

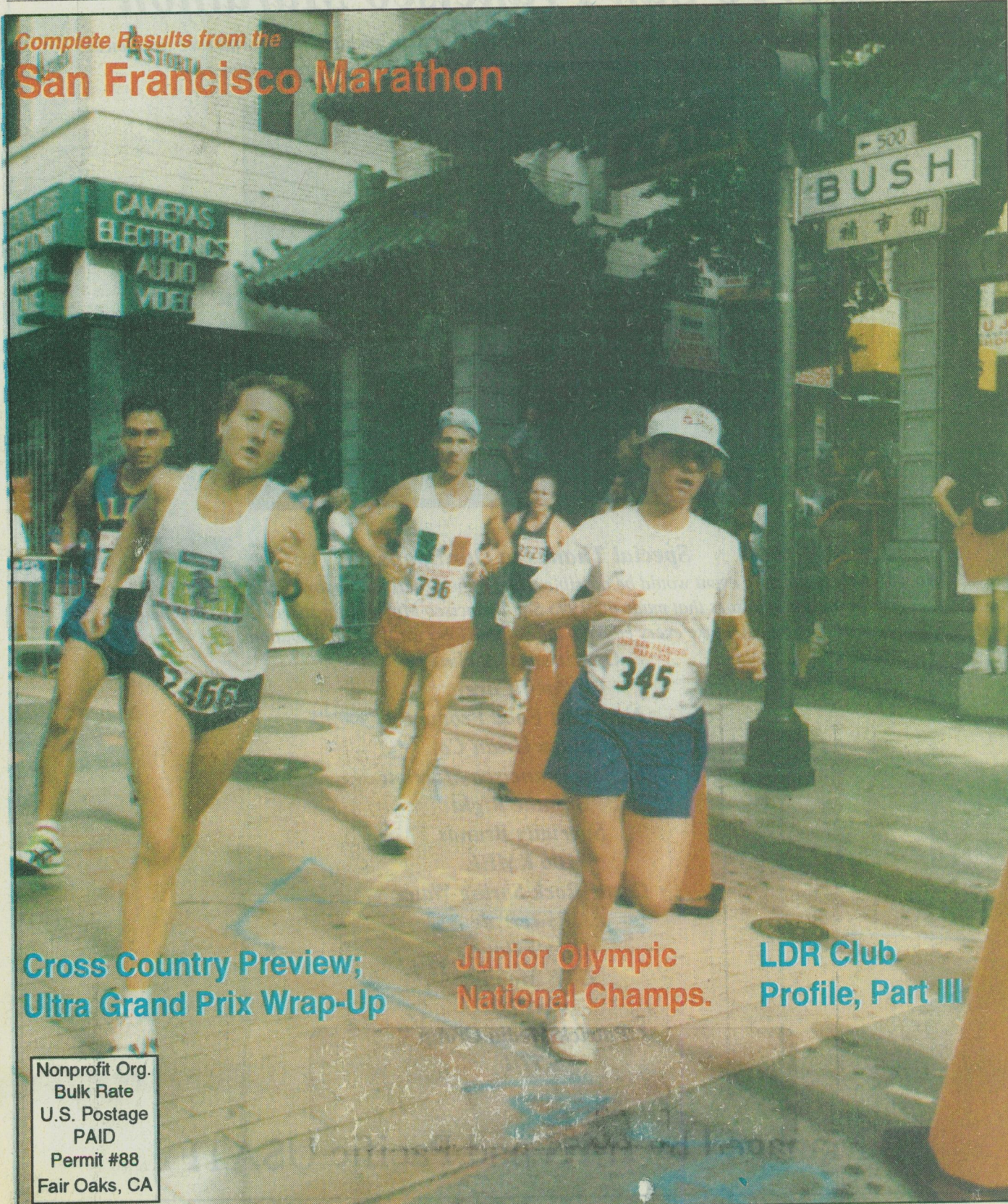
# PACIFIC Athlete



Pacific Association of USA Track & Field  
Track and Field, Long Distance Running, and Racewalking in Northern California and Northern Nevada

September-October, 1995 • \$2

## Complete Results from the San Francisco Marathon



**Cross Country Preview;  
Ultra Grand Prix Wrap-Up**

**Junior Olympic  
National Champs.**

**LDR Club  
Profile, Part III**

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# *Congratulations to all Finishers of the 1995 San Francisco Marathon*

*From the first runners across the line, Hector Lopez and Lisa Kelp, pictured below with race announcer Mike Fanelli, to the final runners to enter Kezar Stadium, you are all winners!*



## *Special Thanks to Our Sponsors*

*No world-class sporting event would be possible without the generous support of the community. Listed below are the sponsors that made the 1995 San Francisco Marathon a success. We hope that you will make every effort to thank these folks for their contributions.*

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### Pacific Athlete Magazine

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## Letter from the Editor: Something for All in the PA

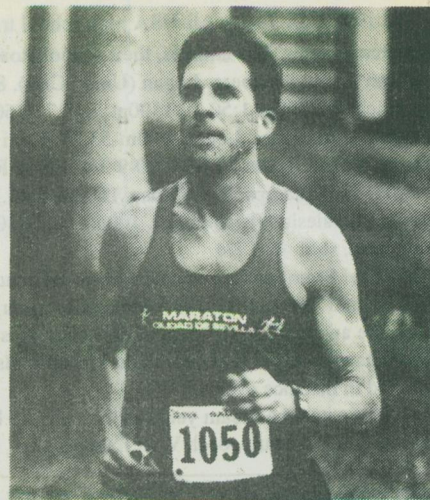
This issue provides further proof that there is something for everyone in the Pacific Association of USA Track & Field.

On page 7, your editor profiles Junior Olympic national champion Ericka Ackeret, who finished first in the midget division 1500m race walk in her hometown of San Jose. Results of top PA finishers begin on page 16.

On page 10, Mike Weddington previews the upcoming PA Cross Country Grand Prix. These challenging and exciting off-road races should experience their largest fields and hottest competition ever. If you're a runner who has never ventured off road, give one of these "XC" races a try—they're a blast!

Weddington also concludes his comprehensive PA long distance running club profile (pg. 12) and highlights the Cox Cable 10 km, a race on the PA-LDR Grand Prix circuit.

Still another PA Grand Prix circuit was completed recently: Ultrarunning. This series of road and trail races, each longer than a marathon, finished their "fiscal year" with the famous Western States 100 Mile in June. Hollis Lenderking goes behind the headlines and into the minds of the sport's top runners in his article (pg.) 20. Final point standings for the



Doug Thurston

1994-95 Ultra Grand Prix begin on page 23.

Other items in this issue highlight race walking, officials, and open track and field.

Finally, this magazine contains complete race results for the July 9th San Francisco Marathon. Congratulations to all marathoners, and welcome to the Pacific Association, where there's something for every runner!

### 1995 USA Track & Field Membership Form

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

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

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

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



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

#### 1995 Membership Application

PACIFIC ASSOCIATION/USA TRACK & FIELD

120 PONDEROSA COURT

FOLSOM, CA 95630

Membership Fee: \$12

PLEASE PRINT OR TYPE INFORMATION IN THE APPROPRIATE BOX

Enclose a self-addressed, stamped envelope with form and payment.

#### Membership

##### Number

LAST NAME FIRST INITIAL

ADDRESS APT. NO.

CITY STATE ZIP CODE

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

ATHLETE'S

SIGNATURE

DATE OF APPLICATION

Mo Day Yr

DATE OF BIRTH

Mo Day Yr

AGE

SEX

M/F

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

IF NO, COUNTRY OF CITIZENSHIP

CHECK APPLICABLE SPORT(S)

T L R

T=Track & Field

L=Long Distance Running

R=Race Walking

PHONE (w/Area)

CLUB NO.

CLUB NAME

## PA Athletes on All-USA HS Team; Stember Athlete of the Year

The 1995 USA Today All-USA high school track and field team includes 10 Pacific Association-area athletes. The athletes, their schools/towns, and their best marks are:

**Boys:** Aaron Richberg, Logan (Union City), 800m-1:48.40; Michael Stember, Jesuit (Carmichael), 800m-1:50.29/1500m-3:49.74/1600m-4:04.00/3200m-9:02.36.

**Girls:** Carla Estes, Logan, 400m-53.27; Kelli White, Logan, 100m-11:55/200m-23.49; Jernae Wright, Logan, 100m-11.56/lj-20-9 3/4; Elissa Reidy, Mission San Jose (Fremont), 1600m-4:45.35; Julia Stamps, Santa Rosa, 1600m-4:45.30/3000m-9:21.99/3200m-10:15.27; Daveetta Shepherd, Salesian (Richmond), 100hh-14.07/300lh-42.90; Rebecca Morrison, Presentation (San Jose), shot-48-1 3/4.

**Michael Stember** received an additional honor when he was chosen as the Gatorade National High School Track and Field Athlete of the year. Stember, a junior, is the first non-senior male to win the award in its 10 years of existence. It is also the first time two athletes from the same school have received the honor. Eric Mastalir, also of Jesuit, won the award in 1986. Both excelled in distance events.

It culminated the dream year that he's had—to be named the outstanding track athlete is the highest honor," Jesuit coach Walt Lange said.

### PA Championship Track & Field Meet Records Listed

Listed below are the top performances at the PA Open Championships. If any readers are aware of superior performances in previous annual PA Championship meet, please contact Jerry Colman, PA Track & Field Chair, at (916) 487-3175.

Event	Performance	Name, Men	Affiliation	Site	Year
100m	10.60	Aaron Thigpen	unat	Foothill College	91
200m	21.41	Aaron Thigpen	unat	Foothill College	91
400m	44.98	Butch Reynolds	NIKE	Kezar	92
800m	1:48.16	Joe Tamblin	Oakland TC	Kezar	93
1500m	3:45.94	Brian Abshire	Reebok	Kezar	92
5000m	14:08.5	Alan Dehlinger	Etonic	Foothill College	91
10000m	30:55.0	Bill Lind	Reebok Aggies	UC Davis	94
5km RW	20:31.3	Jonathan Mathews	Golden Gate RW	Kezar	92
3000mSC	9:52.1	Eduardo Avila	Wolfpack Intl	Col of San Mateo	95
110HH	13.43	Rod Jett	Goldwin TC	Kezar	92
400mH	51.48	Kevin Dallas	Sacramento TC	Kezar	93
Pole Vault	18' 1/2"	Brent Burns	Unat	Kezar	93
High Jump	7' 2 3/4"	John Morris	NYAC	Kezar	92
Long Jump	24' 11 3/4"	Marcus Hickerson	unat	Kezar	92
Triple Jump	53' 5 1/2"	Raymond Kimble	unat	Kezar	93
Javelin	230' 10"	Michael Schmidt	Sacramento TC	Foothill College	91
Shot Put	66' 1 3/4"	Gregg Tافرalis	unat	Kezar	92
Discus	193' 11"	Michael Gravelle	unat	Kezar	92
Hammer	223' 4"	John Thomas	Sacramento TC	Kezar (stanford)	93

Event	Performance	Name, Women	Affiliation	Site	Year
100m	11.25	Chryste Gaines	unat	Kezar	93
200m	24.72	Julia Turning	US Army	Foothill College	91
400m	53.19	Michelle Felder	unat	Kezar	92
800m	2:06.05	Carrie Luis	CSU Stanislaus	Kezar	93
1500m	4:19.6	Ceci St.Geme	Asics	Foothill College	91
3000m	9:35.29	Christine Boyd	Impalas	Kezar	93
5000m	16:21.7	Sabrina Han	Flyers	Kezar	92
10,000m	36:40.3	Barb Myers-Acosta	Ryan's	Foothill College	91
5 km RW	24:20.1	Kerry Moskalik	Golden Gate RW	Col of San Mateo	95
3000mSC	10:54.4	Monica Townsend	Reebok Aggies	Col of San Mateo	95
100mH	13.51w	Valerie Manning	Sacramento TC	Col of San Mateo	95
400mH	58.91	Allieen Poulin	NIKE Coast	Col of San Mateo	95
Pole Vault	10' 10"	Jen Dalton	unat	Col of San Mateo	95
High Jump	5' 8 3/4"	C. Peggy Odita	Sacramento TC	Kezar	93
	5' 8 3/4"	JC Broughton-Barr	Sacramento TC	Col of San Mateo	95
Long Jump	18' 6 3/4"	Christine Cerkel	unat	Foothill College	91
Triple Jump	39' 5 1/4"	Tammy Graham	UC Davis	UC Davis	94
Javelin	193' 11"	Nicole Carrol	San Mateo AC	Col of San Mateo	95
Shot Put	55' 5 3/4"	Pam Dukes	NIKE Coast	Foothill College	91
Discus	183' 0"	Pam Dukes	NIKE Coast	Kezar	93

### Notes from LDR Chair Mark Winitz

• Race Directors: Want to be a PA/USATF Championship? The Pacific Association is now accepting bids from races to participate in our 1996 Long Distance Running Championship Grand Prix. Championship races can be any standard road distance from 1 mile to the marathon. If you are interested, please contact LDR Chair Mark Winitz at 415-948-0618 immediately for information and a bid form. Bids for the 1996 season are due October 14th.

• PA/USATF LDR Guide Available to Clubs. The Pacific Association is now distributing our Long Distance Running Guide which contains policies, guidelines, rules, and procedures for competing in any of our long distance running Grand Prix (road, ultra, and cross country). This guide has already been distributed to those PA/USATF clubs that currently compete in our Grand Prix. Other PA/USATF clubs that would like to field teams should obtain a copy of the Guide. Contact the PA/USATF office at 916-983-4622.

• Cross Country Prize Purse Courtesy of American Track and Field. American Track and Field Magazine has once again returned as a generous sponsor of our PA/USATF Cross Country Grand Prix. Their contribution allows us to offer a minimum \$1,200 season-end prize purse in cross country to top athletes in our Grand Prix divisions. American Track and Field joins cross country sponsors PowerBar and Hoy's Sports, whose support is also appreciated. Contact Cross Country Coordinator Tim Wason for updates on the prize purse.

• LDR Committee Meeting. Come on and out and express your voice about PA/USATF's long distance running programs. Our next LDR Committee meeting is on Saturday, October 14, 1995 at 3 p.m. at the Benbow (Inn) Lake picnic ground in Humboldt County. It's the day before the Humboldt Half Marathon. Everyone is invited. Agendas will be sent to all clubs. Others can request an agenda and directions to Benbow Lake from LDR Chair Mark Winitz at (415) 948-0618.

#### Somers 7th in World Championships Marathon

Linda Somers of Danville ran 2:32:12 to finish 7th in the World Championships Marathon August 5th in Goteberg, Sweden. The time is Somers' best, but officials miscounted the laps around the track at the start of the race, leaving the race 400-meters short.

#### Fetherston's Trials Qualifying Time Corrected

Last issue, Pacific Athlete included a list of California Olympic Trials Marathon qualifiers to date. The information, provided by USA Track & Field, did not include an updated time for Honor Fetherston. Fetherston ran 2:45:03 in the 1994 California International Marathon, a time faster than the 2:47:29 she ran at the 1994 Grandma's Marathon. She was also a masters runner at CIM.

## Masters Athletes Score Well at XI World Veteran Championships

Scores of Pacific Association athletes traveled east to Buffalo, New York for the 11th World Veteran Track & Field Championships July 13-23rd. Unfortunately, the dates of the meet coincided with a major heat wave on the East Coast with some distance races being held in oppressive heat and humidity.

Top PA finishers in the WAVA meet included:

Joan Ottaway, first in the W50 5000m (18:34.80), 10,000m (38:29.62), 10,000m cross country (42:47) and 2000m steeplechase (8:16.59).

Irene Oberra, first among women 60-64 in the 100m (13.51), 200m (29.98), and 400m (1:07.80).

Bobby Thomas, gold-medalist in the 100m for men 60-64 in 12.22 and silver medalist in the 200m in 26.04 (25.36 in prelims.).

Stan Vegar, first in the decathlon for men 40-44 (7473, only 3 points from the world record).

DeeDee Grafius, 2nd in the 800m (2:20.67) and fourth in the W45 400m (57.97).

Rita Kerr, 4th in the W60 400m (1:13:30) and 3rd in the W60 800m (2:57.45).

Richard Hotchkiss, 4th in the M55 discus (44.68m), 6th in the hammer (46.06m), and 12th in the javelin (42.04m).

Bill McMillen, 5th in the M55 800m (2:18.47).

Dennis Duffy, 7th M50 800m (2:21.03).

Ed Baskauskas, 8th in the high jump for M45 (1.68m).

Bill Probst, who vaulted 2.20m for 9th in the M65 pole vault.

Steve Ottaway, 13th in the M40 3000m steeplechase (11:22:85).

Jim Gibbons, 22nd in the 5000m for M50 (17:30.89).

## Pacific Association 1995 Youth Cross Country Schedule

The following are the Pacific Association youth cross country meets. All youth clubs will receive information from the sponsored club for each meet.

Sunday, Oct. 15 C.A. Jacobs TC, Dixon, Calif. Debbie Haines (916) 678-5809.

Sunday, Oct. 22 Tony Williams TC (location TBA), Tony Williams (510) 245-7319.

Saturday, Oct. 28 St. George TC, Stockton, Calif., Frank Quilantang (209) 465-3509.

Sat. or Sun., Nov. 4-5 NorCal Cheetahs TC, San Jose, Ray Strom (408) 270-9337.

Sunday, Nov. 12 Pacific Association Cross Country Championships, Santa Rosa Express TC, Santa Rosa. Bob Shor (707) 538-0708. Only the first 25 runners and the first 3 teams in each age group will advance to the Region 14 meet.

Sunday, Nov. 19 Region 14 Youth Cross Country Championships, Silver State Striders TC, Reno, Nevada, Bruce Susong (702) 849-0599. Only the first 20 runners and the first three teams in each age group will advance to the National Junior Olympics.

Saturday, Dec. 9 National Junior Olympics Cross-Country Champs., Baton Rouge, La.

*Bruce Sussong, PA Youth Cross Country Chairman (702) 849-0599.*

*Bob Shor-Assistant PA Youth Cross Country Chairman (707) 538-0708.*

## Gebreselassie and Kiptanui: How Low Can They Go?

The dynamic duo of Ethiopian Haile Gebreselassie and Kenyan Moses Kiptanui broke the 5000m and steeplechase world records, respectively.

Gebreselassie, who broke the 10,000m record in June with a stunning 26:43.53, reclaimed the 5000m world record with an even more astonishing 12:44.39, in the Weltklasse track meet August 16th in Zurich, Switzerland. His time, the equivalent of three 4:05 miles, knocked almost 11 seconds off the old record held by none other than Kiptanui and set in June.

Kiptanui, running in the same meet, became the first man under eight minutes in the steeplechase by running 7:59.18. Kiptanui held the old mark in 8:02.08.

In Gebreselassie's race, American Bob Kennedy finished fourth in 13:03.37, behind Gebreselassie, German Dieter Baumann, and world-champion Ismael Kirui. The 10th-place finisher in that race ran 13:10!



Terry Burke

Stan Vegas, Decathlon Gold Medalist

## Officials Corner

By Dick Connors

### Two great track meets!

In the past few months, two of the best track meets in the United States this year were put on and officiated by members of the Pacific Association. During the week of June 12-18, the USATF Men's and Women's National Championships were held at Sacramento City College. Sixty-one of our Pacific Association officials worked 12 hours a day. We survived the rain and cold for two of the six days and brought off one of the best national championships ever. It was a great team effort by all of those involved.

During the week of July 24-30, an equally large number of the same officials helped put on what was probably the best USATF Junior Olympics Championships ever. The meet was hosted at San Jose City College and the high temperatures kept officials and competitors scrambling to keep enough water in their system.

In both these great meets, our local officials could not have done the job alone. Many thanks must go out to our traveling colleagues from across the nation who came to our assistance in these meets. Meet management at both sites was very accommodating in looking after our needs, and needs to be commended for their efforts.

The athletes in both competitions spoke highly of our officiating excellence in knowing the rules and our professional conduct in directing the competitions.

I was very proud of everyone of our people for their excellent job of officiating and for their dedication to the task of promoting the best possible competition. Given the variety of weather conditions we faced, we had our work cut out for us.

I must recognize and thank several individuals from our group for their part in helping me select, assign, communicate and supervise officials at both of these meets. First, Sonny and Lori Maynard who took complete control of the officials at the Junior Olympic meet, as well as working on the field daily at Sacramento. Second, George Kleeman who, in addition to his help early in the process behind the scenes, worked as the head field events supervisor at both meets. Third, Bob Mason who was a great resource behind the scenes and who, as Chief Umpire, never missed a race on the track in either meet. At my last count approximately 35 officials from the Pacific Association worked both meets. Many thanks, officials, for a job well done.

At the end of September or early in October, the USATF Pacific Association officials will hold their annual meeting at a site yet to be determined. Contact John Luppés for details and dinner reservations at (510) 935-6803.

# Race Walkers Remember The Real Champions

By Ron Daniel

Yes we have the championships, the festivals and the invitationals, but we also have the people that make them happen. Our sport is dependent on its coaches, officials and administrators, the real champions.

This past June, Pacific Association race walking, lost two of its finest champions. In memory, we give thanks to Giulio de Petra (84) and Art Smith (74) for their many years of unselfish devotion to the sport.

Many may only know Giulio in his role as teacher, race director and competitor for the Monterey Peninsula Walk Walk Walk Club. Few knew him as a world-ranked member of the Italian National team whose dreams of Olympic heroics were blown away by the cancellation of the 1940 and 1944 Games due to World War II.

As a World Masters Champion, Giulio, by example, kept the Olympic dream alive. By conducting several national championships in Monterey, he passed his dream onto the younger generation.

A few others knew him for his big brother mentoring, warmth and generosity. It is these qualities that will be truly missed.

It seems like Art has always been here with a judging paddle under his arm. I remember being judged by Art in the 60's and 70's. It has been a treat to judge along side Art for the last nine years. Over the years his consistency and fairness were traits that you could always count on.

No matter how busy his schedule, Art would be on the course when you needed him. Sometimes, he'd judge in the morning and leave to officiate a track meet. His energy seemed boundless.

While their contributions to the activities of the Pacific Association Race Walking will be sorely missed, their friendship and warmth will be missed even more. Thank you Art and Giulio, may a refreshing breeze be forever in your back.

## Vaill and James Successfully Defend Titles

*USATF/Mobil Senior Championships, June 17-18, Sacramento, Calif.*

With a break in the typical hot summer Sacramento weather, Theresa Vaill (10 km:45:01) and Allen James (20 km:1:24:46.8) easily defended their titles and set new championship records. PA race walkers Kerry Moskalik, GGRW, and Kim Wilkinson, MPWWWC, finished 10th and 11th in 50:11.05 and 50:22.59 respectively. PA men Jonathan Matthews and Marco Evoniuk both dropped out of the 20 km early in the competition.

Overshadowing the exceptional performances were the errors in lap counting (not only in the race walks). While lap counting assignments are made in good faith, it is often overlooked that accurate lap counting is an acquired skill, with concentration and precise attention to detail a must. Future assignments should be made with this in mind.

## Four PA Walkers Win Medals at JO's

*Junior Olympic Champ's, July 6-9, San Jose, Calif.*

Carl Lederman, Diablo Valley TC and Ericka Ackeret, GGRW both finished first in their 1500-meter championship race for midget boys and girls

(11-12 yrs). Carl's winning time was 7:44.78 and Ericka's time was 7:27.54 (see story this issue). In the bantam girls (9-10 yrs) 1500-meter race, Sarai Boyle (Westwind Flyers) finished second in 8:49.65. Nathan Williams, racing for the St. George TC, finished second in the youth boys (13-14 yrs) 3000-meter race in 16:06.93. Congratulations to all!

## Kerry Moskalik Fourth at Olympic Festival

*U. S. Olympic Festival, July 28-30, Colo. Springs*

In a year of many firsts, Kerry Moskalik, competing in her first Olympic Festival, finished a solid fourth while defeating several women who had beaten her in Sacramento. With the track events being held at the Air Force Academy's 7200-ft high campus, just finishing is a success. Adding to the stresses of the day, the race went off at 3 p.m. under sunny skies and temperatures in the mid-90's.

Olympian Victoria Herazo took the early pace as is her usual style. However, this day, she found herself trailing Debora Van Orden after 8 km. Uncharacteristically, shortly thereafter Debora was greeted with the red paddle signaling disqualification. This allowed Victoria to cruise in for an easy win. Victoria's winning time was 49:33.93, Kerry's time was 52:44.16 (only 14 seconds out of third).

In the 20 km, Olympian Herm Nelson comfortably won in 1:33:48.00. Former PA walker Mark Green finished 6th in 1:36:06.03. For the first time in several years, there were no PA men competing at the Festival.

## Wilkinson and Giachetti Win PA 20 km Titles

*20 km Champ's. and Grand Prix, Aug 13, Palo Alto*

Walking only the second 20 km of her career, Kim Wilkinson easily beat the field to win this year's Association championship. Kim's final time was 1:46:47, a PR by several minutes. There were no other women finishers. On the men's side, Pete Giachetti, walking for PRO, comfortably won the title with a time of 2:03:34. Other finishers: Fred Dunn (66), GGRW, 2:08:12; Art Klein (42), SCTC, 2:10:22; Bill Penner\* (48), Stockton/St. Geo., 2:10:24; Gary Bower (52), GGRW, 2:15:07; Jim Fisher (59), GGRW, 2:15:52 and Ernie Lucken (80), 2:38:30.

\*Bill was walking only two weeks after a hernia operation. Tough guy!

Thanks to the Palo Alto Recreation Dept. for their facilities and assistance. Also thanks to Ron Day and the GGRW for hosting the event.

## Four PA Race Walkers Named to National Team

The USATF Race Walking Committee has named Kerry Moskalik and Kim Wilkinson to its 1995-1996 National team at 10 km. Jonathan Matthews and Marco Evoniuk were named for the 50 km.

## Schedule Update

- September 10, GGRW Founders 10 km and PA Grand Prix, Arrowhead Marsh. Contact: Pam Webb, (510) 653-7966.
- Oct 8, Florida AC 5 km Team Challenge, Col. of Marin, Marin RW. Nancy Spivey (415) 472-1423.
- October 21, Megawalk 10 km and PA Grand Prix, Monterey, MPWWWC. Contact: Buzz Schulte (408) 374-5900.

- November TBD, Distance Day-20, 30 and 50 km, Palo Alto. Ron Daniel (415) 964-3580.

- Dec. TBD, 1-hour PA Champ/GGRW and PA Grand Prix, Foothill Col. Ron Day (415) 285-6877.

## Chairman's Notes

- PA Race Walk Committee Elections: Ron Daniel, unopposed, reelected as Race Walk Chair. Toni Harvey, reelected 5 to 3 (one abstention) over John Schultz as RW Rep. to PA Board of Athletics.

- Corrections: In the August, 1995, Sierra RW Newsletter, editor Paul Smith, in his editorial, "Daniel Stacking Election Panel?", has made several incorrect statements. He states:

1. That at the last RW meeting, June 3, (reported in last Pacific Athlete) RW Chairman, Daniel, by adding 5 voting positions, has stacked the election. Smith fails to acknowledge that while he chose to skip the meeting (and all other meetings for the past two years), all other members in attendance agreed to the additions of voting members that significantly contribute to the operation of the RW Committee but up to now did not have an official voice.

2. That winning the election could mean an all-expense paid trip to the 1996 Olympic Games in Atlanta. Clearly, no such provision has been made for any PA sport chair or other member in any capacity. Smith offers no source of this information, again failing to check facts.

3. That his club, Sierra RW is ineligible to vote because of "Ron's Rules." Again, absolutely false. The eligibility requirement is spelled out in the PA By-Laws. To be eligible to vote in a sport committee (RW), that club must have at least 3 USATF registered athletes compete in at least one senior competition in that sport in an event sanctioned by the PA. With at least 10 events since January, he has no excuse for not being eligible.

4. Lastly, he suggests that the failure of his athletes to compete is due to the "disciplinary probation" imposed on Team Sierra by Daniel. Again, completely false. Last December, Sierra was given a "disciplinary warning." Nowhere was it stated or suggested that Sierra RW was on probation.

- To overcome those lap counting stutters, Jim Hanley, a Masters-level USATF official from Southern California, has written the definitive book on lap counting methodology. Jim was the chief lap counting official for the race walks at the 1984 Olympics and 1991 IAAF Race Walking World Cup. Jim's system allowed his lap counting crews to accurately track packs of 20 to 30 walkers as they looped the course and lapped dozens of other walkers for the fourth and fifth time. Jim's book comes complete with easily understood instructions and sample lap counting sheets.

To order, send \$14.95 plus \$2.00 handling (plus 7.25% Calif. sales tax, if resident) to: Lap Counting, PO Box 6744, Thousand Oaks, CA., 91359.

- Contact Ron Daniel to arrange for training clinics, beginner, intermediate and advanced.
- Contact Lori Maynard, (415) 369-2801, officials committee representative, to arrange for a judging clinic and to schedule apprentice judging activities.

# National Champion! One PA Junior Olympian's Story

By Doug Thurston

The Junior Olympic National Championships, held July 25-30 at San Jose City College, attracted more than 6,500 athletes from across the country. The JO's, as they are commonly known, are a rite of summer for age group athletes and parents as they load up the mini-van and head to sun-baked tracks in Gainesville, Fla. (1994), San Jose (this year), or Baton Rouge, La. (1996).

By hosting the meet, the Pacific Association provided a shorter commute for Northern California and Northern Nevada athletes.

One such PA athlete was race walker Ericka Ackerat. *Pacific Athlete* recently talked with Ericka, her mom, and her coach about the JO's.

Ericka knew little about race walking until she attended a demonstration of the technique at her elementary school more than two years ago. One of the presenters was Therese Iknoian, one of the PA's top adult walkers. After demonstrating walking techniques, which include keeping the forward leg straight and maintaining contact with the ground at all times, the kids gave it a try.

"One of the girls had incredible natural ability," Iknoian said, "I looked on her with awe." That girl was Ericka, then nine years old. Therese talked to her about coming out to a local clinic and finding out more about race walking, but it took Ericka a few months to warm up to the idea.

Ericka's mom, Kris, said she and her husband Tim didn't know much about race walking.

"When I first saw Ericka race walk, I thought 'Oh, how cute,' but I thought that there was no way we could fit in another sport," Kris Ackerat said. "Ericka is very athletic and was already involved with the swim team."

Ericka said the walking felt natural but different from running when she first tried it.

In January of 1994, Therese visited Ericka's school again. She asked Ericka again if she wanted to find out more about race walking. In the summer of 1994, Ericka attended her first formal clinic and workout.

"I thought I'd go to see what race walking was like," Ericka said. "No one really knows what it is. My friends at school don't know anything about my walking."

"I was surprised at how hard race walking was," Kris Ackerat said. "I run a little, but I found race walking very, very hard. I was impressed that Ericka could do it right away."

Ericka really started to put time into race walking this spring, attending workouts with Iknoian and the Golden Gate Race Walkers Club.

"Kids usually pick-up race walking faster than adults because they listen well and don't have prior bad habits," Iknoian said. "Ericka's improvement was dramatic, probably because she was such a natural athlete."

At her first race against other kids earlier this spring, Ericka was very nervous, her mom said, and worried she would be last. Instead, she



Ericka Ackerat

lapped many of the kids and won handily. That's when her parents realized that Ericka really was good at walking.

"My first race was really cool," Ericka said. "For the first time, I could talk to other kids who were walkers."

Race walking is not a well-known sport at Sierra Mont Middle School in San Jose. At school, Ericka runs around with the other kids and beats most of them in foot races, but she doesn't walk with any kids at school. The hip-swiveling, squirming style of race walking can look a bit funny, especially to snickering kids.

"I don't care what people think (about race walking)," Ericka said. "I'm having fun with it and that's what matters."

The spring interval training and racing against adults and kids continued to pay off for Ericka. She hadn't thought much about racing at a national level when she started, but realized that maybe, with hard work, she could make it to the national meet. She even tried a 10 km on the roads, the Mercury News race in San Jose; the distance was her longest to date and she 'thought she was going to die.'

Ericka saw at the Pacific Association championships (Sacramento State, June 10-11) how far in front of the other kids she was. She won the 1500m handily in 7:52.74. Then it was time for the JO National Championship.

"The National Championships were amazing: we had never seen anything like that," Ericka's mom, Kris, said. "They're were kids and teams from all over the country."

Ericka didn't want any of her friends to come to the race, as she was too nervous (maybe she will let her friends come next year, she said). There were members of the Golden Gate Race Walkers in the stands, as well as her parents, some of their friends, and coach Iknoian.

Her race was on a Wednesday, which was convenient, her mom said, because she had a swim meet to attend the following Friday, Saturday, and Sunday.

When the race started, Ericka said it felt like she was going slow and all she was trying to do was keep up with the girl in first place.

"There were three duking it out the first 800 meters," Iknoian said. "After 800, there was Ericka and one other girl. With about 250 meters to go, Ericka took off and won by 21 seconds."

"I did the last 100 meters as fast as I could," Ericka said. "I didn't hear my parents or anybody cheering me because I was trying so hard. It was very exciting."

Ericka's winning time of 7:27.54 for 1500 meters is roughly the equivalent of an 8:15 mile.

Iknoian said Ericka's father, after watching her daughter win, called family friends from the track to arrange for a post-race party at their house complete with balloons and a bouquet of flowers.

A week after the Nationals, Ericka won the California Games in 8:14 to end her season. She continues to walk several times a week, accompanying her mom on her daily runs. They go about the same pace. And Ericka continues to compete for her swimming club, West Coast Aquatics, where her best stroke is the backstroke. In swimming, her mom said, she's at the top but usually not the fastest girl in the pool. Race walk training will pick back up in the late fall.

"I hope to go back to the Nationals next year," Ericka said. "I hope to someday walk in the Olympic Trials."

"She is a fairly competitive person," her mom said. "But sports have always been a part of her life. She has been on the swim team since kindergarten and she has watched how the older swimmers handle competitions. She knows it's important to compete and not to worry just about winning."

Kris Ackerat said she knows Ericka gets tired of explaining what race walking is to her friends, so she doesn't talk about it much. But she wants to get faster and enjoys walking and racing against her adult clubmates (she can easily keep up with most of the adult members of the GGRW).

The Ackerats and Iknoian both find it difficult not to think ahead to what could be in store for the talented young walker, including maybe competing in the Olympics.

"(The Olympics) are a nice thought. It would be fabulous," Kris Ackerat said. "If she wants to stay with it (and can stay away from fatty foods at McDonald's, she joked) you never know. She's is a good student also. We try to encourage balance in her life."

Even Ericka's little brother, Jeff, age 9, who was perpetually bored at the track meets, got into the spirit after watching his sister. 'Maybe she'll go to the Olympics some day,' Jeff told his mom.

"The trick is to hang on to them through the next couple of years," Iknoian said of top young athletes like Ericka. "She could be an Olympian some day. There's a lot of peer pressure, but now she's ready to admit that she's a walker."

# USATF-Pacific Association Calendar of LDR Events, Sept. 3--Dec. 3, 1995

## Sunday, Sept. 3

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

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

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

## Monday, Sept. 4

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

Run for the Square, 10 km/5 km, 8:30 am, Lodi, Field & Fair Day Office, 125 S. Hutchins St., Lodi, CA 95240, 209-333-7863

## Friday, Sept. 8

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

## Saturday, Sept. 9

**PA-Ultra:** 50 Miles at Cameron Park, Cameron Park, George Staub, c/o Fleet Feet, 2222 Francisco Dr., El Dorado Hills, CA 95762, 916-939-1967

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

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

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

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

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

Rotary's Castro Valley Fall Festival 8 km/5 km walk, 8 am, Castro Valley, 3343 Castro Valley Blvd., Castro Valley, CA 94546, Judy-510-538-3334

## Sunday, Sept. 10

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

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

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

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

California Prune Festival 10 km/5 km, 8 am, Yuba City, California Prune Festival, P.O. Box 785, Yuba City, CA 95992, 916-671-3100

## Saturday, Sept. 16

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

Shoreline Run & Festival, 10 km/3 km, 8:45 am, San Leandro, Mary Ann Wilkman, San Leandro Community Services, 300 Estudillo Ave., San Leandro, CA 94577, 510-577-3469

Tahoe To-Run-Asaurus, 10 km/5 km, 9 am, South Lake Tahoe, Kiwanis Sunrisers, Box 555, South Lake Tahoe, CA 96156, 916-544-6771

Pacific Crest Trail 50 km, 25 km, 50 km Relay, 8 am, Squaw Valley, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778

## Sunday, Sept. 17

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

Ron's Wildlife Run 10 km/5 km, 8:30 am, Los Gatos, Youth Science Institute, 296 Garden Hill Dr., Las Gatos, CA 95030, 408-356-4945

San Francisco Hillstride 7 mi, 9 am, San Francisco, RhodyCo Prods., 3929 California St., San Francisco, CA 94118, 415-564-0532

Burney Classic Marathon, 1/2-Marathon, 10 km, 5 km, 8 am, Burney, Don Jacobs, Lions Club, P.O. Box 217, Dept. M, Burney, CA 96013, 916-335-2825

Carmichael Classic, 10 km/5 km, 8:15 am, Tracy Keith, 5750 Grant Ave, Carmichael, CA 95608, 916-485-5322

Ponderosa SAC Attack 5 km run/walk; 10 km run, 10 am, Shingle Springs, Brian Smith, 3450 Palmer Dr., P.O. Box 123, Shingle Springs, CA 95682, 916-677-5463

Shoreline Run & Festival, 10 km/3 km, 8:45 am, San Leandro, Mary Ann Wilkman, San Leandro Community Services, 300 Estudillo Ave, San Leandro, CA 94577, 510-577-3469

## Saturday, Sept. 23

**PA-XC:** UC-Davis Aggie Invit., 8 km (men)/5 km (women), UC Davis, Sue Williams, 916-752-1942

Chevys To Chevys 12 km, Sacramento, A Change of Pace, 221 G St. Ste 205, Davis, CA 95616, 916-757-6017

Empire Mine Gold Rush 5.1 mi, 3.97 mi walk, 9 am, Grass Valley, Paul Shigley, P.O. Box 1811, Cedar Ridge, CA 95924, 916-272-6862

Santa Cruz High School Centennial 5 miler, 8 am, Dave Brockmann, 218 Mission St., Santa Cruz, CA 95060, 408-423-4022

Down & Up Ruck A Chuck, 50 km/25 km/50 km Relay, 7 am, Foresthill, Charli Gabri, 20043 Hosmer Mine Ct., Foresthill, CA 95631, 916-367-2981

Castroville Artichoke Festival 10 km Run, 9 am, Janet Epperson/Lynn Clark, P.O. Box 1041, Castroville, CA 95012, 408-633-2465

Wilder West Half-Marathon & 10 km, 9 am, Santa Cruz, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778

## Sunday, Sept. 24

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

5 Mile Wildcat Run, 8:30 am, Los Gatos, Valerie Hopkins, 136 Tait Ave., Los Gatos, CA 95030, 408-354-5444

Lifespan Bay Bridge 10 km, 7 am, Oakland, 415-362-RACE

Run/Walk for Open Space, 4 mile, 8:30 am, San Anselmo, Kathy Sanders, 310 Redwood Rd., San Anselmo, CA 94920, 415-456-9912

Paramount's Great America Carousel to Coaster 10 km run/5 km stride, 8:30 am, Santa Clara, City of Santa Clara Parks & Recreation, 1500 Warburton Ave., Santa Clara, CA 95050, 408-984-3223

The Bean Creek 10 km run/5 km walk, 8:30 am, Scotts Valley, 4944 Scotts Valley Dr., Suite 5B, Scotts Valley, CA 95066, 408-438-1820

Sonoma Vintage 5 km run/walk, 8 am, Sonoma, Sherman Harris, 969 Madison Dr., Sonoma, CA 95476, 707-938-2153

## Saturday, September 30

San Francisco Coastal Trail Race, 5 km/10 km, Sky High, P.O. Box 20963, El Sobrante, CA 94803, 510-223-5778

**PA-X-C:** Empire Cross Country, 5 km (women)/8 km (men), 9 am-10:45 am, Mike Weddington, 751 Beaver St., Santa Rosa, CA 95404, 707-544-2756

## Sunday, October 1

Sacramento Marathon and Half Marathon, 8 am, Ron Sturgeon, P.O. Box 995, Dixon, CA 95620, 916-678-5005

Novato Stampede 10 km/5 km/1 mile, 8 am, Novato, Novato Education Fund, P.O. Box 1472, Novato, CA 94948, 415-897-4254

Oakley Almond Festival "Love a Nut" 5 km, 9 am, Pam Painter, Oakley Almond Festival, P.O. Box 8, Oakley, CA 94561, 510-625-1881

KNBR 68 Bridge to Bridge, 12 km/5 km/5 km walk, 9 am, San Francisco, KNBR-68 Radio, Isabel Lemon, 55 Hawthorne St., Suite 1100, San Francisco, CA 94105, 415-995-6868

Happy Hollow 5 km, 8:30 am, San Jose, Mike Rudd, 1300 Senter Rd., San Jose, CA 95112, 408-277-8383

## Saturday, October 7

Seaside Fall Festival 1 miler, 9 am, Monterey, Dr. Les Waddell, 1009 Sonoma Ave., Monterey, CA 93955, 408-394-7382

Gold Rush 4 Miler, 9 am, Murphy, On Your Mark, Box 2061, Arnold, CA 95223, 209-795-7832

Quicksilver Challenge Half Marathon, 8 am, San Jose, QSRC, Susan Brazelton, 6363 Firefly Dr., San Jose, CA 95120, 408-778-3862

**PA-XC:** Mills Invitational Cross Country, 5 km (women)/8 km (men), 9 am-10 am, Carla Jackson, Mills Athletics, 5000 MacArthur Blvd., Oakland, CA 94613, 510-430-3282

## Sunday, October 8

Fine Arts 5 km, 9 am, Carmel, Bill Burleigh, P.O. Box 226260, Carmel, CA 93922, 408-625-6287

Great Race 10 km, 8:30 am, Palo Alto, Tom Osborne, 1305 Middlefield Rd., Palo Alto, CA 94301, 415-329-2342

Salinas Skyclimb 5 km/7.5 mile, 9:30 am, Skip Latham, 105 Harvest St., Salinas, CA 93901, 408-424-6155

American Airline California Mile, San Francisco, 415-383-0314

Primo's to Primo's 5 km/10 km/Half-Marathon, 7:30 am, San Ramon, Primo's Run, P.O. Box 1463, San Ramon, CA 94583, 510-279-6670

Harvest Fair 10 km/3 km, 8 am, Santa Rosa, Don Hicks, Kevin Kostoff, YMCA, 1111 College Ave, Santa Rosa, CA 95404, 707-545-9622

## Saturday, October 14

Wenmat Classic 5 km/10 km, 8:30 am, Sacramento, Valerie Yocum, 5800 Winding Way, Carmichael, CA 95608, 916-481-5004

## Sunday, October 15

Grizzly Runs 10 km/5 km, 8:30 am, Garden Valley, Jim Sullivan, 3425 Secret Lake Trail, Cool, CA 95614, 916-888-7372

Vineyard Run for Literacy 10 km/5 km, 9 am, Kelseyville, Dallas Cook, Lake County Literacy Coalition, 1425 N. High St., Lakeport, CA 95453, 707-263-7633



## Calendar of LDR Events

Contd. from page 8

Marina Cross Country Challenge, 10 km, 9 am, Mariana, Grace Santella, P.O. Box 1325, Marina, CA 93933, 408-883-1861

Theta Breakers 10 km/5 km, 9 am, Palo Alto, Susanne Waher, 1731 N. 1st St., Suite 3, San Jose, CA 95112, 408-436-6459

Run to Heavens 6.4 mile/2 mile, 9 am, San Anselmo, Laura Kell, 100 West Oak Knoll Dr., San Anselmo, CA 94960, 415-258-1931

Almaden Classic Run for Youth Counseling, 10 km/2 mile, San Jose, Kate Chimenti, 7188 Brooktree Ct., San Jose, 95120, 408-268-2904

**PA-Road:** Humboldt Redwoods Marathon & Championship Half Marathon, 9 am, Weott, Karen Angel, 351 Roundhouse Creek Rd., Trinidad, CA 95570, 707-443-1220

### Saturday, Oct. 21

**PA-X-C:** Crystal Springs Challenge, 4.2 miles (men)/2.95 miles (women), Belmont, Dave Schrock, College of San Mateo Athletics, 1700 W. Hillside Blvd., San Mateo, CA 94402, 415-574-6448

Davis-Rutillo Grande City-to-City Benefit Run, 5 km/10 km, 9 am, UC Davis, Terry Turner, 1224 Beech Lane, Davis, CA 95616, 916-756-7681

**PA-Ultra:** Firetrails Fifty, 50 miles, 6:30 am, San Leandro, Dick Collins, Bay Area Ultrarunners, 1015 Hollywood Ave., Oakland, CA 94602, 510-530-6634  
Autumn Challenge 10 km/7 km, 8 am, Watsonville, Mary Hallett-Hernandez, 408-722-4751

### Sunday, Oct. 22

Fourth Sunday Run 5 km/10 km/15 km, 9 am, Oakland, Lake Merritt Jog. & Striders, 510-601-7787  
Fall Mall Run, 10 mi/3 mi, 9 am, Woodland, Jim Rademaker, 808 Helen Way, Woodland, CA 95776, 916-662-0498

Red Ribbon Run, 8 km, Menlo Park, 8:30 am, Tom Osborne, Palo Alto Rec., 1305 Middlefield Rd., Palo Alto, CA 94301, 415-329-2342

Race for the Cure 5 km, 8:30 am, Golden Gate Park, San Francisco, Hotline: 800-698-8699

Run Thru the Colors, 5 km/10 km, 8:30 am, Nevada City, Richard Thomas, Sierra Club, 10066 Rob-King Rd., Nevada City, CA 95959, 916-265-2666

### Saturday, Oct. 28

Big Sur River Run 10 km, 10 am, Big Sur, The

Treadmill Sports Boutique, 149 Crossroad Blvd., Carmel, CA 93922, 408-624-4112

**PA-X-C:** Nor-Cal Open, 5 mi (men)/5 km (women), 4:30 pm, Golf Course, Stanford, Hoy's Sports, 1632 Haight St., San Francisco, CA 94117, 415-252-5370  
Halloween 10 km/5 km, 9 am, Gilroy, Rick Young, 7393 Egleberry St., Gilroy, CA 95020, 408-842-4145

### Sunday, Oct. 29

Red Ribbon Run 5 km & Kid's Mile, 9 am, Pleasanton, On Your Mark, Box 2061, Arnold, CA 95223, 209-795-7832

Lafayette Reservoir Run, 10 km/2 Miles, 8 am, Sue Cross, Lafayette Chamber, Suite 100, Lafayette, CA 94549, 510-284-7404

San Francisco Classic 5 km/10 km, 8:30 am, People Events, 415-589-7417, 528 Lurch Ave., So. San Francisco, CA 94080

Santa Cruz Distance Classic, 15 km/5 km, 8:30 am, Marty Kruger, P.O. Box 3568, Santa Cruz, CA 95063, 408-662-0886

Streamline Half-Marathon, 8:30 am, Alameda, Streamline Fitness, 909 Marina Village Pkwy #139, Alameda, CA 94501, 510-521-6460

### 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., Suite 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

### Saturday, November 11

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

### Sunday, Nov. 12

**PA-Road:** Clarksburg 30 km, 9 am, Clarksburg, Box 20, Clarksburg, CA 95612, 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

### 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

### 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

### 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

### Saturday, Dec. 2

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

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

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

### 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

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# 1995 PA-USTAF Cross Country Grand Prix Preview

By Mike Weddington

A new PA cross country campaign is upon us, with the maturing circuit poised to showcase more participating teams and individuals than ever before, based on a cursory survey of PA club plans for the upcoming season. No aspect of running promotes team spirit and unity more than cross country, and perhaps no PA cross country (XC) season has been anticipated as much by PA clubs in general than this one.

