

PACIFIC *Athlete*



Pacific Association of USA Track & Field

November-December, 1995 • \$2

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

100 km World Champs

Ann Trason: Best in the World

See page 6

Big Crowds at PA Cross Country Circuit

See page 14

Great Weather, Fast Times at Humboldt Half

See page 19

1996 USATF
Renewal Form
on Page 3

*Ann Trason, Pictured in the
1994 Western States 100
Photo by Ken Lee*

Nonprofit Org.
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Fair Oaks, CA



24th CALIFORNIA-10

Sunday, January 7, 1996

9:00 AM Stockton

Free Lunch Following Run



Club 185



Sundance RC

DIRECTIONS: From either north or south on I-5, take the Mathews Road exit (approximately five miles south of Stockton). Go west on Mathews Road; immediately turn right (north) on Manthey Road, then left onto Hospital grounds. Take access road north to Parking; signs and volunteers will assist.

START/FINISH:

San Joaquin General Hospital
French Camp, California
5 miles south of Stockton

AWARDS:

Sub-50 shirts to runners under 50 min.
Sub-55 shirts to runners under 55 min.
Sub-60 shirts to runners under 60 min.
Sub-70 shirts to female runners and to male runners 50 yrs and older under 70 min.

COURSE:

Flat, fast, paved loop 10 miles
USA Track & Field Certified
Traffic control ends at 2 hours; no strollers

*Shirts to sub-runners only this year.
(Entry fees reduced).
Division winner awards three deep*

REGISTRATION:

\$13 (non-refundable) post-marked by 12/31/95. Please don't mail applications after this date!
\$18 Race Day 7:30 - 8:30 AM

PRIZE MONEY:

Award winners must be Pacific USATF members. Prize money is awarded to Pacific USATF residents only.

BENEFITS:

San Joaquin Child Abuse Prevention Council

INFORMATION:

Larry Frank (209) 478-2802
Jerry Hyatt (209) 957-1958

CALIFORNIA 10 Waiver and Registration (may be duplicated)

Send \$13 per entry to:

Sundance Running Club, c/o Larry Frank,
3627 Fourteen Mile Dr., Stockton, California 95219-3804

USATF Number	PACIFIC USATF TEAM		
LAST NAME	FIRST NAME		
ADDRESS	HOME PHONE		
CITY	STATE	ZIP	AGE(Race Day)

DIVISIONS (check one)

MEN	WOMEN
1. 18 & under _____	18 & under _____
2. 19-24 _____	19-24 _____
3. 25-29 _____	25-29 _____
4. 30-34 _____	30-34 _____
5. 35-39 _____	35-39 _____
6. 40-44 _____	40-44 _____
7. 45-49 _____	45-49 _____
8. 50-54 _____	50-54 _____
9. 55-59 _____	55-59 _____
10. 60-64 _____	60-64 _____
11. 65-69 _____	65-69 _____
12. 70 -74 _____	70-74 _____
13. 75-79 _____	75-79 _____
14. 80-84 _____	80-84 _____
15. 85-89 _____	85-89 _____
16. 90 and up _____	90 and up _____
17. Wheeler _____	Wheeler _____

Prize money is awarded to Pacific USATF residents only.

Award winners must be Pacific USATF members.

WAIVER: (The following must be signed to enter the race. If you are under 18, your parent or guardian must sign for you.)

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators waive and release forever any and all rights and claims or damages I may accrue against the California 10 race management, Sundance RC, the City of Stockton or against any and all organizations, sponsors, and/or individuals connected with this event, their representatives, successors and assigns for any & all injuries suffered by me in connection with this event including pre and post race activities.

To protect athletes' amateur status, USA Track & Field requires notification that entrants may be required to submit to drug testing. For information on recently upgraded list of disallowed drugs call USOC Hot Line (800)-233-0393.

I have read my rights: Signed: _____ Date: _____

Pacific Athlete Magazine

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Letter from the Editor: Excellence All Around Us

To excel is to be better than others, surpass, or outdo, according to the dictionary. There is much excellence to admire within the Pacific Association of USA Track & Field.

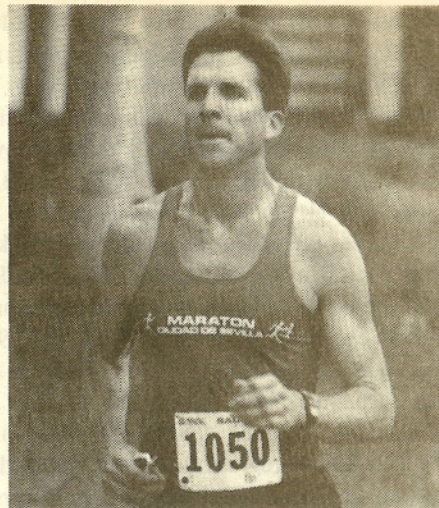
Consider Ann Trason, the athlete featured on this issue's cover. Ann dominates ultra-distance events like Michael Johnson dominates the 200 and 400 meters, Haile Gebreselassie the 5000 and 10,000 meters, or Sergei Bubka the pole vault. Trason, from the Oakland Hills area, has met virtually every challenge presented. On page 6, James Raia chronicles Trason's world-record performance in the recent 100 km World Challenge.

Pacific Athlete salutes other athletes who have excelled including the American record race of Tom Johnson in the world 100 km event.

Dedicated cross country runners have been slugging it out week after week in the PA's popular cross country grand prix. Mike Weddington reviews the first half of the cross country season on page 14.

Weddington also recounts the LDR Grand Prix's stop in the beautiful Humboldt Redwoods for the half marathon (page 19).

Podiatrist Amol Saxena begins a new



Doug Thurston, Editor

occasional column of sports medicine questions and answers on page 13.

A preview calendar of 1996 Association road events is featured on pages 10-11.

An application to join USA Track & Field for 1996 is featured below. Renewal notices are not sent. Please complete and return the form below to join USATF for 1996.

1996 USA Track & Field Membership Form

Use this form to join the Pacific Association of USA Track & Field for 1996. Membership is annual, is effective Nov. 1 and expires on Dec. 31 of the following year. The fee for individual membership is \$15.

Associate Memberships are available for officials or other friends of the Association who do not compete in events. The fee is \$15 per year.

Complete and return the form below with a check for \$15 (payable to "Pacific Association" and a self-addressed, stamped envelope.

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

Catching Up with News in the Pacific Association...

Veteran Championship Race Walk Results Listed

The last issue of *Pacific Athlete* included results of Association athletes in the XI World Veteran Championships (Buffalo, N.Y., July 13-23). These results were compiled from the West Valley Track Club newsletter and did not include race walkers. Listed below are Association race walk results provided by the Marin Race Walkers.

Gold: Dorothy Roberts, W85 5000M, 44:43.85 (possible world record); Jack Bray, M60 10 km, 1:59.44; Lorraine Coppola, W55 10 km, 1:09.45; Shirley Dockstader, W60 10 km, 1:05.28, and Ruth Van Sandt, W70 10 km, 1:15.23.

Silver: Jack Bray, M60 5000M (25:10.05); Ruth Van Sandt, W70 5000M (35:28.28).

Additional Association race walk participants who placed among the top 10 included:

Deborah Stegman, 8th in W35 10 km (59:29) & 4th in 5000M (28:45.43);

Virginia Fong, 9th in W35 10 km (1:02.45) & 5th in 5000M (29:44.55);

Rose Cash, 4th in W70 5000M (37:01.48);

Herm Arrow, 7th in M75 5000M (35:58.17).

Pacific Athlete regrets the omission of these athletes in earlier meet coverage and congratulates these and the other competitors on their great performances.

Powell, Stamps, win Gold, Stember Silver in Junior Pan American Championships

Suzy Powell closed out her junior career with a gold-medal discus performance and 16-year-old Julia Stamps won a close 3000-meter race to lead Association athletes in the Pan American Junior Track and Field Championships in Santiago, Chile, Sept. 1-3.

Powell, of Modesto, added Pan Am Gold with a throw of 173-10 to the world junior bronze she won at Lisbon last year. Powell, who will be a sophomore at UCLA this season, was representing the U.S. in a junior international meet for the fifth straight year.

Stamps, from Santa Rosa, battled with hometown favorite Ericka Olivera of Chile throughout the 3000m final before pulling away dramatically in the last lap to nab the win in 9:30.39.

Michael Stember of Fair Oaks, called by some "America's "next great men's miler," learned a tough lesson in international racing when he kicked too early at the finish of the 1500-meters and was passed on the home stretch by Brazilian Marcio Da Silva. Stember's time of 3:46.65, though, is the 10th fastest in high school history.

World and American Records Highlight NorCal Seniors Track Meet

More than 150 track and field athletes, including 15 age 70 and over, competed in the Northern California Seniors Track Club Track & Field Classic Sept. 2 at UC-Berkeley. Noteworthy performances included:

A world record 14'9" pole vault by Dan Borrey (M50), a Belgian citizen;

An age 67 American record of 5:16.41 in the 1500M by Jim Selby (Selby also ran a

Official's Corner

by Dick Connors, Officials Chair

WAH!!! '96 IS ALMOST HERE!

Are you prepared for the new track season? Your executive committee has already made plans for clinics, and equipment purchases and is now collecting dates for the '96 schedule. The Pacific Association is again on the cutting edge of almost everything major happening in track and field in '96. The Olympic year is definitely going to be felt in our Association.

The biggest meet to date scheduled in the Association will take place on April 27 and 28 at U.C. Davis. Yes, all the big boys are coming to a great Division II school for the most prestigious Cal-Nevada state meet. Meet director and head track coach John Votchatzer is jumping up and down. He acquired this plum with the default of Cal-Berkeley. John's number one assistant coach is also the head women's coach for the US Olympic team and his wife. Do you think John might be looking for about 100 very helpful USATF officials about the end of April in Davis? I plan on making a strong effort to recruit all the great people from the Association who worked at the Sacramento nationals this year plus many others to help John out. This is a great chance for all of us to put forth a great effort to bring some well deserved recognition to the Davis campus.

Lori Maynard and I are in the process of receiving the 1996 schedules from coaches for age group through collegiate meets (look for the schedule in the December *Turns and Distances* officials newsletter). The number of meets on the schedule looks like an all time record. Let's hope official and athlete participation is also high.

Both Cal and Stanford are renovating their track and field facilities. From reporter Sonny Maynard's point of view, Stanford is making excellent progress on the reconstruction of Angel Field and the December, 1995 completion date is very achievable. Cal, I understand, still has not finalized its new drawing and the actual work on the track will not start until the completion of the 1996 season.

On September 24th at Chondlet High School in Concord, John Luppés and his family were our gracious hosts for our Officials Association annual luncheon, awards presentation and meeting. John arranged for a great catered lunch and his most gracious wife and daughter served the officials and guests. Many thanks for a job well done, John.

The awards presentation is always the most interesting part of the whole affair as many well-deserving volunteer officials are

Contd. on page 7

Race Walk News, Results, and Schedule Update

By Ron Daniel, Race Walk Chair

Penner Finds Gold in East Lansing July 6-7, National Master's Meet, East Lansing, Michigan

Prepping for the WAVA meet in Buffalo, several PA masters broke up the drive with a stop-over at the USATF National Master's meet in East Lansing, Michigan. Most successful was Bill Penner (45-49), Stockton-St. George TC, with double victories at 5 km (25:21) and 20 km (1:49:40). Also medaling for the men, both from Marin RW, were John Schultz, (55-59) third 28:13, and Jack Bray (60-64) second, 25:43.

Lone woman medalist was Deborah Stegman (35-39), Marin RW, with a third at 5 km in 27:30.

Ed. note: Apologies to anyone who may have been missed; complete and accurate results haven't been available.

Moskalik Beats Olympic Trials Standard

Sept. 10, GGRW Club 10 km
Championship, MLK Park, Oakland

This year's Founders Day GGRW race was once again the site of a break-through performance. Kerry Moskalik, GGRW, whose previous best was slightly over 50 minutes, blasted that barrier as she cruised to a 48:53, comfortably beating the 49:45 Olympic Trials entry standard. Topping the men was Ron Day, GGRW with a 57:17. Terri Brothers, PRO, Patricia Durham, GGRW and Dick Petruzzi, PRO were also under one hour.

In her first 10 km start, 16-year-old, National JO performer, Vijay Gallardo, Stockton-St. George, turned in a nice 65:44. In all, 14 men and 11 women completed the 10 km race.

Warrick Yeager Leads All in Florida Challenge at Marin

Oct. 8, 5 km Florida AC Challenge,
College of Marin

In town for the Fleet Week festivities, US Marine Warrick Yeager showed why he is a WAVA silver medalist in the 40-44 age group. From the opening gun, Rick sprinted away from the field and proceeded to lap most other contestants.

In the second heat, Molly Joffe was easily the class of the women contestants. Also competing were Molly's two daughters, 8 and 10 years old, all excellent prospects for the future.

Congratulations to the Marin Race Walkers for attracting a field of more than 40 contestants. It's unfortunate that the event was conducted under a cloud of controversy. Two 5 km heats of 20-plus walkers were held with one certified judge and two non-certified judges. There were no disqualifications.

Chairman's Notes

• Congratulations to Laura Cribbins and Liesbeth Matthieu as they have both been recommended for advancement to the next level as race walk judges. Thank you, Laura and Liesbeth, for your dedication to the sport.

• Yes, what you have heard is true, starting in January, 1996, there are some small changes to the rules of race walking that affect U.S. and local race walking. In the new rule language, what we currently call a "warning" (use of the paddle) will be called a "caution." And, the "individual disqualification proposal" (writing of red card) will be called a "warning." The accumulation of three (3) or more "warnings" will still be a disqualification.

For the race walker, he/she will now be expected to have a straightened leg at the moment of contact, continuing through the vertical. The continuous contact requirement remains.

• Once again, the Pacific Association Race Walking program has been nominated as the outstanding RW association in the USATF (the Zinn Award). The award will be presented at the USATF National Convention in Atlanta in early December.

• After polling several 50 km walkers, the proposed November 50 km was postponed until January 28 (see schedule). The reason was that those potential participants were busy competing elsewhere.

• By press time, it was learned that frequent Palo Alto contestant, via Colorado Springs, Andrej Chylinski, had met the Olympic "A" standard with a sub 4-hour performance in Amsterdam, The Netherlands. Congratulations, Andrej.

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

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

Schedule Update

• November 12, 1-Hr PA Champ/GGRW and PA Grand Prix, Foothill College, Contact Ron Daniel (415) 964-3580.

• January 28, 50 km Olympic Trials qualifier and 20 km/30 km distance carnival, Palo Alto, Contact Ron Daniel (415) 964-3580.

GGRW Founder's 10 km

Arrowhead Marsh, Oakland, Sept. 10

Pl	Name	Club	Time	Age
1	Kerry Moskalik	GGRW	48:53	27
2	Ron Day	GGRW	57:17	35
3	Terri Brothers	PRO	58:50	39
4	Patricia Durham	GGRW	59:06	50
5	Dick Petruzzi	PRO	59:07	62
6	Art Klein	SCTC	1:00:43	42
7	Fred Dunn	GGRW	1:01:43	66
8	Susan Heiser	GGRW	1:02:07	36
9	Keith McConnel	GGRW	1:02:23	51
10	Bill Moreman	GGRW	1:04:12	67
11	Fred Crews	GGRW	1:04:18	62
12	Leslie Brown	PRO	1:04:26	27
13	Gary Bower	GGRW	1:04:54	52
14	Vijay Gallardo	S/St. Geo.	1:05:44	15
15	Nettie Fox		1:05:50	39
16	Jim Fisher	GGRW	1:06:31	59
17	Betty Crews	GGRW	1:07:48	61
18	Lorri Coppola	GGRW	1:09:44	55
19	Richard Hansen	GGRW	1:11:04	69
20	Helen Storrs	PRO	1:12:28	29
21	Ernie Lucken	GGRW	1:13:45	80
22	Paul Robertson		1:13:50	56
23	Jon Borset	GGRW	1:13:55	66
24	Ralph Wheeler	GGRW	1:16:08	61
25	Shirley Parlan	GGRW	1:24:14	63
	Ron Daniel	Unatt	DNF	
	Evan Gabrelle	Unatt	DQ	
	Brenda Carpino	GGRW	DQ	

Clubs:

GGRW-Golden Gate Race Walkers
PRO-Pacific Racewalk Organization
SCTC-Santa Cruz Track Club
S/St. Geo.-Stockton/St. George

Judges:

H. Appenzeller, B. Bowman, T. Harvey, J. Petruzzi, L. Matthieu, S. Maynard, B. Wilson, and L. Maynard, Chief.



TRASON, JOHNSON RUN INTO RECORD BOOKS AS U.S. HAS HISTORIC DAY AT IAU 100 KM WORLD CHALLENGE

By James Raia



Such claims are often subjective. Nevertheless, one would be hard-pressed to present any argument against the stunning performance of the U.S. team at the IAU 100 km World Challenge in Winschoten, The Netherlands.

