

PACIFIC *Athlete*

Pacific Association of USA Track & Field

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

May-June, 1996 • \$2.50



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**ACE Track Club:
From Dream
to Reality**

**Olympic Track
Trials Schedule**

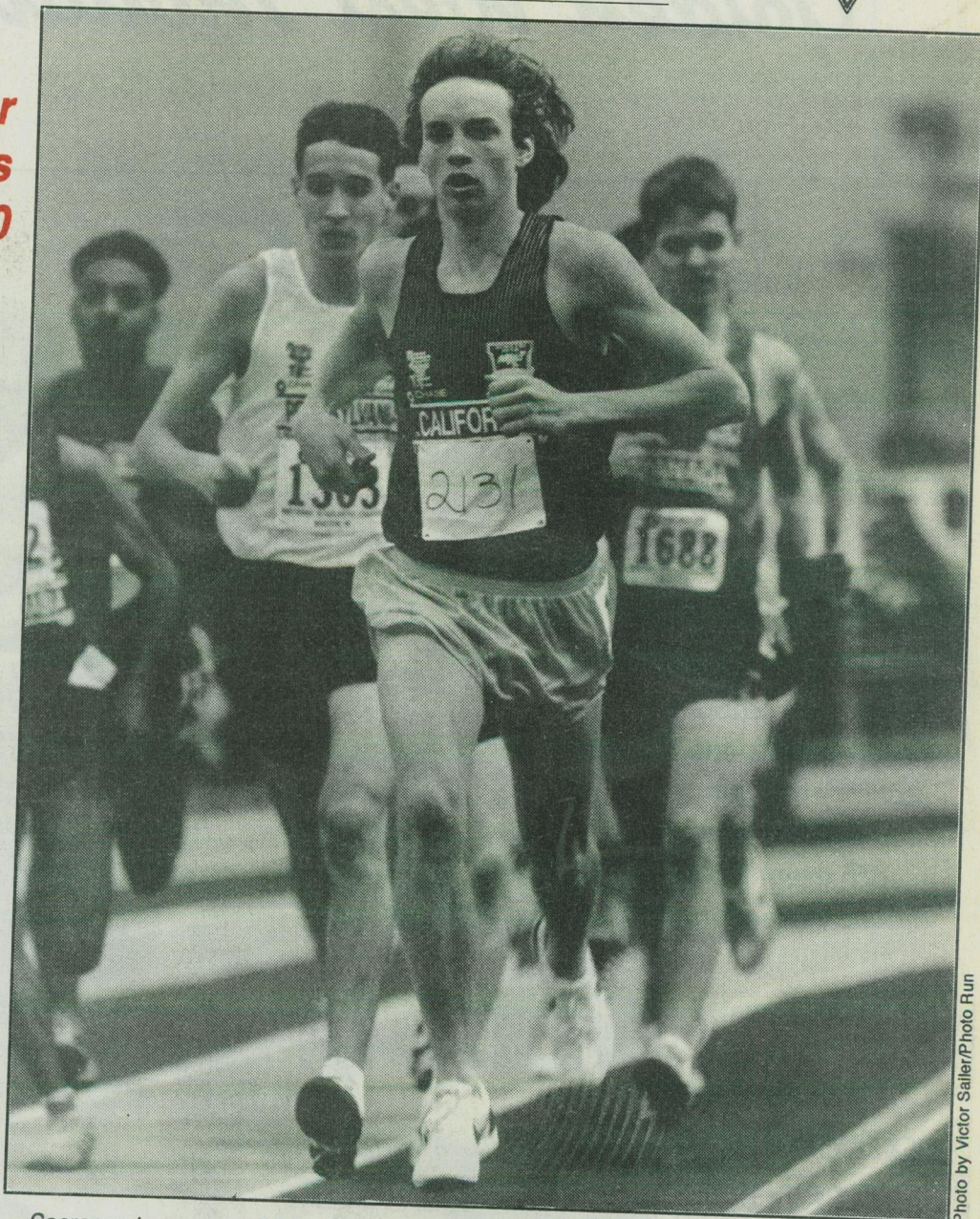


Photo by Victor Saller/Photo Run

Sacramento prep star Michael Stember leads the pack on his way to winning the 1600 meters at the National Scholastic Championships indoor meet. His quest for a sub-4:00 minute mile continues at the Golden West Invitational meet on June 8.

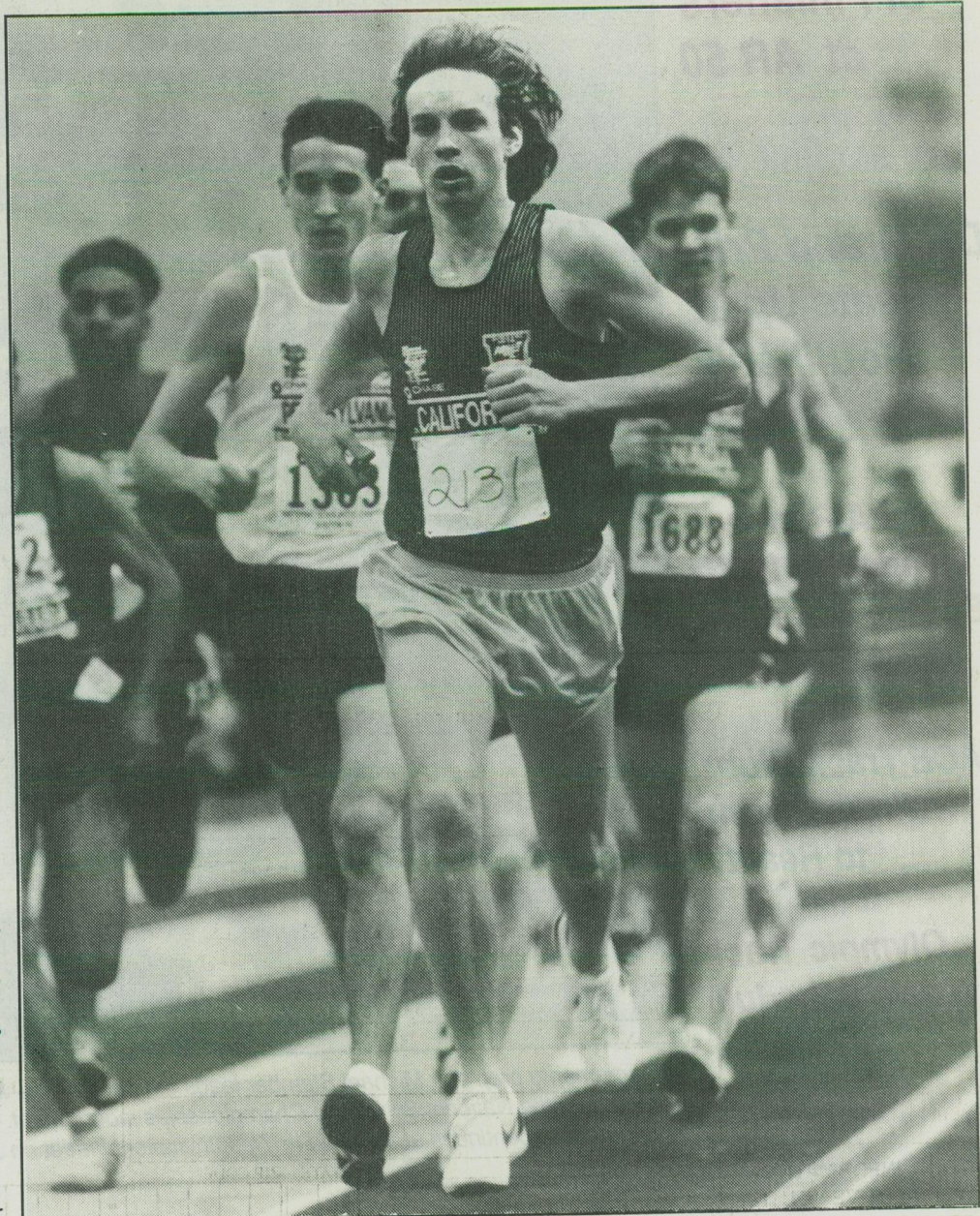
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PACIFIC Athlete, May/June 1996

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Insert and advertising rates are available on request.

Member of The Running Network

Editorial assistance on this issue provided by Cynci Calvin.

The **Pacific Association** is one of 56 associations of USA Track & Field across the country. USA Track & Field is the national governing body for track & field, race walking, cross country running, and long distance running.

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PA-USATF Annual Membership Dues

are \$15 for an individual athlete. Membership expires Dec. 31 of each year. Use the form below to join for this year.

Visit the Pacific Association site on the World Wide Web at: <http://www.bdt.com/home/trimble/PAUSATF.html>
and visit the *PACIFIC Athlete* site at: <http://www.runningnetwork.com>

1996 Pacific Association of USA Track & Field Membership Application

To Join USATF for 1996, complete and mail the form below with a self-addressed stamped envelope.

Please use these codes to indicate your membership category(ies) and sport area(s). Remember that—except for the contributing membership—only one \$15 fee is currently required for as many categories as you wish to indicate.

SPORT CODES:

T = Track events, **F** = Field events, **R** = Road Running, **U** = Ultrarunning, **W** = Race walking, **X** = Cross country

MEMBER CATEGORY CODES:

Up to six categories may be indicated, but only one in each of the categories below (i.e. only one athlete category of those indicated.) Additional category codes may be used by your local Association.

- AY = Athlete-Youth -or-
- AO = Athlete-Open & Veterans
- CH = Coach
- OF = Official
- AD = Administrator
- CO = Contributing member
- PA = Parent

IMPORTANT INFORMATION FOR PROSPECTIVE YOUTH ATHLETE MEMBERS

- Coach may sign with permission of parent.
- New or lapsed membership must submit copy of birth certificate or other ID.

		National governing body for track & field, race walking, cross-country, long distance running, and ultra running	
		<input type="checkbox"/> New membership <input type="checkbox"/> Renewal from last year <input type="checkbox"/> Previous member (last year _____)	
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MEMBERSHIP NUMBER _____ LAST NAME _____ FIRST _____ INITIAL _____ ADDRESS _____ CITY _____ STATE _____ ZIP CODE _____		USA CITIZEN <input type="checkbox"/> YES <input type="checkbox"/> NO IF NO, COUNTRY OF CITIZENSHIP _____ PHONE NUMBER _____ CLUB NO _____ CLUB NAME _____	
My tax deductible contribution to <input type="checkbox"/> Junior Olympics <input type="checkbox"/> Local Association <input type="checkbox"/> National Teams <input type="checkbox"/> Training Centers <input type="checkbox"/> Other _____ in the amount of <input type="checkbox"/> \$10 <input type="checkbox"/> \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100 <input type="checkbox"/> \$500 <input type="checkbox"/> Other _____ is enclosed.		Please check the codes described above for use here... PLEASE INDICATE UP TO SIX MEMBER CODES HERE _____	
By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Rules of Competition for my level(s) and category(ies) of membership.		PLEASE CHECK ALL APPLICABLE SPORT CODES HERE <input type="checkbox"/> T <input type="checkbox"/> F <input type="checkbox"/> R <input type="checkbox"/> U <input type="checkbox"/> W <input type="checkbox"/> X Check here <input type="checkbox"/> if you do not want your address to be used as part of a running related direct mail list.	
SIGNATURE (if athlete is under age 18, parent/guardian must sign instead of athlete) _____ DATE _____		AMOUNT ENCLOSED Fees: \$ _____ Extras: \$ _____ Contribution: \$ _____ Total: \$ _____	
		PLEASE LEAVE THESE BOXES BLANK <input type="checkbox"/> <input type="checkbox"/>	

Letter from the Editor: PA-USATF on the Internet

By Doug Thurston, Editor

Okay, I admit it. It took me a long time to break into cyberspace and "surf the net." For many of you, the internet has been a part of your life for a long time. For those of you who have yet to log-on, my experience indicates that it's easier than you might think, very interesting, and only slightly intimidating. The amount of running information is staggering. Want to know about a road race in Seattle this weekend? It's on the web. How about the time and place the Hash House Harriers meet in Orlando? It's on there. Or, if you want to jump in a "chat room," you can visit on-line with runners across the world about a variety of topics.

My motivation to get wired stemmed in part from this magazine having its own web site. Through The Running Network, the Athletic Footwear Association, and lots of people who know more about software than I ever will, *Pacific Athlete's* web site is now floating around in space ready to find its way into your computer if you type in our address:

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

For the latest in breaking running news in our Association, your best source is the Pacific Association's web site:

<http://www.bdt.com/home/trimble/PAUSATF.html>.

This site is updated regularly with complete results of PA Grand Prix events, point totals, and schedule of events. (Regrettably, I missed the address by a slash in the last issue. Please note the correct address above.)

Another good source is the USATF-national office site. The site features weekly updates from the national office, road running information including a complete list of certified courses, and an electronic version of track and field's Hall of Fame. Visit the USATF site at:

<http://www.usatf.org>.

I won't begin to list all of the other running web sites. It would be outdated anyway as they are added almost daily. Ask your running buddies who are already surfing, they'll clue you in.

Good luck exploring the net on your own. Oh yes, don't forget to E-mail me with your comments, articles, results, and event listings. My E-mail is: thurston60@aol.com.

Special Note: my thanks go out to editorial assistant Cynci Calvin for her help on the past two issues. Non-PA activities took me away from the office during deadline and Cynci filled in admirably. She's the editor of the award-winning *Buffalo Enquirer*, the magazine of Sacramento's Buffalo Chips Running Club.

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Runner Learns Value of USATF Membership the Hard Way

by Doug Thurston

What does USATF have to offer me?"

Pacific Association officials and volunteers hear that cry frequently, particularly when the two largest Association marathons require USATF membership (San Francisco and California International).

There are many reasons to support USATF. Some are highly visible, such as course certification, youth programs, and grand prix circuits. Others are less visible: rules and regulations, course certification, and event insurance. One benefit that is available to all individual members is an individual health insurance policy. One San Francisco runner found out recently how valuable that policy can be.

Sandy Patterson, 37, was training hard in early 1995 for the Avenue of the Giants Marathon that May. Her goals were considerable: win the race, break the 10-year old course record, and qualify for the 1996 Olympic Marathon Trials. She was following a strict training program in the months leading up to the race designed by Mike Fanelli, coach of her Impala Running Club. With a personal best of 35:09 for 10 km, she had the potential for a sub-2:50 race.

About a month before the race, she felt a pain in her left shin. She thought it might be a stress fracture, but everyone told her you can't run on a stress fracture. She figured it must be shin splints, and she continued training, completing her hardest workouts.

The race started, and she found herself quickly in "the zone." She couldn't believe how good she felt. She was running the race of her career, clocking negative splits and on-pace to break the course record of 2:45, five minutes under the Trials qualifying standard. As she approached the 23 mile mark, she spotted her family. Only three more miles, and she would reach her goal.

Suddenly, she felt an incredible, piercing pain in her left shin, site of her previous pain. And she heard the snap. The pain stopped her in her tracks. She tried to run, but it was impossible. She had fractured her fibula.

After an initial knee-down cast in Garberville, site of the marathon, Sandy returned to San Francisco. Within the week, a metal rod was inserted into her leg by a Bay-area orthopedic surgeon. She began a long recovery, still dreaming about qualifying for the Trials later that year.

Close behind the trauma of medical treatment is often the shock of the medical treatment. Even though she had medical insurance, there were still deductible and co-pay expenses to worry about. With medical bills between \$20,000 and \$30,000, the part she still had to pay was significant. That's when an Impala teammate told her about USA Track & Field's insurance policy.

As a USATF member athlete injured in a USATF sanctioned event, she was eligible for USATF's personal medical insurance program. After an initial \$200 deductible, USATF's insurance picked up the balance of her medical bills not covered by her regular insurance.

"It was pretty amazing," Patterson said. "The USATF insurance people were great. They answered any question I had. To have that kind of insurance for only the \$15 annual membership fee is definitely a good deal."

Patterson did not recover in time to qualify for the '96 women's marathon trials, but her running is coming along well now. In late March, she ran 37:01 at the San Jose Mercury News 10 km. She plans to run the California International Marathon this December, have the rod removed, then return to the Avenue of the Giants marathon in May 1997. You can be sure she'll be a card-carrying USATF member for a long time.

Officials Report: FIVE RING FEVER

by Dick Connors

I recently had an extended conversation with one of our Pacific Association officials, Dr. Harmon Brown, MD. In the course of our chat, I mentioned to Doc, that many of my most recent telephone conversations with officials and friends in the association and from across the nation always ended by talking about the Summer Olympic Games in Atlanta.

Doc stated that he had much the same thing happening. He then kindly informed me this was the basic symptom for a rare disease that surfaces every four years among track and field officials and sport enthusiasts world wide—and that its occurrence in the US has this year been more wide spread than usual and the greatest since a real epidemic struck during the summer of 1984. Doc expects the real crisis for those suffering from "Five Ring Fever" will peak for its victims about mid-July of this year.

I questioned Doc as to when the crisis stage of the disease will strike as I now know over 20 officials, coaches and track nuts in our area that are definitely showing severe fever symptoms at this early date. How are we going to make it through the track season, June's Olympic Trials, and still be sane for the Games in late July?

