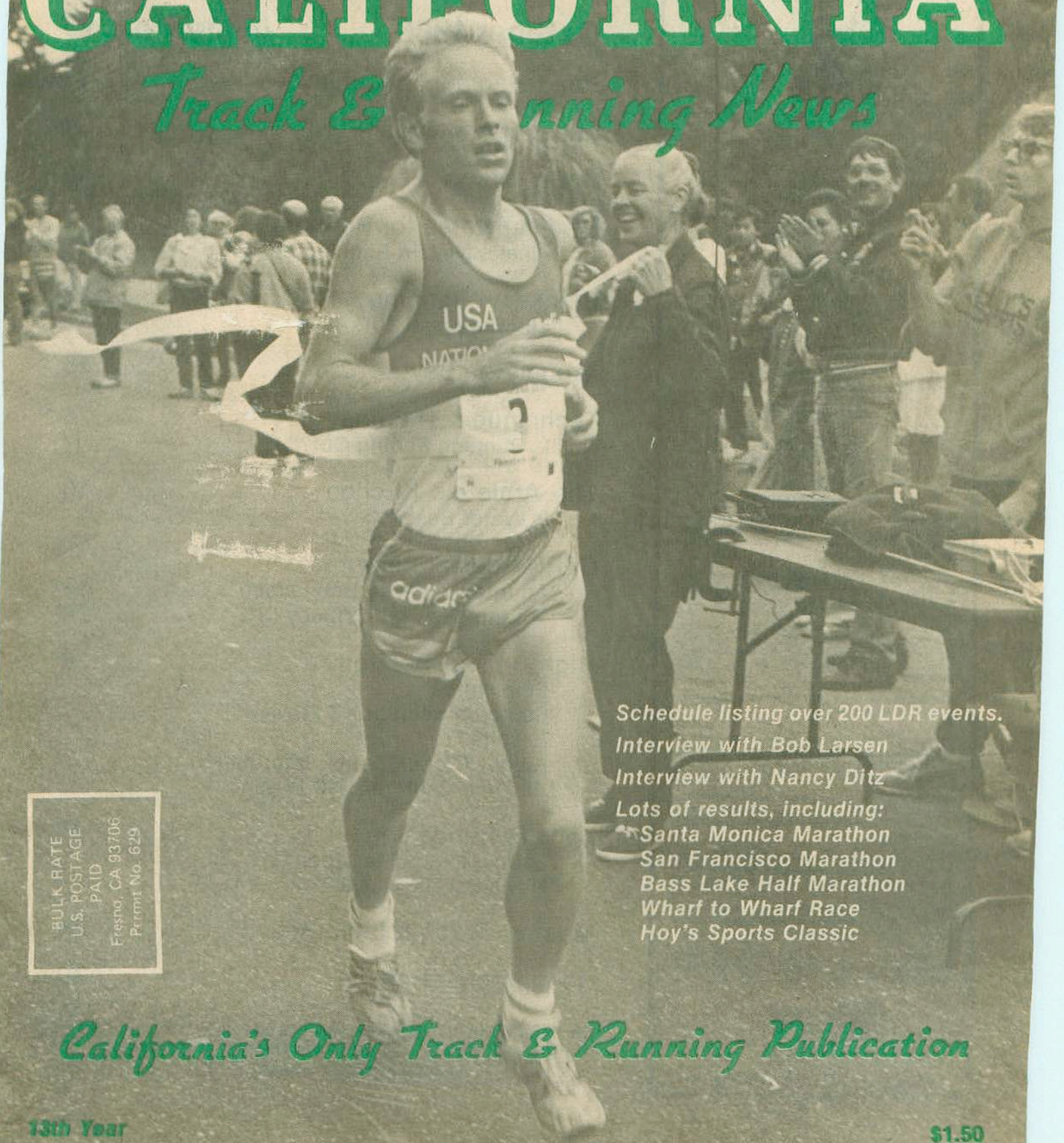


OCTOBER 1986

ISSUE NO. 119

# CALIFORNIA

## *Track & Running News*



Schedule listing over 200 LDR events.  
Interview with Bob Larsen  
Interview with Nancy Ditz  
Lots of results, including:  
• Santa Monica Marathon  
• San Francisco Marathon  
• Bass Lake Half Marathon  
• Wharf to Wharf Race  
• Hoy's Sports Classic

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# CALIFORNIA

*Track & Running News*



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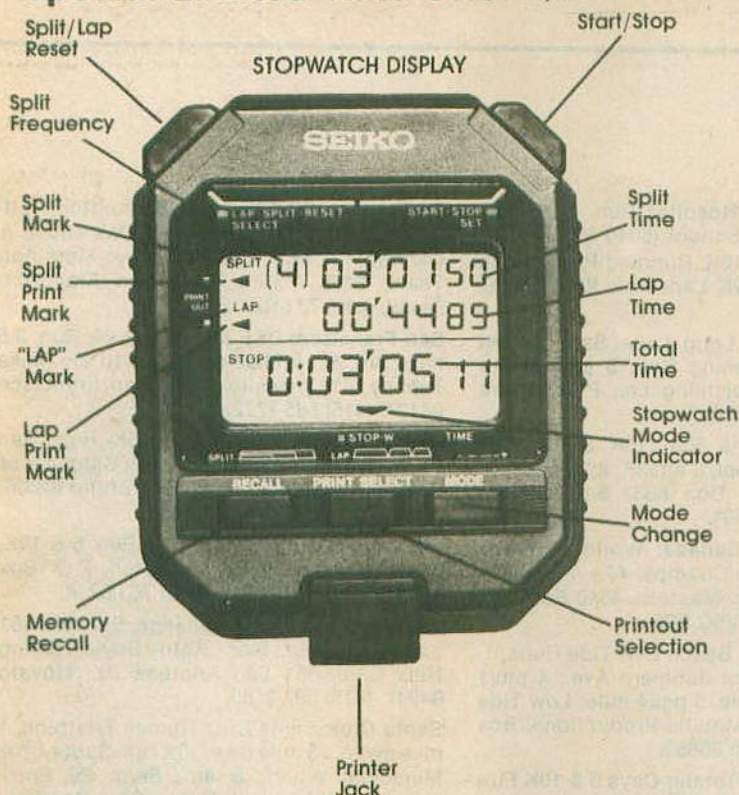
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**ON THE COVER:** Winner of the Hoy's Sports 10,000 Meter Classic is Dan Grimes recording a time of 29:18. See page 37 for results.  
photo by Kenneth Lee

# Digital Quartz Stopwatch With Printer, SP11

Special Limited Time Offer: \$150 while supply lasts



## Applications

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

## Specifications

### Time Base & Accuracy:

Quartz oscillator,  $\pm 0.5$  seconds (24 hours/70°F)

### Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

### Time Measurement:

1/100 of a second

### LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

### Modes:

Split Time and Split/Lap Time; time of day and calendar.

### Temperature:

Accuracy guaranteed range 23°F to 104°F; operational range 5°F to 131°F.

### Dimensions:

Stopwatch: 2.25"W x 2.85"L x 0.7"D

Printer: 3"W x 5"L x 1.0"D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

### Construction:

Both Stopwatch and Printer cases are high impact plastic with Hardlex stopwatch display crystal.

### Standard Accessories:

- Multifunction stopwatch with battery and lanyard
- System printer
- 3 AA batteries for printer
- Connecting cable (SC11)
- Deluxe carrying case with belt
- Printer carrying strap
- 2 rolls of thermal paper (S-950)
- Instruction manual
- One year warranty

### Optional Accessories:

- S-950 Seiko thermal paper in 5-roll boxes

## System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99", then start again at "0"
4. Printed Data: printed out immediately as measured, or printed later from the memory function of the stopwatch

### SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
    
```

```

1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
   0:00'45 38
2-0:01'30 48
   0:00'45 10
3-0:02'16 36
   0:00'45 88
4-0:03'01 23
   0:00'44 87
    
