

PACIFIC *Athlete*



Pacific Association of USA Track & Field

March-April, 1995 • \$2

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

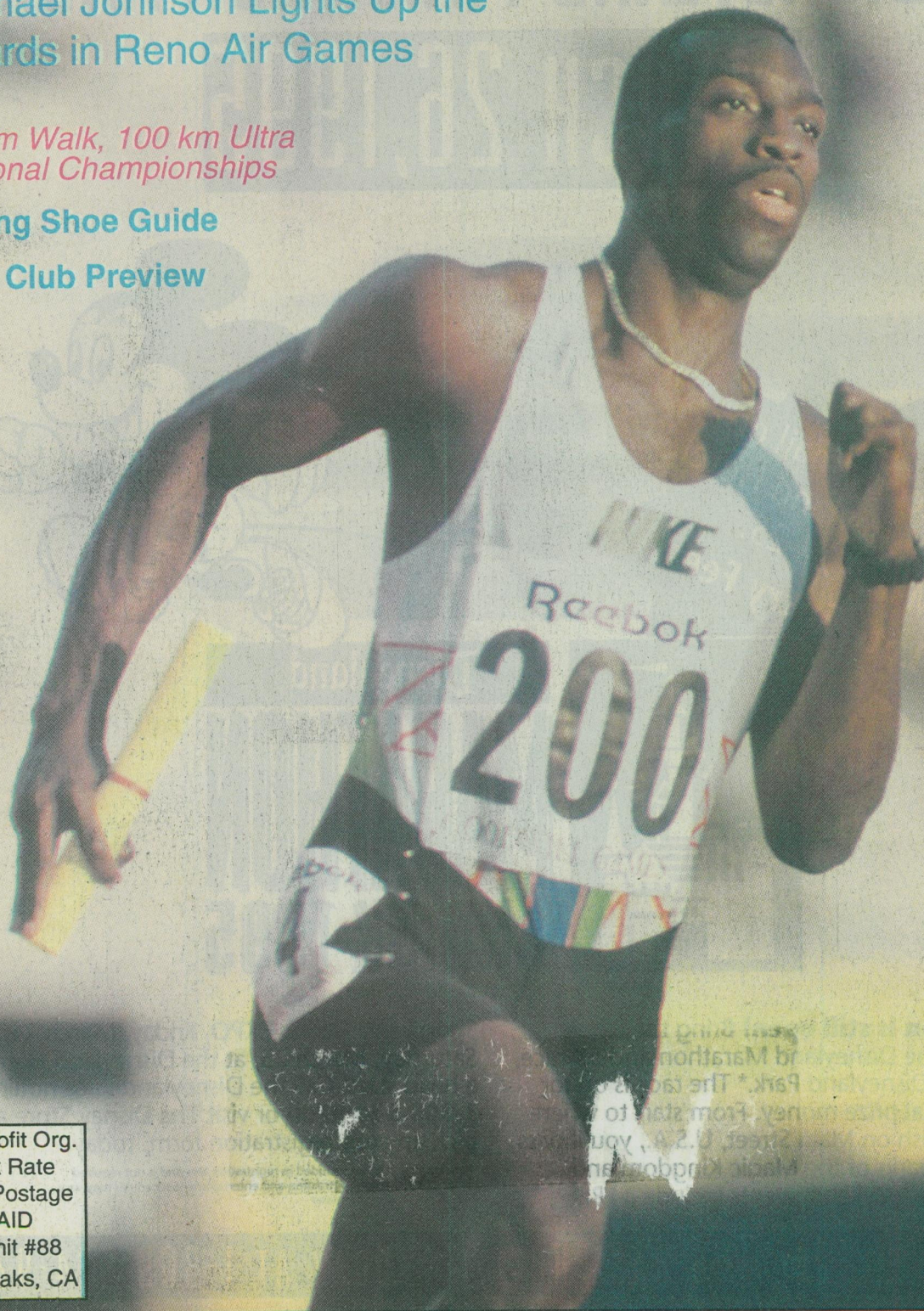
WORLD RECORD!

Michael Johnson Lights Up the Boards in Reno Air Games

50 km Walk, 100 km Ultra National Championships

Spring Shoe Guide

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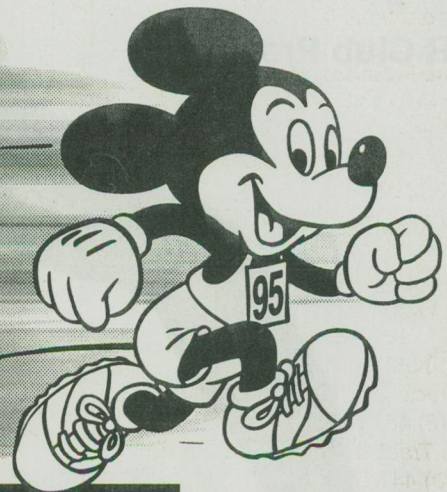
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Staff

John Mansoor, Executive Director
Doug Thurston, Magazine Editor
Director of Operations, Road Running

Renee Manfredi, Office Manager
Charlyn Fargo, Registration
Sara Sampson, Marketing
Pacific Association
120 Ponderosa Ct.
Folsom, CA 95630
(916) 983-4622

Fax: (916) 983-4624

Insert and Advertising rates available on request.

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Media: Mark Winitz, (415) 948-0618;
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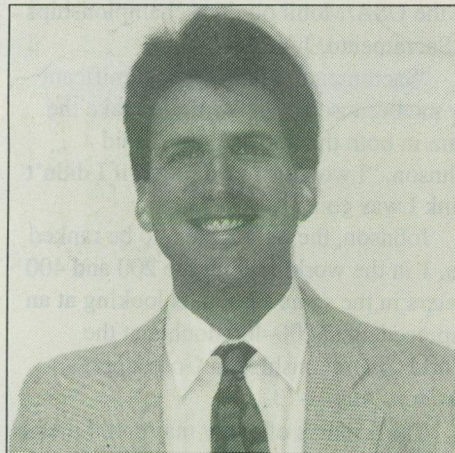
Coaches: Al Hernandez, (510) 651-3162

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Letter from the Editor: '95 Off to a Roaring Start!

The Reno Indoor Track and Field Games Feb. 10 was a smashing success. The standing-room-only crowd was treated to a world 400 meter record by the incomparable Michael Johnson and other great performances in an innovative, entertaining atmosphere. Response by the general public and within the track



Doug Thurston, Editor

community suggests more highly-charged meets are in the offing. *Pacific Athlete* details the meet beginning on page four.

The Association recently hosted two national championships: the 50 km Race Walk Championship January 8 in Palo Alto and the 100 km ultra running championships February 18 in Sacramento. Articles on both races are featured inside. (Note: We delayed production of this issue a few days to be able to include the Sacramento race.)

The Reno meet and these championship races help kick-off what will be an outstanding year of competition for our Association. In June, the best track and field athletes in the country will be in Sacramento for the Mobil Outdoor Championships. In July, the best youth athletes will converge on San Jose for the Junior Olympic National Championships. It's going to be a great year!

For a letter to the editor, see page 20.

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.

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ATHLETE'S SIGNATURE

For Office Use Only

A Full House for Reno Air Games; Johnson, Deal, JJK Set Marks

By Fred Baer

Two world records, an American record, a legal betting line, and a standing-room-only crowd—those were a few of the milestones established by the initial Reno Air Games, Feb. 10 at the Reno Livestock Events Center. The meet was the second in the five-week series of NBC televised Mobil Grand Prix indoor meets.

Jackie Joyner-Kersey set an American record of 6.67 in the meet's first event, the 50 meter hurdles, in front of 5,100 fans.

"I didn't think I got out well," said Joyner-Kersey. "Bobby (her husband and coach) says I have the slowest reaction time."

In the final event of Friday night's program, Michael Johnson became the first man to run 400 meters "undercover" under 45 seconds, 44.97. Track statisticians could not cite another case of an athlete setting a world record in their first race of the season.

Saturday morning, while athletes and officials were watching NBC's taped show at the co-sponsoring Eldorado Hotel and Casino's awards brunch, Lance Deal was busy breaking his own two-year-old mark in the 35-pound weight throw with an 81-foot, 8 1/2-inch effort. That bettered his own record of 81-6 set in the 1993 USA/Mobil Indoor Championships. The throw gave Deal the overall Mobil Grand Prix men's point lead through Feb. 18, with seven of the 10 circuit meets concluded.

Reno's Bill Cosby Track facility is one of the few places where the 35-pound weight can be thrown in the main arena, but it still requires setting up special nets and other safety precautions that make it impractical to stage during the main competition. The 200-meter banked board track, donated to the University of Nevada by Cosby, is set-up for six weeks in January and February for collegiate, open, high school, and masters competition.

Johnson denied feeling any pressure about being the most prohibitive favorite (1-5) in the first official betting line on a U.S. track and field invitational.

"I never feel expectations from external factors, only on myself to win races," said Johnson. "That's what I expect of myself, no less than first."

Johnson has never lost a 400 invita-

tional or final race—a streak that has now reached 38. But this was his first individual world record, although he has been ranked No. 1 in the world four times.

"This gives me confidence as far as training. When I start training for the outdoor season, I'll be ahead of where I need to be at this time," he said, focusing on the USA/Mobil outdoor championships in Sacramento, June 14-18.

"Sacramento will be very significant for me because I'll be trying to make the team in both the 200 and 400," said Johnson. "I wouldn't be doing it if I didn't think I was going to win."

Johnson, the only athlete to be ranked No. 1 in the world in both the 200 and 400 meters in the same season, is looking at an unprecedented 200-400 double at the World Championships in Gothenberg, Sweden, Aug. 4-13.

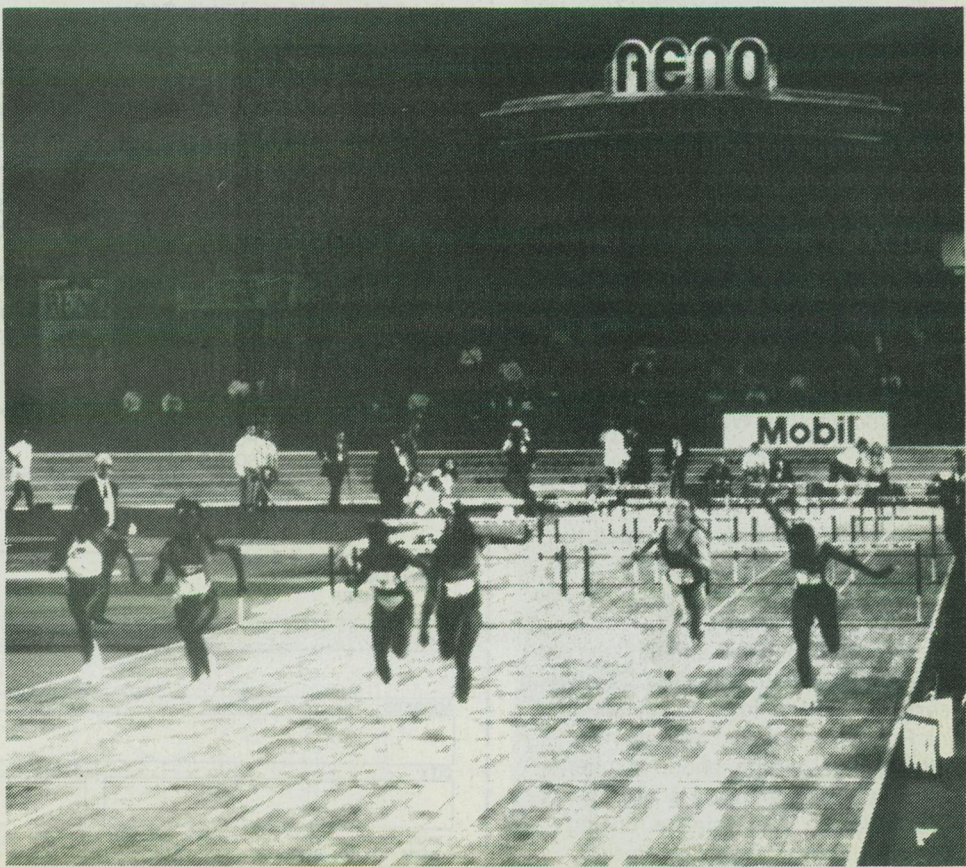
The winners of every major 400 meter contest this decade (and the current top three ranked runners in the world) were in the race but Johnson's blazing 21.3 first lap put it away early. No. 2 ranked Derek Mills (1994 NCAA champ for Georgia Tech) finished a distant second in 46.43



Michael Johnson Looks up at a Record

(No. 3 U.S. time this year), followed by Jason Rouser (47.3), 1993 NCAA champ Calvin Davis (47.43), 1991 world champion Antonio Pettigrew (48.69), and 1992 Olympic Champion Quincy Watts (49.28).

This was the second world 400 meter record set at altitude in the Sierra-Nevada region. Lee Evans ran 44.06 to win the 1968 Olympic Trials outdoors at South Lake Tahoe before going on to win the Olympic gold medal at Mexico City (with a new standard of 43.86 that stood for two decades). Evans was inducted into the (San Francisco) Bay Area Sports Hall of Fame on Feb. 15.



Jackie Joyner-Kersey Sets an American Record in the 50M Hurdles.

Photos by Lonnie Peck, Reno News Bureau

Johnson was one of many athletes to praise the meet and the crowds.

"When athletes feel like they're appreciated, they feel like putting a little more into it," said Johnson. "I could have won easily and run somewhere in the mid-45's. But when people pay money to see you run, you get a little more hyped."

In addition to the three records, 1995 world leading marks at Reno included:

- Henry Neal, 5.63 in the men's 50 meters, defeating Jon Drummond (5.72), with 1994's top ranked 100 meter runner Dennis Mitchell fourth (5.75).
- An ill Gwen Torrance equalling the women's 200 meter time of 22.80 (by Olga Voronova of Russia, Feb. 5).
- Pole vault winner Bill Payne and second place Pat Manson clearing 19-0 1/4 in the pole vault (equalling the 1995 mark by world record holder Sergei Bubka of the Ukraine and for Russians) but failing in their attempts to raise the American record to 19-4 1/4.

Contd. on page 6



Milers Jacobs (above) and O'Sullivan



Reno Air Games

Feb. 10, 1995, Livestock Events Center, Reno, Nevada

Men's Results

50: 1. Henry Neal, Nike, 5.63. 2. Jon Drummond, Nike, 5.72. 3. Marcel Carter, Nike-Atlantic Coast, 5.74. 4. Dennis Mitchell, Mizuno, 5.75. 5. Pete Hargrave, unatt, 5.77. 6. Calvin Smith, Goldwin TC, 5.91.

50 Hurdles: 1. Mark Crear, Reebok, 6.41. 2. Jack Pierce, Mizuno, 6.51. 3. Robert Reading, Nike, 6.56. 4. Glenn Terry, Nike, 6.57. 5. Courtney Hawkins, Adidas, 6.58. 6. Eugene Swift, unatt, 6.73.

400: 1. Michael Johnson, Nike, 44.97 (world indoor record, old record, 45.02, Danny Everett, Stuttgart, 1992). 2. Derrick Mills, Atlanta, 46.43. 3. Jason Rouser, Nike International, 47.03. 4. Calvin Davis, Nike-Atlantic Coast, 47.43. 5. Antonio Pettigrew, Reebok, 48.69. 6. Quincy Watts, Nike International, 49.28.

800: 1. Joseph Tengelei, Kenya, 1:47.89. 2. Jose Parilla, Adidas, 1:48.21. 3. David Kiptoo, Kenya, 1:48.70. 4. George Kersh, Reebok, 1:49.74. 5. Mark Everett, Gainesville, Fla., 1:53.27. 6. Pat Robinson, Sacramento TC, 1:53.35.

Mile: 1. Marcus O'Sullivan, Reebok-Ireland, 4:01.89. 2. Jason Pyrah, Mizuno, 4:03.95. 3. Shannon Lemora, Nike Oregon, 4:04.13. 4. Frank O'Mara, Ireland, 4:04.49. 5. Paul Vandegrift, Adidas, 4:05.44. 6. Terrance Herrington, Adidas, 4:05.91. 7. Samuel Kibiri, Kenya, 4:11.25. 8. Marcus Dunbar, Reebok, 4:13.08. 9. Dave Wittern, Nike Texas, 4:19.85.

Triple Jump: 1. Kenny Harrison, Mizuno, 55-11 1/4. 2. Eldrick Floreal, unatt, 55-7. 3. Tyrone Scott, unatt, 54-8. 4. LaMark Carter, unatt, 54-8. 5. Reggie Jones, Adidas, 54-2 1/2. 6. Dmitry Peterman, unatt, 53-3 1/2. 7. Frank Rutherford, Mizuno, 52-8 1/4. 8. Mike Conley, Foot Locker, 50-9 1/4.

High Jump: 1. Tony Barton, Reebok, 7-8. 2. Rock Noji, Stars and Stripes, 7-6. 3. Steve Smith, Nike, 7-5. 4. Randy Jenkins, Nike, 7-5. 5. Brian Stanton, Stars and Stripes, 7-1. 6. Mike Pascuzzo, Shore Athletic Club, 6-11.

Pole Vault: 1. Bill Payne, Dallas, 19-1/4. 2. Pat Manson, Goldwin TC, 19-1/4. 3. Scott Huffman, Foot Locker, 18-8 1/2. 4. Tim Bright, Mizuno, 18-6 1/2. 5. Dean Starkey, Reebok, 18-0 1/2. 6. Istvan Bagyula, Hungary and Bill Deering, MF Athletic, 17-6 1/2. 8. Brent Burns, Reebok, 17-6 1/2.

Shot Put: 1. C.J. Hunter, US West, 69-1/4. 2. Kevin Toth, Mike, 67-4. 3. Steve Albert, American Big Guys, 61-10 1/2. 4. Dwight Anderson, unatt, 61-3 1/2.

35-Pound Weight Throw:

1. Lance Deal, unatt, 81-8 1/2 (world indoor record, old record, Deal, 81-6, Princeton, N.J., 1993). 2. Scott McGee, unatt, 68-4. 3. Jan Maplethorpe, unatt, 61-2 3/4. 4. Monte Wilson, unatt, 60-11 1/2. 5. Chris Dose, Fresno State, 56-1/4. 6. Jason Taylor, Fresno State, 54-11 1/4. 7. Jason Dessey, Fresno State, 54-8. 8. Sean McKeown, Fresno State, 51-10 1/2.

Women's Results

50 Hurdles: 1. Jackie Joyner-Kersey, Nike-Honda, 6.67 (American indoor record, old record 6.84 by Kim McKenzie, 1989, and Joyner-Kersey, 1993). 2. Michelle Freeman, Jamaica, 6.77. 3. Lynda Tolbert-Goode, Mizuno, 6.90. 4. Dionne Rose, Adidas, 6.92. 5. Angela Coon, Canada, 7.03. 6. Cheryl Dickey, Nike, 7.07.

200: 1. Gwen Torrence, Mazda, 22.80. 2. Carlette Guidry, Adidas, 22.95. 3. Pauline Davis, unatt, 23.18. 4. Chryste Gains, Adidas, 23.54. 5. Wanda Vereen, Goldwin Track Club, 23.68. 6. Holly Hyche, Adidas, 23.95.

