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ISSUE NO. 130

CALIFORNIA

Track & Running News

SAN FRANCISCO AUDI MARATHON '87



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San Francisco Audi Marathon

—Photo by Ken Lee—

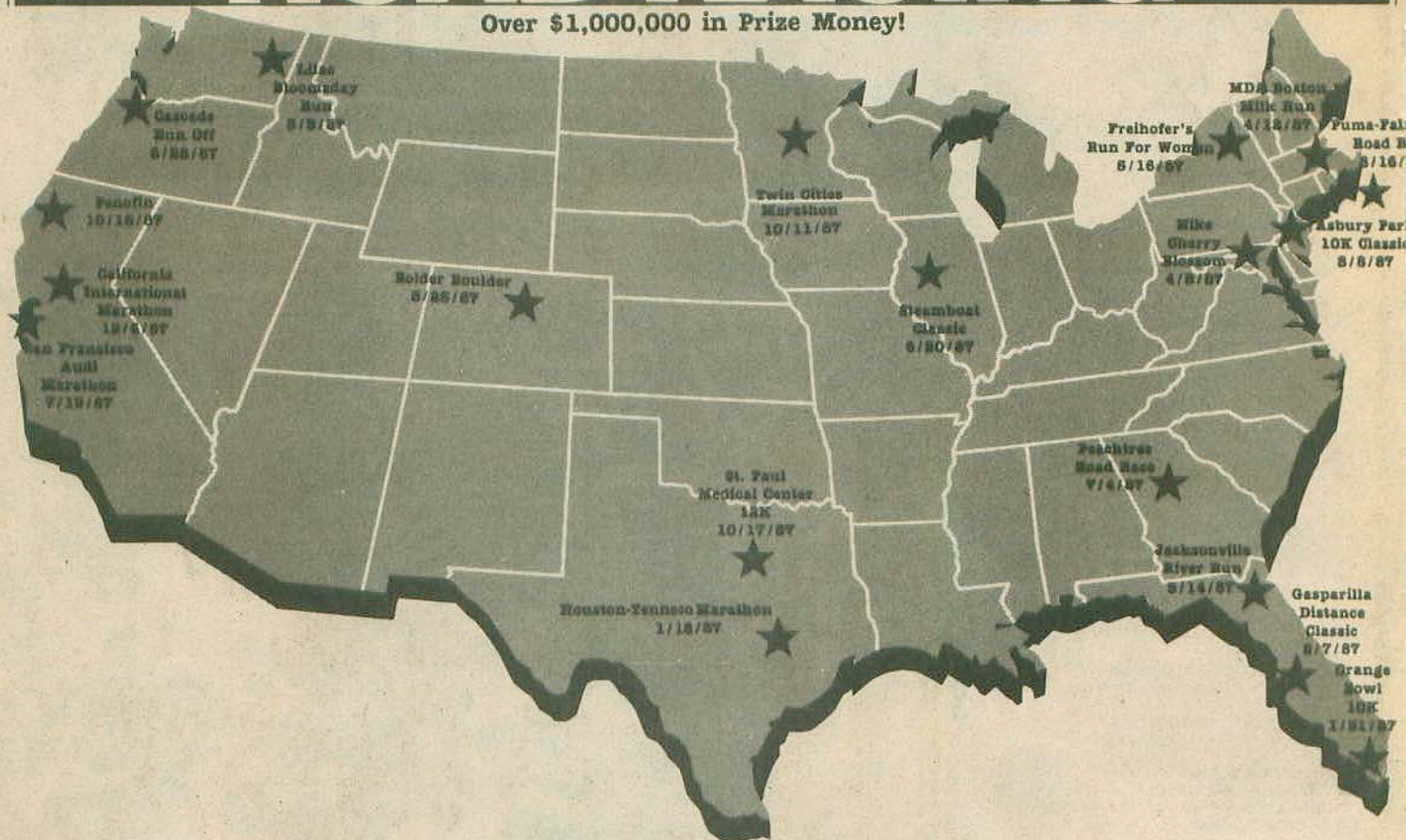
California's Only Track & Running Publication

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The Association of Road Racing Athletes (ARRA) has worked since 1980 to promote prize money competition on the roads. The ARRA organization of top competitive runners, in cooperation with major road racing events in the U.S., has established a year-round series like that found in other professional sports.

JANUARY Houston-Tenneco Marathon (Houston, TX) 713/757-3165
Orange Bowl 10K (Miami, FL) 306/256-1621

FEBRUARY Gasparilla Distance Classic 15K (Tampa, FL) 813/229-7866

MARCH Jacksonville River Run 15K (Jacksonville, FL) 904/739-1917

APRIL Nike Cherry Blossom 10 mile (Washington, D.C.) 301/445-4177

MAY MDA-Boston Milk Run 10K (Boston, MA) 617/396-3001
Lilac Bloomsday Run 12K (Spokane, WA) 509/838-1879
Frehofer's Run For Women 10K (Albany, NY) 518/465-5210
Boulder Boulder 10K (Boulder, CO) 303/444-7223



Association of Road Racing Athletes

For more information on ARRA membership and the 1987 ARRA Circuit, contact:

Association of Road Racing Athletes
1081 Paulsen Building
Spokane, WA 99201
509/838-8784

JUNE Steamboat Classic 4 Mile (Peoria, IL) 309/671-7077
Cascade Run Off 15K (Portland, OR) 503/226-0717

JULY Peachtree Road Race 10K (Atlanta, GA) 404/231-9064
San Francisco/Audi Marathon (San Francisco, CA) 415/681-2323

AUGUST Asbury Park 10K Classic (Ocean Twp, NJ) 201/531-4156
Puma-Falmouth Road Race (Falmouth, MA)

OCTOBER Penofin (Ukiah, CA) 707/462-7413
Twin Cities Marathon (Minneapolis-St. Paul, MN) 612/929-8646
St. Paul Medical Center 12K (Dallas, TX) 214/879-3966

DECEMBER Calif. International Marathon (Sacramento, CA) 916/447-2786

CALIFORNIA

Track & Running News



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The women are off and running at this year's UCLA Cross Country Invitational. See results page 30.
photo by Bill Leung, Jr.

ON THE COVER: 5,500 marathoners pour out onto the streets of San Francisco during this year's San Francisco Audi Marathon. See story on page 20.
photo by Ken Lee

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 (Thursday)

So. El Monte: Legg Lake 5K Evening Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

October 3 (Saturday)

Folsom: Sierra Nevada 50-Miler, Folsom Lake, 7 a.m. (40 mile trail, 10 mile pavement). D. Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 626-0199 or 965-8326.

Jackson, MI: The Ultimate Runner, 10K 400m, 100m, 1 mile, marathon (points awarded on performance in each event), 8 a.m. thru 2 p.m. Mike McGlynn, The Ultimate Runner, Jackson Community College, 2111 Emmons Rd., Jackson, MI 49201. (517) 787-0800, x281.

So. San Francisco: Point to Point Fun Run, 5K, 400 Oyster Pt. Blvd., 9 a.m. Nancy Kelly, 400 Oyster Pt. Blvd., Suite 325, So. San Francisco 94080. (415) 583-9238.

Berkeley: Wildcat Triathlon, 1/2 mile swim, 5K run, 15K mile bike. Lake Anza (Tilden Regional Park), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Yosemite: Yosemite Trail Series (a series of trail runs in Yosemite Nat'l Park . . . thru Oct. 11). Tri Sports, 21 Live Oaks, Berkeley 94705. (415) 540-7008.

Reno, Nevada: Reno Gazette Journal Jog (no other information available) . . . contact newspaper (702) 788-6200.

Morro Bay: Harbor Sprint Triathlon, 1/4 mile swim, 13 mile bike, 2.5 mile run. Time TBA. Morro Bay Rec. Dept. (805) 772-1214, x229.

Playa Del Rey: Learn Not to Burn 5 & 10K, Imperial & Vista del Mar, 8 am/5K, 8:30 am/10K. Alisa Ann Ruch Burn Foundation, 20944 Sherman Way, Suite 115, Canoga Park 91303.

San Jacinto: Lions Run, 2K & 10K, San Jacinto High School (500 Idyllwild Dr.), 8 am/2k, 8:30 am/10K. Lions Run, P.O. Box 883, San Jacinto 92383. (714) 654-7774.

San Dimas: San Dimas Runs, 1 mile, 5 & 10K, San Dimas City Hall (245 E. Bonita), 7:30 am. San Dimas Runs, 245 E. Bonita Ave., San Dimas 91773. (714) 592-4344.

Avalon: Avalon Lions Club Runs, 3.4 mile, 10K & 10.8 mile, 7:30 am/10.8 mile, noon others. Avalon Lions Club, P.O. Box 305, Avalon 90704. Paul McIlroy (213) 510-0856.

Paradise: Apple Ridge Run, 3 & 5 mile, Paradise Lake, 9 am/3 mile, 9:15 am/5 mile. Paradise R.C., P.O. Box 1465, Paradise 95967. (916) 877-2711 or 872-4111.

October 4 (Sunday)

Novato: Mt. Burdell Challenge, 5 & 10K. Rolling Hills Club, 9 a.m. Lauren Catuzzi, c/o Rolling Hills Club, 351 San Andreas, Novato 94947. (415) 897-2185.

Santa Rosa: Sonoma County Harvest Fair 10K, Herbert Slater Jr. H.S. (3500 Sonoma Ave.), 9 a.m. Sonoma County Family YMCA 1111 College Avenue, Santa Rosa 95404. (707) 545-YMCA.

Glen Ellen: **CANCELLED!** Glen Ellen Hot Foot Run, 2.5 Mi. & 10K, Madrone Rd. & Arnold Dr., 8 a.m. Glen Ellen Fireman's Association, 13445 Arnold Dr., Glen Ellen 95442. (707) 996-4938.

San Francisco: Perry's to Perry's 8K and Half-Marathon, Perry's (Union & Laguna), 8 a.m. (Limits: 400/8K, 2000/H-M) (No Raceday Reg.). Perry's to Perry's, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (Info: (415) 387-2178).

San Francisco: California Mile, California & Drumm Sts. (278-Ft. climb up California St.), Time TBA. The Winning Team, P.O. Box 416, Belmont 94002. (415) 593-2788.

Oakland: Oakland Firefighters Brass Pole Run, 5 & 10K, Jack London Square, 9 a.m. Oakland Brass Pole Run, P.O. Box 13037, Oakland 94611. (Barbara Versino: (415) 763-5214).

Moraga: Oktoberfest Run, 5 & 10K, St. Mary's College, 9 a.m. Kelly Collins, P.O. Box O, St. Mary's College, Moraga 94575. (415) 376-4411 x218.

San Bruno: Artichoke Joe's 5K Fun Run, San Bruno Av. & Huntington, 9 a.m. The Runners Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

Stanford: The Great Race, 10K, Stanford Univ., 9 a.m. Anne Cribbs, c/o Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2429.

Napa: Northwood Classic & Fun Run, 8K & 1 1/2 Mi., 9:30 a.m. Craig Dillingham, 4066 Fairfax Dr., Napa 94558. (707) 252-7244.

Fresno: Pepsi-Longs Big Fresno Fair Cross-City Race, 2 Mi. & 10K, (2 Mi.-Huntington Blvd. & First St.; 10K-Roeding Park), 7:30 a.m./2 Mi., 8 a.m. Big Fresno Fair Cross-City Race, 1121 Chance Ave., Fresno 93702. (209) 255-3081.



So. El Monte: San Gabriel River 10 Mile Run, 4 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

Agoura Hills: Pony Express 2K, 5K & 10K, Agoura High School, 8 a.m./5K, 8:30 a.m./10K, 10 a.m. Harry Cook, 29400 Quail Run, Agoura Hills 91301. (818) 889-2005.

Marina Hills: Marina Hills 8K Run & The Taylor Woodrow Beach Mile, Marina Hills Dr. & Niguel Rd., 12 Noon. Marina Hills 8K, Sports Directions, P.O. Box 795, Dana Point 92629. (714) 661-6062.

San Diego Area: Wild Animal Park 15th Birthday Run, 10K & 5K Walk, Wild Animal Park, 7:30 a.m. Kathy Loper, End of the Line, Box 1049, Coronado 92118. (619) 437-4556.

Malibu: Zuma Beach 5 & 10K Runs, 8 a.m. Ruth Eilo, 568 East Mount Curve Ave., Altadena 91001. (818) 794-6753.

San Francisco: DSE/USS San Francisco Monument Run (to Baker Beach & Back), 5.6 miles, El Camino del Mar & Clement St., 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Sacramento: Sacramento Marathon, Half-Marathon & 5K, time TBA. Ron Sturgeon, P.O. Box 995, Dixon 95620. (916) 481-8419.

Carpinteria: Big Avocado 4 Mile, Carpinteria High School, 8:30 a.m. Agmie Olivares (805) 684-5326.

Woodland Hills: Michael Cooper 5 & 10K and 1 Mile Runs for Hope, Pierce College, 8:30 a.m. Drew Pomerance, 5044 Mammoth Ave., Sherman Oaks 91423. (213) 626-4611, x276.

October 7 (Wednesday)

San Jose: Union Bank Heart of the City 5K Run, 6:15 p.m. Union Bank 5K Run, Paul Martin, P.O. Box 610, San Jose 95106.

October 8 (Thursday)

So. El Monte: Legg Lake Art Martinez Birthday 5K Run, 5:30 p.m. Art Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

□ Schedule

October 10 (Saturday)

San Francisco: Potrero Scenic Scamper, 8K, 953 DeHaro St., 9 a.m. Ruth Passen, Potrero Hill Neighborhood House, 953 DeHaro St., San Francisco 94107. (415) 826-8080.

Knights Ferry: Knights Ferry Biathlon, 10K Run, 30 Mi. Bike, 8 a.m. (300 limit). Don Bryan, 1751 N. Hunter, Stockton 95204. (209) 462-4395.

Carson City, NV: Jim Frank Invitational 5K Cross Country Run, 8:30 a.m. Fleet Feet, 3771 S. Carson St., Carson City, NV 89701. (702) 883-3361.

Delano: The Great Grape Run, 5 & 10K, Civic Center (1009 11th Ave.), 8 a.m. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

Newport Beach: Harbor Heritage Run, 5K & 2K Fun Run, Newport Harbor High School (16th St. between Dover & Irvine Ave.), 8 a.m. Debbie Benedict, Newport Harbor High School P.T.A., 119 Via Ivrieto, Newport Beach 92663. (714) 760-3339.

San Diego: Moving Comfort 8K For Women (also 8K for Men), South of Hilton Hotel, 7 a.m./Men, 7:30 a.m./Women. Paul Greer: (619) 755-1639.

Fountain Valley: SCA/TAC 50 Mile District Championships, Mile Square Regional Park (16801 Euclid St.), 6:30 a.m. (12-Hr limit, no raceday entries). Lee Preble, West Coast Univ., 550 S. Main St., Orange 92668. (714) 953-2700.

Santa Barbara: Discover Santa Barbara Days 5 & 10K, Santa Barbara City College (Ledbetter Beach), time TBA. Chris Holmberg (805) 563-1008.

Valencia: "Run for the Health of It" 5K, Henry Mayo Hospital, 8:30 am. Diana Pinto, HMNMH, 23845 W. McBean Pkwy., Valencia 91355. (805) 253-8082.

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

Lancaster: Hospital Run, 5K & 0.6 mile Kiddie Kilo (also 2 mile walk), Apollo Park (near Fox Airfield), 8 am/0.6 mile, 8:30 am/5K. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

Lynwood: Nun Run & Team Relays, 4x5K, Lynwood City Park, 8 am. St. Francis Medical Center Foundation, 3630 E. Imperial Hwy., Lynwood 90262. (213) 603-6350.

Manhattan Beach: Manhattan Beach Old Hometown 10K Run, 7:30 am. (Pre-entry only). Contact: (213) 372-3553.

Walnut: Walnut Family Festival 5K Run, Suzanne Park, 8 am. Contact: City of Walnut (714) 595-7543.

Montebello: Celebrate Montebello 5K Run (& 3K Walk), City Park, 8:30 am. Contact: Rozanne Barron (213) 725-1200, x430.

Bonelli Park: Bonelli Park Triathlon Relay Championships, 1.5K swim, 40K bike, 8K run, (other distances, too), times TBA. L.A. Triathlon Organizing Comm., 2564 E. Garvey Ave., W. Covina 91791. (818) 331-0169.

La Quinta: Red Cross Palm Springs Triathlon, 1K swim, 20K bike, 5K run, Lake Cahuilla Park, time TBA. Bob Schneck, P.O. Box 9435, Palm Springs 92262. (619) 325-4114.

October 11 (Sunday)

San Francisco: Fleet Week Challenge, 5 Mi., Crissy Field, 8 a.m. RhodyCo Productions, 805 Lake St., #3, San Francisco 94118. (415) 387-2178.

Danville: Primo's to Primo's 10K, 5K & 1/2 Mile, Diablo & Hartz Ave., 7:30 a.m./1/2 Mi., 8 a.m. Jan Kinney, 16 Ray Ct., Danville 94526. (415) 837-0861.



JOIN an expected 5,000 runners from 45 states and 30 countries in an international salute to marathoning **January 17, 1988**, in Houston, Texas.

Domestically, we are the site of the 1988 U.S. Corporate Athletics Association national championship, and also have been selected as the championship race for both the Gulf Association of TAC and the Houston Corporate Athletics Association.

Internationally, the Houston-Tenneco Marathon will be the first long-distance race on the International Amateur Athletics Federation road race calendar and for runners vying for a spot on the Norwegian Olympic marathon team. In recent years, winners of the Houston-Tenneco race have come from the United Kingdom, Norway, Italy, South

AN INTERNATIONAL RUNNING FESTIVAL!



Africa, and the United States.

These and other world-class runners will be competing for \$150,000 in prize money and awards, as well as an incentive bonus for record times.

Fast, flat, and festive, this single-loop course throughout the city is "PR-friendly." Race day in Houston is a 26.2-mile street party with bands, cheerleaders, performers, radio/TV coverage, and hoopla provided by thousands of volunteers and a quarter-million spectators. Don't miss being a part of this experience!

Reservation forms are now available.

Write to:

Houston-Tenneco Marathon
P.O. Box 56682
Houston, TX 77027

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Athletes

HOUSTON-TENNECO
MARATHON



United States
Corporate Athletics
Association

□ Schedule

Palo Alto: Run for the Animals, 5 & 10K, Palo Alto Baylands Athletic Center, 9 a.m. Anne Cribbs, c/o Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2429.

Fremont: **CANCELLED!** Pumpkin Patch Fun Run, 5K, Central Park Swim Lagoon, 9 a.m. Pumpkin Patch Run, c/o Recreation Dept., P.O. Box 5006, Fremont 94537. (415) 791-4320.

Morgan Hill: Columbus Day Biathlon, 5 Mi. Run, 15 Mi. Bike, Live Oak High School, 9 a.m. Gavilan Wheelers, 14735 Amberwood Ln., Morgan Hill 95037. (408) 779-2054.

Coloma: Rush for the Gold, 5 & 10K Run (& 1/2 Mi. Children's Run), River Park, 8 a.m. Coloma-Lotus Merchants Assoc., P.O. Box 201, Coloma 95613.

Reno, NV: The Peppermill 15 (PA/TAC 15K Championships), also 5K (non-championship), 9 a.m. Silver State Striders, P.O. Box 21171, Reno, NV 89515.

Pacific Grove: Breakers & Butterflies 10K, Pacific Grove H.S., 9 a.m. (Children's 1 Mi. X-C at 8:30 a.m.). Richard Chamberlin, 712 Sunset Dr., Pacific Grove 93950. (408) 372-2009, eves.

Merced: MTC Bell Race, 15K, Applegate Park (26th & O Sts.), 8:30 a.m. MTC Bell Race, 629 El Portal Dr., Merced 95340. (Jean Schwisow: (209) 722-8385).

San Luis Obispo: Cuesta Spirit Biathlon, 10K Run, 40K Bike, Cuesta College, 8 a.m. Warren Hansen, Cuesta College, P.O. Box 8106, San Luis Obispo 93403. (805) 544-2943, x289.

So. El Monte: Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

So. El Monte: 5K Challenge, Legg Lake, 7:30 a.m./Women, 8 a.m./Men. Enrique Serratos, 13445 Waco, Suite A, Baldwin Park 91706. (818) 338-0580.

Rancho Bernardo: Rancho Bernardo Half-Marathon, 7 a.m. Donald Wright: (619) 437-4667.

San Diego: Ocean Beach 5 & 10K, 7 a.m. In Motion: (619) 483-9501.

Oceanside: Oceanside JC Harbor Days 10K (& 2 Mile), Oceanside Harbor, 8 a.m. Dean Baldrige, End of the Line, P.O. Box 1049, Coronado 92118. (619) 437-4556, 439-8417.

Weott: Humboldt Redwoods Marathon & Half-Marathon, Humboldt Redwoods State Park, 9 a.m. Six Rivers R.C., Karen Angel/HRM, P.O. Box 214, Arcata 95521. (707) 668-5728.

Santa Clara: Carousel to Coaster 10K (& 5K Stride), Great America, 9 a.m. Larry Wolfe, City Hall, Room 103, Santa Clara 95050. (408) 984-3223.

Aptos: Run for Your Life, 10K & 2 mile, Aptos Village Park, 9 a.m. Joel B. Doss, 222 Santa Cruz, Aptos 95003. (408) 688-7640.

Fairfax: America's Love Run, 5 & 10K and 1 mile, Park & Bolinas Rds., 8:15 am/1 mile, 8:30 am/5 & 10K, Ed Kelly, Marin Prof. Firefighters, P.O. Box 15, Fairfax 94930. (415) 258-4686.

San Francisco: DSE Polo Field Run (Lotto Run), 3.1 mile, South Side Polo Fields (Golden Gate Park), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Berkeley: **CANCELLED!** Berkeley to Moraga 13.1 mile.

October 14 (Wednesday)

La Mirada: Biola SAA 5 & 10K, time TBA. Gerry Masterson, 13800 Biola Ave., La Mirada 90639. (213) 944-0351.

October 15 (Thursday)

So. El Monte: Legg Lake 5K Evening Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

October 17 (Saturday)

San Francisco: Pamakid Lake Merced Race, 8.5 Mi. (& 1 Mi. Kid's Race), Sunset Circle Parking Lot, 9:15 a.m./1 Mi, 10 a.m. Bill Duke, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

San Francisco: UCSF Running For Health, 5 & 10K, Golden Gate Park (Speedway Meadow), 9 a.m. Nicole Child, UCSF Med. Ctr., P.O. Box 0210, San Francisco 94143. (415) 476-5611.

Pinole: Bear Valley Biathlons, 5K Run & 10 Mi. Bike or 15K Run & 24 Mi. Bike, Ellerhorst School (Pinole Valley Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Walnut Creek: Care Run V, 8K & 2 Mi., 8:30 a.m. Rhoda Latting, 4702 Tahoe Circle, Martinez 94553. (415) 229-1584.

Davis: Sutter Shuffle 5 & 10K Runs, Sutter Davis Hospital, 9 a.m. Fleet Feet, 132 E Street, Davis 95616. (916) 758-6453.

Reedley: Fiesta Fun Run, 5 & 10K (& 1 Mi. Family Run), 12th & G Sts., 8 a.m./5&10K, 9:15 a.m. Dianne Dixon, Reedley Parks & Recreation, 100 N. East Ave., Reedley 93654. (209) 638-6881, x229.

Atascadero: Galloping Goblins 10K, Time TBA. Atascadero Recreation Dept., P.O. Box 747, Atascadero 93423. (805) 466-8000, x124.

Lompoc: Running and Fitness 10K (& 2 Mi.), Time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

Los Angeles: Run for the Homeless, 5 & 10K, Griffith Park, 8 a.m. (2000 limit). John Dillon, c/o The Chrysalis Center, 302 E. 5th St., Los Angeles 90013. (213) 623-2932.

Rosemead: City of Rosemead, 8838 E. Valley Blvd., Rosemead 91770. (818) 288-6771.

La Mesa: Grossmont Center 10K & 2 Mi., 7:30 a.m. Bob Yarris (619) 465-0711, x375.

Pasadena: Eaton Canyon to Henninger Flats Up & Down Hill Race, 9 miles, Eaton Canyon Nature Center, 8 a.m. Registration closes Oct. 2. E.C.N.C., 1750 N. Alta Dena, Pasadena 91107. (818) 794-1866.

Fullerton: Nite Lite 10K Run. Joe Felz, 303 W. Commonwealth Ave., Fullerton 92632. (714) 738-6589.

Fremont: Run for Education, 5K, Ohlone College, Mission Blvd., 9 a.m. Barbara Wogsland, 1630 Pajaro Ct., Fremont 94539. (415) 490-4458.

San Francisco: Golden Gate Park Cross Country Series, 4 mile, Lindley Meadow (30th & JFK Dr., Golden Gate Park), 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

South Pasadena: Marengo Elementary School 5K & 1 Mile Run, 1400 Marengo St., 8 am/1 mile, 8:30 am/5K. Mark Nelson, 1640 Laurel St., So. Pasadena 91030. (818) 799-1266.

Seal Beach: Gary Pettis Seal Beach Autumn 10K, Marina Community Center (1st & Marina), 8 a.m. American Cancer Society Seal Beach Run, 1503 S. Coast Dr., Suite 110, Costa Mesa 92626. (714) 751-0441.

Riverside: Victoria Avenue 5 & 10K, Arlington High School, 8 am/5K, 8:30 am/10K. Victoria Ave. 5/10K, Parks & Rec. Dept., 3900 Main St., Riverside 92522. (714) 782-5407.

San Diego: Shadowridge Glide & Stride, 5K, Buena Vista High School, 10 a.m. Mike McClure (714) 944-3834.

Palmdale: Fall Festival 5K & Kiddie Kilo, McAdam Park, 8:30 am/1K, 9 am/5K. Running Promotions Ltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

October 18 (Sunday)

Half Moon Bay: Pumpkin Festival Run, 10K & 1.5 Mi., Cunha Jr. H.S. (Kelly & Hwy. 1), 8:30 a.m./1.5 Mi., 9 a.m. Norm Johnson, P.O. Box 1101, Half Moon Bay 94019. (415) 726-3342.

Danville: "Las Trampas Tormøt" Trail Race, 4 & 9 Mi., Las Trampas Regional Wilderness, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Concord: Spartan Cup 5 & 10K, DeLaSalle High School (Winton & Treat Blvd.), 9 a.m. Tom Barrett, 3685 Bon Homme Way, Concord 94518. (415) 676-7313.

Hayward: Hayward Half-Marathon & 2 Mi. Fun Run, Kennedy Park, 8 a.m. Jim Bruno, c/o Hayward Area Rec. District, 1099 E Street, Hayward 94541. (415) 881-6778.

Livermore: Mulberry Country Stride, 5 & 10K, Wente Brothers Winery (5565 Tesla Rd.), 9 a.m. Patti Abramson, 575 Escondido, Livermore 94550. (415) 455-0913.

Sunnyvale: ESL Runaway, 5 & 10K and 1 Mi., Moffett Industrial Park (Geneva & Java Dr.), 8:30 a.m./5K, 9:30 a.m. ESL Fitness Center, P.O. Box 3510, Sunnyvale 94088. (408) 743-4250.

Modesto: Modesto Mile, Court House, 9 a.m. (9 separate races). Linda Johnson, P.O. Box 4152, Modesto 95352. (209) 522-7115.

Oakland: Alameda County Bar Association Race Judicata, 5-Mi. & 2.7 Mi. Fun Run/Stride, Aquatic Park, 10 a.m. Joe Schieffer, 1999 Harrison St., Suite 1300, Oakland 94618. (415) 834-2200.

So. Lake Tahoe: Angora Ridge Run, 10K, Hwy. 89 and Fallen Leaf Lake Rd., 10 a.m. Info: (916) 581-5119.

Arroyo Grande: Arroyo Grande Hospital Silver Anniversary Runs, 5 & 10K, 8:30 a.m. Sports Stop, 172 Station Way, Arroyo Grande 93420. Lynne Toomey: (805) 481-1526.

Van Nuys: Pumpkin 5 & 10K Classic and Kiddie K, Woodley Park, 7:45 a.m./Kiddie K, 8 a.m./5K, 8:30 a.m. John Black, VPH Fitness Center, 15107 Vanowen St., P.O. Box 9102, Van Nuys 91409. (818) 782-6600.

So. El Monte: Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

La Jolla: Golden Triangle 10K & 2 Mi., Jewish C.C., 7:30 a.m. Gary Levitt, End of the Line, Box 1049, Coronado 92118. (619) 437-4556.



Formerly the "Clarksburg 20 Mile Run"

SUNDAY, NOVEMBER 15, 1987
(at Delta High School -
4 miles south of Sacramento)

30-K Race (18.6 miles) 11:00 am
(including Corporate Team Relay
& P.A. TAC Championship)
5-K Race (3.1 miles) 11:15 am
1-MILE Kid's Race 10:20 am
(all races will start promptly at the above listed times)



MAIL TO Foundation 30K Run
P.O. Box 20,
Clarksburg, CA 95612
INFORMATION 456-7000 ext. 169
Evenings (916) 665-1712
TAC SANCTIONED & CERTIFIED
1987 TAC Men & Women's 30-K Championship



To All Members of the Running Community:

From year to year, we, the Clarksburg Organizing Committee, have improved our race so it could be the best event possible for the participants. In line with this policy, we have made some major changes in the 1987 race. First of all, we are very proud to announce Foundation Health Corporation as our new major sponsor. We are excited about our association with Foundation, and pleased with the enthusiasm they are showing toward our event. Cellular One mobile phone systems is also a significant sponsor again this year, and will help us with course communications on Race Day. With this added financial support, we expect to add some new features to our event that will benefit the runners. One definite possibility for next year's race is for it to be a National Championship Event.

This brings us to the next major change in our event - we will no longer be a 20 mile race. Instead we will be a 30K (18.6 miles) race. Since national 20 mile age group records are no longer kept, and because there is no National Championship available at the 20 mile distance, we felt the distance change was appropriate. By making this change, the runners capable of setting national age group records will be able to get the recognition they deserve. Further, the National Championship status will enable the race to get stronger financial support which will, in turn enable us to make our event more attractive to everyone - from the fun-runner to the serious athlete. The traditional 20 mile course will only need minor adjustments to achieve this new 30K certified distance. As usual, the start and finish will be at Delta High School in Clarksburg. We have also switched our 5 mile run to a 5K (3.1 miles) run. The 1 mile kids race will remain unchanged, with race day registration only for this event.

As always, all runners will receive pace and split times at every mile. A free meal, and a long-sleeved t-shirt will be provided to each pre-registered runner in both races. Also, please note our addition this year of the 5 year age divisions, and of "Corporate Team Relay Division" (30K race only, 3 members per team - each runs a 10K). Corporate relay team entries can be arranged by calling (916) 456-7000 ext. 169.

Our race is still a non-profit event with any excess funds going to People Reaching Out (an organization that fights drug use among youth) in association with matching funds by the Sierra Foundation. We are proud of our heritage that goes back to the original Pepsi 20 on November 26, 1966, and we hope you understand that these changes are all aimed at perpetuating our race's tradition - that of a quality event that caters to all runners of all ages. We look forward to seeing you on Sunday, November 15, 1987.

Sincerely,
Clarksburg Organizing Committee
Foundation 30K Championship

Registration Fees: 30K \$15.00 Pre Registration and late Registration fees are the same; however,
Pre Registration (by November 6th) includes a Tee Shirt and meal;
5K \$10.00 Late Registration (after November 6th) does not include a Tee
Shirt or meal (each can be purchased on Race Day)

Race: [] [] Circle Division: Men Women
14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+
Special Divisions (30K only): Wheelchair, Heavyweight (200 lbs +)
TAC Team member (30K only): Yes No (3 to score)
Open, Masters, Masters 50+

Mail registration to:
Foundation 30K Run
P.O. Box 20
Clarksburg, California 95612

Form with fields for SEX, DATE OF BIRTH, Age on Race Day, Official Use Only, LAST NAME, FIRST NAME, STREET ADDRESS, CITY, STATE, ZIP, T-SHIRT, TEAM, TELEPHONE

Duplication of this entry
form is acceptable

Duplication of this entry
form is acceptable

Your estimated average Race Pace _____ minutes _____ seconds per mile

Forms postmarked after 11/6/87 are considered as "Late Registration". Race Packets can be picked up on race day at Delta High School starting at 7:30 a.m. All teams must pre-register and also report to team tables on race day morning to declare their team members.

Waiver: In consideration of your accepting this entry for the Foundation 30K Championship and Associated events, a strenuous footrace, I, for myself, my heirs, executors, and administrators forever waive and release any and all claims against the organizers, the Community of Clarksburg and the County of Yolo, Foundation Health Corporation, the race directors and their representatives, volunteers, or any other sponsors for all claims, and costs arising out of my participation in or traveling to this event. I attest that I am physically fit to run the length of race which I have entered by filling out the above registration. This waiver applies to all races, and as part of the waiver I acknowledge that I have read and understand all of the above.

Signature _____ Date _____
All Entrants Must Sign Waiver (parent/guardian if under 18)



CALIFORNIA INTERNATIONAL MARATHON

DECEMBER 6, 1987 7:00 A.M.

Master Record held by
Robert Nelson, USA - 2:27:51

Open Record held by
Peter Butler, Canada - 2:10:56

Senior Record held by
Glynn Wood, USA - 2:46:00

Master Record held by
Gabriele Andersen,
Switzerland/USA - 2:41:09

Open Record held by
Nancy Ditz, USA - 2:31:36

Senior Record held by
Sister Marion Irvine,
USA - 2:51:01

FOR ENTRY SEND SELF-ADDRESSED, STAMPED ENVELOPE TO
CALIFORNIA INTERNATIONAL MARATHON • P.O. BOX 161 149 • SACRAMENTO, CA 95816
PHONE: (916) 447-2786

San Diego: Run for the Fund, 5 & 10K, Woodland Park, 7:30 a.m. Info: (619) 744-4776.

San Francisco: DSE Fort Point Run, 3.8 mile & Kids Run (1 mile), Little Marina Green, 10 am (9:30 am/mile). Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Arcata Area: Tyee City Team Race, 3.0 or 3.5 mile, Mad River Beach (boat ramp), 11 am. Ken Yanosko (707) 826-1765.

Corona: Corona Firefighters' 5 & 10K Safety Run, Corona High School (10th & Lincoln), 7:45 am. Corona Firefighters' Assoc., 790 S. Smith St., Corona 91720. Mark Kipley (714) 734-6827.

Lawndale: City of Lawndale 5 & 10K Runs, El Camino College, 7:45 am. Gary De Corpo, City of Lawndale, 14717 Burin Ave., Lawndale 90260. (213) 973-4321, x129.

Compton: Ullis Williams Centennial 5 & 10K Run (& 5K walk), Alameda Auto Plaza (on Alameda, just north of Artesia Blvd.), 8 am. M.I.C.D.C., P.O. Box 13, Compton 90223. (213) 537-3146.

Santa Barbara: Santa Barbara Women's 5 & 10K, Leadbetter Beach, 8:30 am. Santa Barbara Women's Run, P.O. Box 6616, Santa Barbara 93160. (805) 963-3303.

Victorville: Inco High Desert Classic, 5 & 10K, Victor Valley Mall, 8 am/5K, 9 am/10K. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501 or (714) 548-4897.

Century City: Run for Life 5 & 10K, Rancho Park, 8 am/5K, 8:30 am/10K. Run for Life, P.O. Box 0471, Glendale 91209. (213) 936-0895.

October 22 (Thursday)

So. El Monte: Legg Lake 5K Evening Run, 5:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

October 24 (Saturday)

Menlo Park: Run for the Kids, 10K, Menlo College (1000 El Camino), 8:30 a.m. Gale Holm, 927 Laurel Ave., Menlo Park 94025. (415) 321-2184.

Santa Barbara: Sri Chinmoy 3 Mi. Run, Palm Park, 8 a.m. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 685-3325.

Ventura: "Twilight's Last Gleaming" 4 Mi. Cross Country, Arroyo Verde Park (Day Rd.), 5 p.m. (No Pre-Entry). Andrew Hecker, Box 7793, Ventura 93006. (805) 983-0044, days, 642-3879, eves.

Hawthorne: Hawthorne Rotary 5 & 10K, Robert F. Kennedy Medical Center (4600 W. 116th), 8 a.m. Reese Walton, 4565 W. 130th St., Hawthorne 90250. (213) 679-6361.

Long Beach: Long Beach Low Tide Runs, 1.2 & 4 Mi., 4 p.m./1 Mi., 4:30 p.m. Four Seasons Race Series, c/o Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 439-6875.

Los Angeles: Foot Locker Partners Race & Open 8K, Playa Del Rey Beach, 8:30 a.m./Partners, 9 a.m./Open. Walt Walston, 2210 Wilshire Blvd., #889, Santa Monica 90403. (213) 396-7727.

San Diego: San Dieguito Handicap, 10 Mi., San Dieguito Park, 7:30 a.m. Dennis Kasischke. (619) 280-7327.

San Diego: Light the Night Against Crime, 10K & 1 Mi., Seaport Village, 6 p.m. Molly Wilson. (619) 452-1111.

Castro Valley: Firetrails Fifty, 50 mile, Lake Chabot Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

Vallejo: Blue Rock Classic, 10K, Hanns Park, 9 am. Dan Donahue, 741 Tuolumne St., Vallejo 94590. (707) 644-0453.

Ojai: New Beginnings 5K, Location TBA, 8 am. Cathleen Schlichter, Ojai Valley Community Hospital, 1306 Maricopa Hwy., Ojai 93023. (805) 646-1401.

Huntington Beach: "Running is For The Birds" 10K Run & 5K Run/Walk, Bolsa Chica State Beach (Pacific Coast Hwy & Warner), 8:30 am/10K, 8:40 am/5K. Amigos de Bolsa Chica, P.O. Box 1563, Huntington Beach 92647. (714) 897-7003.

Alhambra: Alhambra 5 & 10K, 4th & Main, 8 am/5K, 8:30 am/10K. Race Central, P.O. Box 828, Rialto 92376. (818) 570-5081.

Avalon: Catalina Island Triathlon, .5 mile swim, 14 mile bike, 4 mile run, Avalon Park, time TBA. L.A. Triathlon Organizing Comm., 2564 E. Garvey Ave., West Covina 91791. (818) 331-0169.

October 25 (Sunday)

San Francisco: CCPM Waterfront 10 Miler, Hyde & Jefferson, 8 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 95127. (415) 681-2322.

☐ Schedule

Santa Rosa: Snoopy's Young at Heart Run, 7 & 3.1 Mi. Redwood Empire Arena, 9 a.m. Redwood Empire Ice Arena, 1667 W. Steele Lane, Santa Rosa 95401. (707) 546-7147.

San Rafael: Run for Kids, 5 Mi. & 2 Mi. Kid's Run, 9 a.m. Jo Ann Pelissetti, St. Vincent's School For Boys, P.O. Box M, Civic Center, San Rafael 94913. (415) 479-8831.

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5, 10, & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Orinda: Miramonte Foot Feat, 10K & 2 Mi., 9 a.m. Denny Weigand, Miramonte Foot Feat, P.O. Box 1756, Orinda 94563. (415) 254-6550.

San Jose: Rose Garden Fun Run & Stride, 1.5 & 5 Mi. (& 3 Mi. Stride), Central YMCA, 8:15 a.m./1.5 Mi., 8:30 a.m./3 Mi., 8:45 a.m. Casey McClung, Central YMCA, 1717 The Alameda 95112. (408) 798-1717.

Santa Clara: Eat 'n Run II, 5 & 10K, Santa Clara Mission College (Great America Pkwy.), 9 a.m. Hunger Relief Benefit Run, World Runners, P.O. Box 18132, San Jose 95158. (415) 797-1918 or (408) 978-9547.

So. El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

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

Los Angeles: UCLA 5 & 10K Run for World Health, Drake Stadium, 8 a.m. Emmett McEleney, UCLA School of Medicine, Center for Health Sciences, Los Angeles 90024. (213) 206-0524.

San Diego: Palomar 10K, Palomar Hospital, 7:30 a.m. Info: (619) 483-9501.

San Diego: Swiftest Business 10K, General Dynamics, 8 a.m. (Pre-Entry only). Info: Barbara Mooney (619) 573-9921.

Burlingame: Sri Chinmoy 12-Hour Run, Burlingame High School (track), 7 a.m. Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 665-2244.

Burlingame(?): 40 Nun's Run, 5 & 10K, location TBA, 8:30 a.m. Sister Mary Rose Christy, Sisters of Mercy, 2300 Adeline Dr., Burlingame 94010. (415) 340-7400.

Cupertino: The Any Mountain 10K & 10 Mile, 8:30 a.m. Any Mountain, 10495 N. De Anza Blvd., Cupertino 95014. (408) 255-6162, Willi.

Bakersfield: Lemucchi's Tam-o-Shanter Pedal & Plod, distances TBA, location TBA. time TBA. (805) 324-6774.

October 30 (Friday)

San Francisco: Sheraton's Monster Dash, 5K, Time TBA (night race). RhodyCo Productions, 805 Lake St., #3, San Francisco 94118. (415) 668-2243.

Carson City, NV: Nevada Day 10K Run, Location & Time TBA. Info: (916) 581-5119.

October 31 (Saturday)

Five Brooks: Golden Gate Nationals 50K & 100K, Pt. Reyes National Seashore, 7 a.m. Tri Sports & The Good Sport: (415) 461-1930.

Fresno: Shoes & Spokes Run, 2 & 6 Mi., Roeding Park, 8 a.m. Jim Brooks, 5511 No. 10th St., #105, Fresno 93710. (209) 435-3237.

Bridgeville: Bridgeville Relays & Ultra-Marathon, 41 Mi., Freshwater School, 5 a.m. Pre-reg. req'd. Sherman Schapiro, Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 668-5728.

Incline Village, NV: Trick or Treat 10K & 2 Mi., Time TBA. Info: (816) 581-5119.

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

San Diego: Project Concern Halloween Runs, 10K & 2 Mi., Balboa Park, 8 a.m. Sharon Schramm, End of the Line, Box 1049, Coronado 92118. (619) 437-4556.

1988 San Joaquin Valley Coach of the Year Clinic

January 9, 1988
Fresno State University

Speakers:

KEN MATSUDA — Hurdles

Coach of the 1987 World Indoor Champion
and Mobil Grand Prix Champion

ALEX GARDNER — Sprints

Canadian Sprint Coach

LANCE HARTER — Distance

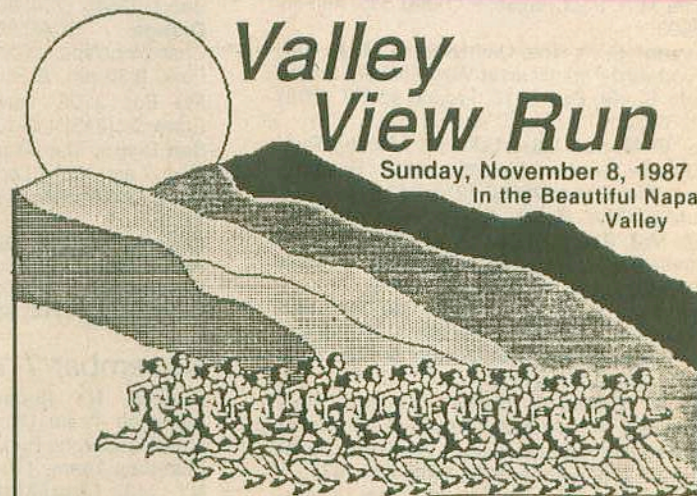
Head Coach Cal Poly San Luis Obispo

DICK CONNERS

Organizing a Track Officials Program

JIM CLARK — Physical Therapist

FOR INFORMATION CONTACT: Bob Fraley, CSUF
(209) 294-4098



Valley View Run

Sunday, November 8, 1987
in the Beautiful Napa
Valley

A benefit run for the athletic programs at St. Helena High
Presented by St. Helena Hospital & Health Center

Time & Place: 9 a.m. November 8, 1987, St. Helena Hospital & Health Center in Deer Park, 4 miles northeast of St. Helena and 20 miles north of Napa in the Napa Valley. Late registration—7:30 to 8:30. Starts at Elmshaven Church parking lot. **Course:** A 5-kilometer loop (2 loops for 10K); rolling hills through forest; paved; entirely in shade. **Divisions:** Male/female for 14-under, 15-18, 19-29, 30-39, 40-49, 50-59, and 60 plus. **Awards:** Cash prizes for male & female overall winners of each race; medals for the first 3 males and females of each division; T-shirts for all entrants; raffle prizes. **Fees:** \$10 (in advance) for each run versus \$15 (either run) on day of event.

Contact: Patrick Lecourt or Mike Foxworth (707)963-6467

□ Schedule

San Francisco: Golden Gate Park Cross Country Series, 4 mile, Lindley Meadow (30th Ave. & JFK Dr., Golden Gate Park), 9 am. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188.

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

Irwindale: Trick or Treat Triathlon, 3 mile run, 9 mile bike, 200 yd. swim. Santa Fe Dam, 8:30 am. Trick or Treat Triathlon, 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

San Pedro: Harbor Lite Half-Marathon & 10K, 1 block north of Peck Park on Western, 7 am. John Provost, 301 S. Bandini St., San Pedro 90731. (213) 832-4211.

November 1 (Sunday)

Menlo Park: Vet-a-Run, 10K, VA Medical Center (795 Willow Rd.), 10 a.m. Alice Naqui, YAMC, 3801 Miranda, Palo Alto 94304. (415) 493-5000, x2262.

San Francisco: Golden Gate Pacific Marathon & Half Marathon, Time & Course TBA. Mor information, including contact, to follow.

Reno, NV: Peppermill 10K & Half-Marathon, Time TBA. Paul Reese, P.O. Box 585, Auburn 95603.

Fresno: Sky's The Limit Run, 2 Mi & 10K, Woodward Park (Sunset View Shelter), 8 a.m. Marc Barrie, Box 5017, Fresno 93756. (209) 222-7493.

So. El Monte: Legg Lake 5K Morning Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 942-8774.

Culver City: Goblin Gallop 5 & 10K, Fox Hills Mall, 8 a.m. Goblin Gallop, Culver-Palms Family YMCA, 4500 Sepulveda Blvd., Culver City 90230.

San Francisco: DSE Low Tide Run, 6.0 mile, Great Highway and Balboa St., 10 am. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Santa Barbara: Santa Barbara Half-Marathon, Arroyo Burro Beach, 8 am. Santa Barbara Half-Marathon, P.O. Box 6616, Santa Barbara 93160. Irwin Sorkin (805) 687-7473.

Lancaster: Ed Jerome Memorial Cross-Country 5 & 10 Mile, Avenue P & 30th St. West, 8 am. Rich Cooper, 619 W. Lancaster Blvd., Lancaster 93534. (805) 949-2224.

Loma Linda: Orange Grove Marathon, Half-Marathon & 10K, 7 am. Loma Linda Lopers, P.O. Box 4945, Loma Linda 92354. (714) 242-3209 or 793-9959.

Westlake Village: Great Pumpkin 5 & 10K and 1 Mile, Westlake Plaza Hotel, 8 am. Chamber of Commerce, 31838 Village Center Rd., Westlake Village 91361. (818) 991-3101.

Camarillo: Tri-Clubs Championships, 1.5K swim, 40K bike, 10K run, Ventura Beach, time TBA. Ron O'Keefe, P.O. Box 28, Camarillo 93011. (805) 388-3912.

San Diego: Quarter Note Classic 10K & 2 Mile, Organ Pavilion, 8 am. Info. (619) 483-9501. Listed as Oct. 31 in error in last issue.

Phoenix, AZ: New Times Phoenix 10K (& 5K Walk, 1 Mile Fun Run), Phoenix College, 11th & Thomas. 7:45 am/1 mile, 8 am/5K walk, 8:30. Call (602) 241-0995.

November 7 (Saturday)

San Jose: YMCA Coyote Creek Run, 10K, Hellyer Park, 9 a.m. Candi Green, South Valley YMCA, 5632 Santa Teresa Blvd., San Jose, 95123. (408) 226-9622.

Pescadero: "The Pescadero" Half-Marathon & 5 Mile. Pescadero Creek County Park (trails & fire roads), 9 am. Team Challenge, PO Box 963, El Sobrante 94803. (415) 841-1190.

Fremont: Friends of the Tri-City Animal Shelter Bay to Barkers 10K, Coyote Hills Regional Park, 8000 Patterson Ranch Rd. 9:30 am. Maryanne Robertson, Box 5118, Suite 108, Fremont 94537. (415) 796-8267.

Livermore: Turkey Trot, 5 & 10K, Almond Ave. School. 8:30 am/5K, 8:45 am. Karen Natrass, 4021 Findlay Way, Livermore 94550. (415) 443-9421.

Vandenberg AFB: Vandenberg Runway 5K. Time TBA. Norm Albert (805) 734-1634.

Bakersfield: Dean Witter Corporate Cup Relay, Distance & Location TBA, Time TBA. Greg Frazier (805) 322-3971.

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.

