

# PACIFIC *Athlete*



Pacific Association of USA Track & Field

November-December, 1996 • \$2.50

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



## **Cross-Country off to a Fast Start!**

**Nationals to be  
held at Stanford on  
Dec 7th**

**LDR Plans 1st Ever  
Awards Banquet  
see page 5 for details**

## **PA Hosts National USATF Convention:**

**YOU can attend!  
Dec. 2-7  
San Francisco**

Photo by Doug Thurston

*Bigna Samuel, the Open Women's Division leader of the PA USATF Cross-Country Grand Prix Series, strides out to win again at the Empire Cross-Country Open in Santa Rosa.*

**Time to renew your  
USATF membership!  
Form on page 3**

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

# 25th California-10

Sunday, January 12, 1997

9:00 AM Stockton

Free Brunch Following Run



Club 185



Sundance RC

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

**START/FINISH:**

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

**AWARDS:**

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

**COURSE:**

Flat, fast, out and back, 10 miles  
USA Track & Field Certified  
Traffic control ends at 2 hours; no stollers

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

**REGISTRATION:**

Send \$13 (non-refundable) post-marked by  
12/31/96. Please don't mail applications  
after this date!  
\$18 Race Day 7:30 - 8:30 AM

**PRIZE MONEY:**

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

**BENEFITS:**

Hospice of San Joaquin

**INFORMATION:**

Larry Frank (209) 478-2802  
Jerry Hyatt (209) 474-0159

CALIFORNIA 10 Waiver and Registration Send to:  
Sundance Running Club, c/o Larry Frank, 3627 Fourteen Mile Dr., Stockton, California 95219-3804

<b>Last Name</b>										<b>First Name</b>									
<b>Address</b>																			
<b>City</b>										<b>State</b>					<b>Zip Code</b>				
<b>Sex</b>		<input type="checkbox"/> M		<input type="checkbox"/> F															
		Circle One		<b>Date of Birth</b>				<b>Age(Race Day)</b>		<b>Phone</b>									
<b>Team/Club</b>										<b>USATF #</b>									

**WAIVER:** (The following must be signed to enter the race. If you are under 18, your parent or guardian must sign for you.)  
In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators waive and release forever any and all rights and claims or damages I may accrue against the California 10 race management, Sundance RC, the County of San Joaquin or against any and all organizations, sponsors, and/or individuals connected with this event, their representatives, successors and assigns for any & all injuries suffered by me in connection with this event including pre and post race activities.  
To protect athletes' amateur status, USA Track & Field requires notification that entrants may be required to submit to drug testing. For information on recently upgraded list of disallowed drugs call USOC Hot Line (800)-233-0393.

I have read my rights: Signed: \_\_\_\_\_ Date: \_\_\_\_\_



## A Memo from Fred Baer,

Pacific Association President

Here in the Pacific Association, the USA's successful Olympic year reaches a fitting conclusion with **USA Track & Field's National Convention** (Dec. 3-7 at the San Francisco Westin St. Francis), the **USATF Cross-Country Championships/IAAF World Trials** (Dec. 7 at Stanford), and the **California International Marathon** (Dec. 8 in Sacramento). This is an excellent example of the diversity of our Association. Three separate organizing committees are involved in the events.

And that's not all. **The U.S. Track Coaches Association (USTCA)** will be holding its annual convention (Dec. 5-7) concurrently with USATF at the San Francisco Westin St. Francis. I'll be attending those meetings, too, as a member of their Board of Directors (community college representative). Incidentally, **Kim Duyst** of Cal State Stanislaus is vice-president of the USTCA.

Both national organizations will be electing new leaders and will be involved in many important decisions. If you are a voting delegate, please take your responsibilities seriously.

More information about the USATF convention can be found on pages 6 and 7.

### Noteworthy:

Stanford Coach **Vin Lananna** will have a busy two weeks. His Stanford team is a contender in the NCAA Division I Cross-Country Championships (Nov. 25 in Tucson). In addition to attending both conventions, he and his track staff are hosting and conducting the USATF Cross Country Championships at Stanford on Dec. 7. As president of the NCAA Men's Cross-Country Coaches, Vin has been instrumental in getting the NCAA Cross Country Championships on the Track & Field Gold series on Prime/Fox Sportschannel.

Also, **David Wells** and **James Williams** of Humboldt State host the NCAA Division II Cross-Country Championships on Nov. 23 in Arcata.

Whether it's a track meet, a marathon, a major race walk, a youth or a master's event, a convention, or one of the myriad of other activities involving Pacific Association personnel, you can be proud to be part of the regional organization that's in the forefront of our sport nationally and internationally. All of our activities are important and none hog the total focus of the association!

Of course, one event could come close: the **1999 World Track & Field Championships!** The official USATF bid site is Stanford Stadium (competition)/San Jose (meetings, headquarters). The IAAF will vote on site selection in mid-December in Monaco.

**TV update:** The NCAA Div. I Championships will air nationally on Prime/Fox/Sportschannel outlets beginning on Friday, Dec. 13. The California International Marathon will be shown throughout our region (Sportschannel Pacific) and in other regions starting Friday, December 27. Contact me if you need more information, or a VHS tape of any of the 12 shows in our series this year.

## Notes from Around the Pacific Association and the World

### West Valley Joggers & Striders Team Shatters 70-79M 4x800 Relay Record



WVJS record setting team: Howard Powers (71), Frank Cunningham (73), Stan DeMartinis (73), and Dave Valles (72)

The four 70-79 year old male runners from the West Valley Joggers and Striders in this photo bested the world record for the 4X800 meter relay with a sizzling time of 12:35.1 minutes on Sept. 26.

Competing on the West Valley College Track in Saratoga the four participants completed the relay in an admirable 58 second improvement over the prior world record established in 1983.

This same accomplished group of runners established the 70-79 year old 4X1600 meter relay world record at the College of Marin track in Kentfield on August 27th.

The new world record time represents an average 800 meter time of 3:08.7 per runner.

### Time to Start Thinking Track!

#### Cal-Berkeley All-Comers Track & Field Meets

Jan. 18, 25; Feb. 1, 8, 15, 22; March 1, 8. Youth, high school, open and masters, 11 a.m., Edward's Field, University of California, Berkeley. \$2 per person. Running events: 55/100m; 55/110 HH; 300/400 IH; 200M; 400M; 800M; 5000M/2 mile; 400M/1600M relay. Field events: Hammer (except in January); Shot Put; Long Jump; Pole Vault; Javelin; Discus; High Jump; Triple Jump (except in January). Contact-UC Berkeley Track and Field Office, (510) 642-3158.

#### University of Nevada Indoor Meets, Reno

Jan. 25, Silver State Invitational; Feb. 1-Wolf Pack Invitational; Feb. 8-Bill Cosby Invitational; Feb. 15-Holiday Inn Classic; Feb. 21-22-Mountain Pacific Sports Federation Championships (no open: university only). Pre-registration required. Contact: Curt Kraft, Univ. of Nevada Track Office, (702) 784-6081.

#### Level I USATF Coaches Clinic

Feb. 7-9, Martinez, Calif., Contact: Bob McGuire, (510) 798-6299.

#### Stember, Stamps Compete in Junior World Championships

Michael Stember of Fair Oaks, a freshman at Stanford this fall, and Julia Stamps, a Santa Rosa High School senior, competed in the IAAF Junior World Championships track meet August 21-24 in Sydney, Australia.

Stember ran 3:50.62 to finish 10th in his semi-final 1500m heat. Shadrack Langat of Kenya won the final in 3:38.96. No U.S. runner made the final.

Stamps finished 11th in the 3000m final in 9:19.63, a personal best. Anita Weyermann of Switzerland set a new national junior record, winning in 8:50.73.

Juniors are athletes who have not yet turned 20.

#### After Trason DNF's With Injury, Liakhova Breaks World 100 km Track Mark

Oakland's Ann Trason failed to finish the IAU Invitational Women's 100 km in Nantes,

France, September 28. After running record-quality splits of 1:20:56 (20 km), 2:53:46 (marathon), 3:28:33 (50 km), and 4:34:55 (40 miles), Trason failed to finish due to an unspecified injury.

Valentina Liakhova or Russia ran 7:23:28, a new world track record, to win the event and \$3,000. Liakhova's 50 mile split was 5:55:41, also a world record. Donna Perkins of the U.S. finished fourth in 7:55:05. Perkins 50 mile split of 6:09:26 is a U.S. track record.

#### Association Teams Place Well in Hood to Coast

Several Pacific Association 12-member teams finished among the top teams in the Nationwide Insurance Hood to Coast Road Relay from Portland to Seaside, Oregon August 23-24. The relay, the largest of its kind in the country, is a total of 195 miles divided among 12 runners. More than 10,000 runners participated.

The Silver State Racing Team of Reno, Nevada placed fourth in the Elite Men's division. The team of Ray Cook, Jamey Harris, Tim Minor, Brett Kimple, Parker Kelly, Joerg Herbrechtsmeier, Joe Karne, Ryan Moore, Scott Schneider, Jake Neibaum, and Chris Phipps averaged 5:30-per-mile for a total time of 17:52:07. The Nike Mambu Baddu team won the event in 16:39:50, a 5:08-per-mile average!

The Empire Runners of Santa Rosa won the open men's division in 18:19:14. Stay Off the Sauce from Redding was third among Open Men in 19:05:27.

Among Sub-masters Men, Santini Goods DSE Hares from San Francisco was second in 19:13:40.

In the Open Women's division, Ladies From the Hood of Redding finished 5th in 25:31:05.

(continued on next page)

Correction from Sept.-Oct. issue: Ann Trason has completed and won EIGHT Western States Endurance Runs, not seven as mentioned.

## INAUGURAL PA/USATF LDR AWARDS BANQUET PLANNED FOR SATURDAY, FEB. 22, 1997

**Attention All PA/USATF Clubs and Athletes: Reserve your space now to make this banquet happen!**

The Pacific Association is planning its inaugural Long Distance Running Awards Banquet.

When: Saturday, February 22, 1997

5:30 pm: No host cocktails

6:30 - 8:30 pm: Banquet & Awards

Where: Hunan Restaurant Banquet Room,  
924 Sansome Street, San Francisco

Cost Per Person: \$18.50

Please note that these arrangements are TENTATIVE. That's because we need your assistance NOW. The facility requires us to put down a substantial deposit to reserve, and they require a 200-person minimum. Since this is a first-time event, we have no history to indicate how many PA/USATF clubs and members would like to attend, but with hundreds of active LDR runners and scores of clubs, let's have a big, fun event! This event is overdue!

We are asking all clubs and individuals to reserve their space NOW with a check covering each planned attendee. If we do not have a significant number of reservations by December 10, we will have to re-schedule the banquet for a later date, or simply refund all

reservations in full and regretfully bag the idea. But we know there's no way that can happen. Come on: this will be a blast!

**What Will Happen at the PA/LDR Awards Banquet:**

- The Pacific Association LDR Runner of the Year Awards, honoring our finest runners in all disciplines and categories from 1996;
- Formal recognition of our 1996 Grand Prix Circuit Champions for road, cross country, and ultra;
- Plus, 1996 Club of the Year Awards paying homage to our finest running clubs, again in all running categories;
- An opportunity to meet the local and savvy running media who will breathlessly await your arrival to get that exclusive interview with you and snap your photo;
- The premier road, cross-country, and ultra runners enjoying each other's company in a relaxed setting as you've never seen them before: wearing real clothes!
- Make it a night on the town as San Francisco opens its arms to the area's finest athletes in the best sport known to modern man and woman.

For those not cruising in by limo, parking is plentiful in downtown San Francisco's business district on Saturday nights. Seating is

banquet-table style, limited to the first 300 reservations! The banquet consists of 7-courses (enough to fuel you for several races at the cost of a single race!).

Reservations by check are being accepted NOW. Clubs: Send a check to cover as many attendees as you desire at \$18.50 each. No need to provide exact names now. Individuals and unattached athletes: Reserve right away. Significant others and non-runners welcome.

Reservations, \$18.50 each, are payable to: "Pacific Association LDR Banquet"  
Pacific Association/USATF  
120 Ponderosa Court  
Folsom, CA 95630

Remember, we need your reservation by December 10, 1996 to make this unparalleled event happen. Further details and banquet confirmation—hopefully not cancellation due to lack of interest—will appear in the January/February issue of Pacific Athlete. There is absolutely no risk, only benefits to you and PA/USATF LDR, by reserving now. If we are forced to cancel, your check will be returned in full.

For more information call Pacific Association Women's LDR Chair Irene Herman at 415-397-6931 (e-mail: [iherman@USA.net](mailto:iherman@USA.net).)

(notes, continued)

### Strong Highest in Bay Area Pole Vault Development Champs

Jerry Strong, competing among males 35-39, vaulted 15-6 to top the field of the San Francisco Bay Area Pole Vault Development Championships, August 24 in Vacaville. Other performers included Danny Strong, youth, 7-6; Matt Kendall, M30-34, 14-9; Eddie Seese, M45-49, 11-0; Roger Werne, M50-54, 11-6; Bruce Hotaling, M50-54, 11-0.

### Hissou Breaks 10,000 Record

And you thought 26:43 was fast! Morocco's Salah Hissou chopped FIVE seconds off the 14-month old 10,000 meter best set by Olympic gold medalist Haile Gebrselassie, Ethiopia, with a stunning 26:38.08 in the Memorial Ivo Van Damme meet IAAF Grand Prix meet August 23 in Brussels, Belgium. Two other runners were pulled under 27:00, the first time ever: Paul Tergat of Kenya was second in 26:54.41 and Paul Koech of Kenya finished third in 26:56.78. Six runners have now broken 27:00 for the 24-plus lap race, with six more breaking 27:11. The 27-minute barrier first fell in 1993.

### Kennedy Lowers 3000 American Record, Again

Bob Kennedy continues to chip away at his own 3000-meter American record. His latest best is 7:31.69, finishing third in the Brussels Meet on August 23.

## The Officials Report

by Dick Connors, Officials Chair

### Projecting Ahead . . .

How do we top 1996 as the United States' greatest track and field year ever? Reality check! It's already starting to happen, the athletes are back to work, trying to make the next four years something beyond what we track and field junkies can imagine.

On October 4th, I made my third visit back to the officiating world since the Olympics, when I helped at the Stanford Invitational Cross-Country Championships. I was impressed. The number of runners and the talent in the respective fields of competition were incredible. Records were broken by several individual runners and the team competition was extremely intense and exciting. The weather was very warm.

This is early in the cross country season, but cross-country runners are all future track distance runners, who I feel have the potential to put the USA back in the thick of things on the world distance running scene.

At the cross-country meet, Payton Jordan (former Stanford head track coach) was holding court with several officials between races when the subject of the status of Stanford's bid for the 1999 World Track and Field Championships came up. Mr. Jordan feels from the information that he is privileged to that, "Stanford is approximately 80% sure of

receiving the selection when the announcement is made in December."

Payton also cautioned us not to become overly optimistic in our thinking or planning as strange things have been known to happen in the international awarding of Track and Field Championships.

George Kleeman, our educational chairman for officials, is busy lining up clinic sites, dates, and classrooms for our use during January and February. These clinics will be for both new and continuing officials as we try to improve the quality and the range of our work on the field. Please help us recruit new members, and direct them to the clinics so they may be properly trained.

**May I remind officials that 1997 starts a new Olympiad and each of us must be recertified.** The recertification involves taking an open book test and paying dues. We now have the new test available and Pod will be getting them out to the membership before the end of the year.

I am seeking two individuals to fill vacancies on the officials committee executive board. The first position that needs to be filled is that secretary. This is an elected position that needs to be filled for one year until the election. The second position is an appointment as awards chairperson. Contact me at (916) 983-4624 if you are interested.

# The Pacific Association Hosts USA Track and Field National Convention

The Westin Hotel, San Francisco  
December 2nd - December 7th, 1996

by *Therese Iknoian*

Local Association committee members who hold national positions say that this year's USATF National Convention in San Francisco will not only allow the Pacific Association to showcase its maturity, involvement and size, but will also give these members the chance to remain keenly aware of how national issues affect local activities. More than 50 Pacific Association members plan to attend.

Pacific Association involvement on the national level is large, with many of our members on boards, holding offices or active on committees, pushing the Association continually into the national spotlight. In this election year, riding on the wave of an Olympic year, all will be searching for a perspective on the state of track and field as they remember how they became involved and look toward the next Olympiad.

"The Pacific Association people are up-to-date," says Lynn Cannon, of Chico, who has been chair of Women's Track & Field for eight years. "It is one of the best associations. The people know what the issues are, and they are creative in their marketing. It's almost a model association."

Fred Newhouse, who chairs the Budget and Finance Committee and is running for treasurer, calls this association "very mature" in comparison to others. Working in Benicia for the past year where he moved from the Houston area, he says he is "overwhelmed, because this is a huge association."

Having the convention in San Francisco will likely attract a large delegation from all 56 associations because of the attractiveness of the area as a destination. But regardless of convention location, both Cannon and Newhouse expect the key issues to remain ones of a national level: financing and marketing of track and field as a popular sport. It must attract the attention of the American consumer who is bombarded with teams, leagues and events all demanding attention.

**Financing:** Keeping money flowing after the Olympic year will be the primary discussion in many committees. "We've just come off of a banner year, with a \$12-million budget," Newhouse says, pointing out what everybody knows: this won't be the case for 1997. "The organization will have to tighten up its belt and operate on a \$9 to \$10 million budget."

The challenge will be to harness the success that was experienced during the Olympic year and keep track and field in front of the public. "It's our responsibility as an organization to keep this interest up," Newhouse says, "and we've got to learn how to do that."

"We're going to have to learn to do more with less," Newhouse maintains. "We can't let the dollars be the excuse for not being successful." First, he says, individual committees as well as track and field in

general must be successful—with less money, perhaps—to be able then to find sponsors and, eventually, higher financial backing to build on the successes.

As chair of the Budget and Finance committee, Newhouse has a birds' eye view of the dollars as they flow in and out. He believes that "everybody will suffer equally" through the cutbacks that must happen, although he would like to see fewer cuts hit youth athletics since he sees that as where the future of USATF lies.