400: 1. Jearl Miles, Reebok, 52.51. 2. Natasha Kaiser-Brown, Foot Locker, 52.84. 3. Rochelle Stevens, Nike, 52.85. 4. Flirtisha Harris, Reebok, 53.96. 5. Janeene Jones, unatt, 54.68.

800: 1. Maria Mutola, Mozambique, 2:00.95. 2. Rita Paulaciene, Canada, 2:07.70. 3. Tina Paulino, Mozambique, 2:08.27. 4. Nikita Beasley, Nike, 2:08.39. 5. Genesis Eddins, unatt, 2:11.29. 6. Kim Toney, unatt, 2:14.04.

800 Relay: 1. Eastern Washington, 1:40.37. 2. Fresno State, 1:40.37. 3. Fresno State B, 1:42.38. 4. Humboldt State, 1:42.49. 5. UC Davis, 1:48.53.

Mile: 1. Regina Jacobs, Mizuno, 4:51.62. 2. Hassiba Boulmerka, Algeria, 4:53.02. 3. Kristin Seabury, Nike, 4:53.21. 4. Sinead Delahunty, Ireland, 4:53.75. 5. Debbie Marshall, New Balance, 4:56.43.

Long Jump: 1. Jackie Joyner-Kersey, Nike-Honda, 22-3 1/2. 2. Susan Tiedke-Green, Germany, 21-8 3/4. 3. Sheila Hudson, Reebok, 21-7 1/4. 4. Cynthia Rhodes, Austin, Texas, 21-2 1/2. 5. Sheila Echols, Nike, 21-3/4. 6. Daphne Saunders, Bahamas, 20-103/4. 7. Terry Turner-Hairston, Mizuno-Houston, 20-9. 8. Jackie Brown, unatt, 20-4 1/4.



Reno Games, *Contd. from page 5*

"This is the best meet I've ever been to," said Payne. "The show at the beginning got the crowd all excited. That, in turn, got us fired up."

Also, Mark Crear won the 50 meter hurdles in an American-season leading 6.41, second best in the world this year.

C.J. Hunter won the men's shot put at

69-0 1/2, just off his world-leading mark and personal best of 69-7 1/2, to remain the only person over 69 feet this year.

"This place is awesome, said Kenny Harrison, former men's triple jump world champion, after he leaped a 1995 American best of 55-11 1/4. Current world and Olympic champion Michael Conley had step problems and finished eighth.

Jearl Miles won the women's 400 meters in a 1995 U.S. best of 52.51.

Men's high jump winner Tony Barton and runner-up Rick Noji both cleared a U.S. season-leading 7-6.

Jose Parilla's 1:48.21 clocking in the 800 meters was another U.S. yearly best but only good for second place behind Joseph Tengelei of Kenya (1:47.89).

News About Athletes, Coaches, and Officials From Around the Association

Walt Stack, 86, Crosses His Final Bridge

Walt Stack, the colorful Bay Area fitness guru, passed away January 18 in San Francisco. He was 86.

Stack was a familiar figure to Bay Area residents, who saw him shuffling bare-chested across the Golden Gate Bridge every morning or swimming in the bay below in his bright red cap, part of a grueling exercise regime that was the stuff of local legend.

His daily routine eventually included a bike ride from his home to the bridge, long runs, followed by bay swims. By the age of 80, Stack figured he had run 62,000 miles, including nearly 200 marathons, 15 50-mile events, and three 100-mile runs.

"He finished by grit and stamina. He just did it," his daughter, Mary Starvus Stack, told the Associated Press after his death. "He would just keep going until it was behind him, which is why I think a lot of people were inspired by him. He didn't know a lot about style," she said.

Stack also was influential in convincing women to join in the running boom and helped them gain entrance to athletic clubs, friends said.

Officials Notes

From Dick Connors, officials chair:

Sonoma State University at Rohnert Park will re-establish its women's cross country and track and field team for the 1995-96 season.

The track officials clinics are completed. Thanks to the host institutions and individuals: American River College, Bill Edgar; Chico State University, Kirk Frietas; DeAnza College, Jim Linthicum; Soquel High School, Bill Johnson. Also, thanks to these instructors for outstanding work: George Kleeman, John Luppens, Jim Hume, Bob Podkaimer, and Bill Edgar.

The number of entries in the Junior Olympic National Championship meet this July in San Jose is growing. More officials and volunteers are needed for the July 25-30 meet at San Jose City College. For more information, contact the San Jose Sports Authority, 99 Almaden Blvd. Suite 975, San Jose, CA 95113.

High School Coaches Have a Voice at the Convention: First Clinic Successful

The high school track and field coaches had their own meetings for the first time and were on the agenda at the USATF National Convention last December in St. Louis. A new program, called Outreach, has helped with financial assistance for some coaches. The High School Men's Develop-

ment Committee was also formed. The Committee is also now a part of the USA Track Coaches Association, a group that was only for college coaches.

The High School Coaches Association will be putting on a high school coaches convention in late July in Indianapolis. Information concerning fees and travel arrangements is being developed. Anyone interested can call Al Hernandez, Pacific Association High School Coaches Chairman and State High School Men's Development Representative, at (510) 651-3162.

On January 17th, 17 high school coaches at all levels attended the first USATF-Pacific Association High School Coaches Clinic. The clinic, held at San Mateo College, covered distances, sprints, weights, and relays. Attendees were pleased with the clinic and made suggestions for future clinics.

PA Coaches to Work with National Teams

Association coaches on national teams in 1995 include Jean Snuggs, American River College (Head Women's Manager, USA vs. GBR, Durham, England, July 27); Larry James, Stockton College (Asst. Men's Manager, USA vs. GBR); Tony Sandoval, UC Berkeley (Head Women's Coach, Jr. Pan American Team); Bob Fraley, Fresno State (Head Men's Coach, Jr. Pan American Championships); Roberta Chisam, St. Francis High School, Mt. View (Head Coach, U.S. Olympic Festival Women's West Team); Darrell Hampton, Skyline H.S. (Asst. Coach, U.S. Olympic Festival, Women's West Team); Cary Nerelli, Morro Bay (Asst. Coach, U.S. Olympic Festival, Women's West Team); and Jon Vochatzer, UC Davis (Asst. Coach, U.S. Olympic Festival, Men's West Team).

Association Athletes at Pan Am Games

The Pacific Association will be well represented in the Pan Am Games in Mar Del Plata, Argentina, March 11-27 (track competition is March 17-25). On the USA team roster announced in mid-February are:

National champions Ceci St. Geme, Menlo Park, 5000 meters; and Sheila Hudson-Strudwick, Oakland, triple jump.

Returning Pan Am medalists Chryste Gaines (silver, 100 meters; bronze, 4 x 100 in 1991) current Stanford assistant coach and a former NCAA champion for the Cardinal; and Gregg Tafrales (silver in the shot put in 1987) of San Bruno (ex-College of San Mateo and Skyline College).

Also on the team are:

-Jonathon Matthews of Palo Alto (20 km walk).

-Former California Community College sprint champion Ricky Carrigan (Merritt College) of Oakland (men's 4 x 100 meter relay).

-Paula Berry of Redding (women's javelin).

-Lisa DeMeyer of Sacramento (team trainer).

Cannon Continues as Women's T&F Chair

Lynn Cannon or Oroville was reelected for a second term as Women's Track and Field Chair at last December's USATF National Convention in St. Louis.

Stamps Sets Mark; Heads to World XC

Julia Stamps, the 16-year-old sophomore running sensation from Santa Rosa, has started off 1995 as strongly as she finished 1994. The set a national high school sophomore indoor mile record of 4:46.73 at the Sunkist Invitational in Los Angeles, Feb. 11. Her time broke a mark set in 1978. She finished ninth in the open mile race against women 10-15 years older.

A week later, she finished fifth in the junior (under age 20) race at the U.S. women's world cross country trials in Birmingham, Alabama. That gives her a repeat junior team berth on the U.S. team for the World Championships, March 25, in Durham, Great Britain.

Stamps has her eye on the qualifying mark of 16:15 for the USA/Mobil Championships 5,000 meters in June.

"It would be really fun to run in Sacramento," she told *Track and Field News* regarding the section nationals.

Price Vaults 12-2 For New American, Prep Record

Melisa Price of Kingsburg High raised her high school and American women's pole vault records to 12-2 at the Sunkist Meet in Los Angeles Feb. 11.

Price had set records indoors (11-0) and outdoors (11-6 1/4) in 1994.

USATF President Awards Three from PA

The PA grabbed three President's Awards given by USATF President Larry Ellis at the USATF National Convention last December:

Fred Baer, San Mateo, president of USATF-Pacific Association and a founder of Track and Field Writers of America;

John Mansoor, Folsom, Executive Director of the PA and a key player in the creation of USATF's road racing grand prix;

Steve Simmons, San Jose, coach of the Accusplit Sports Club and a three-time U.S. Olympic coaching staff member (1980, 1984, 1992).

Q & A With Darrell Hampton, Coach of the Acorn Track Club

By Jerry Johnson

When this writer became involved in youth track and field in 1989, one unavoidable presence was a group of girls known as Acorn. These girls were well-seasoned, well-coached, and fast. This great club was coached by a man than sometimes wore a Donald Duck hat. That man was Darrell Hampton.

Hampton, 32, grew up in the Berkeley and Richmond areas of Northern California. He attended El Cerrito High School, where he ran cross country, played football, and was a member of the wrestling team. Darrell's track experience came from the Richmond Roadrunners Track Club the old A.A.U.

For this issue, *Pacific Athlete* interviewed Hampton in hopes of learning more about him and to get some pointers that could perhaps benefit any youth coach.

PA: Where and when did you start coaching?

Hampton: I got started very long ago with youth baseball in Richmond. I organized neighborhood teams and even had other kids sign contracts to play. I was just 12 years old.

PA: When did you start coaching track?

Hampton: I started in 1986 with the Oakland Police Athletic League (P.A.L.).

PA: Why track and field?

Hampton: Track was started out of a need for a program that had physical participation and included girls. The Acorn Track Club was and is part of a multi-faceted education and recreation program.

PA: It appears you work mostly with female athletes. Is that true and was it by design?

Hampton: Yes, it's true, and it was by design to meet the need for gender equity. Most programs were for boys. Something was needed for the girls. However, if the males will adhere to the program, I would work with them also. One problem is the guys will come out, run some relays, and have some fun; but when the football coach brings a jersey out there for them, they're gone to football. That doesn't happen with the girls.

PA: You received an award at the recent USATF National Convention. What was it?

Hampton: It was a women's division "Outstanding Service Award." It's given by the open women's division of track and field.

PA: Did anything else happen at the convention?

Officials: Where the Action Is

USATF officials are right in the middle of the action! More interested, capable officials are needed in 1995 as the Pacific Association hosts several national championships. Contact Dick Connors for more information at (415) 341-6781 (eve.)

Hampton: Yes. I also received an appointment as an assistant coach to the Olympic Festival West Women's team.

PA: Were you surprised by this honor and appointment?

Hampton: Yes, it was unexpected. They keep the nominees a secret until they make the announcement. I think that's the best way.

PA: What will be your duties?

Hampton: I'll work with the 100, 200, and 400 meter dashes; the hurdles, and both the 4 x 100 and 4 x 400 meter relays.

PA: What do you think is your strongest area of coaching?

Hampton: The relays, of course.

PA: How did you obtain your knowledge of training?

Hampton: I go to clinics and the coach's training sessions. I've got a fitness background from keeping myself in shape and from the days I competed in sports. Also, I learned a lot from the National Conventions, talking to the top coaches, asking questions, etc.

PA: What has happened to your first group of Acorn girls?

Hampton: One of the girls is doing very well. She is an insurance agent in the Oakland area. One lives here in the Acorn housing. The other two had some problems with the law.

PA: How did knowing that two of your athletes had trouble with the law affect you?

Hampton: It made me change the focus of the program. It helped me realize I had to focus on the whole athlete, not just performance. Now I'm involved with their school, talk with their teachers, monitor their grades, work closely with parents, and have the girls get involved with community service. When the younger children see the girls giving something back to their community, it helps promote the program in a positive way.

PA: What is the environment like where you coach?

Hampton: The program doesn't just include Acorn Housing. We have athletes in the program from all over the Oakland community and beyond. There is nothing wrong with the area, although there are rumors that say otherwise. When people come out and see the area and the good we do, they can't deny our success. I don't want to work with people that function on rumors.

PA: Talk about the children and the families you work with.

Hampton: The parents are supportive and will lend a hand when I can't do everything, due to the size and growth of the program. The athletes become like sisters. It's a family program and a program that's like a second family.

PA: What do you think your program has done for the community?

Hampton: It's a big step to breaking the cycle of poverty. Some of the parents had the children while they were still children of 15 or 16. Their kids are now 18 and 19 years old, going to college, and being productive. An insignificant think like track and field has and can be used to break these family cycles.

PA: What do you feel is the key to your success?

Hampton: Having dedicated groups of girls that believe in the program and its goals.

I will always be a coach. If you offer an opinion on performance, you are coaching.

—Darrell Hampton
Acorn Track Club

PA: Do you plan to move up to the college/open division?

Hampton: I haven't thought about it, but I know I don't want to deal with the politics of a college program.

PA: How much longer do you think you'll be in coaching?

Hampton: I will always be a coach. You never know at what level or how long. If you offer an opinion on performance, you are coaching.

PA: What are your goals as a coach?

Hampton: To get each child I train through high school and into college.

PA: What advice do you have for youth and high school coaches?

Hampton: Set your goals high; be receptive of criticism, but don't let it change your goals.

PA: What do you get from coaching?

Hampton: Headaches! (Laughs) Truthfully, it gives me an opportunity to serve and to meet people. It has helped me grow a lot.

PA: Do you have any complaints or regrets about your coaching career?

Hampton: Not many regrets. Sometimes I think we take the meets a bit too seriously.

PA: Do you have children of your own?

Hampton: Yes, one daughter. She's eight.

PA: Does she run track?

Hampton: No, not at this time, although it would be pleasing if she decides to put on some spikes. I think it would be hard to coach my own child, though.

PA: If you could make any improvements to high school and/or youth track and field, what would those changes be?

Hampton: Get more people involved, especially with the females.



USATF-Pacific Association Calendar of Road Events, March-May, 1995

Saturday, March 4

Bidwell Classic Half Marathon & Fun Runs, 2 mile-8 am, half marathon-9 am, Chico, Chico Running Club, P.O. Box 1182, Chico, CA 95927, 916-898-4791

Sunday, March 5

Sutter Home Napa Valley Marathon & 5 km, Calistoga, 7 am, SHNVM, P. O. Box 4307, Napa, CA 94558, 707-255-2609

City of Los Angeles Marathon, 5 km, Bike Tour, 7-8:40 am, Los Angeles, Los Angeles Marathon, 1110 W. Ohio Ave., #100, Los Angeles, CA 90025, 310-444-5544

Wednesday, March 8

29th U.S.P.S. 5 km Fun Run, Neil Trama, 415-343-1939

Saturday, March 11

Cool Canyon Crawl, 50 km, Cool, 8 am, Sierra Express RC, 10010 Snowy Owl Way, Auburn, CA 95603, 916-885-3438

Shamrock Shuffle, Neil Trama, 415-928-0404

Irish Sprint and Stride, 4.5 mile, San Francisco, 10 am, Jack Wells, 415-358-0778

Ginder Grinder, 10 km/5 km, Walnut Creek, 10 am, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778

Sunday, March 12

County Bank Rascal Creek Run V, 10 km, Merced, 9:30 am, RRCA 10 km State Championship, David Zacharias, 860 W. Olive Ave., #B, Merced, CA 95348, 800-634-1039

Muir Woods Trail 10 km/5 km, Muir Woods, 9 am, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778

Saturday, March 18

Whale Run 10 km, 5 km Race Walk, Fort Bragg, 8:45 am, Soroptimist Int., 350 N. Franklin St., Fort Bragg, CA 95437, Susan Winding, 707-961-0902

Wildflower Wilderness Run, 7.5 mi./4 mi., San Carlos, 9 am, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778

Sunday, March 19

Mercury News 10 km, 5 km walk, San Jose, 9 am, Sarah Clish, Mercury News, 750 Ridder Park Drive, San Jose, CA 95190, 408-920-5755

Stockton 4 Mile & Team Challenge, Stockton, 9:30 am, Lloyd Meolin, 209-239-9347

Saturday, March 25

Greek Independence Day Run, 5 km, Oakland, 8:30 am, George Zuras, 601 Fortress Ise, Alameda, CA 94501, 510-521-3310

Redwood Wild River Run, Ralph Hirt, 707-464-3779

Applegate 5 km Spring Run & Walk, Applegate, 9 am, Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista, CA 95722, 916-878-0697

Sunday, March 26

PA Road: Houlihan's to Houlihan's 12 km, San Francisco, RhodyCo Prods., 3929 California St., San Francisco, CA 94118, 415-387-2178 **See ad this issue**

Disneyland Marathon & 5 km, Disneyland, Anaheim, 7 am, Disneyland Marathon, P.O. Box 3232, Anaheim, CA 92803, 800-524-9200

Saturday, April 1

PA Ultra: American River 50 Mile, Auburn, 6 am, Delmar Fralick, Fleet Feet, 1730 Santa Clara Dr., #3, Roseville, CA 95661, 916-783-4558

Sunday, April 2

Wildflower Run, 10 km, Morgan Hill, 9 am, Cindy Gobin, 575 Bonnie View Ct., Morgan Hill, CA 95037, 408-778-7024

PA LDR 50+: Fifty Plus 8 km Run/ 5 km Race Walk, Palo Alto, 8 am-race walk/9 am-8 km, PA/USATF Championship for seniors, super seniors & veterans, 415-323-6160

Saturday, April 8

PA 5 km Grand Prix Race Walk, Foothill College, Los Altos Hills, 9 am, Ron Daniel, 415-743-7228 day/415-964-3580 eve

Sunday, April 9

Misty Redwood Run, 10 km, Redwood Regional Park, Oakland, 9 am, Craig Smith, American Lung Assoc., 295 27th St., Oakland, CA, 510-893-5474

PA Road: Gimme Shelter 5 km & 1 mile, San Francisco, 9 am, RhodyCo Prod., 3929 California St., San Francisco, CA 94118 415-668-2243 **See ad this issue**

Saturday, April 15

PA Ultra: Ruth Anderson 100 km, Lake Merced, San Francisco, 6:30 am, Dick Collins, 1015 Hollywood Ave., Oakland, CA 94602, 415-626-0326

Sunday, April 23

Martinez Brickyard Run, 8 mi./4 mi., Rankin Municipal Park, Martinez, 8:30 am, Dave Peck, 126 Mt. Everest Ct., Clayton, CA 94517, 510-685-2800

Rotary Run to Literacy, 10 km/5km, Yountville, 9 am, Project Upgrade, 1150 Division St., Napa, CA 94559, 707-253-4283

Saturday, April 29

Paint the Town 10 km/5 km, Angels Camp, 9 am, On Your Mark, Box 2061, Arnold, CA 95223, 209-795-7832

Sunday, April 30

Big Sur International Marathon, Marathon Relay, 5 km, 10 mile walk, and 21 mile power walk, Carmel, P.O. Box 222620, Carmel, CA 93922, 408-625-6226

PA 10 km Race Walk Championship, College of San Mateo, 9 am, Ron Daniel, 408-743-7228 (day)/415-964-3580 (eve)

Run to the Stars, 8 km/3 km, Saratoga, 8:30 am, Hank Lawson, 12375 Farr Ranch Rd., Saratoga, CA 95070, 408-446-9063

May Day Run & Walk, 10 km/5 km, Golden Gate Park, San Francisco, Michele Pearson, American Heart Assn., 120 Montgomery St., Suite 1650, San Francisco, CA 94104, 415-433-2273

Saturday, May 6

KOT-10 km/5 km, Brookside, Stockton, 8 a.m., A.B. Colman, II, P.O. Box 5336, Stockton, CA 95205, 209-462-4623

Sunday, May 7

Devil Mountain Run, 10 km/5 km, Danville, 8 am, Karen Raffee, P.O. Box 93, Pleasanton, CA 94566, 510-426-1435

Avenue of the Giants Marathon & 10 km, Humboldt, 9 am, Ken Yonasko, 281 Hidden Valley Rd., Bayside, CA 95524, 707-443-1226

Saturday, May 13

The Human Race, 5 mi., Larkspur Ferry Terminal, Larkspur, 8 a.m., Dianne Faw, The Volunteer Center of Marin, 70 Skyview Terrace, San Rafael, CA 94903, 415-479-5660

Saturday, May 20

RSVP Benton Ranch 10 km/5 km, Redding, 7:30 am, Kim Stempien, 1670 Market St., Suite 300, Redding, CA 96001, 916-225-5803

Sunday, May 21

San Francisco Examiner Bay to Breakers, 12 km, San Francisco, 8 am, Bay to Breakers, P.O. Box 429200, San Francisco, CA 94142, 415-512-5000, ext. 2222

Western Regional 10 km (women)/20 km (men) Race Walk Championship, Palo Alto, 7:30 am, Therese Iknoian, 544 Columbia Ave., San Jose, CA 95726, 408-297-3376 (Race walk training clinic on May 20-2-4 pm)

Gold Country Trail Marathon & Road Races, Marathon, Half-Marathon, 10 km/5 km, 6:30/7:30 am, Pioneer Park, Nevada City, George Hagel, 17647 Shoshoni Trail, Nevada City, CA 95959, 916-265-0703

Sunday, May 28

The Trix Run, 5 km, Lodi, 8 am, Todd Mulbarger, P.O. Box 243, Woodbridge, Ca 95238, 209-334-RACE

Editor's Note:

Most of the events listed here have applied for a Pacific Association sanction or returned the calendar form (see pg. 9). For event information, send a self-addressed, stamped envelope to the address listed. Most phone numbers listed are home numbers. Please do not call after 10 p.m.

