszy 20:11, 2. R. W. Moss 20:12, 3. Chuck Osborn 20:16.

### 50 & Over:

1. Ken Paul 20:26, 2. Dominic Gara 20:43, 3. Ralph Sackerman 22:16.

### Top 5 Female:

1 Victoria Farrell	20:23
2 Debbie Norton	20:33
3 Sally Rowe	20:46
4 Liz Grotz	20:52
Francis Sackerman	21:00

### 10 & Under:

1. Emily Giebel 29:12.

### 16-20:

1. Carla Holmes 21:44.

### 21-30:

1. Victoria Farrell 20:23, 2. Debbie Norton 20:33, 3. Liz Grotz 20:52.

### 31-39:

1. Sally Rowe 20:46, 2. Sheila Strand 23:40, 3. Lily Hagan 30:05.

### 40-49:

1. Jeanette McGee 23:40, 2. Barbara Robben 23:52, 3. Vivian Rodriguez 26:51.

### 50 & Over:

1. Francis Sackerman 21:00, 2. Lenore Bouras 31:07.

## Coastal Section One Hour Run

August 6. San Luis Obispo.

1 Jon Root(29)PasoRob.	10:1046
2 Steve Dornish(38)SanLuisO.	10:946
3 Jim Brown(40)Cambria	9:1668
4 Stan Rosenfield(35)SanLuisO.	9:992
5 Robyn Dubach(23)PasoRob.	9:929
8 John Holoubek(67)Lompoc	9:155
11 Bob Sterling(70)SanLuisO.	7:764
14 Paul Spangler(84)SanLuisO.	6:1072

# Results

## Patagonia's Mountain Run

from Holly Beatie

August 6. Squaw Valley, 3.6 Mile.

Patagonia's Squaw Valley USA Mountain Run adds to a long list of athletic events, to include the Olympics, that have been held at Squaw Valley USA. Over a 25 year history, perhaps as many as a million athletes have taken on the challenges of the mountain. Of all those athletes, 330 deserve special recognition. They accepted the mountain's toughest challenge - running up the 3.6 mile maintenance road from elevation 6200 to elevation 8200.

Kirkwood's Debbi Waldear won the women's race setting a new course record. Her time of 38:07 destroyed the old record by three minutes. Carla Pittelkow, of Reno, in her second race of the day, finished a close second in 38:30. World class triathlete and ultra-distance expert Salley Edwards was third in 39:29.

In the men's race, Denis O'Halloran, of the Aggie Running Club, used a break to capture his second consecutive title with a 29:35 time. O'Halloran was trailing Reno's Lynn Mentzer with about a mile to go when Mentzer strayed from the course at a crucial corner where construction equipment had erased some of the course markings. By the time Mentzer realized his mistake, O'Halloran had already sneaked by. Mentzer recovered in time to finish second, right behind O'Halloran in 29:44. Truckee's Mike Johnson placed third in 34:03.

Outstanding age group performances included 15 year old Kent Facchino of Olympic Valley, 28th overall with a 37:08. Evert Riggie, of Chico, placed 45th and won the 50-59 age group with a time of 38:56. Gail Rodd, of San Francisco, was seventh woman and first in the 40-49 category with an impressive 43:33. The youngest competitor was 8 year old Nathan Barteau, who blasted to the top in 1 hour, 22 min.

One runner summed up the thoughts of many participants. "I had a great time! I can't say the running up was totally enjoyable but the feeling of accomplishment was tremendous. The food, music, scenery and super people at the top made it worth every step."

Patagonia gave away lots of their "Sierra Chic" clothing at the awards ceremony... and the band played on... The event attracted 290 runners and 40 participants in the non-competitive walking category. Next year's event is tentatively scheduled for the first Saturday in August.

**Women's Age Category Winners:**  
19 & Under: Adele Allender 45:19. 20-29: Carla Pittelkow 38:30. 30-39: Debbi Waldear 38:07. 40-49: Gail Rodd 43:33. 50-59: Frances Sackerman 54:43.

**Men's Age Category Winners:**  
19 & Under: Dave Hope 36:18. 20-29: Lynn Mentzer 29:44. 30-39: Denis O'Halloran 29:35. 40-49: Phillippe Mollard 37:00. 50-59: Evert Riggie 38:56. 60-69: Robert Bernard 1:01:05.

### Women

1	Debbie Waldear, Kirkwood	38:07
2	Carla Pittelkow, Reno	38:30
3	Sally Edwards, Sacto	39:29
4	Shelley Dunlap, Truckee	40:11
5	Mary Prince, Tahoe City	43:00
6	Diane Kato, Sacto	43:08
7	Gail Rodd, San Francisco	43:33
8	Patty Goldthorpe, Northstar	43:37
9	Colleen Connors, Homewood	43:58
10	Wink Luskin, Genoa	44:11

### Men

1	Denis O'Halloran, Soda Springs	29:35
2	Lynn Mentzer, Reno	29:44
3	Mike Johnson, Truckee	34:03
4	Mark Gregor, Tahoe City	34:23
5	Harrison Gunther, San F.	34:23
6	Scott Brickerd, Merced	34:32

7	Dave Carlson, Carson City	34:40
8	Gale Williams, Olympic V.	34:51
9	Lyle Freeman, Reno	35:04
10	Dale Magnin, Reno	35:10
11	Sean Crom, Sparks	35:12
12	John Cobourn, Soda Springs	35:21
13	David Gowen, Incline V.	35:26
14	David Roth, Olympic V.	35:42
15	David Weller, S.L.T.	35:52
16	Tom Bartasi, San Jose	35:55
17	Jean Claude Pascal, Olympic V	35:59
18	Jeff Cowling, Livermore	36:04
19	Paul Bousquet, Santa Cruz	36:09
20	Alan Voth, Tahoe City	36:16

7	David Bower(20-29)	33:38
8	Dave Winter(20-29)	34:55
9	Vern Biehl(2nd 30-39)	34:56
10	Alan Warren(3rd 30-39)	35:07
11	Larry Stevens(30-39)	35:14
12	Richard Belliveau(1st 40-49)	35:20
13	Ray Spald(20-29)	36:11
14	Dick Durand(1st 50&Over)	36:44
15	Mike LeVangie(1st 16-19)	36:47
23	Gaylon Rodin(2nd 40-49)	38:49
24	David McConnel(3rd 40-49)	39:05
34	Sheila Hasham(1st 40-49F)	41:57
37	Preben Poulsen(2nd 50 & Over)	42:24
38	Chuck Cunliffe(3rd 50 & Over)	42:55
40	Dianne Gale(1st 30-39F)	43:52
58	Fern Martin(1st 50 & OverF)	58:44

### JUNIOR BOYS DIVISION

1	Heartbreakers	2:36:31
	Erin Woody	48:16
	David Naranjo	31:14
	Tom Morgan	46:35
	Miguel Hurtado	30:26
2	Sole Survivors Team A	2:41:24
	Jason Lienau	44:09
	Richard Harkless	34:28
	Kevin Hatch	48:39
	Scott Cole	34:08

## YWCA Women's 5K & 10K Run

August 6. Pacific Grove.

### 10K

1	Kathleen Mutschler (20-29)	41:35.9
2	Patty Selbicky (20-29)	41:44.0
3	Linda J. Shelley (20-29)	42:04.5
4	Sylvie Cadie (13-19)	42:13.1
5	Julie Sigourney (20-29)	44:28.5
6	Jean Kelleher (20-29)	45:17.4
7	Wendy Kimber (30-39)	47:09.1
8	Susan Pierszalowski (30-39)	47:19.2
9	Chleko Yamaguchi (30-39)	48:01.8
10	Lynn Lozier (30-39)	48:04.7
12	Cynthia Bieber (40-49 1st)	48:32.9
43	Gyneth Fox (50-59 1st)	1:03:6.5

### 5K

1	Gail Bernardi (30-39)	19:31
2	Michelle Welsh (30-39)	21:16
3	Laurie Albrecht (30-39)	21:43.2
4	Martha Campbell (30-39)	22:44.3
5	Kathy Stoner (30-39)	22:51.3
6	Pamela Simmons (20-29)	23:14.1
7	Susan Signorelli (30-39)	23:16.2
8	Pamela Kinzie (20-29)	23:38.6
9	Lisa Banuelos (20-29)	24:04.6
10	Sandy Acosta (30-39)	24:33.3
17	Kay O'Neill (50-59 1st)	25:44.4
19	Brenda Morillo (40-49 1st)	26:11.3

### 5K Walk

1	Ruth Sorensen (60+)	33:10.6
2	Allison Bishop (12 & U)	34:41.6
3	Mollie Burks (12 & U)	34:42.1
4	Madeline Bogdanowicz (20-29)	35:44.6
5	Quintella Forbes (20-29)	35:45.6

## Cazadero Footrace 7 Miles And 3 Miles

August 6. Cazadero.

1	Jim Noonan, SntaRosa(22)	38:15
2	Rory Ingalls, Occidental	38:57
3	Clark Rosen, Petaluma(34)	39:25
4	Victor Gonzalez, EICajon(33)	40:09
5	Dick Ogg, SantaRosa(30)	40:27
6	Greg Lewis, Sebastopol(22)	40:58
7	Brendan Hutchinson, S.Rosa(39)	41:18
8	David Sjostedt, BodegaBay(37)	41:31
9	Larry Meredith, S.Rosa(26)	42:03
10	Dennis Bollman, Sonoma(32)	42:24
11	Bill Mullin, SantaRosa(33)	42:37
12	Mike Heffernon, Guerneville(26)	42:57
19	Karen Johnson, Provi.Ri.(20 1stF)	44:12
(New Women's Record)		
34	Vicky French, S.Rosa(33 2ndF)	48:51
41	Kathryn Singer, Novato(42 3rdF)	51:40

### 3 Mile

1	Mark Curran, S.Rosa	17:20
2	Jack Kegg, Petaluma(18)	17:47
3	Mary Maloney, Petaluma(19 1-F)	19:43
4	Tom Cortin, Greenbrac	22:35
5	Rudy Rodriguez, Cazadero	22:53

## Wilson Saddle Hill Climb

4.2 Miles (All Uphill)

August 6. Newhall.

1	Steve Durand(1st 20-29)	30:32
2	Alan Dehlinger(2nd 20-29)	30:38
3	Rich Burns(3rd 20-29)	31:22
4	Tim Hampton(20-29)	32:50
5	Jim Minami(1st 30-39)	32:57
6	Ricky Pendell(1st 15&U)	33:24

## Sierra Pines Marathon Relay

August 6. Bass Lake.

### FASTEST LEGS 1983

#### 7.7 MILE

OPEN-MIXED M:	Scott Mayfield	38:54
OPEN-MIXED W:	Shirley Johnson	50:59
SUBMASTERS M:	Juan Garza	41:54
MASTERS M:	Frank Delgado	48:15
JUNIOR BOYS:	James Williams	43:56

#### 5.6 MILE

OPEN-MIXED M:	Jim Hartig	28:17
OPEN MIXED W:	Renee Wycoff	34:39
SUBMASTERS M:	Larry Lung	32:14
MASTERS M:	Joe Delgado	36:38
JUNIOR BOYS:	Miguel Hurtado	30:26

### OPEN DIVISION:

1.	Fresno State Track Club	2:17:15
	Gary Gonzales	40:44
	Leroy Rivera	28:35
	Scott Mayfield	38:54
	Barassa Thomas	29:02
2.	The "A" Team	2:18:31
	Tony Ramirez	39:58
	Jim Hartig	28:17
	Alfred Lara	40:15
	Darrel Cox	30:01
3.	High Sierra Track Club	2:28:01
	Bryan Patterson	42:46
	Shawn Smallwood	30:57
	David Perez	42:47
	Fred Pinto	31:31

### WOMEN'S DIVISION

1.	Peregrine A.C.	2:58:04
	Cathy Isham	52:46
	Tanis Layendecker	39:40
	Shirley Johnson	50:59
	Renee Wycoff	34:39

### MIXED DIVISION

1.	Visalla Runners	2:56:54
	David Calderon	45:27
	Deon Stockton	38:05
	Cherie Stephenson	59:46
	Rob Stephenson	33:36

### SUBMASTERS MEN DIVISION

1.	Fresno Track Club	2:31:21
	Juan Garza	41:54
	Larry Lung	32:14
	Al Lomell	44:22
	Craig Elia	32:51

### 2. High Sierra Track Club

	Don Chapin	44:10
	Dave Williams	34:07
	Rito Fuentes	46:30
	Dave Blalock	33:41

### 3. Wards Wackos

	Don Gregory	43:44
	Steve Ward	33:57
	Keith Jeffers	47:29
	Jim Lambe	33:42

### MASTERS MEN DIVISION

1.	Fresno Track Club	2:55:15
	Bill Woody	49:20
	Joe Delgado	36:38
	Frank Delgado	48:15
	Fernie Montanez	41:02

## Dog Daze Run

August 7. Ukiah. 10K.

