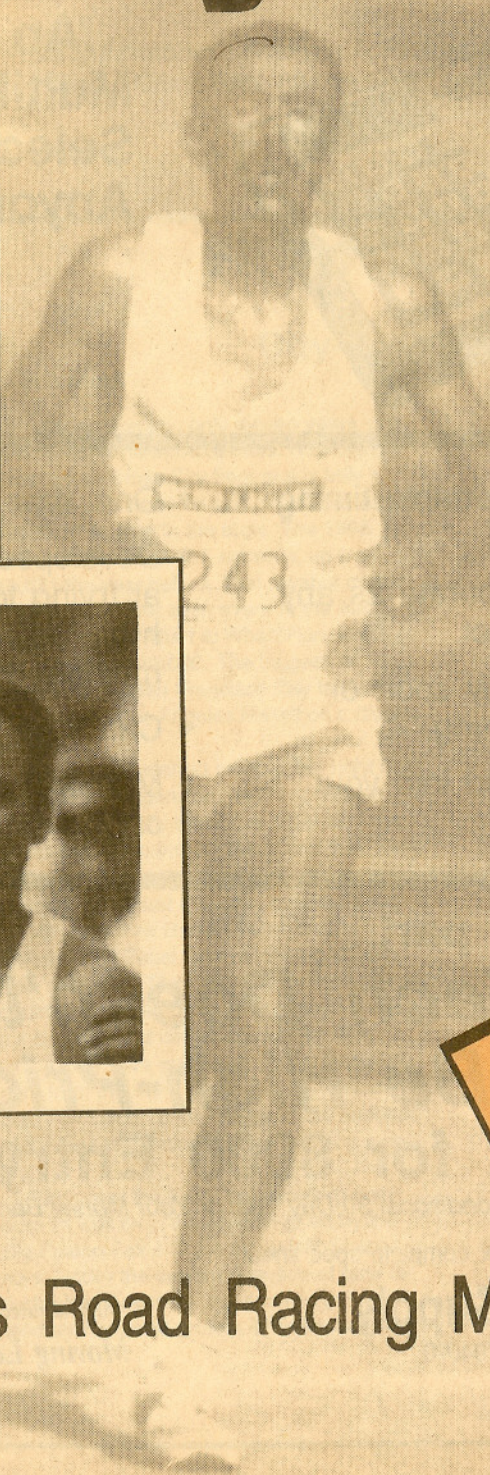
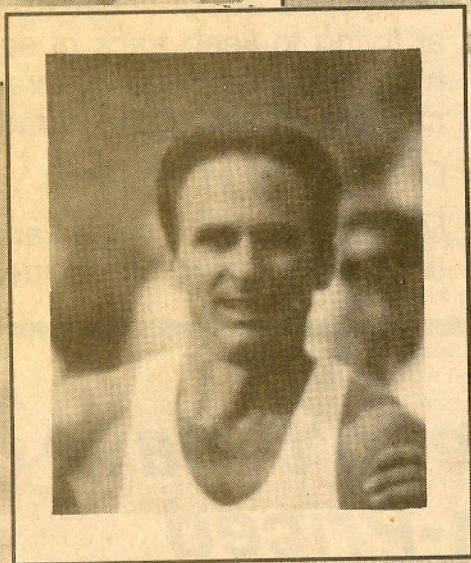


OCTOBER 1993

ISSUE NO. 195

CALIFORNIA

Running News



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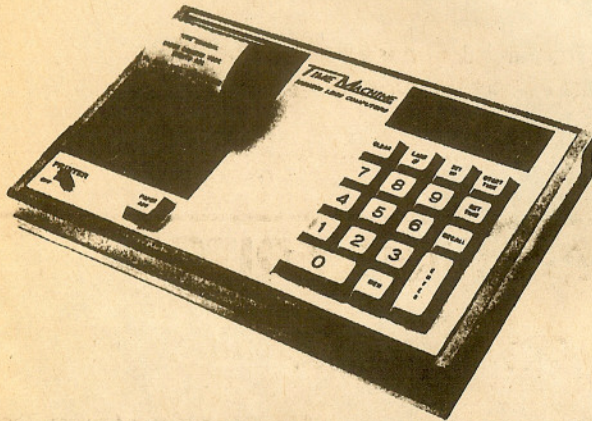
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FROM THE EDITOR

City-wide Happening

It started humbly, only eleven years ago with a couple hundred runners. Now the Big Fresno Fair Cross City Footrace is truly a city-wide phenomenon and one of the largest events of its type in the state. The 1993 event attracted 12,587 entrants, up from 10,071 the year before. That number makes it the third largest such event in the state, passing up the Wharf to Wharf Run, which has a cutoff at 12,000. The biggest, of course, is the San Francisco Bay to Breakers, with the Los Angeles Marathon a distant second.

It may have started humbly, but right from the start, the organizers had "big" in their minds. They knew there was potential for a grand running event in Fresno and they wanted to be the ones to do it. As the first race director, I remember the initial brainstorming meeting with Fair Board Chairman, Brian Tatarian and Pepsi Cola marketing expert Red Wilkinson. They had a vision for what could be done with a running event in Fresno if it had the right leadership and backing, which they were prepared to give. Visionary right from the start, they flew Len Wallach of San Francisco, (a key player in the success of the Bay to Breakers) in for that first meeting.

Each year the event has grown in numbers as well as in the support given by the Big Fresno Fair and the many faithful sponsors. Under the current direction of race director Ken Takeuchi, the event is guaranteed success and growth. Who knows were it

will lead? One thing is for sure--The Big Fresno Fair Cross City Race keeps getting bigger and better. Someday, Fresno may not only be known for the heat, the fog, the Bulldogs and raisins, but also the famous Cross City race.

We plan to have results of the September 26, 1993 race in the next issue, so stay tuned. Hope to see you at the finish line next year . . . if we can negotiate the crowd.



ON THE COVER: Winning California road racers . . . ALFRED LARA, currently leading the Runner of the Year series in the Fresno area, won the Bass Lake Run Thru the Pines 4.5 Mile and placed 5th at Wharf to Wharf (photo by Bill Cockerham). SABRINA HAN (top inset, *Fine Flicks* by Don Gosney) recently won the Garden Court Hotel Breakfast Run. BRAD HAWTHORNE won the Lake Chabot Trail Challenge, a half marathon (photo by Bill Cockerham). See this month's results section for details.

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.

Fresno: Pillar to Pillar. 2 Mile & 4 Mile. 7 a.m. Fresno Pacific College (1717 S. Chestnut). Ken Isaak, FPC, 1717 S. Chestnut, Fresno 93702 (209) 453-2000.

Bakersfield: Hart Park Fun Run. Distance TBA. 8 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Irvine: Eagle 5000. 5K. Concordia Univ. 8 a.m. Info: Amanda Smith (714) 854-8002, x423.

San Dimas: City of San Dimas Run. 5K & 1 Mile. City Hall. 7:30 a.m./5K, 8:30 a.m./1 Mile. City of San Dimas, 245 E. Bonita Ave., San Dimas 91773 (909) 394-6230.

So. El Monte: Sunset Health. 1 Mile, 5K, 10K, 12K, 15K. San Gabriel River. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Newport Beach: Harbor Heritage Run. 5K/2K. Newport Heights. 8 a.m. Info: (714) 760-3339.

Claremont: Claremont 12 Hour Run. Claremont McKenna College. Time TBA. Info: John or Ken Davis (909) 626-7965.

Manhattan Beach: Manhattan Beach Old Hometown 10K Run. 3rd & Valley. 7:30 a.m. (Pre-reg only). Info: (310) 372-3553.

Encinitas: Encinitas Day 5K & 1 Mile. Moonlight Beach. 7:30 a.m. Info: Chris Hazel-tine (619) 633-2756.

October 3 (Sunday)

San Francisco: DSE Single & Double Lake Merced Runs. 4.6 Mile, 9.2 Mile & Kids' Run. 90 a.m./Kids, 9:30 a.m. Info: (415) 978-0837.

San Francisco: KNBR 68 Bridge to Bridge Runs. 5K/12K. Ferry Bldg. 9 a.m. Isabel Lemon, KNBR-68 Radio, 55 Hawthorne, Suite 1100, San Francisco 94105 (415) 995-6868.

Mill Valley: Mill Valley 5K. Bayfront Park bikepath. 8:30 a.m./men, 9:15 a.m./women. Free--raceday regis. only. Jim Myers, Box 1713, Mill Valley 94942 (415) 383-3961.

Fremont: "Run for the Hills" 5K/10K. Coyote

Hills Regional Park. 8:30 a.m. Katrina Kristof, City of Newark, 37101 Newark Blvd., 3rd Fl., Newark 94560 (510) 793-1400, x350.

Sacramento. Sacramento Marathon & Half Marathon. William Land Park. Time TBA. Sports Scene Promotions, 7666 Leisuretown Rd., Vacaville 95688 (916) 678-5005, eves.

Santa Cruz: Santa Cruz Sentinal Triathlon (1mS/23mB/10kR). Time TBA. Santa Cruz Sentinal, PO Box 638, Santa Cruz 95061 (408) 423-4242, x301.

Morro Bay: Morro Bay Harbor Festival 10K Run/5K Walk. Morro Rock parking lot. 8 a.m. Bernie Zerr, 2981 Ironwood, Morro Bay 93442 (805) 772-4533.

Crockett: Carquinez Scenic Run. 10K & 2 Mile. John Swett HS track. 9 a.m. Gary Dias, Carquinez Scenic Run, PO Box 174, Crockett 94525 (510) 787-2669.

Santa Rosa: Harvest Fair 10K/3K. Sonoma County Fairgrounds. 8 a.m. Kevin Kostoff, c/o YMCA, 1111 College Ave., Santa rosa 95404 (707) 545-9622.

Port Hueneme: Harbor Days 10K & 1 Mile Fun Run. Parking lot south of Hueneme Pier. 8 a.m./10K, 8:05 a.m./1 mile. Boys & Girls club of Port Hueneme, 590 E. Pleasant Valley Rd., Port Hueneme 93041.

Murphys: Gold Rush Run. 4 Mile. Murphys Park. 9 a.m. "On Your Mark", PO Box 2061, Arnold 95223 (209) 795-7832.

Moorpark: Moorpark Country Days 5K/10K & 1 Mile. Moorpark HS. 7:45 a.m./5K, 8:30 a.m./10K, 8:45 a.m./1 Mile. Moorpark Country Days, 903 Cedar Bluff Ct., Moorpark 93021.

So. El Monte: Sunset Sprint. 1 Mile, 5K, 10 Mile. Legg Lake. 7:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Vista: Fun in the Sun 5K & 1 Mile. The Fitness Club. 7 a.m. Info: (619) 471-5314.

La Jolla: Danskin Women's Triathlon Series

October 1 (Friday)

Palo Alto: Palo Alto Weekley Moonlight Run. 5K/10K. Baylands Athletic Center (Embarcadero/Geng Rds.). 9 p.m. Tom Osborne, Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2342.

October 2 (Saturday)

St. George, UT. St. Goerge Marathon. 6:45 a.m. Info: (801) 634-5850.

Stanford: Stanford Homecoming Runs. 5K/10K. Stanford Univ. 8 a.m. The Final Result, 460 Wisnom Ave., San Mateo 94401 (800) 491-8988, (415) 696-1196.

San Jose: Quicksilver Half Marathon Challenge. Castillero Middle School. 8 a.m. Quicksilver RC, 6363 Firefly Dr., San Jose 95120 (408) 778-3862.

Paradise: Apple Ridge Run-Walk. Paradise Lake. 8 a.m./3 mile walk, 9 a.m./3 mile run, 9:15 a.m./5 mile run. Paradise Hospice & Homecare, PO Box 2287, Paradise 95967. Info: Kimberlee Silver (916) 877-8755.

West Point: Lumber Jack Days 5K/10K & Kids' 80 yd Dash. 8 a.m./5K, 8:30 a.m./10K. Gene Pumphrey, PO Box 570, West Point 95255 (209) 293-4679 or 298-4325.

Bishop: Mule Run Ultra 50K. Time TBA. Baz Hawley, PO Box 25 Fish Camp 93623 (209) 683-7426.

SCHEDULE

(0.75mS/20kB/5kR). 7 a.m. Info: Kinane Events (619) 434-7706 or (800) 452-9526.

October 7 (Thurs)

Merced: Applegate Park Fall Fun Run. 5K/3K/1.5K (time prediction). 26th & 'O' Sts. Time TBA. Merced TC, PO Box 3275, Merced 95344.

October 7-10 (Thurs-Sun)

Wrightwood. Angeles Crest 100 Mile Endurance Run. Time TBA. Info: Ken Hamada (818) 447-0584.

October 9 (Saturday)

Oakland: PA/USATF Cross Country Grand Prix. 8K/men--9:45 a.m., 5K/women--9:00 a.m.. Mills College. Info: Patti Gray-Bellan (510) 569-5277.

Nevada City: Site to Site 8 Mile & 5K Runs. (5K starts in Grass Valley). 8 a.m. Colleen Sabatino, PO Box 1002, Cedar Ridge 95924 (916) 273-5148.

Soda Springs: Serene Lake Half-Marathon & 10K. Serene Lake. 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Reno, NV: Reno Gazette-Journal Jog. 8K. Reno Family YMCA (Foster Dr.). 8:30 a.m. Reno Gazette-Journal, 955 Kuenzli St., Reno, NV 89520 (702) 342-0225, Cd 1564.

Winton: Almond Harvest Festival Run. 5 Mile & 3K. Winton Park. 8 a.m. Almond Harvest Run, PO Box 130, Winton 95388 Info: Toby Masterson (209) 358-9061.

Los Angeles: Run for the Homeless. 5K/10K. Griffith Park. Time TBA. Info: (213) 895-7777.

Huntington Beach: "Running is for the Birds" 5K/10K. Bolsa Chica State Beach (Pacific Coast Hwy & Warner). 8:30 a.m./10K, 8:40 a.m./5K. Amigos de Bolsa Chica, PO Box 3748, Huntington Beach 92605 (714) 897-7003.

Rolling Hills Estates: Rolling Hills Estates 5K/10K X-C Runs. Hawthorne Blvd. & Palos Verdes Dr. 7:30 a.m. Info: City Hall (310) 377-1577.

Corona: Corona Firefighters "Run for Fire Safety" 5K/10K. Corona HS (10th St. & Lincoln). 7:45 a.m. Corona Firefighter's Assoc., Attn: Chris Wilkeson, PO Box 1510, Corona 91718 (909) 737-9641.

Walnut: Walnut Family Festival 5K, 2K Kid's Run and 2K Fitness Walk. Suzanne Park. 7:30 a.m. Info: Shelly Wishner (909) 595-7543.

Irvine: Odyssey 12000. 5 p.m. Info: Bill Sumner (714) 854-3266.

Castaic Lake: Castaic Lake Duathlon (5kR/30kB/5kR). Time TBA. Info: Tri-Events (818) 915-3224.

Wrightwood: Mark Christopher Auto Center Wrightwood Mountain Challenge. 5K/Half-marathon. 8 a.m. Info: Kathy Smith (619) 249-5414.

La Jolla: UCSD 8K X-Country Run. 8 a.m. Info: Tom Van Arsdale (619) 534-0328.

San Diego: Alzheimer's Memory 5K. Harbor Island. 9 a.m. Info: (619) 541-1776.

So. El Monte: Art's 46th Birthday. 1 Mile, 5K, 10K, 12K, 15K. San Gabriel River. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Las Vegas, NV: Juan in a Million 5K. End of W. Sahara. 7:45 a.m./Fun Run, 8 a.m./5K. Juan in a Million 5K, 700 E. Charleston Blvd., Las Vegas, NV 89104 (702) 366-7289.

October 10 (Sunday)

Daly City: DSE San Bruno Mountain 5K/10K. Guadalupe Canyon Pkwy. (San Bruno Mountain State Park). 9:30 a.m. Info: (415) 978-0837.

San Francisco: Alcatraz Challenge biathlon (1.5mS & 10K or 26.2mR). Swim Alcatraz to Aquatic Park & then run(s) to Ft. Baker. 7:30 a.m. Sally Bailey, PO Box 888, Lake Oswego, OR 97034 (503) 697-6937 or Joe Oakes (415) 941-6287.