Huntington Beach: Boy Scouts Ocean 10K, Huntington Beach Pier. 8 am. John Bushman, 8351 Alvarado Dr., Huntington Beach 92646. (714) 960-3171.

Orange: SCA/TAC 10K X-Country Championships, Santiago Oaks Regional Park. 8:30 am. A Running Experience Club, PO Box 3209, Long Beach 90803. (Jerr Edwards: (213) 433-1656).

San Diego: The Heart of San Diego 10K & 2 Mile. 7 am. Kathy Loper, 7801 Mission Center Court, #200, San Diego 92108. (619) 298-7400.

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

November 7-12

Queens, NY (5-day race): Sri Chinmoy Marathon Team Ultra Road Race. Flushing Meadow Corona Park Time TBA. Sri Chinmoy Marathon Team, 150-47 87th Ave., Jamaica, NY 11432. (718) RUNNERS or (718) 523-2600.

November 8 (Sunday)

San Diego: The Heart Marathon, San Diego Zoo (Balboa Park), 7 a.m. Kathy Loper, 7801 Mission Center Ct., #200, San Diego 92108. (619) 298-7400.

Los Gatos: Summit Marathon, 8 a.m. Runners Factory, 51 University Ave., Los Gatos 95030. (408) 395-4311.

Seattle, WA: National Masters 10K Cross Country Championships. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. (206) 433-8868.

Windsor: Windsor Whale Run, 3 & 15K, Windsor Middle School, Starr Rd. 9 am. Wine Country Race Service, PO Box 237, Occidental 95465. (707) 874-2830.

Oakland: Oakland P.A.L. 5 & 10K and 1 Mile, Lake Merritt (sailboat house). 7:30 am/Mile, 8:30 am/5 & 10K. Margaret Dixon, PO Box 24375, Oakland 94623 (415) 273-3828.

St. Helena: Valley View Run, 5 & 10K, St. Helena Hospital (off Hwy 29). 9 am. Mike Foxsworth, Public Relations, St. Helena Hospital, Deer Park 94576. (707) 963-6467.

Auburn: Auburn 10K "Bear of a Run" & 2.1 Mile Stride, Gold Country Fairgrounds. 9 am. Children's Home Society of California, 2200 21st Street, Sacramento 95818. (916) 452-4672.

San Francisco: DSE Windmill Run, 6.5 Mile, JFK Drive & Great Hwy. 10 am. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Santa Ana: Santa Ana Turkey Trot 5K & Half Marathon, Centennial Regional Park. 7:30 am. Belern Padilla, Recreation Dept, PO Box 1988 M-23, Santa Ana 92702. (714) 647-6559.

Riverside: Riverside Mission Inn 5 & 10K, Fifth & Orange Sts. 8 am. Mission Inn 5/10K Runs, 3739 Sixth St., Riverside 92501. (714) 781-8241.

West Hills: West Hills 5 & 10K Runs for Crippled Children's Society, Chatsworth Reservoir. 8 am/5K, 8:30 am. West Hills Run for CCS, 8461 Sedan Ave., West Hills 91304. (Rita Seashore (818) 346-8595).

Los Angeles: Minnie Riperton 5 & 10K, Hoover & King (Sports Arena parking lot). 8 am. Beulah Anderson, American Cancer Society, 2975 Wilshire Blvd., Los Angeles 90010. (213) 386-6102.

South El Monte: Legg Lake 5K Morning Run. 9:30 am. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Marina del Rey: The Marina Breakers 10K & 3K Sprint/Stride, Fisherman's Village (Fiji Way). 8 am/3K, 8:30 am. Pro-Motion Events, PO Box 7000-470, Redondo Beach 90277. (213) 374-8990.

Newport Beach: Nissan 5 & 10K, Newport Center (Fashion Island). 7:30 am. In Motion, 241 Broadway St., Costa Mesa 92627. (714) 548-4897 or (619) 483-9501.

Fresno: Fresno Marathon, Time TBA. Graham Partlett, 846 N. Harrison St., Fresno 93728. (209) 237-4718.

Rocklin: PA-TAC Cross Country Championships, Sierra College. 3000m/Bantam, Midget. 4000m/Youth. 5000m/Intermediate, Young. 10,000m/Open & Masters. 9 am-3pm. TAC, Box 1495, Fair Oaks 95628. (916) 966-6185. TAC REGISTRATION REQUIRED.

November 14 (Saturday)

Oklahoma City, OK: National Masters Half Marathon Championships. Jim Smith, 2408 NW 112th. Terr., Oklahoma City, OK 73120. (405) 521-3864.

Morro Bay: Morro Bay State Park Relay, 2-person teams, 2 miles each. Time TBA. Morro Bay Recreation Dept. (805) 772-1214, x229.

Sylmar: Olive View 5K Run and Biathlon (10K Run/25K Bike). 7:30 am/5K, 8:30 am. Gene Evans, Olive View Medical Center Volunteer Office, 14445 Olive View Dr., Sylmar 91342. (818) 364-3073.

San Diego: Great American Smokeout 10K & 2 Mile, Amphibious Base. 8 am. Toni Deal: (619) 272-8316.

□ Schedule

November 15 (Sunday)

Clarksburg: Clarksburg Foundation PA/TAC 30K Championships & 5K Run (& Kids Mile), Delta High School, 11 a.m. Skip Seebeck, Clarksburg 20, P.O. Box 20, Clarksburg 95612. (916) 665-1712.

Cleveland National Forest: San Juan Trail 50 Mile Run, near San Juan Capistrano, 6 a.m. Barry Hawley, 1619 Calle Las Bolas, San Clemente 92672. (713) 492-8191.

Sunnyvale: Dash for Diabetes, 8K (BACAA Grand Prix Event), Sunnyvale Medical Clinic (Old San Francisco & Sunnyvale Rds.), 9 am. Rochelle McNamara, 201 Old San Francisco Rd., Sunnyvale 94086 (408) 287-3785.

San Francisco: DSE Roller Coaster Run, 3.1 Mile (& 0.6 Mile Kids Run), Mountain Lake Park (12th Ave. & Lake St.), 10 am. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Donner Lake: Donner Lake Turkey Trot. Distance TBA. Time TBA. Contact: (916) 581-5119.

Fresno: Fresno Road Race, 6 Mile, Chandler Airfield. 10 am. Fleet Afoot, 6460 N. Blackstone, Fresno 93710. (209) 432-3400.

Merced: 10K Turkey Trot, Applegate Park & Bear Creek Bike Path. 10 am. David Olsen, Merced TC, PO Box 3275, Merced 95340. (209) 723-6579, eves.

Malibu: Lasse Viren Finlandia Cheese Invitational 20K, Point Mugu State Park. 8 am. 10 am/Invit (36:00 10K qualifying time). NO RACEDAY REGISTRATION. Eino, PO Box 24781, Los Angeles 90024.

Long Beach: CRI Long Beach Shoreline Half-Marathon & 1 Mile, Long Beach Convention Center (Ocean Blvd.), 7:30 am. CRI, 1500 E. Anaheim St., Long Beach 90813 (Judy Combs (213) 591-0539).

San Diego (?): Sagebrush Ramble 10K & 2 Miles, Miramar College. 7:30 am. Norris Charles: (619) 437-4556.

November 21 (Saturday)

Oakland: Sri Chinmoy 24-Hour Run, 8 a.m. Sri Chinmoy Marathon Team, 2438 16th Ave., San Francisco 94116. (415) 665-2244.

So. San Francisco: Thanksgiving Fun Run, 4.5 Mile, Orange Memorial Park. 9 am. Fun Run, Recreation & Community Services Dept., PO Box 711, So. San Francisco 94080. (415) 877-8560.

Fair Oaks: Turkey Trot, 5 Mile, Marie Callender's (Sunrise Blvd). Time TBA. Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Lompoc: LVDC Turkey Trot, 5 & 10K. Time TBA. Lompoc Valley DC, PO Box 694, Lompoc 93438.

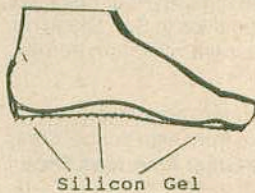
Pasadena: Diabetes Treatment Center 5K & 1 Mile, Rose Bowl Grounds (Arroyo Blvd. south of Seco). 8 am. Diabetes Treatment Center, 1509 Wilson Terrace, Glendale 91206. (818) 500-0256.

Ladera Heights: Ladera Heights Civic Association 1 & 5K. 8:30 am/5K, 9:15 am. Frank Ramirez, c/o Ladera Church of the Brethren, 5505 W. Slauson Ave., Los Angeles 90056. (213) 645-2878.

THE MOST ABSORBING EXPERIENCE YOUR FEET HAVE EVER ENJOYED

In articles in national publications like RUNNER'S WORLD, RUNNER, and also at clinics and conferences I have advocated the idea that most running injuries come from improper footwear. Having twice been a U.S. Olympic coach and many times U.S. national team coach, I've had the opportunity to discuss running injuries with athletes, coaches, and medical people from all over the world. They too, generally agree that most running injuries originate from problems that begin in the foot. If the foot lacks proper support and/or cushioning, then the impact of the foot strike coupled with the lack of support causes stress that ultimately results in injury. There have been many attempts to address this problem by various methods and shoe designs. However to date, none have proven successful on a comprehensive basis. In fact, in most instances, the "innovations" have caused as much damage as they have cured. Further, shoe companies disturbingly tend to discontinue the one shoe model that may provide some support.

However, thanks to a San Jose podiatrist's ingenious solution, we no longer have to endure the frustration of trying to find a shoe that works, and then worrying about its discontinuation. Silicon changed the data processing industry, and now it is about to change the face of the running and exercise industry. This podiatrist has come up with a patented soft er called ULTRASORB. It easily and comfortably has a viscosity that is foot and acts the very offering you the maximum cushioning. The way simple and effective that it is almost unbelievable. At present, Olympians (including one Olympic gold medalist), along with a world record holder, and athletes at Stanford, University of Texas, and the University of California at Berkeley are successfully using the device. Some are running and training pain free for the first time in years.



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very close to that of your
same way the foot does,
mum of support and
the orthotic works is so

Are you interested in getting more support for your feet? Are you 100% satisfied with your present orthotic? Do you feel you need more cushioning for your feet? Would you like to reduce the stress on your knees, lower back, and shins? We have what you need. We are so confident of the results that we offer a money back guarantee if you are not satisfied with the comfort and support you get.

Thanks for your consideration of the above.

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Director of Track & Field - Stanford University
U. S. Olympic Staff 1976 & 1984

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KINNEY

CROSS COUNTRY CHAMPIONSHIPS

NINTH YEAR

The first national championship in high school sports. More than 100 state champions will join 4000 boys and girls from every corner of the United States to compete in four regional qualifying meets. The top sixty-four qualifiers will go on to the National Championships in San Diego on December 12. But *just two* elite runners will return home as national champions.

All high school cross country runners are eligible to compete. 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 28, 10:30 a.m.

Coordinator:

Marty Lewis
South Shore High School
6565 Flatlands Ave., Brooklyn, NY 11236
(718) 531-4454 (daytime only)

SOUTHERN REGIONAL

McAlpine-Greenway Park, Charlotte, NC—November 28,
11:00 a.m.

Coordinator:

Max Mayo
National Coordinator
470 Ponderosa Drive, Athens, GA 30605
(404) 353-7732 (daytime only)

MIDWESTERN REGIONAL

University of Wisconsin-Parkside, Kenosha—November 28,
10:30 a.m.

Coordinator:

Peter Henkes
P.O. Box 4097, Racine, WI 53403
(414) 633-0033

WESTERN REGIONAL

Woodward Park, Fresno, CA—December 5, 9:30 a.m.

Coordinator:

Bill Cockerham
4957 East Heaton, Fresno, CA 93727
(209) 456-0535



Please Send Me a KCCC Entry Form

Name _____

Address _____

City _____ State _____ Zip _____

Mail to: KCCC, 4957 East Heaton, Fresno, CA 93727

★ ★ ★ ANOTHER GREAT AMERICAN EVENT! ★ ★ ★

□ Schedule

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

Yucaipa: Turkey Runs, 2 & 4 Miles (& 0.7 Mile Kids Run), Yucaipa Regional Park (Oak Glen Rd.). 9 am. CSA, PO Box 337, Yucaipa 92399. (714) 797-0284.

Valinda: Turkey Trot III, 5K & Mile (plus 1/2 mile, 1/4 mile & Diaper Derby), Valinda Elementary School (1030 N. Indian Summer). 7:30 am/5K, 8:15 am. Tim Seal, 2028 Linda Vista, West Covina 91791 (818) 919-5749, eves).

Playa Del Rey: Jet to Jetty 5 & 10K. 8 am. Myrna Kayton, 6228 W. Manchester Ave., Los Angeles 90045. (213) 670-1410.

Acton: Run for Sobriety 5 & 10K (& 1 Mile Walk), Acton Rehab Center. 8 am/Walk, 8:30 am. Acton Rehab Center, PO Box 25, Acton 93510. (805) 947-4191, Lynne Dahl).

Palm Springs: Desert Princess Run-Bike-Run World Champion Series, Long: 10K Run, 62K Bike, 10K Run. Short: 1.75 Mile Run, 8 Mile Bike, 1.75 Mile Run. Desert Princess Hotel. Time TBA. Greg Klein, PO Box 8476, Palm Springs 92263. (619) 320-1341.

San Marcos: Trash-to-Energy Dash, 10K & 2 Mile. 7:30 am. Kathy Loper (619) 437-4556.

San Diego: Thanks for Giving Fun Run, 5K & 1 Mile, Balboa Park. 7:30 am. Toni Deal (619) 272-8316.

November 22 (Sunday)

Bronx, NY: National Masters 15K Cross Country Championships. Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. (713) 336-3025.

San Francisco: Nike-San Francisco Half-Marathon, Golden Gate Park (JFK Drive & Stow Lake Dr.). Time TBA. Pamakid Runners, PO Box 27557, San Francisco 94127. (415) 681-2322.

Oakland: Blind Duck Relays, 3 x 5K (2 men/1 woman, drawn at random), Lake Merritt (Old Boathouse), 14th & Lakeside. 9 am. Lake Merritt J&S, Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Pleasant Hill: Turkey Trot, 8.1 Mile, Briones Regional Park (Bear Creek Rd. entrance). 9 am. Pleasant Hill Recreation & Parks, 320 Civic Dr., Pleasant Hill 94523. (415) 676-5200.

Napa: Exertec Turkey Trot, Distance TBA. 8:30 am. Exertec, c/o Steve Zanetell, 920-A Yount, Napa 94559. (707) 226-1842.

Ventura: SCA/TAC District 25K Championships, Mission Park. 8 am. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

Barstow: Toys for Tots 3.5 Mile (& 1 Mile), Straw Hat Pizza (1930 E. Main St.). 8:30 am/mile, 9 am. Jennifer Henderson, 31177 Soap Mine Rd., Barstow 92311. (619) 256-8317.

San Pedro: Conquer the Bridge 8K Run, Harbor Blvd & 6th St. 8 am. (No raceday registration.) Marina/Gardena JAFL Bridge Run Committee, PO Box 9568, Marina del Rey 90295. (213) 568-1525.

So. El Monte: Legg Lake 5K Morning Run. 9:30 am. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Palm Springs: Tram Road Challenge, 8K (1970 feet elevation gain in 3.7 mile), No. Palm Canyon & Tram Rd. 8 am. Tram Road Challenge, Box 638, Morongo Valley 92256. (619) 363-7829.

San Diego: Seaport Village Run/Walk, 10K & 2 Mile, Seaport Village. 7:30 am. Tina Romine (619) 448-3700.

San Diego: Tri-City Medical Center 10K (& 2K), Tri-City Medical Center. 8 am. In Motion: (619) 483-9501.

Scottsdale, AZ: Spirit of the Southwest, 10K & 1 Mile Fun Run, Rawhide, 23023 N. Scottsdale Rd. 10 am. Valley Events, Inc., 7403 E. 6th Ave., Suite 4, Scottsdale, AZ 85251. (602) 949-1633.

November 27 (Friday)

Richmond: Pt. Pinole Skunk Run, Pt. Pinole Regional Park. 10 am. Team Challenge, PO Box 963, El Sobrante 94803. (415) 841-1190.

November 28 (Saturday)

Mill Valley: Quadruple Dipsea, 28.4 Mile Old Mill Park. 7:30 am. John Medinger, PO Box 7147, San Francisco 94120. (415) 894-6674.

Westchester: God's Country 8K X-Country, Loyola Marymount University. 10 am. (500 limit) LMU X-Country, 7101 W. 80th St., Los Angeles 90045. (213) 642-2765.

So. El Monte: Legg Lake 5K Morning Run. 9:30 am. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Bronx, NY: National TAC X-Country Championships, 5K/Jr. Men, 10K/Sr. Men, 5K/Jr & Sr Women, 5K/Masters. Van Cortlandt Park. Time TBA. Tracy Sundlun, MAC, PO Box 1512, Ansonia Station, New York, NY 10023 (212) 595-9640.

November 29 (Sunday)

San Francisco: Run to the Far Side III, 5 & 10K, Golden Gate Park. Time TBA. Rhody Co. Productions, 805 Lake St., #3, San Francisco 94118. (415) 668-2243.

San Francisco: DSE Ferry Building Run, 3.83 Mile, Dolphin Club (Foot of Hyde Street). 10 am. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Villa Park: Villa Park Half-Marathon (also 1/2 mile, 2 & 5 mile), Villa Park High School.

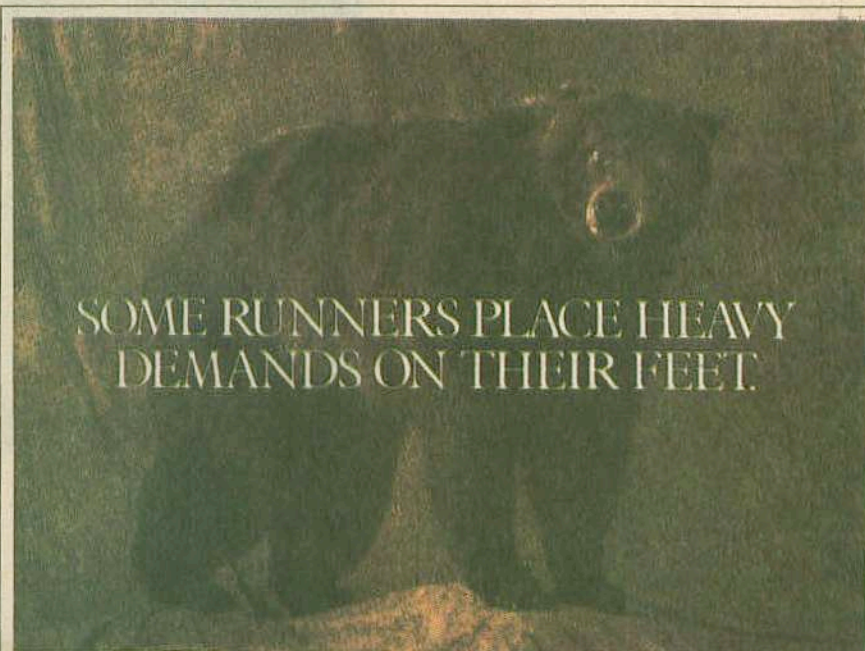
7:45 am/ 1/2 mile, 8 am/2M, 8:30 am. Orange Flyers TC, 2733 Villa Vista Way, Orange 92667 (Bill Holt (714) 637-1588, eves.)

Los Angeles: Head for the Hills 10K Cross Country, Travel Town. 8 am. (Raceday entry only.) Steve Broten, Box 3684, 10016 Pioneer Blvd., Santa Fe Springs 90670.

Pasadena: Colombian Select Half-Marathon, Rose Bowl. 8 am. Race Central, PO Box 828, Rialto 92376 (Phidippides: 818-986-8686).

Pasadena: 5 Acres Doo Dah Run, 5K, Colorado Blvd. & Garfield. 8 am. Info: (213) 975KRUN.

Continued on page 17



At Etonic, we realize that heavy pronators need heavy duty stability. And larger runners have an even greater need for support.

That's why the Quasar ZX has a graphite midsole and firm medial pillars that combine to provide unsurpassed stability.



The Quasar ZX. It doesn't take a runner's heavy demands lightly.

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PA-TAC Notes

By JOHN MANSOOR



Cross Country Championship Site Changed

Due to some unforeseen circumstances the combined Junior Olympic, Open and Masters Cross Country Championships have been moved from their original venue in Golden Gate Park, San Francisco to Sacramento on the Sierra College course (Rocklin, CA). The LDR committee apologizes for this change. The move was necessary as the Polo Fields in Golden Gate Park are under going reconstruction. The Sierra College course is a "made-for" cross country course and has seen such events as the NCAA regional Championships. As this will be the first time the Pacific Association has attempted to have a meet with races for all age divisions, it should be a lot of fun for the young to watch the old, and vice-versa! Look for the entry form in this issue of *Cal Track and Running News* and I'll look for you all to be there!

Women's 10K Championships

The most recent championship that just took place on the 13th of September was the Open Women's 10K Championship conducted at the Park-to-Park run in Auburn California. The Championship was a great success and very well contested as evidenced by the results below. When you consider that the course was a challenging one, with rolling hills that the Gold Country is famous for, you can imagine just how competitive this field really was! Much credit has to be given to race director Mike Kutzman and the Auburn Rotary Club for putting on such a great show. Look for more good things to come out of this community!

Overall Results

1	Robyn Root (CstAth) 30 pts	34:19
2	Patti Gray (Unat) 24 pts	34:56
3	Johanna Reneke (Impalas) 23 pts	35:01
4	April Powers (Tamaipa) 22 pts	35:12
5	Melissa Martel (ReebokA) 21 pts	35:31
6	Eileen Claugus (BuffCh) 20 pts	35:40
7	Laurie Binder (Unat) 19 pts	35:48
8	Peggy Smyth (PacFlyers) 18 pts	35:57
9	Sharlet Gilbert (Unat) 17 pts	36:22
10	Rossy Cardenas (PacFlyers) 16 pt	36:31
11	Terry Puckett (PacFlyers) 15 pts	36:37
12	Eileen Bickard (WVTC) 14 pts	36:43
13	Heike Skaden (PacFlyers) 13 pts	36:46
14*	Debbi Waldear	36:47
15*	Tamara Sayre	36:53
16	Sandy Sup (PacFlyers) 12 pts	36:58
17*	Jani Johnson	37:20
18*	Sarah Tabbutt	37:24

19	Allison Orofino (BufCh) 11 pts	37:25
20	Allison Unterreiner (WVTC) 10 pts	37:47
21	Chris Iwahashi (BuffCh) 9 pts	37:52
22	Judy Leydig (WVTC) 8 pts	37:59
23	Laura Schmitt (PacFly) 7 pts	38:11
24	Eileen Brennan (Impal) 6 pts	38:50
25	Kathy Crocker (ReebokA) 5 pts	38:58
26	Julie Thomas (ReebokA) 4 pts	39:05
27*	Patty Smith (BufCh)	39:17
28	Peggy Lavelle (Impal) 3 pts	39:31
29	Connie Hester (ReebokA) 2 pts	40:41
30	Pamela Allenby (BuffCh) 1 pt	40:45

*No TAC card on file

photo by Mark Winitz



ROBYN ROOT

Team Results

Pacific Flyers:

P. Smyth	35:57
R. Cardenas	36:31
T. Puckett	36:37
H. Skaden	36:46
S. Sup	36:57
1st	182:48

Buffalo Chips:

E. Claugus	35:40
A. Orofino	37:25
C. Iwahashi	37:52
*P. Smith	39:17
P. Allenby	40:45
Incomplete	

WVTC:

E. Bickard	36:43
A. Unterreiner	37:47
J. Leydig	37:59
K. Lanterman	40:53
J. Lee	40:59
2nd	194:21

Reebok Aggies:

M. Martel	35:31
K. Crocker	38:58
J. Thomas	39:05
C. Hester	40:41
M. Zieschang	40:48
3rd	195:03

Impalas:

J. Reneke	35:01
E. Brennan	38:50
P. Lavelle	39:31
D. Bispo	41:09
K. Krause	41:11
4th	195:42

Remaining LDR Championships

- Oct. 11 Peppermill 15K
- Oct. 25 Waterfront 10
- Nov. 8 Examiner Cross-Country
- Nov. 15 Foundation/Clarksburg 30K
- Nov. 22 Nike/San Francisco Half
- Dec. 6 Cal International Marathon



PACIFIC ASSOCIATION CROSS-COUNTRY CHAMPIONSHIPS

November 8, 1987
Sierra College, Rocklin



CONDUCTED BY: The PA/TAC LDR Committee

COURSE: 99% grass and dirt. Rolling hills throughout the course with excellent spectator views.

RACES:	TIME	DIVISION	YEAR OF BIRTH	LENGTH
	9:00 a.m.	Bantam Girls	1977 & later	3,000m
	9:30 a.m.	Bantam Boys	1977 & later	3,000m
	10:00 a.m.	Midget Girls	1975-1976	3,000m
	10:30 a.m.	Midget Boys	1975-1976	3,000m
	11:00 a.m.	Youth Girls	1973-1974	4,000m
	11:30 a.m.	Youth Boys	1973-1974	4,000m
	12:00 p.m.	Intermediate Girls	1971-1972	5,000m
	12:30 p.m.	Intermediate Boys	1971-1972	5,000m
	1:00 p.m.	Young Women	1969-1970	5,000m
	1:30 p.m.	Young Men	1969-1970	5,000m
	2:00 p.m.	Open & Master Women	1968 & earlier	10,000m
	3:00 p.m.	Open & Master Men	1968 & earlier	10,000m

AWARDS: Medals to the first 10 finishers in the Bantam, Midget, Youth, Intermediate and Young Men & Women's Divisions. Ribbons to the next 15 finishers in those divisions. Medals and Ribbons will be handed out immediately. \$2000 in Prize Funds for the Open and Master Divisions, thanks to the generous support of the S. F. Examiner.

TEAMS: 5 to score in all divisions except Seniors. Three to score for the Senior Teams. Maximum of 8 declared in the Bantam, Midget, Youth, Intermediate and Young Men and Women's Divisions. Places are added to determine team winners in those division. No declarations or limit in the Open and Master Divisions. Times are added to determine team winners. Trophies to the top teams.

JUNIOR OLYMPIC

QUALIFIERS: The top 25 in the Bantam, Midget, Youth, Intermediate and Young Men and Young's Divisions will qualify for the J.O. Regional to be held in Reno. Applications will be handed out at this meet.

PACKET PICKUP AND

COURSE WALK: 7:30 a.m.

ENTRY FEES: Junior Olympic Divisions by November 1st: \$3.00
Junior Olympic Divisions on Race Day: \$5.00
Open & Master Divisions by November 1st: \$5.00
Open & Master Divisions on Race Day: \$7.00

TAC REGISTRATION: Required for all entrants. TAC cards can be obtained through the TAC office below. The cost is \$10.00 and the card is good through 1988.

T-SHIRTS: Souvenir T-Shirts can be ordered with your entry. Cost is \$5.00.

MORE INFORMATION: Contact the TAC office at 916-966-6185 or write PA/TAC, Box 1495, Fair Oaks, CA 95628

PLEASE RETURN THIS WITH YOUR FEE TO THE TAC OFFICE LISTED ABOVE

NAME _____ TAC NUMBER _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ TEAM _____

BIRTHDATE _____ AGE _____ SEX _____ DIVISION _____

ATHLETE'S RELEASE: In consideration of your accepting my entry, I hereby, my heirs, executors, and administrators waive and release any and all right and claim for damages I may have against TAC or the cities and counties in which the race is contested, their representatives, successors and assigns for any and all injuries suffered by me both while traveling to or from the competing in said event. I also give free use of my name and/or picture in any broadcast, telecast, or other account of this event. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event and my physical condition has been verified by a licensed, medical doctor (except where the latter is in violation of religious principles).

DRUG STATEMENT: Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event, and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hotline at 1-800-233-0393.

Signature (Parent, Guardian, and/or Coach) _____

Total Entry Fees: _____
Souvenir T-shirt @ \$5.00 each _____
TOTAL ENCLOSED: _____

Return to: PA/TAC
Box 1495
Fair Oaks, CA 95628

■ CTRN Around the Bay

By MARK WINITZ

Gaining Time In the Valley



As a runner, I am a man of seasons. I measure time by nature's units. Living in California, more particularly in the Bay Area, I guess that makes me a man of subtleties. In Silicon Valley there aren't many signs left that indicate the changes of the natural year. And time is something that scarcely anyone has.

Once, when our valley was more often referred to as "Santa Clara" Valley, the lives of our neighbors revolved around the seasonal "industries." Apricots, pears, prunes. Not too long ago, I imagine, you could smell Fall in the air around here. Freshly crushed grapes in the fermentation vats. The saucy-sweet fragrance of apples on the ground. If you were lucky, you might see a farmer plowing the corn stalks under.

Most of that has changed. When you're an electronics engineer, computer operator, marketing specialist, systems analyst, or technical writer, it's hard to catch the seasons. Maybe you know it's Fall by more traffic on your way to the office. You measure time by whether you can get that product out, or if you can meet that deadline before your competitor. The business equivalent of breaking forty minutes, or finishing the marathon, becomes a daily race. In high technology, training is a luxury. Most of the time, you're not merely up and running. You're up and racing.

Like many Bay Area residents, I make my living in the high tech world. But I survive by my running, and my running writing. Pushing forty, I don't particularly care for the way our high speed computer valley imposes an urgent sense of fleeting time on my life. As a technical writer and training consultant, my clients often tax my days to the limit. I get caught up in their calendar. The weeks start to compress, indistinguishable from one another, the seasons are lost. Suddenly summer is gone.

However, there remains a watch glass that slows the urgent digital clock in my office. It is my daily run. Each and every day. Not a day missed (I haven't skipped one since last November). All carefully recorded in my running log—which is the most honest and accurate calendar that I keep.

My running is what slows my life down, rather than adding to its frenzy.

I go on my daily run. It might be an evening track workout, a midday recovery run followed by the gym, a 20-miler in the hills on the weekend, a carefully chosen race where I can grasp time and suspend a chunk of it on my chronograph—rather than time grasping me.

In my life, 3,000-plus yearly miles on the run is what brings back the seasons. Even in a relatively seasonless climate, I'm once again aware of the slow-steady progress of time when I step away from my computer and become my other self: The Runner.

Now, in October, I vaguely recall a particularly splendid day last April. It was finally warm enough to remove my shirt before gliding out of my office for an afternoon 8-miler. The thin layer of sweat on my bare chest told me it was Spring as much as the buds in the disappearing apricot orchards along a favorite route. And when I reminisce on last summer—in light of my daily runs—its seemingly swift departure isn't quite so abrupt anymore. Day upon long day, the warm sun on the drenched skin, reminds me that California summers are among the longest outside the tropics. It seems ages since I donned a shirt for a workout. Day upon day of training. Maybe I didn't lose the summer after all.

I admit that I live on the edge of a sword. My house sits about a quarter mile up in the "foot" hills above the Silicon Valley. Striding out in one direction, I'm running on miles of wooded trails in the Coastal Mountains. To get to my job, I get in my car and head in the opposite direction. Down the "express" way on the Valley floor.

As a naturalist, more inclined to the foothills, technology is not my god. But, in a sense, I am a technocrat when it comes to measuring my running. I thrive on accurate data. Each single run is recorded in my running log—stretching back beyond memory. Not only from last season, but from many seasons and years before that. I like to occasionally pull one of my running logs down from the shelf and bring a particular run, trip, or impression back to the present for a moment.

In the sun-bedazzled, hueless days of Bay Area August I can turn back to a past October's run through a fairytale blaze of vivid foliage in Quebec. Once again I feel

the steady breeze of a clear Autumn chill as I cut through Parc Olympique. From atop Mont-Royal, through clouds of strident breath, I see the spread of Montreal awakening in the early dawn.

Suddenly I'm looking forward to that first chill morning this season—not long from now—when I can put on a pair of brightly colored running tights to mimic true Fall. The normal Silicon haze of compressed time lifts as I recall past runs and anticipate the future's. I realize the real importance of uninterrupted daily routines that aren't motivated by deadlines. The routine dulls the sharp sword of mortality. It forces us to feel the cool steel of longevity.

I wonder if the now-scarce Santa Clara Valley vintners share the same sense of eternity as they tend their vineyards. Grapes and other such things tend to have schedules independent of our impatient proddings. Yet, daily the vintner must tend and test, particularly when it's close to harvest time. They wait for that single prime day for picking. As a marathon runner, I might do well to take my lessons from the vintner or farmer who truly knows the fine distinctions of season.

The "technology" is changing so fast, you can't keep up with it. Yes. Absolutely. Yet we try.

It's only been recently that I've stopped making excuses about my one to three daily hours spend on the run and in the gym. My clients have difficulty understanding how so much time out of my day preserves time. My ready replies to demands that conflicted with my running time once ranged from "Sorry, I have another meeting that I can't miss," to "I'm afraid I'm overloaded right now." I was never questioned about those answers. They seemed in keeping with a certain work ethic. Although I tended to lose projects here and there. And I worked weekends.

My daily runs are still my top priority, but now I'm more honest about them. I'm not afraid to tell people exactly when I'm running and when I won't be available. I run and keep my log. The executives and project managers tolerate my schedule and adjust their Gantt charts. I still lose some projects and I still work weekends. Yet my daily tour out of the office gives me a week of Sundays.

Around the Bay

My latest streak is not self imposed. I run with the philosophy that is described in the old cliches--the ones about apple consumption and brushing your teeth. I admit, I've been lucky. I haven't been injured or sick in a "long time" my log tells me. That's my reward for my sort of vigilance and consistency. Minimum three miles. Daily average of nine and a half. For years.

Some of my acquaintances are incredulous about my track record, which is modest composed to the eternities of seasons collected by many running vets. "How do you find the time?" they ask. Evidently, they haven't heard the one about leading the life of a writer.

I'm truly tired of catering to those who dismiss devoted runners as simply "addicted," or "loners," or "escapists."

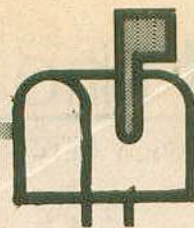
And I have absolutely no sympathy for the excuse makers. How many times have you heard the phrase, "I just don't have

time to run today," when you know they mean "any day."

Here in Silicon Valley the drop dead date forever looms. And I expect that the price of riding the Great Coaster down there in the hub will only rise in the future. The season flies by as the Bay's birds disappear South. I wonder if as many return each Spring.

And every day I tell myself, "I just don't have the time not to run."

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, CA. He is Bay Area Editor for California Track and Running News and publishes the RunCal Newsletter on California running. Please direct any correspondence on S.F. Bay Area running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.



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Schedule

Continued from page 13

Looking Ahead

Marathons, Relays, Important
Deadlines, Major Events, Etc.:

Dec. 5 (Sat.): Palm Springs. Palm Springs 100 Mile & 24-Hour Run, 2-mile loop on bike path around Tahquitz Wash between Sunrise Way and So. Palm Canyon Drive. 4 pm. John & Kitty Emig, Box 8323, Palm Springs 92263. (619) 320-3548.

Dec. 6 (Sun.): Folsom: California International Marathon (to Sacramento), PA/TAC Championships. 7:05 am. California International Marathon, PO Box 161149, Sacramento 95816. (916) 447-2786. ENTRY MUST BE POSTMARKED BY NOV. 23.

Dec. 6 (Sun.): Palm Springs: Palm Springs 50 Mile Run, same course as Dec. 5 event. 6:15 am (12-hour limit). Same contact as Dec. 5.

Dec. 12 (Sat.): San Diego: Holiday Bowl Marathon & 10K, Balboa Park. 7 am. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

Dec. 13 (Sun.): Honolulu, HI: Honolulu Marathon. 6 am. Honolulu Marathon Association, 3435 Wai'alae Ave., #208, Honolulu, HI 96826. (808) 734-7200.

Dec. 20 (Sun.): San Francisco: Christmas Relays, 4-person teams (changed from 5-person format. 4.464 Mile/person, Lake Merced (Sunset Blvd. parking lot). 9 am. West Valley TC, c/o Marc Lund, 1433 Norman Dr., Sunnyvale 94087. {Sue Lee: (415) 284-4247, eves.}

MARK WINITZ'S

RUNCAL

RUNNING CALIFORNIA NEWSLETTER

LOS ALTOS, CALIFORNIA



Winitz is a columnist and feature writer for California Track and Running News and has been the Bay Area Editor for Running Scene Magazine.

"Mark Winitz's *RunCal* is my kind of publication. It uses my favorite format, the no-nonsense newsletter, to cover running in one of my favorite states. I look forward to each issue."

—Joe Henderson, Acclaimed Running Writer

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—Nancy Ditz

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—Rod Dixon

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—Coach Peanut Harms, Aggie Running Club

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The Athlete's Kitchen

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



Sports Nutrition News

As you sit down to your traditional pre-competition pasta, perhaps you've wondered who discovered that carbohydrates are the best for muscle fuel...? Whereas in the past you may have simply chowed-down, you now may more carefully select a high-tech sports diet. We've learned a lot about the science of eating for success!

Much of the sports nutrition/sports science research is conducted by members of the American College of Sports Medicine, a professional group comprised of more than 12,000 exercise physiologists, cardiologists, nutritionists, biochemists, physicians, physical therapists and allied health professionals. They convene annually to report their latest research, share ideas, and expound upon current theories regarding ways to optimize athletic performance. At this year's convention in Las Vegas, more than 600 presentations were made to the 3,000 members in attendance. Topics regarding sports nutrition received popular attention. Here are a few highlights:

CARBO-LOADING vs FASTING: Some endurance athletes insist that they compete better when they've fasted-rather than feasted-prior to a marathon. For example, I clearly remember when one runner scoffed me for recommending pre-marathon carbo-loading. "I race so much better after I've fasted for two days," he insisted. "You should try it—and maybe you'll change your current advice."

Granted, each of us is metabolically unique. But most runners need food—and lots of it before a marathon! Dr. David Nieman of Loma Linda University in California put the Feast vs Fast Theory to the test by studying the effect of a 27 hour fast on nine marathoners who then exercised to exhaustion on a treadmill at marathon race pace. Fasting contributed to a 45% decrease in performance time, as compared to when the subjects performed the same test after having eaten the day before, plus a light pre-test breakfast three hours prior. (Before both tests, the subjects had carbo-loaded for two

days.) This food deficit had significant negative effects on each runner—even the subject who had insisted that he performed better after fasting!

Nieman reported that during the fasting trial, the subjects felt they struggled harder; they perceived the effort to be much more difficult. This was a curious observation in light of the fact that during both trials the runners had similar blood sugar levels and depleted the same amount of muscle glycogen. This raises interesting questions as to the complex inter-relationships among the various factors (ie. food, biochemistry, mind-set) that can affect performance times.

ANEMIA IN SEMI-VEGETARIANS: Due to their desire to eat a low-fat diet, many health-conscious athletes severely reduce their intake of red meats. These semi-vegetarians concurrently reduce their intake of one of the best dietary sources of iron. This raises a question regarding their iron status. And semi-vegetarians (who eat less than three ounces of red meat per week) are at greater risk of developing iron-deficiency anemia?

Dr. Ann Snyder of the University of Wisconsin, Milwaukee measured the iron-status of 18 middle-of-the-pack female runners: 9 meat eaters, 9 semi-vegetarians. Although the semi-vegetarians consumed a similar amount of iron from vegetarian foods (such as spinach, raisins, wholegrain products, beans), they had significantly poorer iron stores when tested for anemia. For example, their serum ferritins were only 7.5 ng/ml, as compared to 22 ng/ml in the meat-eaters. (Less than 12 ng/ml is considered deficient.) Snyder hypothesizes that the meat-eaters had a stronger blood profile because iron from meat is better absorbed than iron from plant foods.

The results of this study emphasize the importance for semi-vegetarians to optimize iron nutrition by cooking in cast iron skillets, eating iron-enriched breakfast cereals, adding vitamin C-rich foods to each meal, and incorporating a little bit of chicken, fish, lean meat or

other animal protein with grain foods thereby enhancing absorption of the plant-iron. Snyder also recommends that semi-vegetarian runners and female runners in particular monitor their iron-status on a regular basis, to detect downward trends and prevent the frustrations of chronic fatigue and reduced training capacity that are associated with anemia.

ENERGY EFFICIENCY IN AMENORRHEIC

ATHLETES: Many women athletes complain that they eat less than they "deserve", given the extent of their training. In fact, research has documented that highly trained women who run about 10 miles per day commonly eat only 1800 calories—far less than would be expected since the RDA for "average women" is 1800-2000 calories/day. Merle Meyerson of Columbia University reported that female runners with amenorrhea (that is, no menstrual period) have particularly lower metabolic requirements. Meyerson compared the metabolic rates of 7 amenorrheic runners, 10 regularly menstruating runners and 10 regularly menstruating sedentary women. The amenorrheics burned only 1175 calories for their basal metabolic needs, as compared to the regularly menstruating runners who required 160 calories more, and the sedentary women who topped them both with an additional 300 calories. Their total daily caloric needs averaged about 1730 for both amenorrheic runners and sedentary counter-parts; 1930 calories for the regularly menstruating runners. Since both groups of runners burned the same amount of calories during exercise, the study raises questions as to the inter-relationships between energy efficiency and menstruation. Perhaps the amenorrheic women are below their set-point weight and Mother Nature is conserving their energy to prevent further weight loss?

Nancy Clark, MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, is a member of The American College of Sports Medicine. Her popular book The Athlete's Kitchen (Simon & Schuster; Bantam Paperback) is available by asking at Dalton Bookstores.

Dean Reinke on Running

By DEAN REINKE



Marathon Musical Chairs

With the Chicago America's Marathon switching from the fall to May 8 as inspiration, a number of marathons and other road races are playing a game of musical chairs this fall jockeying for the best race calendar position. Chicago Race Director Bob Bright will quickly fill his marathon void with a half-marathon to be held October 25 sparking speculation that the marathon will return to the fall in 1988. A rival Chicago faction led by "Chicago Triathlon" promoters Tom Cooney and Jan Caille had hoped to create the "Chicago Marathon Festival" October 4 but they were unable to finalize the sponsorship package. Their goal is to make the 1988 event a first "annual".

Meanwhile, the void created by Bright and company has left the remaining midwestern marathons drooling. Columbus (November 8), Twin Cities (October 10), Eriesistible (Erie, Pennsylvania-September 27) and Milwaukee Lakefront (October 11) are welcoming with open arms Chicago's 12,000 runners while one other major race will follow Bright into the spring. The Buffalo/Niagara International Marathon, arguably among the world's most scenic marathon courses, made a last minute (with 4 weeks to go) switch from its September 26 date and will follow Chicago by a week moving to May 14, 1988. Despite the placement of several national and regional ads, the race committee decided to make the move against considerable opposition. The race served as the U.S. Olympic Men's Marathon Trials in both 1980 and 1984 but a series of setbacks such as the race being led off course by police in 1985, lack of sponsorship in '86 and this year's date change will make Buffalo's comeback a challenge but one the veteran race committee is up to.

One race which will reverse the trend and "switch to the fall" is the Stamford (Connecticut) Marathon. Still a babe in only its third year, it will move from April to the second or third week in October, 1988, according to race director Dr. Robert Rinaldi. It has offered over \$150,000 in prize money in each of its first two years but has attracted less than 1000 runners and few world class athletes. Look for that to change however with a strong community and sponsor base.

According to a recent *BusinessWeek*

Magazine survey, over \$31 million was invested by corporations in the sport of marathoning last year. While it pales in comparison to the \$276 million spent on auto racing and \$126 million sponsor dollars put into professional golf, it is still an impressive figure. With those type of dollars at stake, you can't blame the sponsors and race directors for trying to attain that elusive perfect date. But sometimes a date change can backfire as well. Take the case of the Oktoberfest in Chicago, sponsored by Trammel Crow, a major league developer out of Dallas and owner of the Hamilton Lakes Resort complex in suburban Chicago. Over 7000 ran last October's 12K that featured a \$30,000 purse and a strong field including Rob de Castella, Mark Curp, Anne Audain and Lisa Martin, among others. To book an otherwise empty weekend, the organizers decided to move the race to Labor Day this year, head-to-head with the long established, but lesser budgeted "Park Forest Scenic 10 Miller". The running community wasn't overly enthused and with entries way down, Oktoberfest director Rick Staback, just two weeks before race day, moved the race back four weeks to October 4, an unprecedented first in road racing history. In this day of non-refundable airline tickets, the change has not been a popular one any way you cut it.

While the race date moves have captured most of the headlines, two races whose sponsors dropped out entirely have slipped quietly into the shadows. The highly ranked "Penofin 10K" was begun two years ago by John Mayginnnes, President of Performance Coatings in Ukiah, Calif. The successful businessman had a dream to bring a major race to this tiny northern California town. With an open checkbook, he accomplished that goal and now he's moved on to his next vision of building his company up even further. Instead of a \$70,000 prize purse that first year though, might it not have been more prudent to spend less and develop a more long range approach to his event? He excited everyone in the running community and despite a world class imported field, drew barely 500 runners. He joined the ARRA circuit, became a TAC championship event and the running magazines voted Penofin among the country's "elite"

with just two years history, bypassing several more worthy events that had paid their dues for 10-15 years but didn't have the deep pockets! And now Mayginnnes, sadly, is gone saying he "may be back in 1-2 years", but don't go to the bank on that. Meanwhile in Phoenix, race promoter Fred Moore is trying to salvage the American Continental Homes 10K, an event that Moore finely tuned over several years with a generous sponsor which has pulled out its plug and moved on. At least Moore will attempt to keep his race alive, but with his energies split between the 10K and his new Phoenix Marathon in January, it will be a tough road for even Moore to travel. But at least stay tuned in this popular winter runner mecca.

But let's don't paint an entire picture of gloom in the sport of running. Quite the contrary actually. While the above few examples certainly represent some challenges in our sport, frankly our sport couldn't be healthier! The Los Angeles Marathon has opened new corporate coffers untapped previously in the sport and is a virtual clinic on race fund raising and public relations, with even more new ideas up it's sleeve for 1988. Nestle's Food Group has knocked on running's door to introduce a new Colombian Coffee through its sponsorship of a 3-city "Half-Marathon Series" this fall featuring Nancy Ditz with races to be held in Los Angeles, Chicago and New York. The traditional Japanese 5-person, 50K "Ekiden" relay, featuring teams from each state and 6 other countries will compete in New York in April with a reported two and a half hour telecast in the works. Ben Gay plans to expand its successful May "Active America Day" running series into 50 cities next spring while Bill Rodgers and Frank Shorter are continuing in their quest to produce a multi-city Masters Series in 1988. So don't fret, runners, we're as healthy as can be-it's just every so often we have to stop to scratch an itch before we can continue to enjoy the view!

Dean Reinke is a running/triathlon columnist and announcer/commentator/consultant to major running and triathlon events across the country. In addition to this syndicated monthly column, he writes two newsletters, "Dean Reinke on Running" and the "Dean Reinke Triathlon Report" and is the President of Dean Reinke & Associates based in Winter Park, Florida).

Racing Report

By MARK WINITZ

The Virtue of Patience

The San Francisco Audi Marathon

5,500 runners at the 11th annual San Francisco Audi Marathon once again demonstrated that a 26.2 miler through this hilly town is not necessarily fast. But, essentially, they don't give a hoot. They want a summer marathon in San Francisco more than PR's or fast, even splits—and they're willing to support it by actions that say more than words.

Let's face it, getting a pancake out of San Francisco is like getting sourdough without yeast. And getting a standard course which doesn't change from year-to-year for this marathon has been as difficult as convincing the City that there should be a marathon at all. Yet, this year's city-wide course was as ideal as one who really knows San Francisco could imagine. A variation of the 1985 route, it incorporated much of S.F.'s unique ethnic, cultural and historical in-

terest while eliminating as many hills as possible.

Still, the route was...er...challenging, to put it flatly. It provided a perfect example that, one the run, patience is, after all, a blessing.

Of the top runners, Don Paul probably knew what the wiles of S.F. offered more than anyone. After all, he lives there. He chose to challenge the route rather than work with it on its own terms. Pushing it from the outset, Paul built a lead of 250 yards over the rest of the pack. His 5:05 pace wasn't blazing, but it was a highly volatile decision on this course, and in conditions that would warm by race's end. By 11 miles he "dropped like a tow truck," he explained later. "In this field I thought that was what the pace should be." Not so. Paul, who ran 2:18 at Houston last January, finished 10th in 2:23.

photo by Mark Winitz



Eventual third placer SAM NGATIA leads CARLOS RIVAS SALAS and MEHMET TERZI, who took second and first respectively.

Mehmet Terzi of Turkey seemed right at home on his first tour of Baghdad by the Bay. The 32-year-old 2:10 marathoner and 1984 Olympian held back in a pack of seven that passed halfway in 1:06:56. At 22 miles, through the Palace of Fine Arts, Terzi picked it up, dropping the two Sams from Kenya (Sitonik and Ngatia) plus Mexican Carlos Rivas Salas. Terzi concluded in 2:14:07 followed by Salas a minute behind.