1	Robert Clay(36)Kelsyv.	33:32
2	Jim Gibbons(39)Willits	34:12
3	Parker Mills(?)Eik	35:09
4	Mike Cannon(28)Ukiah	35:30
5	Bob McWilliams(29)Hopland	35:48
6	Larry Morton(25)RedwV	36:57
7	Andy Jensen(39)Ukiah	37:01
8	Mike Dinehart(27)Ukiah	37:28
9	Al Bellon(56)Ukiah	37:36
10	Paul Jepsen(40)Ukiah	37:53

### Age Group Results

**Male: 13 & Under:** 1. Reed Colfax 40:37, 2. Terry Majjan 55:00, 3. Lee Clark 57:14. **14-19:** 1. Erik Verner 38:44, 2. Drew Colfax 39:59, 3. Evert Super 44:04. **20-29:** 1. Mike Cannon 35:30, 2. Bob McWilliams 35:48, 3. Larry Morton 36:57. **30-39:** 1. Robert Clay 33:32, 2. Jim Gibbons 34:12, 3. Parker Mills 35:09. **40-49:** 1. Paul Jepsen 37:53, 2. Dave Crew 37:57, 3. Lang Russel 38:28. **50-59:** 1. Al Bellon 37:36, 2. Sanford Dorbin 42:04, 3. Vic Crossetti 42:32. **60 & Over:** 1. James Welcher 56:33.

**Female: 13 & Under:** 1. No entry. **14-19:** 1. Theresa Lindgren 51:02. **20-29:** 1. Cheryl Anderson 39:02, Elizabeth Black 42:38, 3. Robin Masia 51:25. **30-39:** 1. Ramona Benner 52:30, 2. Mo Jenkins 54:12, 3. Betty Antoni 54:56. **40-49:** 1. Denise Tenzel 51:24, 2. Jan Verner 62:25, 3. Christene Speak 62:50. **50-59:** 1. Louis Cook 58:40. **60 & Over:** 1. No entry.

## Run In The Sun

August 7. Carmel Valley. 10K

<b>Men 14-18:</b>		
1	Steve Hayward (Monterey)	35:55.97
2	Carlos Zarate (Carmel)	36:36.52
3	Todd Jackman (Santa Rosa)	36:03.44

<b>19-29:</b>		
1	Wes Press (Los Altos)	32:36.41
2	Gary Riley (Santa Cruz)	32:58.14
3	Steve Peters (Monterey)	33:22.40

<b>30-39:</b>		
1	Terry Rusboldt (Capitola)	32:44.76
2	George Erving (Palo Alto)	33:34.78
3	Jim Poulos (Carmel)	33:36.01

<b>40-49:</b>		
1	Glynn Wood (Monterey)	34:42.35
2	Peter Marseguerra (Carmel V)	37:26.5
3	John Brzinsky (Carmel)	37:27.91

<b>50-59:</b>		
1	Don Lucera (Belmont)	40:04.46
2	Rolf Scheel (Pacific Grove)	41:44.74
3	Don Luce (Carmel)	43:12.47

<b>60 &amp; Over:</b>		
1	Robert Schubert (Monterey)	46:42.91
2	George Burnop (Pebble Bch)	53:36.23
3	Al Jarschke (Castroville)	56:10.82

<b>Women 14-18:</b>		
1	Donna Allen (Pacific Grove)	41:24.71
2	Laura Carter (Danville)	42:21.43
3	Darcy Russak (Carmel)	56:33.92

<b>19-29:</b>		
1	Sylvie Cadie (Monterey)	46:00.9
2	Jennifer Cohn (San Jose)	48:17.68
3	Teresa Fife (Carmel V)	49:42.86

<b>30-39:</b>		
1	Gail Bernardi (Pacific Grove)	41:07.88
2	Nanse Schlexer (Carmel V)	42:04.63
3	Jill Minniear (Ohio)	47:24.27

<b>40-49:</b>		
1	Marilyn Hicks (Monterey)	47:33.02
	Pam Feld (Carmel)	51:30.91
3	Julie Harris (San Fran.)	52:35.27

<b>50-59:</b>		
1	Louise Sanders (Texas)	1:05:01.13
<b>60 &amp; Over:</b>		
1	Virginia Martin (Fresno)	1:00:36.38

## Horny Toad Invitational Triathlon

August 7, San Diego.

1.5 mile Swim

50 mile Bike

13.1 mile Run

1 Scott Molina	4:13:38
2 Jeff Tinley	4:21:14
3 Dean Harper	4:21:14
4 Tom Boughey	4:25:23
5 DanRock	4:38:34
6 George Yates	4:32:35
7 Tom Warren	4:33:49
8 Steve Sines	4:33:55
9 Barry Brown	4:33:57
10 Grebor Stam	4:34:02
11 S. Collin Brown	4:34:55
12 Murphy Reinschreiber	4:35:38
22 Sue Kinsey (1st F)	4:47:48
34 Jenny Lamott (2nd F)	4:57:10
41 Colleen Cannon (3rd F)	5:04:22

## St. Joseph's Runs

August 7, Griffith Park, Los Angeles.  
5K, 10K, 15K.

10K

**Male: 17 & Under:** 1. Enrique Vasquez 33:27, 2. Juan Tapia 35:02, 3. Hector Sanchez 37:08. **18-29:** 1. Bobby Compos 34:02, 2. Jay Klinerly 34:27, 3. Juan Sarvin 35:01. **30-39:** 1. Richard Miller 34:39, 2. Tony Guajardo 34:55, 3. Greg Switzer 34:55. **40-49:** 1. Bill Lowry 38:56, 2. Barry Erbsen 39:55, 3. Richard Cole 40:24. **50 & Over:** 1. Wally Ingram 37:13, 2. Bob Gerlack 41:55, 3. Rodolfo Reyes 43:08. **Female: 17 & Under:** 1. Kim Ojeda 42:38, 2. Christine Arnesen 59:10, 3. Jana Lynn Frost 1:00:51. **18-29:** 1. Alexandra Aguirre 40:57, 2. Cathy Pedroza 41:48, 3. Betty Baca 43:03. **30-39:** 1. Janice Gannon 39:45, 2. Sonia Scales 44:06, 3. Betsy Sauer 46:30. **40-49:** 1. Joyce Momita 44:09, 2. Phyllis Erbsen 52:31, 3. Kathryn Kurtz 53:20. **50 & Over:** 1. Daisy Wong 49:45, 2. Kathleen Vento 55:43, 3. Virginia Nakao 1:05:20.

15K

**Male: 17 & Under:** 1. Greg Alaniz 1:08:45. **18-29:** 1. Steven Sherman 55:48, 2. Steve Brumwell 55:55, 3. Alfredo Rodriguez 56:32. **30-39:** 1. Ruben Garcia 49:54, 2. Art Ting 55:37, 3. Ralph West 56:25. **40-49:** 1. James Murphy 1:00:09, 2. Jerry Van Meter 1:01:37, 3. Louis Kwiker 1:03:20. **50 & Over:** 1. Patrick Devine 57:09, 2. David Hirschson 1:03:04, 3. Bob Larkin 1:03:52. **Female: 17 & Under:** 1. Tracy Kwicker 1:26:22. **18-29:** 1. Carol Abato 1:03:19, 2. Anne Ingalls 1:05:57, 3. Laura Miller 1:10:25. **30-39:** 1. Judith Glampietro 1:07:58, 2. Unknown, 3. Penny Fleming 1:21:39. **40-49:** 1. Cecily Parke 1:09:37, 2. Jan Archibald 1:12:04, 3. Atsuko Fujimoto 1:13:55. **50 & Over:** 1. Nelly Williams 1:14:59, 2. Katherine Wetteran 1:28:45.

5K

**Male: 17 & Under:** 1. Bob Badgett 14:58, 2. George Marques 15:02, 3. Robert Kemp 16:50. **18-29:** 1. Bill Knouff 15:10, 2. Ron Shirley 15:34, 3. Frank Peters 15:36. **30-39:** 1. David Leaton 16:45, 2. Salvador Paniagua 16:53, 3. Dan Andrews 17:16. **40-49:** 1. Dan Pondella 16:33, 2. Robert McGeough 17:05, 3. Roy Garodner 17:35. **50 & Over:** 1. Walt Windsor 17:21, 2. Aurelio Camacho 17:25, 3. Leroy Carter 19:09. **Female: 17 & Under:** 1. Sarah Allaback 18:04, 2. Suzanne Worden 19:49, 3. Alexis Miller 20:25. **18-29:** 1. Wendy Bracamonte 20:13, 2. Fran Gilmore 20:35, 3. Leonora Long 21:10. **30-39:** 1. Yvonne Sterling 21:39, 2. Sr Noreen Walter 21:45, 3. Claudia Bentley 22:59. **40-49:** 1. Rachel Cardona 24:58, 2. Bianca Swiat 27:13, 3. Marky Molina 27:33. **50 & Over:** 1. Anita Silver 27:03, 2. Jean Windishar 29:38, 3. Jane Woodward 29:41.

## Sri Chinmoy 10K

August 7, Atherton.

Top Ten Men:

1 Mike Ernst (Santa Clara)	32:59.4
2 Bill Clark (Los Altos)	33:28.7
3 Jim Bordon (Los Altos)	33:42.7
4 Ed Klotz (Palo Alto)	34:04.3
5 Douglas Chan (Mountain View)	34:12.8
6 Davis Willis (Castro Valley)	34:33.6
7 Jim Lawson (San Carlos)	34:34.3
8 Steve Selbrede (San Jose)	34:37.4
9 Bob Feist (Sunnyvale)	35:12.9
10 Doug Riddle (San Jose)	35:17.3

Top Ten Women:

1 April Powers (Los Altos)	35:49.4
2 Sue Grigsby (Los Altos)	37:27.4
3 Emily Schoenwald (Los Gatos)	41:05.2
4 Debbie Norton (San Mateo)	41:17.7
5 Judy Lentz (Sunnyvale)	41:54.8
6 Anna Ferrigno (Redwood City)	43:24.2
7 Chris Hellman (San Francisco)	43:28.7
8 Sue Duffek (Cupertino)	44:14.5
9 Kathie Nichols (Castro Valley)	44:26.2
10 Janet King (Palo Alto)	45:19.8

Top Masters Men:

1 Leon Suza (Redwood City)	35:59.9
2 Lee Groyon (El Sobrante)	37:05.0
3 Kim Graham (Mt. View)	37:55.6

Top Masters Women:

1 Chris Hellman (San Francisco)	43:28.7
2 June Watson (Los Gatos)	47:02.0
3 Roberta Kirk (Meno Park)	50:59.0

## World Health Expo

August 7, Long Beach, 10K.