He also sees a continued emphasis on masters athletics since the population as a whole is aging and that trend will also affect the structure of USA Track & Field. Enthusiastic masters athletes from all events could provide part of the financial backbone that will help support development of the youth and elite athletes, he says.

"USA Track & Field is probably the master athlete's favorite charity," says Newhouse, a past Olympic silver medalist, who first became involved in sport leadership in 1977 as an athlete's representative to the United States Olympic Committee.

Balance of expenditures is a never-ending struggle, but the youth should receive adequate money because, Newhouse says, "this group will keep us ahead of the rest of the world."

**Marketing:** Stories continue to be written and the issues debated about whether track and field is a dying sport in America, whether the American sports consumer is too overloaded with professional team sports, or whether it is possible to educate the consumer about the fine points of enjoying and appreciating track and field.

Finding an efficient way to market the sport will be an ongoing challenge, Cannon says, both in and out of the Pacific Association, as the local committee members who are involved in key national positions search for answers. Cannon also began working with federation leadership as an athlete. In 1981, she became a member of the Athletes Advisory Committee after an injured knee brought her career as a javelin thrower to an end.

Cannon, who has been involved in the Pacific Association for three decades, says that continuing to promote the sport and find sponsors won't be easy after the sensational attraction of having the Olympic Games within our borders.

Despite the challenges that face Pacific Association committee members as they participate in debates and elections the first week of December at the convention, they express an enthusiasm for their role. "It's very rewarding to work on, for example, legislation," Cannon says, "and see something become reality. I really like helping people, too."

Another issue that will surely hit home in the Pacific is the long-time national structure using associations, which Cannon believes might not be the best way to run the federation. Not only is there an additional level of bureaucracy added to governance, but some local delegates and committee members—not so much in the Pacific, she says—tend to think only on a local level, rather than nationally. Still, although likely to see committee debate, she doesn't think this will be changed in the near future because of politics and power struggles.

As the Pacific Association prepares to host hundreds of delegates, Cannon, Newhouse, and others prepare for a week of deliberations about a sport to which they are all dedicated. "We should be proud to be a part of a sport that's a lifelong sport," Newhouse says. "If we could just find a way to harness (the energy of) all the people who have their roots in track and field, we could make monumental steps."

Cannon is one of those people whose roots go long and deep. Debates and disagreements, glory or not: "This is my life," Cannon says. "This is my sport."

## Some of the Pacific Association Members Who Participate at the National Level of USATF

Lynn Cannon: Women's Track & Field  
Stan Wright: Special Assistant to the President  
Bob Boalman: World Race Walk Chairman  
Nancy Ditz: Athlete's Representative, USATF Board  
Harmon Brown: Sports Medicine and Science  
Charles Des Jardins: IAAF Delegate, Masters LDR  
Chryste Gaines: Athlete's Advisory  
Fred Newhouse: Budget & Audit Chair  
Al Baeta: 1996 Olympic Team Manager  
Erv Hunt: 1996 Olympic Coach  
Deanne Vochatzar: 1996 Olympic Coach

*ed. note: Pacific Athlete acknowledges that scores more Association members participate at the national level.*

**1996 USATF ANNUAL MEETING DAILY SCHEDULE**  
The Westin St. Francis in San Francisco, California December 2-7

The facilities at The Westin St. Francis will include National Office headquarters, a Convention Service office, a Press Office, a Calendar Office, and a Computer Workroom.

**Monday, December 2**

- 12 noon - 6 pm Registration
- 2:30 - 6 pm USATF Executive Committee (=Cmte.)
- 7:30 - 9:30 pm USATF Executive Committee

**Tuesday, December 3**

- 8 am - 6 pm Registration
- 9 - 10 am First-Timers Orientation
- 9 - 11 am Member Services, Masters LDR Exec. Cmte.
- 9 - 12 noon Men's T & F Exec. Cmte., Assn. Exec. Cmte., Women's T & F Exec. Cmte., Race Walking Exec. Cmte., Officials Exec. Cmte., Youth Athls. Exec. Cmte.
- 11 - 12:30 pm Cultural Exchange
- 1 - 5 pm USATF Board of Directors
- 4 - 6 pm Men's LDR Championship SubCmte.
- 6 - 8 pm Athletes Advisory Event Leaders
- 6 - 9 pm Men's LDR Exec. Cmte.
- 6 - 9 pm Athletics for Disabled
- 6 - 10 pm Youth Athletics
- 6 - 10:30 pm Masters Track & Field Exec. Cmte., Officials
- 6 - 11 pm Masters LDR, Race Walking, Men's Track & Field, Women's Track & Field
- 8:30 - 11 pm Athletes Advisory
- 9:30 - 11 pm Joint Men's/Women's Cross-Country Subcmte.

**Wednesday, December 4**

- 7:30 am - 6 pm Registration
- 9 - 12 noon USATF Opening Session
- 12 noon - 6 pm Exhibits, International Competition Cmte.,
- 12:30 pm - 2 pm USATF Meet Directors Association
- 1 - 2 pm First Timers Orientation
- 1 - 2:30 pm U.S. Women's Track Coaches Association Advisory
- 1 - 3 pm Men's Awards SubCmte., Youth Athletics Coaches Association, Member Services
- 1 - 4 pm Masters T&F Awards SubCmte. Associations First General Session
- 1 - 5 pm Records
- 1 - 5:30 pm Budget & Finance, Standards Men's & Women's Subcmte., Rules, Officials
- 2 - 5 pm Ultra Distance Running Representatives (Women's, Men's, Masters LDR)
- 3:30 - 5 pm Youth Athletics Regional Coordinators
- 3 - 6 pm U.S. Women's Track Coaches Association
- 3:30 - 5:30 pm Men's Development, Public Relations Task Force
- 5:30 - 8:30 pm Coaching Education Exec. Cmte.,
- 6 - 8 pm Women's LDR Exec. Cmte.
- 6 - 11 pm Race Walking Site Selection Subcmte.
- 6:30 - 8 pm USATF Meet Directors Assn., Women's Sprint Development Clinic, Men's LDR Round Table,
- 6:30 - 10 pm Masters Track & Field, Oxford Room - 2
- 6:30 - 11 pm Youth Athletics
- 7 - 11 pm Rules
- 8 - 10 pm Masters LDR
- 8 - 11 pm USATF Candidates Forum
- 8:30 - 10:30 pm Home Team '96
- 8:30 - 11 pm Men's Development Workshop, Men's Development Workshop B, Men's Development Workshop C, Men's Development Workshop D, U.S. Women's Track Coaches Assn., Road Running Technical Council, Women's Heptathlon SubCmte., Officials Equipment & Facilities Subcmte., Athletes Advisory

**Thursday, December 5**

- 8 am - 6 pm Registration
- 8 am - 11 am Sports Psychology Seminar
- 8:30 am - 5:30 pm Joint Site Selection Subcmte.
- 8:30 - 11:30 am Women's Development, Women's LDR, Masters

- (8:30 - 11:30 am Track & Field, Masters Long Distance Running, 12/5 cont'd.) Women's Cross Country Subcmte., Men's LDR, Athlete Support Subcmte., Law & Legislation, Athletes Advisory, Youth Athletics,
- 9 am - 6 pm Exhibits
- 12 noon - 2 pm Hall of Fame Luncheon
- 1 - 5 pm Sports Psychology Seminar
- 2:30 - 6 pm Substance Abuse Education & Testing, Records, Hall of Fame Library Advisory Board, Joint Masters

- T&F/ LDR, Women's Development, Women's LDR, Race Walking, Youth Athletics
- 4:30 - 6 pm High School Coaches Assn.
- 5 - 6:30 pm Women's Sprint Development Clinic
- 6 - 10 pm Coaching Education
- 7:30 - 8:30 pm USATF Authorized Representatives
- 7 - 9 pm Coaches Assn. Exec. Cmte. Mtg./NCAA Division, Chaplain Workshop
- 7 - 11 pm Sprint Development High School Workshop, Sports Medicine & Science
- 8 pm - 9:30 pm Officials Exec. Cmte.
- 8 pm - 10 pm Joint Men's & Women's Development
- 8 pm - 11 pm Race Walking, Assns. Second General Session, Road Running Technical Council, Rules

**Friday, December**

- 7 am - 9 am Awards Breakfast Buffet
- 7 am - 12:30 pm Voter Service (1st round)
- 8 am - 6 pm Registration
- 8:30 am - 5 pm Coaches Assn. Coaching Clinics
- 9 am - 12 noon Exhibits
- 9 am - 12 noon Masters Track & Field, Women's Track & Field, National Sponsors Advisory Group, Women's LDR, Race Walking, Men's Track & Field, Youth Athletics, Men's LDR, Joint Law & Legislation/Rules
- 9 am - 4 pm Sprint Development High School Clinic
- 9 am - 6 pm Para-Olympics Officials Selection Cmte.
- 10 am - 5:30 pm Coaches Assn. Coaching Clinics
- 12 noon - 2 pm Coaches Awards Luncheon
- 1 - 2 pm Associations Third General Session
- 1 - 3 pm Joint Men's & Women's LDR, Sponsor Support Advis. Task Group, Cultural Exchange, Race Walking Judging Seminar, Joint Men's & Women's T&F, Rules
- 1 - 5 pm Athletes Advisory
- 2 - 4 pm Associations Regional Breakout Session
- 2 - 5 pm Masters Track & Field
- 3 - 7 pm Coaches Association
- 3:30 - 6 pm Masters LDR, Women's LDR, Coaching Education
- 3:30 - 6:30 pm Voter Service (2nd Round)
- 4 - 5 pm Associations Cmte. Elections
- 4 - 7 pm Coaches Assn. Meetings
- 5 - 6 pm Coaches Assn. Team Sports Promotion
- 5 - 7 pm Coaches Assn. Meeting, Coaches Association Division II Cross Country
- 6 - 7 pm Pre-Reception
- 7 pm - ????? Jesse Owens Banquet

**Saturday, December 7**

- 7 - 11 am Voter Service (if necessary)
- 8 am - 12 noon Registration
- 8 am - 6 pm Coaches Assn. Opening & General Session
- 9 am - 11:30 am Youth Athletics, Junior Commission, Custodial Board and Doping Hearing Panel, Athletics for the Disabled, Joint Law & Legislation/Rules
- 10 am - 12 noon 1997 Officials Selection Subcmte.
- 10 am - 5 pm Coaches Assn. Division II Meeting, Coaches Assn. Breakout, Coaches Assn. Breakouts (Jr. College), Coaches Assn. Breakouts (HS Meeting), Coaches Assn. Breakouts (Division III),
- 2 pm - 5:30 pm USATF Closing General Session

# USATF-Pacific Association Calendar of LDR, Cross Country and Ultra Events

November 9, 1996 to February 23, 1997

## Saturday, November 9

**PA Cross-Country:** Tamalpa Challenge, Marin Headlands, 5.5 mi./ 5.5 mi., Craig Stern, 415-892-0597

**Jingle Bell Run/Walk for Arthritis 5 km/ 10 km Run, 5 km Walk, Kids Run,** 8:30 am, William Land Park in Sacramento, Arthritis Foundation, NE CA Chapter, Joan Stevie, 3040 Explorer Dr. #1, 95827, 800-571-3456

## Sunday, November 10

**DSE South Embarcadero Run 6.25 mi.,** 9:30 am, (kids' run 9:00 am), Dolphin club at Jefferson & Hyde ST. in San Francisco, DSE Runners, PO Box 210482, 94121-0482, 415-978-0837

**Women's Fitness Celebration 10 km/5 km,** 9 am, Shoreline Park, Mountain View, Eternelle Magazine, PO Box 1646, Los Altos, 94023, 415-967-1797

## Saturday, November 16

**Helen Klein 50 Mile Classic,** 6 am, Wm. Pond Park, Sacramento, Greg Soderlund, 242 Hartnell Place, Sacramento, 95825, 916-929-7858

**23rd Thanksgiving Fun Run/Walk 5 mi.,** 8:30 am, 460 Pt. San Bruno Blvd. in South San Francisco, Elaine Porter, SSF Park & Rec., 33 Arroyo Dr., 94080, 415-877-8560

## Sunday, November 17

**PA-Road: Clarksburg 30 km,** 10 am, Delta HS in Clarksburg, Skip Seebeck, PO Box 20, Clarksburg, 95612, (916)665-1712, 916-678-5005, or 916-775-1318 (eves.)

**Clarksburg 1 mi. Kids Run,** 9:30 am, see above.  
**Clarksburg 30 km Relay,** 10 am, see above.  
**Clarksburg 10 km/5 km,** 10:15 am, see above.

**Turkey Trot Run/Walk,** info tba, Andy Jensen, North Coast Striders, PO Box 1556, Ukiah, 95482

**"Habitat For Humanity" HOME RUN 5 km/ 10 km,** Cupertino (408)235-1376

**P.A.C. Turkey Trot 10 km/1 mi. (5th),** 9 am, Redwood Shores, Race director, 100 Redwood shores Pkwy., Redwood City, 415-593-4900, x240

## Saturday, November 23

**PA Cross-Country & PA-Road:** Pacific Association/USATF Cross-Country Championships, 10 km/ 6 km, Golden Gate Park, Tim Wason, 415-648-1467  
**Davis Turkey Trot 5 km/ 10 km,** 8:30 am, Civic Center Field in Davis, A Change of Pace, 221 G St., #205, Davis, 95616, 916-757-6017

**Run For Cover 10 km & Walk with the Mayor,** 10 am, Red Lion Hotel, Modesto, Highways & Hedges, attn.: Frederick Berry, 2900 Staniford 16, B-259, Modesto, 95550, 209-571-2101

## Sunday, November 24

**Lake Merritt Joggers & Striders 4th Sunday Runs 5 km/10 km/ 15 km & 5 km Walk,** 9 am, Old Boathouse at Lake Merritt in Oakland, 510-610-7887

**DSE Walt Stack Trail 7.13 mi. Run,** Dolphin Club at Jefferson & Hyde St. in San Francisco, DSE Runners, PO Box 210482, 94121-0482, 415-978-0837

**Toys For Tots Turkey Trot 5 km/10 km 2nd,** 8 am, Moffet Field, Mountain View, Sam Rael, 901 E. Mission St., San Jose, 95112, 408-286-6501

## Thursday, November 28

**Run to Feed the Hungry 10 km/2 km & team event** (best 4 times out of five member-team entered) 9 am, Scottish rite Temple at H and Carlson Sts. in Sacramento, Leslie Elgood, Sacramento Food Bank, 3333 Third Ave., 95817, 916-852-8463

**San Francisco Thanksgiving Turkey Trot 5 km,** 9 am, Polo fields in Golden Gate Park, South Park Race Productions, PO Box 77681, 94107-7681, 415-665-3397  
**Gold Medal Turkey Trot 4 Mile,** 10 am, Pinole Valley HS, Pinole, Sky High, PO Box 20963, El Sobrante, 94803, 510-223-5778

## Saturday, November 30

**PA-Ultra:** Quadruple Dipsea (28.4 mi. on trails), Mt. Tamalpias, John Medinger, 415-894-1336, E-Mail: medinger@chevron.com

## Sunday, December 1

**Run to the Far Side XII 5 km/10 km,** 8:30 am, Golden Gate Park, RhodyCo Productions, 3929 California St., San Francisco, 94118, 415-564-0532

## Saturday, December 7

**Holiday Run/Walk Against Drugs 1 mi./3 mi./10 km, 9 am,** Sutter Delta Med. Center, Antioch, Tom Torlakson, 300 E. Leland Rd., #100, Pittsburg, 94565, 510-513-1357  
**Running of the Elves 5 km Run,** 9 am, 1st & D St., Marysville, Nick Vogt, Yuba City XC Coach, 2088 N. Beale Rd., Yuba City, 916-634-7727

**Cordova Christmas Classic 10 km Run/Walk Kids 5 mi./1 mi. Runs,** 9 am, Cordova HS, Up & Running, 11114 Oberun River Ct., Rancho Cordova, 95670, 916-362-1841

**Jingle Bell Run/Walk for Arthritis 5 km/1 mi.,** 9 am, Coyote Pt. Rec. Area, San Mateo, Colleen Fedick, Arthritis Foundation, 203 Willow St., Ste. 201, San Francisco, 94109-7731, (800)464-6240

## Sunday, December 8

**PA-Road: California International Marathon,** Folsom to Sacramento, Pacific Association, USATF, 120 Ponderosa Ct., Folsom, CA 95630, 916-983-4622, and Crankchair Championship (916-244-3577)  
**Culver City Western Hemisphere Marathon,** also in-line skate marathon and 5 km race, 4117 Overland Dr., Culver city, 90230, 310-253-6650, fax-6666  
**Chevron Bah Humbug 5 km Run/Walk/Skate,** San Ramon, (510)275-2300

**Christmas Classic 5 km/Miracle Mile Walk/Run Against Leukemia,** 8 am, Golden Gate Park, SASE to People Events, 528 Larch Ave., So. SF, 94080-1612, San Francisco: (415)589-7517 & fax

## Sunday, December 15

**Palm Desert 5 km and USATF Men's National Championships,** Palm Desert, (714)548-4897

**Christmas Relays 4x4.464M (22nd),** 9 am, Lake Merced, San Francisco, WVTC, 1433 Norman Dr., Sunnyvale, 94087 (510)635-9508

**Jingle Bell Run/Walk for Arthritis 5K km/1 mi.,** time tba, Yerba Buena Gardens, San Francisco, Colleen Fedick, Arthritis Foundation, 203 Willow St., Ste. 201, San Francisco, 94109-7731, (800)464-6240

## Saturday, December 21

**Golden Christmas 5 mi./10 mi.,** 9 am, Crissy field, San Francisco, Enviro-Sports, Box 1040, Stinson Beach, 94970, 415-868-1829

## Sunday, December 22

**Lake Merritt Joggers & Striders 4th Sunday Runs 5 km/10 km/15 km/5 km & Walk,** Oakland, 510-601-7887

**DSE Coit Tower Run 3M,** DSE Runners, PO Box 210482, San Francisco, 94121-0482, 415-978-0837

## Wednesday, December 25

**Santa's Gold Rush 5 Mile,** Richmond, 510-223-5778

**DSE Christmas Blind Date Relays (2X2 miles),** DSE Runners, PO Box 210482, San Francisco, 94121-0482, 415-978-0837

## Saturday, December 28

**New Year's Resolution Marathon 31 km, 12 km, mara & 31 km** 9 am at Muir Beach, 12 km 10 am at Mtn. Home Inn, Enviro-Sports, Box 1040, Stinson Beach, 94970, 415-868-1829

## Sunday, December 29

**DSE Ferry Building Run 3.83 mi.,** San Francisco, DSE Runners, PO Box 210482, 94121-0482, 415-978-0837

## Tuesday, December 31

**Safeway First Run 2 mi. Run/Walk (4th) & party,** midnight at the Capitol Grounds, Sacramento, 415-564-0532  
**Safeway First Run 2 mi. Run/Walk (10th) & party,** midnight, Crissy Field in Presidio, San Francisco, (415)564-0532

## Wednesday, January 1, 1997

**Sea Breeze Five Mile,** 10 am, Univ. Ave. at I-80 (Sea Breeze Deli), Berkeley, Sky High, PO Box 20963, El Sobrante, 94803, 510-223-5778

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

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

Rio Resolution Run '97 6.8 mi., 9 am, Crossroads Shopping Center, Carmel, Rio Grill, 101 Crossroads Blvd., 93923, 408-644-2427

Los Gatos Resolution Run 5 mi., 9 am, Los Gatos HS, Brad at Athletic Performance, 55 W. Main St., Los Gatos, 95030, 408-354-7365

New Year's Resolution Run 5 km/10 km, Sacramento, 916-372-7367

DSE Hangover Run 3.53 mi., 9:30 am, GG Bridge, San Francisco, DSE Runners, PO Box 210482, 94121-0482, 415-978-0837

**Sunday, January 5**

East-West Shrine Run 5 km/10 km Run/Walk, 9 am, Stanford Stadium, Palo Alto, East-West Shrine Run, 1651-19th Ave., San Francisco, 94122, 800-227-8881

**Sunday, January 12**

**PA-Road: California 10-Miler**, 9 am, San Joaquin Gen. Hosp. in French Camp near Stockton, Larry Frank, 3627 Fourteen Mile Drive, Stockton, 95219-3804, 209-78-2802

**Saturday, January 18**

Jed Smith Ultra 50 mi./50 km/30 km (19th), 9 am, Gibson Ranch Sacramento County Park near Elverta, Jim Drake, 3442 Whitnor Ct., Sacramento, 95821, 916-485-8013 (eves.)

