

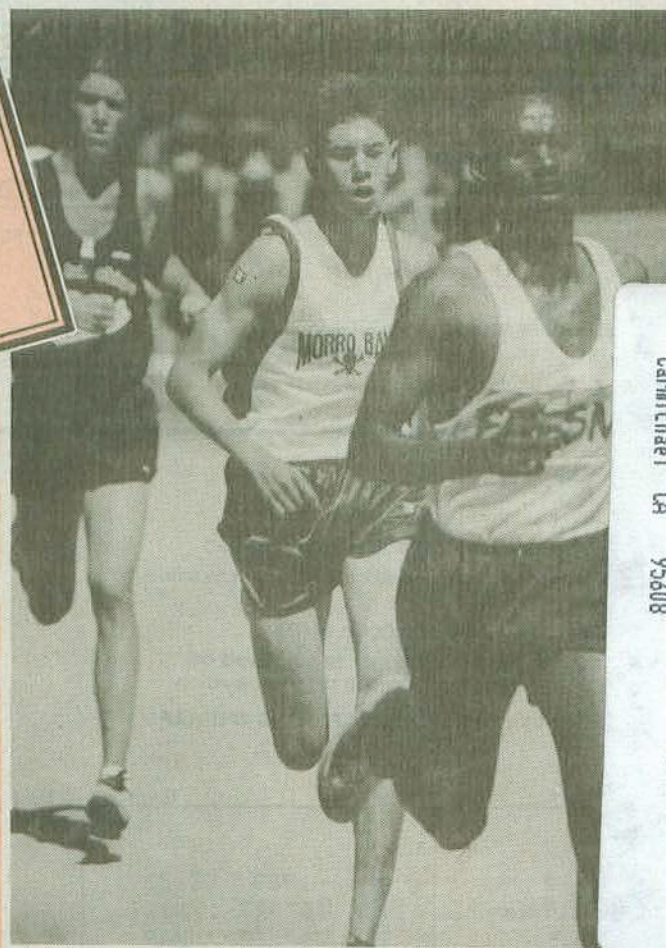
CALIFORNIA

Track & Running News

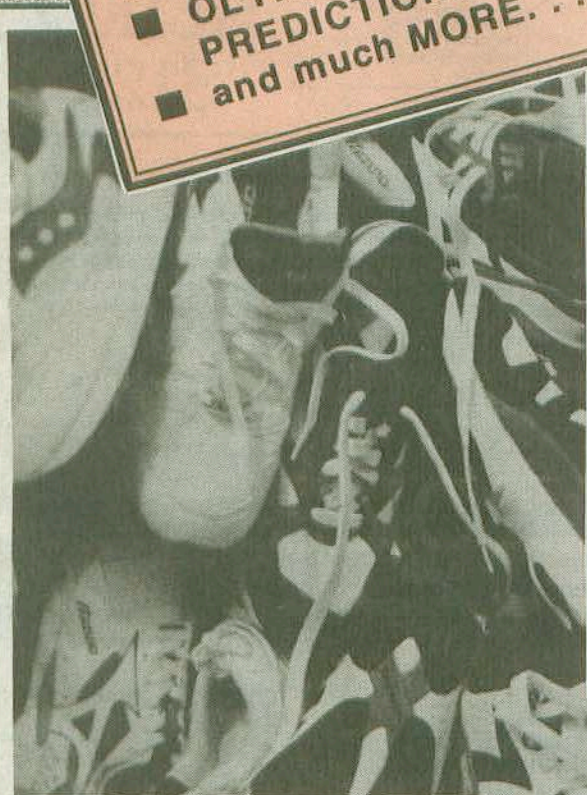
October 1996

Issue No. 224

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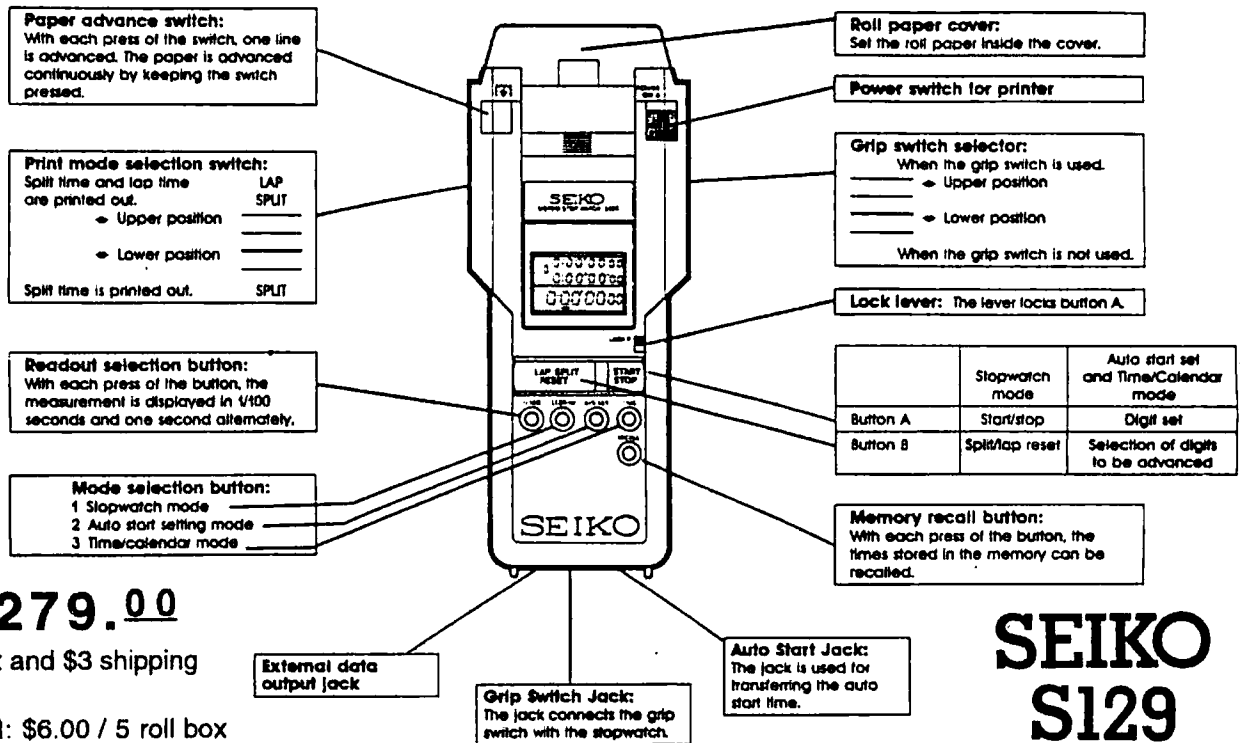
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2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99," then start again at "0"
4. Printed Data: printed out immediately as measured or printed later from the memory function of the stopwatch.

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START 17:06	START 17:07
SPLIT	SPLIT / LAP
1-0:00'19 13	1-0:00'07 06
2-0:00'20 41	0:00'07 06
3-0:00'21 69	2-0:00'09 03
4-0:00'23 14	0:00'01 97
5-0:00'24 60	3-0:00'11 11
6-0:00'26 11	0:00'02 08
7-0:00'27 58	4-0:00'13 15
8-0:00'29 21	0:00'02 04
9-0:00'33 73	
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Applications

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

Specifications

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

Printout:

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

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CALIFORNIA

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Since 1974

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FROM THE EDITOR

You are holding another load of track and running information pertinent to the athlete and fan in California. Once again, California Track and Running News should have something of interest to everyone involved in our sport. Most of you will probably read it cover-to-cover.

This issue features the annual printing of Bob Womack's High School Boy's All Time List and his popular Olympic Predictions, Cregg Weinmann's Fall Shoe Guide, Bill Minarik's Cross Country Preview. Then, there is the usual ton of high school information and news from Keith Conning, Doug Speck and George Payan in the Coaches Alliance Section. Of course, there is the usual load of schedule and results. That should suffice to choke most horses.

So, is anything new at California Track and Running News? The hot track and running action in the state isn't the only thing that's news around here. The excitement around the CTRN office (read Cockerham living room) is the emerging presence on the Internet. Some of you have, no doubt, already found us on the World Wide Web. Much of what you will be reading in this issue is already posted on the California Track and Running News Homepage.

What's the big deal with the Web? Two things for us: First is a timeliness issue. We can make results and stories available the same day they happen. With the print version you would have to wait a month or two or more to get the same information.

Second, is a quantity issue. Rather than always having to cut back to save space

(and, therefore, money) we could now post full results instead of just the top places in events. Posting more doesn't really cost any more from a space standpoint.

We are excited about being able to give you more and give it to you more timely. There is a trade-off, however. Operating on the internet is new to us and we have a lot to learn before we are doing it like we want. It also takes some of our already tight time and resources. So, to help make up for this, we will be, beginning with the November/December issue, begin publishing only 6 issues a year -- every other month. You will still get the same great volume of information, just spread out more evenly over the course of the year.

We see this move as being able to give you the best of both worlds: electronic and print. When you need timely, look to the California Track and Running News Web Page. When you want the permanent record with the photos and graphics, you've still got the print version to look forward to.

See you in Cyberspace,

<http://www.RunningNetwork.com/CTRN/>

ON THE COVER: Morro Bay Invitational leaders **MICHAEL KASAHUN** (leading), **ISAIAH FESTA** and, eventual winner, **AVERY BLACKWELL**. Results are available on page 38. *Photo by Elaine Rosenfield*

SCHEDULE

ROAD RACING

Oct. 5 (Sat.)

San Jose: Quicksilver Challenge Half-Marathon, Castillero Middle School (6384 Leyland Park Dr.), 8 a.m. Susan Brazelton, 17145 Munroe Way, Morgan Hill 95037 (408/778-3862).

Santa Rosa: PA/USAT&F Empire X-Country Open, 6K(Women)/8K(Men), 9 a.m./Women, 9:45 a.m./Men. Info: Mike Weddington (707/544-2756).

Hopland: Hopland Harvest Fest 5K/8K, Fetzer Tasting Room, 8 a.m. Ready-Set-Go, P.O. Box 518, Ukiah 95482 (800/959-4035).

Sacramento: Run for the Library 5K/10K/3K Run/Walks, Natomas Racquet Club, 8:30 a.m. Jim Sandberg-Larsen, 1620 W. El Camino Av., #170, Sacramento 95833 (916/863-9622).

Murphys: Gold Rush 4 Miler, Murphys Park (part of Murphys Gold Rush Street Fair), 9 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Winton: Almond Harvest Run & Walk. 5 mile run & 3K run/walk. Winton Park. 8:30 a.m. Almond Harvest Run, 1535 Victoria Way, Merced 95340.

Fresno: Pillar to Pillar Run. 2 mile Prediction Run & 4 mile Road Race. McDonald Hall, Fresno Pacific University (1717 S. Chestnut) Register between the pillars of McDonald Hall. 7:30 a.m./2 mile, 8:00 a.m./4 mile. Pillar to Pillar Run, Fresno Pacific University, Attn: Ken Isaak, 1717

Chestnut Avenue, Fresno 93702 (209) 453-2264.

Fresno: Big Fresno Fair Kid's Race. The Big Fresno Fair, 1121 Chance Ave., Fresno 93702. Time TBA.

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

San Luis Obispo: K.F.C. City to Port 11.5 Mile Run, Kennedy Fitness Center (downtown) to end of pier in Port San Luis (Avila Beach), 8 a.m. Kennedy Fitness Center, 1050 Osos St., San Luis Obispo 93401 (805/781-3488).

Los Angeles: Stair Climb to the Top, 1st Interstate World Center (633 W. 5th St., 75 floors, 1500 steps, 1000 ft. gain), 8 a.m. Ketchum Downtown YMCA, 401 S. Hope St., Los Angeles 90071 (213/624-2348, x252).

Manhattan Beach: Manhattan Beach Old Hometown 10K Run, 3rd & Valley, 7:30 a.m. (No Raceday Reg.). Info: 310/372-3553.

Rancho Santa Margarita: Chiquita Ridge Trail Runs, 20K/8K, Santa Margarita H.S., 8 a.m. SBR Sports Productions, 29 Calle Gazaipo, #2, Rancho Santa Margarita 92688 (714/858-7386).

Newport Beach: Harbor Heritage Runs, 5K/2K, Newport Harbor H.S. (600 Irvine Av.), 8 a.m. NHHS Harbor Heritage Run, 600 Irvine Av., Newport Beach 92663 (714/645-5806).

Yorba Linda: Canning Hunger 5K/1K, 4221 Rose Dr., 8 a.m. Rocky Whan, 700 E. Lambert, #B, La Habra 90631 (714/990-9551).

Cuyamaca: Cuyamaca-Lagauna 50K, Cuyamaca State Park, 7 a.m. Info: Mike Suter (619/444-5023).

Carlsbad: Aviara 5K Run/Walk & Kids' Mile, Batiquitos Dr. (near Golf Club), 10 a.m./5K, 11 a.m./Kids. Aviara Land Assoc., 2011 Palomar Airport Rd., Carlsbad 92009 (619/431-2770).

Henderson, NV: Run for the Rose 5K, Henderson Automall, Time TBA. Info: Marty Gallo-way (702/558-4807).

Oct. 6 (Sun.)

San Francisco: KNBR Bridge to Bridge 12K/5K Run/Walk, Ferry Bldg/Presidio, 9 a.m. Isa-

bel Lemon, KNBR-68 Radio, 55 Hawthorne, Ste. 1100, San Francisco 94105 (415/995-6868).

San Francisco: DSE Distance Classic 12 Hr. Run/5K Run, Golden Gate Park (Polo Fields/upper dirt track), 7 a.m./12 Hr., 9:30 a.m./5K. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/903-3041).

Palo Alto: The Great Race 10K, Stanford Stadium, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Santa Rosa: Harvest Fair 10K/3K, Santa Rosa Fairgrounds, 8 a.m. Sonoma County Family YMCA, 1111 College Av., Santa Rosa 95404 (707/545-YMCA).

Santa Cruz: Santa Cruz County Sentinel Triathlon (1mS-23mB-10K), Bay Av./West Cliff Dr., 8 a.m. Santa Cruz Sentinel Triathlon, P.O. Box 638, Santa Cruz 95061 (408/423-4242, x301).

Carmel: Fine Arts 5K Run/Walk, Scenic & 8th Sts., 9 a.m. William Burleigh, Box 222620, Carmel 93922 (408/625-6287).

Sacramento: Sacramento Marathon/Half-Marathon, William Land Park, 7:30 a.m. Ron Sturgeon, P.O. Box 995, Dixon 95620 (916/678-5005).

Fresno: Run, Pedal & Paddle (5kR, 25-30kB, 1kPaddle), Camp Pashayan (Riverbottom picnic area), 7 a.m. San Joaquin River Pkwy. & Conservation Trust, 1550 E. Shaw, Suite 114, Fresno 93710 (209/248-8480).

Morro Bay: Morro Bay Harbor Sprint Triathlon (0.25mS-14mB-3mR), Coleman Beach, 9 a.m. Kirk Carmichael, 1001 Kennedy Way, Morro Bay 93442 (805/772-6278).

Carpinteria: Kiwanis Avocado Run, 4 Mi., Carpinteria H.S., Time TBA. Info: Ed Macias (805/684-3691).

Malibu: Nike Dolphin Run & Malibu Mile, 10K/5K & Kids' 1K, Zuma Beach, 9 a.m. Info: 310/828-5099.

Santa Clarita: 6 Flags 5K Run, Magic Mountain, 8 a.m. Six Flags 5K, Kiwanis Fndn., P.O. Box 221250, Newhall 91322 (800/416-9503).

Pasadena: Five Acres Rose Bowl, 5K/10K & Kiddle 1K, Rose Bowl area (Brookside Park), 8

Jack Leydig, serves California Track & Running News as editor/compiler of the largest, most complete schedule of road racing events in the State of California. As owner of Jack's Athletic Supply, Jack has served the running community since 1977 by providing a complete line of race supplies. Jack lives and works in San Mateo, CA.



Please send us your schedule information. . .

Cross Country and Track Information: CTRN, 4957 E. Heaton Ave., Fresno, CA 93727. FAX (209) 255-4904. E-Mail: CTRN@ix.netcom.com
Road Racing Information: Jack Leydig, PO Box 1390, San Mateo, CA 94401. FAX (415) 372-0789.

The schedule is subject to change, so please verify dates, locations, times, etc., prior to traveling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

continued next page..

SCHEDULE

a.m. Race Central, P.O. Box 828, Rialto 92377 (W2 Promotions: 310/828-4123).

San Diego: Mission Bay Triathlon (500mS-15kB-5kR), Mission Bay Ski Beach, 7:30 a.m. Koz Enterprises, P.O. Box 1100, San Diego 92142 (619/528-8111).

Las Vegas, NV: St. Jude 5K, Location & Time TBA. Info: Tri-A-Run (702/656-3796).

Minneapolis, MN: USAT&F National Masters Marathon Championships, Location & Time TBA. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401 (612/673-0778).

Oct. 11 (Fri.)

Las Vegas, NV: Nevada Senior Games 5K, UNLV, 6:30 a.m. Info: Al McDaniels (702/895-4179).

Oct. 12 (Sat.)

San Mateo: The Joe Goodman 85th Birthday 8K Run/Walk, Gerry Mon Trail (J. Hart Clinton Dr./Anchor Rd.), 8:30 a.m. Vintage A.A., P.O. Box 620732, Woodside 94062 (415/851-2555).

Oakland: PA/USAT&F X-Country, Mills Invitational, 8K/5K, Time TBA. Info: Carla Jackson (510/430-3282).

San Leandro: Firetrails Fifty, 50M, Lake Chabot Marina, 6:30 a.m. Dick Collins, Bay Area Ultrarunners, 1015 Hollywood Av., Oakland 94602 (510/530-6634).

Sausalito: Sausalito Marathon/Half-Marathon/7M, Ft. Cronkhite (Rodeo Beach), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Folsom: Folsom's Run with Nature 5K/10K & 0.5M Youth Run, Albertson's (Blue Ravine/Natoma Sts.), 8 a.m./0.5M, 8:15 a.m. Robyn Scrimmager/Lynn LePage, 50 Naatoma St., Folsom 95630 (916/355-7285).

Quincy: Mt. Harvest Festival 5K/10K/3M Run/Walk, Court/Jackson Sts., 10 a.m. Jerry Thomas, 2631 American Way, Quincy 95971 (916/283-4283, -4231, -4779).

Reedley: Reedley Fiesta 5000, 5K, Pioneer Park, 7:15 a.m. Contact: Reedley Fiesta 5000, c/o Pirate Foundation, 675 W. Manning, Reedley 93654 (209) 637-1283.

Bishop: Mule Run Ultra 50K, Mill Pond Recr. Park, 7 a.m. Baz Hawley, P.O. Box 25, Fish Camp 93623 (209/683-7426).

Delano: Delano Grape Run, Distance & Location TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Porterville: Porterville Duck Run, Distance & Location TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Lompoc: Lompoc Red Ribbon Run, 5K/10K/1K, La Purisma Mission State Park, 8:00 a.m. LVDC, PO Box 694, Lompoc 93438 (Laurie Lane (805) 735-6751 or Ray Gil (805) 736-4233).

Wrightwood: Wrightwood Challenge Half-Marathon & 5K, Wrightwood Elem. School, 9

a.m. Info: Kathy Smith (619/249-5414).

Huntington Beach: "Running is for the Birds". 10K/8:30 a.m., 5K/8:40 a.m., 1K Youth Run/9 a.m. Bolsa Chica State Beach (Pacific Coast Hwy near Warner Ave.). Info: Adrienne Morrison (714) 897-7003. Amigos de Bolsa Chica, PO Box 3748, Huntington Beach 92605-3748.

Newport Beach: Balboa Beach to Bay Run for Clean Water, 5K Run/Walk, Balboa Peninsula, 8 a.m. Info: Sue Stein (714/644-3151).

Rancho San Diego: Fire House 5K Run/Walk, San Miguel Fire Station, 7 a.m. Info: Vicki Jones (619/670-0426, 660-1938).

San Diego: San Diego T.C. 10-Miler, Lake Miramar (Scripps Ranch), 7:30 a.m. Info: Frank Williamson (800/450-SDTC).

La Jolla: The San Diego Triathlon Challenge (0.5mS-56mB-13.1mR), La Jolla Cove, 8 a.m. (Limit 100 entrants). Koz Enterprises, P.O. Box 421052, San Diego 92142 (619/528-8111).

Las Vegas, NV: Nevada Senior Games 10K, UNLV, 6:30 a.m. Info: Al McDaniels (702/895-4179).

Las Vegas, NV: Hard Rock Cafe 5K, Paradise & Harmon, Time TBA. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

Oct. 13 (Sun.)

San Francisco: DSE Kennedy Drive Run, 4.7M & Kids' Run, Golden Gate Park (south side of Polo Fields), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Woodside: Wunderlich Wilderness Wrn, 4.25M/10.25M, Wunderlich County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Palo Alto: Theta Breakers 5K/10K, Stanford Stadium, 9 a.m. Vince Lin, 20102 Northcrest Sq., Cupertino 95014 (408/252-8842).

Mountain View: Stevens Creek Trailblazers 10K Run/3m Walk/Youth Track Races, Shoreline Park, 8 a.m. Mary Alexander, 22221 McClellan Rd., Cupertino 95014 (408/255-5780, 415/903-6067).

San Jose: Almaden Classic, 10K/2M, Leland H.S., 8:30 a.m. Kate Chimenti, 7188 Brooktree Ct., San Jose 95120 (408/268-2904).

San Ramon: Primo's Run for Education, 5K/10K/Half-Marathon, Primo's/Danville (HM start), Bollinger/Alcosta (5K/10K start), 7:30 a.m./HM, 8 a.m. Primo's Run, P.O. Box 1463, San Ramon 94583.

Salinas: Salinas Skyclimb, 7.5M/5K, Toro Park (Quail Meadow Picnic Area), 9:30 a.m. Skip Latham, 105 Harvest St., Salinas 93901 (408/424-6155).

Rio Vista: Rio Vista Bass Derby 5K/10K Fun Run, Rio Vista City Park (Bruning/Montezuma), 8:30 a.m. EZ Living Casuals, P.O. Box 1025, Walnut Grove 95690 (916/776-1627).

Merced: Gateway to Yosemite Triathlon (10kS-22mB-800mR or 2mS-6mB-400mR), Yosemite

Lake Park, 8:30 a.m./Jong. John Mason/Gordon Wilkinson, 3326 Lagoon Av., Atwater 95301 (209/358-9385).

Fort Bragg: The Noyo Revenge 20M/40M, Jackson State Forest Egg Taking Station, 10 a.m. Mendocino Coast Recr. & Park District, 213 E. Laurel St., Ft. Bragg 95437 (707/964-9446).

Tahoe City: Lake Tahoe Marathon/Relay/Half-Marathon/10K/5K, Fanny Bridge, 10 a.m. Les Wright, 2261 Cold Creek Tr., So. Lake Tahoe 96150 (916/544-7095).

San Luis Obispo: Cuesta 50K Biathlon (1kR-40kB), Cuesta College, 8 a.m. Warren Hansen, Cuesta College Athletics, P.O. Box 8106, San Luis Obispo 93403 (805/546-3207).

Los Angeles: America Against Crime, 5K/10K, Griffith Park, 8:30 a.m. Info: W2 Promotions (310/828-4123).

Loma Linda: Running Out Cancer '96, 8K Run & 5K Walk, Loma Linda Univ. & Medical Center (11234 Anderson St.), 8 a.m. Info: Carolyn Jordan-Daniels or Que Osler (909/799-6003).

Hermosa Beach: MET-Rx A Day at the Beach Hermosa Triathlon (0.25mS-9mB-3mR), Time TBA. Info: MESP (818/707-8867).

San Diego: Do the Bridge '96 (Coronado Bay Bridge), 4 Mi., Gaslamp District (5th/Harbor) to Coronado, 8 a.m. Joan, P.O. Box 2293, Del Mar 92014 (619/736-1001).

Tijuana Cree, B.C. (MEXICO): Women in Action 5K Run & Girls 1.2K Run (women only), 8 a.m. Artemisa Chin, 1135 Correio Federal Pacific, San Ysidro 92173 (FAX: 011 52 66 858927).

Oct. 18 (Fri.)

Bakersfield: Corporate Rate Race and Downtown Challenge, 5K, Chester Av., 5:45 p.m. Michael Lewis, Boy's & Girl's Club, 800 Monterey St., Bakersfield 93306 (805/633-3130).

Oct. 19 (Sat.)

Belmont: PA/USAT&F X-Country, Crystal Springs Challenge, 4M/3M, Time TBA. Info: Ken Grace (510/786-6929).

Santa Cruz: Skyline to the Sea Trail 50M/ Marathon/Half-Marathon, Big Basin HQ (Hwy. 236 off Hwy. 9), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Corralitos: Autumn Challenge '96 5.7M/3.3M, Location & Time TBA. Tisha Scurich, Salesian Sister's School, P.O. Box 508, Freedom 95019 (408/761-7481).

Ukiah: Kids "I Did It" Fun Runs, (25y 4/Under; 0.25M/1M 5/Over), Location & Time TBA. Dotie Deerwester, North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/468-8024).

Winters: Winters Rotary 13.1M/10K Run, 13.1M Ride, Main & 4th Sts., 8 a.m. Rotary Run or Ride, P.O. Box 565, Winters 95694 (916/795-4587).

Sacramento: Wenmat Classic, 5K/10K (& Kids' Half-Mile), Arden Bar/William Pond Park, 9 a.m.

continued next page...

SCHEDULE

Mrs. Sally Mello, Wenmat Classic, Inc., 5800 Winding Way, Carmichael 95608 (916/481-5004).

Springville: Springville Apple Run, 10K/5K/1M Kids' Run, 8 a.m. Rick Mitchell, P.O. Box 912, Springville 93265 (209) 539-3464.

Bakersfield: Joel Mena Memorial 5K, Location TBA, 4 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Pismo Beach: Central Coast Law Enforcement Relay, 5-person/21-miles, pier, 8:30 a.m. (open to all). S.L.O. Sheriff's Office A.C., P.O. Box 32, San Luis Obispo 93406 (Steve Himmelrich: 805/781-4509).

Victorville: Mojave River Run, 5K/10K, Eva Dell Park, 8 a.m. Info: Dan Ramey (619/245-5551).

Chula Vista: Arturo Barrios Fiesta Kids' Runs, 1M/0.5M/0.25M/25Y, 8 a.m. Elite Racing, Inc., Anna Maria Hagstrom, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510, 714/374-3200).

Las Vegas, NV: Mt. Challenge, Location & Time TBA. Info: Mark Larson (702/382-3570).

Duluth, MN: USAT&F National Masters 100K Championships, Location & Time TBA. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391 (612/476-0015).

Oct. 20 (Sun.)

San Francisco: DSE Fun at Fort Funston 5K, Fort Funston (Skyline Hwy. 35), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Francisco: Race for the Cure 5K Run & 1M Walk, Golden Gate Park (Sharon Meadow), 8:30 a.m./5K, 8:45 a.m. Judy Ikenberry, Race Central, P.O. Box 828, Rialto 92377 (800/698-8699, 909/874-5870).

Half Moon Bay: Pumpkin Festival 10K/1.4M Run, Church & Kelly Av., 8 a.m. Cougar Boosters, P.O. Box 3183, Half Moon Bay 94019 (415/726-9691).

Foster City: Foster City Wildcard 8K, Location TBA, 8:30 a.m. The Final Result, 460 Wisconsin Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Mountain View: Baha'i 5K Run/Walk & Youth Races (50y/100y/200m/800m), Pioneer Memorial Park (Town Hall/City Center), 8 a.m./5K, 9:30 a.m./Youth Races. Baha'i Community of Mtn. View, P.O. Box 1223, Mountain View 94042 (415/569-6999).

Oakland: Race Judicata, 5K/10K, Lake Merritt (Boathouse), 9:30 a.m. Sandy Black, 360 - 22nd St., #800, Oakland 94612 (510/893-7160).

Walnut Creek: Runfor the Schools 5K Run/Walk, Heather Farms Park, 8 a.m. Dennis J. Barker, 1866 Tice Valley Blvd., Walnut Creek 94595 (510/974-6850).

Garden Valley: Grizzly Runs 10K/5K/0.5M, Golden Sierra H.S., 8:30 a.m./0.5M, 9 a.m. Grizzly Runs, 2059 Hotchkiss Ct., Cool 95614 (Joan Giniel: 916/885-9948; Jim Sullivan: 916/888-7372).

Nevada City: Run Through the Colors 5K/10K, Pioneer Park, 8:30 a.m. Richard/Theresa Thomas, 10066 Rob-King Rd., Nevada City 95959 (916/265-2666).

Truckee: Where the Hell is Truckee 30K, Tahoe H.S., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Weott: Humboldt Redwoods Marathon/Half-Marathon (PA/USAT&F Half-Marathon Championships), Dyerville Bridge on Ave. of the Giants, 9 a.m. Six Rivers R.C., P.O. Box 4989, Arcata 95518 (707/443-1220).

Bakersfield: Joel Mena Memorial 5K, Location TBA, 4 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

San Luis Obispo: San Luis Obispo City to Sea Half-Marathon & 5K, Half/Downtown SLO to Avila Beach, 5K/Avila Beach, 9 a.m.. Cuesta College, City to Sea Mini-Marathon, P.O. Box 12160, San Luis Obispo 93406 (Joe Rubio: 800/676-7463).

Ventura: Roads Scholars Mile, 5K & 10K, Mission Park (E. Santa Clara St.), 8 a.m./10K, 8:05 a.m./1M, 9 a.m./5K. Inside Track, 1410 E. Main St., Ventura 93003 (805/643-1104).

Lake Isabella: Dam Tough Run, 50K, Marathon Relay (10K Legs), Auxiliary Dam 7 a.m.

Lake Isabella Chamber of Commerce, P.O. Box 567, Lake Isabella 93240 (619/379-5236).

Moreno Valley: Tour de Moreno Valley Half Marathon, Pedroena Park, 7:30 a.m. Info: 909/413-3700.

Canyon Lake: Canyon Lake Classic 10K Run, 5K Run/Walk, 5K In-Line Skate and 1M Kids' Run, 8 a.m. Canyon Lake Classic, 22860 Compass Dr., Canyon Lake 92587 (Jeff Butzlaff (909/244-2955(day), 909/244-1688(eve)).

Marina Del Rey: Marina Breakers 5K/10K, 7:30 a.m. Info: W2 Promotions (310/828-4123).

Huntington Beach: DARE DASH 5K Run/Walk & Tot Trot, H.B. Pier, 8 a.m. DARE Dash, c/o Race Pace, P.O. Box 795, Dana Point 92629 (Susan Patton: 714/968-6922).

Irvine: Spectrum 5000, 5K, 8 a.m. SBR Sports, 29 Calle Gazapo, #2, Rancho Santa Margarita 92688 (714/858-7386).

Irvine: Fall Showdown Duathlon/Tri-Fed Regional Championship (5kR-30kB-5kR), 8 a.m. SBR Sports, 29 Calle Gazapo, #2, Rancho Santa Margarita 92688 (714/858-7386).

Pomona: Muriel Nicole Bruno 5K Fun Run/Walk for Education, Cal-Poly Campus, 8 a.m. MNB Scholarship 5K, P.O. Box 665, Brea 92622 (714/268-8639).

Upland: Stride & Ride, 5k/10K Runs, 5K Walk, 10K Wheelchair, Memorial Park (btwn. Campus & Grove Sts., south of Foothill Blvd.), 8 a.m./5K, 8:30 a.m./10K. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Chula Vista: Arturo Barrios Invit., 5K/10K & 10K Invit., Bayside Park, 7:30 a.m./5K, 8:15 a.m./10K, 9:45 a.m./Invit. Elite Racing, Inc., Anna Marie Hagstrom, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510, 714/374-3200).

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SCHEDULE

Oct. 26 (Sat.)

Pescadero: Pescadero Biathlon (5kR-17mB-5kR), Duarte's Tavern, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Palo Alto: First & 10...K/5K Run/Walk, Baylands Athletic Center, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988, 415/696-1196).

Gilroy: Halloween VII 10K/5K Run/Walk, Christmas Hill Park, 9 a.m./10K, 9:15 a.m. Bill Young, 7393 Eagleberry St., Gilroy 95020 (408/842-4145).

Big Sur: Big Sur River Run, 10K, Pfeiffer Big Sur State Park (30 Mi. south of Carmel on Hwy. 1), 10 a.m. (1000 Limit). Big Sur River Run, P.O. Box 201, Big Sur 93920.

Vallejo: Blue Rock Classic, 10K Run/2M Walk, 8 a.m. Dan Donahue, P.O. Box 4427, Vallejo 94590 (707/554-6080).

Calistoga: Napa Valley Wine Country Classic Marathon/Half-Marathon/5M, Napa State Park (Hwy. 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

St. Helena: St. Helena Hometown Harvest Festival Run Run/Walk, 5K/10K/1M Kids' Run, 8:30 a.m./1M, 9 a.m. Rick Pina, 199 Randolph St., Napa 94559 (707/258-2521).

Ukiah: Pumpkin Super Mile, North State Street (near Fairgrounds), 10:45 a.m. Dottie Deewester, North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/468-8024).

Davis: Rutilo Grande City for City Fun Run, 10K/5K, UC Davis Quad (southeast corner), 9 a.m. Terry Turner, 1224 Beach Ln., Davis 95616 (916/756-7681).

Folsom Lake: Sierra Nevada Endurance Run, 52.4 Mi., Granite Bay to Auburn, 6:30 a.m. (200 Limit). Greg Soderlund, 242 Hartnell Pl., Sacramento 95825 (916/929-7858).

Fresno: Shoes 'n' Spokes 6M/2M/Kid's 1K, Lost Lake Park, 8:40 a.m./1K, 9 a.m./2M, 9:15 a.m./6M. Center for Independent Living, 3475 W. Shaw, #101, Fresno 93711 (209) 278-6777.

Visalia: Harvest Run 8K and 1 Mile Prediction, Mooney's Grove Park. Info: (209) 627-5737.

Bakersfield: Police Memorial Runs, Distances & Location TBA, 8:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

San Luis Obispo: Great Pumpkin Runs, 5K/1M, Laguna Lake Park, 8:30 a.m. Rich Ogden, S.L.O. Recreation Dept., 1321 Nipomo St., San Luis Obispo 93401 (805/781-7305).

Alhambra: Alhambra Moonlight 8K Run, Relay & Walk, Alhambra Park, 7 p.m. Info: 818/282-8481.

Lake Cuyamaca: Lake Cuyamaca Ride & Tie, 15/33M (1 horse, 2 runners, alternate running/riding), Time TBA. Arlene Foster, 38230 Lorenzo Ln., Hemet 92544 (909/767-1237).

So. El Monte: City of South El Monte Fall Festival 5K/10K & 1K Kiddie Run/Walk, City Hall (1415 Santa Anita Av.), 8 a.m./5&10K, 8:30 a.m./1K. Info: David DeLeon (818/579-2043).

Irvine: Heart & Sole Classic 5K/10K, Irvine Entertainment Center, 7:30 a.m. Info: Tammy Guiso (Heart Assoc.) (714/856-3555).

Orange County: Stride, Ride & Roll Trail Run/Hike, Roller Hockey, Mtn. Bike & Road Rides, Distances TBA, Foothill Ranch, 7:30 a.m. Info: Kinane Events (619/434-7706, 714/851-2576).

Palm Springs: Palm Springs Tram Road Challenge 6K (2,000 ft. climb), Hwy 111 at Tram Rd. (lower level tram station), 7 a.m. Renee Montante, Palm Springs Police Dept., P.O. Box 1830, Palm Springs 92263 (619/323-8126).

Hawthorne: Hawthorne Rotary 5K/10K & 0.5K Kids' Run, Robert F. Kennedy Medical Center (4500 W. 116th St.), 8 a.m./5-10K, 9:30 a.m./Kids. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Temecula: Temecula Pumpkin Runs, 5K/10K & 1M Run/Walk, Pujol St., 8 a.m. Info: Melody (909/676-7875).

San Diego: Crimestoppers Light the Night Against Crime 5K, downtown, 7 p.m. Light the Night, c/o In Motion, 511 S. Cedros Av., Suite B, Solana Beach 92075 (619/792-2900).

Mexicali: Mexicali-San Felipe 5-Person Relay (2 Days), 125 Mi. (Sat./70M, Sun./55M), Crowne Plaza Hotel, 7:30 a.m. Info: Monday International (619/236-0895).

Kona, HI: Gatorade Hawaii Ironman Triathlon World Championship (2.4mS-112mB-26.2mR), Time TBA. Sharon Ackles, 75-127 Lunapule Rd., Suite 11, Kailua-Kona, HI 96740 (808/329-0063).

Las Vegas, NV: LVTC 10K/2M, Las Vegas Gun Club (Tule Springs Park), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

Oct. 27 (Sun.)

San Francisco: San Francisco Classic, 10K/5K Run/Walk Against AIDS, Golden Gate Park (10th Av. & JFK Dr.), 8 a.m. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

Daly City: DSE San Bruno Mountain 5K/10K, San Bruno Mtn. State Park (Guadalupe Canyon Pkwy.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Anselmo: Run to the Heavens 6.4M/2M and 1M Kids' Run, San Dominico campus, 8:30 a.m./Kids, 9 a.m./6.4M, 9:15 a.m./2M. San Domenico School, 1500 Butterfield Rd., San Anselmo 94960 (415/721-2602, x29).

Alameda: Streamline Half-Marathon/5K, Harbor Bay, 8 a.m. Streamline Fitness, 909 Marina Village Pkwy., #139, Alameda 94501 (510/521-6460).

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. & Lakeside Dr.), 9 a.m. LMJS Hotline: 510/601-7787.

Lafayette: Lafayette Reservoir Run, 10K/2M, Mt. Diablo Blvd. (btwn. B of A & Lamorinda

Nat'l. Bank), 8 a.m. Sue Cross, Lafayette Chamber of Commerce, 100 Lafayette Cir., #103, Lafayette 94549 (510/284-7404).

Reno, NV: Reno Gazette Journal Jog 8K, Reno Family YMCA, Time TBA. Reno Gazette, Journal Jog, P.O. Box 22000, Reno, NV 89520.

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

Marina Del Rey: Marina Breakers Halloween Run, 5K/10K, 8 a.m. Info: 310/828-4123.

Newport Beach: Oktoberfest Celebration Monster Mash Dash 5K/10K Runs, Newport Dunes Resort, 7:30 a.m. Oktoberfest, c/o Race Pace Promotions, P.O. Box 795, Dana Point 92629 (714/661-6062).

La Mesa: Trolley Trot 5K/10K, Grossmont Center Trolley Station, 8 a.m. Info: 619/258-7423.

El Cajon: Youth Halloween Run, Various Distances, Kennedy Park, 10 a.m. Info: SDTC (Daryl Lassen) (800/450-7382).

San Diego: Sri Chinmoy Skate/Run, 5M In-Line Skate followed by 5M Run (teams ok), Lake Miramar, 8 a.m. Info: Sri Chinmoy Marathon Team (619/280-1079).

Las Vegas, NV: Breaking the Barrier 5K, Location & Time TBA. Info: Carol Upton (702/656-4081).

Louisville, KY: USAT&F National Masters 8K X-C Championships, Location & Time TBA. Bob Miller, P.O. Box 6667, Louisville, KY 40207 (502/896-0717).

Nov. 2 (Sat.)

Stanford: PA/USAT&F X-Country, Stanford, 8K/5K, Time TBA. Info: Marc Lund, 1265 Montecito Av., #105, Mountain View 94043 (515/966-1511; or Kieran Sherlock: 415/325-9258).

Marin Headlands: (Verify Date: May be 11/9) PA/USAT&F X-Country, Tamalpa Challenge, 5.5M, Time TBA. Info: Craig Stern (415/892-0597).

Danville: Get Dirty! Trail Adventure 7K/12K, Mt. Diablo, 8 a.m. Forward Motion Sports, 412 Hartz Av., Danville 94526 (510/820-9966).

San Jose: Chevy's to Chevy's 5K/10K, Chevy's Restaurant, 9 a.m. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Morgan Hill: Morgan Hill Marathon /Half-Marathon, 8 a.m. Dan Barger, California Sports Marketing, P.O. Box 794, Morgan Hill 95037 (408/776-3035, 779-5653).

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

Santa Barbara: Santa Barbara News-Press Half-Marathon, Cally's 5K Fun Run/Walk, Lead-better Beach, 8 a.m./HM, 8:10 a.m./5K. Ellen McCurdy, P.O. Box 1359, Santa Barbara 93101 (805/892-2250, x5050).

San Pedro: Harbor Light Half Marathon & 5K, Ports O'Call, 7:30 a.m. W2 Promotions, 1666 Ashland Av., Santa Monica 90405 (310) 828-4123.

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SCHEDULE

Avalon (Catalina Island): Catalina Island U.S. Sprint Championship Triathlon (0.5mS-16kB-5kR), Time TBA. Info: Pacific Sports (714/978-1528).

Malibu: Annual 5K/10K Stotsenberg Races, Pepperdine Univ., 8 a.m. Pepperdine Univ., Donor Services, 24255 Pacific Coast Hwy., Malibu 90263 (310/456-4115).

Orange County: OCMD 60 Mile Relay (12 runners; 3.5 to 7.5 Mi. legs), Anaheim Stadium, 7 a.m. Ron Cooke, 1000 N. Parton St., #E, Santa Ana 92701 (714/834-2260).

Julian: Julian 10K Run & 5K Run/Walk, Julian H.S., 8 a.m. Info: Kathy Loper Events (619/298-7400).

Nov. 3 (Sun.)

San Francisco: DSE Saucony/RRCA Women's Distance Festival 5K, Golden Gate Park (Polo Fields, South Side), 9:30 a.m. DSE Runners, c/o Pauline Dake, 528 Larch Av., So. San Francisco 94080 (415/978-0837).

San Francisco: Olympic Circle 4.5M Run/Walk, Lake Merced (Sunset Circle Parking Lot), 8:30 a.m. The Final Result, 460 Wisdom Av., San Mateo 94401 (800/491-8988, 415/896-1196).

Santa Cruz: Ocean Chevrolet-GEO-Honda Santa Cruz Distance Classic 15K/5K, Long Marine Lab (UCSC), 8:30 a.m./15K, 8:45 a.m./5K. Marty Kruger, Santa Cruz T.C., 306 Younglove Av., Santa Cruz 95060 (408/662-0886).

Camino: Apple Hill Harvest Run, 8M/3.5M Run/Walk & Kids' 0.5M), Larsen's Apple Barn, 8:30 a.m./Kids, 9 a.m./3.5M, 9:10 a.m./8M. Snowline Hospice, 3097 Cedar Ravine, Placerville 95667 (916/621-7828).

Coulterville: Gold Rush Marathon (unofficial), finishes at Mariposa (along Hwy. 49), 9 a.m. Jerry Bloom, P.O. Box 872, Mariposa 95338 (209/966-5378, 966-4503).

Chico: Almond Bowl 3M/6M Run/Walk, Bidwell Park (One Mile Area), 10 a.m. Chico R.C., P.O. box 1182, Chico 95927 (916/898-4791).

Fresno: Central California Half-Marathon/5K Run, Woodward Park (HM), Lost Lake Park (5K), 8 a.m. Ron Gates, Fresno Joggers, P.O. Box 17097, Fresno 93744 (209/261-1284).

Los Angeles: American Cancer Society Minnie Ripperton Run, 5K/10K, L.A. Coliseum (statue area), 8 a.m. Info: Caroline Purvis (213/386-6102).

Monterey Park: Aztlan 5K/10K Classic, East Los Angeles College, 8 a.m. Aztlan Classic, 1703 Laurel St., So. Pasadena 91030 (818/799-2357).

Newport Beach: Hard Rock Cafe Run for Cover, 10K/5K & Kids' 1K, Hard Rock Cafe (Fashion Island), 7:30 a.m. HRRFC, c/o Kathy Loper Events, 7801 Mission Center Ct., Suite 103, San Diego 92108 (619/298-7400).

Las Vegas, NV: Turkey Trot 10K, Fashion Show Mall, Time TBA. Tom Hodges, LVTC,

P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

Columbus, OH: USAT&F National Masters 5K X-C Championships, Location & Time TBA. John White, 4865 Arthur Pl., Columbus, OH 43220 (614/459-2547).

New York City, NY: New York City Marathon, 25,000 accepted. Entries probably closed (call 212/423-2284 before you waste your time!).

Nov. 9 (Sat.)

La Honda: The Pesadero Half Marathon/10K, Pescadero Creek County Park, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Big Sur: Big Sur Trail Marathon/Half-Marathon/5M, Andrew Molera State Park, 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Sacramento: Jingle Bell Run/Walk for Arthritis 5K/10K, William Land Park, 8:30 a.m./Kids Run, 9 a.m. Arthritis Fndn., Joan Stevie, 3040 Explorer Dr., #1, Sacramento 95827 (800/571-3456).

Fresno: Run For the Sun, Woodward Park (Mountai View Shelter), 7:15 a.m./1/2 mile kid's walk/run, 7:15 a.m./Centipede Division (5 person minimum), 7:30 a.m./2 mile walk-run, 8:00 a.m./10K. Information: (209) 436-0411. The Shanna Zerpoll Foundation, PO Box 26195, Fresno 93729.

Fullerton: La Salida del Sol 5K/10K Run, Cal-State Univ., Nutwood Ave. between 57 Frwy & State College Blvd., 8 a.m./5K, 8:30 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Del Mar: Jake's 3.6M Fun Run/Walk (on the beach), Jake's, noon. Info: Michelle (619/942-1442).

La Mesa: La Meda Holiday Turkey Trot 3K/10K Fun Run/Walk, Lake Murray, 7 a.m. Info: 619/667-1331.

Las Vegas, NV: Harry Reid 10K/2M, Spring Mtn. Ranch (Charleston Blvd.), Time TBA. Info: Tri-A-Run (702/656-3796).

Nov. 10 (Sun.)

San Francisco: DSE South Embarcadero Run, 6.25M (& Kids' Run), Dolphin Club (Jefferson/Hyde Sts.), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Mountain View: Women's Fitness Celebration 10K/5K, Shoreline Park, 9 a.m. Eternelle Magazine, P.O. Box 1646, Los Altos 94023 (415/967-1797).

El Sobrante: Three Bears Biathlon (2mR-20mB-2mR), Olinda School, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Ventura: Salmon Run 5K, Main & Olive St. (Patagonia parking lot), 8:30 a.m. Michele Poston/Ghia Burch, 36 W. Santa Clara St., Ventura

93001 (805/648-3803, 667-4795 or Inside Track 805/643-1140).

Santa Clarita: City of Santa Clarita Marathon, 10 Mile & Kiddle 1K, Lang Station (Mara./Lang Station on Soledad Canyon Rd.; 10M/Valencia Town Center; 1K/starts on Citrus), 7 a.m./Mara. & 10M, 7:30 a.m./1K. (Mara./1500 Lim-It). Santa Clarita Runners, P.O. Box 800298, Santa Clarita 91380 (805/259-5441).

Universal City: The Backlot Run of Universal Studios Hollywood 5K/10K, 7:45 a.m. Race Central, P.O. Box 828, Rialto 92377 (W2 Promotions (310/828-4123)).

West Los Angeles: John Wayne Cancer Institute's Terry Fox Run, 10K/5K/Children's Fun Run, Veteran's Admin. Grounds, 8 a.m. Carla Joseph, 2200 Santa Monica Blvd., Santa Monica 90404 (310/582-7073).

Riverside: The Mission Inn Run, 5K/10K (& 5K Team Invit.), The Mission Inn, 7:30 a.m./5K, 8:30 a.m. Elite Racing, Silla Hatzi, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510).

La Quinta: Gem of the Desert 10K Run/2M Walk, Civic Center (78-495 Calle, Tampico), 8 a.m. Chamber of Commerce, P.O. Box 255, La Quinta 92253 (619/564-3199).

San Juan Hot Springs: San Juan Trail 50 Miler, Cleveland National Forest, 6 a.m. Info: Baz Hawley (209/883-7426).

Temecula: Carriage Motor Company Triathlon (5kR-14.5mB-150meterS), Community Recr. Center, 8 a.m. CRC, Dennis Kasischke, 27475 Ynez Rd., Suite 240, Temecula 92591 (909/914-6650).

Nov. 16 (Sat.)

So. San Francisco: Thanksgiving Fun Run/Walk, 5M, 460 Point San Bruno Blvd., 8:30 a.m./Walk, 9 a.m. Elaine Porter, S.S.F. Park & Recr., 33 Arroyo Dr., So. San Francisco 94080 (415/877-8560).

Stinson Beach: Stinson Beach Marathon/25K/7M, Parkside Cafe, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Sacramento: Helen Klein 50 Mile Classic (AKA Last Chance 50), William Pond Recr. Area, 6 a.m. Greg Soderlund, 242 Hartnell Pl., Sacramento 95825 (916/929-7858).

Merced: MCMC Turkey Trot Fun Run/Walk, 8K, Applegate Park, Time TBA. Merced T.C., P.O. Box 3275, Merced 95344.

Playa del Rey: (Verify Date...also listed as Nov. 23 in some schedules) Jet to Jetty 5K Run/Walk, 10K Run, Dockweiler State Beach, 8 a.m. Chris Lucey, 7891 La Tigera, Westchester 90045 (310/670-1410).

Borrego Springs: Borrego Springs Half-Marathon (San Diego County), 8 a.m. Power Endurance Events, 6 Harbor Way, Santa Barbara 93109 (800/967-8758).

San Diego: Mission Bay 25K, Fiesta Island (Mission Bay Park, San Diego Co. Admin. Bldg.), Time TBA. Info: SDTC (Joni Shirley: 619/292-6132).

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SCHEDULE

Las Vegas, NV: Unity in the Community 5K, 1100 D St., 8 a.m. Info: Charles Bilbery (702/363-5213).

Nov. 17 (Sun.)

San Francisco: DSE Land's End 5K, Balboa Av./Great Hwy., 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Clarksburg: Clarksburg Country Run 30K/10K/5K/1M Kids, Delta H.S., 9:30 a.m./1M (12 & Under), 10 a.m./30K, 10:15 a.m./5&10K. Skip Seebeck, Clarksburg Country Run, P.O. Box 20, Clarksburg 95612 (916/665-1712, 678-5005, 775-1318).

Ukiah: Turkey Trot Run/Walk, Distance, Location & Time TBA. Andy Jensen, North Coast Striders, P.O. Box 1556, Ukiah 95482 (707/462-3329).

Los Angeles: Rock 'N' Roll Run, 5K/10K, West Hollywood Park, 8 a.m. Rock 'N' Roll Run, Kathy Loper Events, 7801 Mission Center Ct., #103, San Diego 92108 (619/298-7400).

West Los Angeles: Sinai Temple 5K Run/Walk, 8 a.m. Info: W2 Promotions (310/828-4123).

East Los Angeles: FEDCO Corrida de Campeones 5K/10K/10K Invitational & Kids' 1M Run, Belvedere Park, 8 a.m./5K, 9 a.m./10K, 10:30 a.m./1M, 10:45 a.m./Invit. 10K. Corrida de Campeones, c/o Elite Racing, 19671 Beach Blvd., Suite 204, Huntington Beach 92648 (714/374-3200; 619/450-6510).

San Pedro: Conquer the Bridge 8K Run/Walk, Vincent Thomas Bridge (6th & Harbor), 8 a.m. Info: 310/540-5201.

Tustin: Dinosaur Dash 5K/10K (& 2K Brontosaurus Blitz), Tustin Market Place, 8 a.m./5-10K, 9:30 a.m./2K. Dinodash, c/o Race Pace, P.O. Box 795, Dana Point 92629 (Tustin Public Schools: 714/832-6299).

San Diego: Race for the Cure, 5K/1M, 8:30 a.m. Info: Kathy Loper Events (619/298-7400).

Nov. 23 (Sat.)

San Francisco: PA/USAT&F X-Country Championships (also Western Regional & Reebok National G.P. event), 10K/6K, Golden Gate Park, Time TBA. Info: Tim Wason (415/648-1467, eve).

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

Lompoc: Dick Tropea Memorial 10K Turkey Trot & 5K Run/Walk, Miguelito School (V St. & Olive Ave.), 5K/8:30 a.m., 10K/9:15 a.m. Contact Mark Jasso (805) 736-0332 or John Hernandez (805) 736-8919.

Playa Del Rey: Jet to Jetty 10K/5K, Dockweiler Beach, 8 a.m. AMCS Jet to Jetty, 7891 La Tijera Blvd., Westchester 90045 (310/670-1410).

29 Palms: "Toys for Tots" Turkey Trot, 10K/5K/2K, Marine Corps Air Ground Combat Center, 8

a.m. Info: Vickie Reade (619/830-7285).

Poway: Lake Poway Turkey Trot 5K Run/Walk, Lake Poway, 8 a.m. City of Poway, Turkey Trot, P.O. Box 789, Poway 92074 (Larry Beauchamp: 619/679-5465).

La Mesa: La Mesa Holiday Turkey Trot, 3K/10K, Lake Murray, 7 a.m. Turkey Trot, P.O. Box 2266, Station A, La Mesa 91943 (619/460-1744).

La Jolla: The Hard Rock Cafe Run/Walk, 5K/1M, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Las Vegas, NV: LVTC 5M/2M, Silver Bowl, 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (The Running Store: 702/898-RUNN).

Nov. 24 (Sun.)

San Francisco: DSE Walt Stack Trail 7.13M Run & Kids' Run, Dolphin Club (Hyde/Jefferson Sts.), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Mountain View: Toys for Tots Turkey Trot, 5K/10K, Moffett Field, 8 a.m. Sam Rael or Kathy Koch, 901 E. Mission St., San Jose 95112 (408/286-6501).