1 Thom Vernon (26)	31:57
2 John Barrett (19)	33:14
3 Ricardo Sanchez (19)	34:14
4 Steve Close (40)	34:36
5 Terry Mack (31)	34:55
6 Javier Lara (25)	38:12
7 Pablo Drobny (37)	38:13
8 Richard Uhlman (23)	38:14
9 Roy White (19)	38:15
10 Rafael Moran (24)	38:16
11 Kenneth Hedges (35)	38:16
12 Arturo Torres (22)	38:24
13 Grant Young (32)	38:39
14 Daniel Ashimine (40)	38:40
15 Rodney Niles (19)	38:47
16 Ed Ely (22)	39:00
17 George Kingsley (43)	39:03
18 Lyf Halvorsen (19)	39:04
19 Jesus Morales (30)	39:04
20 Nathan Jefferson (34)	39:07
21 Arnold Lopez (23)	39:12
22 Michael Triplett (24)	39:29
23 Barry Welsh (27)	39:29
24 Benjamin Lytle (25)	39:29
25 Paul Ciano (26)	39:36

Age Group Results

Male:

13 & Under:

1. Graham Cooper 40:39, 2. Coley Candaale 43:03, 3. D De La Vega 43:42.
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14-19:

1. John Barrett 33:14, 2. Ricardo Sanchez 34:14, 3. Roy White 38:15.
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20-24:

1. Richard Uhlman 38:14, 2. Rafael Moran 38:16, 3. Arturo Torres 38:24.
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25-29:

1. Thom Vernon 31:57, 2. Javier Lara 38:12, 3. Barry Welsh 39:29.
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30-34:

1. Terry Mack 34:55, 2. Grant Young 38:39, 3. Jesus Morales 39:04.
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35-39:

1. Pablo Drobny 38:13, 2. Kenneth Hedges 38:16, 3. Jerry Skinner 40:27.
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40-44:

1. Steve Close 34:36, 2. Daniel Ashimine 38:40, 3. George Kingsley 39:03.
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45-49:

1. Clarence Hunter 41:05, 2. Rudy Subla 41:23, 3. Mal Groff 42:43.
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50-54:

1. Dennis Bracher 41:01, 2. John Doll 43:02, 3. Mel Elliott 43:07.
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55-59:

1. Larry Banuelos 40:40, 2. Ray Gil 45:29, 3. Martin Dietrich 52:05.
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60 & Over:

1. Marion Magnuson 45:05, 2. Bob Page 46:19, 3. Albert Larusch 50:01.
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Female

13 & Under:

1. Darlene Flores 48:02, 2. Cindy Chavez 52:21, 3. Caroline Wiese 54:49.
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14-19:

1. Sheila Jordan 48:33, 2. Sandra Katzer 50:21, 3. Veronica Chavez 55:10.
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20-24:

1. Melissa Martel 39:48, 2. Donna Stocker 41:57, 3. Pat Markovich 47:09.
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25-29:

1. Katie Cunningham 41:55, 2. Alan Cartnal 44:14, 3. Debra Thrash 49:48.
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30-34:

1. Neva Ingersoll 45:35, 2. Julie Hall 50:06, 3. Nancy Tinker 52:06.
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35-39:

1. Mary Mitchell 46:51, 2. Nitsuye Morrissey 50:02, 3. Barb Samuels 50:11.
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40-44:

1. Joeann Goltra 46:38, 2. Joyce Althoff 49:07, 3. Wanda Norman 49:39.
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45-49:

1. Lorencita Taylor 52:04, 2. Irene Bracher 55:49, 3. Shelby Good 1:00:43.
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55-59:

1. Arlea Rushin 1:06:18.
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60 & Over:

1. Lucile Adney 1:13:28, 2. Mary Denure 1:27:06.
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## China Cup Series Race #8

August 13, Long Beach, 10K Men

14 & Under:

1. Sabra Haissan 35:50, 2. Brian Killeen 38:17, 3. Bret Killeen 38:18.
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15-18:

1. Dan Bradshaw 34:46, 2. Rick Pendell 34:54, 3. Tony Vlorio 36:08.
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19-24:

1. Mark Ruelas 30:32, 2. Lance Packer 30:56, 3. Jon Butler 31:27, 4. Gilbert Lortez 31:36, 5. Henry Carvajal 31:49, 6. Mike Hamilton 32:17, 7. Gregg Ramsey 32:26, 8. Andy Ligeti 32:49.
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25-29:

1. Robert Traba 30:52, 2. Kim Ulle 32:43, 3. Robert Kessler 34:16.
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30-34:

1. Jerry Willis 32:30, 2. R. Chappins 32:36, 3. Bill Fitzpatrick 33:21.
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35-39:

1. Bill Sumner 32:58, 2. B. Geddes 34:32, 3. Harry Hartley 35:00.
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40-44:

1. Bill Elam 35:24, 2. Tony Cocciolo 36:42, 3. Dennis Fitzgerald 37:22.
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45-49:

1. Richard Belliveau 38:23, 2. Lee Van Leewen 37:31, 3. Mike Hook 38:06.
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50-59:

1. Wally Ingram 36:28, 2. Patrick Devine 36:33, 3. Avrelio Camacho 37:46.
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60 & Over:

1. Steve Chipplis 43:06, 2. Casey Poole 45:12, 3. B. R. Hodowski 50:31.
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Men 200 lbs. & Over:

1. Rich Gronbach 40:37, 2. James Liedtke 40:41, 3. Tom Baginski 48:03.
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Women

14 & Under:

1. Patricia Montes de Oca 46:56.
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15-18:

1. Laura McCracken 38:13, 2. Jean Scott 39:31, 3. Julie Seleine 39:44.
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19-24:

1. Pamela Cox 38:40, 2. Roma Antoniewicz 39:13, 3. Regina Jacobs 41:15.
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25-29:

1. Judy Orach 40:03, 2. Tina Costantino 41:36, 3. Jody Hallomon 42:22.
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30-34:

1. Jennifer Weiss 41:01, 2. Lois Curl 41:54, 3. Angela Jenkins 42:51.
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35-39:

1. Lonnie Horn 44:46, 2. Mary Martin 44:49, 3. Chrystal Wilkerson 46:21.
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40-49:

1. Shiela Hasham 40:10, 2. Criss Trevarthen 46:11, 3. Ida Henrick 50:49.
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50-59:

1. Chris Hodowski 57:59.
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5K Men

14 & Under:

1. Andy Calperas 16:27, 2. E. Winkler 16:28, 3. S. Pina 16:41.
--

15-18:

Dave July 14:50.

19-24:

1. Forrest Metcalf 13:57, 2. Steve Adarme 14:32, 3. Frank Peters 14:33, 4. John Craven 14:34, 5. R. Hales 14:34.
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25-29:

1. Peter Mogg 13:43, 2. Howard Keeley 14:18, 3. Adam Maywhort 14:56.
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30-34:

1. Irv Ray 14:08, 2. Walt Hitt 14:12, 3. Henry Lange Jr. 14:13.
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35-39:

1. Ron Jensen 14:07, 2. Octavio Cancho 14:48, 3. Dale Fairchild 15:04.
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40-44:

1. Catarino Gonzales 15:16, 2. Roy Gardner 15:34, 3. T. Swets 16:04.
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45-49:

1. Juvenal Herrera 15:31, 2. Sam Mayo 15:36, 3. Jim Gould 17:39.
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50-59:

1. Wally Ingram 15:40, 2. Jerry Withers 15:46, 3. Leonard Walts 16:51.
--

60 & Over:

1. David Cohen 18:43, 2. Jack Britton 19:45, 3. Leopoldo Fregoso 20:59.
---

Men 200 lbs. & Over:

1. Rick Gronbach 17:21, 2. Ranoy Gardenshire 17:42, 3. Jim Reno 18:04.
--

Women

14 & Under:

1. Lisa Banard 19:38, 2. Sunny Winkler 20:29, 3. V. Rubio 21:18.
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15-18:

1. Suzanne Worden 17:17, 2. Hilda Corral 17:43, 3. Ana Couarrubias 18:13.
---

19-24:

1. Laura Handy 17:40, 2. Jamie James 18:29, 3. Ellen Cox 18:57.
---

25-29:

1. Anne Ducharme 18:07, 2. Laura Miller 18:52, 3. Susan Masters 21:27.
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30-34:

1. Caroline Cox 18:52, 2. Eileen Krumholz 20:02, 3. S. Gilmore 21:19.
---

35-39:

1. Yolanda Lopez 22:34, 2. Georgina Nuttall 22:39, 3. Marilyn Patten 23:03.
---

40-49:

1. Ann Kiernan 21:54, 2. Donna O'Shaughnessy 22:47, 3. Joan Boatright 23:06.
--

50

## Results

### 30-39:

1. Lupe Eberly, 2. Juanita Ruiz, 3. Ann Steffy.

### 40-49:

1. Pat Church, 2. Rosmary Twisselman.

### 50 & Over:

1. Aurora Perez.

## Cayucos to Morro Rock Run

### August 13. Morro Bay. 10K on the Beach.

1	Chris Emmons(19)SntaMara	32:27
2	Tom Cushman(29)Chico	32:30
3	Steve Dornish(38)SLO	35:02
4	John Ernatt(19)SLO	35:27
5	Joe Berger(19)Los Osos	36:15
6	Thom Catt(22)ArroyoGrande	36:24
7	Rick Hallblom(34)SantaBarb	36:26
8	Jim Brown(40)Cambria	36:56
9	Steve Paduganan(31)SantaMaria	37:01
10	Nate Brady(20)Cambria	37:12
11	Larry Jamison(41)SLO	38:04
12	Scott Fisher(18)SLO	38:29
13	Chuck Brown(31)SLO	38:44
14	Bill Letson(27)SLO	38:45
15	Jesse Arnold(44)Cambria	38:51
16	Jeff Olson(21)SLO	39:05
17	Jon Priest(21)SLO	39:52
18	Mike Dresp(18)SLO	39:53
19	Chris Connors(32)SLO	40:13
20	Stan Rosenfield(35)SLO	40:27
22	Frank Freyne(43)Riverside	40:39
25	Maria Pedersen(25 1st-F)MroBay	41:35
26	Dave Howell(42)MorroBay	41:40
29	John Freltas(46)MorroBay	42:01
30	John Hard(56)MorroBay	42:03
51	Carrie Walters(27 2nd-F)SLO	45:53
55	Jane Farrowqui(32 3rd-F)LosOsos	46:57
60	Lisa Brazil(22 4th-F)SLO	48:09
65	Shannon Dial(24 5th-F)SLO	49:05

## Plum Canyon Run

from Sue Simms

### August 14. Canyon Country.

1	Tim Hampton(1st 19-29)	39:15
2	Steve Durand(2nd 19-29)	39:17

3	Dave Winter(3rd 19-24)	43:24
4	Walt Windsor(1st 50-59)	47:28
5	Dick Durand(2nd 50-59)	48:22
6	Earl Beverly(1st 40-49)	49:29
7	Glenn Delnes(1st 30-39)	49:30
8	Jerry Stearns(2nd 40-49)	49:33
9	Gaylon Rodin(3rd 40-49)	51:32
10	Ray Spaid(19-29)	56:05
11	Bill Winstanley(3rd 50-59)	56:10
12	Chuck Lindsey(2nd 30-39)	56:30
13	Bob Gerlach(50-59)	59:32
14	Phil Clark(50-59)	59:50
15	Mike Quinn(3rd 30-39)	60:42
16	Mick Mickelson(50-59)	61:58
17	Warren Shelton(50-59)	65:16
18	Gail Blodgett(1st 30-39F)	65:36
19	Glenda Kimmerly(2nd 30-39F)	66:35
20	Sue Simms(3rd 30-39F)	66:50
21	Eric Blodgett(30-39)	66:50

photo by Richard Hansen



JAIME PIMENTAL  
Hook & Ladder 18-Under Winner

## Hook and Ladder 10K

from Jim Gallagher

### August 14. San Francisco.

Summer races typically offer plenty of heat and dehydration problems for the competitive runner. San Francisco is noted for its summer fog and once again weather wonderment prevailed during the fifth annual Hook & Ladder 10K race. The outcome of the near perfect weather was five new course records.

Steve Ortiz, the former UCLA star, was the overall winner in a course record of 29:55.7. Steve was off to an early lead and by the 2 mile mark he settled for the comfortable margin and floated to his victory. Steve is currently running for Tiger, and possesses a number of enviable statistics. His track 10K best is 28:21.3 and he was second to Craig Virgin in the 1982 national TAC 10K track championship.

Dan Murray, a newcomer to California, was the second place finisher and Dan also dipped under the former course record by over 3 minutes.

Jaime Pimental of Delano finished eleventh overall and established a new course record in the 18 and under age division. Jaime edged out Paul Ghidossi

by a slim 3.1 seconds for one of the closest age division contests of the day.

Leslie McMullin of the Impala Racing team was the first woman finisher and paced her team to a first place win over Tamalpa and Excelsior Track Club. A very impressive field of women found 25 that finished in under 40:00.