At this point I have not mentioned the poor athletes. But, from the performances I have seen on the track this spring, the athletes are already at a fever pitch with the disease symptoms. The recent explosion of outstanding performances this early in the competitive season is almost unheard of. At the Stanford Invitational on March 30th there were 43 NCAA Division I provisional qualifying or better standards

Eight out of the 178 track and field officials at the '96 Olympic Games are from the Pacific Association. They are:

Dick Connors, San Mateo
Joyce Johnson, Oakland
John Luppés, Pleasant Hill
Robert Mason, Oakland

Lori Maynard, Redwood City
Gail Wetzork, Alameda
Donald Wilson, Alameda
Richard Zulaica, Pleasant

time, and an understanding family who will welcome an exhausted, broke basketcase back to the friendly confines of home in mid-August. Doc feels that the disease will have run its course by that time.

Bob Podkaminer, our certification chairman, has again reminded me that the 1996 Officials dues are past due. To pay your officials dues use the USATF form included in the last edition of "Turns and Distances," or the same form printed in this magazine.

Bob is also looking to promote officials from Association to National and National to Master level. Please try working some new events and don't forget to get your recommendation from a coach or a Master Official.

Please make a note on your calendar that the annual meeting and awards luncheon will be held in early September this year due to changes recently made in the Association by-laws.

Northern California Special Olympics recently called me seeking Officials and volunteers to help with their meet at Edwards Stadium, on the campus of The University of California, Berkeley, on June 8th and 9th. Janet Orand of Special Olympics will be sending each Official a letter asking for your assistance.

achieved. At Sacramento, on April 6th, the quality of the open competition was truly outstanding.

As a cure for Five Ring Fever, Doc suggests: plenty of rest, and lots of non-alcoholic fluids, a limited number of track meets, well-thought out plans for the summer, with airlines and hotel reservations in Atlanta as well as a season ticket to track and field, a strong heart,

Notes from the World of Athletics and the Pacific Association

Stember Update: Great Miles, Great College Pick

Northern California track fans will continue to enjoy the running of Michael Stember. The Sacramento area high school star has accepted a track scholarship at Stanford University. Stember, a senior, is the defending state champion in the 1,600-meter run. He won the national scholastic title last March in 4:10.07 and, in February, ran the third fastest indoor prep mile ever in 4:07.10. The Jesuit High School star's goal is to become the first high school runner since Marty Liquori in 1967 to break four minutes for a mile. Interestingly, he passed Jim Ryun on the indoor list (4:07.2). Ryun holds the national outdoor prep record in a phenomenal 3:55.3.

Association Needs Certified Public Accountant Volunteers

The Pacific Association is looking for a practicing CPA willing to provide some *pro bono* professional assistance and guidance, either individually or through their firms. The Association has grown rapidly in the last few years, both in terms of membership and annual activity. The additional revenue and expense transactions have resulted in the need for a

more elaborate and expanded system of internal financial controls and a more structured and formalized set of administrative and financial policies and procedures.

If you are someone you know might be willing to get involved, please contact Phil Phythian, Finance Committee Chair, at (415) 388-6061 or George Kleeman, Pacific Association Treasurer, at (510) 229-2927.

The Running Network Celebrates 10th Anniversary

Have you heard of The Running Network, which celebrated its 10th anniversary last March? You may not have heard the name, but you have no doubt seen its products and benefited from its services. The Running Network began a decade ago as a means of providing support and coordination for the numerous regional running publications. The Network now includes 25 publications, including *Pacific Athlete*, with a combined circulation of over half a million.

The Running Network helped set up *Pacific Athlete's* World Wide Web location (<http://www.runningnetwork.com>) and provides most of the nationally-based advertising you see in this publication.

Reno Air Championship Race Features New Course

A new point-to-point 15 km course along the scenic Truckee River anchors what should be the biggest and best Reno Air Championship Race June 2 in Reno. The 15 km serves as the Championship for the Pacific Association or USATF, offering \$4,050 in championship prize money for Association athletes.

The 9.3-mile route starts at Reno Air's headquarters east of town. It features flat and fast straightaways during the first 5 km, after which runners negotiate the remaining distance on the tranquil and tree-lined Truckee River Path. The finish is located in Reno's riverside Wingfield Park, a short walk from most of the city's well-known hotels, motels, and casinos.

Reno Air is offering attractive air travel/hotel packages, including from San Jose. Call Reno Air for more information at (800) RENO-747.

In addition to the 15 km Championship, a non-championship 15 km relay event will attract many three-person teams to the same course. The weekend also includes a pre-race pasta feed, kids race, and 5 km.

A complete entry form for the event was in the March-April *Pacific Athlete*. For more information, call or write to Reno Air Championship Run, 13235 Fellowship Way, Reno, NV 89511, (702) 688-3926.

(continued on next page)

First Fleet Feet Capitol Mile Joins PA Road Circuit

The streets around California's Capitol will be filled with fast-moving runners July 7th in the first Fleet Feet Capitol Mile. The event, part of the Pacific Association Road Grand Prix, features a flat keyhole-shaped course on Capitol Mall west of the historic Capitol building.

Nine heats are planned for race day building to the exciting women's and men's open races featuring the Association's fastest road runners. A prize money purse of \$2,000 is being put up by Fleet Feet Sports, the specialty running and active fitness store chain headquartered in Sacramento.

An entry form for the Fleet Feet Mile is in this issue of *Pacific Athlete*. For more race information, write to Fleet Feet Capitol Mile, P.O. Box 388, Sacramento, CA 95812. Or call (916) 443-6223. Race director is Doug Thurston, editor of *Pacific Athlete*.

USATF to Propose Stanford for World Championships

On March 4, USA Track & Field announced it will propose Stanford University in Palo Alto, Calif., as the site of the 1999 IAAF World Track and Field Championships. If selected, it would be the first time the global track and field event, regarded as the world's finest, would be held in the U.S.

USATF's 22-member executive committee considered bids from California and Seattle, Wash. USATF will now present a bid to the International Amateur Athletic Federation, the world governing body for track. USATF will work with The Partnership, a group based in San Jose, that had tried to secure the 1997 world meet for Palo Alto. If the IAAF awards the meet to the U.S., The Partnership would become the local organizing committee.

The IAAF is expected to decide on a site for the 1999 meet around the time of this summer's Olympics in Atlanta. One time the event has been held outside Europe. Previous World Championships sites have been Helsinki in 1983, Rome in 1987, Tokyo in 1991, Stuttgart in 1993, and Gothenberg, Sweden in 1995.

The 1997 event had been awarded to Mexico City, but the Mexican federation returned the rights to the IAAF following a national economic crisis. The IAAF subsequently awarded the meet to Athens, Greece.

Chico Track Club Enters Two Teams at Boston

The Chico Track Club, in only its second year, is coming on strong. The club sent seven runners to the 100th Boston Marathon, fielding two teams (results available next issue). Team members and

their qualifying times (all from the 1995 California International Marathon) are: Gary Town, 2:32:44; Chris Myers, 2:36:15; Dan Olmstead, 2:36:40; Kevin Selby, 2:39:34; Todd Stevens, 2:42:07; Steve Brusig, 2:44:50, and Paula Mauck, 3:25:38. Pacific Association top finishers at Boston are listed on page 17.

Plenty of Track on TV This Spring

Track fans note the following events and television air dates for the Track and Field Gold Series on Prime SportsChannel Networks & Prime International. Check your local cable company listings for time and channel.

TV Air Dates	Event & (event date)
May 17	Modesto Relays, Modesto JC, Modesto, Calif. (5/11)
May 24	Santa Monica Distance Classic, S. Monica CC (5/17)
June 7	Bruce Jenner Classic, San Jose City College (6/1)
June 14	Golden West/National HS Invit., Sacramento (6/8)

See page 8 for complete TV schedule of Olympic Track & Field Trials.

USA Running Circuit Update

Matt Giusto Pops 27:59 at Crescent City Classic 10 km; Giusto, Westphal Tied for Men's Circuit Lead

Under cool, overcast conditions, Giusto, the '94 U.S. 5 km champion and an Olympic 5000 m hopeful, outkicked '95 U.S. 20 km champion, Joe LeMay, who ran 28:00. For his efforts, Giusto pocketed \$4000, while LeMay took home \$3000. Rising star Eric Polonski, 25, from Austin, Texas, finished third in 28:14 (\$1500).

With his win, Giusto moved into a first place tie (19 points) in the USARC standings with Jim Westphal, who placed 4th at Crescent City (28:29).

Giusto's time is the first sub-28 minute 10 km on a record quality course by an American since Mark Nenow ran 27:55 at Bowling Green in 1989. His 27:59 ranks as the 6th fastest U.S. 10 km (4th individual) from a record quality course, while LeMay's performance is 7th (5th individual).

1996 USARC Men's Schedule

The men's version of the USA Running Circuit (USARC) includes 11 races with nine national championship events; more races may be added in the coming months. The total prize money for U.S. men equals \$378,925 plus a \$25,000 Grand Prix final purse for the top three point-getters (\$12,000, \$8000, and \$5,000 respectively). The scoring system awards points down to tenth place (15 points for first, 12 for second, 10, 7, 6, 5, 4, 3, 2, and 1).

Feb. 17	U.S. Men's Olympic Marathon Trials, Charlotte, NC	\$250,000
Mar. 2	Gate River Run 15 km, Jacksonville, FL	\$23,000
April 6	Crescent City Classic, New Orleans, LA	\$12,500
May 11	Old Kent River Bank Run 25 km Grand Rapids, MI	\$13,500
May 19	Examiner Bay to Breakers 12 km, San Francisco, CA	\$10,000
*July 13	Grand Central Classics 8 km, Vienna, WV	\$12,750
July 24	#Deseret News 10 km, Salt Lake City, UT	\$10,000
Aug. 17	Camden-Clark Parkersburg Half-Marathon, WV	\$17,175
*Sept. 2	New Haven Labor Day 20 km, New Haven, CT	\$10,000
Nov. 2	Delchamps Senior Bowl 10 km, Mobile, AL	\$10,000
Dec. 8	Palm Desert 5 km, Palm Desert, CA	\$10,000
	subTOTAL:	\$378,925
	Grand Prix Purse:	\$25,000
	TOTAL:	\$403,925

*non-national championship race; #tentative

Men's USARC Standings (after 3 races)

1) Matt Giusto, 29, Albuquerque, NM	19
Jim Westphal, 26, Chicago, IL	19
3) Bob Kempainen, 29, Minnetonka, MN	15
Todd Williams, 27, Knoxville, TN	15
5) Mark Coogan, 29, Boulder CO	12
Tim Hacker, 33, Madison WI	12
Joe LeMay, 29, Danbury, CT	12

1996 USARC Men's Champions

Bob Kempainen	2:12:45	U.S. Olympic Marathon Trials, Charlotte, NC	2/17
Todd Williams	43:49	Gate River Run 15 km, Jacksonville, FL	3/2
Matt Giusto	27:59	Crescent City Classic, New Orleans, LA	4/6

1996 USARC Women's Schedule

The total prize purse for the women's circuit totals \$370,725 plus a \$25,000 Grand Prix purse for the top three women (\$12,000, \$8000 and \$5000 respectively). The women's circuit will use the same 10-deep scoring system as the men's (15, 12, 10, 7, 6, 5, 4, 3, 2, and 1).

Feb. 10	U.S. Women's Olympic Marathon Trials, Columbia, SC	\$250,000
Mar. 2	Gate River Run 15 km, Jacksonville, FL	\$23,000
May 11	Old Kent River Bank Run 25 km Grand Rapids, MI	\$13,500
May 19	Examiner Bay to Breakers 12 km, San Francisco, CA	\$10,000
June 1	Freihofers Run for Women 5 km, Albany, NY	\$26,500
July 13	Grand Central Classic 8 km, Vienna, WV	\$12,750
Sept. 29	Motorola Half-Marathon, Schaumburg, IL	\$8,100
Oct. 14	Tufts Health Plan for Women 10 km, Boston, MA	\$10,000
Oct. 20	Gallery Furniture 20 km, Houston, TX	\$16,775
	subTOTAL:	\$370,725
	Grand Prix Purse:	\$25,000
	TOTAL:	\$395,725

ESPN's *Finish Line* program will highlight each event, and *American Runner* is the official publication of the USA Running Circuit.

ACE Track Club: From Dream to Reality

By Doug Thurston

Aaron Thigpen is a man with many dreams. With 100 and 200-meter bests of 10.22 and 20.53, one of his dreams is to make this summer's U.S. Olympic Team. He'll pursue that dream in June's U.S. Olympic Track and Field Trials.

Another one of his dreams is already being fulfilled. Thigpen is the coordinator of the Athletic Center for Excellence, or ACE track club in Hayward. With ACE, he is using track and field to help at-risk young people. His fledgling club, which held its first meeting in late January, combines athletics, academic tutoring and computer training to help interested youngsters reach their own dreams.

"Track has done a lot for me," said Thigpen, 30. "I have been able to travel and enjoy a variety of cultures and places. The sport has a lot to offer these kids as well, even if the travel is only from Oakland to, say, Sacramento. Some kids haven't traveled more than five miles away from their homes. Through track, they can meet kids from other communities and racial backgrounds."

Thigpen has always worked with kids, including conducting youth clinics during his collegiate career at San Diego State. Following college, Thigpen coached at Grossmont Junior College in Southern California for a year.

He relocated to the Bay area and worked as a personnel manager for an Oakland personnel services firm while still training and competing. Two years ago, he quit work to give his own running more attention and to start ACE.

"I saved up my money so that I could devote more time to my own training in 1996," Thigpen said. He has represented the U.S. on 11 national teams and was the runner-up in the 1992 indoor nationals at 60 meters. "But I also wanted to continue to work with kids. That's when I started to make plans for ACE."

With a \$6,500 grant as seed money from his former employer, Contractor's Labor Pool, Thigpen applied for non-profit status and began building the foundation for his club. It took more than a year to set up ACE.

During that time, Thigpen was invited to help coach the sprinters at Chabot College in Hayward. Chabot now serves as the workout and educational facility for ACE.

"Ken Grace at Chabot College has been very instrumental in all of this," Thigpen said.

ACE's meetings begin with an hour of academic tutoring, computer training, or a guest speaker. For the next hour, they are on the track.

The club is open to boys and girls ages 7 to 17. In early April, the team had 20 members, most between the ages of 10 and 12 and two-thirds are girls. After the high school track season, Thigpen hopes to add about 15 more runners.

To recruit new members, Thigpen takes fliers to area schools and speaks to groups of students, parents, and administrators. He also directed the Alameda section of the Bay Area 100-meter Championships.

Another of Thigpen's goals for ACE is to recruit corporate sponsors and secure grants to help underwrite club expenses for disadvantaged kids. With a grant from the Philanthropic Ventures Foundation, Thigpen purchased uniforms, sweats and spikes.

"All of the kids are new to USATF-level competition," Thigpen said. "We have a variety of sprinters, hurdlers, and jumpers. Some kids haven't seen a track before in their life; others have been running for a few years."

Thigpen said that he tries to instill an interest for track in the kids. Some of the kids may be unsure about track and are really there because of their parents. Thigpen tells the kids to come out for a week to see if they find something they like.

Thigpen's own running can be inspirational to the club as well. The kids are eager to hear about his performances after a big meet. Some saw him on TV in the recent USATF indoor track series.



photo from Logan High School Staff

Aaron Thigpen introduces some inner-city kids to track and field with his fledgling "Athletic Center for Excellence" program.

Thigpen said he wishes he could spend more time with the club. Because of his own meets, he is unable to attend all of their meets. He spends three or four hours a day writing grant proposals, recruiting sponsors, or promoting the club. His own training takes three hours a day and he still coaches the Chabot sprinters. By mid-afternoon three days a week, the ACE kids assemble at Chabot.

Thigpen said he hopes to expand ACE to Merit and Laney colleges in Oakland to reach more inner-city kids. He'd also like to put on a major meet. His biggest goal is for ACE to have its own athletic facility, one that includes a classroom and is more than just track and field.

For now, ACE is a success in getting kids out and competing. He thinks ACE will stay small but become mighty, perhaps sending some kids to the Junior Olympic National Championships later this summer in Houston.

"The Pacific Association coaches have been great," Thigpen said. "I've received a lot of good advice."

Thigpen welcomes more Bay-area athletes and coaches to get involved with ACE.

"We want to show these kids that track is for everyone: all abilities, all ages, all backgrounds, and all events," Thigpen said. "I want to be able to provide specialized training for those who need it and exploratory training for those who don't know yet what they like. I don't want to be thought of as just a sprint club. I'd love to get some help with cross country this fall."

Interested athletes, coaches, parents, or corporations can contact Thigpen at Ace Track Club, P.O. Box 5454, Oakland, CA 94605 (510) 638-4881.

1996 U.S. OLYMPIC TRIALS FOR TRACK AND FIELD MEET AND TV SCHEDULE

Atlanta, Georgia - June 14-23, 1996

The time schedule and TV schedule is subject to change. All times are Eastern Daylight Times.