Fair Oaks' Eileen Claugus, too, benefited from a conservative approach. Controlling a tendency to go out too fast (as she has in past marathons), the Sacramento State grad student checked out Laura Albers and Marin County's April Powers before taking off at the water station at 6 miles. Her high back kick caught another runner near 7; she went down hard, but popped up quickly.

Of the women who held the top 5 places at 10 miles, only Claugus and Albers were around at the finish. Powers dropped near 11 and Christa Vahlensieck and Janine Aiello (who were never factors) at 13 and 21 respectively. Richmond's vet marathoner Sharlet Gilbert cashed in on her usual slow start, passing Albers in the last mile to grab second behind winner Claugus. Eileen held on despite a tough last three uphill miles when her banged hip (suffered in the fall) stiffened up.

Claugus, who was a long-time record holder for the high school mile, answered a tentative affirmative when asked if she would be running the Olympic Marathon Trials. When questioned further, she admitted hopes for getting a qualifying time to compete in the Trials' 10,000. "I'll be busy," said a rather fatigued Eileen after this effort. Besides grad studies and 80 mile weeks, she works as a lab technician.

As for Gilbert, the prolific marathoner has probably qualified for the trials 10 times over. One wonders what kind of marathon she could run if she spaced them further apart. Her 2:39 here was with a strained hamstring. Sharlet, however, is the epitome of patience. She knows the intricacies of pace and has the confidence to run evenly, perhaps even slowly, at the outset. It certainly assisted her here.

□ Racing Report

The qualifying performance of the day, however, goes to Martinez, CA's Jeff Adkins. Competing in his first marathon, the local PA-TAC standout notched a 2:19:57 7th place, just squeaking in under the 2:20 Olympic qualifying standard. For Adkins, this marathon was an education.

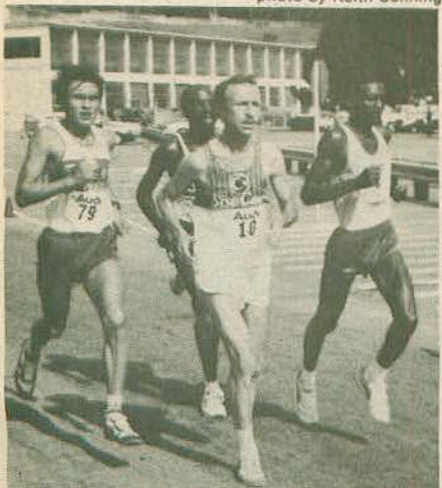
photo by Mark Winitz



EILEEN CLAUGUS

"I went out too hard and fell apart the last four miles," he admitted. "Also, I made a wrong turn in the Presidio and lost about 15 or 20 seconds. I got to a point where I couldn't get my legs to move. I felt like I was running on tree stumps." Those who are familiar with the potential

photo by Keith Conning



At the Presidio (19 miles): TERZI leads SALAS (left), NGATIA (right), and SAM SITONIK (behind Terzi).

agonies of the marathon can relate to the fact that Adkins chucked splits towards the end. "I really didn't know how close it was until I heard the crowd screaming as I rounded the last turn. Then I knew it would be close, so I just gave it all I had." What marathons are in Adkins' future? Perhaps Cal International before the trials.

Doug Aurit of San Jose was the third California male to make the top 10, finishing 8th in 2:20:25. Will Chang (2:32:30) of San Carlos and Sue Peterson (2:58:35) of Laguna Beach were top masters.

As for the 'new' course which Race

Director Scott Thomason would like to get etched in asphalt for the benefit of his race's future: Most runners had a love-hate relationship with it. The tour of the City is tops on the list, but the rolling perils to be negotiated enroute provided sufficient physical and mental anguish. In any event, says Thomason, "The runners have voiced their opinion. It's a unanimous vote. The reading was overwhelmingly positive." Perhaps, returning runners will finally have a chance next year to run a San Francisco Marathon course that truly yields course PR's.

RESULTS

MEN

1	Mehmet Terzi (Turkey)	2:14:07
2	Carlos Rivas Salas (Mexico)	2:15:09
3	Sam Ngatia (Kenya)	2:16:34
4	Ahmet Altun (Turkey)	2:17:15
5	Fraser Clyne (United Kingdom)	2:17:27
6	Wall Adams (Richmond, VA)	2:18:31
7	Jeff Adkins (Martinez, CA)	2:19:57
8	Doug Aurit (San Jose, CA)	2:20:25
9	Moreno Miguella Cruz (Mexico)	2:22:48
10	Don Paul (San Francisco)	2:23:01

WOMEN

1	Eileen Claugus (Sacramento)	2:39:02
2	Sharlet Gilbert (Richmond)	2:39:45
3	Laura Albers (Grand Rapids, MI)	2:40:23
4	Cindy James (Park Forest, IL)	2:43:59
5	Rainey-Kay Stolp (Bremerton, WA)	2:45:47
6	Cassandra Mihalovic (United Kingdom)	2:46:39
7	Shirley Silsby (Cotuit, MA)	2:47:27
8	Christine Iwahashi (Sacramento, CA)	2:50:12
9	Roxy Hunt (Crownpoint, NM)	2:51:39
10	Kimberlee Campo (San Diego, CA)	2:52:38

Overall Results

1	Mehmet Terzi (32) NY	2:14:07
2	Carlos Salas (24) Mexico	2:15:09
3	Sam Ngatia (27) El Paso, TX	2:16:34
4	Ahmet Altun (29) NY	2:17:15
5	Fraser Clyne (31) U.K.	2:17:27
6	Wall Adams (26) Richmond	2:18:31
7	Jeff Adkins (26) Martinez	2:19:57
8	Doug Aurit (27) San Jose	2:20:25
9	Moreno Cruz (29)	2:22:48
10	Don Paul (37) S.F.	2:23:01
11	George Hernandez (34) Sparks	2:24:14
12	Tom Wood (24) Menlo Park	2:25:17
13	Danny Martinez (25) CorDelMar	2:25:22
14	Patrick Moss (32) Fresno	2:25:49
15	Rafael Parra (31) Columbia	2:26:18
16	Loreto Arana (27) Mexico	2:26:25
17	Bob Murphy (35) Fairbanks	2:26:36
18	Angel Hernandez (24) L.A.	2:27:06
19	Antonio Cordero (23) El Paso	2:27:21
20	Craig Moore (34) Placerville	2:28:25
21	Kevin Broady (25) Fullerton	2:29:10
22	Ted Pawlak (31) Rohnert Park	2:29:18
23	Gregory Mislick (29) Monterey	2:30:32
24	Bobby Adams (24) Moreno Valley	2:30:39
25	Brian Moroney (30) Foster City	2:30:50
26	David Olds (26) Culver City	2:31:11
27	Moacir Marconi (28) Anaheim	2:31:49
28	Julian Garcia, Mexico	2:31:52
29	Janne Hamalainen (25) Tulsa	2:33:05
30	Lemont Yazzie (32) St. Michaels	2:34:51
31	Harold Mestyaneck (32) Laguna Hills	2:35:17
32	Mike Warr (26) Napa	2:35:20
33	Bill Doremus (30) San Diego	2:35:33
34	Edison Eskeets (28) Bloomington, IL	2:35:34
35	Dwight Hendrix (33) Berkeley	2:35:46
36	Robert Darling (37) S.F.	2:35:53
37	Bob Mitchell (34) Temecula	2:35:57
38	Robert Clay (40) Kelseyville	2:36:16
39	Armando Avila (23) El Paso	2:36:30
40	Jeffrey Wall (45) Daly City	2:36:31
41	Tom Lowry (34) Malibu	2:36:38
42	Tom Morris (39) Mt. View	2:36:47
43	Kevin Dooley (34) Minn. MN	2:37:19
44	Stephen Gilmore (34) Coronado	2:37:37
45	Jim O'Brien (34) Monrovia	2:37:46
46	Trini Robles (24) Placentia	2:37:55
47	Mark Williams (35) Fair Oaks	2:37:59
48	Pete Baughman (25) Ashland	2:38:05
49	John Marden (25) Fremont	2:38:13
50	Thomas Teschner (23) Tucson	2:38:14

51	Rene Gaelli (30)	2:38:20
52	Stephen Gold (32) S.F.	2:38:27
53	Mark Shreckengast (25) Irvine	2:38:30
54	Dave Cook (28) San Diego	2:38:36
55	Brian Hunsaker (30) Laguna Niguel	2:40:21
56	Phil Jensen (22) San Lorenzo	2:40:24
57	Dave Edge (32) Canada	2:40:45
58	Quirino Infante (35) Elk Grv	2:40:46
59	Felix Pacheco (37) Austin	2:41:16
60	William Hibbard (30) Laguna Hills	2:41:29
61	Lon Kincannon (36) S.F.	2:41:42
62	Daniel McCullough (30) Sonoma	2:41:57
63	Michael Newton (23) Chico	2:42:12
64	Tom Eng (36) San Mateo	2:42:13
65	Marcus Canipe (32) Lakewood	2:42:19
66	Marcos Leon (29) Mexico	2:42:20
67	Will Albers (31) Grand Rapids	2:42:27
68	Jose Castenada (32) So. S.F.	2:42:48
69	Elis Andersson (32) Pasadena	2:42:52
70	Douglas Capen (23) Stanford	2:42:55
71	Roberto Mendez (33) Redwood City	2:42:56
72	Bill Mertens (20) Concord	2:43:09
73	Eric Hansen (31) Minn. MN	2:43:10
74	Gianni Carpani (39) Culver City	2:43:11
75	Steven Lewis (22) Livermore	2:43:14
76	Robert Watson (26) S.F.	2:43:16
77	Byrle Smullen (40) Agoura Hills	2:43:24
78	Chuck Goodman (38) Crestwood	2:43:59
79	Vincent Corvari (23) Mt. View	2:43:59
80	Barry Molony (36) S. Monica	2:44:27
81	Joachim Bechtel (43) S.F.	2:44:33
82	Robert Alexander (34) S.F.	2:44:46
83	Steve Ware (31) Orange Park	2:45:01
84	Chuck Harris (30) Antioch	2:45:10
85	Manfred Hartelt (40) W. Germany	2:45:25
86	J. David Urbina (30) Redlands	2:45:39
87	Phillip Grant (42) S. Barb	2:45:44
88	Michael Arevalo (28) San Jose	2:45:48
89	Paul Thompson (37) Fairfield	2:45:49
90	Shkelzen Islamaj (25) Brighton	2:45:55
91	Craig Welch (25) San Jose	2:46:01
92	David Coulman (28) Novato	2:46:01
93	Chito Porath (23) Stockton	2:46:16
94	Don Bashak (31) S.F.	2:46:21
95	Robert Davison (41) L.A.	2:46:26
96	Syl Pascale (38) San Carlos	2:46:48
97	Jorge Ortega (28) S. Ana	2:46:54
98	Ray Thomson (47) Tiburon	2:47:01
99	Dave Borja (35) San Jose	2:47:18
100	Bruce Thomason (27) L.A.	2:47:21

Racing Report

By RICHARD LEE SLOTKIN

Santa Monica Half & Full Marathons



photo by Richard Lee Slotkin



The action at about 5 miles (from left): STAN VERNON, ALAN JUST, RON GEE, PAT EWING, EUGENE CRUZ.

A few weeks before this race a man, who identified himself as Alfred Lara, called me from Fresno. He was thinking of running the Santa Monica Marathon to qualify for next year's Olympic trials, and he wanted to know if I could tell him anything about the course. He was mostly concerned about hills, and after hearing my description, he agreed with my opinion that there wouldn't be a problem on that count. And, living in Fresno, the heat, if we had any, would be even less of a problem. Next, I asked him what his PR was. He said it was around 2:22, so I asked him if his times on his long training runs indicated that he could drop the necessary two minutes and he said he thought he could do it.

Well, if Lara could even come close, even if he didn't qualify for the trials, we could probably look forward to a course record and that would be worth getting up at 4:30 a.m. for. When all was said and done, we did get a course record, only it was in the half marathon. The marathon turned out to be a carbon copy of last year's marathon. You remember last year when Steve Berry staggered through the entire second loop with such a big lead that he never saw anyone behind him, and if he hadn't been passing the slow half marathoners toward the end he wouldn't have seen anyone at all for the last 13 miles.

August 30. Santa Monica.

I could hardly believe what I was seeing. Talk about de ja vu. Here was Lara, after a pretty good first half, incidentally, just falling apart in the second half. He came to complete stops several times, a few of them in the very same places as Berry did last year. Fortunately, like Berry, Lara had the big lead. So big that none of his misfortune mattered. Except for costing him the qualifying time for the trials. That mattered a lot. To get all this together, we should go back to 7 a.m. and the starting line. As usual, all three races, don't forget the 5K Fun Run, lined up together. There were about 2400 runners, a pretty decent crowd, but only 139 were signed up for the marathon. Judy Ikenberry of Race Central, which was commissioned to operate the finish line and process the results, suggested to the race director that from now on they drop the marathon. After all, why tie up almost 50% of the course control cost for about 5% of the runners? Not to mention all those awards - 10 deep in each age group - which would go unclaimed.

Anyway, there they were and one thing did look good for the marathoners: the sky. It was very overcast and the temperature was correspondingly low. If it would just hold out through the second loop.

For most of them it did. But, we get ahead of ourselves again.

Back to the starting line. OK, the gun went off and everyone charged ahead. Well, actually, the wheelchairs had been sent off a few minutes earlier. Everyone else was now in action. At this point, you just can't tell who is in which event. It's pretty reasonable to assume that in the absence of Steve Jones and Carlos Lopes none of those in the very front are marathoners. But as to who are the 5Kers and who are in the half, you'll have to wait until the courses separate at about the 3/4 mile point. At that point, of course, we turn on to the marathon loop just ahead of the halfers and fulls, and promptly lose all and complete track of the 5K, not even having had the chance to identify its leaders. Oh well, who cares about sprinters anyway?

At the turnoff it looked like a Santa Monica Track Club workout. Everyone up front was wearing the famous SMTC sunburst. Ruben Haro, Pat Ewing, Tyrus Deminter, Joe Fabris... wait a minute. Joe Fabris, the Aggie? The sub-4 miler-world's-tallest-Aggie?

Non other.

How come?

When living in Santa Monica, or nearby, do as the Santa Monicans do: Run with SMTC.

Or, Gardena Auto Repair.

Huh?

Yeah, Gardena Auto Repair, and that brings me to an interesting point. I have been accused in the past, unjustly, I feel, of ignoring the other clubs: other than SMTC, that is. You know, I don't go to their bar mitzvahs and weddings. Well, with names like Cruz, Ramos, Gee and Fujimoto you just don't see many bar mitzvahs, and with an average age of about 21, you're not going to get that many wedding announcements either.

But, I do what I can. And so does GAR. They are the new kids in town and they're putting together a pretty potent team. Actually, the official name is Gardena Valley Runners and GAR is their sponsor. When they go to a race, they really load up on it, entering as many as 30 people, maybe even more than that sometimes. And, right behind those SMTC sunbursts, if you looked you could see the more modest GAR logo; you could see several GAR logos. Eugene Cruz, Ron Gee and Alan Just were the beef and if you wanted to know where the beef was, it was there, right behind the early leaders. Ewing and Haro held the point going through the mile in about 5 flat, followed by Stan Vernon, Fabris and Deminter. Mixed in were the GARs and a few others. About a half mile later, Just took over the lead, an omen of things to come. Vernon was a step behind, followed by the rest of the pack. Stan Vernon had some of his best races some years back as a member of SMTC, but, although living in the area again after several years back in Oklahoma, Texas and the Big Sky country, he wasn't wearing the colors for this one. Nonetheless, he was the old front-running Vernon for the time being.

With Vernon and Just setting the pace, the lead pack was whittled down to five by the 3 mile mark, which they went through in a slow 15:59. I call that split slow because of what was to come. At this point, Cruz had taken the lead with Vernon right on his shoulder. Just a few yards back and Gee and Ewing bringing up the rear. The others were fading and out of contention. In fact, everyone but Cruz was out of it; they just didn't know it yet.

As they headed up the long shallow but sneaky tough 14th Street it was still Cruz

photo by Richard Lee Slotkin



Team Gardena Auto Repair

Racing Report

photo by Richard Lee Slotkin



ALFRED LARA
"So far, so good!"

a step ahead of Vernon with Just hanging on a few steps back and Ron Gee bringing up the rear. By the 21 minute mark, Just and Gee had been dropped and it was Cruz and Vernon. But it looked like only a matter of time because Cruz looked so relaxed and smooth that you might have thought he was just doing a workout.

Then, the race began. Five miles in 25:02, course record pacing, the current mark being in the 66's. Vernon was still there but now he was a few steps back, and a minute and half later he was almost 20 yards back. By the time Cruz reached the 7 mile mark on San Vicente Boulevard with its 2 miles of down hill, the gap was 150 yards...and counting. The time at that point was 35:09, a 5:01 pace. Meanwhile, Gee and Just had come together and decided to continue that way.

So, of the first 4 places, 3 of them were GARs. So far. So far because at about 9 1/2 miles or so, Vernon dropped out and now the GARs had a lock on all of the first 3 places. And, as Cruz goes through 11 miles in 55:08, now under a 5:01 pace, he is told he can break the course record, which he proceeds to do, crossing the line 65:58. Gee and Just finish over a minute and a half later in their agreed-upon tie: 67:37.

Now, it was a matter of waiting for the first marathoner to come through. Heading back to the waiting pace car I came across Alfredo Rosas, another GAR. Rosas had planned to run the 1/2, in which case, as it turned out, it would have been 4 out of 4 for the GARs. However, he got there too late and decided to run the 1/2 marathon loop anyway as a workout. To make it seem like a race, he was waiting for the marathoners. I told him that there was someone hoping to qualify for the Trials and maybe he might want to, not pace, of course, but sort of stick around and see what happens. He thought he might do that.

photo by Richard Lee Slotkin



"Do I really want to do this anymore?"

Well, Lara came through in 69:40, which gave him at least some slack in the second loop. Rosas set his watch and joined in. As it was last year, no one else appeared, nor would anyone until long after Lara finished. But, it wasn't pretty.

Fourteen miles in 1:16:21. That's not going to get it done; it's a 2:23 pace. Lara really slowed in that last mile. In fact, he told Rosas to go on ahead and let him run his own race. As Rosas passed the pace car, we asked him how Lara was and Rosas said that Lara said he was tired. Rosas was anxious to take off anyway. Turned out he ran the course in something close to what Cruz had done.

For Lara, though, things weren't going so well. Wearing a new pair of shoes that he hadn't done any long runs in, he had gotten himself a nice big blister-he could feel it squooshing-and it had been bothering him since about the 11th mile. Then, at the water station just before the climb up 14th Street, Lara stopped as he took a drink. That was the first of many. One of them was on Carlisle at about the 19 mile mark. It was suggested that he just shine the whole thing off right there because he wasn't going to qualify anyway, so if he stopped there, he would be able to resume training tomorrow and have a chance to make another try within possibly 2 weeks. If he continued, he would almost surely need a recovery period. Lara said he felt ok and wasn't going to hurt himself, but he wanted to finish. He sounded quite alert and didn't seem to be walled out there still was no one in sight behind him. So, it was onward and upward.

Besides, they give a really fine little trophy to the marathon winner.

As I said before, it wasn't pretty and there were some 7 minute miles, but Lara kept on running, stopping, walking, passing the stragglers from the 1/2 marathon—they were racewalkers at first but soon he was catching the joggers. Then, the Pearl St. hill. He started to walk up but so-

meone from the pace car told him to run it. Hell, it's steep but it's only half a block. Lara laughed, picked it up, took one more rest after the crest and then ran the last 600 meters into the Santa Monica College stadium and made his triumphal trot to the finish line. 2:36:55. A little better than Berry did last year.

And five minutes ahead of second place.

Now, are you ready for this? It was just as well that Lara didn't qualify because the course did not have a TAC sanction! For the best part of the previous week, Bruce Robinson, and SPATAC official, had been trying to get the race sanctioned, but an apparent lack of interest on the part of the Santa Monica City Attorney could not be overcome. The problem is that Santa Monica is self-insured so there was no interest in taking on the expense of a TAC sanction, which includes insurance. The solution was for the city to sign a waiver absolving TAC from liability should anyone be injured during the race. The waiver never materialized and, therefore, neither did the sanction.

Oh, my.

You couldn't tell from what you've read so far, but yes, there were women and girls in these races. Some good ones too. Jeanee Lasse Johnson of Las Vegas was in the 5K and won it by more than a minute. Her 16:55 wasn't that much behind the overall winner Jim Ulvestad, who was also an easy winner with a 15:48. Because we went with the half marathoners, we didn't see much of that race. The last that I did see, though, 2nd place finisher John Aranas and 3rd placer Darren Sand were the ones in the front. That was at about the 3/4 mile point. If I looked a little harder, I bet I'd have seen Jeanee Johnson not more than a 10 or 15 yards behind them. In any case Ulvestad was probably just a step or two back at that point, blocked out of view by the front runners.

The 1/2 marathon had the best of the females: Beth Milewski, one of the GARs, Annie Seawright of UCLA, Lari Bright, Karon Carpani, Mary Ryzner and Julie McKinnie among others. But all these mature and seasoned young ladies were in it for second place because a 16 year old from Riverside Poly showed her stuff and it was the right stuff. Brigid Freyne led them all with a 79:40. Remember that name if you haven't already seen it many times in the CIF results. Cross country, track, indoors and outdoors, Brigid has been making tracks, as the saying goes, this past year. As a senior this coming season, she should be one of the best in the country.

Anyway, Beth Milewski was second in 80:17 and Annie Seawright took 3rd with an 82:42.

The marathon wasn't as exciting, the winning time being 3:13:57. That belonged to Nancy Mustard, and considering that she is 45 and looks 25, the time isn't bad at all. What is bad is that it was good enough to win. These days, you'd expect the first F to come in at least under 3 hours. There are certainly enough around who can. But, none of them showed up for the marathon, so Nancy isn't arguing. She passed a number of women on her way to the win, but the last one she saw was just before the start of the second loop. That one was Laura Lowe, a triathlete, who was second in 3:17:30. For the whole second loop, Mustard, like Lara, did a solo act.

One disturbing note: Traffic control seems to be getting just a bit worse each year, at least for the front of the race. Several times both last year and this, the pace car had to pull out into the traffic because there were parked cars in the running lane. And on more than one occasion, the leaders of the marathon and 1/2 marathon almost had to dodge cars at intersections. Maybe things are better

when the masses are coming through, but the lone runners, especially the leaders, need protection too.

Well, here's to next year.

Overall Results - Marathon

1	Alfred Lara (30)	2:36:55
2	Don Ocana (36)	2:42:00
3	Ron Navarrette (48)	2:50:49
4	Henry Loo (21)	2:51:05
5	Gary Wilson (25)	2:56:16
6	Joe Larwood (19)	2:56:58
7	Leo Marquez (48)	2:57:02
8	Lenard Aguilar (34)	2:57:07
9	Freddi Perez (47)	2:57:48
10	Clark Russell (29)	2:58:31
11	Richard Matsumoto (27)	2:58:46
12	Bob Karwasky (31)	2:59:48
13	Giovanni Pellegrino (28)	3:02:49
14	Jaime Ortiz (26)	3:03:47
15	Guillermo Oseida (32)	3:03:54
16	Ed Dorio (35)	3:06:24
17	Paul Schmidt (35)	3:06:40
18	Jim Monahan (31)	3:06:57
19	Chuck Long (45)	3:10:15
20	Jean Pierre Theveny (43)	3:10:28
21	Fred Nagelschmidt (63)	3:11:28
22	Blake Wheeler (31)	3:11:44
23	Anthony Cione (24)	3:12:40
24	Nancy Mustard (45)	3:13:57
25	Dorsh Sanders Jr. (44)	3:15:57

Division Results - Men's Marathon

17 & Under: 1. Chris Nordin 4:25:14. **18-29:** 1. Henry Loo 2:51:05, 2. Gary Wilson 2:56:16, 3. Joe Larwood 2:56:58. **30-34:** 1. Alfred Lara 2:36:55, 2. Lenard Aguilar 2:57:07, 3. Bob Karwasky 2:59:48. **35-39:** 1. Don Ocana 2:42:00, 2. Ed Dorio 3:06:24, 3. Paul Schmidt 3:06:40. **40-44:** 1. Jean Pierre Theveny 3:10:28, 2. Dorsh Sanders Jr. 3:15:57, 3. John Hunter 3:16:49. **45-49:** 1. Ron Navarrette 2:50:49, 2. Leo Marquez 2:57:02, 3. Freddi Perez 2:57:48. **50-59:** 1. Tom Steele 3:24:04, 2. Larry Mazur 3:25:01, 3. Thomas Evans 3:27:30. **60 & Over:** 1. Fred Nagelschmidt 3:11:28, 2. Raymond Penkert 3:17:56, 3. Tom Edwards 3:29:46.

Division Results - Women's Marathon

18-29: 1. Laura Lowe 3:17:30, 2. Karyn Krojlic 3:44:25, 3. Susan Walters 4:15:44. **30-34:** 1. Cullene Murphy 3:20:42, 2. Anne Daniels 3:59:00, 3:59:39. 1. Mary Del Campo 3:33:58, 2. Valerie Temple 4:17:31. **40-44:** 1. Barbara Reukema 3:47:55, 45-49: 1. Nancy Mustard 3:13:57.

Overall Results - Half Marathon

1	Eugene Cruz (21)	1:05:58
2	Alan Just (26)	1:07:37
3	Ron Gee (36)	1:07:37
4	Brian Russell (28)	1:09:10
5	Tyrus Deminter (24)	1:09:15
6	Fernando Vasquez (23)	1:09:44
7	Joe Fabris (29)	1:10:17
8	Jeff Olsen (23)	1:10:24
9	Richard Dodson (24)	1:10:29
10	Eric Renfro (26)	1:10:41
11	Ruben Haro (29)	1:10:47
12	Robert Radnoti (29)	1:10:51
13	Alex Miranda (27)	1:11:13
14	Steve Schuman (25)	1:11:59
15	Art Molina (27)	1:12:22
16	John Gula (35)	1:12:25
17	Ed Avol (35)	1:12:31
18	Clyde Matsumura (27)	1:12:42
19	Max Headroom (21)	1:13:28
20	Tom Moriarty (31)	1:13:42
21	Henry Nunez (29)	1:14:04
22	Eric Winkler (18)	1:14:31
23	James Edmonson (44)	1:15:00
24	Joe Gostin (23)	1:15:13
25	Wayne Matsumura (25)	1:15:16

Division Results - Men's Half Mara.

17 & Under: 1. Tony Winkler 1:15:40, 2. Brent Parker 1:39:15, 3. Oakley Lehman 1:50:00. **18-29:** 1. Eugene Cruz 1:05:58, 2. Alan Just 1:07:37, 3. Brian Russell 1:09:10. **30-34:** 1. Tom Moriarty 1:13:42, 2. Paul Robinson 1:15:20, 3. Harold Ketting 1:16:08. **35-39:** 1. Ron Gee 1:07:37, 2. John Gula 1:12:25, 3. Ed Avol 1:12:31. **40-44:** 1. James Edmonson 1:15:00, 2. Russell Dragon 1:17:14, 3. Robert Davison 1:17:43.

continued on next page...

□ Racing Report

photo by Richard Lee Slotkin



From left: ALAN JUST (2nd), EUGENE CRUZ (1st), RON GEE (3rd) — all of Gardena Auto Repair Team. "Watch it! Here we come!"

photo by Richard Lee Slotkin



BRIGID FREYNE
Women's 1/2 Marathon Winner

photo by Richard Lee Slotkin



NANCY MUSTARD
Women's Marathon Winner

45-49: 1. Philip Wright 1:20:53, 2. Aba Ramirez 1:21:38, 3. Jim Waters 1:21:42.
50-59: 1. Patrick Devine 1:22:37, 2. Fred Kamgar 1:23:54, 3. Ron Poston 1:24:18. **60 & Over:** 1. Tom Leedhah 1:33:13, 2. Eddie Lawin 1:34:47, 3. David Hirschson 1:35:35.

Division Results - Women's Half Mara.

17 & Under: 1. Brigid Freyne 1:19:40, 2. Monique Escamilla 2:06:33, 3. Evette Escamilla 2:06:39. **18-29:** 1. Beth Milewski 1:20:17, 2. Annie Seawright 1:22:42, 3. Alexandra Aguirre 1:23:19. **30-34:** 1. Karon Carpani 1:23:52, 2. Mary Ryzner 1:24:34, 3. Julie McKinney 1:25:46. **35-39:** 1. Caludia Morales 1:23:43, 2. D. Bowden 1:27:38, 3. Ashby Adams 1:29:58. **40-44:** 1. Molly Thayer 1:27:20, 2. Marygail Brauner 1:28:59, 3. Mary Campbell 1:30:10. **45-49:** 1. Bonnie Robinson 1:34:56, 2. Yvette Lavigne 1:37:00, 3. Teresa Ross 1:41:05. **50-59:** 1. Gina Faust 1:26:20, 2. Jeanne Hoagland 1:35:27, 3. Wilma Maddock 1:40:20. **60 & Over:** 1. Helen Dick 1:38:22, 2. Margaret Miller 1:39:01, 3. Lura Delanty 2:03:10.

Overall Results - 5K

1 Jim Ulvestad (32)	15:48
2 John Aranas (29)	16:02
3 Darren Sand (19)	16:06
4 George Dinsmore (22)	16:06
5 Mike Glaze (17)	16:15
6 Herminio Garcia (31)	16:17
7 Alfredo Perez (22)	16:24
8 Gianni Carpani (39)	16:28
9 Matthew Brayman (23)	16:34
10 Kyle Bailey (17)	16:34

11 Matt McMullen (27)	16:39
12 Jeanee Johnson (30)	16:55
13 John Papp (17)	17:02
14 Jose Luis Servin (26)	17:04
15 Dror Benami (17)	17:04
16 Hugh Kuchta (29)	17:06
17 Kiernan Morrow (18)	17:08
18 Mark Harpenau (16)	17:14
19 Ian Berman (16)	17:28
20 Bill McKinley (17)	17:28
21 Robert Kahn (22)	17:31
22 Eric Meredith (42)	17:46
23 Nick Trozzi (27)	17:50
24 Andrew Chick (16)	17:52
25 Mike Ruggies (19)	17:52

Division Results - Men's 5K

17 & Under: 1. Mike Glaze 16:15, 2. Kyle Bailey 16:34, 3. John Papp 17:02. **18-29:** 1. John Aranas 16:02, 2. Darren Sand 16:06, 3. George Dinsmore 16:06. **30-34:** 1. Jim Ulvestad 15:48, 2. Herminio Garcia 16:17, 3. Luis Alvarado 17:57. **35-39:** 1. Gianni Carpani 16:28, 2. Raul Orozco 19:05, 3. Michael Easterly 19:22. **40-44:** 1. Eric Meredith 17:46, 2. Ben Jackson 18:22, 3. Art Detomaso 18:39. **45-49:** 1. Joseph Umbro 19:09, 2. David Nuttall 20:55, 3. Homer Ball 22:46. **50-59:** 1. Leroy Carte 20:17, 2. Bob Johnson 21:44, 3. Ed Pelletier 22:26. **60 & Over:** 1. Jack Green 21:33, 2. David Cohen 22:21, 3. Ed Stotsenberg 22:39.

Division Results - Women's 5K

17 & Under: 1. Vicki Hosek 21:24, 2. Sunny Winkler 22:48, 3. Susannah Monk 22:49. **18-29:** 1. Cheryl Thorpe 20:33, 2. Lori Fabris 22:28, 3. E. Kadowaki 23:24. **30-34:**

1. Jeanee Johnson 16:55, 2. Clare Dillon-Palma 18:09, 3. Dianne Bush 21:16. **35-39:** 1. Joan Elvin 21:51, 2. Noel Estes 23:10, 3. Lorraine MacLeod 25:15. **40-44:** 1. Georgina Nuttall 23:43, 2. Ellen Lowe 26:33, 3. Eileen Purdy 26:55. **45-49:** 1. Carol

Forster 26:04, 2. Ann Dargahl 26:07, 3. Rowena Stoughton 28:17. **50-59:** 1. Ann Martin 25:43, 2. Loretta Betterton 27:31, 3. Betty Crosby 28:38. **60 & Over:** 1. Catherine Weisser 32:23, 2. Liz Bevington 36:24, 3. Irene Frank 37:45.

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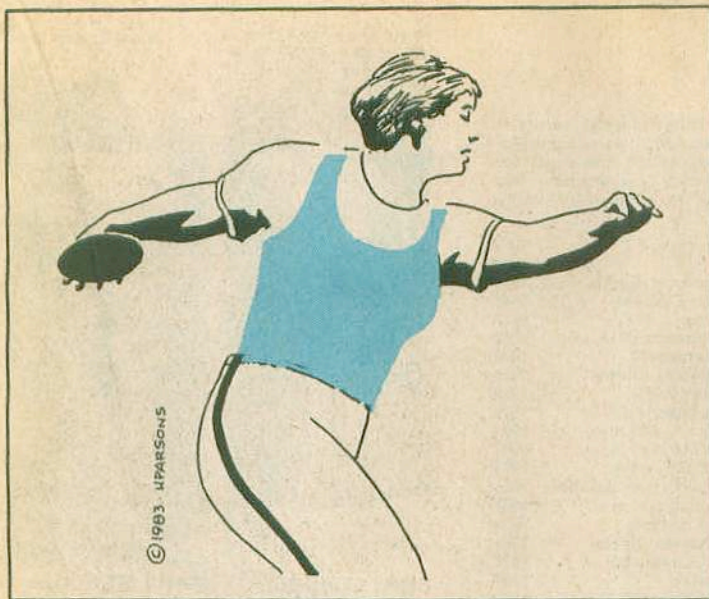
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All-Time HIGH SCHOOL GIRLS BEST MARKS

By **BOB WOMACK**

Here are the California all-time high school girls track and field lists, updated to July 17, 1987.

For the first time, we've attempted to go 25 deep on these lists. The reason is that we've now had enough experience with the girls (14 years of state championship competition) that the lists are fairly stable; also, we haven't added any new events since 1982.

It was only a couple of years ago that we had an event in which there were, for the first time, no changes in the Top Ten. In 1987, there were events in which nobody cracked the Top 25.

As usual, I've relied heavily on the research and help of others, significantly (but certainly not limited to) Ron Blackwood, Keith Conning, and Jack Shepard. Needless to say, none of these bear any responsibility for errors and om-

missions and any additions or corrections should be addressed to Bob Womack, 4270 North Blackstone, Suite 211, Fresno, California. 93710.

Final reminder: The single digit numbers after certain athletes' names represent the number of state championships won. Note that the year shown is for the best performance and is not necessarily the year the athlete won her state title.

100 Meters

(automatic timing)

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

11.34	Sharon Ware (Berkeley)-2 at Knoxville	1980
11.50	Kim Robinson (Westchester, LA)	1977
11.51	Gail Devers (Sweetwater, Nat'l Cty)-1	1984
11.56	Jackie Thompson (Lincoln, SD)	1973
11.57	Valerie Brisco (Locke, LA)	1978
11.58	Brenda Winston (San Geronio, SanBdo)	1977
11.59	Monica Taylor (Grant, Sacramento)	1983
11.61	Gervaise McGraw (Ganesha, Pomona)-1	1982
11.61	Sheri Howard (Kennedy, Granada Hills)	1980
11.61	Carrie Franklin (Muir, Pasadena)	1985
11.62	Inger Peterson (Dorsey, LA)	1981
11.63	Lisa Winston (Jordan, Long Beach)-1	1982
11.63	Pam Qualls (Burbank, Sacramento)	1984
11.64	Alice Brown (Muir, Pasadena)	1978
11.64	Robin Simmons (Crenshaw, LA)	1983
11.66	Gwen Loud (Westchester, LA)	1979
11.66	Chewuakil Knighton (Locke, LA)	1985
11.68	Brigitte Blackburn (Cajon, San Diego)	1980
11.68	LaTanya Dawkins (Dorsey, LA)	1982
11.69	Zelda Johnson (Garey, Pomona)	1981
11.69	Gail Devers (Sweetwater, National City)	1983
11.70	Tamela Holland (Manual Arts, LA)	1981
11.70	Denean Howard (Kennedy, Granada Hills)	1982
11.70	Tami Stiles (Hawthorne)	1985
11.73	Marbella Washington (Centennial)	1979
11.73	Sara Parros (Santa Monica)	1984

200 METERS

(*220 yards minus 0.12)

State Meet Record: 23.19 Sheri Howard (Kennedy, Granada Hills) at Berkeley 1980. **Frosh:** 24.01 Monique Robinson (Freese Jr., San Diego) 1982. **Soph:** 23.44 Leslie

Maxie (Mills, Millbrae) 1983. **Junior:** 23.40 Denean Howard (Kennedy, Granada Hills) 1981 & Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 23.08 Jackie Thompson (Lincoln, San Diego) 1973.

23.08	Jackie Thompson (Lincoln, SD)	1973
23.19	Sheri Howard (Kennedy, Grn His)-1	1980
23.25	Denean Howard (Kennedy, Grn His)-2	1982
23.27	Gervaise McGraw (Ganesha, Pomona)	1982
23.40	Leslie Maxie (Mills, Millbrae)	1984
23.42*	Gwen Loud (Westchester, LA)-1	1979
23.54	Paulette Blalock (Compton)-1	1984
23.56	Tami Stiles (Hawthorne)-2	1985
23.59	Cathy Roberts (Cerritos)	1984
23.62	Sharon Ware (Berkeley)	1980
23.72	Frieda Cobbs (Berkeley)	1978
23.75	Kella Bolton (Hill, San Jose)-1	1978
23.77	Valerie Brisco (Locke, LA)	1978
23.77	Pam Qualls (Burbank, Sacramento)	1984
23.80	Diana Pullins (Muir, Pasadena)	1982
23.81	LaTanya Dawkins (Dorsey, LA)	1982
23.82*	Pam Marshall (Jordan, Long Beach)	1978
23.83	Zelda Johnson (Garey, Pomona)	1982
23.83	Lisa Winston (Jordan, Long Beach)-1	1983
23.85*	Kim Robinson (Westchest, LA)-1	1977
23.87	Madette Smith (Quartz Hill)-1	1986
23.88	Nedrea Rodgers (Berkeley)	1981
23.91	Robin Simmons (Crenshaw, LA)	1983
23.94	Tesha Giddens (Locke, LA)	1984
Hand Timing (*220 Yards Minus 0.1):		
23.2	Mable Ferguson (Ganesha, Pomona)	1973
23.2	Chewuakil Knighton (Locke, L.A.)	1985
23.4	Kathy Hammond (Mira Loma, Sacto)	1969
23.5	Brenda Winston (San Geronio/SanBer)	1977
23.7*	Debbie Byfield (Berkeley)	1978

400 Meters

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

Fine Flicks by Don Gosney



DENEAN HOWARD MARY DECKER

50.87	Denean Howard (Kennedy, Gran Hills)-2	1982
	at Knoxville	
51.09	Sheri Howard (San Geronio, SB)-1	1979
51.91	Mable Ferguson (Ganesha, Pomona)	1972
52.17	Chewuakil Knighton (Locke, LA)-2	1985
52.25	Janeene Vickers (Pomona)	1986
52.83	Leslie Maxie (Mills, Millbrae)-1	1984
53.10	Linneta Wilson (Muir, Pasadena)	1985
53.12	Freida Cobbs (Berkeley)	1978

Ranking

Fine Flicks by Don Gosnev

photo by Burt Davis



CORY SCHUBERT MARY MENDOZA

1600 Meters

(* mile minus 1.8)

State Meet Record: 4:39.92 Polly Plumer (University, Irvine) at Sacramento 1982. **Frosh:** 4:40.2* Mary Decker (Portola JHS, Orange) 1973. **Soph:** 4:45.98 Kira Jorgenson (Vista) 1987. **Junior:** 4:40.0* Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 4:33.44* Polly Plumer (University, Irvine) 1982.

4:33.44*	Polly Plumer (Univ, Irvine)-3	1982
		at Westwood
4:38.9*	Eileen Claugus (Rio Amer, Sacto)	1973
4:40.0*	Vickie Cook (Alemany, Wd Hls)	1981
4:40.2*	Mary Decker (Orange)	1973
4:42.77	Darcy Arreola (Grossmont, La Mesa)-1	1986
4:43.15*	Cheri Williams (Livermore)-1	1978
4:43.90	Paula Bresnan (Kennedy, GrnHls)	1983
4:44.47	Denise Ball (Newbury Park)	1982
4:44.6*	Linda Goen (North, Bakersfield)-2	1979
4:44.76	Tracy Weber (Lynbrook, San Jose)	1981
4:44.93	Cory Schubert (Del Mar, San Jose)-1	1983
4:45.00	Julie Selfine (University, Irvine)	1983
4:45.13	Laurie Chapman (Gunderson, San Jose)	1986
4:45.2*	Jessica Spies (Livermore)	1982
4:45.46	Tina Allen (Santana, Santee)	1982
4:45.6*	Sandy Langan (El Camino, Sacto)	1971
4:45.7*	Debbie Heald (Neff, La Mirada)	1970
4:45.98	Kira Jorgenson (Vista)	1987
4:46.0*	Allison Ehlen (Santa Barbara)	1981
4:46.59	Robbyn Bryant (Hesperia)	1987
4:46.74	Nanette Garcia (SilverCk, San Jose)	1983
4:46.8*	Paula Rose (Newport Harbor)	1975
4:47.0*	Kathi Denz (Blair, Pasadena)	1977
4:47.23	Gladees Prieur (LaLycee Francais, LA)	1983
4:47.34*	Shannon Clark (Mt. View)-2	1985

10:23.04	Mary Mendoza (Presentation, San Jose)-1	1987
10:23.4*	Gladees Frieur (LaLycee Francais, LA)	1983
10:23.85	Rebecca Chamberlain (Leigh, SJ)-1	1985
10:24.23	Kira Jorgenson (Vista)	1987
10:24.70	Tracey Williams (Mt. View, El Monte)	1986
10:25.27	Coleen Donovan (Lodi)	1985
10:26.74*	Michelle Mason (Buena, Ventura)	1981
10:27.6	Katie Dunsmuir (Palisades)	1983
10:27.8	Theresa Barrios (University, Irvine)	1983
10:28.9*	Heike Skaden (Encina, Sacto)	1980
10:29.2*	Therese Ebner (Bishop Amat, La Puente)	1979
10:29.42	Shannon Stryker (Tustin)	1982
10:29.7*	Roxanne Bier (Independence, San Jose)	1979

53.13*	Charlette Cooke (? , Los Angeles)	1966
53.20	Paulette Blalock (Compton)	1984
53.34	Jeanne Arnold (Locke, LA)	1982
53.42	Arise Emerson (Westminster, LA)-1	1978
53.42	Gervaise McGraw (Ganessa, Pomona)	1982
53.46	Marian Franklin (Balboa, SF)	1979
53.47	Gwen Gardner (Crenshaw, LA)	1978
53.49	Princess Bennett (Compton)-1	1986
53.51	Faye Paige (Poly, Long Beach)	1980
53.55	Andrea Rolfe (Dorsey, LA)-1	1987
53.70	Valerie Brisco (Locke, LA)-1	1978
53.76	Gayle Kellon (Walnut)	1982
53.81	Janice Farwell (Muir, Pasadena)	1984
53.83	Nedra Rodgers (Berkeley)	1982
53.90	Kim White (Berkeley)	1979
Hand Timing (* 440 yards minus 0.3):		
51.8*	Kathy Hammond (Sacramento)	1969
53.4*	Janice Wisner (La Jolla)	1973
53.4	Gayle Kellon (Walnut)	1983
53.8	Michelle Taylor (Ganessa, Pomona)	1983

800 Meters

(* 880 yards minus 0.7)

State Meet Record: 2:06.08 Donna Curtis (Culver City) at Norwalk 1981. **Frosh:** 2:02.43 Mary Decker (Portola JHS, Orange) 1973. **Soph:** 2:02.29 Mary Decker (Orange) 1974. **Junior:** 2:04.8* Ann Regan (Camden, San Jose) 1978. **Senior:** 2:03.8* Charlette Cooke (Los Angeles) 1966.

2:02.29	Mary Decker (Orange) at Durham	1974
2:03.8*	Charlette Cooke (Los Angeles)	1966
2:04.37	Ann Regan (Camden, San Jose)-3	1977
2:04.59	Kerri Zaleski (Millikan, Long Beach)-1	1985
2:04.91	Trena Hull (Compton)-1	1984
2:05.43	Linda Goen (North, Bakersfield)	1977
2:05.7	Rennie Durrand (Laguna Beach)-1	1980
2:05.84	Jessica Spies (Livermore)	1981
2:05.9	Francie Larrieu (Fremont, Sunnyvale)	1970
2:05.9	Lynn Hollins (Riverside)	1976
2:06.01	Donna Curtis (Culver City)-1	1981
2:06.07	Trescia Palmer (Westchester, LA)	1982
2:06.47	Regina Jacobs (Argyll, No. Holywd)	1980
2:07.3	Marie Mulder (Sacramento)	1965
2:07.6*	Cis Schafer (Washington, Fremont)	1970
2:07.8	Arise Emerson (Westminster)	1978
2:07.9*	Kathy Costello (Pleasant Hill, SJ)-2	1975
2:08.00	Lesley Noll (Mt. Carmel, San Diego)	1985
2:08.18	Michelle Taylor (Ganessa, Pomona)	1982
2:08.4	Kristin Dowell (Santa Teresa, SJ)-1	1984
2:08.42	Laura Chapel (University, SJ)-1	1986
2:08.5*	Paula Rose (Newport Harbor)	1975
2:08.6	Tracy Weber (Lynbrook, SJ)	1981
2:08.95	Louise Romo (North, Torrance)	1980

3000 Meters

(* En Route to Longer Distance)

Frosh: 9:50.4 Roxanne Bier (Independence, San Jose) 1977. **Soph:** 9:24.8 Vickie Cook (Alemany, Mission Hills) 1980. **Junior:** 9:22.3 Vickie Cook (Alemany, Mission Hills) 1981. **Senior:** 9:11.80 Cory Schubert (Del Mar, San Jose) 1983.

9:11.80	Cory Schubert (Del Mar, SJ)	1983
		at Indianapolis
9:22.3	Vickie Cook (Alemany, Wood Hills)	1981
9:30.3	Polly Plumer (University, Irv.)	1982
9:30.8	Eileen Claugus (Rio Amer, Sac)	1973
9:33.3+	Laurel Chapman (Gunderson, San Jose)	1986
9:33.9	Roxanne Bier (Indep., San Jose)	1978
9:35.33	Tania Fischer (Chamin, Canoga Park)	1982
9:35.5+	Kirsten O'Hara (Palos Verdes)	1984
9:35.5	Rebecca Chamberlain (Leigh, San Jose)	1986
9:36.6	Kira Jorgenson (Vista)	1987
9:37.7	Su-Mei Lef (Eisenhower, Rialto)	1979
9:38.2	Katie Dunsmuir (Palisades)	1983
9:38.5+	Denise Ball, Newbury Park)	1982
9:41.2	Gladees Prieur (La Lycee Francais, LA)	1983
9:42.0	Tena Anex (Del Campo, Carmichael)	1972
9:42.2+	Lori Lopez (Sacred Heart, LA)	1981
9:43.33	Vicky Bray (Los Altos)	1977
9:46.0	Lisa Scaduto (Santa Monica)	1979
9:46.1+	Golleen Donovan (Lodi)	1985
9:46.2+	Mary Mendoza (Presentation, SJ)	1987
9:47.6+	Tracy Williams (Mt. View, El Monte)	1986
9:48.8	Heike Skaden (Encina, Sacto)	1980
9:49.4	Kathy Mintie (Rosary, Fullerton)	1978
9:49.8+	Shannon Stryker (Tustin)	1983
9:51.2	Valera Eberly (Blackford, San Jose)	1972

1500 Meters

(* En Route to Longer Distance)

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

4:16.8	Francie Larrieu (Fremont, Sunnyvale)	1969
		at Stuttgart
4:16.8*	Polly Plumer (Univ., Irvine)	1982
		at Westwood
4:20.9	Cheri Williams (Livermore)	1978
4:21.0*	Vickie Cook (Alemany, Miss Hills)	1981
4:21.5	Eileen Claugus (Rio Amer, Sacto)	1972
4:23.0	Linda Goen (North, Bakersfield)	1979
4:23.9+	Darcy Arreola (Grossmont, La Mesa)	1986
4:24.17	Kathi Denz (Blair, Pasadena)	1978
4:24.3	Debbie Heald (Neff, La Mirada)	1972
4:24.4	Ann Trason (Pacific Grove)	1977
4:24.6	Paula Rose (Newport Harbor)	1976
4:25.0	Regina Jacobs (Argyll, No. Holywd)	1981
4:25.2	Gladyes Prieur (LaLycee Francais, LA)	1983
4:25.4	Michelle Bush (Rolling Hills)	1979
4:25.4	Kristen Powell (Santa Teresa, SJ)	1985
4:25.6	Tracy Weber (Lynbrook, San Jose)	1981
4:25.66	Mary Decker (Portola Jr., Orange)	1973
4:25.7+	Paula Bresnan (Kennedy, Granada Hills)	1983
4:26.0+	Laura Chapman (Gunnerson, San Jose)	1986
4:26.8+	Julie Seleine (University, Irvine)	1983
4:27.7	Roxanne Bier (Independence, San Jose)	1979
4:27.8+	Tina Allen (Santana, Santee)	1982
4:27.8+	Jessica Spies (Livermore)	1982
4:27.9	Marilyn Davis (Miramonte, Orinda)	1981
4:27.9+	Cory Schubert (Del Mar, San Jose)	1983

3200 Meters

(* 2 mile minus 3.6)

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

10:04.2	Cory Schubert (Del Mar, SJ)-1	1983
		at Berkeley
10:06.2*	Cheri Williams (Livermore)-1	1978
10:11.62	Kirsten O'Hara (Palos Verdes)-1	1984
10:11.78	Vickie Cook (Alemany, Wd Hls)-3	1982
10:12.86	Laurie Chapman (Gunder, San Jose)-1	1986
10:15.8*	Eileen Claugus (Rio Amer, Sacto)	1973
10:15.99	Denise Ball (Newbury Park)	1982
10:16.38*	Cindy Schmandt (Santa Barbara)	1979
10:18.04*	Su-Mei Lee (Eisenhower, Rialto)	1979
10:19.10	Tania Fischer (Chamin, Canoga Park)	1983
10:19.94*	Susie Meek (Palos Verdes)	1978
10:21.19	Lori Lopez (Sacred Heart, LA)	1981

100 Meter Hurdles

(* 110 yards minus 0.04)

State Meet Record: 13.34 Janeene Vickers (Pomona) at Sacramento 1987. **Frosh:** 14.10 Yvette Bates (Berkeley) 1981. **Soph:** 13.74 Yvette Bates (Berkeley) 1982. **Junior:** 13.47 Janeene Vickers (Pomona) 1986. **Senior:** 13.34 Janeene Vickers (Pomona) 1987.

