

# PACIFIC *Athlete*



Pacific Association of USA Track & Field

July-August, 1995 • \$2

Track and Field, Long Distance Running, and Racewalking in Northern California and Northern Nevada

*Hot Times, Cool Weather*

## **USA Mobil Track & Field Championships**

**Golden West  
Invitational**

**Association Youth,  
Open, and Masters  
Championships**

**New Cross Country  
and Ultra Grand Prix  
Schedules Inside**

*PA's Sheila Hudson Wins  
the Triple Jump*

Nonprofit Org.  
Bulk Rate  
U.S. Postage  
PAID  
Permit #88  
Fair Oaks, CA



Photo by Viclah/Photo Run



A benefit for  
*Northcoast Advocacy Services,  
 Humboldt Connections,  
 and Mark Conover*  
**Sunday, August 6, 1995**  
**EUREKA, CA**



**Pacific  
 Association/USATF  
 10K Championship**

**1994 Course Records  
 10K**  
 Men Women  
 29:50 34:50  
 B. Abshire M. Trujillo

# Cox Cable's Run for Goodwill

### LATE REGISTRATION

On the day of the race from 7:30 - 9:10 AM at the Gazebo in Old Town, Eureka, (corner of 2nd & F Streets)

### AWARDS

10K -\$2,000.00 Pacific Assoc./USATF Championship prize money, \$1,500.00 in open prize money. For PA/USATF purse, award winners must be PA/USATF members and residents.

### USA/TF CERTIFIED COURSE

A flat course starting at the Gazebo in Old Town, continues through Eureka's historic waterfront.

### REDWOOD SPORTS MASSAGE TEAM

Will provide complimentary massages for the runners on a first come first serve basis at this event.

### START TIME

8:45 AM - Children's Fun Events  
 9:15 AM - 2 Mile Run/Walk  
 10:00 AM - 10K Runners

### SHIRTS

All entrants will receive a "Cox Cable's Run for Goodwill" T-shirt. For size selection, please pre-register.

### TIMING/RESULTS

Scoring and results supplied by Total Race Systems.

### ACCOMMODATIONS

Special rates available; Redwood Conference Center - \$15.00 per day, per person lodging or \$29.50 per person per day lodging and meals. Call (707) 826-5312 for more information. For a list of motels with special rates or questions call (707) 443-5706, FAX (707) 444-9017.

## COX CABLE'S RUN FOR GOODWILL ENTRY FORM (One Per Person)

To register fill out form below and send with fee (payable to Cox Run for Goodwill) to: Cox Run, P.O. Box 1305, Eureka, CA 95501.

### Entry Fee:

**Pre-registration \$15.00** per person  
 (Entries postmarked by July 25, 1995)  
**Late Registration \$20.00** per person  
 \$34.00 Family Pack  
 (For up to three people)  
 \$7.50 each additional family member  
 under 18 years of age.

**TOTAL**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



### CHILDREN'S FUN EVENTS

There is no charge for Children's Fun Events but an entry form is required.

Number of Children \_\_\_\_\_  
 50 yard dash (5-7 year olds) \_\_\_\_\_  
 100 yard dash (8-10 year olds) \_\_\_\_\_  
 200 yard dash (11-12 year olds) \_\_\_\_\_

Circle One

SEX  F  M

Date of Birth

\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|

On Race Day

AGE \_\_\_\_\_

10K  
 2M Run/Walk

For Official Use Only

LAST NAME \_\_\_\_\_

FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ State \_\_\_\_\_

ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

TEAM \_\_\_\_\_ T-SHIRT  S  M  L  XL

All teams must pre-register!

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

ALL ENTRANTS MUST SIGN WAIVER (Parent or Guardian)

DATE \_\_\_\_\_

## Pacific Athlete Magazine

is published bimonthly by The Pacific Association of USA Track & Field (formerly The Athletics Congress). It is mailed as a service to all members, clubs, and sanctioned races of the Association. Paid circulation is 7,000.

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Insert and Advertising rates available on request.

Member of The Running Network.

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### Subscription Rates

The Pacific Association annual dues are \$12. Membership expires Dec. 31 of each year. Send checks for \$12, payable to The Pacific Association, with name, address, date-of-birth, phone number, and area of interest (track & field, racewalking, or long distance running) and club name (if known) to:

Pacific Association

120 Ponderosa Ct.

Folsom, CA 95630

Phone (916) 983-4622.

## Letter from the Editor: Busy Months in the PA

By Doug Thurston, Editor

You'd be hard pressed to find more dramatic, outstanding competition than what was featured in the Pacific Association the past few months. The Association hosted events that attracted the best youth, high school, open, and ultra competitors.

See inside for a full report on the USA Mobil Track & Field Championships and the Golden West Inviational. Runners, coaches, media, friends, family, and athletics officials from all over the country came to Sacramento for these meets. It was great to see thousands of fans watching these two great track meets that were expertly managed and officiated.

In other recent Association events, the Long Distance Running Grand Prix is in full swing and the Ultra Grand Prix just completed its season with the 100-mile Western States Endurance Run June 24th (story next issue).

This issue contains results and/or features from a variety of events including the Bruce Jenner Invitational, Association youth, open, and masters track and field championships, the 85th running of the Dipsea race, the Ruth Anderson, Quicksilver, and Silver State ultra runs, Bay to Breakers, and the Reno Air 15 km.

We've also listed the upcoming Cross Country Grand Prix circuit (there is an insert in the publication for long-distance runners with circuit details). This year's circuit is sure to be the largest ever as more road and track runners experience the thrills, chills, and even a few spills common to cross country events.

There's more hot competition around the corner with the upcoming San Francisco Marathon July 9th and the Junior Olympic National Championships in San Jose July 25-30. These events will be covered in the next issue. (Note: Part III of Mike Weddington's LDR club preview will be in the next issue as well.)

This issue marks the first anniversary of Pacific Athlete as the official publication of the Pacific Association of USA Track & Field. I appreciate the support, suggestions, and comments of many readers to this publication. I also want to take the opportunity to thank the many contributors to the magazine that help provide the wealth of information about athletics in our area. The goal of *Pacific Athlete* is to provide accurate, timely information of interest to our members in a cost-efficient, easy-to-read publication. Your suggestions are welcome.

## 1995 USA Track & Field Membership Form

Use this form to join the Pacific Association of USA Track & Field for 1995. Membership is annual and expires on Dec. 31 of each year. The fee for individual membership is \$12.

**Associate Memberships** are available for officials or other friends of the Association who do not compete in events. The fee is \$12 per year.

Complete and return the form below with a check for \$12 (payable to "Pacific Association" and a self-addressed, stamped envelope.

Reminder to athletes: as you fill out the registration form, please correctly indicate your preferred sport in the boxes below. Enter a "T" for track & field, an "L" for long distance running, or an "R" for race walking. Thank you.



National Governing Body for Track & Field;  
Race Walking, and Long Distance Running

1995 Membership Application  
PACIFIC ASSOCIATION/USA TRACK & FIELD  
120 PONDEROSA COURT  
FOLSOM, CA 95630  
Membership Fee: \$12

PLEASE PRINT OR TYPE INFORMATION IN THE APPROPRIATE BOX  
Enclose a self-addressed, stamped envelope with form and payment.

Membership Number		
LAST NAME	FIRST	INITIAL
ADDRESS		
		APT. NO.
CITY	STATE	ZIP CODE

I certify that in accordance with the rules of USA Track & Field and the IAAF, I am eligible to compete in the indicated sport(s).

ATHLETE'S  
SIGNATURE

DATE OF APPLICATION

Mo Day Yr

DATE OF BIRTH

Mo Day Yr

AGE SEX  
M/F

U.S. CITIZEN  
Y=YES/N=NO

IF NO, COUNTRY OF CITIZENSHIP

CHECK APPLICABLE SPORT(S)

T L R  
T=Track & Field  
L=Long Distance Running  
R=Race Walking

PHONE (w/Area)

CLUB NO.

CLUB NAME

# Bits and Pieces from around the Pacific Association and the World of Athletics

## Gebreselassie, Kiptanui Set New Records

Distance fans gasped when three track records were broken by two runners in a 10-day period in late spring, setting new marks for two miles, 5,000 meters, and 10,000 meters.

Haile Gebreselassie, who was fourth in this year's World Cross Country Championships, clipped more than a second off the two-mile world record by running 8:07.46 in the Netherlands. His time bested the 8:09.01 by Moses Kiptanui set in 1994.

Clipping off two consecutive miles in 4:03+ was a prelude to his run the next week in Hengelo, Netherlands. Running in the 10,000 meters in the storied Adriaan Paulen Memorial meet, Gebreselassie set off with the mission of breaking Kenyan William Segei's 1994 record of 26:52.23. Passing through 5000 meters in 13:32.71 and 8000 meters (5 miles) in 21:26.09 (!), the Ethiopian athlete smashed Segei's record with an astonishing 26:43.53. The 10,000 meter record has been lowered more than 22 seconds in the past five years!

Moses Kiptanui must have felt like the gauntlet had been thrown down by Gebreselassie and set off on a 5000 meter record race June 6th in Rome. With fellow Kenyan Daniel Komen and Ethiopian Worku Bikila in tow, Kiptanui set off for his 12-1/2 lap race averaging about 62-63 seconds a lap. With a strong kick down the final straight, Kiptanui broke the tape in 12:55.30, bettering Gebreselassie's previous mark of 12:56.96. Komen also broke the old mark with his 12:56.12. Bikila held on to also break 13:00, running 12:57.23. The 5000 meter record has been lowered by about four seconds in the past six years.

## Twietmeyer, Trason Repeat at Western States; Fewer Than Half Finish 100 Miler

Tim Twietmeyer and Ann Trason repeated as champions in the grueling 100-mile Western States Endurance Run June 24th. Twietmeyer finished in 18 hours, 34 minutes, and 59 seconds. Trason finished second overall, the same position she finished last year, in 18:40:01.

Runners had to endure more than 25 miles of snow-packed trails and later canyon temperatures exceeding 120 degrees. Less than half the 436 entrants finished the race.

As the race was completed two days before this issue went to press, see the next issue of *Pacific Athlete* for a complete feature story on the race.

## Top Marks Turned in at Pat Ryan Meet

Julia Stamps moved to number four all-time high school and set a U.S. prep sophomore class record for 5000 meters and Jamie Harris defended his mile title in highlights in the second annual Pat Ryan meet at Santa Rosa Junior College April 29th.

Stamps reached two miles in 10:30 before slowing in the third mile to run 16:31.2. The prep mark of 16:13.7 of Mary Shea has lasted for nearly 20 years.

Reebok Aggie Harris surged past Dan Held of the Empire Runners with a 57-second last lap to win the mile in 4:03.2 before an enthusiastic crowd.

Other fine performances in the meet included Renee Manfredi's (Sacramento TC) 2:07.7 victory in the 800 meters, Scott Pesch's (Humboldt TC) steeple win in 9:01.5, and David Scudamore's 5000 meter win in 14:42.1 over a deep Association field (six under 15:00).

## 85th Annual Dipsea: A New King in Town

Joe King of Alameda, 69-years-young, dethroned record six-time winner and defending champion Sal Vasquez of Suisun City to win the 85th Dipsea race June 11th in Stinson Beach, the second-oldest foot race in the U.S. behind the Boston Marathon.

Starting with a 22-minute handicap in this staggered-start event, King simply built up an insurmountable lead over all comers, as he arrived at the starting line in Mill Valley in 40:16 10 km shape. In winning, he realized a dream that began with his first try on the grueling course back in 1947.

Dave Dunham of New England, one of the nation's top hill racers, finished in second place, passing Vasquez near the finish line. Dunham won his third consecutive "best absolute time" award, running the approximately 7.1-mile course in 47:36. Reportedly, Dunham was the first person to ever catch and pass Vasquez at Dipsea.

Local Tamalpa club member Russ Kiernan, 57, finished fourth on a warm, sunny morning, 26-seconds ahead of Silver State Strider's start Mike McManus, who was foiled by Dunham in his bid to become the second runner in the event's 85-year history to win 7 best-time awards.

In sixth was the first woman finisher, Eve Pell of the Impalas, who had hoped to become only the second woman to ever in two Dipsea races outright. Linda Broderick-Gill was the female best-time award winner with a 60:39 effort, and "The Dipsea Demon" Jack Kirk was again the oldest finisher at 88 (his 60th straight Dipsea!)

Tamalpa easily won the team title over the Empire Runners, scoring their top five in 4-9-1-15-16 for 55 points compared to Empire's 8-13-14-25-57 for 117 points.

## 24 Records Fall at Meet of Champions

The 15th Annual Nike Sacramento Meet of Champions High School track meet produced 10 meet records in the invitational division and 14 records in open competition May 6th at American River College.

Meet records in the boy's invitational

division were set by Michael Stember of Jesuit (Carmichael), running 1:50.29 for 800 meters, and David Spits of Monte Vista putting the shot 58-11.5. Other boys top marks included Robert Kyle of Los Banos in the 400 meters, 47.89; Michael Blair of Napa in the 1600 meters, 4:11.44; Mike Wilkins of Red Bluff in the high jump, 7-0.25; and triple jumper Adbulla Rasheed (Logan) winning by almost two feet in 48-9.5.

Girls invitational records included Kelly White (Logan) in the 100 meters, 11.71; Carla Estes (Logan) in the 400, 54.94; Julia Stamps (Santa Rosa) in the 800, 2:12.89; Daveatta Shepherd (Saleasian) in the 100 meter hurdles (14.14), the 400-meter relay team of Logan High, 46.16; Jernae Wright of Logan in the long jump, 19-7, and Shannon Flet in the pole vault, 10-0.

## PA Masters Meet Features Top Marks

The PA/USATF Masters Track & Field Championships June 10th at Los Gatos produced one world record and several outstanding marks among masters divisions. Top performances included:

- Nick Newton high jumping 5-6.5 in the men's 60-64 division, a new world best. He was pushed by Jerry Sullivan's 5-0 jump in the same age group.
- Stu Tomson throwing the hammer 157-5 among men 60-64, better than all but one open competitor, and also dominating the 35 lb. weight throw (53-5.5), discus (167-5.5) and 56 lb. weight (28-9.75).
- Phil Conley in the javelin 150-0 (M60-64);
- Joe Keshmiri's discus toss of 167-5 (M55-59);
- James Hollister, triple jump, 37-2.75, (M50-54);
- Joan Stratton, (F40-44), throwing the hammer 123-6, the discus 110-7, the shot 36-10, and the 35 lb. weight 40-2.5.
- Ken Dennis running the 100 meters in 12.30 (M55-59);
- Nick Newton running the 100 meters in 12.6 for (M60-64);
- Ross Carter, shot put, 37-3.75 (M80-84);
- Irene Oberra running 100 meters in 14.04, 200 meters in 28.98, and 400 meters in 1:11.19 (F60-64);
- Dee Dee Grafius running 200 meters in 27.20 and 400 meters in 1:01.94 (F45-49);
- Dennis Duffy edging Ramsay Thomas in the 800 meters, 2:09.4 to 2:09.8 (M50-54);
- Ernest Lucken race walking 5000 meter in 35:40.81 at age 80;
- Charlotte Walker and Ruth VanSandt walking 5000 meters in 36:10.88 (F65-69) and 36:11.29 (F70-74), respectively;
- Frances-John Gailson running 5000 meters in 15:20.43 (M40-44);

Please turn to page 5

# Pacific Association Youth Championships Results

Sacramento State, June 10-11

## Combined Team Scores

PI	Team	Score
1	Westwind Flyers TC	303.0
2	Faith Track Club	284.0
3	Santa Rosa Express TC	268.5
4	Silver State Striders	270.0
5	Napa Track TC	194.5

## Team Scores - BOYS

PI	Team	Score
1	Faith TC	172
2	Westwind Flyers TC	142
3	Napa TC	126
4	Santa Rosa Express TC	125
5	Kids ON Track	122

## Team Scores - GIRLS

PI	Team	Score
1	Silver State Striders	172
2	Westwind Flyers TC	142
3	Santa Rosa Express TC	126
4	Faith TC	125
5	T-Shirt TC	122

## Midget Girls 4 X 800 Relay

1	Westwind Flyers TC	12:01.10
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## Midget Boys 4 X 800 Relay

1	Golden Gate TC	10:47.20
2	San Francisco Striders	11:10.10

## Youth Girls 4 X 800 Relay

1	Silver State Striders	10:13.20
2	Santa Rosa Express	10:59.10

## Individual Results:

**Young Boys 5,000 Meter Run:** 1. Dan Welsh, Faith TC, 14:43.90; **Midget Girls 3,000 Meter Run:** 1. Jenny Aldridge, Santa Rosa Express, 11:35.00; **Midget Boys 3,000 Meter Run:** 1. Michael Radazzo, Pleasanton Heat, 11:25.20; **Youth Girls 3,000 Meter Run:** 1. Marcie Silver, Pleasanton Heat, 11:09.00; **Youth Boys 3,000 Meter Run:** 1. Andrew Gallegos, Billy Hutton TC, 10:18.53; **Intermediate Girls 3,000 Meter Run:** 1. Melissa Madeson, Santa Rosa Express TC, 10:34.92; **Intermediate Boys 3,000 Meter Run:** 1. Geoff Fieming, Unattached, 9:23.15; **Bantam Girls 200 Meter Dash:** 1. Ashley Lodree, Bay Area TC, 29.40; **Midget Girls 200 Meter Dash:** 1. Katrina Keith, Bay Area TC, 26.64; **Midget Boys 200 Meter Dash:** 1. Maurice Dotsy, Kids ON Track, 24.99; **Intermediate Girls 200 Meter Dash:** 1. Adrienne Lindsay, Napa TC, 26.10; **Intermediate Boys 200 Meter Dash:** 1. Samuel Burns, West Contra Costa YMCA TC, 22.50; **Youth Girls 200 Meter Dash:** 1. Kateshia Jacobs, Faith TC, 26.60; **Youth Boys 200 Meter Dash:** 1. Brandon Nichols, Alameda Contra Costa TC, 22.64; **Bantam Girls 1500 Meter Race Walk:** 1. Sarai Boyle, Westwind Flyers TC, 9:31.44; **Bantam Boys 1500 Meter Race Walk:** 1. Austin George, Westwind Flyers TC, 9:35.78; **Midget Girls 1500 Meter Race Walk:** 1. Ericka Ackeret, Golden Gate Race Walkers, 7:52.74; **Midget Boys 1500 Meter Race Walk:** 1. Carl Lederman, 7:36.73; **Youth Girls 3000 Meter Race Walk:** 1. Hilary Smith, Westwind Flyers TC, 19:45.11; **Youth Boys 3000 Meter Race Walk:** 1. Kelvin Bush, Westwind Flyers TC, 19:44.00; **Intermediate Girls 3000 Meter Race Walk:** 1. Vijay Gallardo, Stockton ST George TC, 19:43.19; **Intermediate Boys 3000 Meter Race Walk:** 1. Joshua Dexter, Stockton ST George TC, 17:55.23; **Sub-Bantam Girls 800 Meter Run:** 1. Stephanie Randazzo, Pleasanton Heat, 3:13.57; **Sub-Bantam Boys 800 Meter Run:** 1. Peter Wolfram, Classic TC, 2:53.94; **Bantam Girls 800 Meter Run:** 1. Cherie McPherson, Golden State TC,

