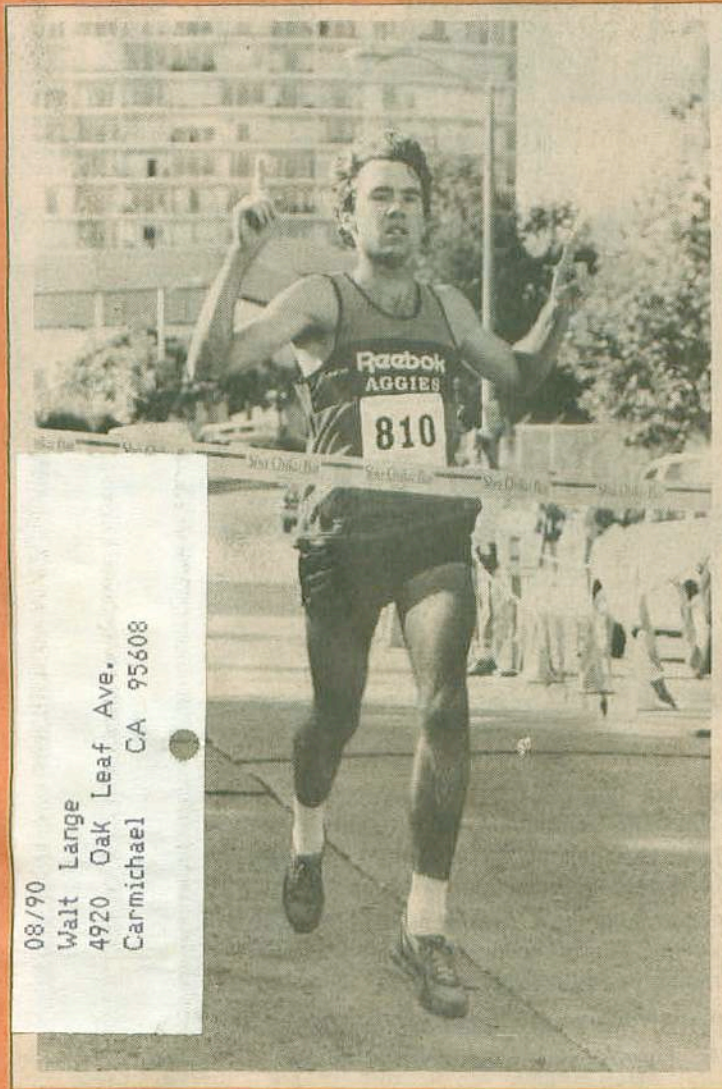


OCTOBER 1989

ISSUE NO. 152

# CALIFORNIA

## *Track & Running News*



### SCHEDULE...

October, November,  
December

### PREP SPOTLIGHT

- ✓ All-Time Boys List
- ✓ All-Time Woodward Park List
- ✓ Rating California's Track & Field Teams

### ATHLETE'S KITCHEN

- ✓ Stress Training

### ROCKIN', ROLLIN' AND RUNNING

### REFLECTIONS ON THE WORLD VETERAN'S GAMES

### ROAD RUNNING ROUND UP

### RESULTS AND MORE...

BULK RATE  
U.S. POSTAGE  
PAID  
Fresno, CA 93706  
Permit No. 629

*California's Only Track & Running Publication*

\$2.25



# The Tradition Continues...



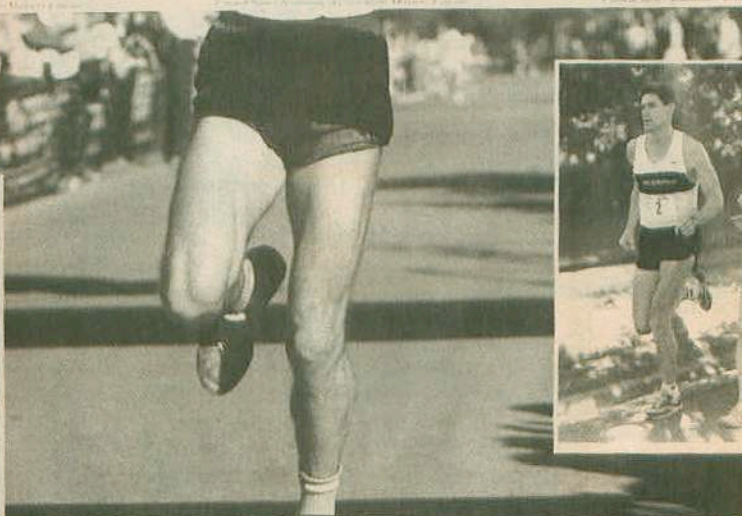
USA  
MASTERS  
CIRCUIT



USA  
MASTERS  
CIRCUIT



USA  
MASTERS  
CIRCUIT



Last year Bill Rodgers, Frank Shorter, Jim Ryun and the other "Legends of Running" returned to the roads as Masters in the inaugural ICI/USRA MASTERS CIRCUIT. This year the tradition continues, featuring Grand Prix competition in 5-year age groups through age 70, and introducing the *Sorbothane Age-Graded Rankings*. The Circuit will again culminate with the season ending ICI/USRA Masters National Championship won last year by Bill Rodgers and Priscilla Welch.

*Masters Running '89*, the official magazine of the ICI/USRA MASTERS CIRCUIT, will also be published featuring in-depth profiles and reports from the exciting Masters scene. "National Masters News" will again serve as the "official newsletter" of the Circuit and provide monthly results and Circuit coverage.

So, if you're 40 or over, it's sure to be a tradition you'll want to continue!

March 18 - Nissan Shamrock 8K, Virginia Beach, VA, (804) 481-5090

April 8 - Myrtle Beach Classic, 10K, SC, (919) 847-3109

May 29 - Cotton Row Run 10K, Huntsville, AL, (205) 881-5807

June 4 - Hospital Hill Run Half Marathon, Kansas City, (816) 561-1085

July 9 - Utica Boilermaker 15K, Utica, NY, (315) 797-6929

July 16 - Chicago Distance Classic 20K, IL, (312) 243-2000

July 29 - Quad City Times Bix 7 Mile, Davenport, IA, (319) 359-9197

August 12 - Asbury Park 10K, NJ, (201) 531-4156

August 26 - Crim Road Race 10 Mile, Flint, MI, (313) 235-3396

September 24 - Pittsburgh Great Race 10K, PA, (412) 255-2493

September 30 - Myriad Gardens Run 10K, Oklahoma City, OK, (405) 231-2597

October 8 - Twin Cities Marathon, Minneapolis, MN, (612) 881-3863

October 13 - Hardee's Octoberfest 8K, Memphis, TN, (901) 683-6782

October 14 - First Federal/Nissan Capital Trail Run 10 Mile, Raleigh, NC, (919) 876-8347

November 12 - Foundation 30K Championship, Clarksburg, CA, (916) 636-0707 or (916) 665-1712

November 25 - Seattle Half Marathon, Seattle, WA, (206) 363-6070

January 6, 1990 - Charlotte Observer 10K, NC, (704) 379-6896

January 13 - ICI/USRA Masters Championship 8K, Naples, FL, (407) 647-2918

For more information and a copy of "Masters Running '89," send \$2 to:

ICI/USRA MASTERS CIRCUIT  
c/o Dean Reinke & Associates  
400 N. New York Ave., Winter Park, FL 32789  
(407) 647-2918



USRA  
MASTERS  
CIRCUIT

Sorbothane Performance Nutrition



# CALIFORNIA

Track & Running News



**Bill Cockerham**  
Editor & Publisher

**Judy Cockerham**  
Production/Advertising Manager

**Elaine Fraley**  
Production Assistant

**Keith Conning**  
High School Editor

**Jack Leydig**  
Scheduling Editor

**Mark Winitz**  
Features Editor

**Richard Lee Slotkin**  
Long Distance Editor

**Gregor Robin**  
Central Coast Features Editor

PHOTOGRAPHERS: Gene Cohn, Bill Cottles, Burt Davis, Barbara DeGroot, Jim Engle, Don Gosney, Bill Leung, Jr., Cory Noonan, Jim Reynolds, Elaine Rosenfeld, Richard Lee Slotkin, Maurice Wilson, Mark Winitz.

SENIOR EDITORS: Calvin Brown (Girls and Women Track & Field); Nancy Clark (Athlete's Kitchen); Steve Fagundes (Sacramento High School); Percy Knox (Masters Men Track & Field); Dennis McClanahan & Jeff Rigdon (San Diego High School); Bill Minarik (Southern California); Doug Speck (Southern California High School); Dr. Steve Subotnick (Medical); Steve Ward (Central Section High School); Bob Womack (High School All-Time Lists).

California Track & Running News is published 11 times per year — one issue per month except December which is combined with November. Each issue is mailed about the first of the month.

California Track & Running News has an average circulation of 8,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

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

SUBSCRIPTION RATES: 1 year (11 issues) \$18; 2 years (22 issues) \$32; 3 years (33 issues) \$43. Add \$10 per year for U.S. first class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

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

4957 E. Heaton Ave.  
Fresno, CA 93727  
(209) 255-4904

MEMBER OF RUNNING INTERNATIONAL

## TABLE OF CONTENTS

OCTOBER 1989

Issue No. 152

Mailbag.....	4	All-Time California High School	
Boston Marathon		Boys List.....	30
Qualifying.....	4	Prep Notes.....	34
Athlete's Kitchen.....	5	SoSection Invits.....	37
"Stress Training"		Woodward Park List.....	38
Schedule.....	6	Rating the State's	
Subscription Form.....	22	T&F Teams.....	40
SoCal Diary.....	25	"Rockin', Rollin' &	
"1989 SoCal X-C Preview"		Running".....	44
Road Running		Results.....	45
Roundup.....	26	World Veteran's Games.....	53
PA-TAC Notes.....	28		

## FROM THE EDITOR

Last month CT&RN celebrated its fifteenth anniversary. In my column in that September issue, I looked back at our original purposes in starting CT&RN back in 1974. Most of those goals remain the same today, but where does CT&RN fit in with all the other track and running-related publications?

CT&RN fits nicely right in between the national magazines (like *Track & Field News* and *Runner's World*) and the very localized club newsletters. We are broader in scope than the newsletters, but much more specific in focus than the national publications.

You are quite familiar, I'm sure, with T&FN and *Runner's World*, but I bet most of you are unaware of the wealth of clubs producing informative newsletters. Here's a listing of just the ones that we get each month:

The Buffalo Enquirer (Buffalo Chips)  
Merced Track Club News  
Seniors Track Club Newsletter  
Fresno Joggers  
Northern California Seniors Track Club  
Fifty-Plus Bulletin  
San Luis Distance Club Newsletter  
Culver City Athletic Club Newsletter  
Corona Del Mar Newsletter  
The Golden Gate Walker  
DSE News (San Francisco Dolphin South  
End Runners)  
Paradise Running & Walking Club  
LMJS News (Lake Merritt Joggers  
& Striders)  
San Diego Track Club News  
Tamalpa Gazette (Tamalpa Runners)  
The Reebok Aggie Newsletter  
SCRambler (Santa Clarita Runners)

Lompoc Valley Distance Club  
Southern California Striders Track &  
Field Club Newsletter

If you would like to know more about any of these newsletters, just drop us a note and we'll send you the address and/or phone number. These club products are at the grass roots level of our sport and provide some very informative and fun reading.

You'll want to pay close attention to this year's National TAC Cross Country Championships being held on November 25 in San Francisco. Defending champion Pat Porter will be trying for a record of 8 consecutive wins in this important TAC event. For you Bay area X-C devotees, Pat will be previewing the national course on October 8 while running in the Golden Gate Cross Country Series (Golden Gate Park). Go by and get a preview of Nationals.

See you out on the cross country course.

**ON THE COVER:** Former Stanford 5000 and 10,000 meter runner CHARLES ALEXANDER shown winning the Takara Cable Car Chase. Now a resident of Mountain View and an engineer at Hewlett Packard, Charles was the National Kinney Cross Country Champion in 1981, running the Orlando 5K course in 14:51.9. Charles hails from Richmond, Virginia. *Gene Cohn Photo*



# MAILBAG

## PREP NOTES OPINION

Dear Editor:

Based upon the article written by Douglas C. McGill entitled *Nike is Bounding Past Reebok*, I can only surmise that Nike must contribute funds to CTRN. Why else would a Nike-biased article appear in *Prep Notes* by Keith Conning?

CTRN has been and should remain a plethora of race results, helpful hints, and human interest stories about those of us whose running roots are deeply embedded in California.

In the future I hope Mr. Conning confines his *Prep Notes* to articles aimed at providing inspiration to our preps rather than showcasing articles which simply try to influence their choice of footwear.

Sincerely,  
Mark Conover,  
San Luis Obispo.

## LET'S GET IT RIGHT!

Dear Editor:

On page 3 of your September issue you refer to "Senior's Track Club News".

The correct name of the publication is: Seniors Track Club Newsletter. Note: There is no apostrophe in the title or in the Club's name.

Your print in the race results is too small!  
Al Hromjak,  
Editor,  
Seniors Track Club Newsletter

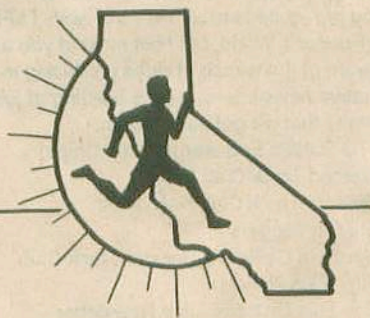
## HAPPY ANNIVERSARY

Dear Judy & Bill,

Congratulations on fifteen years of *Cal Track & Running News*. I've thoroughly enjoyed reading and watching the magazine's development for 13 of those years. If only I had known what I was missing, I'd have left Philadelphia two years sooner.

Keep up the super job of covering the entirety of our sport in California. And here's to fifteen more years.

Best,  
Mike Fanelli  
San Francisco



## BACK ISSUES

Back issues of CT&RN are available at the current cover price of \$2.25 plus \$.75 each for postage and handling. Please send your check with a total of \$3.00 for each magazine ordered; please specify month and year of the issue you wish to order.

Send to: CT&RN, 4957 E. Heaton, Fresno, CA 93727.

## Boston Marathon Qualifying

June 21, Boston, MA

The Boston Athletic Association has announced new qualifying standards for the annual B.A.A. Boston Marathon. The adjusted qualifying times are based on new 5-year age increments and are in effect for the April 16, 1990, Boston Marathon.

The new qualifying times for the open and masters divisions will add a minimum of 10 minutes and as much as 15 minutes to previous requirements, depending on age category. The wheelchair division qualifying standards remain unchanged.

The decision to adjust the standards was made after careful review of recent marathon performances in all age categories, and in response to discussions with many athletes who have competed at the marathon distance.

"The new standards represent more equitable requirements for all athletes," said Guy Morse, Race Director. "While eased, the qualifying times remain a vitally important part of the Boston Marathon, and will be maintained as one of the 'traditions' that set Boston apart from other non-Olympic events."

Boston Marathon qualifying times, in place since 1970 as the means to control the size of the field, have been adjusted on several occasions.

"As a result of continued race improvements and in recognition of current marathon participation trends, this restructuring of the qualifying standards is appropriate," said Morse. "First-class course security, unparalleled community and volunteer support and state of the art finish line systems enable us to allow many more athletes the opportunity to compete at Boston, which is truly exciting."

All qualifying times must have been run at a TAC/USA certified and sanctioned marathon between January 1, 1989 and March 11, 1990, and are based upon the age of the athlete on the day of the Boston Marathon, Monday, April 16, 1990.

### Qualifying Times

Open Division:	Age Group	Men	Women
	18-34	3:10	3:40
	35-39	3:15	3:45
Masters Division:			
	40-44	3:20	3:50
	45-49	3:25	3:55
	50-54	3:30	4:00
	55-59	3:35	4:05
	60-64	3:40	4:10
	65-69	3:45	4:15
	70 & Over	3:50	4:20



# THE ATHLETE'S KITCHEN

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

## Stress Training

(Agawam, MA) *Police cadet felled in training dies* screams the newspaper headlines. *New police training director halts stress training.* Across Massachusetts, newspapers responded with alarm and discontent at this life-threatening practice called stress training, referring to it as "involuntary manslaughter." As a traditional part of Massachusetts' police cadets' preparation, stress training is designed to toughen and unify the police force. It has included grueling physical exercise, generally with inadequate water. In hot, oppressive weather, such as prevailed on September 19, 1988 in Agawam, fifty police cadets came face to face with the medical dangers of stress training. They suffered from heat stroke during the rigorous workout. Sixteen fell ill with kidney failure, and six ended up in the hospital with renal dialysis. One died.

Any exercise physiologist would agree that stress training is a form of manslaughter. The human body can withstand only limited doses of punishing physical exercise in the heat. No amount of mental drive and desire to withstand the torture can compensate for the fact that humans need adequate water to withstand the rigors of intense exercise in the heat. Unfortunately, Timothy Shepherd had to lose his life before attention was brought to this dangerous practice. The felled cadet seems to have had a larger mission in life than to achieve his burning desire to be a police officer. The bishop at Shepherd's funeral eulogized "God planned a higher role for him—changing the way the state recruits and trains police officers."

Hopefully, not only police recruits will realize safer training programs, but also athletes will learn from the death message. Similar to the state's program, many athletes self-impose their own stress training regimen and self-inflict equivalent life-threatening punishment. These athletes have tunnel-vision that looks at only one goal—dropping weight at any cost in order to meet specified weight targets. Like police cadet Shepherd, who re-

portedly had been strictly dieting during the training, many weight-conscious athletes may be setting the stage for renal failure, liver problems and serious medical complications. Exercising in a dehydrated state is risky enough. Add a strict diet on top of that, and the risks increase.

Anyone who's hung around wrestlers, in particular, can hear grim stories about how they "make weight". For example, one wrestler reported losing eight pounds in one day with his equivalent of stress training. He ran in a rubber suit that made him sweat hard, spit saliva as a means to further dehydrate, did hundreds of sit-ups and other exercises in a hot room, drank no water and ate little more than an egg for breakfast, cottage cheese for lunch and a piece of chicken for dinner. This sounds like stress training to me, but there are no rules against it. More likely than not, coaches close their eyes to these dangerous practices of their athletes. They look only at the bottom line: weight loss; they don't look at how it was achieved.

Wrestlers aren't the only athletes who self-inflict stress training techniques. Jockeys, runners, boxers, oarsmen and others who participate in weight-classed sports, as well as the commonplace weight-obsessed athlete, feel the same pressures to drop weight. Hopefully, these tunnel-vision dieters and narrow-sighted coaches will pay attention to the fate of Timothy Shepherd and recognize that he might have died for them. Last minute dehydration and starvation regimens can be life threatening practices.

Drinking adequate water is essential to protect health and invest in top performance. Yet, all too often, I hear athletes take pride in how much weight they can lose during a workout. "I can drop eight pounds during the long run in the summer" bragged one 150 pound marathoner. That's the equivalent of five percent of his body weight; the goal during hard exercise is to lose **NO MORE** than 2% of your weight. Otherwise, you'll not only com-

promise your performance, but also endanger your health.

To determine how well you fare during a hard workout, weigh yourself before and after the session, then calculate the percent of weight that you lost. Here's what to expect:

3% Dehydration\* —4.5 lbs. in weight loss can result in impaired performance. A 5% dehydration/7.5 lbs. lost can result in heat exhaustion. 7%/10.5 lbs. can lead to hallucinations. And a 10% dehydration (a 15 lb. loss) could result in circulatory collapse.

\*based on 150 lb. person.

If starvation techniques, in addition to dehydration, are in your weight reduction game plan, keep in mind that eating only meager amounts of food can leave you feeling light headed, uncoordinated, unable to think clearly, and accident prone. Weight reduction should not be attempted as a last minute stress training regimen, but rather a long term project that allows you to function healthfully, as well as train optimally.

*Nancy Clark, MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, has great concern for the athletes who attempt to lose weight at any cost. To learn more about healthful weight loss, she recommends that you consult with a sports nutritionist. Additional information is in her book The Athlete's Kitchen, available by mail-order only; send \$6 to New England Sports Publications, P.O. Box 252, Boston 02113. (Mass. residents add \$0.30 tax.)*





# 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.

## October 1 (Sunday):

**San Francisco:** Alcatraz Challenge Triathlon, 1.5 Mi. Swim, 1 Mi. Run, 20 Mi. Bike, 14.8 Mi. Run, Alcatraz Island (Rocky Beach), Time TBA. Sally Bailey, 10 Camelford Ct., Moraga 94556. (415) 376-3468.

**Danville:** Primo's to Primo's Half-Marathon, 5 & 10K, 7:30 a.m. Janet Kinney, 643 San Ramon Valley Blvd., Danville 94526. (415) 837-1800.

**Palo Alto:** Run for the Animals, 9 a.m. Info: (415) 329-2380. (Palo Alto Rec. Dept.).

**Santa Cruz:** Santa Cruz Sentinel Triathlon, 1 Mi. Swim, 23 Mi. Bike, 10K Run, Main Beach, 8 a.m. Alice Helmer, Santa Cruz Sentinel, Box 638, Santa Cruz 95061. (408) 423-4242, x301.

**South El Monte:** San Gabriel River 10 Mile Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Coronado:** Leukemia Coronado Bridge Run, 3 Mi. & 10K, 7:45 a.m. In Motion, 2204 Garnet Ave., Suite 203, San Diego 92109. (619) 283-6131.

**East Meadow, NY:** National TAC Masters 25K Championships, Time TBA. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. (516) 579-7466.

**San Francisco:** DSE Walt Stack Birthday Run, 3.53 Mi., 9 a.m. Info: (415) 668-2830.

**Arcata:** Humboldt Short Course Triathlon, 500m Swim, 15 Mi. Bike, 3 Mi. Run, Humboldt State Univ., Time TBA. Tim Becker, Dept. HPER, Humboldt State Univ., Arcata 95521. (707) 826-4979, 826-6011.

**Newport Beach:** Rusty Pelican Human Race Triathlon, 0.5 Mi. Swim, 15 Mi. Bike, 5K Run, Time TBA. Jack Caress, 3001 Redhill, #2-106, Costa Mesa 92626. (714) 546-9041.

**El Toro:** Marine Corps Race of the Runways. 5K, 10K, Half-Marathon, MCAS El Toro. 7:30 a.m. Race of the Runways, Station Training Dept., MCAS, El Toro 92709 (714) 726-3810 or 3819.

**Napa:** Northwood Classic, 5 Mi. & 1.5 Mi. Fun Run, Northwood Elementary School (2214 Berks St.), 8:30 a.m. Wine Country Tourist Bureau, 862 El Centro Ave., Napa 94558. Bonnie Vinnelson: (707) 252-3130.

**Monterey:** Miles for Smiles, 10K & 2K (12 & Under), El Estero Park, 8:30 a.m. Kristina Pauling, P.O. Box 1448, Monterey 93940. (408) 646-1610.

**Sacramento:** Sacramento Marathon & Half-Marathon, William Land Park (Freeport and Sutterville), 8 a.m. Ron Strugeon, 7666 Leisuretown Rd., Vacaville 95688. (916) 678-5005.

**Zuma Beach:** Zuma Beach 5 & 10K Runs, 30000 Pacific Coast Hwy., 8 a.m. Altadena Recreation & Parks, 568 E. Mount Curve, Altadena 91001. (818) 798-1173 or 457-4911.

**Carpinteria:** Big Avocado 4 Mile Run, Carpinteria High School, 4810 Foothill Rd., 8:30 a.m. Tim Buffalo, 4283 Venice Ln., Carpinteria 93013. (805) 684-0310.

**Canoga Park:** Michael Cooper 5 & 10K Runs for Hope, Topanga Plaza (Victory and Owensmouth), 8:30 a.m. Susan Arenott, 10795 Woodbine, #103, Los Angeles 90034. (213) 828-2702.

**Palos Verdes:** Palos Verdes Estates 3 & 10K, Lunada Bay School, 8 a.m. PVE 10K, P.O. Box 817, Palos Verdes Estates 90274. (213) 541-5033.

**Santa Monica:** Oktoberfest 5 & 10K, Washington & 7th, 8 a.m. Oktoberfest 5/10K, 715 California St., Santa Monica 90403.

## October 4 (Wednesday):

**Bakersfield:** Bakersfield Track Club Ultimate Fun Run, Distance, Location and Time TBA. Contact: Randy Brown (805) 834-9130.

## October 5-8 (Thurs.-Sun.):

**Carson City, Nevada:** Capitol to Capitol, 166-Mile 4-day Stage Race to Sacramento (crews necessary), Time TBA (Pre-registration only). Delmar Fralick, Box 5299, El Dorado 95630. (916) 676-4910.

## October 7 (Saturday):

**Santa Rosa:** U.S. Individual Orienteering Championships, Annadel State Park (Channel Dr. entrance), 10 a.m. Bruce Wolfe, 46 Craig, Piedmont 94611. (415) 652-7871.

**San Francisco:** Golden Gate Park Cross Country Series, 4 Mi., Golden Gate Park (Lindley Meadow, 30th Ave. & JFK Dr.), 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188, 753-1215 eves.

**Gilroy:** Run/Walk for the Health of It, 10K, 8:30 a.m. South Valley Hospital Fndn., c/o Leah Dowty, 9400 No Name Uno, Gilroy 95020. (408) 848-2000.

**Brisbane:** Brisbane Marina Run, 5K and 1 Mi., Unisys Bldg. (1000 Marina Blvd., Sierra Point Marina), 8 a.m. Jane Brown, 44 Visitation Ave., Brisbane 94005. (415) 467-6330.

**Newport Beach:** Harbor Heritage Run, 2K & 5K, Newport Harbor High School, 8 a.m. Newport Harbor H.S. PTA, Harbor Heritage Run, 600 Irvine Ave., Newport Beach 92663. (714) 760-3339.

**Los Angeles:** Sri Chinmoy Peace Mile Race, 4 Mi. Run or 2 Mi. Walk, Willowbrook Park (936 E. El Segundo Blvd.), 7 a.m. Sri Chinmoy Centre, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

**San Diego:** Moving Comfort 8K for Women (also 8K for Men), south of Hilton, 7 a.m./Men, 7:30 a.m./Women. Info: Paul Greer (men) (619) 755-1639, Cindy Lennon (women) (619) 294-9273.

**Carlsbad:** La Costa Challenge, 5K, 8 a.m. Info: Bart Billings (619) 437-4556.

**Knights Ferry:** Knights Ferry Biathlon for the American Cancer Society, 10K Run, 30





# SCHEDULE

Mi. Bike, Parking lot on south side of Stanislaus River, 9 a.m. Don Bryan, 1751 No. Hunter, Stockton 95204. (209) 462-4395. Rosalee Schimpf: (209) 931-5457.

**Saratoga:** YMCA/West Valley College Fun Run/Walk, 5K, West Valley College (track), 9 a.m. Southwest YMCA, 13500 Quito Rd., Saratoga 95070. (408) 370-1877.

**Ukiah:** Dow Mountain Fifty Mile Run, Lake Mendocino (all dirt trails), 6 a.m. (\$60 fee) (pre-registration only). Robin Rossow (415) 922-8540.

**Santa Barbara:** Santa Barbara 10,000 & 3K Fun Run, De La Guerra Plaza, 5 p.m. Chris Holmberg (805) 563-1008.

**Los Angeles:** L.A. Philharmonic Reebok 5 & 10K Runs, Griffith Park (merry-go-round), 8 a.m. Dorothy Stotsenberg, 33525 W. Mulholland Hwy., Malibu 90265. (818) 889-2660.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

**Ventura:** Inside Out and Back 10K, Inside Track, 9 a.m. Gary Tuttle, c/o Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**Ojai:** Ojai Valley Run 'n Ride, 5 & 10K, Time TBA. Contact: (805) 646-0206.

**St. George, UT:** St. George Marathon, Time TBA. Contact: (801) 634-5850.

**Santa Ana:** Waldron Family 5 & 12K, Centennial Park, 7:30 a.m. YMCA New Horizons, 205 W. Civic Center Dr., Santa Ana 92701. (714) 547-4121.

**Felton:** Borland International Turbo 10K, Henry Cowell State Park, cross-country run, 9 a.m. Borland International, 1800 Green Hills Rd., Scotts Valley 95066.

**Concord:** Preserve Our Preborn Run/Walk-a-thon, De La Salle High School, 8 a.m. Pam Abad, 2144 Swn Lake Ct., Martinez 94553. (415) 676-8209.

**Yosemite:** Yosemite Cloud's Rest Trail Marathon (Filled) (Limit 50), Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Huntington Beach:** "Running is for the Birds" 10K Run & 5K Walk, Bolsa Chica State Beach, 8:30 a.m. Amigos de Bolsa Chica, P.O. Box 3748, Huntington Beach 92605. (714) 897-7003.

**Watts:** 5K Run & 3K Celebrity Walk for Health, Watts Health Center (103rd & Compton), 8 a.m. Watts Health Foundation, 3405 W. Imperial Hwy., #401, Inglewood 90303. (213) 671-3465, x360.

**Paradise:** 8th Annual Apple Ridge Run, 3 & 5 Mi. Runs and 2 Mi. Walk, 8:00 a.m./Walk, 8:15 a.m. Paradise High School. Paradise Running Club, P.O. Box 1465, Paradise 95967. 872-4111.

## October 8 (Sunday):

**Weott:** Humboldt Redwoods Marathon & Half-Marathon, Dyerville Bridge, 2 Mi. north of Weott in Humboldt Redwoods State Park, 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 443-1226 for questions: (707) 442-6463 for info.

**St. Paul, MN:** Twin Cities Marathon (Nat'l TAC Masters Championships), Time TBA. Gary Iverson, 1200 Town Square, 445 Minnesota St., St. Paul, MN 55101. (612) 291-1822.

**San Francisco:** DSE Muni Pier Run, 1.25 Mi. and Double Muni Pier Run, 2.5 Mi., plus 0.875 Mi. Kids' Run, Dolphin Club, 9:30 a.m./Kids Run, 10 a.m. Info: (415) 668-2830.

**San Bruno:** San Bruno 75th Anniversary 5K Run, 2 Mi. Stride & 1 Mi. Kids Run, San Bruno Ave. at Huntington Ave., 8:45 a.m./Kids, 9 a.m. Bill Brisbie, San Bruno Park & Rec., 567 El Camino Real, San Bruno 94066. (415) 877-8868.

**San Francisco:** Fleet Week Challenge, 5 Mi., Crissy Field to Pier 32, 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118.

**San Francisco:** Pepsi California Mile, one mile up California St. hill, 8 a.m. Mike Marcus,

## Jack's Athletic Supply

Imprinted Sportswear Specialists  
Since 1977

Call or write for quotes on:

T-shirts, tank tops, caps, bags,  
jackets, sweats, aprons and more.

We also offer timing equipment, traffic control items, ribbons,  
medals, embroidered emblems, race numbers, etc.  
Free race equipment rentals with shirt purchases.

Jack Leydig: Box 459, San Carlos, CA 94070  
Phone (415) 595-2249



### HOLDS:

- Radios
- Wallets
- Keys, etc.

### FEATURES

- Lightweight
- Waterproof
- Bouncing Eliminated
- Large Pouch
- Velcro Closure
- One Size Fits All
- Attractive - Red or Blue

To Order: Send \$7.95 + \$1.50 (tax, ship & hdg) with your name, address and choice of red or blue.

To: Diamond K Mfg. Dept. CR P.O. Box 741128 Houston, Tx 77274



## THE HIP POCKET



# SCHEDULE

P.O. Box 2417, Mill Valley 94942. (415) 383-0314.

**San Rafael:** Fourth Street Mile, 842 Fourth St., Time TBA. Don Swartz, 842 Fourth St. San Rafael 94901. (415) 459-3853.

**Morgan Hill:** Columbus Day Biathlon, 5 Mi. Run, 15 Mi. Bike, Live Oak High School (1505 E. Main St.), 9 a.m. South Valley Tri-Sports Club, 470 Corte Cabanil, Morgan Hill 95037. (408) 778-3713.

**Fremont:** Pumpkin Patch Fun Run/Stride 5K, Central Park (swim lagoon parking lot), 9 a.m. Ginny Duffy, 3375 Country Dr., Fremont 94537. (415) 791-4363.

**Novato:** Mt. Burdell Challenge, 5 & 10K, 351 San Andreas Dr., 9 a.m. Ray Young, 2050 Shady Ln., Novato 94945. (415) 892-3228.

**San Jose:** Tree to Tree Run, 10K and 2 Mi., Roosevelt Park, 9 a.m. Kevin Nelson, San Jose Medical Center, 675 E. Santa Clara 95112. (408) 933-7100.

**Stockton:** Stockton RV, Sports & Boat Show 10K, Stockton Waterfront Warehouse (Weber Ave.), 9 a.m. Gary Vangen, 640 N. Center St., Stockton 95202 (209) 466-9603.

**Reno, NV.:** Silver State 5 & 15K, Fisherman's Park (Galle Hwy. & Glendale Rd.), 9 a.m. 15K PA/TAC Championships (all divisions). Bill Meister, Silver State Striders, P.O. Box 21171, Reno, Nv. 89515, Reno, N. 89515. (702) 852-5037.

**San Luis Obispo:** Cuesta 50K Biathlon, 10K Run, 40K Bike, Cuesta College, 8 a.m. Warren Hansen, Cuesta College, P.O. Box 8106, San Luis Obispo 93403. (805) 546-3207.

**Irvine:** The Irvine Grand Prix, 8K, The Irvine Spectrum (at junction of San Diego & Santa Ana Fwy.), 8 a.m. Irvine Grand Prix, 62 Orange Blossom, Irvine 92720 (714) 552-4402.

**Concord:** World Corporate Games 1/4 & 1/2 Marathon, Todos Santos Plaza, Time TBA. (Sept. 13th entry deadline). World Corporate Games, 444 Market St., Suite 870, San Francisco 94111. (415) 781-1988.

**Santa Rosa:** Sonoma County Harvest Fair, 10K & 3K Fun Run, Sonoma County Fairgrounds (Brookwood Gate), 8 a.m. Sonoma County YMCA, 1111 College Ave., Santa Rosa 95404. Peggy Power: (707) 545-9622.

**Sacramento:** Sacramento Zoo Zoom 5 & 10K (& Kids' Fun Run), Sacramento Zoo (Land Park Dr. & Sutterville), 9:30 a.m. Sacramento Zoo, 3930 W. Land Park Dr., Sacramento 95822. (916) 449-8544.

**Valencia:** SCA/TAC 20K District Championships & 5K Run, 8 a.m./5K, 9 a.m. Vince McGrath, 21618 Farmington Ln., Saugus 91344. (805) 296-8898.

## October 14 (Saturday):

**Wrightwood:** Angeles Crest 100 Mile Endurance Run, 5 a.m. Ken Hamada, 370 W. Colorado St., Arcadia 91006. (818) 447-0584.

**San Francisco:** Pamakid Lake Merced 10K & Kids' Mile, Sunset Blvd. Parking Lot, 9:15 a.m./Mi., 10 a.m. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

**Berkeley:** Golden Bear Challenge, 5 & 10K, Edwards Stadium (UC Berkeley campus), 9 a.m. Tom Jacobs, UCB Athletic Dept., 210 Memorial Stadium, Berkeley 94720. (415) 642-2444.

**Santa Clara:** Cancelled. For the Run of It 8K and 2K, Location TBA, 9 a.m. Sports Focus, 1043 Villa St., Mt. View 94041. (415) 967-4884.

**Napa:** Cancelled. Carneros Napa Valley Run, Distance & Location TBA, Time TBA. Richard Lemmon, 809 Coombs, Napa 94559. (707) 252-7126.

**San Dimas:** U.S. Triathlon Relay Championships & Bonelli Park International, 1K Seim, 40K Bike, 8K Run, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**Lynwood:** St. Francis Medical Center's Nun Run, 20K Team Relays and 5 & 10K Individual Runs, Lynwood City Park, 9 a.m. Info: (213) 603-6350.

**Sacramento:** Wenmat's Coca-Cola Classic, 5 & 10K, Kids' Half-Mile, Arden Bar-William Pond Park (American River Pkwy.), 8:30 a.m./Half Mile, 9 a.m. Michele Giles, Wenmat Corp., 5800 Winding Way, Carmichael 95608. (916) 481-5004.

**Delano:** Delano Grape Run, Distance & Time TBA. Info: (805) 725-9105.

**Martinez:** Martinez Columbus Day Festival, 5 Mi. Run, 1K Kid's Run, 2 Mi. Walk, Waterfront Park (North Court St. near Amtrack Station), 8:30 a.m./1K, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 372-3510, Patty Lorick.

**Reno, NV:** Reno Gazette-Journal Jog, 8K, Reno YMCA, 9 a.m. (No Raceday Reg.) Maureen Eng, Reno Gazette-Journal, 955 Kuenzli, Reno, NV 89502. (702) 788-6232.

**Playa Del Rey:** Learn Not to Burn 5 & 10K, Imperial & Vista del Mar, 8 a.m./5K, 8:30 a.m. Alisa Ann Ruch Burn Foundation, 20944 Sher-

Gatorade Sports Performance Products from Instant Powder Packs to Gatorade Squeeze Bottles are now available at these dealers in your area.

## CALIFORNIA

Doherty & Dunne, Inc.  
1680 Tennessee Street  
San Francisco, CA 94107  
(415) 826-7900

W. A. Goodman & Sons  
2419 E. 28th Street  
Los Angeles, CA 90058  
(213) 582-2406

Boege's Sporting Goods  
118 W. Commonwealth Ave.  
Fullerton, CA 92632  
(714) 879-9210

Chick's Sporting Goods  
626 South Citrus Ave.  
P.O. Box 393  
Covina, CA 91723  
(818) 915-1685

Big 5 Sporting Goods  
14440 Ocean Gate Ave.  
Hawthorne, CA 90250  
(213) 772-2772

Orange Sporting Goods  
201 E. Chapman Avenue  
Orange, CA 92666  
(714) 633-4022





# THE SCIENCE OF GATORADE

Every time you exercise, you put your body to the test. Gatorade® Thirst Quencher has been scientifically formulated and tested to help you meet that challenge. This is what science has found.

## Rehydration.

Science confirms that the carbohydrates and electrolytes in Gatorade stimulate fluid absorption (1). During intense exercise in the heat, sweat loss can exceed two quarts per hour. The quick replacement of these fluids is essential to prevent the detrimental effects of dehydration and maximize your potential for peak performance. Not even plain water is absorbed faster than Gatorade (2).

## Endurance Physiology.

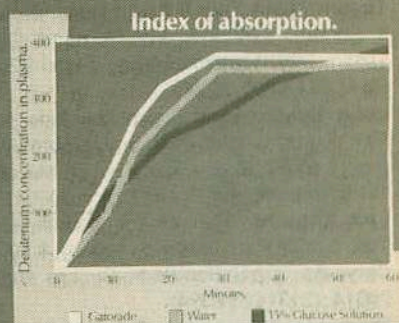
Strenuous activity affects important functions in your body. By consuming Gatorade at 15-20 minute intervals during exercise, you can help maintain your sweat rate, heart rate and core temperature at safe levels (3). And the regulation of these functions makes it easier for your body to perform its best.

## Energy.

During training or a competitive event, your muscles draw heavily upon muscle glycogen stores as an energy source. As your glycogen levels decline, your muscles rely more on blood glucose (4). The blend of glucose and sucrose in Gatorade is as effective as any carbohydrate—including glucose polymers—in maintaining blood glucose, providing energy to working muscles, and improving exercise performance (5).

It's been researched. It's a fact. Gatorade performs.

For more information write to:  
"The Science of Gatorade," 847 W.  
Jackson St., 5th floor, Attn: Dept. 60,  
Chicago, IL 60607.



Gatorade is absorbed into the body as rapidly as plain water and significantly faster than a beverage containing 15% glucose (graph adapted from (2)).

## References:

1. American Gastroenterological Association. "Physiology of Intestinal Fluid and Electrolyte Absorption." Baltimore: Milner-Fenwick, 1980.
2. "Accumulation of deuterium oxide in body fluids after ingestion of D<sub>2</sub>O-labeled beverages." *Journal of Applied Physiology*, 63: 2060-2066, 1987.
3. "Carbohydrate/electrolyte drinks: effects on endurance cycling in a warm environment." *American Journal of Clinical Nutrition*, 48: 1023-1030, 1988.
4. "Carbohydrates for exercise: Dietary demands for optimal performance." *International Journal of Sports Medicine*, 9: 1-18, 1988.
5. "The effect of fluid and carbohydrate feedings during intermittent cycling exercise." *Medicine and Science in Sports and Exercise*, 19: 567-604, 1987.





# SCHEDULE



man Way, Suite 115, Canoga Park 91303. (818) 883-7700.

**Tustin:** Tustin Tiller 5 & 10K Runs, Prospect & Beneta, 7:30 a.m. Judi Rowland, City of Tustin, 300 Centennial Way, Tustin 92680.

(714) 544-8890, x227.

**Long Beach:** Long Beach Low Tide 1 & 4 Mile Runs, Ocean Blvd. & Junipero Av., 4 p.m./1 Mi., 4:30 p.m. Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804.

**Los Angeles:** Run for the Homeless 5 & 10K, Griffith Park (merry-go-round), 8:30 a.m. Chrysalis, 702 S. San Pedro St., Los Angeles 90014. (213) 623-9394.

**Riverside:** Victoria Ave. 5 & 10K Runs, Arlington H.S., 8 a.m. Contact: April Matthews (714) 782-5407.

**Montebello:** Montebello Heritage 5K Run, 3K Walk & Kiddie 1K, Montebello Park, 8 a.m.

Contact: Roxanne Barton (213) 725-1200 x430.

**Chollas Lake:** Bradley/Sapporo Fun Run, 4K & 0.8 Mi., 9 a.m. Contact: Hal Bradley (619) 281-9632.

**Corona:** Corona Firefighters 5 & 10K, Corona High School, 7:45 a.m./5K, 8:15 a.m./10K. Corona Firefighters Assoc., P.O. Box 1510, Corona 91718. (714) 737-2057.

## October 15 (Sunday):

**San Francisco:** Gay Run '89 5 & 10K and 5K Walk, Golden Gate Park (south side Polo Fields), Time TBA. San Francisco 94109. (415) 453-4118.

**San Francisco:** Rainbeau Women's Classic, Distance TBA, Location & Time TBA. PamaKid Runners, P.O. Box 27557, San Fran-

cisco 94127. (415) 681-2323.

**Daly City:** DSE San Bruno Mountain Run, 5 & 10K, San Bruno Mtn. State Park (top of Guadalupe Canyon Pkwy), 10 a.m. Info: (415) 668-2830.

**Half Moon Bay:** Half Moon Bay Pumpkin Festival Run, 1.5 Mi. & 10K, Cunja Junior H.S., 8 a.m./1.5 Mi., 8:30 a.m. Dave Stamper, P.O. Box 1101, Half Moon Bay 94019. (415) 726-6453.

**Stanford:** Stanford's Great Race, 10K, Stanford Stadium (Gate #2), 8:30 a.m. Palo Alto Recreation Foundation, 750 N. California, Palo Alto 94303. (415) 329-2380.

**Pinole:** Bear Valley Run 'n Ride Biathlon, 12K Run, 24 Mi. Bike or 5K Run, 10 Mi. Bike, Ellerhorst School, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

## 18th ANNUAL

# HOUSTON TENNECO MARATHON

JANUARY 14, 1990

Get the 1990s off to a running start on the Houston-Tenneco Marathon's fast, flat course. Run through an ever-changing panorama of residential neighborhoods, the city's famed Galleria complex, the downtown business district and beautiful Memorial Park.

To encourage you every step of the way, there will be hordes of enthusiastic spectators plus Houston's "Hoopla Brigade" — more than 26 miles of

musicians, dancers, mimes and more to cheer you on to the finish line. Afterward, step into the George R. Brown Convention Center for the free post-race party.

Plan to attend the Houston-Tenneco Marathon Expo on Friday and Saturday, January 12-13, and the running seminar featuring Dr. Kenneth Cooper on Saturday, both at no additional cost. These events take place at the Hyatt Regency

Hotel, official marathon headquarters, offering special rates for race participants.

To request an entry form, write:

Houston-Tenneco Marathon  
P.O. Box 56464  
Houston, TX 77027

Or call: (713) 757-2700



**Association  
of Road Racing  
Athletes**



*The 1990 Houston-Tenneco Marathon has been designated as the Road Runners Club of America National Marathon Championship.*



## SCHEDULE

**San Leandro:** Classified Flea Market Dog Run, 2 Mi. (& 1 Mi. Walk), Parcourse (Marina Blvd. West), 9 a.m. Oakland SPCA, 8323 Baldwin St., Oakland 94621. (415) 569-0702.

**Santa Cruz:** Long Marine Lab Half-Marathon, near Natural Bridges State Park, 8 a.m. Mike Moser, Long Marine Lab, 100 Shaffer Rd., Santa Cruz 95060. (408) 429-4675.

**Merced:** MTC Bell Race, 3 & 15K, Applegate Park (26th & O Sts.), 8:30 a.m. Jean Schwisow, 629 El Portal Dr., Merced 95340. (209) 722-8385.

**Bakersfield:** BTC Ultimate Fun Run, Distance & Time TBA. Info: Randy Brown (805) 834-9130.

**Van Nuys:** Pumpkin Classic, 5 & 10K and Kiddy 1K, Woodley Park, 7:45 a.m./1K, 8 a.m./5K, 8:30 a.m. Race Central, P.O. Box 828, Rialto 92376. John Black (818) 902-5776.

**San Diego:** Running Wild 10K & 2 Mi., Wild Animal Park, 7:30 a.m. Info: Don Armstrong (619) 437-4556.

**Burlingame:** Sri Chinmoy 12-Hour Race, Burlingame High School (track), 8 a.m. Venu Riggio, 1995 20th Ave., San Francisco 94116. (415) 753-5998.

**Montclair:** Montclair Baldy View 5 & 10K and 5K Walk, Community Center (Benito & Fremont), 7:30 a.m. Brad Bennett, City of Montclair, 5111 Benito St., Montclair 91763. (714) 626-8571, x267.

**Anaheim:** ACMB Runs for Health, 1K, 5K & 10K, 3800 E. La Palma, 7:30 a.m./5K, 8 a.m./10K, 8:10 a.m./1K. ACNB, 3800 E. La Palma Ave., Anaheim 92807. (714) 630-4500.

**San Diego:** Mission Bay Triathlon, 500m Swim, 15K Bike, 5K Run, Mission Bay (Ski Beach), Time TBA. Rick Zozlowski, P.O. Box 5031, San Diego 92105. (619) 441-7844.

**Oakland:** Run/Walk for Palestine, 5 & 10K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Palestine Solidarity Committee: P.O. Box 27462 San Francisco 94127. (415) 861-1552.

**Victorville:** Inco High Desert Classic, 5 & 10K Run/Walk, 7:30 a.m./5K, 8:30 a.m./10K. George Guibert, 1904-B Church St., Costa Mesa 92627. (714) 548-4897.

**Lawndale:** City of Lawndale 5 & 10K Runs, Manhattan Beach Blvd. & Crenshaw, 7:45 a.m. Gary Di Corpo, City of Lawndale, 14717 Burin Ave., Lawndale 90260. (213) 973-4321, x151.

**Riverside:** Inland Empire Racewalkers 7.5K, Fairmount Park, 8 a.m./Men, 9 a.m./Women. David Snyder, 11878 Holly St., Grand Terrace 92324. (714) 824-2336.

**Merced:** Bell Race '89, 15K & 3K, 8:30 a.m., Applegate Park, 26th & O Sts. MTC Bell Race, 629 El Portal Drive, Merced 95340. (209) 722-8385 Jean Schwisow.

**San Rafael:** Run for the Kids, 2 & 5 Mi., St. Vincent's (Marinwood), 8:30 a.m./5 Mi., 9:30 a.m. St. Vincent's School for Boys, P.O. Box M, San Rafael 94913. (415) 479-8831.

### October 21 (Saturday):

**San Leandro:** Fire Trails Fifty, Lake Chabot Marina, 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

**Santa Rosa:** Cancelled, Annadel Trail Race, Distance TBA, Annadel State Park, Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Palm Springs:** Tri-Clubs Championship, 0.75K Swim, 20K Bike, 5K Run, Time TBA. Ron O'Keefe, P.O. Box 28, Camarillo 93011. (805) 388-3912.

**La Quinta:** Coachella Valley Red Cross Triathlon, 0.75 Mi. Swim, 20K Bike, 5K Run, Lake Cahuilla Park, Time TBA. Bob Schneck, P.O. Box 9435, Palm Springs 92263. (619) 325-4114.

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

**San Diego:** Light the Night Against Crime 10K, downtown, 7 p.m. Info: Toni Deal (619) 272-8316.

**San Francisco:** Women's Sports Festival 5K (2-day 10/21-10/22, six-sport festival), location TBA, Time TBA. Sara Sampson, ATHLON (415) 896-1530.