Berkeley: Cal Bearathon. 0.5mS & 6kR. Tilden Park (Lake Anza). 8 a.m. Pete Ruiz, 2301 Bancroft Way, Univ. of California, Berkeley 94720 (510) 643-8024.

Stanford: The Great Race at Stanford 10K. Stanford Stadium. 8:30 a.m. Tom Osborne, Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2342.

San Ramon: Primo's to Primo's Run for Education. 5K/10K & Half-Marathon. San Ramon Community Center (Alcosta Blvd & Bollinger Rd.). 7:30 a.m./H-M, 8 a.m. Total Race Systems, 80 Mitchell Blvd., San Rafael 94903 (415) 472-RACE.

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SCHEDULE

Novato: Mt. Burdell Challenge. 5K/10K. Rolling Hills Club (351 San Andreas Dr.). 9 a.m. Edda Stickle, 25 La Costa Ct., Novato 94947 (415) 897-6417 or 892-3228.

Morgan Hill: Columbus Day Biathlon (5mR/15mB). Live Oak HS (1505 Main St.). 9 a.m. South Valley Tri Sports Club, PO Box 1927, Morgan Hill 95037 (408) 778-1782.

Salinas: Salinas Skyclimb. 7.5 Mile. Toro Park (Quail Meadow picnic area). 9:30 a.m. Skip Latham, 105 Harvest St., Salinas 93901 (408) 424-6155.

Rio Vista: Bass Derby Run. 5K/10K and Kids' 0.5 Mile. City Park (4th & Montezuma). 8 a.m./kids, 8:30 a.m. Tarahumara RC, PO Box 8422, Stockton 95208 (Jean LaFever (707) 374-2701, Dave Valentine (209) 951-8941.

Rio Vista: Windcraft Triathlon (0.5mS, 5kR, 5K-Windsurf). Brannan Island State Recr. Area (Hwy. 160). 10 a.m. Windcraft Sailboard Center, 17124 Sherman Island Rd., Rio Vista 94571 (916) 777-7067, Sky High (510) 223-5778.

Sacramento: Sacramento Zoo Run 5K/10K and 0.5 & 1 Mile Kids' Runs. Sacramento Zoo. 8 a.m./Kids, 9 a.m./5K, 9:30 a.m./10K. Sacramento Zoological Society, 3930 W. Land Park Dr., Sacramento 95822 (916) 264-5888.

Clarksburg: Delta Duathlon Series (1.7mR/11.5mB/1.7mR). Delta HS. 8 a.m. Race Ready Race Management, 813 Harbor Blvd, #228, W. Sacramento 95691 (916) 372-7367.

San Luis Obispo: Cuesta 50K Biathlon (10kR/40kB). Cuesta College. 8 a.m. Warren Hansen, Cuesta College, PO box 8106, San Luis Obispo 93403.

So. El Monte: Blue Stream. 1 Mile, 5K, 10 Mile. Legg Lake. 7:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

West Hollywood: City of West Hollywood and LA Frontrunners Tom Protor 5K & 10K. 8 a.m. W. Hollywood Park. Info: Erik T. Lemons (310) 854-7471.

Newport Beach: Fibar Human Race Triathlon (0.5mS/14mB/5kR). USA S.W. Regional Sprint Championship. Time TBA. Pacific Sports Mgmt., 1811 Windsor Lane, Santa Ana 92705 (714) 731-8433.

Newport Beach: Walk on the Wild Side. 5 Mile/3 Mile Stride. 3 p.m. Kathy Kinane (714) 548-1438.

La Jolla: Race of the Champions Half Marathon. 7 a.m. Race of the Champions, 8895

Towne Centre Dr., Suite 105, San Diego 92122 (619) 622-0773 or (800) 959-3588.

Montclair: Montclair Baldy View Races. 5K/10K & 2K Kids' Run. Civic Center (5111 Benito St.). Time TBA. Info: (909) 626-8571.

October 14 (Thurs)

Merced: Applegate Park Fall Fun Run. 5K/3K/1.5K (time prediction). 26th & "O" Sts. Time TBA. Merced TC, PO Box 3275, Merced 95344.

October 16 (Saturday)

San Francisco: PA/USATF Cross Country Grand Prix. 4 Mile. Golden Gate Park (Lindley Meadow, 30th Ave. & JFK Dr.). 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123 (415) 921-7188.

Berkeley: Barrow's to Bear's Lair 5K. Univ. of California (North Field). 10 a.m. California Student Foundation, 2440 Bancroft, 3rd Floor, Berkeley 94720 (510) 643-7002.

Marin County: Miwoks 50K, Marathon, 50 Mile & 25K. (Five Brooks: 50K/50M; Pantoll Ranger Station: 25K). 7 a.m./50K & 50M, 9 a.m./25K. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Salinas: Heart & Sole 5K/10K. Laguna Seca Raceway venue. Time TBA. Mike Hutchinson, Salinas Valley Memorial Hospital, 450 E. Romie Ln., Salinas 93901 (408) 755-0747.

Salinas: Miracle Miles 5K/10K. Laguna Seca Raceway venue. Time TBA. Mike Hutchinson, Salinas Valley Memorial Hospital, 450 E. Romie Ln., Salinas 93901 (408) 755-0747.

Sacramento: Wenmat Classic 5K/10K & Kids' 0.5 Mile. William Land Park (Arden Bar). 8:30 a.m./kids, 9 a.m. Michele Canny Giles, 5800 Winding Way, Carmichael 95608 (916) 481-5004.

Folsom: Albertson's Fun Run & Fitness Walk. 5K/10K, 0.5 Mile & 4 Mile Walk. Folsom Recr. Area. 7:30 a.m./Kids, 8 a.m. Leann Schummer, Folsom Recr. Dept., 1328 Riley St., Folsom 95630 (916) 355-7285.

Incline Village: Jeep Tahoe to Reno Mountain Sports Series Triathlon (25mB, 25mHorse, 10mR). Individuals & teams. 9 a.m. Stacey Castle, 11294 Coloma Rd., Suite G, Gold River 95670 (916) 635-2728.

Tuolumne: SRT Duathlon (5kR/30kB/5kF). Tuolumne Memorial Park. 8 a.m. Sierra Repertory Theatre, PO Box 3030, Sonora 95370 (209) 532-3120.

Springville: Apple Festival Runs. 5K/10K. Time TBA. Springville Apple Festival, Springville Community Club, PO Box 424, Springville 93265 (209) 539-0619.

Atascadero: Colony Days 5K. Lake Park Pavilion. 8 a.m. City of Atascadero, Dept. of Community Services, 6500 Palma Ave., Atascadero 93422 (805) 461-5008.

Bakersfield: Police Memorial Runs. Distance, location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Vandenberg AFB: Triathlon. Distance TBA. Fitness Center. Time TBA. Info: (805) 734-8232.

Santa Barbara: Santa Barbara City College X-C Invitational. 3 Miles. Shoreline Park. 11 a.m. Santa Barbara City College, Attn: X-Country Coach, 721 Cliff Dr., Santa Barbara 93105.

Los Angeles: The Los Angeles Philharmonic 5K/10K. Griffith Park. 8 a.m. W2 Promotions, 1501 Glenavon, Venice 90291 (310) 828-4123.

Pt. Mugu: Air Show 10K & 1 Mile Fun Run. Time TBA. Info: (805) 989-8317.

Etiwanda: Carleton Lightfoot 5K/10K Wildcat Run. Etiwanda Intermediate School (6925 Etiwanda Ave.). 7:30 a.m./5K, 8 a.m. Mark Duffy, 6584 Redbud Pl., Etiwanda 91739 (909) 899-1701 or 899-2153.

Seal Beach: Seal Beach Autumn Run. 10K Run/5K Fun Walk. Info: Ruth (714) 754-0441.

Hawthorne: Hawthorne Rotary Tenth Anniversary 5K/10K Races (+ Kids' 1/2K Fun Run). RFK Medical Center. 8 a.m. Info: (310) 970-7243 or (310) 970-7907.

So. El Monte: Hate Crime. 1 Mile, 5K, 10K, 12K, 15K. San Gabriel River. 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Orange County: Cruise the Corridor 5K, 10K & 1/2 Marathon. Foothill Ranch. 7:30 a.m./5K & 1/2, 8:30 a.m./10K. Info: Saddleback Memorial Foundation (714) 557-3388 x444.

Las Vegas, NV: Greater New Jerusalem Baptist Church 5K. 1100 "D" St. 8 a.m. Info: Tri-A-Run (702) 870-8269.

October 17 (Sunday)

Weott. Humboldt Redwoods Marathon & Half Marathon. Dyerville Bridge (Ave. of the Giants). Pacific USATF Half Marathon Cham-

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Running News

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SCHEDULE

pionships. 9 a.m. Karen Angel, 351 Roundhouse Creek Rd., Trinidad 95570 (707) 442-6463, 2-4 pm weekdays only.

San Francisco: DSE Presidio Gate Run. 3.3 Mile & Kids' Run. Dolphin Club (502 Jefferson at Hyde). 9 a.m./Kids, 9:30 a.m. Info: (415) 978-0837.

San Francisco: "Run Down the Deficit" 4.5 Mile. Lake Merced (Sunset Blvd. parking lot). 8:30 a.m. The Final Results A.A., 460 Wisnom Ave., San Mateo 94401 (800) 491-8988 or (415) 969-1196.

Half Moon Bay: The Pumpkin Festival Run. 10K & 1.5 Mile. Church & Kelly Sts. 8 a.m. Half Moon Bay Coasters, PO Box 1101, Half Moon Bay 94109 (415) 726-2178.

Novato: Novato Stampede. 1 Mile, 5K/10K. San Marin HS. 8 a.m. Barbara Travis, Novato Education Found., PO Box 1472, Novato 94948 (415) 897-4254.

Fremont: Pumpkin Patch Run/Stride. 5K. Central park Swim Lagoon parking lot. 9 a.m. City of Fremont Leisure Services, 3350 Capitol Ave., Fremont 94538 (510) 791-4324.

Cupertino: Oxford Eat & Run 5K/10K. De Anza College. 9 a.m. Oxford, 20111 Stevens Creek Blvd., #220, Cupertino 95014 (408) 996-9961.

Livermore: Mulberry Grape Escape 10K (& 5K Walk). 8:30 a.m. Info: RhodyCo Productions (415) 387-2178.

Garden Valley: Grizzly Runs. 5K & 10K. Golden Sierra HS. 9:30 a.m. Jim Sullivan, 3425 Secret Lake Trail, Cool 95614 (916) 888-7372.

Fresno: Walk & Run for Scholarship '93. 10K, 2 Mile, 1K Kid's Run. Woodward Park (Mountain View Area). 7:15 a.m./Kids, 7:30 a.m./2 mile, 7:30 a.m. 10K. CCAPW, PO Box 26213, Fresno 93729. Info: Julia (209) 453-4453 day, (209) 221-8138 evening.

Hermosa Beach: Hermosa Beach Triathlon (0.25mS/10mB/3mR). 7:30 a.m. Michael Epstein, PO Box 9122, Calabasas 91372 (818) 880-4915.

Ventura: First Annual Salmon Run. 5K. Main Street & Ventura River bottom. 8:30 a.m. Info: Rob Devericks or Bryan McDonald (805) 643-6075.

So. El Monte: Orange Tree. 1 Mile, 5K, 10 Mile. Legg Lake. 7:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Hollywood: Hollywood Run for Youth. 5K/

10K. Paramount Studios. Time TBA. Info: (213) 485-4301.

Chula Vista: Arturo Barrios Invitational 5K/10K & Kids' Run. Chula Vista Harbor. 7:30 a.m./5K, 8:15 a.m./People's 10K, 9:45 a.m./Elite 10K. Elite Racing, Inc., 1904 Church St., Suite B, Costa Mesa 92110 (714) 548-4897.

Santa Barbara County: El Capitan Triathlon. (1.5kS/40kR/10kR or 0.75kS / 20kR/5kR). El Capitan State Beach. Time TBA. Info: (805) 563-0641.

San Diego: The Mission Bay Triathlon (500mS, 15kR, 5kR). Mission Vay. 7:30 a.m. Mission Bay Triathlon, 4060 Morena Blvd, #G-355, San Diego 92117 (619) 627-9111.

October 21 (Thurs)

Merced: Applegate Park Fall Fun Run. 5K/3K/1.5K (time prediction). 26th & "O" Sts. Time TBA. Merced TC, PO Box 3275, Merced 95344.

October 23 (Saturday)

San Francisco: The Great Escape Alcatraz Triathlon (1.5mS/21mB/14mR). 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

San Mateo: The Castaway Half-Marathon & 10K. Castaway Restaurant (Coyote Point County Park). 8 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Santa Maria: Valley Community Hospital 5K Run. 8 a.m. Mia Ituralde, Marketing Dept., Valley Community Hospital, 505 E. Plaza Dr., Santa Maria 93454 (805) 925-0935, x3328.

Merced: Castle AFB Air Show 10K. Fitness Center. 9 a.m. Merced TC, PO Box 3275, Merced 95344.

Visalia: Harvest 8K & 1 Mile. Prediction Run/Walk. Mooney Grove Park. 8 a.m. John Whipple, 3218 Oakview Dr., Visalia 93277 Don Aamodt (209) 732-2391.

Claremont: Claremont 12-Hour Run. Claremont McKenna College. 7 a.m. Info: John or Ken Davis (909) 626-7965.

Lake Arrowhead: Lake Arrowhead Red Ribbon Run. 5K/10K & 1K Kids' Run. Blue Jay Village. 7:45 a.m. Info: Chamber of Commerce (909) 337-3715.

Costa Mesa: Monster Mash Dash. 2K/5K. Planet Hollywood (Race #1 of Saturn Super Series "Triple Crown"). 8 a.m./5K, 9 a.m./2K. South Coast Plaza Village. Race Pace Pro-

motions, PO Box 795, Dana Point 92629 (714) 661-6062.

Bellflower: Liberty Run 10K/5K and 1 Mile Fun Run. 8:00 a.m. T. Mayne Thompson Park. Info: Paul Samuelson (310) 804-1424 x261.

So. El Monte: Morning Dip. 1 Mile, 5K, 10K, 15K. San Gabriel River. 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Marina del Rey: The Marina Breakers Run. 3K/5K/10K. 8 a.m. W2 Promotions, 1501 Glenavon, Venice 90291 (310) 828-4123.

San Diego: PowerBar of San Diego Challenge 5000m. Morley Field. 9 a.m. Info: Manny Bautista (619) 627-2739, (619) 576-7334.

San Diego: Crimestoppers Crusade Against Crime. 5K/10K. Sea World (Mission Bay Park). 5:30 p.m./5K, 6 p.m. Info: Breaking 40 (619) 272-8316.

October 24 (Sunday)

San Francisco: DSE Mission Rock Run. 3.5 Mile. Mission Rock & Third St. 9:30 a.m. Info: (415) 978-0837.

San Francisco: Race for the Cure 5K & 1 Mile Walk. Golden Gate Park. 8:30 a.m. Info: Esta Swig (415) 332-0881.

San Anselmo: Run to the Heavens. 4 Mile, 6.4 Mile & Kids' Mile. San Domenico School. 8:30 a.m./Kids, 9 a.m. Danielle Cane, 1500 Butterfield Rd., San Anselmo 94960 (415) 258-1931.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs. 5K/10K/15K. Lake Merritt (14th & Lakeside). 9 a.m. Info: (510) 601-7887.

Lafayette: Lafayette Reservoir Run. 10K & 2 Mile. Mt. Diablo Blvd. 8 a.m. Ivor Samson, 1133 Garden Lane, Lafayette 94549 (510) 284-7404.

Menlo Park: Red Ribbon Run. Distance TBA. Burgess Park. 8:30 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301 (415) 329-2342.

San Jose: Software Publishing Biathlon (12mB/5mR). 8 a.m. Info: RhodyCo Productions (415) 387-2178.