2:40.96; **Bantam Boys 800 Meter Run:** 1. Regan Masi, Santa Rosa Express TC, 2:33.61; **Midget Girls 800 Meter Run:** 1. Larisa Solozhuk, Unattached, 2:31.36; **Midget Boys 800 Meter Run:** 1. Wesley Smith, Golden State Track Club, 2:29.17; **Youth Girls 800 Meter Run:** 1. Jody Nikolopolos, Pleasanton Heat, 2:26.08; **Youth Boys 800 Meter Run:** 1. Juane Armon, Golden State TC 2:15.17; **Intermediate Girls 800 Meter Run:** 1. Katie Hochtchikiss, Speedy Badidi TC, 2:24.87; **Intermediate Boys 800 Meter Run:** 1. Victor Garcia, Silver State Striders, 2:11.60; **Young Girls 800 Meter Run:** 1. Candace Miles Threatt, Alameda Contra Costa T.C., 2:19.42; **Sub-Bantam Girls 100 Meter Dash:** 1. Willa Porter, West Coast Contra Costa YMCA TC, 15.26; **Sub-Bantam Boys 100 Meter Dash:** 1. Eddie Robinson, MP Striders, 15.43; **Bantam Girls 100 Meter Dash:** 1. Ashley Lodree, Bay Area TC, 14.29; **Bantam Boys 100 Meter Dash:** 1. Jordan Stark, Kids ON Track, 13.75; **Midget Girls 100 Meter Dash:** 1. Katrinia Keith, Bay Area TC, 12.63; **Midget Boys 100 Meter Dash:** Maurice Dotsy, Kids ON Track, 12.04; **Youth Girls 100 Meter Dash:** 1. Char Karmaly Sidney, Pleasanton Heat, 12.84; **Intermediate Girls 100 Meter Dash:** 1. Jaquilia Lewis, Faith TC, 12.82; **Youth Girls 100 Meter Dash:** 1. Kateshia Jacobs, Faith TC; **Intermediate Boys 110 Meter High Hurdles:** 1. John Knowles, Westwind Flyers TC, 14.80; **Young Boys 110 Meter High Hurdles:** 1. Ray Hill, Faith TC, 14.60; **Intermediate Girls Low Hurdles:** 1. Lori Nolte, Silver State Striders, 15.32; **Midget Girls 80 Meter Low Hurdles:** 1. Brandi Gates, Bay Area TC, 14.02; **Sub-Bantam Girls 400 Meter Dash:** 1. Willa Porter, West Contra Costa YMCA TC, 1:14.50; **Sub-Bantam Boys 400 Meter Dash:** 1. Eddie Robinson, MP Striders, 1:14.86; **Bantam Girls 400 Meter Dash:** 1. Gabrielle N. Ward, Acorn TC, 1:07.57; **Bantam Boys 400 Meter Dash:** 1. Jason Hill, Billy Hutton TC, 1:04.56; **Midget Girls 400 Meter Dash:** 1. Raqueta Margain, Acorn TC, 1:01.78; **Midget Boys 400 Meter Dash:** 1. Chris Berrion, Billy Hutton TC, 1:01.29; **Youth Girls 400 Meter Dash:** 1. Jini Hogg, Billy Hutton TC, 59.27; **Youth Boys 400 Meter Dash:** 1. Maurice Washington, Kids ON Track, 55.25; **Intermediate Girls 400 Meter Dash:** 1. Danielle Neils, Faith TC, 1:07.66; **Intermediate Boys 400 Meter Dash:** 1. Glen Stone, Classic Track Club, 54.16; **Youth Girls 400 Meter Dash:** 1. Candace Miles Threatt, Alameda Contra Costa TC, 56.78; **Young Boys 400 Meter Dash:** Eddie Schulze, Faith TC, 53.66; **Sub-Bantam Girls Long Jump:** 1. Meia Tezeno, Richmond Jaguars, 10'09.00" (3.28m); **Sub-Bantam Boys Long Jump:** 1. Jerold Robertson, Unattached, 10'10.50" (3.31m); **Bantam Girls Long Jump:** 1. Ashley Lodree, Bay Area TC, 12'10.50" (3.92m); **Bantam Boys Long Jump:** 1. Austin George, Westwind Flyers TC, 13'09.50" (4.20m); **Midget Girls Long Jump:** 1. Sharonda Robinson, San Francisco Striders, 14'04.25" (4.38m); **Midget Boys Long Jump:** 1. Paul Jones, Billy Hutton TC, 10'03.50" (5.27m); **Youth Girls Long Jump:** 1. Tracy Argo, Silver State Striders, 16'00.25" (4.88m); **Youth Boys Long Jump:** 1. Juane Armon, Golden State TC, 17'01.00" (5.21m); **Youth Boys High Jump:** 1. Julius Osborne, Silver State Striders, 5'06.00" (1.68m); **Intermediate Girls High Jump:** 1. Adrienne Lindsay, Napa TC, 4'05.00" (1.35m); **Intermediate Boys High Jump:** 1. Ben Bicais, Napa TC, 6'00.00" (1.83m); **Young Girls High Jump:** 1. Erin Terbush, Santa Rosa Express, 5'00.00" (1.52m); **Young Boys High Jump:** 1. Joe Augustine, Faith TC, 6'04.00" (1.93m); **Youth Girls Shot Put:** 1. Samatha Skari, Diablo Valley TC, 28'03.50" (8.62m); **Youth Boys Shot Put:** 1. Sean Lambert,

San Jose Speed TC, 33'00.50" (10.07m); **Midget Girls Shot Put:** 1. Sabrina Kirkwood, Billy Hutton TC, 32'06.00" (9.91m); **Midget Boys Shot Put:** 1. Marcus Oliver, Renaissance TC, 36'05.25" (11.11m); **Bantam Girls Shot Put:** 1. Devon Trach, Billy Hutton TC, 19'04.75" (5.91m); **Bantam Boys Shot Put:** 1. Chris Golik, Santa Rosa Express, 28'08.50" (8.75m); **Midget Girls Discus Throw:** 1. Sabrina Kirkwood, Billy Hutton TC, 70'01.00" (21.36m); **Midget Boys Discus Throw:** 1. David Shortenhaus, Diablo Valley TC, 82'11.00" (25.27m); **Youth Girls Discus Throw:** 1. Tia DeSoto, Unattached, 98'01.00" (29.90m); **Youth Boys Discus Throw:** 1. Jon Patterson, Unattached, 108'11.00" (33.20m); **Youth Boys Pole Vault:** 1. Jeff Zimmerman, Faith TC, 7'11.00" (2.41m); **Intermediate Girls Pole Vault:** 1. Adrienne Lindsay, Napa TC, 6'03.00" (1.91m); **Young Boys Pole Vault:** 1. Kris Mack, Faith TC, 14'00.00" (4.27); **Sub-Bantam Girls 4X100 Meter Relay:** 1. "A" West Contra Costa YMCA TC, 1:04.90; **Sub-Bantam Boys 4X100 Meter Relay:** 1. "A" MP Striders, 1:04.20; **Bantam Girls 4X100 Meter Relay:** 1. "A" Billy Hutton TC, 1:00.01; **Bantam Boys 4X100 Meter Relay:** "A" Billy Hutton TC, 56.54; **Midget Girls 4X100 Meter Relay:** 1. 57.74; **Midget Boys 4X100 Meter Relay:** 1. "A" Kids ON Track, 50.90; **Youth Girls 4X100 Meter Relay:** 1. "A" MP Striders, 51.28; **Youth Boys 4X100 Meter Relay:** 1. "A" Tony Williams 48.30; **Intermediate Girls 4X100 Meter Relay:** "A" Faith TC, 49.72; **Intermediate Boys 4X100 Meter Relay:** 1. "A" Faith TC, 45.97; **Youth Girls 4X100 Meter Relay:** 1. Faith TC, 49.79; **Bantam Girls 1,500 Meter Run:** 1. Cherie McPherson, Golden State TC, 5:23.00; **Bantam Boys 1,500 Meter Run:** 1. Regan Masi, Santa Rosa Express TC, 5:03.70; **Midget Girls 1,500 Meter Run:** 1. Larisa Solozhuk, Unattached, 5:13.10; **Midget Boys 1,500 Meter Run:** 1. Chris Concha, Silver State Striders, 5:00.50; **Youth Girls 1,500 Meter Run:** 1. Sara Beth Schweitzer, Unattached, 4:49.30; **Intermediate Girls 1,500 Meter Run:** 1. Melissa Madeson, Santa Rosa Express TC, 4:58.90; **Intermediate Boys 1,500 Meter Run:** 1. Geoff Fleming, Unattached, 4:18.70; **Youth Girls 1,500 Meter Run:** 1. Tatiana Tiabadaiza, Silver State Striders, 4:57.20; **Young Boys 1,500 Meter Run:** 1. Sasha Joseph Schweitzer, Unattached, 4:37.10; **Intermediate Girls 400 Meter Low Hurdles:** 1. Lori Nolte, Silver State Striders, 1:08.29; **Intermediate Boys 400 Meter Int Hurdles:** 1. Mile Cole, 1:03.95; **Youth Girls 400 Meter Low Hurdles:** 1. Erica Lipscomb, Faith TC, 1:08.06; **Young Boys 400 Meter Int Hurdles:** 1. Taylor, Faith TC, 1:00.64; **Youth Girls 200 Meter Low Hurdles:** 1. Simone Brooks, Classic TC, 30.43; **Youth Boys 200 Meter Int Hurdles:** 1. Julius Osborne, Silver State Striders, 27.84; **Intermediate Boys 2,000 Meter Steeplechase:** 1. Geoff Fieming, Unattached, 6:35.93; **Bantam Girls 4X400 Meter Relay:** 1. "A" T-Shirt TC, 5:04.90; **Bantam Boys 4X400 Meter Relay:** 1. "A" San Francisco Striders, 4:39.30; **Midget Girls 4X400 Meter Relay:** 1. "A" MP Striders, 4:24.46; **Midget Boys 4X400 Meter Relay:** 1. "A" San Francisco Striders, 4:18.85; **Youth Girls 4X400 Meter Relay:** 1. "A" T-Shirt TC, 4:06.45; **Youth Boys 4X400 Meter Relay:** 1. "A" Kids ON Track, 4:05.50; **Intermediate Girls 4X400 Meter Relay:** 1. "A" Faith TC, 3:55.00; **Intermediate Boys 4X400 Meter Relay:** 1. "A" Kids ON Track, 3:44.80; **Intermediate Girls Long Jump:** 1. Lori Nolte, Silver State Striders, 15'11.00" (4.85m); **Intermediate Boys Long Jump:** 1. Samuel Burns, West Contra Costa YMCA TC, 22'04.00" (6.81m); **Young Girls Long Jump:** 1. Raquel Brewer, Unattached 17'09.00" (5.41m); **Young Boys**

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# USATF-Pacific Association Calendar of LDR Events, July 8-Sept. 24, 1995

## Saturday, July 8

ALSA Sports Classic, 6 mile/2 mile, 8:30 am, Redding, Tom Wood, 915 Bembow Dr., Redding, CA 96002, 916-221-2073

Safeway Challenge 5 km, 9 am, Aptos, The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988

Thunder Run '95, 10 km/5 km, 8 am, Elk Grove, Desiree Wilson, 1537 Menlo Ave, Carmichael, CA 95608, 916-488-9870

Baylands Pride 10 km/5 km, 8:30 am, Palo Alto, 408-236-2273

## Sunday, July 9

City of San Francisco Marathon & 5 km, San Francisco, 8 am (5 km-9 am), Register for either race at Expo, San Francisco Marriott, Friday, July 7, 11 am-7 pm; Saturday, July 8, 9 am-6 pm, 415-391-2123

Lake Chabot Trail Challenge 1/2 Marathon/5 km, Castro Valley, 8 am, Michael Raffee, Golden Bay Runners, 4340 Krause St., Pleasanton, CA 94588, 510-484-1339

Sertoma Classic 10 km/5 km, 8:30 am, Hayward, The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988

Spooner Lake Half Marathon, 10 mi/10 km, 9 am, Lake Tahoe, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778

## Saturday, July 15

Gold Diggers Day Round Valley 5.5 mile Run, 8 am, Greenville, Mort Ward, P.O. Box 3332, Quincy, CA 95971, 916-283-4779

## Sunday, July 16

Bay to Breakfast Run, 10 km/5 km, 8:30 am, Palo Alto, Tom Osborne, 1305 Middlefield Rd., Palo Alto, CA 94301, 415-329-2342

Berry Creek Falls 11 mile/10 km, 9 am, Waddell Creek, Santa Cruz, Sky High, PO Box 20963, El Sobrante, CA 94803, 510-223-5778

## Sunday, July 23

Wharf to Wharf 6 mile, 8:30 am, Santa Cruz, (field probably closed), P.O. Box 307, Capitola, CA 09010, 408-475-2196

Lake Merritt Joggers & Striders, 5 km/10 km/15 km, Oakland, 9 am, 510-601-7887

## Saturday, July 29

Giants Run to Home Plate, 5 m, 10 am, Giants Promotions, Candelstick Park, San Francisco, CA 94124, 415-330-2516

## Sunday, July 30

Delta Pear Fair 5 mi/10 mi, 8 am, Courtland, E-Z Living Casuals, P.O. Box 1025, Walnut Grove, CA 95690, 916-776-1627

Garden Court Hotel Breakfast Run, 5 miles, Palo Alto, RhodyCo, 415-564-0532

## Saturday, August 5

Summit Challenge 10 km/2 mi walk, 8:30 am, Los Gatos, Linda Sullivan, Loma Prieta Recreation, 23800 Summit Rd., Los Gatos, CA 95030, 408-353-2834

Mountain Run 3.6 mile, 9 am, Squaw Valley, Holly Beatie, P.O. Box 2575, Olympic Valley, CA 96146, 916-426-9559

SCTC Age Graded Track Meet/PA Championships, Soquel High School, Bill Johnson, P.O. Box 1803, Capitola, CA 95010, 408-335-0460

## Sunday, August 6

YWCA 10 km & 5 km runs/5 km walk, Pacific Grove, 9 am, Sara Kilpatrick, YWCA-Monterey, 2115-CN, Fremont Blvd., Monterey, CA 93940, The Treadmill, 408-624-4112

Alameda Run for the Parks 10 km & 2 Mile Walk, Alameda, 9 am, Dale Lillard, 2263 Santa Clara, Rm 201, Alameda, CA 94501, 510-748-4565

**PA Ultra:** Skyline 50 km Run, Castro Valley, 7 am, Will Uher, 16183 Lyle St., San Leandro, CA 94578, 510-278-0451/510-352-1680

**PA Road:** Cox Cable's Run for Goodwill 10 km, Eureka, 10 am, Mike Williams, P.O. Box 1305, Eureka, CA 95502, 707-443-5706

Run for Your Heart, 10 km/5 km, 8:30 am, Palo Alto, Tom Osborne, 1305 Middlefield Rd., Palo Alto, CA 94301, 415-329-2342

Dog Daze 10 km/3 km, 8 am, Ukiah, Gordon Elton, P.O. Box 518, Ukiah, CA 95482, 707-468-8024

## Wednesday, August 9

Chemical Bank Corporate Challenge, 3.5 mi, 7 pm, San Francisco, P.O. Box 192383, San Francisco, CA 94119, 415-586-8508

## Saturday, August 12

Susan B. Anthony Women's 5 km Run & Walk, Sacramento, 8 am, Steve Ashe, 9608 Linda Rio Drive, Sacramento, CA 95827, 916-366-6772

## Sunday, August 13

Race Through the Redwoods, 10 km, 9 am, Felton, Steve Richmond, Felton Business Assoc., P.O. Box 6, Felton, CA 95018, 408-335-3542

Larkspur Landing Couples Relay, 2 x 2 mi, 9 am, Larkspur, Jim Myers, P.O. Box 1713, Mill Valley, CA 94942, 415-383-3961

Mammoth Mountain Marathon, 1/2-Marathon, 10 km, 8 am, Sky High, P.O. Box 1713, El Sobrante, CA 94803, 510-223-5778

## Friday, August 18

River Run 5 km, 7 pm, Sacramento, Try All Sports, 813 Harbor Blvd., # 228, West Sacramento, CA 95691, 916-372-7367

## Saturday, August 19

PA Ultra: Pony Express 50 Miler, Cameron Park, Fleet Feet, 1730 Santa Clara Drive, Suite 3, Roseville, CA 95661, 916-783-4558

Dammit Run, 4.9 mi, 8:30 am, Los Gatos, Bruce Springbett, Los Gatos Athletic Assoc., 220 Oakmeadow Dr., Los Gatos, CA 95030, 408-354-7365

## Sunday, August 20

All Seasons 5 km Fun Run & Walk, 10 am, Oakland, Loretta Chandler, 484 Lake Park Ave., #60, Oakland, CA 94610, 510-482-2490

## Friday, August 25

Florentine's TGIF Run, 10 km/5 km, 6:30 pm, Palo Alto, Tom Osborne, 1305 Middlefield Rd., Palo Alto, CA 94301, 415-329-2342

## Saturday, August 26

Wolf Mountain Trail Challenge 10 km/1.8M Fun Run, Grass Valley, 9 am, Nick Vogt, 1025 Grange Rd., Meadow Vista, CA 95722, 916-878-0697