**Sunday, January 19**

San Francisco Zoo Run 3 mi./7 mi. (21st), San Francisco, 415-753-7171

Trackathon 5 km/10 km/20 km/ 30 km/ 50 km/ marathon, 9 am, American River College (all weather track), Sacramento, Paul Reese, 308 Forest Court, Auburn, CA 95603

**Saturday, January 25**

The Copper Run 10 km/2 mi./5 mi. Run (5th), Copperopolis: 209)785-2757

**Sunday, January 26**

Home Depot San Francisco Half Marathon/5 km, 8 am, Golden Gate Park, San Francisco, Pamakids, 415-333-4780

Santa Cruz County Special Olympics

Super Bowl Sunday Fun Run 10 km/3 km, Santa Cruz, 408-479-5266

Super Mile '97 (13th), 8:30 am, Santa Rosa Corporate Center, Sonoma Women Against Rape, PO Box 1426, Santa Rosa, 95402, 707-545-7270

## 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

## 1996 Pacific Association LDR Grand Prix Events

**Sunday, November 17**

Clarksburg 30 km, 10 am, Delta HS in Clarksburg, Skip Seebeck, PO Box 20, Clarksburg, 95612, (916)665-1712, 916-678-5005, or 916-775-1318 (eves.)

**Sunday, December 8**

California International Marathon, Folsom to Sacramento, Pacific Association, USATF, 120 Ponderosa Ct., Folsom, CA 95630, 916-983-4622 (916-244-3577)

## Looking Ahead to 1997 Pacific Association LDR Grand Prix:

**California 10-Miler**, 9 am, San Joaquin Gen. Hosp. in French Camp near Stockton, Larry Frank, 3627 Fourteen Mile Drive, Stockton, 95219-3804, 209-78-2802  
See entry form on page 2.

*The complete 1997 LDR Grand Prix  
Event calendar will be available in  
the January-February issue of  
Pacific Athlete.*

## PA Grand Prix Event Calendars

Ultra page 21  
Cross-Country page 12

## 1996 USA Running Circuit

### Remaining Men's Races

Event	Prize \$\$	Date
Delchamps Senior Bowl 10 km, Mobile, AL	\$10,000	11/2
Palm Desert 5 km, Palm Desert, CA	\$10,000	12/15

## Track & Field Calendar Notes

Martinez Relays, (oldest relays in CA since 1933!) March 29, 1997, Alhambra HS, 510-313-0439

Remaining All-Comers Paul Vault Competitions are scheduled for Nov. 16 and Dec. 21 in Vacaville. For more information, contact Eddie Seese, PA Pole Vault Development Coordinator, 529 Gloria Way, Benecia, CA 94510, (707) 748-4342; E-mail: prsport1@aol.com.



## FLASH! Humboldt Half Marathon Top Finishers!

**Sunday, October 20, 1996  
Weott, Calif.**

**Best of the best:** Master Terry Adams-Schmidt was first overall woman in 1:17:53. Senior Woman Shirley Matson's (55) time of 1:23:09 is a pending national 55-59 age group record. Joan Ottaway (52) was just behind her (1:23:14), and they finished 11th & 12th women overall. Barbara Miller was 3rd Senior (1:28:47), a pending single year age group record.

### Open Men (30-39)

1 Eric Tollefson	1:06:07
2 Jamey Harris	1:06:36
3 Mike Stone	1:07:20
4 Jose Pilar Aispuro	1:07:27
5 Russel Will	1:07:52
6 Jeff Shaver	1:08:06
7 Joe Karnes	1:08:23
8 Jason Dressler	1:08:25
9 Brian Richter	1:08:38
10 Andrew Boudreau	1:09:08

### Masters Men (40-49)

1 Miguel Tibaouza	1:08:09
2 Danny Aldridge	1:09:07
3 Lloyd Stephenson	1:11:09
4 Tom Cushman	1:12:09
5 Jacob Gandelaria	1:12:28

### Senior Men (50-59)

1 Ewar Gordillo	1:16:25
2 Alphonzo Jackson	1:17:06
3 Frank Ruona	1:17:40

### Super Senior Men (60-69)

1 Alex Derieux	1:29:08
2 Bernie Hollander	1:31:08

### Veteran Men (70 & over)

1 Bob Burns	1:31:20
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### Open Women (39 & under)

1 Kristina Mathias	1:18:34
2 Sissel Berntsen-Heber	1:18:59
3 Denise Foote	1:20:02
4 Lisbet Engberg	1:20:09
5 Tenaya Soderman	1:20:21
6 Kristin Jacobs	1:20:28
7 Sandy Patterson	1:20:42
8 Amanda Gerhardt	1:22:05
9 Lisa Geoffron	1:23:33
10 Laura Stanfield	1:23:47

### Master Women (40-49)

1 Terry Adams-Schmidt	1:17:53
2 Honor Fetherston	1:21:21
3 Kathy Ward	1:25:54
4 Sue Francis	1:26:50
5 Claire Fry	1:27:13

### Senior Women (50-59)

1 Shirley Matson	1:23:09
2 Joan Ottaway	1:23:14
3 Barbara E Miller	1:28:47

### Super Senior Women (60-69)

1 Myra Rhodes	1:42:56
2 Inge Hendron	1:58:14

### Veteran Women (70 & over)

1 Dawn Russell	2:19:16
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# Race Walking Report

by Ron Daniel, Race Walk Chair

## New Zealander Little has Big Win in Oakland Ackeret Out Leans Szody in 3 km Sept. 8, 1996, GGRW Founders' Day 10 km

In a triumphant return to the Bay Area, Gary Little of New Zealand left no doubt to his superiority. In unseasonably warm and humid conditions, Gary (54) displayed flawless technique as he won by nearly 9 minutes in 47:53. First Pacific Association finisher, Bill Penner, of Stockton's St. George TC, finished second in 56:47. Bill had the pacing company of Therese Iknoian for 5 km as she used the race to begin her return to training after a short break. Terri Brothers, PRO, was first woman in 58:46, a PR for Terri.

The last time Gary Little raced in the Pacific Association he was a member of the New Zealand National Team at the 1991 World Cup in San Jose. As a phenomenon at age 49, he finished the 50 km in 4:39:27 in 90-plus temperatures. Gary still looks fit enough to be racing internationally.

In a special Novice/Youth 2.5 km race, Ericka Ackeret (13), San Jose and National JO Champion, won in a "photo" finish over Brooke Szody (16), Shingletown. They were both timed in 13:30.

Roger Wellborn of PRO had a PR of his own grabbing 3rd in 58:11. With PRO finishing 3rd, 4th, and 5th they should be a big threat in the Megawalk Team Challenge on Oct 26.

Congratulations to the GGRW for another fine event. 22 race walkers completed the course.

## GGRW Founder's Day Mixed Men's and Women's Novice 2.5 km

Pl	Name	Club	Time	Age
1	Ericka Ackeret	GGRW	13:30	13
2	Brook Szody		13:30	16
3	Janet Hutton		19:20	44

## GGRW Founder's Day Mixed Men's & Women's 10K

Pl	Name	Club	Time	Age
1	Gary Little	New Zealand	47:53	54
2	Bill Penner	S/St. G TC	56:47	50
3	Roger Wellborn	PRO	58:11	45
4	Terri Brothers	PRO	58:46	40
5	Robert Eisner	PRO	1:01:04	67
6	Sandy Womack	GGRW	1:01:11	48
7	John Doane	SCTC	1:01:25	53
8	Ron Day	GGRW	1:02:44	36
9	Jim Fisher	Marin RW	1:02:54	60
10	Art Klein	SCTC	1:03:37	43
11	Gary Bower	GGRW	1:03:57	53
12	David Dorinson	GGRW	1:05:44	54
13	Janet Sirett	GGRW	1:06:29	35
14	Bill Moreman	GGRW	1:07:47	68
15	Lorrie Leiker	GGRW	1:08:39	42
16	Lorri Coppola	GGRW	1:10:22	56
17	Judy Geldin	GGRW	1:12:17	46
18	Jon Borset	GGRW	1:12:36	67
19	Ralph Wheeler	GGRW	1:17:06	62
20	Paul Robertson	GGRW	1:17:49	56
21	Ernie Lucken	GGRW	1:20:48	81
22	Grace Moreman	GGRW	1:23:10	66
	Therese Iknoian	GGRW	DNF	39
	Carolyn Nash	GGRW	DNF	49
	Helen Storrs	PRO	DNF	30

## PA Youth Medal at JO Nationals July 23-28, Houston, TX

Pacific Association Youth Race Walkers made their presence felt at this year's Junior Olympic Championships as they won three out of the 10 races. The individual champions are: Sarai Boyle, West Wind Flyers, 1500M Bantam, 8:17.3; Scott Boyle, West Wind Flyers, 1500M Midget, 7:36.47 and Ericka Ackeret, GGRW, 3000M Youth Girls, 15:33.84. Also medaling in third place was Nathan Williams, Stockton St. Geo./TC 3000M Intermediate, 15:57.88.

Just missing a medal was Brooke Szody from Shingletown in fourth place in the Intermediate Girls 3000M with a time of 16:50.64. Also competing were: Bekka Marrs and Melanie Anderson from Diablo Valley in Bantam Girls; Mark Perry from Stockton St. Geo./TC in Bantam Boys; Terry Coltis, S. F. Striders Midget Boys; and Kelvin Bush, West Wind Flyers in Youth Boys. Congratulations to all the competitors.

## Pacific Association Walkers Bring Home the Medals from Spokane

### Aug. 15-18, USATF National Masters, Spokane

Whether on challenging road courses or the stadium track, PA masters can score. Of the many who competed, here are the top finishers:

**5 km Race Walk, Men:** 1st (M60-64) Jack Bray, Greenbrae, 25:15.20; 2nd (M55-59) John Schulz, San Rafael, 28:18.05; 2nd (M75-79) Herman Arrow, Greenbrae, 37:13.18; 3rd (60-64) Dick Petruzzi, Carmichael, 28:20.00; 3rd (M65-69) Robert Eisner, Carmichael, 29:58.01.

**5 km Race Walk, Women:** 1st (F85-89) Dorothy Robarts, Mill Valley, 44:47.39; 2nd (F30-34) Camille Johnson, Coursegold, 34:27.05; 2nd (F50-54) Lani LeBlanc, Sausalito, 30:17.63; 2nd, (65-69) Charlotte Walker, Pollock Pines, 37:06.66; 3rd (F40-44) Virginia Fong, San Rafael, 31:00.84; 3rd (F55-59) Doris Cassels, San Rafael, 32:00.15; 3rd (F60-64) Shirley Dockstader, Mill Valley, 31:35.79.

**10 km Race Walk, Women:** 1st (F30-34) Helen Storrs, Sacramento, 1:08:01; 1st (F50-54) Lani LeBlanc, Sausalito, 1:03:06; 1st (F65-69) Charlotte Walker, Pollock Pines, 1:15:21; 2nd (F30-34) Camille Johnson, Coursegold, 1:10:09; 2nd (F60-64) Shirley Dockstader, Mill Valley, 1:04:43; 3rd (F40-44) Virginia Fong, San Rafael, 1:03:14

**20 km Race Walk, Men:** 1st (M65-69) Robert Eisner, Carmichael, 2:10:18; 2nd (M45-49) Shoja Torabian, Larkspur, 1:52:23; 2nd (M60-64) Jack Bray, Greenbrae, 1:52.23

## Chairman's Notes

• **Youth Grand Prix:** A Grand Prix for Pacific Association Youth race walkers will begin in 1997. This idea has been turned into a long overdue reality by Therese Iknoian. The Grand Prix will combine results from three established PA Race Walking calendar events, two PA Youth meets, and the PA Road Mile Championship. Each participant will receive an event T-shirt and

other awards, including overall recognition awards, will be provided throughout the program.

The program will be conducted in cooperation with the PA Youth and RW Committees and under direction of Therese. The first event is the PRO 8 km, Feb. 22, 1997. For Youth GP information contact Therese at (408)297-3376. For 8 km information see schedule on page 9.

• **Operating Procedures:** In early September, the first draft of the Race Walking Committees' Operating Procedures was sent to six PA Club representatives and one Athletes Representative. Comments were to be given to Charlie Sheppard, PA Vice President, by Oct 4. Charlie reported that four responses were received by the deadline. The next round of review will begin in early November.

• **Grievance:** In October 1995, Brenda Usher-Carpino, Oakland, after two disqualifications in recent races, wrote a grievance against PA race walk judges Ron Daniel and Lori Maynard. Carpino charged the PA judges with having disqualified her because she was African-American or because she was coached by Jack Bray.

After a 2-day hearing May 3-4, 1996 in Oakland, the Hearing Panel changed the context of the original grievance to one of a conspiracy led by Daniel, since it takes a minimum of 3 judges to effect a disqualification.

The Panel's report, submitted to the PA Board on May 29, simultaneously found that "the grievance has not been sustained" and that "evidence herein is clear enough to create a suspicion". A rebuttal by Daniel stated that "evidence" was shown to be based on hearsay.

At the September, 1996 PA Board meeting, the Panel report was discussed. The PA Board of Athletics then voted to accept from the Hearing Panel's report the conclusion that "the grievance was not sustained." The Board also voted to reject the remainder of the Panel's report.

**Race Directors & Race Results:** If you want the results of your races to be included in the *Pacific Athlete*, please send the results to the RW Chairman within two weeks of the event. Please include: Competition Number, Name, Club, Time and Age for each competitor; also, list the judges and enclose a copy of the judges summary sheet.

**Training Clinics:** contact Ron Daniel to arrange for training clinics, beginner, intermediate and advanced. (415)964-3580

**Judging Clinics:** contact Lori Maynard, Officials Committee representative, to arrange for a judging clinic and to schedule apprentice judging activities. (415) 369-2801

## Race Walk Schedule

**Nov. 17, 1996:** PA One Hour Championship and Grand Prix, CSM Contact Ralph Wheeler, (415) 493-2652

**Feb 16, 1997:** USATF 50 km Championship, Palo Alto Contact Ron Daniel (415) 964-3580

**Feb 22, 1997:** PRO 8 km, Roseville Contact Dick Petruzzi, (916)483-2917

## Pacific Association Youth Chair Works to Carry . . .

“the winning attitude from the playgrounds,  
from the playing fields, and from the playing  
courts, back into the classrooms!”

by Cynci Calvin

Billy Rae Smith is the Chair of the Pacific Association Youth Committee and is a member of the San Francisco Striders Track Club. He also is a Police Officer with the San Francisco Police Department, where he is assigned to the Juvenile Division. Billy Rae Smith has a vision. By combining a lively series of informative and motivational lectures with a physical fitness program, he hopes to improve both the mental and physical health of the youth of San Francisco.

Working within the Youth Program Department of SFPD's Juvenile Division, and assisted by Veronica B. Lightfoot, an Education Curriculum Specialist, Smith has developed a one-of-a-kind series of educational and physical fitness workshops. The program, established in 1993, is open to boys and girls, ages 6 to 14, from all income levels and all communities in San Francisco. The format is straightforward. Each Saturday of the month, at 9 am, the kids congregate at one of three training sites (McAteer High School, San Francisco's Ocean Beach or Kezar Stadium), where they have breakfast. At 9:30 am, a one hour educational workshop is conducted. The lectures feature guest speakers who conduct open discussions on the kind of issues and situations all kids must deal with, often on a daily basis. The topics include: Self-identity, Drug and AIDS Awareness, How to Say "No," Listening to and Following Directions, Strategies for Resolving Conflict, Being Responsible, Dealing with Feelings, Sexual Harassment, Racial Prejudice, Nutrition, Goal Setting, Peer Pressure, Gang Violence Prevention, and Child Abuse.