Simply stated, the 12-member contingent, paced by Ann Trason and Tom Johnson, presented the finest American effort in ultra-marathon history during the ninth annual event on Sept. 16.

For the record, on an overcast and cool day, Valmir Nunes of Brazil broke from defending champion Alexey Volgin of Russia with 18 km left en route to his victory in 6:18:09. After three successive DNFs, Nunes claimed his second world title, a feat that occurred about seven months after his fine 6:22 winning effort last February at the 100 km National Championship in Sacramento.

But with all due respect to Nunes, who spent several months training on the plains of Spain, the day belonged to the Americans.

Despite a nagging cough that twice nearly forced her withdrawal in the week leading up to the race, Trason took the lead early on the first of 10 flat laps and was never seriously challenged en route to setting a women's world record of 7:00:47. Competing in the near-perfect conditions, Trason, 35, of Kensington, the seven-time Western States 100 winner, eclipsed her previous world best of 7:09:44 set two years ago in Amiens, France.

Trason's effort, which included an estimated 5:32 split for 50 miles (eight minutes below her ratified world record), catapulted the U.S. women's team to the overall title. Donna Perkins, 36, of St. Francis, Wis., was second American and sixth woman in 7:43:10. Chrissy Duryea, 34, of Campbell, running a personal best 7:44:23, was the third U.S. finisher and placed eighth.

The U.S. women's three-runner total of 22:28:20 was nearly one hour better than runner-up Germany and was the fastest women's team in the nine-year history of the event. The U.S. women's effort was also faster than 10 of the 22 men's teams. Fourteen women finished in under 8 hours, the most in any women's 100 km field in history.

"My 10 trail 100 wins are more important to me," said Trason, a few minutes after her triumph and while en route to the drug testing room. "This wasn't fun. Western States is fun. As Tom (Johnson) said, this is a time trial, and it's a helluva long time trial."

Although the women's team victory was confirmed a few hours after the race, the U.S. men's unofficial third-place finish was upgraded to second place when the official standings were released the next morning.

"I can't believe it," said Trason. "When I started today, I thought, there's no way I'll break 7:09, and this morning I said to myself, 'I don't think I should run.' Carl (Trason's husband) said, 'You're here, you might as well try.'"

While Trason and her teammates were well on their way to victory, Johnson was already being drug-tested following a savvy, third-place American record effort of 6:30:11, about 10 minutes behind Volgin.

Johnson, 36, of Loomis, the three-time winner and course record-holder at the Western States 100, bettered the former American mark of Bernd Heinrich (6:38) set in 1982 and the previous North American standard of 6:32 set by Andy Jones in 1992. Johnson finished ninth last year at the World Challenge in Lake Saroma, Japan, in 6:41:40.

A field of 355, plus dozens of 10-person relay teams, began the race at 2 p.m. under intermittent clouds, a temperature of 68 degrees and slight winds. A local radio station, with a remote studio set up near the start/finish area at the De Klinker entertainment center, broadcast the event live (in Dutch) for nine hours.

By the time Nunes finished at nightfall and with an estimated crowd of 25,000 lining the city streets, the temperature had fallen at least 10 degrees. There were 222 finishers within the 12-hour limit.

Russia won the men's team title, with their top-three trio finishing in a combined 19:43:52. The U.S. men, with James Garcia of Massachusetts 22nd (6:57:21) and Kevin Setnes of Eagle, Wis., 34th (7:07:54), totaled 20:35:26.

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"This wasn't fun. Western States is fun...this is like a time trial. And it's a helluva long time trial."

-Ann Trason

Despite her cold, Trason began the race at torrid clip, completing the first 10 km in 40:39. Johnson had been pegged as the third runner on the U.S. men's prior to injuries to Alberto Salazar, the former winner of the Boston and New York City marathons, and two-time national champion Rich Hanna of Sacramento.

But Johnson assumed the team leader's role in grand fashion. Running fast but well down in the pack, Johnson had predicted a 6:28 effort and obviously was quite confident and aware of his form.

"It wasn't quite what I wanted to do, but I'm satisfied," said Johnson. "I had some bad yogurt and I was really uncomfortable early. I was cramping. Sometimes I had to wait 5 or 8 kilometers before I could find a place (to go to the bathroom). I tell you, I was looking for rose bushes or any place I could find. But in the second half, I started to pick it up, and the others came back to me. I ran consistently despite the stops."

While Trason's victory was never in jeopardy, Johnson completed his first three loops in 37:46, 38:20 and 38:52 and eventually held 26th position after posting a 50 km split of 3:11. Despite his bathroom breaks, he never ran slower than 40:20 for any 10 km. The Sacramento engineer finished his day with a 39:20 lap, moving into third with no more than 150 meters left.

Trason, meanwhile, jettisoned herself to the front of the women's entourage from the start. She held a 1:21 lead over Russian Valetina Santalova after finishing the opening 10 km in 40:29. As the clouds increased and the temperatures cooled, Trason increased her pace. After 20 km, her lead was 4:07, and it expanded to 5:50 one lap later. She completed 50 km in 3:23.

"I went out too fast," said Trason. "But sometimes after being sick you go out there and push a little because you haven't been on your schedule. But you don't get days like this very often. I think going fast early cost me those 44 seconds (for a sub seven-hour finish). But I'm satisfied. Maybe it was a good race to make my last 100 km."

While Johnson pushed his cushion to 4:15 over teammates Garcia, Setnes and Steve Szydlak (all running virtually together), Trason began to pull away. She covered the first 30 km (18.6 miles) in 2:00:10 and led Perkins by 9:15, followed by Duryea at 14:05.

Officials Corner

Contd. from page 5

recognized for their effort for many seasons of work. Charlie Sheppard of San Jose was the recipient of the Dick Barbour Memorial Award for service to the Association. Congratulations, Charlie, this is a well deserved award. The Outstanding Field Event Official Award, renamed this year the "Horace Crow Award," went to a great official and a tremendous helper to this editor, Sonny Maynard. The newly-named award for outstanding track official, "The George Newlon Award," went to a great track umpire, Bob Mason.

Receiving Outstanding Association Official awards were Dan Davidson, Phil Watkins, Rich Zulaica, and Bob Rauch. Joyce Johnson, Jim Waldron, and Don Hawley (posthumously) each received recognition from the national association for their dedicated officiating efforts.

The meeting was concluded with the announcement by the Nomination and Elections Committee that Dick Connors (chair) and Bob Mason (secretary) will serve another two years as the elected officials of the Pacific Association USATF Officials Committee.

Bob and I wish to thank the membership for their strong support for the past two years and we are looking forward to another two productive years as your leaders.

Men's Results

1.	Valmir Nunes, Brazil	6:18:09
2.	Alexey Volgin, Russia	6:20:44
3.	Tom Johnson, U.S.	6:30:11
4.	Shaun Meiklejohn, South Africa	6:30:28
5.	Vladmir Grishin, Russia	6:32:47
6.	Livingstone Jabanga, So. Africa	6:37:16
7.	Yurley Kasmin, Ukraine	6:38:59
8.	Mikhail Kokorev, Russia	6:41:22
9.	Andrzej Magier, Poland	6:41:35
10.	Aleksander Motorin, Russia	6:41:46
11.	Michael Sommer, Germany	6:42:45
12.	Russell Crawford, South Africa	6:48:08
13.	Roland Vuilleminot, France	6:48:53
14.	Toshiro Kashihara, Japan	6:49:32
15.	Lucien Taelman, Belgium	6:50:32
16.	Ryszard Plochocki, Poland	6:51:20
17.	Ondrej Gondas, Slovakia	6:56:01
18.	Ferenc Gyori, Hungary	6:56:41
19.	Ulrich Amborn, Germany	6:56:59
20.	Sergei Lavemiouk, Ukraine	6:57:17

Other Male U.S. Finishers

21.	James Garcia, U.S.	6:57:21
34.	Kevin Setnes, U.S.	7:07:53
50.	Steven Szydlak, U.S.	7:25:27
74.	Robert Perez, U.S.	8:02:18
118.	Clement Grum, U.S.	9:07:29
156.	Nico Solomos, U.S.	10:48:00

Women's Results

1.	Ann Trason, U.S.	7:00:47
2.	Helena Joubert, South Africa	7:31:46
3.	Maria Bak, Germany	7:35:49
4.	Valentina Shatyayeva, Russia	7:39:00
5.	Carolyn Hunter-Rowe, G. Britain	7:40:17
6.	Donna Perkins, U.S.	7:43:10
7.	Portela Lario Alzira, Portugal	7:43:17
8.	Chrissy Duryea, U.S.	7:44:23
9.	Rae Bisschoff, South Africa	7:48:30
10.	Eleanor Robinson, Great Britain	7:50:42
11.	Irina Petrova, Russia	7:53:07
12.	Ricarda Botzon, Germany	7:54:13
13.	Anke Drescher, Germany	7:55:04
14.	Olga Lapina, Russia	7:55:04
15.	Irina Mozarova, Russia	8:02:44
16.	Danielle Geoffrey, France	8:04:42
17.	Nicole Duchemin, France	8:07:31
18.	Sharon Gayter, Great Britain	8:12:03
19.	Reiko Hirotsawa, Japan	8:13:43
20.	Sanet Beukes, South Africa	8:19:21

Other U.S. Female Finishers

24.	Lorraine Gersitz, U.S.	8:33:06
25.	Jennifer Johnston, U.S.	8:40:29
27.	Suzie Lister, U.S.	8:47:47
31.	Ellen McCurtin, U.S.	8:58:39

Men's Teams

1.	Russia	19:43:52
2.	U.S.	20:35:26
3.	Poland	20:42:55
4.	Germany	20:43:27
5.	France	20:51:29
5.	Great Britain	23:43:03

Women's Teams

1.	U.S.	22:28:20
2.	Germany	23:25:05
3.	Russia	23:25:12
4.	South Africa	23:39:38

USATF-Pacific Association Calendar of LDR Events, Nov. 4, 1995 - Jan. 28, 1996

Saturday, Nov. 4

PA-X-C: Golden Gate Park Series II, 6 mi (men)/4 mi (women), 9 am (women)/9:45 am (men), Hoy's Sports, 1632 Haight St., San Francisco, CA 94117, 415-252-5370

Morgan Hill Marathon/Half-Marathon, 8 am, Dan Barger, California Sports Marketing, P.O. Box 794, Morgan Hill, CA 95037, 408-776-3035
Jingle Bell Run/Walk for Arthritis 10 km/5 km, 8:30 am, Sacramento, Joan Stevie, 3040 Explorer Dr., #1, Sacramento, CA 95827, 800-571-3456

Sunday, Nov. 5

Apple Harvest Run, 8 Miles/3.6 Miles, 8:30 am, Camino, Snowline Hospice, 3097 Cedar Ravine, Placerville, CA 95667, 916-621-7828

Olympic Circle 4.5 mi run/walk, 8:30 am, San Francisco, The Final Result, 460 Wisnom Ave, San Mateo, CA 94401, 800-491-8988

Stevens Creek Trailblazer Race #2, 10 km run/3 mi walk, 8:30 am, Mountain View, Rhonda Sherber, 22221 McClellan Rd., Cupertino, CA 95014, 408-255-5780 or 415-903-6067

Sonora Heart & Sole Classic, 10 km/2 mi, 8:30 am, Sonora Community Hospital, 1 S. Forest Rd., Sonora, CA 95730, 209-529-4642

Saturday, November 11

PA-Ultra: Gibson Ranch 24-Hour Race, Sacramento, Norman Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670, 916-638-1161

The Judy Golding 75th Birthday Run/Walk 8 km, 8:30 am, San Mateo, Vintage Athletic Assoc., P.O. Box 620732, Woodside, CA 94062, 415-851-2555

Sunday, Nov. 12

PA-Road: Clarksburg 30 km, (also 10 km) 9 am, Clarksburg, Box 20, Clarksburg, CA 95612, 916-678-5005 or 916-665-1712

Scenic Run, 3 km/10 km, 9 am, Pacific Grove, Cindy Myers, Monterey Co. Special Olympics, 211 Pearl St., Monterey, CA 93940, 408-373-1972

Harbor Bay 10 km/5 km, 8:30 am, Alameda, Streamline Fitness, 909 Marina Village Pkwy #139, Alameda, CA 94501, 510-521-6460

DSE Rainbow Falls 5 km, 9:30 am, SF, DSE Runners, 415-978-0837

PA-Ultra: Gibson Ranch 50 Miler, 8 am, Sacramento, Norm Klein, 1139 Mace River Ct., Rancho Cordova, CA 95670, 916-638-1161

Saturday, Nov. 18

PA-X-C: Pacific Association/USATF Cross Country Champ's 10 km (men)/6 km (women), Golden Gate Pk, Hoy's Sports, 1632 Haight St., San Francisco, CA 94117, 415-252-5370

Thanksgiving Fun Run 5 Miles, S. San Francisco, 9 am, Elaine Porter, SF Dept. Parks/Rec, 33 Arroyo Dr., S. San Francisco, CA 94080, 415-877-8560

Davis Turkey Trot 5 km/10 km, Davis, 8:30 am, 221 G St. Ste 205, Davis, CA 95616, 916-757-6017

Pilgrim's Progress Fun Run, 10 km/5 km, 8:30 am, El Dorado Hills, Mark Taylor, El Dorado Hills Community Services District, 1021 Harvard Way, El Dorado Hills, CA 95762

King's Mountain Trail Run, 4 mi/8 mi, 10 am, Woodside, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778

Sunday, Nov. 19

DSE Legion of Honor Run, 4.3 miles, 9:30 am, San Francisco, DSE Runners, P.O. Box 210482, San Francisco, CA 94121, 415-978-0837

Toys for Tots Turkey Trot, 10 km/5 km, 8 am, Mountain View, Sam Rael or Kathy Koch, 901 E. Mission St., San Jose, CA 95112, 408-286-6501
Turkey Trot 5 mi/1 mi Fun Run, 8:45 am, Redwood Shores, Bruce Valentine, 200 Redwood Shores Pkwy, Redwood City, CA 94065, 415-593-4900, x-500

Turkey Trot II, 10 km/5 km, 1:30 p.m., Bishop, Randy Jacobs, 467 S. Fowler, Apt. A, Bishop, CA 93514-3323, 619-872-1445

Thursday, Nov. 23

Run to Feed the Hungry, 10 km/2 km, 9 am, Sacramento, Up & Running, 11114 Oberun River Ct., Rancho Cordova, CA 95670, 916-852-8463

San Francisco Turkey Trot 10 km/5 km, 9 am, San Francisco, South Park Race Productions, P.O. Box 77681, San Francisco, CA 94117, 415-665-3397

Friday, Nov. 24

The Sherwood Forest 10 km/5 km, 10 am, El Sobrante, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778 or 510-222-2500

Gold Medal Turkey Trot 4 mi, 10 am, Pinole, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778

Saturday, Nov. 25

PA-Ultra: Quadruple Dipsea, 28.4-miles, trails, Mt. Tamalpais, John Medinger, 2060 Manzanita Dr., Oakland, CA 94611, 415-894-1336 (w)

Sunday, Nov. 26

Run to the Far Side 10 km/5 km, 8:30 am, San Francisco, RhodyCo Productions, 3929 California St., SF 94118, 415-387-2178

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

DSE Coit Tower Run, 3 mi, 9:30 am, San Francisco DSE Runners, P.O. Box 210482, San Francisco, CA 94121, 415-978-0837

Saturday, Dec. 2

Holiday Run & Walk Against Drugs, 10 km/3 mi, 9:20 am, Antioch, Lori Haywood, 1948 Babbe St., Oakley, CA 94561, 510-625-8069