13.34	Janeene Vickers (Pomona)-2	1987
		at Sacto
13.41	Gail Devers (Sweetwater, National City)-1	1984
13.49	Chewakii Knighten (Locke, L.A.)-1	1984
13.59	Wendy Brown (Woodside)	1984
13.65	Carrie Franklin (Muir, Pasadena)	1985
13.68	La Shawn Simmons (El Monte)	1987
13.71	Marlene Harmon (Thousand Oaks)	1980
13.71	Sherifa Sanders (Berkeley)-1	1981
13.73	Staci Leach (Thousand Oaks)	1987
13.74	Yvette Bates (Berkeley)	1982
13.75*	Kris Costello (Lynbrook, San Jose)-2	1978
13.76	Lana Cantrell (Muir, Pasadena)-1	1985
13.76	Lana Cantrell (Muir, Pasadena)-1	1985
13.76	Effie Daetz (Leigh, San Jose)	1987
13.77	LaShawn McBride (Poly, Long Beach)	1987
13.77	Laurie Smith (Valley, Sacramento)	1987
13.80	Aladrian Hunter (Dorsey, LA)	1981
13.83	Doris Williams (Poly, Riverside)	1987
13.87	Leslie Maxie (Mills, Millbrae)	1984
13.87	Kelly Peacock (Van Nuys)	1985
13.88	Robyne Johnson (Berkeley)	1981
13.91*	Kim Costello (El Camino, So. S.F.)	1978
13.93	Debbie Budwig (Clovis West)	1984
13.95	Ruth Whitehead (Berkeley)	1982
13.96*	Judy Young (Berkeley)-1	1979
13.97*	Alesia Sweeney (Tamalpa, Mill Valley)	1979
13.97*	Janet Yarbrough (Clovis)-1	1979

Hand timing:

(* 33 inch hurdles)

13.4	Judy Young (Berkeley)-1	1980
13.4	Carrie Franklin (Muir, Pasadena)	1985
13.5*	Lorna Tinney (Oceanside)	1972
13.6y	Yvonne Boone (Fremont, Oakland)-2	1974
13.6+	Bobette Krug (La Jolla)	1972
13.6	Robyne Johnson (Berkeley)	1980
13.7y	Tonya Alaton (Chico)	1977
13.7	Valerie Flemmings (Northgate, WintCk)	1981

continued on next page...

Ranking

300 Meter Hurdles

State Meet Record: 40.26 Janeene Vickers (Pomona) at Sacramento 1987. **Frosh:** 43.08 Janeene Vickers (Pomona) 1984. **Soph:** 41.78 Ronda Brooks (Oakland) 1985. **Junior:** 40.18 Leslie Maxie (Mills, Millbrae) 1984. **Senior:** 40.26 Janeene Vickers (Pomona) 1987.

40.18	Leslie Maxie (Mills, Millbrae)-2	1984
	at Berkeley	
40.26	Janeene Vickers (Pomona)-2	1987
41.09	Gayle Kellon (Walnut)-2	1982
41.44	Michelle Taylor (Ganesha, Pomona)	1984
41.54	Linnetta Wilson (Muir, Pasadena)	1985
41.78	Ronda Brooks (Oakland)	1985
41.86	Effie Daetz (Leigh, San Jose)	1987
41.94	Laurie Smith (Valley, Sacto)	1987
42.25	Audrey Williams (Saugus)-1	1981
42.26	Gail Devers (Sweetwater, NatCty)	1983
42.36	Lana Cantrell (Muir, Pasadena)	1985
42.37	Sherifa Sanders (Berkeley)	1981
42.50	Janice Farwell (Millikan, L.B.)	1984
42.55	Sharon Hatfield (FountainVly)	1982
42.55	Melissa King (Fremont, LA)	1984
42.62	Felicia Thompson (Jordan, LB)	1982
42.69	Staci Leach (Thousand Oaks)	1987
42.74	Karen Brown (Sir Francis Drake, SanAns)	1984
42.79	Kelly Peacock (Van Nuys)	1986
42.79	Laura Ainsworth (Fremont, LA)	1986
42.83	Sharon Manship (Thousand Oaks)	1987
42.86	Gina Albanese (Branha, San Jose)	1986
42.92	Amy Ice (Cajon, El Cajon)	1986
42.95	Tamiko White (Hawthorne)	1986
43.08	Chrishelle Johnson (Stagg, Stockton)	1987
Hand Timing:		
42.5	Laura Ainsworth (Fremont, LA)	1987

Fine Flicks by Don Gosney



LATRESE JOHNSON

High Jump

State Meet Record: 6-2 Latrese Johnson (Clovis) at Sacramento 1985. **Frosh:** 5-10 Tonya Mendonca (Mt. Whitney, Visalia) 1980. **Soph:** 6-0 1/4 Sue McNeal (Carlsbad) 1978. **Junior:** 6-2 Latrese Johnson (Clovis) 1984. **Senior:** 6-2 1/4 Latrese Johnson (Clovis) 1985.

6-2 1/4	Latrese Johnson (Clovis)-1	1985
	at Sanger	
6-2 1/4	Wendy Brown (Woodside)-1	1984
6-1	Sue McNeal (Carlsbad)-1	1979
6-1	Tonya Mendonca (Mt. Whit., Visalia)-1	1983
6-0	Karen Lysaght (St. Fran, Sacto)-1	1980
6-0	Yleana Carrasco (Anaheim)-1	1985
5-11 1/2	Tonya Alston (Chico)-1	1979
5-11	Kathy Hamilton (Beyer, Modesto)	1979
5-11	Katrena Johnson (Marshall, Pasadena)-2	1981
5-11	Maggie Van Zeeland (Acaianes, Laf)	1981
5-11	Ursula Lovely (Kennedy, La Palma)	1985
5-10 1/2	Denise Yamada (Dos Pueblos, Goleta)	1983
5-10 1/2	Cindy Gilbert (Oceanside)	1974
5-10 1/2	Kari Gosswiller (Upland)-2	1978
5-10 1/2	Nancy Redican (Simi Valley)	1978
5-10 1/2	Lori Svoboda (El Dorado, Anaheim)	1987
5-10	Pam Blackburn (Cubberley, PaioAlto)	1975
5-10	Lisa Greenfield (Redwood, Larkspur)	1980
5-10	Linda Soja (Poly, LA)	1980
5-10	Laura Campbell (Troy, Fullerton)	1981
5-10	Allison Walker (Hoover, Glendale)	1981
5-10	Beth Vidakovits (St. Francis, Mt. V)	1984
5-10	Lynn Patrick (Serra, San Diego)-1	1987
5-10	Lashawn McPride (Poly, Long Beach)	1985
5-10	Debbie Orr (Oceanview, H. Bch)	1986
5-10	Karla Davidson (Redlands)	1987

Long Jump

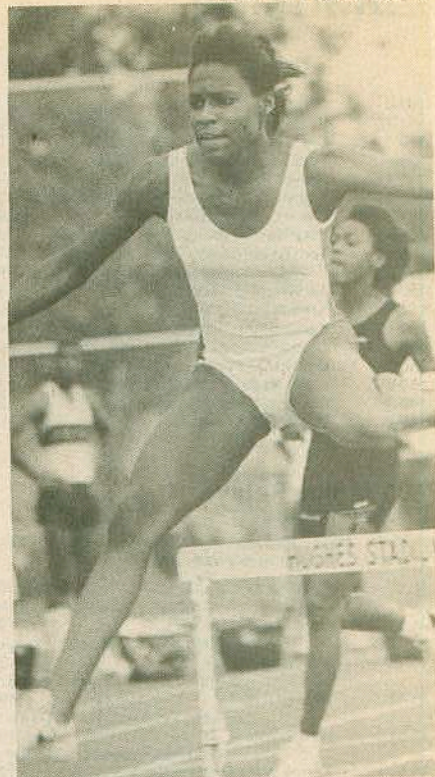
State Meet Record: 20-9 1/4 Wendy Brown (Woodside) at Los Angeles 1984. **Frosh:** 20-7 Dora Lee Roberts (Riverdale) 1971. **Soph:** 20-8 Wendy Brown (Woodside) 1982. **Junior:** 20-11 1/4 Madette Smith (Quartz Hill) 1986; **Senior:** 20-11 Madette Smith (Quartz Hill) 1987.

20-11 1/4	Madette Smith (Quartz Hill)-1	1986
	at Towson, MD	
20-9 1/4	Wendy Brown (Woodside)-2	1984
20-8 3/4	Kim Attlesy (Corona del Mar)	1971
20-8 1/4	Marlene Harmon (Thousand Oaks)-1	1980
20-8 1/4	Jodi Anderson (Washington, LA)-3	1975
20-7	Dora Lee Roberts (Riverdale)	1971
20-7	Gail Devers (Sweetwater, NatCty)-1	1984
20-5	Gwen Loud (Westchester, LA)-1	1979
20-4 1/2	Carrie McLaughlin (Davis, Modesto)	1979
20-4	LaShawn Simmons (El Monte)	1987
20-3 1/2	Joanna Harper (Fremont, LA)	1980
20-2 1/2	Denise Paschal (Lowell, S.F.)	1966
20-0	Tammy Bryant (Ventura)	1983
19-11 1/2	Sabrina Williams (Valley Christian)	1981
19-11 1/4	Serina Strange (Indio)	1987
19-10 1/2	Melanie Markham (Dorsey, LA)	1980
19-10	Yvette Roberts (Washington, Easton)-1	1985
19-9	Lisa Gourdini (El Toro)-1	1977
19-8	Kathy Haynes (Madera)-1	1978
19-7 3/4	Lorna Tinney (Oceanside)	1972
19-7 1/2	Yvette Bates (Berkeley)	1984
19-7	Ronda Brooks (Oakland)	1986
19-6 3/4	Sherifa Sanders (Berkeley)	1981
19-6 1/2	Scott (Kennedy, Granada Hills)	1977
19-6 1/2	Sheila Greene (Hill, San Jose)	1979
19-6 1/2	Karen Lawsen (St. Francis, Mt. View)-1	1984

Triple Jump

State Meet Record: 42-10 1/2 Wendy Brown (Woodside) at Los Angeles 1984. **Frosh:** 39-7 Gayle Wadsworth (Hawthorne) 1982. **Soph:** 40-1 Wendy Brown (Woodside) 1982. **Junior:** 40-8 Wendy Brown (Woodside) 1983. **Senior:** 42-10 1/2 Wendy Brown (Woodside) 1984.

42-10 1/2	Wendy Brown (Woodside)-3	1984
	at Los Angeles	
42-5 1/2	Yvette Bates (Berkeley)	1984
41-8 1/2	Jackie Anderson (Mt. Miguel, SpVly)	1987
40-11	Sheila Hudson (Rio Linda)-1	1985
40-2 1/4	Renita Robinson (Manual Arts, LA)	1983
40-2	Felicia Harris (San Lorenzo)-1	1986
39-10 1/2	Althea Moses (Morningside, Inglewd)	1987
39-9 1/2	Janis Diggs (Salinas)	1984
39-8 1/4	Debbie Orr (OcenaView, H. Bch)	1986
39-8	Camille Robertson (Redlands)	1984
39-7	Gayle Wadsworth (Hawthorne)	1982
39-7	Carole Jones (Chino)	1983
39-6 1/2	Kim Lassair (Northgate, WintCk)-1	1987
39-6	Gail Devers (Sweetwater, Nat'IC)	1984
39-5 1/2	Kim Taylor (Valencia, Placentia)	1985
39-3	Dianne West (Logan, Union City)	1986
39-0 1/2	Angela Hill (Lincoln, LA)	1987
39-0	Bartholomew (Fremont, Sunnyvale)	1987
39-0	Sharon Manship (Thousand Oaks)	1987
38-11 1/2	Cathy Roberts (Cerritos)	1983
38-10 1/4	Yvette Roberts (Washington, Easton)	1985
38-10	Gaylen Ames (El Modena)	1984
38-8	Chandra McQuam (Wilson, Long Beach)	1984
38-7 1/2	CeeCee Chandler (Elsinore)	1982
38-7 1/2	Lafrenia West (Grossmont, LaMesa)	1987



JANEENE VICKERS

Shot Put 4k

State Meet Record: 52-7 Natalie Kaaiawahia (Fullerton) at Bakersfield 1983. **Frosh:** 48-4 1/2 Natalie Kaaiawahia (Fullerton) 1980. **Soph:** 52-4 1/2 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 52-2 1/2 Natalie Kaaiawahia (Fullerton) 1982. **Senior:** 53-7 3/4 Natalie Kaaiawahia (Fullerton) 1983.

53-7 3/4	Natalie Kaaiawahia (Fullerton)-4	1983
	at Norwalk	
50-3 1/2	Lynn Graham (Muir, Pasadena)	1965
50-0 1/2	Emily Dole (Buena Park)	1975
49-6	Kathy Devine (Mission Bay, SD)-2	1974
48-11 3/4	Susie Ray (Villa Park)-1	1980
47-11 1/2	Iva Wright (Edison, Fresno)	1971
47-9 1/4	Debra Corley (Garces, Bakersfield)	1981
47-4 1/4	Brandi Gail (Rowland, Hac. Hgths)-1	1986
46-11	Elaina Oden (Irvine)-1	1985
46-9	Dot Jones (Hilmar)	1982
46-9	Latonia Floyd (Oakgrove)	1984
46-9	Heidi Adams (Mission Viejo)	1985
46-6 1/2	Pam Alexander (Arlington)-1	1983
46-1 1/2	Rosario Ramos (Anaheim)	1979
46-0 1/2	Lorraine Costanzo (Saugus)	1981
45-7 1/2	Yolanda Fletcher (Crenshaw, LA)	1981
45-5 1/4	Denise Holloway (Blackford, San Jose)	1975
45-4	Dawn Dumble (Bakersfield)	1987
45-3	Jill Palmer (Clarksville)	1985
45-2 1/2	Wendy Bradshaw (Saugus)	1982
45-2 1/4	Sharon Hamilton (Santa Monica)	1980
45-0 3/4	Tracy Crawford (Southwest, San Diego)	1986
44-11 3/4	Cindy Nikko (Mt. Eden, Hayward)	1983
44-8 1/2	Leslie Deniz (Gridley)	1980
44-8 1/2	Jacqui Sheffield (Eisenhower, Rialto)	1982

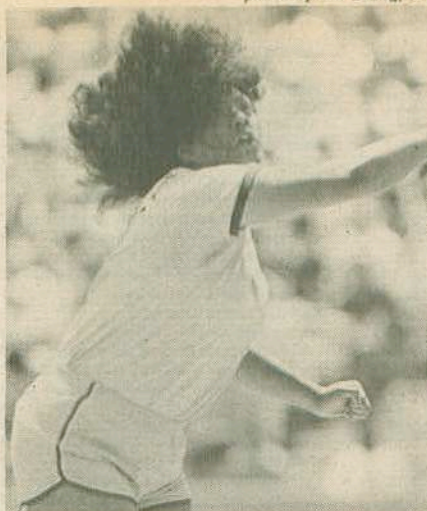
Discus

State Meet Record: 172-11 Leslie Deniz (Gridley) at Berkeley 1980. **Frosh:** 157-7 Dawn Dumble (Bakersfield) 1987. **Soph:** 162-10 Natalie Kaaiawahia (Fullerton) 1981. **Junior:** 175-10 Leslie Deniz (Gridley) 1979. **Senior:** 183-11 Leslie Deniz (Gridley) 1980.

183-11	Leslie Deniz (Gridley)-2 at Lancaster	1980
174-9	Natalie Kaaiawahia (Fullerton)-2	1983
167-5	Jacque Norton (Mission Viejo)-1	1982
167-1	Laura DeSnoo (Washington, Frmt)	1981
164-10	Karen Nickerson (Cordova, RanCord)	1982
162-11	Kim Kesler (Vintage, Napa)	1983
162-2	Lil Ili (Nogales)-1	1985

Ranking

162-0	Lori Parker (Ramona)	1986
161-10	Linda Langford (Leigh, San Jose)	1969
159-1	Stacy Hom (Cordova (RchCdv)-1)	1984
158-7	Toni Jutjens (Righetti, San Jose)	1983
159-4	Christi Pyle (Hoover, Glendale)-1	1978
157-9	Tracy Crawford (Southwest, San Diego)-1	1986
157-7	Dawn Dumble (Bakersfield)-1	1987
157-6	Lacy Barnes (Burroughs, Ridgecrest)	1983
155-6	Terri Sabol (Buena Park)	1975
155-6	Cindi Dunschlag (San Carlos)	1981
152-1	Iva Wright (Edison, Fresno)	1971
151-9	Glenda Ford (Atwater)	1979
150-10	Karen Stampfli (Lassen, Susanville)-1	1978
150-7	Donna Hollingsworth (Chaffey, Ont)	1980
150-7	Cindy Nikko (Mt. Eden, Hayward)	1983
150-2	Linda Read (Alameda)	1979
149-8	Brandi Gail (Rowland, HacHts)	1986
149-2	Elaine Oden (Irvine)	1985



NATALIE KAAIAWAHIA

400 Meter Relay

(*440 yards minus 0.23)

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

45.11	Hawthorne-1 at Walnut	1985
	(Wheeler, Grant, Amy, Stiles)	
45.13	Berkeley-1 at Norwalk	1981
	(King, Ware, Johnson, Rodgers)	
45.23	Muir (Pasadena)	1985
	(Cantrell, Miller, Wilson, Franklin)	
45.42	Dorsey (LA)-1	1982
	(Stewart, Peterson, Rolfe, Dawkins)	
45.54	Hawthorne -1	1986
	(Thomas, Wheeler, Amy, Stiles)	
45.81	Kennedy (Granada Hills)-1	1980
	(Howard, Thompson, Howard, Howard)	
45.91*	Crawford (San Diego)-1	1977
	(Young, Gaston, Reed, Lovelady)	
45.99	Hawthorne-1	1984
	(Allen, Price, Burrell, Grant)	
46.01	Berkeley	1979
46.06	Poly (Long Beach)	1980
	(Evans, Smith, Randolph, Paige)	
46.14	Dorsey (Los Angeles)	1981
46.15	Hawthorne-1	1983
	(Burrell, Grant, Allen, Hill)	
46.16	Berkeley	1982
	(Whitehead, Rice, Eates, Rodgers)	

46.19*	Centennial (Compton)	1977
46.21	Fremont (Los Angeles)	1982
	(James, Gill, Harper, Ellery)	
46.23	De Anza (Richmond)	1980
	(Ward, Carpenter, Russell, Brandon)	
46.26	Ganesha (Pomona)	1982
	(McCraw, Sellers, Robinson, Taylor)	
46.26	Hawthorne	1982
46.31	Hawthorne	1987
46.37	Kennedy (Granada Hills)	1981
	(Grant, Howard, Johnson, Howard)	
46.46	Dorsey (Los Angeles)	1983
	(Rolfe, Bradley, Pullins, Paul)	
46.49	Muir (Pasadena)	1984
	(Bryant, Wilson, Cantrell, Franklin)	
46.55	Manual Arts (Los Angeles)	1981
46.56	Hawthorne	1984
	(Price, Allen, Green, Grant)	
46.58	Muir (Pasadena)	1981
	(Brown, Bryant, Young, Purvis)	
	Hand Timing (* = 440 yards minus 0.2)	
45.7	Berkeley	1980
	(Rodgers, Ware, King, Young)	
46.2	Muir (Pasadena)	1984
	(Bryant, Wilson, Cantrell, Franklin)	
46.3	Compton	1984

1600 Meter Relay

(*mile minus 1.1)

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

3:37.69	Muir (Pasadena)-1 at Walnut	1985
	(Cantrell, Caddell, Franklin, Wilson)	
3:37.71	Kennedy (Granada Hills)-1 at Norwalk	1981
	(Howard, Cook, Johnson, Howard)	
3:37.98	Kennedy (Granada Hills)-1	1980
	(Howard, Cook, Howard, Howard)	
3:38.65	Locke (Los Angeles)-1	1984
	(Giddens, Culliver, Sims, Knighten)	
3:39.07	Manual Arts (Los Angeles)	1981
	(Holland, Wright, Jackson, Bonty)	
3:39.83	Poly (Long Beach)	1980
	(Rambo, Randolph, Smith, Paige)	
3:40.59	Compton	1984
	(Bennett, Watson, Hull, Blalock)	
3:41.21	Hawthorne	1985
3:41.33	Berkeley	1981
	(Rice, King, Johnson, Rodgers)	
3:41.72	Dorsey (Los Angeles)-1	1982
	(Willis, Peterson, Rolfe, Dawkins)	
3:42.31	Compton-1	1986
3:42.79	Manual Arts (Los Angeles)	1980
	(Holland, Jackson, White, Wright)	
3:43.0*	San Geronio (San Bernardino)-1	1979
	(Howard, Howard, Howard, Howard)	
3:43.15	Hawthorne	1986
	(White, Thomas, Stiles, Amy)	
3:43.26	Ganesha (Pomona)	1982
	(Savage, Robinson, Taylor, McCraw)	
3:43.35	Millikan (Long Beach)	1984
	(Stiles, Zaleski, Hall, Farwell)	
3:43.5	Manual Arts (Los Angeles)	1982
	(Bonty, Munns, Wright, Lowe)	
3:44.66	Hawthorne	1984
	(Allen, Price, Amy, Willis)	
3:45.2*	Poly (Long Beach)	1979
3:46.04	Oakland	1986
3:46.09	Locke (Los Angeles)	1987
	(Davenport, McAllister, Hamilton, Sanders)	
3:46.20	Poly (Long Beach)-1	1987
	(Darrington, McCray, Kennedy, Irving)	
3:46.24	Dorsey (Los Angeles)-1	1983
	(White, Rolfe, Paul, Pullins)	
3:46.59	Jordan (Long Beach)	1982
3:46.64	Berkeley	1982
	(Conterlead, Baker, Rice, Rodgers)	

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By KEITH CONNING

Southern California Invationals

By DOUG SPECK

Arroyo Grande "Nipomo" Classic

Sept. 2. Dos Pueblos HS (Goleta)-Annually the biggest first weekend gathering of Southern Section prep harrier squads is this Santa Barbara area meet which moved this year from the UCSB Lagoon course to nearby Dos Pueblos High in Goleta due to construction at the University. The competition is always interesting with this year's nine schools in attendance having some real individual and team quality.

Arroyo Grande, under Coach Greg DeNike, looked by far the sharpest, with undoubtedly some very, very good things ahead this season for both their Men's and Women's squads. Jamie Park (Santa Barbara), a 10:45.7 3200m star on the Track, was a comfortable Women's Varsity individual winner over a controlled Heather Scobie (Saugus) 18:36. Teamwise, Arroyo Grande was very dominant, scoring 37 points with the top five within a minute of third place Barbara Barcelona's 19:33. On the Men's side Newbury Park junior Mike Esparza, a 9:29.9 two miler last spring, looked very strong in racing away to a 15:15 win. Canyon of Anaheim's Brett Schultz took the race out at 4:51 for the first mile over the rolling course, but Esparza looked very tough in running away over the last third of the race to his 150 yard win. Louie Quintana (Arroyo Grande) in second at 15:42 is worth keeping an eye on, as he is only a frosh and defeated some fine people here. Arcadia's Dan Kabala (15:52) was fourth, with teammate Rick Provenzano, a 1:55.15 800m runner last year as a soph, an excellent 16:10 for 6th in his first cross country race ever.

Women's Results

1. Park (SB) 18:12, 2. Scobie (Saugus) 18:36, 3. Barcelona (AG) 19:35, 4. Graham (Lompoc) 19:40, 5. Nesbitt (NP) 19:40. **Teams:** 1. Arroyo Grande 37 (100:45), 2. Canyon (Anaheim) 87 (108:08), 3. Lompoc 102 (109:47), 4. Newbury Park 108 (110:47), 5. Saugus 113 (110:37), 6. Clovis West (Fresno) 122 (112:38).

Men's Results

1. Esparza (NP) 15:15, 2. Quintana (AG) 15:42, 3. Schultz (Cany) 15:51, 4. Kabala (Arc) 15:52, 5. Devine (Saug) 15:58. **Teams:** 1. Arroyo Grande 66 (83:00), 2. Canyon (Anaheim) 91 (84:15), 3. Newbury Park 100 (83:59), 4. Lompoc 101 (85:00), 5. Clovis West 103 (85:08), 6. Arcadia 112 (84:40).

Morro Bay Invitational

Sept. 5. Morro Bay HS-Morro Bay hosted a small group in an opening weekend competition. What should be a very fine Antelope Valley (Lancaster) men's varsity group charged in and blew everybody out in a very impressive win. Scoring 17 points, the Antelopes (tick school name of the year) had J. Vida lead the squad to seven of the first nine spots. AV's 88:56 team time has to be really respected, as last year's 2A Section titlist Walnut group ran 92:09 here last year in this affair. Evelyn Maretino (St.

Josephs, Santa Maria) was the women's victor (22:16.7) over Heidi Hanson (Righetti, Santa Maria) 22:28. Morro Bay took the women's team title with 40 points (119:10).

Girls Jr. Varsity Results

1. R. Olnick (Nord)	25:35
2. D. Ewing (MB)	25:47
3. L. Nunez (SJ)	25:50
4. C. Damacana (Nord)	26:36
5. B. Howey (MB)	27:01
6. Becky Hickok (Nord)	27:14
7. L. Dennis (KC)	29:46
8. T. Cambianina (Nord)	32:25
9. A. Gisook (Nord)	32:46
10. T. Hodkins (SJ)	34:57

Team Scores: 1. Nord 28.

Boys Jr. Varsity Results

1. S. Lopez (KC)	19:48
2. M. Kraft (Nord)	20:13
3. C. Palacios (KC)	20:31
4. J. Vedrin (MB)	20:53
5. J. Sigatoo (Nord)	20:59
6. P. Durgin (Ont)	21:27
7. Serafin Lopez (KC)	21:30
8. K. Tholl (Nord)	22:16
9. L. Meaney (KC)	23:31
10. J. McBride (Nord)	23:38

Team Scores: 1. King City 34, 2. Nordhoff 36, 3. Morro Bay NS, 4. Ontario NS.

Overall Results - Girls Varsity

1. E. Martino (SJ)	22:16
2. H. Hanson (Rig)	22:28
3. M. George (MB)	22:21
4. T. Dobel (Nord)	22:45
5. N. Harkins (SLO)	23:02
6. K. Glimski (MB)	23:31
7. C. Rodenhi (MB)	23:38
8. S. Ambrozak (SJ)	23:50
9. B. Reynolds (MB)	24:01
10. L. Wilkinson (KC)	24:20

Team Scores: 1. Morro Bay 40, 2. Saint Joseph 70, 3. Nordhoff 80, 4. Righetti 92, 5. Mission 133, King City N.S., San Luis Obispo NS.

Overall Results - Boys Varsity

1. J. Vida (AnVly)	17:20
2. M. Quinn (AnVly)	17:24
3. J. Cooke (AnVly)	17:34
4. E. Garduno (Ont)	17:57
5. E. Besch (AnVly)	18:16
6. D. Hein (AnVly)	18:22
7. B. Ochs (Mission)	18:29
8. J. Berg (AnVly)	18:45
9. David Cooke (AnVly)	18:46
10. S. Hudson (AnVly)	18:54

Team Scores: 1. Antelope Valley 17, 2. Nordhoff 85, 3. Morro Bay 101, 4. Saint Joseph 127, Mission Prep NS, Ontario NS.

Woodbridge Invitational

Sept. 12. Woodbridge HS-Annually the early season highlight of the prep harrier season around the Southern Section, the 1987 Woodbridge Invite featured 2300 athletes from 92 area schools: Arroyo (El Monte) on the men's side, the Palos Verdes, on the women's, set out the challenge to all locally (and statewide for that matter) with big team time victories (5 best times added up). Arroyo totaled 77:36 (ahead of its 78:49 in winning last year) in besting Corona del Mar's 79:10, with PV besting the next women's squad by almost five minutes with its 94:08. The men run by grade here with Varsity, JV, and Frosh-Soph races on the women's side.

The most interesting individual race was a Medium School's Varsity Women's

race, where Tracey Williams (Mt. View, El Monte), finally a senior, showed she is ready for a big final prep year with a strong start that had her far ahead of Heather Scobie (Saugus) and Ashley Black (Palos Verdes) after a half mile. Scobie, racing with a new found patience in 87, led Black as the duo edged to within 30 yards to Williams at the finish 17:50:17:55-17:56. Questions about the fitness and potential of the Palos Verdes Women's group were answered here when they put five between 17:56 and 19:22 in an easy Varsity win, then went 1-2 in the JV race at 19:21 and 19:35. Kinney National Finalist Reyna Cervantes (Montebello) was an easy Large School's Women's winner at 18:01, with soph Karen Hecox (South Hills, Covina) winning by 50 seconds at 18:24 in the Small Schools run.

David Scudamore (Palos Verdes), 15th in last year's Kinney National's run, had the day's top men's time, 15:03, in winning the Medium Schools run over Jimmy Rodriguez (Santa Ana Valley) 15:09 (Jimmy earns our improvement award, as he ran 16:54 on this course last September). Valencia's Igor Daza (15:14) held off the Arroyo flood that had Gerardo Puentes (15:20), Jaime Ortega (15:22), Derrick Powers (15:30), and Jeff Gilkey (15:33) all finish in the top nine individually in that 12th grade race. Mike Esparza (Newbury Park) ran 15:19 in an easy Large Schools 11th grade win, with Corona del Mar's Eddie LaVelle (15:18) and Greg Shyrock (15:38) going 1-2 in the Medium Schools version. Yucaipa's Brian Ownby won the Small Schools' senior race by 32 seconds at 15:25, with Shannon Winkelman (Marina, Huntington Beach) taking the Large School's 12th grade title at 15:24.

Women's Results

(1A) Fr/So: 1. Hoshimiya (So. Pasadena) 20:15. **Varsity:** 1. Hecox (South Hills) 18:24, 2. Peck (Woodbridge) 19:14. **(2A) Fr/So:** 1. Killen (Valencia) 18:31, 2. Griffith (Claremont) 18:34. **JV:** 1. Cowan (Palos Verdes) 19:21. **Varsity:** 1. Williams (Mt. View, El Monte) 17:50, 2. Scobie (Saugus) 17:55, 3. Ashley Black (PV) 17:56, 4. Benavides (Santa Ana Valley) 18:27, 5. Leichter (PV) 18:36, 6. Robinson (Newport Harbor) 18:56, 7. Sublett (PV) 18:57. **(3A) Fr/So:** 1. Wright (Marina) 20:02. **Varsity:** 1. Cervantes (Montebello) 18:01, 2. Haggemiller (ThousOaks) 18:19, 3. Gomez (Wilson, LA) 18:45, 4. Sandoval (Montebello) 18:53.

Team Times:

1. Palos Verdes 94:08, 2. Santa Ana Valley 98:55, 3. Thousand Oaks 99:19, 4. Montebello 100:10, 5. El Toro 100:30, 6. Wilson (LB) 101:29, 7. Newport Harbor 101:37, 8. Irvine 102:46, 9. Claremont 102:56, 10. Corona del Mar 103:53.

Men's Results

(1A) 9th: 1. Dirk (South Pasadena) 17:34. **10th:** 1. Wignot (Dos Pueblos, Goleta) 16:16. **11th:** 1. Frisone (Laguna Hills) 15:50. **12th:** 1. Ownby (Yucaipa) 15:25, 2. Heideman (Escondido) 15:57. **(2A) 9th:** 1. Marumoto (Corona del Mar) 17:34. **10th:** 1. Farrell (San Clemente) 15:36. **11th:** 1. LaVelle (CdM) 15:18, 2. Shyrock (CdM) 15:38. **12th:** 1. Scudamore (PV) 15:03, 2. Rodriguez (Santa Ana Valley) 15:09, 3. Daza (Valencia) 15:14, 4. Puentes (Arroyo) 15:20, 5. Ortega (Arr) 15:22, 6. Devine (Saugus) 15:26. **(3A) 9th:** 1. Classen (MV)

17:12. **10th:** 1. Lepken (Hart, Newhall) 15:53. **11th:** 1. Esparza (Newbury Park) 15:19, 2. Williams (ThousOaks) 15:40. **12th:** 1. Windelman (Marina) 15:24, 2. Medina (Paramount) 15:29, 3. Cooke (AV) 15:33.

Team Times:

1. Arroyo (El Monte) 77:46, 2. Corona del Mar 79:14, 3. Antelope Valley 80:02, 4. Palos Verdes 80:31, 5. Thousand Oaks 80:39, 6. Hart (Newhall) 80:47, 7. Hemet 81:18, 8. Buena Park 81:20, 9. Newbury Park 81:45, 10. Mission Viejo 81:49.

Fine Flicks by Don Gosney



DAVE SCUDAMORE

Las Vegas Invitational

Sept. 12. UNLV-Laura Doering led an Orange County charge in this affair. The Age-group star back in the eligibility fold after sitting out a year after a move from Mater Dei (Santa Ana) to Villa Park has come out charging this fall. Her 15:57 Small Schools win was a Course Record and 2 seconds faster than Kira Jorgensen (Vista) recorded in a Large Schools win. Jorgensen is felt to be among the best runners in the nation this fall. VP took the team title also with 53 points, and area rivals Canyon (Anaheim) were 3rd at 78. El Modena showed some solid potential on the men's side with a Large School Men's team victory over Canyon 50-103.

Women's Results

Small Schools: 1. Doering (VP) 15:57CR, 2. Smith (Hopi, AZ) 17:02, 3. Prince (Canyon, A) 17:08.

Team Scores:

1. Villa Park 53, 2. Hopi, Ariz. 67, 3. Canyon (Anaheim) 78.

Large Schools: 1. Jorgensen (Vista) 15:59, 2. Sepulveda (Unat.) 16:15, 3. Adams (Hunt.Bch) 16:30.

Team Scores:

1. Monument Valley (Nevada) 62, 2. Huntington Beach 91, 3. Tuba City (Ariz) 99.

Men's Results

Small Schools: Team Scores: 1. Chinly, Arizona 48, 2. Coachella Valley (Thermal) 90.

Large Schools: 1. Hubbard (Basic, NV) 15:04, 2. Ellis (Valhalla, El Cajon) 15:15, 3. Schulz (Canyon, Ana) 15:33, 4. Gutierrez (El Modena) 15:37.

Team Scores:

1. El Modena (Orange) 50, 2. Canyon (Anaheim) 103.

Results

Track & Field

American Style Cross Country

August 29, Ventura, 4K & 8K.
Overall Results - 4K

1	Tim Minor (20-29)	15:22
2	Douglas Sullivan (20-29)	16:09
3	Steve Blum (30-39)	16:10
4	Peter Mogg (30-39)	16:49
5	Antonio Fuentes (20-29)	17:57
6	Gene Ball (40-49)	18:09
7	Norm Hale (30-39)	18:10
8	John Patterson (40-49)	18:43
9	Dave Wheeler (50 & O)	19:06
10	Matt Worley (19&U)	19:16
13	Ruth Vomund (20-29 F)	19:49
26	Ute Luyties (40-49 F)	24:31
32	Connie Mah (30-39 F)	25:54

Overall Results - 8K

1	Rich McCandless (30-39)	28:53
2	Brian Rush (19&U)	30:31
3	Leonard Aceves (20-29)	30:38
4	Mike Smith (20-29)	31:03
5	Phil Duncan (20-29)	31:38
6	Ken Kiss (20-29)	31:59
7	Scott Thomas (19&U)	32:23
8	Rich Hart (30-39)	32:25
9	Chad Howard (19&U)	33:12
10	Dennis Stormoen (30-39)	33:29
11	Salvador Paniagoa (30-39)	34:43
12	Charles McClung (40-49)	35:39
13	Juan Hernandez (40-49)	36:43
23	Horst Lutz (50&O)	41:20
31	Mary Dietz (19&U F)	42:54
36	Lori Ramirez (20-29 F)	45:47
38	Laura Menchaca (30-39 F)	46:32
44	Carla Kraetsch (40-49 F)	58:50

JC X-C Triangular Meet

MEN

1	Rivera (LBCC)	21:35
2	Fedoroff (ECC)	21:37
3	Watkins (ECC)	22:18
4	Jacobs (ECC)	22:21
5	Delgado (ECC)	22:22
6	Licht (ECC)	22:59
7	Hirschman (ECC)	22:59
8	Keller (GW)	23:26
9	Konardy (ECC)	23:31
10	Bonneva (GW)	23:32
El Camino 20/Long Beach City 43		
El Camino 15/Golden West 29		
LBCC 23/Golden West 36		

WOMEN

1	Hamilton (ECC)	21:22
2	Hoffman (ECC)	22:04
3	Grievel (ECC)	23:47
4	Lull (GW)	24:09
5	Hazell (ECC)	24:15
6	Cox (ECC)	24:20
7	Terminini (ECC)	24:36
8	Archer (LBCC)	24:45
9	Jorgensen (GW)	24:55
10	Schultz (GW)	25:36
ECC 15/LB no score		
ECC 17/GW 44		
GW 21/LB no score		

UCLA Invitational

MEN

1	Brownsberger (Asics)	19:04.8
2	Daniels (un)	19:09.9
3	M. Ebiner (Garden Vly Auto)	19:11.7
3	J. Ortiz (GVA)	19:19.0
5	Clayton (SDS)	19:36.9
6	Naranjo (San Diego St)	19:43.1
7	Parkinson (un)	19:49.7
8	Flint (SDS)	19:56.5
9	Reynolds (UCLA)	19:57.2
10	Adams (un)	19:57.9

WOMEN

1	Arreola (CS Northridge)	17:10.3
2	Chapman (UCLA)	17:24.6
3	Metcalfe (un)	17:36.6
4	Seawright (UCLA)	17:40.7
5	Zeman (un)	17:51.8
6	Nayle (Running Ex)	18:00.2
7	Nichols (UCLA)	18:00.4
8	Dillon-Palma (SMTC)	18:04.3
9	Porter (un)	18:06.4
10	Poy (CSN)	18:10.7

Fresno State Watermelon Run

September 5, Fresno, 6M, 4M, & 2M.

Overall Results - 6 Mile

1	Scott Cole	33:17
2	Jim Coughlin	34:22
3	Roque Guerrero	35:31
4	Mark Hemphill	35:37

photo by Bill Leung, Jr.



CHRIS HAMILTON

5	Robert Garcia	35:38
6	Curtis Elia	35:51
7	David Kurtze	36:06
8	George Ortiz	36:10
9	Craig Elia	36:20
10	Navar Swift	36:38
24	Cynthia Jeong	41:00
25	Deanna McDaniel	41:16
31	Loana Bow	50:06
32	Ellen Jackson	50:09

Overall Results - 4 Mile

1	Jesse Llanes	19:46
2	Ernie Freer	20:01
3	Neff McGhie	20:06
4	Jason Lineau	20:24
5	Jim Zimmer	20:33
6	Hugo CIBrian	20:38
7	Gil Delgado	20:40
8	Ken Kuphaldt	20:50
9	Dave Cattanach	20:54
10	Phil Buckley	20:59
36	Lisa Bennett	26:52
40	Kathy Hildebrand	30:32
43	Anne Petrovich	39:15

Overall Results - 2 Mile

1	Jim Hartig	9:48
2	Randy Hale	10:07
3	Richard Parris	10:16
4	Danny Vega	10:22
5	Sean Stehman	10:26
6	Ken Martinez	10:40
7	Bob Lindsey	10:41
8	Janine Ogas	10:51
9	Fabian Rodriguez	10:54
10	Juan Falcon	10:57
11	Scott Curtis	11:04
12	Filippo Monticelli	11:12
13	John Houseman	11:12
14	David Hurnblad	11:15

photo by Bill Leung, Jr.



JOHN FEDOROFF

J.C. Fresno Invitational

September 13, Woodward Park, Fresno.

Men
4-mile

Individuals — 1, Rod Heskett, West Valley, 20:10; 2, David Naranjo, Taft, 20:11; 3, Mercal Baltran, Fullerton, 20:15; 4, Aurelio Truxillo, Cerritos, 20:18; 5, Ed Blake, LA Trade-Tech, 20:22; 6, Robert Lopes, Taft, 20:23; 7, John Vance, Mt. San Antonio College, 20:28; 8, Chris Bloxson, West Valley, 20:33; 9, Gus Lopez, Hartnell, 20:34; 10, Greg Mislick, Monterey, 20:35.

Others — 11, Greg Donson, Fresno CC, 20:35; 27, Darryl Jewell, College of Sequoias, 21:09; 29, Ralph Peratta, COS, 21:13; 43, Jim Krueger, Porterville, 21:30; 45, David Diaz, COS, 21:31; 55, Todd Sheller, COS, 21:39; 60, Kevin Riley, Porterville, 20:48; 71, Roque Guerrero, Porterville, 21:58; 73, Amador Ayon, COS, 21:59; 80, Emmanuel Mensah, Porterville, 22:10; 83, George Ortiz, Porterville, 22:13; 87, Walter Cueller, COS, 22:23; 90, Joel Vento, COS, 22:27; 93, Daniel Nunez, COS, 22:31.

Team scores — 1, Rancho Santiago, 87; 2, West Valley, 95; 3, Santa Rosa, 129; 4, Orange Coast, 154; 5, Mt. San Antonio College, 206; 6, Taft, 212; 7, LA Trade-Tech, 219; 8, College of Sequoias, 229; 9, San Joaquin Delta, 254; 10, San Jose, 276. Others — 13, Porterville, 337; 18, Fresno CC, 593.

Women
3,000 meters

Individuals — 1, Carmen Maldonado, Mt. San Antonio College, 17:54.9; 2, Deena Adams, San Jose, 18:28; 3, Lorrata Cruz, College of Sequoias, 18:37; 4, Tracy Wright, Orange Coast, 19:05; 5, Cathy Hennelly, Cuesta, 19:07; 6, Monica Daley, Foothill, 19:17; 7, Christine McGee, Santa Rosa, 19:25; 8, Debbie Lies, Orange Coast, 19:27; 9, Deborah Earl, Hartnell, 19:36; 10, Kathryn Krieger, Cuesta, 19:40.

Others — 15, Laura Bonness, Porterville, 19:52; 16, Deanna McDaniel, Porterville, 19:58; 22, Leticia Castaneda, Fresno CC, 20:27; 27, Lee Ann Prather, Fresno CC, 20:43; 29, Carla Pracht, Porterville, 20:55; 43, Crystal Wells, Fresno CC, 21:39; 45, Lisa Davenport, College of Sequoias, 21:43; 56, Petit Pinson, COS, 22:24; 66, Annaliese Lamb, Porterville, 23:09; 72, Liseeie Sprague, COS, 23:19; 80, Grace Delgado, COS, 23:53; 82, Erin Valdez, Fresno CC, 24:10; 83, Linda van Wageningen, Fresno CC, 24:11; 88, Elvia Calvillo, Porterville, 24:38; 89, Santana Yancey, COS, 25:11; 91, Laurie Chavez, COS, 25:47; 97, Jas Behl, Porterville, 31:33.

Team scores — 1, Orange Coast, 71; 2, Cuesta, 80; 3, American River, 148; 4, Mt. San Antonio College, 152; 5, Cerritos, 154; 6, Santa Rosa, 203; 7, Porterville, 214; 8, College of Sequoias, 256; 9, Fresno CC, 257; 10, San Jose, 300.



Results

Fresno State Invitational

September 19, Woodward Park, Fresno.

Overall Results - Men's 10,000 Meters

1	Matt Giusto (Arizona)	30:45
2	Benito Cruz (CSLA)	30:54
3	Robert Twalla (Nevada-Reno)	31:39
4	James Maxwell (Arizona)	31:40
5	Mike Livingston (CPSLO)	31:52
6	Paul Jaspers (UCLA)	31:55
7	Martin Sandoval (CSLA)	31:57
8	Darin Slade (Sacto St)	32:00
9	Marc Davis (Arizona)	32:01
10	Anthony Young (CSLA)	32:08
11	Paul Ghidossi (CPSLO)	32:09
12	Jeff Jacobs (UCSB)	32:10
13	Eric Reynolds (UCLA)	32:11
14	Jason Lienau (FSU)	32:13
15	Tim Swinfard (Arizona)	32:15
16	Simon Gutierrez (Arizona)	32:15
17	Ramon Acosta (CSLA)	32:19
18	Ernie Freer (FSU)	32:29
19	Neff McGhie (FSU)	32:32
20	Tim Campbell (CPSLO)	32:34
21	Robert Arsenault (CSLA)	32:37
22	Hugo Cibrían (FSU)	32:41
23	Mandala Kunene (Unat.)	32:42
24	Christopher Craig (CPSLO)	32:44
25	Tim Ketron (Sacto St)	32:49

Team Scores: 1. Arizona 45, 2. CS Los Angeles 55, 3. Cal Poly-SLO 94, 4. Fresno State 99, 5. UCLA 100, 6. Sacramento State 181, 7. Nevada-Reno 205, 8. UC Santa Barbara 207, 9. CS Bakersfield 333, 10. San Jose State 336, 11. Occidental 340, 12. Stanislaus State 494.

Overall Results - Women's 3000 Meters

1	Janine Ogas (FSU)	17:57
2	Jenn Thatcher (UC Davis)	18:01
3	Kristen Hansen (Cal)	18:09
4	Sally Carlson (UC Davis)	18:13
5	Connie Hester (UC Davis)	18:18
6	Patty Young (Nevada-Reno)	18:19
7	Michele Trimble (Occidental)	18:23
8	Julie Thomas (Reebok Aggies)	18:28
9	Joyce Cheruyiot (Nevada-Reno)	18:29
10	Cindy Rockwood (FSU)	18:31
11	Wendy Logsdon (Cal)	18:34
12	Paige Tuilly (UC Davis)	18:45
13	Stacey McAfee (FSU)	18:54
14	Nina Luehjiell (Cal)	19:00
15	Kara Olsen (Cal)	19:04
16	Sharon Malley (Reebok Aggies)	19:08
17	Stacey Wainwright (UC Davis)	19:09
18	Deirdre Vaughan (FSU)	19:11
19	Natalie Wood (Nevada-Reno)	19:13
20	Eileen Dyer (FSU)	19:14
21	Jill Newman (UC Davis)	19:14
22	Carolyn Richards (CSLA)	19:16
23	Pam Bragg (UC Davis)	19:18
24	Jo Ann Kelley (Cal)	19:21
25	Rachel Graybill (Hawaii)	19:22

Team Scores: 1. UC Davis 40, 2. Fresno State 62, 3. California 67, 4. Nevada-Reno 105, 5. Hawaii 145, 6. Reebok Aggies 148, 7. Occidental 172, 8. CS Los Angeles 180, 9. Stanislaus State 258, 10. Pacific 288.

53:51. 35-39: 1. Kathleen Roos 51:35, 2. Stephanie Welch 54:26, 3. Donna Morin 55:08. 40-49: 1. Janet Franzese 55:08, 2. Linda Gerhrendt 56:51, 3. Peggy Boedecker 58:59. 50-59: 1. Lynn Hurrell 59:25, 2. Barbara Boyle 1:06:36, 3. Marge Whitcomb 1:09:44. 60 & Over: 1. Bea House 1:22:26.

Skyway Redding Centennial Triathlon

May 25, Redding.