Before gazing into the crystal ball, here's a look back to 1994:

## A Fond Look Back

During the banner annum of 1994, some 16 different clubs from throughout Northern California and Reno, Nevada, fielded scoring teams over a nine event season with an aggregate total of about 350-to-400 dues-paying PA members. These participation numbers were much larger totals than tallied by any area single prep or collegiate conference. Although the PA-XC championships themselves have always drawn deep and wide fields over the last few years as part of the LDR season schedule, the XC season has fully developed over the last two autumns.

## 1994 PA-XC Team Standings

Pl	Open Men	Open Women	Masters Men
1	Reebok Aggies	Reebok Aggies	Empire Runners
2	Humboldt TC	Impala	Tamalpa
3	Empire Runners	Empire Runners	Excelsior
4	Tamalpa	Tamalpa	West Valley TC
5	Hoy's Sports	Ryan's Sports	West Valley J & S
6	Silver State	Humboldt TC	Reebok Aggies
7	Santa Cruz TC	E. Bay Striders	Silver State
8	E. Bay Striders		E. Bay Striders
9	Spartan TC		
10	Infinity		
11	West Valley J & S		

Pl	Masters Women	Senior Men	Senior Women
1	Tamalpa	Tamalpa	Impala
2	Impala	West Valley J & S	Tamalpa
3	West Valley TC	West Valley TC	West Valley TC
4	West Valley J & S	Empire Runners	NorCal Senior TC

## Super Senior Men

1	Tamalpa
2	West Valley J & S

## Combined team point scoring (all divisions):

Pl	Team	Total	Pl	Team	Total
1	Tamalpa	327	9	Silver State	36
2	Empire Runners	228	10	Hoy's Sports	30
3	Reebok Aggies	196	11	Santa Cruz TC	27
4	Impala	133	12	Excelsior	20
5	Humboldt TC	91	13	Spartan TC	17
6	West Valley J & S	80	14	Ryan's Sports	16
7	West Valley TC	73	15	NorCal Senior TC	14
8	East Bay Striders	39	16	Infinity	8

It should be mentioned that cumulative team scoring was largely a function of how well clubs simply got their members out in complete 5 or 3 person teams, depending on the division. Tamalpa and Empire performed this sometimes onerous task the most effectively in '94.

## The Individuals

Due to a lack of space, I mention here only the top three seasonal points leaders over the entire 1994 PA-XC Grand Prix:

### Men's Open

1	Mike Spencer, Aggies
2	Ray Cook, Silver State
3	Chris Schille, Aggies

### Men's Seniors

1	Gordon Abbott, Tamalpa
2	Jim Gibbons, WVTC
3	Bill Clark, WVTC

### Men's Masters

1	F. John Gailson, Excelsior
2	Butch Alexander, Empire
3	Jerry Neal, Tamalpa

### Men's Super Seniors (60-69)

1	Don Pickett, Tamalpa
2	Tom Guldman, Tamalpa
3	John Russell, Tamalpa

## Men's Veteran (70-79)

1	Stanley DeMartinis, WVJS
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## Women's Open

1	Jeanne Sapienza, Aggies
2	Lisa Geoffrion, Aggies
3	Ceci St.Geme, Unat

## Women's Seniors

1	Eve Pell, Impala
2	Edda Stickle, Tamalpa
3	Vicki Bigelow, Impala

## Women's Masters

1	Beckie S.Kesecker, Impala
2	Marilyn Taylor, GSFTC
3	Kattie Gray (tied-2), Tam.

## Women's Super Seniors

1	Barbara Robben, NCSTC
2	Ruth Anderson, NCSTC
3	Margarethe Styskel, Unat

## 1994 Trivia

Based on my coverage of the entire PA-XC season in '94, and after talking with various PA Club XC regulars, I came up with the following personal observations, which may or may not be shared by the reader (hopefully not):

### Toughest Course

The Mills College course is a brute, especially for the men (8 km), and Crystal Springs is, well, Crystal Springs. But the toughest of all? Had to be Alum Rock, with seemingly more vertical than horizontal running. Grunt!

### Fastest Course

An easy one: no matter how they rework the route, the UCD Aggie Invitational course is always going to be faster than some of the dirt tracks I ran on in high school.

### Best Spectating Course

This is an oft-neglected aspect of U.S. XC organization, unfortunately. The Golden Gate Park and Crystal Springs layouts treat PA fans the best.

### Most Scenic Course

Here is a vote for the Empire Spring Lake site in Santa Rosa. It blends lakefront, open, and woody trails and rolling hills into an alluring setting.

### Best Course Weather

Alum Rock was the only event to be blessed with rain—if only pre- and post-race drizzle.

### Best Team Battle

The Empire Runners open and masters men both were involved in season-long tussles with Humboldt TC and Tamalpa for 2nd and 1st, respectively, and inane bragging rights. Although finishing close at the end, the Impala open women never really threatened their Aggie counterparts for 1st place; the contest for master women supremacy was hot for a spell between Impala and Tamalpa (with Tamalpa winning out), as was the race between the rookie Empire and Tamalpa open women teams for the team bronze medal.

### Most Promising 1995 Team

Watch Chico TC's Open Men, who will send out a top seven of Todd Stevens (31:56 10 km-track), Chris Myers (31:09), Don Olmstead (31:36), Billy Ricketts (31:22), Gary Towne (2:31 marathon), Gary Blanco (3:56-1500m, club president) and Steve Brusig (9:29 steeple).

### Best Club Chant

The Humboldt TC lumberjack ditty was a hoot, if somewhat unintelligible. They need competition.

### Most Dedicated Club

Whew! How about a three-way tie between Tamalpa, who got out the most individuals to all events; Empire, who fielded the second largest contingent and who also hosted a new event; and Humboldt, who logged the most commute miles. Kudos also to the Aggies and Impala.

### Best Team Uniforms

I'm still partial to the old West Valley Track Club colors. Meanwhile, the Impala women brought modern fashion into the X-C circuit.

### Best Individual Season Competition

Easy; the row between Mike Spencer (Aggies) and Ray Cook

*Contd. on page 11*

**Cross Country Preview**  
*Contd. from page 11*

(Silver State), which was in doubt from the first meet all the way until the PA Champs (with Spencer prevailing). Head to head, Spencer ecked out 3-2. The open women's race between Aggie mates Jeanne Sapienza and Lisa Geoffrion finished close, but Sapienza held a healthy lead for the most part since the second meet.

**Race Director of the Year**

Hands down, Tim Wason. Time put on three well-received meets, including the championships, and was overall PA X-C director. No one is more dedicated these days.

**Sponsors of the Year**

American Track and Field Magazine, Reebok, PowerBar, and Hoy's Sports.

**Biggest Complaint**

Under the "growing pains" list went the gradually echoing lament of, "There's just too many PA events we're supposed to make!" With a full nine-meet X-C menu that required a minimum attendance of seven for complete team and individual scoring chances added in '94 to an overlapping LDR schedule comprised of the Reno 15 km, Humboldt Half-Marathon, Clarksburg 30 km, and the California International Marathon, many found themselves racing virtually every week for months. The result? Many burned out souls and soles.

This year, the schedule has been more sensibly arranged, with only six of nine PA X-C events required for complete scoring opportunities (the worst three showings out of nine can be dropped), and the Reno 15 km having been moved to the spring.

**1995 PREVIEW**

As of this writing, everything concerning the upcoming '95 season will be conducted as it was in 1994, with the following exceptions: A) The Alum Rock Cross-Country event has been replaced on the schedule by the always-popular Stanford venue, which will debut in '95 with a 5 mile (men) and 5 km (women) during the afternoon of Saturday, October 28th (after a PAC-10 event has been held). A big "thank you" to the Spartan TC and race director Andrea Byers for hosting Alum Rock; meanwhile, applause for Tim Wason, who arranged PA use of the storied Stanford greens. B) The opening Golden Gate Park I event will offer a 4 mile (over the usual loop) in '95, not last year's 5 km. C) Team scoring will continue to be 10-9-8-7-6-5-4-3-2-1 at each race, except at the prize-money bestowing Empire and PA-X-C championship events, which will count double. Individual places each race from first down will again be scored on a 20-14-13-12-11-10-9-8-7-6-5-4-3-2-1 basis (top 15), except at the Empire and PA champs, which will again count double.

**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	Distance	Point Value	Contact
Sept. 9	Golden Gate Park I	S.F./GG Park	4M/4M	1.0	1.0	Tim Wason, 415-648-1467 (eve.)
Sept. 16	Sierra Cross Country	Rocklin	4M/5K	1.0	1.0	Ron Richardson, 916-368-8815
Sept. 23	UC-Davis Aggie Inv. <sup>1</sup>	Davis	8K/5K	1.0	1.0	Sue Williams, 916-752-1942
Sept. 30	Empire Cross Country <sup>2</sup>	Santa Rosa	8K/6K	2.0	2.0	Mike Weddington, 707-544-2756
Oct. 7	Mills Invitational <sup>3</sup>	Oakland	8K/5K	1.0	1.0	Carla Jackson, 510-569-5277
Oct. 21	Crystal Springs Challenge <sup>4</sup>	Belmont	4M/3M	1.0	1.0	Dave Shrock, 415-574-6448
Oct. 28	Stanford Open	Palo Alto	5M/5K	1.0	1.0	Tim Wason, (see above)
Nov. 4	Golden Gate Park II	S.F./GG Park	6M/4M	1.0	1.0	Tim Wason, (see above)
Nov. 18	PA/USATF Championship <sup>5</sup>	S.F./GG Park	10K/6K	2.0	2.0	Tim Wason, (see above)

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

**Notes:**

- <sup>1</sup> Davis—No race day entry; pre-registration by 9/15 is mandatory for guaranteed entry
- <sup>2</sup> Empire Inv.—\$2,000 prize money available for Pacific Association athletes/teams only
- <sup>3</sup> Mills Inv.—No race day entry; pre-register by 9/30
- <sup>4</sup> Crystal Springs—Actual distances are 4.2M/2.95M (same as community college courses)
- <sup>5</sup> 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)

Thanks to our sponsors



**14 Questions About the 1995 PA-XC Season**

Preferring this year to refrain from detailed prognostication (as I did for this year's LDR season and last year's XC campaign) in order to leave more to the reader's imagination, I will instead hopefully spark a little speculation and debate with the following queries:

- 1) With the Aggie and Impala women struggling to field healthy and complete LDR teams this year, and the Ryan's talented bunch probably keeping to the roads, who might fill the possible vacuum in the women's open division?
- 2) How will the new Chico Track Club men's open team fare, what with 5-to-6 sub 32:00 runners but little depth?
- 3) Will the rumored Reebok Aggies Masters Team comeback actually materialize?
- 4) Can the powerful Excelsior and WVJS Masters Men then let the Master Ags have the workman-like Empire and Tamalpa squads all to themselves in the team race, or sign on?
- 5) How's Chris Schille's recent bout with injury (bursitis?) progressing; and, does Ceci St.Geme want to race in '95?
- 6) With '94 seasonal champ Jeanne Sapienza now residing in Minnesota, and Ceci unlikely to race a full schedule, who will challenge Lisa

Geoffrion for the women's open title?

- 7) Who will try to take on the Tamalpa and Impala masters women, and the Tamalpa senior and super senior men, over the entire X-C season?
- 8) Will reducing the number of minimum-required events from seven to six out of nine total adversely affect the attendance at some events?
- 9) How many frequent driving miles can we expect the Humboldt TC and Silver State teams to log this year?
- 10) Will Empire settle on one singlet style this year for all their teams, or continue to go the schizo route?
- 11) Will we get wet and muddy this year?
- 12) Will Humboldt venture to explain what "Cack" (I think they say caCk) means in their fight song?
- 13) Will we have another USTAF regional Nor-Cal vs. So-Cal dual meet again as part of our PA Championships?
- 14) How much longer before there are more masters and senior runners on the PA circuit than open runners? Let's keep getting the kids into our sport!

# LDR Club Preview for WVJS, Excelsior, Chips and Ryan's

By Mike Weddington

In this issue, the last four Pacific Association clubs that involve themselves extensively in PA events are surveyed: The West Valley Joggers and Striders, Excelsior, Buffalo Chips, and Ryan's Sports.

## West Valley Joggers and Striders

We begin with the Joggers and Striders. Lest any newcomers to the regional running scene think that they are merely a splintered appendage of the West Valley Track Club (or vice versa), the similarly titled Joggers and Striders have been around since 1969, where they were founded in the Silicon Valley community of Campbell.

Long-time club leader Ken Napier reports that the club has about 125-130 members, and is based primarily in the peninsula communities of Los Gatos, Saratoga and Los Altos these days, with Saturdays serving as the primary workout/meeting day of the week. Held on the West Valley College track at 8 am (with a 3 mile warm-up held prior at 7:30am from the top of the track), most workouts are actually group relays, which could consist of anything from a 36 x 200m to an 8 x 1200 on the track, to 12 x 0.33 mi. around the tennis courts nearby. An occasional club fun run held over such standard distances as 4.68 and 5.74 miles (!) breaks up the routine.

Other pivotal weekly workouts are Wednesday night (intervals at the WV College track at 5:15pm) and Sunday (7am easy long runs of 9-20mi, with the distance depending on whether one ventures with the swift or social group).

To join the Striders, contact Ken Napier at (408)370-6579, and be prepared to plunk over \$15 per person or \$20 per family. In return, you'll receive one of the most informative club newsletters in the PA (this writer's opinion) on a monthly basis, as well as a direct route to all of the Striders' well-organized and friendly daily workouts and monthly fun runs. You will also be joining one of the best racing outfits in Northern California—particularly with respect to the 40-plus men's and women's divisions. The club even pays your \$12 USTAF annual dues for the privilege of racing with the gang on the PA circuit.

The racing legacy on the WVJS is an impressive one, and it continues to grow. Last year, the Striders were 6th and 11th, respectively, in the men's and women's LDR open divisions. They really showed in the older groupings, as the 1994 records listed: women's masters, 1st; men's masters, 2nd; men's seniors, 1st; women's seniors, 4th; and super senior men, 1st.

This year, the Striders are keeping the pace through the Reno Air 15 km with official 6th (men's open), 2nd (men's masters), 3rd (women's masters), 2nd (men's seniors), 4th (women's seniors), 1st (men's super-seniors) and 1st (men's veterans) rankings in the 1995 seasonal LDR standings. Their seven different team shorings is matched only by Tamalpa, with only West Valley Track Club and the Buffalo Chips fielding nearly as many divisional teams (five each).

The club boasts several team racing honors garnered from years past, with even national team awards resting in the cache (their first was a national cross-country team title achieved back in 1972). Currently rather the mirror image of their cousin the WVTC, with a heavily flavored masters and senior aged membership of exceptional talents, the JS differ

from the TC in that they focus primarily on the roads, whereas the Track Club is probably strongest overall on the track.

Mr. Napier (who blistered the mile in 4:10.7 back at San Jose State in 1958) reports that the club is however making a concerted effort these days to attract more open men and women into the mix. The **open men** are captained by Dave Fergus and Cecil Baumgartner, with Rick Reitz (4:26 at the Sonora Mile in '94), Fergus, Damon Lease, Jonathan Lee, John McFeeley, Jeff Rohrer, Lucas Castillo and Baumgartner the big guns. The **open women**, meanwhile, are in the nascent stage; they are searching for warm bodies.

The **masters women** are engaged in defending their '94 LDR title, with Pauline Beatty and Sue Francis providing able leadership. With star and 3rd place '94 LDR seasonal placer Francis lying low in 1995, the club currently ranks 3rd by virtue of getting the numbers out. Antonina Ettare, Sandy Carpenter, Betty Root, Annette McPhail, Terri Kinsch, Judy Fulton, Joan Pearson, Marcia Morrison, Ruby Hurtado and Gail Campbell join Beatty and Francis as key figures.

The **masters men** are a formidable bunch, with only Excelsior a stronger contingent these days. Todd Hayes and Dave Garcia steer the ship, with such all-stars as Dan Sauers (3rd-'95 PA through Reno), Bob Ebert (6th-'95), William Dunn (14th-'95), Kitt Flynn (15th-'95), Gil Uresti (18th-'95), Charles Lighty (27th-'95), Dan Anderson (29th-'95), Dave Stancliffe (3rd-'94), David Furst (12th-'94), and Dennis Kurtis (25th-'94) leading the way, with all still capable of ripping a 33 to 36 minute 10 km!

The **senior men** are another esteemed ensemble, with the '94 team titlists boasting one of the better senior trios in the nation in Jim Reitz (1st-'94), Tim Rostege (4th-'94), and the great Sal Vasquez (5th-'94). They are backed capably by Ron Nelson (37 min. 10 km, 8th-'94) and Joe Hurtado (11th-'94), captain Dick Chimenti, Jake White and Ken Noel. The **senior women** continually score 4th on the seasonal lists, with Georgia Riley, Sandra Vours, Ruby Hurtado, and Madelyn Moon blazing the path.

The **super senior and veteran men** inspire the entire PA with their longevity and excellence, as both lead the PA in 1995. Captain Stan DeMartinis leads both squads, with Ken Napier (2nd-'94), William Flodberg (2nd-'95), John Gregson (6th-'95), Ephraim Romesburg (7th-'95), Marion Carter (7th-'94), and Glynn Wood (9th-'95) pacing the super seniors. David Valles, Frank Cunningham, Howard Powers, and DeMartinis (1-4 on the '95 list) form the veteran team.

## Excelsior

Next up in our general club survey is the only PA club named after a specific neighborhood (in San Francisco)—Excelsior.

Like many of the PA clubs, Excelsior was born in the 70's (1973), after a number of San Francisco State Gators decided to band together for running purposes, according to longtime club leader Alan Stanbridge. Like WVJS and WVTC, Excelsior is heavily oriented towards masters and seniors competition, with some 65 of the near 75 members 40-49 year old males.

The most specialized of all PA clubs in terms of member composition, Excelsior is trying to branch out in 1996 with women and men's open teams, with

Ginger Hood-Akers currently assuming a women's team leadership role.

The club cements its membership ties with a variety of formal and informal experiences for its runners, who pay \$25 a year in dues. According to Stanbridge, who has been guiding the club for almost 10 years now, the club is a diverse group with great people, all of whom share a real love of running and a mutual respect for each other. Stanbridge emphasizes that everyone is invited to join the club, no matter their experience or speed. A monthly newsletter, bi-monthly club meetings, and annual awards banquets, golf and swim parties are traditions for this tight-knit group.

The club works out in small groups during the week at such locations as Kezar Stadium (track work) and Golden Gate Park in the city, and in various locations on the peninsula (south bay). Like many PA clubs, Excelsior does not have a appointed coach for their runners, but rather does extremely well with longtime running vets taking newcomers under their watchful wings and offering guidance as requested. For more club info, contact Alan at (415) 343-6427.

Until open men's and women's teams arrive, Excelsior will remain exclusively a men's masters team (that is, until enough of the fellows reach their 50's and join sole senior stud Ewar Gordillo), and what a masters team it is! Year in and year out one of the best masters outfits in the U.S., Excelsior is fielding yet another sterling squad in 1995.

Currently leading the PA once again (they were champs in 1994), the club's leading masters are Lloyd Stephenson, a still-raw talent who leads the '95 PA masters on the LDR points list through Reno Air, and Francis John Gailson, who won the 1994 PA masters cross country title. Stephenson was 3rd at this year's Carlsbad 5000m—which served as the USTAF national 5 km title race this year—in 15:09, while Gailson was top banana in a blazing 15:06. Meanwhile, teammate James Tracy had an "off-day" at Carlsbad with a 15:55 clocking for 7th place overall.

In second place behind Stephenson on the PA masters LDR list is Charles Thompson, who is merely vying for his 4th masters point title of the 90's. Reliable Thompson also added a national masters marathon title and a second in the 10 km nationals in Buffalo to his lengthy resume this year. Other leaders are Bill Knapp (7th-'95 LDR), James Gorman (10th-'95), Robert Darling (22nd-'95), Brock Hinzmann (23rd-'95), and Kim Lilot (23rd-'94), along with Stanbridge himself. The talent here is so deep that in 1993 some 18 fellows dipped under 17:00 in the 5 km at the Davis Turkey Trot, according to Stanbridge.

And so it goes with Excelsior. The club scrapbook includes such luminaries as Jan Serhsen—a 29 minute 10 km open runner who "put the club on the map" back in the 70's—says Alan; Bill Sevald (30:50 10 km/2:23 masters runner); Jeff Wall (50 km masters record holder); Steve Ferraz (4:17 masters miler); Jim Press (30:50 masters 10 km), 27:58-6 miler Jerry Jobski; 2:16-marathoner Don Paul (who broke Wall's 50 km record); and low 2:20's marathoners Ernie Rivas and current club regular Bob Darling. It's an impressive mosaic of achievement, and one still in development.

Although he runs at the moment without a supporting cast of 50-to-59 year olds, member Ewar Gordillo

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## LDR Team Preview

*Contd. from page 12*

is doing quite well by his lonesome as he currently ranks second on the PA points list behind Empire's Dan Preston. In two to three years, look for a strong senior team built around Gordillo.

In closing this club piece, special mention must be made of Magic Sports & Runners Feet of Burlingame, a sports shop supplying the club with low cost uniforms and shoes.

### Buffalo Chips

No survey of the PA club scene would be complete without mention of one of the largest and most colorful entities, the Sacramento-based Buffalo Chips.

Training director and solid senior competitor George Parrott, one of the long time leaders of the Chips, provided the following picture of the "herd":

The Buffalo Chips running club is committed to providing support for fitness to the full range of participants from beginners to Olympic trialists and international team members. Towards these goals, workouts on Tuesday evening (5:30 p.m. at the end of Spanos Court off Howe Avenue) serve groups from walkers to sub 2:20 marathoners. More than 100 participants regularly attend the Tuesday sessions which began some 15 years ago for only a group of Chip Women and now are coed.

While the club has been around since 1974, the early core members were pretty serious male runners as few women ran in those "dark ages." The current workout/training program was started in 1980 to serve just a small group of females, and still today the herd has a very strong emphasis on supporting women's running. Chip women's teams have won the national title at the marathon distance, and three times won the open team title at Boston. This past year, Chips women have won both the half-marathon and marathon team titles in the PA Grand Prix. The Chips won master's women's team title at Boston in '94 as well.

Top **open women** marathoners in the club over the last decade include Eileen Claugus-Taylor, Christine Iwahashi, Cindy Scott, Theresa McCourt, Francie Benson, Connie Kondo and Karen Coe. **Masters** standouts who helped establish the Chips regional impact include Joan Reiss, Heidi Skaden et al, continuing the tradition these days, Sharlet Gilbert, Cynci Calvin, Ann Veling, Pam Cantelmi, and Patricia Story. This year will see the transition of Claugus-Taylor, Iwahashi, and Scott to the master's ranks, so the Chips should continue to do well in that division.

A cadre of younger women are now starting to make their presence known on the roads, particularly at the marathon distance. Led by Carol Parise at 3:02 in the '94 Cal-International Marathon, there were new faces emerging to challenge the 3:00 threshold including Jennifer Devine, Meg Svoboda, Laura Kulsik, and Jody Newman.

1994 marked the first time a Chips **men's team** had copped a national title with their win at the 100 km Championship and a repeat performance this last February. Currently, the Chips most famous male runners are ultra runners Rich Hanna and Tom Johnson. These superb athletes have been 1-2 not just in local races, but on the U.S. International Team, and have been ranked the top two ultra runners for 1994 by Ultra Running Magazine (Tom was ranked number one).

Other outstanding ultra runners include Greg Miller, Rick Simonsen, Mike Gottardi, Brad Lael, Rae Clark,

Ray Scannell, Herb Tanzer, Dana Gard, and Dave Warady. Miller, Lael, and Gottardi are also sub-2:30 marathoners on the roads.

In the more mature divisions, Carl Ellsworth turns 65 this year after totally dominating the USTAF 60-64 division, and he continues to set new standards for all on the men's side, though the club's record holder, Paul Reese, left benchmarks not easily erased. Myra Rhodes is programmatically setting new all-time personal bests for herself and her age group (60-65), and is challenged to attain the achievements of the internationally-known club's standard bearer: Helen Klein. Po Adams and Helen now set records in the 70+ **Division**.

Outstanding and invaluable club efforts are contributed to the running community by Cynci Calvin (newsletter editor), Laura Kulsik (graphics, etc.), Carol Parise (newsletter work + Buffalo Stampede race director), Joe Staats (president), Greg Soderland (video + special event director), and Lee Rhodes (equipment management). Dave Ragsdale (Susan B. Anthony race director + regional travel), Dick Kinter (membership), Steve Topper (treasurer and club uniform sales), and George Parrott (workout coordinator + national/international travel) contribute as well. The Chips newsletter won recognition as the "Best newsletter in the U.S. (large club division)" from the RRCA in 1993 and is up for that citation again in 1995.

Clearly tilted towards marathoning and ultra-marathoning, how are the Chips faring on the LDR circuit these days? Answer: very well in the **open and masters women's** divisions (3rd and 2nd through the '95 Reno 15 km, respectively) with Theresa McCourt (14th-'95 LDR), Connie Kondo (17th-'95), Francie Benson (9th-'94) and Christine Iwahashi (21st-'94) leading the **open women**. Kathy Ward (3rd-'95), Vicki Pell (9th-'95), Cynci Calvin (11th-'95), Cindy Scott (13th-'95), and the prolific Sharlet Gilbert (20th-'95) head an excellent **master's** cast.

Meanwhile, the **master's men** rank 7th thus far this year, the **senior men** list at 4th (led by Mike Ammon, 10th-'95), and the **super-senior women** lead the PA with its only scoring trio thus far, with Myra Rhodes (1st-'95) and Po Adams (3rd-'95) the leading individuals. Unfortunately for the PA LDR season, but quite fortunately for the PA Ultra Grand-Prix, the Chip's most talented **open and masters men** largely eschew anything under a marathon. Look for them to score well at the Clarksburg 30 km and CIM Marathon LDR events, however.

The club is always looking for new members and encourages same to attend workouts and travel. Those looking to join the Chips can contact the Chips hotline at (916) 923-4202. The Chips obviously have a lot to offer, as they have professionalized their operation in terms of event organization, organized travel, racing opportunities, and newsletter coverage to an extent perhaps unmatched in the Pacific Association.

### Ryan's Sports

Ryan's Sports, the last PA club surveyed here, is the PA's smallest. In reality, they have differed from every other club save the Aggies and Impalas in that they have specifically been a racing team. Indeed, until just this year, they have been a closed entity to the general public, and have only added new members upon individual coaching requests made to long-time club coach and guiding force Gary Goettelmann.

Such a private policy—combined with the great success of their athletes over the years—has fostered

charges of elitism and aloofness within some Bay Area quarters. Upon talking with Goettelmann, however, the impression was left of an operation strongly dedicated to each and every club athlete's best interests, no matter how that policy actually translated in terms of the club's PA public presence.

Goettelmann—a man of strong convictions who does not suffer fools or uninformed queries very well—is the heart and soul of the Ryan's team. The club's story must begin with him, and Gary's coaching roots began at Monterey Peninsula College over two decades ago. With a philosophy shaped by his association with Hungarian and L.A. Track Club coaching legend Lazlo Tabouri, Goettelmann achieved notable results at Monterey CC.

When Gary left Monterey in the early 70's to manage Santa Clara's Ryan's Sports (which happens to currently be the oldest Sports Shop in at least the west), he took over from Mike Ryan himself (who had won Boston way back in 1912!). In doing so, Gary maintained coaching ties with some of his former Monterey CC charges, and the Ryan's Racing Team was soon born.

At the same time, Goettelmann continued his own successful running career, which particularly blossomed during his sub-masters and masters years, with a 2:23 marathon at age 38 and a sub-31:00 10 km as a masters being among his many stellar achievements. Indeed, Gary was a primary figure of the old West Valley Track Club contingent of the 60's and 70's, which ranked as one of the nation's finest racing teams year in and year out with major contributions supplied by Gary, Bill Clark, Tom Laris, and world-class 5 km runner Duncan McDonald, among many others.

From the 70's until just this year, Gary has taken in runners via word of mouth, after agreeing only to accept those who showed a willingness to pay the price for success with consistent hard work and an open attitude towards helping others on the team with moral and technical support.

His methods have reaped remarkable success over the span of two decades, as some of Gary's most notable clients have been 1988 Olympian Nancy Ditz (2:30:14 marathon), 2:38 marathoners Eileen Claugus and Karen Schulte, and current

star and 2:28 marathoner Maria Trujillo. As far as Gary can recollect, some 20-25 2:40ish female marathoners have trained under his tutelage at some point, with many going on to national stardom and shoe contracts. At the 1992 Olympic Marathon Trials in Houston, six of Gary's runners were in the field, including current pupils Trujillo and Rosa Gutierrez.

Among Gary's most noteworthy male runners have been current U.S. masters marathon standout Dennis Kurtis, John Supp, Jeff Hacker, and Bay Area heavy-weight Rich McCandless, among a cast of several dozen. (McCandless, recovering from hamstring trouble, is poised to return to hard racing next year as a newly-minted master runner, according to Goettelmann).

Gary has coached without fee, and continues to support his racing team with sports shop apparel and shoes. Club awards are also given, depending on one's ranking in a club-devised points system, with PA-LDR events comprising the bulk of the schedule.

The only Ryan's team presently scoring on the 1995 PA-LDR circuit is the **women's open team**, which is leading the pack, as they did at the end of 1994. Their

*Contd. on page 15*

# 55 yr-olds Vasquez and Miller Shine Brightest at Cox Cable

By Mike Weddington

David Welsh and Maria Trujillo surged away from deep fields to win the men's and women's races at the PA-LDR 10 km championships at the Cox Cable run in Eureka August 6. Mark Conover and Terry Adams-Schmidt, meanwhile, maintained their seasonal LDR point leads with strong 6th and 3rd place overall performances here, respectively.

The real stars this day, however, were 55 year-old wonders Sal Vasquez of the West Valley Joggers and Striders and Barbara Miller of the West Valley Track Club. Runners in the 55-to-59 division are typically rather easy to overlook in the results, as their accomplishments are often eclipsed by incoming masters and senior runners who still run like they belong in their prior divisions. Not here.

Dipsea King Sal finished an amazing 6:33 ahead of his nearest 55-59 competitor here, Ken Noel of San Jose. Barbara crossed the line 3:18 in front of her nearest sub-age group rival, Louise Walters of Foresthill and Impala (it was only that close because Walters also happens to be national class in the 55-59 age division). Sal's time of 33:39 took the senior division overall by 1:51 over senior LDR points leader Dan Preston of Empire, while Barbara's superlative 40:37 not only led the women's 50+ ranks over Walters, but would have also placed her 3rd in the Men's 55-59 subdivision! While not quite of the Sister Marion Irvine or Shirley Matson world-best category, Miller joins Vasquez as having achieved general world-class status for the 55-59 age division.

## Stellar Age-Group Performances

There were several other national-class performances here to behold in this evolving lumber town of 24,000: Mark Conover's 30:51 at age 35, Miguel Tibuadiuza and Dan Aldridge's 31:06 and 31:44 at 38, respectively (and with Aldridge just coming off of a bout with 'walking pneumonia'); Francesjohn Gailson's 31:25 at 41 and Lloyd Stephenson's 31:39 and Derrick May's 31:47 at age 40, respectively; Jim Tracy's 33:06 and Charles Thompson's 33:22 at the same age of 45; Dan Preston's 35:30 at 53; Jim Reitz's 35:48 at 51; Carl Ellsworth's 40:35 at 64; Bill Stowell's 45:04 at 67; and Frank Cunningham's 49:05 at the golden age of 72.

In female territory, Maria Trujillo's winning 34:33 at age 35, Terry Adams-Schmidt's 35:55 at 39, Kathy Wardes 37:15 at 40, Cvnai Calvin's 42:47 and Jessie Stratton's 43:04 at 49, Walters' 43:55 at 55, Myra Rhodes' superb 47:50 at 63, and Po Adams' 64:41 at 71 were all outstanding age-group marks.

The observant reader will note that no 19-34 year old runners were mentioned above. That is the result of at least two factors: first, whereas there are no truly magnetic national and world championships today that engage the minds and

bodies of masters and seniors runners in this nation and abroad (at least, not quite yet) to the extent that the Olympics and current IAAF World Championships do for open athletes, the very best regional masters and seniors can be often found at regional championships like these. The very best regional open runners, however, like Matt Guisto and Linda Somers, will most likely be found at truly national or world-class competitions. Second, the remaining top regional open runners like David Welsh and Mark Conover on the Men's side and Maria Trujillo and Lynn Nelson on the Women's often "train through" regional competitions like Cox Cable in preparation for events like the Olympic Trials in 1996, thereby saving their best for the biggies.

## The Race

After being metamorphosized last year into an elite-level event in order to raise funds for Humboldt State grad Mark Conover's inspiring fight against Hodgkin's Disease and other area charities, the Eureka Cox Cable 10 km matured into a staple PA Championship event this year as it attracted for the second year in a row a deep field of mostly out-of-town runners.

Offering some \$3,000 in overall prize money—largest largely and generously provided by the local Cox Cable Corporation—the event again impressed with a course marked at every mile, terrific downtown traffic control, enthusiastic volunteers, and a well-organized start and finish area and awards ceremony. Race director Mike Williams of the local Humboldt TC and chief assistants Wendy Purnell and Dorothy Lovfald of Cox Cable warrant high praise for their good work, while Total Race Systems of San Rafael efficiently generated the results.

After the starting gun, a group that included Arkansas grad David Welsh, Humboldt Track Club mates Scott Pesch, Pete Oviatt, and Corey Trovinger, Reebok Aggies Brent Griffiths and Mark Conover, and Modesto's Stephen Isbel soon moved to the front. With defending 29:50 champ Brian Abshire missing from the event, as well as HSU alum Danny Grimes' Idaho group of a year ago, and with the Silver State team largely out of shape and kilter as compared to 1994, this lead pack would not be challenged today.

Midway through the 6.2 mile, mostly flat and rather roughly paved course, a quartet of Griffith, Welsh, Oviatt and Pesch separated themselves from the field with surges that placed each in the lead at some point. All were within striking distance of the win with a half-mile to go until 28:52 PR 10 km road achiever Welsh bolted for the line and a 30:28 win (4:54 pace). Left in the 24 year-old Razorback's wake were Pesch (30:33), Griffiths (30:37) and Oviatt (30:40).

For Welsh, who contributed well to Arkansas' unparalleled distance fortunes until graduation in 1992, this event served as speedwork in his

preparation for the 1996 Olympic Marathon Trials, for which he hopes to qualify for with a 2:15-range performance in the Columbus (Ohio) Marathon in November. A former 8:58 3200m prep trackster at Northern California's prep equivalent of Arkansas-Jesuit High in Carmichael—David is currently sponsored by Nike. Second place finisher and HSU grad Pesch, meanwhile, surprised many with his fine 30:33 on this rather warm and sunny morning. Contributing much of his improved fitness to a 3500 mile bicycle tour in 1994, during which he pedaled with fellow club mates and other PA buddies to every major league baseball park over a six month period (!), Scott now feels confident enough to try qualifying for the Olympic Trials 3000m steeplechase in 1996.

The men's open team race was unofficially won by the relentless Aggies, who outscored a game local Humboldt T.C. outfit with more depth. The very steady Empire Runner men finished third. In the men's masters 40-49 PA competition, the aforementioned Excelsior sidekicks Gailson and Stephenson went 1-2, with mates Jim Tracy, Charles Thompson, and Jim Gorman rounding out an awesome quintet. WVJS were apparently second in the team tussle. The seniors were, of course, led by Vasquez, Preston and Reitz, and it looked to be a clean sweep of the senior, super senior, and veteran team competitions by WVJS, as leading trios of Vasquez, Reitz, Chimenti (50-59); Napier, Flodberg, and Gregson (60-69), and Cunningham, Demartinis and Powers (70-79) dominated each respective division.

In the women's open race, it was a two-women tangle as Ryan Sport's Trujillo (still 8th all-time on the U.S. marathon list at 2:28:53) and Lynn Nelson of Impala (still 8th all-time on the U.S. track 10 km list at 31:51) pushed each other to sub-35:00 and sub-5:40 a mile pace clockings. Maria, who favors this course's long straightaways laid out on Old Town Eureka's industrial waterfront, pulled away from Nelson over the last two miles in bettering her course record of 34:50 of a year ago by 17 seconds. Finishing in 4th behind Adams-Schmidt was apparent teammate Staci Snider of Reno in a good 36:19, with Buffalo Chipper and first master Kathy Ward 56 seconds in arrears in fifth (37:15).

The women's open team title was still open to question as of this writing, with Trujillo's Ryan's team contesting the Reebok Aggies and Silver State for the win.

Finishing second in the masters competition was 40 year old Elizabeth Edwards in a swift 38:35 (13th overall), thereby placing her into contention with Christine Kennedy for the overall LDR masters seasonal points crown. Third master was Darlene Wallach, who as she often does, dropped down to the open division

*Contd. on page 15*

### Cox Cable 10 km

*Contd. from page 14*

here in order to help out her Ryan's open teammates (Darlene ran 39:46 for 19th overall). Led by Ward, the Chips apparently secured an easy masters team title, with a surprising and possibly official second earned by a local Humboldt TC trio.

