

OCTOBER 1991

ISSUE NO. 173

# CALIFORNIA

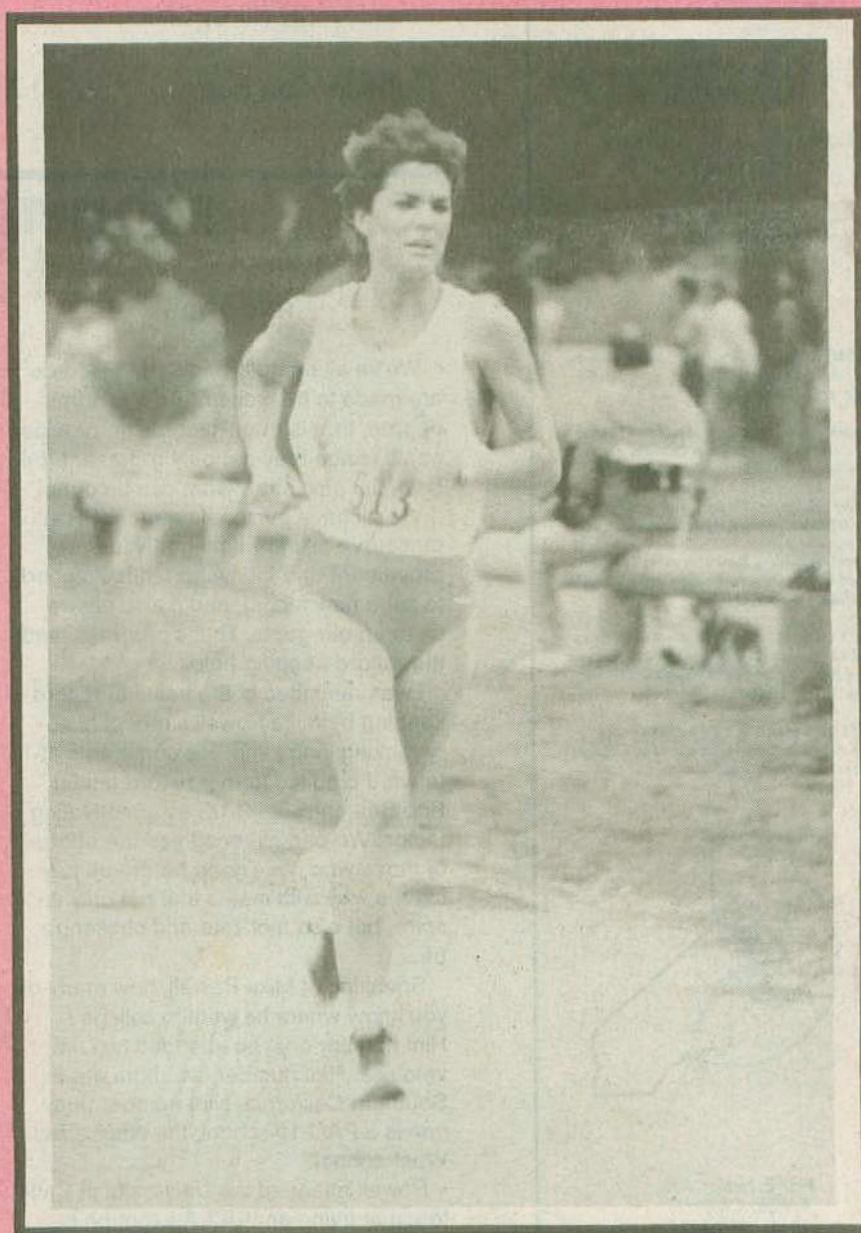
## Running News

✓ ENERGY FOODS

✓ STAGNATION...  
HOW TO BREAK  
OUT

✓ OCTOBER,  
NOVEMBER  
AND DECEMBER  
SCHEDULE

✓ RESULTS



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

*California's Road Racing Magazine*

Eighteenth Year

\$2.25

# CALIFORNIA

## Running News

**Bill Cockerham**  
Editor & Publisher

**Judy Cockerham**  
Production/Advertising Manager

**Elaine Fraley**  
Production Assistant

**Jack Leydig**  
Scheduling Editor

**Richard Lee Slotkin**  
Long Distance Editor

**Nancy Clark**  
Nutrition

PHOTOGRAPHERS: Gene Cohn, Rich Gardner, Kenneth Lee, Kirby Lee, Bill Leung, Jr., Elaine Rosenfield, Stan Rosenfield, Richard Lee Slotkin, and Mark Winitz.

**California 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 Running News** has an average circulation of 8,000 copies consisting of paid subscriptions, store sales, and promotional copies.

**California 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 is the first of the month previous to cover date. Send for current rate card. Special discounted rates for meet/race/clinic ads.



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

MEMBER OF RUNNING INTERNATIONAL

# TABLE OF CONTENTS

OCTOBER 1991

Issue No. 173

Schedule.....	4	Results.....	18
The Athlete's Kitchen.....	16	"Breaking Out of Stagnation".....	27
"Energy Foods: Lollipops or Lentils??"		By Jeff Galloway	
By Nancy Clark			
Subscription Form.....	17		

## FROM THE EDITOR

### RECORDS

We've all heard it said that, "Records are made to be broken." And, to some degree, that is true. Records do provide goals, since they not only represent the best, but also show what can be done.

We all have personal records (PR's) that serve as individual goals for improvement and motivation. It feels good to set a new record, and it also allows us to up our goals. That's progress, and the record-keeping helps.

I was reminded of the value of record keeping by Mike Powell's recent history-making long jump. His comments afterward credited former record holder Bob Beaman's 29-2 1/2 as a motivating factor. We can all recognize the efforts of those who have gone before us paving the way with marks that not only inspire, but also motivate and challenge us.

Speaking of Mike Powell, how many of you know where he went to college? Hint number one: he attended two universities. Hint number two: both are in Southern California. Hint number three: one is a PAC-10 school, the other a Big West school.

Powell attended the University of California at Irvine and UCLA although his collegiate career was most notable for never scoring at the NCAA meet. In 1984, though, as a junior at UCI, he did

finish second at TAC and sixth in the Olympic Trials. He took a year off between UCI and UCLA, during which he raised his PR to 26-9 and his first world ranking -- 10th. Re-entering college in 1986 at UCLA, he again had difficulty with the collegiate track scene and dropped out of the U.S. rankings altogether.

Powell didn't start on top; he worked his way up over the years, a piece at a time. He believed he could do it because someone else had done it before. Now he is on top and his 29-4 1/2 will provide the inspiration, motivation and challenge for someone else.

Of course we can't all be world record holders. But we can set goals that are higher than we've done before; and because others have done it we can know that it is possible. Maybe, with enough desire and hard work, we can do it too. And, just maybe, we can do it better.

**ON THE COVER : JANI JOHNSON**  
winner of the SLO Women's Distance  
Festival 5K/Sarah McGhee in 18:01.

Photo by Elaine Rosenfield

West Valley Track Club Presents  
18th Annual

# Christmas Relays

PA/TAC OPEN CHAMPIONSHIPS

Lake Merced, San Francisco

4 Person Teams • 4 1/2 Miles Per Leg

Sunday, December 15, 1991



**LOCATION:** Start/Finish and all exchange points at Sunset Circle Parking Lot (Sunset Blvd. @ Lake Merced).  
**STARTING TIME:** TWO STARTS THIS YEAR! "OPEN" and "CORPORATE OPEN" (Div. A) & "SUB-MASTERS MEN" (Div. F) start together at 9 a.m. All other teams will start at 9:10 a.m.  
**DISTANCE:** Each of 4 members runs one 4.464 mile leg...OK to run one leg on more than one team.

**PRIZE MONEY**  
PA/TAC Open Relay Championship \$650 prize money. "Open" and Div. "N" eligible. All members must have current TAC cards to qualify for prize money.

**REGISTRATION:** Fees payable to West Valley TC. Entry fees are non-refundable and non-transferable. \$12.50 per person with long sleeve shirt (\$50 team). \$8 per person (\$32 team) with no shirt, if entry postmarked by December 7. \$40 late registration with no shirt. DO NOT MAIL ENTRY AFTER DEC. 7-- enter raceday instead. IMPORTANT: Team members may be changed after entry is submitted (within same division), but Division Changes must be made at registration (bring old set of #'s with you!) Pre-Entries enclose a Self-Addressed Stamped Envelope for mailing numbers (otherwise pick up at Sunset Parking Lot on raceday after 7:30 a.m.). Post-Entries (after Dec. 7) must register after 7:30 a.m. on raceday.

**RULES:** If a division change results after start of race, report this at finish and you will be placed in OPEN division results. Substitutions may be made during race if this doesn't change division status. WOMEN may compete in any of the divisions. AGES are your age on Dec.15, except JUNIORS must not turn 20 in 1991.

**AWARDS:** RIBBONS to all finishers. SPECIAL DIVISION AWARDS to top division teams (all members). RAFFLE--Merchandise awards.

**DIVISIONS (# of awards per division) -- (Record):**

- "OPEN" (19) -- No restrictions (1:24:22)
- DIV. B (3) -- Junior Boys (born 1972 or after) (1:32:22)
- DIV. C (1) -- Junior Girls (born 1972 or after) (1:56:52)
- DIV. F (6) -- Sub-Masters Men (30 years or older) (1:31:43)
- DIV. L (3) -- Men's 50-Plus (50 years or older) (1:43:49)
- DIV. R (2) -- Master's Women (40 years or older) (1:49:35)
- DIV. T (1) -- Women's 50-Plus (50 years or older) (2:02:01)
- DIV. U (1) -- 14 & Under (must not have reached 15th birthday. Mixed or all same sex.) (2:07:05)
- DIV. Y (1) -- Law Enforcement (members must be from same jurisdiction; can be active employees or reserves--police, fire,CHP, Sheriff's Dept., national park, etc. -- military police OK if from same facility.) (1:43:26)
- DIV. A (7) -- Open Corporate Division (employed with same firm at least 20 hrs/wk. U.S. Government does not qualify unless a specific facility is involved.) (1:31:55)
- DIV. H (6) -- Masters Men (40 years or older) (1:34:28)
- DIV. N (5) -- Women's "Open" (no age restrictions) (1:40:08)
- DIV. X (3) -- Sub-Masters Women (30 years or older) (1:48:02)
- DIV. S (1) -- 200 Lb. (sum of members' wt. must be 800 lbs.+, weigh-in prior to start.) (1:56:46)
- DIV. W (1) -- Corporate Women (same rules as Div. A, except women only) (1:53:37)

**RETURN TO:** Christmas Relays, c/o Marc Lund, 1433 Norman Dr., Sunnyvale, CA 94087 (checks payable to West Valley TC). FOR INFORMATION: Flory Rodd (415) 387-7172. \$50 (\$32 no shirts) ENTRY FEE (non-refundable, non-transferable) must be sent with entry form. DO NOT MAIL IF POSTMARKED AFTER DEC. 7 (enter raceday for \$40). ENCLOSE S.A.S.E. to receive #'s or pickup raceday (23 cents postage/team beyond first team in one envelope...use larger envelopes.)

**WAIVER:** In consideration of your accepting our entry, we, intending to be legally bound, hereby for ourselves, our heirs, executors and administrators, waive and release forever, any and all rights and claims or damages we may accrue against TAC, West Valley TC, Inc., the City and County of San Francisco, the San Francisco Parks & Recreation Dept., and any and all sponsors of this event, their successors, representatives and assigns, for any and all injuries suffered by our team while travelling to and from, and while participating in the 1991 Christmas Relays.

Date \_\_\_\_\_ Team Representative (18 & over) \_\_\_\_\_

TEAM NAME: \_\_\_\_\_  
If a club or organization enters more than one team in a division, follow the name by an appropriate designation such as "A" Team, or any other unique name(s).

CIRCLE DIVISION ENTERED (Use pencil)    OPEN    A    B    C    F    H    L    N    R    S    T    U    W    X    Y

LIST TEAM MEMBERS (Use pencil) -- NOTE: Names may be changed on raceday. Division Changes to be done raceday!

- 1. \_\_\_\_\_ Age \_\_\_\_\_
- 2. \_\_\_\_\_ Age \_\_\_\_\_
- 3. \_\_\_\_\_ Age \_\_\_\_\_
- 4. \_\_\_\_\_ Age \_\_\_\_\_

**PROVIDE TAC #'S IF COMPETING FOR PRIZE MONEY.**

MAIL NUMBERS/RESULTS TO (Enclose S.A.S.E. to receive numbers!)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State / Zip: \_\_\_\_\_  
Phone: (    ) \_\_\_\_\_ Home or Work?

OFFICIAL  
USE ONLY

# 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 3 (Thursday):

**So. El Monte:** Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## October 5 (Saturday):

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

**San Francisco:** Sports Challenge (corporate sports challenge of 5 mini-Olympic style events), (10-person teams: 5 Men/5 Women), Marina Green, 9 a.m. (\$500/Team). Melissa Linton, Cystic Fibrosis, 350 Sansome St., Suite 640, San Francisco 94104. (415) 677-0155.

**Berkeley:** Strawberry Canyon Run, 5.5 Mi. Run, Edwards Stadium (Oxgord & Cross Campus Rd.), 9 a.m. (800 Limit). Lawrence Hall of Science, Univ. of California, Berkeley 94720. (415) 642-5133.

**San Jose:** Run Under the Sun, 5 & 10K, River Oaks, 8 a.m. Info: Mary Alexander (408) 243-2740. Jubilee Christian Ctr. (408) 262-0900.

**Fresno:** Dual at the Dam Biathlon, 9 Mi. Run, 23 Mi. Bike, Millerton Lake, 9 a.m. Tri-Harder Productions, P.O. Box 25610, Fresno 93729. (209) 434-6248.

**Visalia:** Kingsbury Summer Biathlon Series, 5K Run with .22-Cal Rifle Shooting, Time TBA. John Borba, 345 N. Jacob, Visalia 93291. (209) 738-3508.

**Irwindale:** Colors of Autumn 5 & 10K and 1 Mi. Run/Walk, Santa Fe Dam Recreational Park, 7:30 a.m./1 Mi., 8 a.m./5K, 8:30 a.m./10K. Irwindale Recr. Dept., 5050 N. Irwindale Ave., Irwindale 91706.

**So. El Monte:** Legg Lake 5K, 5.4 Mi. & 0.75 Mi. Evening Runs, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Corona:** Corona Firefighters' Run for Fire Safety, 5 & 10K, Corona H.S., 7:45 a.m./5K, 8:15 a.m./10K. Richard Posthuma, Corona Firefighters' Run, P.O. Box 1510, Corona 91720. (714) 737-9641.

**Santa Monica:** St. Monica's Oktoberfest 5/10K Run & Festival, Lincoln & Washington Ave., 8:30 a.m. John Donahue, 725 California Ave., Santa Monica 90403. (213) 319-9772.

**Novato:** Stafford Lake Challenge Trail Race, 5K & 7.5 Mi., Stafford Lake County Park (Novato Blvd.), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (510) 841-11900.

**Novato:** Stafford Lake Biathlon (3 Mi. Run, 10 Mi. Bike, 2 Mi. Run), Stafford Lake County Park (Novato Blvd.), 10:30 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (510)841-1190.

**Merced:** Castle Air Force Base Golden Anniversary Air Show 10K Run, Fitness Center, 7:30 a.m. Air Show Run, c/o Matt Crabbe, 3596 San Jose Ave., Merced 95348. (209) 725-9019, eves.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Tehachapi:** Tehachapi Apple Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Newport Beach:** Run Newport 2K & 5K, Newport Harbor H.S., 8 a.m. NHHS Harbor Heritage Run, 600 Irvine Ave., Newport Beach 92663.

**Las Vegas, NV.:** Run for the Roses 5K, Location & Time TBA. Tri-A-Run, Jan/Bill Cal-

lanan, 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

**Las Vegas, NV:** Angel Park Open 5K. Westcliff & Durango. Time TBA. Info: Paul Lawton (702) 799-4000.

## October 6 (Sunday):

**Sacramento:** Sacramento Marathon & Half-Marathon, William Land Park, 8 a.m. Ron Sturgeon, P.O. Box 995, Dixon 95620. (916) 678-5005.

✓ **Minneapolis, MN:** Twin Cities Marathon, Time TBA. Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55480. (612) 341-8400.

**Toronto, Ontario:** The Shoppers Drug Mart Toronto Marathon. Ontario Track & Field Association, 1220 Sheppard Ave. East, Willowdale, Ontario, M2K 2x1. (416) 495-4311.

**San Francisco:** California Mile, 8 a.m., California Street to Nob Hill. California Mile, Mike Marcus, P.O. Box 2417, Mill Valley 94942. (415) 383-0314.

**San Francisco:** DSE North Embarcadero Run, 6.25 Mi., Embarcadero & Berry St., 10 a.m. Info: (415) 978-0837.

**Crockett:** Carquinez Scenic Run, 2 Mi. & 10K, John Swett H.S. track (out and back to Port Costa), 9 a.m. Gary Dias, Crockett Recr. Assoc., P.O. Box 174, Crockett 94525. (415) 787-2669.

**Orinda:** Orinda Rotary Foot Feet, 5 & 10K, Orinda Village (Park in BART log), 8:30 a.m. Jim Reed, 3 Altarinda Rd., #201, Orinda 94563. (415) 254-7893.

**Santa Cruz:** Santa Cruz Sentinel Triathlon, 1 Mi. Swim, 23 Mi. Bike, 10K Run, 7 a.m. (1100 Limit). Alice Helmer, Santa Cruz Sentinel Triathlon, Box 638, Santa Cruz 95061. (408) 423-4242, X4241.

**Moorpark:** Moorpark County Days 5K, 10K & 1 Mi., Moorpark H.S., 8 a.m. Moorpark CDR, P.O. Box 1003, Moorpark 93020. Bruce Thomas (805) 529-9215.

**So. El Monte:** Legg Lake 5K, 5.4 Mi. & 0.75 Mi. Evening Runs, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

# SCHEDULE

**Fremont:** Pumpkin Patch Run/Stride, 5K, Central Park Swim Lagoon (parking lot), 9 a.m. City of Fremont Leisure Services Dept., 3375 Country Dr., Fremont 94536. (510) 791-4324.

**Santa Rosa:** Harvest Fair 3K & 10K, Sonoma County Fairgrounds, 8 a.m. Linda Beth Swan, c/o YMCA, 1111 College Ave., Santa Rosa 95404. (707) 545-9622.

**Soledad:** Soledad Mission Bicentennial 5 & 10K, 9 a.m. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903. (415) 472-RACE.

**Reno, NV:** Silver State 15K (PA/TAC Championships), Location & Time TBA. Info: Bill Meister (702) 849-0419.

**Valencia:** Magic Mountain 5K Run, 8 a.m. Kiwanis Club, P.O. Box 656, Newhall 91322. (805) 255-6470; (818) 362-8081.

**El Segundo:** Roger's 5K Run and 1 Mile Kids' Run, El Segundo & Douglas, 8:30 a.m. Great Western Bank, 550 N. Sepulveda, El Segundo 90245. (213) 322-9114, X301.

## October 10 (Thursday):

**So El Monte:** Legg Lake 5K, 5.4 Mi. & 0.75 Mi. Evening Runs, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## October 12 (Saturday):

**Ventura:** Ventura Marathon, Ventura College, 8 a.m. Frank Salowitz, Ventura Marathon, P.O. Box 7141, Ventura 93006. (805) 485-4778.

**Aptos:** Aptos Creek Marathon, Half-Marathon & 10K, Aptos Village Park (Thru Nisene Marks State Park), 9 a.m. EnviroSports, P.O. Box 1040, Stinson Beach 94970. (415) 868-1829.

**Millbrae:** Earthquake Day 10K, Skyline Blvd. & Hillcrest at I-280, 8 a.m. Earthquake Day, Board of Supervisors, 401 Marshall, Redwood City 94063. (415) 367-7412.

**Bakersfield:** Great Grape Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 725-2209.

**Bakersfield:** Quality Schools Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 397-3744.

**Montebello:** 2 Mile Dash, Grant Rea Park

(600 N. Rea Dr.), 7:30 a.m. Jim Granados, 2310 Havenbrook St., West Covina 91790. (818) 339-7767.

**So. El Monte:** Legg Lake 5K, 5.4 Mi., & 0.75 Mi. Evening Runs, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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

**San Diego:** Moving Comfort 8K, Mission Bay Park, 7 a.m./Men, 7:30 a.m./Women, 7:35 a.m./3 Mi. Stride. Race Director, 2115 Craig Ct., Lemon Grove 91945. (619) 460-3110.

**Oakland:** Mills College 5K New Trail Run & Stride, 8:15 a.m./Coed Fun Run, 9:30 a.m./Women's 5K X-C, 10:15 a.m./Men's 5K X-C. Patti Gray Bellan, Mills College Athletics, P.O. Box 9971, Oakland 94613. (510) 430-3282.

**Riverbank:** Run for the Cheese 10K, Community Park (6th & Stanislaus), 9 a.m. Riverbank Chamber of Commerce, 3237 Sante Fe St., Riverbank 95367. (209) 869-4541.

**Walnut:** Walnut Family Festival 5K Run, Suzanne Park (625 Suzanne Rd.), 8 a.m. Shelly Piccardi, City of Walnut, 21201 La Puente Rd., Walnut 91789. (714) 595-7543.

**Los Angeles:** Chrysalis 5 & 10K Runs for the Homeless, Griffith Park (Ranger Station), 8 a.m. Chrysalis Center, 702 S. San Pedro St., Los Angeles 90014. (213) 623-9394.

**Las Vegas, NV:** The John L. Bailey "Juan in a Million" Memorial Race, 5K, 9300 W. Sahara, 8:15 a.m. Edward Preciado, 700 E. Charleston Blvd., Las Vegas, NV. 89104. (702) 385-1281.

## October 13 (Sunday):

**Burlingame:** Sri Chinmoy 12 Hour Race, 7 a.m. Burlingame H.S. Sri Chinmoy Marathon Team, (415) 753-5998.

**San Francisco:** DSE Coit Tower Run, 3 Mi., Dolphin Club (502 Jefferson at foot of Hyde St.), 9 a.m. Info: (415) 978-0837.

**San Francisco:** Fleet Week 10K Bay Bridge Run, Fisherman's Wharf to Treasure Island, 8 a.m. (ferry service back to start). Race Central, P.O. Box 828, Rialto 92377. (415) 395-4245.

## 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



# SCHEDULE

**San Francisco:** Gay Run '91, 5 & 10K (& 5K Walk), Golden Gate Park (South Parking Lot, Polo Fields), 9 a.m. Front Runners, Attn: Gay Run, 1550 California St., Suite 6L200, San Francisco 94109. Marie: (415) 921-3697.

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

**San Ramon:** Primo's to Primo's, 5K, 10K & Half Marathon, 7:30 a.m./H-M, 8 a.m./5&10K.

**Fremont:** Coyote Hills Race, 3.5 & 7 Mi., Coyote Hills Regional Park, 10 a.m. Newark Recr. Division, Attn: David Zehnder, 35501 Cedar Blvd., Newark 94560. (415) 745-1124.

**Morgan Hill:** Columbus Day Biathlon, 5 Mi. Run & 15 Mi. Bike, Live Oak H.S. (1505 E. Main St.), 9 a.m. South Valley Tri-Sports Club, P.O. Box 1927, Morgan Hill 95038. (408) 729-3720.

**Salinas:** Salinas Skyclimb, 7.5 Mi., Quail Meadow picnic area, Time TBA. Skip Latham, 105 Harvest St., Salinas 93901. (408) 424-6155.

**San Luis Obispo:** Cuesta College, P.O. Box 8106, San Luis Obispo 93403. (805) 546-3207.

**Santa Clarita:** SCA/TAC 20K District Championship & Celebrate Life 5K, 8 a.m. Vince McGrath, 21618 Farmington Ln., Saugus 91350. (805) 296-8898.