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

Ontario: Friends of Ontario Airport Runway 5K/10K, south side of airport, 7:45 a.m./5K, 8:15 a.m./10K. Friends of Ontario Airport, P.O. Box 80008, Ontario 91758 (909/988-2720).

Vista: The Great Turkey Trot, 10K/5K & Kids' 1M, downtown, 7:30 a.m. The Great Turkey Trot, 7915 Silverton Av., #309, San Diego 92126 (SandRock Prods.: 619/530-1111).

Nov. 28 (Thur.)

San Francisco: S.F. Thanksgiving Turkey Trot 5K, Golden Gate Park, 9 a.m. South Park Race Productions, P.O. Box 77681, San Francisco 94107 (415/665-3397).

Sacramento: Run to Feed the Hungry, 10K/2K, Scottish Rite Temple (H/Carson Ssts.), 9 a.m. Leslie Elgood, Sac. Food Bank, 3333 Third Av., Sacramento 95817 (916/852-8463).

Merced: Thanksgiving Day Fun Run, Distance & Location TBA, 8 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

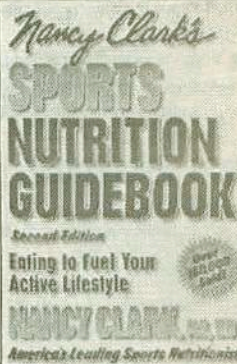
Bakersfield: Phantom Pie Run, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Torrance: Harry Sutter Memorial Thanksgiving Day Turkey Trot Fun Run, 3 Mi., Torrance Crossroads Shopping Center (Sam's parking lot at Crenshaw & Lomita Blvds.), 8 a.m. Arlene Barco, Community Relations Officer, City of Torrance, 3031 Torrance Blvd., Torrance 90503 (310/618-2930).

Dana Point: Turkey Trot 5K/10K/Hot-to-Trot 2K, Dana Point Harbor, 7:30 a.m./5K, 8 a.m./

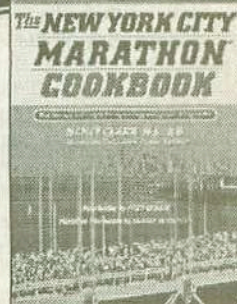
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continued next page...

SCHEDULE

10K, 9:30 a.m./2K. Dana Point Chamber of Commerce, P.O. Box 12, Dana Point 92629 (714/496-1555).

Las Vegas, NV: Thanksgiving Day Gobbler 5K, 8000 block of W. Sahara in The Lakes, 8 a.m. Info: Travis Grappo (702/877-9072).

Nov. 30 (Sat.)

Los Angeles: Toys for Tots Run, 5K/10K & 1K Kiddie K, Griffith Park, 8 a.m. Info: W2 Promotions (310/828-4123).

La Jolla: Hard Rock Cafe 5K/1M, Hard Rock Cafe (Prospect St.), 7:30 a.m. Rock 'N Roll Run/Walk, 7801 Mission Center Ct., Suite 103, San Diego 92108 (619/298-7400).

Dec. 1 (Sun.)

San Francisco: Run to the Far Side, 5K/10K, Golden Gate Park, 8:30 a.m. RhodyCo Prod., 3929 California St., San Francisco 94118 (415/564-0532).

San Francisco: DSE U.S.S.S.F. Monument to Baker Beach Run, 6.5M, parking lot above Clement St./El Camino Del Mar (48th Av.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Fresno: Producer's Dairy Bowl 10K, Fresno City College, Time TBA. Contact Unknown.

Goleta: Goleta Rotary 5K/10K Runs, Dos Pueblos H.S., 8 a.m. Info: Robert Fry (805/963-8585).

Pasadena: Lady Foot Locker 5K Series, Location & Time TBA. Info: Elite Racing (714/374-3200; 619/450-6510).

Moreno Valley: Moreno Valley Turkey Trot 10K/5K, Pedroena Park, 7:30 a.m. Info: Robert Simmons (888/2REPLAY, toll free).

San Juan Capistrano: Saddleback Mountain Trail Marathon, Cleveland Nat'l. Forest (Blue Jay Campground), 8 a.m. Baz Hawley, P.O. Box 215, Fish Camp 93623 (209/683-7426).

Dec. 7 (Sat.)

San Francisco: USAT&F National Masters 10K X-C Championships, Location & Time TBA. John Mansoor, 120 Ponderosa Ct., Folsom 95630 (916/983-4622).

San Mateo: Jingle Bell Run/Walk for Arthritis 5K/1M, Coyote Point Recr. Area, 9 a.m. Colleen Fedick, Arthritis Fndn., 203 Willow St., #201, San Francisco, 94109 (800/464-6240).

San Ramon: Chevron Bah Humbug 5K Run/Walk/Skate, Camino Ramon/Bishop Dr., 9 a.m. Jim Wheeler, P.O. Box 5148, San Ramon 94583 (510/275-2300).

Rancho Cordova: Cordova Christmas Classic 10K Run/Walk, Cordova H.S./Hagan Park, 9 a.m. Classic Challenge Series, c/o Up & Running, 11114 Oberun River Ct., Rancho Cordova 95670 (916/362-1841).

Marysville: Running of the Elves, 5K, downtown (1st & D Sts.), 9 a.m. Nick Vogt, X-C

Coach, Yuba College, 2088 No. Beale Rd., Marysville 95901 (916/634-7727, 878-0697).

Bakersfield: Mt. Toad's Wild 20K/5K Runs, Hart Memorial Park (Sheriff's Pistol Range), 8 a.m. Denise Sprague, 9901 Spring Oak Dr., Bakersfield 93311 (805/664-8624).

Pasadena: Lady Foot Locker 5K Run/Walk (separate men's & women's runs), Rose Bowl area, 8 a.m. Lady Foot Locker 5K, 19671 Beach Blvd., Suite 204, Huntington Beach 92648 (Elite Racing: 714/374-3200, 619/450-6510).

San Diego: Balboa Boogie 5K X-C, Balboa Park, Time TBA. Info: Bob Parkinson (619/280-8270).

Dec. 8 (Sun.)

San Francisco: Christmas Classic 5K/Miracle Mile Walk/Run Against Leukemia, Golden Gate Park (Mile/Rainbow Falls at JFK Dr./Transverse Dr.), 5K: JFK Dr./Polo Fields), 8 a.m./Mi. (downhill), 8:30 a.m./5K. People Events, 528 Larch Av., So. San Francisco 94080 (415/589-7417).

San Francisco: DSE Presidio Gate Run, 3.3M, Dolphin Club (Jefferson/Hyde), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Folsom: California International Marathon (PA/USAT&F Championships), Folsom Dam to State Capital in Sacramento, 7 a.m. CIM, 120 Ponderosa Ct., Folsom 95630 (916/983-4622).

Los Angeles: Eagle Run 5K, Eagle Rock H.S. (1750 Yosemite Dr.), 8 a.m. Info: Gilbert Varela (818/300-0191).

Culver City: Western Hemisphere Marathon/Half-Marathon/5K, Veteran's Memorial Park, Times TBA. Western Hemisphere Marathon, 4117 Overland Av., Culver City 90230 (310/253-6650).

Dana Point: Rudolf Runoff 5K/2K, Dana Point Harbor, 8 a.m./5K, 9:15 a.m./2K. Race Pace, P.O. Box 795, Dana Point 92629 (714/661-6062).

Laguna Niguel: Rudolf Runoff 5K/8K/10M & 1K Kids Jog, Laguna Heights Market Place, 8 a.m./5K-8K, 8:30 a.m./10M, 9 a.m./1K. Rudolf Run, c/o Race Pace, P.O. Box 795, Dana Point 92629 (714/661-6062).

Palm Desert: Palm Desert 5K Open & Invitational, 8 a.m. Info: Elite Racing (619/450-6510).

San Diego: City Trees 10K, Little Italy (downtown), 7:30 a.m. Info: In Motion (619/792-2900).

Honolulu, HI: Honolulu Marathon, 5:30 a.m. Honolulu Marathon Assoc., 3435 Wai'alea Av., Rm. 208, Honolulu, HI 96816 (808/734-7200).

Tucson, AZ: Tucson Marathon, Half-Marathon, Marathon Relay & 5K, 8 a.m./8:30 a.m.-HM/9 a.m.-5K. Tucson Marathon, So. Arizona RR, 4625 E. Broadway, Suite 112, Tucson, AZ 85711 (520/575-8281).

Dec. 14 (Sat.)

Alameda: Harbor Bay Tri-Bi (5kSkate-17mB-

2.5mR), Harbor Bay Parkway, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Bakersfield: Hart Park Fun Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Redondo Beach: Village Runner Christmas 5K & Santa's Dash (age 4-12), Esplanade & Pearl, 8 a.m. Info: 310/540-5201, 375-2626.

Furnace Creek: Death Valley Badwater Marathon/Half-Marathon, 8 a.m. (Pre-Reg. only). Enviro Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

San Diego: Jingle Bell 5K Run/Walk for Arthritis, Balboa Park, 8 a.m. Info: Arthritis Fndn. (619/492-1090).

Huntsville, TX: USAT&F National Masters 50K/50M Championships, Location & Time TBA. Sunmart-Texas Trail Endurance Run, Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916/638-1161).

Dec. 15 (Sun.)

San Francisco: Christmas Relays, 4x4.464M, Lake Merced (Sunset Circle Parking Lot, Foot of Sunset Blvd.), 9 a.m. WVTC, Marc Lund, 1433 Norman Dr., Sunnyvale 94087 (Searcy Barnett: 510/635-9508).

San Francisco: DSE Rainbow Falls 5K (& Kids' Run), Golden Gate Park (Transverse & Kennedy Dr.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

San Francisco: Jingle Bell Run/Walk for Arthritis, 5K/1M, Yerba Buena Gardens, Time TBA. Colleen Fedick, Arthritis Fndn., 203 Willow St., #201, San Francisco 94109 (800/464-6240).

Alameda: Reebok "Boston or Bust" Marathon/Half-Marathon, Harbor Bay Club, 9 a.m. (200 Limit). Sky High, P.O. Box 20963, El Sobrante 94803 (Al Kirkman: 510/223-5778) or TRS (415/472-RACE)).

Ventura: Doubletree Turkey Trot 5K/10K & 1M (also serves as State Championships for Special Olympics athletes), Location & Time TBA. Info: Inside Track (805/643-1104).

Pt. Mugu State Park: Lasse Viren 20K, Sycamore Canyon (9000 W. Pacific Coast Hwy., 10 Mi. south of Oxnard), 9 a.m. Steve Blum, 505 Briarwood Terr., Ventura 93001 (805/652-1744).

Los Alamitos: National Guard Christmas Run, 5K/10K, 8 a.m. W2 Promotions, 1666 Ashland Av., Santa Monica 90405 (310/828-4123).

Palm Desert: Palm Desert 5K & USATF Men's National Championships (0.5M & 1M Kids Runs), 8 a.m. Elite Racing, 10509 Vista Sorrento Pkwy., #102, Palm Desert 92121 (619/450-6510; 714/548-4897).

continued next page...

SCHEDULE

Dec. 21 (Sat.)

McFarland: McFarland Christmas Runs, Distance and Location TBA, 11 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

San Diego: Mainly Masters 10K, Fiesta Island (Mission Bay Park), Time TBA. Info: Peter Stern (619/272-5380).

Dec. 22 (Sun.)

San Francisco: DSE Coit Tower Run, 3 Mi., Dolphin Club (Jefferson/Hyde Sts.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th St. and Lakeside Dr.), 9 a.m. Info: LMJS Hotline (510/601-7887).

Dec. 25 (Wed.)

San Francisco: DSE Christmas Blind Date Relays (2x2M), male/female teams, Golden Gate Park (Stow Lake Boathouse), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Dec. 28 (Sat.)

San Diego: Holiday Bowl Parade 5K, downtown (waterfront course), 10 a.m. Info: Elite Racing (619/450-6510).

Dec. 29 (Sun.)

San Francisco: DSE Ferry Building Run, 3.83 Mi. & Kids' Run, Dolphin Club (Jefferson/Hyde Sts.), 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Dec. 30 (Mon.)

San Diego: Holiday Bowl Parade 5K, downtown (waterfront course), 10 a.m. Holiday Bowl Parade 5K, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (Elite Racing: 619/450-6510, 714/374-3200).

Dec. 31 (Tue.)

San Francisco: Safeway First Run, 2 Mi., Presidio of S.F. (Crissy Field), midnight. Info: RhodyCo Prods. (415/564-0532).

Sacramento: Safeway First Run, 2 Mi., Capitol Grounds (10th & N Sts.), midnight. Info: RhodyCo Prods. (415/564-0532).

1997

Jan. 1 (Wed.)

San Francisco: DSE Hangover Run, 3.53 Mi., Golden Gate Park (lower parking lot),

9:30 a.m. DSE Runners, P.O. box 210482, San Francisco 94121 (415/978-0837).

Los Gatos: Los Gatos Resolution Run, 5 Mi., Los Gatos H.S. track, 9 a.m. Attn: Brad, Athlet-

ic Performance, 55 W. Main St., Los Gatos 95030 (408/354-7365).

Del Mar: Resolution Run/Walk, 10K/5K, Doubletree Hotel (Carmel Valley), 8:30 a.m. Info: Joan (619/736-1001).



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1996 Vault Camp Schedule

Atascadero CA, April 4-6
 Atascadero CA, April 8-10
 Atascadero CA, June 13-15
 Stevens Point WI, June 22-25
 Centerville OH, June 29-July 2
 Columbia SC, July 7-10
 Kutztown PA, July 11-14
 Atascadero CA, Dec. 28-31



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SCHEDULE

LOOKING AHEAD

(Marathons, Ultra, Relays, Important Dates, Major Events, etc.)

Jan 11 (Sat.)

Avalon (Catalina Island): Avalon Benefit 50 Mile Run, 5 a.m. Paul McIlroy, P.O. Box 305, Avalon 90704 (310/510-0787).

Jan. 18 (Sat.)

Sacramento: Jed Smith Ultra 50M/50K/30K, Gibson Ranch (Sacramento County Park), flat 3.31 Mi. loop around lake, 8 a.m./50M, 9 a.m./50K, 10 a.m./30K. Jim Drake/Bufalo Chips R.C., 3442 Whitnor Ct., Sacramento 95821 (916/344-2878, a.m., 485-8013, p.m.).

Jan. 19 (Sun.)

Carlsbad: San Diego Marathon/Half-Marathon/5K, Plaza Camino Real, 5:30 a.m./Mara. Walk, 6:15 a.m./early Mara. start, 6:50 a.m./H-M, 7:15 a.m./Mara. & Relay. In Motion, 511 S. Cedros Av., Suite B, Solano Beach 92075 (619/792-2900).

Jan. 26 (Sun.)

Huntington Beach: Pacific Shoreline Classic Marathon/Half/10K/5K, H.B. Pier, 7 a.m./Mara. & H-M, 7:15 a.m./5K, 8:15 a.m./10K. Info: Race Pace Promotions (714/661-6062).

**TRACK & FIELD
 CROSS COUNTRY**

High School

Track & Field

March 29, 1997

Martinez: Martinez Relays. At Alhambra High School. (The oldest high school only relays in California--since 1933.). Information: (510) 313-0439 school, (510) 944-5531 home, (510) 944-9382 FAX.

June 6-7, 1997

Sacramento: CIF State Track & Field Championships.

Cross Country

October 3 (Thurs.)

Los Banos: Los Banos Invitational. At San Luis State Park Forebay. Contact Mike Miller, XC Coach, Los Banos HS, 1966 S. 11th St., Los Banos 93635.

October 4 (Fri.)

Visalia: Golden West Invitational. Cutler Park.

Visalia: Mt. Whitney Visalia Invitational. Mooney Grove Park.

continued next page...

SCHEDULE

October 5 (Sat.)

Half Moon Bay: Half Moon Bay Invitational. Palo Alto: Stanford Invitational.

Brea: Brea Olinda Invitational. Contact Dan King, Boy's Coach (714) 256-8419 h, or Pam Barstow, Girl's Coach (714) 256-1071 h.

Yucaipa: Yucaipa Invitational. Contact Jim Clendaniel (909) 790-2114 h.

Oahu: Hawaii Invitational.

October 9 (Wed.)

Madera: Madera Elks Invitational.

October 12 (Sat.)

Fresno: Clovis Invitational. Woodward Park.

Atascadero: Atascadero Invitational.

San Mateo: Crystal Springs Invitational.

Huntington Beach: Fountain Valley Invitational.

Castro Valley: Castro Valley Invitational.

Hawaii: Hawaii Invitational.

October 18 (Fri.)

Fresno: Roosevelt Rough Rider Invitational. Woodward Park.

Tulare: Tulare Western Invitational.

October 19 (Sat.)

San Luis Obispo: Cal Poly Invitational. Contact Steve Boaz (805) 534-9308 home, (805) 544-5770 work, FAX (805) 542-9075.

Hayward: Mariner Invitational.

Lodi: Lincoln/Lodi Cross Country Invitational. Lodi Lake. 10 a.m./Frosh Girls--2 miles, 10:20 a.m./Frosh boys--2 miles, 10:40 a.m./Soph Girls--2 miles, 11:00 a.m./Soph Boys--2 miles, 11:20 a.m./Varsity Girls--5K, 11:50 a.m./Varsity Boys--5K. Contact Tod Anton, Lincoln HS (209) 478-8052.

Santa Clarita: Santa Clarita Valley Invitational. Contact Dave DeLong (805) 251-5432 h.

October 22 (Tues.)

Fresno: Madera K of C Invitational. Woodward Park.

October 23 (Wed.)

Mendota: Mendota Invitational.

October 24 (Thurs.)

Reedley: Reedley Invitational.

October 25 (Fri.)

Rocklin: Placer/Sierra Invitational. Sierra College.

October 25 & 26 (Fri-Sat)

Walnut: Mt. SAC Invitational.

October 26 (Sat.)

Soquel: Soquel Invitational.

Alameda: Oakland Invitational.

Walnut: Mt. SAC Invitational. Contact Jim Polite (909) 595-3496 h.

October 31 (Thurs.)

Kingsburg: John Seaman Invitational.

November 1

Bakersfield: Kern Invitational.

November 8 (Fri.)

Fresno: League Championships. Woodward Park.

November 14 (Thurs.)

Sanger: CIF Central Section Championships. Avocado Lake.

November 21 (Thurs.)

Fresno: Grand Masters Valley Championships. Woodward Park.

November 30 (Sat)

Fresno: CIF State Meet Championships. Woodward Park.

December 7 (Sat.)

Fresno: 18th Annual Foot Locker West Regional XC. Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 14 in San Diego). Contact: Bill Cockerham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

San Francisco: USA Championships (Junior, Senior, Masters). Golden Gate Park. (916) 983-4622, FAX (916) 983-4624.

December 14 (Sat.)

San Diego: Foot Locker Cross Country Championships. Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor, New York, NY 10279 (212) 720-3752.

College & Open

Track & Field

March 29, 1997

Sacramento: 1997 Panther/Stam Wright Invitational. Sacramento City College. Open to all athletes. Contact: Lisa Bauduin (916) 558-2610.

San Diego: UCSD Spring Break Open T&F Invitational. UC San Diego. 10 a.m. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

April 12, 1997

San Diego: UCSD Spring Break Open T&F Invitational. UC San Diego. 10 a.m. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

June 7, 1997

San Diego: San Diego-Imperial Assoc. USA Track & Field Championships. UC San Diego. 12 noon. Ted Van Arsdale, ICA Dept. 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

Cross Country

October 5

Santa Rosa: Empire Open. Men/8K, Women/

6K. Contact Michael Weddington (707) 544-2756, FAX (707) 528-8226.

Palo Alto: Stanford Invitational. Contact Michael Reilly (415) 723-2736, FAX (415) 725-0758, e-mail: mfreilly @ leland.stanford.edu.

October 12

Belmont: Bronco Invitational. Crystal Springs. 4:30 p.m./Women--4920 meters. 5:00 p.m./Men--8000 meters. Info: John Maloney (408) 554-4886.

Oakland: Mills Invitational. (Pacific Assn. Grand Prix. 9 a.m. Contact Carla Jackson (510) 430-3282.

October 13

San Francisco: California Mile. (415) 668-2243. FAX 0543.

October 19

Belmont: Crystal Springs Challenge. 10 a.m. Ken Grace (510) 786-6929.

Walnut: Mt. SAC Invitational. Contact Don Ruh (714) 594-5611. (Verify this date.)

San Luis Obispo: HIND/Cal Poly Invit. (Cal/ Nev Championships) Contact Doug Lynch--cdlynch@oboe.calpoly.edu

Santa Barbara: CORRECTION: Listed as October 12 last issue. Santa Barbara Invitational. Contact Robin Paulsen (805) 965-0518 ext 2275, FAX (805) 963-7222.

San Diego: Triton Cross Country Invitational. UC San Diego. 9 a.m./8K Men, 10 a.m./5K Women. Ted Van Arsdale, ICA Dept 0531, 9500 Gilman Drive, La Jolla 92093-0531, FAX (619) 534-0328.

Tucson, AZ: NCAA Div I Pre-National. Contact Dave Murray (602) 621-4829, FAX 2681.

November 2

Belmont: West Coast Conference Championships. Crystal Springs.

Santa Barbara: GSAC XC Championships.

November 9

Marin Headlands: Tamalpa Challenge. 9 a.m. Contact Craig Stern (415) 892-0597.

Walnut: Asics Cup Invitational. Contact Skip Stolley (213) 730-9617 w, (310) 453-7655 h. Location unknown: NCAA Div. II West Regional.

Chino: NCAA Div. III West Regional. Prado Park.

November 16

Fresno: NCAA Division I/District VIII. Woodward Park.

Kenosha, WI: NAIA National Cross Country Championships.

November 23

San Francisco: USATF Pacific Association Championships/Western Regional. Golden Gate Park. Contact Tim Wason (415) 648-1467 ph & FAX.

Humboldt: NCAA Division II Championships.

Fresno: State Community College XC Championships.

continued next page...

SCHEDULE

November 25

Tucson, AZ: NCAA Div. I Championships.
Contact Dave Murray (602) 621-4829.

December 7

San Francisco: USA Championships (Junior, Senior, Masters). Golden Gate Park. (916) 983-4622, FAX (916) 983-4624.

Masters

October 5

Santa Rosa: Empire Open. Men/8K, Women/6K. Contact Mike Weddington (707) 544-2756.
Santa Barbara: Club West Masters Meet. Santa Barbara CC. Beverly Lewis or Gordon McClenathen (805) 964-3005.

October 7-12

Ventura: Gold Coast Ventura Senior Games. 50+. Bette Hartman (805) 648-3035.

October 13

Long Beach: Sri Chinmoy Masters Games. 40+. Bigalita Egger (310) 645-0271.

October 18-20

Napa: Napa Senior Games. 50+. Contact Virginia Mosher (707) 255-1800.

December 7

San Francisco: USA Championships (Junior, Senior, Masters). Golden Gate Park. (916) 983-4622, FAX (916) 983-4624.

All-Comers

October 13, 27; November 10, 24; December 15

Sacramento: Timber Wolf All-Comers Track & Field Meet. Contact John Gallen (916) 489-2708.

Camps & Clinics

December 28-31

Atascadero: Sky Jumpers Vaulting Camp. All vaulters 12 and up. Sky Jumpers, 6505 Santa Cruz, Atascadero 93422. Information: (805) 466-8119 or FAX (805) 466-8273.

February 7-9, 1997

Martinez: USATF Level I Coaching Track & Field Clinic. Certificate program starts 6 p.m. Friday; concludes Sunday afternoon. At Alhambra High School. For information contact Tim Bruder: (510) 313-0439 school, (510) 944-5531 home, FAX (510) 944-9382.

1997

B.A.A. Boston Marathon

101st Running on April 21, 1997
will be limited to 15,000 Athletes

Applications for the 101st B.A.A. Boston Marathon on Monday, April 21, 1997 are now available. To qualify, athletes must meet the Boston Athletic Association's qualifying standards by running a marathon certified by USA Track & Field (or foreign equivalent) between January 1, 1996, and February 1, 1997.

The 1997 edition of the B.A.A. Marathon will be limited to 15,000 athletes. It is the first time since the B.A.A. instituted qualifying standards (in the 1970's) that the field size for the Boston Marathon will have a pre-determined maximum number of entrants.

Entries from athletes meeting the qualifying times will be accepted until February 1, 1997 or until the maximum field size of 15,000 is reached, whichever comes first.

"The celebration of the 100th B.A.A. Marathon brought increased participation, and while our intention is to allow more athletes to enter, we have made a commitment to those communities along the course—particularly Hopkinton and Boston—that we would return to a more reasonable field size (50% more than the 1995 B.A.A. Marathon)," said Guy Morse, B.A.A. Race Director. "Our intention is to ensure that the supporting communities and race participants receive from the B.A.A. a top-quality marathon and that 'Boston' will continue to be the event towards which

athletes worldwide aspire to race."

Qualifying standards in all divisions remain unchanged and are as follows:

Age Group	Men	Women
18-34	3 hrs 10 min	3 hrs 40 min
35-39	3 hrs 15 min	3 hrs 45 min
40-44	3 hrs 20 min	3 hrs 50 min
45-49	3 hrs 25 min	3 hrs 55 min
50-54	3 hrs 30 min	4 hrs 00 min
55-59	3 hrs 35 min	4 hrs 05 min
60-64	3 hrs 40 min	4 hrs 10 min
65-69	3 hrs 45 min	4 hrs 15 min
70 & over	3 hrs 50 min	4 hrs 20 min
Wheelchair Athletes:		
Class	Men	Women
1 (quad class)	3 hrs 00 min	3 hrs 10 min
2-4	2 hrs 10 min	2 hrs 35 min

Notes:

- ✓ Unlike the 100th B.A.A. Marathon, the 101st Marathon will NOT have an "Open Division" or random selection.
- ✓ U.S. residents must be members of USA Track & Field.
- ✓ All athletes must be 18 years of age or older on race day.
- ✓ The B.A.A. Marathon is held each year on Patriot's Day, a holiday observed in the Commonwealth of Massachusetts on the third Monday in April.

To receive an application, athletes must send a self-addressed stamped business-sized envelope to:

Boston Athletic Association
APPLICATION REQUEST
P.O. Box 1997-A
Hopkinton, MA 01748

IF YOU ARE MOVING...

...let us know as soon as possible. CTRN is mailed third class bulk rate and is NOT forwardable.

Thank you!

THE ATHLETE'S KITCHEN

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

Fat: To Eat or Not to Eat?

To eat fat, or not to eat it? That is the question asked by many casual and competitive athletes. Jennifer, a 32 year old triathlete, is just one example of the many active people who expresses confusion about the best sports diet for well-fueled muscles, minimal body fat, and optimal health. "I choose to eat a very low fat diet so I won't get fat and will even lose body fat (I hope). I eat lots of carbs to fuel my muscles and support my intense training program. But I'm not losing weight and I feel tired all the time. Something must be wrong with my diet..."

Without a doubt, questions abound regarding the role of fat in the sports diet: Will I get fat if I eat fat? Will I lose body fat if I avoid fat? Will I burn more fat if I eat fat (as claimed by sport nutrition ads) and have better athletic endurance? Or, will I have better endurance with a high carb, low fat diet that replaces depleted muscle glycogen? Will fat in my diet clog my arteries? Will eating fat increase my risk of getting cancer?

The role of fat in the sports diet was clearly a hot topic at the 1996 sports nutrition conference sponsored by the SCAN, the sports, cardiovascular & wellness nutrition division of the American Dietetic Association. The following summarizes

Nancy Clark, MS, RD, is director of nutrition services at Boston-area's

SportsMedicine Brookline and author of Nancy Clark's Sports Nutrition Guidebook (\$18) and her nutrition guide for runners The NYC Marathon Cookbook (\$23). Both are available

by sending a check to Sports Nutrition Materials, 830 Boylston St., Brookline, MA 02167.



some of the information that was discussed and can perhaps help you determine how much or how little fat to include in your personal food plan. Moderation seems to be the consensus.

Why eat fat?

Today's weight-conscious athletes chant "Eat fat, get fat." They deem fat an optional source of energy. Many go to extremes to avoid fat. They eat only steamed Chinese food, huge salads with no-oil dressing, and only fat-free snacks such as pretzels and Snackwells. This extremely low fat, high carbohydrate sports diet receives praise as being heart-healthy and cancer-protective. So why should athletes bother to eat fat?

One reason is, although a high carb diet based on pasta and bagels fuels your muscles, it may lack nutrients such as the protein, iron, and zinc you need to build and repair your muscles and blood cells, make hormones, and strengthen your immune system. These deficiencies can hurt your performance. Fat-avoiders who eat no animal proteins must make the effort to choose a well-balanced and varied vegetarian diet. Some researchers even question if an extremely low fat vegetarian diet provides enough of the essential fatty acids that your body can't make, but needs for optimal health. (Eating tofu, walnuts, and sunflower seeds can correct this potential problem.)

A second reason to eat fat is that fat is an important source of fuel. Fat is stored in your body, not only in the spare tire that hovers around the midsection, but also in smaller amounts inside muscle cells. This intramuscular fat is an important source of energy for endurance exercise. The average lean person has about 50,000 to 60,000 calories of fat stored in adipose tissue and 2,000 to 3,000 calories of fat stored within the muscles. (This is more than the 1,500 to 1,800 calories of carbohydrate stored as muscle glycogen). The more you train, the more you rely on intramuscular fat for fuel. For example, untrained subjects who initially derived about 22% of energy from intramuscular fat increased to 45% of energy from intramuscular fat after a 12 week endurance program.

If you are biking for 50 miles, running for 20 miles as part of marathon training, or doing two to four hours of other moderately hard exercise, intramuscular fat can provide

about half of the total fat that your body burns for fuel. Intramuscular fat, like glycogen, gets depleted during endurance exercise. Perhaps depleted intramuscular fat stores explain why athletes who eat a very low fat diet often report fatigue and lack improvement, despite intense training? Because of limited research on intramuscular fat usage during exercise in athletes, physiologists have yet to fully understand the affect of very low fat diets upon performance. Stay tuned!

Eat fat, get fat?

No! Given that many thin people eat fat and have not gotten fat, this mantra is far from true. Granted, excess calories of fat are easily stored as excess body fat, but some fat is an important part of a healthy sports diet. In order to lose body fat, you need not totally eliminate fat. Yes, you should monitor your fat intake for health purposes. Too much fat contributes to heart disease, cancer, and many other diseases, so most health professionals recommend you limit your intake to 20-30% of your total calories. Athletes can appropriately target 20-25% of calories from fat, to allow for more carbohydrate-calories. This is far more than the attempted 0-10% fat diets self-inflicted by many well-intentioned athletes such as Jennifer. Because the foods in her extremely low fat diet lacked satiety (that is, were not satisfying), she constantly felt hungry, munched on endless fat-free pretzels (read that *extra calories*), and had muscles that were well-fueled with glycogen, but were likely depleted of intracellular fat stores. The result: no loss of body fat nor gain in exercise performance.

What's a confused athlete to eat?

I recommend you eat a variety of wholesome foods: carbohydrates as the foundation of every meal (grains, fruits and vegetables); a small serving of protein-rich foods (lean meats, fish, poultry, tofu, beans, nuts) with two meals per day, and lowfat dairy three times per day. You can also include a little fat in each meal for healthy and satiety (peanut butter, salad oil, almonds). Targeting 25% of calories from fat means about 60 grams fat/day (the equivalent of 1/2 cup of peanut butter!) if you weigh about 120 pounds and exercise for 45 minutes/day, and about 75 grams fat for the 150 pound exerciser. This is far from a fat-free diet!



Fall Shoe Guide

By CREGG WEINMANN

Shoes for fall '96.

We are bringing you a selection with quite a bit of variety. The shoe companies are about evenly divided between updates to some of your personal favorites, and a good selection of brand new models.

While not completely comprehensive, our efforts do represent the bulk of new and updated shoes for fall.

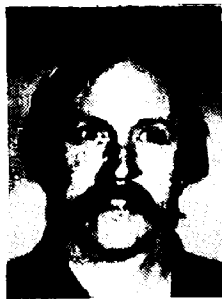
Our shoe expert, Cregg Weinmann, and his team of wear-testers enlisted the help of Dr. Mark Miller DPM, a fleet-footed Bakersfield podiatrist. They each submitted to foot exams by the good doctor, and determined their specific shoe needs. This led to a number of surprises, as some injuries might have been avoided if there had been a better understanding of which shoe type was needed. They have been piling up the miles to determine the performance of this Fall's shoe offerings. We hope you enjoy and are aided by our efforts.

Cregg Weinmann. Ardent track fan, runner, coach, erstwhile computer teacher, and shoe maven, is ready to begin his 32nd cross country season. Cregg can be reached at his e-mail address: shuz2run@lightspeed.net.

For a sample subscription to Cregg's Running

ShoesLetter please send an SASE

(self-addressed stamped legal envelope) to:
Running ShoesLetter,
2416 Kayomling Way,
Bakersfield, CA
93308-3509.



Training Shoes

Adidas SL96 Plus

Weight: Men-11.1 oz. size 9, Women - 9.8 oz. size 7. **Price:** Men's \$80 - Women's \$75

Upper: Slip lasted mesh with synthetic leather reinforcement. **Midssole/Outsole:** Semi curved, compression molded EVA with adiprene (compressed, resilient EVA inserts) in forefoot and heel. Torsion sytem, and carbon rubber outsole.

Men's Color: White/Forest/Gold

Sizes: 6.5-12,13

Women's Color: White/Purple/Sea

Sizes: 5-10



The announcement of an update to a successful running shoe has the ability to strike fear

into the hearts of runners. Adidas has made the SL96 Plus a positive experience. The ever popular side by side comparison shows that many of the changes are refinements, with a few cosmetic changes thrown in. The fit, ride, and cushion, and so, the performance of the shoe are unchanged; it is still a fast pace, lightweight trainer. The improvements are to the Rieman lace system, adidas' use of the logo stripes for stability, which have been shrunk to lighten the shoe (it has been reduced from 11.3 oz. to 11.1). The tongue has also been reshaped--but the jury is still out on that one--and the synthetic trim has been modified with no noticeable effect. Still an outstanding shoe, if it has worked for you in past, stay with it.

ASICS Gel-DS Trainer

Weight: 10 ounces in men's size 9 - women's

size 7 - 8.6 ounces. **Price:** \$100

Upper: Combination lasted mesh with synthetic leather reinforcement. **Midssole/Outsole:** Slightly curved, contoured, dual density, compression molded EVA with Trusstic system (torsional stabilizer) and flex grooves in forefoot. T-Gel and P-gel cushioning. AHAR heel (high abrasion rubber), DuoSole (lightweight sole material) forefoot outsole.

Men's Color: White/Black/Red

Sizes: 6-13,14

Women's Color: White/Black/Red

Sizes: 6-11



Asics has re-tooled the Gel-DS Trainer to incorporate several features which are hoped to be

improvements. A side by side comparison reveals that there have been a number of changes which will affect the fit, ride, and wear of the shoe. The initial impression is that the changes are principally cosmetic. Wrong! The monotounge has been replaced by a more open entrance to the shoe, but the fit feels similar. It is slightly lower than its former self, but minimally, though it definitely feels lower around the ankle collar. The midssole material feels softer, but surprisingly, is as supportive and stable as the previous model. The Trusstic System provides rigidity through the arch, allowing torsional support, while reducing the weight of the shoe (which they must have made up elsewhere, as both shoes weigh in at 10 ounces). One difference which may seem insignificant, is that the former model was made in Korea, while the new shoe is made in China. The craftsmanship is probably much the same, but the key difference is probably fit. There seems to be no standard for siz-

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Fall Shoe Guide

ing from country to country, so check the size before you settle on the shoe.

Brooks Adrenaline

Weight: Men - 11.5 oz. size 9, Women - 9.5 oz. size 7. **Price:** \$85

Upper: Combination lasted mesh with synthetic leather reinforcement. **Midssole/Outsole:** Semi curved, dual density, compression molded EVA with HydroFlow ST in heel, and forefoot HydroFlow unit. Blown rubber forefoot and high abrasion carbon rubber heel.

Men's Color: White/Navy/Orange
Sizes: 7-12, 13

Women's Color: White/Green/Purple
Sizes: 5-11



How do you improve on a cushioned stability shoe? You make it more stable and better cushioned.

Brooks has made impressive improvements to the Adrenaline, to the midsole down. The major upgrade is the HydroFlow ST pad in the heel, which offers stable cushioning from the center out. The EVA midsole, and blown rubber forefoot have lightened the overall weight of the shoe. The semi-straight last (I think it's really semi-curved) is better suited to runners who need mild pronation control, but have a medium to substantial arch, as opposed to truly straight lasted stability shoes. The Adrenaline is built for mileage-happy running.

Etonic Blur

Weight: Men - 11.1 oz. size 9, Women - 9.7 oz. size 7. **Price:** \$85

Upper: Slip lasted mesh with synthetic leather reinforcement. **Midssole/Outsole:** Semi curved, contoured, cut away, dual density, compression molded EVA with Stable Air unit (forefoot and heel) and Dynamic Reaction Plate. Everdure high abrasion carbon rubber outsole.

Men's Color: White/Black/Forest Green
Sizes: 6.5-12, 13, 14

Women's Color: White/Black/Plum
Sizes: 5-10, 11, 12

What happens when you change the upper and midsole of a shoe? Do you end up with a new shoe? Take the Etonic VO2 for example. Etonic made a larger medial post, redesigned the upper, cut the price,



and voila--the Blur. Great cushioning from the Stable air units, great stability from the Dynamic Reaction Plate, medial post and heel counter stabilizers and what amounts to a \$15 rebate. Sounds like an improvement to me.

New Balance 875

Weight: 11.3 ounces, size 9.5. **Price:** \$90

Upper: Slip lasted mesh with synthetic leather reinforcement and reflective trim. **Midssole/Outsole:** Slightly curved SL-2 last, compression molded EVA with Abzorb and C-CAP cushioning and XAR-3000 rubber heel.

Color: Dark Teal/White/Black
Sizes: B width 8-12, 13, 14, 15;
D width 7-13, 14;
EE width 7-13, 14



New Balance has taken their best aspects (cushioning, durability, motion control, and widths)

and jazzed them up. The 875 has a number of outstanding features which bear closer examination. If you have avoided New Balance because of their retirement village appearance, check out the 875. It will be difficult, on quick examination, for them to be identified as New Balance. Esthetically they have succeeded in dropping the frumpy image. It is a good-looking shoe. They have put a more substantial sockliner into the 875, which is good news if you need additional cushioning, or wear orthotics-- there is plenty of room for them. The toe box is roomy, because of the wider SL-2 last, with comfortable lacing (though unfortunately missing the straps and loops of the 850). The substantial cushioning properties which attract runners to New Balance is typified by the Abzorb system in the 875. The system uses a visco-elastic layer between the outsole and midsole in the heel, providing a cushioner ride. The outsole has the characteristic durability which New Balance is known

for. Since Siskel and Ebert aren't known as runners (especially Ebert), I'll give the 875 two smug critics up.

New Balance 825

Weight: 10.6 ounces, size 9.5. **Price:** \$84.95

Upper: Slip lasted mesh with synthetic leather reinforcement. **Midssole/Outsole:** Slightly curved compression molded EVA with Abzorb and C-CAP cushioning with Support Bridge under arch. Carbon rubber sole with XAR-3000 rubber heel.

Color: White/Blue/Lime Green
Sizes: B width 8-12, 13, 14, 15;
D width 7-12, 13, 14, 15;
EE width 7-12, 13, 14, 15;



I'm always looking for a lightweight cushioned trainer. With that in mind, you'll forgive me if I go a little over-

board about the New Balance 825. Lightweight? It's almost an ounce lighter than any New Balance trainer. Cushioned? Abzorb pad in the forefoot, substantial heel. Slip lasted for flexibility, and it is a very good looking shoe. Tempo runs, speedwork, long races, the 825 is ready to go.

Nike Air Max

Weight: Men - 13.9 oz. size 9, Women - 11.7 oz. size 7. **Price:** \$140 men's - \$130 women's

Upper: Strobel stitched mesh with synthetic leather reinforcement. **Midssole/Outsole:** Semi curved, sculpted, polyurethane with full length visible Air-Sole units. BRS 1000 Nike Re grind carbon rubber outsole.

Men's Color: White/Obsidian/Green
Sizes: 6-13, 14, 15

Women's Color: White/Photo Blue/Varsity Royal
Sizes: 5-11, 12



When you are the #1 shoe of the #1 company, you apparently must keep looking over your shoulder.

Last season the Air Max went through a

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purely cosmetic change. This season brings the requisite cosmetic update, but also several changes to the Nike flag-ship. The cosmetics appear flashier than before, an improvement. The "trim" may cause problems until it is thoroughly broken in, and since it covers about 80% of the shoe, this is a real concern. There is plenty of reflectivity for the night and early morning crowd. The webbing lace loops allow a snug and secure fit. The same air sole units, with differing pressure give a very cushioned ride, which is surprisingly stable. This is enhanced by the polyurethane midsole. Perhaps the combination of durable midsole/outsole, good cushioning, and all that trim in the upper will allow the cost per mile to approach something reasonable. Of course, as they say, your mileage may vary.

Nike Air Max Tailwind

Weight: Men - 12 oz. size 9, Women - 10.8 oz. size 7. **Price:** \$120

Upper: Strobel stitched mesh with synthetic leather reinforcement. **Midsole/Outsole:** Semi curved, sculpted, polyurethane with full length Air-Sole units (visible in heel). BRS 1000 Nike Re grind carbon rubber outsole.

Men's Color: Black/Photo Blue/White
Sizes: 6-13,14,15

Women's Color: White/Emerald/Ink
Sizes: 5-11,12



Nike's first AirSole running shoe was the Tailwind. They've resurrected the name to put

on a good looking, quality shoe. The ride is virtually the same as the Air Max, well cushioned and stable. The upper features a number of nice touches; almost rubber-like lace loops, which provide as secure snug fit, with diamond shaped pads on the tongue to cushion where the laces cross the instep. If you are looking for the Air Max ride, in a shoe that is lighter (both in weight and price), take the Tailwind for a spin.

Nike Air Zoom Alpha

Weight: Men--10.5 oz. size 9, Women--9 oz. size 7. **Price:** \$115

Upper: Slip lasted mesh with synthetic leather reinforcement. **Midsole/Outsole:** Semi curved, sculpted, full length, Phylon (CM-EVA) with full length Zoom Air unit. Carbon rubber outsole.

Men's Color: White/Black/Gold
Sizes: 6-13,14,15

Women's Color:White/Ultramarine/Crimson
Sizes: 5-11,12



Nike has made a departure from their other Air-Sole shoes with the introduction of 'Zoom

Air' in a running shoe. The air cushion is almost flat, and only about 1/4" thick, and it has been moved from within the midsole, to the bottom of the shoe with the outsole lugs bonded to it in the manufacturing process. The resulting ride is light and bouncy, a great combination in a faster paced lightweight shoe. The upper offers a different look, an iridescent sheen to the synthetic leather trim, and well placed reflective ovals on front and back. The Air Zoom Alpha gives every indication of being a great addition to the Nike line.

Nike Air Equator

Weight: Men - 12.2 oz. size 9, Women - 10.2 oz. size 7. **Price:** \$70

Upper: Light fiber-board lasted mesh with synthetic leather reinforcement. **Midsole/Outsole:** Semi curved, sculpted, dual density, Phylon (CM-EVA) with AirSole unit in heel. Carbon rubber outsole.

Men's Color: White/Royal/Black
Sizes: 6-13,14,15

Women's Color: White/Ultramarine/Navy
Sizes: 5-11,12



The Equator fills a niche which has been missing in the Nike line. An inexpensive stability

shoe. In this category, the Equator fills the gap nicely. The ride is well-cushioned, stable, and feels lighter than its 12.2 ounce listed weight, more like the lighter Skylon Triax or Windrunner. If your needs are met by a lower priced stability shoe,

especially to fill a number 2 shoe spot in your lineup, give the Equator some serious consideration.

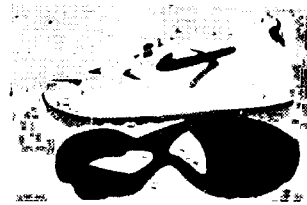
Nike Air Windrunner

Weight: Men - 10.8 oz. size 9, Women - 9.1 oz. size 7. **Price:** \$65

Upper: Strobel stitched mesh with synthetic leather reinforcement. **Midsole/Outsole:** Semi curved, sculpted, Phylon (CM-EVA) with Air-Sole unit in heel. Carbon rubber outsole.

Men's Color: White/Black/Photo Blue; White/Black/Gridiron; Dark Pine/White/Pro-Blue
Sizes: 6-13,14,15,16,17

Women's Color: White/Pacific Blue/Black; Dark Pine/White/Raspberry-Red; White/Orbit/Ink
Sizes: 5-11,12



The update to the Windrunner may be one of the most subtle in history. The appearance, shape, ride,

flexibility and features are virtually identical to the previous models. There is a difference, though and it is in the midsole. The sculpted Phylon is slightly different in its contours, and has a slight reduction in heel height relative to the forefoot, more of a low slung, close to the ground feel. Good performance for seekers of a lightweight trainer.

Nike Air Contrail

Weight: Men - 10.7 oz. size 9, Women - 8.6 oz. size 7. **Price:** \$55

Upper: Strobel stitched mesh with synthetic leather reinforcement, glued in sockliner.

Midsole/Outsole: Semi curved, sculpted, full length Phylon (CM-EVA) with AirSole unit in heel. Carbon rubber outsole.

Men's Color: Navy/Black/White
Sizes: 6-13,14,15,16,17

Women's Color:Dark Blue/Niagara Blue/White
Sizes:B width - 5-11,12



The Contrail is the first AirSole shoe to break the \$60 barrier, since the original Tail-

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wind. The switch is that it is under \$60. This is good news for technology trickle down fans, like myself. The ride is adequate, and certainly equal to other shoes in its price range. Durability? By all appearances. Stable? Not bad, but not for severe pronators. Cushioned? Better for heel strikers, not as good for forefoot strikers. Lightweight? Certainly qualifies here. All in all, good performance, for the price.

Puma Trinomic Distance

Weight: Men - 13.4 oz. size 9 - Women - 10.5 oz. size 7. **Price:** \$75

Upper: Strobel stitched nylax insole, mesh upper with synthetic leather reinforcement. **Midssole/Outsole:** Semi curved, contoured polyurethane with full length Trinomic cell unit. Ever-track high abrasion carbon rubber outsole.

Men's Color: White/Navy/Black
Sizes: 6.5-12,13

Women's Color: White/Blue
Sizes: 5.5-10,11



Puma has followed up last season's Trinomic Concept with another substantial trainer. The Dis-

tance offers a well-cushioned, but firm ride. It is flexible but appears to be quite stable as well. The upper is an open mesh, allowing for heat dissipation, and the lacing options are enhanced by the looped lace webbing. The combination of polyurethane midsole and hard carbon rubber on the outsole, give every indication of a very durable shoe. The women's and smaller sizes appear to be a bit more flexible, and are obviously lighter than the 13.3 ounces of the men's size 9. The Trinomic cells are quite colorful, and (to me) aesthetically pleasing, light blue in the women's model, lime green for the men's. The Distance is quite a bit of shoe for a mid price model, at \$75. Give it a look.

Puma Inspire

Weight: Men - 12.3 oz. size 9. **Price:** \$60

Upper: Fiber board lasted mesh with synthetic leather reinforcement. **Midssole/Outsole:** Semi curved, contoured, compression molded EVA with Trinomic cell unit in heel. Carbon rubber outsole.

Men's Color: White/Navy/Gold
Sizes: 6.5-12,13



This was a pleasant surprise. The price range seemed to indicate a cut rate model, but the in-

spire proved competitive with shoes costing up to 30% more. It has a stable, well-cushioned ride, thanks to the Trinomic pad in the heel. Forefoot flexibility was more than adequate, and the toebox was comfortable. The lack of forefoot cushioning will cause problems for some. Overall, the features and performance make the Inspire a good value.

Reebok Interval

Weight: Men - 11.1 oz. size 9, Women - 10 oz. size 7. **Price:** \$70

Upper: Slip lasted mesh with synthetic leather reinforcement. **Midssole/Outsole:** Semi curved, contoured, dual density, compression molded EVA with Hexalite unit in forefoot and heel. Two piece carbon rubber outsole.

Men's Color: White/Cobalt Blue/Platinum; White/Navy/Dark Green; White/Varsity Blue/Firecracker Red
Sizes: 6.5-12,13,14,15

Women's Color: White/Bluebird/Green Glow; White/Firecracker Red/Varsity Blue
Sizes: 5-11,12



Reebok is heading in the right direction to attract runners, if the Interval is an indication of the

shoes they will be making. The Interval has taken the Hexalite cushioning system, put it up front as well as in the heel, to provide the maximum cushioning. The ride is well cushioned, but the small medial post is not particularly effective at inhibiting motion. Add a durable two piece outsole, light, flexible, well-fitting upper, and put it in an attractive package, and you have the Interval. If this is what you are looking for, the Interval will be worth checking out.

Saucony 3D GRID

Hurricane

Weight: Men - 12.8 oz. size 9, Women - 11.5 oz. size 7. **Price:** \$100

Upper: Combination lasted mesh with synthetic leather reinforcement. **Midssole/Outsole:** Semi curved, contoured, two layered dual density, compression molded EVA with 3D GRID unit in heel. Two piece carbon rubber outsole.

Men's Color: White/Green/Yellow/Black
Sizes: 7-13,14

Women's Color: White/Blue/Yellow
Sizes: 5-11,12



The Hurricane is the top Motion shoe of the new 3D GRID System. This technology takes the ten-

nis racquet grid concept to the next step by incorporating the side walls of the EVA midsole into the cushioning and stability of the shoe by wrapping them with the GRID strands. The heel is cradled by the design of the GRID system which suspends, cushions, and stabilizes on impact. It seems a little improbable that it can accomplish all of these objectives, but it does seem to work. The semi-straight last and high density insert in the heel (the top half of a two part midsole which is unified by the GRID device), should provide the control need for overpronators.

Saucony GRID Moco

Weight: Men - 12.8 oz. size 9, Women - 10.4 oz. size 7. **Price:** \$70

Upper: Combination lasted mesh with synthetic leather reinforcement. **Midssole/Outsole:** Semi curved, dual density, compression molded EVA with GRID unit in heel. Carbon rubber outsole.

Men's Color: White/Black/Green
Sizes: 7-13,14

Women's Color: White/Black/Blue
Sizes: 5-11,12



Saucony has added another reasonably priced GRID shoe to accompany the cushioned Ti-

continued next page...

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tan. The Moco is built on a semi-straight combination last with an extended medial post. Mild to moderate pronators will like the cushioned ride and flexible forefoot, but will be especially pleased with the stability. Deserved applause goes to Saucony's efforts to provide technology at a more affordable price.

Saucony Grid Shadow2

Weight: Men - 11.1 oz. size 9, Women - 9.7 oz. size 7. **Price:** \$85

Upper: Slip lasted mesh with synthetic leather reinforcement. **Midsole/Outsole:** Semi curved, contoured, cut away, dual density, compression molded EVA with Stable Air unit (forefoot and heel) and Dynamic Reaction Plate. Everdure high abrasion carbon rubber outsole.

Men's Color: White/Black/Forest Green
Sizes: 6.5-12,13,14

Women's Color: White/Black/Plum
Sizes: 5-10,11,12



The GRID Shadow attracted a following of "Cushion Seekers", big guys and gals, heel

strikers, high mileage folks. Saucony has attempted to keep people happy and lure some new runners with the GRID Shadow 2. The changes are primarily; visible GRID, tongue, reflective trim, minor changes in lacing, and availability in wider widths. The recessed GRID cassette is now visible and able to absorb more force than previously, which most of the other GRID shoes have been upgraded to. The secured tongue (monotongue-like fit) of the Shadow has been replaced by a traditional tongue. The lateral side (outside) logo stripe of each shoe is covered with reflective material, which greatly improves visibility. Perhaps the most significant change is the availability in wider widths, especially since the polyurethane heel of the shoe and size 17 offering point at the very big "Cushion Seeker."

Saucony GRID Stabil

Weight: Men - 11.1 oz. size 9, Women - 9.7 oz. size 7. **Price:** \$85

Upper: Combination lasted mesh with synthetic

leather reinforcement. **Midsole/Outsole:** Semi curved, contoured, cut away, dual density, compression molded EVA with Stable Air unit (forefoot and heel) and Dynamic Reaction Plate. Everdure high abrasion carbon rubber outsole.

Men's Color: White/Black/Forest Green
Sizes: 6.5-12,13,14

Women's Color: White/Black/Plum
Sizes: 5-10,11,12



The combination of the GRID cassette, semi-straight last, and substantial anti-pronation device give the GRID Stabil the ability to

control motion, provide stability, and more than adequately cushion the contact of the foot with the ground. The upper, with the typical Saucony wide toe box/narrow heel does a good job in its attempt to fit the widest number feet. The durability is good in the outsole, and it has a profile which offers better traction than some of the trail shoes I have seen. Motion Control shoes are expensive, and at \$90 dollars the GRID Stabil goes toe to toe with the best of them. Fortunately they are able to go feature to feature as well.

Racing Shoes

New Balance RC110

Weight: 7.42 oz. - Men's 9.5. **Price:** \$65
Upper: Slip lasted mesh with synthetic suede reinforcement. **Midsole/Outsole:** Racing last (slightly curved), compression molded EVA C-CAP, XAR-3000 rubber heel.