The Women's Seniors were led by the fabulous Miller of WVTC (who strengthened her hold on the overall LDR points race over her teammate Joan Ottaway) and Walters of Impala, with Edda Stickle of Tamalpa running a fine 45:29 for third. The super senior women were guided by Myra Rhodes of the Buffalo Chips and her national-class 47:50 mark, and the remarkable Po Adams of the Chips was apparently the only veteran woman to finish. There were seemingly no complete senior-level teams in the event.

### Closing Notes

There were 218 total finishers in this year's event—down from last year's 255, with the difference due to the lack this year of the non-PA elite runners who came a year ago in honor of Conover. There were also some 30 finishers this year in the kid's 50, 100, and 200 meter dashes, and about 50 participants in the two-mile fun run and walk. Although not large numbers, these turnouts will still generate significant funds for local charity, as Cox Cable underwrites the whole affair.

As noted earlier, the quality of the fields was excellent, in PA terms. This is all the more impressive when considering the commuting distances involved. For example, it is about 275 miles from San Francisco to Eureka, about 55 miles farther than the commute to Reno for the Silver State 15 km for Bay-area runners. And yet, this is the kind of rugged commute that the Humboldt TC (and Silver State from Reno) has been willing to regularly make to many PA events over the last few years. And so, despite the inconvenience to many Bay Area-based clubs and individuals, it seems only fair to maintain Humboldt County and Reno-Area based racing venues on the schedule in recognition of the dedication consistently demonstrated by these active and successful—if distant—clubs. And besides, it's a fine excuse to get away for a weekend.

### Cox Cable PA-10 km Championships, Eureka, Calif., August 6

Men's Open				Women's Open			
Rank	Name	Club	Time	Rank	Name	Club	Time
1	David Welsh	Unat	30:28	1	Maria Trujillo	Ryan's	34:33
2	Scott Peschnatt	Humboldt TC	30:33	2	Lynn Nelson	Impala	34:45
3	Brent Griffiths	Aggies	30:37	3	Terry Ad.-Schmidt	Silver State	35:55
4	Pete Oviatt	Humboldt TC	30:40	4	Staci Snyder	Silver State	36:19
5	Stephen Isbel	Unat (?)	30:46	5	Lisa Geoffrion	Aggies	37:26
6	Mark Conover	Aggies	30:51	6	Kristen Jacobs	Ryan's	37:30
7	Corey Trovinger	Humboldt TC	30:55	7	Joanne Slater	Humboldt TC	37:35
8	Miguel Tibaduiza	Silver State	31:06	8	Monica Townsend	Aggies	37:49
9	Robert Anex	Aggies	31:12	9	Laura Sanchez	Ryan's	38:13
10	Joe Rubio	Aggies	31:12	10	Carolyn Oviatt	Humboldt TC	38:18

### Men's Masters

1	Francesjohn Gailson	Excelsior	31:25
2	Lloyd Stephenson	Excelsior	31:39
3	Derrick May	Unat (?)	31:47
4	Jim Tracy	Excelsior	33:06
5	Gustavo Figueroa	Silver State	33:14

### Men's Seniors

1	Sal Vasquez	WVJS	33:39
2	Dan Preston	Empire	35:30
3	Jim Reitz	WVJS	35:48
4	Ewar Gordillo	Excelsior	35:57
5	Peter White	Unat (?)	36:04

### Men's Super Seniors

1	Carl Ellsworth	BuffaloChips	40:35
2	Ken Napier	WVJS	44:34
3	Bill Stowell	Unat (?)	45:04

### Men's Veterans

1	Frank Cunningham	WVJS	49:05
2	Stan DeMartinis	WVJS	50:56
3	Howard Powers	WVJS	51:32

### Women's Masters

1	Kathy Ward	Buffalo Chips	37:15
2	Elizabeth Edwards	Unat	38:35
3	Darlene Wallach	Ryan's	39:46
4	Joan Dahlkötter	Aggies	41:29
5	Bev Marx	WVTC	42:41

### Women's Seniors

1	Barbara Miller	WVTC	40:37
2	Louis Walters	Impala	43:55
3	Edda Stickle	Tamalpa	45:29
4	Arlene Bidwell	Unat (?)	76:15

### Women's Super Seniors

1	Myra Rhodes	Buffalo Chips	47:50
2	Lynn Lawrence	Unat (?)	60:43

### Women's Veterans

1	Po Adams	Buffalo Chips	64:41
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**Note about LDR Grand Prix Points**  
Due to the proximity of the Cox Cable event to this issue's deadlines, LDR point totals are not available. See next issue.

## 1995 PA/USATF LDR Road Championship Schedule

(Revised August 7, 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-comers
✓ June 4, 1995	Reno Air 15 km, Reno	All	1.0 indiv. 2.0 teams	\$3,050 min.
X June 25, 1995	Mother Lode M	<b>CANCELLED</b>		
✓ August 6, 1995	Cox Cable 10 km, Eureka	All	1.0	\$2,000 PA + \$1,500 all-comers
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.

### LDR Team Preview, Contd. from page 13

chief competitors this year thus far are surprising Silver State and the Buffalo Chips, with depleted rivals Impala and the Reebok Aggies ranking with very distant 6th and 7th places through Reno Air. The Ryan's team is led as usual by Trujillo (2nd-'95 LDR), Laura Sanchez (4th-'95), Rosa Gutierrez (9th-'95), Kristen Jacobs (10th-'95), Tamara Lave (12th-'95) and Betsy Diaz (22nd-'95). Lone masters Grand Prix scorer Darlene Wallach (4th-masters '95 LDR) occasionally drops down to help fill the open team out.

Like the Aggie and Impala women, the Ryan's

open team is really only an injury or pregnancy or two away from suffering from incompletes at team events (the Aggie and Impala groups already feel the effects of attrition). Talent is not a problem with Ryan's, but the team could use another member or two.

After tying for a credible 6th place on the LDR circuit last year, the Ryan's open men have been out of sight thus far in 1995. In '94, they were paced by club veteran Jeff Hacker (7th-'94 LDR) and brief Middle-Eastern sensation Azzeddine Sakhri.

As mentioned above, coach Goettelmann is opening the club up this year for the first time to the public.

He plans to "step back and let others take over some of the load," as his coaching will be less hands-on. He welcomes all levels of runners, not just the "elite," as long as the prospective member is willing to consistently work hard with a genuine commitment to improvement. Through it all, Gary will also continue to stress the importance to everyone under his watchful wing the primacy of working together and playing together within a mutually supportive team atmosphere—one dedicated to having fun as much as to achieving excellence. Contact him at the store at (408) 985-6886 if interested.

# Results of Pacific Association Athletes in the Junior Olympic National Championships

July 25-30, San Jose, Calif.

## Bantam Boys 100 M DASH

Pl	Last Name, First	Club/Hometown	Mark
2.	Ferguson, James	3M TRACK CLUB	13.37
4.	Wright, Eric	SAN FRANCISCO STRID	13.49
6.	Casteel, Brenton	SAN FRANCISCO STRID	13.53

## Bantam Boys 400 M DASH

3.	Airola, John T.	JAGUAR TC	1:00.19
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## Bantam Boys 800 M RUN

3.	Airola, John T.	JAGUAR TC	2:21.73
7.	Clark, Zach	DIABLO VALLEY TC	2:26.96

## Bantam Boys 1500 M RUN

11.	Clark, Zach	DIABLO VALLEY TC	5:08.58
16.	Guzman, Oscar G.	JAGUAR TC	5:17.15
17.	Peterson, Thomas	SILVERWINGS	5:18.97

## Bantam Boys 1500 M RACE WALK

5.	Thomas, Maurice	STOCKTON ST. GEORGE	9:01.59
11.	George, Austin	WESTWIND FLYERS	10:04.83

## Bantam Boys SHOT PUT

9.	Golik, Chris	SANTA ROSA EXPRESS	8.62
18.	Hammerquist, Kyle	3M TRACK CLUB	7.47

## Bantam Boys LONG JUMP

3.	Couttlen, Lamarr	3M TRACK CLUB	4.56
8.	Smith, Clifton B.	JAGUAR TC	4.28
13.	Ferguson, James	3M TRACK CLUB	4.12
17.	Taylor, Eric	WESTSIDE KICKERS TC	3.96

## Bantam Boys HIGH JUMP

6.	George, Austin	WESTWIND FLYERS	1.35T
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## Bantam Boys 4 X 100 M RELAY

2.	SAN FRANCISCO STRIDES	San Francisco CA	53.91
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## Bantam Boys 4 X 400 M RELAY

5.	JAGUAR TC	Fresno CA	4:35.00
7.	BILLY HUTTON TC	Daly City CA	4:36.84

## Bantam Boys TRIATHLON

4.	George, Austin	WESTWIND FLYERS	TOTAL 677
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## Bantam Girls 100 M DASH

1.	Champion, Courtney	BILLY HUTTON TC	13.39
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## Bantam Girls 400 M DASH

7.	Craddock, Cheri	3M TRACK CLUB	1:06.60
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## Bantam Girls 800 M RUN

12.	Mcperson, Cherie	GOLDEN STATE TC	2:41.35
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## Bantam Girls 1500 M RUN

11.	Mcperson, Cherie	GOLDEN STATE TC	5:26.37
12.	Nelson, Nicole	SANTA ROSA EXPRESS	5:27.04
19.	Randazzo, Jennifer	Fremont CA	5:40.73

## Bantam Girls 1500 M RACE WALK

2.	Boyle, Sarai	WESTWIND FLYERS	8:49.65
6.	Young, Sabrina	WESTWIND FLYERS	9:36.32
15.	Haynes, Vanessa	CLASSIC TC	10:24.52

## Bantam Girls LONG JUMP

3.	Phifer, Brandi	JAGUAR TC	4.17
11.	Tracy, Devon	BILLY HUTTON TC	3.94
12.	Nelson, Nicole	SANTA ROSA EXPRESS	3.86
13.	Lodree, Ashley	BAY AREA TC	3.86

## Bantam Girls HIGH JUMP

10.	Nelson, Amy	SANTA ROSA EXPRESS	1.15
12.	Ciapponi, Nikki D.	Fresno CA	1.15
16.	Allen, Charlotte	SANTA ROSA EXPRESS	1.05

## Bantam Girls 4 X 100 M RELAY

6.	3M TRACK CLUB	Castro Valley CA	56.32
8.	BILLY HUTTON TC	San Francisco CA	57.01

## Bantam Girls TRIATHLON

9.	Tracy, Devon	BILLY HUTTON TC	TOTAL 903
19.	Nelson, Amy	SANTA ROSA EXPRESS	TOTAL 678

## Midget Boys 100 M DASH

2.	Dosty, Maurice	KIDS ON TRACK	11.77
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## Midget Boys 200 M DASH

1.	Dosty, Maurice	KIDS ON TRACK	23.99
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## Midget Boys 400 M DASH

8.	Quinley, Trevell	GOLDEN STATE TC	1:00.37
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## Midget Boys 800 M RUN

2.	Wamer, Marshall	JAGUAR	2:13.83
12.	Concha, Chris	SILVER STATE STRIDE	2:23.04

## Midget Boys 1500 M RUN

11.	Concha, Chris	SILVER STATE STRIDE	4:49.31
15.	Collins, Paul	PLEASANTON HEAT TC	4:53.84

## Midget Boys 3000 M RUN

15.	Randazzo, Michael	Fremont CA	10:36.42
17.	Lyle, Shaun	Trinidad CA	10:40.09

## Midget Boys 1500 M RACE WALK

1.	Lederman, Carl	DIABLO VALLEY TC	7:44.78
10.	Boyle, Scott	WESTWIND FLYERS	8:57.18
13.	Washington, Floyd	ST. GEORGE TRACK CLUB	9:42.28

## Midget Boys SHOT PUT

1.	Juarez, Nathan	SAN JOAQUIN VALLEY	13.80
8.	Armon, Marchaune	GOLDEN STATE TC	12.57
9.	Smith, Roger	Santa Clara CA	11.95
11.	Oliver, Marcus	RENAISSANCE	11.91

## Midget Boys DISCUS

9.	Rooters, Chester	Fresno CA	26.72
10.	Smith, Roger	Santa Clara CA	26.34
12.	Oliver, Marcus	RENAISSANCE	25.16

## Midget Boys LONG JUMP

1.	Quinley, Trevell	GOLDEN STATE TC	5.50
2.	Stone, Taj	CLASSIC TC	5.24
3.	Jones, Paul	BILLY HUTTON TC	5.23
14.	Klavon, Evan	JAGUARS	4.58

## Midget Boys HIGH JUMP

3.	Grancies, Courtney	SAN JOAQUIN VALLEY	1.55
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## Midget Boys 4 X 100 M RELAY

5.	BILLY HUTTON TC	Winton CA	50.18
7.	KIDS ON TRACK	Stockton CA	51.64

## Midget Boys 4 X 800 M RELAY

16.	GOLDEN STATE TC	San Jose CA	10:31.41
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## Midget Girls 80 M HURDLES

3.	Bethel, Dana	SILVER WINGS	13.21
4.	Gates, Brandi	BAY AREA TC	13.31
6.	Huey, Tiffany	BAY AREA TC	13.37

## Midget Girls 100 M DASH

6.	Keith, Katrina	BAY AREA TC	12.97
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## Midget Girls 200 M DASH

8.	Jones, Michelle	ACORN TC	26.67
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## Midget Girls 1500 M RUN

17.	Schweitzer, Marefaith	Marysville CA	5:17.07
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## Midget Girls 3000 M RUN

5.	Schweitzer, Marefaith	Marysville CA	11:07.15
19.	Radanyi, Theresa	SANTA CRUZ TC	12:03.19

## Midget Girls 1500 M RACE WALK

1.	Ackeret, Ericka	San Jose CA	7:27.54
9.	Miller, Jackie	WESTWIND FLYERS TC	9:12.26
18.	Chambers, Rayshell	TONY WILLIAMS TC	10:24.22

## Midget Girls SHOT PUT

5.	Hill, Lasha	3M TRACK CLUB	10.29
7.	Muratore, Toni L.	Merced CA	10.14
11.	Kirkwood, Sabrina	BILLY HUTTON TC	9.82
16.	Harvey, Stacey	3M TRACK CLUB	9.22

## Midget Girls DISCUS

5.	Kirkwood, Sabrina	BILLY HUTTON TC	25.58
12.	Vamado, Nicole	3M TRACK CLUB	20.80

## Midget Girls LONG JUMP

2.	Robinson, Sharonda	SF STRIDERS TC	4.83
4.	Mehserle, Marikka	NAPA TC	4.79
7.	Allen, Heather	WESTWIND FLYERS TC	4.64
12.	Bethel, Dana	SILVER WINGS	4.54

## Midget Girls HIGH JUMP

2.	Muratore, Toni L.	Merced CA	1.60
10.	Bethel, Dana	SILVER WINGS	1.40
15.	Nolte, Amber	SILVER STATE STRIDE	1.35

Note: We apologize for any errors or omissions. These results were manually sorted from more than 100 pages of results of 5,000-plus athletes. Athletes who finished 20th or lower are not included.

Contd. on page 17



**Junior Olympic Results,***Contd. from page 16*

<b>Midget Girls 4 X 100 M RELAY</b>		
3.	BAY AREA TC	Richmond CA 51.31
<b>Midget Girls 4 X 400 M RELAY</b>		
6.	ACORN TC	Oakland CA 4:12.83
<b>Midget Girls 4 X 800 M RELAY</b>		
13.	SAN JOAQUIN VALLEY	Reedley CA 10:54.12
<b>Youth Boys 100 M HURDLES</b>		
7.	Ryan, Chucky	SANTA ROSA EXPRESS 14.50
<b>Youth Boys 200 M DASH</b>		
6.	Washington, Maurice	KIDS ON TRACK 23.17
8.	Scott, Delano	WESTSIDE KICKERS TC 23.33
<b>Youth Boys 400 M DASH</b>		
5.	Washington, Maurice	KIDS ON TRACK 52.14
<b>Youth Boys 1500 M RUN</b>		
7.	Avila, Daniel	SAN JOAQUIN VALLEY 4:19.92
<b>Youth Boys 3000 M RUN</b>		
6.	Avila, Daniel	SAN JOAQUIN VALLEY 9:33.21
7.	Abdufetaf, Mohammed	Daly City CA 9:41.02
8.	Schweitzer, Sasha	Marysville CA 9:42.48
19.	Gallegos, Andrew	BILLY HUTTON TC 10:15.87
<b>Youth Boys 3000 M RACE WALK</b>		
2.	Williams, Nathan	ST. GEORGE TRACK CLU 16:06.93
9.	Bush, Kelvin	WESTWIND FLYERS 19:48.55
<b>Youth Boys JAVELIN</b>		
9.	Mace, Robert	NAPA TC 37.00
18.	Patterson, John	AUBURN-FOLSOM CA 32.84
<b>Youth Boys LONG JUMP</b>		
6.	Mason, Matthew	GOLDEN STATE TC 5.87
11.	Armon, Juane	GOLDEN STATE TC 5.72
<b>Youth Boys TRIPLE JUMP</b>		
9.	Armon, Juane	GOLDEN STATE TC 11.57
12.	Mason, Matthew	GOLDEN STATE TC 11.40
<b>Youth Boys HIGH JUMP</b>		
1.	Ryan, Chucky	SANTA ROSA EXPRESS 1.90
<b>Youth Boys POLE VAULT</b>		
11.	Serrano, Rey	SILVER STATE STRIDE 2.40
<b>Youth Boys 4 X 100 M RELAY</b>		
1.	WESTSIDE KICKERS TC	Oakland CA 44.99
<b>Youth Boys 4 X 400 M RELAY</b>		
5.	WESTSIDE KICKERS TC	Sacramento CA 3:38.29
<b>Youth Boys 4 X 800 M RELAY</b>		
4.	SAN JOAQUIN VALLEY TC	Reedley CA 9:01.11
8.	JAGUAR TC	Fresno CA 9:08.43
18.	BILLY HUTTON TC	San Francisco CA 9:32.93
<b>Youth Girls 100 M DASH</b>		
6.	Parsons, Tori	PLEASANTON HEAT TC 12.34
<b>Youth Girls 200 M DASH</b>		
1.	Margain, Aisha	ACORN TC 24.74
2.	Sidney, Charkarmaly	Oakland CA 24.76
5.	Hogg, L.jini	BILLY HUTTON TC 25.18
<b>Youth Girls 200 M HURDLES</b>		
3.	Green, Tenia	CLASSIC TC 28.70
<b>Youth Girls 400 M DASH</b>		
5.	Hogg, L.jini	BILLY HUTTON TC 57.26
<b>Youth Girls 800 M RUN</b>		
7.	Slaton, Deanna	CLASSIC TC 2:18.75
<b>Youth Girls 1500 M RUN</b>		
3.	Tibaduiza, Tatyana	SILVER STATE STRIDER 4:45.59
6.	Martinez, Regina	SILVER STATE STRIDER 4:48.09
8.	Martinez, Angelina	SILVER STATE STRIDER 4:48.72
<b>Youth Girls 3000 M RUN</b>		
2.	Tibaduiza, Tatyana	SILVER STATE STRIDER 10:21.64
10.	Trevino, Marcella	SAN JOAQUIN VALLEY 11:05.39
16.	Silva, Marcie	PLEASANTON HEAT TC 11:17.51
<b>Youth Girls SHOT PUT</b>		
7.	Desoto, Tia	Santa Rosa CA 29.90
8.	Carpenter, Rebecca	Santa Rosa CA 28.52
13.	Carpenter, Rebecca	Santa Rosa CA 11.23
<b>Youth Girls JAVELIN</b>		
4.	Carpenter, Rebecca	Santa Rosa CA 31.18
19.	Gulseth, Lisa	PLEASANTON HEAT TC 21.94

**Youth Girls LONG JUMP**

6. Argo, Tracy SILVER STATE STRIDE 5.03

**Youth Girls TRIPLE JUMP**4. Hawkins, Aleshia CLASSIC TRACK CLUB 10.65  
10. Argo, Tracy SILVER STATE STRIDER 10.12**Youth Girls 4 X 400 M RELAY**

3. CLASSIC TC San Jose CA 3:54.72

**Youth Girls 4 X 800 M RELAY**3. SILVER STATE STRIDER Reno NV 9:50.61  
16. SILVERWINGS TC Modesto CA 10:21.70**Intermediate Boys 100 M DASH**

5. Thames, Stephen FAITH TC 10.98

**Intermediate Boys 400 M DASH**

3. Brown, Tim ALAMEDA CCCTC 48.54

**Intermediate Boys 1500 M RUN**5. Fleming, Geoffrey Roseville CA 4:10.43  
12. Concha, Carlos SILVER STATE STRIDER 4:18.02**Intermediate Boys 3000 M RUN**6. Fleming, Geoffrey Roseville CA 9:07.03  
10. Concha, Carlos SILVER STATE STRIDE 9:17.08  
17. Figueroa, Emilianu SILVERWINGS TC 9:24.97**Intermediate Boys STEEPLECHASE**1. Fleming, Geoffrey Roseville CA 6:16.73  
14. Tibiduiza, Ronand SILVER STATE STRIDE 6:57.90**Intermediate Boys SHOT PUT**

4. Badovinac, John SACRAMENTO TC 16.06

**Intermediate Boys DISCUS**

15. Badovinac, John SACRAMENTO TC 43.18

**Intermediate Boys JAVELIN**3. Marum, Nathan NAPA TC 53.88  
4. Pease, Jason MISSION VALLEY TC 53.44**Intermediate Boys LONG JUMP**4. Burns, Samuel ALAMEDA CCCTC 6.76  
7. Knowles, John WESTWIND FLYERS 6.43  
16. Parks, Lawrence OAKLAND PAL 6.04**Intermediate Boys TRIPLE JUMP**9. Stone, Glen CLASSIC TC 12.80  
14. Quarles, Gregg SF SENATORS TC 12.55**Intermediate Boys HIGH JUMP**7. Burns, Samuel ALAMEDA CCCTC 1.90  
18. Bicais, Ben NAPA TC 1.80**Intermediate Boys POLE VAULT**1. Rasmussen, Erik Modesto CA 4.40  
7. Gritz, David NORTH STOCKTON TC 3.95  
17. Phoem, Mao NORTH STOCKTON TC 3.35**Intermediate Boys DECATHLON**

2. Pease, Jason MISSION VALLEY TC TOTAL 2146

**Intermediate Girls 100 M DASH**

8. Shepherd, Daveeta BAY AREA TC 12.07

**Intermediate Girls 100 M HURDLES**2. Shepherd, Daveeta BAY AREA TC 13.82  
3. Bethel, Ashley SILVER WINGS 13.83  
4. Mitchell, Janae Richmond CA 14.12  
5. Neal, Natasha 3M TRACK CLUB 14.14**Intermediate Girls 400 M DASH**

7. Grant, Brandee 3M TRACK CLUB 57.61

**Intermediate Girls 400 M HURDLES**2. Shepherd, Daveeta BAY AREA TC 1:01.16  
3. Neal, Natasha 3M TRACK CLUB 1:02.08**Intermediate Girls 1500 M RUN**

5. Cox, Trina SANTA ROSA EXPRESS 4:52.38

**Intermediate Girls 3000 M RUN**4. Cox, Trina SANTA ROSA EXPRESS 10:47.83  
14. Parker, Jessamyn SILVER STATE STRIDE 12:05.30**Intermediate Girls 3000 M RACE WALK**6. Szody, Brooke Shingletown CA 18:10.04  
7. Gallardo, Vijay ST. GEORGE TRACK CLU 18:20.07  
9. Franz, Beth SILVER WINGS 21:36.54  
12. Victorine, Sarah NO CAL CHEETAHS 22:11.75**Intermediate Girls SHOT PUT**1. Ross, Chaniqua UNITY 13.61  
9. Thiel, Amy MISSION VALLEY 11.11*Contd. on page 18*

## Junior Olympic Results,

*Contd. from page 17*

### Intermediate Girls DISCUS

4.	Ross, Chaniqua	UNITY	41.34
8.	Thiel, Amy	MISSION VALLEY	34.70

### Intermediate Girls JAVELIN

7.	Lindsay, Adriene	NAPA TC	31.16
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### Intermediate Girls LONG JUMP

1.	Bethel, Ashley	SILVER WINGS	5.87
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### Intermediate Girls HIGH JUMP

2.	Bethel, Ashley	SILVER WINGS	1.70
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### Intermediate Girls 4 X 400 M RELAY

6.	3M TRACK CLUB	Castro Valley CA	3:55.79
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### Intermediate Girls HEPTATHLON

1.	Bethel, Ashley	SILVER WINGS	na
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### Young Mens 100 M DASH

7.	Spence, Jerome	ALAMEDA CCCTC	10.82
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### Young Mens 200 M DASH

2.	Levingston, Bashir	MONTEREY BAY JAGUAR	21.42
6.	Charles, Felton	SAN FRANCISCO SENAT	21.79

### Young Mens 800 M RUN

3.	Johnson, Christopher	QUICKSILVER TC	1:53.63
8.	Morton, Jeramore	SAN FRANCISCO SENAT	1:57.30

### Young Mens 1500 M RUN

2.	Asmeron, Bolota	SAN FRANCISCO SENAT	4:01.55
9.	Brecht, Dan	SANTA ROSA EXPRESS	4:08.39

### Young Mens 5000

1.	Asmeron, Bolota	SAN FRANCISCO SENAT	15:16.48
8.	Schweitzer, Joshua	Marysville CA	15:57.10

### Young Mens STEEPLECHASE

1.	Lyon, Jeremy	Hesperia CA	5:59.40
4.	Egerton, Peter	SANTA ROSA EXPRESS	6:11.38
5.	Brecht, Dan	SANTA ROSA EXPRESS	6:13.25

### Young Mens SHOT PUT

3.	Kalihiwa, Solomon	FAITH TC	16.97
6.	Warren, Ihsan	ALAMEDA CCCTC	16.16
13.	Young, Joshua	San Jose CA	14.68

### Young Mens DISCUS

5.	Kalihiwa, Solomon	FAITH TC	51.02
7.	Warren, Ihsan	ALAMEDA CCCTC	49.24
8.	Jauron, Lance	UNITY TC	48.42

### Young Mens JAVELIN

3.	Lilenthal, Chip	NAPA TC	56.36
15.	Warren, Ihsan	ALAMEDA CCCTC	45.64
16.	Adler, Greg	MISSION VALLEY TC	44.70

### Young Mens LONG JUMP

2.	Mcgee, James	SAN FRANCISCO SENAT	7.28
11.	Wright, Jo Jo	San Jose CA	6.63

### Young Mens TRIPLE JUMP

17.	Guzman, Jesse	Alhambra CA	13.31
18.	Augustine, Joe	FAITH TC	13.23

### Young Mens HIGH JUMP

11.	Augustine, Joe	FAITH TC	1.90
16.	Kozuki, Todd	SAN JOAQUIN VALLEY	1.85
17.	Johnson, Tony	Campbell CA	1.85

### Young Mens POLE VAULT

1.	Wenholz, Scott	Gilroy CA	4.70
6.	Paramo, Nick	Lemoore CA	4.55
10.	Gubser, Stefan	SALINAS VALLEY TRAC	4.40
13.	Pickett, Brad	Bloomington CA	4.25

### Young Mens 4 X 100 M RELAY

2.	ALAMEDA CCCTC	Oakland	40.89
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### Young Mens 4 X 800 M RELAY

4.	SAN FRANCISCO SENATORS		7:59.38
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### Young Mens DECATHLON

3.	Leonard, Patrick	SANTA ROSA EXPRESS	TOTAL 2650
14.	Hart, Bevan	FAITH TC	TOTAL 2422

### Young Womens 100 M HURDLES

2.	Grant, Ayana	Oakland CA	14.06
5.	Totimeh, Deaweh	SF SENATORS	14.53
6.	Polk, Angela	Cerritos CA	14.71

### Young Womens 400 M HURDLES

1.	Stewart, Charon	3M TRACK CLUB	1:01.55
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### Young Womens 800 M RUN

6.	Threatt, Candance Mil	ALAMEDA CCCTC	2:17.81
----	-----------------------	---------------	---------

### Young Womens 1500 M RUN

5.	Schweitzer, Sarabeth	Marysville CA	4:41.97
12.	Renteria, Lisa	Los Gatos CA	4:58.83

### Young Womens 3000 M RUN

1.	Stamps, Julia	SANTA ROSA EXPRESS	9:41.32
2.	Schweitzer, Sarabeth	Marysville CA	10:22.88
9.	Renteria, Lisa	Los Gatos CA	10:45.61

### Young Womens SHOT PUT

3.	Morrison, Rebecca	SAN MATEO ATH CLUB	12.98
----	-------------------	--------------------	-------

### Young Womens DISCUS

1.	Powell, Suzy	Modesto CA	51.94
10.	Kailihiwa, Mary	FAITH TC	37.38

### Young Womens LONG JUMP

5.	Mason, Kimberly	GOLDEN STATE TC	5.54
----	-----------------	-----------------	------

### Young Womens TRIPLE JUMP

6.	Jackson, Jeanarta	Fresno CA	11.49
11.	Dickson, Erika	SILVER WINGS	11.00
12.	Kawah, Rockhaya	SF SENATORS	10.91
15.	Beverly, Demetria	OAKLAND PAL	10.74

### Young Womens HIGH JUMP

3.	Tantivongsathap, Amy	SF SENATORS	1.65T
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### Young Womens 4 X 400 M RELAY

4.	SF SENATORS A	Sacramento CA	3:51.06
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### Young Womens 4 X 800 M RELAY

7.	SALINAS VALLEY	TCatherton CA	9:43.18
----	----------------	---------------	---------

## Six PA Athletes Win Titles in Junior National Championships

Walnut, Calif., June 23-24; Results of top finishers from Pacific Association

*Event, Place, Athlete (Hometown, School or Club) Mark*

**100M Women**—3. Kelli White (El Sobrante, J Logan HS) 11.55; 8. Jernae Wright (Hayward, J Logan HS); 11.83.

**200m Women**—1. Kelli White (El Sobrante, J Logan HS) 23.49.

**400m Women**—1. Carla Estes (Union City, J Logan HS) 53.27.

**800m Women**—6. Ashley Monahan (Pleasanton, BYU) 2:10.98.

**1500m Men**—1. Michael Stember (Fair Oaks, Jesuit HS) 3:49.74

**3000m Women**—1. Julia Stamps (Santa Rosa HS) 9:21.99.

**Steeplechase Men**—2. Konrad Knutsen (Fair Oaks, U/Oregon) 9:23.7.

**5,000 Men**—9. Nathan Nutter (Stanford, Stanford Univ.) 15:12.72.

**10,000 Women**—11. Jamie Whitmaore (Sacramento, CS Northridge) 40:25.6.

**10,000 Men**—4. Matt Farley (Stanford, Stanford Univ.) 31:35.64; 7. Matt Creasor (Eureka, Georgetown Univ.) 32:21.45.

**400m Hurdles Men**—6. Cocaine Edmons (San Jose, U/Cal) 55.66.

**High Jump Men**—3. Michael Wilkins (Red Bluff HS) 2.14; 10. James Nieto (Sacramento, Sac City) 2.03.

**High Jump Women**—11. Jamilla Churchill (Oakland, Bishop O'Dowd) 1.70.

**Long Jump Women**—5. Jernae Wright (Hayward, J Logan HS) 5.97.

**Triple Jump Women**—4. Amy Littlepage (Berkeley, Cal/Berkeley) 12.70.

**Triple Jump Men**—8. Dan Nord (Los Altos, Jump City TC) 14.62.

**Shot Put Women**—6. Rebecca Morrison (San Jose) 13.61.

**Pole Vault Women**—5. Amanda Bauer (Fremont, Mission SJ HS) 10-08; 7. Shannon Flett (Lafayette, Acalances HS) 10-04.

**Discus Women**—1. Suzy Powell (Modesto, UCLA) 55.20; 9. Chaniqua Ross (Elk Grove, Unity TC) 46.12; 10. Darlene Tulua (Carmel HS) 45.66; 12. Kristin Bryden (Anderson HS) 42.60.

**Hammer Women**—11. Rebecca Morrison (San Jose) 38.34.

**Hammer Men**—1. Marc Mazzoni (Los Gatos, Bellarmine) 54.42; 9. James Marheineke (Aptos, San Fran Univ) 46.18; 13. John Badovinac (Sacramento, Sac TC) 41.58.

(Note: Juniors are athletes born 1976 or later who will not turn 20 during the year 1995; competition was a qualifier for Pan American Games Junior Championships in Santiago, Chile Sept 1-3.)

Note: We apologize for any errors or omissions. These results were manually sorted from more than 100 pages of results of 5,000-plus athletes. Athletes who finished 20th or lower are not included.



Photos by Jane Byng

Snow this year was deeper than Carl Scott encountered in this picture from 1994.

## Large Field Enjoys Great Weather at Skyline 50 km

Graced with a perfect day with ocean fog and high clouds until noon, 179 runners finished the 14th annual Skyline 50 km Endurance Run August 6th, the first event in the 1995-96 PA-USATF Ultra Grand Prix Schedule. More than two dozen of the runners were attempting their first ultra on the East Bay Regional Park trails, adding to the largest field of competitors in this 31.1-mile race since 1985. The race was directed by the Golden Bay Runners and Will Uher.

Geoff Vaughn from Mill Valley broke the tape with a time of 3:47:16, the fastest winning time since 1991. It was Vaughn's first Skyline. Maryann Murphy of San Ramon took the women's race in 4:50:12, a PR and six minutes better than her winning time last year.

Three course records were broken this year. Golden Bay Runners' Frank Rodriguez, 70, broke the course record by more than 13 minutes for his age division with his time of 7:11:24. Card Leighton, 61, placed 16th overall in an extraordinary 4:43:40, breaking by more than 34 minutes the record for his age group set in 1993 by Lee Rhodes. In the 40-to-49 age group, Joe Schieffer, 44, bettered by five-plus minutes the time held since 1988 by Frank Ruona, completing the race in 3:58:21.

The oldest runner, Grover Daly, 73, from Oakland, completed the course in 7:39, showing all present how the game of life is really played!

The Golden Bay Runners thank Lake Chabot supervisor Warren Schultz and his staff for their incredible support of the event. Also, the club appreciated the help of the East Bay Regional Park's Mountain Bike Patrol and Hiking Patrol for checking the course markings, guiding runners through difficult intersections, and providing overall support along the entire route.

### Skyline 50 km Endurance Run

Lake Chabot, East Bay Regional Park

August 6, 1995

Overall Male winner: Geoff Vaughn 3:37:16

#### Male 29-under

- |                  |         |
|------------------|---------|
| 1. Ken Cicinelli | 4:58:42 |
| 2. Gary Wang     | 4:59:11 |
| 3. Dave Najarian | 5:00:21 |

#### Male 30-39

- |                   |         |
|-------------------|---------|
| 1. Geoff Vaughn   | 3:47:16 |
| 2. Bruce Linscott | 3:56:40 |
| 3. Greg Nacco     | 4:08:27 |

#### Male 40-49

- |                     |         |
|---------------------|---------|
| 1. Joe Schieffer    | 3:58:21 |
| 2. Charles Crompton | 4:28:41 |
| 3. Doug Anderson    | 4:32:13 |

#### Male 50-59

- |                   |         |
|-------------------|---------|
| 1. Edward Frisch  | 4:53:08 |
| 2. Dave Kim       | 5:06:24 |
| 3. Raymond Padill | 5:06:36 |

#### Male 60-69

- |                      |         |
|----------------------|---------|
| 1. Gard Leighton     | 4:43:40 |
| 2. Dwaine Batt       | 4:46:28 |
| 3. Ephraim Romesberg | 5:42:32 |

#### Male 70-over

- |                    |         |
|--------------------|---------|
| 1. Frank Rodriguez | 7:11:24 |
| 2. Grover Daly     | 7:39:00 |

#### Female Division Results

Overall: Maryann C. Murphy 4:50:12

#### Age 29-under

- |              |         |
|--------------|---------|
| 1. Dhaja Dom | 6:52:45 |
|--------------|---------|

#### Age 30-39

- |                      |         |
|----------------------|---------|
| 1. Maryann C. Murphy | 4:50:12 |
| 2. Emma Davies       | 5:08:54 |
| 3. Julie Arter       | 5:10:19 |

#### Age 40-49

- |                        |         |
|------------------------|---------|
| 1. Maggie Anderson     | 5:11:32 |
| 2. Leslie Matt. Vitale | 5:17:14 |
| 3. Ronda Gail          | 5:32:48 |

#### Age 50-59

- |                     |         |
|---------------------|---------|
| 1. Barbara Ann Elia | 5:43:55 |
| 2. Shirley Church   | 6:10:17 |
| 3. Joan Szarfinski  | 6:12:33 |



Gabriel Bautista (above, seated) pushed Ann Trason (below) to second place.



Turn page for race story....

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# Twietmeyer, Trason Overcome Snow and Heat in Western States

By Hollis Lenderking

Squaw Valley, which hosted the 1960 Winter Olympiad, was still offering its seasonal specialty—over 20 feet of it, with six functioning lifts. It was, by its depth at summer solstice, the snowpack of the century. That's the start.

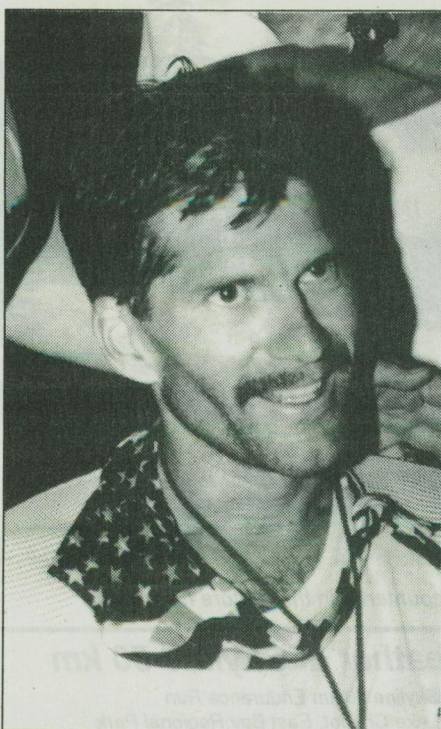
Auburn, a rural county seat in the Sierra foothills, was offering only the first dose of its own seasonal specialty—lung-searing 100-plus heat. That's the finish.

Connecting these two sites lies 100 miles of the Western States trail, rich in both Native and immigrant history: a trail climbing 18,000 feet and dropping another 23,000; a trail which, even as modified for the 19th edition of this race on June 24th, was blanketed by 22 miles of snow and, later along its middle stretches in the American River's pocket canyons, smothered by the atmospheric creep from Auburn's meltdown. Sure, you get plenty of aid stations resembling full-scale snack bars with medical annex, but you don't get snowshoes, poles or pickaxe for the Sierra crest, nor do you get even the normal up-canyon afternoon breeze for the seething cauldron beckoning from below. What you get is less than one in 10 chances of seizing the day, of running this gauntlet of abuse within 24 hours.

Into this unprecedented Himalayas-to-Hell's Kitchen setting strode three figures who would eventually paint the most dramatic competitive canvas the event had witnessed since 1983, coincidentally the only other year when conditions bore any resemblance to these. Even then, the high country was not so warm, the snowpack not so deep and slushy, the canyons and the night that follows them not so deathly hot. Above all, the official course then was about eight miles short, not assuming its modern route, a certified 100 miles, until 1986. In '83 Jim Howard, the only sub-2:20 marathoner to win this race, conserved enough leg speed to chase eventual three-time champion Jim King from 37:00 down with 15 miles to go, outkicking him by 1:00 in the final mile.

Alone among the frontrunners, defending champ Tim Twietmeyer, 36, of Auburn could bring his specific recall of that outing to bear on this year's crucible. Twelve years ago, he had earned his third silver buckle, the Holy Grail of American ultrarunning, signifying a sub-24-hour finish. A 30th-place finisher then, he had not yet ripened into the steady contender he would become by the 90's. Now there were 13 such buckles in the Twietmeyer collection, two bronze cougars for his '92 and '94 wins, and the self-assurance that such matchless experience produces.

Not one to be distracted by others' tactics, Twietmeyer is as purely strategic a runner as there is, having schooled himself on this course before many of today's more talented contestants had even heard of ultrarunning. Irrespective of conditions, he knows, instinctively now, exactly



Tim Twietmeyer

how mile 83 will feel if he exerts himself just so at mile 13. Never in haste to lead, he always knows what his race is, when to charge, when to relent—and ideally these decisions, as automatic as learned impulses, are barely influenced by what anyone else is up to at the moment.

"I prepare myself to run around 17 hours, at least in a normal year, and just hope that's good enough to win," reflects Twietmeyer. "Usually that will keep me in the hunt, at least." Western States has had stronger and faster champions—for example, King and Howard, respectively—but none smarter, as he now bid to become its third three-time male titleist.

By temperament and experience, then, Twietmeyer was the best-equipped to master the 1995 race-day recipe: take a course that's one part Iditarod-in-a-Greenhouse and two parts Dante's inferno, and mix with two extraordinary rivals who claim the credentials to rival his—an astonishing woman who had followed him to a second-place overall finish last year, and an unknown Native American of unquestioned strength but untested competitive mettle.

As is her custom, Berkeley's Ann Trason, 34, summoned every ounce of insecurity she could seize upon before the race. It is, after all, a grim and daunting challenge to feel unsure of yourself when you hold three ultradistance world records (including the supreme 100 km standard), when you're the course record-holder and six-time defending champion who has never finished any place but first among women, and never lower than 10th overall. But there was the genuine

misfortune of her virus-plagued trip to the Comrades Ultramarathon (56M) in May, where, unable to retain nutrients for days, she had to surrender an eight minute lead at 20 miles and drop out by halfway. Not only uncertain whether she had shed the lingering effects of that illness, Trason had also despaired of California's cool, wet spring, as it extended into mid-June: "I'm afraid it won't be hot enough," fretted the woman who, at 107 lbs., cheats heat by having less of it to lose than the big boys.

Gabriel Bautista, 25, was the best of a contingent of four mystery guests from the legendary Tarahumara tribe of the Copper Canyon, Mexico. In terms of cultural tradition, they are to ultrarunning what the Masai are to cross-country, and stand today where the Kenyans stood 30 years ago—rich in the culture of running, poor in formal international competition. With experience at once so much greater and less than the defending champions', as well as an array of peculiar competitive customs, Bautista was the high-powered wild card in the starting deck.