Running of the Elves 5 km, 9 am, Marysville, Nick Vogt, Yuba College XC Coach, 2088 N. Beale Rd., Marysville, CA 95901, 916-741-6839

Jingle Bell Run/Walk for Arthritis, 5 km, 9:30 am, San Mateo, Arthritis Fdn., 203 Willow St., #201, San Francisco, CA 94109, 415-673-6882

Jingle Bell 5 km Run, 1 mi Walk for Arthritis, 9 am, Oakland, Arthritis Foundation, 203 Willow St., #201, San Francisco, CA 94109, 800-464-6240

Sunday, Dec. 3

PA Road: California International Marathon, Southwest Airlines Corporate Relay & Raley's/Bel Air 2.62-Mile Fun Run, Folsom, 7 am, CIM, Box 161149, Sacramento, CA 95819, 916-983-4622

Saturday, Dec. 9

Jingle Bell Run, 5 km/1 mi walk, 9 am, Novato, Arthritis Foundation, 203 Willow St., #201, San Francisco, CA 94109, 800-464-6240

Sunday, Dec. 10

Christmas Classic, 5 km/Miracle Mile, 8 am, San Francisco, People Events, 528 Larch Ave., So. San Francisco, CA 94080, 415-589-7417

DSE Presidio Gate Run, 3.3 mi, 9 am, San Francisco, DSE Runners, P.O. Box 210482, San Francisco, CA 94121, 415-978-0837

Sunday, Dec. 17

Harbor Bay "Boston or Bust" Marathon, 9 am, Alameda, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778 or 415-472-RACE

DSE "Pacifica Terrifica" 5 mi, 9:30 am, Pacifica, DSE Runners, P.O. Box 210482, San Francisco, CA 94121, 415-978-0837

Christmas Relays 4 x 4.464 mi, 9 am, San Francisco, WVTC, Marc Lund, 1433 Norman Dr., Sunnyvale, CA 94087, Searcy Barnett, 510-635-9508

Sunday, Dec. 24

Fourth Sunday Run, 15 km/10 km/5 km/5 km walk, 9 am, Oakland, 510-601-7887

Monday, Dec. 25

Santa's Gold Rush 5 mile, 10 am, Richmond, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778

Sunday, Dec. 31

First Run, 2 mi run/walk, Midnight, Sacramento, RhodyCo Prod., 415-564-0532

First Run, 2 mi run/walk, Midnight, San Francisco, RhodyCo Prod., 415-564-0532

Monday, January 1, 1996

Sea Breeze 5 mile, 10 am, Berkeley, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778

Rio Resolution Run, 6.8 mi, 9 am, Carmel, Rio Grill, 101 Crossroads Blvd., Carmel, CA 93923, 408-648-3570

DSE Hangover Run, 3.53 mi, 9:30 am, San Francisco, DSE Runners, P.O. Box 210482, San Francisco, CA 94121, 415-978-0837

Sunday, January 10

PA-Road: Cal-10, 10-mile, 9 am, Stockton (see ad), Lawrence Frank, 3627 Fourteen Mile Dr., Stockton, CA 95219, (209) 468-6080

Sunday, January 21

Trackathon, 50 km, Marathon, 30 km, 20 km, 10 km, all-weather track, 9 am, Sacramento, Paul Reese, 308 Forest Ct., Auburn, CA 95603, 916-823-0276

San Francisco Zoo Run, 7 mi/3 mi, 8 am/9 am, San Francisco Zoo, Terri Tarantino, 1 Zoo Road, San Francisco, CA 94132, 415-753-7171

Sunday, January 28

Santa Cruz Co. Special Olympics Super Bowl Sunday Fun Run, 10 km & 3 km, 9 am/8:30 am, Santa Cruz, Tina Heitzman, 809 Bay Ave., Suite H, Capitola, CA 95010, 408-464-2257

Home Depot Half Marathon/5 km, 8 am, San Francisco, RhodyCo, 415-564-0532

Send a self-addressed, stamped envelope to address listed. Please do not call after 10 p.m.

PA-Road=Long Distance Running Grand Prix Event; **PA-Ultra=**Ultrarunning Grand Prix; **PA-X-C=**Cross Country Grand Prix

Pacific Association Youth Division 1996 Schedule of Early -Season Track & Field Meets

(Schedule is tentative and subject to change; See updates next issue)

Day	Date	Meet	Location	Meet Director
Saturday	March 2	Athletic Center for Excellence Track Club Bay Area 100 Meters Championships Preliminary heats for ages 6-12, Alameda County	Chabot College Hayward	Aaron Thigpen (510) 638-4881
Saturday	March 2	All Comers-Youth	Berkeley H.S. Berkeley	Larry Brooks (510) 649-8587
Saturday	March 9	MP Striders TC Bay Area 100 Meters Champs. Preliminary heats for ages 6-12, Sacramento County	TBA Sacramento	Bob Howard (916) 428-0945
Saturday	March 9	All Comers-Youth	Berkeley H.S. Berkeley	Larry Brooks (510) 649-8587
Saturday	March 16	Kids on Track TC Bay Area 100 Meters Champs. Preliminary hear fo ages 6-12, San Joaquin County	Delta College Stockton	A.B. Coleman (209) 462-4623
Saturday	March 16	Oakland New Generation TC 5th Annual Section Track Meet	Laney College Oakland	Sharon Carter (510) 638-6849
Saturday	March 23	Bay Area Track Club	Contra Costa College Richmond	Jered Butler (510) 261-1819
Saturday	March 30	San Francisco Striders TC	Kezar Stadium	Billy Ray Smith (510) 534-9650
& Sunday	March 31	Bay Area 100 Meters Champs. Boys & Girls ages 6-12	San Francisco	
Saturday	March 30	Salinas Track Club Sectional Track Meet	Hartnell College Salinas	Dick Casper (408) 753-5815
Saturday	April 20	Santa Rosa Express	Elsie Allen H.S. Santa Rosa	Bob Shor (707) 538-0708
Saturday	April 27	T-Shirt Track Club	TBA	Hubert Evans
& Sunday	April 28	Invitational Track Meet	Sacramento	(916) 668-7901

Cal-Berkeley All-Comers Meets (Youth, High School, Open, Masters divisions)

January 13, 20, 27	University of California	Edwards Field	Irv Hunt
February 3, 10, 17, 24, March 2, 9	All meets begin at 11 a.m. \$2 per person	Univ. of Cal., Berkeley	(510) 642-3158

Olympic Development Clinic

Saturday, February 3, 1996

Logan High School

Union City, Calif.

8-9 am. Registration

9 a.m.-5 p.m. Clinic

Open to athletes of all ages

Masters & Race Walkers

Clinicians:

Harvey Glance, 1976 Gold Medalist and former world record holder, 100 meters

Rod Jett, Hurdles, Cal-Berkeley

Pat Duff, Hurdles, Cal-Berkeley

Jeff Rodgers, High Jump (7'6"), Cal-Berkeley

Mike Buncic, Discus, Two-time Olympian

John Powell, Discus, Olympian

Ray Kimball, Triple Jump, Olympian

Remi Korchemny, National Sprint Coordinator

Gabe Allende, Argentina Olympian

Robyn Johnson, Jumps Coach, Cal-Berkeley

Dave Knolter, Reed High School, 24 State Championships

For More Information, Contact:

Lee Webb

(510) 505-9557 (h)

(510) 471-2520, Ext. 5113 (w)

Attn: Race/Meet Directors: Complete the form below to have your event listed for free in an upcoming 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
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	<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

A Look Ahead: 1996 Major Road Races in the Pacific Association

Listed below is a schedule of major road running events in the Pacific Association through 1996. There are some major non-Association events as well as track meets and cross country races included as well.

Refer to the detailed 60-90 day calendar featured on pp. 8-9 of each issue of *Pacific Athlete* for more details about upcoming events.

To have your event listed, send details to: Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630.

FEBRUARY, 1996

2/2/96-2/4/96, 9TH ANNUAL SEASHORE WINTER RUNNING CAMP AND SEMINAR, NICK VOGT, CHRISTIAN RUNNER'S ASSOCIATION, 1025 GRANGE RD., MEADOW VISTA, CA 95722, 916-878-0697

2/04/96, LONG BEACH MARATHON/HALF, LBM, P.O. BOX 32038, LONG BEACH, CA, 90832, 310-494-2664

2/10/96, DEATH VALLEY TRAIL MARATHON/HALF, ENVIRO SPORTS, P.O. BOX 1040, STINSON BEACH, CA, 94970, 415-868-1829

2/11/96, LAS VEGAS INTERNATIONAL MARATHON, AL BOKA, P.O. BOX 81262, LAS VEGAS, NV, 89180, 702-876-3870

2/25/96, 4TH SUNDAY RACE, LEN GOLDMAN, 1910 ARROWHEAD DR, OAKLAND, CA, , 415-394-3604

2/25/96, THE GREAT RACE 3.2M, STEWART ELNER, 2031 FOXNALL LOOP, SAN JOSE, CA, 95125, 408-748-9000

MARCH, 1996

3/02/96, GONZALES YMCA GRAPE STAMPEDE 10 KM/5 KM, SOUTH COUNTY YMCA, P.O. BOX 1106, MONTEREY, CA, 93960,

3/03/96, CITY OF LOS ANGELES MARATHON, LISA ROSENFELD, 11110 W. OHIO AVE #100, LOS ANGELES, CA, 90025, 310-444-5544

3/03/96, SUTTER HOME NAPA VALLEY MARATHON, SHNVM, P.O. BOX 4307, NAPA, CA, 94558, 707-255-2609

3/16/96, NOVICE/YOUTH CLINIC & 3 KM HANDICAP RACE, RON DANIEL, 1289 BALBOA CT #149, SUNNYVALE, CA, 94086, 415-964-3580

3/23/96, GREEK INDEPENDENCE DAY RUN, GEORGE ZUERAS, 601 FORTRESS ISLE, ALAMEDA, CA, 94501, 510-521-3310

3/23/96, REDWOOD WILD RIVER RUN, RALPH HIRT, 645 MERIDIAN ST., CRESENT CITY, CA, 95531, 707-464-3779

3/23/96, APPLGATE 5 KM SPRING RUN, NICK VOGT, CHRISTIAN RUNNER'S ASSOCIATION, 1025 GRANGE RD., MEADOW VISTA, CA 95722, 916-878-0697

3/24/96, 4TH SUNDAY RACE, LEN GOLDMAN, 1910 ARROWHEAD DR, OAKLAND, CA, , 415-394-3604

3/24/96, HOULIHAN'S TO HOULIHAN'S, 12 KM, SAUSALITO, RHODYCO, 415-564-0532

3/24/96, MERCURY NEWS 10 KM, SAN JOSE, SARAH CLISH, 750 RIDDER PARK DRIVE, SAN JOSE, CA 95190, 408-920-5755

3/31/96, FIFTY PLUS FAMILY FUN & FITNESS 8 KM/5 KM, FIFTY PLUS ASSOC, P.O. BOX D, STANFORD, CA, 94309, 415-323-6160

APRIL, 1996

4/13/96, PEAR BLOSSOM RUN 10M/5 KM, JERRY & ZELLAH SWARTSLEY, P.O. BOX 146, MEDFORD, OR, 97501, 503-772-6293

4/14/96, GIMME SHELTER 5 KM RUN FOR THE HOMELESS, SAN FRANCISCO, RHODYCO, 415-564-0532

4/20/96, RUTH ANDERSON 100 KM, DICK COLLINS, 1015 HOLLYWOOD AVE., OAKLAND, CA, 94602, 510-530-6634

4/20/96, RED HILLS EARTH DAY TRAIL RUN, TUOLUMNE COUNTY TRAILS COUNCIL, P.O. BOX 313, COLUMBIA, CA, 95310, 209-529-8341

4/20/96, RSVP ARBORETUM TRAIL RUN EARTH DAY CELEBRATION, BETTY BRASS, 1670 MARKET ST STE 300, REDDING, CA, 96001, 916-225-5803

4/21/96, OCEAN BEACH 5 KM/10 KM, PEOPLE EVENTS, 528 LARCH AVE, SO SF, CA, 94080, 415-589-7417

4/27/96, GOLD RUSH 50 KM/100 KM, PAUL REESE, 308 FOREST CT, AUBURN, CA, 95603, 916-823-6276

4/28/96, 4TH SUNDAY RACE, LEN GOLDMAN, 1910 ARROWHEAD DR, OAKLAND, CA, , 415-394-3604

4/28/96, BIG SUR INTERNATIONAL MARATHON, JOE SWEENEY, P.O. BOX 222620-2620, CARMEL, CA, 93922,

MAY, 1996

5/05/96, WILD WILD WEST MARATHON, LONE PINE CHAMBER OF COMMERCE, 126 S. MAIN ST, LONE PINE, CA, 93545, 619-876-4444

5/05/96, NIHOMACHI RUN, YU AL KAI COMMUNITY CENTER, 588 N. 4TH ST, SAN JOSE, CA, 95112, 408-294-2505

5/5/96, TANDEM'S UP & RUNNING 5 KM/10 KM, DANVILLE, RHODYCO, 415-564-0532

5/19/96, SPRING 10 KM/20 KM QUALIFYING RACES, RON DANIELS, 1289 BALBOA CT #149, SUNNYVALE, CA, 94086, 415-964-3580

5/19/96, EXAMINER BAY TO BREAKERS, LINDA LUCHETTI, P.O. BOX 429200, SF, CA, 94142, 415-808-5000

5/19/96, OHLONE WILDERNESS 50 KM TRAIL RUN, JOHN VONHOF, 4438 GIBRALTAR DR., FREMONT, CA, 94536, 510-797-8169

5/25/96, SAN BRUNO MEMORIAL X-COUNTRY RUN, RUNNERS INN, 486 SAN MATEO AVE, SAN BRUNO, CA, 94066, 415-952-8127

5/26/96, 4TH SUNDAY RACE, LEN GOLDMAN, 1910 ARROWHEAD DR, OAKLAND, CA, 415-394-3604

5/26/96, I CAN RUN FOR DRUG FREE YOUTH, FLEET FEET, P.O. BOX 5792, INCLINE VILLAGE, NV, 89450, 702-831-0668

5/27/96, CLAYTON MEMORIAL DAY CLASSIC, HANK STRATFORD, P.O. BOX 30, CLAYTON, CA, 94517, 510-672-9200

5/27/96, PACIFIC SUN 10 KM, KEES TUINZING, 80 MITCHELL BLVD., SAN RAFAEL, CA, 94903, 415-472-RACE

Contd. on page 11

For Race Information: Send a self-addressed, stamped envelope to the address listed. Do not call phone numbers after 10 p.m. as many numbers are home numbers.