**Studio City:** Studio City 5 & 10K Runs, Laurel Canyon & Ventura, 8 a.m./5K, 8:30 a.m./10K. Studio City Chamber of Commerce, 11201 Ventura Blvd., Suite A, Studio City 91604. (818) 980-3811.

**So. El Monte:** Legg Lake 5K, 5.4 Mi. & 0.75 Mi. Evening Runs, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Rafael:** Fourth Street Mile, New George's, 10 a.m. to noon. Don Swartz, c/o New George's, 842 Fourth St., San Rafael 94901. (415) 258-9833.

**Rio Vista:** Rio Vista Bass Derby 5 & 10K, Bruning Park (California & Montazuma), 8 a.m. Race Ready Race Management, P.O. Box 1295, Broderick 95605. (916) 372-7367.

**Sacramento:** Zoo Zoom 5K/10K (PA/TAC 10K Championships), 1/2 Mi. & 1 Mi. Kids' Runs, William Land Park, 8 a.m./1/2 Mi., 8:30 a.m./1 Mi., 9 a.m./5K, 9:30 a.m./10K. Sacramento Zoological Society, Attn: Zoo Zoom, 3930 W. Land Park Dr., Sacramento 95822. (916) 449-5166, (916) 449-5888.

**Montclair:** Montclair Baldy View 5 & 10K Runs, 7:30 a.m. City of Montclair, 5111 Benito St., Montclair 91763. Brad Bennett: (714) 626-8571 X267.

## October 17 (Thursday):

**So. El Monte:** Legg Lake 5K, 5.4 Mi. & 0.75 Mi. Evening Runs, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## October 19 (Saturday):

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

**Kailua-Kona, HI:** Gatorade Ironman Triathlon, 2.4 Mi. Swim, 112 Mi. Bike, 26.2 Mi. Run, Time TBA. Info: (800) 329-0063.

**Mount Baldy:** Baldy Peaks 50K Run, Ice House Canyon, 7 a.m. (93 Runner Limit). John Davis, 1941 Radford, Claremont 91711. (714) 626-7965.

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

**Berkeley:** Golden Bear Challenge 5/10K, Edwards Stadium (UC Berkeley), 8:30 a.m. Mani Noorani, 61 Harmon Arena, Univ. of California, Berkeley 94720. (415) 642-2427.

**Antioch:** Mt. Diablo Triathlon Classic, 1 Mi. Swim, 24 Mi. Bike, 9.3 Mi. Run, Contra Loma Regional Park, 8:30 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Danville:** Mt. Diablo Classic, 10K Run/Walk, Rock City (camp area) (South Gate off Diablo Rd. to summit), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Salinas:** Heart & Sole 5 & 10K, Time TBA. Info: Mike Hutchinson (408) 755-0747.

**Sacramento:** Wenmat Classic, 5 & 10K, William Pond Park (Arden Bar), 9 a.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

**Bakersfield:** Police Memorial Run, Distance, Location & Time TBA. Info: (805) 326-3885.

**So. El Monte:** Legg Lake 5K, 5.4 Mi. & 0.75

Mi. Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Mateo:** Time to Pause and A Chance to Change 10K, Coyote Point, 4 p.m. Info: Carolyn Kawakata (415) 579-7881.

**Columbus, OH:** Columbus Marathon, 9 a.m., downtown Columbus, OH. Site of 1991 TAC/USA Men's Championships and 1992 U.S. Men's Olympic Trials Marathon. Columbus Marathon, P.O. Box 26806, Columbus, OH. 43226. (614) 433-0395.

**Sacramento:** Firehouse to Firehouse Fun Run 6K, 1112 Second St. (Old Sac'to), 9 a.m. Linda Barmby, 1231 "I" St., #401, Sacramento 95814. (916) 449-5321.

**Auburn:** Salvation Army Walk/Run for the Homeless & Hungry, 5K/10K, 8 a.m. Info: Maryl Liebra-Parker (916) 663-1026.

**Manteca:** Bulletin Run 10K, Lindberg School (311 North St.), 8:30 a.m. Manteca Quicksilver R.C., P.O. Box 125, Manteca 95336. (209) 823-3421.

**San Luis Obispo:** Cal Poly Invitational X-C, Distance TBA (PA/TAC Grand Prix Series), Time TBA. Tom Henderson (X-C Coach), Cal Poly, San Luis Obispo 93401. (805) 756-2235.

**Springville:** Big Apple Run, 5 & 10K, downtown, Time TBA. Carol Lapham, H.C.R. 2, Box 123, Springville 93265. (209) 539-2521.

**Irvine:** Eagle 5000, Christ College, 8 a.m. Christ College, 1530 Concordia, Irvine 92715. Amanda Houlton: (714) 854-8002 x423.

**Hawthorne:** Rotary 5 & 10K Runs, Kennedy Medical Center (4500 W. 116th St.), 8 a.m. Laurence Bender, City of Hawthorne, 4455 W. 126th St., Hawthorne 90250. (213) 970-7243.

**Seal Beach:** Seal Beach Autumn 10K Run, Marina Community Center (1st & Marina), 8 a.m. American Cancer Society, 3631 Harbor Blvd., Suite 200, Santa Ana 92704. (714) 751-0441.

**Pico Rivera:** Running for Jesus 5K and 1 Mi., Smith Park (Mines & Rosemead), 8 a.m. Jesus Ortiz, 11873 Seneca Way, Chino 91710.

**Newport Beach:** Back to Basics Harvest Run, Distance TBA, Newport Dunes, 8 a.m. Elite Racing, 1904 Church St., Suite B, Costa Mesa 92627. (714) 548-4897.

**Newport Beach:** Harbor Heritage 2K & 5K Runs, Newport Harbor H.S. (600 Irvine), 8 a.m. Jackie Johnson, c/o Newport Harbor

# PA/TAC CROSS COUNTRY MEET

All Comer's and TAC Championship

Crystal Springs Cross Country Course

November 2, 1991 at Belmont--California

Hosted by West Valley Track Club



*Black Mountain*  
SPRING WATER



Fuel for Optimum Performance

**Time:** 1:00 pm All Women's Division  
2:00 pm Open Men's Division  
3:00 pm Master's Men Division

**Distance:** WOMEN ~ 6 KM - (3.7 miles)  
MEN 10 KM - (6.2 miles)

**Fees:** Pre-registration \$12 -  
Includes LS T-shirt, Race day \$15

**Registration:** Deadline October 26th  
Race Day 11:15am - start of race

**Divisions:** Open Men, Open Women  
Masters 5 year age groups starting 40-44 ending with oldest competitor for both men and women.

**Parking:** Please do not park illegally at the site or you will be towed.

**Awards:** TAC medals for first 3 places in every division for men and women.

**Prize Money:** \$2,200 total. All award winners must be PA/TAC members. Team championships in 10 year age groups.

**TAC Cash Awards:**

Individuals		Teams	
Open	1. \$150	Open	1. \$250
	2. \$100		2. \$100
	3. \$50		
Masters (40-49)	1. \$100	Masters	1. \$150
	2. \$50		2. \$50
Seniors (50-59)	1. \$50	Seniors	1. \$50

Long Sleeve T-Shirts for sale race day for \$10. Drawing will be held for merchandise awards. Results will be mailed to those filling out envelopes at race site.

Registration: \$12 entry fee payable to "WVTC" postmarked by October 28, \$15 race day. Send completed entry form, fee, and 4" x 10" self-addressed stamped envelope to Gail Rodd, 1445 Lake Street, #203, San Francisco, CA 94118.

**PA/TAC CROSS COUNTRY MEET**

M/F      Month      Day      Year      (ON RACE DAY)

SEX  DATE OF BIRTH -- AGE   For Official Use Only

LAST NAME  FIRST

STREET

CITY  STATE  ZIP

T-SHIRT S M L X      PA/TAC TEAM NAME       TAC NO.

Waiver: In consideration of your accepting this entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims of damages I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me or enroute to or from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver, I acknowledge that I have read and understand all of the above. I hereby authorize the sponsor or its agents and contractors to utilize my name and my photographic or electronic image of me for commercial or charitable purposes.

ALL ENTHANTS MUST SIGN WAIVER (Parent/Guardian if under 18)

Date

# SCHEDULE

**Ventura:** Twilight's Last Gleaming Cross Country Challenge, 4 Mi., Arroyo Verde Park, 5 p.m. Andrew Hicker, P.O. Box 7793, Ventura 93006. (805) 983-0044.

**Bellflower:** City of Bellflower 5K & 10K Runs, T. Mayne Thompson Park (14001 S. Bellflower Blvd.), 8 a.m. George Sturtz, City of Bellflower, 16600 Civic Center Dr., Bellflower 90706. (213) 866-7550.

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

**Las Vegas, NV:** Nevada Day Run, Distance TBA, Showboat Hotel, Time TBA. Tri-A-Run, Jan/Bill Callahan, 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

**Whittier:** Whittier Village Run for the YMCA 5/10K, Uptown Whittier (Hilton Hotel), 8 a.m. Randy Ice, 12300 E. Washington, #W, Whittier 90608. (213) 943-9440.

**Lake Miramar:** Ten Mile Handicap, 7:30 a.m. Info: Kevin Heaton (619) 578-7539.

## October 27 (Sunday):

**Chicago, IL:** Chicago Marathon (312) 951-0660.

**San Francisco:** DSE Land's End Run, 5K, Balboa & Great Highway, 10 a.m. Info: (415) 978-0837.

**San Francisco:** The Susan G. Komen Race for the Cure 5K, Golden Gate Park (Sharon Meadow across from McClaren Lodge), 9 a.m./Men, 9:30 a.m./Women. City Sports, P.O. Box 193693, San Francisco 94119. (1-800) ACTIVES.

**San Francisco:** Alamo Alumni Run, 5 Mi., downtown, 8 a.m. Pamakid Runners, P.O. Box 27577, San Francisco 94127. (415) 681-2323.

**Larkspur:** Halloween Run, 5 Mi. (& 4 Mi. Walk), Piper Park (Doherty Dr.), 8:15 a.m./Walk, 8:30 a.m./Run. Larkspur Recr. Dept., P.O. Box 585, Larkspur 94977. (415) 925-9500.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Run, 5K, 10K & 15K and 5K Walk, Lake Merritt (Old Boathouse, 14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151.

**Pleasanton:** Red Ribbon 5K & Teddy Bear Trot (1 Mi.), Rose Pavilion (Rosewood Dr.), 8:30 a.m. (1 Mi. for 5-12 Yrs.). Fleet Feet Sports, 4247 Rosewood Dr., Pleasanton 94588. (415) 847-9255.

**San Jose:** Rose Garden Run, 1.5 Mi. & 5 Mi., Central YMCA, 8:45 a.m. Elaine Frey, Central YMCA, 1717 The Alameda, San Jose 95126. (408) 298-1717.

**San Jose:** Software Publishing Biathlon, 12 Mi. Bike, 5 Mi. Run, Coyote Hellyer Park, Time TBA. RhodyCo Productions, 3929 California St., San Francisco 94118 (415) 387-2178.

**Turlock:** Turlock Trek Fun Run, 8 a.m. 5K/1 mile. Olive & Tuolumne. Info: (209) 632-2426.

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.75 Mi., Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Bakersfield:** Oktoberfest, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**West Hollywood:** City of West Hollywood Tom Proctor 5K & 10K Runs, West Hollywood Park (647 N. San Vicente), 8 a.m. City of West Hollywood, 8611 Santa Monica Blvd., West Hollywood 90069. (213) 854-7471.

**Westlake Village:** Great Pumpkin 5K, 10K and 1 Mi., Westlake Hyatt Hotel, 8 a.m./5K, 8:50 a.m./10K, 9 a.m. Westlake Chamber of Commerce, 31838 Village Center Rd., Westlake Village 91361. (818) 991-3101.

## October 31 (Thursday):

**So. El Monte:** Legg Lake 5K, 5.4 Mi. & 0.75 Mi. Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## November 2 (Saturday):

✓ **Belmont:** PA/TAC X-Country Championships (& non-championships), 10K/Men, 4 1/4 Mi./Women, Crystal Springs X-C Course (Hallmark Dr. off Ralston Ave.), 1 p.m./All Women, 2 p.m./Open Men, 3 p.m./Masters Men. Flory Rodd, 1445 Lake St., #203, San Francisco 94118. (415) 387-7172.

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

**Aptos:** Legend of Larry Mountain Bike Biathlon, 2 Mi. Run, 18 Mi. Bike, 1 Mi. Run, Valencia Elem. School, 8 a.m. Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

**Bakersfield:** Hart Park Fun Runs, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Catalina Island:** Catalina Island Triathlon, 1/2-Mi. Swim, 14 Mi. Bike, 4 Mi. Run, Time TBA. Tri-Events, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**So. El Monte:** Legg Lake 5K, 5.4 Mi. & 0.75 Mi. Green Tree Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Rosarito Beach, Baja Calif.:** Rosarito Beach Holiday, 5 & 10K & 1 Mi. Fun Run/Walk, 7:45 a.m./1 Mi., 8 a.m./5K, 8:10 a.m./10K. The Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

**Olema:** Golden Bear Trails 50K/100K/100K Relay, (100K: Five Brooks to G.G. Bridge & back; 50K: G.G. Bridge to Five Brooks), time TBA. Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

**Kelseyville:** Konocti Classic 5K, Buckingham Country Club, 9 a.m. Kerry Bracket, Dancing Springs Spa, 8727 Soda Bay Rd., Kelseyville 95451. (707) 279-4281, x496.

**Fort Ord:** Fort Ord Half Marathon, East Garrison, 8:30 a.m. (No Raceday Reg.). Roger Jelleson, Sports Athletic & Training Branch, Bldg. 2255, Fort Ord 93941. (408) 242-5510.

**Monterey:** Challenge of Champions 2-Day Sports Festival, Circuit Bike Race, Mountain Bike Race, 5K Run, Duathlon, Laguna Seca Int'l. Raceway (do single events or multi-sports), Time TBA. Galeforce, Inc., P.O. Box 7230, Redwood City 94063. (415) 367-7797.

**Santa Barbara:** Nordstrom & Origins Santa Barbara Half Marathon & Family 5K, 8 a.m. SBHM, P.O. Box 6616, Santa Barbara 93160.

**San Bernardino:** Rotary North 5K & 10K Cross Country Classic, Cal-State Univ., 7:45 a.m./5K, 8:15 a.m. Race Director, 2025 North D Street, San Bernardino 92405.

**Mission Viejo:** Rock & Roll 10K. Marnott, 7:30 a.m. Info: Tim Callahan (619) 298-7400.

**Las Vegas, NV:** American Diabetes Assoc. Run, Distance, Location & Time TBA. Tri-A-Run, Jan/Bill Callanan, 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

## November 3 (Sunday):

**New York City:** New York City Marathon. S.A.S.E (#10) w/\$4 handling charge to:



# SCHEDULE

NYRRRC, Dept. A, 9 E. 89th St., New York, NY 10128. (212) 860-4455. (25,000 Limit-First-Come Basis: Don't Delay!)

**San Francisco:** Waterfront 10 Miler (& 2 Mi.), Hyde & Jefferson St., 8 a.m. Waterfront 10 Office, c/o CCPM< 1210 Scott St., San Francisco 94115. (415) 563-3444, X535.

**Stanford:** The Great Race 10K, Stanford Univ., 8:30 a.m. City of Palo Alto, Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Chico:** Almond Bowl Run, 3 & 6 Mi., Bidwell Park, 10 a.m. Walt Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857.

**Bakersfield:** Pedal & Plod Biathlon, Distance & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10

Mi. & 0.75 Mi. Catfish Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Daly City:** DSE San Bruno Mountain Run, 5 & 10K, top of Guadalupe Canyon Pkwy., 10 a.m. Info: (415) 978-0837.

**Sonora:** Sonora Heart & Sole Classic, 10K & 2 Mi., Courthouse Park (No. Washington St.), 8:30 a.m. Mr. Parrish, Sonora Community Hospital, 1 So. Forest Rd., Sonora 95370. (209) 532-8648.

✓ **Orange County:** Orange County Marathon, 5x5 .24 Mi. Corporate Relay and 5K Run/Walk, 7 a.m. Orange County Marathon, 567 San Nicholas, Suite 101, Newport Beach 92660. (714) 640-2593.

**Marina Del Rey:** Marina Breakers 5K & 10K Runs, Burton Chase (end of Mindanao

Way), 8 a.m. Race Central, P.O. Box 828, Rialto 92376. (213) 828-4123.

**Monterey Park:** Aztlan International 5K & 10K Cikassic, East Los Angeles College Olympic Stadium (1301 Brooklyn Ave.), 8 a.m. Frank Gutierrez, 1703 Laurel St., So., Pasadena 91030. (213) 265-8753; Hot Line: (818) 799-5079.

**Columbus, OH:** Nat'l. TAC Masters 5K X-C Championships, Time TBA. John White, 4865 Arthur Pl., Columbus, OH 42220. (614) 459-2547.

**No. Hollywood:** Academy 5K Roadrace, Universal City, 8 a.m. Academy 5000, c/o Starscene Charity Fndn., 5019 Lankershim Blvd., No. Hollywood 91601. (818) 508-5155.



January 26, 1992

**AFTER ALL THOSE MONTHS OF TRAINING...  
YOU DESERVE THE BEST!**

Whether you are training for your very first marathon or you're a seasoned veteran, Houston is where you want to be on January 26.

**Excellent weather**

Average January temperatures: low 46°, high 62°.

**Great course**

Fast, flat, single loop and scenic — you'll run through tree-lined neighborhoods, wooded parks, the famed Galleria shopping district and past downtown Houston's towering skyscrapers.

**Enthusiastic support**

A quarter of a million cheering spectators, 26 miles of nonstop entertainment and all the best of Texas hospitality and hoopla.

**Superb organization**

From registration to recuperation, everything is done with you, the runner, in mind.

88% of last year's participants rated the Houston-Tenneco Marathon as the best they had ever run. Join 6,000 other smart runners and come to Houston next January 26. **Write now for your entry form.**

Send a stamped, self-addressed envelope to: Houston-Tenneco Marathon  
P.O. Box 2511  
Houston, Texas 77252-2511



Houston-Tenneco Marathon Hotline: (713) 757-2700



One Airline Can Make A Difference.

# SCHEDULE

## November 9 (Saturday):

**Lemoore:** U.S. Marine Corps Birthday 5 & 10K, 9 a.m. Marine Corps Birthday Run, c/o Coral Sea Naval Air Station, Lemoore 93245. Mel Gutierrez (209) 998-8612.

**So. El Monte:** San Gabriel River 5 & 10K and 1 Mi. Grizzly Bear Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Cleveland Nat'l. Forest:** San Juan Trail 50 Mile Run, Lazy W Ranch (11 Mi. inland from San Juan Capistrano), 6 a.m. **(206 Runner Limit, 12-Hour Time Limit)**, Barry Hawley, 25769 Marguerite Pkwy., Suite 101, Mission Viejo 92695. (714) 951-2169.

**Livermore:** Turkey Walk Classic, 8K Run & 4K Walk, Sycamore Grove Park, 9 a.m. **(300 Limit)**, Paul Acampora, American Heart Assoc., P.O. Box 5157, Oakland 94605. (510) 632-9606.

**San Diego:** Fitness 1's 6K for Aids, 7:45 a.m. Run down El Cajon Blvd. (near SDSU). Fitness 1 (619) 583-1100.

**San Diego:** Julian 10K, Julian HS, 8 a.m. Info: Kathy Loper (619) 298-7400.

**San Diego:** 6K for AIDS, Art St. & EC Blvd, 7:45 a.m. Info: Alan Hodgert (619) 583-1100.

**Las Vegas, NV:** Christ the King/Mark McDonald Memorial, 2 mile & 10K, Torrey Pines & Tropicana, Time TBA. Info: (702) 382-3496.

## November 10 (Sunday):

**Fresno:** The Fox Trot, Half Marathon, 8 a.m., Woodward Park, The Fox Trot, P.O. Box 17097, Fresno 93744-7097. (209) 439-8093.

**San Francisco:** DSE Fort Point Run, 3.8 Mi. & Kids' Run, Little Marina Green, 9:30 a.m. Info: (415) 978-0837.

**San Francisco:** Exercise Your Options Women & Girls 5K Run/Walk, Golden Gate Park, (JFK Dr./Conservatory), 8:30 a.m. Options for Women Over 40, 3543 18th St., #6, San Francisco 94110. (415) 431-6944.

**La Honda:** Pescadero Half-Marathon & 5 Mi. Run, Pescadero Creek County Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sunnyvale:** Dash for Diabetes 8K Run and 2 Mi. Walk, Old S.F. Rd. & Sunnyvale Rd., 9 a.m. Race Director, Sunnyvale Clinic, 596 Carroll St., Sunnyvale 94088. (415) 328-1110.

**Clarksburg:** Foundation Charity Challenge, 5K & 30K (PATAC 30K Championships), Delta H.S., 10 a.m. Skip Seebeck/Ron Sturgeon, P.O. Box 20, Clarksburg 95612. (916) 678-5005.

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.75 Mi. Veterans Day Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Long Beach:** Texaco Long Beach Shoreline Half Marathon for CRI, Convention Center, 7:30 a.m. CRI, 1500 E. Anaheim St., Long Beach 90813. Michael Bronstien: (213) 433-4557.

**Carlsbad:** Coastal Classic 10K, 8 a.m. Info: David Condit (619) 275-5440.

**Las Vegas, NV:** Harry Reid Annual Run, Distance, Location & Time TBA. Tri-A-Run, Jan/Bill Callanan, 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

**Las Vegas, NV:** N.A.R. Run, Distance TBA. Paradise & Convention Center Dr. Time TBA. Info: Roger Foster (702) 796-8888.

## November 11 (Monday):

**Porterville:** Veteran's Day Run, 5K & 10K, 8 a.m. City Hall on Main St. Benny Sorensen, PO Box 432, Porterville 93258 (209) 782-7461.

## November 16 (Saturday):

**Oakland:** Sri Chinmoy 24-Hour Race, 8 a.m. (Take Hwy 880 exit on Hegenberger, heading South. Take a right on Edgewater Dr. 1 mi. to race area). Sri Chinmoy Marathon Team, 1995 20th Avenue, San Francisco 94116.

**Los Gatos:** Date Changed to Nov. 17: Los Gatos Marathon & Half-Marathon, Los Gatos H.S. (Main St.), 8 a.m. Runners Factory, 51-C University Ave., Los Gatos 95030. (408) 395-4311.

**San Francisco:** DSE McLaren Park Run, 3.5 Mi. (parking lot on John F. Shelley Dr.), 10 a.m. Info: (415) 978-0837.

**So. El Monte:** San Gabriel River USA 5 & 10K and 1 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**El Dorado Hills:** El Dorado Hills Chamber & Community Services Turkey Trot 5 Mi. Run & 5K Walk, Harvard Way/El Dorado Hills

Blvd., 9 a.m. Marilyn Lawson, 1021 Harvard Way, El Dorado Hills 95630. (916) 933-4540.

**Ridgecrest:** OTHTC Half Marathon, Location & Time TBA. Info: (805) 375-7894.

**Canoga Park:** Bikesport 5K, Location TBA, 8 a.m. Bikesport, 22330 Sherman Way, Canoga Park 91303. (818) 716-6900.

**San Gabriel:** Turkey Trot 5K & 10K, Vincent Hugo Park, 7:30 a.m. City of San Gabriel, 250 S. Mission Dr., San Gabriel 91776 (818) 308-2875.

## November 17 (Sunday):

**Merced:** MTC Turkey Trot, 1.3 Mi. & 10K, Applegate Park (26th & O St.), 10 a.m. Dave Olsen, 973, Idaho Dr., Merced 95340. (209) 723-6579.