**Ontario:** Cancelled, 5K Run Against Drugs, Euclid & "D" St., 9 a.m. Run Against Drugs, 203 West G St., Ontario 91762. (714) 983-6011.

**San Jacinto:** St. Hyacinth Academy 2 Mile Fiesta Run, Victoria & Santa Fe St., 8 a.m. Eleanor Medina, 13413 Melody Rd., Chino Hills 91710. (714) 925-3535.

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

**Santa Cruz:** Skyline to the Sea Trail Marathon, 30K and 50 Mile, Time TBA. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Manteca:** Manteca Bulletin Run, 10K & 2 Mi., Lindberg School (311 E. North St.), 8:30 a.m. Manteca Quicksilver R.C., P.O. Box 125, Manteca 95336. (209) 823-5209.

## ROAD RACE MANAGEMENT

### The Perfect Race

If you are a race director, key race official, club officer, or sponsor, you're continually striving for perfection at your events. Yet, surprisingly, even with thousands of running events taking place each year, practical, down-to-earth information regarding event management is virtually non-existent.

Road Race Management newsletter was started in 1982 by veteran race organizer Phil Stewart to fill this void. Today, hundreds of event managers rely on Road Race Management each month for timely, detailed information and tips on how to produce better events, plus news from throughout the sport.

RRCA President Henley Gibble says: "Any person or club interested in putting on a race should subscribe to Road Race Management."

Fred Lebow states: "Road Race Management contains all the critical information in the sport."

Steve Shostrom, founder of the Illinois Valley Striders, reports: "You could say that Road Race Management 'plays in Peoria.'"

You can enter your subscription to Road Race Management today, by filling out and mailing in the order form below. Or, send along a check for \$8 and we'll mail you a sample issue.

#### Order Form (please print)

Please send 12 monthly issues of RRM (delivered first class) to:

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

Affiliation: \_\_\_\_\_

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

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

Single copy (\$8 enclosed)  
Enclose check, payable to Road Race Management, for \$78 (\$88 overseas, U.S. funds). Send to Road Race Management, 1201 S. Eads St., Suite 2, Arlington, VA 22202. R19



# SCHEDULE



**Carson City, NV:** The Great Bookwork Classic, 5 & 10K Run, 2 Mi. Walk, Carson Station/N. Roop St., Carson City, NV. 89701. (702) 887-2244. Hermie.

**Springville:** Big Apple 18K Run, location & time TBA. Carol Lapham, H.C.R. 2 Box 123, Springville 93265. (209) 539-2521.

**Bakersfield:** Quality Schools Run, Distance, Location & Time TBA. Info: (805) 366-6940.

**Ventura:** Twilight's Last Gleaming 4-Mile X-Country, Arroyo Verde Park (Day Road entrance), 5 p.m. Andrew Hacker, Box 7793, Ventura 93006. (805) 983-0044.

**Camarillo:** Camarillo Fiesta 5 & 10K Runs and 5K Walk, Camarillo High School (Mission Oaks & Adolfo), 8:00 a.m.. Marilyn West, Pleasant Valley Recreation & Parks, 1605 E. Burnley, Camarillo 93010. (805) 482-1996.

**Long Beach:** Anniversary 1K, 5K & 10K Homecoming Run, Cal-State Univ. (track), 8 a.m. Bill Vendl/Daryl Jorgensen, CSULB Intra-mural Sports Office, 1250 Bellflower Blvd., Long Beach 90840. (213) 985-4668.

**Huntington Beach:** Boy Scouts Halloween 8K, Huntington Beach Pier, 8 a.m. John Bushman, 8211 San Angelo Dr., Apt. L-18, Huntington Beach 92647. (714) 841-3011.

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

## October 22 (Saturday):

**Clayton:** Mt. Diablo Relay, 47 Mi., 7-person teams (limit 100 teams), circle Mt. Diablo counterclockwise, Time TBA. John Mercurio, 2832 St. Joseph Dr., Concord 94518. (415) 685-6759.

**San Francisco:** DSE Potrero Hill Run, 4.5 Mi., 17th St. & Arkansas, 10 a.m. Info: (415) 668-2830.

**Oakland:** Time is on your Side Runs, 5, 10 & 15K time prediction runs. Lake (Old Boat-house, 14th & Lakeside Dr.), 9 a.m./15K, 9:05 a.m./10K, 9:10 a.m./5K. Lake Merritt Joggers & Striders, 2634 Arlington Blvd., El Cerrito 94530. (415) 530-8029.

**Hayward:** Hayward Half-Marathon & 2 Mi. Run/Walk, Kennedy Park, 8 a.m. Debra Park, c/o HARD, 1099 E. Street, Hayward 94541. (415) 881-6778.

**Livermore:** The Mulberry Grape 5 & 10K (+ 5K Stride), Wentle Bros. Winery (Tesla Rd.), 9 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118.

**Fremont:** Coyote Hills-to-the-Bay Race, 3.5 & 7 Mi., Coyote Hills Regional Park (8000 Pat-terson Ranch Rd.), 10 a.m. Newark Recrea-tion Div., 35501 Cedar Blvd., Newark 94560 (415) 745-1124.

**Santa Rosa:** Snoopy's Young at Heart Run, 3.1 & 7 Mi., Redwood Empire Ice Arena, 8 a.m. Redwood Empire Ice Arena, 1667 W. Steele Ln., Santa Rosa 95403. (707) 546-3385.

**San Jose:** Rose Garden 10K Run/Walk & 1.5 Mi. Run/Walk, YMCA (Rose Garden), 9 a.m. Karl Malmshaimer, San Jose Central YMCA, 1717 The Alameda, San Jose 95126. (408) 298-1717.

**Garden Valley:** Grizzly 5 & 10K, Golden Sierra High School, 9:30 a.m. Howard Hiem-ke, Rollinghill Dr., Georgetown 95634. (916) 333-4402.

**Bakersfield:** Ultimate Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

**Santa Clara:** Oxford's Eat 'n Run 5 & 10K, Mission College, 9 a.m./5K, 9:20 a.m./10K. Oxford's Eat 'n Run, c/o World Runners, P.O. Box 18132, San Jose 95158. (408) 988-1600.

**Vallejo:** Blue Rock Classic, 10K, Redwood St. at Hanns Park, 9 a.m. Dan Donahue, P.O. Box 4427, Vallejo 94590. (707) 554-6080.

**San Francisco:** Women's Sports Festival, 5K Run/Walk, Golden Gate Park, Marx Mead-ows, 8 a.m. Women's Sports Festival, Athlon, 650 Fifth St., Suite 514, San Francisco 94107. (415) 896-1542.

**Santa Barbara:** Fay Hobbs Memorial 5 & 10K Runs & 5K Walk, Leadbetter Beach (Northwest end of parking lot), 8:30 a.m. Fay Hobbs Memorial Runs, P.O. Box 6616, Santa Barbara 93160. Anne Hayden: (805) 963-3303.

**West Hollywood:** City of West Hollywood Tom Proctor 5 & 10K, 8 a.m. City of West Hol-lywood, Attn: Gerald Wesley, 8611 Santa Monica Blvd., West Hollywood 90069. (213) 854-7471.

**Torrance:** Epon's Shake, Rattle & Roll 5 & 10K, Del Amo Fashion Square, 8 a.m. Race Central, P.O. Box 828, Rialto 92377. (213) 373-9511, x3409.

**Studio City:** Studio City Chamber of Com-merce 5 & 10K, Ventura Blvd. & Laurel Can-yon, 8 a.m. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

**Arcata:** Hunt Loop (Mother-in-Laws Day), 1.6 Mi & 6.9 Mi, 1 p.m./1.6 Mi, 1:45 p.m. Red-wood Park. Rich Gilchrist 443-1226.

**Berkeley:** Barrows to Bear's Lair 5K, North Field (near College & Bancroft), UC Berkeley, 10 a.m. Chris Adishian, UC Development Of-fice, CSF, 2440 Bancroft Way, Berkeley 94720. (415) 643-7001.

**Menlo Park:** Drugs Aren't Fun Run/Walk, 8K, Burgess Park, 9 a.m. Project Pegasus, 800 El Camino Real, #210, Menlo Park 94025. (415) 321-2276.

## October 28 (Saturday):

**Folsom Lake:** Sierra Nevada Endurance Run, 52.4 Mi., 7 a.m. Delmar Fralick, Box 5299, El Dorado 95630.

**Kenwood:** ~~Cancelled~~. The Sugarloaf Half-Marathon & Quarter-Marathon, Sugarloaf Ridge State Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Irwindale:** Bud Light Trick or Treat Triath-lon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, San-ta Fe Dam, 8:30 a.m. Trick or Treat Triathlon, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

**San Diego:** Project Concern Halloween Run, 8K, Balboa Park, 7:30 a.m. Info: Sharon Schramm (619) 437-4556.

**Alhambra:** City of Alhambra Moonlight 8K, National TAC Sr. Women's 8K Champion-ships, and youth 1K Fun Run, Alhambra Park (500 No. Palm Ave.), 6 p.m./1K, 7 p.m./8K. City of Alhambra Moonlight 8K, 111 So. First St., Alhambra 91801. (818) 570-5044.

**San Francisco:** Examiner PA/TAC Cross-Country Championships, Golden Gate Park (Polo Field-Same course as Nationals on 11/25), Time TBA. Pamakid Runners, 1233 Tara-val St., San Francisco 94116. (415) 681-2323.

**Elk Grove:** Laguna Challenge, 5 & 10K (and Kids' Half-Mile), Methodist Hospital (Physical Medicine Center) (off Mack Rd. on US 99), 8:30 a.m./Half Mile, 9 a.m. Laurie Ha-gan, c/o Methodist Hospital, 7500 Timberlake Way, Sacramento 95823. (916) 423-6161.

**Carlsbad:** Coastal Classic, 10K and 5K Walk, 8 a.m. In Motion: (619) 483-9501.

**San Francisco:** Monster Chase 5K & 1 Mi. Monster March, Crissy Field (Presidio), 3 p.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**Stinson Beach:** Stinson Beach Marathon, Half-Marathon & 7-Miler, Stinson Beach Park-ing Lot, 8 a.m./Marathon, 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.



Races begin at:  
Delta High School, Clarksburg  
4 miles South of Sacramento  
All Races Will Start Promptly  
At The Times Listed Below.

30K Race (18.6 miles) 11:00 a.m.  
(including Charity Challenge Team Relay)  
5K Race (3.1 miles) 11:15 a.m.  
1 Mile Kids Race 12:05 p.m.



Mail Application to :  
Foundation 30K Run  
P.O. BOX 20  
Clarksburg, CA 95612  
For More Information, Call:  
(916) 665-1712



FORMERLY THE "CLARKSBURG 20 MILE RUN"

# FOUNDATION 30K RUN

Sponsored by Foundation Health

## Sunday, November 12, 1989

ALL RACES TAC SANCTIONED & CERTIFIED • 1989 TAC Men and Women's  
National Masters 30K Championship and P.A. TAC 30K Championship  
Race Proceeds Benefit People Reaching Out

### REGISTRATION:

- **30K** - \$17.50 (includes T-shirt and meal) Late registration, after Nov. 4, and race day is \$25.00.
- **5K** - \$11.00 (includes T-shirt and meal) Late registration, after Nov. 4, and race day is \$14.00.
- **KIDS RACE** - \$8.00 (includes T-shirt and meal) Pre-registration is encouraged. Race day registration open until 11:30 a.m.

### DIVISIONS AND AWARDS:

- **30K** - Men and Women: 13 - 69, 3 deep in each 5 year division; 70 - 90, 2 deep in each 5 year division. Wheelchair and Heavyweights: 3 deep in each division.
- **5K** - Men and Women: 13 - 60 and over, 3 deep in each 5 year division.
- **KIDS RACE** - Boys and Girls: 12 and under, 1st - 3rd fancy ribbons, ribbons to all finishers.

### DRAWINGS:

Valuable merchandise awards raffled to registered runners in both races - at awards ceremony. Must be present to win.

### PRIZE MONEY:

TOTAL PRIZES AVAILABLE  
\$7,700.

### ELIGIBILITY:

Although the TAC card is optional, ALL AWARD WINNERS in the 30K Championship must hold current TAC cards at the time of the race. TAC cards may be obtained by contacting:

TAC Office  
P.O. Box 1495  
Fair Oaks, CA 95628.

### TAC TEAMS:

**FOR 30K ONLY** - All teams must pre-register and also report to team tables on race day morning to declare their team members. (3 to score).

### FEATURES:

- All runners will receive pace and split times at every mile. Free meal, a long-sleeved T-shirt, fruit, drinks and other refreshments will be available to all participants.
- Please note the 'Corporate (Charity Challenge) Team Relay Division' and 'Open Team Relay Division' (30K race only, 3 members per team - each member runs a 10K). 30K Charity Challenge relay team entries can be arranged by calling (916) 636-7692. For more information on 30K Open Team Relay Division call (916) 665-1712.
- The top 5 men and women in the 30K will be given seeded entries for The California International Marathon- Official training run for the California International Marathon.
- For information about free Child Care, call: Lois Seebeck, evenings at (916) 775-1318.
- Reduced motel rates for runners at the Harbor Inn, West Sacramento. Call (916) 371-2100.
- Showers and lockers available.

### REGISTRATION FEES

30K - \$17.50 Fee includes T-shirt and meal. Late Registration - \$25.00 after 11/4/89  
5K - \$11.00 Fee includes T-shirt and meal. Late Registration - \$14.00 after 11/4/89.  
Kids Race - \$8.00 Fee includes T-shirt and meal. Race day registration fee is the same as pre-registration.

Make checks payable to: Foundation Challenge, Inc.

MAIL REGISTRATION TO:  
Foundation 30K Run  
P.O. BOX 20  
Clarksburg, CA 95612

**RACE:** Men  Women  30K  5K  Kids   
Please CIRCLE division: 12 and under, 13-14, 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:** Wheelchair, Heavyweight (200+ lbs.)  
TAC Team (30K only):  Yes  No

**PACE:** Estimated race pace: \_\_\_\_\_ Minutes: \_\_\_\_\_ Seconds per mile \_\_\_\_\_

SEX  M  F DATE OF BIRTH: Month  Day  Year  AGE  ON RACE DAY  WHEELCHAIR  For Official Use Only

LAST NAME  FIRST

STREET

CITY  STATE  ZIP

T-SHIRT  S  M  L  X TEAM  PHONE

Forms postmarked after 11/4/89 are considered as "Late Registration". Race Packets can be picked up on race day at Delta High School, Clarksburg 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 Yolo County, Community of Clarksburg, Foundation Health, the race directors and their representatives, volunteers, or any other sponsors for all claims, and costs arising out 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)

Duplication of this application is acceptable.

Duplication of this application is acceptable.



## SCHEDULE



10K, (7:45 a.m./Fun Run). Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**Avalon:** Catalina Island Triathlon, 0.5 Mi. Swim, 14 Mi. Bike, 4 Mi. Run, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**Grossmont:** Grossmont Hospital 10K, Grossmont Center Dr., 8 a.m. Info: Frank Millward (619) 437-4556.

-----  
**Cancun:** Cancun Caribbean Run. 10K. Sports Am, PO Box 6069, Salt Lake City, UT 84106 (801) 583-6281.  
-----

**Columbus, OH:** Nat'l. TAC Masters 5K Cross Country Championships, Time TBA. John White, 4865 Arthur Pl., Columbus, OH 43220. (614) 424-7011.

**Bridgeville:** Bridgeville Relays and Ultra, 41 Mi, 8:30 a.m. Freshwater School. Sherman Schapiro 668-5728.

**Bakersfield:** Hart Park Fun Run and BPD Memorial Run, 8 a.m. Bakersfield Track Club, P.O. Box 42123, Bakersfield 93384. (805) 326-3890.

**Santa Barbara:** Santa Barbara Half-Marathon & 5K, Ledbetter Beach, 8 a.m. Chris Holmberg, 3836 Pemm Pl., Santa Barbara 93105. (805) 563-1008.

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

**Sylmar:** Michelob Light Bike Races, Biathlon, 5 & 10K Runs, 8 a.m. Gene Evans, Olive View Volunteer Office, 14445 Olive View Dr., Sylmar 91342. (818) 364-3073.

**San Jacinto:** Lions Run 2 & 10K, 8 a.m.

Ben Stuart, P.O. Box 883, San Jacinto 92383. (714) 654-7774, 528-6601.

**Yorba Linda:** Yorba Linda Rotary Club 5K Run, St. Jude's Hospital, 7:45 a.m. Paul Ciano, 4825-A Valley View, Yorba Linda 92686. (714) 996-0520.

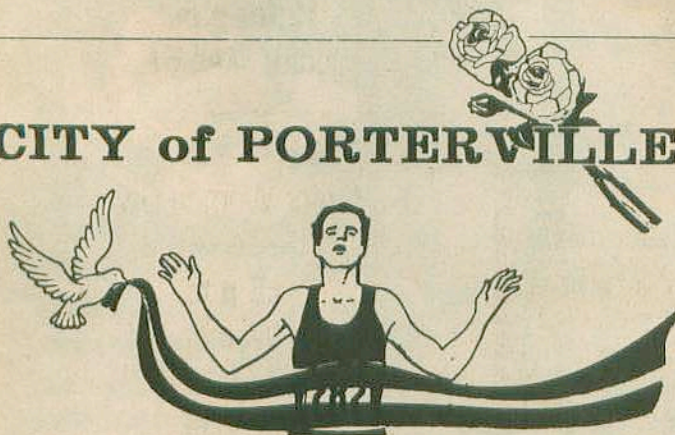
**Avalon:** World Triathlon Team Relays, 4-person teams, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

### November 5 (Sunday):

**New York, NY:** New York City Marathon, Time TBA. New York RRC, P.O. Box 1766 G.P.O., New York, NY 10116. (212) 860-4455.

**San Francisco:** CCPM Waterfront 10 Mile (& 2 Mile), Fisherman's Wharf (Dolphin Club), Time TBA. Pamakid Runners, P.O. Box

## CITY of PORTERVILLE



**14th Annual Veteran's Day  
10K Challenge - 5K Run/Walk**  
Saturday, November 11, 1989  
8:00 a.m. ▼ Downtown Main Street

Featuring the fastest field to be assembled  
in the South Central Valley.

**\$ CASH PRIZES \$**  
T-Shirts ▼ Refreshments

For entry/information, write to: The City of Porterville  
Parks & Leisure Services Dept., P.O. Box 432, Porterville,  
CA 93258. Or telephone: Thevi Pather at (209) 782-7461.

# CHEAP PRINTED T-SHIRTS

Factory "Seconds"  
Minor "Misprints"  
Production Overruns

Specify size(s) and preferred color(s)  
... various running events, etc. If not  
satisfied, return for refund, less ship-  
ping charges.

2 for \$5, 5 for \$10, 12 for \$20  
Shipping Included  
Add \$1/shirt for long sleeves

Make check payable and send to:  
Jack Leydig • P.O. Box 459 • San Carlos, CA 94070  
(415) 595-2249



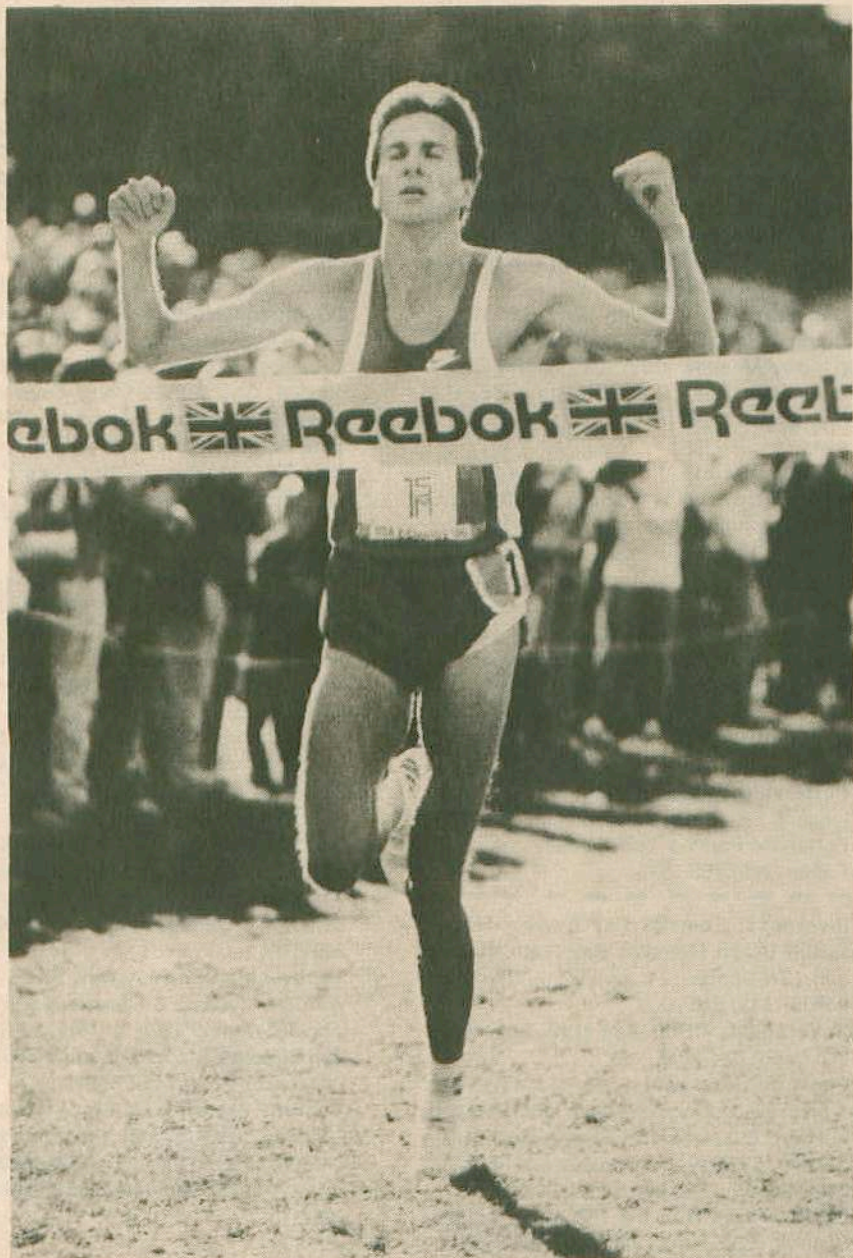
# Reebok<sup>®</sup>

presents

## THE USA CROSS COUNTRY NATIONALS

November 25, 1989

Whether you are a fan or a participant, plan on being in San Francisco on November 25, for the USA Cross Country Nationals. Pat Porter will try for his 8th USA title, an all-time record! All the action takes place at the Polo Fields. Listed below are the scheduled races. For more information and entry, contact the Pacific Association at 800 Bonita Drive, Folsom, CA 95630 or call (916) 933-4913 or (415) 681-2323.



**10:30 a.m.**

Masters  
Men & Women  
10K

---

**12:00 p.m.**

Junior Men 6K

---

**12:45 p.m.**

Junior Women 6K

---

**1:45 p.m.**

Open Women 6K

---

**2:30 p.m.**

Open Men 10K



**PACIFIC ASSOCIATION CHAMPIONSHIPS OCTOBER 28th — POLO FIELDS**

9:00 a.m. - Open & Master Women 6K

10:00 a.m. - Open & Master Men 10K

**San Francisco Examiner**  
MONARCH OF THE DAILIES



# SPIKES \* SPIKES FOR SALE

## ADIDAS TRACK SPIKES

Adistar 2000 (8 1/2 & 9) -- \$40/PR

Saturn (9 1/2) -- \$15

High Jump (12 1/2, Right) -- \$30

Jack's Athletic Supply

P.O. Box 459, San Carlos, CA 94070 (415) 595-2249

27557, San Francisco 94127. (415) 681-2323.

**San Jose:** YMCA Coyote Creek 10K & 2 Mi., Hellyer Park, 8:30 a.m./2 Mi., 9 a.m. Randy Grant, YMCA, 5632 Santa Teresa Blvd., San Jose 95123. (408) 226-9622.

**Windsor:** Windsor Whale Run, 3 & 10K, Windsor Middle School (Starr Rd.), 9 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 329-2380.

**Mill Valley:** DSE Practice Dipsea, 6.8 Mi. (start 2 blocks from Lytton Square in park), 8 a.m. Info: (415) 668-2830.

**South El Monte:** San Gabriel River 15K (SPA/TAC Championships), 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**San Diego:** Rock and Roll 10K & 2 Mi., South of Hilton, 7:30 a.m. Tim Callahan: (619) 437-4556.

**Placerville:** Apple Hill Harvest Run, 6.5 Mi., 3 Mi. & 1/2 Mi., Abel's Apple Acres (Carson Rd./Union Ridge), 8:30 a.m. Abigail Gessler, 814 Pacific, Placerville 95667. (916) 626-4604.

**Fremont:** Run for the Health of It, 10K & 2 Mi., Washington Hospital, 8:30 a.m. Gloyanne Bryant, Washington Hospital (Rehab Services), 2000 Mowry Ave., Fremont 94538. (415) 797-1111 x4730.

**Bakersfield:** Pedal & Plod, Distances Unknown, Time TBA. Info: (805) 871-6501.

**Marina del Rey:** Daniel Freeman Breakers 10K, 8 a.m. Pro-Motion Events, Box 3095, Redondo Beach 90277. (213) 326-5894.

**Monterey Park:** Aztlan International 5 & 10K Classic, East Los Angeles College (Olympic Stadium), 1301 Brooklyn Ave., 8 a.m. Aztlan Athletic Club, 1703 Laurel St., So. Pasadena 91030. (818) 799-5079.

### November 11 (Saturday):

**Pescadero:** Pescadero Half-Marathon & 5 Mile, Pescadero Creek County Park (hilly wil-

derness run), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Los Gatos:** Charlie Wedemeyer Classic 10K Run & 5K Walk, Los Gatos Christian Church (Hicks & Camden), 9 a.m. Tom Eades, 1230 Ridge Oak Ct., San Jose 95120. (408) 268-8693.

**San Francisco:** Golden Gate Park Cross Country Series, 4 Mi., Golden Gate Park (Lindley Meadow, 30th Ave. & JFK Dr.), 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7188, 753-1215 eyes.

**Cleveland Nat'l. Forest:** San Juan Trail 50 Mile Run, Lazy W. Ranch (11 miles inland from San Juan Capistrano), 6 a.m. (200 runner limit; 12-Hour Time Limit). Barry Hawley, 1619 Calle las Bolas, San Clemente 92672. (714) 492-8191.

**Brawley:** Cattle Call 10K & 2 Mi., 8 a.m. Contact: End of the Line (619) 437-4556.

**San Diego:** Great American Smokeout 10K & 2 Mi., Amphib. Base, 7:30 a.m. Contact: Kathy Loper (619) 437-4556.

**Porterville:** Veteran's Day 10,000m Challenge & 5K Run/Walk, Main Street, 8 a.m. Porterville Parks & Leisure Services, Thevi Pather (209) 782-7536.

**Inverness:** Tomales Bay 8 Miler, Heart's Desire Beach (Tomales Bay State Park), 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Bakersfield:** CSUB Fall 10K, Time TBA. Info: (805) 664-2347.

**Playa del Rey:** Jet to Jetty 5 & 10K Runs & 5K Walk, Dockweiler Beach (end of Imperial Hwy), 8 a.m. Airport Marina Counselling Service, 6228 W. Manchester Ave., Los Angeles 90045. (213) 670-1410.

**Tustin:** Tustin Trek, 5 & 10K, Colonial Bible School, 7:30 a.m. Colonial Bible School,

13601 Browning Ave., Tustin 92680. (714)-731-0118.

**Los Angeles:** Solidarity 5 & 10K Free World Run, Griffith Park (ranger station), 8 a.m. Solidarity Free World Run, P.O. Box 492, Whittier 90608.

### November 12 (Sunday):

**Raleigh, NC:** Nat'l. TAC Sr. Men's 10K Championships, Time TBA. Butch Robertson, P.O. Box 1229, Raleigh, NC 27602. (919) 829-4843.

**Clarksburg:** Foundation 30K Championship (Nat'l. TAC Masters Championships, and PA/TAC Championships, all divisions), 5K and Kid's Mile, Delta H.S., 11 a.m./30K, 11:15 a.m./5K, 12:05 p.m./Mile. Skip Seebeck, P.O. Box 20, Clarksburg 95612. (916) 665-1712.

**Columbus, Ohio:** Columbus Marathon, Downtown Columbus near the State Capitol, 9:30 a.m./Wheelchair, 9:45 a.m. Columbus Marathon, 6290 Busch Blvd., Suite 30, Columbus, Oh. 43229. Doug Thurston: (614) 433-0395 or Brenda Burris (614) 227-3248.

**San Francisco:** Options for Women & Girls 5K Run/Walk, Golden Gate Park, 8:30 a.m. Options for Women Over 40, 3543 18th St., San Francisco 94110. (415) 431-6944.

**San Francisco:** DSE Kennedy Dr. Run, 4.7 Mi., Golden Gate Park (south side of Polo Fields), 10 a.m. Info: (415) 668-2830.

**Riverside:** Mission Inn 5 & 10K, Rainbow Square (Fifth & Orange Sts.), 8 a.m. Mission Inn 5 & 10K Runs, 3739 Sixth St., Riverside 92501. (714) 781-8241.

**Long Beach:** CRI Long Beach Shoreline Half-Marathon, Long Beach & Ocean Blvds., 7:30 a.m. CRI, 1500 E. Anaheim St., Long Beach 90813. (213) 591-0539.

**Sunnyvale:** Dash for Diabetes 8K, Sunnyvale Medical Center (Old San Francisco & Sunnyvale Rds.), 9 a.m. Sunnyvale Medical Clinic, 596 Carroll, Sunnyvale 94086. (408) 287-3785.

**Sunnyvale:** ESL Runaway 10K & 5K Run/Walk & 1 Mi., Java & Geneva, 8 a.m./5K, 8:15 a.m./5K Walk, 9:15 a.m./10K, 10 a.m./1 Mi. Dori Wilson, ESL, 495 Java (M-503), Sunnyvale 94088. (408) 743-6399.

**Auburn:** Bear of a Run 5 & 10K and 2 Mi. Fun Run, Gold Country Fairgrounds, 9 a.m. Children's Home Society, 9719 Lincoln Village Dr., #201, Sacramento 95827. (916) 366-9057.

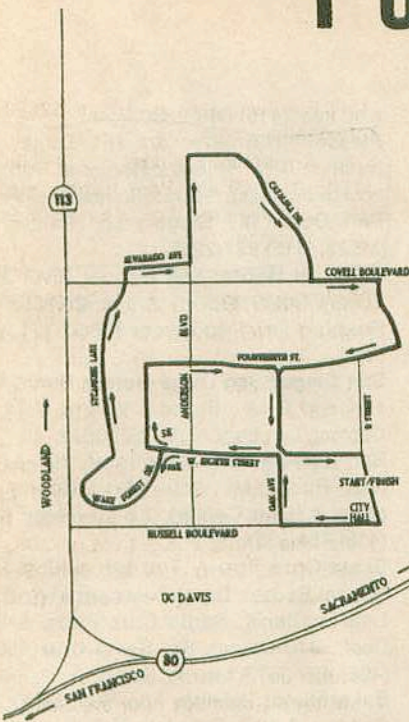


# Turkey Trot

5k / 10k / Kids run

Site of the  
1989 PA/TAC Mens  
5K Championship

**\$3,000.00**  
Mens 5k cash purse



Prize Money limited to PA/TAC Athletes only!!!

Saturday  
Nov. 18, 1989

Time:  
5K.....8:30 a.m.  
10K.....9:00 a.m.  
Kids runs.....After 10K

**Information:**

Call of Write to:  
A Change of Pace  
1260 Lake Blvd. Ste. 248  
Davis, CA 95616  
916.757.2012

**Fees:**

\*All fees are non-refundable and include a T-shirt and post race refreshments

5K/10K (before November 10th).....	\$13.00
5K/10K (after November 10th).....	\$16.00
Kids Run (with t-shirt).....	\$ 5.00
Kids Run (without t-shirt).....	\$ FREE

Detach here and mail

**ENTRY FORM: 1989 DAVIS TURKEY TROT**

Make checks payable: A Change of Pace/Turkey Trot  
Mail to: 1260 Lake Blvd. Ste. 248, Davis, California 95618

- ALL ENTRIES INCLUDE AN OFFICIAL 1989 TURKEY TROT T-SHIRT**
- \$13.00 Pre-registration postmarked before November 10th
  - \$16.00 Late entry/After November 10th
  - \$ 5.00 Kids T-shirt



**CASIO**  
Where Miracles Never Cease

OFFICIAL  
USE ONLY         

Club Name

Name   
First Last

Address  City

State  Zip  Sex  M  F Phone  -

Age  Birthdate  T-shirt  S  M  L  XL Race  5K  10K  TAC #

**WAIVER:** I hereby affirm that I am in proper physical condition to participate in the Davis Turkey Trot, and in consideration of the acceptance of this entry, agree to assume all risk of injury to myself and all risk of damage to or loss of property arising out of my participation in this event; to release and forever discharge the sponsors and promoters of this event, including A Change of Pace, TAC, the city of Davis, Freedom from Hunger Foundation from any and all liability for any injury, including death, and from property damage or loss which may be suffered by me, arising out in any way connected with my participation in this event; and for myself, my heirs, executors, administrators and assigns, to indemnify and hold harmless all of the aforementioned sponsors and promoters from all liability, claims, demands, actions, loss and/or damage arising out of my participation in the Davis Turkey Trot. Further I grant full permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose. 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 testing may be obtained by calling the USOC Hot Line at 800-233-0393. Waiver must be signed by all entrants.

Entrant's Signature \_\_\_\_\_ Parent or Guardian's Signature \_\_\_\_\_

(If under age of 18)



# SCHEDULE



**Fresno:** Fresno Marathon & Half-Marathon, Woodward Park (Hiway 41 at Audubon), 8 a.m. Walter Brown, 8240 N. San Pablo Ave., Fresno 93711. (209) 439-8093.

**Alameda:** Run the Runway, 2 Mi. Walk/Stride, 10K Run, Alameda NAS, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Bakersfield:** NBRPD Tri #1, Distances & Time TBA. Contact: (805) 392-2000.

**Ventura:** Hacienda's 5 & 10K Run and 1 Mi. Fun Run for Recovery, Ventura State Beach, 8 a.m. Hacienda Help Services, Inc., P.O. Box 1946, Ventura 93001. (805) 648-3157.

**Los Angeles:** Minnie Anderson, American Cancer Society, 2975 Wilshire Blvd., Los Angeles 90010-1110 (213) 386-6102.

**So. El Monte:** Legg Lake Toys for Tots 5K Run & 2.3 Mi. Bike, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Ocean Beach:** Ocean Beach 5K Eat & Run, Ocean Beach Pier, 7 a.m. Info: Tome Zounes (619) 224-5155.

**Encinitas:** Project Concern 5 & 10K, Moonlight Beach, 7:30 a.m. Info: Sharon Schramm (619) 437-4556.

## November 13 (Monday):

**South El Monte:** San Gabriel River 3 Mile Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

## November 14 (Tuesday):

**Aptos:** Run for your Life, 6.5 Mi., Aptos Village Park, 9 a.m. Joel Doss, 358 Searidge, #1, Aptos 95003. (408) 685-2504.

**Berkeley:** Run Your Axe Off 5K, North Field (College & Bancroft), UC Berkeley, 10 a.m. UC Development Office, CSF, 2440 Bancroft Way, Berkeley 94720. (415) 643-7001.

## November 18 (Saturday):

**Cupertino:** Stevens Creek 1/3-Marathon and 5 Mi., Stevens Creek County Park (wilderness run on hilly trails), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Davis:** Turkey Trot 5 & 10K (PA/TAC 5K Championships, all divisions), behind City Hall ("B" St.), 9 a.m. A Change of Pace, 1260 Lake Blvd., Davis 95616. (916) 757-2021.

**Lompoc:** Turkey Trot 5 & 10K, 8:30 a.m./5K, 9:15 a.m./10K. Contact: John Perkins (805) 733-4308.

**Irvine:** Pacific Biathlon, 5K Run, 30K Bike, 5K Run, Time TBA. Matt O'Day, 3001 Redhill #2-106, Costa Mesa 92626.

**San Diego:** Mission Bay 25K, E. Fiesta Island, 7:30 a.m. Contact: Joni Pendleton (619) 287-8694.

**So. San Francisco:** South San Francisco Run & Stride, 4.3 Mi., Orange Park, 9 a.m. Richard Janal, Recreation Dept., P.O. Box 711, So. San Francisco 94080. (415) 877-8560.

**San Mateo:** Chope Run for Health 5K & 2 Mi. Walk, Chope Hospital, 9 a.m. Mark Constantz, Chope Hospital, 225 W. 37th Ave., San Mateo 94403. (415) 573-2582.

**Point Reyes:** Miwoks Marathon, 50 Mile, finishes at Golden Gate Bridge, Time TBA. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Cupertino:** Hewlett Packard Turkey Trot, 2.5 Mi., Voss Rd. & Stevens Canyon Blvd. 9 a.m. Info: Hewlett Packard Running Club. (408) 446-9060.

**Los Angeles:** Ladera Heights Civic Association 1 & 5K Runs, 8:30 a.m./5K, 9:15 a.m./1K. Ladera Heights Civic Assoc., P.O. Box 7442, Culver City 90233. (213) 645-2878.

**Pico Rivera:** 5 & 10K Turkey Trot, Smith Park (9110 Mines Ave.), 8:45 a.m./5K, 9:45 a.m. Kenny Elisaldez, City of Pico Rivera, Box 1016, Pico Rivera 90660. (213) 942-2000 x305.

**San Gabriel:** City of San Gabriel Turkey Trot, 5 & 10K, Vincent Lugo Park (Wells & Ramona), 7:30 a.m. Kim Seltzer, City of San Gabriel, 250 So. Mission Dr., San Gabriel 91776. (818) 308-2875.

**Orange:** SCA/TAC 10K X-Country Championships, Santiago Oaks Park, 8:30 a.m. A Running Experience, P.O. Box 3209, Long Beach 90803. Jerry Edwards (213) 433-1656.

**San Diego:** Thanks for Giving 5K & 1 Mi., Balboa Park, 7:30 a.m. Info: Toni Deal (619) 272-8316.

## November 19 (Sunday):

**New York, NY:** Nat'l TAC Masters 15K Cross Country Championships, Time TBA. Joe Kleiner, 9 E. 89th St. New York, NY 10128. (212) 860-4455.

**Los Gatos:** Los Gatos Summit Marathon & Half Marathon, Los Gatos High School, 8 a.m. Runners Factory, 51-C University Ave., Los Gatos 95030. (408) 395-4311.

**San Francisco:** DSE Lake Merced Run, 4.6 Mi. & 9.2 Mi., Sunset Blvd. parking lot, 10

a.m. Info: (415) 668-2830.

**Pleasant Hill:** Pleasant Hill Turkey Trot, distance TBA, Briones Regional Park (hilly course on trails), 9 a.m. Pleasant Hill Rec. & Park Dept., 147 Gregory Ln., Pleasant Hill 94523. (415) 827-2255.

**South El Monte:** San Gabriel River 3 Mile Turkey Trot, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Diego:** San Diego Harbor Run & Walk, 10K and 2 Mi., Seaport Village, 7:30 a.m. Contact: Lyn Lacy (619) 236-0842.

**San Rafael:** Run for the Roof, 10K & 1 Mi. Kids' Run, 2 Mi. Walk, Marin County Fairgrounds (Civic Center), 1 p.m. Peggy Lauer (415) 454-9354.

**Santa Cruz:** Turkey Trot 10K & Kids' 1 Mi., Natural Bridges Dr. at Delaware Ave., 8 a.m. Lisa McGinnis, Santa Cruz Parks & Rec. Dept., 346 Church St., Santa Cruz 95060. (408) 429-3477, Lisa McGinnis.

**Bakersfield:** Ultimate Fun Run, Bakersfield College, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

**San Pedro:** Conquer the Bridge 10K, Sixth & Harbor, 8 a.m. Pro-Motion Events, Box 3095, Redondo Beach 90277. (213) 326-5894.

**Riverside:** Great American Smokeout 5K, 10K and Half-Marathon, Polytechnic High School (Victoria & Central Ave.), 8 a.m. American Cancer Society, 2060 Chicago Ave., Riverside 92507. Zerline: (714) 824-2724.

**Agoura:** Paramount Ranch 8K X-Country Team Race, 8:30 a.m. (1st start). Bill Duly, 818 N. Cold Canyon Rd., Calabasas 91302. (818) 992-6219.

**Malibu:** Lasse Viren 20K Finnish Invitational, Point Mugu State Park (9000 W. Pacific Coast Hwy), 8 a.m./Open Race, 10 a.m./Invit. Finnish Invitational, 505 Briarwood, Ventura 93001.

## November 20 (Monday):

**South El Monte:** San Gabriel River 3 Mile Carrera de Pavos, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

## November 23 (Thurs.):

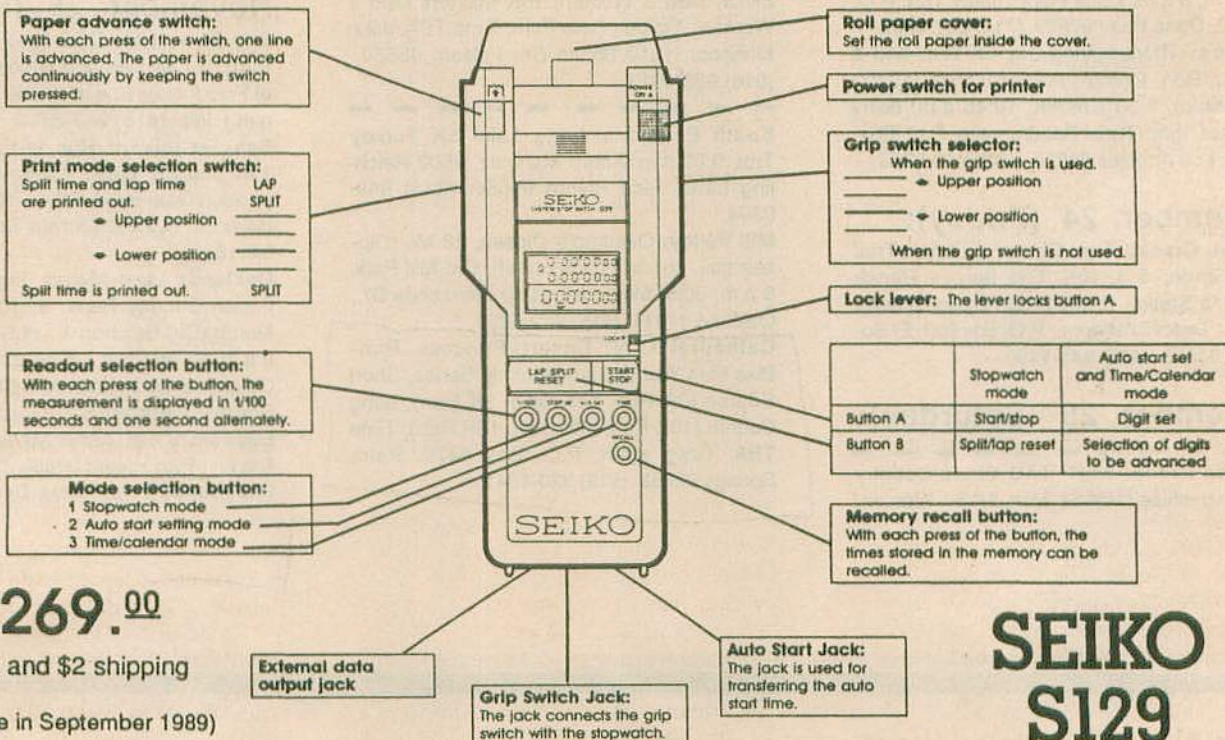
**Torrance:** Harry Sutter Memorial 3 Mile Turkey Trot, Madison & Skypark (by Torrance Airport), 8 a.m. John Jones, Torrance Parks & Rec., 3031 Torrance Blvd., Torrance 90503. (213) 618-2930.

**Dana Point:** Turkey Trot, Distance TBA,



# Digital Quartz Printing Stopwatch S129

## DISPLAY AND BUTTON/SWITCH OPERATION



**\$269.<sup>00</sup>**

+ Tax and \$2 shipping

(Available in September 1989)

**SEIKO  
S129**

## System Printer

The following data is printed permanently on tape:

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

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

```

1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
```

```

1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
  0:00'07 06
2-0:00'09 03
  0:00'01 97
3-0:00'11 11
  0:00'02 08
4-0:00'13 15
  0:00'02 04
    
```

## Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

## Specifications

### Time Base and Accuracy:

Quartz oscillator, ±0.5 seconds (24 hours/70°F)

### Printout:

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

### Time Measurement: 1/100 of a second

### LCD Stopwatch Display:

6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

### Modes:

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

### Temperature:

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

### Dimensions:

3.25" W x 8" L x 1" D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).  
 Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 845, Duracell MN1500. Will print approx. 10,000 lines.

### Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

**JACK'S ATHLETIC SUPPLY**

P.O. Box 459, San Carlos, CA 94070 • (415) 595-2249



# SCHEDULE

Pavillion, 8 a.m. Dana Point Turkey Trot, P.O. Box 12, Dana Point 92629. (714) 661-6062.  
**Cerritos:** Thanksgiving Day 5K Run and 1 Mi. Fun Run, Cerritos Regional Park (19700 Bloomfield), 9:30 a.m./5K, 10:45 a.m. Barry Hamilton, Inter-Tribal Roadrunners, P.O. Box 17689, Los Angeles 90017. (213) 450-8755.

## November 24 (Friday):

**Walnut Creek:** The Ginder Grinder Trail Race/Stride, 5 & 10K, Old Borges Ranch Ranger's Station (Shell Ridge Open Space), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

## November 25 (Saturday):

**San Francisco:** Nat'l. TAC Cross Country Championships (10K Sr. Men, 6K Sr. Women,

5K Jr. Men & Women, 10K Masters Men & Women), Golden Gate Park, Time TBA. John Mansoor, 1619 Bonita Dr., Folsom 95630. (916) 933-4913.

**South El Monte:** Legg Lake 5K Turkey Trot, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Mill Valley:** Quadruple Dipsea, 28 Mi. (Dipsea trail, out-and-back twice!), Old Mill Park, 8 a.m. John Medinger, 2060 Manzanita Dr., Oakland 94611. (415) 842-6889.

**Cathedral City:** Desert Princess Run-Bike-Run World Championship Series, Short Course (3K Run, 15K Bike, 3K Run), Long Course (10K Run, 62K Bike, 10K Run), Time TBA. Greg Klein, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

## November 26 (Sunday):

**San Francisco:** DSE Polo Field Run (Lotto Run), 3.1 Mi., Golden Gate Park (south side of Polo Field), 10 a.m. (1 Mi. Kids' Run at 9:30 a.m.). Info: (415) 668-2830.

**San Francisco:** Run to the Far Side, 5 & 10K and 5K Walk, Academy of Sciences (Golden Gate Park), Time TBA. RhodyCo Productions, 3929 California St., San Francisco 94118.

**Oakland:** Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 and 15K, Lake Merritt (Old Boathouse, 14th & Lakeside Dr.), 9 a.m. Elvyn Blair, LMJS, 3136 California St., Oakland 94602. (415) 530-9151.

**South El Monte:** San Gabriel River USA 3 Mile Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Pasadena:** Five Acres Doo Dah Run, 5K,

# CALIFORNIA TRACK & RUNNING NEWS

YES!! I would like to subscribe. Please start sending CALIFORNIA TRACK & RUNNING NEWS to me at the address indicated below. My check is enclosed.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

\$18 (1 year/11 issues)  \$32 (2 years/22 issues)  \$43 (3 years/33 issues)

SEND TO: California Track & Running News, 4957 E. Heaton Ave., Fresno, CA 93727





# SCHEDULE

Plaza Pasadena Parkway (Colorado and Garfield), 8 a.m. Five Acres, P.O. Box 332, Altadena 91001.

## December 2 (Saturday):

**Antioch:** Tri-Sport Challenge (2-days of events. . . enter 1 to 3 events), 9 a.m./10K & 3 Mi Runs, 2 p.m./1/4 Mi. Swim (pool). Tri-Sport Challenge, 111 W. 15th St., Antioch 94509. Also 25 Mi. & 10 Mi. Bike rides on Dec 3 (Sun.) 9 a.m.

**Bakersfield:** Hart Park Fun Run, 8 a.m. Bakersfield Track Club, P.O. Box 42123, Bakersfield 93384.

**Bakersfield:** Chill Chaser Runs, Distance & Time TBA. Info: (805) 833-6268.

**Los Angeles:** Sri Chinmoy Peace Mile Race, 4 Mi. Run & 2 Mi. Walk, Willowbrook Park (936 E. El Segundo Blvd.), 7 a.m. Sri Chinmoy Centre, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

**La Mirada:** Biola Classic, 5 & 10K and 1 Mi., La Mirada Park, 8 a.m. Biola Chorale, 13800 Biola Ave., La Mirada 90639. (213) 944-0351 x3355.