DAY 1, Friday, June 14, 1996

Time	Event M/W	Round/Heat/Flight
12:00 pm	100M Hurdles Women Heptathlon	Final
12:45 pm	High Jump Women Heptathlon	Final
3:00 pm	Shot Put Women Heptathlon	Final
4:00 pm	Javelin Throw Men	Qualifying
4:45 pm	200M Women Heptathlon	Final
5:00 pm	100M Women	1st round
5:15 pm	Pole Vault Men	Qualifying
5:30 pm	100M Men	1st round
6:00 pm	400M Hurdles Women	1st round
6:30 pm	400M Hurdles Men	1st round
7:00 pm	800M Women	1st round
7:30 pm	800M Men	1st round
7:50 pm	Javelin Women	Qualifying
8:00 pm	100M Women	Quarter-final
8:20 pm	100M Men	Quarter-final
8:30 pm	Triple Jump Men	Qualifying
8:40 pm	5000M Women	Semi-final
8:45 pm	Shot Put Men	Qualifying
9:30 pm	10,000M Men	Semi-final
10:40 pm	10,000M Women	Semi-final

TV: 4:30-7 p.m.-ESPN; 7:30-10:30 ESPN2 (repeated 6/15, 3:30-5:00-ESPN)

DAY 2, Saturday, June 15, 1996

Time	Event M/W	Round/Heat/Flight
3:30 pm	Discus Throw Women	Qualifying
4:00 pm	High Jump Women	Qualifying
4:45 pm	Long Jump Women	Heptathlon/Final
5:20 pm	800M Wheelchair Women	Semi-final
5:50 pm	100M Women	Semi-final
6:10 pm	100M Men	Semi-final
6:15 pm	Javelin Throw Women Heptathlon	Final
6:30 pm	800M Men	Quarter-final
7:10 pm	Triple Jump Men	Final
7:15 pm	400M Women	1st round
7:30 pm	Shot Put Men	Final
7:40 pm	400M Men	1st round
8:20 pm	800M Women	Semi-final
8:35 pm	400M Hurdles Men	Semi-final
8:50 pm	400M Hurdles Women	Semi-final
9:05 pm	100M Women	Final
9:15 pm	800M Women Heptathlon	Final
9:40 pm	100M Men	Final

TV: NBC, Four Hours, time TBA

DAY 3, Sunday, June 16, 1996

Time	Event M/W	Round/Heat/Flight
3:30 pm	Discus Throw Men	Qualifying
6:30 pm	Pole Vault Men	Final
6:45 pm	Triple Jump Women	Qualifying
7:00 pm	Javelin Throw Men	Final
7:15 pm	800M Wheelchair Women	Final
7:35 pm	400M Women	Quarter-final
8:05 pm	400M Men	Quarter-final
8:35 pm	800M Men	Semi-final
8:55 pm	400M Hurdles Women	Final
9:10 pm	400M Hurdles Men	Final

TV: None scheduled at this time (NBC has a golf commitment)

DAY 4, Monday, June 17, 1996

Time	Event M/W	Round/Heat/Flight
10:30 am	Hammer Throw Women	Qualifying
2:00 pm	Hammer Throw Men	Qualifying
3:00 pm	Long Jump Men	Qualifying
5:30 pm	Discus Throw Men	Final
6:15 pm	400M Women	Semi-final
6:35 pm	400M Men	Semi-final
6:45 pm	High Jump	Women Final
6:55 pm	1500M Men	1st round
7:35 pm	3000M Steeplechase Men	1st round
7:45 pm	Triple Jump Women	Final
8:00 pm	Javelin Throw Women	Final
8:20 pm	800M Women	Final
8:30 pm	5000M Women	Final
8:55 pm	10,000M Men	Final

TV: 7:30-10:30 p.m.-ESPN2 (repeated June 20-1:00-4:00, ESPN)

DAY 5, Tuesday, June 18, 1996

REST DAY

DAY 6, Wednesday, June 19, 1996

Time	Event M/W	Round/Heat/Flight
2:00 pm	Hammer throw Women	Final
4:00 pm	Hammer throw Men	Final
6:15 pm	1500M Women	1st round 36
6:30 pm	Pole Vault Women	Final
6:45 pm	Long Jump Men	Final
6:50 pm	800M Men	Final
7:00 pm	400M Women	Final
7:10 pm	400M Men	Final
7:10 pm	Discus throw Women	Final
7:20 pm	3000M Steeplechase Men	Semi-final
7:50 pm	5000M Men	Semi-final

TV: TBA-ESPN2, repeated 6/20, 1:00-4:00 p.m., ESPN

DAY 7, Thursday, June 20, 1996

REST DAY

DAY 8, Friday, June 21, 1996

Time	Event M/W	Round/Heat/Flight
1:30 pm	100M Men Decathlon	Final
2:15 pm	Long Jump Men Decathlon	Final
3:45 pm	Shot Put Men Decathlon	Final
5:00 pm	High Jump Men Decathlon	Final
5:10 pm	Special Olympics Long Jump Men	Final
5:20 pm	Special Olympics Long Jump Women	Final
5:30 pm	100M Hurdles Women	1st round
6:00 pm	110M Hurdles Men	1st round
6:15 pm	Shot Put Women	Qualifying
6:30 pm	1500M Women	Semi-final
6:50 pm	1500M Men	Semi-final
7:10 pm	200M Women	1st round
7:35 pm	200M Men	1st round
7:50 pm	High Jump Men	Qualifying
8:00 pm	400M Men Decathlon	Final
8:20 pm	Long Jump Women	Qualifying
8:30 pm	3000M Steeplechase Men	Final
8:50 pm	5000M Men	Final
9:15 pm	10,000M Women	Final

TV: 3:00-6:30 p.m.-ESPN2; 7:30-10:30 p.m.-ESPN

DAY 9, Saturday, June 22, 1996

Time	Event M/W	Round/Heat/Flight
7:30 am	20 km Race Walk Men	Final
9:00 am	110M Hurdles Men Decathlon	Final
9:45 am	Discus Throw Men Decathlon	Final
9:50 am	10 km Race Walk Women	Final
11:00 am	1500M Wheelchair Men	Semi-final
12:15 pm	Pole Vault Men Decathlon	Final
2:15 pm	Javelin Throw Men Decathlon	Final
2:20 pm	Special Olympics 100M Women	Final
2:30 pm	Special Olympics 100M Men	Final
2:40 pm	100M Hurdles Women	Quarter-final
3:05 pm	110M Hurdles Men	Quarter-final
3:30 pm	200M Women	Quarter-final
3:55 pm	200M Men	Quarter-final
4:20 pm	100M Hurdles Women	Semi-final
4:40 pm	110M Hurdles Men	Semi-final
5:00 pm	200M Women	Semi-final
5:15 pm	200M Men	Semi-final
5:35 pm	1500M Men Decathlon	Final

TV: NBC, four hours live, schedule TBA (2-6 p.m.?)

DAY 10, Sunday, June 23, 1996

Time	Event M/W	Round/Heat/Flight
2:50 pm	High Jump Men	Final
3:00 pm	Long Jump Women	Final
3:10 pm	Shot Put Women	Final
3:25 pm	Visually Impaired 800M Men	Final
3:40 pm	Visually Impaired 800M Women	Final
3:55 pm	1500M Wheelchair Men	Final
4:05 pm	3000M Steeplechase Women	Final
4:25 pm	1500M Women	Final
4:40 pm	110M Hurdles Men	Final
4:55 pm	100M Hurdles Women	Final
5:10 pm	200M Women	Final
5:25 pm	1500M Men	Final
5:40 pm	200M Men	Final

TV: NBC, four hours live, schedule TBA (2-6 p.m.?)

Open Track and Field Report

by Jerry Colman

Now that the season is in full swing and the weather is breaking, the competitions are beginning to resemble what we're waiting for.

The Pearce Golden Bear Meet at the University of California produced some good marks as well as the Woody Wilson Invitational at UC-Davis. Many of our athletes journeyed to Southern California to the Mt. SAC Relays, but as of press time, results were not available.

On Saturday, May 25th, The Pacific Association Open Track and Field Championships will be held once again at the College of San Mateo. For information, catch the entry blank on the Pacific Association's World Wide Web site (<http://www.bdt.com/home/trimble/PAUSATF.html>) or call Dave Shrock at (415) 574-6448 for one to be mailed to you.

Officials are always needed and the time schedule and volunteers form was included with the last issue of Turns and Distances.

At noon at the PA Championships, May 25th, will be an election for the position of Chair of Open Track and Field.

The Bruce Jenner Grand Prix meet will be held on the following weekend, Saturday, June 1, at San Jose City College. Plan to attend this prestigious meet put on by Bert Bonanno.

Good luck to all in the upcoming meets and I hope to see you at San Mateo on the 25th of May and at San Jose on the 1st of June.



1996 Pacific Association Open Track and Field Schedule

Date	Meet/Location	Contact Number
Saturday, May 11	Modesto Relays, Modesto	209-524-3116
Saturday, May 18	Davis Invitational, UC-Davis	John Vochatzer, (916) 752-8608 or 752-5057
Wednesday, May 22	Hartnell Open Thrower's Meet (SP, DT)	Gary Shaw, (408) 755-6845
Saturday, May 25	Pacific Association Championships San Mateo College	Dave Shrock, (415) 574-6448
Saturday, June 1	Bruce Jenner Classic, San Jose	(408) 298-2181, x3731
June 14-23	USATF Champs./Olympic Trials, Atlanta, Ga.	317-261-0500
Saturday, June 15	PA-USATF Age Graded T&F Champs. Soquel High School, Santa Cruz	Bill Johnson, (408) 335-0460
Saturday, July 6	Western Regional Champs., Cal-Berkeley	Tony Sandoval, (510) 642-9447
Multi-Sport Events		
Sat-Sun, June 22-23	Multi-event Meet, Masters PA-USATF Decathlon and Heptathlon Championships, Men's Decathlon & Pick 5, Women's Decathlon & Heptathlon Soquel H.S., Santa Cruz	Bill Johnson, (408) 335-0460

Pacific Association Youth Track & Field Schedule

Day/Date	Meet/Location	Contact/Phone Number
Sat-Sun, May 18-19	3M TC Inv., Chabot College, Hayward	Will Pittman, (510) 581-4428
Sun-Mon, May 26-27	Pacific Association Champs., Stanford Univ.	James Wynn, (408) 263-1607
Sat-Sun, June 8-9	Kids on Track Inv., Delta College, Stockton	A.B. Coleman, (209) 462-4623
Saturday, June 15	Age-Graded Champs., Soquel HS, S. Cruz	Bill Johnson, (408) 335-0460
Sat-Sun., June 15-16	Santa Rosa Express TC Invit., Location TBA PA Junior Olympic Championships	Bob Shor, (707) 538-0708
Sat-Sun, June 22-23	San Joaquin County Invitational Delta College, Stockton	Al Midgett, (209) 943-2520
Fri-Sun, June 28-30	Junior National Championships, Columbus, Ohio	Wayne Roberts, (614) 645-8431
Sat-Sun, June 29-30	Silver State Striders TC/West Coast Classic Invitational, Reed HS, Reno, Nev.	Bruce Sussong, (702) 849-0599
Wed-Sun, July 3-7	Youth National Championships Salt Lake City, Utah	Rolan Colbert, (801) 264-9922
Thu-Sun, July 11-14	Pacific Association Region 14 Central Calif. Assoc., J.O. Champs.	Brad Tomasini, (805) 758-3081
Tue-Sun, July 23-28	USATF Junior Olympic National Champs. Univ. of Houston, Houston, Texas	Willie Richardson, (713) 437-1758



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RACE WALKING REPORT

by Ron Daniel

Sakelarios and Welborn Win PRO 8 km, Ackeret Leads Youth 2 km

Feb. 11, PRO 8 km & Youth 2 km, Roseville, Calif.

The Pacific Racewalkers Organization, under the masterful guidance of its president, Dick Petruzzi, hosted the first ever (or first in a very long time) sanctioned race walk in the Sacramento area. This fine addition to the race schedule attracted 43 walkers; six competed in a special youth division and another ten in a novice (non judged) division.

Under sunny skies and unseasonably warm conditions, **Chris Sakelarios**, 44:08, (Redwood City) cruised to an easy victory, on a comfortably rolling 2 km out-and-back course, in Roseville's Maidu Park. Chris took command from the start as she led Sacramento's newcomer, **Roger Welborn**, by 17 seconds at the finish. **Susan Heiser**, GGRW, won a close three racer battle over **Terri Brothers**, PRO and race director **Dick Petruzzi**, PRO; their time's were 47:24, 47:30 and 47:32.

Racing a single 2 km loop, **Ericka Ackeret** (GGRW), led five other youths to the finish in 11:20. Ericka's 9:04 minute per mile pace found her in with the top five adults when she hit the tape. **Kevin Bush** of the West Wind Flyers finished second in 11:39.

Host club PRO claimed the Team Trophy with a five person time of 4 hours 2 minutes and 27 seconds. Sierra Racewalkers was second in 4:39:12 with GGRW third in 4:43:13.

Diligent race directing and management was evident from the pre-race organization to the post race brunch. "Goodie" bags for all, lots of trophies, and awards in five year age divisions should bring even bigger crowds next year. Great job by Dick and the volunteers.

Pro 8 km

Place	Name	Club	Time	Age Group	Gender
1	Chris Sakelarios	Unat	44:08	C	F
2	Roger Welborn	PRO	44:25	D	M
3	Susan Heiser	GGRW	47:24	C	F
4	Terri Brothers	PRO	47:30	C	F
5	Dick Petruzzi	PRO	47:32	H	M
6	Art Klein	SCTC	49:07	D	M
7	Gary Bower	GGRW	51:00	F	M
8	Bob Eisner	SRW	51:08	I	M
9	Darwin Degroot	SRW	51:19	D	M
10	Leslie Brown	PRO	51:52	A	F
11	Richard West	SRW	53:00	E	M
12	Marlene Coe	Unat	54:09	B	F
13	Nancy Zielenski	PRO	55:51	G	F
14	Helen Storrs	PRO	56:28	A	F
15	Gilbert Massiatt	SRW	57:24	F	M
16	Jolene Degroot	SRW	58:08	D	F
17	Charles Woods	PRO	58:41	G	M
18	Stella Brugh	SRW	59:21	F	F
19	Ralph Wheeler	GGRW	59:33	H	M
20	Tom Pooley	SRW	60:35	I	M
21	Pris French	SRW	60:39	E	F
22	Teresa West	SRW	60:49		F
23	Paul Robertson	GGRW	61:40	G	M
24	Jack Graf	GGRW	63:36	H	M
	Vito Petta	SRW	DNF		M
	Rhonda Hensler	SRW	DQ		F
	Heidi Taylor	SRW	DQ		F

PRO Youth 2 km

Place	Name	Club	Time	Age
1	Ericka Ackeret	GGRW	11:20	12
2	Kelvin Bush	WW	11:39	13
3	Sarai Boyle	WW	12:38	9
4	Mallory Slupe	WW	12:38	12
5	Scott Boyle	WW	13:40	11
6	Sabrina Young	WW	13:52	

Age Groups: A=25-29; B=30-34; C=35-39; D=40-44

E=45-49; F=50-54; G=55-59; H=60-64; I=65-69

Judges: Bob Bowman, Jim Petruzzi, Therese Iknoian, Ron Daniel, Chief; Charlott Walker, Apprentice

Pacific Association Youth On National Honor Roll

Four PA Youth were named to the 1995 USATF National Youth Racewalk Honor Roll. This is the tenth year of the national recognition program organized by the USATF Race Walking Committee.

Congratulations to: **Carl Lederman**, Moraga; **Nathan Williams**, Stockton; **Sarai Boyle**, Fairfield and **Ericka Ackeret**, San Jose.

Welborn Wins 20 km Title, Guests Yeager and Poitras First Overall

Mar. 17, PA 20 km and Grand Prix with Women's 10Km

On yet another unseasonably warm day (80° by end of race), **Roger Welborn** (PRO) grabbed his first Pacific Association Race Walking Championship at 20 km in 2:03:03. In the season's first championship, Roger had a mile lead on Monterey's **Quang Than**, 2:13:02, in second, with **Gary Bower**, 2:16:35, GGRW, 600M back in third. With the addition of the women's only 10 km time trial, no PA women contested for the Association 20 km Title.

The men's division attracted 11 starters, with national team members **Carl Schueler** (Colorado Springs) and **Jonathan Matthews** (Palo Alto) expected to do battle with **Rick Yeager**, 29 Palms. However, persistent leg strains forced both Jonathan (48:20 at 10 km) and Carl (54+ at 10 km) to the sidelines early, leaving Rick to chase the clock alone. With yet another PR (1:33:08), Rick is taking his road to Atlanta through Palo Alto.

Taking a break from her winter training in San Diego, Canadian National Team member, **Tina Poitras**, impressed all with her fluid technique. Her winning time of 47:47 placed her about 190 meters ahead of **Deborah Van Orden**, Colorado Springs, 48:40. **Kim Wilkinson** in third, was the first PA walker. Kim's quest for the Trials qualifying time of 49:45 was thwarted by a touch of flu and the weather.

Thanks to **Susan Heiser** for being race coordinator. Her 57:31 was good for 6th place and a PR. Also, thanks go to the Palo Alto Parks and Recreation Dept. for the course and set-up and GGRW for volunteers.