Pt. Reyes 50 km, Five Brooks, Jerry Leith, c/o Tamalpa Runners, P.O. Box 700, Corte Madera, CA 94925, 415-924-5037

Shout on the Green 5 km, 8 am, Pleasant Hill, Mike Parker, Sanctuary Ministries, 2056 Commerce Ave., Concord, CA 94520, 510-827-9637

## Sunday, August 27

Time Is On Your Side 5 km/10 km, Oakland, 9 am, Lake Merritt Joggers and Striders, 2634 Arlington Blvd., El Cerrito, CA 94530, 510-601-7887

Silver State Marathon/Half-Marathon/10 km, 6 am/7 am, Reno, Ken McKim, 1460 Prospect Ave, Sparks, NV 89431, 702-849-0419

Walnut Grove Catfish Jubilee 5 Miler, 8 am, Walnut Grove, EZ Living Casuals, P.O. Box 1025, Walnut Grove, CA 95690, 916-776-1627

Hook & Ladder 10 km, 9 am, San Francisco, SF Firefighters Road Runners Club, Jim Gallagher, 1671-16th Ave., San Francisco, CA 94122, 415-753-0880

## Sunday, Sept 3

Run on the Sly, 30 km/50 km/50 mi, 6:15 am-7:15 am, Pollock Pines, Margie Lopez, P.O. Box 245, Placerville, CA 95667, 916-626-8846

Kirkwood 10 km/5 km, 10 am, Final Result, 460 Wisnom, San Mateo, CA 94401, 800-491-8988

Delicate Grape Stomp Romp, 5 km, 8 am, Delicate Vineyards, Manteca, Dorothy Indelicato, 12001 S. Highway 99, Manteca, CA 95336, 209-825-6213

## Monday, Sept 4

Stage Coach Mountain Run, 10.45 mi, 8 am, Auburn, Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista, CA 95722, 916-878-0697

## Friday, Sept 8

Palo Alto Weekly Moonlight Run & Walk, 10 km/5 km, 9 pm, Tom Osborne, 1305 Middlefield Rd., Palo Alto, CA 94301, 415-329-2342

## Saturday, Sept 9

Historic Downtown Larkspur 5 km/1 mi kids run, 9 am, Nancy Spivey, Recreation Dep., 400 Magnolia Ave., Larkspur, CA 94939, 415-927-5110

John Orogren Memorial 5 km Cross Country Classic, 9 am, Marysville, Nick Vogt, Cross Country Coach, Yuba College, 2088 North Beale Rd., Marysville, CA 95901, 916-741-6839

Laguna Challenge 10 km/5 km, 9 am, Sacramento, Karen Taylor, Methodist Hospital, Marketing, 7500 Hospital Dr., Sacramento, CA 95823, 916-423-6158

Second Annual Doggy Dash, 2 km/5 km Run Walk, 9 am, Cal-State Sacramento, Sacramento SPCA, Chalene Mattison, 6201 Florin Perkins Rd., Sacramento, CA 95828, 916-383-7387, x-43

**PA XC:** Golden Gate Park I Cross Country, 4 mi, San Francisco, Golden Gate Park, Tim Wason, 415-648-1467 (eve.)

## Sunday, Sept 10

Buffalo Stampede 10 mi/5 km, 8 am, Sacramento, Buffalo Chips, P.O. Box 19908, Sacramento, CA 95819-0908, 916-923-4202

Bayside Technology Park 8 km, 8:30 am, Fremont, Marc Lund, WVTC, 1265 Montecito Ave., #105, Mountain View, CA 94043, 415-966-1511

Golden Gate Presidio 10 mi/3 mi, 8:30 am, Presidio Parade Grounds, The Guardsmen, 115 Sansome St., Suite 130, San Francisco, CA 94104, 415-781-6785

Walnut Festival 10 km/5 km/5 km walk, 8:30 am, Walnut Creek, Walnut Festival Assoc., P.O. Box 3408, Walnut Creek, CA 94598, 510-746-7175

## Saturday, Sept 16

**PA XC:** Sierra Cross Country, 4 mi (men)/5 km (women), Sierra College, Rocklin, Ron Richardson, 916-368-8815

Run for the Beacon, 10 km/5 km, 9 am, Monterey Bay, Dan Gearhart, Beacon House, P.O. Box 30, Pacific Grove, CA 93950, 408-372-2334

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**PA Road**=Long Distance Running Grand Prix Event; **PA Ultra**=Ultrarunning Grand Prix; **PA XC**=Cross Country Grand Prix

**Results, USA Mobil Outdoor Championships  
Sacramento, Calif. - Wed 06/14/95 to Sun 06/18/95**

**Women's 100 Meter Dash**

NAME	TEAM	TIME
1 Gwen Torrence	Mazda TC	11.04
2 Carlette Guidry	adidas	11.12
3 Celena Mondie-Milner	MidAtlantic Sports	11.22
4 D'Andre Hill	Louisiana State U.	11.34
5 Chryste Gaines	PowerAde AC	11.45
6 Sabrina Kelly	Unattached	11.47
7 Cheryl Taplin	Nike International	11.48
8 Inger Miller	Unattached	11.62

**Women's 200 Meter Dash**

NAME	TEAM	TIME
1 Gwen Torrence	Mazda TC	22.03
2 Carlette Guidry	adidas	22.57
3 Celena Mondie-Milner	MidAtlantic Sports	22.76
4 Aspen Burkett	U. of Illinois	22.77
5 Chryste Gaines	PowerAde AC	23.07
6 Kenya Walton	U. of Tennessee	23.28
7 Zundra Feagin	Louisiana State U.	23.28
8 Dannette Young-Stone	Reebok RC	23.31

**Women's 400 Meter Dash**

NAME	TEAM	TIME
1 Jearl Miles	Reebok RC	50.90
2 Kimberly Graham	Nike TC	51.48
3 Maicel Malone	Asics TC	51.56
4 Rochelle Stevens	POSNER	51.97
5 Nicole Green	PowerAde AC	52.02
6 Camara Jones	U. of Oregon	52.23
7 Youlanda Warren	Louisiana State U.	52.25
8 Michelle Collins	Mizuno Houston TC	52.56

**Women's 800 Meter Run**

NAME	TEAM	TIME
1 Meredith Rainey	Foot Locker AC	2:00.07
2 Joetta Clark	Foot Locker AC	2:01.02
3 Amy Wickus	U. of Wisconsin	2:01.26
4 Jill Stamison	Nike North TC	2:01.85
5 Alisa Hill	Foot Locker AC	2:02.59
6 Nicole Teter	Central Coast	2:03.71
7 Debbie Marshall	Unattached	2:05.79
8 Nekita Beasley	Nike TC	2:08.40

**Women's 1,500 Meter Run**

NAME	TEAM	TIME
1 Regina Jacobs	Mizuno TC	4:05.18
2 Suzy Hamilton	Reebok RC	4:07.07
3 Sarah Thorsett	PowerAde AC	4:07.49
4 Ruth Wysocki	Nike Coast TC	4:08.22
5 Kathy Franey	Reebok RC	4:09.40
6 Amy Rudolph	Providence Col.	4:11.18
7 Kate Fonshell	Asics TC	4:13.02
8 Cheri Goddard	Reebok Enclave	4:14.20

**Women's 5,000 Meter Run**

NAME	TEAM	TIME
1 Gina Procaccio	New Balance TC	15:26.34
2 Laura Mykytok	Nike TC	15:27.52
3 Libbie Johnson	Mizuno TC	15:28.27
4 Joan Nesbit	New Balance TC	15:29.35
5 Cheri Goddard	Reebok Enclave	15:29.68
6 Annette Peters	Nike International	15:39.84
7 Katy Mc Candless	Asics TC	15:45.87
8 Shelly Steely	Mizuno TC	15:47.58

**Women's 10,000 Meter Run**

NAME	TEAM	TIME
1 Lynn Jennings	Nike Int'L	31:57.19
2 Laurie Henes	adidas	32:05.32
3 Anne Marie Lauck	Nike TC	32:07.43
4 Olga Appell	Reebok RC	32:19.60
5 Trina Painter	New Balance TC	32:41.35
6 Colette Murphy	adidas	32:45.37
7 Nan Doak-Davis	adidas	32:51.27
8 Laura Lamena-Coll	Reebok RC	33:23.04

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Photo by Victor Sailer/Photo Run

Michael Johnson (above); The Start of the Men's 20 km Race Walk (below)



Photo by Doug Thurston

**Women's 10,000 Meter Race Walk**

NAME	TEAM	TIME
1 Teresa Vaill	Unattached	45:01.00
2 Michelle Rohl	Brooks AC	45:16.14
3 Debbi Lawrence	NaturalSport	45:45.92
4 Victoria Herazo	California Walk.	45:52.63
5 Debra Vanorden	Unattached	46:02.99
6 Lynda Brubaker	LaGrange TC	47:26.41
7 Dana Yarbrough	LaGrange TC	49:02.13
8 Susan Armenta	Cal-Poly Pomona	49:15.18
9 Marykirk Cunningham	Potomac Valley	49:30.47
10 Kerry Moskalik	Golden Gate RW	50:11.05
11 Kimberly Wilkinson	Monterey Walk	50:22.59

**Women's 100 Meter Hurdles**

NAME	TEAM	TIME
1 Gail Devers	Nike International	12.77
2 Marsha Gualdo	Unattached	12.98
3 Doris Williams	Goldwin TC	13.03
4 Dawn Bowles	Foot Locker AC	13.04
5 Cheryl Dickey	Unattached	13.10
6 Donna Waller	Unattached	13.25
7 Monifa Taylor	Reebok RC	13.25
8 Lynda Tolbert-Goode	Goldwin TC	13.34

**Women's 400 Meter Hurdles**

NAME	TEAM	TIME
1 Kim Batten	Reebok RC	54.74
2 Tonja Buford	Unattached	54.82
3 Trevaia Williams	Atoms TC	55.43
4 Sandra Farmer-Patrick	Nike Inter'l	55.63
5 Tonya Williams	U. of Illinois	57.17
6 Rebecca Russell	Unattached	57.36
7 Tonya Lee	MidAtlantic Sports	57.61
8 Michelle Johnson	U. of Arizona	58.92

**Women's 3,000 Meter Steeplechase EX**

NAME	TEAM	TIME
1 Chris Morgan	Asics Track West	10:51.92
2 Melissa Teemont	Brigham Young	10:56.90
3 Teresa Diperna	Unattached	11:07.02
4 Monica Townsend	Reebok Aggies	11:07.16
5 Gina Wilbanks	Athletes in Action	11:26.42
6 Pam Allie-Morrill	Frog's	11:27.24
7 Kristin Diggs	Sacramento TC	11:29.42

**Women's High Jump**

NAME	TEAM	MARK
1 Amy Acuff	UCLA	1.95m/6'04.75
2 Tisha Waller	Goldwin TC	1.92m/6'03.50
3 Connie Teaberry	Goldwin TC	1.92m/6'03.50
4 Gwen Wentland	Nike TC	1.92m/6'03.50
5 Yolanda Henry	Nike Int'l	1.86m/6'01.25
5 Clare Look-Jaeger	Nike Coast	1.86m/6'01.25
7 Angela Bradburn	PowerAde	1.86m/6'01.25
8 Tanya Hughes	Unattached	1.86m/6'01.25

**Women's Pole Vault Exhibition**

NAME	TEAM	MARK
1 Melissa Price	Kingsburg HS	3.89m/12'09
2 Stacy Dragila	Idaho St	3.50m/11'05.75
3 Phil Raschker	World Elite	3.30m/10'10.00
4 Melissa Feinstein	Air Time	3.30m/10'10.00
5 Shannon Walker	Air Time	3.30m/10'10.00
5 Tyra Holt	Stanford	3.30m/10'10.00

**Women's Long Jump**

NAME	TEAM	MARK
1 Jackie Joyner-Kersey	Honda	6.88m 4.1/ 22'07.00
2 Marieke Veltman	W.C.	6.74m 3.1/ 22'01.50
3 Sharon Couch	Olsten	6.68m 2.5/ 21'11.00
4 Shana Williams	Reeb.	6.63m 3.2/ 21'09.00
5 Tonya Sedwick	Nike	6.62m 2.0/ 21'08.75
6 Vonetta Jeffery	UAB	6.52m 5.8/ 21'04.75
7 Tameka Roberts	UTSA	6.41m 4.9/ 21'00.50
8 Cynthia Rhodes	Unat	6.35m 3.4/ 20'10.00

**Women's Triple Jump**

NAME	TEAM	MARK
1 Sheila Strudwick	Reeb.	14.66m 3.2 48'01.25
2 Cynthia Rhodes	Unat	14.12m 4.8 46'04.00
3 Diana Orrange	Prime	13.89m 4.4 45'07.00
4 Amanda Banks	Unat	13.77m 4.8 45'02.25
5 Wendy Brown	Macc	13.53m 3.8 44'04.75
6 Carla Shannon	Unat	13.45m 3.3 44'01.50
7 Robyne Johnson	Ander	13.31m 1.6 43'08.00
8 Tiombe' Hurd	JMU	13.30m 1.5 43'07.75

**Women's Shot Put**

NAME	TEAM	MARK
1 Connie Price-Smith	Reebok	19.05m 62'06.00
2 Ramona Pagel	Nike Coast	18.65m 61'02.25
3 Eileen Vanisi	Reebok	17.58m 57'08.25
4 Valeyta Althouse	Bruin	17.50m 57'05.00
5 Dawn Dumble	Reebok	17.20m 56'05.25
6 Amy Christiansen	BYU	15.74m 51'07.75
7 Tressa Thompson	Nebraska	15.68m 51'05.50
8 Collinus Newsome	Illinois	15.41m 50'06.75

**Women's Discus Throw**

NAME	TEAM	MARK
1 Edie Boyer	Unat	62.58m 205'04.00
2 Pamela Dukes	Nike Cst	59.44m 195'00.00
3 Danyel Mitchell	Unat	59.36m 194'09.00
4 Melisa Weis	Goldwin	59.24m 194'04.00
5 Connie Price-Smith	Reebok	58.72m 192'08.00
6 Dawn Dumble	Reebok	57.84m 189'09.00
7 Carla Garrett	Nike Cs	57.10m 187'04.00
8 Erica Ahman	CAL-SLO	54.14m 177'07.00

**Women's Hammer Throw**

NAME	TEAM	MARK
1 Dawn Ellerbe	S. Carol.	55.38m 181'08.00
2 Sonja Fitts	NY AC	55.04m 180'07.00
3 Alexandria Earl-Givan	New Hav	54.52m 178'10.00
4 Leslie Coons	Unat	53.66m 176'00.00
5 Bonnie Edmondson	Nike Cst	53.42m 175'03.00
6 Lisa Misipeka	Unat	51.42m 168'08.00
7 Kiza Brunner	Boston	51.18m 167'11.00
8 Kiyomi Parish	Unat	50.94m 167'01.00

**Women's Javelin Throw**

NAME	TEAM	MARK
1 Donna Mayhew	Nike Cst	59.16m 194'01.00
2 Ashley Selman	Asics	58.32m 191'04.00
3 Erica Wheeler	Mizuno	56.02m 183'09.00
4 Chris Stancliff	Navy	54.52m 178'10.00
5 Nicole Carroll	SanMateo	54.30m 178'02.00
6 Lynda Lipson	Keihas	52.46m 172'01.00
7 Jenny Mc Cormick	SanMateo	51.40m 168'08.00
8 Heather Berlin	Minn.	50.96m 167'02.00

**Women's Heptathlon**

NAME	TEAM	PTS
1 Jackie Joyner-Kersey	Honda TC	6375
2 Kelly Blair	Reebok RC	6354
2 Kym Carter	Nike TC	6354
4 Dedee Nathan	Nike Indiana TC	6283
5 Sharon Hanson	Nike Coast TC	6202
6 Tonya Sedwick	Nike TC	6074
7 Ali Mc Knight	Nike Coast TC	5787
8 Sheila Burrell	UCLA	5735
16 Peggy Odita	Sacramento TC	5346

**Men's 100 Meter Dash**

NAME	TEAM	TIME
1 Mike Marsh	Santa Monica TC	10.23
2 Maurice Greene	PowerAde AC	10.23
3 Dennis Mitchell	Mizuno TC	10.23
4 Jon Drummond	Nike Int.-LA	10.26
5 Leroy Burrell	Santa Monica TC	10.31
6 Carl Lewis	Santa Monica TC	10.32
7 Tony Mc Call	U. of N. Carolina	10.38
8 Jeff Williams	Unattached	10.40

**Men's 200 Meter Dash**

NAME	TEAM	TIME
1 Michael Johnson	Nike International	19.83
2 Kevin Little	US West TC	20.16
3 Jeff Williams	Unattached	20.20
4 Anthuan Maybank	Hawkeye TC	20.27
5 Jon Drummond	Nike Int.-LA	20.28
6 Mike Marsh	Santa Monica TC	20.35
7 Dave Dopek	DePaul U.	20.37
8 Rohsaan Griffin	Louisiana State U.	20.55

**Men's 400 Meter Dash**

NAME	TEAM	TIME
1 Michael Johnson	Nike International	43.66
2 Butch Reynolds	Foot Locker AC	44.42
3 Darnell Hall	PowerAde AC	44.55
4 Derek Mills	Unattached	44.58
5 Marlon Ramsey	Baylor U.	45.03
6 Kevin Lyles	Seton Hall U.	45.03
7 Antonio Pettigrew	Reebok RC	45.74

**Men's 800 Meter Run**

NAME	TEAM	TIME
1 Brandon Rock	U. of Arkansas	1:46.50
2 Mark Everett	New Balance TC	1:47.63
3 Jose Parrilla	adidas	1:48.14
4 Rich Kenah	Reebok Enclave	1:48.29
5 Bryan Woodward	Georgetown U.	1:48.41
6 Brad Summer	New York AC	1:48.90
7 Shaun Benefield	U. of Georgia	1:49.57
8 Kevin Murphy	Boston U.	1:49.66

**Men's 1,500 Meter Run**

NAME	TEAM	TIME
1 Paul Mc Mullen	Asics TC	3:43.90
2 Brian Hyde	William & Mary	3:43.90
3 Terrance Herrington	Reebok RC	3:44.03
4 Erik Nedeau	New Balance TC	3:44.31
5 Steve Holman	Reebok Enclave	3:45.10
6 Michael Cox	U. of Kansas	3:46.19
7 Scott Anderson	Princeton U.	3:47.79
8 Mark Dailey	Reebok RC	3:48.07