**San Diego:** Balboa Park Boogie (5K for women) and Balboa Park 5K (for men) and 5K Walk, 6th & Laurel, 7 a.m./Women, 7:30 a.m./Men, 7:35 a.m./Walk. Info: Sharon Greiner (619) 440-1206.

## December 3 (Sunday):

-----  
**Sacramento:** California International Marathon (USA Women's Championship) California International Marathon, PO Box 161149, Sacramento, CA 95816 (916) 447-2786.

-----  
**Washington, DC:** National TAC Masters 8K Championships, Time TBA. Herb Chisholm, 1001 Rynex Dr., Alexandria, VA 22312. (703) 354-3461.

**Culver City:** Western Hemisphere Marathon, Veterans Auditorium (9770 Culver Blvd.), 8 a.m. Jack Nakanishi, 4117 Overland Ave., Culver City 90230. (213) 202-5689.

**San Francisco:** Nike San Francisco Half-Marathon, Golden Gate Park (JFK Dr. & Stow Lake Dr.), 8 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

**San Lorenzo:** Sleigh Bell Dash & Sugar Plum Prance, 10K Run and 5K Run/Walk, Life Chiropractic College West, 9 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118.

**San Francisco:** DSE Golden Gate Vista

Run, 5.04 Mi., Legion of Honor (34th Ave. & Clement), 10 a.m. Info: (415) 668-2830.

**Bakersfield:** NBRPD Tri #2, Distances & Time TBA. Info: (805) 392-2000.

**So. El Monte:** Legg Lake Blue Gill 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**La Quinta:** Foster Turf's Gem of the Desert 10K Run & 5K Walk, Adams & Avenue 52, 8 a.m. La Quinta Chamber of Commerce, P.O. Box 255, La Quinta 92253. (619) 564-3199.

**San Diego:** Light the Night Against Crime 10K, downtown, 6 p.m. Info: Toni Deal (619) 272-8316.

## December 9 (Saturday):

**Point Reyes:** Inverness Ridge Christmas 25K, Bear Valley (Pt. Reyes Nat'l. Seashore HQ), 9 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Modesto:** YMCA Christmas Tree Run/Stride, 1 Mi & 5K, McHenry & Floyd, 8 a.m./1 Mi., 8:45 a.m. Karen Servas, YMCA, 2700 McHenry Ave., Modesto 95350. (209) 578-9622.

**Alta Loma:** Bud Light Tinsel Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, Chaffey College, Time TBA. Rob Hogan, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

**South El Monte:** L.A. County San Gabriel River 10 Mi. Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## December 10 (Sunday):

**Honolulu, HI:** Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Waialae Ave., Room 208, Honolulu, HI. 96816. (808) 734-7200.

**San Francisco:** DSE Presidio Gate Run, 3.3 Mi., Dolphin Club (502 Jefferson St.), 10 a.m. Info: (415) 668-2830.

**Stockton:** Toys for Tots 5K, Location & Time TBA. Tarahumara Running Club, P.O. Box 8422, Stockton 95208.

**Cathedral City:** Desert Princess Run-Bike-Run World Championship Series, 5K Run, 30K Bike, 3K Run, Time TBA. Greg Klein, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

**Rialto:** Rialto Rotary Polio-Plus 5K Run, Rialto Park (Riverside Dr. just north of 10 Fwy), 8:15 a.m. Vern Craig, P.O. Box 397, Rialto 92377. (714) 875-6040.

**South El Monte:** Legg Lake 5K Rainbow Trout Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**San Diego:** San Diego International Marathon & 10K, Balboa Park, 7 a.m. San Diego International Marathon, 2204 Garnet Ave., #303, San Diego 92109. (619) 483-9501

**San Francisco:** Christmas Classic 10K & Miracle Mile, Golden Gate Park (Mile: Rainbow Falls (downhill); 10K: Polo fields), 8:30 a.m./Mi., 9 a.m. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

## December 16 (Saturday):

**Angel Island:** Hark the Herald Angels Run, 12.25K, Ayala Cove, 10:30 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**So. El Monte:** George Guerrero 8K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Las Vegas, NV.:** Las Vegas Half-Marathon, Hacienda Hotel, 7:30 a.m. Las Vegas T.C., 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269, 384-3496.

## December 17 (Sunday):

-----  
**San Francisco:** Christmas Relays, 4x4.464 Mi., Lake Merced (Sunset Blvd. Parking lot), 9 a.m. WVTC, c/o Marc Lund, 1433 Norman Dr., Sunnyvale 94087. Flory Rodd (415) 387-7172, Laury Fisher (415) 482-4355.

-----  
**San Francisco:** DSE McLaren Park Run, 3.5 Mi. (or more), Excelsior & Mansfield, 10 a.m. Info: (415) 668-2830.

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

**San Diego:** Festival of the Lights 10K & 2 Mi., Balboa Park, 7:30 a.m. Info: Sam Cohen (619) 583-3300.

## December 18 (Monday):

**South El Monte:** San Gabriel River Carrera de Pavos 3 Mile Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

## December 23 (Saturday):

**So. El Monte:** Legg Lake Felix Navidad 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

## December 24 (Sunday):

**Oakland:** Lake Merritt Joggers & Stirders Fourth Sunday Runs, 5, 10, 15K, Lake Merritt



# SCHEDULE

(Old Boathouse: 14th & Lakeside), 9 a.m. El-vyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

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

**Agoura:** 5K Cross Country Run, Distance TBA, Paramount Ranch, 10 a.m. (No Pre-Entry). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

## December 25 (Monday):

**San Francisco:** Christmas Blind Date Relays, 2x2 Mi. (1 man, 1 woman), Golden Gate Park (Stow Lake Boathouse), 10 a.m. Info: (415) 668-2830.

**So. El Monte:** Legg Lake Red Nose Reindeer 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

## December 29 (Friday):

**San Diego:** Resolution Run, 5K & 1 Mi., 6th & Laurel, 12:15 p.m. Info: Roger Martin (619) 232-7451.

## December 30 (Saturday):

**Muir Beach:** New Year's Resolution Runs, 12K & 31K, (Muir Beach/31K, Mtn. Home Inn on Panoramic Hwy./12K), 9 a.m./31K, 10 a.m./12K. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**South El Monte:** Legg Lake Fin de Ano Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

## December 31 (Sunday):

**San Francisco:** First Run 5K, Location TBA, midnight. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**Lompoc:** Midnight Run, 4.8 Mi. & Kids' Mile, Vandenberg Village Shopping Center (Lompoc-Casmalia Rd.), 11:15 p.m./1 Mi. (18 & Under), 11:55 p.m. John Perkins, 3304 Via Dona, Lompoc 93436. (805) 733-4308.

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

**San Diego:** New Year's Fun Run, Distance TBA, Mission Bay Boardwalk, 11:45 p.m. Info: Movin Shoes (619) 488-2310.

## January 1 (Monday):

**Oakland:** New Year's Day Race & Stride, 5K, 10K & 10K Relay, Lake Merritt Boathouse

(east end of lake), 11 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Carmel:** Rio Resolution Run, 5 & 10K, Rio Rd. & Hwy. 1, 9 a.m. Les Waddel, Waddel Sports, 225 Lighthouse, Monterey 93940. (408) 646-1487.

**So. El Monte:** San Gabriel River 3 Mile New Year Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

## January 2 (Tuesday):

**So. El Monte:** Legg Lake 5K New Year Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

## Looking Ahead

**Marathons, Relays & Important Dealines, Major Events, Etc.**

**Jan. 21 (Sun.): Saugus:** Spunky Canyon 40.5 Mile Ultra-Marathon, Santa Clarita

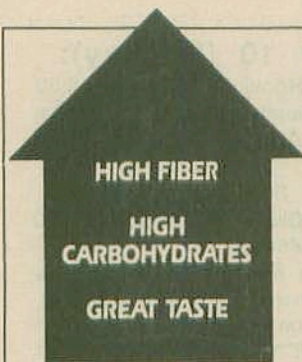
Park, 6 a.m. Scott Butler, 31820 Mountain Shadow, Acton 91351. (805) 274-0400, 265-0555.

## Cross Country

**Oct. 14 (Sat.). Huntington Beach:** Central Park Invitational Cross Country. High School Only. 3 Mi., 8 a.m. Central Park. Matt Simpson, Fountain Valley High School, 17816 Bushard St., Fountain Valley 92708. (714) 533-4368.

FOR SALE--BEST OFFER  
Savin Desktop Copier

...needs new drum and servicing, but otherwise in good condition. Takes 11" and 14" paper; 2 extra bottles of toner included. Shipping extra. Call Jack's Athletic Supply (415) 595-2249.



**NUTRITION IS DELICIOUS WITH:** 

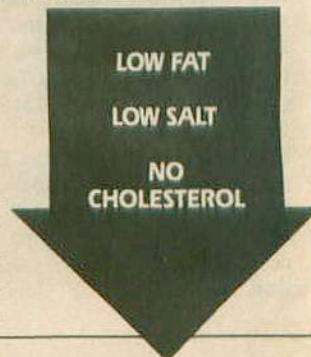
LifeBlend's high fiber, low fat foods prove that healthy eating can be fun! Whether it be our high fiber 6-Grain Cereal, our four flavors of granola bars, our Simply Slim® drink mixes, our natural pasta or our men's and women's personal care products, once you've tried them you will understand why LifeBlend was named one of this country's ten leading product innovators by *Food & Beverage Marketing* magazine in December of 1986.

Take it from Debbi Lawrence, women's racewalking athlete of the year, and husband Don, 9th ranked U.S. men's racewalker: "We are pleased to join with LifeBlend in the promotion of good health through high fiber, low fat, low salt nutrition such as that provided by LifeBlend foods. They taste great too!"

Receive a box of LifeBlend 6-Grain Cereal FREE with your first order! Send for your FREE color product brochure today.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_

Mail to: LifeBlend • 7680 West 78th Street • Minneapolis, MN 55435 • 1 (800) 521-2551





# SoCAL DIARY

By BILL MINARIK

## 1989 SoCal Cross Country Preview

### PAC-10 Men:

Oregon is clearly the class of the field here, however UCLA, absent any last-minute red-shirting, appears to have the depth to challenge Stanford for 2nd.

- |                   |                |
|-------------------|----------------|
| 1. Oregon         | 6. Arizona     |
| 2. UCLA           | 7. Cal         |
| 3. Stanford       | 8. USC         |
| 4. Washington St. | 9. Arizona St. |
| 5. Washington     | 10. Oregon St. |

### PAC-10 Women:

Oregon again has too much front line strength for the rest of the pack; while UCLA appears to have a firm grip on 2nd.

- |                   |                |
|-------------------|----------------|
| 1. Oregon         | 6. Stanford    |
| 2. UCLA           | 7. Washington  |
| 3. Cal            | 8. Arizona St. |
| 4. Arizona        | 9. Oregon St.  |
| 5. Washington St. |                |

### Big West Men:

Fresno St. topped UC Irvine which was rebuilding last year, but I'll go with the Anteaters in 89 although it could go down to the 5th man in the Conference Meet.

- |                   |                   |
|-------------------|-------------------|
| 1. UC Irvine      | 5. Utah St.       |
| 2. Fresno St.     | 6. New Mexico St. |
| 3. UCSB           | 7. C/S Fullerton  |
| 4. Long Beach St. |                   |

### Big West Women:

While Fresno St. won last year, I still look for UC Irvine to regain the top. The Anteaters have too much depth for the Bulldogs.

- |                     |                  |
|---------------------|------------------|
| 1. UC Irvine        | 4. UCSB          |
| 2. Fresno St.       | 5. C/S Fullerton |
| 3. Cal St. Long Bch | 6. San Diego St. |
| 7. UNLV             |                  |

### CCAA Men:

John Tansley appears to have another winner in his final year at CSLA while CPSLO should be able to use their depth for a solid second.

- |                   |                        |
|-------------------|------------------------|
| 1. CSLA           | 4. Cal Poly Pomona     |
| 2. CPSLO          | 5. C/S Bakersfield     |
| 3. C/S Northridge | 6. C/S Dominguez Hills |
| 7. Chapman        |                        |

### CCAA Women:

CPSLO is in a class by itself here, while probable runner-up Northridge would be a titlist almost anywhere else.

- |                    |                        |
|--------------------|------------------------|
| 1. CPSLO           | 4. C/S Bakersfield     |
| 2. C/S Northridge  | 5. C/S Dominguez Hills |
| 3. Cal Poly Pomona | 6. Chapman             |

### SCIAC Men:

This year's battle will be between Oxy and Claremont-Mudd with the Tigers getting the nod on depth.

- |                   |             |
|-------------------|-------------|
| 1. Oxy            | 5. CalTech  |
| 2. Claremont-Mudd | 6. Whittier |
| 3. Redlands       | 7. LaVerne  |
| 4. Pomona         |             |

### SCIAC Women:

Again Claremont-Mudd looks like the only challenge Oxy will have for the title.

- |                   |             |
|-------------------|-------------|
| 1. Oxy            | 5. Whittier |
| 2. Claremont-Mudd | 6. CalTech  |
| 3. Redlands       | 7. LaVerne  |
| 4. Pomona-Pitzer  |             |

### NAIA Men:

1988 champs Cal Lutheran graduated only their number one man, while the other teams

will be depending on unproven recruits.

- |                   |                       |
|-------------------|-----------------------|
| 1. Cal Lutheran   | 6. Masters            |
| 2. Pt. Loma       | 7. Azusa              |
| 3. Westmont       | 8. So. California     |
| 4. Fresno Pacific | 9. Christian Heritage |
| 5. Biola          | 10. Life              |

### NAIA Women:

Defending champion Pt. Loma lost their top two runners, while Westmont has two experienced front runners returning. Cal Lutheran and Masters have the depth to upset.

- |                 |                        |
|-----------------|------------------------|
| 1. Westmont     | 6. Azusa               |
| 2. Cal Lutheran | 7. Fresno Pacific      |
| 3. Pt. Loma     | 8. Southern California |
| 4. Masters      | 9. Christian Heritage  |
| 5. Biola        |                        |

### Community College Men:

El Camino again looks to be the class of the field here although San Diego Mesa could challenge.

- |                   |               |
|-------------------|---------------|
| 1. El Camino      | 4. Trade Tech |
| 2. San Diego Mesa | 5. Riverside  |
| 3. Mt. SAC        |               |

### Community College Women:

State Champ Mt. SAC again appears to have the horses to repeat, however Conference rival El Camino which beat the Mounties in the Conference Meet last year could take it all.

- |              |                   |
|--------------|-------------------|
| 1. Mt. SAC   | 4. Mira Costa     |
| 2. El Camino | 5. San Diego Mesa |
| 3. Cuesta    |                   |





# Road Running Round Up

By PHIL STEWART  
National Columnist, Running International

## New Stats Show Running is in Good Health:

TACTIMES, the publication of The Athletics Congress' (TAC) road running statistics-keeping organization, TACSTATS, has compiled some upbeat figures regarding the resurgence of running in America. "This year," TACTIMES states, "it is hard to find a running participation number that isn't up. The number of certified courses has mushroomed from 1321 in 1984 to over 5000 today. The growth we noted between 1986 and '87, continued through 1988. The largest races increased by about 7% and finishers in all races grew by approximately 5%. In keeping with the recent trend, the major growth areas are 5K, 8K and 10K races. Skeptics who have claimed that marathon running is on the decline are proven incorrect by TACSTATS. Its figures show that while the number of marathon races reporting results to them has dropped (136 in '84 to 68 in '88); the reports of the average number of marathon runners has risen. The net effect is approximately an equal number of marathoners in 1988 as in 1984. . . The top 5 largest U.S. races of 1988 as reported to TACSTATS are 1. Bay to Breakers, 73,465; 2. Lilac Bloomsday, 53,127; 3. Crescent City Classic, 28,477; 4. Peachtree Road Race, 25,000; 5. New York City Marathon, 22,405. It took 2708 runners to make the list in '88, with the Long Beach Marathon holding down slot #100.

Sports Ranking Systems reports that the total amount of prize money awarded since 1980 surpassed \$20 million during July, ending up at \$20,128,332. Three new runners--Kim Jones, Veronique Marot, and Don Janicki--surpassed \$100,000 in career earnings, bringing the total to 11 men and 14 women who have topped this mark.

## If Joseph Nzau...

produces evidence acceptable to TAC that he is 40-years-old, he will rewrite masters running "records" in a big way. The Kenyan athlete says he turned 40 last April 14 and has produced some papers from the Kenyan Federation to support his claim. However during the 1980s he used a 1952 birthdate on entry forms for the Cascade Run Off and Jacksonville River Run while his passport gives his birth year as 1950. After a protest was filed, TAC asked Nzau to refrain from entering races as a master until the matter is cleared up. This year Nzau has run a 43:54 15K and a 28:09 10K--both well under existing masters' world records.

## Transponders...

are coming to road racing. Tiny, lightweight versions of the devices that enable search teams to find lost aircraft are being manufactured by a company in Massachusetts for affixing to runners' bib numbers. All the necessary runner information is encoded in the transponder. When each runner crosses a strip at the finish line, his time, place, and bio information are immediately recorded. According to the manufacturer, the devices have been tested successfully in bicycle races where the density of cyclists finishing in a short period is far greater than in a running event. Tests in road races continue.

## A trend toward track:

Spearheaded by TAC's goal of revitalizing track and field in the United States coupled with the successful staging of the first New York Games on TV this summer, track and field is fast becoming a hot item in the U.S. The movement received an additional boost when nearly 5,000 "veteran" athletes (over 35 women, over 40 men) gathered in Eugene,

Oregon for the World Veterans Meet which was written up in *Sports Illustrated*. Although many road running clubs call themselves "Track Clubs" or "TC" most of them don't put on track meets. This may change as road runners look for new challenges. . . The Eugene Meet was truly inspirational as athletes up into their 90s (the oldest was 94), although one 102-year-old was denied a visa to leave his home country, according to the organizers) threw the hammer, high jumped, steeplechased, and ran every distance from 100 through 10,000 meters all in five-year age groups. Everyone there was a great human interest story. Now WAVA--the World Association of Veteran Athletics, under whose auspices the meet was conducted--may have to find ways to limit the growth of the meet which had to use 5 high jump and pole vault pits simply to handle the crush of people who wanted to take part. To date anyone meeting the age requirements could take part--making this the ultimate all-comers meet. The WAVA membership would like to preserve this openness, but the sheer numbers may force them to institute qualifying standards. The next meet will be in 1991 in Turku, Finland.

## A recent survey...

of 100 road races provided some interesting findings. The average race was 9.58 years old (meaning 1978 was a big year for getting underway). The average race has most likely been through a couple of race directors as the current directors of these races have been conducting them for an average of 5.6 years. The longest-serving race director has been at it for 20 years--but the event has been around for 25 years. Approximately one-third of the race directors get paid. Male

*continued next page...*



directors outnumber female directors about 3.5 to 1.

### "No" on Strollers:

Not a dissenting vote was cast at the Road Runners Club of America Convention in Colorado Springs to a resolution aimed at discouraging the use of baby and "racing" strollers in races. The RRCA says they're fine for parents to train with, but for safety reasons please leave them at home on race day.

### Fall Marathon Scorecard:

With the big fall marathons fast approaching, the annual scramble to draw elite runners is in full swing. Although injuries and other factors influence who goes where, here are some early (and tentative) plans. **New York (Nov. 5):** Although the New York Road Runners say they haven't begun recruiting in earnest, 1988 winner Steve Jones is likely to defend his title. Speculation abounds that Mark Nenow, Olympic champion Gelindo Bordin and Ahmed Saleh could show up. Grete Waitz should be trying to wrap up a decade's worth of New York City victories, but may be stymied if world record holder Ingrid Kristiansen shows up as many expect. **Old Style Marathon/Chicago (Oct. 29):** Two top U.S. men Ed Eyestone and Paul Gompers have shown interest in running in the Windy City. They would be joined by defending champion Alejandro Cruz, who startled everyone with a 2:08:57 win at age 20 last year. The women's race looks particularly strong with Lisa Weidenbach, Cathy O'Brien, Margaret Buist, and Erin Baker mentioned as starters. **Twin Cities (Oct. 8):** Selected as the site of the TAC National Masters Championship plus generous age-graded bonuses will attract the 40-and-over set to tour the Minnesota lakes. Look for top age groupers such as Kjell-Erik Stahl, Bob Schlau, Norm Green, Laurie Binder, and Barbara Filutze to head to Minnesota. Don Janicki, who has placed second twice, will try to move up a notch in the men's division. Kim Rosenquist will headline the women's field which includes a 2:33 Russian athlete Valentina Ustinova, and Americans Cindy Welte, Sabrina Peters, and Maureen Custy-Roben. **The Columbus Marathon (Nov. 12)** is priming itself for hosting the 1992 Men's Olympic Trials and will feature a strong cast of American men and some interesting

first timers. The U.S. contingent will be headed by Bill Donokowski, with a 2:10:41 PR, Jeff Scuffins and first timer Chris Fox as they rush to get a sneak preview of the 1992 Trials course. Richard Kaitany of Kenya, with a 2:09:37 PR, leads the foreigners along with first timers Pablo Ceron and J.P. Ndayisenga. Julie Isphording, defending champion and course record holder will headline the women.

And what about Joan Samuelson? She'll be sitting out this fall as she is expecting her second child.

### Elite Athlete and Prize Money Race Director Alert:

Male runners with sub-30-minute 10K times, women with sub-34:30 10K times (or equivalents), and directors of prize money races are invited to complete questionnaires for consideration for free listings in the 1990 *Road Race Management Guide to Prize Money Races and Elite Athletes*. The annual Guide is a standard reference book for athletes and race directors alike. To receive a questionnaire send a note, indicating if you are an athlete or race director, with your address to RRM Guide, 1201 S. Eads St., Suite 2, Arlington, VA 22202. (703) 979-4820.

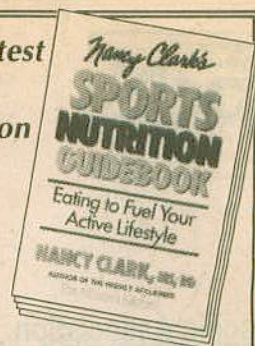
### Parting Thought:

What do pole vaulting and playing the kazoo have in common? Both are successful past-times of Barbara Stewart of Rochester, NY. According to the *Eugene Register-Guard*, Stewart, age 47, was one of the few entrants in the women's pole vault at the recent World Veterans' Championships. She also has sold 250,000 copies of her book called "How to Kazoo" and has appeared on "The Tonight Show." In Eugene, she upped her PR in the pole vault to 5'3".

Address comments or items for consideration for this column to Phil Stewart, c/o Road Race Management, 1201 S. Eads St., Suite 2, Arlington, VA 22202.

Phil Stewart is Editor of *Road Race Management*, a monthly newsletter for race directors and individuals involved in race administration and sponsorship. ♦

The Latest  
Sports  
Nutrition  
Best  
Seller:



"Nancy Clark is THE sports nutrition expert for any of your food questions. Her book is tops!"

— Jeff Galloway, former U.S. Olympian and coach

"An excellent resource with practical, easy-reading advice for anyone who cares about food for health and performance." — *New England Runner*

Nancy Clark, RD  
Sports Nutritionist

SportsMedicine Brookline  
Boston, MA 02167



If you liked *The Athlete's Kitchen*, you'll love *Nancy Clark's Sports Nutrition Guidebook*.

It's filled with the latest tips on—

- Sports nutrition
  - Eating healthfully on the run
  - Losing weight while having energy to train
  - Handling athlete's eating problems
- ... Plus more than 100 quick and easy recipes for your winning sports diet.

*Nancy Clark's Sports Nutrition Guidebook* carries on from where *The Athlete's Kitchen* left off— you may want both!



### ORDER FORM

Enclosed is \$ \_\_\_\_\_ for sending me:

- \_\_\_ copies *Nancy Clark's Sports Nutrition Guidebook* @ \$15.00 per book.
- \_\_\_ copies *The Athlete's Kitchen* @ \$7.00 per book.

Mass. Residents add 5% sales tax.  
Price includes postage and handling.

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

Street: \_\_\_\_\_

City: \_\_\_\_\_

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

Make check payable to  
New England Sports Publications  
and mail to PO Box 252, Boston, MA 02113.





# PA-TAC NOTES

By JOHN MANSOOR

## Pacific Association Grand Prix Teams Through 5K

Listed here are the updated Grand Prix results for individuals and teams through the Susan B. Anthony 5K Championships. In addition to the Grand Prix action, three big National Championships on tap include the Masters 30K at Foundation 30K, the USA Cross Country Nationals for Juniors, Seniors (Open) and Masters on November 25th in San Francisco and the USA Women's Championship and selection race for the Women's Goodwill Games Marathon team at Cal International. Good Stuff coming up!

### Teams

#### Master Men:

1. Tamalpa 13, 2. Excelsior 10, 3. West Valley J&S 6, 4. Pacific Flyers 5.

#### Master Women:

1. West Valley TC 13, 2. Impalas 10, 3. Highland Striders 2.

#### Open Men:

1. Pacific Flyers 17, 2. Reebok Racing Team 6, 3. Reebok Aggies 5, 4. Buffalo Chips 1.

#### Open Women:

1. Pacific Flyers 16, 2. Ryans 8, 3. Woodside Striders 4, 4. Impalas 3, 5. Buffalo Chips 1.

#### Senior Men:

1. West Valley J&S 3, 2. Tamalpa 1.

#### Super Senior Men:

1. Lake Merritt Joggers & Striders 1.

#### Senior Women:

1. NorCal 2, 2. Tamalpa 1.

### Individuals

#### Open Men

Place	Name	Club	Total
1	Alan Dehlinger	Flyers	134
2	Domingo Tibaduiza	Flyers	126
3	Jose Aispuro	Aggies	118
4	Miguel Tibaduiza	Flyers	96
5	Dennis Rinde	Flyers	85
6	Juan Rameriz	Hoys Sports	82
7	Mark Hoefler	Fleet Feet	75
8	Tom Borschel	Reebok	72
9	Joaquin Leano	Flyers	69
10	Marty Higginbotham	Fly	64
11	Rob Anex	Aggies	62
12	Carmelo Rios	Aggies	54
13	Tim Gruber	Aggies	52

13	Lynn Mentzer	Flyers	52
15	John Hancock	Reebok	47
16	Dean Rinde	Flyers	45
17	Jeff Shaver	Aggies	41
18	Bill Sevald	Excelsior	39
19	Craig Moore	Chips	38
20	Jon Klinkman	Flyers	37
21	Jerry Jobski	Excelsior	36
22	Mike McManus	Hoys	32
23	Robert McLennan	Tamalpa	31
23	Frank Ruona	Tamalpa	31
25	Jim Minami	Golden Bay	28
25	Dan Stefanisko	Reebok	28
27	Thomas Schmitt	Reebok	27
28	Tim Ball		24
29	Charles Alexander	Aggies	23
29	Rich McCandless		23
31	Craig Steinmaus	Reebok	22
31	Dan Williams	East Bay St.	22
33	Mike Fanelli	Hoys Sports	20
34	Wayne Miles	Flyers	18
35	Bill Gardner	Chico RC	16
36	Scott Steinmaus	Reebok	15
37	Steve Haase	Reebok	14
37	Rich Langford		14
37	Bruce VonBorstel	Flyers	14
40	Wayne Whiting	Flyers	12
41	David Frank	Aggies	10
41	Robert Herndon	Reebok	10
41	John Moreno	Hoys Sports	10
41	Carl Stempel	Reebok	10
41	Ken Warde		10
46	Luiz Coutinho		9
46	Dennis Kurtis	Hoys Sports	9
48	Steve Ferraz	Excelsior	8
48	Kevin Osterberg	Aggies	8
48	Jon Root	Chips	8
51	Steve Lopez	Flyers	6
51	David Mahan		6
51	Richard McCann	Flyers	6
54	Rick Bruess		4
54	Floyd Whiting	SSS	4
56	Mark Graves		3
56	Antonio Scardina		3
56	Tim Williams	Flyers	3
59	Ray Cook	Flyers	2
59	Bob Lindsey	Flyers	2
59	Denis O'Halloran	Aggies	2
59	Don Paul		2
63	Bill Langhout	Reebok	1
63	Tim Wallen	Flyers	1
63	Steve Zirkelbach		1

#### Open Women

Place	Name	Club	Points
1	Terry Puckett	Flyers	173
2	Rossy Cardenas	Flyers	125
3	Chris Iwahashi	Chips	103
4	Hilary Naylor	Impalas	85
5	Rosa Gutierrez	Ryans	76
6	Bev Marx	Flyers	75
7	Lorena Ferreira	Woodside	71
8	Joan Colman	WVTC	65
9	Susan Putney	Aggies	58

10	Karen Scholte	Ryans	52
11	Susan Horstmeyer	Woods	51
12	Barbara Acosta	Ryans	46
12	Margie Lindsey	Flyers	46
14	Laura Sanchez	Ryans	45
15	Peggy Smyth	Flyers	41
16	Toni Belaustegui	SSS	38
17	Jan Levet	Chips	34
18	Laury Fisher	WVTC	32
18	Irene McLoughlin		32
18	Sue Vinella-Brusher		32
21	Eileen Brennan	Impalas	31
22	Margaret Curtis	Dolphin	30
23	Terri Hayes	SSS	28
24	Karla Wittar	Woodside	26
25	Robyn Root	Nike Coast	24
25	Linda Somers	Flyers	24
25	Betsy White	WVTC	24
28	Gloria Dake		22
28	Eileen Taylor	Chips	22
30	Barbara Frank	Flyers	21
30	Janine Jarris	Chips	21
32	Nan Hall	GSFTC	20
33	Stacey McAfee	Flyers	19
34	Debbi Waldear		15
35	Donna McKennon	Woods	14
35	Kim Rupert		14
37	Donna Hinshaw	Impalas	13
37	Shirley Matson	Impalas	13
37	Sandy Sup	Ryans	13
40	Janine Aiello	Impalas	12
40	Peggy Lavelle	Impalas	12
40	Christine Noll		12
43	Lisa Boyle	Fast	11
43	Connie Kondo	Chips	11
43	Barbara Miller		11
43	Nelly Wright	Flyers	11
47	Vicki Bigelow	Highland	9
47	Eileen Brown	Ryans	9
47	Juana Stavolone	WVTC	9
50	Kathy Kennedy	Highland St.	8
50	Linda VanHousen	Woodside	8
52	Vicki Chase	WVTC	7
52	Becki Simmie-Kesecker	(GSF)	7
54	Pat Falsone	Impalas	6
54	Kathi Krause	Impalas	6
54	Tina McCandless	Ryans	6
54	Beckie Simee		6
58	Nancy Benson	Aggies	5
58	Melanie Gilbertson		5
58	Gail Rodd	WVTC	5
61	Birthe Kirsch	Impalas	4
61	Ramona Lopez	Ryans	4
63	Linda Mantynen		3
63	Heidi Teachout	Fleet Feet	3
63	Tina Toona		3
66	Heidi Skaden	Flyers	2
67	Mary Matteson		1

#### Master Women

Place	Name	Club	Points
1	Hilary Naylor	Impalas	96
2	Joan Colman	WVTC	88
3	Margie Lindsey	Flyers	70

4	Laury Fisher	WVTC	41
5	Kathy Kennedy	Highland	40
6	Linda Mantynen		35
7	Toni Belaustegui		32
8	Nelly Wright	Flyers	29
9	Pat Falsone		28
10	Vicki Bigelow	Highland	26
10	Vicki Chase	WVTC	26
10	Heidi Skaden	Flyers	26
13	Juana Stavolone	WVTC	25
14	Barbara Miller	Unat	23
14	Gail Rodd	WVTC	23
16	Margaret Curtis	Dolphin	22
17	Laure Binder	Impalas	20
17	Terri Hayes	SSS	20
17	Shirley Matson	Impalas	20
20	Betsy White	WVTC	18
21	Gloria Dake		16
22	Joan Ulyot	WVTC	14
23	Birthe Kirsch	Impalas	11
24	Cynci Calvin		10
25	Eve Pell	Tamalpa	9
26	Joan Reiss	Chips	7
26	Karen Scannell	Impalas	7
28	Madelyn Moon	WVJ&S	6
28	Alice Rose	NorCal	6
30	Jackie Casselli	NorCal	4
30	Mary Lou Quinto		4
30	Barbara Robben		4
33	Elvyn Blair	NorCal	3
33	Pat Franklin	Impalas	3
33	Ceis Wildin		3
36	Sandy Coffey	Flyers	2
37	Kit Pickles	NorCal	1
37	Sandra Vours		1

#### Master Men

Place	Name	Club	Points
1	Jerry Jobski	Excelsior	94
2	Bill Sevald	Excelsior	90
3	Robert McLennan	Tamalpa	63
4	Frank Ruona	Tamalpa	55
5	David Furst	WVJ&S	47
6	Jim Gibbons	Tamalpa	37
7	Steve Ferraz	Excelsior	35
8	Jim Minami	Golden Bay	30
8	Chris Thomas	Tamalpa	30
10	Jon MacPherson	Tamalpa	27
10	James Press	Excelsior	27
12	Robert Lindsey	Flyers	22
12	Wayne Whiting	Flyers	22
14	Dan Williams	East Bay	20
15	Alan Stainbridge	Excel	19
16	Wayne Miles	Flyers	18
17	Bill Gardner	Chico RC	16
18	Sal Vasquez	WVJ&S	14
18	Bruce VonBorstel	Flyers	14
20	Gabriel Sandoval	WVJ&S	13
21	Detle Kraus	WVJ&S	11
22	Floyd Whiting	SSS	10
23	Tim Rostege	WVJ&S	8
24	Don Rebel	WVJ&S	6
25	George Mason	WVTC	5
25	Jim Reitz		5

continued next page...





## INTRODUCING ULTRA FUEL. THE ULTIMATE CARBOHYDRATE ENERGY AND RECOVERY DRINK.

Ultra Fuel is the most advanced performance drink ever developed.

One 16-ounce serving provides 100 grams of highly concentrated, easily digested carbohydrates, derived predominantly from glucose polymers (a unique complex carbohydrate better tolerated at high concentrations than simple sugars, providing more utilizable energy) and small amounts of pure crystalline fructose. Latest scientific studies show that this combination of carbohydrate is best for replenishing vital muscle<sup>1</sup> and liver<sup>2</sup> glycogen stores and helping you perform at a higher level for a longer period of time. Plus Ultra Fuel supplies important carbohydrate and energy metabolizers including chromium, stress B vitamins, potassium, magnesium and vitamin C.

Look for new Ultra Fuel in delicious 100% natural orange and fruit punch flavors at better health food stores, gyms, and General Nutrition Centers. And add fuel to your competitive fire.



# TWINLAB

Copyright © 1989 by Twin Laboratories, Inc.

<sup>1</sup> Pate D, Houtmark, A, Wake, C, Nordin, K, Masellum, S. Effect of ultra fuel on muscle glycogen stores and on rate of muscle glycogen synthesis. Med Sci Sports Exerc 1987; 19: 481-484.  
<sup>2</sup> Nilsson-Lath, Fredman, F. Liver and muscle glycogen in man after exercise and fructose infusion. Scand J Clin Lab Invest 1974; 33: 5-10.

### Remaining LDR Grand Prix Events:

Date	Meet	Division
Oct. 8	Silver State 15K	All Divisions
Oct. 28	Examiner XC	All Divisions
Nov. 12	Foundation 30K	All Divisions
Nov. 18	Turkey Trot 5K	All Men
Dec. 3	Cal International	All Divisions

6	Robert Groff	Tamalpa	8
7	Bob Barber	6	
7	Roger Bryan	WVJ&S	6
7	Everett Riggle	Chico RC	6
10	Joe Hancock	LMJS	2
10	Ken Noel	WVJ&S	2
10	Ron Ogilvie	2	
10	Carlos Saloiver	2	
14	Dave Bauer	WVJ&S	1
14	Bill Catanese	Tamalpa	1
14	Bernard Hollander	Tamalpa	1
14	David Ragsdale	Chips	1
11	Elvyn Blair	NorCal	2
11	Jackie Caselli	NorCal	2
11	Marion Irvine	Tamalpa	2
11	Marty Maricle	NorCal Sr.	2
11	Ceis Wildin	2	
16	Alice Rose	NorCal	1
16	Kay Willoughby	Tamalpa	1

#### Super Senior Men

Place	Name	Club	Points
1	Bill Wallace	2	
2	Fred Dunn	1	
2	Boyce Jacques	SSS	1
2	Dave Stevenson	1	
2	Ray Stewart	1	

#### Senior Women

Place	Name	Club	Points
1	Heidi Skaden	Flyers	34
2	Vicki Bigelow	Highland St.	26
3	Betsy White	WVTC	20
4	Gloria Dake	12	
4	Birthe Kirsch	Impalas	12
6	Eve Pell	Tamalpa	10
7	Joan Reiss	Chips	6
7	Karen Scannell	Impalas	6
9	Barbara Robben	5	
10	Ruth Anderson	NorCal	4

#### Super Senior Women

Place	Name	Club	Points
1	Jackie Caselli	NorCal	3
2	Kit Pickles	NorCal	2

27	Jim Bevins	4	
27	Tom Robinson	Excelsior	4
29	Jim Furman	Tamalpa	2
30	Daryl Beardall	Tamalpa	1
30	Eric Ivary	1	

#### Senior Men

Place	Name	Club	Points
1	Daryl Beardall	Tamalpa	40
2	Jim Bevins	26	
3	Frederick Mattos	Flyers	12
3	John Peacock	SSS	12
5	Tom Mota	WVJ&S	10



# All-Time CALIFORNIA High School Boys List

By **BOB WOMACK**



**MAURICE CRUMBY**  
Fine Flicks by Don Gasney

The attached All-Time California High School Boys List is updated through August 10, 1989.

We're leading off with the boys list this year instead of, as traditional, the girls list for one simple reason: We never got around to publishing the boys list in 1988.

It should be quickly noted that your publisher is blameless. What happened is that last year, with the glut of activity filling CT&RN during the Olympic year, we let the boys list slide until the holidays, when we planned to edit it. Unfortunately, we spent New Year's Eve and the first week in January flat on our back in bed and by the time we were up and about, we were into tax season. (Ask your CPA what that's like.) We found the lists, still unedited, in April.

As in past years, we are heavily indebted to the work of others, notably—but definitely not limited to—Ron Blackwood, Keith Conning, and Doug Speck. However, any errors or omissions are the exclusive responsibility of the author; corrections and additions should be directed to Bob Womack, 1465 East Portals, Fresno, California 93710 (that's a change of address).

Once again, a reminder that improvements in class records, particularly the freshman and sophomore records, may not have been reported in the press or to CT&RN. (Two years ago, a similar request produced three separate claims to the freshman 800 record. All were legitimate marks; only one had made the papers and that athlete hadn't been identified as a ninth-grader.) So... let us know.

Sincerely,  
Robert M. Womack

## 100 Meters

**State Meet Record:** 10.41 Barry Smith (Mission, San Francisco) at Cerritos, 1989. **Fresh:** 10.88 Mike Williams (Santa Teresa, San Jose) 1987. **Soph:** 10.46 Henry Thomas (Hawthorne) 1983. **Junior:** 10.27 Henry Thomas (Hawthorne) 1984. **Senior:** 10.25 Henry Thomas (Hawthorne) 1985.

10.25	Henry Thomas (Hawth)-1 at EagleRock	1985
10.30	Quincy Watts (Taft, Woodland Hills)-1	1987
10.36	Corey Ealy (Muir, Pasadena)	1987
10.39	Kenny Robinson (Berkeley)-1	1981
10.39	Ray Brown (Muir, Pasadena)	1984
10.41	Tony Miller (Riordan, San Francisco)	1987
10.41	Barry Smith (Mission, San Francisco)	1989
10.42	Benani Burroughs (Independence, San Jose)	1988
10.42	Curtis Conway (Hawthorne)-1	1989
10.43	Jeff Laynes (Oakland)	1989
10.44	Stanley Davis (Inglewood)	1984
10.45	Darron Norris (El Camino (Oceanside)	1984
10.46	Kevin Willhite (Cordova, Rancho Cordova)	1981
10.49	Ronald McCree (Madera)-2	1986
10.50	Phillip Johnson (Gardena)	1978
10.50	Fabian Cooper (Washington, L.A.)	1982
10.50	Calvin Holmes (Carson)	1987
10.51	Michael Sanford (Pasadena)	1978
10.51	Robert Carroll (Hawthorne)	1987

10.51	James Stallworth (Tulare)	1989
10.52	Curtis Rogers (Hiram Johnson, Sacto)	1986
10.53	Lew Dunn (North (Riverside)-1	1982
10.54	Antonio Manning (Hamilton, L.A.)	1982
10.54	Andre White (Vallejo)	1986
10.55	Howard Hawkins (Warren, Downey)-1	1980
10.55	Leon Read (Banning, Wilmington)	1980
10.55	W.C. Morrison (Pasadena)	1987
<b>Hand Timing:</b>		
10.2	Michael Sanford (Pasadena)	1979
10.3	Joel Andrews (West, Bakersfield)	1975
10.3	Ron Brown (Baldwin Park)	1979
10.3	Brian Bridgewater (Washington, L.A.)	1987

## 200 Meters

(\*220 Yards Minus 0.12)

**State Meet Record:** 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. **Fresh:** 21.90 Ronald McCree (Madera) 1983. **Soph:** 20.97 Quincy Watts (Taft, Woodland Hills) 1986. **Junior:** 20.50 Quincy Watts (Taft, Woodland Hills) 1987. **Senior:** 20.53 Brian Bridgewater (Washington, L.A.) 1988.

20.50	Quincy Watts (Taft, Wd Hills)at Provo-2	1987
20.53	Brian Bridgewater (Washington, L.A.)-1	1988
20.68*	James Sanford (Pasadena)	1977
20.69	Henry Thomas (Hawthorne)-2	1985
20.80	Corey Ealy (Muir, Pasadena)	1987
20.81	Kevin Willhite(Cord, Rancho Cordova)-1	1981
20.82	Michael Marsh (Hawthorne)-1	1985
20.82	Barry Smith (Mission, S.F.)-1	1989
20.88*	Michael Sanford (Pasadena)	1979
20.89	Curtis Conway (Hawthorne)	1989
20.91	Bill Green (Cubberley, Palo Alto)	1979
20.97	Danny Everett (Fairfax, L.A.)	1985
21.00	Raymond Ethridge (Crawford, San Diego)	1987
21.01	Chip Rish (Marina, Huntington Beach)	1985
21.03	Ken Robinson (Berkeley)-1	1981
21.09	Darron Norris (El Camino, Oceanside)	1984
21.09	Larry Berkeley (Oxnard)	1985
21.10	Tony Miller (Riordan, S.F.)	1987
21.12*	Dave Russell (Henry, San Diego)-1	1977
21.12*	Ray Threatt (Pittsburg)	1979
21.13	Steve Jones (Burbank, Sacramento)	1985
21.14	Mike Connors (Northgate, Walnut Creek)	1985
21.14	Ronald McCree (Madera)	1986
21.16	Antonio Manning (Hamilton, L.A.)-1	1982
21.18	Anthony Ford (Compton)	1985
<b>Hand Timing: (*220 yds. minus 0.1)</b>		
20.4	Thomas	1985
20.6*	Phil Underwood (Dorsey, L.A.)-1	1966
20.6*	Mel Gray (Montgomery, Santa Rosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson, S.F.)	1974
20.7*	Dupree Branch (Barstow)	1976
20.7	Eric Coleman (Monrovia)	1982

20.8*	James Hines (McClymonds, Oakland)-1	1964
20.8*	Dave Masters (El Cerrito)	1967
20.8*	Millard Hampton (Silver Crk, San Jose)-1	1974
20.9*	Mike Shavers (Albany)-1	1972
20.9*	Joel Andrews (West, Bakersfield)	1975
20.9*	Glenn Cannon (Mt. Pleasant, San Jose)	1976
20.9*	Dave Russell (Henry, San Diego)	1977
20.9*	Ron Williams (Chatsworth)	1977
20.9*	Kipper Bell (Henry, San Diego)	1978
20.9	Gerald White (McClymonds, Oakland)	1980
20.9	Curtis Rogers (Hiram Johnson, Sacto)	1986

## 400 Meters

(\*440 Yds. Minus 0.26)

**State Meet Record:** 46.38 Fabian Cooper (Washington, L.A.) at Sacramento, 1982. **Hand Timing:** 45.7 Chip Rish (Marina, Huntington Beach) 1985. **Fresh:** 48.56 Henry Thomas (Hawthorne) 1982. **Soph:** 47.79 Fabian Cooper (Washington, L.A.) 1980. **Junior:** 45.82 Henry Thomas (Hawthorne) 1984. **Senior:** 45.09 Henry Thomas (Hawthorne) 1985.

45.09	Henry Thomas (Hawthorne) at Berlin	1985
45.51	Bill Green (Cubberley, Palo Alto)-1	1979
45.76	Danny Everett (Fairfax, L.A.)	1985
45.76	Steve Lewis (American, Fremont)-2	1987
46.04	Chip Rish (Marina, Huntington Beach)-2	1985
46.34*	James Sanford (Pasadena)-1	1977
46.38	Fabian Cooper (Washington, L.A.)-1	1982
46.57*	Dave Timmons (Oakland)-1	1981
46.63	Beno Bryant (Dorsey, L.A.)-1	1989
46.67*	Rod Bethany (Fontana)	1978
46.67	Quincy Watts (Taft, Woodland Hills)	1988
46.75*	Ron Williams (Chatsworth)	1977
46.80	Blair McMurray (Compton)	1982
46.82	Daymon Lee (South Gate)	1984
46.81	Travis Hannah (Hawthorne)-1	1988
46.86	Nate Williams (Edison, Stockton)	1979
46.89	Tony Banks (Morse, San Diego)-1	1979
46.92	Michael Turner (Centennial, Comp)-1	1980
46.98	Ron Brown (Muir, Pasadena)	1981
47.00	Marvin Douglas (Fremont, L.A.)	1986
47.03	Larry Walker (Edison, Fresno)-1	1983
47.08	Leonard Graham (Centennial, Comp)	1981
47.09	Eric Schermerhorn (Woodbridge, Irvine)	1984
47.13*	George Timmons (Edison, Fresno)	1979
<b>Hand Timing: (*440 yds. minus 0.3)</b>		
45.7	Rish-2	1985
45.8*	Ulis Williams (Compton)-2	1961
46.3*	Larance Jones (Lemoore)-1	1969
46.4*	Jerry White (Corcoran)-2	1956
46.4*	Edesel Garrison (Centennial, Comp)-1	1968
46.4*	Ray Krzyzosiak (Garden Grove)-1	1971
46.5*	Ray Johnson (Blair, Pasadena)	1971
46.6*	Lee Evans (Overfelt, San Jose)	1965

continued next page...



# All-Time California High School Boys List

46.6*	Mike Newton (Whittier)-1	1967
46.6*	Wayne Collett (Gardena)-1	1967
46.6*	Derald Harris (Pittsburg)-1	1976
46.7*	Dave Archibald (Leuzinger, Lawndale)	1961
46.7*	Freddie Banks (Jefferson, L.A.)-1	1964
46.7*	Andy Young (Jordan, Long Beach)	1968
46.7*	Ron Whitaker (Wilson, S.F.)-1	1973
46.7*	Donn Thompson (Gahr, Cerritos)	1976
46.8*	Ollie Matson (Washington, S.F.)	1948
46.8*	Henry Dorsey (Berkeley)	1956
46.8*	Bill Sims (Whittier)	1969
46.8*	Rick Brown (Los Altos)-1	1970
46.8*	Frank Berry (Washington, L.A.)	1971
46.8*	Ron Williams (Chatsworth)	1977
46.8	Kenny Robinson (Berkeley)	1981

## 800 Meters

(\* 880 Yds. Minus 0.7)

**State Meet Record:** 1:47.31 Pete Richardson (Berkeley) at Norwalk, 1981. **Frosh:** 1:54.45 Coley Candaele (Carpinteria) 1987. **Soph:** 1:51.9 Pete Quinonez (Tulare) 1978. **Junior:** 1:50.19 Pete Richardson (Berkeley) 1980. **Senior:** 1:47.31 Pete Richardson (Berkeley) 1981.