Pacific Association 20 km Championship

Place	Name	Club	Time	Age	Age Group	Gender
1	Warrick Yeager	Unat	1:33:08	41	Guest	M
2	Roger Welborn	PRO	2:03:03	44	A	M
3	Quang Than	MPWWWC	2:13:02	40	A	M
4	Gary Bower	GGRW	2:16:35	52	B	M
5	Art Klein	SCTC	2:18:22	42	A	M
6	Charles Woods	PRO	2:29:41	57	B	M
7	Ralph Wheeler	GGRW	2:30:14	61	C	M
8	Jon Borset	GGRW	2:30:36	66	C	M
9	Ernie Lucken	GGRW	2:42:36	80	C	M
10	Carl Schueler	Unat	DNF	40	Guest	M
11	Jonathan Matthews	Unat	DNF	39	A	M

Age Group: A = up to 44; B = 45 to 59, C = 60+

Pacific Association Championship Women's 10 km Qualifier

Place	Name	Club	Time	Age
1	Tina Poitras	Canada	47:47	25
2	Deborah Vanorden	Unat (col)	48:40	36
3	Kim Wilkinson	MPWWWC	52:47	37
4	Therese Iknoian	GGRW	55:00	39
5	Chris Sakelarios	Unat	57:16	36
6	Susan Heiser	GGRW	57:31	36
7	Marlene Coe	Unat	63:22	34
8	Leslie Brown	PRO	65:06	28
9	Helen Storrs	PRO	68:43	29
10	Ruth Vansant	MPWWWC	72:50	74

Clubs: Golden Gate Race Walkers = GGRW; Monterey Pacific Walk Walk Walk Club = MPWWWC;

Pacific Racewalk Organization = PRO; Santa Cruz tc = SCTC;

Judges: Jim Petruzzi, Dick Petruzzi, Bob Wilson, Charlie Sheppard
Lori Maynard and Ron Daniel (chief)

1995 Pacific Association Race Walking Grand Prix

Persistence Pays Off for Iknoian and Lucken

The 1995 PA Grand Prix was a season accumulation of eight races. A change from the '94 GP was that each race was age graded in '95.

Competing in six races, **Therese Iknoian** piled up 45 points. In a close battle for second, **Kim Wilkinson** just beat out **Kerry Moskalik** and **Karen Stoyanowski**, all racing in only three races. Kim had 28 points, with a tie between Kerry and Karen at 25 points. Fifth and sixth place went to **Nancy Zielenski** and **Terri Brothers** with 24 and 22.5 points.

Ernie Lucken was one of four men who made it to all eight races. At 80, Ernie was impressive all season as he racked up 57 points. **Bill Penner** trailed with 49 points in 7 races. Rounding out the top six was **Bill Moreman**, 45 pts (6 races); **Jim Fisher**, 34 (8); **Fred Dunn**, 28 (3) and **Dick Petruzzi**, 26 (3). Gary Bower, 23.25, and Art Klein, 13.75, were the other two men competing in all races.

Thirty-three women and 25 men scored points in the 1995 Grand Prix.

Thanks to **Ralph Wheeler** for tracking down ages and looking up the age factors for each contestant in each race. Age graded results were created by multiplying the race times by the age factors and rearranging the order of finish. This effectively leveled the playing field.

1995 Pacific Association Race Walk Championships in Review

Listed below is a table of the overall winners' and age group winners for the four race walk championships under the jurisdiction of the Race Walk Committee. In only one race did we have a winner in the men's up to 34 year old category with the most competition coming in the 50 plus group. With the obvious disparity in the age distributions, for this year, 1996, the age groupings will be changed to: up to 44, 45 to 59 and 60 plus. This should give fairer competition for the excellent walkers in the 60 plus group.

Age Gr.	10 km Men	"Apr. 30" Women	1 HR Men	"Nov. 12" Women
Overall	B. Penner	K. Moskalik	B. Penner	T. Iknoian
Up to 34	none	K. Moskalik	none	J. Granucci
35-49	B. Penner	K. Stoyanowski	B. Penner	T. Iknoian
50+	B. Moreman	L. Coppola	F. Dunn	G. Moreman

Age Gr.	15 km Men	"Feb. 5" Women	20 km Men	"Aug. 13" Women
Overall	M. Evoniuk	K. Stoyanowski	P. Giachetti	K. Wilkinson
Up to 34	D. King	L. Brown	none	none
35-49	M. Evoniuk	K. Stoyanowski	A. Klein	K. Wilkinson
50+	C. Marut	H. Rigney	P. Giachetti	none

Racewalking Chairman's Notes

by Ron Daniel

• **Race Walk Judging** certification is one of over 30 categories requiring special additional training as a USATF Official. The Pacific Association has been using the USATF National Guidelines since 1993. The additional guidelines include working as an apprentice for several races under the guidance of a National or higher level Judge.

A recent clerical error has placed some Association level officials in training, on the certified judges list. Until the apprentice training has been satisfactorily completed, these individuals may be considered to be race walk officials but **not** Judges.

It is possible to become a race walk official without committing to becoming a judge. As a race walk official one would be responsible for: operating the Warning Posting Board, recorder for the Chief Judge and Warning Card collector, to name a few. If you are interested in becoming a Race Walk Official please contact Lori Maynard.

• The March 3 novice clinic was all but rained out. Fifteen brave beginners gathered at CSM for a 45 minute instruction and a 3 km practice race. Another clinic will be scheduled in the fall; invitations to Youth coaches and clubs will be extended.

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

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

Racewalking Schedule through June, 1996

- **April 28**, PA Champ and Grand Prix 10 km, CSM
Contact Jack Graf at (415) 948-0963.
- **May 19**, Western Regional and Grand Prix 10 km Women and 20 km Men, Palo Alto, Contact Jack Graf at (415) 948-0963.
- **May 25**, Pacific Association T & F Championships, 5 km (M&W) CSM
- **May 25**, RW Committee Meeting after race at CSM
- **June 2**, Last Chance Trial's Qualifier, 10 km (W) and 20 km (M), Palo Alto. Contact Ron Daniel at (415) 964-3580.
- **June 8**, PA Master's Meet, Los Gatos



Dick Petruzzi of Pacific Racewalkers Organization shows his winning racewalking form.

USATF-Pacific Association Calendar of LDR and Ultra Events

May 11 to July 28, 1996

Saturday, May 11

PA-Ultra: Mike Popolizio Quicksilver 50 km/50 mi., 6 am, Mockingbird Hill Lane, San Jose, Greg Schuster, 408-227-7102
The Human Race 5-mi. Run, 8 am, Larkspur Ferry Terminal, Diane Faw, The Volunteer Center of Marin, 650 Las Gallinas, San Rafael, CA 94903, 415-479-5660
The Human Race 10 km/5 km Run, Walk, 8:30 am, 4400 Rosewood Dr., The Volunteer Center, 333 Division St., Pleasanton, CA 94566, 510-462-3570
The Human Race 5km./10 km. Walk, run, 8:30 am, 2655 Seely Rd., San Jose, Nicki Amatore, Volunteer Exchange, 1922 The Alameda, #211, San Jose, 95126, 415-247-1126

Vichy Springs Runs. 5 mi. & 2.5 mi., 9 am, 1761 Atlas Peak Rd., 707-252-4456
Human Race 5 km/10 km & walk, 8:30 am, Coyote Point, San Mateo, Lois Koenig, PO Box 626, Belmont, CA 94002, 415-342-9328

Donner Lake 7-mi./14-mi., Donner Lake State Park, Sky High, PO Box 20963, El Sobrante, CA 94803, 510-223-5778

Sunday, May 12

Happy Mother's Day!

Santa Rosa 10 km/5 km run/walk, 8 am, S/F tba, High Valley Productions, 2926 Yulupa Ave., 95405, 408-327-9223

Mothers Day Run for Shelter 10 km Run/Walk, 1 mi. Run, 7 am, Calahan Park, Watsonville, Jim Belcher, 215 Highland Dr., Aptos, CA 95003, 408-728-5649

Saturday, May 18

PA-Ultra: Silver State 50 km, Reno, Ken McKim, 1460 Prospect, Sparks, NV 89431, 702-356-2024

KOT 10 km/5 km, 8 am, Brookside-Stockton, A. B. Coleman, PO Box 645, Stockton, CA 95201-0645, 209-462-4623 (days), 209-469-9524 (eves.)

Port of Oakland Run for the Cranes 5 km/10 km, 8 am, Jack London Square, Richard Matthews, 510-601-7095
Skip to Skip's 10-mi. Challenge, 8 am, Antioch to Clayton, 510-672-5286
Mutt Strutt 5 km, (run with dog only) 8 am, UCD Health Sciences building, Davis, A Change of Pace, 221 G St., Davis, CA 95616, 916-757-60

Sunday, May 19

Examiner Bay to Breakers 12 km, 8 am, San Francisco, EXBB, PO Box 429200, San Francisco, CA 94142, 415-808-5000, x2222

Tilden Tough Ten 10-mi. Run, 9 am, Inspiration Pt. in Tilden Park, LMJS, 12001 Broadway Terrace, Oakland, CA 94611, 510-601-7887

Mark Twain Silver Dollar Run 2 mi./5 km/10 km, 8:30 am, Hugh Gallagher Elementary School, Dayton, NV, Stephanie Arbuckle, 119 Tom Sawyer Way, Dayton, NV 89403, 702-847-0979

Saturday, May 25

San Bruno Memorial Cross Country Run 4 mi., 8:30 am, San Bruno City Park, Runners Inn, 486 San Mateo Ave., San Bruno, CA 94066, Don Conklin, 415-952-8127, Mike Sullivan 209-529-8341

Sunday, May 26

Walt Stack Trail 25 km/5 km, 8 am, Jefferson St. at Hyde, San Francisco, SASE to DSE Runners, PO Box 210482, San Francisco, CA 94121-0482, 415-978-0837

Grass Valley Memorial 8 km, 8:30 am, Memorial Park, Grass Valley, Sierra Trailblazers RC, PO Box 1811, Cedar Ridge, CA 95924, 916-265-4387

Monday, May 27

Pacific Sun Races—10 km/2.5 mi./Youth Track Races, 8 am, College of Marin, TRS, 80 Mitchell Blvd, San Rafael, CA 94903, 415-472-RACE

Race for Knowledge 3 km/10 km, 8:15 am, Natural Bridges State Park, Santa Cruz, Tom Brekka, 101F Frederick St., Santa Cruz, CA 95062, 408-458-9631

Saturday, June 1

Run of the Pines 1/2-mi., 5 km, 10 km & 13-mi. runs, 8 am, Sierra Ridge School, Pollock Pines, Bruce Boom, 6126 Dolly Varden, Pollock Pines, CA 95726, 916-644-5908

Coot Scoot 5 km/10 km/1-mi., 8:30 am, Gray Lodge Wildlife Area, Gridley, Bruce Foreman, CA Dept. of Fish & Game, 1701 Nimbus Rd., Rancho, Cordova, CA 95670, 916-358-2885

Forest of Nisene Marks Marathon/1/2 Marathon, 8 am, Aptos, Harry Taub, Lions Club, PO Box 1676, Soquel, CA 95073, 408-479-5483

Run 5 MORE for our Children 5 km/10 km, 9:15 am, MORE Clinic, San Jose, Robyn Klassen, 2145 The Alameda, San Jose, CA 95126, 408-987-0950

Cordova Twilight Classic 5 km Run, Walk, 7 pm, Cordova HS/Hagen Park, Up & Running, 11114 Oberon River Ct., Rancho Cordova, CA 95670, 916-362-1841

Sunday, June 2

PA-Road: Reno Air Championship 15 km, 9:00 am, 220 Edison Way, Reno, Bill Meister, 13235 Fellowship Way, Reno, NV 89511, 702-688-3926

Reno Air Championship 5 km, 8:30 am, same info as for 15 km.

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

Alum Rock Run 10 km & .5-mi. Kids, 8:30 am, Alum Rock Park, Gary Hafley, 460 Park Ave., San Jose, CA 95110, 408-277-4454 (days), FAX 408-277-3159

Hillsborough Concours Family Fun Run 5 km/10 km, 8 am, North School, Hillsborough Concours Fun Run Office, 2500 Ralston Ave., 94010, 415-344-2272

Millbrae Hillclimber 5 km/10 km Run, Walk, 6 pm, Millbrae Park (Richmond/Palm), The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988

SF Italian Athletic Club's 76th Statuto Race 4.2 mi., 9 am, SF Italian Club, San Francisco, contact tba

Gold Country Marathon, 1/2 Marathon/10 km/5 km, 7:30 am, Pioneer Park, Nevada City, Nick Vogt, Christian Runners Assoc., 1025 Grange Rd., Meadow Vista, CA 95722, 916-878-0697

Hit the Road Jack 10 km/2.3-mi., 8 am, Sonoma Cheese Factory, Boys' and Girls' Club, PO Box 1726, Sonoma, CA 95476, 707-935-7504

Russian River 1/2 Marathon/8 km/8 km walk, 6 am for 1/2 marathon, rest at 8 am, East Side Road, Ukiah, SASE to North Coast Striders, PO Box 518, Ukiah, CA 95482, 707-468-8024

Saturday, June 8

32nd Annual Captain Robert De Celle II Memorial Tahoe Relay, 7 am, 72-mi., 7 person teams, 5th st. at Hwy 50/89 junction, Robert De Celle, PO Box 1606, Alameda, CA 94501-0176, 510-523-2264 or 510-521-9626

Folsom Family Fun Runs 5 km/10 km, 8 am, Willow Creek Town Center, Folsom, Try All Sports, 813 Harbor Blvd, #228, Sacramento, CA 95691, 916-372-7367
Sloughhouse Country Runs 5 km/10 km/5 km walk, 8:30 am, 12700 Meiss Rd., Sloughhouse, Lou Edgar, PO Box 160488, Sacramento, CA 95816, 916-424-2624

Sunday, June 9

Aptos Women's 5-Miler, 9 am, Aptos Village Park, Aptos, Carol Cuminale, PO Box 3568, Santa Cruz, CA 95063-3568, 408-458-9028

Run the Runway 5 km/10 km run/walk, 6 pm, Alameda Navel Air Station, The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988

Fitch Mountain Foot Race 3 km/10 km, 8 am, Healdsburg Downtown Plaza, Healdsburg, Jerry Strong, 14685 Grove St., Healdsburg, CA 95448, 707-838-5141

PA-Road = Long Distance Running Grand Prix Event, PA-Ultra = Ultra Grand Prix Running Event

The 86th Dipsea, 8:30 am, Mill Valley, 415-331-3550

Pleasanton Spirit Run 5 km/10 km, 8 am, Pleasanton Sports Park, Tim Lundell, Rotary Club, 2358 Greenberry Ct., Pleasanton, CA 94566, 510-484-4874

Modesto Downtown Classic 1 mi./8 km, 7:45 am, Courthouse lawn, Dale Ghaner, 816 Altamont Ct., Modesto, CA 95358, 209-521-9582

Run in the Sun 10 km run/5 km walk/1 mi. kids run, 9 am, Chamisal Tennis & Fitness Club, Salinas, Joan, 185 Robley Rd., Salinas, CA 93908, 408-484-1135

Saturday, June 15

Fujitsu-KNTV Run for the Kids 8 km/2 mi. and youth races, 8:30 am, North 1st and Rio Robles, Jackson Ross, 3546 N-1st. St., 95134-1804, San Jose, 408-922-9000

Sunday, June 16

Crawdad Festival Classic 5 Miler Fun Run, 8 am, Delta Ave. & Jackson Rd. at Main St., Isleton, EZ Living Casuals, PO Box 1025, Walnut Grove, CA 95690, 916-776-1627

Oak Knoll Otter 5 km Run/Walk, 8:30 am, Oak Knoll Elem. School, Ceci St. Geme, 1935 Oak Ave., Menlo Park, CA 94025, 415-325-7940

Dick Houston Woodminster Cross Country Race 7.3 mi., 9 am, Joaquin Miller Park (Pinewood area), Oakland, Gareth Fong, Island City Runners, PO Box 1493, Alameda, CA 94501, 510-655-8228

Saturday, June 22

Two Rivers Trail Run 7 mi./9 mi./2.9 mi., 9 am, Cedar Center on Hwy 4, On Your Mark, PO Box 2061, Arnold, CA 95223, 209-795-7832

Baylands Front Runners Pride Run 10 km/5 km Run, Walk, 8:30 am, Palo Alto Baylands, E-mail Baylands@aol.com, 408-984-4076

4-H Fair Fun Run 5 km, 8:30 am, Alameda Co. Fairgrounds, Pleasanton, Barbara Costella, 4133 Florida Ct., Livermore, CA 94550, 510-447-6109

Sunday, June 23

Garin Park Dry Creek Trail Runs 8 km/2.1 mi., 8:30 am, Garin Park, Friends of Garin Park, 27170 Mission Blvd., Hayward, CA 94544, 510-582-2206

The Recycled Race 5 km/10 km Run, Walk, 8:30 am, Baylands Athletic Center, The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988

Saturday, June 29

PA-Ultra: Western States 100 Mile, Norm Klein, 11139 Mace River Court, Rancho Cordova, CA 95670, 916-638-1161
Freedom Run 5 km/10 km, 7:30 am, Henry Miller Park, Jim Bonta, 1065 Lee Ave., Gustine, CA 95322, 209-854-1739

Rocklin Cultural Jubilee 5 km/10 km/ kids' 1/2 mi., 7 am, Sierra College, Rocklin Community Services, PO Box 1380, Rocklin, CA 95677, 916-623-4100

Sunday, June 30

Lake Chabot Trail Challenge 1/2 Marathon/5 km, RRCA State Half Marathon Championship, 8 am, Lake Chabot Park Marina, Michael Raffee, Golden Bay Runners, 4340 Krause St., Pleasanton, CA 94588-8304, 514-484-1339

Thursday, July 4

20th 4th of July River Run 5 mi., FREE! 8 am, Glen Hall Park, Sacramento, Dick Kinter, 6847 Sutter Ave., Carmichael, CA 95608, 916-944-1503

Run for Independence 2 mi./5 mi., 7 am, Ralston Park, Gordon Wilkinson, 2254 Bellevue Rd., Atwater, CA 95301, 209-358-2824

Kenwood Footrace 3 km/10 km, 7:30 am, Warm Springs Rd./Hwy. 12, SASE to John Royston, 1252 Martha Way, Santa Rosa, CA 95405, 707-546-1021