1995 Open Track and Field Schedule

Date	Meet	Location	Contact
March 3-4	USATF Indoor Champs.	Atlanta, GA	USATF, P. O. Box 120, Indianapolis, IN 46206, 317-261-0500
March 11	Run, Jump & Throw Clinic	UC Davis	Elmer Haynes, Classic T C, 2 Case Ct., Sacramento, CA 95838, 916-924-8883
March 11	Sacramento Invitational	CSU Sacramento	Joe Neff, Track Off., CSU-Sacto, 6000 J. St., Sacto., CA 95819, 916-278-6208
March 18	Nike Cal Poly Invitational	San Luis Obispo	Brooks Johnson, Athletics, Cal Poly-SLO, San Luis Obispo, CA 93407, 805-756-2235
March 24-25	Stanford Invitational	Stanford	Vin Lannana, Track Office, Stanford Univ., Stanford, CA 94305, 415-723-2756
March 25	Chico Open	Chico	Kirk Freitas, CSU-Chico, Chico, CA 95929, 916-898-6470
April 1	Panther Invitational	Sac'to. City College	Track Off., Sac'to. CC, 3835 Freeport Blvd., Sacramento, CA 95822, 916-558-2610
April 1	Fresno Relays	Radcliff Sta., Fresno	Rod Estes, Athletics., # 27, Fresno State Univ., Fresno, CA 93740, 209-278-4097
April 8	Woody Wilson Invitational	UC Davis	Jon Vochatzer, Athletic Dept., UC-Davis, Davis, CA 95616, 916-752-8606
April 14-15	Mt. SAC Relays	Mt. SAC, Walnut	Dan Shrum, 1100 N. Grand Ave., Walnut, CA 91789, 714-594-5611, x-4840
April 15	Johnny Mathis Inviational	S. F. State	Matt Lydum, Athletics, SF State, 1600 Holloway Ave., SF, CA 94132, 415-338-1561
April 22	Warrior Invitational	Stanislaus State	CSU-Stanislaus, 801 W. Monte Vista Ave., Turlock, CA 95380, 209-667-3566
April 22	All-comers	Stanford	Vin Lannana, Track Office, Stanford Univ., Stanford, CA 94305, 415-723-2756
May 6	Chico Invitational	Chico	Kirk Freitas, CSU-Chico, Chico, CA 95929, 916-898-6470
May 6	Pat Ryan Invitational	Santa Rosa	San Aldridge, 4303 Cortez, Santa Rosa, CA 95409, 707-538-3568
May 13	Modesto Relays	Modesto	Tom Moore, P. O. Box 657, Cora, CA 95307, 209-537-0411
May 19-20	Santa Monica Dis. Cla.	Los Angeles	Skip Stolley, 825 16th St., Suite B, Santa Monica, CA 90403, 310-453-7655
May 20	Davis Invitational	UC Davis	Jon Vochatzer, Athletic Dept., UC-Davis, Davis, CA 95616, 916-752-8606
May 27	Bruce Jenner Invitational	San Jose	Burt Bonanno, 2100 Moorpark, San Jose, CA 94080, 415-288-3730
June 14-18	USATF Outdoor Champs.	Sacramento	J. Snuggs, ARC PE Dept., 4700 College Oak Dr., Sacto, CA 95841, 916-484-8403
Multi Events			
March 24-25	San Francisco Multi	San Francisco State	Matt Lydum, Athletics, SF State, 1600 Holloway Ave., SF, CA 94132, 415-338-1561
April 10-11	Fresno State Multi	Fresno State	Rod Estes, Athletics, # 27, Fresno State, Fresno, CA 93740, 209-278-4097
April 20-21	Pather/Visa Multi Event	Sacto. City	Lisa Baudin, Track Office, Sac. City College, 916-558-2610
June 3	PA Open Championships	San Mateo College	See next issue for more information.
June 14-15	USATF Multi Champs.	Sac. State	J. Snuggs, ARC PE Dept., 4700 College Oak Dr., Sacto, CA 95841, 916-484-8403

1995 PA-USATF Youth Track and Field Schedule

March 4	Raider Relay & Multi Meet	Silver Creek H.S.	Jack Enad, 408-223-9920
March 11	Run, Jump & Throw Clinic	UC Davis	Elmer Haynes, Classic T C, 2 Case Ct., Sacramento, CA 95838, 916-924-8883
March 18	Sectional	Laney Coll., Oakland	Sharon Carter, Oakland New Generation, 510-638-6849
March 18	Sectional	Contra Cost Coll.	Bay Area T.C., Jared Butler, 510-261-4526
April 1	100 Meter Champs.	Kezar Stadium, SF	SF Striders, Billy Smith, 510-534-9650
April 8	Sectional	Santa Rosa	Bob Shor, Santa Rosa Express, 707-538-0708
April 15	Sectional	Cordova H.S.	Hubert Evans, Rancho Cordova, 916-688-7901
April 15	Hampton-Phillips Classic	San Jose City Coll.	Bob Poynter, 408-274-1700
April 22	Sectional	Richmond	Joshua Tezeno, Richmond Jaguars, 510-223-9101
April 29	Race Walk Championship		Frank Quilantang, 209-465-3509
May 6-7	Invitational	Cordova H.S.	Hubert Evans, Rancho Cordova, 916-688-7901
May 13	Relay Meet		Darrell Hampton, Acorn Track Club, 510-891-9833
May 20-21	Invitational	UC-Berkeley	Will Pittman, 3M Track Club, 510-581-4428
June 3	High School State Meet	Cerritos CC	
June 10-11	PA Championships		Jack Enad, 408-223-9920
July 6-9	Regional J.O. Champs.	San Jose City Coll.	Jack Enad, 408-223-9920
July 25-30	J.O. National Champs.	San Jose City Coll.	Jack Enad, 408-223-9920

Attn: Race/Meet Directors: Complete the form below to have your event listed for free in the next issue!

PACIFIC Athlete Calendar Listing Form/Advertising Insertion

Please check: Free Event Listing Advertising Insertion

Circle Event: Road Race Ultra Cross Country Track Meet Racewalk

Event Name: _____

Event Location/Facility: _____

1995 Date: _____ Starting Time(s): _____

Distance(s): _____ Certification Number: _____

Contact Name (for publication): _____

Contact Address: _____

City/State/ZIP: _____

Day Phone: _____ Fax: _____ Eve Phone: _____

Additional event information: _____

Advertising Insertion Order	
Check Issue(s)	Check Ad Size
<input type="checkbox"/> Jan/February <i>Deadline Dec. 1</i>	<input type="checkbox"/> Full \$ 400
<input type="checkbox"/> March/April <i>Deadline Feb. 1</i>	<input type="checkbox"/> 2/3 \$ 325
<input type="checkbox"/> May/June <i>Deadline April 1</i>	<input type="checkbox"/> 1/2 \$ 250
<input type="checkbox"/> July/August <i>Deadline June 1</i>	<input type="checkbox"/> 1/3 \$ 150
<input type="checkbox"/> Sept/October <i>Deadline August 1</i>	<input type="checkbox"/> 1/4 \$ 125
<input type="checkbox"/> Nov/December <i>Deadline Oct. 1</i>	<input type="checkbox"/> 1/6 \$ 100
	<input type="checkbox"/> Insert \$ 450

Mail/Fax to:
 Doug Thurston, Editor
 PACIFIC Athlete
 120 Ponderosa Ct., Folsom, CA 95630
 (916) 983-4622 • Fax (916) 983-4624

1994 Ultra Performances of the Year; Our Friends Downstate

"Those who can, run.

Those who cannot, write."

—George Bernard Shaw, ultrarunner

By Hollis Lenderking

Squabbling scribes? Who cares!? Your correspondent is not temperamentally inclined to reach out and rough someone, but a recent assertion by a publication of some consequence in the endurance athletic community simply cannot go ungasped. Sure, *Competitor's* stronghold is downstate, but that fact neither warrants nor excuses this parochial monstrosity from regular contributor Martin Dugard, speaking of Southern California's top ultrarunner, 25-year-old Ben Hian: "He is the top ultrarunner . . . in all of these United States."

Nah, that's just too ignorant. Maybe just a slip of the keyboard for Dugard? Turn the page and read again: "Hian dominates ultrarunning in California." Dugard's barrelful of evidence consists of Hian's undefeated skein in the SoCal Ultra Series, highlighted by his Angeles Crest 100-mile victory, which Dugard

describes as being "within shouting distance of the course record." If Hian can in fact shout so loudly (after 90-odd miles of grit) that longstanding record-holder Jim O'Brien could hear him from the finish when he was still *over an hour away*, he may in fact be the most vocally endowed ultrarunner in these United States. And Dugard may have earned some sort of Hypemeister of the Millenium award. Ah, the Southland . . .

Hey, Where's Jed Smith?

See page 30 for the Jed Smith 50 km

Hian is obviously talented, and his improvement has been promising—as in, he shows promise of being potentially able to compete against the world-class stock of the Pacific Association. Hian's only appearance under the Big Top yielded a sixth-place showing at Western States last year, 2:25 behind Tim Twietmeyer—and, not incidentally, 1:40 behind Ann Trason. Nor have Tom Johnson, Rich Hanna or Carl Andersen been given just cause to flinch in his attitude-heavy

presence. One may safely assume that Dugard is at least accurate in his assessment of Hian when he writes that he is "unrepentant about his affectations" (the tattoos, the hair, etc.).

Question: is Dugard at all repentant about his?

Well, that should be worth a few dozen or so new backbiters, and I haven't even got to my own Enemies List for '94—that's *enemies*, as in, what anyone stupid enough to compile a "best of" list is bound to create. Fully realizing the perils of such an endeavor, and with your generous allowance for my arbitrary criteria—for example, age is generally not considered, but event difficulty (distance, topography, weather, etc.) and competitive challenges are—here are my six picks for top PA ultra performances of 1994:

Women

1. Ann Trason, Leadville 100M, Trail, 18:06:24
2. Trason, Western States 100M, Trail, 17:37:51
3. Trason, Sunmart 50M, Trail, 6:14:51
4. Chrissy Duryea, World Challenge 100 km (JPN), Road, 7:56:57
5. Laura Vaughan, Wasatch 100M, Trail, 23:55:34
6. Duryea, Arkansas Traveller, 100M, Trail, 18:40:36

Men

1. Tom Johnson, World Challenge, 100 km (JPN), Road, 6:41:40
2. Johnson, American River 50M, Road/Trail, 5:33:21
3. Tim Twietmeyer, Western States, 100M, Trail, 16:51:01
4. Rich Hanna, World Challenge, 100 km (JPN), Road, 6:45:55
5. Carl Andersen, Firetrails 50M, Trail, 6:26:42
6. Hanna, Cool Canyon 50 km, Trail, 3:30:44

Now I can spend agitated nights fretting about the oh-so-obvious mark that I somehow overlooked. I know it must exist. Even my glycogen-deprived brain wants two more Hanna efforts on that men's list—his National Championship 100 km (6:48:59) and his Sunmart 50 km course record (3:12:25). Oh pitiless discretion! The devil made me do it.

And finally, all of us owe immense gratitude to the truly dedicated Keeper of the Grand Prix, David Kim. He competes—and strongly at that—in virtually every series race, and, in no time afterward, can be seen hunched over the results chart, recording all the finishes to compile an updated table of point standings. This is painstaking, time-consuming, and largely invisible work, and Kim does it with dispatch and good cheer. Please, shower him with thanks! And, keep your PA membership active (see page 3) to keep that man busy post-race while you lounge, soak, whine and imbibe.

Note: The Jed Smith and Helen Klein races were too close to deadline for updated standings. Look for these in the next issue.

1994-95 Ultra Grand Prix Schedule

DATE	RACE	LOCATION	DIFFICULTY/CONTACT
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
	Classic 50 km (road)	(Gibson Ranch)	
Feb. 18, 1995	Helen Klein 100 km	Sacramento	3.5 Completed
	(road) National 100 km Road Championship		
April 1 1995	American River 50 Miler	Sacramento	2.4
	(trail)		Delmar Fralick c/o Fleet Feet 1730 Santa Clara Dr., # 3 Roseville, CA 95661 (916) 783-4558
April 15, 1995	Ruth Anderson 100 km	San Francisco	3.5
	(road)		Jim Skophammer, (415) 994-6128
May 13, 1995	Quicksilver 50 km	San Jose	2.0
	(trail)		Al Hill 546 Bliss Court San Jose, CA 95136 Tel: (408) 978-5199
May 20, 1995	Silver State 50 km	Reno	2.25
	(trail)		Ken McKim 1460 Prospect Ave. Sparks, Nevada 89431 Tel: (702) 356-2024
June 24, 1995	Western States 100 Miler	Squaw Valley	8.0
	(trail)		Norm Klein 1139 Mace River Ct. Rancho Cordova, CA 95670 (916) 638-1161

For a comprehensive list of rules for the 1994/95 Pacific Association Ultra Grand Prix, send a self-addressed, stamped envelope to PA LDR Chair Mark Winitz, P.O. Box 1621, Los Altos, CA 94023, Tel: (415) 948-0618, Fax: (415) 949-2172. Or, you may contact PA Ultrarunning Coordinator Rae Clark, 2725 Iris Lane, Camino, CA 95725, Tel: (916) 644-7295 (h).

Hanna Scores 100 km American Record at Nationals

By Hollis Lenderking

How did we get so lucky? Over the past two years Northern California—Sacramento itself—has witnessed the emergence of the premier ultrarunning rivalry west of Greenwich Mean Time. It is premier not simply because training partners Rich Hanna and Tom Johnson

stand at the head of the class in physical ability. Each has his strengths—Hanna's leg speed, Johnson's downhill—but their dominance is not so well-established as to be impervious to assault. Most days, Hanna will prevail in the shorter ultras; Johnson in the longer—especially if they are off-road and hilly—but that is not

really the point.

Rather, it is premier as much because of the personal qualities which each man brings to the chase: not just the work ethic, of course, but also the self-knowledge required for realistic mental preparation, paired with a self-confidence leavened by both respect for the competition as well as an appreciation for the larger culture of the sport: for what all participants bring to the battlefield. In a sporting world soured by petulant self-aggrandizement and vain showmanship at the expense of valor and discipline, Hanna and Johnson remind us why, 100 years ago, the Olympic Games were revived, for they are true sportsmen.

Fourteen years ago when he was 41, Bernd Heinrich became the only American ever to crash the 6:40 barrier for a certifiable 100 km, when he sailed to a 6:38:21 in Chicago. Until last year, only three more, including Reno's Sean Crom, had dipped below 6:50. Then came Hanna, in his astonishing event debut at last year's Nationals at nearby Gibson Ranch. His triumphant 6:48:59 signaled that this 2:17 marathoner possessed the strength and sensibility to excel at this most competitive of ultradistances.

In June's 100 km World Challenge in Japan, it was Johnson's turn to lead the charge on the record book, notching a 6:41:40 and proving in the process that he of the incomparable 100-mile trail strength could muster the leg speed needed to dismantle Heinrich's standard. Thus it was that this pair, with widely divergent running resumes, moved into position to assail the 6:40 barrier and points below. Hanna, for his part, reinforced his credentials in Japan, carving 3:00 off his PR with his 6:45:55.

Honored again to host the Nationals February 18 in Sacramento, and hoping to set the stage for an optimal effort, race director Norm Klein shifted this year's venue to the flatter, faster American River bike path—out and back twice, mainly downriver. Hanna and Johnson would be joined by a clutch of strong midwestern runners and the ever-improving Carl Andersen of Berkeley, an off-road specialist making his bow at this distance. And then, for sheer brilliance, there was one of the sport's international superstars, the mighty Brazilian, Valmir Nunes, the 1991 World Champion who had accepted a similar invitation two years ago to run in the U.S. Nationals in New York City, and had thrashed the field with a 6:45:38 on a hilly course in frigid weather.