1:47.31	Pete Richardson (Berkeley) Norwalk-1	1981
1:47.8*	Dale Scott (El Cerrito)-1	1972
1:48.1*	Richard Joyce (Sierra, Whittier)-1	1965
1:48.2	Jeff West (Crenshaw, L.A.)	1979
1:48.3*	Clark Mitchell (Bakersfield)	1965
1:48.5*	Dennis Carr (Lowell, Whittier)-1	1963
1:48.5*	Robert Hose (Madison, San Diego)-1	1964
1:48.7*	Jim Walters (Estancia, Costa Mesa)-1	1977
1:49.0*	Dan Aldridge (Petaluma)	1975
1:49.21	#Eric Schermerhorn (Woodbridge, Inv)-1	1984
1:49.30	Scott Cox (Wilson, Long Beach)	1981
1:49.3*	Dave Kingsland (El Modena)	1977
1:49.4*	Brent Tubb (Cleveland, Reseda)	1971
1:49.43	Eddie Davis (Compton)	1981
1:49.5*	David Mack (Locke, L.A.)-2	1979
1:49.7*	Terry Rogers (Hilltop, Chula Vista)-1	1966
1:49.84	Daymon Lee (South Gate)	1984
1:49.9*	Greg Jones (Poly, Long Beach)	1968
1:49.9*	Rick Brown (Los Altos)-1	1970
1:49.95	Kimmie James (Richmond)-1	1983
1:49.99	John Phillips (Los Altos, Hac Heights)-1	1982
1:50.05	James Garrett (Narbonne, Lomita)	1982
1:50.15	Pete Quinonez (Tulare)-1	1980
1:50.2*	George Coon (Miramonte, Orinda)	1965

## 1500 Meters

(\* En Route to Longer Distance)

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

3:46.4	Paul Medvin (Univ, L.A.) at Blooming.)	1979
3:47.65	Reggie Williams (River City, W.Sacto)	1988
3:48.8	Jim Arriola (Gahr, Cerritos)	1976
3:48.9	Rich Kimball (DeLaSalle, Concord)	1974
3:49.0+	Harold Kuphaldt (Bella Vista, Fair Oks)	1982
3:49.4	Mark Fricker (Hemet)	1977
3:50.1	Ian Aisen (Kennedy, Granada Hills)	1988
3:50.2	Charlie Christensen (Edison, HuntBch)	1977
3:50.2	Steve Whitcomb (Helix, La Mesa)	1979
3:50.4	Ralph Serna (Loara, Anaheim)	1975
3:50.5	Mark Mastalir (Jesuit, Carmichael)	1986
3:50.8	Andy DiConti (La Canada)	1980
3:51.0	Eric Mastalir (Jesuit, Carmichael)	1986
3:51.1	Dave Cangelosi (Villa Park)	1979
3:51.2	Dennis Arriola (Gahr, Cerritos)	1979

3:51.2+	Jeff Williams (Foothill, Tustin)	1982
3:51.36	Gary Gonzales (Clovis)	1981
3:51.5	Mike O'Reilly (San Rafael)	1978
3:51.57	Roman Gomez (Belmont, L.A.)	1984
3:51.9+	Tom Grewe (Carpinteria)	1982
3:52.0	Jon Butler (Edison, Huntington Beach)	1981
3:52.4	Farron Fields (Granada Hills)	1979
3:52.5	Jon Cook (Mission Viejo)	1974
3:52.5	John Musich (Burbank)	1974
3:52.5	Eric Hulst (Laguna Beach)	1975

## 1600 Meters

(\* One Mile Minus 1.8)

**Frosh:** 4:15.4 Harry Nicholas (Reedley) 1968. **Soph:** 4:07.5\* Jim Arriola (Gahr, Cerritos) 1974. **Junior:** 4:02.4\* Curtis Beck (Santa Monica) 1972. **Senior:** 3:57.6\* Tim Danielson (Chula Vista) 1966.

3:57.6*	Tim Danielson (ChuVista) SanDiego-2	1966
4:00.6*	Rich Kimball (DeLaSalle, Concord)-1	1974
4:02.4*	Curtis Beck (Santa Monica)	1972
4:03.5*	Paul Medvin (University, L.A.)-2	1979
4:03.6*	Mark Schilling (Garden Grove)-1	1972
4:03.7*	Terry Cotton (Valley, El Cajon)	1972
4:04.15	Mark Mastalir (Jesuit, Carmichael)-1	1986
4:04.21*	Pedro Reyes (Jesuit, Carmichael)	1980
4:04.23	Eric Mastalir (Jesuit, Carmichael)	1986
4:04.66*	Steve Whitcomb (Helix, La Mesa)	1979
4:04.8*	Thom Hunt (Henry, San Diego)	1976
4:04.86*	Harold Kuphaldt (Bella Vista, Fair Oks)	1982
4:04.9*	Barrie Williams (North, Torrance)	1972
4:04.9*	Andy Clifford (Sunny Hills, Fullerton)	1974
4:05.1*	Mark Stillman (Willow Glen, SJose)-1	1977
4:05.2*	Ralph Serna (Loara, Anaheim)	1975
4:05.29*	Roman Gomez (Belmont, LA)-2	1985
4:05.4*	Armando Valencia (Valley, El Cajon)	1967
4:06.1*	Mark Fricker (Hemet)	1977
4:06.18	Larry Guinee (Castro Valley)-1	1980
4:06.2*	Pete Romero (Reedley)	1967
4:06.4*	Alvin Gilmore (Lompoc)-1	1973
4:06.4*	Ray Wicksell (West Covina)	1974
4:06.4*	Stan Ross (Serra, San Mateo)	1977
4:06.52	Shawn O'Neal (Oceanside)	1980

## 3000 Meters

(\* En Route to Longer Distance)

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

8:07.60	Eric Mastalir (Jesuit Carm) at Sacto	1986
8:09.0+	Eric Reynolds (Camarillo)	1983
8:10.54	Mark Mastalir (Jesuit, Carmichael)	1986
8:12.7+	Thom Hunt (Henry, San Diego)	1976
8:16.2+	Jeff Nelson (Burbank)	1979
8:16.3	Chuck Assumma (Eisenhower, Rialto)	1979
8:16.3	Richard Perez (San Gorgo, San Bern)	1980
8:16.79	Reggie Williams (River City, WSacto)	1988
8:17.5+	Jon Butler (Edison, Huntington Beach)	1981
8:17.7+	Jay Marden (Mission SJose, Fremont)	1981
8:18.2+	Mark Dani (Valhalla, El Cajon)	1986
8:19.9+	Harold Kuphaldt (Bella Vista, Fair Oks)	1981
8:20.25	Paul Thomas (Jesuit, Carmichael)	1987
8:20.6	Roman Gomez (Belmont, Los Angeles)	1984
8:21.0+	Mike Carlton (Northview, Covina)	1981
8:21.3+	Jesse Torres (Independence, San Jose)	1981
8:21.6	Matt Blaty (Marina, Huntington Beach)	1979
8:21.6	Jeff Vandereems (Mission Viejo)	1979
8:22.0	Terry Williams (Lompoc)	1973

8:22.26	Jimmie Rodriguez (Santa Ana Valley)	1989
8:22.4	Mark Junkermann (Los Alamitos)	1983
8:23.11	David Welsh (Jesuit, Carmichael)	1989
8:23.2+	Mark McAboy (Miramonte, Orinda)	1986
8:23.3	Nelson Bernal (Westmont, Campbell)	1981
8:23.4	Grant Foster (Monte Vista, Cupertino)	1983

## 3200 Meters

(\* 2 Miles Minus 3.6)

**State Meet Record:** 8:44.9 Eric Hulst (Laguna Beach) at San Diego 1975. **Frosh:** 9:00.8\* Eric Hulst (Laguna Beach) 1973. **Soph:** 8:46.9\* Eric Hulst (Laguna Beach) 1974. **Junior:** 8:41.3\* Eric Hulst (Laguna Beach) 1975. **Senior:** 8:32.7\* Jeff Nelson (Burbank) 1979.

8:32.7*	Jeff Nelson (Burbank) at Westwood-2	1979
8:40.4*	Eric Reynolds (Camarillo)-1	1983
8:41.0*	Eric Hulst (Laguna Beach)-2	1976
8:41.6*	Thom Hunt (Henry, San Diego)	1976
8:42.3*	Ralph Serna (Loara, Anaheim)	1975
8:42.9*	Rich Kimball (DeLaSalle, Concord)-1	1974
8:44.95	Eric Mastalir (Jesuit, Carmichael)-1	1986
8:45.2*	Curtis Beck (Santa Monica)-1	1972
8:46.78	Jon Butler (Edison, Huntington Beach)-1	1981
8:48.8*	Chuck Assumma (Eisenhower, Rialto)	1979
8:49.0*	Don Moses (Crescenta Valley)	1976
8:49.3*	Frank Assumma (Eisenhower, Rialto)-1	1977
8:49.4*	Pete Romero (Reedley)-1	1967
8:49.7*	Marc Genel (Santa Ana)	1972
8:49.8*	Rod Berry (Redwood, Larkspur)	1977
8:49.9*	Dave Taylor (Merced)	1972
8:50.15	Todd Lewis (Burbank)	1989
8:50.2*	Dave Fleet (Clairemont, San Diego)-1	1971
8:50.2+	Mark Spilsbury (Foothill, Tustin)	1976
8:50.6*	Jim Salcido (Sunny Hills, Fullerton)	1972
8:50.8*	Jose Amaya (Wilson, Los Angeles)	1971
8:50.8*	Gordon Innes (Upland)	1971
8:50.8*	Sal Godinez (Salesian, Los Angeles)	1976
8:51.0*	Bob Grubbs (Washington, Fremont)	1972
8:51.15*	Marc Dani (Valhalla, El Camino)	1986
8:51.15*	Jay Marden (Mission SJose, Fremont)	1981

## 110 Meter Hurdles

(\* 120 Yards Plus 0.03)

**Soph:** 14.98\* Ronnie McCoy (Edison, Fresno) 1979. **Junior:** 13.69\* Phillip Johnson (Gardena) 1977. **Senior:** 13.41 Steve Kerho (Mission Viejo) 1982.

13.41	Steve Kerho (Mission Viejo) Sacto-1	1982
13.67*	Phillip Johnson (Gardena)-1	1978
13.67	David Ashford (West Covina)-1	1981
13.73	Don Ward (St. Mary's, Berkeley)-1	1980
13.79	Henry Andrade (Hiram Johnson, Sac)	1980
13.79	Troy Weaver (Edgewood, Covina)	1982
13.80	Ron Brown (Bishop Amat, La Puente)	1982
13.81*	Ken Mangerum (Fountain Valley)	1977
13.84	Shelton Boykin (San Fernando)	1987
13.84	Dana Hall (Ganessa, Pomona)-1	1987
13.85	Ronnie McCoy (Edison, Fresno)	1981
13.87*	Milan Stewart (West Covina)-1	1978
13.88	Robert Reading (St. Mary's, Berk)-1	1985
13.88	Terry Johnson (Katella, Anaheim)-1	1986
13.88	Ron Copeland (Dorsey, Los Angeles)	1987
13.90*	Jim Scanela (San Ramon, Darville)-1	1979
13.90	Frick Montgomery (Independence, SJ)	1983
13.91*	Tonie Campbell (Banning, Wilmington)	1978
13.91*	Gary Lee (Poly, Long Beach)	1979
13.91	Raymond Young (Hawthorne)-1	1984
13.92	Mark Boyd (St. Mary's, Berkeley)-1	1983
13.93	Rod Green (Palo Alto)	1983
13.93	Mo Hill (Stagg, Stockton)	1983

continued next page...



# All-Time California High School Boys List

13.95	Damon Thomas (Pasadena)	1985
14.01	Chris Chrisman (Poly, Riverside)	1981
<b>Hand Timing:</b>		
13.2y	Dedy Cooper (Harry Ellis, Richmond)	1975
13.3y	Robert Gaines (Kennedy, Richmond)-1	1975
13.3y	Jon Peterson (Saddleback, SAna)	1975
13.3y	P. Johnson -1	1978
13.5y	Margerum	1977
13.6y	Charles Jackson (Lompoc)-1	1971
13.6y	Dan Jones (Palo Verde, Blythe)-1	1972
13.6y	Tom Andrews (West, Bakersfield)	1973
13.6y	Carl Florant (Palo Alto)	1973
13.6y	Mike Harris (Indio)	1974
13.6y	Wilbur Gregory (Mission Viejo)	1975
13.6y	Campbell	1978
13.7y	Steve Caminiti (Crespi, Encino)	1964
13.7y	Earl McCullough (Poly, Long Beach)-1	1964
13.7y	Bruce Gridley (Northview, Covina)	1966
13.7y	Jerry Proctor (Muir, Pasadena)-1	1967
13.7y	Charles Rich (Washington, L.A.)	1969
13.7y	Jerry Wilson (Roosevelt, Fresno)-1	1969
13.7y	Milton Turner (Castlemont, Oakland)	1970
13.7y	Fred Shaw (Muir, Pasadena)-1	1974
13.7y	Ron Kennedy (Serramonte, Daly City)	1975
13.7	Ed Tave (Muir, Pasadena)	1981

## 300 Meter Intermediate Hurdles

(\* 330 Yards Minus 0.19)  
**State Meet Record:** 35.50 George Porter (Cabrillo, Lompoc) at Sacramento 1985. **Soph:** 38.06 John Montgomery (Independence, San Jose) 1986. **Junior:** 36.10 George Porter (Cabrillo, Lompoc) 1984. **Senior:** 35.32 George Porter (Cabrillo, Lompoc) 1985.

35.32	George Porter (Cabrillo, Lompoc)Walnt-2	1985
35.43	John Montgomery (Indep, San Jose)-1	1988
36.44	Kevin Jones (Mt. Miguel, Spring Valley)	1988
36.56	Michael Graham (Hawthorne)	1985
36.71	Kenny Hall (Ganessa, Pomona)	1985
36.74	Keith Pontilet (Esperanza, Anaheim)	1985
36.76	Mike King (Menlo-Atherton)	1985
36.80	Raymond Young (Hawthorne)	1984
36.83	Anthony Reynolds (Fremont, L.A.)	1984
36.84	Gordon Bugg (West Covina)	1984
36.88	Yki Vallery (Hawthorne)-1	1987
36.90	Bill Gaines (Independence, San Jose)	1986
37.08	Nate Wright (Oakland)	1988
37.10	Al Blades (Muir, Pasadena)	1984
37.13	Dana Hall (Ganessa, Pomona)	1987
37.17	Diatori Gildersleeve (Grant, Sacto)	1988
37.20	Craig Cooper (Fairfield)	1984
37.20	Jay Taylor (St. Augustine, San Diego)	1985
37.21	Rodney Jett (Hiram Johnson, Sacto)	1984
37.22	John Barry (Ygnacio Valley, Concord)	1988
37.26	Terry Johnson (Katella, Anaheim)	1986
37.28	John Prudenti (Justin Siena, Napa)-1	1989
37.30	Rodney Bradshaw (Saugus)-1	1986
37.33	Erick Montgomery (Indepen, San Jose)	1982
37.36	Mark Crear (Rowland, Hac Heights)	1987
<b>Hand Timed:</b>		
36.2"	Dedy Cooper (Harry Ellis, Richmond)	1975
36.2"	Charles White (San Fernando)	1976
36.6	Ron Seanez (Gilroy)	1981
36.9	Andre Phillips (Silver Creek, San Jose)	1977
36.9	Jim Scannella (San Ramon, Danville)	1979
37.0	Gary Lee (Poly, Long Beach)	1979
37.0	James Knowles (Blair, Pasadena)	1981

## High Jump

**State Meet Record:** 7-3 1/4 Lee Bakin (Glendale) at Sacramento 1979. **Frosh:** 6-8 3/4 Ruben Hendrix (South, Bakersfield) 1987. **Soph:** 7-1 Kenny Burke (Westlake, Simi Valley) 1983. **Junior:** 7-3 Maurice Crumby (Baiboa, S.F.) 1982. **Senior:** 7-4 1/2 Maurice Crumby (Baiboa, S.F.) 1983.

7-4 1/2	Maurice Crumby(Baiboa, S.F.)Stanf-2	1983
7-3 1/4	Lee Bakin (Glendale)-1	1979
7-3	Reynaldo Brown (Compton)-3	1968
7-3	Tim Polit (Alemayn, Mission Hills)	1979
7-3	Jeff Rogers (Overfelt, San Jose)	1985
7-2	Billy Hice (Oakland)	1977
7-2	Dennis Smith (Santa Monica)-1	1977
7-2	Kerry Myers (Berkeley)	1978
7-2	Frank Schieler (Madison, San Diego)	1979
7-2	Kenny Burke (Westlake, Simi Valley)-1	1984
7-2	Reggie Betton (Antelope Vly, Lanc)-1	1988
7-1 3/4	Mark Wilson (Monte Vista, Danville)	1974
7-1 1/2	Dwight Stones (Glendale)-1	1971
7-1 1/4	Otis Hailey (Wasco)	1968
7-1 1/4	Luis Juico (Piedmont Hills, San Jose)-1	1987
7-1	Rob Olson (El Camino Real, WoodHills)	1977
7-1	Greg Denby (Crenshaw, L.A.)-1	1980
7-1	Anthony Caire (Pius X, Downey)-1	1981
7-1	Maurly Burnett (Washington, L.A.)	1982
7-1	Andre La Coste (Lakewood)	1988
7-1	Mark Wilson (charter Oak, Covina)-1	1989
7-0 3/4	Chris Bonner (Inglewood)	1981
7-0 1/2	Gary Lawrence (Thousand Oaks)	1977
7-0 1/2	Ron Harvey (Skyline, Oakland)	1979
7-0 1/4	Jerry Culp (Oceanside)-1	1970
7-0 1/4	Dwayne Joseph (Gardena)	1975
7-0 1/4	Ted Glatke (Beyer, Modesto)	1983
7-0 1/4	Jim O'Sullivan (SirFranDrake, S. Ansel)	1989
7-0 1/4	Kevin Keane (DeLaSalle, Concord)	1989

## Pole Vault

**State Meet Record:** 17-0 1/2 Anthony Curran (Crespi, Encino) at Bakersfield 1978. **Frosh:** 14-8 3/4 Anthony Curran (Crespi, Encino) 1975. **Soph:** 16-2 Brent Burns (Acalanes, Lafayette) 1985. **Junior:** 17-6 Brent Burns (Acalanes, Lafayette) 1986. **Senior:** 18-2 Brandon Richards (San Marcos, Santa Barbara) 1985.

18-2	Brandon Richards(SanMarc,SB.)Eugene	1985
17-8 1/2	Brent Burns (Acalanes, Lafayette)-1	1987
17-4 1/4	Anthony Curran (Crespi, Encino)-2	1978
17-0 3/4	Matt Warwick (Hesperia)	1988
17-0 1/2	Doug Fraley (Clovis West, Fresno)	1983
17-0	Mike Kibort (Saratoga)-1	1982
17-0	Tom Parker (Notre Dame, SherOaks)	1988
16-8 3/4	Steve Smith (South, Torrance)-2	1969
16-8 3/4	Mike Tully (Millikan, Long Beach)	1974
16-7	Robert Pullard (Los Angeles)	1969
16-6 3/4	Paul Wilson (Warren, Downey)-2	1965
16-6	Brian Worden (Notre Dame, SherOks)	1975
16-6	Greg Ernst (El Dorado, Palacentia)	1978
16-6	Tom Richards (San Marcos, S.B.)-1	1988
16-5	Jon Vaughn (Corona)	1966
16-4 3/4	Paul Heglar (Muir, Pasadena)	1966
16-4	Dave Noel (Edison, Huntington Beach)	1988
16-3 1/4	Keith Schimmel (Villa Park)	1975
16-3 1/4	Jim Sidler (Villa Park)	1977
16-3	Clark Elliott (Bellflower)-1	1979
16-3	Melvin Hempstead (Valley, Sacto)	1983
16-2 3/4	Tim Burren (Crespi, Encino)-1	1973
16-2	Ivar Moen (Los Gatos)-1	1984
16-2	Steve Toney (Menlo-Atherton)-1	1986
16-1 3/4	Bert Tardieu (Del Mar, San Jose)	1978

## Long Jump

**State Meet Record:** 26-4 3/4 James Stallworth (Tulare) at Cerritos 1989. **Frosh:** 23-10 1/2 Johnny Johnson (Pacific Grove) 1963. **Soph:** 25-2 1/4 Johnny Johnson (Pacific Grove) 1964. **Junior:** 25-10 3/4 Heulon Hewitt (Merced) 1968. **Senior:** 26-4 3/4 James Stallworth (Tulare) 1989.

26-4 3/4	James Stallworth (Tulare) Cerritos-1	1989
26-2 1/4	Ken Duncan (McClatchy, Sacto)	1972
26-0 3/4	Jerry Proctor (Muir, Pasadena)-1	1967
26-0 3/4	Joe Richardson (Pasadena)-1	1984
26-0	Johnny Cleveland (Soquel)-1	1984
25-11 1/2	Larry Doubly (Manual Arts, L.A.)-1	1976
25-10 3/4	Heulon Hewitt (Merced)-1	1968
25-9 1/2	Gerald Hardeman (Edison, Fresno)	1972
25-7	James McAlister (Blair, Pasadena)-1	1970
25-6 1/4	Ted Hammond (Compton)	1973
25-5 1/2	Percy Knox (Antelope Vly, Lanc)-1	1987
25-5 1/4	Doyle Steel (San Diego)-1	1966
25-5	Carl McCullough (Sacramento)-1	1972
25-4 3/4	Johnny Johnson (Pacific Grove)	1965
25-4 1/2	Oscar Bean (Jefferson, L.A.)-1	1956
25-4 1/2	Randy Williams (Edison, Fresno)-1	1971
25-4 1/4	Monte Upshaw (Piedmont)-2	1954
25-4	Donnie Butler (Fremont, L.A.)	1978
25-3 3/4	Diatori Gildersleeve (Grant, Sacto)-1	1988
25-3	Willie Davis (Roosevelt, L.A.)	1958
25-3	Bobby Bonds (Poly, Riverside)-1	1964
25-3	Ken Frazier (Mission, S.F.)	1981
25-2 1/2	George Brown (Jordan, L.A.)-2	1949
25-2	Phil Quinet (Homestead, Cupertino)	1968
25-1 3/4	Jerry Herndon (Cajon, S.Bernardino)-1	1973

## Triple Jump

**State Meet Record:** 52-5 3/4 Marcus Hooks (Lakewood) at Norwalk 1986. **Frosh:** 48-4 Dave Tucker (S.J. Memorial, Fresno) 1968. **Soph:** 50-2 1/2 Ken Frazier (Mission, S.F.) 1980. **Junior:** 52-6 1/4 Dave Tucker (S.J. Memorial, Fresno) 1970. **Senior:** 53-6 1/2 Joe Richardson (Pasadena) 1984.

53-6 1/2	Joe Richardson (Pasadena) Sacto-1	1984
52-10 1/2	Charles Mayfield (Muir, Pasadena)	1980
52-6 1/4	Dave Tucker (S.J. Memorial, Fresno)	1970
52-6	Henry Ellard (Hoover, Fresno)-1	1979
52-5 3/4	Marcus Hooks (Lakewood)-1	1986
52-4 3/4	Ken Frazier (Mission, S.F.)-1	1981
52-3 1/2	Randy Williams (Edison, Fresno)	1971
51-11	Joel Smith (Cordova, RanCordova)-1	1987
51-8 3/4	MacArthur Anderson (Bakersfield)	1987
51-8	Mike Woods (Manual Arts, L.A.)	1963
51-7 1/2	Vestee Jackson (McLane, Fresno)	1981
51-6 1/2	Greg Caldwell (Fremont, L.A.)-1	1976
51-5 3/4	Freeman Miller (Fremont, L.A.)-1	1980
51-3	Willie Banks (Oceanside)-2	1974
51-3	Ricky Holliday (Muir, Pasadena)	1980
51-2 1/4	Dokie Williams (El Camino (Oceanside)-1	1977
51-2 1/4	Tim Prince (Logan)	1988
51-2	Lenny McGill (Orange Glen, Escondido)-1	1989
50-11 1/2	Harold Rucker (Silver Creek, San Jose)	1986
50-11 1/2	Terrance Strong (Bakersfield)-1	1984
50-11 1/4	DeAndre Robinson (West, Bakersfield)	1989
50-11	Dan Jackson (Oakland)	1975
50-10	Steve Rim (Clovis)	1972
50-8 1/2	Anthony Burnett (Lynwood)	1986
50-8	Tyrone Scott (MesaVerde, Citrus Hts)-1	1988

## Shot Put

**State Meet Record:** 68-4 Brian Blutreich (Capistrano Valley) at Sacramento 1985. **Frosh:** 59-8 Brent Noon (Fairbrook) 1987. **Soph:** 62-3 1/2 Brent Noon (Fairbrook) 1988. **Junior:** 69-

continued next page...



# All-Time California High School Boys List

8 1/4 Brent Noon (Fallbrook) 1989. Senior: 69-6 1/2 Brian Blutreich (Capistrano Valley) 1985.

69-8 1/4	Brent Noon (Fallbrook)-1	1989
69-6 1/2	Brian Blutreich (Capistrano Valley)-2	1985
69-3 3/4	Jim Neidhart (Newport Harbor)-1	1973
68-5 1/2	Steve Montgomery (Lassen, Susanville)-1	1976
68-5	Dave Kurrasch (Newport Harbor)-1	1975
67-9 3/4	John Hubbell (Poly, Long Beach)-1	1966
67-9	Terry Albritton (Newport Harbor)	1972
67-9	John McKenzie (Hart, Newhall)	1976
67-8 1/4	Dave Doupe (Inglewood)	1973
67-6 1/2	Randy Cross (Crespi, Encino)-1	1972
67-2 1/4	Mark Stevens (Newport Harbor)-1	1971
67-2	Dave Murphy (Sunny Hills, Fullerton)	1966
67-0	David Bultman (Royal, Simi)-1	1987
65-11 1/2	Curt Hampton (El Cajon)-1	1974
65-10 3/4	Dave Porath (Atwater)-1	1978
65-10	Steve Wilhelm (Fremont, Sunnyvale)	1967
65-9 3/4	John Buehler (Whittier)-1	1967
65-9	Dave Laut (Santa Clara, Oxnard)	1975
65-9	Jeff Stover (Chico)	1976
65-9	John Bender (Shafter)	1984
65-8 3/4	Randy Withrow (Pasadena)-1	1970
65-7 3/4	Don Castle (Cubberley, Palo Alto)	1961
65-7 1/4	Dave Gerasimchuk (Narbonne, Lomita)	1972
65-6	Bruce Wilhelm (Fremont, Sunnyvale)-1	1963
65-2 3/4	Bill Pace (El Rancho, Whittier)-1	1961

## Discus

**State Meet Record:** 203-4 Brian Blutreich (Capistrano Valley) at Sacramento 1985. **Frosh:** 173-6 Antonio Dobbins (Burroughs, Ridgecrest) 1979. **Soph:** 180-7 Mark McNaughton (McLane, Fresno) 1972. **Junior:** 194-10 Ray Burton (Vacaville) 1973. **Senior:** 210-8 Brian Blutreich (Capistrano Valley) 1985.

210-8	Brian Blutreich (Capistrano Valley)-1	1985
209-6	Dave Porath (Atwater)-1	1978
201-6	Ray Burton (Vacaville)-1	1974
201-3	Chris Adams (Los Altos)-2	1970
200-7	Paul Bender (Shafter)-1	1980
200-4	Scott Endler (Hoover, Fresno)-1	1976
200-1	Scott Overton (Los Altos)-1	1972
199-0	John Wirtz (Leland, San Jose)-1	1988
198-6	Dave Voorhees (Tulelake)	1973
197-6	Kevin Richardson (Shafter)	1984
196-10	David Bultman (Royal, Simi)-1	1987
195-8	Billy Joe Winchester (Mt. Miguel, Sp. Vly)	1970
195-5	Lonnie Shelton (Foothill, Bakersfield)-1	1973
195-4	Bob Stoecker (Los Altos)-2	1962
195-4	Tom Birtwhistle (Gunn, Palo Alto)	1969
194-10	David Thomson (Santa Ynez)-1	1977
194-7	Antonio Dobbins (Burroughs, Ridgecrest)-2	1981
194-2	Dave Hickson (Leland, San Jose)	1973
194-2	Danell Elder (Redwood, Larkspur)	1974
194-0	Ralph Fruguglietti (Albany)	1973
193-8	Rick Luiten (Monrovia)	1982
193-0	Jim Penrose (Carlmont, Belmont)	1968
192-8	Mark Bryant (Antelope Valley, Lancaster)	1978
192-6	Mark Malone (Valley, El Cajon)	1976
192-4	John Gallagher (Palm Desert)	1989

## 400 Meter Relay

(\* 440 Yards Minus 0.23)

**State Meet Record:** 40.24 Hawthorne (Alexander, Smith, Allen, Conway) at Cerritos 1989.

40.24	Hawthorne at Cerritos (Alexander, Smith, Allen, Conway)	1989
40.64	Hawthorne	1985

40.78	Muir, Pasadena-1 (Douglas, Ervin, Robertson, Ealy)	1987	9.44(A)	Mikel Sanford (Pasadena)	1979	
40.82	Hawthorne	1984	220 Y (str.)	Forest Beaty (Hoover, Glendale)	1961	
40.83	Edison, Fresno-1 (Cowings, Woods, Walker, Wheeler)	1983	3 M	Rich Kimball (DeLaSalle, Concord)	1974	
40.86	Berkeley-1 (McCree, Robinson, Clewis, Murray)	1981	13:43.6	Eric Mastalir (Jesusit, Carmichael)	1986	
40.87	Hawthorne (Young, Thomas, Young, McGee)	1983	14:01.40	Eric Hulst (Laguna Beach)	1976	
40.88	Taft, Woodland Hills (Feinstein, Roberts, Flores, Watts)	1987	6 M	Eric Hulst (Laguna Beach)	1976	
40.91	Hawthorne (Hanna, Vallery, Carroll, Conway)	1987	27:58.0	Ajim Baksh (Hollywood)	1975	
40.92	Dorsey, Los Angeles (Boles, Williams, Williams, Jackson)	1981	12M,254Y	Mitch Kingery (San Carlos)	1973	
40.93	Berkeley-1 (Davis, Henderson, Hunter, Usher)	1984	2:23:47	110 H (42")	Dedy Cooper (Harry Ells, Richmond)	1974
40.93	Muir, Pasadena (Limbrick, Ealy, Ervins, Jeffries)	1986	14.1	180y LH	Steve Caminiti (Crespi, Encino)	1964
40.98	Berkeley (Davis, Henderson, Hunter, Paulding)	1983	18.1	180y LJ (I)	Earl McCullough (Poly, Long Beach)	1964
41-01	Oakland-1 (Porter, Watson, Williams, Watson)	1982	18.6	Wayne Collett (Gardena) 1967		
41-05	Washington, Los Angeles	1988	18.6	Rich Graybehl (Las Lomas, WaiCreek)	1974	
41-06	Morningside, Inglewood	1987	300 LH	Danny Harris (Perris)	1983	
41-11	Muir, Pasadena	1983	35.52	400 H	Charles White (San Fernando)	1976
41-13	Taft, Woodland Hills	1986	51.5	440y H	Mark Low (Pomona)	1969
41-14	Oakland (Grant, Wright, Tipton, Laynes)	1988	52.7	3000 SC	Dave Daniels (San Geronio, S.Bert.)	1976
41-16	Crenshaw, Los Angeles (Bowyer, Crittenden, Roberts, Wilson)	1984	9:10.8	4x200	Berkeley (Clewis, Walker, Murray, Robinson)	1981
41-18	Muri, Pasadena (Bell, Blades, Hatcher, Brown)	1984	1:25.1	4x220y	Berkeley	1980
41-19	Manual Arts, Los Angeles (Roberts, Witherspoon, Heinman, Broussard)	1984	1:25.6	4x800	El Cerrito (Stodden, Wolfe, Rice, Wood)	1969
41-21	Compton (Johnson, Davis, Barksdale, Elleston)	1980	7:44.0y	4x1500	Compton	1987
41-22	Hawthorne	1988	16:13.4	4xMile	Lompoc (Schankel, Fabing, Gilmore, Williams)	1973
41.23*	Pasadena-1 (Ervin, Delamar, Cook, Sanford)	1979	17:13.2	SpMedR	Berkeley (Clewis, Murray, Robinson, Richardson)	1981
41.23*	McLane, Fresno (Haynes, Scruggs, Barr, Scruggs)	1983	3:21.1	DistMedR	Jesusit, Carmichael (Thomas, Cahill, Mastalir, Mastalir)	1986
<b>Hand Timing:</b> (* 440 yards minus 0.2)			9:56.3	4x120LH	Franklin, Stockton	1974
40.8"	Wilson, San Francisco-1 (Farmer, Whitaker, Kirtman, Walker)	1973	53.5	4x120y HH	Fresno (Larson, Cox, Lyons, Elders)	1971
40.9"	El Cerrito-1 (Gaines, Watson, Smith, Burns)	1971	58.4	SP (16 lb.)	Dave Murphy (Sunny Hills, Fullerton)	1966
40.9"	Harry Ells, Richmond-1 (Miller, Gertry, Davis, Cooper)	1975	57-10 3/4	DT (4 lb. 6 oz.)	Ray Burton (Vacaville)	1974
40.9"	Hamilton, Los Angeles (Menzies, Goosby, Martin, Mullins)	1976	177-4	HT (12 lb.)	Jim Beene (Dos Pueblos, Goleta)	1983
41.0"	Castlemont, Oakland (Pruitt, Turner, Irwin, Gibson)	1970	203-8	HT (16 lb.)	Chuck Vandagriff (Castro Valley)	1967
41.0"	El Cerrito (Smith, Battle, Lewis, Burns)	1970	173-11	JT	Mike Ostrom (Las Lomas, Wal Crk)	1983
41.0"	Hamilton, Los Angeles (Avent, Wallace, Thomas, Reddick)	1971	218-11	Pentathlon	Dixon Farmer (Miramonte, Orinda)	1959
41.0"	Crenshaw, Los Angeles (Coulter, Franklin, Tyler, Johnson)	1972	3418	Decathlon	Tom Richards (San Marcos, S.B.)	1988
41.0"	Wilson, San Francisco (Lewis, Kirtman, Ward, Farmer)	1974	7172			
41.0"	Kennedy, Barstow-1 (Jones, Hill, Kelly, Jones)	1976				
41.0"	Pasadena-1 (Cleveland, Hill, Mulloy, Sanford)	1977				

## Miscellaneous Records

100 Y		
9.3	Tony Pitts (Valley, Santa Ana)	1978



# PREP NOTES

By KEITH CONNING

## California Track & X-C Coaches Alliance

Greg DeNike, Vice President and Membership Director, has sent out the following letter to California high school cross country and track coaches.

DeNike coaches at Arroyo Grande High School.

"This organization will benefit you, your athletes, and the sport if you join.

"The purpose of the alliance is:

A. To promote the high school sports of track and field and cross country in the state of California.

B. To provide coaches a method by which we can advise the state on pertinent issues—in effect, we will be a powerful lobby.

C. To provide educational opportunities for coaches and athletes, e.g. a convention, clinics, technical tips, camps.

D. To develop a cooperative relationship between all groups involved with the two sports in California.

E. To provide a newsletter that will update coaches on all pertinent information (CIF proposals, rule changes, division sizes, articles about the sport, results of different meets, ratings of individuals per event, etc.).

"We hope that every coach in the state of California will join and help make track and field and cross country the best sports that they can be. If you have any questions please call Greg DeNike (805) 489-1351.

"If you would like to join the Coaches Alliance, provide the following: name, school, address, section, league, school/home phone. Dues for the 1989-90 season \$15.00 - made out to Coaches Alliance. Send to Dennis McClanahan -- Treasurer, Mt. Carmel High School, 9550 Carmel Mt. Rd., San Diego, CA 92129.

## Runner's Workshop

This summer I was invited by Phil Wilder, the coach at Moreau High School in Hayward, to observe the Runner's Workshop running camp at Echo Lake Camp run by the City of Berkeley near Lake Tahoe. (The 1968 U.S. Olympic Team was selected at Echo Summit, 7,300 feet above sea level, just down the road from the camp.)

This is not just a running camp. The campers also receive instruction from college coaches—Bob Messina (UCLA) and Larry Knuth (USC). But what really distinguishes this camp from the others that are available is the variety of camping activities available. The campers were having a good time, while they were getting in shape for the cross country season.

I would like to recommend this camp to runners and coaches for next year. I plan to invite my own athletes to the camp.

## 1,600 Meters and 3,200 Meters Makes No Sense

Mountain View--Editor Bert Nelson gave his opinion on the distances run by high school track athletes in his column "Of People & Things" in the September issue of *Track & Field News*.

"Running high school races at 1600 and 3200 meters makes no sense. The only justification I've heard is that it is easier to officiate events which end where they start; in other words, 1500 is 3 3/4 laps while the 1600 is 4 laps. But if we accept the finish-where-start plan we should be consistent and change the 100, 200, 300 hurdles, et al which is a ridiculous extreme.

"What harm does the current setup do? Enough. High school kids are running distances they'll never see once out of school. And meanwhile, they have no sure way of comparing their abilities with athletes all over the world who are running the standard 1500 and 3000, or with past greats who ran the mile and 2M."

**High School Editor's Opinion:** I agree with Bert Nelson. I think that California high schools should switch from the 1,600 to the 1,500, and from the 3,200 to the 3,000.

Also I think that high school leaders' lists should be listed according to the actual distance run. I don't agree with the *Track & Field News* policy of converting 1600 times to the mile. We may not agree with the 1600 as the correct distance to run, but as long as that is the race distance, we should use that distance for our lists. It also makes for a lot of extra work for the list authors—Jack Shepard, Mike Kennedy, and Doug Speck.

American high school rules should mirror international rules as much as practical. I bet the East Germans don't have the no false start rule for their young athletes. Our sprinters learn with a rule that won't apply to them when they later go into international competition.

## Kudos to USA Today

I would like to thank the sports editors of *USA Today* for their contribution to the development of interest in high school track and field. Each week during the high school track season they publish a list of national leaders. They also print the individual leaders in a number of states, and the results of major competitions.

As a meet announcer, it is very helpful to have this information on such a timely basis. By sharing this information with the audience at a track meet, you can create more interest and place the current performances in a national perspective.

A special thanks should be extended to Jack Shepard (Men), Mike Kennedy (Outdoor Women), and Doug Speck (Indoor Women) of *Track & Field News*, who compile national high school lists. Also thanks goes to Fred Baer, secretary of the Track and Field Writers of America, who compiles the list for *USA Today*.

## Runners More Likely to Feel Heartburn

*New York Times*.

July 6. Chicago--Joggers may have suspected it, but now science has confirmed it: Vigorous exercise, especially running, can cause heartburn even if one has not eaten recently.

Medical researchers recently studied the effect of exercise on gastroesophageal reflux, or the backwash of stomach acids into the esophagus that causes heartburn.

They found that running induced more reflux than exercises that involved less agitation.

The findings suggest that people who suffer indigestion when they exercise might benefit from less jostling activities, said one of the study's authors, Dr. Donald O. Castell, a professor at the Bowman Gray School of Medi-

continued next page...



# KINNEY<sup>®</sup>

## CROSS COUNTRY

### CHAMPIONSHIPS

The country's first national championships in high school sports. More than 100 state champions will join 5,000 boys and girls from every corner of the United States to compete in four regional qualifying meets. The sixty-four winners will go on to the national championships in San Diego December 9. But *just two* elite runners will return home as national champions.

All high school cross country runners are eligible to compete. The distance for all events is 5,000 meters. Entry forms are available from high school cross country coaches or by calling **Kinney Shoes** at (212) 720-3752



#### NORTHEAST REGIONAL

Van Cortlandt Park, New York, NY—November 25, 10:00 a.m.

**Coordinator:**

Marty Lewis  
South Shore High School  
6565 Flatlands Avenue, Brooklyn, NY 11236—(718) 531-4454

#### SOUTH REGIONAL

McAlpine Greenway Park—Mecklenburg County, Charlotte, NC  
November 25, 9:30 a.m.

**Coordinator:**

Max Mayo  
470 Ponderosa Drive, Athens, GA 30605—(404) 353-7732

#### MIDWEST REGIONAL

University of Wisconsin—Parkside, Kenosha, WI  
November 25, 10:00 a.m.

**Coordinator:**

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

#### WEST REGIONAL

Woodward Park, Fresno, CA—December 2, 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, Box 307, Coventry, CT 06238



## PREP NOTES

cine at Wake Forest University in Winston-Salem, N.C.

The study was published in the current issue of the Journal of the American Medical Association.

"If you have a problem with indigestion you might be better off bicycling than running," Castell said. "The pool of acid down in your stomach sloshes around and you're more likely to get that coming back up when you run."

The study also noted that although chest pain during exertion is a primary indicator of heart disease, such pain is often caused by heartburn.

"For otherwise healthy people who experience chest pain when they exercise, it is probably an innocent thing," Castell said. If the chest pain is accompanied by belching or regurgitation, the problem is probably in the stomach, not the heart.

He cautioned, however, that people who suspect heart problems because of exercise-induced chest pain should consult their doctor.

About 10 percent of Americans have chronic indigestion, experiencing heartburn almost every day, Castell said.

Indigestion is typically caused by eating foods high in fat, which are retained in the stomach longer and require the production of more acids for digestion.

He said fatty foods also relax the valve between the esophagus and the stomach, making it easier for acids to pass through.

But the study found that acid levels in the esophagus increased in people who ran, even if they had not eaten recently.

In the study, acid levels of seven men and five women were observed as they performed a one-hour exercise routine both after a day of fasting and one hour after eating a small meal.

The exercises involved running, stationary bicycling and weight lifting.

Running consistently caused the most reflux, weight lifting caused less and bicycling caused the least, the researchers found.

Castell supervised the study, conducted by two former medical students, Dr. C. Scott Clark and Dr. Barry B. Kraus, and Jane Sinclair, a physician's assistant.

### Barrios Thanks Padilla For Pushing At A Fast Pace

August 19, Berlin--Arturo Barrios of Mexico, setting an early blistering pace,

smashed the 10,000-meter world record with a time of 27 minutes, 8.23 seconds, at a Grand Prix track-and-field meet yesterday.

Barrios slashed more than five seconds off the mark of 27:13.81 set by Fernando Mamede of Portugal on July 2, 1984.

"I knew earlier in the season that I could run a world record," the elated Barrios said to *The Associated Press* after the race.

"First of all, I have to thank my Polish coach Tadeusz Koppka, and the two U.S. runners, Doug Padilla (Marina High School, San Leandro 1974, Chabot Community College 1975) and Steve Plasencia, who kept pushing at a fast pace," the 5,000-meter 1987 Pan American Games champion said.

"My coach says I could run under 27 minutes, but let's stop this, I've got to phone my wife," Barrios said in cutting short the interview session.

Barrios, 25, a mechanical engineering graduate of Texas A & M, took early command of the race and sped to the finish line, cheered by about 35,000 at West Berlin's Olympic stadium (the site of the 1936 Olympic Games).

He was well inside world record pace early and it was clear that Mamede's mark would not survive if Barrios could hold on.

Barrios won the Bay-To-Breakers 7.5 mile race in San Francisco on May 21.

### Ex-Track Star Joins Race to be Mayor of Oakland

By Craig Staats  
*The Tribune*

August 20--A former track star and Olympic gold medalist has joined the race for the Oakland mayor's job.

Jim Hines, 42, who lives in East Oakland, said the city has deteriorated and blames poor political leadership by Mayor Lionel J. Wilson, the City Council and the Oakland School Board.

Although it's his first try for political office, Hines insists he is a serious candidate and is fully capable of doing the job.

"I'll be a truthful mayor, not just a talker," he said. "I want to be a people's mayor."

Hines, who has worked as a consultant in the "Pros for Kids" and "Just Say No" anti-drug abuse programs, joins five other candidates in the race.

Although the office is non-partisan, Hines is a Republican and is counting on Republican support, in what clearly is a long-shot bid against opponents who are far better known and financed.

Hines, a graduate of McClymonds High

School, won the 1968 Olympic gold medal in Mexico City for the 100-meter sprint, with a world record time of 9.95 seconds.

For 15 years, until the mark was broken, he held the title "The World's Fastest Human."

In 1984, in a stunt to publicize the Olympic Games in Los Angeles, he raced a thoroughbred at Golden Gate Fields, but lost.

After the 1968 Olympics Hines switched to professional football and was with the Miami Dolphins for four seasons and the Oakland Raiders for two.

He also worked for the city of Austin, Texas, as human services department director before returning to Oakland in 1985.

To combat the city's drug problem, Hines said, he would push for twice-a-week drug abuse prevention seminars throughout the city.

He also said the mayor should speak out in defense of the city's youth and push for changes in the troubled city schools.

In keeping with his athletic background, Hines promised that if elected, he would sponsor a daily "Jog with the Mayor" at noon.

*Editor:* Hines was one of the outstanding performers in the 1964 State Meet in the Los Angeles Coliseum. He set a new state meet record of 21.3 in the trials of the 220. It was the first time that the event was contested around a curve. He easily won the 100 and 220 in 9.7 and 21.5. Source: *The California State Track Meet*, By Donn B. Kirk and David M. Cooper.)

### Spies Clocks Her Best 5K

August 30, San Jose--Becky Spies of Livermore clocked a personal-best time to win the women's open division of the Heart of the City 5K run Wednesday night in downtown San Jose.

Spies, a junior at Livermore High who finished third in the 800 meters in the California State Meet this past spring, clocked a 17:18 over the 3.1-mile course. The time knocked 20 seconds off her previous best mark.

Spies beat out Bay Area runner Marilyn Taylor for the win. With the win, Spies had a chance to take a free trip to Los Angeles for a national race, but she had to decline because of still being in high school.



## PREP NOTES

# Southern Section Invationals

By Doug Speck

### Arroyo Grande Invitational.

**September 9. UCSB Lagoon Course--**A good group of teams from the Northern portion of the Southern Section came together at the Lagoon course at UCSB for the annual season-opener. On a beautiful morning under weather conditions great for fast running there was plenty of that. A very solid group of individuals on the Men's side would hook up. Louis Quintana (Arroyo Grande) was the nation's fastest 1600m runner last spring at 4:12.24, with James Menon (4:18.3) and Kyle Morris (9:36.34 3200m) of San Luis Obispo, and Paul Goodrich (4:16.79) and Andrew Wignot (9:22.38) of Dos Pueblos (Goleta) along for the ride with the front pack. Goodrich took the pace out through the first half mile on the rolling course, with Quintana, the only 10th grade qualifier nationally for the Kinney Championships last Fall, settling in before making a move at the 880 mark at the first small hill and charging into the lead. The Arroyo Grande eleventh grader had a thirty yard lead through the mile at just under 5:00, with Menon moving into second at that point. Arroyo Grande, the big favorite in the Southern Section 2A Division, looked great as a team at the mile point, having Greg Hines a part of the top group with numbers 3-5 a strong part of the second pack. Quintana edged the margin up to about 50 yards during the second mile, but could not extend it any further, as the short, shuffle-striding Menon hung very tough. Quintana came in at an excellent 15:21 for the measured rolling three miles, the second fastest time ever run on the course, with Menon's 15:30 the #3 mark ever. Goodrich's 15:45 is excellent for this early, with Hines (4th-16:01) leading an Arroyo Grande charge that had all of its scorers in the top twelve of a good quality group to win as a team 38-52 over SLO and 58 for Dos Pueblos. These will be three of the Section's better teams before the season is over.

On the Women's side it was all an Arroyo Grande show. Racing without #2 runner

Heather Kelly, Coach Greg DeNike's crew looked solid up front with Angela Orefice leading the whole way in a fine 18:54 win. Second for AG was interesting frosh, Brandy Barr, whose 19:27 along with Kelly later in the season will give the Eagles a very tough trio up front. AG took the team race with a low 18 points.

#### Results:

**Women:** 1. Orefice (AG) 18:54, 2. Barr (AG) 19:27, 3. Jefferson (SLO) 19:56, 4. Condit (AG) 21:16, 5. Tullis (AG) 21:20. **Team:** 1. Arroyo Grande 18, 2. San Luis Obispo 50, 3. Lompoc 69.

**Men:** 1. Quintana (AG) 15:21, 2. Menon (SLO) 15:30, 3. Goodrich (DP) 15:45, 4. Hinds (AG) 16:01, 5. Wignot (DP) 16:03. **Team:** 1. Arroyo Grande 38, 2. San Luis Obispo 52, 3. Dos Pueblos 58, 4. Lompoc 98.



Part of the Southern Section "Youth Movement" (left to right): Tanla Brix (University, Irvine), Shelley Taylor (Edison, Huntington Beach), and Tiffany York (Agoura).