```

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# Schedule

By JACK LEYDIG

Please send scheduling information directly to **Scheduling Editor, 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.

## Road Racing

### October 1 (Wednesday)

**San Francisco:** Sri Chinmoy Runners Are Smilers 2 Miler, Lake Merced (Sunset Circle Parking Lot), time TBA (evening). Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. Giribar DeAngelo (415) 731-RACE. *Raceday Reg. only.*

### October 2 (Thursday)

**Merced:** Fall Fun Runs, 1500m, 3 & 5K, Applegate Park, 6 pm. Merced TC Newsletter, 642 Berkeley Ct., Merced 95348.

### October 4 (Saturday)

**Santa Rosa:** 24-Hour Run for the Children, 5 person teams (on track), 9 am. Sue Oaks, 2050 W. Steele Ln., E-2, Santa Rosa 95401. (707) 545-5548.

**San Francisco:** Golden Gate Park X-Country Series, 4 mile (1 mile/kids), Polo Fields, 10 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

**San Francisco:** Pamakid Lake Merced Race, 8.5 mile (1 mile/kids), Sunset Blvd., Parking Lot, Lake Merced, 9:15 am/1 mile, 10 am/8.5 mile. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

**Berkeley:** Berkeley Ironhorse Triathlon, 2K swim, 38K bike, 10K run. Tilden Park, time TBA. 1000 limit. Joan Parker, Women's Athletics, 177 Hearst Gym, UC Berkeley, Berkeley 94720. (415) 643-7940.

**Reno:** Reno 5-Miler, Reno YMCA, 9 am. Reno Gazette Journal, P.O. Box 2200, Reno, NV 89520. (702) 788-6263.

**Paradise:** Apple Ridge Run, 3 & 5 mile, Paradise Lake, 9 am. Paradise Running Club, 220 Pearson Rd., Paradise 95969.

**Morro Bay:** Harbor Sprint Triathlon, ¼ mile swim, 13 mile bike, 2½ mile run, 8 am. Morro Bay Recreation Dept., 535 Harbor St., Morro Bay 93442. (805) 772-1214, x229.

**Quartz Hill:** The Hospital Run, 5 & 10K, Quartz Hill High School (6040 W. Ave. L), 8:30 am/5K, 9 am/10K. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

**South El Monte:** Legg Lake San Gabriel River 10 Mile Evening Run, 5 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-3774.

**San Jacinto:** Lions Run 10K & 2K. San Jacinto High School, 8 am/2K; 8:30 am/10K. Ben Stuart, P.O. Box 883, San Jacinto 92383. (714) 528-6601.

**Richmond, B.C., Canada:** World Veterans 10K and Marathon Champs. 40+ men/35+ women. Vancouver Masters, 4640 Fairlawn Dr., Burnaby B.C. V5C 3R6.

**Long Beach:** Long Beach Low Tide Runs, 1, 2 & 4 miles, foot of Junipero Ave., 4 pm/1 mile, 4:30 pm/2 mile, 5 pm/4 mile. Low Tide Runs, California Athletic Productions, Box 30306, Long Beach 90853.

**Canyon Country:** Frontier Days 5 & 10K Fun Runs, Luther & Soledad Canyon, 7:30 am/5K, 8 am/10K. Grisel Saez, Canyon Country Chamber of Commerce, 17956 Sierra Hwy., Suite B, Canyon Country 91351. (805) 252-4131.

**Laguna Niguel:** Marina Hills 5K Run, Salt Creek Beach, 8 am. Sport Directions Foundation, Box 795, Dana Point 92629. (714) 661-RACE.

**Malibu Creek State Park:** Wilderness 10K Run, 7 am. Matt Landis (818) 887-7831.

**Angeles Nat'l Forest:** Chilao Mountain Family Run 8K & 1 Mile, Chilao Visitors Center, 9 am. Mike Milosch (818) 790-7151.

**Manhattan Beach:** Old Hometown 10K, Valley & Ardmoor, 7:30 am. *No raceday registration.* Second Sole (213) 546-5559.

**Las Vegas, NV:** Happy Hooker 10K, Las Vegas Convention Center (Desert Inn & Paradise Rds.), 7:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

### October 5 (Sunday)

**Fresno:** Pepsi/Fresno Fair Cross-City Race, 10K & 2 Mile. Roeding Park and Ventura & Hazelwood starts, respectively, 7:30 am/2 mile, 7:45 am/10K. Fresno Fair, 1121 Chance Ave., Fresno 93702. (209) 255-3081.

**Minneapolis/St. Paul, MN:** Twin Cities Marathon (U.S. Trials for World Championships), time TBA. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. (612) 929-8646. *Listed as October 12 in some sources.*

**Sacramento:** Sacramento Marathon, 8 am. Randall Sturgeon, 4020 El Camino Ave., #A-5, Sacramento 95821.

**Burlingame:** Sri Chinmoy 12-Hour Run, Burlingame High School (track), Oak Grove & Carolan, 7 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

**San Francisco:** DSE Mission Rock Run, 3.5 mile, 3rd. St. & Mission Rock, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**San Bruno:** Artichoke Joes 5K Run, San Bruno & Huntington Ave., 9 am. Chamber of Commerce, P.O. Box 713, San Bruno 94066. (415) 872-3805, Runner's Inn.

**Oakland:** Oakland Brass Pole Run, 5 & 10K, 9 am. Oakland Brass Pole Run, P.O. Box 13037, Oakland 94611. (415) 763-5214.

**Novato:** Mt. Burdell Challenge, 5 & 10K, 351 San Andreas Dr., 9 am. Kathy Boyle, Rolling Hills Club, 351 San Andreas Dr., Novato 94947. (415) 897-2185.

**Santa Cruz:** Santa Cruz Tinman Triathlon, 1 mile swim, 23 mile bike, 10K run. Santa Cruz Municipal Wharf, 8 am. *Sept. 29 Entry Deadline, 1000 Limit.* Santa Cruz Sentinel, 207 Church St., Santa Cruz 95060. Bonnie (408) 423-4242, x301.

**San Francisco:** US Sprint California Mile, California & Drumm Sts., 8:30 am. The Winning Team, P.O. Box 416, Belmont 94002. (415) 593-2788.

**Santa Rosa:** Harvest Fair 10K Run, Herbert Slater Jr. H.S. (3500 Sonoma Ave.), 9 am. James Starmer, Sonoma YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545-9622.

**Stanford:** Great Race at Stanford, 10K, Stanford Stadium, 8:30 am. Kim Carlisle, Great Race, Dept. of Athletics, Stanford Univ., Stanford 94305. (415) 723-9002.

**Barstow:** Barstow Bud Light Triathlon, 30K bike, 10K run, 300 yd swim, time TBA. Brett Saari, 1336 E. Main St., Barstow 92311. (619) 256-2612.

**Los Angeles:** Cathy Lee Crosby 5 & 10K, Griffith Park (Riverside/Los Feliz entrance), 8 am. Pro Motion Events, 1501 Glenavon Ave., Venice 90291. (213) 396-7727.

**San Diego:** San Diego Zoo 70th. Birthday 10K & 2 Mile Fun Run, Balboa Park, 7:30 am. End of the Line Race Consulting, P.O. Box 1049, Coronado 92118. Jeff Jouett (619) 437-4667.

**San Diego:** Moving Comfort Women's 8K, So. of Hilton, 7:30 am. Joni Pendleton (619) 287-8694.

**San Diego:** Fairbanks Ranch 10K (and 1 mile), 8 am. Lynn Flanagan (619) 483-9501.

**Sandy Hook, New Jersey:** Jersey Shore Half Marathon. *Entry Deadline Sept. 20.* The Running Store, Hwy 35, Eatontown, NJ 07724. (201) 542-3077.

## ☐ Schedule

**Malibu:** Zuma Beach 5 & 10K Runs, Zuma Beach (3000 Pacific Coast Hwy), 8 am. Mike Mayne, Altadena Rec. & Parks, 568 E. Mount Curve, Altadena 91001. (818) 794-6753.

**Corona:** Corona Firefighters' 5 & 10K Safety Run, Corona High School (10th & Lincoln), 9:30 am. Corona Firemen's Assoc., 225 E. Harrison St., Corona 91720. Don Remp: (714) 737-2057.

**Los Angeles:** Cathy Lee Crosby 5 & 10K, Griffith Park, 8 am. Pro Motion Events, 1501 Glenavon Ave., Venice 90291. (213) 396-7727.

### ■ October 6 (Monday)

**Bakersfield:** Bicycle Warehouse Biathlon, 10K run, 40K bike, time TBA. Bob Elling, 4405 Ming Ave., Bakersfield 93309. (805) 834-1521.

### ■ October 11 (Saturday)

**San Francisco:** Alcatraz Challenge Triathlon, 1.5 mile swim (Alcatraz to shore), 1 mile run, 14 mile bike, 14.5 mile run (Double Dipsea), time TBA. Joe Oakes, QCON, P.O. Drawer K, Los Altos 94022. (415) 941-5530.

**Pinole:** Bear Valley Biathlons, 5K run, 10 mile bike or 12 mile run and 25 mile bike. Ellerhorst Grammar School, Pinole Valley Rd., time TBA. Team Challenge, P.O. Box 303, Pinole 94564. (415) 841-1190.

**Stockton:** Bacon Bash '86, 1 & 5 mile, 8 am. Ernie Rodriguez, P.O. Box 8831, Stockton 95208. (209) 931-5866.

**Delano:** Great Grape Run, 5 & 10K, Delano Civic Center, 8 am. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

**Playa Del Rey:** Learn Not to Burn 5 & 10K, Imperial & Vista del mar, 8 am. Davis Parksons, L.A. City Fire Dept., 3937 Fairman St., Lakewood 90112.

**Oceanside:** Oceanside Jaycees Harbor Days 10K & 2 Mile Fun Run, 8 am. Paul Solowik, End of the Line Race Consulting, P.O. Box 1049, Coronado 92118. (619) 437-4556.

**San Francisco:** Pamakid 8.5 Mile Lake Merced Race (& Kids' Mile). Jimmy Nicholson Memorial Run. Sunset Blvd. & Lake Merced Blvd., 9:15 am/mile, 10 am/8.5 mile. Pamakids, c/o Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves; (415) 681-2322.

**Santa Rosa:** The Homebrew 10K, Doyle Park, 9 am. Keith Maurer (707) 576-0961.

**Davis:** Davis Sutter Shuffle, 5 & 10K, Sutter Davis Hospital (Road 99 & Corvell Blvd.), 8 am. Sutter Davis Hospital, P.O. Box 1617, Davis 95617. (916) 756-6440.

**Colusa:** Bridge to Bridge 5 & 10 Mile, 9 am. Jennifer Vennery, P.O. Box 1063, Colusa 95932. (916) 458-5622.

**Walnut:** City of Walnut Fun Festival 5K & One Mile, Suzanne Park (Suzanne & La Puente), 8 am/mile (children 12 & under), 8:30 am/5K. City of Walnut 5K, P.O. Box 682-Walnut 91789. (714) 595-7543.

**Tustin:** Tustin Tiller 5 & 10K Runs, Columbus Tustin School (Prospect & Beneta), 7:30 am. Steve Blankenhorn, City of Tustin, 300 Centennial Way, Tustin 92680. (714) 544-8890.

**Westlake Village:** Newbury Park Rotary Club 5 & 10K and 1 Mile, Westlake Elem. School, 8 am. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

**Las Vegas, NV:** Run for Your Rights 1, 2 & 5 mile. Lions Park (Las Vegas Blvd. No. & Washington Ave.), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. Joyce Wescott: (702) 385-2153.

### ■ October 12 (Sunday)

**East Meadow, NY:** TAC National Masters 20K Championships, Eisenhower Park, time TBA. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. (516) 731-3452.

**Weott:** Humboldt Redwoods Marathon & Half Marathon, Dyerville Bridge, 9 am. No raceday registration. Ken Angel, c/o SRRC, P.O. Box 214, Arcata 95521. (707) 826-0616.

**San Francisco:** DSE Golden Gate Bridge Vista Run, 5.04 mile Legion of Honor, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Danville:** Primo's to Primo's, 5 & 10K and Half-Marathon, 7:30 am/half marathon, 8 am/5 & 10K. Primo's Run, 16 Ray Ct., Danville 94526.

**Alameda:** Sri Chinmoy 10 Mile Run, Crown Memorial State Beach (west end of 8th St.), 8 am. Sri Chinmoy Marathon Team, 2438 -16th Ave., San Francisco 94116. (415) 731-RACE. Rescheduled for Oct. 19 with location change to San Francisco... see Oct. 19.

**Concord:** Spartan Cup 5 & 10K, De La Salle High School (Winton & Treat Blvd.), 9 am. Don Velasco, 4002 Royal Arch Ct., Concord 94519. (415) 687-0592.

**Santa Clara:** Carousel to Coaster Race, 10K, Great America Parking Lot, 9 am. Carousel to Coaster 10K, 1500 Warburton Ave., Santa Clara 95050. Larry Wolfe (408) 984-3223.

**Berkeley:** Berkeley to Moraga 13 Miler, Claremont Hotel, 8 am. LMJS, Evelyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

**Morgan Hill:** Columbus Day Biathlon, 5 mile run, 15 mile bike. Live Oak H.S. (1505 E. Main St.), 9 am. Gavilan Wheelers, 14735 Amberwood Ln., Morgan Hill 95037. (408) 779-2054.

**Antioch:** Delta-thon '86, 10K & 1 mile fun run, Contra Costa Fairgrounds, 9 am. Laurie Rolin, Daily Ledger, P.O. Box 70, Antioch 94509. (415) 757-2525, x218.

**Beal's Point:** Camellia Capital Triathlon, 1K swim, 30K bike, 8K run. Time TBA. Diane Kato, 2409 "J" St., Sacramento 95816. (916) 687-6737.

**Merced:** MTC Bell Race, 3 & 15K, Applegate Park, 8:30 am. Pat Castellucci, P.O. Box 3275, Merced 95344. (209) 383-3710.

**San Luis Obispo:** Cuesta-Spirit 50K Biathlon, 10K run, 40K bike. Cuesta College, 8 am. Warren Hansen, Cuesta College, P.O. Box 8106, San Luis Obispo 93403. (805) 544-2943, x289.

**Century City:** Dennis Weaver 5 & 10K Runs for Life, Rancho Park, 8 am. Fatina Johnston, 4435 Calle Mayor, Torrance 90505. (213) 378-1246 or 375-4480.

**San Diego:** Rancho Penasquitos 10K & 1 mile, 8 am. Lynn Flanagan (619) 483-9501.

**San Francisco:** Friends of the Port Fleet Week Challenge Run, 5 miles. Crissy Field, Presidio of San Francisco, 8 am. Friends of the Port, Ferry Building, San Francisco 94111.

**Vallejo:** Vallejo Blue Rock Classic 10K, Hanns Park at Redwood Pkwy., 9 am. Dan Donahue, 741 Tuolumne St., Vallejo 94590.

**Folsom:** The Camellia Capital Autumn Biathlon, 1½ mile swim, 6 mile run. Beal's Point, Folsom Lake, 9 am. Camellia Capital Biathlon, 2409 "J" St., Sacramento 95814. (916) 442-SWIM.

## 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

## □ Schedule

**Pacific Grove:** Breakers and Butterflies 10K Run & 1 Mile Kids' Run (& Corporate Team Relay), Pacific Grove High School (track), 8:30 am/1 mile, 9 am/10K. John Miller, Recreation Dept., 515 Junipero Ave., Pacific Grove 93950. (408) 372-2809.

**Palo Alto:** Run for the Animals, 5 & 10K, Palo Alto Baylands Athletic Ctr. (Geng Rd.), 9 am. Shelly Frost, 546 Oxford Ave., Palo Alto 94306. (415) 856-3321 or 856-3324.

**Reno, NV:** PA/TAC 15K Championships, Fisherman's Park, 9 am. Bill Meister, 13235 Fellowship Way, Reno, NV 89511. (702) 852-5037.

**Valencia:** SCA/TAC District Cross Country Championships, 5K, College of the Canyons, 7:45 am/Open, 8:30 am/Masters. Santa Clarita Runners, Box 298, Saugus 91350. (805) 252-8994 or 254-1833.

**Woodland Hills:** Dental Run 5K & 1 Mile, Pierce College (Victory & Mason), 8 am/mile, 8:30 am/5K. San Fernando Valley Dental Society, 21201 Victory Blvd., Suite 235, Canoga Park 91303. (818) 884-7395.

### ■ October 18 (Saturday)

**Sausalito:** Golden Gate 100 (100 mile, 100K, 50 mile, 50K), East Ft. Baker to Pt. Reyes on trails, time TBA. Athlete's Foot, #3 Embarcadero Ctr., San Francisco 94111. (415) 433-7266.

**Clovis:** Fresno Golden Valley Masters 10 Mile, Clovis West H.S., 9 am. *40 and over only.* Don Trout, 1595 E. Magill, Fresno 93710. (209) 435-9993.

**Fresno:** Shoes & Spokes Run & Buddy Relay, 2 & 6 mile, and 8 mile relay (2x4 mile), Roeding Park, 8 am. Karen Kovac, 4310 E. San Gabriel, Fresno 93726. (209) 442-3910.

**Pasadena:** Eaton Canyon Nine Mile Trail Run, 8 am. Eaton Canyon Nature Center, 1750 No. Altadena Dr., Pasadena 91107. (818) 794-1866.

**San Dimas:** San Dimas 5 & 10K and 1 Mile, San Dimas City Hall (245 E. Bonita), 7:30 am. San Dimas Runners, 245 E. Bonita Ave., San Dimas 91773. (714) 599-1261 or 599-6713.

**Huntington Beach:** Running is for the Birds, 10K (& 5K walk), Bolsa Chica State Beach, 8:30 am. Amigos de Bolsa Chica, P.O. Box 1563, Huntington Beach 92647. (714) 897-7003.

**Ensenada, BC (Mexico):** Baja Triathlon, 1 mile ocean swim, 24 mile bike, 6 mile run. 9 am. *750 Limit.* Bicycling West, P.O. Box 15128, San Diego 92115.

**San Diego:** Awareness Run, 10K & 2 Mile, South of Hilton, 8 am. Lynn Flanagan (619) 483-9501.

**Encino:** Cycle World Biathlon Series, 6 mile run, 27 mile bike. Time TBA. Jennifer Sande, 16161 Ventura Blvd. #C-784, Encino 91436.

**Visalia:** Visalia Half Marathon, Mooney Grove Park, 8 am. Alan Zacharin, P.O. Box 1733, Tulare 93275. (209) 686-4310.

**Fullerton:** Nite Lite 10K, 200 E. Commonwealth, 5:30 pm. Nite Lite 10K, City of Fullerton, 303 W. Commonwealth, Fullerton 92632. (714) 738-6575.

**Glendale:** Grand Blvd. Mile (Grand between Milford & Broadway), 8:30 am. Lynn McGinnis, 505 E. Wilson, #E, Glendale 91206.

**Las Vegas, NV:** Foster Freedman 5 Mile (Age Handicap Race), Tule Springs (Floyd Lamb State Park), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas 89101. (702) 382-3496.

### ■ October 19 (Sunday)

**Hayward:** Hayward Half-Marathon, Kennedy Park (new course), 8 am. Jim Bruno, H.A.R.D., 1099 "E" St., Hayward 94541. (415) 881-6778.

**Berkeley:** Spectrum Run 5 & 10K, UC Berkeley, 9 am. Paul Heavenridge, 1150 Virginia St., Berkeley 94702. (415) 527-6839.

**San Francisco:** DSE Low Tide Run, 6.0 mile, Great Hiway & Balboa, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Half Moon Bay:** Pumpkin Festival Runs, 1½ mile & 8K, Higgins-Purissima & Main St., 8:30 am/1½ mile, 9 am/8K. Dave Stamper, P.O. Box 1101 (Half Moon Bay Coasters), Half Moon Bay 94019. (415) 726-6453, eves.

**Van Nuys:** Pumpkin 5 & 10K Classic, Woodley Park, 8 am/5K, 8:30 am/10K. John Black, VPH Health & Fitness Center, 15350 Sherman Way, #140, Van Nuys 91406. (818) 989-2567.

**Santa Barbara:** Santa Barbara Women's 5 & 10K, Leadbetter Beach, 8:30 am. *Women Only.* SBWR, P.O. Box 6616, Santa Barbara 93160. (805) 964-2591.

**Lawndale:** City of Lawndale 5 & 10K Runs, El Camino College (16007 Crenshaw), 7:45 am. Larry Corrington, City of Lawndale, 14717 Burin Ave., Lawndale 90260. (213) 973-4321, x136.

**Cleveland National Forest:** Holy Jim 50-Mile Run, 6 am. Dave Niederhaus, 25632 Heatherow Cir., El Toro 92630.

**Ukiah:** Penofin 10K (National TAC Open Men's Championship), 8 am/Elite Women, 8:20 am/Elite Men & Open. *35,000 in prize money.* Penofin 10K, P.O. Box 384, Ukiah 95482. (707) 462-7413.

**San Francisco:** Sri Chinmoy Candlestick 10 Mile Run (previously scheduled for Oct. 12 in Alameda), Candlestick Point State Recr. Area, 9 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. Giribar DeAngelo (415) 731-RACE.

**Cupertino:** The Silicon Rally 10K & Short Run, 8 am. Jennifer Murphy, 10627 Bandlely Dr., Cupertino 95014 (Apple Computer Fitness Center) (408) 973-6802.

**San Rafael:** St. Vincent's Run, 2 & 5 Mile, St. Vincent's School for Boys, Marinwood, 8 am. St. Vincent's, P.O. Box M, San Rafael 94903. (415) 479-8831.

**Modesto:** Modesto Mile, Courthouse, 9 am. Linda Johnson, 157 Morton Blvd., Modesto 95354. (209) 522-7115.

**Ventura:** Human Race 5 & 10K and 1 Mile, Mission Park, 8 am/1 mile, 8:20/5K, 9 am/10K. Charlotte Farrrens, 1780 Las Canoas, Santa Barbara 93105. (805) 966-5190, eves.

**Santa Ana:** Golden City 3K Grand Prix Fun Run, Broadway & Fifth, 8 am. Rip Ribble, Recr. & Park, P.O. Box 1988 M-23, Santa Ana 92702. (714) 647-5330.

**Encino:** Pumpkin 5/10K Classic, Woodley Park, 8 am/5K, 8:30 am/10K. John Black, VPH Health & Fitness Center, 15350 Sherman Way, #140, Van Nuys 91406. (818) 989-2567.

### ■ October 24 (Friday)

**San Francisco:** Sheraton's Monster Dash 5K, Fisherman's Wharf, 11 pm. Monster Dash, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. Dave Rhody: (415) 668-2243.

### ■ October 25 (Saturday)

**Castro Valley:** Firetrails 50 Mile, Lake Chabot (Marina), 6:30 am. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

**Los Angeles:** Foot Locker Partners (National Championships) 8K Run, Griffith Park (Riverside/Los Feliz entrance). *Runners start together and add times.* 8:30 am. Pro Motion Events, 1501 Glenavon Ave., Venice 90291. (213) 396-7727.

**Menlo Park:** Run for the Kids, 10K, Menlo College, 8:30 am. Gale Holm, 927 Laurel Ave., Menlo Park 94025. (415) 321-2184.

**Big Sur:** Big Sur River Run VI, Pfeiffer Big Sur State Park (30 miles south of Camel), 10 am. Big Sur River Run, P.O. Box 201, Big Sur 93920. (408) 667-2182.

**Mariposa:** Mountain Goat Marathon, time TBA. Frank Russell, P.O. Box 111, Midpines 95345. (209) 966-3146, weekends.

**Fresno:** Great Cookie Caper, 2 mile and 10K, 8 am. Jane Martin, 5665 E. Westover, Suite 101, Fresno 93727. (209) 291-9181.

**Hawthorne:** Hawthorne Rotary 5 & 10K, 4500 W. 116th St., 8 am. Reese Walton, c/o Hawthorne City Hall, 4455 W. 126th St., Hawthorne 90250. (213) 970-7923.

**Catalina Island:** Catalina Island Triathlon Weekend, ½ mile swim, 14½ mile bike, 4 mile run. Time TBA. Catalina Triathlon Weekend, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**San Diego:** San Dieguito Handicap 10 Mile, San Dieguito Park, 7:30 am. Kevin Heaton (619) 578-7539.

**San Diego:** Swiftest Business 10K, General Dynamics, 8 am. Lynn Flanagan: (619) 483-9501.

**Paramount:** The Senior Strut. Walking events for 60 and over only. ½ mile, 2 mile and 4 mile. 8 am. The Finish Line International 7846 Connie Dr., Huntington Beach 90723. (714) 841-5417.

**Lancaster:** Ed Jerome Memorial 5K & Half Marathon. *Rescheduled for October 26... see Quartz Hill below.*

## □ Schedule

### ■ October 26 (Sunday)

**Antelope Valley:** Ed Jerome Memorial 5K & Half Marathon, 55th West and Ave. L-8, 8 am. Mary Powers, 1386 West Indian Sage Rd., Lancaster 93534. (805) 948-1150.

**Chicago, IL:** America's Marathon/Chicago, time TBA. *Sept. 1 Entry Deadline.* Pete Kozura, America's Marathon/Chicago, 214 Erie St., Chicago, IL 60610. (312) 951-0660.

**Cupertino:** Any Mountain 10 Mile & 10K, 10495 N. DeAnza Blvd., 8:30 am. Joanna Flood, c/o 10495 N. DeAnza Blvd., Cupertino 95014. (408) 255-6162.

**San Francisco:** DSE Land's End Run, 3.0 mile, Great Hwy. & Balboa, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Santa Rosa:** Snoopy's Young at Heart Run, 3.2 & 7 mile, Redwood Empire Ice Arena, 9 am. Redwood Empire Ice Arena, 1667 W. Steele Ln., Santa Rosa 95401. (707) 546-7147.

**Modesto:** Modesto 10K Footrace & 2 Mile Fun Run. *Cancelled due to lack of community support and financial sponsorship.*

**Talmage:** Fall Fitness Runs, 5K & 6.5 mile, 10 am. Al Bellon (707) 462-8404.

**Los Angeles:** St. Joseph Medical Center 5/10/15K Runs, Griffith Park, 8 am. Joanne Sugar, c/o SJMC Foundation, Buena Vista & Alameda, Burbank 91505. (818) 247-3783.

**San Diego:** Bonita Half-Marathon & 5K, Plaza Bonita, 7 am. Tom Coles (619) 475-5598.

**Westlake Village:** The Great Pumpkin 5 & 10K & 1 Mile. Reyes Park, 8 am. Chamber of Commerce, 31838 Village Center Rd., West Lake Village 91361. (818) 991-3101.

**Baywood:** Baywood Oktoberfest 4 Mile, downtown (boat dock), 9 am. Ron Roundy, 2160-B Pine St., Los Osos 93402. (805) 528-0775.

**San Luis Obispo:** Great Pumpkin Half-Marathon & 10K, Meadow Park, 8 am/HM, 8:30 am/10K. S.L.O. Recr. Dept., P.O. box 8100, San Luis Obispo 93403.

**Northridge:** Halloween 5 & 10K (& 1K), Reseda & Roscoe, 8 am. Jane Kennedy, R.R. Gable, Inc., 9324 Reseda Blvd., Northridge 91324. (818) 993-1300.

**Pasadena:** Heart of Pasadena 5 & 10K, Rose Bowl (Seco & West), 8 am. Pasadena Jaycees, 199 S. Los Robles, Pasadena 91101. (818) 792-5146.

**Culver City:** Goblin Gallop 5 & 10K Runs, Rox Hills Mall, 8 am/5K, 8:45 am/10K. Culver Palms YMCA, 4500 S. Sepulveda, Culver City 90230. (213) 390-3604.

**Escondido:** Sears Savings Bank Community Challenge 8K & 1 Mile, North County Fair Mall, 8 am. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

**Las Vegas, NV:** NLV Fair Show & Balloon Race 5K Run/20K Bike, Clark County Community College, time TBA. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 871-6405 or 871-4355, Jim Wallace.

### ■ November 1 (Saturday)

**Oakland:** Sri Chinmoy 24-Hour Run. *Rescheduled for November 8.*

**San Francisco:** Golden Gate Park X-Country Series Finale, 10K/Men, 5K/Women, 1K/Kids, Golden Gate Park (Polo fields), 10 am. Fleet Feet, 2086 Chestnut, San Francisco 94123. (415) 921-7188.

**Fresno:** STAR Clinic Classic, 5 & 10K. *Tentative.* Time TBA. STAR Clinic (209) 449-9394.

**Bellflower:** City of Bellflower Liberty 5 & 10K Runs, Mayne Thompson Park (14001 S. Bellflower Blvd.), 8 am. George Sturtz, City of Bellflower, 16600 Civic Center Dr., Bellflower 90706. (213) 804-1424, x262.

**San Pedro:** Harbor Lite Half-Marathon & 10K, Summerland & Western, 7am. John Provost, San Pedro YMCA, 301 S. Bandini, San Pedro 90731. (213) 832-4211.

**Pomona:** U.S. & Corporate Cup Triathlon Relay, 3-Person Teams, (U.S. - 1.5K swim, 40K bike, 8K run; Corp. - 1K swim, 40K bike, 8K run), Bonelli Park, 9 am. *No raceday registration.* Complete Runner, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**Valencia:** Run for the Health of It, 5 & 10K, Henry Mayo Newhall Memorial Hospital, 8:30 am. Leann Strasen, HMNMH, 23845 W. McBean Pkwy., Valencia 91355. (805) 253-8153.

**Whittier:** Whittier Village YMCA 5K & 10K, Whittier Hilton Hotel, 8 am. Marilyn Grant, E. Whittier YMCA, 15740 Starbuck, Whittier 90603. (213) 943-7241.

**San Diego:** Sage Brush Rambel, 10K & 2 Mile Fun Run, Miramar College, 7:30 am. End of the Line, P.O. Box 1049, Coronado 92118. Brent Smith (619) 437-4556.

**Las Vegas, NV:** Cancer Run 10K, Green Valley (Sunset Rd. & Green Valley Pkwy.), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

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## □ Schedule

### ■ November 2 (Sunday)

**New York, NY:** New York City Marathon, time TBA. NYCM, Box 1388, GPO, New York, NY 10116. (212) 860-4455.

**San Francisco:** CCPM Waterfront 10-Miler (PA-TAC champ), Hyde & Jefferson (Fisher-man's Wharf), 8 am. \$2,100 prize money. Ed Lopez 1210 Scott St., San Francisco 94115. (415) 563-3444, ext. 253.

**San Francisco:** DSE Golden Gate Bridge Run, 3.53 mile (Toll Plaza Parking Lot), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Stockton:** Big Valley Classic, Half-Marathon & 10K, Univ. of the Pacific (Spanos Center), 9 am. Jim Paull, P.O. Box 4405, Stockton 95204.

**Sunnyvale:** ESL Runaway, 5K, 10K & 1 Mile Fun Run, Moffett Industrial Pk. (Geneva & Java), 8 am. Patsy Harmon, ESL, Inc., P.O. Box 3510, Sunnyvale 94088-3510. (408) 738-2888, x4762.

**Fremont:** Washington Hospital-Run for the Health of It, 10K & 2.4 Mile. Central Park (swim lagoon), Paseo Padre Blvd. one-half mile So. of Stevenson Blvd., 8:30 am. Employee Health Services, Washington Hospital, 2000 Mowry Ave., Fremont 94538. (415) 791-3408.

**Fresno:** Sky's The Limit Run, 2 mile and 10K, Woodward Park, 8 am. Marc Barrie, Box 5017, Fresno 93755. (209) 222-7493.

**Santa Barbara:** Santa Barbara Half-Marathon, Arroyo Burro Beach (new course), 8 am. Half-Marathon, P.O. Box 6616, Santa Barbara 93160. Steve Bushey (805) 962-5721.

**Bakersfield:** LeMucchi's Tam O'Shanter Pedal & Plod, 6.2 mile run, 20 mile bike, Hart Park, 9 am. RACE, 2345 Alta Vista, Bakersfield 93305. (805) 323-0168.

**Pomona:** Triathlon & "Tiny Triathlon," (Triathlon: 1K swim, 40K bike, 8K run; Tiny Tri: 2 mile run, 7 mile bike, 300 yd. swim), Bonelli Park, 9 am. Complete Runner, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169. *No raceday registration.*

**Encino:** SCA/TAC 8K Championships, Woodley Park (Victory & Woodley), 8:30 am. Phidippides, 16545 Ventura Blvd., Encino 91436. (818) 986-8686.

**Loma Linda:** Loma Linda Marathon, Half-Marathon & 10K, 7 am. Lyle Deem, 12056 Raley Dr., Riverside 92505. (714) 369-9996.

**Newport Beach:** 8K in the Back Bay, Back Bay Rd. & Jamboree, 8 am. City of Newport Beach, P.O. Box 1768, Newport Beach 92658-8915. Nancy Beard (714) 644-3151.

### ■ November 8 (Saturday)

**Fresno:** Fresno Marathon and Half Marathon, Fresno State University, 7 am/Marathon, 8 am/Half. Dick Rozler, 4424 E. Fairmont, Fresno 93726. (209) 222-9401.

**Oakland:** Sri Chinmoy 24-Hour Run. *Listed previously on November 1.* Edgewater Dr. (½ mile north of Hegenberger), 12:01 pm. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

**Livermore:** Turkey Trot 5 & 10K, Almond Park, 9 am/10K, 9:15 am/5K. Karen Natrass, 4021 Findlay, Livermore 94550. (415) 443-9421.

**Fremont:** Bay to Barkers 10K, Coyote Hills Regional Park (8000 Patterson Ranch Rd.), 9:30 am. Maryanne Robertson, P.O. Box 351, Newark 94560. (415) 796-8267.

**Acton:** "Run for Sobriety" 5 & 10K and One-Mile Walk, Acton Rehab Center, 8 am/walk, 8:30 am/5 & 10K. Acton Rehab Center, P.O. Box 25, Acton 93510. (805) 947-4191, Lynne Dahl.

**Los Angeles:** Stuntmen's Association 5 & 10K, Griffith Park (Merry-go-Round), 8 am. Tom Morga, 4810 Whitsett Ave., No. Hollywood 91607. (818) 984-0806.

**Rosarito Beach, Baja, Mexico:** Rosarito Beach Holiday 5 & 10K, 9 am/5K, 9:15 am/10K. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**San Diego:** San Felipe Triathlon, 1.5 mile swim, 60 mile bike, half-marathon. Boardwalk, noon. Dave Manwaring (619) 275-1384.

**Las Vegas, NV:** Rainbow End 10K, Commercial Center (E. Sahara), time TBA. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

### ■ November 9 (Sunday)

**San Francisco:** PA-TAC Cross Country Champs. 10K. Golden Gate Park (Polo Fields), 10 am. Pamakid Runners, Box 27557, San Francisco 94127. (415) 681-2323.

**San Francisco:** DSE Diamond Heights Run, 2.99 mile, McAteer High School (Portora & O'Shaughnessy), 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Northridge:** CSUN-SMA 5 & 10K, Cal-State Northridge, 8:30 am. John Gardner, 18111 Nordhoff St., Room SS242, Northridge 91330. (818) 885-2454.

**Los Angeles:** Minnie Riperton 5 & 10K & Mile Walk, Coliseum Parking Lot (Hoover & King), 8 am. Beulah Anderson, Cancer Society, 2975 Wilshire Blvd., Los Angeles 90010. (213) 386-6102.

**Monterey Park:** Aztlan International 5 & 10K Classic, East Los Angeles College (Olympic Stadium), 8 am. Frank Gutierrez, East Los Angeles College, 1301 Brooklyn Ave., Monterey Park 91754. (213) 265-8751.

**Riverside:** Riverside Mission Inn 5 & 10K Runs, 5th & Orange, 8 am. Mission Inn 5/10K, 3638 University, #209, Riverside 92501. (714) 781-8241.

**Los Angeles:** SCA/TAC Cross-Country District Championships, 10K, 8 am. Steve Broten, Box 3684, 10016 Pioneer Blvd., Santa Fe Springs 90670. *Raceday entry only.*

**Santa Ana:** Santa Ana Turkey Trot, 5 & 10K and Half-Marathon, Centennial Regional Park, 7:30 am. Joyce Lawson, Cultural & Leisure Services, P.O. Box 1988 M-23, Santa Ana 92702. (714) 647-5331.

**Coronado:** Coronado Hospital 10K & 2 Mile Fun Run, 7 am. End of the Line, P.O. Box 1049, Coronado 92118. (619) 437-4556.

### ■ November 11 (Tuesday)

**Porterville:** Pepsi-Porterville Veteran's Day Road Race, 5 & 10K, Olive & Third St., 8 am. Allen Nelson, Porterville College, 900 S. Main St., Porterville 93257. (209) 781-3130.

### ■ November 15 (Saturday)

**City of Industry:** Workman High School Anniversary 2, 5 & 10K Runs, Workman High School, 8 am/5K, 8:45 am/10K. *2K is for 12 & Under.* Anniversary Run, Workman H.S., 16303 E. Temple, City of Industry 91744. Don Outland (818) 330-0611.

**Sylmar:** Olive View 5K Run and Biathlon (10K Run & 40K Bike), 7:30 am/5K, 8:30 am/biathlon. Gene Evans, Olive View Medical Center, Volunteer Office, 14445 Olive View Dr., Sylmar 91342. (818) 901-3069.

**San Diego:** McDonald's McClassic III, 10K & 2 Mile, South of Hilton, 7:30 am. San Diego T.C. (619) 270-SDTC.

**Las Vegas, NV:** Rob's Turkey Run, 5 Mile (Predicted time), Tule Springs (Floyd Lamb State Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

### ■ November 16 (Sunday)

**Clarksburg:** Clarksburg Pepsi 20 Miller & 5 mile kids run. Delta High School, 11 am. PA-TAC 30K Champs en route. Clarksburg-Pepsi 20 Mile, Box 20, Clarksburg 95612. (916) 665-1712.

**Cleveland National Forest:** San Juan Trail 50 Mile Run, 6 am. Barry Hawley, 1619 Calle Las Bolas, San Clemente 92672. (714) 492-8191.

**Holmdel, New Jersey:** National TAC Masters 10K Cross Country. Ron Saliro, c/o Century 21 AC, Box 116A, Hwy 33, Englishtown, NJ 07726. (201) 446-4959 or 928-3852.

**San Francisco:** Sri Chinmoy 5K Run, location TBA, 8 am. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

**San Francisco:** DSE Ferry Bldg. Run, 3.83 miles (& 1 mile kids' run), 9:30 am/1 mile, 10 am/3.83. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Merced:** MTC Turkey Trot, 3 & 10K, Applegate Park, 10 am. Dave Olsen, P.O. Box 3275, Merced 95344. (209) 723-6579.

**Malibu:** Lasse Viren 20K Trail Run, Point Mugu State Park, 8 am/Open, 10 am/Invitational (sub-36:00 qualifying time). Eino, P.O. Box 24781, Los Angeles 90024. *No raceday registration.*

**Woodland Hills:** Steve Sax Runs for Hope, 5 & 10K, Pierce College, 8:15 am/5K, 9 am/10K. Gary Garbowitz, 5400 Newcastle, #68, Encino 91316. (818) 343-6829.

**Long Beach:** CRI Long Beach Half-Marathon & 4K Fun Run, Long Beach Convention Center, 8 am. CRI, 1500 E. Anaheim St., Long Beach 90813. Judy Combs (213) 591-0539.



## ☐ Schedule

### ■ November 22 (Saturday)

**Pico Rivera:** 5 & 10K Turkey Trot, Smith Park (9110 Mines Ave.), 8:45 am. Ray Gonzales, City of Pico Rivera, Box 1016, Pico Rivera 90660. (213) 942-2000, x263.

**Valinda:** Turkey Trot II, 5K, mile, ½ mile, ¼ mile and diaper derby, 7:30 am. Olivia Krok, 15810 Cadwell St., Valinda 91744. (818) 968-3090.

**Ladera Heights:** Ladera Heights Civic Assoc. 5K & 1K. Frank D. Parent School (6364 W. 64th. St.), 8:30 am. Rev. Frank Ramirez, Ladera Church of the Brethren, 5505 W. Slauson, Los Angeles 90056. (213) 645-2878.

**Playa Del Rey:** "Jet to Jetty" 5 & 10K. Marina Del Rey Channel - UCLA Boat House, 7:45 am. Myrna Kayton, 6228 W. Manchester Ave., Los Angeles 90045. (213) 670-1410.

**San Diego:** Thanks for Giving 5K & 1 Mile Fun Run. Balboa Park, 7:30 am. Kathy Loper (619) 437-4556.

**South San Francisco:** Thanksgiving Fun Run, 4.5 mile. Orange Park, 9 am. Richard Janel, SSF Rec. & Parks, Box 711, So. San Francisco 94083. (415) 877-8560.

### ■ November 23 (Sunday)

**San Pedro:** Vincent Thomas Bridge 8K Run. Maritime Museum, 8 am. Fatina Johnston, P.O. Box 7000-470, Redondo Beach 90277. (213) 375-2832.

**Palm Springs:** Tram Road Challenge, 8K. North Palm Canyon and Tram Rd. Tram Road Challenge, Box 638, Morongo Valley 92256. (619) 363-7829. *The toughest 8K you'll ever run.*

**Villa Park:** Villa Park Half Marathon, Half Mile, 2 Mile & 5 Mile. Villa Park High School, 7:45 am. Orange Flyers Track Club, 2733 Villa Vista Way, Orange 92667. Bill Holt (714) 774-3959.

**Cupertino:** Sri Chinmoy 5K Run. Vallco Fashion Park, 8 am. Giribar DeAngelo, 2438 16th Ave., San Francisco 94116. (415) 731-RACE.

**Oakland:** Blind Duck Relays, 5K. 3x5K teams drawn at random. Old Boathouse (14th & Lakeside), 9 am. Evelyn Blair, Lake Merritt J & S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

**San Francisco:** DSE Bay to Breakers Revisited, 7.46 mile, Howard and Spear Streets, 8 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Las Vegas, NV:** Turkey Trot 10K/2 Mile, Fashion Show Mall (Spring Mtn. & LV Blvd. S), time TBA. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

### ■ November 27 (Thursday)

**San Luis Obispo:** Hunger Project 10 Mile Run. Pete Dorn, 1365 Cazadero, San Luis Obispo 93401. (805) 543-4723.

### ■ November 28 (Friday)

**Hanford:** Hanford 10K Run for UCP. 7:30 am. Maureen Sharkey, UCP, 3790 N. First St., Fresno 93726. (209) 221-8272.

**Richmond:** Pt. Pinole Skunk Run, 10K. Pt. Pinole Regional Park, 10 am. Team Challenge, 150 Panoramic Way, Berkeley 94704. (415) 841-1190.

### ■ November 29 (Saturday)

**Phoenix, AZ:** Fiesta Bowl ½-Marathon and 5K, Glendale Comm. College, 7 am. Runner's Den Tri Sports (602) 277-4333.

**San Francisco:** National TAC Men & Women Cross Country Championships. Golden Gate Park, Polo Fields, 9 am. Pamakid Runners, P.O., Box 27557, San Francisco 94127. (415) 681-2322.

**Anaheim:** Three for All Triathlon Series. 2½ mile run, 7 mile bike, 125 yd. swim. Canyon High School, time TBA. Sandy Thomas, 6105 Paseo Rio Azul, Anaheim 92807. (714) 921-1544.

### ■ November 30 (Sunday)

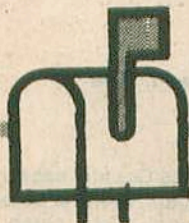