Woodland: Fall Mall Runs. 3 Mile & 10 Mile. County Fair Mall. 9 a.m. Jim Rademaker, 808 Helen Way, Woodland 95776 (916) 662-0498.

Nevada City: Run Through the Colors 5K/10K. Pioneer Park. 9 a.m. Carol Riggs, Sierra Club, PO Box 1042, Nevada City 95959 (916) 265-2933.

SCHEDULE

Incline Village: Trick or Trot 8K & 2 Mile. Incline Middle School. Time TBA. Debbie Devine, PO Box 404, Crystal Bay, NV 89402 (702) 832-7120.

Merced: Turkey Trot. Distance TBA. Apple-gate Park. 10 a.m. Info: Dave Olsen (209) 723-6579.

Fresno: Brian Sturgeon Run. 2 Mile, 4 Mile & 1K Kids' Run. Woodward Park (Lakeview Shelter). 7:45 a.m./1K, 8 a.m./2 Mile, 8:15 a.m. United Cerebral Palsy, 4224 No. Cedar Ave., Fresno 93726. Pat Morton (209) 221-8272.

Ventura: Road Scholars Run. 1 Mile, 5K/10K. Mission Park. Time TBA. Fleet Feet Sports, 4269 E. Main St., Ventura 93003 (805) 64-9712.

Belmont Shore: Belmont Shore Red Ribbon Run. 5K & 1K Kid's Run. 7:30 a.m. Belmont Plaza Olympic Pool. Info: (310) 438-8229.

Los Angeles: Walk/Run on the Wild side. 5K/10K. Griffith Park. Time TBA. Info: (310) 842-6742.

So. El Monte: Sunday. 1 Mile, 5K, 10 Mile. Legg Lake. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

San Diego: The Scripps Poway Parkway Du the Link (4mR, 1.6mB, 2.2mR). Mercy Rd. exit at Hwy. 15. 7:30 a.m. Info: Kathy Loper Events (619) 298-7400.

October 30 (Saturday)

San Francisco: PA/USATF Cross Country Grand Prix 4 Mile. Golden Gate Park (Lindley Meadow at 30th Ave. & JFK Drive). 9 a.m. Fleet Feet, 2086 Chestnut St., San Francisco 94123 (415) 921-7188.

Oakland: Sri Chinmoy 12/24 Hour Race. Edgewater Dr. Time TBA. Sri Chinmoy Marathon Team, 529 Moraga St., San Francisco 94122 (415) 665-8626.

St. Helena: Cross Country Vineyard Run 5K. Crane Park (behind St. Helena HS). 11 a.m. Linda Klein, 1420 Spruce, Napa 94559 (707) 252-4480.

Big Sur: Big Sur Trail Marathon, Half-Marathon & 10K. Andrew Molera State Park. 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Sacramento: Monster Mash Fun Run. 0.5K/5K/10K. William Land Park. 8:15 a.m. Kiwa-

nis, 4417 Briarwood Dr., Sacramento 95821 (916) 487-8358.

Gilroy: Halloween IV 10K/5K Run. Christmas Hill Park. 9 a.m. Richard Young, 7393 Egleberry St., Gilroy 95020 (408) 842-4145, days. Lynn Lockhart (408) 842-4732, home.

Monterey: Saturday Matinee Sprint Triathlon (500yS/12mB/3mR). Ft. Ord swimming pool. 9 a.m. Vincent Kosorek, 752 Jessie St., Monterey 93940 (408) 373-7403.

Fresno: Shoes & Spokes Run. 6 Miles. Roeding Park (Palm Point). 8 a.m. CAPH-ILC, 1617 E. Saginaw #109, Fresno 93704 (209) 222-2274/

Bakersfield: B-Rock Monster Bash Runs. Distance, location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Ridgecrest (?): OTHTC Half-Marathon. Location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

San Luis Obispo: Great Pumpkin Runs. 1 Mile & 5K. Laguna Lake Park. Time TBA. Rich Ogden, SLO Recreation Dept., 860 Pacific St., San Luis Obispo 93401 (805) 781-7305.

Ventura: Twilight's Last Gleaming X-C Challenge. 4 Miles. Arroyo Verde Park. 5 p.m. (No pre-reg required.). No Contact.

Ventura: Wayne Pulley Memorial Relay Race. San Bueno Ventura State Beach. Info: Jack Nosco (805) 376-2493.

Alhambra: Moonlight 8K Run, Relay & Walk. Alhambra Park (500 N. Palm Ave.). Info: Alhambra C of C (818) 282-8481.

Whittier: Village and the Hills 5K/10K Halloween Run for the Whittier YMCA. Whittier Hilton Hotel. 8 a.m. Info: Marilyn Grant (310) 943-7241.

Temecula: Great Temecula Pumpkin Run. 1 Mile, 5K, 10K. Community Center in Old Town. 7 a.m. Temecula Town Assoc., PO Box 435, Temecula 92593 (909) 676-4718, (800) 800-4038.

No. San Diego: Bronco Stampede 5K & 1 Mile Kids' Run. Rancho Bernardo HS. 7:30 a.m. Info: Kathy Loper (619) 298-7400.

San Diego: Cuyamaca Ride & Tie. 15/33 Miles. Kathy Appleby, 894 Van Horn Way, El Cajon 92019 (619) 698-3788.

Las Vegas, NV: LVTC 5 Mile & 2 Mile. Silk Purse Ranch (8101 Racel, near Tule Springs). 8 a.m. Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 252-7249.

Laughlin, NV: Colorado Belle Dam River

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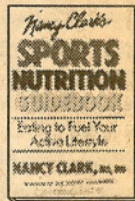
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SCHEDULE

Run. 8 mile run/relay. Colorado Belle Hotel Casino. 7:30 a.m. Colorado Belle, Marketing/Special Events, PO Box 77000, Laughlin, NV 89028 (702) 298-4000, x2610.

Kona, HI: Gatorade Ironman Triathlon (2.4mS/112mB/26.2mR). Time TBA. Ironman, 75-170 Hualalai Rd., #D-124, Kailua-Kona, HI 96740 (808) 329-0063.

October 31 (Sunday)

San Francisco: Project Projimo 5K/10K. Golden Gate Park (10th Ave. & JFK Dr.). 8:30 a.m. People Events, 528 Larch Ave., So. San Francisco 94080 (415) 583-6268.

San Francisco: DSE Golden Gate Promenade. 7.13 Mile. Dolphin Club (502 Jefferson at Hyde). 9:30 a.m. Info: (415) 978-0837.

Moffett Field: "DU the Runway" Duathlon (5kR/20kR/10kR). Airport Operations Tower on NAS Moffett Field runway. 8:30 a.m. The Final Result A.A., 460 Wisnom Ave., San Mateo 94401 (800) 491-8988.

Pleasanton: Red Ribbon Run 5K and Teddy Bear Trot 1 Mile. Hacienda Business Park (Tri-Valley YMCA). 8:30 a.m. "On Your Mark", PO Box 156, Pleasanton 94566 (209) 795-7832.

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Jack Leydig
(415) 595-2249.

Clarksburg: Delta Duathlon Series (3.2mR/15.2mB/3.2mR). Delta HS. 8 a.m. Race Ready Race Management, 813 Harbor Blvd., #228, West Sacramento 95691 (916) 732-7367.

Baywood Park: Oktoberfest 4 Mile Run. Boatdock/downtown. 9 a.m. Ron Roundy, 2160-B Pine St., Los Osos 93402 (805) 528-0775.

Ojai: Ojai Valley Run 'n Ride. Lake Casitas. 5K Run/Walk 7:30 a.m. 10K Run/8:15 a.m. 6, 12 & 18-mile Mountain Bike Challenge/10 a.m. Ojai Valley Run 'N Ride, PO Box 284, Ojai 93024 (805) 646-6195.

El Segundo: Rogers Run. El Segundo & Douglas. Info: Carolyn Jeffers (310) 607-2278.

Westlake Village: Great Pumpkin Runs 5K/10K/1 Mile. Info: Janet (805) 496-5630.

So. El Monte: Halloween 1 Mile, 5K/10K/15K. San Gabriel River. 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

San Diego: Race for Life 5K/10K. Balboa Park to Civic Center. 7:30 a.m. Info: Kathy Loper (619) 298-7400.

November 6 (Saturday)

Saratoga: Skyline to the Sea Trail Marathon. 50 Mile & 30K. Saratoga Gap (Hwy 9 & 35). 6 a.m./50 Mile, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

La Honda: The Pescadero Half-Marathon & 5 Mile. Pescadero Creek County Park. 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 223-5778.

Bakersfield: Hart Park Fun Run. Distance TBA. 8 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Porterville: City of Porterville's Veteran's Day 10K Challenge. 10K, 5K & 2 Mile Walk. 8 a.m. Contact Benny Sorenson (209) 782-7461. City of Porterville Parks & Leisure Services, PO Box 432, Porterville 93258.

Santa Barbara: Santa Barbara Half-Marathon. Time TBA. Santa Barbara AAJ, 4476 Meadowlark Ln., Santa Barbara 93105.

Avalon: Catalina Island Triathlon (1kS/16kR/5kR). Time TBA. Info: (818) 597-1383.

Baldwin Park: Celebrate Baldwin Park 5K Run. Morgan Park. 8:00 a.m. Info: Bob Roessler (818) 813-5245.

Orange County: San Juan Trail 50 Mile. Cleveland Nat'l Forest. Time TBA. Baz Hawley, PO Box 25, Fish Camp 93623 (209) 683-7426.

San Diego: District USAT&F 8K X-Country Championships. Morley Field, Balboa Park. 8 a.m. Info: Ken Bernard (619) 281-5585.

Las Vegas, NV: ADA 4 Mile & 2 Mile Fun Run. West Sahara Savon & Fort Apache. Time TBA. Info: (702) 369-9995.

Rosarito Beach, Baja, CA: Rosarito Beach Holiday 5K/10K & 1 Mile Fun Run. 7:45 a.m./1 mile, 8 a.m./5K, 8:10 a.m./10K. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714) 841-5417.

November 7 (Sunday)

San Francisco: DSE Diamond Heights run. 2.99 Mile. McAteer HS (Portola & O'Shaughnessy). 9 a.m./kids run, 9:30 a.m. Info: (415) 978-0837.

San Francisco: Waterfront 10 Mile & 5K. Hyde & Jefferson St. 8 a.m./10 Mile, 8:10 a.m./5K. Brian McInnes, c/o CCPM, 1210 Scott St., San Francisco (415) 563-3444, x535.

San Francisco: "Olympic Circle" 4.6 Mile. Lake Merced (Sunset Blvd. parking lot). 8:30 a.m. The Final Result A.A., 460 Wisnom Ave., San Mateo 94401 (800) 491-8988.

Cupertino: South Bay Duathlon #2 (2mR/13mB/2mR). Stevens Creek Park. 8 a.m. J&A Productions, 236 N. Santa Cruz Ave., Los Gatos 95030 (408) 399-8848.

Chico: Almond Bowl Run & Walk. 3 & 6 Mile, 2 Mile Fun Run, Kids' 1/2 Mile. Bidwell Park. 10 a.m./3 mile, 10:10 a.m./6 mile, 11:30 a.m./2 mile & kids. Chico Running Club, PO Box 1182, Chico 95927 Info: Walt Schafer (916) 898-4791.

Clarksburg: Clarksburg 30K-5K-1 Mile. Delta HS (PA/USAT&F 30K Championships). 10 a.m. Clarksburg 30K, PO Box 20, Clarksburg 95612 Ron Sturgeon (916) 678-5005.

Camino: Apple Hill Harvest Run. 8 Mile, 3.6 Mile. Larsen's Apple Barn. 8:30 a.m. Snowline Hospice, 3097 Cedar Ravine, Placerville 95667 (916) 621-7828.

Sonora: Sonora Heart & Sole Classic. 10K & 2 Mile. Courthouse Square. 8:30 a.m. American Heart Assoc., Box 1064, Twain Harte 95383 Info: Sonora Community Hospital (209) 532-3161, x 2890.

SCHEDULE

Fresno: The Fox Trot--Fresno's Half Marathon. 8 a.m. Woodward Park (River View Shelter). The Fox Trot, PO Box 17097, Fresno 93744-7097. Info: Fresno Joggers (209) 439-8093.

Universal City: The Starscene Foundation Run & Walk. 5K/10K/5K Walk. Time TBA. W2 Promotions, 1501 Glenavon, Venice 90291 (310) 828-4123.

Tustin: Dinosaur Dash 2K/5K. Tustin Market Place. 8 a.m./5K, 9:30 a.m./2K. Info: Tustin Public Schools Fnd (714) 544-7723.

So. El Monte: Whittier Narrows 8K & 5 Mile. Legg Lake. 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310) 949-0394.

Monterey Park: Aztlan 5K & 10K Classic. East LA College. 7:50 a.m./5K Walk, 8 a.m./5K Run, 8:45 a.m./10K Run. Aztlan Athletic Congress, 1703 Laurel St., S. Pasadena 91030 (818) 799-2357.

Newport Beach: Hard Rock 5K/10K & Kids' 1K. Fashion Island. 7:30 a.m. Info: (714) 553-9510 or (619) 434-7706.

November 13 (Sat)

San Francisco: PA/USAT&F X-C Championships. 6K/Women, 10K/Men. Golden Gate Park. Noon/6K, 1 p.m. (?)/10K Masters Men, 2 p.m./10K Open Men. Tim Wason, 4427 23rd St., #4, San Francisco 94114 (415) 648-1467.

San Jose: South Bay Holiday Classic. 10K & 2 Mile. River Oaks Pkwy & Seeley Rd. 8 a.m. Up & Running, 11114 Oberun River Ct., Rancho Cordova 95670 (408) 992-0753.

Fresno: Robinson Cup River Run & Walk. 10K & 2 Mile. Lost Lake County Park (10 miles northeast of Fresno). 8 a.m./kids run. 8:15 a.m. 2 mile. 8:30 a.m./10K. San Joaquin River Parkway & Conservation Trust, 6061 N. Fresno St., Suite 100, Fresno 93710 (209) 432-2682.

Bakersfield: Feline Fun Run 8K. Location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Ridgecrest: OTHTC Half-Marathon, Location & time TBA. Bakersfield TC, PO Box 6581 Bakersfield 93386.

Pt. Mugu: Laguna Peak Challenge. 5K. Time TBA. Info: (805) 989-8317.

Anaheim: Time of Your Life 5K Masters Run. Anaheim Convention Center. Time TBA. W2 Promotions, 1501 Glenavon Ave., Venice 90291 (310) 828-4123.

Las Vegas, NV: Harry Reid 10K & 2 Mile. Spring Mountain Ranch. 7:30 a.m. Info: Tri-A-Run (702) 870-8269.

November 14 (Sunday)

New York City. New York City Marathon. 10:50 a.m. Marathon Entries, PO Box 1388 GPO, New York, NY 10116. (Send SASE #10 size with \$5.00 non-refundable handling fee payable to NYRR...fill out & return entry when received. 1st 12,000 received are entered, plus 5,000 from lottery held in late July. Limited number of applicants accepted based on fast times. Info: (212) 860-4455.

San Francisco: The "Women's Way" 5K/10K/3 Mile Walk. Golden Gate Park (Conservatory). 9 a.m. Options for Women Over 40, 3543 18th St., San Francisco 94110 (415) 431-6944.

San Francisco: DSE Legion of Honor Run. 4.3 Mile. Legion of Honor (34th & Clement). 9:30 a.m. Info: (415) 978-0837.

Sunnyvale: Dash for Diabetes 8K Run/2 Mile Walk. 301 Old San Francisco Rd., 9 a.m. Diabetes Society, 1261 Lincoln Ave., #208, San Jose 95125 (408) 287-3785.

Newport Beach: Back Bay 5K/10K Runs & Kiddie K. Near the Newport Dunes. 8 a.m. YMCA, 2300 University Dr., Newport Beach 92660 (714) 642-9990.

Riverside: Riverside 5K, 10K Mission Inn Run. Downtown. Info: Allene Archibald, Mission Inn Foundation (714) 781-8241.