JUNE, 1996

6/01/96, BRUCE JENNER CLASSIC, BERT BONANNO, 2100 MOORPARK AVE., SAN JOSE, CA, 95128, 408-288-3731

6/02/96, ALUM ROCK RUN, GARY HAFLEY, 460 PARK AVE, SAN JOSE, CA, 95110

6/2/96, GOLD COUNTRY TRAIL MARATHON & ROAD RACES, NICK VOGT, CHRISTIAN RUNNER'S ASSOCIATION, 1025 GRANGE RD., MEADOW VISTA, CA 95722, 916-878-0697

6/02/96, RUSSIAN RIVER RUN/HALF MARATHON, NORTH COAST STRIDERS, P.O. BOX 1556, UKIAH, CA, 95482, 707-468-8024

6/08/96, ROBERT DECELLE II MEMORIAL TAHOE RELAY, ROBERT DECELLE, P.O. BOX 1606, ALAMEDA, CA, 94501, 510-523-2264

6/09/96, APTOS WOMEN'S 5 MILER, CAROL CUMINALE, P.O. BOX 3568, SANTA CRUZ, CA, 95063, 408-458-9028

6/23/96, 4TH SUNDAY RACE, LMJS, 1910 ARROWHEAD DR, OAKLAND, CA, , 415-394-3604

6/29/96, WESTERN STATES 100M ENDURANCE RUN, NORM KLEIN, 11139 MACE RIVER CT, RANCHO CORDOVA, CA, 95670, 916-638-1161

JULY, 1996

7/4/96, 4TH OF JULY RIVER RUN, 5 MILE, SACRAMENTO, DICK KINTER, 6847 SUTTER AVE, CARMICHAEL, CA 95608, 916-944-1503

7/14/96, SAN FRANCISCO MARATHON & 5 KM, PACIFIC ASSOCIATION, P.O. BOX 77148, SF, CA, 94107, 916-983-4622

7/28/96, 4TH SUNDAY RACE, LEN GOLDMAN, 1910 ARROWHEAD DR, OAKLAND, CA, 415-394-3604

7/28/96, GARDEN COURT HOTEL BREAKFAST RUN, 5 MILE, PALO ALTO, RHODYCO 415-564-0532

AUGUST, 1996

8/5-9/96, ANNUAL HIGH ALTITUDE RUNNING CAMP AND CLINIC, NICK VOGT, CHRISTIAN RUNNER'S ASSOCIATION, 1025 GRANGE RD., MEADOW VISTA, CA 95722, 916-878-0697

8/24/96, WOLF MOUNTAIN TRAIL CHALLENGE, NICK VOGT, CHRISTIAN RUNNER'S ASSOCIATION, 1025 GRANGE RD., MEADOW VISTA, CA 95722, 916-878-0697

8/24/96, PT REYES 50 KM, GUY PALMER, 49 HARTE AVE., SAN RAFAEL, CA, 94901, 415-459-8649

8/25/96, 4TH SUNDAY RACE, LEN GOLDMAN, 1910 ARROWHEAD DR, OAKLAND, CA, 415-394-3604

8/25/96, SILVER STATE MARATHON, VALENTINE "SKI" PISARSKI, P.O. BOX 21171, RENO, NV, 89515, 702-849-0419

8/31/96, CRESCENT BEACH RUN, THOM WEBB, 616 BERTSCH AVE, CRESCENT CITY, CA, 95531, 707-464-6101

SEPTEMBER, 1996

9/2/96, 49'ER CANYON 10 MILE CLASSIC, NICK VOGT, CHRISTIAN RUNNER'S ASSOCIATION, 1025 GRANGE RD., MEADOW VISTA, CA 95722, 916-878-0697

9/7/96, JOHN OROGNETEN MEMORIAL 5 KM CROSS COUNTRY RUN, NICK VOGT, CHRISTIAN RUNNER'S

ASSOCIATION, 1025 GRANGE RD., MEADOW VISTA, CA 95722, 916-878-0697

9/8/96, CALIFORNIA PRUNE FESTIVAL 10 KM/5 KM RUN/WALK, NICK VOGT, CHRISTIAN RUNNER'S ASSOCIATION, 1025 GRANGE RD., MEADOW VISTA, CA 95722, 916-878-0697

9/8/96, BUFFALO STAMPEDE 10 MILE/5 KM, SACRAMENTO, BUFFALO CHIPS, P.O. BOX 19908, SACRAMENTO, CA 95819, 916-923-4202

9/22/96, 4TH SUNDAY RACE, LEN GOLDMAN, 1910 ARROWHEAD DR, OAKLAND, CA, , 415-394-3604

OCTOBER, 1996

10/13/96, HUMBOLDT REDWOODS HALF-MARATHON, WEOTT, KAREN ANGEL, 351 ROUNDHOUSE CREEK RD., TRINIDAD, CA 95570, 707-443-1220

10/19/96, PETER FERRANTE MEMORIAL MEGAWALK, RON DANIELS, 1289 BALBOA CT #149, SUNNYVALE, CA, 94086, 415-964-3580

10/27/96, 4TH SUNDAY RACE, LEN GOLDMAN, 1910 ARROWHEAD DR, OAKLAND, CA, , 415-394-3604

10/27/96, SAN FRANCISCO CLASSIC 5 KM/MIRACLE MILE, PEOPLE EVENTS, 528 LARCH AVE, SO SF, CA, 94080, 415-589-7417

NOVEMBER, 1996

11/03/96, SONORA HEART & SOLE CLASSIC 10 KM/2M, SONORA COMMUNITY HOSPITAL, 1 S. FOREST RD, SONORA, CA, 95370, 209-529-4642

11/10/96, CLARKSBURG COUNTRY RUN, 30 KM, BOX 20, CLARKSBURG, CA 95612, 916-665-1712

11/24/96, 4TH SUNDAY RACE, LEN GOLDMAN, 1910 ARROWHEAD DR, OAKLAND, CA, , 415-394-3604

DECEMBER, 1996

12/1/96, RUN TO THE FAR SIDE, 10 KM, SAN FRANCISCO, RHODYCO, 3929 CALIFORNIA ST., SAN FRANCISCO, CA 94118, 415-564-0532

12/01/96, JINGLE BELL 5 KM RUN SAN MATEO, ARTHRITIS FOUNDATION, 203 WILLOW ST. #201, SF, CA, 94109, 415-673-6882

12/01/96, JINGLE BELL 5 KM RUN OAKLAND, ARTHRITIS FOUNDATION, 203 WILLOW ST STE201, SF, CA, 94109, 415-673-6882

12/8/96, RUNNING OF THE ELVES 5 KM, NICK VOGT, CHRISTIAN RUNNER'S ASSOCIATION, 1025 GRANGE RD., MEADOW VISTA, CA 95722, 916-878-0697

12/08/96, CHRISTMAS CLASSIC 5 KM, MIRACLE MILE, PEOPLE EVENTS, 528 LARCH AVE, SO SF, CA, 94080,

12/08/96, CALIFORNIA INTERNATIONAL MARATHON, PACIFIC ASSOCIATION, 120 PONDEROSA CT, FOLSOM, CA, 95630, 916-983-4622

12/08/96, JINGLE BELL 5 KM RUN NOVATO, ARTHRITIS FOUNDATION, 203 WILLOW ST STE 201, SF, CA, 94109, 415-673-6882

12/22/96, 4TH SUNDAY RACE, LEN GOLDMAN, 1910 ARROWHEAD DR, OAKLAND, CA, , 415-394-3604

FOR RACE INFORMATION

Send a self-addressed, stamped envelope to the address listed. Do not call phone numbers after 10 p.m. as many numbers are home numbers.

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Sports Medicine Q & A: Ankle Sprains and Calf Cramps

By Amol Saxena, D.P.M.

Question: I just sprained my ankle. What should I do? How long should I ice? How much time should I take off?

Answer: Ankle sprains are unfortunately fairly common in runners, particularly in cross country season when running on uneven terrain. However, people with high arched feet tend to have more ankle sprains because their ankles are rotated outward too far and do not roll in enough (pronate).

Ankle sprains are graded on a scale of 1 to 3. Grade 1 means that you basically just stretched the ankle ligaments. Grade 2 involves more swelling, stretching, and sometimes partial tearing of the ligaments. Generally, patients with a Grade 2 sprain have to take 2-7 days off of their athletic activity. Grade 3 is the most severe type of ankle/ligament sprain and indicates that the ligaments have been torn completely or even torn off the bone.

Unfortunately, swelling is not a good indicator of the severity of an ankle injury. Some patients have a fair amount of swelling in the ankle and have minimal injury; they may have just simply torn or broken the right blood vessel or torn more scar tissue. Conversely, some of the most severe ankle sprains have more swelling in the foot and toes because the ankle ligaments and joint capsules are completely torn and the fluid is essentially rolling downhill towards the toes. One of the best indicators of the severity of an ankle sprain is the ability to put weight on the foot and the ability to move the foot. If you are unable to put weight on an ankle sprain for at least a day, you should go see your doctor and get an x-ray.

Sometimes patients who are chronic ankle sprainers do not do as much damage to the ligaments, but more so to other areas of the foot and ankle such as injuring and chipping off little bones or even deeper ligaments that normally do not get stretched with the ankle sprain. (The most common ankle sprain is known as the lateral or inversion ankle sprain which stretches the outer ankle ligaments.) These patients can continue to ice for several days or even months after an ankle sprain and do not need to stop after 24-72 hours. Icing for 5-15 minutes is generally all that is necessary. Use caution with chemical ice bags as they can freeze skin and cause frostbite.

Getting an ankle brace can be very helpful. Sometimes patients with wobbly ankles or high arched feet, as mentioned above, benefit from orthotic devices. Less commonly, some patients require surgery to repair their ankle ligaments or even reconstruct them, because they continue to have these joint-damaging sprains.

Unfortunately, swelling is not a good indicator of the severity of an ankle injury.

A good physical therapist can show you several exercises and also apply other treatment modalities. If you do not have access to physical therapy or even a trainer, both of whom could show you rehabilitation exercises and how to tape your ankle, then you may want to try the following things:

1. Immediately start icing your foot.
2. Use an Ace wrap to help compress the foot and ankle to reduce the swelling.
3. Use crutches to ease the weight off the ankle.
4. Once the pain stops, start to balance on just the sprained ankle imitating a stork. If you are able to do this for more than 15 seconds, then gradually stretch out your arms and other leg and start waving them around to force yourself to increase your balance sense.
5. Use some surgical tubing or aerobic type of exercise rubber band to strengthen your outer ankle tendon (your evertors/peroneal tendons). You can also strengthen these tendons isometrically by swinging your foot outward (in the opposite direction of your sprain) against the wall and contracting for 5 seconds and then relaxing. You can do this several times.
6. Stretching your calf also helps reduce the tightness that occurs after an ankle sprain.

Anytime you continue to have joint pain accompanied by swelling, that is never normal and this should be properly evaluated with an x-ray first and then occasionally other more sophisticated tests can be done. Grade 3 ankle sprains are fairly severe and often require casting of 3-6 weeks. Though these are the least common, they can occur with those people who ignore repetitive grade 1 and 2 sprains, and so prevention is helpful in this regard.

Question: This summer I started doing more speed work and got a severe cramp in my calf. How did I get this?

Answer: This is a "flat tire" effect or a "calf blow out" and occurs most commonly in males. Women, by virtue of wearing higher and then changing to lower heeled shoes, tend to have more flexibility and therefore resilience in their calf muscles. Usually when someone gets a calf cramp, it is due to one of three things:

1. Changing from higher heeled training shoes to lower heeled racing flats or spikes.
2. Increasing hill or speed work. Most people do not keep hills or speed work in all phases of their training throughout the year and when they resume that, the deeper calf muscles, i.e., the soleus muscles, are atrophied and have to get re-educated to get the runner back up on his toes.
3. Dehydration. One can avoid calf cramps by being properly hydrated.

Unfortunately the soleus and the other deeper calf muscles seem to cramp more than other leg muscles for some unknown reason. You can help prevent this problem by noting the factors above, but also doing heel raises (standing on your toes). The best way to do these are several repetitions with the knee bent, going up on your toes.

Sometimes heel lifts in your shoes help temporarily. Maintaining a proper flexibility and stretching program is also very helpful. Stretching with the knee straight and bent is most important. One should do this before and after running.

After running, using an ice cup to ice massage the calf muscle is helpful. Occasionally, some cramps are so severe they actually involve tearing the muscle. These patients generally cannot walk and should see a doctor to make sure they did not rupture an Achilles tendon, and generally benefit from a good organized physical therapy program.

Send your questions to:

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More Runners Enjoy Association Cross Country Circuit

By Mike Weddington

In assessing the '95 PA-XC season at the halfway mark as demarcated by the PA-LDR Humboldt Half Marathon bye week, two facts became clear:

First, the season has attracted more participation to this point than ever before, and, second, increased participation has been achieved despite an extremely high turnover rate of participants.

Based on a survey of unofficial '95 individual leaders in each M/F division, close to 60-percent of the names and faces are new when compared to the season ending 1994 XC Grand Prix list (144 total). A rather remarkable statistic, even when factoring in injuries, residency changes, pregnancies, divisional changes, alien abductions, and the like.

Perhaps the roughly 15-percent overall increase in meet attendance thus far, and addition of four entirely new clubs, has much to do with the new faces. Be that as it may, look for more of the old guard to make a showing in the second half as PA LDR roadies lock to sharpen up for the LDR Scoring PA XC Championships at Golden Gate Park on November 18.

The high individual turnover rate has made for some exciting Grand Prix divisional races, as most are still clearly up for grabs. When it comes to the team races, however, the standings are fairly similar to a year ago, despite the new blood, sweat and tears.

A look at the individual and team standings through the Mills College meet on Oct. 7. (Keep in mind that these are unofficial standings; verification of each individual and team result by the PA is still pending):
(Scoring based on 20, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 points for places 1 through 15 in each meet.)

Open Men

Pl	Name, Club	Pts
1	Russell Hill, Aggies	73
2	Jason Lienau, Aggies	62
3	Ray Appenheimer, Farm Team	53
4	John Coyle, Farm Team	37
5	Scott Pesch, Humboldt	32
6	V. Santamaria, Aggies	29
	Steve Pappa, Humboldt	29
8	Rod Heskett, Aggies	25
	Joe Barnes, Humboldt	25
	M. Tibaduiza, Silver St.	25
11	Kendrick Sealy, Adidas	24
	Danny Aldridge, Empire	24
13	Ken Keyte, Empire	24
14	Mark Douglas, Unatt	20
	Stephen Isbel, Unatt	20
	Mark McManus, Adidas	20
17	Bret Kimple, Aggies	18
18	C. Trovinger, Humboldt	17
19	Rey Flares, Farm Team	14
	Dan Olmstead, Chico TC	14

Open Women

Pl	Name, Club	Pts
1	Michelle Nielsen, Impala	60
2	Lisa Geoffrion, Aggies	52
3	Melissa Martel, Aggies	42
4	Bigna Samuel, Aggies	40
5	Rae Henderson, Aggies	39
6	Joanne Harper, Aggies	38
7	Suzanne Cordes, Impala	32
8	E. Vukicevich, Aggies	31
9	Staci Brunton, Aggies	30
10	Maria Ravazza, Humboldt	27
11	Amanda Gerhardt, Aggies	26
12	Jill Strangio, Aggies	21
13	Lisa Lopez, Unatt	20
	Lynn Nelsen, Impala	20
	Angela Mogielski, Farm T	20
	Cathy Dubay, Empire	20
17	Shannon Sweeney, Aggies	17
	Ellen Lyons, Unatt	17
	Marcia West, Impala	17
20	Kate Sweetman, Impala	14
	Lisa Mules, Sac TC	14

Team Standings

(10, 9, 8, 7, 6, 5, 4, 3, 2, 1 pts for 1st place on down; results unofficial)

Pl	Men's Teams	Pts
1	Reebok Aggies	50
2	Humboldt Track Club	37
3	Empire Runners	35
4	Hoy's Sports	30
5	Merced Valley RRClub	29
	Chico Track Club	29
7	Golden Valley Harriers	20
8	Silver State Striders	17
9	Santa Cruz Track Club	9
10	Boho Track Club	5
11	West Valley Track Club	4

Pl	Women's Teams	Pts
1	Reebok Aggiec	49
2	Impala	37
3	Impala	30
4	Empire Runners	23
5	Sonoma State RC	19

Interestingly, there has been a different open men's and women's winner at every single meet thus far; ten meets in all, ten champions. With no dominant Chris Schille or Ceci St. Geme present (he injured, she with child), the race for individual champion is wide open for both genders.

The Aggies are planted in the driver's seat in both team races; it will take an unexpected collapse from their men and a consistent commitment from Impala aces Lynn Nelson, Michelle Nielsen, and April Powers for the Impala women to have any chance at the seasonal title. Even then, the Aggie woman are looking deeper than ever, what with the return or addition of Eileen Vukicevich, Amanda Hess-Gerrhardt, Melissa Martel Accetta, Shannon Sweeney, Jill Strangio, Staci Brunton,

and the talented Bigna Samuel—a last-hour recruit at the Empire Open meet.

In the also-ran races, Empire and Humboldt are again dueling it out for second on the men's side, while a pack consisting of Hoy's and newcomer Chico TC (Chico State grads) and the Merced Valley Road Runners (composed of mostly fellows from the canceled Merced Community College program) lurk within striking range of both.

While Empire is hurt by the absence of Mike Stone (stress fracture—out 'till '96) and Todd Trash (still recovering from plantar fasciitis), they and very deep Humboldt (who have added Steve Pappa, Marc Zibblatt, Jake Furber, and Joe Karnes to a deep cast) may continue to fend off talented Hoy's (who have added 30-minute 10 km'er Kyle Busnicki from the east) and Chico St., both of whom are lacking depth.