**Mill Valley:** Quadruple Dipsea 28.4 miles. Old Mill Park, 7:30 am. John Medinger, 185 Stanford, Mill Valley 94941. (415) 894-6674, days.

**San Francisco:** Run to the Far Side 5K & 10K. Golden Gate Park, 9 am. Academy of Sciences, Golden Gate Park, San Francisco 94118. (415) 750-7144.

**Palm Desert:** Desert Half Marathon & 5K. College of the Desert, 8 am. Maggie Montoya, 52-601 Avenida Herrera, La Quinta 92253. (619) 564-3147.

**San Francisco:** DSE Golden Gate Toll Plaza Run, 7.4 mile. Time TBA. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

**Santa Maria:** Ride & Stride Biathlon. Waller Park, time TBA. 20 mile bike, 10K run. Rick Smith & Mark DeFrancis, P.O. Box 5192, Santa Maria 93456.

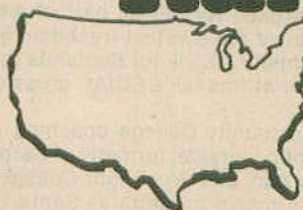


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# SoCal Diary

By BILL MINARIK

September 1, 1986

**C**ross-Country season is back with us again, however before we begin with cross-country, lets catch up with some track trivia from over the summer.

The final chapter has been written in the murder case of 1985 N.A.I.A. high hurdle runner-up Rob Butler. The Azusa-Pacific student and nephew of former Pasadena CC and master hurdle great Bob Butler was convicted of the December 11, 1985 shooting death of Muir High assistant track coach Bob Jones and student-athlete Ron McClendon. The shooting revolved around an alienation of affections controversy. Butler received a 27 year to life sentence.

Those of you who are on Cable T.V. and receive the Playboy Channel may have seen Mazda TC Coach Chuck Debus interviewed. Chuck discussed, of all subjects, "Sex before the Big Meet".

Most track experts will agree that SoCal track and field coaches are among the best in the world. Thus it is only fitting that many of them be selected to guide our U.S. National Teams. Those selected include:

1987 World Championship Staff: Pete Scanlan, Coast Athletics.

1987 Pan-Am Games Staff: Bob Kersee, UCLA; Ron Daniel, Pasadena.

1986 World Junior Championships: Bob Fraley, Fresno State.

1988 Olympic Team: Tom Pagani, Fresno State; Dave Rodda, Coast Athletics; Bob Seaman, Cerritos.

No discussion of this summers track and field activity would be complete without mentioning the amazing exploits of Jackie Joyner-Kersee. First Jackie goes over to the Goodwill Games and sets a world record in the Heptathlon while beating the best group of Heptathletes in the world by over 500 points at 7148. Her Long Jump mark at 23-0 would have won the 84 Olympic Gold and her hurdle time of 12.85 came within .01 of achieving that same result. Jackie then decided to get into the Olympic Spirit and compete in the U.S. Olympic Festival. In this competition however, there was every good reason why a record would not be set. First of all, Jackie had nothing left to prove. Second, there would be little in the way of competition, as she was about 1000 points better than the rest of the field. Finally, the weather was hot and humid and certainly not conducive to setting records. In fact, there were no other WRs, ARs, or ever PRs as far as I could see. Nonetheless, she upped her world record in the most grueling of all events to 7161 thanks to a gutsy effort in the 800. In my opinion, under the circumstances, Jackie's performance at the

Festival ranks as the greatest in the history of women's competitive sports.

While competition in track and cross-country takes place in the spring and fall its always been my feeling that championships are won and lost between May and September when the recruiting season is in full bloom. Every recruiting season has its winners and losers. This summers big winner appears to be Cal State Northridge, whose recruiting exploits have left rival coaches moaning. The men's program at CSUN was significantly upgraded with additional scholarships and the coaching staff of Don Strametz, Tony Veney, and Don Crow has been using them to corral many of SoCals finest. I figured this would be a rebuilding year for the CSUN men, however the way things have been going, by the time track season begins this program may be completely rebuilt. While the men's program is going great guns, the women's program pulled off what has to be the recruiting coup of the year by landing state high school 1600 meter champ and national leader, Darcy Arreola of Grossmont. To make things complete, the CSUN all weather track facility has been completely re-surfaced with Chevron Rectatron and 3000 bleacher seats have been added. There's no question about it; CSUN is definitely back on track.

Another program which had a recruiting bonanza was the women's distance program at Redlands. While I didn't get the news until after the cross country preview had gone to press, the fact is that no less than seven top female distance runners have enrolled for fall as part of what has been called the greatest freshman group in school history. Look for Redlands to have a real shot at this fall's SCIAC cross country title.

A Community College coaching change finds John Larralde, formerly of Carpinteria High School and Westmont College taking over the men's program at Santa Barbara CC replacing Tom Lionvale who moves up to head coach at Adams State. Tom will have a tough act to follow as outgoing Adams State coach Joe Vigil is nothing less than a living legend after having won six of the last seven NAIA men's cross country titles.

As expected, the number of SoCal Community Colleges who will be fielding cross country teams had diminished as six of the nine Los Angeles CCs have dropped the sport including L.A. Valley, the defending state women's champ, and East L.A. which was 3rd in women's SoCal championships.

In one case, a college which is keeping its program was forced to move the head coach into the print shop just to keep him in school. However, the other sports have had to take their lumps along with cross country including football. In one case, all of the full-time football coaches had to be moved to another department because of lack of seniority. However regulations require a full-timer from the P.E. department to be the head football coach. The end result of all this was that a senior female P.E. instructor is now the head football coach.

If any of SoCals Division I schools make it to the NCAA Cross-Country Championships, one school they won't have to worry about is UTEP. That's because the Miners are prohibited from taking part in the 1986 and 1987 championships as part of a 3-year probation for paying former track team members \$62,150.00 under the table. In addition UTEP must forfeit its 1983 NCAA X-C title. It hasn't been divulged as to what kind of method was used for the payments; however, the most popular way of making these type of payments at 4-year colleges is as follows: The athlete is allowed to take out a loan at the student business office for the amount to be given him/her. The loan is then amortized over the remaining number of months left until the athlete's eligibility is used up. As long as the athlete remains in school, either the coach or an affluent alumni make the monthly payments. If the athlete wants to transfer to another school, he/she must pay off the loan themself. If they don't pay off the loan, the school will not release their transcripts. Coaches using this approach have indicated privately that athletes rarely have the means to repay the loans, thus they are kept at the school under a concept which closely resembles indentured servitude.



# Medical Notes for Runners

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



## What's New in Running Shoes? THE ANATOMICAL LAST

As many of you know, Turntec Shoe Company has introduced the anatomical last. The brains behind Turntec is Jerry Turner, who was also the brains behind the Brooks Shoe Company. I worked with Jerry when we introduced the varus wedge and the ethylvinylacetate midsoles in the old Brooks shoes. Mr. Turner is now with American Sporting Goods and runs the Turntec Shoe Division.

The anatomical last makes more sense than about anything else that has been done recently in the manufacturing of shoes. It is a last that conforms to the foot itself. A last is that which the shoe is made over. It is actually a model of the foot, and then various components of the shoes are molded over this last.

The important feature of the anatomical last, I feel, is the rounded heel cup at the plantar aspect. As you know, the foot itself has a rounded heel at the bottom, and this allows for a thick plantar fat pad, which absorbs shock. We assume, therefore, that an anatomical last would allow the calcaneal plantar fat pad to remain under the heel and improve shock absorbance and reduce pain to the heel at heel strike. What we did not

realize was that there would be a more secure contact phase of running and reduce pronation and excessive supination. Indeed, this is the case. As the foot is dropped down into the midsole of the shoe with an anatomical last at the heel, as well as a forefoot aspect, there is greater biomechanical control and less abnormal or extreme motion. Even better, when orthotics are used with these shoes, if the orthotics are ground in such a way as to slip into the anatomical last, the orthotic become part of the shoe itself and, likewise, part of the midsole of the shoe. This allows for the orthotic to sit down into the shoe further and allows for far greater biomechanical control. The orthotic and shoe, in a sense, become one unit.

I have been running in the Turntec Quantum and Flexlite now for quite some time and am quite impressed with their durability. They virtually cannot be worn out. There is plenty of room in the toe box, and the shoes feel good to me. I initially started running in the Turntec Apex, which has a removable outsole. Although I found this shoe to be a good shoe, some of my patients complain that the shoe is a bit bulky

or heavy. The newer Turntec Quantum and Flexlite are lighter shoes, and the Flexlite is more flexible at the junction of the toes to the ball of the foot.

I see many patients who have aerobic injuries. One of my frustrations is that the aerobic shoe industry appears to be at about the same state that the running shoe industry was in just before the running boom. The shoes have not caught up with the sport, and many of the injuries are secondary to the shoes. I feel that the utilization of an anatomical last in the aerobic shoe industry will make a big difference in controlling the abnormal motions of the foot in aerobics in the same way that it is doing in running. I understand from Jerry Turner that he is planning to manufacture an aerobic shoe and, from the specs that he has presented to me, this will probably be the best shoe on the market.

Other running shoes that I like are made by Avia. Avia uses a cantilever system, which I find to be most intriguing. I have run in the Avia shoes and find that the 600's are very good for sturdy people, who pronate excessively, and that the lighter 620 is good for lighter patients and also good for running on trails and grass.

Brooks has a new running shoe, the Nexus, which is supposed to have a dynamic forefoot control device. I have tested this shoe, and although, theoretically, plantarflexing the first metatarsal might help strengthen the arch, it didn't appear to be the case in my clinical trials. Nonetheless, the new Brooks shoe is a comfortable shoe and, biomechanically, is sound. The old Brooks Chariots are still a favorite standby.

In regard to biking shoes, the Look system, although it appears to be attractive, has caused some injuries in my office. I have talked to some bikers and find that it also doesn't release quite as nicely as it is supposed to. I suggest that caution be used before you use this system if you are a competitive biker.

That's it for now. Best of luck with your various sports.

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# Reinke on Running

By DEAN REINKE

## "Life Begins at 40"

**F**or most folks, turning 40 is a milestone they'd rather forget. Society views 40 as "over the hill" but for runners, it's the beginning of a whole new career as a "Master". Growing older after 40 means looking forward to moving into a new age division every five years. And never before has there been so much attention to the "over 40" athlete.

And running is not the only area where the "Masters" are grabbing the headlines. 38-year-old Kareem Abdul-Jabbar has shown no signs of slowing down with the Lakers while 44-year-old Pete Rose is still in bloom with the Cincinnati Reds. Jack Nicklaus winning the Masters at 46 and Raymond Floyd capturing the U.S. Open at 43 have silenced any doubters on the golf course while over "50" drivers Mario Andretti and A.J. Foyt are still racing side-by-side with their offspring. And on the track, ageless 4-time Olympic gold medalist Al Oerter threw the discus farther at age 43 than any of his winning heaves at younger ages and speaks of making yet another team.

According to the National Running Data Center, 30% of the runners who participate in the 10K are over 40. As they enter the Masters ranks in the next two years, Bill Rodgers, Frank Shorter and Jim Ryun are among the new breed of Master-runner who have maintained their racing and training through the years. All three are training seriously and maintaining a very high profile with race, clinic and television commentary appearances around the country.

Redefining the limits of Masters running though, is Swedish Olympian Kjell-Erick Stahl. His 2:12:33 this past summer at Stockholm not only easily outdistanced the Masters field, but he won the "overall" race as well. Although off his best of 2:10:38 set in Helsinki three years ago, he is closing in on the world Masters best of 2:11:18 set by New Zealand great Jack Foster some 12 years ago. Stahl has tremendous stamina, running 6 or 8 major marathons a year and has completed 52 since 1979 under 2:20. This fall a \$10,000 world record bonus will be his incentive at the Twin Cities Marathon as the top Masters will gather and vie for an unprecedented \$40,000 prize purse.

There are several others who experienced greatness as collegians, stayed with it and are now the household names amongst the Masters ranks. Providence College and later Florida Track Club standout Barry Brown is one of three over-40 runners to

break 30:00 in the 10K, joining former University of Oregon and Olympic steeplechaser Mike Mantley and Englishman Mick Hurd. Brown still trains at a 120 mile-per-week clip and has ranked as the top American Master in both 1984 and 1985. Rodger's collegiate teammate Jeff Galloway is now a Master as is his former roommate Amby Burfoot. Rodger's 1976 Olympic teammate and 4th place Olympic marathon finisher Don Kardong is also on the brink of joining the Masters ranks.

Several battles from years gone by are also being renewed on the roads. University of Oregon teammates Bruce Mortenson of Minneapolis and Damien Koch of Colorado are challenging the top ranks among the Masters with Mortenson, the former NCAA steeplechase champion, the current 8K American record holder. One great American miler who turned 40 this past spring is former Kent State (Ohio) standout Sam Bair. With a 3:56 best to his name 17 years ago, he was the runnerup to Jim Ryun 3 consecutive years at the NCAA Indoor Nationals. He's probably the hungriest of the group as, after a short stint on the ill-fated International Track Association circuit in the early 70's, he was banned from the sport from 1975-80. Two other "Ryun-era" track runners on the brink of 40 are Byron Dyce, the Jamaican Olympian and former 800-meter world record holder and Dave Wottle, the 1972 baseball-capped Olympic 800-meter champion. Even former Ryun nemesis and 5000 meter American record holder Marty Liquori appreciates the marketability of a matchup of Ryun, Bair, Wottle, Dyce, Liquori, etc... Very interesting!

Just as Shorter and Rodgers are household words, several of the older age group masters have developed "reputations" and quite a following. 45-49 runners know that Californian Sal Vasquez, holder of 5 age group records, is the man to beat. Pennsylvanian Norm Green had virtually owned the 50-54 category until Bill Olrich and Canadian Ben Johns put a stop to his streak last month at the TAC National Championships in Asbury Park, New Jersey. San Diegoan Jim O'Neill similarly dominates the 60-69 category while 79 year-old former jockey Ed Benham of Ocean City, Maryland holds literally every single record for his age group.

While a number of the men have continued to run through the years, the majority of top women distance runners are brand

new to the sport. Without a doubt the most prominent female Masters competitor is Sister Marine Irvine of San Francisco. She was the oldest qualifier at the 1984 U.S. Olympic Marathon Trials in Olympia, Washington. Since beginning running nearly five years ago, she has inspired women of all ages to "take up the habit" as she says. Fellow Sister Madonna Buder from Tulsa, Oklahoma is one of the country's leading 55-59 triathletes and will compete at the Ironman in Hawaii this October.

45-year-old Shirley Matson of Solana Beach, California is also typical of the "new-to-running" women's Master competitor. She started racing only five years ago. She holds 22 single-age records and while in the 40-44 age category, was ranked number one by every publication. Bess James has done to the age-75 records what Shirley has done in her "younger group". Running for only a few years longer than Matson, the fellow Californian has "32" records, more than any American. But even more remarkable than James is Russian-born Ruth Rothfarb. At 85, even without anyone her age to challenge her, she still has broken 68:00 for 10K and has run the New York City Marathon in under 5 hours! The most remarkable story is that of Great Britain's Priscilla Welch who began running just 6 years ago. She has never raced on the track but has rewritten the women's Masters record books. With bests of 32:14 for 10K and a 2:28:54 at the Los Angeles Olympic Marathon, her marks will be difficult to beat.

With the Masters ranks swelling in numbers and the "legends" in running joining them and continuing to run well, look for a "Masters Racing Circuit" to emerge. In 1980, I was a part of the team along with Hal Higdon near Chicago, Len Wallach in San Francisco and Dave Theall in Washington, D.C. that began the "Brooks Masters Series". Perhaps a bit ahead of it's time, it nonetheless laid the groundwork for a Masters movement that will only continue to grow.

*Dean Reinke is a Sports Event/Fitness Consultant residing in Orlando, Florida. He writes a monthly column for Running Times magazine and works with major running and triathlon events as an announcer/commentator/consultant.*

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# CTRN Around the Bay

By MARK WINITZ



We're happy to have Mark Winitz join the writing staff at California Track & Running News. Besides contributing feature articles, he'll be writing the regular monthly column that appears here. He'll concentrate on what's happening in running in and around San Francisco Bay. Mark comes from Running Scene Magazine (which has suspended publication) where we've enjoyed his articles and columns for some time. Be sure to catch Mark's interview with Nancy Ditz which also appears in this issue.

—Editor

**M**any thanks to CTRN Editor and Publisher Bill Cockerham for adopting my orphaned Bay Area running column. I'm hoping that many of you are already familiar with its format from my previous publisher.

Devoted solely to San Francisco Bay Area running, it will provide the latest running potpourri from around the Bay. This allows us to give you highlights of key Bay Area races (sometimes before the official results are available), and to let you in on some of the interesting sidelights that supplement our coverage in the other CTRN sections. We'll give you reminders about upcoming Bay Area events plus hints on great spots to train, let you know what's going on in local college and scholastic running, and tune you in to the local runners and coaches who are making our sport go.

This column will also encourage CTRN readers (that's you) to send in their comments, observations, announcements, etc. which might be of interest to other Bay Area runners. However, don't direct anything to me that you wouldn't want to see in print unless you mark it "personal correspondence." So, without further ado, let's lace up the training flats....

## ◀HAPPY TRAILS TO YOU

One thing that we have in abundant supply in the Bay Area is trails. Park and preserve trails, firetrails, nature trails, bayland trails, earthquake trails—you name it, we've got it. And these trails provide a special privilege for those of us who run. Daily pounding on asphalt and concrete gets old fast. Do it for long, and your legs, feet and other parts of your anatomy that you'd forgotten (or never knew about) can start feeling prematurely aged.

Particularly attractive in the autumn, our trails provide a fast getaway from the traffic, smog, and jarring pace of the city and suburbs. While the close-in trails are sometimes crowded on fall weekends, most runners can prance away from the strollers, hikers, and even bikers in fairly short order.

Get several miles away from most Bay Area trailheads, and you're suddenly gliding along all by your lonesome.

As our trails get more crowded, however, minor problems start cropping up. Unanticipated numbers of nature lovers put an unexpected strain on our natural environments. Wild critters start disappearing as they seek habitats further afield. Narrow paths can no longer handle the sudden surge of foot traffic. Conflicts arise even among the trail users themselves.

There's a glorious web of trails that start a little over a mile from my home upon which you can gallop halfway to heaven! I've been running on them for, oh, at least eight or nine years—before much of the land was officially acquired as open space, a county park was developed, and a demonstration farm opened. I've watched these trails—once empty except for an occasional hiker, horseman, or runner—become steadily populated. It's gotten to the point where some fair-weather Sundays look like Great America in high season out there.

And now there are occasional squabbles. Some strollers and hikers complain that single-minded runners come charging down the trails with no regard for right-of-way. They're sometimes forced off of the narrow sections as they avoid getting run over. (I must admit, I've been guilty of this stampede technique myself on several occasions.) In turn, some runners can't abide the sometimes oblivious hikers who are likely to stop dead center on a trail or narrow bridge to stare down at a banana slug or up at a jay.

Horseback riders, who once had free rein to all the trails, are disheartened about newer restrictions. Trails for hoofing aren't as easy to come by anymore. Sometimes horse lovers tend to stray off their designated paths. They don't seem to realize that horse manure is not compatible with waffle soles. Likewise, gregarious runners don't exercise caution when venturing out on equestrian trails. It never occurs to them that a sudden meeting between equine species and charging Mr. or Ms. Fartlek on a blind bend can cause a serious accident and injury to runner, rider or horse.

Now, add mountain bikes to the already swollen trails, more baby strollers as the baby boomers boom, dirt motorbikes and other offroad vehicles, plus the occasional innocent snake or deer that makes a mistake of hanging out on the trail—and we have the potential for some major interface problems as they say in technical jargon. It's gotten to the point where park officials in my favorite haunts are talking of limited or reduced access to certain trails. Suggestions for segregating hikers and runners

for trail use on alternating days have been forwarded.

I think we runners sometimes become a little possessive about our favorite trails. Since we can go farther and faster on trails than other pedestrians (and often equestrians), we mistakenly interpret that fact as giving us greater privilege. True, dogging it up Mt. "Rushmore" (I use that only as a figurative example) in Nikes may be more challenging than conquering it on a mountain bike or in a saddle. However, this is Great America—a fact that most of us value.

As more Bay Area residents seek escape on our trails, runners can set an example for others in trail etiquette and tolerance. These days when I encounter a well-trafficked trail, I try to suppress my buffalo herd instinct. I've even stopped dead to negotiate narrow paths with oncoming hikers. Rather than charging over strollers whom I approach from behind, I unobnoxiously announce my presence by exaggerated huffing and puffing, excuse myself if the path is narrow, and express thanks to those who are considerate enough to step aside for swifter traffic. And if I get to disenchant with the increasing crowds, I console myself with the fact that I can run just a few more miles and leave most of them behind.

## ◀PEOPLE

Joanne Ernst and her husband Jim Collins are multisport athletes, although running is high on their list of priorities. This Palo Alto couple spends most of their time training, and helping other athletes get the most out of their own training.

Joanne is one of the top female triathletes in the world. In 1985 she not only won the women's crown in the prestigious Ironman Triathlon, she was also named Triathlete of the Year by *Triathlon Magazine*. Jim is a multi-talented modern Leonardo who acts as Joanne's advisor, runs superb times on minimal training, while producing and marketing computer software for athletes.

I talked with this pair last July when Ernst was beginning her buildup phase for this month's '86 Ironman. Right now Joanne is

continued on next page...

## □ Around the Bay

operating on an attractive contract with Nike—an arrangement that provides a certain amount of financial security, but which also serves as a motivating force to keep her pushing. Here are highlights of that conversation:

**CTRN:** What's your main training emphasis now?

**Ernst:** I've switched to training specifically for the Ironman, after doing a lot of short course racing earlier in the season. Generally, that means upping my mileage. So far I've had kind of an up-and-down year—in part because of lack of focus.

I won a race in Memphis as well as the Bud Lite U.S. Triathlon Series race in Los Angeles, and took second in their race in Phoenix. So, I've had some good performances this season, but I've lacked some consistency.

**CTRN:** What kind of emphasis do you put on running, versus swimming and bicycling?

**Ernst:** I spend more time on my bike than anything, although my running mileage is about twice as much as it was last year at this time—due to a running injury.

I'm looking to get up to around 40 or 45 running miles a week, which combined with the rest of my training, is a good amount for the Ironman. Last year I only averaged 16 miles per week because of the tendon injury. It's a little hard to run a marathon (in the Ironman) on that. Besides the running, I'm doing 200 miles per week on the bike and 12,000 yards swimming per week in preparation for Ironman. Those will gradually start going up, and then come back down as I taper.

**CTRN:** Do you feel that the cross-training benefits your running?

**Ernst:** It certainly must. When I ran my marathon PR of 2:47:05 at Napa, I was only doing 40 miles a week. But I was also doing my triathlon training. There are an awful lot of marathoners who are trying to break 3 hours on a lot more than 40 miles. If they have an interest at all in cross-training, I think runners should try it.

All of my training is focussed around quality rather than quantity. In my swimming, cycling, and running I do fairly low miles (for the length of specific events), but I do it with pretty high intensity. I get on the track once a week, and do swimming and cycling time trials.

**CTRN:** How important is the running discipline in the triathlon?

**Ernst:** Having a running background, as I do, is a big help in triathlons. However, if you have designs on competing at the top, I think a swimming background is more important. I think Scott Tinley and I are the only top triathletes who don't have a competitive swimming background.

For the longer events, though, like the Ironman, I'm convinced that the race is won on the run. Since you spend so much time on the bike in the Ironman, a lot of people think you win it there—so they ride like

crazy and burn out. When they get to the marathon leg, they either drop out or have to walk too much.

Probably 90 percent of the competitors walk portions of the Ironman marathon leg. So, if you can run a steady pace—not a fast pace, but steady—you can make up a lot of time on people who have "blown up."

Actually, running a triathlon is a lot different than doing it in a road race. Running, after getting off a bike, is quite an experience. It's a specific skill that you learn with practice. Several female triathletes, myself included, have actually outrun Allison Roe (who once held the women's marathon record) in triathlon events. I suspect that none of us could outrun her in a flat out marathon.

**CTRN:** The Bay Area has been your home for awhile now. Evidently, you like it.

**Ernst:** Yes. I think it's a great training environment. Both Jim and I are from Boulder—a running mecca—but the Bay Area makes more sense for year around training. I originally came here to attend Stanford where I ran cross country and track from 1977 to 1980.

**CTRN:** You ran under Brooks Johnson there?

**Ernst:** Brooks joined Stanford in my junior year. I ran a cross country season and half a track season with him. During that time my running got worse. We didn't get along that well.

At the time, I felt Brooks wasn't flexible enough to deal with individual needs, and to make every person a contributor to the team in whatever way they could. I still feel that he's an excellent recruiter, but question his ability as a coach.