Color: White/Blue/Red
Sizes: Unisex 4-12,13



The RC110 has the requisite components of a good racing shoe; light weight, durable, flexible, cushioned

and low to the ground. Its slightly curved shape makes it suitable to a wider cross section, including mild pronators.

Adidas Adios

Weight: 8.7 oz. Men's size 9. **Price:** \$65
Upper: Slip lasted mesh with synthetic suede reinforcement. **Midsole/Outsole:** Racing last (slightly curved), compression molded EVA, carbon rubber heel.

Color: White/Orange/Yellow
Sizes: Unisex 4-12,13



The Adios' number one strength is cushioning. It is light and very well-cushioned. This makes it a very versa-

tile racer suited to road races in a broad range of distances. Depending on your biomechanics, it might be suitable for a marathon. I'm certain that it will fill a spot for me in the 10k to half marathon range, for sure, and probably even for shorter races.

If you are interested in receiving a complimentary copy of Cregg's newsletter, send a self addressed stamped legal envelope to:

Running ShoesLetter
2416 Kayoming Way
Bakersfield, CA 93306

Next month Cregg will be looking at trail running shoes in a special Mostly Shoes column.

Shoe Company Phone Numbers

Adidas (800) 677-6638
ASICS (800) 333-8404
Brooks (800) 227-6657
Etonic (800) 334-0008
New Balance (800) 253-7463
Nike (800) 238-6453
Puma (800) 662-7862
Reebok (800) 228-7867
Saucony (800) 365-4933
Turntec (800) 848-8698

SoCAL DIARY

By Bill Minarik

SoCal Cross Country Collegiate PREVIEW

Pac-10 Men

If Oregon runs up to its potential, it is clearly the team here. However, Stanford, which often runs over its head, could take the Ducks on a given day. The rest of the top 5 is up for grabs.

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

Pac-10 Women

Oregon got hit hard by graduation, so I'll go with Stanford here in front of Arizona. Kim Mortensen should be able to lead UCLA by a graduation-depleted Washington squad for fourth.

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

Big West Men

UCSB continues to be the class of the field here, while Utah State is the only other school who might stay close.

- | | |
|---------------|---------------------|
| 1. UCSB | 5. Long Beach State |
| 2. Utah State | 6. CS Fullerton |
| 3. UC Irvine | 7. New Mexico State |
| 4. CPSLO | |

Big West Women

Cal Poly SLO's arrival here should shake things up a bit as the Mustangs appear slightly ahead of UCI and UCSB.

- | | |
|---------------|---------------------|
| 1. CPSLO | 7. UNLV |
| 2. UC Irvine | 8. Nevada |
| 3. UCSB | 9. Long Beach State |
| 4. Utah State | 10. San Jose State |

- | | |
|-----------------|----------------------|
| 5. Hawaii | 11. New Mexico State |
| 6. CS Fullerton | 12. Pacific |

CCAA Men

The Cal State L.A. men had one of their best recruiting seasons in years and can now challenge for the conference crown. UC Riverside has the best chance to hold off the Golden Eagles with Division III power UCSD third.

- | | |
|-----------------|--------------------|
| 1. CSLA | 4. Cal Poly Pomona |
| 2. UC Riverside | 5. Grand Canyon |
| 3. UC San Diego | |

CCAA Women

The Cal State L.A. women return after a year without a program and probably will need another year to challenge Grand Canyon for the title. The rest of the teams will battle it out for third.

- | | |
|--------------------|-----------------|
| 1. Grand Canyon | 4. UC Riverside |
| 2. CS Los Angeles | 5. UCSD |
| 3. Cal Poly Pomona | |

SCIAC Men

This conference will be even closer than last year with Oxy given a slight edge.

- | | |
|------------------|-----------------|
| 1. Occidental | 5. Cal Tech |
| 2. Pomona-Pitzer | 6. Whittier |
| 3. Claremont | 7. Cal Lutheran |
| 4. Redlands | 8. LaVerne |

SCIAC Women

I look for Oxy to crowd Claremont's fabulous 5, however, the Sagehens are still too strong up front for the Tigers. No one else appears close.

- | | |
|--------------|------------------|
| 1. Claremont | 5. Pomona-Pitzer |
| 2. Oxy | 6. Cal Tech |
| 3. Whittier | 7. LaVerne |
| 4. Redlands | 8. Cal Lutheran |

GSAC Men

This one's too close to call for places three through five. Azusa should be a solid choice for #1.

- | | |
|-------------------|-----------------------|
| 1. Azusa Pacific | 5. Pt. Loma Naz. |
| 2. Biola | 6. So. Calif. College |
| 3. Westmont | 7. Cal Baptist |
| 4. Fresno Pacific | 8. Concordia |

GSAC Women

Westmont appears the clear favorite with places two through five very competitive, as well.

- | | |
|---------------------|------------------|
| 1. Westmont | 5. Pt. Loma Naz. |
| 2. Azusa Pacific | 6. Biola |
| 3. Fresno Pacific | 7. Concordia |
| 4. So. Cal. College | 8. Cal Baptist |

SoCal Community College Men

Rancho Santiago should learn from their error of last year and top the field this year. Pasadena looks almost as good with El Camino right behind.

- | | |
|--------------------|----------------|
| 1. Rancho Santiago | 4. Bakersfield |
| 2. Pasadena | 5. Moorpark |
| 3. El Camino | |

SoCal Community College Women

Mt. SAC looks too deep for any of the rest this year, however, Pasadena CC and Riverside could make things tough for the Mounties on an off day.

- | | |
|--------------|---------------|
| 1. Mt. SAC | 4. Moorpark |
| 2. Pasadena | 5. Long Beach |
| 3. Riverside | |

All-Time California High School Boy's List

By Robert Womack

The California High School Boys All-Time List includes marks received through August 15, 1996. Again, I want to stress my indebtedness to all those who have assisted me in compiling these lists and to absolve any of them for errors and omissions, for which I have total responsibility. Readers spotting incorrect/incomplete items are invited to send corrections to Bob Womack, 1540 East Shaw, Suite 118, Fresno, CA 93710.

One thing that struck me in assembling this year's set was how underrated the state record for the Intermediate hurdles is. It's 35.32 (by George Porter of Lompoc Cabrillo) and although it's also the national record, nobody ever mentions it. Yet while it was set back in 1985, 11 years ago, not until this year did any runner come within a full second of it. That's by no means the oldest record, of course. And it may not be the toughest. Both distinctions probably belong to the 1600, where Tim Danielson's 3:57.6 (converted from 3:59.4 mile) has stood since 1966. The No. 2 mark is three full seconds back and only two runners have come within 10 seconds of Danielson in the last decade. But you hear about Danielson's record regularly; George Porter has been pretty much forgotten.

The numbers preceding the year of performance represent the number of state championships won. (You knew that, but if we don't say it, somebody reading the lists for the first time is going to ask.)

-Bob Womack



George Porter

Photo by Burt Davis

100 Meters:

State Meet Record: 10.30 Riley Washington (Southwest, San Diego) 1992 at Norwalk. Frosh: 10.62 Marquez Holiwell (West, Bkfld) 1992. Soph: 10.43 Bryan Howard (Canyon Springs, Moreno Vly) 1993. Junior: 10.27 Henry Thomas (Hawthorne) 1984. Senior: 10.25 Henry Thomas (Hawthorne) 1985.

10.25	Henry Thomas (Hawth)-1 at ERock	1985
10.29	Ricky Carrigan (Compton)-1	1991
10.30	Quincy Watts (Taft, Wood Hills)-1	1987
10.30	Riley Washington (Southwest, SD)-1	1992
10.31	Bryan Howard (CynSpr, MorVly)-1	1994
10.33	Marquez Holiwell (West, Bkfld) -1	1995
10.36	Corey Ealy (Muir, Pasadena)	1987
10.37	Pat Johnson (Redlands)-1	1994
10.39	Kenny Robinson (Berkeley)-1	1981
10.39	Ray Brown (Muir, Pasadena)	1984
10.41	Tony Miller (Floridan, San Francisco)	1987
10.41	Stoney Jordan (Indio)	1993
10.41	Barry Smith (Mission, San-Fran)	1989
10.42	Benari Burroughs (Indep, San Jose)	1988
10.42	Curtis Conway (Hawthorne)-1	1989
10.42	Bryan Harrison (Dana Hills)	1995
10.43	Jeff Laynes (Oakland)	1989
10.44	Stanley Davis (Inglewood)	1984

10.45	Darron Norris (El Cam (Oceanside)	1984
10.45	Jim McGee (Sacramento) -1	1996
10.46	Kevin Willhite (Cordova, RCordova)	1981
10.46	Gentry Bradley (Plus X, Downey)	1992
10.46	Tierre Sams (Edison, Fresno)	1996
10.47	Miguel Fletcher (Alemany, MissHills)	1996
10.48	Vince Williams (Univ. City, S Diego)	1996
Hand Timing:		
10.2	Michael Sanford (Pasadena)	1979

200 Meters:

(* 220 Yards Minus 0.12)		
State Meet Record: 20.77 Henry Thomas (Hawthorne) at Los Angeles 1984. Frosh: 21.62 Bryan Howard (West, Bkfld) 1992. Soph: 20.97 Quincy Watts (Taft, Woodland Hills) 1986. Junior: 20.50 Quincy Watts (Taft, Woodland Hills) 1987. Senior: 20.53 Brian Bridgewater (Washington, L.A.) 1988.		
20.50	Quincy Watts (Taft, WlddH) Provo-2	1987
20.53	Brian Bridgewater (Wash, L.A.)-1	1988
20.57	Calvin Harrison (North, Salinas)-1	1993
20.64	Henry Thomas (Washington, L.A.)-2	1985
20.67	Bryan Howard (Cyn Spr, MorVly)	1994
20.68*	James Sanford (Pasadena)	1977
20.77	Obea Moore (Muir, Pasadena) -1	1996
20.80	Corey Ealy (Muir, Pasadena)	1987
20.81	Kevin Willhite (Cordova, RCord)-1	1981
20.82	Michael Marsh (Hawthorne)-1	1985

20.82	Barry Smith (Mission, S.F.)-1	1989
20.83	Pat Johnson (Redlands)-1	1994
20.85	Ricky Carrigan (Compton)-1	1991
20.88*	Michael Sanford (Pasadena)	1979
20.89	Curtis Conway (Hawthorne)	1989
20.91	Bill Green (Cubberley, Palo Alto)	1979
20.97	Danny Everett (Fairfax, L.A.)	1985
21.00	Raymond Ethridge (Craw, SDiego)	1987
21.01	Chip Rish (Marina, Hunt Beach)	1985
21.03	Ken Robinson (Berkeley)-1	1981
21.05	Vince Williams (Univ. City, SDiego)	1996
21.06	Marquez Holiwell (West, Bkfld)	1995
21.06	Miguel Fletcher (Alemany, Miss Hills)	1996
21.07	Ato Bolden (Piedmont Hills, SJ)	1991
21.07	Eric Turner (Morningside, Inglewd)	1993
Hand Timing: (* 220 yds. minus 0.1)		
20.6*	Phil Underwood (Dorsey, L.A.)-1	1966
20.6*	Mel Gray (Montgomery, SRosa)-1	1967
20.7*	Carl McCullough (Sacramento)	1972
20.7*	Mike Farmer (Wilson, S.F.)	1974
20.7*	Dupree Branch (Barstow)	1976
20.7	Eric Coleman (Monrovia)	1982
20.8*	James Hines (McClaymonds, Oak)-1	1964
20.8*	Dave Masters (El Cerrito)	1967
20.8*	Millard Hampton (Silv Crk, SJose)-1	1974

400 Meters:

(* 440 Yds. Minus 0.26)		
State Meet Record: 45.25 Calvin Harrison (North, Salinas) 1993 at Cerritos. Frosh: 46.96 Obea Moore (Muir, Pasadena) 1994. Soph: 45.14 Obea Moore (Muir, Pasadena) 1995. Junior: 45.62 Obea Moore (Muir, Pasadena) 1996. Senior: 45.09 Henry Thomas (Hawthorne) 1985.		
45.09	Henry Thomas (Hawthorne) at Berlin	1985
45.14	Obea Moore (Muir, Pasadena) -1	1995
45.25	Calvin Harrison (North, Salinas)-1	1993
45.51	Bill Green (Cubberley, Palo Alto)-1	1979
45.76	Danny Everett (Fairfax, L.A.)	1985
45.76	Steve Lewis (American, Fremont)-2	1987
46.04	Chip Rish (Marina, Hunt Beach)-2	1985
46.15	Michael Granville (Bell Gardens)	1995
46.16	Steve Campbell (Alta Loma, Ontario)	1985
46.25	Alvin Harrison (North, Salinas)	1993
46.34*	James Sanford (Pasadena)-1	1977
46.34	Tyree Washington (LaSierra Rivsd)	1995
46.38	Fabian Cooper (Washington, L.A.)-1	1982
46.57*	Dave Timmons (Oakland)-1	1981
46.62	Jerome Davis (Burrroughs, Ridg)	1995
46.63	Beno Bryant (Dorsey, L.A.)-1	1989
46.67*	Rod Bethany (Fontana)	1978
46.67	Quincy Watts (Taft, Woodland Hills)	1988
46.68	Derrick Shepard (Lincoln, SF)-1	1992
46.68	Felton Charles (McClaymonds, Oakland)	1986
46.72	Richard Dupree (Mt. Pleasant, SJ)-1	1992
46.75*	Ron Williams (Chatsworth)	1977
46.80	Blair McMurray (Compton)	1982
46.82	Daymon Lee (South Gate)	1984

continued next page...

All-Time Boys

46.81	Travis Hannah (Hawthorne)-1	1988
Hand Timed: (* 440 yds. minus 0.3)		
45.7	Chip Rish (Marina, Hunt Bch)-2	1985
45.8*	Ulis Williams (Compton)-2	1961
46.3*	Larance Jones (Lemoore)-1	1969
46.4*	Jerry White (Corcoran)-2	1956
46.4*	Edesel Garrison (Cant, Compton)-1	1968
46.4*	Tony Krzyzosiak (Garden Grove)-1	1971
46.4*	Dave Timmons (Oakland)-1	1981
46.5*	Ray Johnson (Blair, Pasadena)	1971
46.5*	Rod Bathany (Fontana)	1978
46.6*	Lee Evans (Overfelt, San Jose)	1965
46.6*	Mike Newton (Whittier)-1	1967
46.6*	Wayne Collett (Gardena)-1	1967
46.6*	Derald Harris (Pittsburg)-1	1976
46.7*	Dave Archibald (Leuzinger, Lawnd)	1961
46.7*	Freddie Banks (Jefferson, L.A.)-1	1964
46.7*	Andy Young (Jordan, Long Beach)	1968
46.7*	Ron Whitaker (Wilson, S.F.)-1	1973
46.7*	Donn Thompson (Gahr, Cerritos)	1976

800 Meters:

(* 880 Yds. Minus 0.7)

State Meet Record: 1:46.45 Michael Granville (Bell Gardens) 1996 @ Norwalk. Frosh: 1:51.03 Michael Granville (Bell Gardens) 1993. Soph: 1:48.98 Michael Granville (Bell Gardens) 1994. Junior: 1:47.96 Michael Granville (Bell Gardens) 1995. Senior: 1:46.45 Michael Granville (Bell Gardens) 1996.

1:46.45	Michael Granville (Bell Gardens) -2 @ Nor96	
1:47.31	Pete Richardson (Berk) at Nor-1	1981
1:47.8*	Dale Scott (El Cerrito)-1	1972
1:48.1*	Richard Joyce (Sierra, Whittier)-1	1065
1:48.2	Jeff West (Crenshaw, L.A.)	1979
1:48.3*	Clark Mitchell (Bakersfield)	1965
1:48.40	Aaron Richberg (Log, UnCity) -1	1995
1:48.5*	Dennis Carr (Lowell, Whittier)-1	1963
1:48.5*	Robert Hose (Madis, SDiego)-1	1964
1:48.7*	Jim Walters (Estancia, C.Mesa)-1	1977
1:49.0*	Dan Aldridge (Petaluma)	1975
1:49.21	Obea Moore (Muir, Pasadena)	1995
1:49.21	Eric Schermhorn (Wdbr, Irv)-1	1984
1:49.29	Michael Stember (Jesuit, Carm)	1986
1:49.30	Scott Cox (Wilson, Long Beach)	1981
1:49.3*	Dave Kingsland (El Modena)	1977
1:49.4*	Brent Tubb (Cleveland, Reseda)	1971
1:49.42	Vondre Armour (Bakersfield)-1	1994
1:49.43	Eddie Davis (Compton)	1981
1:49.50	Brian Wilkinson (Merced)	1993
1:49.5*	David Mack (Locke, L.A.)-2	1979
1:49.56	Mike Katri (Fortuna)-1	1992
1:49.64	Milton Hughes (Stagg, Stockton)	1992
1:49.7*	Terry Rogers (Hilltop, ChVista)-1	1966
1:49.84	Daymon Lee (South Gate)	1984

1500 Meters:

(+ Enroute to Longer Distance)

State Meet Records: Frosh: 3:49.71 Jason Balkman (Lynbrook, San Jose) 1992. Soph: 3:51.5 Jim Arriola (Gahr, Cerritos) 1974. Junior: 3:46.65 Mike Stember (Jesuit, Carmichael) 1995. [Old record: 3:49.4 Mark Fricker (Hemet) 1977]. Senior: 3:46.4 Paul Medvin (University, Los Angeles) 1979.

3:46.4	Paul Medvin (Univ, L.A.) at Bloom	1979
3:46.65	Mike Stember (Jesuit, Carm)	1995
3:47.65	Reggie Williams (RivCity, WSacto)	1988

3:48.73	Daniel Das Neves (Helix, La Mesa)	1992
3:48.8	Jim Arriola (Gahr, Cerritos)	1976
3:48.9	Rich Kimball (Del.Salle, Concord)	1974
3:49.0+	Harold Kuphaldt (BVista, Fair Oaks)	1982
3:49.4	Mark Fricker (Hemet)	1977
3:50.1	Ian Aisen (Kennedy, Granada Hills)	1988
3:50.1+	Coley Candaale (Carpinteria)	1990
3:50.2	Charlie Christensen (Edis, HuntB)	1977
3:50.2	Steve Whitcomb (Helix, La Mesa)	1979
3:50.2+	Mebrahtom Keflezighi (San Diego)	1994
3:50.26	Brandon Pacheco (Brethren, Cypr)	1995
3:50.3+	Louie Quintana (Arroyo Grande)	1990
3:50.4	Ralph Serna (Loara, Anaheim)	1975
3:50.47	Angel Martinez (San Gabriel)	1982
3:50.5	Mark Mastalir (Jesuit, Carmichael)	1986
3:50.8	Andy DiConti (La Canada)	1980
3:51.0	Eric Mastalir (Jesuit, Carmichael)	1986
3:51.1	Dave Cangalosi (Villa Park)	1979
3:51.2	Dennis Arriola (Gahr, Cerritos)	1979
3:51.2+	Jeff Williams (Foothill, Tustin)	1982
3:51.36	Gary Gonzales (Clovis)	1981
3:51.5	Mike O'Reilly (San Rafael)	1978*
3:51.51	Roman Gomez (Belmont, LA)	1984

1600 Meters:

(* One Mile Minus 1.8)

State Meet Record: 4:05.4y Mark Schilling (Garden Grove) 1972 at Oroville. Frosh: 4:15.4* Harry Nicholas (Reedley) 1968. Soph: 4:07.5* Jim Arriola (Gahr, Cerritos) 1974. Junior: 4:02.4* Curtis Beck (Santa Monica) 1972. Senior: 3:57.6* Tim Danielson (Chula Vista) 1966.

3:57.6*	Tim Danielson (ChVista) at SD-2	1966
4:00.6*	Rich Kimball (Del.Salle, Conc)-1	1974
4:02.4*	Curtis Beck (Santa Monica)	1972
4:03.5*	Paul Medvin (University, L.A.)-2	1979
4:03.6*	Mark Schilling (Garden Grove)-1	1972
4:03.7*	Terry Colton (Valley, El Cajon)	1972
4:03.98*	Mebrahtom Keflezighi (SDiego)-1	1994
4:04.00	Mike Stember (Jesuit, Carm) -1	1995
4:04.15	Mark Mastalir (Jesuit, Carm)-1	1986
4:04.21*	Pedro Reyes (Jesuit, Carmichael)	1980
4:04.23	Eric Mastalir (Jesuit, Carmichael)	1986
4:04.66*	Steve Whitcomb (Helix, La Mesa)	1979
4:04.8*	Thom Hunt (Henry, San Diego)	1976
4:04.86*	Harold Kuphaldt (BVista, FairOks)	1982
4:04.9*	Barrie Williams (North, Torrance)	1972
4:04.9*	Andy Clifford (Sunny Hills, Full)	1974
4:05.1*	Mark Stillman (Willow Glen, SJ)-1	1977
4:05.2*	Ralph Serna (Loara, Anaheim)	1975
4:05.29*	Roman Gomez (Belmont, LA)-2	1985
4:05.4*	Armando Valencia (Vly, El Cajon)	1967
4:06.1*	Mark Fricker (Hemet)	1977
4:06.18	Larry Guinee (Castro Valley)-1	1980
4:06.2*	Pete Romero (Reedley)	1967
4:06.26	Coley Candaale (Carpinteria)-1	1990
4:06.4*	Alvin Gilmore (Lompoc)-1	1973
4:06.4*	Ray Wicksell (West Covina)	1974
4:06.4*	Stan Ross (Serra, San Mateo)	1977

3000 Meters:

(+ Enroute to Longer Distance)

State Meet Record: None. Frosh: 8:44.5 David Naranjo (Sanger) 1983. Soph: 8:26.7+ Calvin Gaziano (Castro Valley) 1983. Junior: 8:19.9+ Harold Kuphaldt (Bella Vista, Fair Oaks) 1981. Senior: 8:07.60 Eric Mastalir (Jesuit, Carmichael) 1986.



Eric Mastalir

Photo by Bill Davis

8:07.60	Eric Mastalir (Jesuit, Carm) Sac	1986
8:09.0+	Eric Reynolds (Camarillo)	1983
8:10.54	Mark Mastalir (Jesuit, Carm)	1986
8:12.7+	Thom Hunt (Henry, San Diego)	1976
8:16.2+	Jeff Nelson (Burbank)	1979
8:16.3	Chuck Assumma (Eisen, Rialto)	1979
8:16.3	Richard Perez (SGorg, San Ber)	1980
8:16.79	Reggie Williams (RiveCity, WSac)	1988
8:17.5+	Jon Butler (Edison, Hunt Beach)	1981
8:17.7+	Jay Marden (MissSJ, Fremont)	1981
8:18.2+	Mark Dani (Valhalla, El Cajon)	1986
8:19.9+	Harold Kuphaldt (BVista, FairOks)	1981
8:20.25	Paul Thomas (Jesuit, Carmichael)	1987
8:20.59	Daniel Das Neves (Helix, La M)	1992
8:20.6	Roman Gomez (Belmont, LA)	1984
8:20.6+	Bryan Dameworth (Agoura)	1980
8:21.0+	Mike Carlton (Northview, Covina)	1981
8:21.3+	Jesse Torres (Independence, SJ)	1981
8:21.6	Matt Blay (Marina, Hunt Beach)	1979
8:21.6	Jeff Vandereems (Mission Viejo)	1979
8:22.0	Terry Williams (Lompoc)	1973
8:22.26	Jimmie Rodriguez (S Ana Vly)	1989
8:22.4	Mark Junkermann (Los Alamitos)	1983
8:23.11	David Welsh (Jesuit, Carmichael)	1989
8:23.2+	Mark McAbay (Mir, Orinda)	1986

3200 Meters:

(* 2 Miles Minus 3.6)

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

continued next page...

All-Time Boys

8:32.7"	Jeff Nelson (Burbank) Wstwd-2	1979
8:40.4"	Eric Reynolds (Camarillo)-1	1983
8:41.0"	Eric Hulst (Laguna Beach)-2	1976
8:41.6"	Thom Hunt (Henry, San Diego)	1976
8:42.3"	Ralph Serna (Loara, Anaheim)	1975
8:42.9"	Rich Kimball (DeLaSalle, Conc)-1	1974
8:44.95"	Eric Mastali (Josuit, Carm)-1	1986
8:45.2"	Curtis Beck (Santa Monica)-1	1972
8:46.78"	Jon Butler (Edison, HuntBeach)-1	1981
8:48.8"	Chuck Assumma (Eisen, Rialto)	1979
8:49.0"	Don Moses (Crescenta Valley)	1976
8:49.3"	Frank Assumma (Eisen, Rialto)-1	1977
8:49.4"	Pete Romero (Reedley)-1	1967
8:49.7"	Marc Genet (Santa Ana)	1972
8:49.8"	Rod Berry (Redwood, Larkspur)	1977
8:49.9"	Dave Taylor (Merced)	1972
8:50.2"	Dale Fleet (Claremont, SDiego)-1	1971
8:50.2"	Mark Spilsbury (Foothill, Tustin)	1976
8:50.6"	Jim Salcido (Sunny Hills, Fullin)	1972
8:50.8"	Jose Amaya (Wilson, LA)	1971
8:50.8"	Gordon Innes (Upland)	1971
8:50.8"	Sal Godinez (Salesian, LA)	1976
8:51.0"	Bob Grubbs (Wash, Fremont)	1972
8:51.15"	Marc Dani (Valhalla, El Camino)	1986
8:51.15"	Jay Marden (Mission SJ, Frem)	1981

100 Meter Hurdles:

(* 120 Yards Plus 0.03)
 State Meet Record: 13.41-Steve Kerho, Mission Viejo, @ Sacramento, 1982. Frosh: 14.89 Kenyon Rambo (Poly, Long Beach) 1984. Soph: 14.37 Kyle O'Neill (Bella Vista, Fair Oaks) 1992. Junior: 13.69 Phillip Johnson (Gardena) 1977. Senior: 13.41 Steve Kerho (Mission Viejo) 1982.

13.41	Steve Kerho (Miss Viejo) at Sacto-1	1982
13.67	Phillip Johnson (Gardena)-1	1978
13.67	David Ashford (West Covina)-1	1981
13.67	Isaac Carson (Jefferson, DalyCity)-1	1981
13.68	Jovesea Naivalu (Frem, Sunnyvl) -2	1986
13.73	Don Ward (St. Mary's, Berkeley)-1	1980
13.77	James Paxton (Crenshaw, LA)	1986
13.79	Henry Andrade (HJohnson, Sacto)	1980
13.79	Troy Weaver (Edgewood, Covina)	1982
13.80	Ron Brown (Bish Amat, La Puente)	1982
13.80	Makio Haywood (Muir, Pasadena)	1986
13.81	Ken Margerum (Fountain Valley)	1977
13.84	Shelton Boykin (San Fernando)	1987
13.84	Dana Hall (Ganesha, Pomona)-1	1987
13.85	Ronnie McCoy (Edison, Fresno)	1981
13.87	Milan Stewart (West Covina)-1	1978
13.87	Drue Powell (Reseda)-1	1993
13.87	Dominique De Grammont (Tustin)	1986
13.88	Robert Reading (St. Mary's, Berk)-1	1985
13.88	Terry Johnson (Katella, Anaheim)-1	1986
13.88	Ron Copeland (Dorsey, LA)	1987
13.90	Jim Scanela (SRamon, Danville)-1	1979
13.90	Erick Montgomery (Ind, San Jose)	1983
13.91	Tonie Campbell (Banning, Wilm)	1978
13.91	Gary Lee (Poly, Long Beach)	1979
13.91	Raymond Young (Hawthorne)-1	1984
Hand Timing		
13.2y	Dedy Cooper (H Ellis, Richmond)	1975
13.3y	Robert Gaines (Kenn, Richmond)-1	1975
13.3y	Jon Peterson (Saddleback, SAna)	1975
13.3y	Phillip Johnson (Gardena)-1	1978
13.6y	Charles Jackson (Lompoc)-1	1971
13.6y	Dan Jones (Palo Verde, Blythe)-1	1972

13.6y	Tom Andrews (West, Bakersfield)	1973
13.6y	Carl Florant (Palo Alto)	1973
13.6y	Mike Harris (Indio)	1974
13.6y	Wilbur Gregory (Mission Viejo)	1975
13.6y	Tonie Campbell (Banning, Wilm)	1978

300 Meter Intermediate

Hurdles:

(* 330 Yards Minus 0.19)
 State Meet Record: 35.50 George Porter (Cabrillo, Lompoc) at Sacramento 1985. Frosh: 38.07 Kenyon Rambo (Poly, Long Beach) 1984. Soph: 37.18 Kenyon Rambo (Poly, Long Beach) 1995. Junior: 36.10 George Porter (Cabrillo, Lompoc) 1984. Senior: 35.32 George Porter (Cabrillo, Lompoc) 1985.

35.32	George Porter (Cabr, Lom) Wain-2	1985
36.18	Makio Haywood (Muir, Pasad) -1	1986
36.26	Jovesea Naivalu (Fremont, Sunnyvl)	1986
35.43	John Montgomery (Indep, SJose)-1	1988
36.44	Kevin Jones (Mt. Miguel, Spr Vly)	1988
36.56	Michael Graham (Hawthorne)	1985
36.59	Mickey Grimes (Cyn SprMorVly)-1	1995
36.65	Ken Haslip (Muir, Pasadena)-2	1994
36.71	Kenny Hall (Ganesha, Pomona)	1985
36.74	Keith Pontiflet (Esper, Anaheim)	1985
36.76	Mike King (Menlo-Alherton)	1985
36.80	Raymond Young (Hawthorne)	1984
36.80	Jason Medearis (Hart, Newhall)	1994
36.82	Felix Sanchez (Univ City, SD)	1995
36.83	Anthony Reynolds (Fremont, L.A.)	1984
36.84	Gordon Bugg (West Covina)	1984
36.88	Yki Valley (Hawthorne)-1	1987
36.98	Keith Williams (Escondido)-1	1991
36.90	Bill Gaines (Indep, San Jose)	1986
36.99	Kenyon Rambo (Poly, Long Beach)	1996
37.07	Chris Redmond (Vallejo)	1992
37.08	Nate Wright (Oakland)	1988
37.10	Al Blades (Muir, Pasadena)	1984
37.11	Chey Walker (West Covina)	1985
37.13	Dana Hall (Ganesha, Pomona)	1987
37.13	Matt Blasdel (Santa Margarita)	1996
Hand Timed: (* 330 yards minus 0.2):		
36.2"	Dedy Cooper (Ells, Richmond)	1975
36.2"	Charles White (San Fernando)	1976
36.6	Ron Seanez (Gilroy)	1981

High Jump:

State Meet Record: 7-3 1/4 Lee Balkin (Glendale) at Sacramento 1979. Frosh: 6-10 Gabriel Zarate (Selma) 1986. Soph: 7-1 Kenny Burke (Westlake, Simi Valley) 1983. Junior: 7-3 Maurice Crumby (Balboa, S.F.) 1982. Senior: 7-4 1/2 Maurice Crumby (Balboa, S.F.) 1983.

7-4 1/2	Maurice Crumby (Balb, S.F.)@Stan-2	1983
7-4	Jeremy Fischer (Camarillo)-1	1994
7-3 1/4	Lee Balkin (Glendale)-1	1979
7-3	Reynaldo Brown (Compton)-3	1968
7-3	Tim Pottl (Germany, Mission Hills)	1979
7-3	Jeff Rogers (Overfelt, San Jose)	1985
7-3	Avery Anderson (North, Riv)-1	1991
7-2 1/4	Jeff Nadeau (Monroe, Sepulveda)-1	1993
7-2	Billy Hice (Oakland)	1977
7-2	Dennis Smith (Santa Monica)-1	1977
7-2	Kerry Myers (Berkeley)	1978
7-2	Frank Schiefer (Madison, SDiego)	1978

7-2	Kenny Burke (Westlake, Simi Vly)-1	1984
7-2	Reggie Betton (Antd Vly, Lanc)-1	1988
7-2	Art Lloyd (Eisenhower, Rialto)	1994
7-1 3/4	Mark Wilson (Monte Vista Danville)	1974
7-1 1/2	Dwight Stones (Glendale)-1	1971
7-1 1/2	Todd Kelly (Big Valley, Bieber)	1983
7-1 1/4	Otis Hailey (Wasco)	1968
7-1 1/4	Luis Juico (Piedmont Hills, SJ)-1	1987
7-1	Rob Olson (El Cam Red, Wdland H)	1977
7-1	Greg Denby (Crenshaw, L.A.)-1	1980
7-1	Anthony Caire (Plus X, Downey)-1	1981
7-1	Maury Burnett (Washington, L.A.)	1982
7-1	Andre La Coste (Lakewood)	1988
7-1	Mark Wilson (Charter Oak, Cov)-1	1989
7-1	Kevin Carlson (Katella, Anaheim)-1	1981

Pole Vault:

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

18-2	Brandon Richards (SMarc, S.B.)@Eug.'85	
17-8 1/2	Brent Burns (Acalanes, Lafayette)-1	1987
17-4 1/4	Anthony Curran (Crespi, Enc)-2	1978
17-4	David Cox (Hoover, Fresno)-1	1981
17-1	Tye Harvey (Sonora)	1983
17-0 3/4	Matt Warwick (Hesperia)	1988
17-0 3/4	Scott Slover (Leland, San Jose)-2	1984
17-0 1/2	Doug Fraley (Clovis West)	1983
17-0	Mike Kibort (Saratoga)-1	1982
17-0	Tom Parker (NDame, Sherm Oaks)	1988
16-8 3/4	Steve Smith (South, Torrance)-2	1969
16-8 3/4	Mike Tully (Millikan, Long Beach)	1974
16-7	Robert Pullard (Los Angeles)	1969
16-6 3/4	Paul Wilson (Warren, Downey)-2	1965
16-6	Brian Worden (NDame, SherOks)	1975
16-6	Greg Ernst (El Dor, Palencia)	1978
16-6	Tom Richards (SMarcos, S.B.)-1	1988
16-6	Borya Orloff (Bosco, Bellflower)	1984
16-6	Robbie Weighall (Foothill, Bkfld)	1984
16-5 1/4	Steve Michels (Brethren, Cypr)-1	1986
16-5	Jon Vaughn (Corona)	1966
16-4 3/4	Paul Heglar (Muir, Pasadena)	1966
16-4 3/4	Esa Sallinen (Burr, Burbank)	1984
16-4	Dave Noel (Edison, Hunt Beach)	1988
16-4	Jesse Stern (Harv/Westlake, LA)	1993
16-4	Mike Brown (TorrPines, SD) -1	1995

Long Jump:

State Meet Record: 26-4 3/4 James Stallworth (Tulare) at Cerritos 1989. Frosh: 23-10 1/2 Johnny Johnson (Pacific Grove) 1963. Soph: 25-2 1/4 Johnny Johnson (Pacific Grove) 1964. Junior: 25-10 3/4 Haulon Hewitt (Merced) 1988. Senior: 26-4 3/4 James Stallworth (Tulare) 1989.

26-4 3/4	James Stallworth (Tul)@Carr-1	1989
26-3 3/4	Randy Williams (Eds, Fresno)-1	1971
26-2 1/4	Ken Duncan (McClatchy, Sacto)	1972
26-0 3/4	Jerry Proctor (Muir, Pasadena)-1	1967
26-0 3/4	Joe Richardson (Pasadena)-1	1984
26-0	Larry Cleveland (Soquel)-1	1984
25-11 1/2	Johnny Doubley (ManArts, L.A.)-1	1976
25-10 3/4	Haulon Hewitt (Merced)-1	1988

continued next page...

All-Time Boys

25-9 1/2	Gerald Hardeman (Edis, Fresno)	1972
25-7	James McAlister (Blair, Pasad)-1	1970
25-6 1/4	Ted Hammond (Compton)	1973
25-5 1/2	Percy Knox (Antel Vly, Lanc)-1	1987
25-5 1/4	Doyle Steel (San Diego)-1	1966
25-5	Carl McCullough (Sacramento)-1	1972
25-5	Gerald Price (UnivCity, S.Diego)-1	1990
25-4 3/4	Johnny Johnson (Pacific Grove)	1965
25-4 1/2	Oscar Bean (Jefferson, L.A.)-1	1956
25-4 1/2	Clarence Scott (Fremont, LA) -1	1995
25-4 1/4	Monte Upshaw (Piedmont)-2	1954
25-4	Donnie Butler (Fremont, L.A.)	1978
25-3 3/4	Diatori Gildersleeve (Grant,Sac)-1	1988
25-3	Willie Davis (Roosevelt, L.A.)	1958
25-3	Bobby Bonds (Poly, Riverside)-1	1964
25-3	Ken Frazier (Mission, S.F.)	1981
25-2 1/2	George Brown (Jordan, L.A.)-2	1949

Triple Jump:

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

53-6 1/2	Joe Richardson (Pasa) at Sacto-1	1984
52-10 1/2	Charles Mayfield (Muir, Pasa)	1980
52-6 1/4	Dave Tucker (S.J. Mem, Fresno)	1970
52-6	Henry Ellard (Hoover, Fresno)-1	1979
52-5 3/4	Marcus Hooks (Lakewood)-1	1986
52-4 3/4	Ken Frazier (Mission, S.F.)-1	1981
52-3 1/2	Randy Williams (Edison, Fresno)	1971
52-0	Von Ware (RanBuenV, Vista)-1	1994
51-11	Joel Smith (Cord, RCordova)-1	1987
51-8 3/4	MacArthur Anderson (Bakersf)	1987
51-8	Mike Woods (Manual Arts, L.A.)	1963
51-7 3/4	Phoup. Singbandith(Mag,Ana)-1	1990
51-7 1/2	Vectee Jackson (McLane, Fresno)	1981
51-6 1/2	Greg Caldwell (Fremont, L.A.)-1	1976
51-5 3/4	Freeman Miller (Fremont, L.A.)-1	1980
51-3	Willie Banks (Oceanside)-2	1974
51-3	Ricky Holliday (Muir, Pasadena)	1980
51-2 1/4	Dokie Williams (El Cam (Oc)-1	1977
51-2 1/4	Tim Prince (Logan)	1988
51-2	Lenny McGill (OrGen, Escon)-1	1989
50-11 3/4	Tony Parrish (Marina, HBCh) -1	93
50-11 1/2	Harold Rucker (Silver Creek, SJ)	1986
50-11 1/2	Terrance Strong (Bakersfield)-1	1984
50-11 1/4	DeAndre Roberson (West, Bak)	1989
50-11	Dan Jackson (Oakland)	1975

Shot Put:

State Meet Record: 74-4 3/4 Brent Noon (Fallbrook) at Cerritos 1990. Frosh: 59-8 Brent Noon (Fallbrook) 1987 & Van Mounts (Bakersfield) 1995. Soph: 63-11 1/2 Van Mounts (Bakersfield) 1996. Junior: 69-8 1/4 Brent Noon (Fallbrook) 1989. Senior: 76-2 Brent Noon (Fallbrook) 1990.

76-2	Brent Noon (Fallbrook)-2	1990
69-6 1/2	Brian Blutreich (Capistrano Vly)-2	1985
69-3 3/4	Jim Neidhart (Newport Harbor)-1	1973
68-5 1/2	Steve Montgomery (Lass,Sus)-1	1976
68-5	Dave Kurrasch (NewpHarbor)-1	1975
67-9 3/4	John Hubbell (Poly, Long Bch)-1	1966
67-9	Terry Albritton (Newport Harbor)	1972
67-9	John McKenzie (Hart, Newhall)	1976

67-8 1/4	Dave Doupe (Ingewood)	1973
67-6 1/2	Randy Cross (Crespi, Encino)-1	1972
67-2 1/4	Mark Stevens (NewpHarbor)-1	1971
67-2	Dave Murphy (Sunny Hills, Full)	1966
67-0	David Bultman (Royal, Simi)-1	1987
66-8	Mark Parlin (Esper, Anaheim)-1	1991
65-11 1/2	Curt Hampton (El Cajon)-1	1974
65-11	J. D. Martin (Madera)	1996
65-10 3/4	Dave Porath (Atwater)-1	1978
65-10	Steve Wilhelm (Frem, Sunnyvale)	1967
65-9 3/4	John Buehler (Whittier)-1	1967
65-9	Dave Laut (Santa Clara, Oxnard)	1975
65-9	Jeff Stover (Chico)	1976
65-9	John Bender (Shafter)	1984
65-8 3/4	Randy Withrow (Pasadena)-1	1970
65-7 3/4	Don Castle (Cubberley, Palo Alto)	1961
65-7 1/4	Dave Gerasimchuk (Narb Lomita)	1972

Discus:

State Meet Record: 203-4 Brian Blutreich (Capistrano Valley) at Sacramento 1985, and 203-4 Rob Powell (Redwood, Visalia) at Cerritos 1990. Frosh: 173-6 Antonio Dobbins (Burroughs, Ridgecrest) 1979. Soph: 182-5 Jeff Buckley (Bakersfield) 1990. Junior: 210-1 Jeff Buckley (Bakersfield). Senior: 210-8 Brian Blutreich (Capistrano Valley) 1985.

210-8	Brian Blutreich (Capistrano Valley)-1	1985
210-1	Jeff Buckley (Bakersfield)-1	1991
209-6	Dave Porath (Atwater)-1	1978
203-4	Rob Powell (Redwood, Visalia)-1	1990
201-6	Ray Burton (Vacaville)-1	1974
201-3	Chris Adams (Los Altos)-2	1970
200-8	Brent Noon (Fallbrook)	1990
200-7	Paul Bender (Shafter)-1	1980
200-4	Scott Endler (Hoover, Fresno)-1	1976
200-1	Scott Overton (Los Altos)-1	1972
199-8	John Badinovac (Jesuit, Carmichael)	1996
199-0	John Wirtz (Leland, San Jose)-1	1988
198-6	Dave Voorhees (Tulelake)	1973
198-1	Gabe Torre (Notre Dame, Riverside)	1992
197-7	Pete Swanson (San Benito, Hollis)	1992
197-6	Kevin Richardson (Shafter)	1984
196-10	David Bultman (Royal, Simi)-1	1987
195-8	Billy Joe Winchester (Mt. Mig, SpVly)	1970
195-6	Chris DeMartini (St. Ign, S Fran)	1994
195-5	Lonnie Shelton (Foothill, Bakers)-1	1973
195-4	Bob Stoecker (Los Altos)-2	1962
195-4	Tom Birtwhistle (Gunn, Palo Alto)	1969
194-10	David Thomson (Santa Ynez)-1	1977
194-7	Antonio Dobbins (Burr, Ridgecrest)-2	1981
194-2	Dave Hickson (Leland, San Jose)	1973
194-2	Darrell Elder (Redwood, Larkspur)	1974
194-2	Mark Parlin (Esperanza, Anaheim)	1991

400 Meter Relay

(* 440 Yards Minus 0.23)
State Meet Record: 40.24 Hawthorne (Alexander, Smith, Allen, Conway) at Cerritos 1989.

40.24	Hawthorne at Cerritos (Alexander, Smith, Allen, Conway)	1989
40.53	Serra (Gardena) -1.	1996
40.64	Hawthorne (Marsh, Graham, Parnam, Thomas)	1985
40.64	Muir (Pasadena)	1996
40.78	Muir, Pasadena-1	1987

40.78	Skyline (Oakland) -1	1995
40.82	Hawthorne (Marsh, Young, Parnam, Thomas))	1984
40.83	Edison, Fresno-1 (Cowings, Woods, Walker, Wheeler)	1983
40.86	Berkeley-1 (McCree, Robinson, Clewis, Murray)	1981
40.87	Hawthorne (Young, McGee, Young, Thomas)	1983
40.88	Taft, Woodland Hills (Feinstein, Roberts, Flores, Watts)	1987
40.91	Hawthorne (Hannah, Valley, Carroll, Conway)	1987
40.92	Dorsey, Los Angeles (Boles, Williams, Williams, Jackson)	1981
40.93	Berkeley-1 (Davis, Henderson, Hunter, Usher)	1984
40.93	Muir, Pasadena (Limbrick, Ealy, Ervins, Jeffries)	1986
40.95	Washington (Los Angeles)	1990
40.98	Berkeley (Davis, Henderson, Hunter, Paulding)	1983
41.00	El Camino, Oceanside-1 (Powell, Eubanks, Owsu, Forte)	1994
41.01	Oakland-1 (Porter, Watson, Williams, Watson)	1982
41.05	Washington, Los Angeles	1988
41.05	San Bernardino-1	1990
41.06	Morningside Inglewood	1987
41.09	Muir, Pasadena (Carr, Haslip, Moore, Baldwin)	1994
41.09	Bakersfield	1995
41.11	Morningside Inglewood (Lloyd, Butler, Reed, Taylor)	1994
41.11	Washington (Los Angeles)	1991
41.11	Muir, Pasadena	1983
41.12	Compton -1 (Permon, Harvey, Ephraim, Carrigan)	1991
41.13	Taft (Woodland Hills)	1986
Hand Timing (* 440 yards minus 0.2)		
40.8*	Wilson, San Francisco-1 (Farmer, Whitaker, Kirtman, Walker)	1973

1600 Meter Relay

(* Mile Minus 1.1)
State Meet Record: 3:08.66 Muir (Pasadena) (Tryon, McCullough, Haywood, Moore) 1996 @ Norwalk.

3:07.40	Hawthorne @ Austin, Texas (Graham, Marsh, Kelly, Thomas)	1985
3:08.66	Muir (Pasadena) -1 (Tryon, McCullough, Haywood, Moore)	1996
3:08.84	Berkeley -1 (Walker, Richardson, Murray, Robinson)	1981
3:09.45	Hawthorne -1 (Graham, Young, Kelly, Thomas)	1984
3:10.11	Hawthorne -1 (McGee, Torrence, Kelly, Thomas)	1983
3:10.33	Perris 1983	
3:10.37	(Fenaugh, Stamps, Jackson, Harris) Centennial, Compton -1 (Graham, Ware, Jackson, Turner)	1980
3:10.42	Berkeley (Dotson, Richardson, Walker, Robinson)	1980
3:10.46	Hawthorne -1 (Alexander, Conway, DelPino, Hannah)	1988

continued next page...

All-Time Boys

3:10.47*	Banning, Wilmington -1 (Davis, Caesar, Plalock, Lewis)	1978	(Carr, Haslip, Baldwin, Moore)	10 Miles	George Aguirre (S Barbara)	1975				
3:10.80	Morse (San Diego) (Jones, Carter, Pinson, Burston)	1996	3:12.6* Pasadena -1 (Cleveland, Dancer, Sanford, Sanford)	48:15.0	1 Hour					
3:11.10	Poly, Long Beach	1981	3:12.6* Fontana (Cooper, Gary, Fowler, Bethany)	12M,254Y	Ajim Baksh (Hollywood)	1975				
3:11.32	Compton (Davis, Taylor, Smith, Barksdale)	1980	3:12.64 Pasadena	Marathon	Mitch Kingery (San Carlos)	1973				
3:11.77	Hawthorne -1 (Thomas, Carroll, Thomas, Hannah)	1987	3:12.68 Hawthorne	110 H (42")						
3:11.81	Centennial, Compton (Pinchback, Ware, Jones, Graham)	1981	3:12.7* Muir (Pasadena) -1 (Herron, Shaw, Austin, Sheats)	14.23	Jovesa Naivalu (Frem, Snyve)	1986				
3:12.1*	Castlemont, Oakland -1 (Roberts, Morgan, Curry, Rodgers)	1971	Miscellaneous Records							
3:12.21	Dorsey, Los Angeles -1	1989					9.44 Mike Sanford (Pasadena)	1979	2:23.47	Dedy Cooper (Ells, Richmond)
3:12.3*	Westchester, Los Angeles (Brown, Lee, Jones, Pittman)	1978					9.3 (hand) Tony Pitts (Valley, Santa Ana)	1978	180y LH (Straight)	
3:12.44	Muir (Pasadena) -1 (Gray, Haywood, McCullough, Moore)	1995					220 Yards (str.)		18.1	Steve Caminiti (Crespi, Encino)
3:12.45	Muir, Pasadena (Carroll, Anderson, Mathis, Brown)	1981					20.2 Forest Bezy (Hoover, Glen)	1961	18.1	Earl McCullough (Poly, L Bch)
3:12.50	Morningside Inglewood	1987					3 Miles		180y LH (turn)	
3:12.5*	Fremont, Los Angeles (Butler, Derry, Shelton, Daniels)	1978					13:43.6 Rich Kimball (Conc, DeLaSalle)	1974	18.6	Wayne Collett (Gardena)
3:12.54	Oakland	1981					5000		18.6	Rich Graybehl (LLomas, WalCk)
3:12.54	Muir, Pasadena -1	1994					14:01.40 Eric Mastalir (Jesuit, Carm)	1986	300 LH	
							27:58.0 Eric Hulst (Laguna Beach)	1976	35.52	Danny Harris (Perris)
			10,000 Meters		400 IH					
			28:55.0 Eric Hulst (Laguna Beach)	1976	51.5	Charles White (San Fernando)				
					440y IH					
					52.7	Mark Low (Pomona)				
					2000 SC					
					5:43.9	Steve Guerrini (Santa Rosa)				
					3000 SC					
					9:10.8	Dave Daniels (San Gorg, S.Bern.)				
					4x200					
					1:25.6	Berkeley				
					4x800					
					7:44.0y	El Cerrito (Stodden, Wolfe, Rica, Wood)				
					4x1500					
					16:13.4	Compton				
					4x1600 Relay					
					17:13.2	Lompoc (Schankel, Fabing, Gilmora, Williams)				
					Sprint Medley Relay					
					3:21.1	Berkeley				
						(Lewis, Murray, Robinson, Richardson)				
					Distance Medley Relay					
					9:56.3	Jesuit, Carmichael				
						(Thomas, Cahill, Mastalir, Mastalir)				
					4x120 LH					
					53.5	Franklin, Stockton				
					4x120 HH					
					58.4	Fresno (Larson, Cox, Lyons, Elders)				
					SP (16 lb.)					
					57-10 1/4	Dave Murphy (S Hills, Fullerton)				
					DT (4 lb. 6 oz.)					
					177-4	Ray Burton (Vacaville)				
					HT (12 lb.)					
					219-2	Kevin McMahon (Bellar, SJose)				
					HT (16 lb.)					
					173-11	Chuck Vandagriff (Castro Valley)				
					JT (Old)					
					218-11	Mike Ostrom (LLomas, Wal Ork)				
					JT (New)					
					214-7	Greg Johnson (Woodside)				
					Pentathlon					
					3418	Dixon Farmer (Miramonte, Orinda)				
						1959				
					Decathlon					
					7172	Tom Richards (SMarcos, S.B.)				
						1988				

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MEET SPOTLIGHT

From Stan Rosenfield

Electric City Challenge and Saucony/RRCA Women's Distance Festival



Nikki Shaw

Photo by Elaine Rosenfield

14:57 by two seconds. Huff, who had won the Pozo 5K earlier this summer, was followed by Ahmik Jones, Cal Poly's top middle distance runner during the spring track season.

Electric City Challenge 5K

Top 25 Overall

- | | | |
|-----|-------------------------------------|-------|
| 1. | Ivan Huff (37) San Luis Obispo | 14:55 |
| 2. | Ahmik Jones (21) San Luis Obispo | 15:23 |
| 3. | Scott Peterson (28) San Luis Obispo | 15:26 |
| 4. | Eric Engel (21) San Luis Obispo | 15:28 |
| 5. | Adolfo Lopez (36) Santa Maria | 15:53 |
| 6. | Joe Taverner (20) Los Osos | 16:04 |
| 7. | Christian Hesch (17) Morro Bay | 16:08 |
| 8. | Ronnie Buchanan (17) Santa Maria | 16:09 |
| 9. | Doug Sims (36) Santa Maria | 16:18 |
| 10. | Dave Mitchell (19) Los Osos | 16:25 |
| 11. | Jason Paine (16) Arroyo Grande | 16:33 |
| 12. | Jarrell Meier (17) Santa Maria | 16:38 |
| 13. | Ricky Felix (19) Nipomo | 16:38 |
| 14. | Paul Lee (35) Arroyo Grande | 16:45 |
| 15. | Frank Hutchinson (43) Los Osos | 16:56 |
| 16. | Chris Zepeda (20) San Luis Obispo | 17:02 |
| 17. | James Bailly (16) Grover Beach | 17:04 |
| 18. | Michael Paine (16) Arroyo Grande | 17:04 |
| 19. | Joe Bergquist (32) Atascadero | 17:21 |
| 20. | Jon-Paul Ewing (15) Paso Robles | 17:23 |
| 21. | Louie Quintana, Sr. (43) Nipomo | 17:30 |
| 22. | Chris Terry (16) Arroyo Grande | 17:32 |
| 23. | Brian Waterbury (48) S Luis Obispo | 17:36 |
| 24. | Charlie Joslin (40) Atascadero | 17:41 |
| 25. | Kevin Cooper (36) San Luis Obispo | 17:46 |



Ivan Huff

Photo by Elaine Rosenfield

August 17, 1996. San Luis Obispo. 5K.

Nikki Shaw of Cal Poly cut 49 seconds off her 1995 time to move from fifth last year to first this year at the 17th Annual Saucony Women's Distance Festival 5K held at Laguna Lake Park. Shaw, a former prep star at Fillmore High School, finished more than a minute ahead of runner-up Janet Norem of Grover Beach.

In the men's race--Electric City Challenge--Ivan Huff of San Luis Obispo broke Steve Neubaum's 1990 course of

Saucony/R.R.C.A.