San Diego: San Diego Harbor Run & Walk. 10K/2 Mile. Marina Park & 8th Ave. 7:30 a.m. Lyn Lacye, Home of Guiding Hands, 10025 Los Ranchitos, Lakeside 92040 (619) 236-0842.

November 20 (Saturday)

So. San Francisco: Thanksgiving Fun Run. 5 Mile. 460 Pt. San Bruno Blvd. (in front of Genentech). 8:30 a.m./Walk, 9 a.m./Run. Tim Chenette, SSF Parks & Rec., Dept., 33 Arroyo Dr., So. San Francisco 94080 (415) 877-8560.

Davis: Davis Turkey Trot. 5K/10K. Civic Center Field. 8:30 a.m./5K, 9 a.m. A Change of Pace, 221 G St., Suite 205, Davis 95616 (916) 757-6017.

Walnut Creek: Mt. Diablo Marathon & Half-Marathon. Northgate HS (Castle Rock Rd.). 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415) 868-1829.

Merced: Turkey Trot. 8K Run, 3K Walk, 1/4 Mile Kid's Run. Applegate Park. 9 a.m. Merced TC, Po Box 3275, Merced 95344.

Bakersfield: CSUB Schoorship Fund 5K. Location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Lompoc: LVDC 5K/10K Thanksgiving Turkey Trots. Location & time TBA. Mary Brown, LVDC, PO Box 694, Lompoc 93438 (805) 736-5129.

Santa Barbara: Fay Hobbs 10K & Terry Fox 5K & Kids' 1 Mile. Montecito. Time TBA. Info: Tana Chesky (805) 898-2116.

Vandenberg AFB: Turkey Trot. Distance TBA. Fitness Center. Time TBA. Info: (805) 734-8232 x3832.

Playa del Rey: Jet to Jetty 5K/10K Run & 5K Family Run/Walk. Dockweiler Beach. 8 a.m. Airport Marina Counseling Service, 6228 W. Manchester Ave., Westchester 90045. Info: Danna Cope (310) 670-1410.

November 21 (Sun)

San Francisco: DSE Windmill Run. 6.5 Mile. Kennedy Dr./Ocean Beach. 9:30 a.m. Info: (415) 978-0837.

San Ramon: Reindeer Run. 5K/10K & 1.5K Kids' Run. San Ramon Marriott (680 Bollinger Rd.). 8:30 a.m./1.5K, 9:30 a.m. Children's Home Society, Festival of Trees, PO Box 857, Alamo 94507 (510) 736-8043.

Encino: The Purina Hi-Pro/Fit & Trim Fun Run. 2 Mile (with dog). Woodley Park. Time TBA. W2 Promotions, 1501 Glenavon Ave., Venice 90291 (310) 828-4123.

Ontario: Friends of Ontario Runway 5K/10K. Ontario Airport. 7:45 a.m./5K, 8:15 a.m./10K. Info: (909) 988-2720.

Las Vegas, NV: Turkey Trot 10K & 2 Mile. Bally's Hotel (LVBS & Flamingo). Time TBA. Info: Opportunity Village (702) 384-8170.

November 25 (Thurs)

San Francisco: Thanksgiving Turkey Trot. 5K/10K. Golden Gate Park (Polo Fields). 9 a.m. Soluth Park Race Productions, PO box 77681, San Francisco 94107 (415) 665-3397.

Merced: Thanksgiving Day Run. Distance, location & time TBA. Merced TC, PO Box 3275, Merced 95344.

Bakersfield: PIE Run. Distance & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

SCHEDULE

Torrance: Turkey Trot Fun Run. 3 Mile. Madison St. & Skypark Dr. 8 a.m. Torrance Recreation Dept., 3031 Torrance Blvd., Torrance 90503 (310) 618-2930.

Adelanto: Adelanto Turkey Trot. 5K/10K & 1 Mile Kids' Run. Maverick Stadium. 7:30 a.m. Info: Prime Time (909) 875-8045. City of Adelanto (619) 246-8606.

Dana Point: Dana Point Turkey Trot. 2K/10K. Dana Point Harbor. 8 a.m./10K, 9:30 a.m. Info: Dana Point Chamber of Commerce (714) 496-1555.

November 27 (Sat)

Santa Barbara: Santa Barbara 9 Trails Run. Distance, location & time TBA. Info: Pat-sy Dorsey (805) 682-2124.

La Jolla: Hard Rock 5K & 1 Mile. Hard Rock Cafe (Propsect St.). 7:30 a.m. Info: Kathy Loper (619) 298-7400.

Las Vegas, NV: LVTC 10 Mile & 2 Mile. Tule Springs (Floyd Lamb State Park). 8 a.m. Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 252-7249.

November 28 (Sun)

San Francisco: DSE Roller Coaster Run. 3 Mile & Kid's Run. Mountain Lake Park (12th Ave. & Lake). 9 a.m./Kids, 9:30 a.m. Info: (415) 978-0837.

San Francisco: Run to the Far Side 10K/5K. Golden Gate Park. Time TBA. Info: RhodyCo Productions (415) 387-2178.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs. 5K/10K/15K. 14th St./Lakeside Dr. 9 a.m. Info: (510) 601-7887.

December 4 (Saturday)

San Mateo: Jingle Bell Run for Arthritis 5K. Coyote Point Recre. Area. Time TBA. The Arthritis Foundation, 203 Willow St., #201, San Francisco 94109 (415) 673-3882.

Novato: Jingle Bell Run for Arthritis 5K. Indian Valley College. Time TBA. The Arthritis Foundation, 203 Willow St., #201, San Francisco 94109 (415) 673-3882.

Fresno: Producers Dairy Bowl Run. 4 Mile/9:30 a.m., 2 Mile/9 a.m., 1 Mile Kids' Run/10:10. Ratcliffe Stadium. Producers Dairy Bowl Run, 1525 E. Weldon, Fresno 93704. Info: Bob Fries (209) 439-6394 or SCCC (209) 244-5991.

Bakersfield: Hart Park Fun Run. Distance & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Lake Isabella: Dam Tough Run. 38.6 Miles. Time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Las Vegas, NV: LVTC 5K. Bruce Trent Park (Rampart & Vegas Dr.). 8 a.m. Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 252-7249.

December 5 (Sunday)

San Francisco: DSE Gorbachev Peace Center Run. 3.8 Mile. Little Marina Green. 9:30 a.m. Info: (415) 978-0837.

Los Gatos: Jingle Bell Run for Arthritis 8K. Vasona Park. Time TBA. Arthritis Foundation, 203 Willow St., #201, San Francisco 94109 (415) 673-6882.

Fairfield: Jingle Bell Run for Arthritis 5K. Location & time TBA. Arthritis Foundation, 203 Willow St., #201, San Francisco 94109 (415) 673-6882.

Folsom: California International Marathon (PA Championships). 7 a.m. CIM/USATF, PO Box 161149, Sacramento 95816 (916) 983-4622.

Fullerton: The Roy Campanella 5K/10K Runs. Cal State Norridge. 9 a.m. W2 Promotions, 1501 Glenavon Ave., Venice 90291 (310) 828-4123.

Culver City: Western Hemisphere Marathon & 5K. Time TBA. Info: (310) 204-2965.

Lake Mission Viejo: Mistletoe Madness 5K. 8 a.m. Info: Race Pace Promotions (714) 661-6547.

Irvine: Tools for School 5K Run. Von Karman & Michelson Ave. Time TBA. Info: (714) 854-3266.

San Diego: Deck the Malls 10K Run. Mission Valley (Hazard Center). 7:30 a.m. Info: Kathy Loper (619) 298-7400.

December 11 (Sat)

Sacramento: Jingle Bell Run for Arthritis. 5K/10K. William Land Park. 9 a.m. Arthritis Foundation, 3040 Explorer Dr., #1, Sacramento 95827 (916) 368-5599.

Folsom: Christmas Wish Run. 5K/10K & Kids' 0.5 Mile. 8:15 a.m./Kids, 8:30 a.m. Up & Running Timing, 11114 Oberun River Ct., Rancho Cordova 95670 (916) 635-7948.

Bakersfield: Mr. Toad's Wild 20K & 5K. Location TBA. 8 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Venice: Venice-Marina Christmas Run. 5K/10K. 8 a.m. Info: Bruce Mitchell (213) LUV-2RUN.

Lancaster: Rudolph Run. Distance TBA. Lancaster City Park. Time TBA. Info: Alan Koelling (805) 723-6071.

Las Vegas, NV: LVTC 5 Mile. Silver Bowl (near Boulder Hwy & Tussell) 9 a.m. Tom Hodges, PO Box 81045, Spring Valley, NV 89190 (702) 252-7249.

December 12 (Sunday)

San Francisco: Christmas Classic 5K & Miracle Mile. Golden Gate Park (Mile-Rainbow Falls on JFK Dr.; 5K-JFK Dr. & Polo Fields). 9 a.m./5K, 9:30 a.m./5K. People Events, 528 Larch Ave., So. San Francisco 94080 (415) 583-6268.

San Francisco: DSE Golden Gate Bridge Vista Run. 5.04 Mile. Legion of Honor (34th Ave., & Clement). 9:30 a.m. Info: (415) 978-0837.

Modesto: Al Stoll Christmas Run. Distance, location & time TBA. Info: Gordon Wilkinson (209) 384-1727.

Encino: LA Chanukah Run. 5K/10K & 1K Fun Run. Woodley Park (Sepulveda Dam Basin). 1 p.m./5K, 2 p.m./10K, 3 p.m./1K. Info: Sterling Tallman (818) 784-1958.

Long Beach: CSULB Long Beach Marathon Prep Run. 16.2 & 4.1 Mile. CSULB Track. 7 a.m. Long Beach Marathon., 1825 Redondo Ave., Long Beach 90804 (310) 494-2664.

Dana Point: Rudolf Runoff 5K. Dana Point Wharf. 8:30 a.m. Race Pace Promotions, PO Box 795, Dana Point 92629 (714) 661-6547.

La Quinta: Desert Cities Marathon. Lake Cahuilla Regional Park. Desert Cities Marathon, c/o Swim-Bike-Run, 44-250 Town Center Way, #C-10, Palm Desert 92260 (619) 568-6785.

La Quinta: "Gem of the Desert" 10K Run. 8 a.m. Info: Mitchell Dallas (619) 564-3199.

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

SCHEDULE

December 18 (Sat)

Vandenberg AFB: Jingle Bells Run. Distance & time TBA. No contact info.

Bakersfield: CSUB Scholarship 10K. Time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

Las Vegas, NV: Las Vegas Mini-Half-Marathon & Relay. Stardust Hotel. 7:30 a.m. Info: Jan or Bill Callanan (702) 870-8269.

December 19 (Sunday)

San Francisco: 20th Annual Christmas Relays. 4x4.464 Mile. Lake Merced (Sunset Blvd. Parking Lot). 9 a.m./9:10 a.m. Mark Lund, 1433 Norman Dr., Sunnyvale 94087. Searcy Barnett (510) 635-9508.

San Francisco: DSE Twin Peaks Run. 3.36 Miles. Portola Dr. & Twin Peaks Blvd. 9:30 a.m. Info: (415) 978-0837.

December 24 (Fri)

Merced: Christmas Even Fun Run. Distance TBA. Applegate Park (at the bell). Noon. Info: Dave Zacharias (209) 722-4428

December 25 (Sat)

San Francisco: DSE Christmas Blind Date Relays. 2x2 Miles (male/female). Golden Gate Park (Stow Lake boathouse). 9:30 a.m. Info: (415) 978-0837.

McFarland: McFarland Christmas Runs. Distances, location & time TBA. McFarland Recreation Dept., Box 337, McFarland 93250.

December 26 (Sun)

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs. 5K/10K/15K. Lake Merritt (14th St. & Lakeside Dr.). 9 a.m. Info: (510) 601-7887.

December 31 (Fri)

San Francisco: Campbell's Soups First Run. 2 Miles. The Presidio Commissary, next to Crissy Field. Start: midnight. Info: RhodyCo Productions (415) 387-2178.

Sacramento: Campbell's Soups First Run. 2 Miles. The Capitol grounds west steps. Start: midnight. Info: RhodyCo Productions (415) 387-2178.

Los Altos Hills: Reebok Aggie Midnight 5K Run. Foothill College track. Midnight. Joe Mangan, Track Coach, Foothill College, 12345 El Monte Rd., Los Altos Hills 94022 (415) 949-7358.

Vandenberg AFB: Midnight Fun Run. Distance TBA. Vandenberg Village Center. Time TBA. John Perkins, LVDC, PO Box 694, Lompoc 93438 (805) 733-4308.

1994

January 1 (Sat)

San Francisco: DSE Hangover Run. 3.53 Miles. Golden Gate Park (lower parking lot). 9:30 a.m. Info: (415) 978-0837.

Looking Ahead

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

January 23 (Sun)

Carlsbad: San Diego Marathon, Half-Marathon & 5K. Plaza Camino Real. 7 a.m. Info: In Motion, Inc. (619) 929-0909.

February 6 (Sun)

Long Beach: Long Beach Marathon. (5 person relay, marathon, half-marathon, 4 mile stroll/walk). Contact: Long Beach Marathon, 1825 Redondo Ave., Long Beach 90804 (310) 494-7089 or 494-2664 (24-hour message center).

February 19 (Sat)

Tahiti: Tahiti Marathon & Half-Marathon. Island of Moorea, French Polynesia. 4:30 a.m. Start. Contact: David Nordquist, Tahiti Tourism Board, 300 N. Continental Blvd., Suite 180, El Segundo 90245 (310) 414-8484, FAX (310) 404-8490.

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THE ATHLETE'S KITCHEN

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

SALT: Shake It or Leave It?

"I haven't used salt for years . . . I don't even have a salt shaker in my house."

"Restaurant food is so salty and makes me so thirsty . . . I'd rather eat at home."

"I generally eat only salt-free foods but some days I crave salt and indulge in chips...."

The word is out to shake the salt habit. If you are like many sportsactive people who strive for optimal health, you have cut back on your salt intake. I commonly counsel runners who eat unsalted spaghetti topped with low sodium tomato sauce; dancers who choose only puffed wheat, shredded wheat and other salt-free breakfast cereals; cyclists who knick the salt off pretzels. Are these folks investing in optimal health? Or are they self-imposing a needless nutrition rule?

Who should restrict salt?

When public health officials make generalized recommendations to reduce salt intake, they are directing their comments to the estimated one-third of adult Americans who have high blood pressure and are also overweight and underfit. They are not targeting lean, fit athletes who currently have low blood pressure.

What is the best way to control blood pressure?

The best way is to choose the right parents because high blood pressure has strong genetic links. If one parent has high blood pressure, one-third of the children are likely to inherit that predisposition. Although you can't change your genes, you can be lean and fit—two effective means to control blood pressure.

If you do have high blood pressure, you should make the effort to reduce your salt intake, but that might not solve the problem. Eating salt does not directly cause blood pressure to rise nor does salt-restriction auto-

matically lower it. Only 40-50% of people with high blood pressure and 10-15% of people with normal blood pressure experience salt-related changes in blood pressure. Although restricting salt is generally harmless, boosting your dietary intake of calcium, potassium and magnesium may also help lower or protect against high blood pressure. Instead of simply subtracting salty foods, add on extra health-protective fruits, veggies and lowfat dairy foods.

How much salt do I actually need?

Salt (or more correctly sodium, the part of salt that is the health culprit), requirements depend upon how much sodium you lose in sweat. For the general public, the National Academy of Sciences recommends at least 500 mg. sodium per day for baseline health requirements, and 2,400 mg/day as "safe and adequate intake." Most Americans have acquired a taste for salt and eat 3,000-6,000+ mg. sodium/day. Note that nutrition-conscious athletes who live primarily on fruit, vegetables and grains with few processed foods or added table salt may eat less than recommended and might benefit from adding sodium to replace sweat losses—particularly if they sweat profusely day after day. Too little salt can result in fatigue, muscle cramps and lack of thirst.

How much salt do I lose in sweat?