Approaching Duncan Canyon (24M), runners were finally removed from their frequent pratfalls and elusive ribbonreadings—the often invisible course markers in the brilliant, dappled sun-on-snow—and resorted, as in '83, to a 16-mile road detour (not compromising total distance) in order to skirt a non-negotiable creek and a snowbound checkpoint. Here the lead pack of seven was unchained from its collective, self-protective urge to combine running with scouting, and competitive gears were at last engaged, Bautista to the fore. He nursed a 4:00 lead out of Deadwood Canyon, a 1600-foot clamber of nearly knee-scraping verticality up to the Devil's Thumb checkpoint-cum-infirmary (48M). A brief respite precedes the drop (2600 feet) into even more smoldering El Dorado Canyon (53M), harrowing as much for the length of its descent as for its depth and suffocation: apocalyptically now, you wonder if anyone here gets out alive. Bautista, for one, saw his lead perish, yielding to Twietmeyer's intuitively perfect pacing. A 1900-foot ascent later, Twietmeyer entered Michigan Bluff (56M), the race in his hands, his to lose.

And anything but over. Bedeviled by both the dicey footing and tracking errors, Trason had lost much more time in the snow than had the lead pack, emerging in only 12th place. She had consoled herself with the notion that her world-record road legs would enable her to clip the 19 miles of gently graded road from Duncan Canyon to Last Chance at around a 7:00/mile pace. But slow going in the snow had allowed the sun to arc high enough overhead to eliminate most road shade—Twietmeyer had even walked a little here—and all the slush had taken an

Contd. on page 21

## Western States

*Contd. from page 20*

unforeseen toll: "I had 2x4's for legs on the road. It took me 2:30 (nearly 8:00/mile) instead of the 2:10 I'd hoped for." Just more adversity, which is to Trason like zebra carcass to a lion.

No one runs the canyons—the *next* 19 miles—better than Trason. Here, for years, she has stamped this event her own—has raised the stakes, taunted the hard-charging pretenders, taken no prisoners. But past years have also seen her pay an intestinal toll for her aggression, as nausea has dogged her later on, out of Foresthill (62M), where the California loop dips its 16 miles from ridge to river—most of it invitingly runnable for those whose vital signs are stable. It's nearly axiomatic: if you overheat your core during mid-race in the canyons, you either rest and cool down at the checkpoints or you toss your cookies on the Cal loop. Rest, interpreted as mental laxity regardless of physical necessity, is, of course, a hanging offense among the obsessive.

Chewing on ice this time, Trason finessed the heat as never before, entering Michigan Bluff in 4th, ahead of the struggling Bautista. She gained another place at Foresthill and embarked on her strongest-ever Cal loop, carving 9:00 from Twietmeyer's 14:00 lead, and passing veteran Dave Scott, halted by nausea, just after the first of four checkpoints on the segment. Even so, the drama assumed its final shape as a resurgent Bautista soon blasted past her.

"I'd seen him sitting on a rock in El Dorado. Now he looks like he's running a fartlek." Trason exclaimed. Native habit or competitive gamesmanship? The linguistic barrier prevents an answer for now, but Trason got the message: the Indian, back from sixth place, surely had the fire in his belly, and Twietmeyer would soon feel heat of a different kind.

"I've never put time on Tim before, and he didn't know how strong Gabriel looked," Trason recalled of her pressure-packed arrival at the river (78M), a stone's throw behind Bautista. Twietmeyer, his margin carved to 5:00, took the first ferry, his pair of hungry hunters sharing the next. Twietmeyer felt vulnerable now, being chased down for the first time in his storied career on this course.

"I usually walk the climb (2M) to Green Gate, and I knew Ann runs it. But I'd known early on that this would be an 18-to-19-hour race, and I was just trying to save my legs," Twietmeyer said. This was no time for him to forget that he owes his success here to his strategic insistence on running his own race. Trason closed tighter. Bautista, momentarily confused by the course markings off the river, dropped back.

Five miles and several stumbles later, Trason enter Auburn Lake Trails checkpoint fraught with concern for her respected rival's apparent decline as for her own fate. Twietmeyer was just departing.

"I wanted to scare him and I did. I don't really understand the way the Indians run, and, from what I'd seen, I didn't think I could hold Gabriel off. I expected him to come flying by me at any time. I told Tim he was coming, that he'd better haul," Trason said.

Twietmeyer took her urging to heart: "Since I couldn't see him and I didn't want to take the time to look back for his light, I was concerned that he was gaining on both Ann and me. If she'd have caught me, we could have worked together, but the Indians have their own style and it's hard how they're feeling," Twietmeyer said.

Night closed on everyone, flashlights at the ready with 15 miles to go, but the Californians applied their wealth of intimate trail knowledge and utilized a sort of stealth running—in darkness—to avoid Bautista's detection. Five miles later, at Brown's Ravine, Twietmeyer had padded his lead slightly, heading toward the Highway 49 crossing (93.5M).

But it was no time to relax. "I heard Ann enter the checkpoint after I crossed the road, so I pressed the descent to No Hands Bridge (96.8M) and took a hardfall on the rocks. I cramped like crazy and even thought it might be over, but I managed to stagger on." Twietmeyer toughed out the final climb to Robie Point and chugged down to the finish at the Placer High track, 18:34:58 elapsed from that initial 5 a.m. surge back in Squaw Valley.

Trason, meanwhile, was hearing more than footsteps: "I think Gabriel thought he had me because he was whooping on the switchbacks to Robie." To Twietmeyer, cresting the summit only minutes ahead, the hooting and hollering was Bautista's "resort to the war cry, trying to intimidate Ann."

Again, the culture gap is unbridgeable here, but Twietmeyer had one thing undoubtedly right: "After her travails at Leadville (1994) with the Tarahumaras, I was convinced Ann would be comatose on the trail before she'd let any of them pass her."

If intimidation was his intent, Bautista gravely underestimated his peerless prey, who strode home just 5:03 behind Twietmeyer in the closest finish since the duel of '83.

"It's hard to compare different events, but this is definitely my best Western States," she enthused. "I never got sick, and I ran very steadily, with no bad patches. Gabriel pushed me at the finish and I could still respond. And of course the conditions were the worst."

Bautista finished 6:42 in back of Trason for the closest third in history, just 11:45 out. Culture gap or not, he should now be the very last to underestimate Trason. Throughout the ultra schedule, packs of superb male ultrarunners—constituents of the first chase pack who figure they don't quite have the legs to challenge a Twietmeyer or Scott, a Rich Hanna or Tom Johnson, when they are on top of their game—have customarily forged a secondary resolve, "at least I'll try to beat Ann." The

silence you hear in the chase pack nowadays—the sound of male mouths flapping—is deafening.

"I like the 45-minute wins a lot better," said Twietmeyer, "but it was interesting because I could never let up. It seemed more tactical than any other year." Which is not his kind of race, not the kind he's ever had to learn to run—not when, by inclination, he engages the course and the conditions, not the competition. Twietmeyer was reflecting his discomfiture at his pursuers' encroachment without at once seeming perturbed by it, but, inescapably, his cage has been rattled. In all his years here, he has always played the predator, not the prey: once he has seized the lead, he has never been caught, never even seriously threatened. He has never had to clutch to that ultimate overdrive that kicks in only with the very last trickle of adrenaline, the one that oozes when you hear a woman's fiercely panting breath by your side at mile 99, in the darkness, 17 hours after daybreak, and she offers you a tie. Or a loss.

\*\*\*\*\*

Hard to believe, but behind the Great Chase more top-notch drama ensued. Mo Bartley, 40, duelled Berlin's Helga Backhaus, 42, for the German's defending women's masters title. Backhaus passed Bartley in the snow, while Chrissy Duryea, 34, entered the three-way fray for women's runnerup, utilizing her climbing ability to pass Bartley on the climbs, with Bartley returning the favor on descents. Back and forth they went in search of Backhaus, who would be seen but never quite caught. Duryea edged Bartley across the river and finally dropped her at Auburn Lake Trails. At last only 18:33 separated the three, Backhaus defending her title and improving from third (1994) to second woman in 22:57:11, with Duryea just 5:05 behind and Bartley rounding out the sub-24-hour women in 23:15:44. Most impressively in this most gruesome of years, both Duryea and Bartley improved substantially upon their previous bests here.

An historical first was registered in the torrid men's masters competition, as age-warp prevailed with Irvine's John Loeschhorn and Reno's Joe Braninburg, both 51, outpacing the leading 40-year-old, Toledo, Ohio's Mike Pelechaty. Loeschhorn, who at 42 won the masters crown in 18:40:49 (5th overall) in the debut year of the modern course, clipped Braninburg by just 20:50:58 to 20:55:26, as the half-century pair joined three-time age-group titleist Bernd Leupold (9th in 1993) and age-group record-holder Doug Latimer (18:43:58

*Contd. on page 22*

See page 23 for final 1994-95 Ultra Grand Prix point totals.  
See page 27 for 1995-96 PA/USATF Ultrarunning Grand Prix Schedule.

## Western States

*Contd. from page 21*

for 10th in 1988) as the only 50-year-olds ever to finish in the overall top 10. Their ninth and 10th places were complemented by a typically strong 21:55:19 from Alfred Bogenhuber, 55, for 14th.

As for Pelechaty, any sting he felt from the "Fab 50's" attack was assuaged by his earning his 1,000-mile silver buckle, emblematic of 10 sub-24-hour finishes. With his 21:42:12 for 13th overall, he became the first non-Californian to receive this award, an especially remarkable achievement for one whose mountain training is confined to the freeway overpasses of northwest Ohio. Also earning the Silver Grand were Leupold, 53 (23:31:29 for 30th), Dan Williams, 46 (23:08:51 for 25th), and, most remarkably, 60-year age-group champion, Gard Leighton.

In 1984, Leighton won his first of four age-group crowns with the race's first sub-20-hour mark by a 50-year-old (18:49:00 for 10th overall). His 1,000-mile quest was jeopardized a few years ago by the diagnosis of arterial blockages, which required an angioplasty in late 1992 and resulted in his failure to gain medical clearance for entry the last two years. Rerieved for '95, Leighton made everything of his opportunity despite the conditions, and despite getting lost for about 20 minutes in the snow.

"I never really got the time back," he recalled. "I had a tough time all day with the heat, both in the canyons and on the California loop. I was behind 24-hour pace by the rivercrossing, but I've learned a little about how to take care of myself, and luckily I have a pretty strong stomach."

Finally out of the sun, Leighton surged over the final 22 miles to finish 29th overall in 23:30:49. A 1,000-mile buckle—for 10 sub-30-hour finishes—was also issued to race founder Gordy Ainsleigh, 48 (28:43:34).

Other veteran headliners suffered crippling intestinal distress but still hung on for top-10 finishes. Dave Scott, second out of Foresthill, had endured heat-induced nausea for hours when, first, Trason and Bautista, and then Brian Purcell, left him for dead along the Cal loop.

"This was the first year since '90 (runner-up in 17:14:23) that my hamstrings hadn't bothered me, so I was really looking forward to challenging the leaders," Scott said. His 4:03:00 at the punishing Ohlone 50 km in late May had confirmed his legs' readiness for the heat of battle, but the heat of the canyons was another story: "I knew I had to eat something but I just couldn't keep it down."

After vomiting, Scott could only hope that his predators might later suffer the same agony. Only former course record-holder Purcell, racing for the first time since his fifth in '92, would oblige.

"I held together in the canyons and had a good Cal loop, but my stomach started to go after Green Gate (80M)," Purcell said.

Scott was now recovering slowly, and repassed Purcell just after the Auburn Lake Trails checkpoint (85M), en route to his third consecutive 4th-place finish in 19:49:33. Purcell also eventually righted himself for a 7th-place 20:28:02, just ahead of Scott's younger brother, Jim (20:33:07).

Initially disappointed as are all elite competitors who experience an ugly patch near the finish, Purcell later admitted, "My goal was really just to finish in the top 10, so I should feel pretty good about it. I'm looking forward to the masters competition next year."

Statistics rarely paint so graphic a picture: a scant 9.6-percent (36) of the 376 starters qualified for silver, as against an average of 22-percent over 10 years on the modern course; only 1993, when just 14-percent silvered in conditions neither as steamy nor as snowy, yielded a comparable total. Their number was nearly

doubled by the 60 entrants who, for reasons ranging from injury to intelligence, declined to start.

Total entries were split almost evenly between Californians and others, the latter category including runners from 36 states along with 46 foreigners from 11 nations. Nearly one-seventh were women, and masters entrants nearly tripled the Open numbers.

About 36-percent finished in the next six hours, qualifying for brass buckles, providing a 45-percent finishing total within the traditional 30-hour cut-off, lowest since the inaugural year (51-percent) on the modern course; the average is 59-percent. In one of the weekend's rare gestures of mercy, the race extended its official finish by two hours, permitting another 28 desperados to reach Auburn on foot; even so, it was an offer tainted with perversity, requiring

*Contd. on page 27*

## 1994-95 Grand Prix Wrap-up: More Runners, More Races

Participation in the Pacific Association Ultra Grand Prix, especially in the masters and seniors divisions, continued its steady rise during the series' fourth season, just concluded with the Western States 100.

In the open divisions, Fremont's Dave Scott and San Ramon's Suzie Lister successfully defended their Grand Prix III championships, with Scott's strong 4th at States zooming him past Grand Prix II champ Bruce Linscott (not entered), while Lister again dominated by dint of her remarkable durability. Scott prevailed despite running fewer of the circuit's 14 events—eight to Linscott's 10—as he satisfied his complementary goal of not aggravating his chronically problematic hamstrings. Skipping most of the points-rich races on flat or near-flat pavement, Scott parlayed high-quality trail outings into a come-from-behind crown. For her part, Lister's performances generally sagged a bit from her GP III finishes—hardly a wonder, with such side dishes as the multi-event Eco-challenge to distract her—but her nine finishes still far outnumbered any of her competition.

The men's masters campaign was the most heated of any division in the Grand Prix' four years. Three different runners topped the standings throughout the year, with Tamalpa's Dave Hannaford grabbing a big lead early in the season by virtue of his man-of-steel showing in the first four ultras last August and September. When he faltered after that with a knee injury, defending (and eventually repeating) senior champion Dave Kim "scored down" to claim a narrow lead. Off a strong showing at the Quad last Thanksgiving, Hannaford reclaimed the lead by year's end and held his challengers at bay through the winter. When the knee again laid Hannaford off, Sacramento's Eric Ianacone used strong April finishes (American River 50M and Ruth Anderson 100 km) to vault far enough ahead that Hannaford's comeback at the 50 km's in May could only narrow the margin, not close it. Ianacone, however, joined the legions of self-destructives at Western States, while Hannaford's 23:12:16 for 26th place overall was one of the day's heroic performances, earning him a nearly 100-point triumph in the final standings.

Barbara Ann Miller's 28:46:01 at States was over an hour better than Shirley Church, a victory that proved decisive for the women's masters competition. The top four finishers all "scored down" from the seniors division, a practice to be abandoned for Grand Prix V. In a scoring quirk, Miller turned 50 last fall and thus was not credited for her early season finishes in that age group; therefore, Church, with 12 finishes, was the seniors champion. The Ironhuman of the Year, Miller was a model of sturdy consistency throughout the schedule, completing all 14 races on the circuit. Mo Bartley, despite only a late-season 40th birthday, showed why this division could be hers to dominate, as strong finishes at Silver State and Western States provided enough points for her to rank as the top-scoring "true master."

Happily for those who have envisioned a leisurely recovery from the Death Shuffle that was Western States, the 1995-96 Grand Prix schedule is not so front-loaded as last year. There are only five races during the summer and fall—a sixth choice is available, from the paired offerings at Gibson Ranch—and runners can ease into the competition more gently than before. Overall, the circuit offers 12 dates, with a beneficial bonus of an extra (sixth) week's interval between Silver State and the 20th annual Western States next June.

And finally, another huge thank-you to the man who makes this competition possible, the now-two-time defending seniors champion himself, Dave Kim.

# Final Standings, 1994-95 PA-USATF Ultra Grand Prix

Food for Optimum Performance!

Open Men (39-under)			SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
Pl	Name	Team	<u>difficulty-&gt;</u>	<u>2.0</u>	<u>2.0</u>	<u>2.8</u>	<u>3.0</u>	<u>3.2</u>	<u>5.0</u>	<u>2.4</u>	<u>1.0</u>	<u>3.5</u>	<u>2.4</u>	<u>3.5</u>	<u>2.0</u>	<u>2.3</u>	<u>8.0</u>
1	Dave Scott	Unatt	50.0		84.0	54.0	80.0		60.0			43.2	105.0	70.0		200.0	641.2
2	Bruce Linscott	Tamalpa	36.0			60.0	64.0		43.2	30.0	70.0	38.4		50.0	61.9		558.5
3	Tim Twietmeyer	Unatt										48.0				240.0	288.0
4	Tom Lyons	Tamalpa	40.0			48.0			72.0							80.0	240.0
5	Bruce Aldrich	Chips									56.0	21.6			40.5	96.0	214.1
6	Rick Simonsen	Chips								20.0		26.4				160.0	206.4
7	Brian Purcell	Tamalpa								25.0		33.6				144.0	202.6
8	Carl Andersen	Unatt				75.0	106.0										181.0
9	Rich Hanna	Chips									105.0	72.0					177.0
10	Greg Nacco	Tamalpa							48.0	18.0	42.0	24.0			45.0		177.0
11	Mark Richtman	Tamalpa	60.0			90.0											150.0
12	Adrian Crane	Unatt						150.0									150.0
13	James Ross	Unatt								14.0		16.8				112.0	142.8
14	Kirk Boisseree	BAUR					57.6		26.4			9.6		40.0			133.6
15	Mike Tarvid	Tamalpa		60.0		42.0			28.8								130.8
16	Jim Scott	Unatt															128.0
17	Thomas Larson	Unatt		50.0										36.0	36.0		122.0
18	Greg Atchley	Silver State							33.6			12.0			61.9		107.5
19	Rob Byrne	Unatt										4.8				88.0	92.8
20	Tom Johnson	Chips									87.5						87.5
21	Robert Slate	BAUR			70.0												70.0
22	Guy Palmer	Tamalpa	28.0						38.4								66.4
23	Howard Jacobs	Unatt									63.0						63.0
24	Jerry Wittenaur	Unatt										60.0					60.0
25	Shawn McDonald	Unatt									49.0						49.0
26	John Lundy	Tamalpa								16.0		28.8					44.8
27	Jeff Teeters	East Bay	32.0														32.0
28	Scott Abrams	Silver State													31.5		31.5
29	Robert King	Unatt	24.0														24.0
30	Mick Aguilera	Hoy's							24.0								24.0

Open Women (39 & Under)			SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
Pl	Name	Team	<u>difficulty-&gt;</u>	<u>2.0</u>	<u>2.0</u>	<u>2.8</u>	<u>3.0</u>	<u>3.2</u>	<u>5.0</u>	<u>2.4</u>	<u>1.0</u>	<u>3.5</u>	<u>2.4</u>	<u>3.5</u>	<u>2.0</u>	<u>2.3</u>	<u>8.0</u>
1	Suzie Lister	Unatt	55.0			90.0		150.0	43.2		105.0	38.4		55.0	67.5	200.0	804.1
2	Chrissy Duryea	Unatt		70.0								72.0				240.0	382.0
3	Maryann Murphy	Unatt	55.0					125.0	38.4			54.0		55.0			327.4
4	Marie Gonzales	Unatt	28.0				96.0		33.6	25.0	70.0	33.6					286.2
5	Christine Iwahashi	Chips		50.0						30.0		43.2					123.2
6	Joann Hull	Unatt					80.0					12.0					92.0
7	M. Creel-Mattingly	Ultramarin	40.0						48.0								88.0
8	Emma Davies	Unatt									87.5						87.5
9	Laurie Riebeling	Tamalpa							72.0								72.0
10	Rachel Atchley	Silver State							60.0								60.0
11	Mo Bartley	Chips										54.0					54.0
12	Cary Craig	Chips								25.0		28.8					53.8
13	Marsha Arnold	Unatt								16.0		24.0					40.0
14	Rhonda Davidson	Unatt	36.0														36.0
15	B. Geringer-Frazier	Tamalpa	32.0														32.0
16	Terry Cray	Unatt								14.0		16.8					30.8
17	Lisa Macias	Unatt										26.4					26.4
18	Kathy Crompton	Santa Cruz										21.6					21.6
19	Norma Garcia	Unatt										19.2					19.2
20	Linda Hood	Chips								18.0							18.0
21	Eloisa Zamora	Unatt										14.4					14.4

## 1994-95 PA Ultra Grand Prix Schedule; Race Code List for Final Standings

DATE	RACE	LOCATION	Code	DATE	RACE	LOCATION	Code
Aug. 7, 1994	Skyline 50 km	Castro Valley	SKY	Feb. 18, 1995	Helen Klein 100 km	Sacramento	HK
Aug. 27, '94	Pony Express 50 Miler	Cameron Park	PE		National 100 km Road Championship		
Sept. 10, '94	Run for Sight 12 Hours	Sonoma	RS	April 1, 1995	American River 50 Miler	Sacramento	AR
Sept. 24, '94	Napa Valley 50 Miler	Napa	NV	April 15, 1995	Ruth Anderson 100 km	San Francisco	RA
Oct. 15, '94	Firetrails 50 Miler	San Leandro	FT	May 13, 1995	Quicksilver 50 km	San Jose	QS
Nov. 12, '94	Gibson Ranch 24 Hour	Sacramento	GR24	May 20, 1995	Silver State 50 km	Reno	SS
Nov. 26, '94	Quadruple Dipsea	Mt. Tamalpais	QD	June 24, 1995	Western States 100 Miler	Squaw Valley	WS
Feb. 11, 1995	Jed Smith Ultra Classic 50 km	Sacramento (Gibson Ranch)	JS				

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**Final Ultra Standings**

*Contd. from page 23*



**Master Men (40-49)**

Pl	Name	Team	SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
		<u>difficulty-&gt;</u>	<u>2.0</u>	<u>2.0</u>	<u>2.8</u>	<u>3.0</u>	<u>3.2</u>	<u>5.0</u>	<u>2.4</u>	<u>1.0</u>	<u>3.5</u>	<u>2.4</u>	<u>3.5</u>	<u>2.0</u>	<u>2.3</u>	<u>8.0</u>	
1	Dave Hannaford	Tamalpa	60.0	50.0	44.8	90.0			43.2	25.0	49.0	33.6		36.0	67.5	160.0	659.1
2	Dave Kim	BAUR	10.0	36.0	84.0		51.2	90.0	7.2	9.0	35.0	24.0	70.0	14.0	20.3	112.0	562.7
3	Eric Ianacone	Chips	16.0			60.0	64.0	125.0	21.6	12.0	56.0	48.0	87.5	20.0	27.0		537.1
4	Martin Jones	Ultramarin	40.0	40.0		75.0				8.0		19.2		50.0		144.0	376.2
5	Al Bogenhuber	BAUR									42.0	43.2				240.0	325.2
6	Jim Magill	Unatt	18.0			54.0	38.4	100.0	24.0				56.0	22.0		8.0	320.4
7	Gene Weddle	Quicksilver	32.0	22.0		48.0	96.0	45.0	19.2	7.0				24.0	18.0		311.2
8	Mike Palmer	East Bay	20.0	16.0	70.0		44.8	60.0	14.4		21.0	2.4	45.5	10.0			304.1
9	Rae Clark	Chips	0.0	60.0							105.0		105.0	32.0			302.0
10	Joe Schlereth	Unatt										72.0				200.0	272.0
11	Jamieson Van Eaton	SWEAT	36.0		56.0	42.0	32.0	35.0	60.0								261.0
12	Ron Howard	Unatt						160.0	0.0		63.0	9.6					232.6
13	Tom Morstein-Marx	Chips	0.0	24.0								28.8			56.3	96.0	205.1
14	Peter Franks	Tamalpa	50.0				80.0		48.0								178.0
15	Jim Longwith	BAUR	24.0	18.0				50.0	28.8		10.5				31.5		162.8
16	Charles Crompton	Santa Cruz	28.0									60.0		60.0			148.0
17	Harry Islas	Tarahumara										38.4			15.8	88.0	142.2
18	Lyal Holmberg	BAUR						80.0			14.0		38.5				132.5
19	Thomas Winter	Unatt										16.8				128.0	144.8
20	Stan Jensen	BAUR	0.0		50.4		22.4		2.4				45.5	8.0			128.7
21	Fred Liebes	Tamalpa	22.0				57.6		33.6								113.2
22	Louis Quiggle	SWEAT	12.0	14.0	39.2				16.8	10.0				6.0			98.0
23	Wally Hesselstine	BAUR								18.0		4.8				72.0	94.8
24	Jeff Hagen	Chips									24.5					64.0	88.5
25	Herb Tanzer	Chips									87.5						87.5
26	Barry Turner	Unatt				36.0										48.0	84.0
27	Tom Grether	Shadowchas	0.0				12.8	70.0									82.8
28	Steve Derenzo	BAUR									17.5		63.0				80.5
29	Chris Batteate	Tarahumara														80.0	80.0
30	Dave Remington	Tamalpa	4.0										35.0		36.0		75.0
31	Frank Ruona	Tamalpa												28.0	45.0		73.0
32	Joe Branimburg	Silver State							72.0								72.0
33	Joe Schieffer	East Bay									70.0						70.0
34	Robert Sobsey	Silver State										26.4		40.0			66.4
35	John Rhodes	Silver State				16.0	40.0							2.0			58.0
36	Joseph Pope	Chips														56.0	56.0
37	Don Choi	Unatt						55.0									55.0
38	Bill Hambrick	Chips							12.0	20.0		21.6					53.6
39	George Parrot	Chips									38.5	12.0					50.5
40	David Nakashima	BAUR	14.0				35.2										49.2
41	Bamey Baty	Silver State	0.0	20.0			28.8										48.8
42	Barry Fisher	Unatt													13.5	32.0	45.5
43	Gary Henslee	Unatt									28.0	14.4					42.4
44	Fernand Michaud	Silver State													40.5		40.5
45	Richard Clark	Unatt														40.0	40.0
46	Bob Cowdrey	Unatt								16.0						24.0	40.0
47	Dwayne Batt	Unatt												16.0	22.5		38.5
48	Tom Windsperger	Unatt							38.4								38.4
49	Hollis Lenderking	Unatt	6.0	32.0													38.0
50	Marmion Hays	Tamalpa				30.0					7.0						37.0

**Masters Women (40-49)**

Pl	Name	Team	SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
		<u>difficulty-&gt;</u>	<u>2.0</u>	<u>2.0</u>	<u>2.8</u>	<u>3.0</u>	<u>3.2</u>	<u>5.0</u>	<u>2.4</u>	<u>1.0</u>	<u>3.5</u>	<u>2.4</u>	<u>3.5</u>	<u>2.0</u>	<u>2.3</u>	<u>8.0</u>	
1	Barbara Ann Miller	Chips	32.0	50.0	50.4	90.0	51.2	65.0	26.4	25.0	87.5	43.2	87.5	36.0	31.5	200.0	875.7
2	Shirley Church	BAUR	40.0			60.0	80.0	125.0	48.0	18.0	56.0	33.6	105.0	50.0	36.0	160.0	811.6
3	Marge Dunlap	SWEAT	50.0	60.0	56.0		96.0	100.0	43.2	30.0					40.5		475.7
4	Lorraine Hashey	SWEAT	36.0		70.0	75.0	64.0	80.0	33.6								358.6
5	Mo Bartley	Chips													67.5	240.0	307.5
6	Famida Hanif	Quicksilver	22.0	40.0		54.0	44.8	55.0	24.0			19.2			27.0		286.0
7	Kathy Welch	Unatt						150.0				66.0			45.0		261.0
8	Eldrith Gosney	Unatt	28.0		84.0			90.0				24.0					226.0
9	Lucinda Fisher	Unatt		36.0				65.0	21.6	16.0		12.0		32.0	24.8		207.4
10	Joan Mork	Unatt							38.4			66.0			56.3		160.7
11	Christine Flaherty	Chips									70.0	38.4		40.0			148.4

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**Final Ultra Standings**

*Contd. from page 24*

12	Joan Szarfinski	BAUR	24.0					57.6									63.0			144.6
13	Tonya Mauldin	Unatt																		144.0
14	Dina Kovash	Impala	14.0	44.8	48.0												12.0		20.0	138.8
15	Jan Levet	Chips															105.0			105.0
16	Ann Grove	Unatt															60.0	26.4		86.4
17	Pat Wellington	Unatt	18.0					38.4									14.0	2.4		72.8
18	Debbie Hannaford	Tamalpa															72.0			72.0
19	L. Mattingly-Vitale	Ultramarin	60.0																	60.0
20	Joan Steidinger	Unatt																	60.0	60.0
21	Linda Elam	Silver State																48.0		48.0
22	Alice Gilmore	Tamalpa															19.2		22.5	41.7
23	Pat Honeycutt	Chips															20.0	9.6		29.6
24	Kathy Colletto	Tamalpa															28.8			28.8
25	Carol Cuminale	Santa Cruz																	28.8	28.8
26	Diane Melanson	Unatt																4.8		28.8
27	Gloria Dake	Unatt																	28.0	28.0
28	Jane Colman	Impala																	22.0	22.0
29	Khartoon Tudhope	#57																	21.6	21.6
30	Edna Nerio	Unatt	20.0																	20.0

**Senior Men (50-59)**

Pl	Name	Team	SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
		<u>difficulty-&gt;</u>	<u>2.0</u>	<u>2.0</u>	<u>2.8</u>	<u>3.0</u>	<u>3.2</u>	<u>5.0</u>	<u>2.4</u>	<u>1.0</u>	<u>3.5</u>	<u>2.4</u>	<u>3.5</u>	<u>2.0</u>	<u>2.3</u>	<u>8.0</u>	
1	David Kim	BAUR	36.0	50.0	84.0		57.6	150.0	38.4	16.0	70.0	48.0	105.0	32.0	40.5	144.0	871.5
2	Gene Weddle	Quicksilver	50.0	40.0		54.0	80.0	100.0	48.0	12.0		26.4		40.0	36.0	40.0	526.4
3	Martin Jones	Ultramarin	60.0	70.0		90.0				14.0		43.2		60.0		160.0	497.2
4	Gard Leighton	Ultramarin				75.0	96.0		60.0					50.0		200.0	481.0
5	Al Bogenhuber	BAUR									105.0	72.0				240.0	417.0
6	Dieter Walz	BAUR	32.0				51.2				56.0	21.6	56.0	24.0		72.0	312.8
7	Lyal Holmberg	BAUR	12.0					125.0		9.0	42.0		70.0				258.0
8	Louis Quiggle	SWEAT	40.0	36.0	63.0				43.2	18.0				28.0			228.2
9	Wally Hesselstine	BAUR								30.0		33.6				128.0	191.6
10	Dave Remington	Tamalpa	28.0								16.8	63.0		56.3			164.1
11	Dick Collins	BAUR	6.0			36.0		90.0						22.0			154.0
12	Steve Derenzo	BAUR									49.0		87.5			16.0	152.5
13	Barry Turner	Unatt				48.0										96.0	144.0
14	George Parrot	Chips									87.5	38.4					125.9
15	Ray Piva	Unatt				60.0	64.0										124.0
16	Joe Pope	Chips										2.4				112.0	114.4
17	Rod Carveth	Unatt			63.0	33.0											96.0
18	Barry Fisher														31.5	64.0	95.5
19	Lee Rhodes	Chips														88.0	88.0
20	Dwaine Batt	Unatt												36.0	45.0		81.0
21	Bob Cowdrey	Unatt								25.0						56.0	81.0
22	Marmion Hays	Tamalpa				42.0					38.5						80.5
23	Richard Clark	Unatt														80.0	80.0
24	Joe Braninburg	Silver State							72.0								72.0
25	Frank Rodriguez	BAUR	8.0				44.8		16.8								69.6
26	Fernand Michaud	Silver State													67.5		67.5
27	Tony Rossmann	Unatt	18.0						24.0							24.0	66.0
28	Doug Miller	Tri Valley									63.0						63.0
29	Howard Ferris	Chips										60.0					60.0
30	Eliot Eisenbud	Chips	24.0						28.8								52.8
31	Burgess Harmer	Silver State														48.0	48.0
32	Ed Frisch	Silver State								20.0		24.0					44.0
33	Bob Longwell	Unatt								7.0	35.0						42.0
34	Tom Kaisersatt	Stevens Crk							33.6								33.6
35	Ken Young	Unatt										28.8					28.8
36	Floyd Whiting	Silver State										9.6				32.0	41.6

**1994-95 PA Ultra Grand Prix Schedule; Race Code List for Final Standings**

DATE	RACE	LOCATION	Code	DATE	RACE	LOCATION	Code
Aug. 7, 1994	Skyline 50 km	Castro Valley	SKY	Feb. 18, 1995	Helen Klein 100 km	Sacramento	HK
Aug. 27, '94	Pony Express 50 Miler	Cameron Park	PE		National 100 km Road Championship		
Sept. 10, '94	Run for Sight 12 Hours	Sonoma	RS	April 1, 1995	American River 50 Miler	Sacramento	AR
Sept. 24, '94	Napa Valley 50 Miler	Napa	NV	April 15, 1995	Ruth Anderson 100 km	San Francisco	RA
Oct. 15, '94	Firetrails 50 Miler	San Leandro	FT	May 13, 1995	Quicksilver 50 km	San Jose	QS
Nov. 12, '94	Gibson Ranch 24 Hour	Sacramento	GR24	May 20, 1995	Silver State 50 km	Reno	SS
Nov. 26, '94	Quadruple Dipsea	Mt. Tamalpais	QD	June 24, 1995	Western States 100 Miler	Squaw Valley	WS
Feb. 11, 1995	Jed Smith Ultra Classic 50 km	Sacramento (Gibson Ranch)	JS				

*Contd. on page 26*

**Final Ultra Standings**

Contd. from page 25



**Senior Women (50-59)**

Pl	Name	Team	SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
		<u>difficulty-&gt;</u>	<u>2.0</u>	<u>2.0</u>	<u>2.8</u>	<u>3.0</u>	<u>3.2</u>	<u>5.0</u>	<u>2.4</u>	<u>1.0</u>	<u>3.5</u>	<u>2.4</u>	<u>3.5</u>	<u>2.0</u>	<u>2.3</u>	<u>8.0</u>	
1	Shirley Church	BAUR	50.0			75.0	80.0	160.0	60.0	20.0	70.0	60.0	105.0	60.0	56.3	200.0	996.3
2	Barbara Ann Miller	Chips						75.0	33.6	25.0	105.0	72.0	87.5	50.0	45.0	240.0	733.1
3	Marge Dunlap	SWEAT	60.0	70.0	56.0		106.0	125.0	48.0	30.0					67.5		562.5
4	Lorraine Hashey	SWEAT	40.0		70.0	90.0	64.0	90.0	43.2								397.2
5	Lucinda Fisher	Unatt		50.0				75.0	28.8	18.0		26.4		40.0	40.5		278.7
6	Eldrith Gosney	Unatt	36.0		84.0			100.0				43.2					263.2
7	Dina Kovash	Impala	24.0		50.4	60.0				14.0		19.2		24.0			191.6
8	Joan Szarfinski	BAUR	32.0				57.6				87.5						177.1
9	Ann Grove	Unatt							72.0			48.0					120.0
10	Alice Gilmore	Tamalpa							19.2						36.0		55.2
11	Diane Melanson	Unatt										21.6		32.0			53.6
12	Ruth Anderson	BAUR					51.2										51.2
13	Kathy Colletto	Tamalpa							38.4								38.4
14	Khaqtoon Tudhope	#57										38.4					38.4
15	Gloria Dake	Unatt												36.0			36.0
16	Kathy Hyne	Unatt										33.6					33.6
17	Cecile Wildin	Unatt										28.8					28.8
18	Mary Cantini-Norkin	BAUR	28.0														28.0
19	Jane Colman	Impala												28.0			28.0
20	Dina Fields	Tarahumara										24.0					24.0
21	Sandy Becker	Tarahumara										16.8					16.8
22	Po Adams	Chips								16.0							16.0

**Super Senior Men (60-69)**

Pl	Name	Team	SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
1	Gard Leighton	Ultramarin				45.0	58.0		36.0					30.0		120.0	289.0
2	Dieter Walz	BAUR									52.5	36.0	52.5	20.0		40.0	201.0
3	Dick Collins	BAUR	20.0			15.0		75.0				2.4		10.0			122.4
4	Lee Rhodes	Chips															80.0
5	Frank Rodriguez	BAUR	30.0				16.0		12.0	15.0							73.0
6	Ray Piva	Unatt				30.0	32.0										62.0
7	Rod Carveth	Unatt			42.0	9.0											51.0
8	Dick Laine	Pamakids							24.0								24.0
9	Paul Mitchell	Chips										24.0					24.0
10	Epharim Romesberg	WVJS										12.0					12.0
11	Neil Moore	Unatt	10.0														10.0
12	Oyvind Frock	Silver State								10.0							10.0

**Super Senior Women (60-69)**

Pl	Name	Team	SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
		<u>difficulty-&gt;</u>	<u>2.0</u>	<u>2.0</u>	<u>2.8</u>	<u>3.0</u>	<u>3.2</u>	<u>5.0</u>	<u>2.4</u>	<u>1.0</u>	<u>3.5</u>	<u>2.4</u>	<u>3.5</u>	<u>2.0</u>	<u>2.3</u>	<u>8.0</u>	
1	Helen Klein						48.0										48.0
2	Ruth Anderson	BAUR					42.0										42.0
3	Po Adams	Chips								15.0							15.0

**Veteran Men (70+) - none**

**Veteran Women 70+**

Pl	Name	Team	SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
1	Helen Klein						58.0										58.0
2	Po Adams	Chips								15.0							15.0

**Men's Teams**

Pl	Name	Event	SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
		<u>difficulty-&gt;</u>	<u>2.0</u>	<u>2.0</u>	<u>2.8</u>	<u>3.0</u>	<u>3.2</u>	<u>5.0</u>	<u>2.4</u>	<u>1.0</u>	<u>3.5</u>	<u>2.4</u>	<u>3.5</u>	<u>2.0</u>	<u>2.3</u>	<u>8.0</u>	
1	Tamalpa		20.0			30.0	32.0		24.0	10.0	35.0	21.6		20.0	22.5	80.0	295.1
2	BAUR				28.0		28.8				31.5	19.2	35.0	18.0		72.0	232.5
3	Chips									9.0		24.0					33.0

**Women's Teams**

Pl	Name	Event	SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
		<u>difficulty-&gt;</u>	<u>2.0</u>	<u>2.0</u>	<u>2.8</u>	<u>3.0</u>	<u>3.2</u>	<u>5.0</u>	<u>2.4</u>	<u>1.0</u>	<u>3.5</u>	<u>2.4</u>	<u>3.5</u>	<u>2.0</u>	<u>2.3</u>	<u>8.0</u>	
1	Chips									10.0	35.0	24.0					69.0
2	Tamalpa								24.0								24.0

**Mixed Teams**

Pl	Name	Event	SKY	PE	RS	NV	FT	GR24	QD	JS	HK	AR	RA	QS	SS	WS	Total
		<u>difficulty-&gt;</u>	<u>2.0</u>	<u>2.0</u>	<u>2.8</u>	<u>3.0</u>	<u>3.2</u>	<u>5.0</u>	<u>2.4</u>	<u>1.0</u>	<u>3.5</u>	<u>2.4</u>	<u>3.5</u>	<u>2.0</u>	<u>2.3</u>	<u>8.0</u>	
1	BAUR		16.0				32.0	50.0	19.2	10.0	35.0	21.6			80.0	263.8	
2	SWEAT		18.0		28.0		28.8	45.0	21.6								141.4
3	Tamalpa		20.0						24.0						22.5		66.5
4	Chips			20.0								24.0					44.0

## Western States

### Contd. from page 22

acceptees to endure a second helping of incendiary mid-day sun. Among them was Marin's Tom Lyons, this year's hands-down honoree in that more-noble-than-twisted category of "finisher whose time lagged most behind ability."

Make no mistake, the key term here is *finisher*. A majority of starters, even in a year with reasonable conditions, will claim their goal is "just to finish." When they say that, many of them will be telling the truth, the whole truth and nothing but. Many others will be more or less sandbagging, keeping their own counsel about that *time* they want, or where they want to place. In 1990 former two-time champion Kathy D'Onofrio-Wood set the standard in the arena of "passion for perseverance": it is one thing for a mid-packer to run afoul of fortune, but still to press ahead to a disappointing time with an unspoken inner reward; and quite another for an elite athlete, of whom expectations are forever high, to risk her reputation for quality just to finish among the time-servers. With an 18:52:40 victory in 1988, D'Onofrio-Wood remains still the second-fastest woman over this course; she also holds the *overall* junior record (21:43:49 at age 20). In '90 at age 25, keeping the heat on Trason took its toll on her after Foresthill, when she verged on withdrawal after several extensive medical interventions. She pressed on, however, and finished among mere mortals in 26:33:11. So young and so ardent.

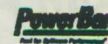
Now it was Lyons' turn. Although this was his first Western States, he had already established himself as one of the finest young talents of the perennial PA Ultra Grand Prix Team Champion Tamalpa Runners, earning, for example, a third and second, respectively, at last season's intensely competitive Skyline 50 km and Quadruple Dipsea trail races. The pre-race line: fast at the short stuff coastside, but can he handle the elements and go the distance?

Amidst one of those snowy glades where ribbons seemed to vanish, Lyons lost contact with the search party he'd been running with and wandered onto a logging road, which he followed to the reservoir before backing his way up to Duncan Canyon.

"I really died on the road after that," Lyons recalled. "My stomach was gone and I was dehydrated. I should have rested until I could eat and drink comfortably, but I was tense from my detour, from the loss of time, and felt I had to get on with it." Lyons' natural ability held him steady for a while, until El Dorado Canyon (53M): "From there to the finish, I probably ran all of three miles. I had blisters and a recurring knee problem, but mainly I was exhausted from a lack of food. I never could eat anything."

No MTV-bred slacker, Lyons, at 29, trod home in 31:23:52 (179th place), reassuring his elders that he, at least, is not afflicted by Attention Deficit Disorder.