Christine McGee's 39:42.6 established a new course record in the women 18 and under division. Joan Ulyot's 39:17 earned her a victory over her West Valley Track Club teammate, Gail Rodd, in the 40-49 division. Sister Marion Irvine turned in another sterling performance of 38:35.4 which gained her the victory in the 50 plus division. Marion's time is also the course record.

photo by Richard Hansen



STEVE ORTIZ  
Hook & Ladder Winner

In the only other closely contested race, Jim Jacobs edged out Mike Murphy for first in the mens 50 plus division. Jacobs 36:51.0 is also a course record.

### Top 50:

1	Steve Ortiz (24)	29:55.7
2	Dan Murray (38)	30:41.7
3	Sal Vasquez (43)	30:46.3
4	Emory Mitchell (20)	31:29.1
5	Richard Govi (31)	31:33.5
6	Michael Graves (33)	31:44.6
7	Charles Thompson (33)	31:54.0
8	Pete Lewandowski (27)	32:02.6
9	Bob McDaniel (28)	32:20.8
10	Peter O'Reilly (25)	32:30.0
11	Jaime Pimental (18)	32:34.1
12	Paul Ghidossi (17)	32:37.2
13	Steve O'Brien (29)	32:40.0
14	Kevin Cruikshank (26)	32:44.9
15	Syl Pascal (33)	32:46.0
16	Chris Thomas (35)	32:47.3
17	Robert Schug (30)	32:52.9
18	Steve Ottaway (30)	33:20.3
19	Mark Hines (32)	33:22.4
20	Keith McDaniel (28)	33:25.1
21	Tom Bennett (35)	33:27.0
22	Daryl Zapata (38)	33:30.9
23	Peter Nowicki (24)	33:33.9
24	Andrew Wistrich (32)	33:36.3
25	Scott Carvey (30)	33:43.9
26	John Henney (20)	33:55.0
27	Thomas Hartge (27)	33:56.9
28	Darryl Beardall (40 +)	33:57.4
29	Robert Thomas (24)	34:00.0
30	William Dunphy (24)	34:00.6

31	James Lawson (30)	34:01.3
32	Bill Catanese (45)	34:02.6
33	Jay Kasabian (23)	34:04.1
34	Mich Milewski (40 +)	34:04.5
35	Larry Bechtel (33)	34:09.6
36	Jim Batz (30)	34:28.1
37	Virginio DeArujo (31)	34:28.4
38	Phillip Pease (18)	34:40.6
39	Steve Lyons (42)	34:57.0
40	Keith Hastings (40)	34:57.0
41	Russ Kiernan (45)	35:03.4
42	Kirk V. Dye (19)	35:04.3
43	Bill Posedel (40 +)	35:05.7
44	Joseph Taylor (36)	35:07.6
45	Jim Myers (34)	35:08.2
46	Leslie McMullin (32-1st F)	35:09.3
47	Will Spiegelman (40)	35:10.3
48	Robert Johnson (38)	35:14.1
49	Mark Shirley (16)	35:18.1
50	Ken Dennis (26)	35:18.7

### Men 18 & Under:

1. Jaime Pimental 32:34.1, 2. Paul Ghidossi 32:37.2, 3. Phillip Pease 34:40.6.

19-39:  
1. Steve Ortiz 29:55.7, 2. Dan Murray 30:41.7, 3. Emory Mitchell 31:29.1.

40-49:  
1. Sal Vasquez 30:46.3, 2. Darryl Beardall 33:57.4, 3. Bill Catanese 34:02.6.

50 & Over:  
1. Jim Jacobs 36:51.0, 2. Mike Murphy 36:59.8, 3. John Lemke 37:37.6.

Women 18 & Under:  
1. Christine McGee 39:42.6, Francesca Hawley 42:46.3, 3. Laura Carter 42:48.7.

19-39:  
1. Leslie McMullin 35:09.3, 2. Jeanne Lavin 36:08.2, 3. Christie Patterson 36:53.6.

40-49:  
1. Joan Ulyot 39:17.0, 2. Gail Rodd 40:09.8, 3. Eve Pell 41:04.6.

50 & Over:  
1. Marion Irvine 38:35.4.

## Third Annual Sacred Heart Run

### August 14. Fresno. 6 Mile.

#### Men

18 & Under:  
1. David Perez 31:59, 2. Don Jacinto 35:18, 3. John Blanchette 35:24.

19-29:  
1. Aifred Cordova 32:43, 2. Jesse Alwager 34:53, 3. Bill Sterling 34:56, 4. Dave Gutierrez 36:40, 5. Jesus Jasso 36:45.

30-39:  
1. Al Lomell 32:09, 2. Paul Garcia 35:42, 3. Tony Dominguez 35:52, 4. Rick Allamprese 35:55, 5. Raul Rubio 38:14.

40-49:  
1. Ric Zamarripa 35:38, 2. Frank Delgado 36:16, 3. Chris Delgado 36:33, 4. Ronald Quitoriano 37:00, 5. Joe Delgado 37:03.

50-59:  
1. Dick Cain 35:30, 2. Jess Rivera 36:39, 3. Will Moore 38:11.

60 & Over:  
1. Bob Musso 41:45.

#### Women

18 & Under:  
1. Erin Valdez 46:37, 2. Katie Abbott 1:02.16, 3. Jenny Blocker 1:19.48.

19-29:  
1. Linda Gloude 40:53, 2. Evangelina Lopez 44:51, 3. Patricia Hull 49:25, 4. Anita Hanson 54:16, 5. Olivia Gonzalez 54:18.

30-39:  
1. Rosa Medina 39:20, 2. Jan Alcock 43:24, 3. Unknown, 4. Sandy Jacob 43:53, 5. Chris McCollum 49:19.

40-49:  
1. Margot Partta 45:06, 2. Heidi Fialho 48:53, 3. Connie Schroyer 52:39.

50-59:  
1. Isabel Verdusco 45:18.

60 & Over:  
1. Virginia Martin 1:05.42.



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# John Steinbeck 10K

August 14, Salinas.

## Men

### 12 & Under:

1. Jesse Santana 38:51, 2. Harvey Contreras 41:52, 3. Harvey Martinez 43:18.

### 13-17:

1. Robert Gonzales 36:26, 2. Brian King 38:32, 3. J.R. Sanchez 38:34.

### 18-29:

1. John Sup 31:18, 2. Dan Gruber 31:23, 3. Al Delatorre 32:07.

### 30-39:

1. Tad Woliczko 32:19, 2. Terry Rusboldt 33:15, 3. Miguel Herrera 36:34.

### 40-49:

1. Glynn Wood 34:03, 2. Richard Whitewater 35:31, 3. Jay Cook 35:57.

### 50-59:

1. Ed Singleton 40:28, 2. Ed Dalley 42:24, 3. Bob Feaster 45:10.

### 60 & Over:

1. Robert Daugherty 46:04 (70 yrs), 2. Fred Foster 48:58, 3. Al Jarschke 54:47.

## Women

### 12 & Under:

1. Angela Hernandez 43:17, 2. Annie Robbins N.T.

### 13-17:

1. Leticia Ancheta 44:38, 2. Mona Lopez 46:10, 3. Doris Chin 47:28.

### 18-29:

1. Sylvie Cadie 40:32, 2. Eleanor Pernel 42:56, 3. Maria Regalado 45:15.

### 30-39:

1. Nelly Wright 38:16, 2. Gail Bernardi 40:24, 3. Abigail Davis 45:12.

### 40-49:

1. Marilyn Hick 47:05, Doris Burgess 47:08, 3. Frances Massey 52:15.

### 50-59:

1. Jeanne Feaster 56:42.

mile race in a time of 1:21:27. Dave built up a 2 1/2 minute lead over the first Canadian, Barry Brown, who finished second. Gordon Keller of the Fresno Track Club took 3rd place just ahead of Colin Brown of the Bass Lake stationed Canadian group. Leroy Rivera, in his first bike competition, hung on for 5th place ahead of Erick Schmidt, the 3rd member of the Yosemite team, who finished 6th. Tom Saunders of Fresno was 7th and the trainer of the Canadian group, Orlando Valdez, followed at 8th.

The Puntous sisters took care of the women's division with Sylviane nosing out sister Patricia by 4 seconds in a time of 1:30:05. Her time earned her 11th place in the overall race of 102 contestants. The sisters were 4th and 5th in the field after the 5 mile run ahead of all their team members. They have run 2:42 in the marathon. Carol Arney was the first local woman timing 1:39:31 for a third place finish.

The race was blessed with an unusual change in the weather with showers for the award ceremonies.

Dave Tomerlin and Gordon Keller both qualified for the Bass Lake Triathlon in September.

1 Dave Tomerlin(30)	1:21:27
2 Barry Brown(21)	1:23:52
3 Gordon Keller(36)	1:24:15
4 Colin Brown(22)	1:24:29
5 Leroy Rivera(19)	1:25:46
6 Eric Schmidt(21)	1:28:35
7 Tom Saunders(27)	1:28:35
8 Orlando Valdez(34)	1:28:58
9 Steve Miller(27)	1:29:16
10 Robert Rainwater(33)	1:29:46
11 Sylviane Pountous(21-1st F)	1:30:05
12 Patricia Pountous(21-2nd F)	1:30:09
13 Rudy Schuh(40)	1:31:14
14 Danny Lewis(26)	1:31:17
15 Mike Erwin(42)	1:31:18
16 Jim Greenberg(21)	1:31:27
17 Jim Healy(37)	1:33:03

lettuce fields. It's a dip in a warm reservoir, a view of the Pacific Ocean, and a picnic in the oak grove.

It's the 1983 Monterey Bay Triathlon that begins with a delightful 1.5 mile swim at Uvas Meadows above Gilroy, continues with a gruelling bike ride through Mt. Madonna park and to the ocean for 51.8 miles, and terminates in a warm half-marathon run into Salinas. It's a challenging course in a race well directed and operated.

The 1983 Ironman was Rick Suchomel from Pittsburgh, California who won the race on the running course in a time of 4:34:19, only two minutes ahead of Chris Hinshaw of Saratoga, California who led through the swimming and cycling. Runar Bowman of San Luis Obispo placed third in a time of 4:42:00.

The title of Ironwoman falls on slight Claire McRae of Spencer, Massachusetts in the time of 5:22:20.

## Male

### Under 30:

1. Rich Suchamel (Pittsburg) 4:34:19, 2. Chris Hinshaw (Saratoga) 4:36:58, 3. Runar Bowman (San Luis Obispo) 4:42:00.

### 30-39:

1. Robert Fetherston (Mill Valley) 5:09:37, 2. Jim Thompson (San Diego) 5:13:24 3. (tie) Kit Lauer, Jim Hunter (Los Gatos) 5:15:30.

### 40-49:

1. Robert Scott (Turlock) 5:41:00, 2. Alan Schmeiser (Dixon) 5:42:03, 3. Edward Hinshaw (Saratoga) N.T.

### 50 & Over:

1. Jim Demetrio (Rancho Mirage) 5:37:57, 2. Carl Yates (Santa Clara) 5:39:05, 3. Jack Riley (Alamo) 6:48:53.

## Women

### Under 30:

1. Kathy Hodgell (Fort Collins, CO) 5:41:00.

### 30-39:

1. Claire McRae (Spencer, MA) 5:22:20, 2. Noelle Waddel (Seaside) 6:21:03, 3. Carolyn Kovacevic (San Jose) 6:40:00.

### 40 & Over:

1. Kathy Schubert (Chicago, IL) N.T.

3. Dorsh Sanders 39:12.7, 4. Franke Freyne 39:28.4, 5. Jim Lipford 39:40.1.

## 50 & Over:

1. Gil Hinz 38:36.5, 2. William Broyles 41:12.6, 3. Bob Small 42:36.9, 4. Don Williams 42:38.7, 5. Jack Eberly 42:40.7.

## Women

### 12 & Under:

1. Bridgit Freyne 46:53.9, 2. Marie Huizar 48:41.8, 3. Melissa Gregory 48:42.4, 4. Chryl Cieslik 1:01:21.3.

### 13-18:

1. Wendy Know 43:58.1, 2. C. Martinez 50:38.5, 3. Renee Barglowski 54:04.6.

### 19-29:

1. Orthelia Hickman 45:44.1, 2. Andrea MacDonald 46:22.2, 3. Sonya Moslica 48:20.6, 4. Linda Creighton 48:24.2, 5. Terry Rombouts 48:34.6.