**Men's 5,000 Meter Run**

NAME	TEAM	TIME
1 Bob Kennedy	Nike TC	13:19.99
2 Mark Coogan	New Balance TC	13:23.72
3 Matt Giusto	Foot Locker AC	13:27.87
4 Jim Spivey	Asics TC	13:42.85
5 Ron Harris	Reebok Enclave	13:44.36
6 Dan Middleman	New York AC	13:49.33
7 Brian Baker	New Balance TC	13:53.43

**Men's 10,000 Meter Run**

NAME	TEAM	TIME
1 Todd Williams	adidas	28:01.84
2 Chris Fox	Unattached	28:23.94
3 Tom Ansberry	Nike TC	28:27.85
4 Rodney Dehaven	New Balance TC	28:28.42
5 Joe Lemay	Adidas R. Room	28:32.07
6 Bradley Barquist	Mizuno TC	28:39.05
7 Brian Clas	Reebok Enclave	28:42.11
8 Dan Nelson	Unattached	28:47.10

**Men's 20,000 Meter Race Walk**

NAME	TEAM	TIME
1 Allen James	Ath. in Action	1:24:46.00
2 Herm Nelson	Club Northwest	1:27:14.73
3 Gary Morgan	New York AC	1:28:40.98
4 Phillip Dunn	adidas	1:29:10.25
5 Curt Clausen	Shore AC	1:29:20.54
6 Timothy Seaman	UW-Parkside	1:29:20.67
7 William Van Axen	UW-Parkside	1:29:32.20
8 Robert Cole	Reebok RC	1:29:58.75
- Jonathan Matthews	Unattached	DNF

Contd. on page 13



**Men's 110 Meter Hurdles**

NAME	TEAM	TIME
1 Roger Kingdom	Foot Locker AC	13.09
2 Allen Johnson	Goldwin TC	13.11
3 Jack Pierce	Mizuno TC	13.26
4 Terry Reese	Unattached	13.39
5 Michael Dees	adidas	13.47
6 Larry Harrington	MidAtlantic Sports	13.49
7 Derek Knight	Maccabi	13.51
- Courtney Hawkins	adidas	FS

**Men's 400 Meter Hurdles**

NAME	TEAM	TIME
1 Derrick Adkins	Reebok RC	48.44
2 Ryan Hayden	St. Augustine's	49.04
3 Octavius Terry	Georgia Tech	49.20
4 Bryan Bronson	PowerAde AC	49.22
5 Eric Thomas	Nike Atlantic Coast	49.61
6 Mc Clinton Neal	Unattached	50.09
7 Martin Beck	Nike Int.-LA	50.10
8 Maurice Mitchell	US West TC	50.45

**Men's 3,000 Meter Steeplechase**

NAME	TEAM	TIME
1 Mark Croghan	adidas	8:17.54
2 Tom Nohilly	Reebok Enclave	8:26.54
3 Karl Van Calcar	Nike TC	8:27.38
4 Brian Diemer	Nike International	8:27.72
5 Dan Reese	US West TC	8:31.90
6 Gavin Gaynor	Nike Atlantic Coast	8:34.68
7 Samuel Wilbur	Dartmouth College	8:36.17
8 Francis O'Neill	Asics TC	8:37.61

**Men's High Jump**

NAME	TEAM	MARK
1 Charles Austin	Unattached	2.30m 7'06.50
2 Tony Barton	adidas	2.27m 7'05.25
3 Rick Noji	Stars&Stripes	2.27m 7'05.25
4 Stephen Smith	Nike TC	2.24m 7'04.25
5 Ray Doakes	Arkansas	2.24m 7'04.25
6 Chris O'Neill	S. F. Austin	2.24m 7'04.25
7 Randy Jenkins	Nike TC	2.24m 7'04.25
8 Otis Winston	Ohio State	2.20m 7'02.50
8 Jeff Wylie	AIA	2.20m 7'02.50

**Men's Pole Vault**

NAME	TEAM	MARK
1 Scott Huffman	Foot Locker	5.80m 19'00.25
2 Dean Starkey	Reebok RC	5.75m 18'10.25
3 Bill Payne	Unat	5.75m 18'10.25
4 Joe Dial	Tiago	5.75m 18'10.25
5 Lawrence Johnson	Tennessee	5.70m 18'08.25
6 Pat Manson	Goldwin TC	5.65m 18'06.50
7 Jeff Hartwig	Bell Ath.	5.50m 18'00.50
8 Kory Tarpenning	Nike Int'l	5.50m 18'00.50
8 Mike Holloway	Mizuno HTC	5.50m 18'00.50

**Men's Long Jump**

NAME	TEAM	MARK
1 Mike Powell	Foot L	8.55m 3.6 28'00.75
2 Carl Lewis	SMT C	8.45m 6.0 27'08.75
3 K. Streete-Thompson	Unat	8.36m 8.5 27'05.25
4 Roland Mc Ghee	Nike	8.35m 3.3 27'04.75
5 Percy Knox	R.S.T.	8.29m 4.2 27'02.50
6 Erick Walder	adidas	8.17m 3.1 26'09.75
7 Marcus Bailey	Unat	7.92m 4.3 26'00.00
8 Sean Robbins	Ash.	7.89m 6.5 25'10.75

**Men's Triple Jump**

NAME	TEAM	MARK
1 Mike Conley	FootL	17.18m 1.8 56'04.50
2 Ivory Angello	Rice	17.10m 5.4 56'01.25
3 Lamark Carter	MidAtl	16.64m 4.3 54'07.25
4 Tyrone Scott	Accu	16.62m 3.8 54'06.50
5 Charles Rogers	Cheet	16.51m 2.1 54'02.00
6 Clifton Etheridge	Gold	16.48m 1.9 54'01.00
7 Ricardo Hall	Pa St	16.45m 3.3 53'11.75
8 Antoine Howard	Nike	16.25m 1.8 53'03.75

**Men's Shot Put**

NAME	TEAM	MARK
1 Brent Noon	Unat	21.08m 69'02.00
2 John Godina	Reebok	20.90m 68'07.00
3 Randy Barnes	Goldwin	20.85m 68'05.00
4 CJ Hunter	US West	20.51m 67'03.50
5 Kevin Toth	Nike	19.41m 63'08.25
6 Scott Petersen	Unat	19.26m 63'02.25
7 Pete Kaligis	Unat	18.85m 61'10.25
8 Mark Parlin	Bruin TC	18.47m 60'07.25

**Men's Discus Throw**

NAME	TEAM	MARK
1 Mike Buncic	Nike TC	64.82m 212'08.00
2 John Godina	Reebok	64.60m 211'11.00
3 Randy Heislser	Nike Indy	63.60m 208'08.00
4 Adam Setliff	Stars&Str	62.44m 204'10.00
5 Kevin Fitzpatrick	Stars&Str	62.42m 204'09.00
6 Gregg Hart	Nike Indy	61.64m 202'03.00
7 Andy Bloom	Wake For	58.18m 190'10.00
8 Andy Meyer	Mizuno	58.14m 190'09.00

**Men's Hammer Throw**

NAME	TEAM	MARK
1 Lance Deal	NYAC	77.68m 254'10.00
2 David Popejoy	Stanford	73.42m 240'10.00
3 Kevin Mc Mahon	Geo'town	71.30m 233'11.00

**Athletes Turn in Good Marks at PA Open Championships**

College of San Mateo, June 3rd

**Women's 100H/33" (+2.1 mps)** 1. Valerie Manning (Sac TC) 13.51; 2. Rhonda Colvin (U.S. Army) 13.65; 3. C. Peggy Odita (Sac TC) 13.94. **Women's 400H1.** Alieen Poulin (Nike Coast) 58.91; 2. Gia Kalagian-Fednco (unat) 1:07.05; 3. Lee D'Alessandra (unat) 1:12.60. **Women's 100 m (+2.5 mps)** 1. Rhonda Colvin (U.S. Army) 12.19; 2. Tiff Riddick-Mitchel (unat) 12.61; 3. Alison Pratt Schellig (West Valley TC) 13.76. **Women's 200 m (+.08 mps)** 1. Gracie-Ann Dinkins (unat) 26:17.0; 2. Jody Nickolopoulos (unat) 27.87; 3. Jennifer Green (unat) 28:31.0. **Women's 400 m1.** Heather Miller unat 57.18; 2. Valerie Scott (unat) 1:08.14; 3. Martie Behrens (NorCal Seniors TC) 1:08.25. **Women's 800 m1.** Renee Manfredi (Sac TC) 2:09.54; 2. Deb Wolff (unat) 2:10.19; 3. Bigna Samuel (Wolfpack International) 2:14.94. **Women's 1500 m1.** Suzy Jones (unat) 4:20.28; 2. Lisa Myles (Sac TC) 4:32.89; 3. Bigna Samuel (Wolfpack International) 4:33.89. **Women's 5,000 m1.** Ellen Lyons (unat) 17:53.53. **Women's 3,000 Steeplechase** 1. Monica Townsend (Reebok Aggie Running Club) 10:54.4 (*American record over 30" barriers*); 2. Kristin Diggs (Sac TC) 11:23.0; 3. Sierra Standish (Deanza College) 13:01.2. **Women's 5,000 Race Walk** 1. Kerry Moskalik (Golden Gate Racewalkers) 24:20.1; 2. Chris Sakelarios (Parkside Athletic Club) 25:15.8; 3. Therese Iknoina (Golden Gate Racewalkers) 26:25.7. **Women's Triple Jump** 1. Flo Adu (unat) 12.22 (40-01.25); 2. Tammy Graham (unat) 12.22 (40-01.25); 3. Dawn Brown (unat) 12.06 (39-07.0). **Women's High Jump** 1. Juli Broughton-Barr (Sac TC) 1.75 (5-08.75); 2. Monica Tobin (unat) 1.55 (5-01.0); 3. Katie Hotchkiss (Mission Valley TC) 1.30 (4-03.25). **Women's Pole Vault** 1. Jen Dalton (unat) 3.30 (10-10.0). **Women's Shot** 1. C. Peggy Odita (Sac TC) 12.92 (42-04.75); 2. Joyce Adams (San Mateo Athletic Club) 12.72 (41-08.75); 3. Kerri Smith (Hartnell College) 11.92 (39-01.25). **Women's Discus** 1. Joyce Adams (San Mateo Athletic Club) 40.46 (132-09.0); 2. Jennifer Barrett (Hartnell College) 40.02 (131-03.0); 3. Anna Vega (unat) 35.32 (115-10.0). **Women's Javelin** 1. Nicole Carroll (San Mateo Athletic Club) 59.12 (193-11.0); 2. Erica Wheeler (Muzuno) 54.46 (178-08.0); 3. Staci Raines (San Mateo Athletic Club) 48.86 (160-04.0). **Men's 100 m (+3.0 mps)** 1. Marty Krule (Wolfpack International) 10.62; 2. Andre Jackson (unat) 10.95; 3. Rowland Joe Siaisiai (unat) 11.33. **Men's 200 m (+1.7 mps)** 1. John Johnson (unat) 22.03; 2. Marty Krule (Wolfpack Interna-

4 James Driscoll	NY AC	69.24m 227'02.00
5 John Walker	Bost. AA	67.62m 221'10.00
6 Brian Murer	SMU	67.18m 220'05.00
7 Steve Dering	NYAC	66.80m 219'02.00
8 Louis Chisari	NYAC	64.80m 212'07.00

**Men's Javelin Throw**

NAME	TEAM	MARK
1 Tomas Pukstys	adidas	81.48m 267'04.00
2 Erik Smith	Bruin TC	74.04m 242'11.00
3 Jim Connolly	GEO	73.86m 242'04.00
4 Michael Barnett	NYAC	73.22m 240'03.00
5 Todd Riech	Nike TC	72.32m 237'03.00
6 Gerard Langlois	Shore AC	72.20m 236'10.00
7 Art Skipper	Nike Ore	71.74m 235'04.00
8 Robert Curtis	Keihas	70.86m 232'06.00

**Men's Decathlon**

NAME	TEAM	MARK
1 Dan O'Brien	Foot Locker AC	8682
2 Chris Huffins	Mizuno TC	8351
3 Brian Brophy	Reebok RC	8257
4 Ricky Barker	VISA Track Club	8170
5 Dan Steele	Nike Oregon Int'l	8102
6 Rob Muzzio	VISA Track Club	8090
7 Kip Juvrin	VISA Track Club	8037
8 Mario Sategna	Louisiana State U.	7909

tional) 22.18; 3. Yusef Waters-Rashad (College of San Mateo) 22.83. **Men's 400 m 1.** Marvin Samuek (unat) 48.59; 2. Merrill Samuek (unat) 50.59; 3. Genna Abramenko (unat) 53.14. **Men's 800 m 1.** Brian Wilkinson (Hartnell College) 1:51.62; 2. Drake Dawson (Lake Merritt Juggers/Striders) 1:56.27; 3. Tyson Thomas (Wolfpack International) 2:01.53. **Men's 1500 m1.** Fred Carter (The Farm Team) 4:04.43; 2. Joe Carnegie (unat) 4:08.00; 3. Tyson Thomas (Wolfpack International) 4:08.33. **Men's 3,000 Steeple** 1. Eduardo Avila (Wolfpack International) 9:52.1; 2. Dale Porter (unat) 10:01.6; 3. Donald Ellis (Merced College) 11:13.5. **Men's 5,000 m 1.** Parker Kelly (Reebok Aggie Running Club) 15:30.9; 2. Tom Cushman (Reebok Aggie Running Club) 15:42.7. **Men's 10,000 m1.** Rich Hanna (Buffalo Chips Running Club) 31:26.4; 2. Jim Flint (Etonic) 31:29.0; 3. Mike Gottardi (Buffalo Chips Running Club) 32:57.0. **Men's 110H (+4.6 mps)** 1. Roderick Jett (unat) 13.69; 2. Rowland Joe Siaisiai (unat) 15.02; 3. Ben Warner (unat) 15.30. **Men's 5,000 RW** 1. Bill Penner (Stockton St. George TC) 24:55.8; 2. Joe Sheppard (Golden Gate Racewalkers) 25:36.0; 3. Art Klein (Santa Cruz TC) 29:09.4. **Men's 400H1.** Ben Warner (unat) 59.41; 2. Dario Denavides (University de Catholica) 1:00.83; 3. Kevin McMullen (Col of San Mateo) 1:05.33. **Men's Long Jump** 1. Jason Robinson (unat) 7.18 (23-06.75); 2. Byron Young (unat) 7.03 (23-00.75); 3. Neil Leahey (Hartnell College) 6.81 (22-04.25). **Men's Triple Jump** 1. Raymond Kimble (unat) 15.54 (51-00.0); 2. Seteone Veamatahau (College of San Mateo) 14.11 (46-03.5); 3. Sal Grewal (unat) 13.39 (43-11.25). **Men's High Jump** 1. John White (unat) 2.00 (6-06.75); 2. Neil Leahey (Hartnell College) 1.95 (6-04.75); 3. James Le Vain (unat) 1.95 (6-04.75). **Men's Pole Vault** 1. Mike James (Hartnell College) 4.70 (15-05.0). **Men's 16 lb. Shot Put** 1. Jason Dossey (San Mateo Athletic Club) 15.35 (50-04.5); 2. Renato Grizelj (SMAC) 15.32 (50-03.25); 3. Brian Brophy (Reebok) 15.22 (49-11.25). **Men's Discus** 1. John Wirtz (unat) 56.38 (185-00.0); 2. Brian Brophy (Reebok) 50.78 (166-07.0); 3. Jason Dossey (San Mateo Athletic Club) 47.66 (156-04.0). **Men's Javelin** 1. Perry Donnafield (unat) 64.58 (211-10.0); 2. Ralph Howe (Athletics In Action) 56.30 (184-08.0); 3. John Hansen (unat) 53.76 (176-04.0). **Men's Hammer** 1. David McKenzie (Sac TC) 64.70 (212-3) *American Record for men 45-49*; 2. Dave DeBus (Sac TC) 63.00 (206-8); 3. Chris Leming (unat) 59.92 (196-7).

# O'Brien Surprises Top Hurdlers at Bruce Jenner Classic

By John Crunpaker

After the way he performed at the Bruce Jenner Classic May 27, Dan O'Brien could fall out of bed and still score 8,800 points in the decathlon, a total achieved by only three men in history, himself included.

Imagine what he could do with a good night's sleep and a conventional awakening.

"I don't see me scoring under 8,800 even on an average day," O'Brien said. "Someone told me Dave Johnson is ready to go. I think everyone is ready for second place. No one in the U.S. can score 8,800."

O'Brien, the two-time world champion in the decathlon, tested himself in the 110-meter hurdles and long jump at the Jenner meet and came away with performances that have given him 2,051 points. His world record for the 10-venter is 8,891.

He ran second in the hurdles on the bright blue track at San Jose City College in a huge lifetime best of 13.47 seconds and in the process beat Roger Kingdom, the 1984 and '88 Olympic gold medalist. He also beat such accomplished hurdlers as Tony Dees, Robert Reading, Courtney Hawkins, and Mark Crear. Only former UCLA hurdler Derek Knight ran faster than O'Brien, 13.42.

"Yo, man, let's not make it a habit," a chagrined Kingdom said. "He ran a hell of a race."

Kingdom and Crear, in adjoining lanes, spent the better part of 110 meters banging into each other, which allowed Knight to slip in for the win. In improving his best time from 13.81, O'Brien got a good start and maintained his form over the 10 barriers.

"I knew it was going to be a fast time," O'Brien said. "I knew if I was going to get a PR, this would be the place. If I got a good start I knew I could run with these guys. Today, I managed to handle the wind a little bit better than these guys. I saw (Kingdom) run 13.18 in New York. I can't think I'm too good yet."

"I'm very consistent right now," O'Brien said. "All my jumps were over 25-5. I'm happy about that. I just feel good. The whole key for me is preparation and I've had good preparation all season."

"I talked to my agent, Brad Hunt, and he said if I can score 9,000 points this year, that's my marketability going into the Olympic year," he said. "Because Americans are going to be watching a world record-holder. I broke the world record at the wrong time, after the (1992) Olympics. It didn't get much visibility."