**CTRN:** Do you do most of your training alone?

**Ernst:** Yes. I think for events like the Ironman, you're better off learning how to push yourself. Almost all of my cycling is done alone. My swimming is done with the Los Altos Masters program since I benefit from guidance in the pool—not having had a swimming background.

Jim and I do longer runs together—the 15 or 20 milers—primarily on trails around Point Reyes. The trails there are flatter than the ones around here.

Basically, I train full time. It's my job. And for that reason, there's a certain amount of stress involved. You want to prove yourself, but unlike many other occupations, you only have, maybe, ten days a year to do so (in races).

### ◀PRODUCTS

Jim Collins, Joanne Ernst's husband, and founder of **Peak Performance** software products, knows a lot about training stress. His software program called "Peak Performance: Run" is available for the Apple II and IBM PC and compatibles. It is based on years of research performed by Dr. David Costill, a pioneer in the field of exercise physiology.

Committed runners will find **Peak Performance: Run** extremely valuable in their training. As a computer documentation and training consultant (that's my "real" job), a lot of computer programs cross my desk. I've used **Peak Performance: Run** for over a year, and rate it very high in ease of use and value.

The program is designed to help you assess the stress level of each of your workouts and, therefore, determine how much rest is required for adequate recovery. Besides that, it does a lot of other nifty things like calculating the average pace of your runs and caloric expenditure, keeping track of the average length and intensity of runs over the last four weeks, estimating your VO2 max based on your recent best performances and physical characteristics, plus much more. It also operates as a workout journal, keeping track of workout data for future reference and printing.

Jim, who has run a 1:20 half marathon and sub-3 hour marathons on only 25 to 30 miles a week, feels that his computer program is instrumental to his injury-free success. Of course, Joanne also finds **Peak Performance** constantly useful in her training. Better yet, Collins is working on similar programs for swimming and bicycling.

For more information, write **Peak Performance**, P.O. Box 60681, Palo Alto, CA 94306, or call (415) 424-0208.

### ◀AT THE RACES

My coverage of Bay Area races was temporarily disrupted while this column was without a home, but I did pick up some results. I promise more detailed coverage of significant races next month.

The **Alameda Run for the Parks 10K** held on August 10th attracted its usual talented field. A flat course with long straights and an overcast, cool morning helped turn in some excellent times. Troy Durham of Hayward (28:07) and Sally Wood of Piedmont (34:20) were the men's and women's overall winners (see Results section this issue).

The **Dammit Run** (August 23rd) in Los Gatos has a reputation as a tough event. It covers hilly roads and trails up and over Lexington Reservoir dam. This year the course was changed to a 10K—although pre-race publicity and entry forms advertised it as 5.18 miles. Winner Bob Herndon of the Reebok Racing Team and coached by Dave Eastland (EASTAR runners) turned in a 33:24. Keep an eye on Bob in the near future. He's run under 30 minutes—illustrating just how difficult this course is. Sue Gyorey captured the women's limelight in an excellent 39:20. Other notable performances were turned in by high schoolers Steve Lopez (34:02) and Mary Mendoza (42:07).

The **Golden Gate Park X-Country Series** continued on September 6th. The BACAA event covering 3.75 miles of moderately challenging terrain featured an extremely

*continued on page 18*

# Technique & Training

By ROY STEVENSON

## Is Running Fading Out?

**R**ecent newspaper headlines such as *Running Down* (Seattle Times) and *Running Craze On A Downhill Slide* (The Everett Herald) have suggested that running has seen its heyday and is now in decline. Is it?

So far there is no long term evidence that the "running boom" has certainly plateaued. People aren't racing with the same fanaticism they did five to ten years ago. They are more interested in running as a convenient medium for health and fitness rather than in setting a personal best every time out. Because of this factor race directors can no longer count on increased fields each year.

### High Entry Fees

Part of the reason could be the exorbitant entry fees that are being set. Who wants to get up early on a Sunday morning, pay \$12 for a \$3 t-shirt (to add to two already packed dresser drawers), and compete in a race

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**"Triathlons are undoubtedly drawing some runners away from the ranks, although I suspect that this factor is grossly overplayed by the media."**

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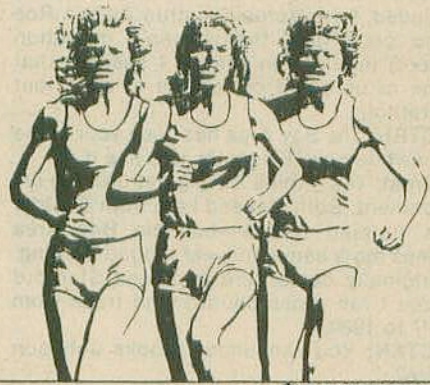
which may or may not be accurately measured or well-organized?

### Runners Are Mellowing

Also, runners are getting smart. They realize that they don't have to compete in a 10K every weekend, and that one a month will do fine. You can still get your social "jollies" from one race every few weeks, and also find time to clean the car, mow the lawn, or go on a relaxed (free) run with a friend on the other weekends.

### Too Many Small Races

Bill Roe, a prominent road race director, feels that there are just too many small-time race directors getting in on the act, hoping to make money for the particular charity they represent. Thus the decline in size of races is probably not in the number of runners competing, but in the dilution because of the glut of races offered. Runners can be more selective about the races they are competing in.



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### What Attracts Big Crowds Now?

So, how does the race director guarantee a successful race in terms of numbers, if runners are being more selective? Especially if it's not even enough to offer a flat, fast, accurately measured 10K any more? Runners have been competing in those for years, and are looking for something different: a gimmick—an interesting or unique angle which will add a bit of spice to the event.

Al Bonney, a Seattle race promoter, has displayed a certain genius in drawing large crowds of runners to his events. His St. Patrick's Day Dash drew well over 4000, the highest-ever first-time turnout in Seattle.

The first part of the formula is right there, in the title. That is, hold the race on a festive or celebrated day when people are letting their hair down. The race started at Jake O'Shaughnessey's Restaurant and finished at F.X. McRory's, in Pioneer Square. You can't get more Irish than that on St. Patrick's Day!!

This event was only four miles long. Another wise decision. **Anyone** can finish a four miler. The racing thoroughbreds love the distance because its practically a sprint, and stops just when they would start hurting in a 10K. The rank-and-filers love it because they can dress up in green costumes, and four miles are not as formidable as a 10K. This conclusion is substantiated by the National Running Data Center report that more people had run 5K (3.1 mile) races by July of 1985 than in the whole of 1984. The figures of 8K (5 mile) races have jumped 33 percent since 1984.

That, then is the formula: a fun angle, reasonably short, interesting course, held on a festive day. The "Jingle Bell Run" in December was almost a carbon copy of the St. Patrick's Day affair—except everyone ran with bells on their shoelaces! This race drew 1800 runners, which, for a first up winter event, was outstanding.

But not every race can provide the "bells and whistles" required to draw large fields, and many smaller races are being dropped in the area. Amongst other reasons for these fizzles are busted budgets due to sponsor withdrawals, burned-out raced directors, and too few volunteers. These, plus the fact that average runners are becoming more complacent and pickier about which race they are registering for, account for the demise of these smaller races.

And it's not only happening in Seattle. A recent article in *Running Through Texas* magazine (Oct. '85) entitled "Where Have All The Races Gone? Texas Races Are Hitting The Wall By The Dozens" cites similar reasons behind the downfall of several of their original regional races. "With so many events clogging race calendars and new ones popping up every year, a shaking out was bound to occur. It has become a buyer's market..." the magazine concludes.

Thus more and more charities and organizations are finding out that putting on a fun run is not a guaranteed fundraiser anymore. Some are even learning that staging a race can be a fund lowerer. Now doesn't seem to be a good time to promote a new race, unless it really is something special, or has corporate megabucks for advertising.

Though runners may be more casual about their racing, they are still gung-ho about finding out how to train correctly. As director of the popular "Distance Running Workshops" courses, I am almost guaranteed classes of 50 to 60 runners of all abilities in this series, which is offered five times a year. Participants range from 20 to 50 years old, run 20 to 50 miles per week, and have been running for less than five years.

There are usually (at least) 15 people who are complete novices to the sport, with the rest being semi-experienced or competitive. There are a smattering of marathoners each time, too. But the interesting thing is that about two-thirds of the groups are female, a reversal of the normal male-female ratio in your average 10K.



## □ Technique & Training

This high percentage of beginners tells us that there are newcomers to the sport, and lots of them, with a high percentage of them being female. This mass entry of women into the sport has been spurred on by the success of Joan Benoit, Grete Waitz, and the like. Their success has helped women realize that running is socially acceptable, and that they have a right to compete in what was a male-dominated event.

The Lilac Bloomsday Run in Spokane went from 32,000 participants in 1984 to nearly 40,000 in 1985, and for the first time in such a major event, female entrants outnumbered males. A *Runner's World* survey of 4,500 readers showed that female newcomers to the sport outnumbered males 2 to 1.

Another trend that has emerged in the past few years is the increasing mean age of male and female runners. Nationally, the average male runner is now 36 years old, while in 1978 he was 33. Women's mean ages have gone up slightly too, from 30.0 to 30.7 years. Obviously the "bulge" of baby boom runners has continued to participate through the years, increasing the average age figure.

Because the average road race field is getting older and slower, the presence of slower runners has, in turn, encouraged the entry of even slower runners and older people into the sport. Ten years ago, runners who couldn't break 50 minutes for 10K were sneered at. They are now an integral part of the road racing scene without being held in any contempt by the racers.

It is likely that this trend will continue. One only has to look at the phenomenal times which are consistently being clocked by the over 40 (Masters) generation of runners. We may even see the 30 to 40 age group being the weakest section in the next few years as a result.

Further indication of the importance of Masters running comes from a National Running Data Center statistic which indicates that the ratio of Masters to Junior (under 20), has risen from 3 to 1 in 1978 to 28 to 1 now.

There are other changes going on out there in the running community, apart from this inflow of women, the trend towards older fields, and the increase in novelty races. Triathlons are undoubtedly drawing some runners away from the ranks, although I suspect that this factor is grossly overplayed by the media. Still, many runners are starting to use "cross-training" to improve their running. That is, they are supplementing their training runs with swimming, bicycling and/or weight training to reduce the incidence of injury, reduce boredom from a "running only" training regime, and achieve truer all-round fitness.

However, even your average semi-serious triathlete is still going to compete in regional road races because they still need to maintain this section of triathlon performance. Thus they are not really "lost" to running after all. You can run from your

front door. Triathlon training requires endless trips to the pool and weight training room or long, extended jaunts through the countryside on a bicycle.

Not everyone has the time (or interest) in training for the multi-sport event. Serious triathloning is really for the young, single person. Thus the triathlon has a potential or

glamorous (New York, Chicago, Boston) will continue to be popular. Marathons which have a unique angle, or which are well organized, or on a scenic course such as Humboldt Redwoods Marathon, California, will thrive. More women will try marathons in 1986 than in any previous year.

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**"People aren't racing with the same fanaticism they did five to ten years ago."**

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ceiling on the number of people who will be attracted to it. This potential number of triathletes will in no way seriously challenge the running crowd, but triathlons will be "dabbled" in by runners more and more, just for the experience.

### What About Marathoning?

According to supplemental data recently released from the National Running Data Center, marathons are on the decline. Organized marathons in this country dropped 25% in four years, from 354 marathons in 1980 to 233 in 1984.

Why this drastic decrease? It seems that runners are realizing that marathons are an extreme or excessive manifestation of the health and fitness boom of the 70's and 80's and deciding that they are better off racing shorter distances such as 10K events.

There is still a lot of peer group prestige for running a marathon, but people are relating more to 10K times, rather than the 26.2 mile endurance event. Runners are happy to complete a marathon so that they can tell their friends, but revert to shorter races (5K, 8K, 10K) because they are less damaging in terms of recovery. People are still being attracted to running for the social side too, and therefore gravitate towards shorter distances because they can participate more frequently.

But women are being attracted to the marathon as part of their general influx to the sport. For example, the number of women running marathons has jumped by one-third since 1984, while the number of males has dropped. Marathons have gone from a woman for every 10.8 men in 1978, to one for every 4.2 men in 1984.

### Marathon Trend Predictions

There will still be a decrease in the number of marathons organized, due to the mammoth logistical, economic and organizational hassles involved. Perhaps the number will drop to as few as 150-175 marathons by 1990.

The hard core will still continue to run their 2 or 3 per year, and first-timers will still be out in force, but with little retention rate. Marathons which are well publicized and

### Other Trends

Another trend which seems to be here to stay is that big races (over 2,000) are continuing to grow, or at least stabilize. They are helped by corporate money pumped into advertising these happenings.



### What Of Running's Future?

Running appears to have reached a stable plateau, where the influx of beginners balances the number of people leaving the sport. Rest easy, fellow runners—it's here to stay, but with a few changes. America is just undergoing a transition to the second phase of the fitness revolution. Running has focused society on the need for total fitness. People are finding out now that their particular body build (somatotype) may predispose them to some activities more than others, such as swimming, rowing, cross-country skiing, racquetball, tennis, weight training, triathlons, or whatever.

Running isn't the panacea for all that it was once touted to be. However, it still lays an excellent foundation of aerobic development for any other activity, and is a challenging and rewarding sport in itself. Running is no longer just a fad, but a lifestyle, and it's here for good.

It is just like the lifecycle for any new product or trend introduced into the open market. We've had out "product information" followed by "market growth" and are at the "market maturity" stage right now. There may be a decline in numbers of some events, but innovations and "new products" will keep the sport healthy for a long time. See you at the races!!

# The Athlete's Kitchen

By NANCY CLARK, M.S., R.D.



## Is Water Best?

● It's the 17th mile of the marathon and you've got nine more to go. The weather's hot; you're sweaty and thirsty. When you get to the aid station, the choice is water or ERG--Which is best?

● You and your cycling buddies challenge each other to a "joy ride"--that is, 100 miles non-stop. You wonder what you should put in the water bottles--plain water, Gatorade or juice?

● The rugby tournament is hot and heavy. Your team finally tied the score 8-8 but everyone seems low on energy. In order to win, you've just got to push harder in the last quarter. Is there any sports drink that can provide a magical energy boost?

**W**hen it comes to drinking fluids in the midst of intense exercise, sports physiologists have preached for years that water is best. The body absorbs plain ol' water more quickly than juices and most sports drinks. Hence, plain water best guards you from the dangers of dehydration.

Reports from the 1986 Annual Meeting of The American College of Sports Medicine challenges the "water is best" theory. Although water has been and always will be a good fluid replacement for thirsty athletes, other sports drinks may offer

energy advantages that contribute to better endurance. Plain water provides *only* water. During long bouts of exercise, you may benefit from a little sugar for energy, as well.

Dr. David Lamb from Ohio State University and Drs. Mark Davis and Russ Pate from the University of South Carolina, compared the effects of different drinks on athletic performance and heat tolerance. They gave nineteen trained cyclists either plain water, a 24-calorie/8 ounce sugar solution with electrolytes (sodium and potassium) that was similar in sweetness to orange juice diluted to 1/4 strength or a 54-calorie/8 ounce sugar solution with electrolytes (similar to Gatorade). The researchers then measured the athlete's physiological responses to cycling hard for about two hours (10,800 revolutions) resting 30 minutes; then cycling hard for about another 30 minutes (2,700 revolutions).

The results showed that the cyclists seemed to experience similar levels of dehydration (as measured by changes in sweat rate, heart rate and body temperature) whether or not they drank the plain water or the sugar solutions. With the sugar drinks, however, they exercised significantly faster and finished the test in less time than with the plain water. The sugar offered an energy boost without contributing to dehydration and interfering with performance.

Based on this and other supporting studies, diluted sports drinks can be a positive choice to boost your energy if you're exercising hard for long periods. Do keep in mind, however, that *strong* sugar solutions (such as full-strength cola and juices) do take longer to absorb than plain water. Hence, the fluid tends to sit in your stomach longer and slosh along for the ride. An alternative to the slowly absorbed sugar (glucose) drinks may be the newly developed glucose polymer beverages (such as Exceed, by Ross Laboratories). Glucose polymers are short chains of sugar molecules that get quickly absorbed into the intestine as one unit, break into individual glucose molecules and enter the blood stream to provide energy for exercise. A weak polymer solution empties from the stomach as quickly as water but offers the added advantage of replacing energy as well as sweat losses.

As reported at the ACSM Meeting, competitive cyclists who consumed 180 calories of glucose polymer beverage every ten miles during an eighty mile ride finished 12 minutes faster than when they consumed plain water. The beverage (similar in calories to 11 ounces of soft drink) helped them to maintain a higher blood sugar level throughout the 4+ hours of exercise, without contributing to dehydration problems.

If you exercise hard for long periods of time, you may want to experiment with different fluid replacements during exercise. Both of the studies mentioned above clearly indicate that a calorie containing beverage with either glucose or glucose polymers offers a significant energy boost. Whether or not one offers an advantage over another is unclear and worthy of more research. Till the answers are in, you'll have to learn by trial and error which type of fluid works best for you. Whereas some athletes always have and always will thrive on plain water, others may find that diluted beverages or special sports drinks offer an energy boost that make you strong to the finish without the ill-effects of dehydration.

### Around the Bay continued from page 15

close women's finish. San Francisco's Heidi Perham took first in 22:17 with Ingrid Hemenway and Lisa Gonzalez one and two seconds behind respectively. Another San Franciscan, Rod Berry (18:32) outran all the men. With two races left in the series, Vallejo's Joe Green and Ingrid Hemenway topped the standings for a portion of the \$1,700 prize money.

Cloverdale's Dan Grimes (29:18) and Reno's Terry Puckett (34:44) led the way in the **Hoy's Sports 10K** on September 7th. The familiar names extended to the master's categories which were won by Bill Sevald (31:33) and Joan Ulliyot (38:44). See results on page 37.

Some Bay Area events to keep in mind in October include:

- Oct. 4—Golden Gate Park X-C Series
- Oct. 5—Oakland Brass Pole Run 5K/10K
- Oct. 5—US Sprint Calif. Mile (San Fran)
- Oct. 5—The Great Race 10K (Stanford)
- Oct. 12—Primo's to Primo's 5K, 10K 1/2 marathon (Danville)
- Oct. 19—Hayward Half Marathon
- Oct. 19—Pumpkin Festival Run 1.5M & 8K (Half Moon Bay)
- Oct. 26—Any Mountain 10 Mile & 10K (Cupertino)

Hope to see you at the Penofin 10K (National TAC Men's Championships included) on October 19th in Ukiah. It promises the deepest field on the Northern California roads this year. The course is flat, straight as an arrow point-to-point. After running it last year, it comes highly recommended.

Nancy Clark, MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, is author of *The Athlete's Kitchen* (Simon & Shuster; Bantam Paperbacks available through Dalton Bookstores).

# An Interview With

By GREGOR ROBIN

## Bob Larsen



**B**ob Larsen helped turn a junior college cross country team into a dynasty in the 1970's. Now he is coaching at a university where the word "dynasty" in another sport is respected and remembered.

Larsen is now the head coach of the UCLA Bruins cross country and track teams. He took on the cross country coaching duties at UCLA in 1979 after spending 11 years as the cross country coach and six as track coach at Grossmont Junior College in El Cajon.

Larsen led Grossmont to 10 straight conference titles in cross country and the Grifins won the state cross country crown each of Larsen's last seven years there.

Stories about Grossmont's dominance of junior college running still hum before and after high school, junior college and college cross country meets. World class athletes such as Steve Ortiz, Kirk Pfeffer, Terry Cotton and Ed Mendoza helped pace Grossmont to its zenith.

Larsen quickly made his presence felt in the NCAA when he came to UCLA. He was named the 1981 NCAA cross country Coach of the Year and the 1981 and '80 Pac-10 cross country Coach of the Year. Over the last seven seasons the Bruins have not finished lower than third in the conference and have qualified six teams for the NCAA championships. His highlight years so far

were 1981 and '80 when the Bruins won the league title and placed fifth at the nationals both years.

In 1985, the UCLA cross country team placed third in the Pac-10. In the District 8 NCAA meet the Bruins placed second. The Bruins finished 12th at the national meet, held in the snow of Wisconsin.

In the 1986 track season, the Bruins were designated by *Track and Field News* as the national dual meet champions. Larsen's squad was referred to as having one of the strongest teams in recent years. It was the Bruins second year in a row going undefeated in dual meets.

In the Pac-10 championships the University of Oregon placed first while UCLA finished second. In the nationals, without the services of sprinter Henry Thomas and long jumper Mike Powell due to injuries, the Bruins still finished eighth.

Larsen began his coaching career at Monte Vista High in Spring Valley where his cross country teams won four straight San Diego County titles.

After taking Grossmont as far as he felt he could, he followed through on UCLA track and field coach Jim Bush's offer to take on the cross country and assistant track coaching duties in 1979. When Bush retired in 1984 Larsen took on the head track coaching duties also.

Larsen, 47, began running at Hoover

High. As a senior in 1957, he was the cross country team captain. Hoover won the San Diego Section title that year. Larsen placed second in the San Diego County meet. He was the San Diego City champion in the mile during his senior year of track.

While a freshman and sophomore at San Diego State Larsen was on the top five of the PCAA cross country champion Aztecs. The Aztecs went on to finish fifth in the NAIA championships both those years. His senior year he was either first or second man on the Aztec cross country team. In track he was the team captain his senior year and the squad finished well in the conference meet.

Larsen said injuries plagued most of the Aztec distance runners during those days, because the distance runners were approaching their workouts with too much intensity.

Larsen won the Balboa 8 mile road race, one of the top races in the state at the time, during the summer of his freshman year of college.

As he relaxed in his office on the second floor of the J.D. Morgan Center overlooking the UCLA track on August 29, Larsen spoke about his Grossmont days and the impressive move from junior college coaching to coaching one of the top athletic

*continued on next page...*

## □ Interview

powerhouses in the NCAA. Larsen, who lives in Brentwood with his wife Susan and two children, Michel and Erik, spoke smoothly and with a relaxed tone.

**CTRN:** If you could put a finger on it, and of course your love of the sport of cross country must be one reason, why did Grossmont Junior College rule as it did for all those years?

**Larsen:** I think there were several factors. First, we obviously had talented people. We created an atmosphere where those talented people were motivated to work hard and consistently. Once we got it going where they could start winning and dominating, it snowballed. Each new guy that came in already felt he was going to be successful.

They were very motivated to work hard. They worked very closely together. Once you get something like that going it continues to go. The same thing happened the four years I coached cross country in high school. We won the San Diego Section CIF title all four years. Some of those same people from Monte Vista High came over to Grossmont College. So we already had a feeling of success and we were able to keep it going.

The previous coach at Grossmont, Ron Vavra, continued on as head track coach when I first came there. Then we switched positions. He had been the head cross country coach too and he had done a good job with the program. After two or three years we really got it going.

**CTRN:** Why has Bob Larsen gravitated towards cross country instead of, say, football?

**Larsen:** It probably goes back to when I was in high school where the cross country coach grabbed me first. I was very successful in the physical education classes. That was our first exposure to sports. When I walked into high school my first unit was track and field. I was encouraged to come out for track and cross country. Also I was at a high school with 3,000 students so we had a lot of talented people in every sport.

In that particular school you didn't naturally think of going out for other sports. In a smaller school I might have done several sports.

**CTRN:** Which Grossmont team would you pick as the best? Steve Ortiz, Kirk Pfeffer, Terry Cotton and Ed Mendoza had to be four of the top runners to come out of Grossmont. But which team would you label as the best?

**Larsen:** One team had Terry Cotton and Ed Mendoza on it together. That was an awfully tough team. And then the last team I had there with Steve Ortiz on it was very strong, too.

**CTRN:** The Jamul Toads' green and yellow Jerseys can be seen dotting the fields at road races, but maybe not like in years past. Are they still in existence?

**Larsen:** Oh yes, they are still running. By the way, we say "Hamul." We got it started when I was at Monte Vista High School, the Jamul Athletic Club. We put it together with

the Toads when I was at Grossmont College. Our highlight of course was winning the AAU cross country nationals in 1976. If you go down to San Diego at most local races you'll still see two or three Toads up

work on almost a daily basis. We were able to do this and use those people because they wanted to experiment. The combination of Grossmont College and the Jamul Toads together was a great laboratory for

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*"...I believe to be good in athletics you've got to take care of all those other things to make your life organized...you've got to be a little more efficient than a lot of other people."*

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there in the front of the group, so they're still active. Probably not as many people and as dedicated as some of those guys were at the time, but they are still going.

**CTRN:** You co-founded the Jamul Toads and served as head coach. Are you still involved?

**Larsen:** Not a great deal. I see them quite a bit. I talk to all the guys. When I go to San Diego I get together with them but I'm not coaching any of them directly.

**CTRN:** What does Jamul Toads stand for?

**Larsen:** Bad water in Indian. Jamul is a community east of San Diego up in the foothills. It's just a church, a bar and a grocery store. Some of our distance runners at Monte Vista High and Grossmont came from that Jamul area, so I picked it up.

**CTRN:** What have you learned from your Grossmont experience? You brought high caliber distance running to the California junior college system. What has it contributed to junior college running and what have you gotten out of it?

**Larsen:** I think every time you work with good people you pick up some more ideas. You realize that each person is a distinct individual and the key is to find the ideal mileage for that person. The ideal amount of aerobic and anaerobic work. Everybody is really different.

It gives you confidence because when you have several people running at the very highest levels, not just in cross country, but in track where they are breaking national community college records, there was a whole bunch of ways of doing it. Each guy responds to a little bit different amount and way of work.

So that was very valuable. Also working with the Jamul Toads, we continued to work with athletes who ran at a high level after they left college. And that was very valuable because they weren't getting ready for the next dual meet or an NCAA championship or a state championship. They were in a position where we could experiment with workouts.

Some of them did very high mileage for several seasons. Some of them did very low mileage where we even went to interval

figuring out things that would work for a variety of people.