Division Results - Men

Pros: 1. D. Scott 2:16:57, 2. S. Molina 2:18:00, 3. B. Fahrenbach 2:19:42. 18-24: 1. L. O'Connor 2:26:55, 2. B. Korock 2:28:33, 3. P. Courogen 2:28:41. 25-29: 1. B. Madden 2:24:44, 2. R. Boman 2:31:34, 3. J. Harvey 2:33:01. 30-34: 1. J. Storie 2:24:24, 2. J. King 2:33:03, 3. K. Akol 2:36:47. 35-39: 1. D. Good 2:32:31, 2. J. Murphy 2:42:28, 3. M. Orendorf 2:45:39. 40-44: 1. W. Radioff 2:42:58, 2. G. Gould 2:44:26, 3. T. Barthold 2:50:34. 45-49: 1. C. Smoker 3:05:02, 2. C. Ehlers 3:16:36, 3. D. Joyce 3:21:50. 50-54: 1. A. Schmeiser 2:51:55, 2. D. Vangent 3:12:13, 3. B. VanHorn 3:13:58. 55-59: 1. D. Stevenson 2:59:58, 2. B. Brown 3:05:29, 3. C. Weagle 3:14:16. 60 & Over: 1. J. Griffin 3:42:17.

Division Results - Women

Pros: 1. C. Cannon 2:31:19, 2. K. C. Pfeiffer 12:34:27, 3. S. McMurray 2:36:45. 18-24: 1. L. Verke 2:48:15, 2. S. Sander 2:54:01, 3. K. Brookes 2:54:19. 25-29: 1. J. Sambrallo 2:46:32, 2. R. Thomas 2:56:47, 3. M. Menth 2:59:43. 30-34: 1. E. Ueltzen 2:41:15, 2. S. Griffin 2:46:51, 3. J. Holbert 3:04:01. 35-39: 1. M. Tom 3:21:49, 2. J. Evans 3:31:22, 3. C. Kennedy 3:43:27. 40-44: 1. B. Nay 3:21:04, 2. M. Buxton 3:25:30, 3. E. Troth 3:33:36. 45-49: 1. C. Cowan 3:46:01. 50-54: 1. K. Brown 3:36:48.

Relay Teams:

Corporate: 1. The Redding Light Weights 3:09:21, 2. Country National Bank 3:14:04, 3. R.I.O.R. 3:30:08.

Men's Relay Teams:

18-29: 1. Tupper, Leach, Towne, 2:26:57, 2. Aver, Frost, 3:05:00, 3. Barber, Bucks, Bennett 3:08:44, 30-39: 1. Marrer, Hernandez, Mangas, 2:37:28, 2. Benjamin, Swagerly, Wilber, 2:56:07, 3. Patterson, Johnston, Engstrom 3:16:28. 40-49: 1. Rust, Farrar, Reed, 2:37:05, 2. Prince, Valdivia, Leonard, 2:53:57.

Mixed Relay Teams:

18-29: 1. Harvey, Frost, Larabee, 2:36:35, 2. Laube, Silvaces, Carahan, 2:39:05, 3. Hernandez, Rincon, Hoffman, 10:40:39. 30-39: 1. Olmstead, Benty, 2:38:01, 2. Sebat, Sebat, McCall, 3:14:19, 3. Swagerly, Jones, Clark, 3:49:57.

Women's Relay Teams:

30-39: 1. Posson, Franco, Hardy, 3:12:14. 50-59: 1. Ewing, Olberth, Smith, 3:21:50.

47:17. 20-24: 1. Mike Smith 40:33, 2. Angel Gallegos 41:28, 3. Salvador Azcue 45:10. 25-29: 1. Ray Knerr 39:22, 2. Michael Hunt 39:28, 3. Ken Kiss 39:52. 30-34: 1. Larry Montag 40:55, 2. Jesus Morales 41:58, 3. Jeffrey Dahlby 43:07. 35-39: 1. Tom Waller 43:06, 2. Peter Bethune 44:24, 3. Ralph Cassillas 45:21. 40-49: 1. Phil Grant 42:40, 2. Arturo Frausto 43:23, 3. John Stevenson 44:30. 50-59: 1. John Ghini 47:24, 2. Paul Cocks 48:52, 3. Ron Nisbet 50:05. 60 & Over: 1. Fred Nagelschmidt 49:30, 2. Donald Park 55:48, 3. Jesse Guajardo 56:48. Wheelchair: 1. Don Carn 35:42, 2. David Moran 40:07, 3. Paul Manocch 43:09.

Division Results - Women

11 & Under: 1. Rachelle Hoebel 1:24:20, 2. Joanna Robinson 1:29:34. 12-15: 1. Josefina Sanchez 1:03:13, 2. Renee Hoebel 1:06:27. 16-19: 1. Tim Miller 52:54, 2. Lisa Askins 55:31. 20-24: 1. Mary Olexa 49:50, 2. Lorraine Mercado 50:08, 3. Colleen Shea 56:42. 25-29: 1. Shari Latta 55:03, 2. Paula Lambdin 55:05, 3. Lupe Reyes 55:39. 30-34: 1. Donna Silveria 51:43, 2. Virginia Gallegos 52:45, 3. Teri Durst

Road Racing

California Strawberry Festival

May 17, Oxnard, 12K.

There was another 12K race happening besides San Francisco's famous Bay to Breakers 12K. This one was held in conjunction with the Fourth Annual Strawberry Festival held in the seaside community of Oxnard.

The race began in town and finished up at the Strawberry Festival Site located at the Channel Islands Harbor. Six hundred runners were greeted by cool weather and a nice breeze wafting off the Pacific.

Topping the men's division was Ray Knerr, 27, Ventura, followed closely by his buddy Michael Hunt, 28, of Camarillo, in times of 39:22 and 39:28 respectively. Third place overall honors went to 26 year old Ken Kiss of Camarillo.

In the women's division, May Olexa, 24, of Ventura finished first in a time of 49:50, however, she was followed closely by Oxnard's Lorraine Mercado, with a time of 50:08. The ever youthful Kathleen Roos, 35, of Oxnard was the third woman across the finish line in a time of 51:35.

Following the race, the runners and their friends and family were treated to the sights and sounds of the Festival which was also attended by over 30,000 people.

Division Results - Men

11 & Under: 1. Guillermo Hernandez 57:10, 2. Joshua Babauta 1:21:33. 12-15: 1. Scott Werve 42:44, 2. Steve Reyes 43:33. 16-19: 1. Name not available, 40:03, 2. Jack Hamawi 45:01, 3. Eduardo Rodriguez

AVHMC Fitness Classic

May 30, Lancaster. 10K & 5K.

Overall Results - 10K

1	Mark Laplant (22) L.A.	35:13
2	Stephen Whitmore (31) Lk Eliz	35:34
3	Mark Sobota (28) Palmdale	36:21
4	Fidel Martinez (22) Ft.Ord	37:10
5	Gary Dehlinger (20) Palmdale	37:47
6	Todd Sommers (26) Lancaster	38:21
7	John Jordan (35) Lancaster	38:36
8	Mark Harvey (16) Lancaster	39:33
9	Dennis Fletcher (40) Lancaster	40:10
10	Ted Riley (40) Barstow	40:22

Division Results - Men's 10K

17 & Under: 1. Mark Harvey 39:33. 18-29: 1. Mark LaPlant 35:13, 2. Mark Sobota 36:21, 3. Fidel Martinez 37:10. 30-39: 1. Stephen Whitmore 35:34, 2. John Jordan 38:36, 3. Stan Bycenski 41:32. 40-49: 1. Dennis Fletcher 40:10, 2. Ted Riley 40:22, 3. Otto Bartosik 42:25. 50 & Over: 1. Jim Harvey 47:16, 2. David Dehlinger 47:22. Wheelchair: 1. David Moran 32:56.

Division Results - Women's 10K

29 & Under: 1. Lori Ansell 48:22, 2. Darlene Sobota 53:45. 30-39: 1. Becky Sepera 50:37, 2. Tish Zellner 51:56. Over 40: 1. Deanna Fluck 56:35.

Overall Results - 5K

1	Matt Large (19) Edwards	16:41
2	Scott Tellez (24) Acton	16:42
3	Jason Cooke (16) Lancaster	16:47
4	Ted Kerzie (16) Palmdale	17:10
5	John Johnston (28) Saugus	17:48
6	Barry Foose (40) Lkview Terr	17:57
7	Rich Cooper (43) Lancaster	18:13
8	John Berg (16) Lancaster	18:29
9	Tom Estrada (38) Lancaster	19:06
10	Ken Hamrick (50) Palmdale	19:19

Division Results - Men's 5K

12 & Under: 1. Clint Cieslik 21:22, 2. Danny Ferns 24:33. 13-17: 1. Jason Cooke 16:47, 2. Ted Kerzie 17:10. 18-29: 1. Matt Large 16:41, 2. Scott Tellez 16:42, 3. John Johnston 17:48. 30-39: 1. Tom Estrada 19:06, 2. Donald Bertoni 20:11, 3. Armando Arguello 20:32. 40-49: 1. Barry Foose 17:57, 2. Rich Cooper 18:13, 3. Steve Kennerly 19:23. 50-59: 1. Ken Hamrick 19:19, 2. Wally Ingram 20:16. 60 & Over: 1. Ben Owen 27:15.

Division Results - Women's 5K

12 & Under: 1. Pamela Hedgpeth 32:05, 2. Detra Dedrick 32:47. 13-17: 1. Margaret Reilly 23:01, 2. Margaret Reilly 23:01. 18-29: 1. Kelly Wells 21:43, 2. Debbie Heineman 24:51. 30-39: 1. Elizabeth Blair 23:57, 2. Connie Morgan 25:19. 40-49: 1. Karen Morris 25:23, 2. Marsha Madsen 26:22. 50-59: 1. Dorothy Schoepner 40:02. 60 & Over: 1. Anita Foose 37:07.

Results - Men's 5K Walk

Under 40: 1. Dan Ferns 43:00. Over 40: 1. Joe Lenninger 37:36, 2. Don Morehouse 41:39.

Results - Women's 5K Walk

Under 40: 1. Doris Morehouse 41:00, 2. Judy Jones 54:26. Over 40: 1. Janice Schrier 40:48, 2. Janice Meyers 46:27.



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Results

Wildcat Ramble

June 7, Berkeley.

Overall Results

1	Joseph Green (28) Novato	58:25
2	Rene Gaelli (30) Mt. View	58:59
3	Crispin Hetherington (26) Berk	1:01:51
4	Matt Rabuzzi (26) S.F.	1:01:55
5	Dave West (47) London	1:04:09
6	Richard Mattingly (35) WaintCk	1:06:29
7	Marc Frodyma (35) MenloPk	1:06:41
8	Christie Patterson (39) Belveder	1:08:28
9	Jerry Lyerly (47) Sacto	1:09:08
10	Scott Snapp (34) Sunnyvale	1:09:10

Division Results - Men

16-29: 1. Joseph Green 58:25, 2. Crispin Hetherington 1:01:51, 3. Matt Rabuzzi 1:01:55. 30-39: 1. Rene Gaelli 58:59, 2. Richard Mattingly 1:06:29, 3. Marc Frodyma 1:06:41. 40-49: 1. Dave West 1:04:09, 2. Jerry Lyerly 1:09:08, 3. Michael Banam 1:11:51. 50-59: 1. Bruce Oliver 1:19:14, 2. Jack Slobodin 1:26:40.

Division Results - Women

16-29: 1. Katharin Gustafson 1:12:59, 2. Yvonne Wilson 1:30:01, 3. Pam York 1:42:47. 30-39: 1. Christie Patterson 1:08:28, 2. Patricia Currie 1:29:13. 40-49: 1. Karen Gudiksen 1:35:17, 2. Marilyn Snapp 1:37:26, 3. Margo Sasse 1:38:54. 60-69: 1. Mary Ellen Lentz 1:46:57.

Russian River Run

June 7, Talmage.

Division Results - Men's Half Mara.

13-19: 1. Manuel Guerra 1:37:16, 2. Keith Lincoln 1:37:33, 3. Juan Jensen 1:45:52. 20-29: 1. Juan Ramirez 1:09:42, 2. Tim Ball 1:10:21, 3. Rocha Isidro 1:10:59. 30-39: 1. Lupe Vargas 1:14:42, 2. Steve Ottaway 1:16:34, 3. Steven Naiman 1:16:57. 40-49: 1. Gabriel Sandoval 1:18:14, 2. Tim Quinn 1:24:06, 3. Peter Werbel 1:24:51. 50-59: 1. Jim Ely 1:32:00, 2. David Reichel 1:32:30, 3. Darrel White 1:38:46. 60 & Over: 1. Alan Bellon 1:26:53, 2. Paul Reese 1:31:31, 3. John Norberg 1:46:13.

Division Results - Women's Half Mara.

20-29: 1. Ann Danford 1:22:50, 2. Lura Damiano 1:32:00, 3. Annette Shearer 1:34:19. 30-39: 1. Pat English 1:24:13, 2. Patty Shackleton 1:28:28, 3. Tina Verdoia 1:35:23. 40-49: 1. Nelly Wright 1:23:55, 2. Jessie Stratton 1:34:23, 3. Nouria Harris 1:35:50. 50-59: 1. Hisae Deichel 1:53:26, 2. Hanna Szoke 1:53:41, 3. Sandra Menachof 1:59:09.

Division Results - Men's Marathon

20-29: 1. David Dutcher 2:42:57, 2. Daroid Turner 2:56:34, 3. Mark Sherbow 3:04:40. 30-39: 1. Roberto Mendez 2:38:22, 2. Lon Kincannon 2:41:50, 3. Douglas Schrock 2:55:08. 40-49: 1. Rick Sylvester 2:58:21, 2. George Parrott 2:50:57, 3. Stan Wegner 2:59:07. 50-59: 1. Ted Vincent 3:35:44, 2. Dick Collins 3:43:36, 3. Gene Greenwell 3:51:46. 60 & Over: 1. George Billingsley 3:20:21, 2. Warren Pait 3:39:00, 3. Mike Iselentis 4:47:58.

Division Results - Women's Marathon

13-19: 1. Hilary Simmons 3:14:53, 2. Tanya Duncan 6:33:36. 20-29: 1. Luanne Park 2:49:59, 2. Laura Palmer 4:03:17, 3. Patricia Campbell 4:18:14. 30-39: 1. Kim Koller 3:11:28, 2. Bobbie Baldwin 3:21:42, 2. Bobbie Baldwin 3:21:42, 3. Sandra Mike 3:31:02. 40-49: 1. Julie Sehreck 3:55:52, 2. Sally Miklose 4:16:30, 3. Lois Markovich 4:19:45.

Division Results - Men's 8K

12 & Under: 1. Jason Ganzel 34:36, 2. Greg Newton-Cox 38:08, 3. Joshua Welch 39:25. 13-19: 1. Mark Hoefler 23:50, 2. Ray Cook 25:07, 3. Colin Hawkes 29:48. 20-29: 1. Danny Grimes 23:18, 2. Jeffrey Adkins 23:27, 3. Robert Anex 23:32. 30-39: 1. Domingo Tibadula 23:19, 2. John Moreno

23:35, 3. Dan Aldmege 24:30. 40-49: 1. Bill Sevald 25:05, 2. Bob Lindsey 26:00, 3. Gene Dangel 26:16. 50-59: 1. John Finch 27:57, 2. Fred Mattos 29:19, 3. Peter Todd 29:22. 60 & Over: 1. Paul Reese 35:32, 2. Vic Crosetti 38:42, 3. Ray Manannah 43:33.

Division Results - Women's 8K

12 & Under: 1. Ginger Webb 43:21, 2. Jessica Connerton 43:50, 3. Amelia Shapiro 57:34. 13-19: 1. Majorie Grahame 40:45, 2. Gwen Riddel 41:06, 3. Carla Naumann 43:52. 20-29: 1. Johanna Reneke 27:58, 2. Heike Skaden 28:03, 3. John Thomas 28:13. 30-39: 1. Terry Puckett 27:18, 2. Sharlet Gilbert 27:59, 3. Peggy Smyth 28:22. 40-49: 1. Joan Colman 29:37, 2. Joan Ulyot 30:57, 3. Hilary Naylor 30:12. 50-59: 1. Ruth Anderson 36:20, 2. Lois Cook 46:31, 3. Mary FitchHorn 54:29. 60 & Over: 1. Kit Pickles 41:57, 2. Karen Peterson 55:09, 3. Selina Shapiro 57:28.

The Corporate Jazz

June 11, San Francisco. 2.5 Mile.

In its second year the Corporate Jazz 2.5 mile run attracted 150 company teams to a twilight experience of Jazz and running. To mellow the "Business Edge"—The aggressive business attitude-runners were treated to sounds of instrumental jazz tunes in the idealic setting of Golden Gate Park/San Francisco. With the runners relaxed and receptive to an enjoyable run saxophonist Tom Mitter signaled the start of the race with a piercing B-Flat.

If a relaxed attitude is key to optimal performance, Casey Reinking made the jazz work for him. Running for Lockheed, Casey shattered the 2.5 mile course record (set by Dennis Kurtis of Ford Aerospace in '86: 12:01) by winning with a time of 11:47. He was all alone at the finish, but Casey's Lockheed teammates, Robert Herndon-finishing second, and Mike Clem-finishing 5th helped put together the fastest (3 member) team of the day. Winning the men's open corporate division.

Peggy Lavelle, running for Southern Pacific Railways, won the women's division in a time of 14:24. But it was second place finisher Susan Spach (14:37) and her Hewlett-Packard teammate Judy Miller and Irene Suzuki who put together the fastest corporate jazz women's team.

Manhattan Transfer's former lead vocalist, Laurel Masse, entertained runners while computer technicians assembled the team results for the 9 corporate divisions and 6 small business divisions of the corporate jazz. And, Dewey Stevens himself was there to keep the post-race crowd refreshed.

Team Results

Men/Open:	
1 Lockheed	36:16
2 Hewlett Packard	38:20
3 Pacific Telesis	38:54
4 Bank of America	39:46
5 Pacific Telesis	40:31
Women/Open:	
1 Hewlett Packard	44:28
2 Lockheed	48:28
3 Bank of America	51:54
4 IBM	53:24
5 IIFC Runoffs	53:36
Coed/Open:	
1 Eprl	48:53
2 Shaklee	49:05
3 Chevron	50:50
4 Levi Strauss	51:48
5 Pan American Airlines	54:24
Men/Masters:	
1 Pacific Telesis	41:47
2 Lockheed	43:32
3 AT&T	45:46
4 IBM	45:48
5 Lockheed	46:16

Women/Masters:	
1 Lockheed	56:43
2 Pacific Telesis	57:16
3 Bank of America	1:06:52
4 Pacific Telesis	1:07:04
5 IBM	1:07:26

Women/Seniors:	
1 Pacific Telesis	41:39
2 Bank of America	49:03
3 Contra Costa County	51:46
4 Lockheed	40:45

Small Business

Men/Open:	
1 Hoys Sports	39:28
2 Fluid Movement	43:52
3 Harbor Bay Club	44:33
4 Calif. Builders Hardware	53:05
5 Cirrus Logic	53:35

Coed/Open:	
1 Clarence White CPA	43:08
2 SDR	48:00
3 Lynn Sedway & Ass'c.	50:04
4 Houlihans	50:11
5 Peglegs	53:13

Coed/Masters:	
1 Golden Gate Sr. Services	54:28

Men/Seniors:	
1 Ieda	32:36
2 Golden Gate Sr. Services	55:33

Coed/Seniors:	
1 Events Unlimited	47:52

photo by Gene Cohn



CASEY REINKING

Run For The Hill

June 13, City of Industry. 5K & 10K.

Division Results - Men's 10K

19-24: 1. Edward Gillan 51:59, 19-24: 1. Frank Ebner 33:48, 2. Vicente Rivera 35:08, 3. Daniel Esslinger 38:31. 30-34: 1. Dan Kappel 39:23, 2. Jack Hanna 40:53, 3. David Cousino 42:45. 35-39: 1. Raul Oroco 37:12. 40-44: 1. Juan Bastidos 43:49, 2. George Fuller 45:06. 45-49: 1. Robert Gotenor 46:18, 2. James Rutledge 47:44, 3. Emile Barend 52:00. 50-54: 1. Carlo Leone 41:11, 2. Marty Spoto 42:22. 55-59: 1. Robert Culling 45:34, 2. Bruce Odol 46:48.

Division Results - Women's 10K

25-29: 1. Suzanne Fahey 49:17, 2. Kam Moran 50:18. 30-34: 1. Diana Duncan 47:21. 35-39: 1. Gladys Hernandez 53:14. 40-44: 1. Rosalie Mireles 52:42. 45-49: 1. Elaine Murphy 45:43.

Division Results - Men's 5K

7 & Under: 1. Stephen Berry, N.T. 8-10: 1. Jason Steger 23:16, 2. Peter Vasquez III, 24:34, 3. Christopher Pina 25:18, 11-14: 1. Danny Butler, N.T., 2. Timmy Osono, N.T., 3. Gerald Teesdale, N.T. 15-18: 1. Don LeFevre 16:23. 19-24: 1. David Caspi 19:08. 25-19: 1. John Lopez 19:45, 2. George Rodriguez 19:56, 3. Art Molina 20:48. 30-34: 1. Tom Hackley 16:10, 2. Richard Hatley 21:38, 3. Ernest Hernandez 25:52. 35-39: 1. Mike Jansen 22:33, 2. Dennis Medlin 22:43, 3. Ray Gonzales Jr., 23:15. 40-44: 1. Randall Shelley 19:26, 2. Francis Akahositi 21:49, 3. Stanley Krok 24:29. 45-49: 1. Peter Vasquez 24:36, 2. Bill Miller 26:09. 50-54: 1. Ben Bernal 23:24. 55-59: 1. Leo Prado 20:30, 2. Don Outland 20:57, 3. Remy Burkel 21:17. 60 & Over: 1. Larry Banuelos 19:45, 2. Harry Hansen 27:10, 3. John Darby 55:49.

Division Results - Women's 5K

8-10: 1. Christy Vasquez 34:54. 19-24: 1. Carman Maldonado 17:47, 2. Patricia Molina 17:50, 3. Joan Debie 23:55. 25-29: 1. Linda Zeman 17:25, 2. Debra Cabrera 34:41, 3. Candee Sweet 38:37. 30-34: 1. Connie Holmes 26:09, 2. Maria Steger 33:07. 35-39: 1. Gloria Gonzalez 26:15, 2. Gloria Gallegos 26:37. 40-44: 1. Tish Jacobs 33:59, 2. Valerie Medlin 34:22. 45-49: 1. Olivia Krok 37:22. 50-54: 1. Shirley Chadwick 26:49.

Sansum Clinic 8K

June 13, Santa Barbara.

Overall Results - Men

1	Mark Conover	23:19
2	Rich McCandliss	23:41
3	Jim Triplett	24:20
4	Tim Minor	24:41
5	Mario Gutierrez	25:10

Overall Results - Women

1	Elaine Triplett	27:49
2	Jamie Park	28:48
3	Mary Ryzner	29:02
4	Anne Hayden	29:49
5	Diane Odion	29:53

Junefest Runs

June 14, Los Osos.

Overall Results

1	Pau Lee (26)	22:08
2	Steve Fynn (31)	30:24
3	Frank Hutchinson (34)	20:55
4	Mark Pupich (30)	21:54
5	Rafael Weber (17)	22:24
6	Timothy Berger (19)	22:34
7	Angelo Limon Jr. (19)	22:41
8	Keith Kirkpatrick (40)	22:46
9	Jim Hurlay (31)	22:59
10	Henry Hernandez (33)	23:04
11	Clem Michael (43)	23:18
12	Don Domini (42)	23:25
13	Garrett Essres (32)	23:30
14	George Griffin (33)	23:38
15	Les Beck (42)	23:44
16	John Blackman (16)	23:46
17	Ron Roundy (44)	23:52
18	Larry Jamison (44)	24:04
19	Dale Anderson (39)	24:15
20	Paul Logan (41)	24:34
21	Dominick Lacovara (38)	24:53
22	Ron Levy (32)	24:59
23	Steve Sharp (18)	25:13
24	Mark West (23)	25:13
25	Bob Keefe (41)	25:13

Results

Riverside Medical Clinic

June 14. Riverside. 5K & 10K.

Division Results - Men's 5K
12 & Under: 1. J. Sonhhbbbs 18:53, 2. Brian Guzzetta 21:20, 3. Mondo Cuellar 21:22. **13-17:** 1. Billy Sandlin 16:41, 2. Shawn Seidel 16:55, 3. Kevin Koch 17:00. **18-29:** 1. Hoze Droze 15:04, 2. Kyle Korcha 16:11, 3. Ken Webb 16:19. **30-39:** 1. Ben Wilson 15:10, 2. Brian Waddington 16:50, 3. Douglas Will 16:54. **40-49:** 1. Elber Camacho 17:28, 2. Anthony Gomez 18:06, 3. Peter Graves 18:23. **50-59:** 1. Frank Ogawa 18:27, 2. Cliff Larking 19:33, 3. Harold Willis 20:56. **60 & Over:** 1. Frank Ramos 20:46, 2. Delmar Gourley 21:54.

Division Results - Women's 5K
12 & Under: 1. Sheryl Hobbs 23:52, 2. Kristin Fulton 24:47, 3. Kathy Koras 25:30. **13-17:** 1. Sonja Visscher 21:11, 2. Kris Rouse 22:11, 3. Gina Guzzetta 24:12. **18-29:** 1. Ann Trausch 19:02, 2. Carol Doody 21:06, 3. Wendy Wilson 23:13. **30-39:** 1. Mary Ann Mera 18:59, 2. Kathy Thomas 19:35, 3. Paula Liberio 24:13. **40-49:** 1. Margaret Shields 22:31, 2. Judy Craik 25:22, 3. Jen Desar 25:37. **50-59:** 1. Deanna Ashford 28:22, 2. Peggy Voss 29:53, 3. Leah Bessey 33:00.

Division Results - Men's 10K
13-17: 1. Gabe Sanchez 36:13, 2. Fernando Chavez 38:31, 3. Mike Raney 38:57. **18-29:** 1. Steve McCormack 29:36, 2. Daniel Reed 32:00, 3. Roger Phillips 32:33. **30-39:** 1. Marc Winchak 34:43, 2. Jon Calvin 36:17, 3. Carlos Soria 37:33. **40-49:** 1. Anthony Lopez 37:20, 2. Bob Gilligan 37:37, 3. Jess Maxcy 37:48. **50-59:** 1. Frank Vasquez 39:53, 2. Don Moore 42:20, 3. Jim Rigney 42:47. **60 & Over:** 1. Allen Bergman 46:15, 2. John Bowers 46:17, 3. Steve White 50:07.

Division Results - Women's 10K
13-17: 1. Brigid Freyne 36:20, 18-29: 1. Laura Held 38:32, 2. Doreen Fay 42:15, 3. Linda Nellany 42:50. **30-39:** 1. Patricia Mueller 42:07, 2. Cynthia Heaton 44:52, 3. Pam Clute 46:55. **40-49:** 1. Theresa Riley 47:57, 2. Freida Reutter 51:48, 3. Anne Coy 54:33.

1987 Sierra Cup

June 14. Naps. 10K & 2 Mile.

Division Results - Men's 10K
12 & Under: 1. Michael Lasker 46:14, 2. Billy Mellor 49:48, 3. James Atalig 51:51. **13-17:** 1. Dion MacAllister 44:19, 2. Dustin Gasser 45:23, 3. Gota Hagio 57:07. **18-29:** 1. Joe Henze 33:29, 2. Blake Wood 34:05, 3. Yoshimi Morishita 37:57. **30-39:** 1. Antonio Zarate 35:24, 2. Greg Patison 36:37, 3. Greg Graham 37:14. **40-49:** 1. Edwin Tamson 39:42, 2. Richard Slota 39:42, 3. John Bouldt 40:02. **50-59:** 1. Bryan Holmes 38:34, 2. Hank Fragosa 39:57, 3. Paul Ligda 40:37. **60 & Over:** 1. George Grammens 53:24, 2. George Rusch 1:04:06.

Division Results - Women's 10K
18-29: 1. Sandra Hatcher 47:15, 2. Anna Halpin 51:00. **30-39:** 1. Rebecca Clark 48:06, 2. Barbara Franco 49:33, 3. Linda Cantillon 51:01. **40-49:** 1. Dottie Charon 44:04, 2. Pam Greco 47:12, 3. Karen Carlson 54:03.

Division Results - Men's 2 Mile
12 & Under: 1. Geoffrey Martin 15:29, 2. Peter Martin 15:36, 3. Sean Towey 18:37. **13-17:** 1. Todd Schofield 17:20. **18-29:** 1. Don Looby 10:44, 2. James Smith 13:05, 3. Norman Oden 16:12. **30-39:** 1. Butch Alvarez 11:18, 2. Dan Hutton 11:25, 3. Michael Gast 11:50. **40-49:** 1. Richard

Scott 11:27, 2. Jim Bonsey 13:51, 3. Tom Martin 15:37. **50-59:** 1. Carter Keane 14:45.

Division Results - Women's 2 Mile
12 & Under: 1. Amanda Fry 16:36, 2. Melissa Greco 20:50. **13-17:** 1. Maria Garcia 15:41. **18-29:** 1. Diana Emery 16:14, 2. Rochelle White 17:51, 3. Dorothy Bovee 18:03. **30-39:** 1. Christine Fry 15:45, 2. Davney Gasser 16:25, 3. Nancy Vernon-Burke 16:26. **40-49:** 1. Nouria Harris 13:09, 2. Teresa Matta 15:03, 3. Linda Winter 16:29. **50-59:** 1. Mimi Grammens 17:56, 2. Pat Huntington 20:20.

Squaw Valley Sports Day

June 17. Squaw Valley. 5 Mile.

A 5 Mile footrace, the centerpiece of the First Annual Squaw Valley Sports Day put on by the Squaw Valley Property Owners' Ass'n., drew a select field comprised of several elite runners. They ranged in age from 14 years old Dianca Sonnenberg of Carnelian Bay to Squaw Valley's "over 60" Peter Klausen. Both were gold medalists in their respective age divisions.

The course, one never used before for a race, took place at the western end of Squaw Valley. All on pavement save a 100 foot section, it traversed Squaw's scenic residential neighborhood and backways at a time of year when greenery and wildflowers are at their zenith. Spice was provided by a half mile long climb, a net gain of between 150 and 200 vertical feet, about halfway through the course. In addition, there was a bit of everything; ups, downs, rolling, curves, turns, straightaways, even flats. Race director Rick Sylvester observed, "It was a course of some character, or at least several well-known characters among the field".

The day's fastest time was turned in by Menlo Park's Tom Wood, a 27:19 effort. This represented a surprising margin of almost 2 minutes faster than local favorite and second place finisher Denis O'Halloran (followed closely by Jeff Townsend). Denis and Jeff, both world class runners, usually dominate local road races, with one winning one weekend and the other the next. Perhaps Wood's victory margin can be accounted for somewhat by the fact that O'Halloran and Townsend, as pre-race warm-up, ran 2000 vertical feet to the Squaw Valley Tram's, the course of the popular Squaw Valley Mountain Run in early August, upper terminus right before the race. Such a "warm-up" must have taken some toll. Yet, a 1 minute 55 second victory for a 5 mile race shows true mastery. Wood, formerly a standout St. Johns University runner, reputedly recently set a new 10 Kilometer record in New York State's Empire Games. According to Townsend, "Wood sprinted away from us on the hill." When Wood approached the finish area with no one in sight behind him Sylvester feared he'd missed a section of the course.

The margin of the women's victor, though over less formidable competition, was even greater, over 4 minutes. The diminutive Kathy D'Onofrio, surprise winner of last year's Western States 100 Miller, turned in a 33:08 clocking, good for eighth overall. Kathy also lists a Menlo Park address and is probably in the area training to defend her Western State title in a few weekends. That race is of course considered one of the world's most difficult and prestigious athletic events.

In addition to the 5 Miller, children's races were conducted in 5 age groups ranging from 2 & Under (3 entrants, one in a stroller) to 9-10 year olds. All entrants ran fiercely.

Men's Overall Results
 1. Tom Wood (24) 27:19
 2. Denis O'Halloran (35) 29:14
 3. Jeff Townsend (31) 29:29

Women's Overall Results
 1. Kathy D'Onofrio (22) 37:26
 2. Tracy Achelis (33) 37:26
 3. Debbie Naughton (32) 39:21

Division Results - Men
18-29: 1. Tom Wood 27:19, 2. Mark Gregor 30:15, 3. John Pang 34:42. **30-39:** 1. Denis O'Halloran 29:14, 2. Jeff Townsend 29:29, 3. David Roth 31:29. **40-49:** 1. Gary Brooks 33:18, 2. Skylo Dangler 33:29, 3. Brian Fidler 34:35. **50-59:** 1. Tom Walsh 38:13, 2. Elmer Sanborn 39:15. **60 & Over:** 1. Peter Klausen 50:04.

Division Results - Women
13-17: 1. Bianca Sonnenberg 47:05. **18-29:** 1. Kathy D'Onofrio 33:08. **30-39:** 1. Tracy Achelis 37:26, 2. Deborah Naughton 39:21, 3. Ellen Lucas 40:52.



JANIS KLECKER
of Hopkins, MN

Grandma's Marathon and Women's National Championships

From Scott Keenan

June 20. Deluth, Minn.

Top American Women
 1. Janis Klecker (Plymouth, MN) 2:36:12
 2. Janice Ettle (St. Cloud, MN) 2:36:21
 3. Martha White (Blemond, MA) 2:38:02
 4. Sarah Westover (Sidney, OH) 2:41:31
 5. Marie Boyd (Albuquerque) 2:42:59
 6. Suzi Morris (Encinitas) 2:44:41
 7. Jenny Gessell (Iowa City, IA) 2:45:22
 8. Laura Caldwell (Stone Mt, GA) 2:45:48
 9. M. Gordon Bakoullis (NY, NY) 2:46:02
 10. Karlene Erickson (Lincoln, NE) 2:46:15
 11. Christine Iwahashi (Sacto) 2:46:19
 12. Eilyn Block (Ardsey, NY) 2:46:21
 13. Karyn Schoenrock (Eau Claire) 2:46:22
 14. Lisa Mills (Aurora, CO) 2:46:29
 15. Beth Dillinger (Blacksburg) 2:46:46

16. Sally Zimmer (Windsor, CT) 2:46:56
 17. Sue Brusher (Oakland) 2:47:01
 18. Diane Stoneking (Minn. MN) 2:47:30

Division Results - Men
12-18: 1. David Geringer 3:09:35. **19-34:** 1. Dan Schlesinger 2:16:00, 2. Jim Hage 2:16:27, 3. Miroslaw Bugaj 2:17:48. **35-39:** 1. Bruce Ellis 2:19:06, 2. Bobby Doyle 2:23:19, 3. Rob Whetham 2:28:51. 5. Robert Eilek 2:30:23. **40-49:** 1. Kjell-Erik Stahl 2:19:22, 2. Bruce Mortenson 2:24:57, 3. Robert Nelson 2:29:56. **50-59:** 1. Arien Sunn 2:48:47, 2. Frank Gutmann 2:51:34, 3. Greg Prom 2:55:59. **60-69:** 1. Alex Ratelle 2:53:27. **70 & Over:** 1. Paul Werner 4:26:59. **Wheelchair:** 1. Pol Van Winkel 1:46:42. **Team:** 1. Team Poland (Miroslaw Bugaj, Miroslaw Dzienisik, Stanislaw Lange). **Twin Ports Runner:** 1. Kirkpatrick Jewell 2:23:20.

Division Results - Women
12-18: 1. Gwen Sibbers 3:35:13. **19-34:** 1. Janis Klecker 2:36:12, 2. Janice Ettle 2:36:21, 3. Martha White 2:38:02, 7. Suzi Morris (CA) 2:44:41, 9. Laura Caldwell (CA) 2:45:48, 12. Christine Iwahashi (CA) 2:46:19. **35-39:** 1. Diane Stoneking 2:47:30, 2. Claudie Ciavarella 2:48:18, 3. Shirley Durtschi 2:49:37. **Masters:** 1. Angella Hearn 2:39:55, 2. Gail Scott 2:48:16, 3. Susan Havens 2:49:52, 5. Joan Ulyott 3:01:33. **50-69:** 1. Wen-Shi Yu 3:21:22. **60-69:** 1. Mary Carlson 4:05:42. **70 & Over:** 1. Ethel Furne, N.T. **Wheelchair:** 1. Sharon Limpert 3:09:51. **Team:** 1. Gear Racing Team (Linda Rasmussen, Kristi Martin, Kathy Nelson). **Twin Ports Runner:** 1. Zaida Blauert 3:12:50. **Grandmother:** 1. Vida Boin 3:14:52.

Valley of the Flowers Marathon

June 21. Lompoc.

Overall Results - Marathon
 1. Mac Williamson (18-29) Arcadia 2:36:16
 2. Steve Dornish (40-44) Encinitas 2:37:32
 3. Charlie Hoover (35-39) Encino 2:43:21
 4. Jim O'Brien (30-34) Monrovia 2:44:21
 5. Richard Schulz (18-29) S. Barb. 2:48:13
 6. David Schaffner (45-49) LasVeg 2:49:04
 7. William Lovelace (35-39) WestH 2:51:37
 8. Tom Ulik (45-49) Westlake 2:53:18
 9. Richard Quintero (30-34) S. Mar 2:53:20
 10. Joe Schlereth (35-39) Fresno 2:57:49
 11. Kirk Selby (35-39) Goleta 2:59:04
 12. David Cook (18-24) S. Marcos 2:59:58
 13. Steven Watanabe (30-34) Saug 3:01:33
 14. Terri Busby (30-34) L. Vegas 3:03:26
 15. Frank Russo (45-49) L. Miguel 3:03:38
 16. Norm Albert (30-34) VandAFB 3:05:01
 17. Joe Englebrecht (35-39) Whitr 3:05:08
 18. Wayne Leininger (35-39) APO 3:05:44
 19. Ken Sparks (40-44) JeffrsnCity 3:05:56
 20. Alexandriag Aguirre (18-29) Gar 3:06:50

Overall Results - Half Marathon
 1. Steve Flynn (30-34) A. Grande 1:09:30
 2. Rudy Hernandez (35-39) S. Maria 1:11:27
 3. To Lowry (30-34) Malibu 1:11:39
 4. Matthew Pastic (18-29) MN 1:12:23
 5. Roger Phillips (18-29) L. Linda 1:13:42
 6. Robert Mitchell (30-34) Temecul 1:15:13
 7. Gregg Horner (30-34) S. Barb. 1:15:29
 8. Max White (35-39) Bakersfield 1:15:42
 9. Phil Grant (40-44) S. Barb. 1:15:52
 10. Mike Rossi (18-29) Glendale 1:16:54
 11. Gustavo Bedoy (35-39) Carson 1:17:07
 12. Jeanne Johnson (18-29) F. Glend 1:18:34
 13. Jack McDonald (35-39) Redondo 1:19:12
 14. Rick Snexuik (35-39) S. Ynez 1:20:17
 15. Ron Misner (30-34) S. Barb. 1:20:56
 16. Morris Scoggin (40-44) Ventura 1:21:22
 17. Lawrence Peter (45-49) Wodid 1:21:26
 18. Philip Wright (45-49) Glendle 1:21:28
 19. Joseph Wasiak (18-29) LongBch 1:21:29
 20. Michael Schuten (30-34) Fontn 1:21:30

Results

Garden Grove Main Event

June 20. Garden Grove. 10K.

Division Results - Men

112 & Under: 1. Steve Schultz 57:45. **13-18:** 1. Jose Tavares 33:51, 2. Antonio Saenz 33:58, 3. Eric Petersen 43:38. **19-24:** 1. Kyle Korcha 33:25, 2. Todd Nott 34:32, 3. Everardo Villegas 34:53. **25-29:** 1. Greg Long 31:57, 2. Brad Clagg 34:18, 3. Thomas Ring 34:44. **30-39:** 1. James Powell 33:21, 2. Tom Kupfer 35:02, 3. John Kullisch 35:19. **40-49:** 1. Danny Morales 35:33, 2. Ben Jackson 36:02, 3. John Bushman 36:31. **50-59:** 1. Juvenal Herrera 37:41, 2. Tracy Brown 38:51, 3. Bill Chavez 40:17. **60 & Over:** 1. Gene Pumphrey 39:20, 2. Jack Green 43:26, 3. Casey Poole 45:25.

Division Results - Women

19-24: 1. Melissa Slay 47:17, 2. Maryann Garamé 48:13, 3. Monica Heinrichs 49:08. **25-29:** 1. Cynthia Sinning 42:56, 2. Molly Faust 49:43, 3. Denise Morris 50:19. **30-39:** 1. Mary Durtche 45:33, 2. Luci Marchand 47:57, 3. Laura Sebelia 49:42. **40-49:** 1. Lesley Calise 45:59, 2. Hwa Ja Andrade 46:58, 3. Layne Hoover 53:17. **50-59:** 1. Amy Goldstein 50:07, 2. Nancy Ternullo 1:04:42.

Centerpoint Mall Father's Day 10K

June 21. Oxnard.

Overall Results - Men

1 Rich McCandless (31) Camarillo 30:17
2 Jim Triplett (29) S.Barbara 31:03
3 Ray Knerr (27) Ventura 31:11
4 Tim Minor (29) Ventura 31:13
5 Barry Schaeffer (36) LA 31:56
6 Anthony Williams (17) Oxnard 32:05
7 Mike Hunt (28) Camarillo 32:23
8 Larry Montag (34) Ventura 32:27
9 Keith Munson (40) Ventura 32:35
10 Ramiro Valencia (17) S. Paula 32:50

Overall Results - Women

1 Haroline Walters (44) ElToro 36:33
2 Debra Sharp (33) Pt.Hueneme 36:40
3 Anne Hayden (32) S. Barbara 37:33
4 Ruth Womund (29) Ventura 38:42
5 Jessica Craven (16) Camarillo 40:35
6 Gail Mark (24) Ventura 40:49
7 Teri Ingram (25) Simi Valley 41:50
8 Janice Minor (28) Ventura 42:37
9 Lissa Scobey (23) Ventura 42:45
10 Janet Franzese (44) Ventura 43:03

Division Results - Men

13 & Under: 1. Hector Salvador 42:14, 2. John Puffer 43:31, 3. Jason Puffer 43:35. **14-19:** 1. Anthony Williams 32:05, 2. Ramiro Valencia 32:50, 3. Scott Thomas 34:05. **20-24:** 1. Leonard Aceves 32:57, 2. Henry Morton 33:42, 3. Angel Gallegos 34:57. **25-29:** 1. Jim Triplett 31:03, 2. Ray Knerr 31:11, 3. Tim Minor 31:13. **30-34:** 1. Rich McCandless 30:07, 2. Larry Montag 32:27, 3. Peter Mogg 33:38. **35-39:** 1. Barry Schaeffer 31:56, 2. Don Isacc 34:16, 3. Wayne Stanfield 35:19. **40-44:** 1. Keith Munson 32:35, 2. Arturo Fausto 34:49, 3. Tony Smith 35:35. **45-49:** 1. Charles McClung 36:09, 2. Kemp Aaberg 36:11, 3. Aba Ramirez 37:21. **50-54:** 1. Sid Knox 37:49, 2. Jim Frandsen 43:03, 3. Tom Flenniken 45:32. **55-59:** 1. Richard Fosse 41:47, 2. Neil Ziegler 42:38, 3. Salvador Montano 48:39. **60 & Over:** 1. Fred Nagelschmidt 38:57, 2. Evaristo Juarez 47:10, 3. James Conrad 51:35. **Wheelchair:** 1. Kirby Haley 36:40, 2. Rich Ceniseros 43:38.

Division Results - Women

13 & Under: 1. Heather Busby 53:20, 2. Lin-

da Preach 58:50, 3. Norma Garcia 59:19. **14-19:** 1. Jessica Craven 40:35, 2. Lisa Askins 46:42, 3. April Beaver 46:59. **20-24:** 1. Gail Mark 40:49, 2. Lissa Scobey 42:45, 3. Cathy Ortiz 47:15. **25-29:** 1. Ruth Womund 38:42, 2. Teri Ingram 41:50, 3. Janice Minor 42:37. **30-34:** 1. Debra Sharp 36:40, 2. Anne Hayden 37:33, 3. Jennifer Morgan 45:11. **35-39:** 1. Terri Werber 48:25, 2. Linda Lefler 48:53, 3. Susan Trinity 50:01. **40-44:** 1. Haroline Walters 36:33, 2. Janet Franzese 43:03, 3. Sheila Patinson 43:55. **45-49:** 1. Ruth Hemming 45:11, 2. Jeanne Barker 47:26, 3. Anne Lingberg 60:05. **50-54:** 1. Lynne Hurrell 48:30, 2. Rosanne Borsay 57:14. **60 & Over:** 1. Bes House 67:33.



HAROLENE WALTERS (left) and RICH McCANDLESS

Dick Houston Memorial

June 21. Oakland.

Overall Results

1 Bob Malain (60) Redding 51:05
2 Jeff Wall (45) DalyCity 53:03
3 Kay Willoughby (51) Millivly 54:29
4 Larry McKendell (26) Orinda 54:32
5 Don Hildebrand (55) Orinda 55:12
6 John Cobohrn (40) SodaSprings 55:21
7 Milano Zeman (45) Millivly 55:21
8 Bruce Oliver (59) Oakland 56:37
9 George Frazier (40) Millivly 56:48
10 Brion McGuire (28) Oakland 57:00
11 Jim Myers (38) Millivly 57:05
12 Julios Ratti (36) Oakland 57:36
13 Rick Sylvester (45) OlympicVly 57:45
14 Rick Mattingly (35) WalnutCk 58:26
15 Peter White (45) Moraga 58:45
16 Byron Holmes (52) Concord 58:52
17 Jennifer Biddulph (22) Berkeley 59:14
18 Richard Keene (49) Berkeley 59:28
19 Richard Laine (57) SanCarlos 59:34
20 Barbara Geringer (27) Novato 59:40

Bud Light U.S. Triathlon Series

June 22. Encinitas.

With five races down and seven to go before the Bud Light U.S. Triathlon Series heads to Hilton Head Island, S.C. for the 1987 National Championship, Mike Pigg is at the top of the charts of the Coke Grand Prix professional triathlete rankings - a stunning achievement for this 23-year-old who until last year had worked as a mechanic's helper in his northern California hometown of Arcata. Pigg is still a relative newcomer to the

national pro triathlon circuit. Last season was his first full year of pro racing and though he came out of top of the national rankings with a string of top-5 finishes, he only mustered two Bud Light USTS wins all season - in Denver and San Francisco where the fields were scan. To say that he had broken into the ranks of the "Big Four" (Scott Molina, Scott Tinley, Mark Allen and Dave Scott), that he had what it took to race against the best in the business and win, was another thing altogether.

But this year Pigg has broken into the ranks. Not only is he #1 in the Coke Grand Prix points after five races, but he has come up with three wins (Miami, Houston and Phoenix) and beaten Scott, Molina and Tinley all. Allen so far is the only one to have beaten Pigg in the triathlon competition on the Bud Light USTS tour - he took 1st to Pigg's 2nd in Atlanta this past weekend, and Richard Wells won the Orange County biathlon on June 14. But even Allen concedes that Pigg has pushed the competition to new levels this season. Allen was forced to run a 33:26 10K in Atlanta after he lost the lead on the bike to Pigg; Molina ran a 33:46 10K and only managed 5th place in the same race - that's how tough it's getting out there.

Pigg has managed to win more than 40% of the \$26,250 in cash awarded to the men so far this season, that between Coke Red Jersey bonuses, Team WINS prime lines and overall Bud Light USTS cash prize awards. The fact that Molina, who in years past easily walked away with exactly half of the Bud Light USTS races ever held, has taken the second largest portion of the prize money only emphasizes Pigg's dominance of the Series this season - Molina's total earnings on the Bud Light USTS circuit so far total \$3,350 compared to Pigg's \$10,525; Harold Robinson is third in the prize money rankings at \$2,800.

In fact, Bud Light USTS officials are a bit stymied. The extra bonuses and prime times were meant to ante up the stakes and spread the money through the ranks. So far, they've simply added up to bigger paychecks for Pigg, who doesn't hesitate to run a 33:45 10K in Phoenix to go for the seimrun prime bonus, even with a 4:41 lead coming off the bike - the \$250 bucks are simply worth it to Pigg. And that's the stuff of which champions are made.

The story is almost identical for Kirsten Hanssen. From nowhere to stardom last season, Hanssen has kept the slack tightened in 1987 as well. She too is three for five, the losses coming to Sylviane Puntous in Miami and to the cold, 63-degree water at the Orange County Biathlon, Hanssen has won 6 of the Team WINS prime bonuses this season and in Houston, Phoenix and Atlanta walked away with everything there was to possibly win between primes, prize money and bonuses.

So far this season, Hanssen has won \$1,500 in primes, \$2,000 in Coke bonus cash, and \$6,600 in prize money. Dian Girard of Houston is number two in the Coke Grand Prix rankings and has won \$3,125 in prize money.