The amount of sodium you lose in sweat depends upon how much salt you eat. If you eat lots of salt, you'll have balance by eliminating any excess in the urine or sweat. The amount of sodium in sweat also varies according to how much you exercise in the heat. The weekend warrior who is unaccustomed to hot weather exercise will lose far more sodium than the trained athlete whose body has learned to conserve sodium and a protective mechanism against sodium depletion. For example, sweat of an unfit, unacclimatized person may contain 1,600 mg. sodium per lb.

sweat; a fit but unacclimatized subject, 1,200 mg; a fit and acclimatized person only 800 mg. As a frame of reference, the average male's body contains ~75,000 mg. sodium, the equivalent of 11 tablespoons of salt.

If I crave salt, should I eat it?

Yes. According to Dr. L. Armstrong at the Univ. CT, salt cravings signal that your body wants salt. If after a bout of sweaty exercise you hanker for some pretzels or salty foods—eat them! A rule of thumb is to add salt to your diet if you have lost more than four to six pounds of sweat (3-4% of your body weight pre- to post-exercise).

Some female athletes report pre-menstrual salt cravings. This craving is associated with hormonal shifts that results in water retention and high sodium needs to make this possible.

I feel puffy if I eat salt...

If you eat an excessive amount of salt, such as a big bowl of heavily salted popcorn, your body may retain water as a temporary means to dilute the high sodium intake. The resulting puffiness may last for 1-3 days while the body makes hormonal shifts that result in higher urinary sodium losses. For the most part, athletes who have healthy kidneys that can tolerate wide fluctuations in salt intake without noticeable changes.

Nancy Clark, MD, RD, is nutrition to both casual exercisers and competitive athletes at Boston-area's SportsMedicine Brookline. Her popular Sports Nutrition Guidebook is available by sending \$16.50 to NESP, PO Box 252, Boston 02113.



BOOK REVIEW

By Barbara T. Erskine, CAVU Company/Books for Runners

Recipes for Runners

By Sammy Green (Foulsham, 1991, \$7.95)

Although there are many books on nutrition on the market, few are sport-specific and an even smaller number are heavy with recipes. A cut above the recipe books printed by local running clubs, but without the depth of information presented in nutritionists' guides, *Recipes for Runners* occupies a unique niche. It's definitely a cookbook and belongs with Betty Crocker and Julia Child in the kitchen, with one important difference--the author is an accomplished marathoner and also a health food specialist.

Green has compiled a menu of nutritious eating using many recipes contributed by fellow English runners. She offers Hugh's Potato Bake, Tony's Jacket Potatoes, Maggie's Chicken with Mango, and more. Measuring equivalents are broken down into metric, Imperial and American (no, we still aren't on the metric system). Quantities are clearly stated as are directions for preparation.

As runners, however, we need to know more about quality of the food than its quantity. Glaringly absent are data on fat, protein, carbohydrate, fiber, cholesterol and sodium per serving, and number of calories. We can't blame her for lack of information on percent of

RDA, or vitamin and mineral analysis, as these may differ in the United Kingdom, but, basic food content would have been very helpful.

Green realizes active people need tasty, healthy and easy-to-fix dishes; most of the recipes she presents do fit that description. The one-dish meals are balanced within themselves, qualifying for all the protein needs of a vegetarian. Many include eggs and oil, if that's your preference, and a special section addresses meat eaters.

From breakfast to dessert, snacks to salads, each menu group is prefaced by brief discussion of its place in the diet and what you, as a runner, want to gain by preparing and eating one of the selections. You know the momentum is toward healthy eating and it's hard to resist a few tempting dishes, as you decide to leave the heavy dietary analysis to your local scientist. Perhaps Happy-Go-Lucky Pizza for dinner or Peter's Spinach and Broccoli Pasta? Followed by Marathoner's Bread and Butter Pudding? Carbo-loading, here we come!

For a free catalog or more information, contact Barbara T. Erskine at BOOKS FOR RUNNERS, 386 Portlock Road, Dept. BR, Honolulu, HI 96825-2027.



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Rising Crime Rate Affects Exercisers

The athlete and the criminal often have similar habits. They haunt the same areas at the same times, but for different reasons. Athletes like serene parks and secluded spots where they can exercise in peace and get away from it all. This seclusion gives criminals ideal conditions to plan their attack. In addition, athletes often must squeeze in their workouts late in the evening when most people are home. Attackers like these hours because there are fewer witnesses.

"The needs of the athlete are often at odds with the precautions everyone should take to keep from falling prey to crime," says Susan Kalish, executive director of the American Running and Fitness Association, a nonprofit, educational association of athletes and sports-medicine professionals who come together to educate the public about the benefits of a regular aerobic exercise program. "With the rising crime rate in this country, it is essential that athletes do what they can to protect themselves. One of the positive side effects of regular exercise is improved self-esteem, yet sometimes exercisers start feeling a bit too invincible and fail to take even the simplest precautionary measures. It's no use being fit and healthy if you wind up dead at the hands of an attacker."

Basic common sense can go a long way towards preventing attacks, and AR&FA recommends that all athletes take a two-pronged approach toward protecting themselves.

1 "One thing exercisers can do is work on a community level to take more criminals off the street," advises Kalish. "When the crime rate goes down, so do your chances of getting attacked."

At a seminar sponsored by the Road Runners Club of America in Arlington, VA, law enforcement officials unanimously suggested that athletes work with local police on a community level (for example, through a running or fitness club) to keep criminals away from their neighborhood. They suggest getting to know the local beat officer and striking up a conversation. The officer should learn the concerns of athletes and be given the name and telephone number of a contact person so

he or she can warn club and community members about possible neighborhood dangers. The police will get information to the community if they know who to contact.

In addition, club and community members should report suspicious activities to police, no matter how insignificant they seem. Police depend on tips for 80% of their arrests. In fact, one county beat officer thinks they're so important he set up a "suspicious activities" hotline. Crimes are reported through usual emergency channels, but if something looks fishy, citizens can call the hotline. Even if your beat officer hasn't set up this arrangement, it's wise to report suspicions to one caring officer who can track tips instead of calling the police station randomly.

Although it's not widely known, citizens should call police about overgrown brush, trails that need repair, or phones that are out of order. They'll work with other officials to correct potentially hazardous problems. After establishing a good relationship with local police, focus on other protective measures. The Montgomery County Road Runners Club in Maryland, for instance, offers a women's clinic to raise awareness of possible dangers, a partner finder program, a safety guideline card, and regular group runs for women and men. Finally, law enforcement officials suggest starting a neighborhood crime watch, which can cut crime by 50%.

2 "Next," says Kalish, "athletes should take measures to protect themselves on a daily basis. The basics of self-protection are so simple, yet exercisers get lax and tend to ignore them. Athletes often plan their training schedules with meticulous care, but implement them with no thought of safety." Below is a list of safety recommendations from AR&FA:

1. Exercise with others whenever possible.
2. Know your exercise route, including the location of telephones and open businesses. Stay away from routes that include alleys or isolated areas.
3. Make safety a priority by planning for it, just as you plan your training schedule for the week. Call friends in advance to see if they can exercise with you on a

certain night, or drive through a new route before trying it out on foot.

4. Exercise at a time when your route is heavily populated. If your schedule forces you to exercise at odd times, re-evaluate your situation and be creative. Ask yourself if you really need to exercise late in the evening, or if you could exercise at lunch and make up the extra hour in the evening.
5. Don't exercise near doorways, where it would be easy for an attacker to grab you and pull you inside.
6. Stay away from trails, or sections of trails, surrounded by heavy brush or dense trees, especially when the trail is not near a road.
7. Vary your exercise pattern, so nobody can count on you being in a certain place at a certain time.
8. Let a relative or friend know where you're going and how long you'll be gone.
9. Carry identification and an emergency phone number. Carry a police whistle or noisemaker in your hand so you can attract attention if you need to. Remember, though, that this may only be helpful in a crowded neighborhood. If you're in a secluded park at 6 a.m., a whistle may be useless.

Other tips? Exercise defensively and be alert. Don't wear headphones. Listen for people coming up behind you, and if you hear something, turn around and check it out. Watch for anyone who looks suspicious or out of place. Carry coins for a phone call so that you can report anything unusual.

"And finally," says Kalish, "don't play into the hands of criminals by keeping *their* hours and locations. Play it safe, and you'll be exercising for many years to come."

To get a free brochure on exercising safely, the American Running and Fitness Association and LoudStik, a company that makes safety devices for exercisers, offer a free brochure, "Exercise Caution: Simple Tips for a Safe Workout." To receive one, send a business-sized, stamped (\$.52), self-addressed envelope to AR&FA, 4405 East-West Highway, Suite 405, Bethesda, MD 20814.

RESULTS

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

Firecracker 10K

July 4. Santa Cruz. 10K.

Division Results—Male

12&u: 1. Wes Morrison (12) Capitola 54:58. 13-18: 1. Liam Jones (17) Aptos 35:27. 2. Michael Liberatore (17) S Cruz 40:32. 3. Luis Chacon (17) S Cruz 41:05. 19-24: 1. Andrew Boudreau (23) Berkeley 33:13. 2. Ian Shearer (24) Felton 34:57. 3. Evan Hughes (20) Monterey 36:27. 25-29: 1. Gary Blanco (25) S Jose 35:23. 2. Rodney Dycus (25) Ft Ord 36:13. 3. David Bayliss (27) Palo Alto 36:20. 30-34: 1. Terence Boynton (34) Cupertino 34:26. 2. Michael Williams (32) Arcata 35:32. 3. Tim Nash (33) Felton 36:15. 35-39: 1. Larry Bartholomew (36) Felton 36:04. 2. Steve Tietz (37) S Jose 37:18. 3. Dave Slothower (36) Cupertino 37:45. 40-44: 1. Jim Moyles (41) Redwood City 37:07. 2. Tad Woliczko (42) S Cruz 37:20. 3. Charlie Verutti (41) Soquel 38:29. 45-49: 1. Walter Radloff (48) S Jose 37:56. 2. Steve Lorenz (48) S Jose 37:56. 3. Greg Burke (46) S Jose 38:58. 50-54: 1. Dennis Hartley (54) Scotts Vly 41:29. 2. Thomas Sanders (51) Capitola 43:02. 3. Bill Peck (53) Wasco 43:27. 55-59: 1. Robert Irwin (57) Santa Clara 43:55. 2. Don James (59) Bkfld 44:46. 3. Tom Reynolds (59) S Cruz 51:16. 60-64: 1. Richard Laine (63) San Carlos 45:37. 2. Dion Dow (62) Monterey 47:44. 3. Gene Silver (60) S Jose 49:10. 65-69: 1. Don Pickett (65) Tiburon 48:00. 2. Howard Powers (68) Scotts Vly 56:05. 3. John Rasmussen (66) Berkeley 56:59. 70& over: 1. Geroge Leavitt (71) S Cruz 1:02:48.

Division Results—Female

12&u: 1. Francene Jordan (12) Watsonville 56:15. 13-18: 1. Carrie Tacheira (18) Modesto 41:50. 2. Meghan Randall (15) Aptos 44:54. 3. Nicole Silva (16) Aptos 44:54. 19-24: 1. Jennifer Bayliss (22) Palo Alto 37:37. 2. Robyn Shaver (22) Los Gatos 44:25. 3. Lara Salamacha (24) Mtn View 45:55. 25-29: 1. Stephanie Rousseau (26) Felton 46:05. 2. Sylvia Takata (29) S Cruz 47:32. 3. Natalie Gage (28) Aptos 47:49. 30-34: 1. Karen Rowen (32) S Jose 40:13. 2. Sandra Rotstein (30) Watsonville 42:06. 3. Cathy Jager (31) S Cruz 42:52. 35-39: 1. Barba Myers-Acosta (35) S Cruz 37:28. 2. Eileen Brown (35) S Cruz 39:28. 3. Sherri Lee (35) S Cruz 43:08. 40-44: 1. Valerie Leal (40) S Cruz 43:50. 2. Linda Strong (41) Bonny Doon 47:04. 3. Karen Seaward (43) Palo Alto 47:27. 45-49: 1. Susan Cronk (46) Aptos 48:37. 2. Georgia Riley (49) Campbell 51:21. 3. Gloria Ploss (47) S Cruz 54:20. 50-54: 1. Deanna Renko (51) Alameda 51:14. 2. Lynne Rosser (51) Los Gatos 53:47. 3. Judith Brower (50) Aptos 55:08. 55-59: 1. Barbara Hinshaw (56) Saratoga 59:23. 2. Phyllis Buie (55) Soquel

1:00:03. 60-64: 1. Emily Maloney (62) S Cruz 57:48. 2. Katherine Beiers (61) S Cruz 58:39. 3. Barbara Neyens (61) Modesto 1:04:37.

Run for Independence 5 Mile

July 4. Atwater.

Overall Results—5 Mile

1. Paul Cummings 26:35. 2. Bob Loux 26:54. 3. Santiago Bustamante 28:26. 4. Jose Bustamante 29:09. 5. Craig Elia 29:21. 6. Matt Larson 29:33. 7. Curt Elia 29:21. 8. Terry Richardson 30:40. 9. John Mason 30:48. 10. Stacy Wainwright 31:29. 11. Lisa Hunter 32:22. 12. Ardnie Carvajal 32:25. 13. Barbara Miller 32:30. 14. Ted Ornelas 33:45. 15. Len Thornton 34:10. 16. Heidi Ryan 34:20. 17. Ken Schwisow 34:26. 18. C. bogna 34:36. 19. Mike Kehoe 34:40. 20. Larry Lusk 35:01.

Overall Results—2 Mile

1. Santiago Bustamante 10:21. 2. Jose Bustamante 10:23. 3. Ray Winter 10:46. 4. Barry Schmitt 10:48. 5. Tom Diehl 11:07. 6. James Bona 11:09. 7. Peter Gallegos 11:27. 8. Joe Dominguez 11:39. 9. James Jason 11:55. 10. John Grondaliski 12:28.

Run San Ramon

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

Overall Results 5K—Male

1. Leon Shordon (31) Moraga 15:08. 2. Bart Stephens (25) Danville 15:17. 3. Erich Ackermann (25) Castro Vly 15:27. 4. John Dahl (21) Sacramento 15:31. 5. Kevin Selby (20) Pleas Hill 15:36. 6. Ruben Carrillo (22) Martinez 15:51. 7. Blair Venables (22) Alameda 15:53. 8. Michael Tapia (25) Fremont 15:58. 9. Guillermo Cazares (28) Alameda 15:59. 10. Pete Ramos (30) Concord 16:03.

Division Results 5K—Male

5-8: 1. Matt Facchin (8) Danville 23:38. 9-12: 1. Eric Hanau (11) Pleasanton 22:31. 13-15: 1. Oscar Bueno (15) Union City 18:31. 2. Garrett Fogel (13) San Lorenzo 18:46. 16-19: 1. Jeremy Mattern (17) Fremont 16:21. 20-29: 1. Bart Stephens 15:17. 2. Erich Ackermann 15:27. 3. John Dahl 15:31. 30-39: 1. Leon Shordon 15:08. 2. Pete Ramos 16:03. 3. Brian Davis (37) Livermore 16:22. 40-49: 1. John Taylor (41) Hayward 17:07. 2. Ralph Gamez (45) San Leandro 17:42. 3. David Taylor (49) Benicia 17:52. 50-59: 1. Michael Minietta (50) Pittsburg 18:10. 2. Rolf Nebelung (53) Dublin 18:25. 3. Alex Vago (52) San Jose 18:55. 60-69: 1. Delbert King (65) Pukalani, HI 22:06. 2. Joe Tremi (64) Castro Vly 22:44. 3. Joseph Devane (60) Hayward 23:54.

Overall Results 5K—Women

1. Lisa Lopez (20) San Fran 17:42. 2. Juoie rohloff (30) Los Gatos 18:06. 3. Martan Privete (14) San Leandro 18:49. 4. Melissa Freeberg (20) Palo Alto 18:51. 5. Susan Vaughn (26) Union City 19:29. 6. Maureen Seros (29) Walnut Crk 19:40. 7. Tiendres Ronden (18) Oakland 19:44. 8. Anna Rensi (17) Oakland 19:51. 9. Eman Barfield (16) Oakland 19:52. 10. Monique Melara (12) Martinez 20:17.