Photo by Doug Speck

### Seaside Invitational.

**September 9. Ventura State Beach--**The husband-wife team of Steve (Buena HS Women's Coach) and Debbie (Channel Islands HS Women) Blum seem to have hit on a real winner in the first year of this Meet run at Ventura State Beach. Fifteen teams, including some of the area's best, showed up to

race on a flat course on a beautiful morning, then later pull out the towels and enjoy a great day at the beach. Soph/Frosh and Junior/Senior races were run on both sides with some fine racing action. Bryan Dameworth (Agoura), possibly the nation's top prep cross country athlete, raced away from teammate Quinten Bayer in the Men's Junior/Senior run to win 14:24-15:07 and set what should be a sufficiently challenging Course Record. The tall (6-3) Dameworth looks ready for a big senior year as he led his squad to an 80 point win in their division. Over on the Women's side it was Kim Robinson (Newport Harbor) racing the day's fastest, a 17:59 Jr/Sr win over Agoura's Tiffany York (18:19), with first year Buena (Ventura) Cross Country athlete Fanya Bryant a fine 3rd at 18:37 in leading her team to a narrow 50-53 win over Agoura, who ran without star Deena Drossin this morning. The Fillmore High duo of Nikki Shaw, who raced 5:01.93 for 1600m in track last spring, and incoming ninth grader, Isabella Aparacio, who raced the equivalent of an 11:15 two mile in the eighth grade this past summer, went 1-2 in the Women's Frosh/Soph run at 18:28-18:34. A name from the past emerged here, as Jessica Gibbs, a ninth grader at Buena, and 4th here in the Fr/So run at 19:12, turns out to be the daughter of George Gibbs, a terror of the old B and C 1320's in the mid-1960's at that same school.

#### Results:

**Women: (Ju/Sr):** 1. Robinson (Newport Harbor) 17:59, 2. York (Agoura) 18:19, 3. Bryant (Buena, Ventura) 18:37, 4. Hinkle (Buena) 18:38, 5. Roth (Claremont) 18:43, 6. Young (Channel Island, Oxnard) 18:50, 7. Zontelli (Agoura) 18:53, 8. Vander Valk (Buena) 18:54, 9. Mattison (NH) 19:22, 10. Doldough (Agoura) 19:32. **Team:** 1. Buena 50, 2. Agoura 53, 3. Newport Harbor 84, 4. Channel Islands 123. **(Fr/So):** 1. Shaw (Fillmore) 18:28, 2. Aparacio (Fillm) 18:34, 3. Aceves (CI) 18:49, 4. Gibbs (Buena) 19:12, 5. Hollers (CI) 19:17. **Team:** 1. Channel Islands 49, 2. Buena 90.

**Men: (Ju/Sr):** 1. Dameworth (Agoura) 14:24, 2. Bayer (Agoura) 15:07, 3. Barajas (Fillmore) 15:17, 4. Leano (CI) 15:31, 5. Parrott (Claremont) 15:34, 6. Flezighi (San Diego) 15:39, 7. Cherman (Agoura) 15:44, 8. Filiberto (Rio Mesa, Oxnard) 15:52, 9. Topps (Hueneme, Oxnard) 15:59, 10. Quiroz (SD) 16:02. **Team:** 1. Agoura 80, 2. San Diego 113, 3. Claremont 120, 4. Simi Valley 130. **(Fr/So):** 1. Mendoza (CI) 16:07, 2. Koppel (Agoura) 16:11, 3. Lopez (Fillmore) 16:21, 4. Hiesabeck (RM) 16:22, 5. Simon (Claremont) 16:25. **Team:** 1. Channel Islands 85, 2. Rio Mesa 107.



# High School Cross Country All-Time Best Marks List

## Woodward Park - 5,000 Meter Course

By DOUG SPECK

(Revised August 29, 1989)

These lists were made possible through the efforts of Steve Ward, Bill Cockerham and Doug Speck. Please send any corrections to: Doug Speck, 563 North Willowgrove, Glendora, CA 91740.

- All Time Individual Best Marks
- All Time Team Time Lists
- All Time Lists by Grade

### Boys

1	Marc Davis (San Diego)	1986	14:38
2	Eric Reynolds (Camarillo)	1982	14:39
3	Jay Marden (Mission San Jose)	1980	14:42
4	Tom Ansberry (Tucson, AZ)	1980	14:49
4	Calvin Gaziano (Castro Vly)	1984	14:49
6	Jon Butler (Edison, Huntington Bch)	1980	14:52
7	Dan Mazo (South, Eugene, OR)	1980	14:53
8	Mark Mastalir (Jesuit, Sacto)	1985	14:54
8	Tracy Garrison (Klamath Falls, Or)	1983	14:54
10	Chris Caldwell (Tucson, AZ)	1982	14:55
10	Mark Dani (Valhalla, El Cajon)	1985	14:55
12	Francis O'Neill (San Pasqual, Escon)	1988	14:56
13	James Ortiz (Barstow)	1982	14:57
13	Brad Hudson (South, Eugene, OR)	1984	14:57
15	Jesus Gutierrez (Pasadena)	1982	14:58
15	Bryan Dameworth (Agoura)	1988	14:58
17	Eric Mastalir (Jesuit, Sacto)	1985	14:59
17	Robin Card (Capitol, Boise, ID)	1985	14:59
19	Shannon Butler (Lincoln Co, Eureka)	1985	15:00
19	Mason Myers (Vacaville)	1986	15:00
19	Jim Rodriguez (Valley, Santa Ana)	1988	15:00
22	Jason Flamm (La Sierra, Carmich)	1982	15:01
22	Matt Guisto (San Mateo)	1983	15:01
22	Daren Stonerock (Saugus)	1985	15:01
22	Aaron Mascorro (Rosemead)	1986	15:01
26	Jeff Holyfield (Crescenta Vly)	1981	*15:02
26	Mark Junkerman (Los Alamitos)	1982	15:02
26	Simon Gutierrez (Del Norte, Albuquerque)	1983	15:02
26	Ian Alsen (Granada Hills)	1987	15:02
26	Louie Quintana (Arroyo Grande)	1988	15:02

\*=converted time from shorter course.

### Girls

1	Marnie Mason (Klamath Falls, OR)	1984	17:07
2	Rebecca Chamberlain (Leigh, S.J.)	1984	17:09
3	Laurie Chapman (Gunderson, S.J.)	1985	17:10
4	Vickie Cook (Alemany, Mission Hills)	1980	17:13
5	Cory Schubert (Del Mar, San Jose)	1982	17:15
6	Marilyn Davis (Miramonte, Orinda)	1981	*17:16
7	Katy McCandless (Castilleja, P.A.)	1986	17:21
7	Kira Jorgensen (Rancho Buena Vista)	1987	17:21
9	Millicent Anderson (Canyon, Tucson)	1980	17:22
10	Inga Thompson (Reno, Vn)	1981	*17:23
10	Melissa Sutton (Newbury Park)	1986	17:23
12	Brigid Freyne (Riverside Poly)	1986	17:24

13	Kirsten O'Hara (Palos Verdes)	1983	17:25
14	Tania Fischer (Chaminade, Canoga)	1981	*17:26
14	Deena Drossin (Agoura)	1987	17:26
16	Laura Cattivera (Mira Costa, MB)	1982	17:27
17	Kim Roth (Sprague, Salem, OR)	1981	*17:28
18	Denise Ball (Newbury Park)	1981	*17:29
18	Kathy Knowlton (Federal Way, Wa)	1980	17:29
18	Nicole Robbins (Hesperia)	1987	17:29
21	Kathleen Ebiner (Bishop Amat)	1982	17:30
21	Robbyn Bryant (Hesperia)	1987	17:30
23	Catherine Wall (Molala, OR)	1984	17:33
24	Bridgit Sterling (Roosevelt, Seattle)	1985	17:34
25	Kris Katterhagen (Tacoma, Wa)	1980	17:35

\*=converted time from shorter course.

### Boy's Teams

(Top Ten Performances List Included)

1	Arroyo, El Monte	1987	78:23
1	Arroyo	1987	78:51
2	Jesuit, Sacramento	1985	79:07
3	Walnut	1987	79:16
4	Dana Hills	1988	79:21
5	El Dorado, Placentia	1982	79:26
6	Arroyo, El Monte	1986	79:30
7	Bellarmine, San Jose	1986	79:31
8	Camarillo	1980	79:33
9	Casa Roble, Orangevale	1986	79:38
--10 performances--			
10	Clovis	1984	*80:18
10	Rowland, Rowland Heights	1988	80:18
12	Dana Hills	1987	80:19
12	Walnut	1988	80:19
14	Palos Verdes	1987	80:22
15	Corona Del Mar	1987	80:26
16	Corona Del Mar	1988	80:28
17	Upland	1987	80:29
18	Thousand Oaks	1980	80:34
19	Bellarmine, San Jose	1987	80:35
19	Poway	1988	80:35
21	Leigh, San Jose	1981	*80:43



Running Woodward Park's 5000m course at the Kinney Western Regionals in 1988 (left to right): Deena Drossin #2, Jamie Park #303, Karen Hecox #7, Lucinda Reyes #309, Rayna Cervantes #4.

Fine Flicks by Dan Gasney

### Girl's Teams

(Top Ten Performances List Included)

1	Palos Verdes	1986	94:02
2	Costa Mesa	1980	94:04
3	Palos Verdes	1987	94:37
4	Hesperia	1987	94:44
5	Tustin	1983	95:22
6	Agoura	1987	95:23
7	Palos Verdes	1988	95:46
8	Tustin	1981	*95:57
9	Tustin	1982	96:00
10	Newport Harbor, Newport Bch.	1985	96:14
--10 performances--			
11	Mountain View, Orem, Ut.	1988	96:26
12	Thousand Oaks	1986	96:30
13	Newbury Park	1986	96:34
14	Agoura	1988	96:42
15	Montebello	1987	96:57
16	Mountain View, Orem, UT.	1987	97:04
17	Terra Linda, San Rafael	1981	*97:24
18	Sam Pasqual, Escondido	1988	98:03
19	Montebello	1988	98:06
20	Newport Harbor, Newport Bch.	1988	98:20
21	Thousand Oaks	1984	98:24
22	Newport Harbor, Newport Bch.	1987	98:48
22	Hesperia	1988	99:07
24	Ocean View, Huntington Bch.	1986	99:10
25	Palos Verdes	1985	99:16
26	Norco	1988	99:17
27	Costa Mesa	1981	*99:45
28	Woodbridge, Irvine	1987	99:58

\*=converted time from shorter course.

continued next page...



# PREP NOTES

## Boys By Grade

### Frosh:

1	Bryan Dameworth (Agoura)	1986	15:18
2	Enrique Ryan (St.Louis, Honolulu)	1984	15:25
3	Louie Quintana (ArroyoGrande)	1987	15:30
4	Virgil Thomas (Gallup, NM)	1984	15:50
5	Scott Hempel (Walnut)	1985	16:03
6	Mike Wall (Lassen, Susanville)	1982	16:15
7	Dave Hartman (Canyon,CanyCo.)	1987	16:16
8	Peterson Long (Gallup, NM)	1984	16:17
8	Paul Markin (San Rafael)	1987	16:17
10	Chris Flanders (Casa Roble,Orgv)	1985	16:25
11	Jose Santiago (Madera)	1987	16:29
12	Aaron Mascorro (Rosemead)	1983	16:30
13	Emerson Chee (Gallup, NM)	1985	16:34
14	Mark Poffenbarger (ElCapitan,Lks)	1985	16:35
15	Brain Keim (Orange Glen, Esodo)	1988	16:38
16	Guy Hawkes (Carson City, NV)	1988	16:39
17	Michael Krentzin (Tah,WoodlHls)	1988	16:41
17	Jonath Jones (Gallup, NM)	1988	16:41
19	Joe Devine (Saugus)	1984	16:42
19	Jon Steele (Carson City, Nv)	1988	16:42

### Soph:

1	Louie Quintana (ArroyoGrande)	1988	15:02
2	Glenn Morgan (DelNorte,Albq,NM)	1983	15:10
3	Bryan Dameworth (Agoura)	1987	15:12
4	Chris Schurz (Westwood, Mesa,Az)	1986	15:14
5	Calvin Gaziano (Castro Vly)	1982	15:19
6	Dave Hartman (Canyon,CanyCo)	1988	15:25
7	Jason Lienau (Clovis)	1984	15:35
8	Aaron Mascorro (Rosemead)	1984	15:37
9	Virgil Thomas (Gallup, NM)	1985	15:39
10	Mike Esparza (Newbury Park)	1986	15:39
11	Eric Reynolds (Camarillo)	1980	15:41
12	Raul Serratos (Mt.View, ElMonte)	1984	15:42
12	Jim Ortiz (Barstow)	1981	*15:42
14	Jason Drake (Campbell Co. WY)	1988	15:43
15	Peter Burks (Upland)	1986	15:45
16	Scott DeLong (Gonzaga Prep, WA)	1986	15:47
16	Kevin Holbrook (Vacaville)	1986	15:47
18	Scott Cole (Yosemite,Oakhurst)	1985	*15:49

\*=converted time from shorter course.

### Junior:

1	Calvin Gaziano (Castro Vly)	1983	14:54
2	Tracy Garrison (Klamath Falls,Or)	1982	14:56
3	Jim Ortiz (Barstow)	1982	14:57
4	Jesus Gutierrez (Pasadena)	1982	14:58
4	Bryan Dameworth (Agoura)	1988	14:58
6	Curt Corvin (Lakes, Tacoma, Wa)	1981	*15:04
6	Eric Mastalir (Jesuit, Sacto)	1984	15:04
8	David Naranjo (Sanger)	1984	15:07
9	Marc Davis (San Diego)	1985	15:08
10	Harold Kuphaldt (BellaVista,F.O.)	1980	15:09
11	Ken McChesney (South, Eugene)	1982	15:13
12	Paul Thomas (Jesuit, Sacto)	1985	15:14
12	Eric Reynolds (Camarillo)	1981	*15:14
14	Mark Mastalir (Jesuit, Sacto)	1984	15:15
14	Mason Myers (Vacaville)	1985	15:15
14	David Scudamore (Palos Verdes)	1985	15:15

### Senior:

1	Marc Davis (San Diego)	1986	14:38
2	Eric Reynolds (Camarillo)	1982	14:39
3	Jay Marden (Mission San Jose)	1980	14:42
4	Tom Ansberry (Santa Rita, Az)	1980	14:49
4	Calvin Gaziano (Castro Vly)	1984	14:49
6	Jon Butler (Edison, H.Bch)	1980	14:52
7	Dan Mazo (South, Eugene,OR)	1980	14:53
7	Mark Mastalir (Jesuit, Sacto)	1985	14:53

9	Tracy Garrison (Klamath Falls)	1983	14:54
10	Chris Caldwell (Tucson,AZ)	1982	14:55
10	Mark Dani (Valhalla, ElCajon)	1985	14:55
12	Francis O'Neill (San Pasqual,Escdf)	1988	14:56
13	Brad Hudson (South, Eugene,Or)	1984	14:57
14	Eric Mastalir (Jesuit, Sacto)	1985	14:59
15	Robin Card (Capitol, Boise, ID)	1985	14:59
16	Shannon Butler (Lincoln Co. MT)	1985	15:00
16	Mason Myers (Vacaville)	1985	15:00
16	Jim Rodriguez (Valley, SantaAnia)	1988	15:00

\*=converted time from shorter course.

12	Shannon Clark (Mt. View)	1983	18:01
12	Tin Gorbet (Lassen, Susanville)	1987	18:01
14	Shelley Bessey (Reed, Sparks,Nv)	1985	18:04
15	Kathy Jarvis (Havre, MI)	1983	18:07
16	Ann Kuphaldt (Bella Vista,F.O.)	1985	18:13
16	Ashley Black (Palos Verdes)	1986	18:13

\*=converted time from shorter course.

### Junior:

1	Rebecca Chamberlain (Leigh, S.J.)	1984	17:09
2	Vickie Cook (Alemany, MissionHls)	1980	17:13
3	Katy McCandless (Castilleja,P.A.)	1986	17:21
3	Kira Jorgensen (Vista)	1987	17:21
5	Brigid Freyne (Riverside Poly)	1986	17:24
6	Tania Fischer (Chaminade,Canoga)	1981	*17:26
7	Melissa Sutton (Newbury Park)	1985	17:28
8	Kathleen Ebner (Bishop Amat)	1981	*17:32
9	Reyna Cervantes (Montebello)	1987	17:34
10	Kris Katterhagen (Tacoma,WA)	1980	17:35
11	Tina Gorbet (Lassen, Susanville)	1988	17:38
12	Tracey Williams (Mt.View,ElMont)	1986	17:42
13	Ashley Black (Palos Verdes)	1987	17:45
14	Nicole Houle (Hesperia)	1986	17:46
14	Karen Hecox (So.Hills, W.Covina)	1988	17:46
16	Wendy Sihner (Miramonte,Orinda)	1981	*17:49
16	Laurie Chapman (Gunderson,S.J.)	1984	17:49
16	Carissa Seward (Goldendale,WA)	1988	17:49

### Senior:

1	Marnie Mason (Klamath Falls,OR)	1984	17:07
2	Laurie Chapman (Gunderson,S.J.)	1985	17:10
3	Cory Schubert (DelMar,SanJose)	1982	17:15
4	Manilyn Davis (Miramonte, Orinda)	1981	*17:16
5	Millicent Anderson (Canyon, AZ)	1980	17:22
6	Inga Thompson (Reno, NV)	1981	*17:23
6	Melissa Sutton (Newbury Park)	1986	17:23
8	Kirsten O'Hara (Palos Verdes)	1983	17:25
9	Vickie Cook (Alemany M.Hills)	1981	*17:26
10	Kim Roth (Sprague,Salem,OR)	1981	*17:28
10	Kira Jorgensen (Visata)	1988	17:28
12	Denise Ball (Newbury Park)	1981	*17:29
12	Kathy Knowlton (Federal Way,Wa)	1980	17:29
12	Rebecca Chamberlain(Leigh,S.J.)	1985	17:29
15	Kathleen Ebner (Bishop Amat)	1982	17:30
15	Robbyn Bryant (Hesperia)	1987	17:30

\*=converted time from shorter course.

## MEET DIRECTORS

### T-SHIRTS: 3 for \$5

Here's an idea if you're putting on a low-budget race and weren't planning on giving out "custom" shirts with the name of your event on them. We will ship you (on consignment) a good selection (probably 1-3-5-3 sizescale, S thru XL) of shirts from various events that are "overruns" or very minor misprints. You can roll them up and put them in barrels (so people can't see design...only size and color). This way you can give a shirt and still keep your entry fee way down. Call for more information.

### JACK'S ATHLETIC SUPPLY

P.O. Box 459, San Carlos, CA 94070 ▲ (415) 595-2249



## PREP NOTES

# Rating the State's Prep Track & Field Teams

By Ray Scofield and Doug Speck

Once again it was thought that it would be interesting to take a look at the State's Prep Track & Field teams by scoring them on the top 50 marks statewide (through July 1st) and give athletes and schools points based on those marks. This would give much more complete a picture of team's strengths than the June State Championship Meet, where there are nine finalists with the possibility of scoring with the corresponding totals much, much lower. Scoring under our system was 50 points for the top mark statewide, 49 for the second best, and all the way down to one point for the 50th best mark in an event. In events up through 200 meters only Accutrack clockings were used, with wind aided marks (a list onto which a huge number of California marks end up being dumped because of a refusal to use such a simple device as a wind gauge at most Golden State prep competitions) not included.

Again, this is done in the spirit of fun, with it being an attempt at a different look at the schools of our state in the sport.

There was a changing of the guard in the Championship scores of both winners in 1989. On the Women's side a very, very strong and balanced Bakersfield High School crew outscored all the opposition with 520 points, with the Hawthorne Cougars returning to the top of the Men's heap with 588.5 points. In the three years that we have been scoring the state 50 deep the Hawthorne total is a new record for this system, with the domination of Coach Kye Courtney and staff's crew rather complete this season past. To refresh your memory the Hawthorne Men's team was the State Champions (despite a disqualification in the 400 meter baton event in the June State Meet), with Muir (Pasadena) (third in out scoring here) the Women's State winner when Bakersfield's Dawn Dumble, good for at least sixteen points in the weight events, went down with late season knee surgery.

### Men:

As mentioned above, the Hawthorne Men's crew, led by arguably the state's top sprinters in the 10th (Erik Allen), 11th (Chris Alexander) and 12th (Curtis Conway) grades, set a new state record with their 588.5 total. The above trio combined with Anthony Smith, a 24-4.5 Long Jumper (and 10.86 100m man) to blaze a State Record 40.24 400 meter relay time (and coming shockingly close to their brazen "39 in 89" prediction). The Hawthorne 1600m relay squad had a 3:12.68 best. Hurdler Keith Pouncy pleasantly surprised for the Cougars with a 14.07 for 3rd in state, with Dean Dunbar (14.51) and Shot Putter Eric Tobert (54-9) also scoring high. An interesting group of squads battled quite a ways behind Hawthorne. Arroyo Grande, the terror of the Southern Section 2A Division, emerged from the scoring rather surprisingly in second with 328.5 points. Coach Greg DeNake and staff put together a frightening all-around group when one examines the squad on paper. David Stone (22.08 200 and 47.90 400m), William Henry (14.05 HH and 37.51 IH), and the nation's top soph miler, Louis Quintana (1:55.27 800m, 4:12.24 1600m, and 9:12.7 3200m), led a fine group. Bakersfield High School, featuring strength in the jumps and throws, but with enough people all over the place to be very, very tough to handle in a dual meet, was third with 323.5. Oakland, riding a tough crew of sprinters, led by Jeff Laynes, was 4th at 285.5, with another very solid all-around group of Coach Jim Farmer at Clovis West 5th at 275.5. Muir, Pasadena, always tough, was 6th at 267.5. Washington (L.A.), last year's champion, was strong again with

266.0 for 7th, with L.A. City rival Dorsey 8th at 250.0. San Diego Section power Orange Glen (Escondido) was 9th place with 247.5 points. Tulare, off the speed and jumping ability of James Stallworth, was 10th at 243.8.

### Team Scoring:

1	588.5	Hawthorne	61	94.0	Walnut
2	328.5	Arroyo Grande	62	92.5	Thousand Oaks
3	323.5	Bakersfield	63	92.0	Corona Del Mar
4	285.5	Oakland	63	92.0	Oak Park
5	275.5	Clovis West	65	90.0	Valley, Sacramento
6	267.5	Muir	66	89.5	Alemany, Mission Hills
7	266.0	Washington, L.A.	66	89.5	Morse, San Diego
8	250.0	Dorsey, L.A.	68	88.0	Del Mar, San Jose
9	247.5	Orange Glen, Escondido	69	86.5	Channel Islands, Oxnard
10	143.8	Tulare	70	85.5	Capo Valley, Mission Viejo
11	241.0	Falbrook	71	85.0	Clovis
12	228.0	Wilson, Long Beach	72	84.0	Apple Valley
13	220.0	Poly, Long Beach	72	84.0	Don Lugo, Chino
14	215.0	Castle Park, Chula Vista	74	83.5	St. Ignatius, S.F.
15	213.0	Oak Grove	75	82.0	Granite Hills, El Cajon
16	205.5	Lynwood	76	79.0	Centennial, Compton
17	193.5	Wheatland	76	79.0	Mater Dei, Santa Ana
18	188.5	Crespi, Encino	78	78.5	Mayfair, Lakewood
19	184.0	Riordan	79	77.5	Ontario
20	174.0	Justin-Siena, Napa	79	77.5	Woodbridge, Irvine
21	167.8	Lemcore	81	77.0	Valencia
22	165.5	Jesuit, Sacramento	82	76.5	San Fernando
23	164.0	Modesto	83	76.3	Mt. Carmel, San Diego
24	162.5	Carson	84	76.0	San Clemente
25	157.8	Fairfield	85	74.5	Vallejo
26	156.5	Agoura	86	74.3	Hayward
26	156.5	Los Altos	87	73.8	Loyola, Los Angeles
28	155.5	Edison, Huntington Bch	88	72.0	Magnolia, Anaheim
29	154.0	Edison, Fresno	89	71.5	Dos Pueblos, Goleta
30	146.0	San Bernardino	89	71.5	St. Anthony, Long Beach
31	136.0	Hemet	91	71.0	Benevia
31	136.0	Poway	92	70.0	Merced
33	135.6	DeLaSalle, Concord	93	69.0	Hoover, Fresno
34	134.8	Patrick Henry, San Diego	93	69.0	Montgomery, Chula Vista
35	129.0	Palmdale	95	68.0	Hill, San Jose
35	129.0	Pasadena	95	68.0	Upland
37	127.0	Nogales, LaPuente	95	68.0	Yreka
37	127.0	Santa Rosa	98	65.0	Burbank
39	123.8	Bellarmino, San Jose	98	65.0	Esperanza, Anaheim
40	120.0	Escondido	98	65.0	Morningside, Inglewood
41	118.5	Pittsburg	101	64.5	Leuzinger, Lawndale
42	118.0	Gilroy	101	64.5	Narbonne, Harbor City
42	118.0	San Pasqual	103	64.0	Piedmont
44	117.5	Mira Mesa, San Diego	103	64.0	Yucaipa
45	116.8	Rio Mesa, Oxnard	105	63.0	Arcata
46	114.5	Casa Robles, Orangevale	105	63.0	Kennedy, La Palma
47	111.0	Eisenhower, Rialto	108	62.5	Piedmont Hills, San Jose
48	110.5	Lompoc	108	62.5	Lodi
49	110.0	University City, San Diego	109	62.0	Birmingham, Van Nuys
50	109.0	Madera	110	61.6	Placer, Auburn
51	108.0	Mission, San Francisco	111	61.5	Santa Teresa, San Jose
51	108.0	Moreau, Hayward	111	61.5	Southwest, Chula Vista
51	108.0	Nevada Union, Grass Vly	113	60.0	Crenshaw, Los Angeles
54	104.0	Dana Hills	113	60.0	Redlands
55	99.8	Logan, Union City	113	60.0	University, Irvine
56	99.0	Rubidoux, Riverside	116	59.5	Rolling Hills, RH Estates
57	98.0	Carpenteria	117	59.0	Beverly Hills
58	97.0	Crescenta Vly, La Cres.	117	59.0	Granada Hills
59	96.5	Dominguez, Compton	119	58.5	Rowland, Rowland Heights
60	95.5	West, Bakersfield	120	58.0	Santa Ana Valley
			121	57.5	Vacaville
			122	57.0	Davis
			122	57.0	Fremont, Sunnyvale
			122	57.0	Venice
			125	56.0	Canyon, Canyon Co.

continued next page...



# PREP NOTES

125	56.0	Fortuna
127	54.5	Gardena
127	54.5	Santana, Santee
129	54.3	Santa Cruz
130	54.0	Camarillo
131	53.8	St. Francis, Mt. View
132	53.0	Perris
133	52.5	Canyon, Anaheim
133	52.5	DeAnza, Richmond
135	52.0	Lincoln, San Diego
135	52.0	Yuba City
137	51.6	Banning, Wilmington
138	51.5	Hueneme, Oxnard
139	51.0	Watsonville
140	50.5	Etiwanda
141	50.0	Charter Oak, Covina
141	50.0	Cupertino
141	50.0	Leigh, San Jose
141	50.0	Palm Desert
145	48.5	Notre Dame, Sher.Oaks
146	48.0	Hollister
146	48.0	Rio Lindo
146	48.0	Silver Creek, San Jose
149	47.5	Cabrillo, Lompoc
149	47.5	Drake, San Anselmo

## Individual Scorers:

As one goes through the team scoring it is interesting to take a look at those individuals who scored in a number of events and add up their totals also. Last year it was jumper/hurdler Diatori Gildersleeve (Grant, Sacto) who led this total with 188 points. In 1989 it was Russell White (Crespi, Encino), fittingly taking statewide awards in both fall (where he became the State's All-Time leading football rusher) and spring (where he easily led the state here with his exploits over 100 and 200 meters and in the Long and Triple Jumps. 10.78-21.47, 23.9.5, and 50-6 are pretty solid marks for a young man who will undoubtedly concentrate on the gridiron sport during a college career at UC Berkeley where he must spend a year sitting out all athletic participation due to his Prop 48 status. All-Around sprinter Curtis Conway (Hawthorne) led his team to the title with his 146 points for second, with James Stallworth (Tulare) the new Federation Long Jump Record Holder and fine sprinter, third with 143, and Hurdler John Prudenti (Justin Siena, Napa) 138, leading the rest of the top ten. Interestingly, the very strong Northern League of the Southern Section supplied two sophs in the top ten League of the Southern Section supplied two sophs in the top ten of the scoring, Napoleon Kaufman (Lompoc) and Louis Quintana (Arroyo Grande).

## Top Men Individuals (100 Points):

Name	School	Points	
1	Russell White	Crespi	171.5
2	Curtis Conway	Hawthorne	146.0
3	James Stallworth	Tulare	143.0
4	John Prudenti	Justin Siena	138.0
5	David Welsh	Jesuit	130.0
6	Jeff Laynes	Oakland	125.0
7	Glen Reyes	Orange Glen	124.5
8	Francis O'Neill	San Pasqual	118.0
9**	Napoleon Kaufman	Lompoc	110.5
10*	Anthony Smith	Hawthorne	109.5
11	Barry Smith	Mission	108.0
12**	Louie Quintana	Arroyo Grande	106.0

## Women:

On the Women's side Coach Scott Semar and staff at Bakersfield High School really had a tremendous track team. They would have easily taken the June State Meet team title had Shot/Discus star Dawn Dumble not gone down with knee surgery, but there was much more to the team than Dawn and State Discus and Shot Champion Melisa Weis. Ninth grader Janice Nichols was within a half a second of the national age

best for 400 meters at 54.47 (and added 24.33 200 and 43.61 300 hurdle clockings), with the squad having Tike Jackson (12.26 100m) and 46.9 and 3:51.83 relay groups. Kwana Caddell was 38-2.25 in the Triple Jump, with Weis (47-10.5 and 168-0) and Dumble (48-9 and 170-11) the best marks in state in the Shot and Discus. The Drillers moved up from eighth place last year.

Locke (L.A.), last year's winners with a huge 565.5 total, finished second in 89 with 477 points. Coach Jim Lee had some bad breaks along the way (Kim McAllister falling during the L.A. City Finals 800, etc.), but the Saints scored strongly in every running event and relay. Leann Tinkshell, Debra Hamilton, Kim McAllister, and LaTanya Davenport closed out super prep athletic careers last spring, with Rosetta Hunter (4:58.28 1600m and 11:17.7 3200m) back for the 89-90 school year. Muir (Pasadena) put it all together when it counted in the June State Meet to take home the trophy, with Inger Miller led crew of very strong sprinters totalling 437.5 here for third (just like last year). Hawthorne, strong in all areas of the program, had 365 for 4th. Santa Teresa (San Jose), led by amazing soph Keri Sanchez, was 5th with 285.5. Rio Mesa (Oxnard) was 6th at 284.0 with a very fine all-around Mission Viejo squad 7th at 280.0. St. Francis (Mt. View and Vallejo) tied for 8th with 278.5, with Rancho Buena Vista (Vista) riding the distance strength of Kira Jorgensen and Mira Hornbacher to 10th place at 255.5.

1	520.0	Bakersfield
2	477.0	Locke, Los Angeles
3	437.5	Muir, Pasadena
4	365.0	Hawthorne
5	285.5	Santa Teresa, San Jose
6	284.0	Rio Mesa, Oxnard
7	280.0	Mission Viejo
8	278.5	Santa Teresa, San Jose
8	278.5	Vallejo
10	255.5	Rancho Buena Vista
11	241.5	Santa Monica
12	232.0	Dorsay, Los Angeles
13	220.0	Upland
14	216.5	Walnut
15	213.5	Mt. Carmel, San Diego
16	210.5	Agoura
17	198.0	San Pasqual
18	192.4	Morningside, Inglewood
19	179.5	Fremont, Sunnyvale
20	176.0	St. Bernard, Playa Del Rey
21	174.0	Duarte
22	171.0	Hoover, Fresno
23	170.0	Morse, San Diego
24	167.0	Hesperia
25	164.4	Carlmont, Belmont
26	158.5	Madera
27	157.5	Atascadero
28	154.0	Cordova, Rancho Cordova
29	151.0	Poway
30	149.0	Leland, San Jose
31	148.5	Compton
32	147.5	Canyon, Anaheim
33	144.5	Patrick Henry, San Diego
34	144.0	Edison, Huntington Beach
35	137.5	Los Altos
36	131.0	South Hills, West Covina
37	130.5	Mt. Whitney, Visalia
38	127.0	Alta Loma
38	127.0	Yuba City
40	126.8	West Valley, Cottonwood
41	126.0	Gunn, Palo Alto
42	124.5	Mitty, San Jose
43	123.5	Amador Vly, Pleasanton
44	123.0	Montebello
45	122.5	West Covina
46	122.4	Lompoc

47	121.0	Livermore
48	112.0	Serra, San Diego
49	107.5	Bishop O'Dowd, Oakland
50	106.0	Clovis
51	105.5	Mills, Millbrae
52	98.5	Mt. Pleasant, San Jose
53	97.0	El Toro
54	96.5	Madison, San Diego
55	95.5	Woodbridge, Irvine
56	94.0	Santa Barbara
57	92.5	Torrey Pines, Del Mar
58	92.0	Bret Harte, Altaville
59	89.5	Edison, Fresno
60	89.0	Merced
60	89.0	Woodland
62	85.0	Don Lugo, Chino
62	85.0	Golden Sierra
62	85.0	Santa Catalina, Monterey
62	85.0	Vintage, Napa
66	82.5	Palmdale
67	80.0	Poly, Long Beach
68	79.4	Roosevelt, Fresno
69	79.0	Campolindo, Moraga
69	79.0	Palos Verdes, PV Estates
69	79.0	University City, San Diego
72	78.0	Oceanside
73	77.0	Hilltop, Chula Vista
74	76.5	Ygnacio Valley, Concord
75	74.5	Santa Ana Valley
76	74.0	Benicia
76	74.0	Kern Valley
78	73.5	El Camino Real, Wild Hills
79	72.5	Encinal, Alameda
80	72.0	Las Lomas, Walnut Creek
80	72.0	Lynwood
80	72.0	Mater Dei, Santa Ana
83	71.0	St. Anthony, Long Beach
84	70.5	Ganessa, Pomona
84	70.5	Mountain View
84	70.5	Palm Springs
87	70.0	Fillmore
88	69.0	North, Bakersfield
89	67.0	Holy Names, Oakland
89	67.0	Irvine
91	66.5	Centennial, Compton
92	66.0	Harbor, Santa Cruz
93	65.5	Logan, Union City
94	65.4	Palo Alto
95	65.0	Dominguez, Compton
95	65.0	El Dorado, Placentia
95	65.0	University, Irvine
98	64.0	Nova, Redding
99	62.0	Kennedy, Richmond
99	62.0	Rancho Cotate, RohnertPk
101	61.5	Loara, Anaheim
102	59.5	Acalanes, Lafayette
102	59.5	Foothill, Santa Ana
104	58.5	Hogan, Vallejo
105	58.0	Lassen, Susanville
105	58.0	Washington, S.F.
107	57.0	Tokay, Lodi
107	57.0	Vacaville
109	56.0	Hoover, San Diego
110	55.0	Los Angeles
110	55.0	Torrance
110	55.0	Westminster
113	54.5	Blair, Pasadena
114	54.4	Bell Gardens
114	54.4	Redwood, Visalia
116	53.0	Cajon
116	53.0	Dos Pueblos, Goleta
118	52.4	Los Gatos

continued next page...



# PREP NOTES

119	52.0	El Dorado, Placerville
119	52.0	Pomona
121	51.0	Placer, Auburn
121	51.0	Riverside Poly
121	51.0	Van Nuys



**RUSSELL WHITE**

*Fine Flicks by Don Gosney*

124	50.0	Mt. View, El Monte
125	49.0	Anderson
125	49.0	Campbell Hall, N.Holywd
127	48.0	Piner, Santa Rosa
127	48.0	San Marcos, S.Barb.
127	48.0	Wilson, Long Beach
130	47.5	Chino
131	47.4	Norco
131	47.4	Watsonville
133	47.0	Chatsworth
133	47.0	Granada, Livermore
135	46.4	Buena, Ventura
135	46.4	Corona Del Mar
137	46.0	Leigh, San Jose
138	45.5	North Monterey County
139	45.0	Capo Vly, Mission Viejo

139	45.0	Mission Bay, San Diego
141	44.0	Crawford, San Diego
141	44.0	West, Bakersfield
143	43.5	Oak Ridge, ElDoradoHs



**KERI SANCHEZ**

*Fine Flicks by Don Gosney*

143	43.5	Sierra, Tollhouse
145	43.4	Westlake, Westlake Vil
146	43.0	Brethern, Paramount
146	43.0	Burbank, Sacramento
146	43.0	Grossmont, LaMesa
146	43.0	Oakdale
146	43.0	Tulare

**Individual Scorers:**

The magical track and field career of Keri Sanchez (Santa Teresa, San Jose) continued in 1989. Our state individual scoring winner as a frosh in 1988 with 169 points, Keri simply improved enough to add over 20 points to that total this last spring to win with 190 points. The Santa Teresa sophomore had 14.07 and 42.60 hurdle bests, with 18-11 and 40-1.5 Long and Triple Jump marks. The Cross-Country, Volleyball, Soccer, and Track star points to all that is good and wholesome about young people being active in sports. Kim Young (Madera) was second

with 158.5 with sprinter Angela Burnham (Rio Mesa, Oxnard) third at 149.0.

**Top Women Individuals (100 Points):**

1**	Keri Sanchez	Santa Teresa, SJ	190.0
2	Kim Young	Madera	158.5
3	Angela Burnham	Rio Mesa, Oxnard	149.0
4	Allison Franke	Canyon, Anaheim	147.5
5	Annette Coleman	Claremont, Belmont	143.0
6	Kira Jorgensen	Rancho Buena Vista	142.0
7	Kristi Paaso	Los Altos	137.5
7	Angela Rolfe	Dorsey, Los Angeles	137.5
9***	Janice Nichols	Bakersfield	137.0
10**	Juliana Yendoik	Walnut	133.5
11*	Karen Hecox	South Hills, W.Covina	131.0
12*	Shanequa Campbell	Alta Loma	127.0
12*	Kwani Stewart	Yuba City	127.0
14	Rayna Cervantes	Montebello	123.0
15**	Becky Spies	Livermore	121.0
16*	Feice Lipscomb	Santa Monica	115.0
17	Debra Hamilton	Locke, Los Angeles	104.0
18*	Dawn Dumble	Bakersfield	100.0

**Combined Scoring:**

When the scores of the Men's and Women's programs are combined it is as usual a big win for Hawthorne. The Cougars blew everybody away once again, with their 953.5 total only just short of their record 1987 total of 960 (they had 871.1 to win in 88 in case you were wondering). Coach Kye Courtney and staff develop every area of both teams, and when everyone is on the track one can understand why the Cougars have a tough time digging up a pre-season dual meet. Bakersfield, with Coaches Scott Semar and Art Datzell doing the same quality of work, were 2nd at 843.5, with last year's runner-ups, Muir (Pasadena), continuing that school's great tradition with a third place 704 point total in 4th.

**Top 20 California High Schools**

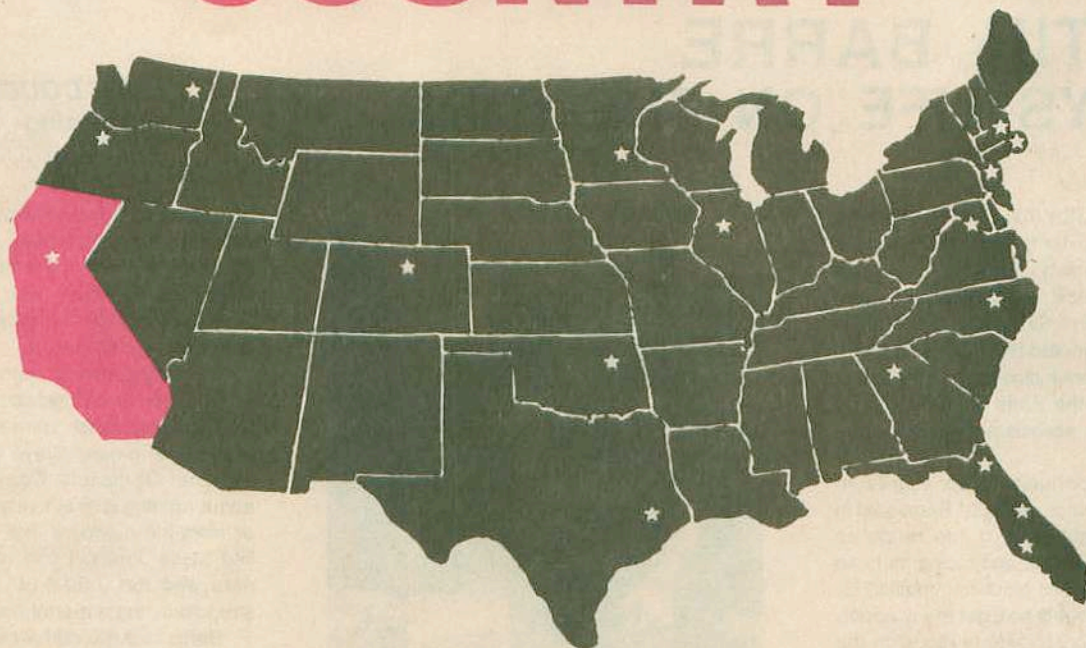
(combined men and women scoring from 1989 season)

1	953.5	Hawthorne
2	843.5	Bakersfield
3	704	Muir, Pasadena
4	519	Locke, Los Angeles
5	482	Dorsey, Los Angeles
6	400.8	Rio Mesa, Oxnard
7	367	Agoura
8	362.9	Arroyo Grande
9	353	Vallejo
10	347	Santa Teresa, San Jose
11	316	San Pasqual, Escondido
12	310.5	Walnut
13	300	Poly, Long Beach
14	299.5	Edison, Huntington Beach
15	294	Los Altos
15	294	Washington, Los Angeles
17	288	Upland
18	287.8	Mission Viejo
19	287	Poway
20	286.8	Tulare

(For a complete read-out of the point totals, which include everyone who scored in 1989, 350 men's teams and 300 women's squads, send \$5.00 to Doug Speck, 563 North Willowgrove, Glendora, CA 91740.)



# GOIN' 'CROSS THE COUNTRY



## The 1989 ARRA Circuit

Race after race,  
year after year  
the ARRA Circuit  
means World-Class

IN 1989, its 8th year, the Association of Road Racing Athletes Circuit means events with world-class organization as well as competition. NOW grown to 20 races, the Circuit travels to every region of the nation.

JOIN Olympic medalists, World Champions, and thousands of masses (Circuit events drew nearly 200,000 participants in 1988) on many of our sport's most historic and picturesque courses.

YOU may not share in the more than \$1 million of prize money that the Circuit awards, but you can run with the best for your own health and enjoyment.

CALL any of the events' listed numbers—or contact the Association of Road Racing Athletes directly.



**Association  
of Road Racing  
Athletes**

Don Kardong, President  
807 Paulsen Building  
Spokane, WA 99201  
509-838-8784

### The Tour

<b>JANUARY:</b>	15 HOUSTON-TENNECO MARATHON, Houston, TX	713-757-3807
<b>FEBRUARY:</b>	11 GASPARILLA DISTANCE CLASSIC 15-K, Tampa, FL	813-229-7866
<b>MARCH:</b>	4 JACKSONVILLE RIVER RUN 15-K, Jacksonville, FL	904-739-1917
	11 RED LOBSTER 10-K, Orlando, FL	800-252-7510
	19 NEW BEDFORD/BANK OF BOSTON HALF-MARATHON, New Bedford, MA	617-999-2699
<b>APRIL:</b>	2 NIKE CHERRY BLOSSOM 10-MILE, Washington, DC	301-445-4177
	9 MDA-BOSTON MILK RUN 10-K, Boston, MA	617-396-3001
<b>MAY:</b>	7 LILAC BLOOMSDAY RUN 12-K, Spokane, WA	509-838-1579
	14 NIKE WOMEN'S RUN 8-K, Washington, DC	703-780-3037
	29 BOLDER BOULDER 10-K, Boulder, CO	303-444-7223
<b>JUNE:</b>	17 STEAMBOAT CLASSIC 4-MILE, Peoria, IL	309-676-6378
	18 CASCADE RUN OFF 15-K, Portland, OR	503-226-0717
<b>JULY:</b>	4 PEACHTREE ROAD RACE 10-K, Atlanta, GA	404-231-9065
<b>AUGUST:</b>	12 ASBURY PARK 10-K CLASSIC, Asbury Park, NJ	201-922-9479
	20 FALMOUTH ROAD RACE 7.1 MILE, Falmouth, MA	508-540-7000
<b>OCTOBER:</b>	8 TWIN CITIES MARATHON, Minn./St. Paul, MN	612-339-1913
	28 TULSA RUN 15-K, Tulsa, OK	918-588-2850
<b>NOVEMBER:</b>	12 THE OLD RELIABLE 10-K, Raleigh, NC	919-829-4843
<b>DECEMBER:</b>	3 CALIFORNIA INTERNATIONAL MARATHON, Sacramento, CA	916-447-3786



## ROCKIN', ROLLIN' AND RUNNING

# JETHRO TULL GUITARIST MARTIN BARRE ENJOYS LIFE ON THE RUN

By DOUG THURSTON  
*Running International*

SINCE THE EARLY 70's, MARTIN BARRE has been playing guitar for British super group Jethro Tull, known for classics like "Aqualung," "Thick as a Brick," and "Locomotive Breath." Since the early 1980's, Barre has supplemented his music with a varied exercise program including a daily dose of running. Running the Paris Marathon is not usually an activity associated with rock guitarists.

"I enjoy the opportunity to talk about running and meeting other runners," Barre said in a recent phone interview. "I can relate as much to training, injuries, and racing as I can to playing the guitar and producing music."

Barre said he doubts he'll get many opportunities to train or participate in races on the band's current North American tour. The group will play 3 times in California.

"I find the best running opportunities when we're playing in amphitheaters rather than downtown halls," Barre said. "It's hard to find good places to run in downtown areas with all the concrete and stop signs. I usually try to find a gymnasium and work on a treadmill or with weights."

Barre said the traveling makes it difficult to stay in shape and to run races. He also knows to train hard might take away from his energy on stage.

"I thought about trying to run the New York City Marathon while on tour. But I realize that would be selfish and unfair to the fans if I couldn't give 100-percent on stage. I'll have enough time to train after the current tour."

Barre's first marathon was in Paris last year. The self-described "plodder" said he hit the wall at 23 miles and finished over four hours. He's shooting for a better performance at the ADT London Marathon in April.

Barre lives in Devon, a "runner's paradise" in southwest England. He enjoys running on uncrowded roads in the countryside, usually about three to five miles a day. He also is an avid windsurfer and table tennis fan. He said his wife, a gym owner, nagged him about getting out of shape several years ago.

"I started running, windsurfing, and doing



sit-ups. I was doing about 1,000 situps a day for a while. It was exciting to see my body get into shape."

Barre was not athletic in school. He described himself as "plump and lazy" as a kid. He found the traditional English sports of soccer and rugby too restrictive. The father of three now finds running fits nicely with his music.

"Running helps remove the tension. I can put down the guitar and go for a run to relieve stress. When I run, I'm thinking of music. I enjoy the rhythm of both activities. I can think of arrangements and possible changes."

Barre said he hasn't had much luck getting fellow band members to join him for runs. It's difficult on the road but he'll try to fit in runs on the odd day off.

Few fans recognize him when he's running. Although Barre has been with the group for 20 years, most of Tull's fans recognize lead singer Ian Anderson, who has cultivated the stage persona of a mad jester while fusing flute with electric guitars.

"Aspiring guitarists might crowd around me at concerts to ask advice. I'd be the same way with top-notch runners," Barre said. "I would love to meet Steve Cram and some of the other Olympians. One of the things I like about running is that everyone mixes together from the plodders like myself to runners like Steve Jones. I can relate to most runners who run 7:30-8:00 minute miles and struggle during a marathon."

Barre said the current tour will mix a half-dozen songs from their current album, "Rock Island," their 17th studio effort, with the classic hits that draw strong audience reaction. He said he looks forward to touring as a labor of love.

"A positive image on stage is very important to me. I would find it difficult to be fat and unfit. It's not what age you are, it's your condition. If I feel good and look good, I have a lot more confidence on stage."

Despite the message in the classic Tull record *Too Old to Rock & Roll, Too Young To Die*, Barre said in an interview last year he is "having too much fun" in the band to stop recording and performing.

"I feel on top of things," he said. "I'm healthy, fit, and in a good frame of mind. I can't see stopping as long as we continue to do our job well. If we can do that, there's no limit."

Date	Place
12/5	Universal Amphitheater, -Los Angeles
12/8	Sports Arena -San Diego
12/10	Civic -San Francisco



# RESULTS

## CROSS COUNTRY

### Fresno City College Invitational Cross Country

Sept. 9, Woodward Park, Fresno.