Top Men

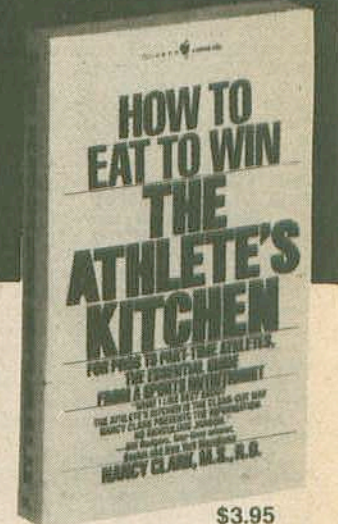
1 Mike Pigg, Arcata \$10,525
2 Scott Molina, Boulder,CO \$3,350
3 Harold Robinson, WalnutCk \$2,800
4 Mark Allen, Vista 2,050
5 Todd Jacobs, El Paso,TX \$1,600
6 Scott Tinley, Encinitas \$1,450
7 Richard Wells, Auckland,NZ \$1,400
8 Rob Roller, Tallahassee,FL \$900
9 Nick Taylor, Marle,Ont. \$800
10 Jim Riccitello, Tucson,AZ \$500
11 Steve Fitch, WestChester,PA \$450
12 Michael Buckin, Tucson,AZ \$225
13 Ken Giah, WestChester,PA \$200

Top Women

1 Kirsten Hanssen, Denver,CO \$10,100
2 Dian Girard-Rives, Houston,Tx \$3,125
3 Sylviane Puntous,Kelowna,B.C. \$2,750
4 Jan Ripple, BatonRouge,LA \$1,700
5 Karen Smyers, Somerville,MA \$1,650

6 Patricia Puntous, Kelowna,B.C. \$1,200
7 Paula Newby-Fraser,Encinitas \$1,150
8 Karen Chequer-Pfeiffer,Mt.View\$1,100
9 Lisa Laiti,ElPaso, TX \$875
10 Liz Bulman, Columbia, MO \$750
11 Carol Pickard, Perth, Australia \$400
12 Jill Hernandez, Chico \$250
13 Susan Slagle, MercerIs,WA \$225
14 Liz Downing, Portland,OR \$200
15 Janet Stamper, Tucson,AZ \$175
16 Debbie Kauzlarich, Boulder,CO \$100

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Results

Harolene Walters 8K

June 25. Legg Lake.

Division Results - Men

18 & Under: 1. Antonio Joria 35:02, 2. James Eggink 41:57. **19-24:** 1. Cledfas Esquivel 27:30, 2. Todd Nott 27:48, 3. Richard Morganur 35:07. **30-34:** 1. Rudy Chavez 27:09, 2. Jose Rodriguez 28:00, 3. Luis Alvarado 28:26. **35-39:** 1. Bill Marks 32:08, 2. Victor Chavez 32:31, 3. John Santiago 32:57. **40-44:** 1. Jorrett Williams 29:47, 2. Virgil Redman 30:54, 3. Juan Orcos 34:30. **45-49:** 1. Robert McGeough 28:16, 2. Ron Walters 32:05, 3. Cy Baumann 35:23. **50-54:** 1. Wally Ingram 31:54, 2. Cliff Stolba 32:27, 3. Mewy Weiss 41:00. **55-59:** 1. Robert Cullins 35:02, 2. Al Friedman 37:18. **60 & Over:** 1. Larry Banuelos 32:48.

Division Results - Women

10-14: 1. Veronica Chavez 38:58. **19-24:** 1. Nancy Defeo 33:55, 2. Cynthia Sinning 34:29, 3. Susan Escobar 42:20. **30-34:** 1. Cathy Avalos 40:54, 2. Ann Teggania 42:00, 3. Alexander Martinez 42:26. **35-39:** 1. Becky Leyera 39:18. **40-44:** 1. Harolene Walters 29:54. **50-54:** 1. Jane Dods 39:52.

Sri Chinmoy 5 Mile

June 27. Santa Barbara.

Overall Results

1 Michael Hamer	28:38
2 Kemp Aaberg	29:04
3 John Patterson	31:55
4 Fred Soltysik	32:40
5 Greg Brown	32:55
6 Gary Christiansen	33:33
7 Carl Moody	35:05
8 Stephanie Welch	35:38
9 Tim Warren	36:16
10 Don Longanecker	36:33
11 Ralph Randall	39:45
12 Steve Lopez	39:48
13 Pat Badger	41:17
14 John Schweitzer	45:03
15 Paul Gilbert	49:27
16 Grace Schweitzer	53:52

Western States 100

June 27-28. Squaw Valley.

Overall Results

1 Herb Tanzer (1st 30-39)	17:41.06
2 Steve Warshawer (1st 18-29)	18:01.19
3 Dan Williams	18:58.40
4 Bill Finkbeiner	19:17.23
5 Rick Spady	19:29.13
6 Craig Moore	19:30.09
7 Doug Latimer (1st 40-49)	19:39.02
8 David Roth	19:52.34
9 Dave Stevenson	20:05.47
10 Jim Pomroy	20:08.01
11 Martin Jones	20:14.14
12 Jussi Hamalainen	20:15.46
13 David Scott	20:34.11
14 Jim Pellon	20:42.14
15 Gard Leighton (1st 50-59)	20:52.29
16 Tim Twistmeyer	20:59.38
17 Bob Bunnell	21:12.54
18 Mary Hammes (1st 18-29F)	21:23.37
19 Michael Sinkoski	21:33.06
20 John Demorest	21:36.45
21 Scott Mills	21:41.48
22 Dan Barger	21:43.59
23 Dick Vincent	21:45.17
24 Sean Crom	21:46.12
25 Mike Pelechaty	21:47.17
26 Thomas Johnson	21:53.59
27 Mark Brotherton	21:54.18
28 Sue King (1st 30-39 F)	21:57.02
29 Roger Daniels	22:13.28
30 Bobbie Dixon (1st 40-49)	22:15.37
31 Ntuvr zmsuffin	22:25.49
32 Eric Ianacone	22:31.12
33 George Hall	22:34.25
34 Charles Savage III	22:36.45
35 Ian Maddieson	22:38.58
36 Thomas Wright	22:43.22
37 Eddie Luhan	22:44.37
38 Christopher Hall	22:45.01
39 Robert DeVelice	22:45.17
40 Richard Provost	22:45.47
41 Mike Nolan	22:46.58
42 Larry Brooks	22:49.36
43 Bruce von Borstal	22:52.29
44 David Lygre	23:02.09
45 Thomas O'Connell, Jr	23:09.24
46 Ed Zerambo	23:09.50
47 Bjorg Austreim-Smith	23:11.57
48 Joseph Campbell	23:14.51
49 Mike Hernandez	23:21.29
50 Gary Wersinger	23:26.26
105 Harrison Smith (1st 60&O)	27:25.36
183 Katherine Brieger (1st 50-59F)	29:56.48

Oceanside Firecracker 10K

June 28. Oceanside.

Division Results - Men

12 & Under: 1. Gonzalo Olvera 47:16, 2. Roberto Aceves 47:46, 3. Mark Savel 48:56. **13-17:** 1. Dennis Bourland 33:46, 2. William Sarnecky 33:52, 3. Greg Lopez 33:53. **18-29:** 1. Franklin Haralson 31:21, 2. Norberto Avila 31:42, 3. Robert Franks 31:52. **30-39:** 1. Keith Witthauer 31:37, 2. Kevin McCarey 31:39, 3. Rory Trup 32:19. **40-49:** 1. Steve Myhro 33:09, 2. Bordon Lutes 36:49, 3. Donald Mott 38:00. **50-59:** 1. Wally Ingram 38:44, 2. Norm Dickinson 43:36, 3. Bud Blackwood 43:54. **60 & Over:** 1. Jim O'Neil 36:50, 2. Jose Palos 42:04, 3. Tom Edwards 42:25.

Division Results - Women

12 & Under: 1. Tamara Miller 54:15, 2. Tiffany Turk 59:08, 3. Tracy Pochodonicz 62:59. **13-17:** 1. Jackie Findley 43:39, 2. Claudia Simon 43:57, 3. Angie Miranda 44:33. **18-29:** 1. Michelle Aubuchon 36:17, 2. Alma Cabrera 37:08, 3. Paula Newby-Fraser 37:28. **30-39:** 1. Kay Harpold 40:55, 2. Debby Jenkins 41:45, 3. Barbara Brown 43:56. **40-49:** 1. Harolene Walters 38:09, 2. Maryann Zolines 41:49, 3. Lillian Mahoney 47:06. **50-59:** 1. Pat Weldon 54:48, 2. Gail Wyant 1:21:30, 3. Claire Walkman 1:22:45. **60 & Over:** 1. Judy Simon 59:16.



57 Kodo (1st Dog)	43:23
75 Ruth Hemming (40-49F)	45:39
89 John Stauffer (60&O)	47:22
107 Heather Busby (12&U F)	49:43
158 Hugo Hernandez (12&U)	57:09
172 Betty Elder (50&O F)	1:04:04

Overall Results - 20K

1 Dennis Jurtis (30-39)	1:05:06
2 Rudy Hernandez (30-39)	1:05:31
3 Larry Montag (30-39)	1:08:16
4 Ramiro Valencia (18&U)	1:09:27
5 Jim Masterson (30-39)	1:09:45
6 Hans Van Koppen (30-39)	1:11:21
7 Charlie Hoover (30-39)	1:11:25
8 Ron Pattinson (50-59)	1:12:27
9 Henry Loo (19-29)	1:13:18
10 Russ Clark (19-29)	1:13:30
11 Robert Davison (40-49)	1:13:37
15 Marie Rollins (19-29F)	1:16:08
17 Debra Sharp (30-39F)	1:16:49
23 Pauline Brown (30-39F)	1:18:57
29 Ruth Vomund (19-29F)	1:19:40
53 Paul Reese (60&O)	1:26:43
77 Janet Franzese (40-49F)	1:31:08
85 Cristina Rekering (13&U F)	1:33:29

Seabreeze Runs

June 28. Ventura. 10K & 20K.

Overall Results - 10K

1 Robert Pena (19-29)	32:34
2 Mike Smith (19-29)	32:39
3 Brian Nelson (19-29)	32:40
4 Adolfo Huerta (30-39)	33:48
5 Steve Cofe (30-39)	35:11
6 Scott Werve (13-18)	35:21
7 Greeg Bautista (19-29)	35:23
8 Ed Ramirez (30-39)	36:06
9 Dok Smith (40-49)	36:23
10 Juan Hernandez (40-49)	36:38
21 Terri Goodreau (30-39F)	39:57
35 Teri Ingram (19-29F)	41:30
48 Kris Kochei (13-18F)	42:30
50 Jim Frandsen (50-59)	42:40

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Results

Legg Lake 5K Morning Run

June 28. So. El Monte.

Division Results - Men

5 & Under: 1. Scott Bedoy 49:15. 6-9: 1. Brian Coriveau 23:19. 10-14: 1. Richard Vasquez 22:48. 2. Luis Gomez 24:17. 3. Richard Coriveau 25:09. 15-18: 1. Albert Paredes 16:52. 19-24: 1. Cesar Reyes 20:39. 2. Juan Tolentino 17:13. 3. Deno Diaz 18:55. 25-29: 1. Efrén Garcia 16:21. 2. Rafael Moran 16:29. 3. Mariano Banuelos 16:40. 30-34: 1. Jose Rodriguez 17:02. 2. Steve Sanchez 18:52. 3. Jose Sanchez 20:02. 35-39: 1. Danny Martinez 18:08. 2. Linsey Ewell 19:03. 3. Ray Gonzalez 22:48. 40-44: 1. Dwight Smith 21:05. 2. Robert Burke 21:49. 3. Steve Kruger 23:22. 45-49: 1. Fred Glover 18:58. 2. Booker Washington 19:02. 3. Ishmael Gonzalez 20:10. 50-54: 1. Cliff Stolba 19:11. 2. David Wake 21:19. 3. Jim Kelly 23:37. 60-64: 1. Larry Banuelos 22:03. 2. Wiley Nelson 25:58. 70-79: 1. Fraser MacMim 27:44. 80 & Over: 1. Jack Bishin 1:07:18.

Division Results - Women

19-24: 1. Edith Cuevas 21:09. 2. Susan Escobar 25:47. 30-34: 1. Doris Chavez 26:34. 40-44: 1. Joni Triplett 22:38. 2. Anne Burke 23:25. 3. Georgina Nuttall 23:34. 45-49: 1. Margaret Shields 22:49. 60 & Over: 1. Mary Ames 46:10.

Eden Hospital Run to the Lake

June 29. Castro Valley. 5K & 10K.

Overall Results - Men's 5K

1. Rudy Mondragon (43) 16:27
2. Jim Reitz (43) 16:34
3. Sayson Higgins (17) 17:00
4. Les Ong (37) 17:07
5. Paul Lewandowski (29) 17:09
6. John Kerner (35) 17:22
7. Gil Garcia (39) 17:35
8. Roger Zoldan (40) 17:44
9. Eric Smith (21) 17:55
10. Ron Kiyono (29) 17:58
11. Artie Huff (15) 18:16
12. Alex Mann (16) 18:25
13. Bert Meyers (17) 18:28
14. Dan Rafferty (25) 18:33
15. Graham Hawkinson (15) 18:43
16. Stephen Colville (36) 18:56
17. Daniel Caplan (22) 19:10
18. Mark Maurer (26) 19:12
19. Keith Williamson (42) 19:26
20. Robert Johnson (36) 19:51

Overall Results - Women's 5K

1. Diana Harris (24) 19:35
2. Nancy Marinsik-Royal (25) 20:03
3. Ann Bahlin (27) 20:05
4. Laurel Strand (40) 20:31
5. Tessa Chambers (26) 20:59
6. Cheri Blitt (27) 21:10
7. Barbara Zoldan (39) 21:26
8. Maria Andrade (19) 22:22
9. Kandis Graves (27) 22:51
10. Patti Joyce (29) 23:22
11. Therese Bresolin (32) 24:26
12. Femmegliena Luhn (36) 24:42
13. Jill Teixeira (31) 24:45
14. Joann Zimmerman (32) 25:46
15. Sharon Kuge (33) 25:48
16. Gwen Pirack (47) 25:52
17. Lellaniann Ruiz (16) 26:11
18. Cruz Pineda (38) 26:18
19. Dorris Aquil (29) 26:30
20. Jean Whitener (34) 26:52

Division Results - Men's 5K

12 & Under: 1. Patrick Foster, Jr. 20:12. 2. Chris Puppione 20:35. 3. Aaron Lancaster 20:38. 13-19: 1. Sayson Higgins 17:00. 2.

Artie Huff 18:16. 3. Alex Mann 18:25. 20-29: 1. Paul Lewandowski 17:09. 2. Eric Smith 17:55. 3. Dan Rafferty 18:33. 30-39: 1. Les Ong 17:07. 2. John Kerner 17:22. 3. Gil Garcia 17:35. 40-49: 1. Rudy Mondragon 16:27. 2. Jim Reitz 16:34. 3. Roger Zoldan 17:44. 50-59: 1. Paul Lundholm 21:04. 2. Joe Tremi 21:51. 3. Jim Blaha 22:04. 60 & Over: 1. Frank Rodriguez 21:53. 2. John Quinee 25:23. 3. Gordon McHugh 27:49.

Division Results - Women's 5K

12 & Under: 1. Melody Bradford 27:39. 2. Andera Comer 27:39. 3. Belinda Foster 29:00. 13-19: 1. Maria Andrade 22:22. 2. Lellaniann Ruiz 26:11. 3. Deanne Lane 30:45. 20-29: 1. Diana Harris 19:35. 2. Nancy Marinsik-Royal 20:03. 3. Ann Bahlin 20:05. 30-39: 1. Barbara Zoldan 21:26. 2. Therese Bresolin 24:26. 3. Femmegliena Luhn 24:42. 40-49: 1. Laurel Strand 20:31. 2. Gwen Pirack 25:52. 3. Kathleen Hanson 29:14. 50-59: 1. Betty Bickhart 27:38. 2. Ann Taylor 29:10. 3. Winifred Tuck 32:48. 60 & Over: 1. Marge Tait 33:34. 2. Barbara Chang 45:19. 3. Patricia Reposa 46:33.

Overall Results - Men's 10K

1. Scott Steinmaus (26) 32:01
2. Erich Ackerman (19) 32:45
3. Ken Ellingboe (23) 33:18
4. Mark Graves (37) 33:54
5. Mark Williams (34) 34:07
6. Chris Ward (28) 34:32
7. Greg Ward (30) 34:33
8. Julios Ratti (36) 34:53
9. Michael Thomas (30) 35:35
10. Eric Pugh (35) 35:47
11. Chris Brown (21) 36:08
12. Peter White (45) 36:35
13. Jay Littlepage (27) 37:08
14. Steven Chavez (30) 37:32
15. Dave Hill (23) 37:47
16. Nathan Smith (31) 37:50
17. Marlon Austin (33) 37:51
18. Wilson Ornelas (25) 38:11
19. Michael Plummer (29) 38:17
20. Dan Belarmino (34) 38:30

Overall Results - Women's 10K

1. Linda Steinmaus (26) 36:02
2. Sharlet Gilbert (36) 36:22
3. Nancy Graves (34) 43:59
4. Susan Quaid (34) 44:12
5. Deneen McGovern (29) 44:36
6. Jodi Rempel (18) 44:47
7. Cheryl Dias (26) 44:55
8. Larsja Macaulay (39) 45:15
9. Kathi Coffey (28) 45:20
10. Judy Ace (35) 45:44
11. Patty Hung (41) 46:14
12. Lynn Paul (33) 46:52
13. Nancy Greene (45) 47:09
14. Jerri Marriott (33) 47:19
15. Lois Fleming (42) 47:31
16. Rhonda Dyer (39) 47:53
17. Diane Handley (47) 47:58
18. Marian Withee (24) 48:50
19. Irene Fernandez (24) 48:58
20. Beverly Krisko (37) 49:22

Division Results - Men's 10K

12 & Under: 1. Roger Penny 48:33. 2. Kurt Murray 46:34. 3. Lance Morrison 49:39. 13-19: 1. Erich Ackerman 32:45. 2. Hector Orellana 40:15. 3. Marc Morales 41:10. 20-29: 1. Scott Steinmaus 32:01. 2. Ken Ellingboe 33:18. 3. Chris Ward 34:32. 30-39: 1. Mark Graves 33:54. 2. Mark Williams 34:07. 3. Greg Ward 34:33. 40-49: 1. Peter White 36:35. 2. Alex Vago 38:58. 3. Tom Dresser 39:06. 50-59: 1. Ken Allen 39:49. 2. Ron Grabowski 40:12. 3. Sunyong Kim 42:38. 60 & Over: 1. Leo Gries 48:21. 2. Seymour Collins 48:36. 3. Ulysses Ratti 49:31.

Division Results - Women's 10K

12 & Under: 1. Penny Hodges 59:45. 13-19: 1. Jodi Rempel 44:47. 2. Kim Severini 51:59. 3. Melissa Wang 54:18. 20-29: 1. Linda Steinmaus 36:02. 2. Deneen McGovern 44:36. 3. Cheryl Dias 44:55. 30-39: 1. Sharlet Gilbert 36:22. 2. Nancy Graves 43:59. 3. Susan Quaid 44:12. 40-49: 1. Patty Hung 46:14. 2. Nancy Greene 47:09. 3. Lois Fleming 47:31. 50-59: 1. Barbara Robben 53:14. 2. Joan Ketonen 1:01:03. 3. Jean Hendrickson 1:01:11.

Legg Lake 5K Evening Run

July 2. So. El Monte.

Division Results - Men

19-24: 1. Martin Rodriguez 18:48. 2. Richard Morgan 20:01. 25-29: 1. Edward Bernal 21:25. 2. Jose Bedoy 21:27. 30-34: 1. Enrique Serratos 18:10. 2. Luis Alvarado 16:33. 3. Adolfo Serrato 17:48. 35-39: 1. Luis Bedoy 22:44. 2. Mike Jansen 22:57. 3. Gustavo Bedoy 25:57. 40-44: 1. Dwight Smith 21:38. 45-49: 1. Booker Washington 20:00. 2. Richard Coriveau 20:39. 3. Henry Perez 22:34. 50-54: 1. Cliff Stolba 19:20. 55-59: 1. Bruce Odou 21:22. 60-64: 1. Larry Banuelos 19:49. 2. Wiley Nelson 26:07. Walker: 1. Larry Mead 37:42. 2. Alencio 43:33.

Division Results - Women

Walker: 1. Olivia Bedoy 43:39. 19-24: 1. Juany Valdez 27:15. 2. Carmen Sandoval 33:03. 25-29: 1. Tidu Diaz 25:50. 30-34: 1. Doris Chung 26:04. 35-39: 1. Elsa Del Toro 37:01.

Kenwood Footrace

July 4. Kenwood. 10K.

Division Results - Men's 3K

7 & Under: 1. Darin Carter 13:34. 2. Billy Buck 14:53. 3. Neemie Williams 16:28. 8-9: 1. Woody Repulles 13:51. 2. Taylor Stephens 14:10. 3. Michael Corullo 14:12. 10-11: 1. Tim Sanborn 13:35. 2. Matt Broberg 14:03. 3. Fred Myles Penngrove 14:09. 12-13: 1. Kevin Laceyfield 13:07. 2. Scott Wetzler 13:46. 3. Grant Cremers 14:07. 14-17: 1. Lance Lennier 9:19. 2. Mike Tebo 9:26. 3. Best Meyers 10:31. 18-29: 1. Greg Rivaka 8:59. 2. Don Nauman 9:12. 3. Jose Lizarraga 9:42. 30-39: 1. Matt Vukicevich 9:28. 2. Stan Hockerson 9:29. 3. Bill Dunn 9:37. 40 & Over: 1. Michael Metela 10:44. 2. Daryl West 11:32. 3. Carl Jackson 11:35.

Division Results - Women's 3K

7 & Under: 1. Jodie Horn 15:00. 2. Teri Dillion 19:36. 3. Adrienne Logan 22:13. 8-9: 1. Summer Beckwith 14:33. 2. Rebecca Herrman 15:10. 3. Jessie Buck 18:06. 10-11: 1. Amanda Krimm 15:50. 2. Camaryn Benton 17:04. 3. Mary Ann Kubo 21:07. 12-13: 1. Amanda Delwiche 13:03. 2. Rebecca Laceyfield 15:21. 3. Anna Sweat 19:35. 14-17: 1. Julie Beer 12:45. 2. Robin James 14:38. 3. Ericka Ruthnick 15:32. 18-29: 1. Nora Doyle-Cooney 10:35. 2. Lisa McLean 13:23. 3. Melinda Peters 13:58. 30-39: 1. Kimberly Coleman 13:07. 2. Virginia Marcoida-Hall 13:14. 3. Susan Clive 13:25. 40 & Over: 1. Caron Schaumberg 11:58. 2. Anne Frederick 15:06. 3. Candace Van Meter 15:48.

Division Results - Men's 10K

12 & Under: 1. Paul Hodges 56:54. 13-15: 1. Chris Myers 41:15. 2. Sean Fitzpatrick 45:02. 3. Brett Poteet 51:31. 16-18: 1. John Mumm 34:51. 2. Michael Fink 35:10. 3. John Litzenburg 35:16. 19-24: 1. Stacy Van Horn 33:10. 2. Emery Mitchell 33:44. 3. Shawn Phillips 34:40. 25-29: 1. Timothy Minor 31:57. 2. Colin Davidson 31:57. 3. Peter O'Reilly 33:31. 30-34: 1. Tim Harvey 33:50. 2. Ted Pawlak 33:54. 3. Daniel McCullough 34:34. 35-39: 1. Norm Gould 36:40. 2. Jim Myers 36:41. 3. Armand Repulles 37:00. 40-44: 1. George Frazier 35:43. 2. Keith Krieger 36:04. 3. Craig Steele 36:08. 45-49: 1. Russ Klarnan 37:33. 2. Robert Groff 40:30. 3. Dick Gear 41:02. 50-54: 1. Craig Roland 36:53. 2. Darryl Beardall 37:10. 3. Ralph Harms 41:04. 55-59: 1. Mort Gray 38:30. 2. Bob Chadwick 44:13. 3. Leo McMillan 45:55. 60 & Over: 1. Ivan Tomasi 45:30. 2. Earl Turner 45:41. 3. George Carroll 48:09.

Division Results - Women's 10K

12 & Under: 1. Karl Horn 54:42. 2. Shieila Wolski 56:59. 3. Penny Hodges 1:02:37. 13-15: 1. Molly Stafford 57:06. 2. Megan McComas 58:22. 3. Anne Stafford 1:01:44. 16-18: 1. Kathy Dalton 41:51. 2. Laura Adams 57:21. 19-24: 1. Valerie Jehaert

38:45. 2. Lisa Fogg 43:12. 3. Maureen Sheeny 44:39. 25-29: 1. Lisa Gonzales 39:41. 2. Annette Shearer 43:45. 3. Cindy Procopenko 44:23. 30-34: 1. Sally Mertes-Stone 41:36. 2. Susan Nehse 42:06. 3. Bethann McIntosh-King 42:20. 35-39: 1. Peggy Smyth 37:43. 2. Vicki French 44:17. 3. Dale Cecchetti 46:54. 40-44: 1. Rita Bartow 47:47. 2. Sandra Karas 48:49. 3. Corrie Reynolds 49:44. 45-49: 1. Edda Stickle 49:47. 2. Sharron Marshall 52:20. 3. Katherine Singer 53:30. 50-54: 1. Susan Trott 46:29. 2. Liz Stafford 1:02:29. 3. Beth Salisbury 1:03:38.

Delano Lions Club

July 4. Delano. 5K.

Division Results - Men

13 & Under: 1. Kris Frost 20:13. 2. Rodney Del Rio 21:24. 3. Chris Garcia 23:20. 14-20: 1. David Diaz 16:42. 2. Amador Ayen 17:35. 3. Jonathan Wyckoff 18:38. 21-26: 1. Doug Burke 16:27. 2. Paul Perry 20:12. 3. David Miller 20:34. 30-39: 1. Don Lessley 17:15. 2. Tom Whyghe 18:01. 3. Gary Pierson 18:53. 40-49: 1. Arnold Buchanan 18:10. 2. Juan Sanchez 20:14. 3. Robert Barrera 20:16. 50-59: 1. Richard Ramirez 17:59. 2. Darrell White 21:26. 3. Tom Alberg 21:58. 60 & Over: 1. Jim Nagatani 24:58. 2. Warren Rankins 34:41.

Division Results - Women

14-20: 1. Shannon Batties 19:15. 2. Amy Mabon 21:36. 3. Leann Cox 22:31. 21-29: 1. Lorraine Melendez 21:52. 2. Stephanie Nario 24:38. 3. Tamara Erberich 25:11. 30-39: 1. Lee Denham 21:34. 2. Virginia Torres 24:02. 3. JoAnn Martin 26:32. 40-49: 1. Martha Billeland 24:16. 2. Deborah Osborn 26:09. 3. Ola Buchanan 27:07. 50-59: 1. Emma Williams 24:56. 2. Aurora Perez 26:03. 3. Margaret Castro 34:06.

Semana Nautica

July 4. Santa Barbara. 15K.

Overall Results

1. Ray Knerr (27) Ventura 49:25
2. Michael Hunt (28) Camarillo 50:53
3. Gus Hermes (24) S.Barbara 51:10
4. Ryan Lamppa (28) Carpinteria 51:24
5. Larry Montag (35) Ventura 52:26
6. Michael Smith (23) S.Barbara 52:29
7. Gregg Horner (33) S.Barbara 52:33
8. Kenny Slaughter (29) S.Barbara 52:41
9. Phil Grant (42) S. Barbara 53:49
10. Corey Welles (23) S. Barbara 54:06
11. Terry Howell (31) Thousand Oaks 54:26
12. David Carl (21) S.Barbara 54:26
13. Steve Crouch (41) Canyon Co. 55:13
14. William Loveface (40) West Hills 56:05
15. Jim Kornell (35) S. Barbara 56:20
16. Don Delaney (33) S.Barbara 56:23
17. Michael Bartz (36) S.Barbara 56:33
18. Palmer Jackson (22) S. Barbara 56:50
19. Greg Nacco (27) Larkspur 57:00
20. Keith Kirkpatrick (41) Los Osos 57:10

Division Results - Men

18 & Under: 1. David Patch 59:21. 19-29: 1. Ray Knerr 49:25. 2. Michael Hunt 50:53. 3. Gus Hermes 51:10. 30-39: 1. Larry Montag 52:26. 2. Gregg Horner 52:33. 3. Terry Howell 54:26. 40-44: 1. Phil Grant 53:49. 2. Steve Crouch 55:13. 3. William Loveface 56:05. 45-49: 1. Dennis Kavanaugh 57:46. 2. Kemp Aaberg 58:01. 3. Jim Kennett 1:01:00. 50-59: 1. Jack Wilson 1:04:08. 2. Richard Quigley 1:05:26. 3. George Davall 1:07:01. 60 & Over: 1. Jim Rowe 1:11:53. 2. Arthur Dowd 1:12:11.

Division Results - Women

19-29: 1. Gae McClenathen 1:03:10. 2. Suzy Davall 1:03:34. 3. Laurie Gladstone 1:04:04. 30-39: 1. Mary Ryzner 58:02. 2. Louise Loveface 1:09:03. 3. Tonya Gill-Lewis 1:10:22. 40-44: 1. Kate Silsbury 1:11:52. 2. Tara Brown 1:14:35. 3. Carol Mihora 1:15:18. 45-49: 1. Shirley Saunders 1:18:51. 2. Ginger Beebe 1:20:03. 50-59: 1. Jane Dods 1:17:19. 2. Marcia Mueller 1:26:27. 60 & Over: 1. Margie Withrow 1:29:04.

Results

La Palma ADP

July 4. La Palma. 5K & 10K.

Division Results - Men's 5K
10 & Under: 1. Richard Sundstrom 24:01, 2. Bryan Mahon 25:02, 3. Joaquin Aceves 25:01, 11-13: 1. Jason Hobbs 19:06, 2. Kenneth Sundstrom 20:47, 3. Brendan Mahon 20:50, 14-17: 1. Jesus Ocaina 16:19, 2. Tim Mahon 16:40, 3. Robert Guero 17:04, 18-24: 1. Michael Trujillo 15:32, 2. Dan Acosta 16:04, 3. Daniel Kash 16:15, 25-29: 1. Angel Roman 15:00, 2. George Luna 15:39, 3. Walter O'Brien 16:32, 30-34: 1. Jesus Morales 16:44, 2. Phil Torres 16:43, 3. Dave Stevens 17:01, 35-39: 1. Ben Martinez 15:53, 2. Gary Shapiro 16:03, 3. Lorenzo Herrera 17:00, 40-49: 1. Larry Fabela 16:51, 2. Jim Chenoweth 17:01, 3. Ray Wilson 17:09, 50-59: 1. Juvenal Herrera 18:08, 2. John Harper 19:43, 3. Leo Prado 20:27, 60 & Over: 1. Larry Banuelos 19:15, 2. Daniel Lujan 21:49, 3. Fred Shanley 26:44.

Division Results - Women's 5K
10 & Under: 1. Amanda Grant 22:44, 2. Robyn Baker 24:19, 3. Sheryl Hobbs 25:03, 11-13: 1. Katy Baker 23:51, 2. Charity Guthrie 25:21, 3. Jennifer Knartzer 29:14, 14-17: 1. Sunny Winkler 21:22, 2. Michelle Acevas 29:50, 3. Cynthia Waldron 33:32, 18-24: 1. Valerie Choy 20:43, 2. Alexandra Sosa 21:08, 3. Gloria Palma 21:58, 25-29: 1. Ana Castillo 22:26, 2. Kathy Gerdi 22:40, 3. Nancy Mors 23:14, 30-34: 1. Maggi Montoya 21:31, 2. Marjorie Smith 23:31, 3. Barbara Ledesma 24:36, 35-39: 1. Deborah

Hobbs 21:45, 2. Judy Kurete 23:13, 3. Morena Fortie 23:22, 40-49: 1. Mary Rangel 19:01, 2. Hwaja Andrade 22:38, 3. Georgina Nuttall 23:21, 50-59: 1. Betty Crosby 27:23, 2. Shirley Lawrence 31:00, 3. Rose Marie Lenahan 35:10, 60 & Over: 1. Alice Goldberg 25:40, 2. Lucile Adney 35:42, 3. Leona Vinson 47:39.

Division Results - Men's 10K
10 & Under: 1. Jarrod Garrition 38:41, 2. Christopher Bowers 49:43, 11-13: 1. James Garrison 33:31, 2. Ricky Delgado 41:48, 3. Eric Morony 57:48, 14-17: 1. Terrence Mahon 32:09, 2. Tony Winkler 33:49, 3. Luis Sosa Lanz 38:07, 18-24: 1. Tony Banovich 31:38, 2. Eric Ree 31:43, 3. Paul Gianetto 32:15, 25-29: 1. Art Cendejas 31:01, 2. Mike Navock 31:59, 3. Cleofas Esquivel 33:48, 30-34: 1. Enrique Serratos 32:55, 2. James Whitson 33:35, 3. Jose Rodriguez 34:25, 35-39: 1. Rick Delgado 35:30, 2. Ernie Bacon 36:00, 3. Raul Orozco 36:11, 40-49: 1. William Sijen 38:19, 2. George Anderson 38:35, 3. Jerry Skinner 38:42, 50-59: 1. Elgin Edwards 38:24, 2. Bruce Lin 39:29, 3. Fred Kidd 39:43, 60 & Over: 1. Bob Koch 42:53, 2. Richard Jacobsen 46:21, 3. Cendejas 48:05, Wheelchair: 1. Rory Cooper 29:58.

Division Results - Women's 10K
10 & Under: 1. Heather Garrition 39:18, 2. Virginia Mora 1:03:34, 11-13: 1. Carrie Garrition 35:46, 14-17: 1. Marni Matsumoto 43:48, 2. Katy Donahue 55:23, 3. Amy Ellis 57:05, 18-24: 1. Doris Painter 44:24, 2. Rebecca Abundis 48:45, 3. Maureen Macrae 55:01, 25-29: 1. Carrol Carrigan 38:11, 2. Suzanne Rechicic 41:14, 3. Kelly Meledy 43:32, 30-34: 1. Julie McKinney 37:16, 2. Jennie Cole 41:20, 3. Jade Sackett 42:17, 35-39: 1. Paula Boners 50:22, 2. Ruth Hallock 53:12, 3. Kathy Gibb 53:29, 40-49: 1. Triplett 46:20, 2. Carolyn

Presenti 47:53, 3. Janet Kerber 48:14, 50-59: 1. Yuki Muchida 47:57, 2. Anna Eckel 53:11, 3. Mecca Carpenter 57:52.

Great Calistoga Footrace

July 5. Napa. 8K.

Division Results - Men
13 & Under: 1. Dustin Glasser 33:59, 2. Michael Lasker 34:06, 3. Lance Woodland 38:32, 14-18: 1. Kevin Holbrook 26:42, 2. Greg Archuleta 27:12, 3. Eric Woodland 28:15, 19-29: 1. Bob Blackman 26:04, 2. Richard Johnson 27:02, 3. Karl Wurzbach 27:48, 30-34: 1. Jon Root 26:22, 2. Mitch Powers 27:39, 3. Bruce Wolfe 28:34, 35-39: 1. Ed Haver 28:05, 2. Bill Stites 30:15, 3. Steve Zanetell 30:44, 40-44: 1. Ron Smith 25:49, 2. David Sjostedt 29:32, 3. Edward Tamson 30:44, 45-49: 1. Richard Mayers 30:43, 2. Placido Perez 32:24, 3. Pete Lent 33:31, 50-59: 1. Daryl Seardall 28:32, 2. Carl Ellsworth 30:05, 3. Lew Gerald 31:19, 60 & Over: 1. Paul Reese 34:04, 2. George Grammens 42:38, 3. Dave Burg 51:00.

Division Results - Women
13 & Under: 1. Silvia Chan 40:38, 2. Alyson Wilson 45:48, 14-18: 1. Jeanise Eisenman 31:38, 2. Lisa Smith 33:45, 19-29: 1. Robyn Root 27:44, 2. Janice Prudhomme 29:09, 3. Connie Kondo 32:32, 30-34: 1. Cindi Van Natta 30:20, 2. Becky Rozewicz 35:20, 3. Pamela Gordon 38:36, 35-39: 1. Diana Wimberley 33:59, 2. Susan Lancaster 35:37, 3. Leone Thierman 41:51, 40-44: 1. Karen Houston 37:43, 2. Donna Jackson 38:45, 3. Sherri Guinn 39:30, 45-49: 1. Eldrith Gosney 36:56, 2. Ann Grove 37:43, 3. Sharon Stefano 38:54, 50-59: 1. Barbara Robben 39:16, 2. Jony McQuiddy 45:49, 3. Pat Odell 46:54.

Treras 22:13, 3. Richard Corriveau 20:24, 50-54: 1. Cliff Stolba 19:56, 55-59: 1. Jesus Rangel 20:38, 2. Ignacio Mariscal 20:45, 60-64: 1. David Lujan 22:04, 2. Wiley Nelson 29:30, 3. John Mooshagian 31:16, 70 & Over: 1. Fraser MacMinn 25:58, 2. Ruben Nelson 27:19, Walkers: 1. Ed Bowdin 24:17, 2. David Kealy 33:18.

Division Results - Women
10-14: 1. Tamara Hall 20:58, 2. Danielle Teker 21:03, 25-29: 1. Janice Ishioka 27:21, 30-34: 1. Alexandra Martinez 24:25, 2. Tamela Douglas 33:53, 35-39: 1. Neva Ingersoll 21:45, 40-44: 1. Anne Burke 23:44, 2. Rachel Martinez 26:39.



Port of Subs 5K Captain's Cup

July 11, Downtown Reno.

Contributed by David Minter.

Held in conjunction with Festival Reno, Reno's first downtown race attracted runners from 11 states. Pre-race favorite Domingo Tibaduiza wasted little time in hitting the front and moved away from Al Dehlinger after about 3/4 mile going up the slight hill at Washington Street. Domingo poured on the pace at the halfway mark going down Vine Street. At the 2 1/2 mile point along the Truckee River Dehlinger made his move to pull back Tibaduiza. Although Al closed the gap slightly, Domingo picked up the pace again during the last 300 yards to win in 14:40 as the field finished along Virginia Street in front of the casinos. Dehlinger ran 14:49 while Rick Gentry from California finished 3rd in 15:15 to pick up the last of the prize money for the men.

On the women's side, PA-TAC 5K champion Terry Schmidt-Puckett was perhaps pushed harder than many expected by Domingo's sister Rosie Cardenas. Terry stayed ahead to win in 17:25 over Rosie's excellent run of 17:37. In third was All-American Angela Cook from BYU who tried to catch Terry and Rosie for a while before "getting practical" and settling for third. Fourth was Chris Craigen-Schmidt who is Terry's sister followed by Angela's sister Becky Cook.

Overall Results

1	Domingo Tibaduiza (37) Reno	14:40
2	Alan Dehlinger (26) Reno	14:49
3	Rick Gentry (32) So.LakeTahoe	15:15
4	George Hernandez (34) Sparks	15:21
5	Scott Peterson (19) Sparks	15:25
6	Cameron Mason (23) Hawthorne	15:44
7	Joseph Devito (21) Largo	15:48
8	Matt Huber (24) Reno	15:50
9	Ron Richardson (30) Quincy	16:03
10	Bob Jonston (21) Sacto	16:07
11	Raul Hernandez (37) Reno	16:08
12	Andy Klages (30) Reno	16:18
13	Jerry Jobski (42) So.LakeTahoe	16:31
14	Ken Adams (21) Reno	16:31
15	Glenn Hardin (44) Sparks	16:45
16	Perry Hayden (42) Reno	16:51
25	Terry Schmidt-Puckett(31)Reno	17:25
28	Steve Sloan (91) Reno	17:35
31	Rosalba Cardenas (24) Reno	17:37
43	Angela Cook (21) Reno	18:46
47	Chris Craigen-Schmidt(36)Braw	19:14
51	Becky Cook (18) Reno	19:27
66	Linda Mantynen (38) Markleevl	20:06
67	Lizanne Nieddenriep (21) Reno	20:06
69	Cris Long (26) Reno	20:11
75	Ron Ogilvie (54) Reno	20:29
80	Ian McFarlane (52) Reno	20:39
81	George Ball (53) Reno	20:40
86	Cynthia Gould (18) Reno	20:52
87	Thomas Burgess (90) Gladstone	20:54

Legg Lake Run

July 9. So. El Monte. 5K.

Division Results - Men
6-9: 1. Bill Del Toro 33:46, 10-14: 1. Richard Vasquez 23:59, 19-24: 1. Cleofas Esquivel 16:39, 2. Richard Morgan 19:26, 3. Bryon Takeuchi 21:18, 25-29: 1. Luis Alvarado 16:44, 2. Vicente Rivera 17:14, 3. Vincent Macias 18:02, 30-34: 1. Enrique Serratos 16:27, 2. Jose Rodriguez 17:00, 3. Antonio Herrera 17:03, 35-39: 1. Jerry Lawrence 18:21, 2. Raul Orozco 18:28, 3. Gustavo Bedoy 20:37, 40-44: 1. Jarrett Williams 17:47, 2. Alfredo Tovar 20:02, 3. Juan Arcos 20:25, 45-49: 1. Richard Corriveau 20:46, 2. Ismael Gonzalez 20:55, 3. Harry Perez 21:29, 50-54: 1. Cliff Stolba 19:30, 60-64: 1. Larry Banuelos 21:35, 3. Wiley Nelson 31:46, Walkers: 1. Ed Bouldin 23:48, 2. Larry Mead 37:41, 3. Ricardo Cija 41:29.

Division Results - Women
15-18: 1. Tracy Williams 20:22, 19-24: 1. Carmen Sandoval 32:47, 25-29: 1. Licumin Diaz 25:51, 2. Isabel Valdez 27:51, 30-34: 1. Alexandra Martinez 25:44, 35-39: 1. Alice Quinoiza 31:19, 2. Elan Del Toro 34:13.

Legg Lake Run

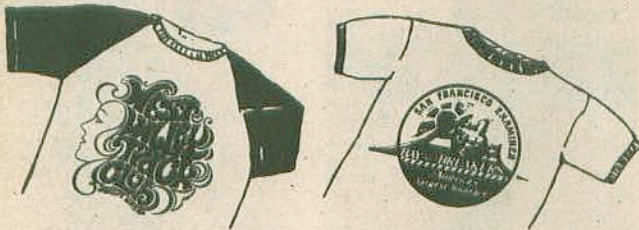
July 11. So. El Monte. 5K.

Division Results - Men
6-9: 1. Bryce Pikar 24:22, 10-14: 1. Jarres Chavez 16:31, 15-18: 1. Dwight Kicky 21:10, 2. Jonas Waker 23:20, 3. Wilbur Jimenez 29:04, 19-24: 1. Mariano Banuelos 16:29, 2. Todd Nott 16:31, 3. Martin Rodriguez 18:33, 25-29: 1. Rafael Moran 16:50, 2. Nate Carasco 16:53, 3. John Lopez 18:34, 30-34: 1. Roger Enfield 18:56, 2. Al Chavez 23:40, 35-39: 1. Armand Rodriguez 21:58, 2. Michael Rattel 33:54, 40-44: 1. Jarrett Williams 17:52, 2. Dwight Smith 21:12, 3. Robert Burke 21:47, 45-49: 1. Richard Corriveau 20:24, 2. Rijo Con-

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Results

The Edgewood

July 12. Redwood City. 3.5 Mi & 7.5 Mi.

Overall Results - 3.5 Mile

- Bob Cooper (32) S.F. 22:52
- Dick Cochran (44) Evanston, IL 25:45
- Barry Woelfel (34) S. Rosa 28:25
- Michael Ewing (42) Woodside 28:35
- Ron Walker (43) Los Altos 28:45
- Bob Brown (31) RedwoodCity 32:58
- Bob Blackburn (49) RedwoodC 33:01
- Glenn Fernandez (26) Alameda 34:01
- Jim Scileny (40) Redwood City 34:54
- Anthony Quintana (14) RedwoodC 35:22

Division Results - Men's 3.5 Mile

- 15 & Under:** 1. Anthony Quintana 35:22.
16-29: 1. Glenn Fernandez 34:01, 2. Mike Orth 35:31, 30-39: 1. Bob Cooper 22:52, 2. Barry Woelfel 28:25, 3. Bob Brown 32:58.
40-49: 1. Dick Cochran 25:45, 2. Michael Ewing 28:35, 3. Ron Walker 28:45, 40-49: 1. Lori Buckley 45:34, 2. Kathy Dodd 53:02, 50-59: 1. Tom Cooper 35:30.

Division Results - Women's 3.5 Mile

- 16-29:** 1. Heather Shafer 40:47, 30-39: 1. Leslie Airola 36:40, 2. Jeannie Peterson 38:25, 3. Paula Antonelli 46:10, 40-49: 1. Lori Buckley 45:34, 2. Kathy Dodd 53:02.

Overall Results - 7.5 Mile

- Matt Rabuzzi (26) S.F. 41:20
- Rico Aparicio (22) Belmont 41:22
- Art Ting (33) Atherton 42:15
- Syl Pascale (38) SanCarlos 42:24
- Jeff Taylor (18) Redding 43:15
- Craig Welch (25) San Jose 43:30
- John Ingram (24) RedwoodCity 43:46
- Gregory Mandanis (28) SanBruno 45:26
- Matt Donnelly (16) RedwoodC 45:38
- James Hult (40) SanMateo 45:45

Division Results - Men's 7.5 Mile

- 16-29:** 1. Matt Rabuzzi 41:20, 2. Rico Aparicio 41:22, 3. Jeff Taylor 43:15, 30-39: 1. Art Ting 42:15, 2. Syl Pascale 42:24, 3. Kevin Thompson 45:50, 40-49: 1. James Hult 45:45, 2. Glen Berwick 46:31, 3. Peter Franks 47:20, 50-59: 1. Jim Donnelly 49:57, 2. Kent Morgan 51:35, 3. Richard Laine 51:44.

Division Results - Women's 7.5 Mile

- 16-29:** 1. Sheri McCarroll 51:10, 2. Lisa Buese 60:10, 3. Marlys Staley 60:13, 30-39: 1. Cynthia Nesvig 55:16, 2. Donna Poggi 58:39, 3. Sheila Moore 86:10, 50-59: 1. Ann Morgan 70:20.

Hayward Sertoma Classic 10K

July 12. Hayward.

Overall Results

- Troy Durham (53) Hayward 29:42
- Mike Warr (26) Napa 31:37
- Jeff Salazar (24) Saratoga 32:20
- Thom Trimble (28) Lafayette 32:27
- Loren Diaz (26) CastroVly 32:52
- Mike Gama (28) Hayward 33:51
- Robert Grove (19) Fremont 33:55
- Robert Witherell (25) SanJose 34:13
- Rod Johnson (32) Milpitas 34:16
- Thomas Woo (28) Fremont 34:49
- Don Looby (28) Hayward 34:57
- Jim Reitz (43) Livermore 35:01
- Javier Mendieta (24) S.F. 35:24
- Chris Brown (21) Livermore 35:44
- Jim West (27) Hayward 35:53
- Brian Gulian (24) San Jose 35:57
- Marlon Austin (33) Manteca 36:00
- Michael Plummer (29) Newark 36:09
- Roger Zoldan (40) Fremont 36:15
- Wm Graham (46) Lompoc 36:30
- John Deitchman (46) San Jose 36:37
- Adam Wise (17) SanLeandro 37:07
- William Johnston (37) Plestn 37:08
- Ken Mills (52) San Jose 37:09
- Phuoc Tran (19) San Jose 37:16
- Dan Buchanan (33) CastroVly 37:22

- John Shaterian (17) Lafayette 37:31
- Mike Conway (27) PlesHil 37:33
- Dino Daniels (13) Union City 37:39
- Gary Breen (25) WalnutCk 37:45
- Alex Vago (46) San Jose 37:56
- Bernard Demai (39) Albany 38:20
- Robert Fink (26) PlesHil 38:23
- John Monteverdi (41) Oakland 38:34
- Frank Kretz (27) SanJose 38:39
- Sharon Sander (25) CastroVly 38:44
- Gerald Campo (29) SantaClara 38:48
- Marc Palsin (41) Oakland 38:56
- Bob Alexander (38) Hayward 39:10
- Timothy O'Hara (31) UnionCity 39:13

Division Results - Men

- 12 & Under:** 1. Menh Trley 47:32, 2. Lance Morrison 51:51, 13-18: 1. Adam Wise 37:07, 2. John Shaterian 37:31, 3. Dino Daniels 37:39, 19-25: 1. Jeff Salazar 32:20, 2. Robert Grove 33:55, 3. Javier Mendieta 35:24, 26-30: 1. Mike Warr 31:37, 2. Thom Trimble 32:27, 3. Loren Diaz 32:52, 31-35: 1. Rod Johnson 34:16, 2. Marlon Austin 36:00, 3. Timothy O'Hara 39:13, 36-40: 1. Roger Zoldan 36:15, 2. William Johnston 37:08, 3. Bernard Demai 38:20, 41-45: 1. Jim Reitz 35:01, 2. John Monteverdi 38:34, 3. Marc Palsin 38:56, 46-53: 1. Wm Graham 36:30, 2. John Deitchman 36:37, 3. Ken Mills 37:09, 54-61: 1. Joe Tremi 44:05, 2. Joe Devane 45:03, 3. Herman Perez 46:22, 62 & Over: 1. Don Wilgus 47:23, 2. Duane Christiani 54:20, 3. Bob Gordon 56:30.