### 30-39:

1. Diane Lucas 42:39.4, 2. Mary Kilpatrick 42:44.9, 3. Jerry Mumford 44:08.9, 4. Catalina Senkbeil 46:04.9, 5. Jane Blair 46:42.7.

### 40-49:

1. Verla Phillips 50:27.8, 2. Marge Stauffer 54:06.3, 3. Mardl Briggs 1:09:00, 4. Mary Encinas 1:15:02.3.

### 50 & Over:

1. Aurora Perez 56:54.5, 2. Lo Kumelos 1:00:44.5, 3. Vivian Flick 2:02:36.5.

# Sun Run

August 20. Whittier.

## 10K — Men

1 Jon Kiser (23)	32:44
2 Tony Vidrio (18)	33:51
3 Louis Avila Jr. (21)	34:01
4 Robert Lopez (32)	34:29
5 Peter Gomez (18)	34:30
6 John Medved (21)	34:32
7 Luis Brown (18)	34:39
8 Frank Acosta (18)	35:01
9 Arturo Torres (22)	35:05
10 John Mills (28)	36:10
11 Manouch Lankarani (41)	36:24
12 Tony Jaques (30)	37:20
13 Robert Grossman (26)	37:44
14 Phil Henrikson (39)	38:00
15 Terry Swets (41)	38:29
16 Scott Seifridge (27)	38:22
17 Alan Martin (22)	38:31
18 Nick Leiggi (23)	38:43
19 Robert Mackey (16)	38:54
20 Mike Suchey (41)	38:54

**Men's Divisions — 12 & Under:** 1. Randy Wilson 39:23. 13-18: 1. Tony Vidrio 33:51. 19-29: 1. Jon Kiser 32:44. 30-39: 1. Robert Lopez 34:29. 40-49: 1. Manouch Lankarani 36:24. 50-59: 1. Eric Burton 39:58. 60 & Over: 1. Bernie Hodowski 48:53.

**Women's Divisions — 12 & Under:** 1. Lorena Ramirez 43:08. 13-18: 1. Stacy Pressley 50:51. 19-29: 1. Kacey Ginsberg 43:46. 30-39: 1. Sandi Gomez 47:08. 40-49: 1. Janet Wright 57:50. 50-59: 1. Daisy Wong 49:48.

## 5K

1 Dennis Forthoffer (25)	15:10
2 Dan Palma (17)	16:08
3 Jose Jimenez (18)	16:08
4 Wade Watkins (18)	16:08
5 Dave McKissick (15)	16:08
6 Mike Munoz (16)	16:09
7 Abe Varughese (18)	16:10
8 Brian Sanchez (18)	16:11
9 Gregory Luna (18)	16:15
10 Mark Frantz (25)	16:16
11 Andy Avalos (31)	16:20
12 Michael Valdez (18)	17:08
13 Norton Erbes (17)	17:30
14 Victor Morales (17)	17:30
15 Joseph Nazzartes (26)	17:34
16 Pete Renteria (30)	17:47
17 David Morales (18)	17:58
18 Sean Grant (17)	18:01
19 Jim Ratigan (15)	18:05
20 Larry Gatton (32)	18:09

**Men's Divisions — 12 & Under:** 1. Steven Sumner 20:41. 13-18: 1. Dan Palma 16:08. 19-29: 1. Dennis Forthoffer 15:10. 30-39: 1. Andy Avalos 16:20. 40-49: 1. Randall Shelley 18:30. 50-59: 1. Aurelio Camacho 18:11. 60 & Over: 1. Stanley Neufeld 20:38.

**Women's Divisions — 12 & Under:** 1. Diane Castillo 20:21. 13-18: 1. Carol Doody 19:34. 19-29: 1. Jeanne Kawashima 19:55. 30-39: 1. Angela Jenkins 21:20. 40-49: 1. Diane Robson 24:56. 50-59: 1. Elisabeth Remanick 27:30. 60 & Over: 1. Lucile Arnav 32:45.



FRESNO BIATHLON WINNERS:

Back Row (left to right): Gordon Keller, Dave Tomerlin, Barry Brown  
Front Row (left to right): Carol Arney, Sylviane & Patricia Pountous

# Fresno Biathlon

from Bob Fries

August 14, Fresno.

Local talent Dave Tomerlin won the first Fresno Biathlon beating all the international talent from Canada. Tomerlin had to make up two minutes on Fresno City College distance star Leroy Rivera at 10 1/2 miles at the turn around point across the river in Friant and won the 26

18 James Harris(47)	1:34:17
19 Rich Harborman(35)	1:34:39
20 Doug Steering(33)	1:35:00

# Monterey Bay Triathlon

August 14, Salinas.

It sounds like a pleasant Sunday afternoon drive - redwood groves, pear and apple orchards, strawberry, artichoke, and

1. Larry Burch 36:35.5, 2. Jim Leask 36:40.4, 3. Tom Rindt 36:43.5, 4. David Lopez 36:53.4, 5. Alan Warren 37:59.4.

### 40-49:

1. Bill Loughry 38:30.5, 2. Bill Peck 38:51.7,

## Results

### Bass Lake Run Thru The Pines

August 20. Bass Lake.

Men's 18 & Under:

1. David Naranjo 1:11.45, 2. Tom Morgan 1:19.08, 3. Scott Cole 1:20.17.

Men's 19-29:

1. Rod Marvin 1:15.07, 2. James Naylor 1:22.47, 3. Ken Cherry 1:25.25.

Men's 30-39:

1. Don Gregory 1:16.21, 2. Larry Lung 1:17.23, 3. Mike Cole 1:19.18.

Men's 40-49:

1. Kemp Aaberg 1:21.01, 2. Roger Sebert 1:23.06, 3. Ric Zamarripa 1:25.23.

Men's 50-59:

1. Dick Cain 1:26.23, 2. Richard Rozier 1:29.34, 3. Paul Abramson 1:36.27.

Men's 60 & Over:

1. Harold Daughters 1:30.25, 2. Harry Harder 1:41.07.

Women's 19-29:

1. Janice Gordon 1:32.25, 2. Rhonda Davidson 1:35.26, 3. Maureen Nishioke 1:49.02.

Women's 30-39:

1. Patricia Irmischer 1:33.33, 2. Ellen Atwood 1:42.45, 3. Barbara Zoldan 1:42.52.

Women's 40-49:

1. Marge Timberlake 1:38.36, 2. Jackie Ryle 2:01.28, 3. Jane Frasel 2:05.36.

Women's 50 & Over:

1. Pat Hurst 1:40.41.

### Redwood Shores Biathlon

August 21. Belmont.

The 8th Annual Redwood Shores Biathlon was held on Sunday, August 21st, under sunny skies with moderate temperatures. The flat 4-mile running course made for quick times before competitors dove into the calm lagoon for the 400-meter swim.

Besides the 400 Biathlon participants, there were at least as many spectators, making for a festive atmosphere. Many groups brought picnic lunches to enjoy on the lawns around the Redwood Shores office.

Al Stanbridge, 36, of Burlingame, and Michael Leslie, 26, of Hayward, finished the run together, but it was Stanbridge who picked up three seconds during the swim to take first place overall in a time of 28:27. Leslie's time of 28:30 was 4 seconds faster than his second place finish last year.

Denise Bigelow, 21, of San Lorenzo, was the first women finisher and 30th overall. Bigelow, a swimming teacher, competed in the '80 and '81 Biathlon with this year being her first win.

Over 50 volunteers from Big Brothers/Big Sisters of the Peninsula organized and ran this year's Biathlon, which was sponsored by Redwood Shores, Inc. The '83 Biathlon raised \$4000 for the Big Brothers/Big Sisters Program and provided some much needed publicity to recruit volunteers.

#### Division Results - Men

12 & Under: 1. Kwame Adwore-Boama 40:39.5, 13-17: 1. Chris Berg 31:11.9, 18-22: 1. Stan Molina 28:46.5, 23-29: 1. Michael Leslie 28:30.5, 30-34: 1. Peter Borden 29:48.9, 35-39: 1. Al Stanbridge 28:27.6, 40-49: 1. Steve Parker 30:46.7, 50 & Over: 1. Hank Shastany 32:43.9.

#### Division Results - Female

12 & Under: 1. Amy Brennan 51:11.0, 13-17: 1. Diane Kitayama 36:41.1, 18-22: 1. Denise Bigelow 32:46.8, 23-29: 1. Amy Price 31:22.8, 30-34: 1. Mary Bellamy 33:44.7, 35-39: 1. Gail Schechter 40:51.4, 40-49: 1. Barbara Robben 41:19.2, 50 & Over: 1. Sally Scholer 44:44.5.

## America's Finest City Half Marathon

by Richard Lee Slotkin

August 21. San Diego.

The 6th Annual America's Finest City Half Marathon.

The HILL.

The 3rd Avenue Hill.

It always came down to the Hill. No matter whom you talked to; no matter how they did. It was still The Hill.

It's only a mile and a quarter long, but it comes at a lousy time: about a mile and a half, maybe a mile and three-quarters, from the end. And you can't fake it, because, no matter how you look at it, it is the shortest distance between you and the finish line. And, no matter how you do it, by any other route you might consider, the finish line is about 250 feet higher than you are when you get to The Hill.

So, if you're going to finish at all, and you might as well because your car is parked up there anyway, you have to go UP THAT HILL.

Funny, though, in an area dominated by hills, the 3rd Avenue Hill doesn't appear that formidable. Not compared to some they could have sent you up. And, if you're a spectator it doesn't look that bad. The leaders, male and female, don't seem to slow down all that much, nor do they look especially pained. But, talk to anyone who has run the AFC Half and they'll all tell you the same story: I was hurting on that hill!

Two hundred and fifty feet in a mile and a quarter after 11½ miles of hard racing. You bet your little bippy they were hurting. Whether you're little more than a Sunday jogger who walks about half of it or a class athlete like At West's Dave Gordon who USED it to cut the frontrunner's lead from 24 seconds to 10, it's all the same. Pain, pain and more pain. Everyone feels it, and the only difference among them all is that some go faster. You can pretend it's not there... and then try to explain to yourself why you're hurting so much... or you can rationalize it: Hills are hills and they're gonna hurt; you might be a veteran on this course and tell yourself that you've done it before and you'll do it again today. Handle it any way you want, but that thing is between you and the finish line and it's going to make sure you never, never, never forget it.

Now, everyone knows all this, so how do you explain over 6500 people plunking down their money to enter, making it the largest field ever in a U.S. half marathon? Maybe it was the pretty T-shirt. Maybe it's the pretty course. It is a scenic course, at that. Starting up high at the Cabrillo National Monument in Point Loma, overlooking all of San Diego's Harbor, it heads downhill towards town, makes a nice flat loop on Harbor Island, runs alongside the harbor for a bit, then heads into downtown San Diego where things are still mostly flat. Then, after about a half mile or so of C Street, comes that sharp left turn and the moment of truth: The 3rd Avenue Hill. If anyone cared to look, it's not a bad looking street, but, at that point, like, who cares? When you finally crest and realize that your quads have turned to stone, there's a real picturesque straight run of about a 1000 meters into Balboa Park... and RELIEF! Well, when those 6500 plus lined up, things didn't look all that bad. It was cool and the sky was heavily overcast, and although that does not indicate rain here in Southern California, at least it meant there wouldn't be a blazing sun to contend with. It was quite humid, and that could be a problem... later. For, now, gray skies, a lot of down hill and a country and western duo hooked up to the P.A. system, all made things look pretty good.

I did have my doubts for a while though. Our shuttle bus broke down on the way up the hill to Point Loma. Luckily, we were able to hitch a ride on another. "I hope the press truck doesn't break down on the way up that 'other hill'," I thought.