#### Men's - 4 Mile

1. Martin Rodriguez (LA Tech) 20:01, 2. Mason Myers (A.R.) 20:13, 3. Zac Loomer (Fullerton) 20:20, 4. Derrick Powers (Mt. Sac) 20:23, 5. Frank Fox (Taft) 20:23, 6. Juan Romero (Bakersfield) 20:24, 7. Glen Russell (Hartnell) 20:30, 8. Javier Naranjo (Hartnell) 20:35, 9. Max Guardiola (COS) 20:40, 10. Chris Parmer (O.Coast) 20:44.

21-12, 24. Tony Delgado (Mt. Sac) 21:24, 25. Jeff Sorkness (Santa Rosa) 21:25.

#### Teams:

1. American River 74, 2. Mt. San Antonio 100, 3. Hartnell College 122, 4. COS 133, 5. Taft College 137, 6. West Valley 160, 7. Orange Coast 169, 8. Fullerton 203, 9. Bakersfield 232, 10. San Jose 319.

11. Citrus College 330, 12. Santa Rosa 374, 13. Fresno 422, 14. Cerritos 443, 15. DeAnza College 445, 16. Cuesta College 605.

#### Women's - 5000 Meters

1. Louise Ronnerman (Mt. Sac) 19:02, 2. Karen Talamontes (Mt. Sac) 19:04, 3. Maricela Benavides (O.Coast) 19:11, 4. Gillem Evans (Porterville) 19:13, 5. Noelle Selich (DeAnza) 19:17, 6. Deana Farage (W.Valley) 19:30, 7. Pam Boyles (Bakersfield) 19:36, 8. Joana Green (W.Valley) 19:41, 9. Laura Seefeldt (A.R.) 19:44, 10. Leslie King (Bakersfield) 19:50.

11. Stacey Sanderson (Mt. Sac) 19:53, 12. Margaret Kennard (A.R.) 20:04, 13. Lupe Eberly (Ba-

## ROAD RACING

### Chainsaw Ridge Run

July 2, North Fork, 10K & 2 MI.

#### Division Results - Men's 10K

Overall Winner: Al Lara.

19 & Under: 1. Randy Drace 41:11, 2. Nathan Trout 45:01, 20-29: 1. Joe Carnegie 33:44, 2. Greg Pope 34:44, 3. John Davers 35:00, 30-39: 1. Al Lomali 34:35, 2. Jim Harig 36:17, 3. Steve Garza 36:20, 40-49: 1. Bob Lindsey 35:29, 2. James Montefredo 41:10, 3. Steve Meunier 41:36, 50-59: 1. Fred Mattos 39:42, 2. Sam Vandenberg 40:36, 3. Ken Napier 42:34, 60 & Over: 1. Franz Weinschenk 50:26, 2. Tony Bush 50:46, 3. Klaus Penning 51:06.

#### Division Results - Women's 10K

Overall Winner: Stacey McAlife 39:24.

20-29: 1. Kari Fike 39:48, 2. Charlene Janzen 41:13, 3. Maryann Alvarez 41:32, 30-39: 1. Clariss Robertson 42:30, 2. Katie Lowe 42:43, 3. Ann Phillips 44:03, 40-49: 1. Margie Lindsey 41:19, 2. Karen Lynch 46:33, 3. Sharon Mayo 46:05, 50-59: 1. Shirley Bush 48:10, 2. Deborah Schwartz 53:26, 3. Heidi Falho 56:12.

#### Division Results - Men's 2 Mile

Overall Winner: Ed Gann 10:07.

10 & Under: 1. Brian Roth 15:08, 2. Forest Negrete 15:13, 3. Dustin Robinson 16:30, 11-14: 1. Wayne Robertson 11:40, 2. Willie Madaus 13:09, 3. Matthew Heinman 14:51, 15-19: 1. Mike Brooks 10:17, 2. Philip Gonzales 11:12, 3. Scott Curtis 11:30, 20-29: 1. Frank Zavala 11:32, 2. Greg Lane 13:23, 3. Dennis Bridges 16:43, 30-39: 1. Ron Zavala 12:53, 2. Mark Wilson 13:25, 3. Jim Young 13:40, 40-49: 1. Gustavo Armenta 11:27, 2. Bill Schwartz 11:35, 3. Gary Hall 11:42, 50-59: 1. Dick Cain 12:05, 2. Ed Thomasson 12:13, 3. Chris Denny 13:37, 60 & Over: 1. David Fung 14:24.

#### Division Results - Women's 2 Mile

Overall Winner: Heather Reed 12:40.

10 & Under: 1. Amber Daniels 13:10, 2. Brittany Burns 17:24, 3. Shannon Baird 17:55, 11-14: 1. Kathy Hurley 13:18, 2. Wendi Curtis 15:11, 15-19: 1. Anita Campbell 13:55, 20-29: 1. Brenda Lindsey 14:17, 2. Tracy Stanley 16:33, 3. Leslie Bridges 16:42, 30-39: 1. Eugenia Savala 14:58, 2. Cathy Burns 15:14, 3. Sherree Nowalk 16:20, 40-49: 1. Caroline Rohrer 15:45, 2. Jennie Melo 16:54, 3. Gail Gaede 17:22, 50-59: 1. Josie Smith 18:15, 2. Mary Ariz 19:33, 3. Margaret Castro 21:57, 60 & Over: 1. Beverly Cole.

### Sertoma Classic

July 2, Hayward, 10K & 2 Mile.

#### Overall Results - 10K

##### Men:

1. Sean Wade 31:15, 2. Rod Johnson 34:04, 3. Eric Patterson 35:14.

##### Women:

1. Kathleen Mascia 42:55, 2. Barbara Zoldan 43:16, 3. Lynn Schur 43:41.

#### Division Results - Men's 10K

Wheelchair: 1. Troy Durham 29:25, 16 & Under: 1. Randy Stone 38:53, 17-29: 1. Sean Wade 31:15, 30-39: 1. Rod Johnson 34:04, 40-49: 1. Michael Hicks 37:15, 50-59: 1. Lee Groyon 38:58, 60 & Over: 1. Bruce Oliver 42:45.

Division Results - Women's 10K  
17-29: 1. Holly Taylor 46:12, 30-39: 1. Kathleen Mascia 42:55, 40-49: 1. Barbara Zoldan 43:16.

### The Fourth in Moraga

July 4, Moraga, 8K & 1K.

#### Overall Results 8K

1. Wayne Ferguson (46) 34:28, 2. Jack Winter (35) 35:22, 3. Michael McDonald (25) 35:57, 4. Michael Golinveaux (38) 37:30, 5. Alice Rose (53F) 37:37, 6. William Rose (50) 38:20, 7. David Schub (38) 39:26, 8. Marco Ullmer (34) 40:15, 9. Jim Burns (36) 41:46, 10. David Grant (45) 42:00.

#### Overall Results 1K Kid's Run

1. Jeff Stoots (11) 5:00, 2. Jared Ferguson (12) 5:01, 3. Michael Ledeman (8) 5:01, 4. Gary Levy (10) 5:01, 5. Corey Brown (9) 5:01.

### American Independence Day Runs

July 4, San Ramon, 5K & 10K.

#### Division Results - Men's 10K

17 & Under: 1. Jeremy Seven 34:41, 2. Jeff Ashbrenner 35:10, 3. Nick Rath 40:31, 18-29: 1. Jeff Williams 32:36, 2. Scott Kennedy 33:13, 3. Jay Kasabian 34:46, 30-39: 1. Thom Trimble 32:48, 2. Mark Graves 33:00, 3. Rick Brees 33:08, 40-49: 1. David Taylor 35:30, 2. Eric Ivary 35:52, 3. John Talco 36:42, 50-59: 1. Troy Durham 32:34, 2. Jim Cross 39:25, 3. Lee Groyon 39:31, 60 & Over: 1. Roland Carothers 49:10, 2. Frank Rodriguez 49:22.

#### Division Results - Women's 10K

17 & Under: 1. Mandi Gorby 1:09:07, 18-29: 1. Trisha Arbogast 38:30, 2. Clare Weyman 39:03, 3. Lavinia Bress 41:11, 30-39: 1. Melinda Morse 41:43, 2. Karen Brockwell 43:13, 3. Maureen Lance 43:54, 40-49: 1. Nounis Harris 43:55, 2. Nancy Pelayo 45:51, 3. Beth Eiselman 50:39.

#### Division Results - Men's 5K

17 & Under: 1. Rob Horn 16:23, 2. Jason Stone 17:59, 3. Marc Bouland 18:04, 18-29: 1. No Rodriguez 14:59, 2. Steve Lopez 15:07, 3. Chuck Lewis 15:27, 30-39: 1. Brian Davis 16:15, 2. Les Ong 16:41, 3. Gerry Gerashty 16:47, 40-49: 1. Jim Reiz 16:44, 2. John Gaherty 17:19, 3. Tim Quinn 17:55, 50-59: 1. Richard Hall 19:54, 2. Anthony Castana 20:40, 3. Tom Bitzer 20:41, 60 & Over: 1. Joe Trami 20:49, 2. Gough Reinhardt 22:35, 3. Don Wilgus 24:36.

#### Division Results - Women's 5K

17 & Under: 1. Melissa Freeberg 21:19, 2. Jennifer Haid 21:56, 3. Aissa Waiswitos 22:46, 18-29: 1. Karen Locke 16:10, 2. Julie Thomas 18:37, 3. Carrie Frates 19:21, 30-39: 1. Jane Mason 20:23, 2. Libby Muller 20:39, 3. Maryanne Elliott 20:46, 40-49: 1. Elaine Garcia 17:57, 2. Barbara Zoldan 21:15, 3. Ruth Grimes 21:52, 50-59: 1. Rachel Peterso 26:07, 2. Shirley Hall 27:08, 3. Kay Lyons 27:40, 60 & Over: 1. Midge Porter 29:36, 2. Joan Williams 36:56.

### Milpitas Firecracker

July 4, Milpitas, 10K.

#### Overall Results

1. Charles Alexander (20) Mt. View 31:09, 2. Gary Lewis (20) San Jose 32:02, 3. Bert Egly (70) Oakland 32:02, 4. Joe Carnegie (20) Fresno 32:43, 5. Dan Martinez (20) Belmont 33:25, 6. Leon Shordon (20) Moraga 33:28, 7. Kenny Brown (14) Carmichael 34:04, 8. Craig Whichard (30) Livermore 34:08, 9. David Fergus (30) San Jose 34:55, 10. Dennis Urriaga (40) Union City 35:08.



UP THE TOUGH HILL (LEFT TO RIGHT): DERRICK POWERS (Mt. Sac), MASON MYERS (American River), MARTIN RODRIGUEZ (LA Tech), and JAVIER NARANJO (Hartnell).

Photo by Bob Fries

11. Tony Castellon (Mt. Sac) 20:48, 12. Richard Nunez (COS) 20:52, 13. Brad Sigler (O.Coast) 20:53, 14. John Lopez (Hartnell) 20:56, 15. Yared Berhane (A.R.) 20:57, 16. Brian Peterson (A.R.) 20:58, 17. Roberto Rodriguez (LA Tech) 21:01, 18. Victor Thompson (Taft) 21:01, 19. Joe Seric (A.R.) 21:07, 20. Jack Osborne (Bakersfield) 21:08, 21. Jordan Carroll (W.Valley) 21:09, 22. Scott Smoot (A.R.) 21:10, 23. Edgar Montes (Mt. Sac)

karsfield) 20:09, 14. Regina Scheutze (Bakersfield) 20:17, 15. Naomi Toran (W.Valley) 20:18, 16. Eva Belt (A.R.) 20:22, 17. Kim Rhodes (Chaffey) 20:24, 18. Lisa Hunter (Merced) 20:26, 19. Diana Chamberlain (W.Valley) 20:33, 20. Glory Barron (W.Valley) 20:34.

21. Debbie Bedal (San Jose) 20:37, 22. Rosa Casillas (Cerritos) 20:43, 23. Jennifer Neumaier (Fresno) 20:46, 24. Lisa Rolcowski (O.Coast) 20:47, 25. Maggie Steinhauser (O.Coast) 20:55.

#### Teams:

1. West Valley 68, 2. Bakersfield 72, 3. Orange Coast 119, 4. American River 160, 5. Cerritos 214, 6. Sequoias 250, 7. San Jose 273, 8. Chaffey 299, 9. Fullerton 358, 11. Cerro Coso 475.



# RESULTS

11. Michael Millward (30) Gilroy 35:11, 12. Alex Aguilar (30) San Jose 35:29, 13. Rich Mendelowitz (30) Sunnyvale 35:30, 14. Robert Witherall (70) Campbell 35:47, 15. Mark Keeler (20) Fremont 35:51, 16. Ron Cachopo (28) Santa Clara 35:55, 17. Steve Radigan (38) Milpitas 35:59, 18. Eric Lopez (14) Stockton 36:19, 19. Guillermo Barron (30) Oakland 36:21, 20. Robert Martinez (20) Belmont 36:39.

21. Buddy Timp (70) Glendora 36:44, 22. Jason Yingling (14) San Jose 36:59, 23. Tim Schumacher (30) Menlo Park 37:07, 24. Richard Chiment (40) San Jose 37:14, 25. Andre Brazeau (30) Sunnyvale 37:34, 26. Carl Cui (40) Sunnyvale 37:43, 27. Anthony Guinnane (30) San Jose 37:47, 28. Carlos Saldivar (28) San Jose 37:49, 29. Al DeLaRoche (30) San Jose 37:50, 30. Eric Clark (20) San Jose 38:00.

31. Michael Agah (20) Sunnyvale 38:09, 32. Rich Hall (30) Fremont 38:12, 33. Tristan Barrientos (20) Redwood City 38:15, 34. Mike Scarborough (20) Sunnyvale 38:16, 35. Bill Weisgerber (80) San Jose 38:17, 36. Armand Oliver (36) Los Gatos 38:20, 37. Keith Scott (30) Milpitas 38:26, 38. Joseph Costa (30) San Jose 38:29, 39. Michael McCoy (20) San Francisco 38:30, 40. Mike Woods (14) Santa Clara 38:35.

41. Cliff Clarke (20) San Jose 38:51, 42. Kevin Breit (14) San Jose 38:56, 43. Linda Martinez (20) Belmont 38:58, 44. Salvador Arzaga (30) San Jose 39:03, 45. John Silygren (43) San Jose 39:09, 46. Joe King (60) Alameda 39:11, 47. Philip Cloeter (30) San Jose 39:15, 48. Stephen Stearns (30) ML View 39:20, 49. Lucio Garza (40) San Jose 39:22, 50. Jim Garrison (30) 39:23.

## Independence Day Classic

July 4. Newhall, 5K.

### Overall Results

1. Samson Obwacha (34) Gardena Vly Runners 14:25, 2. Alan DeHinger (28) Reno 14:27, 3. Carmelo Rios (29) Reebok 14:38, 4. Alfredo Vallejo (24) 14:47, 5. Rich Bronsberger (26) San Diego 14:52, 6. Stephen Schradler (23) Palo Alto 14:54, 7. Benito Cruz (23) Gardena Vly Runners 14:59, 8. Jim Orz (23) Gardena Vly Runners 15:01, 9. Albino Miranda (23) Mexico 15:01, 10. Allen Russell (28) Clifton, CO. 15:03.

11. Allen Just (26) Gardena Vly Runners 15:11, 12. Tommy Leon (22) 15:24, 13. Tyrus Deminter (Gardena Vly Runners 15:30, 14. Martin Rodriguez (24) 15:43, 15. Ali Hufane (30) 15:49, 16. Lazaro Contreras (30) 15:51, 17. Mark Souza (28) 16:02, 18. Stephen Keyes (40) 16:01, 19. Jose Gomez (35) 16:15, 20. David Holt (32) 16:21.

31. Darcy Arroala (21 F) CSU Northridge 16:50, 53. Gretchen Loh-Cruz (25 F) Gardena Vly Runners 17:37, 54. Nancy Bowman (22 F) Gardena Vly Runners 17:38, 58. Sheila Ralston-VanLaeuwen (29 F) Santa Clarita Runners 17:52, 61. Marie Rolins (30 F) Ireland 17:57.

## Fourth of July Jubilee Run

July 4. Arcata, 10K & 3K.

This is a unique 10K race. Its start is carefully timed (at exactly 9:40) to allow the cattle which cross the road at the 3K mark every day at 9:30 to get across and into their pasture before the runners arrive, and to allow the runners to get past the L Street train station at the 9K mark before the 10:35 arrival of the excursion train from Eureka. As far as the director knows, no one got hit by either a cow or a train.

Scott Pesch was first in the 10K run, with a time of 32:20. The best duel of the day was for second place, with triathlete Mike Pigg outkicking Greg Heistman; both finished at 33:05. Fourth and fifth

went to masters John Zinselmeir, 33:25, and Mike Holt, 34:37.

First woman was Karen Kelley-Day, 43:13, and second was master runner Karen Angel, 44:23. Third woman was Marie Maurer, 45:15.

Zinselmeir's time set a new age division record in the men's 40-44 group, and Nadene Benno established the record for the women's 70-74 division with a time of 73:06.

There were 95 runners in the 10K run, and thirty runners participated in the 3K fun run.

### Overall Results - 3K

1. Grahma Uemura (34) 10:50, 2. Billy Honsal (16) 11:11, 3. Chris Ivey (15) 12:08, 4. Mary Wells (34) 12:19, 5. Tracy Rice (22) 13:04, 6. Todd Rice (25) 13:04, 7. Larry Moss (55) 13:11, 8. Rodie Lamberon (48) 13:37, 9. Katy Wells (31) and Dave Wells (32) 13:48.

### Overall Results - 10K

1. Scott Pesch (22) 32:20, 2. Mike Pigg (25) 33:05, 3. Greg Heistman (33) 33:05, 4. John Zinselmeir (41) 33:25, 5. Mike Holt (40) 34:37, 6. James Washington (34) 34:44, 7. Guston Fieldhouse (22) 35:42, 8. Mike Osier (20) 36:48, 9. Peter Jain (31) 37:01, 10. Mike Phillips (42) 37:12, 11. Kevin Riley (21) 37:27, 12. William Jensen (31) 37:43, 13. Roger Levy (34) 38:03, 14. Ron Flenner (42) 38:26, 15. Sherman Schapiro (41) 38:48.

## Kenwood Footrace

July 4. Kenwood, 10K & 3K.

### Overall Results - Men's 10K

1. Noel Berkeley (24) Cupertino 32:02, 2. Phil Belian (28) Mill Valley 32:31, 3. Emery Mitchell (26) Mill Valley 32:59, 4. John Mumm (18) Nevada City 33:21, 5. Eric Walker (20) Sacramento 33:27, 6. Tim Minor (31) Reno 33:33, 7. Eric Allen (24) Mill Valley 34:03, 8. Robert Alexander (36) San Francisco 34:12, 9. John Litzenberg (19) Sonoma 34:15, 10. Daniel McCullough (32) Sonoma 34:25.

### Overall Results - Women's 10K

1. Michelle Tani (25) Healdsburg 39:24, 2. Wink Luskin (37) Corte Madera 40:17, 3. Maureen Doyle (23) Cotati 40:29, 4. Robin Stovall (30) Sonoma 41:06, 5. Shawn Ryan (24) Rohnert Park 41:13, 6. Nika Horn (15) Santa Rosa 42:04, 7. Lisa Corbett (33) Greenbrae 42:08, 8. Laurie Riebeling (32) Mill Valley 42:32, 9. Neve Zwagerman (16) Mill Valley 42:46, 10. Annette Shearer-Rogers (28) Oakland 43:02.

### Division Results - Men's 10K

12 & Under: 1. Jacob Greenberg 49:32, 2. Donny Biro 52:21, 3. Paul Hodges 59:36, 13-15: 1. Brad Baeshel 45:25, 16-18: 1. John Mumm 33:21, 2. Todd Stevens 36:46, 3. David Inmer 38:53, 19-24: 1. Noel Berkeley 32:02, 2. Eric Walker 33:27, 3. Eric Allen 34:03, 25-29: 1. Phil Belian 32:31, 2. Emery Mitchell 32:59, 3. Greg Nacco 35:28, 30-34: 1. Tim Minor 33:33, 2. Daniel McCullough 34:25, 3. Bruce Linscott 35:12, 35-39: 1. Robert Alexander 34:12, 2. Steven O'Brien 35:36, 3. Terry Pintane 37:08, 40-44: 1. Ron Smith 34:58, 2. Frank Ruona 35:43, 3. Rick Niles 36:33, 45-49: 1. Stephen Lyons 36:26, 2. Brendan Hutchinson 37:25, 3. Gary Graier 40:49, 50-54: 1. Darryl Beardall 36:34, 2. Robert Barber 37:58, 3. Robert Goff 41:49, 55-59: 1. Bruce Clarinda 46:14, 2. Bob Chadwick 48:47, 3. Earl Anderson 49:17, 60 & Over: 1. Ivan Tomasi 47:15, 2. Charles Hartman 47:48, 3. Robert Belote 48:07.

### Division Results - Women's 10K

12 & Under: 1. Amber Chapin 53:20, 2. Penny Hodges 1:00:22, 13-15: 1. Nika Horn 42:04, 2. Wendy Beardall 49:12, 3. Rhonda Mazza 52:19, 16-18: 1. Neve Zwagerman 42:46, 2. Sue Marsh 1:06:35, 19-24: 1. Maureen Doyle 40:29, 2. Shawn Ryan 41:13, 3. Kersten Grauss 46:37, 25-29: 1. Michelle Tani 39:24, 2. Annette Shearer-Rogers 43:02, 3. Barbara Garinger 43:45, 30-34: 1. Robin Stovall 41:06, 2. Lisa Corbett 42:08, 3. Laurie Riebeling 42:32, 35-39: 1. Wink Luskin 40:17, 2. Vicki French 43:37, 3. Linda Lee 44:11, 40-44: 1. Judy Welch 46:40, 2. Leslie Cohen

47:26, 3. Cheryl Clanton 47:41, 45-49: 1. Edda Stokla 46:35, 2. Katherine Singer 48:16, 3. Myrle Edmiston 51:13, 50-54: 1. Susan Trott 51:39, 2. Karen Kelly 54:14, 3. Richelle Hummel 1:06:08, 55-59: 1. Betty Baugh 1:10:05, 60 & Over: 1. Wilda Collard 1:10:02.

### Overall Results - Men's 3K

1. Jose Lizarraga (28) S.F. 9:08, 2. Gary Charbonneau (22) Novato 9:08, 3. Don Nauman (26) Santa Rosa 9:14, 4. Jeff Sorkness (19) Santa Rosa 9:19, 5. Steve Guerrini (16) Santa Rosa 9:24, 6. Matt Vukicevich (32) Kenwood 9:29, 7. Ben Rosales (30) Healdsburg 9:43, 8. Peter Keith (16) Santa Rosa 9:54, 9. Roly O'Neill (16) Santa Rosa 9:55, 10. Mike Tarrid (26) Santa Rosa 10:06.

### Overall Results - Women's 3K

1. Melarrie Haatt (19) SLO 9:49, 2. Nora Doyle (26) Santa Rosa 9:50, 3. Cindi Williams (32) Santa Rosa 11:31, 4. Karen Bernard (14) Santa Rosa 12:31, 5. Kari Horn (13) Santa Rosa 12:41, 6. Cindy Roach (30) Santa Rosa 12:58, 7. Lucia Narvarro (17) Fulton 13:01, 8. Jackie Fournier (17) Santa Rosa 13:12, 9. Melissa MacPherson (15) Santa Rosa 13:13, 10. Katha Weaver (34) Santa Rosa 13:19.

### Division Results - Men's 3K

7 & Under: 1. Jeremy Stephens 17:00, 2. Nicholas Thomas 18:49, 3. Nicholas Stephens 20:16, 8-9: 1. Dan Carter 12:21, 2. Will Sota 13:38, 3. Billy Buck 14:31, 10-11: 1. Woody Repulles 12:06, 2. Brian Rogers 12:37, 3. Joshua Scheer 13:35, 12-13: 1. Sean Roda 12:03, 2. Dan Cuniber 12:04, 3. Glen Wallace 13:17, 14-17: 1. Steve Guerrini 9:24, 2. Peter Keith 9:54, 3. Roly O'Neill 9:55, 18-29: 1. Jose Lizarraga 9:08, 2. Gary Charbonneau 9:08, 3. Don Nauman 9:14, 30-39: 1. Matt Vukicevich 9:29, 2. Ben Rosales 9:43, 3. Spencer Scheer 10:40, 40-49: 1. Jim Toney 10:47, 2. Douglas Courtemarche 11:02, 3. Gale Williams 11:52, 50-59: 1. Ralph Harms 11:14, 2. Carl Jackson 11:15, 3. Gilman Jung 13:03, 60 & Over: 1. Ken Murray 17:17, 2. Louis Ferrario 17:40, 3. Matt Walker 20:18.

### Division Results - Women's 3K

7 & Under: 1. Kory Potarocke 18:52, 2. Kelly Wagner 22:56, 3. Kelly Leist 29:34, 8-9: 1. Jodie Horn 13:40, 2. Kelly Gooagan 15:30, 3. Elena Cavallini 16:13, 10-11: 1. Sierra Matula 15:45, 2. Salena Ramirez 15:52, 3. Kelly Byrne 16:03, 12-13: 1. Kari Horn 12:41, 2. Jessica Hold 14:06, 3. Sarah Chaput 15:58, 14-17: 1. Karen Bernard 12:31, 2. Lucia Narvaro 13:01, 3. Jackie Fournier 13:12, 18-29: 1. Melarrie Haatt 9:49, 2. Nora Doyle 9:50, 3. Cathy Dubay 13:24, 30-39: 1. Cindi Williams 11:31, 2. Cindy Roach 12:58, 3. Katha Weaver 13:19, 40-49: 1. Linda Shaw 14:28, 2. Diane Repulles 14:31, 3. Candance Van Meter 14:37, 50-59: 1. Millie Marie 14:47, 2. Doris Morabio 19:01, 3. Bonnie Hancock 22:18, 60 & Over: 1. Olive Danzer 19:39, 2. JoAnn Crespo 19:58, 3. Laurel Scholtes 26:10.

## La Palma Runs

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

### Overall Results - Men's 5K

1. Michel Trujillo (26) 15:08, 2. Drex Valenti (20) 15:12, 3. Terrel Reyes (15) 15:21, 4. Eric Winkle (20) 15:23, 5. Steven Myers (20) 15:36, 6. Jose Sandoval (18) 15:53, 7. Jesus Morales (36) 16:13, 8. Tony Winkler (19) 16:23, 9. Rich Valde (37) 16:24, 10. Dan Valdez (28) 16:30.

### Overall Results - Women's 5K

1. Anel Cooper (28) 17:21, 2. Lucinda Reyes (15) 17:40, 3. Rosalinda Arca (20) 19:19, 4. Suzanne Peek (27) 19:25, 5. Christine Purkiss (37) 19:39, 6. Erin Bailey (22) 19:56, 7. Elizabeth Blair (40) 20:00, 8. Debbie Cobb (30) 20:13, 9. Marcia Haney (37) 20:18, 10. Barbara Shur (34) 20:27.

### Division Results - Men's 5K

10 & Under: 1. Anthony Fontanez 21:23, 2. Jeff Gayhart 21:23, 3. Antonio Delgado 22:49, 11-13: 1. Tom Simpson 19:02, 2. James Duckman 19:09, 3. Akira Matsushita 22:07, 14-17: 1. Terrel Reyes 15:21, 2. Antonio Sanchez 16:51, 3. Paul Marinneau

17:35, 18-24: 1. Drex Valenti 15:12, 2. Eric Winkle 15:23, 3. Steven Reyes 15:36, 25-29: 1. Michel Trujillo 15:08, 2. Dan Valdez 16:30, 3. Walter O'Brien 16:31, 30-34: 1. Pat Kelley 16:34, 2. Claude Ricord 17:33, 3. Bob Murray 18:09, 35-39: 1. Jesus Morales 16:13, 2. Rich Valde 16:24, 3. Charles Phillips 16:24, 40-44: 1. Herman Sanchez 16:50, 2. Ron Kurdie 17:24, 3. Leo Camalich 18:00, 45-49: 1. Richard Cheek 18:19, 2. Daniel Henderson 18:39, 3. Joe Yanoz 19:03, 50-59: 1. Tom Cuevas 18:36, 2. Bruce Lin 18:49, 3. John Galfol 19:26, 60 & Over: 1. Ramon Cendejas 20:52, 2. Lane Blank 21:11, 3. Harold Wuus 22:15.

### Division Results - Women's 5K

10 & Under: 1. Rosita Rosas 26:01, 2. Kimberly Bates 29:52, 3. Nicole McCleary 31:35, 11-13: 1. Vanessa Gonzalez 24:01, 2. Erica Ferris 25:56, 3. Christine Phillips 26:16, 14-17: 1. Lucinda Reyes 17:40, 2. Brooke Gammel 21:43, 3. Minnie Almada 28:45, 18-24: 1. Rosalinda Arca 19:19, 2. Erin Bailey 19:56, 3. Fernettes Thomas 21:40, 25-29: 1. Anel Cooper 17:21, 2. Suzanne Peek 19:25, 3. Kai Brownfield 21:24, 30-34: 1. Debbie Cobb 20:13, 2. Barbara Shur 20:27, 3. Alice Donahue 22:31, 35-39: 1. Christine Purkiss 19:39, 2. Marcia Haney 20:18, 3. Lori Prattsmith 21:00, 40-44: 1. Elizabeth Blair 20:00, 2. Barbara Spatz 21:46, 3. Ginger Franks 21:51, 45-49: 1. Teresa Ross 21:12, 2. Janice Estrick 22:17, 3. Hwaja Andrade 22:27, 50-59: 1. Leo Gire 20:38, 2. June Kizu 27:01, 3. Fideia Constanco 27:15, 60 & Over: 1. Ginette Hentsch 32:47.

### Overall Results - Men's 10K

1. Kevin Broady (27) 30:35, 2. John Jericiua (27) 33:14, 3. Ernie Brizuela (32) 34:28, 4. Shinsuke Nishihara (17) 34:29, 5. Jose Villanueva (17) 34:30, 6. Mike Morris (35) 34:51, 7. Jim Whitson (36) 34:59, 8. Skip Schultz (45) 35:01, 9. Juan Quintana (33) 35:06, 10. Kie Soohoo (32) 35:22.

### Overall Results - Women's 10K

1. Jennie Cole (32) 41:06, 2. Saralee Reyes (15) 42:21, 3. Toni Stermolle 43:02, 4. Vicki Sparks (33) 43:44, 5. Debby Silva (37) 46:58, 6. Karen Manes (32) 47:02, 7. Linda Koopmans (20) 47:02, 8. Sheri Washle (15) 47:23, 9. Amy Ellis (15) 48:29, 10. Margaret Waldron (47) 48:33.

### Division Results - Men's 10K

10 & Under: 1. Eric Reyes 45:51, 2. Chris LeMaster 55:59, 11-13: 1. Bryan Weiner 53:10, 2. John Edach 1:05:33, 3. Jesse Canfield 1:08:03, 14-17: 1. Shinsuke Nishihara 34:29, 2. Jose Villanueva 34:30, 3. Dave Burnette 36:52, 18-24: 1. Felipe Vera 35:44, 2. Fernando Hernandez 36:17, 3. Gilbert Obarrera 36:24, 25-29: 1. Kevin Broady 30:35, 2. John Jericiua 33:14, 3. Vicenta Rivera 35:24, 30-34: 1. Ernie Brizuela 34:28, 2. Juan Quintana 35:06, 3. Kie Soohoo 35:22, 35-39: 1. Mike Morris 34:51, 2. Jim Whitson 34:59, 3. Mark Gross 35:52, 40-44: 1. Wayne Mitchell 36:32, 2. Gary Schmidt 37:01, 3. Vinco Lopez 37:24, 45-49: 1. Skip Schultz 35:01, 2. Paul Collard 39:02, 3. John Haas 39:32, 50-59: 1. Paul Browne 38:14, 2. Frank Vasquez 39:46, 3. Hugh McHugh 40:22, 60 & Over: 1. Larry Banuelos 39:53, 2. Dan Sheeran 42:41, 3. Burkell Romy 43:25.

### Division Results - Women's 10K

11-13: 1. Shawnda Schmidt 1:04:42, 14-17: 1. Saralee Reyes 42:21, 2. Amy Ellis 48:29, 18-24: 1. Linda Koopmans 47:02, 2. Nancy Riley 53:56, 3. Maryann Tolle 58:33, 25-29: 1. Sheri Washle 47:23, 2. Julie Giampoli 51:31, 3. Linda Pinard 52:52, 30-34: 1. Jennie Cole 41:06, 2. Vicki Sparks 43:44, 3. Karen Manes 47:02, 35-39: 1. Toni Stermolle 43:02, 2. Debby Silva 46:58, 3. Sandy Gomez 54:17, 40-44: 1. Kathy Ambrana 50:49, 2. Christine Bowler 53:40, 3. Theresa Riley 54:26, 45-49: 1. Margaret Waldron 48:33, 2. Sue Cummings 53:28, 3. Josephine Filipabick 59:56, 50-59: 1. Myrna Syversen 55:44, 2. Anna Eckel 56:08, 3. Margot Taub 57:52, 60 & Over: 1. Nyla Cook 1:13:15.



# TRAIN AND COMPETE LONGER... Stronger

EXCEED® Sports Nutritionals increase energy and endurance for athletes at every competitive level!

**EXCEED® Sports Nutrition Supplement:** Complex carbohydrate for energy, plus protein with amino acids for muscle development

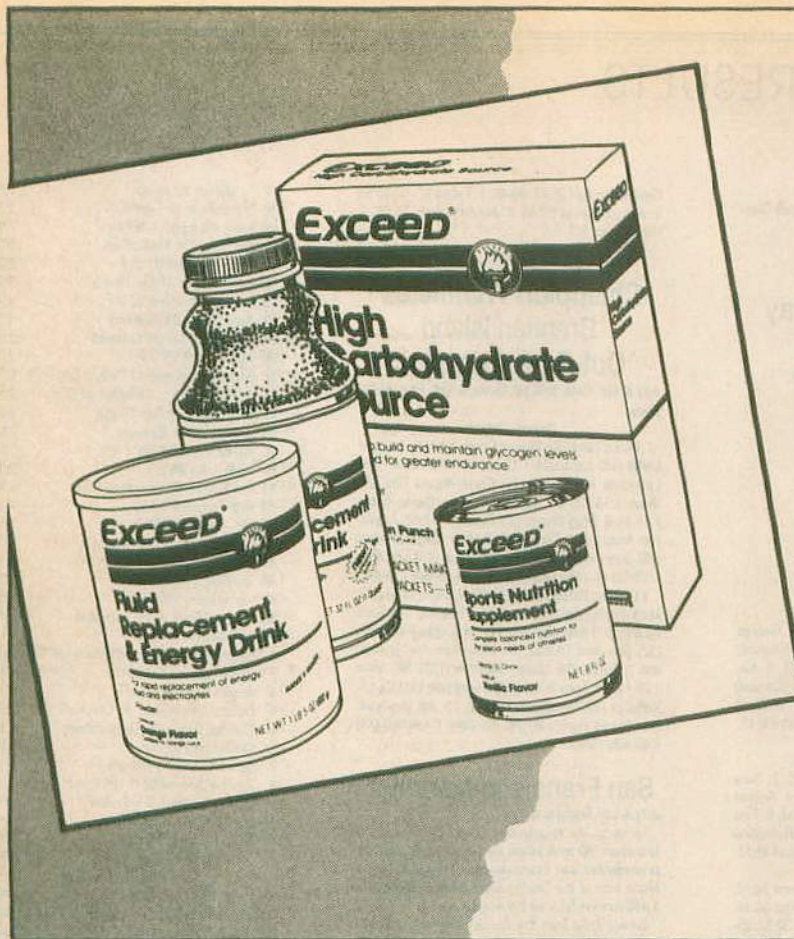
**EXCEED® High Carbohydrate Source:** Concentrated carbohydrate to increase endurance (carbo-loading) and restore energy (recovery)

**EXCEED® Fluid Replacement & Energy Drink:** POLYCOSE® Glucose Polymers and fructose replenish fluids and maintain blood glucose for greater endurance during activity.

EXCEED Sports Nutritionals: Call toll-free 1-800-543-0281 for dealer locations

**Exceed®**  
SPORTS NUTRITIONALS

B323  
© 1989 Ross Laboratories



## Mt. Shasta 4th of July Run

July 4, Mt. Shasta, 5 MI. & 2 MI.

### Division Results - Men's 5 Mile

12 & Under: 1. Mike Hampton (Mt. Shasta) 37:15, 2. Jeremiah Perryman (MacDool), 3. Jim Davis (Garry), 13-19: 1. Jeremy Redding (Summit City) 26:56, 2. Brian Gaddy (Redding) 27:55, 3. John Smith 29:17, 20-29: 1. Kevin Oslanberg (Half Moon Bay) 24:34, 2. David Larabee (Redding) 25:28, 3. Gary Towne (Redding) 27:18, 30-34: 1. Bill Joseph (M.S.) 26:33, 2. Al Masterson (Redding) 26:44, 3. Rael Higgins (Redding) 27:47, 35-39: 1. Jim Price (Redding) 25:53, 2. Mark Fincon (Milville) 29:35, 3. Dick Booth (Happy Camp) 29:49, 40-44: 1. Jim Mudd (Redding) 30:00, 2. Ron Schultz (Redding) 30:45, 3. John Ball (Medford) 30:53, 45-49: 1. Gary Mathany (Fair Oaks) 30:09, 2. Ted Heaton (Bellevue) 30:20, 3. Ron Pricer (Redding) 31:00, 50-54: 1. Glen Reed (Redding) 32:53, 2. Jack Pryde (Ashland) 35:23, 3. Andrew Vranich (Redding) 35:50, 55-59: 1. Mort Ward (Redding) 31:13, 2. Bernard Shearer (Ashland) 32:10, 3. Darryl Tuggle (M.S.) 33:09, 60 & Over: 1. Bill Stowell (FL Jones) 35:20, 2. Al Accord (Klamath Falls) 35:23, 3. Harry Daniell (Redding) 36:28.

### Division Results - Women's 5 Mile

12 & Under: 1. Kase Mathany (Fair Oaks), 2. Kami Gray (M.S.), 13-19: 1. Megan Sheehy (Redding) 33:01, 2. Darbi Zediker (Big Springs) 34:37, 3. L. Herfindahl (Yreka) 35:24, 20-29: 1. Judi Manning (Central Valley) 30:41, 2. Kathy Nile (Eugene) 33:14, 3. Dea Nason (M.S.) 35:29, 30-34: 1. Elizabeth Moral (Chino) 34:86, 2. Lauri Apocohen (San Diego) 37:43, 3. Colleen Kretchner (M.S.) 37:57, 35-39: 1. Mary Hardison (Keiser, OR) 32:55, 2. Suzan Towlen (M.S.) 35:38, 3. Carol Sharp (Happy

Camp) 36:08, 40-44: 1. Jesse Stratton (Anderson) 33:22, 2. Linda Doniak (Central Valley) 33:53, 3. Marilyn Koylunovich (Ashland) 36:03, 45-49: 1. Jeanie Minuth (Dunsuir) 39:06, 2. Carolyn Ward (Redding) 40:14, 3. Yvonne Cunningham (Redding) 43:30, 50-54: 1. Marge Dunlap, 2. Johanna Rowland (M.S.) 40:13, 3. Andrea Tuggle (M.S.) 55:59: 1. Daisy Roberts (Yreka) 38:21, 2. Rosemary Dyke (M.S.), 3. Shirley Shepard (M.S.), 60 & Over: 1. Edie Carl (M.S.) 1:00:07, 2. Billie Parker (M.S.), 3. Terry Allen (San Anselmo).

### Winners - 2 Mile

Man: 1. Lloyd Foster (Weed) 10:30.17.  
Woman: Kim Marlin (Bend, OR) 13:46.

## Pier to Park Run

July 4, Pacifica, 5K & 10K.

### Overall Results - 10K

1. Dave Tigert (20-29) 34:01, 2. John Moreno (30-39) 34:01, 3. Vladimir Pixa (14-19) 34:36, 4. Glenn MacDougall (30-39) 35:19, 5. Matthias Romera (14-19) 35:44, 6. Greg Boyden (30-39) 38:03, 7. Jim Rupert (30-39) 38:35, 8. Mike Ayala (30-39) 39:16, 9. Dennis McClellan (30-39) 40:16, 10. Alex Dorioux (50-59) 40:22.

### Overall Results - 5K

1. Michael Kostovo (20-29) 17:23, 2. Scott Ure (20-29) 18:42, 3. Keith Johnson (50-59) 19:01, 4. Steve Nissenon (40-49) 19:10, 5. Laurie London (30-39) 20:31, 6. John Melillo (40-49) 20:36, 7. B. McClenahan (14-19) 21:20, 8. Yoshi Marushima (30-39) 21:31, 9. Janet Nissenon (20-29) 21:46, 10. M. McClenahan (40-49) 22:16.

## Fourth of July Fun Run

July 4, Redwood City, 5K.

### Overall Results

1. Brad Hawthorne (33) 14:57, 2. Leonard Speran-

deo (28) 15:16, 3. Steve Scholz (24) 15:33, 4. Stuart Lawrence (18) 15:55, 5. Robert Schug (35) 15:59, 6. Dennis Tracy (43) 16:05, 7. Steve Watkins (31) 16:10, 8. Gabriel Sandoval (42) 16:23, 9. Patrick McKennon (17) 16:38, 10. Andy Bupp (17) 16:38.

11. Clay Simpson (17) 16:59, 12. Arnold Jones (27) 17:10, 13. Roberto Mendez (35) 17:22, 14. Mike Niemler (39) 17:23, 15. Bruce Eaton (40) 17:27, 16. Mein Twain (22) 17:28, 17. Paul Burgess (13) 17:30, 18. Eileen Brennan (28) 17:32, 19. Dan Foster (34) 17:55, 20. Tom Sorrenson (41) 17:39.

21. Dino Daniels (15) 17:46, 22. Terry Juri (27) 17:47, 23. Bruce Gilbert (37) 17:49, 24. Jeff Smith (28) 17:54, 25. Jamie Bupp (40) 17:56, 26. Dan Swenson (13) 17:57, 27. Joan Smith (27) 18:01, 28. David Stuart (23) 18:10, 29. David Weidner (17) 18:15, 30. Rich Keil (45) 18:22.

## Run For Independence

July 4, Ahtwater, 5 MI. & 2 MI.

### Division Results - Men's 5 Mile

13-17: 1. Greg Powell 28:25, 2. Jared Hunt 29:08, 3. Jason Spain 31:24, 18-29: 1. Daniel Valdez 26:10, 2. Paul Varrier 31:28, 3. Victor Reyes 31:34, 30-39: 1. Fred Villegas 25:54, 2. Bob Loux 26:32, 3. Ben Dover 27:03, 40-49: 1. Dan Murray 26:18, 2. Bruno Rinaldi 29:08, 3. Bernie Kraus 29:55, 50-59: 1. Robert Smith 35:49, 2. Lonnie Hendricks 36:49, 3. Tom Ferrari 39:17, 60 & Over: 1. Don Lundberg 37:26, 2. Leon Casas 41:27, 3. Vic Lyons 42:55.

### Division Results - Women's 5 Mile

12 & Under: 1. Moësa Tankersley 49:40, 13-17: 1. Carolyn Frost 40:48, 2. Jennifer Schick 41:02, 3. Amber Cooney 42:52, 18-29: 1. Stacey McAfee 29:28, 2. Kelly Donaldson 34:03, 3. Sharon Bannon 37:05, 30-39: 1. Lisa Hunter 32:19, 2. Sherre Wong 36:10, 3. Pam Royce 40:01, 40-49: 1. Louise Edminson 39:38, 2. Patty Coffey 40:49, 3. Pat Segura

41:30, 50-59: 1. Pat Kaulman 41:42, 2. Sylvia Ovellette 47:07.

### Division Results - Men's 2 Mile

12 & Under: 1. Jamil Kelly 11:58, 2. Michael Cavnar 12:07, 3. Ramiro Dominguez 12:32, 13-17: 1. Tarsen Singh 11:11, 2. Tony Diabella 11:35, 3. Steve Crass 12:08, 18-29: 1. Angel Tejada 9:32, 2. Danie Rusk 9:54, 3. Ted Archer 11:42, 30-39: 1. Arlomo Villegas 10:34, 2. Tom Diehl 10:50, 3. Frank Miranda 11:39, 40-49: 1. Lester Bollil 11:55, 2. Bob Strack 12:10, 3. Dave Donaldson 12:18, 50-59: 1. Lamar Dodson 14:20, 2. Ray Reed 14:28, 3. Don Helton 14:53, 60 & Over: 1. Payson Taylor 14:43, 2. Bill Lawson 16:10, 3. Frank Porales 16:26.

### Division Results - Women's 2 Mile

12 & Under: 1. Paula Gonzales 14:07, 2. Kimberly Klak 14:55, 3. Jay Honey 15:40, 13-17: 1. Carrie Tacheisa 12:54, 2. Stephanie Owens 16:26, 3. Jennifer Amold 17:13, 18-29: 1. Jacqueline Newman 12:26, 2. Valerie Cornwall 12:36, 3. Cindy Jones 15:19, 30-39: 1. Linda Small 14:32, 2. Chris Hurwarsan 16:25, 3. Jack Hanson 17:12, 40-49: 1. Denise Kalendar 16:22, 2. Sue Duggins 16:52, 3. Gale Jackson 16:53, 50-59: 1. Joyce Flowers 19:51, 2. Marvle Taylor 20:35, 3. Ann Short 20:57.

## Semana Nautica 15K

July 4, Santa Barbara.

### Overall Results

1. Jose Iniguez (23) Solvang 45:59, 2. Gus Hermes (26) S.B. 49:08, 3. Michael Smith (25) S.B. 49:13, 4. Pete Dolan (29) Goleta 49:33, 5. Glenn Madden (29) S.B. 49:44, 6. Gregg Homer (35) S.B. 50:01, 7. Philip Welch (40) Seattle, WA, 51:24, 8. Jim Karnell (37) S.B. 52:16, 9. Brian Nelson (31) Ventura 53:20, 10. David Larson (30) S.B. 53:33.

### Division Results - Men

18 & Under: 1. William McKinley 55:03, 19-29: 1. Jose Iniguez 45:59, 2. Gus Hermes 49:08, 3. Michael



# RESULTS

Smith 49:13, 30-39: 1. Gregg Horner 50:01, 2. Jim Komeil 52:16, 3. Brian Nelson 53:20, 40-44: 1. Philip Welch 51:24, 2. Brian Waterbury 55:49, 3. Rick Snekvik 58:49, 45-49: 1. Vic Birtalan 59:38, 2. Larry Brooks 59:59, 3. Roger Patrick 1:01:11, 50-59: 1. John Rudberg 57:58, 2. Ray Laub 1:02:36, 3. Richard Bartz 1:03:52, 60 & Over: 1. Ray Gill 1:05:33, 2. Yoshitaka Sakazaki 1:05:51, Walkers: 1. Jim Baltes 1:37:50, 2. Robert Caudry 1:39:41, 3. Richard Richards 1:41:50.

## Division Results - Women

18 & Under: 1. Sarah Prager 1:29:48, 19-29: 1. Enka Coble 1:00:26, 2. Tiffany Gorman 1:04:54, 3. Carrie Rivas 1:09:05, 30-39: 1. Mary Ryzner 57:39, 2. Sue Francis 1:07:51, 3. Maureen Horner 1:10:42, 40-44: 1. Loretta Bronk 1:07:13, 2. Mimi Baranowski 1:07:45, 3. Suzie Klein 1:07:50, 45-49: 1. Marilyn Hansen 1:18:22, 2. Hildy Hoffmann 1:19:12, 50-59: 1. Gaby McQuitty 1:20:04, 60 & Over: 1. Margie Withrow 1:23:11, Walkers: 1. Linda Lipper 1:51:55.

## Taylor Woodrow Runs

July 4. Laguna Niguel, 5K & 10K. (No Times Available).

### Division Results - Men's 5K

9 & Under: 1. John Roux, 2. Matt Garcia, 3. Chris Johnson, 10-14: 1. Mark Wagner, 2. Steve Long, 3. Robert Wilson, 15-19: 1. Jeff Watzumoto, 2. Blake Roltschid, 3. Sigi Cabrera, 20-24: 1. Alfredo Vaquez, 2. Chris Hobson, 3. Michael Buchhoff, 25-29: 1. Jim McCarthy, 2. Jeff Meloy, 3. Andres Dominguez, 30-34: 1. Dave Parcol, 2. Stephen Jeppson, 3. Dave Orlewski, 35-39: 1. Robert Langston, 2. Don Irvine, 3. Bob Whyte, 40-44: 1. Bill Summer, 2. Charlie Burks, 3. Richard Kenworthy, 45-49: 1. Donald Dornan, 2. Denny DeEmone, 3. James Druiner, 50-54: 1. Don Watson, 2. Ron Walters, 3. Jerry Brandewie, 55-59: 1. Martin Hicks, 2. Peter Tomiano, 3. Don Crow, 60 & Over: 1. Don Williams, 2. Delmar Gourley, 3. Norte Oliver.