## 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 (Results on pg. 19)
Sept. 9, 1995	50 Miles @ Cameron Park (trail; <del>Revised</del> —formerly Pony Express)	Cameron Park	All	2.0	George Straub c/o Fleet Feet 2222 Francisco Drive El Dorado Hills, CA 95762 (916) 939-1967
Oct. 21, 1995	Firetrails 50 Miler (trail)	San Leandro	All	3.2	Dick Collins 1015 Hollywood Ave. Oakland, CA 94602 Tel: (510) 530-6634
Nov. 11, 1995	Gibson Ranch 24 Hour (road)	Sacramento	All	5.0	Norm Klein 1139 Mace River Court Rancho Cordova, CA 95670 (916) 638-1161
Nov. 12, 1995	Gibson Ranch 50 Miler (road)	Sacramento	All	2.0	Norm Klein (see address above)
Nov. 25, 1995	Quadruple Dipsea (28.4 Miles, trail)	Mt. Tamalpais	All	2.4	John Medinger 2060 Manzanita Drive Oakland, CA 94611 Tel: (415) 894-1336 (w)
Jan. 20, 1996	Jed Smith 50 km (road)	Sacramento	All	1.0	Buffalo Chips, c/o Jim Drake 3442 Whitnor Ct. Sacramento, CA 95821 Tel.: (916) 485-8013 (h)
Feb. 17, 1996	Helen Klein 100 km (road)	Sacramento	All	3.5	Norm Klein (see address above)
April 6, 1996	American River 50 Miler (trail)	Sacramento	All	2.4	Fleet Feet (see address above)
April 20, 1996	Ruth Anderson 100 km (road)	San Francisco	All	3.5	Dick Collins (see address above)
May 11, 1996	Quicksilver 50 km (trail)	San Jose	All	2.0	Al Hill 546 Bliss Court San Jose, CA 95136 Tel: (408) 978-5199
May 18, 1996	Silver State 50 km (trail)	Reno	All	2.25	Ken McKim 1460 Prospect Ave. Sparks, Nevada 89431 Tel: (702) 356-2024
June 29, 1996	Western States 100 Mi (trail)	Squaw Valley	All	8.0	Norm Klein (see address above)

### Revised Rules for the 1995-96 PA Ultra Grand Prix

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

Sure, conditions *could* be worse some year. More than two runners might break their legs in the snow. Checkpoints could be staffed by Bosnian Serbs. Ebola virus could find a host in the canyons. Directors might have to fund a captive-breeding program for silver buckles.

Probably, though, when the 50th raceroles around in 2026, geezer-gab will home in on the magnum opus of '95, when Nature drew her line in the snow, 376 crossed it, and a mere 36 amazing athletes scaled a height of achievement that, ultimately, only they can truly comprehend.

# San Francisco Marathon '95

The 18th Annual San Francisco Marathon and 2nd Annual San Francisco 5 km on July 9th featured more than 4,000 runners, bright, sunny weather, and spectacular, challenging courses.

The 26.2-mile marathon started on the north side of the world-famous Golden Gate Bridge and ran through the San Francisco Presidio and the Marina District to North Beach and Chinatown and back to the Embarcadero. The route traveled past the Port of San Francisco, through the Mission District, up to the Haight-Ashbury District, and down into Golden Gate Park. Winding through the Park, the Marathon took an out-and-back loop along Sunset Boulevard and returned to Kezar Stadium for an Olympic-style finish on the track.

The companion San Francisco 5 km course started and finished in Kezar Stadium and toured neighboring Golden Gate Park.

The race for first place in the Marathon wasn't much of a race at all. Hector Lopez from Los Angeles grabbed the lead near the five-mile mark and ran the next 21 miles alone to win by more than 10 minutes in 2:23:38. Lopez' only motivation to keep pushing was the 2:22 U.S. Olympic Marathon Trials qualifying time, which he missed by only 1:38. Second place went to David Michael Mullan of Slidell, La., in 2:33:40. Mullan, who has a personal best of 2:18 and ran in the 1992 Olympic Marathon Trials, ran San Francisco on the spur of the moment while on a driving vacation around the U.S. Alfonso Nunez of Huntington Park, a teammate of Lopez, finished third in 2:34:52.

"There wasn't much competition today," Lopez told Dan Giesen of the San Francisco Chronicle. "I like to run by myself, so being alone didn't bother me. Maybe I could have gone faster if someone was in front of me, but maybe I would have run slower by going too fast at the beginning. I felt comfortable with the pace I ran."

In the women's competition, Lisa Kelp of Cranberry, Pa., hoping for a sub-2:50 Olympic Trials qualifying time, settled for 2:51:12 and a victory margin of more than seven minutes over Barb Wood of Victoria, British Columbia. In third was Diane Tedford of Dalton, Ma., 3:03:17, David Mullan's travel companion.

Kelp's race featured more drama than her finishing time might suggest, however. Kelp told reporters after the race that, due to a scheduling problem, she arrived at the start later than she planned and found herself trailing most of the 4,000 runners across the Golden Gate Bridge.

"Because I got to the start so late, it took me nine minutes to run the first mile," said Kelp, who averaged 6:32 per mile over the entire 26.2-mile distance. "It took me four miles just to get into my rhythm. I am a bit frustrated—my goal was to run 2:45."

The challenging course was noted by the race's fastest runners.

"I thought I was going to die on the hills," Lopez said. "I was able to recuperate on the downhills, and then I'd be facing another one. This is a tough course."

Added Kelp: "I train on hills a lot (where she lives north of Pittsburgh) but this course is pretty tough. The Haight Street hill is a lot tougher than Boston's Heartbreak Hill."

Not all runners found the hills as challenging. Women's third-place finisher Tedford said, "I ran this course faster as a training run (3:03:17) than I did at Boston (3:05). The hills were tough, but they didn't much slow down my pace."

Lack of prize money kept top U.S. and international runners away from the event this year.

Outstanding age group competitors included 42-year-old Jim Christoph's (Boulder, Colo.) fifth-place finish in 2:36:45, 53-year-old Don Van Dell (Aurora, Ill.) running 3:06:24, and the 3:57:13 run by Fred Nagelschmidt of Ventura, age 71.

Among the women, Pamela Horton of Santa Rosa won her age division by 20 minutes, running 3:31:49 at age 51. Ann Bennet of Bethesda, Md., was even more dominant, running 5:07:08 to win the 60-64 division by almost 31 minutes.



Marathon Foto

## Runners Cross the Golden Gate Bridge the Start the Race.

Other marathon finishers of note included Ric Munoz, a runner with the AIDS virus featured in a current Nike television commercial. Munoz finished in 3:38:42. Dennis Marsella of Miami, who runs his marathons in a heavy winter coat carrying a pizza, crossed the line in 5:12:28.

Overall, runners came to San Francisco to run the Marathon from 41 states and 27 countries. In particular, groups of runners from Texas (56 finishers), Wisconsin (45), Georgia (33), and Kentucky (29) were crowd favorites at the finish line.

Hundreds of runners finished their first marathon and raised money for Leukemia research. Each marathoner in the "Team in Training" program ran in honor of a person afflicted with Leukemia. This year's marathon was expected to raise more than a half million dollars for Leukemia research.

More than 30-percent of the Marathon finishers were women. The average percentage of women participants in U.S. marathons is 20-percent.

Other race weekend activities included the Continental Airlines Sports and Fitness Expo at the San Francisco Marriott Hotel and the Near East and Golden Grain Carbo Dinner the night before the race at the Marriott.

The San Francisco 5 km attracted about 700 runners. Top finishers were Ben Turman, Emeryville, in 15:47 and Linda Gill, San Anselmo, in 18:08.

The San Francisco Marathon is owned by International Management Group. The Pacific Association of USA Track & Field directs the event. Race sponsors included Continental Airlines, the San Francisco Marriott, PacificCare of California, Near East Rice and Golden Grain Pasta, 106-KMEL radio, Breathe Right, Petrini's, Levy's Bagels, PowerAde, Castle Rock Spring Water, Specialty Brands, TDI, and GTE Mobilnet.

The 19th Annual San Francisco Marathon is Sunday, July 14, 1996. For information, write to: San Francisco Marathon, P.O. Box 77148, San Francisco, CA 94107; or, call the Pacific Association at (916) 983-4622.

### 1995 San Francisco Marathon Age Division Results

#### Male 19-under

1	Brain Maul	17	Davis	CA	3:15:39
2	Jason Espino	13	Altadena	CA	3:25:16
3	Daniel Hinojosa	15	Altadena	CA	3:25:16

#### Male 20-24

1	Justin Courcelle	24	Mountain View	CA	2:37:55
2	Robert Allen	19	Stockton	CA	2:42:05
3	Bryce Jacobsen	23	San Jose	CA	2:46:05

#### Male 25-29

1	Hector Lopez	28	Los Angeles	CA	2:23:38
2	Michael Tyler	28	Pittsburg	PA	2:43:51
3	Paul Strode	28	Seattle	WA	2:47:41

#### Male 30-34

1	Alfonso Nunez	31	Huntington Pk	CA	2:34:52
2	Jaime Ortiz	34	Villa Juarez		2:38:28
3	Andreas Nolte	34	Essex, Canada		2:39:42

#### Male 35-39

1	David Mullan	35	Slidell	LA	2:33:40
2	Tim Dunlap	38	Los Angeles	CA	2:35:29
3	Jeffrey Milliman	36	Greenville	SC	2:39:01

#### Male 40-44

1	Jim Christoph	42	Boulder	CO	2:36:45
2	Nicolas Hernandez	40	Whittier	CA	2:45:13
3	Claude Leterrier	43	Clichy Bois		2:55:28

#### Male 45-49

1	Charles Possin	46	Madison	WI	2:45:23
2	Jussi Hamalainen	49	Agoura Hills	CA	2:46:13
3	John Zinselmeir	47	Mad River	CA	2:48:34

#### Male 50-54

1	Don Van Dell	53	Aurora	IL	3:06:24
2	Dale Johnson	51	Bloomfield	MI	3:13:06
3	Leland Jonas	50	Price	UT	3:16:24

#### Male 55-59

1	Brent Pinder	55	Tempe	AZ	3:12:55
2	James Carey	58	Chicago Hts	IL	3:20:02
3	Andrew Kotulski	56	Danville	CA	3:28:52

#### Male 60-64

1	Tom Walsh	61	Oakland	CA	3:25:24
2	Vladimir Babichev	62	Los Angeles	CA	3:36:32
3	Ed Mooney	63	San Francisco	CA	3:47:24

#### Male 65-69

1	Dick Yaeger	66	Aptos	CA	3:49:17
2	Lee Jones	65	Daly City	CA	4:02:32
3	Kiyoshi Sugawara	66	San Francisco	CA	4:26:10

#### Male 70-over

1	Fred Nagelschmidt	71	Ventura	CA	3:57:13
2	Frank Rodriguez	70	San Lorenzo	CA	4:52:31
3	Warrener Pait	70	San Francisco	CA	4:58:48

#### Female 19-under

1	Jessica Marken	18	San Francisco	CA	4:01:07
2	Melissa Bonds	16	Camarillo	CA	4:15:30
3	Heather Bryce	18	Camarillo	CA	4:21:11

#### Female 20-24

1	Athena Countouriotis	23	Foster City	CA	3:18:00
2	Alexis Vaivoda	21	West Linn	OR	3:23:07
3	Randi Oneill	20	Benicia	CA	3:23:38

#### Female 25-29

1	Diane Tedford	29	Dalton	MA	3:03:17
2	Suzette Neas	27	Madison	WI	3:06:25
3	Catherine O'Donnell	29	San Francisco	CA	3:12:22

#### Female 30-34

1	Lisa Kelp	30	Cranberry	PA	2:51:12
2	Barb Wood	32	Victoria	BC	2:58:56
3	Jennifer Kjar	34	Salt Lake City	UT	3:06:54

#### Female 35-39

1	Christine Iwahashi	39	Sacramento	CA	3:10:16
2	Ruth Marie Milliman	38	Greenville	SC	3:12:09
3	Maria Figueroa	37	Winnemucca	NV	3:16:25

#### Female 40-44

1	Georgeanne Welde	43	Silver Spring	MD	3:21:55
2	Carol Richardson	43	Los Angeles	CA	3:22:13
3	Lorraine Gersitz	41	Fullerton	CA	3:27:43

#### Female 45-49

1	Sharon Grant	45	Agoura Hills	CA	3:37:28
2	Reyna Arriola Pacheco	47	San Bruno	CA	3:41:03
3	Julie Serjak	48	Visalia	CA	3:52:50

#### Female 50-54

1	Pamela Horton	51	Santa Rosa	CA	3:31:49
2	Anitra Seitamo	51	Fairfax	CA	3:51:42
3	Marie Harmon	53	Fair Oaks	CA	4:04:34

#### Female 55-59

1	Louise Walters	55	Foresthill	CA	3:36:06
2	Joan Reiss	57	San Francisco	CA	3:48:19
3	Denise Smith	56	Compton	CA	4:04:26

#### Female 60-64

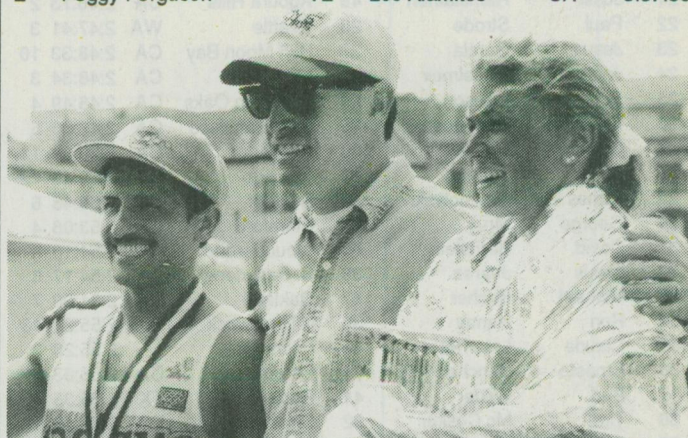
1	Ann Bennet	61	Bethesda	MD	5:07:08
2	Mary Young	60	Antelope	CA	5:38:33
3	Kathleen Callaway	63	Redlands	CA	6:12:12

#### Female 65-69

1	Margie Withrow	68	Lompoc	CA	5:11:21
2	Miyoko O'Hara	67	Rpv	CA	5:15:42
3	Mary Ehrlich	67	Perris	CA	6:12:16

#### Female 70-over

1	Po Adams	71	Carmichael	CA	5:23:07
2	Peggy Ferguson	72	Los Alamitos	CA	5:57:38



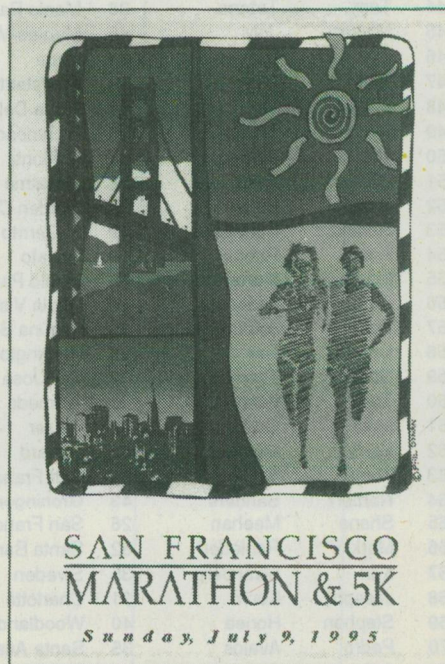
Hector Lopez (L) and Lisa Kelp celebrate their victory on stage with announcer Mike Fanelli.

Marathon Foto

### San Francisco Marathon Posters and T-Shirts Available

To order a 23" x 35" poster featuring this year's beautiful San Francisco Marathon design, send a check for \$24 (includes tax and postage) to: Phil Dynan, P.O. Box 188442, Sacramento, CA 95818. Postcards with the same design are available for .50¢.

To order a San Francisco Marathon participant T-shirt, send a check for \$15 for each shirt (inc. postage and tax) and size desired to: Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630. For information, call (916) 983-4622.



**1995 San Francisco Marathon, Male Finishers by Overall Place**

O'all	Name	Age	City	ST	Time	Div
1	Hector Lopez	28	Los Angeles	CA	2:23:38	1
2	David Mullan	35	Slidell	LA	2:33:40	1
3	Alfonso Nunez	31	Huntington Park	CA	2:34:52	1
4	Tim Dunlap	38	Los Angeles	CA	2:35:29	2
5	Jim Christoph	42	Boulder	CO	2:36:45	1
6	Justin Courcelle	24	Mountain View	CA	2:37:55	1
7	Jaime Ortiz	34	Villa Juarez		2:38:28	2
8	Jeffrey Milliman	36	Greenville	SC	2:39:01	3
9	Andreas Nolte	34	Essex, Canada		2:39:42	3
10	Robert Allen	19	Stockton	CA	2:42:05	2
11	Genaro Elizondo	34	Pinole	CA	2:43:18	4
12	Michael Tyler	28	Pittsburg	CA	2:43:51	2
13	Trini Robles	32	Placentia	CA	2:44:04	5
14	Brad Lael	30	Sacramento	CA	2:44:31	6
15	Ruben Macedo	31	San Francisco	CA	2:44:38	7
16	Nicolas Hernandez	40	Whittier	CA	2:45:13	2
17	Charles Possin	46	Madison	WI	2:45:23	1
18	David Depasquale	30	Manaimo	BC	2:45:26	8
19	Jorge Penado	32	Huntington	CA	2:45:28	9
20	Bryce Jacobsen	23	San Jose	CA	2:46:05	3
21	Jussi Hamalainen	49	Agoura Hills	CA	2:46:13	2
22	Paul Strode	28	Seattle	WA	2:47:41	3
23	Jesus Garcia	33	Half Moon Bay	CA	2:48:33	10
24	John Zinselmeir	47	Mad River	CA	2:48:34	3
25	Scott Carlson	29	Sherman Oaks	CA	2:48:49	4
26	Alejandro Rodriguez	25	San Francisco	CA	2:49:06	5
27	Guillermo Cazares	30	Alameda	CA	2:50:08	11
28	Chris Toepfer	32	Chicago	IL	2:50:46	12
29	James Drozdowski	28	Boulder	CO	2:50:48	6
30	George Mrus	35	Stamford	CT	2:53:08	4
31	David Bernstein	36	Albuquerque	NM	2:54:10	5
32	Jesus Juarez	38	S. Pasadena	CA	2:54:17	6
33	Michael Becher	37	Oakland	CA	2:54:29	7
34	Ron Haney	30	N Brunswick	NJ	2:55:21	13
35	Claude Leterrier	43	Clichy Bois		2:55:28	3
36	Ernesto Sanchez	24	Paramount	CA	2:55:33	4
37	Bud Wilder	41	Rockwall	TX	2:55:35	4
38	Tim Mc Cosker	32	Smithers	BC	2:55:45	14
39	John Hirschberger	43	San Francisco	CA	2:56:16	5
40	Jay Srivatsa	28	Los Gatos	CA	2:56:55	7
41	Juan Lepe	30	Chula Vista	CA	2:56:56	15
42	Dan Guggenheim	27	San Francisco	CA	2:57:08	8
43	Ignacio Fonseca	29	Pacoima	CA	2:57:18	9
44	Tom Tateno	38	Menlo Park	CA	2:57:24	8
45	Michel Joly	46	Mantes-Ville		2:57:25	4
46	Michael Mc Loughlin	33	Napa	CA	2:57:32	16
47	Ralf Klink	29	Riedstadt, Germany		2:57:38	10
48	Frank Tai	40	Playa Del Rey	CA	2:57:47	6
49	Duncan Sheils	25	Richmond	VA	2:57:58	11
50	Miguel Rodriguez	32	El Monte	CA	2:58:08	17
51	Bill Hann	32	Nanaimo	BC	2:58:28	18
52	Greg Bolen	30	Garden City	NY	2:58:32	19
53	Ronald Kubokawa	42	El Cerrito	CA	2:59:24	7
54	Frank Ruona	49	Novato	CA	2:59:34	5
55	Martin Mumenthaler	30	Menlo Park	CA	2:59:52	20
56	Ruben Ledesma	34	Chula Vista	CA	2:59:53	21
57	Paul Jablon	35	Laguna Beach	CA	2:59:55	9
58	Charles Nak	48	Huntington Beac	CA	3:00:08	6
59	Stephen Thomas	32	San Jose	CA	3:00:40	22
60	Tony Fong	36	Alameda	CA	3:00:57	10
61	Mike Gangwer	42	Keizer	OR	3:01:25	8
62	Barry Molony	44	Oxnard	CA	3:01:29	9
63	Tony Varnhagan	35	San Francisco	CA	3:01:34	11
64	Herbert Sanders	43	Groningen	NB	3:01:36	10
65	Shane Meehan	26	San Francisco	CA	3:01:38	12
66	Mark Rohleder	32	Santa Barbara	CA	3:01:40	23
67	Karl Swanberg	35	Sweden		3:01:58	12
68	Joseph Koch	31	Charlotte	NC	3:02:13	24
69	Stephen Honea	40	Woodlands	TX	3:02:41	11
70	Pedro Avalos	35	Santa Ana	CA	3:02:55	13
71	Arthur Sanabria	39	Petaluma	CA	3:03:12	14
72	Steve Scholz	30	Menlo Park	CA	3:03:30	25
73	Ralph Gonzales	31	San Francisco	CA	3:03:55	26
74	Jimmy Grossman	35	Pittsburgh	PA	3:04:07	15
75	Lucas Ramirez	20	Costa Mesa	CA	3:04:14	5
76	Romell Hamlin	41	Oakland	CA	3:04:18	12
77	Paul Seals	45	Austin	TX	3:04:24	7
78	Al Val Verde	37	Glendale	CA	3:04:31	16
79	Gerard Lenoine	46	S Cyr La Cam.		3:04:38	8
80	David Fleishman	29	San Luis Obispo	CA	3:04:45	13
81	Christian Griwenka	31	Ostia Lido	RO	3:04:48	27
82	Evan Chang	36	Woodland	CA	3:05:05	17
83	David Loutzenheiser	28	Berkeley	CA	3:05:14	14
84	Carl Sniffen	42	Grants Pass	OR	3:05:33	13
85	Jerome Florentin	26	Rouen		3:05:51	15
86	Froylan Sanchez	39	San Francisco	CA	3:05:52	18
87	Mark Dolan	32	Novato	CA	3:05:59	28
88	Christian Rayer	40	Villers/st Leu		3:06:01	14
89	Kyle Billings	32	Solana Beach	CA	3:06:12	29
90	Vicente Romero	46	Southgate	CA	3:06:13	9
91	Pablo Zuniga	40			3:06:16	15
92	Don Van Dell	53	Aurora	IL	3:06:24	1
93	Abel Ibarra	41	Pacoima	CA	3:06:29	16
94	Mark Ramirez	39	San Ramon	CA	3:06:40	19
95	Dan Sloven	37	St Louis	MO	3:06:43	20
96	Timothy Olson	28	Stevens Pt	WI	3:06:48	16
97	Larus Thorlacius	31	Santa Barbara	CA	3:06:50	30
98	Clifford Chambers	30	Lubbock	TX	3:07:01	31
99	Mark Johnson	32	Chula Vista	CA	3:07:03	32
100	Benjamin Scully	31	Bernardsville	NJ	3:07:12	33
101	Donald Ocana	46	Placentia	CA	3:07:14	10
102	Ray Goulet	33	Redwood City	CA	3:07:16	34
103	Alan Chhith	23	Rowalk	CA	3:07:43	6
104	Roger Brown	33	San Francisco	CA	3:07:48	35
105	Gregory Meadows	34	Chico	CA	3:07:56	36
106	Evan Kerr	30	San Francisco	CA	3:07:59	37
107	Neiman Kanawati	35	Sausalito	CA	3:08:03	21
108	Fernando Hernandez	28	Los Angeles	CA	3:08:07	17
109	Bruce Wallner	37	Alameda	CA	3:08:09	22
110	Jeff Daer	28	Tempe	AZ	3:08:12	18
111	Rae Clark	43	Camino	CA	3:08:21	17
112	Steven Yip	33	San Francisco	CA	3:08:30	38
113	Jim Beuselink	37	Saratoga	CA	3:08:36	23
114	Peter St Geme	34	San Francisco	CA	3:08:54	39
115	Mark Schnerd	32	Antioch	CA	3:09:00	40
116	Frank Pappas	44	San Francisco	CA	3:09:02	18
117	John Guzman	28	Huntington Park	CA	3:09:03	19
118	Todd Mc Allister	29	Encinitas	CA	3:09:07	20
119	Glen Reed	39	Vero Beach	FL	3:09:11	24
120	Kevin Fisher	32	Seattle	WA	3:09:18	41
121	Glenn Tachiyama	38	Seattle	WA	3:09:18	25
122	Ted Levine	46	San Bruno	CA	3:09:20	11
123	Michael Suhomel	35	Berkeley	CA	3:09:21	26
124	Bennett Cox	28	Lexington	SC	3:09:28	21
125	John Kammeyer	30	Sunnyvale	CA	3:09:30	42
126	Reid Bengard	28	San Francisco	CA	3:09:32	22
127	Kevin Doran	44	Fairfield	CA	3:09:39	19
128	James Meyer	31	Colorado Springs	CO	3:09:47	43
129	Michael Di Salvo	39	Campbell	CA	3:09:54	27
130	Leonardo Almanza	30	Northridge	CA	3:10:03	44
131	Matthew Smith	43	San Diego	CA	3:10:12	20
132	Bill Hambrick	41	Carmichael	CA	3:10:17	21
133	Luis Arevalo	41	San Jose	CA	3:10:20	22
134	Mark Butcher	33	Alameda	CA	3:10:28	45
135	Brett Singer	27	Berkeley	CA	3:10:43	23
136	Gary Jenkins	47	Atlanta	GA	3:10:50	12
137	Bruce Guter	40	Fullerton	CA	3:10:52	23
138	David Flores	33	Phoenix	AZ	3:10:57	46
139	Samuel Kauffman	27	Portland	OR	3:11:01	24
140	Gerald Valdez	31	Mare Island	CA	3:11:30	47
141	Tracy Hague	37	Monterey	CA	3:11:47	28
142	Roger Weingaertner	47	San Fernando	CA	3:11:48	13
143	Michael Mulrooney	37	Los Angeles	PA	3:11:57	29
144	Ken Kelly	37	Cupertino	CA	3:12:07	30

O'all	Name	Age	City	ST	Time	Div									
145	T Laurence	Casey	33	San Francisco	CA	3:12:20	48	217	Pedro	Leos	31	Southgate	CA	3:19:44	69
146	Brent	Pinder	55	Tempe	AZ	3:12:55	1	218	John	Sullivan	33	Douglaston	NY	3:19:57	70
147	Dale	Johnson	51	Bloomfield	MI	3:13:06	2	219	James	Carey	58	Chicago Hts	IL	3:20:02	2
148	Artemio	Villegas	36	Madera	CA	3:13:07	31	220	Carlos	Zaparolli	42	San Pablo	CA	3:20:07	36
149	Claude	Thornton	36	San Jose	CA	3:13:20	32	221	Michael	Chrinko	30	San Francisco	CA	3:20:11	71
150	Todd	Clark	38	Sacramento	CA	3:13:20	33	222	Michael	Skinner	38	San Francisco	CA	3:20:13	43
151	Juna	Tapia	30	Oakley	CA	3:13:20	49	223	Andrew	Black	37	Oakland	CA	3:20:15	44
152	Craig	Norquist	28	San Diego	CA	3:13:47	25	224	Francis	Hosner	46	Jeannette	PA	3:20:17	20
153	Scott	Tucker	32	Louisville	KY	3:13:47	50	225	Michael	Greenfield	34	Anaheim	CA	3:20:21	72
154	Paul	Sweeney	29	Tahoe City	CA	3:13:54	26	226	Chris	Luberecki	28	Tahoe City	CA	3:20:24	37
155	Jim	Huber	44	Grants Pass	OR	3:14:19	24	227	Robert	Mc Cormack	28	Palo Alto	CA	3:20:24	38
156	Mark	Donaldson	31	Mill Valley	CA	3:14:39	51	228	John	Hearney	48	Oakland	CA	3:20:25	21
157	Michael	Baumann	38	Visalia	CA	3:14:50	34	229	Peter	Thurston	31	San Francisco	CA	3:20:33	73
158	Rex	Lawrence	28	Salinas	CA	3:14:50	27	230	Timothy	Thomas	44	New Castle	PA	3:20:33	37
159	Ted	Wada	33	Rosemead	CA	3:14:56	52	231	Anthony	Anscombe	34	Alameda	CA	3:20:40	74
160	Mark	Leitch	39	Aptos	CA	3:15:02	35	232	Erik	Priedkalns	24	Thousand Oaks	CA	3:20:42	11
161	Derald	Rine	31	Phoenix	AZ	3:15:15	53	233	John	Coffey	39	Portland	OR	3:20:47	45
162	Charles	Perry	42	Buena Park	CA	3:15:20	25	234	Jaime	Garcia	30	Santa Ana	CA	3:20:47	75
163	Mona	Venne	32	Greenbrae	CA	3:15:27	54	235	Eric	Ostendorff	34	Torrance	CA	3:20:48	76
164	Brain	Maul	17	Davis	CA	3:15:39	1	236	Byron	Spicer	32	Oakland	CA	3:20:49	77
165	Steve	Sullivan	31	Walnut Creek	CA	3:15:51	55	237	Bob	Sanchez	37	Livermore	CA	3:20:49	46
166	Brian	Schonfeld	34	Redwood City	CA	3:15:54	56	238	William	Cleary	28	San Francisco	CA	3:20:59	39
167	Bryan	Hayes	33	Mt. Hermon	CA	3:15:54	57	239	Fred	Mc Nairy	40	Fresno	CA	3:21:20	38
168	Bear	Arellano	34	San Francisco	CA	3:15:58	58	240	Daniel	Wolfers	35	So Lake Tahoe	CA	3:21:23	47
169	Patrick	Schuck	31	Mountain View	CA	3:16:04	59	241	Eric	Neumann	43	Colfax	CA	3:21:26	39
170	Yoshio	Minato	37	Pasadena	CA	3:16:05	36	242	David	Brownstein	32	San Francisco	CA	3:21:46	78
171	Sean	Seeley	23	Davis	CA	3:16:13	7	243	Anthony	Salinaro	48	Oakland	CA	3:21:47	22
172	Peter	Swett	28	Mt View	CA	3:16:19	28	244	Brian	Williams	35	Aspen	CO	3:21:52	48
173	Norman	Wheatley	37	San Francisco	CA	3:16:23	37	245	Denis	Bauke	36	Daly City	CA	3:22:00	49
174	Leland	Jonas	50	Price	UT	3:16:24	3	246	Bernard	Boulegue	43	Nevilly Seine		3:22:06	40
175	Jim	Mitchell	41	Jackson	WY	3:16:30	26	247	Masao	Hayashi	28	Watsonville	CA	3:22:12	40
176	Eduardo	Fraire	0	San Gabriel	CA	3:16:32	8	248	Brian	Draper	42	Glendale	CA	3:22:26	41
177	Gregory	Hunter	44	St Helena	CA	3:16:42	27	249	Larry	Covelli	44	Coraopolis	PA	3:22:32	42
178	Geoffrey	Mc Fatridge	36	Milwaukee	WI	3:16:45	38	250	Daniel	Mc Cullough	38	Santa Rosa	CA	3:22:38	50
179	Jon	Siegel	29	Casselberry	FL	3:16:47	29	251	Juan	Pacheco	30	Los Angeles	CA	3:22:40	79
180	Lee	Mc Kinley	34	Alamo	CA	3:16:58	60	252	Stanley	Reyes Jr.	40	Nipomo	CA	3:22:42	43
181	Jerry	Overton	42	Jupiter	FL	3:17:01	28	253	Ian	Reid	51	San Francisco	CA	3:22:47	5
182	Erwin	Lynch	28	Oakland	CA	3:17:05	30	254	Craig	Shaffer	35	Cottage Grove	WI	3:22:54	51
183	Kenneth	Chism	39	Hayward	CA	3:17:05	39	255	Doug	Wong	31	San Francisco	CA	3:22:59	80
184	Dennis	Ditullio	48	San Francisco	CA	3:17:15	14	256	Manuel	Garcia	34	Wilmington	CA	3:23:00	81
185	Thomas	Elmer	29	Austin	TX	3:17:28	31	257	Craig	Laub	29	New York	NY	3:23:06	41
186	Michael	Edling	44	Carson City	CA	3:17:30	29	258	Timothy	Reilly	32	San Diego	CA	3:23:09	82
187	Jose	Navarro	27	Chicago	IL	3:17:40	32	259	Ian	Sinclair	28	San Francisco	CA	3:23:23	42
188	Vincent	Suarez	31	San Francisco	CA	3:17:41	61	260	Ray	Brown	48	Hayward	CA	3:23:25	23
189	Joel	Reyes Ramirez	41	San Bruno	CA	3:17:46	30	261	Devlin	Gardella	28	San Francisco	CA	3:23:31	43
190	Mark	Miller	36	Vacaville	CA	3:17:57	40	262	George	Grapman	50	San Francisco	CA	3:23:43	6
191	David	Cech	27	Salinas	CA	3:18:03	33	263	Ted	Peck	45	Millbrae	CA	3:23:48	24
192	Erik	Hora	29	San Francisco	CA	3:18:05	34	264	Larry	Johnson	34	Santa Cruz	CA	3:23:55	83
193	Tim	Leachman	46	Coronado	CA	3:18:07	15	265	Lucien	Rowe	33	Rockville	MD	3:24:07	84
194	Carl	Cull	48	Saratoga	CA	3:18:10	16	266	Chris	Leftwich	33	Tahoe City	CA	3:24:07	85
195	Ed	Escano	46	Newport Bch	CA	3:18:11	17	267	Drew	Kenny	32	Monterey	CA	3:24:26	44
196	Douglas	Hutchenson	23	Los Angeles	NJ	3:18:12	9	268	Carl	Hicks	43	Atlanta	GA	3:24:26	44
197	Steven	Bieterman	43	Mesa	AZ	3:18:30	31	269	Michael	Roberts	38	Fresno	CA	3:24:40	52
198	Terry	Robison	42	Fall Creek	OR	3:18:36	32	270	Erwin	Punz	33	Berkeley	CA	3:24:40	86
199	Marco	Lopez	32	Long Beach	CA	3:18:38	62	271	Armando	Ruiz	32			3:24:42	87
200	Richard	Gomez	35	El Paso	TX	3:18:45	41	272	Peter	Crone	34	El Dorado	CA	3:24:42	88
201	Leslie	Dillman	32	Pittsburgh	PA	3:18:45	63	273	Joe	Spencer	40	Scottsville	NY	3:24:43	45
202	Alex	Wright	23	Davis	CA	3:18:46	10	274	Tom	Orsi	29	San Francisco	CA	3:24:44	45
203	Raymond	Slesinski	34	Arnold	MO	3:18:48	64	275	Lenno	Marrufo	32	San Jose	CA	3:24:46	89
204	Mike	Carson	44	Martinez	CA	3:18:50	33	276	Mario	Robles	27	Pasadena	CA	3:24:51	46
205	Ken	Anderson	36	Narragansett	RI	3:19:02	42	277	Don	Casper	47	San Francisco	CA	3:25:01	25
206	Carlos	Jimenez Marisel	34	Mexico	CA	3:19:11	65	278	Glenn	Bailey	47	Antelope	CA	3:25:06	26
207	Karl	Kehl	33	San Francisco	CA	3:19:14	66	279	Hugh	Peterson	29	Cupertino	CA	3:25:13	47
208	Mauricio	Martinez	40	Van Nuys	CA	3:19:20	34	280	James	Schroeder	51	Clarkston	MI	3:25:15	7
209	David	Burns	29	San Ramon	CA	3:19:20	35	281	Steven	Watanabe	36	Irvine	CA	3:25:15	53
210	Mike	Mullaley	51	Qualieum Beaeett	BC	3:19:22	4	282	Jason	Espino	13	Altadena	CA	3:25:16	2
211	Shawn	Mc Lean	29	Laguna Niguel	CA	3:19:24	36	283	Daniel	Hinojosa	15	Altadena	CA	3:25:16	3
212	Jeffrey	Rose	32	Laguna Niguel	CA	3:19:24	67	284	Tom	Walsh	61	Oakland	CA	3:25:24	1
213	Michael	Urbanski	47	Tucson	AZ	3:19:26	18	285	Jose Aguil	Monson Alonso	25	Los Angeles	CA	3:25:29	48
214	Nathaniel	Carter	32	Oakland	CA	3:19:28	68	286	Joel	Camarda	46	San Francisco	CA	3:25:32	27
215	Paul	King	40	Mt View	CA	3:19:29	35	287	Clay	Collins	37	Blountville	TN	3:25:34	54
216	Syl	Pascale	46	San Carlos	CA	3:19:42	19	288	Bob	Karp	34	Morristown	NJ	3:25:38	90
								289	Roger	Richards	47	Los Angeles	CA	3:25:40	28

O'all	Name	Age	City	ST	Time	Div										
290	Whit		Rambach	28	Fresno	CA	3:25:40	49	362	Paul	Beuselink	44	Ashland	MO	3:30:31	57
291	Neil		Trama	33	San Francisco	CA	3:25:54	91	363	Thomas	Roth	31	Santa Monica	CA	3:30:33	108
292	James		Schwappach	29	San Diego	CA	3:26:03	50	364	Edward	Ballman	36	San Francisco	CA	3:30:34	71
293	Frank		Sabatits	41	San Marino	CA	3:26:08	46	365	Michael	Lauruhn	22	Riverside	CA	3:30:37	16
294	David		Handsher	46	San Francisco	CA	3:26:08	29	366	Lon	Monroe	48	Truckee	CA	3:30:43	39
295	Terry		Ballinger	36	Lansing	MI	3:26:11	55	367	Leroy	Daleen	46	San Jose	CA	3:30:50	40
296	Michael		Musil	32	San Francisco	CA	3:26:12	92	368	Daniel	Breton	40	Chula Vista	CA	3:31:02	58
297	Franklin		Jones	24	Bend	OR	3:26:12	12	369	Matthias	Orth	31	San Francisco	CA	3:31:07	109
298	Thomas		Camp	26	San Francisco	CA	3:26:16	51	370	Jeffrey	Pecota	44	Shingle Springs	CA	3:31:11	59
299	Steve		Zander	33	Sugarland	TX	3:26:20	93	371	Adrian	Cerda	30	Colton	CA	3:31:12	110
300	Will		Kopachik	43	San Francisco	CA	3:26:25	47	372	Serge	Soulie	39	Nevely Seine		3:31:21	72
301	Bradley		O'Brien	33	San Rafael	CA	3:26:29	94	373	Richard	Powers	46	Los Angeles	CA	3:31:22	41
302	Thomas		Mulvihill	36	Orinda	CA	3:26:31	56	374	Ted	Knudsen	26	Pt Reyes	CA	3:31:23	55
303	Glenn		Bearson	48	Kent	WA	3:26:36	30	375	Dan	Hurlburt	47	Lincoln	NE	3:31:24	42
304	Matt		Mac Phee	34	Greenbrae	CA	3:26:41	95	376	Ronald	Seaton	47	Union City	CA	3:31:24	43
305	Tony		Nall	36	Louisville	KY	3:26:42	57	377	Joseph	Wojcik	54	Los Angeles	NV	3:31:32	13
306	David		Samad	38	Teaneck	NJ	3:26:42	58	378	Kevin	Geno	40	San Francisco	CA	3:31:53	60
307	Bob		Wishmia	45	Emmaus	PA	3:26:49	31	379	Gary	Barnett	39	Antioch	CA	3:32:07	73
308	Gerhard		Behrens	35	Emmaus	PA	3:26:53	59	380	Rick	Bergan	41	Redwood Shores	CA	3:32:12	61
309	Maurilio		Amezcuca	45	Los Angeles	CA	3:26:53	32	381	Pete	Tanquary	30	San Jose	CA	3:32:19	111
310	Larry		Jamison	53	San Luis Obispo	CA	3:26:57	8	382	Robert	Koehler	31	Los Gatos	CA	3:32:20	112
311	Douglas		Gallaher	27	San Francisco	CA	3:27:10	52	383	Mark	Meidell	43	Bountiful	UT	3:32:22	62
312	Brice		Westring	24	Charlottesville	VA	3:27:10	13	384	Christophe	Martha	34	Sunnyvale	CA	3:32:24	113
313	Jacob		Stub	37	San Francisco	CA	3:27:21	60	385	Donald	Carter	45	Gaithersburg	MD	3:32:25	44
314	Daniel		Clapper	42	Lexington	SC	3:27:25	48	386	William	Boeckmann	57	San Francisco	CA	3:32:26	5
315	Dan		Zender	42	Coffax	CA	3:27:26	49	387	Dana	White	49	Santa Monica	CA	3:32:42	45
316	David		Innes	47	Mill Valley	CA	3:27:32	33	388	Edward	Royalty	24	Long Beach	CA	3:32:44	17
317	Scott		Mc Cormack	23	San Francisco	CA	3:27:34	14	389	Steve	Grant	39	Stockton	CA	3:32:46	74
318	Ramy		Nahas	30	New York	NY	3:27:38	96	390	Robert	Lapanja	41	Shingle Springs	CA	3:32:47	63
319	Bill		Hollingshead	53	Nanaimo	BC	3:27:42	9	391	James	Eales	35	Bakersfield	CA	3:32:48	75
320	Thomas		Avon	52	Morgan Hill	CA	3:27:44	10	392	Jaime	Garcia	29	Emeryville	CA	3:32:54	56
321	Jeff		Corey	34	Palo Alto	CA	3:27:47	97	393	Alfredo	Garcia Jr	42	El Segundo	CA	3:32:59	64
322	Michael		Snyder	33	Buckhannon	WY	3:27:47	98	394	Wade	Foster	26	Monterey	CA	3:33:02	57
323	Adam		Kirshner	26	Berkeley	CA	3:27:48	53	395	Dale	Ahlstrom	37	Riverside	CA	3:33:04	76
324	Scott		Buckley	34	San Francisco	CA	3:27:50	99	396	Douglas	Cline	35	Huntington Bch	CA	3:33:06	77
325	Jim		Guthrie	36	Atlanta	GA	3:27:52	61	397	Craig	Bailey	37	Sparks	NV	3:33:15	78
326	Mark		Peterson	33	San Diego	CA	3:27:56	100	398	James	Price	47	La Habra	CA	3:33:16	46
327	Jim		Britts	18	Davis	CA	3:27:59	4	399	David	Armentrout	56	Midland	MI	3:33:19	6
328	Gashaw		Abebe	43	Wexford	PA	3:28:10	50	400	Pedro	Osuna	39	Las Vegas	NV	3:33:19	79
329	Jaramillo		Julio	39	Los Angeles	CA	3:28:18	62	401	Joe	Couto	41	Pleasanton	CA	3:33:36	65
330	Warren		Elzy	47	Bedford	OH	3:28:20	34	402	Andrew	Bedrin	35	Concord	CA	3:33:36	80
331	Randolf		Koppa	52	Hong Kong	CA	3:28:24	11	403	Michael	Kerr	55	Napa	CA	3:33:36	7
332	Mike		Wood	40	Stockton	CA	3:28:26	51	404	Mark	Mazziotti	30	San Francisco	CA	3:33:37	114
333	John		Erickson	41	Salt Lake City	UT	3:28:28	52	405	George	Rehmet	28	San Francisco	CA	3:33:37	58
334	Stewart		Warren	39	Walnut Creek	CA	3:28:33	63	406	John	Kruse	33	San Francisco	CA	3:33:45	115
335	David		Dent	31	Portland	OR	3:28:38	101	407	Tom	Kaisersatt	55	San Jose	CA	3:33:47	8
336	Stuart		Gordon	54	San Francisco	CA	3:28:42	12	408	Jay	Prichard	37	Van Wert	OH	3:33:52	81
337	Christian		Le Quellec	37	Nesnll Esnard		3:28:46	64	409	Randy	Moore	37	Dallas	TX	3:34:05	82
338	Ross		Morrison	39	San Francisco	CA	3:28:49	65	410	James	Cromer	29	Lutherville	MD	3:34:09	59
339	Robert		Mallory	34	Portland	OR	3:28:50	102	411	Peter	Harames	49	San Bruno	CA	3:34:16	47
340	Andrew		Kotulski	56	Danville	CA	3:28:52	3	412	Charles	Adams	30	Palo Alto	CA	3:34:17	116
341	Kevin		Lawler	46	Santa Cruz	CA	3:28:53	35	413	Tom	Degerness	35	Portland	OR	3:34:23	83
342	Steve		Topper	49	Sacramento	CA	3:29:00	36	414	Charles	Taylor	41	Fresno	CA	3:34:24	66
343	Bryan		Helmer	24	Berkeley	CA	3:29:07	15	415	Giancarlo	De Miro	39	Roma 00195		3:34:31	84
344	Steve		Ditzler	40	Valleyford	MA	3:29:13	53	416	Kim	Isham	42	Angwin	CA	3:34:32	67
345	Bobby		Aswell, Jr.	32	Charlotte	NC	3:29:14	103	417	Lee	Tomasello	48	San Jose	CA	3:34:37	48
346	Paul		Zarella	37	Murrysville	PA	3:29:21	66	418	Patrick	Mathes	30	Monterey	CA	3:34:38	117
347	Manuel		Ibarra	30	San Jose	CA	3:29:28	104	419	Milton	Rudd	52	Whittier	CA	3:34:40	14
348	Phillippe		Andreu-Sabater	37	Bonsecours		3:29:31	67	420	David	Sylvester	40	Moraga	CA	3:34:47	68
349	H		Weldon	46	Fresno	CA	3:29:40	37	421	Richard	Parker	49	San Francisco	CA	3:34:53	49
350	Gary		Tomick	42	Edmonton	AB	3:29:41	54	422	Tom	Moorhead	46	Vail	CO	3:34:54	50
351	Mark		Carroll	30	Saratoga	CA	3:29:47	105	423	John	Spicer	34	Corodado	CA	3:34:57	118
352	Caifan		Vidarreal	30	Costa Mesa	CA	3:30:02	106	424	Christophe	Campbell	34	San Jose	CA	3:35:01	119
353	Michael		King	28	Menlo Park	CA	3:30:02	54	425	Mark	Haesloop	45	San Carlos	CA	3:35:03	51
354	Sal		Lopez Jr	35	Sacramento	CA	3:30:06	68	426	Mike	Kukuchka	40	Sylmar	CA	3:35:13	69
355	Kevin		Mc Guinness	41	Mcas Eltoro	CA	3:30:09	55	427	David	Thomas	36	Los Altos	CA	3:35:20	85
356	Jun		Amano	48	Palo Alto	CA	3:30:10	38	428	Michael	Drose	42	Sullivan Is.	SC	3:35:25	70
357	Johann		Vetter	56	San Francisco	CA	3:30:12	4	429	William	Salacuse	27	San Anselmo	CA	3:35:25	60
358	David		Piazza	36	San Mateo	CA	3:30:16	69	430	Patrick	Tam	18	San Jose	CA	3:35:27	5
359	Raymond		Bermudes	38	El Monte	CA	3:30:20	70	431	Keith	Panzer	36	Stamford	CT	3:35:28	86
360	Gary		Gardiner	40	Hull Quebec		3:30:26	56	432	Thomas	Allen	30	San Jose	CA	3:35:29	120
361	K.C.		Liu	30	San Francisco	CA	3:30:27	107	433	Bob	Holguin	43	Whittier	CA	3:35:36	71
									434	Ron	Nelson	44	Grand Rapids	MI	3:35:39	72