A physical fitness workshop follows, held on the track or in the gymnasium by the San Francisco Striders' coaching staff. Workshops and physical training are held from October through March. This adds up to 26 workshops—26 Saturday mornings when kids will have the opportunity for this special kind of education, followed by supervised physical activity. In April, most of the youth enrolled in the program join the San Francisco Striders

Track Club, and they participate in the Pacific Association Youth Committee's track schedule. These track meets conclude in August, extending these kids' educational and physical fitness involvement to nearly year round.

Toward the end of the SFPD Youth Program series, two of the meetings will be held in conjunction with track meets. On March 15th, the location will be Laney College in Oakland, site of the 5th Annual Section Track Meet. The lecture portion will be conducted by the San Francisco Crime Unit, the Oakland Chief of Police, and the Thunder Road Recovery House. The last of the series will be held at Kezar Stadium where the kids will be hosted by the San Francisco Striders Track Club at the Youth 100 Meter Championships.

To date, Billy Rae reports that attendance has been excellent. What does that mean in real numbers? Eighty-seven youths attended the second meeting, and, as the word spreads, he expects this number will grow. Billy Rae's vision extends well beyond the boundaries of the city of San Francisco. He would like to see similar programs started all over Northern California, and, for that matter, throughout the United States.

For more information, contact Billy Rae Smith at (415)558-5553.

## Calling All Youth Track Clubs!

With your support, this raffle can again become a reality! Last July, this 1996 Toyota was awarded to Grace Grigsby after her lucky raffle ticket was drawn at the conclusion of the Region 14 Track & Field Championship Meet held in Fresno on the weekend of July 14th. Ron Goode Toyota of Alameda, represented by Kevin Wong, supported the youth in this fundraising effort. Over 50,000 raffle tickets were printed and distributed to Pacific Association Youth Clubs.

Plans for the 1997 fund-raiser are underway, spearheaded once again by Billy Rae Smith. Ron Goode Toyota is again offering their assistance, but everyone must realize that the car is not completely free. Each club must guarantee it will raise \$600 by June of 1997. This means that each youth club must sell 300 raffle tickets at \$2 each to break even.

This also means that every cent above and beyond that \$600 can be used to help the youth track clubs. Last year 11 clubs participated in the raffle; this year let's get 20! If we have another successful fund-raiser this year, Ron Goode Toyota of Northern California might consider donating the car in 1998.

The time to commit is now! Don't miss this opportunity! Kids and parents need only to devote a few hours at the local mall or supermarket. Once the word is out, the raffle tickets almost sell themselves.

For more information, contact Billy Rae Smith at (415)558-5553.



photo by LaVerne Smith

Billy Rae Smith (far left) is pleased with last year's raffle-fundraiser of a 1996 Toyota and hopes for an even more successful fundraiser this year.

### Pacific Association Youth Track & Field 1997 Schedule through 5/18

Day/Date	Track Meet	Location	Director
Sat., 3/1	All Comer Youth	Berkeley HS, Berkeley	Larry Brooks, 510-535-9576
Sat., 3/8	All Comer Youth	Berkeley HS, Berkeley	Larry Brooks, 510-535-9576
Sat., 3/15	5th Annual Section Track Meet	Laney College, Oakland	Sharon Carter, 510-638-6849
Sat., 3/22	Youth Committee #1	TBA	Billy Rae Smith, 510-534-9650
Sat., 3/29	100M Championships, boys & girls, 6-14	Kexar Stadium	Billy Rae Smith, 510-534-9650
Sat., 4/5	Relay Invit. Track, Bay Area Track Club	Contra Costa College, Richmond	Jered Butler
Sat., 4/12	Youth Committee	TBA	Billy Rae Smith, 510-534-9650
Sat., 4/19	Santa Rosa Express	TBA, Santa Rosa	Bob Shor, 707-538-0708
Sat., 4/26	Classic Track Club	Independence HS, San Jose	Elmer Haynes, 916-924-8883
Sat., 5/3	Richmond Jaguars	Contra Cosa College, Richmond	Joshua Tezeno, 510-534-9650
Sat., 5/10	Youth Committee #3	TBA	Billy Rae Smith, 510-534-9650
Sat., 5/17	3M Track Club	TBA	Will Pittman, 510-581-4428
Sun., 5/18	Invit. Track Meet	TBA	Will Pittman, 510-581-4428

## Volunteers Needed for Cross-Country Nationals

This year's XC Nationals are being hosted by the Pacific Association **Saturday, December 7** at Stanford University (see article at right). Stanford is conducting the meet, but the PA has several roles to fill. Everyone knows that the PA has the best running programs in the country. Now let's show them that we also can be counted on for some great hospitality!

We need people for the following:

- Friday registration: 11:00am - 6:00pm at Rickey's Hyatt in Palo Alto—3 people to help with passing out number packets and USATF card applications.

- Saturday at the meet: drug testing couriers, all day or part of; you will escort the elite athletes (Lynn Jennings, Todd Williams etc.) to the drug testing area.

- Saturday at the meet: course monitors help direct runners out on the course or in the finish chute. No experience required.

- Saturday night: Party volunteers and planners needed as the PA wants to treat the out of town runners as well as locals right and hold a celebration in Palo Alto on Saturday evening. A band is planned. We have a small planning committee started, but need more. No experience required.

The first race is at 9:15 am and the last is at 2:00 pm. All volunteers will get a meet T-shirt. This year is a great opportunity to run in the National meet (the meet is open to everyone), but even if you do race, you can still be a volunteer. Non-runners are also welcome!

To volunteer, please contact Charles Alexander, PA Men's Cross Country Coordinator, at E-mail: [chalesa@esd.sgi.com](mailto:chalesa@esd.sgi.com); or, call: (415) 964-0643 (eve), (415) 933-3296 (day)

**BE PART OF PACIFIC ASSOCIATION HISTORY!**

## The Pacific Association to Host the Reebok/ USA National Cross-Country Championships at Stanford on Saturday, December 7

American cross country runners will battle each other and the beautiful and challenging Stanford University Golf Course for the Reebok/USA National Cross Country Championship Saturday, Dec. 7. Hundreds of juniors, seniors (open), and masters competitors will vie for national titles and qualifying spots on world championship teams. Races, distances, and starting times are:

- Junior Women (5,295 M): 9:15 a.m.
- Senior Women (6,495 M): 9:45 a.m.
- Junior Men (8,080 M): 10:30 a.m.
- Senior Men (10,030 M): 11:15 a.m.
- Senior Men, II (10,030 M): 12:00 p.m.
- Masters Men (10,030 M): 1:00 p.m.
- Masters Women (10,030 M): 2:00 p.m.

### World Championships Qualifying

The USA National Cross country Championship is the selection race for men for the 1997 IAAF World Cross Country Championships to be held in Turin, Italy. For Senior Men, the top 9 finishers in the Championship Section are eligible for the U.S. Team. For Junior Men, the top 6 finishers born in 1978 or later are eligible for the U.S. team. For Senior Women, only the first place finisher earns an automatic berth on the U.S. team. No Junior Women will be selected for the U.S. team at this meet.

This race is also the final race in the 1996 Reebok Cross Country Grand Prix. Point totals for the national meet are doubled. Final awards will be presented at the awards ceremony.

### Prize Money

Prize Money will be awarded to teams and eligible runners in the senior (open) and masters men's and women's races. The prize structure below is the same for men and women:

- Seniors (Men and Women) 1st: \$1,500, 2nd: \$1,000, 3rd: \$750, 4th: \$500, 5th:

- \$300, 6th - 10th: \$200, 11th - 15th: \$100
- Senior Teams (Overall) 1st: \$350, 2nd: \$250, 3rd: \$150
- Senior Teams (Association): 1st: \$350, 2nd: \$250, 3rd: \$150
- Masters (40-49) 1st: \$200, 2nd: \$100, 3rd: \$50
- Masters (50-59) 1st: \$125, 2nd: \$75
- Masters (60-69) 1st: \$100
- Masters 70-plus 1st: \$50

### Field Size Limitation for Senior Men

All USATF senior men's teams and individuals may enter the meet. However, in order to create a more manageable and safer championship and USA National Team selection, USATF places the following limitations on the Senior Men's race:

The Senior Men's race has been divided into two sections, and each section will be limited to not more than 300 athletes. Those not accepted into the Championship Section will compete in the 2nd section immediately following at 12:00 noon.

### The Course

The course is mostly grass with some areas of dirt and short stretches of asphalt. The start and finish lines are located on the No. 2 fairway of the Stanford Golf Course.

### How to Enter

All athletes entering the USA National Cross Country Championships must complete an individual entry form. The entry deadline to receive entries is 12:00 noon on Tuesday, Nov. 26.

For an entry form, call the PA/USATF office at (916) 983-4622 or send an SASE to:

Pacific Assoc.- National XC Entry  
120 Ponderosa Court  
Folsom, CA 95630

For meet questions, call (415) 725-1992.

**AMERICAN Track & Field**

## Remaining Events in the 1996 Pacific Association Grand Prix Schedule

**PowerBar**  
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All events contested in all Grand Prix divisions: Open (39 & under), Masters (40-49), Seniors (50-59), Super Seniors (60-69), and Veterans (70+). All events will score PA/USATF individuals and teams/clubs. Questions about the Cross Country Grand Prix should be directed to Charles Alexander (Cross Country Subcommittee Men's Chair) at (415) 964-0643 (eve.) or Kathi Berman (Cross Country Subcommittee Women's Chair) at (415) 647-2429 (eve). For '96 entry flyer or Cross Country Grand Prix rules, send an SASE to Pacific Assoc., 120 Ponderosa Court, Folsom, CA 95630.

**IMPORTANT NOTE:** This year, the best 6 of 10 races will be scored for both Pacific Association individuals and clubs. To be eligible for season-end Grand Prix dollar awards, participation in the PA/USATF Championship is necessary.

Date	Race	Location	Distance Men/Women	Pt Value	Contact
11/9/96	Tamalpa Challenge	Marin Headlands	5.5M/5.5M	1.0	Craig Stern, 415-892-0597
11/23/96	PA/USATF Championship -I (Also a USATF Western Regional & Reebok National G.P. Event)	S.F./GG Park	10K/6K	2.0	Tim Wason 415-648-1467

1. PA/USATF Championship offers \$2,000 to PA athletes/teams. In addition, as an event on the 96 USA Reebok National Cross Country Grand Prix, and as the USATF Western Regional Championship, an additional open purse is being offered (U.S. citizenship and USATF card necessary for open money)

# Top Finishers in PA-USTAF Cross-Country Grand Prix Races

September 7 through October 6, 1996

Final Cross-Country Grand Prix Individual and Team Standings will be printed in the January/February issue of *Pacific Athlete*.

## Golden Gate Park, Sept 7

### Open Men 4 Mile (39 & under)

Pl	Name	Club	Time
1	Richie Boulet	N. Balance	20:12
2	Chris Schille	unatt.	20:27
3	Russell Hill	Aggies	20:33
4	Jamey Harris	Aggies	20:37
5	Matt Messner	N. Balance	21:00
6	Dave Scudmore	unatt.	21:01
7	Kenrick Sealy	Adidas	21:08
8	Aaron Pierson	Hoy's	21:08
9	Mike Livingston	Aggies	21:14
10	Ernie Freer	Aggies	21:16

### Open Women 4 Mile (39 & under)

1	Maria Trujillo	Ryan's	23:43
2	Bigna Samuel	Wolfpack	24:24
3	Rae Henderson	Aggies	24:28
4	Monica Townsend	Aggies	24:29
5	Tenaya Soderman	unatt.	24:37
6	April Powers	Impala	24:50
7	Kristina Mathias	unatt.	24:51
8	S. Bernstein-Heber	WVTC	24:55
9	Amanda Gerhardt	unatt.	25:06
10	Kim Fitchen	Farm Team	25:08

### Master Men 4 Mile (40-49)

1	Matt Yeo	Aggies	21:51
2	Daniel Gruber	Aggies	21:56
3	Bob Ebert	WVTC	22:22
4	Don Paul	Excelsior	22:33
5	Jeff Townsend	Aggies	22:50
6	Brian Purcell	unatt.	23:00
7	Steve Palladino	Excelsior	23:03
8	Lesley Fletcher	Hoy's	23:29

### Master Women 4 Mile (40-49)

1	Kathy Ward	Buff. Chips	27:07
2	Sharlet Gilbert	unatt.	27:17
3	Laurie Richeling	unatt.	27:30
4	J. Dahlkoetter	Aggies	27:54
5	Kim Rupert	WVTC	28:04
6	Kattie Gray	Tamalpa	28:29
7	J. Sobczak-Martin	S CruzTC	28:45
8	Kazuko Aoyagi	Impala	29:34

### Senior Men 4 Mile (50-59)

1	Don Preston	Empire	24:25
2	Steve Stephens	Tamalpa	25:22
3	Doug Butt	WVTC	25:43
4	Michael Conroy	Excelsior	25:49
5	Jon MacPherson	Tamalpa	25:54

### Senior Women 4 Mile (50-59)

1	Jessie Stratton	SWEAT	30:34
2	Edda Stickle	unatt.	30:54
3	Lani Leblanc	unatt.	34:27
4	Ann Hardham	unatt.	34:35
5	Pam Koppe	Tamalpa	36:47

### Super Senior Men 4 Mile (60-69)

1	Jim Moore	unatt.	26:47
2	Bernie Hollander	Tamalpa	27:36
3	Roger Bryan	WVTC	27:57

### Super Senior Women 4 Mile (60-69)

1	Barbara Robben	SWEAT	37:02
2	Juliane Scheberies	Golden Bay	39:13
3	Ruth Anderson	BAUR	39:24

### Veteran Men 4 Mile (70 & over)

1	Frank Rodriguez		34:38
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## Humboldt Invitational, Sept 14, 1996

### BeauPre Golf Course, McKinleyville

#### Men's 10 km - Top 25 (unofficial)

1	Les Stoklosa	Asics	32:04
2	Jon Swanson	una	32:40
3	Kevin Selby	Chico TC	32:58

4	Oliver Grund	Ashland U.	33:05
5	Mark McManus	UCD	33:06
6	Luis M. Rivera	HSU	33:09
7	Brent Butler	SF St.	33:20
8	Todd Stevens	ChicoTC	33:22
9	F. Rubalcava	HSU	33:28
10	Tyson Thomas	Stanislaus	33:29
11	Noah Marcus	CSUC	33:29
12	Dan Olmstead	Chico TC	33:30
13	Luke Roundy	HSU	33:40
14	Dan Pereira	UCD	33:43
15	Justin Backs	UCD	33:45
16	Kevin Girt	CSUC	33:46
17	unknown		34:02
18	Pete Oviatt	Trackcity	34:05
19	Paul Wellman	UCD	34:07
20	Jeremy Mattern	UCD	34:19
21	Andy Hammer	SeattPac.	34:20
22	Marc Dube	HSU	34:24
23	Corey Trovinger	Hmbldt.TC	34:25
24	Jose Bustamante	CSUS	34:31
25	Josh Federspiel	CSUC	34:35

### Open Women 5 km (39 & under)

1	Luanne Park	Impala	19:08
2	Margaret Lang	Aggies	19:25
3	Chris Lundy	Impala	19:31
4	Megan Sheehy	Chico TC	19:42
5	A. Newman	Impala	19:48
6	S. Blevins-Cord	Impala	19:59
7	Carolyn Oviatt	Trackcity	20:14
8	Sharon Powers	Hmbldt.TC	20:33
9	Kathi Berman	Impala	21:36
10	Terry Quan	Impala	22:05
11	Kelly Lawson	Tamalpa	23:23

### Masters Women 5 km (40-49)

1	Kaz Aoyagi	Impala	23:03
2	Jessie Stratton	SWEAT	23:30
3	Irene Herman	Impala	24:06
4	Lisa Felder	Impala	25:27

## Sierra College XC Challenge, Sept 21

### Open Men 4 Mile (39 & under)

1	Richie Boulet	N. Balance	19:59
2	Jason Lienau	Aggies	20:13
3	Jamey Harris	Aggies	20:19
4	Peter Gilmore	GldnBearTC	20:50
5	Russell Hill	Aggies	20:56
6	Kenrick Sealy	Adidas	21:02
7	Matt Messner	N. Balance	21:10
8	Ernie Freer	Aggies	21:15
9	Jeff Shaver	Aggies	21:18
10	Andrew Boudreau	Transport	21:22

### Open Women 5 km (39 & under)

1	Bigna Samuel	Wolfpack	18:29
2	Rae Henderson	Aggies	18:31
3	Tenaya Soderman	Aggies	18:43
4	Shannon Sweeney	Aggies	18:52
5	Kathy Wood	Silver State	19:01
6	S. Berstein-Herber	WVTC	19:03
7	Beth Vitalis	WVTC	19:13
8	Cathy Christensen	unatt.	19:16
9	Meg Svoboda	Buff. Chips	19:18
10	Julie Rohloff	Aggies	19:38

### Master Men 4 Mile (40-49)

1	Dan Gruber	Aggies	21:44
2	Matt Yeo	Aggies	22:06
3	Tom Cushman	Aggies	22:45
4	Pete Sweeney	Aggies	22:58
5	Brian Purcell	Tamalpa	23:20
6	J.Herbreshmeier	Silver State	23:31

7	Fletcher Lesley	Hoys	23:36
8	Henry Lawson	Aggies	23:56

### Senior Men 4 Mile (50-59)

1	Dan Preston	EmpireRnrs	24:52
2	H. Blancmange	unatt.	29:45
3	Walt Bales	EmpireRnrs	30:48
4	Joel Contreras	Buff. Chips	31:15
5	Ray Young	Tamalpa	32:42
6	Patrick Hunt	Tamalpa	34:10
7	Laur Langhofer	unatt.	34:11

### Super Senior Men 4 Mile (60-69)

1	Jim Moore	Tamalpa	26:30
2	Bernard Hollander	Tamalpa	28:14
2	Roger Bryan	WVJS	28:36
4	Leonard Geraldi	Empire	30:15
5	Pete Richardson	WVTC	31:48

### Veteran 4 Mile (70 & over)

40	Bill Ballantine	NorCalSrTC	39:35
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## UC Davis Aggie Invitational, Sept 28