Women's Distance Festival 5K

Top 25 Overall

- | | | |
|-----|-------------------------------------|-------|
| 1. | Nikki Shaw (21) Cal Poly SLO | 18:05 |
| 2. | Janet Norem (39) Grover Beach | 19:42 |
| 3. | Mary Cooper (39) San Luis Obispo | 20:04 |
| 4. | Sue O'Sullivan (34) Grover Beach | 20:08 |
| 5. | Kyra Patterson (16) San Luis Obispo | 20:10 |
| 6. | Samantha Michel (14) Los Osos | 20:26 |
| 7. | Cathy Agler (38) San Luis Obispo | 20:48 |
| 8. | Katherine Niblett (15) Shell Beach | 21:20 |
| 9. | Ashley Blue (12) Arroyo Grande | 21:24 |
| 10. | Cheryl Lyons (22) San Luis Obispo | 21:29 |
| 11. | Kathy Fox (39) Arroyo Grande | 21:39 |

- | | | |
|-----|------------------------------------|-------|
| 12. | Niki Canby (15) Arroyo Grande | 21:45 |
| 13. | Nancy Lord (15) San Luis Obispo | 21:50 |
| 14. | Kristie Lukes (33) Atascadero | 21:52 |
| 15. | Aubree Swart (19) San Luis Obispo | 21:55 |
| 16. | Ashlie Hasson (14) San Luis Obispo | 21:58 |
| 17. | Sara Moreno (17) Guadalupe | 21:59 |
| 18. | Christa Raines (16) Santa Maria | 22:19 |
| 19. | Courtney Fairbanks (15) Eug. OR | 22:20 |
| 20. | Diane Dixon (41) Los Osos | 22:27 |
| 21. | Wendy Sutter (19) Arroyo Grande | 22:32 |
| 22. | Lara Ruthven (25) Los Osos | 22:33 |
| 23. | Eugenie Mason (16) Arroyo Gr | 22:36 |
| 24. | Jules Clark (26) San Luis Obispo | 22:51 |
| 25. | Laura Mason (14) Arroyo Grande | 22:55 |

PREDICTIONS

By Bob Womack

PART II--MEN

LONG DISTANCE

Four years ago, I wrote that America's best hope in the distances was **Bob Kennedy**--if he moved up to 10,000. He didn't, and what I expected to happen did: Kennedy has been the U.S.'s dominant runner at the 5 and has been consistently kicked into the ground in major competition. Fortunately, Kennedy seems to have gotten the message. When he left Atlanta, he told people he was planning to experiment with the 10K.

P.S. Even if he does move up, he probably will still be the best American at the 5K, too.

Matt Giusto has been Kennedy's main U.S. competition over the last Olympiad and he's won a couple of national titles by following the pace and then using his 3:55 mile speed at the end. Giusto will only be 34 in the year 2000--two years younger than **Jim Spivey** was when he made the team this year--but he has been running only irregularly the last couple of years.

Beyond that, it's pretty wide open. **Ronnie Harris** was the third member of this year's U.S. team, but couldn't reach the

qualifying standard, opening the door for Spivey. Most of the rest of the Trials field were veterans, some even older than Spivey. Two exceptions, who should be watched carefully are the University of Colorado pair of NCAA champ



Jamey Harris

Photo by Bill Cockerham

Alan Culpepper and **Adam Goucher**.

The best hope is for moves up from the 1500, which is the route Giusto took to this year's team. (See last month's installment on the 1500 for names.)

Todd Williams is in the same position at 10,000 in that his buddy and training partner, Kennedy, is at 5K--too fast for other Americans, not quite fast enough for the world's best. This is the time for him to start thinking marathon.

Behind him, there is very little. This year's Olympic team, besides Williams, included **Joe LeMay** and **Dan Middleman** and, after LeMay couldn't make the Olympic qualifier, **Brad Barquist**. I mean, these are nice fellows who have paid their dues, but we are not exactly talking Nurmi and Zatopek here--or Gebreselassie and the Kenyans. The situation cries out for runners with speed at shorter distances to try their hand.

Before Atlanta, **Bob Kempainen** was telling people that the Olympics would be

his last race. Then, leg problems destroyed his training and his hopes. Dr. Kempainen will start his medical residency this fall and presumably will disappear from the racing scene. But remember this: Residencies don't last four years; even doctors have to stay in shape; and this one has some unfinished business. (Kempainen's greatest asset is determination. Anybody who can maintain 2:12 marathon pace while hurling is mentally TOUGH.)

With or without Todd Williams, the scramble for the remaining spot(s) on the 2000 U.S. Olympic team will boil down to which of a dozen or two veterans of the distance running scene has it on the day of the Trials. This year, the question to the answer was "Who are **Keith Brantly** and **Mark Coogan**?" You can throw their names into the hat again and here are some more: **Tom Ansberry**, **Ed Eye-stone**, **Chris Fox**, **Arturio Barrios**, **Terrence Mahon**, **Aaron Ramirez**. You can also add any of this year's Trials 10,000 field we haven't already named--close your eyes and draw.

Mark Croghan's history has been a lot like those of Kennedy and Williams--usually good enough to win the Trials, always good enough to make the team and, more often than not, good enough to make the World or Olympic finals. Period. He's not likely to get much if any better over the next four years. He will only be 32 at Sydney, young for a steeplechaser, so he's not likely to deteriorate, either.

Marc Davis has been as inconsistent as Croghan has been consistent. In a given steeple, he can run 8:15 or 10:15. A lot of this has been due to injuries, of course, but Marc has something Croghan doesn't, which is real flat speed. If he can stay healthy and focused, there is no good reason he can't run 8:05. That will even get attention in Kenya.

Robert Gary ran a huge PR at the Trials to take the third spot on this year's U.S. team. Whether this was a genuine breakthrough or just a bolt from the blue

Bob Womack -- track-and-field-fan-without-parafiel, announcer of many California collegiate track and cross country events, voice of Foot Locker Cross Country West -- Bob serves CTRN as creator and maintainer of the High School All-Time Lists and contributor of many special features.

A C.P.A. when not following track, Bob lives and works in Fresno, CA.



continued next page...

has yet to be determined, but Gary's performance at the Games leans toward the lightning-in-a-bottle theory. There is not a lot else behind Croghan and Davis. **Tom Nohilly**, who has had the frustrating experience of finishing fourth in the last two Trials, will be 34 in 2000.

The younger steeplers, people like **Francis O'Neill** and collegians **Pascal Dobert** (Wisconsin) and **Tony Cosen** (Tennessee) have a long way to go.

What is needed is a classified ad: "Wanted. Young man with mile speed. Must be tall enough to hurdle comfortably." Of course, we've just described **Paul McMullen**, who could pass for an NBA power forward, but as long as McMullen can win national championships at 1500, there's not much incentive for moving up. There are, however, others who fit the physical description.

U.S. Olympic Team Predictions

5000	Bob Kennedy, Alan Culpepper, Jim Sorensen
10,000	Bob Kennedy, Todd Williams, Jamey Harris
Marathon	Bob Kempainen, Todd Williams, Brad Barquist
Steeplechase	Marc Davis, Mark Croghan, Michael Stember

HURDLES

This is one area where the United States does have good young talent. **Allen Johnson** and **Mark Crear**, who finished 1-2 in the highs at the Trials and the Games, will be 29 and 32, respectively, in 2000. Of course, most of the rest of the crew that has been carrying the banner for American high hurdling will be over-the-hill--**Roger Kingdom** and **Tony Dees** were over it before Atlanta and **Jack Pearce** fell off it at the first hurdle of the Trials final, but that's a good start.

Unfortunately, there's not much depth behind Johnson and Crear. **Eugene Swift**, who capped a long, hard grind to the top by copping the third spot on the 1996 team, is in the same general age bracket as Pearce, Dees and Kingdom. Most of the good young high hurdlers

are stuck in the 13.50 bracket. The NCAA's were won at 13.46, which was a PR for **Dominique Arnold**. The top high school hurdler, **Terrence Trammell**, a junior, ran 13.33 for the 39-inch sticks in his state (Georgia) meet, but fell in his first major competition, the National Interscholastics, and didn't show for the national juniors, at which nobody broke 14 seconds.

That pretty much leaves the two remaining Trials finalists: **Larry Harrington** and **Steve Brown**. They've had similar careers. Harrington was the California JC champ a few years back, faded for a couple of years before making the national finals last year. Until he crashed at the first hurdle in the Trials final, he looked like a good bet to make this year's Olympic team. Brown was the junior champ as far back as 1987 and completely disappeared after a so-so college career (Wake Forest). This year, he made explosive improvement with a 13.19 which, if it had been run in the Trials finals instead of the first round, would have got him back to Atlanta for the Games.

Of the three runners on this year's team in the intermediates, none will be older than 30 in 2000. The graybeard is **Derick Adkins**, the reigning World and Olympic champ. **Calvin Davis**, who got Olympic bronze, made the team in his 11th career hurdle race at age 24. **Bryan Bronson**, who won the Trials, has been pegged for some time as an athlete of surpassing talent if questionable attitude. He was 24, too.

The fourth and fifth place finishers in the Trials, **Eric Thomas** and **Terrence Zellner**, both ran in the low 48's in Europe. So did **Maurice Mitchell**, who didn't even make the Trials finals. And then there's this year's mystery guest, **Stephen Flenoy**, who runs for a Southern California club, Maccabi. During the Trials, I sat at a table with a group of people who, present company excepted, would qualify as experts by any definition of the term. Several in the group follow prep track in California in general, and Southern California in particular, and none of them had the faintest idea of who

Stephen Flenoy was. And he won his Trials' heat and semi and almost made the team.

Now throw in a possible exodus of one-lappers fleeing the talent glut in the 400, a la **Calvin Davis** this year, and you get the picture. Sydney is liable to be, comparatively, a picnic for the trio who survive the Trials.

U.S. Olympic Team Predictions:

110 Hurdles	Allen Johnson, Larry Harrington, Mark Crear
400 Hurdles	Calvin Davis, Bryan Bronson, Eric Thomas

CORRECTION to All-Time Girl's List

(published September 1996 issue)

Pole vaulter **Marylou Badillo** (Mt. Pleasant) vaulted 11-6 1/4 at the Track City Invitational in Eugene, Oregon in July, which places her in the No. 6 spot on the list. Thanks go to Steve Nelsen, Head Coach at Mt. Pleasant, for his input. The updated list should be as follows:

Pole Vault

State Meet Record: 12-6 Melissa Price (Kingsburg) 1995
@ Cerritos. Frosh: 11-8 Bridget Pearson (Hoover, Glendale) 1996. Soph: 11-6 1/2 Brooke Lankard (Golden West, Visalia) 1996. Junior: 11-6 1/4 Melissa Price (Kingsburg) 1994. Senior: 13-1 3/4 Melissa Price (Kingsburg) 1995.

13-1 3/4	Missella Price (Kingsburg) -2 @ Walnut	1995
12-1 1/2	Alexa Harz (Peninsula, Roll Hills Est) -1	1996
12-0 3/4	Erica Hoernig (Foothill, Santa Ana)	1996
11-8	Bridget Pearson (Hoover, Glendale)	1996
11-6 1/2	Brooke Lankard (Golden West, Visalia)	1996
11-6 1/4	Marylou Badillo (Mt. Pleasant)	1996
11-4	Alison Knode (Kingsburg)	1996
11-4	Katie Rorem (Marina, Huntington Bch)	1996
11-3 3/4	Vanessa Brunton (Temes Cyn, Lk Elsin)	1995
11-0	Kristi Draher (Mira Costa, San Diego)	1995
11-0	Krista Epperly (New Un, Grass Vly)	1996
11-0	Hannah Johnson (Atascadero)	1996
11-0	Maria Lopez (Memorial, Newark)	1996
11-0	Denise Warner (Ponderosa, Shgle Sprgs)	1996
10-10	Stephanie Heup (Marina, Hunt Bch)	1996
10-10	Bridgette Pearson (Toll Jr., Burbank)	1995
10-8	Amanda Bauer (Miss S Josa, Fremont)	1995
10-8	Kylene Nixon (Poway)	1996
10-8	Kyla Pawlina (Kingsburg)	1996
10-6 1/2	Shannon Hett (Acalanes, Lafayette)	1996
10-6	Jocelyn Chase (Beverly Hills)	1994
10-6	Paula Serrano (San Marcos)	1995
10-6	Laura Eckley (West Valley, Cottonwood)	1996
10-6	Kim Trout (Escondido)	1996
10-6	Kim Wyatt (North, Torrance)	1996

PREP NOTES

By Keith Conning

■ High School Cross Country Results Wanted

Please send high school cross country results to the following addresses:

Northern California: Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823; fax (510) 849-3342; e-mail: conning@aol.com

If you e-mail your results then I won't have to retype them.

Central Section: California Track and Running News, 4957 E. Heaton Ave., Fresno, CA 93702 FAX (209) 255-4904. E-mail: CTRN@ix.netcom.com.

Southern California: Doug Speck, 563 E. Willowgrove, Glendora, CA 91740. FAX (818) 963-2955. E-mail: dougspeck@aol.com.

■ World Wide Web

California Track and Running News is now available on the Internet.

The address is:

<http://www.RunningNetwork.com/CTRN/>

We are being read around the world. I received an e-mail from a reader in Switzerland. In the good old days we were just a regional publication, but now thanks to the Internet we are worldwide.

■ Corrections and Additions to High School List

Does anyone know what grade discus thrower **John Bello** (Rancho Cucumunga, SS) was in during the 1996 track season? **David Badinovic** e-mailed me that his son John thought Bello was a junior.

Chris Lyons, the Redwood, Larkspur coach, e-mailed me that **Bobby Frick** (Redwood,

Larkspur), a senior, jumped 6-8 in the Marin County Athletic League Championship. Also missing on the girl's high jump list was **Amanda Boice** (Folsom) who jumped 5-7 1/4 at the Bob King Cougar Relays.

Coach Marc Christensen (McAteer, San Francisco) told me at the Lowell Invitational on September 21st, that **Bolota Asmerom** (McAteer) ran 4:15.80 to win the San Francisco Section Championship on May 24, 1996. He also said that **Enrique Torres** (Silver Creek, San Jose) appeared twice on the 1600 list at 4:15.72 and 4:16.7.

Steve Unzueta contacted the CTRN office regarding his athlete **Nick Paroma** who should be included on the pole vault list. Nick vaulted 15-2 at the Sanger Invitational.

1600 meter runner **Brad Hansen** (St. Ignatius, CCS) should be added to the list for his 4:13.1 mark run May 3 at WCAL.

Julia Stamps ran the 800 and 1500 at the PAUSATF Junior Olympic Championships in mid-June. Her correct best times should include these marks--2:12.10 and 4:23.7.

■ Believe it or Not!

Senior **Bobby Frick** (Redwood, Larkspur), who high jumped 6-8 in the Marin County Athletic League Championship in May, is the son of **Bob Frick** (San Ramon, Danville), who won the 1935 State Meet 100 yards in 9.6. That is 61 years ago!

■ U.S. Judge in Unabomber Case Is Called Deliberate, in Control

By PAUL JACOBS

LOS ANGELES TIMES STAFF WRITER
SACRAMENTO, June 19--The judge who will preside over the trial of Unabomber suspect **Theodore J. Kaczynski** is a former prosecutor and one-time Los Angeles high school track star--an African American who says he became a serious student after reading "The Autobiography of Malcolm X."

While attorneys who know U.S. District Judge **Garland E. Burrell, Jr.** say he does not have extensive experience in federal criminal law, they describe him as a meticulous jurist who will go to great lengths to avoid mistakes.

"He is very thoughtful and in control," said Donald H. Heller, a defense attorney who has appeared before Burrell. "He will not be a Judge Ito. He will be in control of his courtroom."

Others who know him say that after just four years on the federal bench, Burrell is some-

times slow to render decisions. "He is very concerned about making a good record," said a local criminal attorney, who asked not to be identified. "Some might say he is thorough to a fault. Please take longer in his court than other courts. Certainly in a case of this magnitude, that is not a criticism."

Burrell has presided over few notable cases. None has received the attention that is sure to accompany the Kaczynski trial.

The judge, 48, is a former assistant U.S. attorney in Sacramento, where he headed the office's civil division. He also has worked in the Sacramento district attorney's and city attorney's offices.

Burrell was named to the federal bench four years ago by President **George Bush** after Gov. **Pete Wilson** nominated him while a U.S. senator. Burrell became the first black judge appointed in the state's eastern district. This year, Wilson urged the U.S. Justice Department to send Kaczynski to California to be tried in the state courts by Sacramento's district attorney. Wilson did not get his wish, but the man he nominated to the federal court bench will conduct the trial. On Tuesday, the governor said he was pleased that the grand jury had indicted Kaczynski in Sacramento.

In an interview with the *Sacramento Bee* four years ago, Burrell described growing up in a South-Central Los Angeles neighborhood marred by gang violence. He was a champion high hurdler in high school. After service in the Marine Corps, Burrell won a track scholarship to the University of Nevada, Reno. He told a reporter that reading Malcolm X's 1965 autobiography changed his life, turning him away from sports toward serious studies. "He educated himself in jail," Burrell told his interviewer. "It struck me that if he could educate himself in jail, I certainly should be able to educate myself in school."

After graduating from Cal State L.A. with a sociology degree, he went to St. Louis' Washington University, where he earned a master's degree in social work. In 1976, he graduated from California Western School of Law in San Diego. Fresh out of school, he worked in the Sacramento district attorney's office. He moved to the city attorney's office before becoming an assistant U.S. attorney.

George O'Connell, who was U.S. attorney and Burrell's boss, has high praise for the judge. "I think he will be meticulously fair in how he approaches the case. . . . He's clearly had four years as a federal judge and has developed a knowledge of federal criminal procedure and the federal system."

Added O'Connell, who is now a defense attorney: "I thought he was terrific. He's very

continued next page...

Keith Conning, expert on California high school competitors, has served California Track & Running News as Prep Editor for over two decades. Keith is a teacher and cross country coach at Berkeley High School and is a sought-after track announcer in the Northern California area.



PREP NOTES

low-key. He's very hard-working. Just a really nice, decent man."

■ Helsingborg

HELSINGBORG, Sweden, July 14--John Wirtz (Leland High School, San Jose 1988), the 1988 State Meet champion at 192-10, set a new personal record of 204-3 (62.26 meters) in the discus. His personal record entering this season was 193-8 in 1993.

■ 4 Years and Counting: Some promising young athletes from Ventura County have their sights set on 2000 and Sydney, Australia.

By NICK GREEN

SPECIAL TO THE LOS ANGELES TIMES

July 29--Atlanta's 1996 Olympic flame is still ablaze, yet some young Ventura County athletes with a burning desire to compete in the Games are looking even further ahead: to Sydney, Australia, in the year 2000. They live in every corner of the county. They partake in disparate sporting endeavors. And they have already tasted success on a national level.

Debbie Chan of Port Hueneme is a 15-year-old pint-size dynamo with a 90-mph kick. She qualified for the inaugural junior world taekwondo championship in Barcelona, Spain, earlier this month by winning the national championship--then only her second competitive tournament.

Cyclist **Sam Baker**, 15, of Casitas Springs won three medals earlier this month in the Junior National Cycling Championship in Wisconsin only six months after taking up road-bike racing.

Thousand Oaks distance runner **Kim Mortensen**, 18, this season shattered a bevy of national high school running records, including the 3,200-meter mark by more than 11 seconds.

And **Troy Dumais**, a 16-year-old diver from Ventura, came agonizingly close to becoming the youngest male diver since the storied **Greg Louganis** to make the U.S. Olympic team when he finished third in last month's Olympic trials.

These triumphs are merely the first rounds in these teenage athletes' drive to kick harder, run faster, bicycle quicker and dive better on their way to the main event: the Olympics. But these budding Olympians are keeping their quest in perspective too.

Yes, they work hard. Yes, their dedication demands a degree of sacrifice. But ask them if their sport is their life, the Olympics their obsession, and the answer is invariably no. While that may appear to be a contradiction, the coaches and athletes insist it is not.

"What I believe it all comes down to is passion of purpose," said **Scott Fujii**, a former

U.S. taekwondo team member who will begin training **Debbie Chan** when the nation's first elite taekwondo training center opens next month in Agoura Hills.

"If they're really loving what they're doing, they're really into what they're doing, then they're able to enjoy what they're doing without giving up everything else in their life. So there is no sacrifice."

Kim Mortensen

Conejo Valley resident **Kim Mortensen** has also hit the fast track in the last year. A very fast track. After a high school career as a solid but middle-of-the-pack distance runner, the 5-foot-2 1/2-inch, 100-pound girl began gaining speed in her senior year. So much speed in fact, that she won the Foot Locker Cross country Championships in December in San Diego. The Thousand Oaks High student followed that by clocking the third-fastest junior 3,000 meter time this year--in the world. Finally, she won the state 3,200-meter championship and ended up knocking almost a minute off her time at the distance within a year.

"She is one of the most exciting distance runners I've ever seen at her age," said **Eric Peterson**, head women's cross-country coach at UCLA, who recruited Mortensen to a track scholarship. "But more importantly, the amount of improvement she realized from the completion of her junior season to the completion of her senior season was higher than maybe we've ever seen."

The difference in her performance was more mental than physical, she said. Still, her main goal was simply to run as well as she could.

"I try not to set goals because they can be let-downs and put negative thoughts in your mind," **Kim** said. "If you work hard consistently, it will pay off."

People figure the next step is the Olympics.

"I don't really think about it," she said. "I just run for fun. My mom always said take it one step at a time, because anything could happen. I could take up hockey, though that's not likely."

In fact, **Kim** is just as excited about going to a university, living away from home and meeting new people this fall as well as continuing her running career. That doesn't mean **Kim** isn't dedicated to running--she remains in training. But she also enjoys singing in the church choir, as well as hiking and biking. **Peterson** finds that refreshing--and probably beneficial to her athletic career.

"It helps keep her life really well-rounded," he said. "[Running] seems to be an addition to **Kim's** life and not the central thing. . . . In individual sports, the very top people who have ever performed seem to have balance to their life."

When pressed, **Kim** acknowledges she has allowed herself to dream--just a little--about whether an Olympics is in her future.

"If I'm still interested in running and doing as well as I do now, I'll do my best to qualify and

take it from there," she said. "It would be so great to get there. To win a medal, I just couldn't fathom it."

■ Zurich Grand Prix

ZURICH, Switzerland, August 14--Ato Boldon (Trinidad and Tobago/Piedmont Hills High School, San Jose 1991) won heat two of the 100 meters in 10.15 (-0.9). **Michael Marsh** (Hawthorne High School 1985) was fifth in 10.30. **Boldon** also placed fourth in the 100 meters final in 10.07 (-1.4).

Jeff Williams (Washington High School, Los Angeles 1982) placed second in the 200 meters in 20.26 (0.0). **Johnny Gray** (Crenshaw High School, Los Angeles 1978) placed eighth in the 800 meters section 2 in 1:46.02.

Mark Crear (Rowland High School, Rowland Heights 1987) placed third in the 110 meter high hurdles in 13.24 (+0.2). **Eugene Swift** (Berkeley High School 1982) was eighth in 14.57. **Swift** hit some hurdles and lost his balance.

Dean Starkey (James Logan High School, Union City 1984) placed fifth in the pole vault at 19-0 1/4.

Inger Miller (John Muir High School, Pasadena 1990) placed second in section one of the 100 meters in 11.16 (-0.4). **Gall Devers** (Sweetwater High School, National City 1984) placed third in section two of the 100 meters in 11.00 (-0.4). **Inger Miller** (John Muir High School, Pasadena 1990) placed second in the 200 meters in 22.26 (-0.1).

■ Nordhoff States Case for 3 Titles in a Row

By JOHN ORTEGA, Los Angeles Times
August 15--Questions, answers and some predictions with the high school cross-country season fast approaching:

✓ Can the Nordhoff boys win an unprecedented third consecutive state Division III championship?

Maybe. **Will Bernaldo**, **Omar Vega** and **Mason Moore**, who placed third, fifth and 16th in the State meet last year, graduated in June.

But juniors **Dusty Herman** (eighth) and **Victor Ochoa** (11th) will return for Coach **Ken Reeves**, a master at getting his teams to peak at the end of the season.

✓ Will Nordhoff junior **Elaine Canchola** be the dominant runner she was in 1994 and '95 after sitting out last track season to help care for her younger siblings and to take a break from the



Victor Ochoa
Photo by Elaine Rosenfeld

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pressures of competition?

Yes. The time off will rekindle Canchola's desire to compete. She might have lost some of that after placing second in the 1994 Foot Locker West Regional as a freshman, but she has something to prove after finishing a disappointing 26th in last year's national championships.

A rejuvenated Canchola could make Nordhoff the best team in the state, at any level, by the end of the season. The Rangers probably won't start quickly, but with six of their top seven runners expected back from last year's state Division III winners, they should be plenty tough by the time of the championship meets.

✓ Can the Canyon girls successfully defend their state Division I title?

Yes. The Cowboys posted a 43-point margin of victory over runner-up Los Alamitos last year and with 10th-place Julie Harris and 13th-place Lauren Fleshman coming off superb track seasons, Canyon could have the top duo in the state.

✓ Is Highland's Andrea Neipp the heir apparent to Kim Mortensen of Thousand Oaks as the Southern Section Division I girls' champion?

Maybe. Neipp placed third in the State championships last year behind Santa Rosa's Julia Stamps and Mortensen, but missed the last month of track season because she was academically ineligible. During that time, Harris and Fleshman ran 10 minutes 46.48 seconds and 10:58.26 in the 3,200 meters. Neipp clocked 10:58.82 in the Arcadia Invitational in April.

✓ Will the region produce at least one top-five finisher in each of the Division I races at the State championships?

Probably. Since the State meet's inception in 1987, the region has had between one and three top-five finishers in every Division I boys' and girls' race.

Eight individual titles are included in the streak, topped by three each from Agoura's Bryan Dameworth (1987-89) and Deena Drossin (1987, 89 and 90).

✓ Can Hoover senior David Lopez contend for the state Division I title?

Yes. Lopez was the top performer in the region during the first half of the season last year, but a strained hamstring limited him to a 13th-place finish in the State meet.

He came back strong in track, however, running 9:15.75 in the 3,200 and finishing ninth in the State championships.



David Lopez

Photo by Bill Cockerham

✓ Will Thousand Oaks sophomore Amanda Armstrong carry on an impressive Lancer tradition by placing among the top 10 finishers in the State Division I championships?

Probably. Thousand Oaks' boys and girls have combined for 11 top-10 individual finishes in the State meet over the previous four years and Armstrong appears capable of extending the streak to five in a row. Although she placed 33rd in the Southern Section-Division I championships last year, she is coming off a strong track season in which she clocked 2:21.08 in the 800 and 5:13.96 in the 1,600.

✓ Who will end Thousand Oaks' run of individual boys' winners in the Ventura County championships?

Take your pick. The Lancers' Brandon Del Campo, Keith O'Doherty and Todd Diency won the 1993, '94 and '95 titles, but Thousand Oaks is not expected to have a standout individual this year. That leaves Ochoa of Nordhoff, Efrain Garcia of Fillmore and Ronald Almaguer of Rio Mesa as the top three preseason contenders.

✓ Can Littlerock senior Bryan Green become the first runner from the region to win the state Division III boys' championship since 1991 when Jeff Wilson of Newbury Park won his second consecutive title?

Yes. Green placed seventh--behind six seniors--in last year's race and lowered his personal best to 9:22.4 in the 3,200 in track.

✓ Will Birmingham become the first girls' team from the San Fernando Valley to win consecutive City Section titles?

Yes. The Braves, paced by the second-place finish of freshman Tiffany Burgess, easily turned back Taft, 47-92, in the City meet last year. And with six of their top seven runners expected back this season, they should be even stronger.

■ Cologne Grand Prix

COLOGNE, Germany, August 16--Ato Boldon (Trinidad and Tobago/Piedmont Hills High School 1991) placed fifth in the 100 meters in 10.19 (+0.2). Mark Crear (Rowland High School, Rowland Heights 1987) placed second in the 110 meter high hurdles in 13.08 (+0.2). Eugene Swift (Berkeley High School 1982) was third in 13.30. Dean Starkey (James Logan High School, Union City 1984) was 11th in the pole vault at 18-6 1/2.

Gall Devers (Sweetwater High School, National City 1984) placed third in the 100 meters in 11.12 (+0.2). Regina Jacobs (Argyll Episcopal Academy, North Hollywood 1981) placed third in the 1,500 meters in 4:06.82. Marieke Veltman (Leland High School, San Jose 1989) was tenth in the long jump at 20-9 1/4.

■ World Juniors Warmup

SYDNEY, August 17--The United States

4x100 team won in 39.69 and the 4x400 team won in 3:09.21.

Julia Stamps (Santa Rosa High School 1997) won the 1,500 meters in 4:26.63.

The United States 4x100 women's team won in 44.26 (=7 AJ) and the 4x400 women's team won in 3:37.66.

■ Lahti

LAHTI, Finland, August 18--Eugene Swift (Berkeley High School 1982) won the 110 hurdles in 13.63 (-0.4).

■ Bupa Challenge

GATESHEAD, England, August 19--Jeff Williams (Washington High School, Los Angeles 1982) placed third in the 200 meters in 20.70 (-1.6). Ronnie Harris (Eisenhower High School, Rialto 1983) placed second in the 3,000 meters in 8:03.90.

■ Zipfer Grand Prix

LINZ, Austria, August 21--Michael Marsh (Hawthorne High School 1985) placed sixth in the 100 meters in 10.28 (+0.6). Jeff Williams (Washington High School, Los Angeles 1982) was eighth in 10.45.

Johnny Gray (Crenshaw High School, Los Angeles 1978) won the 800 meters in 1:44.23. Billy Konchallah (Kenya) was sixth in 1:46.18. Ronald Harris (Eisenhower High School, Rialto 1983) placed 13th in the 5,000 meters in 14:02.86.

Dean Starkey (Logan High School, Union City 1984) placed seventh in the pole vault at 5.50 (18-0 1/2).

Gall Devers (Sweetwater High School, National City 1984) won the 100 meters in 10.92 (+0.4). Marieke Veltman (Leland High School, San Jose 1989) placed fourth in the long jump at 6.62 (21-8 3/4) (+0.8).

■ 6th IAAF World Junior Championships in Athletics 1996

SYDNEY, Australia, August 21-25
What They Said: A collection of quotes from U.S. athletes:

Andrea Anderson (Poly High School, Long Beach 1995), 4x100 gold medal lead-off leg: "My pass with Lakeesha (White) was really shaky. I was praying she'd get the baton. I was certain we made the pass before she left the zone."

Bryan Harrison (Dana Hills High School, Dana Point 1995): "I was restless and excited the past two nights..I did everything I could to keep my form and not lock up."

William Obea Moore (Muir High School, Pasadena 1997): "It will be great to have Jerome (Davis) as my teammate. He'll hit 'em with a jab, and I'll get 'em with an uppercut."

continued next page...

PREP NOTES

"I've been working real hard (coming into the race), if there was any pressure it was from me."

"I'm proud and happy I won the race, the conditions weren't real good."

"My team-mate Jerome pushed me, he did well for himself. I wasn't worried at the 80m, I don't panic. I stayed relaxed and I won."

"I've still got 2 years running in juniors, plenty to come, I'll take it one race at a time. I've still got relays to come, then that's it."

(Asked if Michael Johnson was inspiration) "His not my inspiration or my idol. I respect him, but I have to compete against him. I've got to face him. If you go in thinking that (idolizing someone) you've already lost."

"I don't want to be the next Michael Johnson, I want to be Obea Moore!"

Michael Stember (Jesuit High School, Carmichael 1996): "This was my first race since the Juniors (in June). There was a lot of pushing and shoving, and I did a lot of it myself...if I make it to the finals I'll be surprised, but I surprise myself a lot."

After finishing out of the money in the semifinals: "I need to get some guts. Next time around I'll take this more seriously. I was too tired today and I am not fit enough. Coming here has taught me a lot."

WORLD JUNIOR CHAMPIONSHIPS August 21-25, 1996. Sydney, Australia

Men

100 METERS

Vince Williams (University City HS, San Diego)

- 10.53 Personal Record 1996
- 10.82-1.74) Round 1 Heat 28/21
- 10.86-1.5 3) Round 2 Heat 38/21
- 10.59+1.6 6) Semifinal Heat 2 8/22

200 Meters

Bryan Harrison (Alpharetta, Ga/Dana Hills HS, Dana Point 1995)

- 21.10 Personal Record 1995
- 21.443) Round 18/23
- 21.181) Round 28/23
- 21.131) Semifinal 8/24
- 21.10 -PR-1.63) Final 8/24

Vince Williams (University City HS, San Diego 1996)

- 21.05 Personal Record 1996
- 21.524) Round 18/23
- 21.50-1.65) Round 28/23

400 Meters

William Obea Moore (Muir HS, Pasadena 1997)

- 45.14 Personal Record 1995
- 47.232) Round 1 Heat 38/21
- 46.602) Semifinal Heat 2 8/22
- 45.27 MR (x, 9 HS)1) Final 8/23

Jerome Davis (Burroughs HS, Ridgecrest 1995)

- 46.62 Personal Record 1995
- 47.301) Round 1 Heat 78/21
- 46.581) Semifinal Heat 1 8/22
- 45.862) Final 8/23

1,500 Meters

Michael Stember (Jesuit HS, Carmichael 1996)

- 3:46.65 Personal Record 1995
- 3:50.49 6) Round 18/23
- 3:50.6210) Semifinal 8/24

5,000 Meters

Brent Hauser (Kingwood HS, TX 1995/Stanford 1999)

- 14:17.21 PR10) Round 18/23

10,000 Meters

Brent Hauser (Kingwood HS, TX 1995/Stanford 1999)

29:32.88 PR14) Final 8/21

Peter Gilmore (Palisades HS, Pacific Palisades 1995)

31:09.6424) Final 8/21

110 Hurdles

Jovesa Naivalu (Fremont HS, Sunnyvale 1996)

- 14.12 PB1.1 1) Round 18/23
- 14.27 NW13) Semifinal Heat 38/24
- 13.91 NJR1.83) Final 8/25

4x100

United States

- 39.772) Heat 8/25
- 39.36 10AJ1) Final 8/25

Vince Williams (University City HS, San Diego 1996),

Jerome Davis (Burroughs HS, Ridgecrest 1995),

Obea Moore (Muir HS, Pasadena 1997), Lawrence

Armstrong (Jasper HS, Texas 1997)

4x400

United States

- 3:08.211) Heat 18/24
- 3:03.65 6WJ 6AJ1) Final 8/25

Desmond Johnson (St. Augustine HS, New Orleans, La. 1995) 45.9, Jerome Davis (Burroughs HS,

Ridgecrest 1995) 44.7, Robin Martin (Marquette,

Michigan) 47.5, Obea Moore (Muir HS, Pasadena

1997) 45.5

High Jump

David Larsen (Stockdale HS, Bakersfield 1995)

7-0 Personal Record 1995

- 6-8 3/4dnq8/22

Shot Put

John Davis (Wilson HS, Long Beach 1995)

59-11 (12 lb.) Personal Record 1995

- 52-4 3/4dnq8/23

Hammer

David Spitz (Monte Vista HS, Danville)

175-512) dnq8/23

Decathlon

Bevan Hart (Christian Brothers HS, Sacramento 1995)

6,73516) Final 8/21-22

Women

100 Meters

Andrea Anderson (Poly HS, Long Beach 1995)

- 11.50 Personal Record 1995
- 11.64-2.21) Round 1 Heat 38/21
- 11.60-1.3 1) Round 2 Heat 28/21
- 11.55-0.8 1) Semifinal Heat 2 8/22
- 11.43 PR+0.6 2) Final 8/22

400 Meters

Malika Edmonson (St. Bernard HS, Playa del Rey)

- 55.894) Round 1 Heat 48/21
- DNS Semifinal Heat 2 8/22

3,000 Meters

Julia Stamps (Santa Rosa HS 1997)

9:21.98 Personal Record 1995

- 9:22.76 6) Round 18/21
- 9:19.63 PR (6,10HS)11) Final 8/22

4x100

United States

- 44.161) Heat 8/25
- 43.79 (7WJ)(3AJ)1) Final 8/25

Andrea Anderson (Poly HS, Long Beach 1985),

Lakeesha White (Yates HS, Houston, TX 1998),

Jernae Wright (James Logan HS, Union City 1996),

Nanceen Perry (Fairfield HS, TX 1985).

4x400

United States

- 3:37.912) Heat 8/24
- 3:34.26 (7AJ)4) Final 8/25

Heather Hanchak (Ellis HS, Pittsburgh, Pa. 1997)

54.9, Tamiaka Grizzle (Washington HS, N.Y. 1996)

54.1, Theodoesha Rivers (Rancho Verde, Moreno

Valley 1998) 53.1, Suziann Reid (Roosevelt HS,

Greenbelt, Md. 1995) 52.2.

Long Jump

Jernae Wright (James Logan HS, Union City 1996)

20-9 3/4 Personal Record 1995

18-510) Qualifying Group

Shot Put

Seilala Sua (Aquinas HS, Fort Lauderdale, FL

1996/UCLA 2000)

50-6 Personal Record 1996

49-3 3/4 Qualifying 8/22

49-4 1/48) Final 8/24

Discus

Seilala Sua (Aquinas HS, Fort Lauderdale, FL

1996/UCLA 2000)

185-9 Personal Record 1996

177-1 Qualifying 8/24

184-92) Final 8/25

■ Obea Moore has 4th and 9th Best All-Time Performances

MEN'S ALL-TIME OUTDOOR LIST

400 METERS

- 44.69 Darrell Robinson (Wilson, Tacoma, Wa) 82
- 45.01 Jerome Young (Prince Tech, Hartford, Ct) 95
- 45.09 Henry Thomas (Hawthorne, Ca) 85
- 45.14 * Obea Moore (Muir, Pasadena, Ca) 95
- 45.16 Robinson 82
- 45.17 * William Reed (Central, Philadelphia, Pa) 87
- 45.22 Robinson 82
- 45.25 Calvin Harrison (North Salinas, Salinas, Ca) 93
- 45.27 * Moore 96
- 45.36 Robinson 82
- Chris Nelloms (Dunbar, Dayton, Oh) 90
- Marlon Ramsey (West Brook, Beaumont, Tx) 94

■ Jovesa Naivalu Sets California Record = 4th All-Time U.S.A.

MEN'S ALL-TIME OUTDOOR LIST

110 HURDLES (42")

- 13.5 Renaldo Nehemiah (Scotch Plains-Fanwood, Scotch Plains, NJ) 77
- 13.83 Glenn Terry (Sycamore, Cincinnati, Oh) 89
- 13.84 Arthur Blake (Haines City, Fl) 84
- 13.91 * Phillip Riley (Jones, Orlando, Fl) 90
- Jovesa Naivalu (Fremont, Sunnyvale, Ca) 96
- 13.94 Rod Wilson (Bartram, Philadelphia, Pa) 79
- 13.7y Rod Milburn (Clark, Opelousas, La) 69
- 13.8y Richmond Flowers (Lanier, Montgomery, Al) 65
- y Bernie Allen (Harris, Harrisburg, Pa) 73
- 14.05 Steve Parker (Athens, Al) 65

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Wind-aided:

13.73A Milan Stewart (West Covina, Ca) 78
13.82 Phillip Riley (Jones, Orlando, Fl) 90

Seilala Sua 2nd All-Time Joins Suzy Powell at UCLA WOMEN'S ALL-TIME OUTDOOR LIST DISCUS

188-4 Suzy Powell (Downey, Modesto, Ca) 94
185-9 Seilala Sua (Aquinas, Ft. Laud, Fl) 96
183-11 Leslie Deniz (Gridley, Ca) 80
178-4 Janet Hill (Washington, Shreveport, La) 88
176-10 Melissa Weis (Bakersfield, Ca) 90
176-4 Cindy Johnson (Chandler, Az) 82
** Heather Colyer (East Juniata, Cocolamus, Pa) 96
174-9 Natalie Kaziawahia (Fullerton, Ca) 83
174-5 Joan Gago (Campbell, Ewa Beach, Hi) 82
173-10 Roberta Collins (Sandusky, Oh) 95

Van Damme Memorial Grand Prix

BRUSSELS, Belgium, August 23--Ato Boldon (Piedmont Hills High School, San Jose 1991) placed fourth in the 100 meters in 10.12 (0.4). Boldon placed second in the 200 meters in 19.99 (-0.2). **Jeff Williams** (Washington High School, Los Angeles 1982) was third in 20.21. **Mike Marsh** (Hawthorne High School 1985) was sixth in 20.43. **Johnny Gray** (Crenshaw High School, Los Angeles 1978) was eighth in the 800 meters in 1:45.36.

Gail Devers (Sweetwater High School, National City 1984) won the 100 meters in 10.84 (-0.5). **Inger Miller** (Muir High School, Pasadena 1990) placed second in the 200 meters in 22.66 (0.1). **Regina Jacobs** (Argyll Episcopal Academy, North Hollywood 1981) won the 1,500 meters in 4:01.77 (American Leader) (non-Staney: x, 9 A) (fastest by an American since 1988). Pace: 1:04.18 and 2:10.22 (Maenhout), 3:16.37 (Jacobs).

McDonald's Games

SHEFFIELD, England, Don Valley Stadium, August 25--Jeff Williams (Washington High School, Los Angeles 1982) won the 200 meters in 20.45 (1.9).

Berlin Grand Prix

BERLIN, August 30--Ato Boldon (Trinidad and Tobago/Piedmont Hills High School 1991) did not finish the 100 meters section A. Boldon placed third in the 200 meters in 20.37 (0.5).

Mark Crear (Rowland High School, Rowland Heights 1987) won the 110 hurdles in 13.26 (0.2). Crear said: "I came to Europe only for this race, and fortunately I won it. In the last two weeks, I haven't trained so much because I wanted to be with my five-week-old daughter. A sub-13 time will have to wait until next season."

Gail Devers (Sweetwater High School, National City 1984) won the women's 100 meters section A in 10.89 (-0.1). **Inger Miller**

(Muir High School, Pasadena 1990) placed eighth in 11.37. Devers said: "It's not possible to say how long Flo-Jo's world record will last. Maybe until eternity. I run every race as fast as I can, and if a record is going to come..."

Regina Jacobs (Argyll Episcopal Academy, North Hollywood 1981) did not start the 1,500 meters.

Rieti

RIETI, Italy, September 1--Calvin Harrison (North Salinas High School, Salinas 1993) placed second in the 400 meters in 45.22. **Inger Miller** (Muir High School, Pasadena 1990) placed fourth in the 100 meters in 11.12.

Race Move Caused by Virus Fear

By JOHN ORTEGA

LOS ANGELES TIMES STAFF WRITER
LOS ANGELES, September 11--Fear of cross-country runners contracting the potentially deadly St. Louis Encephalitis virus via mosquito bites has led to a change in location for a meet between Agoura, Crescenta Valley and Burbank high schools.

The season opener was scheduled to be held Thursday at Griffith Park, but it was moved because Los Angeles County health officials reported Monday that the virus, a seasonal threat that surfaced last month, has spread to Griffith Park and El Dorado Park in Long Beach, suggesting it has become endemic in the county's mosquito population.

"I don't know what the probability of [someone contacting the disease] is, but I don't think it's worth taking a chance," Agoura Coach Bill Duley said.

"If someone got sick, we'd be negligent," Crescenta Valley Coach Keith Gilliland added.

Routine blood samples taken last month from chickens kept in coops in the parks tested positive for the virus, which can cause inflammation of the brain and spinal cord. Authorities received confirmation of the test results Sept. 3, less than a month after announcing that the virus was detected in birds in Monterey Park and at two Orange County sites. The infected bird in Griffith Park was located in a coop that is approximately a half-mile from the start of the cross-country course near Wilson Golf Course, according to Burbank Coach Cal Linam. Known as the "Old Zoo" course because of its proximity to the old Los Angeles Zoo site, the course is used for several high school and youth meets each year.

Burbank was scheduled to contest its first four meets there, including the first **Foothill League** meet Oct. 3. The "Old Zoo" course is one of two popular cross-country courses in Griffith Park. The other is located in the south end of the park near the Greek Theater and is scheduled to host the **Bell-Jeff Invitational** on

Sept. 28 and the first **Western State Conference** junior college meet on Oct. 11.

Numerous conference meets involving 19 City Section schools are also scheduled to be held at the course next month. **Glendale College Coach Eddie Lopez**, whose team will play host to the first WSC meet, said he doesn't expect to change the site of the race because of the distance between the "Greek Theater" course and the "Old Zoo" course.

Coach Jim Couch, the meet director of the Bell-Jeff Invitational, could not be reached for comment.

The Encephalitis virus cannot be transmitted from person to person, but can be carried from birds to people via mosquitoes. Mosquitoes pass it on to their larvae when they breed. There is no known cure.

Prep Cross-Country Preview: Low Profile Doesn't Suit Nordhoff

By JOHN ORTEGA

LOS ANGELES TIMES STAFF WRITER
OJAI, September 12--After posting a stunning victory in the State Division III cross-country championships last year, the **Nordhoff High girls' team** won't be sneaking up on any opponent this year. That has **Ranger Coach Ken Reeves** feeling a little uneasy. Reeves, who is entering his 12th season at Nordhoff, likes to portray his teams as small-school Davids among large-school Goliaths, but that's going to be a hard sell this year.

The Rangers are ranked sixth in *Harrier* magazine's national pre-season poll, and for good reason. Six of their top seven runners--including defending State Division III champion **Elaine Canchola**--are back from last year's squad that beat heavily favored **Concord Clayton Valley** in the State final.

"I've always said that it's easier to win than to repeat," Reeves said. "I don't want to be the favorite. I like being the underdog."

Clayton Valley was the No. 4-ranked team in the country entering the State championships last year, but unranked Nordhoff posted the third-fastest girls' team time ever on Fresno's Woodward Park course to defeat the **Eagles**, 42-53.

"The State meet last year was just one of those magical moments," Reeves said. "I could never have predicted that."

Nordhoff has dropped to Division IV this year as a result of the State championships expanding from four to five enrollment-based divisions, but that doesn't mean the **Rangers** aren't as good. On paper, they're better.

Canchola, a junior, sat out last track season to help care for her younger siblings and to take a break from the pressures of competition. But she's back and in better shape than she was a

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PREP NOTES

year ago. So is the rest of a team that includes seniors **Terrah Chapin** and **Bridle Hatch**, and juniors **Laurel Westbrook** and **Jenny Hunt**. Chapin placed sixth in the 1995 State championships and Hatch--a standout 300-meter hurdler in track--finished ninth.

"All the kids are in a little bit better shape than they were at this time last year,"

Reeves said. "And that scares me. I don't want to start out too fast. I like to improve as the season goes on."



Terrah Chapin

Photo by Elaine Rosenfield

Canyon and Louisville are the other defending state champions from the region.

The **Cowboys** and **Royals** posted large margins of victory to win the Division I and IV titles last year and both could have stronger teams this season. They won't be favored to repeat, however. Canyon has been dropped to Division II, which includes Yucaipa, the No. 3-ranked team in the nation. The **Cowboys** could move up to Division I if **Coach Dave DeLong** chooses, but **Louisville** doesn't have that option. The **Royals** remain in Division IV, which now includes **Nordhoff**.

Canyon will be paced by senior **Julle Harris** and sophomore **Lauren Flesher**. They finished 10th and 13th in the State championships last year and both are coming off superb track seasons.

Louisville lost its top two runners--including state champion **Shalynn Fullove**--to graduation, but junior **Kelly Harrington** and freshman **Mariel Holcomb** should give the **Royals** a potent 1-2 punch.

AT A GLANCE

THE PROVEN: Highland senior **Andrea Neipp**, who placed third in the State Division I championships last year, will run at the Division II level this year. Junior **Danielle Day** of **Quartz Hill** set a school record of 10 minutes 45.20 seconds in the 3,200 meters in track.

Birmingham, paced by sophomore **Tiffany Burgess**, could become the first Valley girls' team to win two consecutive City Section titles.

THE PROMISING: **Crescenta Valley** junior **Tara Gregory** set a school record of 2:14.24 in the 800 to finish fifth in the State track championships in June. **Ventura** senior **Nicole Campbell**, who ran 2:13.46 in the 800, will run cross-country for the first time. **Mariel Holcomb** of **Louisville** and **Vanessa Droshak** of **Palmdale** are freshmen who should make a big impact at the varsity level.

FAST FACT: **Agoura** (Division I) and **Nordhoff** (Divisions III and IV) each have won three girls' titles since the State finals were first held in 1987.

■ El Modena No. 1 in Cross-Country

Los Angeles Times, September 12--The El Modena boys' cross-country team, which combined with the girls' squad last season to become the first to win Southern Section titles two years in a row, is ranked No. 1 in Division III in the section's preseason polls. The El Modena girls' team is ranked No. 2 in Division III behind **Lake Elsinore Temescal Canyon**.

Tustin, the top-ranked boys' team in The Times Orange County's pre-season rankings, is No. 2 in Division III, while the top-ranked girls' team, **Dana Hills**, is ranked No. 4 in Division II.

The Southern Section pre-season rankings:

Boys

Division I--1. Palos Verdes Peninsula, 2. Glendale Hoover, 3. El Toro, 4. Santa Ana Valley, 5. Long Beach Poly, 6. Chino Hills Ayala, 7. Chino, 8. Saddleback, 9. Arroyo Grande, 10. Thousand Oaks. **Division II--1.** Santa Maria Righetti, 2. Hemet, 3. Santa Margarita, 4. Rubidoux, 5. Anaheim, 6. Riverside La Sierra, 7. El Monte Arroyo, 8. Riverside Arlington, 9. Orange, 10. Mater Dei. **Division III--1.** El Modena, 2. Tustin, 3. Newbury Park, 4. Barstow, 5. Rosemead Bosco Tech, 6. Brea Olinda, 7. Manhattan Beach Mira Costa, 8. Laguna Hills, 9. Littlerock, 10. Goleta Dos Pueblos. **Division IV--1.** Ojai Nordhoff, 2. Corona del Mar, 3. Morro Bay, 4. Fillmore, 5. Beaumont, 6. San Marino, 7. La Canada St. Francis, 8. Santa Fe Springs St. Paul, 9. West Covina South Hills, 10. Costa Mesa.

Girls

Division I--1. Chino Hills Ayala, 2. Esperanza, 3. Irvine, 4. Ventura Buena, 5. Arroyo Grande, 6. Moreno Valley Canyon Springs, 7. Redlands, 8. Palos Verdes Peninsula, 9. Thousand Oaks, 10. Quartz Hill. **Division II--1.** Yucaipa, 2. University, 3. Canyon Country Canyon, 4. Dana Hills, 5. Santa Margarita, 6. Foothill, 7. Riverside Arlington, 8. Sunny Hills, 9. Trabuco Hills, 10. Mission Viejo. **Division III:** 1. Lake Elsinore Temescal Canyon, 2. El Modena, 3. Glendora, St. Lucy's, 4. Goleta Dos Pueblos, 5. Newport Harbor, 6. Agoura, 7. Moorpark, 8. Westlake Village Westlake, 9. Atascadero, 10. San Geronimo. **Division IV--1.** Ojai Nordhoff, 2. Woodland Hills Louisville, 3. Morro Bay, 4. Corona del Mar, 5. La Canada Flintridge Sacred Heart, 6. West Covina South Hills, 7. Twentynine Palms, 8. Thousand Oaks La Reina, 9. San Dimas, 10. Estancia. **Division V--1.** Orange Lutheran, 2. Lancaster Desert Christian, 3. Pasadena Poly, 4. Santa Maria St. Joseph, 5. Lancaster Paraclete, 6. Sierra Madre Maranatha, 7. Ventura St. Bonaventure, 8. Ojai Thacher, 9. Pasadena La Salle, 10. L.A. Marlborough.

■ Prep Cross-Country Review: Newbury Park Takes Run at Goals

BY JOHN ORTEGA

LOS ANGELES TIMES STAFF WRITER
NEWBURY PARK, September 12--One drought down. Two to go. That could sum up the thinking of **Newbury Park High boys' cross-country Coach Mike Stewart** as the season begins. Stewart, entering his 23rd season at the school, guided the boys' track team to a share of its first-ever **Marmonte League** title in May.

He'd like to follow that with the **Panthers'** first **Ventura County cross-country** title since 1983 and their first berth in the State Division III championships since 1991.

Both goals appear attainable as five of Newbury Park's top six runners return from a team that tied **Thousand Oaks** for the **Marmonte League** title last year and placed fifth in the **Ventura County** and **Southern Section Division III** championships.

From that experience has come a more determined and dedicated work ethic, Stewart said. Last year's team was woefully out of shape at the start of the season, but the **Panthers** are coming off a solid summer of training.

"We had a much better summer," Stewart said. "I think a lot of these guys learned their lesson."

Seniors **Ross Wood** and **Mitch Beck** and sophomore **Pat Dolan** are expected to be Newbury Park's top three runners. The trio placed third, 11th and 10th in the **Marmonte League** finals last year, and **Wood** has been impressive in workouts.

"The guy is just cranking off road runs at a real good pace and he's not hurting when he's doing it," Stewart said.

"He ran 7 1/2 miles at [an average pace of 5 minutes 45 seconds per mile] the other day and it looked easy."

Seniors **Jeff Malch** and **Trevor Szafranec**, 25th and 30th in the league finals, are the **Panthers'** projected fourth and fifth runners, but they could be pushed by junior **Robert Esparza** and senior **Zack Plaut**. Plaut was expected to contend for a top-five spot last year, but he missed the season after suffering a concussion in a bizarre training accident. Plaut was hit on the head by a camper shell that flew off a truck that spun off the road while he was running.