Merced and seventh-place club neophyte Golden Valley (a reincarnation of Infiniti?) simply lack enough big guns to challenge, while Silver State smarts from the absence of Ray Cook (injured), Robert Thwala, and Mike McManus (switched to Adidas). A real challenge to Aggie supremacy could come from the Farm Team—a Stanford-based Olympic development team. They have the talent, but not the depth. One thing is certain: simply having enthusiastic newcomers like Chico, Merced, Golden Valley, Santa Cruz, and the Farm Team adds a great deal of vitality to the PA.

On the open women's side, Tamalpa and Empire renew their tussle for third, with Impala a definite leg up. While both are smarting from the total or near total absence of '94 leaders Beth Vitalis and Jocelyn Finch (Tamalpa), and Lura Damiano and Cathy Dubay (Empire), Tamalpa has managed to show up more often amid such loss. Sonoma State RC, the resurrection of the SSU women's (yet not men's) program, competes under running club status this year until rejoining the collegiate ranks in '96.

Speaking of Sonoma County, this local can't help by notice the preponderance of women' PA-XC talent from the area this year; All-World Julia Stamps (non-scoring prep), Michelle Nielson, Lisa Geoffrion, Catherine Dubay, Eileen Vukicevich, Shannon Sweeney, and the recently-returned Chris Boyd would make quite a mythical '95 all-Sonoma County PA team.

The masters divisions are doing quite well, with the men's side especially sprinkled with new names. The women, meanwhile, are energized by the near total return of '94's top finishers.

Contd. on page 15

Men's Masters Standings

Pl	Name, Club	Pts
1	Daniel Gruber, Aggies	76
2	Lloyd Stephenson, Excelsior	60
3	Butch Alexaner, Empire	54
4	Peter Sweeney, Aggies	53
5	Tom Cushman, Aggies	52
6	Charles Thompson, Excelsior	40
7	Tim Stewart, Empire	38
	Bob Ebert, WVJS	38
9	Dirk Rohloff, Aggies	37
10	Bill Knapp, Excelsior	30
11	Gary Davis, Excelsior	25
12	Frank Hutchinson, Aggies	24
13	John Lawson, Tamalpa	20
	Francesjohn Gailson, Excelsior	20
15	Jerry Neal, Tamalpa	19
	Bob Merritt, Empire	19
17	Pat Carr, Tamalpa	17
18	Don Jedlovec, Unatt	14
	Gerry Armstrong, Tamalpa	14
	Jim Gorman, Excelsior	14

Women's Masters Standings

Pl	Name, Club	Pts
1	Kattie Gray, Tamalpa	85
2	Leslie McMullin, Tamalpa	80
3	Beckie S. Kesecker, Impala	76
4	Kazuko Aoyagi, Impala	43
5	Ann Gerhardt, Chips	38
6	Irene Herman, Impala	36
7	Hazel Wood, Tamalpa	31
8	Patti Pickett, Tamalpa	24
9	Margaret Demaria, Empire	16
10	Ellen Clark, WVTC	15
11	Anna Derho, Empire	14
12	DeeDee Grafius, WVTC	13
13	L. Livingston, Impala	11
14	Dale Pitman, Impala	10
15	Sharlet Gilbert, Chips	9

Men's Masters Team Standings

1	Empire Runners	51
2	Reebok Runners	49
3	Excelsior	36
4	Tamalpa	31

Women's Masters Team Standings

1	Tamalpa	60
2	Impala	45
3	West Valley TC	8

The individual and team races on both sides of the aisle are terrific. Although edged twice by near world-class talent Lloyd Stephenson, the Aggie's Dan Gruber leads by virtue of more high meet placings on the men's side. With competitive clone and teammate Francisjohn Gailson laying low thus far, these two should contest for Gailson's title all the way to the championships. Third place is anyone's guess, as Empire's Alexander and the Aggie's Cushman and new master Sweeney are separated by only two points. Meanwhile, in arrears, four more are but three points apart in the mix for sixth.

The men's team title is still very much in doubt. With both the more talented Aggies and Excelsior unable to muster their best for every meet, the high-mileage Empire truck could outlast their sportscar brethren to the tape. Blue-collar Tamalpa rests respectably in fourth and compare favorably to Empire at their best, but have missed two meets thus far. As each club can drop their three worst showings at season's end, the standings could read quite differently in mid-November.

The women's individual masters title will be decided between national force Leslie McMullin, her ever-present Tamalpa mate Kattie Gray, and defending titlist Beckie Simmie-Kesecker of Impala. Kesecker must basically contest the indefatigable Gray in every remaining meet to have a chance, while both must hope for spotty attendance from McMullin.

Further back, Kazuko Aoyagi and Irene Herman of Impala and Ann Gerhardt of the Euffalo Chips are in the thick of a race for 4th, while Hazel Wood and Patti Pickett of Impala seem set for top 10 places.

The women's team race again boils down to Tamalpa and Impala. The national-class WVTC team remains removed from the fray, while talented WVJS and the Chips are also concerned with other PA action. That leaves the slightly swifter Tamalpa group as a favorite over the deeper Impala contingent, especially if Impala's fabulous senior star Melody Anne-Schultz decides to drop down any during the latter half of the season. It should be close down to the wire, however.

The Senior Division team titles will be determined by who does the best at the PA Championships. The individual race, however, has practically been mailed in already, as Empire's relentless Dan Preston and Tamalpa's emerging superstar Melody Anne-Schultz have things well in hand. A look:

Men's Seniors

Pl	Name, Club	Pts
1	Dan Preston, Empire	120
2	Bill Clark, WVTC	56
3	Daryl Zapata, Excelsior	52
4	Mike Hoy, Tamalpa	26
5	Terry McNeill, Empire	24
6	Roger Gordon, Tamalpa	22
7	Ernst Bohn, Empire	20
8	James Fiori, Unatt	16
9	Harvey Franklin, WVTC	14
	David Framer, E. Bay Striders	14

Women's Seniors

1	Melody Anne-Schultz, Tamalpa	120
2	Edda Stickle, Tamalpa	28
	Eve Pell, Impala	28
4	Kathy Colletto, Tamalpa	25
5	Sue Johnston, Impala	14
6	Joan Reiss, WVTC	13
	Barbara Brady, Impala	13
8	Dina Kovash, Impala	12

Men's Teams

1	Tamalpa	20
2	Santa Cruz TC	9

Women's Teams

1	Tamalpa	10
	Impala	10

Please note that these results are, again, unofficial. Particularly in the senior division, where members often move down into the masters or even open ranks to score for teammates, the official scoring figures are often in doubt right up to the championships. Needless to say, the championships will tell the tale, as PA LDR regulars like WVJS, WVTC, Empire, and others may totally reconfigure both the individual and team lists. Meanwhile, Bill Clark of WVTC and Daryl Zapata of Excelsior are waging a goal one for second on the men's individual side, while Edda Stickle and Kathy Colletto are racing tight with the renowned defending champ Eve Pell of Impala for second on the distaff side.

Super Seniors and Veterans

Although there has apparently yet to be any scoring men's or women's teams in the 60-69 and 70-79 aged divisions, the potential is there for at least the Impala and West Valley Joggers and Striders to field Super Senior teams at the PA Champs, while WVJS remains the only real Veteran team around.

Pete Richardson of WVTC and Don Pickett—the '94 super senior king—are having a spirited duel for first in the Super Senior ranks (94 to 86 points, respectively), with Dave Waco and Ton Guldman of Tamalpa and John Gregson of the Pamakids far behind.

The inspirational Barbara Robben of the Northern California Seniors Track Club, meanwhile, is the only **super senior** to race the circuit consistently. Teammate and dual Bay Area Ultra Runner Ruth Anderson has also raced, along with Peggy Ewing of the Chips. An admiring hand for all three.

In the **veteran division**, only Howard Powers of WVJS has even raced this year, and four times at that! If there were relative age scoring taxes in cross country, Howard would no doubt be leading the majority of his XC comrades in total points scored.

Individual Meet Results

(May include non-scoring prep or non-current PA runners)

PA-XC #1-Goldent Gate I

Sept. 9, Golden Gate Park, San Francisco

Open Men (4.0 Mile)

Pl	Name	Club	Time
1	Stephen Isbel	Unatt	20:17
2	Rey Flores	Nike Farm	20:21
3	Ray Appenheimer	Nike Farm	20:32
4	Ken Keyte	Empire	20:33
5	John Coyle	Nike Farm	20:43
6	Kendrick Sealy	Adidas	20:46
7	Russell Hill	Adidas	20:46
8	Fred Carter	Nike Farm	20:56

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Cross Country*Contd. from page 15*

9	Rod Heskett	Aggies	20:56
10	Steve Pappa	Humboldt	20:57
11	Ty Strange	Empire	21:07
12	Ben Turman	Hoys	21:08
13	Albert De La Torre	Santa Cruz	21:15
14	Kenny Brown	Empire	21:19
15	Dan Mancini	Hoy's	21:20
16	Marc Zibblatt	Humboldt	21:30
17	Daniel Embaye (17)	Unatt	21:37
18	Dan Olmstead	Chico TC	21:39
19	Javier Noranjo	Santa Cruz	21:41
20	Kyle Essnicki	Hoy's	21:45

Open Women (4.0 Mile)

1	Lynn Nelson	Impala	24:10
2	Lisa Geoffrion	Aggies	24:16
3	Diane Whipple	Pearl Izumi	24:31
4	Michelle Nielsen	Impala	24:36
5	April Powers	Impala	24:37
6	Eileen Vukicevich	Aggies	24:38
7	Angela Mogielski	Nike Farm	25:06
8	Ellen Lyons	Unatt	25:06
9	Lorena Harrigan	Impala	25:10
10	Kim Fitchen	Nike Farm	25:12
11	Amanda Gerhardt	Aggies	25:51
12	Julie Rohloff	Aggies	26:07
13	Michelle Deasy	Nike Farm	26:15
14	Beth Vitalis	Tamalpa	26:22
15	Megan Austin	Tamalpa	26:30
16	Tori Meredith	Empire	26:37
17	Shannon Sweeney	Aggies	26:38
18	Erika Watson	Santa Cruz	26:40
19	Alexandra Newman	Impala	26:41
20	Kathleen McGuirk	Tamalpa	26:49

Masters Men (4.0 Mile)

1	Lloyd Sbepphenson	Excelsior	21:15
2	Daniel Gruber	Aggies	21:32
3	Tom Cushman	Aggies	21:56
4	Frank Hutchinson	Aggies	22:29
5	Charles Thompson	Excelsior	22:34
6	Pat Devaney	Tamalpa	22:55
7	Dirk Rohloff	Aggies	22:56
8	Gary Davis	Excelsior	23:31
9	Jerry Neal	Tamalpa	23:32
10	Tim Stewart	Empire	23:45

Master's Women (4.0 Mile)

1	Leslie McMullin	Tamalpa	25:36
2	Beckie S. Kesecker	Impala	27:01
3	DeeDeer Grafius	WVTC	27:33
4	Kattie Gray	Tamalpa	27:54
5	Lourdes Livingston	Impala	28:27
6	Dale Pitman	ImpaLa	29:33
7	Sharlet Gilbert	Chips	29:37
8	Kazuko Aoyagi	Impala	29:50
9	Irene Herman	Impala	30:18
10	Sharon Powers	Unatt	30:41

Senior Men

1	Dan Preston	Empire	23:58
2	David Weamer	East Bay	25:14
3	Daryl Zapata	Excelsior	26:20
4	Rick Kell	Excelsior	27:09
5	Bernie Hollander	Tamalpa	27:18

Senior Women

1	Melody A. Schultz	Tamalpa	27:57
2	Edda Stickle	Tamalpa	30:08
3	Joan Reiss	WVTC	34:05
4	Kathy Colletto	Tamalpa	35:46

Super Senior Men

1	Tom Guldman	Tamalpa	29:08
2	Pete Richardson	WVTC	30:48
3	John Gregson	Pamakids	30:59
4	Don Pickett	Tamalpa	32:59

Super Senior Women

1	Barbara Robben	NCSTC	36:13
2	Ruth Anderson	BAUR	38:25

Veteran Men

1	Howard Powers	WVJS	35:39
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PA-XC #2, Reebok Aggie XC Open

Sept. 16, Sierra College

Open Men (4.0 mile)

Pl	Name	Club	Time
1	Jason Lienau	Aggies	20:27
2	Scott Pesch	Humboldt	20:41
3	Victor Santamaria	Aggies	20:46
4	Miguel Tibaduiza	Silver State	20:49
5	Randy Acetta	Aggies	20:50
6	Russell Hill	Aggies	20:57
7	Corey Trovinger	Humboldt	20:41
8	Rod Heskett	Aggies	21:06
9	Joe Rubio	Aggies	21:07
10	Erick Ackerman	Aggies	21:14
11	Peter Chenard	Humboldt	21:15
12	Ben Turman	Hoy's	21:15
13	Steve Pappa	Humboldt	21:16
14	Mark Hoefer	Silver State	21:20
15	Albert DeLa Torre	Santa Cruz	21:20
16	Dale Porter	Unatt	21:24
17	Rick Herr	Cal Coast	21:27
18	Jake Furber	Humboldt	21:31
19	Kenrick Sealy	Adidas	21:41
20	Ernie Freer	Aggies	21:44

Open Women (5 km)

1	Melissa M. Acetta	Aggies	18:35
2	Lisa Geoffrion	Aggies	18:36
3	Joanne Harper	Aggies	18:48
4	Monica Townsend	Aggies	19:08
5	Eileen Vukicevich	Aggies	19:11
6	Amanda Gerhardt	Aggies	19:17
7	Maria Ravazza	Humboldt	19:20
8	Staci Brunton	Aggies	19:32
9	S. Schweitzer (16)	Unatt	19:51
10	Jill Strangio	Aggies	20:00
11	Shannon Sweeney	Aggies	20:08
12	Heidi McKenna	Unatt	20:51
13	Megan Austin	Tamalpa	20:57
14	M. Schweitzer (11)	Unatt	21:08
15	Beth Hickman	Aggies	21:15
16	Gloria Barron	Aggies	21:33
17	Jennifer Rubio	Aggies	21:42
18	Chris Sakelarios	Parkside AC	21:50
19	Darcy Gibson (18)	Unatt	22:04
20	Vanessa John	Aggies	22:29

Masters Men (4.0 Mile)

1	Francisjohn Gailson	Excelsior	21:33
2	Daniel Gruber	Aggies	21:42
3	Tom Cushman	Aggies	22:18
4	Frank Hutchinson	Aggies	22:38

5	Peter Sweeney	Aggies	22:58
6	Dirk Rohloff	Aggies	23:10
7	Charles Thompson	Excelsior	23:32
8	Butch Alexander	Empire	23:46
9	Gary Davis	Excelsior	23:52
10	Tim Williams	WVTC	24:02

Master Women (5 km)

1	Kattie Gray	Tamalpa	21:30
2	Ann Gerhardt	Chips	22:23
3	Ellen Clark	WVTC	27:00

Senior Men (4.0 Mile)

1	Dan Preston	Empire	24:45
2	Bill Clark	WVTC	25:17

Senior Women (5 km)

1	Melody A. Schultz	Tamalpa	21:02
2	Edda Stickle	Tamalpa	23:11
3	Kathy Colletto	Tamalpa	27:30

Super Senior Men (4.0 Mile)

1	Pete Richardson	WVTC	31:34
2	Don Pickett	Tamalpa	NT

Super Senior Women (5 km)

1	Peggy Ewing	Chips	30:10
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Veteran Men (4.0 Mile)

1	Howard Powers	WVJS	50:00
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PA-XC #3, UC Davis Invitational

Sept. 23, UC Davis

Men's Open (8 km)

Pl	Name	Team	Time
1	Mark Douglas	Unatt	24:19
2	Jason Lienau	Aggies	24:27
3	Miguel Tibaduiza	Silver State	24:27
4	Russell Hill	Aggies	24:53
5	Miker Spencer	Aggies	25:00
6	Rod Heskett	Aggies	25:03
7	Scott Kennedy	Hoy's	25:07
8	Steve Pappa	Humboldt	25:08
9	Jamie Harris	Aggies	25:10
10	Tim Minor	Silver State	25:18
11	Ernie Freer	Aggies	25:21
12	Peter Woods	Silver State	25:22
13	Dan Olmstead	Chico TC	25:22
14	Michael Tapia	Hayward TC	25:25
15	Rob Anex	Aggies	25:26
16	Steve Hansen (18)	Unatt	25:40
17	Andy Bupp	Unatt	25:43
18	Jose Bustamante	Merced RRC	25:46
19	Kenny Brown	Empire	25:49