Nunes, with his stocky, muscular build and his Brazilian midsummer training regimen of over 200 miles per week, gives the impres-

Contd. on page 30

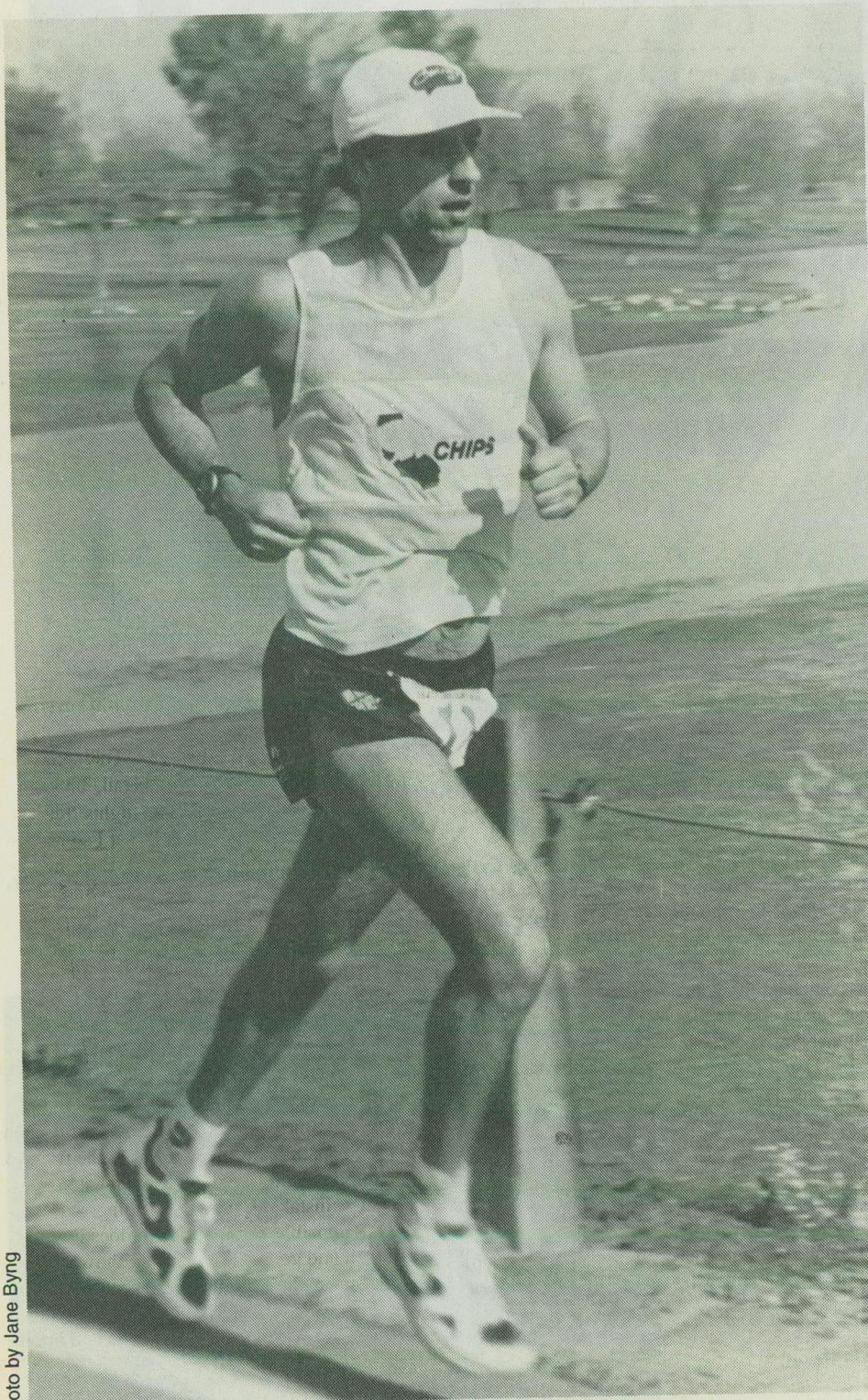


Photo by Jane Byng

Rich Hanna, shown in the 1994 100 km National Championships

March-April, 1995

Dr. Workman's Shoe Review THE SOLE PROVIDERS

By Dr. Darin W. Workman



Welcome to the 1995 Spring shoe review brought to you by PACIFIC Athlete and The Running Network. We have reviewed the best new training shoes from 10 of the top running shoe companies in the world. The shoes were selected after consulting avid runners and researching the upcoming models. Following are a few points to consider.

There really is no best shoe, the key is finding one that best fits your foot and running style. This review is written to give you an idea what the shoes are like if you were to take them for a run. It is written from a runner's point of view for the runner with a little health advise weaved in. Anna Thompson, an experienced high-level runner of many years, and I have run in each shoe in the review to give you an idea of how they feel after they're broken in.

Each company has it's own style and feel, so if you like the fit and performance of a shoe, check within that company when buying new shoes. If a shoe has done well for you, stick with it. You may even want to buy a few pairs in case it goes out of style. Conversely, if you are experiencing difficulties with a shoe, try a different manufacturer. There are plenty of high quality makes in the market. Shop around.

The Facts:

- All shoes were wear tested by the same man and the same woman for consistency of comparison.
- All shoe weights were taken from women's size 7 and men's size 9.

- Most shoes use grooves of notches in forefoot to increase flexibility, we only mentioned a few.
- The shoes may be made in more colors than those mentioned.

ADIDAS

SL 96

Price: \$74.95 (w), \$79.95 (m)



Adidas SL 96

Colors: White/Black/Grey/Purple (women)
White/Sambura/Toro (men)
Wt.: 9.8 oz. (women) 11.3 oz. (men)
Last: Semi-curved slip last.

Outstanding Features: Pebax Torsion bar allowing independent front and rear foot movement. Three stripes tighten around midfoot when shoe is laced.

ROAD TEST: Most noticeable on this shoe is the wide toe box (characteristic of Adidas), excellent cushioning, and ease of torsion between the rear and forefoot. The SL 96 fits high around the ankle with cutouts around the malleoli (ankle bones), has solid heel support and straps snugly around the midfoot with "Riemen" stripes that anchor to the midsole and tighten while lacing. The SL 96 is flexible, moves freely with the foot and maintains good stability. We recommend it for the neutral runners.



Adidas Lexicon

Lexicon Price: \$79.95 (w), \$84.95 (m)
Colors: White/Red/Black (women)
White/Black/Purple (men)

Wt.: 11.8 oz. (women) 13.2 oz. (men)
Last: Straight combination last.

Outstanding Features: Nylon heel cable gives a snug fit. Medially extended Pebax Torsion bar and dual density midsole in rear and forefoot to reduce excessive pronation.

ROAD TEST: If you want a motion control shoe, you can feel secure in this one. The Lexicon has rear and midfoot stability found in few other shoes. In addition, a nylon cable runs through the lacing system and attaches to each side of the heel. When the shoe is tightened, the cable draws the shoe to the heel. Lexicon maintains the wide Adidas toe box, effective cushioning throughout and well padded upper. It's easy to get on (traditional tongue), but takes a few runs to loosen up.

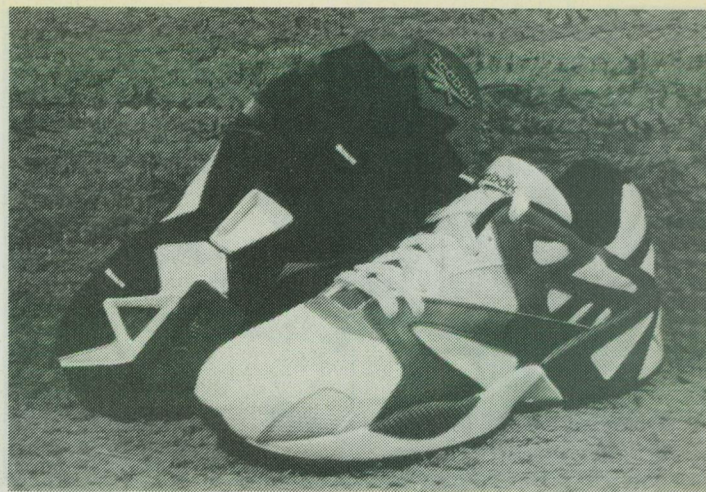
REEBOK

Ventilator Plus Price: \$79.99
Colors: White/Violet/Bluejay/Turquoise (women)
White/Blue/Black/Racing Red (men)

Wt.: 11.3 oz. (women) 12.8 oz. (men)
Last: Semi-curved combination

Outstanding Features: Rearfoot Support Structure gives exceptional motion control. Hexalite- 8mm in the heel and 5.5mm in the forefoot for varied shock absorbance.

ROAD TEST: The Ventilator Plus is the most stable of all the Reeboks I have tested. It has a firm but shock absorbent midsole that rocks well from heel to toe. The Rearfoot Support Structure is strong, yet flexes slightly to absorb shock. It takes a few runs to break in (most stability shoes do). The highly padded upper includes side screens that provide superior ventilation. We found it to be an excellent long distance trainer, good off road traction and good for speed work. A good all around stability shoe.



Reebok Ventilator



Reebok Inferno Road

Inferno Road Price \$79.99
Colors: White/Blue/Hot Pink (women)
White/Regency Blue/Sport Blue/Red (men)
Wt.: 9.0 oz. (women) 10.4 oz. (men)

Last: Semi-curved combination
Outstanding Features: GraphLite arch bridge for lightweight and support. Heel Hexalite (8mm) for lightweight cushioning. Medial post for antipronation.

ROAD TEST: The Inferno Road is an excellent cushion shoe for the neutral to slightly pronating runner. We noticed that this model has a more narrow fit with secure forefoot strapping and solid inconspicuous midfoot support. However, the side stripe is high and may irritate the lateral malleolus. The Inferno Road is excellent for speedwork as it is light, tight and smooth, yet the heel support and cushioning make it efficient for long road runs. All in all, the shoe glides smooth and straight from heel strike to toe off.

ETONIC

Strata Price \$69.99
Colors: White/Purple/Blue (women)
White/Indigo Blue/Violet (men)
Wt.: 9.8 oz. (women) 11.7 oz. (men)

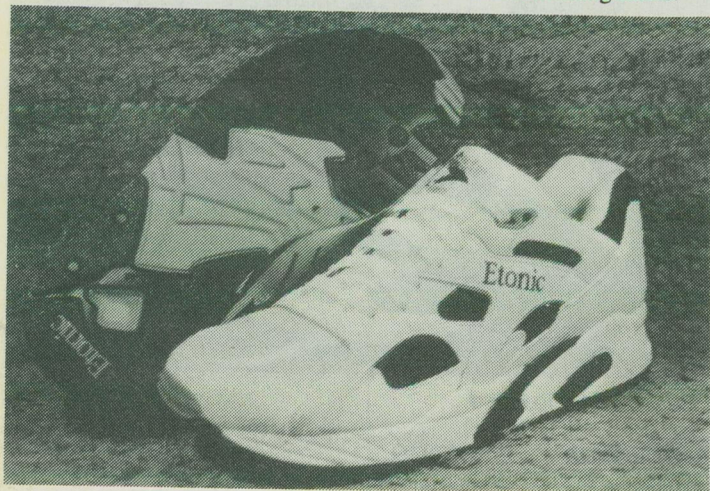
Last: Semi-curved anatomical slip last.
Outstanding Features: StableAir units in both rearfoot and forefoot for remarkable cushioning. External TPU counter heel support. PEBAX eyestay Z-bar for midfoot support.

ROAD TEST: If you have a thin foot or desire a stable upper, try the Strata! It has a firm heel counter and midfoot support system that is unyielding to



Etonic Strata

the laces and the midfoot. This shoe really hugs the foot. However, bypassing the PEBAx eyestays liberates the forefoot for more flexibility. On the road, Strata demonstrates how effectively the StableAir unit absorbs and rebounds energy. The shoe works in well while remaining stable.



Etonic Pro III

Pro III Price \$79.95
Colors: White/Teal/Sea Blue (women)
 White/Black/Sea Blue (men)
Wt.: 10.5 oz. (women) 12.5 oz. (men)
Last: SCAL slip last

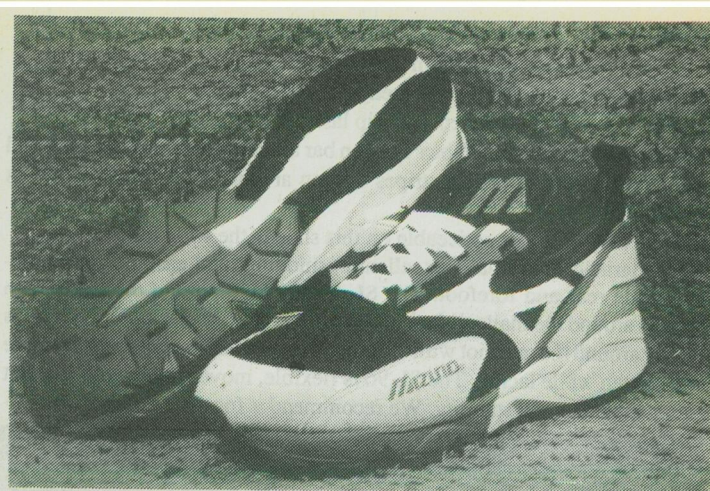
Outstanding Features: Polyurethane midsole for long life and injury prevention. Rearfoot pronation StableAir unit giving comfort and stability. Traditional lacing system.

ROAD TEST: The Pro III is easy to get on and lace up. The rearfoot provides the same stability as the Strata, but lends more freedom to the midfoot and greater space in the toe box. The upper has supportive strapping and is well padded. The midsole gently guides you beginning with heel strike veering you out of pronation. I appreciated the StableAir unit in the Pro III almost as much as in the Strata. The forefoot should have it as well. This shoe is best for long runs with its stability, comfort and forefoot flexibility.

MIZUNO

Mondo Revolution Price \$99.95
Colors: White/Black/Purple (men only)
Wt.: 12.9 oz.
Last: Semi-curved slip last.

Outstanding Features: F-3 Foam heel and counter for custom molded rearfoot fit. Extended Dynamic Foot Contour heel counter providing



Mizuno Revolution

unusually firm heel support. Groove midsole to guide the foot at heel strike. Floating custom fitting lace system.

ROAD TEST: This is definitely the leader in the Mizuno running pack. Great technology and it all fits together well. The upper is well padded, slips on easily, and contours well to the foot—mostly because of the way the F-3 foam heel counter conforms to the rearfoot. The floating lace system is anchored by straps to the forefoot and rearfoot. This shoe has the Mizuno midsole feel and moves nicely on or off road. The Mondo Revolution is also an excellent choice for a larger runner—plenty of room inside.



Mizuno Mondo Control

Mondo Control Price \$79.95
Colors: White/Lavender/Mint (women)
 White/Aquamarine/Navy/Sunkist (men)
Wt.: 11.7 oz. (women) 12.8 oz. (men)
Last: Semicurved combination last.

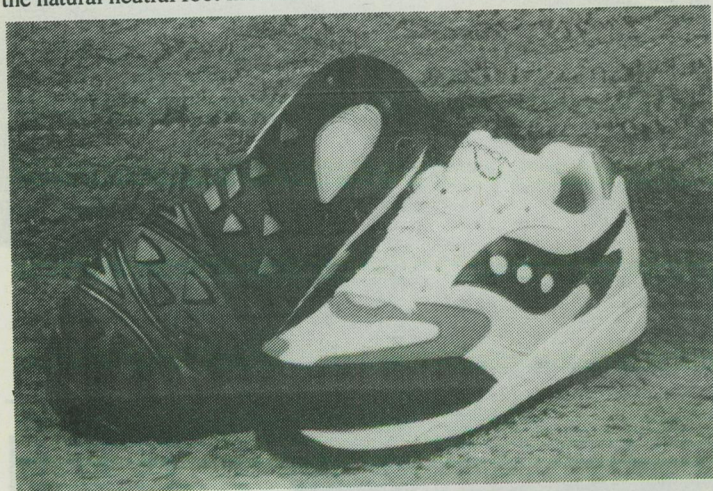
Outstanding Features: Dual density flared midsole for stability. Molded heel counter to improve rearfoot motion control.

ROAD TEST: Mizuno makes shoes that will truly fit the bigger runners and those with wide feet. The Mondo Control is an excellent example of motion control and forefoot room. The flared midsole definitely gives you a firm foundation that, coupled with the molded heel counter, keeps even the roughest of runners in line. The Mondo Control has a high ankle construction and is a good choice for orthotics. All around, it's a good solid training shoe with plenty of room.

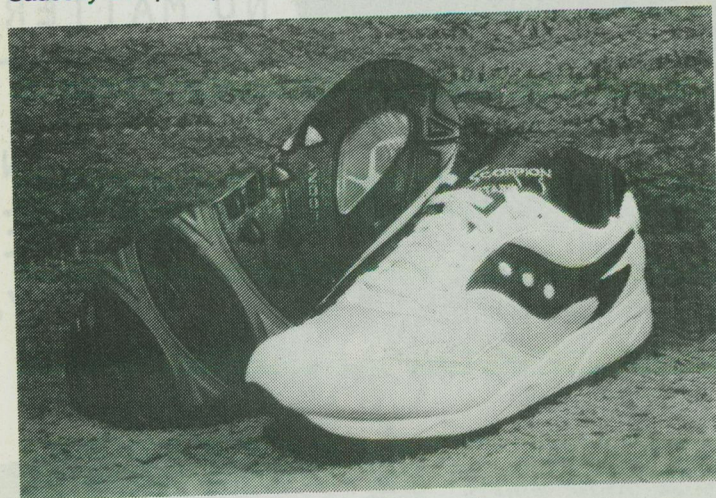
SAUCONY

Scorpion Price \$64.95
Colors: White/Magenta/Purple (women)
 White/Marlin/Navy (men)

Wt.: 10.5 oz. (women) 11.9 oz. (men)
Last: Saucony Stability combination last.
Outstanding Features: Stytherm heel counter to prevent rearfoot motion. Removable RB Sockliner with molded cushioning cradle to envelop the heel and decrease motion. V.I.P. Suspension System with heel plugs of different densities, with different models.
ROAD TEST: The new Scorpion continues that traditional Saucony feel. Wide spacious toe box, firm rearfoot and smooth heel-to-toe movement. This model has a single density midsole with standard density plugs in the heel strike area of the midsole for greater cushioning. The insole really conforms well to the foot to eliminate friction from rubbing. I am most impressed with the overall movement of the shoe on the road: it goes with the natural neutral foot motion.



Saucony Scorpion (above) and Scorpion Stabil (below)



Scorpion Stabil Price \$77.95
Colors: White/Dusty Turquoise/Fuschia (women)
 White/Blue/Regal Purple (men)
Wt.: 11.8 oz. (women) 13.0 oz (men)
Last: Saucony Stability combination last.
Outstanding Features: Stytherm Counter to reduce rearfoot motion. Three density Molded EVA Midsole with the firmest density on the medial side to deter pronation. V.I.P. Suspension System made of firm density PU plugs in the heel strike area of the midsole for greater stability.
ROAD TEST: When testing this shoe, I actually looked at my feet to make sure that I had the Stabil on. This shoe is so flexible and smooth - it just doesn't feel like a stability shoe. While the Scorpion feels like it absorbs the shock, this model gives more of a rebound. I also noticed that the softest midsole material is found in the midline at the rear to receive the heel and guide it properly. To me this new V.I.P. Suspension System is more gentle on the foot than even the G.R.I.D. system—a move in the right direction.