With the national championships two weeks away, America's elite track athletes are

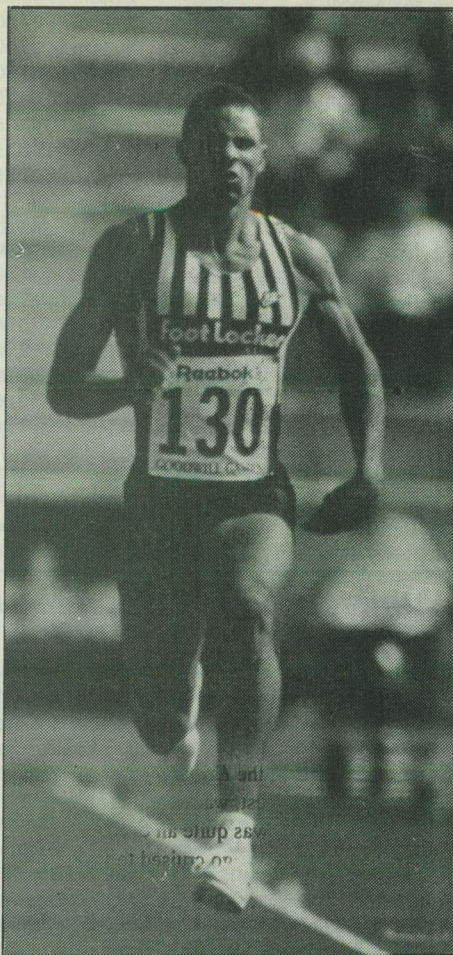


Photo by Victor Sailer/Photo Run

Dan O'Brien

beginning to compete themselves into competitive shape. A look at other events at the Jenner meet revealed:

- Tisha Waller of South Boston, Va., is ready for new heights. The former North Carolina jumper became the sixth American woman to scale 6-6 in the high jump in winning the event.

"It shows we have great jumpers in the U.S.," Waller said. "After my second attempt, I was very confident I could make it. I just had to take my time and not rush the jump."

- Michael Johnson is ready for a 200-400 double at Sacramento. He won the 200 Saturday in a wind-aided 19.99 after running 44.25 in the 400 three weeks ago. Johnson is so fast, he left the track without speaking to reporters.

- John Godina is ready for a weight double at Sacramento and beyond. The Bruin senior spun the discus out to a personal best of 213 feet to beat a quality international field. Godina threw the shot put 71-4-1/2 last week to lead the world.

"It didn't feel good at all," Godina said of his discus throw. "I had a couple warmups at 225 feet. I need more experience and more

confidence. I get so nervous in the discus. I don't know why. I don't have that problem in the shot."

- Connie Price-Smith is ready for the world's best in the women's shot. She came within three quarters of an inch of her personal best with a winning toss of 64-3. That's not far off the world-leading throw of 65-9-1/2 by Kathrin Neimke of Germany.

On the downside, the great Jackie Joyner-Kersey was off her form in the 100 hurdles. Despite being honored on "Jackie Joyner-Kersey" day in San Jose, she could not better than third in 13.30, behind Doris Williams (13.02) and Jackie Humphrey (13.07).

## Women's Results

**200 meters:** 1. Cathy Freeman, Australia, 22.50; 2. Carlette Guidry, US, 22.64; 3. Pauline Davis, Bahamas, 22.85.

**800 meters:** 1. Meredith Rainey, US, 2:00.91; 2. Charmaine Crooks, US, 2:01.71; 3. Tina Paulino, Mozambique, 2:02.44.

**3000 meters:** 1. Laura Mykytok, US, 8:52.54; 2. Anna Brsosinska, Poland, 8:52.67; 3. Libby Johnson, US, 8:57.67.

**100 meter hurdles:** 1. Doria Williams, US, 13.02; 2. Jackie Humphrey, US, 13.07; 3. Jackie Joyner-Kersey, US, 13.30.

**400 meter hurdles:** 1. Tonja Buford, US, 55.28; 2. Debbie Parris, Jamaica, 55.52; 3. Olga Nazarova, Russia, 56.32.

**High jump:** 1. Tisha Waller, US, 1.98/6-6; 2. Yolanda Henry, US, 1.92/6-3.5; 3. Tanya Hughes, US, 1.92.

**Shot put:** 1. Connie Price-Smith, US, 19.58/64-03; 2. Valentina Fedyushina, Ukraine, 19.03/62-5.25; 3. Ramona Pagel, US, 18.82/61-09.

## Men's Results

**100 meters:** 1. Raymond Stewart, Jamaica, 10.23; 2. Brian Lewis, US, 10.41; 3. Ricky Carrigan, US, 10.42.

**200 meters:** 1. Michael Johnson, US, 19.99 (wind +2.50); 2. Jeff Williams, US, 20.37; 3. Anthuan Maybank, US, 20.52.

**800 meters:** 1. Sam Langat, Kenya, 1:45.34; 2. Atle Douglas, Norway, 1:45.75; 3. Nico Motchebon, Germany, 1:46.31.

**110 meter hurdles:** 1. Derrick Knight, US, 13.42; 2. Dan O'Brien, US, 13.47; 3. Roger Kingdom, US, 13.48.

**Long jump:** 1. Erick Walder, US, 8.18/26-10; 2. Joe Greene, US, 7.92/26-0; 3. Dion Bentley, US, 7.83/25-8.25.

**Pole vault:** 1. Nick Hysong, US, 5.65/18-6.5; 2. Scott Huffman, US, 5.65/18-6/5; 3. Kevin Brown, US, 5.50, 18-00.5.

**Hammer:** 1. Ken Norlen, US, 61.46/201-08; 2. Chris Leming, US, 60.16/197-04; 3. David DeBus, US, 59.98/195.09.

**Javelin:** 1. Tom Pukstys, US, 80.28/263-05; 2. Edgar Baumann, Paraguay, 77.06/252-10; 3. Sigurdue Einarsson, Iceland, 76.46/250-10.

**Discus:** 1. John Godina, US, 64.92/213.0; 2. Sergey Lyakhov, Russia, 63.8/209-4; 3. Nick Sweeney, Ireland, 62.92/206-5.

# Runner Remembers a Friend Lost in Oklahoma City...

By Matt Johanson

No one blamed Randy Guzman, but we were getting stomped.

Running in the 1986 Christmas Relays, our team fell behind a good 50 others on the first leg and perhaps a dozen more over the next two. Better days we definitely had, though the guys weren't exactly broken up over it. We'd just wrapped a long cross country at Castro Valley High School, and were too busy goofing off to feel bad about our pitiful performance.

Except Randy Guzman, that is, who was something of a clown himself but always a serious competitor. If we annoyed him, he never let it show, but he ran his heart out that day, making up ground though he was our squad's slowest runner on paper. He could no longer mask the pain as he sprinted toward me in the handoff zone, and when he slapped my hand and bent over in fatigue, I knew I couldn't abandon the cause either.

Randy finished another run this spring. Not quite 29, his body was found in the debris that remains of Oklahoma City's federal building, where he worked as a Marine recruiter. He died at his desk, in uniform, in the April 19 bombing.

When word of his passing arrived through the team's alumni grapevine, I remembered my first days of distance running when Randy showed us younger guys the ropes. A two-miler in the 11-minute range, he was low on talent and not even close to the fastest runner in a program that produced stars like Larry Guinea, Mike Spencer, and Calvin Gaziano. But Randy had the persistence shared by all great runners, and he became a model for everyone else who didn't enjoy instant success.

I know I won't meet a friendlier person in this life; he never stopped smiling, supporting his teammates, or congratulating his competitors when they excelled. On short notice, he happily agreed to haul for clamorous teenagers to the Christmas Relays in the back of his pick-up.

So much did the team respect him that the boys fixed a cross country race for him in 1983, the fall of his senior year. No one deserved a win more than Randy, they figured, so they fell in line behind him that day, and still scored a perfect 15 points against Tennyson High School in Hayward's Garin Park.

It was an awkward compliment, but Randy didn't consider the gesture condescending. True to his nature, he cheerily accepted it in the spirit the boys intended.

It's easy to forget a person's flaws after they pass away, but I never met anyone with a bad word to say about Randy when he was alive. That such a rich spirit could be lost so quickly, and so senselessly, is a hard thing to accept.

But special qualities are often found in those left behind after such a tragedy. I didn't have to look far from home to see this for myself.

A local firefighter named Jim Mendonsa flew to Oklahoma City and risked his life searching for survivors in the rubble. Four kids at nearby Summerville Elementary School led a drive to collect nearly \$1,000 for the city's needs.

These sound like things Randy would do.

Though I don't know them well, I'm sure Randy's family and fiance will always carry his spirit, just like his fellow Gulf War veterans and teammates from Castro Valley, Chabot College, and Cal-State Hayward will do.

And when I hit the wall in a race or a workout, I'll think of Randy and the way he never quit.

Randy's leg is finished, but the race isn't over. The way I see it, he passed the baton. And now it's up to us to run with the strength and courage he displayed.

Matt Johanson is a reporter at the Union Democrat in Sonora. He runs for Hoy's Sports Racing Team and holds San Francisco State University's record in the steeplechase.

## Examiner Bay to Breakers: Kirui Defends, Asiago Dominates Chris Fox, Gwyn Coogan Capture National Titles

By Ryan Lamppa

On Sunday, May 21, under cool, overcast conditions, the 84th Examiner Bay to Breakers delivered another exciting and memorable race. The third consecutive year, the race also served as USA Track & Field's men's and women's 12 km road championship.

For the men, two-time defending Breakers champion, Ismael Kirui, 20, looked to three-peat, but countrymen Josphat Machuka, who broke Kirui's 12 km world record (33:42, Breakers '93) two weeks before at Lilac Bloomsday (33:41) and a strong American contingent led by defending U.S. 12 km champion Chris Fox, looked to dethrone the 1993 5000-meter world champion.

Unlike last year, from the gun, the Americans (Fox, Mak Coogan, Keith Brantly, et. al.) did not shy away from the talented Kenyans. By two miles, the lead pack included Kirui, Machuka, Fox, and Lazarus Nyakeraka. Impressively, Fox pushed the pace and briefly took the lead just past the Hayes Street hill (3.5-mile mark). Kirui, however, controlled the race thereafter and he claimed his third consecutive win (33:58) as he again defeated Machuka (34:01). Fox finished a solid third in 34:42 and defended his U. S. title. In the national championship race, Mark Coogan kicked hard for second (34:59, 5th overall) and edged USA Running Circuit leader Keith Brantly who claimed third (35:00, 6th overall).

In the women's race, Kenyan Delilah Asiago, 23, simply ran away from the field as she won handily in 38:23, a Breakers course record (number two all-time behind her world-record 38:19 at Lilac Bloomsday this year). At present, she is the hottest female road runner in the world (she's won 10 of 11 races thus far in 1995).

Asiago's countrywoman Rose Cheruiyot and American Gwyn Coogan battled for second place, but just past six miles, Rose pulled away and hit the tape in 39:28. Coogan, however, claimed the U.S. championship with a 39:38. Laura Mykytok was national runner-up (39:56, 4th overall) and defending U.S. champion Jody Hawkins settled for third (40:20, 6th overall).

In the masters division, Ric Sayre, 41, from Ashland, Ore., won the men's title (37:54) for the second consecutive year, while new master Christine Kennedy, from nearby Mill Valley, capture the women's crown (44:09).

The PowerBar Aggies won the men's centipede race (38:19). The Reebok Aggies team capture the women's centipede honors (48:04).

Four national single age records were set by Fox, age 36; Coogan, 29, Brantly, 32, and Coogan, 29.

As usual, the Examiner Bay to Breakers—America's largest, wackiest, and oldest continuous road race—was quite an event. Kirui captured his third win, Asiago cruised to victory, Fox and Coogan won national titles, and 80,000 participants experienced Breakers magic.

	<u>Name</u>	<u>age</u>	<u>country</u>	<u>Time</u>	<u>Prize</u>
1.	Ismael Kirui,	20,	Kenya	33:58	Kia + air tickets
2.	Josphat Machuka,	19,	Ken	34:01	\$4,000
3.	Chris Fox,	36,	USA	34:42	\$8,000 + tickets (1st U.S.)
4.	Lazarus Nyakeraka,	20,	Ken	34:50	\$2,000
5.	Mark Coogan,	29,	USA	34:59	\$4,000
6.	Keith Brantly,	32,	USA	35:00	\$1,000
7.	Pat Porter,	36,	USA	36:03	\$500
8.	Steve Plasencia,	38,	USA	36:32	
9.	Arturo Barrios,	32,	USA	37:10	
10.	Eddie Holzmen,	24,	USA	37:44	
14)	Ric Sayre,	41,	USA	37:54	\$500 + tickets (1st master)

	<u>Name</u>	<u>Age</u>	<u>Country</u>	<u>Time</u>	<u>Prize</u>
1.	Delilah Asiago,	23,	Kenya	38:23	Kia + air tickets
2.	Rose Cheruiyot,	19,	Kenya	39:28	\$4,000
3.	Gwyn Coogan,	29,	USA	39:38	\$8,000 +tickets (1st U.S.)
4.	Laura Mykytok,	26,	USA	39:56	\$5,000
5.	Lieve Siegers,	30,	Belgium	40:13	\$1,000
6.	Jody Hawkins,	28,	USA	40:20	\$1,000
7.	Olga Appell,	31,	USA	41:42	\$500
8.	Christine Kennedy,	40,	Ireland	44:09	\$500 +tickets (1st master)
9.	Honor Fetherston,	40,	USA	44:28	\$500
10.	Ashley Black,	23,	USA	44:41	

# Trujillo Repeats; Conover Comeback Continues at Reno Air 15 km

By Mike Weddington

Sterling marathoners Maria Trujillo of Marina and the Ryan's Sports Team, and Mark Conover of San Luis Obispo and the Reebok Aggies, raced to decisive victories in the 1995 PA-USATF 15 km Championship race, the June 4th Reno Air race in Reno.

Although not apparent when glancing at the final results, both Maria and Mark had to work hard for their wins. In fact, both trailed for much of the early going as local Silver State club runners Terry Adams-Schmidt and Miguel Tibaduiza (can't hold those sub-masters back!) took the pace out over the flat, paved, and 4,500 foot-high course.

With snow-covered, 10,000 ft. Mt. Rose looming over the scene from the southwest, and 70-plus degree heat beginning to leech vitality from the field in the still morning air, Trujillo struggled to stay within reach of Adams-Schmidt through six miles, with remarkable master Christine Boyle (nee Kennedy) of the Reebok Aggies now running alongside. Maria's marathon strength served her well at this point as she caught and passed Adams-Schmidt and gradually pulled away from her and Boyle, who were now dueling it out for second. It was all Trujillo at the end, as she scored a clear win by almost a minute in 55:09. Adams-Schmidt eeked out a second place finish in 56:03, with Boyle close behind in 56:13. Three minutes later, Laura Sanchez of the Ryan's Racing team crossed the line in 4th (59:47), the only other woman to break an hour over the 9.3 mile course.

In the men's contest, a Reebok Aggie triumvirate of Conover, Aispuro, and Griffiths and PA-USTAF seasonal points leader Mike Stone of the Empire Runners soon surged past Tibaduiza to tangle for the 15 km title. All four took turns vieing for the lead during the middle of the race, until Conover began a gradual surge towards the finish with fellow marathoner Aispuro in tow. Griffiths and Stone, meanwhile, faded in the now toasty conditions. Down the final 3/4 mile straightaway, it was all Conover, as Mark earned his first victory of note in a long time with a fine 47:16.8, with Aispuro (47:24), Griffiths (47:44), and Stone (48:04) in tow. All four are in the thick of the seasonal PA title now, with Tibaduiza (6th, 49:14) and Aggie Charles Alexander (7th, 49:24) also in the chase. Stone's effort was note-worthy, coming as it did off a 29:38 10 km win at Pacific Sun the week before and a five week layoff due to an illio-tibial band injury ending only two weeks prior to Pac-Sun.

In the masters races, Christine Boyle won by a Nevada country mile, while Excelsior's Lloyd Stephenson edged out West Valley Jogger and Strider Bob Ebert by 14 seconds with an excellent 50:29, thereby supplanting teammate Francis John Gailson as defending 15 km tittlest. Boyle's, meanwhile, replaces WVTC's Joan

Ottaway, who, like Gailson, did not show.

Following Boyle were the Buffalo Chips' Kathy Ward (a fast 61:00), the apparently unaffiliated Liz Edwards (61:51), and Ryan Sport's Darlene Wallach (64:12) and Chip Cindy Scott (64:31). On the testosterone side, Excelsior's Charles Thompson repeated his 3rd-place finish of a year ago with a nearly identical time (two seconds slower in 51:39). Next came Dan Sauers of the Joggers and Striders (53:12) and Michael Ignatius of the East Bay Striders (54:28).

In the senior division, Ewar Gordillo of Excelsior and Barbara Miller of the West Valley Track Club produced two of the finest efforts of the entire 560 person event (including the accompanying 5k and half-marathon events). Reno resident Gordillo continued his excellent season with a superb 54:20 effort (well under 6 min. pace). Miller followed with an equally astonishing senior-caliber effort of 63:59, as the 55-year old put exactly 5 minutes between herself and second place finisher Louise Walters (Impala). Dan Preston followed Gordillo in the men's 50-59 division with an outstanding 56:44, with Perry Hayden (Silver State), Gordon Abbott (Tamalpa), and Tim Rostege (West Valley Joggers and Striders) all following in the 58 minute range. Next after Walters in the women's 50-59 division were Joan Reiss (West Valley Track Club) in 75:52, Georgia Riley of the Joggers and Striders (78:33), and Barbara Brady of Impala, who was the last senior to break 1:20 with her 79:29.

Carl Ellsworth of the Buffalo Chips also shined on this sunny morning with a very swift 66:48, to easily take the 60-69 division. Ron Ogilvie (unaffiliated) was next in 69:52, and was followed in by a quartet of WVJS members led by club leader Ken Napier (71:06). Myra Rhodes of the Chips was the only recorded PA woman in the 60+ divisions, as she ran a solid 77:40 (at age 67!). And in the 70-79 division, there were three male finishers- all WVJS members. Frank Cunningham led the inspirational septugenarians with a fine 79:51, with mates Stanley Demartinis (83:40) and Howard Powers (91:22) following.