Women's Open (5 km)

1	Julia Stamps (16)	Unatt	16:59
2	Lisa Lopez	Unatt	17:32
3	Lisa Myles	Sac TC	18:02
4	Rae Henderson	Aggies	18:10
5	Angela Dalke	Unatt	18:19
6	Angela Mogieleski	Nike Farm	18:19
7	Eileen Vukicevich	Aggies	18:24
8	Joanne Harper	Aggies	18:31
9	Carrie Neugebauer	Nike Coast	18:34
10	Suzanne Cordes	Impala	18:43
11	Ellen Lyons	Unatt	18:43
12	Staci Brunton	Aggies	18:49
13	Kathi Berman	Impala	18:55
14	S. Schweitzer (16)	Unatt	18:57
15	Kathy McGuirk	Tamalpa	18:58
16	Shannon Sweeney	Aggies	18:58

Contd. on page 17

Cross Country
Contd. from page 16

17	Jill Strangio	Aggies	19:00
18	Peggy Lavelle	Impala	19:06
19	Kris Luckin	Impala	19:10
20	Kate Sweetman	Impala	19:16

Master's Men (8 km)

1	Peter Sweeney	Aggies	26:50
2	Gerry Armstrong	Tamalpa	27:32
3	Butch Alexander	Empire	27:42
4	Bill Knapp	Excelsior	27:47
5	Tim Stewart	Empire	29:24
6	Pat Carr	Tamalpa	29:50
7	Bob Merritt	Empire	29:56
8	Don Jedlovic	Unatt	30:13
9	John Lawson	Tamalpa	30:18
10	Alan Stanbridge	Excelsior	30:25

Master's Women (5 km)

1	Leslie McMullin	Tamalpa	19:03
2	Beckie S. Kesecker	Impala	20:15
3	Kattie Gray	Tamalpa	20:49
4	Kathryn Demas	Impala	21:50
5	Iren Herman	Impala	22:32

Senior Men (8 km)

1	Dan Preston	Empire	28:27
2	Bill Clark	WVTC	29:17
3	Daryl Zapata	Excelsior	32:07
4	Gary Walton	Boho TC	32:26
5	Charles DeJardins	Silver State	42:58

Senior Women (5 km)

1	Melody A. Schultz	Tamalpa	20:11
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Super Senior Men (8 km)

1	Pete Richardson	WVTC	35:28
2	Don Pickett	Tamalpa	39:28

PA-XC #4, Empire Open

Sept. 30, Spring Lake Park, Santa Rosa

Open Men (8 km)

Pl	Name	Team	Time
1	Ray Appenheimer	Nike Farm	24:48
2	Jason Lienau	Aggies	25:06
3	John Coyle	Nike Farm	25:24
4	Danny Aldridge	Empire	25:30
5	Russell Hill	Aggies	25:32
6	Mike McManus	Adidas	25:34
7	Bret Kimple	Aggies	25:38
8	Victor Santamaria	Aggies	25:40
9	Kendrick Sealy	Adidas	25:41
10	Joe Karnes	Humboldt	25:47
11	Ken Keyte	Empire	25:47
12	Corey Trovinger	Humboldt	26:02
13	Jeff Shaver	Aggies	25:55
14	Scott Pesch	Humboldt	26:02
15	Jamie Harris	Aggies	26:05
16	Peter Chenard	Humboldt	26:08
17	Steve Pappa	Humboldt	26:18
18	Tim Minor	Silver State	26:20
19	Jeff Hacker	Ryan's	26:25
20	Marc Ziblat	Humboldt	26:29

Open Women (6 km)

1	Bigna Samuel	Aggies	22:02
2	Michell Nielsen	Impala	22:03
3	Rae Henderson	Aggies	22:06
4	Lisa Geoffrion	Aggies	22:08
5	Melisasa M. Acetta	Aggies	22:22

6	Catherine Dubay	Empire	22:35
7	Maria Ravazza	Humboldt	22:42
8	Joanne Harper	Aggies	22:46
9	Staci Brunton	Aggies	22:51
10	Amanda H. Gerhardt	Aggies	22:51
11	Jill Strangio	Aggie	23:08
12	Suzanne Cordes	Impala	23:12
13	Shannan Sweeney	Aggies	23:17
14	Marcia West	Impala	23:23
15	S. Schweitzer (16)	Unatt	23:29
16	Kate Sweetman	Impala	23:46
17	Kathleen McGuirk	Tamalpa	23:52
18	Sharon Powers	Humboldt	23:54
19	Kathy Van Riper	Empire	23:59
20	Allison Freeman	Impala	24:06

Master's Men (8 km)

1	Lloyd Stephenson	Excelsior	26:19
2	Daniel Gruber	Aggies	26:25
3	Tom Cushman	Aggies	27:04
4	Bob Ebert	WVJS	27:25
5	Peter Sweeney	Aggies	27:49
6	Charles Thompson	Excelsior	28:05
7	Dirk Rohloff	Aggies	28:15
8	Butch Alexander	Empire	28:46
9	Jim Gorman	Excelsior	28:57
10	Toni Ruggle	Aggies	29:05

Master's Women (6 km)

1	Leslie McMullin	Impala	23:10
2	Beckie S. Kesecker	Impala	24:08
3	Kattie Gray	Tamalpa	25:25
4	Ann Gerhardt	Chips	25:55
5	Kazuko Aoyagi	Impala	26:25

6	Hazel Wood	Tamalpa	27:15
7	Irene Herman	Impala	27:40
8	Maragret Demaria	Empire	27:53
9	Anne Derho	Empire	30:12

Senior Men (8 km)

1	Dan Preston	Empire	29:24
2	Bill Clark	WVTC	31:24
3	Daryl Zapata	Excelsior	33:52
4	Terry McNeill	Empire	33:56
5	Roger Gordon	Tamalpa	35:57

Senior Women (6 km)

1	Melody Ann Schultz	Tamalpa	24:29
2	Eve Pell	Impala	26:15
3	Ellen Nielsen	Empire	NT

Super Senior Men (8 km)

1	Pete Richardson	WVTC	37:09
2	Dave Waco	Tamalpa	39:52
3	Don Pickett	Tamalpa	41:01

Super Senior Women (6 km)

1	Barbara Robben	NCSTC	32:46
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Veteran Men (8 km)

1	Howard Powers	WVJS	42:34
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PA-XC #5, Mills Invitational

Oct. 7, Mills College, Oakland

Open Men (8 km)

Pl	Name	Team	Time
1	Russell Hill	Aggies	26:41
2	Scott Pesch	Humboldt	26:53
3	Joe Karnes	Humboldt	26:56
4	Steve Pappa	Humboldt	27:14
5	Dan Olmstead	Chico TC	27:20

Contd. on page 20

1995 PACIFIC ASSOCIATION/USATF CROSS COUNTRY GRAND PRIX

Listed below is the schedule for this year's PA/USATF Cross Country Grand Prix. These races are open to adult runners of all ages and abilities. These races are fun! If you've never run a cross country race, come on out and give one of these circuit races a try!

All events contested in all Grand Prix divisions: Open (39 & under), Masters (40-49), Seniors (50-59), Super Seniors (60-69), and Veterans (70+). All events will score PA/USATF individuals and teams/clubs. Questions about the Cross Country Grand Prix should be directed to Tim Wason (Cross Country Subcommittee Chair) at (415) 648-1467 (eve.) or Mark Winitz (PA/USATF Long Distance Running Chair) at (415) 948-0618 (day). For '95 Cross Country Grand Prix rules, send a SASE to Mark Winitz, P.O. Box 1621, Los Altos, CA 94023.

IMPORTANT NOTE: This year, the best 6 of 9 races will be scored for both Pacific Association individuals and clubs. To be eligible for season-end Grand Prix awards, participation in the PA/USATF Championship is necessary.

Date	Race Name	Location	M/W	Value	Contact
Sept. 9	Golden Gate Park I	S.F./GG Park	4M/4M	1.0	Tim Wason, 415-648-1467-eve
Sept. 16	Sierra Cross Country	Rocklin	4M/5K	1.0	Ron Richardson, 916-368-8815
Sept. 23	UC-Davis Aggie Inv.	Davis	8K/5K	1.0	Sue Williams, 916-752-1942
Sept. 30	Empire Cross Country	Santa Rosa	8K/6K	2.0	M. Weddington, 707-544-2756
Oct. 7	Mills Invitational	Oakland	8K/5K	1.0	Carla Jackson, 510-569-5277
Oct. 21	Crystal Springs Challenge	Belmont	4M/3M	1.0	Dave Shrock, 415-574-6448
Oct. 28	Stanford Open	Palo Alto	5M/5K	1.0	Tim Wason, (see above)
Nov. 4	Golden Gate Park II	S.F./GG Park	6M/4M	1.0	Tim Wason, (see above)
Nov. 18	PA/USATF Championship ¹	S.F./GG Park	10K/6K	2.0	Tim Wason, (see above)

(Also: USATF Western Regional & Reebok National G.P. Event)

Notes:
¹ PA/USATF Championship offers \$2,000 to PA athletes/teams, plus as a '95 USA Reebok National Grand Prix event, and as the Western Regional Championship, an additional open purse is offered (U.S. citizenship and USATF card required)

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PA LDR Grand Prix Standings

Through Cox Cable 10 km and DO NOT include Humboldt Redwoods 1/2-Marathon

OPEN MEN

Pl.	Name	Team	Total
1	Mark Conover	Aggies	111.0
2	Jose Aispuro	Aggies	96.0
3	Brent Griffiths	Aggies	87.0
4	Mike Stone	Empire	83.0
5	Miguel Tibaduiza	Silver State	78.0
6	Danny Aldridge	Empire	55.0
7	Raymond Cook	Silver State	53.0
8	James Harris	Aggies	51.0
8	Lloyd Stephenson	Excelsior	51.0
10	Charles Alexander	Aggies	47.0
11	Ken Keyte	Empire	45.0
12	Mike Mcmanus	Silver State	37.0
13	Scott Kennedy	Hoy's	36.0
14	Tim Minor	Silver State	32.0
15	Chris Schille	Aggies	30.0
15	Brian Cann	Aggies	30.0
15	David Welsh	Unatt	30.0
18	Joe Rubio	Aggies	29.0
19	Michael Livingston	Aggies	27.0
20	Alan Dehlinger	Silver State	26.0
21	Jerry Lawson	Unatt	24.0
21	Scott Pesch	Humboldt TC	24.0
23	Dave Scudamore	Unatt	23.0
23	Ernie Freer	Unatt	23.0
25	Mike Spencer	Aggies	22.0
25	Eric Walker	Empire	22.0
25	Peter Oviatt	Humboldt TC	22.0
28	Jason Lienau	Aggies	21.0
28	Stephen Isbel	Unatt	21.0
30	Jeff Teeters	East Bay	20.0
30	Jake Furber	Hoy's	20.0

OPEN WOMEN

Pl.	Name	Team	Total
1	Terry Adams-Schmidt	Silver State	111.0
2	Maria Trujillo	Ryan's	99.0
3	Laura Sanchez	Ryan's	82.0
4	Lynn Nelson	Impala	72.0
5	Amanda Gerhardt	Aggies	70.0
6	Christine Kennedy	Aggies	67.0
7	Kristen Jacobs	Ryan's	61.0
8	Linda Somers	Unatt	60.0
8	Kathy Ward	Unatt	60.0
10	Lynice Benton	Silver State	57.0
11	Rosa Gutierrez	Ryan's	45.0
12	Honor Fetherston	WVTC	40.0
13	Connie Kondo	Chips	39.0
14	Tamara Lave	Ryan's	38.0
15	Monica Townsend	Aggies	37.0
15	Lisa Geoffrion	Aggies	37.0
17	Theresa Mccourt	Chips	33.0
17	Jennifer Goettsche	Silver State	33.0
19	Rachel Atchley	Silver State	31.0
20	Jody Hawkins	Unatt	30.0
21	Joan Ottaway	WVTC	27.0
22	Elizabeth Edwards	Unatt	25.0
23	Jennifer Cubillas	Unatt	23.0
24	Linda Gill	Tamalpa	22.0
25	Shannon Harris	Aggies	21.0
25	Betsy Diaz	Ryan's	21.0
25	Julie Oehlschlaeger	Unatt	21.0
28	Rosalba Tibaduiza	Silver State	20.0
28	Maria Figueroa	Silver State	20.0

MASTER MEN

Pl.	Name	Team	Total
1	Lloyd Stephenson	Excelsior	132.0
2	Charles Thompson	Excelsior	112.0
3	James Tracy	Excelsior	98.0
4	Michael Ignatius	East Bay	93.0
5	Dan Sauers	WVJS	84.0
6	Bob Ebert	WVJS	68.0
7	Bill Knapp	Excelsior	66.0
8	James Gorman	Excelsior	58.0
9	Dan Preston	Empire	57.0
10	Pat Devaney	Tamalpa	53.0
11	William Dunn	WVJS	48.0
12	Kitt Flynn	WVJS	46.0
13	Ewar Gordillo	Excelsior	45.0
13	Sal Vasquez	WVJS	45.0
15	Joseph Schieffer	East Bay	39.0
16	Gilbert Uresti	WVJS	37.0
17	Hank Lawson	WVTC	35.0
18	John Moreno	Hoy's	30.0
18	Tim Williams	WVTC	30.0
18	Robert Darling	Excelsior	30.0
18	Francesjohn Gailson	Excelsior	30.0
22	James Reitz	WVJS	22.0
22	Gustavo Figueroa	Silver State	22.0
24	George Hernandez	Silver State	21.0
24	Julios Ratti	East Bay	21.0
26	Frank Hutchinson	Unatt	19.0
27	Brock Hinzmann	Excelsior	17.0
27	Mark Graves	Unatt	17.0
27	Dale Magnin	Silver State	17.0
27	Chuck Macdonald	Unatt	17.0

MASTER WOMEN

Pl.	Name	Team	Total
1	Kathy Ward	Chips	61.0
2	Christine Kennedy	Aggies	60.0
3	Elizabeth Edwards	Unatt	58.0
4	Darlene Wallach	Ryan's	46.0
5	Bev Marx	WVTC	37.0
6	Barbara Miller	WVTC	35.0
7	Cynci Calvin	Chips	31.0
8	Honor Fetherston	WVTC	28.0
9	Lourdes Livingston	Impala	27.0
10	Joan Ottaway	WVTC	25.0
11	Vickie Pell	Chips	23.0
12	Louise Walters	Impala	22.0
13	Shelley Sumner	WVTC	21.0
14	Cindy Scott	Chips	15.0

SENIOR MEN

Pl.	Name	Team	Total
1	Dan Preston	Empire	89.0
2	Ewar Gordillo	Excelsior	72.0
3	Sal Vasquez	WVJS	67.0
4	James Reitz	WVJS	62.0
5	Tim Rostege	WVJS	44.0
6	Jon Macpherson	Tamalpa	36.0
7	Doug Butt	WVTC	35.0
8	James Williams	Tamalpa	33.0
9	Perry Hayden	Silver State	28.0
10	Gordon Abbott	Tamalpa	26.0
10	Karl Gripenburg	Tamalpa	26.0
12	Steve Stephens	Tamalpa	24.0
12	Mike Ammon	Chips	24.0
14	James Gibbons	WVTC	22.0
15	Joe Hurtado	WVJS	19.0
16	Frank Krebs	WVTC	18.0

SENIOR WOMEN

Pl.	Name	Team	Total
1	Barbara Miller	WVTC	42.0
2	Louise Walters	Impala	21.0
3	Joan Ottaway	WVTC	20.0
4	Melody-Anne Schultz	Tamalpa	18.0
5	Eve Pell	Impala	14.0
6	Edda Stickle	Tamalpa	10.0

SUPER SENIOR MEN

Pl.	Name	Team	Total
1	Carl Ellsworth	Chips	46.0
2	William Flodberg	WVJS	23.0
3	Lee Rhodes	Chips	16.0
3	Ken Napier	WVJS	16.0
5	John Gregson	WVJS	11.0
6	Craig Roland	Empire	10.0