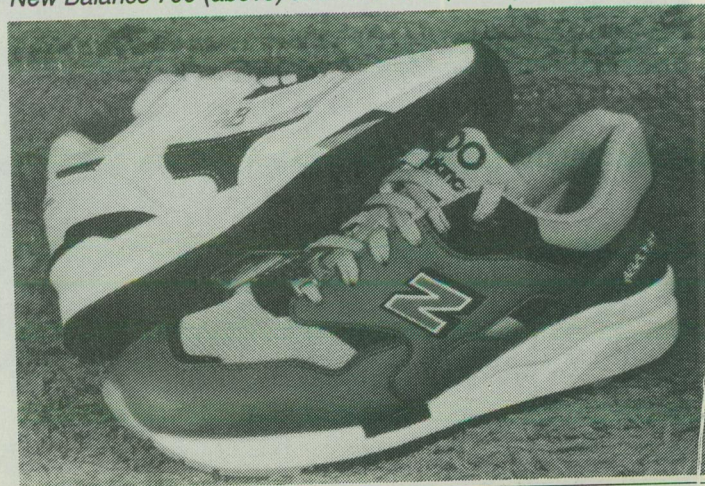
NEW BALANCE

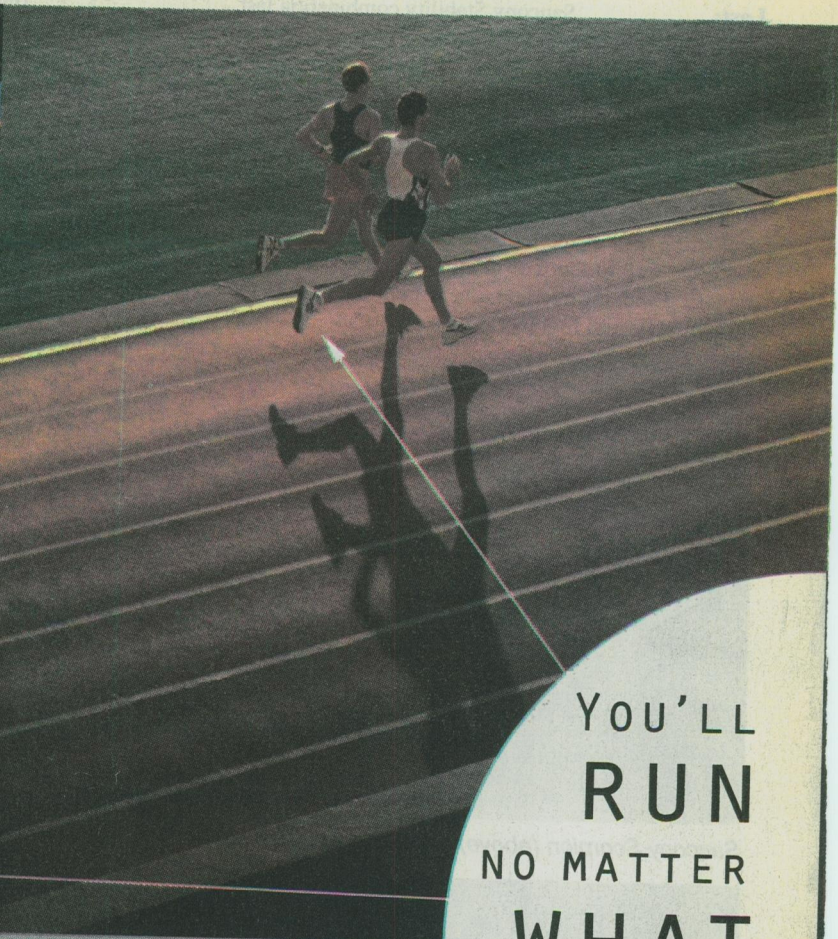
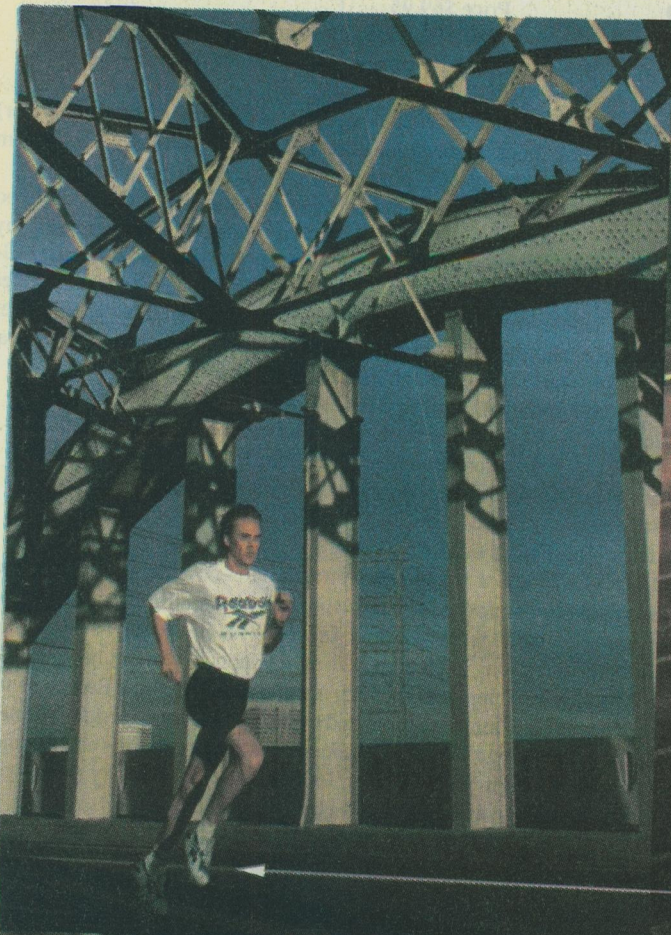
700 Price \$69.95
Colors: White/Purple/Sable (women) White/Navy (men)
Wt.: 8.8 oz. (women) 11.7 oz. (men)
Last: SL1
Outstanding Features: Rearfoot ABZORB (polyurethane based elastomer) technology for shock absorption. Lightweight C-CAP midsole with firm medial post for stability and comfort.
ROAD TEST: New Balance builds good orthotic shoes. The 700 is no exception and adds the comfort of a slip last construction. This company pays particular attention to detail (good job teams 31 and 36). The upper is smooth and seemingly seamless—it's easy to wear with no socks. It gives stability in the rearfoot and snug flexibility in the forefoot. The design places the foot in a natural gait providing great absorption and return of energy at heel strike. The 700 is great for speed as well as long distance.
998 (w) and 1600(m) Price: \$104.95 (women), \$170.00 (men)
Colors: White/Purple/Fuschia (women)
 Shadow Grey/Navy (men)

Wt.: 9.5 oz. (women) 12.3 oz. (men)
Last: SL1
Outstanding Features:
ROAD TEST: Anna tested the women's 998—no changes, just a great women's shoe. Comfort is the first response with stability at a close second. The upper is well cushioned and secure. The midsole provides good cushioning and strong heel, arch & forefoot support without being stiff.
 The new 1600 replaces the long standing 1500 as New Balance's top shoe. It has slightly more toe room and smooth upper construction. The new ABZORB technology effectively reduces shock at heel strike and the shoe glides well through toe off. The 1600 remains a stability shoe with conservative design and colors. A very distinguished shoe.

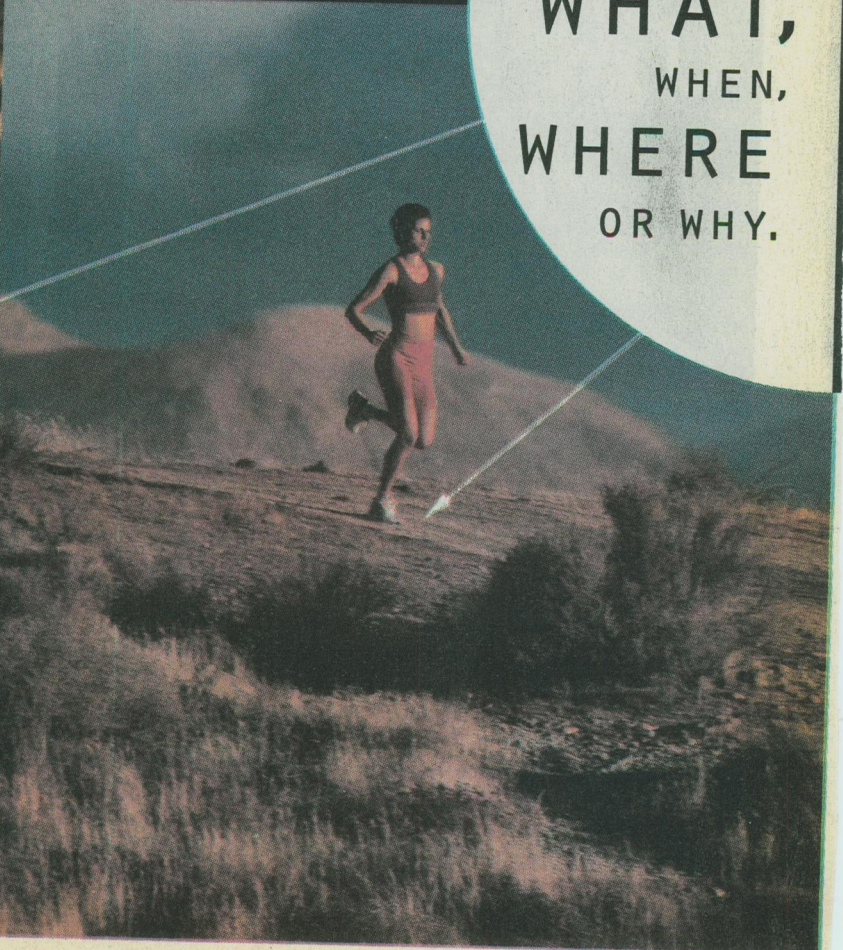
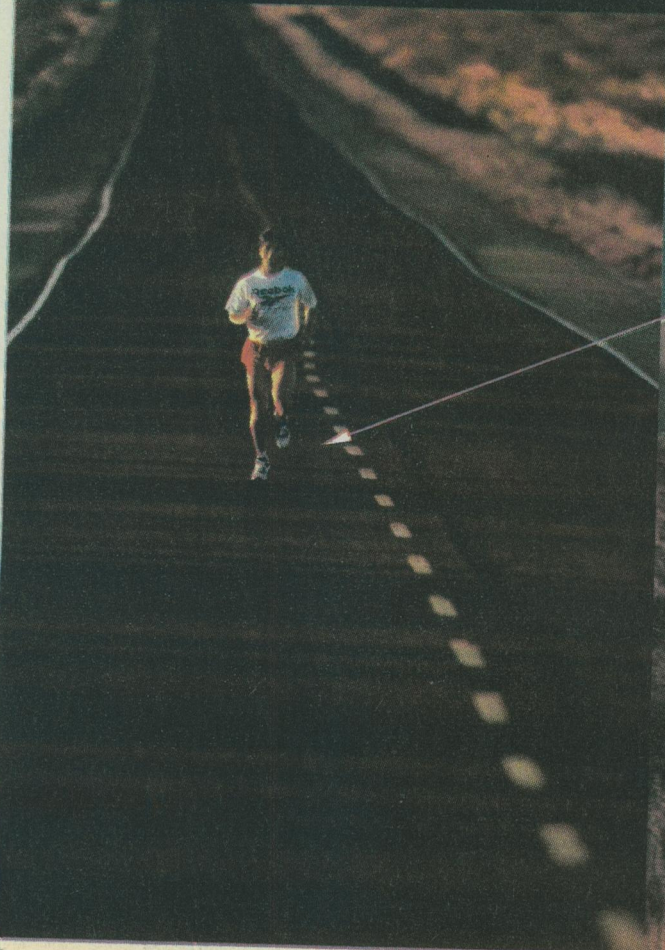


New Balance 700 (above) and 998/1600 (below)





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WHEN,
WHERE
OR WHY.





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PUMA**XS SPEED II**

Price \$74.95

Colors:

White/Black/Red (men only)

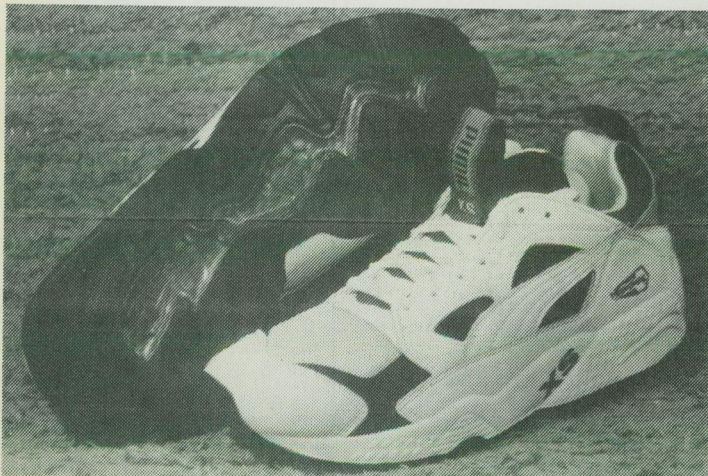
Wt.:

12.2 oz.

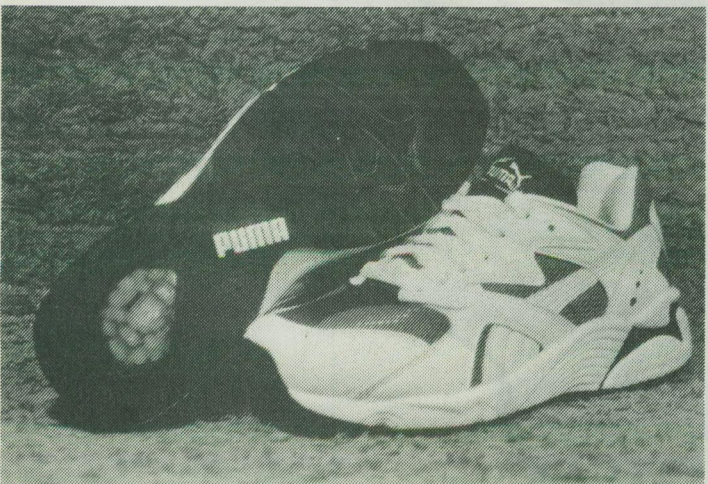
Last:

Semi-curved slip w/tuck

Outstanding Features: Rearfoot Trinomic for increased heel cushioning and stability. Dual density EVA plug to control motion. PUMA AEROPRENE for sock-like fit.



Puma XS Speed II (above) and Puma Viento (below)



ROAD TEST: I was pleased with how easily the AEROPRENE fitting system slipped on the foot. The whole upper is form fitting with good toe space, cushion and stitching. The XS Speed II hugs the foot comfortably. On the road, I was impressed with the Trinomic's exceptional shock absorbing ability. The foot moves with no resistance from heel-to-toe making this shoe fit well to it's name. For a neutral to slight pronator, the XS Speed II is also a distance shoe that will win your confidence.

Viento (Fall 1995) Price \$44.95

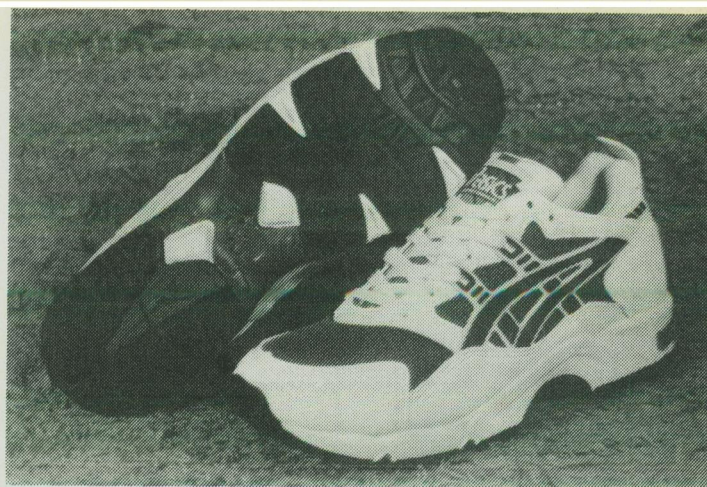
Colors: Canton/White/Ink (women only)

Wt.: 10.1 oz.

Last: Semi-curved canvas board.

Outstanding Features: Rearfoot Trinomic technology for stable cushioning.

ROAD TEST: The Viento is proof that you can buy an excellent running shoe at a low price. It has a comfortable fit throughout with a wide toe box, firm heel counter and excellent midfoot comfort. Anna rated it very good for long distances because of it's comfort, excellent cushioning and strapping system and stable but flexible midsole. She doesn't recommend it for speed work, but feels it suited for off road as it has very good traction, a wide midsole base and adequate midfoot torsion.



Asics GEL-KAYANO

ASICS

GEL-KAYANO Price: \$115.00 (women), \$120.00 (men)

Colors: Hydro/Black/Concord (women's and men's)

Wt.: 11.0 oz. (women) 13.0 oz. (men)

Last: Semi-straight combination.

Outstanding Features: Rear and forefoot GEL system for cushioning. Exoskeletal logo stripes for custom fit and midfoot support. Trusstic system reduces weight of the shoe without sacrificing structural integrity. Mono-Tongue system for custom fit.

ROAD TEST: Asics put everything they have into this shoe. It is one of the CORE series providing stability and cushion to those of medium build. The upper is more spacious, plenty of toe room and good cushioning. A wide base midsole and dual density EVA give the GEL-KAYANO stability. The GEL system receives shock well, and is exposed at the heel if you would like to feel it. The midsole cut out encourages torsion between fore and rearfoot. If you want a roomy, cushioned and flexible shoe, here it is.



Asics GEL-MORO

GEL-MORO Price \$75.00

Colors: White/Black/Denim (men only)

Wt.: 11.5 oz.

Last: Combination

Outstanding Features: Rearfoot HexGEL for cushioning. Contoured dual density EVA for cushioning and torsion ability. Aggressively-studded rubber outsole providing traction for a variety of surfaces and conditions.

ROAD TEST: Part of the A.S.T. line off-road and/or stability shoes, the upper is roomy without surrendering stability. It has a good heel counter and strong midfoot strapping. The rearfoot GEL makes it comfortable on hard surfaces. The outsole resembles an artificial turf cleat. A great off road shoe, it could use a wider midsole for stability. Relatively light for a trainer, the shoe is adequately supportive and moves nicely from heel to toe.

Tester's Note:

From the Lyte series, we tested the GEL-DS TRAINER. This shoe is made for the light, fast paced runner desiring a light, quick shoe that can go the distance. This one has the stability to do the long distances and the snug, light feel for effective speed work. Very flexible and comfortable.