Question: Does the 4,500 foot altitude have much of an effect on one's performance? Many veteran finishers were polled by this writer, and although many tried to downplay the altitude's influence in noting that the heat took more of a palpable toll on them (as well as some of the course's numbing 1-3 mile straightaways), the effect seemed obvious. Almost every PA runner ran about 5-15 seconds a mile slower than they have over comparable distances at sea level during the last several months. The more experienced competitors noticed that surging in the rarified air was particularly difficult, as bursts of speed required more subsequent recovery than on the lowlands. Therefore, the more patient and strength oriented runners seem to do exception-

ally well today. It is hard to say how high one must be before truly being affected by altitude; undoubtedly, it probably depends a great deal on who the particular runner is and their level of conditioning.

In the team races, the Reebok Aggie Men and the Silver State Strider women blew out the competition in the Open Division, providing everyone was PA-eligible. For the men, Silver State, Empire, and East Bay repeated their team 2nd, 3rd, and 4th finishes of a year ago, with Tamalpa scoring a team this year in 5th (WVJS and the Chips apparently did not field full teams of five). In the Women's Open Team event, only the Chips and WVTC seemed to join Silver State in fielding complete teams, as they went 2-3, respectively (the top 4 teams of a year ago- the Aggies, Ryan's, East Bay, and Impala, all failed to field complete teams this year, according to the unofficial results).

In the Masters Divisions, five teams battled for the men's team title, as heavyweights Excelsior and West Valley Joggers and Striders hammered it out. Excelsior unofficially prevailed, with East Bay, Silver State, and Tamalpa following in places 3-4-5 (Excelsior also won a year ago). For the women, only two teams seemed to have the requisite three finishers, as the Chips won out over Impala, as WVTC and WVJS were conspicuously absent from the scoring (they went 1-2 a year ago).

The Senior Division team winners by a large margin were WVJS (men), and WVTC (women). Unofficially following them were Tamalpa, Silver State, Empire, and the Chips on the men's side, while Impala and WVJS brought up the rest of the pack for the women. The only club to score in the 60-69 and 70-79 divisions, meanwhile, was prolific WVJS, who have one of the largest and well-organized groups of super-senior and veteran runners in the nation.

The individual and team results here at the 15 km championships in Nevada will shake up the seasonal standings a bit, as many teams and runners who usually make it to PA events were absent. With the great majority of PA members residing in the Bay Area, the 8 to 12 hour round-trip to Reno by car disuades a good many. The race itself, however, is of exceptional quality, as the community and the host Silver State Striders club put a great deal of organizational care into the event. The major sponsors this year were Reno Air, the Clarion Hotel, KOLO-TV of Reno, Seven-Up, and Hertz, with some 20 other businesses also contributing. A well-received race press conference and pasta feed was provided to entrants and the media the day before, and the event raised thousands of dollars this year for the Silver State Striders and the Muscular Dystrophy Association of Northern Nevada. Kudos to co-race directors Luis Navarro and Bill Meister for their volunteer efforts, and to

results-which Ken McKim, among many others. Runners polled were generally pleased with the race, with the long straightaways on the 15 km course being the only real source for complaint, along with the fact that the course seems to change every year. A great deal of credit must be given to the hosts and sponsors of this race for providing a quality affair with professionalism and a friendly atmosphere.

#### **PERSONAL INSIGHT:**

**Maria Trujillo-** For years now one of the top marathoners in the U.S., Maria raced to her second consecutive win at the Reno Air 15 kilometer PA-USTAF Championship. The 35-year-old former Olympian (she represented her native Mexico with a 25th place finish in 2:38:50 at the 1984 Los Angeles Games) ran a credible 55:09.3 this year in warm, windless conditions in fending off talented challengers Terry Adams-Schmidt and Christine Kennedy.

Maria won this year despite intentionally "training through" Reno Air, as she actually struggled through the first six miles of the 9.3 mile course to stay in touch with hard-driving local star Adams-Schmidt and the world-class master Kennedy. Coming off of a 34:27 10 km win and \$600 payday at the competitive Pacific Sun event in Marin County just six days earlier, Maria was running here primarily "for the team", which happens to be the Ryan's Sports Racing Team based in the Southern Bay Area.

Her plans in 1995? To focus less on marathons this year while working on basic speed. She plans to do more 5 km's and 10 km's this year before going into a strength phase late in the year, in preparation for the U.S. Olympic Trials in February, 1996. Seventh in the 1992 U.S. Olympic Marathon Trials in Houston in 2:35:10 a few years after becoming an American citizen, Maria remains one of the fastest North American marathoners in history with her outstanding 2:28:53 at Boston in 1990. At age 35, however, she is preparing for the time soon when she will no longer be able to "run full-time for a living" due to the inevitable demands of age, and hopes to recapture top marathoning form next year at Columbia, South Carolina in the Trials.

#### **Mark Conover**

For those inspired by "against the odds" come-back stories, Mark Conover's win at the Reno Air 15 km PA-USTAF Championships was particularly uplifting. It marked another step forward in his determined return to form during his ongoing recovery from Hodgkins Disease.

His last win before Reno Air? Other than a local four miler in the San Luis Obispo area, he simply couldn't recall. Yet, it must be remembered that this former Division II All-American from Humboldt State had actually won many "big" races—the ultimate being his out-of-the-blue shocker at the U.S. Olympic Marathon Trials in 1984.

From 1992 into 1994, Mark did no racing as he dealt with the challenge of cancer. As his hair fell out and his body withered during ongoing

chemotherapy treatments, a return to 47:16 15 km form (5:05 pace) at the 1995 Reno Air event at 4,500 feet of altitude was a distant possibility, indeed. Known by his friends and running acquaintances as an exceptionally down-to-earth guy, Mark has pulled off one of the most remarkable comebacks in recent U.S. athletic history in gracefully managing to recover and compete again at near-national class levels.

At Reno, Mark relied on his veteran racing wiles and focused on maintaining a steady pace through the oxygen-thin atmosphere, while Aggie teammates Jose Aispuro and Brent Griffiths and Empire stalwart Mike Stone injected surges into the pace (indeed, Mark tried to do so once himself, and paid the piper for the greedy grab for extra 0<sup>2</sup> by quickly running out of breath; he soon guided himself back to steady-state pace). In the end, he outlasted young bucks Griffiths and Stone while outkicking fellow sub-master Aispuro.

A significant moment in the race occurred when Mark made the commitment to win. As any experienced distance racer can tell you, there always comes a time in race when you can either "go for it" and take on the inevitable pain, or play it safe and nurse yourself to the line. And for most, the more you push yourself through the pain barrier over the years, the harder it progressively becomes! And if you have not been racing for nearly two years, the task becomes even more difficult.

No problem. If you've battled back from the ravaging effects of cancer, figures Mark, and "feel grateful just to be here, knowing that the pain and suffering involved in that recovery was far more challenging than what I feel when racing, why not just welcome the pain and opportunity?" And so he did, seizing the moment here and pushing on to a decisive win.

Mark's plans? To continue his current regimen of 85-100 miles a week for a while longer, and then begin cutting back in preparation for the popular and fast Grandma's Marathon in Minnesota. There, he hopes to qualify for the 1996 Olympic Marathon Trials, where he hopes to "pull a Conover" once again by surprising the uninformed with a competitive effort. Hoping to even approach 2:15 range at Grandma's while planning to run in the second-tier pack behind the front-runners, Mark feels that simply qualifying for and finishing the 1996 Trials could be as satisfying and timeless an achievement as was his 1984 Trials victory. After all that he has achieved up to this point, it would simply be some very sweet icing on the cake.

#### **Late Breaking News: Conover, Aggie Teammates Qualify for Trials at Grandma's**

On June 17th, Mark Conover ran 2:20:35 to qualify for the 1996 U.S. Men's Olympic Marathon Trials at the Grandma's Marathon. The time placed Conover 14th overall, directly behind Aggie teammates Jose Aispuro of Watsonville (2:20:14) and Brent Griffiths of Morro Bay (2:20:10). Mark Curp won the race in 2:15:23.

No Pacific Association women qualified for the Trials at the race, but Connie Kondo of Folsom missed the standard by only two minutes with a 2:52, a personal-best performance.

*Turn Page for Current PA/USATF LDR Grand Prix Individual and Team Point Totals*



**PAUSATF LDR GRAND PRIX**

**Standings Through Reno Air 15 km (6/4)**

**OPEN MEN**

Pl	Name	Team	Total
1	Mark Conover	Aggies	91
2	Mike Stone	Empire	83
3	Jose Aispuro	Aggies	81
4	Brent Griffiths	Aggies	64
5	Miguel Tibaduiza	Silver State	60
6	Raymond Cook	Silver State	53
7	James Harris	Aggies	51
8	Charles Alexander	Aggies	47
9	Danny Aldridge	Empire	45
10	Lloyd Stephenson	Excelsior	40
11	Ken Keyte	Empire	39
12	Mike Mcmanus	Silver State	37
13	Scott Kennedy	Hoy's	36
14	Tim Minor	Silver State	32
15	Chris Schille	Aggies	30
16	Brian Cann	Aggies	30
17	Michael Livingston	Aggies	27
18	Alan Dehlinger	Silver State	26
19	Jerry Lawson	Unatt	24
20	Ernie Freer	Unatt	23
20	Dave Scudamore	Unatt	23
22	Mike Spencer	Aggies	22
23	Jason Lienau	Aggies	21
24	Jeff Teeters	East Bay	20
25	Peter Woods	Silver State	19
25	David Naranjo	Aggies	19
27	Eric Bohn	Empire	18
27	Kenrick Sealy	Unatt	18
29	Bob Ebert	WVJS	16
29	Jeff Hildebrandt	Chips	16
29	Charles Thompson	Excelsior	16

**OPEN WOMEN**

Pl	Name	Team	Total
1	Terry Adams-Schmidt	Silver State	88
2	Maria Trujillo	Ryan's	69
3	Christine Kennedy	Unatt	67
4	Laura Sanchez	Ryan's	65
5	Linda Somers	Unatt	60
6	Lynice Benton	Silver State	57
7	Amanda Gerhardt	Aggies	55
8	Lynn Nelson	Impala	48
9	Rosa Gutierrez	Ryan's	45

**MASTER MEN**

Pl	Name	Team	Total
1	Lloyd Stephenson	Excelsior	108
2	Charles Thompson	Excelsior	91
3	Dan Sauers	WVJS	84
4	James Tracy	Excelsior	75
5	Michael Ignatius	East Bay	74
6	Bob Ebert	WVJS	68
7	Bill Knapp	Excelsior	56
8	Pat Devaney	Tamalpa	53
9	Dan Preston	Empire	44
10	James Gorman	Excelsior	40
11	Joseph Schieffer	East Bay	39
12	Ewar Gordillo	Excelsior	35
13	Hank Lawson	WVTC	35
14	William Dunn	WVJS	32
15	Kitt Flynn	WVJS	31
16	John Moreno	Hoy's	30
16	Tim Williams	WVTC	30
18	Gilbert Uresti	WVJS	29
19	Sal Vasquez	WVJS	25
20	George Hernandez	Silver State	21
21	Frank Hutchinson	Unatt	19
22	Robert Darling	Excelsior	18
23	Dale Magnin	Silver State	17
23	Brock Hinzmann	Excelsior	17
23	Mark Graves	Unatt	17
23	Julios Ratti	East Bay	17
27	Charles Lighty	WVJS	16
28	Ed Casey	Unatt	14
29	Dan Anderson	WVJS	13
29	Franklin Ruona	Tamalpa	13

**MASTER WOMEN**

Pl	Name	Team	Total
1	Christine Kennedy	Aggies	60
2	Elizebeth Edwards	Unatt	44
3	Kathy Ward	Chips	41
4	Darlene Wallach	Ryan's	33
5	Honor Fetherston	WVTC	28
6	Lourdes Livingston	Impala	27
6	Bev Marx	WVTC	27
8	Joan Ottaway	WVTC	25
9	Vickie Pell	Chips	23
9	Barbara Miller	WVTC	23
11	Cynci Calvin	Chips	22
12	Shelley Sumner	WVTC	21

18	Bill Clark	WVTC	9
18	Martin Jones	Empire	9
20	Neal Chappell	WVJS	7
20	Preben Mortensen	Unatt	7
26	Frank Krebs	WVTC	12

**SENIOR WOMEN**

Pl	Name	Team	Total
1	Barbara Miller	WVTC	32
2	Joan Ottaway	WVTC	20
3	Melody-Anne Schultz	Tamalpa	18
4	Louise Walters	Impala	15
5	Eve Pell	Impala	14
6	Edda Stickle	Tamalpa	6
7	Jutta McCormick	WVTC	3

**SUPER SENIOR MEN**

Pl	Name	Team	Total
1	Carl Ellsworth	Chips	36
2	William Flodberg	WVJS	19
3	Lee Rhodes	Chips	16
4	Craig Roland	Empire	10
4	Ken Napier	WVJS	10
6	John Gregson	WVJS	9
7	Ephraim Romesburg	WVJS	6
7	Ron Ogilvil	Unatt	6
9	Glynn Wood	WVJS	4
9	Ed Mooney	Tamalpa	4

**SUPER SENIOR WOMEN**

1	Myra Rhodes	Chips	32
2	Margarethe Styskel	Sundance	30
3	Po Adams	Chips	10
3	Jaclyn Caselli	NCSTC	10
5	Joy Johnson	Unatt	6
6	Ruth Anderson	Unatt	4

**VETERAN MEN**

1	David Valles	WVJS	30
2	Frank Cunningham	WVJS	26
3	Howard Powers	WVJS	20
3	Stan Demartinis	WVJS	20
5	Gary Toji	LMJS	6

**VETERAN WOMEN**

1	Po Adams	Chips	32
2	Jaclyn Caselli	NCSTC	20
3	Judy Golding	WVTC	10
4	Annabel Marsh	Unatt	6

**TEAMS**

**OPEN MEN**

Pl	Name	Total
1	Aggies	50
2	Silver State	43
3	Empire	34
4	East Bay	33
5	Tamalpa	30
6	WVJS	19
7	Hoy's	15

**OPEN WOMEN**

1	Ryan's	48
2	Silver State	37
3	Chips	31
4	WVTC	24
5	Tamalpa	21
6	Impala	16
7	Aggies	8

**MASTER MEN**

1	Excelsior	50
2	WVJS	45
3	East Bay	36
4	Tamalpa	33
5	Silver State	25
6	WVTC	20
7	Chips	9
8	Hoy's	5

**MASTER WOMEN**

1	Impala	45
2	Chips	39
3	WVJS	22
4	Tamalpa	15
5	WVTC	10

**SENIOR MEN**

1	Tamalpa	52
2	WVJS	49
3	Silver State	43
4	Empire	28
4	Chips	28
6	WVTC	22
7	East Bay	14
8	Tarahumara	4
9	Excelsior	3

**SENIOR WOMEN**

1	WVTC	58
2	Impala	53
3	Tamalpa	51
4	WVJS	35
5	Tarahumara	13

**SUPER SR.MEN**

1	WVJS	60
2	Tamalpa	9

**SUPER SR. WOMEN**

1	Chips	10
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**VETERAN MEN**

1	WVJS	50
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# Race Walkers Compete For Association, Regional 10 km Titles

## Moskalik and Penner Win Titles

April 30, PA 10 km Championship, College of San Mateo

Kerry Moskalik (formally Kerry Bratton) now walking for the GGRW, is returning to the form that made her a member of the Jr. National team just a few years ago. Setting a PR, 51:33.4 (her best time since the 1989 Nationals), Kerry led four other women under 55:00. Molly Lavacek from Kansas, with barely one year experience and only her second 10 km, applied pressure throughout and finished with her own PR of 52:17.8. Not far back, Chris Sakelarios out sprinted Karen Stoyanowski by 0.4 sec, with a final time of 52:30.0.

On the men's side, Bill Penner was an easy winner setting his own PR at 51:37.8.

**Armenta and Green the Best in the West**  
May 21, Western Regional and Masters' 10 km Championships, Palo Alto

Susan Armenta held off veteran Kim Wilkinson to take the top prize in this years Western Regional Championships. With a winning time of 45:40, Susan narrowly defeated Kim, 49:49. Kim's time finds her just four seconds shy of the automatic Olympic Trials qualifying time.

In an equally tight battle for third place, come-backing Kerry Moskalik held off newcomer Molly Lavacek as they both PR'd with times of 50:13 and 50:21, good enough to qualify for the Senior Championships in Sacramento.

In yet another come back season, Mark Green, formally from the PA and now residing in Las Vegas, shocked everyone with a 20 km time of 1:29:30 (44:30 at 10 km). His previous best this season was 1:33:15; before '95, Mark had never broken 1:40. With only three weeks recovery since the World Cup 50 km, Marco Evoniuk, SF, stayed close through a 45 minute 10 km before slowing to a 1:32:37 second place.

This year's event attracted 36 competitors from five states.

### Schedule Update

- **August 5**, PA Age Graded T&F Championships, 1500M Race Walk, SCTC. Contact Art Klein (408) 476-8245.
- **August 13 or 20**, 20 km GGRW (Maybe PA Champ and Grand Prix), site and time TBD.
- **August 13 or 20**, PA Race Walk Committee Election Meeting, Palo Alto. Contact Art Klein (408) 476-8245
- **September 10**, GGRW Founders 10 km and PA Grand Prix, Arrowhead Marsh.
- **Oct 7 or 8**, Florida AC 5 km Team Challenge, GGRW or Marin RW, site and time TBD.
- **October 21**, Megawalk 10 km and PA Grand Prix, Monterey, MPWWWC. Contact Buzz Schulte (408) 374-5900.
- **November 12 or 19**, One Hour GGRW (Maybe PA Champ and Grand Prix), site and time TBD.

## Chairman's Notes

**Highlights of RW Comm. Mtg: June 3, CSM**  
(Complete minutes to be distributed seperately)

1. The summer/fall schedule was discussed (see above). The Marin RW are considering conducting a sanctioned event. They will respond to the Chair by June 15.
2. Election meeting, sites and dates were discussed. A Sunday in mid-August and mid-Peninsula were agreed upon.
3. Five voting positions added to RW Comm. Prior to this time, these positions had no official voice on the Committee. Added were: 1. RW representative to the PA Board of Athletics; 2. Officials committee representative; 3. Race directors representative; 4. Representative for the unattached RW and RW members of incomplete clubs; 5. Youth RW representative.