### Division Results - Women's 5K

9 & Under: 1. Kipp Downey, 2. Margaux Pierog, 3. Maran Haskins, 10-14: 1. Joanna Polito, 2. Alicia Boice, 3. Becky Hager, 15-19: 1. Lynne Hagan, 2. Tayme Campbell, 3. Jen Woodward, 20-24: 1. Laurie Hagan, 2. Leslie Strauch, 3. Jeanine Larkins, 25-29: 1. Sharon Zimmerman, 2. Laura Held, 3. Josie Whitaker, 30-34: 1. Patricia Contreras, 2. Melia Long, 3. Julie Lassegard, 35-39: 1. Karl Hill, 2. Carol Murray, 3. Pat O'Neil and Roberta Cortez, 40-44: 1. Carla Nelson, 2. Christine Southard, 3. Candice Melcalfe, 45-49: 1. Carol Jones, 2. Kathy Conway, 3. Laverne Kopp, 50-54: 1. Wakuk Laflita, 2. Joann Oliver, 3. Angela Simpson, 60 & Over: 1. Margaret Gill, 2. June Yarbrough, 3. Anna Griffith.

### Division Results - Men's 10K

9 & Under: 1. Ryan Downey, 2. Brandon Von Buentner, 3. David Demino, 10-14: 1. Eric Griffort, 2. Ross Johnson, 3. Kyle Warner, 15-19: 1. Kevin Koch, 2. Gene Jimenez, 3. Warren Bloomberg, 20-24: 1. Andrew Carlson, 2. Eugene Melnyk, 3. Rob Monroe, 25-29: 1. Daniel Reed, 2. Javier Comparan, 3. Kevin Nixon, 30-34: 1. Sean Liebiang, 2. Craig Meadows, 3. Dan McCluskey, 35-39: 1. Enrique Alvarez, 2. Jay Olsen, 3. Marco Chavarria, 40-44: 1. Rich Hagin, 2. Gene Martin, 3. Daniel Contreras, 45-49: 1. Harry Hunt, 2. Richard Lewis, 3. George Hill, 50-54: 1. Frank Russo, 2. Stephen Dibble, 3. Terry Ives, 55-59: 1. Cyel Jones, 2. Tom Wilson, 3. John Strand, 60 & Over: 1. Eugene Young, 2. Bob Koch, 3. Harold Daughters.

### Division Results - Women's 10K

10-14: 1. Tiana Fiensks, 2. Shelly Storm, 15-19: 1. Cathy Lee, 2. Amy Kiel, 3. Amy McManus, 20-24: 1. Tracy Turville, 2. Sheryl Johnston, 3. Elizabeth Eckhardt, 25-29: 1. Hylen Lopez, 2. Karie Nelson, 3. Shelle Falke, 30-34: 1. Deborah Brazil, 2. Elaine Rutkowski, 3. Rebecca Koboski, 35-39: 1. Jan Christie, 2. Kathryn McClelland, 3. Candice Zarenski, 40-44: 1. Sally Crawford, 2. Kathi Koch, 3. Joanna Capelco, 45-49: 1. Harolene Walters, 2. Joan La Pierre, 3.

Judi Henz, 50-54: 1. Joann Fromm, 2. Mickie Clark, 3. Elizabeth Thompson.

## Ben-Gay Active America Day

July 8. Winter Park, FL.  
Overall Winner  
From San Francisco, California

Men's Open:  
Rick Brues 32:37.  
Women's Open:  
Catherine Isham 39:40.  
Men's Master:  
Peter White 35:32.  
Women's Master:  
Jenny Underwood 46:23.

## High-Tech Trek

July 8. Camarillo, 5K & 10K.

Overall Results - Men's 10K  
1. Tony Carna (Ann Harbor, MI) 30:46, 2. George Pierce (L.A.) 31:48, 3. Jaime Galindo (Oxnard) 32:15, 4. Pete Kaplan (Newbury Park) 32:21, 5. Kieran Sherlock 32:54, 6. Alberto Ocampo (Oxnard) 33:23, 7. Jose Thappa (Oxnard) 33:41, 8. Scott Werve (Oxnard) 33:47, 9. John Kearney 33:49, 10. Gilbert Guevara 34:01.

### Overall Results - Women's 10K

1. Jennifer Henderson (Barstow) 37:30, 2. Sara Denning 39:59, 3. Loretta Bronk 42:13, 4. Andrea Libowitz 42:55, 5. Gabriela Rodriguez 44:54, 6. Tina Gerson 45:17, 7. Thomas Miller 45:53, 8. Ruth Kline 45:57, 9. Betsy Gilmore 46:12, 10. Patty Burt 46:15.

### Division Results - Men's 10K

13-17: 1. Scott Werve 33:47, 2. Bryan Cama 36:15, 3. Israel Rame 48:48, 18-24: 1. Tony Carna 30:46, 2. Jaime Galindo 32:15, 3. Kieran Sherlock 32:54, 25-29: 1. George Pierce 31:48, 2. Jose Tiappa 33:41, 3. John Kearney 33:49, 30-39: 1. Pete Kaplan 32:21, 2. Alberto Ocampo 33:23, 3. Jesus Morales 34:34, 40-49: 1. Bob Milam 36:46, 2. Joe Calhoun 37:22, 1. Larry Plunkett 38:22, 50-59: 1. Dave Wheeler 36:23, 2. Ray Laub 40:07, 3. Tom Finniken 43:29, 60-69: 1. Sakazaki Yoshitaka 41:54, 2. Remy Gurkel 43:05, 3. James DePena 51:47.

### Division Results - Women's 10K

13-17: 1. Gabriela Rodriguez 44:54, 2. Angela Garrett 1:09:25, 25-29: 1. Tina Gerson 45:17, 2. Mary Figly 46:33, 3. Erma Castro 47:40, 30-39: 1. Jennifer Henderson 37:30, 2. Sara Denning 39:59, 3. Andrea Liebowitz 62:55, 40-49: 1. Loretta Bronk 42:13, 2. Diane Lich 54:56, 3. Morcyann Pump 57:05, 50-59: 1. Lois Leach 56:34, 60-69: 1. Bea House 1:04:29.

### Overall Results - Men's 5K

1. Scott Engel 16:35, 2. Dave Wheeler 16:43, 3. Charles Carranza 16:45, 4. Ron Ysais 17:02, 5. Octavio Morales 17:06, 6. Larry Plunkett 17:11, 7. Joe Calhoun 17:17, 8. Ted Oviatt 17:21, 9. Larry Stein 17:25, 10. Kris Chienkemp 17:29.

### Overall Results - Women's 5K

1. Kelly Marsh 19:03, 2. Heather Busby 19:28, 3. Lisa Askins 19:37, 4. Jan Radneil 20:32, 5. Amy Crawford 21:02, 6. Simone Vangemond 21:11, 7. Joanne Barker 21:40, 8. Jeanette Wells 22:20, 9. Ute Luytes 22:21, 10. Ruth Fenske 22:35.

### Division Results - Men's 5K

12 & Under: 1. Billy Paulus 26:23, 18-24: 1. Dan Lasky 17:67, 2. William Strand 18:48, 3. Leopoldo Almanza 18:50, 25-29: 1. Ron Ysais 17:02, 2. Octavio Morales 17:06, 3. Ted Oviatt, Jr. 17:21, 30-39: 1. Scott Engel 16:35, 2. Charles Carranza 16:45, 3. Larry Stein 17:25, 40-49: 1. Larry Plunkett 17:11, 2. Joe Calhoun 17:17, 3. Tom Van Kerven 17:56, 50-59: 1. Dave Wheeler 16:40, 2. Jerry Van Meter 19:16, 3. Philip Mareno 19:18, 70 & Over: 1. Doug Ross 27:43.

### Division Results - Women's 5K

12 & Under: 1. Heather Busby 19:28, 13-17: 1. Amy Crawford 21:02, 18-24: 1. Lisa Askins 19:37, 25-29: 1. Kelly Maval 19:03, 30-39: 1. Jan Radneil 20:32, 2.

Debbie Stanfield 21:47, 40-49: 1. Fanski 22:35, 50-59: 1. Jeanne Barker 21:40, 2. Jeanette Wells 22:20, 3. Ute Luytes N.T.

## Champion Triathletes Brannan Island Out-Back Triathlon

July 8. Rio Vista. (900 yd. Swim, 3.8 M. Run, 14 M. Bike).

### Overall Results

1. Rick Shand (30) Walnut Creek 1:12:04, 2. David Liotta (19) Lafayette 1:12:15, 3. Mike Muller (19) Lafayette 1:15:21, 4. Jon Chris Moens (26) Mt. View 1:15:23, 5. Bob Bush (31) Santa Clara 1:15:31, 6. Doug Woods (39) Dublin 1:17:40, 7. Brennan Agajan (33) Tiburon 1:17:56, 8. Stephen Maris (25) Sunnyvale 1:18:39, 9. Bruce Lin (18) Los Altos 1:18:42, 10. John Ortmann (28) Santa Rosa 1:18:44, 11. Brad Hillebrandt (21) Oakland 1:18:46, 12. Mark Prelli (29) San Francisco 1:18:49, 13. Scott Adams (31) Berkeley 1:19:08, 14. Curtis Karbowski (32) San Jose 1:19:22, 15. Dick Heinrich (36) Jackson 1:19:38, 16. Jake Hartinger (33) Mt. View 1:20:13, 17. Tony Walsh (31) Sunnyvale 1:20:15, 18. Ken Cox (32) Woodland 1:20:33, 19. Jim Merchant (42) Menlo Park 1:20:34, 20. John Campbell (44) Palo Alto 1:20:51.

## San Francisco Marathon

July 9. San Francisco.

To recap, the rejuvenated City of San Francisco Marathon '89 took place with a dramatic and unprecedented San Francisco Marathon start on the Marin side of the Golden Gate Bridge. More than 1,480 runners finished the event.

Ernest Tjela from the African kingdom of Lesotho, lead the entire race, winning with a 2:15:01 time. Lourival Sampaio, a native of Brazil, crossed the Palo Alto finish line in 2:21:27. Scott Martin of Ashland, OR, was third at 2:29:30.

In the women's competition, Stephanie Robertson, a graduate student at California Berkeley, won her first marathon with a time of 3:09:08, 59 seconds in front of Linda Racine (3:10:07) of Pacifica.

According to George Broder of the Bay Area Sports Organizing Committee, this year's Marathon was a tremendous success. "Our objective... was to put the race back on the streets, to prove San Francisco can put on a world-class marathon," he stated. "We are very pleased with the outcome."

### Overall Results - Men

Place	Name	Age	City	Time
1	Ernest Tjela	34	Denver	2:15:01
2	Lourival Sampaio	31	S.F.	2:21:27
3	Scott Martin	25	Ashland	2:29:30
4	Stephen Barlow	28	S. Maria	2:31:00
5	Peter Rischl	35	Zug, SWI.	2:33:27
6	Charles Thompson	39	S.F.	2:35:32
7	John Dalaney	28	Wellesly	2:36:04
8	Phil Grant	44	S. Barb.	2:37:56
9	David Larabee	23	Redding	2:38:39
10	Esteban Cortes	34	S.F.	2:38:57
11	Isaac Silva	29	Anaheim	2:39:12
12	Ruben Maiedo	25	S.F.	2:41:08
13	Joseph Schaeffer	38	Oakland	2:41:23
14	Mike Uerandi	26	S.F.	2:41:54
15	Bruce Mace	30	S.F.	2:41:57
16	Dennie Grunsled	30	Fairfield	2:42:46
17	Takeuchi Nobuaki	25	Yokohama	2:43:23
18	Jim O'Brien	36	Monrovia	2:44:07
19	Devek Turnbull	62	Tussock	2:45:21
20	Brian Pala	29	Los Altos Hills	2:46:23
21	Paul Carr	30	Oxnard	2:46:48
22	Daniel McCullough	32	Sonoma	2:47:18
23	Lon Kincannon	38	S.F.	2:48:10
24	Lee Ong	39	S.F.	2:49:39
25	Dave Stevenson	36	Los Altos Hills	2:49:42
26	Patrick Fox	26	S.F.	2:49:51

27	Ty Mahan	22	Austin	2:50:02
28	Bruno Heer	33	Leffitt	2:50:06
29	Steve Radigan	38	Mipitas	2:50:24
30	Alan Stein	24	Menlo Park	2:51:38
31	Frank Tardivat	24	S.F.	2:51:53
32	Kevin Magee	31	San Bruno	2:52:19
33	Robert Sutherland	22	S.F.	2:52:40
34	Gary Stang	38	San Diego	2:52:52
35	Trinidad Robles	26	Leffitt	2:53:19
36	Mark Brooks	23	S.F.	2:53:48
37	Daniel Labrecque	33	Redwood City	2:54:04
38	Michael DiSalvo	33	Redwood City	2:54:16
39	Gary Stang	38	San Diego	2:54:29
40	Jim Butera	41	Belmont	2:54:43
41	Walter Bartz	30	Palo Alto	2:54:46
42	Brian Ader	28	S.F.	2:54:55
43	Ron Kabrine	52	Woodland Hills	2:55:14
44	Soth Ferguson	25	S.F.	2:55:39
45	Jeff Jensen	27	S.F.	2:55:47
46	Richard Knapp	37	Walnut Ck	2:55:57
47	Ken Kosnar	35	S.F.	2:56:08
48	Jay Heigerson	34	S.F.	2:56:46
49	Kerby Berry	27	Reno	2:57:18
50	Gregory Shooter	28	Sausalito	2:57:30

### Overall Results - Women

1	Stephanie Robertson	23	Berkeley	3:09:08
2	Linda Racine	26	Pacific	3:10:07
3	Angela Wagner	28	S.F.	3:10:09
4	Odette Osantowski	40	Corona	3:12:15
5	Cynthia Bailey	24	GaitHERsburg	3:12:54
6	Diana Baca	22	S.F.	3:13:45
7	Cyndi Calvin	43	Auburn	3:15:06
8	Joanne Jerome	32	Santa Rosa	3:15:27
9	Connie Comiso	33	Honolulu	3:16:09
10	Josie Eifer	31	Brea	3:16:10
11	Donna Troyna	35	San Jose	3:18:10
12	Jane Brett	36	San Diego	3:19:40

### Division Results - Men

18-24: 1. David Larabee 2:38:39, 2. Ty Mahan 2:50:02, 3. Alan Stein 2:51:38, 25-29: 1. Scott Martin 2:29:30, 2. Stephen Barlow 2:31:00, 3. John Dalaney 2:36:04, 30-34: 1. Ernest Tjela 2:15:01, 2. Lourival Sampaio 2:22:27, 3. Esteban Cortes-Marin 2:38:57, 35-39: 1. Peter Rischl 2:33:27, 2. Charles Thompson 2:35:32, 3. Joseph Schaeffer 2:41:23, 40-44: 1. Phil Grant 2:37:56, 2. Jim Butera 2:54:43, 3. Tom Bennett 2:57:51, 45-49: 1. Aldo Magrovia 3:01:24, 2. Warner Uff 3:01:48, 3. John Wallace 3:02:09, 50-54: 1. Ron Kobrine 2:55:14, 2. Charles Constantin 3:16:42, 3. Anthony McDonagh 3:08:32, 55-59: 1. George Hirsch 2:59:53, 2. Tom Walsh 3:04:02, 3. Ernest Pund 3:24:09, 60-64: 1. Derek Turnbull 2:45:21, 2. Ray Piva 3:05:18, 65-69: 1. Jack Goertzen 3:47:51, 2. Steve Walshnis 3:55:50, 70 & Over: 1. Dutch Benedetti 3:59:29.

### Division Results - Women

18-24: 1. Stephanie Robertson 3:09:08, 2. Cynthia Bailey 3:12:54, 3. Diana Baca 3:13:45, 25-29: 1. Linda Racine 3:10:07, 2. Angela Wagner 3:10:09, 3. Kimberley Wilson 3:20:03, 30-34: 1. Connie Comiso 3:16:09, 2. Josie Eifer 3:16:10, 3. Deborah Cleveland 3:20:53, 35-39: 1. Donna Troyna 3:18:10, 2. Jane Brett 3:19:40, 3. Diane Hawkins 3:21:41, 40-44: 1. Odette Osantowski 3:12:15, 2. Cyndi Calvin 3:15:06, 3. Harriet Guberman 3:30:53, 45-49: 1. Mary Joe Fenney 3:38:41, 2. Shirley Rubottom 3:46:35, 50-54: 1. Wan Shi-Yu 3:20:05, 2. Imme Dorson 3:34:49, 55-59: 1. Aurora Perez 4:51:37, 60-64: 1. Marcia Worden 4:41:09, 65-69: 1. Annabel Marsh 5:52:41.

## Great Earth 10K Workout for Project Wildlife

July 9. San Diego.

### Division Results - Men

12 & Under: 1. Mark Savel 45:15, 2. Derek Boone 48:09, 3. Ed Kelly 48:41, 13-17: 1. Bill Aronson 33:15, 2. Dennis Hearst 34:47, 3. Jeff Hernandez 35:17, 18-29: 1. Mike Fisher 32:43, 2. Pete Saloado



## RESULTS

### SUSAN B. ANTHONY 5K

(PA-TAC WOMEN'S CHAMPIONSHIP)

By MARK WINITZ

#### August 19, Sacramento.

Many of the northern state's top women turned out for their shortest championship race of the Pacific Association's 13-race Grand Prix Series. An 8:30 AM start and kindly moderate temps that were out of character for summer in the Central Valley, promised fast times. Yet the course—a semi-awkward kind of double out and back with a fair number of turns along the way—discouraged PRs and super swift performances. Despite the fast crowd, not a single man attempted to jump the all-women's field.

An early lead pack of a half dozen were led by Grand Prix leader Terry Puckett with San Jose's Rosa Gutierrez a few steps back off her shoulder. But by mile 1 Terry relinquished the lead to the latter, citing heavy legs. Understandable, following her trail 50K, 3.6-mile mountain uphill race, and a long 3-hour run on the Pacific Crest trail on the three preceding weekends.

1986 University of Oregon grad Gutierrez, rested, coming off a track season of her favorite 3,000s, and sporting a 16:25 best at 5K on the oval, was (not surprisingly) unchallenged as she proceeded to a 16:41 win.

"My training has been going real well," said the Ryan's (Sport

Shop) Racing Team standout. "Both my easy runs and hard workouts have been feeling good. So I came in here really wanting to race it. Probably at two miles I really began to feel it, but you're so close to the finish. You know that you only have a mile left, and it's flat, and there's people cheering you on. So you just try and maintain and finish it up."

That's one nice thing about the double-out-and-back course configuration. The competitors enjoy the encouragement of the start/finish line onlookers several times.

Linda Somers (2nd, 16:54) of Davis, back on the circuit following an injury that put her out for the first half of '89, passed Pacific Flyers' teammate Puckett (3rd, 17:15) mid-race to show a strong re-emergence. Eileen (Claus) Taylor (4th, 17:32) also displayed a nice return following maternity leave. Watch out for new northern Californian Janine Jarris (5th, 17:37)—newcomer to the roads who ran 2:08 and 4:28 in college.

The Pacific Flyers—whose five team members all ran under 17:50—went away with the open team title, followed by Gutierrez-led Ryan's and Taylor-led Buffalo Chips.

Masters Shirley Matson and Joan Colman wasted no time in renewing their friendly rivalry following the World Veterans Games. (Only two weeks previously in Eugene Matson set a short-lived masters age 45-49

world record of 17:48 for 5K on the track before Colman bested that with a 17:45 in the next heat.) Here at "Susan B.," Matson (17:55) just nipped Colman (17:58), topping the masters and rewriting the age 45-49 record books for the roads. (Note: Current ratified F45-49 road record held by Mission Viejo's Harolene Walters at 18:11.)

"We're running almost exactly the same to the second," enthused Matson (of the winning Impalas masters team) as she and Colman (West Valley TC) compared notes at the finish. "Here, we were right with each other the whole way. It's really good for both of us."

Such is the stuff that top competition is made of. Full throttle and cut-throat on the course, but complimentary and encouraging in the pits.

In the same vein, Vicki Bigelow (19:36) continued her superior ways, bettering the currently listed TAC-STATS age-54 5K road record.

"I'm happy with my effort," said Ms. Vicki, who has also been excelling on the oval (at World Vets Champs and at TAC Masters Nationals in San Diego). "It's really great to see this many women out here. But I'd really like to see a lot more American women on the track. The meet in Eugene was really inspiring."

So was the Susan B. Anthony race in Sacramento, which attracted many devoted female competitors as well as fun runners. People like Super Senior (60+ age division) Kit Pickles, a frequent racer on the Grand Prix Circuit. Kit headed her division in 25:16—just over 8 minute pace.

Thanks to the Buffalo Chips Running Club and their volunteers for hosting this race and securing the \$2,000 in PA-TAC prize funds that were distributed as follows: Open Individuals: 1st-\$250; 2nd-\$150; 3rd-\$100; 4th-\$75; 5th-\$50; 6th-\$25. Masters Individuals: 1st-\$150; 2nd-

\$100; 3rd-\$50. Senior Individuals: 1st-\$50; 2nd-\$25. Open Teams: 1st-\$350; 2nd-\$200; 3rd-\$100. Masters Teams: 1st-\$200; 2nd-\$75. Senior Teams: 1st-\$50.

With five women's LDR Grand Prix Championship races to go as of this writing—including the highly competitive Hoy's Sport's 10K Classic on September 17th—Terry Puckett still held a firm lead among open women in total Grand Prix points. Rossy Tibaduiza-Cardenas also was in good stead in second. Hilary Naylor had a very slim lead over Colman in the women's masters category. Heidi Skaden was atop the Grand Prix standings for the Seniors and Jackie Caselli the Super Seniors. (See PA-TAC Notes in this issue for a complete breakdown.)

#### Overall Results

1. Rosa Gutierrez (35) Ryan's RC 16:41, 2. Linda Somers (28) Flyers 16:54, 3. Terry Puckett (30-34) Flyers 17:15, 4. Eileen Taylor (34) BC 17:32, 5. Janine Harris (24) Buf. Chips 17:37, 6. Eileen Brennan (28) Impalas 17:46, 7. Stacy McAfee (23) Flyers 17:47, 8. Peggy Smyth (35-39) Flyers 17:47, 9. Susan Putney (26) Reedbok Aggies 17:48, 10. Rossy Cardenas (27) Flyers 17:49.

11. Karen Scholte (23) Ryans RC 17:52, 12. Bev Marx (35) Flyers 17:55, 13. Shirley Matson (48) Impalas 17:55, 14. Joan Colman (45) WVTC 17:55, 15. Lisa Boyle (32) F Performance 18:01, 16. Laura Sachez (27) Ryans 18:03, 17. Eileen Billard-Brown (31) 18:11, 18. Chris Iwahashi (33) BC 18:12, 19. B. Simmie-Resecker (37) 18:18, 20. Tina Petershagen (22) 18:19.

**SUBSCRIBE TO...**  
CALIFORNIA  
Track & Running News

**P  
I  
N  
S**

**SAFETY PINS FOR RUNNERS**

\$11.95 per box ▼ \$9.95 per box for 10+  
\$9.00 per box for 20+ ▼ 10 gross / 1,440 pins

Jack's Athletic Supply  
P.O. Box 459, San Carlos, CA 94070  
(415) 595-2249



# RESULTS

33:25, 3. Jock Kairy 33:53, 30:39; 1. Rich Valdez 34:54, 2. Stan Hollenbell 34:57, 3. Bruce Trigg 35:44, 40:49; 1. Graham Garcia 33:12, 2. Terry Marks 36:41, 3. Mike Luffey 37:07, 50:59; 1. Joe Holmeiser 41:05, 2. Warren Osborn 42:10, 3. Don Dalton 46:30, 60:69; 1. Dave Freitag 47:55, 2. Bill Gordon 51:00, 3. Dave Hayworth 57:20, 70 & Over: 1. Don Dilworth 46:50, 2. Walt Ketzomg 57:40, 3. Bob Rice 1:02:00. **Racewalk:** 1. Tom Hill 1:07:20, 2. Ward Ogle 1:08:30, 3. Rob Hendrickson 1:09:10.

## Division Results - Women

12 & Under: 1. Michelle O'Connor 49:50, 2. Shannon O'Connor 53:50, 3. Adelle Boone 1:03:10, 13-17: 1. Charaighn Foss 46:25, 2. Shari Savel 47:25, 3. Tara Barnhart 49:10, 18-29: 1. Valerie Hoising 36:21, 2. Laura Chapel 38:05, 3. Debbie Chaddock 39:05, 30-39: 1. Marne McMillan 40:40, 2. Robin Paine 41:20, 3. Kerry Tabler 42:35, 40-49: 1. Pattie Huff 41:10, 2. Sandi Marschom 44:59, 3. Bunky Stage 48:49, 50-59: 1. Betsy Frankum 47:10, 2. Martha Walker 49:49, 3. Dolores Barris 57:15, 60-69: 1. Lucy Killea 1:04:35, 2. Mary Rid 1:23:00. **Racewalk:** 1. Carman Jockinski 1:00:56, 2. Anne Barrick 1:09:20, 3. Veda Ron Bideaux 1:10:00.

## Carlsbad Triathlon

July 9, Carlsbad, (1 MI. Swim, 16 MI. Bike, 10K Run).

### Overall Results - Men

1. Tony Richardson (25-29) La Jolla 1:32:22, 2. Greg Clarke (20-24) San Diego 1:33:29, 3. Pete Wright (25-29) Pacific Beach 1:34:19, 4. Emilio DeSoto (25-29) San Diego 1:35:09, 5. Bob Helmig (25-29) Solana Beach 1:35:27, 6. Jeff Moffit (20-24) Fresno 1:35:53, 7. Kevin Bree (14-19) Escondido 1:36:16, 8. Kirk Corsello (20-24) San Diego 1:36:36, 9. Michael Bennett (25-29) Santa Cruz 1:36:55, 10. Brian Seymour (20-24) Escondido 1:37:02, 11. Mark Prince (25-29) Pacific Beach 1:37:08, 12. Terry Spencer (20-24) Tarboro, NC 1:37:08, 13. Barry Culp (25-29) San Diego 1:37:44, 14. Barry Oliver (14-19) Leucadia 1:37:45, 15. Urban Schumacher (25-29) Carlsbad 1:38:03, 16. Wayne Buckingham (35-39) Encinitas 1:38:03, 17. Corky Ewing (30-34) Vista 1:38:10, 18. Michael Lytle (25-29) La Mesa 1:38:12, 19. William Hoppe (35-39) San Diego 1:39:02, 20. Craig Hoppes (25-29) Goleta 1:39:22.

### Overall Results - Women

1. Holly Stevenson (25-29) San Diego 1:43:48, 2. Terry Martin (25-29) San Diego 1:45:12, 3. Sue Osborn (30-34) Solana Beach 1:46:10, 4. Nancy Rogers (25-29) Santa Barbara 1:46:29, 5. Rachelle Roberts (30-34) Cardiff 1:51:59, 6. Cheryl Suing (25-29) Long Beach 1:53:11, 7. Sandra Gresko (25-29) Newport Beach 1:53:33, 8. Maryellen Anders (25-29) San Diego 1:53:56, 9. Cindy Watson (30-34) San Diego 1:54:02, 10. Gail Cereilli (25-29) Encinitas 1:54:26.

### Team Results

**Men:** 1. Burnstein, Soloway, McCarey 1:36:31, 2. Head, Walston, Day 1:36:43, 3. Chrisman, Shinn, Chrisman 1:36:51, 4. Nelson, Risberg, Milligan 1:37:29, **Master:** 5. Becker, Rakill, Armstrong 1:37:44, **Women:** 6. Nugent, Roesch, Ramirez 1:41:22, **Men:** 7. Ohnbon, Miller, Fleischman 1:41:49, **Master:** 8. Luptowitz, Funk, Robb 1:42:57, **Men:** 9. Uhr, Manhardt, Bennett 1:44:52, 10. Rademaker, Christie, Harvey 1:45:40.

## Wildman Biathlon

July 15, Santa Rosa, (6.2 MI. Run, 800 yd. Swim, 3.1 MI. Run).

### Overall Results

1. Dean Harper (36) Walnut Creek 1:13:07, 2. Ken Cox (32) Woodland 1:17:16, 3. Bruce Mikeseil (29) Fremont 1:21:32, 4. Tom Anderson (42) Rohnert Park 1:21:49, 5. Richard de Glymes (41) Pleasant Hill 1:21:58, 6. Jim Owens (27) San Francisco 1:22:20, 7. John Orman (28) Santa Rosa 1:22:27, 8. Lance Lennier (19) Rohnert Park 1:23:27, 9. Dave Brancamp (27) Santa Rosa 1:23:45, 10. Dave

Bereman (27) Santa Rosa 1:24:08.

11. Scott Robertson (29) Mt. View 1:25:10, 12. Hans Facer (37) Lafayette 1:26:50, 13. Rick Blackmon (32) Cloverdale 1:27:07, 14. Andy Robles (21) Los Altos 1:27:17, 15. Clark Smeltzer (16) Truckee 1:27:34, 16. John Costigan, Jr. (35) Novato 1:27:46, 17. Mike Queirolo (25) Novato 1:27:57, 18. George Murch (29) Clear Lake 1:27:57, 19. Tom Coleman (33) Martinez 1:28:09, 20. Thomas/Thomas/Rohpk/Pedm 1:28:26.

## Run for the Hills

July 15, Fountain Valley, 7K.

### Division Results - Men

10 & Under: 1. Doug McKenzie 30:42, 11-16: 1. Raul Granados 25:51, 17-23: 1. Mitchell Gold 23:03, 24-31: 1. Filomon Rojas 23:41, 32-39: 1. Rob Slick 23:24, 40-47: 1. Dale Fairchild 25:09, 48-55: 1. Juvenal Herrera 27:13, 56-64: 1. Mel Schultz 31:01, 65 & Over: 1. Larry Barukos 23:31.

### Division Results - Women

10 & Under: 1. Rosita Rosas 41:03, 11-16: 1. Katy Eklof 31:14, 17-23: 1. Terez Eid 37:33, 24-31: 1. Kelly Marsh 28:02, 32-39: 1. Linda Meier 32:58, 40-47: 1. Suzie Klein 29:14, 48-55: 1. Ida Hendrick 32:25, 56-64: 1. Muriel Gray 49:34, 65 & Over: 1. Lucie Adney 53:30.

### Racewalk

**Men:** 1. Ed Bouldin 37:23.  
**Women:** 1. Lisa Sheridan 48:02.

## RRCA Women's Distance Festival

July 15, San Luis Obispo, 5,000m.

### Overall Results

1. Patty Almdariz (22) SLO 17:30, 2. Kathy Krieger (20) SLO 18:12, 3. Mary Ryzner (35) Santa Barbara 18:32, 4. Irene Henderson (28) Palo Robles 18:52, 5. Laurie Kirkpatrick (29) SLO 19:22, 6. Angela Orefice (14) Arroyo Grande 19:56, 7. Brandy Barr (13) Nipomo 20:20, 8. Wendy Tullis (15) Arroyo Grande 20:33, 9. Ann Belfield (21) SLO 20:34, 10. Leslie Monaco (32) SLO 20:43, 11. Heather Reid (14) Clovis 20:55, 12. Angie Fuhrmann (46) Bakersfield 21:10, 13. Boprita Fuhrmann (25) Shell Beach 21:10, 14. Trish Meyer (23) Los Osos 21:12, 15. Alice Dill (32) SLO 21:15, 16. Kim Arata (29) Vandenberg AFB 21:22, 17. Robin Perrin (32) SLO 21:30, 18. Cathy Agler (31) Atascadero 21:30, 19. Jann Natesunon (16) Clovis 22:28, 20. Yvonne Simpkins (43) Atascadero 22:34.

## Eppie's Great Race

July 15, Sacramento, (5.82 MI. Run, 12.5 MI. Bike, 6.35 MI. Paddling).

The World's Oldest Triathlon, Eppie's Great Race, posted record breaking results in all areas of the 16th annual event, held each year along the American River Parkway.

2,000 competitors (over 800 teams) from throughout the state, took part in the event which benefits Adaptive Leisure Services, a program of the Sacramento County Parks and Recreation Division (over 1,200 physically and developmentally disabled individuals have benefited from the program's summer activities).

Team Boss of the Open Division, featuring Leonard Sperandio, Steve McCelland and notable athlete John Weed—all of Sacramento—posted a record breaking course time of 1:33:27. Don Hicks of Sacto posted a time of 1:42:56 to become the Ironman winner for the fifth year in a row. Betsy Frick of Reno posted a time of 1:52:19 to take the Ironwoman title. Mike Ammon of Sacto posted a time of 1:49:02 to grab the Senior Ironman title, in a repeat of the 1988 event. Lynn Kyme of Roseville posted a time of 2:04:24 to also repeat as the Senior Ironwoman title holder.

## Division Results

**Tour/Sialom:** 1. Muffins Etc. (Anex, Barrett, Camozzi) 1:39:43, 2. New and Improved Cues (Rinde, Faulkner, Michel) 1:42:15, 3. (Herndon, Schupp, Crandall) 1:44:36.  
**Senior Men:** 1. Carmichael Acura (Jobski, Ketchum, Zinn) 1:40:18, 2. Flash, Splash and the Wheeler (Miles, Madeheim, Robertson) 1:44:34, 3. Cone Heads X (Haury, Silva, Boyce) 1:46:36.  
**Women:** 1. The Rest Stop (Smith, Brooks, Perry) 1:52:24, 2. (Brandard, Uelzen, Buer) 1:53:58, 3. Kughald Sisters (Ann, Michelle, Mary) 2:02:43.  
**Senior Women:** 1. Zip, Zig, Zag and Zap (Reiss, Schneider, Martin) 2:13:07, 2. Short and Sweet (Summers, Kelley, Burton) 2:19:34, 3. Wee Three (Grimes, White, Dagle) 2:24:43.  
**Open:** 1. Team Boss (Sperandio, McCelland, Weed) 1:32:46, 2. Reno Dimethylamine (Hernandez, Brown, Fishburn) 1:33:27, 3. Bicipart (Winfield, Talbot, Holland) 1:40:55.  
**Adaptive:** 1. City Flyers (Albor, Dahlquist, Moonie)



**PATTY ALMDARIZ**  
Women's Distance Festival

Photo by Elaine Rosenfield

1:45:51, 2. The Rest Stop-Pink Dogs (Carey, Henley, Willard) 1:46:04, 3. Team Schoenherd (Schoenher, Costar, Bright) 1:54:24.  
**Eppie's:** 1. Jones, Haltup, Borlawn) 2:26:21.  
**Inflatable:** 1. (Marx, Herren, Brown) 2:04:04, 2. Agoknee of DeFeet (Simons, Ryan, Hubbard) 2:10:32, 3. Las Tres Cagadas (Sertic, Cohan, Linn) 2:11:55.  
**Junior:** 1. Adventure Canoes and Kayaks (Chamberlain, White, Podgoriski) 1:38:44, 2. Demolition (Dahl, Dahl, Axtell) 1:59:53, 3. (Tanaka, Sean Co, Barnes) 2:01:19.  
**Inflatable Kayak:** 1. CNOCC Bear Power (Miller, Weaver, PLOWMAN) 1:46:43, 2. Team Flash (Peraman, Baumann, Weed) 1:49:58, 3. Second Time Around (Fedran, Russ, Nicolaissen) 2:02:29.  
**Family:** 1. Kughald Brothers (Harold, Joseph, Jim) 1:39:04, 2. Top Bananas (Hanna's, Doug, Rich, Bob) 1:44:21, 3. Holbrooks (Kevin, Michael, Brian) 1:58:00.  
**Canoe:** 1. CNOCC Olympic Express (Rinde, Hammond, Quayle) 1:40:59, 2. Cardiac Arrests (Williams, King, Montgomery) 1:44:11, 3. Fleet Feet Mad Men (Kaimar, Polli, Beisener) 1:45:27.  
**Corporate:** 1. (Sbrang, Couch, Mosbacher) 1:46:34, 2. Corporate Delights (Melnicoe, Smith, Griffith) 1:48:23, 3. Intel 486 (Sup, Rozaman, Robinson) 1:49:05.  
**Coed:** 1. Camozzi's Crew (Ketron, Daly, Casper) 1:38:09, 2. U.S. Rentals (Williams, Brubaker, Podgoriski) 1:43:04, 3. Team Sonoma (Boyd, Cupp, Albright) 1:46:39.

**Ironman:** 1. Don Hicks 1:42:56, 2. Tim Milton 1:43:23, 3. Mitchell Powers 1:46:46.

**Senior Ironman:** 1. Mike Ammon 1:49:02, 2. Jon Thomas 1:56:30, 3. Rich Kiowski 1:57:18.

**Ironwoman:** 1. Betsy Frick 1:52:19, 2. Vickie Pell 1:57:01, 3. May Poor 2:02:03.

**Senior Ironwoman:** 1. Lynn Kyme 2:04:24, 2. Cathie Andrews 2:12:27, 3. Alena Sykora 2:23:40.

## Benbow Lake Triathlon

July 16, Garberville, (1.5K Swim, 27K Bike, 10K Run).

### Division Results - Men

29 & Under: 1. Mike Osier 1:46:18, 2. Ron Suintz 2:13:51, 3. James Brusca 2:17:12, 30-39: 1. John King 1:49:41, 2. Bob Bush 1:50:24, 3. George Spinaz 2:10:03, 40 & Over: 1. Joe Brent 2:44:07.

### Division Results - Women

29 & Under: 1. Marie Mauer 2:14:50, 2. Patti Jones 2:48:14, 30 & Over: 1. Patricia Harris 2:23:57, 2.



**SABRINA HAN**  
Swamp Run 'n Stride

Fine Flicks by Don Gosney

Nancy Noll 2:44:45, 3. Gayl Knudson 2:45:10.

### Division Results - Relays

**Open Men:** 1. Jones/Bergenske 1:56:11, 2. Leckliter, Alan, Pflies 2:04:35, 3. Knudson/Forrest 2:23:20.  
**Combined Age Men:** 1. Martin/King/Bad Bob 1:50:39, 2. Cunn/Bears/Mitchell 2:08:10, 3. Wright/Wright/Crause 2:38:21.

## Swamp Run 'n Stride

July 16, Bonita, 5 MI. & 10K.

### Overall Results - Men's 5 MI

1. Sal Vasquez (Suisun) 26:53, 2. Jon Schroeder (Pleasant Hill) 27:17, 3. Philip Wilmarth (El Cerrito) 27:45, 4. Nick Nichols (Palo Alto) 28:08, 5. Thierry Ross (Rockville) 28:09, 6. Steve Freitas (Concord) 28:33, 7. Arnold Ramos (Oakland) 29:29, 8. Richard Whitewater (So. San Francisco) 29:47, 9. Glenn Vernal (Pleasant Hill) 30:04, 10. Kurt Ehlers (Walnut Creek) 30:17.

### Overall Results - Women's 5 MI

1. Melinda Morse (Pleasanton) 33:13, 2. Laurie Cornwell (Turlock) 35:53, 3. Susan Lancaster (Vallejo) 36:04, 4. Angie Hansen (Coronado) 37:23, 5. Jonelle Haldeman (Travis AFB) 38:57, 6. Cheryl Bowen (Antioch) 39:33, 7. Jennifer Kincaid (Pleasant Hill) 40:07, 8. Diane Metz (Martinez) 41:15, 9. M. Rice (Pleasanton) 41:45, 10. Linda Sartori (Davis) 43:16.

### Overall Results - Men's 10K

1. Patrick Boyle (San Francisco) 34:01, 2. Les



# RESULTS

Ong (San Francisco) 34:03, 3. Michael Hawkins (San Francisco) 34:03, 4. Rich Henderson 34:18, 5. Kirk Schumacher 34:44.

## Overall Results - Women's 10K

1. Sabrina Han (San Francisco) 34:03, 2. Christine McGee 34:19, 3. Deirdre Reidy (San Francisco) 39:58, 4. Denise Valkema (San Francisco) 40:29, 5. Annika Brown 42:02.

## Occidental Country Run

July 16, Occidental, 10K & 3K.

### Overall Results - Men's 10K

1. Ron Smith (42) Geyersville 34:56, 2. Jim Noonan (28) Santa Rosa 35:22, 3. John Ellis (19) Santa Rosa 35:35, 4. Larry Meredith (32) Occidental 36:06, 5. Hugh Driscoll (23) Palo Alto 36:53, 6. Keith Maurer (33) Santa Rosa 37:05, 7. Louis Garcia, Sr. (32) Santa Rosa 37:49, 8. Brendan Hutchinson (45) Santa Rosa 38:11, 9. Mike Holton (35) Antioch 38:41, 10. Robert Herolo (40) Sebastopol 38:57.

### Overall Results - Women's 10K

1. Sandra Maurer (32) Santa Rosa 45:11, 2. Nancy Herring (27) Sebastopol 46:08, 3. Adrianna Orr (29) Albany 48:45, 4. Jan Kahdeeman (32) Sebastopol 49:48, 5. Celeste Plum (31) Healdsburg 51:16, 6. Sherri Guinn (43) Santa Rosa 51:39, 7. Rosemary Blaney (41) Occidental 51:48, 8. Lisa Lukianoff (25) El Cerrito 52:16, 9. Monalisa Coburn (26) Napa 52:26, 10. Nancy Case (20) San Jose 52:55.

### Division Results - Men's 10K

12 & Under: 1. Joshua McCudden 52:12, 2. Jesse Benwald 59:39, 3. John Chubet 1:05:48, 13-15: 1. Tom Judah 48:29, 16-18: 1. Will Staszko 43:41, 2. Phil Diepenbrock 44:10, 3. Joaquin Neto 45:09, 19-24: 1. John Ellis 35:35, 2. Hugh Driscoll 36:53, 3. Ted Diepenbrock 40:01, 25-29: 1. Jim Noonan 35:22, 2. Steven Shaffer 41:52, 3. Ron Concepcion 44:38, 30-34: 1. Larry Meredith 36:06, 2. Keith Maurer 37:05, 3. Louis Garcia, Sr. 37:49, 35-39: 1. Mike Holton 38:41, 2. Gwin Stumbaugh 39:38, 3. John Zarembo 41:54, 40-44: 1. Ron Smith 34:56, 2. Robert Herolo 38:57, 3. Wall Bates 39:33, 45-49: 1. Brendan Hutchinson 38:11, 2. Gary Greiner 41:04, 3. Andy Jensen 41:34, 50-54: 1. Mike Callahan 47:39, 2. Robert Sawyer 51:25, 3. Edward Haworth 56:41, 55-59: 1. Sam Stevenson 45:50, 2. Jim Arthurs 51:01, 3. Bill Waring 52:14, 60 & Over: 1. Alan Belton 43:30, 2. Ned Keyes 54:03.

### Division Results - Women's 10K

12 & Under: 1. Heidi Grauert 1:15:22, 13-15: 1. Christine Grauert 1:13:01, 19-24: 1. Nancy Case 52:55, 2. Kathryn Worth 59:49, 3. Karen Beckner 1:13:00, 25-29: 1. Nancy Herring 46:08, 2. Adrianna Orr 48:45, 3. Lisa Lukianoff 52:16, 30-34: 1. Sandra Maurer 45:11, 2. Jan Kahdeeman 49:48, 3. Celeste Plum 51:16, 35-39: 1. Marianne Waugh 56:31, 2. Kim Clouse 57:20, 3. Peggy Corcoran 57:21, 40-44: 1. Sherri Guinn 51:39, 2. Rosemary Blaney 51:48, 3. Loreita McCoard 56:19, 45-49: 1. Owen Stone 55:28, 2. Marilyn Flowers 1:00:59, 3. Julia Calouro 1:03:36, 50-54: 1. Rochelle Hummel 1:05:28, 55-59: 1. Lois Cook 59:44.

### Overall Results - Men's 3K

1. Jim Gibbons (45) Wilits 9:51, 2. Ben Rosales (30) Healdsburg 10:05, 3. Rory O'Neill (16) Santa Rosa 10:21, 4. Ray Cataldo (43) Santa Rosa 10:30, 5. Kurt Boldt (32) Santa Rosa 10:43, 6. Harry Siskewics (47) Vacaville 11:48, 7. Carl Jackson (56) Santa Rosa 11:50, 8. Matt Malvino (29) Santa Rosa 12:49, 9. Gilman Jung (57) Petaluma 12:53, 10. Brian Mahan (14) Santa Rosa 13:04.

### Overall Results - Women's 3K

1. Sally Cataldo (35) Santa Rosa 11:27, 2. Tori Strong (31) Santa Rosa 11:56, 3. Kari Horn (13) Santa Rosa 12:30, 4. Christa Diezi (10) Santa Rosa 12:48, 5. Teresa Nelson (29) Santa Rosa 13:18, 6. Malinda Peters (30) Santa Rosa 13:29, 7. Patty Sowers (33) Santa Rosa 13:41, 8. Deanne Malvino (29) Santa Rosa 13:48, 9. Pamela Horton

(45) Santa Rosa 14:10, 10. Jodie Horn (9) Santa Rosa 14:24.

### Division Results - Men's 3K

8-9: 1. Charles Chubet 21:35, 10-11: 1. Andreas Marlin 14:25, 14-17: 1. Rory O'Neill 10:21, 2. Brian Mahan 13:04, 3. Josh Mahan 13:58, 18-29: 1. Matt Malvino 12:49, 2. Kevin Staszko 14:11, 3. Wes Kellison 14:36, 30-39: 1. Ben Rosales 10:05, 2. Kurt Boldt 10:43, 3. Don Cove 13:07, 40-49: 1. Jim Gibbons 9:51, 2. Ray Cataldo 10:30, 3. Harry Siskewics 11:48, 50 & Over: 1. Carl Jackson 11:50, 2. Gilman Jung 12:53, 3. Matt Walker 20:16.

### Division Results - Women's 3K

7 & Under: 1. Sierra Sapunar 17:53, 2. Nicole Nelson 22:50, 3. Lindsay Bennett 25:20, 8-9: 1. Jodie Horn 14:24, 2. Martina Diezi 16:24, 10-11: 1. Christa Diezi 12:48, 2. Jennifer Gudles 18:56, 12-13: 1. Kari Horn 12:30, 2. Dominique Diezi 14:57, 3. Tiffany Johnson 15:16, 18-29: 1. Teresa Nelson 13:18, 2. Deanne Malvino 13:48, 3. Sally Schaflich 14:52, 30-39: 1. Sally Cataldo 11:27, 2. Tori Strong 11:56, 3. Malinda Peters 13:29, 40-49: 1. Pamela Horton 14:10, 2. Sharon Neward 14:46, 3. Cynthia Smith 15:18, 50 & Over: 1. Bonnie Hancock 22:32, 2. Lorraine Pellegrini 24:24, 3. Barbara Sawyer 31:50.

## Fiesta 5000

July 16, San Clemente, 5K.

### Overall Results - Elite

1. Doug Padilla (32) 14:22, 2. Samson Obwacha (33) 14:22, 3. Mark Junkermann (24) 14:38, 4. Benny Cruz (24) 14:43, 5. Joe Nitti (23) 14:44, 6. Derrick May (34) 14:46, 7. William Weidenbach (29) 14:50, 8. Alan Just (27) 14:59, 9. Sean Evans (27) 15:15, 10. Richard Dassy (23) 15:20.

11. Tim Harris (34) 15:28, 12. Keith Withauer (33) 15:42, 13. Enrique Alvarez (35) 15:49, 14. Lisa Weidenbach (27) 16:00, 15. Sylvia Mosqueda (23) 16:20, 16. Kathy Kanes (28) 16:47, 17. Jeanne Johnson (31) 17:23, 18. Anet Cooper (28) 17:47, 19. Gretchen Cruz (28) 18:04, 20. Tanya Fischer (23) 18:22.

### Overall Results

1. Bob Mau (24) 15:33, 2. Stephen Keyes (40) 15:44, 3. Brad Sigler (24) 15:46, 4. James Swinson (23) 15:57, 5. Glenn McCaslin (29) 16:01, 6. Mike Lehnberg (30) 16:06, 7. Tom Cupp (28) 16:11, 8. Jim Reish (26) 16:13, 9. Stephen Jeppson (33) 16:19, 10. Kevin O'Hara (31) 16:23.