SUPER SENIOR WOMEN

Pl.	Name	Team	Total
1	Myra Rhodes	Chips	42.0
2	Margarethe Styskel	Sundance	30.0
3	Po Adams	Chips	17.0
4	Jaclyn Caselli	NCSTC	10.0

VETERAN MEN

Pl.	Name	Team	Total
1	Frank Cunningham	WVJS	36.0
2	David Valles	WVJS	30.0
3	Stan Demartinis	WVJS	26.0
4	Howard Powers	WVJS	24.0

VETERAN WOMEN

1	Po Adams	Chips	42.0
2	Jaclyn Caselli	NCSTC	20.0
3	Judy Golding	WVTC	10.0
4	Annabel Marsh	Unatt	6.0

OPEN MEN'S TEAMS

1	Aggies	60.0
2	Silver State	43.0
3	Empire	42.0
4	East Bay	40.0
5	Tamalpa	30.0
6	WVJS	19.0
7	Hoy's	15.0
8	Humboldt TC	9.0

OPEN WOMEN'S

1	Ryan's	57.0
2	Silver State	45.0
3	Chips	31.0
3	WVTC	31.0
5	Tamalpa	27.0
6	Aggies	18.0
7	Impala	16.0

MASTERS MEN

1	Excelsior	60.0
2	WVJS	54.0
3	East Bay	44.0
4	Tamalpa	33.0
4	Silver State	32.0
6	WVTC	20.0
7	Chips	9.0
8	Empire	6.0
9	Hoy's	5.0

MASTERS WOMEN

1	Impala	45.0
2	Chips	39.0
3	WVJS	22.0
4	Tamalpa	15.0
5	WVTC	10.0

SENIOR MEN

1	WVJS	69.0
2	Tamalpa	60.0
3	Silver State	50.0
4	Empire	37.0
5	Chips	28.0
6	WVTC	22.0
7	East Bay	14.0
8	Tarahumara	4.0
9	Excelsior	3.0

SENIOR WOMEN

1	WVTC	58.0
2	Impala	53.0
3	Tamalpa	51.0
4	WVJS	35.0
5	Tarahumara	13.0

SUPER SR. WOMEN

1	Chips	10.0
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SUPER SENIOR MEN

1	WVJS	70.0
2	Tamalpa	9.0

VETERAN MEN

1	WVJS	60.0
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1,049 Enjoy Beautiful Course, Weather at Humboldt Half

By Mike Weddington

The 1995 PA-LDR Half-Marathon Championships returned to Humboldt Redwoods State Park Oct. 15, a venue located some 225 miles north of San Francisco just off of Highway 101. Although another long drive north for most PA members (the Eureka 10 km champs being another trip), one good look at the course basically quells all complaints.

Likely one of the world's most attractive, the half-marathon course runs out and back along the breath-taking redwood tree-lined Avenue of the Giants, which runs parallel to 101. The concurrent marathon continues from near the finish to another out & back along an adjacent forest road.

Under crisp, clear skies, the large field of 1,049 (half) and 367 (full marathon) finishers started from 9 a.m. and immediately bridged the Eel River, heading south. Before the mile mark came the course's only hill, a 50 ft.-or-so glide into the heart of Redwood country. The men's field immediately coalesced up front into a massive lead pack with a large contingent of Aggies, Humboldt TCR's, Ben Ayers and Jeff Hildebrandt of the Sacramento area, Ken Keyte of Empire, Tim Minor of Silver State, Jeff Hacker of Ryan's Sports, and assorted others.

As the pack tactically settled into 5:05 pace to the turn-around, a thinning out process reportedly began, as Aggies Brent Griffiths, David Frank, Joe Rubio, Mark Conover, Jose Aispuro, Humboldt clubber Corey Trovinger, and recent PA newcomer Ayers imperceptibly surged ahead.

At 10 miles, 8:38 steeper and 3-time Olympic qualifier Frank surged again, which mate Griffiths and company covered. At 11-1/2, it was Cal Poly All-American Griffith's turn, as the 2:19 marathoner knew he hadn't the kick to do in the likes of Frank and teammate Joe Rubio. Griffith's long surge sealed the deal, and the 32 year-old snapped the tape in a solid 1:06:18, 4 and 5 seconds ahead of the dueling Rubio and Ayers, who was said to be running his longest race ever.

Next came Aispuro, Frank, and Aggie marvel Mark Conover—all in under 1:06:40—as the Aggies ran away with the team title. Trovinger (1:06:41), and Humboldt comrades Scott Pesch (1:07:13), new recruit Joe Karnes (1:07:53), Peter Chenard and Steve Pappa led the home-team lumberjacks to a decisive second place.

Empire's Ken Keyte (1:07:08), meanwhile, led top-5 mates Aldridge, Bohn, Strange, and Brown to third. The field was appreciably faster this year than last; 19 broke 1:10 and seven 1:07 compared to 14 and three a year ago. The even pace and ideal weather conditions were primary causes, perhaps.

The master's men were paced by the prolific Charles Thompson (Excelsior) and Silver State's Gustavo Figueroa, as both cracked 1:13 (1:12:19 and 1:12:36, respectively) in going 1-2. Michael Ignatius of East Bay (1:13:48) and speedster Lloyd Stephenson of Excelsior (1:14:20) rounded out the top five, as Stephenson ran reportedly on the heels of a low 2:20's marathon effort at Twin Cities, Minn., the weekend before!

Excelsior aced the team thing, as Thompson, Stephenson, James Tracy (1:14:29), Jim Gorman (1:15:00) and Bill Knapp (1:16:30) all placed in the top 10. Second place was unknown at press time.

The senior men were championed by PA-LDR leaders Ewar Gordillo (Excelsior), Dan Preston (Empire) and Sal Vasquez (WVJS), in that order, with Gordillo's excellent 1:14:59 leading Preston by 1:25 and Vasquez by 2:28.

The team title is still in doubt, with WVJS apparently triumphant thanks to Vasquez, Jim Reitz (1:18:56) and Joe Hurtado (1:23:22), with Tamalpa perhaps in second, thanks to Frank Ruona (1:18:21) and Jim Williams (1:18:58).

The super seniors division was taken by the City's Alex Derieux, who ran an outstanding 1:28:44 to outlast the Chip's formidable Carl Ellsworth (1:32:09) and unattached Everett Riggle (1:35:21) of Chico; team results were unavailable.

The veteran (70-79) division was won by George Billingsley of Loomis (1:53:18), as Stan Demartinis of WVJS trailed by only 1:10. Thomas Cullen, 84, of Washington state was the oldest finisher.

The open women's race was dominated by national-class stalwart Laura Mykytok of Hershey, Pa., as she cruised to a 49-second win in 1:14:56 (5:43 pace) over Seattle, Wa., star Alison Deckert. A relatively long race for Mykytok, a member of the U.S. World Championship team at 5000-meters, she copped her second PA win in 1995. Her 15:25 took the spring Gimme Shelter 5 km.

Last year's winner Terry Adams-Schmidt of Silver State was eighth this year, as Carla Borovicka of Bend, Calif., and Dianna Fitzpatrick (1:19:01 and 1:19:10, respectively) also broke 1:20.

Amanda Gerhardt (1:21:38), Rae Henderson (1:21:39), and Margaret Lang (1:23:34) led the Reebok Aggies to an apparent team victory, while Buffalo Chippers Margaret Svoboda (1:22:31)

Connie Kondo (1:23:37) and Carol Parise (1:28:47) may have rumbled past the Impala contingent for second, as the S.F.-based team was led by Lorena Harrigan (1:22:54) and Kate Sweetman (1:25:27).

The masters division featured the national-class talents of Honor Fetherston of WVTC, as she missed her sterling 1:17:04 of a year ago by only 7 seconds. Her remarkable effort led Buffalo Chip Kathy Ward's still-excellent race by almost four minutes (1:21:09).

Long-distance power Chips stamped to the team title, behind Ward, Cindy Scott (1:26:43), Christine Iwahashi (1:27:19) and insurance finisher Cynici Calvin (1:32:31).

The senior women were headed by PA-LDR seasonal rivals Melody Anne-Schultz (Tamalpa), and Barbara Miller (WVTC), as the twosome scorched times of 1:27:23 and 1:28:27, respectively. Versatile Eve Pell of Impala (1:32:37) and Louise Walters of Tamalpa (1:34:52) followed, with team results as of yet unavailable.

Myra Rhodes of the Chips has the PA-LDR super senior division lead by virtue of her impressive 1:43:05 at age 63, finishing over 13 minutes in front of Joy Johnson of San Jose (1:56:17). Joanne Kambur and Inge Hendron also broke two hours.

Po Adams of the Chips joined all of her successful sisters here in posting a 2:21:15 in the veteran's division, with Merna Guthrie of McKinleyville the apparent oldest finisher at 74.

Race Directors Maureen Reiner and Sharon Powers were very pleased with the event, as the 1,760 total registrants set a new attendance record. The host Six Rivers Running Club and prize money sponsor North Coast Cooperative, Inc., deserve the highest praise for a smoothly-run race.

The marathon winners were Michael Carlson (2:34:44) of Boise, Idaho, and Betsy Diaz (2:56:20) of Woodside and Ryan's Sports.

Turn to page 20 for Race Results

1995 PA/USATF LDR Road Championship Schedule

(Revised Oct. 16, 1995)

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 Fran.	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-corners
✓ June 4, 1995	Reno Air 15 km, Reno	All	1.0 indiv. 2.0 teams	\$3,050 min.
X June 25, 1995	Mother Lode Mile, CANCELLED			
✓ August 6, 1995	Cox Cable 10 km, Eureka	All	1.0	\$2,000 PA + \$1,500 all-corners
✓ Oct. 15, 1995	Humboldt Redwoods* 1/2 Marathon, Weott	All	2.0	\$4,000 min.
Nov. 12, 1995	Clarksburg 30 km, Clarksburg 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, Sacto.	All	2.0	\$52,000 total

*Note: Humboldt has increased points and prize money since the season began.

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

Cross Country*Contd. from page 17*

6	Kyle Busnicki	Hoy's	27:36
7	Albert De La Torre	Santa Cruz	27:41
8	Terence Boynton	Aggies	27:42
9	Dan Mancini	Hoy's	27:45
10	Phil DeMontigny	Humboldt	27:58
11	Alex Peterson	Steve's Pi	28:06
12	Eric Lilot	Hoy's	28:32
13	Gary Towne	Chico TC	28:34
14	Scott Fairbanks	Chico TC	28:46
15	Steve Brusig	Chico TC	28:54
16	Jake Niebaum	Humboldt	28:56
17	Todd Stevens	Chico TC	29:15
18	Alec Isabeau	Empire	29:21
19	Sam Van Leer	East Bay	29:41
20	Donald Ellis	Merced RR	29:53

Open Female (5 km)

1	Michelle Nielsen	Impala	19:05
2	Suzanne Cordes	Impala	19:49
3	Marcia West	Impala	19:58
4	Kate Sweetman	Impala	20:14
5	Kendra Hodder	Impala	20:59
6	Kelly Lawson	Tamalpa	21:05
7	Natalie Simi	Tamalpa	21:06
8	Alexandra Newman	Impala	21:24
9	Lee D'Alessandro	Unatt	21:25
10	Megan Austin	Tamalpa	21:27
11	Dana Garrett	Tamalpa	21:56
12	Tamara Gonzalez	Tamalpa	21:59
13	Jocelyn Finch	Tamalpa	22:25
14	Chris Sakelarios	Unatt	22:27
15	Claudia Green	Tamalpa	23:10
16	Jamie Nickopoulous	Unatt	24:39

17	Jill Boehrer	Unatt	25:07
18	Cornelia Sylvester	Unatt	27:09

Master's Men (8 km)

1	Dan Gruber	Aggies	27:34
2	Bob Ebert	WVJS	27:56
3	Butch Alexander	Empire	30:06
4	Jerry Neal	Tamalpa	31:11
5	Tim Stewart	Empire	31:12
6	John Lawson	Tamalpa	31:45
7	Bob Merritt	Empire	32:07
8	Julios Ratti	East Bay	32:15
9	Pat Carr	Tamalpa	32:25
10	Don Jedlovic	Unatt	32:46

Master's Women (5 km)

1	Beckie S. Kessecker	Impala	21:11
2	Kattie Gray	Impala	21:41
3	Kazuko Aoyagi	Impala	22:32
4	Katheryn Demas	Impala	23:20
5	Hazel Wood	Tamalpa	23:31
6	Kay Bolla	Impala	23:47
7	Patti Pickett	Tamalpa	24:38

Senior Men (8 km)

1	Dan Preston	Empire	30:28
2	Harvey Franklin	WVTC	32:58

Senior Women (5 km)

1	Melody Anne Schultz	Tamalpa	21:00
2	Sue Johnson	Impala	25:13
3	Barbara Brady	Impala	25:23
4	Dina Kovash	Impala	31:53

Super Senior Men (8 km)

1	Don Pickett	Tamalpa	42:38
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Super Senior Women (5 km)

1	Barbara Robben	NCSTC	27:44
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Veteran Men (8 km)

1	Howard Powers	WVJS	48:15
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*Contd. from page 19***Humboldt Redwoods Half-Marathon, Weott, October 15****A PA-USATF LDR Grand Prix Event****Open Men**

Pl	Name	Time
1	Brent Griffiths	1:06:18
2	Benjamin Ayers	1:06:22
3	Joe Rubio	1:06:23
4	Jose Aispuro	1:06:31
5	David Frank	1:06:35
6	Mark Conover	1:06:39
7	Corey Trovinger	1:06:41
8	Ken Keyte	1:07:08
9	Scott Pesch	1:07:13
10	Jeff Hildebrandt	1:07:15
11	Tim Minor	1:07:24
12	Jeff Hacker	1:07:36
13	Joe Kames	1:07:53
14	Peter Chenard	1:08:15
15	Armando Sequieros	1:08:33
16	Dan Aldridge	1:09:07
17	Miguel Tbaduiza	1:09:21
18	Steve Pappa	1:09:33
19	Scott Kennedy	1:09:53
20	Eric J. Bohn	1:10:35

Masters Men

1	Charles Thompson	1:12:19
2	Gustavo Figueroa	1:12:36
3	Michael Ignatius	1:13:48
4	Lloyd Stephenson	1:14:20
5	James Tracy	1:14:29
6	Chuck Macdonald	1:14:40
7	Michael Duncan	1:14:59
8	Jim Gorman	1:15:00
9	Bill Knapp	1:16:30
10	Sylvester Franklin	1:16:55

Senior Men

1	Ewar Gordillo	1:14:59
2	Dan Preston	1:16:24
3	Sal Vasquez	1:17:27
4	Frank Ruona	1:18:21
5	Jim Reitz	1:18:56

Super Senior Men

1	Alex Derieux	1:28:44
2	Carl Ellsworth	1:32:09
3	Everett Riggle	1:35:21
4	Bill Stowell	1:41:12
5	Otto Hefner	1:43:57

Veteran Men

1	George Billingsley	1:53:18
2	Stan Demartinis	1:54:28
3	Howard Powers	2:06:16

Open Women

Pl	Name	Time
1	Laura Mykytok	1:14:56
2	Alison Deckert	1:15:45
3	Carla Borovicka	1:19:01
4	Dianna Fitzpatrick	1:19:10
5	Amanda Gerhardt	1:21:38
6	Rae Henderson	1:21:39
7	Margaret Svoboda	1:22:31
8	Terry A. Schmidt	1:22:33
9	Lorena Harrigan	1:22:54
10	Joanne Slater	1:23:31
11	Margaret Lang	1:23:34
12	Connie Kondo	1:23:37
13	Kristin Jacobs	1:23:41
14	Hilary Bartels	1:24:53
15	Kate Sweetman	1:25:27
16	Laura Schmitt	1:25:32
17	Malia D. Schwartz	1:25:37
18	Irene McLoughlin	1:26:07
19	Kathi Berman	1:26:08
20	Maria Figueroa	1:26:14

Masters Women

1	Honor Fetherston	1:17:11
2	Kathy Ward	1:21:09
3	Elizabeth Edwards	1:22:58
4	Cindy Scott	1:26:43
5	Joann Dahlkoetter	1:27:17
6	Christine Iwahashi	1:27:19
7	Darlene Wallach	1:28:20
8	Karen Kelley Day	1:28:48
9	Kattie Gray	1:30:52
10	Sue Francis	1:31:02

Senior Women

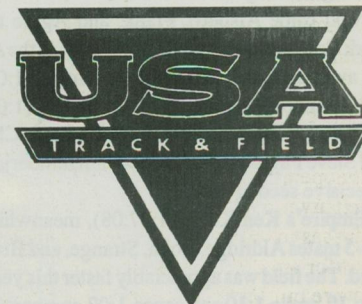
1	Melody A. Schultz	1:27:23
2	Barbara Miller	1:28:27
3	Eve Pell	1:32:37
4	Louis Walters	1:34:52
5	Pamela Horton	1:35:45

Super Senior Women

1	Myra Rhodes	1:43:05
2	Joy Johnson	1:56:17
3	Joanne Kambur	1:58:06
4	Inge Hendron	1:58:27
5	Mary Welz	2:06:17

Veteran Women

1	Po Adams	2:21:15
2	S. Streak Bradford	2:33:47
3	Merna Guthrie	3:38:02



The Rhythm of the Drum: Cameron Park 50 Miler

By George Staub, Race Director

Tempo and leg turnover differ from runner to runner, but the results are the same. Fifty miles of footsteps is a day's journey of body, soul and spirit.