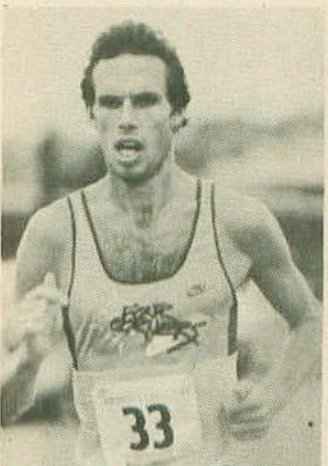
It looked like a pretty good field. Odis Sanders, a 2:14 Marathoner from New York, and Nancy Ditz, of Menlo Park and last year's San Francisco Marathon winner, had the honor of wearing number 1 and number F-1, respectively. Former holder of the AR in the half marathon Stan Mavis was there wearing number 2, Steve Ortiz, Demetrio Cabanillas, and a fistful of 63 minute half-marathoners like Stan Vernon, Graeme Holden from New Zealand, a couple of At Westers, Tom Ravnig and Dave Gordon and a former Olympian and winner of the Boston Marathon, Jon Anderson were on hand, not to mention Athol Barton and Danny Grimes. The women's field was strong, too. Besides Ditz, there were Gabrielle Andersen, this year's runner up in the San Francisco Marathon, Jeannie Lasee-Johnson, a 2:40 marathoner from Las Vegas, and local favorite Liz Baker, who won here in 1981, but had arthroscopic surgery on her knee last April.

So, we're off to the races. A scant 10 seconds after the wheelchairs were sent off, a Civil War muzzle loading cannon announced the start for the runners.

And they were off the line like a bunch of cannonballs. With several miles of mostly down hill immediately ahead, everyone went out fast, fast, fast. Like it or not. The girls especially. Ditz, Baker and Lasee-Johnson all PR'd at the 10K and Ditz said she also PR'd for 10 miles. As a matter of fact, running her first half marathon, she got a guaranteed PR all the way.

The leaders were going through the mile in 4:47 and despite the downhill were catching some of the wheelchairs. Up front was Odis Sanders, trying to live up to his number, Ortiz, Mavis, Thom Lux, Dennis Rinde, Vernon, the At West boys... a lot of people! Danny Grimes, Athol Barton, Chrissy Davis from Reno, Cabanillas, Holden, Hector Perez... they had passed the mile and there were still almost 20 bodies in the lead pack.

photo by Richard Lee Slotkin



RICK MUSGRAVE at 10 miles  
AFC Half Marathon Winner

Sanders was still gamely out front by a few yards, but at 6:40, Mavis came out of hiding and made a move towards Sanders. By about 2 miles, Mavis was running with Sanders and they had been joined by Dave Gordon and Bill McClement. This foursome held about a 2 yard lead over the rest of the still-big lead pack. The rest of the field was well strung out by this time.

By 10½ minutes, there was a 17 man lead pack and then it was a long way back to the next runners. Some faces that I hadn't been able to spot earlier were Kevin McCarey and Jamal Toad Rich Brownsberger.

At 12 minutes, the lead pack was still tight, but they had lost a couple. Sanders was in the pack but no longer leading. Nobody was leading. There was a lot of switching back and forth. At about this time, one of the wheelchairs which had

been passed on one of the short rises earlier, came whizzing by. But the guys up front were going so fast now that some of the chairs were actually getting in the way... on the downhill yet!

While this was going on, a real dogfight was taking shape a little way back where the lead women were. Nancy Ditz wanted to get away fast and build up at least a small lead that she could stretch out later, or, if things got a little tight, a big enough one so that she could hang on long enough to get to the finish first. So, she got the early lead, alright, but it only held up for a mile. A 5:25 mile at that. Then Jeannie Lasee-Johnson went by her and for the next half mile, she was the leader. Meanwhile, Liz Baker went through the first mile in 5:30, according to her, and she was already back in 6th place. No one was giving anyone anything; not even in the first mile.

After tailing Lasee-Johnson for a half mile or so, Ditz decided to get it on. It was downhill at that point and Ditz considers herself a good downhill runner. Her plan was now quite simple: 1) Build up a lead on the downhill. 2) Hold it on the flat. 3) Clow her way up the hill. Simple as 1-2-3. As a matter of fact, that's how it worked, except... Except, it wasn't so simple. Lasee-Johnson was on her tail the whole rest of the way, and by 3 miles, Baker was on Lasee-Johnson's tail. She even caught her, at about the 15K mark, only to find herself dropped back onto 3rd as Lasee-Johnson passed her on that dangly hill. And all that time, both of them were gaining on Ditz.

OK, back to the men. At 18 minutes, Sanders has dropped way back and is not likely to be a factor any more. Mavis has taken the lead and is running very easily. He is so cool that he exchanges some pleasantries with a friend on the press truck. He looks more like he's on a tempo workout than in a fight for the lead in one of the class half marathons in the world. Whatever, he does have company. Rick Musgrave has moved up with the leaders. His number... 33... indicates that he's seeded, but not highly. Musgrave is from Boulder, Colorado and is in town, with his girlfriend, to spend some vacation time. Bill McClement is also up there, just a step separating first from second and second from third. By just under 19 minutes, Musgrave has taken over first, Mavis a couple of steps back, and McClement... a high seed with his number 8... is right behind Mavis. About 10 yards back is Dave Gordon and the rest of the leaders are stretched out about 6 or 7 yards behind him. A little over a minute later, 20:02 on my watch, the picture has changed. Musgrave, Mavis and McClement are still running 1-2-3, but, as they pass an aid station, they have put somewhere around 25 yards between themselves and the rest of the former lead pack. Considering that it's still cool and overcast and that it's only a half marathon, it was surprising to see several of the leaders taking on water at this point.

About a block after the aid station, the course swung sharply to the left and as the press truck went through the curve, a wheelchair came barreling around just behind us, and the guy was hollaring, "Get that truck out of the way!" Besides the sharp turn, the road was also going slightly down, and this guy had built up quite a head of steam. So much, in fact, that he was swinging dangerously to the outside. We pulled over as far as we could, our outside wheels actually over the curb, and the chair passed us missing contact only by the thickness of the paint on the truck.

Boy! Dot was close!

Twenty-five minutes: McClement is in the lead, carrying a water bottle. Then he tosses it away. He's a step ahead of Musgrave, who is a step or two ahead of Mavis. The three M's. Nearest to them are Vernon and Gordon and they are 40 yards back. Another 40 yards back are Danny Grimes and Tom Raunig. Though there will be some shuffling around for a while, they are all out of it except Gordon.

Through the 10K in 29:21. Still the three M's. Musgrave looks as though he's testing the other two, though he'll later

claim he wasn't. Now, they're coming on to the Harbor Island loop and as they disappear down the road ... the press truck didn't follow them ... Musgrave begins to open a lead. It looked for all the world as though he was making "his move." He denied that later, also. Gordon and McClement backed him up on it. They agreed that Musgrave didn't speed up. They slowed down.

There was another aid station just before the Harbor Island loop and the leaders were again taking on water.

Nancy Ditz was the first F to come by that point, right around 37 minutes, not too far past the 10K marker. Lasee-Johnson was next, followed by Baker, and in 4th was Gabrielle Anderson. Ditz looked like the one to put your money at that point. Of the men, McClement looked the least likely to hold the pace. Why? It's hard to say, really, but he looked less relaxed than the other two.

Sure enough, when the leaders first appeared coming back from the loop, McClement had dropped way, way back. He was now in 6th place, and he was some 30 yards behind Vernon and Raunig, who were almost together in 4th and 5th.

But an even harder luck story was Mavis. He had fallen so far back that he wasn't even in the group that we'd call the leaders. Apparently, this was the same place he had trouble last year.

Well, Musgrave had opened up the big lead and although everyone in the top 6 were running very seriously, now ... in other words, hard ... Musgrave was in control. He looked confident and comfortable. Some 50 or 60 yards back, Grimes was wearing himself out of a possible photo finish by insisting on staying one step ahead of Gordon. At the water station near ten miles, Gordon got ahead of him thanks to a faster pit stop. Grimes went after him as though there were only 100 yards left in the race, even gritting his teeth in determination. Strange tactics at that point.

Meanwhile, Vernon had suddenly begun to fall back very quickly, with Raunig giving ground a bit more grudgingly. Then, at 45 minutes, Vernon was out of it.

All that early downhill had worked his quads to the point where they finally tightened up and he couldn't go another step. He stopped, bent over with his hands on his knees and that was it.

Up front, it was Musgrave through 10 miles in 48 minutes. Turning off Harbor Drive onto Ash, he passes an aid station where there's a Mariachi Band in full swing ... just like he is. All the aid stations had their own special features, some quite exotic, but going by in a press truck with one hand and an eye on your camera and the other on a tape recorder, you tend to miss most of the good stuff like that. Anyway, this station also had a thatched roof sideless hut through which runners could go without losing a step of their stride and get quite thoroughly sprayed down.

Musgrave didn't indulge. Musgrave still looked good, though. And Dave Gordon, of Athletics West had moved into second, some 24 seconds back, with Grimes now fighting Raunig and holding a slight lead on him.

And now, it is the moment of Truth. Musgrave has reached the foot of the 3rd Avenue Hill. If he wins, it's his first in a major road race. He swings a left off C street and heads up. Nineteen seconds later, Gordon make the same turn. He has very noticeably started his Big Move. "... I knew if I were going to catch him, with that lead he had, it had to be on the hill." And, did he go! He cut that 19 second lead down to 10 seconds, and that includes one long dip where Musgrave got two of those seconds back.

It was a great, gallant try by Gordon, and even though Musgrave was only trying to hang on, he had put just too many yards between himself and Gordon. Musgrave was not going to be caught. He hadn't run out of gas. He was still moving well, quite well in fact. It's just that Gordon was giving it all he had, which was his only chance, slim as it was. Musgrave didn't have to go all out. At a little over 60

minutes, only ten seconds separated him from Gordon, but those ten seconds were spread over about 60 yards. That was as close as Gordon got. Pushing to the very end he couldn't close any more of the gap and, in fact began to lose ground. In the end, Musgrave finished 12 seconds ahead, winning the race, and \$1,000 in prize money, in 64:08 that's a minute and 13 seconds off Kirk Pfeiffer's course record, but what the heck? It's still a good win. Gordon was a solid second in 64:20. Grimes' early determination was worth something after all as he came in 3rd, 16 seconds behind Gordon, and he was followed by Gordon's At West teammate Tom Raunig, a mere 4 seconds back of Grimes. McClement held on for 5th with a time of 65:09. When asked what happened to him on Harbor Island, he said he just plain and simple got tired. He felt he had gone out too fast, and it caught up with him there on the island. Mavis didn't make the top ten, finishing around 12th. As he came down that last 50 yards, a pickup truck had gotten into the lane blocking it, for the only real Snafu of the day. It managed to almost clear as Mavis came by. But Stan had to move a bit to get around it, and as he did, he playfully slapped the hood. Good-natured right to the end, you've got to like a guy like that.

By now, the troops were pouring in, and we were looking for the first F. Who would it be? Well, it had to be Ditz. No one else would be able to stay with her.

Sure enough, here she comes, in a course record time of 74:31, only 32 seconds behind her coach Gary Goettelman, no mean runner, himself.

And only THREE seconds ahead of Lasee-Johnson! And only FIVE seconds ahead of Baker who PR'd, yet. All three under Laurie Binder's old record of 74:45!

Again, it was the Hill. "I knew that they were right behind me ... I was in severe oxygen debt ... and they really, really pushed me. All I could think was, 'JUST GET UP THE HILL!'"

So, Ditz's cushion was smaller, but it held and it, too, was worth a thousand bucks. She knew she had earned it, though.

In the masters divisions, Jim Bowers was first, as if there could be any doubt. His time was 70:23. Winning the 50-59 division was Norm Green. His 72:09 set a US age group record by 37 seconds.

Just as remarkable was the fact that not only did three of the women break the course record, but ten of them came in under 80 minutes, hill or no hill. Hey! This was a good race.

THEY SAID IT:

**Dave Gordon:** ... I was really tired (going up the hill) and ... I was tired just trying to maintain. I was hoping he would blow up ... he had such a big lead, it was really too much for me to make up. (Regarding the Hill) ... I knew it was coming and it still hurt. (laughs) I was trying to prepare myself for it ... You know, when we were at 10 miles, I thought, "Well, should I go for it now?" I thought, "No, no! I'll never get up that hill if I go now!"