**CTRN:** And you've carried that on.

**Larsen:** Yes. At UCLA we've had some great people. You take it another step because you get to try these ideas on almost a weekly basis against some of the most talented people in the nation.

**CTRN:** You came to UCLA in 1979. How did that come about?

**Larsen:** At the time it felt like we had done about as much as we could do at Grossmont College. The cross country team just won the state meet for the seventh year in a row by a fairly large margin. In track we were right there, considered one of the top dual meet teams in the state every year and on the verge of second, third or fourth in the State meet. That had been a great accomplishment. That was a great job.

I felt that Grossmont was an excellent place to be. I stayed there for a long time because two of the people I coached with, Vavra and Jack Mashin were as good as anybody who's ever coached in track and field. We had a great situation. The other opportunities to go to four year schools, I decided not to take them.

But at that point Jim Bush had called me for the second time. I had been offered other jobs that same year in Southern California, but Jim Bush said he was going to retire in a few years and wanted me to be head cross country and assistant track coach. It was the second time he called me. He called me a few years before.

At that point he felt he'd retire in a few years, probably in 1984, which he ended up doing. And I thought UCLA was a very special place.

**CTRN:** What was going on in Westwood in the fall of your first two years there?

**Larsen:** 1979 was my first cross country season. Steve Ortiz came with me from Grossmont College. Ron Cornell came up from Long Beach City College. And Glenn Best, an ex-runner of mine was there after redshirting. With those three and a couple more guys including one other Grossmont

*continued on next page...*

## □ Interview



Bob Larsen and the UCLA Track & Field Staff: Front Row (from left) Steve Lang (jumps), Art Venegas (throws), Head Coach Bob Larsen, Anthony Curran (pole vault). Back Row (from left) Alan Rigby (hurdles), John Smith (sprints.)

college runner who barely made our top seven at Grossmont, we put together a team that took third in the combined Pac 10-NCAA District 8. We qualified the first UCLA team ever for the NCAA cross country championships.

We finished 15th out of about 30 teams. That gave us the momentum. We felt there wasn't a real strong distance running program at the time in California so it was a very attractive place for several distant runners to come. So we got other people to join us. We proceeded the next two years to win the Pac-10. The next year, 1982 we lost to Oregon by about three points.

It got momentum going. Distance runners like to be with good distance runners and have a chance to go to the NCAA's. We were the first school from the Pac-10 to go to the NCAA's other than Oregon and Washington State.

**CTRN:** Big names pop out of UCLA consistently in distance running. Ortiz, Cornell, Rich Brownsberger, Jon Butler... Are you a builder of individuals or teams?

**Larsen:** I think you have to do both. We've always had depth on our teams. You mentioned those guys. I'd add Dave Daniels, Brian Theriot and other people who have run well. But on all of those teams there were people who were not great high school runners. At Grossmont I had three guys, two on the state meet team who had never run in high school, that I got out of the physical fitness class I was teaching.

And at UCLA I've had people in the program who were not standout high school runners who have really contributed. That type of person who's made the depth on the team has allowed us to have a strong cross country program.

You'll never have that many stars, even at a UCLA because we're always fighting the

14 scholarships that the NCAA allows for the whole track program-cross country team combined. Traditionally the young American distance runners have not scored in track and field at the NCAA level against older athletes. So it's hard to justify putting much scholarship money in that area.

We haven't gone out as some schools have done and put a lot of money into distance running. Wisconsin, even Oregon, certainly Arizona have all put a large scholarship into distance running and they reflect it in cross country.

Brownsberger came to UCLA as a 14:48 5,000 meter runner. He ran 14:04 in his first 5,000 here. We knew he was going to be good. We talked to Tom Lux, who I coached down at Grossmont too, and Tom felt he was going to be good. The first time I saw him on the roads I felt he was going to run fast. But he hadn't to that point. Those kind of people, who walk on at UCLA, have contributed to our depth.

**CTRN:** If you could pick a rag-to-riches story, say a guy who blossomed quickly, who would it be?

**Larsen:** We have one guy right now, Jerry Marsh, who is from San Diego. His best high school two-mile was 9:28. Now he's finished 9th in the Pac-10 one year and 11th in the NCAA District 8 cross country meet. He's run 14:04 for 5,000 meters. He came to UCLA because he got into the engineering program which is very difficult to get into. Of course (he came here) athletically too.

I think 9:28 is a good high school time. But if you compare the athletes who are running at that level in the Pac-10, they were usually sub-9:05 two-milers in high school. In most cases the guys up in front like that were sub 9:00 two-milers. Marsh's coach Noel Montruccio (who used to coach at Marsh's high school, La Jolla Country

Day) told me Marsh was going to be good and make a contribution to the program.

Jerry may be our top cross country runner this year. Butler and Brownsberger graduated. So we're thinner than we've been recently in cross country. We may lack that person who's been a star in the very front, but Marsh has shown signs of being able to run with some of the top people. And Mark Junkermann has really come along in track. He's another one who has blossomed.

Junkermann was about a 4:15 high school miler and this last spring he ran 3:42 for 1,500 meters. He also ran 8:39 in the steeplechase. He was second in the Pac-10 in the steeple. He could be our top cross country runner. He hasn't run quite at that level in cross country yet but I think he could this fall.

**CTRN:** How do you combine individual talents to make a winning team?

**Larsen:** Part of it is, if you establish in workouts that you don't race against each other, that you are working together both for your own fitness and the other guys in the group, then you promote a team spirit. You also allow for the guys with a little less talent to believe on race-day that they are going to run well. If you allow for the top one, two or three distance runners to dominate the workouts, then you will end up with one, two or three outstanding runners and the others will always be back further down because they are getting so beat up. They are getting defeated in workouts on a regular basis.

So I think that's the key. Organizing the workouts in such a way that your more talented runners, like a Steve Ortiz, is not going against some of your less talented people on a regular basis. Otherwise you'll just break them down.

**CTRN:** How does the better runner improve in workouts like that?

**Larsen:** You switch people off so he'll run with a couple of people one day, maybe two, three days in a row. Then you pull them away from him and put him with another guy. You also give him extra work in addition towards the end of a workout if he needs it. But you can't have him running 20 yards in front of the other guys in every repeat workout or on the roads all the time or he will tear them down.

You see a lot of programs where there are one or two stars and the next guy is way back. To have a good cross country and track program you've got to have other people. Otherwise you will run your stars to death because you don't have back up people to put on the track. We can rest some of our good people in some competitions and let the other guys have a chance to win.

We've generally been successful in guys running their best times at the end of the year.

**CTRN:** Who is the greatest cross country runner you've ever seen?

**Larsen:** Henry Rono. When Henry Rono wanted to do it, it got done. He was going to win it. He had some great races against (Alberto) Salazar, but Henry, when he had his weight down... and there have been some other great African runners and there were others equal to Henry on certain days,

## □ Interview

but when Henry was really determined he was in a class by himself. His track times, those four world records that he held, they're still trying to break some of those records.

**CTRN:** Did you ever meet him?

**Larsen:** Yes, only briefly. I saw him run because he was competing at Washington State when I got to UCLA. We saw him run in competition. Washington State had many great African runners. Peter Koech for instance. Steve Ortiz beat him in track at 10,000 in the conference one year. Koech was terrific, but I think if you take one guy, when he was really going good, it was Henry Rono.

**CTRN:** What's your opinion with foreign athletes in NCAA competition?

**Larsen:** It's changed somewhat recently. With the new restrictions on age requirements, we see a chance for American runners to compete more successfully. Certainly that helped Wisconsin win this last year.

I think that the foreign distance runners, when we had the number we did a few years ago, retarded the progress of the American distance runner. The guys were getting beat back before they got to the level where they could really be competitive at an international level or even a national level. You go to our own NCAA championships and 25 out of the top 50 runners were older foreign distance runners. Our guys, Dave Daniels, Steve Ortiz were successful beating all the American athletes, but maybe didn't get nearly the recognition they would have gotten if they didn't have to go against the older foreign athletes.

Ortiz was the top (American) 10,000 meter runner at the NCAA one year, Dave Daniels was the top (American) steeplechaser, yet when they came back here to California no one recognized what they had accomplished because Dave was third in the steeple

the same thing when you compare him with Steve Prefontaine. Prefontaine didn't have to run against many foreigners in the NCAA, not older foreigners. There were a few around, but nothing like in Craig Virgin's time.

**CTRN:** The new age requirements for athletes in NCAA Division I competition, where athletes 25-years of age will face eligibility restrictions and the new SAT exam requirements should filter out many foreign athletes.

**Larsen:** You're going to see an awful lot of foreigners in Division 2, Division 3 and NAIA. Division I is going to be a little bit tougher for them. We in the past said a foreigner could compete at UCLA but we didn't actively recruit. We haven't actively recruited. We may have foreign athletes in the future, maybe even this year. There are so many things they have to do to get into a school as academically strong as UCLA, it may never happen, but it's possible. I think every team in the top 14 at the NCAA's other than UCLA had foreign athletes. In the Pac-10 I think the top six teams had foreign athletes, except us at second place.

**CTRN:** Do you remember witnessing any super-human type feat one of your athletes performed at UCLA or at Grossmont.

**Larsen:** A lot of them. I would be shorting someone whether it be a pole vaulter coming down to his last jump or a high jumper in his last jump.

Distance runners, Wally Buckingham one year (at Grossmont) when we were not favored to win the state meet in cross country. He was one of our guys out of physical fitness class. He never ran in high school. He was a swimmer. He was a little bit older. He was our fifth man. He had to do it in the last mile-and-one-half. I told him he had to do it. He collapsed in the chute and we carried him out and we beat American River that year. That was an awfully big win to keep our streak going. That was the sixth straight State meet we won, I believe.

Wally had to beat several runners, not just American River runners in order to be a strong scoring fifth man for us and enable

country runner was because he could run pace. He could go out slower than the leaders went out and still run pace all the way through and be there at the end. That's what he did that day. Usually when you're down a long way in a cross country race you can never come back, but Ed Mendoza could always come back. He was always dangerous. He was one of our greatest cross country runners.

**CTRN:** Is that taught or is that inherent?

**Larsen:** It's a little bit inherent. It's so rare for a guy to come from way back off the pace against good people. I've seen it so few times. It's something that some people have developed or it's just a feeling they have. It's a very special quality. Some guys could do it in certain situations, but a Mendoza could always do it.

I saw him do it in the AAU championships in Philadelphia in 1976 when we won. He was quite a ways back and with about two-miles to go on a 10,000 meter course he came out of the woods. He was behind. I told him, "Look across where our guys are."

We had four guys right up in the top 10. He must have been 25th. I said, "If you can get up there we can win it." And he moved up. I'd have to look up where he finished, but I'm sure he got in the top 10.

**CTRN:** Where does California college cross country fit in the national level?

**Larsen:** Since I started here we were the only cross country team to make it to the NCAA's Division I until last year when Stanford made it for the first time. Stanford just beat out Oregon for the third spot. That's probably the first time since I've been at UCLA that another California team had qualified. There are a lot of other good programs in California. I think Stanford will be one of the favorites in the Pac-10 and District 8. U.C. Irvine has a good team, also.

Stanford has a South African distance runner who is extremely good in cross country and Marc Oleson from Canada is a real strong Canadian runner. He should lead Stanford to a strong year. UCLA doesn't have as much depth, but we have some good tough runners. We'll have to work hard to finish in the Pac-10's top three and in the top three in the District 8 meet.

**CTRN:** Where are the hotbeds in high school running?

**Larsen:** It varies. There are a lot of excellent high school coaches, but it's hard for them to come up with great teams every year. There are some excellent teams in San Diego every year. In the San Joaquin Valley there are really good teams. In the Southern Section in Los Angeles we've got some good teams. And that Northern Valley area like where the Mastalirs went last year, but I wouldn't say there is one school or one area where there is a good dozen teams that produce good runners every year. At Monte Vista High one of the runners that I coached at Grossmont coaches there. They win the county championships there every once in a while, too.

**CTRN:** What's the Larsen method?

**Larsen:** I try to make gradual improvements in all the things that they do,

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*"...Establish in workouts that you don't race against each other, that you are working together both for your own fitness and the other guys in the group, then you promote a team spirit."*

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and Steve was even further back in the 10,000.

But you can imagine if they came back to Southern California and the headlines was, "NCAA Champions Steve Ortiz and Dave Daniels." That's what they were except for the foreign athletes. That would have encouraged so many more young guys to go out there and put the miles in and do the same thing.

I think another guy who won only one NCAA title, who a few years earlier would have been a big hero was Craig Virgin. It's

us to win that day. He had given us everything he possibly had, where he was stretched out.

I remember Ed Mendoza winning his first State cross country title. He won two of them at Grossmont. He had to be more than 100 meters behind Dave Babiracki from L.A. Valley. Dave was a sophomore. Ed was a freshman. They went into the woods and came out the other side and Ed had 100 and some yards on Babiracki.

Ed Mendoza was a great cross country runner and the reason Ed was a great cross

*continued on next page...*

## □ Interview

whether it's being a little more efficient in their studies or taking care of their problems. Because I believe to be good in athletics you've got to take care of all those other things to make your life organized enough so you can run once or twice a day just about every day all year round. To do that you've got to be an organized person and you've got to be dedicated to that. You've got to be a little more efficient than a lot of other people.

I try to promote that, including in their eating habits so they don't get out of shape, get overweight. See that they do cut down on sugar and fat and some of these things a little bit. But my philosophy is that you don't ask them to change everything completely because they are giving up a lot to be able to run on a regular basis, to be able to workout as they do. So a few minor changes each year are important.

The other thing I think that is very important is we find out what is the best way for them to work out. Whether it's medium mileage, short mileage or a lot of miles. Find out what's best for them. They have to make intelligent choices, not emotional choices. Kirk Pfeffer liked to run a lot of distances and at times would overdo it. I'd have to hold him down. And Ed Mendoza never ran more than 50 miles a week because we knew he was vulnerable to injuries. You must make an intellectual decision and be better at it each year. It's not me forcing those decisions on them, but for them to take a while to decide what is best for them so they are independent people. When they do leave the association we have they will feel very strongly about being able to continue on. Most of them are still running in some capacity. This is a long range thing. There wasn't one hard fast way of doing something that I imposed upon them. There are a lot of ways of getting this thing done and we're always searching for answers and a better way of doing it.

**CTRN:** Who would be the hardest worker you've seen?

**Larsen:** Probably Kirk Pfeffer or Steve Ortiz when he's going good. They were very intense. Terry Cotton was another one. Cotton was extremely talented, but Terry's problem was he always got injured. He's com-

ing back up now running pretty good on the roads. He could have done anything anybody could have possibly required. Most of the guys I've had have ended up being very dedicated and motivated to being the very best distance runner they possibly could be. It was usually after a couple of seasons that I would have to hold them back. That was certainly true with Pfeffer, Ortiz and even guys running well now like Steve McCormick, who had been mostly a football player.

Brownsberger would be one that would work out for a month pretty hard and then trail off for two months. He consistently wouldn't put in a lot of miles. Another one would be Ron Cornell. Cornell in his first year at UCLA ran 3:57 in the Pepsi mile. He would train well but not as consistently as Ortiz. But they were exceptions.



Brownsberger continues to improve and Ron continues to run and enjoy his running.

**CTRN:** How is the UCLA atmosphere for a distance runner?

**Larsen:** Very good. One thing that helps is we've had a number of good ones now. It carries over from year to year. We're only six miles from the ocean. One of our best runs is down San Vicente, the grass Blvd. right down to the ocean and back. You're in

a large metropolitan area, but being on the westside surrounded by Bel Aire, Brentwood, Beverly Hills, Westwood and the ocean make it conducive to running well.

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*"...Ed Mendoza could always come back. He was always dangerous. He was one of our greatest cross country runners."*

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The Santa Monica Track Club does very well too and they train on the UCLA track too after we finish.

**CTRN:** You're heading to Yosemite with about 15 to 20 Bruin runners for a five day running trip. What's going to happen up there? Some fierce workouts? Give them a taste of hard running?

**Larsen:** They are already in good shape. They've all been running during the summer. It's a change for them to get back together and build the team spirit. We try to prevent them from over-doing it, but we'll get some real good mileage in.

**CTRN:** What is your advice to all the junior college, college and high school runners who might read this.

**Larsen:** I always speak in terms of patience when I talk to people for the first time. They have to think long range if they are going to be successful. Don't try to do it all right now. Don't try to do it all this season, but think in terms of getting better gradually.

Secondly, if they consistently will work hard it's inevitable that they are going to be successful because you can make yourself into a good distance runner. You have to do your training intelligently. But if you go consistently on it, athletes have never failed to surprise themselves and surprise me as to how fast they've run by just staying with it, being patient. I've seen it so many times. A person can't really decide how talented another person is many times initially. It takes quite a while before they discover what they really can do.

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GETTING BETTER ALL THE TIME...

An  
Interview  
With  
**Nancy  
Ditz**

By MARK WINITZ



**N**ancy Ditz, a 32-year old Californian, has emerged as one of America's premier marathoners. And right now, she's racing better than ever. In 1985 she had the second best time for an American woman in the marathon behind Joan Benoit-Samuelson. That was her 2:31 at the California International Marathon in December. Last March Nancy won the first-time City of Los Angeles Marathon, collecting a new Mercedes-Benz and \$10,000 for her efforts.

A graduate of Stanford University, Nancy and her husband Bruce Mosbacher recently moved from Menlo Park into a newly purchased home in Woodside. Lots of trails, woods, horses nearby—a country setting. "It seems I've planted a hundred roses since we've moved in," Nancy relates. "I love gardening."

How she finds the time is beyond me. These days, setting up an appointment with this lady is like touching the floor without bending your knees: You need to be flexible. In June, when I interviewed Nancy, she was working varied and unpredictable hours at Channel 5 in San Francisco. Neither she nor anyone else knew quite when she would be available. Finally, Rod Dixon, who was a house guest at the new Mosbacher-Ditz residence, intervened. Luckily, I know Rod. "You've been patient," he admitted. "I'll remind Nancy that you called, and get her to set a definite time."

The next day I met Nancy at Bruce's law office. When I arrived, Ditz was on the phone, which gave me an opportunity to talk with Bruce and Dixon before interview-

ing the primary concern over lunch. Both these men have contributed a lot to Nancy's success. Often overlooked in the public eye, Bruce has been an integral part of Nancy's life for some time. They've known each other since Nancy's pre-running days. In fact, this year they're celebrating their tenth anniversary. Dixon, the talented veteran of track and road, lends a hand as confidant and regular training partner.

Ditz is the kind of person with whom you immediately feel comfortable. She's chatty and demonstrative, witty, and a "bit of a ham," as she puts it. "I'm always willing to give time to the press," she joked, "except to you." We'd planned on an hour interview since she had a meeting at Stanford immediately afterward and a track workout after that. She gave me two.

At lunchtime the coffee shop is crowded. I fiddle with my tape recorder and Nancy orders a slice of fresh pineapple, cottage cheese, and iced tea. Fuel for the mileage that she is building again after a few weeks out sick. I resolve myself to only iced tea. I'm not much for lunch, I explain. Besides, my own mileage is down while plodding through a bout of seasonal allergies.

After the first few questions, Mosbacher and Dixon wander in and sit at another table. In what seems like no time, they're finished and stopping by on their way out.

"How's the book coming along?" Bruce asks. I suddenly realize that we've been talking quite a while. The restaurant is practically empty. I hadn't noticed the sudden

absence of background din. Time flies in good company. Especially when the company zips along at Ditz's clip.

**CTRN:** I understand that Rod Dixon's brother, John, is now coaching you long distance from New Zealand. How did that come about?

**Ditz:** I first met John before the Olympic marathon in Los Angeles. He was there to watch Rod compete. He's been his younger brother's coach from way back. In turn, Rod's been helping me out quite a bit in my training. So, it was only natural for Rod to recommend John as a consultant.

Basically, we correspond by tape. Initially, I sent John a tape outlining my present training, my goals, weaknesses and strengths. He sent me back a tape with a training schedule. I used that schedule very effectively to train for New York, Cal International, and the L.A. Marathon last March.

**CTRN:** Although you didn't run New York ...

**Ditz:** That's right. I was offered a TV opportunity with ABC to help cover the New York Marathon ten days before I was going to run it. I had to make a quick decision and it was a tough one because I'd trained hard. I ended up doing the commentary. John was disappointed, but it worked out for the best. I ran a PR (2:31) at Cal International a month and a half later. The extra training time helped. Also, I made the world road racing team and we took the bronze medal, and I had PR's at 15K and 10 miles going into Sacramento.

**CTRN:** How does your training under



John differ from what you've been doing before?

**Ditz:** It's divided into phases. My training before was pretty much the same all year around. Now I have a base phase, pace phase, and speed phase. Now that I've been through the phases several times with success, we can refine the program even more. I'm waiting for another tape from John as we go into our planning with the 1988 Olympics as the goal.

Right now I'm focusing more on my speed. It's ridiculous that I don't run faster at the shorter distances. I'll concentrate on that before I run a marathon or two in the fall.

A real rapport between John and me hasn't developed quite yet. It takes time, especially with the distance and differences in lifestyle involved. John Dixon lives on a farm in Nelson, New Zealand—where things are a lot different. He'd love to have me stay at home, or go to New Zealand, and do nothing but train. But that's just not me. We'll have to work out a balance. I have other interests besides my running.

**CTRN:** Like your TV work.

**Ditz:** Right. I have a regular spot on channel 5's six o'clock news. It's part of a year's worth of public service programming for children called "For Kid's Sake." On the program I give out an Extra Effort Award to an outstanding high school student for doing something remarkable. I'm really getting a lot of experience on the air, plus editing and writing. I really love it.

TV work is the aspiration of a lot of jocks, but it's something I've wanted to do even before becoming an athlete. I was a journalism major at Stanford, and worked for several magazines, so I've had some valuable experience in editorial work.

Another thing I'm proud of is the recent TV commercial I was involved in for General Electric. That took seven days to film.

(In the commercial, Nancy plays a runner training for the Olympic Marathon trials—Editor.)

terrible vision. I'm a good water skier and downhill skier.

I should also mention that when I was at Stanford I was a basketball manager for the men's varsity basketball team and also a coxswain on the men's crew team as a freshman. You know, those real good participation, endurance-type activities.

**CTRN:** Do you regret not starting as a runner earlier? Athletes like Mary Decker and Francie Larrieu started a youngsters.

**Ditz:** No, I don't regret it. I don't think I'd be any better now if I had more background. As an eighteen year old, I had absolutely no interest in running. At thirty-two, however, looking back—it would have been great to run for Stanford. Especially cross country. In fact, that's one of my goals now. I'd like to make the American team and run in the 1988 World Cross Country championships.

**CTRN:** That's pretty ambitious for a runner known only for her road racing. What are some of your other running goals?

**Ditz:** Of course, the 1988 Olympics. First, I'd like to run a sub-2:30 marathon, I hope this fall. I don't think that's a major barrier for me. I'll be running Twin Cities in October, and possibly another one—depending on how it goes. I also started thinking about the 1992 Olympics the other day. I won't be too old for those.

I definitely have to get more competitive at ten kilometers. I have the leg speed. It's just a matter of the right training. Mainly I just want to keep at it and have fun at the same time.

**CTRN:** How do you rate your chances for making the 1988 U.S. Olympic team in the marathon? Benoit-Samuels is a shoo-in if she's healthy. Besides yourself, there are a few other women competing for the remaining spots.

**Ditz:** Yes, Joanie (Benoit) would have to tie her shoelaces together in order not to make the team. Other American women: There are a number of them in the 2:30 to 2:35 range right now. Julie Isphording, Lisa Larsen-Weidenbach, and Katy Schilly-Laetsch are a few.

political—who you know, who your coach knows.

In the marathon, there are so many variables. The particular course has an effect, as does the weather. So, I think it's best that everyone goes out on the same day and competes under the same conditions. Sure, you can have a bad day. You can also have a great day. I can live with that.

**CTRN:** In the 1984 marathon trials you didn't have a very good day, did you?

**Ditz:** Well, it was a little of both. I had a really bad first half. I had leg cramps at a half mile. At eight miles I thought seriously about dropping out. But I couldn't let my friends and family down who had come to watch. At halfway I was in 45th place.

Then I came back in the second half and ended up with a seventh place. Ninety seconds out of third and within ten or fifteen of fifth and sixth. I was closing on a lot of people at the finish.

**CTRN:** Do you believe that there is a limit to the number of marathons that you can run well? Each one takes so much out of you . . . especially the constant hard training.

**Ditz:** I don't know if there's a limit. Look at Joan Benoit. She's run a whole lot of good marathons. So has Grete Waitz. I think women tend to recover from marathons faster, in general. That's why female marathoners have been improving so rapidly.

Also, I think a lot of it is mental. Plus adequate rest. Most runners don't rest enough. Everyone should take a real break from running. After the Cal International Marathon last December, I took five weeks off. Hardly any running at all. Sure, I lost some conditioning, but I came back roaring. In March I was able to win the L.A. Marathon because I let myself recover before resuming hard training.

**CTRN:** Mentally, L.A. must have been taxing. You must have been a little disturbed by Sylvia Mosqueda, who ran unofficially—in front for about twenty miles. The situation brought back memories of Rosie Ruiz and Jacqueline Gareau at Boston a few years ago.

**Ditz:** It was upsetting. I knew there was a woman in front of me and she didn't have a number on. But just because you don't have a number doesn't necessarily mean you're not registered.

Races definitely should have a way of handling these situations. Sylvia really didn't realize the impact of running unofficially out front. She ran past a zillion TAC officials along the way who should have told her something. Probably nobody prompted them what to do in this particular instance.