"He's one of those guys you don't want to stand next to in an electrical storm," Stewart said. "Every year it seems like something else happens to him."

Despite its experience, Newbury Park is not heavily favored to win the **Ventura County** title. Stewart says **Rio Mesa** should be favored and defending champion **Nordhoff** cannot be counted out, even though the **Rangers** lost

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PREP NOTES

three of their top five runners to graduation. Rio Mesa surprised a lot of people by finishing fourth behind Nordhoff, Thousand Oaks and Buena in the county meet last year. Six of the Spartans' top seven runners are back, led by seniors Ronald Almaguer and Scott Johnsen. Almaguer placed seventh and Johnsen was eighth in the county meet and are the Nos. 4 and 5 returning finishers. Victor Ochoa finished fourth and Dusty Herman was 11th for Nordhoff in the county meet last year as sophomores, and later placed 11th and eighth in the State Division III championships as the Rangers won their third consecutive title. Ochoa ran 9 minutes 29.81 seconds in the 3,200 meters in track and Nordhoff Coach Ken Reeves says he's in great shape.

"I expect a big year out of Victor," he said. "He looks like he could be in for a really, really good season."

AT A GLANCE

THE PROVEN: A hamstring injury limited Hoover senior David Lopez to a 13th-place finish in the State Division I championships last year, but he could contend for the title this year if healthy. Litterock senior Bryan Green finished seventh in the 1995 State Division III championships and could become the Lobos' first state champion in November. Burbank, led by senior Tim Leahy, appears capable of snapping Hart's Foothill League title string at 13.

THE PROMISING: Oak Park, led by senior Morgan Harrelson, could contend for a State Division V title after finishing fourth in the Division IV meet last year. Monroe senior Ali Benmohamed appears to be a City Section title contender after finishing second in the 1,600 and 3,200 meters in the City track finals in May.

FAST FACT: Runners from the region have combined for 11 team and eight individual boys' titles since the State championships began in 1987.

■ Mortensen Picks Up Where She Left Off

Los Angeles Times, September 12--UCLA freshman Kim Mortensen, 1995 Foot Locker Cross Country champion for Thousand Oaks High last year, won her first college race Saturday when she timed 18 minutes 3 seconds over a 5,000-meter course at Panther Creek State Park in Knoxville, Tenn. Paced by Mortensen, UCLA defeated Georgia Tech, 26-30, and host Tennessee, 16-43.

Mortensen's next race will be the Aztec Invitational in San Diego on Sept. 21.

■ Monte Vista Invitational

Oak Hill Park, Danville, September 13--De La Salle (Concord) of the North Coast Section defeated Jesuit (Carmichael) of the

Sac-Joaquin Section by 19 points--49 to 68--in an intersectional battle on the hilly Monte Vista High School course. Mission San Jose (Fremont) of the North Coast Section was third with 112 points. Bellarmine (San Jose) of the Central Coast Section was fourth with 115 points.

Junior Jon Stevens (Mission San Jose, Fremont), 37th in the Foot Locker Western Regional and sixth in the State Meet 1,600 meters in 4:14.71, won in 10:20. Senior David Rodriguez (Mission San Jose, Fremont), 49th in the Foot Locker Western Regional and 14th in the State Meet 3,200 in 9:16.6, placed second in 10:21. Andrew Wolf (Bellarmine, San Jose) was third in 10:32. Tom Prindiville (De La Salle, Concord), fifth in the Foot Locker Western Regional, was fourth in 10:40.

■ Ed Sias Invitational

Hidden Valley Park, Martinez, September 14--College Park (Pleasant Hill) won the boys' team title with 82 points. Clayton Valley (Concord) placed second with 119 points. St. Mary's (Berkeley) was third with 120 points.

Brian Henstorf (Amador Valley, Pleasanton) won the 2-mile race in 10:31. Craig Lee (College Park, Pleasant Hill) placed second in 10:46. David Vigil (College Park) was third in 10:47.

Clayton Valley (Concord, North Coast Section) won the girls' team title with 53 points. Lowell (San Francisco Section) placed second with 58 points. Davis (Sac-Joaquin Section) was third with 109.

Senior Kristen Gordon (Carondelet, Concord), second in the Division 3 State Meet and second in the State Meet 1,600 meters in 4:49.15, set a new meet record of 11:27. Junior Jennifer Akana (Lowell, San Francisco), seventh in the State Meet 1,600 meters in 5:01.60, placed second in 12:04. Kerry Bock-Wilmes (Carondelet, Concord), sixth in the State Meet 800 meters in 2:14.31, was third in 12:39.

■ Stamps Breaks Her Own Record

Santa Rosa, September 14--Santa Rosa's Julia Stamps knocked nine seconds off her own 2-mile course record at the 12th annual Viking Opener cross country meet Saturday at Spring Lake. The victory (senior-junior division gave Stamps the top time



Julia Stamps

Photo by Bill Leung, Jr.
Geek Media

for each division from freshman to senior during her four-year career.

Eureka's Matt Creason (1990-93) also held the same distinction, with the only difference being that when he was a senior his freshman mark fell.

Santa Rosa's Trina Cox, who won the frosh-soph race, moved into second place behind Stamps (sophomore division) with her time of 11:53, and also became the third fastest girl in the event's history, behind Stamps and Nika Horn.

San Marin's James Nielsen won the senior boys' race in 10:21 edging Santa Rosa's Ulises Teutle by four seconds. Montgomery's Jason DeSelle edged Eureka's Ryan Dexter by two seconds to claim the junior class race in 10:38.

Ukiah's Ryan Mack won his second consecutive frosh/soph race, but this year he finished three seconds slower than last year in 10:47.

(The preceding story which appeared in the Santa Rosa Press Democrat was faxed to me by Mike Elsesser.)

■ Talence Multis

Cecasar '96, Talence, France, September 14-15--Jean Gallifone (France), the Olympic champion in the pole vault, set a new world decathlon record of 18-10 1/4/5.75 meters in the pole vault. The old record of 18-8 1/4/5.70 meters was set by Tim Bright (Soquel High School 1976) in 1988.

Sharon Hanson (Buena High School, Ventura 1983) placed fifth in the heptathlon with 6,287 points.

■ Toto International

TOKYO, September 16--Jeff Williams (Washington High School, Los Angeles 1982) won the 200 meters in 20.44 (0.0). Michael Marsh (Hawthorne High School 1985) was fourth in 20.93. Johnny Gray (Crenshaw High School, Los Angeles 1978) placed third in the 800 meters in 1:47.66. Mark Crear (Rowland High School, Rowland Heights 1987) placed second in the 110 hurdles in 13.45 (-0.5).

Gall Devers (Sweetwater High School, National City 1984) placed second in the 100 meters in 11.14 (+0.1). Inger Miller (Muir High School, Pasadena 1990) placed third in the 200 meters in 23.14 (-1.5).

■ Spain Honors Carl Lewis

OVIEDO, Spain, September 19 (AP)--American track star Carl Lewis was awarded a Prince of Asturias prize Thursday for his outstanding contribution to sport and his fight against drugs. Ranked among the most prestigious prizes in the Spanish-speaking world, eight Prince of Asturias awards are given each year in different fields, including the arts, science and sports. Describing him as "one the best athletes of all times," prize organizers said

continued next page...

PREP NOTES

Lewis was chosen to receive the sports award and a sculpture by artist Joan Miro.

Previous winners of the sports award include Algerian athlete Hassiba Boulmerka, tennis star Martina Navratilova and Cuban high jumper Javier Sotomayor.

International Circuit

This list shows the individual records of former California high school athletes in Europe after the Olympic Games. I have included the personal record for each athlete with the year they set it.

Men

100 Meters

Ato Boldon (Piedmont Hills, San Jose 1991)

9.90 Personal Record 1996
10.09-0.32) Monaco GP8/10
10.15-0.9 1) Zurich GP Heat 28/14
10.07-1.4 4) Zurich GP8/14
10.19+0.2 5) Cologne GP 8/16
10.12+0.4 4) Van Damme GP8/23
DNF Berlin GP8/30

Michael Marsh (Hawthorne 1985)

9.93 Personal Record 1992
10.30-0.9 5) Zurich GP Heat 28/14
10.28+0.6 6) Linz GP I18/21

Jeff Williams (Washington, Los Angeles 1982)

10.02 Personal Record 1996
10.36-0.3 7) Monaco GP8/10
10.45+0.6 8) Linz GP I18/21

200 Meters

Ato Boldon (Piedmont Hills, San Jose)

19.99-0.2 2) Brussels GP8/23
20.37+0.5 3) Berlin GP8/30

Michael Marsh (Hawthorne 1985)

19.73 Personal Record 1992
20.43-0.2 6) Brussels GP8/23
20.93+0.0 4) Toto9/16

Jeff Williams (Washington, Los Angeles 1982)

19.87 Personal Record 1996
20.45-0.23) Monaco GP8/10
20.26+0.0 2) Zurich GP8/14
20.70-1.63) Gateshead8/19
20.21-0.2 3) Brussels GP8/23
20.45+1.91) Sheffield8/25
20.44+0.01) Toto9/16

400 Meters

Calvin Harrison (North Salinas, Salinas 1993)

45.07 Personal Record 1993
45.22) Rieti9/1

800 Meters

Johnny Gray (Crenshaw, Los Angeles 1978)

1:42.60 Personal Record 1985
1:46.028) Zurich GP8/14
1:44.73 1) Linz GP I18/21
1:45.368) Brussels GP8/23
1:47.663) Toto9/16

Billy Konchellah (Kenya)

1:46.186) Linz GP I18/21

3,000 Meters

Ronnie Harris (Eisenhower, Rialto 1983)

8:00.93 Personal Record 1995
8:03.902) Gateshead8/19

5,000 Meters

Ronald Harris (Eisenhower, Rialto 1983)

13:40.30 Personal Record 1995
14:02.8613) Linz GP I18/21

110 Meter High Hurdles

Mark Crear (Rowland, Rowland Heights 1987)

13.02 Personal Record 1995
13.47-0.8 5) Monaco GP8/10
13.24+0.2 3) Zurich GP8/14
13.08+0.2 2) Cologne8/16
13.26+0.2 1) Berlin GP8/30
13.45-0.5 2) Toto9/16

Eugene Swift (Berkeley 1982)

13.21 Personal Record 1996
14.57+0.28) Zurich GP8/14
13.30+0.2 3) Cologne8/16
13.63-0.4 1) Lahti8/18

Pole Vault

Dean Starkey (James Logan, Union City 1984)

19-5 Personal Record 1994
18-4 1/2 9t) Monaco GP8/10
19-0 1/4 5) Zurich GP8/14
18-6 1/2 11) Cologne GP8/16
18-0 1/2 7) Linz GP I18/21

Discus

John Wirtz (Leland, San Jose 1988)

193-8 Personal Record 1993
204-3 PR1) Helsingborg7/14

Women

100 Meters

Gail Devers (Sweetwater, National City 1984)

10.82 Personal Record 1992
10.98+1.02) Monaco GP8/10
11.00-0.4 3) Zurich GP Section 28/14
11.12+0.2 3) Cologne GP8/16
10.92+0.4 1) Linz GP I18/21
10.84-0.5 1) Brussels GP8/23
10.89-0.1 1) Berlin GP Section A8/30
11.14+0.12) Toto9/16

Inger Miller (John Muir, Pasadena 1990)

10.96 Personal Record 1996
11.03+1.0 4) Monaco GP8/10
11.16-0.42) Zurich GP Section 18/14
11.37-0.1 8) Berlin GP Section A8/30
11.124) Rieti9/1

200 Meters

Inger Miller (John Muir, Pasadena 1990)

22.25 Personal Record 1996
22.26-0.1 2) Zurich GP8/14
22.66+0.1 2) Brussels GP8/23
23.14-1.53) Toto9/16

1,500 Meters

Regina Jacobs (Argyll Episcopal Academy, North Hollywood 1981)

4:00.46 Personal Record 1988
4:06.823) Cologne GP8/16
4:01.77 (AL)1) Brussels GP8/23
DNS Berlin GP8/30

Mile

Regina Jacobs (Argyll Episcopal Academy, North Hollywood 1981)

4:22.20 Personal Record 1996
4:22.20PR2) Zurich GP8/14

Long Jump

Marieke Veltman (Leland, San Jose 1989)

22-5 Personal Record 1995
20-9 1/410) Cologne GP8/16
6.620.8 4) Linz GP I18/21

Heptathlon

Sharon Hanson (Buena, Ventura 1983)

6,202 Personal Record through 1995
6,352 Personal Record 1996
6,2875) Talence9/14-15

Former California Preps on 1996 World List

September 18, 1996

Men

100 Meters

9.90 Ato Boldon (Piedmont Hills 1991) 3rd
9.95 Mike Marsh (Hawthorne 1985) 5th
10.01 Jeff Laynes (Oakland 1989) =8th
10.02 Jeff Williams (Washington, LA 1982)
10.03 Brian Lewis (Highlands, Sacramento 1993)
10.07 Terry Bowen (Madera 1989)

200 Meters

19.80 Ato Boldon (Piedmont Hills 1991) 3rd
19.87 Jeff Williams (Washington, LA 1982) 4th
19.88 Mike Marsh (Hawthorne 1985) 5th

400 Meters

44.09 Alvin Harrison (NSalinas, Salinas 1993) 3rd
44.70 Calvin Harrison (N Salinas, Salinas 1993)
44.76 Quincy Watts (Taft, Woodland Hills 1988)

800 Meters

1:43.93 Johnny Gray (Crenshaw, Los Angeles 1978)

Steeplechase

8:20.73 Marc Davis (San Diego 1987)

110 Hurdles

13.05 Mark Crear (Rowland, Rowld Hts 1987) 3rd
13.21 Eugene Swift (Berkeley 1982) 9th
13.33 Robert Reading (St. Mary's, Berkeley 1985)

400m Hurdles

48.08 Danny Harris (Perris 1983) 7th

Pole Vault

5.80 Dean Starkey (Logan, Union City 1984)

Long Jump

8.39 Mike Powell (Edgewd, W Covina 1981) 8th

Women

100 Meters

10.83 Gail Devers (Swtwter, Natl City84) 3rd
10.96 Inger Miller (Muir, Pasa 1990) =5th

200 Meters

22.25 Inger Miller (Muir, Pasadena 1990) =8th

1,500 Meters

4:01.77 Regina Jacobs (Argyll Ac, NHollywd 81) 7th

Mile

4:22.20 Regina Jacobs (Argyll Ac, NHollywd 1981)

100 Hurdles

12.62 Gail Devers (Sweetwater, Natl City 1984) 6th

Long Jump

6.88 Marieke Veltman (Leland, San Jose 1989)

Triple Jump

14.41 Sheila Hudson (Rio Linda 1985)

Wind-aided:

14.56(A) Sheila Hudson

Shot Put

19.18 Ramona Pagel (Schurr, Montebello 1979)

Discus

63.56 Lacy Barnes-Mileham (Burr, Ridge 1983)

Heptathlon

6352 Sharon Hanson (Buena, Ventura 1983)

PREP RESULTS

Northern California

From Keith Conning

MONTE VISTA INVITATIONAL

Friday, September 13, 1996. Oak Hill Park, Danville Distance: 2 miles (very hilly)

Boys Teams 1. De La Salle 49, 2. Jesuit 68, 3. Mission San Jose 112, 4. Belarmine 115, 5. Granada 152, 6. Bishop O'Dowd 164, 7. James Logan 183, 8. Castro Valley 197. **Boys Individuals** 1. Jon Stevens (Mission San Jose) 10:20, 2. David Rodriguez (Mission San Jose) 10:21, 3. Andrew Wolf (Belarmine) 10:32, 4. Tom Prindiville (De La Salle) 10:40, 5. Kakkpepa (Jesuit) 10:41, 6. Altieri (Jesuit) 10:48, 7. Sean Kenady (De La Salle) 10:49.

ED SIAS INVITATIONAL

Saturday, September 14, 1996. Hidden Valley Park, Martinez Distance: 2 miles

Boys Teams 1. College Park 82, 2. Clayton Valley 119, 3. St. Mary's (B) 120, 4. Davis 124, 5. Fairfield 126. **Boys Individuals** 1. Brian Henstorf (Amador Valley) 10:31, 2. Craig Lee (College Park) 10:46, 3. David Vigil (College Park) 10:47, 4. Corey Dixon (Skyline) 10:54, 5. Rick Riley (Alhambra) 10:55, 6. Jerron Anderson (Fairfield) 11:04, 7. Justin Carter (Clayton Valley) 11:04, 8. Joshua Adams (Fairfield) 11:07, 9. Jim Hess (Irvington) 11:08, 10. Bon Mautias (St. Mary's) 11:12.

Girls Teams 1. Clayton Valley 53, 2. Lowell 68, 3. Davis 109, 4. St. Francis (S) 117, 5. Carondelet 125. **Girls Individuals** 1. Kristen Gordon (Carondelet) 11:27MR, 2. Jennifer Akana (San Francisco) 12:04, 3. Kerry Bock-Wilmes (Carondelet) 12:39, 4. Deborah Osteen (Clayton Valley) 12:47, 5. Susan Chou (Lowell) 12:56, 6. Shannon Molly (Davis) 12:57, 7. Katie Berkes (Campolindo) 13:03, 8. Emily Dixon (Skyline) 13:06, 9. Andrea Haver (Davis) 13:06, 10. Sharon Muha (St. Francis) 13:06.

VIKING OPENER

September 14, 1996. Spring Lake, Santa Rosa All races 2 miles

Boys
Senior 1. Montgomery 23, 2. Vintage 29, 3. Novato 33, 4. Redwood 42, 5. Ukiah 67, 6. Oak Ridge 70, 7. Fortuna 80, 8. Santa Rosa 80, 9. Healdsburg 98, 10. Napa 109, 11. Elsie Allen 110, 12. Willits

112, 13. Kelseyville 116, 14. Cardinal Newman 117, 15. Bear River 130. **Senior Individuals** 1. Nielsen (San Marin) 10:21, 2. Tuelte (Santa Rosa) 10:25, 3. Hunt (Novato) 10:29, 4. Funk (Montgomery) 10:36, 5. Mendes (Healdsburg) 10:42. **Junior** 1. Ukiah 16, 2. Montgomery 27, 3. Cardinal Newman 35, 4. Elsie Allen 66, 5. Healdsburg 74, 6. Rancho Cotate 86, 7. Santa Rosa 107, 8. Sonoma 111. **Junior Individuals** 1. DeSelle (Montgomery) 10:38, 2. Dexter (Eureka) 10:40, 3. Maas (Fortuna) 10:48, 4. Pierini (Oak Ridge) 10:53, 5. Otto (Ukiah) 10:58. **Frosh-Soph Individual** 1. Mack (Ukiah) 10:47, 2. Shaw (Cardinal Newman) 10:59, 3. Rodriguez (Elsie Allen) 11:02, 4. Tout (Eureka) 11:16, 5. Todd (Healdsburg) 11:30.

Girls
Senior-Junior 1. Ursuline 21, 2. Montgomery 35, 3. Middletown 49, 4. Eureka 51, 5. Ukiah 54, 6. Santa Rosa 62, 7. Oak Ridge 69, 8. Napa 70, 9. Vintage 70,

town) 12:55. **Frosh-Soph** 1. Cox (Santa Rosa) 11:53, 2. Johnson (Santa Rosa) 12:35, 3. Stafford (Santa Rosa) 12:52, 4. Dunham (Analy) 13:04, 5. Jamieson (Oak Ridge) 13:16.

Southern California

From Stan Rosenfield

MORRO BAY INVITATIONAL

September 14, Morro Bay.

Boys Varsity

1. Blackwell (SLO) 17:38, 2. Kashun (Fres) 17:40, 3. Festa (MB) 17:51, 4. Ochoa (Nord) 17:57, 5. Herman (Nord) 18:22, 6.

(Taft) 22:54, 5. Hatch (NHS) 23:04, 6. Patterson (SLO) 23:06, 7. Pepple (Atlas) 23:12, 8. Hackler (Taft) 23:28, 9. Chihira (Atlas) 23:31, 10. June (St. J) 23:37.

From Steve Blum

KIWANIS SEASIDE PARK INVITATIONAL

September 14, 1996. Ventura County Fairgrounds. From Steve Blum.

Yucaipa girls broke Thousand Oaks' team time record by 19 seconds (91:36 to 91:55, 1995). Robin Scott (San Marcos) broke the soph girl's record with a time of 17:11 (old record, Stacy Auer, Thousand Oaks, 17:41, 1991) and Rachel Guerrero broke the freshman girls' record with a time of 18:01 (old record, Taryn Lawson, Ocean View, 18:14, 1991).

Robin Scott of San Marcos had the fastest girls' time of the day with a time of 17:11. Jose Pereschica of McFarland had the best boys' time in 15:14.

Freshman Girls

1. Rachel Guerrero (High) 18:01, 2. Leann Jimenez (Yuc) 19:10, 3. Beth Grossnim (Yuc) 19:10, 4. Heidi Walker (Yuc) 19:29, 5. Tanya Lenavurg (DP) 19:29, 6. Emerida Nixon (O) 19:35, 7. Daylene Coberly (Foot) 19:40, 8. Renee Stetkavich (Yuc) 19:41, 9. Vanessa Drochak (Palm) 19:50, 10. Jessica Huerta (Fill) 19:57.

Sophomore Girls

1. Robin Scott (San Marcos) 17:11, 2. Lauren Freshman (Cyn) 18:06, 3. Melissa McBain (TO) 18:08, 4. Dariye Harrill (Quartz) 18:23, 5. Laura Davis (McFar) 18:41, 6. Amanda Armstrong (TO) 18:44, 7. Sonia Teymour (Cresc) 19:07, 8. Summer Stewart (RM) 19:13, 9. Amanda Anderson (Simi) 19:23, 10. Torrey Groves (Cresc) 19:26.

Junior Girls

1. Kimi Welsh (Yuc) 17:30, 2. N. Whiteside (Yuc) 17:43, 3. D. Day (OH) 18:03, 4. J. Petite (Yuc) 19:22, 5. E. Sorenson (TO) 19:38, 6. J. Bair (Foot) 19:43, 7. Y. Curtis (Hart) 19:45, 8. C. Hamel (Saug) 19:55, 9. L. Conger (DP) 20:01, 10. L. Benno (Foot) 20:01.

Senior Girls

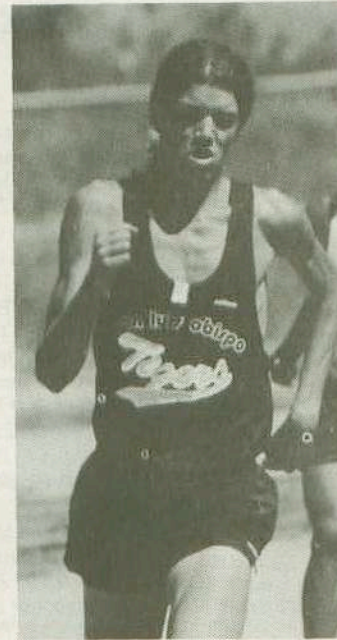
1. Andrea Neipp (High) 17:27, 2. B. Schweitzer (Saug) 17:41, 3. J. Harris (Cyn) 17:58, 4. C. Ray (Yuc) 18:03, 5. C. Sanchez (McF) 18:33, 6. J. Pompilio (WL) 19:11, 7. L. Klingler (Hart) 19:16, 8. M. Dunne (Buena) 19:30, 9. B. Almaraz (Buena) 19:36, 10. J. Munson (Newbury) 19:36.

11. Z. Wignot (DP) 19:38, 12. J. Drummond (Cyn) 19:39, 13. N. Desmond (Foot) 19:40, 14. R. Locken (Buena) 19:42, 15. C. Albaugh (RM) 19:46, 16. T. Eflin (Simi) 19:46, 17. T. Savage (TO) 19:48, 18. R. Deonier (TO) 19:49, 19. Y. Sanchez (High) 19:54, 20. M. Ibanez



Tracy Bowling

Photo by Elaine Rosenfield



Avery Blackwell

Photo by Elaine Rosenfield

10. Novato 88, 11. Redwood 102, 12. Rancho Cotate 105, 13. Bear River 114, 14. Analy 143, 15. El Molino 157. **Senior-Junior Individuals** 1. Stamps (Santa Rosa) 10:40, 2. Hallas (Ursuline) 11:58, 3. Hansen (Redwood) 12:42, 4. Halle (Montgomery) 12:51, 5. Hunt (Middle-

Proudman (Nord) 18:52, 7. Fuentes (Fres) 19:10, 8. Yankee (Cab) 19:10, 9. Ewing (PR) 19:28, 10. Epperheimer (MB) 19:32.

Girls Varsity

1. Bowling (Taft) 21:48, 2. Chapin (Nord) 21:54, 3. Michel (MB) 22:38, 4. Salcido

PREP RESULTS

(Clare) 20:04.

Girls Team Results--Top 20: 1. Yucaipa 91:36, 2. Thousand Oaks 96:07, 3. Canyon 96:13, 4. Highland 98:56, 5. Saugus 99:01, 6. Foothill 99:13, 7. Hart 99:24, 8. Westlake 1:00:07, 9. Buena 1:00:12, 10. San Marcos 1:00:29, 11. Quartz Hill 1:00:46, 12. Crescenta Valley 1:01:00, 13. McFarland 1:01:09, 14. Dos Pueblos 1:01:10, 15. Simi Valley 1:01:35, 16. Rio Mesa 1:01:37, 17. Arroyo Grande 1:04:06, 18. Claremont 1:04:35, 19. Newbury Park 1:04:55, 20. Royal 1:06:30.

Freshman Boys

1. A. Velasco (McF) 16:46, 2. S. Neumuller (TO) 17:11, 3. J. Newman (Saug) 17:15, 4. F. Velazquez (Buena) 17:26, 5. W. Gould (Valen) 17:27, 6. E. Welsh (Yuc) 17:32, 7. K. Smith (Yuc) 17:34, 8. H. Galvan (McF) 17:42, 9. J. Mahar (Saug) 17:48, 10. D. Agundez (McF) 17:49.

Sophomore Boys

1. Cashow (Yuc) 16:17, 2. Peatman (Hart) 16:21, 3. Salas (CJ) 16:22, 4. King (Hart) 16:25, 5. Miser (Maran) 16:26, 6. Vramonte (St Paul) 16:28, 7. Hanson (San Mar) 16:36, 8. Valle (Buena) 16:37, 9. Moseley (Yuc) 16:38, 10. Likins (Yuc) 16:42.

Junior Boys

1. Pareschica (McF) 15:14, 2. Torres (St. Bon) 15:44, 3. Pantananan (High) 15:49, 4. Kilgore (TO) 15:49, 5. Gabremedhim (SD) 15:50, 6. Avis (Maran) 15:50, 7. Lopa (Oxn) 15:56, 8. Arellano (Cyn) 15:58, 9. Buchanan (Righ) 15:59, 10. Paine (Arr Gr) 16:00.

Senior Boys

1. Gayer (Palm) 15:20, 2. Wood (NP) 15:23, 3. Hipskind (Buena) 15:24, 4. Ramirez (Royal) 15:27, 5. Johnson (RM) 15:29, 6. Green (Litterock) 15:32, 7. Edson (Yuc) 15:33, 8. Gans (DP) 15:35, 9. Evans (CresV) 15:40, 10. Langdon (Yuc) 15:40, 11. Garcia (Ril) 15:40, 12. Almaguel (RM) 15:47, 13. Cavazos (McF) 15:53, 14. Bally (Arr Gr) 15:55, 15. Meier (Righ) 15:56, 16. Barbachano (TO) 16:01, 17. Gans (DP) 16:05, 18. Jimenez (SD) 16:06, 19. Claypool (Foot) 16:06, 20. Haskell (TO) 16:07.

Boys Team Results--Top 20: 1. Yucaipa 80:22, 2. McFarland 80:30, 3. Thousand Oaks 81:26, 4. Rio Mesa 81:37, 5. Arroyo Grande 81:42, 6. San Diego 81:44, 7. Foothill 81:50, 8. Buena 82:48, 9. Hart 82:53, 10. Newbury Park 82:59, 11. Righetti 83:03, 12. Saugus 83:06, 13. Canyon 83:20, 14. Channel Islands 83:49, 15. Litterock 84:16, 16. Fillmore 84:33, 17. St. Bonaventure 84:37, 18. Maranilha 84:48, 19. Crescenta Valley 85:07, 20. Dos Pueblos 85:29.

From Doug Speck

RIM OF THE WORLD INVITATIONAL

Tues 9/18. Lake Arrowhead (High altitude) - (Boys 3.0 miles, Girls 2.0 miles) St. Lucy's Marisol Marquez (11:23) and the home school's David Jackson (16:25)

had the quickest times in this competition held at Rim of the World High School which sits at high altitude in the Big Bear Lake area of Southern California.

Girls (Large) 1. Vega (San Geronio, San Bernardino) 11:25, 2. Kolar (Redlands) 11:42, 3. Reyes (Indio) 11:58, 4. McCauley (Canyon Springs, Moreno Valley) 11:48, 5. Vasquez (Cajon, San Bernardino) 12:14. **Teams:** 1. Redlands 45, 2. Canyon Springs (Moreno Valley) 76, 3. Arlington (Riverside) 86. **(Small)** 1. Marquez (St. Lucy's, Glendora) 11:23, 2. Miller (Rim of World, LA) 11:36, 3. Henderson (RW) 12:03, 4. Heard (Yucca Valley) 12:08. **Teams:** 1. St. Lucy's (Glendora) 45, 2. Twentynine Palms 92, 3. Centennial (Corona) 107.

Boys (Large) Swigart (Canyon Springs, Moreno Valley) 16:42, 2. Ramirez (Arlington, Riverside) 16:49, 3. Bernat (La Sierra, Riverside) 16:50, 4. Marnell (Ontario) 16:50, 5. Estrada (Eisenhower, Rialto) 16:51. **Teams:** Canyon Springs (Moreno Valley) 51, 2. Arlington (Riverside) 56, 3. La Sierra (Riverside) 76. **(Small)** Jackson (Rim of World, Lake Arrowhead) 16:25, 2. Avila (Beaumont) 16:39. **Teams:** 1. Beaumont 59, 2. Yucca Valley 92, 3. Centennial (Corona) 92.

WOODBIDGE INVITATIONAL

Sat 9/21. Woodbridge HS (Irvine). 3.0 miles campus course

This huge (over 160 schools) meet kind of starts the Southern Section season off in style. Larger schools race in the morning, with the late afternoon Small school races giving a break during the heat of the day.

Allyson Marquand (University, Irvine) starred in the morning action, racing 17:18 to win over Lauren Freshman (Canyon, Canyon Country) 17:36. Foot Locker National finalist in 1995, Kimi Welsh (Yucaipa) took the fastest afternoon race at 17:19 over Heather Garrison 17:35. San Geronio Junior Terry Vega continues to impress this Fall, racing 17:36. The Yucaipa Girls averaged 18:37 to total 93:08 for the best team time by over two minutes.

Chris Farley (Del Campo, Fair Oaks) ducked under 15:00 with a 14:58 win, with Tustin totally 79:01 as a team to win there.

Girls:

Division I

(Fresh/soph) Lorena Reyes (Indio) 19:06, 2. Brenda Nava (Santa Ana) 19:16, 3. Ellen Stephens (Woodbridge, Irvine) 19:41, 4. Jessica Rafferty (Cheyenne, No. Las Vegas, Nv) 19:48. **Team:** 1. Santa Ana 86 (104:43). **(Varsity)** Kim Bates (Los Alamitos) 17:59, 2. Jennifer Smith (Chino) 18:02, 3. Sarah Wilkins (Rancho Bernardo, San Diego) 18:12, 4. Erin Zehntner (Irvine) 18:29, 5. Mary Moore (Woodbridge, Irvine) 18:36, 6. Rachel McCauley (Canyon Springs, Moreno Valley) 18:37, 7. Sharunn Downing (Cheyenne, No. Las Vegas, Nv) 18:44, 8. Jessica Zandl (Chey, NLV, Nv) 18:45, 9. Melissa Livemore (Irvine) 18:59, 10. Laura Siska (Los Alamitos) 19:04, 11. Julie Manson (Brch Bern, SD) 19:04, 12. Crystal Ricardez (Cany Spr, Mor Val) 19:11, 13. Samantha Rushforth (Warren,

Downey) 19:11, 14. Liz Parker (Chino) 19:12, 15. Aubree Williams (Redlands) 19:13, 16. Cheryl Ramos (Glendale) 19:13, 17. Marie Ferguson (Redlands) 19:15. **Team:** 1. Los Alamitos 70 (95:30), 2. Irvine 101 (96:39), 3. Redlands 125 (97:48), 4. Rancho Bernardo (San Diego) 163 (98:29), 5. Del Campo (Fair Oaks) 166 (99:00), 6. Peninsula (Rolling Hills) 178 (99:09), 7. Woodbridge (Irvine) 201 (99:41), 8. Canyon Springs (Moreno Valley) 209 (99:56), 9. Capistrano Valley (Mission Viejo) 213 (99:59).

Division II

(Fresh/Soph) 1. Latesha Jones (Rialto) 18:12 (2nd 20:16). **Team:** University (Irvine) 65 (104:55).

(Varsity) 1. Allyson Marquand (University, Irvine) 17:18, 2. Lauren Freshman (Canyon, Canyon Country) 17:36, 3. Julie Harris (Cany, CC) 17:53, 4. Kristin Goncy (Lutheran, Orange) 18:16, 5. Misha Wilson (Univ, Irv) 18:31, 6. Natalie Sullivan (Helix, La Mesa) 18:31, 7. Alicia McFall (Newport Harbor, Newport Beach) 18:46, 8. Jennifer Crobbe (Edison, Hunt Bch) 19:03, 9. Trisia Treester (Rubidoux, Riverside) 19:12, 10. Sarah Chulack (Agoura) 19:12, 11. Thanh Truc Tran (Tustin) 19:23, 12. ? Two (Arlington, Riverside) 19:24, 13. Jennifer Giffel (Edis, Hunt Bch) 19:25, 14. Sinfiorosa Oroco (Santa Ana Valley) 19:26, 15. Danielle Gisaffi (San Clemente) 19:27. **Team:** 1. University (Irvine) 112 (95:45), 2. Mater Dei (Santa Ana) 119 (98:49), 3. Canyon (CC) 135 (96:11), 4. Newport Harbor (Newport Beach) 146 (98:44), 5. San Clemente 159 (99:32), 6. Arlington (Riverside) 185 (100:11).

Division III

(Varsity) 1. Welsh (Yucaipa) 17:19, 2. Garrison (Buena Park) 17:35, 3. Vega (San Geronio, San Bernardino) 17:36, 4. Harper (Santa Ana Santee) 17:56, 5. Harrington (Louisville, Woodland Hills) 17:58, 6. Whiteside (Yucaipa) 18:27, 7. Thomas (Laguna Hills) 18:36, 8. Spahr (Marina, Huntington Beach) 18:37, 9. Ray (Yucaipa) 18:41, 10. Cox (Escondido) 18:46. **Team:** 1. Yucaipa 44, 2. San Geronio (San Bernardino) 133, 3. Santana (Santee) 139, 4. Louisville (WH) 156.

Division IV

(Varsity) 1. Shurtteff (West Hills, Santee) 17:52, 2. Courtney (University, San Diego) 18:07, 3. McGowen (Serrano, Phelan) 18:08, 4. Ellis (La Canada) 18:28, 5. Miller (Rim of World, Lake Arrowhead) 18:56, 6. Jeppson (South Hills, West Covina) 18:59, 7. Buwaida (Laguna Beach) 19:02, 8. Jamieson (Corona del Mar, Newport Beach) 19:06, 9. Morgan (Cdm, NB) 19:08, 10. Holzakom (West H, Sant) 19:22. **Team:** 1. West Hills (Santee) 51, 2. Corona del Mar (Newport Beach) 80, 3. Estancia (Costa Mesa) 127, 4. Costa Mesa 143, 5. University (San Diego) 149. **Overall Top Team Times:** 1. Yucaipa 93:08, 2. Los Alamitos 95:30, 3. Canyon (Canyon Country) 95:35, 4. University (Irvine) 95:45, 5. West Hills (Santee) 96:45, 6. Irvine 96:39, 7. Corona del Mar (Newport Beach) 97:05, 8. San Geronio (San Bernardino) 97:17, 9. Cheyenne (North Las Vegas, Nv) 97:19, 10. Redlands 97:48, 11. Santana (Santee) 98:16, 12. Rancho Bernardo (San Diego) 98:21, 13. Woodbridge (Irvine) 98:22, 14. New-

port Harbor (Newport Beach) 98:44, 15. Mater Dei (Santa Ana) 98:49.

Boys:

Division I

(Fresh) 1. Sean Ricketts (Rancho Bernardo, San Diego) 16:18, 2. Aaron Durham (Poly, Long Beach) 16:51. **Team:** 1. Peninsula (Rolling Hills) 109 (91:40), (Soph) 1. Juan Salgado (Santa Ana) 15:41, 2. James DeBruhl (Chino) 15:49, 3. Tyler Noesen (Poly, Long Beach) 15:51, 4. Martin Conrad (Poly, LB) 15:57, 5. Omar Mateo (Santa Ana) 15:58, 6. Daniel Gabai (Beverly Hills) 16:00, 7. Alfredo Leon (Santa Ana) 16:06. **Team:** 1. Santa Ana 33 (80:51). **(Junior)** 1. Jason Taylor (Peninsula, Rol, Hill) 15:15, 2. Chad Durham (Poly, LB) 15:18, 3. Jayson Swigart (Canyon Springs, Moreno Valley) 15:36, 4. Frank Montoya (Chino) 15:39, 5. John Gould (Poly, LB) 15:46, 6. Leonard Perez (Capistrano Valley, Miss Viejo) 15:55, 7. Randy Padilla (Canyon Spr, Mor Val) 16:02, 8. Glenn Cleary (Canyon Spr, MV) 16:03, 9. Brandon Grady (Cheyenne, No Las Vegas, Nv) 16:03, 10. Marco Chiu (Paramount) 16:06. **Team:** 1. Santa Ana 125 (83:35), 2. Saddleback (Santa Ana) 133 (83:40), 3. Cheyenne (No Las Vegas, Nv) 152 (83:49), (Senior) 1. Chris Farley (Del Campo, Fair Oaks) 14:58, 2. Ryan Deane (Peninsula, Rolling Hills) 15:07, 3. Nate Bristow (Del Campo, FCJ) 15:30, 4. James Bagley (Del Campo) 15:32, 5. Eron Tello (Rancho Bernardo, SD) 15:36, 6. Chris Laman (Cheyenne, NLV, Nv) 15:37, 7. Albar Inzunza (Miller, Fontana) 15:37, 8. Matt Galavis (Rancho Bern) 15:39, 9. Jose Luardo (Saddleback, SA) 15:46, 10. Jon Jeffrey (Woodbridge, Irv) 15:48, 11. Arbi Nazarian (Glendale) 15:52, 12. Kevin Whitlow (Penins, RH) 15:56, 13. Andy Kirkpatrick (Del Camp) 15:58, 14. Raul Quinonez (Santa Ana) 16:00, 15. Mike Ilyva (Saddleback, SA) 16:04. **Team:** 1. Del Campo (Fair Oaks) 43 (79:04), 2. Saddleback (Santa Ana) 80:43, 3. Rancho Bernardo (San Diego) 112 (83:39), 4. Peninsula (RH) 117 (83:45).

Division II

(Fresh) 1. Kyle Yost (Diamond Bar) 16:29, 2. Erick Estrada (Santa Ana Valley) 16:34. **Team:** 1. Santa Ana Valley 38 (85:36). (Soph) 1. Leo Gordillo (Tustin) 15:48, 2. Alex Murcio (Rubidoux, Riverside) 15:48, 3. Cesar Lara (Century, Santa Ana) 16:05. **Team:** 1. Century 105 (85:43). **(Junior)** Danny Lee (El Toro) 15:14, 2. Gabriel Hernandez (Rubidoux, Rivers) 15:19, 3. Caesar Mariales (Tustin) 15:26, 4. Jamal Batouch (Hoover, Glendale) 15:37, 5. Isabel Casillas (Hoover, Glendale) 15:37, 6. Irene Garcia (Santa Ana Valley) 15:51, 7. Martin Brix (University, Irvine) 16:01, 8. Adam Esparza (Century, Santa Ana) 16:05, 9. Bryan Augustin (Poly, Riverside) 16:07. **Team:** Santa Ana Valley 55 (82:08), 2. El Toro 133 (84:16). **(Senior)** 1. David Lopez (Hoover, Glendale) 15:04, 2. Tim Leahy (Burbank) 15:14, 3. Daniel Smith (Tustin) 15:15, 4. Luis Estrada (Santa Ana Valley) 15:37, 5. Jason Pendleton (Rialto) 15:40, 6. Jorge Gutierrez (Santa Ana Valley) 15:41, 7. David Hayes (Point Loma, SD) 15:47, 8. Bobby Miske (El Toro) 15:49, 9. Isidoro Lucas (Santa Ana Valley) 15:54, 9. Julio Ponce (Canyon, Canyon Country) 15:54.

PREP RESULTS

11. Jason Baugh (Diamond Bar) 15:55.
12. Tom Coffey (Tustin) 15:56, 13. Michael Zepeda (Mater Dei, Santa Ana) 15:58, 14. Jose Gonzalez (Rialto) 15:59, 15. Matt Fischer (7) 16:04. Team: 1. Santiago (Garden Grove) 98 (82:10), 2. El Toro 108 (82:36), 3. Tustin 111 (82:23), 4. Mater Dei (Santa Ana) 116 (82:49), 5. Point Loma (San Diego) 117 (83:04) & Rialto 117 (83:16).

Division III

(Frosh) Rocha (Laguna Hills) 16:51.
Team: 1. Yucaipa 30. (Soph) Mosley (Yucaipa) 16:38. Team: 1. Yucaipa 23. (Junior) Gleason (Mission Viejo) 15:22, 2. Kuehn (Foothill, Santa Ana) 15:44, 3. Santos (Mission Viejo) 16:15, 4. Collins (Footh, SA) 16:29. Team: 1. Mission Viejo 80, 2. Bishop Amat (La Puente) 90. (Senior) 1. Edison (Yucaipa) 15:26, 2. Friend (Aliso Niguel, Aliso Viejo) 15:44, 3. Langdon (Yucaipa) 15:44, 4. Young (Valley View (Moreno Valley) 16:03, 5. Rider (Scripps Ranch, San Diego) 16:09, 6. Sparks (Garden Grove) 16:12.

Division IV

(Frosh) Nava (Cathedral, L.A.) 17:17.
Team: 1. Cathedral 50. (Soph) Hancock (Costa Mesa) 16:00, 2. J. Tomlinson (Crossroads, Santa Monica) 16:27. (Junior) Jackson (Rim of World, Lake Arrowhead) 15:13, 2. Murray (Mira Costa, Manhattan Beach) 15:54, 3. Young (La Canada) 16:03. Team: 1. San Diego 58. (Senior) Beardlee (Corona del Mar, Newport Beach) 15:32, 2. Gross (El Dorado, Placentia) 15:52, 3. Carrillo (Costa Mesa) 16:08, 4. Solis (CM) 16:15, 5. Smith (29 Palms) 16:16. Teams: 1. Corona del Mar 37, 2. Glenn (Norwalk) 85.
Teams Overall: 1. Tustin 79:01, 2. Del Campo (Fair Oaks) 79:04, 3. Santa Ana Valley 79:23, 4. Hoover (Glendale) 79:37, 5. Poly (Long Beach) 79:38, 6. Santa Ana 79:54, 7. Peninsula (Rolling Hills) 79:54, 8. El Toro 80:21, 9. Chino 80:37, 10. Saddleback (Santa Ana) 80:43, 11. Rancho Bernardo (San Diego) 80:44, 12. Yucaipa 81:03, 13. Rubidoux (Riverside) 81:11.

SUNNY HILLS INVITATIONAL

Sat 9/21. Clark Park (Fullerton). 3.0 miles

(Girls) Burriss (Ayala, Chino Hills) 18:53, 2. Kulak (Sunny Hills, Fullerton) 19:02, 3. Alvarez (Sunny Hills, Fullerton) 19:40, 4. Herman (Carritos) 19:43, 5. Nilsson (Ayala, CH) 19:51, 6. Gurnick (Ayala, CH) 20:10, 7. Chadez (Esperanza, Anaheim) 20:21, 8. Agrads (La Habra) 20:22, 9. Zendejas (Ayala, CH) 20:31, 10. Poole (Esperanza, Ana) 20:34. Teams: 1. Ayala (Chino Hills) 100:05, 2. Sunny Hills (Fullerton) 103:55, 3. Esperanza (Anaheim) 105:13, 4. Carritos 105:26, 5. Bell 106:10.

(Boys) 1. Bileborough (Barstow) 15:47, 2. Smith (Ayala, Chino Hills) 15:53, 3. Loudon (Ayala, CH) 15:53, 4. Mayberry (Barstow) 16:04, 5. Vincelet (La Mirada) 16:17, 6. Parrilla (St. John Bosco, Bellflower) 16:24, 7. Renteria (Bellflower) 16:25, 8. Hassell (Barstow) 16:30, 9. Alvarez (Sunny Hills, F) 16:31, 10. Tallinger (Notre Dame, Sherman Oaks) 16:31. Team: 1. Ayala (Chino Hills) 83:23, 2. Barstow 83:32, 3.

Lakewood 84:02, 4. Anaheim 84:48, 5. St. John Bosco (Bellflower) 84:58.

ROSEMEAD INVITATIONAL

Sat 9/21. Rosemead HS. 3.0 miles

(Girls) (Jr/Sr) 1. Breanne Schweitzer (Saugus) 18:09 (Course Record), 2. Liz DeCassini (Saug) 19:12, 3. Sincy Lopez (Bell Gardens) 19:32, 4. Rebecca Loken (Buena, Ventura) 19:35, 5. Roxana Gonzalez (West Covina) 19:47, 6. Hanna Kim (Arcadia) 19:53, 7. Arianna Gonzalez (West Covina) 19:58, 8. Chrissy Hamble (Saug) 20:02. Teams: 1. Saugus 98:20, 2. Buena 101:13, 3. South Pasadena 106:05. (Fr/So) Andrea Lofthouse (South Pasadena) 19:55, 2. Cecilia Ramirez (Calndora) 20:16.

(Boys) (Sr) 1. James Perez (Rosemead) 15:37, 2. James Hipkind (Buena Ventura) 15:45, 3. Roy Castellon (West Covina) 16:15. (Jr) Daniel Phiffer (Bosco Tech, Rosemead) 15:44, 2. Wesley Reufmann (San Marino) 15:57, 3. John Gelskow (Saugus) 16:14. (So) Jose Gomez (Loyola, LA) 16:12, 2. Steven Wade (Saugus) 16:34. (Fr) Miguel Serratos (Duarte) 17:13, Gabriel Guerrero (Bell Gardens) 17:20. Teams: 1. Loyola (L.A.) 82:41, 2. San Marino 83:07, 3. Bosco Tech (Rosemead) 83:31, 4. Saugus 83:36, 5. Buena 83:43.

CHAFFEY DISTRICT INVITATIONAL

Sat 9/21. Red Hill Park (Ontario). 3.0 miles

(Girls) 1. Jessica Dahlberg (El Modena, Orange) 18:41, 2. Katie Kennedy (El Mod) 18:41, 3. D. Burton (El Mod) 18:49, 4. Lisa Lindberg (Alta Loma) 19:22, 5. Debbie Slocum (Alta Loma) 19:30, 6. S. Wilheom (Upland) 19:36, 7. K. Lacher (El Mod) 19:49, 8. L. Burns (El Mod) 20:15, 9. Tricia Pedroza (Etiwanda) 20:27, 10. Dawn Hayward (Etiw) 20:31. Scores: 1. El Modena 21, 2. Alta Loma 53, 3. Etiwanda 82.

(Boys) 1. James Marnell (Ontario) 15:36, 2. Chris Bartell (Etiwanda) 15:39, 3. T. Allen (El Modena, Or) 15:45, 4. Z. Amos (El Mod) 15:54, 5. Jake Horn (Alta Loma) 16:03, 6. M. Allen (El Mod) 16:30, 7. Doug Floyd (Etiw) 16:58, 8. David Van Veldhuizen (Alta Loma) 16:58, 9. Roosevelt Cook (Ontario) 17:00, 10. Marcus Robinson (Ontar) 17:03. Teams: 1. El Modena 40, 2. Etiwanda 62, 3. Alta Loma 72.

BARON INVITATIONAL

September 13. Chula Vista.

Girl's Varsity/Gold Division--2.2 Mile
1. Maria Cervantes (Eastlake) 14:05, 2. Barbra Chakos (Coronado) 14:17, 3. Ramos (Brawley) 14:53, 4. Erin DeHahn (Hilltop) 15:09, 5. Day (Brawley) 15:10, 6. Christine Hansen (Coronado) 15:05, 7. Kiley Dunlap (Coronado) 15:17, 8. Castanieto (Brawley) 15:19, 9. Sam Piper (Coronado) 15:23, 10. Teresa Escobedo (Hilltop) 15:38.

Team Scores: 1. Brawley 41, 2. Coronado 43, 3. Hilltop 69, 4. Eastlake 75, 5. Mar Vista 131.
Girl's Varsity/Blue Division--2.2 Mile

1. Jaymie Harper (Santana) 12:44, 2. Lorena Jimenez (Orange Glen) 12:57, 3. Cara Rumble (Orange Glen) 13:07, 4. Kaile Cottrell (Orange Glen) 13:16, 5. Kendra Gaffredo (Orange Glen) 13:18, 6. Shannon O'Connor (La Jolla) 13:22, 7. Kim Pace (Santana) 13:40, 8. Jessica Cabrera (Sweetwater) 13:44, 9. Morgan Romine (La Jolla) 13:45, 10. Laura Lawrence (Orange Glen) 13:47.

Team Scores: 1. Orange Glen 24, 2. Santana 56, 3. La Jolla 64, 4. Bonita Vista 113, 5. Sweetwater 120, 6. Montgomery 181, 7. Morse 210, 8. Mt. Miguel NS.
Boy's Varsity/Gold Division--3.1 Mile
1. Brian Sullivan (St. Augustine) 16:18, 2. Adam Greene (St. Augustine) 16:28, 3. Cheyne Jones (Coronado) 16:30, 4. David Dunbar (La Jolla) 17:01, 5. F. Corona (Mar Vista) 17:24, 6. Brian James (St. Augustine) 17:32, 7. E. Rocha (Mar Vista) 17:37, 8. Greg Rodriguez (St. Augustine) 17:43, 9. Matt Ganger (La Jolla) 17:49, 10. Jose Richards (Coronado) 17:54.

Team Scores: 1. St. Augustine 35, 2. La Jolla 55, 3. Mar Vista 80, 4. Coronado 85, 5. Bullard 108, 6. Hilltop 169, 7. Eastlake 203, 8. Warner Springs NS.
Boy's Varsity/Blue Division--3.1 Mile
1. Jason Finch (Granite Hills) 16:21, 2. Daid Schibel (Mt. Miguel) 16:33, 3. Mike Gilmore (Granite Hills) 16:37, 4. Doug Singer (Santana) 16:48, 5. Baruch Vega (Sweetwater) 16:50, 6. Brian Paff (Bonita Vista) 17:07, 7. Jason Stone (Bonita Vista) 17:10, 8. Ruben Venas (Sweetwater) 17:20, 9. Thomas Juarez (Montgomery) 17:22, 10. Giovanni Arce (Bonita Vista) 17:24.
Team Scores: 1. Granite Hills 59, 2. Bonita Vista 61, 3. Sweetwater 83, 4. Montgomery 100, 5. Santana 108, 6. Orange Glen 125, 7. Mt. Miguel 154.

Central California

McLANE INVITATIONAL

September 14. Woodward Park, Fresno. Senior Boys--2 Mile

1. J. Godinez (Reed) 10:06, 2. S. Barrus (Cov) 10:21, 3. G. Gill (Mad) 10:29, 4. E. Levine (Gold Vly) 10:39, 5. S. Dundas (Tracy) 10:41, 6. E. Espino (Reed) 10:44, 7. A. Bazzante (Mad) 10:48, 8. F. Rodarte (Roos) 10:56, 9. V. Fernandez (McLane) 11:01, 10. C. Luviano (Dinuba) 11:12.

Junior Boys--2 Mile

1. M. Zambrano (Mad) 10:27, 2. M. Buckley (Cov) 10:30, 3. M. Lujan (Reed) 10:31, 4. A. Estrada (Trang) 11:06, 5. C. Ramirez (Mad) 11:12, 6. J. Villanueva (Los Banos) 11:14, 7. R. Hawke (Edison) 11:20, 8. F. Garcia (Los Banos) 11:25, 9. S. Garcia (Los Banos) 11:26, 10. J. Verdusco (Chow) 11:28.

Sophomore Boys--2 Mile

1. E. Rodriguez (Gold Vly) 10:43, 2. A. Hernandez (Mad) 10:54, 3. L. Covarrillas (Mad) 10:58, 4. R. Rosales (Reed) 10:59, 5. F. Leyva (Mad) 11:00, 6. R. Blancas (Roos) 11:12, 7. M. Ausburn (Mad) 11:12, 8. J. Moore (Mad) 11:15, 9. M. Avila (Reed)

11:16, 10. D. Gil (Mad) 11:28.