Division Results - Women

- 19-25:** 1. Sharon Sander 38:44, 2. Danna Macintosh 1:12:13, 3. Lori Johnston 1:12:14, 26-30: 1. Les Ban 42:26, 2. Hilary King 42:55, 3. Marian Richard 46:36, 31-35: 1. Susan Quaid 42:35, 2. Rona Butcher 43:50, 3. Barbara Clarich 51:43, 36-40: 1. Barbara Zoldan 43:36, 2. Shelley Black 44:27, 3. Vicki Scott 51:33, 46-53: 1. Diane Bromstead 47:46, 2. Karen Gudiksen 48:34, 3. Maria Glezendanner 56:15, 54-61: 1. Helen Gallagher 1:08:47, Wheelchair: 1. Troy Durham 29:42, 2. Robert Witherell 34:13, 3. Brian Gulian 35:57.

Legg Lake Evening Run

July 16. So. El Monte. 5K.

Division Results - Men

- 6-9:** 1. Bill Del Toro 31:47, 10-14: 1. Gabriel Carranza 23:45, 15-18: 1. Contreras Efrain 20:58, 19-24: 1. Cleofus Esquivel 16:45, 2. Richard Morgan 19:35, 25-29: 1. Luis Alvarado 16:32, 2. Vicente Rivera 17:12, 3. Jose Dedoy 20:54, 30-34: 1. Enrique Serratos 16:08, 2. Jose Rodriguez 17:03, 3. Ramiro Rodriguez 19:39, 35-39: 1. Ray Gonzales 20:24, 2. Gustavo Dedoy 20:28, 3. Gullbrme Toro 21:13, 40-44: 1. Jarrett Williams 17:57, 2. Alfredo Tovar 19:27, 3. Juan Arcos 20:55, 45-49: 1. Ismael Gonzalez 20:06, 2. Richard Corriveau 20:22, 3. Jon McIntosh 23:03, 50-54: 1. Cliff Stolba 19:19, 60-64: 1. Wiley Nelson 26:09, Walkers: 1. Ed Bouldin 23:38, 2. Ricardo Ceja 41:25.

Division Results - Women

- 19-24:** 1. Jenny Valdez 26:09, 2. Carmen Sandoval 32:25, 25-29: 1. Isabel Valdez 26:01, 2. Judy Chavez 32:70, 30-34: 1. Doris Chavez 25:54, 35-39: 1. Gloria Gonzales 26:52, 40-44: 1. Barbara Penkema 23:57, 2. Rachel Martinez 31:04, 45-59: 1. Kelly May Wilson 26:20.

Men's Team Results

1. Serratos A Team, 2. 099ers Pico Rivera A.C., 3. Trend West.

Women's Team Results

1. Pico Rivera 099ers A.C., 2. Trend West.

Mill Valley 5K

July 17, Mill Valley, Contributed by Jim Furman.

Sponsored by Tamalpa Runners, this is the successor to last year's Tamalpa 5K.

Legg Lake Morning Run

July 18. So. El Monte. 5K.

Division Results - Men

- 6-9:** 1. Richard Dermudez 23:06, 25-29: 1. Rafael Moran 16:48, 2. Nati Carrasco 17:45, 30-34: 1. Jose Rodriguez 17:12, 2. Mike Day 20:45, 3. Jaime Hernandez 21:40, 35-39: 1. Walt Hill 17:04, 40-44: 1. Jarrett Williams 19:22, 2. Mike Lalum 21:01, 3. Dwight Smith 21:20, 45-49: 1. Richard Corriveau 20:23, 2. David Nuttall 20:35, 50-54: 1. Cliff Stolba 19:33, 2. Carlo Leone 20:41, 3. Lorenzo Tovar 22:01, 55-59: 1. Daniel Mejia 21:46, 60-64: 1. Larry Banuelos 20:27, 2. Daniel Lujan 21:57, 3. Wiley Nelson 25:24, 70-79: 1. Frasser MacMinn 25:51, 2. Fred Shanley 27:53, 80 & Over: 1. Jacob Bishin 41:46, Walkers: 1. Ed Bowdin 23:11.

Division Results - Women

- 40-44:** 1. Georgina Nuttall 23:07, 2. Anne Burke 24:13.

Women's Distance Festival

July 18. San Luis Obispo. 5K.

Overall Results

- Brigid Freyne (16) Riverside 17:39
- Barbara Barcellona (17) GroverC 20:08
- Brandy Barr (11) Nipomo 20:25
- Kristine Bowser (17) Nipomo 20:34
- Shannon Alley (17) PismoBch 20:55
- Katy Horn (16) ArroyoGrande 20:55
- Lauren Jefferson (12) SLO 21:02
- Pam Ricci (30) SLO 21:11
- Kathey Krieger (18) SLO 21:16
- Hope Ramey (15) ArroyoGrande 21:20

photo by Elaine Rosenfield



BRIGID FREYNE

photo by Elaine Rosenfield



BARBARA BARCELLONA

Results

Tulare Parks & Recreation Dept.

July 18. Tulare. 4 Mile.

Overall Results

1 Jim Hartig (30-34)	19:54
2 Richard Nunez (16-19)	20:07
3 James Besser (19-24)	20:08
4 Darryl Jewell (19-24)	20:35
5 Bob Linsey (40-44)	20:43
6 Isaias Luna (30-34)	20:46
7 Thomas Valles (16-18)	20:50
8 Max Guardiola (16-18)	21:34
9 Robert Taylor (25-29)	21:40
10 Johnny Samaniego (13-15)	21:42
18 Tanis Leyendekker (19-29)	22:51
25 Renee Ortiz (19-29)	24:00
28 Margie Timberlake (40-49)	24:19
31 Shannon Battles (19-29)	24:57
38 Carlota Otero (30-39)	26:52

Occidental Country Run

July 19. Occidental. 10,000 Meters.

Overall Results

1 Jim Noonan (26) S.Rosa	34:59
2 Michael Fink (18) S.Rosa	35:46
3 Erik Bohn (21) Sebastopol	36:41
4 Derek Bloomquist (17) Sebastopol	37:36
5 Brendan Hutchinson (43) S.Rosa	38:26

6 Gwin Stumbaugh (34) S.Rosa	39:06
7 Michael Presley (27) Oxy	39:30
8 Bill Bugler (51) Burlingame	39:50
9 Ralph Marms (51) S.Rosa	40:30
10 Dave Brancamp (25) S.Rosa	41:18

Division Results - Men

13-17: 1. Derek Bloomquist 37:36, 2. Sean Fitzpatrick 46:38. 18-24: 1. Michael Fink 35:46, 2. Erik Bohn 36:41, 3. Mark Hendricks 42:33. 25-29: 1. Jim Noonan 34:59, 2. Michael Presley 39:30, 3. Dave Brancamp 41:18. 30-34: 1. Gwin Stumbaugh 39:06, 2. Jeffrey Bell 44:14, 3. David Pozzi 46:39. 35-39: 1. Bob Besso 42:12, 2. Richard Tondord 43:30, 3. Art Spaletta 44:08. 40-49: 1. Brendan Hutchinson 38:26, 2. John Ancic 42:13, 3. Scott Hoopes 43:57. 50 & Over: 1. Bill Bugler 39:50, 2. Ralph Marms 40:30, 3. Gene Coyle 50:13.

Division Results - Women

12 & Under: 1. Kari Horn 50:32. 13-17: 1. Nika Horn 46:40. 18-24: 1. Maura Fischer 51:57, 2. Cathy Preston 52:49. 25-29: 1. Lynda Rush 1:14:09. 30-34: 1. Jan Kahdeman 52:13, 2. Joanne DeJung 53:32, 3. Mary Balestrieri 1:09:09. 35-39: 1. Vicki French 45:04, 2. Linda Jennings 53:25, 3. Allyce VonWeidlich 59:43. 40-49: 1. Eileen Atkinson 50:37, 2. Sherri Guinn 55:39, 3. Pamela Horton 58:20. 50 & Over: 1. Margaret Houston 50:46.

Legg Lake 5K

July 23. So. El Monte.

Division Results - Men

6-9: 1. George Contreras 24:32, 2. Bill del Toro 34:32. 15-18: 1. Dwight Kesley 21:55.

19-24: 1. Cleofas Esquivel 16:40, 2. Richard Morgan Jr. 19:53, 3. Gustavo Hernandez 22:02. 25-29: 1. Luis Alvarado 16:30, 2. Dan Burton 17:42, 3. Jose Bedoy 20:43. 30-34: 1. Enrique Serratos 16:27, 2. Jose Rodriguez 17:12, 3. Amedeo Roche 18:21. 35-39: 1. Manny Alvarez 19:58, 2. Gustavo Bedoy 20:04, 3. Ray Gonzales Jr. 21:03. 40-44: 1. Alfredo Tovar 19:07, 2. Juan Ricos 20:37, 3. Mike Lalum 20:51. 45-49: 1. Fred Glover 19:32, 2. Richard Corriveau 20:30. 50-54: 1. Cliff Stolba 19:27. 55-59: 1. Bruce Odou 26:25. 60-64: 1. Larry Banuelos 20:15, 2. Wiley Nelson 26:21. 65-69: 1. Juan Guzman 26:17. Walker: 1. Ed Bouldin 30:02, 2. David Kealy 33:19, 3. Larry Mead 38:55.

Division Results - Women

19-24: 1. Juana Valdez 24:54. 25-29: 1. Valdez Isabel 29:04, 2. Liouvinia Diaz 25:52. 30-34: 1. Doris Chung 25:06, 2. Alexandra Martinez 27:07. 45-49: 1. Margret Shields 22:54, 2. Mary Neison Kelly 26:38.

Legg Lake Morning Run

July 25. So. El Monte.

Division Results - Men

6-8: 1. Bryce Pekar 23:51. 15-18: 1. Juan Bedoy 32:05. 19-24: 1. Mariano Banuelos 16:47. 25-29: 1. Rafael Moran 17:11, 2. Vicente Rivera 17:25, 3. John Carrasco 17:35. 30-34: 1. Francisco Rodriguez 19:14, 2. Jesus Herrera 20:12. 40-44: 1. Jarrett Williams 18:32, 2. Alfredo Tovar 18:59, 3. Jeff Jensen 20:24. 45-49: 1. Mike Pekar 24:53. 50-54: 1. Lorenzo Tovar 21:36, 2. Carlos Vega 21:56, 3. Ben Campos 33:17. 55-59: 1. Bruce Odou 21:24. 60-64: 1. Wiley Nelson 26:39.

Division Results - Women

Walker: 1. Tina Jillson 34:51. 10-14: 1. Tammy Hall 20:43, 2. Danielle Pekar 20:30. 19-24: 1. Kristie Jensen 23:58. 25-29: 1. Lupe Becerra 31:58. 35-39: 1. Deborah Hobbs 22:16. 50-54: 1. Dalores Vega 30:46. 60-64: 1. Daisy Wong 24:44.

Sri Chinmoy 3 Mile Race

July 25. Santa Barbara.

Overall Results

1 Willy Rossow	15:46
2 Gregg Horner	15:53
3 David Goodrich	16:02
4 Kemp Aberg	17:22
5 Reid Parker	17:32
6 Dane Kuta	17:44
7 Matt McNeil	18:19
8 Brad Drake	18:25
9 John Patterson	18:33
10 Larry Savage	18:52
11 Ed Wroblewski	18:54
12 Gene Quintana	19:05
13 Maureen Galvin	19:19
14 Cheri Savage	19:22
15 Patsy Simioni	25:30
16 Paul Gilbert	27:44

Division Results - Men

Under 50: 1. Willy Rossow 15:46, 2. Gregg Horner 15:53, 3. David Goodrich 16:02. 50 & Over: 1. Paul Gilbert 27:44.

Division Results - Women

Under 50: 1. Maureen Galvin 19:19, 2. Cheri Savage 19:22, 3. Patsy Simioni 25:30.

Wharf to Wharf Race

July 26. Santa Cruz to Capitola.

Overall Results - Men

1 Jay Marden	28:14
2 Steve Bishop	28:14
3 Tim Gruber	28:32
4 Steve Ortiz	28:40

5 Rusty Knowles	28:50
6 Rob Anex	28:54
7 Glyn Reynolds	29:00
8 Jeff Shaver	29:02
9 Jimmy Ortiz	29:03
10 Harold Kuphaldt	29:13

Overall Results - Women

1 Nancy Ditz	31:58
2 Patty Gray	33:23
3 Laurie Binder	33:32
4 Terry Puckett	33:45
5 Barb Myers-Acosta	33:48
6 Name Unavailable	33:49
7 Name Unavailable	33:57
8 Laurie Chapman	34:01
9 Carrie Garrison	34:02
10 Jani Johnson	35:05

Division Results - Men

18 & Under: 1. Michael Parrott 30:48, 2. Marty Brenner 31:32, 3. Bobby Bandt 31:53. 40 & Over: 1. Bill Gerald 31:06, 2. Ken Adams 31:58, 3. Gary Goettliemann 32:17.

Division Results - Women

18 & Under: 1. Carrie Garrison 34:03, 2. Kathy Dalton 38:18, 3. Kerry Stevaisette 40:00. 40 & Over: 1. Juana Stavalone 34:09, 2. Jean Williams 40:33, 3. Alice Rosa 41:40.

Legg Lake Evening Run

July 30. So. El Monte.

Division Results - Men

6-9: 1. Jorge Contreras 25:24, 2. Bill del Toro 30:11, 3. Greg Roberts 40:21. 10-14: 1. Jason Atherley 28:27, 2. Scott Nelson 33:43, 3. Jeromie Roberts 40:33. 15-18: 1. Efrain Contreras 25:23. 19-24: 1. Cleofas Esquivel 16:22, 2. David Nunez 18:39. 25-29: 1. Luis Alvarado 16:24, 2. Dan Burton 17:19, 3. Jose Bedoy 21:00. 30-34: 1. Enrique Serratos 16:17, 2. Jose Rodriguez 17:15, 3. Nicolas Geluboe 17:41. 35-39: 1. Gustavo Bedoy 19:45, 2. Guillermo del Toro 20:56, 3. Ron Chiya 21:27. 40-44: 1. Jarette Williams 17:58, 2. Alfredo Tovar 19:19, 3. Juan Garcia 19:23. 45-49: 1. Fred Glover 20:01, 2. Jon McIntosh 23:36. 55-59: 1. Bruce Odou 20:52, 2. Ed Duffley 24:40. 60 & Over: 1. Larry Banuelos 22:04, 2. Wiley Nelson 40:38. Walkers: 1. Ed Bouldin 33:38.

Division Results - Women

10-14: 1. Veronica Gutierrez 33:37. 19-24: 1. Deila Quigley 27:54, 2. Carmen Sandoval 30:49. 25-29: 1. Liduvina Diaz 26:00, 2. Isabel Valdez 30:13. 30-34: 1. Barbara Zedesna 25:18, 2. Doris Chung 25:36, 3. Donna Nowakowski 32:05. 35-39: 1. Teresa Verusco 24:07, 2. Elsa del Toro 34:49.

San Gabriel Rivera Bike Trail 12K

August 1. So. El Monte.

Division Results - Men

10-14: 1. David Schnabel 1:09:48. 19-24: 1. Jose Olivas 43:31. 25-29: 1. Kevin Thornburgh 45:30, 2. John Lopez 51:36, 3. Douglas Scott 52:13. 30-34: 1. Bernie Brizuela 43:31, 2. Jose Rodriguez 45:03, 3. Joaquin Martinez 48:05. 35-39: 1. Joe Englebrecht 48:36, 2. Manny Alvarez 52:57, 3. Alex Hedges 52:59. 40-49: 1. Jarrett Williams 48:03, 2. Jim Cope 49:05, 3. Virgil Redman 49:21. 50-54: 1. Carlo Leone 51:51, 2. Ronald Claes 54:39, 3. John Williams 55:02. 55-59: 1. Bruce Odou 1:02:06. 60-64: 1. Wiley Nelson 1:11:30. 70-79: 1. Fraser MacMinn 1:04:11 age record.

Division Results - Women

6-9: 1. Shery Hobbs 1:09:48, 2. Stephanie Hobbs 1:21:00. 20-24: 1. Carmen Sandoval 1:24:25, 2. Juana Valdez 1:33:47. 40-44: 1. Anne Burke 1:08:28. 45-49: 1. Cecily Yvonne Parke 54:46 age record. 60 & Over: 1. Bess James 1:27:46.



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Results

Fiesta Footraces

August 1. Santa Barbara. 30K & 5K.

Overall Results - 30K

1	Dennis Kurtis (33) SanJose	1:39:41
2	Allen Just (25) Buena Pk	1:41:23
3	Michael Hunt (28) Camarillo	1:41:57
4	Tim Minor (29) Ventura	1:44:03
5	Rudy Hernandez (35) S. Maria	1:46:44
6	Ryan Lamppa (28) Carpinteria	1:46:59
7	Will Pittenger (36) S. Barb	1:47:16
8	Keith Munson (40) Ojai	1:47:46
9	Greg Horner (33) S. Barb	1:49:54
10	Donald Ocana (36) Anaheim	1:50:05
11	Hermilio Guerrero (32) S. Barb	1:51:11
12	Carmelo Rios (27) Fremont	1:51:12
13	Jim Kornell (36) S. Barb	1:51:44
14	Keith Olson (24) L.A.	1:52:11
15	Greg Ruiz (35) S. Barb	1:52:16

Division Results - Men

18 & Under: 1. Max Lawson 2:16:13, 2. Tom Ryan 2:16:24, 3. Tim Birstow 2:33:55. **19-24:** 1. Keith Olson 1:52:11, 2. Lionel Shaw 1:59:22, 3. Tarek Hamawi 2:00:20. **25-29:** 1. Allen Just 1:41:23, 2. Michael Hunt 1:41:57, 3. Tim Minor 1:44:03. **30-34:** 1. Dennis Kurtis 1:39:41, 2. Greg Horner 1:49:54, 3. Hermilio Guerrero 1:51:11. **35-39:** 1. Rudy Hernandez 1:46:44, 2. Will Pittenger 1:47:16, 3. Donald Ocana 1:50:05. **40-44:** 1. Keith Munson 1:47:46, 2. Phil Grant 1:54:59, 3. Robert Davison 1:57:41. **45-49:** 1. Ron Navarrette 2:00:40, 2. Joe Burgasser 2:05:47, 3. Larry Brooks 1:05:58. **50-54:** 1. Curtis Ridling 2:06:52, 2. Fred Kamgar 2:07:28, 3. Bill Skieresz 2:10:08. **55-59:** 1. Terence Gets 2:17:03, 2. Richard O'Keefe 2:18:09, 3. Hu Goldstein 2:28:33. **60-69:** 1. Fred Nagelschmidt 2:09:44, 2. Ray Gil 2:27:05, 3. Jack Kirkpatrick 2:31:39.

Division Results - Women

19-24: 1. Gail Mark 2:23:20, 2. Julie Baratto 2:30:00, 3. Cathy Rowan 2:36:44. **25-29:** 1. Janine Aiello 1:53:03, 2. Donna Chin 2:04:09, 3. Suzanne Rechcigl 2:10:32. **30-34:** 1. Debra Sharp 1:58:23, 2. Sara Denning 2:06:06, 3. Aine Lynam 2:11:15. **35-39:** 1. Elaine Triplett 2:01:30, 2. Claudia Morales 2:01:46, 3. S. Jensen 2:06:21. **40-44:** 1. Harolene Walters 2:02:58, 2. Judy Kewley 2:21:52, 3. Janet Franzese 2:32:46. **45-49:** 1. Kathy Kusner 2:32:17, 2. Diana Chronert 2:35:07, 3. Ana Schwartz 2:40:35. **50-54:** 1. Shirley Blush 2:37:13, 2. Arlene Mazur 2:43:03.

Overall Results - 5K

1	Tom Bolt (22) S. Barb	15:22
2	Michael Triplett (28) S. Barb	15:56
3	Vicken Simonian (30) L.A.	16:11
4	Derek Turner (24) Goleta	16:13
5	Pete Dolan (27) Goleta	16:13
6	Gabe Sanchez (15) LaHabra	16:15
7	Dennis Odion (28) S. Barb	16:19
8	David Goodrich (19) S. Barb	16:27
9	Stephen Harney (39) S. Barb	16:32
10	Matt McMullen (27) L.A.	16:41
11	Mike Lohr (28) S. Barb	16:41
12	Mickey Depalo (40) Burbank	16:42
13	James Garrison (11) Fullerton	16:51
14	Larry Higginbotham (28) L. Bch	16:52
15	Timothy Schenone (21) SanJose	16:55
16	Troy Burns (17) Ventura	17:08
17	Palmer Jackson (22) S. Barb	17:09
18	Kendal Moss (20) Saugus	17:09
19	Reyes Lopez (22) S. Barb	17:09
20	David Valle (19) S. Barb	17:10

Division Results - Men's 5K

14 & Under: 1. James Garrison 16:51, 2. Jarrod Garrison 18:57, 3. Nate Kornell 22:34. **15-18:** 1. Gabe Sanchez 16:15, 2. Troy Burns 17:08, 3. David Tryk 17:15. **19-24:** 1. Tom Bolt 15:22, 2. Derek Turner 16:13, 3. David Goodrich 16:27. **25-29:** 1. Michael Triplett 15:56, 2. Pete Dolan 16:13, 3. Dennis Odion 16:19. **30-34:** 1. Vicken Simonian 16:11, 2. Scott Wingo 17:15, 3. Michael Vogel 17:45. **35-39:** 1. Stephen Harney 16:32, 2. Chuck Bown 17:16, 3. Rick Hallblom 18:03. **40-44:** 1. Mickey Depalo 16:42, 2. Dan Cresser

18:34, 3. Lott Steffey 18:48. **45-49:** 1. Neil Doherty 17:11, 2. Art Sylvester 18:19, 3. Dick Gear 19:09. **50-54:** 1. Richard Flores 17:56, 2. Ron Poston 17:58, 3. Pat Higgins 19:12. **55-59:** 1. Al Friedman 22:14, 2. Hugh Massey 24:37, 3. Norman Thomas 27:07. **60-69:** 1. Leon Glassburn 20:56, 2. Phil Jones 20:59, 3. Paul Heimberg 25:52. **70 & Over:** 1. Ed Stotsenberg 22:01, 2. Paul Gilbert 29:24, 3. Wilbur Aikin 36:29.

Division Results - Women's 5K

14 & Under: 1. Carrie Garrison 17:38, 2. Heather Eckberg 20:50, 3. Amy Skieresz 21:02. **15-18:** 1. Megan McCleary 19:45, 2. Nicole Barr 23:21, 3. Cecilia Jennings 26:44. **19-24:** 1. Catherine Dubay 18:31, 2. Anne Holte 18:59, 3. Monica Johnson 20:13. **25-29:** 1. Dianna Hall 18:17, 2. Kristen Ritchie 19:08, 3. Gae McClenathen 19:11. **30-34:** 1. Mary Ryzner 17:53, 2. Jerri Edwards 20:29, 3. Dianne Bush 20:41. **35-39:** 1. Mimi Baranowski 20:01, 2. Stephanie Welch 21:09, 3. Katherine Anderson 21:28. **40-44:** 1. Sandy Knowlton 20:22, 2. Patricia Parker 24:08, 3. June Johnson 24:19. **45-49:** 1. Mollie Davies 25:07, 2. Judy Alexander 25:33, 3. Carol Forster 25:53. **50-54:** 1. Amy Goldstein 24:11, 2. Barbara Winkler 29:29, 3. Lola Woodring 30:36. **55-59:** 1. Betty Crosby 27:48, 2. Lisbeth Gets 31:06, 3. Peggy Watson 33:54. **60 & Over:** 1. Margaret Miller 21:50, 2. Patricia Frankus 28:50, 3. Grace Schweitzer 32:10.

Gladiola Festival

August 1. Union City. 5K.

Overall Results

1	Glyn Reynolds (32) Cupertino	14:45
2	Mike Gama (28) Hayward	16:07
3	Julios Ratti (36) Oakland	16:22
4	Mike Roach (18) Fremont	16:25
5	Mark Reis (28) Newark	16:30
6	Jim Reitz (43) Livermore	16:36
7	Don Looby (28) Hayward	16:38
8	Eric Bellamy (17) Fremont	16:41
9	Mike Holton (33) Antioch	16:45
10	Marcus Puppo (21) Newark	16:47
11	Gil Garcia (33) Union City	16:55
12	Reggie Duhe (32) Union City	16:57
13	Doug Riggie (31) Campbell	16:58
14	Eric Harrison (34) Berkeley	17:08
15	Roger Zolldan (40) Fremont	17:09
16	Mohammad Gullfaraz (19) Stant	17:14
17	Ron Tanaka (41) SanJose	17:19
18	Ernie Morua (26) Newark	17:20
19	Rick Reitz (17) Livermore	17:21
20	Mike Sophie (29) Fremont	17:22
21	Dick Rodriguez (50) S.F.	17:23
22	Ron Kiyono (39) Union City	17:26
23	Rudy Hernandez (34) Union City	17:28
24	Nikos Mourtos (29) Sunnyvale	17:28
25	Dave Garcia (35) Hayward	17:29

Division Results - Men

13 & Under: 1. James Atalig 22:54, 2. Wayne Warnders 24:23, 3. Kevin Hirabayashi 24:58. **14-18:** 1. Mike Roach 16:25, 2. Eric Bellamy 16:41, 3. Rick Reitz 17:21. **19-29:** 1. Mike Gama 16:07, 2. Mark Reis 16:30, 3. Don Looby 16:38. **30-39:** 1. Glyn Reynolds 14:45, 2. Julios Ratti 16:22, 3. Mike Holton 16:45. **40-49:** 1. Jim Reitz 16:36, 2. Roger Zolldan 17:09, 3. Ron Tanaka 17:19. **50-59:** 1. Dick Rodriguez 17:23, 2. Ken Allen 18:21, 3. Mike Laramie 19:12. **60 & Over:** 1. Theodore Martin 23:43, 2. Duane Christiani 24:19, 3. Bob Gordon 24:51.

Division Results - Women

13 & Under: 1. Andrea Torrez 22:40, 2. Antoinete Urtiaga 23:14, 3. Summer Bundy 24:16. **14-18:** 1. Jill Jarosz 22:34, 2. Leslie Emplitt 23:08, 3. Gina Moreno 25:23. **19-29:** 1. Sharon Sander 18:44, 2. Isabelle Gaston 19:56, 3. Joyce Patti 22:21. **30-39:** 1. Phyllis Bahanan 19:05, 2. Vicki Marzick 20:45, 3. Barbara Zolldan 21:23. **40-49:** 1. Dianne Shaffer 24:57, 2. Nan McDonnell 26:13, 3. Carol Randall 28:39. **50-59:** 1. Diane Bromstead 23:27, 2. Raquel VanLeer 26:20, 3. Mona Quadros 28:51. **60 & Over:** 1. Charlotte Woolcock 46:58.

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Morro Rock Cayucos Run

August 1. Morro Bay.

Overall Results

1	Paul Lee (1st 19-29)	32:21
2	Darryl Tewel (2nd 19-29)	32:35
3	Peter Bottonlex (19-29)	32:48
4	Frank Hutchinson (1st 30-39)	32:59
5	Ross Newby (19-29)	33:20
6	Thomas Valles (1st 18 & U)	33:22
7	Adrian Huerta (19-29)	34:05
8	Angelo Limon (19-29)	34:20
9	Timothy Berger (19-29)	34:31
10	Alan Reynolds (19-29)	34:35
11	Johnny Samangio (2nd 18&U)	34:40
12	Amadoc Ayon (18&U)	34:54
13	Ken Carlson (18&U)	35:44
14	Eddie Salgado (19-29)	35:58
15	Henry Hernandez (2nd 30-39)	36:12
16	Ron Lessley (30-39)	36:16
17	John Blair (30-39)	36:27
18	Brent Hopkins (30-39)	36:38
19	John Rupp (1st 40-49)	36:57
20	Janie Johnson (1st F 30-39)	37:05
21	Laura Sanchez (1st F 19-29)	37:17
22	Larry Jamison (2nd 40-49)	37:40
23	Tracey Wait (19-29)	37:54
24	Brad Curry (19-29)	37:56
25	Rafael Weber (18&U)	37:59
26	Diane Dixon (2nd F 30-39)	39:19
27	Len Thornton (1st 50&O)	39:29
28	Kathy Hildebrand (2nd F 19-29)	39:10
29	James Liptford (2nd 50 & O)	41:34
30	Peggy Boedecker (1st F 40-49)	48:30
31	Tiffany Lybarger (1st F 18&U)	50:30
32	Ellen Kanhack (2nd F 40-49)	53:17
33	Yvonne Livett (1st F 50&O)	56:18
34	Stephanie Moore (2nd F 18&U)	57:45

1:24:30. Open: 1. Jess Llanez 1:09:38, 2. David Naranjo 1:11:34, 3. Tom Davidson 1:20:24. **19-29:** 1. Burt Pope 1:18:00, 2. Robert Taylor 1:20:19, 3. Gilbert Gonzalez 1:21:17. **30-39:** 1. Jim Hartig 1:13:45, 2. Steve Tredway 1:23:40, 3. Roy Hall 1:25:38. **40-49:** 1. Bob Lindsey 1:15:07, 2. Roger Sebert 1:26:09, 3. Bill Woody 1:30:51. **50-59:** 1. Tommy Upton 1:26:44, 2. Frank Delgado 1:28:48, 3. Grant Shard 1:51:09. **60-69:** 1. Frank Rodriguez 2:00:48, 2. Al Horanzy 2:26:54. **70 & Over:** 1. Harry Harder 1:54:33. **Wheelchair:** 1. Jim Brooks 2:43:02.

Division Results - Women

Open: 1. Battles 1:32:31, 2. Jenny Brekhus 1:33:13, 3. Sylvia Furze 1:54:59. **30-39:** 1. Sandy Jacob 1:42:32, 2. Carol Arney 1:43:53, 3. Coco Crum 1:49:22. **40-49:** 1. Margie Timberlake 1:30:02, 2. MaryAnn Barroso 2:01:07.

Squaw Valley USA Mountain Run

August 1. Squaw Valley.

Overall Results - Men

1	Denis O'Halloran	28:36
2	Jeff Twinnen	28:53
3	Marty Higginbotham	30:01
4	Scott Peterson	30:26
5	Miguel Tibaduiza	30:49
6	Rick Gentry	31:22
7	Bill Devine	31:24
8	Sean Crom	31:44
9	Skyler Jones	31:48
10	Phillip Sanderson	32:05
11	Ron Cross	32:21
12	Mike Lienhard	32:36
13	Jim Knox	32:45
14	Francisco Garcia	32:51
15	Mark Gregor	33:02
16	John Trent	33:18
17	Jeff Hildebrandt	33:27
18	Thomas Bartasi	33:34
19	Bernie Mellor	33:48
20	Dave Albert	34:16

Overall Results - Women

1	Terry Schmidt-Puckett	34:00
2	Peggy Smythe	36:23
3	Deborah Brenda	36:32
4	Angela Cook	38:38
5	Gwen Gaglianti	39:13
6	Colleen Connors	39:55
7	Bev Marx	40:36
8	Becky Cook	42:15
9	Eileen Burger	41:23
10	Susan Horst	41:45
11	Holly Ann Quintana	41:55
12	Jennie Jorgensen	42:25
13	June Lane	42:43
14	Cheryl Beaman	43:01
15	Wink Luskin	44:00
16	Cathryn Burrola	44:02
17	Debra Hakanson	45:58
18	Debra Devine	49:03
19	Stephanie Crang	46:37
20	Lizanne Neddenrri	47:13

Run Thru The Pines

August 1. Bass Lake. Half Marathon.

Overall Results

1	Jess Llanez (Clovis)	1:09:38
2	David Naranjo (Sanger)	1:11:34
3	Jason Lienau (Fresno)	1:11:56
4	Jim Hartig (Clovis)	1:13:45
5	Bob Lindsey (Fresno)	1:15:07
6	Burt Pope (Fresno)	1:18:00
7	Robert Taylor (Visalia)	1:20:19
8	Tom Davidson (Clovis)	1:20:24
9	Tim Heinze (Fresno)	1:20:39
10	Gilbert Gonzalez (Mendota)	1:21:17
11	Bobby Rodriguez (Fresno)	1:21:59
12	Danny Vega (Clovis)	1:23:07
13	Steve Tredway (Manteca)	1:23:40
14	Karl Polivka (Clovis)	1:24:30
15	Roy Halt (Fresno)	1:25:38
16	Roger Sebert (Visalia)	1:26:09
17	Terry Nephew (Clovis)	1:28:21
18	Tommy Upton (Avenal)	1:26:44
19	Kevin Ricklefs (EISobranite)	1:28:54
20	John Minney (Madera)	1:27:41
21	Frank Delgado (Fresno)	1:28:48
22	Joel Vento (Avenal)	1:29:56
23	Erin Woody (Fresno)	1:29:57
24	Margie Timberlake (Fresno)	1:30:02
25	Bill Woody (Fresno)	1:30:51

Division Results - Men

18 & Under: 1. Jason Lienau 1:11:56, 2. Bobby Rodriguez 1:21:59, 3. Karl Polivka

Results

TGIF Run

August 14. Palo Alto. 5K & 10K.

Division Results - Men's 5K
12 & Under: 1. Jory Wilcox 20:35, 2. Jason Hutton 30:09, 13-18: 1. Ted Stone 17:24, 2. Tai Flat 19:22, 3. Randy Stone 19:36.
19-29: 1. Ramon Curiel N.T., 2. Terry Smith, 3. John Von Seeburg. **30-39:** 1. Andre Crouzet-Pasc N.T., 2. Anthony King 16:51, 3. Wiktor Greger 18:25. **40-49:** 1. Raymond White N.T., 2. John Galletta 17:03, 3. Roger Zolidan 17:26. **50-59:** 1. John Feistiner 20:56, 2. Charles Botsford 21:00, 3. Tom Cooper 25:00. **60 & Over:** 1. Donald Anhorn 24:15, 2. Dale Yee 26:58, 3. Bob Gex 29:46.

Division Results - Women's 5K
12 & Under: 1. Cyndi Lee N.T., 2. Kate Conkling 22:31, 3. Summer Bundy 23:56. **13-18:** 1. Jennifer DeArmond 22:17, 2. Lisa Young 23:31, 3. Jennifer Maben 26:56.
19-29: 1. Elaine Marks N.T., 2. Betsy Seruc 21:09, 3. Jane Hall 22:24. **30-39:** 1. Kathi Comstock, 2. Donna Hinshaw 19:20, 3. Danelle Leong 19:44. **40-49:** 1. Carolyn McLeod 24:51, 2. Virginia Mitchem 25:09, 3. Nancy Martin 26:12. **50-59:** 1. Rita Kerr 27:26, 2. Peggy Nute 55:06. **60 & Over:** 1. Georgia Longsdon 39:00.

Division Results - Men's 10K
13-18: 1. Ashvin Saxena 39:27, 2. Canyon Twer 43:49, 3. Aaron Brubaker 50:53.
19-29: 1. Karl Amundson 35:13, 2. Carl Rose 35:18, 3. Jim Misener 35:25. **30-39:** 1. Ken Feldman, 2. Frank Ortiz, 3. Steve Slawson 33:34. **40-49:** 1. Gary Chamberlain 38:24, 2. Barney Eredia 38:59, 3. Carl Cull 39:13. **50-59:** 1. Leland Levy, 2. Boyce Nute 47:19, 3. Bill Avellino 48:44. **60 & Over:** 1. Duane Christiani 52:49, 2. Walter Jaye 54:49.

Division Results - Women's 10K
12 & Under: 1. Beth Conkling 56:41, 13-18: 1. Kerry Stivaletti 42:41, 2. Jennifer Franklin 50:38, 3. Donna Boswell 56:54.
19-29: 1. Nancy Patterson 41:13, 2. Michelle Small 41:41, 3. Becka Dyson 44:39. **30-39:** 1. Susan Nehse 40:39, 2. Barbara Zimmer 40:51, 3. Nina Katz 42:47.
40-49: 1. Phyllis Sanders, 2. Jan Franklin 52:24, 3. Jeanne Berry 55:29. **50-59:** 1. Diane Bromstead 49:42, 2. Lois Feron 67:39.

Tri for Real Triathlon

August 15. Antioch.

Overall Results
 1. Andy Kelsey (19) Danville 1:52:48
 2. Greg Grunwald (23) Berkeley 1:55:18
 3. Eric Johnson (29) Mt. View 1:55:44
 4. Dave Liotta (18) Lafayette 1:55:56
 5. Jeff Robinson (28) Pleasant Hill 1:56:21
 6. Brook Claibourne (20) Walnut Creek 1:56:31
 7. David Slothower (30) San Jose 1:58:54
 8. Jeffrey Anspach (26) Tallahas 1:59:25
 9. Jim Sugal (28) S.F. 2:01:18
 10. Susan Latshaw (26F) Berkeley 2:01:32

Division Results - Men
10-15: 1. Randy Stone 2:19:45, 2. Wade Wollin 3:14:05. **16-29:** 1. Andy Kelsey 1:52:48, 2. Greg Grunwald 1:55:18, 3. Eric Johnson 1:55:44. **30-39:** 1. David Slothower 1:58:54, 2. Ken Dobberpohl 2:09:41, 3. Steve Anderson 2:11:38. **40-49:** 1. David Leonard 2:21:26, 2. Dan Barkl 2:22:41, 3. Bill Marshall 2:24:17. **50-59:** 1. Stan Morner 2:24:47, 2. Bill O'Brien 2:26:54, 3. Jack Riley 2:32:24.

Division Results - Women
16-29: 1. Susan Latshaw 2:01:32, 2. Stephanie Danzig 2:16:32, 3. Nyna Guglielmana 2:23:57. **30-39:** 1. Carolyn Kovacevic 2:19:42, 2. Jennifer Wilkinson 2:25:24, 3. Patty Struve 2:34:43. **40-49:** 1. Sharon Marshall 2:38:17, 2. Carole Mawson 2:39:22.

Susan B. Anthony Women's 5K

August 15. Sacramento.

After four years at Birdcage Walk and a one year absence, the Susan B. Anthony Women's 5K Run emerged with a new sponsor, new course and in a new location. The Buffalo Chips Running Club sponsored the event along with the Women's Health Resources of Sutter Hospital (Sacto) and the new (certification pending) course was established starting and finishing at Glen Hall Park in the East Sacto area known as River Park. The course was a double out and back in a shaded, wind protected and pancake flat section of the city.

More than 200 women followed Robyn Root: blaze thought the cool and still morning air to a winning time of 16:37.23. This was the fastest time ever recorded in the 5 years of this race and led a field of two previous winners (Heike Skaden, 2nd in 17:39.35 and Eileen Clausgus running with her dog in 20:22). Third place was claimed by Allison Orofino, a previous University of Oregon collegiate runner, in 17:45.45. Allison led the Buffalo Chip Women's Team to a club challenge victory over the San Francisco based Impalas. The Chips scored 4 women before the first Impala (Debbie Bispo, 19:05.73) crossed the line.

Gift certificates for dinners at some of Sacramento's best restaurants went to the top three women and the first 40 female, Heide Skaden (19:26.17, actually first in the 50-54 division). Division awards were based on 5 year age groups and featured plaques with the Susan B. Anthony dollar. Roses were awarded to overall finishers.

Overall Results

1	Robyn Root	16:38
2	Heike Skaden	17:40
3	Allison Orofino	17:46
4	Chris Iwahashi	17:52
5	Teresa McCourt	17:52
6	Patty Smith	18:10
7	Sally Edwards	18:28
8	Debbie Bispo	19:06
9	Pam Allenby	19:16
10	Kim Kelton	19:21

Division Results

18 & Under: 1. Sarah Smith, 2. Shannon Reed. **19-24:** 1. Kim Kelton, 2. Robin Carboni, 3. Angela Schmidt. **24-29:** 1. Robyn Root, 2. Heike Skaden, 3. Allison Orofino. **30-34:** 1. Chris Iwahashi, 2. Vickie Pell, 3. Kitty Perry. **35-39:** 1. Sally Edwards, 2. Ann Gerhardt, 3. Irene Herman. **40-44:** 1. Pat Frei, 2. Judy Colton, 3. Cathy Sanchez. **45-49:** 1. Karen Frincke, 2. Birthe Kirsch, 3. Grete Carriger. **50-54:** 1. Heide Skaden, 2. Joan Reiss. **55-59:** 1. Peggy Ewing, 2. Joy Bunds. **60 & Over:** 1. Po Adams.

Distance Derby

August 15. Huntington Beach. 10 Mile.

Division Results - Men
20-29: 1. Greg Mislick 53:05, 2. John Araujo 53:36, 3. Rusty Hagemann 53:50. **30-35:** 1. Enrique Alvarez 54:06, 2. Greg Stromberg 54:40, 3. Bernie Grizuera 55:42. **36-40:** 1. Ken Kendall 58:41, 2. Mickey Depalo 58:45, 3. Jim Ketter 1:00:01. **41-45:** 1. John Loeschhorn 54:14, 2. Bob McGeough 58:19, 3. Maurie Bouquet 59:22. **46-50:** 1. Oscar Rosales 1:04:30, 2. Jim Bond 1:04:32, 3. Barry Hawley 1:05:38. **51-59:** 1. Tracy Brown 1:05:30, 2. Charlie Unger 1:08:32, 3. James Crandall 1:13:50. **60 & Over:** 1. Richard Jacobsen 1:20:28.

Division Results - Women

20-29: 1. Tracy Rose 1:04:27, 2. Junko Nishiguchi 1:09:59, 3. Leigh Lancy 1:13:15. **30-35:** 1. Sherri Hall 1:06:24, 2. Cecilia Jones 1:12:33, 3. Cherie Bergaron 1:16:06. **36-40:** 1. Cheryl Allen 1:09:46, 2.

Cheryl Carmall 1:09:46, 3. Deborah Wilkinson 1:10:18. **41-45:** 1. Margaret Neville 1:10:38, 2. Janice Estrick 1:19:28, 3. Sue Robbins 1:23:04. **46-50:** 1. Mary Alice Dugan 1:20:51, 2. Marcia Martyn 1:24:12, 3. Andrea Delkaskamp 1:38:20. **51-59:** 1. Wilma Maddock 1:15:10, 2. Amy Golstein 1:23:19, 3. Selma Coor 1:48:51.

Legg Lake 5K Morning Run

August 15. So. El Monte.

6-9: 1. Greg Roberts 39:57. **10-14:** 1. Chip English 20:52. **15-18:** 1. Joe Hogan 18:46, 2. David Lius 29:16. **19-24:** 1. Juan Tolentino 17:49, 2. Dermo Diaz 18:41, 3. Steve Trujillo 18:37. **25-29:** 1. Vicente Rivera 17:36, 2. Mark Shuster 18:27, 3. Jose Bedyo 20:22. **30-34:** 1. Allen Wells 24:46. **35-39:** 1. Manny Alvarez 20:11, 2. Jose Ortiz 21:11, 3. Pilo Guevara 22:04. **40-44:** 1. Jarrette Williams 18:24, 2. Adolfo Padilla 19:50, 3. Mike Lalum 21:24. **45-49:** 1. Dale Hutchins 26:30. **50-54:** 1. Richard Fores 18:10. **55-59:** 1. Ignacio Mariscal 21:06, 2. Daniel Mejia 22:00, 3. Jim Maynard 23:13. **60-64:** 1. Wiley Nelson 26:14.

Division Results - Women

10-14: 1. Lisa Navarro 28:02, 2. Natalie Hogan 28:06. **19-24:** 1. Lydia Quijada 37:48. **25-29:** 1. Karen Berghoefter 30:42. **30-34:** 1. Noni Long 21:37, 2. Erica Lansdown 20:15. **35-39:** 1. Neva Ingersoll 20:36. **45-49:** 1. Marilyn English 39:36. **60 & Over:** 1. Daisy Wong 29:37.

Mono Lake 10K

August 16. Mono Lake.

Almost 150 runners of all ages and abilities were treated to a good race and a great day of fun and festivities at the fifth annual Long Live Mono Lake 10K Run.

The fastest time overall was turned in by Jeff Townsend of Lake Tahoe, who finished the 6.2 mile course in 33:42. He was followed closely by Roman DeSota of San Luis Obispo (35:31) and Jan-Marc Baker of Mammoth Lakes (35:37).

In the women's division, the first finisher was Nancy Fiddler of the Tioga Pass Resort, with a time of 41:02. Second woman was Joni McAthie (43:44) of Mammoth Lakes and third was Patricia Suppa of Mono City (45:11).

Race Director Jim Parker of the Mono Lake Committee commented "It was an exceptionally beautiful day for running at Mono Lake. Everyone had a fine time for a very important cause." Proceeds from the run help the Mono Lake Committee in its efforts to preserve Mono Lake.

Many prizes and abundant refreshments were donated by local merchants to help make this a successful event.

Division Results - Men

17 & Under: 1. Ian Alsen, 2. Craig Larson, 3. Paul Kleindinst. **18-29:** 1. Roman DeSota, 2. Al Reynolds, 3. Tom Lyons. **30-39:** 1. Jeff Townsend, 2. Jan-Marc Baker, 3. Andy Musgrave. **40-49:** 1. Larry Ford, 2. Kenneth Schwisow, 3. P.J. Downey. **50-59:** 1. Mel Elliot, 2. John Davis, 3. Ben Jones. **60 & Over:** 1. Payson Taylor, 2. Frank Demers, 3. E.J. Artesani.

Division Results - Women

17 & Under: 1. Sheri Larson, 2. Siobhain O'Reilly, 3. Ida Wylie. **18-29:** 1. Joni McAthie, 2. Patricia Suppa, 3. Lucie Laporte-Keene. **30-39:** 1. Nancy Fiddler, 2. Sally Gaines, 3. Jan Work. **40-49:** 1. June Lane, 2. Reva Colliver, 3. Jean Schwisow. **50-59:** 1. Camille White, 2. Pat DeSota, 3. Marvele Taylor. **60 & Over:** 1. Marjorie Zimmerman.

Feather River Classic Run

August 16. Quincy. 5K & 10 Mile.

The Feather River Classic Run was held on August 16th, in conjunction with the Plumas County Fair. The race started at the entrance to fairgrounds and ended at the Pioneer Park and pool grounds. It was a good race enjoyed by the participants and volunteers alike. The recreation district would like to announce the winners of the race. There was a 5K and a 10 Mile with winners in each age group for male and female racers and awards going to the first three places overall for both men and women.

Top Three - Men's 5K
 1. Mike Wall 15:05
 2. Martti Rizzo 15:22
 3. George Tedford 15:36

Top Three - Women's 5K
 1. Tina Gorbelt 17:14
 2. Lisa Cobb 18:31
 3. Barbara Hood 20:09

Top Three - Men's 10 Mile
 1. Denis O'Hallovan 52:20
 2. Mike Lundblad 53:55
 3. Ron Richardson 54:57

Top Three - Women's 10 Mile
 1. Jessie Stratton 1:11:54
 2. Vicky Fisci 1:17:47
 3. Peggy Boedecker 1:19:31

Big Event Footrace

August 16. Bodega. 5K & 10K.

Division Results - Men's 5K
13 & Under: 1. Kevin Laceyfield 24:00, 2. Jesse Debaca-Barrios 24:40, 3. Kenneth Burgoyne 26:00. **14-18:** 1. John Mumm 16:26, 2. Paul Laceyfield 21:12, 3. Serik Barrios 23:57. **19-29:** 1. Rudy Balli 16:44, 2. Ben Rosales 17:20, 3. Richard Johnson 17:44. **30-39:** 1. Bill Wetmore 18:33, 2. Bill Schwartz 19:09, 3. Jeffrey Bell 20:04. **40-49:** 1. Walter Gales 18:20, 2. David Smith 21:53, 3. Randy Fung 22:31. **50-59:** 1. Bill Bugler 18:38, 2. Sam Stevenson 22:04, 3. Gilman Jung 22:45. **60 & Over:** 1. Burton Stokes Sr. 31:45, 2. Ed Nunes 35:19. **Walkers:** 1. Harry Silton 32:51, 2. Ronald Ansley 37:49, 3. Justin Rockwell 37:51.

Division Results - Women's 5K
13 & Under: 1. Kari Horn 22:11, 2. Sierra Costello 25:55, 3. Resita Debaca-Barrios 26:53. **14-18:** 1. Julie Martin 24:56, 2. Rebecca Laceyfield 28:28, 3. Hannah Cole 30:53. **19-29:** 1. Nancy Marinsk-Royal 19:56, 2. Sandra Sanchez 20:39, 3. Mary Stompe 22:17. **30-39:** 1. Sue Clive 23:04, 2. Patricia Young 23:09, 3. Linda Jennings 24:33. **40-49:** 1. Karen Frincke 20:47, 2. Deborah Schwartz 25:09, 3. Myrtle Edmiston 25:44. **50-59:** 1. Vivian Paleczny 35:25. **60 & Over:** 1. Marjorie Stokes 35:23, 2. Doris Dalbesio 38:51. **Walkers:** 1. Ruth Defoe 41:16.