**Rick Musgrave:** (Asked about his move at Harbor Island) ... No, I didn't really make a conscious move. Dave Gordon: It was more like the other guys fell off. Musgrave: I felt pretty good and I thought if I just maintained, I should be all right. (About the Hill) Oh, I was real surprised. I had no idea there was that kind of hill. (He and Gordon laugh) Gordon: I took that turn and saw those things! (More laughing)

**Nancy Ditz:** (Regarding the Hill) ... I had run it twice in practices, so I knew it was there ... as a matter of fact, if anything, it looked flatter today. But, it felt a lot steeper. (Turning off C Street on to 3rd Ave.) I took a quick little peek and I could see Liz (Baker) and I didn't see Jeannie, and I knew she was right there, too. And I just thought, "Oh Dear! I just better push!" ... all I could think was, "Just keep at it. They're going to be in pain on the hill too." ... I wasn't confident until I crossed the finish line. This is the hardest I've ever worked in a race!

**Bill McClement:** (Asked how the hill hit him) Well, let's put it this way: I went through 10 (miles) in 48:18. And ended up with a 1:05:09. That tells a lot about the

**Liz Baker:** (After being passed by Jeannie Lasee-Johnson on the Hill) Somebody told me that she (Lasee-Johnson) was falling back and I thought, "Oh, good! I'm gaining a lead!" And then she kind of surprised me when she passed me on the hill. "When I get to the top," I thought, "well, I'll try to go for it." I'm sure she did the same, looking at first place (Ditz) ... we all kind of went. Nobody caught anybody.

(regarding the hill) I knew what to expect. This is my 4th year to run it. It gets longer every year. (laughs)

(On her PR) ... I went out at a pretty good pace. I PR'd the 10K, the 15K the 20K ...

**CTRN:** You know about my PR list? Baker: No.

#### Men's Half Marathon Results

**17 & Under:**  
1. Patrick Green 71:22, 2. Chris Vasquez 71:24, 3. Shawn Sandoval 74:15.  
**18-29:**  
1. Rick Musgrave 64:08, 2. Dave Gordon 64:20, 3. Danny Grimes 64:36, 4. Tom Raunig 64:40, 5. Bill McClement 65:09.  
**30-34:**  
1. David Harper 69:11, 2. Wally Buckingham 71:12, 3. Gary Freshman 72:07.  
**35-39:**  
1. Athol Barton 68:51, 2. Jerry Jobski 68:58, 3. Gary Goettelman 72:59.

**40-49:**  
1. Jim Bowers 70:23, 2. Stephen Lester 71:48, 3. Michael Mahler 72:04.  
**50-59:**  
1. Norman Green, Jr. 72:09, 2. Gaylon Jorgenson 76:29, 3. Jim O'Neill 77:00.

**60 & Over:**  
1. Wayne Zook 90:50.

#### Women's Half Marathon Results

**17 & Under:**  
1. Laura Meyer 89:00.  
**18-29:**  
1. Nancy Ditz (New course record. Old record 74:45 by Laurie Binder in 1980) 74:31, 2. Jeannie Lasee-Johnson 74:34, 3. Elizabeth Baker 74:36, 4. Susan Gelly-Berenda 77:50.  
**30-34:**  
1. Robin Lockwood 79:10, 2. Cindy Cohagen 85:10, 3. Linda Copp 88:40.  
**35-39:**  
1. Gabrielle Anderson 71:07, 2. Heather Thomson 76:45.

**40-49:**  
1. Sheila Ramsey Hasham 87:40, 2. Ursula Rains 90:00.  
**50-59:**  
1. Nicki Hobson 98:35

**60 & Over:**  
1. Bess James 142:20.

#### Corporate Team Winners

1. Rohr Industries 11 points, 2. National Medical Enterprises 17 points, 3. NBC Studios Burbank 27 points.

## 10K Grape Run

**August 21, San Luis Obispo.**  
1. Joe Fabris(25)SLO/Aggies 31:06  
2. Leo Lenting(26)SLO/Aggies 31:06  
3. Mike White(28)Baywood/Ag 32:34  
4. Rory Hernandez(31)Santa Maria 32:36  
5. Mike Krieger(23)SLO/Aggies 33:00  
6. Eddy Cadena(36)Los Osos 33:24  
7. Marco Ochoa(19)Anaheim 33:42  
8. Al Siddons(31)Chino/Ag 33:43  
9. Glenn Harvey(21)PasoRob. 34:08  
10. Steve Dornish(38)SLO/SLDC 34:10  
11. Andrew Estrada(25)SLO 34:15  
12. Brian Moroney(26)S. Mateo 34:20  
13. Bill Scobey(38)SLO 34:37  
14. Steve Jones(23)Vandenberg 35:04  
15. Rich Brown(19)SLO/Printn 35:07  
16. Mark Pupich(26)LosOsos/SLDC 35:29  
17. Sam Grijalva(16)AHS 35:48  
18. Bob Nanninga(36)SLO/SLDC 35:57  
19. Nick Boche(21)SLO 36:05  
20. Gary Ruddell(18)GardenGrove 36:13  
21. Larry Jamison(41)SLO/SLDC 36:13  
22. Jim Hurley(27)Los Osos/Ag 36:20  
23. Steven Paduganan(31)ORR 36:20  
24. Len Thornton(52)Fresno/HSTC 36:29  
25. Eric Nelson(30)SLO 36:37  
26. Jeff Herten(36)SLO/SLDC 36:43  
27. Ahn Winterbourne(23)SLO 36:48  
28. Jennifer Dunn(21)SLO/Ag 36:51

29. Mike Crotty(22)Oceano 36:56  
30. Scott Mabee(33)Spokane 37:21  
31. Bill Graham(42)Lompoc/LVDC 37:22  
32. Tom Allen(40)ORR 37:35  
33. Keith Handley(41)SLDC 37:42  
34. Jason Hafemeister(18)SLO 37:44  
35. Ron Claud(21)SLO 37:47  
36. Dan St. John(16)Lompoc/LHS 37:49  
37. Tom Whalen(29)SantaBarb 37:54  
38. C. Sepko(38)SantaMaria 38:06  
39. Doug Sims(23)SantaMaria 38:10  
40. Chuck Herrera(24)SLO 38:12  
41. Mike Duwelling(20)SLO/Cuesta 38:14  
42. Paul Hoay(20)Santa Ana 38:16  
43. Mark Anderson(36)SLDC 38:16  
44. John Flores(19)Santa Ana 38:18  
45. Anthony Gupton(26)SunValley 38:20  
46. Jim Hill(35)Visalia/SR 38:21  
47. Bill Latson(27)SLO 38:22  
48. Tom Jefferis(35)SLDC 38:45  
49. Jim Moore(26)SantaBarb 38:39  
50. Donna Adamoli(20 1st-F)Bost 38:48  
72. Kathy Kelly(21 2nd-F)SLO 40:16  
75. Mary Ryzner(29 3rd-F)SantaBarb 40:30  
85. Renee Arst(20 4th-F)UCBerk 40:57  
95. Emily Schoenwald(24 5th-F)LosG41:44  
125. Suzanne Yoc(23 6th-F)SLO 42:40  
138. Debbie Bolen(19 7th-F)Lomp 43:24  
146. Carrie Walters(27 8-F)SLO 43:55  
147. Kathleen Doran(32 9-F)SLO 43:59  
152. Marci Stevenson(24 10-F)SLDC 44:19

## Beat The Heat

**August 21, Los Angeles. 5K & 10K.**

Sub-4 kicked off its autumn tri-race series with the inaugural run of the "Beat the Heat" 5K and 10K at the Los Angeles Police Academy in Elysian Park.

The single loop, 5K started out according to plan with Sub-4 Track Club members John Butler and Dave Babiracki leading the first mile with local star Roman Gomez matching them stride for stride.

As mile two wound its way up famous Heart Attack Hill, Babiracki gradually lost contact while Butler and Gomez waged a war of attrition. Yet neither could shake the other. As they crested the summit Butler made his break. Gomez, obviously feeling the effects of the second mile 250-foot elevation gain, could not respond. Butler, a UCLA track and XC standout, finished first in 15:11 with Gomez in second and Babiracki hanging on for third.

In the women's race, 15-year-old Kristin Harkins held off two 15-year-old competitors and the "aging", 28, Danita Reese for first with a creditable 19:52.

The 5K was immediately followed by the double loop ... double your trouble, double your fun ... 10K.

The first mile looked like anybody's race with a horde of runners attacking the long downhill. Heading the mob of some 40 or 50 were Farron Fields of the MacCabi TC and actor Robbie Benson, obviously still in character from his new movie based on the life of Olympic 10K gold medal winner Billy Mills. Very soon, though, Fields began to pull away and his 4:42 first mile established a lead he would never relinquish. Running alone for the rest of the race Fields only problem seemed to be a nasty side stitch at the bottom of the first loop. But a quarter mile slowdown dispatched the discomfort—a lesson for us all—and Fields resumed his pace and won easily in 31:33, over a minute faster than second place. Benson, as nearly everyone else slowed by the hill, finished 50th overall—no gold medal maybe, but a good effort on a tough course.

Youth was again to carry the day in the women's section of the 10K. Fifteen-year-old Kim Ojeda and 13-year-old Kim Congeyer finished one-two respectively with "oldtimer" Rosalie Pais, 21, beating out 10-year-old Veronica Chavez for third.

#### Division Results 5K

**Male: 13 & Under:** 1. Chuck Braeback 18:11, 2. Griffiths 19:12, 3. Jimmy Owens 19:45. **14-18:** 1. Roman Gomez 15:28, 2.

*continued on next page.*

# Results



DAVE BABIRACKI (left) & JON BUTLER at the Beat the Heat 5K Race

Joey Gostin 16:57, 3. Manuel Gomez 17:06. **20-29:** 1. John Butler 15:11, 2. William Witczak 17:08, 3. David Haaga 17:15. **30-39:** 1. Dave Babiracki 16:18, 2. Henry Lang 16:45, 3. David Lopez 17:33. **40-49:** 1. Lee Baca 18:45, 2. Chip Strange 19:50, 3. Phillip Green 20:06. **50-59:** 1. Ergis Boyle 18:47, 2. Walt Windsor 18:59, 3. James Byrd 19:52. **60 & Over:** 1. David Cohen 22:13, 2. Carl Brant 24:24, 3. Thomas Smith 32:51. **Female: 13 & Under:** 1. Cindy Perez 21:57, 2. Erika Whistler 23:11, 3. Jennifer Rigney 23:47. **14-19:** 1. Kristin Harkins 19:52, 2. Mary Kuphaldt 20:08, 3. Devon Martin 20:47. **20-29:** 1. Danita Reese 20:24, 2. Mary Kautlainen 21:34, 3. Delight Page 22:00. **30-39:** 1. Claudia Morales 22:06, 2. Yvonne Sterling 22:21, 3. MaryAnn Morris 22:54. **40-49:** 1. Rita Gilmore 22:16, 2. Jan Archibald 22:49, 3. Rachel Cardona 27:12. **50-59:** 1. Daisy Wong 25:21. **60 & Over:** 1. Liz Cotton 32:46.

### Division Results 10K

**Male: 13 & Under:** 1. Terrence Mahon 41:29, 2. Marco Ocegueda 41:29, 3. Danny Daft 44:28. **14-19:** 1. Raul Serratos 33:12, 2. Mike Dib 34:01, 3. Bob Padgett 34:56. **20-29:** 1. Farron Fields 31:33, 2. Andy Diconti 32:45, 3. Shane Scott 32:52. **30-39:** 1. Ken Gerry 33:01, 2. Ron Kurrie 33:13, 3. Tom Lowry 33:30. **40-49:** 1. James Murphy 38:07, 2. Charles McClung 36:32, 3. Dan Oliver 37:41. **50-59:** 1. Aurelio Camacho 40:24, 2. Dane Macomber 41:14, 3. Donald Rawn 42:08. **60 & Over:** 1. Beverly McQuarrie 51:48, 2. Robert Drake 52:33, 3. Ed Rubin 59:15.

**Female: 13 & Under:** 1. Kim Congeyer 46:45, 2. Veronica Chavez 48:59, 3. Stobhain O'Reilly 53:07. **14-19:** 1. Kim Ojeda 45:02, 2. April Quaker 53:11. **20-29:** 1. Rosibel Pals 47:27, 2. Marne Brown 55:59, 3. Marlou Manning 59:27. **30-39:** 1. Yvonne McDowell 51:21, 2. Selma Morley 57:46. **40-49:** 1. Lorencita Taylor 50:58, 2. Ann Welton 51:55. **50-59:** 1. Helen Dick 47:36, 2. Camille White 53:48, 3. Nancy Victor 58:40. **60 & Over:** 1. Lois Edds 53:57.