### Division Results - Men

12 & Under: 1. Shannon Tibbs 19:26, 2. Brian Larson 20:03, 3. Neal Browning 20:18, 13-15: 1. Josh Crocker 18:00, 2. Juan Kojima 18:01, 3. John Nguyen 18:05, 16-19: 1. Dennis Bourland 16:26, 2. Mike Farrell 17:15, 3. Steve Ybarra 18:04, 20-24: 1. Bob Mau 15:33, 2. Brad Sigler 15:46, 3. James Swinson 15:57, 25-29: 1. Glenn McCaslin 16:01, 2. Tom Cupp 16:11, 3. Jim Reish 16:13, 30-34: 1. Mike Lehnberg 16:06, 2. Stephen Jeppson 16:19, 3. Kevin O'Hara 16:23, 35-39: 1. Gary Nitti 16:56, 2. Mike Lozoya 17:13, 3. Tom Heimdal 17:19, 40-44: 1. Stephen Keyes 15:44, 2. Jim Burton 18:31, 3. Larry Stevens 18:41, 45-49: 1. Maurice Bousquet 17:31, 2. Alan Waking 17:49, 3. Peter Jones 18:37, 50-54: 1. Frank Russo 19:20, 2. Ron Walters 19:46, 3. Bobby Beathard 19:56, 55-59: 1. Joe Hoemeister 19:41, 2. Sam Mayo 19:55, 3. Tom Meyer 20:22, 60-64: 1. Walter Atcheson 21:28, 2. Fred Goldman 21:45, 3. Bob Koch 21:54, 65-69: 1. Larry Banuelos 19:43, 2. DelMar Gourley 21:06, 3. Lou Harris 23:07, 70 & Over: 1. Eddie Lewin 22:26, 2. Donald Diworth 23:16, 3. Chris Williams 31:41.

## U.S. West Marathon

July 23, Seattle, WA, Marathon & 8K.

### Overall Results - Marathon

1. Doug Kuris (37) Northville, MI 2:17:40, 2. Mark Winder (33) Beaverton, OR 2:31:04, 3. Brian Nelson (32) Ventura 2:33:49, 4. Mike Toma (26) Surrey, BC Canada 2:39:00, 5. Channing Berthiaume (45) Tacoma, WA 2:39:02, 6. Andre Johnson (23) Tacoma, WA 2:39:06, 7. John Hahn (41) Kirkland,

WA 2:41:57, 8. Greg Fischer (33) Seattle, WA 2:42:58, 9. Steven Campagna (42) Tacoma, WA 2:44:16, 10. Robert Smith (45) Vancouver, BC Canada 2:45:57.

26. Mary Ryznar (35) Santa Barbara 2:52:43, 35. Denis Trafocanty (46) Northridge 2:55:42.

### Overall Results - 8KRX 8K

1. Jesse Navarrete (26) Sedro Woolley, WA 23:36, 2. Patrick Haller (20) Lynnwood, WA 23:57, 3. Gary Gustafson (32) Bellingham, WA 24:03, 4. Kelly Britz (31) Kirkland, WA 24:06, 5. Rick Becker (34) Yakima, WA 24:28, 6. Matthew Donnelly (22) 24:49, 7. Terry Bateman (26) Victoria, BC Canada 24:58, 8. Kevin Matthews (26) Bellevue, WA 25:14, 9. Scott Tucker (27) Seattle, WA 25:31, 10. Mark Howlett (27) Auburn, WA 25:48.

### Division Results - Men's Marathon

Masters: 1. Channing Berthiaume 2:39:02, 2. John Hahn 2:41:57, 3. Steve Campagna 2:44:16, 10 & Under: 1. Brice Wagner 3:19:51, 2. William Maggiamo 3:35:50, 3. Jim Linzi 3:38:40, 20-24: 1. Andre Johnson 2:39:06, 2. Steve Wyant 2:48:39, 3. Brian Charley 2:51:32, 25-29: 1. Mike Toma 2:39:00, 2. Mark Sabo 2:55:31, 3. JJ Schill 2:57:12, 30-34: 1. Greg Fischer 2:42:58, 2. Thomas Rich 2:52:23, 3. Gary Garrett 2:54:55, 35-39: 1. Dean Koga 2:46:36, 2. Ken Hoerath 2:47:23, 3. Andy Lyle 2:48:19, 40-44: 1. John Schulte 2:46:12, 2. Gary Vermebe 2:50:09, 3. Max Carson 2:53:48, 45-49: 1. Robert Smith 2:45:57, 2. Ali Chalal 2:47:57, 3. Ron Beyrman 2:50:40, 50-54: 1. Tom Meyer 2:59:39, 2. Robert Eddie 3:04:09, 3. Jim Swindler 3:10:53, 55-59: 1. Bob Dolphin 3:09:19, 2. Clive Hetherington 3:15:19, 3. Don Guthrie 3:23:57, 60-64: 1. David Bristow 3:34:28, 2. Wallace Taylor 3:47:57, 3. Richard Hubbard 3:49:41, 65-69: 1. Elijah Gallaway 3:55:12, 2. Harold Copeland 3:55:14, 70 & Over: 1. Andy Webster 4:51:27, 2. Julie Crabtree 5:39:18.

### Division Results - Women

Masters: 1. Marcia Winger 3:11:57, 2. Wen-Shi Yu 3:17:23, 3. Elaine Tober 3:26:39, 10 & Under: 1. Iris Saxon 3:54:57, 20-24: 1. Heather Cusack 3:21:21, 2. Joan Crowley 3:23:46, 3. Christina Kinnear 3:28:57, 25-29: 1. Cindy Witte 3:02:17, 2. Martha Littleton 3:14:07, 3. Lisa Puttolf 3:17:11, 30-34: 1. Jane Sisco 3:24:40, 2. Pam Williams 3:28:11, 3. Elise Bolch 3:32:40, 35-39: 1. Lynn O'Malley 3:14:51, 2. Donna Hatfield 3:15:11, 3. Sharon O'Conner 3:23:28, 40-44: 1. Levi Ouey 3:33:02, 2. Sue Harrington 3:35:29, 3. Mary Johnson 3:36:04, 45-49: 1. Gunhild Swanson 3:33:30, 2. Lucia Walters 3:52:45, 3. Judie Boman 4:00:24, 50-54: 1. Barbara O'Neil 4:16:57, 55-59: 1. Hazel Phillips 4:17:56, 60-64: 1. Grace Richtmeyer 6:22:48.

## Fourth Sunday Run

July 23, Oakland, 5, 10, 15K.

### Division Results - Men's 5K

19 & Under: 1. Houston Ma 24:15, 2. Jesus Rocha 47:13, 20-29: 1. Chris Hoopier 15:41, 2. John Rutherford 20:15, 3. Jamshid Arjomand 20:49, 30-39: 1. Steve Laffer 16:41, 2. Jake Candelaria 17:07, 3. Doug Cooper 20:24, 40-49: 1. Don Porlaous 17:16, 2. Roger Sharpe 18:25, 3. Jon Roller 20:50, 50 & Over: 1. Ed Murray 23:41, 2. John Hausman 26:41, 3. Forrest Peter 28:12.

### Division Results - Women's 5K

19 & Under: 1. Carrie Frates 19:01, 2. Kristin Smyth 19:06, 20-29: 1. Carol Baker 21:53, 2. Renee Frappier 24:26, 3. Jill Shirokawa 31:18, 30-39: 1. Marianne Elliott 20:19, 2. Elsa Bowman 30:09, 40-49: 1. Larry Fisher 20:53, 2. Ruth Grimes 22:24, 3. Doerte Murray 23:19, 50 & Over: 1. Hissa Reichel 26:27.

### Division Results - Men's 10K

19 & Under: 1. Enrique Mendoza 32:33, 2. Javier Gonzalez 38:24, 3. Joshua Okowski 44:11, 20-29: 1. Doug Henderson 33:02, 2. Chris Hetherington 34:30, 3. Mike Harper 36:58, 30-39: 1. Steve Finney 38:44, 2. Julio Gonzalez 38:59, 3. Tom Johanson 41:07, 40-49: 1. Dan Williams 35:39, 2. Richard Cassidy 41:38, 3. Lee Shimmin 45:43, 50-59: 1. Rolf Nebelung 40:15,

2. Peter Morrow 48:21, 3. Paul Banchemo 50:26, 60 & Over: 1. Bruce Oliver 48:09.

### Division Results - Women's 10K

20-29: 1. Rae Stiger 36:57, 2. Alyssa Pinney 48:19, 30-39: 1. Brenda WoolleyO'Gonzalez 51:51, 40-49: 1. Mary Kennedy 54:40, 2. Carrie Durake 56:10, 50-59: 1. Sally Morner 58:48.

### Division Results - Men's 15K

20-29: 1. Doff Carsten 58:05, 2. James Adams 65:01, 30-39: 1. Mike Holton 57:24, 2. Jack Zakarian 58:47, 3. Miguel Gitan 64:16, 40-49: 1. Karl Gerdes 58:33, 2. Elliott Vichinsky 65:16, 3. Elliott Aronson 66:40, 50-59: 1. Joe Hancock 57:26, 2. Bob Groff 64:26, 3. Don Hildebrand 65:27, 60 & Over: 1. Geoff Bardsley 69:37, 2. Gary Toji 70:55, 3. Bob DeChene 71:00.

### Division Results - Women's 15K

20-29: 1. Phoebe Shiv 66:39, 30-39: 1. Janet Puel 67:52, 40-49: 1. Annie Green 100:56.

## Mill Valley 5K

July 23, Mill Valley.

### Overall Results - Men's 5K

1. Thom Trimble (30) 15:40, 2. Chris Thomas (41) 15:56, 3. John Schroeder (30) 15:59, 4. Greg Nacco (29) 16:01, 5. Joe Green (30) 16:11, 6. Carl Rose (26) 16:17, 7. Tom Robinson (41) 16:29, 8. Steve Stephens (45) 16:54, 9. Daryl Zapata (44) 17:05, 10. Ron Brown (35) 17:11.

11. Eric Ungerecht (18) 17:27, 12. Michael Schwarz (26) 17:29, 13. Ken Styles (26) 17:30, 14. David Leipsic (27) 17:34, 15. Connaire Chateaubrian (39) 17:47.

### Overall Results - Women's 5K

1. Lori Bearson (28) 17:16, 2. Eileen Brennan (28) 17:32, 3. Marilyn Wallach (36) 17:52, 4. Irene McLoughlin (30) 18:05, 5. Tamara Gonzalez (29) 18:17, 6. Deanna Hodgkin (22) 18:25, 7. Lisa Gonzales (31) 18:29, 8. Chris McGee (22) 18:40, 9. Pat English (36) 18:44, 10. Wink Lusk (37) 19:00.

## Bud Light Triathlon

July 23, Oxnard, (1.5K Swim, 40K Bike, 8K Run).

### Overall Results - Women

1. Paula Newby-Fraser 1:54:21, 2. Suzanna Sandbrook 2:00:57, 3. Kirstan Raudenbush 2:04:18, 4. Sue Osborn 2:05:39, 5. Sandy Gresko 2:06:48, 6. Cathi Carlton 2:07:48, 7. Christine Sowell 2:08:07, 8. Joan Haber 2:08:38, 9. Midei Verkulen 2:09:34, 10. Karen Sing 2:09:51.

### Overall Results - Men

1. Mike Pigg 1:39:49, 2. Tim Sheeper 1:46:01, 3. Chris Butze 1:45:57, 4. Greg Gosselt 1:47:41, 5. John Quinn 1:49:43, 6. Craig Hoppes 1:49:56, 7. Leonard Agular 1:50:18, 8. Ralph Searcy 1:50:57, 9. Urban Schumacher 1:51:01, 10. John Kliszewski 1:51:03.

11. Scott Klatt 1:51:19, 12. Murphy Reinschreiber 1:52:10, 13. Chuck Goeshel 1:52:20, 14. Bob Belzer 1:52:38, 15. Duncan Thomas 1:52:58, 16. Todd Caer 1:53:41, 17. David Nelson 1:54:05, 18. Reed Mayne 1:54:07, 19. Robert Cranney 1:54:29, 20. Tony Miller 1:54:35.

### Overall Results - Relays

1. The Suit Dweebs 2:04:33, 2. Top Ten 2:12:05.

Women:

1. The L.E.G.S. 2:08:02, 2. Wonder Women 2:17:30, 3. Lost Hope 2:26:40, 4. Studentes 2:33:00, 5. Killer Queens 2:50:34.

COED:

1. Beauty & The Beasts 1:45:51, 2. The Studmuffins 1:50:02, 3. Team Chi a Pat 1:59:27, 4. Team Plank-Cirako 2:08:47, 5. Tri JLM 2:20:23, 6. Strips, Straddles & Spreads 2:22:25, 7. Stamp Out Cats 2:25:44, 8. Polson, Cam 2:28:47, 9. Team Kroks 2:31:05, 10. The Triastles 2:44:12.



# RESULTS

## The Boilermaker

July 24, Utica, NY

### Division Results - Men

Open: 1. Jon Sinclair (Fl. Collins, CO) \$3000, 44:06, 2. Bill Reinsnyder (Albuquerque, NM) \$1000, 44:13, 3. Rex Wilson (New Zealand) \$750, 44:21, 10. Ken Velasquez (San Francisco) \$50, 45:58. 40-44: 1. Wilson Waigwa (Kenya) \$1500, 46:09, 45-49: 1. Steve Lester (Magna, UT) 49:57, 50-54: 1. Roger Robinson (New Zealand) \$400, 50:17, 55-59: 1. Norman Green (Wayne, PA) \$75, 52:05, 60-69: 1. Bill Fortune (Pearl River, NY) 58:36, 70 & Over: 1. Nathaniel White (Fayetteville, NY) 1:13:12.

### Division Results - Women

Open: 1. Michelle Bush-Coke (Brooklyn, NY) \$2000, 52:35, 2. Jacqueline Gareau (Canada) \$1000, 52:48, 3. Lisa Vail (Pine Plains, NY) \$500, 53:16, 9. Juliette Christie (Santa Barbara) \$75, 55:30, 40-44: 1. Ngare Drake (New Zealand) \$1500, 55:05, 45-49: 1. Susan Weisbrod (Skillman, NJ) \$100, 1:00:28, 50-54: 1. Gina Faust (Woodland Hills) 1:01:32, 55-59: 1. Gloria Brown (Grand Island, NY) 1:17:31, 60 & Over: 1. Loretta Shehan (West Seneca, NY) 1:18:28.

## Summer Series Triathlon #4

July 25, Bakersfield, (10 MI. Bike, 5K Run, 400m Swim)

### Overall Results

1. Paul Gamino (27) 47:40, 2. Scott Kress (29) 48:49, 3. Ron Lessley (32) 49:46, 4. George Ross, III (16) 50:01, 5. Ken Trone (31) 50:42, 6. David Dennis (33) 51:24, 7. David Hamlin (22) 51:30, 8. Stephen Fahsberd (39) 52:23, 9. Johnatan Wykoff (19) 52:45, 10. Jesse Miller (37) 52:46, 11. Wayne Cagle (38) 52:58, 12. Judi Thompson (38) 53:30, 13. Jim Reynolds (45) 53:54, 14. Robert Leiterman (28) 54:16, 15. Norman Wykoff (46) 55:24, 16. Matthew Mauldin (16) 55:33, 17. Jack Eberly (56) 55:46, 18. Susan Rubin (39) 56:44, 19. Joe Fowler (39) 57:49, 20. David Powell (39) 58:01.

### Division Results - Men

19 & Under: 1. George Ross, III 50:01, 2. Johnatan Wykoff 52:45, 3. Matthew Mauldin 55:33, 20-29: 1. Paul Gamino 47:40, 2. Scott Kress 48:49, 3. David Hamlin 51:30, 30-39: 1. Ron Lessley 49:46, 2. Ken Trone 50:42, 3. David Dennis 51:24, 40-49: 1. Jim Reynolds 53:54, 2. Norman Wykoff 55:24, 3. Mike O'Haver 1:01:37, 50 & Over: 1. Jack Eberly 55:46.

### Division Results - Women

25 & Under: 1. Lanette Valpredo 1:00:38, 2. Kirsten McGorman 1:03:30, 26-35: 1. Debbie Raygoza 1:00:05, 2. Kathy Sharum 1:00:26, 36-45: 1. Judi Thompson 53:30, 2. Susan Rubin 56:44, 3. Jane McDonald 1:08:34, 46 & Over: 1. Mardi Briggs 59:33, 2. Susan Lucas 1:00:16.

## Manufacturers Hanover Corporate Challenge

July 27, Los Angeles, 3.5 Miles

### Overall Results - Men

1. Steve Bishop (29) Rockwell Int'l. 17:00, 2. Art Manchaca (31) Hughes Aircraft 17:17, 3. Patrick Ewing (28) TRW 17:25, 4. Larry Eckles (31) Rockwell Int'l. 17:33, 5. James Sterling (27) TRW 17:36, 6. Steve Kovisto (25) TRW 17:38, 7. Mark Eisenmenger (26) 17:45, 8. Andrew Dunn (23) Price Waterhouse 18:01, 9. Mike Spencer (26) Hughes Aircraft 18:02, 10. Thomas Cupp (28) Ralphs Grocery 18:10.

### Overall Results - Women

1. Katherine Kanes (25) CalTech 19:02, 2. Nora Collas (25) CalTech 20:14, 3. Rosie Duenas (28) Hughes Aircraft 20:57, 4. Julie Stiek (29) Hughes Aircraft 21:08, 5. Shenda Baker (25) CalTech 21:10, 6. Jean Brewster (39) Owens-Brockway Glass 21:47, 7. Marie Albert (30) Race Central

22:00, 8. Christina Stavrinou (27) Northrop Corp. 22:21, 9. Robin Paine (39) Pac Tel 22:42, 10. Molly Thayer (46) Quotron Systems 22:44.

### Division Results - Relays

#### Men:

1. TRW "A" (Sterling, Smith, Kovisto, Ewing, Burns) 1:29:23, 2. Rockwell Int'l "A" (Araujo, Holsaday, Bishop, Eckles, Brodie) 1:29:50, 3. Hughes Aircraft Company (Spencer, Reed, Bauke, Balcer, Marble) 1:33:55.

#### Women:

1. Cal Tech (Baker, Collas, Kanes) 1:00:26, 2. Pac Tel "A" (Paine, Tennant, Tabler) 1:09:50, 3. Northrop Corp. "A" 1:11:30.

#### Coed:

1. Hughes Aircraft Company (Duenas, Eisenmenger, Stiek, Manchaca) 1:17:07, 2. Wall Disney Imaginering "A" (Ortega, DiMarco, Proctor, Jacoboni) 1:25:47, 3. TRW (Padilla, Desmet, Hall, Tokashiki) 1:26:10.

## Bataan Coriegdon Run

July 29, Delano's Cecil Avenue, 5K

### Division Results - Men

Overall Winner: Amador Ayon 15:56, 13 & Under: 1. Fernando Torres 18:53, 14-20: 1. Amador Ayon 15:56, 21-25: 1. Theo Pather 16:25, 30-39: 1. Ron Lessley 16:47.

### Division Results - Women

Overall Winner: Renee Ortiz 19:16, 13 & Under: 1. Stephanie Marins 27:43, 14-20: 1. Molly Melinez 23:12, 21-29: 1. Renee Ortiz 19:16, 30-39: 1. Lorraine Melendez 22:07, 40-45: 1. Oia Buchanan 26:06.

## Pear Fair

July 30, Courtland, 5 & 10 Miles

### Division Results - Men's 5 Mile

Overall Winner: Marcel Vilan 26:11, 18 & Under: 1. Bob Rozumonez 27:59, 2. Peter Johnson 30:22, 3. Joe Pope 33:14, 19-29: 1. Marcel Vilan 26:11, 2. Carlos Lopez 27:39, 3. Gary Whilaker 28:36, 30-39: 1. Dave Tranbino 29:43, 2. Rod Farley 29:51, 3. K. Duffy 30:01, 40-49: 1. Phil Murphy 28:13, 2. Jose Martinez 29:40, 3. Manny Trujillo 30:28, 50-59: 1. Carl Ellsworth 29:24, 2. Paul Mitchell 30:53, 3. Gary Hollinger 33:52, 60 & Over: 1. Jimmy Low 33:11, 2. Rick Thomas 37:21, 3. Harold Linde 40:13.

### Division Results - Women's 5 Mile

Overall Winner: Consuela Garcia 30:36, 18 & Under: 1. Dawn Cadillac 38:59, 2. Katina Walsh 42:37, 3. Beth Conkling 43:35, 19-29: 1. Maryanne Lair 37:08, 2. Annette Kasis 39:22, 3. Mona Kranich 38:49, 30-39: 1. Consuela Garcia 30:36, 2. Laurie Thornton 35:10, 3. Elizabeth Hatch 36:15, 40-49: 1. Judy Press 38:19, 2. Rosemary Young 38:33, 3. Maria Trujillo 39:31, 50-59: 1. Fran Smith 55:33.

### Division Results - Men's 10 Mile

Overall Winner: Adam Ferrari 53:26, 18 & Under: 1. Colan Dupree 1:06:40, 2. Matthew Souza 1:10:19, 3. Jeremy Barnes 1:15:24, 19-29: 1. Brian Peterson 54:28, 2. RK Hanna 54:36, 3. Guyu Terra 56:02, 30-39: 1. Adam Ferrari 53:26, 2. Tim Williams 54:22, 3. Rick Buess 55:14, 40-49: 1. David Weamer 59:33, 2. Dennis Meidinger 1:00:41, 3. Joe Contreras 1:04:17, 50-59: 1. Ron Hall 1:10:34, 2. Jim Purvis 1:14:31, 3. Thomas Marshall 1:14:37, 60 & Over: 1. Bob Burns 1:17:27, 2. Vic Lyons 1:33:49, Wheelchair: 1. Taylor Carey 54:14, 2. Jim Schoenherr 59:22.

## Takara Cable Car Chase

July 30, San Francisco, 5 Miles

Charles Alexander of Mountain View won the men's division of the five-mile Takara Cable Car Chase with a time of 25:34.

Irene McLoughlin of San Francisco was the women's winner of the event, sponsored by Takara Sake USA of Berkeley, with a time of 31:14.

Three runners beat an uphill-climbing cable car

over a mile-long leg of the race on California Street between Drumm Street and Jones Street. They were Alexander, Noel Berkeley of Cupertino and Jeff Shaver of San Jose. Berkeley was the second-place overall men's winner and Shaver the third-place.

"For the first time in the history of the Takara Cable Car Chase, the runners who beat the cable car also were the top finishers in the race," said Kosei Yamamoto, president of Takara Sake USA. "In previous years, runners who beat the cable car used up so much energy that they failed to finish



LIZ McLOUGHLIN

Photo by Gene Cohn Productions

among the top three."

This was the first major-race victory for McLoughlin, 30, a nurse at Saint Francis Hospital who will run for San Francisco State University beginning this fall. Alexander, 25, who ran 5,000-meter and 10,000-meter events for Stanford University before graduation two years ago, also won last month's Tandem Up and Coming two-mile race. Alexander is an engineer at Hewlett Packard.

Eleven hundred runners competed in this year's Takara Cable Car Chase, which started at Aquatic Park, wound east and south along the waterfront, turned down Davis toward the Financial District, veered west on California Street to Hyde Street, then north back to Aquatic Park.

When the lead runners hit the intersection of Drumm and California Streets, the cable came out of its "starting blocks" for the race-within-a-race that gives the Takara Cable Car Chase its name.

Eight to 10 runners sped by the cable car on the flat area on California between Drumm and Montgomery Streets. But when the grade turned upward, runners began to fall back before Mun's tireless iron horse.

At the steepest park of California, near the crest of Nob Hill, runners and cable car were battling an 18-degree grade. At that point, the cable car had passed all but the top three runners.

The cable car screeched to a stop at Jones Street. Runners continued past two blocks to Hyde Street before turning north toward the finish line at Aquatic Park.

The overall winners, Alexander and McLoughlin,

won trips to Osaka, Japan, to compete in the 10K Mainichi-Nissei Long Run in October. The runners who beat the cable car up California won wooden cable car replicas.

### Division Results - Men

19 & Under: 1. Enrique Zepeda 26:51, 2. Kenny Brown 28:21, 3. Greg Powell 30:22, 20-29: 1. Charles Alexander 25:34, 2. Noel Berkeley 25:49, 3. Jeff Shaver 26:19, 30-39: 1. Yamashita Nobuhiro 26:46, 2. Jack Martinez 27:44, 3. Skyler Jones 27:47, 40-49: 1. Sal Vasquez 28:12, 2. Robert Darling 28:52, 3. Rich DeGlymes 30:15, 50-59: 1. Robert Barber 31:12, 2. Joe Hancock 31:27, 3. Bill Catalanese 32:19, 60 & Over: 1. Gary Toji 39:47, 2. Martin Spiess 40:38, 3. Paul Lindstrom 48:09.

### Division Results - Women

19 & Under: 1. Rosanna Sansone 34:58, 2. Lisa Lopez 36:37, 3. Sondra Gibb 37:59, 20-29: 1. Jeanette Haddock 31:15, 2. Suzanne Hansen 32:50, 3. Natalie Simi 33:29, 30-39: 1. Irene McLoughlin 31:14, 2. Kim Rupert 32:10, 3. Sue Vinella Brusher 33:08, 40-49: 1. Linda Mantynen 34:29, 2. Jo Feeney 36:52, 3. Julie Yaffee 39:04, 50-59: 1. Cuis Wildn 43:21, 2. Gerri Paick 48:58, 3. Mary Crane 51:35.

## Legg Lake Races

### Legg Lake Run for Fresh Air

July 14, So El Monte, 5K

#### Overall Results

1. Bernabe Sanchez (30) 16:06, 2. Rob Slick (33) 16:46, 3. Fiamon Rojas (29) 17:06, 4. Arnold Rosas (29) 18:23, 5. Jerry Lawrence (36) 18:43, 6. Vincent Torres (15) 18:54, 7. Jono Lobue (12) 19:03, 8. Jeff Mintz (39) 19:11, 9. Ian Anderson (52) 19:32, 10. Chip Tumer (27) 20:11, 11. Randall Reese (43) 20:12, 12. Ruben Esqueda (59) 20:48, 13. Robert Singer (30) 20:52, 14. Mark McCaleb (42) 20:55, 15. Michael Griffith (40) 20:58.

### Legg Lake Carrera de Noche

July 20, So El Monte, 5K

#### Overall Results

1. John Tuttle (32) 16:22, 2. Dan Burton (29) 17:23, 3. Mario Chavarria (35) 17:39, 4. Vicente Rivera (30) 18:33, 5. Ed Szymanski (24) 19:08, 6. Jesus Ceja (37) 19:34, 7. Jaime Harin (36) 20:14, 8. Mike Brannon (35) 20:27, 9. Dwight Smith (43) 20:43, 10. Mike Manzano (27) 21:46.

### Legg Lake Good Evening Run

July 27, So El Monte, 5K

#### Overall Results

1. Bernabe Sanchez (30) 16:20, 2. Robert Briggs (17) 17:41, 3. Creighton Harris (17) 18:02, 4. James O'Connor (15) 18:28, 5. Jason Hobbs (14) 18:35, 6. Mike McLarty (41) 18:35, 7. Manuel Fariar (14) 19:27, 8. Andy McLarty (13) 19:35, 9. Jaime Marin (30) 19:37, 10. Eric Chavez (14) 20:04, 11. Maria Montoya (21F) 20:36, 12. Ken Dunn (40) 20:43, 13. Alan Adams (45) 20:55, 14. Jim Granados (30) 21:00, 15. Chad Castro (14) 21:00, 16. Dan Comis (17) 21:17, 17. Francisco Cruz (30) 21:23, 18. Dwight Smith (43) 21:26, 19. Mike Lakem (45) 21:30, 20. Leo Prado (60) 21:50.

### San Gabriel Run

July 29, So El Monte, 12K

#### Overall Results

1. Mario Guierrez (25) 39:04, 2. John Tuttle (32) 39:39, 3. K Stampf (24) 39:50, 4. Bernabe Sanchez (30) 39:58, 5. Alex Miranda (29) 39:58, 6. Rob Slick (33) 41:03, 7. John Holton (32) 41:36, 8. Takashi Yagisawa (35) 43:53, 9. Jim Perez (25) 45:52, 10. Jose Rosales (34) 46:26, 11. Travis Estes (41) 46:34, 12. Tom Perry (44) 47:30, 13. Ray Wilson (46) 47:50, 14. Kurt Shadler (32) 48:43, 15. Kenneth Perry (41) 48:46, 16. Tom Chan (21) 48:54, 17. Jaime Marin (30) 49:00, 18. Bill Yanez (42) 49:15, 19. Juris Germanas (29) 49:20, 20. Joseph Scalzo (48) 49:31.



# Reflections on the World Veteran's Games

By JIM GIBBONS

I DON'T KNOW HOW MANY BOWLS of Wheaties I had when I was a kid, but I do remember eating them while staring at Olympic Pole Vault Champion Bob Richards' picture on the box under the motto "Breakfast of Champions!"

Yes, the '52 and '56 Olympic Pole Vault Champ, who adorned Wheaties boxes from 1957 to 1970, must have inspired plenty of kids, heck, he certainly motivated me. I could always run faster, jump higher, and do more push-ups right after eating a bowl of Wheaties.

It didn't surprise me when I read in the *Eugene Register-Guard* last week that Richards, now 63, was still competing. Neither did it surprise me to read that he has traveled more than 14 million miles and given more than 14,000 motivation speeches. He is an original American hero.

What *did* surprise me was that I didn't recognize his picture. I wasn't prepared for those deep lines on his brow. That pained look on his face suggested things weren't going all that well. Richards was competing in the M60 Decathlon at the World Veterans' Games, and he was struggling. An old leg injury caused him to drop out of the decathlon and concentrate on the pole vault, his best event, where he eventually finished second.

Richards was just one of the nearly 5,000 athletes from sixty countries who were in Eugene for the Games. It was only fitting that Eugene--"The Track & Field Capital of the USA"--was host to the first World Veterans' Games ever held in the United States. Eugene, after all, is the city that brought you Steve Prefontaine, Mary Decker, Alberto Salazar, Bill Dellinger, and Nike Shoes. Where else can they pack the stands for a track meet? What other city has a pizza place

called Track Town Pizza? The most popular shopping spot for the foreign athletes during the Games was the Nike store in the Fifth Street Mall. Many athletes were buying Nike stuff they couldn't get in their own countries.

Even though I spent hours at University of Oregon's Hayward Field during the six days I was there, I actually missed most of the competition. I especially regret missing the races that friends were in. I wanted to see Joan Coleman run the steeple chase, Salley do the 400 meters, Eve Pell and Sister Marion jump over the cross country obstacle. But we're talking about a track meet eleven days long! We're talking about heats and heats and more heats. We're talking four different locations. We're talking about the biggest track & field meet in the world! Yes, even bigger than the Olympics because the Olympics includes ALL sports (give or take a few), and these games only included track & field, cross country, and the marathon.

Understand that there were no qualifying standards for these Games. Any man over 40 or any woman over 35 was able to compete. Competition was held in five-year age groups through 90+. This, of course, made some events packed with several heats before the best runners advanced to the finals. In the 5,000 and 10,000 meter races there were no heats, that is, the heats were the finals.

For example, there were five heats of the M45 division (Male 45-49), with the faster runners, including both the world and American record-holders, in the final heat. I was disappointed that I wasn't in this heat because a fast heat pulls you along to a fast time.

My dilemma was that I wanted a fast time for a high place, but I also wanted to win my heat. I wanted to prove that I deserved to be in the faster heat. If someone pushed the

pace, the results could be fast, but if nobody took the lead then it may be a tactical race. Invariably the one who pushes the pace in the 5,000 meters gets outkicked in the end. As it turned out, someone did go out fast for the first few quarters, but we reeled him back in by two miles. Three of us went through the first mile in 5:05, a perfect pace for me, but then we slowed down in the second mile to a 5:14. I was itching to make my move, but I didn't want to shoot my wad and get outkicked, so I ran relaxed and waited.

When I finally moved to the lead with two laps to go they were announcing the women's javelin winners, and apparently when the announcer looked back at my race he thought I was the Canadian John Woodcock who had been in the lead. So there in my brief moment of glory sprinting to the finish line I hear the announcer saying over and over again, "JOHN WOODCOCK! IT'S JOHN WOODCOCK OF CANADA IN FRONT! THE WINNER IS JOHN WOODCOCK!"

I jogged over to where my boys were standing with big smiles on their faces, happy that I won and more amused than I was with the announcer's mistake. Suddenly, a typical over-enthusiastic track fan grabbed my hand and shook it vigorously, "Nice race JOHN! Nice race!"

"My name's NOT JOHN WOODCOCK!" I responded, rather heatedly, causing him to shrink back, looking embarrassed and hurt. "And I'm NOT from Canada!"

Needless to say, from that moment on I became, John Woodcock of Canada. The real John Woodcock, just for the record, finished two seconds back for second, obviously spurred on by the announcer to catch me.

The worst part was I missed breaking 16 minutes by one point some measly seconds. And I felt so good! I just *knew* I could have run faster if I'd been in that last heat.

And the final heat was fast indeed, with Antonio Villanueva, world record-holder and defending champion, leaving the other runners in the dust. He missed breaking his own world record by a few scant seconds, finishing in 14:46--that's a 4:45 mile pace--and 26 seconds ahead of Mike Manley, the American record-holder! Let me just add that if John Woodcock were in that heat he would have been lapped!

Looking on the bright side, however, since I won the second-fastest heat, and seven

*continued next page...*



from the final heat were faster, I finished eighth overall out of the 84 entered in all five heats, and third for the USA.

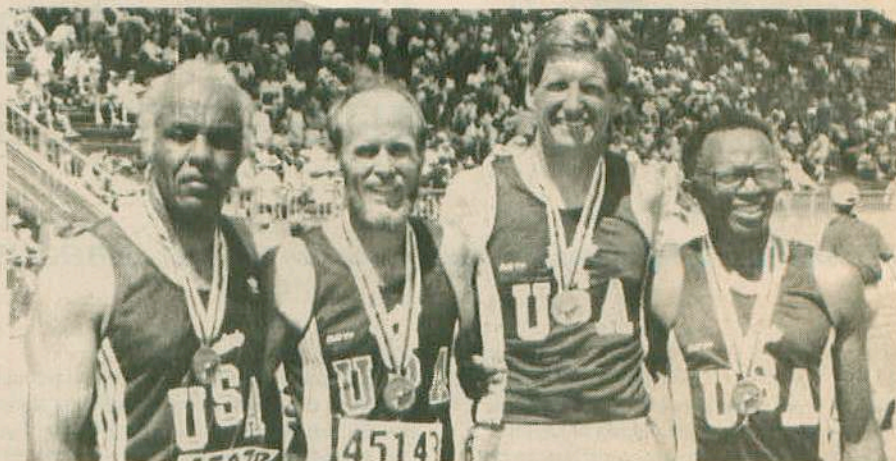
The M40 5,000 was much quicker. The top 35 runners all finished under 16 minutes. Steve Ferraz, one of the top master runners in California, placed 14th in his heat and 22nd overall with a 15:39. This supports my theory that runners slow down considerably by their mid-40s. I've noticed that guys in their early 40s are real gung ho, they feel that aging is all in your head. Then they get injured and find it a little harder to get back in shape. Soon they hit their mid-40s and admit they need more recovery after races and tough workouts. They find speedwork tougher to do. They move a little slower getting out of bed in the morning. They find a few more grey hairs. Something is happening and it's not just mental.

I was telling Stan, age 46, about this mid-40s slowdown one evening at the campsite, and he replied, matter-of-factly, "Yeah, that's when God pulls the plug."

My next dilemma was whether or not to run the 10K cross country two days later, or save it for the 1500 meters the day after that. Many runners approached the Games as if it were a huge carnival and they were going on as many rides as they could fit into their schedule. A few, such as Derek Turnbull of New Zealand, even won most of his events, breaking world records along the way. The 60-year-old sheep farmer won his age division in the 10K road race, the 10K track (that's 25 laps!), the 10K cross country, the 1500 meters (both the heat and the finals), second in the 5K track (he had a good excuse but I forget now just what it was), and then on the final Sunday he did the marathon because he always does a 25 miler on Sunday anyway. What a guy!

And there I was afraid to run the 10K cross country on Thursday for fear of being too tired to run a puny 1500 meters the following evening. The worst part was that my wimpy attitude cost me the only real chance I had of winning a gold medal. And I knew it! I predicted it! The way it worked was the first five USA finishers got a team medal if the team placed in the top three. And let me tell you, the team medals and the individual medals look exactly the same!

The M45 USA team won the gold, as did most of the USA teams because of our depth, and the fifth place USA time was 5 minutes slower than the Pacific Sun 10K I ran last May. Here I could be writing about how I won



Gold medalists in the 1600 meter relay /45-49 (left to right): Mel Brooks (Oakland), Dennis Duffy (Fresno), John Aldridge (Sacramento) and Roy Turner (Dallas). Their time at the World Veteran's Games in Eugene -- 3:32.4.

the Gold and instead I'm whining about how I *could* have won the Gold.

I was at the results board when the Americans realized they won, and I'll tell you I really felt left out. It was about as bad as getting nothing for Christmas. I mean, all I had to do was run the flat, three-looped course and I could be fondling that gold medal right now.

The closest I got was the one Marion had around her neck after winning the W55 10K Cross Country. "How many do you have," I asked her, nonchalantly.

She thought for a second, doing some quick mental arithmetic, and replied, "Three... No, four, we won the team title, too."

I give one up, and she has trouble remembering how many she earned.

Oh well, I stuck to my guns. The plan was to run a fast 1500 and make it to the finals. I had been training for this event since May. Of course, many of the other runners had been training for this event since they were in high school and college. They were milers. They were ex-Olympians. That's what they did best. They might run an occasional 800 meters to tune up their speed, or a two-mile or 3,000 meters for some endurance, but they were specialists.

On the other hand, I have spent the bulk of my last twelve years training for races be-

tween 10K and the marathon. It's really hard to go to the track every week and run fast. Darn hard to do without anyone to do it with. Fortunately, Chris Thomas and my son has been pushing me this year, and that has helped. But while I was doing my weekly track workouts wedged between road races, these other guys were meeting their buddies at the track two, three, and four times a week. And entering track meets!

I did enter two all-comers track meets at the Santa Rosa J C, and I bring my mile time down from a 4:46 to a 4:41, but the Games were rapidly approaching and I still didn't feel quite ready. I did arrive at one piece of advice that I'll share with you, however, which is if you want to run a fast 5K, train for the mile. This shard of knowledge goes hand-in-hand with a previous gem: If you want to run a fast half-marathon, train for the marathon.

This time I was placed in the fast heat with Manley, the American record-holder, three of the tough Britts, and Kip Keino. Remember Kip Keino and the '68 Mexico City Olympics? Jim Ryun, the Kansas school boy and world-record holder in the mile (3:51) was expected to win, but instead he got dusted by the African from Kenya. Yep, Kipchoge Keino, Olympic 1500 meter Champion and the guy who lowered the world record to 3:49, was in my heat.

*continued next page...*



---

I hit the first quarter in :67 and the half in 2:16, faster than I could handle and still finish with a decent kick. I was running in eighth place going into the third lap and there was Keino ahead of me. I passed him just before the bell lap and dug down deep. I caught one more guy before the finish line, giving me sixth place and a shot at the finals.

My time was 4:20.41. They were taking the winners of each of the four heats and the next eight fastest times. When they posted the results I was amazed to see how close it was. Four of us from three different heats ran 4:20. There was a 4:20.01 (10th), 4:20.2 (11th), 4:20.41 (12th), and 4:20.42 (13th). I had made it into the finals by one-hundredth of a second!

Only problem was I felt dreadful. I had this deep hacking cough everytime I tried to take a deep breath. My chest hurt, my sinuses were flowing, and my calves were tight. And for some stupid reason I was elated that I made it into the finals. I was truly living in the present, my moment of bliss, my sweet spot in time, forgetting momentarily what it meant was that I had to run another hard race just 24 hours later.

That night back at the KOA Campground, my friends Stan and Salley Miklose, and all our kids, treated me like a hero. I felt so good I even surpassed my two-beer limit. Reality didn't hit until I woke up in the middle of the night to pee and discovered that I still couldn't take a deep breath without coughing. This could be serious. The only thing I knew for sure was that I had already passed up my chance for a gold medal in cross country to make it to the finals of the 1500. I had made it, I was a hero, and now I had to run.

When we got to the track Saturday afternoon they were finishing up the women's finals in the 1500, and soon they would start with the older men and work down to the youngest. My race was at 8:40. It would be cooler by then, and the wind would die down. I had time for a massage. My calves were still tight from running the 5000 in spikes on Tuesday, causing me to run the whole way on my toes. The woman who worked on me said I had already lost 20% of my efficiency by running on tight hamstrings, and would eventually get injured if I continued to compete.

"Hey, look, I've got a final to run tonight," I whimpered, "Can't you do something?"

"Why didn't you come here sooner?" She asked, in a hopeless, scolding voice.

"I wanted to but there was always such a long line. . . I figured. . . I don't know. . ." Just what I needed, someone to tell me I was going to run even slower than I already had anticipated.

After leaving the massage tent I ran into Joan Coleman and Steve Ottaway walking arm in arm, all smiles. Joan was breaking world records left and right so naturally I asked him what she was doing to get the edge on her competitors, and he says, "Running with me."

Why is it whenever someone starts coaching someone else their own running seems to go to pot? She's been kicking butt these last several months, getting faster and faster, while he's getting slower and slower. Even my 15-year-old son Eli beat him in a 10K last May.

Anyhow, then I asked her, half jokingly, "What is it? Is there something I can eat or drink? What's the answer? And she smiled, looked at Steve and replied, "Plenty of sex."

The Saturday night finals of the 1500 were also the final night of the Games. Hayward Field was packed. These are the times I always cherish. Being part of the elite, among the select few. Going for the Gold. But something was wrong. I felt totally relaxed. Not a nervous tic in my whole body. This, of course, was a bad sign. I not only didn't expect to win, but I didn't even care if I finished last. I mean, I did have the slowest qualifying time, didn't I? And I'm not really a miler, am I? I felt like I made it by luck, that I didn't deserve to be in there. I mean these guys are the best in the world, right? I felt like an imposter who would be found out before the race was over.

To make matters worse, every time I looked around I saw someone I knew. Someone who would be disappointed with my performance. Someone who thought I was better than I really was. I guess I went into that race in about the worse mental and physical shape possible.

What I really could have used right then, it occurs to me now, was an inspirational chat with the Reverend Bob Richards. Or at least a big bowl of Wheaties!

To make matters even worse, they put me in the twelfth lane. I immediately fell in behind everybody. Yet I was surprised how good I felt after the first 68-second lap, even though I was in last place, and how comfortable I felt after the half in 2:18, still in last place. We were a tight bunch, the leader no more than two or three seconds ahead of me, but just

when I thought I could pass a few runners, just when I was deciding to make my move, everybody made their move, and I ended up chasing the whole tight bunch all the way to the finish line, still in last place.

The best part of the race was the cheering. My friends from California were chanting my name, and I heard my kids and Ottaway yelling. I felt bad that I couldn't do better, but I did end up with a personal best time of 4:19, which is the rough equivalent of a 4:36 mile. Of the nine who finished ahead of me, only two were from the USA, Tom Laris (4:15) and Neil Doherty (4:18). Manley, the American record-holder, scratched after pulling a groin muscle in the steeplechase earlier in the day, which sort of gave several runners a second chance. The ten seconds that separated first place from last place was the tightest finish of the evening.

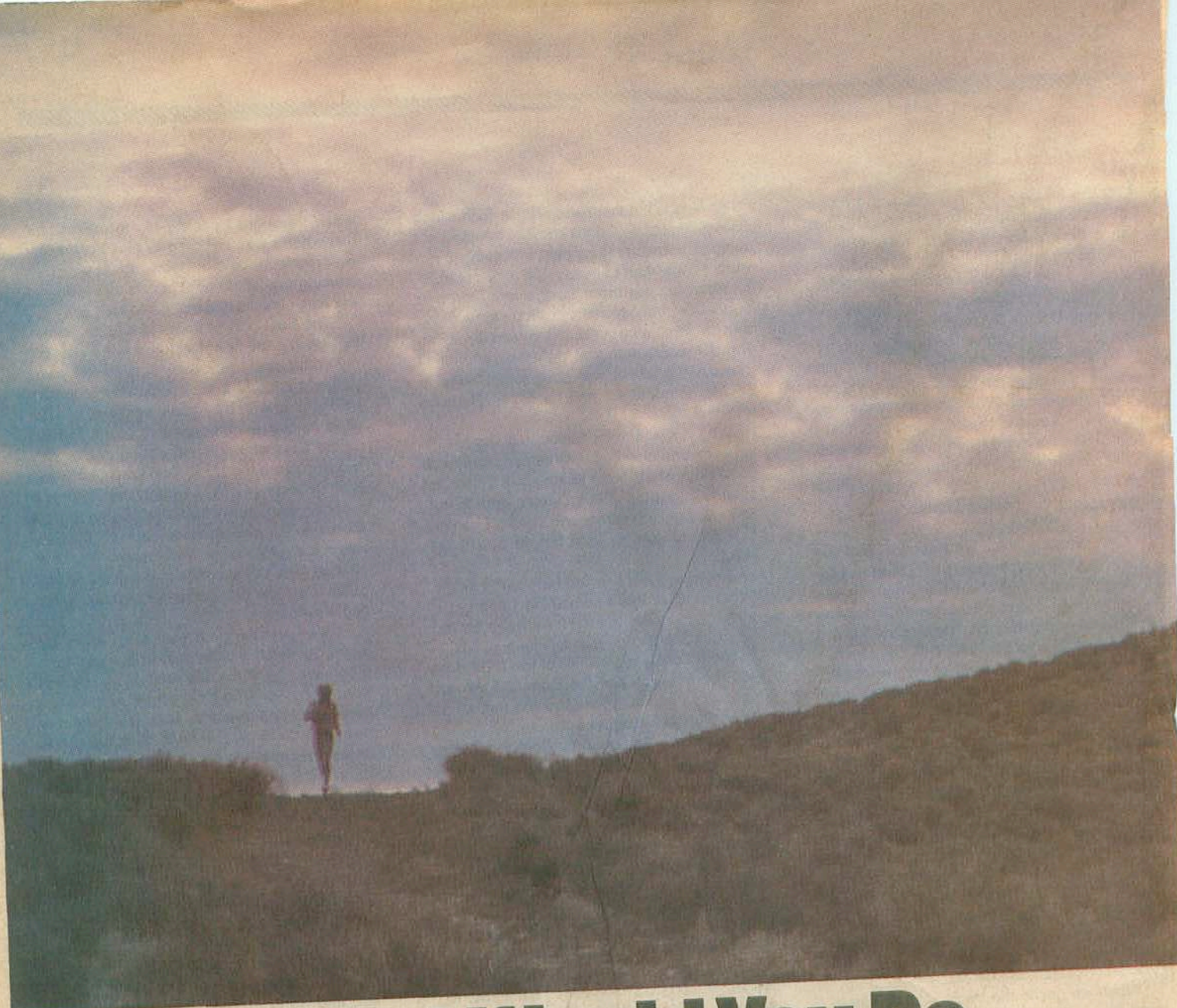
I was just happy it was over, and I felt much better physically, too. In the final race of the evening, the M40, Wilson Waigwa, the Kenyan runner who lowered the world masters record in the mile to 4:05, went after his own record of 3:50. He hit the first lap in 60-61 with a big smile on his face, the second lap in 2 minutes flat and still no sign of wear. He was nearly a half a lap ahead of his rivals with less than a lap to go. The crowd went nuts as he came in under the record. His official time was 3:49.47, a new world record.

But wait, what was wrong? He was walking around with his head down doing crazy figure eight patterns on the track. My son Eli, who was there getting his autograph at the time, said he lost his false tooth.

I don't know how many personal, American, and world records were set during the Games, but quite a few, especially in the women's events. Women's records are a tad softer than the men's, especially the American records, due to not having the same opportunities the American men had, but they're catching up fast.

My thoughts were already geared to the 1991 games in Turku, Finland, home of Paavo Nurmi, the famous Flying Finn. My first reaction was, I can't afford to go all the way to Finland to run a track meet, that's ridiculous. But the more I think about it, the more inviting it is. After all, it's not winning or losing that counts in these veteran games, but rather how many running vacations you can take before you die. ♦





# What Would You Do If You Couldn't Run Anymore?

It's the one question that every runner doesn't want to think about. Ever. But we have. And the result is the Etonic Stability System.<sup>™</sup> This new series of shoes combines lightweight cushioning with the unique, customized support of our DRP Plus<sup>™</sup> plates that are

specifically designed to help prevent injuries. So if you want to protect your running days, maybe you should give them a closer look.

In fact, there's no question about it.

**Etonic<sup>®</sup>**  
Built So You Can Last.



StableBase<sup>™</sup>

StableLite<sup>™</sup>

StablePro<sup>™</sup>

StablePlus<sup>™</sup>