Sylvia Mosqueda is a tremendously talented runner and a very nice person. But she has little experience as a road racer. The people with the experience—the officials—must take the initiative in these situations.

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***"I think the runner has an obligation to do some promotion for the race. Be personable, be available to the press, work for the race."***

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Also, I do a lot of volunteer work at Stanford. Fund raising for women's athletics—that sort of thing.

**CTRN:** Actually, you got a relatively late start in running, didn't you? You didn't start running until you were twenty-six.

**Ditz:** Yes, although I've always been active. In high school I was a good springboard diver, not a great one. I rode horses. I tended toward what I call the "grace and coordination" sports. Not hand-eye coordination, however, because I have

By 1988 I hope that Benoit-Samuels and I will be favored for the top two spots, with the third spot up for grabs. That's why I want to go under 2:30 this year. That will be a hedge, I hope, on the others.

**CTRN:** Yes, but qualifying for the team is based on a single performance—how an athlete performs that day at the trials. Do you feel that this method is fair?

**Ditz:** It's the best way. The American way. It's a whole lot better than in some other countries where the selection process is

*continued on next page . . .*

## DITZ...

**CTRN:** Who has influenced you the most in your running?

**Ditz:** My husband, Bruce. All along, he's given me the most support and encouraged me to take myself seriously. All along he's said, "If you're going to run, do it well. Quit your job, get the best coaching, get the best training."

Bruce is a really good athlete and he understands competitive athletics. He sees the big picture and is able to put my goals



in perspective--see what's right for today's workout.

There have been other important people along the way. Gary Goettlemann coached me for four years from my earliest days as a runner through my selection to my first National Team. Also, Brooks Johnson (Stanford's Track and Field coach--Editor), plus the women runners at Stanford who I ran with even though I wasn't on the team. Kim Schnurpfeil, Ceci Hopp. they all took me seriously, even when I was starting out. But my husband Bruce is really the mainstay.

**CTRN:** So you've known Bruce before you blossomed as a runner. Now, you're often in the limelight. You travel a lot. Does that put a burden on your marriage?

**Ditz:** Not at all. Bruce loves the fact that I'm in the limelight. He gets more of a kick out of the attention than I do. He very seldom travels to races, though. Just the big ones. He has a real job you know--a law practice. Also, he doesn't like to travel just for the sake of it, like I do. But most of the time it's pretty boring. You go to races and talk about running. It's not like vacation travel.

Actually, I've made very few changes in my life due to recognition. It's not a burden at all. I love to give autographs. I'm really an old ham at heart. I think I'd enjoy being famous.

**CTRN:** Unlike someone like Grete Waitz, who doesn't care that much for the attention. Have you ever met Grete?

**Ditz:** Yes. I really like Grete and her husband, Jack. Although I think Grete is a little misunderstood. Yes, she's serious. But she has her light moments which people don't often get to see. I wish they could.

**CTRN:** And Jack certainly is central in Grete's life. In fact many top female runners have important family lives. The loneliness of the long distance runner doesn't really apply, does it?

**Ditz:** No, I don't think runners are more solitary than other people. In fact, our sport is really perfect for groups of people. Personally, I hate running alone. About half of my training is with other people. Especially my long runs. I find that a two hour run alone with myself can be really boring.

I have one long-time training partner, Rod Christiansen, who I've been training with for years. We're like brother and sister.

**CTRN:** Let's turn to economics briefly. How does it affect your running? Basically, you're a professional...

**Ditz:** Economics definitely is a factor in my choice of races. Although I don't need to race to support myself, and I don't. For me, prize money is a bonus, because I'd be running anyway, even without the money.

I'm glad I don't have to earn my living from running. If I did, it would be hard not to run, say, seven marathons a year. It's a temptation.

I do try to make wise decisions in my choice of races. That's why I ran L.A. instead of Boston. I thought the exposure in winning L.A. was a lot more valuable for my long-term career than placing third at Boston.

And while we're on the subject--for me it's very important to be professional about what I do. I mean, some runners are invited to races solely because of their running ability. That's fine. But if you're paid an appearance fee, I think the runner has an obligation to do some promotion for the race. Be personable, be available to the press, work for the race. You can call us amateurs or professionals, but really we're professionals and we should act as such.

**CTRN:** With the exception of Bay to Breakers, where anything goes... (jokingly)

**Ditz:** Oh, that was a blast. However, I didn't dog it. I went to the press conference at Bay to Breakers. I ran hard. I raced it. I just decided to do something a little crazier than usual. (Nancy dressed in costume--Editor). And the spectators loved it. I received more response from that than when I won the race.

I'd been sick for three weeks before Bay to Breakers and hadn't recorded any mileage in my log. I ran the best I could. It was only 40 or 50 seconds slower than my time last year.

**CTRN:** Yes, I think that's to your credit. Most runners realize that there are ups and downs. However, for the last several years American marathoners have fallen off the pace in the world rankings. It's more than a touch of the flu.

**Ditz:** Yes, they have fallen off. Americans have a lot of race opportunities here. There's a tendency to overrace. Also, the college racing scene here debilitates a lot of great runners. There's quite a bit of pressure in collegiate running to perform.

Right now, a lot of our best runners aren't running marathons--Mark Nenow, Bickford, Eyestone. They're young runners who haven't moved up yet. And our older stars from back in '81 and '82 are either burnt out, or they've been injured. For American runners, I just think we're in a lull. Also, we're in-between Olympics. Let's wait and see what happens in 1988.

**CTRN:** As for yourself--you've been very consistent. You've rarely been injured, which is a definite advantage.

**Ditz:** I did have stress fractures in '84. A little sore knee problem this spring, and I was sick. Other than that, I've been lucky. Yes, it's an advantage.

Instead of getting injured, I tend to get sick. And it's usually not from overdoing the running--but overdoing my other involvements. Getting sick is better than getting injured. When you're injured, you find other kinds of training. When you're sick, you can't. So you give your overextended body a chance to recuperate.

**CTRN:** What's your training program like now?

**Ditz:** Well, I'm building up again after being sick. Rod (Dixon) has me doing a few more things. Basically, I run. As far as supplemental training, I like to bike but haven't been doing any because of my knee. I don't care for swimming much. However, I have been doing some stretching and weight lifting. Basically, I'm lazy. Doing anything but running is like pulling teeth.

**CTRN:** Do you follow any special diet?

**Ditz:** Nope. Although I take extra vitamins and minerals. They've been after me about my eating--Bruce and Rod.

**CTRN:** What makes you want to stay here and train? Have you ever thought of moving to a running haven such as Eugene, Boulder, or Boston?

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**"It doesn't matter what a young runner does in the teens. What you do in your twenties is more important."**

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**Ditz:** The Bay Area is a running haven. I wouldn't want to live anywhere else. We have great weather, trails, tracks. The reason more elite runners don't live here is that it's too expensive. A few gifted runners I know would like to.

**CTRN:** Although you're a road racer, I'm sure you get out on the track for some of your training.

**Ditz:** I love the track. I really look forward to a real hard track session. I've even thought a little about racing on it. If I can get a bit faster, I'd like to try the 5,000 meters on the track. Even the mile or the 1,500 meters. Not the 3,000 though. That's awfully painful. It hurts as much as the mile, only it's twice as long.

**CTRN:** Is there any special training advice that you'd give to young, aspiring runners?

## DITZ...

**Ditz:** Yes, don't jump into the longer distances too fast. Just try and get a good base without a lot of mileage. Don't race too much, and stay healthy. It doesn't matter what a young runner does in the teens. What you do in your twenties is more important.

For potential runners who are looking for general fitness: It's painful at first. I actually cried on some of my first runs. You just need to make it a habit and things will get easier. It takes a conscious effort. I think it takes six weeks to form the habit. Run and walk at least three or four times a week for six weeks. You'll feel and look so much better by then that you won't want to stop doing it.

**CTRN:** Do you find it particularly difficult to be a female distance runner?

**Ditz:** Well, I think a lot of women—I certainly do—have this super-woman complex. Trying to do it all. Although, thank goodness, I don't feel like I need to have children right now. I couldn't cope with that extra responsibility.

Also, I have to make a special effort not to let other people dictate my priorities. Although it's not true for me, some women are pressured into believing their primary role is to be supportive of their husband.

I think it's hard for a lot of people to understand that my husband Bruce can be proud of me for my accomplishments. There are a lot of people who worry about Bruce being left out. That's the hardest part. Because he really is part of the team.

**CTRN:** Yes I can see that female athletes are still struggling with stereotyped roles. It really makes you appreciate the female pioneer runners like Roberta Gibb. (Roberta Gibb was the first female to run the Boston Marathon, although unofficially. She was officially recognized at this year's Boston-Editor) Do you think there are any new frontiers left for women runners? Or is the main challenge to improve upon settled territory?

**Ditz:** I really haven't thought about it. There's definitely not the same groundbreaking involved.

**CTRN:** As recently as fifteen years ago, women hadn't yet broken three hours in the marathon. Now they're near sub-2:20.

**Ditz:** I didn't think we'd be so close to 2:20 so quickly. When Joannie (Benoit) ran 2:22 at Boston in 1982, I thought that record would stand for awhile... Now, I think we'll be 2:18.

Of course, I don't know what it's like to be thinking about a world record. But if you ask any female top runner, they'll agree that it's more important to hold an Olympic Gold Medal than a world record—with the possible exception of being the first woman to go under 2:20. That's a big milestone. Joanie and Ingrid Kristiansen are driven by it.

**CTRN:** Records aside, who in your opinion is the number one woman marathoner today?

**Ditz:** Clearly Joan Benoit-Samuelson. She comes through in the clutch. I don't think there's anyone mentally tougher. She's beaten Ingrid the two times they've met in

marathons. That's where it counts.

I'd like to see another matchup between Joanie and Grete Waitz, though. Because I think Grete is mentally tougher than Ingrid.

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**"...Running changed my whole attitude about myself. It's given me confidence. Right now, there's nothing that I can't do."**

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**CTRN:** Who would be your top three picks for a female runners' hall of fame?

**Ditz:** Benoit, Benoit, Benoit. Obviously, she's my big hero.

Actually, based on performance, I'd say Benoit, Decker-Slaney and Waitz. And Ingrid would have to be in there too. To hold world records at 5K, 10K and the marathon all at once is quite an accomplishment.

**CTRN:** Changing the subject a bit—I was thinking about those extra effort awards that you give to kids on your TV spot. That puts you in the position of role model. It's important for gifted athletes to set a good example, especially with drug usage in sports coming out in the open.

**Ditz:** Definitely. Using drugs isn't the kind of example you want to be giving to kids. That's why mandatory testing in major running events is good—provided the tests are accurate.

However, those "lifetime bans" for getting caught should be longer than eighteen months. Look at Martti Vainio. Perhaps being banned for life is a little extreme, but let's at least make the penalty significant. Four years would be right in a perfect world.

(Four years is the time-span between Olympic Games. Martti Vainio, a Finnish Olympic 10,000 meter runner, had a silver

medal removed and received a lifetime suspension for drug usage discovered in tests at the 1984 Games. Vainio is officially running in international competition again-Editor).

**CTRN:** What's the best thing that running has done for your life?

**Ditz:** Of course, the travel and the friendships are valuable. But the main thing is that running changed my whole attitude about myself. It's given me confidence. Right now, there's nothing that I can't do.

My running has really caused me to go after higher dreams. I never was willing to risk things before. But athletic competition forces you to take risks to achieve a goal. And that's a difficult thing to say: "The risk is worth it. The chances for failure are significant, but I'm going for it." You need to make that commitment to yourself. Regardless of the outcome. Because the process of achieving is the important part. That's what builds self-confidence.

**CTRN:** One last question. Have you thought about what you'll do after you stop competing?

**Ditz:** I don't know exactly when that will be. I'd like to have kids. I've thought about coaching. I'll keep running as long as I enjoy it.

*Nancy Ditz will be competing in the Twin Cities Marathon this month. In a recent conversation with her she confessed to being very fit, (probably the best shape ever), and running very well. By the time you've read this, you'll probably know how she did at Twin Cities.*

*Mark Winitz has been a frequent writer and Bay Area Editor for Running Scene Magazine. In a recent conversation with him he confessed to being a running junkie (in pretty decent shape), and finally getting fairly perky again after his third Boston Marathon last April.*

## ABC's of TRAVEL PRESENTS Marathon Runner's Tour of New Zealand

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**Tour Dates:** November 9-30, 1986.

**Tour Cost:** Two and three week packages available. Prices \$1500 and \$2100 (subject to confirmation).

First week's accommodation in NZ is free. Tour group stays with New Zealand runners in their own homes. Normal price for a tour of this length would be \$3100!! Exchange rate now U.S. \$100 = N.Z. \$175!!

Runner's spouses, friends and supporters welcome. A good time was had by all on last year's trip!! Tour led by Roy Stevenson, Seattle's resident New Zealand running coach.

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By KEITH CONNING

**State Cross Country Coaches Meeting**  
**Cerritos, June 7-**The following proposals were voted on by the fifty or more coaches in attendance and were approved overwhelmingly.

I. Date-(State Cross Country) contest to be held on the Saturday in connection with the Thanksgiving weekend.

II. Divisions-Qualifying entrants to be divided into three divisions, large (1600 plus), medium (900-1600), and small (under 900).

III. Qualification-Representation to be decided by whatever process that is found to be appropriate by each of the individual sections. Most sections will use one of the three following formulas for this solution, depending on the actual size of that section:

1. Head to head competition
2. Total team time at the sectional meet
3. Committee selection
- IV. Number of sectional entrants (per division):

Section	# of schools	Present	Nor-Cal	Proposed
Cent. Coast	112	3		2
Northern	67	2		2
North Coast	144	3		2
Oakland	6	1		1
Sac-Joaquin	131	3		2
San Fran.	13	1		1
Central	70	3		2
Los Angeles	49	0		2
San Diego	72	0		2
Southern	474	0		4

Coaches suggest individual entries include the top five individual finishers in each division from each section. Individuals will be deleted from team scoring.

V. Venue-Permanent site-Woodward Park, Fresno. The Fresno site is the most central in access to the entire state.

VI. Entry Fee-None. All costs to be paid for by sponsor, not including team travel and transportation.

VII. Distance-3 miles or 5,000 meters.

VIII. That a committee of coaches, at least one from each section, be selected to stand as an advisory committee to this sport.

**Eric Mastalir**

**Athens, Greece, July 19-**Eric Mastalir (Jesuit, Carmichael) set a new California high school record in the 5,000 meters of 14:01.40. The old record of 14:08.4 was set by Terry Williams (Lompoc) in 1973.

Eric became the sixth fastest performer in United States high school history. The top five are as follows: 13:44.0 Garry Lindgren (Rogers, Spokane, WA) at Compton on June 5, 1964; 13:52.8 Steve Prefontaine (Marshfield, Coos Bay, OR) 1969; 13:55.65 John Zishka (Lancaster, OH) 1980; 13:58.2 Craig Virgin (Lebanon, IL) 1973; and 14:00.2 Rick Riley (Ferris, Spokane, WA) 1966.

It is the fastest high school 5,000 in six years.

**Men's Results**

(All athletes born 1967 or later)

**400:** (7/18) 8. Chip Rish 47.50.  
**5000:** (7/19) 9. Eric Mastalir (Jesuit HS, Carmichael) 14:01.40 (6, 7HS) (new California high school record, old record 14:08.4 Terry Williams, Lompoc HS, 1973).

**4x100:** (7/20) DQ--United States (Michael Marsh, Derrick Florence, William Reed, Stanley Kerr) 39.81. **Heats:** (7/19) II-1. United States 39.53 (9, x WJ).  
**4x400:** (7/20) 1. United States 3:01.90 WJR, AJR (old records 3:02.46 United States 1983, Clifton Campbell 46.0, Chip Rish 45.5, Percy Waddle 45.8, William Reed 44.52).

**Women's Results**

(All athletes born 1968 or later)  
**400:** (7/18) 4. Janeene Vickers (Pomona HS) 52.25 (10, x AJ) (7 CA HS).  
**10,000:** (7/18) 12. Lisa Rizzo (Hart HS, Newhall) 38:38.1.

**5K Walk:** (7/20) 17. Kerry Bratton (Woodside Striders) 25:23.02, 23. Sybil Perez (Los Angeles) 26:58.13.

**4x400:** (7/20) 1. United States 3:30.45 AJR (old AJR 3:34.68 National Junior Team 1982) (3 WJ: 2nd-fastest country) (Gisele Harris 53.2, Kandice Pritchett 53.2, Tasha Downing 52.2, Janeene Vickers 51.9).

**Shot Put:** (7/17) 11. Brandi Gail (Rowland HS, Rowland Heights) 44-5 1/4.

**Pan-American Jr. Championships**

July 4-8. Winter Park, Florida.

**Men's Results**

**100m:** (+1.9 mps) 2. Michael Marsh (Santa Monica TC) 10.23.

**400m:** 4. Chip Rish (Pollitabs TC) 47.04.  
**400m Hurdles:** 3. Michael Graham (Santa Monica TC) 51.99.

**4x100:** 1. USA 39.76 (Michael Marsh, Derrick Florence, William Reed, Stanley Kerr).

**4x400:** 2. USA 3:05.44 (8 WJ; 5 AJ) (Clois Carter, Chip Rish, Percy Waddle, Clifton Campbell).

**Triple Jump:** 7. James Williams (Fresno St) 50-5 1/2 w (49-6 1/2).

**Decathlon:** 2. Collins (Los Gatos) 6213.

**Women's Results**

**400m:** 2. Janeene Vickers (SoCal Cheetahs) 52.66.

**4x400:** 1. USA 3:35.81 (3 AJ) (Gisele Harris 54.1, Kandice Pritchett 54.5, Tasha Downing 54.3, Janeene Vickers 53.0).

**Shot Put:** 1. Brandi Gail (Rowland HS, Rowland Heights) 46-3 1/4.

**Discus:** 2. Tracy Crawford (Southwest HS, San Diego) 157.9.

**Morro Bay Invitational**

**Morro Bay, Sept. 6-**1. Kevin Ochs, MCP, 17:27, 2. Brent Kimple, C, 17:40, 3. Scott Hempel, Wal, 17:47, 4. A. Huizar, Ont., 17:48, 5. D. Walker, Wal., 18:02.

**Top Men's Teams:** 1. Walnut High, 22, 2. Nordoff High, 73, 3. Morro Bay High, 80, 4. Santa Maria High, 105, 5. San Luis Obispo High, 110.

**Girls' Varsity:** 1. Jamie Gunn, Wal, 21:21, 2. Lisa Vandenburg, Wal, 21:29, 3. Ashley, MB, 21:34, 4. Sandy Acosta, Wal, 21:52, 5. Nona Harkins, SLO, 22:14.

**Top Women's Teams:** 1. Morro Bay High, 39, 2. Walnut High, 42, 3. San Luis Obispo High, 86, 4. Nordoff High, 84, 5. Taft High, 91.

## 1986 Southern Section X-C Preview

By DOUG SPECK

As the summer ends the most competitive area of the nation in prep athletics, the 476 member Southern Section of California prepares for another Fall Cross Country season. With its usual number of outstanding individuals and teams the '86 season should be another good one.

No one area of the nation has three returnees from the Kinney National Cross Country Championships as the Southern Section does in its Women's division. Melissa Sutton (Newbury Park), Tracey Williams (Mountain View, El Monte), and Christy Farrell (Thousand Oaks) were qualifiers last year for the National Finals as they competed unattached after their scholastic season ended. Sutton is a terror over hill and dale, placing 5th in the Kinney National Meet (third junior in entire nation), and having a best time of 17:32 on the hilly Mt. San Antonio College Cross Country course where Southern Section end of season action is held. Her 17:32 is the #6 time ever on the course and Melissa would have a shot at Kirsten O'Hara's 17:16 Course Record with continued improvement. The Newbury flash is a hard-worker, but relaxed enough to play for the school basketball team last winter between CC and Track. Melissa recorded a 10:29.96 3200m best during track in handling the State's best in the mid-season Arcadia Invitational. Tracey Williams (Mt. View, El Monte), still a junior, is a two time Kinney National finalist with a very realistic chance of being a four-time participant in that competition. Tracey is young, her 6/15/71 birthdate will have her graduating as a 16-year-old, her 17:37 Mt. SAC best is #7 All-Time, and she has a 10:24.70 3200m best from track. Farrell is a Maramonte League mate of Sutton, has a fine 18:02 (#19 All-Time) Mt. SAC best, and 4:58.33m-10:35.27m track bests as she heads into her senior year.

A number of very fine Women's squads grace the Section. The State's best 1985 squad, Palos Verdes, returns four scorers (their first three plus #7) off of their Sectional 4A Champion squad, and a JV team member improved to 2:20.5 for 800m in Track so they will be very tough. Good improvement for PV could have them at the end of the season among the top 3-4 teams in the history of the section since the young ladies started racing three miles (their 1985 95:44 team time best is #9 All-Time on the Mt. SAC course). Thousand Oaks, Newbury Park, and Westlake (Westlake Village) are three teams from Ventura County's Maramonte League, and they along with Buena (Ventura), will be tough enough in the 4A division to

push Palos Verdes to the hilt. Susette Basore (Pasadena) is a fine 4A individual, with an 18:11 on the Mt. SAC course and 10:43.87 3200m best. Arroyo Grande and Saugus are outstanding 3A Women's teams. AG is the defending champion, with Saugus having everyone back from a 3rd place squad last year. Heather Scoble (Saugus) was 2nd 3A last year with an 18:14 Mt. SAC best and 4:54.53m-10:44.29m track bests. Hesperia and Walnut should battle for 2A dominance, with Hesperia the defending champion and Walnut having its top 6 back from a good team at the 3A level last year. Declining school enrollment with the opening of Diamond Bar HS dropped Walnut from the 3A Sierra League to the 2A Valle Vista League. Hesperia is led by miler Robbyn Bryant, one of the country's best at 4:49.60 for 1600 meters, while Walnut counters with Sandra Acosta, the 3A winner as a frosh last year at 18:14. Tracey Williams (Mountain View) is the two-time defending champion individually at this level.

A number of outstanding teams and individuals will also grace the Men's division of this Section. Five teams stand a bit ahead of the pack. In the 4A Division Palos Verdes had a very young squad that placed 4th last year, and with Coach Joe Kelly and Rod Flager's ability to bring people around they will be tough to catch in 1986. Richard Erbes (Glendale) is the defending 4A Champion with a 15:20 Mt. SAC best and 9:05.19 3200m on the Track. The 3A Division features an outstanding trio of proven teams in Arroyo (El Monte), La Habra, and Buena Park. Arroyo, under Coach Tim O'Rourke, returns its best squad since the team destroyed the 2A division 3 years back with 30 points in the Section Finals. La Habra and Buena Park are both in the same League, and each returns outstanding and deep squads for the 1986 season. Aaron Mascorro (Rosemead) is an outstanding individual at this level, with a 15:20 Mt. SAC and 9:00.10 3200m on the track, with Raul Serratos (Moreno Valley) 15:32 and 4:11.15 1600m also very tough. Coach Jim Polite of Walnut had the Section's most outstanding ever soph-frosh group in 1985, and amazing soph, Scott Hempel (9:22.90 3200m as frosh), will lead Walnut as they try to add a Men's 2A title to the one within reach of their Women's group. The individual 2A titlist from 1985, Chris Lugo (Valencia, Placentia), at 15:34 at Mt. SAC is back.

continued on next page...

PREP NOTES continued on page 32

## Prep Notes

In the following Divisional previews the Cross-Country times quoted are from the Mt. San Antonio College course, site of the season's largest Invitational meet and the Section Prelim and Final runs. The course is a very challenging three mile with three very tough hill sections. Track times quoted are bests from that spring season with obvious 800 meter, 1600 meter, and 3200 meter marks followed by an "m". 1500 meter and 3000 meter marks are noted as such, and obvious 880, mile, and 2 mile marks are noted with a "y".

### Men's Division

**4A**--A far out scenario could have Palos Verdes the top team in the State in both the Men's and Women's divisions. Last year their women's group was the Golden State's top team, and that group returns basically intact. While the Women were moving on to sectional and statewide glory a very young Men's squad (1 frosh, 4 sophs, and 2 juniors) was 4th in the Southern Section 4A Finals with an excellent 82:03 best team time. Coaches, Joe Kelly and Rod Flager have continued the PV magic started under Bob Latham (now at Bend, Oregon) in getting absolutely the most from this affluent beach community school. Junior Dave Scudmore was 11th 4A '85 at 15:56 and raced a fine 8:44.3 3000m during the spring track season. Blake Bogess, Scylor Piper, Victor Furer, and Ben Cravatt return under 16:38 on the very hilly Mt. SAC course. PV has close to 2 minutes on any other 4A squad when top 5 returnees are added up. Coach Jack Farrell at Thousand Oaks really gets a lot from his runners, and his 6th place '85 group has 5 of 7 returning for '86. Doug Fairman (16:08-1:56.6m) and Dave Helsdon (16:18) lead the Lancers. Villa Park, another year in and year out power under Coach Dave White, was 2nd last year, and has 4 back, led by Aaron Nichman (16:07) and David Longyear (16:18-4:18.7m). Dana Hills was 5th in '85, and the Dolphins return 5 from that team led by Mark Fodor (16:10) and junior Fermin Segura (16:17). DH had four sophs on their '85 Sectional power. Rio Mesa (Oxnard) has been building under Coaches Rick Torres and Brian Fitzgerald, and they will arrive in 1986. The Spartans have 5 of their varsity members returning, led by proven track stars Ed Trotter (16:09-1:56.4m-9:34.2m) and Ramon Perez (16:31-4:19.49m). Huntington Beach was 12th in '85, with John Soto (16:15) and John Gallup (16:36-1:57.2m) heading a solid five off that crew. Buena (Ventura) has 5 of 7 back from its '85 8th place team, led by Jay Fayloga (16:27) and Kevin Allen (16:43). Torrance, moving up to the 4A level with a switch from the Ocean to Bay League, was 2nd at the 3A level last year. Coach Gerald Holland at Torrance does a fine job each year, with Darin Watkins (15:59) and Howard Silverman (16:31) leading a group that will keep Palos Verdes honest in the Bay League. Lakewood was 11th 4A in 1985 and return 5 from that team led by Mark Edwards (16:36) and Brian Pitts (16:39). Newport Harbor has 4 of its '85 varsity back, with junior Jim Geerlings (16:34) and Colin Bode (16:41) top runners.

South Torrance was John Fedoroff (16:01) leading 4 from its 1985 squad. Richard Wheeler (16:30) and Chris Wright (16:39) will lead a good Bishop Amat (La Puente) group, with league-mates Mater Dei (Santa Ana) led by soph Eddie LaVelle (16:36). Edison (Huntington Beach) has a

potentially good fivesome back for 1986. Mission Viejo (3rd 4A '85), led by junior Greg Lamb (16:01-1:56.01m), Crescenta Valley (La Crescenta) (7th '85 4A), led by Mike Conover (16:09), Simi Valley ('85 4A Champs), with Travis Biggs (16:10) on top, Corona Del Mar, with 4:16.98m-1:56.71m junior star Jim Robbins on top, are all teams with solid traditions that could develop. Foothill (Santa Ana), Millikan (Long Beach), and Newbury Park also have potential.

Defending individual 4A Champion, Richard Erbes (Glendale) (15:20-9:05.19m) will be looking for a big senior year. Anthony Valdez (Oxnard) was 16th 4A '85 at 15:49. Haissam Sabra (Ocean View, HB) 4:16.83 for 1600m, Kurt Depfyffer (Laguna Beach) (16:03-4:25.1m), and Serge Trujillo (Santa Ana Valley) (16:16) all showed real potential last Fall. Junior Shannon Winkelman (Marina, Huntington Beach) (9:26.56m) and Anthony Williams (Hueneme, Oxnard) (9:32.41m) both had fine spring track seasons over 3200m.

**3A**--The 3A Division will be a real dogfight with three super squads and a number of others with fine potential. Arroyo (El Monte), La Habra, and Buena Park (the latter duo from the Freeway League) all have the potential to be the best in the Section. Arroyo scored 30 points in the 1983 2A Division Finals, and found itself booted up to the 3A level, where it has placed 3rd for the last two seasons. The 1986 Arroyo group is much stronger than the last two teams, which means real trouble for the opposition. Junior Jeff Giikey (8th 3A '85 15:50-9:40.0y) leads four others who have run under 16:38 at Mt. SAC for Arroyo. Ron Meade had a fine spring track season for Arroyo with a 1:56.91 best over 800m. La Habra was 6th last year with a young squad that will be very tough this go-round. Sam Williams (9th 3A '85 15:46-4:18.93m), Terrence Mahon (15:48), Moses Garcia (16:06), and Steve Myers (16:19) make a top foursome as tough as any in the Section. Buena Park, under Coach Dan Hirsch, is always tough, and will give away nothing to the above two teams. BP was 6th in 1985 3A and returns 5 off that Varsity. Phil Ramirez (15:57), Gabriel Sanchez (16:09), and Marty Baratti (16:20) are a solid up-front trio. The La Habra-Buena Park Freeway League clashes will be a seasonal highlight. Coach Gene Blankenship's Hart (Newhall) squads are always near the top, and their 4th place 3A '85 squad returns a solid group, led by Frank Flores (15:53-9:32.46m). Beverly Hills has built quickly under former Burbank Coach Howard Edelman, with John Mora (15:56-8:48.6 3000m) leading a very strong foursome into 1986. Moreno Valley has 5 back from its varsity squad, led by super Raul Serratos (3rd 3A '85 15:32-4:11.15m). Rosemead was 9th last year, and has an excellent duo leading the 1986 squad in Aaron Mascorro (4th 3A '85 15:20-9:00.10m) and Ramon Perez (15:57). Mountain View (El Monte) was 11th in 1985 and returns 6 off that team. Rafael Castaneda (16:07) and junior Randy Wilson (16:20) will lead MV in 1986. Palm Springs had an all-soph varsity in 1985 with an excellent 85:40 team time at Mt. SAC, led by the 16:25 of Josh Pauley. Upland returns 5 of its varsity runners, and junior David Hesselline (9th 3A '85 15:54) gives Coach Bob Loney's team some real strength up front.

Canyon (Canyon Country) was 8th in '85 3A, and return a good foursome from that squad, led by fine soph Mike Raitary (16:32) and Mike Medina (16:46). Hemet was 10th in '85 3A, with Tim Walsh (16:31) and Nick Prestwich (16:37) leading four returning from that 7 for this season. Rubidoux (Riverside) has 5 of its Varsity back, led by super soph Marco Ocegura