This year, the Cameron Park 50 Mile Foot Race on Sept. 9 fell under the category of "spontaneity." It was a PA USATF Grand Prix Ultra event that needed to continue under a new name, without a race director, or without scheduled date. In the early part of July, Rae Clark, one of our countries legendary Ultra competitors, suggested that I take on the responsibility. The only possible answer to this request was from the perennial words of Sherlock Holmes, "The game is a foot."

This course is considered picturesque, flat, and fast; however, it has a few challenges that can not be overlooked or you're the cookie and the cookie monster is in hot pursuit.

Heat and turns are the primary misapplication of the anatomy. This year's weather was rather mild topping, out at 90 degrees. The six 90-degree turns play havoc on both the body and mind. Rhythm and pace are key ingredients when racing for a fast time. This course does not allow you to set a comfortable gait cycle or compressive view point of energy efficiency. Just when you find a comfort zone, the fast approaching turns start adding a nagging mental burden. Add to this the fact that the race is 40 laps and you must show up on race day with an abundance of focus.

First place overall went to Rae (Repeat) Clark. When Rae left the starting line it was not a matter of "if" but by how much. Rae went through the marathon in 2:56 but had to relinquish this pace later due to dehydration. The solution was quickly administered and Rae crossed the finish line with a repeat victory and a new masters course record.

The open division was led by Jerry Wittenauver and Greg Nacco (Two Trees). To the casual observer, these guys looked to be out for an afternoon tempo run. As the day wore on, Jerry took control of a few minute lead and held on for second with Greg taking third.

Honorable mention went to the Fleet Feet Sports racing duo Rick Simonsen and Jim Ross (Roving Raptors) whose plan for a finish in unison was upended by an early burn and the likes of swift moving John (Part your positions) Edgcomb.

Mike (Put your lime in the coconut) Palmer (40-49) is always proving the

authenticity of what true ultra running is all about. Neither griping nor complaining, he just got the work done. It was great to have him at this years race.

The 50-59 division standout was none other than David (Mr. Consistency) Kim. There is no surprise when Dave shows up to race. He puts on his game face, sets his plan into action, and follow through. Nice job, enjoyable to witness.

The 60-69 division was dominated by Dwaine (The original Grizzly Adams) Batt. Dwaine's plan was to break seven hours. He missed it because of two pit stops for damage repair and new shoe underwear. I hope to have the privilege to see this man race again soon.

The on and only 70 year old to set foot on the course was Frank (One tough human) Rodriguez. We all could see Frank three hundred yards away, bend over, hands on his knees, with one hundred and eighty ticks on the clock. Frank seemed to partially upright himself and start a shuffle towards us. As he got closer, he loomed bigger and bigger. He crossed that imaginary line, for the attainment of a days journey, in 11:59:20.

First place female overall was Mary Ann (Grin and bear it) Murphy. Mary Ann started the day well, sporting a big smile. As the laps continued, it became evident that a tough race schedule was starting to take its toll. This is a person who takes her playtime serious. So when it was time to take her toys and go, Mary Ann made sure hers were the nicest on the playground.

Open division top prize went to Miryam (Spell check please) Kadkhoayan. Miryam ran smoothly for the first five hours, but ran into some stomach problems and had to back off. Miryam came back to finish strong and, with encouraging words, told us of her next conquests.

The 40-49 division title went to Jan (Tough as they come) Levet. Jan showed us just how tough she is. I understand that Jan has been inundated with obligations all summer and has had very little time to train, or focus on that mental stuff. Running on tired legs from a hilly 50 km the week prior, her pace was steady and unwavering, and was good enough to take second place.

The 50-59 division was a great duel to watch, between two of Northern California's best. Shirley (Enduring) Church and Barbara (Perpetual) Elia. After hours of competition, Shirley was able to put some distance between herself and her nemesis to take the divisional victory.

Honorable mention goes to Cassandra (I'm not out yet) Johnson. Late in the day, I came by Cassandra's aid area to find her covered up and on the verge of giving me those insidious three letters (D.N.F.) that ultra runners try to disassociate themselves from. We both agreed to give it some more time. As I waited by the lap counter's table, we were treated to the very rhythmic beat of Cassandra's footsteps and the sound of her voice letting the cookie monster know that his cookie would have to wait for another day.

Special thanks goes out to all the runners that mad this race possible, on such short notice.

One of the most satisfying results of the day was the accolades bestowed upon the individuals who donated their day to make this race a success. I wish you all a very meaningful year and hope to see you at this race annually.

Male Results

1st Overall, Rae Clark, 43 6:08:30

39-39 Male

1 Jerry Wittenauver 6:22:27
2 Greg Nacco 6:25:59
3 Rick Simonsen 6:45:01

40-49 Male

1 Mike Palmer 8:10:38
2 Frank Holman 8:14:26
3 Denis Zilaff 9:16:05

50-59 Male

1 David Kim 7:39:44
2 Wayne Kocher 8:23:43
3 Dave Remington 8:37:46

60-69 Male

1 Dwaine Batt 7:06:32
2 Bill Wood 9:21:59
3 Neil Moore 11:19:58

70+ Male

1 Frank Rodriguez 11:59:20

Female Results

1st, Mary Ann Murphy, 31 7:51:47

30-39 Female

1 Miryam Kadkhoayan 9:12:06
2 Meg Cocchi 9:37:23
3 Terry Cray 11:05:13

40-49 Female

1 Jan Levet 9:09:00
2 Leslie Nacanisc 11:44:18
3 Cassandra Johnson 11:45:21

50-59 Female

1 Shirley Church 9:22:59
2 Barbara Elia 9:38:45
3 Dina Kovash 11:40:20

PowerBar
Fuel For Optimum Performance

PA Ultra Grand Prix Standings

Thru first two events (Sept. 9)

OPEN MEN (39 & Under)

Pl.	Name	Team	Total
1	Jerry Wittenaur	Unatt	92
2	Greg Nacco	Tamalpa	90
3	Geoff Vaughn	Tamalpa	60
4	Bruce Linscott	Tamalpa	50
5	Eric Robinson	BAUR	44
6	Rick Simonsen	Chips	40
7	John Lundy	Tamalpa	36
8	John Edgcomb	Tamalpa	36
9	Jim Ross	FFSEDH	32
10	Dave Scott	Unatt	28
11	Tom Larson	Chips	28
12	Bob Crowley	Unatt	24
13	Grant Irwin	Chips	22
14	Chris Hall	Unatt	18
15	Troy Haynes	Unatt	16

OPEN WOMEN (39 & Under)

1	Maryann Murphy	Unatt	120
2	Emma Davies	Unatt	50
3	Miryam Kadkhoayan	Unatt	50
4	Barb Geringer-Frazier	Tamalpa	40
5	Terry Cray	Unatt	40
6	Helen Hull	Unatt	36
7	Marie Gonzales	Unatt	32
8	Dhaja Dom	Impala	28

MASTER MEN (40-49)

1	Mike Palmer	East Bay	78
2	Joe Schieffer	East Bay	70
3	Rae Clark	Chips	70
4	Charles Crompton	Santa Cruz	50
5	Patrick Peregrin	Unatt	50
6	Frank Ruona	Tamalpa	40
7	John Rhodes	Silver State	40
8	Denis Zilaff	Unatt	40
9	Bill Hambrick	Chips	36
10	Randy Ouellet	Unatt	32
11	Dave Littlehales	Unatt	28
12	David Kamp	BAUR	24
13	Jim Meyers	Tamalpa	22
14	Phil Penna	Unatt	20
15	Fred Liebes	Tamalpa	18
16	Bamey Baty	Silver State	16
17	Thomas Stephens	Tamalpa	12

MASTER WOMEN (40-49)

1	Leslie Mattingly-Vitale	Ultramarin	60
2	Jan Levet	Chips	60
3	Linda Elam	Silver State	50
4	Leslie Nacanisi	Impala	50
5	Famida Hanif-Weddle	Quicksilver	40
6	Edna Nerio	Unatt	36
7	Pat Wellington	Unatt	32
8	Lisa Felder	Impala	28

SENIOR MEN (50-59)

1	David Kim	BAUR	110
2	Dave Remington	Tamalpa	86
3	Ed Frisch	Silver State	60
4	Raymond Padilla	Unatt	40
5	Lyal Holmberg	BAUR	40
6	Martin Jones	Ultramarin	32
7	John Clark	Unatt	28
8	Wally Hesselstine	BAUR	24
9	Tom Grossi	Unatt	22
10	Ron Kovacs	Unatt	20

SENIOR WOMEN (50-59)

1	Barbara Ann Elia	Chips	110
2	Shirley Church	BAUR	110
3	Dina Kovash	Impala	68
4	Joan Szarfinski	BAUR	40
5	Ann Grove	BAUR	36
6	Lucinda Fisher	Unatt	32

Pacific Association of USATF 1995-96 Ultra Grand Prix Schedule



Date	Race	Location	Div.	Diff.	CONTACT/STATUS
Aug. 6, 1995	Skyline 50 km (trail)	Castro Valley	All	2.0	Completed
Sept. 9, 1995	50 Miles @ Cameron Park (trail; Revised—formerly Pony Express)	Cameron Park	All	2.0	Completed (see story in this issue)
Oct. 21, 1995	Firetrails 50 Miler (trail)	San Leandro	All	3.2	Dick Collins 1015 Hollywood Ave. Oakland, CA 94602 Tel: (510) 530-6634
Nov. 11, 1995	Gibson Ranch 24 Hour (road)	Sacramento	All	5.0	Norm Klein 1139 Mace River Court Rancho Cordova, CA 95670 (916) 638-1161
Nov. 12, 1995	Gibson Ranch 50 Miler (road)	Sacramento	All	2.0	Norm Klein (see address above)
Nov. 25, 1995	Quadruple Dipsea (28.4 Miles, trail)	Mt. Tamalpais	All	2.4	John Medinger 2060 Manzanita Drive Oakland, CA 94611 Tel: (415) 894-1336 (w)
Jan. 20, 1996	Jed Smith 50 km (road)	Sacramento	All	1.0	Buffalo Chips, c/o Jim Drake 3442 Whitnor Ct. Sacramento, CA 95821 Tel.: (916) 485-8013 (h)
Feb. 17, 1996	Helen Klein 100 km (road)	Sacramento	All	3.5	Norm Klein (see address above)
April 6, 1996	American River 50 Miler (trail)	Sacramento	All	2.4	George Straub, Fleet Feet 2222 Francisco Drive El Dorado Hills, CA 95762 (916) 939-1967
April 20, 1996	Ruth Anderson 100 km (road)	San Francisco	All	3.5	Dick Collins (see address above)
May 11, 1996	Quicksilver 50 km (trail)	San Jose	All	2.0	Al Hill 546 Bliss Court San Jose, CA 95136 Tel: (408) 978-5199
May 18, 1996	Silver State 50 km (trail)	Reno	All	2.25	Ken McKim 1460 Prospect Ave. Sparks, Nevada 89431 Tel: (702) 356-2024
June 29, 1996	Western States 100 Mi (trail)	Squaw Valley	All	8.0	Norm Klein (see address above)

Revised Rules for the 1995-96 PA Ultra Grand Prix

The following rules have been modified for the 1995-96 Ultra Grand Prix:

Rule 6 – Should read:

An event may also increase its rating by offering prize money. For every \$1,000 offered in the event that the championship is being contested, the rating for the entire event will be increased by a factor of one. *Note: A limit of \$3,000 (3 points) will be accepted to increase a race's rating, although there is no limit to prize money that a race may offer.

Rule 9 – Should read:

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

Rule 16 – Should read:

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

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



SUPER SENIOR MEN (60-69)

1	Dwaine Batt	Unatt	60
2	Gard Leighton	Ultramarin	40
3	Neil Moore	Unatt	22
4	Epharim Romesberg	WVJS	10
5	Dieter Walz	BAUR	6
6	Dick Collins	BAUR	4

VETERAN MEN (70+)

1	Frank Rodriguez	BAUR	70
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MEN'S TEAMS

1	Tamalpa	20
2	BAUR	18

WOMENS' TEAMS

1	BAUR	20
2	Impala	18

MIXED TEAMS

1	Tamalpa	20
1	BAUR	20

USA Track & Field Membership Fees: Where Does the Money Go?



USATF is the national governing body of track & field, race walking, and road running in the U.S.

USATF takes care of the "business end" of the sport:

- Creates and enforces rules to insure fair competition for everyone
- Provides a \$2 million liability insurance policy for sanctioned events
- Provides a group insurance policy for individual members
- Coordinates course certification programs to insure accurate courses
- Sets standards for event medical and safety programs
- Sets standards for timing insure you of a correct time

USATF promotes the sport to current and potential runners.

USATF coordinates our national teams for Olympic and international competition.

USATF provides competitive events for runners of all ages and ability levels.

The Pacific Association of USATF (Northern California and Northern Nevada) has 8,000+ members and is one of the largest and most-active of the 56 associations. Pacific Association benefits include:

- Subscription to *Pacific Athlete* magazine—a \$12 value!
 - Mailed directly to your home six times a year
 - Complete calendar of events
 - Results and features on major Association events
- Ultrarunning Grand Prix for individuals and clubs
- Road running Grand Prix for individuals and clubs
- Cross country Grand Prix for individuals and clubs
- Host of major regional and national competitions, including:
 - 1995 USATF Mobil Senior Outdoor Track and Field Championship (Sacramento, 1995)
 - 1995 USATF Jr. Olympic T & F Championship (San Jose, 1995)
 - 1996 Open Cross Country Championships (San Francisco, Nov. 1996)

Your USATF card fees do not contribute to the budgets of events like the San Francisco Marathon or the California International Marathon. In the Pacific Association, your fees are used primarily for youth programs, insurance, *Pacific Athlete* magazine, rule making, and rule enforcement.

USATF is *not* just for fast runners. Every event would be less than what you want without USA Track & Field.

Thank you for your support of USA Track & Field

For more information about Pacific Association programs and services, please contact us at Pacific Association of USA Track & Field, 120 Ponderosa Ct., Folsom, CA 95630 • Ph. (916) 983-4622 • Fax (916) 983-4624.

Note: Your current 1995 USATF membership is valid for any U.S. event. Events requiring USATF membership include the New York City Marathon, Boston Marathon, San Francisco Marathon, Columbus Marathon, California International Marathon, and Walt Disney World Marathon. Memberships are annual and expire Dec. 31st of each calendar year.

The Road to Boston is all Downhill!

The California International Marathon on Sunday, Dec. 3rd, features one of the 10 fastest courses in the country. The point-to-point, smooth, scenic course drops more than 300 feet from the start at Folsom Dam to the finish in downtown Sacramento (profile below).

It's also one of the last races to qualify for Boston's 100th marathon.

For more information and an entry form, send a self-addressed, stamped envelope to the

California International Marathon
at CIM, P.O. Box 161149,
Sacramento, CA 95816.
Ph. (916) 983-4622.