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

**San Francisco:** "Ville to Ville" 15K, Margaritaville Restaurant (Union St.), 8:30 a.m. Margaritaville Restaurant, 1787 Union St., San Francisco 94123. (415) 441-1183.

**San Diego:** (Tentative): Nat'l. TAC Masters 25K Championships, Location & Time TBA. Contact TBA (awarded conditionally pending approval of San Diego/Imperial TAC Ass'n.).

## November 23 (Saturday):

**So. San Francisco:** Thanksgiving Fun Run, 4.3 Mi., Orange Memorial Park (Orange Ave. & Tennis Dr.), 9 a.m. Tim Chenette, S.S.F. Recr. Dept., 33 Arroyo Dr., So. San Francisco 94080. (415) 877-8560.

**Davis:** Turkey Trot 5 & 10K and Kids' Runs, PA/TAC 5K Championships, Third St. (behind City Hall on Russell Blvd.), 8:30 a.m./5K, 9 a.m./10K. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

**Bakersfield:** Feline Fun Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. (805) 589-7113.

**Lompoc:** Lompoc Valley D.C. 5 & 10K Turkey Trot, YMCA (W. College Ave.), 8:30 a.m./4K, 9:15 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. John Perkins (805) 733-4308.

**Newbury Park:** Cypress CUBS 5K, 10K &

# SCHEDULE

1 Mi. Run for Cover, Cypress Elem. School, 7:30 a.m./10K, 8:30 a.m./5K, 9:30/1 Mi. John Anderson, 3903 Lesser Dr., Newbury Park 91320. (805) 498-9559.

**Pico Rivera:** 23rd Annual Turkey Trot. 5K & 10K. 8:45 am 5K/9:15 10K. Smith Park. Raul Quezada, PO Box 1016, Pico Rivera 90660 (213) 801-4438.

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

**San Diego:** Mission Bay 25K. Fiesta Island. 7:30 a.m. Info: Joni Shirley (619) 465-1049.

## November 24 (Sunday):

**San Francisco:** DSE Legion of Honor Run, 4.3 Mi., parking lot near 34th Ave. & Clement, 10 a.m. Info: (415) 978-0837.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Run, 5K/10K/15K & 5K Walk, Old Boathouse (14th & Lakeside Dr.), 9 a.m. (Raceday Reg. Only). Info (415) 530-9151.

**Pleasant Hill:** Pleasant Hill Turkey Trot, 8.1 Mi., Briones Regional Park (Bear Creek Entrance), 9 a.m. Pleasant Hill Rec./Park, 147 Gregory Ln., Pleasant Hill 94523. (415) 827-2255.

**So. El Monte:** San Gabriel River 5K, 10K & 1 Mi. Turkey Trot, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Las Vegas, NV:** Turkey Trot/Opportunity Village, Distance TBA, Ballys, Time TBA. Tri-A-Run, Jan/Bill Callanan, 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

**Santa Cruz:** Turkey Trot, 10K & 1K Kids' Fun Run, 8 a.m. West Cliff Dr. Turkey Trot 10K Race, 1700 Mission Street, #104, Santa Cruz 95060. (408) 425-5028.

**San Diego:** San Diego Harbor Run. 10K. Marina Park. 7:30 a.m. Info: Lyn Lacey (619) 448-3700.

## November 28 (Thurs.):

**Playa del Rey:** Cancelled. Thanksgiving Day 5 & 10K Run, 8 a.m./5K, 8:30 a.m. Info: (213) 450-5841.

**Adelanto:** City of Adelanto Turkey Trot, 5K

& 10K and Tot Trot, Maverick Stadium, 8 a.m. Prime Time, 173 Condor Dr., Rialto 92376. (714) 875-8045.

**Torrance:** Harry Sutter Memorial Thanksgiving Day Turkey Trot Fun Run, 3 Mile, 8 a.m.. Torrance Recreation Center, 3341 Torrance Blvd., Torrance 90500. (213) 618-2930.

## November 30 (Saturday):

**Seattle, WA:** Seattle Marathon & Half Marathon, Time TBA. Seattle Marathon, P.O. Box 45277, Seattle, WA. 98145. (206) 523-2720.

**Cathedral City:** ITU Duathlon World Championships, 10K Run, 62K Bike, 10K Run, Doubletree Resort at the Desert Princess, Time TBA. Klein & Clark Sports Productions, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

**So. El Monte:** San Gabriel River USA 5K, 10K & 1 Mi. Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**La Jolla:** Hard Rock Cafe 5K. 7:30 a.m. Info: Kathy Loper (619) 298-7400.

**Las Vegas, NV:** LVTC 50/25 Mile Series. 7.5 & 15 mile. Tule Springs (Floyd R. Lamb State Park). 8 a.m. Info: LVTC (702)382-3496.

**Boston, MA:** TAC National Jr., Sr. & Masters Cross Country Championships, Franklin Park, Time TBA., John McGrath, P.O. Box 252, Boston, MA. 02113. (617) 891-4538.

## December 1 (Sunday):

**San Francisco:** DSE Stern Grove Run, 4 Mi., 33rd & Wawona, 10 a.m. Info: (415) 978-0837.

**San Francisco:** Run to the Far Side VII, 5 & 10K, Golden Gate Park (\*Calif. Academy of Sciences), 8:30 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.75 Mi. Blue Gill Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Cathedral City:** Exceed/Desert Princess Fun 'n Sprint Duathlon, 3K Run, 15K Bike, 3K Run, Doubletree Resort at the Desert Princess, 8 a.m. Klein & Clark Sports Productions, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

## 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's*  
**SPORTS NUTRITION GUIDEBOOK**

Eating to Fuel Your Active Lifestyle

**NANCY CLARK, RD, MS**  
AUTHOR OF THE WORLD'S MOST RECOMMENDED



**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!

HOW TO EAT TO WIN  
**THE ATHLETE'S KITCHEN**  
THE ULTIMATE GUIDE TO SPORTS NUTRITION  
AND WEIGHT LOSS  
BY NANCY CLARK, RD, MS  
WITH DIANE M. S. S.

## ORDER FORM

Enclosed is \$ \_\_\_\_\_ for sending me:  
 \_\_\_\_\_ copies *Nancy Clark's Sports Nutrition Guidebook* @ \$16.50 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.

# SCHEDULE

**Cathedral City:** Exceed/Tri Fit Kids Duathlon Championship, 1 Mi. Run, 5 Mi. Bike, 1 Mi. Run, Doubletree Resort at the Desert Princess, 10 a.m. (Kis 14 & Under). Klein & Clark Sports Productions, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

## December 7 (Saturday):

**Sacramento:** Jingle Bell Run/Walk for Arthritis, 5K & 10K, William Land Park, 9 a.m. Angela Correale, Arthritis Fndn., 2424 Arden Way, #450, Sacramento 95825. (916) 921-5533.

**So. El Monte:** San Gabriel River 5K, 10K & 1 Mi. Clear Stream Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Diego:** Balboa Park Boogie (Women) and Balboa Park 5K (Men). 6th & Laurel. 7:30 a.m./both races. Info: Robin Paine (619) 278-5345.

**Las Vegas, NV:** Sammy Davis Memorial/March of Dimes, Distance, Location & Time TBA. Tri-A-Run, Jan/Bill Callanan, 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

## December 8 (Sunday):

✓ **Folsom:** California International Marathon, Folsom Dam to State Capitol Bldg. in Sacramento, 7 a.m. SLDR, P.O. Box 161149, Sacramento 95816. (916) 447-2786.

**Carlsbad:** San Diego Marathon, Half Marathon & 5 Mi. Walk, Plaza Camino Real Shopping Center, 7 a.m. Info: In Motion (619) 268-5882.

**San Francisco:** DSE Peak Busters' 4.6 Mi., Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. Info: (415) 978-0837.

**San Lorenzo:** Sleigh Bells Dash, 5K, Life Chiropractic College West, 9 a.m. Jim Scott, Life Chiropractic College West, 2005 Via Barrett, San Lorenzo 94580. (415) 276-1436.

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10 Mi. and 0.75 Mi. Rainbow Trout Runs, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**La Quinta:** Gem of the Desert 10K Run & 2 Mi. Walk, Little League Field (Avenue 52 and Adams), 8 a.m. La Quinta Chamber of Commerce, P.O. Box 255, La Quinta 92253. Michelle: (619) 564-3199.

**Long Beach:** Jingle Bell 10K Run and 5K Fun Walk, 8 a.m. Info: Lisa Gandez (213) 938-6111.

## December 14 (Saturday):

**San Francisco:** Hunter S. Thompson 50K & 50 Mile, run on 49-mile Scenic Dr. (no entry fee). Time TBA. Haight Ashbury Ultra Society, P.O. Box 170278, San Francisco 94117 (send S.A.S.E.).

**So. El Monte:** Legg Lake 8K, 2.7 Mi. & 660 Yd. George Guerrero Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Las Vegas, NV:** Rob's Predicted Time Turkey Run. 5 mile. Silver Bowl (near Russell Rd. & Boulder Hwy). 9 a.m. Info: LVTC (702) 382-3496.

## December 15 (Sunday):

✓ **San Francisco:** 18th Annual Christmas Relays, 4x4.464 Mi., Lake Merced (Sunset Circle Parking Lot), 9 a.m. (many divisions). Flory Rodd, 1445 Lake St., #203, San Francisco 94118. (415) 387-7172.

**San Francisco:** DSE Diamond Heights Run, 2.99 Mi., McAteer H.S. (Portola & O'Shaughnessy), 10 a.m. Info: (415) 978-0837.

**Folsom:** Christmas Wish Run, 5K & 10K, 9 a.m. Christmas Wish Run, P.O. Box 942, Folsom 95630. (916) 635-6942.

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

**Malibu:** Lasse Viren 20K Finnish Invitational, Point Mugu State Park (9000 W. Pacific Coast Hwy.), 9 a.m. Steve Blum, 505 Briarwood, Ventura 93001. (805) 652-1744.

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10 Mi. and 0.75 Mi. Missile Tow Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Pasadena:** Run for the Roses Benefit 5 & 10K, Rose Bowl, 8 a.m. Boys & Girls Clubs of Pasadena, 3230 E. Del Mar Blvd., Pasadena 91107. (818) 577-5817.

**Beverly Hills:** Jingle Bell Run, 10K, 7:30 a.m. Info: Lisa Gandez (213) 938-6111.

**Playa Del Rey:** Christmas 5 & 10K Runs, Time TBA. Info: (213) 450-5841.

## December 16 (Monday):

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.75 Mi. Angel Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## December 21 (Saturday):

**Santa Rosa:** Last 10K, Location & Time TBA. Info: Doug Courtemarche (707) 523-4287.

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.75 Mi. Feliz Navidad Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Las Vegas, NV:** Las Vegas Half Marathon & Relay, 7:30 a.m. Tri-A-Run, Jan/Bill Callanan, 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

## December 22 (Sunday):

**San Francisco:** DSE Kennedy Drive Run, 4.7 Mi., Golden Gate Park (south side of Polo Fields), 10 a.m. Info: (415) 978-0837.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5K, 10K & 15K, Old Boat-house (14th & Lakeside Dr.), 9 a.m. Raceday Reg. Only. Info: (510) 530-9151.

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.75 Mi. Santa Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## December 24 (Tuesday):

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.75 Mi. Christmas Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## December 25 (Wed.):

**San Francisco:** DSE Christmas Blind Date Relays, 2 x 2 Mi. (male/female), Golden Gate Park (Stow Lake Boathouse), 10 a.m. Info: (415) 978-0837.

**So. El Monte:** Legg Lake 5K, 5.4 Mi., & 0.75 Mi. Red Nose Reindeer Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

# SCHEDULE

## December 28 (Saturday):

**Sacramento:** Gibson Ranch Ultradistance Classic, 24, 48 & 72 Hours, 6-Day Run & Relay (certified 1 Mile loop around lake), Time TBA. Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.75 Mi. Fin de Ano Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Las Vegas, NV:** LVTC 5K & No-Host Breakfast. Sunset Park (Sunset & Eastern). 9 a.m. Info: LVTC (702) 382-3496.

## December 29 (Sunday):

**So. El Monte:** Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.75 Mi. Resolution Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Sacramento:** Holiday 5K, Time TBA. Info: (916) 442-RACE.

## December 31 (Tuesday):

**San Francisco:** Campbell's Soup First Run 2 Mi., Crissy Field (Presidio), midnight. Rho-dyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**Lompoc:** Midnite Family Fun Runs, 1 & 4.8 Mi., Vandenberg Village Shopping Center, 11:15 p.m. John Perkins, Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 733-4308.

**So. El Monte:** San Gabriel River 5K, 10K & 1 Mi. New Year's Evening Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**San Diego:** YMCA Resolution Run. 5K. Balboa Park (Sixth & Laurel). 12:15 p.m. Info:

Roger Martin (619) 232-7451.

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

## 1992

## January 1 (Wednesday):

**San Francisco:** DSE 1991 Hangover Run, 3.53 Mi., Golden Gate Bridge (Lower Parking Lot), 10 a.m. Info: (415) 978-0837.

**Carmel:** Rio Resolution Run, Distance, Location & Time TBA. Info: (408) 624-4112.

## Looking Ahead

(Marathons, Relays, Important Dates, Major Events, Etc.)

**Feb. 2 (Sun.): Jean, NV:** Las Vegas Marathon, Time TBA. Tri-A-Run, Jan/Bill Callanan, 6252 Clarice Ave., Las Vegas, NV. 89107. (702) 870-8269.

**Feb. 9 (Sun.): Long Beach:** Long Beach Marathon, Time TBA. Long Beach Marathon, 1825 Redondo Avenue, Long Beach 90804. (213) 494-2664.

**Jan. 12 (Sun.): Tempe, AZ:** Arizona Marathon, Marathon Relay & 5K, 3rd St. & Ash, 7:15 a.m./5K, 8 a.m. Arizona Marathon Festival, 2801 W. Medlock, Phoenix, AZ. 85017. (602) 246-7697.

## 26.2 -- Trail of Truth

A "must" book for marathoners and those planning to run one.

- "A poem of a book," says Henley Gibble, RRCA Exec. Director
- "A unique perspective," says Bob Schlauf, top masters runner

Written by veteran runner-publisher Bruce Morrison, this inspirational book reveals who you are, tells why completing a marathon is vital for your life.

COST: \$11.95 (includes shipping)

----- YES! Please rush delivery of 26.2 -- Trail of Truth to: -----

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Make check payable to "Trail of Truth" and send to:

"Trail of Truth" ■ California Running News  
4957 E. Heaton Avenue, Fresno, CA 93727



If you are moving,  
please let us know  
as soon as  
possible.

**CRN** is mailed third  
class bulk rate and  
is NOT  
forwardable.

Thank you!

# THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.

## ENERGY FOODS: Lollipops or Lentils??

Remember the days when your parents admonished you for being "full of beans" and having too much energy? Well, their comments may have validity. The latest word is that beans and legumes are indeed a good energizer. Rather than looking towards sugary lollipops for a quick fix, you might try lentils for long lasting energy!

Lentils and beans have what is termed a low *glycemic index*. The glycemic index ranks carbohydrates according to their ability to contribute glucose into the blood stream. Based on 200 calories of CHO, the GI of pure glucose rates 100, a banana 62, lentils 29 and peanuts 13. Foods with a high glycemic index (honey, corn flakes) quickly elevate blood sugar, hence, can initiate hypoglycemic reactions in people sensitive to swings in blood sugar. Foods with a low glycemic index (apples, kidney beans) provide longer lasting, sustained energy.

Many factors influence the glycemic effect of a food, such as meal size, fiber content, amount of fat in the meal, and food preparation. For example, whole rice has a lower glycemic effect than if eaten in the form of rice flour; wheat made into pasta has a lower glycemic index than if made into bread. Food combinations also play a role: sugar mixed with fat, as in ice cream, has a glycemic index only slightly higher than lentils (36 vs 29).

The glycemic index was originally designed to help diabetics closely control their blood sugars. Since diabetics tend to eat foods in meal-type combinations, the glycemic index becomes less predictive. Athletes, however, tend to eat a singular food for a pre-exercise snack and can perhaps gain greater benefit from this ranking system that will help them select low glycemic index foods for sustained energy rather than quick fixes.

According to D.E. Thomas at the University of Sydney, Australia, foods with a low glycemic index, specifically lentils (GI 29), may well be a desirable pre-exercise meal and a preferable source of carbohydrates for endurance athletes. When eaten one hour before

exercise, the lentils will have digested enough to be used for fuel, and then will continue to provide sustained energy during a long workout. Pre-exercise lentils may eliminate the need for consuming carbohydrates to maintain normal blood sugar levels during long-term exercise.

In Dr. Thomas' research study, seven trained cyclists ate about 280 calories of carbohydrates (0.5 gm CHO/lb body weight) of either low or high glycemic index foods one hour before exercising to exhaustion. They exercised moderately hard at ~70-75% max heart rate (65-70%  $\dot{V}O_2$  max), a rate at which carbohydrate is the main energy source. The pre-exercise carbohydrates were cooked lentils (GI 29), baked potato (98), sugar (glucose) water (100), or plain water (0). Each cyclist repeated the exercise test one week apart, consuming a different pre-exercise carbohydrate in a random assignment. The average minutes to exhaustion were: potato, 97, water, 99, glucose, 108; lentils, 117. The low glycemic index meal, lentils, prolonged exercise time by 20 minutes compared to the potato meal! Both potato and glucose, the two high glycemic index foods, were associated with shorter exercise times. (Int. J. Sports Med. 12 (2): 180-186, 1991).

Since the study included only seven subjects, the results are somewhat limited. But, it is interesting to note that every subject did better with the lentil meal as compared to the potato meal. How much better varied: from +0.1 minute to +2, +5, +6, +27, +48 and +52 minutes. Five subjects did better with glucose as compared to plain water by +5, +14, +18, +19 and +20 minutes; two did worse by -13 and -14 minutes. Only two subjects exercised longer with potato than glucose (+2 and +11 minutes), one performed the same, and four exercised less (-3, -11, -28 and -46 minutes). Clearly, each subject experienced a different exercise response with the four tests.

Based on this study, you might want to experiment with your pre-exercise snack choices. In this day and age of the microwave

oven, potatoes have become a popular energizer. Perhaps zapping a bowlful of lentil soup would be better? Lentils and beans needless to say, may cause flatulence and/or GI problems, so be cautious and experiment during training to determine what works best for your body. No one food will do the trick for everyone.

### Glycemic Index of some common foods\*

Glucose	100	White Pasta	50
Potato, baked	98	Oatmeal	49
Carrots, cooked	92	Orange juice	46
Honey	87	Oranges	43
Corn flakes	83	Grapes	43
White rice	72	W/wheat pasta	42
W/wheat bread	72	Rye bread	42
White bread	69	Apples	39
Mars Bar	68	Ice cream	36
Raisins	64	Whole milk	34
Banana	61	Kidney beans	33
Soft rolls	58	Lentils	29
Corn	58	Barley	22
Peas	51	Carrots, raw	16
All-Bran	51	Peanuts	11

\*Sources: Am J. Clin Nutr 54:414, 1991, Am J. Clin Nutr 34:362, 1981.

Nancy Clark, MS, RD, counsels both casual exercisers and competitive athletes at SportsMedicine Brookline. She teaches them how to be successful with food. Her popular books offer additional advice. The Athlete's Kitchen (\$7, '81) and Nancy Clark's Sports Nutrition Guidebook (\$16.50, '90) are available through NESF, P.O. Box 252, Boston, MA 02113.



# CALIFORNIA

## Running News

*California's  
Statewide  
Road Racing  
Magazine*



Now in its eighteenth year, **California Running News** is devoted exclusively to California long distance running coverage. **California Running News** is a vital and important source of information.

- RESULTS
- SCHEDULE
- FEATURE ARTICLES
- PHOTOS     PROFILES

**SUBSCRIBE  
TODAY!**

**YES!**

Send me 11 issues (one year) of  
**California Running News** for  
**\$18.00**

(plus \$1.40 tax = \$19.40)

2 years/22 issues: \$32.00 (plus 2.48) = \$34.48  
3 years/33 issues: \$43.00 (plus 3.33) = \$46.33

My check/money order is enclosed.

I authorize CRN to charge my VISA/  
Mastercard # \_\_\_\_\_  
(exp. date: \_\_\_\_\_) for the  
amount of \$\_\_\_\_\_. Cardholder  
signature: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Send to: CRN, 4957 E. Heaton Ave., Fresno, CA 93727

# RESULTS

MEET DIRECTORS . . . Please send your road race results directly to CRN, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

## Park to Park Run/Walk

No Date Available, North Highlands, SK.

### Overall Results

#### Men:

1. Robert Grove (20-29) 15:18, 2. Curt Feenstra (30-39) 15:59, 3. Paul Reynolds (20-29) 17:46, 4. Ron Perrin (40-49) 19:27.

#### Women:

1. Kamil Hammond (20-29) 19:51, 2. Karen Pfisterer (30-39) 24:56, 3. Theresa Di Matteo (30-39) 25:24.

## Dipsea

June 9, Mill Valley.

### Overall Results

Pic	Name	Time	Hd St	Actual Time
1	Megan McGowan (9)	:45.32	20	1:05.32
2	Eve Poll (54)	:46.29	19	1:05.29
3	Mike McManus (25)	:46.53	0	:46.53
4	Tim Minor (33)	:46.26	1	:49.26
5	Sail Vasquez (51)	:48.48	5	:53.48
6	Kay Willoughby (55)	:48.48	20	1:08.48
7	Roger Daniels (55)	:48.53	9	:57.53
8	Robert Malain (64)	:49.08	17	1:06.08
9	Link Lindquist (63)	:49.37	16	1:05.37
10	Stephen Lyons (50)	:50.09	6	:56.09
11	AnnaMarie Hagans(30)	:50.41	8	:58.41
12	Darryl Beardall (54)	:50.48	8	:58.48
13	Erin Vail (19)	:51.01	0	51.01
14	John Cobourn (44)	:51.08	3	:54.08
15	George O'Hara (68)	:51.10	21	1:12.10
16	Richard Laine (61)	:51.12	14	1:05.12
17	Greg Nacco (31)	:51.14	1	:52.14
18	Robert Dickinson (34)	:51.23	1	:52.23
19	Peter Carter (12)	:51.42	7	:58.42
20	Robert Alexander (38)	:51.51	2	:53.51
21	Lloyd Kahn (56)	:51.55	10	1:01.55
22	Christie Patterson (43)	:52.12	10	1:02.12
23	John Swyers (51)	:52.15	6	:58.15
24	Ken Grace (34)	:52.18	1	:53.18
25	Bradford Bryon (33)	:52.18	1	:53.18
26	Scott Strait (36)	:52.22	1	:53.22
27	Kannard Wilson (33)	:52.22	1	:53.22
28	Jon Sargent (15)	:52.23	4	:56.23
29	Bulch Alexander(37)	:52.35	1	:53.35
30	Robin Paine (41)	:52.36	10	1:02.36
31	Dan Kardong (42)	:52.41	3	:55.41
32	Kimberly Holmes (21)	:52.41	8	1:00.41
33	John Hodge (29)	:52.42	0	:52.42
34	Alac Isabeau (29)	:52.44	0	:52.44
35	Don McCarthy (47)	:52.49	4	:56.49
36	Leslie McMullin (40)	:52.51	9	1:01.51
37	Milano Zeman (49)	:53.04	5	:58.04
38	Kurt Ryan (33)	:53.06	1	:54.06
39	Michael Lopez (33)	:53.09	1	:54.09
40	Robert Groff (52)	:53.15	7	1:00.15
41	Matthew Metzger (18)	:53.21	1	:54.21
42	Paul Skokowski (35)	:53.22	1	:54.22
43	Bruce Linscott (33)	:53.26	1	:54.26
44	Eileen Yukicovich (30)	:53.28	8	1:01.28
45	Patricia Story (42)	:53.36	10	1:03.36
46	Donn DeAngelo (45)	:53.45	4	:57.45
47	Gordon Abbott (47)	:53.49	4	:57.49
48	Ann Hardham (48)	:53.50	15	1:08.50
49	Kathleen Manning (26)	:53.52	8	1:01.52
50	J. Marlin Jones (48)	:53.53	5	:58.53

## Spring Lake Tinman Triathlon

June 23, Santa Rosa. 1 MI. Swim, 6.2 MI. Run, 20 MI. Bike.