## CRRC 1/2 Marathon

August 21. Griffith Park, L.A.

1	Jim Scott (29)	1:16:19
2	Joe Kender (28)	1:18:02
3	Richard Miller (34)	1:18:41
4	Enrique Flores (33)	1:18:41
5	Tom Carroll (44)	1:19:51
6	Bob Karwasky (27)	1:22:45
7	Willie Cannon (30)	1:25:06
8	Roy Gardner (40)	1:25:13
9	Robert Grossman (26)	1:27:14
10	Allison Unterzeller (27-1st F)	1:27:49
11	Jennifer Henderson (24-2F)	1:28:25
12	Richard Glueckler (33)	1:28:29

**Men's Divisions — 12 & Under:** 1. Randy Wilson 1:35:35. **13-18:** 1. Carlos Cisneros 1:29:36. **19-29:** 1. Jim Scott 1:16:19. **30-39:** 1. Richard Miller 1:18:41. **40-49:** 1. Tom Carroll 1:19:51. **50-59:** 1. Robert Hardaway 1:33:25. **60 & Over:** 1. Paul Richel 1:45:09. **Women's Divisions — 19-29:** 1. Allison Unterzeller 1:27:49. **30-39:** 1. Susan Tucker 1:43:46. **50-59:** 1. Yukiie Mochida 1:52:54. **60 & Over:** 1. Mary Ames 2:58:58.

## CRRC 10K Fun Run

1	Tom Moriarty (27)	32:17
2	Chad Pratt (19)	34:30
3	John Betancourt (25)	35:55
4	Bill Dietrich (29)	36:25
5	Vickie Cook (19 1st-F)	36:31
6	Catarino Gonzales (41)	37:11
7	George Mejia (28)	37:21
8	Tom Housel (34)	38:02
9	Patrick Taylor (50)	38:09
10	Fred Mendoza (45)	37:32
11	Dave Nadler (21)	38:25
12	Breiman (29)	39:01

**Men's Divisions — 13-18:** 1. Phillip Baker 53:48. **19-29:** 1. Tom Moriarty 32:17. **30-39:** 1. Tom Housel 38:02. **40-49:** 1. Catarino Gonzales 37:11. **50-59:** 1. Patrick Taylor 38:09. **60 & Over:** 1. William Dietrich 45:18. **Women's Divisions — 13-18:** 1. Mary Beth Hand 47:28. **19-29:** 1. Vickie Cook 36:31. **30-39:** 1. Susan McKinley 53:03. **60 & Over:** 1. Father Tapalband 59:15.

## The Beer Run

from Ross Rowley

August 23. Stockton.

The fourth annual Beer Run, a three mile Tuesday night competition followed by food and revelry late into the night, made its final appearance in Stockton on August 23rd. This neighborhood race has so grown in popularity that the race directors were face with the options of changing the format (i.e. moving the race from the neighborhood to a local park) or discontinuing the race altogether. Since it was felt that moving the race would change the homey character of the event, the latter option was chosen. The race has always started and finished at the race director's house, and his bleary-eyed neighbors have applauded this decision.

Matt Bruni of Stockton, who won the inaugural Beer Run in 1980, fittingly won this last event. Matt was challenged early by Jeff Baker and John Hancock, but the 2:21 marathoner pulled away at the half way mark and posted a 14:50 win. This time was considerably slower than Dan Buntman's course record of 14:09, but Buntman's Aggie teammate Kathy Way made up for Dan's absence by winning the women's division in a course record 17:03.

Awards went to the top 10 men and top 5 women, without regard for age groupings. There were 175 competitors, with about 300 total eaters and drinkers in the yard after the race. The top men and women finishers were as follows:

### Top Men:

1. Matt Bruni 14:50, 2. John Hancock 15:04, 3. Jeff Baker 15:11, 4. Steve Kovisto 15:19, 5. Ron Richardson 15:29, 6. Eric Crump 15:55, 7. David Hope 16:04, 8. Jorge Ruiz 16:15, 9. Mike Rowerdink 16:17, 10. Steve Fennell 16:18, 11. Joss Walter 16:27, 12. Steve Anderson 16:35, 13. Frank Garcia 16:40, 14. Gary Meyer 16:45, 15. Jason Dennis 16:51.

### Top Women:

1. Kathy Way 17:03, 2. Karen Sanguinetti 19:07, 3. Consuelo Garcia 20:45, 4. Kelle Yocum 20:53, 5. Linda Molina 21:08.

## Dammit Run

August 27. Los Gatos. 5.83 Miles.

1	Sechrist	31:21
2	Mike McQueeney	31:31
3	Paul Cox	32:04
4	Joe Morgan	32:16
5	Yray	32:55
6	Gilbert Brooke	33:41
7	Joe Rust	33:50
8	Press Weston	34:08
9	No Name	34:14
10	Don Rush	34:19
11	No Name	34:26
12	Greffen	34:32
13	Kevin McCusker	34:34
14	Greg Machado	34:36
15	Eric Crump	34:44
16	Dooino	34:45
17	Harvey Navanso	34:56
18	Santoske	35:31
19	John Clary	35:38
20	Gilbert Munoz	35:48
21	R. Bergstrom	35:52
22	Bob Dalton	35:52
23	Russell Hill	35:53
24	Steve Larenz	35:55
25	Rowland	35:54
26	Noctale	36:02
27	Galewski	36:15

28	Tom Ross	36:20
29	R. Thompkins	36:33
30	Russ Reeves	36:52

## June Lake Loop Relay

August 28. 8,000 Ft. Altitude, 20 Miles.

Although some of the members of the team had banned together in '81 and '82 to run this race (finishing second both years), this was the first outing for the newly formed Santa Clarita Runners Racing Team. Tim Hampton lead off running an 18:18 first leg giving the team a 30 second lead. On the second leg, Rich Burns was caught by Jeff Atkinson (of Stanford & Stovers Racing Team). Rich handed off to Tim Watson about 30 seconds back. Tim ran the third leg hard, not only regaining the lead, but extending it 40 seconds. Despite a cold, Dave Walsh destroyed his opponent adding 2 minutes to the lead and handing off to the hill runner of the group Steve Durand. Steve maintained his 2:41 cushion over the stylishly dressed Stovers to the finish. However, Villa Park's Open Team (Villa Park & Foothill High grads) had an excellent anchor leg and took second overall.

Santa Clarita Runners — 1:41:37  
Villa Park — 1:43:25  
Stovers Racing Team

The high school division was particularly tough. The top five were: (1) Villa Park, (2) Foothill High, (3) Hart High, (4) Buena Park High, and (5) Saugus High. First high school girls team was Mira Costa anchored by Laura Cattivera.

## 10K Country Run

from Keith Conning

August 28. Pinole.

Old highway 40 (San Pablo Avenue), the route from San Francisco to Sacramento, was used for this race. The police had blocked off one lane to provide for an unobstructed out and back course. The only problem is that there is a big hill between Pinole and Hercules, so the relatively slow times reflect the difficult terrain.

Leroy Kotchevar, a resident of Crockett just up the road a piece, set a new course record of 32:24. The old course record of 32:35 was set last year by Tom Borschel of Reno, Nevada.

Kotchevar is preparing for the Sugar City Fun Run on September 10 in Crockett, the next important race in the North East Bay. He is looking forward to running against Peanut Harms, the Foothill Junior College track coach, who graduated from John Swett High School in Crockett many moons ago.

Rainey Kay Stolp, who is in training for a marathon, won the women's division in 36:35.

1	Leroy Kotchevar	32:24.2
2	Mike Warr	32:51
3	David Mueller	33:45
4	Mark Piccillo	34:17
5	Tom Craig	34:21
6	Allan Smith	34:43
7	Tony Scardina	35:11
8	Rainey Kay Stolp(1-F)	36:35
9	Bill Stolp	36:35
10	Fred Merclari(1st-U.16)	36:42
11	Rey Corona	37:07
12	David Taylor	37:08
13	Leigh Forberg	37:18
14	Adam McAboby(2nd-U.16)	37:52
15	Mauro Scardina(3rd-U.16)	37:52.5
16	Carolyn Tiernan(2nd-F)	41:26

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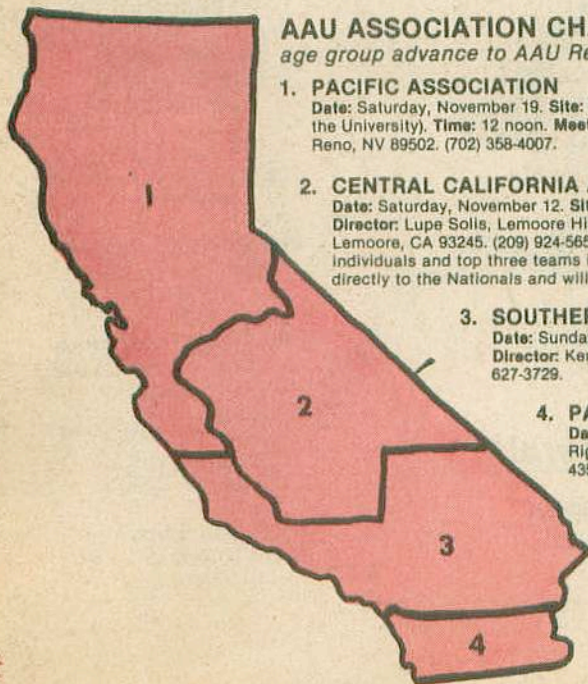


# 1983 AAU/USA JUNIOR OLYMPIC CROSS COUNTRY NATIONAL CHAMPIONSHIP

**Saturday, December 10, 1983 • Fresno, California**

**Meet Director: Dave Dodson**

**COMPETITION OPEN TO BOYS & GIRLS: Age Divisions & Distances: 10 & Under (3K); 11-12 (3K); 13-14 (4K); 15-16 (5K), 17-18 (5K). Age determined by year of birth. Qualification for National Championship is advancement through AAU Association Championship to AAU Regional Championship.**



**AAU ASSOCIATION CHAMPIONSHIPS:** *Top 25 in each age group advance to AAU Region XIII Championship.*

**1. PACIFIC ASSOCIATION**

**Date:** Saturday, November 19. **Site:** Rancho San Rafael Park, Reno (Across from the University). **Time:** 12 noon. **Meet Director:** Bruce Susong, 2190 Tamarisk, Reno, NV 89502. (702) 358-4007.

**2. CENTRAL CALIFORNIA ASSOCIATION**

**Date:** Saturday, November 12. **Site:** Woodward Park, Fresno. **Time:** 10 am. **Meet Director:** Lupe Solis, Lemoore High School, Lemoore and Bush Avenues, Lemoore, CA 93245. (209) 924-5651 school, (209) 924-4107 home. **Note:** The top 25 individuals and top three teams in the Central California Association will qualify directly to the Nationals and will not have to compete in Region XIII.

**3. SOUTHERN PACIFIC ASSOCIATION**

**Date:** Sunday, November 20. **Site:** Mt. SAC. **Time:** TBA. **Meet Director:** Ken Grant, 13537 Daisy Lane, Chino, CA 91710. (714) 627-3729.

**4. PACIFIC SOUTHWEST ASSOCIATION**

**Date:** TBA. **Site:** TBA. **Time:** TBA. **Meet Director:** Jeff Rigdon, 335 Alameda, Coronado, CA 92118. (619) 435-9062.

**MEDALS:**

AAU/USA Junior Olympic Medals will be awarded to the top fifteen finishers at the Association and Regional Championship. Medals will be awarded to the top 25 at the National Championship in each division.

**MEMBERSHIP:**

Each athlete must have a 1983 AAU/USA Junior Olympic Membership Card (\$2.00).

**AAU REGION XIII CHAMPIONSHIPS**

*Top 15 individuals and top 3 teams in each age group advance to National Championship.*

**Date:** Sunday, November 27. **Site:** Woodward Park, Fresno. **Time:** 9:30 am. **Meet Director:** Dave Dodson, 10518 E. California, Sanger, CA 93657. (209) 875-7121 x206 school, (209) 875-4072 home.

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