O'all	Name	Age	City	ST	Time	Div									
435	Bill	Ralph	37	Seattle	WA	3:35:41	87	507	Jurgen	Krehnke	32	Sunnyvale	CA	3:39:26	135
436	Webster	Chadwick	54	Sacramento	CA	3:35:42	15	508	Benny	Yih	34	Salt Lake City	CA	3:39:27	136
437	Gary	Geisler	40	Ripon	WI	3:35:43	73	509	Bob	O'Connor	46	San Jose	CA	3:39:29	63
438	James	Carter	48	Los Angeles	NV	3:35:45	52	510	Paul	Long	56	Toronto	ON	3:39:33	10
439	Jay	Scott	31	Chicago	IL	3:35:51	121	511	David	Hess	36	Sherwood	OR	3:39:34	107
440	Ken	Radon	45	Tucson	AZ	3:35:51	53	512	Christophe	Lenagard	26	Urville		3:39:40	70
441	Larry	Kelly	35	Irvine	CA	3:36:04	88	513	Edward	Blenias	45	Edmonton, Canada		3:39:43	64
442	Gary	Wang	27	Goleta	CA	3:36:06	61	514	Terrance	Stackwood	34	San Francisco	CA	3:39:48	137
443	Lloyd	Zion	39	So Lake Tahoe	CA	3:36:15	89	515	Ricardo	Alvarez	36	Brooklyn	NY	3:39:49	108
444	Brian	Mac Gowan	35	Livermore	CA	3:36:23	90	516	Max	Su	28	Solana B	CA	3:39:52	71
445	David	O'Toole	31	San Francisco	CA	3:36:26	122	517	Bruce	Galler	29	Los Angeles	CA	3:39:55	72
446	Ed	Tollefsen	28	San Ramon	CA	3:36:31	62	518	Juan	Sobenes	57	Fresno	CA	3:39:55	11
447	Vladimir	Babichev	62	Los Angeles	CA	3:36:32	2	519	Yves	Dodet	36	Paris		3:39:56	109
448	Paul	Hargrave	56	Gainesville	FL	3:36:32	9	520	David	Collins	33	Vista	CA	3:40:04	138
449	Douglas	Edwards	40	Manhattan Bch	CA	3:36:34	74	521	Michael	Fetterolf	37	Franklin	PA	3:40:06	110
450	Ron	Petroff	34	Shingle Springs	CA	3:36:35	123	522	Blakely	Hume	20	Goleta	CA	3:40:08	21
451	Bryce	Cheesman	49	Los Angeles	CA	3:36:39	54	523	William	Owens	32	Los Altos	CA	3:40:12	139
452	Thomas	Honrath	47	Santa Rosa	CA	3:36:40	55	524	James	Jacobs	28	San Francisco	CA	3:40:18	73
453	Toby	Harness	35	Mtn View	CA	3:36:44	91	525	James	Knox	27	San Diego	CA	3:40:19	74
454	Christophe	Dujardin	29	Walnut Creek	CA	3:37:00	63	526	Armando	Salas	30	Santa Ana	CA	3:40:20	140
455	Carleton	Sage	28	San Francisco	CA	3:37:02	64	527	Jim	Rivas	48	San Leandro	CA	3:40:22	65
456	Roy	Bauerle	46	Santa Cruz	CA	3:37:04	56	528	Ed	Ohye	36	Fremont	CA	3:40:24	111
457	Doug	Griffin	24	San Diego	CA	3:37:13	18	529	Gilbert	Varela	46	Los Angeles	CA	3:40:27	66
458	William	Birdsong	31	Oakland	CA	3:37:15	124	530	Luis	Garcia	36	Daly City	CA	3:40:28	112
459	David	Sunday	38	Huntington	CA	3:37:15	92	531	Steve	Rauh	35	Harrods Creek	KY	3:40:34	113
460	Mark	Merrill	37	San Diego	CA	3:37:19	93	532	Robert	Borba	50	Los Angeles	CA	3:40:42	18
461	David	Whitney	34	San Francisco	CA	3:37:21	125	533	Denis	Baylor	29	Los Altos	CA	3:40:49	75
462	Thomas	Malone	38	Long Beach	CA	3:37:23	94	534	Robert	Stephenson	47	Visalia	CA	3:40:54	67
463	Doug	Chan	31	Whittier	CA	3:37:24	126	535	John	Peterson	45	Oakhurst	CA	3:40:58	68
464	Herman	Escajadillo	44	Daly City	CA	3:37:28	75	536	Bruce	Johnson	31	San Francisco	CA	3:40:58	141
465	Jim	Chastain	36	St Louis	MD	3:37:29	95	537	Tim	Kane	28	Lookout Mtn	TN	3:41:01	76
466	George	Sciarra	37	Mays Landing	NJ	3:37:33	96	538	Mark	Yin	31	Santa Monica	CA	3:41:06	142
467	Yong	Kim	41	Paradise Valley	AZ	3:37:37	76	539	Atanasio	Espinosa	50	Roseville	CA	3:41:14	19
468	Mark	Molloy	38	Tracy	CA	3:37:38	97	540	Ben	Palomares	29	Los Angeles	CA	3:41:16	77
469	Nick	Berro	44	San Carlos	CA	3:37:40	77	541	Steve	Rapport	27			3:41:17	78
470	Bob	Brittingham	45	Cjico	CA	3:37:42	57	542	Phil	Richards	47	Coto Decaza	CA	3:41:18	69
471	Leo	Zvonek	40	Austin	TX	3:37:43	78	543	Kevin	Hill	26	Los Angeles	CA	3:41:29	79
472	Arthur	Folsom	36	Bakersfield	CA	3:37:46	98	544	Peter	Brooks	26	San Francisco	CA	3:41:40	80
473	Richard	Feingold	48	Tracy	CA	3:37:48	58	545	Rick	Hansen	24	Camarillo	CA	3:41:41	22
474	Robert	Mc Cormick	23	Kutztown	PA	3:37:48	19	546	Pablo	Salinas	33	Riverside	CA	3:41:43	143
475	Jim	Myers	46	Mill Valley	CA	3:37:49	59	547	Rich	La Vallee	37	Brentwood	CA	3:41:45	114
476	Phil	Kumin	30	San Francisco	CA	3:37:50	127	548	Kirk	Brown	45	Pleasanton	CA	3:41:45	70
477	Frank	Okoh	50	Davis	CA	3:37:53	16	549	Chris	Felton	23	Denver	CO	3:41:47	23
478	Mark	Slippy	32	San Anselmo	CA	3:37:56	128	550	Everett	Kemp	50	Chapel Hill	NC	3:41:53	20
479	George	Wineinger	35	Tracy	CA	3:38:03	99	551	Richard	Cole	44	Colvis	CA	3:41:54	83
480	Stephen	Routh	36	Davis	CA	3:38:19	100	552	Jeff	Frensdorf	41	Spokane	WA	3:42:02	84
481	Edward	Arenberg	32	Redondo Bch	CA	3:38:19	129	553	John	Friest	33	Cranberry	PA	3:42:08	144
482	Ben	Tucker	52	Oakland	CA	3:38:21	17	554	John	Ingram	32	Foster City	CA	3:42:10	145
483	Scott	Phelan	40	Ventura	CA	3:38:23	79	555	Mike	Mc Coy	25	Los Angeles	CA	3:42:14	81
484	Tom	Moore	44	Scotts Valley	CA	3:38:24	80	556	Timothy	Swanson	45	Del Ray Beach	FL	3:42:19	71
485	John	Nolan	37	Redondo Beach	CA	3:38:25	101	557	Jim	Losey	34	Foster City	CA	3:42:21	146
486	James	Starin	31	East North	NY	3:38:27	130	558	Aaron	Hastings	26	Los Angeles	NV	3:42:23	82
487	Ronald	Atlas	48	Louisville	KY	3:38:27	60	559	Pierre	Boisselier	44	Domont	CA	3:42:24	85
488	John	Sakamoto	27	Palo Alto	CA	3:38:28	65	560	Larry	Krupa	40	Atlanta	GA	3:42:26	86
489	Adam	Roth	26	San Francisco	CA	3:38:29	66	561	Ethan	Dubrow	27	Los Angeles	CA	3:42:27	83
490	Jack	Zakarian	43	Kensington	CA	3:38:30	81	562	Dean	Hatfield	59	Roseburg	OR	3:42:28	12
491	Ric	Cerri	36	San Rafael	CA	3:38:30	102	563	Charles	Weston	42	Morgan Hill	CA	3:42:30	87
492	Michael	Tharp	36	Phoenix	AZ	3:38:31	103	564	Isaac	Melo	53	Fresno	CA	3:42:30	21
493	Kirk	Mader	40	Los Angeles	CA	3:38:33	82	565	Mark	Lyon	40	San Jose	CA	3:42:32	88
494	Andy	Rudins	33	Concord	NH	3:38:33	131	566	Bert	Estrada	47	South Gate	CA	3:42:33	72
495	Joe	Rizza	36	Palo Alto	CA	3:38:36	104	567	Matt	Klein	26	San Francisco	CA	3:42:39	84
496	Ric	Munoz	37	W Hollywood	CA	3:38:42	105	568	Eric	Sklarz	29	San Francisco	CA	3:42:40	85
497	Ravenal	Pamparo	29	Cerritos	CA	3:38:44	67	569	Steven	La Viiola	44	Lodi	CA	3:42:45	89
498	John	Foley	29	Danville	CA	3:38:53	68	570	Robert	Castaldi	28	San Francisco	CA	3:42:51	86
499	Robert	Maass	48	Alameda	CA	3:38:59	61	571	Jerry	Rheume	52	Hillsborough	CA	3:42:54	22
500	John	Tilford	38	Santa Barbara	CA	3:39:08	106	572	Tony	Lajeunesse	36	Dublin	CA	3:42:54	115
501	Rob	Mc William	46	Kingston, Jamaica		3:39:09	62	573	Jesus	Torres	23	Madera	CA	3:42:55	24
502	Steve	Berninger	24	San Francisco	CA	3:39:10	20	574	Joshua	Mitnick	25	San Francisco	CA	3:42:56	87
503	Alan	Gianotti	33	Palo Alto	CA	3:39:17	132	575	Robert	Fisher	38	Winters	CA	3:43:02	116
504	Michael	Wille	26	San Francisco	CA	3:39:17	69	576	Robert	Docili	49	Concord	CA	3:43:02	73
505	Tony	Mashita	30	Montebello	CA	3:39:18	133	577	Anton	Bakker	19	San Francisco	CA	3:43:10	25
506	Mark	Nigtingale	33	Menifee	CA	3:39:19	134	578	Nelson	Franco	33	Panorama	CA	3:43:10	147
								579	Bart	Whitehouse	26	Louisville	KY	3:43:12	88

O'all	Name	Age	City	ST	Time	Div
580	Bruce Horiguchi	47	Gardena	CA	3:43:12	74
581	Brian Kunibe	38	Gardena	CA	3:43:13	117
582	Glen Nakano	44	Torrance	CA	3:43:13	90
583	Christophe Jackson	29	San Francisco	CA	3:43:13	89
584	Oe Kazuaki	37	Katsushika-Ku, Tokyo		3:43:15	118
585	Paul Mitchell	30	Daly City	CA	3:43:21	148
586	Lonnie Brauner	48	The Woodlands	TX	3:43:24	75
587	Christophe Means	28	Woodland Hills	CA	3:43:26	90
588	Ron Vertrees	57	Vallejo	CA	3:43:26	13
589	Lee Kim	59	Redondo Bch	CA	3:43:28	14
590	Mark Waters	48	Atlanta	GA	3:43:31	76
591	Jaime Noriega	34	Irwindale	CA	3:43:40	149
592	David Noles	25	Glendale	CA	3:43:40	91
593	Patrick Kemp	47	Sacramento	CA	3:43:41	77
594	Blake Kelly	35	Tujunga	CA	3:43:49	119
595	Patrick Alladio	35	Santa Rosa	CA	3:44:05	120
596	Vincent Wicker	26	San Francisco	CA	3:44:09	92
597	Martin Luk	51	San Francisco	CA	3:44:25	23
598	Greg Filice	47	St Paul	MN	3:44:31	78
599	Michael Sweeney	40	San Rafael	CA	3:44:34	91
600	Larry Anderson	44	Pacifica	CA	3:44:37	92



Only 26.2 miles to go as runners begin the 1995 San Francisco Marathon on the Marin County side of the Golden Gate Bridge.

Gus Bower

601	Clayton Moore	36	Tustin	CA	3:44:40	121
602	Ron Brock	44	Larkspur	CA	3:44:41	93
603	Jim Krueger	35	Agoura Hills	CA	3:44:49	122
604	Stephen Gallagher	36	San Francisco	CA	3:44:53	123
605	Dave Cook	35	Appleton	WI	3:44:54	124
606	Mark Enany	43	Long Beach	CA	3:44:56	94
607	Brian Harris	20	Angwin	CA	3:44:56	26
608	Jonathan Legge	26	Ny	NY	3:45:04	93
609	Juri Tint	57	Los Angeles	CA	3:45:10	15
610	David Robideaux	39	Santa Cruz	CA	3:45:13	125
611	Tim Robinson	32	Atlanta	GA	3:45:15	150
612	Clement Choy	47	Alamo	CA	3:45:18	79
613	Tom Montalvo	29	Manhattan B'ch	CA	3:45:20	94
614	Peter O'Neill	35	Lutherville	MD	3:45:27	126
615	Michael Ellis	31	San Ramon	CA	3:45:30	151
616	Jd Loo	41	Berkeley	CA	3:45:30	95
617	Mark Hernandez	33	Berkeley	CA	3:45:33	152
618	Johann Schinabeck	36	Germany	CA	3:45:43	127
619	Luis Bonilla Miranda	51	Mexico	DF	3:45:45	24
620	Les Deal	32	Culver City	CA	3:45:48	153
621	Stuart Fishman	40	Chagrinn Falon	CA	3:45:51	96
622	Steve Druggan	25	Fredericks	VA	3:45:52	95
623	Richard Pon	44	San Francisco	CA	3:45:53	97
624	Philo Short	57	Monterey	CA	3:45:58	16
625	George Dombrovski	42	Fairfax	CA	3:45:59	98
626	Giacomo Ciabattini	35	San Francisco	CA	3:46:01	128
627	Dennis Giebler	49	San Jose	CA	3:46:02	80
628	Garry Gavney	30	San Francisco	CA	3:46:03	154
629	Robert Barnhill	48	Houston	TX	3:46:04	81
630	Jeff Segar	44	Irvine	CA	3:46:17	99
631	Michael Foley	24	Buffalo	NY	3:46:19	27
632	Rick Wolfe	39	San Luis Obispo	CA	3:46:19	129
633	Thomas Lockhart	34	Stockton	CA	3:46:20	155
634	Steve Bartig	31	Danville	CA	3:46:21	156
635	Jurgen Klein	30	Hemer		3:46:22	157
636	Bob Mitchell	43	Tiburon	CA	3:46:27	100
637	Perry Devalpine	23	San Francisco	CA	3:46:28	28
638	Robert Taborsak	56	Danbury	CT	3:46:30	17
639	Mike Testa	35	Novato	CA	3:46:31	130
640	Scott Morgan	35	Novato	CA	3:46:35	131
641	Ryan Mc Cann	27	San Jose	CA	3:46:35	96
642	Eduardo Morales	35	Los Angeles	CA	3:46:35	132
643	Dan Maxey	49	Visalia	CA	3:46:38	82
644	Enrique Ramirez	25	San Francisco	CA	3:46:41	97
645	Ben Brouhard	18	Davis	CA	3:46:43	6
646	Marc Zinner	25	Monterey	CA	3:46:44	98
647	Bruce Schilling	42	Hillsborough	CA	3:46:46	101
648	Richard Hieronymus	41	Sacramento	CA	3:46:47	102
649	Skip Hourigan	23	Palos Verdes	CA	3:46:47	29
650	Matthew Nelson	25	Fremont	CA	3:46:48	99
651	Tom Zachar	28			3:46:48	100
652	Earl Looney	47	Manteca	CA	3:46:49	83
653	Kirk Mollenkopf	32	Cedar Park	TX	3:46:51	158
654	Michael Blackburn	42	Alameda	CA	3:47:01	103
655	Daniel Walsh	54	Daly City	CA	3:47:08	25
656	Uif Gustafsson	37	Oakland	CA	3:47:13	133
657	Bret Goodman	29	San Francisco	CA	3:47:18	101
658	Jeffrey Bensch	34	San Francisco	CA	3:47:19	159
659	Greg Litherland	36	Bellflower	CA	3:47:21	134
660	Philip Cloeter	36	Elk Grove	CA	3:47:24	135
661	Ed Mooney	63	San Francisco	CA	3:47:24	3
662	Malcolm Lewis	29	San Francisco	CA	3:47:25	102
663	Chandler Hoffman	27	Berkeley	CA	3:47:28	103
664	Shawn Allen	43	Lodi	CA	3:47:30	104
665	Jay Wohlgenuth	25	Palo Alto	CA	3:47:32	104
666	Marcelo Fortunato	27	Northridge	CA	3:47:39	105
667	Carlos Molina	22	Northridge	CA	3:47:39	30
668	Jerry Yaffee	53	San Carlos	CA	3:47:42	26
669	Charles Blakeney	32	Oakland	CA	3:47:48	160
670	Benjamin Lee	43	Milpitas	CA	3:47:58	105
671	Brendan Flynn	55	Binghamton	NY	3:48:01	18
672	Regan Bayless	29	Woodland Hills	CA	3:48:06	106
673	Wieland Geese	55	Paris		3:48:10	19



O'all	Name	Age	City	ST	Time	Div									
819	Koda	Hideo	41	Saga-Qun	GU	3:56:12	133	891	David	Bettencourt	48	Stoneham	MA	3:58:48	109
820	Bill	Bowers	49	Stockton	CA	3:56:15	102	892	Tom	Langston	31	Augusta	GA	3:58:52	207
821	Gabriel	Ledger	22	San Francisco	CA	3:56:15	35	893	Nick	Goddard	30	Los Gatos	CA	3:58:56	208
822	Charles	Gendrou	44	Spencer Port	NY	3:56:17	134	894	Michael	Wyman	29	San Francisco	CA	3:59:00	133
823	Jay	Zubick	30	Pebble Beach	CA	3:56:22	189	895	James	Cranney	0	Mtn View	CA	3:59:00	39
824	Joe	Carlin	36	Pittsburgh	PA	3:56:25	165	896	Ralph	Smith	55	Mission Valley	CA	3:59:01	29
825	David	Cannington	36	Fairfax	CA	3:56:27	166	897	Rodolfo	Torres	34	Oceanside	CA	3:59:02	209
826	James	Donovan	31	San Francisco	CA	3:56:28	190	898	Mark	Broido	28	Palo Alto	CA	3:59:02	134
827	Peter	Prodis	34			3:56:28	191	901	Ken	Crampton	35	Pacifica	CA	3:59:04	184
828	Adam	Dawes	25	San Francisco	CA	3:56:29	126	902	Robert	Greco	47	Byrr Ridge	IL	3:59:04	110
829	Bill	Hinds	28	San Francisco	CA	3:56:30	127	903	Daniel	Marinsik	36	Santa Clara	CA	3:59:10	185
830	Kevin	Leclair	22	Goleta	CA	3:56:32	36	904	Francisco	Rodriguez	46	San Francisco	CA	3:59:18	111
831	Carl	Miller	25	Alameda	CA	3:56:32	128	905	Philip	Weeber	24	Carrboro	NC	3:59:21	40
832	Victor	Chu	36	San Francisco	CA	3:56:34	167	906	John	Hamilton	36	Sacramento	CA	3:59:27	186
833	Bales	Randy	35	Berkeley	CA	3:56:35	168	907	Matin-Ali	Maulawizada	31	San Francisco	CA	3:59:28	211
834	Jeff	Roberts	41	Santa Monica	CA	3:56:36	135	908	Orrin	Devinsky	38	Short Hills	NJ	3:59:28	187
835	Michael	Clark	36	Agoura Hills	CA	3:56:40	169	909	Isaiah	Peterson	17	Oakhurst	CA	3:59:31	7
836	Ron	Lowy	52	Chula Vista	CA	3:56:42	41	910	Ricardo	Guidolin	57	Stockton	CA	3:59:31	30
837	James	Montalbano	47	San Francisco	CA	3:56:42	103	911	Larry	Wise	53	Reno	NV	3:59:34	44
838	Charlie	Kauffman	55	Arvada	CO	3:56:49	23	912	Stephen	Elich	29	San Francisco	CA	3:59:35	135
839	James	Nesbitt	32	Palo Alto	CA	3:56:52	192	913	Ed	Alvarez	46	Northridge	CA	3:59:37	112
840	Anthony	Anglim	36	Oakland	CA	3:56:57	170	914	Fred	Montanez	51	Oakland	CA	3:59:38	45
841	Ralm	Jung	32	Grand Terrace	CA	3:56:57	193	915	Mark	Winters	39	Fresno	CA	3:59:40	188
842	Michael	Webb	46	Mill Valley	CA	3:56:59	104	916	Stephen	Watanabe	41	Pittsburg	CA	3:59:44	141
843	Brian	Hewitt	38	San Francisco	CA	3:57:01	171	917	Jerry	O'Donnell	49	Golden	CO	3:59:48	113
844	Bob	Muller	38	San Francisco	CA	3:57:04	172	918	Hisatoshi	Kato	31	Rancho PV	CA	3:59:52	212
845	Andy	Sansbury	42	Lexington	SC	3:57:07	136	919	Justin	Davis	18	Sunnyvale	CA	3:59:55	8
846	Bill	Eilers	55	San Jose	CA	3:57:09	24	920	Ronald	Santoro	28	El Segundo	CA	3:59:58	136
847	Monty	Schacht	43	Fairfield	CA	3:57:10	137	921	Dominic	Catalano	27	Rohnert Park	CA	4:00:00	137
848	Fred	Nagelschmidt	71	Ventura	CA	3:57:13	1	922	Jim	Sweeney	34	San Francisco	CA	4:00:01	213
849	Thomas	Heise	31	Goettingen BRD	CA	3:57:15	194	923	Stanford	Smucker	36	San Francisco	CA	4:00:04	189
850	Alan	Slang	31	Vernon	BC	3:57:16	195	924	Daniel	Arriaga	39	West Linn	OR	4:00:05	190
851	Mike	Trimble	30	Redwood	CA	3:57:17	196	925	Hermann	Hastrup	51	Alta Loma	CA	4:00:06	46
852	Elucindo	Merida	47	South Gate	CA	3:57:18	105	926	Morten	Hastrup	24	Alta Loma	CA	4:00:06	41
853	Gary	Roberts	51	Pacific Palisad	CA	3:57:20	42	927	Andrew	Clark	34	San Francisco	CA	4:00:20	214
854	Amann	Juergen	20			3:57:21	37	928	Robert	Zayed	37	San Francisco	CA	4:00:23	191
855	Navro	Moretto	25	Berkeley	CA	3:57:21	129	929	Brian	Winter	24	Tempe	AZ	4:00:24	42
856	Mark	Nakahama	33	San Jose	CA	3:57:21	197	930	Sebastien	Bachelay	23	Oissel		4:00:24	43
857	Bruce	Beekley	38	San Carlos	CA	3:57:24	173	931	Josef	London	46	Big Sur	CA	4:00:26	114
858	James	Daniel	34	San Francisco	CA	3:57:29	198	932	Thomas	Otoole	28	Walnut Creek	CA	4:00:26	138
859	J. Michael	Brennan	37	San Antonio	TX	3:57:31	174	933	Clark	Avery	30	San Francisco	CA	4:00:26	215
860	David	Manahan	42	Seattle	WA	3:57:45	138	934	Shohei	Kaneko	37	Palo Alto	CA	4:00:27	192
861	Hank	Stern	35	Woodside	CA	3:57:47	175	935	Frank	Drago	44	Napa	CA	4:00:28	142
862	Donald	Fritsche	32	San Leandro	CA	3:57:48	199	936	Fernand	Barrot	46	Besangon		4:00:30	115
863	Carlo	Pagoda	39	Mill Valley	CA	3:57:51	176	937	Gary	Vogt	47	San Jose	CA	4:00:38	116
864	Yomi	Kukoyi	43	Castro Valley	CA	3:57:52	139	938	Paul	Sotherland	38	Birmingham	AL	4:00:42	193
865	William	Butt	39	Hercules	CA	3:57:52	177	939	Carlos	Sanders	30	San Francisco	CA	4:00:48	216
866	Daniel	Steiny	31	San Francisco	CA	3:57:54	200	940	Art	Cabral	41	Riverside	CA	4:00:52	143
867	Jose Luis	Salas	35	Costa Mesa	CA	3:57:58	178	941	Fritz	Sutter	54	Bonstetten	CH	4:01:01	47
868	Michael	Whelan	44	Hemet	CA	3:57:59	140	942	Patrick	Reap	34	Washington	DC	4:01:03	217
869	Daniel	Merqil	48	Pomona	CA	3:58:00	106	943	Ron	Stark	46	Mendocino	CA	4:01:16	117
870	Mark	Armstrong	38	Pleasanton	CA	3:58:01	179	944	Terry	Nevins	38	Elko	NV	4:01:18	194
871	Timothy	Connors	55	Camarillo	CA	3:58:02	25	945	Reginald	Pineda	22	San Diego	CA	4:01:20	44
872	Don	Thompson	39	Martinez	CA	3:58:05	180	946	Jeff	Kokai	33	Burbank	CA	4:01:21	218
873	Otto	Loenneker	50	San Jose	CA	3:58:06	43	947	Ian	Duvenhage	36	Gainesville	FL	4:01:26	195
874	Joseph	Campana	26	Buffalo	NY	3:58:09	130	948	Jim	Ebert	34	San Rafael	CA	4:01:33	219
875	Daniel	Denenberg	57	San Diego	CA	3:58:09	26	949	Scott	Amdahl	26	McClellan	CA	4:01:42	139
876	Richard	Hopkins	59	Del Mar	CA	3:58:10	27	950	Ken	Gibbs	36	Portland	OR	4:01:51	196
877	Bineet	Sharma	29	San Mateo	CA	3:58:13	131	951	Michael	Jennings	30	Mt View	CA	4:01:57	220
878	Robert	French	34	Encinitas	CA	3:58:14	201	952	Robert	Brunswick	35	Kentfield	CA	4:01:58	197
879	Rick	Eaton	39	Atlanta	GA	3:58:17	181	953	Jack	Dale	38	Santee	CA	4:02:14	198
880	Karsten	Guthrie	22	Camarillo	CA	3:58:17	38	954	Bill	Daly	34	San Diego	CA	4:02:14	221
881	Robert	George	32	San Jose	CA	3:58:24	202	955	Scott	Martin	34	San Diego	CA	4:02:20	222
882	David	Beltramini	31	Dallas	TX	3:58:27	203	956	Andrew	Davlouros	33	Millburn	NJ	4:02:20	223
883	Dick	Draxler	46	San Francisco	CA	3:58:28	107	957	Dennis	Hanna	38	San Francisco	CA	4:02:26	199
884	Joseph	Jordan	31	Cedar Rapids	IA	3:58:31	204	958	Louis	Simms Jr	62	Los Angeles	CA	4:02:28	6
885	Steve	Klisch	25	Berkeley	CA	3:58:33	132	959	Gonzalo	Burgos	40	Glendale	CA	4:02:30	144
886	William	Mack	39	Cupertino	CA	3:58:37	182	960	Douglas	Lamdin	33	Baltimore	MD	4:02:32	224
887	Yu-Shyang	Kuo	45	Saratoga	CA	3:58:37	108	961	Lee	Jones	65	Daly City	CA	4:02:32	2
888	Dan	Nevo	30	Sunnyvale	CA	3:58:43	205	962	Jack	Eva	50	Newark	CA	4:02:34	48
889	Chris	Ice	30	San Jose	CA	3:58:45	206	963	Bernard	Von Bothmer	28	Berkeley	CA	4:02:36	140
890	Donald	Hillebrandt	57	Oakland	CA	3:58:46	28	964	Jeff	Wilhite	31	Chula Vista	CA	4:02:36	225
								965	Saturnino	Hernandez	49	Los Angeles	CA	4:02:38	118

O'all	Name	Age	City	ST	Time	Div							
966	Leo Ramos	27	San Jose	CA	4:02:39	141	1038	Sal	Vasquez	55	Suisun	CA	4:07:05 33
967	Donald Larson	56	Houston	TX	4:02:44	31	1039	Peter	Gertler	35	Oakland	CA	4:07:07 213
968	Phil Tsao	29	Cupertino	CA	4:02:59	142	1040	Steve	Kimball	43	Mill Valley	CA	4:07:08 159
969	John Mah	45	Northridge	CA	4:02:59	119	1041	Matthew	Brett	23	Campbell	CA	4:07:15 48
970	Erik Mendez	15	Altadena	CA	4:03:00	9	1042	Terry	Baransy	54	San Francisco	CA	4:07:17 56
971	Alton Willoughby	54	Long Beach	CA	4:03:09	49	1043	Eugene	Cook	63	Redondo Beach	CA	4:07:17 8
972	Thomas Auguste	17	Rouen		4:03:10	10	1044	Gregory	Brown	46	San Francisco	CA	4:07:17 127
973	Mark Tait	40	Hayward	CA	4:03:11	145	1045	Carl	Cox	41	Lodi	CA	4:07:23 160
974	Joe Eidem	48	San Jose	CA	4:03:12	120	1046	James	Martel	30	San Francisco	CA	4:07:25 238
975	Armagan II Kartaltepe	33	Sacramento	CA	4:03:16	226	1047	Howard	Seidel	33	San Francisco	CA	4:07:26 239
976	Vincent Marzella	38	Newark	CA	4:03:19	200	1048	George	Parrott	51	Sacramento	CA	4:07:27 57
977	Michael Dunne	29	Oakland	CA	4:03:20	143	1049	Eric	Long	28	Royal Oak	MI	4:07:32 151
978	Francis Ryan	52	Morgan Hill	CA	4:03:25	50	1050	Anthony	Zavoli	34	Itasca	IL	4:07:38 240
979	Rick Machado	39	Menifee	CA	4:03:30	201	1051	Steven	Courlong	35	San Francisco	CA	4:07:38 214
980	David Woody	58	Novato	CA	4:03:30	32	1052	Brian	Morris	27	San Francisco	CA	4:07:39 152
981	Michael Brown	39	Vienna	VA	4:03:45	202	1053	Thomas	Glass	30	San Francisco	CA	4:07:40 241
982	Brent Holtz	32	San Francisco	CA	4:03:51	227	1054	Mark	Pfister	27	Missoula	MT	4:07:50 153
983	Mark Doster	42	Parlier	CA	4:03:52	146	1055	Greg	Pfister	35	Rocklin	CA	4:07:50 215
984	Koji Murakami	41	Fukuyama		4:03:58	147	1056	Geoffrey	Aden	26	San Francisco	CA	4:07:54 154
985	Ken Lawler	36	Palo Alto	CA	4:03:59	203	1057	Harold	Humphreys	36	Elk Grove	CA	4:07:56 216
986	Curtis Imrie	48	Granite	CO	4:04:02	121	1058	Matthew	Hipps	26	San Francisco	CA	4:08:01 155
987	Rick Kell	51	Burlingame	CA	4:04:12	51	1059	Carl	Rhodes	57	San Jose	CA	4:08:10 34
988	Jay Smith	46	Holmdel	NJ	4:04:19	122	1060	David	Follett	48	Palos Verdes	CA	4:08:14 128
989	Jim King	34	Mill Valley	CA	4:04:22	228	1061	Steve	Lee	32	Vallejo	CA	4:08:15 242
990	Charles Jensen	49	Santa Rosa	CA	4:04:24	123	1062	Tony	Bolla	35	San Bruno	CA	4:08:21 217
991	Kevin Lee	40	San Francisco	CA	4:04:25	148	1063	Rick	Rodriguez	32	Danville	CA	4:08:37 243
992	Fritz Jaeger	50	Berkeley	CA	4:04:26	52	1064	Noel	Algar	38	Vallejo	CA	4:08:45 218
993	Guy Cashman	39	Novato	CA	4:04:36	204	1065	Sun Yong	Kim	59	Hayward	CA	4:08:45 35
994	Aaron Brubaker	25	Los Angeles	CA	4:04:36	144	1066	Tim	Hunter	25	Aptos	CA	4:08:49 156
995	Chris Lanza	33	Burlingame	CA	4:04:41	229	1067	Klaus	Mayer	57	Krailing	D	4:08:49 36
996	Bobalu Kaiser	52	Richardson	TX	4:04:42	53	1068	Masao	Furuki	43	Carmel	CA	4:08:52 161
997	Thomas Caruso	25	San Francisco	CA	4:04:43	145	1069	Michael	Zimpel	31	San Francisco	CA	4:08:55 244
998	Greg Gonsalves	35	San Francisco	CA	4:04:44	205	1070	Kaimin	Chan	34	San Francisco	CA	4:08:56 245
999	Rasool Anoooshehpour	42	Reno	NV	4:04:47	149	1071	Mike	Hagele	25	San Francisco	CA	4:08:58 157
1000	Thomas Frazier	34	Santa Ana	CA	4:04:49	230	1072	Dennis	Hagele	51	Stratham	NH	4:08:59 58
1001	Ray Mann	44	Reno	NV	4:04:52	150	1073	Franklin	Treadaway	41	Rocklin	CA	4:09:04 162
1002	Richard Gann II	38	Sacramento	CA	4:04:54	206	1074	Miklavz	Erjavec	36	Springfield	MO	4:09:07 219
1003	Maurice Fassenfest	39	Etna	CA	4:04:55	207	1075	Hiroyasu	Hagio	53	Miura-Gun Kanag		4:09:11 59
1004	Jim Mc Kinney	35	Union	MO	4:04:56	208	1076	Steve	Roop	45	Apo	AP	4:09:15 129
1005	David Wool	41	Atlanta	GA	4:04:58	151	1077	Barry	Chaiken	38	Boston	MA	4:09:18 220
1006	Brandon Levy	28	Sunnyvale	CA	4:05:00	146	1078	Robert	Field	44	San Francisco	CA	4:09:20 163
1007	Alan Miller	40	Danville	CA	4:05:10	152	1079	Redwin	Lewis	30	Ann Arbor	MI	4:09:37 246
1008	Jay Brown	30	Redwood City	CA	4:05:13	231	1080	Suhair	Nassab	20	Castro Valley	CA	4:09:49 49
1009	Joel Bergont	40	Conpiegne		4:05:23	153	1081	Paul	Fair	47	Vacaville	CA	4:09:50 130
1010	Joe Tilley	31	Wauwatosa	WI	4:05:25	232	1082	Arturo	Garcia	45	Lynwood	CA	4:09:52 131
1011	Troy Haynes	33	Berkeley	CA	4:05:29	233	1083	James	Clanton	46	Spokane	WA	4:09:55 132
1012	Ron Adams	47	Sacramento	CA	4:05:43	124	1084	Steve	Herrin	49	Orinda	CA	4:09:56 133
1013	Leroy Melgoza	35	Redland	CA	4:05:44	209	1085	Jeffrey	Hild	33	Fort Myers	FL	4:10:00 247
1014	Tara Ryan	29	San Francisco	CA	4:05:49	147	1086	Dror	Vaknin	27	Tampa	FL	4:10:00 158
1015	Woh-Jer Lee	31	San Gabriel	CA	4:05:49	234	1087	George	Brent	42	Boulder	CO	4:10:01 164
1016	Arturo Garcia	27	Los Angeles	CA	4:05:56	148	1088	Thomas	O'Malley	27	Saugus	CA	4:10:02 159
1017	Alain Lamothe	42	Conflans		4:05:56	154	1089	Mario	Galsote	29	San Francisco	CA	4:10:02 160
1018	Thomas Daron	34	San Jose	CA	4:05:57	235	1090	Brian	Comer	34	Van Nuys	CA	4:10:03 248
1019	Robert Bigler	22	Stanford	CA	4:06:02	45	1091	Philippe	Auguste	41	Rouen		4:10:03 165
1020	Justin Rodriguez	22	Stanford	CA	4:06:03	46	1092	Greggory	Allen	35	San Jose	CA	4:10:20 221
1021	David Farmer	35	Louisville	KY	4:06:05	210	1093	Glenn	Grimes	16	Oakhurst	CA	4:10:21 11
1022	Brian Calibo	26	Suisun	CA	4:06:06	149	1094	Michael	Hernandez	45	Gardena	CA	4:10:24 134
1023	Jeffrey Menish	50	San Diego	CA	4:06:06	54	1095	William	Yagley	39	Galt	CA	4:10:27 222
1024	Glenn Wiegert	29	San Francisco	CA	4:06:07	150	1096	Adam	Silver	29	Redwood City	CA	4:10:29 161
1025	Arnold Ramos	44	Oakland	CA	4:06:12	155	1097	Jason	Wisch	28	San Ramon	CA	4:10:35 162
1026	Dean Aron	45	Cupertino	CA	4:06:16	125	1098	Ken	Miyamoto	45	Torrance	CA	4:10:38 135
1027	Jeff Tishler	33	San Ramon	CA	4:06:19	236	1099	Lee	Robinson	54	Hales Corn	WI	4:10:38 60
1028	Bobby Price	36	Salinas	CA	4:06:21	211	1100	Yas	Nishiyama	45	Albany	CA	4:10:39 136
1029	Henry Oyharcabaz	31	San Francisco	CA	4:06:23	237	1101	Mitch	Levine	35	San Francisco	CA	4:10:49 223
1030	James Seth Randle	23	Bakersfield	CA	4:06:39	47	1102	Brian	Missett	20	Palo Alto	CA	4:10:51 50
1031	Dave Marken	40	San Francisco	CA	4:06:39	156	1103	Michael	Afendakis	35	Cupertino	CA	4:10:54 224
1032	Bert Mc Mahon	44	Cupertino	CA	4:06:41	157	1104	Joseph	Campbell	31	Louisville	KY	4:10:54 249
1033	John Hatch	35	Oakland	CA	4:06:43	212	1105	Michael	Goldstein	48	St Louis	MO	4:10:57 137
1034	Michael Marsh	48	Snellville	GA	4:06:47	126	1106	Matt	Panipinto	31	Tucson	AZ	4:10:59 250
1035	Kenneth Best	52	Kailua	HI	4:06:59	55	1107	Doug	Schobel	23	Warwick	RI	4:11:03 51
1036	Timothy Sweeney	43	San Francisco	CA	4:07:00	158	1108	Matthew	Norwood	26	Santa Cruz	CA	4:11:04 163
1037	Bud Donohoe	61	The Woodlands	TX	4:07:01	7	1109	Gregory	Miller	35	Seattle	WA	4:11:07 225
							1110	Martin	Tegmeier	27	Germany	CA	4:11:10 164