(4:30m and 16:10). Bell Gardens has a good squad returning, led by Eddie Flores (16:46). Warren (Downey) had the first three on its 1985 Varsity frosh athletes, with Oscar Salamone (16:50 as 9th grader) leading what can be a strong 1986 squad.

There are some other very strong individuals in the 3A division. Javier Primera (Burrroughs, Burbank) was 15th 3A '85 at 15:48 and had a 4:19.20m spring best. Nich Lugo (Schurr, Montebello) has run 16:15 and 1:56.4m.

**2A**--Some very fine teams grace this division. Walnut High, under Coach Jim Polite, has a very good chance of sweeping both the Men's and Women's titles at this level. A school that was split up when Diamond Bar HS opened, Walnut was halved in enrollment and dropped in 1986 to the 2A Valle Vista League from the 3A Sierra League. Walnut had an extraordinary young group of soph-frosh runners who placed 7th in '85 at the 3A level and totalled an amazing 82:11 for their best times added up at Mt. SAC (easily the best in the Section's history for athletes of those grades). The Walnut group returns with over a minute and a half on any other 2A team, and with the improvement that would be expected from athletes so young, should take the title should they be able to stay healthy. Amazing sophomores Scott (15:56-9:22.90m) and Matt (16:12) Hempel lead Walnut. A number of other teams appear ready to immediately step in should Walnut falter. Valencia (Placentia) was the runner-up in this division last year, and Coach Mike Cummins welcomes back a solid five from that group, led by individual division champion Chris Lugo (15:34 1st 2A-9:29.8m). Covina was 7th in 1985 and returns its top 6, led by juniors Kevin Berko (16:44-4:24.7m) and Tim Kearns (16:46). Alemamy (Mission Hills) was 6th last year, and also returns all but one from its 1985 Varsity, led by Jose Haro (16:17 11th 2A) and Greg Jones (16:30). Atascadero, last year's 1A team Champion and a part of the Los Padres League move up to 2A will also be very tough here. A very solid trio, and 5 overall return from the championship squad, led by Sam Richards (16:24), Mark Alexander (16:45), and Matt Huckaby (16:46). Laguna Hills is now a part of the 2A Pacific Coast League, and the former 4A school will be very tough at this level. Five of the top 7 for LH return, with Eric Schrader (16:53) leading a trio at around 17:00 at Mt. SAC. Lompoc, 4th in 1985, has 4 back from that team, led by Tom Campbell (15:36 2nd 2A-4:21.23m). Cabrillo (Lompoc) was 4th 1A in 1985 with a varsity made up of 5 sophomores. Dan McGahey (12th 1A 16:46) and four others within a minute will be a fine 2A group in 1986. Indio was 10th last year at the 2A level, and junior Alex Navidad (16:44) leads a good group of 5 from that squad. Magnolia (Anaheim), 8th last year, has 5 back this season, with four within 34 seconds of Carlos Morani (17:05) on Mt. SAC course. Arroyo Grande, 5th in 1985, has a solid trio back to lead the 1986 squad, led by Pat Reed (16:39) and Eric Sanders (16:51). Coachella Valley, 9th last year 2A has 5 back from that team, with Ramero Ruiz (16:26) the team leader.

Agoura will be led by a super duo up-front. Matthew Thomson (8:44.2 3000m) and amazing frosh Bryan Daneworth, who recorded an 8:49.0 for 3000m last summer as an eighth grader (worth about 9:30 for two miles), will lead what could develop into a fine team for Coach Bill Duley. Ontario had Meleico (16:52) and soph brother, Armando (16:57), Huizar leading a respectable foursome from its 1985 Varsity who are returning. Anaheim returns 4 of its top 6, led by Rod Marsh (17:13). Elsinore (Lake Elsinore) has 4 back from a

good 1985 team. Trabuco Hills, a new school nestled in the athletically potent Mission Viejo-El Toro area, was 10th in the 1A division last year, and with its first senior class could be a 2A threat. Nordhoff, 3rd last year as a team, has Tom Woolf (16:37) and Mario Molina (17:11) leading a trio that returns from that group. Santiago (Garden Grove), 11th in 1985 has 3 returning, led by Peter Avila (16:22).

Individually, John Docker (Morro Bay) was 7th 1A in 1985 with a 16:32 best, then improved to 4:21.73m in track.

**1A**--The booting up to the 2A level of the Los Padres League will probably leave Sherman Indian (Riverside) alone to wrack havoc on this division for at least the next couple of years. Atascadero peaked nicely in 1985 to nip SI for the title, but it appears in 1986 there will be no one around to really press Sherman depth-wise, as the Indians return a team through four runners that is at least a minute faster than anyone else. With as rich a sports tradition as any school in the nation, the Sherman team has a solid foursome back from its '85 squad, led by Lucion Koinva (16:13 3rd 1A) and Coach Ken Taylor will develop whatever else is necessary. Fillmore was 8th in 1985, and the Flashes return their top 5 from that team, headed by Ray Viamontes (16:56). Azusa has a respectable 5 back from its 1985 varsity, with 4 of those frosh or soph athletes last Fall-Lili Arizmendi improved to 4:25.86m in the spring during track. Cathedral was 3rd last year, and returns a fine duo on top in John Trefecanty (1st 1A 15:48-9:30.32m) and George Reyes (16:39). Webb (Claremont), 9th in 1985, has 6 back from that group, led by David Louis (17:35). Maranatha (Sierra Madre) was 5th in 1985, and despite losing four seniors Coach Ken Cronquist returns a good trio, led by junior David Wester (17:21). Paraclete (Lancaster) returns all but one of its 12th place 1985 group, with junior Justin Christensen (17:48) the quickest back. Carpinteria was 11th last season, and will be led by individual runner-up Bret Kimple (16:00-9:27.58m). Sierra Vista (Baldwin Park) returns 5 from its '85 Varsity, led by fine junior Mario Varela (8th 1A '85 16:32). Bell-Jeff (Burbank) was 8th 1A last Fall and Coach Jim Couch returns five with Sectional experience. Steve Peppard (17:25) will lead B-J. Gladstone (Covina) has 4 back from its 6th place group, led by Victor Hernandez (16:43).

Sophomore Kevin Ochs (Mission College Prep, San Luis Obispo) was Sectional finalist with an excellent 16:34 and 9th place 1A frosh best.

### Women's Division

**4A**--Palos Verdes, under Coaches Rod Flager and Joe Kelly peaked superbly last year to pull a bit of an upset in winning this division. This year PV returns 4 of the 7 from that team and should end the year as the top Prep female team in the state of California. Traci Goodrich (18:56-11:05.77m-8th 4A), Tracy Leichter (18:57-5:04.8 1500m-9th 4A), Ashley Black (19:11-11:01.10m-16th 4A), and 2:20.5 800m star Andrea Black headline a very potent group. There are enough teams pressing PV to force them to be honest in their efforts. Thousand Oaks, 4th ranked statewide in 1985 returns a super group. Christy Farrell, a Kinney National Finalist last year, 3rd 4A at 16:12 and

continued on next page...

## Prep Notes

Fine Flicks by Don Gosney



**Melissa Sutton**

4:58.33m-10:35.27m Track credentials leads a good team. Jena Haggemiller (7th 4A-11:15.63m), Mandy Kosaris (19:10), and Angie Lovell (19:19.5:22.3y) give the Lancers real power. TO's Maramonte League rivals Newbury Park and Westlake (Westlake Village) are also very tough. Newbury is led by Melissa Sutton, the Western U.S.'s top returning Kinney placer at 5th in the National Meet (and the 3rd returnee in the entire nation). Sutton is the defending Section 4A Champion at 17:32 (#6 All-Time Mt. SAC) and has 10:29.58m track credentials. Amy (14th 4A 19:06-2:17.7m) and Lara (23rd 4A 19:28) Nesbitt will back up Sutton nicely. Westlake (WV) was 5th 4A last year, and return 7 of the top 8 off that group. Jennifer Feller (11th 4A-19:01-5:12.81m) and Jaime Butler (19:24) lead a fivesome for Westlake that have all clocked under 20:00 on the difficult Mt. SAC course. Another Ventura County school that returns a powerful squad is Buena of Ventura. Sixth last year, Coach Steve Blum's Buena squad is led by Michelle Lewis (6th 4A 18:29-4:57.67m) and Mary Dietz (19:06). Coach Mike Sayward's Canyon (Anaheim) group was 7th last year and returns 6 of the top 7 from that team. Shelly Everett (19:53) and Erin Case (20:08) lead a squad that should pack nicely. Mission Viejo returns everyone from its 1985 Varsity, led by Elizabeth Kubis (19:18) and Dawn Africano (19:24) up front. It is hoped that super 800m star Kathy Grayson, a 2:10.97m performer in her first season of running last spring, will give the fall harrier sport a try for MV. Riverside Poly has some real power up front, with Kat Prince (18:57-11:15.78m) and Bridget Freyne (10th 4A 18:59-11:27.27m) and two others off a squad that was 10th 4A in 1985. Fountain Valley, 11th in 1985, lost only one runner from that group, and should be led by juniors Tonya Petrina (19:20) and Nicole Mills (19:44). Hawthorne, with Track Coach Kye Courtney taking over the Fall Women's Cross Country group, will be a strong squad, led by Christina Ross

(19:34-5:05.0 1500m). Edison (Huntington Beach) and Newport Harbor (the state's #5 ranked 1985 squad) have great recent traditions and have always shown frightening depth at the lower levels to rate mention with the top group in this division, even though they graduated a majority of their 1985 Varsities. Mitch Nadon (19:37) should lead Edison, while Sandra Ruffini (19:26) and Tiffany Anderson (19:36 11:23.6m) are the top Newport returnees.

Rio Mesa (Oxnard) returns its top 6 from last year, led by Anna Howald (20:18). Dos Pueblos (Goleta) was 8th 4A 1985, and returns five off that team, led by Nancy Terstal (20:08-5:16.8m) and Cindy Terstal (2:20.0m). Dana Hills is potentially a very strong team, with Kirsten Quigley (19:55) and Kelli Lewis (5:07.70m) leaders for DH. Corona Del Mar has all of its Varsity back, with Leslie Cashion (20:17) and Darcy McGrath (2:18.6m) leading a squad capable of a high ranking off continued improvement. Ocean View (Huntington Beach) returns its entire Varsity, with Shannen Karpel (2:16.41m) having a fine spring track season. El Toro has four back from its Varsity, led by Kristin O'Brien (19:52). Rolling Hills (Palos Verdes) returns its entire Varsity, and Santa Ana returns 6 off of a fine 1985 team.

Suzette Basore (Pasadena) raced a fine 18:11 at Mt. SAC last year and improved to 10:43.37m on the track, so she should be ready for a big senior CC season.

**3A--**Arroyo Grande, under Coach Greg DeNike, continued the Northern League dominance in the harrier sport, in whichever division that conference has been placed, with a 3A team win last fall. AG returns 6 of 7 from that championship group, but should be strongly challenged by a Saugus team that was 3rd in 1985, but returns everyone from its Varsity. Sharon Plante (18:36 3rd 3A-5:10.4y) and Barbara Barcelona (19:00 7th 3A-2:18.21m) lead AG, while Saugus counters with Heather Scobie (18:14 2nd 3A-4:54.53m-10:44.29m) and Amy Reiter (18:58 6th 3A 4:50.3 1500m). How well the two squads back up their front duos should decide the 1986 title race. Lompoc will keep league-mate Arroyo Grande honest, as the 1985 4th place 3A squad returns 5, led by Karlie Graham (19:34-2:21.32m) and Maureen Hammons (19:54). Wilson (Hacienda Heights) was 7th in 1985, and has 6 back from that squad, led by Charmis McIntyre (18:47 4th 3A-11:29.35m) and Darlene Flores (19:19 13th 3A). -La Habra, 12th last Fall, has everyone back, led by Sita Jones (19:14 9th 3A). El Rancho (Pico Rivera) is a perennial division power, with Lupe Casillas (10th 3A 19:14-11:07.1m) leading 5 back from a 1985 6th place team. Canyon (Canyon Country) was 10th in 1985, and Lauree Spears (19:33 16th 3A) leads 6 of last year's Varsity that are back.

Mater Dei (Santa Ana) was 8th last go-round, with super soph Laura Doering (19:02 12th 3A-11:15.6m) leading the Orange County parochial power. Esperanza (Anaheim) was 2nd in 1985, and Coach Al Britt has hour athletes back with Sectional experience, led by Jennifer Cook (20:10). Hart (Newhall) finally graduated Lisa Rizzo, with Coach Gene Blankenship having a respectable foursome off an 11th place 1985 squad back to build for this season.

Los Altos (Hacienda Heights) has a good trio, led by Elsa Molina (20:04) returning for 1986. Bishop Montgomery (Torrance) has four back from a good 1985 team. Montebello, led by Rayna Cervantes (19:53-11:07.1m), and El Dorado (Placentia), with talented Beth Rospajja and Julie Cooper, could develop into fine groups. Upland could be very tough if Heather Watson (5:16.30m) and Glenda Smith (2:13.63m) would take the fall sport in a really serious manner.

**2A--**Coach Joe Gomez's Hesperia squad came out of the woodwork last fall to race away with the title here, and while the Scorpions return 6 of the 7 from that championship team, 1986 will be no cakewalk. Hesperia's Robbyn Bryant (18:41-3rd 2A 4:49.60m) really came into her own last spring, and returns as one of the top milers in the entire nation this year. Nicole Houle (18:40-2nd 2A 11:21.89m) gives Gomez a very tough duo on top. The big challenge should come from Walnut, the former Sierra League power dropped down to 2A status with entry into the Valle Vista League. Walnut was 6th at the 3A level last fall, and returns its top 6. Coach Jim Polite has stars Sandra Acosta (18:14 1st 3A-10:26.5 3000m) and Jamie Gunn (19:04 8th 3A-5:08.0m) on top, with all-arounder Lisa Vanderbug (20:07-2:16.40m) leading the rest of the team. The battle for the first spot here should again boil down to how well numbers 3 and the rest back up the very capable first couple of runners for Hesperia and Walnut. Mountain View (El Monte) was 5th 2A last year, and is led by two time defending divisional champion Tracey Williams. Tracey was 23rd in the Kinney National CC Championships, has run 17:37 on the Mt. SAC course (#7 All-Time), and raced a fine 10:24.70m on the track. Sister Lisa (19:21) gives MV up-front strength. The Los Padres League has been dominating the 1A division for a couple of years and has found itself kicked upstairs to the 2A level. The defending 1A team champions, Morro Bay, from that conference, returns enough to do some damage at the 2A level. A tight fivesome returns from that championship team, led by Ashley Orton (20:40) and Stephanie Krouse (20:42). South Hills (Covina) returns 6 of 7 from a 3rd place squad, with Kami Howden (20:22 13th 2A-5:16.16m) leading what will be a strong group. Chino, a perennial finalist, was 7th in 1985, with 6 returning, led by Shelly Vanderveen (20:43). Nordhoff (Ojai) was the divisional runner-up last year, with Tami Dobel (19:48) heading 5 off of that high placing squad. Miraleste (Palos Verdes) has 6 of 7 back from its 11th place team, with Martina Lanchengco (20:24) the top runner. Apple Valley, 9th 2A 1985, has Tonya Irick (20:33) leading 6 who return from that Varsity. Laguna Beach, dropped from 4A status into the new 2A level Pacific Coast League, has potential that could put them right near the top of this division, returning 5 of 7 led by Wendy Peterson (20:13).

Northview (Covina) was 8th in 1985, and return a solid foursome, led by Stacey Sanderson (20:32). South Pasadena (4th in 1985) has four back also, led by soph Jill Turner (20:47). Rosemead returns its entire 1985 Varsity, with Wendy Guerrero (21:25) heading a fivesome within a minute at the finish. Monrovia, 10th in 1985, has five back from that group, led by Jill Cross (21:20). Yucaipa was 12th last Fall, with Bobbi-Jean Hayes (21:20) leading 5 returning from that team. Savanna (Anaheim) has 6 back from its 1985 Varsity, led by fine half-miler, Erika Lovett (20:43-2:20.80m). Cabrillo (Lompoc), 3rd at the 1A level for the Los Padres League, has 4 back from that team, with Karen Zeitman (21:02) the Conquistadore's best. El Monte has Rene Moreno (21:11) leading its top 6 back for 1986. Calexico has Minerva Valdez (21:53) leading a good trio that returns. Atascadero, another fine squad from the Los Padres League, will be led by the duo of Carrie Barber (19:15 3rd 1A) and Nancy McKrell. San Marino, with the super twosome of Diane Pettit (2:15-2:5:12.85m) and Diane Pettit (5:11.69m-11:06.47m) could be really tough with some backup help.

A number of fine individuals grace this division. Jennifer Rigney (Cajon, San Bernardino) was 5th 2A 1985 with an 18:44 best, Andrea Dellamonica (Calabasas) (19:34-2:13.31m), Evelyn Martino (St.

Joseph, Santa Maria) (19:08 2nd 1A 85-11:06.75m), Kirsten Harkins (La Quinta, Garden Grove) (20:22-2:15.53m), and Sherri Taylor (Palo Verde, Blythe) could all place high individually.

**1A--**Freed from the dominance of the Los Padres League with its move to the 2A division, this 1A Women's level should feature glory from a new cast in 1986. Maranatha (Sierra Madre) would appear to be the big favorite to win its first ever Sectional title. Coach Ken Cronquist peaked the Minutemen nicely for a 2nd place teamwise in 1985, and with a solid foursome back from that group, moving into the number one spot should not be too difficult. Miriam Cordero (20:37), Shannon Cation (20:54), and Monica Smith (21:27) should lead Maranatha to glory. Alemany (Mission Hills) was dropped down to the 1A level from 2A along with its San Fernando Valley League. Siobhain O'Reilly (12th 2A 20:13) leads the entire Alemany varsity that returns from 1985. Azusa, led by Roberta Moronez (18:55 5th 1A) and Gia Crimi (20:13), was 6th last year and should move higher in 1986. 29 Palms was 4th in 1985, and Kiela Snider (20:26) leads 4 that return from that Varsity. Bishop placed 8th in 1985 and with 5 back, led by Jan Christensen (21:34), Coach Dick Arnold's Broncos should move up higher. Paraclete (Lancaster) returns 4 from a 5th place squad last year, with Yvonne Brunet (22:13) the top Spirits' runner. Whittier Christian was 11th in 1985, with Junior Sharise Rivera (12th 1A 20:40), heading 4 back off that team. Aquinas (San Bernardino) returns its top 5, led by Margo Chavez (22:43). Moorpark has its entire Varsity back, led by Lori and Jenny Sholliff and Pam Beaver. St. Bernard (Playa Del Rey) has its top 4 back, with Brenna Talamantes (21:25) leading the team. San Dimas has its entire Varsity back, led by 16th place 1A individual placer Kristin Peters (20:13).

Divisional powers San Gabriel Mission (10th 1A 85) and Sherman Indian (River-side) (7th 1A 85) should round up enough to be competitive by season's end. Bell-Jeff (Burbank), a part of the usually tough San Fernando Valley League and its drop from 2A status, should have a good squad led by Patti Cutler. Flintridge Prep (La Canada) returns its entire Varsity, led by Laura Pearson (20:34).

photo by Maurice Wilson



**Michelle Lewis**

continued on next page...

# Prep Notes

## Pre-Season Southern Section Top Ten X-C Rankings By DOUG SPECK

### 4A Women

- 1 Palos Verdes
- 2 Thousand Oaks
- 3 Newbury Park
- 4 Westlake (WV)
- 5 Buena (Ventura)
- 6 Canyon (Anaheim)
- 7 Riverside Poly
- 8 Mission Viejo
- 9 Fountain Valley
- 10 Hawthorne

### 3A Women

- 1 Arroyo Grande
- 2 Saugus
- 3 Lompoc
- 4 Wilson (HH)
- 5 La Habra
- 6 El Rancho (Pico Rivera)
- 7 Canyon (Canyon Country)
- 8 Mater Dei (Santa Ana)
- 9 Esperanza (Anaheim)
- 10 Hart (Newhall)

### 2A Women

- 1 Hesperia
- 2 Walnut
- 3 Mountain View (El Monte)
- 4 Morio Bay
- 5 South Hills (Covina)
- 6 Chino
- 7 Nordhoff (Ojai)
- 8 Miraleste (Palos Verdes)
- 9 Apple Valley
- 10 Laguna Beach

### 1A Women

- 1 Maranatha (Sierra Madre)
- 2 Alemany (Mission Hills)
- 3 Azusa
- 4 29 Palms
- 5 Bishop
- 6 Paraclete (Lancaster)
- 7 Whittier Christian
- 8 Moorpark
- 9 Aquinas (San Bernardino)
- 10 St. Bernard (Playa Del Rey)

### Overall Women's Top 10

- 1 Palos Verdes
- 2 Thousand Oaks
- 3 Newbury Park
- 4 Westlake (Westlake Village)
- 5 Buena (Ventura)
- 6 Arroyo Grande
- 7 Hesperia
- 8 Walnut
- 9 Saugus
- 10 Lompoc

### 4A Men

- 1 Palos Verdes
- 2 Thousand Oaks
- 3 Villa Park
- 4 Dana Hills
- 5 Rio Mesa (Oxnard)
- 6 Huntington Beach
- 7 Buena (Ventura)
- 8 Torrance
- 9 Lakewood
- 10 Newport Harbor

### 3A Men

- 1 Arroyo (El Monte)
- 2 La Habra
- 3 Buena Park
- 4 Hart (Newhall)
- 5 Beverly Hills
- 6 Moreno Valley
- 7 Rosemead
- 8 Mountain View (El Monte)
- 9 Palm Springs
- 10 Upland

### 2A Men

- 1 Walnut
- 2 Valencia (Placentia)
- 3 Covina
- 4 Alemany (Mission Hills)
- 5 Atascadero
- 6 Laguna Hills
- 7 Lompoc
- 8 Cabrillo (Lompoc)
- 9 Indio
- 10 Magnolia (Anaheim)

### 1A Men

- 1 Sherman Indian (Riverside)
- 2 Fillmore
- 3 Azusa
- 4 Cathedral (L.A.)
- 5 Webb (Claremont)
- 6 Maranatha (Sierra Madre)
- 7 Paraclete (Lancaster)
- 8 Carpinteria
- 9 Sierra Vista (Baldwin Park)
- 10 Bell-Jeff (Burbank)

### Overall Men's Top Ten

- 1 Palos Verdes
- 2 Arroyo (El Monte)
- 3 La Habra
- 4 Buena Park
- 5 Walnut
- 6 Thousand Oaks
- 7 Valencia
- 8 Hart (Newhall)
- 9 Villa Park
- 10 Dana Hills

## Cross Country "Where They're Going" Preview

### Men

Athlete/From	To
Kevin Stonerock/Saugus	Boise State
Darin Stonerock/Saugus HS	No. Arizona
Mark Mastilar/Jesuit HS	Stanford
Eric Mastilar/Jesuit HS	Stanford
Mike Fretz/Saugus HS	Fresno State
Mike McLean/Saugus HS	C/S Long Beach
John Diesenbacher/Saugus HS	Stanford
Dan Rattary/Canyon HS	UC Irvine
Pat Mitchell/Glendale HS	USC
Steve Imlay/Temple City HS	CP Pomona
Jeff Zimmer/Simi Vly HS	Fresno State
Neff McGhie/Simi Vly HS	Fresno State
Steve Pressman/Simi Vly HS	Moorpark CC
Craig Ingram/Moorpark CC	C/S Northridge
Derrick Vett/Buena HS	C/S Northridge
David Walsh/Ventura CC	C/S Northridge
Manuel Gomez/Belmont HS	UC Riverside
Eugene Cruz/Retired	C/S Los Angeles
Lane Olson/L.A. Valley HS	Retired
Jeff McCarty/Hoover HS	Glendale CC
Mike McCracken/Loyola HS	Georgetown
Alex Carmona/USIU	UCLA
Beat Amman/Switzerland	UCLA
Paul Jaspars/Netherlands	UCLA
Paul Meyer/Villa Park HS	UCLA

### Women

Darcy Arreola/Grossmont HS	C/S Northridge
Teresa Poy/El Cerrito HS	C/S Northridge
Lisa Ash/Moorpark CC	C/S Northridge
Heather Houston/Burroughs HS	HSC/S Northridge
Laura Chapel/University HS	UCLA
Laurie Chapman/Gunderson HS	UCLA
Saralyn Dixon/Burroughs HS	C/S Long Beach
Sylvia Mosqueda/East LA CC	C/S L.A.

# Results

## U.S. Jr. Track & Field Championships

from Keith Conning

June 28-29, Towson St. Univ., Maryland.

### Men

(All athletes born 1967 or later)

#### 100 Meters

Heats (6/28 - 2 heats; top 3 from each plus next 2 fastest to final).  
1st Heat: (wind: +1.98 mps) 4. Stanley Davis (Long Beach State) 10.65.

2nd Heat: (+2.28 mps) 2. Michael Marsh (Santa Monica TC) 10.27w, 5. Anthony Ford (Long Beach State) 10.57.  
Finals: (+1.89 mps) 2. Derrick Florence (unat., Galveston, TX/Ball HS) 10.13 high school record (old HS record 10.16, Houston McTear, Baker HS, Florida, Olympic Trials, Eugene, OR, June 20, 1976), 3. Marsh 10.22, 7. Ford 10.61.

#### 200 Meters

(Heats: (6/29 - 2 heats; top 3 from each plus next 2 fastest to final).  
2nd Heat: (+4.88 mps) 2. Michael Marsh (Santa Monica TC) 20.84w, 7. Anthony Ford (Long Beach State) 21.71.  
Final: (6/29 - +0.88 mps) 3. Marsh 21.01.

#### 400 Meters

Heats: (6/28 - 3 heats; top 4 from each plus next 4 fastest to semifinals).  
2nd Heat: 1. Chip Rish (Pollitabs TC) 47.06.  
Semifinals: (6/28 - 2 semis; top 3 from each plus next 2 fastest to final).  
2nd Heat: 2. Rish 46.91.  
Final: (6/29) 2. Rish 46.43.

#### 800 Meters

Heats: (6/28 - 3 heats; top 4 from each plus next 4 fastest to semifinals).  
1st Heat: 2. Vincent Thompson (SoCal Cheetahs) 1:53.42, 4. Travis Akins (SoCal Cheetahs) 1:53.82.  
3rd Heat: 2. Neil Fitzgerald (St. Ignatius

HS, S.F.) 1:53.31, 5. Sean Kelly (Unat., Austin, TX/Hawthorne HS 1985) 1:53.94.  
Semifinals: (6/28 - semis; top 3 from each plus next 2 fastest to final).  
1st Semifinal: 2. Kelly 1:52.07, 3. Thompson 1:52.07, 4. Fitzgerald 1:52.24, 8. Akins 2:01.81.  
Finals (6/29) 6. Fitzgerald 1:56.24, 7. Thompson 2:07.36, Kelly did not finish.

#### 5000 Meters

Final: (6/29) 1. Eric Mastilar (Team adidas/Jesuit HS, Sacto) 14:16.40, 3. Mark Mastilar (Team adidas/Jesuit HS, Sacto)

continued on next page...





# KINNEY

## CROSS COUNTRY

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All high school cross country runners are eligible to compete. The distance for all events is 5,000 meters. Entry forms are available from high school cross country coaches or by calling **The Great American Shoe Store** at (212) 720-4168.

#### NORTHEASTERN REGIONAL

Van Cortlandt Park, New York, NY—November 29, 11:00 a.m.

**Coordinator:**

Marty Lewis

South Shore High School

6565 Flatlands Avenue, Brooklyn, NY 11236—(718) 531-4454

#### SOUTHERN REGIONAL

McAlpine-Greenway Park, Charlotte, NC—November 29, 11:00 a.m.

**Coordinator:**

Max Mayo

National Coordinator

270 Spaulding Circle, Athens, GA 30605—(404) 353-6923

#### MIDWESTERN REGIONAL

University of Wisconsin—Parkside, Kenosha—November 29, 11:00 a.m.

**Coordinator:**

Peter Henkes

The Wisconsin Runner

609 Sixth Street, Racine, WI 53403—(414) 633-0033

#### WESTERN REGIONAL

Woodward Park, Fresno, CA—December 6, 10:00 a.m.

**Coordinator:**

Bill Cockerham

California Track & Running News

P.O. Box 6103, Fresno, CA 93703—(209) 255-4904



Please Send Me a KCCC Entry Form.



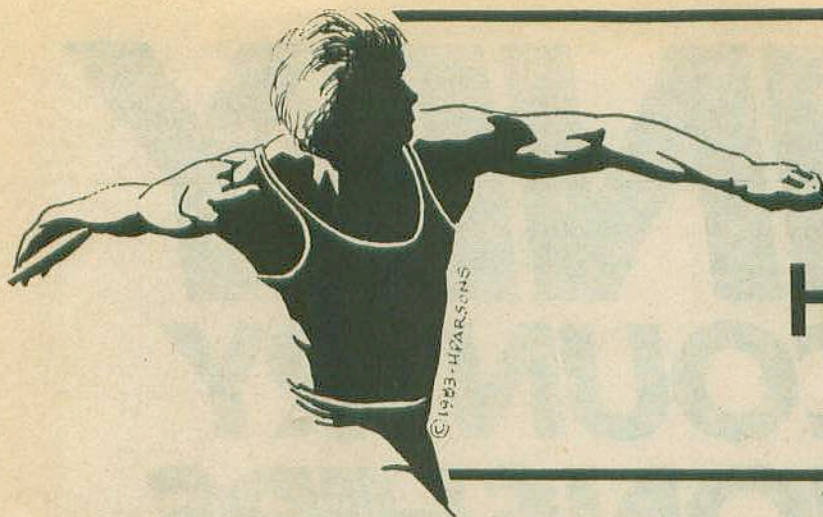
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# All-Time California High School Boys

By BOB WOMACK

The below All-Time California High School Boys list is updated through August 15, 1986.

As usual, the author has received—and gratefully acknowledges—the assistance of many others, notably Ron Blackwood, Keith Conning, and Howard Willman. Their contributions are gratefully acknowledged along with all of those who have volunteered additions and/or corrections.

Responsibility, however, is exclusively that of the undersigned and anyone noting clinkers in this year's edition should notify Bob Womack, 4270 North Blackstone, Suite 211, Fresno, California.

We've noted the stability, not to say stagnation, in the all-time girls lists. The same can be said of their male counterparts although for one, there was more movement in the boys lists in 1986—which was not saying much.

There was only one new state boys record this year, and that in an off event, the 3000. Eric Mastalir of Carmichael Jesuit, who set that record, and twin brother Mark were the first runners in four years to crack the Top Ten in the 1600.

The most stagnant list is the long jump, where there have been only two newcomers since 1976. The top 25 in that event (not shown) contain only seven athletes from the last decade with the marks dating back to 1949 (25-2½ by George Brown of LA Jordan, breaking Jesse Owen's national high school record).

## 100 Meters

**State Meet Record:** 10.44 Henry Thomas, Hawthorne 1984 Los Angeles. **Frosh:** 10.94 Ronald McCree (Madera) 1983. **Soph:** 10.46 Henry Thomas (Hawthorne) 1983. **Junior:** 10.27 Henry Thomas (Hawthorne) 1984. **Senior:** 10.25 Henry Thomas (Hawthorne) 1985.

10.25	Henry Thomas (Hawthorne)-1	1985
	at Eagle Rock	
10.39	Kenny Robinson (Berkeley)-1	1981
10.39	Ray Brown (Muir, Pasadena)	1984
10.44	Stanley Davis (Inglewood)	1984
10.45	Darron Norris (El Camino/Oceanside)	1984
10.46	Kevin Willhite (Cordova/RanchoCor)	1981
10.46	Ronald McCree (Madera)-2	1986
10.50	Phillip Johnson (Gardena)	1978
10.50	Fabian Cooper (Washington/L.A.)	1982
10.51	Michael Sanford (Pasadena)-1	1978
Hand Timing:		
10.2	Michael Sanford (Pasadena)	1979

## 200 Meters

(\* 220 yards minus 0.12)

**State Meet Record:** 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. **Frosh:** 21.90 Ronald McCree (Madera) 1983. **Soph:** 20.97 Quincy Watts (Taft, Woodland Hills) 1986. **Junior:** 20.73 Henry Thomas (Hawthorne) 1984. **Senior:** 20.68\* James Sanford (Pasadena) 1977.

20.68*	James Sanford (Pasadena)	1977
20.69	Henry Thomas (Hawthorne)-2	1985
20.81	Kevin Willhite (Cordova/Rancho C)-1	1981
20.82	Michael Marsh (Hawthorne)-1	1985
20.88*	Michael Sanford (Pasadena)	1979
20.91	Bill Green (Cubberley (Palo Alto)	1979
20.97	Danny Everett (Fairfax/L.A.)	1985
20.97	Quincy Watts (Taft, Woodland Hills)-1	1986
21.01	Chip Rish (Marina/HuntingtonBch)	1985
21.03	Ken Robinson (Berkeley)-1	1981
Hand Timing:		
(* 220 yards minus 0.1)		
20.4	Henry Thomas (Hawthorne)-2	1985
20.6*	Phil Underwood (Dorsey/L.A.)-1	1966
20.6*	Mel Gray (Montgomery/S. Rosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson/SF)	1974
20.7*	Dupree Branch (Barstow)	1976
20.7*	James Sanford (Pasadena)	1977
20.7	Eric Coleman (Monrovia)	1982

## 400 Meters

(\* 440 Yards Minus 0.26)

**State Meet Record:** 46.38 Fabian Cooper, Washington (Los Angeles) at Sacramento 1982. **Frosh:** 48.56 Henry Thomas (Hawthorne) 1982. **Soph:** 47.79 Fabian Cooper (Washington/LA) 1980. **Junior:** 45.82 Henry Thomas (Hawthorne) 1984. **Senior:** 45.09 Henry Thomas (Hawthorne) 1985.

45.09	Henry Thomas (Hawthorne)	1985
	at Berlin	
45.51	Bill Green (Cubberley/Palo Alto)-1	1979
45.76	Danny Everett (Fairfax/L.A.)	1985
46.04	Chip Rish (Marina/HuntingtonBch)-2	1985
46.34*	James Sanford (Pasadena)-1	1977
46.38	Fabian Cooper (Los Angeles)-1	1982
46.50	Steve Lewis (American, Fremont)-1	1986
46.57*	Dave Timmons (Oakland)-1	1981
46.67*	Rod Bethany (Fontana)	1978
46.75*	Ron Williams (Chatsworth)	1977
Hand Timing (* 440 Yards Minus 0.3):		
45.7	Chip Rish (Marina/HuntingtonBch)-2	1985
45.8*	Ullis Williams (Compton)-2	1961
46.3*	Larance Jones (Lemoore)-1	1969

## 800 Meters:

(\* 880 Yards Minus 0.7)

**State Meet Record:** 1:47.31 Pete Richardson (Berkeley) at Norwalk 1981. **Frosh:** 1:56.6 Harry Nicholas (Reedley) 1968. **Soph:** 1:51.9 Pete Quinonez (Tulare) 1978. **Junior:** 1:50.19 Pete Richardson (Berkeley) 1980. **Senior:** 1:47.31 Pete Richardson (Berkeley) 1981.

1:47.31	Pete Richardson (Berkeley)-1 at Norwalk	1981
1:47.8*	Dale Scott (El Cerrito)-1	1972
1:48.1*	Richard Joyce (Sierra/Whittier)-1	1965

1:48.2	Jeff West (Crenshaw/LA)	1979
1:48.3*	Clark Mitchell (Bakersfield)	1965
1:48.5*	Dennis Carr (Lowell/Whittier)-1	1963
1:48.5*	Robert Hose (Madison/San Diego)-1	1964
1:48.7*	Jim Walters (Estancia/Costa Mesa)-1	1977
1:49.0*	Dan Aldridge (Petaluma)	1975
1:49.21	Eric Schermerhorn (Woodbridge/Irvine)-1	1984

## 1500 Meters

(+ En Route to Longer Distance)

**Frosh:** 4:00.5 Robert Planta, Mater Dei (Santa Ana) 1979. **Soph:** 3:51.5 Jim Arriola, Gahr (Cerritos) 1974. **Junior:** 3:49.4 Mark Fricker, Hemet 1977. **Senior:** 3:46.4 Paul Medvin, University (Los Angeles) 1979.

3:46.4	Paul Medvin (University/L.A.)	1979
	at Bloomington	
3:48.8	Jim Arriola (Gahr/Cerritos)	1976
3:48.9	Rich Kimball (DeLaSalle/Concord)	1974
3:49.0	Harold Kuphardt (Bella Vista/FO)	1982
3:49.4	Mark Fricker (Hemet)	1977
3:50.2	Charlie Christensen (Edison/HB)	1977
3:50.2	Steve Whitcomb (Helix/La Mesa)	1979
3:50.4	Ralph Serna (Loara/Anaheim)	1975
3:50.5	Mark Mastalir (Jesuit, Carmichael)	1986
3:50.8	Andy Di Conti (La Canada)	1980

## 1600 Meters

(\* One Mile Minus 1.8)

**State Meet Record:** 4:05.4y Mark Schilling (Garden Grove) at Oroville 1972. **Frosh:** 4:15.4\* Harry Nicholas (Reedley) 1968. **Soph:** 4:07.3\* Jim Arriola (Gahr/Cerritos) 1974. **Junior:** 4:02.4\* Curtis Beck (Santa Monica) 1972. **Senior:** 3:57.6\* Tim Danielson (Chula Vista) 1966.

3:57.6*	Tim Danielson (Chula Vista)-2 at S Diego	1966
4:00.6*	Rich Kimball (DeLaSalle/Concord)-1	1974
4:02.4*	Curtis Beck (Santa Monica)	1972
4:03.5*	Paul Medvin (University/LA)-2	1979
4:03.6*	Mark Schilling (Garden Grove)-1	1972
4:03.7*	Terry Cotton (Valley/El Cajon)	1972
4:04.15	Mark Mastalir (Jesuit, Carmichael)-1	1986
4:04.21*	Pedro Reyes (Jesuit/Sacramento)	1980
4:04.23	Eric Mastalir (Jesuit, Carmichael)	1986
4:04.66*	Steve Whitcomb (Helix/La Mesa)	1979

## 3000 Meters

(+ En Route to Longer Distance)