NIKE

Air Max2 Light Price: \$130.00 (women) \$135.00 (men)

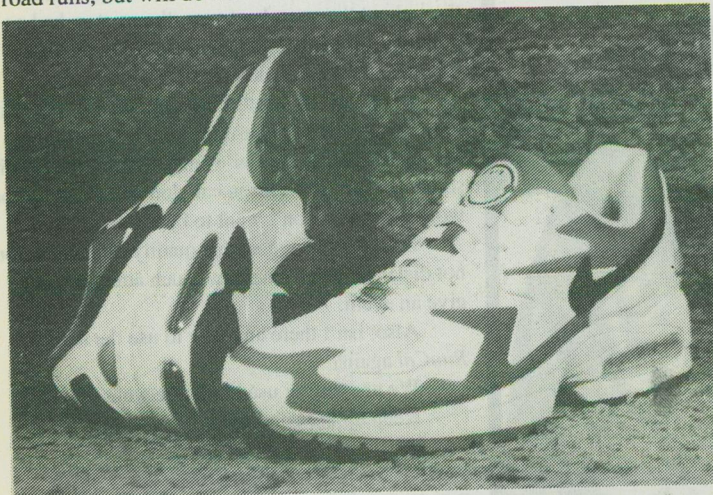
Colors: White/Black/Sapphire (women)
White/Black/Glass Blue (men)

Wt.: 10.0 oz. (women) 12.5 oz.(men)

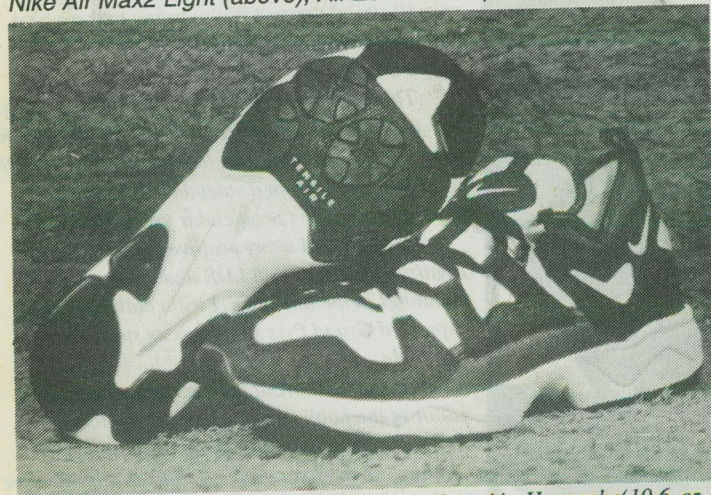
Last: Semi-curved slip last.

Outstanding Features: Three pressure chambers in the heel (5 psi under heel and 25 psi on each side of the heel). Midfoot cutout to provide torsion biomechanically-compatible to the foot. Strong heel counter.

ROAD TEST: Yes, the Air Max2 technology really works. I found that the lesser pressure down the middle of the heel surrounded by the higher pressure units formed a gutter for the foot to naturally follow from heel to midfoot. The strong heel counter and insertable arch supports add stability. On the road, the Air Max2 has a comfortable upper, good toe space, rearfoot stability and an effective torsion system. This shoe really shines on the long road runs, but will do well off road. I don't recommend it for speed work.



Nike Air Max2 Light (above); Air Zoom LWP (below)



We also reviewed the Nike Triax series: Air Huarache(10.6 oz.), Structure (11.6 oz.), and Max (11.8 oz.) Triax. The Huarache is flexible and formfitting, has a wrap around tongue and moderate heel support. The Structure has a footbridge to deter pronation and is more solid than the Huarache. The Max is the most stable with a stronger heel counter, a more firm midsole and less midfoot torque. Each has rear and forefoot Air-Sole units and the latter two have traditional tongues. Three very different, very fine shoes, they provide top quality and light weight at a low price: \$85.00.

Air Zoom LWP Price \$100.00

Colors: White/Black/Cherry (women)
White/Citrus/Black/Voltage Purple (men)

Wt.: Unavailable

Last: Semi-curved slip last.

Outstanding Features: Exoskeletal medial/lateral external arch supports that tighten around the foot upon lacing. Stretch mesh upper for ventilation and comfort. Air-Sole heel and Tensile-Air in the forefoot.

ROAD TEST: This is a performance shoe—only serious runners need apply. No heel counter, no stability devices, no heavy upper strapping: just light weight, ventilation and comfort. LWP stands for "Light Weight Performance" and that's just what you get. The upper is just a detail to keep the midsole attached to the foot. The heel straps in nicely and there's plenty of toe space. The midsole envelops the foot and allows freedom of movement. Obviously, the Air Zoom LWP is for racing, tempo runs and speed work.

BROOKS

Vantage Price: \$79.95

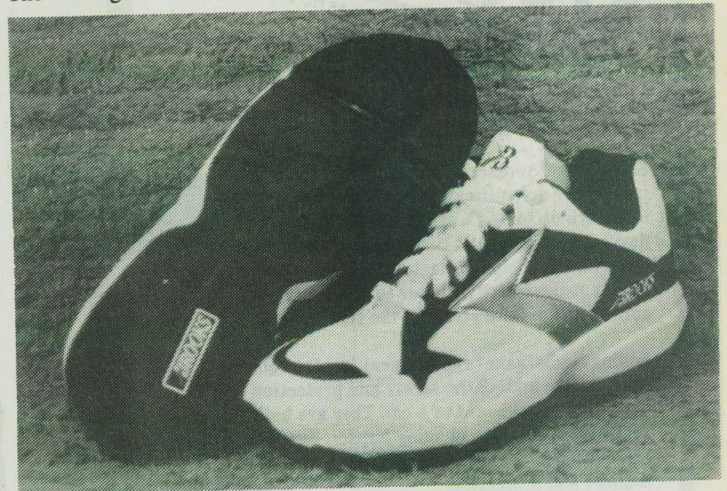
Colors: White/Cobalt Blue/Black (women)
White/Black/Bronze (men)

Wt.: 10.5 oz. (women) 12.5 oz. (men)

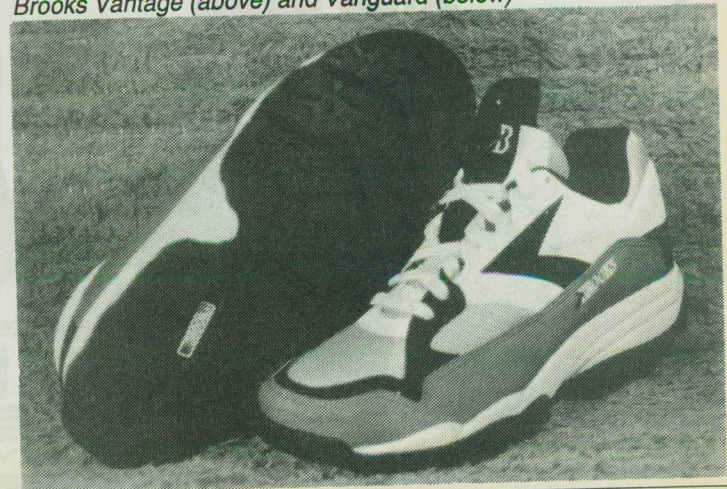
Last: Curved, California slip last

Outstanding Features: POD Technology that segments the mid and outsole into smaller segments (or pods) that react individually with the foot. Rearfoot Hydroflow for shock absorbance. Modified Diagonal Rollbar enhances motion control.

ROAD TEST: It may be a bit stiff for a day or two, but don't be discouraged: it works in nicely. The upper is well padded, has a solid arch and heel support, and high ankle construction with lower cut for the lateral malleolus. The Vantage is stable and firm, but maintains good shock absorbency,



Brooks Vantage (above) and Vanguard (below)



flexibility and rear/forefoot torsion. Although it is fine for off road, the Vantage's natural environment is the hard top.

Vanguard Price \$74.95
Colors: Pewter/Evergreen/Black (men only)
Wt.: 13.0 oz.
Last: Curved, California slip last

Outstanding Features: Footshield upper design to protect and support the foot. Rearfoot HydroFlow for shock absorption. Heel and toe bumpers to protect the feet. Forefoot pods designed to accommodate flexion of the forefoot. Midfoot cut out for torsion.

ROAD TEST: The Vanguard is truly an off-road vehicle: rough and protective outside with a solid heel counter and midsole (firm is good on dirt), heel and toe bumper protection, and a well padded and tough upper. It's movement is accentuated by the forefoot flex grooves and surprising

rear/forefoot torsion. And, like most off-road machines, it keeps the passenger comfortable and free from the dangerous outside environment. The Vanguard moves deceptively well for such a sure footed stability shoe.

The third member of the Vantage Series 2000 is the Villanova cross-terrain running shoe with stronger upper strapping and more apparent arch and medial support. This shoe is more firm in general than either the Vantage or the Vanguard. Even with that, it somehow feels very smooth and comfortable (don't ask me why).

About the Author:

Dr. Darin Workman practices at the Houstonian Medical Specialists in Houston, Texas. He operates a chiropractic practice and is director of the Houstonian Rehabilitation Associates, specializing in sports injuries and back and neck injuries. Dr. Workman is an avid runner, race director, and freelance writer/lecturer.

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Letter to the Editor

Dear Editor:

Just a few observations on your fine magazine. I really enjoyed the end-of-year results as tabulated to show all points in every race, including cross country. It would be great to see at least the top 10 masters and open men and women in each issue throughout the year. Last year, the masters had no rankings until July and then it was only the first five; yet, the top 25 ultra masters were listed.

Let's face it, most of the ultra people "hide" in those long events because they are intimidated by the higher quality shorter events. That's exactly why someone like Ann Trason can dominate—other good women runners don't want to bother with ultras.

So I would suggest that quality of competition, not distance, determine how much attention you give an event.

Also, isn't there any way to use the name *RunCal* again?

We are getting used to the recycled paper. Keep up the good work.

Bill Knapp
Reno, Ne.

P.S. Has anyone noticed that Excelsior T.C. has won 10 straight races? We're trying to three-peat, but don't tell anyone. Ha!

Editor's reply:

Thanks for the letter. Regarding the standings: The Ultra Grand Prix Circuit begins in August and runs through June of the following year whereas the road grand prix is on a calendar year, making standings early in the calendar year difficult.

I have heard many positive comments regarding the year-end LDR and cross country standings in the last issue. I will continue to print expanded Grand Prix standings as space is available.

The name RunCal belongs to the previous editor of the publication, not to the publisher. Regarding the comments about ultra runners "hiding" in the long events, I think this is offensive to the uniquely-talented men and women ultra runners. The diversity of track and field is one thing that sets this sport apart and above all others, in my opinion. It is disappointing to me when members of our track and field family take shots at one another. The different interests and abilities of our Association members are to be celebrated, not insulted.

Doug Thurston, Editor

Walkers Overcome Wind, Rain in 50 km USATF Championship

by Ron Daniel

Matthews in 3rd and Evoniuk in 5th, Make World Cup Team

Jan. 8, USATF 50 km Championship, Palo Alto

For the third year in a row, the Pacific Association played host to the USATF 50 km Race Walk Championship. The race began early on a wet Sunday morning in Palo Alto. As a major storm system moved across the peninsula, 28 hearty athletes prepared to race for places on three USA international teams: the Pan American Games, IAAF Race Walking World Cup, and IAAF World Championships (four Canadian athletes were also using the race as their trial). Until the 20 km World Cup trial February 19 at Fort Ord, past this magazine's deadline, final team positions will not be known.

For added incentive, athletes were aiming for the 1996 Olympic Trials (4:25) and Olympic Games A standard (4:00).

With six past 50 km champions and five Olympians in the field, the wet and windy conditions couldn't quench the fireworks. Mild temperatures (50's) helped the walkers to ignore a debris-strewn 2.5 km loop, steady rain, and winds gusting to 50 m.p.h. Pacific Association walkers Jonathan Matthews ('93 champion), of the GGRW and Palo Alto, and four-time Olympian Marco Evoniuk, from San Francisco, came ready to race.

In spite of the conditions, the lead pack, led by Matthews, started at a sub-4 hour pace (12 minutes per lap). Defending champion Alan James, Andrezej Chylinski, Matthews, Herm Nelson and Canadian Martin St. Pierre passed 10 km in 47:42 with Evoniuk, Wick and Marchese one minute back. That lead group of five worked together through 25 km (1:59:13) with Evoniuk next closest (2:01:54).

By 30 km, only Chylinski was with James at 2:22:50, both now more than a minute under the coveted four-hour pace; Matthews and St. Pierre had slipped by 19 seconds and Nelson was another nine seconds back.

Turning in a quick 23:32 5 km, Allen opened a six second lead on Andrezej at 35 km, with Matthews now 29 seconds back. St. Pierre called it a day at 35 km, passing in 2:47:24, meeting his goal of a sub-2:55 for consideration by the Canadian federation.

James continued to press the pace to 40 km, then slowed to his first 12-minute lap. Covering the last 10 km in 49:54, James beat four hours for the second year in a row with a time of 3:59:46. Chylinsky (4:01:39) and Matthews (4:02:42) finished second and third.

While disappointed in third, Matthews continued to show his consistency with his fourth sub-4:03 since winning in 1993.

With late race drop-outs, Schueler edged Evoniuk for fourth, 4:14:00 to 4:14:19.

Rounding out the top six was 23-year-old Andrew Hermann with a PR 4:19:51. In his first 50 km in two years, master walker Gene Kitts surpassed the Trials standard with a strong 4:23:53. Just missing the standard, but setting a PR, was Mike Rohl at 4:25:12.

James became the events' first repeat winner since Schueler in 1991-1992. Perhaps even more impressive than Allen's sub four hours was Andrezej's big PR of over six minutes.

USATF 50 KM RACE WALK CHAMPS.

1. Allen James	AIA	3:59:46
2. Andrezej Chylinski	NYAC	4:01:40
3. Jonathan Matthews	GGRW	4:02:42
4. Carl Schueler	Unat	4:14:00
5. Marco Evoniuk	Unat	4:14:19
6. Andrew Hermann	Adidas TC	4:19:51
7. Rob Cole	Reebok	4:22:30
8. Gene Kitts		4:23:53
9. Mike Rohl	Brooks AC	4:25:12
10. Ian Whitley	PVTC	4:35:09
11. Mike DeWitt	Parkside AC	4:43:57
12. Steve Vaitones	Nike Boston	4:49:12
13. Albert Leibold	FRW	4:49:53
14. John Soucheck	Shore AC	4:57:47

Iknoian Represents PA at World Cup Trial

Jan. 28, Women's 10 km World Cup Trial, Orlando, Fla.

Nearly all of the top ranked US women converged on Epcot Center Janaury 28 for the US World Cup Team trial. Most racers' found their time over a minute slower than expected due to high humidity and a difficult 1 2/3 km loop.

Therese Iknoian, GGRW, was the only Pacific Association representative at this important trial event. Racing against 28 other hopefuls, including all three 1992 Olympians and 1993 national team members, Therese was satisfied with her early season performance. Her time of 54:35 gained her 14th place, in the middle of the pack.

Picking up where she left off last year, Michelle Rohl led the way in 46:12. Not far behind, and seemingly fully healed from her '93-'94 injuries, Victoria Herazo was second at 46:26. Rounding out the US squad for Beijing was Linda Brubaker, 46:52 (PR); Teresa Vaill, 47:02; and Debora Van Orden, 47:22. With a mere 70 seconds separating the five team members, this squad should be a top five contender at the World Cup.

1994 US Rankings

Sr. Men: Allen James and Jonathan Matthews, GGRW, were ranked 1-2 at both 20 km and 50 km. James also had the 33rd fastest 50 km time in world. Jim Lenschau, AIA, was the only other PA walker making the list with the 31st fastest time at 20 km.

Sr. Women: Teresa Vaill and Michelle Rohl were ranked 1-2 in *Track & Field News* and in reverse order by the Ohio Race Walker. Rohl

had a 34th world best time and Vaill a 43rd world best time. The PA placed 7 women in the top 45 US times: Kim Wilkinson, MPWWWC, 11; Susan Armenta, Parkside, 13; Karen Stoyanowski, Sierra RW, 18; Chris Sakelarios, Parkside, 20; Therese Iknoian, GGRW, 24; Kerry Bratton, Woodside TC, 44 and Robin Fujinaka, GGRW, 45.

USATF Recognition

Ron Zinn Award: Lori Maynard for lifetime contribution to race walking, presented by the Green and Gold AC, Ron Zinn's club.

Master Age Awards

Masters Men: 35-39, Jonathan Matthews; 60-64, Jack Bray.

Masters Women: 35-39, Karen Stoyanowski; 70-74, Ruth Van Sandt; 80-84, Dorothy Robarts.

1995 Schedule thru May

The GGRW was the only respondent to the early December '94 request for 1995 race directors. Based on that response, the following schedule is offered.

March 25, Novice/Youth Clinic plus 3 km

Handicapped Race, College of San Mateo

April 8, PA Grand Prix 5 km, Foothill College

April 8, Judges Clinic following race

April 30, 10 km PA Champ and Grand Prix, College of San Mateo

May 21, 10 km Women and 20 km Men

Western Regional Championship, Palo Alto.

Masters divisions in both races. A special training forum to be held May 20.

Just announced by PA:

June 3, PA Senior Meet, College of San Mateo

June 10, PA Masters Meet, Los Gatos HS

June 14-18, Mobil/USATF Champs., Sacto.

CHAIRMAN'S NOTES

50 km Special Thanks: Palo Alto Parks and Recreation department for the course and set-up material, Collagen Corp. for the post race indoor facilities. Power Bar, Guiltless Gourmet, Zanotto's Family Markets, Champion Raisins and Thor*Lo for donations. Officials, PA Clubs, athletes, and especially the Golden Gate Race Walkers for most of the man-power.

Therese Iknoian for sponsor liaison and media coordination resulting in SF Chron, SJ Mercury News and Sports Channel coverage.

Doctors Paula Kash-Mendell, Amol Saxena and Reginald McCoy for medical support.

Judge Training: Make arrangements for judges' apprentice training with Lori Maynard at 415 369-2801.

Attention Youth Coaches and Clubs: In preparation for the JO Nationals this summer, come out to the novice race walk clinic March 25 at 9:00 a.m. at CSM. Special emphasis for coaches and athletes. For more information, contact GGRW race coordinator Therese Iknoian, 408-297-3376.

The Marin Independent Journal & K101 presents

H O U L I H A N ' S



Sausalito to San Francisco

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A Celebration of Running XII

SUNDAY ♦ MARCH 26, 1995 ♦ 8:00 AM ♦ CERTIFIED 12K
♦ ACROSS THE GOLDEN GATE BRIDGE ♦

Marin Independent Journal 12th Annual "Celebration of Running"
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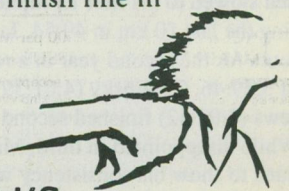
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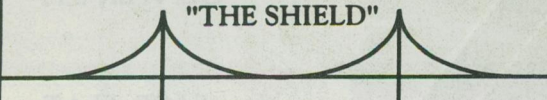
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White with official race design. (See ENTRY FORM for details)

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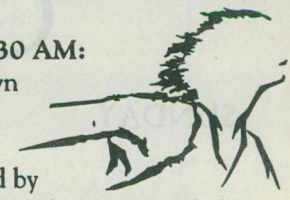
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1st Place Prize (Men & Women): "Dinner for Two" at Houlihan's and a special award.
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To be eligible you must pre-register, weigh in at Houlihan's - San Francisco or Sausalito, on St. Pat's day (Friday, 3/17) 7-9 AM or at the Houlihan's Alumni Night Party (Friday 3/24) 5-7 PM.

PRIZE MONEY: \$2500 PRIZE MONEY TO TOP MEN & WOMEN: PA/USA TRACK & FIELD CHAMPIONSHIP.
Awards to top men & women in 18 age divisions.
Official Qualifier for seeded positions EXAMINER BAY TO BREAKERS.

SHUTTLE TO START: 6:30-7:30 AM:
From Aquatic Park/S.F. & downtown Sausalito; no post-race shuttle.






3 WAVE START: Waves assigned by AGE/10K or 12K time and date received. Entries mailed in together will be automatically assigned to same wave - #2 or #3. (NO FIRST WAVE ASSIGNMENTS ON RACE DAY!)