Division Results 5K—Women

5-8: 1. Rachel Pitts (8) Paicines 21:49. 9-12: 1. Monique Melara (12) Martinez 20:17. 2. Sarah Pitts (10) Paicines 20:28. 13-15: 1. Martan Privete 18:49. 2. Melanie Melara (15) Martinez 20:46. 16-19: 1. Tiendres Ronden 19:44. 2. Anna Rensi 19:51. 3. Eman Barfield 19:52. 20-29: 1. Lisa Lopez 17:42. 2. Melissa Freeberg 18:51. 3. Susan Vaughn 19:29. 30-39: 1. Julie Rohloff 18:06. 2. Janet Frame (37) Pleasanton 21:31. 3. Michelle Montes (32) Clayton 21:36. 40-49: 1. Kazuko Aoyagi (41) Berkeley 20:56. 2. Jean Means (45) Pleas Hill 22:48. 3. Susan Stavish (45) Fremont 23:03. 50-59: 1. Janet Pence (54) San Ramon 26:45. 2. Erika Leger (51) Sunnyvale 28:08. 3. Patricia Hamilton (51) Pleas Hill 29:44. 60-69: 1. Peggy Hansen (65) Castro Vly 29:07. 2. Viola Kull (62) Fremont 39:09.

Overall Results 10K—Men

1. Tim Tottle (32) Martinez 33:45. 2. Steven Chavez (36) San Ramon 33:51. 3. Andy Bupp (21) Berkeley 34:44. 4. David Jochim (33) Walnut Crk 34:47. 5. Michael Tyler (26) Pleas Hill 34:50. 6. Larry Fujita (35) El Cerrito 35:08. 7. Tim Keenan (31) Concord 35:15. 8. Jerry Locker (20) Martinez 35:20. 9. Chuck McAvoy (44) Ran Cordova 35:29. 10. Michael Plummer (35) Hayward 35:42.

Division Results 10K—Men

5-8: 1. Stephen Pitts (7) Paicines 47:40. 2. Daniel Pitts (5) Paicines 58:40. 9-12: 1. Daniel Garcia (12) Manteca 38:31. 2. Matthew Pearson (9) San Ramon 47:21. 3. George Athan (10) Ran Palo Verdes 47:24. 13-15: 1. Dominic Arroyo (15) Hayward 44:11. 16-19: 1. Michael Bynoads (18) Antioch 35:53. 2. Juan Prado (19) Chico 37:11. 3. Matt Glynn (17) Walnut Creek 39:22. 20-29: 1. Andy Bupp 34:44. 2. Michael Tyler 34:50. 3. Jerry Locker 35:20. 30-39: 1. Tim Tottle 33:45. 2. Steven Chavez 33:51. 3. David Jochim 34:47. 40-49: 1. Chuck McAvoy 35:29. 2. Dean Harper (40) Walnut Crk 35:58. 3. Jerry Martinez (40) Stockton 36:54. 50-59: 1. Mike Bellanca (50) Antioch 40:49. 2. Keith Wallace (53) Walnut Crk 41:27. 3. Don Wilkinson (51) Livermore 42:50. 60-69: 1. Joe King (67) Alameda 40:56. 2. David Nethaway (63) Danville 49:59. 3. Otto Haubensak (61) Pleas Hill 50:45.

Overall Results 10K—Women

1. Suzie Lister (28) San Ramon 38:54. 2. Rhonda Davidson (32) Danville 39:36. 3. Maryann Murphy (29) San Ramon 40:19. 4. Jillian Cartwright (33) Oakland 40:54. 5. Chris Larson (46) Walnut Crk 40:57. 6. Malia Dinell (30) Berkeley 41:09. 7. Andrea Wright (32) Orinda 41:42. 8. Christina Hannan (38) Livermore 42:42. 9. Sally Sheehan (42) Danville 42:53. 10. Regina Martinez (12) Stockton 43:27.

Division Results 10K—Women

9-12: 1. Regina Martinez 43:27. 16-19: 1. Randi O'Neill (18) Benicia 45:34. 20-29: 1. Suzie Lister 38:54. 2. Maryann Murphy 40:19. 3. Gretchen Lium (28) San Ramon 43:51. 30-39: 1. Rhonda Davidson 39:36. 2. Jillian Cartwright 40:54. 3. Malia Dinell 41:09. 40-49: 1. Chris Larson 40:57. 2. Sally Sheehan 42:53. 3. Maggie Fillmore (43) Oakland 45:00. 50-59: 1. Diane Reber (50) Martinez 47:34. 2. Ann Grove (53) 47:38. 3. Jaon Kramer (50) Pleas Hill 53:01.

Coronado Independence Day 15K Run

July 5. Coronado. 15K.

Division Results—Men

17&u: 1. Leonel Velasquez (15) San Diego 57:19. 2. Erik Galindo (16) Natl City 1:03:32. 3. Carlos Sanchez (16) Tugana 1:07:39. 18-24: 1. Chuck Mullane (24) San Clemente 50:32. 2. Gregory Lopez (23) SD 51:39. 3. Anthony Sindelir (24) Coron 58:00. 25-29: 1. Mark Boynton (28) Glendale 49:27. 2. Bryan Wallbank (25) Chula Vista 49:32. 3. Ken Flint (26) El Cajon 49:49. 30-34: 1. Steve McCormack (33) SD 48:35. 2. Bill Mc Nerney (30) Cor 49:21. 3. Frank Plasso (33) Henderson, NV 51:20. 35-39: 1. Doug Allen (37) Las Vegas, NV 52:22. 2. Mark Leisinger (35) SD 53:15. 3. Norberto Avila (35) Chula Vista 54:37. 40-44: 1. James Sackett (44) Durango, CO 58:13. 2. Thomas Flanagan (43) SD 58:24. 3. Jim George (40) Chula Vista 59:54. 45-49: Unknown. 50-54: 1. Don Shanahan (50) SD 56:23. 2. Larry Jamison (52) SLO 59:40. 3. Michael Raggatt (52) Cor 1:02:35. 55-59: 1. Tom Brown (55) Escon 1:00:49. 2. Ron Morgan (59) Spr Vly 1:05:15. 3. Bob Rice (58) Long Bch 1:05:15. 60-69: 1. Antonio Verdin (60) Tijuana 1:05:23. 2. David Farkas (60) Del mar 1:10:55. 3. Harold Forney (61) SD 1:12:21. 70 & over: 1. Jim McCown (71) SD 1:06:52. 2. Frank Campbell (72) Cor 1:05:28. 3. Frank Biscak (76) SD 2:14:27.

Division Results—Women

17&u: 1. Jessica Lunt (14) Cor 1:16:15. 2.

RESULTS

Cerissa McPartlin (17) Cor 1:19:37, 3. Gabrielle Popoff (16) Ran Santa Fe 1:22:52. 18-24: 1. Karen Laslo (22) SD 59:59, 2. Veronica Alvarez (24) Tj 1:00:09, 3. Brigit Lindeman (22) Commerce, TX 1:03:56. 25-29: 1. Katherine Nichols (27) Cor 1:00:06, 2. Cynthia Castle (28) SD 1:03:01, 3. Andrea Lynn (26) SD 1:04:55. 30-34: 1. Heidi Denton (32) Scottsdale, AZ 1:02:43, 2. Artemisa Chin (31) San Ysid 1:03:18, 3. Ruth Jones (33) Cardiff 1:04:01. 35-39: 1. Suzanne Rechcigl (35) SD 1:00:50, 2. Trish Walsh (38) Cardiff 1:01:08, 3. Vanessa Butler (39) Cor 1:03:58. 40-44: 1. Debbie Sticinski (40) Salt Lk, UT 1:05:51, 2. Mariat Fernandez (40) Bonita 1:06:03, 3. Anne Velling (40) Auburn 1:08:02. 45-49: 1. Mary Anne Stevens (47) SD 1:09:58, 2. Judy Bruce (49) Ch Vista 1:14:43, 3. Karen Chettle (45) La Jolla 1:15:14. 50-54: 1. Ursula Rains (52) Ch Vista 1:11:19, 2. Josie Chalmers (50) Tempe 1:12:31, 3. Valerie Stallings (53) SD 1:19:46. 55-59: 1. Marlys Creigh (58) Cor 1:22:46, 2. Sally Byram (58) SD 1:26:07. 60-69: 1. Mary Storey (69) Riverside 1:18:56, 2. Rebecca Zambra-no (61) Mexicali 1:19:58, 3. Chris Cromer (61) Ch Vista 1:22:19.

Tri-for Fun

July 10. Sacramento. 1K Swim, 20K Bike, 5K Run.

Overall Results--Men

1. Ty Nickel 1:03:12, 2. Michael Collins 1:03:48, 3. Bob Korock 1:03:56, 4. Tony Milvesky 1:04:17, 5. Tom Falkner 1:06:09.

Division Results--Men

16-19: 1. Christopher Mohler 1:11:43, 2. Bobby Escay 1:13:04, 3. John Hromada 1:17:59. 20-24: 1. Ty Nickel 1:03:12, 2. Eric Vierra 1:07:14, 3. Guy Terra 1:10:52. 25-29: 1. Michael Collins 1:03:48, 2. Bob Korock 1:03:56, 3. Tom Falkner 1:06:09. 30-34: 1. Tony Milvesky 1:04:17, 2. Sean Ford 1:06:17, 3. Mark Gouge 1:11:15. 35-39: 1. Bud Aldrich 1:10:11, 2. Dave Holm 1:11:25, 3. George Spinas 1:13:45. 40-44: 1. Curt Haurly 1:10:15, 2. Kevin Keane 1:11:17, 3. Bruce Logan 1:15:00. 45-49: 1. Clay Taft 1:15:10, 2. John Mason 1:19:36, 3. Mike Kersten 1:24:36. 50-54: 1. John Scholl 1:23:00, 2. Bruce Piner 1:24:05, 3. Chuck Herzog 1:29:56. 54 & over: 1. John Browing 1:32:47.

Overall Results--Women

1. Joan Gregg 1:13:52, 2. Lynn Keane 1:15:39, 3. Amy Rieger 1:15:44, 4. Lisa Lantsberger 1:17:17, 5. Edie Brainard 1:17:52.

Division Results--Women

16-19: 1. Katie Deming 1:20:41, 2. Rachel Cohen 1:30:39, 3. Megan Johnson 1:43:02. 20-24: 1. Sorrel Bird 1:24:36, 2. Shannon Phares 1:26:41, 3. Amanda Borvion 1:31:46. 25-29: 1. Lynn Keane 1:15:39, 2. Lisa Lantsberger 1:17:17, 3. Suzanne Lehmkohl 1:20:56. 30-34: 1. Joan Gregg 1:13:52, 2. Amy Rieger 1:15:44, 3. Susan Hrkack 1:26:29. 35-39: 1. Edie Brainard 1:17:52, 2. Cary Craig 1:30:59, 3. Sharee Tinti 1:32:30. 40-44: 1. Cathy Mullen

1:36:22, 2. Tesse Pace 1:51:33. 45-49: 1. Patty Jacques 1:33:56, 2. Donna Brown 1:57:54, 3. Marjorie Feller 2:16:13. 50-54: 1. Cynthia Hays 2:01:59.

Garden Court Hotel Breakfast Run

July 11. Palo Alto. 5 Mile.

From RhodyCo Productions

While the name implies a casual jog with a classy finish, the first annual Garden Court Hotel Breakfast Run was anything but casual for top runners Scott Kennedy and Sabrina Han. On a flat and fast 5-mile course, starting and finishing from the Garden Court Hotel in downtown Palo Alto, Scott Kennedy's only challenge was in the first mile and a half by a "rabbit" who faded dramatically after 2 miles. Sabrina Han of Oakland did have a challenger, 2nd place finisher Jennifer Bayliss, but she was so intent on running her own race that, as she put it, "I didn't know who was near me and I didn't care."

30-year old Larry Guinee, the second place man, finished a minute and a half behind Scott Kennedy, but took a huge step in his comeback as a runner. Guinee had fared well in road races in the mid and late 80's. He won races like the Run to the Far Side 5K and the old Monster Dash 5K. Perhaps the greatest attention he received was in the 1986 California Mile when he ran neck-and-neck with American miler Steve Scott up California Street, only to trip on the cable car tracks 20 yards before the finish. Shortly after that, Larry took up mountain bike racing. It was a recent mountain bike crash that brought Larry back to road racing. The Garden Court run was Larry's comeback debut.

The heat was expected to be one of the strongest competitors out on the Garden Court 5-mile course. But, with overcast skies, temperatures never rose above 70 degrees. It was a perfect day to run in Palo Alto.

With nearly 700 runners completing this first-time run, the majority of the competition had to do with how fast runners could get back to the Hotel for breakfast. Outdoing most of the older running events in the area, the Garden Court Hotel Breakfast Run provided not only a unique finisher t-shirt, but breakfast for all finishers as well. To top it all off, each runner received a commemorative champagne glass and with it, a sample of Arief's latest premium wines without alcohol.

Overall Results--Men

1. Scott Kennedy (23) San Leandro 25:27, 2. Larry Guinee (30) Hayward 26:59, 3. Robert Anderson (29) Mtn View 27:05, 4. Sam Nork (29) Mtn View 27:13, 5. Brent Butler (19) Oakland 27:17, 6. Shawn Johns (28) Cupertino 27:20, 7. Mark Williams (41) Stanfprd 27:25, 8. Kurt Glaubitz (28) San Fran 27:26, 9. Jesus Ruiz (31) Moss Beach 27:40, 10. Jay Schlieper (34) Hayward 28:24.

Division Results--Men

6-13: 1. James Nielsen (13) Novato 31:50.

14-19: 1. Brent Butler 27:17. 20-29: 1. Scott Kennedy 25:27, 2. Robert Anderson 27:05, 3. Sam Nork 27:13. 30-39: 1. Larry Guinee 26:59, 2. Jesus Ruiz 27:40, 3. Jay Schlieper 28:24. 40-49: 1. Mark Williams 27:25, 2. Renato Reyes (41) Sunnyvale 30:24, 3. Phil Graves (47) Boulder, CO 31:17. 50-59: 1. Anthony Pritchard (56) Palo Alto 29:22, 2. Jim Brown (50) Palo Alto 32:49, 3. Eugene Kiernan (50) San Jose 33:10. 60-69: 1. Ray Stewart (66) San Fran 34:37, 2. John Bramfitt (60) Woodside 35:00, 3. Marion Carter (62) San Jose 39:14. 70-95: 1. Rafael Castorena (71) Sunnyvale 1:06:58.

Overall Results--Women

1. Sabrina Han (25) Oakland 27:31, 2. Jennifer Bayliss (22) Palo Alto 28:17, 3. Karen Saxena (30) Palo Alto 29:57, 4. Suzy Jones (19) Belmont 30:16, 5. Betsy Diaz (28) Woodside 30:21, 6. Karen Rowen (32) San Jose 30:38, 7. Kim Rupert (38) Hillsborough 30:56, 8. Shaun Larsen (34) San Mateo 31:21, 9. Shelley Sarakanwas (34) Victoria, BC 31:36, 10. Irene Suzuk (30) Mtn View 33:00.

Division Results--Women

6-13: 1. Emily Nelson (10) Novato 39:11. 14-19: 1. Suzy Jones 30:16, 2. Amanda Radov (17) Watsonville 33:51, 3. Suzi McKinley (15) Palo Alto 36:25. 20-29: 1. Sabrina Han 27:31, 2. Jennifer Bayliss 28:17, 3. Betsy Diaz 30:21. 30-39: 1. Karen Saxena 29:57, 2. Karen Rowen 30:38, 3. Kim Rupert 30:56. 40-49: 1. Katie Joseph (42) Burlingame 35:56, 2. Carol Colbeck (41) Palo Alto 37:28, 3. Arlene McQueen (48) Mtn View 37:46. 50-59: 1. Barbara Dowie (50) Los Altos Hills 39:20, 2. Diane Bromstead (56) San Jose 40:49, 3. Yoko Shilling (53) Mtn View 43:14. 60-69: 1. Ruth Bortz (62) Portola Vly 40:34, 2. Marinh Riva Flores (60) Redwd City 42:46, 3. Virginia Monroe (60) Mtn View 54:24. 70-95: 1. Elizabeth Stultz (75) Palo Alto 1:13:54.