**Frosh:** 8:44.5 David Naranjo (Sanger) 1983. **Soph:** 8:26.7+ Calvin Gaziano (Castro Valley) 1983. **Junior:** 8:19.9+ Harold Kuphardt, Bella Vista (Fair Oaks) 1981. **Senior:** 8:07.60 Eric Mastalir (Jesuit, Carmichael) 1986.

8:07.60	Eric Mastalir (Jesuit, Carmichael)	1986
	at Sacramento	
8:09.0+	Eric Reynolds (Camarillo)-1 Westwood	1983
8:10.54	Mark Mastalir (Jesuit, Carmichael)	1986
8:12.7+	Thom Hunt (Henry/San Diego)	1976
8:16.2+	Jeff Nelson (Burbank)	1979
8:16.3	Chuck Assuma (Eisenhower/Rialto)	1979
8:16.3	Richard Perez (San Geronio/SBern.)	1980
8:17.5+	Jon Butler (Edison/HB)	1981
8:17.7+	Jay Marden (Mission SJ/Fremont)	1981
8:18.2+	Mark Dani (Valhalla, El Cajon)	1986



# Long Distance Log

By RICHARD LEE SLOTKIN

## Santa Monica

### 5K, Half Marathon & Marathon

By CAMI SLOTKIN

August 24. Santa Monica.

A few days after the Santa Monica Marathon, my father handed me a copy of Al Preston's *Santa Monica Evening Outlook* article. At first, I didn't catch any significance in the details of another journalist's conversation with Steven Berry, the winner-to-be, from the pace car. Then it struck me. That journalist was Richard Lee Slotkin—my daddy! My initial reaction was "Gee, that's really neat." (You know, make the old man feel good.) But I soon realized what a dilemma he was in. He was supposed to have covered the story; ignoring a cardinal rule of reporting, however, he had gone and gotten involved in it! How was he to go about writing his article? I, idiot, jokingly suggested he turn the information over to me and I would take care of it.

I'm young and I'm foolish.

He liked the idea. Liked it so much, in fact, that as soon as he'd transcribed his notes, he hand-delivered them and told me when he'd be back for the end product.

My room is a mess, my bathroom is worse, my laundry is preparing to attack, and I'm drowning in computer printouts which must be miraculously transformed into English—and typed—before I go to work in the morning. If you were at the race, and find my translation faulty, please know that I am not entirely to blame; I wasn't even aware the event was taking place that day!

Allibis out of the way, let's get going....

There were three races (5K, half and full marathons) sharing a 7:00 a.m. start on Pearl Street, just behind the Santa Monica College campus. At 28th Street, about ¼ of a mile into the course, the half and full marathoners took a sharp left while the 5K runners continued down Pearl. Bob Daniels held a short lead at that point over Gary Gregory, Steve Gilbert and Peter Kang. His lead held up and Daniels was the winner in 15:01, a full 31 seconds ahead of Gregory. Stanford's Ellen Lyons was the first woman at 17:40. UCLA's Kiki Laborteaux followed in 18:00. Both women run with the Santa Monica Track Club.

So much for the sprinters.

After that first turn, Chris Weston of the San Fernando Valley TC lead the half marathon with Frank Plasso, down from Las Vegas, hot on his heels. They crossed the mile mark in 4:50. About half a mile later, Weston began building a gap between Plasso and himself. Steve Berry headed a small pack about fifteen yards behind. Moving along, Weston's three-mile split was 15:06. By then he had thirty yards on the group Plasso was now leading. Ron Ysais then moved up to second, just ahead of Plasso, and about twenty yards behind Weston. Berry was in fourth.

At eighteen minutes, the course turned onto 14th, a long shallow upgrade. Ysais, looking very good, was right on Weston's

tail, Plasso was five yards back. Someone without a shirt followed ten yards later, and Berry was ten yards behind him.

On 14th, crossing Arizona at about twenty minutes, Weston still held first, but Ysais and Plasso had closed in. Topless was about 40 yards behind and losing ground to Berry. Weston surged five yards ahead, and Ysais fell to third. Crossing Wilshire, he suddenly dropped out, touching his chest with one hand. That left Weston and Plasso all alone. At 5 miles Weston's time was 23:34, ten yards ahead of Plasso. One hundred yards back, Kevin Broady had moved into third; Berry, meanwhile, had developed a severe cramp in his left calf and it caused him to walk for 20 seconds or so. Realizing he'd never make it up, he decided to convert his end of the race to a workout, run twenty miles and hope he could "gut out" that last ten kilometers.

Coming to the sixth mile, Weston had opened a twelve to fifteen yard lead and was pulling away. A car pulled out of the side street (not noticing the pace car with a big digital clock strapped to the roof, or the barricade it had just gone around) and cut Weston off. Weston actually had to throw out his arms to keep from making contact! He lost a good five seconds (about 30 yards) and suffered quite a jolt to his concentration.

Six miles in 31:05 and then onto the long downhill stretch of San Vicente Blvd. Weston was now holding a 25 yard lead.

For the second year in a row, the right lane on San Vicente was coned instead of the inside lane along the center divider. Without any "no parking" signs to warn them off, parked cars took up half the runners' space and outside the cones oncoming traffic presented another hazard. As my father said, "When the masses get here, things will be hairy." As yet, it was pretty bald, and Weston still had a 25 yard lead.

After a 36:03 7-mile split, Weston was still ahead, but Plasso had picked up a few yards. Way back in third, Broady was making a move. Approaching Ocean, Weston opened up again, and Broady was still gaining. A little later, coming up 4th Street at about 9½ miles, the pace car (and Weston) nearly caught the cone truck. There is definitely something not quite right about laying the course thirty yards ahead of the frontrunner, and it will go down in the annals of Cutting-it-Close!

At the turnaround on 4th, Plasso pulled even with Weston, and Broady moved within 40 yards. Just before 7th and Maguerita, Plasso surged and opened a 15 yard lead. Broady had reached striking distance of Weston, who was looking very tired now.

At 56:11, Broady caught Plasso and asked if he wanted to run in together (meaning: "We'll take it easy for a while and have a dogfight the last half-mile.") Plasso grunted in agreement. Less than a minute later, Broady moved ahead. Weston was about 150 yards behind.

Crossing Broadway, Broady, to his surprise, found himself with a 25 yard lead.

How did he know? Someone in the pace car (guess who?) called out to him. By Pico, with a mile left, he had blown the race open 75 yards ahead of Plasso. He won with a time of 1:07:01. Plasso took second in 1:07:51, and Weston, third, in 1:08:18. Rita Denniston, visiting from Hawaii where she's one of their top marathoners, won the women's race in 1:22:29, ten seconds ahead of a very fast finishing Lari Bright. Fast finishing? Bright knocked 6 minutes off her PR. And, looking at the masters, Eddie Lewin's 1:34:07 set an age 70 world record.

The marathon was two half marathon loops, starting and ending at Santa Monica College. Steve Berry had clocked a seventy-minute half and was alone coming out of the stadium. A few blocks into the second loop, he told my father that he couldn't do it.

"Stop worrying," my daddy told him. "There's no one in the same zip code."

Two years ago, same race, Berry had died at 24 miles. Carlos Navarro had passed him and gone on to win. Berry was paranoid. Besides repeatedly asking who was coming up on him, he also kept asking about his form which, my father assured him, was just fine.

About now you have to understand something: Steve and my father are friends, both being graduates of Merle McGee's Santa Monica Track Club School of "character building." I attended a few of those classes myself. Believe me, the bond develops!

Coming up the grade on 14th, Berry asked again if anyone was behind him. Not believing Dad, he glanced over his shoulder and, panic-stricken, cried, "Who's that guy back there?"

"Steve, baby," Dad crooned, wondering how Berry could see anything so far back. "It's the cop directing traffic. He's just standing there."

Berry passed eighteen miles in 1:41:22. He had slowed down and was hurting. Half a mile later, he was really tiring and looked as if he would like to stop. He complained about his calves, and again said he couldn't do it. His form was lapsing. When Dad noticed his tense left arm, he instructed Berry to relax. Berry obligingly shook it out.

He kept slowing, but managed to pick up in the 20th mile. He looked better on (long, downhill) San Vicente, through when he reached Ocean, his fatigue was apparent. Around 23½ miles, he slowed to a walk for a few yards. He was lucky to have such an outrageous lead. His 24-mile time was 2:22:20—the last four miles, he had averaged 7:01. In his notes, Dad commented that he could have run with Berry at that pace...for a little while, anyway.

Going down the slight grade on 11th, he looked better. He went through a residential area where three little kids had set up their own mini aid station. Two of them were in charge of a dinky little table with a few cups of water on it, and one was holding a hose from which issued a rather weak spray. Berry signall-



ed the kid with the hose to let him have it, but the boy—obviously new at this sort of thing—continued sprinkling the sidewalk. Poor Berry.

Still on 11th, crossing Santa Monica, he started to pass the stragglers from the half marathon. He picked off a few, looking a bit stronger. His face was still pained, though, and he slacked off again, deciding not to blow out the slow pokes after all, though continuing to pass them. Gutter folks, those stragglers. They all, upon being passed, cheered Berry on.

At the last water station, Dad told him not to bother stopping; it wouldn't make a difference. Berry ignored him for the first time. He grabbed a cup, more out of habit than need, took a sip and poured the rest over his head. It didn't matter. Dad could see half a mile up 11th, and there wasn't anyone. Berry could have sat down to a nice lunch for all the difference it would have made.

About a block ahead of the turn back onto Pearl, Dad warned Berry of the short but very steep hill coming. He told him to take it easy going up, but once he crested, he'd have less than 800 meters to go and he must drive hard to the finish. Berry took his advice and crawled to the top of the hill, pain distorting his features. Now the worst was over and he had a friend waiting to run him in. At Dad's urging, he sped up, though nothing like the 5:20 he had averaged the first 13 miles—he was lucky to be doing 7:15. But he still had that monstrous lead. And now there were people cheering him on. He got his pace up to something respectable and won the marathon in 2:36:04.

Crossing the line, arms held high in triumph, Berry promptly collapsed. Excuse me! He did not collapse; he was simply tired and felt like lying down. In the middle of the finish chute.

To prove that there were others out there after all, Max White took 2nd place with a time of 2:37:54, and Jussi Hamalainen was 3rd in 2:38:38. Paulette Scoville was the first female marathoner, in at 3:29:35 her 1st marathon, we were told. She was followed by Kathleen Pomeroy at 3:30:01, and Cullen Murphy at 3:38:11.

One last add on Berry: Berry had felt that he "owed this course something". He put a lot of effort into paying it back, this being one of the hardest runs he has ever had. But he proved to himself that he could push through. He did also mention, by the way, that he "couldn't have done it without the help of my pal, Richard Slotkin."

So much for journalistic integrity. Still, nice going, Dad.

continued on next page...















# Results

## Fifty Kilometer Track Race

**July 13. Oxnard.**  
**Overall Results**  
 1 Joe Schieffer (35) Oakland 3:07:25  
 2 John Montgomery (40) DelMar 3:35:51  
 3 Teri Gerber (37) Tarzana 3:40:08  
 4 John Scribner (35) Hesperia 3:48:25  
 5 Fred Nagelschmidt(62)Ventura 3:49:46  
 6 Ruben Alarcon (41) Ventura 3:57:42  
 7 Steve Rohde (32) Fallbrook 4:03:32  
 8 Steve Watanabe (33) Saugus 4:20:34  
 9 Jacques Meyer (46) SunValley 4:35:55  
 10 Fred Nuesca (48) Newbury Pk 4:45:55  
 11 David Thorpe (42) Camarillo 5:47:01

## SCR-COC Cross Country 5K

**Series #2**  
**July 17. Valencia.**  
**Overall Results**  
 1 Jeff McGhie (16-18) 17:27  
 2 Brian Nelson (25-29) 17:27  
 3 Damian Curry (19-24) 17:34  
 4 Tom Hackley (30-34) 17:35  
 5 Arthur Hernandez (30-34) 17:37  
 6 Tom Moriarty (30-34) 17:56  
 7 Juan Soto (16-18) 17:56  
 8 Fred Ortega (35-39) 17:59  
 9 Steve Durand (25-29) 18:10  
 10 Ed Lopez (25-29) 18:14  
 11 Bobby Bans (16-18) 18:20  
 12 Jim Misner (25-29) 18:21  
 13 Glenn Johnson (16-18) 18:25  
 14 Steven Whiten (30-34) 18:27  
 15 Peter Oviati (16-18) 18:31  
 16 Todd Lewis (13-15) 18:32  
 17 Mark Dawson (30-34) 18:32  
 18 Carl Fout (25-29) 18:33  
 19 Don Wielrga (25-29) 18:33  
 20 Spencer Walsh (16-18) 18:41

## Fontana Jaycees Biathlon

**July 19. Southridge.**  
**Division Results - Men**  
 (No Times Available)  
**12 & Under:** 1. Jason Hobbs, 2. Jonathan Caravos, 3. David Eliason. **13-17:** 1. Brian Seguin, 2. Rex Johnson, 3. Bruce Ander-

son. **18-24:** 1. Tony Reyes, 2. Dave Sojca, 3. Jaime Mejia. **25-29:** 1. Gilbert Cortez, 2. Stewart Brydges, 3. Mark Watkins. **30-34:** 1. Robert Raymer, 2. Stan Johnson, 3. Eric Hanson. **35-39:** 1. John Moore, 2. Jim Brown, 3. Michael Hirsch. **40-44:** 1. John Leininger, 2. Randall Shelley, 3. Lawrence Taylor. **45-49:** 1. Al Geatt, 2. Roman Marenin, 3. Joe Smart. **50-54:** 1. Don Kit-chen, 2. Aldo Mora, 3. Les Chapman. **55-59:** 1. Eugene Young, 2. Doug Maijala, 3. Lono Tyson. **60 & Over:** 1. Tad Fujioka, 2. Jose Fleischmann, 3. Delmar Gourley.

**Division Results - Women**  
**12 & Under:** 1. Dawn Arredondo. **13-17:** 1. Monica Montiel, 2. Rachel Conneley, 3. Stacy Webb. **18-24:** 1. Stacie Kennerly, 2. Karen Kuchan, 3. Natalie Raprad. **25-29:** 1. Carol Keller, 2. Patricia Forg, 3. Marie Albert. **30-34:** 1. Debby Pierce, 2. Vivian Hanson, 3. Deborah Daniel. **35-39:** 1. Cindy Stuckey, 2. Jeanie Izouirdo, 3. Toni Triplett. **40-44:** 1. Corrine Schratz, 2. Vicki Stevenson, 3. Mary Jane McMaster. **45-49:** 1. Joanne Oliver. **50-54:** 1. Sheila Miller.

## North Coast Strider's Women's Distance Festival

*from Bruce E. Dawson*  
**July 19. Ukiah. 5K.**  
**Overall Results**  
 1 Michelle Andersen (25) S.Rosa 18:58  
 2 Valerie Jensen (18) Clearlake 19:20  
 3 Annette Shearer (25) RohnertPk 19:44  
 4 Connie Kondo (28) Kelseyville 20:22  
 5 Liz Black (28) Ukiah 20:28  
 6 Rosie Rubalacava (16) Ukiah 22:52  
 7 Bonnie Springer (39) PotterVly 23:11  
 8 Darlene Kraemer (37) Ukiah 23:45  
 9 Carol Marrington (31) Ukiah 24:42  
 10 Rose Collins (46) Ukiah 24:59  
 11 Cindy Hannah (33) Ukiah 25:12  
 12 Sarah Elizares (36) Kelseyvl 25:17  
 13 Ruth Powell (30) Ukiah 25:52  
 14 Suzanne Kimes (39) Willits 26:31  
 15 Hall King-Koozer (33) Ukiah 26:40  
**Division Results**  
**14-19:** 1. Valerie Jensen 19:20, 2. Rosie Rubalacava 22:52. **20-29:** 1. Michelle Andersen 18:58, 2. Annette Shearer 19:44, 3. Connie Kondo 20:22. **30-39:** 1. Bonnie Springer 23:11, 2. Darlene Kraemer 23:15, 3. Carol Marrington 24:42. **40-49:** 1. Rose Collins 24:59, 2. Barrie Blattau 27:03, 3. Suzanne Walsh 27:16. **50-59:** 1. Lois Cook 29:23.

## San Francisco Marathon

**July 20. San Francisco.**  
**Division Results - Men**  
**18 & Under:**  
 1 Stephen Barton (18) Sacto 2:57:14  
 2 Ruben Limon (18) Ensenada 3:02:27  
 3 Robert Haynes (17) Palermo 3:04:40  
 4 Adrian Ruiz (18) Simi Vly 3:09:33  
**19-24:**  
 1 David Naranjo (19) Sanger 2:30:26  
 2 Dean Miller (20) Corona 2:31:49  
 3 Nick Whitesdie (24) Mt.Vernon 2:34:46  
 4 Vincent Connelly(23)Hillsboro 2:36:08  
 5 Juan Rivera (22) Calexico 2:36:49  
 6 Kenneth Stumpf (20) ChulaVsta 2:37:05  
 7 John Mendoza (24) Sacto 2:37:34  
 8 Thomas Leach (24) Boyertown 2:43:20  
**25-29:**  
 1 Pete Pfltzinger(28)Wellesley 2:13:29  
 2 Gidamis Shahangal(28)Tanzan 2:15:16  
 3 David Olds (25) Pittsburgh 2:15:18  
 4 Dick Ledoux (29) Pueblo 2:16:41  
 5 Joseph Kipsang (25) Kenya 2:17:21  
 6 Miguel Tibaduiza(28)Colombia 2:19:26  
 7 Barry Starkey (27) Hayward 2:30:12  
 8 Victor Rodriguez(25)Calexico 2:32:12  
 9 Brian Moroney(29)FosterC 2:32:31  
 10 Steven Rigor (25) Watsonvil 2:33:13  
**30-34:**  
 1 Ric Sayre (32) Phoenix 2:19:30  
 2 Demetrio Cabanillas(31)Mexic 2:24:30  
 3 John Skeels (31) Berkeley 2:26:34  
 4 Denis O'Halloran(34)TahoeC 2:28:05  
 5 Pat Moss (31) Fresno 2:30:47  
 6 Ted Pawlak (30) RohnertPk 2:31:42  
 7 Thomas Mawew (30) ElPaso 2:35:20  
 8 Weston Press (30) LosAltos 2:36:01  
 9 Roberto Mendez (33) S.F. 2:36:58  
 10 Jim Obrien (33) SierraMadre 2:37:13  
**35-39:**  
 1 Don Paul (36) S.F. 2:22:40  
 2 Ed Swiatocha(35)Irving,TX 2:23:52  
 3 Joseph Schieffer(35)Oakland 2:35:27  
 4 Werner Kalkhofer(37)SanBruno 2:38:06  
 5 Dale Schatzlein(38)Minn,MN 2:38:39  
 6 Lon Kincannon (35) S.F. 2:41:50  
 7 Wayne Whiting (37) Reno 2:42:12  
 8 Syl Pascale (37) SanCarlos 2:42:17  
 9 Eddie Kolofer (36) Sallinas 2:42:31  
 10 Ron Smith (39) Healdsburg 2:43:25  
**40-44:**  
 1 David Clark (42) England 2:26:04  
 2 Joachim Bechtle (42) S.F. 2:40:17  
 3 David Peggs (40) England 2:40:55  
 4 Thomas Sneddon(40)PanamaC 2:41:30  
 5 David Rivera (43) SanJose 2:42:48  
 6 Robert Smith (42) Canada 2:43:00  
 7 Doug White (43)Newark,DE 2:44:05  
 8 Steve Mandracchia(40)ColoSp 2:44:49  
**45-49:**  
 1 David Schaffner (47) LasV 2:51:39  
 2 Joseph Gassmann(45)Hawthn 2:52:50  
 3 Richard Leutzinger(47)PacGrovy 2:53:00  
 4 Joe Hurtado (45) Sunnyvale 2:58:23  
**50-54:**  
 1 Jerry O'Hanlon (51) Vallejo 3:02:03  
 2 Bill Purcell (50) Austin,TX 3:03:22  
 3 Mike Mikkelsen(54)ParadiseV 3:07:17  
**55-59:**  
 1 Robert Gehl (57) Belmont 3:02:59  
 2 Frank Crabbe (57) S.F. 3:06:21  
 3 Geoff Bardsley (58) S.F. 3:15:42  
**60-64:**  
 1 Ken Robinson (63) Carthage 3:28:03  
 2 Harry Kirsch (62) Pittsb 3:28:11  
**65-69:**  
 1 Paul Reese (69) Auburn 3:40:27  
 2 Stanley Levine (65) Watchung 3:44:08  
**70 & Over:**  
 1 John Sparks (70) Reno 3:59:59  
**Division Results - Women**  
**18 & Under:**  
 1 Jennifer Walsh(17)WalnutCk 3:22:14  
 2 Mary Yost (18) CostaMesa 3:38:54  
 3 Laura Carter (17) Danville 3:51:08  
**19-24:**  
 1 Rebecca Chamberlain(19)SJ 2:45:51  
 2 Cheryl Cathey (23) PaloAlto 3:11:02  
 3 Cindy Hart (24) S.F. 3:12:39  
 4 Elena Prietto (22) SantaAna 3:16:24  
**25-29:**  
 1 Maria Trujillo(26)Mexi 2:37:57  
 2 Janine Aiello (26) S.F. 2:39:29  
 3 Yumi Takahashi (28) S.F. 2:59:22  
 4 Ann Danford (27) LosAltos 3:01:53  
 5 Ann Morell (28) L.A. 3:06:57  
**30-34:**  
 1 Debra Sharp (32) Pt.Hueneme 2:42:29  
 2 Allison Roe (30) N.Z. 2:43:36  
 3 Peggy Smythe (32) S. Anselmo 2:48:21  
 4 Kathy Thomas (30) S.Pedro 2:52:25  
 5 Christine Iwahashi(30)Sacto 2:53:02  
**35-39:**  
 1 Sharlet Gilbert (35) Richmond 2:39:42  
 2 Judith Hine (36) N.Z. 2:47:40  
 3 Hilary Naylor (39) Oakland 2:57:07  
 4 Claudia Morales (35) L.A. 2:57:31  
 5 Wanda Carter (35) Ft.Worth 3:26:51  
**40-44:**  
 1 Elaine Delsman (40) Ashland 3:05:54  
 2 Magrit Meyer (43) W.Germany 3:13:18  
 3 Pat Kling (40) Fairbanks,AK 3:16:55  
 4 Gloria Shepherd (41) SanDiego 3:18:24  
**45-49:**  
 1 Caron Schaumburg (45) S.Rosa 3:18:01  
 2 Judith Hooper (45) LosAltos 3:25:50  
**50-54:**  
 1 Wen-Shi Yu (51) N.Y. 3:20:09  
 2 Marty Maricle (53) S.F. 3:31:10  
**55-59:**  
 1 Mary Bonstrom(55)Northridge 4:16:03

continued on next page...

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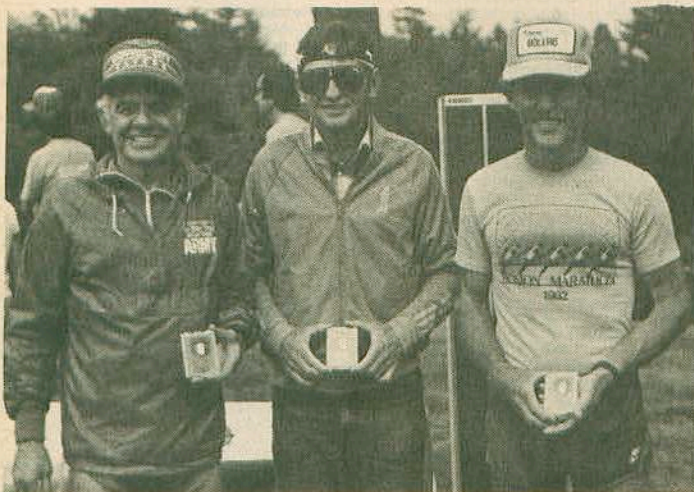
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# Results



50-59 men's masters team champions, from left: Fredrick Matos (Sacramento), Bob Lindsey (Fresno) and John Shelgren (Sacramento) of the Pacific Flyers club.

## Capital City Marathon 1986 TAC National Masters Marathon Championships

July 27. Olympia, Washington.

### Overall Results - Capital City Mara.

1	Ted Cotti, Westchester	2:26:46
2	Gordon Bowman, Tacoma	2:27:43
3	Phillip Nicholls, Victoria, BC	2:22:40
4	Ted Nelson, Hanville	2:32:05
5	Mark Howlett, Tacoma	2:32:22
6	Chris Chambers, Englewood	2:34:59
7	Frederick Farrell, Seattle	2:35:10
8	Andy Mehl, Victoria, BC	2:37:31
9	Andre Gerard, Vancouver	2:38:08
10	Arthur Kelly, Tacoma	2:38:10
27	Dianne Johnson, Stellacoom	2:50:10
41	Shawn Jacobson, Spokane	2:58:02
44	Vanessa Jones, Pickering, OH	2:58:16

### Overall Results - Masters

1	John Jordeth, Seattle	2:32:40
2	Norman Green, Wayne, PA	2:32:40
3	Robert Lindsay, Fresno	2:32:51
4	Toby Skinner, Beaverton	2:34:32
5	Eric Sten, Portland	2:37:59
6	Daan Schroll, Redmond	2:38:19
7	Ron Jackson, Seattle	2:38:49
8	Maurice Pratt, Federal Way	2:39:04
9	Jim Pearson, Ferndale	2:41:32
10	Ronald Taylor, Tacoma	2:42:48
11	Robert Hughes, Bremerton	2:43:23
12	Jon Shelgren, Sacto	2:45:04
21	Charlotte Swanson, Morton	3:02:03
28	Levi Query, Portland	3:06:49
36	Wen-Shi Yu, Kew Gardens, NY	3:14:43

### Division Results - Masters

40-44:	1. John Jordeth 2:32:42, 2. Robert Lindsey 2:34:34, 3. Toby Skinner 2:35:01.
45-49:	1. Maurice Pratt 2:39:10, 2. Robert Hughes 2:43:44, 3. John Shelgren 2:46:00.
50-54:	1. Norm Green 2:32:53, 2. James Volk 3:02:31, 3. Bill Wagner 3:03:36.
55-59:	1. Buz Masters 2:59:35, 2. Kaz Padukiewicz 3:38:46.
60-64:	1. George Boecklin 3:27:29, 65-69: 1. John Thun 4:34:16, 2. Mode Perry 4:35:35.

## SCR-COC Cross Country 5K

Series #4

July 31. Valencia.

### Overall Results

1	Damien Curry (19-24)	17:21
2	Juan Soto (16-18)	17:33
3	Frank Flores (16-18)	17:36
4	Phil Duncan (19-24)	17:50
5	Fred Ortega (35-39)	17:53
6	Tom Hackley (30-34)	17:57
7	Steve Durand (25-29)	17:59
8	Steven Lepken (13-15)	18:09
9	Brian Nelson (25-29)	18:11
10	Mark Dawson (30-34)	18:13
11	John Johnston (25-29)	18:14
12	Neff McGhill	18:15
13	Victor Fonseca (25-29)	18:17
14	Stephen Whitmore (30-34)	18:20
15	Ed Lopez (25-29)	18:22
16	Ignacio Fonseca (19-24)	18:23
17	Kevin Fenenbock (16-18)	18:31
18	Todd Lewis (13-15)	18:32
19	Gary Maytum (25-29)	18:33
20	Robert Lopez (13-15)	18:35

## Lake Gregory Runs

August 2. Lake Gregory. 5K & 10K.

### Division Results - Men's 5K

12 & Under: 1. David Schemenauer 26:55, 2. Sean Ryan 28:28, 3. Danny Bublitz 29:07. 13-19: 1. John Estrada 16:33, 2. Mark Prestwich 17:04, 3. Kyle Korcha 17:22. 20-29: 1. Mario Ortiz 15:41, 2. Ron Bezenah 16:23, 3. Julio Gonzalez 16:38. 30-39: 1. Rob Slick 16:56, 2. Victor Lemos 17:25, 3. David Morris 17:56. 40-49: 1. Stan Stauble 17:49, 2. Bobby Roberts 18:46, 3. Fran Oawa 18:48. 50 & Over: 1. Bill Crum 18:44, 2. Frank Husak 22:23, 3. Ron Morris 24:26.

### Division Results - Women's 5K

12 & Under: 1. Brenda Savolskis 23:26, 2. Kathy Koras 26:54, 3. Kristin Fulton 26:54. 13-19: 1. Nif Rigney 20:25, 2. Nicole Robbins 22:19, 3. Amy Martin 22:44. 20-29: 1. Mary Almdarez 22:30, 2. Linda Gray 22:52, 3. Karen Kirch 23:30. 30-39: 1. Sandy Robbins 19:34, 2. MaryAlice Archer 25:26, 3. Stefanie Johnson 25:44. 40-49: 1. Betty Walsh 24:28, 2. Pamela Lankarani 28:08, 3. Judith Dempsey 28:40. 50 & Over:

1. Donna Thomas 27:44, 2. Patti Hodge 32:32, 3. Dixie Grimes 33:13.

### Division Results - Men's 10K

12 & Under: 1. Michael Ross 50:28, 2. Richard Vasquez, Jr. 1:01:33. 13-19: 1. Gary Dehlinger 35:08, 2. Mike Morris 47:50, 3. Gary Milner 50:12. 20-29: 1. Vernon Morris 33:19, 2. Gilbert Mata 33:37, 3. Paul Rosser 33:44. 30-39: 1. Stewart Boden 35:24, 2. Ron Kurrle 36:12, 3. Enrique D. 37:52. 40-49: 1. Bob McGeough 37:00, 2. Mike Fuller 37:58, 3. Wayne Mitchell 39:19. 50 & Over: 1. Sam Mayo 40:02, 2. Paul Sauchedo Jr. 40:55, 3. Wally Ingram 42:57.

### Division Results - Women's 10K

13-19: 1. Brigid Freyne 39:00, 2. Angela Hernandez 45:15. 20-29: 1. Doreen Assumma-Fay 48:09, 2. Linda Nellany 48:36, 3. Kathleen Cooper 49:54. 30-39: 1. Catherine Dowling 43:46, 2. Patty Mueller 44:08, 3. Carolyn Noyes 49:46. 40-49: 1. Elaine Murphy 49:27, 2. Carolyn Plowman 54:36, 3. Carole Pinkner 56:06.

88 Randi Robinson (30-39) Fresno 1:56:33  
90 Pat Miller (30-39) RedwoodCity 1:57:34  
94 Kay Rogers (40-49) SanJose 1:59:10  
96 Frank Rodriguez(60&O)SnLorz 2:02:23

## Squaw Valley USA Mountain Run

August 2. Squaw Valley. 3.6 Mile.

### Overall Results - Men

1	Domingo Tibaduiza (30-39)	27:29
2	Denis O'Halloran (30-39)	28:41
3	Miguel Tibaduiza (20-29)	29:00
4	Rick Gentry (30-39)	29:19
5	Marty Higginbotham (30-39)	29:38
6	Ray Cook (20-29)	29:38
7	Alan Dehlinger (20-29)	31:11
8	Mark Gregor (20-29)	31:25
9	Henry Carrvajal (30-39)	31:39
10	Brad Butterfield (20-29)	32:05
11	Skyler Jones (30-39)	32:20
12	John Trent (20-29)	33:00
13	Tom Bartasi (30-39)	33:11
14	Matti Rizzo (30-39)	33:29
15	Pat McGuire (20-29)	33:33
16	Bernie Mellor (30-39)	33:57
17	Abelardo Lopes (19 & U)	33:58
18	David Stover (30-39)	34:04
19	John Hodge (20-29)	34:14
20	Sean Crom (30-39)	34:20
21	Grae VanHooser (20-29)	34:29
22	Ed Skuplarer (20-29)	35:57
23	Richmond Breen (20-29)	35:35
24	Bieri Beat (20-29)	35:40
25	Frank Carrol (30-39)	35:47
34	Mike Bellanca (40-49)	37:19
43	Roy Butterfield (40-49)	38:26
48	James Tompkins (40-49)	39:12
52	Bill Crawford (50-59)	39:37
81	Everett Riggle (50-59)	41:38
135	Dan Cook (50-59)	47:19
175	Mac Osborn (60&O)	53:27
186	Payson Taylor (60&O)	54:56
205	Hugh Mills (60 & O)	1:01:09

### Overall Results - Women

1	Terry Schmidt-Puckett (30-39)	33:37
2	Debbi Waldear (30-39)	35:32
3	Shaula Hatcher (19&U)	37:31
4	Eileen Burger (30-39)	39:15
5	Angela Cook (20-29)	39:51
6	Jill Horne (20-29)	40:21
7	Angela Tibaduiza (30-39)	40:51
8	Kim Spindler (20-29)	41:10
9	Deb Rhodes (20-29)	41:46
10	Becky Cook (19&U)	43:20
11	Cheryl Beaman (30-39)	43:42
12	Jennie Jorgensen (20-29)	43:47
13	Celia Howe (30-39)	45:47
14	June Lane (40-49)	45:50
15	Kathryn Burrola (20-29)	46:02
19	Carol Allyn (40-49)	46:54
23	Ginny Heimann (40-49)	48:47
58	Barbara Durham (50-59)	58:05
63	Rosa Tibaduiza (60&O)	1:02:55



Bass Lake Half Marathon winners: Lisa Bennett, women's open winner; and Jim Hartig, men's overall winner.

## Results

### YWCA Women's Walk-Run

August 2. Pacific Grove. 5K & 10K.  
**Winners**  
 5K Walk: Barbara Westbrook 25:26  
 5K Run: Gail Bernardi 17:40  
 10K Run: Laura Sanchez 37:49

### Mt. Charleston 18 Mile Forest Challenge

from Matt Ebiner

August 3. Las Vegas, NV.  
 Four California runners competed in the 3rd Annual Mt. Charleston 18 Mile Forest Challenge on August 3 near Las Vegas, Nevada. Forty-six runners completed the up-and-down course which is run entirely on backpacking trails from 7605 to 11,918 feet elevation. While the temperature in Las Vegas was well over 100°, the runners enjoyed weather about 25 degrees cooler at the start. At the turn-around point on the peak, it was actually cold and windy.  
 Three of the Californians placed in the top four, with Matt Ebiner of West Covina winning the race with a new course

record. On a course which approximates marathon times, Ebiner ran 2:22:32, breaking the old record by over 25 minutes! Hans Van Koppen of Ventura was also under the old record with a time of 2:42:59. San Diego's Kevin Heaton placed 4th in 3:00:13 and Venturan Brian Nelson was 9th in 3:09:25. Race director Michael Naylor of Las Vegas placed 5th in 3:00:28.

#### Overall Results

1	Matt Ebiner (1 19-29)	2:22:32
2	Hans Van Koppen (1 30-34)	2:42:59
3	Marty Quintero (19-29)	2:45:20
4	Kevin Heaton (30-34)	3:00:13
5	Michael Naylor (1 35-39)	3:00:28
6	Wayne Petersen (30-34)	3:03:33
7	Jerry Cooper (1 40-44)	3:06:50
8	Bill Wyckoff (19-29)	3:08:39
9	Brian Nelson (19-29)	3:09:25
10	Chuck Pinney (1 175+ lbs)	3:12:53
12	Stan Wiggins (1 45-49)	3:20:42
18	Elizabeth Chura (1 19-29F)	3:29:27
21	Duke Redburn (1 50-57)	3:35:24
32	Margret Matter (1 30-39F)	4:04:29
34	Nancy Halley (1 40-49F)	4:10:55
41	Slavko Lukich (1 58 & O)	5:31:21
42	Marybelle Russell (1 57 & O)	5:36:25

### CSUN Twilight 10K

August 6. Northridge.

#### Overall Results

1	Steve Ortiz (27) Barstow	30:37
2	Stann Vernon (30) Malibu	30:59
3	Dave Walsh (22) CanyonCo	31:21
4	Gus Mojarro (23) Alhambra	31:27
5	Chris Schallert (26) CanogaPk	31:29
6	Aian Dehlinger (25) Reno	31:39
7	Ron Roberts (25) L.A.	32:13

8	James Ortiz (20) Barstow	32:14
9	Dane Costley (20) SimiVly	32:23
10	Chris Tregillis (18) L.A.	32:35
11	Greg Hauser (20) S.Monica	32:39
12	Peter Quint (21) L.A.	32:45
13	Reggie Dechard (18) PanoCty	32:54
14	Clyde Matsumura (26) S.Mon	32:55
15	Mike Kavulich (22) CostaMesa	33:04
16	Damien Curry (22) GranadaH	33:09
17	Bryan Dameworth (15) Calabas	33:10
18	Michael Trujillo (23) Northrid	33:15
19	Chris Weston (25) L.A.	33:27
20	Billy Jones (28) Covina	33:33
21	Michael Guaderrama(24)RedoBc	33:34
22	Fred Ortega (39) Burbank	33:38
23	Derik Vett (18) Ventura	33:41
24	Neff McGhie (17) SimiVly	33:51
25	Phillip Duncan (23) Reseda	33:53
26	Lee Lubin (19) CanogaPk	33:59
27	Steve Glocke (36) ThousOaks	34:05
28	Steve Schuman (24) L.A.	34:12
29	Mike Rattary (15) CanyonCo	34:12
30	Ruben Ledesma (25) CanogaPk	34:16
40	Anita Kelly (22F) S.Monica	35:11
45	Elien Lyons (24F) S.Monica	35:29
54	Marie Rollins (26F) Glendale	36:21
69	Nancy Bowman (21F) Northridg	37:02
72	Carol Keller (26F) L.Bch	37:12

#### Team Results

<b>Open Men:</b>		
1	Walsh, Schallert, Trujillo	1:36:05
2	Weston, Ortega, Sneddon	1:41:33
3	Guaderrama, Mora, Trozzi	1:45:59
4	Misener, Bratt, Foley	1:52:37
5	Glocke, Wells, Del Campo	1:53:18
6	Depalo, Quinn, Scott	1:53:57
7	Pellerin, Golding, Smith	1:58:58
8	Orta, Morris, Morris	2:29:53
9	Riley, Riley, Riley	3:19:04
<b>Open Women:</b>		
1	Kochel, Askins, Sirclum	2:23:17

#### Mixed Team:

1	Vett, McCarty, Gasanta	1:55:08
2	Johnson, Orens, Johnson	1:58:51
3	Pepin, Belliveau, Hasham	2:03:04
4	Kewley, Del Campo, Duhig	2:07:07
5	Malavolti, Hale, Honor	2:23:45

#### Restaurant:

1	Marie Callender's (Bowman, Dueker, McCarty)	1:56:15
2	Toe's Tavern (Stafford, Gonzalez, Lucenti)	2:17:25

### Carrera de Locos Half-Marathon

August 10. Westlake Village.


#### Overall Results

1	Michael Scott (18) Torrance	1:25:20
2	Steve Durand (29) CanyonCo.	1:27:03
3	Jussi Hamaiainen (40) Agoura	1:28:25
4	Jim Masterson (32) Gardena	1:30:07
5	Mark Dawson (32) Reseda	1:30:51
6	Jim Pellon (36) MissionHI	1:31:10
7	Steve Glocke (36) ThousOaks	1:32:01
8	Carl Fout (26) Valencia	1:33:23
9	Jeffrey Dahlby (31) WoodlandH	1:36:59
10	Ed Kitchen (27) ThousOaks	1:39:03
11	Jesus Cintron (26) L.A.	1:39:23
12	George Arellano (33) Oxnard	1:39:37
13	Bill Lovelace (39) CanogaPk	1:38:59
14	John Baron (34) RedondoBch	1:41:06
15	Michael Mutek (34) Agoura	1:42:10

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## FOURTH ANNUAL CCPM

# WATERFRONT 10

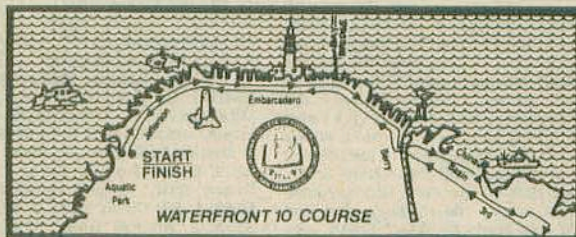
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The Bay Area's fastest  
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RECORDS**

Men:  
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Women:  
Nancy Ditz 54:52

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3227 Lakeshore, Oakland (415) 452-2012  
M-Sat 10-6, Sun. 12-4

Entries postmarked Oct. 27 or later must be picked up on race day. However, you may enter at the above locations and receive your packets at that time. Runners who don't mark a location for their packet pick-up will have their packet sent to the Fillmore **Second Sole** Store.

**RACE HOTLINE:**  
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Men & Women: 19 & under, 20-29, 30-39, 40-49, 50-59, and 60 & over Team scoring for PA TAC Clubs only.

**AWARDS:**  
Long-Sleeve T-Shirts to all runners. All entrants eligible for merchandise drawing. Awards to top three age-group winners. Plus the first 1,500 pre-registered runners will receive free running gloves courtesy of Nike.

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**FINISH LINE:** Total Race Systems.

**PRIZE MONEY:**  
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(Prize money winners must be TAC members - Pacific Association residents only.) Prize money provided by Nike & Mountain High Yoghurt, our major sponsors. Plus, PA TAC Grand Prix Series Points will be awarded.

**REGISTRATION:**  
Pre-register by mail (see below) \$10 by Oct. 29 or in person at Second Sole (locations listed to the left).  
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ADDRESS

CITY

FIRST NAME

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STATE  ZIP

MALE  FEMALE AGE  DATE OF BIRTH

TAC NUMBER

T-SHIRT SIZE: S  M  L  X-L

PREDICTED TIME

Signed (parent or guardian if under 18)

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