The Eighth Annual Spring Lake Tinman Triathlon, sponsored by the United States Life-saving Association, was held on Sunday, June 23, in Santa Rosa, at Spring Lake Park.

Mr. James McCray was the event director for the 8th year in a row. The race consisted of a mile Swim, a 6.2 Mile (10K) Run, and a 20 Mile Bike. 222 individuals and 12 teams completed the course.

Keith Johnson of San Jose was the top finisher in a fine time of 1:45:26. He was a mere 24 seconds shy of the course record of 1:45:22 set in 1990 by Michael Collins of Davis.

The female individual champion was Karen Chequer of Palo Alto in a new course record of 1:57:14 a full 1:39 better than the former course record of 1:58:53 set last year by Nancy Vallance of Santa Cruz.

Six individual divisional course records were set. Two female divisional winners established new standards. The overall winner, Karen Chequer rewrote her own record of 2:01:58 in the 30 to 34 women with her course record of 1:57:14. Debbie Smith of Santa Cruz shaved 6:24 off the former 40 to 44 women's record of 2:26:10 by Maggie Fillmore of Oakland (1990) with her outstanding time of 2:19:46.

Four male divisions now have new standards. Keith Johnson rewrote the men's 25 to 29 mark with his 1:45:46 - a full 4:38 better than the former record of 1:50:24 set in 1989 by Scott Miller of Auburn.

In the men's 40 to 44 division Rob Walters of Novato nudged 12 seconds off the prior standard of 1:54:39, set by Dennis Good of Fairfield in 19889, with his effort of 1:54:27.

A large drop was seen in the men's 45 to 49 division. The top four men in this division finished under the former course record of 2:09:36 set by Jim O'Rear of Alameda in 1989. Thomas Barthold of San Anselmo topped the field and grabbed the new title with his time of 2:04:32.

Continuing on in the assault of the masters records was William Marshall of Santa Rosa. He clipped 3:17 off the old standard of 2:11:51, set in 1988 by Alan Schmeiser of Dixon, with his finish of 2:08:34.

The mixed team of Morales-Morales & Griffith of Santa Rosa, took top honors by finishing in 1:57:56.

### Division Results - Men

Overall Winners: 1. Keith Johnson 1:45:46, 2. Carlos Lomba 1:47:31, 3. Greg Grunner 1:47:48, 4. Mark James 1:48:13, 5. Chase Watts 1:50:27, 6. Jon Moens 1:50:38, 7. Jesse White 1:52:36, 8. Ian Ross 1:52:57, 9.

Pierre Deyo 1:53:55, 10. Todd Greenhaigh 1:54:06. 19 & Under: 1. Kevin Heddy 2:03:25, 2. Brian Lavelle 2:17:03, 3. Damon Fisk 2:22:47. 20-24: 1. Mark James 1:48:13, 2. Chase Watts 1:50:27, 3. Jesse White 1:52:36. 25-29: 1. Keith Johnson 1:45:46, 2. Carlos Lomba 1:47:31, 3. Greg Grunner 1:47:48. 30-34: 1. Ian Ross 1:52:57, 2. Lucio Perez 1:58:45, 3. Roger Bartels 2:00:29. 35-39: 1. Patrick Bitter 1:56:39, 2. Richard Schram 2:02:34, 3. Richard Hall 2:03:27. 40-44: 1. Rob Walters 1:54:27, 2. Tim Lavelle 1:56:46, 3. Rick Niles 1:57:54. 45-49: 1. Thomas Barthold 2:04:32, 2. Jim O'Rear 2:05:45, 3. Kent Goheen 2:06:36. 50 & Over: 1. William Marshall 2:08:34, 2. Bill Page 2:13:39, 3. Alan Schmeiser 2:14:26.

### Division Results - Women

Overall Winners: 1. Karen Chequer 1:57:14, 2. Marcia White 2:01:08, 3. Leslie Chequer 2:01:21, 4. Joan Gregg 2:06:50, 5. Annamaria Hagans 2:06:58, 6. Jackie Biddle 2:09:20, 7. Lisa Yonaka 2:11:34, 8. Lisa Homen 2:13:53, 9. Christine O'Hanlon 2:14:11, 10. Elizabeth Vanderlier 2:15:16. 20-24: 1. Christine O'Hanlon 2:14:11, 2. Crystal Jones 2:29:08, 3. Anne Pedersen 2:42:31, 25-29: 1. Marcia White 2:01:08, 2. Leslie Chequer 2:01:21, 3. Jackie Biddle 2:09:20. 30-34: 1. Karen Chequer 1:57:14, 2. Joan Gregg 2:06:50, 3. Annamaria Hagans 2:06:58. 35-39: 1. Lisa Yonaka 2:11:34, 2. Lou Bosch-Wilson 2:21:04, 3. Suzanne Crawford 2:26:19. 40-44: 1. Debbie Smith 2:19:46, 2. Nancy Latta 2:34:02, 3. Gussie Curran 2:36:28. 45 & Over: 1. Carole Mawson 2:36:44, 2. Harriett Anderson 2:38:54, 3. Sandra Karas 2:39:08.

## Kenwood Footrace

July 4, Kenwood, 3K & 10K.

The 20th Annual Kenwood Footrace, sponsored by Sport Scene Promotions, Wine Country Race Service, and Cottonwood Valley Spring Water, was held on July 4th in Kenwood, Calif.

This year's race was a memorial run for Bud Overshiner. Both 3K and 10K runs were held. Nearly 800 runners finished one of the two races.

Tim Minor of Reno was the top finisher in the 10K with a time of 32:24 which established a new divisional record in the men's 30-34 age group where the former record was 33:19 by Brian Maxwell of Berkeley in 1985.

The female individual champion was Lora Damiano of Fort Bragg in a fine time of 39:37; well shy of the women's record 37:19 set in 1984 by Leslie McMullin of Oakland.

Five individual divisional course records were set in the 3000 meter run. Two in the female divisions and three in male divisions.

The overall women's champion was Nora Doyle, now living in New Orleans, LA; a former resident of Sonoma County and runner at Sonoma State University. Nora topped the female field with her clocking of 10:14 - a 5:28 per mile pace, but 25 seconds shy of the course and divisional record of 9:49 set by Melanie Hiatt of San Luis Obispo in 1989.

Records were set by Nika Horn, of Santa Rosa, in the 14-17 girls division, with a time of 11:07, breaking her former mark of 11:18 set in 1988. And by April Powers, of Corte Madera, in the women's 30-39 division with her 10:44 finish - 46 seconds faster than the 11:31 standard set in 1989 by Cindi Williams of Santa Rosa.

Michael Nathan, of Santa Rosa, took 1:16 off the boy's 8-9 mark of 12:21 set by Darin Carter of Santa Rosa in 1989, with his clocking of 12:05.

Brent Shaw, of Santa Rosa, took 19 seconds off Woody Repulles (of Morada) prior standard of 12:06, set in 1988. Brent ran the 3K course in 11:47.

A large drop was seen in the men's 60 & Over division. Bob Testorelli, of Santa Rosa, took over 2 minutes off the former record by covering the 3K course in 14:20; a solid 2:07 quicker than the 16:27 - 1987 effort of Ken Murray of San Francisco.

### Division Results - Men's 3K

Overall Winners: 1. Steve Guerrini 9:27, 2. Mat Lopes 5:08, 3. Jeff Sorkness 9:46. 7 & Under: 1. Kyle Rogers 14:48, 2. Nicholas Stephens 15:01, 3. Kevin Heidom 16:11. 8-9: 1. Michael Nathan 12:05, 2. Jeremy Stephens 14:32, 3. Matt Bly 15:19. 10-11: 1. Brent Shaw 11:47, 2. Ben Robertson 12:11, 3. Forest Nielson 13:12. 12-13: 1. Kyle Steis 11:52, 2. Sean Jacobs 12:34, 3. Darren Drennan 12:49. 14-17: 1. Mat Lopes 9:36, 2. Nathan Bisbee 10:09, 3. Greg Edwards 10:13. 18-29: 1. Steve Guerrini 9:27, 2. Jeff Sorkness 9:46, 3. Rory O'Neill 9:54. 30-39: 1. Armand Moreno 9:53, 2. Benito Rosales 10:05, 3. Sean Lanham 10:08. 40-49: 1. Jim Hiserman 10:17, 2. Gordon Abbott 10:43, 3. Mark Miller 11:02. 50-59: 1. Carl Jackson 12:13, 2. Anthony Barboza 12:18, 3. Lloyd Vonder Mehden 15:45. 60 & Over: 1. Bob Testorelli 14:20, 2. Matt Walker 21:06.

### Division Results - Women's 3K

Overall Winners: 1. Nora Doyle 10:14, 2. April Powers 10:44, 3. Nika Horn 11:07. 7 & Under: 1. Amy Nelson 17:00, 2. Ashley Nickel 17:16, 3. Nicole Nelson 17:23. 8-9: 1. Adrienne Shor 14:48, 2. Angela Zarnoch 15:35, 3. Colleen Shaw 17:13. 10-11: 1. Jodie Horn 14:13, 2. Elena Cavallini 14:32, 3. Kristin VanFleet 18:12. 12-13: 1. Rebecca Herman 14:29, 2. Katie Mullins 14:48, 3. Sierra Matula 15:13. 14-17: 1. Nika Horn 11:07, 2. Karl Horn 12:48, 3. Jenny Moore



# RESULTS

14:35. 18-29: 1. Nora Doyle 10:14, 2. Kathy Dalton 11:09, 3. Nicole Fischer 11:58. 30-39: 1. April Powers 10:44, 2. Bethann McIntosh-King 12:18, 3. Nancy Libby 13:20. 40-49: 1. Judith Gottlieb 13:55, 2. Sue Horn 14:49, 3. Val Slaughter 15:29. 50-59: 1. Millie Merle 15:17, 2. Jan Stevens 18:15, 3. Doris Morabito 18:52. 60 & Over: 1. Lorraine Pellegrini 20:13, 2. Suzanne Kimpton 22:32, 3. Eleanor Weil 24:27.

## Division Results - Men's 10K

Overall Winners: 1. Tim Minor 32:24, 2. John Litzberg 33:45, 3. Dale Richard 34:13. 12 & Under: 1. John Stephens 55:33. 13-15: 1. Sky Pile 37:37, 2. Ryan Mlynarczk 40:35, 3. David Joyce 1:09:46. 16-18: 1. Chris Gaston 37:21, 2. Rick Esponda 37:46, 3. Justin Connolly 40:35. 19-24: 1. John Litzberg 33:45, 2. Todd Stevens 35:08, 3. Sean Fitzpatrick 35:54. 25-29: 1. Alec Isa-beau 36:29, 2. Aldo Marin 37:36, 3. Tom Lyons 37:50. 30-34: 1. Tim Minor 32:24, 2. Dale Richard 34:13, 3. James Coughlin 34:36. 35-39: 1. Peter Sweeney 34:15, 2. Butch Alexander 34:48, 3. Ted Pawlak 35:01. 40-44: 1. Ron Smith 35:42, 2. George Frazier 37:19, 3. Jim Myers 37:22. 45-49: 1. Martin Jones 37:46, 2. Peter Franks 38:33, 3. Brendan Hutchinson 39:27. 50-54: 1. Stephen Lyons 37:03, 2. Darryl Beardall 38:00, 3. Jim Williams 38:46. 55-59: 1. Craig Roland 39:54, 2. Phil Phythian 44:17, 3. Ralph Harms 44:44. 60 & Over: 1. Charles Hartman 48:27, 2. Ivan Tomasi 48:58, 3. Bob Chadwick 49:52.

## Division Results - Women's 10K

Overall Winners: 1. Lura Damiano 39:37, 2. Michelle Nielsen 39:50, 3. Robin Stovall 40:01. 13-15: 1. Carolotta Kassatly 53:16, 2. Laura Whitfield 57:39, 3. Tiffany Johnson 58:35. 16-18: 1. Rhonda Mazza 44:01, 2. Odile Zelenak 1:04:57, 3. Molly Stafford 1:04:57. 19-24: 1. Debra Park 47:31, 2. Julie Cochran 48:02, 3. Lisa Stewart 48:05. 25-29: 1. Maureen Doyle 41:00, 2. Catherine Dubay 41:57, 3. Paula Reading 42:50. 30-34: 1. Lura Damiano 39:37, 2. Michelle Nielsen 39:50, 3. Robin Stovall 40:01. 35-39: 1. Patricia English 40:15, 2. Wink Lyons 42:23, 3. Sally Cataldo 42:51. 40-44: 1. Hazel Wood 43:36, 2. Joyce Homenko 50:05, 3. Jane Squires 51:14. 45-49: 1. Pam Purcell 44:14, 2. Barbara Gately 47:55, 3. Sherri Guinn 50:33. 50-54: 1. Barbara Easterling 58:48, 2. Liz Moore 1:07:15. 55-59: 1. Judy Lindberg 58:49, 2. Lois Cook 1:02:05, 3. Liz Stafford 1:04:43. 60 & Over: 1. Wilda Collard 1:11:37.

## Run San Ramon Independence Day Classic

July 4, San Ramon. 5K & 10K.

### Overall Results - 5K

1. John Gaziano (20-29) 15:23, 2. David Goodrich (20-29) 15:24, 3. Bruce Carter (20-29) 15:46, 4. Edward Bealsaldua (20-29) 15:54, 5. Richard Johnson (20-29) 16:05, 6. Dirk Roloff (30-39) 16:12, 7. Ken

Grace (30-39) 16:19, 8. Brian Davis (30-39) 16:22, 9. Paul Ward (16-19) 16:28, 10. Jeff Verhoek (20-29) 16:28.

11. Kevin Selby (16-19) 16:30, 12. Richard Kellam (30-39) 16:31, 13. Mark Trilevsky (30-39) 16:41, 14. Rob Horn (16-19) 16:46, 15. Wally Macor (30-39) 16:47, 16. Jim Reitz (40-49) 16:48, 17. Robert Parks (40-49) 16:52, 18. Jon Tannehill (30-39) 16:53, 19. Pete Ramos (20-29) 16:53, 20. Stephen Freitas (40-49) 16:56.

### Overall Results - 10K

1. Mike Spencer (20-29) 31:52, 2. Leon Shordon (20-29) 33:03, 3. Grant Foster (20-29) 33:47, 4. Todd Coulston (16-19) 34:05, 5. Steven Chavez (30-39) 34:14, 6. Dan Zavesky (30-39) 34:16, 7. Dan Marks (20-29) 34:29, 8. Michael Plummer (30-39) 34:55, 9. Howard Jones (30-39) 35:24, 10. Ed Avol (30-39) 35:29.

11. Michael Garrison (20-29) 35:38, 12. George Riley (30-39) 35:41, 13. Michael Thomas (30-39) 35:44, 14. Dave Cordts (20-29) 35:52, 15. Tony Fong (30-39) 36:13, 16. Mark Shaw (20-29) 36:28, 17. Jim Kruger (20-29) 36:28, 18. Dennis Guertin (20-29) 36:43, 19. Peter Sharkey (30-39) 36:51, 20. Michael Kuhl (16-19) 37:11.

## Julian Marathon

July 13, San Diego.

Over 40 stalwart Ultra runners tried on the hills of the First Annual Julian Marathon. The brainchild of Cuyamaca 50K director, Jerry Mitchell, Ultra distance standouts Jim O'Brien and Molly Thayer found the course very much to their liking.

Jim used the first 5 miles as a warmup, then took off as the course headed up the switch backs of Engineers Road. Running strongly the entire distance, Jim turned in a stellar 2:49:25 over the hilly route. Unfortunately, the second and third place runners at 21 miles missed the direction arrows and ran an extra 3-4 miles before learning they weren't in Kansas anymore.

Steve Rhode, a stockbroker from Fallbrook, actually lead the field for the first 5 miles before settling into 3rd. With the field spread out, the second place runner at 21 miles, Dennis Huffman (who won the Santa Barbara "Are you Tough Enough 50") and Steve both missed a turn. Steve discovered his demise in time to get back on the course and keep his 3rd place overall. Dennis went a little further, but still recovered to finish 8th overall just in front of the first lady, Molly Thayer.

Molly barely held off Corry Potter with Molly posting a 3:50:45 to Corry's 3:50:53. Molly was 9th o.a., with Corry 10th. Dixie Madsen was first lady over 50, running a fine 4:15:30 for 19th overall.

### Overall Results

1. Jim O'Brien 2:49:25, 2. Bill Schultz 3:17:00, 3. Steve Rhode 3:23:17, 4. Michael Dooley 3:37:58, 5. Tom Hosner 3:39:15, 6. Bob King 3:49:33, 7. Sandy Murray 3:49:52, 8. Dennis Huffman 3:50:20, 9. Molly Thayer 3:50:45, 10. Corry Potter 3:50:53. 11. James Akers 3:51:49, 12. Jack Under-

wood 3:55:07, 13. Jim Waters 3:55:26, 14. Chuck Long 3:55:50, 15. David Hassel 3:59:18, 16. Claudia Newsom 4:05:35, 17. Linda Whiting 4:08:25, 18. Lou Ortego 4:14:52, 19. Dixie Madsen 4:15:30, 20. Ken Hubbert 4:16:40.

21. Dave Corey 4:17:53, 22. Les Freeman 4:23:20, 23. Darcy Ike 4:32:16, 24. Wesley Barrett 4:32:16, 25. Eric Fishbein 4:36:42, 26. Wes Barrett 4:40:27, 27. Cliff Friffin 4:40:27, 28. Irma Hutton 4:41:10, 29. Jurgen Ankerbrand 4:41:55, 30. Deborah Gdins 4:42:38.

## Easter Seal 10K

July 14, Ventura.

### Overall Results

1. Barry Molony (40-49) 31:24, 2. Ted Cotti (19-29) 32:12, 3. Scott Engel (30-39) 34:32, 4. David Guenther (18 & U) 34:35, 5. Ken Stone (30-39) 34:37, 6. Andy Ortega (19-29) 34:53, 7. Steve Hails (18 & U) 35:50, 8. Marty O'Malley (19-29) 35:51, 9. Jack Nosco 35:59, 10. Mick Oliver (40-49) 36:02.

11. Ruth Vomund (30-39) 36:12, 14. Oscar Magallanes (Wheelchair) 36:30, 18. Dave Wheeler (50-59) 37:11, 31. Jill Hansen (19-29) 40:54, 48. Murray Cohen (60+) 45:13, 56. Linda Donkelaar (40-49) 46:55, 60. Joanne Barker (50-59) 47:55, 65. Laura McLaughlin (18 & U) 49:19.

## Lake Mendocino Triathlon

July 14, Ukiah. (1/2 Mi. Swim, 17 Mi. Bike, 3 Mi. Run)

### Overall Results

1. Chris Williams (26) San Francisco 1:10:27, 2. Mark James (24) Monte Rio 1:10:34, 3. Doug Denny (25) Ukiah 1:11:46, 4. Howie Hawks (40) Ukiah 1:18:35, 5. Ty Strange (30) Ukiah 1:19:29, 6. Joe Turnbow (27) Ukiah 1:20:16, 7. George Spinas (37) Trinidad 1:20:17, 8. Jamie Damiano (38) Fort Bragg 1:20:45, 9. Thomas Paulson (35) Oakland 1:21:08, 10. Michael Stone (31) Pleasant Hill 1:22:08.

11. Michael Locati (39) Novato 1:22:34, 12. John Demers (47) Petaluma 1:22:42, 13. Daniel Arreguin (26) Ukiah 1:22:58, 14. Fred Johnson (32) Berkeley 1:24:15, 15. Drew Somers (36) Ukiah 1:25:05, 16. Thomas Jutsy (29) Ukiah 1:25:12, 17. Jack Sorensen (42) San Ramon 1:25:16, 18. James Ullrich (27) Ukiah 1:25:30, 19. John Cissne (34) Fort Bragg 1:26:34, 20. Mike Cannon (36) Ukiah 1:26:39.

## 12 Hour Run to the Sun

July 19, 20, Bakarsfield.

### Overall Results - Men

1. Leo Marquez 69.25 miles, 2. William Gilli 65.5 miles, 3. Mike Spensko 63.5 miles, 4. Mark Peterson 52.5 miles, 5. Brent LeDrew 50.5 miles, 6. Robert Scales 35 miles, 7. Chuck Brannan 27.75 miles, 8. Alex Sansoni 17 miles, 9. Mike McQuery 10 miles.

### Overall Results - Women

1. Susan LeDrew 31.25 miles, 2. Nancy Torri 16 miles.

## Foothill Footrace

July 20, Coarsgold. 2 Mi. & 5 Mi.

### Division Results - Men's 2 Mile

Overall Winner: 1. John Robinson 11:07. 12 & Under: 1. Ryan Davis 20:06. 13-19: 1. Pat Kelly 12:53. 30-39: 1. John Robinson 11:07. 40-49: 1. Craig Elia 11:26. 50-59: 1. Robert Perry 12:46.

### Division Results - Women's 2 Mile

Overall Winners: 1. Debra Robinson 16:27. 12 & Under: 1. Erin McKeand 18:05. 13-19: 1. Jessica Seiber 22:29. 20-29: 1. Leslie Bridges 17:02. 30-39: 1. Debra Robinson 16:27. 40-49: 1. Donna Baxter 33:31. 60 & Over: 1. Audrey Ashlock 32:34.

### Division Results - Men's 5 Mile

Overall Winner: 1. Estanislao Bermejo 26:38. 13-19: 1. Estanislao Bermejo 26:38. 20-29: 1. Mark Pelham 27:08. 30-39: 1. James Umpleby 27:01. 40-49: 1. Mark Hammond 28:52. 50-59: 1. Richard Robinson 35:55. 60 & Over: 1. Klaus Penning 44:50.

### Division Results - Women's 5 Mile

Overall Winner: 1. Stacy Bueher 29:02. 12 & Under: 1. Kerin Padillo 34:24. 20-29: 1. Stacy Bueher 29:02. 30-39: 1. Sharon Brown 36:35. 40-49: 1. Betty LeCar 38:31. 50-59: 1. Deborah Schwartz 45:51.

## KUIC's Fitness Is Fun Expo '91

July 20, Fairfield. 4 Mile.

### Division Results - Men

17 & Under: 1. David Mork 22:55. 18-29: 1. Keith Lewis 21:52, 2. Ryan Adams 23:08, 3. Billy Raiter 23:46. 30-39: 1. Brad Hawthorne 20:57, 2. Scott Metsker 21:38, 3. Nick Nichols 22:28. 40-49: 1. John Valenda 25:00, 2. Bob Barnett 26:24, 3. Daniel Mautz 27:50. 50-59: 1. Roger Newland 29:50.

### Division Results - Women

18-29: 1. Amy Warren 29:02, 2. Nina Eseed 29:41, 3. Wendy Pool 42:58. 30-39: 1. Linda Somers 23:55, 2. Suzanne Tweet 33:24, 3. Laura Bogardus 34:40.