Lake Chabot Trail Challenge

July 11. Castro Valley. Half Marathon.

Overall Results

1. Brad Hawthorne (37) Danville 1:14:54, 2. Erich Ackermann (25) Castro Vly 1:06:06, 3. Mike McManus (27) San Fran 1:16:45, 4. Jeff Teeters (34) Berkeley 1:19:31, 5. Victor Torres (38) Oakland 1:21:03, 6. Adams Rhoads (32) Pleasanton 1:21:27, 7. Damien Curry (29) Oakland 1:22:36, 8. Michael Duncan (43) San Mateo 1:22:57, 9. Guillermo Cazares (28) Alameda 1:23:36, 10. Jeff Cowling (34) Brentwood 1:23:55, 11. Dan Anderson (41) Union City 1:24:13, 12. Larry Fujita (35) El Cerrito 1:25:37, 13. Michael Plummer (35) Hayward 1:26:12, 14. Todd Murray (30) Livermore 1:27:35, 15. Jim Grant (24) Danville 1:27:43.

Division Results--Men

0-17: 1. Brian Collins 1:45:53. 18-29: 1. Erich Ackermann 1:16:06, 2. Mike McManus 1:16:45, 3. Damien Curry 1:22:36. 30-39: 1. Brad Hawthorne 1:14:54, 2. Jeff Teeters

1:19:31, 3. Victor Torres 1:21:03. 40-49: 1. Michael Duncan 1:22:57, 2. Dan Anderson 1:24:13, 3. Jerry Martinez 1:28:39. 50-59: 1. Martin Jones 1:35:03, 2. Rolf Nebelung 1:37:55, 3. Anthony Wilson 1:40:59. 60-69: 1. Richard Laine 1:51:21, 2. Roy Thomas 1:57:31, 3. Bisal Kirkman 2:09:03.

Division Results--Women

0-17: 1. Alison Purcell 2:19:55. 18-29: 1. Suzie Lister 1:36:15, 2. Christine Jones 1:41:26, 3. Alisa Crovetti 1:44:54. 30-39: 1. Rhonda Davidson 1:39:41, 2. Trisha Kluge 1:40:45, 3. Andrea Wright 1:42:06. 40-49: 1. Susan Cronk 1:59:11, 2. Carol Bruton 2:00:07, 3. Barbara Brady 2:06:34. 50-59: 1. Susan Brown 1:58:22, 2. Betsy White 2:15:00, 3. Maj Britt Moberand 2:18:53. 60-69: 1. Hisag Reichel 2:30:41. 70+: 1. Annabel Marsh 3:51:00.

Smartass Runs

July 17. Cotati. 10K & 3K.

Overall Results--10K

1. E.J. Bohn (27) 33:21, 2. Farrara (31) 33:55, 3. Rick Esponda (18) 34:22, 4. Larry Menard (35) 34:30, 5. Ryan Bohlander (20) 35:07, 6. Tim Keenan (31) 35:07, 7. Daniel Ortiz (41) 36:06, 8. Peter Kirk (29) 36:09, 9. Daniel Rosenthal (27) 36:21, 10. Sean Lanham 36:46, 11. Gordon Abbott (49) 37:08, 12. Andrew Hidas (42) 37:31, 13. Matt Branco (22) 37:34, 14. Ray Sibley (38) 38:10, 15. Jeff Fletcher (923) 38:14, 16. John Paul McIntosh-King (40) 38:24, 17. Joe Janakes (15) 38:56, 18. Richard Evans (20) 39:17, 19. Ken Reid (32) 39:19, 20. Anthony Gan Gee (21) 39:38,

30. Sara Jakel (16F) 40:18, 31. Cindy Scott (38F) 40:18, 41. Maria Lovelace (28F) 41:17, 45. Linda Young (29F) 42:22, 48. Shelly Lydon (32F) 42:44.

Overall Results--3K

1. Pedram Aran (27) 11:54, 2. Kenny Brown (923) 11:55, 3. Sean Fitzpatrick (21) 12:13, 4. Ian Blair (22) 12:14, 5. David Serafini (15) 12:53, 6. Danny Brecht (14) 12:58, 7. Jason Clark (17) 13:13, 8. Julia Stamps (14F) 13:14, 9. Lisa Geoffron (33F) 13:18, 10. Chris Berghaldt (16) 13:25,

11. Toli Au (16) 13:32, 12. Mark Siml (29) 14:01, 13. Dave Sjostedt (46) 14:13, 14. John Galletta (49) 14:13, 15. Mark Millano (20) 14:21,

21. Julie Dyson (23F) 15:13, 29. Shirley Simpson (31F) 15:35, 33. Karen Martin (32F) 15:49, 34. L. J. Allen (36F) 15:49, 35. Cynthia Anderson (14F) 15:54.

Daly City Scenic Run

July 18. Daly City. 6.8 Miles.

Overall Results

1. Antonio Corgas 41:19, 2. Anthony Beron 41:31, 3. Steve Stephens 42:03, 4. Pete Nowicki 45:21, 5. Wayne Pymale 48:05, 6. Jean Germain 48:22, 7. Larry Wurstle 48:41, 8. Demian Smiey 48:48, 9. Keith O. Johnson 48:50, 10. Jim Roe 49:14, 22. Elaine Mah 57:00.

RESULTS

Donner Lake Triathlon

July 18. Truckee. 1.5K Swim, 40K Bike, 10K Run.

Overall Results

1. Ryan Huckabay (24) 2:08:27, 2. Scott Miller (32) 2:08:39, 3. Darrin Rohr (28) 2:10:02, 4. Timothy Watson (22) 2:10:49, 5. Pete Kain (29) 2:11:02, 6. Scott Young (26) 2:12:19, 7. Robert Hepler, Jr. 2:12:46, 8. Roger Bartels (32) 2:13:07, 9. Jon Christensen (29) 2:13:44, 10. Anthony Milevsky (30) 2:13:48, 11. Randall Stone (20) 2:15:16, 12. Mark James (26) 2:15:27, 13. Michael Morgan (24) 2:15:56, 14. Sean Ford (32) 2:16:08, 15. John Hansen (29) 2:16:25.

San Diego Wildlife

10K Run

July 18. San Diego.

Division Results—Male

1-12: 1. Nathan Mundy (12) Campo 1:00:33, 13-17: 1. Lionel Velasquez (15) SD 35:51, 2. Ryan Bartell (17) Santee 36:42, 3. Kevin Bowes (16) SD 37:05, 18-29: 1. Chuck Mullane (24) San Clem 32:37, 2. Bill Ricketts (21) Ch Vista 33:37, 3. Bern Kohler (29) La Jolla 33:53, 30-39: 1. Robert Kielbowski (33) SD 32:05, 2. Glenn Sager (31) SD 36:07, 3. Jeff LePorte (SD) 36:19, 40-49: 1. Hugo Velasquez (42) Venice 37:18, 2. Hayden Smith (45) Tucson, AZ 37:41, 3. Derek Case (41) SD 39:21, 50-59: 1. Terry Jones (52) San Marcos 40:10, 2. Bob Mackel (50) Lemon Grove 40:18, 3. Pete Savitz (54) SD 42:12, 60-69: 1. Jim O'Neil (68) La Jolla 42:05, 2. James Crush (62) SD 44:17, 3. Dan Dalton (61) SD 46:06, 70-99: 1. Jim McCown (71) SD 43:38, 2. Lou Fernandez (72) Poway 57:51, 3. Lowell Tozer (72) SD 1:00:57.

Division Results—Female

1-12: 1. Kelly Nottingham (9) El Cajon 44:04, 13-17: 1. Danea Cook (15) Carlsbad 53:40, 18-29: 1. Cynthia Castle (28) SD 41:37, 2. Sharon Pentalers (27) SD 42:00, 3. Jennifer Davis (20) Oceanside 43:23, 30-39: 1. Marcella Teran (38) SD 38:49, 2. Gayle Beretta (32) SD 41:57, 3. Maryann Lochbaum (31) Abbotsford, BC 45:02, 40-49: 1. Ann Walker (47) Encinitas 42:43, 2. Willie Tennant (44) SD 44:01, 3. Gail Zuckler (42) SD 44:50, 50-59: 1. Ursula Rains (52) Ch Vista 47:27, 2. Laurie Anderson (55) Palos Verdes 58:29, 3. Sharon Considine (53) SD 1:02:19, 60-69: 1. Dorothy Stock (60) La Mesa 48:41, 2. Mary Storey (69) Riverside 52:11, 3. Doris Gordon (67) Carlsbad 58:35, 70-99: 1. Judy Simon (77) La Mesa 1:02:56, 2. Roberta Morgan (70) SD 1:08:00, 3. Mary Rice (71) El Cajon 1:24:35.

Fitness to Festival

July 25. Fremont.

Overall Results—10K Men

1. Brian Abshire (29) Oakland 28:46, 2. Mike Stone (23) Oakland 28:52, 3. Ivan Huff (33) SLO 29:29, 4. Tom Wood (30)

Truckee 29:32, 5. Rich McCandless (37) Hayward 29:48, 6. Robert Thwala (31) Reno 29:59, 7. Chris Schille (27) SLO 30:13, 8. Kenrick Sealy (26) San Jose 30:43, 9. Nivaldo Filho (32) Oakland 31:29, 10. Steve Webb (37) Los Altos 32:59.

11. Victor Torres (38) Oakland 33:04, 12. Tim Tottle (32) Martinez 33:36, 13. Dan Anderson (41) Union City 33:46, 14. Raymond Loutinho (35) San Fran 33:48, 15. Michael Tyler (26) Pleasant Hill 33:53, 16. T. J. Murphy (29) San Fran 33:58, 17. Brent Butler (19) Oakland 34:09, 18. Tim Keenan (31) Concord 34:17, 19. Marc Sexton (27) Santa Clara 34:32, 20. Larry Fujita (35) El Cerrito 34:33.

Overall Results—10K Women

1. Robyn Berry (28) San Anselmo 34:36, 2. Ceri Diss (29) Stanford 34:54, 3. Sabrina Han (25) Oakland 34:59, 4. Christine Kennedy (38) Cupertino 35:07, 5. Rae Stiger (26) Oakland 35:24, 6. Lisa Lopez (20) San Fran 36:38, 7. Honor Fetherston (38) Mill Vly 37:40, 8. Sara Jarel (16) El Verano 38:36, 9. Joan Alley-Smith (31) Belmont 38:41, 10. Deanne Klimkosky (28) Fremont 39:25.

11. Noel Riter (22) Sacramento 40:10, 12. Tina McCandless (29) Hayward 40:44, 13. Andrea Wright (32) Orinda 40:52, 14. Kathy Kennedy (44) San Leandro 40:56, 15. Laura Quirke (31) San Jose 41:28, 16. Karin Kuffel (30) Oakland 42:24, 17. Sharlet Gilbert (42) Richmond 42:43, 18. Linda Hood (34) Davis 42:45, 19. Marian Lyons (46) San Fran 43:04, 20. Judy Fulton (39) Pleasanton 43:13.

Overall Results—5K Men

1. Dan Aldridge (37) Oakland 14:21, 2. Ernie Freer (27) Sacramento 14:37, 3. Pedram Aram (27) San Mateo 14:41, 4. Mark Graves (43) Berkeley 15:18, 5. Bradley Zanczyk (30) 15:26, 6. Tony Scardina (28) Martinez 15:49, 7. Brian McGuire (34) Martinez 15:55, 8. David Kopel (23) San Jose 16:00, 9. Brian Davis (37) Livermore 16:02, 10. Jon Tannehill (33) Alameda 16:06.

11. David Fergus (35) San Jose 16:09, 12. Michael Rodriguez (34) Mill Vly 16:18, 13. Ed Harris (34) Alameda 16:22, 14. Joey Masloff (34) Sunnyvale 16:27, 15. Carl Nielson (33) Pleasanton 16:32, 16. Jim Reitz (49) Livermore 16:38, 17. John Ferraro (35) Pleasant Hill 16:43, 18. Steve Tietz (37) San Jose 16:55, 19. Greg Burke (46) San Jose 17:08, 20. Michael Minieta (50) Pittsburg 17:20.

Overall Results—5K Women

1. Christina Boyd (31) Santa Rosa 16:00, 2. Janet Bowie (23) Oakland 17:17, 3. Noreen DeBettencourt (26) Concord 18:10, 4. Maria Guzman (30) San Mateo 18:33, 5. Teresa Nelson-Aldridge (33) S Rosa 18:48, 6. Kara Hughes (30) Evanston, IL 18:51, 7. Vi Tran (16) San Jose 19:43, 8. Rachel Bates (32) Hayward 19:59, 9. Sarah Pitts (10) Paicines 20:03, 10. Amber McCrear (12) Los Banos 20:11.

11. Kim Wik (28) Fremont 20:37, 12. Jill Cartwright (33) Oakland 20:45, 13. Joyce Tanaka (39) Fremont 20:49, 14. Kathy Woolcock (42) Hayward 20:53, 15. Sue

Reyes (38) Fremont 20:58, 16. Tara McDonald (19) Newark 21:11, 17. Suzanne Ferraro (31) Pleasant Hill 21:24, 18. Kathleen Rudmann (32) Campbell 21:26, 19. Katie Joseph (42) Burlingame 21:41, 20. Lynn Lawrence (29) Palo Alto 21:51.

Pear Fair 5 Miler & 10 Miler

July 25. Courtland.

Division Results—Male 10 Mile

18u: 1. Chris Lasala 1:09:26, 19-29: 1. Rich Hanna 53:50, 2. Elmer Watanabe 1:00:08, 3. Daniel Rosenthal 1:01:21, 30-39: 1. Tony Fong 59:22, 2. Doug Rasmussen 59:39, 3. Ron Souza 1:02:59, 40-49: 1. John Kennedy 1:01:27, 2. Steve Tredway 1:03:21, 3. Ray Scannell 1:04:00, 50-59: 1. Jerry Lyerly 1:04:12, 2. Jim Drake 1:07:28, 3. Mike Bellanca 1:09:55, 60+: 1. Gordon Hall 1:20:48.

Division Results—Female 10 Mile

19-29: 1. Robin Carboni 1:08:31, 2. Meg Svobota 1:09:27, 3. Alejandra Aguirre 1:10:22, 30-39: 1. Theresa McCourt 1:07:10, 2. Susie Smith 1:19:15, 3. LaDanna Washington 1:20:25, 40-49: 1. Patty Rosser 1:23:40, 2. Brenda Pollard 1:23:59, 3. Jennifer Ekstedt 1:28:20, 50-59: 1. Joan Kramer 1:28:33, 2. Dina Fields 1:29:48, 3. Diane Delvin 1:51:30, 60+: 1. Peggy Ewing 1:46:36, 2. Marian McKone 1:49:56.

Division Results—Male 5 Mile

18u: 1. Hector Leija 28:41, 2. Manuel Leija 34:22, 3. Conor Medley 42:13, 19-29: 1. Mathew Green 28:28, 2. Mike Mendoza 30:00, 3. Bill Relyea 31:25, 30-39: 1. Richard McCann 27:09, 2. David Keane 27:49, 3. Thomas Greene 28:27, 40-49: 1. Chris Enfante 29:02, 2. Karl Bacon 29:49, 3. Mark Kaiser 29:59, 50-59: 1. Jon Shelgren 31:29, 2. Walter Spiller 33:39, 3. Bob Seldner 33:55, 60+: 1. Carl Ellsworth 33:31, 2. Irvin Faria 42:55, 3. Dick Woods 43:46.

Division Results—Female 5 Mile

19-29: 1. Beth Weigel 36:16, 2. Debbie Williams 37:15, 3. Carole Meek 44:09, 30-39: 1. Jody Cooperman 37:18, 2. Julie Duffek 38:47, 3. Juli Jessen 40:43, 40-49: 1. Bobbie Sliskevics 42:32, 2. Mary Ose 45:08, 3. Jan Lambert 45:29, 50-59: 1. Lucia Khan 41:55, 2. Marlene Kinser 51:01, 3. Lisa Sargisson 57:42.