FOR SAFETY REASONS: Sorry, no wheelchairs, baby strollers, baby joggers, dogs or skates allowed on the course.

PRE-RACE PARTIES at both Houlihan's: St. Patrick's Day (Friday 3/17), join K101's Don Bleu for a Continental Irish Breakfast at his live remote broadcast from Houlihan's/S.F. 7:00-10:00 AM or stop by later for the ongoing St. Pat's Party and Houlihan's Alumni Night (Friday 3/24), 5:00-7:00 PM. Wear a previous year's Houlihan's Race t-shirt to be treated to a free buffet sponsored by the California Beef Council and lots of random prize give-aways!

SOUTHWEST AIRLINES TICKETS: Register to win a pair of Southwest Airlines tickets at Houlihan's / S.F. or Houlihan's / Sausalito by 3/25; each will give away a pair of tickets after the run.

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BENEFITS: EDGEWOOD CHILDREN'S CENTER ♦ RACE MANAGEMENT: RhodyCo Productions ♦ RACE HOTLINE: (415) 564-0532

TO REGISTER: Preregister for \$20.00 by 3/20/95 or register race day at Aquatic Park for \$25. (long sleeve finisher t-shirt to all registered participants). To pre-reg make check payable to & mail to HOULIHAN'S TO HOULIHAN'S, 3929 California Street, San Francisco, CA 94118. Include 4"x10" self-addressed stamped envelope to receive packet by mail. To order the SPECIAL COMMEMORATIVE SWEATSHIRT be sure to include an additional \$20. per sweatshirt with entry. Orders must be postmarked by 3/17/95. Sweatshirts must be picked up on race day. Sorry, No Refunds. (check includes # of shirts x \$20. plus entry fee.)

- - M F
 Date of Birth Age on race day Sex


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ADDRESS

CITY STATE ZIP

* (Check box (include \$2.00 per issue) MARIN I.J. RESULTS ISSUE sent to address listed above.) PHONE# - -

Best '94 10K Time :



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REGISTRATION: \$ _____
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 Commemorative Sweatshirt (\$20. each) (in addition to long sleeve finisher t-shirt) _____

Quantity _____ Sizes: S M L XL

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SIGNATURE: (Parent or Guardian if under 18) _____ **DATE:** _____
ALL ENTRANTS MUST SIGN WAIVER



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APRIL 9, 1995

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CENTER S.F.

5K RUN

FAST, FLAT

1 MILE WALK

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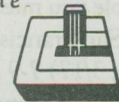
GREATER BAY AREA

SOCIETY OF ST. VINCENT DE PAUL


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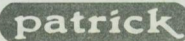
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GIMME SHELTER

5K RUN/WALK TO HELP THE HOMELESS
SUNDAY ~ APRIL 9, 1995 ~ 9:00 AM

\$10,000 PRIZE MONEY

\$7,500* to all comers split between men and women in OPEN, MASTERS AND WHEELCHAIR.

\$2,500 for USA Track & Field Pacific Association 5K Grand Prix.

*John Hancock Mutual Funds will provide bonus prize money with matching donations to St. Vincent de Paul and to athletes who also win at the Carlsbad 5000 (4/2/95).



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Awards will be presented 3 deep in 9 age divisions for men and women.

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PHONE# DATE OF BIRTH - -

T-SHIRT SIZE S M L XL (Check one)

CORPORATE CUP MUNICIPAL CUP CORPORATION NAME/MUNICIPAL DEPT. & CITY

AGE (ON RACE DAY) SEX M F

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WAIVER: In consideration of your accepting this entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and / or administrators, waive and release any and all claims for damages I may accrue against St. Vincent de Paul Society, RhodyCo Productions, Sutro & Company Incorporated, John Hancock Mutual Funds, Wells Fargo Bank, all sponsors of the event, City and County of San Francisco, Yerba Buena Center, any and all contractors, their employees, representatives, agents and heirs from any and all injuries that may be suffered by me or enroute to or from this event. I attest that I am physically fit and sufficiently trained for this strenuous competition. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. As part of this waiver I acknowledge that I have read and understood all of the above and, in consideration of this being an amateur event, I release the rights to any and all photographic material, motion picture, videotape, recording and / or computer information organizers may wish to release for this event without obligation to me. ALL ENTRANTS MUST READ & SIGN WAIVER (PARENT OR GUARDIAN IF UNDER 18)

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PA-USTAF Clubs Battle in the 1995 LDR Grand Prix Circuit

By Mike Weddington

The Pacific Association of USA Track & Field has one of the most active club competitions in the country. With competitions in long distance running, ultra running, and cross country, there is something for virtually every runner in every club.

In the past few issues, this writer has detailed the exciting PA cross country grand prix circuit. Now the spotlight falls on the 1995 PA-USTAF Long Distance Running (LDR) road circuit. The first Grand Prix event is complete (see article on the Cal-10 on page 28) and the circuit stretches throughout the spring, summer, and fall. Here's what to expect from PA clubs participating in at least some of the LDR Grand Prix events this year.

Clubs Guided By Varying Priorities

In talking with most of the PA club leaders regarding their '95 LDR plans and goals, this writer was eventually struck by how differently each club seems to be approaching the year, as determined by their own interests and limitations.

Some planned to field as many age and gender divisions in as many events as possible, in rather shot-gun fashion. Others talked of limiting their presence on the distance running circuit so as to make more time and energy available for other sub-seasons such as track and field, cross-country, and ultra-running. Still others talked of carefully focusing energy, talent and resources on a few key PA-LDR races while looking to simply rest their club members and budgets more often. And finally, some clubs were gazing beyond the PA for new and interesting opportunities.

In the aftermath of all of this input and discussion, this writer feels that one thing can be safely surmised: *there is no way an individual club can fully involve itself in the PA.* There are simply too many events in too many categories spread out over too much distance for clubs to handle the load.

Witness the upcoming calendar year schedule. There are 12 LDR events in '95, counting the already-completed Cal-10 in Stockton. There are also at least a dozen or more PA-Ultra Grand Prix events scheduled. And although there is not yet an official PA Track and Field Grand Prix (although there is considerable interest in some quarters in initiating one), there are several Northern California Track and Field meets this year that allow at least some of the best club runners to compete. And then there is the popular PA-Cross Country Grand Prix, which may number nine events again this year.

Finally, one must be aware of the dozens of Northern California non-PA events that will be held in 1995; not just the big attractions like the Bay to Breakers and Wharf to Wharf, but

the more modest grass-roots events that depend on the attendance of the club runners in the area.

Add it all up, and you come up with a lot of burned out and even chronically-aching and injured runners who were brave or foolhardy enough to take all of it on (and there were more such runners in each club than many may be aware of).

Obviously, such demands can be overstated, as many individuals and clubs must and do opt for a more sensible approach: they prioritize, make choices, and plan. What results, then, are less than the largest and swiftest teams that usually end up making it to LDR, cross-country, track and field, and ultra events, if at all. (Even the more specialized track and field and ultra runners would do more of the other kinds of events, if only scheduling and energy permitted it.)

Of course, this is not a bad thing, in and of itself. The PA must be commended for going through the effort of offering such a bountiful menu to its constituents. That fact, however, begs the question as to whether the PA and its members are getting as much out of its individual events and overall schedule as they would if the menu were reduced and refined. That is the question of the day, and even a cursory check around the circuit will find no shortage of responses.

PA-LDR Club Reviews

Despite the hard choices that the PA's schedule places upon member clubs, its events and services continue to draw. As touched on earlier, the PA has worked long, hard and successfully to build one of the most popular regional USATF circuits in the nation. The potential for further success is clearly in the offing, if enough people are willing to come together to make it work out. The first place to start would be with the PA's flagship circuit: long distance running (LDR). Runners who can make the most difference are those from member clubs. Here's a brief look at each PA club and their focus for 1995.

East Bay Striders

Club President Thom Trimble reports that the club's 80-100 racing-oriented members will be more careful and selective with their PA racing this year, as many are nursing injuries at this time. The **men's team** may be led by the **masters** this year, as a strong, emerging group of Joe Schieffer and Michael Ignatius (both 57 min. at Cal-10), Julius Ratti, Mike Kornek, Barry Hampshire, John Monteverde and Tom Hale could do very well on the PA circuit. Watch for Hale - a former national class runner in college coming back from injuries. They finished an excellent third last year.

The **open men**, who finished 4th in '94, will continue to be led by Trimble and Jeff

Teeters, 22nd and 15th on the 1994 LDR list, respectively. New club find Doroteo Vasquez (1:13 at '94 Humboldt) is expected back by the summer, and Michael Schwartz, Michael Plummer, Dan Marks, and Ken Gregorich add depth. Look for Jose Lopez to emerge, while Larry Menard and Carl Rose are indefinitely injured.

In the **senior division**, expect six-to-seven to compete at times, with Dave Taylor leading the way.

The **East Bay women** exhibit much of the same disarray as shown by many other women's teams throughout the PA, as many struggle to deal with career changes, motherhood and family, team commitment and a lack of team depth. Mainstay **open women** Malia Dinell (28th-'94 LDR), Jill Cartwright and Karin Kuffel comprise a talented and dedicated core. Other talents Katherine Isham, Kate Von Fossen (one of the best X-C runners in the PA), and Amber Duncan are all uncertain at this point. Depth is a concern, as the women seek to emulate their fine 4th place finish of a year ago. There are no **masters or senior** runners, as Kazuko Aoyagi has joined the Impalas.

Empire Runners Club

Still a relative neophyte to PA racing, 15-plus year-old Empire continues to attract more of its 380 or so membership into the PA's competitive mix of events. Like Tamalpa and other sister clubs that also have several of their own intra-club events (Empire will stage over 15 separate events in 1995), there is a problem in getting enough people out to PA-LDR events.

The **open men** will give it another try this year, after finishing 3rd in 1994. While harvesting only locally-developed talent, they look stronger and deeper than ever, and may be ready to give defending champ Silver State and the perennial powerhouse Reebok Aggies a real run for the money (literally and figuratively). Mike Stone, with a 5,000 PR of 13:45, is back from Indiana, as is 29:11 10 km and X-C ace performer Todd Trask. Newcomer Dan Held, a 3:47/1:50 trackster, adds quality depth, and the ageless Danny Aldridge (3rd-'94 LDR), Eric Walker (9th), Kenny Brown (12th), Ken Keyte (27th), E.J. Bohn (37th), Ty Strange, Scott Pierce and Louis Garcia will all be back.

The **masters men** look to add to their PA-XC first place by entering the LDR fray. Butch Alexander, Mike Lowery, Tim Stewart, Bob Merritt, John Royston, Clark Rosen, Jamie Damiano, Jon Hermstad and Eddie Freyer figure to lead the way, with Ray Corona a newcomer to watch.

The **seniors** did very well to finish 3rd in 1994, but the going will be tougher in '95 as Martin Jones (6th in '94) concentrates more on ultra events. Third-place '94 LDR man Dan

Preston returns, as does captain Terry McNeill, while fellow ace Craig Roland recovers from injury.

Meanwhile, the **open Empire women**, like their male masters brethren, hope to build upon their success from the 1994 PA-XC season (3rd place). It is unclear at this point just how often team leaders Catherine Dubay, Lura Damiano, Donna Rodriguez, Cathy Dalton, Robin Stovall, Tori Meredith, Shelly Lydon, Valerie Lucia and others will be racing this LDR year. And as far as the masters and seniors go, only Pamela Horton seems poised for a few LDR events, as the sub-1:30 senior half-marathoner could be one of the best on the circuit, having finished 9th in 1994 despite a very limited PA schedule.

Hoy's Sports

Founded 15 years ago by owner Deborah Gellermann (which was named in honor of her dad), the Hoy's Sports store in San Francisco eventually began sponsoring a men's team (their women counterparts are actually the Impala's, who are run as a separate entity) as a means of both promoting the store and supporting developing talent in the local area.

Culling talent mainly from local San Francisco and nearby Marin and East Bay area roads and tracks, this racing-oriented team has been one of the best in the Bay Area for many years now, with its cyclical fortunes currently back on the rise, it seems.

Although the **open team** has suffered the recent losses of Rey Flores (21st-'94 LDR) to the Stanford-based elite group known as the Farm (who are focused on national competitions), and Miguel Tibaduiza (6th-'94 LDR), who is now with hometown club Silver State, they have apparently added former area great Rod Berry- who is still in his 30's.

Olympic trials hopefuls Jake Furber (marathon), and Ben Turman (1500) are members of a good cast that includes Scott Kennedy, Arthur Welch, Matt Johansen, Dan Mancini, Jose Lizaraga, Dale Londos, Chris Lucey, former 29-minute 10 km'er Brian Nierstedt, Patrick Moreton (18th-'94 LDR) and Marc Zibblatt.

One runner to watch is Eric Lilot, who ran a 1:57 800 and just over 4:00 1500 in his first full year of track last year, could develop into an excellent overall runner.

The team's overall focus for the next year will be to support as many Olympic Trials hopefuls as possible, with the store supplying some needed finances.

As far as **masters and senior men** go, the list is short but possibly growing, as Dan Ramos and Les Ong leading the masters, and Alphonso Jackson and ultra-specialist extraordinary Ray Piva do likewise for the seniors.

Humboldt Track Club

The Eureka-based group will split their year into three phases this year. They will first

focus on track in the spring, then shift attention over to road racing come summer. In the fall, they will split their time up evenly between the LDR circuit and PA-cross country, as the long commute from the northwest corner of the state has dampened enthusiasm for another full commitment to cross-country. The Olympic Trials in 1996 are also a major focus for many in the club.

The **open men** remain the heart of this young organization, as these mostly-Humboldt-State-grads have managed to build a healthy community-based club in a surprisingly short amount of time (witness their Cox Cable PA-10 km they organized last year, in honor of Humboldt grad great Mark Conover). They have managed to get some local business support for their activities, while also looking for ways to promote running among youth and other community members.

Dennis Pfeifer returns as the top dog, as the 29 minute 10 km runner looks to qualify for the Olympic Trials 10 km or marathon. Similar aspirations are held by Reed Elmore and Scott Pesch (steeplechase), Cory Trovinger and Mike Williams (marathon), and Jim Olsen (1500m).

Road and X-C rats Lou Ortiz, Ian Blair, Phil Demontigny, Chris Douville and Chris Parmer add needed depth, while Kevin Andrews is Humboldt's "secret weapon" for the year, as he was recently one of the best 5000m high school runners in the U.S. (while running under the name of Holbrook) with a best of 14:43. Feeling burned out in college, he is back and training well.

The **open women** will just try to field a team this year, as depth is the real concern. Talent is not a problem: Denise Walker is one of the most talented women in the PA, as is teammate Jolly Earle. JoAnne Slater, Heather Reed and Sharon Powers are all sub-40 minute 10 km runners. This is one of those PA teams that finish deceptively low in the standings; despite a lot of talent, they simply haven't been able to get that talent out to the required events.

Impala

There are many unsung heroes in the PA who do an incredible amount of behind-the-scenes work to make things happen. One of these miracle workers is Irene Herman, past president of Impala and the team's fund-raiser, organizer, and cheerleader. The Women's LDR PA Representative, PTA President, Chinese interpreter (she speaks three dialects), business owner, and mother of two is back at it again: she is currently leading fund-raising efforts to enable her Impala team to represent the PA at the USTAF National 5 km Freihofer's Championships in Albany, New York this coming June.

Hoping to take eight club members to the event, qualifiers will be selected based on performances in a trio of early-season 5 km events. Money for expenses to travel will partially come from the PA and other support-

ive channels, but several hundred dollars must still be raised for this admirable.

As the PA's only all-womens club, some Impalas will also be training and racing this year with the Olympic Trials in mind. The **open women** pointing for the trials are Peggy Lavelle and Sandy Patterson (marathon), among others. Racing leader Kris Luckin is healing from an injury, as are April Powers and Marcia West. Alexandra Newman, Lisbet Engberg (18th-'94LDR), Lorena Harrigan (27th), Carol Stubbs, Francine Nunley, Irene Suzuki, and Lynn Erdman all appear to be back in the fold, and ready to maintain Impala's status as one of the women's open division "big three" with the Aggies and Ryan's Sports.

Meanwhile, Laura Fritz (pregnancy), Misty Garcia (newlywed), Diane Fitzpatrick (pregnancy) and Eileen Brennan (pregnancy) are pre-occupied. The great Christine Kennedy has moved on to join the rival Reebok Aggies.

The Impala masters will again be led by Beckie Simmie-Kesecker (11th-'94 LDR) and fellow 1994 LDR scorers Irene Herman, Sally Cataldo, Agnes Livingston, Marty Maddox and Pat Falsone, with Deborah Gellerman and East Bay Strider transfer Kazuko Aoyagi adding to the cast. The seniors, second place in 1994, will be paced again by one of the very best in the division: Eve Pell. Third place 1994 LDR scorer Louise Walters joins Eve, as does Sue Johnston and Barbara Brady. Impala is strong in every major division.

Infiniti: The Sacramento-based newcomer to the PA club scene got off to what team founder Jim Sapienza terms "a successful start" in 1994 as the group of 40-50 focused on determining a home base and then developing a sense of organizational continuity. Now situated at the Fleet Feet store in Davis with the support of store owner J.D. Denton, the club meets there on Saturday mornings and Tuesday evenings for workouts.

The **open men** thus far have been the heart of the group under the leadership of Sapienza and veteran racer Rich McCann, who has helped put together training programs for members. This year, however, the focus will be on expanding the club's membership. In fact, the club "cheerleader" is female member Linda Casillas, one of the best triathletes in the area. Overall club goals will be to peak in April and May for some big area track and field meets or for the Boston Marathon, and then to prepare for PA cross-country in the fall.

Two notable **masters** are Scott and Priscilla Peterson, who finished 5th and 19th in their divisions in the 1994 PA-XC standings.

In the next issue, Weddington continues his preview with reports on Buffalo Chips, Excelsior, Reebok Aggies, Ryan's, Silver State, Tamalpa, West Valley Joggers and Striders, West Valley Track Club, and any other currently participating PA-LDR clubs.

Wet, Windy California 10 Mile Kicks Off '95 PA-LDR Grand Prix

By Mike Weddington

The 1995 PA-LDR season opened up at the California 10 Mile January 8th in Stockton about where it had finished in 1994: in rainy and windy Central Valley conditions. (The 1994 season was completed by the December 3rd running of the California International Marathon in Sacramento.) Nevertheless, a good field of over 400 runners showed up—the best since the race was taken over by the local Sundance Running Club in 1989.

Such is the draw of the fabled Cal-10 that the race would wring over 400 northern California and Nevada runners out of their warm beds amidst an epic regional downpour, with many driving long distances, to grace the new course. The Cal-10 can do that, because it has been one of the most competitive races in the country for well over a decade. Some 30 to 40-percent of the field routinely finishes under 60 minutes. This did not happen this year, only 87 of 416 broke 60 minutes, about 20-percent, probably because of the slick pavement throughout and the headwinds that dogged the runners during the entire five mile return portion of the out & back course.

What other race in California, for example, can compare with such a high level of racing quality? Even such race tracks as the San Jose Mercury News course and the popular Wharf to Wharf in Santa Cruz attract many more recreational runners, and so cannot compare to Cal-10. (Can you imagine 20,000 to 30,000 of the Bay to Breakers' usual crowd of 80,000 or so cruising past the 6 mile mark in under 36:00?) The Cal-10 is definitely not for the faint of feet.