Mt. Shasta July 4th Fun Walk/Run 2 /5 mi., 8:30 am, Downtown, Jim Parker, 822 Pine, Mt. Shasta, CA 96067, 916-926-5261
"No Frills" Fourth of July 5 mi. Run/2.5 mi. Stride, 9 am, Pacifica Community Center, City of Pacifica, c/o of Walt Kohnert, 170 Santa Maria Ave., Pacifica, CA 94044, 415-738-7381

The Great Palo Alto Chili Chase 5 km Run/Walk, 8:30 am, Mitchell Park, Palo Alto, The Final Result, 460 Wisnom Ave., San Mateo, CA 94401, 800-491-8988
Firecracker 10 km Race, 8:30 am, Harvey West Park, Lisa McGinnis, 307 Church St., Santa Cruz, CA 95060, 408-429-3477

Saturday, July 6

Timber Ridge Run 5 km/10 km, 8 am, S/F at post office, Trinity Road Runners, PO Box 575, Weaverville, CA 96093, 916-623-4210

Sunday, July 7

PA-Road: Fleet Feet Capitol Mile, 9 am to noon (multiple heats), Capitol Mall, Doug Thurston, PO Box 388, Sacramento, CA 95812, 916-443-6223

Oakland A's All-Star Run 5 km/10 km, 9 am, Oakland Coliseum, Lake Merritt Breakfast Club, 3446 Noyo St., Oakland, CA 94602, 510-530-4586

Sunday, July 14

San Francisco Marathon/5 km, 8 am, USATF, 120 Ponderosa Ct., Folsom, CA 95630, 800-722-3466 or (916) 983-4622
Women's Distance Festival 5 km Run/Walk, 8 am, Pomolita School, Ruth Powell, North Coast Striders, PO Box 1556, Ukiah, CA 95482, 707-468-0888

Sunday, July 21

Garden Court Hotel Breakfast Run 5 mi., 8:30 am, Garden Court Hotel, Palo Alto, RhodyCo Productions, 415-564-0532

Saturday, July 27

The Mountain Run/Walk at Squaw Valley, 3.6 mi. uphill, 9 am, Squaw Valley Ski Resort, Holly Beattie, Image Promotions Ltd., PO Box 2575, Olympic Valley, CA 96146, 916-426-9559

Run for the Stinkin' Roses 10 km/5 km, 7:15 am, Gavilan Community College, Chris Filce, Gilroy Garlic Festival, PO Box 2311, Gilroy, CA 95021, 408-842-1625

Sunday, July 28

Wharf to Wharf 10 km, 8:30 am, Santa Cruz Wharf to Capitola Wharf, SASE to Kirby Nicol, PO Box 307, Capitola, CA 95073

Delta Pear Fair 5 Miler/10 Miler, 8 am, Bates Elem. School, EZ Living Casuals, PO Box 1025, Walnut Grove, CA 95690, 916-776-1627

Looking Ahead to Major Association Events:

Sunday, August 4

PA-Road: Run for Goodwill Cox Cable 10 km/ 2 mi., Eureka, Cox Communications, 911 W. Wabash Ave., Eureka, CA 95501, 707-443-5706

Sunday, September 8

Buffalo Stampede 10 Mile and 5 km, Sacramento, time & place tba, 916-481-3653

Saturday, September 14

Sacramento Race for the Cure 5 km, 9 am, Crocker Park, Doug Thurston, PO Box 388, Sacramento, CA 95812-0388, 916-443-6223

Sunday, October 20

PA-Road: Humboldt 1/2 Marathon, 9 am, Weott, Six Rivers RC, PO Box 4989, Arcata, CA 95518-4989, 707-443-1220
Humboldt Marathon, 9 am, Weott, Six Rivers RC, PO Box 4989, Arcata, CA 95518-4989, 707-443-1220

For entries and information, send a stamped, self-addressed envelope to address listed. Please do not call after 10 pm.

For Free Event Listings

Mail or FAX detailed race information including type of event, event name, location, date, starting time(s), distance(s), contact name, contact address, and phone number to:

PACIFIC Athlete
120 Ponderosa Ave.
Folsom, CA 95630
FAX (916) 983-4624

PA-Road = Long Distance Running Grand Prix Event, **PA-Ultra** = Ultra Grand Prix Running Event

Houlihan's to Houlihan's 1996 PA-USTAF 12 km Championships

Sausalito to San Francisco on Sunday, March 24, 1996

by Mike Weddington

The 13th annual Houlihan's to Houlihan's PA-USTAF 12 km Championships once again proved to be a success. Some 3000 runners endured the early morning wait for and the cramped ride in the shuttle buses to the start in order to enjoy one of the most beautiful courses in the world.

Houlihan's was created in 1984. Then connecting Houlihan's restaurants in Fisherman's Wharf and Sausalito—drawing a line between sister eateries or watering holes was a popular means of determining race courses back then—the race was originally in reverse from the Wharf to Marin County, with the finish actually snaking past the current day start in Fort Baker into Sausalito itself. This extra stretch meant that the course was some 7.8 miles in 1984 and '85, and an even longer 8.3 miles in 1986. The field was limited to 2,500 during these years, as the Sausalito Finish was unable to reasonably accommodate as many people as does the one in San Francisco.

The race assumed its current shape in 1987, as the direction was reversed and the route shortened and standardized to its current 12,000 meter (7.46 miles) dimensions. This allowed the immensely popular event to serve up to a thousand more participants, particularly once the wave starting system was ironed out. These changes benefitted Bay Area running enthusiasts by making the Race an official qualifier for the gargantuan Bay to Breakers 12 km. Interestingly, the Bay to Breakers' record popularity and eventual conversion to a certified 12 km distance has spawned a Pacific Coast 12 km cottage industry. In a successful attempt to mirror the Bay to Breakers' incredible drawing power, the Lilac Bloomsday Run in Spokane, Washington has joined the B-to-B as one of the nation's two largest running events. Meanwhile, San Francisco and Washington State now boast the Nation's 6 largest 12 km races, with Houlihan's ranking 4th, according to USA Track and Field's Road Running Information Center.

This year's race was characterized by partly cloudy to sunny skies and typical strong Bay winds blowing in from the east that buffeted the field as it negotiated the out portion of the Marina loop that eventually turns back for the final mile stretch towards the Aquatic Park finish at the edge of the Wharf.

1996 overall winners were Chris Schille of the Reebok Aggies and Maria Trujillo of Ryan's, as both won decisively. Only teammate Mike Livingston (37:25) was within sight of Chris (37:19) as the Finish, while Trujillo finished about 80 yards in front of San Franciscan Ashley Black. Maria's 43:43 was a personal best by 7 seconds, as the 36-year old Monterey County resident moved to 14th on the all-time list at Houlihan's (12 km course). Ms. Black, meanwhile, became the 17th woman out of thousands of Houlihan's 12 km

New Master Terry Adams-Schmidt won her division by more than four minutes



entrants over the years to break 44:00 (5:54 pace) with her fine 43:59. Third woman overall was Reebok Aggie cross-country star Lisa Geoffrion, as the Petaluma resident posted an excellent 44:06 to tie her for 20th all-time with former Aggie teammate and XC rival Jeanne Sapienza (now living in Minnesota).

Impressively, the 4th woman overall was Terry Adams-Schmidt of Reno, as the long-time PA running great showed that she will be a major masters contender wherever she races with her 44:32 in this, her 40th year. The 5th overall finisher was another interesting story, as Lisbet Engberg of the Aggies ran 45:10 just 6 weeks after finishing as the Pacific Association's 4th swiftest woman in the '96 Olympic Trials Marathon in 2:49:17, behind Linda Somers, Diana Fitzpatrick, and master Honor Fetherston.

On the men's side, Chris Schille amply demonstrated a near-complete recovery from the injury woes that denied him his long-planned entry into the '96 Men's Marathon Trials. This dominant cross-country runner in Northern California moved into a tie with Aggie teammate Roger Dix for 23rd on the all-time list. His 37:19 effort stands as one of the few 5:00 flat or faster per mile paces ever maintained over this challenging route, one certainly tougher than the Bay to Breakers overall.

Following teammate Livingston's 2nd place (which moved him to 31st all-time) for the men were Jose Pilar Aispuro, Bashir Hussein, Ken Keyte, Jeff Hacker, Alan Dehlinger, Brent

Griffiths and Joe Rubio in places 3-10, as all averaged 5:11 pace or faster. Reebok Aggies Aispuro, Griffiths, and Rubio's contributions to their winning Open Team effort were laudable, as all three joined Ryan's Sport's Hacker (2:24:48) in the Men's Marathon Trials held but 5 weeks earlier (Rubio- 2:20:30, 1st PA, Aispuro- 2:32:49, Griffiths- DNF).

In the Masters 40-49 division, Adams-Schmidt led the women by a remarkable 4 minutes, as Aggie Joann Dahlkoetter kicked in just ahead of teammate Elizabeth Edwards (48:29 to 48:35). Adams-Schmidt hereby joins a circle of perhaps the finest group of regional masters women in the nation in the PA's Fetherston, Kathy Ward, Christine Kennedy, Sharlet Gilbert, and other 40-49 stars.

On the men's side, newly-turned 40 year-old and former 2:12 marathoner John Moreno continued his racing resurgence with a 12th overall finish in blazing 38:51, moving ahead of Sal Vasquez into 3rd all-time in the 40-49 ranks behind Domingo Tibaduiza (38:00) and James Milton (38:20). A minute behind in 39:59 was Richard Flores of Windsor, who has recently joined the Empire Runners. A former 30 minute 10 km'er at Fresno State 20 yrs ago, Flores has returned to running in a phenomenal way after running a recent 2:26 at Napa on just a reported 4-5 months of hard training. These two could pose a real threat to the 40-49 dominance exhibited by Excelsior stars Lloyd Stephenson and Francisjohn Gailson over the past two years.

In the Senior 50-59 ranks, Melody Anne Schultz of Tamalpa continues to amaze as she seems to get ever stronger with age. Her 48:44 edged out fellow national class talent Barbara Miller of WVTC by some 42 seconds, and moves her into 2nd place all-time at Houlihan's behind all-world Shirley Matson, whose 45:35 divisional record was as untouchable as the overall course records established by Bill Donakowski (35:48-'87) and Linda Somers (40:27-'95) on this day. Judi Shade of Los Gatos and Eve Pell of Mill Valley and Impala followed Schultz and Miller to the Finish with fine 52:21 and 52:34 performances. The top 50-59 year old was, in an upset, Dan Preston of Empire, as the very steady Santa Rosan edged out the Dipsea King, Sal Vasquez, for 1st. Dan's 42:26 was just a second off of his best, which puts him 2nd all-time on the Race all-time list behind Sal's incredible 40:23. Third and fourth Seniors were Ewar Gordillo of Excelsior and Alphonso Jackson of Hoys and San Leandro, who both broke 44:00 and 6:00 pace.

The 60-69 year-olds were paced by Margarethe Styskel of Murphys and new 60 year-old Bernie Hollander of Novato and Tamalpa, who ran exceptional times of 1:00:16 and 49:33, respectively. Hollander moves to 3rd all-time on the 60-69 list, while Styskel remains in 2nd behind Ruth Anderson of Oakland, who was 2nd here in the 65-69 sub-

(continued on next page)

(Houlihan's, continued from previous page)

division and 6th overall Super-Senior. Not far behind Styskel was the Buffalo Chip's Myra Rhodes, who completed yet another superb run with her 1:01:05. Behind Hollander on the men's side was Roger Bryan (52:03) of Tamalpa, and William Flodberg (52:29) of West Valley Joggers & Striders, who both achieved about a 7:00 pace over a course and distance that would easily eventually leave behind most 20-39 year old citizens of the Bay Area.

The Veteran 70+ Division was ably led by two PA regulars -David Valles of Santa Clara and Po Adams of Carmichael and the Buffalo Chips. David's 1:00:46 was not far off of his all-time Houlihan's 70+ mark of 59:24 (achieved in 1995), while Ms. Adams narrowly edged Paulette Parsons of Newark, who ran very well in 1:23:16. Po's 1:16:44 of a year ago remains the all-time women's 70+ standard.

Houlihan's to Houlihan's Top Performances

Open Men (19-39)

1	Chris Schille	37:19
2	Mike Livingston	37:25
3	Jose Pilar Aispuro	38:03
4	Bashir Hussain	38:12
5	Ken Keyte	38:13
6	Jeff Hacker	38:22
7	Alan Dehlinger	38:31
8	Brent Griffiths	38:39
9	Joe Rubio	38:45
10	Jeff Shaver	38:49

Open Women (19-39)

1	Maria Trujillo	43:43
2	Ashley Black	43:59
3	Lisa Geoffrion	44:06
4	Lisbet Engberg	45:10
5	Sissel Berntsen-Hebe	45:18
6	Laura Sanchez	45:38
7	Amanda Gerhardt	45:44
8	Eileen Vukicevich	46:09
9	Christine Lincke	46:15
10	Kristina Mathias	46:23

Masters Men (40-49)

1	John Moreno	38:51
2	Richard Flores	39:59
3	Bob Ebert	40:11
4	Jeff Townsend	40:38
5	Dan Sauers	41:11
6	Brock Hinzmann	41:38
7	James Tracy	41:40
8	Joe Schieffer	42:02
9	Sylvester Franklin	42:06
10	Eric Standifer	42:24

Masters Women (40-49)

1	Terry Adams-Schmidt	44:32
2	Joann Dahlkoetter	48:29
3	Elizabeth Edwards	48:35
4	Anne Jeffrey	49:05
5	Dorrill Davis	49:28
6	Patty Howell	49:38
7	Sue Francis	49:49
8	Christine Iwahashi	50:16
9	Debbi Beyers	50:35
10	Jamie Wendel	50:56

Senior Men (50-59)

1	Dan Preston	42:26
2	Sal Vasquez	43:14
3	Ewar Gordillo	43:49
4	Alphonzo Jackson	43:59
5	Frank Ruona	44:40
6	Jim Reitz	44:47

7	Doug Butt	45:15
8	Karl Gripenburg	45:32
9	Perry Hayden	45:34
10	Jim Williams	45:42

Senior Women (50-59)

1	Melody-Anne Schultz	48:44
2	Barbara E Miller	49:26
3	Judi Shade	52:21
4	Eve Pell	52:34
5	Louise Walters	54:09
6	Pamela Horton	54:35
7	Georgia Riley	57:10
8	Noel Relyea	58:00
9	Ann Hardham	58:18
10	Marylyn Patrick	58:41

Super Senior Men (60-69)

1	Bernie Hollander	49:33
2	Roger Bryan	52:03
3	William Flodberg	52:29
4	George Yannakakis	52:42
5	Patrick Devine	52:45
6	Richard Laine	52:56
7	Thomas Guldman	52:58
8	Norman Saucedo	53:17
9	Phil Phythian	55:26
10	Ken Napier	55:31

Super Senior Women (60-69)

1	Margarethe Styskel	1:00:16
2	Myra Rhodes	1:01:05
3	Peggy Kang	1:01:07
4	Leona Nenow	1:04:45
5	Jo Sullivan	1:07:08
6	Ruth Anderson	1:09:47
7	Joanne Kambur	1:09:58
8	Marian McKone	1:13:25
9	Peggy Ewing	1:13:42
10	Barbara Neyens	1:17:28

Veteran Men (70 & over)

1	David Valles	1:00:50
2	Gary Toji	1:06:20
3	Stan Demartinis	1:07:45
4	Howard Powers	1:08:47
5	Warener Pait	1:09:36
6	Jack Friedlander	1:11:28
7	Ulysses Ratti	1:25:22
8	Dave Mc Carthy(?)	1:25:41
9	William C Robinson	1:41:25

Veteran Women (70 & over)

1	Po Adams	1:22:14
2	Paulette Parsons	1:23:16
3	Annabel Marsh	1:40:54

Flash! Gimme Shelter 5 km Top Performances

San Francisco April 21, 1996 (complete story next issue)

Open Men

1	Christophe Impens	14:13
2	Matt Guisto	14:13
3	Gino Van Geyte	14:32
4	Wynston Alberts	14:33
5	Samuel Kibiri	14:36
6	Ernie Freer	14:37
7	Chris Schille	14:39
8	Jamey Harris	14:46
9	Wilhelm Gidabuday	14:52
10	Danny Aldridge	14:58

Masters Men (40-49)

1	John Moreno	15:05
2	Lloyd Stephenson	15:06
3	Francisjohn Gailson	15:18
4	Ric Sayre	15:32
5	Bob Ebert	15:43
6	James Tracy	15:56
7	J. Herbrechtsmeier	16:04
8	Dan Sauers	16:06
9	Dave Reed	16:13
10	Brian Davis	16:13

Senior Men (50-59)

1	Sal Vasquez	6:16
2	Ewar Gordillo	16:43
3	Dan Preston	6:43
4	Jim Williams	7:05
5	Alphonzo Jackson	17:10

Super Senior Men (60-69)

1	Jim Moore	18:38
2	Bernie Hollander	19:14
3	Roger Bryan	19:36

Veteran Men (70 & Over)

1	David Valles	22:32
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Open Women

1	Regina Jacobs	15:49
2	Laura Mykytok	16:20
3	Maria Trujillo	16:35
4	Rizoniede Wandeley	16:46
5	Barb Acosta	17:00
6	Mercy Chipman	17:01
7	S. Berntsen-Heber	17:22
8	April Powers	17:24
9	Lisa Geoffion	17:38
10	Margaret Svoboda	17:42

Masters Women (40-49)

1	Terry Adams-Schmidt	17:12
2	Anne Jeffrey	19:12
3	Sue Francis	19:17
4	Joann Dahlkoetter	19:17
5	B. Simmie-Kesecker	19:24
6	Cindy Scott	20:01
7	Darlene Wallach	20:04
8	Sharlet Gilbert	20:11
9	Kattie Gray	20:39
10	Toni Belaustegui	20:52

Senior Women (50-59)

1	Melody Anne Schultz	19:19
2	Barbara Miller	19:58
3	Jutta McCormick	20:59
4	Louise Walters	21:14
5	Elaine Sanchez	21:18

Veteran Women (60-69)

1	Vicki Bigelow	21:35
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1996 PA/USATF LDR Road Championships Grand Prix Circuit Events

Date	Race/Location	Div.	Point Value	Prize \$
✓ Jan. 7	California 10-Mile Stockton	All	1.0	\$2,000
✓ Mar. 24	Houlihan's 12 km San Francisco	All	1.0	\$2,500
✓ April 21	Gimme Shelter 5 km San Francisco	All	2.0	\$2,500 PA + \$7,500 open
June 2	Reno Air 15 km Reno	All	1.0 indiv. 2.0 teams	\$3,050
July 7	Fleet Feet Mile Sacramento	All	1.0	\$2,000
Aug. 4	Cox Cable 10 km Eureka	All	2.0	\$3,500
Oct. 20	Humboldt 1/2 Marathon, Weott	All	2.0	\$4,000
Nov. 17	Clarksburg 30 km Clarksburg	All	2.0	\$2,500
Nov. 23	PA X-Country Champs Golden Gate Park/S.F.	All	1.0	\$2,000
Dec. 8	Cal Int. Marathon Sacramento	All	2.0	\$4,000 PA + open

For more information about these events, refer to the Calendar of LDR Events on pp. 12-13. For more information about the PA-LDR Grand Prix, send a self-addressed, stamped envelope to LDR Chair Mark Winitz, P.O. Box 1621, Los Altos, CA 94023, (415) 948-0618 (days)/fax (415) 949-2172. E-mail Mark at winitusatf@aol.com. USATF home page on the World Wide Web: <http://www.bdt.com/home/trimble/PAUSATF.html>.