Freshman Boys--2 Mile

1. R. Mendoza (McLane) 10:59, 2. M. Moya (Cov) 11:11, 3. R. Chapernick (Cov) 11:14, 4. J. Simons (Cov) 11:31, 5. B. Dawson (Cov) 11:35, 6. A. Mendoza (Gold Vly) 11:42, 7. R. Singh (Edison) 11:44, 8. S. Myovich (Edison) 11:47, 9. G. Ferris (Edison) 11:57, 10. J. Hernandez (Cov) 12:08.

Boys Team Results: 1. Madera 53:36 (Zambrano 10:27, Gabriel 10:29, Andres 10:48, Hernandez 10:54, Covarrillas 10:58), 2. Reedley 53:36 (10:06, 10:31, 10:44, 10:59, 11:16), 3. Clovis 54:32, 4. Golden Valley 56:18, 5. McLane 56:19, 6. Los Banos 57:40, 7. Edison 58:55, 8. Roosevelt 59:55, 9. Yosemite 60:16, 10. Bullard 61:22, 11. Hoover 61:26, 12. Dinuba 61:35, 13. Tranquillity 63:44, 14. Tracy 64:43, 15. Chowchilla 66:14.



Stefanie McCarty

Photo by Mike Lambert

Junior/Senior Girls--2 Mile

1. S. McCarty (Mad) 12:06, 2. A. Ruiz (Reed) 12:27, 3. K. Pflger (Cov) 12:41, 4. J. Aaby (Tracy) 13:00, 5. K. Fairley (Cov) 13:01, 6. J. Pombo (Tracy) 13:06, 7. S. Gomez (Roos) 13:13, 8. T. White (Mad) 13:36, 9. J. Peterson (Yosem) 13:38, 10. E. Burrus (Cov) 13:47.

Frosh/Soph Girls--2 Mile

1. C. Gregory (Cov) 12:43, 2. L. Hainn (Cov) 13:14, 3. H. Calcote (Dinuba) 13:49, 4. R. Qiado (Mad) 14:02, 5. K. Barsom (Reed) 14:09, 6. C. Walker (Gold Vly) 14:11, 7. R. Miranda (Roos) 14:14, 8. C. Chagly (Los Banos) 14:15, 9. A. Mojica (Roos) 14:22, 10. L. Phelan (Edison) 14:28.

Girls Team Results: 1. Clovis 65:26, 2. Madera 67:19, 3. Reedley 68:13, 4. Roosevelt 70:15, 5. Tracy 72:10, 6. Yosemite 73:21, 7. Bullard 75:12, 8. Los Banos 75:21, 9. McLane 85:12.

CALIFORNIA Track & Cross Country Coaches ALLIANCE

Why Should I Join The Coaches Alliance?

Now in its 7th year, the **CALIFORNIA TRACK AND CROSS COUNTRY COACHES ALLIANCE** is the only organization in the state whose purpose is to improve the sports of Cross Country and Track and Field.

The Alliance provides your only unified voice for concerns regarding our sports to the governing bodies within the state. As experience shows, a group consensus helps to bring about change more effectively than isolated individual concerns. The **COACHES ALLIANCE** directly represents you on the state Track & Cross Country Advisory Board that meets twice a year.

In an effort to assist coaches with their continued growth of knowledge regarding their sport, the **COACHES ALLIANCE** is involved with clinics in San Diego, Los Angeles, Fresno, and San Francisco.

What Do I Receive For My Membership?

COACHES ALLIANCE members will receive a year's editions of *California Track & Running News*, the official publication of the **ALLIANCE**. Each month, members will be kept current with happenings around the state in the **COACHES ALLIANCE** section of the magazine. Both cross country and track will be covered.

COACHES ALLIANCE meetings are organized around the State Meets in Cross Country and Track and Field. Using representatives from all the various sections in the state, members will be able to make concerns regarding their sport heard.

The **COACHES ALLIANCE** works directly with the State CIF regarding the selection of the Honor Coaches from each section in our sports. Starting in the fall of 1994, as a member of the Alliance, you will be able to vote in this process.


To join, please fill out and return the following: (Please Print)

Name: _____ School: _____

Section: _____ Mailing Address: _____

City: _____

Phone: Home (____) _____ School (____) _____

Dues for 1996/97 year (Tax Deductible) -- \$25.00. Make check out to "Coaches Alliance" and send to  Dennis McClanahan, Treasurer
c/o California Track & Running News
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✓ **Associate Member \$12** -- If you want to join the Coaches Alliance, but do not want the magazine. You will receive clinic discounts and any membership mailouts during the year.

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COACHES EDUCATION

From George Payan

Professionalism Between a Male Coach and a Female Athlete

By Randy Rossi, Irvine High School

A coach plays an extremely important role in the development of a young athlete. Everything that a coach says and does have the potential to leave deep and lasting impressions on an athlete. It is the sincere hope of every coach that the impressions that we leave be of a positive, meaningful nature. Therefore, it is important that we recognize that this is not always the

case. As coaches, we must carefully weigh our words and actions so as not to negatively influence the athletes with whom we work.

A coach and an athlete spend a great deal of time together. The coach and the athlete share many emotional experiences that can lead to the formation of a strong bond between the two. This bond carries with it a great responsibility. The coach must carefully nurture this bond and establish a strong sense of trust and respect while tempering the bond with a high degree of professionalism.

The bond that forms between a male coach and a female athlete carries with it special considerations that cannot be ignored. Coaching a female athlete is a

Consequently, it is important that the coach never lose sight of the professional nature of this bond. A coach must be careful not to fall into the trap of misinterpreting his relationship with his athletes. Under absolutely no circumstances can a coach interpret this relationship as one of physical attraction or love. The coach must never cross the line that separates coaching from courtship. When a coach becomes romantically involved with an athlete, he violates not only the coach/athlete bond but also the law. When this bond is violated, the coach places his athletes in the face of great danger and severe, long-lasting emotional and physical harm. The coach exposes himself, as well, to a series of dire consequences

The information submitted for the Coaches Alliance section is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. George Payan (Head Cross Country and Track Coach at Santa Ana Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.

California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact: George Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677, FAX (714) 831-7443.

In addition, please send any information you have on California coaching clinics Thank you!



Coaching a female athlete is a much more emotional process than coaching a male athlete.

much more emotional process than coaching a male athlete. These emotions can be both extremely challenging and extremely rewarding for the coach. I have heard it said that the coach sometimes becomes more like the mother, the father, the brother, the sister, the grandparents, the teacher, the counselor, the psychologist, the nutritionist, and the friend of the athlete than the coach. The bond that develops between a male coach and a female athlete can grow to be a very strong relationship of trust, respect, admiration, and sometimes deep affection.

that could very seriously damage his future and his livelihood. With a little cool, logical thinking, it is easy to see that the trust and respect that grow between a male coach and a female athlete cannot and must not be violated.

If the bond is carefully nurtured with professionalism and the welfare of the athlete kept in mind, the bond will grow into a lifelong bond of friendship. The coach will enjoy the strong bonds and relationships that he has established with his young athletes long after he has retired from the sport that he loves.

continued next page...

Yucaipa Cross Country

By Jim Clendaniel, Yucaipa High School



ORGANIZING A CROSS COUNTRY training program that will be competitive in Southern California and, hopefully the Championships in late November, takes months of long planning and organization. We involve

the coaching staff and the team members with this process. If runners have an active role in their season planning, they will take more pride in their individual and team performances.

MAY MEETING-- PLANNING THE YEAR

In mid-May we hold a full team meeting in which we cover everything from team philosophy, team goals for the season, summer practices, running camp, fund raisers, schedules, etc. This is the time that we break the season down into different phases, always pointing to November when the big meets occur. We believe that to reach a level of excellence you need to develop many facets of the individual and team, but that running must be something that each runner looks forward to during the day.

SUMMER PRACTICE-- PHASE ONE

Summer practice is one of the most important training times for cross country runners. This is the time when you can bring your team along slowly, not rushing the runner; this has really helped us to avoid serious injuries. We encourage the runners to attend as many practices as they can, when they are not away on summer vacations with the family.

At the mid-May team meeting, every runner is given a summer practice schedule listing days, times, and locations so

there should be no excuses that they didn't know where and when to meet.

During the summer we enjoy various means of training. Every runner is required to keep a daily training log which will be checked regularly. Consistency is the emphasis in summer practices. It's far better to do something every day lightly, then to overdo it and then take a couple of days off in their schedule.

We are probably a mid-mileage training team. During a typical veteran varsity summer training week, we will run on Monday 6-8 miles at a relaxed pace, followed by 6-8 form striders, cool-down with a circuit training weight session in the afternoon (only time we can get in the weight room). Tuesday and Thursday are pool training days. This was our first year using pool running on a regular basis, and we enjoyed success with this cross-training.

The runners got a tough work-out, with no pounding on their legs. Mentally it kept our runners fresher and our whole team was able to be together, building great team unity, since very few of our top runners were as accomplished in the pool as they were on the road or in the hills. Wednesday was usually a hill training run; virtually every run in Yucaipa involves hills (It must have to do with the geographic make-up of the city.). Friday involves a time run where the runners were placed in groups by ability and were able to explore during their run. On the weekends runners were encouraged to run on their own, or get together with each other.

Besides the pool training sessions, I feel that the use of heart rate monitors helped our training program (we had 10 this year). We are better able to regulate the athlete's training, keep a closer eye on them, whether they are training too hard, not hard enough, or developing a possible illness, etc.

Racing during the summer is strictly volunteer, but recommended as a way to check on their training with no pressures.

The runners enter local 5K and 10K road races, plus an occasional 2 1/2 mile fun run at UC Riverside.

Our big highlight of the summer is our annual Mammoth Lakes Cross Country training camp. This camp is truly a family affair. We take among 40-45 runners, based on requirements set forth in our May meeting, not based on team rank or ability, but rather on commitment to the program. Parent involvement here at Yucaipa is tremendous, with an average of 10-15 parents traveling with us to Mammoth. We have found in our 11 years at Mammoth (310 miles from Yucaipa) that the benefits are tremendous, both in running, but probably more important, in team unity. We are up there from 8-10 days, concluding with a team race made up of 4-5 co-ed teams where everyone is a scorer. The runners take this race seriously, built on tradition and all-time lists for the 9200 foot elevation course that we use. After we come back from our stay at Mammoth, we feel that we are mentally and physically prepared for the upcoming season.

SCHOOL STARTS-- PHASE TWO

Once school starts, we have concluded our first phase of training with our summer practices, and now proceed into phase two. This phase lasts until the first part of October. We view the early races as training and learning experiences, not cutting back on our training for the sake of racing. Because of the weather conditions in Yucaipa at this time of the year, we have to keep a careful eye on our runners. It is not unusual for temperatures to be close to 100 degrees, with smog. One way that we have gotten around the weather without cutting back on our work-out load is to have 6:00 am. practices, which our varsity runners are required to attend. We run from 3 to 5 miles, then shower, eat and hustle to class by 7:30. We come back in the afternoon and, if the weather is horrible, we can cut the work-out back and not lose out. We have found that if we push our runners hard on a continual basis in horrible conditions, we are doing more harm than good. This last year we were able to get stronger each and every week, and this was a main reason.

During the first six weeks of school, we

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Cross Country Core Teams: Creating a Team Atmosphere Through Intra-Squad Competition

By Brad Peters, Head Cross Country Coach, Ayala High School

THERE ARE MANY CHALLENGES TO coaching a team in cross country. Perhaps the most difficult of the challenges is to maintain team spirit, unity and purpose. The long, hard miles of a training regimen can quickly undermine the intentions of most young runners, most of whom are more interested in instant gratification rather than long-term success.

Except for those few, talented runners at the top, most of the runners will never win a race, will never see their name or picture in the local newspaper, will never experience "the thrill of victory." The challenge for a coach, then, comes in how to keep those athletes motivated to continue

working hard, maintain a positive attitude and contribute to the overall team's success. If they won't win many medals, "what's in it for them?"

To address this situation we developed "Core Teams." The idea is to create a season-long, intra-squad competition that crosses gender and ability levels and keeps the runners focused on the team goals of hard work, positive attitudes, and cooperation.

Here's how it works.

During the first week of school, divide both the boys and girls teams up into smaller "Core Teams" of six runners each. Combining groups of friends or creating

teams of the same gender is avoided, so as to force the runners to cooperate with teammates they may not ordinarily work or run with. For the remainder of the season, each of these teams compete for points in a variety of categories. At the awards banquet in December, the top three teams receive awards. The top five individuals receive a framed 11"x14" action photo of themselves taken during the season. The winning team receives a small plaque with their team names on it, plus a large gift certificate for each member to the local mall. It's quite a "carrot."

From there, they're off and running, competing in the various categories,

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Yucaipa, continued

have increased our mileage, started our hill training and longer repeat sessions. Most of this running is done on dirt trails and runs in the community. Heart monitors are always worn by 5 of the top males and 5 of the top females, rotated every few repeats amongst the varsity training groups and monitored by the coaches after every repeat. The heart monitors are set for every runner individually (runners are tested for levels) and the runners are to keep within their training zones. If a runner gets too far over their zone they take a longer recovery time. These repeats vary in distance from 400-1200 meters and degree of difficulty and in number of repeats.

With the start of our league season the first of October (our league meets are on Wednesdays), raceday serves as one of our speed days. The mileage is a little less, the repeat pace is increased and the meets are starting to gain importance with every week. We now start to stress the importance of *certain races*, but we never

want our runners to lose sight of the end product, qualifying for the Southern Section CIF Finals, and a possible trip to the State Finals. The first few invitationals that we run in September are close to the beach because of: 1) the much cooler temperatures, 2) the tougher competition and 3) the flatter and faster courses are less demanding physically and teach us to get out quicker. In October we change gears and tend to run the type of courses that we train on--hills. We firmly believe that the hills are the great equalizer and are to our advantage.

CIF AND STATE SEASON-- PHASE THREE

By the end of October our mileage is about half of what it was, stressing a much quicker tempo, a few more hills and shorter distances in our speed runs. We really try to make sure that we don't leave our races on the practice days. This past year, with our girl's team, we had to closely monitor their work-outs during the CIF and State season. They were being so competitive because of the talent and the

depth, they were tending to race everything in practice.

We continue to stress the importance of eating well, getting the proper amount of sleep (sometimes difficult for them because of the academic work loads they carried).

Lastly, the importance of taking care of any illness or injury cannot be overemphasized. All the hard work and time coaches and runners put in can be destroyed if runners don't take care of themselves.

This past cross country season, we were very fortunate with our training which resulted in tremendous results for our team. We probably undertrained our teams a little, this was done both by design and because of physical maturity.

The longer I coach, the more I am improving as a coach. We are learning and trying new training methods. We keep the athletes excited about cross country and make them proud to a part of the greatest sport. We make them a part of the planning of THEIR team. We listen to our runners and have fun. And, we always try to build on the positive.

COACHES EDUCATION

none of which require running talent. The slowest runner on the team can win, for success in the Core Team Competition requires only team and individual effort. Through the four years we've had this working, I have found it is the engine that runs our team. It's really quite exciting to see it work.

When the teams are announced, the runners are required to come up with a team name. We encourage them to create a name that is "running oriented", and they've come through with some very interesting names. In the past we've had "The Kenyans", "Pheidippides Flash", "Runners' High", and "The Cheetahs". After names are chosen, explanation of the categories for competition are given.

The first category, and the one with the most points attached to it, is **attendance**. Each core team receives 10 points per day if all members are present; 5 if they have one member absent, zero if more than one athlete is missing. The points add up quickly for the teams that are showing up en masse each day. Five points are given to each runner who comes to **Saturday practices or invitations**.

Since we have a strong booster club of parents that supports our program, we award 20 points to each athlete whose family joins in **membership**. Points are also given for athletes who **bring their parents to a meet**. (Over the years, this has done wonders to increase parental support.)

Our major **fund-raiser** is a candy sale. Each athlete is required to sell a minimum of two boxes as their obligation and responsibility for being on the team, but then 15 points are given for each box sold after that. A couple of years ago, two of our boys (our top runner who was a senior and an upstart freshman) got into a dual for points and the individual title and sold 17 boxes between the two of them!

Each time an athlete sets a **personal record**, 10 points are awarded. Bonus points are earned for the team if an *entire* core team PR's in one race. Points are also earned if an athlete is chosen as the "**Runner of the Week**."

These point categories work well for our program but, of course, could be adapted to meet your individual needs. Awarding **bonus points** is also a great way to get runners to do the mundane, everyday tasks of operating the program, or if the

runners show extra initiative to help out or encourage other runners.

Every Monday I post the updated point totals for both the individual leaders and for the teams. We have a bulletin board just for cross country and it is quite the gathering place Monday morning as the athletes come to school.

Throughout the season, the competition works to create friendships that may not have existed otherwise, incentive for the slower runners to aim for an award and motivation for everyone to get involved with the team. The returning runners are excited to find out which team they will be a part of this season, and a by-product is you will find leaders in the most unlikely of candidates.

Ultimately, it brings great satisfaction to the coach to award a prize and a plaque to a few runners who may never have seen their picture in the paper, their name in the headlines, or their feet on the victory stand. With the Core Team Competition more of the limelight is spread around. With the challenges of cross country growing every year, this is one way to stem the tides of apathy and disenchantment for a sport than can, and should, be rewarding for all involved.

Southern California CIF Cross Country 1996

- 10/5 Yucaipa Invitational
Contact Jim Clendaniel
(909) 790-2114 (h)
- 10/5 Brea Olinda Invitational
Contact Dan King, Boy's Coach
(714) 256-8419 (h)
Contact Pam Barstow, Girl's Coach
(714) 256-1071 (h)
- 10/19 Santa Clarita Valley Invitational
Contact Dave DeLong
(805) 251-5432 (h)
- 10/19 Cal Poly SLO Invitational
Contact Steve Boaz
(805) 534-9308 (h),
(805) 544-5770 (w)
FAX (805) 542-9075
- 10/26 Mt. SAC Invitational
Contact Jim Polite
(909) 595-3496 (h)

Alternative Course at Mt. SAC From Tom Coffey

1. A less potential major health risk for athletes, especially during adverse weather conditions (reduced liability risk for coaches, schools, Mt. SAC and CIF).
2. A neutral course. No school, league or county will be allowed to use the course outside of CIF Championships competition.
3. The course will be more closely aligned to the terrain and difficulty of the State Meet course.
4. The course will be more equitable for all schools, since some schools are located in regions void of hills.
5. The course will be similar in difficulty to courses run by most schools during their yearly schedule.
6. The course will facilitate teams beating teams rather than teams being beat by the course.
7. A CIF Championship course should model what will be required, both physically and mentally, at the State Meet and should also model what the runners have experienced all season long.
8. Those Southern Section athletes who qualify for the State Meet will be better prepared to compete against other section's athletes who are not put through two consecutive weeks of physically strenuous racing.

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Minutes of the Southern Section CIF Cross Advisory Committee Meeting

Held on September 17, 1996

Members Present: Janice Kelley (Hemet), Billy York (Woodcrest Christian), Ken Reeves (Nordhoff), George Payan (Santa Ana Valley), Will Jacobsmeyer (La Sierra), Hal Harkness (Meet Director), Mike Tomasulo (Temple City), Cary Nerelli (Morro Bay), Brad Peters (Ayala), Jack Farrell (Thousand Oaks) and Tom Coffey (Tustin).

1. Procedures for 1996 Cross Country Season

The Committee reviewed the actions taken at the June 12, 1996, meeting dealing with the addition of the fifth division in both the State and Southern Section Championships. It was unanimously agreed to contest the 1996 Prelims and Finals under the guidelines adopted at the meeting and thoroughly review the process at the conclusion of the season. It was noted that some coaches had expressed concerns regarding the elimination of A and AA divisions.

2. Time Schedule for 1996

(See box below.) It was agreed to rotate divisions as well as gender in the Final Meet. Mt. SAC will be open to coaches and athletes at 6:15 a.m. for both the Prelims and Finals.

The Amateur Athletic Foundation "Open Adult" races will be conducted during the break between races #18 and #19.

3. Awards Ceremonies

A staging area for award recipients will be set up at the southeast corner of the Fieldhouse to better organize the handing out of plaques and medals. Notice will be included in the Championship Bulletin. It was also suggested that meet management attempt to find risers to elevate the athletes during the ceremonies.

4. Moving up in classification

There was considerable discussion regarding the reasons for teams opting to move up to Division I. It was noted this

process is part of CIF-SS procedures and any changes would have to be made legislatively through the Federated Council.

5. Alternative Course at Mt. SAC

Tom Coffey described a new configuration for the Mt. SAC course that would eliminate "Poop Out" and "Reservoir" hills. He felt the current course is much more difficult than any other course used during the year, especially Woodward Park, site of the State Finals.

(See the revision of the Mt. SAC course on the previous page.)

It was suggested that Tom get information to coaches during the meetings this fall and determine if there is enough support to go on with a formal survey of Cross Country Coaches by the Southern Section office. ♦

Time Schedule for 1996

Prelims--Saturday, November 16

#1	7:30	Boys Div II/Race 1	#17	11:06	Boys Div III/Race 3
#2	7:41	Girls Div III/Race 1	#18	11:17	Girls Div I/Race 3
#3	7:57	Boys Div II/Race 2	#19	1:30	Boys Div V/Race 1
#4	8:08	Girls Div III/Race 2	#20	1:41	Girls Div IV/Race 1
#5	8:24	Boys Div II/Race 3	#21	1:57	Boys Div V/Race 2
#6	8:35	Girls Div III/Race 3	#22	2:08	Girls Div IV/Race 2
#7	8:51	Boys Div II/Race 1	#23	2:24	Boys Div V/Race 3
#8	9:02	Girls Div II/Race 1	#24	2:35	Girls Div IV/Race 3
#9	9:18	Boys Div II/Race 2	Break		
#10	9:29	Girls Div II/Race 2	#25	3:01	Boys Div IV/Race 1
#11	9:45	Boys Div I/Race 3	#26	3:12	Girls Div V/Race 1
#12	9:56	Girls Div II/Race 3	#27	3:28	Boys Div IV/Race 2
#13	10:12	Boys Div III/Race 1	#28	3:39	Girls Div V/Race 2
#14	10:23	Girls Div I/Race 1	#29	3:55	Boys Div IV/Race 3
#15	10:39	Boys Div III/Race 2	#30	4:06	Girls Div V/Race 3
#16	10:50	Girls Div II/Race 2			

Finals--Saturday, November 23

#1	7:30	Boys Div II	#6	9:10	Girls Div II
#2	7:50	Boys Div III	#7	9:30	Girls Div III
#3	8:10	Boys Div IV	#8	9:50	Girls Div IV
#4	8:30	Boys Div V	#9	10:10	Girls Div V
#5	8:50	Boys Div I	#10	10:30	Girls Div I



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National Federation Comments on 1997 Rules Revisions

Least number of attempts deleted from high jump/pole vault tie breaker (2-2-2; 7-3-17; 7-4-30)

In 1995 the rules for breaking ties in the high jump and pole vault were expanded. A third criteria was added thus awarding the higher place to the competitor with the least number of attempts throughout the competition. The additional criteria was added to reduce the number of jump-offs required to break first place ties.

Following two years of use, the Committee has dropped least number of attempts from the tie-breaking procedure. The procedure did not have the type of support projected when it was adopted and it created other problems not anticipated when it was adopted.

While the added criteria did indeed reduce jump-offs, it encouraged competitors not to jump. The final jumper could pass his or her final attempt and win the competition if those tied had equal number of misses and attempts and the others had missed their three attempts.

Obviously, the deletion of the criteria will result in more first place ties, however, jump-offs are not necessarily undesirable and normally do not take all that much time to resolve. The change also brings the rules into synch with other codes.

Better performances in jump-offs will be recorded (2-2-3; 10-3-2)

Previously, if a high jumper or pole vaulter achieved a better performance in the jump-off for first place, the height was not recorded as the winning height. The height at which the tie occurred was automatically recorded as winning height.

The rule change dictates that the jump-off performance will be recorded as the winning height if it exceeds the tied height. Record-breaking performances may occur in the jump-off for first place. The committee felt it was logical to record the better performance as the jump-off is conducted under all rules and regulations governing regular competition and with the same event judges officiating.

Coaching from unrestricted areas (3-2-30; 4-5-9)

One of the most difficult rules to enforce during a track meet deals with coaching competitors during running events. Coaches in field events have traditionally been able to do so between trials by having the competitor

come to an unrestricted area to confer and get advice.

In order to allow running coaches to verbally instruct/coach during a running event, the Committee has dictated it may be done from areas that coaches are allowed to be in. However, the games committee is authorized to designate the restricted areas where coaches are not allowed.

Coaches should be allowed to encourage runners and call out times, lap times, etc., if done from an area that is not restricted. The rules are now basically the same as whether coaching a competitor in a field event or one in a running event.

In small meets coaches are often used to help run the meet. In these situations there may not even be areas that are restricted. Obviously, the coaches may not pace their runners even though they may be in position to offer more instructions as they will be much closer to the runners when they are assisting as officials.

Voice amplification allowed for starting (3-2-4K)

In running events which utilize staggered starts, some competitors find it difficult to hear the starter's commands. The Committee has authorized the games committee be allowed to approve voice amplification systems to minimize this problem. This authorization legalizes what was already being done in many meets. The amplification of the starter's commands provides for a fairer start and allows all the competitors to simultaneously hear the commands. Vocal commands are easier to give and are easier for competitors and finish line personnel to understand.

The number of finish judges/timers may be reduced or eliminated (3-7-8; 3-8-8)

A finish line with no judges or timers!!!! The Committee has taken a step in that direction. When FAT is used, the games committee may reduce or eliminate judges and timers. Many meets have more than one automatic system working together, thus providing a backup. Malfunctions of fully automatic systems are rare. By reducing or eliminating personnel at the finish line, these officials could be used to provide help in running other events.

The determination as to how many, if any judges/timers will be used, is that of the games committee. The decision will depend on the type of automatic equipment they have available and will vary from meet to meet.

Timing to 1/1000 of a second may be used to advance to next round (3-8-7)

Frequently a couple of runners or relay teams had to run an extra heat to qualify for the next round because they were tied for the last

available lane. Since FAT timing to 1/1000 of a second is often available, the Committee has authorized using it to break those ties and avoid an extra heat.

Using time to one-thousandth (1/1000) of a second is permitted only for this specific situation. Timing to 1/1000 of a second shall not be used to break ties in awarding place points or for assigning lanes or recording performances.

Final trials may also be taken in succession (3-9-2)

Previously the rules have allowed event judges to permit a competitor to take preliminary trials in succession if he or she had a conflict with another event. The Committee agreed to allow this procedure to also be used in the finals. The responsibility rests with the competitor and coach to determine how individuals involved in multiple events should take their trials to minimize conflicts. The change allows event judges to work with the competitors in both preliminaries and finals in the same manner.

This provision is available only to a competitor who must compete in another event in the same track meet. The event judge or meet referee may refuse a request if it potentially could be unfair to other competitors. An example of this could be an impending change in weather conditions.

Penalties revised for conduct/behavior infractions (4-5-1.2)

The Committee has attempted to separate behavior/conduct infractions into two distinct categories. If the infraction is unsportsmanlike conduct, it results in disqualification from the entire meet. If the infraction is determined to be unacceptable conduct it results in disqualification from the event in which it occurred.

Previously, the only infraction specifically listed as unacceptable conduct was the willful failure to follow the directions of a meet official. Basically all other infractions were identified as unsportsmanlike. Using profanity was unsportsmanlike conduct whether or not it was directed at someone. Likewise, any action which could bring discredit to the individual or school was unsportsmanlike and resulted in disqualification from the meet.

The Committee has separated the major infractions from those which, while objectionable and serious infractions, are not as significant. The officials must recognize these differences and penalize according to which category is violated. For example, if during an event a competitor uses profane language which is not directed at someone, it is unacceptable conduct. However, using profanity while not a contestant results in unsportsmanlike conduct and disqualification from the meet.

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COACHES EDUCATION

Deleted feet position when in starting blocks (5-7-4)

The rules regarding use of starting blocks have required that competitor's feet be low enough in the blocks to be in contact with the track surface. Following discussion and a report relative to research conducted, the Committee has deleted the requirement. Reportedly the research concluded that there was no advantage gained in starting if the feet were not in contact with the track surface when starting from the blocks. The deletion is consistent with other codes and eliminates one more requirement the starter had to enforce. Frequently the starter would have to remind a competitor of the requirement and this broke the concentration of the competitors on the starting line.

Metal crossbars no longer permitted (7-3-6; 7-4-12)

It has previously been recommended that metal crossbars not be used. The action of the Committee removes the recommendation and makes it a rule. The concern for safety of competitors in the high jump and pole vault was the primary reason for the action. In addition, few metal crossbars were still being used.

Training poles are not legal for warmups or competition (7-4-3)

A pole vault training pole is basically designed for short practice runs of three to five steps. These poles are also designed for vaulters with weight variances from 15 to 30 pounds. Since each coach must be sure their vaulters are using a pole rated for their weight, the Committee was concerned about using poles with weight variances.

If the pole is labeled "Not For Competition" there is no question relative to legality. However, coaches must know whether or not

any pole provided for use in a meet is a training pole. If it is, it is not legal for use in either warmup or competition. A number of states did not allow training poles to be used in meets this past season. If the manufacturer lists a pole as suitable for competition, it would not be identified as a training pole.

Projections on base of vaulting uprights must be covered or padded (7-4-11)

Another previous recommendation has become a rule. Padding or a covering on the base of the pole vault standards or uprights provides a safer competitive area and also lessens the potential damage to poles.

More participation possible in small cross country meets (9-4-1)

Previously, in a dual meet, a maximum of 12 members could be entered from each school. The change allows more than 12 in meets involving four or less schools if agreed to either by the schools involved or the state association. If there is no such agreement, the limit of 12 is in effect. This change by the Committee encourages maximum participation in smaller meets during the season.

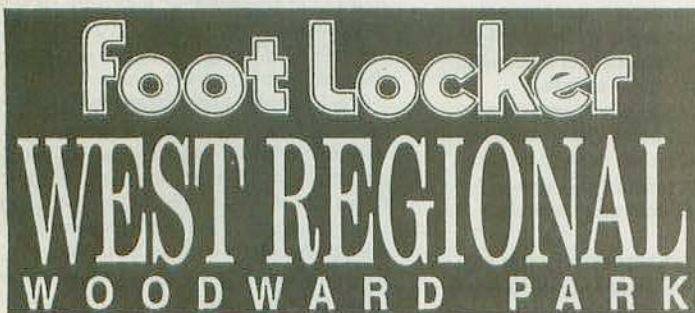
Beginning in 1998, no national records unless using fully automatic timing (10-4-1 Note)

The Committee agreed it was appropriate to mandate that only FAT would be recognized for national records beginning in 1998. It was agreed that the integrity of national records required this action. The majority of state associations use FAT at state meets and many large invitational meets also have such equipment. The change has no effect on existing national records or those which may be established in 1997 under existing rules. The

change will eliminate allowing hand-held times to become national records beginning in 1998.

Significant Editorial Revisions

1. (1-3-1.2) The order of field events as listed in the rules will now be in recommended order, but the host school, conference or state association actually determines the order of field events in a particular meet.
2. (3-2-4d) The games committee may restrict items in excess of the traditional uniform other than jewelry, such as costumes, hats, caps, kerchiefs, etc. Such items have become problems in some areas as "attention getters". Track and field is a sport where it is not necessary for the competitor to draw special attention other than through his or her performance.
3. (4-3-1; 9-5-1) In a related matter, the Committee has dictated that competitors names or school identifications may not appear on visible undergarments. The visible undergarments must be unadorned and of a single, same solid, color. Also, the competitor's identification may not be on the shorts--only on the jersey. The Committee has also ruled that the full-length jersey shall not be knotted. Tying or taping the jersey to produce a knot or knot-like protrusion will not be allowed.
4. (7-3-9; 7-4-15) A competitor in the high jump or pole vault who has passed three consecutive heights may be permitted one warmup with the bar in place and must enter the competition at that point.



December 7, 1996

For entry form write to:

Foot Locker West Regional
4957 E. Heaton Ave.
Fresno, CA 93727

Questions ?? Call Bill or Judy (209) 456-0535

RESULTS

Please send results directly to: CTRN, 4957 East Heaton, Fresno, CA 93727 or FAX (209) 255-4904.

▲ Cross Country

Watermelon Runs

August 31, 1996. Fresno State University campus.

2 Mile Top 20

1. Steve Barrus 10:27, 2. Michael Buckley 10:34, 3. Jeremy Barnes 10:35, 4. Dale Campbell 10:41, 5. Armondo Negrete 10:51, 6. Ryan Smithhart 10:56, 7. Danielle Nelson 11:00, 8. Roman Gonzalez 11:11, 8. Kelly Jacobson 11:13, 10. Mateo Moya 11:18, 11. Aaron Samansky 11:24, 12. Ryan Cuspernikh 11:24, 13. B.J. Leonard 11:28, 14. Tod Stern 11:38, 15. Jeffrey Simons 11:41, 16. Rich Rommellanger 11:45, 17. Gonzalo Hernandez 11:47, 18. Felipe Cabrera 11:49, 19. Rhonda Heise 11:50, 20. Felipe Lemus 11:50.

4 Mile Top 20

1. Jason Lienau 20:10, 2. Nacho Flores 20:35, 3. Israel Pose 20:51, 4. David Naranjo 20:55, 5. Curtis Alexander 20:58, 6. Alejandro Ramirez 21:10, 7. Juan Pinales 21:18, 8. Jon Steele 21:28, 9. Polo Duarte 21:32, 10. Will Hasdins 21:35, 11. Chris Coleman 21:48, 12. Ross Dammann 21:50, 13. Nathan Robinson 21:52, 14. Eric Schwab 22:03, 15. Luis Granado 22:07, 16. Ray Winter 22:19, 17. Shawn Kennedy 22:25, 18. Felipe Lemus 22:33, 19. Tim Padilla 22:40, 20. Chris Parod 22:45.

6 Mile Top 20

1. Steve Moreno 34:23, 2. Felix Cabrera 36:49, 3. Gonzalo Hernandez 37:28, 4. Pedro Martinez 37:58, 5. Armando Tamayo 38:16, 6. Jason Dudley 38:22, 7. Vidal Fernandez 38:36, 8. Elmer McPhail 38:36, 9. Jared Salinas 38:54, 10. Rob Brenner 39:18, 11. Robert Hawke 39:23, 12. Bill Luna 39:25, 13. Martin 39:37, 14. Bill Johnston 39:42, 15. Miguel Sotelo 40:21, 16. Steve Martinez 40:25, 17. Michael Castillo 40:34, 18. Anthony Jacques 42:06, 19. Curtis Eika 42:07, 20. Phillip Naradan 42:43.

Fresno City College Invitational

Sept. 14, 1996.

Men

1. Julio Guevard LA Trade Tech 20:45, 2. Brian Mizel Rancho Santiago 20:58, 3. Ben Mejia Rancho Santiago 21:00, 4. Mario Gutierrez LA Trade Tech 21:01, 5. Steve Moreno Hartnell 21:13, 6. Jorge Castro Bakersfield 21:15, 7. Wenceslao Morles Rancho Santiago 21:17, 8. Brian Baughman ML SAC 21:18, 9. Adams Blanks Bakersfield 21:19, 10. Federico Morales Rancho Santiago 21:26, 11. Lara Luisino ML SAC 21:30, 12. Joey Montelongo Antelope Valley 21:30, 13. Mike Buellan Rancho Santiago 21:32, 14. Dan Embaye Chabot

21:36, 15. Dickson Mwai Citrus 21:36, 16. Juan Escalera Mt SAC 21:36, 17. Leonardo Fernandez Hartnell 21:37, 18. Sam Morales Fresno 21:41, 19. Felix Cortez Mt SAC 21:43, 20. Cecil Liliema Fresno 21:44, 21. Danny Gonzalez Rancho Santiago 21:44, 22. Roger Elias Rancho Santiago 21:51, 23. Eddie Vanejas Mt SAC 21:55, 24. Silverio Ocorio Fresno 21:55, 25. Juan Marquez Rio Hondo 21:55, 26. Hector Leija West Valley 21:57, 27. Carlos Gonzalez Citrus 21:59, 28. Juan Medrano Rancho Santiago 22:00, 29. Victor Aranda Rancho Santiago 22:01, 30. George Jensen San Mateo 22:02.

TEAM SCORING: 1 Rancho Santiago 35, 2 ML SAC 87, 3 LA Trade Tech 111, 4 Fresno 135, 5 Hartnell 148, 6 Bakersfield 184, 7 Citrus 187, 8 Rio Hondo 214, 9 West Valley 221, 10 American River 223, 12 Antelope Valley 263, 11 Chabot 305, 13 San Joaquin Delta 399, 13 Cerritos 399, 15 Sequoias 420, 16 Las Positas 486.

Women

1. Ely Estrada Rancho Santiago 18:56, 2. Liz Roblez Mt SAC 19:04, 3. Tania Nunez Mt SAC 19:16, 4. Jackie McCleary West Valley 19:41, 5. Jennifer Flores Rancho Santiago 19:48, 6. Deborah Blaisch West Valley 19:57, 7. Lea Renteria West Valley 20:00, 8. Julia Omelas Mt SAC 20:11, 9. Melissa Flynn Fresno 20:18, 10. Jennifer Formosa Mt SAC 20:20, 11. Jeannie Formosa Mt SAC 20:35, 12. Therese NeSmith Sequoias 20:44, 13. Andrea Duran Mt SAC 20:47, 14. Sara Grell Chabot 20:55, 15. Jennifer Cochran Sequoias 21:00, 16. Dina Panico Sequoias 21:04, 17. Juanita Rodriguez Citrus 21:10, 18. Martha Gomez Hartnell 21:14, 19. Laura Alvarez Rancho Santiago 17:21, 14, 20. Lydia Berlage West Valley 21:20, 21. Anna Rosales Rancho Santiago 21:26, 22. Meredith Christian Bakersfield 21:26, 23. Shaannon Earle Antelope Valley 21:26, 24. Viviana Garcia Mt SAC 21:34, 25. Colleen Gunderson Mt SAC 21:36, 26. Miriam Garcia Rancho Santiago 21:36, 27. Berkeese Akutagawa San Joaquin Delta 21:38, 28. Jennifer Chaney San Joaquin Delta 21:42, 29. Souriya Syhalath Fresno 21:46, 30. Andrea Chelotti San Joaquin Delta 21:50.

TEAM SCORING: 1 ML SAC 34 = 2 3 8 10 11 13 22, 2 West Valley 64 = 4 6 7 18 29 35 43, 3 Rancho Santiago 65 = 1 5 17 19 23 39 50, 4 Sequoias 114 = 12 14 15 33 40 54 56, 5 Fresno 144 = 9 26 30 34 45 48, 5 San Joaquin Delta 144 = 24 25 27 32 36 47 67, 7 Citrus 193 = 16 37 41 42 57 63, 7 Antelope Valley 193 = 21 28 38 51 55 58, 9 Bakersfield 224 = 20 44 46 53 61 65 66, 10 Cerritos 256 = 31 49 52 60 64 68, 11 Las Positas 331 = 59 62 69 70 71.

Sierra College Challenge

Saturday, September 21, 1996. Sierra Col-

lege, Rocklin, CA. Hot, Dusty, Rolling Hills. (Race 3 of 10 - Pacific Association/USATF Cross Country Grand Prix). From Jeff Shaver.

Open Women-5K:

A tight race up front between St. Vincent Olympian Bigna Samuel and US Trials steepler Rae Henderson came down to a kick with Samuel prevailing by two seconds. The Reebok Aggies won the women's open team race.

1. Bigna Samuel, Wolfpack 18:29, 2. Rae Henderson, Reebok Aggies, 18:31, 3. Tenaya Sodeman, Reebok Aggies, 18:43, 4. Shannon Sweeney, Reebok Aggies, 18:52, 5. Kathy Wood, Silver State, 19:01, 6. Sissel Herber, West Valley TC, 19:03, 7. Beth Vitalis, West Valley TC, 19:13, 8. Cathy Christensen, Unat, 19:16, 9. Meg Svoboda, Buffalo Chips, 19:18, 10. Julie Rohloff, Reebok Aggies, 19:38.

40-49 Women-5K:

1. Sharlet Gilbert, Unat, 20:53, 2. Kazuko Aoyagi, Impala, 22:52, 3. Christine Ohlberg, Unat, 25:47.

50-59 Women-5K:

1. Edda Sidda, Tamalpa, 23:33, 2. Jessie Stratton, Sweet, 23:47.

Open Men-4 Miles:

Recent Cal graduate Boulet pulled away from Reebok Aggie teammates Lienau and Harris (US Trials 1500m finalist) in the last half of the race to record his second victory in two attempts in the '96 Grand Prix. Cal sophomore redshirt Peter Gilmora, fresh off running for the US in the World Jr. Champs 10,000m in Australia, fell off the front pack after halfway to lead the rest of the finishers. The Reebok Aggies scored their second team victory in as many tries.

1. Richie Boulet, New Balance, 19:59, 2. Jason Lienau, Reebok Aggies, 20:13, 3. Jamey Harris, Reebok Aggies, 20:19, 4. Peter Gilmora, Golden Bear TC, 20:50, 5. Russell Hill, Reebok Aggies, 20:56, 6. Kendrick Sealy, Adidas, 21:02, 7. Matt Messner, New Balance, 21:10, 8. Ernie Freer, Reebok Aggies, 21:15, 9. Jeff Shaver, Reebok Aggies, 21:18, 10. Andrew Boudreau, Transport Racing Team, 21:22.

40-49 Men-4 Miles:

Teammates Gruber and Yeo ran alone up front almost the entire way, with San Jose State grad (back in the days when they still had a track and XC program) Gruber finishing 22 seconds in front. The Reebok Aggies Masters men also scored their second team victory in as many tries.

1. Dan Gruber, Reebok Aggies, 21:44, 2. Matt Yeo, Reebok Aggies, 22:06, 3. Tom Cushman, Reebok Aggies, 22:45, 4. Pete Sweeney, Reebok Aggies, 22:58, 5. Brian Purcell, Tamalpa, 23:20, 6. Joerg Herbrechtsmeier, Silver State, 23:31, 7. Fletcher Lesley, Hoys, 23:36, 8. Harry Lawson, Reebok Aggies, 23:56, 9. Jim Price, Unat, 24:01, 10. Tim Stewart, Empire Runners, 24:20.

50-59 Men-4 Miles:

1. Dan Preston, Empire Runners, 24:52, 2. Hoernes Blamcange, Unat, 29:45.
60-69 Men-4 Miles:
1. Jim Moore, Tamalpa, 26:30, 2. Bernie Hollander, Tamalpa, 28:14.
70+ Men-4 Miles:
1. Bill Ballantine, Norcal Seniors TC, 38:35.

▲ Road Racing

Union Bank Heart of the City

June 20, Los Angeles.

Division Results-5K Men

Overall Winner: 1. Jacques Salberg (21) Pasadena, 15:10, 2. James Sheremeta (32) San Diego, 15:26, 3. Alfonso Nunez (31) Huntington Park, 15:33, 13 & U: 1. Jesus Lerma (13) Los Angeles, 24:10, 2. Kevin Kilian (10) Los Angeles, 24:16, 3. Austin Krugler (10) Redondo Beach, 26:29, 14-18: 1. Manuel Lopez (18) Los Angeles, 16:18, 2. Jose Padilla (19) Van Nuys, 17:01, 3. Ross Wood (18) Agoura Hills, 17:08, 20-24: 1. Joseph Lopez (20) Los Angeles, 16:07, 2. Cesar Mata (21) Los Angeles, 17:13, 3. Ibrahim Khamis (24) Los Angeles, 17:22, 25-29: 1. Emigdio Zarazua (29) Colton, 15:56, 2. James Harrell (28) Montclair, 16:57, 3. Alonso Gonzalez (27) Los Angeles, 17:27.

30-34: 1. Eduardo Madas (30) Panorama City, 15:48, 2. Chris Spitz (32) Thousand Oaks, 15:55, 3. Cesar Vasquez (33) Los Angeles, 16:11, 35-39: 1. Angelo Decollibus (39) Anaheim, 17:02, 2. Efran Garcia (35) Pomona, 17:03, 3. Kazuto Fujita (35) Beverly Hills, 17:25, 40-44: 1. Rigoberto Vega (40) Los Angeles, 16:27, 2. Jeff Snyder (40) San Marino, 17:10, 3. Scott Rosenlieb (43) Bakersfield, 17:49, 45-49: 1. Adalberto Mendoza (45) Los Angeles, 17:43, 2. Mike Smith (47) Los Angeles, 18:10, 3. Barry Wilier (45) La Crescenta, 18:31, 50-54: 1. Heriberto Landa (54) Los Angeles, 18:59, 2. Roy Gardner (52) Los Angeles, 19:48, 3. Michael Payne (51) Los Angeles, 19:59, 55-59: 1. Bill Thompson (59) Los Angeles, 20:20, 2. Mike Ishikawa (58) Pls Vrds Pnd, 20:21, 3. Ted Nelson (57) Los Angeles, 21:36.

60-64: 1. Robert Lyons (63) Long Beach, 20:36, 2. Ray Archibald (63) Poway, 23:29, 3. Robert De Miranda (60) Whittier, 24:10, 65-69: 1. Bob Vitale (68) Pls Vrds Pnd, 24:10, 2. Michael McGoldrick (66) Alhambra, 27:15, 3. Richard Mead (67) Los Angeles, 28:38, 70 & O: 1. Larry Banuelos (72) Pico Rivera, 23:25, 2. Robert Katz (71) Santa Monica, 28:31.

Division Results-5K Women

Overall Winner: 1. Carmen Martinez (28) Los Angeles, 17:42, 2. Mary Akor (19) Gar-

RESULTS

dena, 18:27. 3. Nora Collas (32) Los Angeles, 18:29. 13 & U: 1. Annie Mlyazald (13) Northridge, 24:28. 2. Megan Muntean (12) Los Angeles, 31:23. 3. Maria Belmonte (10) Los Angeles, 33:11. 14-19: 1. Cheryl Ramos (16) Glendale, 21:03. 2. Angela Torteryan (14) Glendale, 23:46. 3. Judy Diaz (14) un, 25:01. 20-24: 1. Andy Garcia (21) Los Angeles, 20:10. 2. Jessica Rodriguez (22) Bell, 20:38. 3. Carey Kipay (22) Thousand Oaks, 20:58. 25-29: 1. Maribel Goldberg (28) Calabasas, 20:22. 2. Gretchen Kaufman (25) Los Angeles, 20:29. 3. Rhonda Ribar (29) Thousand Oaks, 21:24.

30-34: 1. Amelia Ingersoll (32) Las Vegas, NV, 19:29. 2. Jill Walker (32) Glendale, 19:31. 3. Nella Gina Abelson (32) Pasadena, 19:42. 35-39: 1. Marie Romero (37) La Canada Flnt, 19:50. 2. Adriana Covell (36) Whittier, 20:53. 3. Linda Iacoboni (38) Glendale, 21:08. 40-44: 1. Linda Francis (44) Newport Beach, 24:29. 2. Marlene Rippie (44) Long Beach, 25:04. 3. Bonnie Brown (40) Northridge, 25:30. 45-49: 1. Becky Parker (48) Los Angeles, 22:16. 2. Patricia Bates (47) Northridge, 22:50. 3. Donna Le Masters (47) Los Angeles, 24:28. 50-54: 1. Lynn Walton (51) North Hills, 25:35. 2. Janice Payne (52) Los Angeles, 26:10. 3. Leigh Myers (54) Woodland Hills, 27:00. 55-59: 1. Diana Wallach (58) Canoga Park (24:35. 2. Alexandra De Miranda (57) Whittier, 25:43. 3. Carolyn Cornell (56) North Bergen, NJ, 29:36.

60-64: 1. Chieko Allwean (63) Torrance, 25:27. 2. Carmen Walkins (60) un, 34:51. 3. June Mac Arthur (61) La Crescenta, 37:07. 65-69: 1. Betty Williams (65) Culver City, 29:40. 2. Nelly Hedrick (65) Rancho Palos Verdes, 37:06. 3. Louise Martin (66) Whittier, 42:54.

4-H Fair Run

June 22, 1996, Pleasanton

Division Results—Men
9-13: 1. David Helm, 2. Craig Shannon. 3. Kyle Donaldson, 14-19: 1. Enrique Henriquez, 2. Joseph Defalco, 3. John Dubois, 20-29: 1. Bari Stephens, 2. Scott Kennedy, 3. Tim MacLean, 30-39: 1. Michael Gama, 2. Chris Spears, 3. Jeffrey Grandy, 40-49: 1. Bill Altman, 2. Julius Ratti, 3. Roger Zoldan, 50-59: 1. Frank Stanko, 2. Fred Martin, 3. Jim Fields, 60 & O: 1. Lloyd Anderson, 2. Robert Juntz, 3. Jack Pons.

Division Results—Women
8 & U: 1. Ashley Straitman, 9-13: 1. Elizabeth Lowry, 2. Sarah Beard, 3. Paula Calhoun, 14-19: 1. Mardie Silva, 2. Jessica Felts, 3. Kristin Odegaard, 20-29: 1. Lori McEroy, 2. Julie Freshman, 3. Maria Shaver, 30-39: 1. Kim Lohman, 2. Jennifer Klepperich, 3. Jennifer Lee, 40-49: 1. Ellen Lowry, 2. Inga Bellamy, 3. Barbara Zoldan, 50-59: 1. Carol Turner, 2. Gail Henneberry, 3. Claudia McDaniel.

Golden Gate Promenade

June 22, 1996, San Francisco

Overall Results—5 Mile
1. Charles Wilson (47) Palo Alto, 42:25. 2. Erna Kessell (35) Davis, 45:30. 3. Alan Heinz (48) San Francisco, 47:55. 4. Elizabeth Maguire (27) San Francisco, 52:45. 5. Michael Sproull (41) Vacaville, 56:26. 7.

Heather McKee (36) Oakland, 1:02:55.

Overall Results—10 Mile
1. Davis Justin (19) Sunnyvale, 1:12:03. 2. Paddy Spence (29) San Francisco, 1:17:55. 3. Steve Worthy (49) Walnut Creek, 1:20:57. 4. Michael Derksen (28) Santa Cruz, 1:23:10. 5. Brad O'Brien (34) San Rafael, 1:24:10. 11. Leslie King (43) Bakersfield, 1:29:15. 14. Crystal Fu (24) Oakland, 1:31:42. 17. Carrie Portis (29) San Francisco, 1:50:02.

Phleger Estate Mid-Peninsula Trail Runs

June 29, 1996, Woodside

Overall Results—Marathon
1. Tim Dwyer (42) Paso Robles, 3:06:25. 2. Patrick Shartle (38) Santa Cruz, 3:27:40. 3. Jim Johnson (35) Coronado, 4:07:59. 4. Linda McFadden (33) Modesto, 4:10:15. 5. Leroy Kessler (56) Ceres, 4:20:20. 10. Suzanne Crawford (42) Santa Rosa, 4:57:01.

Overall Results—1/2 Marathon
1. Dennis Rinde (37) Orangevale, 1:11:11. 2. Mark Martel (28) Reno, NV, 1:15:40. 3. Ian Robinson (28) Menlo Park, 1:15:55. 4. Steve Worthy (49) Walnut Creek, 1:20:06. 5. Peter Murakami (31) San Francisco, 1:21:50. 6. Gregory Anderson (36) Redwood City, 1:23:10. 7. Scott Robertson (36) Carson City, NV, 1:23:12. 8. Curt Riffle (40) Los Altos, 1:23:16. 9. Rich Schwerin (27) San Francisco, 1:23:32. 10. Geoff Matter (40) Hopkinton, MA, 1:24:35. 14. Jane Worden (32) Menlo Park, 1:32:05. 18. Cindy Abramson (45) San Carlos, 1:33:56. 23. Katherine Stetter (31) Menlo Park, 1:38:04.

Overall Results—5 Mile
1. Charles Leu (43) Newark, 32:10. 2. Erna Kessell (35) Davis, 39:20. 3. Marc Averbach (37) Cupertino, 44:40. 4. Bruce Erickson (40) Palo Alto, 44:50. 5. Scott Aster (33) San Rafael, 47:50. 9. Karen Oliphant (32) Menlo Park, 51:30.

Rocklin Jubilee Fun Run

June 29, 1996, Rocklin

Overall Results—10K
1. Patrick Rainey, 36:52. 2. Thomas Pearman, 39:27. 3. Steve Hall, 4. Bill Drickl, 42:05. 5. Jeff Laflair, 42:14. 6. Jeff Thompson, 42:39. 7. Steve Griffey, 42:49. 8. Kent Parnell, 44:59. 9. Carrie West, 44:53. 10. Lisa Wade (f) 45:44. 11. Allison Kegley (f) 46:75. 12. Ed Sheya, 46:19. 13. Jerry Lyerly, 46:19. 14. Hoernius Blancmange, 46:19. 15. Simon Slak, 46:23. 16. David Garavaglia, 48:38. 17. Kay Hanson (f) 46:34. 18. Jay Goodman, 48:12. 19. Terry Wilson, 48:17. 20. Bill Warden, 49:01.

Overall Results—5K
1. Chris Coats, 16:57. 2. Kiti Flynn, 17:19. 3. Steve Haase, 17:27. 4. Jon Jeffrey, 18:00. 5. Chad Worthen, 18:16. 6. Jean-Claude Legras, 18:18. 7. Ron Hohenka, 18:24. 8. Brent Blakely, 18:31. 9. Nathan Melcharek, 18:49. 10. Frank Capello, 18:10. 11. Joey Kaufman, 19:23. 12. Buzz Sotelo, 19:33. 13. Sean Ward, 20:03. 14. Craig Nathanson, 20:03. 15. Jason Still, 20:28. 16. Stacey Worthen (f) 20:38. 17. Zachary Weidkamp, 20:47. 18. Travis Chardena, 20:49. 19. Bill Arnold, 21:14. 20. Jeff Smith, 21:21.