The new course starts and finishes at Stockton's Civic Auditorium and features the same kinds of flat stretches through neighborhoods and industrial areas that the former courses did. At the gun, it was Mike Stone of the Empire Runners and Jody Hawkins of Asics (Petaluma) who took it out the quickest, with all others following in line (or packs, as the case happened to be).

At the half-way mark, it was still Stone in first in about 23:50 (4:46 pace), with the Reebok Aggies' cross-country star Chris Schille closing in. After running together for a while, Schille pulled away



Victor Sailer/Photo Run

New master Christine Kennedy

into the unending headwind to win in 49:19, with Stone managing to remain firmly in second with a 50:23 performance.

Last year's winner Dave Scudamore followed in third in 50:46, and next came the remarkable Mark Conover, who ran a strong 51:30 as part of his successful recovery from Hodgkins Disease.

On the women's side, Hawkins eventually slowed from her opening 5:25 pace or so to win in 58:09, 13 seconds ahead of former sub-32:00 10 km runner Lynn Nelson of Marin County.

Running "just for a good workout," Hawkins, the Texas transplant, looked to simply get in some quality running before gearing up for the national road and perhaps track scene in the early spring, where she hopes to improve on her 33 minute and 15:45 10 km and 5 km credentials.

The third open woman in was Rosa Gutierrez of Ryan's Sports in 59:25, with 38 year-young Terry Adams-Schmidt of Reno the fourth and last woman under 60 with her 59:52.

On the masters and seniors level, 40 year-old Lloyd Stephenson of San

Francisco ran a blistering 52:42 to win the Masters Division, all the more amazing when you consider that just about everyone was slowed by about 45 seconds to 2 minutes overall by the wind. Charles Thompson of Excelsior was the next male master to finish in a fine 54:32.

The wonderous Christine Kennedy of the Reebok Aggies (to where she recently switched from the Impala Racing Team) ran a very swift 60:01 to lead the masters women. Next masters woman up and in was new prize recruit Honor Featherston of the West Valley Track Club, who went 61:34.

For the Seniors, it was the Empire Runners' 52 year-old Dan Preston who crossed the finish line first in 59:16, as he left regular senior rivals Jim Reitz (60:26), Tim Rostege (61:47) and Jon Macpherson (61:53) surprisingly far behind.

A new national record for female 50 year olds was apparently set by West Valley Track Club's amazing Joan Ottaway in 62:37, pending verification and ratification of her mark. Joan's time is all the more remarkable because of the windy conditions. Far behind Joan in an excellent time of 70:50 was teammate Barbara Miller. The top 60 year-youngs were Bill Floodberg of the West Valley Joggers and Striders(74:27) and Myra Rhodes of the Buffalo Chips (84:34), respectively, with Howard Powers and Stanley DeMartinis of the Joggers and Striders also finishing in as 70 year-olds!

In team scoring, all results are still unofficial, as the PA checks each and all for proper PA membership. *Unofficially*, however, results indicate that the Reebok Aggies easily repeated as the **Men's Open** champions, with their men taking 5 of the first 7 spots! In second apparently is Empire, as Mike Stone's return from Indiana gives the already-deep squad the national caliber runner cumulative time scoring always favors.

Next up are Silver State, Hoys, Tamalpa and East Bay, with Tamalpa dramatically improved with the race-day additions of three Dolphin South-End runners: Tyler Abbot, Cliff Lentz, and Pete Nowicki.

For the **Open Women**, it was still very unclear, as a lack of overall entrants and a question as to whether certain

individuals were going to drop down in division made the picture too murky to call. Impala, Buffalo Chips, Silver State, and Tamalpa all may have had complete teams, with traditional road powers Ryans and the Reebok Aggies and also East Bay and the West Valley Track Club possibly lacking full 5-person contingents.

The **Masters Men** were easily led by Excelsior, as they fielded over 5 finishers under 58 minutes. A very distant and apparent second was a new and improved East Bay Striders team- considerably strengthened by new 40 year-old and 57:25 finisher Michael Ignatius. Then it seems to have been the West Valley Joggers and Striders in third (with three under 60), Tamalpa in 4th (bolstered by new masters star Pat Devaney's 56:24), West Valley Track Club in 5th, Silver State in 6th, and the Buffalo Chips in 7th.

In the **Masters Women**, the West Valley Track Club were easily team champions- with or without Joan Ottaway's possible drop-down in division, as Honor Featherston, Shelly Summer and Bev Marx present the kind of team that all others in the PA will be very hard pressed to match. The Buffalo Chips and Impala

seemed to follow next in the scoring, with the Impala's Kazuko Aoyagi unable to score officially, as she must wait out her 90 day club-transfer period after having switched from East Bay.

The **Senior Men's** division was as deep as always, as Tamalpa seemed to squeak out a narrow victory over rival West Valley Joggers and Striders, with Macpherson, Stephens and Griepenberg all running under 63:00 for Tamalpa. Empire, buoyed by Dan Preston's blazing 59:16 effort, was apparently third, ahead of Silver State, WVTC, Buffalo Chips, and Tarahumara.

The **Senior Women** team results depended upon whether Joan Ottaway dropped down in the Masters division, as she often does. If not, her West Valley Track Club team easily took top honors, with teammates Barbara Miller and Rusty Barnett both finishing under 80 minutes. If so, then the team title may have gone to either Impala or Tamalpa.

Finally, the **Super Senior Men's** division was peopled by teams from West Valley Joggers and Striders and the Buffalo Chips, with the Joggers and Striders apparently striding out to a win,

with all three team members (Floodberg, Gregson, and Romesberg) finishing under 80 minutes. The Joggers and Striders also fielded two 70 year-olds in the competition as aforementioned, but apparently lacked a third for team scoring purposes.



Brantly wins Marathon Championship; '95 Road Circuit Begins

Keith Brantly outsprinted Ed Eyestone in the last half mile to claim the USA NationsBank Men's Marathon Championship January 7 in Charlotte, N.C., the first event on the inaugural USA Running Circuit.

Brantly ran patiently to win his first marathon win in 2:14:26, earning \$30,000. Eyestone was 10 seconds back and earned \$15,000. Dan Held, who led much of the last 10 miles, placed third in 2:15:05 to win \$10,000.

The challenging, rolling course will host the Men's Olympic Marathon Trials February 17, 1996.

The USA Running Circuit includes 11 races. More may be added in the coming months. Prize money for American men totals \$250,000, with a grand prix-style final purse.

Confirmed upcoming races are as follows:

March 11	Gate River Run 15 km, Jacksonville, Fla.*
March 25	Azalea Trail 10 km, Mobile, Ala.
April 22	Crescent City 10 km, New Orleans, La.*
May 13	Old Kent Run 25 km, Grand Rapids, Mich.
May 21	Bay to Breakers 12 km, San Francisco, Calif.*
May 29	Bolder Boulder 10 km, Boulder, Colo.
July 24	Deseret News 10 km, Salt Lake City, Utah
Aug. 19	Parkersburg Half Marathon, Parkersburg, W.V.*
Sept. 4	New Haven 20 km, New Haven, Conn.*
Nov. 4	Delchamps/Sr. Bowl 10km, Mobile, Ala.

*Indicates men's national championship.

1995 PA/USATF LDR Road Championship Schedule

Date	Race/Location	Divisions	Point Value	Prize Money
January 8, 1995	California 10-Mile Stockton	All	1.0	\$2,000
March 26, 1995	Houlihan's 12 km San Francisco	All	1.0	\$2,500 min.
April 2, 1995	Fifty-Plus 8 km Stanford	50+	1.0	\$400 min.
April 9, 1995	Gimme Shelter 5 km San Francisco	All	1.0	\$2,000 PA + \$8,000 all-comers
June 4, 1995	Reno Air 15 km Reno	All	1.0 indiv. 2.0 teams	\$3,050 min.
June 25, 1995	Mother Lode Mile Sonora	All	1.0	\$2,000
August 6, 1995	Cox Cable 10 km Eureka	All	1.0	\$2,000 PA + \$1,500 all-comers
Sept. 10, 1995	Bayside Tech. Park 8 km Fremont (Tentative)	40-49 Only	1.0	\$2,000
Oct. 15, 1995	Humboldt Redwoods 1/2 Marathon, Weott	All	2.0	\$4,000 min.
Nov. 12, 1995	Clarksburg 30 km Clarksburg	All	2.0	\$2,000 min.
Nov. 18, 1995	PA Cross Country Champs Golden Gate Park/S.F.	All	1.0	\$2,000
Dec. 3, 1995	Calif. Int. Marathon Sacramento	All	2.0	\$52,000 total

For information about these events, refer to the Pacific Athlete calendar of events.

100 km Championships, from page 11

sion of one who would thrive on a hot, hilly course. Here he would get mild weather—but too warm, at 70, for Americans coming off winter training—and a tabletop. He would prove, apparently, not to know the difference between adversity and advantage, so overwhelming was his destruction of the field.

Breaking from the pack as if he knew there were no Portuguese-speakers on hand, Nunes established a world record pace of 6:00/mile through the first 15, and barely backed off through 50 km. His 6:02 pace was still a couple of seconds under Belgian Jean-Paul Praet's 6:04/mile clip en route to his 6:16:41 road standard.

Hanna led the chase pack, 3:00 behind, through 15, as it gradually disintegrated and left him in the company of an unknown West Virginian, Terry Croyle, who boasted a 10 km PR in the 29:00 range. Croyle endured the fate of most such speedsters who learn of ultrarunning and its 6:00-plus/mile pacework and imagine that they could run just forever at such a "jog." He stuck to Hanna through the marathon but was dogmeat by 50 km, where Hanna's 3:11 clocking (6:10/mile), trailing Nunes by 4:00, put him in prime position for a record-blasting finish, if he could only slump to no slower than 6:40 per mile. Here, then, it was Hanna against the clock, the solitary out-front aggressor among today's Americans.

While Hanna's fall and winter training had progressed nicely—highlighted by his 3:12:25 Sunmart (Texas) Trail 50 km course record in swampy mid-December conditions—Johnson had not been so fortunate. Hampered for weeks by back pain, he was now recovered but stripped of his visionary ambition. He would content himself with a smart race; the record chase would have to wait. Johnson eased through 50 km in 3:21:20, behind not only his rival (by 10:20) but also the experienced Wisconsin master, Kevin Setnes, with a 3:19:40 split. Andersen, as well, was sensibly cautious in his inaugural outing, hewing to a restrained 6:30/mile discipline for a 3:22:02.

The Huck Finn weather was likely Hanna's undoing. While he was still in the record game with five miles to go and a 34-minute window, not for many months had anyone but Nunes had a chance to train for fluid metabolism under high spring conditions. A dry breeze enhanced the dehydrating effect.

"I started to bonk," Hanna later recalled, "And I knew it was slipping away from me at the last turnaround [2.5 miles to go]."

Hanna's finish was true lump-in-the-throat stuff: the man had waged a solitary duel with destiny for the final 3:31, fading at the finish but never yielding to his overwhelming sense of opportunity lost. He collapsed, prostrated and dehydrated, and spent the next two hours on his back under medical scrutiny. It was a while before observers could console them-

selves that he had in fact retained his national championship and logged another PR in the process, in 6:42:09, an overall 6:29/mile pace.

Nunes, meanwhile, appeared ready for a 50 km victory lap. He had brought it home only 8:00 slower than he had taken it out, 3:15 on top of a 3:07, and his 6:22:12 (6:10/mile) was both a 5:00 PR and a hemispheric all-comers record, topping by over 11:00 the 6:33:57 run by Canadian Andy Jones in 1991.

Behind Hanna, Johnson and Andersen were padding their ultra portfolios admirably.

"When I passed 50 km in 3:22," Andersen reflected, "I knew I was in the right groove. That was just where I wanted to be. It was hot, and I just wanted to break seven hours."

Slowing only moderately on the back half, he passed Johnson around 70 km and cruised home at a 6:50/mile pace, good for a 6:54:23 finish (6:40/mile overall). And for someone who had weathered a window of lost opportunity in the middle of his training season, Johnson convincingly achieved his fall-back objective of a smart race, finishing just behind Andersen in 6:55:56.

In fifth was veteran Setnes, a former national champion at 24 hours (160.4 miles) and today's masters champion in 7:00:18. Also outstanding among the males were Texas' Robert Perez, 46, eighth in 7:25:25; Sonoma County's Bruce Linscott, 36, 16th in 7:57:05 after winning the previous week's Jed Smith 50K in 3:24:13; and San Mateo's Alfred Bogenhuber, 55, whose 8:56:03 (31st place) established a new American age-group record.

In sharp contrast to the men's race, the women's competition was less a summit meeting than a free-for-all. World-record holder (7:09:44) Ann Trason was crewing for Andersen, her husband; defending champion Wisconsinite Donna Perkins is on a job-training sabbatical; and Campbell's Chrissy Duryea, the top American woman at the World Challenge last June (7:56:57 for 7th overall) is coming off an injury.

Among experienced 100 km entrants, Maine's Ellen McCurtin, 28, offered the most promising resume. A true wild card was local standout Suzie Lister of San Ramon, a frequent victor on the PA Ultra Grand Prix circuit but not yet in possession of an impressive 100 km performance.

With Trason and the firefighters out, there was not a natural front-runner in the field. Lister, 30, assumed the early lead not by habit but by default, 2:30 up on McCurtin at 15 miles in 1:50:04 (7:20/mile). By 50 km, however, Lister appeared beaten, exclaiming, "I've had it! I don't know what's wrong with me!"

McCurtin cruised past comfortably in 3:57:17 (7:38/mile) as Lister could only stride away disconsolately from the checkpoint, demoralized and all but defeated.

It turned out that the unseasonable warmth had merely tolled on the bigger Lister first, not

exclusively. Soon it was McCurtin who slowed to a walk, while a revived Lister recovered her spunk and shot ahead for a hard-earned 8:32:56 national crown (8:16/mile), ahead of McCurtin's 8:41:57 and Southern Californian Jennifer Johnston's impressive 8:43:32 debut.

Adding salve to Hanna's bittersweet triumph was his spearheading of a big men's national team title for Sacramento's Buffalo Chips. With veteran Rae Clark's 11th-place 7:28:45 hitched to Hanna's and Johnson's efforts, the homeboys prevailed over the always strenuous challenge from the

Jed Smith 50 km

Feb. 11, Gibson Ranch, Sacramento

Venerable by ultrarunning standards, the 17th annual Jed Smith Ultra Classic was a late addition to this year's PA Ultra Grand Prix circuit. The midwinter 100 km tradition was moving crosstown to the American River recreation path, hosting the USATF National Championship in the process and leaving the Gibson Ranch event in the lurch. The 50K had always been the big draw among the three distances offered at Jed Smith, and the Buffalo Chips, spearheaded by ultra veteran Jim Drake, were determined not to let that tradition lapse.

On February 11, a mere week before the 100 km Nationals (also a Grand Prix race), 87 runners, including 28 women, toed the line at the ranch, many of them (including both overall winners) planning to attack the double-distance the following week as well.

That latter fact somewhat skewed the competition, of course. Many competitors would try to exert themselves no more than necessary in order to score respectably for standings' sake while preserving their prospects for optimal recovery by the following weekend. Fellow Tamalpais Bruce Linscott and Brian Purcell fell into the lead, with Linscott, the men's Grand Prix champion two years ago, inching away by 0:30 after 10 miles.

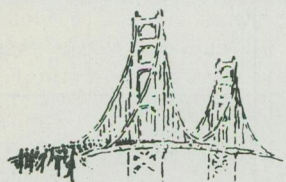
Purcell, the former course record holder at Western States and fourth at last winter's 100 km National Championship (7:07:09) over this same course, yielded ground slowly but surely, 2:00 down at the half and eventually succumbing with a 3:28:00 to Linscott's 3:24:13.

Charles Crompton, 47, prevailed narrowly—by no more than a year's worth of ultra-speed—over Greg Newport, 48, in the masters competition, 3:42:31 to 3:44:24. The Seniors title, however, fell to contrary logic, as Wally Hesselstine, 51, nosed Bob Cowdrey, 50, 4:05:36 to 4:06:26.

Veteran Buffalo Chips standout Chris Iwahashi blew away the female field with a strong 10th-place 3:49:48, while Mary Kleinback and Laurette Fox knotted at 4:36:31 in the masters division. The exceptionally strong seniors competition went to Marge Dunlap, 55, in 4:43:19, over Barbara Ann Miller and Shirley Church.

—H.L.

The one to run!



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MARATHON & 5K**

San Francisco Marathon & 5K Sunday, July 9, 1995

The Course: Begins on the Golden Gate Bridge and travels throughout 26.2 miles of San Francisco landmarks and neighborhoods.

Entry Fee: \$35.00 if postmarked by May 29th
\$45.00 if postmarked by June 26th
\$55.00 if you register at the expo

USATF Card: Mandatory for race (not 5K run), call 1-800-722-3466 (CA only) or 916-983-4622 for USA Track & Field athlete membership or sign up through this application.

San Francisco 5K: 2nd annual San Francisco 5K. Course winds through Golden Gate Park and finishes at Kezar Stadium. USATF card not required. Check box on entry form to participate. Entry fee is \$15.00.

Headquarter Hotel: San Francisco Marriott is the "official hotel". Call 1-800/228-9290 or 415/442-6755 for marathon rates and reservations.

More Information: Call 1-800-722-3466 (CA only), 916/983-4622 or write San Francisco Marathon c/o Pacific Association, P.O. Box 77148 San Francisco, CA 94107

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ENTRY FORM

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Male	Female	# of Previous Marathons		Check if Wheelchair	USATF/TAC Card Number (Required for participation in marathon)														

Make check payable to San Francisco Marathon. Send check & completed entry form to address above. Don't forget to sign your entry & enclose your check or money order. Entry fee (\$35 by Monday, May 29; \$45 by Monday, June 26; \$55 at expo; \$12 additional charge if USATF card is needed.)

WAIVER AND RELEASE OF LIABILITY In consideration of my entry of my own free will, I for myself, my heirs, executors and administrators, forever waive, release and give up any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever (including personal injuries to me or my wrongful death) against the Golden Gate Bridge, Highway and Transportation District, its Officers, Directors, Employees, representatives, agents, contractors and subcontractors, the National Park Service GGNRA, US Government Dept. of Army, US Army Presidio, City and County of San Francisco, State of California-California Highway Patrol and Dept. of Transportation, Marasports, Inc., International Management Group, Pacific USATF, organizers, sponsors, volunteers, contractors, subcontractors, and administrators which may arise from my participation in the event on Sunday, July 9, 1995 or while traveling to or from the event even if caused in whole or in part by the negligence or other fault of the parties of persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned or maintained or controlled by them and/or because of their liability without fault. I fully understand I am forever giving up in advance any right to sue or make claim against the parties I am releasing if I suffer such injuries and damages even though I do not know what or how extensive those damages might be and am voluntarily assuming the risks of such injuries and damages. I agree that the race organization may use any photos, stories, still tape, or film taken of me for any purpose whatsoever without compensation. I attest that I am physically fit and have trained sufficiently for this event.

Signature _____ Date _____



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