## Eppie's Great Race

July 20, Sacramento. (5.82 Mi. Run, 12.5 Mi. Bike, 6.3 Mi. Paddle)

### Team Results

#### Corporate:

1. Permanent Power Pac 1:48:12, 2. Optical Illusions 1:52:46, 3. Intel #1 1:52:58.

#### Co-Ed:

1. Greg Miller, Ned Orrett, Sleepy Starbird 1:45:57, 2. Body Slam 2, for Dad 1:47:57, 3. Kim, Carlos and Stein 1:51:43.

#### Open:

1. Sissies from Hell 1:31:35, 2. Pink Pups 1:35:44, 3. Team Boss 1:36:07.

#### Touring/Slalom Kayak:

1. Team Cues-O's 1:44:25, 2. The Mandarin Express 1:45:14, 3. Wilderness Sports 1:45:18.

# RESULTS

## Family:

1. Hanna Family 1:40:56, 2. K.C. Bros. 1:57:34, 3. The Adobes 1:57:46.

## Canoe:

1. Muffins Etc. Team 1:41:53, 2. CNOCC Olympic Express #7 1:44:41, 3. Wilderness 1:44:55.

## Sit-On-Top Kayak:

1. Pink Dog/Rest Stop 1:47:00, 2. You're U. & Y.M.D.Y.F. 1:54:30, 3. Just For Fun 1:54:30.

## Women:

1. The 3 Babes 1:49:25, 2. Huerber/Kuehrv Cartwright 1:59:19, 3. Dying to Tri 2:15:38.

## Women's 40 Plus:

1. The Gazalle's 2:02:13, 2. 3 Pink Dogs, See Run 2:02:35, 3. Aged Fine Whines 2:05:30.

## Men's 40 Plus:

1. Rest Stop Pink Dogs 1:40:46, 2. Biodegradables 1:47:55, 3. Repro Racers 1:53:20.

## Men's 50 Plus:

1. Bradshaw's Rest 1:49:25, 2. Jordon/Karver/Zinn 1:49:25, 3. Over 50 & Awesome 1:59:58.

## Inflatable Kayak:

1. Bradshaw Streakers 1:56:23, 2. The Dynamic Trio 2:08:29, 3. Jammin' for Jesus 2:09:34.

## Vineman Triathlon

July 20. Santa Rosa. Vineman & Half Vineman.

### Overall Results - Vineman

1. David Cihasky 9:02:10, 2. Brian Sevonis 9:05:44, 3. David Turner 9:09:31, 4. Bradford Rex 9:11:49, 5. Thomas Carney 9:30:45, 6. Ben Hian 9:41:12, 7. Eddie Fast 9:42:18, 8. Bruce Mace 9:43:52, 9. Mal Pplop 9:58:49, 10. Jeffrey Weller 10:00:07.

### Overall Results - Half Vineman

1. Bryan Fahrenbach 3:55:13, 2. Alex Begg 3:58:15, 3. Nick Martin 4:02:11, 4. James Ketron 4:06:39, 5. Steve Ferrario 4:08:57, 6. Doug Denny 4:12:21, 7. Eugene Cordero 4:14:00, 8. Kenny Leader 4:15:15, 9. Douglas Marocco 4:16:50, 10. Mark Hapke 4:17:08.

### Division Results - Men's Half Vineman

19 & Under: 1. Brad Jones 4:59:11, 2. David Raichlen 5:51:20. 20-24: 1. Tom Hart 4:22:39, 2. Josh Allen 4:23:54, 3. Scott Adams 4:27:26. 25-29: 1. Doug Denny 4:12:21, 2. Eugene Cordero 4:14:00, 3. Douglas Marocco 4:16:50. 30-34: 1. Kenny Leader 4:15:15, 2. Gregg Trent 4:21:22, 3. Douglas Elliot 4:21:48. 35-39: 1. Mark Hapke 4:17:08, 2. Kevin Keane 4:28:45, 3. Peter Culligan 4:23:31. 40-44: 1. David Shectman 4:30:10, 2. David Slidders 4:37:58, 3. Tom Anderson 4:42:28. 45-49: 1. Walter Padloff 4:36:32, 2. John Demers 4:52:40, 3. Clay Taft 4:56:21. 50-54: 1. Bill Marshall 4:56:13, 2. Glen Dickerson 5:35:48, 3. Joseph Maron 5:36:18. 55-59: 1. Gerry Cpydepman 5:36:37, 2. James Clayton 6:49:24. 60 & Over: 1. Hal Sullivan 6:09:22, 2. Ralph Blck 6:14:48, 3. Bob Lynde 6:25:59.

### Division Results - Women's Half Vineman

19 & Under: 1. Theresa Whalen 5:51:12. 20-24: 1. Lisa VanDerEeps 5:26:40, 2. Online Parker 5:33:21, 3. Lori Walker 5:36:00. 25-29: 1. Marci Mauro 4:44:22, 2. Julie Thornton 4:47:59, 3. Elizabeth VanDerLiet 5:06:01. 30-34: 1. Joan Gregg 5:00:00, 2. Peggy Lavelle 5:06:02, 3. Denise Elestad 5:23:51. 35-39: 1. Andrea Ivan 5:23:26, 2. Diane Abato 5:52:51, 3. Mary Brown 6:03:01. 40-44: 1. Debbie Smith 5:19:00, 2.

Jaclyn Litman 5:43:39, 3. Catherine Long 5:49:07. 45-49: 1. Judith Gottler 6:13:08, 2. Mary McNally 6:31:33, 3. Sharon Marshall N.T. 50-54: 1. Julia Carpenter 6:37:15, 2. Charlene Rossignol 7:03:33, 3. Mary Hack 7:22:00.

### Inflatable:

1. Team Rest Stop 2:08:51, 2. Going Bananas Too 2:09:30, 3. Drifters 2:28:54 and CSUS Civil Eng. Alum. 2:28:54.

### Junior's:

1. Studs 2:01:09, 2. Audacious Adolescents 2:02:53, 3. The Moving Force 2:11:45.

### Adaptive:

1. Fleet Feet Adaptive 1:27:05, 2. Deets/Descote/Boyce 1:28:16, 3. Pink Dogs 1:37:03.

### Media Challenge:

1. 3 Speed for 10 1:57:26, 2. Triple Trouble 2:06:13, 3. KCRA 2:11:32.

### Ironman:

1. Don Hicks 1:34:17, 2. Leonrd Vearde 1:36:27, 3. Gary Johnsrud 1:37:42.

### Senior Ironman:

1. Guy McKenzie 1:43:45, 2. Steve Pass 1:45:26, 3. Rich Kitowski 1:48:34.

### Ironwoman:

1. Beth Rypins 1:50:40, 2. Karin Olsson 1:52:40, 3. Ann Gerhardt 1:53:04.

### Senior Ironwoman:

1. Nancy Fish 2:04:45, 2. Carol Schick 2:14:53, 3. Diann Velaga 2:16:48.

## Marina Run

July 21. Brisbane. 5K.

### Division Results - Men

18 & Under: 1. Dino Daniels 17:50, 2. Francisco Alupay 19:30, 3. Brandon Bass 24:37. 19-39: 1. Lucio Perez 16:27, 2. Blair Verna-

bles 16:51, 3. John Doyel 17:25. 40-59: 1. Walt Kohnert 17:29, 2. Stan Yasuhara 17:52, 3. David Resmiller 18:01. 60 & Over: 1. Warren Weinstock 29:46, 2. Ken Murray 31:03.

### Division Results - Women

18 & Under: 1. Marvelena Desha 31:26. 19-39: 1. Frances Schulze 22:13, 2. Karen Ashe 22:26, 3. B. J. Jackson 23:47. 40-59: 1. Barbara Zoldan 22:35, 2. Sandra Seki 23:28, 3. Barbara Robben 23:52. 60 & Over: 1. Dot Weinstock 27:22.

## Donner Lake Triathlon

July 21. Truckee.

### Overall Results - Men's Elite

1. Brad Beven (22) 2:03:54, 2. Andrew MacNaughton (28) 2:04:46, 3. Chuck Vey-lupek (22) 2:07:29, 4. Preben Nielsen (29) 2:10:50, 5. Scott Miller (30) 2:11:58, 6. Greg Grunner (27) 2:13:53, 7. Allan Wright (33) 2:16:10, 8. Chase Watts (23) 2:16:48, 9. Michael Smith (27) 2:17:02, 10. Chris Williams (26) 2:17:13.

### Overall Results - Women's Elite

1. Carol Montgomery 2:20:06, 2. Sue Latshaw 2:23:31, 3. Holly Nybo (28) 2:25:09, 4. Karen Chequer-Pfeiffer (33) 2:26:16, 5. Lisa Verke (28) 2:27:51.

### Overall Results - Men

1. Jim Mollerus (32) 2:15:23, 2. Larry Norris (26) 2:15:49, 3. Carlos Lomba (27) 2:16:23, 4. Jeffrey Banger (30) 2:16:26, 5. Jon Moens (28) 2:17:02, 6. Jim Larrieu (31) 2:17:26, 7. Stefan Laursen (21) 2:18:34, 8. Brad Firk (26) 2:18:44, 9. Scott Schumaker (21) 2:19:02, 10. Jeff Moffit (26) 2:19:10.

### Overall Results - Women

1. Lesley Chequer 2:31:27, 2. Marcia White (27) 2:33:49, 3. Julie Verke (21)

## 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  
shipping charges.

2 for \$5 ▲ 5 for \$10 ▲ 12 for \$20

Shipping Included

Add \$1/shirt for long sleeves

## SAFETY PINS

For runners

\$12.95 per box

\$10.95 per box of 10-19 boxes

\$9.95 per box for 20+ boxes

10 gross / 1,440 pins

### RACE SUPPLIES

✓ Race Numbers

✓ Traffic Cones

✓ Safety Vests

✓ Banners, etc.

**JACK'S  
ATHLETIC SUPPLY**  
P.O. Box 459  
San Carlos, CA 94070  
(415) 595-2249

# RESULTS

38:47, 4. Lori Elwood (29) 2:40:02, 5. Sun Burrus (29) 2:40:16, 6. Stephanie Iuch (27) 2:41:04, 7. Annamarie Hagans (29) 2:42:14, 8. Sharon Sander (29) 2:43:14, 9. Kate Sweetman (26) 2:44:20, 10. Sally Gaines (39) 2:50:39.

## Division Results - Teams

**1st-10th**  
1. Team Casza 2:20:21, 2. A. Layman 2:11:08, 3. Team Mako 2:21:48.  
**11th-20th**  
1. The Obscures 2:07:40, 2. Stewart-Hunt 19:01, 3. Tri West 2:13:45.

## Rock to Pier Race

July 13. Morro Bay. 6 Mile.

### Overall Results

1. James Menon (19) 32:54, 2. Paul Lee (34) 32:59, 3. Doug Sims (30-34) 33:10, 4. Frank Hutchinson (35-39) 33:30, 5. Tory Rand (19-24) 33:46, 6. Steve Boaz (19-24) 34:00, 7. T. G. McKeown (35-39) 34:05, 8. Sean McCormick (25-29) 34:34, 9. Kevin Jefferson (19) 35:00, 10. Brian Osinn (30-34) 35:11.

11. Brian Waterbury (40-45) 35:47, 12. Ron Anderson (25-29) 36:07, 13. Roger Iano (19) 36:13, 14. John Blair (35-39) 36:16, 15. Luis Escobar (25-29) 36:22, 16. Ivey Sharp (19-24) 36:27, 17. Brian King (19-24) 36:36, 18. Rick Kluge (35-39) 36:55, 19. Kevin Cooper (30-34) 37:04, 20. Ivey Hughes (35-39) 37:14, 21. Garrett Essres (35-39) 37:14, 22. John Ematt (25-29) 37:14, 23. John Tiffin (19-24) 37:35, 24. Christopher Conners (19-24) 38:05, 25. Clem Michel (40-49) 38:08.

## Summer Solstice Marathon

July 27. Muir Woods and Mt. Tamalpais State Park.

### Overall Results - Marathon

1. Mark Marcelli (32) San Diego 3:36:30, 2. Ed Willard (40) San Francisco 4:16:33, 3. Ron Kaiser (43) San Anselmo 4:18:50, 4. Jay Bononi (28) Belmont 4:18:50, 5. Shel Black (43) Auburn 4:54:20, 6. Howard Niel (57) Oakland 5:01:10, 7. Milo Lewis (8-10) 8. Linda Whiting (43) Los Angeles 8:10, 9. Geoff Bardsley (63) San Francisco 5:17:05, 10. Raymond Prizgintas (54) Los Angeles 5:17:50.

1. Lynn Phipps (48) Fremont 5:17:50, 12. Ron Clark (49) Citrus Heights 5:17:50, 13. Bert Solorio (42) Oakland 5:17:50, 14. Bob O'Connor (42) San Jose 5:17:50, 15. George Gilmore (48) Petaluma 5:40:35.

### Overall Results - 31K

1. Ronald Goossens (35) Mt. View 9:12, 2. Jerry Wittenauer (31) Palo Alto 8:54, 3. Jim Caty (31) Milpitas 2:41:10, 4. David McClure (24) Belmont 2:49:15, 5. Mon Douglas (31) Boston, MA 2:51:05, 6. Wayne Hinrichs (44) Novato 2:59:30, 7. Richard Parker (45) San Francisco 3:01:30, 8. David Warren (55) Menlo Park 3:06:43, 9. Leonard Fischer (30) Suisun City 7:30, 10. Pam Purcell (46) Santa Rosa

3:08:12.

11. Valerie Hamilton (33) Windsor 3:10:42, 12. George Mitchell (27) San Francisco 3:16:35, 13. Louise Lamb (38) Benicia 3:23:40, 14. Ann Grove (49) Vallejo 3:23:40, 15. Michael Houston (47) Vallejo 3:23:40, 16. Tim Hinrichs (35) San Rafael 3:25:57, 17. Dave Mason (48) Menlo Park 3:29:02, 18. George Dombrovski (38) Corte Madera 3:35:23, 19. Marche Booth (59) Santa Rosa 3:35:23, 20. Jo Ann Guattery (42) Santa Rosa 3:42:07.

### Overall Results - 12K

1. Randy Fernandez (26) Sonoma 56:10, 2. Fred Huxham (28) San Francisco 57:10, 3. Michael McCartney (42) Mill Valley 57:45, 4. Bill Dodge (50) Alameda 1:04:50, 5. Thomas Velladao (31) Mill Valley 1:08:30, 6. Tessa Kelly (32) San Anselmo 1:11:11, 7. John Schulz (52) San Rafael 1:17:00, 8. Bill Pence (42) San Ramon 1:29:30, 9. Melissa Freeberg (18) San Ramon 1:29:30, 10. Karen Houston (47) Vallejo 1:32:12.

## Humboldt Tri-Kids Triathlon

July 27. Humboldt.

### Overall Results - Women's Juniors

1. Courtney Burman (Eureka) 22:58, 2. Jennifer Boreing (Bayside) 23:16, 3. Sasha Walters (Eureka) 23:20, 4. Dawn Posh (Petrolia) 24:25, 5. Keirsten Walters (Eureka) 24:38, 6. Kelsey Burman (Eureka) 24:44, 7. Amanda Shirley (Eureka) 25:14, 8. Emily Brown (McKinleyville) 25:23, 9. Erin Aiello (Arcata) 25:34, 10. Renee Blanz (Eureka) 25:40.

### Overall Results - Men's Juniors

1. Jacob Thompson (Eureka) 20:31, 2. Jeff Munther (Bayside) 21:01, 3. John Azevedo (Bayside) 21:46, 4. Ivan Marrs (Arcata) 21:48, 5. Luke Walker (Arcata) 21:53, 6. Nathan Downey (Fortuna) 21:58, 7. Luke Walker (Arcata) 22:12, 8. Breandan Sousa 23:02, 9. Matt Wrobel (Arcata) 23:16, 10. Nicholas Downey (Fortuna) 23:21.

### Overall Results - Women's Seniors

1. Megan Farrell (Carmichael) 31:36, 2. Jeni McGregor (Eureka) 38:19, 3. Laura Holt (McKinleyville) 42:25, 4. Naomi Posh (Petrolia) 42:32, 5. Briana Kemp (Fortuna) 42:33, 6. Linnea Newman (Eureka) 43:42, 7. Anne Parker (Bayside) 44:11, 8. Melissa McGuffin (Eureka) 46:07, 9. Jenny Thomas (Fortuna) 46:08, 10. Sara Brimlow (McKinleyville) 47:07.

### Overall Results - Men's Seniors

1. Max Schilling (Arcata) 30:16, 2. Todd Sakai (Arcata) 31:06, 3. Damon Kluge (Eureka) 32:27, 4. Cameron Renner (Eureka) 32:38, 5. Greg McGuffin (Eureka) 36:05, 6. Zach Mohrmann (McKinleyville) 36:55, 7. Michael Cotton 38:50, 8. Alfred Abrahamson (Eureka) 39:29, 9. Joshua Reller (Lola) 41:23, 10. Chris West (Arcata) 41:44.

## Lake Sonoma Triathlon

July 27. Geyserville. 1 Mi. Swim, 6.2 Mi. Run, 25 Mi. Bike.

The Fifth Annual Lake Sonoma Triathlon,

sponsored by the United States Lifesaving Association, was held on Saturday, July 27th, at Lake Sonoma Park near Geyserville, CA.

Mr. James McCray was the event director for the 5th year. The race consisted of a mile swim, a 6.2 mile (10K) run, and a 25 mile bike. 196 individuals completed the course.

Greg Grunner of Davis was the top finisher in a record time of 1:59:43. He established a new course record by chopping 3:41 off the 1990 record of 2:03:24 set by Andrew Rodovan of Santa Rosa.

The female individual champion was Lisa Yonaka of Los Gatos in a fine time of 2:24:43 a mere :57 shy of the 35-39 women's divisional record of 2:23:46 set last year by Susan Condon of Walnut Creek.

Seven individual divisional course records were set. The one female record was established by Maggie Fillmore of Oakland. She rewrote the record of 2:36:35 in the 40 to 44 women's with her time of 2:36:00.

Six male divisions now have new standards. Mark James of Monte Rio took the 20 to 24 mark with his 1:59:53 - a full 3:31 better than the former record of 2:03:24 set in 1990 by Andrew Rodovan of Santa Rosa.

Greg Grunner, the overall winner in a new course record, clocked 1:59:43 to also lay claim to the men's 25-29 standard, formerly held by Nick Kurth of Davis, who covered the course in 2:04:44 back in 1988.

Patrick Bitter of Los Gatos took 1:21 off the men's 35-39 mark of 2:07:10 set by Don Anderson of Mountain View in 1988 with his clocking of 2:05:49.

In the men's 40-44 division Rob Walters of Novato slashed 3:53 off the prior standard of 2:10:25, set by Dennis Good of Fairfield in 1988, with his effort of 2:06:32.

A large drop was seen in the men's 45 to 49 division. Defending division Champ Jim O'Rear of Alameda finished under his former course record of 2:25:57 set last year, with his excellent time of 2:20:35; but he had to settle for 2nd place due to the new record performance of Thomas Barthold of San Anselmo who took 7:46 off the 1990 record with his 2:18:11 effort.

Continuing on in the assault of the masters records was Bill Page of Palo Alto. He clipped 5:50 off the old 50 & Over standard of 2:27:14, set in 1986 by Dave Stevenson of Los Altos Hills, with his finish of 2:21:24.

### Division Results - Men

**Overall Winners:** 1. Greg Grunner 1:59:43, 2. Mark James 1:59:53, 3. Jon Moens 2:03:54, 4. Steven Atkins 2:03:59, 5. Doug Denny 2:04:22. **19 & Under:** 1. Kevin Haddy 2:15:52, 20-24: 1. Mark James 1:59:53, 2. Jesse White 2:05:45, 3. Mark Cavallaro 2:11:20, 25-29: 1. Greg Grunner 1:59:43, 2. Jon Moens 2:03:54, 3. Steven Atkins 2:03:59, 30-34: 1. Ian Ross 2:09:32, 2. Edgar Velez 2:15:43, 3. Dennis Sullivan 2:17:02, 35-39: 1. Patrick Bitter 2:05:49, 2. Dan Johnson 2:07:04, 3. Frank Kochinke 2:11:07, 40-44: 1. Rob Walters 2:06:32, 2. Rick Niles 2:11:12, 3. Edward Baker 2:18:44, 45-49: 1. Thomas Barthold 2:18:11, 2. Jim

O'Rear 2:20:25, 3. Larry Owens 2:26:44. **50 & Over:** 1. Bill Page 2:21:24, 2. Alan Schmeiser 2:26:57, 3. Chuck Ehlers 2:31:05.

### Division Results - Women

**Overall Winners:** 1. Lisa Yonaka 2:24:43, 2. Kathy Winkler 2:24:48, 3. Carol Bitter 2:29:57, 4. Teri Reilly 2:32:13, 5. Susy Donofrio 2:32:24. **19 & Under:** 1. Jacinda Mawson 2:37:53, 20-24: 1. Cassandra Van Horn 2:39:17, 2. Danielle Okulski 2:42:47, 3. Jennifer Witt 2:51:17, 25-29: 1. Kathy Winkler 2:24:48, 2. Jenny Seyranian 2:32:56, 3. Christin Chorak 2:34:06. **30-34:** 1. Carol Bitter 2:29:57, 2. Teri Reilly 2:32:13, 3. Susy Donofrio 2:32:24. **35-39:** 1. Lisa Yonaka 2:24:43, 2. Suzanne Crawford 2:35:59, 3. Lou Bosch-Wilson 2:39:39. **40-44:** 1. Maggie Fillmore 2:36:00, 2. Sue Perry 3:03:34. **45 & Over:** 1. Carole Mawson 2:53:16, 2. Judith Gottlieb 2:56:48, 3. Ann Kenville 3:08:53.

## Legg Lake Runs Fishing Pole Run

July 13. So. El Monte. 5K.

### Overall Results

1. Robert Goodwin (40) 16:58, 2. Ray Parker 18:10, 3. Fidel Diaz (35) 18:27, 4. Arthur Martinez (43) 20:05, 5. Gunnar Nelson (31) 20:51.

## Carrera de Noche

July 18. So. El Monte. 5K.

### Overall Results

1. Jose Dolores Sanchez 17:50, 2. Juan Graciano (25) 17:54, 3. Fidel Diaz (35) 18:21, 4. Armando Hernandez (26) 18:48, 5. Kenneth Ganzer (38) 20:34.

## Fish Bait Run

July 20. So. El Monte. 5K.

### Overall Results

1. Stephen Davis (37) 17:39, 2. Brian Ebiner 18:14, 3. John Limone (35) 18:41, 4. Steve Sarkisian 19:14, 5. Albert Ramirez 19:22.

## Running Creek Run

July 21. So. El Monte. 5K.

### Overall Results

1. James Blakely (27) 15:33, 2. Jim Moore (32) 17:59, 3. Fidel Diaz (35) 18:22, 4. John Goldman (24) 18:43, 5. Raul Granados 18:50.

## Evening Raccoon Run

July 25. So. El Monte. 5K.

### Overall Results

1. Robert Garbay 16:38, 2. J. T. Vida 17:02, 3. Jose Alvarez 17:23, 4. Manny Perez (32) 17:52, 5. Fidel Diaz (35) 18:13.

## Mill Valley 5K

July 28. Mill Valley.

### Overall Results - Men

1. Dale Londos (27) San Rafael 15:35, 2. Peter LaGoy (32) Berkeley 15:45, 3. Peter O'Reilly (33) San Anselmo 15:46, 4. Eric Norer (29) San Francisco 15:57, 5. Louis Garcia (34) Santa Rosa 16:00, 6. Toby Knepler (25) Corte Madera 16:09, 7. Thom Trimble (32) Concord 16:11, 8. Jim Coughlin (31) St. Helena 16:19, 9. Chris Thomas (43)

# RESULTS

Willits 16:25, 10. Eduardo Esponda (21) Petaluma 16:31.