### Training Forum

On May 20, Therese Iknoian, Ian Whatley, Martin Rudow and Ron Daniel presided over the pre-Western Regional training forum. With Ian Whatley (USATF Sports Science Committee representative) subbing for Mark Fenton, the dozen attendees were provided with a lively and educational discussion on all aspects of training for race walking. The format worked so well that all involved felt that more forums should be scheduled.

### Master's Knees

It is frequently argued that the rules for race walking should be altered to accomodate masters walkers who have difficulty complying with the straight leg rule. Well, I offer as a role model for all walkers, Ernie Lucken, who just turned 80. About 2-1/2 years ago, Ernie began his competitive race walking career. Much to his frustration and the dismay of the judges, just about every race Ernie entered he was disqualified for not straightening. Ernie didn't give up or complain. Instead, he asked for training advice and thus began his own effort to do leg straightening drills, stretches and strengthening. Ernie has not been dq'd since last fall, rarely gets a warning anymore, and is setting pr's from 5 km to 20 km. If you want to, you *can* do it. Way to go Ernie.

### More Notes...

Contact Ron Daniel to arrange for training clinics, beginner, intermediate and advanced.

Contact Lori Maynard, (415) 369-2801, officials committee representative, to arrange for a judging clinic and to schedule apprentice judging activities.

Volunteers to support all events are needed at the upcoming Junior Olympic National Championships in San Jose, July 25-30. Contact the San Jose Sports Authority for details at (408) 288-2933.

## 1995 Western Regional Championships May 21, Palo Alto-Women's 10 km Results

Name	Age	Club	Time
1 Susan Armenta	21	Cal Poly	49:40
2 Kim Wilkinson	36	MPWWWC	49:49
3 Kerry Moskalik	27	GGRW	50:13
4 Molly Lavacek	29	unat	50:21
5 Chris Sakelarios	35	Parkside AC	52:54
6 Kar. Stoyanowski	40	unat	53:01
7 Therese Iknoian	38	GGRW	54:02
8 Jennifer Granucci	31	GGRW	56:50
9 Deborah Stegman	39	Marin RW	58:23
10 Grisel S-Traynor	37	unat	58:31
11 Jackie K-Moore	34	unat	59:57
12 Terri Brothers	38	PRO	1:00:33
13 Brenda Carpino	48	GGRW	1:00:52
14 Virginia Fong	39	Marin RW	1:01:17
15 Barbara Steffans	51	Grt Strides	1:01:26
16 Tamara Williams	40	Grt Strides	1:05:08
17 Lani LeBlanc	52	Marin RW	1:06:39
18 Lorri Coppola	55	GGRW	1:08:05
19 Helen Storrs	29	PRO	1:08:26
20 Ruth Van Sandt	73	MPWWWC	1:12:47

### Men's 20 km

1 Mark Green	39	Las Vegas	1:29:30
2 Marco Evoniuk	36	unat	1:32:37
3 Ian Whatley	36	Potomac V.	1:35:05
4 Warrick Yeager	40	unat	1:38:27
5 Justin Marrujo	18	unat	1:50:49
6 Bradley Lau	36	Grt Strides	1:52:25
7 David Crabb	50	Las Vegas	1:54:22
8 Bill Penner	48	St. Geo.	2:02:26
9 Pete Giachetti	52	PRO	2:03:57
10 Art Klein	42	S. Cruz	2:07:56
11 Gary Bower	52	GGRW	2:10:18
12 Keith McConnell	51	GGRW	2:13:28
13 Jim Fisher	59	GGRW	2:18:22
14 Jon Borsset	66	GGRW	2:30:19
15 Charles Woods	56	Sierra	2:34:35
16 Ernie Lucken	80	GGRW	2:35:54

### PA 10 km Championships

April 30, College of San Mateo-Female Results

Name	Group	Club	Time
1 Kerry Moskalik	A	Unat	51:33.4
2 Molly Lavacek	Guest	Unat	52:17.8
3 Chris Sakelarios	Guest	Parkside	52:30.0
4 Karen Stoyanowski	B	Unat	52:30.4
5 Threse Iknoian	B	GGRW	54:10.6
6 Jennifer Granucci	A	GGRW	58:41.2
7 Paula Kash Mendell	B	Cal Walk.	1:02:05.6
8 Leslie Brown	A	PRO	1:03:58.4
9 Ellen Lovin	Guest	Unat	1:07:00.7
10 Lorrie Leiker	B	GGRW	1:08:11.5
11 Lorri Coppola	C	GGRW	1:09:09.9
12 Nancy Zielenski	C	PRO	1:09:46.7
13 Helen Storrs	A	PRO	1:10:05.0

### Male

1 Bill Penner	B	Stock./SG	51:37.8
2 Art Klein	B	SCTC	1:01:56.6
3 Bill Moremen	C	GGRW	1:03:00.2
4 Gary Bower	C	GGRW	1:04:09.3
5 Tom Turrentine	B	PRO	1:04:17.0
6 Tim Fisher	C	GGRW	1:04:40.5
7 Jon Borsset	C	GGRW	1:11:21.8
8 Richard Hansen	C	GGRW	1:13:50.2
9 Ernie Lucken	C	GGRW	1:14:01.9
10 Ralph Wheeler	C	GGRW	1:18:14.2

Age Groups: A: up to 34; B: 35 to 49; C: 50+

Judges: Laura Cribbins, Ron Daniel, Toni Harvey (women only), Dick Petruzzi, Jim Petruzzi (men only) and Bob Wilson, Chief *More results on page 23*

# Ultra Runners Brave the Elements in Three Events

By Hollis Lenderking

## Silver State 50 km

One hundred and five runners and not a snow-shoe in sight: that was the incongruous scene, against a mostly white backdrop, at the start of the 8th annual Silver State 50 km/50mi on May 20. The Silver State is the only Grand Prix event on the Nevada side of Pacific Association territory, and the only one to showcase the conditions which figure to prevail over the first quarter of the Western States 100 in late June.

Four-letter words are a part of ultrarunning—because pain and fatigue are a part of ultrarunning—but the one heard this year far more frequently than the customary expletives is “snow.” At Silver State, there were 10 deep miles of it—all of the course above 6,500 feet (to a summit at nearly 9,000)—and the tormenting afflictions of frostbite and blistered corneas for the unprepared. In all, there was a whole lot of heavy breathing for the distance covered. Joe Shlereth’s victory in the 50-mile said it all: in his remarkable eveready condition, he needed 8:56:42 to finish, compared to his 7:29:54 (seconds behind Ann Trason) on a dry ’94 course.

The 50 km—actually 34 miles—was the final Grand Prix event before the season’s finale at Western States. Four men headed the field, and the outcome among them demonstrated that, in dicey and unfamiliar conditions, the ultrarunning “book” flies out the window. Contrary to scriptural prophecy, inexperience and aggressive leg speed can prevail when the odds are discounted. Newcomer Jack Powell of Reno, making his debut this spring, used his 32:00 10 km legs as the Great Separator which ushered him into the course’s snowy reaches by mid-morning, before much direct sun had hit the big white blanket. There was still a decent crust on top, and footing less tenuous than that of his pursuers.

“I fell some,” recounted Powell, “but it really wasn’t too bad. I know it was a lot worse later on, especially in the 50-miler.”

Powell, who has lived most of his life in various high desert environments, also credited the generous offers of advice from the young-but-veteran local trail-running standout, Greg Atchley.

“I’m still not doing more than 60 miles/week, so it was important for Greg to share his experience with me.” This is one of the distinctive characteristics of ultra-culture—that a novice, especially one with proven raw ability who might someday be expected to knock heads with the best, doesn’t need to forge a formal affiliation with a coach in order to discover the points of instruction he needs to improve. Ultrarunners are typically eager to share their experience with the uninitiated of any ability.

Miles 18 to 28 featured drifts as deep as 12 feet, with many runners seen disappearing to waist level when making the odd “firm” foot plant. The field averaged over 3:00 for these ten miles. Obviously there was not much running going on here, but it is one of the tests of ultra-heart that one persists in ploughing through whatever obstacles present by whatever means feasible. *It’s the distance, stupid!*



Photo by Jane Bying

## Suzy Lister

Powell’s 5:33:16 finish (@ 9:48 per mile pace) featured the day’s only sub-10:00 minute pace by anyone. There was some snow drama just behind him, though. Masters standout and former Leadville 100 champ Steve Mahieu of New Mexico had passed Grand Prix leader Bruce Linscott on the interminable, crunchy ascent, but Linscott had risen to the challenge and re-tagged Mahieu by the summit (mile 28). Possibly distracted by their stirring duel on such a transcendent stage, they followed some snowmobile tracks off course and slowly realized that there were no more ribbons to be found. Meanwhile, Atchley—on his “home course”—had slithered into second place while the detouring duo picked their way back into civilization.

“I saw Greg pulling out of the last aid station with about five miles to go, and I really hauled after him,” recalled Linscott. “I was really happy with the tie, after screwing up.”

After their 5:49:20 was Mahieu, just one-minute back in fourth (first master), and then some huge time-gaps in the finish roster, as trailing runners dealt with ever wetter snow.

Recharging her batteries after a lot of heavy duty early in the year was Suzie Lister, tying with Mo Bartley (18th overall) in 8:05:36 to lead the women in both open and masters competition, respectively.

“I fell a few times,” Lister said, “but I felt okay, pretty good, really, for how tired I’ve been since the Eco-Challenge three weeks ago.”

With 49 finishers in the 50 km and another 31 in the 50-miler, there were a solid 80 people who could safely say they felt pretty good... just for how tired they’d been since 6 a.m.

## Ruth Anderson 100 km

After a one-year relocation to the Stanford campus while construction took its toll on the familiar 4.5-mile paved loop around San Francisco’s Lake Merced, the Ruth Anderson 100 km returned to its traditional big-city venue for its 10th installment on April 15. Aging every bit as gracefully as the race’s honoree was this year’s overall champion, traveling man Robert Perez, 46, of Corpus Christi, Texas, who made his second trip to California in this early ultra season with the same goal in mind: to break Wisconsinite Roy Pirrung’s American age-group road record of 7:22:31 for 100 km, set at the 1994 National Championships at Gibson Ranch.

The open 100 km national champion in 1992, Perez has continued to blossom into a record-crashing age-group performer, nailing the 50-mile standard in January with a 5:40:05 in Dallas. On the strength of that showing, he slipped into Sacramento four weeks later for the unseasonably warm staging of this year’s national championships on the American River bike path. That so experienced a veteran, with tens of thousands of training miles logged in one of the steamiest locations in America, could have come unglued on that sunny Sacramento Saturday spoke volumes of the systemic shock rendered by a 70-degree day planted amidst a cool, rainy winter.

“I wanted Roy’s record and really thought I had it, but I wasn’t drinking enough and got badly dehydrated. I almost fainted at the end,” he admitted, while still claiming his age-group title (eighth overall), but not the record, in 7:25:26.

While the weather in San Francisco promised to be cooler, if a trifle breezy, Perez let himself in for another setback on the eve of the race.

“I had run around the lake back in 1982 and remembered it as being flat. I was really disappointed to see that it was hilly,” Perez said. Hills are a relative concept, of course, but when you train in a track-flat, shoreline community, even the gentle Lake Merced slopes can assume Sierran dimension. A little headwind on the climbing stretch added grief to the gradient.

However, fortune smiled on Perez in the form of fellow master Rae Clark, the open record-holder at 24 hours (165.2 miles) and 100 miles (12:12:19) and, like Perez, a prolific 100 km performer.

“Sometimes I go out too fast,” Perez acknowledged, “so it was great that Rae was there to take the lead. That helped me to concentrate on my pace, which I just wanted to keep at 7:00-7:10/mile, or about 31:30 per lap. I still ‘banked’ a little time, since I ran the downhill @ 6:40 and the ups @ 7:10, so I was averaging about a 6:55/mile pace for quite a while.”

Clark sped away about 30-seconds faster on the first two laps, but Perez pulled even after four and, after clocking a 3:02 marathon, held a 3:00 lead after 50 km. He flashed a 5:53:12 split for 50 miles—a 7:04/mile pace—and did not give an inch for that

Contd. on page 21



brutal 12-mile finale, slicing a big chunk from the old standard with his 7:18:27, a PR to boot.

That latter fact is no small achievement for a man whose marathon PR (2:30 at Houston) is 11 years old, whose 50-mile PR (5:17) came shortly thereafter, but who didn't tackle the 100 km until 1988, as he turned 40. Perez has been an all-purpose runner since high school, when, as he recalled, "We had so many good milers that, in order to go to meets, I had to run the 880."

With his steady diet of 140 weekly miles—split into double workouts during the summer to avoid the worst of the subtropical sauna—Perez should no longer feel obliged to drop down in distance for anyone. That he can do so if he chooses—he cranked a 2:44 marathon trainer two weeks after the 100 km nationals—is a tribute both to his pure love of running and to his remarkable strength, as reflected in his capacity for swift recovery.

Buffeted by some ugly conditions—cold rain and gusty wind that Perez' finish barely avoided, Clark pressed on to claim the top spot among PA contestants, just nudging under the eight hour barrier with a 7:57:08. And in third was the day's only open finisher, Bruce Linscott, the leading light of Grand Prix II two years ago, when he swore he would never again double at the American River 50 and, a fortnight later, this 100 km. Here he was again, and ultra-trivia logs are now bulging with a new composite PR for these paired events: Linscott was 6:30 faster at American River this year (on a tougher day than in '93), and only 1:25 slower at the 100 km, despite a fairly gruesome finish in which he ground out a 9:10/mile pace for the last 12, after splitting 50 miles at a sub-8:00 pace (6:36:11). After this year's 8:27:15, Linscott repeated his oath of '93—"never again!" Just you wait.

The women's race—its only finishers—belonged to a pair of tireless seniors, Shirley Church (53) and Barbara Miller (50), who have waged a torrid duel for Grand Prix division laurels. Although Church had the better on this day—9:11:47 to 9:26:04—Miller clings to a slim lead in points, 675 to 651, on the strength of her perfect participation and 100-percent finishing rate (13 for 13) throughout the season. She is the only athlete on the circuit to claim that distinction, an Ironwoman without peer.

#### Mike Popolizio Quicksilver 50 km

A number of market-related factors are usually cited for the demise of America's largest mercury mine in the hills of New Almaden many years ago. No one mentions the mud, which, during previous runnings of the Quicksilver 50mi/50 km at what is now Almaden Quicksilver County Park in south San Jose, has not only hastened the demise of many a runner but has threatened to turn mere non-finishers into missing persons.

Back in medieval times, when ultras were run in full armor and California was known for warm, dry springtimes, this event became one of the most popular events on a less congested Northern California ultra calendar. It is a tribute to both its natural trail-running paradise (4500 feet of climbing on a mix of narrow hiking trails and broad dirt lanes) and

the unflagging dedication of long-time race director Al Hill—with his assistants Terry Clow and Steve and Karen Tietz, and their army of devoted volunteers—that this event remains one of the best-attended ultras in the nation, drawing about 200 entrants annually and coaxing most of them (153 this year) on to the finish. For Quicksilver, despite its traditional May date, has not been blessed by the elements, having suffered several rain-smudged episodes in recent years. And as entrants have discovered to their chagrin, the distinctive clay content of much of the park's topsoil has made it peculiarly susceptible to split-second transformation into shoe-sucking goo, from Quicksilver into quicksand.

With the storied rains of this year, starters were braced for more of the same on May 13th. The week had been dry until race eve, when intermittent rain pelted the area, but race morning was merely threatening, just a dampening drizzle. With most of the top Grand Prix duellists on hand for the 50 km—headlined by the defending open champions of Grand Prix III, Dave Scott and Suzie Lister—the dreaded deluge had the good grace to save itself for someone else's party. Quicksilver was muddy in sections, but not like the quagmire it's been before.

Lister, with a comfortable lead in the standings, was interested only in a workout, having finished the grueling, multi-event Eco-Challenge (nine days) just a week before in Utah, as a member of the 14th-place team (only 21 of 50 teams finished).

"It was like a 16-hour workout every day," Lister reflected. "But it wasn't terribly painful since we were switching activities throughout. I'd get sore from one thing but then forget about it when we moved on to something else. Mainly, aside from blistered feet, I have a tremendous overall fatigue."

Mostly Lister deflected her awe of that competition to 72-year-old finisher Helen Klein (16th-place team) of Rancho Cordova, who had tackled the Challenge only two weeks after padding her already legendary ultrarunning portfolio by completing the notorious Marathon des Sables, a six-stage, 143-mile race across the Moroccan Sahara.

"She is just amazing," gushed Lister, who lost her voice as she realized that mere words could only trivialize Klein's ineffable achievement. Forced to talk about herself, Lister admitted, "My focus this spring, ever since the 100 km in February (where she won the USA TF National Championship), has been on Eco and Western States. After that, it will be the 100 km World Challenge in The Netherlands in September."

With no one pressing her in the standings, and with a likely points haul from States, Lister has enjoyed the luxury of an unpushed defense of her Grand Prix crown, which has enabled her to treat interim events on the circuit, like Quicksilver, as training runs. Today she would enjoy a 5:14:54 outing with her training partner (and closest active rival on the circuit) Maryann Murphy, the pair tying for 20th overall among 90 finishers.

Much more drama came into play on the men's side. The Scott Watch had been in effect since Grand Prix IV kicked off last August at the Skyline 50 km. Dave Scott (defending champion in the

50-mile here) had mounted a 125-point margin over Bruce Linscott through the New Year, but he is a trail runner in the traditional mold, both disinterested in surfaces flat and paved, and wary of the toll such ultracourses can take on his chronically-tender hamstrings. While he is optimistic that his years of recurrent distress are finally past, he continues to balance his concern for his physical health with his equally chronic competitive impulses. His formula has been to lay off the paved loops and attack the hilly trail courses with his fearsome strength, especially on descents. But Linscott reaped a harvest of points from the two 100 km's, spurned by Scott, on this year's schedule, and the two have switched roles: Scott the predator, Linscott the prey.