O'all	Name	Age	City	ST	Time	Div
1111	Grant	Lawless	45	Cranberry	PA	4:11:13 138
1112	Fernando	Rodriguez	49	San Rafael	CA	4:11:13 139
1113	Martin	Campbell	37	Yorba Linda	CA	4:11:14 226
1114	Michael	Schiff	40	Menlo Park	CA	4:11:18 166
1115	Peter	Royce	60	San Francisco	CA	4:11:22 9
1116	Thomas	Salas	26	Wellesley	MA	4:11:23 165
1117	Bryan	Haynes	40	Brookings	OR	4:11:23 167
1118	Chris	Lanier	26	Oakland	CA	4:11:24 166
1119	Patrick	Mc Comb	28	San Francisco	CA	4:11:26 167
1120	Dennis	Quinlan	43	New Westminster, BC	CA	4:11:35 168
1121	Don	Emley	45	Morgan Hill	CA	4:11:40 140
1122	Alaim	Geffrouais	45	Paris		4:11:44 141
1123	Didier	Guillemeteau	39	Sartrouville		4:11:51 227
1124	Travis	Olson	25	Hayward	CA	4:11:52 168
1125	Klaus	Koeppen	60	Hamburg, Germany		4:11:58 10
1126	Randy	Travis	47	Lexington	SC	4:12:03 142
1127	Samir	Shahin	38	Los Angeles	CA	4:12:06 228
1128	Don	Fencik	38	Fair Oaks	CA	4:12:06 229
1129	Michael	Feinberg	37	Whitefish Bay	WI	4:12:07 230
1130	Bob	Meissner	62	Woodland Hills	CA	4:12:08 11
1131	Dick	Cole	52	Manhattan Bch	CA	4:12:08 61
1132	Mike	Kollhoff	40	Beloit	KS	4:12:20 169
1133	Chuck	Silva	34	Tustin	CA	4:12:22 251
1134	Richard	Lee	51	San Francisco	CA	4:12:22 62
1135	Paul	Mosel Sr	53	San Francisco	CA	4:12:29 63
1136	Larry	Schwartz	42	Bethesda	MD	4:12:30 170
1137	Eric	Nelson	45	Reno	NV	4:12:33 143
1138	Richard	Meier	42	Reno	NV	4:12:34 171
1139	Moises	Aviles	21	Los Angeles	CA	4:12:37 52
1140	Gary	Korn	29	San Francisco	CA	4:12:41 169
1141	Fane	Robinson	41	San Diego	CA	4:12:43 172
1142	Frank	Flynn	23	Berkeley	CA	4:12:45 53
1143	Charles	Burden	24	Ft. Lewis	WA	4:12:48 54
1144	Keith	Wilson	36	Novato	CA	4:13:03 231
1145	Russell	Cheney	53	Torrance	CA	4:13:07 64
1146	Thomas	Welk	33	Pacific Palisades	CA	4:13:21 252
1147	Juan	Pinedo	28	Maracaibo Venezuela		4:13:30 170
1148	Sam	Hayes	26	Santa Monica	CA	4:13:37 171
1149	Ronald	Peters	47	Santa Rosa	CA	4:13:38 144
1150	Pablo	Villasenor	47	San Rafael	CA	4:13:41 145
1151	Frederick	Curtis	29	Oakland	CA	4:13:43 172
1152	Douglas	Cole	28	San Francisco	CA	4:13:44 173
1153	Femi	Sonuga	38	Richmond	CA	4:13:48 232
1154	Richard	Carlson	34	Martinez	CA	4:13:52 253
1155	Sandy	Heller	41	San Francisco	CA	4:13:53 173
1156	Clayton	Perry	25	Novato	CA	4:13:53 174
1157	Robert	Bull	32	N. Las Vegas	NV	4:13:57 254
1158	Gary	Powell	52	Modesto	CA	4:14:09 65
1159	David	Johnson	50	Concord	CA	4:14:11 66
1160	David	Allman	35	San Francisco	CA	4:14:19 233
1161	George	Ohrn	32	Mtn View	CA	4:14:30 255
1162	Bruce	Christenson	43	Palo Alto	CA	4:14:30 174
1163	Jean-Claud	Lalanne	37	Mont-Cauvaire		4:14:30 234
1164	Richard	Rentfro	50	Sacramento	CA	4:14:35 67
1165	Drew	Mc Auliffe	24	San Francisco	CA	4:14:51 55
1166	David	Mc Cann	30	Whittier	CA	4:14:52 256
1167	David	Glasgow	32	Los Angeles	CA	4:14:53 257
1168	Edward	Chu	27	Oakland	CA	4:14:54 175
1169	Mark	Peters	38	San Francisco	CA	4:14:55 235
1170	Bob	Both	45	Wall	NJ	4:14:55 146
1171	Clinton	Soo	29	San Francisco	CA	4:14:58 176
1172	Dave	Blank	36	West Hollywood	CA	4:14:58 236
1173	Dan	Baldwin	36	San Francisco	CA	4:15:05 237
1174	Francesco	Crocenzi	26	San Francisco	CA	4:15:09 177
1175	Allen	Scott	54	Danville	CA	4:15:11 68
1176	Luis	Trejo	34	Monte Bello	CA	4:15:11 258
1177	Scott	Neubauer	23	Newport	CA	4:15:14 56
1178	Jess	Sullivan	34	Sacramento	CA	4:15:19 259
1179	Rafael	Amador	19	Whittier	CA	4:15:19 57
1180	Kenneth	Preston	42	San Francisco	CA	4:15:19 175
1181	Tom	Innis	25	San Francisco	CA	4:15:20 178
1182	Michael	Allario	30	Atlanta	GA	4:15:20 260
1183	Paul	Bonds	46	Camarillo	CA	4:15:32 147
1184	Chris	Klemczyk	27	Kent	WA	4:15:38 179
1185	Walter	Underhill	47	San Rafael	CA	4:16:02 148
1186	Donald	Grande	47	Winchester	MA	4:16:06 149
1187	Ramon	Guzman	27	Burbank	CA	4:16:07 180
1188	Lawrence	Brown	30	Fremont	CA	4:16:11 261
1189	Tawe	Chung	39	Silver Springs	MD	4:16:17 238
1190	Gregory	Messer	49	Oakland	CA	4:16:29 150
1191	Mark	Lauinger	30	Houston	TX	4:16:29 262
1192	Robert	Maytag	64	Colorado Spring	CO	4:16:40 12
1193	Chris	Sablynski	30	San Francisco	CA	4:16:43 263
1194	Dennis	Pineda	45	Reliance	WY	4:16:44 151
1195	Jeff	Van Dell	26	San Francisco	CA	4:16:46 181
1196	Alec	Taylor	42	Lookout Mtn	TN	4:16:57 176
1197	Ray	Decker	36	San Francisco	CA	4:16:58 239
1198	Arnold	Rose	44	Suisun	CA	4:17:05 177
1199	John	Purnell	52	Antonio	TX	4:17:07 69
1200	Robert	Terry	54	Los Angeles	CA	4:17:08 70



A group of Wisconsin runners prepare for a scenic, challenging running tour of San Francisco.

Marathon Foto



Runners in the San Francisco 5 km Start Their Race on the Kezar Stadium Track.

Ken Lee

O'all	Name	Age	City	ST	Time	Div									
1201	Al	Villaruz	26	Alameda	CA	4:17:10	182	1273	Bob	Dineen	39	Grayslake	IL	4:21:09	253
1202	Greg	Jepsen	37	Coarsegold	CA	4:17:10	240	1274	Mick	Alene	46	San Francisco	CA	4:21:09	167
1203	Michel	Gien	47	Feucherolles		4:17:13	152	1275	Paul	Ng	30	Martinez	CA	4:21:10	277
1204	Alex	Arnold	50	Moraga	CA	4:17:21	71	1276	Barry	Wallman	43	Camarillo	CA	4:21:10	189
1205	Scott	Smith	34	Mountain View	CA	4:17:32	264	1277	Daniel	Jiru	57	Whittier	CA	4:21:16	42
1206	Larry	Fine	34	San Francisco	CA	4:17:33	265	1278	Mark	Leek	39	Livermore	CA	4:21:18	254
1207	Luis	Rodriguez	32	Jersey City	NJ	4:17:34	266	1279	Francois	Caria	42	Rouen		4:21:29	190
1208	David	Cotter	42	So Lake Tahoe	CA	4:17:35	178	1280	Eric	Ontiveros	31	San Francisco	CA	4:21:42	278
1209	Bill	Sigafoos	48	San Clemente	CA	4:17:40	153	1281	Brian	Soo	27	San Francisco	CA	4:21:47	189
1210	Michael	Reichenbach	35	Charlottes	VA	4:17:41	241	1282	James	Jacoby	41	Sacramento	CA	4:21:50	191
1211	Patrick	Stanton	59	Los Angeles	CA	4:17:44	37	1283	Ronald	Fong	32	Carson	CA	4:22:00	279
1212	Lawrence	Brilliant	46	Los Angeles	NV	4:17:45	154	1284	Charles	Cloud	53	Little Rock	AR	4:22:06	74
1213	Jerry	Currie	37	San Jose	CA	4:17:58	242	1285	Bertrand	Vasseur	33	Pontoise		4:22:07	280
1214	Tom	Dorosewicz	40	Framingaam	MA	4:18:00	179	1286	Mikito	Iwamasa	30	Palo Alto	CA	4:22:08	281
1215	Mike	Eller	37	Hanford	CA	4:18:02	243	1287	Anthony	Ricupero	25	San Francisco	CA	4:22:16	190
1216	John	Daley	46	Oceanside	CA	4:18:04	155	1288	Jonathan	Louie	47	San Francisco	CA	4:22:23	168
1217	Paul	Weber	59	Oceanside	CA	4:18:06	38	1289	Matthew	Marquis	29	San Francisco	CA	4:22:25	191
1218	Rick	Murphy	41	Pickens	SC	4:18:06	180	1290	Brian	Koo	47	Castro Valley	CA	4:22:29	169
1219	Ken	Seggerman	43	Allen	TX	4:18:08	181	1291	Andrew	Muller	32	Boulder	CO	4:22:33	282
1220	Scott	Derry	27	San Francisco	CA	4:18:23	183	1292	Alfred	Saragoza	47	Woodland	CA	4:22:34	170
1221	Craig	Chambers	46	Santa Monica	CA	4:18:23	156	1293	Jose	Miranda	35	San Francisco	CA	4:22:40	255
1222	Michael	Cooper	41	San Jose	CA	4:18:24	182	1294	Dave	Ross	51	Cocoa Beach	FL	4:22:56	75
1223	Jeff	Biletznikoff	47	Ramona	CA	4:18:28	157	1295	Gary	Bullin	38	Houston	TX	4:22:59	256
1224	Christian	Bettini	45	Marzy		4:18:32	158	1296	Andy	Kitlowski	25	Denver	CO	4:23:03	192
1225	Emiliano	Medrano	25	Sacramento	CA	4:18:40	184	1297	Chris	Calhoun	41	Suisun City	CA	4:23:06	192
1226	Max	Chau	37	Beaverton	OR	4:18:41	244	1298	John	Thompson	43	Dayton	OH	4:23:08	193
1227	Bob	Tabler	35	Placerville	CA	4:18:45	245	1299	Mark	Baptista	32	Oakland	CA	4:23:20	283
1228	Dan	Mc Guigan	32	San Marlos	CA	4:18:50	267	1300	Mark	North	38	Los Angeles	CA	4:23:25	257
1229	Jeff	Reber	20	Pleasanton	CA	4:18:51	58	1301	Richard	Ortega	34	Oakland	CA	4:23:25	284
1230	Drew	Kohler	39	Fremont	CA	4:18:53	246	1302	Tom	Chew	37	Oakland	CA	4:23:26	258
1231	Peter	Woodson	29	San Diego	CA	4:18:58	185	1303	Douglas	Delfield	51	Marina Del Rey	CA	4:23:26	76
1232	Nef	Villarreal	59	Campbell	CA	4:18:58	39	1304	Kenneth	Wong	47	Charlotte	NC	4:23:27	171
1233	Steve	Eickman	24	Loma Linda	CA	4:19:00	59	1305	Mark	Fino	37	Seattle	WA	4:23:34	259
1234	James	Schmidt	52	Appleton	WI	4:19:00	72	1306	Francis	Clenence	36	St Nicolas		4:23:45	260
1235	Terrence	Hong	22	San Francisco	CA	4:19:09	60	1307	Ian	Mc Cready	38	Windygates Fife		4:23:45	261
1236	Madhu	Avasarala	37	San Jose	CA	4:19:10	247	1308	Bruce	Wright	28	San Francisco	CA	4:23:48	193
1237	Javier	Rodriguez	47	Los Angeles	CA	4:19:12	159	1309	Larry	Wilson	50	San Mateo	CA	4:23:54	77
1238	William	O'Brien	58	Redwood City	CA	4:19:15	40	1310	Catalino	Soriano	45	El Sobrante	CA	4:24:01	172
1239	Art	De Tomaso	49	Garden Grove	CA	4:19:18	160	1311	David	Amenda	40	Redondo	CA	4:24:08	194
1240	Phillip	Cherney	46	Visalia	CA	4:19:27	161	1312	Dan	Swain	55	Fremont	CA	4:24:12	43
1241	James	Brandt	39	Danville	CA	4:19:31	248	1313	Doug	Holler	44	Nogales	AZ	4:24:13	195
1242	Earl	Malit	32	San Francisco	CA	4:19:31	268	1314	Douglas	Korb	35	Walnut Creek	CA	4:24:18	262
1243	Loren	Heinrichs	34	Placerville	CA	4:19:32	269	1315	Peter	Froman	52	Flushing	NY	4:24:23	78
1244	John	Weisickle	48	Los Angeles	CA	4:19:38	162	1316	Jeff	Raab	27	Phoenix	AZ	4:24:29	194
1245	Rik	Smith	35	Oakland	CA	4:19:42	249	1317	Lee	Cranney	48	San Jose	CA	4:24:30	173
1246	Alan	Dashen	49	Bellevue	WA	4:19:53	163	1318	Berney	Trembly	50	Escondido	CA	4:24:35	79
1247	David	Domash	27	San Jose	CA	4:19:54	186	1319	Carlos	Aluear Robledo	46	Toluca		4:24:44	174
1248	Robbe	Walstra	41	Palo Alto	CA	4:19:55	183	1320	Sergio	Velasco	29	Toluca		4:24:46	195
1249	Elisha	Peterson	14	Oakhurst	CA	4:19:58	12	1321	Sabeer	Bhatia	26	San Francisco	CA	4:24:46	196
1250	David	Elias	45	Vallejo	CA	4:20:00	164	1322	Douglas	Atkin	37	Playa Del Rey	CA	4:24:49	263
1251	Samuel	Alvarado	41	Bell Gardens	CA	4:20:03	184	1323	Robert	Massey	47	Lexington	SC	4:24:49	175
1252	Dennis	Conner	42	Walnut Creek	CA	4:20:06	185	1324	Daniel	Dunsmore	38	Charlottes	VA	4:24:50	264
1253	Peter	Umekubo	46	Bonita	CA	4:20:11	165	1325	Steve	Jezina	34	Concord	CA	4:24:54	285
1254	Ryan	Berry	22	Madison	WI	4:20:16	61	1326	Garry	Elmitt	57	Vancouver	BC	4:24:57	44
1255	Tony	Psychoyos	33	San Rafael	CA	4:20:25	270	1327	Alexander	Nevgloski	48	San Clemente	CA	4:25:01	176
1256	Kevin	Kelly	29	Burlingame	CA	4:20:25	187	1328	Rick	Towles	41	Louisville	KY	4:25:01	196
1257	Jerome	Driscoll	39	Fremont	CA	4:20:27	250	1329	David	Schalm	34	Kelowna	BC	4:25:06	286
1258	Charlie	Brown	30	Stanford	CA	4:20:30	271	1330	Jan	Nobers	33	Coraopolis	PA	4:25:07	287
1259	Martin	Sigal	56	Los Angeles	CA	4:20:30	41	1331	Bruce	Lane	33	Pittsburgh	PA	4:25:07	288
1260	Bill	Terry	38	Pleasanton	CA	4:20:32	251	1332	Frank	Lee	53	Gavilan Hills	CA	4:25:24	80
1261	Atsushi	Shiozawa	34	Vancouver	WA	4:20:37	272	1333	Tsosie	Beach	42	Navajo	NM	4:25:31	197
1262	Michael	Mason	46	Hanford	CA	4:20:37	166	1334	Patrick	Briardy	38	Seattle	WA	4:25:33	265
1263	Stephen	Schwerdfeger	40	Danville	CA	4:20:45	186	1335	Rick	Boyle	39	San Jose	CA	4:25:33	266
1264	Dennis	Curley	38	Auburn	CA	4:20:55	252	1336	Bruno	Denech	28	Rouen		4:25:34	197
1265	Michael	Lom	34	Menlo Park	CA	4:21:00	273	1337	Stephen	Voss	24	Stanford	CA	4:25:36	62
1266	Raul	Santana	43	Valinda	CA	4:21:00	187	1338	Victor	Hershber	39			4:25:38	267
1267	Jeffrey	Bourke	31	Woodland	CA	4:21:01	274	1339	Charles	Bedore	30	Gilbert	AZ	4:25:39	289
1268	Arturo	Beckes	42	Menlo Park	CA	4:21:02	188	1340	Brian	Holian	26	So Sf	CA	4:25:39	198
1269	Brian	Byrne	28	Tiburon	CA	4:21:02	188	1341	Vern	Gillmore	62	San Bruno	CA	4:25:40	13
1270	Thomas	Eckstrom	52	Pacifica	CA	4:21:02	73	1342	David	Martinez	35	San Francisco	CA	4:25:47	268
1271	Michael	Weiner	30	San Francisco	CA	4:21:06	275	1343	Jose	Rivera	20	Los Angeles	CA	4:25:49	63
1272	Bill	Moody	32	Vacaville	CA	4:21:06	276	1344	Andrew	Demott	36	San Francisco	CA	4:25:56	269
								1345	Rene	Durazzo	44	El Cerrito	CA	4:25:56	198





O'all	Name	Age	City	ST	Time	Div														
1491	Junichi	40	Millilani	HI	4:35:46	220	1563	David	Hoogendyk	48	Nevada City	CA	4:40:56	220						
1492	Dan	45	Vallejo	CA	4:35:48	202	1564	Norman	Weinstein	55	San Francisco	CA	4:40:57	56						
1493	Jeffrey	45	Burbank	CA	4:35:52	203	1565	Lope	Castro	40	San Diego	CA	4:41:15	228						
1494	Dennis	29	W Hollywood	CA	4:35:53	217	1566	Yoshio	Yamashita	38	Palo Alto	CA	4:41:17	304						
1495	Jon	48	El Cerrito	CA	4:36:02	204	1567	John	Ortega	45	Downey	CA	4:41:20	221						
1496	Eugene	37	Long Beach	CA	4:36:09	293	1568	Scott	Todd	26	San Diego	CA	4:41:29	222						
1497	Bryan	28	San Francisco	CA	4:36:09	218	1569	Ellis	Berns	46	San Mateo	CA	4:41:41	223						
1498	Tuan	36	Sunnyvale	CA	4:36:11	294	1570	Rick	Mc Ilmoil	42	Newark	CA	4:41:44	224						
1499	Kenneth	35	Oakland	CA	4:36:31	295	1571	Lance	Carr	28	Irwin	PA	4:41:44	225						
1500	David	28	Santa Clara	CA	4:36:46	219	1572	Werner	Buchmann	49	Berlin, Germany		4:41:54	223						
1501	William	26	San Francisco	CA	4:36:55	220	1573	John	Backman	49	Encinitas	CA	4:41:54	224						
1502	Stephen	56	Beverly Hills	CA	4:36:56	51	1574	Kevin	Mc Kenna	38	Alameda	CA	4:41:57	305						
1503	Will	32	Tiburon	CA	4:36:58	312	1575	Ingo	Meitinger	23	Dietikon, Switzerland		4:42:00	77						
1504	Benjamin	31	Fresno	CA	4:37:00	313	1576	Marcel	Bonafe	40	Diamond Bar	CA	4:42:22	230						
1505	Gary	29	Decatur	GA	4:37:00	221	1577	Donald	Lieu	44	San Gabriel	CA	4:42:24	231						
1506	Stan	40	Mill Valley	CA	4:37:00	221	1578	Wes	Buhrmester	37	Pasadena	CA	4:42:29	306						
1507	James	29	San Jose	CA	4:37:01	222	1579	James	Kuczowski	56	Crystal Lake	IL	4:42:31	57						
1508	Raymond	38	Cupertino	CA	4:37:10	296	1580	Stephen	Delgado	31	San Francisco	CA	4:42:32	321						
1509	Matty	32	San Mateo	CA	4:37:21	314	1581	Jose	Aguirre Lopez	51	Mexico	CA	4:42:47	102						
1510	Franz	54	San Francisco	CA	4:37:23	96	1582	Thomas	Bachman	25	Palo Alto	CA	4:42:53	229						
1511	Michael	46	Daly City	CA	4:37:24	205	1583	Chowdee	Tusiri	32	San Rafael	CA	4:42:58	322						
1512	Baray	49	Mendota Hts	MN	4:37:24	206	1584	Anthony	Boudreaux	37	Oakland	CA	4:43:05	307						
1513	Jonathan	47	Los Angeles	CA	4:37:28	207	1585	Carlos	Hernandez	26	Irvine	CA	4:43:10	230						
1514	Kenneth	48	Lockwood	CA	4:37:29	208	1586	Daryl	Luppino	35	Daly City	CA	4:43:11	308						
1515	Victor	30	Alhambra	CA	4:37:40	315	1587	Jeffrey	Slon	36	San Francisco	CA	4:43:22	309						
1516	Jimmy	56	North Hills	CA	4:37:41	52	1588	George	Scott	40	Buena Park	CA	4:43:32	232						
1517	Michael	36	Los Angeles	GA	4:37:42	297	1589	William	Mc Lalan	43	Hollywood	CA	4:43:47	233						
1518	Tom	44	Belmont	CA	4:37:47	222	1590	Jose	Escobedo	38	Sylmar	CA	4:43:59	310						
1519	Joel	49	Paris		4:37:54	209	1591	Roberto	Cortez	26	Daly City	CA	4:44:01	231						
1520	Dennis	46	Pontiac	IL	4:37:57	210	1592	Donald	Chung	39	Potomac	MD	4:44:05	311						
1521	Bill	59	Austin	TX	4:37:57	53	1593	Richard	Lewis	60	Marina Del Rey	CA	4:44:23	20						
1522	Louis	52	Sacramento	CA	4:37:59	97	1594	Jim	Sellars	39	San Leandro	CA	4:44:25	312						
1523	Richard	45	Dinuba	CA	4:38:08	211	1595	John	Sellars	60	San Leandro	CA	4:44:25	21						
1524	Jesus	44	Monterrey	NL	4:38:08	223	1596	Doug	Akagi	51	San Rafael	CA	4:44:29	103						
1525	J B	22	San Juan Capis.	CA	4:38:15	74	1597	John	Connaghton	59	Twickenham		4:44:33	58						
1526	Brad	47	San Juan Capis.	CA	4:38:15	212	1598	Bob	Saver	34	Sacramento	CA	4:44:38	323						
1527	Ron	56	Los Angeles	FL	4:38:23	54	1599	Kevin	Davidson	35	Corona	CA	4:44:41	313						
1528	Harry	59	Los Angeles	CA	4:38:27	55	1600	Chris	Belting	38	Los Angeles	CO	4:44:41	314						
1529	Rodney	30	San Francisco	CA	4:38:38	316	1601	Doug	Hipwell	28	Manhattan B'ch	CA	4:44:48	232						
1530	Gary	48	Louisville	KY	4:38:40	213	1602	Chris	Karcher	30	Dublin	CA	4:44:56	324						
1531	Eric	21	Santa Barbara	CA	4:38:47	75	1603	Morry	Langer	49	Berkeley	CA	4:45:10	225						
1532	Motty	37	Hayward	CA	4:38:48	298	1604	William	Pierce	38	Salem	OR	4:45:14	315						
1533	Gary	36	Santa Clara	CA	4:38:54	299	1605	Keith	Fischer	23	San Diego	CA	4:45:30	78						
1534	Nathaniel	43	Felton	CA	4:38:57	224	1606	Michael	Sullivan	31	Moraga	CA	4:45:30	325						
1535	Joe	49	Redwood City	CA	4:39:02	214	1607	Steven	Hatzis	24	Newport Bch	CA	4:45:33	79						
1536	Don	50	San Francisco	CA	4:39:06	98	1608	Gurnam	Brard	65	Piedmont	CA	4:45:35	4						
1537	Brad	36	Austin	TX	4:39:09	300	1609	Bill	Frank	53	Atlanta	GA	4:45:48	104						
1538	Mike	49	Santa Rosa	CA	4:39:16	215	1610	Connie	Denver	30	Ontario	CA	4:46:13	326						
1539	Steve	30	Long Beach	CA	4:39:17	317	1611	M.G.	Franco	45	Salt Lake City	UT	4:46:17	226						
1540	Billy	27	San Francisco	CA	4:39:38	223	1612	Chandana	Fonseka	27	Menlo Park	CA	4:46:21	233						
1541	Steve	36	Dalton	GA	4:39:38	301	1613	Steve	Hodge	40	Charlottesville	VA	4:46:22	234						
1542	Chau-Kuang	40	Saratoga	CA	4:39:40	225	1614	Jan	Williams	50	Boston	MA	4:46:23	105						
1543	David	21	Corvallis	OR	4:39:42	76	1615	Waldo	Banks	31	Los Angeles	CA	4:46:25	327						
1544	Michael	25	San Mateo	CA	4:39:42	224	1616	John	Barton	34	Piqua	OH	4:46:33	328						
1545	Robert	50	Palo Alto	CA	4:39:52	99	1617	Erich	Hartmann	66	Freiberg, Germany		4:46:44	5						
1546	Steve	43	Mill Valley	CA	4:39:52	226	1618	Jim	Williams	53	Sandy	UT	4:46:57	106						
1547	Kevin	28	Pleasant Hill	CA	4:39:55	225	1619	Brian	White	25	San Francisco	CA	4:47:06	234						
1548	Larry	48	Greensboro	NC	4:39:55	227	1620	Jerry	Russo	50	Austin	TX	4:47:09	107						
1549	Steve	45	Los Olivos	CA	4:39:58	216	1621	Tim	Kramer	35	Waupaca	WI	4:47:11	316						
1550	Glen	39	Oakland	CA	4:40:01	302	1622	Bill	Cox	44	Carmel	CA	4:47:19	235						
1551	Patrick	29	San Francisco	CA	4:40:03	226	1623	David	Schultz	35	Gruver	TX	4:47:27	317						
1552	Corey	51	Santa Rosa	CA	4:40:08	100	1624	James	Gries	41	Redondo Beach	CA	4:47:34	236						
1553	Rob	39	Mill Valley	CA	4:40:13	303	1625	Michael	Calvelli	35	San Rafael	CA	4:47:36	318						
1554	Buz	46	Santa Rosa	CA	4:40:13	217	1626	Kim	Nakae	44	Los Angeles	CA	4:47:37	237						
1555	Wallace	62	Los Angeles	CA	4:40:14	18	1627	Claudio	Pelli	53	San Rafael	CA	4:47:42	108						
1556	Robert	60	Fremont	CA	4:40:20	19	1628	Frank	Ploof	48	Ripon	CA	4:47:45	227						
1557	Armando	48	San Bruno	CA	4:40:30	218	1629	Mike	Kobelin	39	Portland	OR	4:47:47	319						
1558	Dave	30	Cardiff	CA	4:40:31	318	1630	Thomas	Doyle	32	Park City	UT	4:47:50	329						
1559	Rieger	31	San Francisco	CA	4:40:43	319	1631	James	Crosby	33	Sacramento	CA	4:47:51	330						
1560	Patrick	34	Mare Island	CA	4:40:48	320	1632	David	Whitmer	28	San Jose	CA	4:47:54	235						
1561	Sky	49	Ft Lauderdale	FL	4:40:51	219	1633	James	Stevens	47	Bourbonnais	IL	4:48:02	228						
1562	Joe	51	Waunakee	WI	4:40:54	101	1634	Tom	Naughton	32	San Francisco	CA	4:48:04	331						
							1635	Donald	Miller	48	Belmont	CA	4:48:10	229						



O'all	Name	Age	City	ST	Time	Div							
1781	Irvin	29	San Francisco	CA	5:05:30	252	1853	Steve	Carrigan	32	San Francisco	CA	5:19:44 359
1782	Thomas	41	San Francisco	CA	5:05:37	263	1854	Brian	Mc Kinney	23	Thousand Oaks	CA	5:19:51 88
1783	David	38	Carlsbad	CA	5:05:55	348	1855	Saman	Soheili	33	San Francisco	CA	5:20:26 360
1784	Armando	58	Mexico	CA	5:06:09	68	1856	Ravick	Ruiz	23	Santa Monica	CA	5:20:35 89
1785	Dave	46	Mtn View	CA	5:06:18	246	1857	Vazgen	Aghajani	48	Tujunga	CA	5:20:39 264
1786	Ramon	39	Seattle	WA	5:06:26	349	1858	Alex	Escobedo	51	San Rafael	CA	5:20:56 130
1787	Michael	35	Los Angeles	UT	5:06:28	350	1859	Rick	Norkin	52	San Francisco	CA	5:21:08 131
1788	Frank	38	San Francisco	CA	5:06:37	351	1860	Marcus	Bertilsson	23	Costa Mesa	CA	5:21:51 90
1789	Terry	33	Benecia	CA	5:06:38	351	1861	Donald	Carlson	47	San Francisco	CA	5:22:01 265
1790	Gene	47	Danville	CA	5:06:39	247	1862	Douglas	Smith	28	San Francisco	CA	5:22:48 259
1791	Michael	40	Los Angeles	CA	5:06:42	264	1863	Joseph	Robinson	33	Milwaukee	WI	5:23:26 361
1792	John	52	Santa Barbara	CA	5:07:23	123	1864	Curt	Kammeier	40	Sacramento	CA	5:23:27 274
1793	Dustin	19	Freeburg	IL	5:07:27	85	1865	Mark	Phelan	41	Kingsburg	CA	5:24:00 275
1794	John	34	Seattle	WA	5:07:43	352	1866	Jim	Waldron	37	Pleasanton	CA	5:24:35 359
1795	Allan	42	Va Beach	VA	5:07:46	265	1867	John	Kelley	40	Palo Alto	CA	5:24:38 276
1796	Harry	46	Owosso	MI	5:08:06	248	1868	Ed	Miller	61	Modesto	CA	5:24:40 31
1797	Chris	25	Walnut Creek	CA	5:08:14	253	1869	Steve	Young	49	San Antonio	TX	5:24:47 266
1798	Steve	46	Carmel	CA	5:08:26	249	1870	David	Molina	52	Valley Springs	CA	5:24:53 132
1799	Stephen	41	San Francisco	CA	5:09:04	266	1871	James	Loomam	55	Pacific Grove	CA	5:25:40 72
1800	Don	45	San Bruno	CA	5:09:05	250	1872	David	Lewiston	31	San Diego	CA	5:25:55 362
1801	Col. Richa	30	50 Bend	WA	5:09:27	353	1873	Bill	Andrews	43	Richmond	CA	5:28:17 277
1802	Ranga	38	Cupertino	CA	5:09:36	352	1874	Umesh	Dip	49	Sunnyvale	CA	5:28:29 267
1803	Joseph	44	Minneapolis	MN	5:09:38	267	1875	Hassan	Djafari	41	San Francisco	CA	5:28:32 278
1804	James	39	San Diego	CA	5:09:53	353	1876	Lawrence	Cho	26	Mt View	CA	5:28:36 260
1805	David	53	Woodside	CA	5:09:55	124	1877	Larry	Davis	46	Alpharetta	GA	5:28:37 268
1806	Noel	27	Los Angeles	CA	5:10:14	254	1878	Johnny	Vines	29	Warren	OH	5:29:07 261
1807	Michael	43	San Francisco	CA	5:11:02	268	1879	Ron "Moose	Casey	51	San Francisco	CA	5:29:35 133
1808	Joel	24	Berkeley	CA	5:11:13	86	1880	William	Baker	37	Rcho Santa Fe	CA	5:30:22 360
1809	Bob	41	Monterey	CA	5:11:22	269	1881	Toshinori	Watanabe	49	Tokyo, Japan	CA	5:30:35 269
1810	John	54	San Francisco	CA	5:11:46	125	1882	Allen	Brown	21	Lexington	SC	5:31:07 91
1811	Greg	33	San Jose	CA	5:12:12	354	1883	Dwight	Hullm	44	Mesa	AZ	5:32:45 279
1812	Robert	55	Portola Valley	CA	5:12:28	69	1884	Gerard	Langevin	48	Glendale	AZ	5:32:50 270
1813	Dennis	44	Ft. Lauderdale	FL	5:12:28	270	1885	Jason	Razon	16	Palmdale	CA	5:34:18 16
1814	Enrique	51	Guadalupe	NL	5:12:33	126	1886	David	Kraehenbuehl	31	Monterey	CA	5:34:18 363
1815	Stephen	54	Massapequa	NY	5:12:38	127	1887	Rob	Larson	50	Sunnyvale	CA	5:34:26 134
1816	Richard	55	Ran. Cordova	CA	5:12:59	70	1888	Michael	Weinstein	11	Rededa	CA	5:34:28 17
1817	Missionary	36	San Francisco	CA	5:13:05	354	1889	Jim	Postorino	52	Torrance	CA	5:34:30 135
1818	Matt	43	Santa Cruz	CA	5:13:39	271	1890	Atsuhiko	Okita	30	Hayward	CA	5:34:35 364
1819	Tom	46	Los Angeles	CA	5:13:46	251	1891	Jack	Saalfank	40	Hayward	CA	5:34:40 280
1820	Roy	33	Fremont	CA	5:14:10	355	1892	Larry	Hagan	41	Tulsa	OK	5:35:27 281
1821	Bruce	48	Gresham	OR	5:15:17	252	1893	Ruben	Rodriguez	43	Salinas	CA	5:35:42 282
1822	Rajan	26	San Francisco	CA	5:15:18	255	1894	Masao	Hamamoto	40	Burlingame	CA	5:36:24 283
1823	Joseph	47	Berkeley	CA	5:15:23	253	1895	Steve	Turner	35	So Lake Tahoe	CA	5:37:17 361
1824	Steve	36	Fresno	CA	5:15:27	355	1896	Ronald	Krause	59	Berkeley	CA	5:37:20 73
1825	Bill	46	San Francisco	CA	5:16:00	254	1897	Hugo	Croft	50	San Jose	CA	5:38:26 136
1826	George	32	El Sobrante	CA	5:16:13	356	1898	Daryl	Mulligan	33	Altadena	CA	5:38:33 365
1827	Bryant	26	San Francisco	CA	5:16:15	256	1899	Roland	Breunig	44	Hartland	WI	5:38:56 284
1828	Trevor	43	Rocklin	CA	5:16:23	272	1900	Billy	Herod	52	Seaside	CA	5:39:56 137
1829	Michael	35	San Francisco	CA	5:16:30	356	1901	Richard	Siebenaller	42	West Allis	WI	5:40:22 285
1830	Bill	31	Palo Alto	CA	5:16:44	357	1902	Adolph	Humphreys	54	Vallejo	CA	5:40:55 138
1831	Carlos	47	San Francisco	CA	5:16:47	255	1903	Hup	Chan	40	San Jose	CA	5:42:11 286
1832	Thomas	53	San Francisco	CA	5:16:50	128	1904	Kevin	Kraft	34	Foster City	CA	5:42:11 366
1833	Raghupathi	26	Alameda	CA	5:16:50	257	1905	Frank	Townsend	63	Lexington	SC	5:42:31 32
1834	Boon	40	Cupertino	CA	5:17:00	273	1906	Camilo	O'Kuinghttons	60	Carson City	NV	5:42:34 33
1835	Dov	45	Encina	CA	5:17:03	256	1907	Scott	Baxter	42	Huntington Bch	CA	5:43:40 287
1836	Earl	53	Santa Barbara	CA	5:17:13	129	1908	Jim	Teevan	50	San Francisco	CA	5:44:53 139
1837	Ricardo	45	Union City	CA	5:17:51	257	1909	Kenneth	Romick	68	Hayward	CA	5:45:19 7
1838	Michael	33	Gilroy	CA	5:17:56	358	1910	James	Taylor	49	Santa Rosa	CA	5:45:28 271
1839	Bill	46	San Jose	CA	5:18:06	258	1911	James	Ghatge	59	El Cerrito	CA	5:45:41 74
1840	K.H.	46	Los Altos	CA	5:18:10	259	1912	Joe	Walsh	41	Santa Rosa	CA	5:46:32 288
1841	Arron	24	Carmichael	CA	5:18:13	87	1913	Gerald	Spillman	60	Redwood City	CA	5:47:02 34
1842	Kamran	48	San Francisco	CA	5:18:16	260	1914	Jim	Mathews	35	Anaheim	CA	5:47:03 362
1843	Paul	58	Belmont	CA	5:18:45	71	1915	Michael	Herzog	42	San Francisco	CA	5:47:27 289
1844	Jack	47	San Francisco	CA	5:18:58	261	1916	Donald	Mc Adang	28	Hawthorne	CA	5:47:28 262
1845	Alonzo	71	Palos Verdes E	CA	5:19:00	4	1917	Joe	Smith	58	El Cerrito	CA	5:47:28 75
1846	Mike	18	Altadena	CA	5:19:10	15	1918	David	Peabody	66	Greenwich	CT	5:47:39 8
1847	Kenneth	39	Newman	CA	5:19:12	357	1919	Martin Roy	Robles	45	San Gabriel	CA	5:48:52 272
1848	Gary	45	San Lorenzo	CA	5:19:17	262	1920	Nicholas	Galvan	42	Pittsburg	CA	5:48:56 290
1849	Zachary	26	Scottsdale	AZ	5:19:22	258	1921	Dana	Trom	47	Charlottes	VA	5:49:38 273
1850	Steven	37	Tempe	AZ	5:19:23	358	1922	Rene	Lopez	45	Rialto	CA	5:50:20 274
1851	Richard	63	Hathaway Pines	CA	5:19:24	30	1923	Christian	Olano	10	Altadena	CA	5:51:32 18
1852	Sooren	49	Los Angeles	CA	5:19:27	263	1924	Phil	Padol	63	Ind Rks. Beach	FL	5:53:35 35
							1925	Keith	Calibo	26	Suisun	CA	5:53:37 263

O'all	Name	Age	City	ST	Time	Div
1926	Gilman Jung	63	Petaluma	CA	5:53:46	36
1927	Michael Patrick	35	San Jose	CA	5:54:09	363
1928	William Sanchez	30	Reno	NV	5:57:56	367
1929	Bryan Cochran	31	Martinez	CA	5:58:44	368
1930	Bernard Johnson	54	Oxnard	CA	5:58:48	140
1931	Phil Marquez	63	Saratoga	CA	6:00:39	37
1932	Thomas Heckman	49	San Francisco	CA	6:04:04	275
1933	William Folk	22	Racine	WI	6:07:29	92
1934	John Allen	39	San Diego	CA	6:07:38	364
1935	Gabriel Correa	61	Daly City	CA	6:07:38	38
1936	Robert Herrera	68	Stockton	CA	6:07:41	9
1937	Brett Adney	16	Coarsegold	CA	6:07:45	19
1938	Mario Wilson	27	San Francisco	CA	6:09:07	264
1939	Christophe Shinn	27	Capitola	CA	6:10:08	265
1940	James Feinstein	46	Sunnyvale	CA	6:12:23	276
1941	Maurice White	40	Inglewood	CA	6:13:28	291
1942	Jeremy Gaebe	16	Concord	CA	6:13:48	20
1943	Michael Bruton	42	San Francisco	CA	6:14:27	292
1944	Jesus Romero	48	Alameda	CA	6:14:27	277
1945	Charles Toney	52	Oakland	CA	6:15:57	141
1946	Irwin Roth	66	Palo Alto	CA	6:18:52	10
1947	Steve Oddo	32	San Francisco	CA	6:22:10	369
1948	Jerry Alsop	34	Seaside	CA	6:24:12	370
1949	David Zimmerman	43	Los Angeles	CA	6:24:59	293
1950	Randy Viestenz	47	Los Angeles	CA	6:29:39	278
1951	Walter E. Brackelmanns	0	Sherman Oaks	CA	6:30:01	93
1952	Marc Lemieuz	65	Pacifica	CA	6:31:18	11
1953	Tony Stratta	65	San Francisco	CA	6:49:01	12
1954	Francisco Luistro Jr	45	Los Angeles	CA	7:04:01	279



42-year-old Jim Christoph finishes 5th overall in 2:36:45.