### Top 30 Men 8 km

1	Dave Scudamore	UCD I	24:31
2	Hector Delgado	Sac St.	24:36
3	Eric Ricketts	Chico TC	24:46
4	Noah Marcus	Chico State	24:46
5	Mike Stone	Empire	24:48
6	Mark McManus	UC Davis	24:48
7	Jason Tackett	Sac St.	24:49
8	Kevin Selby	Chico TC	25:01
9	Kenrick Sealy	adidas	25:14
10	Scott Kennedy	unatt.	25:16
11	Ryan Nugent	Sac St.	25:20
12	M. Tibaduiza	Silver State	25:26
13	Paul Wellman	UC Davis	25:32
14	Dan Olmstead	Chico TC	25:33
15	Tyson Thomas	Stanislaus	25:34
16	Pat Fear	Santa Cl "A"	25:39
17	Justin Backs	UC Davis	25:40
18	J. Bustamante	Stanislaus	25:43
19	L. Stephenson	Excelsior	25:45
20	Dan Pereira	UC Davis	25:49
21	Todd Stevens	Chico TC	25:51
22	Kevin Girt	Chico State	25:52
23	Jeremy Mattern	UC Davis	25:53
24	Mike Slavin	Golden V.H.	25:53
25	Eric Walker	Empire	25:59
26	Jeff Oberlatz	Chico TC	26:00
27	Erik Hansen	CS Hayward	26:06
28	Brian Leong	UC Davis	26:09
29	Ryan Luce	Chico State	26:10
30	Alan Dehlinger	Silver State	26:13

### Top 30 Women 5 km

1	Julia Stamps	unatt.	16:43
2	Bigna Samuel	Wolfpack Int.	17:49
3	Rae Henderson	Aggies	17:54
4	Kirsten Kabo	UC Davis	17:59
5	Diana Fitzpatrick	Impalas	18:27
6	Shannon Sweeney	Aggies	18:28
7	Sarah Dickerman	UC Davis	18:29
8	Lisa Geoffrion	Aggies	18:31
9	Kathy Wood	Silver State	18:36
10	Jennifer Cubillas	Impalas	18:37
11	Susie Blake	Wolfpack Int.	18:44
12	S. Ziblat	unatt.	18:45
13	Darcy Gibson	Sac St.	18:48
14	Christine Lundy	Impalas	18:59
15	Katie Owen	unatt.	19:01
16	Jill Peckler	UC Davis	19:02
17	Francie Benson	Buff. Chips	19:04
18	Eileen Vukicevich	Aggies	19:06

19	Amy Grafius	Silver State	19:08
20	Karen Steele	Merced RR	19:09
21	Sarah Iley	SJ St. "A"	19:10
22	Lina Hoffman	SJ St. "A"	19:11
23	Cara Freitas	UC Davis	19:14
24	R Vanderluit	Wolfpack	19:15
25	Laura Stanfield	Aggies	9:16
26	Mandi Reynolds	UC Davis	19:17
27	Laura Dockery	Chico State	19:20
28	Megan Canova	UC Davis	19:21
29	Sarah Leone	UC Davis	19:22
30	Megan Sheehy	unatt.	19:23

## Empire XC, Santa Rosa, October 6

### Open Men 8 km (39 and under)

1	Richard Boulet	N. Balance	24:40
2	Jason Lienau	Aggies	24:53
3	Russell Hill	Aggies	25:46
4	Rod Heskett	Aggies	26:09
5	Jeff Shaver	Aggies	26:11
6	Bret Kimple	Aggies	26:14
7	Dan Olmstead	Chico TC	26:14
8	Corey Trovinger	HumboldtTC	26:33
9	V. Santamaria	Aggies	26:36
10	Andrew Boudreau	Unatt.	26:37

### Open Women 6 km (39 and under)

1	Rae Henderson	Aggies	21:49
2	Monica Townsend	Aggies	22:00
3	Shannon Sweeney	Aggies	22:16
4	Tenaya Soderman	Aggies	22:23
5	Margaret Lang	Aggies	22:24
6	Lisa Geoffrion	Aggies	22:25
7	Luanne Park	Impala	22:28
8	D. Fitzpatrick	Impala	22:35
9	E. Vukicevich	Aggies	22:35
10	Amanda Gerhardt	Aggies	22:39

### Masters Men 8 km (40-49)

1	Danny Aldridge	EmpireRnrs	26:13
2	Daniel Gruber	Aggies	26:56
3	Tom Cushman	Aggies	27:14
4	Matt Yeo	Aggies	27:21
5	Pete Sweeney	Aggies	27:38
6	Brian Purcell	Tamalpa	28:09
7	Steve Palladino	Excelsior	28:12
8	Dirk Rohloff	Aggies	28:59

### Masters Women 6 km (40-49)

1	Kathy Ward	Buff. Chips	24:11
2	B Simmie-Kesecker	Impala	24:51
3	Sharlet Gilbert	unatt.	24:57
4	Kazuko Aoyagi	Impala	26:57
5	Irene Herman	Impala	27:39
6	Janet Calmels	unatt.	28:07
7	Jane Margulis	Tamalpa	28:34
8	Patricia Pickett	Tamalpa	29:34

### Senior Men 8 km (50-59)

1	Dan Preston	EmpireRnrs	29:25
2	Jim Gibbons	WVTC	29:56
3	David Furst	WVJS	30:30
4	Doug Butt	WVTC	31:30
5	John Cobourn	Silver State	32:52

### Senior Women 6 km (50-59)

1	Jessie Stratton	Unatt.	27:19
2	Ann Hardham	Tamalpa	30:32
3	Barbara Magid		35:23

### Super Senior Men 8 km (60-69)

1	Jim Moore	Tamalpa	33:18
2	Len Geraldi	Empire	36:26
3	Pete Richardson	WVTC	37:57

### Super Senior Women 6 km (60-69)

1	Vicki Bigelow	Unatt.	29:30
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# 1996 PA-USATF Cross Country Report

## BUSIEST SEASON EVER UNDERWAY

by Mike Weddington

### A Brief Hill and Dale Update

The Pacific Association Cross-country Circuit is in full swing and shuffle, with more opportunities to join the dance than ever before. We are talking 10 Meets in all, including the dual PA-USATF/Western USATF Regional Championship at circuit's end. Then, USATF Nationals, which return to Northern California after a several years' hiatus.

While club and individual standings and results will be covered in greater detail in the season wrap-up next issue, several noteworthy performances deserve mention. On the Men's Scene, Richie Boulet of New Balance is leading the **Open Men's** point race against a predictably strong Reebok Aggie cast led by Jason Lienau, and a surging Chico Track Club contingent that looks to assume the second team-banana status of the Humboldt TC, Empire, Farm Team, or Silver State teams of yore. **Open Women** are witnessing an exciting duel between Bigna Samuel of the new Wolfpack International team and Rae Henderson of the Reebok Aggies for individual honors, while Impala stalwarts such as Diana Fitzpatrick and Luanne Park are ready to lead their teammates into first place if the Reebok women falter.

The **Men's Masters** is always an interesting division, as new entrants are added to a relatively large group every year. And despite impressive cameos by new division studs Danny Aldridge of Empire and Miguel Tibaduiza of Silver State, the Reebok Aggies are clearly the team to beat

right now, as both former rivals Excelsior and Empire have reduced their participation. The **Women's Masters** have witnessed the exciting presence of two of California's best Masters marathoners ever, Sharlet Gilbert and Kathy Ward of the Buffalo Chips, while Impala and Tamalpa re-enact their perennial tangle for the team title. **Men's Senior** action has been dominated by Empire's prolific Dan Preston, while Edda Stickle of Tamalpa has been joined by S.W.E.A.T.'s Jessie Stratton as the **Senior Women** to beat this season. Meanwhile, **Super Senior** ranks have been swelled by the addition of more Tamalpa runners, as well as a new Santa Cruz TC club presence on the Men's side. And annual Super Senior leader Barbara Robben of N.C.S.T.C. has been joined by the largest group of Super Senior (60-69) age women yet, including this year Juliane Scheberies, Jeanne O'Steen, and all-time greats Ruth Anderson and Vicki Bigelow.

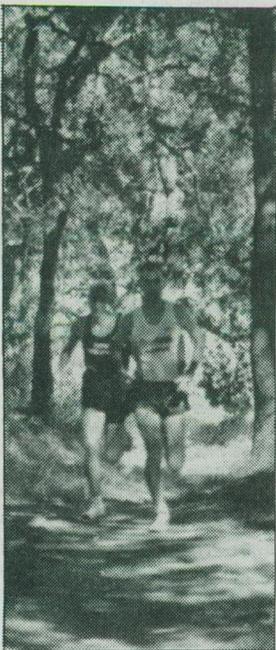
For a closer look at how clubs and individuals are faring thus far, please refer to the included results (also available on the PA-USATF web site at <http://www.bdt.com/home/trimble/PAUSATF.html>).



photo by Doug Thurston

The women take off in force at the Mills Invitational.

### Richard Boulet (Open Men)



Boulet (L) and Lienau (R).

One of the more successful overall athletic programs in the nation over the years has been that of U.C. Berkeley's. It's swimming, baseball, tennis, gymnastics and, occasionally, football, basketball and many other programs, have all achieved national stature. In track and field, the results have been mixed; while regularly developing some of the best field event and hurdling talent in the sport, Cal has had difficulty in keeping up with their tough district 8 regional opponents (Oregon, UCLA, Washington State, Arizona, etc.) from year to year.

The occasional gem does emerge from time to time on the old Edwards Stadium track, however. The latest Cal star on the men's side is one Richard Boulet, who graduated this past year after finishing an impressive 5th in the 5000 meters at the NCAA Division I Championships. His resume included a 13:49 5000 best (placing him third all-time on the Cal 5000 list behind Bay Area legends Tom Downs and Jay Marden), and a 3:43 1500 meters (roughly equivalent to a 4:01 mile).

Richard was able to trade elbows with the best by the end of his collegiate career despite less than awesome prep credentials. Although one of the better 1600m/1 Mile runners in Marin County annals with his 4:14 1600m while at Drake High, such a time and less impressive 800m and 3200m marks did not compare favorably with, say, Down's 8:55 two mile while at Oakland's Skyline High or Marden's 8:49 3200m compiled at Mission San Jose in Fremont.

### Introducing Some of 1996's Finest

Boulet's bloom at Berkeley is more clearly understood when learning that Drake coach Bill Taylor kept Richard's mileage to a conservative limit of 35 per week in high school.

Indeed, Richard did not even run cross-country until his junior year as a prep, and is still learning a great deal about the sport. Although track remains his primary passion, he has improved so much as a harrier that he is now eyeing an eventual top 10 to 20 finish at USATF Nationals some day, knowing that the top 9 (including alternates) make the prestigious world championship team (which will travel to Turin, Italy this year after the staging of USATF Nationals at Stanford this December).

Such a goal is realistic given "Richie's" performance on the PA-XC circuit thus far. His decisive win on a slightly revamped Golden Gate 4 mile course in Week 1 came against the PA's come-backing Chris Schille—the PA's best harrier over the last few years—among many other tough opponents. Then came another rather easy win at Sierra College in Rocklin, which serves as a primary Nationals qualifying meet for the powerful Reebok Aggies. Next up was the double-pointed Empire Open, at which only the Aggies' Jason Lienau could stay within about a minute of Boulet over the tough 8K course under oppressively hot conditions.

Boulet's immediate goals are to run well at the PA-XC Championships and then USATF Nationals. He will then turn his attention to track, where he hopes to lower his 3:43 1500m PR this coming year. Meanwhile, the New Balance-sponsored athlete will continue his part-time, volunteer coaching duties at Berkeley while essentially living the life of a neophyte professional runner. Given his improvement curve thus far, expect big things from Richard in years to come.

### Jason Lienau (Open Men)

How much do our various Pacific Association running programs benefit participating athletes? It's a many-sided question, and one prone to a myriad of responses. One clear answer, however, comes from one of the best open male runners in the PA, Jason Lienau of the Reebok Aggies.

"I may not be running seriously right now without the PA's cross-country and other programs", Jason said. He further elaborates that, as an example, our PA-XC circuit gives him the opportunity to continue running challenging and varied courses against tough competition within the team context he values. Such a program has kept his running fresh and interesting, Jason relates.

No spring chicken at 27, the Fresno-State grad would not have provisionally qualified for the 1996 Olympic Trials had he not continued running and improving. This past spring, Jason "broke through" in a fairly new event - The 3000m Steeplechase- with an excellent time of 8:47. Ultimately, this was not quite good enough to make the Trials, as enough athletes were able to meet the automatic qualifying standard of 8:44.

His steeple exploits have rejuvenated Jason's competitive fires, however, and he looks forward to the coming track season. Due to his new working schedule as an elementary teacher in the Fresno area, Jason has had more time to train. This, combined with the confidence gained on the track has propelled him to perhaps the finest cross-country campaign of his life this fall. At the upcoming national meet at Stanford, Jason hopes to improve on his 56th placing at nationals a year ago, which incidentally placed him ahead of many nationally-known runners. Envisioning a top-35 showing this time around, Jason sees the advantages of running on what can almost be considered a home course.

Then it will be back to the training grind, which the collegiate academic All-American often shares with Reebok Aggie and 4:00 mile-caliber mates Ernie Freer and Jamie Harris, who also live in the Fresno area. The big goal in 1997? To break 8:40 in the 3000m Steeple and into the "Big Time".

#### Danny Aldridge (Masters Men)

Perhaps 300 or so human beings have broken the mythical, symmetrical 4:00 barrier in the mile since Roger Bannister stunned the world back in 1954. These have all been males (with females but a scant 12 seconds away now, after Oly Champ Svetlana Masterkova's 4:12 WR this summer), and all but Ireland's Eamonn Coughlin have achieved sub-4:00 status before celebrating their 40th birthdays. However, Coughlin -the greatest indoor miler in history- ran his epic 3:58 indoors; there still remains the fact that no 40+ masters runner has ever run sub-4:00 outdoors.

This is a "hot" target now, and in recent years all-time track greats such as New Zealand's John Walker and Rod Dixon have made balleyhooed training attempts at the outdoor sub-4:00 at plus 40. And currently, still-American mile record holder (at 3:47.69) Steve Scott is making an inspiring go of it, as the Southern California-based great got down to 3:47 (about a 4:04-4:05 mile) in the 1500 meters this past track season. Scott's achievement is all the more amazing, since he has managed such success in the wake of testicular cancer surgery and recovery. Scott and the midwest's Ken Popejoy are now among the only American men to have ever dipped below 4:10 in the mile as masters, with only perhaps another dozen or two who have cracked 4:20. This writer's data is admittedly scanty on the matter.

One Pacific Association masters who did zip sub-4:20 was Excelsior's Steve Ferraz (at 4:17); Danny Aldridge of Santa Rosa and the Empire Runners nearly joined him as members of this elite club when he cruised to a 4:17 this past summer in Sacramento at the PA-LDR Fleet Feet Road Mile (a certified course), only some two months prior to his 40th birthday. And Danny did so despite a lack of "real speed work", and focus on the mile. In 1997, Danny will pursue the outdoor 4:00 dream in earnest.

Does the Santa Rosa Express youth track and Santa Rosa High School coach have a realistic chance at such grandeur? On paper, one would certainly say no. Danny's best mile was "only" 3:55—not much of a margin of comfort for an aging version of himself.

Before utterly dismissing Danny's dream, however, one must consider the following: Aldridge is comparably healthier now at 40 than were faster rivals Walker, Scott, Dixon and other big names when they tried for a Masters sub-4:00. And he continues to burn with competitive fire, as running remains as fun for him as it did 20 years ago. Further, Mr. Aldridge has measurably lost little over the years to Father Time. When properly focused and prepared, he can still pop near 14:30 5 km and sub-

30:00 10 km times, which would now earn him world-class status in the 40+ ranks.

Finally relating this story to PA Cross-country, Aldridge displayed some of his Masters potential by essentially toying with the Empire Open XC Masters 8 km record on a recent Saturday. A record established by national-class Excelsior member Francisjohn Gailson in 1994, Danny lowered Gailson's 26:15 mark by two seconds after repeatedly looking back and modulating his pace in near 90 degree heat in response to disappearing competition.

As will everyone else in this article, Danny will contest the PA-XC Championships and the USATF XC Championships in Palo Alto in weeks to come. He will also run the Humboldt Half Marathon PA-LDR event (held as of this writing). That will pretty much be it on Danny's 1996 racing schedule, as he will then re-orient his 50 or so weekly training miles towards mile training. Such training will be based on Danny's chosen 21-day period system, involving a hard workout of 800m/1500m/5000m track training or road tempo runs every three days of the cycle, with recovery days mixed in between. And when Aldridge can step on the oval and churn out some 8-10 400 meter intervals at about 60.0 seconds, with a rest period of 30-60 seconds after each, he will know from long experience that a serious 4:00 minute attempt will be on deck.

That first attempt will hopefully be staged during the cozy Pat Ryan Invitational that is held at Santa Rosa JC each early May. If required, further efforts will take place wherever Danny can gain entrance from sympathetic big meet promoters. In any case, Aldridge deserves considerable credit for even having the moxie and perhaps ability to pursue such a rarified goal. Let's wish him the best in 1997.

#### Jessie Stratton (Senior Women)

Although they are mostly only coming from the sub-master and master division ranks (where *are* all the recent college grads?), first-time PA cross-country participants continue to stream into the PA-XC circuit each year.

Enticed by fun-filled tales from PA-XC veterans in the Redding area and elsewhere, Jessie Stratton was intrigued enough to give PA-XC a try -at age 50. This is an uncommon decision for a 50 year-old female to make in our society. Jessie has not regretted a minute of it thus far.

Jesse had actually run cross-country before, as a 40 year old for nearby Shasta College back in 1986. And what interested her in the sport back then delights her once more, as she particularly enjoys sharing road trips and the rich experiences cross-country offers with amiable companions week after week. Her partners in sweat this go-around include Impala racing team member Luann Park and Chico TC runner Megan Sheehy, who both live nearby in Redding.

Speaking of perspiration, most of the devoted running community in the Redding belong not to Impala or Chico TC, but rather to S.W.E.A.T. That is, the "Shasta Wonderland Elite Athletic Team." Whimsically named, this friendly, informal club of 180 to 190 members may not be well known in Bay Area PA circles, but nevertheless are deeply involved on their local scene. Along with hosting the popular Whiskeytown Relays each year, they also assist with the well-known Record Searchlight Half Marathon and other local events.