1996 Pacific Association Long Distance Running Grand Prix Standings

(through Houlihan's to Houlihan's, March 24, 1996)

Open Men

Pl.	Name	Team	Total
1	Brent Griffiths	Aggies	49.0
2	Jose Aispuro	Aggies	41.0
3	Joe Rubio	Aggies	40.0
4	Jeff Hacker	Ryan's	39.0
5	Mike Livingston	Aggies	30.0
6	Ty Strange	Empire	28.0
7	Ken Keyte	Empire	26.0
8	Robert Anex	Aggies	25.0
9	Dave Scudamore	Farm Team	24.0
10	Rey Flores	Farm Team	23.0
10	Bashir Hussain	Chips	23.0
12	Miguel Tibaduiza	Silver State	21.0
12	Alan Dehlinger	Silver State	21.0
14	Parker Kelly	Unatt	20.0
15	Bret Kimple	Aggies	19.0
16	Jeffrey D. Shaver	Aggies	17.0
17	Mark Conover	Aggies	16.0
17	John Moreno	Hoy's	16.0
19	Michael Spencer	Aggies	15.0
19	Danny Aldridge	Empire	15.0
21	Chris Phipps	Aggies	13.0
22	Rich Hanna	Chips	12.0
22	Richard Reitz	WVJS	12.0
24	Jamey Harris	Aggies	11.0
24	Kyle Bujnicki	Hoy's	11.0

Open Women

Pl.	Name	Team	Total
1	Maria Trujillo	Ryan's	54.0
2	Lisbet Engberg	Impala	41.0
2	Terry Adams-Schmidt	Silver State	41.0
2	Lisa Geoffrion	Aggies	41.0
5	Laura Sanchez	Ryan's	34.0
6	Linda Somers	Asics	30.0
7	Amanda Gerharot	Aggies	29.0
8	Christine Lincke	Ryan's	26.0
9	Diana Fitzpatrick	Impala	23.0
9	Lynice Benton	Silver State	23.0
11	Honor Fetherston	WVTC	22.0
12	Rosa Gutierrez	Ryan's	21.0
13	Christine Kennedy	WVJS	20.0
14	Kristina Mathias	WVJS	18.0
15	Lorena Harrigan	Impala	17.0
16	Kathy Ward	Chips	16.0
16	Connie Kondo	Chips	16.0
16	Becki Kriege	WVJS	16.0
19	Rae Henderson	Aggies	15.0
20	Peggy Lavelle	Impala	14.0
20	Malia Schwartz	East Bay	14.0
20	Kristin Jacobs	Ryan's	14.0
23	Jill Strangio	Aggies	13.0
24	Shannon Sweeney	Aggies	12.0
24	Laura Stanfield	Aggies	12.0

Master Men

Pl.	Name	Team	Total
1	Jeff Townsend	Aggies	46.0
2	Brock Hinzmann	Excelsior	43.0
3	Dan Sauer	WVJS	41.0
4	Joseph Schieffer	East Bay	40.0
5	Sylvester Franklin	Excelsior	36.0
6	Lloyd Stephenson	Excelsior	30.0
6	Don Paul	Excelsior	30.0
6	Dan Preston	Empire	30.0
6	John Moreno	Hoy's	30.0
10	Gary Davis	Excelsior	27.0

11	Dan Anderson	WVJS	26.0
12	Richard Flores	Empire	24.0
13	Bob Ebert	WVJS	23.0
14	Eric Standifer	Excelsior	19.0
14	James Tracy	Excelsior	19.0
16	Chris Enfante	Chips	17.0
17	Bruce Aldridge	Chips	14.0
17	Nathan Smith	Hoy's	14.0
19	Les Ong	Hoy's	13.0
19	Dirk Rohloff	Aggies	13.0
21	Frank Ruona	Tamalpa	12.0
21	Mark Drake	Unatt	12.0
23	Patrick Buzbee	WVJS	11.0
24	Dale Magann	Silver State	10.0
24	Sal Vasquez	WVJS	10.0
26	James Reitz	WVJS	9.0

Master Women

Pl.	Name	Team	Total
1	Joann Dahlkoetter	Aggies	24.0
2	Honor Fetherston	WVTC	20.0
2	Melody-Anne Schultz	Tamalpa	20.0
2	Terry Adams-Schmidt	Silver State	20.0
5	Christine Iwahashi	Chips	16.0
6	Christine Kennedy	WVJS	14.0
7	Kathy Ward	Chips	13.0
7	Elizabeth Edwards	WVTC	13.0
9	Joan Ottaway	WVTC	12.0
9	Sue Francis	WVJS	12.0
11	Elizabeth Edwards	Unatt	11.0
11	Anne Jeffrey	Tamalpa	11.0
13	Darrill Davis	Unatt	10.0
14	Patty Howell	Silver State	9.0
15	Shelly Sumner	WVTC	7.0

Senior Men

Pl.	Name	Team	Total
1	Dan Preston	Empire	34.0
2	Ewar Gordillo	Silver State	33.0
3	Frank Ruona	Tamalpa	24.0
4	James Reitz	WVJS	22.0
5	Jon Macpherson	Tamalpa	15.0
5	Doug Butt	WVTC	15.0
7	Sal Vasquez	WVJS	14.0
8	Alphonzo Jackson	Hoy's	12.0
9	Martin Jones	Empire	10.0
9	Perry Hayden	Silver State	10.0
11	Tim Rostege	WVJS	9.0
12	David Taylor	East Bay	8.0
12	Dick Chimenti	WVJS	8.0
12	Karl Gripenburg	Tamalpa	8.0
15	Walt Radloff	WVJS	7.0
16	James Williams	Tamalpa	6.0
17	Steve Stephens	Tamalpa	5.0
18	Glenn Morrill	Silver State	4.0
19	Frank Krebs	WVTC	2.0
19	Jan Valencia	Ryan's	2.0
21	Rolf Nebelung	Unatt	1.0
21	Leonard Goldman	East Bay	1.0

Senior Women

Pl.	Name	Team	Total
1	Melody-Anne Schultz	Tamalpa	16.0
2	Joan Ottaway	WVTC	10.0
2	Judi Shade	WVJS	10.0
4	Eve Pell	Impala	6.0
5	Louise Walters	Impala	3.0
6	Pamela Horton	Empire	1.0

Super Senior Men

Pl.	Name	Team	Total
1	William Flodberg	WVJS	14.0
2	Bernie Hollander	Tamalpa	10.0
3	Stephen Gaal	Sundance	6.0
3	Roger Bryan	WVJS	6.0
5	Phil Phythian	Tamalpa	5.0
6	Marion Carter	WVJS	2.0
6	Norman Salicedo	WVJS	2.0
8	John Gregson	WVJS	1.0

Super Senior Women

Pl.	Name	Team	Total
1	Juliane Scheberies	Unatt	10.0
1	Margarethe Styskel	Tarahumara	10.0
3	Mariene Kinser	Tarahumara	6.0
3	Myra Rhodes	Chips	6.0
5	Po Adams	Chips	5.0
6	Ruth P. Anderson	B. A. Ultrar.	4.0
7	Jean LaFever	Tarahumara	2.0
7	Joanne Kambur	Tamalpa	2.0

Veteran Men

Pl.	Name	Team	Total
1	Frank Cunningham	WVJS	10.0
1	Stanley Demartinis	WVJS	10.0
1	David Valles	WVJS	10.0
4	Howard Powers	WVJS	6.0
4	Gary Toji	Unatt	6.0
6	William Redmond	Unatt	2.0
7	Jack Friedlander	WVJS	1.0

Veteran Women

Pl.	Name	Team	Total
1	Po Adams	Chips	20.0

1996 Long Distance Grand Prix Team Standings

(through Houlihan's to Houlihan's)

Open Men		7	Hoy's	8.0
Pl. Name	Total	8	Tamalpa	4.0
1	Aggies 20.0	Master Women		
2	Empire 16.0	Pl. Name	Total	
3	Chips 15.0	1	Chips	10.0
3	Silver State 15.0	1	Silver State	10.0
5	East Bay 13.0	3	WVJS	9.0
6	Excelsior 10.0	4	Impala	8.0
7	Tamalpa 8.0	4	Tamalpa	8.0
8	WVJS 7.0	Senior Men		
Open Women		Pl. Name	Total	
Pl. Name	Total	1	Tamalpa	19.0
1	Ryan's 20.0	1	WVJS	19.0
2	Impala 17.0	3	Silver State	15.0
2	Aggies 17.0	4	Empire	13.0
4	Chips 13.0	5	Chips	9.0
5	Silver State 11.0	Senior Women		
5	East Bay 11.0	Pl. Name	Total	
7	WVJS 8.0	1	Impala	20.0
8	Tamalpa 7.0	2	Tamalpa	18.0
9	WVTC 2.0	3	WVJS	16.0
Master Men		Super Senior Men		
Pl. Name	Total	Pl. Name	Total	
1	Excelsior 20.0	1	WVJS	20.0
2	WVJS 17.0	2	Tamalpa	9.0
3	Ryan's 14.0	Veteran Men		
4	Silver State 12.0	Pl. Name	Total	
5	East Bay 10.0	1	WVJS	20.0
6	Chips 9.0			

Since 1986, this picturesque coastal village has been the site of the Annual gathering of many of the world's fastest road racers. Course records and solid prize money enhanced by world record bonus money have attracted the "top guns" of our sport since the course was designed (with the input of American Mile record holder, Steve Scott).

This year the elite field was enriched by many master's and older level Americans vying for the USATF National Masters Championship. The series of races, separated into age and gender groups, allows much better age group competition and provides for great spectating opportunities. Positive feedback on this format was summarized by the comments of PA athletes Bob Seldner ("It is impressive how many fast older guys there are") and Claire Fry ("It's very rewarding to race one's peers").

In this celebration of speed, the "BAD 5000" is unequalled. The honest, record-quality course and superb management gave the 9000-plus adult and 4000-plus youth runners a weekend of support and challenge. This event is one of the jewels of our sport, and the PA-USATF entrants brought home both medals and the memories of a very special experience.

Pacific Association athletes were well-represented by both individuals and by clubs, although, surprisingly, no team scoring was scheduled. Notable PA performances are listed in the next column:

CarlsBAD 5000

March 31, 1996

by George Parrott

Lloyd Stephenson, who placed 3rd master overall and first American with a time of 15:02. He outlegged his PA nemesis, **Francisjohn Gailson** (15:12, 4th), for the American's men's national title.

April Powers who placed 2nd in the non-elite open division with a time of 16:47.

Jim Williams who was 1st, 55-59 (58th overall), with a time of 17:03.

Bernie Hollander, who was 3rd, 60-64, with a time of 19:05.

Honor Fetherston, last year's masters women's champ, who placed 4th (17:18) and was second American (pending Anne Audain's citizenship status).

Joan Ottaway, who was the clear winner of the 50-54 division with a time of 18:06. This placed her 8th in the women's masters division.

Barbara Miller, another clear winner in the 55-59 division (19:35).

Other top Masters PA performances include:

Female: **Leslie McMullin** (18:29, 10th masters woman, 2nd, 45-49), **DeeDee Grafius** (18:44, 15th masters woman, 3rd, 45-49), **Melody-Ann Schultz**, 22nd masters woman, 3rd, 50-54), **Ruth Anderson** (27:04, 2nd, 65-69)

Master Male: **James Tracy** (15:51, 15th overall), **Michael Dove** (16:03, 21st overall), **Sylvester Franklin** (16:38, 36th overall), **Alphonzo Jackson** (16:47, 43rd overall), **Michael Johnson** (17:08, 61st overall), **Steve Ottaway** (17:13, 65th overall), **Frank Ruona** (17:19, 72nd overall).

Pacific Association Well-Represented in Boston

By Mark Winitz, Pacific Association LDR Chair

It was a marathon that will stay imprinted in our souls for some time to come. The 100th Boston Marathon.

So many Pacific Association runners were in town that we brought the California sun with us, ensuring sunny skies on race day sandwiched in between a series of New England storms. So many old friends re-visited, so many new ones made. The biggest and most spectacular running event of all time, and it all unveiled without a hitch. And we were a part of it: this substantial part of running history.

I was pleased to see so many from our Association during race weekend. I even ran into quite a few of you on the course as I hobbled through on an injured Achilles. I wouldn't have missed it for the world.

Now I can retire from my long and lucky string of marathons spanning 16 years a happy man. I've run in the ultimate marathon, not once, but four times. And 13 years after my first Boston, I felt the old marathon "high" again. Despite a painful ankle and a time well over one hour slower than my very old PR, I waved my arms towards the sky and the fantastic Boston crowd over the last two miles. I hope that you did too.

One thing I've learned through the ups and downs of who knows how many marathons is to cherish every one. Make each one special. Treat them like loved ones. Even the ones you would rather forget.

There comes a time in each runner's life when the marathon distance must be placed in the drawer with one's other valued racing mementos. The running log fills with marathons much too fast. The muscles, tendons and bones have their fill much sooner than the spirit's thirst is satisfied. Novice marathoners have a hard time believing this. But if you don't believe, at least listen. Measure out the marathon cup with discretion.

Runners like Oakland's Ruth Anderson are a rare breed. She completed her 100th marathon at Boston. Ruth, I salute you. Your record supersedes those of many of the greatest athletes of our time.

My wife and I had the privilege of spending some time with the ample contingent from the Buffalo Chips running club at Boston. Some 60 to 80 of their herd attended. Many of them ran the Boston course while handing out flyers to the Boston onlookers which thanked them and their town for their unqualified support of the race. It was a nice gesture.

I think most every running club in our Association had at least one representative at the 100th. Treat these participants like pilgrims that have found the holy grail—because they have.

And chalk up another one for the Reebok Aggie PowerBar Centipede. Once again, they tread where no such bug has before, negotiating Heartbreak Hill and wowing the crowds in Beantown.

More than anything, I was affected by how many of the runners at Boston were virtual newcomers to the distance—talented first-time qualifiers and ambitious lottery entrants. These are the folks that are going to ride

the new wave of resurgence in marathon running. As aging marathoners retire, these runners will provide the fuel that will keep our many fine marathons in business.

If there is one thing that we old-timers can do to benefit the sport as a whole, it is to give these young upstarts—no matter what their age—the benefits of our experience. Encourage them, provide the kind of guidance that everyone needs for this demanding and rewarding event. Keep them interested. Because the next 100 years of marathoning are going to be even better than the first 100.

Once again, congratulations to every Pacific Association runner that helped make Boston '96 the greatest running event of the century. And for those who couldn't or didn't make it this time, it's time to start shooting for '97.