"I knew the course record was soft here (his own 3:58:30 from '93), and I needed the bonus points," Scott offered in explanation for his strong 3:49:25 win. "And the hamstrings feel good!"

Linscott trailed in 4:07:36 for second and thus lost only 20 points of his lead (even with Scott's bonus for the record). He will now have to sweat out Western States from the sidelines, while Scott tries to chew up the 122point gap which now separates them. Scott shows every sign of being ready to do just that, coming back the following week for a home-course triumph, in 4:03:00, at the exceptionally tough Ohlone Wilderness 50 km—7,000 feet of ascent, Fremont to Del Valle—despite miserable footing, courtesy of the untimely convergence of heavy rains and lactating, ruminant quadrupeds.

Santa Cruz' Charles Crompton, 48, scored an impressive third overall in 4:33:04, good for masters laurels, and Sonoma's Martin Jones, 52, was good for the seniors crown in 4:49:26 (5th overall). In fact, all the male age-group titlists were nicely spread among the top eight, with Napa's Gard Leighton, 60, nabbing the super seniors win with his outstanding 4:55:37. For the women, Joan Steidinger bested the masters field in 5:51:52, and the 6-hour barrier also collapsed for Shirley Church, home in 5:58:53 to prevail over the seniors field.

The companion 50-mile race, although not a Grand Prix event, attracted a strong and deep field as well, with 63 finishers led by Sacramento's Tom Johnson and his now healthy back, in 6:39:28, over the marvelous Master Joe Schlereth from Fresno (7:07:13). Defending her '94 crown successfully was Chrissy Duryea in 8:19:59, over Mo Bartley's 8:30:28 (first master).

#### News Flash:

*Tim Twietmeyer and Ann Trason defended their titles in the 100-mile Western States Endurance Run June 24th. Pacific Athlete will feature a complete story on this event in the September-October issue.*

*See page 22 for current Ultra Grand Prix point totals.  
See page 23 for 1995-96 PA/USATF Ultrarunning Grand Prix Schedule.*

**PAUSATF 1994-95 Ultra Grand Prix**  
**Point Totals Through Silver State (5/20)**

**OPEN MEN**

Pl	Name	Team	Total
1	Bruce Linscott	Tamalpa	552.9
2	Dave Scott	Unatt	431.2
3	Carl Andersen	Unatt	181.0
4	Rich Hanna	Chips	177.0
5	Greg Nacco	Tamalpa	177.0
6	Tom Lyons	Tamalpa	160.0
7	Mark Richtman	Tamalpa	150.0
8	Adrian Crane	Unatt	150.0
9	Kirk Boisseree	BAUR	133.6
10	Mike Tarvid	Tamalpa	130.8
11	Thomas Larson	Unatt	122.0
12	Bruce Aldrich	Chips	118.1
13	Greg Atchley	Silver State	113.1
14	Tom Johnson	Chips	87.5
15	Robert Slate	BAUR	70.0
16	Guy Palmer	Tamalpa	66.4
17	Howard Jacobs	Unatt	63.0
18	Jerry Wittenaur	Unatt	60.0
19	Brian Purcell	Tamalpa	58.6
20	Shawn McDonald	Unatt	49.0
21	Tim Twietmeyer	Unatt	48.0
22	Rick Simonsen	Chips	46.4
23	John Lundy	Tamalpa	44.8
24	Jeff Teeters	East Bay	32.0
25	Scott Abrams	Silver State	31.5
26	James Ross	Unatt	30.8
27	Robert King	Unatt	24.0
28	Mick Aguilera	Hoy's Sports	24.0
29	Mike Topper	Unatt	19.2
30	Bob Crowley	Unatt	19.2

**OPEN WOMEN**

Pl	Name	Team	Total
1	Suzie Lister	Unatt	604.1
2	Maryann Murphy	Unatt	327.4
3	Marie Gonzales	Unatt	286.2
4	Chrissy Duryea	Unatt	142.0
5	Christine Iwahashi	Chips	123.2
6	Joann Hull	Unatt	92.0
7	Melinda Creel-Mattingly	Ultramarin	88.0
8	Emma Davies	Unatt	87.5
9	Laurie Riebeling	Tamalpa	72.0
10	Rachel Atchley	Silver State	60.0
11	Mo Bartley	Chips	54.0
12	Cary Craig	Chips	53.8
13	Marsha Arnold	Unatt	40.0
14	Jane Baldwin	Chips	40.0

15	Rhonda Davidson	Unatt	36.0
16	Barb Geringer-Frazier	Tamalpa	32.0
17	Terry Cray	Unatt	30.8
18	Lisa Macias	Unatt	26.4
19	Kathy Crompton	Santa Cruz	21.6
20	Norma Garcia	Unatt	19.2

**MASTER MEN**

1	Eric Ianacone	Chips	537.1
2	Dave Hannaford	Tamalpa	499.1
3	Dave Kim	BAUR	453.1
4	Jim Magill	Unatt	312.4
5	Gene Weddle	Quicksilver	311.2
6	Mike Palmer	East Bay	306.5
7	Rae Clark	Chips	302.0
8	Jamieson Van Eaton	SWEAT	261.0
9	Ron Howard	Unatt	235.0
10	Martin Jones	Ultramarin	234.6
11	Peter Franks	Tamalpa	178.0
12	Jim Longwith	North Coast	162.8
13	Charles Crompton	Santa Cruz	148.0
14	Lyal Holmberg	BAUR	132.5
15	Stan Jensen	BAUR	128.7
16	Fred Liebes	Tamalpa	113.2
17	Louis Quiggle	SWEAT	98.0
18	Herb Tanzer	Chips	87.5
19	Al Bogenhuber	Unatt	85.2
20	Tom Grether	Shadowchase	82.8
21	Steve Derenzo	BAUR	80.5
22	Tom Morstein-Marx	Unatt	80.3
23	Dave Remington	Tamalpa	75.0
24	Frank Ruona	Tamalpa	73.0
25	Joe Braninburg	Silver State	72.0
26	Joe Schlereth	Unatt	72.0
27	Joe Schieffer	East Bay	70.0
28	Robert Sobsey	Silver State	68.8
29	John Rhodes	Silver State	58.0
30	Bill Hambrick	Chips	56.0

**MASTER WOMEN**

1	Barbara Ann Miller	Chips	675.7
2	Shirley Church	BAUR	651.6
3	Marge Dunlap	SWEAT	475.7
4	Lorraine Hashey	SWEAT	358.6
5	Famida Hanif	Quicksilver	286.0
6	Kathy Welch	Unatt	261.0
7	Eldrith Gosney	Unatt	226.0
8	Lucinda Fisher	Unatt	207.4
9	Joan Mork	Unatt	160.7
10	Christine Flaherty	Chips	148.4
11	Joan Szarfinski	BAUR	144.6
12	Dina Kovash	Impala	138.8

13	Jan Levet	Chips	105.0
14	Ann Grove	Unatt	86.4
15	Pat Wellington	Unatt	72.8
16	Debbie Hannaford	Tamalpa	72.0
17	Mo Bartley	Chips	67.5
18	Les. Mattingly-Vitale	Ultramarin	60.0
19	Joan Steidinger	Unatt	60.0
20	Linda Elam	Silver State	48.0
21	Alice Gilmore	Tamalpa	41.7
22	Kathy Colletto	Tamalpa	28.8
23	Carol Cuminale	Santa Cruz	28.8
24	Diane Melanson	Unatt	28.8
25	Gloria Dake	Unatt	28.0

**SENIOR MEN**

1	David Kim	BAUR	727.5
2	Gene Weddle	Quicksilver	486.4
3	Martin Jones	Ultramarin	337.2
4	Gard Leighton	Ultramarin	281.0
5	Lyal Holmberg	BAUR	258.0
6	Dieter Walz	BAUR	240.8
7	Louis Quiggle	SWEAT	228.2
8	Al Bogenhuber	Unatt	177.0
9	Dave Remington	Tamalpa	164.1
10	Dick Collins	BAUR	154.0
11	Steve Derenzo	BAUR	136.5
12	George Parrot	Chips	125.9
13	Ray Piva	Unatt	124.0
14	Rod Carveth	Unatt	96.0
15	Dwaine Batt	Unatt	81.0
16	Marmion Hays *	Tamalpa	80.5
17	Joe Braninburg	Silver State	72.0
18	Frank Rodriguez	BAUR	69.6
19	Fernand Michaud	Silver State	67.5
20	Wally Hesseltine	Unatt	63.6

**SENIOR WOMEN**

1	Shirley Church	BAUR	796.3
2	Marge Dunlap	SWEAT	562.5
3	Barbara Ann Miller	Chips	493.1
4	Lorraine Hashey	SWEAT	397.2
5	Lucinda Fisher	Unatt	278.7
6	Eldrith Gosney	Unatt	263.2
7	Dina Kovash	Impala	191.6
8	Joan Szarfinski	BAUR	177.1
9	Ann Grove	Unatt	120.0
10	Alice Gilmore	Tamalpa	55.2
11	Diane Melanson	Unatt	53.6
12	Ruth Anderson	BAUR	51.2
13	Kathy Colletto	Tamalpa	38.4
14	Khaqtoon Tudhope	#57	38.4
15	Gloria Dake	Unatt	36.0
16	Kathy Hyne	Unatt	33.6
17	Cecile Wildin	Unatt	28.8
18	Mary Cantini-Norkin	BAUR	28.0
19	Jane Colman	Impala	28.0
20	Dina Fields	Tarahumara	24.0

**SUPER SENIOR MEN**

1	Gard Leighton	Ultramarin	169.0
2	Dieter Walz	BAUR	161.0
3	Dick Collins	BAUR	122.4
4	Frank Rodriguez	BAUR	73.0
5	Ray Piva	Unatt	62.0
6	Rod Carveth	Unatt	51.0
7	Dick Laine	Pamakids	24.0
8	Paul Mitchell	Chips	24.0
9	Epharim Romesberg	WVJS	12.0
10	Neil Moore	Unatt	10.0

**SUPER SENIOR WOMEN**

1	Helen Klein		48.0
2	Ruth Anderson	BAUR	42.0
3	Po Adams	Chips	15.0

**VETERAN WOMEN**

1	Helen Klein		58.0
2	Po Adams	Chips	15.0

**1994-95 PAUSATF Ultra Grand Prix Schedule**

DATE	RACE	LOCATION	DIFFICULTY	STATUS
Aug. 7, 1994	Skyline 50 km	Castro Valley	2.0	Completed
Aug. 27, '94	Pony Express 50 Miler	Cameron Park	2.0	Completed
Sept. 10, '94	Run for Sight 12 Hours	Sonoma	2.8	Completed
Sept. 24, '94	Napa Valley 50 Miler	Napa	3.0	Completed
Oct. 15, '94	Firetrails 50 Miler	San Leandro	3.2	Completed
Nov. 12, '94	Gibson Ranch 24 Hour	Sacramento	5.0	Completed
Nov. 26, '94	Quadruple Dipsea	Mt. Tamalpais	2.4	Completed
Feb. 11, 1995	Jed Smith Ultra	Sacramento	1.0	Completed
Feb. 18, 1995	Helen Klein 100 km National 100 km Road Championship	Sacramento	3.5	Completed
April 1, 1995	American River 50 Miler	Sacramento	2.4	Completed
April 15, 1995	Ruth Anderson 100 km	San Francisco	3.5	Completed
May 13, 1995	Quicksilver 50 km	San Jose	2.0	Completed
May 20, 1995	Silver State 50 km	Reno	2.25	Completed
June 24, 1995	Western States 100 Miler	Squaw Valley	8.0	Completed

(see next issue for results)

Race Walk Results. *Contd. from page 19*

Last Chance Qualifier 10 km, Women

May 31, Foothill College

Name	Club	Time
1 Kerry Moskalik	GGRW	51:26.8
2 Chris Sakelarios	Parkside AC	52:52.2
3 Karen Stoyanowski	Unat	55:03.5
4 Jennifer Granucci	GGRW	58:16.5
5 Susan Heiser	GGRW	1:04:34.2

PA Senior 5 km Championship

June 3, College of San Mateo

Name	Sex	Club	Time
1 Kerry Moskalik	F	GGRW	24:20.1
2 Bill Penner	M	Sto./St. Geo.	24:55.8
3 Chris Sakelarios	F	Parkside AC	25:15.8
4 Joe Sheppard	M	GGRW	25:36.0
5 Therese Iknoian	F	GGRW	26:25.7
6 Art Klein	M	SCTC	29:09.9
7 Terri Brothers	F	PRO	29:19.9
8 Lelie Brown	F	PRO	29:48.2
9 Gary Bower	M	GGRW	31:26.2
10 Helen Storrs	F	PRO	34:29.8

GGRW: Golden Gate Race Walkers; PRO: Pacific Racewalk Organ.; SCTC: Santa Cruz Track Club.

Association Youth Results. *Contd. from page 7*

**Long Jump:** 1. Eddie Schulze, Faith TC, 19'02.00"; **Youth G Triple:** 1. Tracy Argo, Silver State, 33'09.00"; **Youth B Triple:** 1. Nick Herald, Silver State, 36'05.75"; **Interm. G Triple:** 1. Amy Tran, Billy Hutton, 29'10.75"; **Intermediate B Triple:** 1. Glen Stone, Classic TC, 40'09.00"; **Young G Triple:** 1. Jessica Burnham, Golden State TC, 34'10.50"; **Young B Triple:** 1. Joe Augustine, Faith TC, 44'00.50"; **Intermediate G Javelin:** 1. Adrienne Lindsay, Napa TC, 82'08.00"; **Interm. B Javelin:** 1. Nathan Marum, Napa TC, 144'10.00"; **Young B Javelin:** 1. Chip Lilenthal, Napa TC, 184'11.00"; **Interm. G Discus:** 1. Chaniqua Ross, Unity TC, 132'01.00"; **Interm. B Discus:** 1. John Badorinac, Sac. TC, 146'03.00"; **Young G Discus:** 1. Penny Hason, Faith TC, 127'11.00"; **Young B Discus T:** 1. Solomon Kailihiwa, Faith TC, 172'09.00"; **Inter. B Shot:** 1. John Badorinac, Sac. TC, 51'08.00"; **Inter. G Shot:** 1. Chaniqua Ross, Unity TC, 41'11.50"; **Young B Shot:** 1. Solomon Kailihiwa, Faith TC, 51'06.00"; **Bantam G High:** 1. Charlotte Allen, Santa Rosa Exp, 3'10.00"; **Bantam B High:** 1. Austin George, Westwind; 4'04.00"; **Midget G High:** 1. Marikka Mehserle, Napa TC, 4'04.00"; **Midget B High:** 1. David Shortenhaus, Diablo Valley TC, 4'05.00".



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PA/USATF 1995-96 Ultra Grand Prix Schedule

The PA/USATF 1995-96 Ultra Grand Prix schedule has been announced. It is as follows:

Date	Race	Location	Div.	Diff.	CONTACT
Aug. 6, 1995	Skyline 50 km (trail)	Castro Valley	All	2.0	Will Uher 1681 Lyle Street San Leandro, CA 94578 Tel: (510) 278-0451 (h)
Aug. 19, 1995	Pony Express 50 mi (trail)	Cameron Park	All	2.0	Fleet Feet 1730 Santa Clara Drive, #3 Roseville, CA 95661 Tel: (916) 783-4558
Oct. 21, 1995	Firetrails 50 Miler (trail)	San Leandro	All	3.2	Dick Collins 1015 Hollywood Ave. Oakland, CA 94602 Tel: (510) 530-6634
Nov. 11, 1995	Gibson Ranch 24 Hour (road)	Sacramento	All	5.0	Norm Klein 1139 Mace River Court Rancho Cordova, CA 95670 (916) 638-1161
Nov. 12, 1995	Gibson Ranch 50 Miler (road)	Sacramento	All	2.0	Norm Klein (see address above)
Nov. 25, 1995	Quadruple Dipsea (28.4 Miles, trail)	Mt. Tamalpais	All	2.4	John Medinger 2060 Manzanita Drive Oakland, CA 94611 Tel: (415) 894-1336 (w)
Jan. 20, 1996	Jed Smith 50 km (road)	Sacramento	All	1.0	Buffalo Chips, c/o Jim Drake 3442 Whitnor Ct. Sacramento, CA 95821 Tel.: (916) 485-8013 (h)
Feb. 17, 1996	Helen Klein 100 km (road)	Sacramento	All	3.5	Norm Klein (see address above)
April 6, 1996	American River 50 Miler (trail)	Sacramento	All	2.4	Fleet Feet (see address above)
April 20, 1996	Ruth Anderson 100 km (road)	San Francisco	All	3.5	Dick Collins (see address above)
May 11, 1996	Quicksilver 50 km (trail)	San Jose	All	2.0	Al Hill 546 Bliss Court San Jose, CA 95136 Tel: (408) 978-5199
May 18, 1996	Silver State 50 km (trail)	Reno	All	2.25	Ken McKim 1460 Prospect Ave. Sparks, Nevada 89431 Tel: (702) 356-2024
June 29, 1996	Western States 100 Mi (trail)	Squaw Valley	All	8.0	Norm Klein (see address above)

Revised Rules for the 1995/96 PA Ultra Grand Prix:

Several rules have been modified for the upcoming Ultra Grand Prix. They are:

Rule 6 - Should read:

An event may also increase its rating by offering prize money. For every \$1,000 offered in the event that the championship is being contested, the rating for the entire event will be increased by a factor of one.

\* Note: A limit of \$3,000 (3 points) will be accepted to increase a race's rating, although there is no limit to prize money that a race may offer.

Rule 9 - Should read:

Revised rule 1995/96: Athletes may NOT score points in a younger age division.

Rule 16 - Should read:

\* Note: All WS 100 entries via this route are subject to verification and approval by the WS 100 Race Director. Also, individuals seeking entry into W.S. through the G.P. should notify the ultra subcommittee as soon as possible to help in monitoring their progress. This also helps the WS 100 Race Director to plan more efficiently.

For more information on the Ultra Circuit, you may contact PA Ultrarunning Coordinator Rae Clark at 2725 Iris Lane, Camino, CA 95725, Tel: (916) 644-7295 (h), or PA/USATF Long Distance Running Chairman Mark Winitz at (415) 948-0618. For complete 1995/96 Ultra Grand Prix rules, send a SASE to Mark Winitz, P.O. Box 1621, Los Altos, CA 94023.



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