What paves the way for a 50 year old woman to tackle many of Northern California's toughest hill and dale courses? In Jesse's case, it has meant starting a running career at age 32 in 1978 with a beginning exercise class and subsequent 3 mile fun run. And next after giving up smoking, it meant allowing her newfound love affair with running to lead to marathon training and racing. Consistent practice and an uncommon natural ability eventually enabled Jesse to run 3:16 at Cal International at age 40, in adding to a completed marathon tally now numbering 30. Jesse even took a turn at Ultra Marathons, completing the American River 50 Miler and some 3-4 others.

This unfettered exploration of many of running's greatest challenges has not only included running for a college JC cross-country team at age 40, but additionally joining current members of the same Shasta College program ("Ladies From The Hood") to form a team that finished 5th

(continued on next page)

(PA Cross-Country, continued from previous page)

overall among open women's teams at the prestigious 195 mile, 36-leg Hood to Coast Relay in Oregon last August. Future challenges? Jessie still dreams and plans for an attempt at maybe the toughest race of them all: The Western States 100 Mile Endurance Run.

As for now, Jessie looks to complete the rest of the 1996 PA-XC circuit while putting in her regular 40-50 miles a week with road trip companions Luann, Megan and co-members of the S.W.E.A.T shop. Training includes a weekly track workout of 4-880's or the equivalent.

"Everyone has been so nice," repeatedly exclaims Jessie about the PA. "I enjoy meeting people each week, and also enjoy the races." And there you have it from Jessie Stratton, a terrific argument for 50+ age division females everywhere to consider signing up for the next PA-cross-country meet.

### Kathy Ward (Masters Women)



photo by Doug Thurston

Kathy Ward

All of the runners profiled in this article share common characteristics. They each are among the top performers in their particular age divisions this PA-XC cross-country season, are quite friendly, and have been intently involved with running for some 8 to 15 years or more. Well, save one. Kathy Ward.

While certainly friendly and a leading point-scorer in her 40-49 female division this XC campaign, Kathy has not been running seriously for even 5 years. Indeed, she claims that 1995 was *her first full year of serious training and racing!* Plainly, this is astounding news, because Kathy just happened to cap off 1995 with a 2:46:21 marathon debut at Cal International last December. At the age of 41.

That time qualifies a female for the U.S. Olympic trials every four years, and will win outright the women's race

in most marathons. It also is among the top 50 times in the U.S. every year. But for a 40+ masters woman, 2:46 is gonzo stuff. And for a woman who has been seriously running and racing for but a year or two, this is off-the-chart news.

Kathy was not completely unfamiliar with strenuous exercise in her pre-running life, as one might guess. She had enjoyed aerobics and other similar pursuits for years, while working for the State of California in Sacramento in the Department of Food and Agriculture. Circa 1991-1992, she thus had an open ear for work mates who encouraged her to join their regular lunch runs down to the American River and back. Before long, she was "fun running" with the gang at lunch and in local races.

Kathy's achievements so far signal a potential to approach the 2:40 marathon mark as a Masters, which is a standard that only some 2-3 dozen women worldwide have ever exceeded. The sub-2:40 masters club includes the PA's Sharlet Gilbert (2:38) and Laurie Binder (2:35), along with all-time greats such as Priscilla Welch, Evy Palm, Joyce Smith, and Lorraine Moller. Sub-2:40 will generally place one in the top 3 within the 40+ ranks at such top-flight marathons as Boston, New York, Los Angeles and Chicago. It is far too early to tell, but Kathy may yet attain such hall-of-fame status if she can remain injury-free and enthusiastic.

For now and always, it is best simply to enjoy the blossoming of a gift so uncommon, as Kathy encounters brand new experiences such as cross-country. Having never run XC (or anything else) in high school or college, our PA-XC season is all greek to Ms. Ward. And coming off a recent hip injury, Kathy has been careful not to push too hard thus far. Running up to 35-40 miles a week right now, Kathy is re-building her

base. Cross-country serves as part of this plan, and she intends to participate in the rest of the season. Nationals will be of particular interest. For now, marathon racing will be delayed indefinitely until Kathy is fully ready to tackle the distance again.

Like others profiled herein, Kathy is another breath-taking example of what manner of exciting things could happen to John or Jane Doe when they seriously take up running for the first time. Specifically matching Kathy's stratospheric progress (time-wise) will likely be unattainable, but the chance for remarkably increased fitness, self-confidence and challenging self-discovery will remain open to all.

### Rae Henderson (Open Women)

The San Francisco 49'ers are perhaps the most treasured entity in Northern California culture today. Oh, sure, there are the world-class restaurants of San Francisco, the renowned beauty and allure of the Bay Area, and the amazing diversity of available activities. Yet these riches are rather taken for granted by the populace; stiffly defended when threatened, but otherwise forgotten amidst the daily grind.

No, it is the 49'ers that evoke more raw passion than any other phenomenon. They are top dog at present because they have consistently produced at the very highest level, and they have evolved into the very symbol of professionalism.

I mention the 49'ers here, because they have nearly a counterpart in our regional world of running: the Reebok Aggies. For about as long as the 9'ers have been a force in the NFL, the Aggies have dominated club running in the Pacific Association. Despite the occasional challenge from a Capitol City Fliers, Hoys Sports, Impala, Nike Farm Team, Boho, or some other contingent, the Ags have pretty much owned men's and women's open team running over the last 15 years or so, with masters success arising now as well.

Such success does not happen by accident. It requires constant recruiting, planning, communicating, socializing, and funding. Strong and charismatic leadership, a consistently productive and indefatigable core of talent, generous long-term sponsorship, the largest active recruiting base in the PA, regular social outings, entertaining newsletters and now a home page, and perhaps most importantly, an undying loyalty to the club have all combined to keep the Reebok Aggies on top while other clubs ebb and flow.

Categorizing and quantifying success is irresistible, but what it always comes down to is good people. For the Aggies, one good person happens to be Rae Henderson. Rae has been an important Aggie women's leader for several years now. And at 30, she is having perhaps the most productive cross-country season of her career.

A big reason for Rae's success is increased focus on cross-country this year. In a story similar to Aggie teammate Jason Lienau's, Rae is doing cross-country after giving the steeplechase a serious run this past track season, and then using the training and confidence gained from the experience to her benefit on the XC trails.

Rae's steeplechase saga did not sail as smoothly as Jason's, however. For the steeplechase is not yet either an officially or unofficially acceptable event to most of the running universe. It is hard to find meets that offer the women's steeple (which requires a shorter steeple and hurdles compared to the men, as do women's other hurdling events). And to find other women to compete with, or even audiences that yet display real interest in women's steepling.

Yet steeple pioneers such as Rae and teammate Monica Townsend were undeterred by such institutional hurdles this past year, as both qualified for and entered the 3000m Women's Steeplechase at the Atlanta Olympic Trials (a demonstration and non-Olympic qualifying event). Monica eventually got down to 10:35 in her new specialty; meanwhile, 4:28 1500m/9:24 3000m/16:39 5000m/34:23 10,000m PR's promise further improvement.

For now, the Cal Berkeley grad and dental hygienist is sticking solely to cross-country racing, unlike in previous years, when road racing vied for her weekly attention in the fall. This focus has been abetted by regular workouts provided by current Cal coach Tony Sandoval (who is not the former Stanford star and Olympic Marathon Trials winner of the



Rae Henderson

same name), who has invited Rae to work out with the Berkeley team. This supportive structure has enabled Rae to overcome her erratic job schedule and reach for team leader status this season.

Rae is planning to run and compete well for a particularly strong and healthy Aggie women's team this year at the PA-XC championships and nationals. Rae has been having as much fun as ever these days. Look for continued improvement from her in both XC and steeplechasing in the weeks and months ahead.

#### Jim Moore (Super Senior Men)

The dominant Super Senior on the Pacific Association Cross-country circuit in 1996 gives hope to aging runners everywhere. This is 60 year-old Jim Moore's first full year of competition in over a decade, due to a long succession of injuries, and a current period of good health has vaulted him into top contender status at both the upcoming PA and National USATF Championship Cross-country Meets.

It takes much more than good health to attain such lofty status, of course; Moore brings to the cross-country table a talent that enabled him to run a swift 34:00 for 10 km during his 45th year back in the early 1980's. Jim competed unattached in the Bay Area during those days, while running recreationally for the local Diablo Valley Road Runners based in the East Bay.

A Bay Area resident for over 30 years now, Jim originally hails from Western Canada, where he attended high school and the University of British Columbia. A competitive runner during his school days, Jim jump-started his racing career during the running boom of the 70's. He did so after settling down in San Francisco, following a short career stint on the east coast. Making his living as an actuary, Jim has recently retired, which has allowed him more time to restore and revive his "running legs."

Jim attributes part of his return to racing to interest piqued by attending his son's cross-country races years ago. Curious to see how he might be able to do on the very same courses he watched his boy traverse those many Autumns ago, Jim is thoroughly enjoying his current tour of the PA's schedule as he celebrates his first year in the 60-69 division with style and success.

And for the first time, Jim is racing for a competitive Pacific Association team, having recently joined Tamalpa's stellar senior and super Senior cast. With Jim's help, Tamalpa has now usurped the spotlight from such tough and long-time senior & super senior team rivals as the West Valley Track Club, West Valley Joggers and Striders, Empire Runners, and other outfits.

Jim's plans after Cross-Country Nationals? "To keep on enjoying my running for the next 20 years."

#### Bigna Samuel (Open Women)

The name "Bigna" is an uncommon one in Northern California, and not a few Bay Area running aficionados have been at a loss in placing Bigna Samuel's name and recent running success into some kind of familiar, historical context.

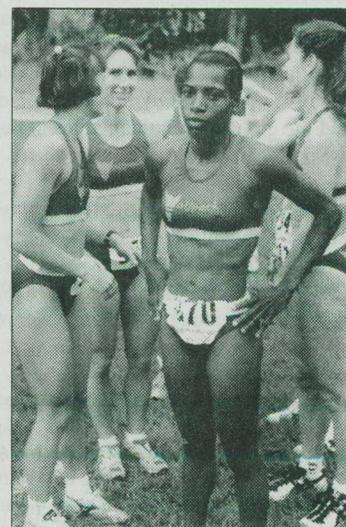
The story is that Samuel is a native of St. Vincent and the Grenadines, a group of islands that compose part of the Lesser Antilles chain within the Caribbean Sea. Lying about 300 miles north of Venezuela and the South American mainland, and near Barbados, Grenada, and sprinting haven Trinidad and Tobago in the lovely region far south of Florida, St. Vincent and the Grenadines is populated by around 100,000 people. The nation's 150 square miles are materially devoted to agriculture and tourism, which have flourished enough to sustain a relatively stable economy over the years. English is the official language of the citizenry, who are mostly of African descent.

Running is a fairly popular sport here, where track and road running are recognized activities. Roughly equivalent in size to Bay Area cities Concord or Santa Rosa, this scenic country has fortunately loaned the PA with its most accomplished runner in Bigna. As such, Bigna has earned the right over the last several years to represent her nation at many of the world's most celebrated meets, including the Barcelona Olympic Games in 1992.

Once again the St. Vincent & The Grenadines' top 1500m runner in 1996, Bigna declined to participate in the Atlanta Games. Where simply taking part was the goal in 1992, Bigna's goal for Atlanta was to be truly competitive; to stay with the pack. For Bigna this meant approaching 4:15 or faster for 1500 meters. Yet after cruising to a fine 4:19 personal best at the Bruce Jenner Meet last spring (at age 30), her progress stalled, and so then her march to Atlanta.

Currently residing in the South Bay with family, Bigna will spend her third full year in the Bay Area in 1997 in pursuit of the 4:15 goal (which equates to roughly a 4:35 mile). Meanwhile, she is laying the foundation for the track season by training under West Valley CC coach Bill Campbell, where she is taking courses. She is also competing this autumn for the new Wolfpack International Club, which is comprised primarily of West Valley CC female alumni. Laying base currently translates into about 50 miles a week and "training through" the PA cross-country racing schedule.

Ineligible as a foreign citizen to officially score at the upcoming PA-USATF and National-USATF XC Championships, Bigna nevertheless looks forward to competing unofficially in both for the fun and experience. Given the chance, please issue Bigna a warm welcome to our region and the Pacific Association.



Bigna Samuel with Wolfpack teammates

(continued on next page)

### Dan Preston (Senior Men)

No region of the nation is deeper in masters running talent than is the Pacific Association region. The list is endless, including over the years such record-setting luminaries as Sister Marion Irvine, Shirley Matson, Joan Ottaway, Sharlet Gilbert, Laurie Binder, Christine Kennedy, Steve Ferraz, Domingo Tibaduiza, Sal Vasquez, Jim Bowers, Lloyd Stephenson, and now Kathy Ward and Danny Aldridge. Within such a dazzling galaxy, attracting attention is a daunting task, indeed.

Further clouding one Dan Preston's ascension to masters/senior stardom has been the presence of so many ringers in his own backyard. Few counties in the nation can rival Sonoma County's Masters/Senior output over the last two decades, having accommodated the likes of 2:21 marathoner Bowers; Darryl Beardall and his legendary 300+ racing wins; 2:37/2:50/2:52 marathons by 50+ aged Jon Macpherson, Craig Roland, and Mort Gray, respectively; 4:48 at 49-yr old miler Jim Gibbons; 2:45 marathoner and world-class ultra running senior Martin Jones; 35ish 10 km senior aged talents Karl Gripenburg and Brendan Hutchinson; national-class miling talent Doug Rustad; Dipsea-marvels Butch Alexander and Bob Hope; new-find 2:26 masters marathoner Richard Flores; and now world-class masters miler Dan Aldridge and ultra great Brian Purcell.

Unassuming Dan Preston of Santa Rosa and the Empire Runners Club has indeed managed to climb to the top, however, bringing his own 32:15 10 km (as a 40+ yr. old) and sub-5:00 min. mile, 35 minute 10 km, 1:16 half marathon and 2:52 marathon (50+) resume to the mix. In fact, the UCLA alum and computer systems engineer actually won both senior (50-59) division road and cross-country seasonal crowns. Admittedly aided by a sub-par and often ailing Vasquez, Dan relentlessly held off road racing point challenges by the likes of Silver State's Ewar Gordillo, WVJS's Jim Reitz and Tamalpa's Frank Ruona.

This season, Dan continues to dominate the senior division in XC, while trailing Vasquez and Gordillo on the road. Soft-spoken Dan, a 4:09 miler and 13:51 (briefly a Drake Stadium record) 3-miler at UCLA in the 60's, takes it all in stride, as he effectively deflects praise by such tactics as directing attention to Sal's all-world ability or a failure to pace Billy Mills through more than two miles of a bygone 6 mile race in San Diego. Such modesty only thinly veils a fierce competitiveness, however, that has always welcomed the very best of competition no matter the race or distance (a rare trait).

Dan has managed to keep his legs and fires cooking with an improved stretching and chiropractic care routine in recent years, a close-knit relationship with his Empire comrades, and numerous racing goals -most prominently the desire to remain fit enough to defend his Allianz Olympics 3000m title in Munich, Germany in 1998. A Fireman's Fund Insurance employee, Dan's company was acquired by world insurance giant Allianz in 1991, which then qualified Dan to enter Allianz's competitive company Olympics, which draws employee entrants from around the globe. Until then, at least, Dan will continue to be a regular fixture on the Pacific Association scene.

### Barbara Robben (Super Senior Women)

Barbara Robben's story is particularly interesting, even amongst a collection such as these.

- She started running in 1950 . . . 1950!
- She was running, bicycling, and swimming 6 to 7 days a week, more than decade prior to the first triathlon competition held in this country!
- She still enters 50 to 60 races a year—at age 62!

By the age of 62, most folks tend to do whatever they darn well please, and that describes Barbara. In fact, she relates that she has pretty much done whatever she has wanted to do her entire life. With the help of supportive parents, she decided to begin running 46 years ago, as a 16 year old high schooler. Turned off by the various pressures and demands inherent in team sports, she was delighted to discover an individual activity like running. Using only books on boy's running checked out from the library, she coached herself into an unlikely girl's running career. Living on the outskirts of Mountain

View back then (Barbara currently resides in Berkeley), she had plenty of solitary roads and trails to jog on. "Not really letting on" as to what she was regularly doing to friends and acquaintances, she had a delicious teenage secret all to herself.

Eventually, Barbara discovered that there were actually races held for women, staged by the old A.A.U. (the forerunner of TAC and then USATF). Two women's races were available: Quarter mile and half mile "long distance" events (women were not even allowed to race farther than 1/2 mile in the Olympics back then!), Barbara entered them both against humongous fields of 4-6 gals. Clearly, these were the days prior to the "running boom".

As the years passed, Barbara went on to expand her interest in aerobic exercise while she attended several different colleges & universities, including Cal Berkeley. She became an accomplished swimmer through work as a lifeguard, eventually able to work as a guard at Lake Mead in the Bay Area (coastal beach life guarding was off limits to women back during those pre-Bay Watch days). She eventually found herself swimming up to 5 miles a day for training and fun, and used the experience to prepare for San Francisco Bay long distance swim competitions. Meanwhile, Barbara tended to travel everywhere she went outside of water and running trails via bicycle, and so had unknowingly engaged in triathlon training years before the word triathlon made any sense.

Always one to run, swim, and bicycle for the sheer joy of it, Barbara was continually ahead of the curve when it came to running boom competitions. She was running before anyone had heard of Kathy Switzer, and already a masters-aged runner when the first big wave of races appeared in California and elsewhere during the late 70's. And then, a senior-division entrant by the time most races seriously kept track of age divisions. For such women as Barbara in her 60's, opportunities for running fame were pretty much limited to record-breaking performances by such ladies as Sister Marion Irvine and Ruth Anderson, while nearly every other non record-breaking female over 40 was lost in the fine print. Thus, her relative prowess as a runner has only been realized and recognized in recent years, particularly with regards to our cross-country series, where she is one of the few women her age in the entire country who is energetic and gutsy enough to take on cross-country courses with regularity.