Top PA Boston Finishers (Times Recorded from Starting Gun)

Men, 19-39

1	Chris Myers, Chico	2:29:21
2	Gary Towne, Chico	2:32:47
3	Robert Hurlbut, SF	2:36:39
4	Eric Krawitt, SF	2:38:16
5	Thomas Neupauer, SF	2:38:56
6	Todd Stevens, Chico	2:39:07
7	John Litzenberg, Sonoma	2:42:59
8	Michael Maguire, Hayward	2:43:03
9	Mike Mc Manus, SF	2:43:15
10	Mathieu Desjardins, SF	2:43:51

Men, 40-49

1	Lloyd Stephenson, SF	2:35:14
2	Joseph Schieffer, Oakland	2:39:30
3	Mark Drake, Davis	2:40:00
4	Thomas Cushman, Chico	2:47:36
5	B. Choiniere, Walnut Creek	2:48:19

Men, 50-59

1	Joe Hurtado, Sunnyvale	2:55:49
2	Joachim Bechtel, Sfo	2:57:39
3	Franklin Ruona, Novato	2:59:54
4	Robert Lindsey, Fresno	3:10:51
5	Jim Longwith, Kelseyville	3:14:52

Men, 60-69

1	Ron Weston, Cupertino	3:49:53
2	Charles Constantino, SF	3:57:40
3	Dick Yaeger, Aptos	4:16:34

Men, 70 & over

1	Charles Bradford, Lafayette	5:46:59
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Women, 19-39

1	Connie Kondo, Folsom	2:59:51
2	Pam Runquist, Davis	3:01:55
4	Lorena Harrigan, HMBay	3:03:44
5	Julie Oehlschlaeger, Madera	3:08:19
6	Terrie West, Pleasanton	3:13:25
7	Kimberly Harbaugh, SF	3:13:32
8	Victoria Bray, Los Altos	3:14:09
9	Nancy Vallance, Santa Rosa	3:15:49
10	Cheryl Kruse, SF	3:17:59

Women, 40-49

1	Honor Fetherston, Mill Valley	2:44:36
2	Chris Iwahashi, Sacramento	3:11:58
3	Shelley Sumner, San Jose	3:12:48
4	Darlene Wallach, San Jose	3:19:09
5	Patti Scott-Baier, Sonora	3:19:34

Women, 50-59

1	Melody-Anne Schultz, Ross	3:33:13
2	Pamela Horton, Santa Rosa	3:42:41
3	Eve Pell, Mill Valley	3:43:48
4	Joan Kramer, Pleasant Hill	3:58:44
5	Edda Stickle, Novato	4:00:21

Women, 60-69

1	Leona Nenow, Carmichael	4:36:53
2	Joy Johnson, San Jose	4:38:54
3	Gloria Dake, Salinas	4:40:25
4	Ruth Anderson, Oakland	4:50:43

Women, 70 & over

1	Frances Bradford, SF	4:31:37
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American River 50-Mile Endurance Run

Sacramento to Auburn

April 6, 1996

by Hollis Lenderking



Mike Gottardi (#14), Rae Clark (#9), and Tim Twietmeyer (#7), finished 5th, 12th, and 17th overall.

Bigger than ever with 597 entrants, the 17th running of the American River 50 featured a sizzling 80-degree canyon and standout performances from runners spanning the breadth of our far-flung Pacific Association. The homeboys kicked up less ruckus than usual, however, and left it to a lady to haul in big honor for the valley-and-foothills crowd.

Yielding nothing to age in his Masters division ultra debut, Reno's Sean Crom flashed 40 miles of the form that made this course his own over a five-year stretch of unbroken triumphs from 1989 to 1993.

"I had a tough time with my legs first in the middle of the run, along the end of the bike path," Crom recalled. Still, he turned in a 2:40 for the marathon distance, just nine minutes slower than his 40th birthday debut effort at Napa Valley just five weeks before.

"But I found my trail legs on the stretch into Granite Bay (50 km), and felt much better, like I still had a shot at a sub-six-hour finish," he reflected about the dusty, rock-strewn, roller-coaster terrain that runners encounter after leaving the pavement. Crom cruised through 50 km in 3:21 and attacked the toughest tactical segment of the course, the ten miles of mean surface heading into Rattlesnake Bar. Here it is difficult to know just how hard to push: you see no one, you view little of the course ahead, the trail itself is a constant torment, and you know you need some serious reserves to run well over the final three miles out of the canyon, up that accursed, sun-baked road to the Auburn Overlook. Here, too, the day's heat makes its inevitable presence felt.

If Crom pushed it a little too hard, he would not let on. In truth, the wheels did wobble, but they didn't come off.

"I lost it after Rattlesnake, and I know I could have been beaten," he concluded. "I was just lucky that Jerry (Wittenauer) didn't have anything left either." Of his sixth win at American River—three under six hours and three just over, this one in 6:07:55—Crom might be proudest that he became the first Master to claim the overall prize here.

Seven minutes behind Crom at 27 miles, Palo Alto's Jerry Wittenauer was just where he should be in this, the season in which he has grown to ultrarunning maturity. In his five years of steady improvement, he has learned the lessons and done the homework which have positioned him to be a dominant force over the length of the Grand Prix campaign. His 24-hour performance at Gibson Ranch last November was a definitive breakthrough, and now with confidence boosted also by his experience at American River last year, he was ready to angle after Crom.

Wittenauer's concise summary of 1995: "Last year I was just a handful of jellybeans away (from second place male), but I got greedy and impulsive and bit the dust like I deserved." In third at 44 miles (Manhattan Bar), he spotted number two just ahead, and bolted from the aid station without picking up the urgently needed sugars. He then bonked and dropped to fourth. Not this time.

Taking plenty of carbo and salt supplements *en route* and drinking as the day demanded, Wittenauer began to nibble at Crom's once hefty margin. On the final grueling ascent, he was *there*—just a minute back at the Last Gasp aid station (47.5 mi.), even later a mere 30 seconds behind the sagging leader.

"I was definitely at my limit there, the tank was empty, but I'm really happy with the way I put it together," he enthused. "For one who had plotted his strategy merely to break 6:20, his 6:08:54 finish was a just desert for a runner who has paid his dues and appears to stamp this the Year of Wittenauer on the Grand Prix circuit.

Behind Wittenauer was a pair of Marin residents, Greg Nacco, boasting a breakthrough effort of 6:11:52, and John Edgecomb in 6:15:20. In fifth was the top Buffalo Chip, two-time Grand Prix victor Mike Gottardi, in 6:16:31. Another Chip, Dana Gard, took the male 50-year crown in 7:04:49, good for 20th place overall.

Taking a cue from Wittenauer's strong showing in the valley heat, two more athletes from Silicon Valley posted dominating performances in the women's competition. Chrissy Duryea, who would be the star attraction in any group of women competing in an ultra in America, took control of the race at twelve miles and was never threatened thereafter, bringing it home in 6:55:19, just six minutes off her victorious 1994 mark. "I felt good, but it was hot," she gasped, "I'm just glad to have the win."

Behind Duryea, but with a hugely rewarding Great Leap Forward in performance—never mind the heat—was Denise Ellestad in 7:09:38. Ellestad's dramatic improvement in every race she runs cannot escape notice any longer. She is more selective in her competitions than many of her rivals, but the evidence is irrefutable that she makes the most of her opportunities to learn from limited experience, there is still no telling how much potential lies untapped, but, as she runs both hard and smart on every outing, it is clear that her days as a "stealth contestant" are over.

Early leader Mo Bartley succumbed to Duryea's and Ellestad's relentless attack, but, now 40, she held on for an impressive hoe-gal celebration, clobbering the women's Master's course record, Judy Milkie-West's 7:32:50 from 1990. Bartley's 7:26:04 time placed her 32nd overall and was good enough to hold off rival Master and international veteran, Lorraine Gersitz (7:39:42). It was the day's best showing by the home contingent, whose colors were otherwise dimmed, especially by the Bay Area flyers.

photos by Doug Thurston



Joe Schlereth (#5), 2nd Men's Master, cruising with Jack Powell (#448) who finished 8th overall and 6th in the Open Division.

The Top Finishers of the American River 50-Miler

Open Men (0-39)

1 Jerry Wittenauer	6:08:54
2 Greg Nacco	6:11:52
3 John Edgecomb	6:15:20
4 Mike Gottardi	6:16:31
5 Dave Scott	6:37:11
6 Jack Powell	6:41:29
7 Bruce Linscott	6:47:09
8 Tim Twietmeyer	6:50:55
9 Robert Franks	6:54:58
10 Dan Barger	6:57:00
11 Ian Torrence	6:57:31
12 Tom Greene	7:01:45
13 James Ross	7:03:41
14 Michael Loney	7:11:41
15 Luis Escobar	7:20:39
16 Dale Peterson	7:20:43
17 Mike Topper	7:20:48
18 Bob Crowley	7:24:02
19 Bill Carlson	7:29:38
20 Greg Atchley	7:37:26
21 Mark Romalia	7:38:09
22 Robert Meckfessel	7:39:11
23 John Cooper	7:41:48
24 Todd Holmes	7:42:15
25 Stan Wingate	7:47:38

Masters Men (40-49)

1 Sean Crom	6:07:55
2 Joe Schlereth	6:33:19
3 Jim Howard	6:45:27
4 Dan Dreyer	6:49:20
5 Rae Clark	6:59:45
6 Dennis Huffman	7:10:01
7 Ray Scannell	7:14:23
8 Herb Tanzer	7:23:40
9 William McGeary	7:34:25
10 Harry Islas	7:48:03
11 Janos Ronaszeki	7:48:24
12 Eric Ianacone	7:50:09
13 Don Duffy	7:51:15
14 Charlie Cox	7:53:21
15 Ted Moore	7:55:49
16 Lou Martin	7:57:20
17 Gary Henslee	7:58:04
18 Ty Russell	7:59:38
19 Robert Sobsey	8:07:57
20 Mike Palmer	8:12:14
21 Steven Funke	8:14:08
22 Steven Harrold	8:14:17
23 David Innes	8:14:49
24 Syl Pascale	8:14:56
25 Bill Finkbeiner	8:15:02

Senior Men (50-59)

1 Dana Gard	7:04:49
2 Alfred Bogenhuber	7:13:57
3 Max Bogenhuber	7:25:00
4 Joe Branimburg	7:30:50
5 Ken Young	7:32:18
6 Akabill Molmen	7:59:38
7 David Kim	8:07:12
8 Jeff Stevenson	8:25:00
9 Martin Jones	8:30:55
10 Gene Weddle	8:45:19
11 Ben LaSala	8:47:36
12 Nick Bassett	8:47:50
13 Floyd Whiting	8:49:57
14 Robert Longwell	8:52:00
15 John Stewart	8:52:50

16 George Parrott	8:55:16
17 Barry Fisher	8:56:54
18 Gary Ritchie	8:59:04
19 Ron Vertrees	9:02:22
20 Larry Fambrough	9:04:00
21 Martin Hillyer	9:08:15
22 Frank Ives	9:12:27
23 Floyd Redmon	9:17:58
24 Bill Roehr	9:18:24
25 Dorsh Sanders	9:18:50
26 Bill Yawn	9:20:48

Super Senior Men (60-69)

1 Dwaine Batt	8:09:33
2 Gordan Dugan	9:11:07
3 Ron Covert	9:22:39
4 Richard Laine	10:41:20
5 E. Romesberg	10:51:17
6 Richard Carp	10:51:41
7 Harrison Smith	11:24:35
8 Mike Tselentis	11:50:34
9 Ed Vandenhoogen	12:10:00
10 Dick Collins	12:13:49
11 Robert McNelly	12:38:14
12 Wallace Rapozo	12:50:30

Open Women (0-39)

1 Chrissy Duryea	6:55:19
2 Denise Ellestad	7:09:38
3 Sally Booster	7:27:41
4 Janet Runyan	7:31:02
5 Suzie Lister	7:39:42
6 Helen Hull	7:53:44
7 Emma Davies	7:58:56
8 Karen Brown	8:03:37
9 Maryann Murphy	8:15:05
10 June Gessner	8:29:56
11 Karen LeFebre	8:31:10
12 Elaine McMahon	8:41:28
13 Julia Wells	8:45:07
14 Grayla Johnson	8:45:46
15 C.Chavez-Simonsen	8:46:08

16 Beth Gouge	8:56:52
17 Angie Longworth	9:01:51
18 Suzanne Roat	9:02:04
19 Audrey Scott	9:14:36
20 Lisa Macias	9:20:39
21 Cynthia Lindsey	9:22:49
22 M.Herrera-Meffor	9:23:52
23 Mary Brook	9:25:08
24 Rena Schumann	9:26:41
25 Toni Miller	9:28:26

Masters women (40-49)

1 Mo Bartley	7:26:04
2 Lorraine Gersitz	7:39:42
3 Vicki DeVita	8:01:16
4 Jan Levet	8:23:23
5 Diana Lundy	8:36:55
6 Lynn O'Malley	8:38:42
7 Kathy Welch	8:42:50
8 Toni Belastegui	8:47:29
9 Chris Flaherty	8:51:56
10 L.Mattingly-Vitale	9:04:13
11 Nancy Huber	9:06:47
12 Katy Quinn	9:15:27
13 Joanie Mork	9:18:12
14 June Montuori	9:26:33
15 Tracy Achelis	9:29:07
16 Mary Kleinbach	9:30:36
17 Nancy March	9:34:55
18 Kathy Hamilton	9:39:47
19 Gail Bazeley	9:46:11
20 Lynette Baird	9:48:06
21 Patricia Muihtheld	9:48:45
22 M.Kadkhodayan	9:52:58
23 Leslie King	9:56:05
24 Cindy Howes	9:58:22
25 Tonya Mauldin	10:00:53

Senior Women (50-59)

1 Diane Eastman	8:41:00
2 Linda Elam	9:37:40
3 Barbara Elia	9:53:29
4 Noel Relyea	10:02:01
5 Gud Rum Fink	10:06:11

6 Joan Szarfinski	10:20:53
7 Eldrith Gosney	10:37:27
8 Betty Frankum	10:39:56
9 Joan Giniel	10:49:14
10 Kathryn Hannaford	10:59:28
11 Janice Rensch	11:03:48
12 Gloria Takagishi	11:12:24
13 Linda Kircher	11:12:25
14 Kathy Kusner	11:18:10
15 Margaret Mason	11:27:48
16 Dexter Dobberpuhl	11:28:57
17 Lucinda Fisher	11:30:39
18 Shannon Lyons	11:34:21
19 Ilsebill Wolff	11:37:11
20 Kathy Hyne	11:48:33
21 Sandra Gitmed	12:00:30
22 Sally Herrera	12:07:47
23 Dina Fields	12:33:10
24 Esther Segura	12:39:44
25 M.Cantini-Norkin	12:50:28
26 Dina Kovash	12:51:55

Super Senior Women (60-69)

1 Pat Devita	12:08:24
2 Marilyn Rehorn	12:38:59



AR 50, '96: merrily we run along!

Pacific Association of USATF 1995-96 Ultra Grand Prix



Date	Race	Location	Div.	Diff.	CONTACT
Aug. 6, 1995	Skyline 50 km (trail)	Castro Valley	All	2.0	Completed
Sept. 9, 1995	Cameron Park 50 Mi. (trail)	Cameron Park	All	2.0	Completed
Oct. 21, 1995	Firetrails 50 Miler (trail)	San Leandro	All	3.2	Completed
Nov. 11, 1995	Gibson Ranch 24 Hour (road)	Sacramento	All	5.0	Completed
Nov. 12, 1995	Gibson Ranch 50 Mile (road)	Sacramento	All	2.0	Completed
Nov. 25, 1995	QuadDipsea (28.4 Miles, trail)	Mt. Tamalpais	All	2.4	Completed
Jan. 20, 1996	Jed Smith 50 km (road)	Sacramento	All	1.0	Completed
April 6, 1996	American River 50 Miler (trail)	Sacramento	All	2.4	Completed
April 20, 1996	Ruth Anderson 100 km (road)	San Francisco	All	3.5	Completed
May 11, 1996	Quicksilver 50 km (trail)	San Jose	All	2.0	Al Hill, (408) 978-5199 546 Bliss Court San Jose, CA 95136
May 18, 1996	Silver State 50 km (trail)	Reno	All	2.25	Ken McKim, (702) 356-2024 1460 Prospect Ave. Sparks, Nevada 89431
June 29, 1996	Western States 100 Mi (trail)	Squaw Valley to Auburn	All	8.0	Norm Klein, (916) 638-1161 1139 Mace River Ct. Rancho Cordova, CA 95670

For more information about the Ultra Grand Prix, contact Ultrarunning Coordinator Rae Clark, 12350 Krista Lane, Auburn, CA 95603, (916) 885-0502 (h), or PA Long Distance Running Chairman Mark Winitz at (415) 948-0618. For complete Ultra Grand Prix rules, send a SASE to Mark Winitz, P.O. Box 1621, Los Altos, CA 94023.

1996 Ultra Grand Prix Standings (through The Ruth Anderson 100 km)

Write-up and results of The Ruth Anderson 100 km to follow in the next issue of *Pacific Athlete*.