## Overall Results - Women

1. Shirley Matson (50) Moraga 18:04, 2. April Powers (33) Corte Madera 18:22, 3. Christie Patterson (43) Belvedere 18:40, 4. Kristin Cooper (21) Berkeley 18:52, 5. Kathy Dalton (21) Sonoma 19:23, 6. Theresa McCarthy (18) San Rafael 19:28, 7. Kazuko Aoyagi (39) Oakland 21:00, 8. Kerry Engler (18) Novato 21:14, 9. Jennifer Blackman (30) San Francisco 21:36, 10. Ann Hardham (48) Mill Valley 21:47.

## Division Results - Men

**17 & Under:** 1. Rick Espondo 16:50, 2. Aaron Greenwald 17:59, 3. Justin Romig 18:00, 18-29: 1. Dale Londos 15:35, 2. Eric Norer 15:57, 3. Toby Knepler 16:09, 30-39: 1. Peter LaGoy 15:45, 2. Peter O'Reilly 15:46, 3. Louis Garcia 16:00, 40-49: 1. Chris Thomas 16:25, 2. Brendan Hutchinson 17:39, 3. Bill Warnevos 17:46, 50-59: 1. Dan McCaskill 17:10, 2. Jim Williams 17:18, 3. Richard Rodriguez 18:06, 60-69: 1. Dick Couvillion 21:27, 2. Bob Drude 22:31, 3. Dick Fleming 25:33, 70 & Over: 1. William Main 22:38, 2. Robert Maysenhalder 32:50.

## Division Results - Women

18-29: 1. Kristin Cooper 18:52, 2. Kathy Dalton 19:23, 3. Theresa McCarthy 19:28, 30-39: 1. April Powers 18:22, 2. Kazuko Aoyagi 21:00, 3. Jennifer Blackman 21:36, 40-49: 1. Christie Patterson 18:40, 2. Ann Hardham 21:47, 3. Sunny Blende 22:11, 50-59: 1. Shirley Matson 18:04, 2. Katie Martin 22:29, 3. Lynn Haley 32:01, 60 & Over: 1. Els Tuizing 28:28, 2. Marita Hayhurst 30:45.

## Fiesta 20K Point to Point Footrace

July 28, Santa Barbara.

Under perfect cool skies Greg Homer "traded places" with last year's winner Harold Kitting. Winning by a mere 5 seconds, Greg avenged last year's second place loss to Harold. This year was won in 1:07:21. Last year Greg Homer ran 1:07:22. A huge one second improvement!

Master runner Elaine Triplett early won in 1:24:00, running a good 1 minute 41 seconds ahead of the next woman finisher. Look out masters division!

## Division Results - Men

**19 & Under:** 1. Artemio Reynoso 1:19:54, 20-29: 1. Mike Smith 1:10:03, 30-39: 1. Greg Homer 1:07:21, 40-49: 1. Jim Kornell 1:12:18, 50-59: 1. Jim Kennett 1:22:59, 60 & Over: 1. Ray Gil 1:37:05.

## Division Results - Women

20-29: 1. Susan Patronio 1:25:41, 30-39: 1. Laurie Singer 1:37:29, 40-49: 1. Elaine Triplett 1:24:00, 50-59: 1. Gaby McQuitty 1:39:46.

## Wharf to Wharf

July 28, Santa Cruz, 10K.

## Overall Results - Men

1. Brian Abshire (Citrus Heights) 27:30, 2. Ivan Huff (Paso Robles) 28:02, 3. Daniel

Gonzalez (Mt. View) 28:09, 4. Matt Clayton (Imperial Beach) 28:15, 5. Carmelo Rios (Oakland) 28:23, 6. Alan Döhlinger (Reno) 28:23, 7. David Frank (Los Altos) 28:36, 8. Robert Anex (Atherton) 28:41, 9. Kevin Osterberg (Half Moon Bay) 28:48, 10. Kenrick Sealy (San Jose) 28:50.

11. Jose Pilar Aispuro (Aptos) 28:54, 12. Brent Griffiths (Morro Bay) 29:15, 13. Ernie Freer (Campbell) 29:24, 14. Dan Stefanisko (San Jose) 29:29, 15. Matt Hempel 29:30, 16. David Walsh (Santa Barbara) 29:34, 17. Daniel Gruber (Aptos) 29:35, 18. Rick Brauer (Mt. View) 29:40, 19. Rod Heskett (Campbell) 29:45, 20. Dale Porter (Davis) 29:46.

21. Scott Hempel 29:49, 22. Parker Kelly (Davis) 29:49, 23. Demian Kloeber 29:53, 24. Dan Buntman (Morgan Hill) 29:54, 25. Albert DeLaTorre (Watsonville) 29:57, 26. Tim Ketron (Sacramento) 29:59, 27. Stephen Zirkelbach (Oakland) 30:00, 28. Gilbert Munoz (Watsonville) 30:00, 29. Scott Steinmaus (Davis) 30:01, 30. Bret Kimple (Watsonville) 30:02.

31. David Parsell (Costa Mesa) 30:03, 32. Dan Zoldak (San Jose) 30:06, 33. Lynn Mentzer (Reno) 30:09, 34. Paul Cummings (Davis) 30:11, 35. Matt Gough (Millbrae) 30:14, 36. Jeff Stein (San Jose) 30:15, 37. Patrick Rainey (Davis) 30:16, 38. Andrew Ferguson (El Cerrito) 30:16, 39. Bob Ebert (San Jose) 30:18, 40. Chuck Fanter (Los Gatos) 30:20.

41. Scott Hill (Fremont) 30:21, 42. Brandon Smith (Scotts Valley) 30:24, 43. Bill Elliott (Redding) 30:25, 44. Bill Davenport 30:26, 45. Bruce Storms (Sunnyvale) 30:29, 46. Kenny Brown (Rohnert Park) 30:33, 47. Ricardo Medellin (Brea) 30:35, 48. Pete Dolan (Goleta) 30:36, 49. Eric Walker (Rancho Cordova) 30:37, 50. Michael Seaman (Pacific Grove) 30:40.

51. Rod Berry (San Anselmo) 30:41, 52. Erik Extell 30:42, 53. Mauricio Maia (Davis) 30:43, 54. David Stancilife (San Rafael) 30:45, 55. Bill Joseph (Shasta) 30:46, 56. Dan Berkeland 30:48, 57. Scott Schneider (Davis) 30:48, 58. Michael Matthew (Santa Clara) 30:48, 59. Steve Watkins (Carmel Valley) 30:50, 60. Grant Foster (Walnut Creek) 30:52.

61. Brooks Boyd (San Francisco) 30:53, 62. Andy Bupp (Santa Clara) 30:54, 63. Bill Devine (Crystal Bay) 30:55, 64. Stephen Overgaard (Stockton) 30:55, 65. Steve Boaz (Oakland) 30:56, 66. Douglas Avrit (San Andreas) 30:56, 67. Jim Christensen (Cupertino) 30:57, 68. Bob Tapia (San Jose) 30:59, 69. Ray Garcia 31:03, 70. Scott Pierce 31:04.

71. Steve Pappa (Sacramento) 31:05, 72. William Langhout (Davis) 31:06, 73. Andy Zoldak 31:06, 74. Ian Blair (Santa Cruz) 31:07, 75. Ben Turman (Oakland) 31:09, 76. Kevin B. 31:11, 77. Gil Guzman (Brentwood) 31:12, 78. James Knox (Santa Barbara) 31:13, 79. Don Hogue (Stanford) 31:13, 80. Michael White (San Jose) 31:15.

81. Chris Waight 31:16, 82. Kevin Braden 31:19, 83. Steve Gerhart (Woodland) 31:24, 84. Not Available 31:25, 85. Tom Schmitt

(San Anselmo) 31:26, 86. Greg Donson (Hayward) 31:28, 87. Tony Munoz (Watsonville) 31:29, 88. Steve Goettermann (Campbell) 31:30, 89. Charles Wallace (Bakersfield) 31:34, 90. Scott Metzger (San Rafael) 31:35.

91. Crispin Romero (Antioch) 31:36, 92. Jacob Niebaum (Half Moon Bay) 31:37, 93. Jordan Carroll 31:42, 94. Steve Webb (Fremont) 31:43, 95. Kyle Dando (San Jose) 31:43, 96. Steven Chavez (San Ramon) 31:46, 97. Tom Counts (Fresno) 31:46, 98. Bruce Phinney (San Rafael) 31:46, 99. Jorge Mariscal (Freedom) 31:47, 100. Jeff Clark (Grass Valley) 31:48.

## Overall Results - Women

1. Nancy Ditz (Woodside) 31:47, 2. Kathy Bowman (San Dimas) 31:58, 3. Dina Farage (San Jose) 32:48, 4. Rosa Gutierrez (San Jose) N.T., 5. Sabrina Han (Oakland) N.T., 6. Diana Nelson Fitzpatrick (San Francisco) N.T., 7. Robyn Berry (San Anselmo) N.T., 8. Kristina Hand (San Luis Obispo) N.T., 9. Rebecca Chamberlain (San Jose) N.T., 10. Barb Myers-Acosta (Santa Cruz) N.T.

11. Jani Johnson (Atascadero) N.T., 12. Julie Matteson-Guzman (Los Angeles) N.T., 13. Laurie Chapman (Campbell) N.T., 14. Linda Van Housen (Redwood City) N.T., 15. Betsy Swan (Woodside) N.T., 16. Amanda Marks (Los Angeles) N.T., 17. Suzanne Gyorey (San Jose) N.T., 18. Heike Mansoor (Folsom) 35:36, 19. Lura Damiano (Ft. KBragg) 35:48, 20. Laura Sanchez (Salinas) 35:53.

21. Shannon Lieder (Fresno) 36:02, 22. Linda Jannelli (Redwood City) 36:05, 23. Steven Okino (La Jolla) 36:07, 24. Shirley Rojas (Visalia) 36:27, 25. Kristin Jacobs (Los Gatos) 36:32, 26. Sheri McCarroll (San Jose) 36:34, 27. Lan Chidester (San Diego) 36:41, 28. Janice Prudhomme-Lizotte (San Francisco) 36:42, 29. Tracy Leichter (San Luis Obispo) 36:42, 30. Karen Fogerson (Morgan Hill) 36:43.

31. Kim Campbell (Carmel) 36:47, 32. Megan Sheehy (Redding) 36:52, 33. Juana Stavalone (San Jose) 36:56, 34. Leslie McMullin (Oakland) 36:56, 35. Jill Sherkel (Stanford) 37:00, 36. Janine Jarris (Rancho Cordova) 37:28, 37. Patty Howell (Sparks) 37:43, 38. Karen Rowen (San Jose) 37:43, 39. Connie Kondo (Folsom) 37:59, 40. Rachel Procter (Reno) 38:06.

41. Teresa Clark (Los Altos) 38:07, 42. Laura Schmitt (San Anselmo) 38:11, 43. Marianne Zerebko (Tahoe City) 38:13, 44. Joann Dahlkoetter (Redwood City) 38:35, 45. Debbie Smith (Santa Cruz) 38:40, 46. Laurie Riebeline (Mill Valley) 38:40, 47. Angela Schmidt (Sacramento) 38:41, 48. Valerie Briggs (Sunnyvale) 38:42, 49. Nancy Galarneau (Fresno) 38:45, 50. Mercedes Amaya (Sacramento) 38:52.

51. Claire Fry (Modesto) 38:52, 52. Carol Werner (Santa Barbara) 38:53, 53. Lorena Ferreira (Half Moon Bay) 38:56, 54. Donna Troyna (Menlo Park) 38:57, 55. Sorrel Bird (Martinez) 39:13, 56. Nicole Silva (Watsonville) 39:20, 57. Deborah Devine (Crystal Bay) 39:25, 58. Aimee Tolan (Sonoma) 39:29, 59. Sueann Francis (Cupertino)

39:34, 60. Carrie Tacheira 39:41.

61. Jamie Sullivan (Salinas) 39:44, 62. Cindy March (Los Altos Hills) 39:46, 63. Yudelia Guerrero 39:55, 64. Kathy Fob 39:57, 65. Sandra Patterson (Lafayette) 40:03, 66. Rosemary Eddington (San Clara) 40:07, 67. Teresa Warren (Visal) 40:14, 68. Lanette Sanders (San Jose) 40:15, 69. Stacey Wainwright (Davis) 40:15, 70. Melinda Villar 40:18.

71. Bernadette Phillips (Redding) 40:17, 72. Dana Connor (Santa Clara) 40:20, 73. Belinda Williams (Fremont) 40:21, 74. Elizabeth Long (Santa Clara) 40:22, 75. Not Available 40:22, 76. Lisa Poitras (Aptos) 40:23, 77. Linda Strong (Bonny Doon) 40:24, 78. Diane Lerma (Scotts Valley) 40:28, 79. Mary Tift (San Jose) 40:29, 80. Caite Sierra (Pt. Richmond) 40:35.

81. Irene Watson (San Francisco) 40:35, 82. Kitty Moore (Fremont) 40:51, 83. Catherine Moore (Sacramento) 41:03, 84. Janni Cessna 41:06, 85. Carol Bagley (Palo Alto) 41:09, 86. Susan Meyers (Oakland) 41:11, 87. Deborah Hartog 41:14, 88. Ruth Ve (Walnut Creek) 41:15, 89. Dianne Gan (Mill Valley) 41:17, 90. Annie Conne (Carmel Valley) 41:18.

91. Dawn Calpinit 41:19, 92. Deb Cleveland (Palo Alto) 41:20, 93. Kaye P. Vini (Morgan Hill) 41:23, 94. Lisa Hold (Monterey) 41:29, 95. Susanne Rundbr (San Francisco) 41:34, 96. Laura Sei 41:35, 97. Michele Sweeney (Pt. Richmond) 41:36, 98. Vicki Eyre (Agoura Hills) 41:39, 99. Laurel Duckworth (Capitola) 41:41, 100. Bethann McIntosh-King (Forestville) 41:41.

## Sarah McGehee Women Distance Festival 5K

August 3, San Luis Obispo.

## Overall Results

1. Jani Johnson (35) Atascadero 18:01, Angela Orefice (16) Arroyo Grande 19:13, Diane Dixon (36) Los Osos 19:23, Jennifer Lacobara (17) Los Osos 19:31, Adrienne Trader (27) Hawthorne 19:50, Heather Kelley (17) Arroyo Grande 20:10, Stephanie Rainwater (20) San Luis Obispo 20:20, 8. Marian Fiorentino (29) Arroyo Grande 20:25, 9. Chris Seley (25) San Luis Obispo 20:26, 10. Sue O'Sullivan (29) Gver City 20:28.

11. Kim Della Gatta (16) Pismo Beach 20:37, 12. Brandy Barr (15) Nipomo 20:43, Alice Dill (34) San Francisco 20:50, Mimi Baranowski (43) Ventura 20:51, 1. Cathy Agier (33) Atascadero 20:53, 1. Marianne Talley (23) Arroyo Grande 21:17, Faye Roundy (15) Los Osos 21:22, Tammy Reed (17) Arroyo Grande 21:29, Barbara Hasson (35) San Luis Obispo 21:32, 20. Diane LaFever (40) Los Osos 22:18.

21. Sylvia Paleo (35) Atascadero 22:22, Roseann Rodriguez (15) Nipomo 23:23, Roby Robertson (18) Arroyo Grande 23:38, 24. Lisa Govreau (24) Fresno 23:25, Shelley Aleshire (40) San Luis Obispo 23:54, 26. Patricia Reynolds (28) San Luis Obispo 24:13, 27. Gaby McQuitty (5)

# RESULTS

anta Maria 24:16, 28. Jeanette Locker (2) Avila Beach 24:23, 29. Katherine Nielt (9) Shell Beach 24:32, 30. Kerri Webb (5) Inglewood 24:50.



**EVIN JEFFERSON**  
Photo by Elaine Rosenfield

## Ken Harvey Electric City Challenge Series 5K

August 3. San Luis Obispo.

### Overall Results

1. Kevin Jefferson (18) San Luis Obispo 1:28, 2. Brian King (24) SLO 16:49, 3. Ian Leon (15) Oceano 17:03, 4. Eric Madjal (16) Nipomo 17:21, 5. Richard Aleshire (5) SLO 17:23, 6. Henry Hernandez (37) Los Osos 17:36, 7. Patrick Garrity (14) Arroyo Grande 17:50, 8. Sean Clancey (28) Vandenberg AFB 18:12, 9. Dominic Lacova (42) Los Osos 18:29, 10. Clem Michel (7) Los Osos 18:35, 11. Dave Pommeroy (38) SLO 18:44, 12. Daniel Palomarez (15) Grover City 18:55, 13. James Milligan (35) Atascadero 19:03, 14. Michael Moreno (17) Nipomo 19:21, 15. Mike Symens (30) SLO 19:26, 16. Todd Der (28) SLO 19:30, 17. Russ Raymond (3) SLO 19:31, 18. Rick Kimball (34) SLO 19:45, 19. Ed Riley (31) SLO 19:53, 20. Len

Webb (38) Hawthorne 19:55, 21. David Innis (42) Atascadero 19:58, 22. Jerry Hill (51) Nipomo 20:39, 23. Buz Hamblin (43) Atascadero 20:53, 24. Philamer Lampitoc (16) Arroyo Grande 21:27, 25. John Kellerman (35) SLO 22:02, 29. Ted Locker (64) Avila Beach 23:24, 31. Edd McSorley (60) Santa Maria 23:37, 41. Paul Spangler (92) SLO 39:05.

## Coors Light Biathlon

August 4. Irvine. 3.10 MI Run, 19.70 MI. Bike, 3.10 MI. Run.

### Division Results - Men

Overall Winners: 1. Ken Souza 1:15:19, 2. Chris Willis 1:15:49, 3. Mac Williamson 1:17:28, 4. Matthew Brick 1:18:03, 5. Fred Klevan 1:18:21, 6. Russell Haswell 1:18:40, 7. Craig Reynolds 1:18:58, 8. Eric Meloney 1:19:26, 9. Bill Schipper 1:19:34, 10. Eric Squires 1:19:41, 16-19: 1. Dave Hartgman 1:23:30, 2. Chris Douville 1:29:25, 3. Daniel Niednagel 1:30:02, 20-24: 1. Scott Pesch 1:20:43, 2. Ryan Shaffer 1:23:56, 3. Erich Van Stralen 1:24:34, 25-29: 1. Bob Persell 1:21:22, 2. Birt Slem 1:21:57, 3. Bruce Balach 1:22:06, 30-34: 1. T.M. Becker 1:21:23, 2. Jay Loesche 1:22:33, 3. Robert Bistrotreau 1:22:53, 35-39: 1. Wayne Buckingham 1:24:04, 2. Paul Cook 1:24:06, 3. Howard Worrell 1:24:52, 40-44: 1. Frank Shorter 1:22:15, 2. Robert Cuyler 1:22:47, 3. Gianni Carpani 1:23:35, 45-49: 1. Dennis Kasische 1:24:06, 2. Joe Jacobsen 1:27:18, 3. Bill Leach 1:28:00, 50-54: 1. Bob Tarozzi 1:32:08, 2. Bill Timmerman 1:38:53, 3. Paul Dalton 1:39:48, 55-59: 1. Tom Purkiss 1:35:22, 2. Peter Pitsker 1:39:01, 3. Morton Gray 1:40:39, 60 & Over: 1. Hal Sullivan 1:44:41, 2. Remy Burkell 1:45:00, 3. Bill Miller 1:46:23, Elite: 1. Ken Souza 1:15:19, 2. Chris Willis 1:15:49, 3. Mac Williamson 1:17:28.

### Division Results - Women

Overall Winners: 1. Liz Downing 1:22:55, 2. Madeline Tormoen 1:24:13, 3. Donna Peters 1:25:14, 4. Krista Whelan 1:27:16, 5. Mary DeGeorge 1:27:49, 6. Colleen Gallagher 1:29:17, 7. Laura Stuart 1:30:30, 8. Shelley Tozer 1:31:53, 9. Elizabeth Spurr 1:32:12, 10. Heather Dibdin 1:32:16, 16-19: 1. Heather White 1:44:37, 2. Kimberly Dean 1:48:43, 20-24: 1. Keren Stokes 1:32:26, 2. Tracy Ellingham 1:37:23, 3. Stephanie Lucero 1:38:24, 25-29: 1. Laura Stuart 1:30:30, 2. Elizabeth Spurr 1:32:12, 3. Sue Davis 1:34:19, 30-34: 1. Tracy Gaston 1:37:36, 2. Karen Carlson 1:38:39, 3. Naomi Buchanan 1:40:04, 35-39: 1. Marilyn Ganahl 1:33:00, 2. Thea Fox 1:39:22, 3. Laura Anthony 1:39:49, 40-44: 1. Diane Ito 1:33:31, 2. Nancy Baird 1:38:31, 3. Robi Vacchina 1:41:02, 45-49: 1. Michelle Hall 1:44:40, 2. Maryann Zounes 1:47:41, 3. Sue Robbins 1:57:10, 50-54: 1. Joe Ann Goltra 1:41:32, 2. Pat Vorreiter 1:58:47, 3. Ida Hendrick 2:04:04, 55-59: 1. Wilma Maddock 1:57:55, 2. Lillie Grossman 2:11:12, 3. Joyce Franks 2:28:12, 60 & Over: 1. Margaret Gill 2:45:32, Elite: 1. Liz Downing 1:22:55, 2. Madeline Tormoen 1:24:13, 3. Donna Peters 1:25:14.

## Team Results

**Men:**  
16-50: 1. Anker/Erskine 1:23:10, 2. Mahoney/Mahoney 1:23:31, 3. Nimeh/Yao 1:25:37, 51-70: 1. Gerken/Yonemura 1:26:35, 2. Casto/Mayberry 1:27:42, 3. Gardner/Goodyear 1:28:48, 71 & Over: 1. Bush/Daniells 1:25:43, 2. Hedgpeith/Loeschhorn 1:28:35, 3. Hischman/Langton 1:31:24.  
**Women:**  
16-50: 1. Allord/Lewis 1:33:20, 51-70: 1. Hebb/Kagihara 1:45:04, 2. Paris/Swanson 1:48:35, 3. Caron/Storkersen 2:00:47, 71 & Over: 1. Stoner/Zucker 1:39:30, 2. Patterson/Williams 1:43:36, 3. Slesinger/Wechsung 1:56:40.  
**Mixed:**  
16-50: 1. Luna/Pedemonte 1:29:16, 2. Lawton/Maruyashi 1:36:26, 3. Blaes/Kosai 1:37:19, 51-70: 1. Cowles/Griesbach 1:22:04, 2. Dempsey/Jones 1:23:40, 3. Cskalovich/Padilla 1:32:06, 71 & Over: 1. Shere/Vanarsdale 1:27:32, 2. Lavay/Shere 1:32:34, 3. Ellis/Rizzi 1:36:47.

## Asher Clinic Couples Relay

August 4. Larkspur. 2 x 2 Miles.

### Overall Results

1. Jennifer Thatcher (10:37)/Mike McManus (9:22) 19:59, 2. Robyn Berry (10:48)/Rod Berry (9:39) 20:27, 3. Laura Breuss (11:03)/Rick Breuss (10:00) 21:03, 4. Toni Harlaub (11:24)/Dale Lodos (9:46) 21:10, 5. Diana Fitzpatrick (10:45)/Tom Fitzpatrick (10:30) 21:15, 6. Julie Dyson (11:54)/Ken Brown (9:46) 21:40, 7. Eileen Brennan (11:01)/Jeff Rosenthal (10:55) 21:56, 8. April Powers (11:13)/John Edgcomb (10:44) 21:57, 9. Patricia English (11:34)/Mitchell Powers (10:25) 21:59, 10. Peggy Lavelle (11:57)/Devon Flynn (10:09) 22:06, 11. Natalie Simi (11:46)/Bruce Phinney (10:21) 22:07, 12. Janet Pruett (12:22)/Doug Peaslee (10:13) 22:35, 13. Jennifer Maxwell (12:28)/Brian Maxwell (10:15) 22:43, 14. Shawna Hodges (12:38)/Ken Grace (10:22) 23:00, 15. Kelly Lawson (11:58)/Johnny Lawson (11:04) 23:02, 16. Christi Holligan (11:55)/David Holligan (11:29) 23:24, 17. Kay Willoughby (13:00)/Steve Lyons (10:45) 23:45, 18. Barbara Frazier (12:58)/George Frazier (10:48) 23:46, 19. Sue Baumgartner (12:26)/C. Baumgartner (11:20) 23:46, 20. Fay Tong (13:01)/Lon Kincannon (10:46) 23:47.