Marathon Foto

### 1995 San Francisco Marathon, Female Finishers

O'all	Name	Age	City	ST	Time	Div
1	Lisa Kelp	30	Cranberry	PA	2:51:12	1
2	Barb Wood	32	Victoria	BC	2:58:56	2
3	Diane Tedford	29	Dalton	MA	3:03:17	1
4	Suzette Neas	27	Madison	WI	3:06:25	2
5	Jennifer Kjar	34	Salt Lake City	UT	3:06:54	3
6	Deanna O'Neil	30	Canby	OR	3:07:45	4
7	Christine Iwahashi	39	Sacramento	CA	3:10:16	1
8	Ruth Marie Milliman	38	Greenville	SC	3:12:09	2
9	Catherine O'Donnell	29	San Francisco	CA	3:12:22	3
10	Lisa Peloso	29	San Francisco	CA	3:13:07	4
11	Raewyn Keyte	26	Windsor	CA	3:14:01	5
12	Maria Figueroa	37	Winnemucca	NV	3:16:25	3
13	Margi Guthrie	39	Manzanita	OR	3:16:48	4
14	Kimberly Harbaugh	29	San Francisco	CA	3:17:09	6
15	Athena Countouriotis	23	Foster City	CA	3:18:00	1
16	Sara De Ruyck	26	San Francisco	CA	3:18:11	7
17	Kelly Opbroek	27	San Francisco	CA	3:19:02	8
18	Char Levitt	37	Berkeley	CA	3:19:59	5
19	Laura Powell	27	Woodbury	MN	3:20:41	9
20	Georgeanne Welde	43	Silver Spring	MD	3:21:55	1
21	Carol Richardson	43	Los Angeles	CA	3:22:13	2
22	Mary Mitchell	33	Jackson	WY	3:22:59	5
23	Alexis Vaivoda	21	West Linn	OR	3:23:07	2
24	Wendi Hovet	25	Coon Rapids	CA	3:23:21	10
25	Randi Oneill	20	Benicia	CA	3:23:38	3
26	Tammy Woods	28	Smithers	BC	3:23:38	11
27	Candy Hower	26	Coronado	CA	3:24:06	12
28	Christine Heilmann	28	Belmont	CA	3:24:06	13
29	Margie Retterath	38	Merrill	OR	3:25:31	6
30	Linda Kidd	37	Roseville	CA	3:26:02	7
31	Carol Tuckerman	30	Dundee	OR	3:26:12	6
32	Ashley Joy	23	San Francisco	CA	3:26:30	4
33	Ellen Crowe	31	St Louis	MO	3:26:54	7
34	Doreen Brown	29	Sonora	CA	3:27:22	14
35	Lisa Buckman-Lewis	31	Virginia Beach	VA	3:27:39	8
36	Lorraine Gersitz	41	Fullerton	CA	3:27:43	3
37	Judy Gumbs-Leydig	44	San Carlos	CA	3:27:57	4
38	Laila Hughes	31	Murray	UT	3:28:46	9
39	Mary Lassalle	33	San Francisco	CA	3:29:00	10
40	Jean Strait	34	Charlotte	NC	3:29:14	11
41	Justine Miani	31	Denver	CO	3:30:57	12
42	Susan Nishiyama	28	Santa Barbara	CA	3:31:01	15
43	Kari Erickson	30	Berkeley	CA	3:31:07	13
44	Jane Brett	42	Daly City	CA	3:31:41	5
45	Pamela Horton	51	Santa Rosa	CA	3:31:49	1
46	Sarah Gray	26	Atlanta	GA	3:32:03	16
47	Lisa Lombardi	33	Orinda	CA	3:32:10	14
48	Susanne Rundberg	34	San Francisco	CA	3:32:24	15
49	Amy Matthews	37	Lexington	SC	3:32:27	8
50	Karen Hourigan	24	Atlanta	GA	3:33:38	5
51	Michelle Shearon	28	Dunwoody	GA	3:33:42	17
52	Terri Hill	37	Santa Clara	CA	3:33:56	9
53	Kathleen Kashima	36	Castro Valley	CA	3:34:15	10
54	Elizabeth Watkins	27	Pleasanton	CA	3:34:15	18
55	Kelly Doran	26	Ketchum	ID	3:34:32	19
56	Tammy Hunter	32	Nederland	CO	3:34:44	16
57	Vivian Poer	31	Seattle	WA	3:35:06	17
58	Rena Schumann	34	Folsom	CA	3:35:08	18
59	Sandra Fetzer	26	Ft Collins	CO	3:35:12	20
60	Sandra Stark	41	Atlanta	GA	3:35:34	6
61	Louise Walters	55	Foresthill	CA	3:36:06	1
62	Christine Jones	25	San Anselm	CA	3:36:07	21
63	Nancy Shott	35	Woodside	CA	3:36:34	11
64	Anita Grover	26	Badger	CA	3:37:12	22
65	Sharon Grant	45	Agoura Hills	CA	3:37:28	1
66	Liz Leigh-Wood	19	Fresno	CA	3:37:36	6
67	Tamara Gonzalez	35	Novato	CA	3:37:49	12
68	Tony Brehkelly	34	San Francisco	CA	3:37:58	19
69	Carol Davis	35	Davis	CA	3:38:18	13
70	Nancy Gortney	35	San Francisco	CA	3:38:31	14
71	Katharine Trapp	24	Edwards	CO	3:38:43	7

O'all	Name	Age	City	ST	Time	Div	144	Name	City	PA	3:54:00	16			
72	Gayla	Johnson	31	Sunnyvale	CA	3:38:53	20	145	Janice	Boyko	43	Pittsburgh	PA	3:54:00	16
73	Rozanne	Brambila	34	Santa Ana	CA	3:39:00	21	146	Amy	Beal	30	Alameda	CA	3:54:08	38
74	Corinne	Kucharski	33	Menlo Park	CA	3:39:10	22	147	Leslie	Kareckas	27	Santa Clara	CA	3:54:27	43
75	Chantal	Geoffrion	41	San Francisco	CA	3:39:34	7	148	Paula	Strickson	32	Sacramento	CA	3:54:28	39
76	Anong	Pustow	32	Louisville	KY	3:39:43	23	149	Lynda	Olszewski	27	San Francisco	CA	3:54:30	44
77	Christine	Kendrick	27	Washington	DC	3:39:57	23	150	Lisa	Henson	33	Oakland	CA	3:54:33	40
78	Kristina	La Morgese	24	San Francisco	CA	3:40:04	8	151	Jo-Ann	Mc Devitt	43	San Francisco	CA	3:54:34	17
79	Libby	Engeleiter	33	Milwaukee	WI	3:40:06	24	152	Loren	Gordon	28	San Francisco	CA	3:54:47	45
80	Erica	Herman	25	Los Altos	CA	3:40:48	24	153	Betsy	Mc Cutcheon	27	Lexington	SC	3:54:50	46
81	Reyna	Arriola Pacheco	47	San Bruno	CA	3:41:03	2	154	Linda	Mc Fadden	32	Modesto	CA	3:55:17	41
82	Nicole	Budd	24	San Mateo	CA	3:41:46	9	155	Caroline	Craven	37	Belmont	CA	3:55:25	29
83	Hillary	Copp	21	Goleta	CA	3:42:22	10	156	Anne	Bolen	34	San Francisco	CA	3:55:59	42
84	Libby	Almeida	27	El Dorado Hills	CA	3:42:39	25	157	Patricia	Peck	39	Irvine	CA	3:56:01	30
85	Nicole	Logan	21	Novato	CA	3:42:43	11	158	Maike	Sander	27	San Francisco	CA	3:56:07	47
86	Deborah Ja	Germany	32	Wahrendor, Germany	3:42:44	25	159	Suzy	Lins	33	Corona	CA	3:56:23	43	
87	Dawn	Eggerts	27	San Francisco	CA	3:42:50	26	160	Sue	Beatty	32	Long Beach	CA	3:56:29	44
88	Lene	Jensen	29	Odder		3:43:07	27	161	Irene	Riego	29	Sacramento	CA	3:56:53	48
89	Kristen	Sampson	26	Tempe	AZ	3:44:27	28	162	Kathleen	Luciano	37	Whittier	CA	3:57:06	31
90	Janine	Galligani	31	San Francisco	CA	3:44:36	26	163	Christy	Schlaflly	39	St Louis	MO	3:57:20	32
91	Elaine	Wang	26	Oakland	CA	3:45:07	29	164	Marjory	St John	38	Oakland	CA	3:57:24	33
92	Linda	Freeman	36	Binghamton	NY	3:45:12	15	165	Birgitta	Mohlin	26	San Francisco	CA	3:57:39	49
93	Lisa	Wilson	27	Atlanta	GA	3:45:15	30	166	Susie	Sirak	26	Walnut Creek	CA	3:57:46	50
94	Julie	Dittman	25	Citrus Heights	CA	3:45:39	31	167	Kelly	Connors	30	San Francisco	CA	3:58:02	45
95	Amy	Wheland	21	Seattle	WA	3:45:42	12	168	Van	Von Borcke	44	Alameda	CA	3:58:15	18
96	Erika	Drescher	23	Richmond	VA	3:45:52	13	169	Janet	Pazareskis	33	Seattle	WA	3:58:17	46
97	Joanna	Ladd	36	Palo Alto	CA	3:46:25	16	170	Laurel	Sgro	37	Orinda	CA	3:58:18	34
98	Beverly	Dexter	41	Poway	CA	3:46:25	8	171	Ellen	Pearlman	46	Los Angeles	CA	3:58:19	4
99	Terry	Richard	39	Foster City	CA	3:46:27	17	172	Laura	Perloff	43	Los Angeles	CA	3:58:23	19
100	Erika	Collins	28	San Francisco	CA	3:46:39	32	173	Ellen	Reinstein	45	Los Angeles	CA	3:58:24	5
101	Sandra	Gillis	40	San Jose	CA	3:46:51	9	174	Yaeko	Childers	43	Livermore	CA	3:58:35	20
102	Clara	Oden	35	San Francisco	CA	3:47:05	18	175	Leslie	Mc Neil	32	San Francisco	CA	3:58:41	47
103	Cullene	Murphy	41	Yorba Linda	CA	3:47:32	10	176	Mary	Moseley	37	San Francisco	CA	3:58:42	35
104	Sandra	Goodsite	37	Norwalk	OH	3:48:15	19	177	Michelle	Allario	29	Atlanta	GA	3:58:46	51
105	Rebecca	Walker	35	San Antonio	TX	3:48:18	20	178	Denise	Cranney	31	Mtn View	CA	3:58:58	48
106	Joan	Reiss	57	San Francisco	CA	3:48:19	2	179	Phyllis	Miller	43	Pleasant Hill	CA	3:59:05	21
107	Bella	German	21	San Jose	CA	3:48:32	14	180	Judy	Gehrmann	40	Eau Claire	WI	3:59:19	22
108	Heather	Piombo	30	Pt Reyes	CA	3:48:36	27	181	Barbara	Hamilton	36	Sacramento	CA	3:59:27	36
109	Kim	Olson	26	Stevens Pt	WI	3:48:42	33	182	Dianne	Jones	35	Los Angeles	CA	3:59:32	37
110	Laurie	Pendleton	25	San Francisco	CA	3:48:42	34	183	Kyong	Martin	40	San Mateo	CA	3:59:33	23
111	Barbara	Kalmbach	40	Cotodecaza	CA	3:48:51	11	184	Monica	Mucchetti	28	San Francisco	CA	3:59:39	52
112	Kristin	Webb	29	Visalia	CA	3:48:53	35	185	Pamela	Neronha	36	Palo Alto	CA	3:59:40	38
113	Alice	Yu	39	Huntington Bch	CA	3:48:59	21	186	Linda	Belton	40	Sacramento	CA	3:59:56	24
114	Patricia	Devillepoix	32	Bosc-Roger/buch		3:49:03	28	187	Linda	Bennett	45	Los Angeles	NV	3:59:58	6
115	Sandy	Carpenter	40	Campbell	CA	3:49:09	12	188	Patty	Randinelli	38	Lexington	SC	4:00:20	39
116	Janet	Saccomanno	30	Truckee	CA	3:49:16	29	189	Toni	Lo Verde	31	San Francisco	CA	4:00:54	49
117	Lisa	Poett	26	Kenfield	CA	3:49:27	36	190	Jessica	Marken	18	San Francisco	CA	4:01:07	1
118	Aryan	Shakeri	26	Palo Alto	CA	3:49:31	37	191	Ellen	Mc Donald	29	San Francisco	CA	4:01:07	53
119	Jodi	Isaacs	28	Danville	CA	3:49:35	38	192	Kelli	Twomey	30	Tahoe City	CA	4:01:25	50
120	Michele	Figueroa	32	Visalia	CA	3:49:51	30	193	Sandi	Schmidt	29	Huntington	CA	4:01:25	54
121	Kristin	Leaf-James	40	El Cajon	CA	3:50:06	13	194	Suzanne	Sobenes	48	Fresno	CA	4:01:28	7
122	Rita	Chan	31	Daly City	CA	3:50:21	31	195	Jeanine	Scheetz	29	Sioux Falls	SD	4:01:57	55
123	Catherine	Martin	31	San Francisco	CA	3:50:39	32	196	Colleen	Kelly	30	Wakefield	RI	4:01:59	51
124	Jennefer	Lloyd	29	San Francisco	CA	3:50:50	39	197	Virginia	Dickson	30	Bakersfield	CA	4:02:26	52
125	Laurie	Rudins	26	Concord	NH	3:51:05	40	198	Avis	Berry	43	San Antonio	TX	4:02:34	25
126	Nancy	Russell	39	San Rafael	CA	3:51:13	22	199	Jane	Linsmayer	24	San Francisco	CA	4:02:37	15
127	Jeanine	Kohn	39	Eau Claire	WI	3:51:15	23	200	Michelle	Pleper	25	San Francisco	CA	4:02:38	56
128	Treva	Wells	35	Los Angeles	CA	3:51:16	24	201	Kay	Hoyle	43	Dallas	TX	4:02:43	26
129	Laura	Williams	38	Colorado Spr.	CO	3:51:29	25	202	Karen	Claire	26	Palo Alto	CA	4:02:43	57
130	Anitra	Seitamo	51	Fairfax	CA	3:51:42	2	203	Suzanne	Carroll	26	Santa Cruz	CA	4:02:52	58
131	Kathleen	Swanson	39	Del Ray Beach	FL	3:52:03	26	204	Carol	Heil	32	Los Angeles	KY	4:03:06	53
132	Krista	Wilson	31	San Rafael	CA	3:52:26	33	205	Sarah	Toole	26	Atlanta	GA	4:03:06	59
133	Janet	Thomas	31	Sunnyvale	CA	3:52:39	34	206	Stacey	Solorzano	32	Alta Loma	CA	4:03:09	54
134	Julie	Serjak	48	Visalia	CA	3:52:50	3	207	Wellons	Mast	26	Atlanta	GA	4:03:11	60
135	Linda	Taft	27	San Francisco	CA	3:52:58	41	208	Shelle	Quinn	24	Sunnyvale	CA	4:03:11	16
136	Jill	Leary	44	Steamboat	CO	3:53:08	14	209	Nancy	Jennings	23	Atlanta	GA	4:03:19	17
137	M	Chodur	43	Palo Alto	CA	3:53:10	15	210	Beth	Aaron	45	Corte Madera	CA	4:03:25	8
138	Mary Joann	Gray	39	Essex Fell	NJ	3:53:19	27	211	Jayne	Lewis	34	Seattle	WA	4:03:26	55
139	Tara	Furigay	26	Palo Alto	CA	3:53:29	42	212	Sarah	Heckscher	24	San Francisco	CA	4:03:49	18
140	Crystal	Park	31	San Francisco	CA	3:53:43	35	213	Jennifer	Woods	28	San Francisco	CA	4:04:06	61
141	Lisa	Barber	31	Encinitas	CA	3:53:54	36	214	Ann	Vallieres	40	Silver Springs	MD	4:04:06	27
142	Debbie	Ostrander	39	Lexington	SC	3:53:54	28	215	Carmen	Garay	44	Santa Monica	CA	4:04:20	28
143	Roberta	Bonifacio	34	Long Beach	CA	3:54:00	37	216	Marijane	Maples	46	Morgan Hill	CA	4:04:21	9
									Debby	Ginner	31	Santa Cruz	CA	4:04:22	56



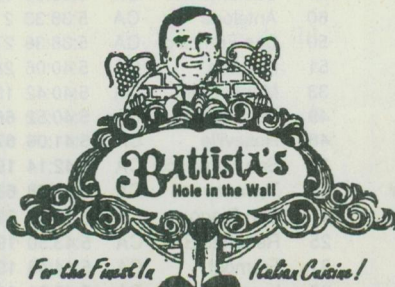
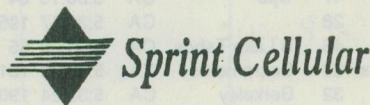
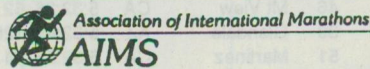
O'all	Name	Age	City	ST	Time	Div									
362	Heather	Hiatt	24	San Francisco	CA	4:21:10	28	434	Shari	Thatcher	35	Seattle	WA	4:28:46	78
363	Heather	Bryce	18	Camarillo	CA	4:21:11	3	435	Soon	Nemeth	47	Acampo	CA	4:28:54	27
364	Keira	Wallman	16	Camarillo	CA	4:21:11	4	436	Laura	Jean	28	Campbell	CA	4:29:02	110
365	Sara	Weiss	17	Camarillo	CA	4:21:11	5	437	Jennifer	Wilkoﬀ	24	San Francisco	CA	4:29:02	37
366	Janice	Wilkins	45	Lexington	SC	4:21:12	20	438	Karen	Zito	27	Berkeley	CA	4:29:11	111
367	Sarah Jane	Slaymaker	24	Stanford	CA	4:21:15	29	439	Gretchen	Coffman	26	San Francisco	CA	4:29:14	112
368	Ann	Mc Cann	29	Whittier	CA	4:21:16	94	440	Valerie	Vanogtrop	28	San Francisco	CA	4:29:18	113
369	Vickie	Herrera	36	Stockton	CA	4:21:25	66	441	Melinda	Westmoreland	37	San Antonio	TX	4:29:19	79
370	Ann	Grove	54	Orinda	CA	4:21:31	8	442	Patricia	Terek	48	Redwood City	CA	4:29:41	28
371	Carey	Calvert	25	Palos Verdes	CA	4:21:36	95	443	Debbie	Delong	46	Fountain Valley	CA	4:30:08	29
372	Lina	Morris-Khatie	32	Indialantic	FL	4:21:37	96	444	Patricia	Noonan	48	Cannon Beach	OR	4:30:16	30
373	Diane	Henderson	37	San Rafael	CA	4:21:58	67	445	Lori	Callen	32	San Francisco	CA	4:30:25	111
374	Wendy	Lindskoog	28	Arnold	CA	4:22:02	96	446	Ramona	Fierro	29	Riverside	CA	4:30:27	114
375	Michelle	Ferrari	27	Sebastopol	CA	4:22:05	97	447	Marianne	Stolen	55	Copenhagen		4:30:28	5
376	Wendy	Wollerman	27	Mission Viejo	CA	4:22:15	98	448	Valerie	Long	38	San Jose	CA	4:30:33	80
377	Colleen	Tralongo	34	San Jose	CA	4:22:28	97	449	Maralee	Joseph	40	Sonoma	CA	4:30:34	57
378	Mary	Gates	42	Mt View	CA	4:22:37	51	450	Kim	Field	26	San Francisco	CA	4:30:53	115
379	Sharry	Ditzler	32	Valleyford	WA	4:22:54	98	451	Joanna	Saich	34	San Antonio	TX	4:30:54	112
380	Patsy	Dorsey	49	Santa Barbara	CA	4:22:57	21	452	Lynn	Cryer	39	Rohnert Park	CA	4:31:27	81
381	Mary	Bullin	35	Spring	TX	4:22:59	68	453	Sally	Singletary	26	San Francisco	CA	4:31:33	116
382	Kelly	Quigley	29	San Francisco	CA	4:23:01	99	454	Alicia	Lopez De Alvear	42	Toluca		4:31:40	58
383	Caroline	Gutmann	30	Davis	CA	4:23:11	99	455	Tamazin	Wise	25	San Francisco	CA	4:31:52	117
384	Deborah	Bourque	36	Livermore	CA	4:23:12	69	456	Margaret	Cavanaugh	38	Rohnert Park	CA	4:32:06	82
385	Julie	Hiramatsu	37	Santa Maria	CA	4:23:24	70	457	Patricia	Magnani	23	San Francisco	CA	4:32:14	38
386	Anna Marie	Lillestrand	23	San Francisco	CA	4:23:26	30	458	P.J.	Mitchell	50	Lubbock	TX	4:32:22	10
387	Suzanne	Collins	17	San Mateo	CA	4:23:28	6	459	Yumi	Takeuchi	30	New York	NY	4:32:24	113
388	Melanie	Reed	27	Bakersfield	CA	4:23:43	100	460	Susan	Guenard	47	Sacramento	CA	4:32:36	31
389	Marie-Ccla	Bergont	34	Conpiegne		4:23:44	100	461	Jan	Tobias	40	Santa Fe	NM	4:32:53	59
390	Joyce	Lance	47	Houston	TX	4:23:46	22	462	Michelle	Mc Laughlin	27	Santa Rosa	CA	4:32:56	118
391	Amu	Coo	24	Saratoga	CA	4:23:56	31	463	Penelope	O'Donnell	46	Golden	CO	4:32:56	32
392	Ann	Kreul	39	Appleton	WI	4:23:57	71	464	Maya	Smythe	21	Eugene	OR	4:32:57	39
393	Kira	Henriksen	42	San Francisco	CA	4:23:59	52	465	Isabelle	Peyrard	30	Caen		4:33:22	114
394	Terry	Heintz	42	San Bdo	CA	4:24:10	53	466	Brenda	Hill	47	Reno	NV	4:33:25	33
395	Scarlett	Baynes	28	San Luis Rey	CA	4:24:15	101	467	Deborah	Mack	28	San Francisco	CA	4:33:31	119
396	Kay	Cimino	50	Erie	PA	4:24:39	9	468	Sara	Mc Kinley	36	Alamo	CA	4:33:31	83
397	Vickie	Hathaway	46	Dublin	CA	4:24:44	23	469	Nicole	Otte	25	Reno	NV	4:33:33	120
398	Linda	Wylie	44	Austin	TX	4:24:47	54	470	Kate	Dreher	32	Regina	SK	4:33:35	115
399	Mary	Chadwick	37	Atherton	CA	4:25:02	72	471	Lorraine	Donison	32	Modesto	CA	4:33:36	116
400	Melanie	Lemons	30	Oakley	CA	4:25:09	101	472	Debbie	Mason	42	Los Altos	CA	4:33:39	60
401	Monica	Sanford	30	Redmond	WA	4:25:09	102	473	Tina	Chiang	26	San Francisco	CA	4:34:13	121
402	Eiko	Petty	49	Torrance	CA	4:25:16	24	474	Karrie	Mc Guigan	30	San Marcos	CA	4:34:18	117
403	Rita	Villero	30	South Laguna	CA	4:25:17	103	475	Jill	Dorris	31	San Diego	CA	4:34:23	118
404	Tamara	St Claire	32	Davis	CA	4:25:25	104	476	Karen	Wright	22	Walnut Creek	CA	4:34:36	40
405	Maxine	Chong	45	San Francisco	CA	4:25:30	25	477	Eva	Deporcel	32	Redwood City	CA	4:35:01	119
406	Lenlee	Jenckes	26	San Francisco	CA	4:25:38	102	478	Denise	Adams	28	Sacramento	CA	4:35:12	122
407	Kim	Magadance	27	Madison	WI	4:25:52	103	479	Kathy	Kusner	55	W. Hollywood	CA	4:35:13	6
408	Angelica	Rogers	37	Visalia	CA	4:25:53	73	480	Joan	Paranka	33	Loveland	CO	4:35:17	120
409	Babette	Devos	33	San Francisco	CA	4:25:54	105	481	Jennifer	Valenzia	25	Del Mar	CA	4:35:19	123
410	Samantha	Hoffman	46	Chicago	IL	4:25:58	26	482	Sandra	Bitsie	34	Albuquerque	NM	4:35:27	121
411	Mary Jo	Rutten	33	Portland	OR	4:26:01	106	483	Anne	Zumwalt	26	Walnut Creek	CA	4:35:30	124
412	Meredith	Thomason	21	Oakland	CA	4:26:02	32	484	Kristen	Murphy	22	Modesto	CA	4:35:58	41
413	Christina	Curley-Walsh	37	Auburn	CA	4:26:12	74	485	Laurie	Emerson	35	San Francisco	CA	4:36:03	84
414	Vicki	Gutierrez	28	Madison	WI	4:26:22	104	486	Debra	Brehmer	39	San Jose	CA	4:36:18	85
415	Melina	Kriegel	24	San Francisco	CA	4:26:36	33	487	Peggy	Molter	43	Phoenix	AZ	4:36:22	61
416	Terri	Quirk	32	Ventura	CA	4:26:37	107	488	Renee	Suvak	30	Denver	CO	4:36:24	122
417	Leah	Schirm	20	Foster City	CA	4:26:41	34	489	Heather	Richter-Merritt	23	Atlanta	GA	4:36:36	42
418	Susan	Woodley	39	San Carlos	CA	4:27:09	75	490	Lesley	Annis	30	San Francisco	CA	4:36:56	123
419	Faith	Rosala	29	San Francisco	CA	4:27:31	105	491	Robyn	Hazlewood	35	Sherman Oaks	CA	4:37:04	86
420	Debra	Newcomb	37	Walnut Creek	CA	4:27:37	76	492	Sheree	Brown	37	San Francisco	CA	4:37:10	87
421	Claudia	Hungerson	57	Maple	ON	4:27:37	4	493	Barbara	Mc Donough	29	Sunnyvale	CA	4:37:28	125
422	Valerie	Buddoes	41	Spanish Fork	UT	4:27:37	55	494	Lori	Franklin	28	Sacramento	CA	4:37:29	126
423	Sarah	Liu	29	Berkeley	CA	4:27:39	106	495	Amy	Reardon	25	Sunnyvale	CA	4:37:40	127
424	Elizabeth	Kunkel	24	Atlanta	GA	4:27:43	35	496	Catherine	Rodoni	27	Santa Cruz	CA	4:37:43	128
425	Meghan	Stickler	22	Oakland	CA	4:27:56	36	497	Carol	Heid	33	Erie	PA	4:37:51	124
426	Doreen	Ashley	31	Canyon C'try	CA	4:28:04	108	498	Sherry	Johnson	43	Salem	OR	4:37:58	62
427	Kathleen	Monte	41	Austin	TX	4:28:10	56	499	Rosina	Szele	31	San Rafael	CA	4:38:15	125
428	Martina	Hernandez	29	Oakland	CA	4:28:16	107	500	Cindy	Sloan	37	Ashland	OR	4:38:37	88
429	Jean	Lurkins	37	Stalene	NV	4:28:23	77	501	Ruma	Poulsen	30	Hermosa B'ch	CA	4:38:40	126
430	Cristina	Magana	30	Austin	TX	4:28:23	109	502	Kara	Connors	26	San Francisco	CA	4:38:46	129
431	Linda	Takane	34	Honolulu	HI	4:28:29	110	503	Susie	Woodard	32	Antioch	CA	4:39:00	127
432	Tiffany	Turco	26	Mt View	CA	4:28:43	108	504	Sally	Lamas	25	Atascadero	CA	4:39:00	130
433	Jody	Hueffed	28	Edmonds	WA	4:28:44	109	505	Amanda	Aguilar	37	Victoria	TX	4:39:05	89
								506	Julia	Mc Glumphy	17	Wheeling	WV	4:39:05	7





O'all	Name	Age	City	ST	Time	Div									
652	Tana Leigh	Gabriel	48	Sacramento	CA	5:00:22	48	724	Denise	Paterson	33	San Francisco	CA	5:17:36	177
653	Margareta	Reinecke	39	Palo Alto	CA	5:01:10	113	725	Tamara	Serrano	26	Santee	CA	5:17:45	187
654	Kerri	Behrens	25	San Francisco	CA	5:01:17	170	726	Paula	Mirzadi	30	Alameda	CA	5:17:59	178
655	Denise	Carr	50	Redwood City	CA	5:01:21	17	727	Janis	Armstrong	35	Pleasanton	CA	5:18:12	120
656	Karen	Ruocco	28	San Francisco	CA	5:01:48	171	728	Catherine	Bachelier	37	San Francisco	CA	5:18:16	121
657	Lynne	Regal	28	Manhattan B'ch	CA	5:01:57	172	729	Donna	Brown	25	Sacramento	CA	5:18:26	188
658	Yvonne	Mychal	29	Manhattan B'ch	CA	5:01:57	173	730	Julie	Paranka	31	Denver	CO	5:19:09	179
659	Lenette	Costa	37	Visalia	CA	5:02:09	114	731	Holli	Thier	30	San Francisco	CA	5:19:17	180
660	Patricia	Schaefer	34	San Francisco	CA	5:02:47	161	732	Nancy	Heaney	38	San Mateo	CA	5:19:29	122
661	Marilyn	Clemens	45	Dallas	TX	5:02:51	49	733	Barbie	Potter	31	Lexington	SC	5:19:44	181
662	Caryn	King	32	Elk Grove	CA	5:02:57	162	734	Deirdre	Frouge	36	San Francisco	CA	5:20:16	123
663	Sandra	Weber	29	Citrus Heights	CA	5:02:58	174	735	Lorena	Wong	34	San Francisco	CA	5:20:56	182
664	Dione	Lang	48	Bakersfield	CA	5:03:30	50	736	Michelle	Pinocchio	31	Chico	CA	5:21:26	183
665	Kathy	Morrissey	33	San Francisco	CA	5:03:49	163	737	Mary Jean	Hong	45	Greenbrae	CA	5:21:37	57
666	Meg	Warner	34	Brillion	WI	5:03:56	164	738	Sherry	Cloud	46	Little Rock	AR	5:21:37	58
667	Marie	Steele	21	Lexington	SC	5:04:01	56	739	Gail	Tonnesen	34	Chapel Hill	NC	5:21:48	184
668	Kathy	Habegger	28	Boulder	CO	5:04:07	175	740	Deborah	Bellingham	41	San Francisco	CA	5:22:24	86
669	Melba	Reyes	53	Los Angeles	CA	5:04:21	18	741	Rebecca	Huffman	23	Los Gatos	CA	5:22:38	60
670	Jo Anne	Nishio	44	Menlo Park	CA	5:04:21	77	742	Diana	Moose	39	Los Angeles	CO	5:22:40	124
671	Kris	Seibert	25	Mountain View	CA	5:04:28	176	743	Diana	Maureen	27	San Francisco	CA	5:22:50	189
672	Diana	Vasu	47	Pacific Grove	CA	5:05:33	51	744	Po	Adams	71	Carmichael	CA	5:23:07	1
673	Nancy	Butler	45	San Francisco	CA	5:05:37	52	745	Jennifer	Nuss	24	Pom	CA	5:23:20	61
674	Jill	Simmonds	53	Oakland	CA	5:05:41	19	746	Diana	Muzzy	45	Chicago	IL	5:23:43	59
675	Stephanie	Rivera	27	Denver	CO	5:05:52	177	747	Franny	Keyes	44	Chicago	IL	5:23:44	87
676	Silvia	Estevez De Cair	38	Toluca		5:06:31	115	748	Lindel	Ihn	39	San Juan Bau	CA	5:24:06	125
677	Ann	Bennet	61	Bethesda	MD	5:07:08	1	749	Yvonne	Sullivan	50	San Jose	CA	5:24:23	22
678	Margot	Lancellotti	29	San Francisco	CA	5:07:44	178	750	Arlette	Mouchet	20	Paris		5:25:48	62
679	Olga	Duran	38	Alhambra	CA	5:07:46	116	751	Jennifer	Oliver	28	Fredericksburg	VA	5:27:33	190
680	Kimberly	Saalfeld	34	Vail	CO	5:07:53	165	752	Gabrielle	Kymbourne	27	Santa Monica	CA	5:27:36	191
681	Jamie	Rearden	41	Louisville	KY	5:08:00	78	753	Robin	Kramer	30	San Francisco	CA	5:27:37	185
682	Linda	Mootry	36	Bakersfield	CA	5:08:15	117	754	Patricia	Taverner	45	San Mateo	CA	5:29:43	60
683	Colleen	Moore	34	Bakersfield	CA	5:08:15	166	755	Judy	Fahmy	48	San Francisco	CA	5:31:52	61
684	Linda	Heckenlively	30	San Francisco	CA	5:08:18	167	756	Marilyn	Howard	42	Cupertino	CA	5:32:09	88
685	Min Min	Lo	27	Berkeley	CA	5:08:28	179	757	Patricia	Roesch	50	Santa Clara	CA	5:32:09	23
686	Geza	Bottlik	57	Sherman Oaks	CA	5:08:37	9	758	Elizabeth	Lohman	26	Greenwood	VA	5:32:10	192
687	Katherine	Rigler	55	Bethesda	MD	5:09:00	10	759	Gayle	Walorinta	41	Loma Mar	CA	5:32:22	89
688	Janene	Snedeker	27	San Francisco	CA	5:09:02	180	760	Linda	Doherty	46	Mt View	CA	5:32:26	62
689	Judith	Zaragoza	30	Redwood City	CA	5:09:04	168	761	Sally	Langevin	39	Glendale	AZ	5:32:49	126
690	Jean Marie	Loscavio	36	San Francisco	CA	5:09:20	118	762	Kathleen	Clancy	51	Martinez	CA	5:32:53	24
691	Betty	Nowlin	44	Los Angeles	CA	5:09:22	79	763	Jennifer	Holden	30	Arcadia	CA	5:32:56	186
692	Claudia	Isham	50	Sacramento	CA	5:09:25	20	764	Noushi	Barmaki	37	San Francisco	CA	5:32:56	127
693	Miriam	Calvo	31	Panama		5:09:27	169	765	Teresa	Ryan	29	Saugus	CA	5:34:11	193
694	Mary	Corbett	32	Louisville	KY	5:10:02	170	766	Carolyn	Samuels	53	Portola Valley	CA	5:34:19	25
695	Wendy	Tam	25	Berkeley	CA	5:10:03	181	767	Maria	Lopez	35	Los Angeles	CA	5:34:22	128
696	Danielle	Uharriet	32	Santa Cruz	CA	5:10:31	171	768	Lily	Salgado	29	N. Hollywood	CA	5:34:56	194
697	Elizabeth	Woo	34	San Francisco	CA	5:11:01	172	769	Kathleen	Kendrick	33	San Francisco	CA	5:35:33	187
698	Anita	Jackson	36	Rialto	CA	5:11:05	119	770	Maura	Kendrick	31	San Francisco	CA	5:35:35	188
699	Elizabeth	Dufek	42	Eudora	KS	5:11:17	80	771	Debra	Hamill	40	Alameda	CA	5:35:35	90
700	Barbara	Thomas	41	Louisville	KY	5:11:20	81	772	Mary Low	Hirschfeld	57	Belvedere	CA	5:36:13	11
701	Margie	Withrow	68	Lompoc	CA	5:11:21	1	773	Cherid	Phelps	37	Fremont	CA	5:36:33	129
702	Anita	Caines	26	Sacramento	CA	5:11:22	182	774	Wanda	Katinsky	39	Vacaville	CA	5:36:54	130
703	Andrea	Siebert	31	Hamburg, Germany		5:11:22	173	775	Sharron	Miller	51	Redwood City	CA	5:37:01	26
704	Lisa	Brinegar	32	Redlands	CA	5:12:11	174	776	Kathleen	Kastner	47	Salinas	CA	5:37:18	63
705	Martha	Ladd	30	San Francisco	CA	5:13:03	175	777	Lorraine	Willert	31	So Lake Tahoe	CA	5:37:18	189
706	Marilyn	Snapp	0	Sunnyvale	CA	5:13:30	57	778	Judy	Munzig	47	Ojai	CA	5:38:13	64
707	Bonnie	Wright	46	Los Angeles	CA	5:13:43	53	779	Jennet	Leong	28		CA	5:38:17	195
708	Linda	Molina	48	Valley Springs	CA	5:13:48	54	780	Cheryl	Walters	46	S Lake Tahoe	CA	5:38:20	65
709	Lynn	Bruffy	49	Atlanta	GA	5:14:00	55	781	Joyce	Whitney-Minton	36	Sacramento	CA	5:38:22	131
710	Linda	Engdahl	47	San Francisco	CA	5:14:29	56	782	Amanda	Gaudet	32	Berkeley	CA	5:38:24	190
711	Shannon	Stimson	43	Berkeley	CA	5:14:44	82	783	Liz	Oettel	31	Sacramento	CA	5:38:30	191
712	Anne	Moberg	26	San Francisco	CA	5:14:55	183	784	Mary	Young	60	Antelope	CA	5:38:33	2
713	Judy	Harman	44	Gresham	OR	5:15:07	83	785	Sharon	Yeter	50	San Francisco	CA	5:38:36	27
714	Miyoko	O'Hara	67	Rpv	CA	5:15:42	2	786	Lee	Perry	51	Montara	CA	5:40:06	28
715	Isabelle	Turpin	27	Ojai	CA	5:15:56	184	787	Christina	Trejo	33	Monte Bello	CA	5:40:42	192
716	Kathy	Mitchell	25	Granite Bay	CA	5:16:10	185	788	Mary	Hirsch	49	Pac Palisades	CA	5:40:52	66
717	Julie	Rice	31	San Francisco	CA	5:16:14	176	789	Marilyn	Smith	48	Roseville	CA	5:41:06	67
718	Sue	Whitfield	29	San Francisco	CA	5:16:23	186	790	Sally	Brennan	32	San Francisco	CA	5:42:14	193
719	Leslie	Adams	41	Oakland	CA	5:16:39	84	791	Sandra	Heidtman	45	Torrance	CA	5:42:38	68
720	Manisha	Desai	22	Half Moon Bay	CA	5:16:59	58	792	Christine	Biby	47	San Diego	CA	5:43:10	69
721	Kathi	Jensen	41	S Lake Tahoe	CA	5:17:29	85	793	Jill	Berlin	25	Redondo B'ch	CA	5:43:50	196
722	Stephanie	Farrell	24	Milwaukee	WI	5:17:32	59	794	Valerie	Riener	31	Fremont	CA	5:44:48	194
723	Darlene	Brightbill	50	Madison	WI	5:17:32	21	795	Sharon	Hutauruk	28	Loma Linda	CA	5:45:21	197
								796	Toni Maria	Casale	41	Boston	MA	5:45:30	91

O'all	Name	Age	City	ST	Time	Div
797	Stacy	30	Paramount	CA	5:45:54	195
798	Patty	40	Santa Rosa	CA	5:46:01	92
799	Jan	57	Daly City	CA	5:47:23	12
800	Melanie	39	Cameron Park	CA	5:47:32	132
801	Annabelle	47	San Francisco	CA	5:47:59	70
802	Jennifer	23	San Francisco	CA	5:48:08	63
803	Darcy	36	San Francisco	CA	5:48:36	133
804	Charlene	40	Oakland	CA	5:50:15	93
805	Erika	32	Oakland	CA	5:50:15	196
806	Nancy	33	Atlanta	GA	5:50:58	197
807	Ruth	47	Ind. Rks. Beach	FL	5:51:44	71
808	Janice	55	Los Angeles	CA	5:52:03	13
809	Leslie	34	Orange	CA	5:52:06	198
810	Mayling	47	Cucamonga	CA	5:53:42	72
811	Lisa	35	Lexington	SC	5:53:56	134
812	Sharona	39	Woodacre	CA	5:54:15	135
813	Lila	24	Richmond	VA	5:55:36	64
814	Jennifer	25	Fredericks Bg	VA	5:56:21	198
815	Jean	41	Salinas	CA	5:57:25	94
816	Nina	30	San Francisco	CA	5:57:33	199
817	Peggy	72	Los Alamitos	CA	5:57:38	2
818	Toni	38	Louisville	KY	5:57:42	136
819	Susan	50	Oxnard	CA	5:58:42	29
820	Susan	34	S Lake Tahoe	CA	5:59:13	200
821	Shubhra	43	San Francisco	CA	5:59:56	95
822	Heidi	28	Los Angeles	CA	6:07:38	199
823	Brandy	18	Coarsegold	CA	6:07:43	9
824	Susan	36	Chicago	IL	6:10:21	137
825	Nancy	45	San Francisco	CA	6:11:08	73
826	Lorraine	31	San Pedro	CA	6:11:09	201
827	Stanette	44	Huntington B'ch	CA	6:11:46	96
828	Kathleen	63	Redlands	CA	6:12:12	3
829	Mary	67	Perris	CA	6:12:16	3
830	Jennifer		Mosso			
831	Nancy		Crowley			
832	Bonnie		Ray			
833	Tonya		Johnson			
834	Etta		Palmer			
835	Joan		Rhine			
836	Angelina		Rademaker			
837	Maureen		Sullivan			
838	Kathleen		Hunter			
839	Sondra		Franc			
840	Cecilia		Margevicius			
841	Jane W.		Rinell			
842	Kathleen		Plappert			
843	Kim		Ta			
844	Dunya		Nuaimi			
845	Tracy		Wray			
846	Mary		Wight			
847	Maria		Majka			
848	Nancy		Belman			
849	Debra		Christian			
850	Bianconi-L		Ha			
851	Teresa		Smith			
852	Jane		Maxson			
853	Linda		Flor			
36	Laguna Hills	CA	6:12:35	138		
57	Huntington B'ch	CA	6:14:07	14		
39	Sherman Oaks	CA	6:14:26	139		
35	Altadena	CA	6:14:54	140		
68	Saratoga	CA	6:15:15	4		
26	Menlo Park	CA	6:15:35	200		
48	Woodland	CA	6:15:57	74		
39	San Lorenzo	CA	6:15:57	141		
39	Fremont	CA	6:17:09	142		
58	St. Louis	MO	6:22:10	15		
34	Palo Alto	CA	6:22:19	202		
42	Atlanta	GA	6:24:39	97		
29	Ran. Cordova	CA	6:25:07	201		
28	Sacramento	CA	6:25:28	202		
26	Berkeley	CA	6:25:49	203		
29	Tulare	CA	6:25:54	204		
52	Tulare	CA	6:28:36	30		
41	San Mateo	CA	6:29:39	98		
39	Morgan Hill	CA	6:30:27	143		
39	Cameron Park	CA	6:30:01	144		
30	Burlingame	CA	6:30:01	203		
32	Whitefish Bay	WI	6:30:01	204		
38	Ventura	CA	6:33:39	145		
41	Ventura	CA	6:41:20	99		



## LAS VEGAS EVENTS

# 30<sup>th</sup> Las Vegas international MARATHON

Including 5-person Team Relay  
**Half-Marathon & 5k**

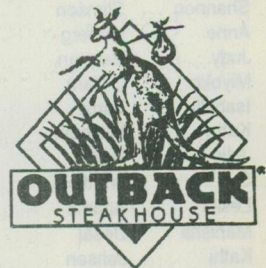
Sunday, February 11, 1996

- Over \$35,000 in Prize Money
- "Super Fast" Half-Marathon Course for USATF National Master's Championship
- 5-Person Marathon Relay Teams
- Cool and Dry Running Weather
- Commemorative Finisher Medals
- "Fun Capital" of America
- Come and see why this race has been in the Runner's World "Top 20" since 1990
- Saturday Morning 5K "Breakfast" Run

FOR ENTRY FORM SEND "SASE" TO:



30<sup>TH</sup>  
ANNIVERSARY



## 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, June 1995)
  - 1995 USATF Jr. Olympic T & F Championship (San Jose, July 1995)
  - 1996 Open Cross Country Championships (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.