DSE Single Lake

Merced Run

July 25. 4.6 Miles.

Overall Results

1. Kevin Cowan 24:56, 2. Antonio Corgas 25:34, 3. Anthony Beron 26:09, 4. Jerry Lee 26:11, 5. Herman Escajadillo 27:12, 6. Demiah Smiley 27:22, 7. Irene McLoughlin (F) 27:26, 8. Patrick Herbers 27:40, 9. Anthony Bangi 27:51, 10. Len Garriott 28:01.

Wharf to Wharf

July 25. Santa Cruz to Capitola. 6 Miles.

Overall Results—Men

1. Alan Dehlinger (Reno) 28:41, 2. Brent Griffiths (Morro Bay) 29:02, 3. Jose Aispuro (Watsonville) 29:08, 4. Dan Berkeland 29:30, 5. Alfred Lara (Fresno) 29:33, 6. Coley Candaele (Carpinteria) 29:35, 7. Armando Siqueiros (SLO) 29:39, 8. Brad Hawthorne (Oakland) 29:44, 9. Carmelo Rios 29:50, 10. Daniel Held 29:55.

11. Ken Brown (Rohnert Park) 29:59, 12. Mark Douglas (Pleasanton) 30:08, 13. Joe Rubio (SLO) 30:10, 14. Andrew Boudreau (Berkeley) 30:16, 15. David Monk 30:19, 16. Bob Ebert (Santa Cruz) 30:20, 17. Parker Kelly (Belmont) 30:23, 18. Ben Turman 30:25, 19. Jerry Hernandez (San Pedro) 30:20, 20. Erich Ackermann (Castro vly) 30:26.

21. Jeff Stein (San Jose) 30:28, 22. Jeremy Redding 30:30, 23. Michael Smith (Oakland) 30:32, 24. Ian Blair 30:34, 25. Willie Clark 30:37, 26. Craig Steinmaus (Los Altos) 30:39, 27. Craig Blockhus (Los Altos) 30:40, 28. Christopher Phipps (Montara) 30:42, 29. John Manning (Santa Cruz) 30:44, 30. Gilbert Munoz (Watsonville) 30:45.

31. Greg Byard 30:47, 32. Charles Alexander (Mtn View) 30:50, 33. Patrick Rainey (Rocklin) 30:57, 34. Jason Perscheid (Fair Oaks) 30:57, 35. Lynn Mentzer (Sparks, NV) 30:59, 36. Pedro Gutierrez (Santa Barbara) 31:00, 37. Kyle Dando (San Jose) 31:01, 38. Stephen Overgaard (Stockton) 31:04, 39. Michael Tapia (Fremont) 31:08, 40. Steve Watkins (Carmel Vly) 31:12.

41. Todd Stevens (Santa Rosa) 31:12, 42. Unofficial, 43. Steve Boaz (Los Osos) 31:14, 44. Gary Towne (Chico) 31:22, 45. Dan Olmstead (Chico) 31:24, 46. Pat Johnson 31:26, 47. Grant Foster (Cupertino) 31:27, 48. Hector Barron (San Jose) 31:29, 49. Scott Steinmaus (Davis) 31:32, 50. Brandon Smith (San Fran) 31:33.

Overall Results—Women

1. Linda Somers (Danville) 32:12, 2. Terry Schmidt (Reno, NV) 33:24, 3. Barb Myers-Acosta (Santa Cruz) 33:27, 4. Sandy Patterson (Lafayette) 33:55, 5. Susie Blake (San Jose) 34:06, 6. Julie Rohloff (Los Gatos) 34:10, 7. Kimberly Bruyn (So. Lake Tahoe) 34:17, 8. Dina Farage (San Jose) 34:20, 9. Angela Orefice 34:28, 10. Aimee Mangan (Boulder Creek) 34:54.

11. Christy Oliveira 34:57, 12. Monica Townsend (Los Gatos) 35:01, 13. Staci Snider (Aptos) 35:06, 14. Nike Horn (Santa Rosa) 35:22, 15. Brandi Evans 35:26, 16. Eileen Brown (Santa Cruz) 35:47, 17. Nicole Silva (Aptos) 35:51, 18. Suzanne Jones (Belmont) 35:55, 19. Sheri McCarroll (San Jose) 35:55, 20. Amanda Hess (San Jose) 36:26.

21. Megan Riker (Santa Barbara) 36:30, 22. Kristin Jacobs (Saratoga) 36:33, 23. Emi Joplin (Menlo Park) 36:41, 24. Valerie Randhawa (Santa Rosa) 36:43, 25. Christy Runde (San Jose) 36:48, 26. Aeron Arlin (Soquel) 36:50, 27. Karen Rowen (San

RESULTS

Jose 36:50, 28. Christine Lundy (Santa Cruz) 36:53, 29. Melissa Freeberg (Stanford) 36:59, 30. Robin Cadmus (Oakdale) 37:01,

31. Melanie Bergevin (Rocklin) 37:02, 32. Connie Kondo (Folsom) 37:18, 33. Lynice Benton (Reno) 37:43, 34. Vicki Coyle (Roseville) 37:45, 35. Sandra Rotstein 38:03, 36. Sydney Thatcher 38:05, 37. Carrie Tacheira (Modesto) 38:06, 38. Ramona Lopez (Watsonville) 38:09, 39. Anne Hayden (Santa Cruz) 38:20, 40. Marlene Parra (Fresno) 38:24,

41. Susan Vaughn (Hayward) 38:27, 42. Leslie Lewis (Torrance) 38:28, 43. Barbara Hood (Sacramento) 38:29, 44. Christine Iwahashi (Sacramento) 38:30, 45. Tara Rice (Larkspur) 38:37, 46. Andrea Byers (San Jose) 38:39, 47. Laurie Riebeling (Mill Vly) 38:40, 48. Claire Pirie (Soquel) 38:43, 49. Jamie Park 38:50, 50. Nancy Ogle (Santa Cruz) 38:52.

Humboldt Tri-Kids Triathlon

July 31. Humboldt.

Overall Results--Boys

7 Yrs: 1. Carlos Jones (Eureka) 29:13, 8 Yrs: 1. Chris Woodcock (Eureka) 22:44, 9 Yrs: 1. Jesse Litzler (Arcata) 24:05, 10 Yrs: 1. John Azevedo (Bayside) 18:49, 11 Yrs: 1. Chris Phelps (Cuttan) 32:34, 12 Yrs: 1. Jeff Munther (Bayside) 32:05, 13 Yrs: 1. Scott Phelps (Cuttan) 32:38, 14 Yrs: 1. Adam Smith (Arcata) 30:15.

Overall Results--Girls

7 Yrs: 1. Mariah Hurlburt (McKinleyville) 27:12, 8 Yrs: 1. Sharon Olson (Weaverville) 22:53, 9 Yrs: 1. Jennifer Hodgson (Eureka) 25:00, 10 Yrs: 1. Erin Aiello (Arcata) 21:24, 11 Yrs: 1. Kelsey Burman (Eureka) 33:57, 12 Yrs: 1. Courtney Burman (Eureka) 32:20, 13 Yrs: 1. Christine Page (Palo Alto) 36:33, 14 Yrs: 1. Adrienne Clark (Kneeland) 53:15.

Eureka Peak Endurathon

August 1. Johnsville.

Overall Results--10K

1. Pete Vidal (34) 45:29, 2. David Pollack (30) 48:35, 3. Janet Saccomanno (28F) 50:05, 4. Tom Demund (57) 53:48, 5. Charlie Fretz (57) 54:21, 6. Victoria Abrams (29F) 1:21:23.

Overall Results--14.8 Miles

1. Paul Sweeney (27) 2:11:11, 2. Bill Hine (36) 2:21:45, 3. Ken Shoop (45) 2:26:28, 4. Scott Abrams (37) 2:27:04, 5. Pete Simone (40) 2:39:31, 6. Robert Mueller (39) 2:58:02.

Pacifica Terrifica

August 1. 5 Miles.

Overall Results

1. Antonio Corgas 29:32, 2. Denis Bauke 31:48, 3. Patrick Herbers 31:50, 4. Jean Germain 32:06, 5. Len Garritt 32:12, 6.

Peking Duck 33:28, 7. Keith O. Johnson 33:30, 8. Heliodoro Perez 33:33, 9. Jim Roe 33:43, 10. M. L. Borba 34:25, 19. Elaine Mah 1F 38:09.

Summer Biathlon LA

August 1. LA. 5K Run with 2 Shoot Stops.

Overall Results

1. Don Larue 19:48, 2. Barry Schmidt 20:28, 3. Simon Sanchez 22:30, 4. Ron Jones 22:54, 5. Angie Stevenson 23:07, 6. Steve Humphreys 23:19, 7. Carl Rossi 23:27, 8. Jim Rucker 23:49, 9. Daniel Trujillo 23:53, 10. Robert Padilla 23:53, 11. Gecko Cachero 24:02, 12. Paul Rudman 24:11, 13. Louie Martinez 24:14, 14. David Saenz 24:15, 15. Manuel Sanchez 24:25.

YWCA Run/Walk

August 1. Pacific Grove. 10K & 5K.

Division Results--10K Women

12&u: 1. Gabriela Pelayo 1:12:49, 19-29: 1. Shelle Parsons 43:41, 2. Cristina Prince 47:18, 3. Melina Meza 48:23, 30-39: 1. Lisa Russell 42:45, 2. Sheila Parfitt 43:11, 3. Karen Uemura 43:29, 40-49: 1. Cindy Beckett 42:43, 2. Pam Royer 46:09, 3. Marcia Hillary 47:18, 50-59: 1. Jeane Collins 56:34, 2. Annis Lembo 57:36, 3. Lynn Atterburg 57:46.

Division Results--10K Men

12&u: 1. Daniel Garcia 38:25, 13-18: 1. Chad Sindel 42:15, 19-29: 1. Brian Moody 31:33, 2. Brad Holbrook 33:19, 3. Evan Hughes 34:45, 30-39: 1. Stacy Vanmorn 32:39, 2. Tortuga Rotstein 34:58, 3. Ken Cox 35:44, 40-49: 1. Jim Poulos 35:04, 2. Richard Aurelio 35:29, 3. Kenny Warde 38:00, 50-59: 1. Gene Bath 39:11, 2. Tom Kaiser 39:28, 3. Jim Allen 40:39, 60&over: 1. Dion Dow 47:00, 2. Bob Mills 49:19, 3. Loldie Foletta 50:39.

Division Results--5K Women

12&u: 1. Geri Munoz 35:05, 13-18: 1. Alexis Waddel 21:10, 19-29: 1. Becky Mello 19:18, 2. Lara Salamacha 19:33, 3. Gail Daras 24:36, 30-39: 1. Kimberly Gregory 17:41, 2. Annie Conneau 20:24, 3. Judy Baca 24:23, 40-49: 1. Sally Walters 22:12, 2. Mary Ose 23:44, 3. Carol Lieberman 23:53, 50-59: 1. Helen Hagan 26:45, 2. Billie Fleming 27:32, 3. Patricia Bischof 28:06, 60&o: 1. Lynn Swerrie 43:49.

Division Results--5K Men

12&u: 1. Rain Barcliff 22:17, 13-18: 1. Jayson Choy 18:09, 19-29: 1. Sean McCormick 15:19, 2. David Lennon 16:00, 3. Kenrick Shen 24:08, 30-39: 1. Paul Lee 15:06, 2. Steve Watkins 15:06, 3. Rick Baca 16:14, 40-49: 1. Mike Dove 15:29, 2. Marc Lieberman 17:12, 3. Jim Lashley 20:40, 50-59: 1. Anthony Vissian 19:04, 2. Glynn Wood 20:17, 3. John Gates 23:35, 60 &o: 1. Larry Bishop 29:25.

Bass Lake Run Thru the Pines

August 7. Bass Lake.

Overall Results--13.3 Mile

1 Dan Zoldak, 21, Fresno, CA	1:12:03
2 Joe Nordin, 28, Fresno, CA	1:15:14
3 Greg Pope, 33, Fresno, CA	1:18:14
4 Rick Baca, 35, Monterey, CA	1:19:55
5 Danny Santillano, 20, Fresno	1:20:29
6 Shawn Young, 19, Fresno, CA	1:20:31
7 John Rodriguez, 28, Orosi, CA	1:20:58
8 Mark Hodges, 40, Bishop, CA	1:21:05
9 Luis Gomez, 21, Coarsegold	1:21:42
10 Tony Black, 33, Palm Desert	1:24:11
11 John Coffey, 29, Fresno, CA	1:25:18
12 Roy Halt, 30, Fresno, CA	1:26:20
13 Jay Geary, 29, Clovis, CA	1:26:56
14 Frederick Menslage, 34, SMon	1:27:18
15 Filipe Cabrera, 30, Fresno, CA	1:28:03
16 Terry Nephew, 42, Fresno, CA	1:28:13
17 Jesus Torres, 21, Madera, CA	1:30:18
18 Michael Roberts, 36, Fresno	1:30:50
19 Kent Miller, 36, Hanford, CA	1:31:36
20 Curt Royer, 42, Merced, CA	1:31:41
21 Roger Tsurda, 44, Fresno, CA	1:31:52
22 Bill Woody, 51, Fresno, CA	1:32:13
23 Karen Ives-Menslage, 31*, SM	1:32:19
24 Steve Rohan, 16, Fresno, CA	1:33:37
25 Stephen Allen, 31, Austin, TX	1:33:43

Overall Results--4.5 Mile Race

1 Alfred Lara, 36, Fresno, CA	22:53
2 Craig Lawson, 22, Fresno, CA	22:56
3 David Naranjo, 26, Fresno, CA	23:38
4 Marc Lawson, 18, Fresno, CA	23:55
5 Jay Farris, 34, Fresno, CA	24:10
6 Jim Hartig, 39, Clovis, CA	25:03
7 Jose Sanchez, 22, Oxnard, CA	25:13
8 Robert Lindsey, 48, Fresno, CA	25:40
9 Artemio Villegas, 33, Madera	25:47
10 James Joyner, 20, Fresno, CA	25:53
11 David Lennon, 28, Fresno, CA	26:12
12 Steve Levy, 44, Fresno, CA	26:47

13 Don Gregory, 40, Fresno, CA	26:54
14 Manuel Hernandez, 40, Fresno	27:03
15 Don Chapin, 46, Fresno, CA	27:06
16 Mark Haymond, 49, Fresno	27:20
17 Jim Lambe, 41, Fresno, CA	27:24
18 Mark Hays, 43, Fresno, CA	27:35
19 Stacy Buehner, 27*, Clovis	27:46
20 Jed Saueressig, 18, Oakh	27:55
21 Noah Dye, 15, Fresno, CA	27:57
22 Dustin Robinson, 14, Fresno	28:02
23 Adrian Reyes, 25, Fresno, CA	28:33
24 Bill Schwartz, 45, Fresno, CA	28:35
25 Tanis Wilgenburg, 33*, Visalia	28:39
26 Don Trout, 53, Madera, CA	28:43
27 Tommy Upton, 58, Coarsgold	28:48
28 Allen Greulich, 48, Fresno, CA	28:57
29 Jim Gardner, 37, Fresno, CA	29:21
30 Dave Flory, 33, Fresno, CA	29:32

DSE Single & Double Muni Pier Runs

August 8.

Overall Results--1.25 Mile

1. Antonio Corgas 5:53, 2. Mike Bolgatz 5:57, 3. Anthony Beron 6:02, 4. Lee Hurwit 6:09, 5. Randall Lee 6:15, 19. Brook Dawson 1F 8:02.

Overall Results--2.47 Miles

1. Tyler Abbott 13:38, 2. Jose Portillo 13:47, 3. Rosendo Gonzalez 13:56, 4. Dennis Lawlor 14:06, 5. Heliodoro Perez 14:07, 11. Olga Lara 1F 15:58.

DSE Polo Field 5K

August 15. 3.2 Miles

Overall Results

1. Steve Turnipseed 16:26, 2. Antonio Corgas 16:59, 3. Anthony Beron 17:07, 4. Randall Lee 18:01, 5. Tyler Abbott 18:10, 37. Betsy Barsamian 1F 26:44.

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