## YMCA Invitational Run/Walk

August 4. Monterey. 5K & 10K.

### Overall Results - Men's 5K

1. John Wieben (44) 32:44, 2. Don Miraco (54) Pebble Beach 35:23, 3. Larry McCarty (62) Pacific Grove 35:34, 4. Roi Alto (48) Salinas 56:45.

### Overall Results - Women's 5K

1. Karen Wojtas (22) 19:55, 2. Patti Teale (35) 21:56, 3. Tegan Firth (13) Pacific Grove

22:11, 4. Beth Murray (27) Carmel 22:59.

### Overall Results - Men's 10K

1. Michael Dudley (21) 31:01, 2. Gilbert Munoz (32) 31:32, 3. Michael Seaman (40) 32:28, 4. Gilbert Uresti (36) 32:35, 5. Michael Drake (21) 32:51, 6. Sean Drake (23) 33:49, 7. David Jenkins (38) Monterey 34:14, 8. Ken Hale (23) 34:18, 9. Sean McCormick (27) Paso Robles 34:50, 10. Oskar Vuskains (30) 34:59, 11. Jorge Solorio (39) 35:04, 12. William Kunz (40) 35:25, 13. William Raitter (21) 35:46, 14. Charles Hornak (23) 36:00, 15. Francisco Avila (36) 36:41, 16. Aengus Wagner (27) 36:45, 17. Rick Nagano (42) 36:47, 18. Kenny Warde (41) 36:54, 19. John Smith (32) 37:08, 20. Mike McCusker (37) 37:10.

### Overall Results - Women's 10K

1. Sue Vinella-Brusher (37) Oakland 38:18, 2. Melissa Freeberg (18) 40:00, 3. Betty Lucas (36) 44:17, 4. Terry Thompson (39) Carmel 44:34, 5. Sonya Patton (18) Santa Cruz 45:07, 6. Lauren Miller (23) 45:45, 7. Marcy Lynn (33) 46:18, 8. Tonia Trombetta (38) 46:35, 9. Crista Prince (24) 46:59, 10. Shelly Smith (32) 47:26, 11. Lauren Leif (32) 48:08, 12. Liese Adams (34) Monterey 48:12, 13. Debbi Neel (42) Carmel 48:32, 14. Beth Sylvester (26) 48:35, 15. Alexandra Freitas (36) Soquel 48:35, 16. Kristin Scheel-Larsen (24) Monterey 48:57, 17. Debra Wells (30) Sunnyvale 49:08, 18. Jean Schmitz (39) Fort Ord 49:11, 19. Susan Denny (39) Pacific Grove 49:24, 20. Lisa Teller (37) Pacific Grove 50:08.

## Run Thru the Pines

August 3, 1991. Bass Lake, California  
4.5 mls

1 James Umpleby (Waw)	1 30-39	25:34
2 Jim Rivera (Clovis)	1 Junior	25:41
3 Sean Rios (Madera)	2 Junior	26:11
4 Mark Pelham (Bass Lk)	1 Open	26:16
5 Jesus Pinero (Fresno)	2 Open	26:19
6 Scott Bolin (Clovis)	3 Junior	26:45
7 Arnold Rivas (Fresno)	2 30-39	27:04
8 Kevin Forbes (Clovis)	4 Junior	27:46
9 Rob Brenner (Clovis)	2 30-39	27:49
10 Agustin Capuchino (N.Fork)		27:49
11 Greg Comeaux (Simi Valley)		27:52
12 Daman Thurston (Clovis)	3 Open	27:54
13 Kevin Miller (Fresno)	4 Open	27:58
14 Matt Leedy (Clovis)	5 Junior	28:29
15 Frank Ortega (Fresno)	1 40-49	28:32
16 Sean Stehman (Madera)	5 Open	28:46
17 Terrence Keller (Hanford)		28:59
18 Philip Medina (Clovis)	6 Junior	29:02
19 Martin Lora (Clovis)	7 Junior	29:02
20 David McDonald (Bass Lake)		30:10

### Division Results - Men's 4.5 Mile

Junior (19 & U): 1. Jim Rivera 25:41, 2. Sean Rios 26:11, 3. Scott Bolin 26:45.  
Open: 1. Mark Pelham 36:16, 2. Jesus Pinero 26:19, 3. Daman Thurston 27:54, 30-39: 1. James Umpleby 25:34, 2. Arnold Rivas 27:04, 3. Rob Brenner 27:49, 40-49: 1. Frank Ortega 28:32, 2. Mark Anderson 30:17, 3. Steve Curwick 30:40, 50-59: 1. Gary Smith 31:46, 2. Jess Palomar 36:20.

# RESULTS

3. Scott Ellis 38:13.

## Division Results - Women's 4.5 Mile

**Junior (19 & U):** 1. Emil Lawson 34:00, 2. Christine Meyer 36:40, 3. Roxanne Simi 36:55. **Open:** 1. Hope Rodriguez 31:38, 2. Amy Guffin 32:32, 3. Jennifer Lloren 34:09. **30-39:** 1. Carrie Anderson 33:18, 2. Lisa Warner 40:02. **40-49:** 1. Cherie Stephenson 38:47, 2. Lena Cortez 40:02, 3. Suzanne Solenas 43:28. **50 & Over:** 1. Maryfrances Autrey 43:29, 2. Jan Stoltzner 52:45.

## Half Marathon (13.3 miles)

1. Jim Hartig (Clovis) 1:30:39 1:12:31  
2. Karl Polivka (Clovis) 1 Open 1:13:42  
3. Bryan Fahrenbach (Cl) 2 30-39 1:15:33  
4. Joe Carnegie (Fresno) 2 Open 1:17:26  
5. Michael Young (Tulare) 3 30-39 1:19:08



JIM HARTIG

Photo by Malcolm

6. Terry Nephew (Clovis) 1 40-49 1:19:43  
7. Don Gregory (Fresno) 4 30-39 1:19:56  
8. Artemio Villegas (Mad) 5 30-39 1:20:57  
9. Luis Gomez (Coarsegold) 1 19u 1:21:22  
10. Mark Haymond (Fresno) 2 40 1:23:33  
11. Jesus Nunez Torres (Mad) 3 O 1:24:06  
12. David Santellano (Clovis) 4 O 1:24:47  
13. Adrian Reyes (Fresno) 5 Open 1:24:52  
14. Rob Simpson (Azusa) 6 Open 1:25:23  
15. David Silva (Clovis) 7 Open 1:26:05  
16. Chris Smith (Ckhrst) 6 30-39 1:26:24  
17. John Rodriguez (Orosi) 8 Open 1:26:57  
18. Curt Royer (Merced) 3 40-49 1:27:14  
19. Robert Stephenson (Vis) 4 40 1:27:24  
20. Mark Underwood (Fres) 7 30 1:27:48

## Division Results - Men's 13.3 Mile

**Junior (19 & U):** 1. Luis Gomez 1:21:22. **Open:** 1. Karl Polivka 1:13:42, 2. Joe Carnegie 1:17:26, 3. Jesus Nunez Torres 1:24:06. **30-39:** 1. Jim Hartig 1:12:31, 2. Bryan Fahrenbach 1:15:33, 3. Michael Young 1:19:08. **40-49:** 1. Terry Nephew 1:19:43, 2. Mark Haymond 1:23:33, 3. Curt Royer 1:27:14. **50-59:** 1. Don Trout 1:29:52, 2. Tommy Upton 1:31:59, 3. Tom Alford 1:36:24. **60 & Over:** 1. Franz Weinscherk 1:58:59, 2. Ocell McMath 2:00:41.

## Division Results - Women's 13.3 Mile

**Open:** 1. Maryann Rose Alvarez 1:28:45, 2. Nancy Galameal 1:34:51, 3. Tina Moffitt 1:54:12. **30-39:** 1. Susan Underwood 1:40:49, 2. Phyllis Banducci 1:48:55, 3. Pam



MARYANN ROSE ALVAREZ

Photo by Malcolm

Elam 2:02:28. **40-49:** 1. Sharlet Gilbert 1:31:09, 2. Margie Lindsey 1:32:59, 3. Pam Royer 1:47:58. **50 & Over:** 1. Doris Cummings 2:44:48.

## Kingsbury Summer Biathlon

By Bart Banks

August 10, Auburn Ski Club, 5K & 10 Shots 22-Caliber Rifle.

While triathlons seem to be getting top billing these days, the summer biathlon is no second-place finisher.

Take two of the most popular participation sports in America, running and shooting, and

put them together for one fast-paced event.

It is a challenging event that tests an athlete's ability to switch from a physically intense activity to a precise one.

You may have heard of the run and shoot on the football field, but this is the run and shoot on the cross country course.

At the Auburn Ski Club Training Center Saturday, 47 competitors combined running a 5K footrace and firing 10 shots from a 22-caliber Marlin rifle.

Participants ran a one-mile loop that finished at the rifle range where they fired five shots from the prone, lying position, at a distant 3.5-inch target.

After completing a second mile loop, runners fired another five shots from the standing position.

Having fired their final shot, runners completed a final loop to the finish line.

"So many runners are looking for a new challenge," said National Biathlon Director Lyle Nelson. "Trying to hold absolutely motionless in the middle of a footrace is so foreign to runners."

"It's a mix of opposites with concentration as the key ingredient."

Mixing best on the day were John Disney and 1989 Summer Biathlon National Champion Holly Beatie.

Disney finished the event at 21:35 including one 30-second penalty for a missed target.

Beatie, one of only three shooters to record a perfect score, took the women's crown at 27:12.

"I was really worn out," said Beatie. "I had to shoot clean to make up for my running time."

In the scoring, shooters are penalized 30 seconds for each missed target and added to their running time. A possible five minutes can be added to a running time while the average shooter hits three prone and two standing.

Finishing second to Beatie was Elizabeth Hill at 29:04, one standing miss, while Sarah Piccolo took third, 30:22, one prone and four standing misses.

At 22:14, two standing misses, Carl Schmitt scored well enough to place second in the men's overall competition while Barry Schmitt, 22:40, one standing miss, took third.

Beatie, 11-year-old Dan Lowell and Jim Palmer were the sharp shooters in the field recording all hits, no penalties.

Lowell, the youngest competitor in the field, finished first in his age group at 38:26.

Piccolo, third overall, finished No. 1 in the 15 and under girls category.

Palmer ran to a 25:38, good for sixth in the 20-29 age group.

Taking top spot for the 16-19 year olds was Dan Krause, 26:40, three misses, and Tane Ross, 33:46, four misses.

The firm of Schmitt and Schmitt took the two top spots in the men's 20-29 while Hill, Pam Chateauf, 34:13, and Amy Evans, 40:29, finished one-two-three for the women.

Steve Young, 24:23, topped the 30-39

men's class with Carol Schick, 33:23, taking the women's.

Jess Palomar, 34:53, won the 50-59 class with Art Sable, 32:20, taking the 60 and over.

## Division Results - Men

**Overall Winners:** 1. John Disney 21:35, Carl Schmitt 22:14, 3. Barry Schmitt 22:40. **15 & Under:** 1. Dan Lowell 38:26. **19:** 1. Dan Krause 26:40. **20-29:** 1. Carl Schmitt 22:14, 2. Barry Schmitt 22:40, Tim Hill 25:14. **30-39:** 1. John Disney 21:35. **2.** Mike Ashwoth 25:05, 3. Ron Brezili 27:18. **40-49:** 1. Steve Young 24:23, Brian Peterson 24:38, 3. Frank Kret 25:42. **50-59:** 1. Jess Palomar 34:53. **60 & Over:** 1. Art Sable 34:53.

## Division Results - Women

**Overall Winners:** 1. Holly Beatie 27:12, Elizabeth Hill 29:04, 3. Sarah Piccolo 30:22. **15 & Under:** 1. Sarah Piccolo 30:22. **16-19:** 1. Tane Ross 33:46. **20-29:** 1. Elizabeth Hill 29:04, 2. Pam Chateauf 34:13, 3. Amy Evans 40:29. **30-39:** 1. Holly Beatie 27:12, 2. Bev Marks 31:59, 3. Layla Khashog 33:43. **40-49:** 1. Carol Schick 33:23.

## Asbury Park 10K Classic

August 10, Asbury Park, NJ.

### Overall Results - Men

1. Pete Weilenmann (25) \$3000, Harrisburg, VA. 29:02, 2. Chris Fox (32) \$150 Hagerstown, MD. 29:08, 3. Michael Musy ki (35) \$1000, Kenya 29:09, 4. Scott F (24) \$750, Tiffin, OH. 29:10, 5. Peter To tell (29) \$600, England 29:20, 6. Pel Fleming (30) \$500, Scotland 29:22, 7. Gerald Donakowski (31) \$400, Ann Arbor, MI 29:25, 8. Terry Croyle (28) \$300, Morgantown, WV 29:26, 9. Joe LaMay (24) \$20 Ridgewood, NJ 29:27, 10. Matt Wegerl (26) \$100, Springfield, MO. 29:39.

11. Brian Harshman (28) Robbinsville, NC 29:50, 12. Khalis Karovani (25) Morro 29:53, 13. Brad Hudson (24) Eugene, OR 29:57, 14. Kevin Ruch (28) Camp Hill, PA 30:04, 15. Darrell General (25) Mitchellville MD 30:07.

25. Gary Romesser (40) \$750 (1st Master) Indianapolis, IN 30:50, 34. Luis Lop (42) \$400 (2nd Master) New York 31:38. Philip Kircher (41) \$300 (3rd Master) Flourtown, PA 31:43, 43. Dale Keehan (4) \$200 (4th master) Sekirk, NY 31:58, 6. Earl Owens (42) \$100 (5th master) Duwoody, GA 32:42.

### Overall Results - Women

1. Olga Markova (23) \$3000, USS 32:57, 2. Gwyn Coogan (25) \$1500 Lincoln MA 33:13, 3. Libbie Johnson (26) \$1000 Collins, CO. 33:22, 4. Tina Ljungberg (2) \$750 Sweden 33:28, 5. Diane Bussa (5) \$600 Boulder, CO 33:31, 6. Joy Smith (2) \$500 Sugar Land, TX 33:39, 7. Alicia Mc (29) \$400 Brooklyn, NY 34:26, 8. Gord Bloch (30) \$300 New York 34:34, 9. Bren Webb (37) \$200 Austin, TX 34:43, 1. Margaret Groos (31) \$100 Nashville, TN 34:50.

14. Nancy Grayson (41) \$750 (1st Ma

# RESULTS

ter) Columbia, SC 35:29, 15. Nancy Oshier (43) \$400 (2nd Master) Rush, NY 36:12, 16. Barbara Filutze (45) \$300 (3rd Master) Erie, PA 36:15, 19. Heather Matthew (45) \$200 (4th Master) New Zealand 36:55, 24. Merri Boedlid (47) \$100 (5th Master) Sweden 37:27.

## River of No Return

August 11, Healdsburg.

### Overall Results

1. Jon Moens (28) Sunnyvale 3:38:09, 2. Tony Walsh (33) Sunnyvale 3:38:10, 3. Bob Bush (33) Saratoga 3:44:46, 4. Mike Kenny (29) Sunnyvale 3:44:47, 5. Bill Driskill (30) Sacramento 3:44:49, 6. David McEwen (36) Sacramento 3:48:41, 7. Mark Shaw (29) Newark 3:51:54, 8. Christian Baker (28) Berkeley 3:52:57, 9. Mojo Cosgrove (30) San Francisco 3:57:31, 10. Mark Pretti (31) San Francisco 3:57:32.

11. Warren Scott (36) Aptos 3:58:18, 12. Doug MacKinnon (38) Watsonville 3:58:18, 13. Rick Deckert (22) Hayward 4:00:47, 14. Michel Olson (30) Hercules 4:01:46, 15. Philip Olson (27) Hercules 4:01:47, 16. Jim Kersten (39) Sacramento 4:03:58, 17. Bob Havard (41) Menlo Park 4:07:21, 18. Douglas Peaslee (30) San Francisco 4:07:37, 19. Dave Stevenson (62) Los Altos Hills 4:08:59, 20. Doug Yeagain (27) San Jose 4:12:04.

## Run for the Parks

August 11, Alameda, 10K.

### Overall Results - Men

1. Carmelo Rios (31) 29:57, 2. Mike Spencer (26) 30:28, 3. Eugene Tung (25) El Cerrito 30:29, 4. John Gaziano (24) 30:38, 5. Jeff Shaver (30) San Jose 30:43, 6. Richard Hanna (27) 31:00, 7. Jim Kaspari (30) 31:10, 8. Jacob Candelaria (35) 31:19, 9. Dennis Kurtis (37) San Jose 31:20, 10. John Hancock (27) Stockton 31:26.

### Overall Results - Women

1. Nancy Ditz (37) 33:34, 2. Jennifer Thatcher (25) Alameda 34:45, 3. Janet Bowie (21) Redwood City 35:41, 4. Darlene Mota (27) Honolulu 36:17, 5. Linda Jannelli (35) Redwood City 37:05, 6. Shirley Matson (50) Moraga 37:08, 7. Linda Mantynen (43) Markleeville 37:10, 8. Honor Fetherston (36) Mill Valley 37:14, 9. Teresa Clark (21) Los Altos 37:23, 10. Sue Vinella-Brusher (37) Oakland 37:36.

### Division Results - Men

1-4: 1. Larry Chornyak 51:47, 2. Jordan Moser Huff 55:12, 5-13: 1. Quetzacoatl Alvarez 40:30, 2. Garrett Fogel 42:03, 3. Shafiq Naweed 44:54, 14-18: 1. Andrew Pendley 35:06, 2. David Roberts 36:17, 3. Willie Clark 37:06, 19-29: 1. Mike Spencer 30:28, 2. Eugene Tung 30:29, 3. John Gaziano 30:38, 30-39: 1. Carmelo Rios 29:57, 2. Jeff Shaver 30:43, 3. Jim Kaspari 31:10, 40-49: 1. Don Paul 31:46, 2. James Milton 32:00, 3. Vic Heckler 33:42, 50-59: 1. Tim Rostege 35:10, 2. Bill Meinhardt 35:45, 3. Tom Laris 35:48, 60-69: 1. Carl Ellsworth 39:31, 2. Hank Fragoza 40:58, 3. Bruce Oliver 45:00, 70 & Over: 1. Victor Hanson

43:23, 2. William Main 46:35, 3. Don Wilgus 52:20.

### Division Results - Women

5-13: 1. Michelle Kiyono 42:57, 2. Shelly Lowery 46:28, 3. Sarah Broker 55:15, 14-18: 1. Jeannie Rothman 37:47, 2. Melissa Freeberg 38:39, 3. Keri Sanchez 39:30, 19-29: 1. Jennifer Thatcher 34:45, 2. Janet Bowie 35:41, 3. Darlene Mota 36:17, 30-39: 1. Nancy Ditz 33:34, 2. Linda Jannelli 37:05, 3. Honor Fetherston 37:14, 40-49: 1. Linda Mantynen 37:10, 2. Marueen Luca 40:35, 3. Sharlet Gilbert 40:39, 50-59: 1. Shirley Matson 37:08, 2. Karen Cox 43:41, 3. Joan Landis 46:52, 60-69: 1. Ruth Anderson 50:12, 2. Kit Pickles 58:58, 3. Peggy Hansen 1:00:10.

## Main Street Mile

August 17, Susanville.

### Overall Results

1. Miguel Tibaduiza (Reno) 4:18, 2. Noah Hinkston (Oakland) 4:21, 3. Scott Lockhart (Rialto) 4:32, 4. Herve Pastre (Susanville) 4:33, 5. Arnold Rivas (Fresno) 4:37, 6. Jim Reichle (Susanville) 4:48, 7. Dan Krause (Chico) 4:51, 8. Phil Nemir (Susanville) 4:53, 9. Eric Johnson (Reno) 4:54, 10. Ray Sibley (Sparks) 4:57.

### Division Results - Men

9 & Under: 1. Randy Weaver 7:42, 2. Kaldika Spalding 7:46, 3. Ricky Laguna 10:18, 10-12: 1. Parrin Boyd 5:55, 2. Aaron Harris 6:26, 3. Michael Lockhart 7:16, 13-14: 1. Isaac Harris N.T., 2. Brian Baker N.T., 15-17: 1. Scott Lockhart 4:32, 2. Dan Krause, 3. Ernie Gorbat, 18-25: 1. Noah Hinkston, 26-29: 1. Les Hubbard 5:49, 30-39: 1. Miguel Tibaduiza 4:18, 2. Arnold Rivas 4:37, 3. Jim Reichle 4:48, 40-49: 1. Herve Pastre 4:33, 2. Phil Nemir 4:53, 3. Ron Tavthen 5:54, 50-59: 1. Jim Bevias 5:09, 60 & Over: 1. Leo March 6:32.

### Division Results - Women

9 & Under: 1. Becky Weaver 8:14, 2. Kate Reichle 9:40, 10-12: 1. Charlene Gorbat 6:26, 2. Leah Spalding 7:00, 3. Pia Ripatti 7:30, 13-14: 1. Sally Pyle 6:06, 2. Kristina Ripatti 7:04, 15-17: 1. Stepi Giuntini 5:39, 2. Dee Gorbat 6:02, 30-39: 1. Debbie Mercer 6:54, 2. Claudia Richle 10:19, 40-49: 1. Lynda Jackson 6:48, 50-59: 1. Judy Hagenman 6:03.

## Mammoth Mountain Marathon & Half Marathon

August 17, Mammoth Lakes.

### Overall Results - Half Marathon

1. Ralph Garibaldi (28) Costa Mesa 1:12:20, 2. Mike Nielson (20) Irvine 1:12:35, 3. Ray Cook (28) Stateline, NV. 1:13:44, 4. Tom Moriarty (35) Mt. Wilson 1:14:52, 5. Dan Shoshone (26) Mammoth Lakes 1:16:12, 6. Tony Whitmore (35) Lake Elizabeth 1:17:29, 7. Andy Takaha (35) So. Lake Tahoe 1:18:48, 8. Mark Hodges (38) Bishop 1:19:35, 9. George Wright (48) Mammoth Lakes 1:20:21, 10. Jonathan Bourne (35)

Mammoth Lakes 1:20:44.

### Overall Results - Marathon

1. Robert Smith (30) Reno, NV. 3:31:32, 2. Denis Trafecanty (48) Northridge 4:14:18, 3. Bob Silverman (43) Sherman Oaks 4:18:00, 4. Neal Piper (31) Huntington Beach 4:23:23, 5. Dave Dixon (45) Santa Ana 4:25:07, 6. Jan Levett (40) Camino 4:27:54, 7. Brad Christie (34) Castro Valley 4:43:05, 8. Heidi Anderson (33) Mammoth Lakes 4:44:28, 9. Zab Mosenifar (40) Pacific Palisades 4:46:42, 10. Skip Harvey (39) Mammoth Lakes 4:49:43.

## Bear Valley 10K

August 17, Bear Valley.

The Bear Valley 10K race was run under ideal conditions on Saturday, August 17th. 86 of a field of 96 runners completed the course.