Division Results - Men's 10K
14-18: 1. Michael Fink 34:26. **19-29:** 1. Chris Schaliert 31:25, 2. Jim Noonan 32:26, 3. Tim Ketrin 32:32. **30-39:** 1. Jim Hartig 32:11, 2. Daniel McCullough 33:35, 3. Tim Stewart 35:05. **40-49:** 1. Jon MacPherson 35:26, 2. Jay Cook 36:13, 3. Brendan Hutchinson 36:57. **50-59:** 1. Darryl Beardhill 36:36, 2. Robert Beach 43:26, 3. Joseph Paleczny 47:31. **60 & Over:** 1. Dave Heiman 49:03, 2. Peter Walker 50:41, 3. Stashu Geurtsen 53:18. **Walker:** 1. Robert Craig 59:46.

Division Results - Women's 10K
13 & Under: 1. Niki Horn 44:33. **19-29:** 1. Shelly Lydon 42:02, 2. Trisha McAlmond 42:35, 3. Robin Stovall 44:09. **30-39:** 1. Nan Hall 39:48, 2. Sue Luo 46:30, 3. Debbie Rich 47:38. **40-49:** 1. Karen Eberhardt 43:53, 2. Sherri Guinn 50:46, 3. Margaret Sanfilippo 51:09. **50-59:** 1. Ellen Nielsen 1:06:43. **60 & Over:** 1. Helen Holmgren 1:02:53. **Walkers:** 1. Cherin Willett 1:11:12.

Results

Pikes Peak Marathon

August 22. Colorado Springs, Co.

Overall Results - Marathon Round Trip

1	Sheldon Larson (27) Boulder	3:41:56
2	Tom Sobal (29) Leadville	3:58:14
3	Mark Barbour (27) Aspen	3:58:50
4	Kevin Cooney (31) Boulder	4:05:12
5	Randy Isler (30) TijerasVil	4:08:19
6	Eddie Mulkey (29) LittleRock	4:12:02
7	James Oberheide (42) Frisco	4:12:15
8	Neal Beidleman (27) Boulder	4:12:40
9	Randy Winn (37) Worthington	4:13:07
10	James Heidelberg (28) ColSpr	4:13:19
11	Mike Donovan (35) Albuq	4:14:02
12	Stewart Dutfield (32) Summit	4:16:03
13	Bob Johns (35) Dillon	4:18:07
14	Bill Dunkelberger (31) Telluride	4:22:37
15	James Kahkoska (27) ColSpr	4:26:35
16	Brad Smith (43) Boulder	4:26:57
17	Steve Kauffman (24) Alta	4:28:35
18	Richard Johnson (45) ColSpr	4:29:41
19	Chris Ogg (21) Winter Park	4:31:55
20	Roger Washburn (39) Littleton	4:32:14
21	Michael Burton (26) Curpertino	4:35:33
22	Tim Cameron (37) Denver	4:35:54
23	Rick Reimer (38) Parker	4:36:06
24	Michael Huseby (40) Denver	4:36:31
25	Gordon Hardman (36) Boulder	4:36:52

Division Results - Men's Round Trip

15-19: 1. Eric Schneider 5:39:21, 2. Stefan Rohlfis 5:39:37, 3. Daniel Makkis 6:21:49.
20-24: 1. Steve Kauffman 4:28:35, 2. Chris Ogg 4:31:55, 3. Bryan Anderson 4:51:40.
25-29: 1. Sheldon Larson 3:41:56, 2. Tom Sobal 3:58:14, 3. Mark Barbour 3:58:50.
30-34: 1. Kevin Cooney 4:05:12, 2. Randy Isler 4:08:19, 3. Stewart Dutfield 4:16:03.
35-39: 1. Randy Winn 4:13:07, 2. Mike Donovan 4:14:02, 3. Bob Johns 4:18:07.
40-44: 1. James Oberheide 4:12:15, 2. Brad Smith 4:26:57, 3. Michael Huseby 4:36:31.
45-49: 1. Richard Johnson 4:29:41, 2. Robert Reedy 4:48:29, 3. Paul Von Der Gathen 5:15:40.
50-54: 1. Eldon Cornish 5:05:40, 2. Tom Haggard 5:08:49, 3. Don Pottier 5:12:04.
55-59: 1. Eckart Lemberg 5:29:41, 2. Ed Mighell 5:30:36, 3. Paul Bergman 5:58:16.
60-64: 1. John Hale 6:56:32, 65-69: 1. Lionel Ortega 5:52:21, 2. Virgil Schlack 6:37:25, 3. Gerald Brotherton 7:06:53.
70-74: 1. Carl Mapps 7:20:19, 2. John Hampton 9:47:17, 3. Earl Wert 10:49:19.

Division Results - Women's Round Trip

15-19: 1. Therese Madden 8:54:46, 20-24: 1. Michelle Hurt 4:50:52, 2. Guadalupe Franco 5:52:07, 3. Amy Lopina 6:11:17.
25-29: 1. Kim Shaffer 4:42:21, 2. Karen Reinking 5:13:14, 3. Christine Johannsen 5:17:19.
30-34: 1. Lori Ann White 5:09:14, 2. Annie Garretson 5:35:19, 3. Liz Norris 5:55:53.
35-39: 1. Linda Quinlisk 4:37:15, 2. Margie Loyd-Allison 4:55:33, 3. Henrietta Yarbrough 5:30:20.
40-44: 1. Gail Scott 4:26:59, 2. Pennie Hobert 5:32:11, 3. Ariene Hansborough 5:40:04.
45-49: 1. Kathy Kusner 6:04:49, 2. Sandra Mundy 6:23:23, 3. Yonne Monsaure 6:31:52.
50-54: 1. Sandra Njaa 6:20:42, 2. Vici Dehaan 6:53:41, 3. Trisha Steiner 7:26:39.
55-59: 1. Dean Melda 7:45:16, 60-64: 1. Shirley Pence 8:32:29.

Overall Results - Men's Ascent

1	Scott Elliott (23) Boulder	2:09:33
2	Michael Tobin (23) Ketchum	2:13:13
3	Chester Carl (33) Gallup	2:15:52
4	Matt Carpenter (23) Vail	2:18:51
5	Greg Burrell (28) ColSpr	2:24:00
6	Dale Petersen (30) Denver	2:25:11
7	Brent Brown (32) Durango	2:27:32
8	OK Corrallass (32) Denver	2:31:17
9	Stan Allison (18) ColSpr	2:31:55
10	Lemont Yazzie (23) St. Michaels	2:32:49
11	John Swartz (39) Breckenrdge	2:32:58
12	Walter Sargent (29) ColSpr	2:33:31
13	Rick Katz (38) Boulder	2:35:46
14	Nyoka Nyekundu (23) Denver	2:36:12
15	Brett Sargent (25) Lakewood	2:36:51

Photo by Nancy Hobbs



Runner nears ascent finish on Barr Trail

16	Toby Cruse, Dillon	2:36:54
17	Dawes Wilson (27) Vail	2:37:31
18	Dennis Fowler (36) SaltLkC	2:38:04
19	Robert Pratte (42) Albuq	2:39:46
20	Saleh Ondeiki (36) Englewood	2:40:14
21	Doug Lauffer (34) Mt. Green	2:40:25
22	Raymond Pabst (41) Albuq	2:43:07
23	Paul Fuller (36) Fraser	2:43:19
24	Mark Johnson (24) Boulder	2:43:40
25	Christopher Kamper (23) Bldr	2:43:40

Overall Results - Women's Ascent

1	Christine Maisto (27) Concord	2:39:01
2	June Day (25) Aurora	2:40:20
3	Judy Chamberlin (29) Golden	2:42:01
4	Susan Watz (35) ColSpr	2:46:15
5	Susan Sherry (31) Denver	2:48:49
6	Mary Parker (42) Montrose	2:51:53
7	Lize Brittin (20) Boulder	2:53:50
8	Lynn Brown (27) Durango	2:58:50
9	Hinson Wassik (29) Denver	3:04:11
10	Sharon Foster (24) Col Spr	3:09:14
11	Gretchen Walters (16) LosAla	3:11:32
12	Nicole Rosa (27) Col Spr	3:13:07
13	Margie Powell (31) Col Spr	3:14:00
14	Deborah Brown (30) Kittredge	3:14:30
15	Rosalina Gehling (42) ColSpr	3:15:37
16	Michelyn Caskey (36) GrenMIFl	3:16:31
17	Leanne Martin (17) LosAlamos	3:19:22
18	Melissa Sullivan (39) Montrose	3:19:58
19	Nancy Schenk (32) Col Spr	3:20:29
20	Tracey Bennett (31) Col Spr	3:21:14
21	Caroline Norquist (37) SantaFe	3:22:26
22	Jo Leinonen (33) Jackson	3:24:23
23	Maile Gray (31) Col Spr	3:24:59
24	Christine Wismer (31) SantaFe	3:25:00
25	Deborah Adams (35) ColSpr	3:25:01

Division Results - Men's Ascent

15-19: 1. Stan Allison 2:31:55, 2. Matt Young 2:47:16, 20-24: 1. Scott Elliott 2:09:33, 2. Michael Tobin 2:13:13, 3. Matt Carpenter 2:18:51, 25-29: 1. Greg Burrell 2:24:00, 2. Walter Sargent 2:33:31, 3. Brett Sargent 2:36:51, 30-34: 1. Chester Carl 2:15:52, 2. Dale Petersen 2:25:11, 3. Brent Brown 2:27:32, 35-39: 1. John Swartz 2:32:58, 2. Rick Katz 2:35:46, 3. Dennis

Fowler 2:38:04, 40-44: 1. Robert Pratte 2:39:46, 2. Raymond Pabst 2:43:07, 3. Gordon Sargent 2:47:42, 45-49: 1. Robert McAndrews 2:50:11, 2. Gary Emrick 2:58:18, 3. Andrew Snively 2:59:03.

50-54: 1. Robert Spurr 2:43:54, 2. Bob Kamper 3:07:22, 3. William Kenworthy 3:12:45, 55-59: 1. John Garcia 3:07:28, 2. Dale Goering 3:12:19, 3. Duke Redburn 3:14:02, 60-64: 1. Gib Frye 3:30:33, 2. Larry Fox 3:52:24, 3. Glenn Dody 4:18:39, 65-69: 1. Rodge Rodgers 4:07:06, 2. Sam Simon 4:50:17, 3. William Hiatt 4:55:48, 70-74: 1. Edwin Coverley 5:24:40.

Division Results - Women's Ascent

15-19: 1. Gretchen Walters 3:11:32, 2. Leanne Martin 3:19:22, 3. Jennifer Ryden 4:11:24, 20-24: 1. Lize Brittin 2:53:50, 2. Sharon Foster 3:09:14, 3. Susan Bullwinkle 3:25:52, 25-29: 1. Christine Maisto 2:39:01, 2. June Day 2:40:20, 3. Judy Chamberlin 2:42:01, 30-34: 1. Susan Sherry 2:48:49, 2. Margie Powell 3:14:00, 3. Deborah Brown 3:14:30, 35-39: 1. Susan Watz 2:46:15, 2. Michelyn Caskey 3:16:31, 3. Melissa Sullivan 3:19:58, 40-44: 1. Mary Parker 2:51:53, 2. Rosalia Gehling 3:15:37, 3. Janet Mann 3:26:50, 45-49: 1. Betsy Harrower 3:47:15, 2. Wanda Snell 3:47:56, 3. Colleen Olinger 3:49:43, 50-54: 1. Elke Abitbol 3:34:15, 2. Libby James 3:47:24, 3. Kenny Goering 4:27:33, 55-59: 1. Melinda Dean 4:26:13, 2. Barbara Wegner 4:29:50, 3. Nelma Burnett 4:46:44, 60-64: 1. Bernice Carter 4:29:47, 2. Jan Richards 5:04:03, 3. Annabel Marsh 6:08:20, 65-69: 1. Judy Golding 6:08:15.

La Contenta Classic

August 29. Valley Springs. 6K.

Overall Results

1	Al Michel (30-39)	20:26
2	R. Johnson (19-29)	21:01
3	W. Miles (40-49)	21:33
4	L. Phillips (30-39)	22:21
5	J. Baker (19-29)	22:41
6	G. Holmes (40-49)	22:45
7	C. DuPree (14-18)	23:13
8	G. Hinkle (40-49)	24:47
9	M. Holmes (14-18)	24:54
10	W. Ebbett (40-49)	25:13

Division Results - Men

13 & Under: 1. Robert Michel 28:51, 14-18: 1. Colan DuPree 23:13, 19-29: 1. Richard Johnson 21:01, 30-39: 1. Al Michel 20:26, 40-49: 1. Wayne Miles 21:33, 50-59: 1. Mort Ward 25:38, 70 & Over: 1. Ernie Klann 38:04.

Division Results - Women

19-29: 1. Sue Ann Marquez 30:43, 30-39: 1. Carrie Rappleye 29:51, 40-49: 1. Judy DeMasters 29:05, 60-69: 1. Loren Edwards 41:35.

Bodega Bay to Breakers

August 30. Bodega Bay. 8K.

Overall Results - Men

1	David Ottaway (26) Oakland	25:03
2	Jim Noonan (26) S.Rosa	25:34
3	Brent Brown (33) Durango	26:24
4	Dave White (22) Berkeley	26:26
5	Tadeusz Kazik (34) Fairfax	26:33
6	Thomas Eng (36) SanMateo	27:05
7	Lance Lennier (17) Rohnert Pk	27:08
8	Rudy Balli (25) Petaluma	27:15
9	Richard Johnson (21) Stockton	27:20
10	Randy Moser (30) Antioch	27:25
11	Thomas Henning (25) St.Paul	27:50
12	Larry Meredith (30) SantaRosa	27:54
13	Craig Steele (42) SantaRosa	27:55
14	Mark Lane (33) Pittsburg	27:57
15	Mark Curran (26) Forestville	28:10
16	John Hirschberger (35) S.F.	28:24
17	Douglas Rustad (46) SantaRosa	28:25
18	Armand Repulles (37) Moraga	28:43
19	Frank Paula (28) Petaluma	28:47
20	Robert James (29) Swimdon	28:51

21 Thomas Sershen (37) SanAnse 28:54
22 George Gilbert (33) San Jose 29:04
23 Brendan Hutchinson (44) S.Rosa 29:11
24 Eddie Freyer (35) Sausalito 29:18
25 Robert Herold (38) Sebastopol 29:24

Overall Results - Women

1	Cindi VanNatta (30) SantaRosa	29:59
2	Lynn Brown (27) Durango	30:17
3	Nan Hall (33) Occidental	31:11
4	Merry Humphreys (33) S.Rosa	31:39
5	Dorothy Foster-Sly (31) S.Rosa	31:42
6	Becky Spies (14) Livermore	32:13
7	Robyn MacSwain (23) S.F.	32:59
8	Donna Buckendahl (21) Petaluma	33:01
9	Janet Buckendahl (53) Petaluma	33:31
10	Karen Eberhardt (45) Sebastopol	33:38
11	Heather Buckendahl (23) Sonoma	33:49
12	Diana Wimberly (35) Napa	34:17
13	Caron Schaumberg (46) S.Rosa	34:43
14	Vicki French (37) S.Rosa	34:59
15	Melody Schultz (46) Kentfield	35:37
16	Kathleen Davey (36) Arnold	35:39
17	Nouria Harris (42) Napa	36:15
18	Janine Reinheimer (34) S.Rosa	36:32
19	Sue Freyer (28) Sausalito	36:34
20	Deanna Rossini (22) S.Rosa	36:47
21	Jean Gilardoni (39) S.Rosa	37:17
22	Gina Chinn (29) S.Rosa	37:23
23	Cathy Lundmark (30) BodegaBy	37:41
24	Pamela Greco (41) Napa	38:07
25	Sandra Collingwood (31) Petal	38:12

Division Results - Men

12 & Under: 1. Connor Baldwin 43:12, 2. Jannik Catalano 1:13:39, 13-15: 1. Jason Bravos 30:26, 2. Mark Cederborg 35:12, 3. Todd Lambert 36:57, 16-19: 1. Lance Lennier 27:08, 2. Luke Donohue 41:31, 20-24: 1. Dave White 26:26, 2. Richard Johnson 27:20, 3. Rich Ferguson 29:41, 25-29: 1. David Ottaway 25:03, 2. Jim Noonan 25:34, 3. Rudy Balli 27:15, 30-34: 1. Brent Brown 28:24, 2. Tadeusz Kazik 26:33, 3. Randy Moser 27:25, 35-39: 1. Thomas Eng 27:05, 2. John Hirschberger 28:24, 3. Armand Repulles 28:43, 40-44: 1. Craig Steele 27:55, 2. Brendan Hutchinson 29:11, 3. Preston Sitterly 30:26, 45-49: 1. Douglas Rustad 28:25, 2. Richard Scott 29:36, 3. Michael McNamara 31:27, 50-54: 1. Ralph Harms 31:06, 2. Bob Buckendahl 33:53, 3. Frank Tisch 38:46, 55-59: 1. Gilman Jung 36:02, 2. Gene Coyle 36:48, 3. Bob Feaster 37:35, 60 & Over: 1. Ned Keyes 38:56, 2. Stashu Geurtzen 39:25, 3. Russell Green 44:25.



Division Results - Women

12 & Under: 1. Marsha Elder 1:01:20, 13-15: 1. Becky Spies 32:13, 2. Jennifer Franklin 40:46, 3. Molly Stafford 44:44, 16-19: 1. Julie Wagstaff 44:48, 2. Christy Carr 1:11:15, 20-24: 1. Robyn MacSwain 32:59, 2. Donna Buckendahl 33:01, 3. Heather Buckendahl 33:49, 25-29: 1. Lynn Brown 30:17, 2. Sue Freyer 36:34, 3. Gina Chinn 37:23, 30-34: 1. Cindi VanNatta 29:59, 2. Nan Hall 31:11, 3. Merry Humphreys 31:39, 35-39: 1. Diana Wimberly 34:17, 2. Vicki French 34:59, 3. Kathleen Davey 35:39, 40-44: 1. Nouria Harris 36:15, 2. Pamela Greco 38:07, 3. Sherri Guinn 40:44, 45-49: 1. Karen Eberhardt 33:38, 2. Caron Schaumberg 34:43, 3. Melody Ann Schultz 35:37, 50-54: 1. Janet Buckendahl 33:31, 2. Shirley Blau 43:19, 3. Liz Stafford 45:52, 55-59: 1. Jackie Leach 42:54, 2. Jeanne Feaster 46:11, 3. Barbara Neyens 47:04.

Results

Caledonian Runs

Sept. 5. Santa Rosa, 8K & 3K.
Overall Results - 3K

1 Matt Vukicevich (30) Kenwood	10:04
2 Ben Rosales (28) Healdsburg	10:21
3 Ted Gorn (26) Sonoma	10:53
4 Ralph Harms (51) Santa Rosa	11:07
5 Kevin Drisko (17) Santa Rosa	11:08
6 Walt Vennum (46) Sebastopol	11:41
7 David Smith (40) Santa Rosa	12:01
8 Mary Cilley (28) Santa Rosa	12:06
9 Carl Jackson (54) Santa Rosa	12:08
10 John Harrison (40) Santa Rosa	12:29

Division Results - Men's 3K
7 & Under: 1. John Stephens 16:59, 2. Jack Weaver 16:59, 3. Casey Kodet 17:49, **8-9:** 1. Taylor Stephens 14:50, 2. Biscuit Barrios 18:59, 3. Scott Jones 22:23, **10-11:** 1. Russ Tweed 15:17, 2. Matt Taber 15:52, 3. Mike Carter 22:38, **12-13:** 1. Robbie Williamson 18:58, 2. David Smith 23:30, 3. Jesse Davenport 29:56, **14-17:** 1. Kevin Drisko 11:08, **18-29:** 1. Ben Rosales 10:21, 2. Ted Gorn 10:53, 3. Tony Giraudo 16:38, **30-39:** 1. Matt Vukicevich 10:04, 2. Charlie Bouey 12:53, 3. Douglas Fullmer 13:26, **40 & Over:** 1. Ralph Harms 11:07, 2. Walt Vennum 11:41, 3. David Smith 12:01.

Division Results - Women's 3K
12-13: 1. Sunshine O'Neal 12:51, 2. Anna Sweat 21:12, **14-17:** 1. Penny Collins 17:30, 2. Kelli Nash 17:31, **18-29:** 1. Mary Cilley 12:06, 2. Sue Emmel 14:56, 3. Debi Baker 16:21, **30-39:** 1. Patty Sowers 13:27, 2. Deb Barr 13:32, 3. Jody Jeppson 13:32, **40 & Over:** 1. Myrtle Edmiston 15:08, 2. Meryel Fischer 16:27, 3. Doris Morabito 18:06.

Overall Results - 8K

1 Chris Schallert (27) Santa Rosa	25:13
2 Darryl Beardall (50) Santa Rosa	28:13
3 Andy Cavagnetto (32) Santa Rosa	28:25
4 Craig Steele (42) Santa Rosa	28:33
5 Ed McCullough (22) Santa Rosa	28:54
6 Keith Krieger (41) Santa Rosa	29:16
7 Daniel Turek (31) Santa Rosa	30:12
8 Erik Knight (16) Concord	30:38
9. Michael Rodriguez (33) S. Rosa	30:45
10 Carl Buell (40) Oakland	31:04

Division Results - Men's 8K
12 & Under: 1. Chris Wilson 33:24, 2. Kevin Barr 40:14, 3. Dustin Kodet 40:24, **13-15:** 1. Sean Fitzpatrick 34:48, **16-18:** 1. Erik Knight 30:38, **19-24:** 1. Ed McCullough 28:54, 2. Daniel Stevens 33:00, 3. Ed Kann 33:25, **25-29:** 1. Chris Schallert 25:13, 2. Ron Swinth 33:32, 3. Richard Dumas 36:29, **30-34:** 1. Andy Cavagnetto 28:25, 2. Daniel Turek 30:12, 3. Michael Rodriguez 30:45, **35-39:** 1. Tim Derry 31:33, 2. William Owens 32:53, 3. Thomas Cunningham 33:56, **40-44:** 1. Craig Steele 28:33, 2. Keith Krieger 29:16, 3. Carl Buell 31:04, **45-49:** 1. Michael Brodie 32:11, 2. Edward Evans 33:26, 3. Bill Marshall 34:59, **50-54:** 1. Darryl Beardall 28:13, 2. James Damon 36:43, 3. Dale Walls 48:15, **55-59:** 1. Gilman Jung 36:41, 2. Douglas McClellan 42:00, 3. John LeBaron 45:19, **60 & Over:** 1. Herm Jensen 38:15, 2. David Heiman 38:45, 3. John Guinne 42:20.

Division Results - Women's 8K
19-24: 1. Kathryn Broyer 42:25, 2. Shellyanna Balander 44:00, **25-29:** 1. Shelly Lydon 35:01, 2. Paula Jenkins 36:38, 3. Jeanette McFall 39:04, **30-34:** 1. Sally Mertes-Stone 33:46, 2. Debbie DeSoto 39:55, 3. Luann Cox 41:52, **35-39:** 1. Cheryl Clanton 37:41, 2. Virginia Marcoida-Hall 38:41, 3. Deborah Jones 38:46, **40-44:** 1. Sherri Guinn 41:17, 2. Carolyn McLeod 42:23, 3. Susan Mathews 43:24, **45-49:** 1. Shabon Marshall 39:27, 2. Rita Fabregas 54:01, **50-54:** 1. Barbara Robben 39:37, 2. Elaine Frank 40:51, 3. Marjorie Macris 43:28, **55-59:** 1. Ruth Anderson 36:49, 2. Jackie Leach 43:54, 3. Jony McQuiddy 50:51.

Run To The Top

Sept. 7. Mt. Baldy, 8 Mile.

Overall Results

1 Matt Ebner (26)	1:00:49
2 Marcial Beltran (18)	1:01:32
3 Alfred Rosas (27)	1:03:35
4 Frank Ebner (28)	1:08:16
5 Jeff Olson (24)	1:09:23
6 Jeff Harbell (24)	1:10:49
7 Alan Reynolds (23)	1:11:07
8 Kevin O'Hara (29)	1:12:00
9 Christopher McNatt II (21)	1:12:04
10 Mike Vanguilder (37)	1:12:08
11 John Leffler (37)	1:12:45
12 David Lucas (24)	1:12:56
13 Vernon Morris (25)	1:13:23
14 James Garritson (12)	1:13:49
15 George Wright (44)	1:14:47
16 Donald Ocana (36)	1:15:00
17 Chris Kemp (16)	1:15:07
18 Barry Weaver (30)	1:15:18
19 Ray Hughes (48)	1:15:45
20 Don McCarthy (44)	1:16:36
21 Ken Moffitt (35)	1:16:37
22 Ron Perez (20)	1:16:39
23 Rick Neiswonger (27)	1:16:52
24 Larry Hall (30)	1:16:53
25 John Tuttle (30)	1:17:04
26 Martyn Greaves (22)	1:17:18
27 Fernando Vasquez (24)	1:17:42
28 Noel Santoyo (21)	1:17:47
29 Mike DelRio (23)	1:17:48
30 John Montgomery (41)	1:19:11

Concord Fall Fest

Sept. 7. Concord, 10K.

Overall Results

1 Chris Jagers (23-30)	33:24
2 Leroy Kotochevan (31-40)	33:41
3 Kent Thompson (23-30)	34:11
4 Jim Misener (23-30)	34:58
5 Chuck Kerstein (31-40)	35:07
6 Peter Tortolani (23-30)	35:23
7 David Taylor (41-50)	35:27
8 Mark Laine (31-40)	35:33
9 Allan Smith (23-30)	35:36
10 Eric Reichel (18-22)	35:37
11 Mike Hotten (31-40)	35:59
12 Jeff Robinson (23-30)	36:10
13 Bob Hermens (31-40)	36:15
14 Daniel Garcia (31-40)	36:24
15 Sharlet Gilbert (31-40 F)	36:25
16 Donald Ardell (41-50)	36:38
17 Jeff Verhoeke (18-22)	36:46
18 Peter White (41-50)	36:52
19 Kevan Shelter (31-40)	37:01
20 Tom Rose (41-50)	37:02
21 Alonso Esquivel (31-40)	37:19
22 Debbie Waldear (31-40)	37:26
23 Kevin Rickles (31-40)	37:38
24 Karl Romano (41-50)	37:39
25 Bryan Holmes (51-60)	37:49
26 Stephen Thurston (23-30)	38:00
27 Jerry Camp (23-30)	38:09
28 David Terra-Man (31-40)	38:14
29 Greg Wheattill (23-30)	38:17
30 Randy Sampson (31-40)	38:32

Sweatheart 10K Relay

September 7. Ventura, 5.5K/5.5K.

Overall Results

1 Janice & Tim Minor	34:01
2 Debra & Gene Sharp	34:37
3 Ruth Vomund & Darin Lasky	35:47
4 Kocheil & Cruz	36:47
5 Sirclum & Howard	38:27
6 Rameriz & Casanta	38:53
7 Tokar & Lee	39:24

Labor Day 5K

September 7. Westlake Village.

Overall Results

1 Ian Alsen (16) Northridge	15:22
2 Jim Ulvestad (32) Pasadena	15:34
3 Bryan Dameworth (16) Calabasas	15:41
4 Peter Oviatt (17) Agoura	15:58
5 Michael Williamson (16) ThouOk	16:06
6 Craig Lawson (16) Granada Hills	16:14
7 Tim Farrell (16) ThouOks	16:34
8 Paul McCarter (17) ThouOks	16:41
9 Joel Schweiger (17) Northridge	16:42
10 Stephen Harney (40) S. Barb	16:47
11 Mark Roberts (20) Newbury Pk	16:49
12 Bob Gorman (16) Agoura	16:55
13 Jim Hughes (40) Simi Vly	16:55
14 William Schrader (17) ThouOks	17:00
15 Kevin Johnson (16) ThouOk	17:01
33 Deena Drossin (14) Agoura	18:20
41 Jena Haggenmiller (17) ThouOk	18:33
53 Tiffany York (14) Agoura	19:04
68 Sheri Lawson (17) Granada HI	19:41
75 Jennifer Feller (16) WestikV	20:03

Pepsi 166 Mile Run

Sept. 10-13. Carson City, Nv.

Dave Stevenson, 34, of Los Altos Hills, CA, won the Pepsi 166 Mile Run from Carson City to Sacramento in 26:00:35, a time 1:50:17 off Bruce von Borstel's course record of 24:10:18. The four day event was run at the rate of 41.5 miles per day. Stevenson has finished Western States in 19:09.

Ben Byman, 36, of Sacramento was a close second in 26:35:37. In fact, Byman and Stevenson ran side by side for the last three days of the race. Byman had trouble the first day with quad spasms at mile 30. Byman's Western States time was 23:18.

Judy Ikenberry, 45, of Crestline running smoothly all the way, won the women's division in 30:04:14 and placed third overall. She bettered her 1984 time of 35:28:17 for the same race by 5:24:03.

After leading the race for the first 20 miles, John Gailson, 34, of Kirkwood encountered a series of problems but hung on to finish in 36:07:05 for fourth place. Gailson, a cross country skier, carried ski poles the entire route.

In its three years, the race has had 21 finishers. The first day's leg from Carson City to near the juncture of Hwys 88/98 goes from 4460 to 7000 feet elevation. Day 2 starts at 7000, tops off with Carson Pass at 8573, then drops to 5000 feet near Cook's Station. The third day, from Cook's Station, drops in elevation to 750 feet at Michigan Bar Road. On day 4, the finish elevation at the State Capitol in Sacramento is 25 feet.

Atascadero Lake Park Biathlon

Sept. 12. Atascadero.

Division Results - Men
19 & Under: 1. Aaron Wolff 1:59:37, 2. Jim Dengler 2:10:10, **20-29:** 1. Keith Schmidt 1:29:04, 2. Ken Sung 1:42:02, 3. Paul Rodriguez 1:42:39, **30-39:** 1. Ken Kinsell 1:37:17, 2. Bob Gugliamelli 1:37:38, 3. Phil Smith 1:40:16, **40-49:** 1. Mick Rehorn 1:43:19, 2. Randell Gold 1:45:09, 3. Evan Dill 1:45:30, **50-59:** 1. Gordon Smith 1:48:59, 2. August Melnadsnis 1:51:40, 3. Ty Hadley 2:00:41, **60 & Over:** 1. Bill Deneen 2:14:50.

Division Results - Women
19 & Under: 1. Shari Roberts 2:28:55, **20-29:** 1. Christine McKinley 2:01:00, 2. Lis Doane 2:41:51, **30-39:** 1. Lori Logan 2:01:44, 2. Barbara Purchase 2:17:13, 3. Joyce Cocks 2:18:21, **40-49:** 1. Mary Hooper 1:58:15, **50-59:** 1. Marilyn Rehorn 2:11:34, **60 & Over:** 1. Elizabeth Baker 3:16:25.

Run Through The Roses

Sept. 12. Wasco, 5K & 10K.

Division Results - Men's 5K
14 & Under: 1. Robert Marines, 2. Joseph Gebhardt, 3. Trent Goehrina, **15-19:** 1. Jose Cardenas, 2. Manuel Velasquez, 3. Ryan Fisher, **20-29:** 1. Burt Ellison, 2. Sammy Heredia, 3. Javier Duran, **30-39:** 1. Fernando Gomez, 2. Bob Scarbrough, 3. Bruce Deeter, **40-49:** 1. Derek Eastwood, 2. Leo Marquez, 3. Juan Sanchez, **50-59:** 1. Darrell White, 2. George Medina, 3. Edgar Parrott, **60 & Over:** 1. Bill May, 2. Richard Mashburn.

Division Results - Women's 5K
14 & Under: 1. Amy Mabon, 2. Christina Alejo, 3. Stephanie Marines, **15-19:** 1. Stacy Rodriguez, 2. Michelle Chase, 3. Patty Aguirre, **20-29:** 1. Jill Wetterholm, 2. Jaime Chacon, 3. Jane Vontz, **30-39:** 1. Kathy Sweo, 2. Hope Flores, 3. Joan Watson, **40-49:** 1. Martha Gilleland, 2. Shirley Funk, 3. Ola Buchanan, **50-59:** 1. Irene Skeels, **60 & Over:** 1. Eleanor Scarbrough, 2. Anita Foose.

Division Results - Men's 10K
14 & Under: 1. Mike Garza, **15-19:** 1. Jose Alejo, 2. Adam Watt, **20-29:** 1. Angel Carrillo, 2. Adrian Huerta, 3. Eric Chapman, **30-39:** 1. Isaac Salgado, 2. Tom Quinn, 3. Ed Ramirez, **40-49:** 1. Arnold Buchanan, 2. Ron Rodman, 3. Bill Peck, **50-59:** 1. James Lipford, 2. Howard Knost, 3. Sam Ferrel, **60 & Over:** 1. Bob Small, 2. Jim Nagathan.

Division Results - Women's 10K
20-29: 1. Laura Lowe, 2. Dana Wetterholm, 3. Beth Bugosh, **30-39:** 1. Lessley King, 2. Lupe Beruman Eberlt, 3. Judy Thompson, **40-49:** 1. Jane Granskog, 2. Mardi Briggs, 3. Judy McDoyle, **60 & Over:** 1. Phyllis Benedict.

North Shore Triathlon Challenge

Sept. 12. Tahoe City.

(5 Mi. Swim, 5 Mi. Run, 20 Mi. Bike)
Overall Results - Men

1 Jeff Jacobs	1:37:42
2 Paul Wilson	1:40:07
3 Brad Schdetteen	1:42:53
4 David Stover	1:44:04
5 Michael Nelson	1:44:19
6 Richard Silver	1:46:23
7 Dan Blaettler	1:46:51
8 Al Petrilla	1:47:29
9 Jack McKenna	1:47:32
10 Bill Brown	1:48:10

Overall Results - Women

1 Vivian Soderholm-Difatte	1:56:44
2 Cindy Thomson	1:9:48
3 Lorrie Small	2:01:19
4 Kitty Brown	2:01:56
5 Mary Wiener	2:04:45
6 Ginger Coltrin	2:05:50
7 Linda Brell	2:12:55
8 Helen Kay Tiffany	2:13:55
9 Janet Lankard	2:26:22
10 Seanne Smith	2:29:47

Division Results - Men
19 & Under: 1. Jack Reed 2:03:53, **20-29:** 1. Jeff Jacobs 1:37:42, 2. Brad Schdetteen 1:42:43, 3. Michael Nelson 1:44:19, **30-39:** 1. Paul Wilson 1:40:07, 2. David Stover 1:44:04, 3. Al Petrilla 1:47:29, **40-49:** 1. Richard Silver 1:46:23, 2. Dan Blaettler 1:46:51, 3. Jack McKenna 1:47:32, **50-59:** 1. Bill Brown 1:48:10, 2. Patrick Cunneen 2:04:10.

Division Results - Women
20-29: 1. Cindy Thomson 1:58:48, 2. Lorrie Small 2:01:19, 3. Mary Wiener 2:04:45, **30-39:** 1. Vivian Soderholm-Difatte 1:56:44, **40-49:** 1. Ginger Coltrin 2:05:50, 2. Diane Sickmen N.T. **50-59:** 1. Kitty Brown 2:01:56.

Results

Park to Park 10K

Sept. 13. Auburn.
(PA-TAC Women's 10K Championships)
Overall Results - Men

1 Zack Barie	30:32
2 Domingo Tibaduiza	30:44
3 Alan Dehlinger	30:51
4 Joaquin Leano	31:45
5 Mike VanHorn	32:24
6 Monte Shafer	32:46
7 Dave Welsh	34:05
8 Roger Sayre	34:41
9 Eduardo Cardenas	35:18
10 Cliff Young	35:44

Overall Results - Women

1 Robyn Root	34:18CR
2 Patti Gray	34:55
3 Johanna Reneke	35:00
4 April Powers	35:11
5 Melissa Martel	35:30
6 Eileen Claugus	35:39
7 Lauri Binder	35:47
8 Peggy Smyth	35:56
9 Sharlet Gilbert	36:21
10 Rossy Tibaduiza	36:30

Dirty, Dusty, Damn Hot 15K Relay

Sept. 13. Carson City, NV.

Overall Results - Men

1 Jobski, Lawson, Hoefler	47:54
2 Sullivan, Miller, Johnson	59:32
3 McWilliams, Ferris, Ridesill	1:00:40
4 Linnell, Blakly, McCall	1:06:10
5 Kelley, Harrison, Sawyer	1:07:58
6 Anderson, Fairman, Anderson	1:09:00
7 Laack, Laack, Taylor	1:11:22
8 Minetto, Morrison, Hann	1:11:30
9 Cattanaach, Hussong, Frandsen	1:13:51
10 Andreasen, delaTorre, Farnwrth	1:14:43
11 Tetz, Schultz, Watson	1:16:06
12 Badillo, Stanley, Perry	1:16:16

Overall Results - Women

1 Parker, Moxham, Howell	1:10:48
2 Gomez, VanPelt, Collier	1:14:29
3 Foerschler, Naberfield, Cypher	1:26:34
4 Adams, Stone, Smithson	1:26:56
5 Murray, DeGraff, Ingold	1:36:19
6 Cattanaach, Worthen, Fry	1:39:51

Overall Results - Mixed

1 Rogers, Tubb, Price	54:41
2 Ciragioli, Ciragioli, Carlsen	55:48
3 Devine, Lucas, Freeman	58:01
4 delaTorre, Amster, Amster	58:26
5 Gaskill, Schuette, Duzan	1:06:32
6 Krigbaum, Madison, Madison	1:08:17
7 Sinnott, Sinnott, Sinnott	1:08:54
8 Poulsen, Poulsen, Fulton	1:09:24
9 Steele, Steele, Steele	1:10:37
10 Hughes, Soetje, Soetje	1:11:25

Junior:

1 Schultz, Tetz, Watson	1:20:13
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High School Girls:

1 Hancock, Ward, Dull	1:15:16
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High School Boys:

1 Tetz, Wurster, Dodge	57:24
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Banner Mountain Stampede

Sept. 13. Nevada City. 12K & 4K.

Overall Results - 12K

1 Alex Miranda (27)	44:33
2 Mike Buzbee (35)	48:13
3 John Dahdorf (31)	48:14
4 Phillip Storms (39)	49:59
5 Jim Begg (29)	50:12
6 Mark Cardin (36)	50:17
7 Mike Lozoya (37)	50:40
8 Francie Negri (25)	50:58
9 Wolfgang Uberbacher (41)	51:05
10 Ron Prior (44)	51:31

Overall Results 4K

1 Mark Gregor (28)	14:22
2 Don Wimer (50)	16:02
3 Ben Hagel (14)	17:20
4 Rich Silver (33)	17:58
5 David Jay (37)	18:01
6 Gabe Chavez (37)	18:03
7 Nahum Meadowsong (11)	18:06
8 Jimmy Perez (40)	18:50
9 Scott Pfister (9)	19:58
10 Mike Gammino (31)	19:59

Sacramento Triathlon

Sept. 13. Sacramento.

(Long: 1.8M Swim, 50M Bike, 13.1M Run)
(Short: .9M Swim, 24M Bike, 6.2M Run)

The fifth annual Fleet Feet Sacramento Triathlon is an example of what nuclear power can generate for triathletes - fast times. Staged at Rancho Seco lake, the backup cooling waters for the twin towered coolers, the race started 427 triathletes and relay participants under perfect 70 degree temperatures, the coolest day in the history of the race.

Blazing the long course distance was Santa Barbara student Nancy Vallance with a time of 4:34. She crossed the finish line fifteen minutes ahead of second place finisher Terry Schneider. For the men, an intentional tie between Fair Oaks's Don Weaver and Don Seymour ended in a finishing time of 4:13. Masters winner Barbara Larrieu (7:13) and Ed Webb (4:36) rounded out the prize money winners.

Cruising smoothly through the short course with a thirty second margin in the win was Morgan Hill's Jane Bryma (2:20:44) over Redwood City's Joan Alley (2:21:37). In a more decisive finish, Davis' Brad Williamson (2:08:48) defeated second place finisher, Lodi's John Griffin (2:10:06). Masters winners included the perennial Ironwoman Sacramento's Nancy Molitar who will be competing in the Bud Light Ironman in four weeks. The men's master winner, Steve Klein from Yuba City finished with a respectable 2:26:42 time.

The long course served as a Bud Light Ironman qualifying event. Three individuals qualified to compete in the Ironman World Championships this October 10th in Kona, Hawaii, including Sacramento's Kevin Keane, Chico's Robin Black, and Berkeley's Tom DeCew. This was Kevin Keane's fifth attempt to qualify.

Overall Finishers - Men's Long Course

1 Don Weaver	4:13:50
1 Don Seymour	4:13:50
3 Bob Hammond	4:15:24

Masters: Ed Webb 4:36:05

Overall Finishers - Women's Long Course

1 Nancy Vallance	4:34:27
2 Terry Schneider	4:49:40
3 Vivian Poir	4:53:06

Masters: Barbara Larrieu 7:13:00

Division Results - Men's Long Course

18 & Under: 1. Ted Stone 4:39:16. 19-24: 1. Pete Kain 4:16:06, 2. Anthony Milevsky 4:18:28, 3. Brook Claibourne 4:36:28. 25-29: 1. Don Weaver 4:13:50, 1. Don Seymour 4:13:50, 3. Bob Hammond 4:15:24. 30-34: 1. Peter Kalmer 4:19:52, 2. Herbert Hoisi 4:35:30, 3. Mark North 4:55:38. 35-39: 1. John Murphy 4:41:30, 2. Kevin Keane 4:45:30, 3. Robert Fetherston 4:46:29. 40-44: 1. Ed Webb 4:36:05, 2. Mike Rogge 4:44:17, 3. Walt Radloff 4:54:07. 45-49: 1. Larry Warren 4:35:47, 2. Errol Alexander 5:22:35, 3. John Soth 5:30:34. 50-54: 1. Allan Schmeiser 5:23:00. 55-59: 1. Dave Stevenson 5:14:54, 2. Tom Marshall N.T.

Division Results - Women's Long Course

19-24: 1. Nancy Vallance 4:34:27, 2. Vivian Poir 4:53:06, 3. Jackie Chen 5:12:31. 25-29: 1. Terry Schneider 4:49:40, 2. Teri McKee 5:10:57, 3. Denise Halferty 5:26:51. 30-34: 1. Robin Black 5:08:42, 2. Joanne Roseberry 5:17:09, 3. Jamie Anderson 5:28:54. 35-39: 1. Missy Le Strange 4:59:46, 2. Nancy Fish 7:44:26. 50-54: 1. Barbara Larrieu 7:13:00.

Overall Finishers - Men's Short Course

1 Brad Williamson (Dixon)	2:08:48
2 John Griffin (Lodi)	2:10:06
3 Lucio Perez (So.S.F.)	2:12:15

Masters: Steve Klein (Yuba City) 2:26:42

Overall Finishers - Women's Short Course

1 Jane Bryma (Morgan Hill)	2:20:44
2 Joan Alley (Redwood City)	2:21:37
3 Rhonda Glenn (Reno)	2:24:36

Masters: Nancy Molitar, Sacto 3:01:40

Division Results - Men's Short Course

18 & Under: 1. Ty Nickel 2:15:42, 2. Randy Stone 2:30:45, 3. Mark Woestheirich 2:37:23. 19-24: 1. Jim Martin 2:17:58, 2. Dan Candelaria 2:18:12, 3. Dave Castro 2:18:29. 25-29: 1. Nick Kurth 2:14:54, 2. Jeff Pearson 2:15:07, 3. Rick Shand 2:16:37. 30-34: 1. Roger Wolfe 2:12:22, 2. Jim Hartigan 2:20:19, 3. Jeff Justice 2:25:25. 35-39: 1. Richard Schram 2:19:32, 2. Dick Heinrich 2:24:09, 3. David Givens 2:38:50. 40-44: 1. Kent Robison 2:28:54, 2. Tim Olmstead 2:31:11, 3. Walt Lange 2:31:16. 45-49: 1. Dennis Joyce 2:37:20, 2. Neal Kelly 2:59:36, 3. Paul Martin 3:02:17. 50-54: 1. Bill Van Jom 2:40:18, 2. Deiter Heycke 2:47:51, 3. Gerry Cryderman 2:50:59. 55-59: 1. James Kidder 2:45:25.

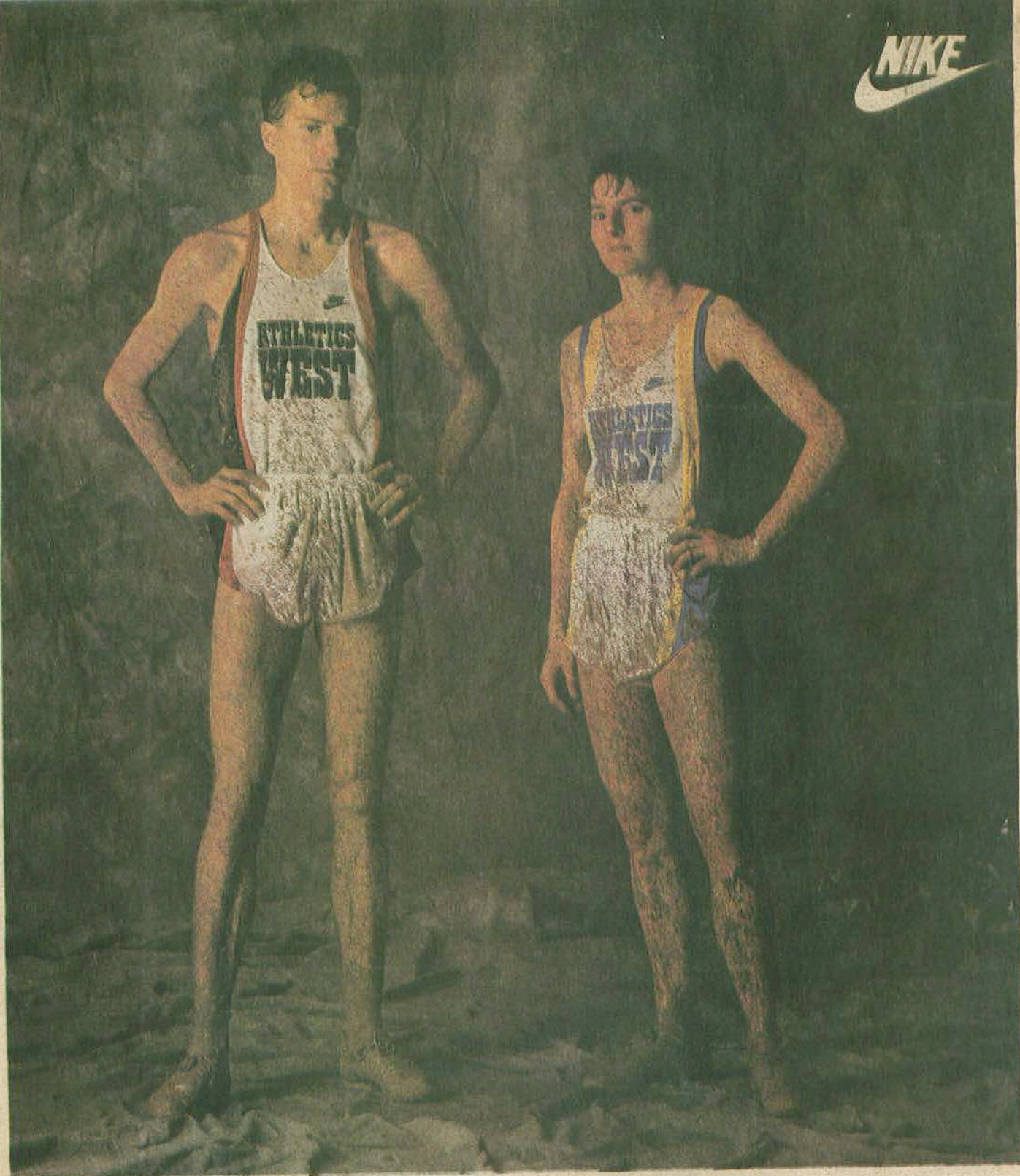
Division Results - Women's Short Course

19-24: 1. Nyna Guglielmana 2:27:67, 2. Dena Kotyk 2:38:35, 3. Susie Ames 2:40:53. 25-29: 1. Martha Menth 2:36:28, 2. Janet Sosner 2:33:06, 3. Cyndi Koke 2:46:15. 30-34: 1. Debbie Ingram 2:30:12, 2. Nancy Huber 2:37:01, 3. Mary Briggs 2:39:48. 35-39: 1. Carolyn Kovacevic 2:30:23, 2. Gladys Reece 2:39:48, 3. Janet Nbachtrian 2:46:51. 40-44: 1. Janie Gallagher 3:46:11. 60 & Over: 1. Mary Storey 3:17:02.



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