Lake Chabot Trail Challenge Half Marathon & 5K Run

June 30, 1996, Castro Valley, Half Marathon

Top 20 Overall
1. Brad Hawthorne (Montclair) 1:19:12. 2. Mike McManus 1:20:30. 3. Scott Kennedy (San Leandro) 1:23:51. 4. Michael Tapia (Newark) 1:26:31. 5. Jeff Cowling (Brentwood) 1:27:27. 6. Alejandro Rodriguez 1:27:45. 7. Sam Van Leer (Berkeley) 1:28:59. 8. Michael Duncan (San Mateo) 1:30:25. 9. Ken Gregorich (Oakland) 1:30:53. 10. James Eales (Bakersfield) 1:31:43. 11. Mike Maguire (Hayward) 1:31:56. 12. Antonio Rodriguez (San Francisco) 1:33:28. 13. Neil Gelblum (Cupertino) 1:33:40. 14. Dan Anderson (Union City) 1:34:14. 15. John Pidoll (Livermore) 1:34:38. 16. Sam Aranda (San Francisco) 1:35:38. 17. Julios Ratti (Oakland) 1:36:18. 18. Rick Ferrelli 1:36:27. 19. Andy Chan (San Francisco) 1:37:45. 20. Elizabeth Vitalis (San Francisco) 1:38:23.

Division Results—Men
17u: 1. Raymond Yu (San Francisco) 1:50:44. 2. Preet Kalaraj (Dublin) 1:54:37. 3. Justin Coffeen (Castro Valley) 1:57:14. 18-29: 1. Scott Kennedy (San Leandro) 1:23:51. 2. Michael Tapia (Newark) 1:26:31. 3. Alejandro Rodriguez 1:27:45. 30-34: 1. Mike McManus 1:20:30. 2. Mike Maguire (Hayward) 1:31:56. 3. John Pidoll (Livermore) 1:34:38. 35-39: 1. Jeff Cowling (Brentwood) 1:27:27. 2. Ken Gregorich (Oakland) 1:30:53. 3. James Eales (Bakersfield) 1:31:43. 40-44: 1. Brad Hawthorne (Montclair) 1:19:12. 2. Dan Anderson (Union City) 1:34:14. 3. Randy Baumbaek (San Lorenzo) 1:44:53. 45-49: 1. Mike Duncan (San Mateo) 1:30:25. 2. Neil Gelblum (Cupertino) 1:33:40. 3. Julios Ratti (Oakland) 1:36:18. 50-54: 1. Jerry Goodwin (Berkeley) 1:38:37. 2. Fred Martin (Pleasanton) 1:41:52. 3. Robert Gormley (Moraga) 1:42:54. 55-59: 1. Rich DeYoung (CV) 1:57:09. 2. Jim Grodnick (San Lorenzo) 1:57:57. 3. Stan Wegner (Auburn) 1:59:20. 60-64: 1. John Sellers (San Leandro) 2:05:52. 2. Chuck Soule (Danville) 2:09:35. 3. Dave Reichel (Oakland) 2:18:39. 70+: 1. Grover Daley (Oakland) 2:58:18.

Division Results—Women
17u: 1. Jennifer Akana (SF) 2:00:09. 18-29: 1. Julie Oehlschlaeger (Madera) 1:44:51. 2. Sara Miles (Lafayette) 1:48:28. 3. Jennifer Horn (Berkeley) 1:51:20. 30-34: 1. Elizabeth Vitalis (SF) 1:38:23. 2. Catherine Isharr (Belmont) 1:48:14. 3. Katelyn Johnson (Oakland) 1:50:03. 35-39: 1. Marda Hummel (Castro Valley) 1:50:26. 2. Judy Tomasic (SF) 1:54:33. 3. Rhonda Listwin (San Ramon) 2:02:33. 40-44: 1. Judy Fulton (Pleasanton) 1:53:53. 2. Carl Bruton (Livermore) 2:00:44. 3. Ginger Hood (San Bruno) 2:08:58. 45-49: 1. Sharlet Gilbert (Richmond) 1:45:52. 2. Patty Jacques (Stockton) 2:16:47. 3. Beverly Crane (Hayward) 2:18:21. 50-54: 1. Judith Duncan (CV) 2:32:19. 55-59: 1. Dina Kovash (SF) 2:54:03. 60-64: 1. Julianne Scheberles (Oakland) 2:31:16. 2. Hisea Reichel (Oakland) 3:12:23. 65-69: 1. Peggy Hanson (CV) 3:18:12. 2. Bernice Vincent (Berkeley) 3:18:53.

5K Top 20 Overall

1. Enrique Henriquez (San Leandro) 16:50. 2. Guillermo Cazares (Alameda) 17:42. 3. Martin Kinsey (Livermore) 18:11. 4. Peter Baria (Castro Valley) 18:22. 5. Eloy Sanchez (Walnut Creek) 18:41. 6. Brad Dickson (Castro Valley) 19:08. 7. Garrett Fogel (San Lorenzo) 19:29. 8. Dane Johnson (San Francisco) 19:33. 9. Josef Najera (Oakland) 19:40. 10. Steve Kilgore (San Leandro) 19:42. 11. Romel Hamlin (Oakland) 19:48. 12. Tim Chavez (Oakley) 20:19. 13. Jennie Ewing (Castro Valley) 20:24. 14. Karin Kuffel (Oakland) 21:10. 15. Chris Lanese (Castro Valley) 21:43. 16. Chris Palmer (Walnut Creek) 22:17. 17. Ron Madaras (San Leandro) 22:22. 18. John Myers (Danville) 22:49. 19. Vergel Remora (Alameda) 23:08. 20. Chris Ball (Hayward) 23:13.

Division Results—Men
17u: 1. Enrique Henriquez (San Leandro) 16:50. 2. Martin Kinsey (Livermore) 18:11. 3. Peter Baria (Castro Valley) 18:22. 18-29: 1. Chris Palmer (Walnut Creek) 22:17. 30-39: 1. Guillermo Cazares (Alameda) 17:42. 2. Dane Johnson (San Francisco) 19:33. 3. Jose Najera (Oakland) 19:40. 40-49: 1. Steve Kilgore (San Leandro) 19:42. 2. Romel Hamlin (Oakland) 19:48. 3. Wayne Barouch (San Leandro) 23:35. 50-59: 1. Ron Madaras (San Leandro) 22:22. 2. John Myers (Danville) 22:49. 3. Raul Corral (Emeryville) 24:57. 60-69: 1. Paul Gertman (Oakland) 45:01. 2. Sam Giordanella (Castro Valley) 52:49.]

Division Results—Women
17u: 1. Jennie Ewing (Castro Valley) 20:24. 2. Jenni Forsman (Castro Valley) 24:52. 18-29: 1. Erin Mellifont (Danville) 26:14. 2. Anne Pinkard (Berkeley) 27:39. 3. Jenny Noreston (San Francisco) 27:56. 30-39: 1. Karin Kuffel (Oakland) 21:10. 2. Karin Heller (Hayward) 25:58. 3. Carla Rodriguez (Antioch) 26:17. 40-49: 1. Susan Gomez (Concord) 26:33. 2. Micki Wetzel (San Leandro) 27:08. 3. Pam McKenna (Alameda) 28:23. 50-59: 1. Mary Ellen Murillo (Stockton) 27:59. 2. Carol Turner (Newark) 30:15. 3. Lillian Anderson (Castro Valley) 32:37. 60-69: 1. Gillian Murdoch (Hayward) 37:03. 2. Viola M. Kuli (Fremont) 47:00. 3. Mary Schenone (Castro Valley) 53:00. 70+: 1. Helen Sowers (Castro Valley) 37:37.

Firecracker 10K

July 4, 1996, Santa Cruz, CA

Overall Men
1. Dennis Rinde (37) Orangevale, 34:15. 2. Bob Ebert (42) Santa Cruz, 34:45. 3. Javier Naranjo (37) Soquel, 35:03. 4. Gilbert Munoz (36) Watsonville, 35:36. 5. John Senkler (34) Santa Cruz, 36:26. 6. Ramon Zacharias (22) Watsonville, 36:50. 7. Scott Bank (28) San Jose, 37:12. 8. Frankie Palacios (18) Watsonville, 37:28. 9. Kenn Sturtz (29) San Jose, 37:40. 10. Ignacio Duran (30) Santa Cruz, 37:55.

Overall Women
1. Maria Pleyte (18) Hollister, 41:43. 2. Jennifer Michels (21) Santa Cruz, 41:56. 3. Anne Eltz, Gosh (44) Bloomington, 42:43. 4. Sherri Lee (38) Santa Cruz, 43:18. 5. Catherine Jager (34) Santa Cruz, 43:25. 6. Angela Schmidt (33) Sacramento, 44:13. 7.

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Gretchen Schmitt (34) Scotts Valley 44:18.
8. Anne Hayden (41) Santa Cruz 44:36. 9.
Helen Kim (27) Milpitas 44:44. 10. Cathy
Erwin (36) Santa Cruz 44:48.

Men's Divisions

12 and Under 1. Tyler Hill (9) Santa Cruz
52:44. 2. Michael Pearson (12) Santa Cruz
57:30. 3. Galen Murray (8) Santa Cruz
57:43. 13-18 1. Frankie Palacios (18) Wat-
sonville 37:28. 2. Trent Briney (17) Milpitas
39:41. 3. Cuco Chavez (16) San Juan Bua-
lista 39:53. 19-24 1. Ramon Zacarias (22)
Watsonville 36:50. 2. Justin Robinson (21)
Santa Cruz 38:34. 3. Derek Layton (21) Sa-
linas 39:58. 25-29 1. Scott Bang (28) San
Jose 37:12. 2. Kenn Sturtz (29) San Jose
37:40. 3. Troy Soares (27) Sunnyvale
38:52. 30-34 1. John Senkler (34) Santa
Cruz 36:26. 2. Ignacio Duran (30) Santa
Cruz 37:55. 3. Keith Hansen (34) Los Ga-
tos 38:11.

35-39 1. Dennis Rinde (37) Orangevale
34:15. 2. Javier Naranjo (37) Soquel
35:03. 3. Gilbert Munoz (38) Watsonville
35:36. 40-44 1. Bob Ebert (42) Santa Cruz
34:45. 2. Francisco Avila (41) Santa Cruz
38:23. 3. Jim Moyles (44) Redwood City
38:24. 45-49 1. Tommy Dodd (46) Aptos
39:20. 2. John Snyder (48) San Jose 39:55.
3. Dick Kirkpatrick (48) San Jose 40:16.
50-54 1. Walter Radloff (51) San Jose
39:37. 2. Don Matthews (52) Sacramento
42:14. 3. Robert McQuaide (52) Santa Cruz
44:08. 55-59 1. James Allen (58) Monte-
rey 42:34. 2. Dennis Hartley (57) Santa
Cruz 43:30. 3. Peter Leitchworth (57) Cu-
perfino 47:05. 60-64 1. James Cochrane
(61) Saratoga 44:39. 2. Robert Irwin (60)
Santa Clara 48:19. 3. Robert Meyer (64)
Los Gatos 52:15.

65-69 1. Richard Laine (66) San Carlos
48:10. 2. Dick Yaeger (67) Aptos 51:00. 3.
Lloyd Anderson (65) Fremont 53:40. 70
and Over 1. Howard Powers (71) Scotts
Valley 58:23. 2. Dave McCarthy (72) Boul-
der Creek 69:27. 3. Don Newmark (70)
Monterey 70:25.

Women's Divisions

12 and Under 1. Melissa Sharp (11)
Scotts Valley 62:38. 13-18 1. Maria Pietye
(18) Hollister 41:43. 2. Amy Yule (17) So-
quel 48:14. 3. Meghan Kirkpatrick (16) San
Jose 52:15. 19-24 1. Jennifer Michels (21)
Santa Cruz 41:56. 2. Sonya Patton (23)
Santa Cruz 44:52. 3. Janell Hagler (22)
Santa Cruz 51:13. 25-29 1. Helen Kim
(27) Milpitas 44:44. 2. Erin McCarty (25)
Scotts Valley 46:48. 3. Bozana Mastianka
(29) Santa Cruz 47:08. 30-34 1. Catherine
Jager (34) Santa Cruz 43:25. 2. Angela
Schmidt (33) Sacramento 44:13. 3. Gretch-
en Schmitt (34) Scotts Valley 44:18.

35-39 1. Sheri Lee (38) Santa Cruz
43:18. 2. Cathy Erwin (36) Santa Cruz
44:48. 3. Laurie Rothwell (36) Soquel
46:44. 40-44 1. Anne Eliz. Gosh (44)
Bloomington, IL 42:43. 2. Anne Hayden
(41) Santa Cruz 44:36. 3. Kathleen Scott
(43) Santa Cruz 45:09. 45-49 1. Debbie
Smith (45) Santa Cruz 46:26. 2. Debbie
Neel (47) Carmel 49:50. 3. Susan Cronk
(49) Aptos 51:29. 50-54 1. Cheryl Bentley
(51) Santa Cruz 51:11. 2. Lynne Rosser
(54) Los Gatos 54:20. 3. Jude Irwin (50)
Santa Clara 58:06. 55-59 1. Diane Brom-
stead (59) San Jose 55:52. 2. Nancy Troxa

(58) El Sobrante 56:58. 3. Lucile Des Jar-
dins (56) Milville 59:36. 60-64 1. Katherine
Belers (63) Santa Cruz 64:48. 65-69 1.
Emily Maloney (65) Santa Cruz 66:17.

Run for Independence

July 4, 1996: Alwater, CA - from Gordon
Wilkinson

Men's 2 Mile Race

Overall Winners 1. Juan Pablo Mira-
montes 9:50. 2. Jose Bustamonte 9:55. 3.
Arremio Villegas 10:42. 9 and Under 1.
Eddie Lasley 14:53. 2. Patrick Vasquez-
Reynolds 15:13. 3. Matt Strickland 21:48.
10-12 1. Juan Rivera 12:30. 2. Antonio Mir-
amontes 13:07. 3. Jarrod Mellow 13:41.
13-17 1. Juan Pablo Miramontes 9:50. 2.
Ryan Carroll 11:18. 3. Robert Gutierrez
11:35. 18-29 1. Jose Bustamonte 9:55. 2.
Eric Espinosa 11:46. 3. John Grondaiski
12:06. 30-39 1. Arremio Villegas 10:42. 2.
John Motz 12:37. 3. Steve Balentine 12:55.

40-49 1. Wayne Mozzig 11:05. 2. Gary
Hall 11:29. 3. Tom Diehl 12:41. 50-59 1.
Jerry Haywood 13:22. 2. James McCall
13:57. 3. Bob Schanze 15:53. 60-69 1.
Frank Russel 14:00. 2. Thomas Ferrari
17:00. 3. Warren Rosenbaum 17:02. 70
and Over 1. Payson Taylor 22:30.

Women's 2 Mile Race

Overall Winners 1. Karen Steele 11:56.
2. Nicole Loeffler 12:17. 3. Jaynee Galloway
12:31. 9 and Under 1. Sofia Leon 15:15.
2. Jessica Sommerfeld. 10-12 1. Emily
Reid 17:22. 2. Kelsey Bennett 25:46. 13-
17 1. Nicole Loeffler 12:17. 2. Jaynee Gal-
loway 12:31. 3. Vanessa Yonan 12:32. 18-
29 1. Heather Hetland 15:53. 2. Christina
Helms 16:42. 3. Rebecca Kaye 16:43. 30-
39 1. Deborah Hibbs 14:22. 2. Sonia Kess-
ler 14:55. 3. Sydia Small 14:57. 40-49 1.
Lisa Hunter 12:43. 2. Marilyn Arguelles
14:14. 3. Jane Russell 15:54. 50-59 1.
Marsha West 21:23. 2. Connie Northern
32:42. 3. Debbie Hoban 32:48. 60-69 1.
Elizabeth Grondaiski 31:29. 2. Jennie Ste-
ton 32:36. 3. Joann Sakaladakis. 70 and
Over 1. Georgia Stepp 28:18.

Men's 5 Mile Race

Overall Winners 1. Swaldo Nova 27:14.
2. Juan Pablo Miramontes 27:29. 3. Erick
McBride 27:44. 13-17 1. Juan Pablo Mira-
montes 27:29. 2. Emiliano Figueroa 27:55.
3. Rafael Silva 30:14. 18-29 1. Swaldo
Nova 27:14. 2. Erick McBride 27:44. 3.
Jose Bustamonte 27:47. 30-39 1. Terry
Richardson 28:25. 2. Kris Kessier 32:58. 3.
Henry Pretzer. 40-49 1. Steve Hall 29:29.
2. Curt Royer 31:32. 3. Jesse Brown 31:56.
50-59 1. Ken Schwisow 33:11. 2. Lee An-
derson 34:56. 3. Larry Lusk 36:07. 60-69
1. Chris Denny 41:22. 2. Ralph Sealy 45:40.
3. Warren Rosenbaum 47:05. 70 and
Over 1. Don Lundberg 45:30.

Women's 5 Mile Race

Overall Winners 1. Maia Pucay 35:12. 2.
Lisa Hunter 35:42. 3. Pam Royer 37:45. 12
and Under 1. Michelle Moore. 18-29 1.
Paula Gonzales 38:13. 2. Brandy Hoyt
38:38. 3. Cathy Uroz 38:57. 30-39 1.
Maia Pucay 35:12. 2. Melissa Greer 39:06.
3. Mary Pretzer. 40-49 1. Lisa Hunter
35:42. 2. Pam Royer 37:45. 3. Laurie Lusk
39:27. 50-59 1. Jean Schwisow 40:46. 2.
Louise Wisdom 50:51. 3. Elsa Reid 71:52.
60-69 1. Florence Seely 69:30.

Kenwood Foot Race

July 4, 1996: Kenwood, CA

Men's 3K Overall Results

1. Steve Guerrini 9:03. 2. Danny Aldridge
9:08. 3. Eric Walker 9:12. 4. Kenny Kane
9:16. 5. Peter Egerton 9:17. 6. Mike
Schwartz 9:34. 7. Sky Pile 9:37. 8. Jason
Desalle 9:59. 9. Mike Fanelli 10:24. 10. Jer-
emy Jackman 10:35.

Women's 3K Overall Results

1. Julia Stamps 9:38. 2. Lisa Gay 10:39.
3. Teresa Nelson-Aldridge 11:34. 4. Melissa
Madeson 11:38. 5. Donna Ames 11:56. 6.
Lindy Johnson 12:09. 7. Kristin VanFleet
12:17. 8. Sara Hernandez 12:22. 9. Diana
Rancourt 12:31. 10. Amy Nelson 12:39.

Men's 3K Division Results

9 and Under 1. Peter Simms 11:42. 2.
Patrick Infante 14:04. 3. Nick Road 14:52.
10-12 1. Jordan Kinley 10:53. 2. Regan
Masi 12:13. 3. Chris Anderson 13:22. 13-
15 1. Michael Cervantez 11:19. 2. Michael
Nathan 11:23. 3. Spencer Nielsen 11:47.
16-18 1. Mike Schwartz 9:34. 2. Jason De-
salle 9:59. 3. Jeremy Jackman 10:36. 19-
29 1. Steven Guerrini 9:03. 2. Eric Walker
9:12. 3. Kenny Kane 9:16. 30-39 1. Danny
Aldridge 9:08. 2. Mike Muchow 11:32. 3.
Dale Peterson 12:20. 40-49 1. Mike Fanelli
10:24. 2. Robert Merritt 10:50. 3. Mike Dug-
an 11:06. 50-59 1. John Lander 11:56. 2.
Bob Chic 12:08. 3. Gil Moreno 12:37. 60-
69 1. Bernie Hollander 11:53. 2. Mort Gray
12:29. 3. Carl Jackson 12:55. 70 and Over
1. Ernest Volkman 15:25. 2. David Cole
16:30. 3. Virgil Schrock 18:19.

Women's 3K Division Results

9 and Under 1. Chelsea Ridgway 15:28.
2. Devon Buckley 18:05. 3. Ashley Gross
18:40. 10-12 1. Amy Nelson 12:39. 2. Jen-
ny Drady 12:51. 3. Charlotte Allen 13:14.
13-15 1. Melissa Madeson 11:38. 2. Lindy
Johnson 12:09. 3. Kristin VanFleet 12:17.
16-18 1. Julia Stamps 9:38. 2. Tiffany Espi-
nosa 12:50. 3. Mikaela Blossor 12:56. 19-
29 1. Lisa Gay 10:39. 2. Mary Seifert
14:59. 3. Cara Drake 17:19. 30-39 1. Te-
resa Nelson-Aldridge 11:34. 2. Donna
Ames 11:56. 3. Marcia Seimboosier 13:04.
40-49 1. Linda Ross 13:03. 2. Sherry Feri-
na 14:38. 3. Janice Blalock 14:46. 50-59
1. Millie Merle 16:49. 2. Millie Stahr 17:03.
3. Pat Farrell 17:29. 70 and Over 1. Ruth
Lawson 25:12. 2. Margaret Curotto 31:25.

Men's 10K Overall Results

1. Aaron Pierson 32:24. 2. Ken Keyte
32:26. 3. Hector Delgado 32:29. 4. Dan
Brecht 33:19. 5. John Litzenberg 33:47. 6.
E.J. Bohn 33:58. 7. Chris Gaston 34:13. 8.
Chris Myers 34:15. 9. Rick Esponda 34:24.
10. Mekonnen Fekadu 34:33.

Women's 10K Overall Results

1. Suzy Jones 37:30. 2. Cathy DuBay
38:58. 3. Leslie McMullin 39:50. 4. Laura
Stanfield 39:54. 5. Trina Cox 40:14. 6.
Nancy Vallance 41:10. 7. Sarah Hallas
41:10. 8. Cara Freitas 42:10. 9. Shelly Ly-
don 43:25. 10. Katie Fontana 45:05.

Men's 10K Division Results

14 and Under 1. Joseph Tantarrell 47:45.
2. Clark Taylor 48:53. 15-19 1. Dan Brecht
33:19. 2. Mekonnen Fekadu 34:33. 3.
James Nielsen 36:47. 20-24 1. Hector Del-
gado 32:29. 2. Chris Gaston 34:13. 3. Chris
Myers 34:15. 25-29 1. John Litzenberg
33:47. 2. Eric Knight 36:43. 3. Gregg Jen-

nings 40:38. 30-34 1. Aaron Pierson
32:24. 2. Ken Keyte 32:26. 3. E.J. Bohn
33:58. 35-39 1. Bradford Byron 36:51. 2.
Bob Rogers 37:01. 3. Scott Ames 37:01.
40-44 1. Howard Hopper 38:18. 2. Timdhy
Stewart 38:22. 3. Octane Wright 38:27.
45-49 1. Rick Niles 38:50. 2. Norm Gould
40:11. 3. John Sensenbaugh 40:25. 50-54
1. Martin Jones 38:46. 2. Andy Jensen
40:29. 3. Jack Burns 42:26. 55-59 1. Bill
Posedel 43:19. 2. Phillip Hager 44:20. 3.
Darryl Beardall 44:52. 65-69 1. Bob
Chrowick 50:07. 2. Tom DuBay 53:57. 3.
Charles Hartman 54:34.

Female 10K Division Results

14 and Under 1. Sara Bel 47:25. 2. Katie
Wade 51:46. 3. Shauna Tantarrell 54:54.
15-19 1. Trina Cox 40:14. 2. Sarah Hallas
41:10. 3. Cara Freitas 42:10. 20-24 1.
Suzy Jones 37:30. 2. Stephanie Robson
46:43. 3. Avery Sheffield 47:49. 25-29 1.
Kelly Clancy 46:40. 2. Deb Park 48:56. 3.
Phoebe Libarte 51:15. 30-34 1. Cathy Du-
Bay 38:58. 2. Nancy Vallance 41:10. 3.
Mary Pozzi 46:58. 35-39 1. Laura Stan-
field 39:54. 2. Shelly Lydon 43:25. 3. Lori
Barekman 46:59. 40-44 1. Elizabeth
Brumley 48:09. 2. Sarah Wally 48:44. 3.
Katay Weaver 48:31. 45-49 1. Leslie
McMullin 39:50. 2. Donna McKenna
48:26. 3. Karen Kenny 48:30. 50-54 1.
Pamela Horton 48:39. 2. Edda Stickle
48:36. 3. Gayle Murphy 52:51. 55-59 1.
Katherine Singer 53:41. 2. Gail Graser
60:36. 3. Gail Jonas 62:49. 60-64 1. Judy
Lindberg 60:08. 2. Lois Cook 67:08. 3. El-
len Luca 69:41. 65-69 1. Flora Wong

"No Frills" 5 Mile Run

July 4, Pacifica

1. Martin Smith 28:35. 2. Rich Homstra
28:58. 3. Eric Ramirez 29:12. 4. Dave Tigart
29:32. 5. Manny Berston 29:45. 6. Michael
King 29:58. 7. John Weidinger 31:46. 8.
Joshua McMullin 32:05. 9. Joseph Hender-
son 32:15. 10. Dave Ahn 32:21.
11. John Martin 32:27. 12. Steven Desch-
ler 32:46. 13. David Atchison 32:56. 14.
Alex Denteux 33:01. 15. Thomas Grey
33:07.
24. Christine McDermott 34:40. 26. Ginger
Hood 34:56. 28. Melissa Boronda 35:16. 30.
Cindy Beckett 35:52. 32. Denise Valkama
38:07.

4th of July Parade Run

July 4, Redwood City.

1. Mark Juglesa 14:54.78. 2. Terrence
Boynton (37) 15:23. 3. Michael Tapia (28)
15:29. 4. Andy Bupp (24) 15:52. 5. David Pi-
azza (37) 16:10. 6. Juan Rangel (28) 16:36.
7. B. Cowling (37) 16:41. 8. Mike Buchanan
(22) 16:45. 9. Ouido Resender 16:47. 10.
Robert Schug (42) 16:48.
11. Gus Cano (17) 17:05. 12. Jeff Smith
17:05. 13. Jim Nelson 17:11. 14. Roger Zol-
dan (49) 17:16. 15. Luis Arguero (21) 17:19.
16. Greg Anderson 17:23. 17. Rick Bergan
(42) 17:32. 18. Frank Williams (43) 17:36.
19. Sharon Maley (36F) 17:37. 20. Keith
Sonberg (40) 17:49.
30. Terry Juri (34F) 18:54. 37. Rosalinda
Lindsey (25F) 19:58. 43. Barbara Breen
(37F) 20:25.

RESULTS

Peak Busters Benefit Run

July 4, Lake Merced

Overall Results-4.6 Miles

1. Gerardo Gay Mendoza, 19:01. 2. Andy Chan-Man, 25:42. 3. Connor Flynn, 25:59. 4. Jesse Garvas, 26:24. 5. Jim Misener, 26:35. 6. John Springs, 26:43. 7. Travis Blokka, 26:56. 8. Thom Fox, 27:24. 9. Hula Man, 27:32. 10. Phyllis Botson, 27:49.

Pozo 5K

July 4, 1996: Pozo (near San Luis Obispo), CA. From Joe Rubio

Men's Overall Results

1. Ivan Huff (36) 14:28. 2. Chris Schille (30) 14:58. 3. Bart Stephens (28) 15:14. 4. Adolfo Lopez (36) 15:34. 5. Isaiiah Festa (16) 15:35. 6. Ahmic Jones (21) 15:48. 7. Christian Hech (17) 15:48. 8. Thomas Reiss (28) 15:55. 9. TW Burchmore (18) 16:02. 10. Avery Blackwell (17) 16:11.

Women's Overall Results

1. Mary Cooper (36) 19:06. 2. Ashley Blue (12) 19:43. 3. Megan Marshall (26) 19:43. 4. Cathy Agler (36) 19:57. 5. Pam Fritts (27) 20:07. 6. Catherine Arnold (35) 20:19. 7. Samantha Michel (14) 20:23. 8. Annette Scheld (29) 20:32. 9. Jennifer Rubio (27) 20:53. 10. Laurie Kirkpatrick (36) 20:59.

Men's Masters Age Groups

40-49 1. Frank Hutchinson (43) 16:17. 2. Louie Quintana, Sr. (44) 17:25. 3. Jim Hurley (40) 17:39. 50-59 1. Clem Michel (52) 18:57. 2. Paul Logan (50) 19:26. 3. Russell J. Moore (56) 20:15. 60-69 1. Ben Homer (60) 21:18. 2. George Marrelli (60) 22:17. 3. Charley Penrose (64) 23:23. 70 and Over 1. Norm Krieg (72) 27:39.

Women's Masters Age Groups

40-49 1. Carrie Anderson (40) 21:54. 2. Evelyn Major (40) 23:15. 3. Karen Columbo (45) 24:48. 50-59 1. Annette Fesler (52) 26:31. 2. Carol Sinsheimer (52) 27:06. 3. Patty Haves (57) 29:20. 60-69 1. Mary Stallard (60) 28:32. 2. Marilyn Rehm (61) 28:55. 70 and Over 1. Elizabeth Baker (71) 41:25.

42nd Annual Semana Nautica 15K Run

July 4, 1996: Santa Barbara, CA

Top 10 Men Overall

1. Jeff Jacobs (29) Santa Barbara 49:22. 2. Ramiro Aguirre (29) Goleta 49:29. 3. Eleazar Hernandez (19) Oxnard 49:36. 4. Tommy Leon (30) Canoga Park 49:55. 5. Gregg Homer (42) Santa Barbara 50:14. 6. Barry Midony (45) Oxnard 51:04. 7. Ted Cotti (34) Ojai 51:32. 8. Terry Howell (40) Santa Barbara 52:36. 9. Samuel Morales (27) Oxnard 52:47. 10. David Saunders (30) Santa Barbara 52:57.

Top 10 Women Overall

1. Ruth Vomund (36) Ventura 56:20. 2. Misty Allen (29) Santa Barbara 58:04. 3. Carol Knox (33) Santa Barbara 1:01:46. 4. Meghan Behrens (25) Santa Barbara 1:02:37. 5. Sue Francis (43) Sunnyvale 1:03:08. 6. Susan Petronio (33) Santa Barbara 1:03:20. 7. Lori Montoya (26) Ventura 1:03:46. 8. Cecilia Ramos (44) Ventura 1:04:03. 9. Laurie Singer (36) Oxnard 1:04:33. 10. Silyn McIntosh (17) Ventura 1:05:15.

Men's Divisions

18 and Under 1. Josh Spiker (14) Ventura 56:09. 2. Moin Salahuddin (16) Santa Barbara 57:32. 3. Jake Barlett (16) Santa Barbara 1:04:24. 4. Erik Serritt (13) Santa Barbara 1:08:14. 5. Michael Fidemulz (12) Simi Valley 1:24:00. 19-29 1. Jeff Jacobs (29) Santa Barbara 49:22. 2. Ramiro Aguirre (29) Goleta 49:29. 3. Eleazar Hernandez (19) Oxnard 49:36. 4. Samuel Morales (27) Oxnard 52:47. 5. Dan Stephens (28) Santa Barbara 1:06:27. 30-34 1. Tommy Leon (30) Canoga Park 49:55. 2. Ted Cotti (34) Ojai 51:32. 3. David Saunders (30) Santa Barbara 52:57. 4. Steven Jones (34) Santa Barbara 56:16. 5. Tom Aaker (34) Hong Kong 57:27. 35-39 1. David Holt (39) Santa Barbara 55:31. 2. Timothy Mock (39) Santa Barbara 56:19. 3. David Larson (37) Santa Barbara 56:48. 4. Alexander Lamb (37) Los Angeles 58:22. 5. Shiyu Suzuki (37) Thousand Oaks 59:46. 40-44 1. Gregg Homer (42) Santa Barbara 50:14. 2. Terry Howell (40) Santa Barbara 52:39. 3. Jim Kornell (44) Santa Barbara 56:17. 4. John Leembruggen (43) San Luis Obispo 58:24. 5. Steve Ainsley (43) Santa Barbara 58:42. 45-49 1. Barry Molony (45) Oxnard 51:04. 2. Paul Marcel (46) Summerland 55:44. 3. Gary Tuttle (48) Ventura 57:17. 4. Al Sanchez (45) Oxnard 58:21. 5. Steve Macintosh (46) Ventura 58:44. 50-59 1. Gene Ball (50) Oxnard 57:58. 2. Vic Birtalan (53) Goleta 1:00:45. 3. Dennis Mihora (51) Santa Barbara 1:01:12. 4. Jack Bianchi (53) Santa Barbara 1:03:35. 5. John Graft (50) Santa Barbara 1:03:59. 60 and Over 1. Gordon McClenathan (62) Goleta 1:09:51. 2. Larry Hatch (60) Moorpark 1:07:04. 3. Lee Dycus (63) Oxnard 1:17:33. 4. Howard Leupp (62) Santa Barbara 1:21:00. 5. William Cattoi (67) Goleta 1:25:18.

Women's Divisions

18 and Under 1. Alyson McIntosh (17) Ventura 1:05:15. 2. Carman Montgomery (16) Santa Barbara 1:18:26. 3. Jennifer Soderborg (14) Santa Barbara 1:24:48. 4. Heide Bryan (18) Thousand Oaks 1:35:37. 19-29 1. Misty Allen (29) Santa Barbara 58:04. 2. Meghan Behrens (25) Santa Barbara 1:02:37. 3. Lori Montoya (26) Ventura 1:03:46. 4. Mary Dietz (26) Ventura 1:05:51. 5. Katie Watson (23) Goleta 1:08:55. 30-34 1. Carol Knox (33) Santa Barbara 1:01:46. 2. Susan Petronio (33) Santa Barbara 1:03:20. 3. Elizabeth North (34) Santa Barbara 1:05:37. 4. Jannay Morrison (31) Santa Barbara 1:06:54. 5. Romy Suzuki (34) Thousand Oaks 1:17:02. 35-39 1. Ruth Vomund (36) Ventura 56:20. 2. Laurie Singer (36) Oxnard 1:04:33. 3. Grace Gutierrez (36) Santa Barbara 1:09:36. 4. Linda Walters (35) Santa Barbara 1:10:59. 5. Kris Bertica-Pintard (36) Carpinteria 1:11:47. 40-49 1. Sue Francis (43) Sunnyvale 1:03:08. 2. Cecilia Ramos (44) Ventura 1:04:03. 3. Sharon Smith (43) Santa Barbara 1:10:29. 4. Mimi Baranowski (48) Ventura 1:12:20. 5. Vidd Zellerberg (45) Oxnard 1:13:35. 50 and Over 1. Judy Kewley (51) Simi Valley 1:10:08. 2. Diana Walach (58) Canoga Park 1:15:47. 3. Suzie Klein (51) Palos Verdes 1:17:20. 4. Helene Bambam (60) Burbank 1:19:50. 5. Yvone Livetti (59) Santa Maria 1:31:24.

Double Muni Pier Run

July 7, San Francisco.

Overall Results-2.47 Miles

1. Gerardo Gay Mendoza, 12:28. 2. Michael Gama, 12:40. 3. Connor Flynn, 13:29. 4. Jim Misener, 13:44. 5. John Weidinger, 14:06. 6. Feras Halabi, 14:06. 7. No Name, 14:22. 8. Jerry McGowan, 14:35. 9. Phil Melman, 14:59. 10. Dick Parker, 15:00.

Fleet Feet Capitol Mile Pacific Association/USATF Road Mile Championship

July 7, 1996. Sacramento, CA. Distance: 1 mi. keyhole-shaped flat, certified course. Weather: 80 degrees, California perfect. From Mark Wintz.

Men

1) Jamey Harris (\$300) 7:25 4:06.41. 2) Joe Carmegle (\$100) 30 4:10.80. 3) Danny Aldridge (\$50) 39 4:17.86. 4) Michael Spencer 31 4:18.39. 5) Eric Walker 27 4:18.94. * - Included \$150 sub-4:10 bonus. Note: Regina Jacobs ran in the open men's race as a special guest in the open men's section to get "some competition." She ran about 4:29.

40+ 1) Dan Gruber (\$100) 40 4:27.20. 2) Joerg Herbrechtsmeier (\$50) 40 (NV) 4:28.32. 50+ Ewar Gordillo (\$50) 51 (NV) 4:51.11. 60+ Bernie Hollander 60 5:29.23. 70+ David Valles 72 6:37.36. Junior Boys 14-19: Robert McGeary 17 4:38.24.

Women

1) Julia Stamps (**) 17 4:43.59. ** - Declined prize money; high school athlete. 2) Shannon Sweeney (\$150) 37 5:00.20. 3) Kristina Mathias (\$100) 26 5:02.56. 4) Lisa Geoffrion (\$50) 36, 5) Monica Townsend 28 5:05.34.

40+ 1) Terry Adams-Schmidt (\$100) 40 (NV) 5:11.32. 2) Honor Fetherston (\$50) 41 5:19.12. 50+ Joan Ottaway (\$50) 52 5:32.78. 60+ Vickie Bigelow 60 6:27.11. 70+ Po Adams 72 CA 9:08.13. Junior Women 14-19: Nicole Johnson 15 5:41:15 (Stamps, 17, ran in open women's section)

China Camp Runs

July 13, 1996. San Rafael

Overall Results-Marathon

1. George Rehmert (29) San Francisco, 3:13:50. 2. June Montuori (42) San Francisco, 4:02:40. 3. Robert Montuori (39) San Francisco, 4:02:40. 4. John Clark (54) Citrus Heights, 4:12:00. 5. Stephen Gold (42) San Francisco, 4:17:00. 9. Suzanne Crawford (42) Santa Rosa, 4:22:00.

Overall Results-1/2 Marathon

1. Wayne Linse (39) Fairfax, 1:24:12. 2. Ben Brauer (36) San Francisco, 1:27:55. 3. Khaled Saffouri (20) Moraga, 1:30:13. 4. Virginia Dickson (9) Bakersfield, 1:34:40. 5. Jennifer Smith (29) San Francisco, 1:36:00. 6. Therese Brewitz (27) Berkeley, 1:36:15. 7. Jim Marcussen (44) Pleasanton, 1:36:25. 8. Patrick Battles (35) Concord, 1:39:05. 9. Andrew Hidas (45) Santa Rosa, 1:40:35. 10. Cynthia Heron (23) San Francisco, 1:41:10.

11. Pamela Horton (52) Santa Rosa, 1:41:40. 15. Lisa Orkows (31) San Francisco, 1:46:04.

Overall Results-12K

1. Robert Govi (un) San Anselmo, 41:26. 2. James Eales (36) Bakersfield, 43:01. 3. Ema Kessell (36) Davis, 45:59. 4. Seth Platzer (21) Moraga, 49:22. 5. Bob Cullinan (41) San Rafael, 49:22. 7. Eileen Smith (41) San Rafael, 51:05. 13. Amy Naff (28) San Francisco, 56:23.

Daly City Scenic Run

July 14, Daly City.

Overall Results-6.8 Miles

1. Cliff Lentz, 40:26. 2. Antonio Corgas, 41:16. 3. Jim Misener, 45:00. 4. Tony Varnhagen, 48:06. 5. Jerry McGowan, 48:51.

Skyline Ridge Runs

July 14, Palo Alto.

Overall Results-1/2 Marathon

1. Dev Sinha (24) Woodside, 1:20:22. 2. Bill Devine (35) Crystal Bay, 1:21:01. 3. Jeff Hongo (31) Campbell, 1:22:08. 4. Steve Colburn (28) Walnut Creek, 1:25:58. 5. Ken Okinell (30) San Jose, 1:33:04. 6. Feras Halabi (28) Mill Valley, 1:35:15. 7. Geoff Malter (40) Hopkinton, MA, 1:35:25. 8. Stefan Halama (32) Campbell, 1:36:45. 9. Deb Devine (34) Crystal Bay, 1:38:40. 10. Steve Tredway (48) Manteca, 1:39:10. 11. Brooke Sasiak (33) Los Altos, 1:39:15. 18. Leslie Asbury (21) San Jose, 1:44:50. 19. Stephanie Fong (33) San Francisco, 1:45:55.

Overall Results-10K

1. Nate Getrich (27) Boulder, CO, 43:45. 2. Zak Barza (31) Pescadero, 44:40. 3. Peter Bianchi (36) Cupertino, 49:20. 4. Rich Schwerin (27) San Francisco, 49:21. 5. Paul Levy (40) San Francisco, 51:15. 6. Chndy Levy (36) San Francisco, 51:20. 9. Kim Harbaugh (30) San Francisco, 57:48. 10. Dana Farber (27) San Francisco, 57:50.

San Francisco Marathon

July 14, San Francisco

Men-Marathon

1. Brad Lael (31) Sacramento 2:37:27. 2. Jaime Ortiz (35) Lynnwood 2:37:39. 3. Juan M. Hernandez (35) Lamont 2:38:17. 4. Brian Moroney (39) Salt Lake City 2:39:48. 5. Bryce Jacobsen (24) San Jose 2:40:14.

Women-Marathon

1. Margie Brown (33) Shoreview, MN 2:57:45. 2. Suzanne Morris (38) Laucada 2:59:32. 3. Lori Stich (25) Houston, TX 3:09:04. 4. Jennifer Schroeder (28) Encinitas 3:10:55. 5. Mary Coord (27) Elk Grove 3:11:36.

Men-5K

1. Rey Sanchez (19) Delano 15:44. 2. Gordon Neysmith (34) 15:52. 3. Arno Siet (37) Manassas, VA 16:08. 4. Dan Mancini (32) San Francisco 16:17. 5. Colin Solomon (21) Boston, MA 16:22.

Women-5K

1. Michelle Jensen (26) Boise, ID 17:41. 2. April Powers (38) 18:05. 3. Maria Pleyte (19) 18:28. 4. Sandy Patterson (38) San Francisco 18:32. 5. Bz Churchman (34) 18:54.

Mt. Tamalpais Trail Runs

July 20, 1996. Stinson Beach

Overall Results-Marathon

1. Lin Taylor (26) Pacific Grove, 4:18:08. 2.

RESULTS

Cindy Peterson (f) Santa Rosa, 4:54:54. 3. Zavier Polk (44) Santa Rosa, 4:54:54. 4. Leroy Kessler (56) Ceres, 4:58:50. 5. Joan Risse (43f) Santa Rosa, 4:59:00.

Overall Results-25K

1. Charles Wilson (47) Palo Alto, 2:28:45. 2. David Williams (42) Galt, 2:30:00. 3. Diane Peterson (28f) San Francisco, 2:30:27. 4. Elias Olson (52) Mill Valley, 2:32:45. 5. David Nichols (17) Suisun City, 2:40:59. 8. Kimberlee Jackson (29f) San Francisco, 3:01:41. 9. Pamela Gawley (27f) Atherton, 3:02:05. 10. Sheri Guinn (49f) Santa Rosa, 3:02:06. 11. Cathy Hilton (38f) Walnut Creek, 3:02:40.

Overall Results-7 Mile

1. Gerard Maguire (31) San Francisco, 1:06:25. 2. Kate Owen (19f) Walnut Creek, 1:08:01. 3. Bob Sweeney (37) Florence, AL, 1:08:02. 5. Erna Kessell (35f) Davis, 1:10:40. 11. Sarah Wastley-Smith (41f) Lafayette, 1:22:01.

Rock to Pier Run

July 20, Morro Bay

1. Frank Hutchinson 33:40. 2. Doug Sims 33:42. 3. Paul Lee 33:57. 4. Steve Barnes 34:05. 5. Adrian Dominguez 34:37. 6. Scott Rosenthal 34:44. 7. Steve Boaz 34:52. 8. Luis Escobar 35:27. 9. Michael Buckley 35:33. 10. Dave Feichman 35:37.

11. Micah Fuson 35:39. 12. Steve Humphreys 36:10. 13. John Laembruggen 36:38. 14. Steve Domish 36:54. 15. Charlie Joslin 37:01. 16. Gary Raymond 37:14. 17. Louie Quintana, Sr. 37:25. 18. Seamus Perry 37:26. 19. Veronica Pineda (F) 37:44. 20. Benito Hernandez 37:50. 21. Rick Conway 37:46. 22. Jon Paul Ewing 38:02. 23. Mateo Moya 38:25. 24. Tim Culp 38:46. 25. Kimberly Stewart (F) 38:56. 26. Stephen Wyrer 39:04. 27. Ozzie Ruiz 39:09. 28. Clem Michel 39:23. 29. Robert Beebout 39:27. 30. Justin Banks 39:32.

Division Results-Male

Under 10: 1. Shane Kendrick 11-14: 1. Mateo Moya. 15-18: Steve Barnes. 19-24: Ozzie Ruiz. 25-29: 1. Carlos Garcia. 30-34: 1. Luis Escobar. 35-39: 1. Doug Sims. 40-44: 1. Frank Hutchinson. 45-49: 1. Stephen Wyrer. 50-54: 1. Steve Domish. 55-59: 1. Fred Mendoza. 60-69: 1. Mel Elliot. 70+: 1. Bob Herman.

Division Results-Women

Under 10: 1. Sarah Cummings. 11-14: 1. Christie Gregory. 15-18: 1. Kristin Fairley. 19-24: 1. Veronica Pineda. 25-29: 1. Laura Chambers. 30-34: 1. Kimberly Stewart. 35-39: 1. Brenda Villanueva. 40-44: 1. Angie Ramirez. 45-49: 1. Linda Holden. 50-54: 1. Gayle Bloom. 55-59: 1. Olga Lucaric. 60-69: 1. Lisa Norcutt. 70+: 1. Elizabeth Baker.

Garden Court Hotel Breakfast Run

July 21, Palo Alto.

Olympian Pattisue Plumer, Menlo Park, and Scott Kennedy, San Leandro, led the field of over 1600 runners through downtown Palo Alto for the 4th annual Garden Court Hotel Breakfast Run. With a time of 28:43, Plumer won the women's field and Scott Kennedy was first for the men with his time of 25:11. Kennedy's win was his third win in four years. Jerry Deets of Santa Cruz

won the Men's Wheelchair Division in a time of 23:01. He considered the race a good tune-up as he heads for the Paralympic Games in Atlanta. Shelly Luchini of Castro Valley was first in the women's Wheelchair division with a time of 32:10.

Overall Winners Men: 1. Scott Kennedy, (29) San Leandro, 25:11. 2. Brad Hawthorn (40) Piedmont, 25:42. 3. Enrique Henriquez (18) San Leandro, 26:30.

Overall Winners Women: 1. Pattisue Plumer (34) Menlo Park, 28:43. 2. Lisbet Engberg (32) San Francisco, 28:48. 3. Frances Kirk (34) Wilmington, DE, 29:53.

Division Results-5 Mile Men

13 & U: 1. Thomas Gresham, 48:45. 2. Masato Takahashi, 49:00. 3. Adam Obak, 50:55. 14-18: 1. Enrique Henriquez, 26:30. 2. David Rodriguez, 27:12. 3. Paul Wellman, 27:40. 20-29: 1. Scott Kennedy, 25:11. 2. Matthew Tompkins, 27:37. 3. Rick Reitz, 27:46. 30-39: 1. Tim O'Rourke, 26:36. 2. Peter Heia, 28:34. 3. Tim Keenen, 28:27. 40-49: 1. Brad Hawthorne, 25:42. 2. Chris Berka, 28:23. 3. Bob Anderson, 28:32. 50-59: 1. Richard Webb, 28:26. 2. Dwight Cornwell, 28:42. 3. Miguel Solorio, 31:21. 60-69: 1. Jim Mocré, 30:57. 2. Ray Stewart, 30:54. 3. Lloyd Anderson, 39:35. 70 & O: 1. Gen Sievert, 44:24. 2. Jack Friedlander, 44:48. 3. Howard Powers, 44:54.

Division Results-5 Mile Women

13 & U: 1. Laura Cherdack, 37:28. 2. Jennifer Kaplan, 49:49. 3. Ashley Beyres, 50:56. 14-19: 1. Nicole Portley, 31:49. 2. Xandra Rarden, 33:55. 3. Kathleen Brizgys, 34:27. 20-29: 1. Jami Andrews, 30:26. 2. Tina Lount, 32:27. 3. Malachi Melville, 32:53. 30-39: 1. Pattisue Plumer, 28:43. 2. Lisbet Engberg, 29:48. 3. Francis Kirk, 39:53. 40-49: 1. Shelly Sumner, 31:47. 2. Debbi Beyers, 32:40. 3. Ingrid Smith, 33:12. 50-59: 1. Jenneene Johnson, 39:26. 2. Carma Bamber, 40:40. 3. Sylvia Hughes, 40:50. 60-69: 1. Barbara Robben, 42:26. 2. Roberta Carlson, 44:35. 3. Elizabeth Aleyander, 53:33. 70-85: Jacklyn Caselli, 50:26.

San Diego Wildlife 10K

July 21, San Diego

Overall Results

1. Dave Schible (17) La Mesa 34:18. 2. Joachim Fruetis (33) Cardiff 35:20. 3. Neil Cucuzella (27) San Diego 36:18. 4. Scott Meinert (31) San Diego 36:22. 5. Sean Zanderson (17) Poway 36:38. 6. Jeff Kinzel (43) Corona 36:58. 7. Richard Abril (35) Chula Vista 37:30. 8. Steven Tiano (36) El Cajon 37:34. 9. Mark Savel (17) San Diego 37:56. 10. Douglas Henson, San Diego 38:54. 11. Steve Hippensteel (26) San Diego 39:26. 12. Ben Flores (31) San Diego 40:19. 13. Kathleen Loin (32f) Coronado 40:23. 14. Joseph Cross (29) Oceanside 40:32. 15. Alan Pollack (45) San Diego 41:01. 16. Craig Higgins (16) San Diego 41:03. 17. Mick Wildn (45) Greenwood 41:14. 18. Keith Corey (40) San Diego 41:20. 19. Matt Palino (15) San Diego 41:32. 20. Casey Borst (47) Oceanside 41:59.

21. Sean McHugh (20) Camp Pendleton 42:03. 22. Larry Koop (31) Solana Beach 42:24. 23. Jennifer Nelson (43f) Rancho Santiago 43:31. 24. Otis Gallop (32) San Diego 43:45. 25. Ivan Carlos (26) San Diego 43:45. 26. Judes Brooks (39f) San Diego

44:20. 27. David Aubrey (37) Outcane 44:21. 28. Philip Sheridan (33f) La Jolla 44:46. 29. Valerie Strick (26f) Santee 45:10. 30. Martin Hernandez (30) San Ysidro 45:16.

Windmill Run

July 21, San Francisco.

Overall Results-6.5 Miles

1. Gerardo Gay Mendoza, 37:23. 2. Conor Flynn, 37:55. 3. Tony Fong, 38:07. 4. Pete Nowicki, 38:48. 5. Manny Berston, 38:54. 6. Ranty Good Arrow, 40:44. 7. John Stanley, 40:56. 8. W.N. Morrison, 42:17. 9. The Falman, 42:58. 10. Jerry McGowan, 43:20.

Western States 100 Mile Endurance Run

July 29-30, Squaw Valley to Auburn.

Top 30 Finishers

1. Tim Twilmeyer (37) Auburn 17:42:06. 2. Jerry Wittenauer (37) Palo Alto 18:50:31. 3. Ann Trason (35f) Kensington 18:57:36. 4. Sean Crom (40) Reno, NV 19:34:30. 5. Bruce Linscott (38) Penngrove 19:45:56. 6. James Garcia (37) Westford, MA 19:49:22. 7. Mark Marcell (37) Del Mar 19:51:22. 8. Joe Schlerath (46) Fresno 20:05:10. 9. Joseph Braninburg (51) Reno, NV 20:37:29. 10. Mike Topper (36) Redwood City 20:38:19.

11. Jeff Hines (36) El Cajon 20:50:36. 12. Scott Mills (45) Alexandria, VA 20:55:57. 13. Alfred Bogenhuber (56) San Mateo 21:09:51. 14. Ray Scannell (46) Pollock Pines 21:19:02. 15. James Ross (31) Fair Oaks 21:32:56. 16. John Travers (43) Auburn 21:38:08. 17. Chip Merrow (36) Loudon, NH 21:38:10. 18. Mike Pelechaty (41) Toledo, OH 21:38:41. 19. Stephan Harris (42) San Pedro 21:39:10. 20. Tim Semioff (37) Salt Lake City, UT 21:44:35.

21. Derrick Carr (35) Fredericksburg VA 21:50:32. 22. Sherry Johns (41f) Phoenix, AZ 21:50:32. 23. Kevin Sawchuk (30) Alexandria, VA 21:53:39. 24. Bill Hambrick (41) Carmichael 21:56:18. 25. Gregory Atchley (29) Reno, NV 22:06:50. 26. Mo Bartley (41f) Cool 22:07:26. 27. Dean Karnazes (33) San Francisco 22:19:29. 28. John Edgcomb (37) Corte Madera 22:21:33. 29. William Davis (50) San Francisco 22:29:43. 30. Gern Vendil (42) Tucson, AZ 22:31:12. 227 Finishers/375 Starters

Drakes Bay

August 3, 1996, Pt. Reyes

Overall Results-Marathon

1. David Large (50) San Francisco, 4:20:25. 2. Gordon Hartshorn (57) Grand Prairie, TX, 4:27:40. 3. Mike Sweeney (41) San Rafael, 4:36:18. 4. Grant Snyder (un) Long Beach, 4:37:25. 5. Frank Ives (54) Loomis, 4:41:44. 11. Suzanne Crawford (43f) Santa Rosa, 5:30:00.