Training "every other day" on the Berkeley Hills or down in the Peninsula on some dirt trails in Rancho San Antonio (where she visits with 92 year old mum), Barbara still relishes every chance at exercising in the great outdoors. Considering our cross-country events as "great places to socialize, in only tee-shirts and shorts, with a lot of nice people, before returning home to do whatever," Barbara looks forward to doing many more events in the future.



# Ultra Grand Prix Race Reports



## Scott St. John: a moonlighting marathoner... or a baptized ultra runner?



### Cameron Park 50-mile Run

August 17, 1996

by Hollis Lenderking

Scott St. John's life is a split proposition in at least two respects. Geographically, he lives most of the year in St. George, Utah, returning for a summer of California-based ultra running. Athletically, he is a genuine speedster, but irresistibly attracted to the endearing attributes of the endurance running scene.

St. John brings a rare commodity to the elite ranks of American ultra running—the sort of leg speed which can both bless and curse the endurance athlete. With reliable sub-30 10 km speed, he holds that coveted double-edged sword that no runner at any distance would shun, but many ultra runners know to be a Faustian temptation.

"The appeal of distance came to me slowly," St. John conceded as he reflected on a late-blooming 2:16 marathon initiation at age 30. The upper teens are the "no man's land" of men's marathoning—good enough to put you in the hunt at smaller races, but just a few ticks short of true national-class status. Having leveled off at 10 km and adapted swiftly to marathoning—but believing that, in his thirties, he had little room to improve at the longer challenge—St. John consummated the runner's "triple jump" into ultra distance, debuting at the highly competitive American River 50-mile in 1994, where he lodged a ninth-place 6:34:58. "There's so much to learn about ultras, you can't possibly get stale," St. John enthused of his ultimate athletic niche. "By moving up to ultra running, I'm trying to ride the wave of my ability. I didn't want to miss my chance to peak at ultras just to stick with the marathon. I really believe ultras can be my best events."

Here, some 20-20 hindsight is reassuring: St. John knows he wouldn't be any faster at 10 km now, and, given both his age and the relative lack of variety of marathoning, is just as sure that ultras have sustained his athletic enthusiasm as nothing else could.

"There are a lot of factors in my decision," he observed, "despite the higher profile of marathons. For one, you can recover faster from ultras, especially on the trails, so to me that translates into more room to improve. Also, as far as my love of running goes, ultras offer so many different kinds of challenges, and the competitors share their experience and knowledge in a way you don't find in road racing." That sociability—more than actual proximity to racing venues—is what spurs St. John's annual May migration to Auburn: "It's the ultra capital of the world," he echoes simply.

Another factor, though unspoken, might be the seductive elusiveness of mastery that grips the gifted novice in any field. Solve the big puzzle on your inaugural effort—as St. John did in the marathon—and you really wonder how such room there is for you to grow. Relative to that 2:16 though, his ultra debut was fairly pedestrian, resulting in the stoking of his competitive fire. Nature abhors a vacuum, and, with his legs, there was doubtless a vacuum of achievement to be filled.

But not quickly. St. John would learn some rough lessons about harnessing his natural talent. His first "major" was the 1995 Western States 100, coincidentally the most brutal year by far in the race's history. St. John battled for the lead throughout the race's first half, sharing the front end with eventual champion Tim Twietmeyer as late as Michigan Bluff (56 miles). There, however, he was a beaten man, but still a learning one.

Was St. John a moonlighting marathoner or a baptized ultra runner? Answer: though no longer a factor for the crown—where a front-running road-racer often retires to save himself for the next effort—he persevered to a fifth-place finish (nearly two hours behind Twietmeyer), enduring some painful splits en route, especially an only 17th- fastest California Street jaunt to the river crossing. His resounding triumph of endurance, if not strategy, was punctuated by an outright title at last fall's rugged Sierra-Nevada Double Marathon, followed by a strong fourth (6:37:04) at the hotly contested Sunmart Texas Trail 50-miler in December.

School was in session, but would Western States 1996 prove to be his final exam—the consummation of two years' education—or just a pop quiz? St. John led for 100 km—by 6:00 at Michigan Bluff—before he once again drooped on the California Street segment, this time sagging to a 20th-place split. By Auburn Lakes Trails (85 miles) he had fallen to sixth place, his kidneys laboring to produce thick, red urine. It was time to be smart, not brave, and St. John wisely dropped out, earning a Pass on his quiz.

"I thought I'd put the mountains aside for a while and see what I could do on a circuit course," St. John recalled of his decision to run at Cameron Park, 40 laps of a 1.25-mile hard-packed dirt loop around a lake. "There's a completely different focus."

It was an auspicious change of pace for an athlete who had made his road-ultra debut as the second scoring American at the 100 km World Challenge in Moscow in May, where the course was a sequence of 5 km out-and-back repeats. Again, his initiation into this species of ultra running—the favored version among Europeans but more of a sideshow for most Californians—yielded a creditable but unspectacular result, at 7:19:50. It is noteworthy for future reference that American 100 km record-holder Tom Johnson (6:30:11), not blessed with anything like St. John's natural speed, endured a debut about 11:00 slower years ago.

St. John's competition at Cameron Park was two fold: searing midsummer valley heat, and two-time 1995-96 Ultra Grand Prix winner Mike Gottardi, a certified loopmaster with his victory at the Jed Smith 50-km last winter. Of the two, only Gottardi would prove as tough as feared, but too late to make a difference. St. John let his legs go for a run from the start—out in 59:25 over the first ten miles—begging the question of his pace for the final split.

At ten miles Gottardi and defending champion Rae Clark, the Masters course record-holder, trailed St. John by 5:00, with only Gottardi able to escape the hammer of being lapped for much longer. By the marathon distance, St. John had reeled everyone in at least once, his lead over Gottardi now stretched to 9:00. The pursuers hung on in the hope that St. John had miscalculated, that a crash might follow.

At 50 km Gottardi was holding steady, followed by newcomer Mike Loney—just 25, and just off a ninth-place 23:14:48 at the Mohican Trail 100 in Ohio in June—and Brad Lael, the San Francisco Marathon champion just five weeks before. Among the starting field of 52, Clark had now dropped to fifth overall, but still was poised to retain his Masters crown.

(continued on next page)

(Cameron Park 50 Miler, continued from previous page)

On a 50-mile circuit course, the wall comes at 40. While St. John seemed to be holding steady, Gottardi gave away nothing in guts. Despite having been lapped earlier, he was not only holding his ground but actually regaining some lost territory, nudging his way back inside St. John's lap and closing to within 7:00 with ten to go. It was just enough of a statement to let St. John know he could not survive a crash.

None was forthcoming, as even the withering valley heat was checked by a refreshing afternoon breeze off the water. St. John slowed—turning the final ten at a 7:48/mile clip—but no more than **Gottardi**, who pushed his rival to a handsome course-record 5:44:37, eclipsing Denies Rind's long-standing 5:46:17. St. John's success augurs well for his winter focus on the 100 km, as he plans to run both National Championships—1996 in Duluth in late October, and 1997 in Pittsburg in April, the American team-selection race for next September's World Challenge in The Netherlands.

Gottardi's relentless chase paid off with a record as well, his 5:52:14 being the fastest under-30 showing in Cameron Park annals. Loney hung on for third in 6:12:07, while Lael, still recovering from the marathon but game enough to agonize through an almost two-hour split over the last ten, sagged to ninth male in 7:23:53. Clark copped fourth overall for the masters crown in 6:23:04, while Wayne Miles' steady 7:10:00 earned him the seniors title as sixth male finisher.

The overall women's race was no contest, as Chrissy Duryea, whose imprint on this event over the years has been every bit as dominant as Rae Clark's, cruised to a 6:50:57 finish, fifth overall and the female titlist by over an hour over Rena Schumann (8:00:46). Despite the lack

of competition, "cruised" is a term meant not to indicate ease of effort, but to suggest, as a wealth of anecdotal evidence has indicated over a generation of women's ultra running, that elite women do exhibit a superior knack for pacing themselves over a given distance.

Hypotheses abound in many directions: the social (athletic competitive responses not as ingrained in the socialization of girls as it is with boys); the biochemical (lower testosterone levels blunting the competitive reflex); the physiological (greater body fat, and their supposed ability to metabolize it, enables them to postpone glycogen metabolism for longer periods). **Pick one, pick none, pick them all.** Have a party! None is proven, and perhaps none will ever be.

The anecdotal evidence is unshakable, however, and there is no better anecdote than Duryea herself, who, at Cameron Park and just about everywhere else, shows a much smaller differential between first and last split than just about any of the best men. Here she flashed a 3:24 marathon, 40 minutes behind St. John, but he outran her by only 26 minutes over the second half. Between the first and second halves, St. John's pace per mile differential was 1:12, Duryea's only 0:45. And this was not one of her stronger days overall, as she finished 28:00 off her 1994 course record.

The women's masters title went to Renda Gail in 8:17:12, and not far behind was the day's claimant to a women's course record, Linda Elam, whose 8:30:49 established a new Cameron Park standard for the Seniors. It was a big day all around for this strong and growing event, now shorn of its former 50 km option. The 42 finishers would have settled for nothing less.

## **These Runners Don't Stop to Enjoy the Views!**

### **Pt. Reyes 50-km Trail Run**

August 24, 1996

by Hollis Lenderking

When last we left Mark Richtman, he had made a tough tactical decision in the closing miles of the Skyline 50 km Trail Race. Trailing front runner Geoff Vaughan by just a minute throughout most of the second half, and detecting (accurately) no scent of the leader's possible collapse, he backed off the gas just enough to preserve the metabolic edge he wanted for this, the second annual Pt. Reyes 50km, just three weeks later. Already en route to a masters course record 3:52:20 at Skyline, Richtman, of Novato, wanted this one more. It was his backyard, Tamalpa territory.

Skyline was perfect training. Titles aside, the terrain was actually more similar than the distance: some grueling but not overly long climbs, all runnable for the top dogs; some flats; some roller-coaster rides as well. But Pt. Reyes is actually two miles long, at 33.1, which makes the begging-for-breakage four-hour barrier a very serious challenge indeed.

For one thing, you can't stop for the scenic vistas. That's the first challenge at a venue ranked by the *San Francisco Examiner* as the greatest outdoor recreation site in a region blessed with an embarrassment of riches. In its 1995 inaugural, Pt. Reyes attracted over 150 runners. This year, as the third stop on a congested, three-race August Grand Prix calendar, it exceeded its 200-entrant limit one month before the race. Of the 196 actual starters, 192 finished; the hosting Tamalpans know how to keep their charges moving.

The locals know all of this, but there has been unpredictability too. Unknown challenges have been presented in both years by touring athletes who have contested seriously for overall laurels. In 1995 southern California's Lance Davis leaned with Richtman for second place, four minutes behind Brian Purcell's winning 4:07:26.

This year the top eight overall would be dotted with unknowns: downstate's Dave Robinson, Colorado's Dan Montoya and Minnesota's Scott Jurek, all with temperaments and tendencies unknown. As

defending champion and now a master, Purcell stood as Richtman's toughest known challenge, and the pair wasted no time asserting their home-course prerogative, leading a pack of five—including Montoya, Jurek and last year's leader to 25 miles, Berkeley's Jeff Teeters—south to the Palomarin Trailhead at 8.4 miles.

"I had run the course in 4:30 in training," Purcell later recalled, "and felt a sub-4 was possible under the right conditions." One of the right conditions would have been an absence of intestinal imperatives, but Purcell was compelled to stop for 1:30 as the rest of the leaders pressed ahead.

Richtman, Montoya and Jurek then dominated the second quarter of the race, jockeying for position, as Purcell bided his time, keeping the mini-pack in view while bolstered by his thoroughly justified confidence in his hill-climbing ability. As a former course-record holder—and the last wire-to-wire champion—at Western States (1988), Purcell lacks nothing for strength, durability or poise under pressure. Nor is it clear that he has lost any steps over the years, as he has stuck with a speed-worship regimen of cross-country competition in the fall.

At Glen Camp (16.6 miles) Purcell had reeled in all but the 22-year-old midwesterner, Jurek, now making a bold move to snub his hosts and elders. Cooler and course-wise heads prevailed, however, as Purcell, Richtman and the stubborn Montoya slipped past him along the coastal plain, stiffening for the decisive 1,000-foot ascent up the Woodward Valley Trail to Mt. Wittenburg.

Montoya was the first to relent. With Richtman yielding nothing to Purcell in leg speed, the race could have turned on the question of whether he could stick with him on the climb. Whenever Purcell surged, Richtman responded. Along the ridge—still ascending towards Wittenburg's north shoulder—it was Richtman who would push ahead whenever Purcell pulled alongside. He remained not merely unbroken but the race's co-commander, as the pair headed past Sky Camp (25.6

miles) and over the ridge with a 2:00 margin over their closest pursuers, descending towards the last checkpoint at Bear Valley (28.8 miles).

Irony took a bow, however, as Richtman, who had given away nothing to Purcell's greatest strength, felt the first feathery muscle spasms in his calf, the ones that demand a reflexive self-restraint lest a day-ending cramp result. Richtman had answered the call but was now effectively one-and-a-half-legged, stutter-stepping down to Bear Valley 2:30 behind Purcell, but still 2:30 ahead of a smartly paced, late-charging Robinson.

"I never counted him out" said Purcell of Richtman, not sure of what had happened to his rival. "I know he has good speed." Unpushed—and burdened by that early pit stop—Purcell won handily in 4:01:27, a six-minute improvement over 1995, computing as a 7:18/mile pace over a demanding layout. Despite missing the thrill of a duel to the wire with Richtman, Purcell could still find some special reward in his showing: "Ten years ago I ran a marathon out here. Today I ran 5 minutes faster over a course at least 6 miles longer."

Richtman held it together for a 1-2 overall showing by the Masters division, holding Robinson off by 1:24 with his 4:04:38. It was a bittersweet end to his trail-racing season, a pair of strong seconds to go with his fifth Ride & Tie National Championship, won in July at Santa Cruz with partner Tom Johnson, the American record-holder for 100 km. Sparked by Johnson's success crossing over from trail to road, Richtman will now prepare for some serious assaults on the 100 km distance.

Robinson, the open champion and now the age-group standard bearer (4:06:02), ran very smartly against the homeboys, eschewing the lead pack and spending most of the race in seventh place before picking off the road kill in the late going. Top PA open runner was fourth-overall (and third Tamalpais) Geoff Vaughan (4:12:35), completing a sterling August after winning outright at Skyline.

The resolute Montoya was fifth, and the game but struggling Jurek seventh in 4:23:50. Tom Wright, 52, improved on his seniors mark with a 5:05:36, and Dwaine Batt, 61, took super seniors honors in 5:15:28.

Redding's Luanne Park has struggled since her auspicious spring of 1994, when she won the Cool Canyon 50 km and took a close second to Chrissy Duryea at the American River 50 mile. Her hamstring has become a chronic menace, and she broke her collarbone last year in a mountain-bike accident. Although she has not been the ultra running specialist that Purcell has been over the years, she, like him, has habitually worked to enhance her leg speed, competing at cross-country and 10 km distances.

An aggressive runner whose confidence is threatened by the ever-present question-mark of her hamstring, Park was not so much focused on the women's course record as the five-hour barrier, which she felt was easily within her reach. "I race more for time than for place," she mused, "but, where there's a strong men's field like at Pt. Reyes, I have to be at least in the top 10% overall to feel I've had a good run."

As usual, Park started strongly, reaching Palomar just 5:00 behind the lead men, and ahead of two who would be among the top ten finishers. But her hamstring tightened up there, just 8.4 miles into the race. "Maybe it was the cool, foggy weather," said the Valley resident. "I kept hoping it would loosen up, but it never did." Her stride hampered by the disability, she fell back on her ample reserve of basic strength, a greater asset to call upon in trail ultras than in other types of competition.

Park summarized her race thus: "I'd rather be fifth woman and have a strong run, than just struggle to finish, even if I win." She might not compete enough in ultras to appreciate fully how valuable an asset sheer athletic strength is in competition. It's not so much that there were no other prominent women in the field, as that Park really didn't give away as much as she thought she was, feeling as handicapped as she did. From her 13th-place opening split, she dropped only nine places over the next 25 miles, finishing 22nd overall in 5:01:04, a new record if not quite the time she'd reasonably hoped for. She was, for all her travail, merely two minutes and three places off her threshold of acceptable performance.

"I kept waiting for someone to take it away from me," said Park of her closest pursuer, Suzanne Sandrock of Tiburon. In fact, if Sandrock had

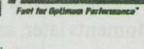
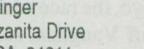
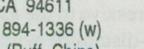
possessed anything like Park's ultra seasoning, she probably would have done so. But it was the first ultra for this veteran triathlete, for years an active participant in the intense San Diego triathlon scene, whose running has now progressed without pause, over one summer, from Dipsea to Double Dipsea to trail 50-km.

"I've known what a strong triathlete Luanne has been for years," Sandrock observed. "I didn't really have any expectations at all at Pt. Reyes. It's all an adventure for me. I was just happy and excited to make it to the finish without falling apart." She did much better than that, erasing most of a 12 minute deficit in mid-race to close just 5:18 behind Park, in 5:06:22.

Even Park conceded observantly, "She looked great at the finish and I couldn't even walk." A healthy Park and an experienced Sandrock could build a heady ultra rivalry of ex-triathletes in the not so distant future. For sure, Sandrock, at 32, has made a timely migration to Marin to make the most of her endurance trail-running ability.

The women's age-group standards from 1995 were safe for another year, as Leslie Mattingly-Vitale, 43, and Marge Dunlap, 57, earned the Masters and Seniors titles in 5:38:22 and 6:18:17, respectively. The remarkably consistent Dunlap, in particular, missed Edda Stickle's time by only 2:06.