Open Men

Pl.	Name	Team	Total
1	Jerry Wittenaur	FFSEDH	428
2	Bruce Linscott	Tamalpa	295
3	Brian Purcell	Tamalpa	250
4	Eric Robinson	BAUR	197.2
5	Greg Nacco	Tamalpa	178.8
6	Geoff Vaughn	Tamalpa	167.2
7	Mike Gottardi	Chips	145.2
8	Rick Simonsen	FFSEDH	128
9	Jim Ross	FFSEDH	122.8
10	John Lundy	Tamalpa	117.6
11	John Edgcomb	Tamalpa	117.6
12	George Rehmet	BAUR	78.4
13	Dave Scott	Unatt	76
14	Stan Wingate	Unatt	50
15	Tom Larson	Chips	47.6
16	Bruce Mace	Tamalpa	38.4
17	Bob Crowley	Unatt	38.4
18	Jack Powell	Silver State	38.4
19	Grant Irwin	Chips	36.4
20	Greg Atchley	Silver State	33.6
21	Tim Twietmeyer	Unatt	26.4
22	Luis Escobar	Unatt	26.4
23	Brad Lael	Chips	25
24	Bill Carlson	Unatt	24
25	Guy Palmer	Tamalpa	19.2

Open Women

Pl.	Name	Team	Total
1	M. Kadkhodayan	BAUR	424
2	Suzie Lister	BAUR	391
3	Terry Cray	Silver State	266
4	Rena Schumann	Unatt	201.1
5	Helen Hull	Unatt	164
6	Dhvaja Dorn	Impala	120.4
7	Maryann Murphy	Unatt	120
8	Emma Davies	Unatt	110
9	Laurie Riebeling	Tamalpa	72
10	Chrissy Duryea	Unatt	72
11	Karen LeFebre	Silver State	48
12	Cynthia Lindsey	Unatt	43.2
13	B. Geringer-Frazier	Tamalpa	40
14	Karen Geryk	Unatt	38.4
15	M. Herrera-Mefford	Unatt	38.4
16	Marie Gonzales	FFSEDH	32
17	Rachel Atchley	Silver State	25

Masters Men

Pl.	Name	Team	Total
1	Charles Crompton	Santa Cruz	401
2	Eric Ianacone	Chips	271.7
3	Mike Palmer	East Bay	263.6
4	Syl Pascale	Unatt	224.4
5	John Rhodes	Silver State	209
6	Ron Howard	Unatt	125
7	Rae Clark	Chips	118
8	Stan Jensen	BAUR	117.8
9	Ray Scannell	Unatt	117.2
10	Chris Batteate	Tarahumara	108.4
11	Joe Schieffer	East Bay	100
12	Harry Islas	Tarahumara	88.6
13	Patrick Peregrin	Unatt	83.2
14	Eric Poulsen	Unatt	80
15	Bob Slate	BAUR	80
16	Sean Crom	Unatt	72
17	Bill Hambrick	Chips	68.8

Masters Women

Pl.	Name	Team	Total
1	F. Hanif-Wedde	Quicksilver	353.1
2	Jan Levet	FFSEDH	261
3	Carol Cuminala	Santa Cruz	230.2
4	Linda Elam	Silver State	200
5	Kathy Welch	Unatt	145
6	Mo Bartley	FFSEDH	122
7	Pat Wellington	BAUR1	20.4
8	Chris Flaherty	Chips	98.4
9	Joanie Mork	Unatt	96.8
10	L. Mattingly-Vitale	Ultramarin	93.6
11	Leslie Nacanis	Impala	50
12	Lisa Felder	Impala	47.2
13	Toni Belaustegui	Silver State	43.2
14	Edna Nerio	Unatt	36
15	Linda Parr	Unatt	35.6
16	Toni Miller	Unatt	26.4
17	Renda Gail	Chips	24
18	Joan Risse	Unatt	16.8
19	Joan Steidinger	BAUR	12
20	Joan Scannell	Unatt	11
21	Margaret Pinuelas	Unatt	10
22	Jan Lambert	Unatt	9.6
23	Margie Lopez	Unatt	9
24	Kate Sutherland	Unatt	8
25	Diane Kato	Chips	4.8
26	Janet Rivard	Unatt	2.4

Senior Men

Pl.	Name	Team	Total
1	David Kim	BAUR	578.2
2	Lyal Holmberg	BAUR	226
3	Dave Remington	Tamalpa	218.4
4	Al Bogenhuber	BAUR	168
5	Joe Holmberg	Chips	165
6	Floyd Whiting	Silver State	163.4
7	Bob Longwell	Unatt	160.4
8	Martin Jones	Ultramarin	128
9	Gene Weddle	Quicksilver	125.9
10	John Clark	Unatt	88
11	Dana Gard	FFSEDH	72
12	Richard Phelps	Unatt	69.6
13	Ed Frisch	Silver State	60
14	Richard Clark	Unatt	60
15	Charles Johnson	WVTC	54.8
16	Ben La Sala	Chips	43.2
17	Raymond Padilla	Unatt	40
18	Jerry Colletto	Tamalpa	40
19	George Parrot	Chips	28.8
20	Ron Vertrees	Unatt	26.4
21	Robin Rogerson	Unatt	25
22	Wally Hesseltine	BAUR	24
23	Bill Roehr	Unatt	24
24	Joshua Babad	Unatt	23.6
25	Tom Grossi	Unatt	22

Senior Women

Pl.	Name	Team	Total
1	Barbara Ann Elia	Chips	589.4
2	Dina Kovash	Impala	233.8
3	Joan Szarfinski	BAUR	180
4	Shirley Church	BAUR	126
5	Noel Relyea	Unatt	120
6	Eldrith Gosney	Unatt	111.2
7	Jane Colman	Impala	105.5
8	Lucinda Fisher	Unatt	104
9	Ann Grove	BAUR	79.2
10	Linda Elam	Silver State	72
11	Sandy Becker	Tarahumara	60
12	Diana Fields	Tarahumara	33.6
13	Judy Shipman	Unatt	25
14	Elaine Koga	WVTC	14

Super Senior Men

Pl.	Name	Team	Total
1	Dwaine Batt	FFSEDH	263
2	Gard Leighton	FFSEDH	91
3	Dieter Walz	BAUR	90.5
4	Stephen Gaal	Sundance	88
5	E. Romesberg	WVJS	43.8
6	John Chappel	Silver State	33.2
7	Dick Laine	Pamakids	30.4
8	Neil Moore	Unatt	22
9	Dick Collins	BAUR	16.6
10	Mike Tselentis	BAUR	7.2
11	John Mortell	Unatt	2.4

Super Senior Women

Pl.	Name	Team	Total
1	Ruth Anderson	BAUR	90

Veteran Men

Pl.	Name	Team	Total
1	Frank Rodriguez	BAUR	122.5

Veteran Women

Pl.	Name	Team	Total
1	Po Adams	Chips	15

Bonus Points - 10 points for course records, etc.

Joe Schieffer - Skyline
 Gard Leighton - Skyline
 Frank Rodriguez - Skyline
 Rae Clark - Cameron Park
 Dwaine Batt - Cameron Park, Firetrails, Gibson Ranch 24HR
 Eric Robinson - Gibson Ranch 24HR
 Mo Bartley - Jed Smith 50 km, American River 50

Ultra Grand Prix Team Standings

Mens Teams

Place	Team	Total
1	BAUR	178.2
2	Tamalpa	129
3	Chips	31.6
4	FFSEDH	21.6

Womens Teams

Place	Team	Total
1	BAUR	75.6
2	Impala	48.6
3	Chips	24

Mixed Teams

Place	Team	Total
1	BAUR	117.6
2	Tamalpa	44
3	FFSEDH	34



Ceci St. Geme, pictured above, won the 800 m and 1500 m in a previous regional championship.

Photo by Victor Sailer/Photo Run

WESTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS

JULY 6

10 A.M.

UNIVERSITY OF CALIFORNIA, BERKELEY

QUALIFICATION PROCEDURES:

SENIOR ATHLETES: MUST HAVE ACHIEVED 1996

SENIOR NATIONALS STANDARD

JUNIOR ATHLETES: MUST HAVE COMPETED IN 1996

JUNIOR NATIONAL CHAMPIONSHIPS

TONY SANDOVAL, MEET DIRECTOR

(510) 642-9447

Plantar Fasciitis

by Amol Saxena, D. P. M.

Q: *What is plantar fasciitis?*

A: Plantar fasciitis is one of the most common foot ailments treated by podiatrists. It is commonly felt at the bottom of the foot in the region where the arch joins the heel. The typical sensation is a bruised feeling and stiffness particularly in the morning and after periods of rest. Often times runners relate that for the first few minutes of a run, the sensation is present and then it gradually dissipates or goes completely away throughout the remainder of the run. Only when the condition gets severe does it hurt throughout the run or immediately after. The plantar fascia is an important ligament that helps brace the bottom arch muscles. A good analogy would be a trampoline turned upside down. This ligament is very dense and strong. In high arched feet, often times this ligament is strained because of the rigidity of this foot type and its inability to absorb shock. In severely pronated or flat feet, this ligament gets overstretched. Either foot type can develop this condition. Often runners develop this problem when they increase their mileage or the intensity of their training too quickly. In the springtime, when runners return to the track, it is not uncommon for them to get plantar fasciitis not only from increased speedwork, but also from the left hand turns of the track, which force the left foot to pronate more, straining the inner (medial) aspect of the arch.

Photo from Amol Saxena



Amol Saxena with recent patients, Gwyn Coogan, Women's Olympic Marathon Team alternate, and Mark Coogan, Men's Olympic Marathon Team member.

Q: *I have heard about all different kinds of treatments for plantar fasciitis. What are the successful ways of getting rid of this condition?*

A: In my experience of treating over 200 cases a year for this problem, the three most consistently beneficial items for relieving plantar fasciitis are icing, stretching, and proper support/shoes. It may take several months to a year to get rid of it completely.

One of the best ways to ice and reduce inflammation for this condition is to take a paper cup or plastic cycling bottle, fill it with water and freeze it. Then roll the bottom of your foot back and forth on this frozen cylinder. This maneuver will massage the foot as well as ice it. Do this for four or five minutes, rolling the foot from the heel all the way through the arch to keep the arch muscles flexible.

Stretching also helps significantly. Stretching the calf muscle with the knee straight and knee bent, and also with toes forced up against a wall or stair so that the arch gets stretched are all helpful maneuvers.

Support to the foot is paramount. An appropriate shoe for your foot type, whether high arch or low arch, is mandatory. The best orthotic in the world will not work efficiently if you have improper shoes that defeat the whole purpose of the prescription foot support. Many people try over-the-counter arch supports that are often helpful, initially. There are several good brands available at specialty running stores. The prescription orthotics are used when the aforementioned items are not significantly relieving symptoms.

These three items alone relieve approximately 70 percent of the cases of plantar fasciitis I see in my practice. The other 30 percent often necessitate a steroid injection which should be used with caution and often with physical therapy and occasionally with night splints. Steroid injections should immediately relieve pain for at least a few days after the injection. If they do not either the injections were in the wrong place, i. e. the fat pad instead of the plantar fascia, or the problem may not be plantar fasciitis. Sometimes patients have such severe plantar fasciitis that they develop a stress fracture. This type of pain increases with activity and is very painful when the sides of the heel are squeezed. Also, nerve entrapment in the back can occasionally mimic this type of heel pain.

Physical therapy can consist of ultrasound, electrical stimulation, and deep friction massage. Night splints (a brace or similar apparatus worn at night) help to keep the foot stretched out. This particularly helps morning stiffness. Fewer than 2% require surgery and this should not be considered unless six months to a year of appropriate conservative treatment, as described above, has been tried. Readers should take note that there is a new surgical procedure that allows for less tissue disruption and immobilization than traditional plantar fascia surgery. However, this does not mean that the noninvasive treatments should not be tried first for the appropriate amount of time. Regardless of surgical technique, it takes 8 to 12 weeks before a patient is able to resume running. Even after surgery, patients are encouraged to do the first three items mentioned above, namely icing, stretching and using proper support. Following this routine and being patient will allow the plantar fascia to heal; it gets better if you let it.

Amol Saxena, D. P. M., is a member of the USA Track and Field Sports Medicine Committee. He may be contacted at the Department of Sports Medicine at the Palo Alto Medical Foundation (415/853-2943). He will conduct a free clinic, Prevention of Common Running Injuries, at the San Francisco Marathon Expo on Saturday, July 13.

FLEET FEET CAPITOL MILE



Sunday, July 7, Capitol Mall, Sacramento

**How fast can you run a mile?
Find out on July 7!**

The Fleet Feet Capitol Mile, a flat and fast mile race, is the Pacific Association of USA Track & Field Championship, attracting the top runners from Northern California and Nevada!

Date, Time and Place

- Sunday, July 7, 1996. 8 a.m.-Noon
- Capitol Mall, downtown Sacramento

Entry Fee

- \$10 For mail entries postmarked on or before Wednesday, June 26
- \$13 For mail entries postmarked on or after Thursday, June 27 or race weekend

Grand Prix athletes: please register early to help us accurately seed the heats. Thank you!

Packets/Late Registration

- Pick-up race packets or register on:
- Friday, July 5, Noon-7 p.m. Fleet Feet Sports, 2311 J Street, Sacramento
- Saturday, July 6, 10 a.m. to 6 p.m. Fleet Feet Sports, 2311 J Street, Sacramento
- Sunday, July 7, beginning at 8 a.m. at race site, 9th and Capitol Mall, Sacramento

USATF Membership Requirement

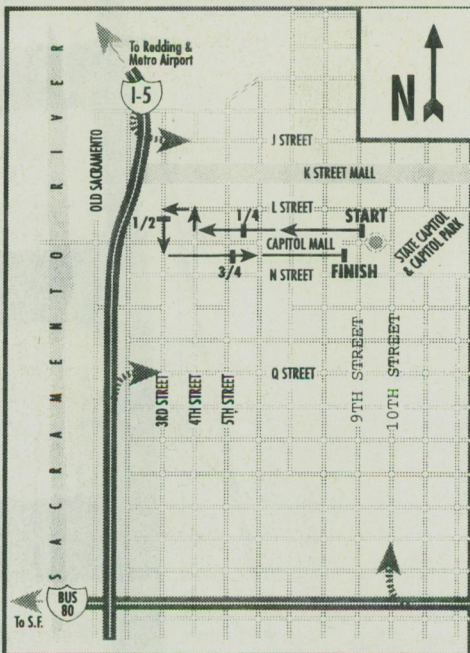
- Current USATF membership and Pacific Association/USATF residency (minimum 90 days) is required to participate in the Grand Prix or to receive prize money
- Non-Grand Prix runners may compete without USATF membership
- For USATF membership, contact: Pacific Association, 120 Ponderosa Ct., Folsom, CA 95630 (916) 983-4622

Race-Day Attractions

- Entry memento courtesy of Fleet Feet
- Post-race refreshments
- Watch others run before or after your race

Contact for More Information

- Doug Thurston, Race Director
P.O. Box 388, Sacramento, CA 95812-0388
Phone: (916) 443-6223 (days)



The Course: Flat and Fast

- USATF Certified key-hole shaped course on the Capitol Mall (course no. CA 96014PR)
 - Flat, very fast, and great for spectators!
- ### Driving to the Race/Parking
- Follow signs from I-5 or Bus-80 to the State Capitol (see map above).
 - Limited street parking is available. Plenty of low-cost parking is available at the Downtown Plaza three blocks from the start on L Street.



Schedule of Races

- 8:00 a.m. Race-day registration and packet pick-up opens
- 9:00 Kids race, 13 & under boys and girls
- 9:30 Fun Run/Walk (adults)
- 10:00 Junior Girls ages 14-19
- 10:20 Junior Boys ages 14-19
- 10:30 Men 50 and over (seniors, super seniors, veterans)
- 10:50 Women 40 and over (masters, seniors, super seniors, veterans)
- 11:10 Men 40 to 49 (masters)
- 11:30 Open Women 39 and under
- 11:50 Open Men 39 and under
- Noon Awards ceremony

PA Grand Prix Divisions

- The Fleet Feet Mile is the Pacific USATF Association One Mile Road Championship
- Grand Prix Championship divisions are: Open (ages 39-under); Masters (ages 40-49); Seniors (ages 50-59), Super Seniors (ages 60-69) and Veterans (ages 70 & over)

Grand Prix Purse of \$2,000

- Prize money winner must be Pacific USATF member and Association resident for 90+ days
- Prize money is equal for men and women:

Open (20-39):	1. \$150	2. \$100	3. \$50
Masters (40-49):	1. \$100	2. \$50	
Seniors (50-59):	1. \$50		
Open Teams:	1. \$250	2. \$100	
Masters Teams:	1. \$150	2. \$50	
Senior Teams:	1. \$50		

Time Bonuses

- Open: men sub-4:10/women sub-4:40: \$150
- Masters: men sub-4:35/women sub-5:05: \$100

Division Awards

- Division awards to top finishers in all divisions
- Special bonus awards announced race day

Race Results

- Results published in *Pacific Athlete* and posted on the PA's WWW page: <http://www.bdt.com/home/trimble/PAUSATF.html>

Entry Form, Fleet Feet Capitol Mile, July 7, Sacramento

- One person per entry; photocopied forms OK
- Please do not staple check to entry form
- No refunds, exchanges, or transfers
- Save race information; no confirmation sent

Thanks for printing neatly!

AGE ON 7/7/96 _____ BIRTHDATE (MO/DAY/YR) _____ / _____ / _____ GENDER: MALE FEMALE

USATF NUMBER _____ TEAM _____

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAY PHONE _____ EVE PHONE _____

READ AND SIGN RELEASE BELOW. ENTRIES WITHOUT SIGNED RELEASE NOT ACCEPTED.

Liability and Publicity Release: I know that running a road race is a potentially dangerous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I am aware that the medical support for this event may be volunteers which will be prepared to administer first aid assistance. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release USA Track & Field, the City and County of Sacramento, DeBencik and Hensley Public Relations, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. **I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in this race and I will abide by this and all other race rules.**

SIGNATURE: _____ DATE: _____ PARENT/GUARDIAN IF UNDER 18: _____

Entry Fees and Deadlines:
\$10 if postmarked on or before June 26
\$13 if postmarked on or after June 27 & race weekend.
<i>Do not mail after 7/1.</i>
Mail Form with Payment to:
Fleet Feet Capitol Mile P. O. Box 388 Sacramento, CA 95812-0388 <i>Check or money order payable to "Fleet Feet Capitol Mile"</i>



The Bridge.
The City.
The Race.

Sunday, July 14, 1996

San Francisco Marathon & 5K

P.O. Box 77148

San Francisco, CA 94107

(800) 722-3466 or (916) 983-4622