Overall Results-1/2 Marathon

1. John Coxford (24) San Rafael, 1:28:50. 2. Tom Thoman (34) San Francisco, 1:32:55. 3. Benjamin Owen (26) Santa Cruz, 1:33:50. 4. Geoff Mattier (40) Hopkinton, MA, 1:34:40. 5. Iana Levin (25f) Larkspur, 1:37:12. 6. Corroon Jones (31) San Francisco, 1:37:50. 7. Damean X (24) Santa Cruz, 1:38:30. 8. Phillip Falkell (29) San Francisco, 1:40:45. 9. Michael Rothenberg

(26) Palo Alto, 1:41:45. 10. Elias Olson (52) Mill Valley, 1:41:56.

12. Catherine Michael (27f) San Francisco, 1:44:15. 13. Kelly Ridgway (38f) Windsor, 1:45:41.

Overall Results-10K

1. Michael Leach (24) Modesto, 42:25. 2. John Combs (49) Palos Verdes, 46:23. 3. Erna Kessell (35f) Davis, 48:48. 4. Donald NG (28) Oakland, 54:02. 5. Sean O'Donnell (32) San Francisco, 55:20. 7. Melinda Bames (35f) Oakland, 55:35. 9. Sarah Anderson (29f) St. Helena, 58:02.

Summit Challenge 5K & 10K

August 3, 1996, Los Gatos.

Top 15-5K

1. Gilbert Munoz 16:32. 2. Michael King 17:49. 3. Peter Kuykendall 17:59. 4. Brian Conroy 18:18. 5. Patrick Sullivan 19:04. 6. Keith Purser 20:02. 7. Mark Capron 20:03. 8. Zack Regner 21:12. 9. David Hauser 21:14. 10. Jeff Arnett 21:16. 11. Evana Capron 21:36. 12. James Zuidema 21:45. 13. Thomas Vanderbill 21:51. 14. Craig Mclyneaux 22:28. 15. Ryan Gray 23:17.

Top 15-10K

1. Lou Ortiz 36:45. 2. Keith Hansen 39:26. 3. Tom Aueda 39:56. 4. Rick Ferrell 40:26. 5. Greg Burks 41:40. 6. Bob Stevens 42:03. 7. Ted Durham 42:03. 8. Greg Baker 42:56. 9. Fred Fondriest 43:21. 10. Darryl Lu 43:35. 11. Paul Carlson 44:56. 12. Dan Garcia 45:31. 13. Dick Coughlin 46:31. 14. Matt Bates 46:56. 15. David Bates 47:19.

Alameda Run for the Parks

August 4, Alameda, 10K.

Top 20 Men

1. Scott Kennedy (26) San Leandro 31:25. 2. Steve Pappa (31) Hayward 31:30. 3. Aaron Pierson (33) Daly City 31:54. 4. Eric Harr (25) Fairfax 32:32. 5. Glen Redpath (31) Larkspur 33:21. 6. Gerardo Gay (24) San Francisco 33:26. 7. Carmelo Rios (36) Oakland 33:27. 8. Jonathan Lyau (32) Honolulu 33:41. 9. Todd Coulston (24) Clayton 33:54. 10. Glen Hardin (30) Novato.

11. Rob Nast (33) San Jose 34:23. 12. Dave Rosen (22) Aptos 34:30. 13. Steve Duncan (27) Reno 34:42. 14. Juan Torrealba (30) Daly City 34:45. 15. Arnd Saxena (34) Palo Alto 34:46. 16. Guillermo Cazares (30) Alameda 35:08. 17. Ed Eitel (28) Pittsburg 35:14. 18. Robert Schug (42) Oakland 35:36. 19. Michael Maguire (33) Hayward 35:42. 20. Jesus Garcia (34) Half Moon Bay 35:44.

Division Results-Women

6-13: 1. Anthony Gladstein (12) San Ramon 50:28. 14-18: 1. Cameron Sarmiento (16) Walnut Crk 35:51. 2. Peter Barla (17) Castro Vly 37:11. 3. Esseyas Gabray (17) Alameda 37:25. 19-29: 1. Scott Kennedy 31:25. 2. Eric Harr 32:32. 3. Gerardo Gay 33:26. 30-39: 1. Steve Pappa 31:30. 2. Aaron Pierson 31:54. 3. Glen Redpath 33:21. 40-49: 1. Robert Schug 35:36. 2. John Taylor (24) Hayward 36:15. 3. Mark Ramirez (40) San Ramon 36:30. 50-59: 1. Alpinzo Jackson (51) Oakland 36:22. 2. David Weamer (53) Clayton 38:10. 3. Jerry Good-

RESULTS

win (54) Berkeley 38:21, 60-69: 1. Pentti Valkonen (62) Piedmont 44:14, 2. Bryan Holmes (62) Concord 44:15, 3. Mac Jordan (60) Kensington 47:15, 70-95: 1. Joe King (70) Alameda 41:41, 2. Tony Marshall (80) Fremont 1:11:23.

Top 20 Women

1. Barb Acosta (36) Santa Cruz 36:23, 2. Elizabeth Vitalis (31) San Francisco 37:49, 3. Mikori Waugh (28) Sacramento 38:25, 4. Bz Churchman (34) Oakland 38:42, 5. Shirley Matson (55) Moraga 38:21, 6. Michelle Perry (31) Berkeley 39:51, 7. Terrie West (33) Pleasanton 39:59, 8. Stephanie Vannicola (28) San Francisco 40:00, 9. Janet Smith (35) Cupertino 40:10, 10. Shariet Gilbert (45) E. Sbrante 41:13.

11. Jennifer Cullen (25) Menlo Park 41:50, 12. Anne Marie Franco (18) Oakland 41:59, 13. Sue McNeese (36) Benicia 42:22, 14. Lynn Hunter (35) Livermore 42:43, 15. Leslie King (43) Bakersfield 43:07, 16. Carolyn Pope (36) 43:55, 17. Cheng Er Mahmoodbasich (40) Crockett 44:09, 18. Jennie Ewing (16) Castro Vly 44:12, 19. Kristin Colten (24) Walnut Creek 44:19, 20. Monica Marovich (26) San Francisco 45:26.

Division Results—Women

6-13: 1. Katie Keast (13) Santa Maria 48:36, 14-18: 1. Anne Marie Franco 41:59, 2. Jennie Ewing, 3. Leti Arroyo (18) Pittsburg 47:33, 19-28: 1. Mikori Waugh 38:25, 2. Stephanie Vannicola 40:00, 3. Jennifer Cullen 41:50, 30-38: 1. Barb Acosta 36:23, 2. Elizabeth Vitalis 37:49, 3. Bz Churchman 38:42, 40-49: 1. Shariet Gilbert 41:13, 2. Leslie King 43:07, 3. Cheng Er Mahmoodbasich 44:09, 50-59: 1. Shirley Matson 39:21, 2. Joan Reiss (59) San Francisco 47:47, 3. Diane Heber (53) Martinez 48:20, 60-69: 1. Barbara Robben (62) 53:25, 2. Marjorie Marois (61) Mill Vly 59:20, 3. Jeanne O'Rourke (60) Omaha 1:07:24.

Cox Cable's Run for Goodwill 10K

August 4, 1995: Eureka, CA - from Sheryl Kimbrial

Overall Men's Results

1. Jamey Harris (25) Fresno 31:14, 2. Russell Hill (28) Milpitas 31:16, 3. Jose Alapuro (34) Watsonville 31:28, 4. Darryl Aldridge (38) Santa Rosa 31:28, 5. Miguel Tlbaduza (38) Reno, NV 31:31, 6. Ken Keyte (33) Windsor 31:41, 7. Eric Walker (28) San Francisco 31:44, 8. Rick Reitz (26) Livermore 31:45, 9. Ian Blair (25) Santa Cruz 31:48, 10. Ernie Freer (30) Sacramento 31:53, 11. Rod Heskett (28) Campbell 32:07, 12. Joseph Karnes (30) Monterey 32:10, 13. Ty Strange (35) Redwood Valley 32:17, 14. Eric Bohn (30) Rohnert Park 32:49, 15. Alan Dehlinger (35) Reno, NV 33:06, 16. Jeff Townsend (40) Los Gatos 33:31, 17. Joerg Herbrechtsmeier (40) Reno, NV 33:35, 18. James Tracy (46) San Francisco 33:36, 19. Raymond Cook (33) Reno, NV 33:37, 20. Reed Elmore (27) Arcata 33:39.

Overall Women's Results

1. Maria Trujillo (36) Marina 35:37, 2. Terry Adams-Schmidt (40) Stateline, NV 36:02, 3. Sissel Bernstein-Heber (32) San Francisco 36:24, 4. Kristin Jacobs (31) San Jose 36:37, 5. Monica Townsend (39) Los Gatos

36:45, 6. Lisbet Engberg (32) San Francisco 37:20, 7. Amanda Gerhardt (28) Woodside 37:22, 8. Sandy Patterson (38) San Francisco 37:23, 9. Rae Henderson (29) Walnut Creek 37:50, 10. Luanne Park (35) Redding 38:18, 11. Laura Stanfield (35) Gain Ellen 38:26, 12. Alexandra Newman (24) Berkeley 38:31, 13. Christine Lincke (31) Mountain View 38:41, 14. Laura Sanchez (34) Salinas 38:51, 15. Margaret Lang (34) Arcata 38:53, 16. Joann Dahlkötter (42) Redwood City 39:23, 17. Kathy Ward (41) Sacramento 39:26, 18. Amy Grafius (22) Reno, NV 40:03, 19. Dee Dee Grafius (47) Modesto 40:08, 20. Alison Freeman (36) San Mateo 40:46.

Skyline 50K Endurance Run

August 4, 1995: Castro Valley, CA - from Will Uher

Overall Results

1. Geoff Vaughan (31) 3:50:30, Mark Richtman (41) 3:52:20, 3. Jake Niebaum (30) 4:00:05, 4. Ken Gregorich (37) 4:01:18, 5. Bob Franks (35) 4:04:17, 6. Stan Wingate (36) 4:08:31, 7. Joe Schieffer (45) 4:13:17, 8. Ryan Gallager (19) 4:13:41, 9. Dan Barger (30) 4:18:23, 10. Wayne Miles (50) 4:19:22, 11. Glyn Davies (34) 4:25:27, 12. Robert Youngren (22) 4:25:58, 13. Rick Simonsen (35) 4:26:12, 14. Jeff Teeters (37) 4:27:36, 15. Dan Williams (47) 4:32:12, 16. Dana Gard (51) 4:33:59, 17. Karen Brown (33F) 4:34:37, 18. Ken Grebenstein (43) 4:35:56, 19. Ed Condit (40) 4:37:27, 20. Gary Neel (42) 4:38:02, 23. Susie Lister (31F) 4:43:43, 29. Katy Kiel (36F) 4:52:54, 30. June Gessner (43F) 4:53:33, 38. Jodi Isaacs (29F) 5:09:19, 46. Laura Stern (34F) 5:12:20, 47. Kathy Welch (43F) 5:13:55.

Men's Division Results

18-29: 1. Ryan Gallager 4:13:41, 2. Robert Youngren 4:25:58, 3. Will Aarshelm 4:51:06, 4. George Rehmet 4:52:40, 5. Liu Taylor 5:13:55, 6. Eric Robinson 5:21:04, 30-39: 1. Geoff Vaughan 3:50:30, 2. Jake Niebaum 4:00:05, 3. Ken Gregorich 4:01:18, 4. Bob Franks 4:04:17, 5. Stan Wingate 4:08:31, 6. Dan Barger 4:18:23, 40-49: 1. Mark Richtman 3:52:20, 2. Joe Schieffer 4:13:17, 3. Dan Williams 4:32:12, 4. Ken Grebenstein 4:35:56, 5. Ed Condit 4:37:27, 6. Gary Neel 4:38:02, 50-59: 1. Wayne Miles 4:19:22, 2. Dana Gard 4:33:59, 3. Robert Smithton 4:44:45, 4. Martin Jones 4:51:40, 5. Brent Pinder 4:59:38, 6. Fred Liebes 5:00:26, 60-69: 1. Dieter Walz 5:33:34, 2. Richard Laine 6:19:35, 3. Kenneth Takouchi 7:00:50, 4. Mike Teelen 7:23:24, 5. Dick Collins 7:24:10, 6. Howard Daniel 7:32:50, 70 and Over: 1. Frank Rodriguez 7:49:00, 2. Grover Daly 8:10:00.

Women's Division Results

18-29: 1. Jodi Isaacs 5:09:19, 2. Lorie Snow 6:01:02, 3. Chris Hall 6:23:02, 4. Dhvaja Dom 7:08:30, 30-39: 1. Karen Brown 4:34:37, 2. Susan Lister 4:43:43, 3. Kathy Kiel 4:52:54, 4. Laura Stern 5:12:20, 5. Rena Schumann 5:20:07, 6. Lisa Macias 5:21:07, 40-49: 1. June Gessner 4:53:33, 2. Kathy Welch 5:13:49, 3. Leslie Matt Valala 5:13:58, 4. Joanie Mork 5:28:56, 5. Christine Fisher 5:31:03, 6. Rhenda Gall 5:33:46, 50-59: 1. Linda Elam 5:45:20, 2. Marge Dunlap 5:54:19, 3. Shirley Church 6:02:43, 4.

July Shipman 6:08:03, 5. Barbara Ella 6:22:33, 6. Sandra Bernesderfer 7:30:23, 60-69: 1. Julieane Scheberles 7:23:32, 2. Ruth Anderson 8:14:51.

Frog Jog 5K & 10K

August 11, 1996: Golden Gate Park, San Francisco, CA. From Don Harbaugh

The overall winners in the 5K were Carmelo Rios (15:27) and Laura Sandoval (18:47). In the 10K, the winners were Will Allan (32:09) and SisselBemtsen-Heber (37:21). (all cities are in California unless otherwise noted)

Women's 10K

0-29 yrs Penny Lowry San Francisco 39:21, Jennifer Johnson San Francisco 40:42, Christina Garcia San Francisco 41:24, 30-39 yrs Sissel Bernstein-Heber San Francisco 37:21, Caroline McCall El Cerrito 41:29, Kimberly Fanady San Francisco 42:38, 40-49 yrs Janet Krug Santa Rosa 49:53, Fran Von Borcke Alameda 50:15, Karla Jensen Napa 50:59, 50-59 yrs Sharon Yater San Francisco 53:11, Nora Heaphy Oakland 55:04, Gerri Lysne Los Gatos 1:00:48, 60-up Barbara Robben Berkeley 53:56.

Women's 5K

0-29 yrs Laura Sandoval San Bruno 18:47, Kim Johnson Dublin 20:00, Sarah Levesque San Francisco 21:50, 30-39 yrs Suzanne Rundberg San Francisco 19:06, Cathy Aham San Lorenzo 20:16, Janine Galligan San Francisco 21:47, 40-49 yrs Lois Markovich Greenbrae 23:48, Susan Yasuhara Pacifica 24:00, Ann Hutchison Sunnyvale 24:39, 50-59 yrs Kaethe Carter San Francisco 27:49, Jan Smith San Francisco 28:16, 60-up Peggy Kang San Francisco 29:11, Joyce Takahashi Davis 26:05, Annmarie Roache San Francisco 39:54.

Men's 10K

0-29 yrs Will Allan Carmel 32:09, Stephen Nudge Riverside 32:43, Michael Abramo San Ramon 34:52, 30-39 yrs Peter Heia San Francisco 35:17, Philipp Faerber Berkeley 38:03, Lutz Barbosa San Francisco 38:37, 40-49 yrs Greg Cabiness San Francisco 42:48, Steve Kotler San Francisco 43:14, Ed Kinchley San Francisco 45:55, 50-59 yrs Peter Akaboff San Francisco 39:24, Paul Mosel Sr. San Francisco 43:31, Hiro Hagio Japan 44:57, 60-up John Sellers San Leandro 45:55, Lee Jones Daly City 47:37, Irwin Pasternak Bangor, Maine 52:19.

Men's 5K

0-29 yrs Carl Kadlic San Francisco 16:08, Dimant Singh Woodland 16:38, Richard Sando San Francisco 16:46, 30-39 yrs Carmelo Rios Oakland 15:27, Frank Mariscal San Francisco 19:53, Rick Pauline Vacaville 21:07, 40-49 yrs Paul Hennessy Lynn, Mass. 17:41, Stan Yasuhara San Francisco 18:41, Gary Young Thousand Oaks 18:58, 50-59 yrs James Buck Alameda 18:48, Phillip Mandini San Jose 18:56, Michael Rose Shingle Spring 20:16, 60-up Victor Moreno San Leandro 29:02, Ed Akers San Francisco 29:06, Marshal Litman Davis 32:28.

Blackberry Festival Footrace 5K

August 18, Covelo, Overall Results 5K

1. Joe Palley, Covelo, 20:43, 2. David Lambert, Covelo, 20:54, 3. Jacob Lambert, Covelo, 22:16, 4. Tony Kanownik, Covelo, 25:08, 5. Ryan Adams, Covelo, 25:25, 6. David Fisher, Glasgow, Scotland, 25:37, 7. Andy Fisher, Venico, 25:37, 8. Daniel Bier, Covelo, 25:38, 9. Michelle Lambert, Covelo, (1st f) 25:38, 10. Gabrielle Bye, San Jose, (2nd f) 25:40.

11. Cindy Galloway, San Rafael, (3rd f) 27:57.

Hook & Ladder 10K

August 18, 1996, San Francisco. From Jim Gallagher

The weather was excellent for the Hook & Ladder 10K in Golden Gate Park. The temperature was in the low 60's at the start of the race and a mild ocean breeze cooled the runners as they raced toward the ocean from mile 3. Scott Kennedy was the overall winner in an impressive 31:18.6. Scott had been shadowed by Brian Richter through the first part of the race, but pulled away as the course turned away from Kennedy Drive (just prior to mile 5) and back up the hill on Middle Drive.

Fifty-six-year-old Sal Vasquez was an easy winner in the 50-59 division, placing seventh overall. Sal, as well as several other veteran runners, had great races. There were three course records set. Jim Moore's 40:14.9 pared eleven seconds from John Lemke's previous record for the men's 60+ division. Peggy Kang's 48:44.4 smashed Marty Maricle's record for 60+ women by three minutes and thirty-one seconds.

The most impressive, record-busting performance was Shirley Matson's 38:23.6, twelve seconds below Sister Marlon Irvine's former record. Shirley's racing is certainly on track as she recently broke the American age-group record in the 10K. Her Hook & Ladder 10K time will be at least a "Best Time on a Certified 10K Course."

Richard Flores won the master's 40-49 division and had an excellent time (32:40) which stands as one of the fastest times recorded by a master on the Hook & Ladder course. The Impala's Diana Fitzpatrick was the first woman overall in 37:05.5. Diana managed a thirty-eight second victory over Tamalpa's Beth Vitalis. The woman's 14 and under division was won by Santa Maria resident, Katie Keast. Kath has made two trips north to race and has had great success on both trips. Her time of 48:55 will stand as the course record.

Riordan High School student, Tony Arazve, won the men's 14 and under in a very impressive time of 40:26.2. Alex Piel of Novato won the 15-18 division in 35:46. San Franciscan, Marielle Schlueter won the women's 15-18 division in 43:17.5.

Top 40 Overall

1. Scott Kennedy (26) 31:18, 2. B. Richter (26) 31:38, 3. Richard Flores (41) 32:40, 4. Rick Esponda (21) 33:10, 5. Gerardo Guy (26) 33:53, 6. Victor Diaz (28) 33:57, 7. Sal Vasquez (56) Pamalid RC 34:47, 8. Ed Eitel (28) 34:58, 9. David Skoutos (37) 35:05, 10. Paul Catherwood (29) 35:15, 11. Bob Cooper (42) Tamalpa RC 35:35, 12. Alex Piel (18) 35:46, 13. C. Kadlic (26) 35:48, 14. Andy Sobozinsky (35) San Francisco Fire Dept 36:02, 15. Pete Nowldd (38) Mo-

RESULTS

raga Fire Dept 36:12, 16. Larry McDonnell (30) SFFD 36:28, 17. Jacob Micheals (29) 36:49, 18. Todd Reasinger (32) 36:49, 19. John Kammeyer (31) DSE 37:03, 20. Diana Fitzpatrick (38F) Impala 37:05, 21. Daniel Mechaussie (45) 37:11, 22. Greg Fembacher (34) 37:31, 23. Mark Gonzales (30) SFFD 37:37, 24. Beth Vitalis (31F) Tamalpa 37:44, 25. J. Lancaster (37) 38:14, 26. Shirley Matson (55F) 38:23, 27. Karl Watanabe (41) 38:27, 28. Luis Sanchez (41) 38:27, 29. Thom Fox (42) Pamakid RC 38:34, 30. Andrea Wright (36F) 38:35, 31. Laura Stanfield (36F) Aggie 38:40, 32. Jerry Goodwin (54) 38:45, 33. Unknown, 34. Miguel Solorio (52) 38:51, 35. Karl Ehler (35) 38:54, 36. Herman Escaladio (45) 38:12, 37. Robb Barnato (35F) Impala 39:16, 38. John Kruse (35) SFFD 39:19, 39. James Adams (36) 39:25, 40. Tom Casuso (26) 39:33.

Division Results—Men

14&U: 1. Tony Arzave (SF) 40:26, 2. Bertil Mechaussie 46:00, 15-18: 1. Alex Piel (Novato) 35:46, 2. Francisco Uribe 41:20, 19-38: 1. Scott Kennedy (San Leandro) 31:18, 2. B. Richter 31:38, 3. Rick Espoza 33:10, 40-49: 1. Richard Flores (Windsor) 32:40, 2. Bob Cooper 35:35, 3. Daniel Mechaussie 37:11, 50-58: 1. Sal Vasquez (Suisun) 34:47, 2. Jerry Goodwin 38:45, 3. Miguel Solorio 38:51, 60+: 1. Jim Moore 40:14.

Division Results—Women

14&U: 1. Kalle Keast (Santa Maria) 48:54, 2. Ruth Dineen 55:24, 15-18: 1. Marielle Schlueter (SF) 43:17, 2. Laura Sandoval 43:18, 19-38: 1. Diana Fitzpatrick (Larkspur) 37:05, 2. Beth Vitalis 37:44, 3. Andrea Wright 38:35, 40-49: 1. JoAnn Dahlkoetter (Redwood City) 40:06, 2. Lourdes Livingston 41:51, 3. Cheng-er Mehmedbasich 43:47, 50-59: 1. Shirley Matson (Moraga) 38:23, 60+: 1. Peggy Kang 48:44.

Fire/Police Division—Men 19-38: 1. Andy Sobzinsky 36:02, 2. Pete Nowicki 36:12, 3. Larry McDowell 36:28, 40-49: 1. Andy Askerotto 40:39, 2. Brett Evert 42:36, 3. Mark Colver 43:39, 50-59: 1. Tom Ryan 44:52, 2. Art Glover 46:35, 3. J. Louis Ramirez 46:38. Fire/Police Division—Women 1. Megan O'Connell 42:11, 2. Stephanie Radecka 42:39, 3. Teresa Canepa 52:17.

Rim Nordic Trail Runs 5K & 10K

August 18, 1996, Running Springs
Overall Results—10K

1. Eric Hernandez, 44:26, 2. Dan Zelinski, 47:35, 3. Troy Nonges, 49:05, 4. Tina Ute (f) 49:38, 5. Michael Casey, 50:18, 6. Jeff Robbins, 51:44, 7. Robert Young, 52:02, 8. Randolph Scholl, 52:48, 9. Don Fallis, 53:09, 10. Bob Ludecka, 54:30.

11. Tobz Chauvel, 54:31, 12. Steve Tarell, 55:09, 13. Joe Merchant, 55:42, 14. Gary Kalina, 56:12, 15. Mike McGill, 58:47.

Overall Results—5K

1. Dan Zelinski, 20:52, 2. Gilberto Santilan, 21:06, 3. Jaime Ardig, 21:43, 4. Troy Monges, 21:59, 5. Rick Garrison, 22:21, 6. Michael Casey, 22:51, 7. Jon Koelock, 22:58, 8. Jeff Robbins, 23:19, 9. Randolph Scholl, 24:01, 10. Bill Crum, 24:05.

11. Steve Tarbell, 24:24, 12. David Kush, 24:34, 13. Don Fallis, 24:58, 14. Pat Hadley (f) 25:15, 15. Joe Merchant, 25:31.

Division Results—5K Men

14 & U: 1. Gilberto Santilan, 21:06, 2. Chris Duarte, 35:15, 15-19: 1. Jaime Ardig, 21:43, 2. Jon Koelock, 22:58, 3. David Hodgins, 27:59, 20-24: 1. Frank Moosbrucker, 29:11, 25-29: 1. Dan Zelinski, 20:52, 2. Ted Duarte, 31:15, 30-34: 1. Troy Monges, 21:59, 2. Don Fallis, 24:58, 3. Gary Martinez, 28:20, 35-39: 1. Randolph Scholl, 24:01, 2. Ed Borr, 27:40, 3. Walter McBain, 27:40, 40-44: 1. Rick Garrison, 22:21, 2. Michael Casey, 22:51, 3. Jeff Robbins, 23:19, 45-49: 1. David Kush, 24:34, 2. Mike McGill, 28:05, 3. Jim Grivich, 32:35, 50-54: 1. Joe Merchant, 25:31, 2. Daniel, Cobos, 27:12, 55-59: 1. Ed Arasin, 26:27, 2. Jerry Van Meter, 28:39, 3. Gerald Tyner, 28:54, 60-64: 1. Bill Crum, 24:05.

Division Results—5K Women

15-19: 1. Janette Pailan, 28:23, 20-24: 1. Beth Cable, 28:27, 2. Norma Almaraz, 38:12, 25-29: 1. Paula Aguirre, 33:47, 2. Ann Mesa, 33:48, 30-34: 1. Caren Ware, 26:36, 2. Kayla Pelletier, 28:38, 3. Teri Speltzoeser, 36:13, 35-39: 1. Pat Hadley, 25:15, 2. Maria Morales, 28:17, 50-54: 1. Diane Arasin, 44:05, 2. Ellen Curria, 48:1, 60-64: 1. Yukan Matthias, 44:05.

Pl. Reyes 50K

August 24, 1996, Five Brooks.

1. Brian Purcell (40) 4:01:27, 2. Mark Richtenman (41) 4:04:38, 3. Dave Robinson (34) 4:06:02, 4. Geoff Vaughn (31) 4:12:35, 5. Dan Montoya (41) 4:13:07, 6. Ken Gregorich (37) 4:17:37, 7. Scott Jurek (22) 4:23:50, 8. Joe Green (37) 4:29:19, 9. Rae Clark (44) 4:36:32, 10. John Edgcomb (37) 4:37:51.

11. Kevin Rumon (35) 4:40:54, 12. David Pirogowicz (44) 4:41:12, 13. David Leisick (31) 4:43:26, 14. Rick Simonson (35) 4:45:24, 15. Joe Schieffer (45) 4:49:35, 16. Mike Topper (36) 4:50:09, 17. Hugh Peterson (30) 4:56:28, 18. Ken Cincinelli (30) 4:56:33, 19. Jeff Teeters (37) 4:58:34, 20. Dentick DaLong (24) 4:59:28.

21. Robert Meckdiesel (37) 5:00:08, 22. Luanne Park (38F) 5:01:04, 23. Todd Hayes (46) 5:03:09, 24. Tom Wright (52) 5:05:36, 25. Suzanne Sandrock (32F) 5:06:22, 33. Christine Jones (28F) 5:18:02, 37. Patricia Gibbs (37F) 5:19:10, 49. Michelle Holman (31F) 5:33:35.

Shout 5K

August 24, 1996, Pleasant Hill.

Men's Division Winners:

19&U: 1. Aarett Fogel 19:17, 2. Josh Wilson 19:50, 3. Kris Pletcher 21:07, 20-29: 1. Michael Abrams 18:22, 2. Alan Sherman 18:33, 3. Jim Schaulter 20:01, 30-39: 1. Jeff Cowling 17:57, 2. Jon Tannehill 20:12, 3. Giovanni Morfin 20:15, 40-49: 1. Craig Moore (1st overall) 17:52, 2. Gary Barnett 20:02, 3. Ernie Melara 21:46, 50-59: 1. Wes Hurlbut 22:59, 2. Mike Rosner 23:28, 3. Dave Peck 24:58, 60-69: 1. Bryan Holmes 23:37, 2. Stan Momer 24:38, 3. Frank Tisch 32:28, 70& over: 1. Ulyesses Ratti 36:02, 2. Lawrence Viglienza 37:18, 3. Hans Beetz 39:42.

Women's Division Winners:

19&U: 1. Amber Robinson (1st overall) 19:21, 2. Kirsten Odegaard 22:15, 3. Monique Melara 23:46, 20-29: 1. Shannan Mathre 22:29, 2. Denise Boyd 27:05, 3. Liz Farkas 33:10, 30-39: 1. Suzette Moore 20:27, 2. Laurey Davis 23:18, 3. Suzanne Ferraro 23:59, 40-49: 1. Cheng-er Mehmedbasich 23:23, 2. Barbara Ginos 25:36, 3. Lori Laperie 27:13, 50-59: 1. Diane Reber 28:06, 2. Alexandra Wiltoughy 34:56, 3. Lede Fry 37:31.

America's Finest City Half Marathon & 5K

August 25, 1996, San Diego, CA

Half Marathon Top 10 Men Overall:

1. John Kagwe (37) Kenya/Norristown, PA 1:03:28, 2. John Kipkoski (27) Kenya/Albuquerque, NM 1:03:32, 3. Patrick Kiptum (24) Kenya/Albuquerque, NM 1:05:36, 4. Craig Lawson (25) Salt Lake City, UT 1:05:39, 5. Richard Rono (34) Kenya/Albuquerque, NM 1:05:43, 6. Patrick Muturi (23) Kenya/Pullman, WA 1:06:49, 7. Ivo Rodriguez (33) Brazil/Los Angeles 1:06:49, 8. Jesus Gutierrez (31) Pasadena 1:07:13, 9. Danny Reed (36) Riverside 1:08:01, 10. Octavio Escamilla (23) Mexico 1:08:29.

Men's Division Award Winners

17 and Under: 1. Mark Savel (San Diego) 1:18:47, 2. Stephen Doane (La Jolla) 1:25:00, 3. Justin Patananan (Palmdale) 1:31:36, 18-24: 1. Patrick Muturi (Kenya/Pullman, WA) 1:06:45, 2. Octavio Escamilla (Mexico) 1:08:29, 3. Javier labalazavala (San Diego) 1:08:41, 25-29: 1. Hector Lopez (Los Angeles) 1:08:44, 2. Bryan Darnworth (Calabasas) 1:08:52, 3. Carlos Valenzuela 1:09:09, 4. Ken Flint (Durango, CO) 1:11:51, 30-34: 1. Ivo Rodriguez (Brazil/Los Angeles) 1:06:49, 2. Jesus Gutierrez (Pasadena) 1:07:13, 3. Antonio Holguin (Albuquerque, NM) 1:08:55, 4. Alfonso Nunez (Huntington Park) 1:11:12, 5. Jose Iniques (Texas) 1:11:39, 35-39: 1. Danny Reed (Riverside) 1:08:01, 2. Ron Parks (Jenks, OK) 1:09:55, 3. Robert Leonardo (Van Nuys) 1:12:26, 4. Ralph Havens (San Diego) 1:13:02, 5. Ed Harris (San Diego) 1:15:08.

40-44: 1. Brad Ingram (Mansfield, OH) 1:13:54, 2. Nicolas Hernandez (Whittier) 1:14:06, 3. Nate Smith III (San Diego) 1:17:07, 4. Sal Salmi (Temecula) 1:18:25, 45-49: 1. Sam Hajj (San Diego) 1:16:43, 2. German Alonso (Burbank) 1:18:50, 3. Adalberto Mendoza (Los Angeles) 1:20:09, 4. Bill McDermott (Anahaim) 1:21:37, 50-54: 1. Ray Parker (Los Angeles) 1:24:10, 2. Bill Shaw (Farmers Branch, TX) 1:25:34, 3. Terry Camnack (West Covina) 1:27:28, 55-59: 1. Joe Hurtado (Sunnyvale) 1:24:15, 2. Andy Anderson (Manhattan Beach) 1:32:58, 3. Jerry Albert (San Diego) 1:33:17, 60-64: 1. Larry Darvin (Agoura Hills) 1:35:14, 2. Warren Osborn (La Mesa) 1:35:54, 3. Bob Mangrum (Valley Center) 1:37:10, 65-69: 1. Bob Vitale (Palos Verdes Penn.) 1:47:07, 2. Cyril Jones (Dana Point) 1:48:20, 3. Chuck Boston (Carlsbad) 1:49:23.

70-74: 1. Jim O'Neil (La Jolla) 1:36:54, 2. Logan McGinness (Albuquerque, NM) 1:47:46, 3. Ted Horner (San Diego) 1:57:30.

75-79: 1. Earl Rippee (Newport Beach) 2:26:23, 2. Leo Wade (Oklahoma City, OK) 2:34:32, 3. Norton Davcon (Oceanside) 2:48:19, 80 and Over: 1. John Ellis (Spring Valley) 1:44:43.

Top 10 Women Overall:

1. Mari Tanigawa (33) Japan 1:13:11, 2. Katrina Price (26) Austin, TX 1:14:53, 3. Mary Alco (33) Orlando, FL 1:15:16, 4. Jennie Crain (28) Shorewood, WI 1:16:28, 5. Teresa Barrios (29) Costa Mesa 1:16:55, 6. Alysun Deckert (30) Seattle, WA 1:17:46, 7. Marie Boyd (36) Albuquerque, NM 1:18:13, 8. Celsa Kidman (30) Salt Lake City, UT 1:19:01, 9. Terry Adams-Schmid (40) Stateline, NV 1:19:55, 10. Mary Burns-Prince (38) San Diego 1:20:21.

Women Division Award Winners:

17 and Under: 1. Nancy Pinto (Anahaim) 1:30:22, 2. Jillian Santibanez (Anahaim) 1:39:48, 3. Jessica Cabrera (San Diego) 1:48:38, 18-24: 1. Jennifer Ouellette (San Diego) 1:31:40, 2. Cindy Price (Newark, DE) 1:35:49, 3. Dawn Gistard (Del Mar) 1:37:24, 25-29: 1. Andrea Lunan (San Diego) 1:25:53, 2. Veronica Alvarez (National City) 1:27:32, 3. Jill Coderholm (Encinitas) 1:29:19, 30-34: 1. Aysun Deckert (Seattle, WA) 1:17:46, 2. Celsa Kidman (Salt Lake City, UT) 1:19:01, 3. Nancy Riedel (Oceanside) 1:21:26, 35-39: 1. Marie Boyd (Albuquerque, NM) 1:18:13, 2. Mary Burns-Prince (San Diego) 1:20:21, 3. Cheryl Brady (La Jolla) 1:22:03.

40-44: 1. Terry Adams-Schmid (Stateline, NV) 1:19:55, 2. Christine Kennedy (Sunnyvale) 1:23:27, 3. Marina Jones (Rancho Santa Margarita) 1:23:49, 45-49: 1. Julie Lister (Glendale) 1:35:26, 2. Betty Rosenber (San Diego) 1:38:06, 3. Joni Shirley (San Diego) 1:38:49, 50-54: 1. Mary Leivers (La Jolla) 1:36:53, 2. Wendy Watson (Manhattan Beach) 1:37:58, 3. Diane Eastman (Los Alamitos) 1:38:01, 55-59: 1. Yvette Lavigne (Los Angeles) 1:35:26, 2. Eileen Pae (San Diego) 1:39:50, 3. Barbara Valastro (Valencia) 1:47:02, 60-64: 1. Wen-Shi Yu (Kew Gardens, NY) 1:41:57, 2. Fatima Ali (Denver, CO) 2:06:22, 3. Sally Byram (San Diego) 2:16:47, 65-69: 1. Faith Ramirez (La Mesa) 2:13:44, 2. Trudy Pietrolungo (Canoa Park) 2:34:06, 3. Rosemary Ennis (Santa Clara, UT) 2:57:28.

70-74: 1. Doris Gordon (Carlsbad) 2:23:59, 2. Dorothy Shumway (San Diego) 3:36:25.

5K Top 8 Men Overall:

1. James Sheremeta (San Diego) 32:15:12, 2. Eohn Fahy (San Diego) 37:15:25, 3. Russell Hampleman (Kansas City) 29:15:47, 4. Dennis Bourland (El Centro) 26:18:01, 5. Oscar Alarcon 24:16:10, 6. Calixto Naya (San Ysidro) 28:16:15, 7. Jeff Emery (La Jolla) 27:16:19, 8. Placido Coronado 33:16:22.

Men's Division Award Winners:

17&U: 1. Tim Woods (Temecula) 16:17:25, 2. Jonathan Landau (San Diego) 15:17:41, 3. Edgar Cona (Calexico) 15:17:42, 4. Alfonso Espinosa (San Diego) 15:19:48, 18-24: 1. Oscar Alarcon 16:10, 2. Jorge Soriano (Vista) 16:42, 3. Juan Mendoza (Spring Valley) 16:47, 4. Adam Kelly (Cardiff by the Sea) 17:57, 25-29: 1. Russell Hampleman (Kansas City, MO) 15:47, 2. Dennis

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Bourland (El Centro) 16:01, 3. Calisto Naya (San Ysidro) 16:15, 4. Jeff Emery (La Jolla) 16:19, 30-34: 1. James Sheremeta (San Diego) 15:12, 2. Placido Coronado 16:22, 3. John Asbury (Escondido) 16:35, 4. Gustavo Navarro (San Ysidro) 16:57, 35-38: 1. Eoin Fahy (San Diego) 15:25, 2. Bill Dusting (San Diego) 16:38, 3. Carl Serafim (San Diego) 18:25, 4. Keneth Register (San Diego) 18:37.

40-44: 1. Hank Lawson (Saratoga) 16:49, 2. John Holcomb (Pacific Palisades) 17:29, 3. Matt Lake (San Diego) 17:40, 4. Miguel Gaviria (Oceanside) 17:45, 45-49: 1. John Farrow (Albuquerque, NM) 19:13, 2. Ruben Mendez (San Diego) 20:34, 3. Spencer Wilson (Oceanside) 20:43, 4. Salvador Vargas (Chula Vista) 20:45, 50-54: 1. Michael Mimietta (Pittsburg) 20:07, 2. Richard Jones (Rancho Santa Margarita) 20:24, 3. Richard Kutzner (San Diego) 20:37, 4. Willie Dawson (Carson) 21:33, 55-59: 1. Don Garsh (Chula Vista) 20:49, 2. Richard Rosenberg (San Diego) 20:50, 3. Marx Cazezave (Greenbrae) 21:12, 4. Larry Templeman (Granada Hills) 22:20, 60-64: 1. Steve Blanchard (Tulsa, OK) 19:14, 2. Dan Dalton (San Diego) 22:44, 3. Ed Karas (San Diego) 24:20, 4. Glenn Price (Canoga Park) 27:38, 65-69: 1. Jack Pomeroy (Escondido) 25:25, 2. Harry Zimmer (San Diego) 27:30, 3. Bill Rego (Santa Clarita) 30:14, 4. John McMullen (Lakeside) 51:35.

70-74: 1. Jack Green (Oceanside) 25:55, 2. Robert Sprouse (Chula Vista) 33:07, 3. Bernard Washawsky (Sun City West, AZ) 58:12, 75-79: 1. Wayne Zook (San Diego) 29:44, 2. Bill Dietrich (Pasadena) 32:06, 3. John Bolter (San Diego) 32:51.

Women's Division Award Winners:
17&u: 1. Jayme Ambros (Rialto) 18:28, 2. Julie Manson (San Diego) 20:10, 3. Marilee Mena (Vista) 22:11, 4. Lisa Fernandez (El Centro) 23:48, 18-24: 1. Claire Becker (Bonita) 18:05, 2. Teresa Vega (Chino Hills) 19:52, 3. Elena Mulrone (San Diego) 21:42, 4. Ali Mahayni (Newport Beach) 23:27, 25-29: 1. Sorrel Bird (Del Mar) 20:01, 2. Shannon Tormoen (San Diego) 23:02, 3. Karla Hellebrae (San Diego) 23:28, 4. Elsa Valdez (San Diego) 23:47, 30-34: 1. Stacie Schimke (Phoenix, AZ) 19:31, 2. Deanna Lewis (Tucson, AZ) 22:08, 3. Nicole Vandam (Riverside) 23:02, 4. Tammy Peltzer (Redlands) 23:10, 35-39: 1. Pamela Hawn (Kansas City, MO) 20:31, 2. Leticia Luna (Spring Valley) 20:35, 3. Elaine Hill (Solana Beach) 21:05, 4. Crisanta Sayles (San Diego) 24:18.

40-44: 1. Tanya Pool (San Marcos) 24:37, 2. Debbie Georges (Las Vegas, NV) 26:03, 3. Shelley Hearn (Phoenix, AZ) 26:30, 4. Kathleen Brandon (Poway) 26:50, 45-49: 1. Willia Mundt (El Cajon) 23:06, 2. Young Ann (Northridge) 27:06, 3. Pilar McArthur (Briggsville, WI) 27:24, 4. Helen Barnes (Spring Valley) 28:32, 50-54: 1. Kathy Loper (San Diego) 21:05, 2. Sandy Madden (San Diego) 23:46, 3. Gloria Rivas (National City) 26:45, 4. Sandra Brown (San Diego) 28:12, 55-59: 1. Bonnie Harkins (Encinitas) 21:58, 2. Dorita Kirchick (Canoga Park) 33:22, 3. Jewell Orea (Canoga Park) 35:06, 4. Carol Bengston (Denver, CO) 36:46, 60-64: 1. Ruth Mangrum (Valley Center) 29:24, 2. Lois Roife (Pine,

AZ) 34:22, 3. Helen Will (San Diego) 35:22, 4. Helen Shipley (Oceanside) 49:36, 65-69: 1. Stella Chaldez (Laguna Hills) 42:35, 2. Ruth Da Fonseca (San Diego) 47:48, 3. Dorothy Dellipizzi (La Jolla) 51:16, 4. Muffie McMullen (Lakeside) 52:00.
70-74: 1. Mary Storey (Riverside) 27:16, 2. Mimi Solana (Santee) 41:21.

Avila 5K

August 25, 1996. Avila Beach.

Top 25 Overall

1. Ivan Huff 14:39, 2. Ahmik Jones 15:11, 3. Greg Phister 15:11, 4. Brent Griffiths 15:13, 5. Eric Engel 15:16, 6. Adolfo Lopez 15:45, 7. Joe Rubio 15:47, 8. Ronnie Buchanan 15:51, 9. Dave Mitchell 15:54, 10. Erik Tokubo 16:08, 11. Doug Sims 16:20, 12. Paul Lee 16:36, 13. Shaun Kennedy 16:43, 14. Gregor Robb 16:59, 15. Louie Quintana, Sr. 17:05, 16. Chris Terry 17:06, 17. Jon-Paul Ewing 17:08, 18. Brian Waterbury 17:11, 19. Seamus Perry 17:12, 20. Charlie Joslin 17:27, 21. Joe Bergquist 17:32, 22. Jordan Lester 17:35, 23. John Orach 17:42, 24. Joe Morris, Jr. 17:51, 25. Matt Epperheimer 17:55.

Top 5 Women

38. Carie Malnekoff 18:58, 40. Mary Cooper 19:06, 45. Sue O'Sullivan 19:29, 47. Katherine Niblett 19:43, 52. Crystal Tunnel 20:03.

Division Results—Men

15&u: 1. Jon-Paul Ewing 17:08, 2. Seamus Perry 17:12, 3. Matt Epperheimer 17:55, 16-19: 1. Greg Phister 15:11, 2. Ronnie Buchanan 15:51, 3. Dave Mitchell 15:54, 20-29: 1. Ahmik Jones 15:11, 2. Eric Engel 15:16, 3. Shaun Kennedy 16:43, 30-39: 1. Ivan Huff 14:39, 2. Brent Griffiths 15:13, 3. Adolfo Lopez 15:45, 40-49: 1. Louie Quintana, Sr. 17:05, 2. Brian Waterbury 17:11, 3. Charlie Joslin 17:27, 50-59: 1. Larry Jamison 18:25, 2. Stan Williams 22:33, 3. Phil Moffet 23:59, 60 & over: 1. Mel Elliot 22:51, 2. Charley Penrose 23:59, 3. Bob Herman 25:56.

Division Results—Women

15&u: 1. Katherine Niblett 19:43, 2. Crystal Tunnel 20:03, 3. Nicole Tunnel 20:17, 16-19: 1. Kyra Patterson 20:26, 2. Sara Moreno 20:58, 3. Libby Waterbury 21:59, 20-29: 1. Carie Malnekoff 18:58, 2. Jules Clark 22:26, 3. Lisa Richmond 25:37, 30-39: 1. Mary Cooper 19:06, 2. Sue O'Sullivan 19:29, 3. Cathy Agher 20:09, 40-49: 1. Leslie Monaco 21:56, 2. Cathy Tunnel 25:15, 3. Belinda Audelo 30:00, 50-59: 1. JoAnn Gray 28:07, 2. Olga Lucarrie 28:26, 3. Ellen Karthack 29:00, 60 & over: 1. Elizabeth Baker 40:14, 2. June Elliot 48:05.

Huntington Beach Distance Derby 5 & 10 Mile

August 31, Huntington Beach.

Division Results/Women—5 Mile

12u: 1. Rachel Boite (13) HBCh 1:01:17, 13-15: 1. Jessica Cuevas (14) 41:04, 2. Janice Bell (14) 42:03, 19-24: 1. Otiana Cavallaro (23) 33:36, 2. Veronica Martinez (21) Anaheim 41:42, 3. Wadya Serlieben (24) 45:36, 25-29: 1. Heather Smith (29) 38:10, 2. Kathleen Stewart (29) 39:40, 3. Marie Stacey (26) 40:04, 30-34: 1. Amy Guillermo (31)

HBCh 37:29, 2. Angie Laporte (31) AnaHills 39:10, 3. Naverka Glascock (31) 42:36, 35-39: 1. Yayoi Liu (39) 31:43, 2. Becky Pulido (38) Fullerton 41:25, 3. Chris McGill (38) 42:18, 40-44: 1. Cori Leone (42) Orange 38:42, 2. Barbara Odum (40) Midway City 42:16, 3. Sheri Bullock (42) 43:28, 45-49: 1. Debby Jamieson (46) 33:24, 2. Barbara Rollins (46) 44:32, 3. Penny Faul (48) 47:34, 50-54: 1. Isadora Johnson (50) 37:08, 2. Sue Robbins (51) 43:29, 55-59: 1. Jeanne Hoagland (59) 41:45, 2. Sue Cummings (55) La Palma 44:28, 3. Ann-Marie Carbin (56) Bkld 54:10, 60-64: 1. Shirley Heinselman (61) 1:16:11, 2. Eleanor Waidhouse (62) 1:23:05, 70& u: 1. Jean Coon (73) HBCh 1:07:58.

Division Results/Men—5 Mile

12u: 1. Justin Casar (11) Cer 36:42, 13-15: 1. Stephen Jamison (15) Cyp 31:01, 2. Duncan Reid 915) LgBch 34:11, 3. Chris Power (14) Seal Bch 40:05, 19-24: 1. Omar Naranjo (21) 28:00, 2. Ramon Zacarias (22) 28:11, 3. Edward Chavez (19) 30:49, 25-29: 1. Jimmy Fikes (28) 29:36, 2. Don Wengert (27) 35:01, 3. Edward Duarte (27) Norwalk 40:38, 30-34: 1. Marquez (30) 27:04, 2. Wade Watkins (31) 28:56, 3. Eddie Edwards (34) HBCh 30:01, 35-39: 1. Sal Garcia (38) 30:33, 2. Eddie Aldaco (37) 30:37, 3. Bill McQuown (39) 30:49, 40-44: 1. Dava Parsell (41) 26:22, 2. Lenza Williams (43) 30:09, 3. Daniel Hernandez (41) 30:56, 45-49: 1. Brian Johnson (45) Lag Hills 31:27, 2. Larry Andrews (45) San Pedro 32:18, 3. Bill Sumner (47) 33:48, 50-54: 1. Harry Hunt (54) Costa Mesa 32:45, 2. Bill Sokol (53) 34:33, 3. Larry Bullock (52) 38:08, 55-59: 1. Dave Amtson (58) 34:52, 2. Tom Cuevas (57) 35:37, 3. Don Oulton (56) 36:05, 60-64: 1. Frank Green (60) HermBch 34:09, 2. Gary Smith (62) LgBch 37:31, 3. Bill Billiter (61) HBCh 40:35, 65-69: 1. Milo Sather (69) 37:53, 2. John Carbin (68) Bkld 54:11, 70&u: 1. Larry Banuelos (73) PicoRiv 37:42, 2. John Mooshagian (71) LaMir 51:12, 3. Jim Coon (73) HBCh 1:16:10.

Division Results/Women—10 Mile

18u: 1. Leann Lambert (16) 1:39:43, 2. Beth Lammers (15) HBCh 1:54:17, 19-24: 1. Heather Offenstien (19) YorbaLinda 1:37:55, 2. Debbie Jester (29) 1:09:53, 3. Lori Craig (29) HBCh 1:13:48, 30-34: 1. Tara Rivers (32) LosAlam 1:09:51, 2. Anita Correa (34) 1:10:34, 3. Katie Tapia (34) Babilis 1:11:49, 35-39: 1. Beverly Buss (35) 1:06:41, 2. Camille Baldwin (37) 1:14:05, 3. Jamilett Oderwald (35) Glen 1:14:23, 40-44: 1. Candy Clark (44) 1:10:02, 2. Holly Alvarez (41) HBCh 1:10:45, 3. Carol Wimbish (44) HBCh 1:11:55, 45-49: 1. Maureen Kennedy (45) 1:15:26, 2. Diane Kumrow (47) Irvin 1:23:30, 3. Sally Coon (45) Santa Ana 1:34:23, 50-54: 1. Sally Adam (54) 1:14:31, 2. Penny Tyree (54) 1:16:23, 3. Pamela Quinn (52) 1:28:21, 55-59: 1. Teresa Ross (55) Costa Mesa 1:26:12, 2. Mary Dugan (59) HBCh 1:33:12, 3. Sandy Pinkle (55) Chatsworth 1:41:19, 60-64: 1. Amy Goldstein (63) HBCh 1:38:16.

Division Results/Men—10 Mile

18u: 1. Carlos Bello (17) 1:31:20, 19-24: 1. Sovann Shy (22) LgBch 1:09:29, 2. Bill Power (19) Seal Bch 1:12:40, 3. Jeff Rovinsky (24) 1:24:14, 25-29: 1. Vince Sakarall (25) 55:05, 2. Misael Cahuaritzi (29) 59:04,

3. Daniel Dozal (27) Westm 1:00:45, 30-34: 1. Dan Goldstein (32) 54:43, 2. Robert Bush (33) Glen 1:01:15, 3. Emiko Campos (34) 1:04:33, 35-39: 1. Robert Moody (38) 58:15, 2. Bino McLann (35) FinVly 1:04:02, 3. Di-cirudo (39) 1:05:07, 40-44: 1. David Edgar (42) 59:58, 2. Takashi Yagsawa (42) 1:01:50, 3. Kle Soohoo (40) Anaheim 1:04:17, 45-49: 1. Roger Seymour (47) 1:02:20, 2. Tim Wimbish (49) HBCh 1:08:15, 3. Glenn Allard (49) 1:10:39, 50-54: 1. Neville Pearson (52) Aliso VI 1:06:47, 2. Robert Sullivan (50) Westm 1:07:59, 3. Joe Merchant (53) Westm 1:12:20, 55-59: 1. Dave Hurlburt (58) Costa Mesa 1:12:25, 2. Harvey Peterson (57) 1:13:23, 3. Oscar Rosales (58) HBCh 1:13:37, 60-64: 1. William Wall (63) 1:10:52, 2. Jim Crandal (60) HBCh 1:15:09, 3. Ben Bama! (61) LA 1:15:11, 65-69: 1. Bob Vitale (67) 1:20:00, 2. George McGaffan (66) 1:20:37, 3. James Wilkie (69) 1:23:04.

Sweatheart 10K Relay

September 2, Ventura, 5K Female/5K Male.

From Gary Tuttle

Sixty-seven couples competed on the flat relay along the bike path within yards of the Pacific Ocean. The winning couple of Ruth Vomund (17:55) and Ted Cotti were disqualified when Ted, while leading, turned early.

Two records were broken. Alyson and Steve Macintosh broke the 1983 record for daughter/father while Debra and Arron Sharp broke the 1995 record for mother/son.

The age groups are decided by adding couples ages together.

Top Ten Couples and Age Group

Winners

1. Vomund & Cotti DC, 2. Minassian & Fields (1st 60-69) 34:29, 3. Sharpe (1st mother/son) 35:05, 4. Diefz & Blum (2nd 60-69) 35:17, 5. Macintoshes (1st father/daughter) 36:39, 6. Ramirez & Ramirez (1st 30-39) 37:11, 7. Jordan & Knoll (2nd 30-39) 37:23, 8. Dunne & Hipskind (3rd 30-39) 37:32, 9. Zumstein & Varmant (1st 70-79) 37:35, 10. Gumpel & Molony (1st 80-89) 37:36, 11. Torres & Torres (1st 0-29) 38:44, 14. Rios & Lopez (1st 40-49) 39:18, 18. Barkers (1st Married) 39:36, 26. Baranowski & Ball (1st 90-99) 40:44, 47. Vaughn & Longwill (1st 100+) 46:54.

"A race is a work of art that people can look at and be affected in as many ways as they're capable of understanding"

—Steve Prefontaine

From The Quotable Runner
Edited by Mark Will-Weber