### PAUSATF 1996-97 Ultra Grand Prix Schedule

Date/ Location/ Race	Divisions	Difficulty	Contact	
Aug. 4, 1996 Skyline 50 km			Completed	
Aug. 17, 1996 Cameron Park 50 Miler			Completed	
Aug. 24, 1996 Pt. Reyes 50 km			Completed	
Oct. 12, 1996 Firetrails 50-Miler (trail)			Completed	
<b>Nov. 30, 1996</b> Mt. Tamalpais Quadruple Dipsea (28.4 Miles, trail)	All	2.4	John Medinger 2060 Manzanita Drive Oakland, CA 94611 Tel: (415) 894-1336 (w)	
<b>Jan. 18, 1997</b> Sacramento Jed Smith 50 km	All	1.0	Jim Drake (Buff. Chips) 3442 Whitnor Ct. Sacramento, CA 95821 Tel.: (916) 485-8013 (h)	
<b>April 5, 1997</b> Sacramento American River 50 Miler (trail)	All	2.4	Delmar Fraick 28188 Moulton Pkwy. #627 Laguna Niguel, CA 92677 Tel: (714)360-0583 or (916) 965-8326	
<b>April 19, 1997</b> San Francisco Ruth Anderson 100 km (road)	All	3.5	Dick Collins (see information above)	
<b>May 10, 1997</b> Quicksilver 50 km (trail)	All	2.0	TBA	
<b>May 17, 1997</b> Reno Silver State 50 km (trail)	All	2.25	Ken McKim 2358 Camelot Way Reno, Nevada 89509 Tel: (702) 329-6122	
<b>June 28, 1997</b> Squaw Valley Western States 100 Miler (trail)	All	8.0	Norm Klein 1139 Mace River Court Rancho Cordova, CA 95670 Tel: (916)638-1161	

### 1996 National Ultra Championships

Date	Distance	Location/ Contact
December 14	50 km/ 50 mi.	Sunmart Texas Trail Endurance Run Huntsville, Texas Norman Klein (916) 638-1161

**Correction from Sept.-Oct. issue: Ann Trason has completed and won EIGHT Western States Endurance Runs, not seven as mentioned.**

# An Ultra First at Firetrails for Greg Gregorich

## Firetrails 50-miler

October 12, 1996

by Hollis Lenderking

For both disciples of free will and those cursed with a streak of ghoulish sadism, there is perverse glee to be extracted from those moments when Talent squirms at Destiny.

Thus it was that Oakland's Ken, he of the slain ultra running resume and a relatively modest 2:43 marathon best, entered the 14th annual Firetrails 50-miler—race number four, season number six of the Pacific Association's Ultra Grand Prix. This was Gregorich's first try at 50 miles after several strong showings at 50 km, starting at Point Reyes in 1995. There he finished eighth against a veteran field, a slot he shaved by two places and 16:00 at this August's edition. A fourth-place Skyline 50 km finish further cemented his grip on the upper echelon of Northern California short-ultra competitors.

Time to move on, and so Gregorich, 37, smartly selected known turf to traverse the unknown distance. Run over much of the same terrain as Skyline, the Firetrails 50 miler can be deadly on one of those 80-degree Indian summer days. There is 7,000 feet of ascent along the out-and-back layout between the Lake Chabot marina and north Tilden Park, and most of the course—except for a woody, three-mile, single-track segment cresting above the Caldecott Tunnel—features maximum rays.

"I thought seven hours was a reasonable goal for me," Gregorich reflected. This was not the 2:43 marathoner talking, but one who, in an initiation year embracing a mere three trail ultras, had adapted readily to the discipline and improved steadily in each. It was not, after all, a modest goal: there have been only six sub-7:00 finishes in the race's history, none of them by a runner previously untested over the distance. They belong, in sum, to Carl Andersen (the course-record holder at 6:26:42), Dave Scott, Dan Williams, and last season's Grand Prix star, Jerry Wittenauer—luminaries all.

Race day's weather was auspiciously mild, allowing the course to work its seductive magic on untutored upstarts. The roughly four miles of nearly uninterrupted descent to the turnaround tends to inflate runners' projections for the return. Appetites swell with the easy breathing and relaxed metabolism of a long shift on cruise control. And so Gregorich pivoted in 3:14, his sub-7:00 gaze still shining bright.

Moments later, as Gregorich settled into his groove for the long climb out of Tilden Park's oak-studded arroyo, the race administered its customary jolt of vulnerability, as his closest pursuer, Tamalpa standout Geoff Vaughan, scampered past en route to the turn, nine minutes behind but looking exaggeratedly impressive to the ascending, now laboring Gregorich. Vaughan, a veteran hard-charger who has learned self-discipline with every race, would have to have been tabbed the favorite at this point, despite his deficit on the clock, for he had won this year's Skyline 50 km (11:00 over Gregorich)—the race whose 10 finishing miles duplicate those at Firetrails.

Enduring a long stretch that gave him plenty of time to think how much he likes downhills, Gregorich was soon in uncharted territory distance-wise. Not surprisingly he faltered, but not fatally, as Vaughan too was struggling. Both returned in 3:53, as the back half of the race belonged to San Diego's Lance Davis, known locally for his second-place finish at Point Reyes in 1995. Davis was 15:00 down at the turn, but passed Vaughan at Bort Meadow (42 miles) and still held a head of steam strong enough to propel him within two minutes of the fading Gregorich at the finish. It was the day's pacing masterpiece, as Davis, in just his second 50-miler, returned only 11:00 slower than he left, finishing in 7:09:26 to Gregorich's 7:07:40.

A struggling finish tends to smudge the sheen of victory, even one as sweet as a runner's first try. So it was for the talented—the ultra-talented—Gregorich. He had stumbled a bit on his way back to that 7:00 pot-of-gold, and self-doubt shadowed the afterglow of his elation. He thought of his frustration, not of his accomplishment; of his pain, not his promise. With his credentials gaining luster as he extends his racing distance, can he now fail to launch his harpoon at ultra running's Great White Whale?

"I don't know about Western States," he responded to congratulations, encouragement and questions about his future. "It's hard to think about running twice as far as Firetrails, no matter how long you take to do it." Soon, though, it would dawn on him that he just ran 9 miles (61%) farther than he ever had before, and won a major race. Moving up in placement when you move up in distance is catnip to the endurance athlete. Veteran mountain men may rue the day of this emergent talent, whose halt at destiny's doorstep should prove merely temporary.

With more experience enduring the ebb and flow of one's ultra fortunes, Vaughan, despite Davis' demoting him to another third-place finish (same as 1995), was more upbeat. "I improved over last year [by 8:00]," he observed post-race, "and feel much better than I did at the finish. Sure, I faded sooner than I expected, but I feel great for Ken. That's a big run for him." Vaughan's generous spirit, reflected as well in his sterling musicianship as bassist for the hit R&B band Vinyl, embraces what is now a red-hot contest for the open men's lead in the Grand Prix, he and Gregorich now being joined in a virtual tie after four events.

El Granada's Jake Niebaum, third at Skyline, struggled home in 7:35:57 after hitting the Tilden Park turnstile in a tie for third with Davis (in 3:29). The open division, smarting since the masters went one-two at Point Reyes, completed its top-five sweep as Redwood City's Mike Topper finished in 7:37:23, joining Gregorich and Davis in making 37 the lucky age of the day.

Sixth overall was Colorado's Todd Holmes, the masters champ in 7:45:13. Holmes is no stranger to PA events, having run the American River 50-miler the last two years—but not nearly so well as this. That course, run in April, is about an hour faster at Holmes' level of ability, but, coming off a summer of training in the mountains at 6,000 feet, he rail faster at Firetrails.

The top PA master was Kevin Purcell, who ran his first 50-miler here in 1995. He whacked 40:00 from last year's finish, copping 10th overall in 8:01:14, just 32 seconds ahead of Gary Neel. Both, however, were trumped by the streaking senior, Wayne Miles, 50, of El Dorado, who notched his second age-group course record in three tries during this young Grand Prix season. His 7:53:30 rounded out the field of sub-8:00 performers in eighth place, and vaulted him past his arch-rival, Dana Gard, in their heated division duel.

Men's age-group honors also went to Orin Dahl, 61, in 11:38:21, and the literally indefatigable Frank Rodriguez, 71, in 13:01:19.

The seeming ease and nearly unswerving consistency with which San Ramon's Suzie Lister lays waste to most of her female challengers belies the heart and toughness of this athlete. Her finishes just don't tell the story: several times Lister has verged on a mid-race collapse, when many top competitors would have taken an honorable discharge. Not Suzie: she fights through the miles of molasses to catch the second wind that blows her home.

Lister, 31, made her big splash in the third Grand Prix (1993-94), her first full year in ultra running, when she was the most dominant athlete on the circuit, male or female. Since then, she has fully exploited her durability by competing frequently in a wide variety of races, often just a week or two apart. Not blessed with natural speed, she has prevailed through her tenacity, intelligence, tenacity, strength, tenacity, and spirit. And tenacity.

As is often the case, Lister was unchallenged en route to her third win at Firetrails, an 8:19:41 clocking that placed her 15th overall among the 87 finishers (from a record starting field of 98). One could virtually sketch her ultra running biography by a simple synopsis of her performances at this one event: from an 8:32:13 debut to an 8:27:37 improvement to this year's new 30-39 age-group standard—progress more steady than spectacular. That, in a nutshell, is Lister.

As all these marks were winners, she has now become the first three-time Firetrails champion and the second-fastest woman over the course. Only Ann Trason, at 27 still in the tentative dawn of her career, has run faster—much faster, it must be said—with her 7:31:24 in 1987.

Two other women dipped under the nine-hour barrier—Maryann Murphy in 8:56:17 and Masters titlist Leslie Mattingly-Vitale in 8:59:32, the new Grand Prix leader in her division. Likewise, Redding's Marge Dunlap, 57, the overall women's winner here just two years ago, continued to yield mere inches per year to age, claiming the senior's crown in 9:41:57 and vaulting into the Grand Prix lead in the process.

### 1996-1997 PA Ultra Team Standings

Men's Teams			Women's Teams	
Place	Name	Total		
1	East Bay	38	1	Fleet Feet 38
2	Fleet Feet	38	2	BAUR 20
3	Tamalpa	36	3	Tamalpa 20
4	BAUR	32	4	Impala 16
			Mixed Teams	
			1	BAUR 60
			2	Tamalpa 18

# 1996-97 PAUSATF

## Ultra Grand Prix Standings

### Through the Firetrails 50-Miler

PA-Ultra Bonus Points (10 Bonus Points for course records, etc.) awarded to: Mark Richtman (Skyline) Wayne Miles (Skyline), Juliane Scheberies (Skyline)

Place	Name	Team	Total
<b>Open Men (39 &amp; Under)</b>			
1	Geoff Vaughn	Tamalpa	120
2	Rick Simonsen	Fleet Feet	106
3	Ken Gregorich	EastB	90
4	Eric Robinson	BAUR	62
5	Mike Gottardi	Chips	60
6	Damon Lease	Unatt	52
7	Jake Niebaum	#124	50
8	Jeff Teeters	East B	48
9	Ken Cicinelli	Unatt	46
10	Brad Lael	Chips	40
11	Joe Green	Tamalpa	40
12	Stan Wingate	Unatt	36
13	John Edgcomb	Tamalpa	36
14	Kevin Rumon	Unatt	32
15	David Leipsic	Tamalpa	28
16	Will Aarsheim	Unatt	22
17	George Rehmet	BAUR	20
18	Grant Irwin	Chips	18
19	Greg Nacco	Tamalpa	18
20	Kirk Boisseree	BAUR	16
<b>Open Women(39 &amp; Under)</b>			
1	Rena Schumann	Unatt	136
2	Karen Brown	Tamalpa	60
3	Chrissy Duryea	Unatt	60
4	M. Holman	Tamalpa	60
5	Kristina Irvin	Unatt	56
6	Marie Gonzales	Fleet Feet	56
7	Suzie Lister	BAUR	50
8	Jodi Isaacs	Unatt	40
9	Jill Johnson	Tamalpa	40
10	Lisa Macias	Fleet Feet	32
11	Chris Lyons	Tamalpa	32
12	M. Murphy	BAUR	28
13	Judy Shaffer	Unatt	28
14	Patty Grady	Unatt	24
15	M. St. John	Unatt	24
16	Pam Neronha	Unatt	22
17	L. McFadden	Unatt	18
18	Lucille Wing	Unatt	14
19	Dhvaja Dorn	Impala	12
<b>Master Men (40-49)</b>			
1	Mark Richtman	Impala	120
2	Mike Palmer	BAUR	108
3	Rae Clark	Chips	100
4	Joe Schieffer	East B	86
5	Brian Purcell	Tamalpa	60
6	David Kamp	BAUR	58
7	Eric Ianacone	Chips	58
8	Stan Jensen	BAUR	56
9	Syl Pascale	Unatt	48
10	Gary Neel	Unatt	40
11	Earl Looney	Tarahum	34
12	B. Ambrozewicz	Unatt	32
13	Bob Lapanja	Unatt	32
14	Todd Hayes	WVJS	32
15	Paul Peterson	Unatt	28
16	Tom O'Connell	BAUR	28
17	John Rhodes	Silver State	28
18	John Catts	Unatt	28
19	Jim Myers	Tamalpa	20
20	John Blecka	Tamalpa	20

### Master Women (40-49)

1	Renda Gail	Fleet Feet	128
2	L. Mattingley-Vitale	Unatt	110
3	Terry Cray	Silver State	96
4	Kathy Welch	Unatt	60
5	Hanif-Weddle	QuickSilver	52
6	Jan Levet	Fleet Feet	50
7	Toni Miller	Unatt	50
8	Joanie Mork	Unatt	40
9	Pat Wellington	BAUR	40
10	Debra Mayhew	Unatt	40
11	Chris Flaherty	Chips	36
12	Mary Weston	BAUR	34
13	Lisa Felder	Impala	28
14	L. Nacanis	Impala	28
15	Linda Parr	Unatt	22
16	Janet Rivard	Unatt	20
17	Diane Kato	BAUR	18
18	Von Borcke	Unatt	14
19	D. Hawkins	Unatt	8

### Senior Men (50-59)

1	Dana Gard	Fleet	136
2	Wayne Miles	Fleet	130
3	Ron Vertrees	Unatt	68
4	Tom Wright	Chips	60
5	George Forman	East B	50
6	Martino Jones	Ultram	40
7	Jack Burns	Tamalpa	40
8	Gene Weddle	Quick Silver	36
9	Doug Miller	Unatt	32
10	Peter Franks	Unatt	32
11	Will Uher	Golden	28
12	Bob Longwell	BAUR	24
13	Ralph Hirt	Unatt	24
14	Thomas Grossi	Unatt	22
15	Tony Rossman	Unatt	22
16	Tim Carr	Unatt	20
17	David Molina	Tarahum	20
18	Mal Scotchler	East B	18
19	Richard Bartel	Unatt	16
20	Gerald Bretag	Unatt	14

### Senior Women (50-59)

1	Linda Elam	Unatt	120
2	Marge Dunlap	SWEAT	110
3	Barbara Elia	Chips	108
4	Shirley Church	BAUR	90
5	Dina Kovash	Impala	54
6	Noel Relyea	Unatt	50
7	Marie Harmon	Unatt	40
8	Judy Shipman	Unatt	36
9	Lucinda Fisher	Unatt	28
10	Jane Colman	Impala	24
11	Elaine Koga	Unatt	20

### Super Senior Men (60-69)

1	Mike Tselentis	BAUR	36
2	Dieter Walz	BAUR	30
3	Dwaine Batt	Fleet	30
4	Richard Laine	WVJS	20
5	Ken Takeuchi	Unatt	10
6	Dick Collins	BAUR	4

### Super Senior Women (60-69)

1	J. Scheberies	Unatt	40
2	Ruth Anderson	BAUR	20

### Veteran Men (70+)

1	F. Rodriguez	BAUR	30
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### Veteran Women (70+)

No Veteran Woman Scored

## 24 Very Happy Feet

### The Relay: Napa to Santa Cruz

October 20 - 21, 1996

by Cynci Calvin

In the January-February, 1996, issue of *Pacific Athlete*, David Pariseau told the story of a new event occurring within the Pacific Association boundaries. Nine teams participated in a 12-person 194-mile relay from the wine country, down Marin County backroads, across the Golden Gate Bridge, through San Francisco, down the Great Highway, over the Coast Range, and finally to the beach at Santa Cruz. Not only did five of the original teams return to compete, but they were joined by an additional eighty-six teams! Teams with names like "Roadkill," "24-Bun Salute," and "Menage a Douze."

Using the knowledge gained from the inaugural event, Race Director Jeff Shapiro and his staff of capable organizers combined with a slate of generous sponsors and an army of dedicated volunteers to make the 2nd annual "The Relay" an unparalleled success. Just a few unique touches these people included to keep the runners in motion were:

- A huge Race Book that covered every nuance of the event, from equipment to runner safety to "survival tips."
- Beautifully detailed and accurate maps of each runner's leg, complete with difficulty ratings, exact elevation changes, mile marks, and clearly marked turns. Trimble Navigation produced these for the event using a complex satellite mapping system.
- Generous goodies to supplement the recommended food and fluids.
- Arrangements with Corte Madera Recreation Center for sleeping and Canada College for sleeping AND showers.
- A full moon that lit the way for the night-leg runners.

"Ottoway's Dirty Dozen" placed first, setting a new course record of 20:00:36, over 2 hours faster than last year's winners. These runners from the West Valley Track Club, started last in the staggered start from the Old Faithful Geyser and passed almost every team on the course. They were followed 40 minutes later by the team named Reeking Havoc.

For more information and complete race results contact:

The Relay  
570 El Camino Real, Suite 150  
Redwood City, CA 94063  
(415) 508-9700 / Fax: (415) 508-9703  
or pull up The Relay's web site at  
<http://www.therelay.com>

For an entry to The 1997 Relay scheduled for the full moon weekend of September 19 & 20 send a self-addressed stamped envelope to the above address, or download the application from the web site.

See page 21 for 1996-1997  
Ultra Grand Prix Schedule

# 14th Annual California International Marathon

**Sunday, Dec. 8, 1996 • 7 a.m**

**Folsom Dam to California State Capitol, Sacramento**

***For the Time of Your Life,  
Run Cal International!***

The California International Marathon features one of the fastest courses in the country. Last year, 41% of our finishers qualified for the Boston Marathon, many with lifetime personal bests.

To run a fast time, we know you need more than a downhill course (our elevation profile is below).

CIM also features accurate splits, efficient fluid stations, smooth roads, and a competitive field.

**This year, run the time of your life at the California International Marathon.**

For an entry form, write to CIM,  
Box 161149, Sacramento, CA 95816  
Phone (916) 983-4622.