In the men's division Rick Gentry of the Harvey's Casino Track Club narrowly edged Incline's Bill Devine for top honors. Skyler Jones was a fast third place. Women's Division winner was Berkeley's Kristin Cooper followed one minute later by veteran Woodford's runner Linda Mantynen. Gwen Gallantry of South Lake Tahoe was a close third place.

### Men's Results

17 & Under: 1. Anthony Lopez 36:49, 2. Eric Suggs 37:31, 3. Mike Verhonik 38:24, 18-29: 1. Richard Johnson 33:26, 2. Jack Alexander 35:54, 3. Robert Baroz 35:55, 30-39: 1. Rick Gentry 30:28, 2. Bill Devine 30:37, 3. Skyler Jones 31:09, 40-49: 1. Lyle Freeman 35:20, 2. Don Lenkeit 38:14, 3. Ralph Hendrix 40:24, 50-59: 1. Ken Schwisow 36:13, 2. Tom Cathcart 37:48, 3. Lee Bowen 39:09, 60-69: 1. Gino Fredianelli 44:09, 2. Ken Nash 49:09, 3. Harold Winston 51:47.

### Women's Results

18-24: 1. Kristen Cooper 37:03, 2. Sarah Cathcart 39:44, 3. Laura Jay 42:47, 30-39: 1. Gwen Gallantry 38:20, 2. Pepina Machovsky 43:06, 3. Lisa Burts 43:26, 40-49: 1. Linda Mantynen 38:03, 2. Jean Schwisow 46:43, 3. Barbara Howard 54:13, 50-59: 1. Katie Martin 49:48.

## Susan B. Anthony 5K

August 17, Sacramento.

### Division Results

Overall Winners: 1. Eileen Taylor (\$185) 16:55, 2. Diana Fitzpatrick (\$100) 17:03, 3. Eileen Brennan (\$75) 17:19, 4. Terry Schmidt (\$50) 17:30, 5. Lisbet Engberg (\$40) 17:31, 6. Kim Bruyn (\$30) 17:36, 7. Tina Petershagen (\$25) 17:44, 8. Jeannie Urness (\$20) 17:48, 9. Heide Mansoor (\$15) 17:50, 10. Toni Hartlaub (\$10) 18:01, 14 & Under: 1. Sara Pope 20:56, 2. Amber McCrea 21:34, 3. Michelle Turner 21:52, 15-19: 1. Cybelle McFadden 19:33, 2. Cecilia Mendez 20:32, 3. Shannon Reed 21:08, 20-29: 1. Lisbet Engberg 17:31, 2. Tina Petershagen 17:44, 3. Jeannie Urness 17:48, 30-39: 1. Eileen Taylor 16:55, 2. Diana Fitzpatrick 17:03, 3. Eileen Brennan 17:19, 40-49: 1. Dee Dee Graffius (\$75) 19:15, 2. Patricia Falsone (\$50) 19:55, 3. Cyncl Calvin

(\$25) 20:36, 50-59: 1. Heidi Skaden (\$50) 21:15, 2. Myra Rhodes 22:37, 3. Edwina Kovast 24:03, 60-69: 1. Po Adams 26:57, 2. Grace Gammill 29:16, 3. Betty Hill 31:32, Wheelchair: 1. Kelly Rothrock 34:42, Race-walkers: 1. Leah Michael (\$75) 29:11, 2. Kathleen Keller (\$50) 32:42, 3. Nancy Farley (\$25) 34:56, 4. Margo Dade 36:04, 5. Diane Tempest 36:47.

### Teams

1. Impalas Racing Team (San Francisco) (Diana Fitzpatrick, Eileen Brennan, Lisabet Engberg, Toni Hartlaub, Susan Boon) 1:27:59, 2. Buffalo Chips Running Club (Sacramento) (Eileen Taylor, Jeannie Urness, Connie Kondo, Anjela Tanghetti, Patty Smith) 1:31:48, 3. Sundance Running Club (Stockton) (Chiyo Shingu, Diana Green, Vanessa Rawlings, Cindy Millford, Roberta Hoffman) 2:10:05.

## ARCO/America's Finest City Half Marathon

August 18, San Diego.

From Team Elvis to the SS Titanic Swim Team, the 14th annual ARCO/America's Finest City Half Marathon was every inch a celebration. As the largest participatory event in San Diego's sporting calendar, this event, the highlight of America's Finest City Week, celebrates the uniqueness of this pristine city. And what a celebration it is. Over 5300 runners assemble at the starting line at the spectacular Cabrillo National Monument in Point Loma, weave their way downhill toward the idyllic San Diego Bay and then confront the testing Sixth Avenue Hill which carries them to one of the most inspiring finish lines in the country in Balboa Park. Make no mistake about it; San Diego is proud of this race, and proud of all who finish it.

After 13.1 miles of cunning running at this year's event on August 18th, it was Rafael Munoz from Mexico and Kathy Bowman from San Dimas, who evoked greatest pride. In remarkably similar races, both gave a lesson in tactical mastery to competitors of far greater experience, both executed one decisive move at exactly the same point and both crossed the finish line tested but secure in their victories.

With the sun barely illuminating the sky at the 7 a.m. starting time, a cumbersome pack of almost 20 runners bolted from the start line at the front of the men's race. Local star Matt Clayton from Imperial Beach, assumed pace-making duties, evidently intent on preventing anyone else from leading so much as one step of the way. With an opening mile of 4:44, behind him snaked a pack including Danny Boltz from Switzerland, David Olds from Santa Monica, Sam Sitonik from Kenya, Faustino Hernandez from Mexico, Danny Reed from Riverside, Brad Hawthorne from Oakland, Alfredo Viguera from Mexico, second here in 1990, plus a vanguard of others. Lost in the shuffle was Munoz, a 5000m runner with a PR of 13:47, and seemingly that was just the way he wanted it.

# RESULTS

At five miles in 23:46 and with the quad-hammering downhill behind them, Clayton still fronted a pack that had been pruned to a more manageable seven; Boltz still cruised ominously off the Californian's shoulder, with Sitonik, Hernandez, Reed, Rich McCandless from Hayward and the unheralded Felix Lopez from Mexico all maintaining a close formation. It was Hernandez who was first to decide that a little aggression was called for. With six and a half miles gone and the switchback loop around Harbor Island immediately before them, Hernandez leaned into a ninety degree right hand turn, dropped his shoulders for one brief moment and injected a surge which transformed a congealed knot of runners into an elongated string. But this was not a decisive move, only a softening blow and, with the two mile lap of the island completed, the group once again reassembled giving no indication of who had weathered the first assault best. That indication was to come less than two miles later.

With nine miles passed in 43:44 and 10 in 48:34, Lopez and McCandless began to show the effects of a pace which, though not torrid, was draining in its consistency. Clayton still forced the pace, Boltz, two weeks before competing for Switzerland in the World Championships' marathon, appeared relaxed, and Hernandez seemed impatient. Sitonik and Reed shielded Munoz who provoked hardly any comment at all.

Once more it was Hernandez who took the bull by the horns, surging to the front as the 11 mile mark approached and summarily despatching Clayton, Reed and Sitonik. "If I die," Hernandez commented later, "I prefer to die from the front." Unfortunately, he referred to his own demise. With the course steadily climbing, and the frequently decisive Sixth Avenue Hill on an immediate horizon, it was almost inevitable that the man who had worked the least to this point would emerge victorious. Munoz, evidently, knew that fact only too well.

With only the three quarter mile hill remaining before the enticing run along Balboa Park's El Prado to the finish line, Munoz took control for the first time in the entire race. With remarkable power, he opened an immediate 10 yard lead on Boltz and Hernandez, passing 12 miles in 58:34 to their 58:42. Some questioned whether he had made his move too early. Boltz and Hernandez simply resigned themselves to a race for second place.

At the line, the clock read 64:06 for Munoz, 64:14 for Hernandez and 64:26 for Boltz.

"I ran exactly the race I wanted," asserted the 26 year old Munoz, as if that constituted sufficient explanation for his dominance. "I planned to make my move on the hill. I like the hills. That was my strategy."

Munoz might also have been speaking for Kathy Bowman, a 30 year old former secretary who, in April of this year, foreswore the corporate world for the world of road racing.

"I really wanted to work on it, to see what my potential is," she explained. "I want to get up there with the best of them."

The ARCO-AFC race constituted a considerable step in that direction.

With Nancy Ditz widely tipped as the pre-race favorite, Bowman employed all the wiles of someone far more familiar with this distance to convert a 90 second deficit close to the half way mark into a 59 second advantage at the finish line.

"I led for the first half mile," recalled Bowman, "but then Nancy overtook me and I was second the whole way. There were times on the course when I couldn't even see her. I thought I was running just for second. But then I tried to block those thoughts and really go for it. That's what you have to do if you're going to be competitive."

It was, in fact, at the juncture that Munoz had exercised his competitive instincts that Bowman did the very same. Spying Ditz immediately in front of her as the Sixth Avenue Hill approached, she settled in behind, gathered herself for one move and one move only, and then struck with all the aggression she could muster.

"I was tired," she explained, "but I knew I could pull some more out of me. And I knew it would be hard for her to get back in front of me."

In reality, once the move was made, there was never any prospect that Ditz would be able to regain the lead. Powering up the hill, Bowman made the turn into Balboa Park with a comfortable advantage that she consolidated all the way to her 1:14:18 finish. Ditz placed an isolated second in 1:15:17 with former triathlete, Sylviane Puntous from Montreal, third in 1:16:27. Winners in both the men's and women's divisions received awards of \$2000, with second and third receiving \$1200 and \$800 respectively.

The over-40 divisions were startlingly contrasting. Don Paul from San Francisco took the men's prize of \$250 with a time of 1:10:59, 98 seconds up on Steven Ware

from Riverside. Darlene Wallach from San Jose was much harder pressed, finishing a mere four seconds and one place ahead of Linda Cash from Broomfield, CO., with respective time of 1:25:54 and 1:25:58.

#### Overall Results - Men

1. Rafael Munoz (26) Mexico 1:04:06, 2. Faustino Hernandez (27) Placentia 1:04:14, 3. Danny Boltz (29) Albuquerque, NM 1:04:26, 4. Matt Clayton (26) Imperial Beach 1:04:48, 5. Danny Reed (30) Santa Monica 1:04:54, 6. Felix Lopez (33) 1:05:05, 7. Rich McCandless (35) Hayward 1:05:28, 8. Sam Sitonik (35) Albuquerque, NM 1:05:46, 9. Robert Anex (32) Atherton 1:06:19, 10. Ernesto Beatriz (31) San Diego 1:06:29.

11. Filomeno Apodaca (25) Las Cruces 1:06:40, 12. Brad Hawthorne (35) 1:07:03, 13. Milfred Tewawina (26) Tuba City, AZ 1:07:17, 14. David Olds (30) Santa Monica 1:07:24, 15. Mike Skinner (23) Fayetteville, AR 1:07:45, 16. Kevin Osterberg (30) Half Moon Bay 1:07:51, 17. Henry Chio (32) Redlands 1:07:59, 18. Ricardo Alcaras (19) Mexicali, B.C. 1:08:21, 19. Richard Hanna (27) 1:08:22, 20. Amit Neeman (33) Los Alamos, NM 1:08:23.

21. Brad Ingram (35) Mansfield, OH 1:08:45, 22. Pat Frederick (28) Agoura 1:09:09, 23. Salvador Zaragoza (25) Netzahualcoyotl, MX 1:09:15, 24. Alfredo Vigueros (28) Santa Monica 1:09:15, 25. Rick Brauer (28) Mountain View 1:09:18, 26. Carmelo Rios (30) Oakland 1:09:32, 27. Brian Larson (35) Phoenix, AZ 1:09:34, 28. Dan Streble (28) Cardiff 1:09:42, 29. Patrick Green (25) San Diego 1:09:49, 30. Arthur Castle (26) Las Vegas, NV 1:09:55.

#### Overall Results - Women

1. Kathlene Bowman (30) San Dimas 1:14:18, 2. Nancy Ditz (37) Woodside 1:15:17, 3. Sylviane Puntous (30) Kelowna, BC 1:16:27, 4. Jeanne Lasee-Johnson (34)

Bonita 1:16:37, 5. Deborah Raunig (35) Great Falls, Mt. 1:16:54, 6. Patricia Puntous (30) Kelowna, BC 1:17:38, 7. Laura Lamana-Coil (24) Tempe, AZ 1:17:56, 8. Mindy Ireland (39) Escondido 1:18:17, 9. Tracey Robinson (28) Guelph, Ontario 1:19:00, 10. Teresa Barcanas, Mexico 1:19:56.

11. Linda Somers (30) Oakland 1:20:07, 12. Suzi Morris (34) Leucadia 1:20:35, 13. Laura Valenzuela, Mexico, 1:20:41, 14. Marisol Cossio (27) Los Angeles 1:20:44, 15. Kathleen Smith (25) Newport Beach 1:20:52, 16. Leslie Howland (35) Del Mar 1:21:16, 17. Debra Sharp (37) Port Hueneme 1:21:32, 18. Janice Riedel (28) San Diego 1:21:33, 19. Rebecca Chamberlain (24) San Jose 1:21:50, 20. Tina McCandless (27) Hayward 1:22:18.

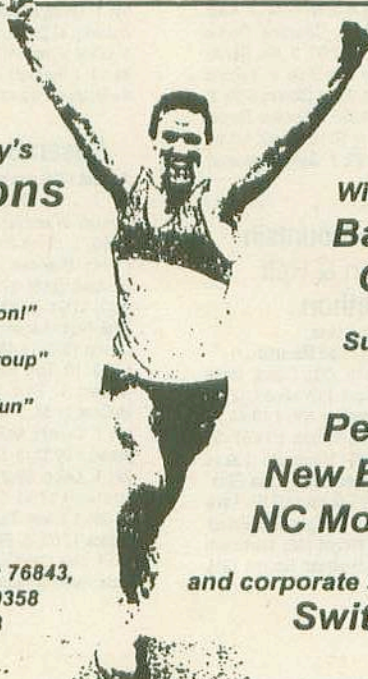
21. Laura Sanchez (29) Salinas 1:22:41, 22. Maria Morales (22) San Diego 1:22:56, 23. S. Covington-Fulcher (29) Albuquerque, NM 1:23:11, 24. Torie Pleasant (23) Temple City 1:23:55, 25. Leslie Lewis (36) Torrance 1:24:09, 26. Jennifer Henderson (32) Barstow 1:24:57, 27. Roxy Hunt (26) Crownpoint, NM 1:25:09, 28. Lesley White (27) La Habra Heights 1:25:37, 29. Darlene Wallach (40) San Jose 1:25:54, 30. Linda Cash (42) Broomfield, CO 1:25:58.

#### Division Results - Men

17 & Under: 1. Eliseo Heredia 1:17:45, 2. Shane Whitney 1:18:25, 3. Bryan Laek 1:23:29, 18-24: 1. Mike Skinner 1:07:45, 2. Ricardo Alcaras 1:08:21, 3. Javier Lozano 1:10:24, 25-29: 1. Filomena Apodaca 1:06:40, 2. Milfred Tewawina 1:07:17, 3. Richard Hanna 1:08:22, 30-34: 1. David Olds 1:07:24, 2. Kevin Osterberg 1:07:51, 3. Henry Chio 1:07:59, 35-39: 1. Brad Hawthorne 1:07:03, 2. Brad Ingram 1:08:45, 3. Brian Larson 1:09:34, 40-44: 1. Don Paul 1:10:59, 2. Steven Ware 1:12:37, 3. Barry Schaeffer 1:13:24, 45-49: 1. Ron Ogilvie 1:17:51, 2. Phil Grant 1:19:17, 3. Gordon Lutes 1:21:55, 50-54: 1. Tim Rostegge 1:17:59, 2. Richard Greene 1:21:43, 3. Jim Temples 1:27:17, 55-59: 1. Douglas McHattie 1:15:16, 2. Ramon Sandoval 1:21:05, 3. Robert Rice 1:30:55, 60-69: 1. Esko Sormunen 1:26:12, 2. Patrick Devine 1:28:15, 3. Takeji Shimazaki 1:31:07, 70 & Over: 1. Wayne Zook 1:44:54.

#### Division Results - Women

17 & Under: 1. Kelly Dearborn 1:36:47, 2. Sonya Melendez 1:44:37, 18-24: 1. Rebecca Chamberlain 1:21:50, 2. Maria Morales 1:22:56, 3. Torie Pleasant 1:23:55, 25-29: 1. Marisol Cossio 1:20:44, 2. Kathleen Smith 1:20:52, 3. Janice Riedel 1:21:33, 30-34: 1. Linda Somers 1:20:07, 2. Suzi Morris 1:20:35, 3. Laura Valenzuela 1:20:41, 35-39: 1. Leslie Howland 1:21:16, 2. Debra Sharp 1:21:32, 3. Leslie Lewis 1:24:09, 40-44: 1. Darlene Wallach 1:25:54, 2. Linda Cash 1:25:58, 3. Leslie Lewis 1:24:09, 45-49: 1. Judy Kewley 1:39:51, 2. Carol Babbitt 1:40:41, 3. Mary Wise 1:42:05, 50-54: 1. Eileen Pue 1:38:29, 2. Ursula Rains 1:43:32, 55-59: 1. Wen Shi Yu 1:32:58, 2. Masako Shimazaki 1:43:06, 60-69: 1. Doris Gordon 2:08:05, 2. Roberta Hennings 2:26:25, 70 & Over: 1. Lois Edds 2:06:34.



**Jeff Galloway's  
Vacations**

*"My best vacation!"*

*"A wonderful group"*

*"Inspiring and fun"*

**Winter  
Bahamas  
Orlando**

**Summer  
Tahoe  
Peachtree  
New England  
NC Mountains**

**and corporate seminars in  
Switzerland**

**For info send  
a SASE to:**  
JFG, P. O. Box 76843,  
Atlanta, GA 30358  
(404) 875-4268



# Breaking Out of Stagnation

By Jeff Galloway

John was frustrated. For three years he had followed a successful speedwork program without improving his 10K time of 36:15. Instead of giving up, he decided to shift into my marathon program. After about 3 months, he jumped into a local 10K and was pleasantly surprised to run 34:43!

Most runners go through periods of no improvement, often when they seem to be doing everything right. Let's look at the lessons in John's success story which can help others break out of those frustrating periods of stagnation.

## More Rest Needed:

Tiredness is one of the main reasons for lack of improvement. John's marathon program forced him to rest 2 days a week—a significant change from his normal 6 or 7 day running week. After a month or so, he noticed that his legs felt fresher and more responsive. The extra days off allowed him to recover from the longer long runs of his marathon program. Before most runners break out of their stagnation, they must provide rest for legs that have been pushed too hard for too long.

## A Longer Long Run:

While in his 10K phase, John's longest long run was 12 miles. By the time he ran his new PR, he had increased that long one to 17 miles. The extra endurance from that longer one allowed him to sustain a harder pace for a longer time in the 10K.

## Slower Long Runs--Every Other Week:

When John ran his weekly 12 mile long runs for the 10K he ran them less than a minute slower than his 10K pace. When he shifted into marathon training he ran long every other week, allowing the legs to rest. His 12

miler had been run too fast, and kept him from recovering. The marathon long runs were one and a half minutes per mile slower than the pace of his 12 milers.

## Less Speedwork:

During his 10K training, John ran two speed workouts each week. More anaerobic work served to keep the legs dead. During his marathon training, John had no structured speedwork each week. On the non-long-run weekends, he had started running repeat miles, which improved his endurance/speed for the 10K.

## Fine-Tuning:

So that he wouldn't lose the good form he'd developed while training for the 10K, John added a few light accelerations to one or two of his easy runs during the week. After an easy mile or so of warm-up, he would pick up the turnover of his feet (never sprinting) for 50-100 yds. Depending upon how he felt, John would run 4-8 of these invigorating pickups.

Above all, John took the pressure off himself, and had fun. He regained the pleasure of each run, and looked forward to each one. The challenge of the long run, and the experiences along the way put John back on the positive track.

*Olympian Jeff Galloway has written the nation's best-selling running book: Galloway's Book on Running, and conducts running and wellness seminars. He encourages your feedback: JFG, P.O. Box 76843, Atlanta, GA. 30358.*

# BOOKS...

FROM CRN

**Competitive Edge: Mental Preparation for Distance Running**  
-- \$10.00  
Rich Elliott. 193 pgs.

**Peak When It Counts: Periodization for American Track & Field** -- \$12.00  
William H. Freeman. 1969.  
111 pgs. Illustrated.

**26.2...Trail of Truth** -- \$11.95  
Bruce Morrison.

## TO ORDER

Send in this form, or listing of books requested, along with your check to: CRN, 4957 E. Heaton, Fresno, CA 93727.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Be sure to include postage/handling fees. For orders:

- under \$10, add \$1.75
- \$10 to \$20, add \$2.95
- \$20 or more, add 14%

Please allow 4-6 weeks for delivery.  
Thank you.

# BROOKS INTRODUCES PROPULSION TECHNOLOGY.

Brooks® Propulsion System takes running performance to new heights.

It represents over five years of scientific research, development and testing at Michigan State University's Department of Biomechanics. And thousands of miles of on-the-road testing by world class athletes.

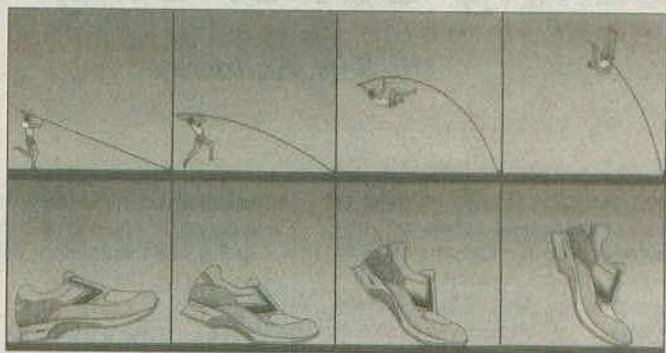
The system's key element is The Propulsion Plate. Composed of multiple layers of carbon filament fibers positioned between the midsole and outsole, in use it functions much like a pole vaulter's pole.

In vaulting, momentum is collected and stored in the pole and then released, propelling the vaulter vertically and forward.

In running, during the initial and mid-phases of your running stride, the flexing Propulsion Plate similarly collects and stores energy.

At toe-off, the stored energy is released, propelling the runner forward, returning momentum to the athlete at the optimum moment in the stride.

This is unlike any other existing technology. Only the Brooks Propulsion System propels you forward, helping you run more efficiently. The torsionally rigid Propulsion Plate also contributes unprecedented stability to the shoe without adding significant weight. And the Propulsion System is durable.



The Brooks Propulsion System acts like a vaulter's pole. As you run, a carbon fiber plate collects, stores and then releases forward energy into your stride.

Tests show that the carbon fiber retains its resiliency and is as lively after extended use as it is at mile one. Quite simply, the system just doesn't break down.

**Brooks Fusion.** The first shoe with our remarkable Propulsion System.

It's called Fusion because it incorporates a number of outstanding, proven features that all improve running performance. In addition to our Propulsion Technology, Fusion features Brooks' state-of-the-art HydroFlow® cushioning.

A silicone-filled pad under the heel proven to dissipate and redistribute impact shock better than any cushioning system available. Fusion also features our flexible web design outsole and a superior compression molded EVA midsole.



1.) The Brooks HydroFlow cushioning system, 2.) Compression molded EVA midsole, 3.) Propulsion System, 4.) Unique web outsole and 5.) Viscoelastic metatarsal cushion.

But really, you only have to remember one thing. **It'll make you run better.**

Take the Brooks 30 day test run.

Try a pair of Brooks Fusion at any participating retailer. If for any reason you're not completely satisfied within 30 days, we'll gladly take them back. Another propelling reason to try on a pair today.

For the dealer nearest you, call 800-233-7531. (In PA call 800-722-3394)

**BROOKS**  
It's all in the shoes